

Caloundra Chronicle

#4: July/August 2025 | Feel-good news

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Comes Alive**

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for Caloundra**

**Celebrating
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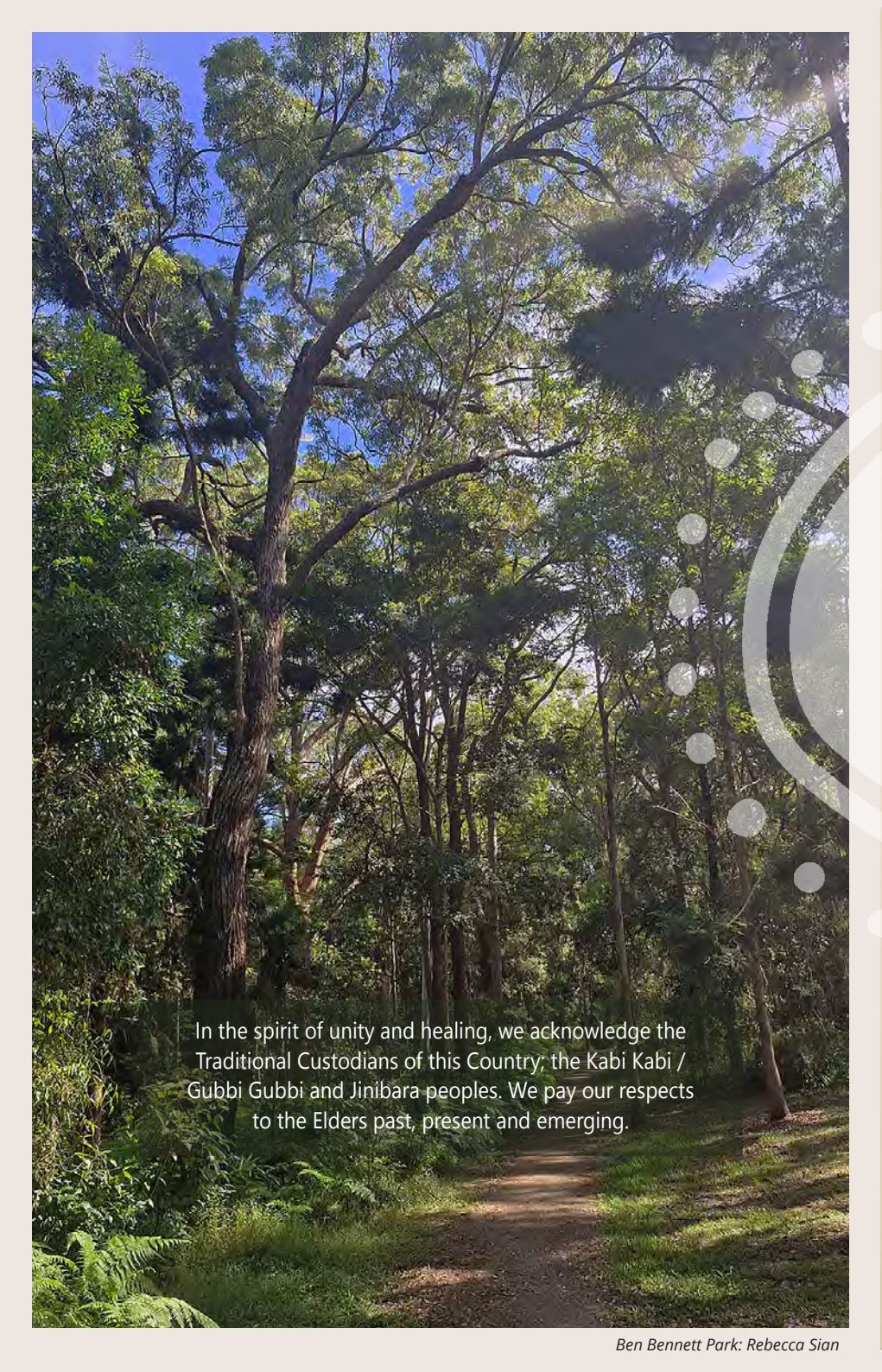


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In the spirit of unity and healing, we acknowledge the
Traditional Custodians of this Country; the Kabi Kabi /
Gubbi Gubbi and Jinibara peoples. We pay our respects
to the Elders past, present and emerging.

Caloundra Chronicle

Dear Readers

Welcome to the Chronicle's fourth edition!

Over the past months, we've sat and listened to many local voices from all walks of life. I hope you enjoy the stories they've shared—each one offering a glimpse into the innovation and heart that runs through our village.

This place is rich with cultural heritage, creative practice, and a strong commitment to lifting one another up. There's a big-heartedness here that shines through in many ways: people caring for Country, for wildlife, and for each other—giving their knowledge, resources, and energy to the broader community.

We recognise those creating opportunities for connection, celebration, cultural exchange, and collective healing. In a world that often appears chaotic, these shared moments and big-picture visions remind us of what truly matters.

Our wellness writers and guests offer thoughtful insights—encouraging us to tune into our bodies, reach for something more, or simply pause. Rashida writes beautifully about the power of slowing down to become more productive—an idea I took to heart while creating this issue.

During production, I made space to soak up the winter sun, with plenty of tea breaks and walks in nature. In that slower rhythm, a fresh clarity emerged about how Caloundra Chronicle can continue to serve and support our community.

My biggest lesson this month? Achievement doesn't have to come through struggle. There's strength in collaboration, in asking for help, and in making room for joy and play along the way.

As winter settles in, may you find time to slow down, share stories, and enjoy the simple pleasure of a fire well tended—both within and around you.

Alana Hall

Editor

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EDITION #4

JULY/AUGUST 2025



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Zartisha Davis

Celebrating culture,
connection and
sea country



Zartisha Davis and artworks from her current exhibition

Zartisha Davis is a proud Kabi Kabi woman of the Mooloolah clan—Mooloolah Plains and Meridan Plains people—known as the Red Belly Black Snake clan. “Mooloolaba means the place of the red belly black snake,” she explains. “My roots run deep through Mooloolaba and all around the coastal areas.” Also, through her mother, she is connected to the Cobble Cobble people of the Barunggam Nation, and on her father’s side, she is Butchulla.

Growing up, Zartisha was surrounded by culture and creativity. “I was really lucky to have a strong cultural foundation,” she says. “I was raised by my great-grandmother for the first five years of my life, and grew up with Uncle Lyndon, Uncle Shannon Chilly, Uncle Brett Miller and my mum as well—all artists. So I’ve grown up watching them paint and dancing with the Gubbi Gubbi dance troupe. That really set my foundation—being around my old people.”

While she had been painting for years, it wasn’t until she returned home to Country two years ago that her artistic practice deepened. “I was painting when I lived down on the Gold Coast but wasn’t really doing much with it,” she says. “When I came home, I felt really strongly that it was time to start painting properly—to be a serious artist.”

In 2024, Zartisha was invited to be part of the Caloundra Regional Gallery exhibition *From the Sea, the Land and the Mountains*. She has since been working on a large and meaningful body of work—a celebration of sea country, culture, and her deep connection to place through her grandmother.

Much of the work is saltwater-themed, with a particular focus on shell middens. “Shell middens are the remnants of shellfish, fish bones, and seafood left by our ancestors,” she explains. “But to me, it’s more than just a pile of fish bones and shells. They tell the story of communal gathering, of hunting and gathering, our connection with land and sea and animals.”

The middens also reflect seasonal knowledge and kinship with local fauna. “They speak to our seasonal indicators—our relationship with Gunga, the sea eagle, who fished for mullet and tailor. They tell the story of us coming together to eat, to share knowledge, stories, and language. They represent stewardship, caring for Country and for each other. That’s what the shell middens mean to me.”

These stories were passed down to Zartisha by her Uncle Lyndon, and originally by her great-grandmother. “It’s about keeping the story alive,” she says.



The artworks also acknowledge how many middens were destroyed during colonisation. “A lot of shell middens were crushed up to make the first roads, because they were rich in lime. Those roads often followed the original pathways our people already used,” she says.

In her current work, Zartisha maps the coastal shell midden sites across Kabi Kabi Country—from the Mooloolah River, where her great-great-grandmother Susan Undy was born in the 1800s, to the Maroochy River, Noosa (Wantama), Moreton, and beyond. “I’m depicting all the shell middens all along the coast in this body of work.”

Alongside large acrylic canvas paintings, the exhibition also includes garments printed with three key artworks representing her growth as an artist. The collection expands into multimedia

and installation: hanging fabric, video projection, and sculptural elements.

A special inclusion is a short film, made in collaboration with James Muller and supported by the Regional Arts Development Fund (RADF). It features Zartisha, alongside her aunts, sisters, and cousins, recreating a midden site, dancing and celebrating, by the ocean. “My Aunty Sharyn Malone is singing in language in the film, which is really special,” she shares.

There’s also a series of sculptural shell midden shapes that cast shadows—projecting shell forms across the gallery wall in soft, shifting light.

Through every element, Zartisha Davis shares stories of family, ancestry, connection and care. Her work, while rich in history, is not just about looking back—it is a living continuation of culture and Country.

Hope Dreaming Information Centre

Cultural Information | Art | Tours
Educational Resources | Artifacts

7 Caloundra Road, Caloundra West
Open Tues - Sat | 9am to 5pm





a cuppa with Anne Wensley

A passionate teacher can leave an indelible mark on a community—and few embody that truth more fully than Anne Wensley. Environmentalist, educator, activist, and historian, Anne has been a cornerstone of Caloundra's story for over six decades. Since arriving with her husband in 1965, this long-time local has woven her life, heart, and work into the very fabric of our coastal town.

Caloundra has grown dramatically over the last 60 years—and so has Anne, who has been there every step of the way. A passionate “greenie” long before the word was popular, Anne credits her late mother with sowing the green seeds in her head and heart. “Mum had a bush garden in the 1950s and was deeply moved by Rachel Carson’s book *Silent Spring* when it came out. That was the beginning of the environmental movement.”

Anne is a life member of the Wildlife Preservation Society, an organisation she joined in its early days under the

leadership of renowned conservationist Kathleen McArthur. “I’ve followed its evolution ever since,” she said.

Today, she continues to nurture those values through writing Caloundra’s history for this very magazine and advocating for local sustainability. Her legacy runs deep—in the schools, the streets, and even in the trees.

Anne and her husband Selwyn arrived in Caloundra in the early 1960s when he was transferred to the town’s secondary department as a math and science teacher. “There were only about 80



students at the time," Anne recalls. As was typical then, she had been dismissed from her own teaching position simply because she was married.

The couple rented her grandmother's old holiday cottage, at 4 Rinaldi Street in Moffat Beach, complete with a wood stove and thunderbox toilet. "We were entranced by the area," she said. "Within six months, we knew we were staying."

Anne's bond with the town is more than professional—it's deeply personal. She was conceived in her grandmother's Moffat Beach house, which still stands today. At age eight, after undergoing heart surgery, she returned to Caloundra to recover. Her two daughters, Carmen and Yvette, were raised and schooled in Caloundra, and when Selwyn passed away in 1997, his ashes were scattered at Military Jetty. "Caloundra is very special to me," she said.

Anne returned to teaching in 1965, going on to work at Caloundra Primary, Maleny High, Caloundra High and Maroochydore High before retiring in 1998. "That's a hell of a lot of people I taught," she laughed. Many still greet her with warmth and recognition around town. Her unwavering dedication to students was honoured in 1995 when she was named a state finalist in the Excellence in Teaching Awards—nominated by the students and parents themselves. "Teaching is one of the most important careers—you have the power to change the direction of a child's life," she reflected, offering heartfelt encouragement to today's teachers who may be feeling overwhelmed in the current climate.

Anne was instrumental in pioneering relationship education in Queensland schools. As a leading teacher in the Personal Development Program, she taught values, communication, sexuality and self-esteem.

But her influence reached far beyond the classroom. In 1967, Anne and Selwyn helped found the Sir Francis Nicklin Memorial Salt Water Pool Committee. "He was teaching kids to swim in the

Passage," she said. "Then he got a letter from the department saying if anyone drowned, he'd be up on manslaughter charges." That letter sparked a campaign that eventually led to the pool's opening in 1977.

Anne's first public protest came in 1989 when she famously refused a wheelie bin. "I don't believe in waste. Waste is a misplaced resource," she insisted. When the council kept delivering the bin, she kept returning it—until the standoff hit the front page of the *Sunshine Coast Daily*. That led to the formation of Caloundra Kawana Wastebusters and a community-run recycling depot at Warana. Her activism almost landed her a council seat—missing out by just 76 votes—but she was appointed to the Waste Advisory Committee and helped design the Corbould Park Resource Recovery Centre, an achievement she remains deeply proud of.

Anne's environmental activism often came with a touch of humour. When council plans in the 1970s threatened the gum trees outside her Carlton Avenue home, she wrote a letter "from the trees" on their own leaves, pleading for their lives. It worked. Shire engineer Max Poole, whose children Anne had taught, took notice, engaging newly appointed town planner, Peter Allen, to design the road to curve around the trees. "There's a lot to be said for lateral thinking and humour," she said. Eric Williamson, a bush poet on the work crew, even penned a poem about the experience called *The Day the Road Went Round the Ironbarks*.

Now enjoying retirement in her self-designed recycled home, Anne tends her permaculture garden with help from the onsite WWOOFER (Willing Workers on Organic Farm), cares for her dog Lucy, enjoys her seven grandchildren, and continues her community work through writing. "When we came here, I was 22 and Caloundra had 2,000 people. We really did grow up together, and we've both come a long way."

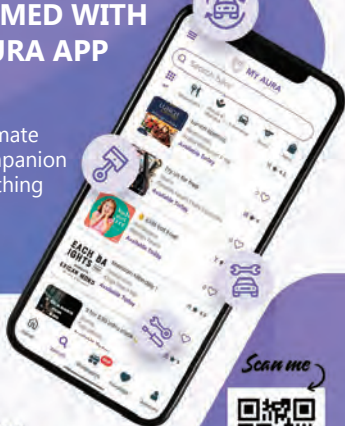
"There's a lot to be said for lateral thinking and humour."



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MY AURA APP

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Founded by local IT expert Luiz Glingani, the app was born from a simple need: to know what was on offer in his own backyard, without the doom-scrolling. What has evolved is a digital hub that connects locals, supports small businesses, and shares opportunities that keep the community strong.

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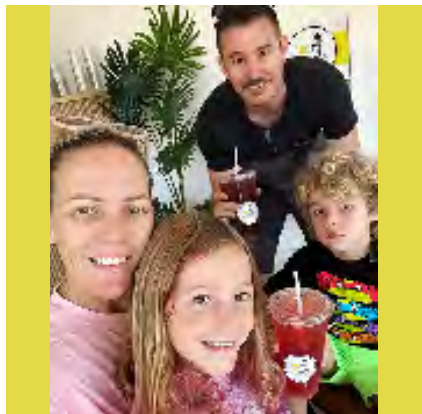
COOEE COFFEE CO

Cooee Coffee Co is shaking up the local coffee scene with rare Australian-grown beans—a true standout in a market dominated by imports.

Founded by Brad and Richelle Robinson, familiar faces from the Caloundra Street Fair, the Yandina-based roastery has earned two Golden Bean Awards and finalist status in the Sunshine Coast Business Awards. Their upcoming steeped coffee bags offer a premium, grab-and-go option.

Find them at White's IGA Baringa or every Sunday at the Caloundra Street Fair. For more info visit cooeecoffee.co.





SUNSHINE NUTRITION CO

After 20 years working as a legal PA in Sydney, Rachael knew something had to change. "I felt like I was rotting away in an office," she recalls. A move to the Sunshine Coast and motherhood brought a pause—and perspective. But it was a final stint in a law firm and the loss of her mum that truly sparked the shift: "I realised I wanted more out of life. I wanted to have fun."

What began as teaching school mums how to make healthy smoothies and energy teas has blossomed into Sunshine Nutrition Co. With hubby Ian by her side, Rachael turned her passion for fitness, clean eating, and community into a vibrant health hub, which opened in Kings Beach March this year.

Serving up high-protein smoothies (150–300 calories), made with ice and water, sugar-free syrups, fun toppings, and a rotating menu of crowd favourites like Iced Coffee and Biscoff, there's something to suit every taste. Their colourful, low-calorie energy teas deliver a clean, crash-free boost and gut-health benefits too.

The grand opening happens on Saturday, July 5, featuring Hot 91 FM, games, prizes, and \$5 off for the first 50 customers! Check out the new Collagen Glow Menu and a stunning tropical mural by artist Hannah Poida—perfect for your next selfie. **Open 8am-2pm daily. 1 Moreton Parade Kings Beach. Follow the journey on Instagram at @sunshinenutrition_co**

Section

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SHARING CULTURE ON COUNTRY

The Hope Dreaming Centre, located at the former Caloundra Visitor Information Centre, is a powerful new space for cultural connection and education. Led by First Nation artist Dr Hope O'Chin (Kabi Kabi/Gubbi Gubbi, Wakka Wakka) and Tribal Link Director Kerry Neill (Kabi Kabi, Wakka Wakka, and South Sea Islander), the centre celebrates Indigenous stories, art, and identity.

A bush tucker food truck serves native flavours, while local artists and cultural guides share knowledge and traditions. "For me, it's always been a dream to have something here—on country," says Dr Hope O'Chin. "We wanted to share our knowledge of culture and place with the wider community. Many

years ago, my Nanna was taken off here and moved to Cherbourg. Our people were dispersed right across Queensland. You learn to cope and accept what happened, but it doesn't stop you from wanting to go back to where you had your strength and sense of place."

Support from community, council, and government has been strong. "This is a very positive way of reconciling differences... the more we share and accept our differences as strengths, the more we contribute to a diverse community."

Hope's latest exhibition, Legacy of Hope, is now showing, with proceeds supporting the Centre's development. **Visit 7 Caloundra Road, Caloundra.**

CLASSIFIEDS

SEEKING ACCOMMODATION

Retired lady in her 60s, quiet, non-smoker, is looking for affordable, 1-bedroom, self-contained holiday accommodation in Caloundra during July and August. Please phone 0478 949 358.

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Happy Days

with Andrew Champion

Phone 0428 714 357

Practical solutions for our current housing crisis

Australia's housing crisis isn't just about rising costs—it's a structural failure. The federal government welcomes over 450,000 new arrivals annually, yet we only build around 200,000 homes. Those with money snap up what's available, while the most vulnerable end up in tents, cars or couch surfing.

Last census, 127,000 Australians were homeless, including over 1,300 on the Sunshine Coast. Homelessness among over-65s has risen 31% in six years, and rental stress is up 36% nationwide.

The current response? Build \$500k-\$900k homes that barely scratch the surface. We're not meeting 90% of the actual need.

It's time to think differently. Let's reframe it as an accommodation crisis—and allow quicker, cheaper solutions like:

- Long-term tiny homes on private rural land
- Permanent caravan living in urban areas
- Community accommodation hubs on spare public grounds

Some councils are already adapting—Lockyer Council now allows longer caravan stays in town. But most still block these practical solutions.

If even half of the promised billions were redirected to local government, we could build modern, low-cost, community-based villages with cabins, health hubs, childcare, and transport—fast. Let's move past red tape and start backing local solutions that offer real shelter and dignity to the people who need it most.



The !NCROWD are empowering change

Based on the Sunshine Coast, The !NCROWD empowers individuals and transforms communities by breaking cycles of homelessness, mental health challenges, and disability-related barriers.

Through person-centred support, creative programs, housing assistance, and community outreach, they foster resilience, independence, and inclusion. The organisation champions empowerment over dependency, helping people build confidence and contribute meaningfully to society.

With a focus on sustainable solutions and social connection, THE !N CROWD is committed to ensuring no one goes without. Their vision is a more inclusive future where all individuals feel valued, supported, and empowered to reach their full potential.

www.theincrowd.com.au

SUNSHINE COAST CHARITY

THE !N CROWD

*provides support, education,
and services to individuals and
families impacted by disability,
mental health and homelessness.*

theincrowd.com.au



CAL 100 FUN RUN

Caloundra, lace up your runners—there's a new event coming your way, and it's all about fun and fitness. On Sunday 14 September, the inaugural Cal 100 Fun Run invites locals of all ages to take on a unique 100-minute team challenge hosted by Caloundra State School.

Organised by the school's dedicated P&C Committee with support from school staff and led by Jocelyn Elliott, this high-energy event is more than just a race—it's a celebration of community spirit.

"We wanted to create a fundraising event for the school and recognised a real hunger for a community running event. With a strong running culture and spacious grounds, we knew we could host something truly special," says Jocelyn.

Here's how it works: Adult solo runners or adult, family, youth or kids teams (with up to 8 members) take on the challenge by running a 1km loop for 100 minutes. In team entries, only one runner is on the course at a time, with baton handovers adding to the fun. While teammates rest between turns, they can enjoy the festival atmosphere—complete with food stalls, music, and community cheer across the school's expansive green fields. Teams are invited to bring a marquee to set up for rest and shade in between running.

Local businesses are invited to rally their staff and enter a team with bragging rights (and possibly a shiny new Business Challenge Trophy) up for grabs for the fastest workplace crew.

To get into the spirit of the day, a

range of official event merchandise—including race shirts, hats, and water bottles—will be available for purchase. A selection of food and beverage vendors will be onsite, serving up coffee, a barbecue and treats to keep everyone fuelled throughout the event.

For a dash of fun, don't miss the Beat the Croc finale—where children of all ages will race the school's crocodile mascot on a smaller athletics track.

The event raises funds for essential learning resources at the school, with Caloundra City Autos and Caloundra Mazda on board as Gold Sponsors and local businesses invited to get involved as sponsors, prize donors or mega raffle contributors.

There'll be a \$200 cash prize for the top adult solo runner, whereby teams win prizes and vouchers. Expect rewards for top distances, fancy dress, team spirit and more.

The Cal 100 Fun Run is set to be a wholesome day and a fresh take on community fun, right in the heart of Caloundra.

Scan the QR code on the adjacent page to register. Local businesses interested in sponsoring or donating prizes can email cal100funrun@gmail.com or call (07) 5439 4200.



1 km loop – 100 minutes.
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SUNDAY 14 SEPTEMBER – 9AM
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QUESTIONS? Cal100FunRun@gmail.com

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Tanya Hicks in Paris with her World Awards. Above right: Tanya and son Kianni with the Duchess of York in London.

Redesigning the world for neurodivergents

Tanya Hicks describes herself as a “sparkly alien”—bright, intense, and deeply out of place in a world that didn’t understand her brain or body. Misdiagnosed and misunderstood for much of her life, Tanya was often told she was “too much.” But receiving her autism and ADHD diagnoses as an adult wasn’t just a label—it was, in her words, “a coming home.”

That revelation ignited a fire within her to create “the kind of spaces I had always needed—spaces where neurodivergent people aren’t just accepted but celebrated.”

From that fire came Neurodivergent Empowered, a movement and physical sanctuary grounded in lived experience and radical acceptance. Central to Tanya’s work is the philosophy she calls Authenticity Architecture—a practice born from a single, urgent question:

“What do neurodivergent people truly need to thrive—not just cope?” Tanya quickly realised traditional models were not enough. “So I started designing an ecosystem that blends trauma-informed care, nervous system nourishment, somatic healing, identity work, and joy.”

Far from a cookie-cutter solution, Authenticity Architecture offers people “the blueprint to design a life that reflects who they truly are—not who they’re

told to be." At its core, the approach fosters "radical self-trust and alignment," a state Tanya believes is the key to becoming "unstoppable" and shifting from survival to liberation.

The embodiment of this philosophy is The Nest—a purpose-built, sensory-conscious space and the heart of Neurodivergent Empowered. "Every detail—from the lighting and furniture to the rhythms of our programs—has been intentionally crafted to meet sensory, emotional, and relational needs."

The Nest offers therapist-led, interest-based programs for autistic and ADHD children, teens, and adults, all of which centre "connection, identity, and empowerment." But perhaps most importantly, it's a place where "people can breathe, belong, and be. For many, it's the first place they've ever felt truly safe to be themselves."

In 2024, Tanya's work received global recognition when she won Gold for Women in Education and Bronze for Advocacy at the Women Changing the World Awards. For Tanya, this acknowledgement was deeply personal. "Growing up, I never imagined someone like me could win awards like these. But these wins aren't just mine—they belong to every person who's ever felt unseen, unheard, or unworthy." Beyond validation, the awards amplify a bigger message: "that neurodivergent lives, perspectives, and leadership matter."

That message echoed on international stages in Paris and London, where Tanya shared her pioneering Oxytocin Leadership Model—a leadership philosophy centred on emotional safety, trust, and authentic connection.

In contrast to traditional, transactional leadership models, Tanya's approach "prioritises people over performance." She explains, "Oxytocin—the hormone of bonding—symbolises the kind of leadership we need: one that fosters belonging, creativity, and collaboration." Designed with neurodivergent needs in mind, the model creates a ripple effect that transforms entire communities, organisations, and schools.

When asked what lasting change she hopes to spark in the world, Tanya is clear:

"But these wins aren't just mine—they belong to every person who's ever felt unseen, unheard, or unworthy."

"That every neurodivergent person—child, teen, or adult—feels safe enough in their

body and their life to stop surviving and start belonging. I want to shift the world from trying to make us 'fit in' to redesigning it so we all belong. That's the change I'm here to lead."

Through courage and lived experience, Tanya Hicks is not just empowering individuals—she's reshaping systems. And in doing so, she's changing the world.

neurodivergentempowered.com





Aura Farmers Market: Now Twice-Weekly and Twice the Fun!

Looking for a vibrant, community-driven way to start your day? Look no further than the Aura Farmers Market, a local favourite that's expanding into a twice-weekly tradition. From Thursday, 3rd July, 2025, Aura Farmers Market will now be offering two opportunities to enjoy everything it has to offer:



Thursdays - A Focus on Mums & Bubs

These family-friendly mornings will feature stalls, products and activities designed especially with parents and young children in mind. You will find baby and toddler-friendly products, family-focused vendors and a welcoming environment for young families—plus plenty of space for little ones to roam.



Saturdays - A Community Celebration

Saturdays continue to be the heart of the market, drawing in families, foodies and friendly faces from all over the southern Sunshine Coast. From fresh, seasonal produce to artisan goods, fresh seafood, baked treats and even homemade dog snacks, there is truly something for everyone. Fuel your morning with a locally brewed coffee, enjoy breakfast or lunch from food vendors and relax to the sound of live music as you explore everything the market has to offer.



More Than Just a Market

Aura Farmers Market is not just a place to shop—it is a place to connect and relax. Whether you are meeting friends, introducing your little one to new sights and sounds, or enjoying some solo time with a coffee in hand, the market is a welcoming community space for all.

So mark your calendar and join the Aura Farmers Market every Thursday and Saturday from 7am to 12noon.



RIX PIX

Our stunning cover image comes from local landscape photographer Rik Bresolin—whose photography venture Rix Pix began with a simple question: Why not?



In 2017, after years of casually snapping away on iPhones and point-and-shoots, he decided to get serious. A deep dive into gear and technique followed—and he hasn't looked back.

His signature style? Sunrise and sunset seascapes. "Rockpools, jettys, bluffs, surf... anything coastal," he says. His images are instantly recognisable: Moffat Beach, Kings, Noosa, Currimundi, and the Glass House Mountains. "They're tourist photos, really—meant to capture the magic of a place people fall in love with." With the right settings, perfect timing, and a little luck from the sky, sunrises and sunsets can deliver truly breathtaking results.

Originally from Victoria, Rik and his family moved to Caloundra via Cairns in the '90s. "It just felt like home—only nicer, and much warmer." He loves the distinct personality of each beach, the coastline's accessibility, and the natural beauty that surrounds the town.

Lately, he's ventured into wildlife photography—birds, roos, even soldier crabs—and recently shot for Moffat Beach Brewing Co. for Qantas' inflight magazine. Next stop: a wedding shoot in Tuscany.

Find him every Saturday at Eumundi Markets and Sundays at Caloundra Street Fair (near Surf, Dive and Ski).



Thursday & Saturday
7am to 12pm
Whiteley Avenue, Aura



Every Sunday
8am to 1pm
Bulcock Street, Caloundra



First Friday
of every month



Second Friday
of every month



Third Friday
of every month



Last Friday
of every month



NORTON MUSIC FACTORY

Operated by Liam and Renae Norton alongside a tight-knit crew, Caloundra's Norton Music Factory is a family-run grassroots venue built on community spirit and a love of live music.

What sets Norton Music Factory apart is the unexpected sense of community found within its industrial estate setting. "People walk in and think, 'What the hell is this joint?'"—but once they're through the gate, they feel relaxed," says Liam. "The atmosphere is friendly, welcoming, and safe".

Much of the team is family, with Liam and Renae's three daughters and Liam's old man, Bill, helping to keep the place running smoothly. The good vibes keep flowing with a solid selection of local brews, wine, and classic drinks, while the kitchen serves up crowd favourites. "I'm a gun meat smoker," Liam says proudly. "So we usually have smoked meat on offer,

plus Papa Norto's specialty pizzas, Vietnamese spring rolls from local cafe Frog's Kitchen, and wicked coffee."

Volunteers like Matt, Grant, and others show up week after week to keep things

moving. Behind the scenes, their top-notch tech crew brings every show to life—sound engineer Josh Goode, Scott, Brant and Lee on production, with rising stars Orion on video and Tommy on lights. "It's a team effort—and the punters can feel that sense of community the moment they walk in," says Liam.

"Luckily for us, it's not our main income, because it couldn't be. Music's a tough business. "Venues are closing all over Australia. Any profit we make goes straight back into keeping the place alive and supporting charities."

Their very first fundraiser, back in 2021, set the tone for everything that followed. Alongside being a place to support grassroots original music, we saw an opportunity to raise money for causes that matter."

Now, every single show is a charity fundraiser. The venue supports three main causes: Strong Women Talking,



Left: Liam and Renae Norton. Centre and right: Photography by Chris Clow

founded by Sono in Brisbane, delivers healing workshops to help break cycles of domestic violence among Indigenous women. The second is World Vision Young Mob, which supports Indigenous youth to pursue leadership and dream big. Through these partnerships, Norton Music Factory has funded 26 days of healing workshops and 16 days of Indigenous youth leadership.

The third, and most local, is Inclusive Kids, helping vulnerable children on the Sunshine Coast. “Just one event helped provide 150 pairs of school shoes. How is it even possible that in this day and age, 150 kids on the Sunshine Coast need school shoes?”

This is just one of the many reasons to keep going, even when things look grim. Entertainment venues are struggling—it’s a week-by-week survival game for many. “All we can ask is for more people to come out and support live music,” says Liam. “If things keep heading the way they are, by the time my kids have kids, there might be no grassroots venues left. Sure, you’ll still see Taylor Swift pack out Suncorp Stadium,

but that money doesn’t stay in Australia. Local venues are the ones investing back into our communities.”

“How do you discover the next Powderfinger if you don’t see them at your local when they’re starting out?” says Liam. “There’s a really talented group of young musicians on the Sunshine Coast doing the hard yards—and we’ll do all we can to support them.” At Norton Music Factory,

that means giving local acts stage time, often opening for bigger touring bands.

“It’s just another way we give back to help the local music scene.”

He gives credit where it’s due: “Sol Bar just won Music Venue of the Year—hats

off to them. They’ve done so much for the local scene. And The Station and The Precinct are doing amazing things too. We’re lucky to have these places.

People just need to show up. Live music brings people together. If we all just occasionally stepped away from the screens, and made the effort to be part of something real, that’s how we keep the music—and the scene—alive.”

nortonmusicfactory.com

// People say there's no nightlife on the Sunshine Coast but the venues are here... and when people do come out, they have a great time!

Caloundra Update

With Division 2

Cr Terry Landsberg



It's a busy and exciting time of year here in Caloundra, with plenty happening across our community!

The new Caloundra Library and Community Hub is nearing completion and is already shaping up to be a standout civic space. This state-of-the-art facility will offer modern library services, flexible community meeting rooms, and improved accessibility for all. As part of the precinct upgrades, you'll also notice some changes to parking in the area—these improvements are designed to make visits to the library and surrounds more convenient and enjoyable.

Just around the corner, the Bianco Apartments on the corner of Bulcock Street and Tay Avenue are also close to completion. A big thank you to our locals and visitors for your patience during construction. We're looking forward to the official opening in August!

On a broader note, the first stage of the Bribie Island Breakthrough Review has been released by the State Government. This important review highlights the urgent need for action to address erosion and protect the Pumicestone Passage. Council has been on-site multiple times and met with impacted residents along Golden Beach and Diamond Head. We look forward to progressing remedial works, including the construction of a new rock wall at Diamond Head, guided by the review's recommendations.

Despite the weather not being on our side, it was fantastic to see so many of you at BeachFest and the BeachFest celebrations—what a great show of community spirit!

Don't forget—our next Mobile Office is the last Friday of the month. Check our Facebook page for details.

Keep up to date with all things Division 2 by following our Facebook or Instagram

UNITING COMMUNITY BREAKFAST

Each Monday morning, the Caloundra Uniting Church on Queen Street opens its hall doors to host a community breakfast, providing a hot meal, warm drinks, and hospitality to community members experiencing homelessness or tough times.

This heartfelt initiative has been running for over three years, thanks to the dedication of volunteers like Ivy and Jim Dempsey, and coordinators Jan and Sandra who, along with the entire team, offer not just breakfast—but also kindness, a listening ear, and a genuine sense of community. The breakfast is attended each week by Ps Steven Fincham who helps with guidance for help with connections with local services.

If you'd like to volunteer your time or contribute to this valuable cause, please reach out to Caloundra Uniting Church at: admin@caloundraunitingchurch.org.au or Facebook: @Caloundra Uniting Church



Local Hero Grants Round One Recipients Announced

I'm so pleased to share that the first round of my Local Hero Grants has officially wrapped up – and what a fantastic response we had! Over 20 applications were received from a wide range of passionate individuals, community groups, not-for-profit organisations, and school P&C committees, all dedicated to making a positive difference in our community.

While it was quite difficult to narrow down the recipients, I'm thrilled to announce that multiple individuals, community groups, and P&C teams will each receive a \$250 Local Hero Grant to support their valuable projects and initiatives.

It's truly humbling to see the inspiring work being done across our community – from supporting our most vulnerable residents, to enriching school life, to engaging with our seniors and fostering community spirit. Your dedication does not go unnoticed.

I'm incredibly proud to serve as the Member for Caloundra, and I encourage everyone to follow my Facebook page – Kendall Morton MP – to stay updated and be the first to know when the next round of grants opens.

Thank you to everyone who applied.

Kendall Morton MP
www.kendallmorton.com.au



BELLS REACH COMMUNITY GARDEN

To mark its 10-year anniversary, Bells Reach Community Garden has received a \$250 grant from Member for Caloundra Kendall Morton, which will go towards a celebration later this year.

The garden has recently undergone a fresh revamp, with its ageing wooden beds replaced by new corrugated iron ones, and vibrant flowers and fresh produce bringing new life to the space. A \$600 donation from Cr Jenny Broderick (Division 1) also allowed for an upgrade to the composting area.

The group is now calling for volunteers of all ages to help support the garden's continued growth. Locals can also contribute by donating 10-cent recycling containers, with all funds reinvested into the garden.

Located at 36–58 Indigo Road, Caloundra West, the garden is open most weekends. For more information, contact Jo or Francis at bellsreachcommunitygarden1@gmail.com.



NIGHT EYES AND STRONG STREET RECYCLERS

Collaborating for a Greener Future

In the heart of Caloundra, Night Eyes Water and Landcare Inc. has been a steadfast guardian of the region's natural beauty for over two decades. What began as a small group aiming to curb theft along the Pumicestone Passage has evolved into a dedicated environmental watch organisation. Today, with nearly 100 volunteers, Night Eyes patrols the waterways and streets, collecting rubbish and ensuring the area's cleanliness.

To support their mission, Night Eyes collaborates with Strong Street Recyclers, a Containers for Change depot located at 15 Strong Street in Baringa. This facility, equipped with automated counting machines and a 24-hour bag drop service, offers a convenient way for community

members to return eligible containers and receive refunds. Night Eyes utilises this depot to recycle the containers they collect during their clean-up efforts, turning waste into funds that support their environmental initiatives.

The partnership between Night Eyes and Strong Street Recyclers exemplifies community collaboration in promoting sustainability.

By leveraging the resources of the recycling facility, Night Eyes not only contributes to reducing litter but also engages the community in environmental stewardship. This synergy ensures that Caloundra's waterways and lands remain pristine for future generations.

strongstreetrecyclers.com.au
nighteyeswaterandlandcare.com.au

DV SAFE PHONE: A LIFELINE

What began as a grassroots initiative in 2020 has grown into a national program delivering free, repurposed mobile phones to Australians escaping domestic violence.

In just five years, DV Safe Phone has distributed over 13,500 phones to more than 450 frontline agencies, including police stations, safe houses, and hospitals. Each week, between 100 and 200 phones—donated by the public—are repaired, cleared and processed right here on the Sunshine Coast.

DV Safe Phone began in 2020 after founder Ashton Wood learned from a Queensland police officer friend just how critical untraceable phones are for women in crisis. With an IT background and a call-out on LinkedIn, he began collecting

unused mobiles—transforming them into safe lifelines for domestic violence survivors.

These phones provide a secure, lifeline connection for those in crisis, often at a time when it's needed most.

DV Safe Phone operates through donations, grants, and community support, including unique fundraisers like Broadway in the Hangar happening Saturday 23 August at the Queensland Air Museum, in Caloundra—all with proceeds from the event going to the organisation.

Caloundra locals can drop phones at Bank of Queensland, Henzell's Real Estate, Bryce's Computer Store, King IT, or the Community Bank on Bulcock Street.

Find out more at dvsafephone.org



**TURN YOUR
TRASH
INTO CASH
\$\$\$**



**CONTAINERS FOR CHANGE
AURA DEPOT NOW OPEN!**



IT'S AS EASY AS 1, 2, 3...

When you recycle with Containers for Change, you get a 10c refund for every eligible container you return.



Collect eligible containers

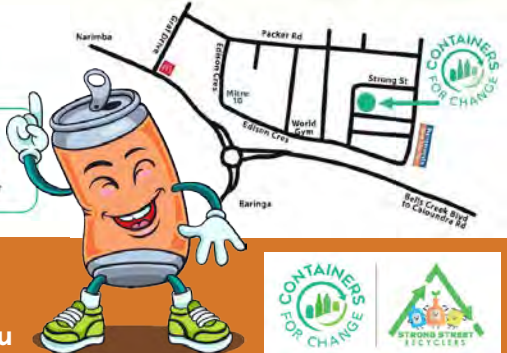


Bring them to the new Aura container refund point

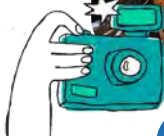


Earn a refund or donate

15 STRONG STREET BARINGA
in the Aura Business Park
www.strongstreetrecyclers.com.au



Dog's best FRIEND



Hayley and Ruby at the Pocket



Meeisha and Mum at Moffat Beach



Fred, Frank and Glynnis at Moffat Beach



Sue and Marley at Moffat Beach



Daniel and Butter at Moffat Beach





Ivan, Katia and Bento at The Pocket



Dee, Kent, Joss and Stitchy at The Real Grocer

Be sure to keep an eye out around town for our junior photographer snapping local dogs with their BFF's.



Flicc and Guss at The Pocket Espresso, Moff's



Brad and Rusty at The Guitar Den, Bulcock St.

“The reason dogs have so many friends is because they wag their tails instead of their tongues.” - Unknown



WAVE RAIDERS: MAKING WAVES ON NATIONAL STAGES

Mia Ludwig

Coast three-piece Wave Raiders, are the youngest band ever to share the stage with Aussie rock legends The Screaming Jets, and are fast becoming one of the region's most talked-about acts.

The band is made up of lead vocalist and guitarist Pete De Waard, 15, his younger brother Tom, 13, on drums, and bassist and vocalist Jayden Georg, also 13. All three attended primary school in Caloundra and now go to Unity College in Caloundra West.

Their first gig at the Caloundra RSL drew a bigger crowd than expected. "We knew we were onto something when the bar staff were overwhelmed, and we received a complaint from someone on the pokies saying our music was too loud," Pete said.

Just one year after forming, the band shared the stage with Spiderbait in front of 10,000 people at the Caloundra Music Festival. They have since caught the attention of internationally renowned booking agent Steve James.

When they are not performing at festivals across the country, the boys are involved in their local community. Upcoming gigs include headlining the Caloundra City Soccer Club's 50th Anniversary and a Daniel Morcombe Foundation event in August. Their third single, 'My Way', drops August 1.

waveraiders.com.au



KAVA BOWL

A Taste of Hawaii Served with Heart

Tash Gizelis, owner and founder of Kava Bowl Poke Bowls in Dicky Beach, shares her story in the laid-back surrounds of the shop, where reggae beats play and locals chat happily as they pick up their favourite healthy treats.

Originally from New Zealand, Tash is Māori, and her husband is Samoan. “Poke bowl hails from Hawaii. We’re not Hawaiian, but we wanted to bring the experience of the laid-back island style we grew up with,” she says. “We named our business Kava Bowl to mirror the experience behind kava: to come together, share, and relax.”

Tash and her husband Lila moved to Caloundra 14 years ago. “We came over young, no kids, glowing skin and flowing hair,” she laughs. “We always said if we moved to Australia, it would be here. Now we’ve got two boys, reside in Currimundi, and this is home.”

After 10 years at the markets serving up fresh juices, she spotted a beachside shopfront and leapt at the opportunity. “I’ve been here nearly every day since, going on four years.”

“We love food—and it was important to create something quick, easy, and genuinely satisfying,” Tash says. “When I was a stay-at-home mum, the options were either eating out or grabbing takeaways, and most takeouts just didn’t hit the mark. I wanted something healthy, quick, and tasty—



something you’d be happy to feed your kids and that actually left you feeling full. More than that, I wanted the space to feel welcoming, home-made, and run by family.”

The Kava Bowl menu reflects that same community spirit. Their poke bowls are fresh, bold, and inspired by the mix-it-all-up style Tash grew up with. “Lots of veg, lots of dressing, lots of crunch and flavour. And if you love raw fish, you have got to try our tuna or salmon.” Choose from five top-selling salad combos, pick a base, select your protein, and pile on the crunch and dressing.

Their acai and smoothie bowls are runaway favourites, but it’s the real fruit ice cream—made with a unique Little Gem machine from New Zealand—that delivers pure nostalgic joy. It’s reminiscent of the seasonal berry ice cream many Kiwis grew up enjoying fresh from the farm. It’s an experience Tash is passionate about sharing with Caloundra, and one that parents are stoked to treat their kids.

Above all, Kava Bowl is a family business with heart. “We like to think, what we do... we do it really well.”

Follow on Instagram @kavabowlpoke

AND THEY'RE KAVA SPECIALISTS TOO!

As well as poke bowls, Kava Bowl also offers premium kava—both traditional and instant. Sourced from quality cultivars, each blend offers a unique calming effect. Ideal for easing anxiety, winding down or finding stillness, kava is a great natural alternative to alcohol. Curious? Ask the team for a recommendation.

A LITTLE CREATIVE

Driven by Lindy Saunders' passion for creativity and connection, A Little Creative began in Caloundra 13 years ago as a space to bring people together through art.

Formerly an art teacher in Melbourne, she wanted a creative business that worked around her young family. "I started with toddler kindy art—hence the name—and the model has grown with my kids, who are now teenagers. Some of my earliest students now work for me."

Now based at the bottom of Bulcock Street, A Little Creative has expanded its offerings. "Clay has really taken off—especially with adults and tourists," says Lindy. The studio offers after-school classes, NDIS sessions, and holiday programs, plus evening clay-and-sip events, parties, and workshops.

Lindy's passion for ceramics began years ago at a workshop where she bought her first wheel—still in use at the studio today. Trying to teach clay art to 25 kids in a classroom shaped her approach. "Clay is so hands-on. It requires time, care,



and ongoing focus. I stepped away from schools to do things my way—our classes usually have just six people."

The studio now employs around 10 casual staff, including recent recruit, Luna from Chile, who brings expertise in disability support. "Having Luna here has been a game-changer. I finally have space to work on new ideas."

Lindy's connection to the Philippines, where she was born, has influenced the creative offerings at the studio. After reconnecting with her birth family, she began importing ethically made papier-mâché. "It's sustainable, fun to work with, and gives meaningful work to women in rural areas. The Philippines is part of my story, and I love that we are helping people there."

The studio stocks a curated range of products and supports budding artists, including teens keen on digital art and manga drawing. "We love variety and teaching people of all ages."

Check the GoGuide for upcoming school holiday workshops. A Little Creative also runs Toddler Tuesdays at the Caloundra Regional Gallery.

A Little Creative is located at 138 Bulcock St, Caloundra.



EMILY LYNN

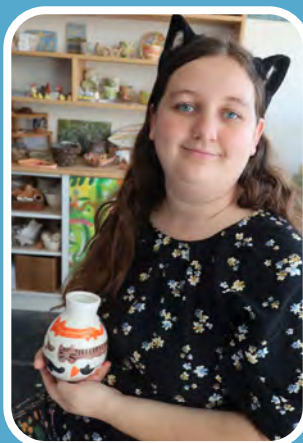


For the past four years, A Little Creative has become a personal sanctuary for Emily-Lynn and a part of her weekly rhythm.

Attending four days a week as part of the National Disability Incentive Scheme, Emily-Lynn finds comfort, community, and creative freedom in this welcoming art hub in Bulcock Street, Caloundra.

"When daily life gets overwhelming with anxiety or OCD, this is the place I can be myself," she shares. "It's a stress-free zone where I do what I love — and that makes me happy."

Her creative practice is broad and ever-expanding: digital art, painting, drawing, cartooning, and more recently, working with the pottery wheel. "Lindy's been



teaching me the clay wheel and it's been so fun painting pottery, too."

One of her latest projects is a digital comic series she's been developing called Ibis and Gull — a humorous take on an ibis and a seagull scheming to swipe snacks from food trucks and restaurants around

the Sunshine Coast.

In the studio, she's known for her welcoming persona and love of conversation. "There are some pretty interesting characters here, and Lindy is the best art teacher I know."

Emily-Lynn's artwork is available for purchase at A Little Creative, or you can follow her artistic journey on Instagram at @legendarybluepegasus.



Make art with us!

All-Age Classes | **Parties + Events** | **Learn Clay** | **Art Packs**

138 Bulcock St Caloundra Phone 0411 790 211 www.alittlecreative.com.au

BOOK THE KIDS IN TO
OUR 'ENCHANTED FOREST'
SCHOOL HOLIDAY WORKSHOPS



The Curated Plate

FOOD & DRINK FESTIVAL 2025

The Curated Plate Food and Drink Festival returns in 2025 with a bold new program celebrating the Sunshine Coast's rich culinary identity.

This year, the spotlight is firmly on homegrown talent, local producers, and the incredible diversity of flavours found across the region.

Festival Culinary Director Peter Kuruvita says the lineup reflects the Sunshine Coast's evolving food story—from South East Asian and Mediterranean to modern Australian and native bushfoods—all underpinned by premium local ingredients like Maleny Buffalo, Woombye Cheese, and wild-caught tuna.

"It's a celebration of who we are," says Kuruvita, "and the amazing ingredients grown, raised and caught right here."

SALTWATER ECO TOURS

Scenic Culinary Cruises

Now in its fourth year as part of The Curated Plate, Saltwater Eco Tours invites guests aboard its heritage-listed 117-year-old vessel, *Spray of the Coral Coast*, for a series of scenic culinary cruises. Running throughout the 10-day festival, most cruises operate from 11:30am–1:30pm, with a special twilight sailing from 3:30–5:30pm.

The canapé menu features premium local seafood and native ingredients, complemented by a cocktail list made with house-crafted syrups and regional spirits.

A festival highlight this year is Jhdungah - a unique outdoor dining experience at Mooloolaba Spit on 26 July. Hosted by Auntie Bridgette Chilli Davis and featuring celebrity chef Peter Kuruvita, guests will enjoy cultural storytelling, live music, fresh local seafood, open fire pits and native botanical cocktails in a stunning coastal setting.

With relaxed and premium offerings, Saltwater Eco Tours presents a memorable way for both locals and visitors to experience the true flavour of the Sunshine Coast.

Tix \$120pp. Explore options at thecuratedplate.com.au



Image: @nothroughroad



KINGS BEACH BAR

Flavours of the Coast - The Next Wave

~ Saturday 2 August | 5.30PM - 9PM ~

After a sold-out success in 2024, Flavours of the Coast is back with a brand-new twist – and this time, it's coming to Kings Beach Bar.

Locals are invited to pick their break and indulge in Flavours of the Coast – The Next Wave, a three-part culinary celebration across The Beach Bars. Kings Beach Bar will host the Caloundra edition of this exclusive event on Saturday 2nd August from 5.30pm–9.00pm.

Guests will begin their evening with a signature Beach Bar Spritz on arrival before settling in for a seven-course degustation showcasing the very best in Sunshine Coast produce. With ocean views, live acoustic tunes, and matched wines from Gibson Wines, this promises to be an unforgettable night of food, flavour, and coastal hospitality.

On the menu? Think Karaage Oyster Mushrooms with ponzu and pickled karkalla, Seared Scallops with pork floss, and Mooloolaba Prawns with curry mayo – all sourced from incredible local suppliers including Produce Partner, Prime Cut Meats, and Daniel Street Fish Market in Caloundra.

“Our menu reflects what we love most about the Sunny Coast,” says Kings Beach Bar co-founder Jonny Giles. “It’s about celebrating local, keeping it fresh, and giving people a night to remember.”

Tickets are \$149pp and include all seven courses, matched wines, and that signature Beach Bar experience.

So round up your crew and join Kings Beach Bar for Flavours of the Coast – The Next Wave. Spots are limited and sell fast.

Tix \$149pp at thecuratedplate.com.au

YOUR MATES BREWING

Feel Good Frothy Rodeo

~ Friday 1 August | 5PM - 10PM ~



Saddle up for an epic arvo of bold flavours, bucking bulls, and country tunes! From 5–10pm, enjoy live music, mechanical bull rides, a \$300 best dressed comp, and raffles supporting Grab Life By The Balls. Sip on our award-winning Larry Pale Ale, dig into delicious barbecue, and soak up the frothy good vibes. Dress to impress and round up your crew, this Sunshine Coast country bash is one wild ride you won't want to miss!

More at thecuratedplate.com.au

CHILL CAFE 89

Passage to Plate Cocktail Party

~ Sat 26 July & Sun 3 August | 5PM - 8PM ~

Set against stunning ocean views, this stylish stand-up cocktail party returns bigger and better for 2025. Enjoy gourmet canapés, tapas served fresh every 20 minutes, and an open bar featuring premium local drinks. With lush floral styling, upbeat live music, and a vibrant crowd, it's an unmissable celebration of Sunshine Coast flavours. Featuring Sunny Coast Party DJ and Innessa's dynamic live vocals. Dress smart casual—or go glam if you're feeling fancy!

Tix \$110pp at thecuratedplate.com.au





caloundrachronicle.com/events



THE GREY MEDALLION WATER SAFETY COURSE

**SATURDAY 30 AUGUST | 9AM-4PM
BREAKFREE RESORT CALOUNDRA**

Join the free one-day Grey Medallion® course on Saturday 30 August from 9am to 4pm at BreakFree Grand Pacific Resort, Bulcock Street, Caloundra. Run by the Ithaca Caloundra City Life Saving Club, this Royal Life Saving Society program teaches essential water safety and emergency response skills—including CPR, defibrillator use, dry rescues, rip awareness, marine stings, and home safety. Ideal for parents, grandparents, new Australians, and Sunshine Coast newcomers. Places are limited and bookings essential. Donations welcome.

**Enrolments open 1 August at
caloundracity.org.au**



CALOUNDRA CITY SOCCER CLUB 50 YEAR ANNIVERSARY

SATURDAY 16 AUGUST | 4PM-8PM

2025 marks a huge milestone for Caloundra City Soccer Club as it celebrates its 50th anniversary. Founded in 1975 as the Caloundra Churches Soccer Club, it was one of five original teams in the Sunshine Coast Churches Association. Early matches were played on school grounds before the Club secured its current home at Russell Barker Park in 1983.

From just two teams in its debut season, the Club has grown to 47 teams and nearly 600 players today—proof of its enduring community spirit and love for the game.

To celebrate, an event will be held on August 16. Past and present players, families, and committee members are warmly invited. The evening will feature food trucks, inflatables, face painting, a mega raffle, cake cutting, and a special historical display.

If you have Club photos or memorabilia, especially from 1975–2000, please contact Lynne K. on 0439 781 884.



CAL 100 FUN RUN CALOUNDRA STATE SCHOOL SUNDAY 14 SEPTEMBER

Join the inaugural Cal 100 Fun Run—a 100-minute team challenge for all ages! Enjoy food stalls, live music, and a festive community vibe while raising funds for Caloundra State School. Set up a team marquee and make a day of it!

Call (07) 5439 4200 to find out more.

LIVE MUSIC

OPEN MIC NIGHT

BANANA BENDER PUB

JULY 11 / JULY 25 / AUG 8 / AUG 22

Bring your music, instruments and voice. The Banana Bender is supporting live and local Sunshine Coast artists with an Open Mic Night every two weeks. Performers will be invited to present a 20 minute set with all PA and audio equipment supplied. All genres are welcome to perform free. Bookings not required.

FANGZ

SATURDAY 19 JULY

NORTON MUSIC FACTORY

Eora/Sydney punk rockers FANGZ have just dropped news of their long-awaited debut album Shui, landing Friday 4 July via Impressed Recordings. To celebrate, they're hitting the road for their biggest national headline tour to date.

SUNSHINE COAST JAZZ CLUB

SATURDAY 20 JULY

CALOUNDRA POWER BOAT CLUB

Sunshine Coast Jazz Club is excited to present the Paul Hendon Sextet Benny Goodman Tribute. The band will be bringing the sound of the Benny Goodman Small Group recordings to life. This authentic line-up includes Sydney vibraphonist Glenn Henrich.

Bookings: sunshinecoastjazzclub.net.au or 0427 782 960

LEONARD COHEN: HIS LIFE, LADIES AND LOVERS

SATURDAY 23 AUGUST

THE EVENTS CENTRE

Leonard Cohen comes back to life! Jonathan Anstock embodies legend Leonard Cohen in this superb biographical cabaret, which showcases many of Cohen's iconic songs. Jonathan lays bare Cohen's amazing life story – secrets, sexual encounters, lovers and eventual peace after years of depression.

34 July/August 2025



PUMICESTONE ROCKS FESTIVAL

CENTRAL PARK, PELICAN WATERS

SUN 14 SEPTEMBER | 11AM-4PM

Pumicestone Rocks Festival is back in 2025 and it's bigger and better! Performing throughout the afternoon will be an amazing lineup of live bands including Tommy Katz, Full Circle and Wasted Talent. There will be kid's activities to keep them entertained all afternoon, plenty of food trucks, plus a bar for the adults.

Pack your picnic blankets, grab a feed from one of the amazing food vendors and kick back in the sun for an afternoon of live music and fun. This event is hosted by Pelican Waters Development, Night Eyes Water and Landcare Inc. and supported by the Caloundra Chamber of Commerce, with proceeds going to Night Eyes Water and Landcare Inc.

Central Park - Corner of Spitfire Bank Drive & Coral Sea Drive, Pelican Waters

THE CHRIS CORNELL COLLECTION

SATURDAY 30 AUGUST

NORTON MUSIC FACTORY

A passionate live tribute celebrating the iconic voice of Soundgarden, Audioslave, and Temple of the Dog. Feel every raw lyric, soaring vocal, and thunderous riff brought to life by Australia's No.1 Chris Cornell Tribute.

nortonmusicfactory.com.au/events

BELLE OF THE BALL FUNDRAISING GALA

CALOUNDRA POWER BOAT CLUB
FRIDAY 11 JULY | 6PM-10PM

The Belle of the Ball Charity Gala returns on 11 July at the Caloundra Powerboat Club, hosted by Miss Teen Galaxy Australia 2025, Isabelle Kratz. This elegant evening will raise funds for batyr, a preventative mental health charity empowering young people. There will be runway shows, live performances, raffles, auctions, best dressed prizes, and powerful storytelling.

Tickets at belleoftheballgala.com

CALOUNDRA QUILTERS 2025 QUILT SHOW

SAT 26 JULY & SUN 27 JULY
CALOUNDRA ARTS CENTRE

The Caloundra Quilters are hosting their biennial quilt show on July 26, 9am to 4pm and July 27, 9am to 3pm at the Caloundra Arts Centre. The show will display a huge variety of quilts that are representative of the many interests and talents of their members. Visitors are invited to vote for their favourite quilt in each of the 3 categories. Member's handmade craft items will be for sale alongside local trader tables. Light refreshments will be available. Entry is \$5 for adults with accompanying children free.

Caloundra Arts Centre is located at 5 North Street, Caloundra.

CALOUNDRA HANDMADE MARKETS SAT 9 AUGUST | 8AM-1PM CALOUNDRA INDOOR BOWLS

Held every two months, the Caloundra Handmade Markets showcase a boutique collection of artisan stalls, each offering unique, handmade items. Visitors can expect exceptional quality and creativity from local makers in a relaxed indoor setting. A delightful outing for Sunshine Coast locals and visitors.

Caloundra Indoor Bowling Assoc.
55 Burke Street, Golden Beach



BROADWAY IN THE HANGAR QUEENSLAND AIR MUSEUM SATURDAY 23 AUGUST

The Queensland Air Museum becomes the unique location for a magical evening of Broadway hits, performed live by Bruce Edwards and the Underground Opera Company. Set beneath the wings of vintage aircraft, this unique event raises vital funds for DV Safe Phone. Proudly supported by Rotary Club of Caloundra Pacific, showtime 6-10pm. Guests will be welcomed with bubbles on arrival and can enjoy a licensed bar, lucky door prizes, tasty bites, an exciting auction and raffles throughout the evening. Front row seating is available—book early to secure your place.

Book now: www.trybooking.com/events/landing/1374518

REGIONAL GALLERY TURNS 25! THURS 7 AUGUST CALOUNDRA REGIONAL GALLERY

In 2025, Caloundra Regional Gallery celebrates 25 years of art, inspiration, and creativity on the Sunshine Coast. Join us for a vibrant community celebration filled with connection and joy—whether you're an artist, a regular, or simply love creative experiences!

22 Omrah Avenue, Caloundra

COMMUNITY

CALOUNDRA RESIDENTS ASSOC. MONTHLY GENERAL MEETING

LAST TUESDAY OF THE MONTH

CALOUNDRA POWER BOAT CLUB

The Caloundra 4551 community is invited to attend monthly General Meetings, held at 7pm on the last Tuesday of each month at the Caloundra Powerboat Club. Residents can connect with others, discuss local issues, and hear updates on community projects. Follow the group's Facebook page for news and guest speaker announcements.

caloundraresidentsassociation.org

WELLNESS

LET'S TALK SPINAL FLOW

17 JULY / 5 AUGUST / 21 AUGUST

TRANSCEND HEALING

Join us for a relaxed 45-minute free community session designed for anyone curious about how the Spinal Flow Technique works. Learn how Spinal Flow helps release blockages, restore health and how stress impacts your nervous system.

To book call 07 5227 8688.

VOICES OF THE DEEP WHALE RETREAT

8-16 SEPTEMBER | SHELLY BEACH

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36 July/August 2025



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FAIRIES/ELVES CRAFT

TUES 8 JULY | 10AM - 11:30AM

Create a variety of crafted fairies and elves using a range of materials and techniques. Suits ages 4+. \$30.

CLAY FAIRY HOUSES

TUES 8 JULY | 1PM - 3PM

A fabulous workshop to do as an adult and child team. Together you will learn to form a fabulous mushroom or tree-stump style house and have fun decorating. \$60.

CREATURES IN THE EGG

WED 9 JULY | 10AM - 11:30AM

Choose to paint or construct in this class, and show us what sort of CREATURE is emerging from your forest-egg. 5+ \$30.

RECYCLED COLLAGE BOARDS

WED 9 JULY | 1PM - 3PM

Have fun with mixed-media and any subject of your choice! This workshop involves painting and crafting with recycled papers and materials. All ages. \$45

MAGIC WANDS & TOTE

THURS 10 JULY | 10AM - 11:30AM

Paint, stick, style, weave, glitter, feather and create your own fabulous keepsake. Ages 4+. \$30

BADGE MAKING

THURS 10 JULY | 1PM - 3PM

Draw, paint and collage your own designs to make into badges. All ages. \$40

CLAY FAIRY WORKSHOP

FRIDAY 11 JULY | 10AM - 11:30AM

Roll, trace, cut and style your own clay fairy for the garden. Ages 5+. \$40

First Nations Art at Caloundra Regional Gallery

As part of this year's NAIDOC Week celebrations, Caloundra Regional Gallery proudly presents *From the sea, the land and the mountains: Works by Kabi Kabi and Jinibara artists*. Running now until Sunday 3 August, this exhibition honours the 2025 NAIDOC theme: *The Next Generation: Strength, Vision & Legacy*.

The exhibition showcases the rich cultural heritage and contemporary expressions of First Nations artists from across the Sunshine Coast Region.

Featured artist Kane Brunjes, a Kabi Kabi / Gunggari man, presents powerful portraits of Elders alongside works that explore identity, storytelling, and connection to Country. His art blends traditional techniques with modern sensibilities, reflecting his deep cultural roots.

Zartisha Davis, a Gubbi Gubbi / Kabi Kabi artist, shares vibrant paintings, textiles, and installations inspired by her saltwater heritage. Her work celebrates shell middens and ancestral stories passed down through generations, honouring her family's legacy of art, song, and dance.

Also featured is *Scene Through the Screen*, a collaborative exhibition by Jinibara artists Uncle Noel Blair, Enid Morris, Jennifer Kent, and Jason Murphy. The works invite viewers to consider their own impact on Country.

This exhibition is a moving tribute to the strength and vision of First Nations communities.

Don't miss this opportunity to experience their stories, spirit, and creativity at Caloundra Regional Gallery.

From the sea, the land and the mountains

Works by Kabi Kabi and Jinibara artists

13 June to 3 August 2025



Zartisha Davis (Kabi Kabi/Butchulla/Cobble Cobble) | *Kabi Kabi Dagan* | 2024 | acrylic on canvas | 101.5 x 152.5cm



Celebrating First nations artists from the traditional lands of the Sunshine Coast Region - the Kabi Kabi (Gubbi Gubbi) peoples of the shores and northern hinterland, and the Jinibara peoples of the southern hinterland.

This three-part exhibition profiles the art practice of Kabi Kabi and Jinibara artists - the paintings and installation art of up-and-coming Kabi Kabi artist, Zartisha Davis, the works of artist Kane Brunjes (Gunggari/ Kabi Kabi), with assistance from Birrunga Gallery Hub, and a collective of Jinibara artists sharing their stories through printmaking.

See what's on at
gallery.sunshinecoast.qld.gov.au
 Tues to Fri 10am-4pm, Sat to Sun 10am-2pm
 22 Omrah Ave, Caloundra



**THE NEXT GENERATION:
 STRENGTH, VISION & LEGACY**
 6-13 JULY 2025



CALOUNDRA
 Regional Gallery

The GOOD FOOD JOURNAL

Healthy Food Word Search

S J H J R M C T A M H C C F F
C U O C I O A O X D V H A R P
U F N R O U O C R P I I S U R
M G E F M C C T A I E L H I O
I R Y G L A O I G D A I E T S
N E V F U O P A N I A N W W E
J E Q E S P W L P N N M D G M
U K P P G O I E E O A G I E A
M Y P E G E L S R S W M E A R
B O A P A O T I T S Y D O R Y
O G R I R N F A V A E R E N T
O U S T L I U J B E C E U R H
A R L A I O D T U L O H D P Y
T T E S C N V F S H E I I S M
S R Y C H I A S E E D S L O E

Wordbank

cashew
chia seeds
chili
cinnamon
cocoa powder
coriander
cumin
fruit
garlic
greek yogurt
honey
jumbo oats
macadamia
maple syrup
olive oil
onion
parsley
peanuts
pepitas
pistachio
root ginger
rosemary
sunflower seeds
thyme
vegetables

Visit mytuckbox.com.au for more insights and fun from the Good Food Journal



FIND REGGIE TO WIN GALACTIC DONUTS!

He's off again scuttling through the pages of the magazine. Thanks to Galactic Donuts, the first 5 to email the correct answer to connect@caloundrachronicle.com will win a box of delicious donuts. (Don't forget to count Reggie on this page too!)

THERE'S A WORD FOR THAT?!

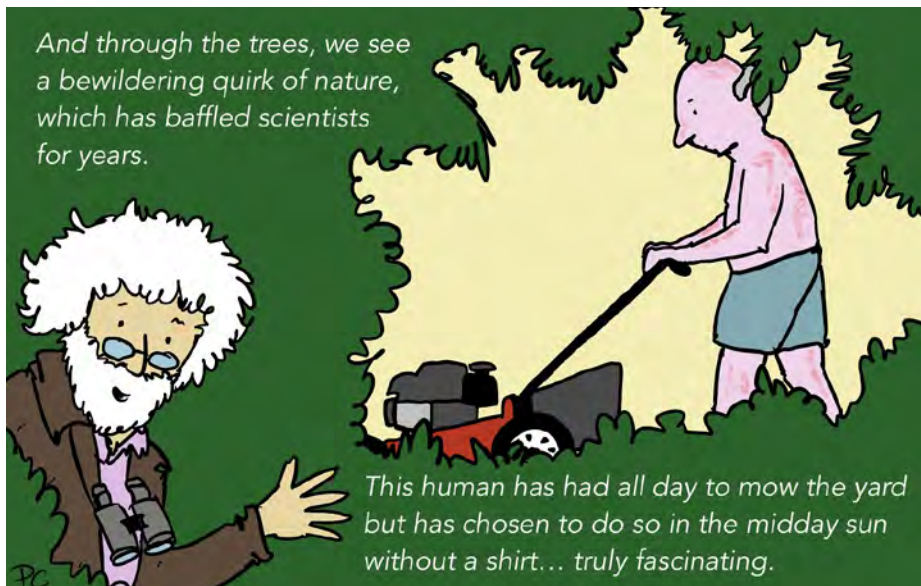
Do you know the Greek word that describes the stars or dots you often see when you rub your eyes. You do now...



PHOSPHENE

Compiled by Isla Jones

Quiz Answers:
1. Basil 2. Cinnamon and Nutmeg 3. Mint 4. Cumin 5. Dried capsicum peppers 6. Onion 7. Vampire 8. Coriander



HOW WELL DO YOU KNOW... Herbs & Spices

Find Quiz answers, p42

- 1** What herb is most commonly used to make pesto?
- 2** What two spices are most often found in apple pie?
- 3** What herb is often used to flavour both drinks and lamb?
- 4** name the most common Mexican spice that's not chilli?
- 5** What is paprika made from?
- 6** What vegetable family are chives considered to belong?
- 7** What mythical creature does garlic supposedly ward off?
- 8** What herb is known as cilantro in the USA?

BRAIN TEASERS

- a) What is special about these words: job, polish, herb?
- b) First, I am dried, then I am wet. The longer I swim, the more taste you get. What am I?
- c) I have a big mouth, and I am also quite loud! I am not a gossip but I do get involved with everyone's dirty business. What am I?
- d) What do you throw out when you want to use it but take in when you don't want to use it?



Brain Teasers:
a) They all sound different when capitalised.
b) Tea.
c) Vacuum Cleaner.
d) An anchor.

Eating the Rainbow



These days, you’ve likely heard the phrase “eating the rainbow”—a popular plea of nutritionists, educators, and well-meaning parents. But do we truly understand what it means, and why a colourful plate matters?

Eating a wide range of naturally colourful whole foods each day helps ensure our bodies get the fibre needed for gut health, antioxidants to protect our cells, and the dietary diversity essential for optimal function. Each of the five main food colour groups provides unique nutrients that support different systems in the body.

And because water-soluble vitamins and trace minerals can’t be stored, they need to be consumed regularly as part of our daily diet.

Our Dietary Rainbow

Red foods (rich in vitamins A and C) support heart health and healthy blood circulation.

Yellow and orange foods (high in beta-carotene and vitamin C) promote healthy skin, vision, digestion, and immune function.

Blue and purple foods (rich in B-vitamins and antioxidants) help support memory and brain health.

Green foods (packed with a broad range of vitamins and minerals) assist in lowering cholesterol and supporting organ function.

White whole foods—such as onions, garlic, and mushrooms—offer benefits for both heart and gut.

Rainbow food preparation ideas: (Choose one food per column)

WHAT TO MAKE	RED	GREEN	YELLOW ORANGE	BLUE PURPLE	WHITE
Fruit Salad	Strawberry Watermelon Raspberry	Kiwi / Apple Grapes Pear	Pineapple Mango Orange	Blueberry Plum Red Grapes	Lychee Peach Greek Yoghurt
Greek Salad	Cherry Tomato Red Capsicum	Cucumber Celery Cos Lettuce	Yellow Caps	Red Onion Radish	Feta Cheese
Colourful Tacos	Cherry Tomato	Coriander Avocado	Grated Carrot	Red Cabbage	Chickpeas
Rainbow Pizza	Tomato	Zucchini Green Caps	Sweetcorn Sweet Potato	Eggplant Black Olives	Onion Mushroom
Poke Bowl	Red Capsicum	Edamame Avocado Broccoli	Sweetcorn Mango	Beetroot Red Cabbage Black Rice	Sesame Seeds White Rice Egg

Sunshine Coast Organic Meats

Many people eat conventionally grown meat because it's easy, cheap and right next to their fruit, veg and packaged products in the grocery store, but many don't realise there's more to meat than the nutrition label.

Along with muscle, conventional meat products contain traces of herbicides, pesticides, medications, antibiotics, and chemicals to encourage weight gain, and extend the shelf-life, all in pursuit of the highest profit margin possible.

Just as our body absorbs the iron and protein in meat, it also absorbs these additives and can impact our immunity, development, resilience and overall well-being.

You really are what you eat. That's why Sunshine Coast Organic Meats has spent the last 25 years providing



the Sunshine Coast community with another option: accessible, fairly priced and ethically produced meat. With Australia's largest butcher shop, you can have locally produced, ethically raised and deliciously nutritious organic and high-quality free-range products delivered to your door or ready for pick-up in-store at Forest Glen.

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WOMEN & THE WAY

At The Way Wellness Hub on Nicklin Way, acupuncturist and Traditional Chinese Medicine (TCM) practitioner Kirby Quin pours a raspberry leaf and chamomile tea, and speaks openly about her passion for women's health.

Kirby's interest in natural therapies began early, shaped by her mother and grandmother, who treated her childhood ailments with herbal concoctions instead of Panadol. By 20, she was immersed in sports, massaging and strapping teammates and experimenting with herbs—already sensing her path in holistic healing.

A trip overseas introduced her to McTimoney therapy, a gentle, full-body approach to chiropractic care, expanding her view of what natural medicine could offer.

A pivotal moment came upon her return to Australia when she met renowned Doctor of Chinese Medicine Kirsten Wolfe. "I watched Kirsten treat a pale, vomiting child. Within 15 minutes, that same child was up and playing. I was amazed—I signed up to the Chinese medicine degree the next week, finished my training and

went to her courses. I've learnt everything I know about fertility through her."

Kirsten's approach—centred on whole-body support—now informs Kirby's work at Women and the Way. Initially drawn to pregnancy care, she worked closely with midwifery teams before shifting focus to fertility and postpartum. "I love being part of a woman's journey through her fertile years. Postpartum, especially, is so overlooked. It's a vital time for recovery and renewal."

Kirby says support for women trying to conceive is often lacking. "Many are told, 'Just try for a year, then are sent to IVF.' But the right blood tests aren't being done, and there's little guidance on lifestyle or nutrition," she explains. "Often it comes down to missing nutrients. Mainstream advice stops at folate, but we go further—iron, magnesium, B vitamins, choline and iodine. Our soils are depleted, and so are we."

"Women experience 28-day cycles with constant hormonal shifts," she continues. "Your period tells you how your body is functioning—and learning to read those signs is empowering."

Kirby also finds insight in the emotional rhythms of the cycle. "Consider that PMS-related anger is often about what we haven't let go of before entering a new cycle." She notes that post-period, the body is at its most "yin", making it a crucial time for rest and nourishment.

She also references the idea of seven-year cycles. "Women are said to evolve in seven-year stages, while men grow in eight. These phases often bring profound physical, emotional, and spiritual changes." I've developed healing packages that recognise these transitions through preconception, pregnancy, postpartum, and menopause. They help women to tune in and care for themselves with greater awareness.

Beyond her one-on-one practice, Kirby's vision has expanded into a collaborative model for natural health practitioners. The Way Wellness Hub emerged from a need for connection, shared learning, and community care. "Practitioners often burn out trying to sustain solo practices," she says. "By working together in one space, we can support each other and grow."

This September, Kirby will co-host Voices of the Deep—a women's retreat at Shelly Beach—with adventure therapist Bridget Kruger. The retreat offers four to eight days of nourishing food, voice activation, acupuncture, and havening—a gentle technique to support trauma recovery and ease anxiety. There'll be dance classes led by Abby Wake of The Inbodied Woman, and the rare chance to swim alongside migrating whales. "Each baby whale passing through our shores adds a new note to their song," Kirby says. "It's the sound of creation itself."

womenandtheway.com.au



STRESS, PAIN & SPINAL HEALTH

Free Community Event

Let's Talk Spinal Flow

Join us for a relaxed 45-minute gathering designed for anyone curious about how the Spinal Flow Technique works or wanting to deepen their healing journey.

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Migraines / Spinal Curves / Sciatica / Hip and Knee Pain
Sleep Issues / Fatigue / Insomnia / Nerve Pain / Stress
Nervous System Issues / Emotional Overwhelm
Anxiety / Burnout / Depression / Digestive Issues
Constipation / IBS / Food Sensitivities

When & Where:

THURS 17 JULY | TUES 5 AUG | THURS 21 AUG
6:30pm at Transcend Healing - Shop 4, 48 Bulcock Street,
Caloundra.

TO BOOK CALL
07 5227 8688



MORE INFO

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www.transcendhealing.com.au



Reflections from my Heart

with Rashida Cottrell

The Rest Revolution: What If Doing Nothing Is the Most Productive Thing You Can Do?

What if the real productivity hack isn't doing more...but doing less? In a world that celebrates busyness, rest has become a forgotten art. But true rest, the kind that slows your heartbeat and quiets your mind, isn't laziness. It's necessary.

We wear exhaustion like a badge of honour. But nature doesn't hustle. Trees don't rush to bloom. Lions don't apologise for napping. Yet we push, strive, and stretch ourselves thin, waiting until burnout forces us to stop.

But what if we flipped the script? What if rest wasn't the reward for hard work, but the foundation of it? The spark of creativity, clarity, healing, and joy often arrives not during action, but in stillness. Rest isn't always sleep. Sometimes it's a slow walk, a moment of silence, lying on the grass doing absolutely nothing. It's a reclaiming of our nervous system, a return to rhythm, a radical act of self-respect. Doing nothing may feel uncomfortable at first, but on the other side of that discomfort might be exactly what your soul has been whispering for.

So ask yourself: when was the last time you rested not out of exhaustion, but as an act of love?

Spread your Wellness Wings

with Janice Johansen

Change is possible – if you want it enough!

Understanding why you want change, is the most powerful motivator you'll have. When the vision of the benefits are clear, it strengthens your motivation and becomes less about willpower and more about walking through new doors. It becomes about creating fulfillment, satisfaction and self-confidence. You understand change can be daunting, but the reward is powerful, and with patience and a plan, reaching the goal is possible.

Measure your motivation by choosing a number on the scale from 1-10. If you're a 7, or above, you're likely in a strong place to commit to action. If it's lower, that's not a failure, it's information and a start to thinking about moving forward.

Ask yourself, why do I want this? How is it going to change my life? What's my plan for getting there? And do I have the capacity to do this on my own? Sometimes, change needs a coach, mentor, trusted friend, or professional. You don't have to go it alone.

Transformation takes time and effort, and the reward is powerful! Change is possible, if you have a desire for it, a vision and a plan - you just have to want it enough!



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Janice Johansen

Chrysalis Wellness Coaching

"Spread Your Wellness Wings"

www.chrysaliswellness.com.au

Do your own bible research! The Case of Lazarus: John 11

Was Lazarus a well-known character? v1-3

Does this resurrection bring glory to God? v4

Was Lazarus only sleeping? v11-14

What was the condition of a man dead 4 days? v17-39

Will there be a resurrection at the last day? v23-27

Had some witnessed other miracles of Jesus? v37

Did Jesus pray for the sake of the people? v39-42

When Jesus called Lazarus, did he come out? v44

Was this a sign? What did this show about Jesus? v47-52

What do you conclude about Jesus? v27

Want to know more?
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THE HEALTH & NUTRITION SUMMIT

The Health & Nutrition Summit returns to Caloundra on July 26–27, 2025, offering a transformative weekend for health professionals, wellness advocates, and curious minds alike.

Hosted by renowned nutritionist and founder of The Nutrition Academy, Cyndi O'Meara, this two-day event features seven inspirational speakers, over 20 exhibitors, and more than 250 attendees.

Held at The Events Centre, Caloundra, the summit explores cutting-edge topics like gut health, regenerative agriculture, biohacking, and sustainable food practices.

Keynote speakers include GMO expert Jeffrey Smith, chef and regenerative farmer Matthew Evans, mind-body medicine specialist Dr. Michelle Woolhouse, and holistic life coach Ali Oetjen.

Whether you're looking for personal insight or professional development, the summit offers an incredible opportunity to connect, learn, and be inspired.

For more details and tickets, visit healthandnutritionsummit.com.au.



Summit host, Cyndi O'Meara

>> SPECIAL OFFER FOR CALOUNDRA CHRONICLE READERS

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BULCOCK ST, CALOUNDRA

MEMORIES TO MANUSCRIPT

Mia Ludwig

Caloundra octogenarian Anne Sinclair released her debut novel, *Mirikai: A Place of Peace*, in June 2024. The story is grounded in facts and fiction, which Anne describes as “factional”.

Anne began writing after her son asked her to record memories of her late husband. “One of the boys asked me to write down a few notes about his father,” she said. “It ended up being 174 pages. I enjoy writing, and this is the result.”

Born and raised in Auckland, Anne left home at 18 to live in Canada and the United States before returning to New Zealand, where she married her husband, Bob.

The couple spent time on the Gold Coast and in Papua New Guinea before deciding to settle in Caloundra after

their son relocated here with his family.

Sadly, Bob passed away before they could make Caloundra their home together.

Anne moved here alone and has since embraced the coastal lifestyle. “I love it here. The scenery is beautiful, and the people are so friendly,” she said.

Her novel features real locations, characters inspired by her friends, and life events, including her time in Papua New Guinea. She encourages other aspiring authors to “just go for it.”

You can experience Anne’s factional story of hardship and hope by purchasing the novel.

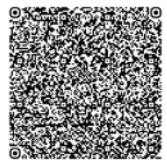


Mirikai - A Place of Peace is available from Amazon or Booktopia.

ABOUT THE BOOK

Louise Green's life has always been about reinvention. From her childhood in New Zealand to the sunlit promise of Australia, she chases adventure, success, and independence. A quick marriage to the charismatic Ross Green leads to global travels, business triumphs, and a seemingly enviable life. But behind closed doors, darkness festers. When a brutal act shatters her world in their stylish Sydney home, Louise makes the ultimate choice—to escape with her life. As she heals from trauma, a new path unfolds—one that takes her to *Mirikai*, a sanctuary where peace seems possible and past scars slowly fade. *Mirikai* is a story of survival, courage, and the quiet power of second chances.

Scan the QR code to purchase a hardcopy.



Mannequin Musings

with Rosemary



As our fleeting Caloundra winter slips away, we embrace layering to navigate the lingering chill while turning our eyes toward a bright, fresh spring.

While the weather is cool, jeans are a popular foundation—flares remain a favourite, while slim-leg denim and linen pants offer timeless versatility.

Barrel jeans are making a statement this season, appearing in a range of colours from classic denim to burnt orange—styles set to carry through into spring. With their distinctive shape and relaxed fit, they offer a bold alternative to traditional denim cuts.

Oversized knits and shirtmaker dresses offer layered warmth with effortless style.

Accessories and colour matter—play with scarves, belts, and woollen hats. A bold colour pop against a neutral base brings instant impact.

Spring welcomes feminine silhouettes, structured linen shirts, and statement florals—choose classic prints that never date.

For Euro-bound travellers, lightweight cottons and easy dresses are in high demand.

Colour sets the tone: reds and oranges energise; blues and greens soothe. Try monochrome layering or contrast with complementary colours like blue and orange. Start small with bright bags, bold shoes, or a statement scarf.

For coastal formals, skip the one-time dress. Build from your basics—pair neutral pants with a sequinned top, and add pearls, or other accessories, to glam it up.

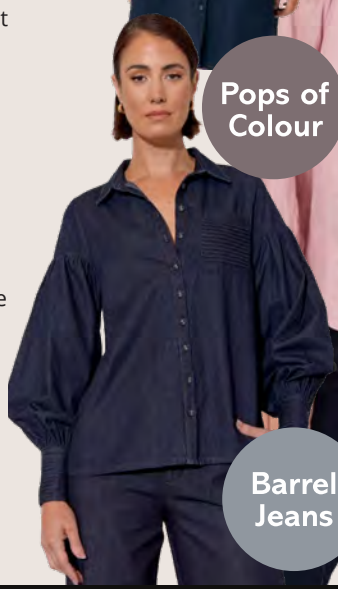
This season is all about comfort, function, and effortless style, with confidence being the best accessory, so be brave, a little bold, and beautifully you.



Pretty Prints



Pops of Colour



Barrel Jeans

Mannequin Lane
CLOTHING. ACCESSORIES

Available from Mannequin Lane,
Shop 1/8 Ormuz Avenue, Caloundra.
(07) 5491 6499



Empowering Every Beautiful Body

Caloundra's Isabelle Kratz takes the issues of youth mental health and body image to the world stage representing Australia and every young person who's ever been told they weren't enough.

Local teen Isabelle Kratz has been crowned Miss Teen Galaxy Australia, earning the opportunity to represent the country on the international stage this August in Florida. At just 18 years old, Isabelle has already achieved many milestones in her career as an international model, fashion entrepreneur, and passionate mental health advocate.

A familiar face in the Sunshine Coast community, Isabelle co-owns Belle Le Chic on Caloundra's main street with her mum, Jasmine Kratz. While her typical day once revolved around working in the boutique, she now regularly volunteers at community events. She also studies Journalism, Fashion, and Social Media at the University of the Sunshine Coast and teaches dance at the Elite Dance Institute.

As part of her reign, Isabelle is proudly using her platform to be a voice for those experiencing or

recovering from bullying, mental health challenges, or body image issues. She founded For Every Beautiful Body, an inclusive online space supporting girls and women of all ages to know they are not alone.

Through storytelling, resources, and interviews, she hopes to be the person she needed during her own mental health and bullying journey as a young teen.

Isabelle also supports batyr, a charity that delivers preventative mental health education in schools and universities. As a national finalist, she raised over \$3,500 for the organisation—enough to fund education for 118 more young people.

Now, as a national titleholder, she is continuing her efforts by hosting the 'Belle of the Ball' Charity Gala at the Caloundra Power Boat Club on 11 July 2025. **Tickets are available at belleoftheballgala.com.**



BELLE OF THE BALL

ISABELLE KRATZ

PROUDLY SUPPORTING



FUNDRAISING GALA
11TH OF JULY 2025

CALOUNDRA POWER BOAT CLUB





> > Stay tuned for more first-hand stories of adventure, rescue, and conservation from Briano in future editions!

Wildlife Hero

For Brian 'Briano' Coulter, working with wildlife isn't a job—it's a calling. Once the right-hand man to Steve Irwin, Briano has spent more than 30 years in the field, catching crocodiles, rescuing koalas, and dedicating his life to the protection of endangered species.

"I could have gone off to work in mining, but I knew I wanted to protect endangered plants and animals. That became my life's mission—and it still is."

Though he never pursued formal study, Briano spent 11 formative years under the mentorship of Steve Irwin at Australia Zoo. "I've never done any formal education. I've just done Steve Irwin's school of hard knocks," he says. "I was lucky—Steve was incredibly generous with his knowledge. Not everyone in the industry shares what they know, but he did. Maybe he knew he wasn't going to be around forever."

Briano progressed to become Curator of Crocodiles at the zoo, responsible for

some of the most high-stakes animal handling on site. In 2005, he and his wife Kate moved out of the zoo and onto Croc One, Steve Irwin's research vessel. "We'd spend up to six months at a time on the boat, travelling all the way up to the tip of Cape York, the Torres Strait—filming, doing research, catching crocs. Every trip was different."

After returning to the zoo, Briano launched the Australia Zoo Wildlife Rescue Unit, leading a team of six rescuers. "We dealt with trauma every day—kangaroos hit by cars, birds tangled in fishing line, sea turtles with flippers torn off by crab pot ropes. It was hard work, but so important."

That work laid the foundation for his next chapter. In 2012, Briano founded Saltwater Ecology, an organisation that applies wildlife handling skills to real-world environmental challenges. Now working alongside Endeavour Veterinary Ecology, his focus is koala management—especially in areas threatened by development.

“When large infrastructure projects are approved in areas with existing koala populations, we’re brought in to help manage the risks and support good outcomes for the animals,” he explains. “That includes locating koalas in the field, assessing their health, monitoring how they’re using the landscape—and, where possible, moving them out of harm’s way.”

The scale of the work can be significant. “In some corridors, we’ve managed more than 500 koalas,” he says. “Each site comes with its own challenges—whether it’s disease, fragmented habitat or human-related threats. Our role is to identify the risks and work towards stabilising or rebuilding the population. In some areas, we’re now starting to see real signs of recovery, which is incredibly rewarding.”

Briano also shares his passion with the next generation, speaking at schools and events like Montessori careers days. “There are so many more pathways into wildlife work now,” he says. “When I started, it was just small wildlife parks or National Parks and Wildlife. Now the opportunities are growing—especially with species like koalas and greater gliders federally listed as endangered.”

“It’s encouraging to see the government stepping in to monitor these species and provide funding to organisations working on the ground. The more we learn about these animals, the better we can manage and protect them.”

From catching crocodiles in East Timor and Costa Rica to relocating sugar gliders on the Sunshine Coast, Briano’s work spans continents and species—but always with the same mission: to protect and preserve.

Gardens for Birds

with Suzanne Wilson



Did you know your home garden plays an important role in supporting our native wildlife?

There are a few simple steps you can take to attract more birdlife to your backyard.

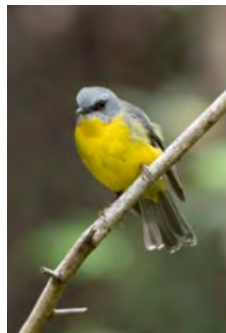
Start by providing a clean, fresh water source for birds—just remember to top it up regularly. Create layers in your garden using a mix of groundcovers, low-growing shrubs, larger shrubs, and small trees. This layered planting encourages year-round visits from a variety of bird species.

Dense or spiky foliage offers excellent shelter and nesting sites for small birds.

Planting flowering species is another great choice—they attract insects for insect-eating birds and produce nectar for those that feed on it. However, try to avoid planting masses of showy, non-endemic Grevilleas. These can produce excessive nectar and may attract aggressive species like noisy miners, which can drive away smaller birds.

Please don’t feed the birds. It’s important they stay wild and forage naturally. Hand-feeding can lead to disease and dependency. Fortunately, Queensland’s mild climate ensures there’s plenty of natural food available year-round.

For more advice and help selecting the right species, visit Mooloolah River Landcare at 2671 Steve Irwin Way, Glenview. See you in the nursery!



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CONS:

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Beginnings of Bulcock Street

By historians Anne Wensley,
and John & Janice Groves

In 1875, Robert Bulcock Snr purchased 277 acres (112 hectares) of land for £70. Part of this land would later become Caloundra's central business district. Upon his death, the land was inherited by his son, Robert Bulcock Jnr. In 1917, residential blocks from his estate were auctioned. Following are some of the early shops and landmarks that helped shape Caloundra's CBD.

1: 1930s – Bottom end of Bulcock Street near Tay Avenue

Unobstructed views to the water. Still no bitumen at this stage.

Image courtesy Lloyd Clark.

2: 1930s – Harold Took's Store, 48 Bulcock Street

The shop on the right-hand side was Harold Took's Store. Note the dirt street, lack of gutters, and Norfolk Island pines planted by the council along the footpath in front of residential homes.

Image courtesy Dorothy Slawson.

3: 1935 – Amus U Theatre, 11 Bulcock Street

The 'Amus U Theatre' later changed its name to the 'Strand' around 1948. Caloundra did not have electricity connected until just before or during World War II (1939–1945).



Image courtesy Dorothy Slawson.

4: 1936 – Barker's Pharmacy, 24 Bulcock Street

David Barker Snr's chemist shop included living quarters above. In addition to dispensing medical advice, he also sold radios, fishing tackle, and outboard motors.

Image courtesy David Barker Jnr.

5: 1935 – Tytherleigh's Store, 36 Bulcock Street

John Tytherleigh, a local pioneer, built his fourth shop in Caloundra, naming it Universal Providers. He later opened a neighbouring store selling clothes, linen, and drapery.

1.



2.



4.



5.



6: 1937 – Caloundra Motors, 67 Bulcock Street

Horace Carter rented this garage from Ernie Rinaldi. Before that, Ernie operated a bowser out the front of his store at 63 Bulcock Street, which he opened in 1921. The Rinaldi shop sold a wide range of goods and also served as a Commonwealth Bank agency.

6.



Caloundra - The Past 100 Years

Local historians Anne Wensley, John Groves, and Janice Groves have authored numerous books on Caloundra's history. These books are available at the Book Shop at Caloundra and the Caloundra Lighthouse on the 2nd and 4th Saturday of each month. Also available directly from John and Janice Groves at 0434 680 312 or Anne Wensley at 5437 0011.



LISTENING FIRST, BUILDING SECOND: GVG Brings Eden to Life at Caloundra

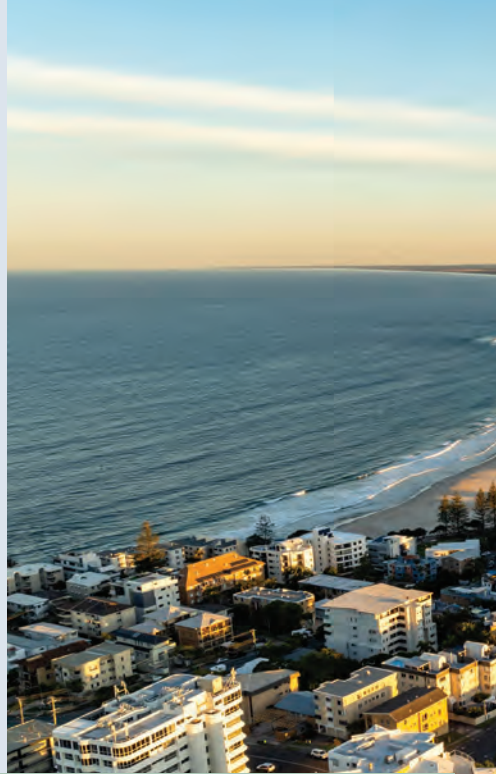
On the southern edge of the Sunshine Coast, where sea breezes drift through pandanus trees and locals greet each other at the bakery, something meaningful is taking shape. Not just a new development, but a new neighbour – one arriving with open ears and a commitment to the community.

Gardner Vaughan Group (GVG), a Queensland-based, family-operated developer, has chosen Caloundra for its latest project, Eden. But for GVG, this isn't just about real estate, it's about care, connection, and getting it right.

GVG isn't your typical high-volume developer. Family-owned and operated since 1989, the group has earned a reputation for building more than homes – it builds places where people belong. With every project, from inner-city Brisbane to the Sunshine Coast, GVG leads with values: quality over quantity, people over profit, and long-term thinking over quick wins.

“We see development as an opportunity to contribute something meaningful – not just to expand our footprint”, says Sam Gardner, Director. “In Caloundra, that means designing spaces that enrich the lifestyle that makes this place so special.”

Inspired by this lifestyle, GVG knew its role was to contribute to the local fabric, not overwrite it.



“When GVG first explored Caloundra, it wasn't the market data that initially stood out – it was the people. The strong sense of community. The daily routines built around the coastline. The rhythm of a place where locals still stop for a chat and the pace is set by the tides, not the traffic.”

Months of conversation with council, planners and community stakeholders followed – helping shape a vision that would reflect and respect Caloundra's character.

Emerging from this collaborative process is Eden Caloundra – a refined

Eden will feature resort-style amenities and a vibrant ground-floor plaza – bringing café culture, wellness and everyday convenience to your doorstep.



collection of residences designed for those who value serenity, community and coastal living. Just moments from the beach, Eden offers resort-style amenities and a vibrant ground-floor plaza – bringing café culture, wellness and everyday convenience to your doorstep. Highlights include a sun-drenched pool terrace, alfresco dining and barbeque areas, residents function space and gym, and a communal vegetable garden to encourage connection.

Above all, Eden has been designed to foster community, not just house people. It's a place where life can flow naturally – in step with the sea, the seasons and the soul of Caloundra itself.

To learn more or register your interest, visit gardnervaghangroup.com.au/eden-caloundra or contact the Century 21 Projects team.

CENTURY 21.

**Danelle
0472 636 812**



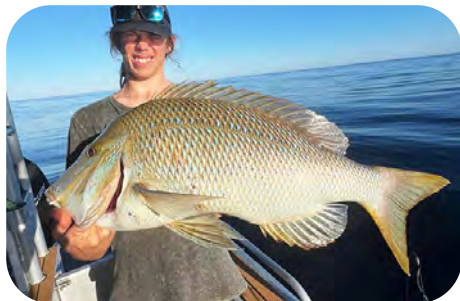
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CALOUNDRA CATCHES



Jasper scored a thumper spangled emperor in glass out conditions



Perry jigged up a nice kingfish in 100m of water east of Barwon Banks



Dorian caught and released this huge golden trevally just off Caloundra



Jenice with a great catch of snapper and cobia from her SeaDoo



Granny snuck up to Lake Monduran for a night and scored a 110cm barramundi



Tye with a lovely Pumicestone Passage tailor



Jason caught this tasty Spanish mackerel on a slow trolled live bait



Mike with a 14kg Spanish mackerel caught close in at Caloundra on a Qantas lure from a fishing jetski

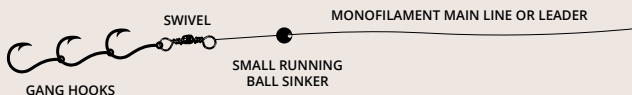
Send us your local catch! Email: connect@caloundrachronicle.com

TIPS, RIGS & TECHNIQUES

to help you catch more fish locally.



With Granny & Orry



THE FLOATER RIG

The floating rig—or “floater” as it’s commonly known—is a deadly setup when reef fishing, often landing the biggest fish of the day. It targets species that favour the mid-water column. Despite its name, there’s no actual float used. The rig is typically unweighted or fitted with a small to medium ball sinker, depending on wind and current conditions.

Floaters are usually fished from an anchored boat or one held in position with spot lock on an electric motor. Ideally, you want your floater to slowly waft down through the water column without reaching the bottom. If all goes to plan, a big fish will crunch it on the way down.

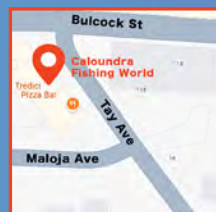
Target species include snapper, cobia, mackerel, and other mid-water predators—but anything can rise to eat your floater. Most anglers rig it with a set of gang hooks, using whole pilchards or large squid as the bait of choice.

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BLIND BOWLERS FOR THE WIN

On June 20, local vision-impaired bowlers Steve Minton and Keith Haylett claimed gold at the 2025 Australian Open Vision Impaired Doubles Championships after a marathon 3-hour, 20-minute match. Steve, from Pelican Waters Bowls Club, and Keith, from Caloundra Waves Bowling Club, have trained tirelessly to achieve this national title, overcoming experienced opponents to emerge victorious.

They credit much of their success to Directors Steve Clarridge and Barry Roberts, who provide crucial direction and timing—an essential part of game strategy due to the bowlers' vision limitations.

If you've never seen vision-impaired lawn bowls, it's an inspiring display of skill, determination, and teamwork.

As proud members of the Queensland Blind Bowlers Association, Steve and Keith are dedicated to promoting inclusivity in sport. They invite anyone with a vision impairment or disability to come and try bowls—join them Thursdays at 9am at Waves Bowling Club.

With their eyes now on the Queensland State Titles this August, let's all get behind Steve and Keith as they chase gold once again!

PANTHERS CARING FOR ACTIVE BODIES AND HEALTHY BRAINS

with Lisa Fleischer – RN/First Aid

At Caloundra Panthers Junior AFL Club, we're committed to keeping our young players happy, healthy, and safe. With increasing awareness around concussion risks in contact sports, we follow an AFL QLD-guided process to manage head injuries.

This approach gives young players the best chance for full brain recovery and helps prevent long-term complications. A second concussion before recovery significantly increases the risk of serious outcomes.

Footy offers so many positives—fitness, mateship, resilience, and confidence—making prevention vital.

A heartfelt thank you to Tanya and the team at Pearl Home Care Sunshine Coast for sponsoring our club this season. Pearl Home Care provides compassionate in-home care, and their support helped fund soft headgear for our junior players—something Tanya was passionate about from the start.

We're grateful for your generosity and commitment to our young Panthers.

GO PANTHERS!





Salty Sessions

With John Henderson

Board Basics

Aloha Crew! I'm John from Caloundra Surf School. With the wonderful Lisa Wallis moving on, our editor Alana asked me to contribute a few words about surfing. I thought I'd kick things off with some advice on finding the right board for a new surfer.

There are three basic things to consider:

1. **New or second-hand board?**
2. **Hard or soft board?**
3. **What size board do you need?**

New boards can be pricey, so many beginners opt for second-hand options—check out Gumtree, Facebook Marketplace, or your local surf shop.

If you're keen to surf regularly, I recommend starting with a hard board.

The most common mistake new surfers make is choosing a board that's too small. Smaller boards offer less flotation and stability, making it much harder to catch and ride waves. The right size board depends on your experience, weight, fitness, balance, and coordination.



The key board dimensions are length, width, and thickness (still measured in the old imperial feet and inches). Multiplied together, these determine a board's volume—measured in litres—which tells you how much flotation it has.

Hard boards are usually made from either PU foam (the traditional material) or EPS foam (also called epoxy, which is lighter and offers about 15% more flotation).

Softboards generally have more volume, which makes them easier—and safer—for beginners to learn on.

But before you commit to buying a board, I strongly recommend booking a lesson with an experienced surf coach. They can help you find the right size and style of board, saving you a lot of money and frustration.

So do yourself a favour—have a chat with Russell at North Caloundra Surf School (0411 221 730), or give me a call at Caloundra Surf School (0413 381 010). It is our pleasure to share with you the joys of surfing!

**MICK BURKE
PLUMBING**



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