

Caloundra Chronicle

#6: November/December 2025 | Feel-good news



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We recognise the Kabi Kabi people as the traditional custodians and storytellers of Caloundra. We honour elders past, present and emerging, grateful for their sharing of wisdom and culture.

Dear Readers

It's been a fun and fulfilling first year for this community-powered start-up. Enduring thanks go out to my family, friends and mentors, my editorial team, operations and admin support, content creators, collaborators, Lulu dog – along with all the dogs of Caloundra who keep us smiling.

To everyone who shared their story with the Chronicle in 2025, thank you for adding to the rich tapestry of our diverse village and bringing colour to this humble little guide.

Gratitude also to the local businesses who made space in their shops and workplaces for the magazine and helped spread the word, and to our readers for picking up each edition and adding to the ripple of support that follows every story. Finally, to our advertisers – your financial backing keeps this independent publication in print and helps fund pages for others to share their stories and news. Thank you.

As the year draws to a close, I'll be swapping out the screen and digital tools for some real-world immersion. While I'm grateful for the technology that helps bring this publication to life, it's time now to reconnect with loved ones and the natural world. This festive season, I'll be celebrating mindfully and buying locally to support the businesses that support this community.

On behalf of the Caloundra Chronicle family, we wish you peace, joy, and connection with the people and places you love, and look forward to delivering more feel-good, local news in 2026.

Alana Hall

Find the Chronicle here:

Kings Beach Bar, Kings Beach
Caloundra Fishing World
Caloundra RSL
Joe Crow & Storm Bird, Shelly Bch
Bulcock Street Bazaar
Caloundra Indoor Bowls Club
Tooway Bakery, Moffat Beach
Nightowl, Little Mountain
Mannequin Lane

Caloundra Power Boat Club
IGA Local Grocer, Dicky Beach
Foodworks Aroona
Caloundra Information Centre
Kerry's Corner, Bulcock Street
Community Bank Caloundra
Caloundra Aquatic Centre
The Events Centre
Pinnell's Gourmet Meats

PLUS 130 OTHER LOCAL OUTLETS & TOURIST RESORTS

Next Edition Out February 2026

Advertising closes Mon 20 January, 2026

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Images: Creative Earth Studio

Caloundra Info Centre Seeks a New Home

For many years, Caloundra's Visitor Information Centre has been powered by the steady dedication of passionate local volunteers. People like Sue and Geoff Walls began in 2018, while others such as Gwen, Loraine, Rodger, Barb, Mary and Rod have been giving their time for around 20 years or more, welcoming visitors with a smile and a map in hand. New helpers continue to join the ranks. Altogether, these volunteers donate around 3500 hours of their time to the Caloundra community every year.

But now this service is under threat of closure.

The human touch is what makes the Centre special. "The very first thing we do is offer a friendly greeting," says Sue.

"Hopefully people think—this is a great place. Let's come back here."

While Google can rattle off broad lists of 'Things to do in Caloundra,' a volunteer can ask: How long are you staying? What are your interests? Are you walking or driving? and tailor advice to suit. Many of the visitors to the Centre are in the 65+ age bracket who have the time and resources to support our business community. They appreciate chatting with a knowledgeable local.

The Centre provides far more than directions. Volunteers distribute maps, timetables, tourism brochures and local guides—all free of charge to visitors and at no cost to businesses. The team also promotes and assists at community



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events such as Winter Wonderland, the Christmas Street Party, and Picnic on Kings (featuring Bluey).

Their efforts aren't just appreciated, they're measured. By recording visitor details and requests, the volunteers provide vital data that has directly shaped Caloundra. "Originally, we had many requests for directions to public toilets," Sue recalls. "That evidence led council to install the toilets in Felicity Park, which were much needed down this end of town."

In 2019, Visit Sunshine Coast undertook a major restructure of its visitor services, closing four long-standing centres — Coolum, Mooloolaba and both Caloundra sites. The strategy, based on an external review, shifted the focus towards digital resources, mobile kiosks and roving ambassadors rather than fixed shopfronts. For older helpers, walking the foreshore in summer heat was simply not viable.

While centres in Montville, Glass House Mountains and the Sunshine Coast Airport remained, many locals felt the closures left a gap in personal, face-to-face service that online searches simply couldn't replace. The existing Caloundra Centre was reopened in 2021 with the support of then newly elected councillor Terry Landsberg.

But this spirit of service now faces a challenge. With the current building scheduled for demolition in early 2026, the volunteers may soon be left without a home. Despite Caloundra being named Queensland's Top Tourism Town two years ago, there's no formal council policy supporting visitor information centres.

The team remains solutions-focused, reaching out to anyone who might offer a vacant shopfront or even a converted shipping container as a temporary home. "Once we find a suitable location, ongoing

costs are minimal. The important thing is to be where visitors can easily find us."

The volunteer team has been proactive in spreading the word about the potential closure. In order to gain Council's further assistance, a petition seeking support from Caloundra business owners and managers resulted in more than 150 signatures. "Most businesses were very surprised that a new venue for the Information Office has yet to be found." Geoff explained, "It is not just tourist-based businesses that will suffer if the Centre closes. Many store managers reported that during the years the Info Office was closed, their staff was often expected to provide this service to visitors."

Local councillor Terry Landsberg has also voiced his support. "The Caloundra Community Information Centre is a great example of what happens when passionate locals come together to support their town. The centre is a hub of connection along with local pride and economic support for our town. The volunteers are capitalising on everything Caloundra has to offer and I'm proud to stand behind the team who make it all possible."

The truth is, the Information Centre is not just for visitors. Locals rely on it as well, particularly those new to our rapidly growing area. "Sometimes it's as simple as handing over a bus timetable or pointing out clubs and activities in the local community," says Sue. "Most importantly, it's about being the friendly face of Caloundra, and with the community's support, we hope to continue welcoming visitors and locals for years to come."

If you wish to support the Information Centre, please contact or email your local members to advocate for the importance of this service. ♦



Pip Fawcett and Brady Sullivan, Community Bank Caloundra

Images: Creative Earth Studio

Banking on Community

In an age when banking often feels impersonal and challenging, one branch in the heart of Caloundra is doing things differently. The Community Bank Caloundra – part of the Bendigo Bank network – has become known not just for its financial services, but for its deep, ongoing commitment to the community it serves.

Branch Manager Pip Fawcett has been with the Bendigo Bank for over two decades. “It’s never just been about transactions,” she says. “It’s always been about relationships.” That philosophy may sound simple, but it’s increasingly rare in an industry where face-to-face service is fast disappearing.

The commitment to community by Caloundra City Community Support Services (which owns and operates the Community Bank Caloundra) is as strong as ever. They have recently bought their building and are doubling down on community investment. “We’re here for good,” Pip says.

Stroll through Caloundra and you'll see the bank's involvement everywhere - supporting the local surf club, on the sidelines of Caloundra Rugby Union, adorning the playing uniforms of netball teams, and at a range of community festivals and events. The bank's support extends beyond community groups, clubs and schools. They've also contributed a significant amount of funding to the Farmers Markets in Aura, and to legacy items in the community such as a golf buggy at Queensland Air Museum. Their support is extensive, and though often behind the scenes, it is meaningful and consistent.

Board Director Brady Sullivan explains, "We're focused on people and place. Our profit-sharing model means that when more customers bank with Bendigo Bank, more funds flow directly back into the community."

"Customers benefit from competitive products and services while also knowing their banking choices make a real difference locally."

For Brady, the focus is long-term. With Caloundra being one of the fastest-growing regions in Queensland, the bank sees enormous potential and opportunity to strengthen community bonds and be a force for good. "We want to build something that lasts. A bank that's still here for Caloundra's next generation - not just as a service provider, but as a partner."



With new developments and an influx of families swelling the Caloundra community, the bank is maintaining its small-town ethos. From helping older customers navigate online banking to providing funding for critical infrastructure to community groups, their impact is broad, and proves that some things haven't changed: friendly service, real conversations, and a business model built around giving back.

In a fast-changing world, now largely defined by digital transactions, Community Bank Caloundra is something rare - a financial experience invested in human connection. As Pip puts it: "We're not just giving back to the community, we are part of the community." ♦

Did you know that the 50 cent coin was once circular like our other coins? The shape was changed in 1969 to a dodecagon (a polygon with 12 sides) because it looked and felt too much like the 20 cent coin.

Source: Royal Australian Mint



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

celebrating



Back: Merle Garden, Lauretta Shaw, Lee Devine, Christine How

Walkie Talkies Celebrate 13 Years of Friendship and Fitness

A group of Caloundra retirees has celebrated 13 years of walking together for health, fitness, and friendship.

The Walkie Talkies have been strolling the halls of Caloundra Shopping Centre since 2012. Member Lauretta Shaw said the milestone brought together past and present walkers, including the group's inaugural member. "Our walking group

Smart Pup for Jacob

Local mum Georgina L Hing and her family are continuing their mission to raise funds for a Smart Pup for Jacob, who was diagnosed with autism at age three. A trained Autism Assist Dog will help Jacob manage anxiety, attention, and emotional regulation. Their fundraising goal of \$30,000 is now at \$18,062, with strong community support through Containers for Change. To support the cause, contact Georgina on 0400 390 220 for collection bags, or simply use the number **C11578260** on your Containers for Change drop-off.



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yard. Front: Margaret Stillaway, Pam Harris, Glenda Windust.

means the world to us. It keeps us active, connected, and laughing every week," she said. To mark the occasion, the Shopping Centre treated members to coffee, donuts and a gift card in appreciation for "brightening the halls."

Centre Manager Jocelyn Sakeson said the group has become part of the centre's heart. "We're proud to celebrate their commitment and community spirit."

To join the free walking group, call (07) 5491 3488.

Caloundra Power Boat Club donates \$25,000 to Rosies

The Caloundra Power Boat Club has proudly donated a total of \$25,030.80 to Rosies – Friends on the Street Sunshine Coast across four contributions. Rosies provides outreach, connection, and care to people experiencing homelessness and social isolation. Club President Les Broughton said supporting the community is central to the Club's values, while Rosies Coordinator Carolyn Wilson thanked members and guests whose generosity helps provide dignity, connection, and hope. The Club looks forward to continuing its partnership with Rosies and other local causes.

CHRISTMAS Buffet Lunch

THURSDAY 25 DECEMBER

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13-16yrs \$75	
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The Sunflower Challenge

MOGG Property is dispersing seeds and sunshine across Caloundra

The Mogg Sunflower Challenge first sprouted in 2023 — an idea born from Joey Mogg's determination to do real estate differently. This simple community giveaway has since grown into one of Caloundra's happiest local traditions with people of all age groups getting out in the garden to grow.

Joey wanted a way to connect that brought genuine joy to people's days. Packets of sunflower seeds were delivered to homes in Pelican Waters and residents were invited to grow the biggest sunflower they could, over Spring.

At first, it seemed the idea might not take off, but within weeks, sunflowers began bursting over fences across the suburb.

The first year saw a \$1,000 prize in local dining vouchers, with the inaugural winner Steve from Pembroke Avenue growing sunflowers so spectacular that people would drive by just to admire them. His blooms reached an impressive 40 centimeters - the size of pizzas.

In 2024, the Challenge returned — this time with a \$2,000 prize. However, when around 95% of the seeds went missing in transit, Joey rallied a group of family and friends to help pack more seeds at the office and send them out to anyone who missed out. Despite the setback, enthusiasm remained strong, and it

was clear the event had taken root as a community favourite.

Now, in 2025, the Challenge is expanding again. Around 10,000 seeds will be delivered to homes across Pelican Waters, Golden Beach, Caloundra, Moffat Beach, Kings Beach and Shelly Beach, ready for planting from late October to early January — the perfect time for sunflowers to thrive.

Mogg Property recognises the financial pressures many families face today. By creating a free community challenge that brings happiness and offers a significant prize, they aim to provide a moment of joy and hope during difficult times.

This year marks a special collaboration with STEPS Pathways College, whose students and staff are kindly packing 10,000 envelopes — five seeds at a time — and preparing to plant their own sunflower garden at the STEPS Café and Garden Centre.

The 2025 prize is the biggest yet, with \$5,000 cash or a cruise up for grabs for the largest sunflower (by diameter). With plans to include the entire 4551 postcode next year, the Mogg Sunflower Challenge continues to grow, spreading sunshine and community spirit across the Coast.

mogg.property

Sunflower Facts

- A sunflower head contains up to 2,000 tiny flowers, which botanists call disc florets.
- The petals around the head are also separate flowers, known as ray florets, which do not go to seed.
- Dried sunflower heads can be used to create disposable scrubbing pads.
- Historically, sunflower leaves were used to treat fevers and ailments like malaria and indigestion.
- The tallest recorded sunflower was over 30 feet (9.17 meters) tall.
- Sunflower seeds can be processed into sunflower seed butter which has more minerals than both peanut and almond.





a cuppa with Allie May

Words:
Alana Hall

From her favourite spot at Moffat Headland looking out over “the edge of the earth”, Allie May reflects on hometown memories, a life of self-discovery, and the freedom that comes from following what feels most alive.

Born at Nambour Hospital and raised in Caloundra, Allie May is as local as they come. “Dad used to ride me to kindy on the back of his bike from Caloundra to Currimundi,” she laughs. Her schooling began at Currimundi kindy, then on to Caloundra preschool, primary and high school, and eventually Sunshine Coast Uni to study journalism.

“Oh my god,” she laughs “I’m that person that gets interviewed about their life in Caloundra.”

That deep local connection has shaped not just who Allie is, but the creative path she’s carved — one rooted in community, self-empowerment and a love for the Coast.

Sitting on Moffat Beach Headland, she smiles. “This is my favourite spot. I’ve been coming here since I was a teenager. I call it the edge of the earth. You can’t hear anything behind you and you can’t see anything except what’s in front of you. I love to catch the sunrise and watch the whales.”



Allie May and her dad, Caloundra, circa 1985.

"This is my place of peace — my solitude for quite moments, reflection, time for self, relationship breakups, all of it. When he was little, I'd bring Logan here to the rockpools to explore the crabs and little creatures. It holds so many memories."

"Not long after the birth of her son, Logan, Allie moved away out west. When she came back two years later, she actually cried upon seeing the development on Caloundra Road. "Our sleepy little town with just one road in and one road out, had been upgraded to four lanes."

"I've travelled to many beautiful places, but nothing comes close to here. I know it's getting a lot busier, but it's still sleepy and quiet, more so than Noosa or the Gold Coast."

As a teenager, Allie was a deep thinker, often feeling misunderstood and realising later that this was more about not understanding herself. At 26, she dove head first into personal development, a passion that has continued ever since. "Everything I've pursued has been to first better myself as a human being."

"I created Goddess Day almost a

decade ago after burning out — it went global! It's about taking a day for yourself. Not with friends, not about pampering, just being present with yourself. Some people say they don't have time, but we make time for what's important. It can just be an hour. I still take a Goddess Day every Thursday."

"One thing I've discovered about myself is I'm unemployable. I don't fit the mould of working somebody else's hours, only being paid a certain amount, having to ask permission for things. I bounced in and out of what I could do for myself — journalism, food photography, dentistry assistance, personal training, and even banking."

"Photography was my first real passion. I wasn't the greatest photographer, though I was never afraid of putting myself out there and asking for what I wanted. I've photographed massive Sunshine Coast events and been in rooms with the who's who of the Coast. I even got flown to Sydney, Perth and Melbourne to photograph Arnold Schwarzenegger!"

"I studied NLP after struggling with anxiety for four years. It changed my whole life. Now I have two businesses —

one in personal development, training and certifying people, and another in high-ticket affiliate marketing. I've found a balance between the two – one gives me inner freedom and the other, financial freedom.

"I teach people to have their business fit into their life — not the other way around. So many people shape their entire life around their business, tying their worth to the money they make. For me, it's always been about asking, what kind of life do I want to create? Then building a business that fits into that.

I stand for all humans living a truly free and beautiful life — myself

included. We can't have true wealth or financial freedom without being free on the inside first. There's no point being a very wealthy person if you don't actually like yourself as a human being."

"So what's next? I'm about to go into a new venture — in the dating arena. It's called Up Late with Allie. I call it un-dating advice because I don't have a qualification other than my own experiences," she laughs. "I'm really not sure why this idea has come about, I just follow what feels alive for me. Who knows where it'll go — watch this space."

Follow the journey on Instagram @ [alliemay_xx](#) & [@uplatewithallie](#) ♦

Community Heart Softens the Blow

When Dicky Beach IGA Local Grocer owner Shane Kensett was violently attacked by six teenagers in late August 2025, the entire community was shocked and outraged. How could something like this happen in our safe, seaside village?

The assault left Shane with a concussion, a fractured nose, and other injuries that have only just now healed two months on. As court proceedings continue for those responsible, Shane stands strong and resilient today, a very different man to the one left lying on the ground outside his shop after the attack.

Thanks to the steadfast support of his caring neighbourhood, trust has returned. "It was unbelievable to see so much community spirit out there," said Shane. "Everyone came in and rallied around me. The amount of phone calls and text messages was really positive."

Wanting to give back, Shane hosted



a community barbeque at Dicky Beach Park on the 25th October, drawing around 250 people, including local representatives and Premier David Crisafulli.

Supported by family, friends, and loyal staff, Shane says the kindness shown has helped his recovery.

"It's strengthened our community," Shane said. "There's a network of people here who consider this area to be one big home for all of us, where we look out for one another."

Shane was also recognised as Caloundra's Inspirational Person of the Year at the Caloundra Community Awards 2025.



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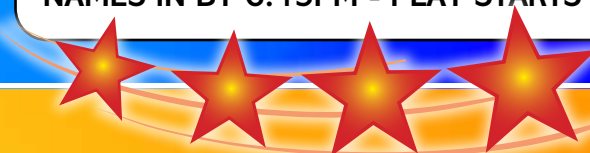
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SPOT MONTY TO WIN

Thanks to Galactic Donuts, we've got 5 boxes of donuts to give away. To be in the running, simply tell us how many times Monty the Sea eagle swoops across the pages of this edition (count this page and the cover too).



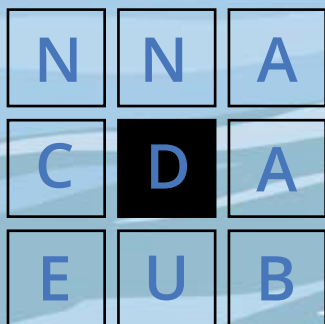
The first 5 correct entries win a box of donuts.
Email your answer to: goguide@caloundrachronicle.com

BRAIN TEASERS

- If there are four sheep, two dogs, and one herdsman, how many feet are there?
- All of Mrs. Smith's pets are dogs except one, and all her pets are cats except one. How many cats and dogs does she have?
- You see a dog, a leash, and a bone. The leash is tied to a pole, but the dog is eating the bone 10 feet away. How is this possible?
- A dog crosses a river without getting wet and without using a bridge or a boat. How did the dog cross the river?

Brain Teaser Answers:
a) Two. The herdsman has feet.
b) One cat and one dog.
c) The leash isn't tied to the dog.
d) The river was frozen.

NINE LETTER WORD PUZZLE



Form as many four to nine letter words from the letters in the puzzle. The middle letter must be used in all words. Your target is 20 words. There is at least one nine letter word.

HOW TO PROTECT THE BORDERS

THREAT: bird flying past



Growl from bed

THREAT: neighbour doing something



Single bark at window

THREAT: parcel delivery



Burst of barking

THREAT: cat meowing three blocks away

Constant stream of barking in mid-air



THREAT: actual intruder



Snore

PC

FUN FACTS ABOUT... Dogs

A) **Dogs Can Detect Illnesses** - Some dogs are trained to sniff out diseases like cancer and diabetes. Their sense of smell is so powerful, they can detect chemical changes in the human body.

B) **A Dog's Nose Print Is Unique** - Just like human fingerprints, every dog has a unique nose print. Some organisations even use nose prints for identification purposes.

C) **Whiskers feel the air** - Dog whiskers detect tiny air movements, helping pups sense nearby objects - even in the dark. Trimming them can throw off their balance and awareness.

D) **Dogs Dream Like Humans** - If you've seen your dog twitch, paddle their paws, or let out a sleepy whimper, they're likely dreaming! Dogs experience REM sleep too, and their dreams often replay the adventures of their day.

E) **Not All Dogs Can Swim** - Despite the stereotype, not every dog is a natural swimmer. Breeds like bulldogs and pugs often struggle due to their body structure.

F) **Dogs Can Fall in Love** - Dogs produce oxytocin - the same hormone linked to love and bonding in humans - when they interact with their favourite people or other dogs.

THERE'S A WORD FOR THAT?!

Do you know the word for when a dog lies flat on their belly with their back legs stretched behind them like a little frog when they're relaxed? You do now...

SPLOOTING



Compiled by Isla Jones



Photos: Left – Victoria Linnen; Right – Clément Proust



Happy Days

Andrew Champion

Phone 0428 714 357

If we want a more pedestrian-friendly Caloundra, it's going to take thoughtful planning.

The international benchmark for walkable communities is known as a “ped shed”—short for pedestrian radius. It means placing everyday amenities within 400 metres of where people live, so residents can walk instead of drive, for example, to pick up a litre of milk.

If you're lucky enough to have a corner store within 400 metres of your home, you're in the minority. Most Caloundra residents don't. Why? Historically, communities were designed by engineers before urban planning was even a profession. Caloundra is still catching up.

In 1985, Caloundra didn't have a formal Town Plan—only an “Interim Development Bylaw.” Back then, there was a tug-of-war between traditional engineering priorities and the emerging principles of good urban design, which recognised that residents value nearby amenities and safe, accessible paths within a 400-metre radius—an

Corner Store Convenience

internationally accepted standard for liveable neighbourhoods. In higher-density areas, this distance shrinks and the number of amenities increases.

Caloundra's beaches and foreshore parks are stunning, but here's something surprising: more than ten of them don't have a toilet. They might have barbecues, seating, and ocean views—but no loo.

Can we do better? Absolutely.

Ask yourself, what could make Caloundra more usable, accessible and walkable for you or your family?

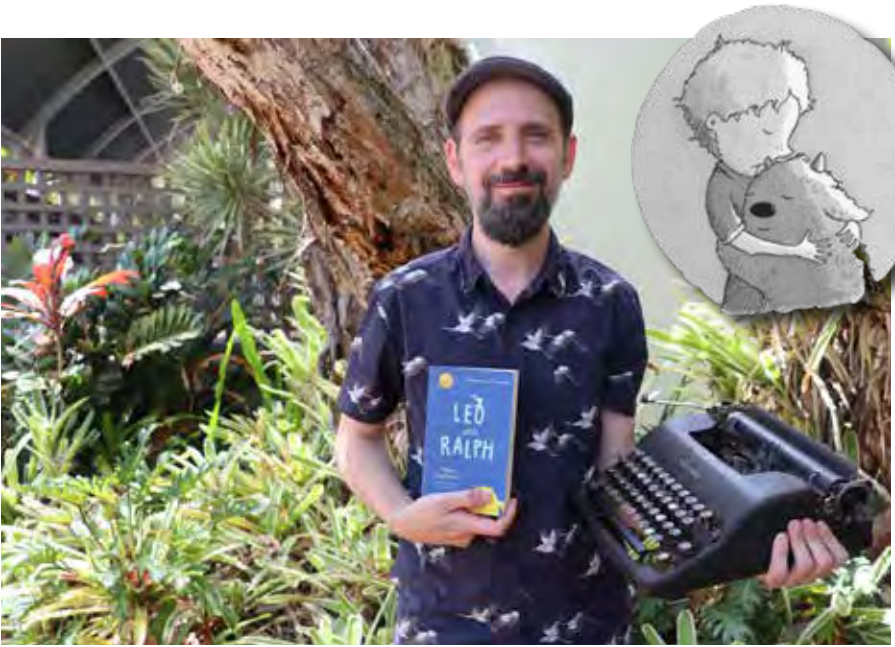
Is there a footpath—and is it wide enough for safe access?

Is there a toilet, some shade or a handrail to help negotiate steps?

Is there a shop near your home you can walk to when you run out of milk or want a coffee or loaf of bread?

Council does a great job maintaining the amenities we have, but when it comes to locating them close enough to where people actually live and walk, there's still room for improvement.

Post your suggestions on the Caloundra Chronicle Facebook page.



Peter Carnavas

**Takes Home the Prime Minister's Literary
Award for Children's Literature 2025**

Multi-published children's author (and downright legend) Peter Carnavas has been creating masterpieces, winning awards, and packing up his Flaxton family home in preparation for the bright lights of Brissie. But first, he made a stop in Caloundra to visit the new library, and say goodbye to the old.

Please share a story or a special memory you have of this place.

There are many special places in Caloundra; Caloundra High, the old soccer club and the old library were all pretty special to me. I never had a computer when I was younger so I used to type out my stories at the library computers.

My favourite memories are probably fishing in Currimundi Lake, near where I lived. I remember a golden morning, when I was about ten, when my brother

and I caught a heap of whiting, it was as if they were jumping into the bucket.

When did you realise writing and drawing stories was your thing?

Writing and drawing were always hobbies. When I started working as a primary school teacher, I became interested in picture books - the structure, the interplay between text and illustrations, the depth of message. They were like perfect short films on the page. That's when I decided I wanted to have a shot at making books.



How do your story ideas come to you? Do you ever cry when writing the sad parts?

Each story idea is different and it's hard to pinpoint the origin of each, but reading other books has always been an inspiration for my own stories. Ideas form quite slowly for me, usually over weeks and months, while I'm driving or when I can't sleep. They kind of percolate until I have something solid to write down.

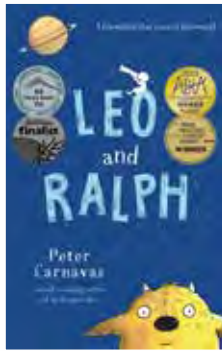
The most emotional I have been while writing was when I slipped my old dog, Georgie, into my book, The Elephant. Georgie had sat beside me for years, as I worked on books, and she passed away while I was making that book.

If you were to choose one character from all your books to hang out with for the day, who would that be, and why?

I'd like to be a kid and hang out with Luke and Ben, from My Brother Ben. I painted such a fun, peaceful life for them, wandering and fishing and swimming in the creek.

Why do you think Leo and Ralph has made a lasting impression on so many?

It's the story of a young boy, Leo, who struggles to make a friend, so he decides to make up a friend - a one-metre tall, furry alien called Ralph, who floats down from one of Jupiter's moons clutching a white balloon. Life is great until, years later, Leo must say goodbye to Ralph. It's about friendship, change, imagination, and I think readers like the core idea that it's okay if you don't fit - you just have to find people who like the way you don't fit.



Winning the Prime Minister's Literary Award for Leo and Ralph, is a huge achievement. Beyond awards, what have been notable moments or markers for success in your career?

I love receiving messages from readers. I feel successful when someone has connected with my stories. Years ago, a few of my stories were produced as shows that toured schools - one was a musical play and the other was a puppet show. It was a thrill watching other creatives interpret my work.

Recommend 3 authors who have inspired or impacted you and your work.

Bob Graham's picture books have inspired me a lot. His illustrations are beautiful and he presents universal themes from a unique perspective, and somehow makes it accessible to everyone, from young children to adults. I love a lot of Kate DiCamillo's

writing, and Kurt Vonnegut was a huge inspiration when I was younger.

If you were writing a recipe for a life well lived, what are the essential ingredients?

Family, music, books, dogs and Scrabble.

Now that you are taking some time to just be an author for a while, what will your move from the Sunshine Coast to Brisbane have in store?

I have a new novel, Kid, coming out in June, and I'll have the chance to present and tour a bit more. I have a bit of a blank page in front of me. That can be intimidating but I'm excited - I've never left pages blank for very long.

petercarnavas.com





SconeTime

Words:
Sue Warren

There's a frisson of anticipation among those waiting patiently in the queue. In the CWA hall itself, a hubbub of happy chatter, helpers busy with trays loaded with delicious scones, and the genteel rattle of vintage teacups herald another monthly SconeTime in Caloundra.



Sunshine foodie extraordinaire Martin Duncan has created a community ripple of connection and company with his runaway success story, SconeTime.

From a small idea, a mighty monthly event has swelled across the Sunshine Coast and beyond.

Globally, there is increasing social disconnection to a point that experts are calling it an epidemic. In 2023, an Australian study indicated that around 33% of people feel socially isolated, and that one in six people feels extremely lonely [ABC News, August 2023].

It is often the most vulnerable, such as seniors and disabled citizens, who are most affected. SconeTime has become a valued and much-loved event for many, particularly the senior members of our community.

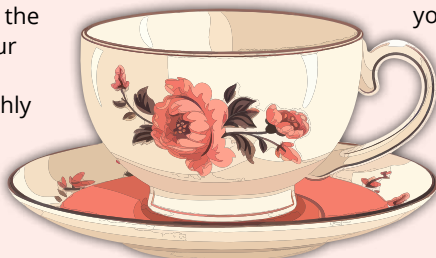
For many, this monthly date is highlighted as their most anticipated outing,

and whether regular attendees or newbies to the event, the general exuberance—led by effervescent MC Martin and supported by volunteers and sponsors—is infectious. Martin's amazing ability as a vibrant social connector has been recognised in his nomination for the SCC Citizen of the Year Award.

First-time SconeTimers Helen Abbott and Michael Walton of Little Mountain certainly enjoyed their experience: the lively conversations, hearing useful information, meeting new people, and all accompanied by Martin's delicious scones—over 300 in just one morning!

After November, SconeTime will break until February. Make room on

your calendar for the next SconeTime, and treat yourself to some mouth-watering morning tea and simple social fun.



Dog's best FRIEND



Nat and Coda at Coco's by the Lake



Chris, Bella and Nova at Coco's



Michael and Sarah with Lulu Lemon, Hugo Boss, Giorgio Armani and Sugar at Currimundi Beach



Glen and Patty at Dicky Beach



Jillian, Jason and Oscar at Coco's by the Lake, Currimundi



Fran and Chilli at The Pocket, Moffat Beach



Alisha and Winnie at Bulcock Street Bazaar



Maddie and Tully at Golden Beach



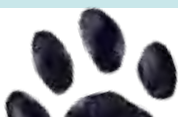
Keep an eye out around town for our junior photographer snapping local dogs with their BFF's. You could be next!

Photos by Bella Jade



David and Cappy at Bulcock Street Bazaar

What I like most about people is their dogs." - Unknown



Turning Containers into Community Rail

On the Sunshine Coast, a modest community initiative is creating big benefits through recycling, hobbies, and local connection. Strong Street Recyclers has partnered with the Caloundra & District Model Railway Assoc Inc to turn everyday drink containers into funding, while supporting club events with a sponsored BBQ trailer.

Under the Containers for Change scheme, residents and visitors can donate eligible containers, with proceeds going directly to the club. Strong Street Recyclers provides collection, depot access, and in-kind sponsorship, including the BBQ trailer for events.



At markets, club open days, and model railway displays, the synergy comes alive: attendees enjoy a sausage, explore intricate layouts, chat with members, and contribute containers. Funds raised help cover track materials, youth outreach, and event costs, while promoting sustainability and diverting containers from landfill.

This partnership shows how aligning purpose and process can turn small actions into tangible community impact, one container, one sausage sizzle, at a time.

strongstreetrecyclers.com.au

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 10-cent refund for every eligible container you return.



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





Good Times Meets Giving Back

Leading the Caloundra RSL through a period of renewal and growth, General Manager Graeme Devin has steered the club from lockdown uncertainty into a thriving new era of community impact and hospitality excellence.

“Since January 2025 through to September, we’ve donated over \$300,000,” Graeme says. “The club’s doing better than ever, and that means we can give more back to our community.”

As a not-for-profit, Caloundra RSL balances strong business performance with a deep commitment to local support. “We need to be successful,” Graeme explains, “but we share that success back into our members and the wider community.”

That ethos shows up everywhere—from a \$25,000 education partnership with STEPS Pathways College and ongoing sponsorships for local sporting groups and schools, to in-kind donations such as free or discounted room hire for community events. The club also donated a bus to Caloundra State High School, helping students attend sporting and educational programs. “Our HR team even visits

the school to talk about employment opportunities,” he adds.

Support extends to individuals too, with proceeds from Friday night raffles regularly donated to local causes—funding everything from youth sport trips to international competitions.

Looking ahead, the RSL plans to refresh its venue layout, update the sports bar and coffee shop, and enhance its dining offerings. “We’re raising the bar with restaurant-quality options,” says Graeme, referencing the club’s new menu featuring premium marble steak.

While entertainment remains a cornerstone, with Friday and Saturday night shows and the popular Monday Lunch Shows drawing crowds of 400, Graeme is also focused on appealing to younger generations. “We’re supporting youth and women’s sport to ease the cost for families. It’s good for them, and it brings people back into the club.”

As Caloundra RSL continues to evolve, its commitment to community remains at the heart of everything it does. Local schools, clubs and groups can apply for support directly via the Caloundra RSL website.

caloundrarsl.com.au



Andrew Wallace MP
Federal Member for Fisher &
Shadow Attorney-General



A Year of Change and Commitment for Fisher

As 2025 draws to a close, I want to take a moment to reflect on what has been one of the busiest and most important years since I was first elected to represent the people of Fisher, nine and a half years ago.

Recently, I was honoured to be appointed as the Shadow Attorney-General. It is a privilege to serve not only as a strong voice for the Sunshine Coast, but also as part of the Coalition team shaping Australia's future laws and policies.

As Shadow Attorney-General, my focus is clear: strengthening our justice system, protecting children and families, and standing up for the values that make Australia fair, safe and free. From fighting for tougher penalties for child sex offenders to restoring integrity and transparency across government, I am committed to developing laws that protect the vulnerable and uphold our hard-fought freedoms.

But no matter my portfolio, my heart and focus remain firmly here in Fisher. My four pillars continue to guide everything I do, building better roads and rail, improving mental health services, backing small businesses and local manufacturers, and strengthening national security.

Since being elected, I have helped secure more than \$7.2 billion in

Federal funding for the Sunshine Coast. That includes major upgrades to the Bruce Highway, the Beerburrum-Nambour rail line, and vital local projects that are creating jobs, easing congestion, and building a stronger future for our region.

I have also worked hard to improve mental health outcomes through local headspace programs, community grants and advocacy for greater federal investment in preventative and early intervention services.

Our local businesses and manufacturers continue to punch well above their weight, from Maleny Dairies to ProStar and countless family enterprises like our locally owned Foodworks, that keep our local economy thriving.

As 2025 comes to an end, I want to thank every volunteer, business owner, worker and community group who has helped make Fisher the best place to learn, earn and retire.

It has been a big year, and there is a lot more work to do in 2026, but together I know we can continue to build a stronger, safer and fairer Australia.

Wishing everyone in Fisher a safe and Merry Christmas, and a happy, healthy New Year.

andrewwallacemp.com.au

Hear Again Audiology

Imagine hearing the world around you – conversations, laughter, music – with complete clarity. Now imagine doing it all without anyone knowing you're wearing a hearing aid. With the opening of Hear Again Audiology in Currimundi, Michael Williams introduces a new chapter in local hearing care, combining personal support with the latest in discreet technology.

Founded in 2024 by audiologist Michael Williams, Hear Again Audiology was created to meet the growing need for quality hearing care on the Sunshine Coast.

Michael brings over 25 years of experience and a genuine commitment to helping people feel supported, informed and confident in their hearing health. The clinic offers comprehensive hearing tests, device fittings and repairs, along with ear wax removal.

Among the latest technologies available is Lyric – a small hearing device placed deep in the ear canal, designed to remain in place for months at a time. Completely invisible from the outside, Lyric provides natural sound without the need for daily handling or visible equipment.



For those curious about new options, Hear Again Audiology provides a welcoming space to explore what's possible – combining professional expertise with a personal, local touch.

Phonak Lyric

The world's only 100% invisible hearing aid.



- Wear for months at a time
- No need to change batteries
- Natural sounding technology
- Free Trial, No Obligation

This isn't just a hearing aid
- it's a chance to hear and
live without compromise

Call today to secure your
spot in our **FREE TRIAL**

HEAR AGAIN
AUDIOLOGY



Tel. 5248 8731 | 4/768 Nicklin Way, Currimundi
info@hearagain.com.au | hearagain.com.au



Caloundra Update

Division 2

Cr Terry Landsberg



It's been a busy time around Caloundra. The Moffat Beach Seawall project is progressing well thanks to the mild weather. This week will see the concrete pour for the new beach access ramp, with the western section on track for completion by Christmas so the carpark can reopen for public use.

Later this month, the pedestrian bridge over Bunbabah Creek at Dicky Beach will be closed from October 28–30 for repairs. Please note this is part of our coastal pathway, so an alternative route will be needed during the works.

We're still receiving inquiries about the first-hour free parking in the Caloundra CBD. Remember to register your vehicle's number plate correctly at the meter—if you leave within an hour, you don't need to pay.

Finally, thank you to everyone who attended the opening of Library+. The smiles and energy from visitors have truly lifted the vibrancy of our City Centre. With more developments ahead, work on the new Town Square at Bulcock and Otranto Streets will begin early next year.

Enjoy the warm weather and happy shopping in our city of beaches—as Caloundra is famous for.

Stay in the loop

There's plenty happening across Caloundra—be part of the journey! For the latest updates, visit Sunshine Coast Council's website and subscribe.

30 November/December 2025



Caloundra Resident's Association Celebrates 30 Years

The Caloundra Residents Association (CRA) marked its 30th anniversary with a packed Annual General Meeting and celebration evening at the Powerboat Club on 28 October.

Members reflected on three decades of community advocacy and renewed CRA's focus on integrated transport, planning and growth, and coastal protection. The newly elected committee includes President Elisa Weiser, Secretary Jackie Steele, Treasurer Julie Campbell, and Committee Members Tony Barry, Marcus Pelto and Naomi Dwyer. CRA thanks Mayor Rosanna Natoli and Cr Terry Landsberg for their thoughtful words, and former President Graeme Smith for coordinating such a well-run and uplifting evening.

www.caloundraresidentsassociation.org

Honouring Our Local Heroes

Kendall Morton MP



I was so proud to host my inaugural Caloundra Community Awards for 2025, it was a wonderful evening that brought our community together to celebrate the people and organisations who go above and beyond

to make the Caloundra community such a vibrant and caring place.

The event began with a charity auction supporting our generous hosts, the Queensland Air Museum. Thanks to Steve Venn from Blue Moon Property, for leading the auction of a stunning Bluey's Photography masterpiece, ultimately won by Graeme Smith from PPCMB.

As the award ceremony got underway, I was truly inspired by the calibre of nominees received from across our community. Their dedication, compassion, and contributions make Caloundra the special place we are all proud to call home.

Thank you to everyone who joined us for this special evening of community pride and celebration. Thank you again to our sponsors; Steve Venn from Blue Moon Property, Steps Pathway College, Caloundra Chamber of Commerce, Caloundra RSL, Bendigo Bank Caloundra, Stockland, Aussie World and Big Mouth Marketing & Events and the Queensland Air Museum for hosting this very special evening.

Please join me in congratulating this year's outstanding finalists, runners up, and winners:

Congratulations

Senior Citizen Group of the Year

Runner Up: Glasshouse Senior Citizen Group

Winner: Caloundra Woodworking Club

Young Achiever of the Year

Runner Up: Ellie Burrows

Winner: Paul Gilbert

Business of the Year

Runner Up: Brew Box Collective

Winner: Bluey's Photography

Sporting Club of the Year

Runner Up: Aura Netball

Winner: Caloundra Basketball

Educator of the Year

Runner Up: Jacklyn McDonald, Goodstart

Early Learning Centre

Winner: Tara Williams, Nirimba State School

Community Group of the Year

Runner Up: Uniting Church Community Breakfast Group

Winner: Night Eyes Water & Landcare

Caloundra Champion of the Year

Runner Up: Jen Kettleton-Butler, PPCMB

Winner: Shane Dimech, Mateship



Kendall with the guests at the Awards night



Bluey's Photography: Doug Bazley



Brew Box Collective: Bree Hansen and Justin Swayne



Qld Air Museum: David Dunlop and Julie Hammer



The Power of Partnership: Caloundra's Community Behind Every Success

At Caloundra State High School, we believe every student should have access to opportunities that help them shine and we recognise that we cannot do this alone. Thanks to the incredible generosity of our Lighthouse Keeper Foundation sponsors, this vision is becoming a reality.

Through the support of local businesses and community partners, our students can take part in signature programs such as Rugby League, Volleyball, Surfing, Dance EDGE, Music Extension and STEM. These opportunities go beyond the classroom - building resilience, teamwork, leadership and confidence. Whether it's jerseys on our fields, funding transport, equipment or resources in our programs, every contribution helps create pathways for students to succeed.

The Lighthouse Keeper Foundation has been built on the belief that when a community invests in its young people, everyone benefits. Our sponsors are not only helping to fund opportunities, but also modelling the values of connection, generosity and community spirit. From alumni donors to local businesses, each sponsor plays a part

in ensuring Caloundra SHS students have the chance to thrive. We extend our gratitude to every business and individual already on this journey with us.

Your support has raised much needed resources that strengthened our programs and create opportunities that would not exist without you.

And there is still more to do. As our school grows, so too does the need for new partnerships. We invite more local businesses and individuals to join our Lighthouse Keeper Foundation and help us continue to provide life-changing experiences for our students.

Success is often seen as an outcome - high marks, awards or popularity - but it is more than that. It's about the courage to strive, the resolve to overcome failures and the determination to persevere. Some students may struggle to find the start of their path to success, but with your help, we can illuminate unseen pathways and provide them with the opportunity to define and achieve their own version of success.

Explore the businesses making a difference, in our online Business Directory via the QR code or by visiting caloundrashs.eq.edu.au



The Career Field

with SJ Greaves



Cultivating careers with purpose

At The Career Field, we believe every career has seasons; times to plant new ideas, nurture growth, and harvest results. Based on the Sunshine Coast, we help job seekers gain clarity, confidence, and direction through strategic, value-driven coaching.

Our point of difference is simple, we build alignment between who you are and what recruiters are looking for. Every resume, interview, and career plan is crafted to highlight your strengths in ways that match the needs of employers. It's not about buzzwords or quick wins, it's about showing

genuine value, backed by strategy and purpose. And the results speak for themselves.

Clients who work with The Career Field are 50% more likely to secure the role they're aiming for. Thousands have already grown stronger, more meaningful careers by learning how to connect their skills to what matters most in the market.

If you're changing direction, re-entering the workforce, or ready for your next step, The Career Field is here to elevate your employment potential.

Learn more at thecareerfield.com.

Contact Sabina on 0429 900 017.

Founder of The Career Field, SJ Greaves is an award-winning executive and career coach who blends structure, strategy and empathy to bring calm clarity to complex transitions.

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The Vertical Village

with Clive Pickering

Bulcock Street's Bright Future

From the rooftop pool of Pumicestone Blue Resort, Debbie and I enjoy a bird's-eye view of Caloundra's beating heart – Bulcock Street. As resident managers, we oversee both the holiday-letting business and the caretaking of this landmark building, creating what we fondly call our Vertical Village: a community where owners, guests and locals all look out for one another. It's a spirit of friendliness and connection that defines not only our building, but the wider Caloundra community.

Life at this end of Bulcock Street is vibrant and getting better every week. The much-anticipated Pholklore Vietnamese Inspired, Asian Fusion Restaurant is opening soon, bringing fragrant flavours and modern flair.

The Thirsty Beaver Bar and Grill continues to be a crowd favourite, buzzing with locals and visitors alike. Sokuri Rice Bowl and Sushi remains a standout for fresh, healthy food, and the new restaurant in the Bianco Building will add more style and sophistication to the precinct. Three Restaurant Bar & Grill never fails to

impress with its creative menu and warm welcome, while pizza lovers can choose between 111 Pizza Place and Tredici Woodfired Pizza, Bar and Grill – both serving up slices of Italian perfection.

And let's not forget the old favourites! The Chinese Holiday Restaurant has been a Caloundra icon for many years, serving generous dishes with the Birds Nest a standout, and Jow Noodles continues to smash out great takeaway tucker – quick, tasty and always satisfying.

A short stroll towards Bulcock Beach brings you to La Promenade Café for a relaxed, waterside breakfast with your favourite Eggs Benedict. The coffee scene continues to thrive too — the new Bunker Café in the Bianco building looks superb, Coffee@4551 has become a true local favourite for friendly chats and flat whites, and White Picket Fence still shines as one of Caloundra's most loved breakfast spots.

Beyond our front door, I'm proud to serve on the Caloundra Chamber of Commerce Committee, and I'm currently seeking election to the Visit Sunshine Coast Board — both roles that let me champion local business and our region's incredible lifestyle.

Until next time, see you on Bulcock Street – or up on the roof, where the view is always worth sharing.

— Clive & Debbie Pickering
pumicestoneblue.com



**TO VIEW OUR FULL
EVENTS CALENDAR
HEAD ON OVER TO:**

caloundrachronicle.com/events



Cattleya Intermedia: Mike Pye

Sunshine Coast Orchid Society

**C.C.S.A HALL, NUTLEY STREET,
CALOUNDRA.**

**3RD SATURDAY OF THE MONTH
(EXCEPT DECEMBER) AT 1.30PM**

Whether you have one orchid or many. Have a balcony or a backyard shade house, you can learn how to manage these exotic plants and make new friends over afternoon tea at the monthly gathering of the Sunshine Coast Orchid Society Caloundra. Master growers and amateurs bring their plants for show and tell. There are regular workshops and 'bring a problem plant' day.

**caloundraorchidsociety@gmail.com
Phone (07) 5437 3199.**



Holey Moley Charity Pro-Am

**GLENVIEW PAR 3 GOLF COURSE
THURSDAY 4TH DECEMBER**

Momentum is building for a world-first charity golf event championing inclusion. The 2025 Holey Moley Charity Pro-Am, hosted by Golf Programs Australia Incorporated (GPAI), tees off Thursday 4 December at the Glenview Par 3 Course. The PGA of Australia-sanctioned event will see 30 professionals and 90 amateurs compete, with GPAI participants taking on key event roles. Supported by Holey Moley and local sponsors, the Pro-Am celebrates ability, opportunity, and community spirit.

Awarded Sunshine Coast's 2024 Community Organisation of the Year, GPAI runs weekly golf, training, and employment programs for people with a disability. The Holey Moley Pro-Am is seen as a milestone toward GPAI's ultimate vision of creating a purpose-built golf facility fully staffed by people with intellectual disabilities.

gpai.org.au

Caloundra Family History Membership

Do you have a hard-to-buy-for loved one who has started their family history journey only to find it's not as easy as it looks on TV? A one-year membership with CFHRI would make a unique and practical gift this Christmas.

For only \$93 (single year) your family member will learn how to accomplish

their family history goals with like-minded people who have been encouraging and educating others for almost 30 years! To find out all that membership has to offer, visit our website:

**caloundrafamilyhistory.org.au/ or
call Cathy on 0411-881-745**

CHRISTMAS EVENTS



Christmas in the Hangar

QLD AIR MUSEUM

SAT 29TH NOVEMBER | 7PM

Presented by the Rotary Club of Caloundra Pacific and proudly supported by Sunshine Coast Council, Christmas in the Hangar promises an evening of festive music and cheer at the Queensland Air Museum, 7 Pathfinder Drive, Caloundra.

Enjoy live jazz and blues from Girl Friday, performing from 7pm to 10pm, with doors opening at 5.30pm so guests can relax with mouth-watering meals from Slow Smoke BBQ and Calamari Cart, or unwind with a drink from the licensed bar.

Tickets are \$60 per person, including one complimentary drink, with all proceeds supporting DV Safe Phone, an initiative providing mobile phones to victims of domestic violence. The night will also feature raffles and prizes, thanks to generous sponsors including Bluey's Photography, Robyn Hills Photography, Beachtree Distilling Co., 4 Ingredients, Transcend Healing, SSC Cider, Ocean View Estates, and more.

Book now at www.trybooking.com/DFFAH



Carols on Kings Returns COMMUNITY SUPPORT NEEDED

After six years, Caloundra's beloved Carols on Kings returns to the Kings Beach Amphitheatre on Saturday 13 December 2025, 4–8pm.

The Caloundra Business Alliance is working to revive this cherished community tradition and is calling for local support to help make it shine. Sponsorships and contributions will fund staging, sound, lighting, and entertainment.

To get involved or become a sponsor, contact kim@4ingredients.com.au or visit caloundra.com.au/carolsonkings. Let's bring the magic of Christmas back to Kings!

Xmas Day Buffet Lunch

CURRIMUNDI HOTEL

THU 25TH DECEMBER

Celebrate Christmas in style at the Currimundi Hotel with a festive buffet lunch brimming with all your holiday favourites — roast meats, fresh seafood, seasonal sides and decadent desserts. Bring the family and enjoy a relaxed, joy-filled afternoon of good food and great company. The feast begins on Thursday, 25 December, with tickets \$159 for adults, \$75 for teens (13–16), \$50 for kids (6–12), and free for children 5 and under.

Get into the Christmas cheer at Currimundi Hotel! Bookings essential at currimundihotel.com.au.

Sunshine Coast Symphony Orchestra | Summer Serenades

THE EVENTS CENTRE
SAT 15 NOV | 7PM

Summertime is almost here! Warm nights, wine on the terrace before the concert, space to catch up with friends and family... Join SCSO for a program of music that celebrates the ease of summer. Travel with us to a moonlit beach in France with Debussy's *Clair de Lune*, or to the hot Italian summer festivities in Tchaikovsky's *Cappriccio Italien*. Hear our very own star trumpet player Nelson Oakley perform Gershwin's "Summertime" with us, and skip through the summer fields with Beethoven's Pastoral symphony's opening movement.

theeventscentre.com.au

Rockwiz Live in '25!

THE EVENTS CENTRE
THU 27 & FRI 28 NOV

By popular demand, Rockwiz returns to theatres across the country with a brand-new show in 2025. Fresh questions, surprise special guests and the signature spark that has made it an Aussie cult classic. Expect big names alongside tomorrow's stars, riotous singalongs, audience members sharing the stage, mayhem and madness and that unmistakable buzz when live music, spontaneous comedy and pure love for music collide.

Julia Zemiro, Brian Nankervis, Dugald and the legendary Rockwiz Orchestra will supply the secret sauce for an uproarious night of entertainment.

theeventscentre.com.au



SC Jazz Club presents Big Kitty

CALOUNDRA POWER BOAT CLUB
SUN 16 NOVEMBER, 1PM

Sunshine Coast Jazz Club is proud to present an afternoon of live music with Big Kitty. With an ensemble of some of the finest musicians in Queensland, roots planted in jazz and blues, this audacious 7-piece live act features the incomparable Big Kitty on searing vocals.

Book now: 0427 782 960

Beer, Wine & Jazz Fest CALOUNDRA POWER BOAT CLUB SUNDAY 30 NOVEMBER, 1PM

Join the Caloundra Power Boat Club for a Beer, Wine & Jazz Festival featuring Girl Friday. Tickets include 8 tastings of premium wines and beers. Food available for purchase. Tickets: \$30

Book now: (07) 5492 1444

New Year's Eve CALOUNDRA POWER BOAT CLUB WED 31 DECEMBER, 6:30PM

Enjoy a two course dinner, show and countdown! With a performance from the Superstars & Legends starring Susie Jay & Joe Ace. Featuring all the hits from Elvis, Tina, Tom Jones, Dusty, Neil Diamond and many more! Tickets: \$95

Book now: (07) 5492 1444



SJ ART

Commercial and Residential

In contemporary architecture, atmosphere matters as much as structure. Art becomes the bridge, transforming space into an experience.

For architects and developers, SJ's work becomes an extension of design intent: art that amplifies natural light, flow, and material warmth.

Each piece is individually scaled, ensuring perfect balance with its environment and visual harmony with surrounding materials and lines.

Pieces can be commissioned to anchor lobbies, apartment foyers, and public interiors, evoking calm, energy, or quiet reflection. Each one is tailored, site-specific, and built to last, visually and emotionally.

Contact Sabina for commissions and gallery viewings
0429 900 017 | artist@sjartaustralia.com
Instagram @sjartaustralia

A little bit Cheeky

for

Bowel Cancer Awareness

A LITTLE BIT CHEEKY TATTOO ART COMP

TALENTED FRIENDS GALLERY

FRI 9 JANUARY, 2026. 5.30PM

A Little Bit Cheeky is set to make its mark as Caloundra's first-ever Tattoo Art Competition, hosted by Talented Friends Gallery. Opening on Friday 9 January from 5.30pm, the exhibition celebrates tattoo-inspired art made for walls rather than skin, blending creativity with a cause.

This unique competition aims to spark conversation and raise awareness about bowel cancer—an illness increasingly affecting younger people. With support from Bowel Cancer Australia, the event will feature information displays and trophies, reminding visitors that art can provoke thought as well as admiration.

To get involved, visit Talented Friends Gallery, located at 8 Ormuz Ave, Village Walkway, Caloundra, or phone 0458 934 924.



SEND FEBRUARY & MARCH
EVENT LISTINGS TO

goguide@caloundrachronicle.com

Portrait Photography Workshop

LIBRARY+ CALOUNDRA

SAT 15 NOV | 9:30AM-12:30PM

Join photographer Ketakii Jewson Brown and lighting designer Travis MacFarlane for a dynamic 3-hour workshop in natural light portrait photography. Master essential camera settings for natural light shooting. Get hands-on with group activities in still-life and live portrait setups. Take home new skills to capture beautiful and well-lit portraits. \$30 per person. Ages 16 and over.

library.sunshinecoast.qld.gov.au/whats-on/at-the-library/portrait-photography

Nature Writing Workshop

LIBRARY+ CALOUNDRA

FRI 21 NOV | 10AM-11:30AM

Open the door to how nature can inspire your stories with author Ola Kwintowski. Create engaging narratives that connects environment to your storyline. Enjoy fun writing exercises blending nature journalling with creative writing. Ages 16 and over.

library.sunshinecoast.qld.gov.au/whats-on/at-the-library/nature-writing

Movie Night: Still Alice

LIBRARY+ CALOUNDRA

THURS 27 NOV | 6PM-7:45PM

During Disability Action Week, join Libraries for a special community screening of Still Alice at Library+ Caloundra. This touching film tells the story of Dr. Alice Howland (Julianne Moore), a vibrant professor whose life is forever changed by a diagnosis of early-onset Alzheimer's disease. Free entry. Includes free popcorn.

library.sunshinecoast.qld.gov.au/whats-on/at-the-library/still-alice

Caloundra Regional Gallery:

Closing the Year in Full Bloom and Colour

As the year draws to a close, Caloundra Regional Gallery ends 2025 on a high note, celebrating 25 years as a cultural cornerstone of the Sunshine Coast. Since opening in 2000, the gallery has hosted hundreds of exhibitions and welcomed thousands of visitors, becoming a vibrant space for creativity and connection.

This milestone year has been marked by a diverse and inspiring program, and the final two exhibitions continue that legacy—each offering a rich exploration of place, identity and imagination.

Wildflowering by Design

17 October – 30 November 2025

Launched on a radiant spring afternoon, this exhibition celebrates native wildflowers and women's connection to place. Curated by Dr Sue Davis and Dr Lisa Chandler, it features contemporary responses from Queensland artists inspired by the legacy of artist and environmentalist Kathleen McArthur.

The works span handcrafted techniques, digital innovation and environmental storytelling, reimagining wildflowers as symbols of memory, identity and action.

The Language of Laws

5 December 2025 – 1 February 2026

A vibrant tribute to the life and work of Judith Laws, one of the Sunshine Coast's most beloved contemporary artists. This exhibition offers a deep insight into her creative journey—from early explorations with life partner Rex Backhaus-Smith to bold experiments in impressionism, abstraction and mixed media. Laws' passion for painting and storytelling shines through in every piece, inviting viewers to immerse themselves in her imaginative world.

With these final exhibitions, Caloundra Regional Gallery closes its 25th year in full bloom and colour—offering locals and visitors a chance to reflect, connect and be inspired.



Judith Laws | *Tilt* | 2021 | Mixed media | 101 x 101cm.
Image courtesy of the artist and CoolArt Gallery

THE LANGUAGE OF LAWS: The colourful life of Judith Laws

Friday 5 Dec 2025 to Sunday 1 Feb 2026

Step into the vibrant world of one of the Sunshine Coast's most beloved Contemporary Australian artists. This stunning exhibition showcases Judith Laws' rich artistic journey from early explorations of people and places with life partner Rex Backhaus-Smith, to her bold embrace of impressionism, abstraction, and colour.

Drawn from public and private collections, Judith's works span acrylics, watercolours, collage, oil sticks, pastels, and inks, each piece a testament to her restless creativity and passion for art.

More than an exhibition, it's an invitation to connect, imagine, and be moved.

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
events
centre
CALOUNDRA
RINKHUP COAST

DAYTIME CONCERTS 2026

CHRISTMAS SPECIAL

PACKAGE UP ALL 4 SHOWS FOR JUST \$100
SAVE \$28!*

Daytime Concerts in 2026:

- *Billy, Barry & Friends* | Two great piano men
- *Live at Frankie's: The Songs of Valli & Sinatra*
- *What's New Pussycat?* | Hits of the swingin'60s
- *The Best of Bublé Christmas Experience*

Find out more details and book ticket at
theeventscentre.com.au or
call the box office on **07 5491 4240**

*Booking fees and Terms & Conditions may apply. Deal valid until 10.59am on Wed 18 Feb 2026.



'Tis the Season to Shop Local

This Christmas, step back from the big-name retail outlets, and re-focus on your own community and neighbourhood by shopping local. The Sunshine Coast has a wealth of local creatives, crafters and suppliers for all your gifts, trimmings and feasting.

42 November/December 2025

Words: Sue Warren





Image: Sue Warren

Christmas. For some, the anticipation of sparkle and delight. But for others, anxiety and stress. And for many, the expectations and pressure of finances (or lack thereof!). If there was one positive from those first years of Covid, it was a reawakening of a slower, more mindful, and community-focused approach to our lives

Our fabulous local markets are a perfect start. The Arthur Street Country Market has a wealth of choices for any discerning buyer. Whether handmade goods ranging from Grant's stylish wooden platters, boards and cheese knives to organic soaps, from model boats to Maggie's bric-a-brac, there are gifts to suit all. Check out Robyn's gorgeous handcrafts, especially the exquisite Christmas cards and table decorations, and Dawn's delightful crocheted and sewn items. Say g'day to Lindsay and Kim and grab some bananas straight from their farm –

just what you need to top your pavlova! It doesn't just stop there, because you can source all your fresh produce from local growers as well as delicious seafood for that iconic Queensland Christmas lunch.

Looking for something a little different? Then why not head to Gaatha Markets for First Nations art, handicrafts, jewellery, bush tucker, children's books and games, and much more. These markets are also a lively hub of activities and workshops, providing authentic insight into Gubbi culture.

All our local markets have much to offer, and locations and times to suit almost all. Rosina Harris (Caloundra Markets) comments:

"Every local gift keeps our community alive."

It is true that it can be hard choosing the right gift for some folk. Try thinking outside the box. Not sure what to get that difficult teen with the quirky vibe or the uncle with eclectic tastes? The Bulcock St Bazaar is the place to go! Check out the amazing treasure trove with its extensive range of vintage clothing, records, comics, books, and more. Or perhaps, for the more traditional, something from Caloundra Fishing World – nothing like some new tackle to catch that elusive big one!

Thinking creatively, other options could be 'experiences' and making special memories. Gift some surf lessons from Caloundra Surf School, or a whole family fishing trip with Salty Fishing Charters. Buy a voucher for some pamper time or a restaurant meal. Perhaps you would like a truly one-of-a-kind gift that will bring lasting pleasure for years to come? Two of our skilled



local photographers may have just the ticket. Bluey's Photography and Rix Pix can capture exactly the right tone, whether for someone who would love a stunning Caloundra scene—particularly if of personal significance—or perhaps a family or pet portrait session.

Also, keep in mind gifts do not need to be new to be appreciated. Many a choice item has been found in charity shops, and buying from these is a gift that gives doubly.

Christmas shopping isn't just about gifts and decorations, of course. We have local suppliers of meat, fruit,

and vegetables. Some can also deliver to your home – what a saving in peace of mind that is! And what is the festive season without some new party gear to wear? A stroll around our local boutiques will provide plenty of inspiration for that perfect outfit. For the full-on Queenslander effect, try the Hawaiian styling of Tropicallday – aloha Christmas!

"Every time you shop local, you support someone's dream... and the very businesses that support and sponsor the local netball, soccer, and footy teams," says Kim McCosker, Caloundra Business Alliance.

All your community small business owners are grateful for your ongoing support. Not only that, you reduce your carbon footprint by travelling less and reducing supply chains, help create jobs, and boost the economy locally. Shopping local also helps create and foster personal connections and a genuine community spirit. Why not try the local approach this Christmas and see what a difference it can make? Your community will benefit, as will your own well-being, with a mutual sharing of the true spirit of Christmas.




SOY AND SHEA
 HOME | BATH | BODY

Give the gift of

Self Care

this Christmas

- ♥ Handmade in store
- ♥ Gift Wrapping available
- ♥ Australia wide shipping



Shop 4, 90 Bulcock St, Caloundra | 9:30am - 4pm Tues - Fri | 9am - 2pm Sat



Christmas Magic at House of Flowers

As the festive season draws near, local florist Leonie Golden from House of Flowers, Golden Beach, shares a glimpse behind the counter during the busiest and most beautiful time of year.

There's a special kind of magic in the air at Christmas. The scent of pine, fresh foliage, and festive blooms fill the shop, while shelves sparkle with decorations and gifts. Customers drop in, full of excitement and generosity, and the team hums along to Christmas music as they create arrangements expressing colour and joy. Between the laughter and last-minute orders, Leonie and her team also offer a gift-wrapping service — a small touch that adds a little extra cheer to the season.

When it comes to Christmas flowers, classic reds, whites, and greens remain timeless favourites. Think roses, holly, and Christmas bush. Australian natives are a strong local choice, but Leonie says more customers are embracing soft, natural tones with dried textures and golden highlights for a relaxed, coastal look.

Preparation for the rush begins mid-year, from ordering stock to designing

festive concepts. By December, it's full steam ahead. Long days spent conditioning flowers, creating arrangements, and wrapping gifts.

One of her favourite moments is watching customers at the stem bar, carefully selecting each bloom to build their own bouquet — "like wandering through a garden," she says.

For anyone choosing a floral gift, Leonie suggests a soft, elegant arrangement suits most, but bold types might love something vibrant and festive. And if you're unsure, the team is always happy to guide you.

To keep blooms fresh through the holidays, Leonie recommends starting with a clean vase, trimming stems, and refreshing water regularly. Keep flowers away from fruit as ethylene gas causes them to wilt faster. With a little care, your Christmas arrangement will stay radiant all season long.

0493 802 831 | house-of-flowers.com.au



A Mindful Christmas Starts at The Source

Walk through the doors of The Source Bulk Foods, Caloundra and you're whisked into another world — a rustic, market-style wonderland where abundance spills from every shelf. Buckets full of chocolates, oils, grains and dried fruits. Jars packed with teas, herbs and spices. It's a feast for the senses and a treasure trove of goodness waiting to be scooped, poured and later, savoured.

Owner-operators Suzie and Norm are as passionate about their produce as they are about the sustainable principles behind it. As they reflect on a decade in business, their commitment to conscious shopping and community values shines through.

When the world changed irrevocably in 2019, Suzie began to notice a shift in consumer habits. The uncertainty of those times prompted more people to appreciate the value of bulk shopping and package-free alternatives. People began rethinking what mattered —

quality over quantity, sustainability over convenience. For The Source, it marked a quiet but profound shift toward the mindful shopping movement that continues to grow.

The Sunshine Coast's unique environment has been instrumental in this transformation. Proximity to the ocean and a health-conscious community has



accelerated awareness. "Locals are walking along the beach, seeing rubbish washing up, and becoming more environmentally conscious," Suzie notes. Children are particularly receptive, with many who started shopping at The Source as toddlers now viewing sustainable practices as completely normal.

The Source's approach to reducing waste extends to every aspect of consumerism, especially during the holiday season. They recommend "recipe in a jar" gifts - reusable containers filled with ingredients for Christmas cookies or cakes. Biodegradable packaging and minimal waste are key principles, with customers encouraged to bring their own containers and buy exactly the quantity they need.

"People love that they can buy anything from a teaspoon to several kilos without unnecessary packaging," Suzie explains.

Local sourcing is another cornerstone of their philosophy. Seventy per cent of their products are Australian-made, including honey from Mapleton, vanilla beans from a family farm, and chocolates from the Gold Coast. "It's not just about what's in the store, but where we're sourcing it from," Suzie emphasises.

The couple's commitment to

"We always say
our customers
are our family."
- Norm

sustainability stems from a personal challenge. When Suzie's son was diagnosed with ADHD

in 1998, she discovered the powerful connection between food and health. By eliminating processed foods and additives, she saw remarkable improvements in his well-being.

Now, with grandchildren, the mission has become even more urgent. "I want a world they can grow up in," Suzie says emotionally. Her advice for those wanting to start a sustainable journey is simple: "Start with one thing. Bring one jar, buy some sugar, flour, or honey. Once you start shopping this way, you'll never go back."

Their Christmas traditions reflect this philosophy. Norm prepares everything from scratch - stuffed cherry duck roll, roast pork, turkey, prawns and all the salads - cooked in advance so he can then sit back and relax over the coming days. The festive fare carries them through until every last morsel is gone.

For Suzie and Norm, and for so many of their loyal customers, The Source represents a more sustainable future, one grounded in conscious consumerism and community. Norm and Suzie have created a space where sustainable living is the new normal, and quite simply, changing the world for the better.

22A Bulcock St, Caloundra



Pinnell's: A Cut Above for Your Christmas Feast

The quintessential Aussie Christmas feast: tables bursting with colour; fresh summer salads, golden quiches, flaky pies, and crusty rolls. But no matter how dazzling the spread, it's the protein-rich centrepiece that steals the spotlight. Think succulent roast turkey, tender pork with perfect crackling, or that glistening Christmas glazed ham everyone keeps sneaking back for.

At Pinnell's Gourmet Meats, they know exactly what it takes to make that centrepiece shine. Proudly sourcing only the finest quality meats from trusted suppliers in Queensland and Tasmania, Adam and Michelle Rauber have built a reputation locals can truly sink their teeth into.

Making the sea change from Brisbane to Caloundra ten years ago, the couple brought with them Adam's two decades

of butchery experience and a passion for good food done right. "Our aim is simple," says Adam. "To provide the kind of quality and service that keeps people coming back for more."

From festive roasts to weekly dinners, Pinnell's offers it all; affordable meat packs, free-range pork and chicken, gluten-free products, and an impressive range of specialty sausages and ready-made meal options.

It's not just about meat, either. The shelves are stocked with local goodness — Best of the Bone Broth, Gourmet Granny's sauces, Boodua Creek sauces, Pomona honey, Simply Pies Family Pies, free range eggs, and even quality steak knives to complete the experience.

Caloundra Village Shopping Centre
1 Ormuz Ave, Caloundra.
Phone: 07 5491 3552.



CALOUNDRA VILLAGE SHOPPING CENTRE, 1 ORMUZ AVENUE, CALOUNDRA | 07 5491 3552



Caloundra Power Boat Club's Fresh New Look for the Festive Season

Long-standing Coast favourite, The Caloundra Power Boat Club, has unveiled its exciting new look following major renovations completed across 2024–2025. With its prime waterfront location, relaxed atmosphere, and proud maritime heritage, the Club remains at the heart of the Caloundra community, now refreshed for a new generation.

Boasting upgraded dining areas, modernised event spaces, and improved facilities, the Club is ready to welcome members and visitors for an upgraded experience.

"This renovation marks an exciting new chapter for the Club," said Club President Les Broughton. "We wanted to honour our history as a much-loved community-owned venue while creating a premium waterfront destination for locals, visitors, and event planners. The new look combines modern comfort, a fresh dining experience, and our signature hospitality with unbeatable views."

What's New:

- **Upgraded Dining & Hospitality** – A revitalised bistro, café, and bar serving chef-prepared meals and barista-made coffee.
- **Modern Event Spaces** – Stylish, flexible function areas perfect for weddings, corporate events, and festive celebrations.
- **Community Focus** – Enhanced facilities that celebrate the Club's heritage while appealing to new generations of families and professionals.

With Christmas and New Year fast approaching, the Caloundra Power Boat Club is a top option to celebrate the festive season with friends, family, and colleagues. Guests can enjoy the wonderful new seasonal menu, stunning waterfront views, and a line-up of live entertainment all summer long.

For more information or bookings, visit caloundrapowerboat.com.au.



Beachtree: Organic World-Class Spirits Made in Caloundra

There's something special happening in Caloundra's industrial heart — a craft revolution led by two locals with a shared love of good times, great spirits, and the Australian bush. Meet Kirra and Steve, the powerhouse duo behind Beachtree Distilling Co., Australia's most awarded organic distillery.

Together, they're proving that world-class gin and whisky don't need to come from Scotland or London — they can be produced right here on the Sunshine Coast, crafted sustainably and infused with the essence of the land.

For Kirra, a Bundjalung country farm girl turned scientist, flavour and connection have always been at the heart of her story. Raised among macadamia trees, family feasts, and the scent of wine and grappa from her Nonna's kitchen, her love of food and flavour runs deep. With a background in science, health and nutrition, she now channels that curiosity and creativity into every batch distilled at Beachtree.

Steve, a proud Kamilaroi man and engineer, brings a different kind of alchemy. For him, the bush is a living laboratory. His innovative approach to distillation and filtration blends technical precision with an innate respect for native botanicals. The result? Spirits that don't just taste Australian — they are Australia, bottled.

Powered by the sun and crafted from organically grown sugar cane, Beachtree's range — gin, vodka, rum, whisky and liqueurs — is vegan-friendly, preservative-free, and made with minimal impact on the land. Each sip tells a story of sustainability, innovation, and deep-rooted respect for country.

This Christmas, skip the ordinary. Gift a bottle of Beachtree Distilling Co. — a handcrafted celebration of nature, culture, and craft.

Available at all good local bottle shops or drop by the new cellar door.
More at beachtree.com.au.



Far left: Beachtree's Master Distiller, Steve Grace, with Australian chef Peter Kuruvita. Left: Beachtree founders, Steve and Kirra.



5 Ways to Simplify the Celebration Season

with Gemma Brown | mytuckbox.com.au



As the festive season rolls around, it's easy to get caught up in the glitter, gifts and grand feasts, but all that celebrating can come with a cost to the planet. Here are five simple swaps to make your Christmas more sustainable (and just as joyful).

1 Rethink Your Wrapping

Australians use more than 150,000 km of wrapping paper every festive season — much of it ends up in landfill. Instead, go for natural and authentic wrapping ideas like: Kraft paper that you can decorate yourself (it's recyclable too!). Fabric off-cuts or scarves tied beautifully around gifts. Twine, sprigs of rosemary or dried orange slices for a rustic touch.



2 Go Green with Your Menu

Traditional Christmas mains often feature heavy meats like roast turkey or BBQ lamb chops. Why not lighten the load with local, sustainable options? Mooloolaba prawns or Moreton Bay Bugs on the BBQ. A fresh pavlova topped with mangoes, cherries and berries — seasonal and delicious!

3 Cut Down on Food Waste

Did you know food waste spikes by around 30% at Christmas? Save money and the planet with a few smart moves: Plan your meals and portions carefully. Turn leftovers into soups, smoothies or even a nourishing “mineral broth”. Share surplus food with neighbours or community groups.





4 Give Gifts That Matter

Nearly 30% of Australians receive gifts they'll never use. Avoid waste by giving thoughtfully: Make your own gifts or decorations using natural materials like pinecones, candles or cinnamon sticks. Create a family "gift list" so nothing goes unused. Buy local, or choose items that can be returned or exchanged. Donate unwanted gifts to your local Op Shop.



5 Celebrate Connection Over Consumption

At its heart, Christmas isn't about excess — it's about connection. Choosing sustainable traditions helps protect the environment we all share, while keeping the festive spirit alive for generations to come.

**Beachy vibes,
unique gifts & locally
made treasures**

Tropicalallday

Pop in &
discover
something
special!

**Shop 2,
38 Esplanade
Bulcock Beach**



Photos: Alana Hall

Kingswood at Norton Music Factory – Friday 29 August 2025

The crowd gathered in the open-air venue, bellies full of street food from the van parked out front and relaxed by the wood smoke from the barrel fire. From the outset, the vibe felt less gig and more backyard bash.

Opening act Cameo warmed up the crowd with breezy, melodic rock-pop sensibilities, delivering a spirited cover of *If It Makes You Happy* and laying down a feel-good set that had the audience comfortably primed for what followed.

With the premium lighting and sound that Norton Music Factory has become renowned for, the stage was set to receive Melbourne's Kingswood. Fronted by vocalist and founder Fergus Linacre and guitarist Alex Laska, the band strode on in a seven-piece configuration with swagger, skill, and a set that reminded everyone why they've earned serious cred on the Australian

rock circuit.

They galloped through a collection of hits with energy to spare, coaxing sing-alongs from the crowd and pausing for playful banter that felt genuine and not rehearsed. On stage they looked confident and cohesive; Linacre and Laska commanding attention, backed by a rhythm section and vocal support that made the whole band shine. There were bold country-rock poses, powerful female backing vocals, and thick grooves from bass and drums that grounded the show.

The highlights kept coming, and by the time they ran through their final number, the audience was left alight.

Kingswood proved once again, they're not just another band on the road — they're an experience you can't help but feel.

nortonmusicfactory.com.au

The Keeper Project Continues

Keeper #7

Rebecca Boucher-Burns

Rebecca will be hosting 'The Birthday Effect', a tea and cake ceremony to ponder life together.

Come take part in a birthday tea ceremony to celebrate you! It doesn't have to be your birthday, we know it happened some time this year. Just come as you are, whatever age and with whatever feelings birthdays bring up for you.

To book in your time text Rebecca on 0402 164 852.

Find Keeper #7 outside the new Library + on Omrah Ave Wednesdays and Sundays until 16th Nov.

Image: cooperbradyphotography



Keeper #8

Renee Mead

Walk with Renee as part of 'Caloundra Yarns', an invitation to share stories and explore the places that hold meaning to you on beautiful Kabi Kabi Country. Walks will take place 4 mornings a week from different locations in Caloundra from 17th

November - 8th December. Or you can arrange a one-on-one yarn at a time that suits you.

Text Renee on 0408 159 883 to connect or email murrigirlsdesigns@gmail.com.

Follow @the.keeperproject on socials for updates.

Cycling Without Age

Cycling Without Age Sunshine Coast connects older people and those with limited mobility to our beautiful beaches and forests with free trishaw e-bike rides, piloted by volunteers. The not-for-profit helps people who can no longer ride for themselves enjoy the outdoors and feel part of the community again.

Founded in Copenhagen in 2012, Cycling Without Age now spans 42 countries, with local chapters like ours pedalling the spirit of inclusion and community. Local volunteers Sharon and Nelson joined in 2022, seeking something outdoors and meaningful.



Peter and Vince asked their pilot, Stuart, to take them straight to the pub.

"Our passengers forget their isolation and rediscover the joy of a bike ride," says Sharon. "We share stories, smiles, and sunshine — it's uplifting for everyone."

To book a ride visit facebook.com/cyclingwithoutagesunshinecoast or contact Tim on 0484 248 832.



Growing Seasons

with Bespoke Plants



From Spring Spruce to Summer Survival

Spring gave your plants a fresh start - new leaves, new growth, and that lush indoor-jungle vibe we all love. But as Queensland heat kicks in, your plant-care routine needs a summer upgrade.

Water the Right Way

In summer, most plants struggle from too much water, not too little. Swap regular sips for deep, occasional drinks. Take your plant out of its decorative pot and place the nursery pot in the sink or bath for a proper soak. Let water run through until the soil is saturated, then allow it to drain completely.

Choose Quality Soil

Quality soil is key to summer success. Choose a mix that holds moisture while staying airy - think chunky, well-draining blends. Add neem granules to your mix; they expand to three times their size, helping store water and discourage soil pests from moving in.

Beat the Heat Indoors

Keep plants away from air-conditioning drafts and shifting summer sunlight. A window that was perfect in winter might now fry your fiddle-leaf. Grouping plants together helps maintain humidity and creates a little rainforest of their own, reducing moisture loss.

Heading Away?

Before you go, give your plants a full soak and cluster them in a cool, shaded spot like the bathroom. Sitting pots in a tray or bath with a few centimetres of water can keep them hydrated while you're gone. The grouped humidity will help them thrive. You might even return to find new growth waiting to greet you.

Whether it's refreshing your potting mix, restocking fertiliser, or getting your indoor jungle holiday-ready, we've got everything you need to keep your plants thriving through Queensland's hottest months.

Pop in and see us at Bespoke Plants, 26 Bulcock St, Caloundra, your local indoor plant experts.

Notes from the Native Nursery

with Suzanne Wilson
Mooloolah River Landcare

Coastal Gardens of the Sunshine Coast

Wow, I love seeing what native plants, Council and some landowners on the coastal strip have used to create both interesting and beautiful gardens. These plants need to be tough, salt wind and drought tolerant to put up with these conditions and yet they continue to thrive.

Have you seen the Glossy-leaved Beach Acronychia? It makes a great hedge with sour edible fruit, attracts butterflies and makes a great feature or street tree. The Coastal Canthium is smaller with dark green leaves and also makes a great screen/hedge plant with small cream



Twining Guinea Flower. Suzanne Wilson

coloured flowers, followed by showy orange/red fruit, sure to attract birds to your garden.

Who can forget the iconic Pandanus with its stilted roots and large yellow fruits, it looks fantastic surrounded by coastal groundcovers like the yellow Twining Guinea Flower. Banksias underplanted with Dianellas and their pretty purple star flowers and fruits are sure to attract a Blue Tongue Lizard looking for a free feed.

And for us humans, a delicious snack while working in the garden can be found in the tasty and beautiful Midyim Berry and Coastal Pigface.

See you in the nursery!



Forest Bathing: Mindful, Sensory Exploration

Discover the healing power of nature with Held Outside Nature Connection Experiences, a new venture by local guide Jay Ridgewell. Jay leads immersive forest bathing walks designed to help people slow down, reconnect, and feel truly held in nature through mindful, sensory exploration.

Join public walks exploring the coastal heathlands in October, Glass House Mountains in November, and lush hinterland rainforests in December. Couples and small groups can also tailor their own mini retreat or give a sustainable, nature-based gift.



Held Outside blends science, mindfulness and local ecology to create meaningful, restorative experiences in Sunshine Coast National Parks that inspire wellbeing, gratitude, and a deeper appreciation for our wild places.

heldoutside.com.au/
SunshineCoastForestBathing

Healing with Crystal Frequencies

My name is Leiko. I am a Reiki Healer and Spinal Flow practitioner, and I've recently discovered my own unique way of working with energy through intuitive crystal healing.

Crystals hold a stable, high vibrational frequency. When used in healing, they can help realign disrupted energy patterns, support the body's natural repair mechanisms and speed up the healing process.

When we're born, we already carry emotional wounds from past lives and our ancestral lineage — held as distorted frequencies within our energy field. These frequencies reveal themselves through pain, dis-ease, blockages, and feelings of being stuck in life. It's not a reflection of who you

are, but simply the frequency you're resonating with. In a session, I intuitively choose the crystals, then channel and guide their energy where it is needed.

The crystals help bring harmony back to the energy field, supporting both body and spirit.

Call 0431 245 071 to book a session.



What clients say:

I felt an overwhelming sense of calm. The next day I noticed a profound shift of energy. – Deb

The week following my crystal healing enabled me to see more patterns clearly for releasing. – J.L.

Leiko's Crystal Frequency Healing



RESTORE the frequency of universal love



ALIGN your energy field & physical body



EXPERIENCE peace, joy and inner clarity



HEAL past, present and ancestral wounds



RELEASE old patterns / **CREATE** a new reality

Phone 0431 245 071

LeikoWomensHealing.com

Reflections from my Heart

with Rashida Cottrell



Making Time for You This Season

As Christmas approaches, many of us feel the pull of busyness such as shopping lists, social gatherings, and the pressure to “do it all.” Yet amidst the tinsel and traditions, it’s worth remembering you are allowed to choose your own pace, which may be different to another’s.

This season, give yourself the gift of presence rather than pressure. Don’t measure your worth by how many events you attend, how decorated your home is, or how full your diary looks. Comparison steals peace. Instead, honour your unique rhythm. If your body and mind are asking for stillness, listen. If your heart longs for laughter with loved ones, lean into that.

Learning to say “no” is not selfish; it is self-respect. When you decline an invitation or a task that drains you, you are creating space for what truly nourishes you. Each “no” is also a “yes.” Perhaps a yes to rest, to calm, to energy preserved for what matters most.

This Christmas, may you choose to slow down, breathe deeply, and savour the moments that bring joy. Walk gently through your days, with the awareness that your worth is not tied to how much you achieve but to who you are.

Make time for you. Protect your energy. Trust that in doing so, you will not only care for yourself but also give the best of yourself to those around you.

After all, the most meaningful gift you can offer this season is your presence. Choose how you want to show up.... calm, grounded, and wholeheartedly you.

judgelittlelovelots.com



Working with students on the Sunshine Coast to improve nutrition and reduce waste.

mytuckbox.com.au



Janice Johansen
Chrysalis Wellness Coaching
"Spread Your Wellness Wings"
www.chrysaliswellness.com.au



Yoga | Mindfulness | Yoga Teaching
Training | Retreats | Mentoring

0401 606 031

Spread your Wellness Wings

with Janice Johansen



Harnessing the Healing Power of your Breath

As a wellness practitioner, I often remind clients their most powerful tool for restoring balance is something they already possess, their breath. With each inhale, oxygen is carried through the bloodstream, fuelling every cell and supporting energy production. Each exhale releases carbon dioxide, helping the body clear waste.

When we experience stress, our breathing pattern changes. The body shifts into a “fight or flight” response, causing shallow rapid breaths and signalling the nervous system to stay on alert. Over time, this reactive breathing can add to fatigue, anxiety, and tension.

By learning to regulate the breath

through slow deep inhalations and gentle extended exhalations, we can activate the body's relaxation response. Even a single conscious breath can bring you back into the present moment, slowing heart rate and calming the mind.

Consistent full breathing not only enhances calm and emotional balance, but also improves physical health, by supporting better digestion, sleep, and immune function.

Your breath is your anchor; a steady rhythm, reminding you the body is safe, capable, and resilient. During stress, pause, breathe deeply and find your way back to balance with your inbreath and exhalation.

chrysaliswellness.com.au



Transcend
HEALING

STRUGGLING WITH PAIN OR STRESS?

Discover the Spinal Flow Solution

Free Community Event

Let's Talk Spinal Flow

We've helped people experiencing:

- ✓ Back, neck, shoulder & jaw (TMJ) pain
- ✓ Headaches, migraines, spinal curves & sciatica
- ✓ Hip, knee, and nerve pain
- ✓ Fatigue, insomnia & sleep issues
- ✓ Anxiety, stress, burnout, overwhelm, depression
- ✓ Digestive issues (IBS, constipation, sensitivities)



Twice Monthly at 6:30 PM

1st Tuesday & 3rd Thursday



Shop 4, 48 Bulcock Street,
Caloundra

FREE TICKET



Scan to reserve
your spot or

CALL

07 5227 8688

www.transcendhealing.com.au

Specialist Skin Care at Moffat Beach

With over 30 years of medical experience, Dr. Renuka Sharon Ranasinghe brings a wealth of expertise and warmth to her work as a skin cancer and dermatology specialist in Caloundra.

Originally trained at London's prestigious Royal Free Hospital, Dr. Renuka's career has taken her from Cambridge's renowned Addenbrookes Hospital to Western Australia, and now to the Sunshine Coast.

Her care encompasses comprehensive skin cancer checks, treatment for dermatological conditions, and a range of surgical procedures, from skin biopsies to complex grafts and flaps.

With postgraduate qualifications in

Dermatology (Cardiff, UK), Skin Cancer Medicine and Dermoscopy (Skin Cancer College, Australasia) and Surgery (Bond Uni, Qld), Dr. Renuka brings an expertise paired with care and compassion.

Committed to providing the community with high-quality skin checks, she offers affordable care and lower out-of-pocket costs than corporate clinics.

Beyond her medical career, she enjoys a full and active life shared with her husband and two much-loved rescue dogs. She also enjoys open-water swimming.

Phone (07) 5438 2333 to book an appointment.

Skin Cancer & Dermatology Specialist

Doctor Renuka Sharon Ranasinghe



Dr Ranasinghe offers affordable, expert care for the Caloundra community — including comprehensive skin cancer checks, minor to complex surgical procedures, and treatment for a wide range of dermatological conditions.

Now consulting at Moffat Beach Family Medical Practice, she welcomes new and existing patients.



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Annual Christmas Drive

A family of four is gathered around a large, decorated Christmas tree in a modern home. A woman is kneeling on the left, decorating the lower branches. A man stands on the right, holding a young girl who is reaching up to place a star on the tree's top. The tree is adorned with red and gold ornaments and lights. The background features a staircase with wooden railings and a warm, glowing light. The overall atmosphere is festive and cozy.

CENTURY 21 Lifestyle

COMMUNITY SPIRIT SHINES BRIGHT!

The holiday season is a time for giving, gratitude, and community – and our Annual Christmas Drive is back to do just that! Each year, we come together to support two local families who could use a little extra cheer during the festive season.

We're inviting our wonderful community to join us once again in spreading kindness and compassion by donating non-perishable food items and nominating families in need.

Your donations help fill hampers that will go directly to these families, bringing them a bit of joy, warmth, and relief this Christmas.

Each donated item also doubles as a chance to win our Major Prize Hamper, valued at over \$750 RRP – a small way to thank our generous community for their kindness and support.

HOW YOU CAN HELP

- ★ **Donate non-perishable items to our office**
For every item you donate, you'll receive one entry into our Major Prize Hamper Draw (valued at \$750+ RRP!).
- ★ **Nominate a family who deserves some extra Christmas magic**
Know a family doing it tough this year? You can quietly & kindly nominate them to be one of the two anonymous families we'll be supporting.
- ★ **Spread the word by telling your friends, family, and neighbours!**
The more people involved, the greater the impact we can make together.

Don't miss your chance to make a real difference this festive season – and maybe even take home a beautiful Christmas hamper yourself!

For further details and to stay up to date with our Christmas Drive and Hamper Giveaway, head over to facebook and follow our page.

f [facebook.com/C21Lifestyle](https://www.facebook.com/C21Lifestyle)

M: 0427 154 915

E: danelle.wiseman@century21.com.au

2/24 Bulcock St, Caloundra
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Above Left: Carl and Dorothea Edlundh. Bottom Left: Caloundra Lighthouse circa 1900's. Right: 1960's.

Shining a Light on our History

Words:
Sue Warren

There is something about lighthouses that is both romantic and adventurous. The very thought conjures up images of windswept islands and rocky headlands, waves breaking on shores and seawalls and custodians safeguarding all who brave the perils of the sea.

Many locals know that the Caloundra Lighthouse is an iconic relic of our early colonial history. But how many know the history of Carl Edlundh, the first Caloundra Lighthouse Keeper, his tenure and his family, and alongside that the early white settlement of Caloundra in the late 19th century?

Along with many others, due to the extreme poverty in 19th century Sweden, Carl left his homeland seeking a better life. He was 12 years old when he went to sea – a dangerous life for a grown man

in those times, let alone a boy. By 1875, and after many near-misses and risky adventures, Carl ended up in Australia. He was 18 by this time and became an Australian citizen the following year.

By 1882 he was living in Brisbane, married Dorothea Mehrens, and had found work with the Queensland Lighthouse Service. In the years that followed, the couple had nine children and Carl worked at the following lighthouses: Assistant to the Government pilot in Moreton Bay:



assistant Cape Cleveland lighthouse, keeper of Pine Islet Lighthouse ; keeper of Cape Moreton Lighthouse; superintendent of Pile Lighthouse Moreton Bay, and eventually keeper of the newly built Caloundra lighthouse from 6th September 1896.

Until 1883 there were only four houses in Caloundra, consequently the lighthouse was quite isolated in its early years. For Carl and Dorothea, the keeper's cottage, "Valhalla", became their home for the next 20 years. It was not just a home, but a school for their children and others, as well as the post and telegraph office. Quite literally, this residence became the heart of a growing community.

The role of the early lighthouses on the Sunshine Coast, as well as other Australian lights, was immensely important as so much traffic of goods and passengers was by sea. The Caloundra lighthouse was regarded as the best of the three that marked the North-West Channel (the other two being on Bribie Island) and known as the 'key' to Moreton Bay.

When Carl retired, he and Dorothea chose to remain in Caloundra and had a house in Arthur St, quaintly named 'Emoh Ruo', in that particularly whimsical and common way of early 20th century Australia.

Recently Carl's descendant, great-great-grandnephew Fredrik, was able to visit Caloundra after years of research, gradually piecing together his ancestor's story. Volunteers from Friends of the Lighthouse were able to give Fredrik a special tour and share even more information with him.

Carl Edlundh's contribution to the early white history of Caloundra is a significant one, and it is remembered in family histories, local records and newspaper articles as well as a Pelican Waters court named for him.

When you next see the lighthouse, the oldest surviving building in Caloundra, spare a thought for Carl, its original esteemed guardian.



*Fredrik and Andrea Gisle with
Friends of the Caloundra Lighthouses*



The Caloundra Lighthouses are open to visitors on the second and fourth Saturday of each month, weather permitting. Entry is \$5 for adults and free for children. Private tours can also be arranged – to book, contact Roger Todd on 0403 107 654.

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Jason with a magnificent coronation trout from the Barwon Banks



Kade with a beautiful large mouth nannygai



Drewie with a ripper wahoo on the troll at the Barwon Banks



Troy Cassar-Daley putting dinner on the table with a brace of healthy Bribie Island flathead

2025 Wrap-up



As this is the final edition of Caloundra Chronicle for 2025 we thought it an appropriate time to re-cap the great fishing we have had in Caloundra this year. But first, congratulations to Alana and her team for producing this great community magazine and proving that print media is alive and well.

Caloundra Fishing World has been proud to be associated with this publication from day one, and hopefully you have enjoyed the *Caloundra Catches* and our *Tip, Rigs & Techniques* column.

2025 has been a great year for fishing, both inshore and offshore. The weather was much more settled than in 2024 which resulted in a lot more fishing opportunities. The Bribie Bar held steady most of the year, making ocean access less stressful and opening up great offshore opportunities. The usual suspects—mackerel,

snapper and sweetlip—showed up in solid numbers, along with good runs of cobia and tuna, plus the odd red emperor and nannygai.

The Passage also fished really well with a great run of tailor over winter. And as we write this there are some monster flathead and whiting being caught. Many attribute the improved fishing in the Passage to the Alfred breakthrough on Bribie so it will be interesting to see what happens after it is closed up. At least the boat ramps will be more usable.

Beach fishing was a little hit and miss but tailor were the stand out once again. Anglers walking the beach between Happy Valley and the Bribie Bar got reasonable

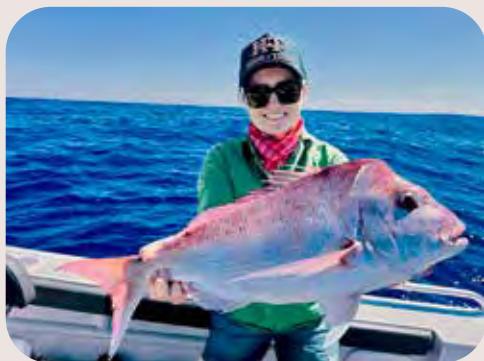
numbers of tailor casting stickbaits and metals. And those that put the time in at night with the big baits were rewarded with some nice mullet.



Granny and Orry signing off for 2025 – thanks so much to our customers for all your support. We really appreciate it!



Bo trolled up this great eating-sized flathead down the Passage



Maddie got this ripper snapper floating a pilchard on the Caloundra 12 mile

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Salty Sessions

With John Henderson

Second Hand Boards

Hi crew!
New boards are not cheap, so many surfers opt to buy a second-hand board. It's not unusual for used boards to have some scars and dings. As long as old injuries have been properly repaired, these only affect the look of the board, not its performance.

But it's "buyer beware", so closely examine all old dings and ask the seller to explain any bad dings and how they were repaired. The most important thing is that any repair has been watertight. If the area around a ding is brown, discoloured, spongy or soft, water has got in — bad news for any board! It would need to be very cheap, otherwise keep looking.

When you're happy with the shape and quality of a board, don't forget to barter about the price. It's expected! Offer to pay with cash, which is always more tempting for a seller. And remember, it's worth taking your time — the right board will find you.

So good luck in your mission! And if you want to get into surfing, my best advice is to have a lesson with an experienced surf coach. Talk to Russell at North Caloundra Surf School – 0411 221 730, or John at Caloundra Surf School – 0413 381 010.

Aloha from John
caloundrasurfschool.com.au

Take a Kid Fishing Day

The Caloundra Power Boat Club Fishing Club's annual Take a Kid Fishing Day was a reel success, drawing a record 233 young anglers to the shores in front of the Caloundra Power Boat Club.

Club president Michael Hutchinson said the turnout surpassed last year's 220 registrations. "It was a great day," he said. "It's fantastic to see so many kids out enjoying the water and learning to fish."

There were prizes for the biggest bream, flathead and whiting but the standout moment came when nine-year-old Madax landed and released

a massive 83cm flathead right out the front of the club. Kaiden was the lucky young angler who won the kayak.

Among the youngest competitors was five-year-old Isabelle Roy, proving you're never too small to cast a line.

The club thanked sponsors Fisheries Queensland, Caloundra Power Boat Club, Walters Realty, Kendall Morton MP, Councillor Terry Landsberg, Anaconda, Evakool, Swan Boat Hire, Caloundra Marine, Bush 'n' Beach and Jarvis Walker for their generous support in making the day possible.





Golden Beach Hire

Since taking over Golden Beach Hire in June last year, new owner Talen has been sharing his passion for water sports with anyone interested. A lifelong water lover who started working alongside the previous owners as a grom, he's now helping others enjoy the Pumicestone Passage through a range of hire options — from kayaks and paddleboards to catamarans, windsurfing and kitesurfing — encouraging everyone to get out and experience Caloundra's calm, natural beauty.

goldenbeachhire.com.au

Calm Family Fishing Experiences

Departing from Pelican Waters Marina, Salty Fishing Charters offers a relaxed, family-friendly fishing adventure in Caloundra's calm inshore waters. Perfect for beginners, amateur anglers, kids, and families wanting a taste of offshore-style fishing just out from Kings Beach, without heading too far from shore.

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Rik Bresolin

After relocating from Victoria to the Sunshine Coast, Rik Bresolin and his family have truly come to appreciate the beauty of this region.

"My goal is to capture the essence of life here, showcasing the joy of families and the stunning surroundings that make the Sunny Coast so special," Rik said. "From the picturesque coast to the breathtaking hinterland, there's so much love."

Since 2017, Rik has dedicated himself to mastering the art of landscape photography, and his passion has expanded to include wedding, portrait and pet photography. With a background in graphic design, he combines an artistic eye with technical



skill to create images that beautifully capture life's moments.

As our cover artist this edition, Rik's Moffat Beach photo *The Sisters* graces the front page — named for the way he saw the rock formation as a group of sisters sitting in circle. Below, his image *Crabs* reflects his mission: to bring vision to life through the lens.

Explore Rik's work in person at Caloundra Street Fair or online at rixpix.com.au and rixpixphotos.com.



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