

# Caloundra CHRONICLE

#10: June/July 2026 | Feel-good news

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We recognise the Kabi Kabi and Jinibara peoples as the traditional custodians and storytellers of Sunshine Coast.  
We honour elders past, present and emerging.

## Dear Readers

In early May, we gathered the Chronicle team for a group photograph on what felt like the windiest day of the year. Despite photographer Rik Bresolin's best efforts, the result was not quite the polished portrait we had in mind. Sometimes nature has a sense of humour.

This edition turns its attention to another seasonal spectacle. Inside, we share the story of our local mullet fishermen and the knowledge and skill passed down through the generations.

With mullet season now underway, it seemed fitting to feature Bluey's remarkable cover image of a mullet bait ball off the coast of Caloundra. Triggered by cooling water temperatures and strong westerly winds, vast schools of mature sea mullet leave our estuaries and begin their annual migration north to spawn. As they travel, they gather in tightly packed, synchronised formations – a beautiful demonstration of nature's instinctive order and collective resilience.

There is something reassuring about these seasonal rhythms. The mullet run reminds us that change and renewal are written into the natural world; that life moves in cycles, carrying forward both abundance and continuity.

With this spirit of continuity in mind, we are inviting readers to complete a short survey to help us better understand our community as we continue to learn and evolve. As a thank you, participants will go into the draw to win one of five Bianco Italian dining vouchers. Turn to page 4 for details.

Community thrives through connection, and we are pleased to be partnering with the Caloundra Chamber of Commerce to offer a print component within its affordable membership packages. If your business is looking to build local connections and increase your visibility, turn to page 39 to learn more.

We hope you enjoy the many local stories and voices shared throughout this edition, and as the season unfolds, may it bring prosperity and good health.



*Alana Hall*

# Share your Feedback and Win a Bianco Dining Voucher



We're inviting our readers to complete a short survey to help us better understand our community and continue to grow.

## We'd love to know:

- What you enjoy reading
- What you'd like to see more of
- The topics and issues that matter to you
- How we can make the Chronicle even better

The survey takes less than five minutes to complete and, as a thank you, you'll go into the draw to win one of five \$50 dining vouchers, generously provided by Bianco Italian Cuisine & Bar.

Scan the QR code or visit [caloundrachronicle.com/survey](http://caloundrachronicle.com/survey) to share your feedback and enter the draw.

## Find the Chronicle at these local hot spots

### CALOUNDRA CBD

Steps Café on George  
Caloundra Aquatic Centre  
Rainbow Fuel  
QCWA Hall  
Suncity Travel  
Caloundra Regional Gallery Library+  
Kendall Hatcher MP  
The Waves Club  
The Events Centre  
Pacific News and Casket  
Sunshine Chocolatier  
Bells on Main  
The Pastry Lab  
Aspect Caloundra  
Talented Friends Gallery  
The Walkway Café  
Lamkin Lane Espresso Bar  
Mannequin Lane  
Café 21  
White Pepper / Bespoke Plants  
Century 21  
Chaps Menswear  
It's All Chaos Art Studio  
Transcend Healing  
Cheryl Rose Homewares  
Centrepoint Apartments  
A Perfect Blend  
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Crumbz Cafe  
TJ's Coffee  
Rayanna Boutique  
Avanti Health Care  
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Caloundra News Agency  
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Caloundra Holiday Centre  
Mai Secret  
The Thirsty Beaver  
The Caloundra Café  
Community Bank Caloundra  
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The Fish Bowl  
Moffat Beach Brewing Co.  
Sunny's on Moffats  
Sugar Mama's Shack  
Seaview Artist's Gallery  
Norfolk on Moffat  
Groundskeeper Willie  
Lantana Space  
The Flower Market  
ZeeCaf Nosh Co  
One Block Back  
Raintrees Moffat Beach

### DICKY BEACH

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Dicky Beach Holiday Park  
SG Bakery  
Kava Bowl  
Giggling Goat Emporium  
Dicky Beach Surf Club  
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### LITTLE MOUNTAIN

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IGA Local Grocer  
Taste Budd's Takeaway  
Parklands Bakery  
Night Owl Convenience  
Caloundra Rise Retirement  
Meridan Community Church

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Foodworks Aroona  
Aroona Takeaway  
Caloundra Golf Club

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The Farm Charity Coffee Shop

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Salvation Army  
Hope Dreaming Centre  
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Golden Beach News Agency  
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The Real Grocer  
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L-R: Heather Chaplin, Mark Chaplin, Grant Donaldson and the late Boysa Chaplin.

# Boysa's Mullet Legacy Lives On

As generations of fishermen gather at Kings Beach for the annual mullet season, the community honours Raymond "Boysa" Chaplin while carrying forward a century-old coastal tradition.

BY KERRY N NELSON

On winter mornings at Kings Beach, there is a ritual nearly as old as Caloundra itself. As westerly winds sweep across the coastline and migrating mullet begin their journey north, fishermen gather with boats, nets and decades of knowledge, watching the sea for the flick of a tail or the dark shadow of a passing school of mullet.

For more than a century, the annual mullet run has been a defining feature of life on Caloundra's coastline, connecting generations through one of the town's oldest traditions.

This year, the mullet season carries added meaning as the community remembers Raymond "Boysa" Chaplin, whose passing leaves a significant void

among the Kings Beach mullet crew, even as his knowledge and legacy continue to guide those following in his footsteps.

Described by some as a hard taskmaster, Boysa brought a firm but fair approach to mullet fishing, no doubt in part due to both the dangers of the ocean and the skill required to successfully land a haul.

As wife Heather recalls, "If you didn't listen and do what you were told, you were in trouble. But if you wanted to learn, then he was happy to share his knowledge."

Today, Grant Donaldson and Todd Rew operate the Kings Beach mullet fishery under the licence once held by Boysa and Heather. While the tradition continues, Boysa's absence has been keenly felt by

the crew.

"Boysa was a character, a very hard man but a fair man. If you weren't doing something right, he'd tell you. But the guidance that he's given to me over the years, well, I'm really missing that now. It'd be awesome if he were still here today to teach me more, but he's up there in heaven now, with the fish, looking over us and hoping that we do alright this season," said Grant.

"But I know that if I do something wrong, something will come out of somewhere and give me a good clip in the ear," he added with a laugh.

While Boysa may no longer be on the beach, his presence lives on through his family. Heather, his son Adam, and cousin Mark now serve as mullet spotters for Grant and Todd's crew, continuing their lifelong connection to the annual run.

"We're down here this season out of the goodness of our hearts, but it's really because we just love it," said Heather.

"Yeah, when the westerly winds start blowing, we find our way down to the beach," added Mark.

The Caloundra mullet zone extends from the bar near the Pumicestone Passage to Point Cartwright, with neighbouring zones stretching north from Point Cartwright to Sunshine Beach and from Sunshine Beach to K'gari (Fraser Island).

The waters off Caloundra have long been fished by the Chaplin and Clark families, whose crews once competed to get the best 'shot' or 'haul' before the coastline was later divided into designated fishing zones.

Mark, who originally worked with the Clark crew before joining Boysa and the Chaplins, remembers those days well.

"We did have what we called the mullet wars back in the day. We'd try to beat the other crew to get the best shot and they'd do the same to us. This was before zoning came in."

"The rule back then was that you could

stay on the beach and wait for the shot for six hours and if you didn't catch any fish in that time, well, you'd have to pull out and let the other crew sit it out for the next six hours."

Eventually, cooperation prevailed.

"Then we came to an agreement. We realised that we were both losing more fish than we were getting. It was much easier to work together than to work apart, so we shared the area and it worked well," said Mark.

Despite multiple crews working the coastline during mullet season each year, the mullet fishery industry remains highly sustainable, not just because every part of the fish is used, but also due to the ongoing regeneration of the species.

Female mullet, which can carry more than two million roe, spawn repeatedly as they travel north along the coast during winter.

"We see the mullet spawning all the way up the coast. They don't just spawn once, they spawn dozens and dozens of times. So, what we fish each year is only a small percentage of the mullet that are out there," said Grant.

"Some people think that we're down here taking every single fish, but there are millions that swim past and keep doing their thing."

Looking towards the future, Grant hopes the Kings Beach mullet fishery can continue for generations to come, supported by the experience of Heather and Mark and the wisdom passed down by Boysa.

"I'm always going to be here at mullet time. I'm a fisherman. It's what I do and I love it. I've got two young boys and they love it as well. If they weren't at school right now, they'd be down here working too."

"Hopefully, if Todd and I keep bringing in big hauls each year, we can continue doing what we love for years to come."

**Mullet fishing season runs from June through August.**



Article courtesy of [caloundra.com.au](http://caloundra.com.au). Images: Dan Martin Media.

## Sunshine, Chrome and Massive Crowds

The 2026 Beachfest weekend has been and gone, delivering some serious nostalgia, and a powerful economic boost for the region.

From 27–31 May, near-perfect weather set the stage for five days of chrome, cruising and coast-wide celebration. Visitors travelled from across Australia and beyond, filling accommodation houses, supporting local businesses and injecting valuable spending into the area.

While activity built steadily throughout the week, Saturday delivered the headline moment. Caloundra's CBD was packed, with streets, cafés and businesses buzzing as record crowds soaked up the atmosphere. Sunday maintained the momentum, closing out the festival with another strong turnout.

Beachfest's vehicles remain the star attraction, and 2026 delivered in style, with 650 registered entrants, vehicles travelling from Victoria, Western Australia and Tasmania, and two cars crossing the Tasman from New Zealand.

A group of 15 New Zealand spectators also extended their stay to further explore the Sunshine Coast.

Beyond the cars, a packed program kept entrants and spectators engaged throughout the week. Highlights included the Wednesday welcome event, Thursday's sponsor night at Bowden's Own in Warana, and Friday's SuperCruise, which drew large crowds and praise for its safe, family-friendly atmosphere.

Organisers thanked the Caloundra community, local businesses, volunteers, Sunshine Coast Council, Queensland Police and event partners for helping deliver another successful festival.

For local operators, the impact was clear. Monique and Matt from Drift Bar and Greedy Gringo described Beachfest as "absolutely fantastic" for local business, while Craig Williams from Thirsty Beaver called it the biggest turnout since 2018.

Beachfest continues to strike a balance between activation and authenticity, attracting new visitors, encouraging longer stays and strengthening Caloundra's reputation as a vibrant coastal destination. With record crowds and glowing feedback, it remains one of the region's flagship annual events.

Full article at [caloundra.com.au](http://caloundra.com.au)



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## CCPS Little Learners Gives Room to Grow

Set within the beautiful grounds of Caloundra City Private School in Pelican Waters, CCPS Little Learners offers a holistic early childhood education program for children aged 2+ years to kindergarten.

Combining nurturing care with a play-based approach, the centre supports every aspect of a child's development while providing access to the wider school community, facilities and resources.

Fabiola Maciel, Director of the Centre, says the vision for Little Learners has always been to create more than a childcare service.

"At CCPS Little Learners, we believe early childhood should be a place where children feel connected, valued, capable and inspired to learn," she said.

"Our goal is to bridge early childhood education with the school environment in a meaningful and age-appropriate way, helping children develop a strong sense of

belonging from their earliest years."

This connection with the CCPS main school allows children to build familiarity, confidence and positive relationships well before they transition into Prep.

Being part of a school community gives children room to grow. With access to facilities and learning environments beyond those typically available in an early learning setting — including the school library, hall and extensive outdoor spaces — Little Learners can deliver specialised programs tailored to age-appropriate development. These experiences build confidence and school readiness early on. Examples include the Love of Learning Program, Little Explorers (Bush Kindy & Nature Classroom) and the Little Athletes Program.

At CCPS Little Learners, children are viewed as capable, curious and competent learners who thrive through exploration, creativity, relationships and meaningful

experiences.

Rather than focusing solely on structured teaching, educators observe children's interests and use them to guide projects and learning opportunities.

"This approach aligns strongly with our School Readiness Program," Fabiola said.

"By encouraging children to think critically, communicate effectively, build confidence and resilience, and become independent learners, we are supporting the foundational skills they need for a successful transition into Prep and beyond."

Nature-based learning also plays a central role. Through initiatives such as Little Explorers Bush Kindy, the Nature Classroom, nature play spaces and permaculture gardens, children develop independence, creativity and problem-solving skills through hands-on experiences.

"Natural environments provide opportunities for risk assessment, collaboration, emotional regulation and mindfulness," she said.

"We also see significant wellbeing benefits, with outdoor learning often creating calmer environments where children can move freely while engaging their senses and imagination."

Strong educator-child relationships are another cornerstone of the program.

Consistent educators help children build trust, confidence and emotional security while providing stability through routines, transitions and learning challenges.

"These relationships are equally important for families," Fabiola said.

"Having familiar educators creates stronger communication and partnerships between home and the centre."

Preparing children for school is a carefully planned process. Through enrolment interviews, observation visits, Stay & Play sessions, the Step Into Prep program and close collaboration between Little Learners educators and Prep teachers, staff develop an understanding of each child's strengths, interests and support needs.

Importantly, the focus is not on testing children but on ensuring every child receives personalised support to transition confidently into school.

"Our vision has always been to create continuity for children and families, where relationships, learning philosophies and wellbeing support continue seamlessly across each stage of education," she said.

**To learn more or to book a tour, visit:**  
[ccps.qld.edu.au](http://ccps.qld.edu.au).



# Small Acts of Kindness Matter

Times are tough and many people are feeling the pressure. More than ever, the world needs connection, compassion, and community. The wonderful news is that kindness doesn't have to be grand or expensive. The smallest gestures can brighten someone's day, and leave you with a warm fuzzy feeling too.

BY DIZ JONES

**K**indness is contagious. Research shows that when people witness an act of kindness, they are more likely to perform one themselves. A single thoughtful gesture can create a ripple effect, spreading goodwill far beyond the original act. Here are a few simple ideas:

## Bring in your neighbour's bins

You're already bringing in your own after bin day, so why not take a few extra steps and bring in theirs as well? It takes only a moment, but it can make someone's day. The same applies when mowing your nature strip. Why not do your neighbour's too? My neighbours have done this for me a number of times, and every time it has left me feeling happy and grateful.

## Pay your coffee forward

Buying a coffee for the next person in line is a simple gesture that can create a stream of positivity. I've been fortunate enough to have this happen to me on three separate occasions, and each time it has put a smile on my face. So of course I paid for the next person's. You've already planned to spend the money, so when you do, you brighten a stranger's day. It's the gift that keeps giving long after the coffee is gone.

## Connect with older members of your community

Many elderly people experience loneliness and can sometimes feel overwhelmed by our increasingly digital world. Invite them over for a coffee, share a meal, or simply stop for a chat. Offer to help with their phone, computer, online banking, or government services.



## Kindness That Costs Nothing

- Smile at someone
- Let someone merge in traffic
- Write a good review for a local business
- Compliment someone
- Thank a teacher, coach, nurse, or cleaner
- Pick up litter
- Leave an encouraging note
- Listen without interrupting
- Give someone handpicked flowers

Sometimes all it takes is a conversation to discover someone could use a helping hand.

## Spread kindness while shopping

If you're like me, grocery shopping is far from the highlight of your week! But it's a place where simple acts of kindness are easy to find. Let someone with only a few items go ahead of you. Help someone struggling with heavy bags. Offer a spare reusable bag to someone who forgot theirs. And if you're ever able to shout someone's groceries, consider doing so. What may seem like a small gesture to you could change their whole week for the better!



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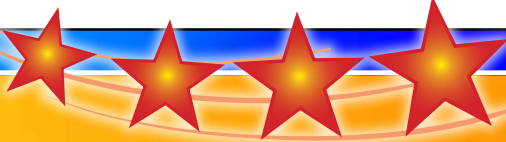
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# Team Up for the Cal 100 Fun Run

## Join the relay for a day of fun and fitness

The much-loved Cal 100 Fun Run is back for 2026 and the Caloundra community is invited to gather a team, set up a marquee and take on the ultimate 100-minute challenge!

Proudly delivered by the Caloundra State School P&C Association, the Cal 100 Fun Run returns on Sunday 13 September, building on the energy and success of last year's event, which brought together hundreds of runners, spectators, families, local businesses, schools and sporting clubs from across the region.

But organisers say this is more than a fun run.

"It's about community, connection and challenge," said event organisers. "Whether you run, jog, walk or cheer from the sidelines, the event creates an incredible atmosphere where people aged 5 years and over can be active, have fun and support a great cause."

Participants can tackle the 1km loop challenge as part of a relay team and adults can even try solo, seeing how far they can go in 100 minutes. Teams are encouraged to bring marquees and enjoy the festival atmosphere between laps, with food stalls, coffee van, prizes, merchandise and the return of the crowd favourite - the 'Beat the Croc' novelty race for kids.

Funds raised will support the school's long-running before school Cal 100km Club, helping students stay active while building fitness, confidence, friendship and healthy habits.

**Registrations are now open at [raceroster.com/116581](https://raceroster.com/116581), with early bird pricing available until 16 August.**





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- Adult Solo – \$50
- Adult Team (18yrs +) – \$20 pp
- Youth Team (12–17yrs) – \$10 pp
- Kids Team (5–12yrs) – \$10 pp
- Family/Mixed (5yrs +) – Adults \$20pp
- Kids (5–12) /Youth (12–17) \$10 pp

*\*Each team category has a minimum number of participants required (adult team: 3; youth team: 4; kids\* team: 4; and mixed team: 4). All teams have a maximum of 5 participants.*



Register here



# SUNDAY 13 SEPTEMBER – 8AM

CALOUNDRA STATE SCHOOL (LOWER FIELDS)

Early Bird registration pricing applies until 16/08/26.  
Standard registration pricing will apply from 17/08/26.

QUESTIONS? [Cal100FunRun@gmail.com](mailto:Cal100FunRun@gmail.com)

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# Community Bank Caloundra

## Supporting Local, Every Step of the Way

As the end of June approaches, many locals are taking the opportunity to review their finances and set themselves up for the year ahead. At Community Bank Caloundra, that conversation starts with people – not products.

Branch Manager, Pip Fawcett, says more customers are seeking guidance they can genuinely rely on.

“Research tells us that more than ever, customers are looking for trusted advisors to help them navigate the home loan process and make it easier. That’s where personalised care really matters,” she says.

It’s an approach Pip and Home Lending Specialist Angela Forster are passionate about. The team takes the time to get to know each customer—their goals, their challenges, and what matters most—whether it’s securing the right home loan, structuring business banking, or simply feeling confident about their financial direction. It’s that extra effort and genuine support that keeps customers coming back.

Community involvement remains at the heart of everything they do. The branch has recently awarded five secondary school scholarships, each worth \$1,000, helping local students take the next step in their education.

Round 2 of the Community Bank Sponsorship Program is also now underway, continuing the bank’s commitment to reinvesting in local schools, sporting clubs, charities and community groups.

You might even recognise some familiar faces in the Community Bank’s latest cinema campaign. A special thanks to them for getting involved and helping show what makes this relationship so unique.

As Bendigo Bank’s Community Bank model demonstrates, choosing where you bank can have a real impact. At Community Bank Caloundra, it means expert guidance, genuine relationships, and meaningful local investment - all on your own doorstep.

[bendigobank.com.au](http://bendigobank.com.au)



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# Talented Friends Gallery

## It's not goodbye — it's see you again

For seven years, the walls of Talented Friends Gallery in The Village Walkway displayed the creative works of a myriad of local artists. As well as an exhibition space, the gallery was a welcoming creative haven where emerging and established artists could step beyond their home studios and share their art and skills with the wider community.

For gallery owner Robyn Boston, who poured her heart and soul into the much-loved space, the decision to close the doors has been bittersweet. Reflecting on the journey that brought her here, Robyn laughs at the unexpected path from gynaecologist to gallery curator.

"I've always loved to create, ever since I was a little kid," she says. "My mum loved art, which led me to a passion for creating and supporting art. I really admired creative people and decided I wanted to support them in a different way, while also exploring my own creativity."

The turning point came when her talented friend, Jane, was searching for somewhere to display her artwork. With an empty space available in the Village Walkway, Robyn saw an opportunity to create something special for the local arts community.

In April 2019, after months of preparation, Talented Friends Gallery opened. "It took six months of painting walls, stripping floors, setting up the business and reaching out to friends and friends of friends," Robyn recalls. "At first, I thought, 'Oh dear, I'm never going to fill these walls.'"

When the gallery opened, there were just six exhibiting artists. Within months, word spread throughout Caloundra's creative community and the gallery quickly grew to represent more than 50 artists, eventually showcasing the work of well over 100 local creatives over its seven-year journey.

"Galleries can sometimes feel a little off-putting or elitist," Robyn says. "I wanted to create a fun, welcoming space where people could simply come in and enjoy art and creativity."



That sense of accessibility became central to the gallery's identity. Alongside its exhibitions, the space hosted Sunday morning art sessions in the laneway, inviting the community to explore a range of artistic techniques through workshops, children's activities and collaborations with local artists. Highlights included gel plate printing with Kim Morland, pointillism with Zach Bachels and, more recently, tempera painting with Yasmin Kedem.

The gallery also became known for its eclectic mix of creativity, featuring jewellery, mosaics, pottery, quilting, handmade cards and major exhibitions including the Salon des Refusés for the Local Contemporary Art Prize and the popular Big Little Art Show.

While Talented Friends Gallery in its current form may be evolving, Robyn's passion for supporting artists remains unchanged.

"I want the space to continue as a welcoming, inclusive community space," she says. "Art should feel accessible and affordable for everyone."

As Robyn sets sail with her husband through Greece, she will reflect on what the future may hold. In the meantime, the space will continue through The Artist's Window, featuring a different artist each month, and continuing the gallery's legacy of supporting local creatives.

Follow [talentedfriends.art](https://www.talentedfriends.art) on instagram



## The Artist's Window

*Exhibiting June 2026*

**Margaret Ellen Turner**  
*Between The Lines*

*"Humankind creates symbolic narratives (art and music) to interpret and manage our existence in a random universe. These narratives create structures (lines) that hold and limit the chaos, and give us enough certainty to live our lives, even as they limit the ways we can know exactly what is going on around us."*

Turner explores different ways to make marks on the canvas—dripping paint, blotting paint on with crushed paper, using a stencil brush to create swirls and a stick to score the paint.

Expressions of interest to exhibit in The Artist's Window are welcome.  
Email: [talentedfriends.art@gmail.com](mailto:talentedfriends.art@gmail.com)



## Torque: Eat, drink at Golden Beach

With more than two decades in the hospitality industry managing some of Australia's largest venues, Wes Thompson knows exactly what brings people back to a great establishment. While quality food, coffee and cocktails certainly matter, he believes it's less about what's on the menu and more about how people are made to feel.

The owner of the popular Jericho restaurant at Moffat Beach has brought that philosophy to Golden Beach with the opening of Torque Eat Drink, a unique motorsport-themed café and bar where genuine hospitality is at the forefront of every customer experience.

Together with business partners Darrian and Jo, Wes has transformed the former café site into a welcoming community space serving New York deli-style sandwiches, quality coffee and local beverages.

"The hospitality industry has lost its way in a lot of places," he said. "For me, hospitality is exactly what the word says it is – looking after people."

After years leading large hospitality teams across Australia, Wes says creating a positive workplace culture remains his number one priority.

"Our staff are the ones creating the experience every day. If they are happy,

respected and supported, that flows directly through to our customers."

Torque proudly supports local suppliers wherever possible, featuring products from Queensland distilleries, local breweries and Australian wineries. The venue also serves Seven Miles Coffee, a long-time favourite of Wes's.

The café's motorsport-inspired theme reflects Wes's lifelong passion for racing and Formula One, with personal memorabilia and stories displayed throughout the venue.

Looking ahead, Torque plans to introduce regular live music sessions and community-focused events, with Wes encouraging locals to support both the venue and local performers.

"If people support it, we'll keep doing it. And if our staff enjoy coming to work and locals leave smiling, then we've achieved exactly what we set out to do."

**Torque is now open at 3/54 Landsborough Parade, Golden Beach.**



Wes Thompson and team have created a venue at Golden Beach offering the best of hospitality.



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*Mota Singh with  
a selection of his  
photographic works*

22 June/July 2026



# A cuppa with Mota Singh



Mota Singh sees photography as a way of slowing down long enough to properly notice the world. Alana Hall discovers the inspiration behind his art.

From street corners to stars — everything has a story, reads his Instagram profile, reflecting his instinct to find meaning and beauty in ordinary moments that often go unseen.

That way of seeing the world is very much connected to his family history.

Mota was given the nickname by his grandfather — a tribute to Mota Singh, a spiritual and community-minded figure connected to Punjabi Sikh movements in North India, whom his grandfather admired. Giving him that name was a way of passing on values of humility, presence and contribution to others — qualities that continue to influence both Mota's life and creative work.

Those values were reinforced by his father, whose unorthodox parenting style encouraged open and honest conversations with his children — something uncommon in many traditional households at the time.

The importance of listening, reflection and empathy became part of Mota's understanding of people from an early age, later influencing both his photography and writing.

Now based on the Sunshine Coast, Mota balances hospitality with quieter creative pursuits. Away from the pace of daily life, photography and poetry become ways of observing the world more carefully.

Inspired by books, conversations and the natural beauty around him, he finds meaning in bush walks near Pelican Waters, sunsets at Kings Beach and everyday encounters that reveal something honest and innately human.

---

“Freezing those small moments, that's what photography is for me.”

---

Underlying his work is a belief in the importance of ordinary contribution. “Your contribution in this world is as significant as Buddha's,” he says. “You may not be on the grandest stage, but wherever you are, your role is just as important.”

His philosophy is grounded in presence and attentiveness. “Most people have no one who truly hears them. It is important to just listen. Give the gap, let people say what they need to say without fixing them, and often they feel lighter.”

Through his photography, Mota invites others to slow down and pay attention to the details often overlooked: light shifting across water, shadows stretching across the ground, strangers lost in thought, or quiet moments hidden inside ordinary days. In many ways, each image becomes an extension of the values he tries to live by — being present and finding meaning in small acts of connection and observation.

Instagram: @capturedbymota



## Bianco raises the bar for wining & dining

Bianco Italian's elegant Wine Bar brings a level of sophistication more commonly found in Melbourne laneways or the piazzas of Italy than in a seaside Queensland town.

Upon entering the venue, rich textures, warm lighting and carefully curated furnishings and tableware combine to create an atmosphere of effortless refinement. Every detail has been considered, transforming the venue into an authentic Italian experience.

Italy's culinary traditions are grounded in quality ingredients and regional heritage, along with the simple pleasure of sharing good food with family and friends. At Bianco Italian, that spirit has been captured for Caloundra.

While the restaurant has quickly earned a reputation for exceptional Italian cuisine, the Wine Bar is making its mark as one of the Sunshine Coast's most distinctive wine experiences. With a new wine list launching this month, guests can explore more than 200 wines from Australia, New Zealand, France, Italy and the Mediterranean.

What sets Bianco apart is its ability to offer premium wines by the glass. Using

Coravin technology, the team can pour rare and exceptional wines without opening the bottle, allowing guests to enjoy a single glass that would rarely be available outside major city venues.

If a familiar Sauvignon Blanc is the preference or something more adventurous is on the cards, Bianco's resident sommelier is on hand to guide the experience, carefully matching wines to the menu's authentic Italian flavours.

Bookings can be made online, though walk-ins are always welcome for a casual drink or a leisurely afternoon spent exploring the wine list and shared plates. Guests can even take home up to two bottles recommended by the sommelier, making it easy to continue the experience beyond the restaurant.

"Anyone who appreciates good wine will feel at home here," says Sommelier, Ben Smith. "And if food brings you happiness, you'll find that at Bianco as well."

**Book via:** [biancoitalian.com.au](http://biancoitalian.com.au)





## Explore Tuscany at Bianco's June Wine Dinner

Bianco's next Wine Dinner will transport guests to Tuscany on Thursday 18 June from 6pm.

Enjoy a four-course tasting menu paired with matching Italian wines selected by the restaurant's sommelier, celebrating the flavours, warmth and traditions of one of Italy's most celebrated regions.

\$149 per person.

Wine dinners will become a monthly feature at Bianco, with each event exploring a different Italian region. The series is curated by restaurateur Bob, who has a long history of hosting acclaimed wine dinners at Il Vento in Mooloolaba.

## Fancy a Bianco Wine Bar indulgence on us?

Turn to page 4 to learn more or scan the QR code to go straight to our reader survey. Share your thoughts for your chance to win one of five \$50 vouchers.



## The Curated Plate

The Curated Plate is a delicious celebration of the Sunshine Coast's local produce, producers, chefs and unique natural assets, from the sea to the hinterland.

The 10-day festival runs from 24 July to 2 August 2026, celebrating local producers, restaurants, experiences, chefs and the region's natural beauty. Locals and visitors are invited to immerse themselves in the flavours of the Sunshine Coast and connect with growers, producers and chefs through memorable experiences.

To discover what's on offer, visit [thecuratedplate.com.au](http://thecuratedplate.com.au).

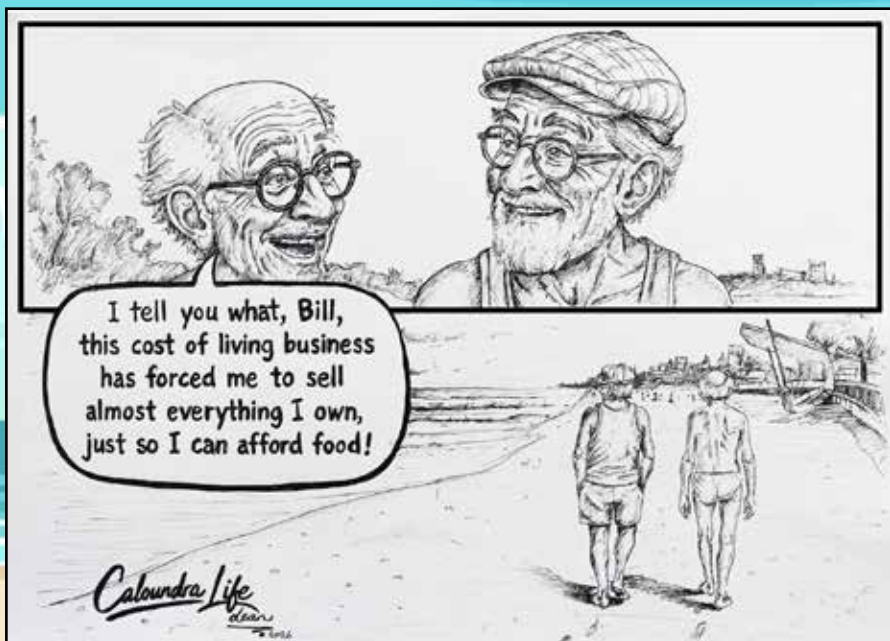


## Picnic on Kings

The Curated Plate and Caloundra Chamber of Commerce are delighted to present Picnic on Kings – a vibrant, family-friendly celebration at the Kings Beach Amphitheatre on Saturday 25 July, from 10am to 4pm.

Families can enjoy two interactive activation zones, each offering unique experiences for all ages. See Bluey and Bingo in their live interactive show, along with free entertainment, community activities and delicious local fare, all set against the stunning backdrop of Kings Beach.

Tickets available through Humanitix.



## MILLENNIAL SLANG WORDS

Not sure what the kids are talking about these days? Brush up on the latest slang and you might just know what's going on the next time someone starts spilling tea.

- Bruh – Another way of saying *seriously?*
- Basic – Only interested in mainstream
- On fleek – Fashionable
- Clap back – A comeback with attitude
- Bye Felicia – Used to dismiss someone
- Spilling Tea – Telling secrets / gossiping
- Swerve – Get out of the way
- Stan – A combination of stalker and fan
- Dank – Really cool
- High-key – Straight up truth
- Shook – Confused or in utter disbelief
- Suh - Shortened version of *what's up*

## 9 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 30 words. There is at least one nine letter word.

E	O	E
N	N	T
D	C	C


## FIND SANDY SEAGULL TO WIN PIZZA



Thanks to 3 Black Bears, we've got 5 delicious pizzas to give away. To be in the running, simply tell us how many times you see Sandy Seagull hanging about in the pages of this edition. (Count the seagull on this page too).

The first five correct entries will win a pizza. To enter, email your answer to: [guide@caloundrachronicle.com](mailto:guide@caloundrachronicle.com).

## THERE'S A WORD FOR THAT?!

Do you know the word that indicates snubbing someone to pay attention to your phone? You do now...

# phubbing

## SUDOKU: MEDIUM

2	3	4				5
8	9	1	6		7	4
	6		3			1 9
7	2			3		6
	8	2	5			
	1	6		7		2
		7		5	9	2 6
9	3		7	2		
6			9		4	7

## 3 BLACK BEARS PIZZA

## OPENING SOON IN CALOUNDRRA



MEET ME AT

# MOFFAT BEACH

18 JUNE  
28TH MAY STREET PARTY

SEAVIEW TERRACE • MOFFAT BEACH 4551

ARTISAN MARKET • FOOD OFFERINGS  
LIVE MUSIC • LOCAL BUSINESS SPECIALS  
KIDS ENTERTAINMENT  
4PM-8PM



## Arts Talk Series Comes to Caloundra

ArtsNational Sunshine Coast officially launched its new Arts Talk Series in Caloundra in April at the Caloundra Regional Gallery, marking an exciting addition to the local arts calendar.

The launch was led by Caloundra resident Fran Maitland, ArtsNational's National Australian Lecturer Co-ordinator, who thanked the Gallery, CACA, the Caloundra Chorale and more than 50 local residents who attended, along with members of the ArtsNational Sunshine Coast Committee.

For 38 years, ArtsNational Sunshine Coast has presented illustrated arts lectures featuring leading speakers and engaging cultural topics. Now, Caloundra residents can enjoy a dedicated series of events closer to home.

ArtsNational Sunshine Coast Chair Dawne Clark said the organisation was delighted to introduce the monthly talks to Caloundra.

"Our events are open to everyone and provide an opportunity to discover fascinating subjects, learn something new and meet like-minded people," she said. "It has been wonderful to see such

enthusiasm from the Caloundra arts community."

Local resident Jenny Byrne was among those inspired by the launch.

"I signed up immediately," she said. "My curiosity was sparked by art historian Sally Butler, and I'm looking forward to her presentation on Rock Art and Modern Aboriginal Art."

The series begins on June 29 at the Caloundra RSL Function Centre with Springtime in Tokyo – Vivaldi's *The Four Seasons*, presented by Australian filmmaker and lecturer Pieter de Vries.

Drawing on his acclaimed documentary *4 (Four Seasons, Four Continents, Four Musicians)*, de Vries explores the enduring appeal of Antonio Vivaldi's *The Four Seasons*, including a performance of "Spring" by renowned Japanese violinist Sayaka Shoji.

The four-talk series will pave the way for a full ArtsNational Caloundra program in 2027. Tickets are \$30 and include the opportunity to meet the presenter over a glass of wine.

**For bookings, contact Fran Maitland at [caloundra@artsnational.au](mailto:caloundra@artsnational.au).**

## NAIDOC 2026: LORE and LAND **Living Knowledge and Enduring Connection**

Caloundra Regional Gallery will present **LORE and LAND**, a powerful group exhibition running from 3 July to 16 August 2026, exploring the depth and endurance of First Nations knowledge systems.

At its core, the exhibition recognises lore as far more than storytelling. It is an enduring framework of knowledge, responsibility, kinship, and custodianship that connects people to Country across generations. Through diverse artistic practices, the exhibition reveals how these systems remain active, lived, and continually renewed.

Featuring works across different mediums, **LORE and LAND** brings together First Nations artists whose practices articulate unbroken relationships to ancestral lands, waters, skies, and Communities.

The exhibition also confronts ongoing political realities. It foregrounds artists' voices addressing dispossession, cultural erasure, and the lasting impacts of colonisation on lore, Country, and community. Themes of sovereignty, truth-telling, and justice are central, affirming that sovereignty has never been ceded.

Collectively, the works assert the resilience of culture, one that has endured, adapted, and thrived despite displacement and structural inequities.

**LORE and LAND** invites audiences to move beyond colonial mappings and engage with cultural geographies defined by ancestral presence, storylines, and responsibilities to care for Country.

Both a celebration and a call to action, the exhibition honours the continuity and brilliance of First Nations knowledge while challenging Australia to recognise and uphold enduring custodianship.

**22 Omrah Ave, Caloundra.**

# LORE AND LAND

Friday 3 July -  
Sunday 16 August 2026



The exhibition presents lore as a living system of knowledge, responsibility, kinship, and custodianship connecting people to Country. **LORE | Land** reveals First Nations artists' enduring relationships with land, culture, and community while confronting dispossession, colonisation, and ongoing struggles for justice and sovereignty. The works affirm cultural resilience and continuity. Audiences are invited to engage with cultural geographies shaped by story and responsibility, celebrating First Nations strength and urging recognition of their rights and custodianship.

Image: Lyndon Davis | The Lore of the Land | 2018 | Acrylic on canvas | Sunshine Coast Art Collection - Acquired through SCC 2017 - 2019 Reconciliation Action Plan

See what's on at [gallery.sunshinecoast.qld.gov.au](http://gallery.sunshinecoast.qld.gov.au)  
Tues to Fri 10am-4pm, Sat to Sun 10am-2pm  
22 Omrah Ave, Caloundra [f](#) [@](#) [v](#)

 **Sunshine Coast**  
COUNCIL

CALOUNDRA  
Regional Gallery

## COMMUNITY



### Arthur St Country Markets

**EVERY SUNDAY | 7AM-12NOON  
CALOUNDRA RUGBY UNION CLUB**

Arthur Street Country Markets are held every Sunday morning from 7am to 12noon at the Caloundra Rugby Union Club.

The Markets are a valued part of our local community, offering fresh produce, organic and Asian fruit and vegetables, handmade crafts, collectables, books, coins, plants and more.

Proceeds proudly support Dicky Beach Surf Life Saving Club, helping fund essential lifesaving equipment and training that keep our beaches safe.

New stallholders are welcome, with casual or ongoing sites available, competitive pricing, and convenient access for vehicles on-site.

**Call Lindsay to book: 0418 972 875.**

### Aura Fresh Twilight Markets

**1ST FRI EACH MONTH | 4-8PM  
WHITELEY AVE, BELLS CREEK**

The Aura Fresh Twilight Markets return as a monthly evening event showcasing local food, produce, craft and live entertainment. Presented by the Caloundra Chamber of Commerce Market Team, the markets feature food trucks, artisan stalls, fresh produce, live music and a dedicated craft bar highlighting local breweries. Designed as a relaxed social gathering, the event encourages community connection and supports local makers and small businesses in a family-friendly environment.

Free entry. [caloundramarkets.com](http://caloundramarkets.com)

### SC NAIDOC Family Funday 2026

**SUNDAY 05 JULY | 10AM-4PM  
KINGS BEACH AMPHITHEATRE**

The Sunshine Coast NAIDOC Family Funday celebrates 50 years of NAIDOC with a full day of cultural celebration, performance and community connection at Kings Beach Amphitheatre. The free event features First Nations music, dance, storytelling, workshops, markets and family-friendly activities. It provides an inclusive space for learning, sharing and celebrating Aboriginal and Torres Strait Islander culture, welcoming the wider community to participate in a vibrant day by the beach.

**Free entry - follow Sunshine Coast NAIDOC Family Fun Day socials for updates.**



## Moffat Beach Street Party

**THURSDAY 18 JUNE | 4PM-8PM**  
**SEAVIEW TCE, MOFFAT BEACH**

Moffat Beach Street Party transforms Seaview Terrace into a vibrant community celebration of local food, music and coastal culture. With the street closed to traffic, visitors can enjoy artisan market stalls, street food, cocktails, live entertainment and a relaxed beachside atmosphere as the sun sets. The event also celebrates progress on the Moffat Beach seawall project, bringing the community together to support and showcase one of the Sunshine Coast's most iconic coastal destinations. Designed for all ages, this free event promises an evening of connection, entertainment and local flavour.



Free tickets from [humanitix.com](http://humanitix.com)

## Undumbi Culture NAIDOC Festival of The Harvest

**SAT 11 JULY | 1PM-5PM**  
**BARINGA FOREST PARK**

Hosted on Kabi Kabi Country, the Undumbi Culture NAIDOC Festival of the Harvest is a free community celebration of culture, connection and storytelling. The event features traditional dance, didgeridoo performance, cultural storytelling, bush tucker experiences, Indigenous markets, live music and children's activities including art, games and face painting. It offers an immersive experience designed to strengthen community understanding and celebrate First Nations heritage through shared participation and learning.

Free entry – all welcome.

## Winter Wonderland

**FRIDAY 26 JUNE | 4PM-8PM**  
**BULCOCK STREET, CALOUNDRA**

Winter Wonderland transforms Bulcock Street into a winter-themed street festival featuring snow, live entertainment, markets and late-night shopping. Visitors can experience a festive winter atmosphere by the sea while supporting local businesses and enjoying a range of seasonal food and artisan stalls in a vibrant street setting.

Free community event.

## Santa Paws In The Park

**SUN 19 JULY | 8:30AM-12:30PM**  
**LAKE KAWANA FORESHORE**

Santa Paws in the Park is a community fundraising event hosted by 4 Paws Animal Rescue, bringing together animal lovers and their pets for a festive morning at Lake Kawana Foreshore. The event features market stalls, food vendors, live entertainment and a range of pet competitions including best dressed, owner-pet lookalike and best trick. All proceeds support animal rescue and rehoming efforts for vulnerable cats and dogs.

Free entry – donations welcome.

## Japan Festival Sunshine Coast

**SAT 8 AUGUST | 11AM-5PM**  
**KAWANA WATERS STATE COLLEGE**

Featuring Japanese food stalls, cultural experiences, market vendors and live performances, this will be an engaging showcase of Japanese culture for the local community.

Japan Festival Sunshine Coast is seeking committee members and volunteers to help deliver one of the region's premier cultural celebrations.

Apply to volunteer via: [facebook.com/HappyCommunityNetwork](https://www.facebook.com/HappyCommunityNetwork)

### Rock Saves Solid Rock

SAT 15 AUGUST | 6.30-9.30PM  
GLASS HOUSE MOUNTAINS  
COMMUNITY HALL

Rock Saves Solid Rock is a community benefit concert raising awareness and support for opposition to the proposed expansion of the Glass House Mountains Quarry. The event brings together live rock music, community voices and fundraising efforts to highlight concerns about environmental and social impacts on the region. Australian band Overdrive leads the lineup, using music as a platform for unity and advocacy. The concert aims to strengthen community engagement around protecting the hinterland landscape.

Watch for early bird tickets and event updates from organisers.

### Sunshine Coast Blues & Roots Festival

SATURDAY 27 JUNE 2026  
THE SHED, PALMVIEW

The Sunshine Coast Blues & Roots Festival returns for its third year, bringing together an outstanding lineup of local and touring artists for a night of live music celebrating blues, roots and rock 'n' roll.

Headlined by acclaimed duo Hat Fitz and Cara, the festival also features performances from Sugarbag Blonde, Lecia Louise, Mate Jones, The Honey Snatchers and rising one-man-band talent Alex Kosenko.

From soulful blues and roots grooves to high-energy rock influences, audiences can expect an unforgettable evening of world-class musicianship and festival atmosphere. Tickets \$55.

[sunshinecoastbluesfestival.com](http://sunshinecoastbluesfestival.com)

### Velvet Country Music Club

FIRST SUNDAY OF MONTH  
UNITING CHURCH HALL

Velvet Country Music Club Caloundra is a long-standing, not-for-profit community group that brings together singers, musicians and music lovers on the first Sunday of each month. Established in 2012, the club provides a relaxed and welcoming space where performers of all experience levels are encouraged to participate or simply enjoy the live entertainment. Sessions feature open mic performances, social connection and a supportive audience atmosphere, making it a popular hub for local country music on the Sunshine Coast.

Phone 0417 766 369.



### Christmas In July with Elvis

SATURDAY 4 JULY | 7.30PM  
CALOUNDRA POWER BOAT CLUB

This festive themed evening combines a Christmas-in-July dinner with a high-energy Elvis Presley tribute show. Guests enjoy a full dinner service followed by a performance celebrating the iconic 1970s stage era of Elvis, delivered through an interactive live production. The event offers a mix of dining, entertainment and nostalgia in a social club setting on the Caloundra waterfront. Dinner & Show. Tickets \$70.

[caloundrapowerboat.com](http://caloundrapowerboat.com)



## Koal

WED 17 JUNE | 7PM  
THE EVENTS CENTRE

Fresh from acclaimed seasons in Melbourne and New York, Koal is an original interactive theatre work that places audiences at the heart of the 2019 Australian bushfires. Through the perspectives of a rescued baby koala, a trapped coal miner and an Indigenous girl longing to return home, the production explores climate change, loss and resilience. Combining documentary theatre, physical performance and audience participation, Koal delivers a powerful and thought-provoking experience that balances humour, emotion and storytelling. Tickets from \$29-\$42.

[theeventscentre.com.au](http://theeventscentre.com.au)

## K-Pop Icons

SUNDAY 28 JUNE | 7PM  
THE EVENTS CENTRE

Direct from the United Kingdom, K-Pop Icons combines a virtual K-Pop band with a dynamic live dance troupe to create an immersive entertainment experience for audiences of all ages. Featuring chart-topping hits performed by digital avatars alongside high-energy choreography and audience interaction, the production captures the colour, excitement and spectacle of the global K-Pop phenomenon. This innovative world-tour production offers a unique blend of technology, music and live performance.

Tickets \$69. Family tickets \$256.

[theeventscentre.com.au](http://theeventscentre.com.au)



## That's Enough

16 & 17 JULY | 2PM  
THE EVENTS CENTRE

The Merryatric Players present a new feel-good musical set in a sun-drenched Australian town during the 1970s. *That's Enough* celebrates community, change and the soundtrack of a generation, blending humour, nostalgia and heartfelt storytelling. The production follows neighbours navigating a rapidly changing world while holding onto identity, connection and resilience. Featuring a strong ensemble cast, the show delivers a mix of laughter, warmth and classic hits including Country Road, Proud Mary and more. Tickets \$27.

[theeventscentre.com.au](http://theeventscentre.com.au)

## Remember Long Tan

SAT 15 AUGUST | 5:30PM  
QUEENSLAND AIR MUSEUM

The Queensland Air Museum hosts a commemorative event marking the 60th anniversary of the Battle of Long Tan. The evening includes dining, entertainment and reflection, with proceeds supporting museum restoration projects, including the iconic Huey Iroquois Helicopter. Guests are treated to canapés, a two-course dinner, and live performances from the Royal Australian Navy Band, Brisbane band Tune In and additional guest speakers and presenters, alongside commemorative programming.

Bookings via [trybooking.com/DKRJE](http://trybooking.com/DKRJE) or phone 0434 123 322.

# Pantomime Magic

Pat Atkinson, 86, is returning to the director's chair for 'Cinderella', a traditional pantomime she wrote and directed 34 years ago in New Zealand.

Pat is joined by co-director, Paula Stephenson, a cast of 12 experienced principal performers, and an ensemble of 15 adults and children.

"I wrote and directed Cinderella the pantomime in Kumeu, a little village north-west of Auckland and now, 34 years later, I'm doing the same pantomime for the Caloundra Chorale and Theatre Company (CCTC) in their gorgeous little theatre in Wurtulla," said Pat.

Pat's husband Tom, now 88, who played one of the Ugly Sisters in the original 1992 production, is stepping out to once again tread the boards as the Town Cryer and the oldest member of the chorus.

The production will be presented in the



true Victorian tradition, with two 'dames' being played by men, a female Cinderella and Dandini, a music hall and early 20th century songs.

"This is a show that everyone can enjoy. There'll be lots of boos and hisses and 'he's behind you'. We really want the audience to join in and be part of the whole thing."

"I'm having the time of my life. My goal is to make it a show that everybody can enjoy" Pat added.

Cinderella is showing at CCTC during the June-July school holidays.

**To book, visit: [trybooking.com/DKTUD](http://trybooking.com/DKTUD) or phone 0490 329 912.**

**VIVO**

*Christmas in July*

Available 1st - 31st July  
Monday - Friday 11:30am-2:00pm

**MAIN**  
Baked ham and turkey with roast potato, pumpkin and carrot, peas and cranberry gravy

**DESSERT**  
Plum pudding with custard and ice cream

**\$25 (M)**  
**\$28 (NM)**

**\*BOOKINGS ARE ADVISED\***

**RSL**



# Celebrate with the Caloundra Arts Centre

Celebrations continue in July for the Caloundra Arts Centre Association (CACA) as it celebrates 50 years of creativity, community, learning and artistic achievement.

To honour this special anniversary, CACA invites the community to join two exciting events that showcase the vibrant spirit of its creative hub.

**Wondrous Winter Workshops** run from 6–19 July. Featuring 10 acclaimed artists from South East Queensland and interstate, the program offers 21 workshops and eight inspiring artist talks. Participants can explore a diverse range of creative disciplines, including oil painting, sustainable floral artistry, fabric printing, custom sneaker design, weaving with natural fibres, porcelain ceramics, charcoal figure drawing, eco-dyeing, printmaking and linocut.

Alongside the workshops, visitors can enjoy presentations from guest artists, who will share their creative journeys, professional experiences and artistic insights. CACA members receive discounted workshop tickets.

**The 50th Anniversary Open Days** happen on Saturday 25 July and Sunday 26 July. This free community event offers a wonderful opportunity to explore the studios, meet members and discover the many art and craft groups on offer.

Highlights include a spectacular Fashion Parade, live demonstrations, interactive “Make and Take” activities, member displays, and opportunities to learn about workshops, events and membership. Visitors can also browse North Street Made, the onsite artisan gift shop.

[caloundrartscentre.org.au](http://caloundrartscentre.org.au)

Caloundra ARTS CENTRE ASSOCIATION 50

**WONDROUS WINTER WORKSHOPS**  
21 workshops • 9 artist talks  
**ARTIST TALKS**  
6-19 July 2026

Book here

All welcome  
Free entry

**Open Days** 2026

**SATURDAY 25 July** 9am - 4pm  
**SUNDAY 26 July** 9am - 2pm

Make & Take sessions • Fashion Parade  
Group demonstrations & various displays

Community ... Connect ... Create ... Celebrate!

5 North Street, Caloundra  
Free Onsite Parking

Caloundra Arts Centre  
[caloundraartscentre.org.au](http://caloundraartscentre.org.au)

# Margaret Turner: Letting the Art Lead

Sunshine Coast artist Margaret Turner has spent a lifetime creating, but it is persistence—not talent, she insists—that lies behind her striking abstract works, which will be on display at her home studio as part of the Open Studios experience in Caloundra in July.

BY KERRY N NELSON

Ask 78-year-old Sunshine Coast artist Margaret Turner how long she has been making art and she laughs. The answer is simple: most of her life.

Although first established as a sculptor, it was a change of direction in the late 90's, during her years teaching website design at UniSC, that led Margaret to give painting a go.

Back then, their Art Department didn't have a technician to support sculpture, so she switched to painting, Margaret recalls. "Painting is more manageable than sculpture."

Today, acrylic paint is her medium of choice, though her approach is anything but conventional. Home-made squeegees, marbles, string and even stencil brushes help Margaret create her works... whatever the paint and canvas need.

"My artistic process is to put paint onto the panels. Then I like to see what's going on and I respond to what the paint and canvas are doing. I follow it along until it says to me 'I'm done' and then I know we're finished," she says.

"My intention is not to have intention. I let the paint and the canvas talk. It's a conversation. I let the art take the lead."

"Today, if you want to have an exhibition you have to write a statement. For me, the art isn't artwork anymore, it becomes an



illustration of the intention... urgh."

A featured artist in the Open Studios Coastal experience, Margaret will open her home to art lovers in July, inviting them behind the scenes of her practice.

Some of her newest works from the *Between the Lines* series will also be on display in The Artist's Window at Talented Friends Gallery in the Village Walkway.

Despite the countless exhibitions and recognition of her craft through numerous awards and accolades, Margaret is remarkably humble when talking about her art and her reality.

"The tough thing about painting is that you have to keep turning up every day. I don't think I'm that talented. But I am persistent."

**Open Studios Coastal Caloundra Trail takes place on July 18 and 19. Find out more at [openstudiossunshinecoast.com.au](http://openstudiossunshinecoast.com.au).**

# Vocational Excellence Awards Night

The Rotary Club of Caloundra Pacific's annual Vocational Excellence Awards, at Caloundra Golf Club in May, celebrated four local people who consistently go above and beyond in their work and service to others.



L-R: Award recipients Izzii Whetton, Toni Bonney, Caity O'Keefe and Bryan Elvira.

The awards recognise employees and volunteers whose commitment, attitude and willingness to help others make a genuine difference in their workplaces and the wider community.

## Bryan Elvira – Best Practice Eyecare

A valued long-term member of the Best Practice Eyecare team, Bryan was recognised for his kindness and commitment to helping others. Employer Dr Michael Karper praised his caring nature and integrity, noting that positive feedback from patients is received almost daily.

## Toni Bonney – Meals on Wheels

Toni's work helps ensure more than 400 meals are delivered each day across the Caloundra region. Starting early and often finishing late, she coordinates volunteer drivers and kitchen staff while maintaining the high standard of a service that many local residents rely upon.

## Caity O'Keefe – RYDA Program Support

As the key contact for Rotary's RYDA road safety program at the Sunshine Coast Turf Club, Caity has become the person Rotary members know they can count on. Her calm approach and ability to solve problems behind the scenes have helped the program run smoothly year after year.

## Izzii Whetton – Top of the Coast Salon

Izzii was recognised for the warmth and positivity she brings to her role each day.

Employer Amanda Leavy described her as a special member of the team whose friendly nature helps create a welcoming experience for clients and colleagues alike.

The evening also provided an opportunity to reflect on the work of The Rotary Club of Caloundra Pacific and the many ways its members support the community. Local initiatives such as RYDA driver awareness training, DV Safe Phones, Clean Up Australia Day and support for organisations including Steps Pathways, CareFlight and Angel Flight sit alongside international projects that help improve lives around the world.

Meeting weekly for fellowship, friendship and service, Rotary members share a common vision of people coming together to create positive and lasting change in their communities and beyond. Central to Rotary's philosophy is the Four-Way Test, an ethical guide that encourages members to ask: Is it the truth? Is it fair to all concerned? Will it build goodwill and better friendships? Will it be beneficial to all concerned?

The Vocational Excellence Awards are a reminder that community spirit is often found in everyday actions, and that some of the people making the biggest difference are those who simply turn up each day and give their best.

[www.calpac.org.au](http://www.calpac.org.au)



Rachel Smith  
General Manager, Caloundra Chamber of Commerce

## Elevate, Collaborate, Advocate and Celebrate

As we move into another exciting season across the Caloundra region, it's important to reflect on the role the Caloundra Chamber of Commerce plays in supporting regional prosperity through advocacy, collaboration, events and community leadership.

The Chamber continues to deliver a growing calendar of activations, including the Caloundra Street Fair, Currimundi and Caloundra Twilight Markets, while preparing for the relaunch of Aura Fresh Twilight Markets in June.

We are also proud to support the activation of the Moffat Beach Street Party in partnership with Sunshine Coast Council and the Moffat Beach Business Group, helping elevate one of our region's most vibrant coastal precincts during a time of need.

Collectively, these initiatives contribute more than \$20 million to the local economy, supporting small businesses, market vendors, hospitality operators, entertainers and community

organisations. Beyond the economic benefits, they create connection, vibrancy and community pride.

Our role extends beyond events and membership. Guided by our four key pillars, we continue to *Elevate* businesses and community groups through strong communication platforms, *Collaborate* with partners across the region, *Advocate* for our community, and *Celebrate* the people and places that make Caloundra unique.

We also recognise the important role our events play in supporting local performers and emerging talent, helping create the atmosphere that keeps locals and visitors coming back.

As we continue this work together, we encourage everyone to consider how they can contribute to strengthening our region. When businesses, community groups, government and locals work together, Caloundra doesn't just grow—it thrives.

[caloundrachamber.com.au](http://caloundrachamber.com.au)

## Show your love for Moffat Beach

Our Moffat Beach businesses need our support while the seawall reconstruction is in its final stages.

Now is the perfect time to visit, shop local, grab a coffee, enjoy a meal, and help spread the word that Moffat Beach is still open for business.

Start your day with the Caloundra Chamber of Commerce's Coffee in Caloundra networking event at Ours. By the Beach on Thursday

18 June from 7.30am. Connect with local business owners and community members, and be sure to secure your ticket through the Caloundra Chamber of Commerce website.

Then head back in the afternoon for the Moffat Beach Street Party from 4pm. Enjoy a vibrant evening celebrating our local businesses, community spirit, and

everything that makes Moffat Beach special.

Every visit makes a difference. Support local, shop local, and help us keep Moffat Beach thriving.





## Community & Commerce

with Michael Shadforth

As president of the Caloundra Chamber of Commerce, I am continually reminded of the vital role small businesses play in shaping the character and strength of our local economy.

From family-run cafés and retail shops to trades and professional services, these enterprises are not just places of transaction; they are the backbone of our community. When we choose to buy local, we are making a conscious decision to keep money circulating within our region, supporting local jobs, and helping business owners invest back into Caloundra. Every dollar spent locally has a ripple effect that benefits schools, sporting clubs, suppliers, and community initiatives.

As a community, we have both the opportunity and responsibility to strengthen our local economy through everyday choices. That might mean

choosing a local service provider over an interstate alternative, attending weekend markets, or simply asking, "Can I get this locally first?" Small businesses face ongoing challenges, from rising operating costs to increased competition online, yet they continue to show remarkable adaptability and commitment to customer service. The Caloundra Chamber of Commerce is proud to support these businesses through advocacy, networking opportunities, and initiatives that encourage residents and visitors alike to shop locally. Ultimately, supporting small business is not just an economic decision - it is a vote for the kind of community we want Caloundra to be: connected, resilient, and thriving.

If you value a strong and vibrant local business community, I encourage you to take the next step and become involved with the Caloundra Chamber of Commerce. Membership is a practical way to support local enterprise, stay connected with regional initiatives, and help shape the future of our local economy.

[caloundrachamber.com.au](http://caloundrachamber.com.au)



Caloundra  
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### NEW & EXISTING MEMBERS SPECIAL OFFER

Grow your business and boost your visibility with this exclusive June offer proudly supported by the Caloundra Chamber of Commerce and the Caloundra Chronicle



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## Caloundra State High School Signature Programs

Caloundra State High School is home to a growing range of Signature Programs that are helping students turn their passions into pathways while achieving outstanding success at state and national level.

From elite sport and the performing arts to academic excellence and STEM innovation, the school's Signature Programs provide students with opportunities to extend their skills, connect with industry and community partners, and learn alongside like-minded peers.

Programs currently include Volleyball, Rugby League, Surfing, Dance EDGE, Music, Horizons Academic Excellence and STEM.

Principal Natasha Wicks said the programs were about more than just performance.

"Our Signature Programs help students build confidence, discipline, teamwork and strong connections to school."

"We're incredibly proud of the opportunities available to students here at Caloundra State High School and the way these programs support young people to thrive both in and beyond the classroom."

The school's Volleyball program

continues to set the benchmark both locally and nationally, currently ranked 5th in Australia and recognised as the highest ranked volleyball school on the Sunshine Coast across both public and private schools.

Caloundra SHS Rugby League has also experienced significant growth and success, with multiple teams now competing in Tier One competitions against some of Queensland's strongest rugby league schools.

In the creative arts, the school's Dance EDGE program continues to shine, with several students earning acceptance into the prestigious Brent Street academy, one of Australia's leading performing arts institutions.

With enrolments for 2027 now open, families are encouraged to explore the opportunities available and discover what makes Caloundra State High School a destination school on the Sunshine Coast.

More information about the school's Signature Programs and enrolment process can be found on the Caloundra State High School website.

[caloundrashs.eq.edu.au](http://caloundrashs.eq.edu.au)



## Complete Finance

with Bryan Meri

*Credit Representative 482287 is authorised under Australian Credit Licence 389328*

# Interest Rates, Interest Rates, Interest Rates!

Everyone's talking about Interest Rates. For those with mortgages they are certainly testing household budgets. With interest rates rising and the cost of living continuing to bite, many local families are wondering how to stay ahead financially. The good news is that even small changes to your home loan can make a meaningful difference.

One of the first things borrowers should do is review their current interest rate. Many people stay with the same lender for years without checking whether their loan is still competitive. A simple review could potentially save you a surprising amount.

Another helpful strategy is making small extra repayments whenever possible. Even an additional \$20 or \$50 per week can reduce the interest paid over the life of a loan and help build a financial buffer for the future.

If your loan has an offset account or redraw facility, using these features

effectively can also help reduce interest costs while keeping funds accessible when needed.

Most importantly, don't wait until financial pressure becomes overwhelming before seeking advice. Lenders today have more flexibility and support options available than many people realise, and early conversations often lead to better outcomes.

While interest rates may rise again before they settle, history shows that these cycles do pass. With the right guidance and a proactive approach, many households can not only manage through this period but come out stronger on the other side.

If you'd like to better understand your loan options or simply want a free home loan review on your current mortgage, now is an excellent time to ask questions and explore your choices.

**[completefinance.com.au](https://completefinance.com.au)**

## Business leaders called to join Vinnies CEO Sleepout

The Sunshine Coast Business Council is encouraging local business and community leaders to support the 2026 Vinnies CEO Sleepout as housing stress and homelessness continue to rise across the region.



Held on Thursday 18 June at Maroochydore Beach, the annual event sees leaders

swap their beds for sleeping bags to raise funds and awareness for people experiencing homelessness.

The SCBC hopes to raise \$40,000 for St Vincent de Paul Society Queensland. More than 3,500 Sunshine Coast residents are currently waiting for social housing, with average wait times exceeding 30 months.

"The Vinnies CEO Sleepout is an opportunity for the business community to step up and make a real difference," said SCBC Deputy Chair Brady Sullivan.



**To register or donate, visit [ceosleepout.org.au](https://ceosleepout.org.au).**



## Happy Days

with Andrew Champion  
Phone 0428 714 357

Image: Robyn Boston

# Caloundra: The City of Beaches

Many of our early environmental pioneers fought long and hard campaigns to protect the Pumicestone Passage and our beaches. One of them was the late Kathleen McArthur (1915–2000), who wrote the remarkable book *Living on the Coast* in 1989.

The book is a personal account of her efforts to protect our beaches, wetlands and estuaries. It documents damage to our natural environmental heritage and includes chapters that remain just as relevant today, particularly *Many Ways to Kill a Beach*.

According to Kathleen, there are two sure ways to destroy a beach: remove sand from it, either above or below the high-tide mark, or build a rock wall without maintaining a substantial sandy beach buffer in front of it.

Kathleen recounts many important local stories, including the removal of vegetation and flattening of dunes at Kings Beach, and the destruction of the Kawana dunes by developers in 1972. Following Cyclone Wendy, severe erosion exposed the consequences of those decisions and prompted costly repair efforts.

She also details her often spirited interactions with local councillors, mayors, state MPs and government officers. Anyone interested in protecting our beaches and the Pumicestone Passage would benefit from reading her book, which is available through the local library network.

During my own research into coastal management, I have read numerous reports,

attended national conferences and met many leading environmental scientists, including Australia's foremost coastal scientist, Professor Bruce Thom AM.

I was also appointed to the Queensland Beach Protection Authority and the National Coastal Protection Advisory Council, contributing to the development of the Coastal Protection and Management Act 1995, which remains in force today.

Another revealing local publication is *Kawana's Yesterdays* by Anne Wensley and Caloundra historians Janice and John Groves. Through photographs and historical records, it demonstrates how government planning decisions can sometimes miss the mark, including the bulldozing of coastal dunes to provide fill for development.

Any project that permanently removes sand from above or below the high-tide mark reduces the volume of sand moving naturally along our coastline from the Tweed River to K'gari. Likewise, while rock walls protect land behind them, exposed seawalls can contribute to beach erosion if adequate sandy buffers are not maintained.

Ultimately, protecting our coastline comes down to education and informed decision-making.

**Join the chat on Caloundra Chronicle's Facebook page.**



## Caring for Caloundra

with Kendall Hatcher MP



# Protecting our waterways for future generations

I recently spoke in Parliament in strong support of the Sunshine Coast Waterways Authority Bill 2026, a bill that means a great deal to the people of Caloundra and our wider coastal community.

For too long, locals were left frustrated as concerns about the Pumicestone Passage were met with delays, endless reports, and a confusing mix of agencies with overlapping responsibilities.

Meanwhile, residents watched erosion worsen, navigation become more difficult and environmental impacts grow more serious.

The Pumicestone Passage is not just a waterway, it is central to the identity of our community. Families fish, swim and paddle there, while local businesses, tourism operators and community groups rely on it every day.

What stood out most throughout this process was the determination of local residents and advocacy groups who spent years fighting to be heard. Community members continued to attend meetings, write submissions and push for action because they care deeply about protecting this special part of our region.

The new Sunshine Coast Waterways Authority will help deliver a more coordinated and long-term approach to managing our waterways. Importantly, it will provide a dedicated body focused on planning, infrastructure, community engagement, and future management across the Sunshine Coast.

This is about listening to the community and ensuring our waterways are properly managed and protected for future generations.

[kendallhatcher.com.au](http://kendallhatcher.com.au)

# Native plants to help regenerate Bribie

with Doug 'Bluey' Bazley



In early June, the crew from Ecosure began planting hundreds of native tube stock plants across the newly formed beach area created following the breakthrough.

These native species will play an important role in helping stabilise the sand, reducing erosion, and encouraging the natural regeneration of this unique coastal habitat.

After months of incredible engineering and restoration work, it's great to see nature now being given a helping hand to reclaim the landscape. It will be



fascinating to watch the progress and see how this new section of Bribie Island develops. Every plant in the ground is another step towards securing the future of this remarkable piece of coastline.

Please note, we have been asked to stay off this area to allow these fragile plants to be established.

I'll be keeping an eye on the project and sharing updates as the story continues to unfold.

Follow along: [facebook.com/blueyspix](https://facebook.com/blueyspix)



Andrew Wallace MP  
Federal Member for Fisher



## Respect and affordable healthcare for seniors

For decades, older Australians did exactly what governments asked them to do. They worked hard, paid their taxes, took out private health insurance and helped reduce pressure on the public health system.

Now the Albanese Government wants to rip away the private health insurance rebate many retirees rely on.

New analysis shows some Australians over 65 could be forced to pay more than \$1,600 extra every year for their health cover. For pensioners and retirees living on fixed incomes, that is simply unaffordable.

If older Australians are forced to abandon their private cover, the pressure will only grow on already stretched public hospitals, ambulance services and elective surgery waitlists. This is unfair to seniors

and bad policy for Australians relying on our healthcare system.

That is why I launched my “Stop Labor’s Health Tax on Seniors” petition. I have been overwhelmed by the response from our community, with well over 2,000 people signing in only a few days. It sends a strong message that retirees should not be punished for doing the right thing.

I will continue fighting this every step of the way because our seniors deserve respect, affordable healthcare and a government that stands with them, not against them.

Scan the QR code or sign the petition at [andrewwallacemp.com.au/stop-labors-health-tax-on-seniors](http://andrewwallacemp.com.au/stop-labors-health-tax-on-seniors).



**[andrewwallacemp.com.au](http://andrewwallacemp.com.au)**

*Authorised by A Wallace, Liberal National Party, Lake Kawana Blvd, Bokarina QLD 4575*

## Caloundra bowlers chase national gold

Fourteen members of the Caloundra Indoor Bowls Club will travel to Blacktown, New South Wales from 24–29 August to compete in this year’s Australian Indoor Bowling Championships. The squad includes 13 senior players and one junior, with four aiming to defend the gold medal they secured in 2025.

The Association has been actively fundraising to help offset travel costs, recently hosting a successful bingo afternoon. The club extends its thanks to supporters including Caloundra Mazda, Nambour Heights Butcher, Strike – Holey Moley Golf Club, and The Fruit Shed.

**[caloundraindoorbowling.com](http://caloundraindoorbowling.com)**





## The Law in Plain English

with Rebecca Wilson  
Director, Griffith Parry Lawyers

### Why a lawyer is writing in your local publication

A law firm paid to put this column in front of you, so let me name the catch: I am hoping you read it and never need to ring me.

Most people only speak to a lawyer once something has already gone wrong, and by then, their choices have narrowed. The questions that get expensive are nearly always the ones nobody asked early enough. An early question is usually a short conversation. A late one is usually a file. I would rather answer them here, while they are still small.

I am a Director at Griffiths Parry Lawyers, and practice in family law. Our firm has been on the Sunshine Coast since 1974, and for years that included a practice here in Caloundra. I have watched the area grow, and I have watched the legal

questions grow with it. The town is busier and more complicated than it was, and the old handshake way does not always cover people the way it used to.

Most people are not sure when the right moment to ask is, so they wait for one that never quite arrives. That is the gap this column is for. Each edition I will take one ordinary moment, signing a lease, blending two families, operating a business, sorting a Will, and explain in plain English what it means and what your options are. No jargon, and no sales pitch.

If there is a question or issue that keeps you awake at night, send it in. If you advise people for a living and a question keeps coming up from your clients, send that in too.

[editorial@glaw.com.au](mailto:editorial@glaw.com.au)



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L-R:  
Kerryn,  
Nate, Pip  
Fawcett  
(Bendigo  
Bank) and  
Michael  
Williamson  
(STEPS).

## Walking the extra mile for STEPS

Most adults would think twice before giving up an entire day to walk 24 kilometres for a cause that isn't their own, but for 12-year-old Nate Nelson, helping others comes naturally.

Nate's compassionate nature led him to become the first ever Young Ambassador for STEPS Pathways College, a Sunshine Coast organisation supporting young adults with disabilities and autism to develop independent living skills.

In May, he once again took on the Steps for STEPS Challenge for the third time, walking 24 kilometres while raising funds and awareness for STEPS Pathways Charity. His ambitious goal was to raise \$24,000, representing the 24 students who live at the college and their 24-month learning journey.

Along the way, Nate was supported by family, friends, businesses and community leaders, including local Federal MP Andrew Wallace and The Beach Bars owner Jonny Giles, who both joined Nate on the walk for part of the journey.

The community rallied behind him, with support from businesses including The Beach Bars, Ken Mills Toyota, Saltwater Medical and Stickerman, along with countless others who donated or shared

words of encouragement.

Refreshment stops along the route helped keep spirits high, with local venues and organisations opening their doors to support the walkers.

For Nate's mum Kerryn, who was with him every step of the way, the most rewarding moment comes at the finish line each year.

"It's really emotional when you see the students and staff cheering and you know how much it means to them," she said. "I'm incredibly proud of this little man for what he does and for spreading the word about STEPS to anyone who will listen."

Although his fundraising target remained out of reach this time, Nate's efforts generated \$10,000 for STEPS Pathways Charity, an achievement he speaks about with characteristic humility.

"Knowing that the money you raised will help the students continue their learning and that people are proud of you really lifts your spirit. I'm already planning for next year," he said.

His efforts have since earned him recognition as a finalist in the Rising Star category of the 2026 Sunshine Coast Biosphere Awards. Go Nate!

Sign up for 2027 at [stepsforsteps.com.au](https://stepsforsteps.com.au)

# Dependable Plumbing Solutions

When plumbing problems strike, most people simply want someone dependable to turn up on time and get the job done properly. That's exactly the approach Shaun Young and the team at RiverStone Hot Water, Plumbing & Gas bring to every job.

"For us, it's always been about looking after people the way we'd want our own families looked after," Shaun says. "We're a local business, so our reputation matters. Most of our work comes from referrals and repeat customers, and we're proud of that."

RiverStone Plumbing provides plumbing, drainage, gas fitting and hot water services across the region, helping homeowners, businesses, body corporates and property managers keep things running smoothly.

Blocked drains are among the team's most common call-outs and often begin as a minor inconvenience.

"We recently had a customer who noticed their shower draining slowly for weeks. Eventually sewage started backing up into the bathroom."

Using specialised drain camera technology, the team quickly identified the cause without unnecessary digging.

"The camera showed tree roots had invaded the pipe. Because we could see exactly what was happening, we cleared the blockage and helped the customer avoid a much bigger repair bill."

Water-efficient fixtures, smarter leak detection systems and energy-efficient hot water solutions are also helping customers reduce costs while improving performance.

Few household problems are as frustrating as waking up to a cold shower on a winter morning.

"Most hot water systems give warning signs before they fail," Shaun explains.

Common indicators include fluctuating water temperatures, rusty or discoloured water, unusual noises, leaks around the unit, or hot water running out faster than normal.



"If you're noticing any of those symptoms, it's worth getting them checked before they become a major issue."

RiverStone also works closely with local real estate agencies and body corporates.

"Property managers already have enough on their plate. We are here to make things easy for them."

Detailed reporting and efficient scheduling help maintenance issues get resolved quickly while keeping everyone informed.

**RiverStone is committed to providing honest advice, quality workmanship and dependable service. Contact Shaun on 0419 186 192 and receive \$100 off your first job.**



Angel and Possum at Arthur St Markets



Rachel and Benny at Arthur St Markets



Darryl, Bella and Rusty at Arthur Street Markets



Callan and Honey at The Pocket



Jack and Hugo at The Pocket, Moffat Beach



Levi, Olly, Figaro at Dicky Beach



Sue, Lex, Cocoa at Moffat Beach



Ella, Bella and Bella at Moffat Beach

# Preparing for Guide Dog Service

Sunshine Coast Council Liaison Officer Debbie Cooper is volunteering her time to raise Juliet, a beautiful guide dog pup, through her boisterous “teenage years” of training. With Juliet by her side at work each day, council staff are also helping create an environment where this clever young dog can stay focused on the vital job she is preparing for - to one day change someone’s life.

## What drew you to guide dog training and what qualities are required?

I’ve always loved dogs, especially Labradors (having two of my own previously) and this has been on my bucket list for a long time. I also really value giving back, and this feels like a small way to contribute to something much bigger. Patience, consistency and a genuine love for dogs are key I believe, even embracing the not-so-glamorous parts like constant dog hair! Routine and structure matter too, not just for the dogs but for me as I juggle this alongside full-time work.

## How is Juliet’s training going?

Juliet’s going really well. She still has moments of distraction around other dogs in certain environments, but she’s improving all the time. She’s a little bit sassy, incredibly smart and really intuitive. I’d love to think she’ll make it all the way through; she’s got something special... but I might be a bit biased! What stages are involved in the journey from puppyhood to placement? There are two caring stages: Stage 1 (10 weeks to 9 months) and Stage 2 (9 to 14 months). After that, they return to Guide Dogs QLD for formal training before potentially being matched with a handler. There’s a whole team involved along the way. You know the saying - it takes a



tribe; I’m just one small part of a much bigger picture.

## What training methods do you use?

Positive reinforcement is everything. It’s how I’ve always trained my own Labradors, and it works so well, plus they love food. Labs love boundaries and genuinely want to please, so rewarding the right behaviour builds trust and connection.

We’re also supported by professional trainers who guide us through more advanced “skilled training,” like navigating escalators, buses and trains and any specific challenges with each dog.

## What situations are most challenging for guide dogs to master?

Every dog is different, just like people. Busy, noisy environments can be challenging, and other dogs can be a distraction for Juliet. It’s all about helping them stay calm and focused, no matter what’s going on around them.

## How difficult will it be to say goodbye?

I’m not entirely sure yet... ask me again in six weeks and bring tissues! We have built such a special bond, so I know it will be tough. But if she makes it, she’ll go on to change someone’s life, making it all worthwhile.

**Help raise a future Guide Dog. Visit [raiseup.com.au](http://raiseup.com.au) or call 1800 810 122.**

# Travelling bolstered my gratitude

My spirit needed a shift. I'd look at the quote on my dresser daily: "Always expect something wonderful to happen." Then it did – the opportunity to fast track my bucket list which had seemed like a far-off dream.

BY JANICE JOHANSEN

**F**irst stop, Zimbabwe – reconnecting with family. A country now so different from the memories of my youth, yet still carrying the resilience and lion spirit of a proud nation.

A simple trip to the grocery store became a carefully navigated drive through rutted and potholed roads. Store shelves lined with expensive imported goods priced in US dollars - despite many locals surviving on as little as \$200 USD a month, and a medical system catering to the wealthy.

Yet despite power cuts, water shortages and inflation, I was struck by the warmth, humour and endurance of the Zimbabwean people.

Next Romania. Arriving in Bucharest to minus seven degree weather was a shock to my sun-loving soul. Snow looked magical, like stepping into a fairytale, but grey skies, bitter cold and sleet can reveal another side to beauty.

In Sibiu, I wandered cobblestone streets that felt untouched by time, watched breathtaking ballet and piano performances, and found peace inside ornate churches. Yet hidden beneath old-world charm, culture, artistry and grace are economic and political struggles too.

Then came Bali, vibrant and colourful. I loved the inexpensive meals, bustling art markets and the kind friendly Balinese people.

However, behind the tourist's dream are families struggling to make ends meet and crowded into one-room homes. A heavily pregnant woman working late into the night selling keyrings instead of resting, made a particular impression on me.

Travelling opened my eyes not only to beauty, but also suffering, resilience and humanity. I returned home with something far greater than souvenirs; it was gratitude for the everyday blessings so easy to overlook.



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## Reflections from my Heart

with Rashida Cottrell



## Returning to Our Natural State of Peace

So many people are searching for peace as though it is somewhere outside of them. We look for it in the perfect morning routine, the quiet weekend, the holiday, the retreat, or in the hope that life will finally slow down enough for us to feel okay.

But peace was never something we were meant to chase.

Peace is our natural state.

It is what remains underneath the noise of the mind, the pressure of daily life, and the stories we tell ourselves when life feels uncertain. Long before the world told us to hurry, prove, compare, and carry more than we need, peace was already there within us.

This does not mean life is free from challenge. Life will still bring change, grief, growth, responsibility, and moments that test us. Yet even in the middle of all of that, there is a deeper place within each of us that remains steady.

The practice is in remembering.

Remembering to pause before reacting.

Remembering to breathe deeply into the body.

Remembering that stillness is not laziness, but wisdom.

Remembering that we do not need to become peace, we simply need to return to it.

Often it is the simplest moments that guide us home. The warmth of sunlight on the skin. A slow walk with no destination. The sound of birds in the early morning. A cup of tea held with both hands. A hand on the heart and one conscious breath.

Peace lives in these moments of presence.

Maybe the invitation for all of us is to stop searching so hard and gently remember that peace is not something we find.

It is something we are.

[judgellittlelovelots.com](http://judgellittlelovelots.com)

# Every animal deserves a second chance

BY SUE NUNN

New Home, New Life is the promise made to every homeless cat and dog that comes into the care of 4 Paws Animal Rescue.

Neeko the Pomeranian may be 10 years old and living with medical issues, but the tiny senior still has plenty of love and life left in him.

He's one of more than 100 cats and dogs supported through 4 Paws Animal Rescue's Permanent Resident Program, created for animals who may otherwise struggle to find a home.

Neeko came into care with a luxating patella and a collapsing trachea – conditions that can make dogs harder to rehome through traditional adoption models.



"Dogs like Neeko are exactly why we created the program," said 4 Paws patron, Ashley Robinson.

"Senior animals or those with medical or behavioural challenges are often overlooked through no fault of their own."

Under the program, 4 Paws covers veterinary care for life, helping foster carers open their homes to vulnerable animals.

Neeko has found his happy ever after, but other dogs and cats are still waiting for their chance.

To help continue programs like this, 4 Paws Animal Rescue is preparing for its annual Santa Paws Walk in the Park fundraiser on July 19 at Lake Kawana, with all funds raised supporting rescue animals.

More information about the Permanent Resident Program is available at [4pawsanimalrescue.org.au](http://4pawsanimalrescue.org.au)



## Notes from the Native Nursery

with Suzanne Wilson

## iNaturalist App

We all love watching the wildlife that David Attenborough brings into our living rooms. But did you know he is now shining a light on the hidden biodiversity and wildlife in our own backyards — and you can too?

iNaturalist is a free worldwide citizen science app and website that works as your own personal nature journal. Ever wondered what that strange fungi is? iNat it. Heard an unfamiliar frog call? Record it and upload it. Curious about a native bee or wildflower? Take a photo and share it

with an online community that can help identify it.

Each observation records the location, date and time, allowing you to build a snapshot of the wildlife around you and track what you've seen over time. It's addictive, fun, and you might even stumble across a rare species — or better yet, something not yet recognised by science.

Want to learn more? Look for projects in your local area to join, or better still, take part in a BioBlitz. You never need to explain your fascination with the natural world at a BioBlitz — you'll already be with your tribe.

I'll leave you with my favourite quote by Dorothy Parker: "The cure for boredom is curiosity. There is no cure for curiosity."

Visit [mrl.org.au](http://mrl.org.au) to learn more.





## Women and The Way

with Dr. Kirby Quin

### Winter Wellness Through the Lens of Chinese Medicine

Winter is here and the chill is in the air on the Sunny Coast, and with the cooler temperatures has come plenty of wind. In Traditional Chinese Medicine (TCM), seasonal transitions are seen as times when the body can become more vulnerable to external influences.

As we move into winter, here are four simple TCM ways to support your health:

#### 1. Keep your feet warm

In Chinese medicine, the Kidney meridian begins on the sole of the foot. The Kidneys are associated with our vital energy, resilience, and warmth. Wearing socks can help preserve this precious energy.

#### 2. Swap salads for soups

Winter is the season for warming foods. Cold and raw foods require more digestive energy to process, whereas soups, broths, and slow-cooked meals support the spleen and stomach, helping digestion and nutrient absorption.

#### 3. Wear a scarf outdoors

The back of the neck is considered a key entry point for wind and cold. Keeping this area covered can help protect your body's defensive Qi.

#### 4. Prioritise rest and restoration

Winter is nature's season of slowing down. Honour this rhythm by getting extra sleep, reducing unnecessary busyness, and allowing time for restoration.

Book an appointment with Dr. Kirby to learn how you can better support your body through Winter. Call 0415 537 786.



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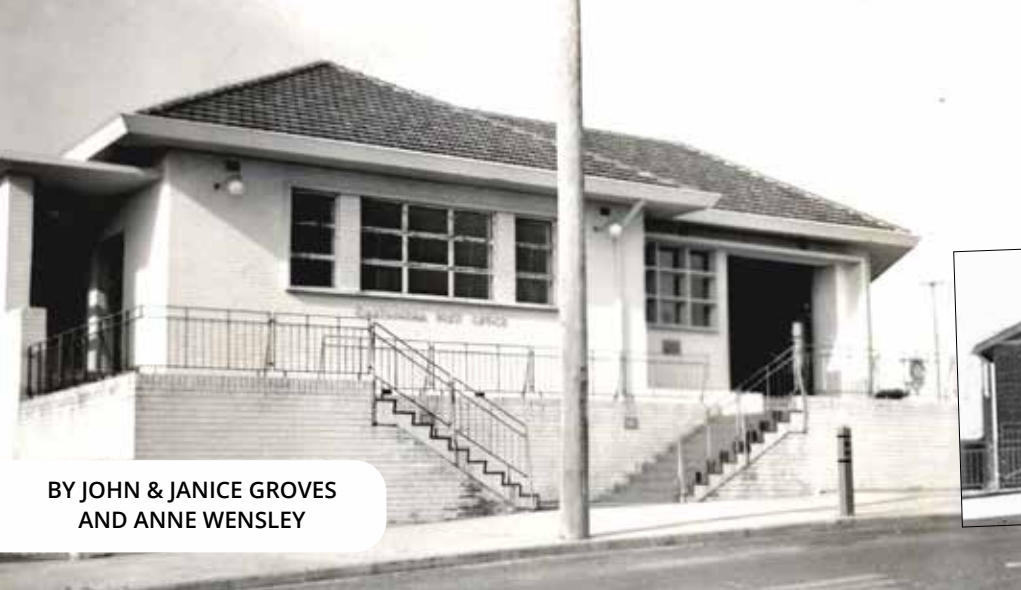
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BY JOHN & JANICE GROVES  
AND ANNE WENSLEY

# Post Offices of Caloundra

In days gone by, the post office sat at the centre of community life in Caloundra - a place where news arrived, business was conducted and the town connected with the outside world. Today, the historic site on the corner of Bulcock Street and Canberra Terrace is preparing for a very different future, with the 179-apartment Eden development now underway.

Caloundra's first postal service was modest. In 1896, mail was handled from a small room inside the Lighthouse Keeper's home on Canberra Terrace. As the seaside settlement grew, so too did the need for a dedicated postal service.

In 1934, Caloundra's second Post Office opened on the prominent corner of Bulcock Street and Canberra Terrace, signalling the town's growing importance as both a holiday destination and local service centre.

Less than two decades later, in 1953, a substantial brick Post Office replaced it — a building many locals still remember fondly before its recent demolition.

The Post Office was once essential to daily life. Operated by the PMG

(Postmaster-General's Department) it provided telephone services through a manual exchange, banking facilities, public telephones, parcel services, post office boxes, telegrams and letter delivery.

Before emails, smartphones and internet banking, the Post Office was where people paid bills, connected with family, conducted business and caught up on local happenings.

The arrival of a handwritten letter carried excitement and significance that young people today may find difficult to imagine.

While parcels still arrive daily, much of the Post Office's former role has been replaced by digital communication and online services.



*A look at Caloundra's post offices in the early days.*

Today, Caloundra's postal network operates from Australia Post outlets at Caloundra Village, Caloundra West, Moffat Beach and Golden Beach — a sign of the remarkable evolution of communication and community life across the decades.

Meanwhile, the transformation of the historic Bulcock Street site at the top of town, from a bustling government service hub into modern apartments, further reflects Caloundra's rapid growth and evolving identity.

## Caloundra: The Past 100 years

Local Historians, Anne Wensley and John and Janice Groves have written many books about Caloundra's past. Books are available at the Book Shop at Caloundra, Moffat Beach Post Office or directly from John and Janice Groves 0434 680 312 or Anne Wensley 5437 0011.



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## Salty Sessions

with John Henderson



# Surf Forecasting

**A**loha Crew! It can be quite a challenge working out when and where to surf to get the best waves. There are plenty of factors to consider, including the tide, wind direction and strength, swell size and swell direction.

Another critical factor, especially on the open beaches, is the shape and depth of the sandbanks and gutters, which affect how the waves break on a particular tide. The tricky part is that the sand is constantly moving around.

Around Caloundra, a general rule of thumb is that Kings Beach and Happy Valley are more protected in a northerly wind, while Moffat Beach, Dicky Beach

and Currimundi are often better in a southerly.

If the waves are very small, an open beach like Currimundi will usually pick up more swell than the protected beaches.

I'll continue this article in the next edition with some information about the apps I use to forecast conditions.

**If you're keen to get into surfing, my advice is to book a lesson with an experienced coach. Talk to Russell at North Caloundra Surf School on 0411 221 730, or John at Caloundra Surf School on 0413 381 010.**

# Salty's Specialty Fishing Store

Salty Fishing Charters is dropping anchor with a new specialty fishing store at Pelican Waters Marina. From 1 July 2026, the shop will offer bait, ice and a range of fishing essentials, along with specialised tackle for float lining – a popular offshore technique used to target quality snapper.

Float lining uses a small sinker and natural current movement to present bait higher in the water column, where larger fish are often found.

The shop will initially operate from Friday to Sunday, 7am to 3pm, and will also serve as a booking hub for Salty's fishing charters and Bar Crossing Course.

Charters are conducted aboard Salty's custom-built 11-metre plate aluminium fishing vessel, which accommodates up to 12 passengers. Featuring a full walk-around cabin, onboard toilet, comfortable

seating and 650 horsepower, the boat has been purpose-built for serious offshore fishing.

The Bar Crossing Course consists of two modules. The first is a theory session conducted aboard the Salty vessel, while the second provides hands-on experience, with participants navigating their own boats under the guidance of Salty instructors.

Several new initiatives are also planned, including a monthly sausage sizzle barbecue launching in late July, giving locals the opportunity to meet the team and share fishing stories.

Pelican Waters residents with pontoons can also look forward to a unique fresh prawn delivery service by canal.

**Follow Salty Fishing Charters on Facebook for updates.**

## Offshore Fishing with SALTY

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