

Caloundra CHRONICLE

#11: September-October 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

Our Spring edition celebrates the land, sea and community of Moffat Beach, a place where wild natural beauty meets everyday life.

Recent construction work has tested the patience and resilience of this small corner of Caloundra, but it hasn't diminished its spirit.

Moffat's pulse lives in its simple rituals: an early ocean swim, a walk up the headland, kids running wild in the playground, fish and chips on the grass, or friends gathering for a catch-up.

As one Caloundra local so beautifully put it, "Nature holds all the tickets to this extraordinary venue."

Sunrise is the headland's moment of glory. As the first rays catch the ochre sandstone, the cliffs seem to ignite, creating a spectacular backdrop just footsteps from suburbia.

Below, rock pools invite exploration, while turtles, dolphins and occasionally a whale remind us that nature is never far away.

Mornings can mean waiting beyond the break for one of Moffat's long, peeling waves or for a barista to work their magic on the first coffee of the day.

Along the beach, swimmers, walkers and four-pawed companions awaken with the rising sun.

Some days the water is crystal clear; on others, sand and seaweed swirl beneath a powerful shore break.

There is history here, too. Surf culture and community have long thrived side by side, with generations gathering for surfing contests, celebrations, barbecues and long days by the sea.

When conditions align, the time-honoured tradition of digging out Tooway Lake creates an epic standing wave and its own gathering of surfers and spectators.

Up the road, Moffat's cafés, restaurants and shops bring the village to life, with familiar places, familiar faces and a sense of belonging.

Above it all, Norfolk pines and pandanus stand witness to the changing seasons and the life unfolding beneath their shade.

Thank you, Moffat Beach, for making room for us all.

Alana Hall



'Beach Day at Moffat' Takes the Cover



More than 25 beautiful images were entered in the Caloundra Chronicle's Moffat Beach Photography Competition, giving our judges the difficult task of selecting the September–October cover.

The entries captured Moffs in all its moods, with ocean scenes, headland views and some lesser-known perspectives showing the character of this well-loved place.

Five photographs were shortlisted with help from the community on social media before being presented to four judges, each with their own view on which image best captured the essence of Moffat Beach. The chosen photograph also needed to suit the Chronicle's portrait cover and sit comfortably alongside the masthead.

After plenty of deliberation, Beach Day at Moffat by Jo Maddick was selected to grace the cover.

"I grew up at Moffat Beach. My grandparents lived at the top of Queen of Colonies for 35 years," Jo said. "The image was captured on a perfect day from their balcony, looking out over the beautiful scene that is Moffy B."

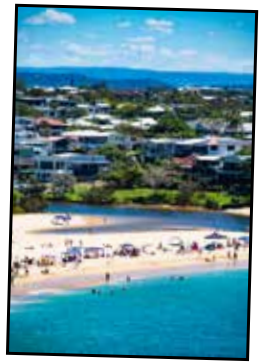
Long-time local and judge, Michael 'Frog' Flocke from Moffs Made said the photograph captured a classic day at the beach.

Chronicle editor Alana Hall agreed, saying the image reflected the lively character of Moffs, with swimmers enjoying the water, families gathered on the sand, beachside homes lining the shore and mountains rising in the distance.

Greg Barnett's Surfer on Moffs immediately caught the eye of judge and local artist Raelean Hall for its clarity, composition and strong sense of place, while Jericho owner Wes Thompson loved Rik Bresolin's Hazy Sunset image.

Jo will receive an original oil painting of a local coastal scene by Raelean Hall. Runner-up Greg will receive a \$100 Wednesday Night Date voucher from Jericho Moffat Beach, while Rik will take home a Jericho merchandise pack.

Thank you to our judges and to every photographer who shared their view of Moffs with us.



*Greg Barnett:
Surfing at Moffat.*



*Rik Bresolin: Hazy sunset
due to a smoke haze
from a close bushfire.*



*Nick Jays: Stunning
sunrise over the Moffat
Beach Headland.*



*Natasja van Wyk: Moffat
captured in the warmth
of the afternoon sun.*

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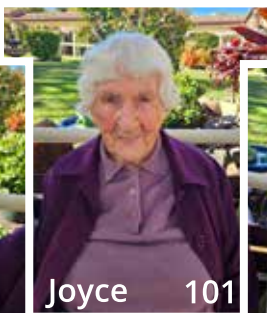
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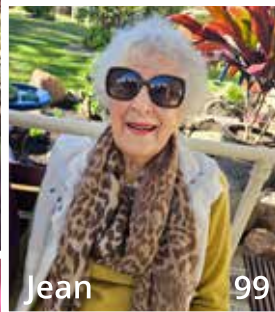
Rose 99



Merle 104



Joyce 101



Jean 99

100 Not Out

How to Live for a Century

BY SUE WARREN

Australians are living longer than ever, but reaching 100 is still a rare feat. With four centenarians calling BlueCare Dicky Beach home, perhaps Caloundra has uncovered its own Blue Zone secret: sunshine, sea air and the good life.

What an absolute privilege and pleasure it was to sit down and chat with four amazing women, all of whom have led long and interesting lives.

Residents at Dicky Beach Blue Care Aged Care Facility, Merle Williams (104), Joyce Helmstedt (101), Rose Smith (99) and Jean Bullic (99), are a wonderfully lively and entertaining group. Despite their very different backgrounds and personalities, they have clearly formed close bonds with each other. We asked them to share just a few of their memories, highlights and pearls of wisdom for the benefit of our readers, and they all had plenty to offer.

Memorable moments such as weddings and the births of their children were a common thread, but the intense relief and joy that followed the Depression and the end of World War II, with all its hardships and dangers, were also real standouts.

For Jean, formerly from the UK, VE Day remains particularly vivid.

"I was 13 years of age when World War II broke out, which meant I was 18 when

VE Day came. The blackout was over, cars were running again and we could move. We could start to live, and I think that was the happiest day of my life."

Her comment brought much nodding and agreement from the group, along with memories of rationing and using mosquito netting for post-war debutante frocks when no taffeta could be found. They also recalled troops training in Caloundra or coming over from Bribie, which apparently ensured a "whale of a time", according to Rose.

Of the group, Rose has been a Caloundra resident the longest, having spent 91 years of her life here after her family moved to the area when she was eight. Her father opened a hairdressing salon, and Rose has vivid memories of the daily ride from Bulcock Street up Lighthouse Hill and all the way around to school.

"We'd come home, have something to eat, then go down for a swim," she recalled.

She met her husband, Robert, at school when they were in the same class, though she assures us they did not start dating until she was 16! They were married for more than 50 years and, although he has now been gone for 26 years, she happily recalls the many places they visited together. Rose continued travelling afterwards with a friend.

All four lovely ladies were very happy to share the many interests that remain undiminished in their later years, including music, television, indoor bowls and a little flutter on the pokies. They are well catered for at the residence, with exercise, dancing, a garden club and a newly established book group. Each firmly believes in the benefits of keeping the body and mind active.

Joyce also credits her strong Christian faith for her continued interest in life and wellbeing. Of course, they acknowledge that health issues can crop up as the years advance, but these lively ladies are grateful that theirs are mostly minor. Rose gleefully tells us that her specialist declared she has "great genes", so no doubt that helps too!

Taking each day as it comes is a philosophy all four agree is a good one. Jean adds that having a reason to get up each morning is also important, even if it is simply the daily exercise session, going for a walk or laughing with her bestie, Rose. She says optimism and fresh vegetables are also part of the action plan, while Merle adds, "And two beers every afternoon."

Given that Merle will turn 105 in December, perhaps we should take that one on board. There is no doubt that all four still have their sense of humour very much intact!

While health, happiness and good genes do factor in significantly, keeping mentally and physically active, eating well, maintaining friendships, practising gratitude and enjoying life's small pleasures all come into it.

The final word from all four? "Be kind. Do unto others as you would have them do unto you."

Mick Scott 106

At 106, Mick "Richard" Scott keeps life refreshingly simple.

The WWII-era serviceman and life member of Caloundra Power Boat Club still catches up with mates at their aptly named "Table of Knowledge", where stories and plenty of bulldust flows freely. His greatest life highlight was meeting his wife, Muriel, in Wales during the war; losing her was his lowest. Mick credits plain food, meat and five veg, walking, good friends, family and the occasional beer for his longevity. His advice is equally straightforward: be kind, stay active. As for the meaning of life? He chuckles: "Nobody told me."



Valmai Craig 99½

At 99 and three-quarters, Valmai Alice Craig has packed plenty into a contented life. Raised with 10 siblings on an Apple Tree Creek sugar cane farm, she walked three miles to school and met her sweetheart, Thomas, at a local dance. They married, settled in Yandina and raised four children. Today, Valmai's family spans five generations, including 11 grandchildren, 24 great-grandchildren and seven great-great-grandchildren. A dedicated fundraiser and champion baker, she made countless cakes, sweets and stuffed toys for community causes, while her famous chocolate cake regularly won first prize. Her advice for a long life? "Be happy and be kind to people."





Aura Home + Life is Open for Trade

Aura's newest shopping destination has officially opened, bringing a major line-up of national retailers, hundreds of local jobs and a new one-stop shopping precinct to the southern Sunshine Coast.

Aura Home + Life opened its doors in August following years of planning and an \$80 million investment by Capital Property Group.

The 20,000sqm large-format retail precinct is now fully leased, with TK Maxx, Adairs, Baby Bunting and Café 63 among the final retailers to join the line-up.

They join Rebel, The Good Guys, Spotlight, Anaconda, Harris Scarfe, Supercheap Auto, Beacon Lighting, Petstock and Pillow Talk, giving shoppers access to everything from homewares and fashion to sporting, automotive and family essentials.

Capital Property Group Head of Property Richard Snow said the calibre of retailers reflected growing confidence in the region.

"National retailers don't make location decisions based purely on what's here today – they're investing based on where communities are heading over the next 10 to 20 years," he said.

The precinct features 12 large-format tenancies ranging from around 350sqm to 5,000sqm, along with Café 63 and approximately 400 car parks.

For Aura, Caloundra and surrounding communities, the new centre means more shopping options closer to home, while creating hundreds of local employment opportunities.

The community will have the chance to celebrate the new precinct at Aura Home + Life Community Day on Saturday, 12 September, from 10am to 1pm. Families are invited to come along, explore the new shopping destination and enjoy free children's activities.

Aura Home + Life, Corner Graf Drive and Aura Boulevard, Aura.

CELEBRATE **AURA** HOME + LIFE COMMUNITY DAY

Sat 12 Sept, 10am–1pm
10 Graf Dr, Baringa

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BEACON LIGHTING • PILLOW TALK • BABY BUNTING • ADAIRS



AURA
Home + Life





A Shitbox Rally to Remember

It turns out even a stubborn 1994 Toyota Tarago has its limits. After more than 3500 kilometres of mud, corrugations and mostly unsealed roads between Adelaide and Darwin, Caloundra's Driving With A Crank team car finally declared it had had enough.

The Cancer Council Shitbox Rally began with 243 cars, but the punishing conditions claimed 37 of them, the highest number of non-finishers in the event's history. Phil Driver and Melinda Ireland's much-loved Tarago was among the casualties.

Heavy rain turned outback roads into thick mud, which collected above the bash plate and weighed down the vehicle. When the team reached drier country, relentless corrugations finished off the front struts.

The Tarago remains in the Northern Territory awaiting an RACQ tow home, but Melinda is adamant it will ride again.

"We'll fix it up, reinforce the struts and make sure we have a couple of spares next time," she said.

While the car did not make it to Darwin

under its own steam, Phil and Melinda did, supported by the camaraderie of their seven-car group.

"We all stuck together, regardless of whose car was breaking down or who was stuck on the side of the road," Melinda said. "We stopped, helped each other, had a laugh and kept going."

Phil was often called upon to diagnose mechanical problems, while Melinda handled fundraising, logistics, half the driving and the occasional request to "grab the spanner".

The pair also smashed their \$10,000 fundraising target. With final donations added, they expect to raise about \$14,000 for cancer research, beating last year's total of \$11,266.

Melinda encourages anyone tempted by a slightly mad outback adventure to get involved by entering, sponsoring a team or donating.

"Give it a go," she said. "You get to give back, meet great people and have plenty of laughs along the way."

Follow on Facebook:

Shitbox Rally – Driving with a Crank





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Fifty Years of Bowls, Belonging & Community

Caloundra District Indoor Bowls Association celebrates half a century on the mat.

Fifty years ago, several local indoor bowls clubs recognised that their collective efforts would yield greater results than individual pursuits. Previously meeting at the School of Arts Hall and other venues across Moffat Beach, Golden Beach and Alexandra Headland, the clubs combined their resources to establish a permanent home for indoor bowls in Caloundra.

They organised street stalls to raise funds, obtained government support, and, in a remarkable demonstration of commitment, four trustees risked their personal properties to secure a loan essential for completing the building. The hall officially opened its doors on November 27, 1976.

At a significant event held early on, 100 teams of six participated, welcoming

approximately 600 individuals. Fifty years later, the Caloundra District Indoor Bowls Association continues to thrive, despite encountering various challenges along the way. Membership once exceeded 400, but following the COVID pandemic, numbers dwindled as some members chose not to return and other sports and activities sought engagement. Nevertheless, those who remain are deeply committed to preserving the spirit and tradition of the game.

The hall was constructed through the collaborative efforts of dedicated individuals and members. Their teamwork culminated in the successful completion of the building. Once the hall was established, members united once more to paint both the interior and exterior, as well as to create seating stools for the space. In 1983, the association expanded by building a smaller hall behind the main structure, designated as a luncheon

room for bowls events. By 1987, further enhancements were made to the main hall, including the addition of a new kitchen and dining area at the rear.

Burke Street in Golden Beach was formerly a dead-end street, with the hall located at the western end. Parking was available in front of the hall, across the road on the grass, or behind the hall in a spacious grassy area. Following an extension of Burke Street to Pelican Waters Boulevard, the association acquired a bitumen car park, significantly increasing the available parking spaces for the hall.

Over the past 10 to 15 years, considerable efforts have been made to maintain and enhance the building. This includes painting both the interior and exterior, installing new curtains throughout, and replacing the roof on the main building as well as the back hall. Upgrades have also been made to the solar panels and the installation of storage batteries, alongside the replacement of fans that were over 40 years old and the acquisition of new tables and chairs.

Many of these improvements were made possible through the generous support of grants from the Sunshine Coast Council and the Community Benefit Fund.

Shortly after the hall's construction, the association initiated Saturday night bingo sessions to generate funds for building expenses. This was soon expanded to Tuesday mornings, and now the association proudly hosts four bingo sessions each week.

Fifty years later, it remains a vibrant hub for community engagement. In addition to indoor bowls, it serves as a bustling meeting place for activities such as mahjong, photography, cake decorating, floral art, gardening, and U3A groups. Local organisations, including the Golden Beach Garden Club, Currimundi Probuss Club and Meals on Wheels, frequently utilise the space.

Today, the challenge lies in inspiring a new generation to explore a sport that embodies competition, strategy, friendship, and a sense of belonging. The club is open and inviting, proudly identifying itself as the friendliest on the Coast. "Come and experience indoor bowls; you'll never know the possibilities unless you take the leap!"

After 50 years, the bowls continue to roll, new friendships blossom, and the Caloundra indoor bowls community eagerly awaits your arrival.

www.caloundraindoorbowling.com





Luke Anthony's Music

It's been said that a place chooses you and that's exactly how local musician Luke Anthony came to call Caloundra home.

Images: Creative Earth Studio

Raised in the country town of Bathurst, Luke spent his younger years surrounded by farmland, family and music. Luke's father Ross was a schoolteacher who was rarely without a guitar in hand. At nine years old Luke learnt his first chord, and almost immediately began writing songs of his own.

"I always wanted to be the front man. I loved being on stage."

Throughout high school he gravitated towards musicals, drama and performing before forming his first band, Peacock Dreams, in his early twenties. The band toured around Sydney, Canberra and university festivals, giving Luke his first taste of life as a professional musician before his travels eventually led him overseas.

After spending almost five years in Canada, Luke returned to Australia knowing exactly where he wanted to call home. A visit to friends at Moffat Beach on one of his home trips had left a lasting impression.

"I was obsessed with the surf culture," he says. "The people were so laid back."

Then I discovered all the beaches, and the waves, and I thought, 'This is it for me.'"

That relaxed coastal lifestyle began influencing not only his life but his music.

Drawing inspiration from artists including Fleetwood Mac, Van Morrison and BB King, Luke developed what he affectionately describes as "surf blues" — an earthy acoustic sound that reflects his ocean lifestyle and the people around him.

His album Seaview Terrace remains one of his proudest achievements, named after the popular Moffat Beach strip in his beloved neighbourhood. Recorded live in a single take alongside close friend and guitarist Jarry Pasco, the project captures the authenticity Luke strives for every time he performs.

"I wanted it to sound exactly like we do live."

Today, audiences across Caloundra know Luke for performances that are anything but ordinary. Armed with an acoustic guitar, a foot stomp and an unmistakable vocal style, he reinvents familiar songs with his own creative twist before weaving in original music once he's won over the room.

"I like making people work out what song I'm playing," he laughs.

While music has provided his livelihood for nearly two decades, life has brought its share of unexpected challenges.

Luke and his Canadian partner, Corissa, are raising two young boys, Leroy and Ronnie. When Ronnie arrived almost three months premature at just 25 weeks, life changed overnight.

The family spent three months in Brisbane's Royal Women's Hospital, forcing Luke to step away from regular performances and reassess the uncertainty of relying solely on weekend gigs to support his growing family.

Determined to create greater security, he began a mature-age carpentry apprenticeship with Moffat Beach Building while continuing to perform around the coast.

"It's given me options," he says.

"Music will always be part of my life, but it's nice knowing I can build houses too."



You can regularly catch Luke performing at Moffat Beach Brewing Co., along with monthly performances at Kings Beach Bar and The Pocket Espresso, where it first began. He also has a weekly residency at Torque Eat Drink in Golden Beach, bringing his signature blend of surf blues, creative covers and heartfelt originals to local audiences.

[instagram.com/lukeanthonymusic/](https://www.instagram.com/lukeanthonymusic/)





Charles and Grace at Moffat Beach



Dog's
best
FRIEND



Megan and Suki at
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Bianca, Vicky and Sunny
at Moffat Beach



Monty and Lauren
at Moffat Bch Street Party



Happy hound at
Moffat Bch Street Party



Jill, Jack, Bodhi at Moffat Beach



Brendan and Boy at
Moffat Bch Street Party



Marylynne, Jasper and Mia
(former show champion)
at Kings Beach Bar



MARTIN DUNCAN

A Recipe for Bringing People Together

A palliative care nurse named Bronnie Ware once recorded the regrets she heard most often from people in their final weeks. Among them were wishes to stay in touch with friends, let themselves be happier and have the courage to express how they truly felt.

At his Sconetime gatherings across the coast, Sunshine Coast Foodie Martin Duncan is creating connections that help keep loneliness at bay and perhaps even ease some of the regrets that can come with later life.

Over fresh scones, jam and cream in heritage halls, older people are finding a reason to get out, meet new people and maintain friendships, while younger generations are finding opportunities to connect with them too.

Take Shirley, for example. After moving out of her mansion and into a retirement home, she found Sconetime gave her a new lease on her social life.

"She came along, joined a table of regulars, and lit up the room," Martin said.

"We recently had Year Twos from Buderim Mountain State School perform a Mary Poppins show for guests in their late 70s and 80s, including a 101-year-old. I think our elders can become a bit invisible, and that's really sad. I see real value in bringing the generations together," Martin said.

"There's nothing better than seeing a six- or seven-year-old sitting there asking awkward questions, or telling a joke, with an elder of the community. We really need more of that. There's so much value in the wisdom of those who've been before us."

It's this belief in the power of connection that has made Martin one of the coast's most recognisable community figures and earned him a nomination for Australia's Kindest Person.

Since relocating to Caloundra, he has thrown himself into local life, partnering with the Taste Caloundra team to champion the restaurants, cafés and producers that make the region so delicious.

Food has always been Martin's love language. Growing up in New Zealand, life was simple and abundant. He spent weekends camping with his family and watched his grandmother turn almost anything into something delicious.

When he was seven, she handed him a Women's Weekly cookbook and set him loose.



"I would just make everything in that book till I'd got it right," he laughs.

His family became willing taster-testers along the way, even braving a memorable blue pavlova.

"Blue and food," he says with a chuckle, "should never be combined."

That early apprenticeship set Martin on the path to qualifying as a chef at 19 and brought him to Australia at 21. A stint as a "party boy" on Hamilton Island eventually led him to Terrigal on the Central Coast, where he opened his first restaurant, Haven Beach Café.

Years in boutique hotels and restaurants followed, but Martin eventually realised his real gift wasn't just in the kitchen. It was in bringing people together, creating a sense of belonging and helping them shine through shared food and community.

That gift took on new meaning after he lost his beloved mother, Maureen, to bowel cancer last year.

In the aftermath, Martin was struck by how much of her life he didn't know. It inspired him to create heartfelt questions for seniors to answer over the dinner table, along with a companion list to help adults connect more meaningfully with children and teenagers.

"We're really bad at just conversing with young people," he says. "Finding common ground to connect and open them up is important."

When asked where his kindness comes from, Martin's answer is immediate: his mum. Maureen filled her life with community gardens, emergency housing for the elderly and an endless supply of second-hand white goods for anyone who needed them.

"Mum instilled in me the value of being good to others. She taught me that you can get whatever you want with honey. And that's kindness."

These days, Martin's business card lists Sunshine Coast Foodie, Mary Valley Foodie and Moreton Bay Foodie. But talk to him for five minutes and it's clear that food is just the excuse. The most important ingredient is people.

Discover a selection of
Martin's dinner table
conversation-starters
over on page 45.

Follow @sunshinecoastfoodie



COME & TRY INDOOR BOWLS

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TUES NIGHTS

NAMES IN BY 6:45PM

PLAYS STARTS AT 7:00PM



Tuesday Mornings - 10:00am

Wednesday Nights - 7:30pm

Thursday Mornings - 10:00am

Sunday Afternoon - 1:30pm

55 BURKE ST GOLDEN BEACH



Daisy's Return

With a history spanning more than a century, Daisy's Place has welcomed scores of Sunshine Coast travellers seeking rest, a good meal and some local hospitality. Its story holds a special place in the hearts of many, and with the doors now reopened, owner Sue Joseph has plans to preserve Daisy's legacy for generations to come.

The historic venue began life as The Rustic Cabin, built by Samuel and Daisy Johnson in 1923 near Jowarra Scenic Park. It became a popular rest stop on the old route between Brisbane and North Queensland, known for Daisy's homemade pies, tea and scones.

More than a century later, people still arrive carrying memories of childhood visits and family road trips.

"Some came here with their parents, and now their parents have passed," owner Sue Joseph said.

"There's a lot of feeling and a lot of memory."

Sue purchased the property in 2010, restored it and opened Daisy's Place in 2011. After being leased and later sitting quiet for a time, the much-loved venue has reopened following another extensive renovation.

While age had taken its toll on much of the original cabin, the timber floor in the front tearoom remains. It has been carefully sanded over the years, although restorers have warned that the most



Left: Barista Rachael. Above: Chefs Tom Castaldi and Jason Slade.

recent sanding will likely be its last.

Every table was stripped and repolished, while the timber inside and outside was treated to help preserve it. The building was repainted, carpets replaced and the kitchen completely renewed with new equipment and flooring selected for safety and comfort underfoot.

An existing outdoor area was also revamped, opening it to the surrounding greenery and creating another inviting place to settle in.

The result retains the warmth and character people remember, with polished timber, tablecloths and attentive table service. Guests can choose a quiet chair to read, meet friends over lunch, hold a business meeting or sit at the outdoor bar tables with a cocktail.

Dale Higgins, who was part of Daisy's original team, manages the venue, while chefs Jason, Tom and Joey bring experience and plenty of personality to the kitchen. Jason also worked at Daisy's following its 2011 opening, while Tom and Joey previously worked at Sarah's Unplugged in Maleny.

The team's recommendations offer a good place to begin. Daisy's Jungle Curry has returned to the menu and can cater to different tastes, with the chefs exploring chicken, prawn and plant-based options. At breakfast, Tom suggests the Reuben Eggs Benedict, a playful meeting of the classic Reuben sandwich and a café favourite. Other dishes include seafood

chowder, hearty pies and changing breakfast and brunch specials.

Beyond the food, a new retail collection gives visitors another reason to linger. Sue has carefully selected pottery, jewellery, handbags, artworks, books, children's toys and gifts, with a strong focus on local, Australian and family-run makers.

Some pieces are handmade in Caloundra, Maleny, Brisbane and Byron Bay. Others come from family businesses Sue has known for decades, including hand-painted pots made by a Caboolture artisan. Purchases can be gift-wrapped, ready to take home as a keepsake or thoughtful present.

The happiest feature of the reopened Daisy's Place may be its team. Staff greet customers warmly, support one another and are finding their rhythm together.

The restoration is still continuing. Sue plans to add a mural of Daisy and display reproductions of her handwritten documents, allowing visitors to follow more of the Johnson family's story.

Preserving that history is important to Sue.

“Daisy Johnson, Sam and their daughter Dot are part of this community. I don't want them to ever be forgotten.”

**11 Frizzo Connection Rd, Glenview.
Phone (07) 5494 5192 to make a booking.**



100 minutes of running, lots of laughs... and some Speedy Sausages

The Speedy Sausages are returning to Caloundra, and they're not the only ones preparing for 100 minutes of fun.

The Cal 100 Fun Run returns for its second year on Sunday 13 September, inviting families, friends, sporting groups, workmates and community members to run, walk, laugh and connect.

So, what exactly is the Cal 100? It's a 100-minute team relay, with participants taking turns to run or walk a one-kilometre loop at Caloundra State School's Lower Fields.

You don't need to be a serious runner or complete the full 100 minutes yourself. Teams simply share the laps and cheer each other on. There is also an adult solo category for those keen to take on the full challenge.

More than 220 people joined last year's inaugural event. The Speedy Sausages, Pink Tsunamis and TSquad Running are

among the teams returning for another go, alongside plenty of new competitors.

The event grew out of Caloundra State School's Cal 100km Club, a before-school running program that encourages students to get active and work towards a 100-kilometre milestone. The school's P&C has adapted the idea for the wider community, turning 100 kilometres into 100 minutes.

Businesses and community supporters are getting behind the event, with The Waves Club Caloundra coming on board as Gold Sponsor, alongside Bronze Sponsors The Sports Hub Sunshine Coast, Helping Hands Network and Pacific Ford Caloundra.

The fun starts at 8am, with a sausage sizzle, snack stall, potato slinkies, smoothies and coffee available throughout the event. Spectators are welcome.

Register at raceroster.com/116581



**CAL 100
FUN RUN**

SUNDAY 13 SEPTEMBER

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100MINS. 1KM LOOP.

HOW FAR CAN YOU GO?

TEAM RELAY OR SOLO

THANKS TO OUR GOLD SPONSOR

the waves
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cal100funrun@gmail.com



The Sunflower Lady Growing Community

Joey Mogg is happy to be known around Caloundra as the “sunflower lady”. What matters most to her, though, is that people know the person behind the real estate stigma and the Mogg Property name.

When she first told someone at Pilates that she was going into real estate, the response was immediate: “Oh my God, you’re going to turn into a shark!” “I said, ‘I’m not going to turn into a shark,’” she laughed.

“I want to be known for me,” Joey said. “I adore helping people and making friends. I’m never one to cold call or force real estate down your throat. I’m just Joey, and I’m here to help when you need me.”

The Mogg Sunflower Challenge began as a way for people to discover who Joey was, without the pressure of a property conversation. She did not expect it to

become an annual event eagerly awaited by the local community.

To add to the spirit of connection, Joey put out a call to the community to join in the fun with around 30 volunteers responding to help pack seeds over two days. During that time, conversations were had and new connections were made. Three men who had not previously met discovered they lived four streets apart. They have since decided to join the Men’s Shed together.

“That wouldn’t have happened without the opportunity to sit down, pack seeds and have a talk,” she said.

Now in its fourth year, the initiative will place 10,000 packets of seeds into local hands across Pelican Waters, Golden Beach, Caloundra and the surrounding beachside suburbs.

The challenge now includes prizes for both the largest and smallest sunflower, giving every grower a good shot at the prizes. The idea came after Joey saw how easily people could lose enthusiasm when their plants did not grow as expected.

"Sometimes the little guys need to have their moment too," she said.

For first-time growers seeking tips, Joey recommends the essentials: sunshine and water, along with a few home-grown tricks such as crushed eggshells, coffee grounds and plenty of encouragement.

"Sing to them, give them praise and good energy," she said. "Just like us they respond to positivity and warmth. They turn to face the sun, like we all do."

That same warmth runs through the Sunflower Challenge. Each new leaf gives

its grower a small sense of achievement, while every packet of seeds creates an opportunity for neighbours to talk, laugh and connect. For Joey, knowing one small envelope can brighten somebody's day is what keeps the challenge returning each year.

"It's not about me.

It's about us," she said. "You don't think about the cost. You think about making someone happy, the impact of that and the ripple effect. It just brings joy."

Learn more at mogg.property



Social Mums Club

Motherhood can be deeply rewarding, but it can also feel lonely.

Between school runs, work and family commitments, making new friends as an adult is not always easy.

That's what drew local mum Selina to Social Mums Club – Caloundra & Surrounds. She saw an opportunity to create a welcoming space where women could connect, make friends and feel supported.

"I wanted to create somewhere mums could come along and meet other women without feeling like they had to know someone first," Selina said.

The free local community welcomes mums at every stage, including those with babies, teenagers or grown-up children. It hosts coffee catch-ups, walks, casual gatherings, girls' nights and other activities across the area.

Selina's vision also extends to the wider community. The club introduces mums to trusted local businesses and gives local business owners opportunities to connect.

"Sometimes one conversation over a coffee can turn into a genuine friendship, a new business connection or simply make someone's week a little better."

Newcomers, mums returning to social life after having children and women simply looking for friendship are all welcome.

Join the Social Mums Club – Caloundra & Surrounds Facebook group to discover upcoming free events.





A Fresh New Look for Golden Beach Tavern

Golden Beach Tavern has thrown open the doors on a fresh new chapter, and the popular local watering hole is looking brighter, breezier and more family-friendly than ever.

At the heart of the transformation is a new front bar facing Bowman Road, giving the tavern a more open and welcoming street presence. The sports bar has also moved to the front of the venue, maintaining the tavern's sporting spirit without allowing it to dominate the atmosphere.

Meanwhile, the gaming room has been relocated to the rear, in the former sports bar space. The switch has helped create a more inclusive setting throughout the tavern's main dining and social areas – and the Chronicle team rates it!

The bistro seating has also been upgraded, with a tasty line-up of affordable specials designed with local families in mind. Among them is a \$21.90 rump steak lunch, available Monday to

Friday — a welcome value option for residents feeling the pinch of rising fuel and living costs.

Fridays bring an extra splash of fun. Cocktails are proving popular, particularly with the ladies, while soloists and duos provide live music from 3pm to 6pm. Seafood lovers can also tuck into \$3 natural oysters all day Friday.

Then there is the outdoor deck - a breezy, relaxed space with comfortable booth seating and just the right touch of style. An easy spot to enjoy lunch, meet friends or wind down over an afternoon bevvy.

The result is a refreshed neighbourhood venue that still celebrates sport, but now offers much more room for families, friends and locals to gather.

Whether seeking a weekday lunch, Friday cocktail or lazy afternoon on the deck, Golden Beach Tavern's new look is ready to welcome the community.

32 Bowman Road, Caloundra



COLOURFUL SLANG OF THE MID 20TH CENTURY

BY ANNE WENSLEY

The middle years of the 20th century gave us some wonderfully colourful expressions. I am 83, and I still giggle when I recall them. I yearn for a rich and growing English language filled with creative, fun words. Yet here we are in 2026, seemingly stuck with the extremely overused adjective “awesome”. For a little taste of the 1950s and ‘60s, I reached for *Lost for Words* by Hugh Lunn, published in 2006. Enjoy this list of words from days gone by to express pleasure or positivity:

- | | | |
|--|--|---|
| <ul style="list-style-type: none"> • Ticked pink • Going along swimmingly • Crackerjack • Dinky-di • Good-oh • Happy as a pig in mud • Proud as Punch • Walking on cloud nine • On top of the world | <ul style="list-style-type: none"> • Happy as a sandboy • Happy as a dog with half a dozen tails and a street full of lamp posts • She'll be apples • Bonzer • Better than a slap in the face with a wet fish • Better than a poke in the eye with a burnt stick | <ul style="list-style-type: none"> • Goody, goody gumdrops • A ripper • A corker • A bottler • A bobby-dazzler • A humdinger • A ripsnorter • Super-duper • Hunky-dory |
|--|--|---|





FIND REGGIE CRAB IN THE MAG TO WIN

Thanks to 3 Black Bears Pizza Caloundra, we've got 5 delicious pizzas to give away. To be in the running, count the number of times Reggie, our resident soldier crab, appears in the magazine. Make sure you count him on this page too.

First 5 readers to email the correct answer to:
goguide@caloundrachronicle.com
 will be eating pizza in no time.

THERE'S A WORD FOR THAT?!

Do you know the informal British Australian slang word to describe a person that is outstanding, brilliant, excellent, or very attractive. You do now...

bobby dazzler

SUDOKU: MEDIUM

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What to do When a Loved One Dies

The hours following the death of someone close can feel confusing. Grief arrives alongside practical questions, and families may feel pressure to make decisions before they are ready.

Holy Cross Funerals Manager Peter Mullins says there is often more time than people realise.

"People often think they need to make all the decisions straight away, but that's rarely the case," Peter says. "When families feel rushed, it can create unnecessary stress at an already difficult time. We encourage people to take a breath, gather their loved ones and take the time they need. Our role is to guide them through the process and help them understand what needs to happen now and what can wait."

What happens first will depend on where and how the person died.

If an expected death occurs at home, the family can spend some quiet time with their loved one before making calls. The person's doctor or palliative care team should be contacted within 48 hours so the necessary medical documentation can be arranged.

For an unexpected death at home, call 000 and follow the instructions provided by emergency services.

When someone dies in a hospital or residential aged care facility, staff will explain the immediate steps and assist the family with the first arrangements.

Close relatives and friends can be contacted when the family feels ready. If there is a will, the executor should also be notified. Other early considerations may include securing the person's home and arranging care for pets, dependants or belongings.

A funeral director can then arrange to bring the person into their care and talk the family through the choices ahead. This may include burial or cremation, the style

and timing of the service and the personal details that will help create a fitting farewell.

Funeral directors also manage much of the required paperwork, including registering the death and arranging the official death certificate.

Families do not need to have every document ready before making contact. Wills, insurance policies and birth or marriage certificates can usually be located as arrangements progress. A funeral director can explain which documents will be required and when.

Some circumstances involve further procedures. An unexpected or unexplained death may be referred to the Coroner, while the executor generally handles the estate and probate matters at a later stage. For peace of mind, families can still contact the funeral company for guidance.

The first few days do not need to be managed all at once. Family, friends, grief counsellors and funeral professionals can share the practical load, allowing those closest to the person time to pause, gather and say goodbye in their own way.

Holy Cross Funerals is a not-for-profit funeral service owned by the Roman Catholic Church servicing families on the Sunshine Coast. Established in 1999, the organisation supports people of all denominations and faiths, offering traditional funerals and church ceremonies as well as private memorials and celebrations of life reflecting a family's personal, cultural or spiritual wishes.

**Visit holycrossfunerals.com.au
or call (07) 3293 0555.**

Compassionate Care. Affordable Support.

Holy Cross Funerals is a not-for-profit organisation providing compassionate, affordable funeral care for all faiths, backgrounds and styles of service. We help families create meaningful and personalised farewells with dignity, respect and transparency, tailored to honour each life and individual wishes.



Caloundra 5208 9337 | Kippa Ring 3293 0555

info@holycrossfunerals.com

holycrossfunerals.com.au



DAVID THOROGOOD'S UNCONSCIOUS ART

There is a melancholy to David Thorogood's paintings. It lives in the earthy human figures and fragmented forms that emerge from his beautiful, yet sometimes dark, work.

Using layers of paper, paint, bitumen, collage and sculptural elements, David is processing a lifetime of experiences that may otherwise have remained buried.

His path to becoming a full-time artist has been anything but conventional. He studied sculpture in Wolverhampton in his twenties, taught for a while and became a jazz bassist before going to circus school in Bristol. He toured with Snapdragon Circus and Full Tilt Stilts, even travelling as far as southern Spain performing street theatre and playing bagpipes on stilts.

"I did everything," he laughs. "I was a juggler as well, and we used to run workshops for kids."

David discovered that the expressive freedom of circus gave him access to emotions he had previously struggled to feel. "The training was emotionally cathartic and intense. I think doing circus was a lead-in to psychotherapy for me."

As an Arts Psychotherapist, he spent seven years as a school counsellor in the UK, working with troubled children. But alongside his professional understanding of trauma, David was carrying his own.

His relationship with his mother was affected by the trauma surrounding her pregnancy. While pregnant, she returned

from London to her native Norway, where she was stalked by her fiancé, physically assaulted by her father, threatened with a forced abortion and ostracised by her friends.

Finally, she emigrated to England leaving behind her family, country and mother tongue forever. Her experiences contributed to a profound sense of disconnect between mother and child that reached back to David's earliest days.

Arts Psychotherapy gave him a framework for understanding that history and painting offered a way to express it. He doesn't sit down with a subject in mind or consciously decide what he needs to express. The images begin as figure drawings from life but are painted freely and quickly, allowing accidents so that unconscious images can appear spontaneously.

Months later, he may recognise something buried within the work. "Suddenly I see it and go 'blimey, I've painted it again.'" It emerges quite unconsciously.

See David's work in The Artist's Window at Talented Friends Gallery, The Village Walkway, Caloundra throughout September and October.



'Accused' 2025 Mixed Media on paper 87 x 180 cm

Anthony Callea

Twenty-two years after becoming a household name on Australian Idol, Anthony Callea is forging new connections on tour, inviting audiences to discover the grounded man behind the famous voice.

How are you different today to the man we met on Idol?

Back then, Australia saw a 21-year-old who could sing, had a big voice and an even bigger dream. More than 20 years later, people will find someone far more comfortable in his own skin. I know who I am, what I value, who I want around me and what I'm prepared to say no to.

I'm probably more vulnerable than people might expect, and I don't take myself too seriously. The 21-year-old Anthony was hungry for what was ahead. The Anthony today is much more grateful for what's right in front of him.

How have family and love influenced you?

Growing up Italian, family is everything. Everyone knows everything, everyone has an opinion, food solves most problems and personal boundaries can occasionally be considered more of a suggestion than a rule! It taught me loyalty, passion and the importance of showing up for the people you love. My husband Tim has also obviously been a huge part of my life and helped influence who I've become.

When you think about connection, what has shaped your life most?

Human connection in all its forms: love, family, friendship, loss, vulnerability and the people who have challenged me to understand myself better.

The moments that stay with you aren't necessarily the biggest ones. They're often the quiet conversations, the person



who showed up when you needed them or laughing uncontrollably with someone you love.

What do you hope audiences take from The Connection Tour?

I want people to leave feeling like we've genuinely shared something special. I hope they feel uplifted, nostalgic, emotional and perhaps a little more connected to the person they came with, or even to themselves.

If I can give people somewhere to escape, feel, laugh and belong for a couple of hours, then the tour has done exactly what I hoped it would.

See Anthony Callea at The Events Centre, Caloundra, Saturday 14 November 2026.

Full interview at caloundrachronicle.com

SCHOOL
HOLIDAYS

The Events Centre, Caloundra presents
an Arena Theatre Company production

SOMETHING SMELLS ... CAN YOU CRACK THE CASE?

Slip on a pair of headphones and join Detective Finnegan as they track down the source of a very mysterious smell. Packed with outrageous humour, storytelling and surprising moments that keep kids on their toes.

Thu 24 Sep, 9.30am, 11.30am & 2pm
All tickets \$32*



The Events Centre, Caloundra presents

WHAT'S NEW PUSSYCAT?

Are you ready for a wild, witty, and toe tapping celebration of the swinging 60s? With cheeky charm, cabaret stars Melissa Langton and Mark Jones, relive the hits from **Tom Jones, Dusty Springfield, The Beatles, Aretha Franklin, Carole King** and more.

Wed 30 Sep, 11am | Tickets \$32*



The Events Centre, Caloundra presents

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Brisbane Times

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*A booking fee of \$6.45 may apply

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Symphony of the Sunshine Coast

Hearing an original composition brought to life by a full orchestra is a special moment for any musician. Sunshine Coast composer Clifford Bradley has experienced that thrill before, but the premiere of his first complete symphony, *Images of the Sunshine Coast*, marks a new milestone when it is performed at The Events Centre, Caloundra, on Sunday, 13 September.

Clifford's love of orchestral music began at four, when his father took him to see the original Star Wars. John Williams' sweeping score stayed with him.

Music was already part of family life. His mother played piano at their local church, while his father played trumpet and regularly filled the house with records. By 10 or 11, Clifford was learning guitar and his obsession with guitarists like Mark Knopfler, Eddie Van Halen, Jeff Beck and Sting, followed.

After school, he studied classical music at the University of Queensland and changed from electric to classical guitar. There, he fell in love with writing for an orchestra and began to see a path towards film music.

After returning from London, Clifford joined the Sunshine Coast Symphony Orchestra as a violinist. He began creating arrangements and short compositions for the ensemble, followed by an overture inspired by the Glass House Mountains.

That work planted the seed for something

larger: a complete symphony celebrating the Sunshine Coast.

The overture became the first movement of *Images of the Sunshine Coast*. Its central melody came from a bird Clifford heard each morning while living at Dicky Beach.

"It had this really catchy little tune of six or seven notes," he said. "I thought it would be wonderful to incorporate into a piece of music."

He believes the song belonged to a local butcherbird, whose calls can differ between locations and be passed on to younger birds. The symphony opens with a clarinet carrying its melody.

"It gives the music a close connection to the Sunshine Coast because it is literally a local bird singing its local song."

Drawing on information shared by local first nation man Kerry Neill and his own research, Clifford explored the Kabi Kabi stories associated with the Glass House Mountains. The music evokes the ancient mountains, the natural life upon them and the landscape awakening at sunrise.

The second movement follows rain falling across the hinterland and gathering into streams before flowing into the Maroochy River.



A broad, sweeping theme reflects the river's size and beauty, while a livelier passage recalls its history as a transport route carrying people, mail and timber between Yandina and the coast.

The third movement turns to the ocean, capturing its mystery and immense underlying strength. Gentle waves give way to a storm sequence informed by Clifford's childhood memories of seeing the wreck of the Cherry Venture, and later living near the remains of the SS Dicky.

"Those wrecks are permanent reminders of the ocean's power," he said. "It can be a lovely clear day, but that can all change."

The final movement, Sunshine Coast Sunset, returns to the butcherbird's call. After travelling through the mountains, river and ocean, the symphony comes home as daylight fades. Earlier musical themes reappear before the orchestra rises into a grand fanfare.

The symphony ends with a grand tribute to the splendour of the Glass House Mountains, standing like ancient giants and watching eternally over the Sunshine Coast.

Images of the Sunshine Coast will premiere on Sunday, 13 September at The Events Centre, Caloundra.



Premiere Performance

CLIFFORD BRADLEY



*symphony no. 1
"images of the sunshine coast"*

SYMPHONIC *HORIZONS*

**"AROUND THE WORLD
IN 80 MINUTES"**

MENDELSSOHN - HEBRIDES OVERTURE

SMETANA - MA VLAST (THE MOLDAU)

RIMSKY-KORSAKOV - SCHEHEREZADE

ILAIYARAJA - SYMPHONIC FANTASY

JOE HISAISHI - SUMMER

CONDUCTED BY DANIEL KOSOV



the events centre
CALOUNDRA | SUNSHINE COAST
HOME OF THE ORCHESTRA

SUN SEPT 13TH 2PM

Image: Greg Barnett @gbmedia



MARKETS



Arthur Street 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.



Golden Bch/Caloundra Handmade Artisan Spring Market

**SAT 10 OCTOBER | 8AM-1PM
CALOUNDRA INDOOR BOWL-
ING ASSOC. GOLDEN BEACH**

Celebrate spring while discovering a wonderful selection of boutique handmade and artisan products at the Golden Beach/Caloundra Handmade Artisan Spring Market.

Featuring both indoor, air-conditioned and outdoor stalls, the market showcases talented local makers offering unique gifts, homewares, crafts and specialty products.

Visitors can also enjoy fresh food, coffee and a relaxed community atmosphere, with easy access, ample parking and step-free entry making it an enjoyable outing for families, visitors and locals alike.

Free entry and free parking.



StoryJam

WEDNESDAY 16 SEPTEMBER
DIDDILLIBAH COMMUNITY HALL

What happens when real people step up to a microphone to share true stories from their lives?

StoryJam is the Sunshine Coast's open mic storytelling night: warm, unpredictable, funny, moving and gloriously human. No polished performers. No scripts. Just true stories, shared live, and the buzz & energy of a room leaning in together.

StoryJam #3 lands on Wednesday 16 September with the theme, "Well, I Didn't See THAT Coming!" Expect surprises, wrong turns, plot twists and moments that changed everything. Come to tell a story or simply enjoy the ride.

Tickets: storyjam.com.au

Rock Choir

REHEARSALS COMMENCE SOON
SUNSHINE COAST

Sunshine Coast singers are invited to join Rock Choir, a spectacular massed community choir led by acclaimed choirmaster Dr Jonathon Welch AM.

Presented by QPAC and Play It Forward, the project brings together more than 300 singers from across South East Queensland to perform iconic rock anthems by artists including INXS, AC/DC, Pink Floyd, Tina Turner and Coldplay.

Open to singers of all ages and experience levels, Rock Choir requires no auditions, with rehearsals held on the Sunshine Coast before culminating in a once-in-a-lifetime performance at QPAC on Sunday 29 November 2026 at 1:00pm.

Register at www.playitforward.org.au/rockchoir



Spring Orchid Show

THURS 10 SEPT | 9AM-4PM
PELICAN WATERS SHOPPING CENTRE

Discover a colourful display of orchids lovingly grown by local club members at the Sunshine Coast Orchid Society Caloundra Spring Orchid Show. Visitors can admire an impressive range of blooms, purchase orchids and other garden favourites, and ask experienced members for practical growing advice. This free, one-day show offers gardeners and flower lovers plenty of inspiration in a welcoming setting.

Free entry – everyone is welcome.

Spring Flower Workshop

SUN 11 OCTOBER | 1:30-3:30PM
BELLVISTA MEETING PLACE

Spend a creative afternoon arranging seasonal blooms at Ever After Flowers' Spring Flower Workshop. Guests will be guided step by step to create a beautiful vase arrangement to take home, with the vase, tools and flowers supplied. Enjoy a complimentary drink, light refreshments and a relaxed setting, making it a lovely outing to share with friends or enjoy solo. \$145 + BF.

Reserve your spot: [everafterflowers.eventbrite.com](https://www.eventbrite.com/e/everafterflowers-spring-flower-workshop-tickets-755555555555)





Ian Moss and Troy Cassar-Daley

THURS 15 OCT | 7.30PM

THE EVENTS CENTRE

Ian Moss and Troy Cassar-Daley return to the stage together on their Together Alone Tour, sharing songs and stories from their celebrated careers. Rock and country meet in a relaxed live show shaped by the pair's natural chemistry, musicianship and spontaneous onstage moments.

VIP ticket holders can watch Ian and Troy soundcheck, hear them run through a few songs and join an exclusive meet and greet, with time for a chat and photo.

A Reserve tickets are \$97.65.

VIP Experience tickets are \$130.10.

theeventscentre.com.au

Skunkhour Back to Basics

FRI 16 OCT 2026 | 6.30PM

NORTON MUSIC FACTORY

Australian alt-funk pioneers Skunkhour are returning to the stage with their Back to Basics tour. Original members Aya and Del Larkin lead the line-up, joined by Dean Sutherland on bass and Warwick Scott on guitar. Expect the band's distinctive mix of funk, rock and hip-hop, driven by infectious rhythms and powerful live energy. Tickets \$50.

nortonmusicfactory.com.au

Beer, Wine & Jazz Festival 2026

SUN 29 NOV | 1PM-5PM

CALOUNDRA POWER BOAT CLUB

Spend a leisurely Sunday afternoon sampling premium wines and craft beers while enjoying live jazz from Girl Friday.

Tickets are \$35 and include eight tastings, with food available to purchase throughout the afternoon. Settle in by the water, catch up with friends and enjoy the music, drinks and good company.

Book now: (07) 5492 1444

The Johnny O'Keefe Tribute Show

TUES 6 OCT | 11.30AM-2.30PM

CALOUNDRA RSL

Veteran Australian entertainer Issi Dye brings the music of Johnny O'Keefe to the stage in a fully costumed tribute show. Sing along to classic Australian rock 'n' roll hits, including Shout! and She's My Baby. Tickets are \$39. Doors open at 11am.

caloundrarsl.com.au

Symphonic Horizons SC Symphony Orchestra

SUN 13 SEPT 2026 | 2PM

THE EVENTS CENTRE

Join conductor Daniel Kossov and the Sunshine Coast Symphony Orchestra for Around the World in 80 Minutes, featuring works by Mendelssohn, Rimsky-Korsakov, Copland, Joe Hisaishi and Ilaiyaraaja.

The program also includes the premiere of local composer Cliff Bradley's Symphony No. 1: Images of the Sunshine Coast, inspired by the region's iconic scenery.

Tickets are \$14 for children and from \$45 for adults.

theeventscentre.com.au

Geraldine Hickey: A Weight Off My Chest

SAT 12 SEPT | 7PM

THE EVENTS CENTRE



Geraldine Hickey is travelling lighter after turning her breast reduction into a hilarious new stand-up show. A Weight Off My Chest finds the award-winning comedian

enjoying clothes that fit, fewer bra-related hazards and the prospect of attempting a handstand without knocking herself out. With her trademark warmth and razor-sharp timing, Geraldine transforms a deeply personal experience into an honest, revealing and joyful hour of comedy.

Tickets from \$49: Comedy.com.au

SPECIAL EVENT



Melbourne Cup Luncheon

TUES 3 NOV | FROM 11AM

CALOUNDRRA POWER BOAT CLUB

Celebrate the race that stops the nation with a Melbourne Cup luncheon overlooking the water in the Pelicans Room. Gather your friends for a two-course lunch, a complimentary glass of bubbles on arrival, live entertainment, best-dressed prizes and all the excitement of Melbourne Cup Day. Tickets are \$80 per person.

Book now: (07) 5492 1444

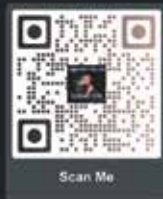


ANTHONY CALLEA



TICKETS ON SALE NOW

**THE EVENTS
CENTRE
CALOUNDRRA
SATURDAY
14TH NOVEMBER
7.30PM**



www.anthonycallea.com



Caloundra Update

with Cr. Terry Landsberg

Image: Sunshine Coast Council

There's been plenty happening across Caloundra in recent months, with a number of important projects progressing and some great achievements for our community.

Construction of the new Kings Beach Surf Life Saving facility continues to move ahead and it's exciting to see this much-needed project taking shape. The new facility will provide improved amenities for our hardworking volunteers and help support surf lifesaving services well into the future.

I was also pleased to see a strong turnout at the recent Uncover Caloundra event. It was a great opportunity for locals to hear about the growth planned for our region, upcoming infrastructure projects and what the future holds for Caloundra. Community involvement is so important as we continue to plan for growth while protecting the lifestyle that makes our area special.

Work is also continuing on the Caloundra Town Square, another significant project that recognises the importance of activating the heart of our central business district. The Town Square will create a vibrant community space in the centre of Caloundra, supporting local businesses, encouraging activity and helping to strengthen our city centre as a place where people can gather, connect and enjoy everything Caloundra has to offer.

Down at Moffat Beach, work on the seawall project is progressing well and we're looking forward to having the area returned to the community in time for the September school holidays. It will be fantastic to see residents and visitors enjoying this beautiful part of our coastline once again.

Another piece of good news is the international recognition received by Caloundra Library+, which has been shortlisted as one of only four libraries worldwide in the prestigious International Federation of Library Associations (IFLA) Library of the Year Award. The winner will be announced later this month and we'll all be keeping our fingers crossed for a great result.

On a personal note, I'm honoured to have been appointed to the board of the newly formed Sunshine Coast Waterways Authority. Our waterways are one of our region's greatest assets, and I look forward to contributing to the Authority's work to help protect, manage, and enhance these important areas for future generations.

It's great to see so many positive developments happening across Caloundra. From major infrastructure projects through to international recognition for local facilities, we have plenty to be proud of and even more to look forward to as our community continues to grow.



Little Learners Step Beyond the Classroom

For children at CCPS Little Learners, early learning extends well beyond the classroom, with opportunities to explore the wider Caloundra City Private School campus and connect with the community around them.

Located within the school grounds at Pelican Waters, the Early Learning Centre gives its youngest learners access to facilities and experiences not typically found in a standalone early learning setting.

Children regularly explore the wider campus, riding their bikes along safe pathways, visiting the school library to foster an early love of books, and joining older students at assemblies in the main hall, where their achievements are recognised and celebrated.

This connection gives children room to explore while building confidence and a sense of belonging within the school community.

Learning also heads outdoors through Little Learners' Bush Kindy classroom, where children connect with nature

through hands-on exploration and play. The outdoor setting encourages curiosity, independence and problem-solving while giving children the freedom to learn through their surroundings.

Community connection is another part of the program. Children regularly visit a local aged care community, creating opportunities to spend time with older residents and experience relationships across generations.

These experiences complement the centre's specialised School Readiness program and its pathway through to Prep at Caloundra City Private School.

By becoming familiar with the campus, school facilities and wider community from an early age, children can approach the move into primary school with greater confidence.

Little Learners is also extending this opportunity to more local families, with a new pick-up bus service from Aura making the Pelican Waters centre more accessible to those living in the growing community.

Together, these experiences create an early learning environment that reaches beyond the centre itself, giving children opportunities to explore nature, connect with different generations and become part of school life well before their first day of Prep.

Book a tour at www.ccps.qld.edu.au



From the Clubhouse

with CEO Ashley Robinson



Surf Club Upgrade Expected for School Holidays

Hey, it's a big wave from Kings Beach Surf Club, the business arm supporting Metropolitan Caloundra SLSC, and we're heading into a very exciting September. Why, you may well ask?

Firstly, the long-awaited renovation of the club is nearly complete, and we should be fully up and running by the school holidays.

The club has remained open through most of the construction, and we've been incredibly grateful for the professionalism of local building company Farago, who have been awesome through some challenging periods.

We're nearly there! With a new kitchen, bar and gaming room, a revamped bistro and our legendary Deck Bar, we're looking forward to unveiling the completed works

by mid-September.

A big shout out to our loyal customers and members who have supported us throughout this period. Thank you.

Of course, the other exciting news is that patrol season kicks off on September 19. We'll be operating out of containers until the new Boatshed is completed in early to mid-2027. Thanks to the Sunshine Coast Council and Hutchinson Builders, the finished facility will provide our patrolling members, lifeguard service and the community with a state-of-the-art lifesaving hub.

See you at the club, the legendary Pavilion, or on the beach.

Kings Beach Surf Club – Ship or no ship... still the best spot on the coast.

kingsbeachsurfclub.com.au



Kairos Community College Open Day

A strong sense of belonging was evident at Kairos Community College's recent Open Day, where students welcomed visitors and shared an insight into this alternative education option in Caloundra.

Student tour guides Micah and Till spoke openly about their experiences and what makes Kairos different.

Till found the college offered a fresh start after feeling "overlooked" in previous schooling. "It's the best thing that's happened in my life," Till said. "Everyone looks out for each other. It feels like a family."

Micah also found Kairos after struggling to find the right fit elsewhere. "They teach us stuff that's relevant," Micah explained, pointing to practical life skills alongside opportunities such as Run Club and hiking.

With 68 students supported by 14 staff, Kairos intentionally keeps its community

small, with a focus on wellbeing, relationships and practical learning.

Weekly Tribal Lunches bring students and staff together to prepare and share a meal, while activities beyond the classroom encourage students to explore new interests and build confidence.

Acting Head of Campus Nigel Riseley says Kairos aims to recognise each young person's individual strengths and aspirations.

"Our goal is to give every young person as many opportunities as possible to try, discover, connect and succeed — often opening doors they never thought were available to them."

For families considering a different approach to secondary education, Kairos offers plenty more to discover.

Learn more: kairos.qld.edu.au





Community & Commerce

with Michael Shadforth

The Sunshine Coast Boom

The Sunshine Coast is entering an unprecedented era of expansion. Driven by rapid population growth—adding over 7,600 residents in a single year—and a massive pipeline of public and private investment, the region is finally securing long-awaited infrastructure.

Accounting for nearly 15% of Queensland's Games venue pipeline, this surge promises new jobs, higher wages, and broader economic momentum.

However, rapid growth is a double-edged sword. While skilled trades, project managers, and local service businesses stand to benefit immediately, the pressures are equally severe. Smaller local employers face fierce competition for talent against major project contractors.

Meanwhile, skyrocketing housing costs—with median house prices reaching \$1.29 million—risk squeezing out the essential nurses, teachers, and service workers crucial to a functional community.

Concurrently, rising construction costs and traffic bottlenecks will test local patience.

Growth itself is neither inherently good nor bad; its ultimate impact hinges entirely on how we prepare. The mature response is neither uncritical celebration nor cynicism, but proactive strategy:

- **Housing as Infrastructure:** Key-worker accommodation, build-to-rent projects, and diverse housing types must be treated as essential economic infrastructure.

- **Local Capability:** Local training pathways and accessible procurement packages are vital so Sunshine Coast businesses and youth directly capture the benefits.

- **Strategic Sequencing:** Intelligent project scheduling is required to manage labor shortages and minimize transport gridlock.

If we prepare properly today, the Coast can successfully navigate these growing pains—emerging not just as a larger economy, but as a stronger, fairer, and more resilient region for the long term.

caloundrachamber.com.au

MARTIN DUNCAN'S

Conversation Starters

For Elders

- What is one of your favourite childhood memories?
- Who made a significant impact on your life?
- What advice do you wish more people would follow?
- What accomplishment are you most proud of?
- What was the best trip you ever took, and what made it special?
- Did your family have a tradition you particularly loved?
- Which historical event do you remember most vividly?
- What is something you learnt the hard way?
- Which modern technology amazes you most?
- What smells or foods remind you of home?

For Children (5-12)

- What is your favourite thing about your family?
- What is your favourite food to eat when you are really hungry?
- If you could be a superhero, what would your power be?
- What is your favourite game to play with friends?
- What is something you are really good at?
- If you could visit any place, real or imaginary, where would you go?
- What makes someone a really good friend?

For Teens (12-16)

- What is something you are really interested in right now?
- What skill would you like to improve?
- What movie, show or song do you think everyone should try?
- What have you done lately that you are proud of?
- Which app or website do you enjoy most, and why?
- What do you wish adults understood better about teenagers?
- If you could instantly learn any hobby or talent, what would it be?
- What always makes you laugh?
- Where would you love to travel one day?



Fisher Awards Celebrate Community Spirit

For nine years, the Fisher Community Awards have celebrated the people and organisations whose dedication, generosity and community spirit make our region such a special place to call home.

This year, nominations have again uncovered inspiring stories from across the electorate. They include volunteers who give countless hours to help others, educators shaping the next generation, businesses supporting local families, sporting champions, environmental leaders and community groups working quietly behind the scenes.

Every nomination is an important recognition of someone making a difference.

On Friday, 18 September, we will come together at the Sunshine Coast Function Centre at Caloundra RSL for the ninth annual Fisher Community Awards Gala Dinner.

The evening will recognise this year's nominees and announce the winners across 11 categories, including Educator of the Year, Young Achiever of the Year, Business of the Year, Senior of the Year, Sportsperson of the Year and the Andrew

Wallace Award for Community Group of the Year.

While only one winner can be announced in each category, every nominee deserves our gratitude. Being nominated means someone has noticed their contribution and taken the time to share their story.

The gala dinner is our opportunity to bring those stories into the spotlight and celebrate the people helping make Fisher the best place to learn, earn and retire.

Annabelle "AB" Brett will return as our Master of Ceremonies, guiding us through an evening of recognition, community pride and celebration.

After the final award has been presented, 2026 Australian Idol runner-up Harlan Goode will close the evening with live music.

I look forward to recognising every nominee, congratulating our 2026 winners and celebrating another remarkable year of service across Fisher.

Further details about the awards and gala dinner are available at andrewwallacemp.com.au/awards.

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

CELEBRATING EXCELLENCE IN COMMUNITY SERVICE

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CELEBRATING OUR 2026 WINNERS

GALA DINNER



FRIDAY 18 SEPTEMBER 2026

6:00PM – 10:00PM

**Sunshine Coast Function Centre
Caloundra RSL**



Find out more at www.andrewwallacemp.com.au/awards

WITH THANKS TO OUR SPONSORS



Host: Andrew Wallace MP



Entertainment: HARLAN



MC: Annabelle "AB" Brett



Student Council Leads Positive Local Change



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Leadership at Caloundra State High School extends far beyond the classroom, with our Student Council making a meaningful impact both within the school and throughout the local community.

Made up of passionate student leaders from across year levels, the Student Council works tirelessly to organise events, support important causes and represent the voices of their peers. Their commitment to service strengthens our school culture while making a real difference in the community.

Throughout the year, students lead a range of fundraising initiatives, including the annual World's Greatest Shave in support of Bloomhill Cancer Care. They also coordinate the school's Salvation Army Food Drive, encouraging students and families to donate essential items for local people experiencing hardship.

The Student Council plays an important role in improving life at school. One of its current fundraising goals is to install additional chilled water stations across the school. Members are also heavily involved in school events, running barbecues at sporting carnivals and supporting our annual school formals.

As the voice of the student body, council members provide feedback on school

initiatives and advocate for ideas that improve the student experience. Their leadership extends beyond the school gates, with students participating in political youth roundtable discussions and representing the perspectives of young people.

Students have also contributed to the headspace Caloundra Youth Advisory Council, sharing their perspectives and advocating for greater awareness and support for youth mental health in the local community.

Council members continue to develop their leadership skills through public speaking and community engagement. They regularly address students at whole-school parades and have proudly represented Caloundra State High School in the Lions Youth of the Year competition, building confidence and communication skills along the way.

Caloundra State High School is incredibly proud of the contribution our Student Council makes. Through fundraising, volunteering and advocacy, these students are helping to build a stronger school and community.

caloundrashs.eq.edu.au



Complete Finance

with Bryan Meri

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How Much Deposit do you Need to Buy a House?

For many Sunshine Coast locals, the idea of buying a home feels both exciting and a little daunting.

With property prices rising over the past decade, it's easy to assume you need an enormous deposit before you can even think about entering the market.

The truth is, the deposit required is often smaller than people think, especially if you're eligible for current government support programs.

You may be able to purchase with as little as a 5% deposit and, in some cases, even less, depending on your eligibility.

For first-home buyers, single parents and older Australians re-entering the market, requirements have changed considerably. Bank policies have evolved, and government-backed schemes have been introduced to reduce the deposit barrier to home ownership.

So, What's the Right Deposit for You?

That depends entirely on your circumstances. You may not need a cash deposit if you can use equity in a property you already own.

Government schemes may also be an option, but they aren't one-size-fits-all. This is where speaking with an experienced mortgage broker can be valuable. A broker can:

- Confirm your eligibility
- Calculate your deposit requirements
- Compare lenders participating in each scheme
- Show you how much you may be able to borrow
- Map out a clear path towards getting the keys

Most importantly, a broker can explain what may be possible for you right now, rather than leaving you to rely on assumptions.

If you're considering entering the market or would simply like to understand your options, reach out for a chat.

completefinance.com.au

Caloundra welcomes Joy Early Learning Centres

Joy Early Learning has opened in Banya, giving Aura families greater access to early childhood education and care.

The purpose-built centre welcomes up to 142 children, aged eight weeks to six years, across nursery, toddler, junior kindy, pre-kindy and kindergarten programs.



Children can enjoy creative play areas, sensory-friendly retreats and three outdoor playgrounds featuring more than 950 plants. An onsite chef prepares fresh meals using locally sourced ingredients.

The centre has also created around 40 local jobs, plus opportunities for local

cleaning, gardening and maintenance businesses.

Joy Early Learning Moffat Beach is also now open.

joyearlylearning.com.au



Happy Days

with Andrew Champion | Phone 0428 714 357

The Renovation of Caloundra

It's true, it's happening and it's well overdue.

For too long, Caloundra has looked tired and dilapidated. The good news is that so many community projects are now underway that I only have space to cover the major ones.

I loved the old council chambers, where we debated everything important to our city for many years. But it was an ugly building, and the excavators that knocked it down last month were a welcome sight. It will be replaced by an inviting, shaded green central park for us to enjoy.

If you haven't visited the Caloundra Bowls Club, now called Waves, it's soooooooo good after its major renovation. The staff, meals, prices and ambience are excellent. I give it 10/10.

Other major projects include the beaches of northern Bribie Island, which are a huge boost for Caloundra; parts of the Golden Beach foreshore; the Kings Beach ocean pool, which looks great; the new Kings Beach lifeguard and nippers building; and the Moffat Beach foreshore, although the new rocks are a bit questionable.

The former council chambers in Bill

Venardos Park have become the relocated library after a very expensive renovation.

Perhaps the project should also have incorporated the relocation of the art gallery.

One small renovation scoring 10/10 is the post-and-rail fence at Happy Valley. The cost would have been small, but it has created a greatly improved, user-friendly view. I can't understand why the same wasn't done at Moffat Beach, where the new rails block the ocean view.

We are also seeing commercial renewal along Bulcock Street, which should bring greater spending into local shops.

I'd personally like to see the Caloundra Energex substation on Arthur Street landscaped. It supplies power to 22,000 homes, yet it is arguably the ugliest spot in town. Some fence palings and screening vegetation would make a big difference at little cost.

There are also roadworks, a proposed train to Caloundra and ongoing park and road maintenance. The challenge is to avoid spending so much on some projects that others are deferred forever.

Cheers, and wishing you happy days.



Caring for Caloundra

with Kendall Hatcher MP

The 2nd Annual Caloundra Community Awards

I'm so excited to be hosting the 2nd Annual Caloundra Community Awards on 10 September at the Queensland Air Museum, celebrating the people and organisations making a difference in our community.

Every day, I have the privilege of meeting volunteers, educators, local businesses and members of sporting and community groups who give their time and energy to support others. These awards are an opportunity to recognise their contribution and simply say thank you.

Whether it's someone quietly volunteering behind the scenes, an inspiring young achiever, a local business supporting our community or a mentor changing lives, there are so many deserving people whose efforts deserve to be celebrated.

This year's awards will recognise excellence across nine categories:

- Volunteer Group of the Year
- Community Group of the Year
- Innovator of the Year
- Young Achiever of the Year
- Sporting Club of the Year
- Business of the Year
- Educator/Mentor of the Year
- Caloundra Champion of the Year
- Inspirational Person of the Year

The awards night will bring together volunteers, community organisations, local businesses and residents for an evening of celebration and gratitude. I can't wait to recognise the remarkable people who make Caloundra such a caring, connected and vibrant place to call home. I look forward to celebrating with you all in September.

Visit kendallhatcher.com.au to view this year's nominees.

The Laundry Lady in the Running to Clean Up

Baringa-based business The Laundry Lady has been named a double finalist in the 2026 Premier of Queensland's Export Awards. The global laundry marketplace is shortlisted in the Digital and Smart Technologies category, while founder and CEO Susan Toft is recognised in the Women in International Business category.

The Laundry Lady connects customers with more than 600 independent Laundry Ladies and Lads across Australia, New Zealand and Canada, with a UK launch planned for late 2026. Its Laundry



Laundry Lady CEO Susan Toft (R) and Kendall Hatcher MP (L).

Partners collect, wash, dry, fold and return laundry for residential, business and NDIS clients. Customers can book online for convenient door-to-door service.

Learn more at laundrylady.com.au.



The Law in Plain English

with Rebecca Wilson
Director, Griffith Parry Lawyers

The house retirement plan rarely talked about

For a lot of people here, the family home is part of the retirement plan. It is also the thing least likely to have been talked about out loud.

It comes up at a family gathering. The stairs are getting harder to climb. The garden takes a lot to maintain. A son or daughter says, "You should think about selling while the market is good." Everyone agrees it is worth a look, and then nobody mentions it again for a few years.

When it does happen, it happens fast. An agent is appointed, a contract is signed, and the questions arrive afterwards. And sometimes the decision to sell is taken out of your hands due to an event no one saw coming, let alone planned for.

Where does the money go? Does it change the Will? If one of you needs care later, does the other one still have somewhere to live? If a child helped with the deposit years ago, was that a gift or a loan?

None of these are hard questions. They only get hard once the sale contract is signed.

If downsizing is somewhere on the horizon, the useful time to ask is before the property is listed. That conversation is usually short, and it saves a lot of unpicking later.

Three things worth checking while you are thinking about selling the family home:

- Does my Will still match what I own?
- Do I have an Enduring Power of Attorney in place? (Just in case.)
- Who could sign a contract and act on my behalf if I was not capable, for whatever reason?

If you are somewhere in the middle of dealing with selling the family home, transitioning to retirement, or planning your Estate, send in your question and we will answer it in a future column.

editorial@gplaw.com.au

Village Raises More Than \$5,000 for Children in Need

Caloundra Evening VIEW Club's funds received an amazing boost following a local fundraising dinner at Halcyon Over 50s Village in Nirimba, just south of Caloundra.

The village hosted a Potluck International Dinner for 100 guests, nominating the club as the beneficiary of the proceeds. Village residents happily prepared and served delicious meals, waited on tables and staffed the bar. A large selection of raffle prizes also drew strong support from attendees.

A contingent of VIEW Club members attended and had the opportunity to explain the work of VIEW to a very receptive audience. An astonishing \$5,325 was raised on the night, which will directly benefit disadvantaged Australian students through The Smith Family's Learning for Life program.

Caloundra Evening VIEW Club is a friendly group of more than 100 women of all ages who meet on the second Tuesday evening of each month at Caloundra Power Boat Club.

Phone 0419 678 349 for details.



EVRY Click Counts

with Tim Rogers
CEO, EVRY

Smarter Marketing for Local Business

At EVRY, we believe local businesses should have access to the same level of digital expertise as much larger brands.

Our team brings together specialists across paid advertising, social media, email marketing, SEO, AI search, and website development. Across their careers, they've worked on campaigns for globally recognised brands including Nike, Samsung, LEGO and L'Oréal, bringing that experience to the growing businesses we work with today across Australia and internationally.

That experience has taught us that strong digital marketing rarely comes down to doing more. It comes down to making each part work better together.

Your website, Google presence, social media, paid advertising, email marketing and increasingly, your visibility within platforms like ChatGPT and AI-powered search, all contribute to how customers discover and experience your business.

A great website means little if the right people aren't finding it. Advertising

becomes expensive if the website doesn't convert. New customers are less valuable if there's no strategy to retain them. And as search behaviour changes, businesses also need to think about whether they're visible where customers are increasingly looking for answers.

Our role at EVRY is to look at that bigger picture.

We're excited to be building stronger connections with businesses across Caloundra and the Sunshine Coast, bringing the strategies, systems and experience from larger campaigns into the local business community.

As part of our partnership with Caloundra Chronicle, local businesses can get in touch with EVRY for a complimentary digital marketing audit, where our team will identify opportunities across your current digital presence and where you could be getting more from your marketing.

Email tim@weareevry.com or phone 0480 856 326.

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Share the Shore

Meridan Students Champion Shorebird Conservation

Year 3 students at Meridan State College are becoming passionate advocates for some of the Sunshine Coast's most remarkable seasonal visitors through their inquiry unit 'Share the Shore', developed in partnership with the Sunshine Coast Council.

Now in its third year, the unit invites students to investigate the shorebird species that migrate to our coastline each year, the extraordinary journeys they undertake and the challenges they face when they arrive. Students also explore the practical actions being taken to protect shorebirds and their precious coastal habitats.

Learning moves beyond the classroom with field trips to Golden Beach, where students observe the foreshore and the shorebirds in their natural environment and learn from local experts and hands-on activities. They then use their discoveries to develop specialist

knowledge, communicate important conservation messages and encourage others to share the shore responsibly.

"Share the Shore' gives our students a powerful opportunity to connect curriculum learning through English, Science and The Arts with a real environmental issue in their own community," said Head of Department – Curriculum Primary, Julie Elder. "Through our valued partnership with Sunshine Coast Council, students learn from experts, and see that their knowledge and actions can make a meaningful difference in their local community. At Meridan we are committed to developing real-



world learning opportunities that builds curiosity and a lifelong commitment to sustainability."

The learning culminates in students sharing their knowledge and enthusiasm with the wider community at the Meridan Shorebird Festival where they invite the parent community and other classes to come and find out more about these remarkable visitors to the Sunshine Coast.

At the festival, the student's information texts and sculptures will be on display and they will create learning stations

and interactive activities to engage the participants and convince them to join us in protecting our local species of Shorebirds.

Meridan State College encourages our students and the Caloundra community to attend the **Shorebirds Festival at Fraser Park, Golden Beach on Saturday 26 September 2026**. This festival helps our community understand the remarkable journeys these birds undertake and why they need safe places to rest and feed after their long migrations.

Year 3 students Lincoln, Isla and Maleia have been studying one of our amazing shorebirds that visit our coastlines – The Far Eastern Curlew. Find out more about this amazing shorebird from our talented Year 3 writers.



A Remarkable Visitor by Lincoln Barclay

If you're at Golden Beach, it is easy to spot the Far Eastern Curlew because it is the largest of all the shorebirds. These fascinating creatures have brown streaked plumage like the Whimbrel. Unlike the Whimbrel, it can turn its head and reach its tail with its beak. One thing that helps you spot them is their long, downward curved beak.

The Bird with the Clever beak by Isla Warren

The Far Eastern Curlew arrives in spring and stays from September to February so that's when you will spot them. They feed by day and night on the foreshore. They use their long bill to probe deep into the mud and dig up crabs and molluscs. Their bill is like a special tool which they use to dig up food and crack open the shells of crabs.

We Can All Share the Shore by Maleia Gardiner

Unfortunately, Far Eastern Curlews are critically endangered. Shorebirds are easily disturbed by people and dogs. You can help by keeping your dogs on a leash and try your best to keep your distance from the Shorebirds. Another threat is habitat destruction. We need to look after beaches by picking up rubbish and staying off dunes. These amazing birds have travelled all the way from Russia to Golden Beach so we need to give them time space to rest.



The Joy Social Co.

With the launch of her latest venture, The Joy Social Co., luxe event stylist Roberta Wurth shares her creative process for turning ordinary spaces into beautifully styled celebrations.

When handed an empty room and invited to “Work your magic,” what comes next?

First, I imagine how I want people to feel the moment they walk in. Before I think about flowers or furniture, I picture the experience - where guests will pause, converse or connect. Then I build the room around that feeling, creating beautiful focal points and layers that encourage conversation and opportunity for photos.

How do you take a client’s personality and turn it into something that’s uniquely theirs?

I spend time understanding my client’s personality, their style and the story they want their event to tell. Every design is customised to reflect them - their colours, their brand, their celebration and their guests.

What does “joy” look like to you when you’re styling an event?

To me, joy is seeing genuine smiles, hearing people say “Wow,” and watching guests naturally gravitate towards the spaces we’ve created. It’s the excitement of people taking photos, celebrating together and enjoying the space.

View event stylings at joysocialco.com.au

Ever After Flowers at Pelican Waters

A lifelong love of flowers has bloomed into a new storefront for florist Kat Roberts, who has opened Ever After Flowers at Pelican Waters Resort. The boutique shop brings together Kat’s passion for fresh flowers, thoughtful gifting and supporting Australian makers, with weekly blooms, plants, dried arrangements and affordable “pick-me-up” bouquets.



Kat's connection with flowers began during childhood trips to the grocery store, when she would surprise her mum with a carnation on the way home.

She also collected wildflowers near her family's cottage in Canada and practised floral crafts throughout her teens, although it wasn't until many years later that she considered floristry as a career.

After moving to Australia and deciding on a career change, Kat began studying floristry. Ever After Flowers grew steadily through market displays, flower walls, event styling and a home studio before finding its new bricks-and-mortar space.

Kat sources predominantly Australian-grown flowers through the Brisbane markets, along with selected blooms from local flower farms.

The shop also carries gifts from Australian businesses, including rocky road, candles, jewellery and accessories.



Seasonal hampers and new baby gifts are available, with delivery to local hospitals and homes. Ever After Flowers is now accepting wedding and event bookings for late 2026 and 2027. Kat also offers flexible subscriptions for homes, businesses and property styling, with no lock-in contract.

She loves visitors and extends a warm invitation to the community to please wander on in and have a browse.

38 Mahogany Drive, Pelican Waters.
Phone 0478 350 678.

Kosa Pilates, The Strand

After 27 years teaching dance and drama, Kristy has brought her experience in movement and education to Kosa Pilates, a boutique studio in The Strand built around small classes and individual care.

Inspired by her passion for movement and her own experiences attending Pilates classes, Kristy created the kind of studio she felt was missing.

"I wanted something more intimate," she said. "You can't have 14 bodies in a room and be watching them to the degree that I believe you should be watching a person."

Classes are capped at seven, allowing Kristy to understand each client's needs, monitor technique and adjust exercises when required.

Each session begins on the mat, where clients prepare their muscles for movement, check in with how their bodies are feeling and discuss any injuries.

Kristy completed nationally recognised, face-to-face Pilates training to add to her movement therapy toolbox. Her extensive teaching background also helps her provide clear instruction and encouragement.

The studio itself is calm and welcoming, with earthy tones, low lighting and soft finishes. Essential oils, draping curtains and considered details add a touch of luxury while creating a sense of privacy and ease.

Kristy hopes Kosa will become a place where clients are known, supported and never lost in the crowd.

Experience Kosa Pilates with 3 classes for just \$45. Scan the QR code to book.



Cooking Up Healthier Habits in Caloundra

The wonderful women of the Caloundra QCWA Branch know their way around a kitchen, and they are putting that experience to good use through the QCWA Country Kitchens program.

With only eight per cent of Australian adults and 4.6 per cent of children eating the recommended five serves of vegetables each day, the program offers practical ways to add more nutritious food to the family table without making mealtimes complicated or expensive.

Country Kitchens combines the cooking skills of QCWA members with training and support from qualified dietitians and nutritionists. Local volunteer facilitators then share what they have learnt through relaxed, hands-on workshops and cooking activities.

Participants can pick up useful nutrition tips, discover healthy recipes and learn simple ways to prepare tasty meals using everyday ingredients. The focus is on small, realistic changes that can work for people of different ages, budgets and cooking abilities.

The program is delivered through a partnership between the QCWA and the Queensland Government, with funding from Health and Wellbeing Queensland. Across the state, it is helping communities build confidence in the kitchen and make healthier food choices.

Here in Caloundra, the local QCWA Branch is ready to share the knowledge, recipes and friendly company.

To discover upcoming Country Kitchens workshops, follow QCWACaloundraBranch on Facebook or call Jill on 0401 299 197.



Barb's Vegetable Slice

Serves: 8 | Prep time: 15 minutes

Cook time: 30–35 minutes

Ingredients

4 eggs
3 spring onions, sliced
½ cup grated carrot
½ cup grated zucchini
310 g can corn kernels, drained and rinsed
3 button mushrooms, diced
¾ cup grated reduced-fat cheddar cheese, divided
½ cup self-raising flour
½ cup wholemeal self-raising flour
2 medium tomatoes, sliced, or 8 cherry tomatoes, halved

Method

Preheat oven to 180°C. Line a slice pan with baking paper.

Beat the eggs in a large bowl. Stir in the spring onions, carrot, zucchini, corn, mushrooms and ½ cup of the cheese.

Add both flours and fold through until just combined.

Spread the mixture evenly into the prepared pan. Sprinkle with the remaining cheese and top with the sliced or halved tomatoes.

Bake for 30–35 minutes, or until lightly browned and cooked through.

Allow to cool slightly before slicing.

Recipe courtesy of Barb McMillan, Dirranbandi Branch.

For more healthy recipes visit:
qwcacountrykitchens.com.au



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Reflections from my Heart

with Rashida Cottrell



Blessings

There are blessings everywhere.
Not only in the big moments we celebrate,
but tucked gently inside the ordinary
moments we so easily pass by.
The morning light through the window.
A warm hug.
A kind word at the right time.
The sound of rain on the roof.
A deep breath that softens the body.
Someone remembering your name.
The way nature continues to bloom
without rushing.
So much of life is quietly offering itself to
us each day.
Sometimes we are simply moving too fast
to notice.
We search for the next thing, the bigger
thing, the thing that will finally make us feel
complete... while life is softly whispering,
"Look here. This too is sacred."
Even in difficult seasons, blessings can still
exist beside the ache.
A lesson.
A moment of connection.
A newfound strength.
A reminder of what truly matters.
Life does not have to be perfect to be
beautiful.
Often, the most meaningful blessings are
the simplest ones of all:
being able to love,
to feel, to begin again,
to share a moment with another human
being,
to witness the sky change colour at dusk,
to be here at all.
Perhaps the heart opens not when life
changes...
but when we gently begin noticing how
much has already been given.
Blessings are everywhere.
Sometimes all we need to do is slow down
long enough to receive them..
I invite you to try.

judgelittlelovelots.com



Nourished in Real Life

Karin 'Kaz' Littleton

The Truth About Your 3pm Slump

That familiar 3pm slump can make another coffee or something sweet, feel like the only reasonable answer.

But before blaming your willpower, it may be worth looking at what you have eaten earlier in the day.

Many busy women unintentionally run on very little. Breakfast may be coffee grabbed on the way out, followed by a light lunch that looks healthy but does not provide enough energy to carry them through the afternoon.

By 3pm, your body is not misbehaving. It may simply be asking for fuel.

A satisfying meal does not need to be complicated. Try including a source of protein, some carbohydrate, fibre and

Karin "Kaz" Littleton is a university-qualified nutritionist and founder of KazLit Nutrition on the Sunshine Coast.

a little healthy fat. This might look like chicken and salad in a wholegrain wrap, eggs on toast with avocado and tomato or leftovers from dinner.

If lunch needs to be quick, think about what you can add rather than what you should remove. Could you add tuna and cheese to crackers? Yoghurt, seeds or nuts to fruit? Chicken or chickpeas to a salad?

And yes, toast can absolutely be part of a nourishing meal. What you put on it can determine whether it keeps you going or leaves you searching for something else half an hour later.

Food cannot fix every reason for feeling tired. Sleep, stress, health conditions and changing hormones may also play a part. But eating enough and eating regularly, is a sensible place to begin.

Before reaching for another coffee, pause and ask: Have I given my body enough to work with today?

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Spread your Wellness Wings

with Janice Johansen



Healthy Bliss Balls

Do you find yourself reaching for a sugary snack when that mid-morning or afternoon energy slump hits? While chocolate or lollies may give you an energy burst, it's often followed by a crash, leaving you even more tired. If you're partial to a sweet snack, try these nourishing bliss balls instead.

They're easy to make, delicious, and full of wholesome ingredients to power both body and brain. Packed with protein, fibre, healthy fats and natural sweetness they help to support balanced blood sugar levels, helping to sustain your mood throughout the day.

Ingredients

Makes 2-3 bliss balls

- 2 cups pitted dried dates (soak for an hour prior, or use medjool dates)
- 1 cup raw almonds
- 1 cup coconut
- 2 tbsp raw cacao powder
- ½ cup sunflower seeds
- 1 tsp vanilla extract
- 1 tbsp coconut oil
- Pinch of cinnamon
- Pinch of sea salt
- 2 – 3 tbsp water as needed



Method

1. Place all ingredients into a high-powered blender until well combined.
2. Stir and add water until it holds together.
3. Roll into bite-sized balls and roll in coconut
4. Eat after 30 mins in the fridge
5. Store in an airtight container in the fridge for up to one week. They freeze well.

www.chrysaliswellness.com.au



From The Source

with Norm and Suzie



Get in Early for Glacé Fruit this Christmas

For Caloundra cooks planning their festive baking, The Source Bulk Foods Caloundra recommends stocking up on glacé fruit early.

Store owner Norm says much of the glacé fruit available in Australia is now imported, leaving supplies vulnerable to shipping delays. Last year, stock ordered through some suppliers did not arrive until January, leaving many customers unable to find the ingredients they needed for their Christmas cakes and puddings.

"We had countless customers miss out last Christmas, so we're trying to let people know not to leave it until December," Norm said.

The store currently has a colourful selection available, including red and green glacé cherries, pineapple, apricots, mixed citrus peel, orange, figs and pears. Shoppers can also find Australian mixed dried fruit, organic mixed dried fruit and dried citrus slices for Christmas cocktails.

With fewer suppliers carrying a complete glacé fruit range, popular varieties may become difficult to find as December approaches.

At The Source Caloundra, you can buy exactly the amount you need or choose from the biodegradable Grab & Go packs, for your recipes. There's less leftover food, less packaging and less waste.

Norm encourages local Christmas bakers to plan ahead: "If you're making Christmas cakes or puddings, get in early while the full range is available."



Glacé Fruit Explained

Glacé fruit brings colour, sweetness and a little old-world charm to Christmas baking, but did you know how it is made? Whole fruit, fruit pieces or citrus peel are slowly soaked in heated sugar syrups over several days or weeks. As the syrup replaces the fruit's natural moisture, it develops a chewy texture and glossy finish. The technique originated in the Middle East, where honey was used before cane sugar became widely available. It later spread through Europe as a practical way to preserve seasonal harvests. Today, glacé fruit remains a favourite in Christmas cakes, puddings, panettone, biscotti and confectionery.

The Source Bulk Foods is located at
22A Bulcock St, Caloundra QLD 4551



BY JOHN & JANICE GROVES
AND ANNE WENSLEY

First Hotels of Caloundra

An important cornerstone of community life, Caloundra's earliest hotels welcomed residents, travellers and servicemen, becoming part of the town's social life as the seaside settlement grew.

Caloundra's earliest attempt at a hotel was Alder's Hotel, built by Anthony Alder on Victoria Terrace at Shelly Beach in 1885 and opened three years later. The venture was unsuccessful and the building eventually fell into disrepair, but parts of its timber were reportedly given a second life in another local landmark.

In 1906, David Rooke built Hotel Francis near the corner of Albert Street and Stewart Way, naming it after his son. The hotel became an important meeting place during the Second World War, when Australian and American servicemen training in Caloundra gathered there during their leave.

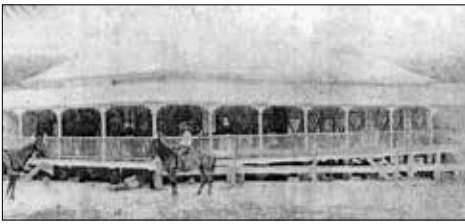
Former servicemen recalled drinking Bulimba beer with a dash of salt added to create a frothy head. One story tells of soldiers rolling a keg from Hotel Francis

to the top of Bulcock Street, then sending it down the middle of the road to the iceworks in Maloja Avenue, where it could be kept cold until their next leave.

For more than 50 years, Hotel Francis was Caloundra's only licensed hotel, leaving Bulcock Street without a pub of its own. It closed in January 1957, reportedly drawing thousands to a gala farewell, and its licence was transferred to the new Caloundra Hotel at the western end of Bulcock Street. That hotel became CBX in 2013 before returning to the Caloundra Hotel name in 2017.

Hotel Francis remained standing until its demolition in 2012.

A new chapter began on 1 August 1957 when the Hotel Perle opened overlooking Kings Beach. Rebuilt in 1991, it is known today as Kings Beach Tavern.



*Clockwise from left:
Alders Hotel,
Caloundra Hotel,
Hotel Francis.*

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.



Why Sabina Became One of the 500 Mums

Sabina Vitacca needed little convincing when she heard about Katie Johnston's vision to build a school and home in Uganda with Jeanette Allom-Hill through the 500 Mums – A Lionhearted Legacy Project. She donated immediately, proudly becoming one of the 500 Mums.

A video call with Serenah, who cares for the children in Uganda, brought the project to life. The children's smiles, curiosity and potential stayed with Sabina, along with the warmth shared across the virtual room.

Sabina reflected that donations would help provide education, shelter and opportunity, but the children also deserved to know they were loved and believed in.

A conversation with Jeanette inspired 500 Days of Love, an invitation for people to record messages of hope and

encouragement. Children will hear a message each day for 500 days.

The project shows what women can achieve together: a school, a home and a place of belonging for the children.

**Become one of the 500 Mums.
Donate at gofund.me/4c1a3681c.**



Salty Sessions

with Angie Pallisier

Welcome Sunshine Coast, to my first Salty Sessions! I'm Angie and I have officially been handed the surf column baton. It's an honour to follow in John's footsteps sharing stories from our incredible local surf community.

I thought I'd start by introducing myself.

Growing up between Eumundi and Redcliffe, most weekends were spent at Noosa. My dad and brother would surf the green waves while I happily threw myself into the white wash on whatever board I could find, cheering myself on and loving every second of it.

That's how my dad gave me the nickname Queen of the White Wash.

The funny thing is, back then, I didn't even know there were different surfing levels. I was simply a girl who loved being in the ocean.

At 33, I found my way back to surfing and booked myself a lesson. Like many beginners, I thought riding a green wave made me an intermediate. I soon realised surfing is about so much more than catching waves.

It's about learning to read the ocean, understanding surf etiquette, choosing the right equipment, and embracing that there is always more to learn.

Today, I've gone from the Queen of the White Wash to helping more than 1,000 women discover the joy of surfing — a passion that has taken me around the world chasing waves.

Next edition, I'll share the five biggest lessons that helped me break through the beginner barrier.

See you in the lineup.

www.sisterhoodofsurf.com



SALTY SESSIONS TIP:

Every hour spent in the ocean is another hour learnt. Just like learning to drive, confidence and skills come from time in the water.

Reconnect with Nature

In 2019, a study of more than 19,000 people found that spending just two hours a week in nature was associated with better health and greater happiness.* It doesn't even have to be in one go. You can break it into smaller chunks and the benefits remain. And the best part? It's easy and enjoyable!

Here are some ideas...

BY DIZ JONES

Get outside in the early light

Have your coffee outside, walk the dog or simply walk barefoot in the yard. Morning light is a natural source of vitamin D, while also signalling your circadian clock to support alertness during the day and sleep at night.

Watch the sun go down

Spend 10 to 20 minutes outside around dusk and listen for animals settling in for the night. Experiencing the light change from bright to dark also supports our circadian rhythm, which can help with sleep.

Birdwatch

There's something mesmerising about watching birds. Spend some time sitting quietly outside and notice how many different birds you can see and hear. TIME reports that seeing and hearing birds is associated with improved mental health.

Get into natural water

Swim at Currimundi Lake or in the ocean, or simply wade along the shoreline. The sound and sight of moving water can reduce stress levels and improve mood.

Use your senses

Deliberately notice five things you can see, four you can hear, three you can feel, two you can smell and one you can taste.

Go outside after dark

Look at the stars, notice the constellations and listen for nocturnal animals such as frogs, bats and birds.

Grow something

Create an ongoing relationship with the weather, seasons, insects, soil and plants. Even better if it's something you can eat!

Go outside in imperfect weather

There's something thrilling about being outside in light rain, foggy weather or the cold of a wintry day. Make nature part of everyday life, rather than enjoying it only when it's sunny and warm.

Have phone-free time

Leave your phone behind whenever you're reconnecting with the natural environment. You're much more likely to notice sounds, animals, plants, the temperature and other details when you're not distracted or switching your attention.

Make a day of it

Every so often, plan a bigger trip to one of our region's natural attractions, such as the Glass House Mountains, Wild Horse Mountain, Ewen Maddock Dam, Currimundi Lake, Obi Obi Lookout, Buderim Falls or one of the beautiful beaches across Caloundra and beyond.

*Source: Mathew P. White et al., *Scientific Reports*



Bucki's Journey

With Kabi Kabi Elder, Aunty Bucki



The Verandah That Became a Crossroads

For three weeks, my old shed verandah became the world's most unlikely crossroads. Not a place of long journeys anymore, but of constant arrivals.

First came the Irish bloodline from Victoria - Jesse and her husband with healing eagle feathers and stories of their own ancestral land. Our nights were spent by the fire, mapping the convergence of their Celtic lore with the ancient knowledge of this place.

The next day, Matthew arrived from Hawaii, a quiet giant with eyes as deep as the Pacific. He came with stories his grandfather had blessed - stories that held the mana of his islands. He taught us to listen to the land with our feet, to feel its pulse.

Then Shannon from Canada, bringing crisp boreal logic and elegant plans for water purification and soil regeneration.

In the midst of this came Cush from Tasmania, who stayed two weeks fixing

the outside toilet, reinforcing the old shed, reminding me that the future is built one solid stone at a time.

The pinnacle was the delegation from the Sacred Heart Foundation - healers and bush medicine carriers who had just chartered their university of natural health. They came to learn, to connect, to document.

That evening, as the sun set the western sky ablaze, we all gathered - Irish Celt, Hawaiian kahu, Canadian strategist, Tasmanian wall builder, and university delegates - all speaking a language of soil, spirit, and science.

It could have been chaos. Instead, it was a symphony. Because every single person who passed through this place came for one thing - a future for the generations to come.

We are all threads, different colours and textures, weaving a net of safety for the ones who will follow.

Let There Be Rock Postponed

The Let There Be Rock concert, planned for 15 August at Glass House Mountains Community Hall, has been postponed in the spirit of respect and community healing, with the community still processing the uncertainty and division surrounding the proposed quarry expansion.

Created by local artist Dean Reilly and rock band Overdrive, the event celebrates music, art and connection to the Glass House Mountains.

The performance will continue exploring landscape, custodianship, belonging and



Image: Greg Barnett

care for Country. Organisers thanked artists, volunteers, Glass House Mountains Rotary Club, the hall and supporters. The concert will return when the timing is right.

Visit soghm.org.au for updates.



Caloundra Gets The BIG Aussie Review

Brisbane teachers Grace Herdman and Matt Millward have swapped the classroom for the open road after winning BIG4's year-long The BIG Aussie Review. They recently rolled into BIG4 Caloundra Waterfront, where they stopped to explore our patch. They share their experience with The Chronicle.

How are you enjoying your new home on the road?

The set-up has been life-changing. The Ranger drives like a dream and has all the bells and whistles, allowing us to travel safely and comfortably. Our Crusader Musketeer Grand Treville is luxury on wheels. Its clever use of space makes it feel spacious and homely.

What was the highlight of your Caloundra stay?

Our trip to Mount Tinbeerwah, where BIG4 Caloundra Waterfront legend Angus Booker took us abseiling. We expected a small rock where we could learn the basics, but we were faced with a 50-metre cliff! It was intense and something we probably would never have experienced otherwise.

What would you say to locals who take their backyard for granted?

Get out and enjoy the slice of paradise you live in. The waterfront from Kings Beach, along the Pumicestone Passage to Golden

Beach, was an amazing place to run and walk each day. Caloundra's beaches and waterways are such a treat, especially when you can cool off whenever you like.

Which destination has made the strongest impression so far?

BIG4 Mackay Blacks Beach, because of the amazing community within the park. The caravanners were kind, friendly and generous. They made us crumpets, took us fishing and helped us sort out a jockey wheel problem as we were leaving. That community feeling made the stay very special.

What lessons will you take back to the classroom?

People, people, people. It is always the people who make a place special. Be open to meeting new people, trying new things and experiencing each destination with local knowledge in mind. Locals often lead you towards the experiences you might otherwise miss.

facebook.com/thebigaussiereview

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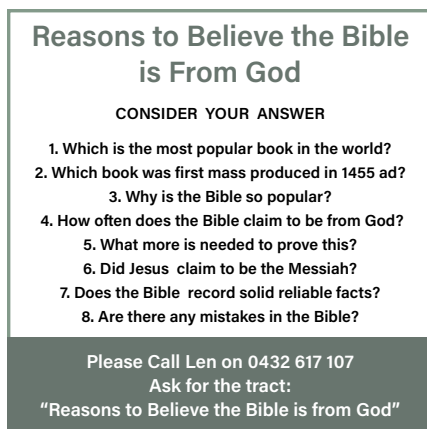
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