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January 17-23, 2019

Phone 5446 4800 Email editor@coolumadvertiser.com.au Web coolumadvertiser.com.au Edition 30

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## Artistic friends come together to show their art at weekend exhibition

VANESSA BACON-HALL  
EDITOR

ESTEEMED local painter Chris Postle has amassed a career spanning some 30 years and during that time through sheer hard work and determination has managed to forge a career as a full time artist, and this weekend the celebrated painter is joining forces with his friends, and collectively the group of creatives are coming together and holding a free exhibition at Tinbeerwah Hall.

"I have exhibited with others over time and last year I held one at the hall on my own and this year I saw an opportunity to give my friends, who are all really good artists, the opportunity to exhibit alongside with me," Chris said.

"This is just like a 'pop-up' kind of event that will run on Saturday and Sunday."

The talented crew set to join Chris include sculptors, Chris Calcutt and Ted Moran, photographers Sarah Jane Smith and Mike Drinkwater, and artists Brent Harvey and Tony Adams.



Artists Mike Drinkwater, Chris Postle, Ted Moran, Sarah Jane Smith, Tony Adams and Brent Harvey have joined forces under the stewardship of celebrated local painter Chirs Postle and are hosting a free exhibition this weekend at the Tinbeerwah Hall. The group of friends regularly meet at places such as Point Arkwright (pictured) to hang out and inspire each other, with most of the artists using the coastal landscape as inspiration for their works, which includes photography, sculpture and painting. Photo: Contributed

The entire group will be displaying select pieces of their latest works for viewing and giving people an opportunity to purchase some of the best work to be found on the Sunshine Coast and everything will be for sale.

"This is a really nice opportunity for like minded people

to hang out and as artists we all tend to think similarly and inspire each other," Chris said.

Photographer Mike Drinkwater further endorsed the friendship and comradery that the group share and said that they often meet for afternoons at local surf spots and vistas within the North Shore region.

"We are all friends and are inspired by the same things and many of us hang out together – it's a community thing, and we also comment on and inspire each other with our art," Mike said.

The exhibition will also feature the unveiling of Chris Postle's new coastal and ma-

rine based masterpiece titled 'The Awakening', and this piece will be joined by a diverse selection of his latest contemporary artworks.

"I will be showing many recent works from the past two years and this is also a cul-

NEW LOOK  
ADVERTISER:  
PUBLISHER COMMENT  
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TRADES &  
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## From the Tip of my Tongue

# NEW YEAR - NEW LOOK!



### MICHELLE BOX PUBLISHER

HELLO and welcome to 2019 - and to your fresh, new-look Coolum & North Shore Advertiser!

We have been working behind the scenes with a designer during the Christmas break to update and renovate the look and feel of your local community paper, and we are absolutely thrilled with how fantastic it looks.

When I took over the paper in June of 2018, I was aware of its long and proud history, but I had a vision of how I wanted the paper to look and what I wanted it to represent.

I wanted to create a look and feel that reflected the vibrant and dynamic community we live in - in a style that is both relaxed and

easy to read, and I feel that we have really achieved this.

The Coolum, Bli Bli and North Shore community is the absolute jewel of the Sunshine Coast, and an independent publication such as ours is all about connecting this part of our coastal community with the information that is immediately relevant to our readers.

Whether that be community groups, events, local businesses, local council and parliamentary representatives or regular residents having their say via a letter to the editor.

We always aim to keep our content fresh and positive - you will find absolutely no 'fake news' here, however there are going to be contentious issues to cover which affect different

parts of our community. We won't shy away from those issues, and we will always endeavour to portray all aspects with equanimity. As our reader, your thoughts and opinions are always welcome.

If you have previously considered advertising within your local community but not made the call yet - why not pick up the phone for a chat? We have packages available to suit all business types and all budgets - and every dollar you spend on advertising with us stays right here in your local community!

We would love to hear your thoughts on our new makeover - send me an email at michelle@coolumadvertiser.com.au or give me a call on 0413 427 439.

### Coolum Advertiser

Office 15/24 Heathfield Road, Coolum Beach, QLD 4573

Michelle Box, Publisher: michelle@coolumadvertiser.com.au Ph: 0413 427 439

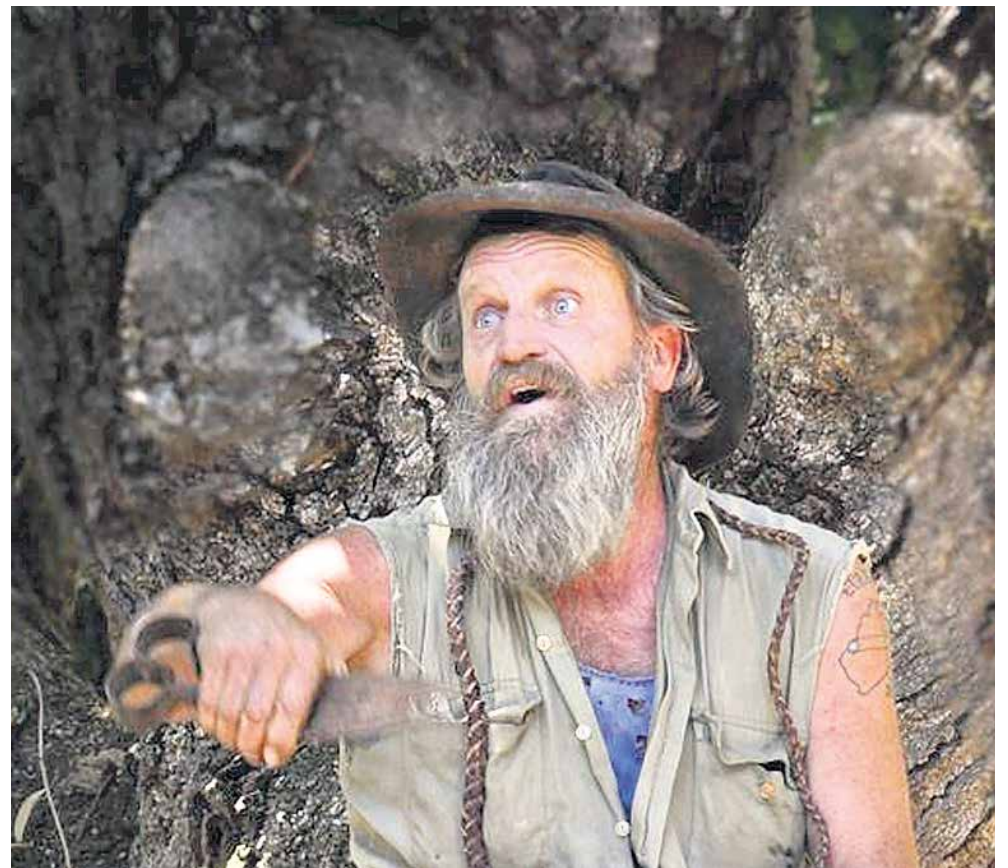
Vanessa Bacon-Hall, Editor: editor@coolumadvertiser.com.au Ph: 0422 059 769

Production: production@coolumadvertiser.com.au Ph: 5446 4800

Patty Bourne, Features Manager: advertising@coolumadvertiser.com.au Ph: 5446 4800

PH 5446 4800

Office Hours  
Monday-Wednesday  
9.30am-3.30pm



Bazza the Bush Balladeer will be reciting bush poetry at Foxys café in Coolum on Australia Day.  
Photo: Contributed

## Australia Day Bush Poetry at Foxys cafe Coolum

AUSTRALIA Day is set to be buzzing in Coolum with the annual Lions celebration in Tickle Park, and popular hot spot for waxing lyrical and reciting yarns 'Foxys', hosting 'Bazza the Bush Balladeer'.

The Great Australia Day Bush Poetry Day at Foxy On Coolum café, will be running from 8am on Saturday, January 26, and Bazza will be entertaining patrons with great old Australian

classics plus some comedy pieces.

All Aussie poets are invited to join in the fun and present their favourite poem (original or borrowed) and in true 'Aussie' style, there will be damper, billy tea, gum leaves, and plenty in costumes.

This is a free family event and more information can be found by calling Wendy on 0435 877 617.

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# NEW DAWN FOR A NEW YEAR!

BY PETER LEGGE



Coolum and the North Shore region are home to some of the most beautiful beaches, and the 'bays' at Coolum are stunning little secluded havens. This pic of First Bay by local photographer Peter Legge was captured on a morning at the start of the year and so far 2019 is proving to be a great one. If you happen to take a 'pic of the week' please send it in to editor@coolumadvertiser.com.au with your name, where you live and where the pic was taken or what it is of and we will endeavour to publish it in the paper. For more of Peter's amazing images, please check out his work at - <https://www.facebook.com/peterleggephotography/>

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## Police call on community for info on child assault

SUNSHINE Coast detectives continue to investigate an incident in which a young girl was assaulted in the Tickle Park toilets on Friday January 4.

The four-year-old was with family and friends at Tickle Park, David Low Way, on Friday, January 4 when she wandered away from the group and into a nearby unisex toilet block.

A man entered the toilet and indecently assaulted the child.

The girl returned to where her family and friends were and later told her parents about the incident.

Due to her young age- it is believed that the incident may

have occurred sometime between 4.30 and 5.30pm and that the man may have had white or light coloured hair and was wearing shorts and a t-shirt.

For orientation purposes the toilet block was located at the Coolum Surf Club end of Tickle Park.

Police are appealing for anyone who noticed anything or anyone suspicious, or anything out of the ordinary in Tickle Park or the local area that afternoon to contact them.

Police would also like to speak to any motorists who drove past Tickle Park between 4.30 and 5.30pm on

Friday, January 4 and who may have dashcam vision.

The child was medically assessed but did not require medical treatment.

If you have information for police, contact Policelink on 131 444 or provide information using the online form 24hrs per day.

You can report information about crime anonymously to Crime Stoppers, a registered charity and community volunteer organisation, by calling 1800 333 000 or via crimes-toppersqld.com.au 24hrs per day.

Quote this reference number: QP1900031566

**Fiona  
Simpson** MP  
MEMBER FOR  
MAROOCHYOURE



## Australia Day celebrations

IT'S GOOD to see that our local celebrations have grown in popularity over the years, with people of diverse Aussie backgrounds coming together as a community and celebrating what unites us and our love for this great country.

I'm looking forward to celebrating Australia Day at some of the great community events held annually on the Maroochy North Shore.

The Coolum Lions and Lionesses put on a fantastic event at Tickle Park in Coolum Beach. Why not pop down

for a traditional bacon and egg burger breakfast in the park and enjoy all the family-friendly fun and games. I am honoured to be presenting one of the Coolum Beach Australia Day Community Awards at midday.

Marcoola will party on as usual with the Marcoola Rocks celebrations, thanks to the Marcoola Surf Life Saving Club and the generous support of Bendigo Bank and other local businesses. The activities start at 7am with a fun run and you can finish off

the day with fireworks and a family movie in the park.

I'll also be attending the Maroochy North Shore Lions' Bush Poets Breakfast, held at the Maroochy North Shore Community Hall for a delicious BBQ breakfast with entertainment provided by Bush Poet "Bazza" and the very talented singers of the Hot Ginger Chorus singing Australian songs.

I hope to see you out and about on Australia Day. Make sure you say G'Day!

I'm also interested in your feedback about the issues that matter to you. You can have your say in my community survey and be in the running to win a Baby Weber BBQ. You can enter in the prize draw by completing the survey online at [www.fionasimpson.com.au](http://www.fionasimpson.com.au) or call on 5406 7100 and we will send you a survey form.

## Artistic friends come together to show their art at weekend exhibition

CONTINUED FROM PAGE 1

mination of my work over my entire career," Chris said.

"I started this art career in Hervey Bay and I have always been inspired by the ocean and

over the years I have developed into different techniques with most pieces still always based around the coastal theme."

With a style that incorporates mixed media and vibrant coastal themes, Chris said that he was looking forward to the weekend exhibition and being able to hang out with friends and show their collective works to the public.

"Please come and enjoy this wonderful collaboration of

talent, mingle with the artists and take home some special memories and I will also be giving away an original piece of my art as a lucky door prize," Chris said.

The show is being held at Tinbeerwah Community Hall which is located on the corner of Sunrise and Noosa Cooroy Rd, this Saturday and Sunday January 19 and 20. Opening times on both days will be 9am till late and the family friendly exhibition is free.

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# Coolum Advertiser

## COMMUNITY NEWS

Email community notices to michelle@coolumadvertiser.com.au

### COOLUM LIONESS' CLUB

The Lioness Club is still collecting used stamps. These are sent off to Sydney where they are auctioned and the proceeds go to the Australian Lions Children's Mobility Foundation. We are also collecting spectacles whether they be prescribed, sunglasses or magnifying. These are graded by professionals who help our organisation, cleaned and then sent overseas where they are most needed. All these can be left in our box at the Coolum Post Office who have generously given the space for this. It is

our last market this Friday 18th January so come along and enjoy the different stalls.

### HOME LEAGUE AT THE SALVOS

Are you looking to join a positive group of women where you will meet new people, learn new skills, support local community and enjoy being encouraged in the Christian faith? Commences 7th Feb - every Thursday during school terms 9.30-11.00am \$5.00 includes morning tea. 3/127 Greenoaks Drive Coolum. Call Geraldine 54461973.

### COOLUM BRIDGE CLUB

Join our new series of 10 lessons to be held on Saturday afternoons - 12.45 for 1pm start from 9th Feb 2019.

Contact Maggie Murray maggiemurrayoz43@gmail.com 0448 334 665 or 5471 3373.

Venue: Pacific Paradise Bowls Club, 13 Menzies Drive, Pacific Paradise.

### COASTAL AMIGOS OVER 50'S CLUB

Coastal Amigos is a club for the over 50's for outings, dinners and other activities. We meet every Tuesday morning at 10am for coffee at

the Coolum Beach Surf Club, so come and join us. Contact Janet 5446 5554.

### SUNSHINE COAST EMBROIDERERS' GUILD

Join our very friendly and happy group of ladies.

Our meetings are held in the CWA Hall, Memorial Avenue, Maroochydore on the first four Tuesdays of the month from 1PM to 4PM. Phone Ruth 0421 540 347.

### MEALS ON WHEELS ROSTER

#### Monday, January 21:

Kitchen: K Talanoa, M Hannan, D Boneham, D Gunderson and L Walden.

Run 1: B Stevens and P Pashley; Run 2: G Moore and T Moore; Run 3: K and J Pontin; Run 4: G and N Mooney; Run 5: B Spencer and L Farrah.

#### Wednesday, January 23:

Kitchen: F Howell, G Watt, R McNeil, and K Talanoa.

Run 1: L Farrah and S Murray; Run 2: E Holbrook

and K Beckett; Run 3: D and J Stone; Run 4: J Winters and B Jelfs; Run 5: J Galbraith and K Hodge.

#### Thursday, January 24:

Kitchen: Y Hurley, R McNeil, and J Ivankovic.

Run 2: G and M Frazer; Run 3: R Burnie and B Curry

Run 4: K Caddies and U Musinski.

#### Friday, January 25:

Kitchen: Y Webster, B White, M Hannan, G Cocks and R Reid.

Run 1: J Thomas and S Silke; Run 2: R McCormick and C Boland; Run 3: J Galbraith and T Bayne; Run 4: D Boneham and D Lawson; Run 5: D Neale and L Boel.

If you are unavailable on your rostered day, please notify MOW kitchen on 54461000

Or Anne on 0408 183517

### COOLUM AND DISTRICT RED CROSS BRANCH NEWS

During December the Coolum and District Red Cross Branch raised over \$1000 with a sausage sizzle at Maroochydore Bunnings.

Next Meeting: Wednesday 13th February @ 10:15 am.

Venue: Coolum Surf Lifesaving Club, Coolum Beach. Come and join us for a coffee and find out what we do. Visitors very welcome. Ring Leonie on 0411 248 505 for more details.

### COOLUM-PEREGIAN RSL

The Coolum-Peregian RSL is open for dinner and live music every Friday night, bar from 4pm and meals from 6pm.

We have a courtesy vehicle to pick people up. Please call the club on 07 5446 2588

Raffles - meat tray one week and seafood tray the following. Door prizes

The club is a non for profit and all money raised goes back into helping veterans, war widows and current serving members and local cadets.

Pensions are on 0423 439 811, Jason Ryan at Mudjimba RSL.

### COOLUM HEARTS.

Coolum HeARTs is a local charity providing access to the arts - painting, drumming, singing, tai-chi, meditation, mosaics, claywork and Italian classes, to people who live with significant challenges in their daily lives, e.g mental health issues, chronic physical and intellectual impairment and social issues such as domestic violence, effects of drug and alcohol abuse (family members included), poverty, feelings of exclusion and isolation.

Members of our community are welcome to join our groups to support our members.

Cost for classes \$5 for members, \$10 non-members.

Call 0478 646 330 for the phone numbers of the various groups.

Our philosophy is one of welcome and inclusion. No experience needed in any of the activities.

You will enjoy a warm and friendly welcome.

Facebook: Coolum HeARTs Inc. Website: www.coolumhearts.com.au

# Coolum Advertiser

## LETTERS TO THE EDITOR

Email your letters to Vanessa at editor@coolumadvertiser.com.au

### CHRISTMAS HAMPERS THANKS

Dear editor, Thank you to our local community for the generous financial donations, gifts and food you gave towards the St Vincent de Paul Society's 2018 Christmas Hamper appeal. With your help, around 60 hampers were distributed to needy families within the St Peter's parish in time for Christmas.

The St Vincent de Paul Society, Coolum Beach wish you and your families a blessed and safe 2019.

JACQUI CLARKE,  
ST VINCENT DE PAUL SOCIETY,  
COOLUM BEACH

### DOONAN TRAIL

Dear editor, With concern, Verrierdale Residents Group (VRG) note a recent article by Alex Watson (Yandina Creek Progress Association President) stating, "The first stage of a Verrierdale Trail Network (VTN) got underway this week on private property at the southern end of Doonan Bridge Rd." "Stage 1, the

Doonan Bridge Rd Trail, is the first part of what we hope will eventually be a trail network extending up the length of Doonan Bridge Rd and including sections in the Doonan Creek Environmental Reserve (DCER)..." However, Council have stated that the Doonan Creek Environmental Reserve Management Plan describes constraints associated with a horse trail which was considered in the drafting of the landscape concept plan.

Although additional horse trails were requested by some people at a DCER community workshop, including a trail that would extend into the wetland area and adjoining private property, this has not been incorporated into the plan due to the impacts this would have on the core environmental values of the site. VRG and other concerned groups hope that this will in fact be the case.

MARK JONES,  
VICE-PRESIDENT VERRIERDALE  
RESIDENTS GROUP, DOONAN

### AUSTRALIA DAY

Dear editor,

No sniping. Resplendent in baseball cap, the latest PM announced, "I'm a PM for standards" and "We will not undermine Australia's National Day". As he stipulated in 'My Australia Day Rules', all participants must wear a suit and tie. Women take note. You will enjoy yourselves if you obey orders. Fair dinkum.

MARGARET WILKIE  
PEREGIAN BEACH

### THANKYOU COOLUM COMMUNITY

Dear editor, Coolum HeARTs would like to publicly extend our deep gratitude to all the members of our community - business and individuals - who so generously supported the Community Christmas Lunch at the Civic Centre on Christmas Day.

128 people attended and it was a wonderful success. This event would not happen without the support of all those volunteers and donors over the weeks beforehand.

I would love to list everyone we would like to thank, but it would take up a page.

Thank you all so much. We will be back next year.

BARB HOLDEN,  
COOLUM HEARTS CENTRE

### STROKE RISK

Dear editor, Let's be honest, how much time did you waste on clickbait lists in 2018?

You know the ones, like 'seven ways to look ten years younger'.

In the interests of short attention spans everywhere, the below list will be the most important one you will read this year. I guarantee you won't get to number three and give up because it's rubbish.

But be warned, what I am about to say will shock you.

A recent study has found one in four people will have a stroke in their lifetime.

Yes, one in four people will have their lives turned upside down by a disease that attacks the brain - the vital organ responsible for our thoughts, movements and feelings.

Stroke does not discriminate. It can strike anyone, at any age and any time. It impacts everyday people - mums, dads, brothers, friends, colleagues or even you.

There will be more than 56,000 strokes in Australia this year.

But there is hope - and it is called prevention. Around

CONTINUED PAGE 11

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Coolum State High School's potential is outstanding and limitless.

The Principal, Mr Troy Ascott has decades of experience in a range of Queensland schools and his core purpose has always been to make a positive difference to the lives of our young people to ensure they receive a quality education.



*Principal*  
Mr Troy Ascott

Coolum State High School | Havana Road East, Coolum Beach |

In 2018, Coolum SHS received a record number of students achieving OP 1-10 and our year 12 students were the first to graduate in academic cap and gown.

Our new state-of-the-art buildings and transformation of our campus along with a focus on high expectations of uniform, behaviour and attendance have

fostered a sense of pride and belonging at Coolum SHS. This year we offer seven Academy Programs, encompassing Instrumental Music, ALPHA, Cheerleading, Surfing, Touch Football, Basketball and Young Entrepreneurs. These Programs will see our students excel in their chosen field and be successful life-long learners.

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Coupled with the continuation of excellent teaching and learning, Mr Ascott believes that Coolum SHS students are well positioned for a vibrant and exciting future.

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## general

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**BAR FRIDGE:** Mini, GC \$25, Ph 0420 887 274

**BEDSIDE TABLES:** 1 drawer, also inbuilt sliding trays, plus storage compartment, \$60/pair Ph 0423 166 410

**BIKE:** Folding Euro type, step thru, sm. Wheels, all alum frame & carrier, Exc. Cond. \$80 Ph 0407 359 111

**CAKE MIXER:** Sunbeam Café series 9planetary) s/s bowl, gun metal silver colour, Exc. Cond. \$80 Ph 54 717 208

**CHS UNIFORMS:** 2 x Junior Sports Skirts sz 14, 2 x Junior Formal skirts sz 12, 2 x Junior Formal Girls Shirts sz 12, \$50 the lot Ph 0407 962 602

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## Observations

**TONY GIBSON**  
MARCOOLA RESIDENT WHO IS ACTIVE IN COMMUNITY, BUSINESS, POLITICS AND THE ENVIRONMENT



## Passion and Purpose

I LOVE to take the time to plan and access my passion and purposeful energy this time of the year. I was talking to a local café owner and he commented that it was about doing what you did last year in 2019, which is true if you are successful, but there is always the opportunity for improvement and reenergising.

I use the Edward De Bono tools such as lateral thinking, the six thinking hats and the six value medals to help problem solving and developing new ideas. I find reviewing and developing the value priorities frames your passion and purpose and maintains your energy.

Values are central to the purpose of any business or government organisation as well as individuals and leaders.

We need to appreciate the values we hold dear. We also need to see things clearly and appreciate the values that guide our perceptions.

For example, the values that lead to excellent customer service in delivering food and beverage services or delivering health and wellness services or the myriad of endeavours we might pursue.

We often have complementary and conflicting values that we need to work through to ensure we are on track to

achieve our mission or purpose in life. Also, you need to consider whether your current weighting of values like friendship, family, learning, harmony, health, happiness, community, collaboration, financial security, environment, social justice, care and nurture might have changed.

Values lie at the heart of your wellbeing and I suggest that you do an exercise to determine your values.

If you search on line for a list or inventory to select from or email me ([tony.gibson@spirit3h.com.au](mailto:tony.gibson@spirit3h.com.au)) I can send you a values exercise and a list of 128 values to assist you in the process.

Once you have decided your list of values, ask some questions:

1. If I have that value what will it give me?
2. What am I really excited about right now?
3. What am I looking forward to?

I wish you well in working towards achieving your passion in 2019.

## Dan Purdie MP

MEMBER FOR NINDERRY



## Happy New Year



Member for Ninderry Dan Purdie at the cheque presentation to the QCWA for \$20,000 which came about from the Coolum Surf Club's 'Steak for mates' drought appeal fundraiser. Photo: Contributed

IT'S GOOD to see that our local celebrations have grown in popularity over the years, with people of diverse Aussie backgrounds coming together as a community and celebrating what unites us and our love for this great country.

I'm looking forward to

celebrating Australia Day at some of the great community events held annually on the Maroochy North Shore.

The Coolum Lions and Lionesses put on a fantastic event at Tickle Park in Coolum Beach. Why not pop down for a traditional bacon and

egg burger breakfast in the park and enjoy all the family-friendly fun and games. I am honoured to be presenting one of the Coolum Beach Australia Day Community Awards at midday.

Marcoola will party on as usual with the Marcoola Rocks celebrations, thanks to the Marcoola Surf Life Saving Club and the generous support of Bendigo Bank and other local businesses. The activities start at 7am with a fun run and you can finish off the day with fireworks and a family movie in the park.

I'll also be attending the Maroochy North Shore Lions' Bush Poets Breakfast, held at the Maroochy North Shore Community Hall for a delicious BBQ breakfast with entertainment provided by Bush Poet "Bazza" and the very talented singers of the Hot Ginger Chorus singing Australian songs.

I hope to see you out and about on Australia Day. Make sure you say G'Day!

I'm also interested in your feedback about the issues that matter to you. You can have your say in my community survey and be in the running to win a Baby Weber BBQ. You can enter in the prize draw by completing the survey online at [www.fionasimpson.com.au](http://www.fionasimpson.com.au) or call on 5406 7100 and we will send you a survey form.

## Nominate your local hero now!

THE planning for the huge Coolum Beach Australia Day celebrations are in full

swing and nominations for the Coolum Beach Australia Day Awards closes tomorrow, January 18.

Areas open for nominations include, Citizen of the year, Volunteer of the year, Community group of the year and Youth person of the year.

Nominations can be made by email at [coolumlions@hotmail.com](mailto:coolumlions@hotmail.com) or by phoning Doug Alford on 0413 019 078.

Recipients will be allocated and awarded on Australia Day at the Tickle Park celebrations put on by the Coolum Beach Lions Club.

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Cost \$12

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Classes are held at Coolum Uniting Church Hall Wednesday mornings from 10:30am - 11:30am  
Contact Yvonne for more details  
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| COOLUM BEACH                                  |                 |            |
|---|-----------------|------------|
| Tuesday                                       | 6 - 7:15 pm     | PhysioYoga |
| NSCC - North Shore Community Centre, Mudjimba |                 |            |
| Wednesday                                     | 4:30 - 5:15 pm  | PhysioFit  |
| Wednesday                                     | 6 - 7:15 pm     | PhysioYoga |
| Thursday                                      | 9:15 - 10:30 pm | PhysioFit  |
| Thursday                                      | 10:45 - 12 noon | PhysioYoga |

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Visit: [akashaphysioyoga.com.au](http://akashaphysioyoga.com.au) or Facebook for more details or email: [sarahkorzeba@gmail.com](mailto:sarahkorzeba@gmail.com)

# Fishing OFFSHORE ANGLERS GET OUT!

## DAVO'S NORTHSHORE BAIT & TACKLE

IN THE Maroochy River, flathead have been in good numbers around Chambers Island on the run out tide. There's also been some good reports of whiting and bream being caught around Black Banks and Cotton Tree. Timing your trip so you're there for the last of the run in tide should see you tangling with some nice trevally. Fishing Nojoor Rd, the tips of Chambers Island and the Cod Hole has been where most of the action has been. Jack numbers are still way up there with plenty of fish taken over the last couple of weeks, getting out early is key. Crabbing has also been excellent over the past week with plenty of reports of mud crabs being caught around the upper Maroochy River.

On the offshore scene, there were a few days last week where the small craft could make the run outside. Mackerel reports have been good with some great catches of spotted mackerel around the Coolum Reef area. The outer Gneerings also fished well earlier in

the week with cobia, snapper, sweet lip and tusk fish taken. The good old floater method has been the winning, rigged with larger pillies and slimy mackerel. With the full moon next Monday and if we get some favorable weather the weekend should be a cracker.

Fishing the beaches has been great fun for families with plenty of whiting and dart on offer, looking for those closer gutters is accentual at the moment as the blue bottles have been everywhere. Casting smaller baits of freshly pulled beach worm, yabbies, pippies or peeled prawns have been a great way to get a feed of whiting. Fishing the early morning tide this week should see you come into contact with a few tailor. Good baits of pilchard or mullet fillet on a three ganged hook is the way to go.

Now for all the latest information check out our Facebook page or call into Davo's Northshore Bait & Tackle at Marcoola to find out where the fish are biting, and remember Tight Lines and Bent Spines!



Jack Dekort with a couple of nice spotted mackerel.

## Coolum Advertiser

### LETTERS TO THE EDITOR

CONTINUED FROM PG 5

80 per cent of strokes can be prevented, and we can all take simple steps to reduce our risk.

Get your blood pressure checked regularly. Blood pressure is the key risk factor for stroke, but it can be managed. The number of strokes would be practically cut in half (48 percent) if high blood pressure alone was eliminated.

Manage your cholesterol – High cholesterol contributes to blood vessel disease, which can lead to stroke.

Eat a healthy balanced diet – avoid sugary drinks and cut the salt.

Exercise regularly – Inactivity causes weight gain

and contributes to high blood pressure and high cholesterol.

Quit smoking - Smokers have twice the risk of having a stroke than non-smokers.

Only drink alcohol in moderation - Drinking large amounts of alcohol increases your stroke risk through increased blood pressure, type 2 diabetes, obesity and irregular heart beat (atrial fibrillation).

Remember this list and take your first steps towards reducing your stroke risk in 2019. It could save your life.

ASSOCIATE PROFESSOR  
SEANA GALL,  
STROKE FOUNDATION CLINICAL  
COUNCIL MEMBER

## COOLUM BEACH BOWLS CLUB

### Results to 13 January:

Tuesday Open Pairs/Triples/  
Fours: Winners: C Johnston,  
J & R Guthrie, P Page;

Runners-Up: N Mellett, C  
Howard, M Cadamy; Third:  
W Brown, V Ford, P Teale.

Thursday Ladies' Open  
Pairs/Triples: B Peperkamp,  
S Wilson Runners Up: J  
Manton, B White.

Friday Men's Pairs/Triples:  
Winners: C Orr, R Kitcher,  
J McPherson; Runners Up:  
B White, R Sloane; Third: C  
McDonald, G Anderson.

## coolumadvertiser.com.au

The Coolum Advertiser invites sports clubs/  
publicity officers to submit their stories for  
publication in the sports pages. Stories can  
range from match reports, stories about club  
developments, new player signings, open days,  
visiting sports heroes and more. The Advertiser  
aims to build the sport page to become a two-  
page inclusion every week.

Email your contributions, and story ideas to:  
editor@coolumadvertiser.com.au or phone/text  
Vanessa on 0422 059 769

**DAVO'S northshore BAIT & TACKLE**  
TIDE TIMES 2019  
Coolum & Maroochy River  
For other areas visit [www.msq.qld.gov.au](http://www.msq.qld.gov.au) David Low Bridge

| FRI            | 18th January | 0.04m  | 2.11m   | 0.28m  | 1.41m   |
|----------------|--------------|--------|---------|--------|---------|
| Coolum         |              | 2:31am | 9:12am  | 3:43pm | 9:20pm  |
| Maroochy River |              | 4:58am | 10:47am | 6:10pm | 10:55pm |
| SAT            | 19th January | 0.04m  | 2.11m   | 0.28m  | 1.41m   |
| Coolum         |              | 2:31am | 9:12am  | 3:43pm | 9:20pm  |
| Maroochy River |              | 4:58am | 10:47am | 6:10pm | 10:55pm |
| SUN            | 20th January | 0.04m  | 2.11m   | 0.28m  | 1.41m   |
| Coolum         |              | 2:31am | 9:12am  | 3:43pm | 9:20pm  |
| Maroochy River |              | 4:58am | 10:47am | 6:10pm | 10:55pm |

| MON            | 21st January | 0.04m  | 2.11m   | 0.28m  | 1.41m   |
|----------------|--------------|--------|---------|--------|---------|
| Coolum         |              | 2:31am | 9:12am  | 3:43pm | 9:20pm  |
| Maroochy River |              | 4:58am | 10:47am | 6:10pm | 10:55pm |
| TUE            | 22nd January | 0.04m  | 2.11m   | 0.28m  | 1.41m   |
| Coolum         |              | 2:31am | 9:12am  | 3:43pm | 9:20pm  |
| Maroochy River |              | 4:58am | 10:47am | 6:10pm | 10:55pm |
| WED            | 23rd January | 0.04m  | 2.11m   | 0.28m  | 1.41m   |
| Coolum         |              | 2:31am | 9:12am  | 3:43pm | 9:20pm  |
| Maroochy River |              | 4:58am | 10:47am | 6:10pm | 10:55pm |
| THU            | 24th January | 0.04m  | 2.11m   | 0.28m  | 1.41m   |
| Coolum         |              | 2:31am | 9:12am  | 3:43pm | 9:20pm  |
| Maroochy River |              | 4:58am | 10:47am | 6:10pm | 10:55pm |

# Professional Services Directory

**see well law**  
www.swlaw.com.au

**P (07) 5455 6870**

8/63 St Andrews Drive, Tewantin, QLD  
3/912 David Low Way, Marcoola, QLD

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**5446 1884**



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[www.bellpottercoolum.com.au](http://www.bellpottercoolum.com.au)  
[lcameron@bellpotter.com.au](mailto:lcameron@bellpotter.com.au)

## Luke Navin Podiatrist

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Coolum Beach

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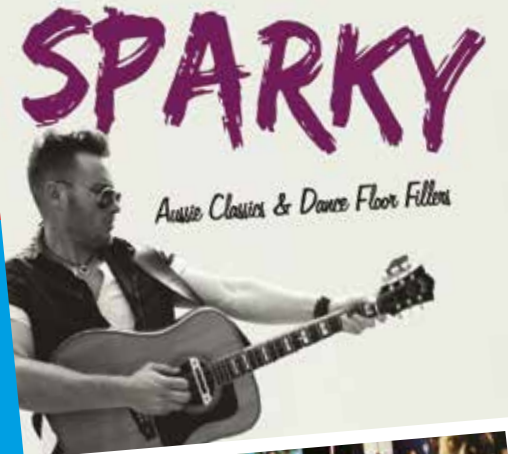
The Local's Club for All Ages with Local's Prices



# LIVE ENTERTAINMENT



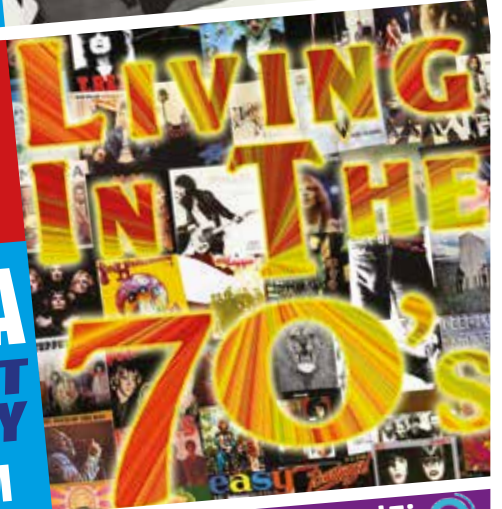
**RYAN GILES BAND**  
FRIDAY 18TH JANUARY, 7:30-11:30PM



**SPARKY**  
SATURDAY 19TH JANUARY, 7:00-10:00PM



**FONIX**  
FRIDAY 25TH JANUARY, 7:30-11:30PM



**LIVING IN THE 70'S AUSTRALIA DAY NIGHT PARTY**  
SATURDAY 26TH JANUARY, 7:00-10:00PM

**MEMBERS SPECIAL SATURDAY NIGHTS**  
Show your club Membership Card for a \$20 Chicken Parmy or Free Topper with any Steak ordered  
\*KIDS EAT FREE with any adult meal purchased by members (conditions apply)

**TEXAS HOLD'EM POKER**  
THURSDAY & SATURDAY  
12:00PM - 3:00PM  
REGISTRATIONS 11:00AM

**DARTS NIGHT EVERY WEDNESDAY**  
\$5 ENTRY 6:30PM  
PRIZES! COURTSY BUS TIL 10PM

**FOX CHANNELS AVAILABLE**

**GIANT RAFFLE** \$800 IN CASH & PRIZES  
SATURDAYS 12PM  
TICKETS FROM 11AM

**MEMBERSHIP DRAW** \$285  
\*AT TIME OF PRINTING  
WEDNESDAY 6:30PM, 7PM & 7:30PM

**GAMING MACHINES**

**BOWLS GREEN FEES ONLY \$10**

|          |        |                           |
|----------|--------|---------------------------|
| THURSDAY | 1:00pm | Mixed Triples             |
| FRIDAY   | 1:00pm | Mens Pairs / Triples      |
|          | 5:00pm | Barefoot Bowls            |
| SUNDAY   | 9:00am | Open Pairs                |
|          | 1:00pm | Bowl & Dine Mixed Triples |
| TUESDAY  | 1:00pm | Open Pairs / Triples      |

**FREE SocialFi Trivia NIGHT**  
BACK FEBRUARY 2019  
9AM WEDNESDAY - ALL WELCOME  
**TABLE TENNIS** 5:45PM MONDAY  
**500 CARDS**  
FRIDAY MEAT & CASH JACKPOT  
4 X \$50 MEAT TRAYS TO BE WON  
GREG'S CASH \$300 JACKPOT  
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**CRACKER JACKS KITCHEN**  
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NO SURCHARGE ON PUBLIC HOLIDAYS  
Stay up to date with all the happenings & specials  
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Friday: 4pm - midnight  
Saturday: 11am - 3pm & 5pm - midnight  
Sunday 11am - 8pm

**Opening Hours**  
Monday to Saturday  
10:00am until 12am  
Sunday  
8:00am until 12:00am

**Contact Us**  
Club: 07 5446 1153  
Elizabeth St, Coolum Beach  
(behind McDonalds)  
www.coolumbeachbowls.com.au