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April 9 - April 22, 2020

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## COAST CARE INVITE NATURE PHOTOS FOR CALENDAR



Coolum and North Shore Coast Care are inviting submissions for their 2021 calendar and with the current unfolding situation due to the virus, taking some images whilst outside is the perfect activity that can be done by the whole family – especially children. An important annual fundraiser, the profits from the calendar support the amazing work CNSCC undertake in protecting our coastal environment. The group is asking people to explore the natural areas that are 'close to home' - such as what is in the backyard for example. Submissions can be sent to [calendar@coolumcoastcare.org.au](mailto:calendar@coolumcoastcare.org.au) by May 31, 2020. Please note that CNSCC are not looking for pictures of pets, introduced animals, weeds, urban scenes or family members etc. Photo: Contributed

## Community spirit alive & well despite virus threat

REGARDLESS of the unprecedented circumstances due to the pandemic, the community spirit remains alive and well in Coolum, according to Ninderry MP Dan Purdie.

Mr Purdie said he was impressed to see business and community members respond quickly when the Coolum Meals on Wheels put out an SOS for a commercial freezer recently.

"Due to new regulations impacting on the way Coolum Meals on Wheels delivers food to its customers, they were urgently looking

CONTINUED PAGE 2

FEATURE: HEALTH & WELL BEING

PAGE 6

WE'RE STILL TRADING

PAGE 7

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## NOTE TO SELF:

- ✓ Trace all of my super
- ✓ Make my will
- ✓ Do a binding death nomination at super fund
- ✓ Ask Ray what an enduring power of attorney is
- ✓ Sort out my tax receipts

**WE'VE GOT THE TIME FOR YOU TO GET SOME THINGS SORTED.**

**Don't leave it on a sticky note.**

**Contact us today** and this can be the year that you cross some items off your list.



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# Community spirit alive and well despite virus threat



**Rob Cobb, (far left) and Dan Purdie (far right) with Scott Fouchard (second from left) from Kings Removals, who relocated a commercial freezer at no charge and at short notice which was a much needed item for the meals on wheels facility in Coolum. Photo: Contributed**

## Continued from page 1

for a freezer to help store the increased volume of prepared meals," Mr Purdie said.

With cafes, clubs and restaurants forced to close, Mr Purdie said freezer space is in short supply, as they've had to freeze a lot of their stock.

"Fortunately though, Mark Cameron from Coolum Business and Tourism Association came to the rescue, offering the loan of a freezer he wasn't using.

"Local Coolum business Kings Removals then offered to move the upright freezer at no cost, which was of immense

help to the service, which relies heavily on volunteer help," Mr Purdie said.

Mr Purdie also acknowledged local business owners Gary and Michelle Craig of Rent a ColdRoom, who have also provided Meals on Wheels with a mobile freezer at a greatly reduced rate, despite the business being hard hit by the current restrictions.

Coolum Surf Club also offered to assist, supplying perishable food and additional help in the kitchen when required.

Coolum Meals on Wheels President Rob Cobb said he was overwhelmed by the generosity of locals.

"Our local community responded so quickly to our call for help during these difficult times, and we are extremely grateful," Mr Cobb said.

"Given the current crisis, demand for meal deliveries has never been greater, and because we rely so heavily on our volunteers, who are predominantly older folk, it's been quite a challenge for us to adapt.

"To see so much support and willingness to help is so reassuring, and a great reflection of just what a wonderful community we are part of here in Coolum."

## Business Showcase

YANDINA ART AND FRAMING



**Alice Graham and Bill Gissane from Yandina Art and Framing.**

WITH SO much time on our hands at the moment to think about home renovations and keeping our money within the local community, for those with something that needs special attention when it comes to framing, the team at Yandina Art and Framing are your one stop shop for quality craftsmanship.

Proprietor Bill Gissane explains that the business has a long history and opened in 1995.

"Brian Curry was at the

helm back then and Brian's ethos was providing superior quality work with a dedication to ensuring the frame was in harmony with the décor of the customer's home or business.

"When my wife and I bought the business five years ago it was for the purpose of having my son continue in Brian's footsteps and now we have local artist and artisan Alice Graham as manager."

Alice has many years of experience in the framing industry and her eye for

colour and composition have burnished the reputation Brian initiated decades ago.

Bill had no direct experience in framing but forty years as a working engineer and manager in manufacturing allowed him to bring planning and business acumen to this Sunshine Coast Hinterland gem. He has even obtained a Certificate III in picture framing and works in with Alice's dedicated staff of three local women.

As for the current crisis, the business is not letting restrictions prevent customers from having their artworks adorned. A revamped on-line website is being developed and consultations are offered using all the technological avenues available.

In addition, on-line ordering and sampling will form part of Yandina Art and Framing's offering. The most exciting development sees local artists having their work offered for sale directly or on-line. This will open the possibility for high quality prints in addition to the original works and a virtually unlimited catalogue of stock prints.

Yandina Art and Framing is located in the heart of quaint Yandina village at 7 Stevens St. Whilst not able to accommodate customers in their showroom for the moment, they offer free pickup and delivery and are available for your phone enquiry on 5446 8000 or via email [alice@yandinaartframing.com.au](mailto:alice@yandinaartframing.com.au) The website is [www.yandinaartframing.com](http://www.yandinaartframing.com)

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**Office Hours**  
**Mon to Fri: 9am-5pm**





OUR CONTRIBUTING photographer managed to get out for some daily exercise with camera in tow and snapped a deserted Hastings Street in Noosa last

weekend. With Easter here, the normally busy tourist strip is well and truly quiet, with people staying away. Our other pic was taken on dusk at Stumers Creek in

Coolum – a gorgeous spot for a walk with the dog and either sunrise or sunset is likely to afford beautiful autumn colours at this time of the year. Whilst there are



## SIGNS OF THE TIMES

### TRAVIS MACFARLANE



many things we cannot do at the moment, observing the beauty that is all around us is still allowed! If you happen to take a stunning pic, or a pic of

something you think the community should know about – on either your smart phone or DSLR from anywhere in the region, we would love to see it. Please

send in your ‘pic of the week’ to, editor@coolumadvertiser.com.au and don’t forget to include your name, where the pic was taken and what it is of.

# COAST NOT OPEN FOR HOLIDAYMAKERS THIS EASTER

EASTER holidaymakers should postpone any planned visit to the Sunshine Coast, in line with the nationwide effort to slow the spread of the novel coronavirus (COVID-19) pandemic.

Sunshine Coast Council Mayor Mark Jamieson said all levels of government and the nation’s leading health advisors had made it clear that everyone should stay at home unless shopping for

essentials, receiving medical care, undertaking daily exercise or attending work or education that could not be undertaken from home.

“My message is simple – Stay Home,” Mayor Jamieson said.

“Now is not the time to travel for a holiday, for meetings, or to spend the day at the beach.

“The safest thing you can do right now is stay in your own community.”

Mayor Jamieson said he was particularly worried about residents north and south of the Sunshine Coast visiting over the upcoming Easter break and posing a significant public health risk.

“We need every Sunshine Coast resident to spread the word,” Mayor Jamieson said.

“Tell your friends and families not to come to the Sunshine Coast this long

weekend.

“Public health and our community’s safety are more important at this time than recreation.

“Stay home. When the time is right, we will once again roll out the welcome mat – but now is not that time.

“During the COVID-19 pandemic, our number one priority must be to protect our local residents.

“Our Sunshine Coast is

unwavering and unapologetic in its enforcement of social distancing requirements and the national public health directions.”

Mayor Jamieson said the Queensland Police Service would patrol beaches, parks, nature reserves and public areas and anyone flouting the rules risked being fined.

“Large numbers of people congregating could force more facilities to close,” he said.

“Under the home confinement public health direction a person who resides in Queensland must not leave their principal place of residence except for necessary permitted purposes. This does not include leisure travel.

“Queenslanders should stay in their homes and should not travel. Now is not the time for people to leave their local area.”



## THE CAF

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# Dan PURDIE MP

Member for **Ninderry**

### COVID-19: IDENTIFYING THE SYMPTOMS

SYMPTOMS	COVID-19	COLD	FLU
	Symptoms range from mild to severe	Gradual onset of symptoms	Abrupt onset of symptoms
<b>Fever</b>	Common	Rare	Common
<b>Cough</b>	Common	Common	Common
<b>Sore Throat</b>	Sometimes	Common	Common
<b>Shortness of Breath</b>	Sometimes	No	No
<b>Fatigue</b>	Sometimes	Sometimes	Common
<b>Aches &amp; Pains</b>	Sometimes	No	Common
<b>Headaches</b>	Sometimes	Common	Common
<b>Runny or Stuffy Nose</b>	Sometimes	Common	Sometimes
<b>Diarrhea</b>	Rare	No	Sometimes, especially for children
<b>Sneezing</b>	No	Common	No

Adapted from material produced by WHO, Centers for Disease Control and Prevention.

**HELP STOP SPREAD AND STAY HEALTHY**

**TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY.**

For more information about **Coronavirus (COVID-19)** visit [health.gov.au](https://health.gov.au)

**Australian Government**

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## A look back in time

**FRANCES WINDOLF**  
A LONG TIME COOLUM RESIDENT  
WITH A PASSION FOR LOCAL HISTORY

### Fun memories of school

THE COVID-19 crisis has already changed schooling for most of the younger members of our community, and it seems that on-line schooling may be the norm for many in the next few months. In the early days of Coolum there was no school, until

April 1917, when the Coolum Provisional School was opened in the Coolum School of Arts building on the corner of today's South Coolum Road and Toolga Street. Past pupils and teachers have, over the years, remembered many of the fun times of school in



Coolum.

School photos were extremely rare in the early days, but this 1920s photograph is a classic. It shows Miss Chapman, the first teacher, gathered with her pupils ... but one girl, according to Jack Morgan junior, stepped aside because the boy next to her 'broke wind'. Her disgusted face tells it all!

During the 1930s, a set of twins, who lived not far from the school, were determined not to attend. At first they refused, but their parents insisted, and sent them anyway. On their way to school they removed all their clothes and hid them in the bushes, so were sent straight home again! This happened several times, until a very cold spell of weather beat them, and their education began.

In the 1940s, during World War 2, a disabled former soldier, Mr Languish, became the teacher. At Easter he travelled to his fiancée's home in Maryborough, returning on a night train crowded with troops. At Yandina he couldn't reach the door, so the

soldiers bundled him out of the window, and he then set off to walk back to Coolum. At lunch time, though, he fell asleep in the classroom, until suddenly woken up by a neighbor, asking why the students were enjoying a two-hour lunch break.

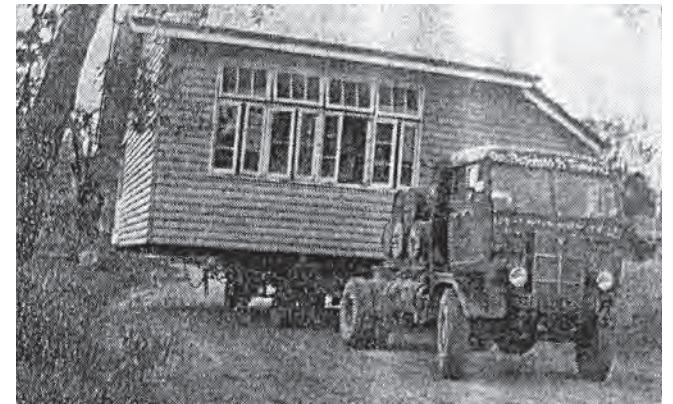
Pupils in the early 1950s still wrote on 'slates' [small portable blackboards] because paper and pens or pencils were in short supply. The school had eight classes and only one teacher, and the older students would go to the beach in their spare time and collect the quills of sea urchins, which worked well as 'slate pencils' at school.

It is not unusual to hear of someone who has 'moved schools', when they change to a different facility. However, in 1956, the whole school at Coolum was moved ... in the summer school holidays the whole school building, situated on the corner of South Coolum Road and Warrack Street, was hoisted onto a truck and transported to the site where Coolum State School now stands ... it is still there, surrounded by other buildings.

School will go on, and so will happy memories ... that is one certainty in our changing world!



Miss Chapman and her students which is one of the earliest school photos from a Coolum School - taken in the 1920s.



The entire Coolum School was moved in 1956 - moved completely on the back of a truck. Photos: Windolf Collection

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## VIRTUAL MEN'S SHED NOW ONLINE



THE Australian Men's Shed Association recently launched their online Men's Shed in an effort to combat social isolation during the COVID-19 crisis.

The Australian Men's Shed Association (AMSA) has launched The AMSA Shed Online to help Shedders stay

connected during a period where Australians are being encouraged to stay at home.

AMSA Executive Officer David Helmers said that Men's Sheds are an effective initiative because they connect people who would otherwise be socially isolated on a daily basis.

"Australians are becoming more and more physically isolated amidst the current coronavirus emergency - right now we need to find ways to maintain our social connections," Mr Helmers said.

The spread of coronavirus (COVID-19) has forced

the closure of Men's Sheds around the globe, including the local Coolum Shed.

When it comes to older Australians the influence of social connectedness, or lack thereof, on mortality is comparable to well-known risk factors such as smoking and excessive alcohol consumption.

The goal of The AMSA Shed Online is to facilitate an online space where people can connect in the same way they do at the shed - over a cuppa and a laugh.

"The shed's themselves may be temporarily closed as part of the response to COVID-19 but the mission of helping people stay connected does not change," AMSA Patron His Excellency General the Honourable David Hurley AC DSC (Retd) said.

"Staying in touch and connected has never been more important."

Visit mensshed.org/theshedonline/



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# Grants offer a silver lining during COVID crisis



**Clayden Potters from Coolum who were the lucky recipients of a \$27,500 gambling grant which will be used to upgrade their studio and install solar. The potters are pictured in the lead up to their annual open day and fundraiser in late 2018. File photo: Vanessa Bacon-Hall**

MORE THAN \$160,000 has been shared by local community groups in the latest round of the Gambling Community Benefit Fund.

Ninderry MP Dan Purdie congratulated the deserving groups, a mixture of sports and community clubs who will use the funding to improve their facilities for the benefit of their members.

"Even though just about all activities have been placed on hold for now, its encouraging to see this funding being allocated

to local groups who will use it to improve their services or facilities for the benefit of our community," Mr Purdie said.

The successful groups include:

\*Bli Bli United Football Club Inc - \$35,000 to purchase a tractor

\*Clayden Potters - \$27,500 to upgrade their facility, purchase equipment and install solar

\*Maroochy Men's Shed Inc - \$31,620 to install a boundary retaining wall and rain tanks

\*Peregian Beach College Early Learning Centre - \$35,000 to

construct a fence and landscape play area

\*The Women's Shed Coolum - \$34,730 to upgrade facility

Mr Purdie said he expected there to be a flurry of activity once we beat COVID-19 and restrictions are removed, with people keen to return to their normal recreational and sporting pastimes.

In the meantime, he said groups can apply to extend the acquittal date for their successful grants due to the impacts of the virus.

"This gives these groups peace of mind that despite the challenging circumstances we are facing, there is additional flexibility for clubs around completion dates," Mr Purdie said.

The next round of the Fund (Round 105) is now open, with applications closing at the end of this month (April 30). For more information visit [www.justice.qld.gov.au/initiatives/community-grants](http://www.justice.qld.gov.au/initiatives/community-grants).

## PLEA TO EMBRACE TELEHEALTH

FEDERAL Member for Fairfax, Ted O'Brien MP, together with a group of Sunshine Coast doctors, is encouraging people to embrace the expanded Telehealth Service for GP consultations.

"Telehealth means patients no longer have to meet their doctor face-to-face at the surgery, which in turn reduces the risk of COVID-19 transmission for both patients and medical staff," Mr O'Brien said.

"I strongly encourage doctors and patients alike to embrace Telehealth during this health crisis.

"Videoconference services are the preferred approach for substituting a face-to-face consultation. However, in response

to the COVID-19 pandemic, providers can also offer audio-only services via telephone if video is not available.

"The list of Telehealth services is very comprehensive and it is not just for people displaying corona virus symptoms," he said.

The new, temporary Medicare Benefits Scheme (MBS) Telehealth items will be available to providers until at least September 30 this year.

Roger and Mary Cave own the Coolum 7 Day Doctors surgery and the Peregian Springs Doctors surgery, and both their practices have implemented the Telehealth service.

"We didn't hesitate to imple-

ment this immediately because it's about protecting people's health," Mr Cave explained.

"We all have to understand the urgency of social distancing to slow this virus and as a business it was not only about looking after our patients' welfare, but also about taking our responsibility to protect our own staff seriously.

"By offering this service it reduces the potential of COVID-19 exposure for our doctors, nurses and reception staff," he said.

Dr Shaun Rudd has been treating patients via Telehealth.

"Obviously not all conditions can be properly diagnosed or treated using Telehealth, but I'd encourage patients to ask if it's

appropriate for them, when they phone to book an appointment," Dr Rudd said.

"We can continue to organise investigations whether they be blood tests or medical imaging via telehealth.

"The best weapon we have in the fight against Corona virus is reducing the infection rate and that really does mean staying at home as much as possible," Dr Rudd said.

"Being able to provide patients with proper medical care, while reducing their exposure to other patients or clinical staff, is really important right now."

## Principal's Post

**TROY ASCOTT**  
COOLUM STATE HIGH SCHOOL



THE CORONAVIRUS has changed our lives in ways we could never have imagined only a few short weeks ago. Our pubs and restaurants are closed, our national parks shut off and the magnificent red and yellow flags have stopped flying on our beaches. There is no doubt that this is an unprecedented time that we are living through.

There are certain things, however, that even in these toughest times we mustn't let go. Foremost amongst these is this wonderful newspaper, owned and run independently and now forced to become a fortnightly, rather than weekly fixture. The Coolum Advertiser is as is "Coolum" as our beach, and has been a part of us for as long as I can remember. For Vanessa and Michelle, it's both a struggle and a passion, as they keep alive the dream of a community newspaper that doesn't publish stories on wrongdoing and scandal, but aims to give us something to smile about as we go about our busy lives in our

special community.

The Coolum Advertiser can't be allowed to die! During World War II, British Prime Minister, Winston Churchill, is said to have refused to cut funding to the Arts, even when the country was at its lowest ebb. When urged to release even more money for the war effort by reducing spending on the Arts, it is rumoured that Churchill said "then what are we fighting for?"

It's the same with our beloved Advertiser. No virus, no crisis, should stop our little independent newspaper from getting stories about Coolum out to our community. I would urge our community, everyone who can run an advertisement or contribute in any way, to help keep the Advertiser going. When things return to normal, we need our little newspaper there making its priceless contribution to the community. Let's all work to keep the Advertiser afloat through these challenging times!

### IF YOU WOULD LIKE TO COMMENT ON ANY OF OUR STORIES OR COLUMNS...

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

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### Novel coronavirus (COVID-19)

Now, more than ever, we need to come together as a community, support each other, show kindness and consideration.

Council is committed to supporting Queensland Health as the lead agency responsible for responding to COVID-19 and will ensure our community is kept informed.

Anyone with health concerns can call 13 HEALTH (13 43 25 84) or find up-to-date reliable information on the Queensland Health website.

To find out the most up-to-date information, follow the dedicated COVID-19 link from the home page of our website.

### #CovidKindness - how you can help

At times like this, it's essential we support one another and show compassion to those who need it, neighbour to neighbour, street to street.

Together we can build a strong community. Council has brought together resources, ideas and information to help you explore new opportunities to become a more connected and supportive neighbourhood - during and after COVID-19.

Go to Council's website to download your #CovidKindness postcard to pop into your neighbour's mailbox with your phone number and offer of how you can help.

### CUSTOMER CONTACT

[sunshinecoast.qld.gov.au/Council/Contact-Council](http://sunshinecoast.qld.gov.au/Council/Contact-Council)

There are many ways to contact Council that don't involve face-to-face interaction.

**MyCouncil** - Council's online gateway to view rates notices, submit service requests and registrations.

**LiveChat** - online facility operates during business hours and is not a robot.

**Call Back** - Council also operates a convenient and time saving call back function for our customers to use.

**Email** - at [customerservice@sunshinecoast.qld.gov.au](mailto:customerservice@sunshinecoast.qld.gov.au) and we will action your request promptly.

### Support for businesses

Federal, state and local governments are providing support for businesses who are affected by novel coronavirus. For more information go to Council's website and click on the dedicated Support for Business page.

### Online library services

Stuck at home? Access Sunshine Coast Libraries' eLibrary anytime and anywhere, 24/7. Update your technology skills, learn a new language, access quality information and learn how to play a musical instrument. There is so much on offer, which you can access from the comfort of your lounge room. Check out the latest eBooks, eAudiobooks, eMagazines, eMusic, eMovies and more.

Head to the eLibrary section of the libraries website for more information: [library.sunshinecoast.qld.gov.au](http://library.sunshinecoast.qld.gov.au).

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## The Advertiser Feature: *Health & Wellbeing*

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My name is Jo Distefano and I am the founder of Evolving Connections Counselling. I am passionate about relationships because they are fundamental to health and well-being. During this pandemic situation I am still providing face to face counselling for those who are well, in addition to phone, Facetime, Skype, and Zoom sessions for those who are feeling unwell and/or choosing to remain in isolation. I am following all government standards for social distancing, and high sanitization and hygiene protocols to ensure your safety and comfort. Having the option for face to face is meaningful in these times of isolation and can help people to feel less anxious and disconnected. Fees will be reduced to those who are in financial difficulty.



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### Spirit.3H

#### How to optimise your immune system performance?

It is time to look at a holistic approach to ensure your immune system is working to keep you fit and well. At this time of the year the virus and flu season is nearly with us and both eastern and western medicine practices have much in common with suggested treatments.

From Traditional Chinese Medicine (TCM) and Ayurvedic sources from India we have the underpinning knowledge for eastern responses. Some western medicine practitioners have started to add these to their approaches.

In Oriental Yoga and Holistic Coaching we hope to get the best of both worlds encompassing a range of Immune System Supportive Strategies that work, including:

1. Exercise, Stress Management Techniques and Lifestyle Practices including adequate sleep
- 2 Nutrition - reducing sugar, refined carbohydrates and saturated animal fats. Increase good oils such as omega 3 and a balanced diet with a variety of fresh and preferably organic vegetables.
3. Herbs and Supplements including Vitamins D and C, Zinc, Turmeric, Ginger and Cinammon.
4. Connection with family, friends and community even if only by the phone, on line and the social media.

How does exercise and lifestyle work?

In Oriental Yoga the exercise practice is also meditation in motion with a slow flow helping to heal anxiety and stress. By working with organ energies and meridians energy flows we can help heal the body and avoid diseases.

With the poor lifestyle practices and sleep deprivation occurring and developments like the mobile phone and the internet meaning we are constantly on alert, anxiety and depression are increasing. We need to focus more on our insides like our internal organs such as the kidneys, heart, lungs and spleen for immunity.

The healing exercise of Oriental Yoga practices helps move away from the sympathetic fight and flight responses to the parasympathetic where we rest and digest as we calm the nerves. This Oriental Yoga practice brings the brain back to the body as we bring positive energy to the body and move away from that constant alert which works to deplete the immune system.

Feedback from students of Oriental Yoga is that they have a much improved sleep pattern and when you are tired, sleep.

"The best rule of conduct is to laugh at everything – Chuang Tzu" and a big belly laugh makes you feel good.

#### More information on important Herbs

**Ginger** - In Chinese medicine, ginger is considered a warming herb and acts specifically on the lungs, spleen and stomach. It is a qi (chi) tonic, promotes circulation and treats phlegm in the lungs accompanied with cough. It promotes circulation as well as sweating, and is used to treat joint pain due to cold.

Cooking with organic fresh ginger in food like miso soup is a good way to take in ginger.

**Turmeric** - The herb turmeric enters the heart, lung, liver and gallbladder meridians and is used to invigorate blood and remove stagnation from the body. It is spicy, bitter and cold. Yu Jin is used to move blood and qi stagnation and is especially good for pain.

It is suggested to regularly cook with turmeric and also maybe take organic turmeric tablets.

**Cinnamon** - In Traditional Chinese Medicine, cinnamon has long been known for its capacity to treat and prevent a much wider range of ailments. Chinese medicine views gui zhi (cassia twigs) as spicy, sweet, and powerfully warming. From a meridian channel perspective, this herb has the ability to penetrate the heart, lung, and bladder meridians. If caught early enough, gui zhi will expel pathogens by mobilising the body's own immune response. It is suggested cinnamon and honey with yoghurt is a good daily breakfast food supplement.

#### Other Treatments

Coconut oil - A little coconut oil on the skin is suggested for protection.

#### Immunisation

An annual flu shot from your local GP (General Practitioner) at this time of year with a potential follow up in July is the current advice from health authorities.

Please note this article provides general guidelines and seeking specific advice from health practitioners on your individual health status is encouraged. It is appreciated that due to allergies and other reasons some of these suggestions may not apply to you.

A healthy and happy body, mind and spirit is what we all would like and if I can assist you within the limits of my training I would love to help. Please contact me by email at [tony.gibson@spirit3h.com.au](mailto:tony.gibson@spirit3h.com.au) or 0419 791 860

Namaste Tony

### Ted O'Brien MP

MEMBER FOR FAIRFAX



WE ARE currently living in unprecedented and uncertain times unlike anything we have ever experienced before. The situation with COVID-19 is forcing many of us to make difficult decisions around caring for our families, our finances and our livelihoods. And all this, only increases the level of anxiety people have around the illness itself.

I do understand that and our Government is taking this situation very seriously.

We are constantly reviewing and updating measures, based on the best advice of our country's leading health experts. One of these decisions (March 25) has meant closing our State borders so we can concentrate on the safety of Queenslanders. These

are difficult decisions but we are focussing on saving lives and livelihoods, and on keeping this country running as much as possible.

Parliament has recently passed a second economic stimulus package consisting of an additional \$66.1 billion. This is on top of the \$17.6 billion package announced earlier in March. This support package includes:

Coronavirus supplement – to be paid at a rate of \$550 per fortnight for the next six months on top of the JobSeeker Payment (formerly Newstart), Youth Allowance, Parenting Payment, Farm Household Allowance and Special Benefit. Asset test and waiting periods for the JobSeeker Payment have also been

waived.

Support for businesses – assistance includes temporary relief for financially distressed businesses, backing business investment, supporting apprentices and trainees. The Government is providing up to \$100,000, with a minimum payment of \$20,000, to eligible small and medium-sized businesses and not-for-profits (NFPs) with paid employees. These payments will help businesses and NFPs with their cash flow so they can keep operating, pay their rent, electricity and other bills while retaining staff.

Finally, please take social distancing seriously.

We might be isolated, but we are not alone. Together we will get through this. For up-to-date, accurate information, including eligibility details for the measures outlined above, please visit <https://www.australia.gov.au>

### Fiona Simpson MP

MEMBER FOR MAROOCHYDORE



#### EASTER AND HOLIDAYS COVID-19 STYLE

APRIL 2020 is certainly going to be remembered. This time of year is when on holidays we would normally catch-up with our loved ones. This year we will be doing this differently. In the current environment of social distancing our options are to venture into more high-tech solutions eg: Skype, Zoom, Facebook messenger video and Facetime are a few options available. Facetime is an option that I use, and I love that I can see my family and enjoy our time catching up. Having a good conversation on the phone is also great. We will all be looking forward to our face-to-face family and loved one gathering's when we get on the other side of

COVID-19.

#### ANZAC DAY

This year there is a grassroots movement for us all to stand at the end of our driveway or on our balcony at 6am on April 25 and commemorate those that have fallen. I will be doing this along with my beautiful 91-year-old mother whilst practicing social distancing. Lest we Forget

#### COVID-19

The best website for keeping up to date is the Federal Government at - [www.australia.gov.au](http://www.australia.gov.au). There are links to people's health and economic support. Our community looks out for each other and now we need to do this more than ever. Contact-

ing people who are self-isolating during the COVID-19 pandemic - particularly due to vulnerability - is as easy as a phone call or chat 1.5m distance away in our local areas. However, for those who are shut-in, vulnerable due to age or illness, and who don't have support to get food, you can ring the Community Recovery Hotline on 1800 173 349.

#### KEEP IN TOUCH

Our office is located at 1B, 148 Horton Parade, Maroochydore but we're encouraging people to ring or email rather than drop in and we will get back to you. In the current COVID-19 environment I am certainly still there to support you. Please don't hesitate to continue to contact me on 07 54067100 or [maroochydore@parliament.qld.gov.au](mailto:maroochydore@parliament.qld.gov.au). We will get through this together. Stay strong, healthy and kind. God bless and take care. Fiona Simpson



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### BEAN HEAD CAFÉ

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### BIRTWILL PHYSIOTHERAPY

We are OPEN. Your health matters to us, so we have implemented enhanced measures in our practices to ensure that we are able to keep our doors open to help those in need of Physiotherapy treatment. The current changes in place include:

- Remedial Massage is still available for those requiring this as part of their Physiotherapy treatment.
- We will be aiming to limit appointments to 30 minutes where possible.
- Our increased cleaning and sanitising measures will continue to be upheld in both our practices. We are also currently using Hospital Grade Air Purifier for extra security.

If you can't come to us, we can come to you through Telehealth, our new online Physio service. This will allow you to continue treatment with your Physio and stay on the road to recovery.  
**You can book online [www.birtwillphysio.com.au](http://www.birtwillphysio.com.au) or call us on 07 5446 1630.**

### COOLUM BEACH HOTEL

Menu now available for take-away. Check full menu on our FB page or online at [coolumbeachhotel.com.au](http://coolumbeachhotel.com.au). To order call 5446 1899. Pick up only.

### COOLUM CHARCOAL CHICKEN

EASTER TRADING HOURS  
Open every day over Easter 8am - 7pm.  
Phone orders are highly encouraged as we are restricted to how many people able to be in store at once. Phone through on 5446 3077 to place orders. Prawns and oysters available over the weekend as well as all your usual favourites.  
Thank you to everyone for the continuous support. We hope to see you in store over the long weekend

### COOLUM COASTAL PROPERTY

The team at Coolum Coastal Property are working combat the spread of COVID-19. This means our commitment to you stays the same, but we have expedited our online platforms to allow our community to continue to rent, sell & buy property, even if we can't see you in person! We can utilise multiple online communication platforms to help you find & view your new home and provide you with documentation which can be signed electronically. Want to know more? Phone us to find out how you can navigate you through these fast-changing times. Our agents are available 7 days a week. Phone: 07 5231 9831 or email: [info@coolumcoastalproperty.com.au](mailto:info@coolumcoastalproperty.com.au)

### COOLUM CUTTING EDGE

We are still open and are practicing all government Hygiene Rules and Regulations. Call us on 5446 2233 to book. Open Mon to Fri 8.30am – 5pm, Sat 8.30am – 4pm, late night Thursday night by appointment.

### COOLUM MOTORS

Steve and the team At Coolum Motors are still here to ensure you have trouble free motoring and to take care of all your servicing needs.

We are taking all available precautions to protect our customers and our staff to ensure the health of everyone involved. Some of the precautions we are taking are:

- All technicians are wearing a new pair of gloves every time they enter your vehicle.
- All contact points in your vehicle are either protected with plastic or thoroughly cleaned with an alcohol based sanitizer both before and after your vehicle is worked on.
- On completion of your service, the interior of your vehicle and the A/C system will be disinfected using antibacterial spray.
- We offer contactless payment through the use of online bank transfer.

For the month of April we are offering a 15% discount on all work carried out, free loan car (when available), and pick up and drop off service (within the local area).

### CUBA ST COFFEE ROASTERS CAFÉ

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### GOTT SOLUTIONS

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\*Services include -Set up and supply of new computers and smart phones, assisting with a home office set up, fix and repair hardware, eliminate WIFI deadspots and all other IT problems that may arise big and small.  
Remote assistance is provided however if needed Danny will come to you. Based in Coolum Beach I travel anywhere on the Sunshine Coast and work to anyone's budget and provide pensioner discounts. (Utilise sanitiser & wipes to minimise any risk with COVID-19)  
Please contact Danny by email at [info@gottolutions.com.au](mailto:info@gottolutions.com.au) or my mobile on 0405953770 to discuss any needs that I can assist with.

### HAMPERS TO GO

STAY-AT-HOME HAMPERS!  
We've all committed to stay at home, but life carries on! Despite the lockdown, quarantine and self-isolation, we're still celebrating birthdays, anniversaries and living life as normally as we can. Our Stay-at-Home Hampers are here to send some love from afar. Send some good cheer, bring a smile and make someone feel a bit better about their day! All our Hampers are packed in constantly sanitised, hygienic conditions to make sure all deliveries are safely handled. Feel confident to send some Sunshine Coast love today! Book online at [www.hamperstogo.com.au](http://www.hamperstogo.com.au) or call 5448 8536.  
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Lever Law Solicitors at Twin Waters are an Essential Service and therefore, open and ready to assist you. We can help with Wills & Powers of Attorney, Electronic Conveyancing and Family Law matters. Email us [reception@leverlaw.com.au](mailto:reception@leverlaw.com.au) or Phone us on 07 5457 0500 for an appointment and further details.

### MARCOOLA COMMUNITY BANK BRANCH OF BENDIGO BANK

Change of Operating Hours – Marcoola, Tewantin Noosa and Cooroy Community Bank branches of Bendigo Bank  
We would like to confirm that Marcoola, Tewantin Noosa and Cooroy Community Bank branches of Bendigo Bank will be making a slight adjustment to its operating hours effective Monday 13th April 2020.  
From this date, all three branches will operate 9.30am to 5.00pm, Monday to Friday. The final day of current trading hours will be Thursday 09 April 2020.  
The reason for this change is to ensure some additional time each day is made available to our staff to participate in training and development programs, to further support the needs of our customers and their communities.  
We are making this change because we put our people first, so our people can put you - our customers - first.

### MARCOOLA SURF CLUB

We are doing live music streams via our Facebook page at <https://www.facebook.com/MarcoolaSurfClub/> so pop by our page to see who's going to be streaming live to your lounge room next.

### MATT'S COOLUM FARM FRESH

Home Delivery Order Now Available Online! We have introduced an online order form for our FREE home delivery service. Please note this is not a complete online shopping system, however will enable you to order goods from our store and have them delivered. Please use this method (if you can) instead of calling/texting the store, it will make it a lot easier for everyone and help us get more deliveries out to those who need them. So grab your computer, tablet or phone, visit [www.mattscoolumfarmfresh.com.au](http://www.mattscoolumfarmfresh.com.au) and follow the links for details.

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## Observations

TONY GIBSON

A MARCOOLA RESIDENT WHO IS ACTIVE IN COMMUNITY, BUSINESS, POLITICS AND THE ENVIRONMENT



### Explore new possibilities and within?

EARLY last Sunday there was a beautiful sunrise and there were walkers, golfers, runners, cyclists and surfers enjoying the fresh clean air out of doors. The social distancing requirements at this time of the morning were being well observed as people got that vital exercise for their health and wellbeing.

I was on the bike riding from the Mount Gu'lum Boardwalk to Coolum Creek and return. This is an irregular explore for me with many of our parks and other popular beauty spots closed to stop the virus spread.

Our household of three over 65s had braved the journey to the doctor earlier in the week to

get the latest influencer vaccination to help with the efforts in stopping the spread of communicable diseases. Influenza is a contagious respiratory illness caused by flu viruses. It can cause mild to severe illness, and at times can lead to death. The flu usually comes on suddenly.

It is a challenging time and I respect the efforts of our government leaders in setting out the policies and regulations to help deal with the spread of COVID-19. I also respect the decision of people to go into a full lockdown as well as being eternally grateful for our health workers and people who continue to work in essential services to ensure we can be sustained as



Take this isolation time to explore our region such as a morning sunrise or walk along the boardwalk at Mount Coolum. Photos: Tony Gibson

a functioning community.

As we approach Easter - a usually busy time for our hospitality and tourism sector, I am particularly aware of the sacrifice of workers and business

owners in this sector. I look forward to a rebooting of this sector when this crisis has past and new opportunities arise.

This crisis is leading to a growing appreciation of our



individual and community's connection to nature for us to be sustained. We now have time to observe the beauty of the butterfly's procession and the gifts of nature.

There is a need to explore new possibilities and within as we are connected. By healing yourself within and coming into balance you can help to heal the world.

# COAST BEACHES ON FINAL WARNING

SUNSHINE Coast Council have issued a stern warning, that coast beaches will be closed if the public does not take their directive on social distancing seriously.

In an email sent out early evening on Monday, council made their message clear and direct, that beaches were to be used only for exercise and activities such as sunbaking or catching up with more than one other person was not allowed.

Sunshine Coast Council

Mayor and Local Disaster Management Group Chair Mark Jamieson warned everyone to avoid crowding and gathering in groups - even when exercising.

"If people don't make sensible choices on their own, then public areas like beaches will be closed," Mayor Jamieson said.

"I made that clear last week and this is the final warning."

Scenes of people in mass numbers on Gold Coast

beaches over the past weekend have authorities concerned that the message to stay home or when in public adhere to social distancing is not being taken seriously.

Mayor Jamieson urged the community to follow the advice of Queensland's Chief Health Officer (CHO), Dr Jeanette Young.

"I emphasise that while our public spaces remain open for people to exercise, social distancing is of the utmost

importance and congregating on beaches or in other spaces will not be accepted.

"In terms of congregating, unless you are with members of your household, the rule is pretty simple.

"Two is company. Three is a crowd."

We love our beaches here and hope that the reckless actions of others do not see them being closed. Please take the advice from SC Council seriously and pass it on.



It is hoped that our beautiful beaches will not be closed as a result of people not adhering to the directives of council - that morning walk to take in the sunrise, or walk with the dog or surf could be lost if these rules are not taken seriously by all. Photo: Vanessa Bacon-Hall

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## COOLUM PEREGIAN RSL

# CLOSED UNTIL FURTHER NOTICE

PLEASE STAY SAFE AND HEALTHY

Future updates will be available on our facebook

1906 David Low Way, Coolum Beach 4573

f [www.rslsunshinecoast.org/rsl-qld/coolum-peregian-rsl-sub-branch](http://www.rslsunshinecoast.org/rsl-qld/coolum-peregian-rsl-sub-branch)

## Community news

### MEALS ON WHEELS ROSTER

Monday, April 13

Kitchen: B Shannon, S Foote, C Senaratne and Y Webster  
Run 1: B Stevens  
Run 2: C Fernando and F Junge  
Run 2A: T Moore  
Run 3: K and J Pontin  
Run 4: L Jones  
Run 4A: L Farrah  
Run 5: R Cobb

Wednesday, April 15

Kitchen: D Ayshford, G Watt, T Shorter, and L Delany  
Run 1: L Farrah  
Run 2: B Mendis  
Run 3: D and J Stone  
Run 4: K Bennett  
Run 5: J Galbraith

Thursday, April 16

Kitchen: J Parker, J Williams, D Stokes, and J Ivankovic  
Run 2: G and M Frazer  
Run 2A: C Mack  
Run 3: T Bayne  
Run 4: L Farrah

Friday, April 17

Kitchen: W Crook, T Shorter, J Markham, G Cocks and R Reid  
Run 1: J Thomas  
Run 2: M and M Robinson  
Run 3: J Galbraith and  
Run 4: TBA

If you are unavailable on your rostered day, please notify MOW kitchen on 54461000 or Anne on 0408 183517

### COOLUM BEACH LIONESS' CLUB

Our Lioness Club is still saving used stamps and spectacles which are then sent on to the respective recipients.

We have a box in the Coolum Post Office and both these items may be left there for your convenience. As the saying goes 'one man's trash is another man's treasure'. Both these organisations have been able to do good things with the donations. Thanks for the continuing support.

### COOLUM BRIDGE CLUB

Coolum Bridge Club will be closed for 4 weeks. Reconvening date is not known at this stage. Our beginner lessons are also postponed until a restart can be scheduled at a later date. Contact info@coolum-bridgeclub.com for further information.

### YANDINA COUNTRY MUSIC HALL OF FAME

The ACMA country music concert to be held at the Hall of Fame, 24 Steggalls Road, Yan-

dina on Sunday 19th May will be cancelled due to the Corona Virus outbreak. All future concerts on the 3rd Sunday of the month will be cancelled until further notice. We look forward to seeing you all again soon. Take care. Enquiries 0437 191004

### ASSOCIATION OF INDEPENDENT RETIREES (AIR) Noosa Branch

AIR is the peak National not-for-profit organisation supporting self-funded retirees. We regret to advise that our face to face meetings have been cancelled until further notice. We will continue to inform our members via our branch and national newsletters and updates. For information relating to issues of concern to self-funded retirees please contact us by telephoning 0478 479 049 or email: airnoosa-secretary@gmail.com www.facebook.com/AIRNoosa.

Email community notices to [michelle@coolumadvertiser.com.au](mailto:michelle@coolumadvertiser.com.au)

## IF YOU WOULD LIKE TO COMMENT ON ANY OF OUR STORIES OR COLUMNS...

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



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## GENERAL

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**TIDE TIMES 2020**  
**Coolum & Maroochy River**  
Tide heights taken from Coolum Beach

**FRI**  
10th April

	0.28m	1.76m	0.19m	1.99m
Coolum	3:36am	9:34am	3:42pm	10:11pm
Maroochy River	6:57am	11:53am	6:48pm	

**SAT**  
11th April

	0.40m	1.58m	0.29m	1.93m
Coolum	4:30am	10:18am	4:21pm	11:01pm
Maroochy River	6:38am	11:44am	6:45pm	

**SUN**  
12th April

	0.54m	1.40m	0.41m	1.83m
Coolum	5:31am	11:06am	5:03pm	11:57pm
Maroochy River	12:36am	7:58am	12:41pm	7:30pm

This product is based on Bureau of Meteorology information that has subsequently been modified. The Bureau does not necessarily support or endorse, or have any connection with the product. Tide heights taken from Coolum Beach.

**MON**  
13th April

	0.65m	1.25m	0.54m	
Coolum	6:46am	12:00pm	5:51pm	
Maroochy River	1:32am	9:13am	1:35pm	8:18pm

**TUE**  
14th April

	1.73m	0.71m	1.15m	0.66m
Coolum	1:03am	8:08am	1:14pm	6:54pm
Maroochy River	2:38am	10:35am	2:49pm	9:21pm

**WED**  
15th April

	1.66m	0.71m	1.14m	0.72m
Coolum	2:21am	9:25am	2:51pm	8:21pm
Maroochy River	3:56am	11:52am	4:26pm	10:48pm

**THU**  
16th April

	1.63m	0.67m	1.21m	0.72m
Coolum	3:33am	10:28am	4:09pm	9:50pm
Maroochy River	5:08am	12:55pm	5:44pm	

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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



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