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INCLUSIVITY AND LEARNING THROUGH GETTING HANDS DIRTY



VANESSA BACON-HALL
EDITOR

A NEW and exciting program which has been set up by a young Coolum man is connecting people with a disability and getting them back to nature.

Nathan Freney is naturally social, and it is this natural ability to connect to people that has fuelled his new business - Swallowtail Nursery, which is keeping inclusion at its core.

"The mission for Swallowtail is to get people back to nature, no matter what their background," Nathan explains.

Nathan, who has Aspergers, is expanding his business to include mobile horticultural experiences and community garden programs for people with a disability, starting with a winter program at the community run garden, 'The Veggie Village' in Peregian Beach.

Nathan explained that he is offering gardening and horticultural workshops aimed at people with a disability in an effort for them to gain new skills, socialise with others and to gain confidence.

"As a person with a disability I have an insight into how

CONTINUED PAGE 2

A new workshop series run by Nathan Freney (centre) from Swallowtail Nursery is working with people with a disability and getting them back into nature and learning about gardening and getting their green thumbs in action. The first series of workshops will be run at the Veggie Village in Peregian over winter and Nathan has an end goal to help people with a disability learn new skills, which could lead to a career in horticulture. Having a first peek at what the sessions will look like last week at the Veggie Village was Inclusion Support Sanet le Roux from Brainfit Educational Solutions and Beyond which is based at Mt Coolum and provides holistic disability support services for young adults, Zara Crucci, Nathan Freney from Swallowtail Nursery, Nathan Crockford and Inclusion Support Leanne Southon. Photo: Vanessa Bacon-Hall

COUNCIL PET BLITZ
PAGE 2

STORM PIC GIFTED TO BRIDGE CLUB
PAGE 5

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Inclusivity and learning through getting hands dirty

FROM PAGE 1

gaining new skills and socialising with other participants will benefit those who attend one of my two hour workshops," Nathan said.

After completing a horticulture course at TAFE, Nathan discovered his passion for all things gardening and set about starting up Swallowtail Nursery which is located on South Coolum Road and quickly realised that there was a distinct lack of accessible gardening options for people with a disability on the Sunshine Coast – especially those in wheelchairs.

Coolum will soon have its own community garden, which will be located in Jack Morgan Park, and Nathan is committed to making sure that is accessible.

"I'm working with the

Coolum Community Garden to get some wheelchair accessible wicking beds made for there which will be made by the Men's Shed," Nathan said.

The beds will be at a height that will be accessible to those in a wheelchair and the paths around the beds designed in a way that allows for wheelchair usage.

"No one on the Sunshine Coast has wicking beds for wheelchair users."

Nathan says he is keen to make sure his business succeeds for the right reasons and is in the long term hoping to provide a pathway for people with a disability to go on and do a horticulture certificate and then move on into the field as a career.

"When they finish their Cert II or III in Horticulture, no one wants to put these people on because they've got

a disability.

"So that's why I created Swallowtail Nursery, to break down those barriers so hopefully, later on, I can put them on."

Nathan further went on to say that many people with a disability want to work and can do many things if given the chance and are supported by people who understand.

Nathan's workshops will be offered for two hours each week over a four week period in community gardens across the Sunshine Coast with the first series being held at the Veggie Village in Peregrin. Group sizes will be for up to six participants and carers and support workers will be additional. For more information on Nathan's workshops please contact Swallowtail Nursery on 0491 874 075 or check out their face book page – Swallowtail Nursery.

CHAP DEADLINE EXTENDED TO NOVEMBER TO ALLOW FOR FURTHER REVIEW

NOOSA Council has negotiated an extension of time to finalise its Coastal Hazard Adaptation Plan (CHAP) until November this year.

CEO Brett de Chastel said the extension would allow more time to consult with the

community on concerns they have raised with the CHAP.

Noosa Mayor Clare Stewart is pleased to have secured the additional time.

"We were given until late May, but the November date now allows us to continue

to further consult the community to explore workable solutions," Mayor Stewart said.

"It's important to clarify that this plan will act as a guide to council's response to coastal erosion risks in the shire.

"The CHAP will not specify how individual properties can and can't be developed."

Mr de Chastel said that was a matter for the Planning Scheme.

"If council wants to amend the Planning Scheme, that would require a separate consultation process and any changes would be subject to ministerial approval," he said.

Noosa Council is one of 32 Councils that are developing a coastal hazards adaptation plan as part of the state's QCoast2100 program.

The six-week public consultation period, which finished in early March, resulted in over 200 submissions.

"We must use this extension to carefully review and give consideration to all the issues raised by stakeholders," Cr Stewart said.



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COUNCIL SET TO BLITZ THE RESPONSIBLE PET OWNERSHIP MESSAGE



Sunshine Coast Council will be holding a series of responsible pet ownership education sessions at popular coast parks over the coming weeks. Photo: Contributed

FOLLOWING on from a successful campaign at Point Cartwright, Sunshine Coast Council will extend the pet education pop-ups to other popular dog locations across the coast over the next two months to raise awareness among the 51,400 registered dog owners about their responsibilities.

The education campaign was held at Point Cartwright in early April in response to complaints and to ensure dog owners knew their responsibilities while in public with their pet.

The education blitz is set to take place in our region at the following locations and times.

*May 14 – North Shore Rd, Twin Waters, 2.30-4.30pm

*May 19 – Town of Seaside, Marcoola, 3-5pm

*May 28 – Tickle Park, Coolum, 7-9am

Divisional Councillor Joe Natoli said he was pleased residents engaged with council officers, and ongoing education was still important.

"More than 700 people and almost 250 dogs were

observed, and 380 residents engaged with our officers during our education blitz over the school holiday period," Cr Natoli said.

"I'm pleased to report that less than 20 infringements had to be issued, however sadly, there were a few instances of owners evading our officers and also giving false details which required the involvement of the Queensland Police Service.

"We know people love to bring their dogs to Point Cartwright and council is committed to raising awareness of pet owner responsibilities so we can be considerate to residents in the local community and visitors to the area."

Service Excellence Portfolio Councillor Winston Johnston said council would continue to focus on responsible pet ownership education at Point Cartwright and extend the education blitz to other locations along the coast.

"Throughout May and June, council will hold pop-up education booths at Mudjim-

ba, Twin Waters, Marcoola, Coolum, Currimundi Lake, Ballinger Beach and Golden Beach to promote owner responsibilities," Cr Johnston said.

"Our community clearly loves animals, with over 43,500 households owning a dog, a cat or both, and we want to work with the community to ensure everyone understands their responsibilities as pet owners.

"Our public spaces are for everyone to enjoy, so it's important that dog owners are being respectful of others in shared spaces, know where and when their dogs can exercise in public, ensure their dogs are under effective control at all times and their waste is disposed of correctly."

For information about where to exercise your dog on the Sunshine Coast, including off-leash, on-leash and prohibited areas, visit dogs.sunshine-coast.qld.gov.au.

You can find out more about responsible pet ownership on council's website.

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COUNTRY MUSIC CONCERT THIS SUNDAY



THE Australasian Country Music Hall of Fame which is located at 24 Steggalls Road Yandina will be holding a concert this coming Sunday May 16 from 12 pm and the entire community are invit-

ed to attend. The concert will feature traditional county and upbeat, crowd pleasing favourites from Judy and Owen and other artists. The afternoon of music will also have on offer raffles and door prizes as well

as free tea and coffee and people can BYO their own lunch or afternoon tea. Entry for the concert is just \$8 with all proceeds raised going towards the upkeep of the hall. Photo: Contributed

Surf art celebrated at exhibition



Local photographer 'Kezign' will be exhibiting at the Noosa Surf Art Exhibition, which starts this Saturday. Kezign is most mornings down by the coast with her camera ready and waiting for the sun to rise - most of her works celebrate our gorgeous coastline. Photo: Kerry Mulgrew

THE SEVENTH annual Noosa Surf Art Exhibition which is run by local artist Owen Cavanagh from Soleart and who famously painted the wave mural which flanks a shed on the motorway, will be held at the Sofitel Noosa Pacific Resort on Hastings Street, Noosa Heads starting this Saturday May 15.

As you probably know, this year's exhibition is once again an official event of the 2021 Noosa Festival of

Surfing The Noosa Surf Art Exhibition 2021 will come to life with some of the best surf Artist's in Australia and interactive art workshops for the community to enjoy and is also an official event of the 2021 Noosa Festival of Surfing.

The exhibition has over 30 Artists involved this year including artists from the USA and Brazil which is very exciting with a huge variety of art

pieces from metal art, traditional oil and watercolour style paintings airbrushing, wood carving, photography, various sculpture pieces, mixed medium drawings and designs, surfboard art and much more.

The exhibition will run from Saturday May 15 until Sunday May 23 and will be open from 10am until 6pm each day.

For more information - www.soleart.com.au



SUNRISE SURF CASS SOARES

THIS time of the year produces some of the best sunrises and sunsets, with rich colours on offer for those who manage to see either the sunrise and set. Even though it can at times be a little cool in the mornings, getting out of bed for sunrise is so rewarding at this time of the year.

Last Friday morning Cass Soares took this shot of her eight year old son - Sunny Canina who was flanked by a tapestry of colour and just about to head out for an early morning surfing session.

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.



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Letters to the editor

TRANSPORT CONSULTATION

Dear editor,
Council's role in planning for public transport as cited by the Mayor in your article (6 May page 2) has already been done. We have a consultation process in the town planning scheme process. Council should be honouring that by supporting CAMCOS and putting ratepayers money into lobbying state government to build it or to improve the bus network. Not into another fluff consultation process.

Council does not have a track record of taking on board the results of its recent, subject-specific public consultations. Submissions as a result of Council consultation on the new airport runway clearly showed that residents and ratepayers did not want the runway swung six degrees and wanted to maintain two runways yet these submissions were ignored. We were all encouraged by Council to go to public consultation and make submissions on the Yaroomba Beach development and now Council is using ratepayer's money to fight the wishes of the majority (9,000) of submissions against high density development at Yaroomba Beach. As a ratepayer why should I go on spending my time and energy into writing submissions when Council fights/ignores the democratic results of these submission processes?

Mark Jamieson once again shows his attitude to taking on board ideas put forward

in public consultation when, instead of thanking the state opposition members for taking the time to engage in the consultation and give a viewpoint, he attacks them saying the opposition, "has not made any clear and unequivocal financial commitment to deliver a rail solution." Well Mr Jamieson, how about you stop wasting ratepayer's money on another consultation process which you are already indicating you won't take on board, and instead make a "clear and unequivocal commitment" into a dollar for dollar offer to the state government to upgrade the bus network or start construction of public transport along the CAMCOS corridor? Only once we have the transport upgrades IN PLACE should there be any moves made to increase dwelling density around those transport routes.

Lucy Wittholz,
Yaroomba.

HISTORY PRAISE

Dear editor,
There's a column in your paper that is well written, researched, has trivia and history that we all should know and written with passion and also humour.

Thank you Frances Win-dolf you are an asset to the Coolum Advertiser and a wealth of information for the readers.

Perhaps you could add a column on travel from your many journeys in Australia and around the world.

Barbara Brady,
Coolum Beach.

TRANSPORT CHOICES

Dear editor,
The push for "light" rail from Caboolture to Maroochydhore is disturbing.

To start with, there is nothing light about "light" rail which is a euphemism for trams. This form of transport is heavy on the taxpayer (probably the most expensive of solutions), heavy on land use, heavy on accident risks, heavy on ego boost for Mayor Jamieson. It's a Trojan Horse. Once built, the cry will go up for more high-rise housing along the line and bingo, Gold Coast here we come.

On the other hand, we have new suburbs like Aura with innumerable houses on tiny blocks spread over vast areas which are difficult to service with a rigid public transport system. They need frequent mini buses to feed to a larger, more central system.

One system, very efficient in terms of cost, land use, capacity and flexibility are Sky Trains. European and American cities had them for decades. Bangkok introduced them and changed the city and its traffic woes in a short time.

Sky trains can go over the centre of major roads like Nicklin Way without impeding road traffic and they can be built relatively cheaply and quickly.

J Konrad,
Peregian Beach.

JARRYD HAYNE

Dear editor,
Jarryd Hayne, notorious for all the wrong reasons! Infamous footballer, now jailbird - guilty of rape and intimidation.

He has disgraced not only himself and ruined his already fragile reputation, but brought

the sport into disrepute.

Then, at the sentencing, Mr Hayne's disgusting thugs, in front of the cameras, spat on his victim who braved the milieu on the day.

Now twice abused and questioned in court, his victim faces another court trauma, while this disgraced footballer appeals his sentence. Men, who, for centuries, raped with impunity, are now called to account.

In the light of the "#Me Too" movement, women who were previously playthings of the talented stars now have a voice. It amplifies the cries of all those victims who were never heard or believed.

Hayne, his minders and fans, now are facing the music. The drums which beat to a muffled sound now beat loudly, demanding justice for decades of victims, once without the courage to fight back! It sends a clear warning to the rest.

E. Rowe,
Marcoola.

BUDGET WOES

Dear editor,
How many old budget policies are still lying on the operating table waiting to be resuscitated in 2021/22? Will it be deaths by 1000 cuts?

Will quiet Australians survive this elective surgery? Who will hold the knife?

Margaret Wilkie,
Peregian Beach.

All letters to the editor must contain a residential address and be clearly written. Only a suburb will be published and those that are grammatically correct. Please send your letters to the editor to - editor@coolumadvertiser.com.au

Community Update

FLIGHT PATH FORUM

Lobby group calling on old runway to open after bumper Easter

COMMUNITY lobby group Flight Path Forum claim to have received a record number of complaints recently, which were the result of the flights in and out of the Sunshine Coast Airport over the busy Easter period.

The group is claiming that complaints of aircraft noise and the visual impacts of aircraft flying at low altitudes over homes came from residents all over the northern Sunshine Coast area to the community advocacy group, Flight Path Forum (FPF).

The over 40 flight movements in and out of the airport per day during Easter far exceeded the average flight movements per day predicted in the failed 2019 community consultation by Airservices Australia (ASA) and the Sunshine Coast Council.

Bad weather conditions experienced over the busy Easter period caused problems for residents, aviation operators and visitors alike with FPF claiming that amplified noise impacts were experienced by residents due to atmospheric conditions.

The bad weather conditions also caused safety problems for aircraft attempting to land on the new \$334 million runway, with some circling over

coastal communities for prolonged periods, before being diverted to Brisbane.

This caused uncertainty and inconvenience for hundreds of visitors to the region Flight Path Forum spokesperson, Marian Kroon stated.

"Local aviation operators have been expressing concern about design faults and safety issues with the new runway since it opened in June 2020, but the problems encountered over Easter must now be ringing alarm bells with the larger operators and the airport itself," Ms Kroon said.

"The problems experienced over Easter have led to community wide calls to consider re-opening the old runway.

"The Sunshine Coast Council, Sunshine Coast Airport and Airservices Australia must seriously consider this option to address a range of issues including aircraft safety, operational difficulties for aviation operators, passenger safety and satisfaction and it would also help to reduce the excessive noise impacts on the communities of the Northern Sunshine coast."

For more information, visit - www.flightpathforum.org.au



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STORM PHOTO GIFTED TO BRIDGE CLUB



THE LOCAL Coolum and North Shore community are great at helping each other out and that is exactly what happened by way of a stunning storm photo taken by local photographer Christina Stubbs who donated the image to the Coolum Bridge Club in return for a donation to Coolum Coastcare.

Christina explained that the shot was taken on March 11, 2019 and is titled 'Storm over Maroochydhore'.

"I took over 50 shots as this amazing cloud developed and only one of them managed to capture a lightning bolt – much to my delight," Christina said.

"In December 2020, the Coolum Bridge Club requested a print of the photo to hang in the Yaroomba Community Centre. I donated the image to them in return for a donation from the Bridge Club to Coolum Coastcare."

Christina also said that the image was published on the

February page of the 2021 Coolum Coastcare calendar.

Pictured above are photographer Christina Stubbs, Brian Shannon from the Coolum Bridge Club and Lutz Kramer from Coolum Coastcare at the unveiling of the canvas just before it was hung in January of this year.

Prints of the image can be purchased online at <https://christinastubbsphotography.pixieset.com/>

Photo: Christina Stubbs

Deadline extended for feedback on Noosa short stays

NOOSA Council has provided a further two weeks consultation on a draft local law, which aims to better manage short stay letting and home-hosted accommodation in Noosa Shire.

Feedback is now open until May 28.

Mayor Clare Stewart said it was important all residents had adequate time to put forward their views.

"We have received substantial feedback already, but this 14 day extension should provide residents with the necessary time to make their submissions," Mayor Stewart said.

Cr Stewart said Council was forced to introduce a local law because the Queensland Government continued to ignore calls for a state wide framework, unlike other Australian

states.

New South Wales will introduce state legislation later this year.

"A state wide framework would provide much more clarity and consistency for everyone, but the Queensland Government has put the onus back on local councils," Cr Stewart said.

"We are trying to find a balance for all concerned because short stay letting is important to our shire, but the impacts on residential amenity and anti-social behaviours continue to be an issue for some in our community," the Mayor said.

Cr Stewart encouraged everyone to provide a written submission.

"This local law creates new minimum standards of behaviour and requirements for everyone and is aimed at pro-

tecting our neighbourhoods from some of the anti-social behaviours caused by short stay properties," Cr Stewart said.

The Short-Stay Letting Local Law would give Noosa Council a framework - above what the new planning scheme provided - to ensure property owners managed their properties and dealt with complaints.

Under the local law, owners must appoint a contact person whose contact details must be listed on the front of the property. The contact person must be contactable 24 hours and respond to all complaints within 30 minutes.

Written submissions can be made at shortstaylocallaw@noosa.qld.gov.au or mailed to Noosa Council. For further details, visit yoursay.noosa.qld.gov.au

Cr Maria Suarez

DIVISION 9
SUNSHINE COAST COUNCIL



RECENTLY, Sue (my assistant) and I spent the morning delivering meals to Coolum Beach residents, with the local Meals on Wheels team. Sorry if we were a tad later than your usual delivery time, it was too hard not to chat with everyone! There is a huge effort behind the scenes from a great group of volunteers who are truly making a difference to people's lives. It's impressive the amount of work that goes into the organisation and coordination to cook and deliver the meals. The group is calling out for more volunteers in the kitchen and as drivers as client numbers continue to grow. To contact Meals on Wheels visit www.coolummealsonwheels.org or call 5446 1000.

It's been a year since I began my role as your Division 9 councillor and I have learnt so much, it's been interesting learning about the vast and varied work of council. Some of my previous miscon-

ceptions have been dismissed, others have been confirmed. I've enjoyed working with the other Sunshine Coast councillors, who are a positive and respectful group open to working collaboratively on issues. Please head to my Facebook page @MariaSuarezDivision9 to hear my full overview of my first year as a Sunshine Coast councillor.

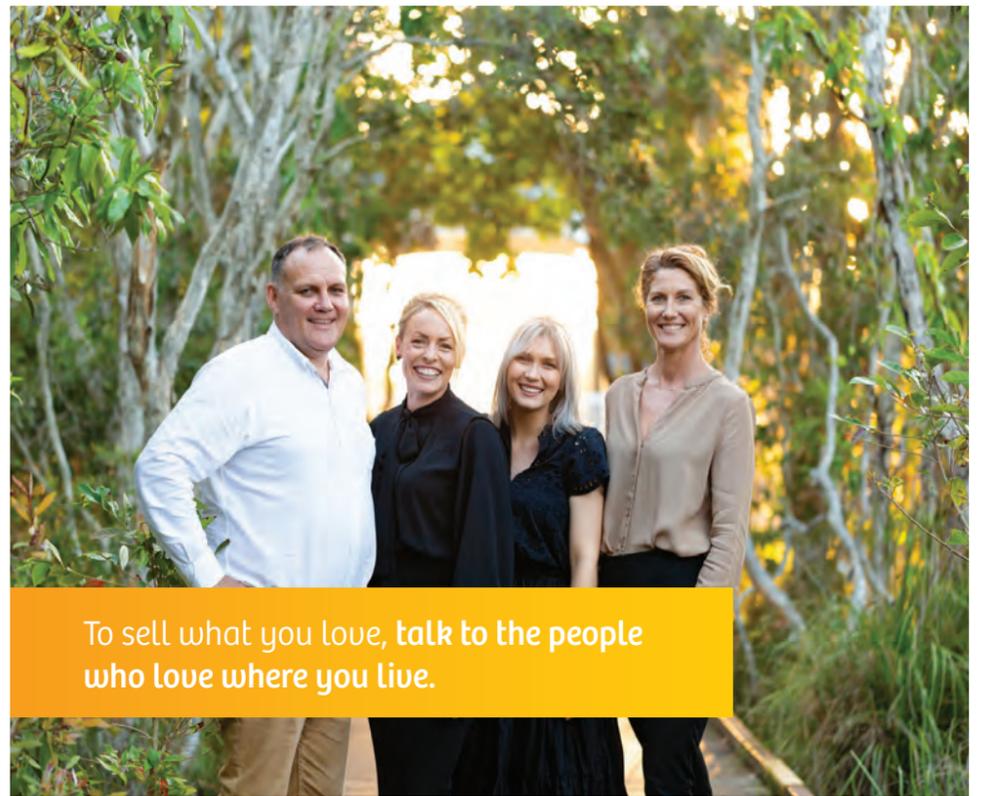
Council is considering options for an improved public transport system and wants to know your thoughts about what's being considered, from road upgrades, a quality bus corridor, rapid bus services to trackless trams, light rail and more. I encourage participation from the Coolum community, even though our region is located outside of the southern coastal corridor, the outcome will still affect the way you travel when heading south for work, appointments

or leisure.

Learn more at haveyoursay.sunshinecoast.qld.gov.au before June 22 or come along and chat to the Sunshine Coast Mass Transit Project team in person on Tuesday June 1, from 10am to 12noon at the Coolum Library.

A reminder that on the second Wednesday of every month, from 8am to 4pm, I'll be at out and about in Division 9 to chat to you about any local government issues. I'm basing myself at the Art Shelter in Tickle Park from 11am-1pm, however keep an eye on my Facebook page in case details change.

If you have any questions or suggestions, please contact me on 5475 9810, maria.suarez@sunshinecoast.qld.gov.au or via my Facebook page @MariaSuarezDivision9 however if your issue is operational in nature, like a missed bin, pot holes, report graffiti, pets etc. the quickest and simplest way to get a response from council is via the contact options on the website at - sunshinecoast.qld.gov.au.



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open for those to come and do their own exercise or physio work. Some just like to come and walk and talk in the water, all the while gaining the amazing benefits the minerals deliver. We have the dumbbells and noodles to use if needed for any added strength work required.

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mental health and anxiety have also been shown as benefits. The therapeutic rewards are all pluses as to why you should give it a go. We also have Magna Fit classes every Friday morning at 7:30 for those who want a full body workout with our instructors guiding you through all the way.

To find out more simply head to our website www.swim1.com.au or drop us an email for any learn to swim bookings or enquiries to info@swim1.com.au Enjoy and always be safe around water.

Community news

MEALS ON WHEELS ROSTER

Monday, May 17
Kitchen: L Ellis, M Robinson, L Humphries, L Corey, S France and A Steiner
Run 1: A Beese and L Farrah
Run 2: F Beutel and T Moore
Run 3: K and J Pontin
Run 4: L Jones and J Billing
Run 5: D Fifield and K Talanoa

Wednesday, May 19th
Kitchen: G Watt, L Corey, G Cocks and D Burgess
Run 1: R and D Dawson
Run 2: B Stevens and E Hammet
Run 3: J Martin and L Farrah
Run 4: J Winters and R Burnie
Run 5: P Pashley and K Hodge

Thursday, May 20th
Kitchen: A Steiner, J Hughes, M Rohweder, and J Ivankovic
Run 2: D Ayshford and A Grech
Run 3: L Farrah and C Rapkin
Run 4: T Moore and A Gilard

Friday, May 21st
Kitchen: A Steiner, W

Crook, D Shekhovtsova and J Markham
Run 1: M and M Robinson
Run 2: B and T Brady
Run 3: D Stone and J Wheeler
Run 4: J Bott and B Wickham

If you are unavailable on your rostered day – please phone MOW. kitchen on 5446 1000 or Anne on 0408 183517

FREE HEALTH MY WAY PROGRAM - NORTH SHORE COMMUNITY CENTRE

Health My Way is a national digital health literacy program to support people aged over 18 yrs to gain skills and confidence in managing their health and wellbeing online. Your "My Health Record" can now be accessed via your My Gov account which we can help you to set up and access. Information sessions available one-on-one or in small groups until June 2021.

North Shore Community Centre - 5450 9700

COOLUM BEACH COMBINED PROBUS CLUB

For retired and semi-retired people looking for friendship and fun. Our next meeting will be held on Tuesday 1st of June @ 9.15 am sharp at The Uniting Church 22 Elizabeth St, Coolum Beach. We have a guest speaker each month, organised lunches, bus or car trips. On conclusion of our Tuesday meeting, lunch is at the Coolum Beach Hotel for those interested @ own expense. Visitors are welcome. For more information phone: Keith 0416 275 590 or Faye 0419 644 651..

COOLUM AMIGOS

Coolum Amigos is a club for the over 50's and has been going for 12 years. We meet at 10a.m. on the 1st and 3rd Tuesday of every month at the Coolum Surf Club for coffee and a chat and arrange outings. On alternate Tuesdays we meet at other places around Coolum so come and join us. Ring Janet on 5446 5554 for more information.

COOLUM CRAFT GROUP

If you enjoy craft and good company join the Coolum Craft Group. We meet every

Tuesday, in the Salvation Army Hall, Greenoaks Dr, Coolum. 2pm - 4pm. A variety of crafts are on offer and our friendly participants are always ready to lend a hand or maybe you have a craft you could teach the rest of the group. New members welcome and for \$3 you will receive tea/coffee and cake/biscuit as well as a fun few hours. For more information, please contact Isabel 5446 2317 or Yvonne on 0402 105 864.

TRY TOASTMASTERS

Would you like to improve your public speaking skills and gain confidence? Coolum Communicators supports members to practice speaking to an audience while having fun. We meet on the 2nd & 4th Wednesday of the month, 7pm at North Shore Community Centre. Look for Coolum Communicators on Facebook or email coolum-toastmasters@gmail.com.

ASSOCIATION OF INDEPENDENT RETIREES (AIR) Noosa Branch

Next Meeting: 13 May, 10am start @ Uniting Church, Grasree Court, Sunrise Beach. Speaker: Rob Mc-

Gregor, McGregor Wealth Management, Post Federal Budget Update. AIR is the peak National not-for-profit organisation supporting self-funded retirees. For further information telephone 0478 479 049 or email: airnoosasecretary@gmail.com www.facebook.com/AIRNoosa

QUOTA CLUB OF COOLUM BEACH

Quota Club of Coolum Beach have a business meeting at 2 pm at the Lion's Den, 15 Russell St, Coolum Beach on the third Tuesday of the month. The club have been active in the local community for 29 years raising money to support women, children, and the disadvantaged. We are looking forward to working and socialising in 2021. If you would like to join a group of motivated and dedicated women, we would love to hear from you. For information contact Sandra Verrall on 0457 355 734 or secretary@quotacoolum.com.au

COOLUM BEACH SENIOR CITIZENS CLUB

Welcomes all citizens 50 and over. Activities include Bingo, Carpet Bowls,

Card and Board games. Meet every Monday from 11.30am-4pm at the Coolum Civic Centre. Entry fee includes afternoon tea and a ticket in the door prize. For further information please phone Louise 0420331948.

COOLUM BRIDGE CLUB - YAROOMBA MEETING PLACE

Enquiries info@coolum-bridgeclub.com
Sessions as follows:
MONDAY - 9am for Start 9.15 - 12.40
MONDAY - 12.45 for Start 1pm - 4.00
Bridge Lessons. (Michael 0418 731 533)
THURSDAY - 12.45 for Start 1pm - 4.30
FRIDAY - 12.15 for Start 12.30 - SMART BRIDGE (iPads Supplied)
SATURDAY - 12.45 for Start 1pm - 4.30
If you need a partner, please ph. Julie Terrason on 0429 799 759

Email community notices to michelle@coolumadvertiser.com.au

COOLUM PEREGIAN RSL

GENERAL MEMBERS MEETING **10AM SUNDAY 16TH MAY 2021**

MEMBERS PLEASE COME ALONG AND SEE HOW YOUR CLUB IS PROGRESSING. MEETING STARTS AT 10AM SO BE EARLY TO SIGN ON.

FOLLOWED AT 11:30AM TO 4PM VETERANS AND VOLUNTEERS BBQ

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Fiona Simpson MP

MEMBER FOR MAROOCHYDORE



Have you ever thought about a charity in our local community that has made a personal difference to your life or your family's?

Next week during Volunteers Week is a chance to sing their praises and thank the selfless people who are their hands and hearts in the local community. Especially during all the challenges of a global pandemic or bush fires and floods, with the ensuing disruption and quite a lot of distress, we saw once again that the power of local community through organised volunteerism, hope and kindness win. Jump on my Facebook page or the Letters To the Editor page of this paper and give them a shout out.

On the Sunshine Coast, thousands generously give back to make our community a stronger, healthier and more connected place to live. People volunteer for a number of reasons including the desire to help others as well as increasing their circle of friends

and developing their skills or helping others grow their abilities.

Just some of the amazing organisations that would not operate without the support of volunteers includes: STEPs Charity, Wishlist, Maroochy Neighbourhood Centre, Bloomhill, Salvation Army, St Vincent De Paul, Anglicare, Coast Guard and so on. All these organisations play an important part in our community.

A special mention during Volunteer Week goes to that great service organisation, Rotary, who last month celebrated 100 years of being in Australia. I attended the Sunshine Coast celebratory dinner and was honoured to propose the toast to Rotary International in recognition of this amazing organisation's achievements both locally and internationally – Happy Birthday!

Volunteer Week is an important time to stop and appreciate what those in our community give

back and realise that without their generosity a lot of Sunshine Coast organisations would not exist.

If you would like to volunteer your time and not sure where to start, contact Volunteering Sunshine Coast on 5443 8256, they have been operating on the Sunshine Coast since 2004 and provided opportunities for approximately 26,000 volunteers during this time.

I would personally like to say 'thank you' to every volunteer on the Sunshine Coast and I look forward next week to seeing all the volunteers acknowledged for their time and assistance that they selflessly provide.

PS. This Saturday, May 15 from 10-11.30am I am supporting Jasmin Peak (YMCA QLD Youth Parliament Representative for Maroochydore) to raise money for the Cancer Council by holding a Biggest Morning Tea at my office. There will be a coffee van, cakes, biscuits, etc (\$2-\$6) to raise funds. If you are in the area, please drop by and say 'hello' at 148 Horton Parade Maroochydore.

Barefoot Bowls FUNDRAISER

Sunday 20th June from 11.00am at the Coolum Beach Bowls Club.

Come along and join the fun!

Get a team of 4 together and have a bowl with family, friends, or workmates, or you can register individually and join a team on the day.

There will be games for the kids, lucky draws, and a raffle on the day.

\$10 per person registration for Adults, Children \$2, with all proceeds going to our Coolum HeARTs Building Extension Fund.

*Please note - if it's raining on the day, we will be reverting to a family trivia day instead.

To register your team, contact either Wendy at the Bowls Club
Email: clubmgr@coolumbeachbowlsclub.com.au
or Judy email: coolumhearts@gmail.com
Phone: 0414802135



Member for Maroochydore Fiona Simpson at the recent Rotary Centenary Dinner. Photo: Contributed

The Advertiser Feature: *Health & Wellbeing*

Spirit.3H

Grounded and Humility

Natural places like Rainbow Beach, Stradbroke Island and our beautiful Sunshine Coast can be really grounding. Being grounded and possessing humility are important for the health and wellbeing of our mind, body and spirit.

Being grounded is to be fully conscious, to be aware of your body and where you are while also being aware of your state of mind and levels of feeling secure and peaceful.

Grounding skills help us manage overwhelming emotions or an intense situation. When you are grounded, it is easier to challenge yourself taking on new experiences while being calm and at peace.

"recognizing our earth roots, and the earth roots of everyone else, knowing that we are not, in essence, greater than, lesser than, or even separate from, the rest of life" --- "by the root definition, on the earth, or of the earth, we are all humble, all rising from, sustained by, and returning to the earth"(from "Ground Work" by Nancy Jackson).

If you are feeling you need some techniques for being grounded and living with humility there are postures, flows, meditative practices and experiences in nature to help. With visualisations, meditation and postures like "Fig Tree", "Pose of Humility" or "Salute to the Sun" you will feel that connection in Oriental Yoga (OY) practices.

Contact Tony to join a class.



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FRIDAY 7:45 - 8:55 AM | NSCC

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Principal's Post

TROY ASCOTT
COOLUM STATE HIGH SCHOOL



SCHOOLS are in the news. In fact, schools are always in the news! Every week it seems the Courier Mail finds more data to make more stories about schools. And, if there's a piece of information on schools that isn't made public, that's a story too! At least it means people are vitally interested in education and want to know that our schools are doing well.

Last week, the Courier Mail published a piece of information that showed that Coolum High has grown by 52 per cent in the last five years. That put it in the top handful of schools state-wide (apart from brand new schools) and made it the fastest growing high school on the coast. It's further testament to the growth in our area and the confidence in Coolum High to deliver.

So, what does this mean for

the future? The first answer is better facilities. The building program at the school continues at a pace including the two new two-storey buildings already opened, and the new twenty-classroom building we are in the process of planning. The second answer is more options. This includes new subjects and new and varied extra-curricular activities that span options from yoga to box-fit and from art club to the Young Entrepreneurs Academy.

Most importantly, it means that the students of Coolum and Peregian have a strong and vibrant school that offers everything a school can offer. It means that our young people have a bright future, with a first-rate education in a beautiful community. What else could you ask for?

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CHS SENIOR UNIFORMS: Polo shirt x 6 (sz 16/18); jumper x 2, \$15ea; boys formal shirt x 4 (sz 16&18), boys formal short (sz 16/18), boys sports shorts (sz 16), xc, \$20ea. Ph. 0414 650 647

CLASSICAL RECORDS: 150 records. \$2 each or \$30 the lot. Ph. 0456 727 152

DINING CHAIRS x 2: attractive high back rattan cane. \$60 pair. Ph 0422 661 218

FABRIC: Quality fabrics, ALL NEW - Quilting, Patchwork, Batiks and Craft plus much more. Some Dress and Furnishing Fabrics. Haberdashery and sewing notions. Handmade items available. Ph. 5448 7620 or 0411 744 965

GOLF CLUBS X 12: With bag and trundler. \$80 or near offer. Ph. 5457 0112

HORSE MANURE: \$2.50 per bag, pickup at Coolum Beach Pony Club gate - 60 Tritonia Dr, Emu Mountain Estate

IKEA FULL LENGTH MIRROR: \$25. Ph. 5446 3802

KNITTING NEEDLES & CROCHET HOOKS WITH BAG: Huge selection. \$50 Phone, 5448 9280.

LADIES & MEN'S BIKES: 18 speed. \$55 each. Ph. 5457 0112

LAWN MOWER: Victor 4-stroke. \$75. Ph. 5457 0112

MIRROR: Dark Oak, Oval Mirror c/with 2 side drawers. To fit on drawers or small table. Size 1100 L x 800 H. \$ 80. Ph 0417 806 725

NIKE: SB shoes, all black, full tread, vgc, \$50 Ph. 0414 650 647

POPCORN MAKER: Exc cond. Easy to use. \$20. Ph 0422 661 218

QUEEN BEDHEAD/BASE: \$250. AS NEW. Scandinavian Style Blond/Golden Fine Timber. Timber sprung base bound as one piece. Exc cond. Ph 0412 311 015

RECLINERS: 2 x blue/grey. Exc Cond. \$250 each. Ph. 0497 979 634

TABLE: 100cmx100cm, white glass top, ht 65cm, solid all aluminium frame, no rust, suit indoor or outdoor. GC. \$35. Ph. 0407 359 111

WHEELCHAIR: Steel frame, hand brakes, moveable footrests, soft seat & backrest, self-propel. VGC. \$150. Ph. 0407 359 111

COOLUM DARTS WRAP

SOCIAL Darts at the Coolum Bowls Club is now played every Thursday night from 6.30pm.

Last week, May 6 saw 16 players roll up to play

and was won by Dave Bevan with James Rubulis as runner up.

A high score of 140 went to Dave Bevan in a four way playoff.

The highest peg (three dart finish with a double), went to Danny Gott with a 94.

Social darts is handicapped and based on players' skills and wins.

New players are always welcome and for more

info on social darts in Coolum, please contact Jon Evans on 0415 339 038 and to get to the club safely, the Bowls Club courtesy bus is now available on Thursday – please call the club to book the bus.

LOST & FOUND

LOST: Gold & pearl earring lost on Friday 7/5/21 around Jones Parade, Banksia Avenue, Russell Street, Williams Street & Heathfield St. If found please hand in to Matt's Fruit Shop.

GARAGE SALES

COOLUM BEACH, 8 Key West Ave: Saturday May 15th. 7.00am-12 noon. Household goods, tennis racquets, ukulele, clothing, books.

NOOSA RIVER CRUISES

WWW.NOOSAQUEEN.COM \$15 Sunset Cruise. Ph 5455 6661

PETS



K~9 DOG WASH

Ph: 5446 5440 HEATED MOBILE HYDROBATH
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PUBLIC NOTICE

Proposed development

Make a submission from
14th May – 4th June 2021

Material Change of Use of Premises to extend an existing Shopping Centre

Where: 21 South Coolum Road, Coolum Beach

On: Lot 40 SP154796

Approval sought: Material Change of Use

Application ref: MCU21/0041

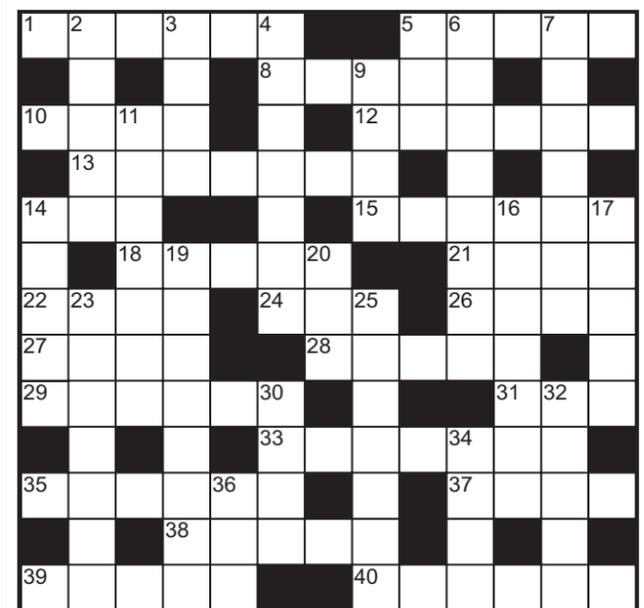
You may obtain a copy of the application and make a submission to:

Sunshine Coast Regional Council
Locked Bag 72 SCMC QLD 4560
mail@sunshinecoast.qld.gov.au
Ph: (07) 5475 7272
www.sunshinecoast.qld.gov.au

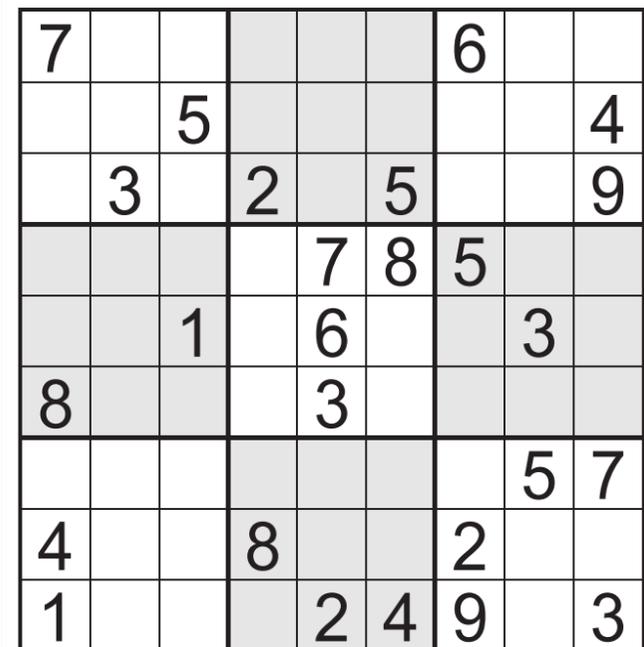
Public notification requirements are in accordance with the *Planning Act 2016*

WEEKLY CROSSWORD

- | | |
|----------------------|-----------------------------------|
| ACROSS | DOWN |
| 1 Went by | 2 Unaccompanied |
| 5 Thespian | 3 Ooze |
| 8 Adult insect | 4 Weakened liquid |
| 10 Fashion | 5 Past |
| 12 Meditate | 6 Restricts |
| 13 Planet | 7 Gap |
| 14 Dry, of champagne | 9 Monkeys |
| 15 Ghost | 11 Announce |
| 18 Stratum | 14 Jumps rope |
| 21 Numeral | 16 Properly |
| 22 Country | 17 Irritable |
| 24 Morse element | 19 Slender hollow-horned ruminant |
| 26 Encourages | 20 Decay |
| 27 Saucy | 23 Softens attitude |
| 28 Rubbish | 25 Disciplined and instructed |
| 29 Arm covering | 30 Water pitcher |
| 31 Attempt | 32 Scottish dances |
| 33 Referee's item | 34 Rend |
| 35 Call for repeat | 36 Cricket score |
| 37 Facial features | |
| 38 Money bag | |
| 39 Trembling poplar | |
| 40 Constraint | |

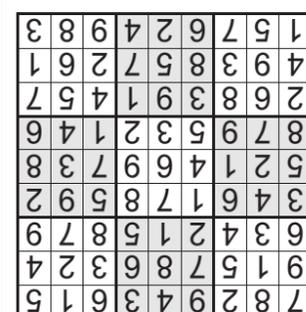


SUDOKU OF THE WEEK



DIFFICULTY LEVEL: ★★★☆☆

SUDOKU SOLUTION



CROSSWORD SOLUTION



COOLUM BOWLS - WEEK ENDING MAY 9



SDMBA MIXED PAIRS

The Semi Finals were played on Tuesday May 4 with Rose and Dave Rixon defeated by Joan Shipstone and Greg Brown. Rebecca Rixon and Jay Dawe defeated by Gayle Sutton and Shane Cashill. The date for the final will be advised in next week's paper.

JACK ATTACK

The Finals will be held on Saturday May 15 with the Bombers playing The Long and the Short in one semi-final and Status Quo playing MPN in the other semi. The two winners will then play to determine the overall winner while the two losers will play off for third and fourth position. The first game will start at 10am and there will be a BBQ for all players after the final. Thanks to Mark and Sally Prosser for their sponsorship.

SOCIAL BOWLS

Tuesday: 1st - Judy Manton and Bruce White, 2nd - Wayne Brown and Mark Payne, 3rd - Liz Hitchcock and Eric Tomsene, 4th - Rex Cunningham and Vic Weller.

Thursday: 1st - Sue Lubowicz and Ian Lane, 2nd - Bobbi Dryland and Carol Belsham. Thank you to our sponsors for the day - Live Life Pharmacy Coolum Village.

Friday: 1st - Bert Peperkamp and Ian Lane, 2nd - Gary Green and Dave Turk, 3rd - Ron Wallish and Vic Weller, 4th - Denise Fletcher and Joan Shipstone. \$500 Jackpot Not Won.

Sunday: 1st - Paul Spencer, Noel Mellett and Pat Craigie.

CLUB CHAMPIONSHIPS



Barefoot bowls is the perfect group activity and the Coolum Beach Bowls Club has many great options available for groups to participate or celebrate by way of having a 'roll up'.

The Ladies Club Pairs final will be played on Thursday May 13 at 1pm between Judi Barrett and Ruth Perry who will play Ursula Ford and Pat Teale. Championship Triples - Sandy Wilson, Sharyn Briggs, Jan Burkitt will play Joan Shipstone, Jenny Beattie and Judy Wilson. Liz Lennon, Bev Rutch, Lyn Joy will play Gina Bullingham, Tilly Coyne and Annie McGill.

QUEENSLAND STATE TITLES

Congratulations to Club members Wayne Brown, Chris Johnston, Mark Payne, Brett Williams, Craig Jamieson, Ray Whitaker, Jay Dawe, Annie McGill and Greg Brown who all represented the Club in the State Championships. A full round up of results will be published next week.

BAREFOOT BOWLS

Sessions are held every Friday Night from 5pm to 7pm, every Sunday from 1pm to 5pm. Cost to play is just \$7 per person and bookings are not required. Group



Greg Brown who was a semi finalist in the Queensland State Fours Championships recently. Photo: Contributed

bookings are available on other days. Contact Bowls Manager Timbo on 0419 277 203 to book in for a group. Check out our new green-side bar, which is available for groups which features ice cool drinks and bowls provided.

FREE BOWLS

COACHING

The Club provides free coaching for all members every Wednesday Morning from 10am to 11am. Bookings through Bowls Manager Timbo on 0419 277 203. Coaching is also available on Saturday Mornings from 10am with bookings essential.

TIDE TIMES 2021

Coolum & Maroochy River

Tide heights taken from Coolum Beach

For other areas visit www.qld.gov.au

Day	Time	0.63m	1.28m	0.46m	1.80m
FRI 14th May	Coolum	3:41am	9:16am	3:10pm	9:56pm
	Maroochy River	6:08am	10:51am	5:37pm	11:31pm
SAT 15th May	Coolum	4:20am	9:51am	3:43pm	10:34pm
	Maroochy River	6:47am	11:26am	6:10pm	
SUN 16th May	Coolum	5:04am	10:30am	4:19pm	11:17pm
	Maroochy River	12:09am	7:31am	12:05pm	6:46pm

Day	Time	0.71m	1.17m	0.60m	
MON 17th May	Coolum	5:57am	11:17am	5:04pm	
	Maroochy River	12:52am	8:24am	12:52pm	7:31pm
TUE 18th May	Coolum	12:08am	7:01am	12:20pm	6:02pm
	Maroochy River	1:43am	9:28am	1:55pm	8:29pm
WED 19th May	Coolum	1:09am	8:11am	1:45pm	7:16pm
	Maroochy River	2:44am	10:38am	3:20pm	9:43pm
THU 20th May	Coolum	2:15am	9:13am	3:06pm	8:39pm
	Maroochy River	3:50am	11:40am	4:41pm	11:06pm

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.

Professional Services Directory

see well law
www.swlaw.com.au
P (07) 5455 6870
 Online Appointments Available

Rasura Chiropractic
Coolum Beach
5446 5044
 Birtwill St, Coolum Beach

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- North Shore Realty
- The Shop
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- Coolum Beach Bowls Club
- Ma Boulange Café
- Pacific on Coolum
- The Caf
- LJ Hooker Coolum Beach
- Freddy Fuddpukkas
- Coolum-Peregian RSL
- BP Coolum
- North Shore Community Centre
- IGA Mt Coolum
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- Foodworks Twin Waters
- Bli Bli News
- Pacific Paradise News
- Marcoola Branch Bendigo Bank
- Lucky 7 Grocery Store Marcoola
- Marcoola Surf Club
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Rosemary Mellish
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