



'Coping' with COVID on Kawana Island

For residents on Kawana Island, living with the COVID pandemic can mean different things to different people depending on age, social disposition, health, financial security and many other factors. One thing that is clear however, is that we all have easy access to this beautiful part of the Sunshine Coast and the benefits it has to offer. In fact, if you have to live through this difficult period, you could argue that there would be fewer better places!

And this doesn't just extend to the Island's physical features, it also extends to the wonderful friendly people who live on the Island and the beautiful community spirit that exists. We are really privileged to live in such great surroundings and KIRA is dedicated to keeping them that way.

On the subject of individuals coping, if you do happen to notice someone who might be in need of some form of assistance then please do reach out and offer assistance if you think it appropriate.

On the subject of coping, Barbara Clarke KIRA's Secretary has written a poem on isolation which appears in this edition which we hope you enjoy.



TWILIGHT (COMMUNITY GATHERING)

Sunday 8th November

Planning is continuing for our Twilight Community Gathering, subject to Covid Safe requirements. KIRA hopes that this will be an opportunity to gather with our neighbours to celebrate the resilience of our community in what has been a very different and challenging year. Please watch our facebook page for the latest updates.

KIRA Meets with Cr Natoli

A number of members of the KIRA Committee met with Cr Joe Natoli on 18 August to review progress on the Kawana Island Spruce-up exercise commenced with the previous councillor, John Connolly. This meeting was generated by a response to the Councillor's previous letter.

A number of concerns were raised including cleaning of the sandstone structures on the Island, painting of the worst looking of the Energex light poles along the water side, provision of shade cloth for the new Double Bay exercise equipment, Council's progress on investigating a trial installation of a shark net for Double bay, lighting near the footbridge over Parrearra Channel, remote access for boat owners travelling through the lock and signage for approaches to Kawana Island.

KIRA informed Cr Natoli of the history and reasons behind these issues and the Councillor seemed to appreciate KIRA's concerns and undertook to re-investigate issues where appropriate. KIRA Committee members were impressed with the Councillor's responses and preparedness to look into the issues raised. KIRA looks forward to maintaining the helpful and harmonious working relationship it enjoyed with Council through the efforts of the previous Councillor and looks forward to the same relationship with Cr Natoli.



welcome

Are you new to the Island? If so, then welcome, we're sure you'll love living here. As a resident, you're eligible to join the Kawana Island Residents Association (aka KIRA) - and it's free! To find out more about what we do and to find out how to join check out our website www.kiranet.au.

You can also stay up-to-date by following us on Facebook.

Find us on 

"Isolation"

Thanks to Barbara from Leeward Apartments for sending us her poem "Isolation" which reminds us that isolation may affect many in our community despite life getting back to a 'new normal'.

Shared

*The word isolation can mean many things
to so many in so many ways
There are those who prefer to be far from the crowd
on their own, and the peace doesn't faze.
There are those who have lost everything that they had,
sad souls who exist on the fringe
There are those who for some reason live locked away
and shun any who try to impinge.
There are those who are lonely and sad every day,
often old and infirm and alone
There are those who despair from an illness that keeps
them house bound or bedridden, unknown.*

*This Covid 19 - cursed virus so bad
has forced isolation on many,
for some it's been fun, a break from routine
for others it's been really sad.
For school kids it's been a very mixed bag
staying home to study online,
For children need friends to talk with and laugh,
and for them it's been a long time.
For parents whose jobs have been lost at this time
their worry has been hard to bear.
How to pay bills, buy food, keep a roof overhead
it's led to a lot of despair.
Yes isolation, or Iso so dubbed has been a rough time
for many as mentioned before,
But we should keep in mind as restrictions are eased
That it won't change for many, I'm sure.*

If you're worried about someone, check out the resources at [RUOK?](#) to start a conversation. If you, or someone else is suicidal, contact [Lifeline](#) on 13 19 11 for 24 hour crisis support.



#DogsofKawanaIsland



Does your pampered pooch have their own instagram account? Why not DM us @KIRA_KawanaIsland so that we can feature them in future issues of the KIRA Mirror? Opposite is local pup @miss_matilda2011 out for a ride.

10 Tips for Kindness

1. Use your manners - please, thank you, excuse me.
2. Smile at a stranger and wave at children.
3. Buy a coffee for the next person in line.
4. Send (real) cards - snail mail is good for the soul!
5. Leave random notes of kindness - print off some free affirmation cards from online.
6. Pick up the phone - call your family and friends.
7. Ask someone how you can help them.
8. Give an honest compliment.
9. Take a box of goodies your local hospital or first responders station.
10. Let someone go before you in a line.



Image: Kristen Hewitt

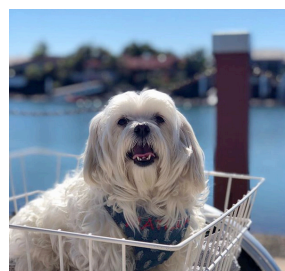
A Dog's Life: Training

On the coast we love our dogs! With the coastal lifestyle come the options to enjoy so many experiences with our beloved pooches, from relaxing at a café to swimming at the beach. Each dog is as unique as their owner and as such there will be different times in our pet's life where we may need a helping hand with their training.

Being able to enjoy a walk out with your dog around Kawana Island is the perfect way to unwind after a busy day. Having a dog that pulls you around or launches at other dogs and people makes this experience not quite as peaceful and rewarding as it could be. That is where the training comes in.

As the head dog trainer at PETstock Kawana for the last three years, I have been privileged to work with many pets and their humans. I thoroughly believe in the value of training in deepening the relationship with your animal and I have been part of this for horses and dogs alike. A lifelong involvement with animals through childhood, university and my career has illustrated the importance of creating a positive foundation of training.

Training your dog is a rollercoaster experience but with the correct skills, knowledge and guidance it is extremely rewarding. There is an abundance of methods for dog



training, the most utilized being the use of engagement, positive reinforcement and negative punishment. In the next edition of the KIRA Mirror I will write more about these three aspects of training our dogs.

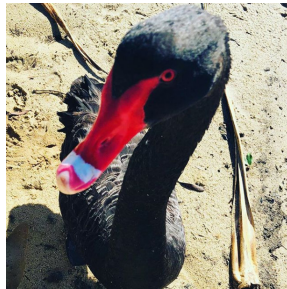
Jess at PETstock Kawana

New Signs for Cyclists

Those residents who walk or cycle beside the lake and channel will have noticed the appearance of new blue circular signs on the path promoting the awareness and care required between bike riders and pedestrians. This is essential for the safety and care of residents of all ages. Cyclists should understand that pathways are not training or race tracks and walkers should be mindful that pathways are for everybody's use and keep to the left when using the paths. In addition, dogs not on leashes pose particular problems. Similarly, cyclists should use their bells to alert walkers when they are approaching from behind.



Have you spied this happy Island resident in your walks lately? Thanks to Karen for allowing us to share this beautiful Black Swan photo.



New Committee Members

KIRA is pleased to welcome two new members to its committee as a result of recent departures. Because of the number of people who expressed interest, the Committee determined that the fairest way to select the new members by lottery. As a result KIRA welcomes Nerida Begg and Tamara Engelbrecht to the Committee.

Small Business Directory

In these challenging times, why not make the most of free advertising for your small business? If you are a small business owner living on the island you're eligible to add your business to our small business directory (you must be a member of KIRA). Email your details (and your business logo) to hello@kira.net.au and we'll add it to our directory.



Residents can find our growing list of local businesses at www.kira.net.au/local-business

Did you know ...?

The established blue on Kawana Island is
Dulux Bluster Blue.

The colour code is: B 3Y 36N; M 0Y 44N; E 4Y 48N

Meet Island Locals...

Ivor and Joan Young

Residents may recall that last year's garden competition winners were Ivor and Joan Young of Seychelles Place. What we didn't know at that stage was the interesting life they have enjoyed and the amazing experiences they have had. Although they have been back in Australia for 20 years, their really notable experiences seem to have played out on Rhode Island in the United States where they lived. Ivor who was originally from Tasmania, and Joan who was from the US met at an America's Cup corporate sailing event and marriage and a return to the US followed. They settled in Rhode Island and continued their love of sailing. They kept their boat at Newport Rhode Island and rubbed shoulders with celebrities such as Dennis Connor, America's Cup champion, Chelsea Clinton (Bill and Hillary's daughter) among others and their boat was berthed just behind where Captain Cook's Endeavour eventually sank.

Ivor who was a builder by trade secured a job managing Anthony Quinn's properties (AKA Zorba the Greek) for a number of years and has many fascinating recollections of their time together. His interests though his life range from motor bikes, stock cars, managing bars, even driving a school bus at one stage! However sailing was always a constant which he excelled at. Ivor and Joan have been married for 35 years. Although now 80 years old (and looking more like in his 60's), Ivor has just finished painting their two storey house and pressure cleaning its 14 different roof pieces - all by himself!

Share

Do you know someone who has an interesting story to tell, why not ask them if they are keen to share it and let us know at hello@kira.net.au



Image: Libby

KIRA expresses its thanks to Member for Kawana, Jarrod Bleijie MP, for the printing of this newsletter.



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and truly
behind us!*

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MOBILE OFFICE

Double Bay, Kawana Island
Friday 2 October
8am



Jarrod
BLEIJIE MP
Member for **Kawana**

☎ Sunshine Central, Suite 4, 3 Nicklin Way, Minyama QLD 4575
☎ (07) 5406 3100 ☎ kawana@parliament.qld.gov.au
🌐 jarrodbleijie.com 📧 Jarrod.Bleijie 📱 jarrodbleijie_mp

Authorised by Jarrod Bleijie, 4/3 Nicklin Way, Minyama QLD 4575

Kawana Island CONVENIENCE & TAKEAWAY

NEW MANAGEMENT!

- Burgers
- General Groceries
- Hot Chips
- Milk & Bread
- Soft Drinks
- Hot Chickens



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