

CALYPSO



March–April 2022



WORKING WONDERS

The rise of the internet and digital connectivity has made working from home easy. Set up a successful home office with these tips

MEET YOUR NEIGHBOURS

There's no doubting Caloundra Cay is packed full of interesting neighbours. Meet Richard, Janet - and Monte - inside this edition

CHOC- FUELLED FUN

It feels like we've just packed away the Christmas tree and now Easter's here! With an influx of visiting grandies expected, share in our Easter eggstravaganza

Pictured: The Caloundra Cay 'Movie Collective' meets on Wednesdays and Sundays at 6.30pm. You should drop in sometime.



Welcome

Hello again! It's autumn - a time for transition and change both on a material/seasonal level and a personal level for me and my Sales Team friends. We have certainly seen lots of change here at Palm Lake Resort Caloundra Cay from the time we all first started on this greenfield site and watched it develop, literally, from the ground up. Now, we only have a handful of residents left to move in to the last few homes before the resort is officially complete - and a full cycle of seasons will have been completed too. This has been such an exciting project for me. I have especially enjoyed working in such a beautifully landscaped resort. This may be my last newsletter from Caloundra Cay because I, too, am transitioning - across to our next premiere over-50s project: Palm Lake Resort Pelican Waters. While I'm really excited about the new beginning and the challenges ahead, my heart will honestly always be at Caloundra Cay...

"The heart of autumn must have broken here, and poured its treasure upon the leaves."

Until next time,

Monique Lee and the Sales Team
Palm Lake Resort Caloundra Cay

Contact us

Looking for more information about Palm Lake Resort Caloundra Cay?

Online: Visit our website at caloundracay.com.au

Social media: Follow Palm Lake Resort on Facebook and Instagram to see what's happening right across our 28 Palm Lake Group locations.

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News briefs

The Perfect Nine

While it may not be a first, three Caloundra Cay bowlers are still ecstatic about their recent rare achievement. Playing a match of triples, the trio of Tom Williams (skip), Gail Smith (second) and Darren Burke (lead) scored nine points on one end. For the uninitiated, that means each of the three bowls rolled by the team finished closer to the jack than the nine bowled by the opposition.

While recognising the feat as 'extremely rare', former Caloundra Cay Bowls Club chair Paul Hart confirmed it had been achieved previously in the short history of the club, and at least twice. And skip Tom, rated among the top echelon of bowlers in the resort, was also one of those former team members who joined the 'Nine Club'.

"Yes, it is an exceptional effort, but not a first for our club. Tom and another team he skipped achieved it previously, as did Alan Young as a skip," Paul explains.

— TONY DURKIN



Pictured: Gail Smith, Tom Williams and Darren Burke

Make a date

Here are some important upcoming dates to note in your diary:

- **Queensland school holidays:** Saturday, April 2 to Monday, April 18 inclusive
- **Easter long weekend:** Friday, April 17 to Monday, April 18
- **Anzac Day (including public holiday):** Monday, April 25
- **Labour Day public holiday:** Monday, May 3

Read all about Care

As part of the Palm Lake Group, Palm Lake Care offers six modern aged caring communities across South-East Queensland. Catch up on all things Palm Lake Care in the company's most recent magazine, The Difference. It features all the winners from our annual caregiver awards, as well as updates on every location. Read it online at: www.palmlakecare.com.au



Happy birthday to...

We would like to wish happy birthday for the months of March & April:

<u>March</u>		
1: Jacky M	61: Ken S	99: Annette B
42: Pat M	256: John W	104: Shirley P
6: Mervyn C	230: John W	113: Douglas W
10: Patrick A	229: Mary W	114: Kathy
19: Len H	185: Rhonda R	120: Peter T
24: John M	143: Patricia M	75: Maria M
26: Martin B	269: Anne H	124: Heather A
34: Jo H	227: Graham T	127: Carol L
91: Ron R	186: Carolyn E	138: Pauline K
101: John V	85: Ralph S	198: Jim B
264: Maree S	189: Bryan P	144: Anke T
102: Peter W	31: Angela D	149: Ella R
115: Felicity S		152: John P
116: Rhonda P		157: Janny W
200: Simon B	<u>April</u>	160: Garry B
132: Arthur B	4: Maureen W	172: Marrison A
135: Deb S	79: Lindy I	244: Ray P
158: Charlotte R	7: Margaret B	245: Brian M
215: Kathleen A	195: Ian C	255: Lois B
159: Chris B	196: Wanda P	82: Christopher T
190: Sandra M	11: Sonja C	257: Olga K
160: Rose B	20: Chris B	173: Pamela R
196: Robert P	22: Jo H	264: Trevor S
	98: David A	81: Roger D
	98: Susane A	191: Warren D



Pictured: A proud Richard with HMS Victory in Hemingways Library



Covid delivers major 'Victory'

By Tony Durkin

When Covid virtually closed down our country in March of 2020, many wondered how we could wile away those unfilled hours in isolation. But not Richard Shaw.

A resident of Caloundra Cay since May last year, Richard Shaw likes to keep his body active and his mind busy. When he could no longer play bowls, his wife Gloria suggested he find something else to keep him 'busy'. So, Richard decided to build a ship. And that ship – a replica of the 257-year-old HMS Victory – now stands proudly in Hemingways Library, on loan for the pleasure of Richard's fellow residents. It is the result of 18 months and around 2000 hours of extreme patience, dexterity and vigilance.

"This was a journey of learning and understanding how these old ships worked," says Richard who, as a teenager, attended a nautical college in South Africa for two years, and spent his adult life in the maritime world.

But initial plans to build a ship were somewhat thwarted when Richard discovered the model 'kits' were selling for

between \$2000-3000. Then one day, while searching on Gumtree, he found the Victory model for just \$400.

"Apparently, this kit had sat in the back room of someone's house for eight years. They had bought it, discovered it was for advanced model builders, and gave up on their plan," he reveals.

For the next 18 months – 11 months at his former home in Maleny and seven months at Caloundra Cay – a spare room and then a garage became his shipyard. Tediously, and with a compulsion to 'build it', Richard confessed he retired to 'my own little world', some days spending as much as 10 hours on his project as the Victory came to life in front of him. But despite the many different challenges, the venture never became a chore. The most laborious toil was erecting the rigging and building the

hull. Hundreds of tiny planks had to be placed and shaped to make the hull, which was then judiciously covered in close to 2000 pieces of copper. Richard concedes there were times when he needed technical support, and he found that on the internet through a group of like-minded 'ship builders'.

"A number of people had built the Victory and, like me, they also experienced some difficulties along the way. Thankfully, members of this group posted their experiences on line and I was able to reference their forum," he explains.

And while the finished product fills Richard with great satisfaction and pride, his reflection has a degree of irony when he explains how much of his work – such as the lower decking – is unable to be seen.

The original HMS Victory was launched in 1765 and was best known as Lord Nelson's flagship at the Battle of Trafalgar in 1805, when she had a crew of 821. After serving almost a century as a harbour ship, the Victory was moved to a drydock at Portsmouth, where she lies today, preserved as a museum ship, but still in commission. Richard's life-long preoccupation with ships and boats has taken him from his native South Africa to England, back to South Africa and to New Zealand and Australia, with employment always in the maritime industry. He has twice been on board HMS Victory, hence his fascination and subsequent enjoyment in building the ship.

So, what was the feeling when the last piece of the 18-month-long project was put in place?

"It was like putting an old friend to bed," he smiles.



Pictured above: Richard as a young Naval Officer.

Weekly activities

Monday

TBC Bus trip (see sign-up sheet for destination)
 7.30am Tennis and pickleball round robins
 8.30am Pilates
 10am-11am Fay's Dancercise – Beginners
 11.15am-12.15pm Fay's Dancercise - Advanced
 12.50pm for 1pm start Hand & Foot Card Game
 1pm Learn to play bowls
 4pm Pool/Billiard Room

Tuesday

8am-10am Milon gym training
 9.30am Bingo! (Starts January 12)
 9.45am for 10am start Lawn bowls (10 ends)
 12.45pm for 1pm start Lawn bowls (20 ends)
 6pm Residents' dinner (book via Portal)

Wednesday

TBC Bus trip (see sign-up sheet for destination)
 8.30am Pilates
 10am Aqua aerobics
 10am Knitters & Sewers
 1pm Mah-jong
 3pm, 5pm, 7pm Tenpin bowling (three start times)
 3pm Table tennis
 6.30pm Caloundra Cay Movie Collective

Thursday

7.30am Tennis
 9am Yoga
 9.45am for 10am start Lawn bowls (10 ends)
 12.30pm Resident lunch (book via Portal)
 1.45pm for 2pm start Lawn bowls (20 ends)
 2pm Cribbage
 3pm, 5pm, 7pm Tenpin bowling (three start times)
 3.30pm Pétanque
 6pm Tennis & Pickleball round robins

Friday

TBC Pelican Waters Golf Club Bus Trip
 11am Choir, in Hemingways theatre
 12.50pm for 1pm start Hand & Foot card game
 4.45pm for 5pm start Lawn bowls night session
 4.45pm Aqua aerobics
 5.30pm Happy Hour

Weekend

Sat 9-11am Table tennis
 Sun 2.45pm for 1pm start Lawn bowls (20 ends)
 Sun 6.30pm Caloundra Cay Movie Collective



Janet on JFK

By Tony Durkin

Like many of us, Caloundra Cay resident Janet Gordon has some pretty vivid memories of her former working life. These memories and experiences are generally what shape the people we are today. For Janet, there's one memory in particular that moves her...

Despite some of us having the odd issue with memory loss, most Baby Boomers living in Caloundra Cay will more than likely vividly recall where they were when major events and incidents occurred. Who, for instance, could ever forget the horrific terrorist attack on New York's World Trade Centre almost two decades ago, or when astronaut Neil Armstrong first set foot on the moon in July of 1969?

While some might be of the age to remember a halt being called to World War II on May 8, 1945, most no doubt celebrated along with the entire nation when Australia's participation in the Vietnam War was formally declared at an end in January 1973. And the horrific death of Lady Di in Paris in August of 1997 surely leaves an indelible memory.

But perhaps one of the most haunting events in the lives of Baby Boomers was the assassination of popular US President John F Kennedy, on November 22, 1963. And while we may recall where we were when we heard the news – maybe even what we were doing – few Caloundra Cay residents will recollect that event as indelibly as former British Naval Officer, our own Janet Gordon.

Stationed in Malta at the time - in the Communications

and Cryptography Division - Janet was the Officer on Duty when a telex from British Navy Admiralty Headquarters in London was received, announcing the assassination, and ordering that the Rear Admiral of the British Fleet be immediately informed.

At the time the Rear Admiral was stationed on the aircraft carrier Ark Royal, sitting just off the Malta coast in Grand Harbour. It was his role to inform other British Naval personnel on duty in Malta of any intelligence, or major news.

At 2am, Janet was collected from her base by a military Jeep, taken to the harbour and then transported the kilometre or so by tender, accompanied by the Military Police. When she reached the Ark Royal in total darkness, there was no welcoming party – just an eight-metre rope ladder which she had to climb, then descend when her 10-minute duty was done.

"I have never been so frightened in all my life. One slip and I was in the freezing water," she recalls.

And rather than feel chuffed at being the person to

Pictured right: Janet as a youngster in Wales, her country of birth. Pictured below: Janet and partner Chris Burcher at the Taj Mahal. Pictured far left: Janet and partner Chris Burcher relaxing in Hemingways Country Club.



have indirectly informed the entire British Fleet in the area of the assassination of one of the world's great leaders, at the time Janet was distraught.

"I fully realised it was a huge, world-wide event, but all I could think at the time was 'why me?'" she now reflects. "I never let on to anyone that I was never comfortable around water, but my ambition to travel the world – through the Navy – obviously negated my fear of water. But that night I was absolutely terrified."

Janet's stint in the Navy was short – just the one term of six years – but she will always remember the experience. And while the JFK involvement was obviously the most notable, one of the passing out parades during her 30-week training course was also momentous.

"The course was both mentally and physically grueling," she says. "This particular morning – it was six o'clock – I literally passed out during the passing out parade. When the officers discovered I had not eaten breakfast, I was summarily confined to barracks for six weeks. So being restricted in our movements in here at Caloundra Cay because of Covid, is nothing new."

A more frightening experience occurred when she was

stationed in Tripoli, and on their day off Janet and a fellow female officer decided to hire a driver and visit the famous monuments in the desert. On their return journey the driver stopped the vehicle, robbed them and abandoned them – in the desert.

"Thankfully, he did not take our water, but there was no shade and after two hours in the 50-degree heat we were starting to suffer sunstroke, and had become quite hysterical," she remembers.

"Luckily – as was protocol – we had informed our superiors of our plans and our itinerary, and eventually the Military Police located us."

After leaving the Navy in 1968, Janet embarked further on her goal to see the world, firstly spending two years travelling throughout Europe and then Canada and the US, where she briefly returned to her initial profession of teaching.

Eventually she 'found' Australia, lived in Surfers Paradise and then Sydney before relocating to Golden Beach in 2004, with 40-year partner Chris Burcher. They were among the early 'settlers' in Caloundra Cay, moving in just on two years ago.

Five fun ways to celebrate Easter



Easter is all about family, delicious food and celebration. Whether your grandkids are coming to town, you're heading out to visit them, or you're enjoying a more low-key Easter celebration at home, here are a few ways you can spend the long weekend.

Easter baking

Baking is one of those skills that is passed on from grandparent to grandchild. With all the extra chocolate going around, this is a great time of year to get your grandkids in the kitchen. Choose simple recipes (with minimal sharp knives and hot surfaces) if you're working with younger kids, or consult your recipe archives to pass on a family favourite if you feel your grandchildren are old enough. The easiest dish to make with children is definitely rocky road – see the opposite page for a simple recipe.

Get giving

Christmas is usually associated with gifting, but who says you can't give out Easter presents, too? The perfect alternative to chocolate (should your gift recipient have allergies or dietary requirements) your Easter gift might include a baked treat, a small card, a cute decoration or craft item or even some potpourri or homemade soaps. If the grandkids are in town, have them help you assemble these small gifts and deliver them around the resort.

Fun crafts

Everyone loves a good craft activity, and Easter is full of inspiration. Why not make a small nest for some faux baby chickens or Easter basket for your next resort egg

hunt? For something a bit more functional, why not make beautiful homemade cards to help you spread the love around your resort? The internet is full of inspiration for Easter crafts of all kinds.

Decorate

Decorating your home is a great way to get into the Easter spirit! Soft pastel tones are the obvious choice, but you could play with fresh flowers and greenery to liven things up a bit too. If you're hosting Easter brunch, lunch or dinner, it's all about your table setting. Light colours will be your best friends, as will natural textures like wicker, rattan and straw. Balance them out with gleaming glass and silverware, add some fresh florals and a beautiful spread and you're sorted.

Sunday fun

How do you spend Easter Sunday itself? Maybe this year is the year to try a new tradition? If you're spending it with your grandchildren, you could start the day with a special Easter breakfast followed by an egg hunt (utilising those baskets they made, of course!). Grandchildren or no grandchildren, you could also spend the day playing fun board games, relaxing with a good book and a cup of tea, or enjoying some time outdoors. Your traditions are exactly that – yours.

How to use up all that Easter chocolate

Easter, obviously, means tonnes and tonnes of chocolate. Even without the Easter Bunny paying you a visit, your extended family members, friends and neighbours will likely give you a fair amount of chocolate this weekend. Instead of ending up in a chocolate coma, put your Easter chocolate to better use with these clever ideas.

Make a bunny milkshake

Those tall Easter bunny-shaped chocolates also make for awesome milkshake holders! Mix up your favourite flavour, bite off the bunny's ears and pour it inside (just be sure to keep most of the wrapping on, to prevent your fingers melting all the chocolate). Then, grab a straw and get sipping! This idea is perfect for the visiting littlies (or the big kids, at heart!)

Chocolate bark

It's so simple, but so tasty. Chocolate bark is simply just melted chocolate poured onto a baking tray, sprinkled with whatever toppings you like and re-refrigerated. Dried fruit and nuts make it ever so slightly healthy, but you can also get experimental and make it taste like your favourite chocolate bars – sprinkle desiccated coconut for a Bounty Bar effect, or caramel and crushed up biscuits if you love Twix.

Chocolate-dipped fruit

Make the most of the fact that you've got a near-endless supply of quality chocolate and melt it all

together to make the most delicious chocolate dip. You can make chocolate strawberries or bananas, or even throw some blueberries, goji berries or raspberries in there and make a tasty, chocolatey snack that everyone will love. Just pop them in the fridge and enjoy them whenever you like!

Homemade chocolate topping

Is there anything better than ice cream and chocolate sauce? Yes – ice cream with Easter egg-flavoured chocolate sauce! Simply melt all that chocolate together and pour it over your favourite ice cream flavour for an easy dessert idea (and an easy way to get through the Easter egg supply).

Hijack your baking

Whether you bake up a batch of cookies, muffins or cupcakes, toss a couple of Easter eggs into the mix to take it to the next level. Your grandkids or neighbours will love biting into their favourite baked goods and discovering an oozy, melted Easter egg inside. Who wouldn't?!

Recipe: Rocky road

Ingredients:

- 100g biscuits, roughly crushed
- 400g dark chocolate, chopped
- 200g milk chocolate, chopped
- 200g strawberries and cream sweets
- 250g pink and white marshmallows, quartered
- 100g milk chocolate hollow eggs
- 100g slivered almonds, toasted (or peanuts, optional)

Method:

1. Line a 20cm square cake pan with baking paper, leaving sides to overhang.
2. Place dark and milk chocolate in a heatproof bowl over a saucepan of simmering water. Stir with a metal spoon until melted and smooth. Remove from heat.
3. Reserve some of the marshmallows, sweets and Easter eggs for decorating. Stir the remaining ingredients into the chocolate until combined.
4. Spoon mixture into pan. Top with reserved sweets and Easter eggs, pressing them into the chocolate. Chill for two hours or until set.
5. Remove from pan by lifting out with paper. Cut into pieces to serve.

Set up for success

People all over the world have become a lot more familiar with working from home in the past few years – some Palm Lake Resort residents included. Have you ever thought about setting up your home's second (or third) bedroom as an office? Whether it's a base for your business or just a dedicated place to get those home administration jobs sorted, here's how...

Purge

Before you embark on your office set-up, you need to cull anything you don't need anymore. Be ruthless about the things you hold onto and go digital wherever you can. For example, your smartphone probably has a built-in scanner, so use that instead of finding space for a dedicated desktop scanner. Once you've found a home for everything, invest in a good labeller. Think ahead: which trays, baskets or bins are likely to fill up first? Should you make that one bigger, or commit to culling it more often? Remember that decluttering isn't a 'one time and done' task – you'll need to embark on regular decluttering missions in the future; the aim of your first big one is to make the rest relatively simple.

Feng shui

What if we told you that the way you configure your office could contribute to your productivity? The goal of feng shui is to use energy to harmonise us with our surrounding environment, and there are certain feng shui rules that you should keep in mind when organising your office. Removing clutter – including hiding cords, doing paperwork daily and keeping 50 per cent of your desk space clear – is one example, but you can apply feng shui to how you configure your office furniture, too. You should be able to see the door from your chair, putting you in a powerful, commanding position, and if you are planning to share your office and have two chairs, avoid sitting back-to-back or face-to-face. Where possible, avoid furniture with sharp edges and leave plenty of space between desks for energy to move slowly around your office.



Ergonomics

Tight neck? Sore wrists? Achy lower back? Sounds like you could use a lesson in ergonomics – and don't worry, you're not alone. Fifty per cent of Aussie workers have jobs that require full or part-time desk work, and studies show that most of us aren't sitting correctly. Find your natural posture by pushing your chair away from your desk and sitting comfortably; your feet should be on the floor in front of you, your shoulders relaxed and your behind should be... well, behind you. This position is the foundation for building an ergonomic desk – from here, your keyboard should be one to two inches above your thighs, your screen should touch the tip of your middle finger and your chair should support your back comfortably. And don't forget to get up and move around regularly.

Colour therapy

Whether or not you believe in colour therapy, there is plenty of science to show that colours can have a psychological impact on our minds and the way we work. You don't have to go out and paint all of the walls in your office – instead, invite the following colours (and their psychological benefits) into your office with rugs, wall art, stationery and more, for example.

- Blue is ideal for staying focused – particularly in repetitive industries. Accountants, this is the colour for you.
- Yellow stimulates emotion, evoking feelings of happiness and brightening spirits. It's a perfect colour for those who work in the creative industries.
- Green is the colour of balance, calm and reassurance. Lawyers and financial workers should 'go green'.

He's the 'Full Monte'

By Tony Durkin

The family of Caloundra Cay 'resident' Monte Fuller concede the five-year-old is an extrovert – maybe even a poser – but they make no apologies for his exhibitionist behaviour. Monte is a Miniature Pomeranian, described on the Pomeranian HQ website as fluffy, loyal, adorable, agile, friendly and playful. And, extols the website, the striking character traits of this breed include sociability, playfulness and guarding, holding their heads high when they walk, they get excited about their surroundings and meeting and greeting people.

"Monte fits that description perfectly," says his 'nanny' Chris Fuller who confesses family members relish the opportunity to take advantage of his grandstanding nature. "He loves dressing up and being the centre of attention. We often catch him posing for the camera."

Check out some 'moments' Monte would like to share with his fellow Caloundra Cay neighbours.



Caretakers' column

Ray and I have been at Caloundra Cay since September 2018 and, in that time, we cannot believe how much this beautiful resort has changed. In March/April 2019 we had 19 homes settled with 36 residents. Now we have 250 homes settled with nearly 450 residents!

The special thing about any Palm Lake Resort are the people. We are lucky in our resort to have so many residents who volunteer to help others – a big thank you to you all. We appreciate your help.

There are 250 homes occupied with 446 residents as of March 31, 2022. Our current statistics are 47 per cent males and 53 per cent females with 82 per cent of homes double occupied and 18 per cent single households. We also have over 60 pets within our resort!

With Easter fast approaching, many in our resort will be travelling to see their families across Australia, we wish you all safe travels. On the topic of Easter, have you ever wondered where the chocolate Easter egg originated? Apparently, Easter is the second best-selling 'candy' holiday in America after Halloween. Among the most popular sweet treats associated with this day are those famous chocolate eggs, which date back to early 19th Century Europe. Eggs have long been associated with Easter as a symbol of new life and Jesus' resurrection.

Ray & Lynn Johnson,
Resort Caretakers

Angling for a new boat?

With so many of our resorts located near wonderful waterways, it's only fitting that we'd cast the net a little wider for a 'Welcome home' gift for our newest homeowners. From now until June 30, 2022, Palm Lake Resort is giving away a Quintrex aluminium boat, valued at over \$30,000, FREE with any new home purchased! To find out more about how to land this prized catch, phone our Sales Information Centre on 1800 55 66 77.

**FREE \$30,000
boat with your
new home!**

T&Cs apply



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