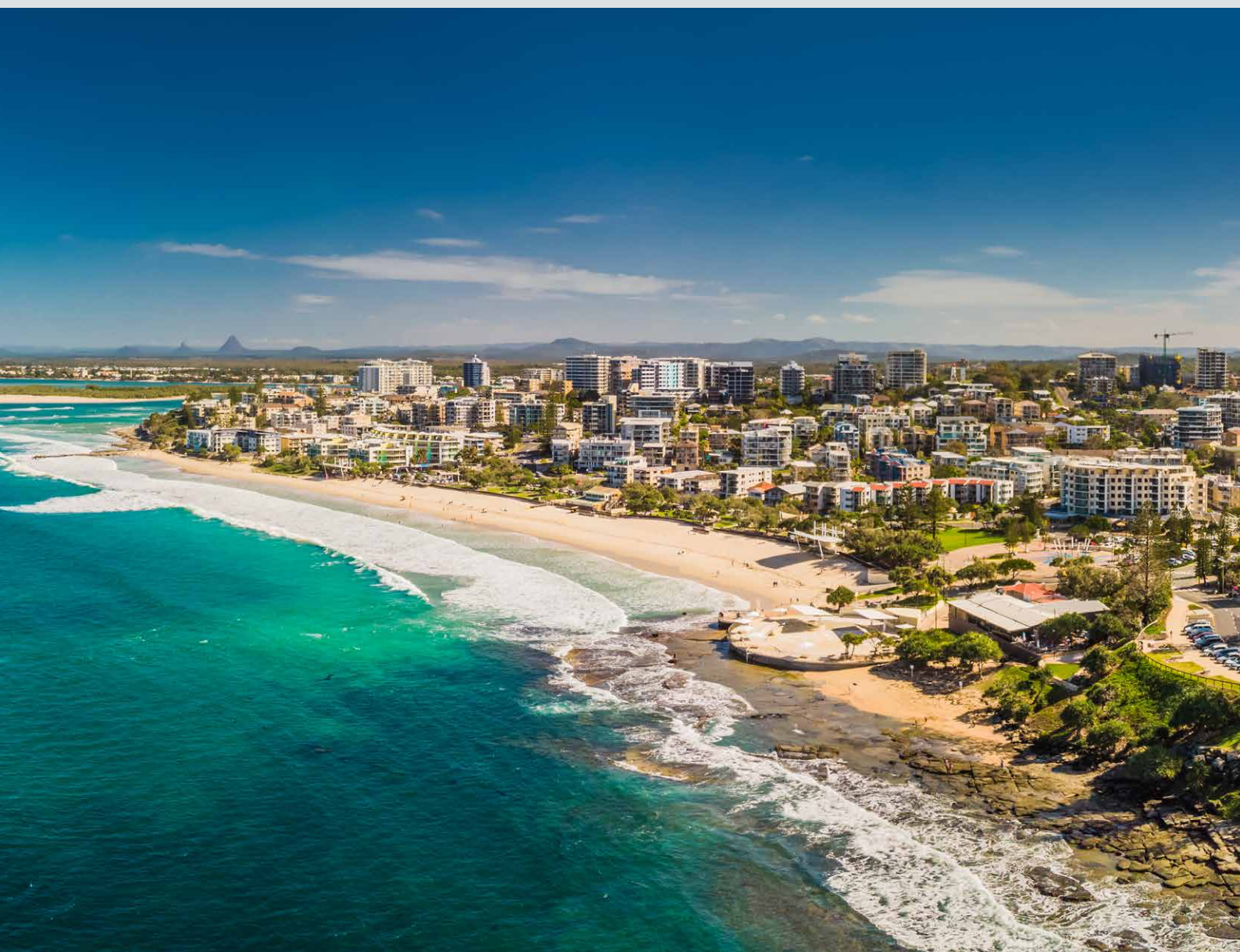


MARCH - APRIL 2025



Calypso



Aussie rules on our country's day

Australia Day brought a vibrant spectacle to the Cay. Full coverage inside...

Meet your neighbours

From Mason and Sonya, to Glen and to Sally, our community is filled with great stories

Refer a friend, earn a reward

Do you know someone who is looking to make the move here? Refer them, for fast cash!



Welcome.

Welcome to our next edition of *Calypso*. Who would have thought the summer months would pass us by so quickly! With 2025 already well underway, we're looking forward to the refreshing change of autumn. It's shaping up to be a year full of new adventures, laughter and cherished moments. The Social Committee have planned to keep all homeowners engaged and entertained this year. Starting with the Australia Day BBQ, and our very own synchronized swimmers who did a fabulous performance on the day (see Pages 4-5 for all the memories). And who could forget our highly trained (NOT!) lifesavers who brought some great entertainment on the day!

Valentine's Day was also a memorable evening, with our very own homeowners, Mason & Sonja at the "Chill Lounge" entertaining everyone on the night. Read this talented duo's story on Page 6.

Looking ahead in March and April we have:

- St. Patrick's Day Dinner (March 16): Join us for a fun evening with a "Baby Boomers" theme, featuring a delicious dinner and festive celebration.
- "Give Back" dinner (March 26): All money raised will be donated to the Red Shield Appeal Breakfast in May.
- ANZAC Day Commemorations & Movie (April 25): A heartfelt tribute to those who served, with a special movie screening.
- Easter Weekend (April 18-21): Celebrate Easter with a variety of activities and a festive atmosphere.

Also, watch this space: We have a wellness group taking over our vacant space at the front of the resort. They should be up and running sometime in March and we look forward to them joining our community.

We are here to ensure you have everything you need to enjoy each day, whether that's a cozy space to unwind or a guided activity to keep you active and engaged. We encourage you to sign up for the upcoming events and make the most of everything the resort and season have to offer. We feel incredibly blessed to work in such a wonderful community, and we're so proud that this is a place where you can truly thrive and feel at home. If you have any questions or need assistance, our team is always here to help. Until next time, take care.

Enza and Marko, Caretakers
Palm Lake Resort Caloundra Cay

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Contact us.

Looking for more information about Palm Lake Resort Caloundra Cay? Here's how you can reach us:

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EMAIL:
caloundra@palllake.com.au

ONLINE: Visit our website
palllakeresort.com.au

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Instagram (@palllake.resort)



News in brief.

Autumn's here, and it's Your Time

It's the start of a new season and that means there's a new edition of *This is Your Time*, our company magazine, hitting mailboxes around the nation. In this edition, let us introduce you to Mirador Wellness Centre which is part of Palm Lake Resort Pelican Waters. Mirador is the largest and most opulent over-50s wellness centre in the Southern Hemisphere. We couldn't be prouder of this one - it's a showstopper. We've actually taken that wellness theme and sprinkled it right throughout this magazine edition. Learn more about all those wellness therapies that are 'trending' right now (spoiler alert: they aren't 'trending' as much as they are here to stay!) and why you should incorporate a little more wellness into your daily life. We also catch you up on the progress we're making on our construction sites. If you haven't received a hard copy in your mailbox, read it online: palllakeresort.com.au



Refer a friend

We know your friends love coming to visit your Palm Lake Resort home and enjoy sharing our resort facilities with you. Refer a friend to join you and become part of our community, and if they purchase a Palm Lake Resort home, you'll receive \$250 cash. Refer a friend at the Sales Office.

Check your speed

Please remember the speed limit around our community grounds is 10km/h. It is not hard to keep your foot off the accelerator so please keep an eye on your speedo as it is very easy for someone to have a mishap. Please slow down - and make sure to remind your visitors and/or invited tradespeople to do the same.

Palm Lake Care needs you

As you know, the Palm Lake Group portfolio includes more than two dozen over-50s resort communities as well as seven aged caring communities across Queensland's south-east corner. While our Palm Lake Care teams provide highly reputable 24-7 nursing support and engaging Lifestyle programs, they are currently on the hunt for community volunteers. In each community, these volunteers can choose to spend one-on-one time with the residents or support our teams in running group activities and excursions etc. Palm Lake Resort Beachmere Bay's Robyn Crosbie says she loves nothing more than volunteering her time at Palm Lake Care Beachmere, which is conveniently right across the road from her resort.

"I've been volunteering there every week for the past six years, helping the Lifestyle Team facilitate their activities program," she smiles.

For example, you can find Robyn going on bus trips with the residents - taking them out to lunch and on scenic drives, sometimes also to church.

"Volunteering is not for everyone but I love it. My Dad was in aged care for seven years so I'm very used to the setting," Robyn explains. "I love a chat and find it very easy to talk to the residents. I love listening to their stories and they love listening to mine."

To lend a hand at Palm Lake Care Caloundra, simply speak to the admin team on 5355 7100. The team and the residents appreciate every volunteer!

Weekly activities.

MONDAY

7.30am Tennis, pickleball round robins
8.30am Pilates
9am Quilters' circle (1st Monday of month)
9.30am Zumba Gold
9.45am Aqua aerobics
11am Tai chi, Qi-gong
12.50pm for 1pm Cards - Hand & Foot
1pm Cards - Bridge
3pm Pool/Billiard Room

TUESDAY

7.30am: Ladies tennis and pickleball
8.30-10am Table tennis
9.15am for 9.45am Lawn bowls (10 ends)
9.30am Bingo
12pm Ladies who lunch (1st Tuesday of month)
12.45pm for 1pm Lawn bowls (20 ends)
6pm Homeowners' dinner (book via Portal)

WEDNESDAY

8.30am Pilates
9am Bus trip to Sunshine Coast Plaza
9.30am The Dice Game
9.45am Aqua aerobics
10am Knitters & Sewers
11am-2pm Milon Gym training session
1-4pm Mah-jong (Bowls/Sports Club)
1-4.30pm Mah-jong (The Cove Recreational)
3pm Snooker
3pm, 5pm, 7pm Tenpin bowling (three starts)
7pm Movie night

THURSDAY

7.30am Tennis
8.30-11.30am Workshop
9am Yoga
9am Artist group (not on third Thursday)
9-11.30am Craft (third Thurs of month, \$10)
9.15am for 9.45am Lawn bowls (10 ends)
10am Workshop morning tea
12.30pm Homeowners' lunch (see Portal)
1.30pm Cribbage
1.45pm for 2pm Lawn bowls (16 ends)
2.30pm Bus to Caloundra Rugby League Club
3pm, 5pm, 7pm Tenpin bowling (three starts)
3pm Ladies' fun table tennis
3.30pm Pétanque

FRIDAY

8.30am Caloundra Cay Singers rehearsal
9am Dance practice (The Cove Recreational)
12.50pm for 1pm Cards - Hand & Foot
4.30pm for 5pm Lawn bowls/Scroungers
5pm Happy Hour

WEEKEND

Sat 8.30am Saturday swimming group
Sat 9-10.30am Table tennis
Sat 12.45 Lawn bowls (Pairs 10 ends)
Sun 12.45 Lawn bowls (20 ends)
Sun 7pm Movie night



SO
MANY
LAUGHS!



Aussie rules.

IF THERE'S ONE EVENT ON THE CALOUNDRA CAY CALENDAR THAT BRINGS OUT THE VIBRANCE IN EVERYONE, IT'S AUSTRALIA DAY. CHECK OUT THE FUN WE HAD IN 2025!



THE CAY'S
GOT
TALENT!

It's time to chill out.

CALOUNDRA CAY HOMEOWNERS HAVE A NEW REASON TO 'CHILL OUT', THANKS TO FELLOW NEIGHBOURS MASON ANDREWS AND SONJA CROSS.

Mason and Sonja have recently formed 'Chill Lounge', a duo which plays an eclectic mix of 1960s, '70s and '80s hits, as well as jazz and blues. Their first 'gig' together was in Hemingways Country Club on Valentine's Day night (pictured below), in front of a packed audience.

"We were blown away by the response, and the positive feedback," says Mason, who revealed the initial idea of the musical duo forming came following a conversation with Sonja's husband, Colin.

"My neighbour, Colin, asked me one day if I liked jazz and blues, and I replied in the affirmative," quips Mason. "Some time later, Sonja and I tried a couple of numbers and were really happy with the result. Sonja has a great vocal range and is very easy to work with, so we decided to form 'Chill Lounge'."

At this early stage, Mason (keyboard) and Sonja (vocals) plan to entertain their fellow homeowners at "two or three" gigs a year.

Mason's first foray into music was when he was 12, in a band with his dad. Then, in the '70s, he graduated to being a member of the awards' backing band at the Tamworth Country Music Festival, which was then in its infancy. In cover bands throughout the '70s and '80s, Mason backed well-known artists of the ilk of Normie Rowe, Dinah Lee and Ronnie Burns.

"I then gave away music totally, and had not touched the keyboards for 30-odd years, until arriving at Caloundra Cay,"



he says. "Now, with the encouragement of Sonja and our wonderful fellow homeowners, I am absolutely enjoying my endeavours to reignite my passion."

Sonja also started her singing 'career' with her dad, but as an eight-year-old.

"Dad was a member of a band, playing the guitar and singing, and his band was performing at a children's hospital fundraiser and I took along a ventriloquist dummy who I called Charlie," she recounts. "Dad and I performed a song together, and I did a short skit with Charlie."

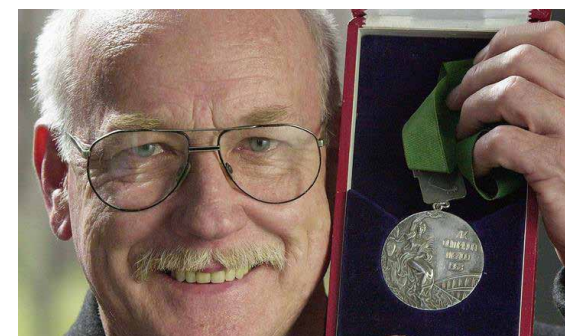
The next time she sang on stage was in New Zealand, as a member of the Whangarei Amateur Operatic and Dramatic Society, with her performance in the musical 'Annie Get Your Gun' one of her memorable recitals. And while living in Perth, Sonja was a member of an all-female choir, and performed at the Perth Concert Hall.

"My musical background is limited but it is fair to say that I have always enjoyed singing," she says. "I have never had singing lessons and cannot read music, but I believe music is in my genes. My dad was a musician, my youngest son is a university-qualified jazz trombonist who has toured Australia and the world, and my niece was a finalist on *The Voice* in the UK."

— TONY DURKIN



Pictured above: Our Valentine's Day event guests enjoyed the sweet sounds of "Chill Lounge" on debut.



Pictured clockwise from top left: Sprint sensation Gout Gout; Peter Norman with his 1968 Olympics silver medal; Caloundra Cay homeowners Shirley and Glen Parker; and Glen, in his youth, in Melbourne, in winning form.

Glen's memory runs again.

IN DECEMBER, WHEN QUEENSLAND TEENAGE SPRINT SENSATION GOUT GOUT BROKE THE 56-YEAR-OLD RECORD FOR THE AUSTRALIAN MEN'S 200 METRES, THE FEAT EVOKED SPECIAL MEMORIES FOR OUR OWN GLEN PARKER (HOME 104).

A top Victorian sprinter and VFL footballer in his younger years, 80-year-old Glen vividly recalls once beating the former record holder, highly-decorated and respected sprinter Peter Norman.

"We were members of the same athletic club, the East Melbourne Harriers, trained together and competed against each other," he recalled. "This particular day Peter and Gary Holdsworth, another top sprinter, were having a crack at the Australian 200 yards record. And because I was regarded as a very good starter and reached top speed quickly, they asked me to be their bunny, so to speak."

"My job was to shoot out from lane six, and draw them out with me. I was in front of them both at about the 100-mark, and then they swamped me. But to beat Peter over 100 yards that day is my claim to fame."

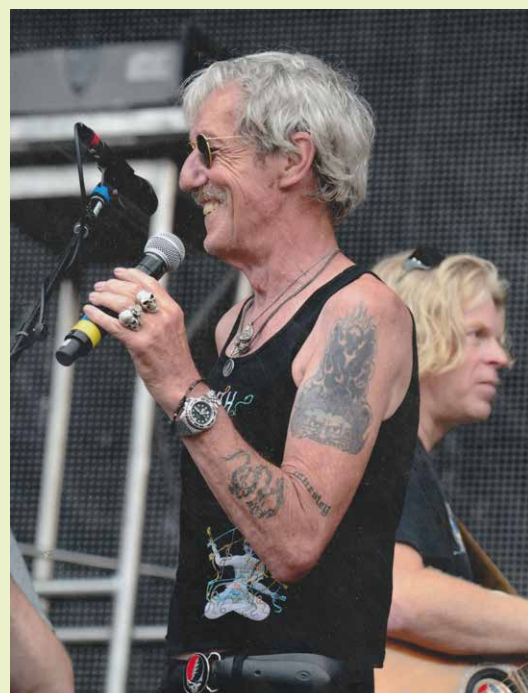
And while he has always been in awe of Norman's achievements, Glen says the teenage Ipswich Grammar School student is just what the sport in Australia needs. At just 16 years

of age, Gout Gout captured the world's attention with his record-breaking performance at the Australian National All-Schools Championships in December last year. He ran an extraordinary 20.04 seconds for the 200 metres, breaking the 56-year-old Australian record set by Norman at the 1968 Olympic Games in Mexico City. And while the teenager will pocket more than \$6 million from sporting giant Adidas in a lucrative multi-year deal that runs until the Brisbane Olympics in 2032, Glen grins at his modest brush with fame.

"We did it for the sport, and the fun," he says, revealing that while he was no 'gun', he did win numerous Victorian Junior sprint titles, professional races and once competed in the Stawell Gift, an event which Gout Gout will contest this coming Easter. After his stint in athletics, Glen played 33 VFL games for the South Melbourne Swans (now the Sydney Swans) in the early 60s before a series of concussions cut short his top-grade playing career. He and his wife Shirley moved to Caloundra Cay in 2019.

Footnote: Another Caloundra Cay homeowner familiar with the late Peter Norman is Arthur Bush (Home 132). Like Norman, Arthur won a silver medal at the 1968 Olympics as a member of the Australian Men's Hockey team.

— TONY DURKIN



Buddhist, Academic, Turtle Lover, Rock Chic, and Mum:

Pictured Page 8, left (and above): Sally, Sam, son Bodhi and his partner Jen, with Geshe Tsultrim at the Chenrezig Temple in the Sunshine Coast hinterland. **Also pictured Page 8:** Sam Cutler, MC at Altamont Festival. **Above right:** The family.

Our Sally is proudly 'different and eccentric'.

WHEN SALLY CUTLER (HOME 64) WAS ASKED IF SHE COULD BE LABELLED AS 'A LITTLE DIFFERENT', SHE WAS EMPHATIC WITH HER RESPONSE.

"Oh yes. Possibly even eccentric," jests the ex-wife of Sam Cutler, author and road manager for the Rolling Stones, tagged in their heyday as the greatest rock 'n roll band in the world.

"At times during our 23 years together, we were quite mad. One of our sons once protested that his friends called us his 'hippy parents'."

University-educated Sally, who moved to Caloundra Cay in 2022, is bright, bubbly, highly-intelligent and full of life. She concedes few homeowners would perhaps know her because she keeps to herself and has not mixed much. But the practising Buddhist (since the early 1980s, who graduated from Oxford with a PhD in Ancient Buddhist Languages and also holds a degree in Buddhist Art and Archaeology as well as Creative Arts), lives a full and stimulating life outside the gates of Caloundra Cay. Sally is one of almost 250 people stretching from Bribie Island to Buddina who care for baby turtles, and she also volunteers at the Sunshine Coast Animal Refuge (SCARS) two days a week. She is also a Pyjama Angel, something she planned two decades ago for her retirement,

and visits a child in Foster Care once a week.

"When I was a child we holidayed on the Sunshine Coast, and I loved our walks along the beach," she recounted. "Revisiting that pleasure when I first moved here, I saw a sign that read 'Love the Turtles'. So, I decided I would.

"A group, called Sunshine Coast Turtle Care, rescues eggs and hatchlings from nests on the beach, and my team walks the beach each Monday at 5am to check for turtle tracks and nests in the first half of the season (November to April).

"In the second half of the season, after the hatchlings have emerged from the nest, we dig out the nests, which can contain anywhere up to 140 eggs, as part of a Queensland Scientific Project researching critically endangered Loggerhead Turtles. Often there are a few hatchlings still in the nest, and we release them onto the beach so they can make their way to the ocean."

In her private time Sally regularly swims in the Caloundra Cay pool ('that's one of the reasons I moved here'), meditates every day, reads her Buddhist texts every day, burns incense ('when it doesn't annoy my neighbours'), and – quietly, she emphasises – chants her prayers.

But it is Sally's marriage to her one true love – Sam Cutler – that first aroused interest from the *Calypso* team.

A well-known American filmmaker, Josh Agajanian, attended a family function hosted by Sally at Hemingways barbecue area on January 2 this year, sourcing images and interviews for a soon-to-be released documentary on her late husband, a close friend of Josh.

"Sam was the road manager for the Rolling Stones on their first tour of America, and later for the Grateful Dead. He was extremely well regarded and well connected in the rock 'n roll scene in England back in the '60s and '70s, and worked with many different artists, including Pink Floyd and Eric Clapton," Sally confided. "We met in London in 1987 when he stayed in the flat above mine. I was studying for my PhD and he was involved with World Music performances. It was love at first sight, for both of us."

When their visit to the US finished in 1969 – at the time the largest grossing rock and roll tour ever - the Rolling Stones agreed to be part of a free concert at Altamont, staged in the hills outside San Francisco. More than 300,000 attended, but the event was immersed in controversy, which Sam was forced to handle. A concert goer, who apparently produced a handgun in self-defence against an attack, was stabbed to death by a member of the Hells Angels, who had been 'employed' to provide security for the event.

"The concert was not organised by the Rolling Stones, nor by me as their Tour Manager," Sam explained in his book 'You Can't Always Get What You Want', which he claimed told the story of his life with the Rolling Stones, the Grateful Dead and 'many other wonderful reprobates'.

"Those in charge were a loose amalgam of well-meaning, but ultimately irresponsible people from the community of San Francisco. When the concert turned to muck, the Stones

were unfairly blamed and I have been living with my share of that opprobrium for 40 years."

Sally and Sam married two years later, had two sons – Bodhi and Chesley – who were born in Oxford, and the family moved back to Brisbane, Sally's hometown, in 2000. They separated shortly after and Sam, who was 14 years older than Sally, spent much of the next decade on the North Coast of NSW, living in a converted bus. In an interview a few years ago, Sam opened up on his 10-plus years living in his bus, and writing, often as a correspondent for *Rhythms*, Australia's national music magazine.

"I love to wander where my fancy takes me. I've lived in rough areas of the world, I've lived in very spiritual areas of the world, I've indulged in massive amounts of Hedonism, and I have had three cancers," he revealed. "But, as my mum used to say, as time moves on, we find ourselves rusting away. And rust never sleeps."

Sally said that even though they continued to live apart, her family became 'connected' again in 2015 when Sam discovered he had terminal lung cancer, and moved back to Brisbane.

"But Sam came to live here with me for three months before he died so I could care for him full time, something I could do more easily than our sons because I was retired. And despite not living together for years, we never stopped loving each other, and it was wonderful to be together again."

Sam passed - 'peacefully in his sleep' - at Dove Cottage in Caloundra on July 11, 2023.

– TONY DURKIN

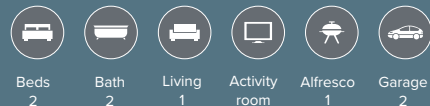
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Home 192: \$1,250,000

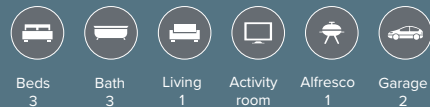


Located within a prime location within the resort, this “Flamenco” design (built in 2021) is highly desirable with its generous hall and open plan living offering a sense of luxury living at its finest. Ducted air conditioning will keep you comfortable as well as the natural breezes.

The kitchen is an entertainer's delight finished with stone benches and quality SMEG appliances including a built-in microwave and ample storage and is filled with natural light due to the huge sky lights. There is also a Billi tap with boiling, cold water outlet fitted, so you won't need to pack the kettle or the water filter! The master bedroom will accommodate a super king bed. There is a large walk-in-robe and double vanity, and an abundance of storage in the ensuite bathroom. The second bedroom is large and equipped with a second bathroom as well as an additional activity room at the front.



Home 217: Price on application

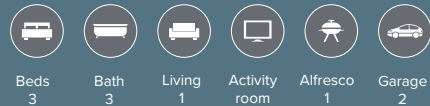


UNDER CONTRACT

This Palmira design is spread over two storeys. Access and comfort are guaranteed with the inclusion of a private home lift. Walking through the front door and down the entry to a seamless open plan layout welcomes you encasing the living, kitchen and dining, before flowing out to a private alfresco with extended decking, water and heater features, Vergola roofing and vertical gardens. The chef's kitchen features SMEG appliances, stone bench tops, instant hot/cold Billi water dispenser, induction cook top and extra wide plumbed fridge space. Completing the lower level is a formal dining room, the extra large laundry with direct courtyard access and a home office/ 3rd bedroom with adjoining bathroom. The upper level opens to an oversize landing separating the guest quarters, retreat/media room and the main bedroom which is a generous size and layout including kitchenette, walk-in robe, study nook and oversize ensuite.



Home 237: \$1,350,000



UNDER CONTRACT

This Antigua design is spread over two storeys. Access and comfort are guaranteed with the inclusion of a private home lift. Walking through the front door and down the entry to a seamless open plan layout welcomes you encasing the living, kitchen and dining, before flowing out to a private South-East alfresco.

The chef's kitchen features SMEG appliances, stone bench tops, an instant hot/cold Billi water dispenser, induction cook top and extra wide plumbed fridge space. Grab your glass of wine and head out to the private alfresco surrounded by low maintenance gardens and enjoy the coastal breezes. Completing the lower level is the laundry with direct courtyard access, under-stair storage (perfect for a wine cellar) and the home office/3rd bedroom with adjoining bathroom.



Home 18

SOLD!



Home 39

SOLD!



Home 254

SOLD!



Home 128

SOLD!



Making memories.



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