

Calypso



Meet your neighbour

Ross Watson is no stranger to golfing at Caloundra - he designed the course!

We are the champions

After a fierce face-off against Cooroy-Noosa, the Caloundra Cay Cup has returned home

Over the back fence

Keep up to date with all the good things your fellow Palm Lake Resort family is up to



Welcome.

Hello and a warm welcome to this edition of Calypso, your Palm Lake Resort Caloundra Cay newsletter.

For those we haven't yet had the pleasure of meeting, we're Neil and Kerri, your new caretakers. We're excited to be joining the Caloundra Cay community and look forward to getting to know everyone. Having previously cared for a Palm Lake Resort on the Gold Coast, we're thrilled to now call Caloundra Cay our home.

You may spot us around the resort with our little companion Bentley – a lively five-year-old toy poodle who loves a walk and meeting new friends.

We'd also like to take a moment to acknowledge the fantastic work done by Mark and Enza during their time here. It's been a privilege to work alongside them, and we look forward to continuing a great relationship as they settle into their new role at Pelican Waters.

Don't forget to check the weekly newsletter for the latest updates and events. The Social Committee has some fantastic activities lined up, including:

- **September 5:** Spud Food Van and Betty B
- **September 9:** Monthly Morning Tea
- **September 13:** Hawaiian Night with Rick the Rock Star
- **October 11:** Oktoberfest: Bowls, live music from the Baby Boomers & Fritz Weiner Food Van
- **October 31:** Halloween Party

We're all hoping for some warmer weather soon, just in time to enjoy the spring bloom. It's such a beautiful time to see your gardens come to life – with bulbs sprouting and flowers in full colour.

Take care, and we look forward to seeing you out and about around the resort!

Warm regards,

Neil & Kerri
Palm Lake Resort Caloundra Cay caretakers



Contact us.

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

PHONE: 1800 55 66 77

STREET ADDRESS:
96 Village Way,
Little Mountain QLD 4551

OFFICE HOURS:
9am to 12 noon, Monday to Friday
(emergency calls, 24/7)

EMAIL:
caloundra@palmlake.com.au

ONLINE: Visit our website
palmakeresort.com.au

GET SOCIAL:
Follow us on Facebook
(@palmakeresort) and on
Instagram (@palm.lake.resort)



News in brief.

This is Your Time

The latest edition of *This is Your Time* magazine harnesses the exciting energy of spring. We cover all the new 'growth' across our company, including the unveiling of Australia's (and arguably the world's) biggest and most opulent community facility at Palm Lake Resort Pelican Waters: The Springs Country Club. We also reveal our teams' "local loves" across Palm Lake Resorts Yamba Cove, Paynesville and Foster Lakes areas. Among the lifestyle features, we urge readers to take their cues from spring and book a (literally) bloomin' great holiday or add a plant-based spring recipe to their menu repertoire. Palm Lake Resort homeowners will find a copy of the magazine in their letterbox and anyone can read the edition on our website, palmakeresort.com.au



Get social
with us!



Are you on social media? Make sure you follow Palm Lake Resort on Facebook (@palmakeresort) and also over on Instagram (@palm.lake.resort) to see what's happening right across our dozens of Palm Lake Resort locations. We also feature many warm-and-fuzzy stories from our seven Palm Lake Care aged caring communities on both social platforms (@palm.lake.care). With more than 10,000 people calling a Palm Lake address home, there's always loads going on!

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.

Wellbeing, on site

Did you know you can now access onsite audiology, physiotherapy and massage services? Audiologist Rachel Deane and physiotherapist Anne-Marie Cavanagh – who was the physio for the Australian Open, and the personal physio of Serena Williams – are available, along with Anne-Marie's partner, who offers massage sessions a few nights each week.

Weekly activities.

MONDAY

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

TUESDAY

8-10am: Ladies tennis and pickleball
8.30-10am Table tennis
9.15am for 9.45am Lawn bowls (10 ends)
9.30am Bingo
10.30am Monthly homeowner morning tea (second Tues. of month)
12pm Ladies Who Lunch (first Tues. of month)
12.30-4.30pm Hong Kong Mah-jong
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
7pm Movie night

THURSDAY

7.30am Tennis and pickleball
8.30-11.30am Workshop
9am Yoga
9am Artist group (not on third Thurs.)
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 (10 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 - Pony Tail
4.30pm for 5pm Lawn bowls/Scroungers
5.30pm Happy Hour

SATURDAY

Sat 8.30am Saturday swimming group
Sat 9-10.30am Table tennis
Sat 12.45 Lawn bowls (Pairs 10 ends)

SUNDAY

Sun 12.45 Lawn bowls (20 ends)
Sun 7pm Movie night

Esteemed golf course architect comes 'home'.

Pictured: Paradise Palms Golf Course



LITTLE DID ROSS WATSON REALISE, WHEN HE REDESIGNED CALOUNDRA'S 18-HOLE COURSE, THAT MORE THAN FOUR DECADES LATER HE WOULD MAKE IT HIS HOME.

And in recognition of his return – to join the Caloundra Cay community (Home 237) – Caloundra Golf Club has bestowed him Honorary Membership.

“Moving to Caloundra has actually created a serendipitous opportunity,” mused Ross who, with his wife Carol, was living in the Brisbane suburb of Manly before recently moving north.

“We had been looking at going back to the Gold Coast, where we had lived for 43 years, but could not find anything we liked. I then thought I'd investigate the Sunshine Coast, found Caloundra Cay, and here we are.”

Ross, Founding President of The Society of Australian Golf Course Architects, turned 80 recently and confessed he has been semi-retired for five years. But it seems he will soon be back at 'work' at the club where he first plied his expertise 'with real substance'.

“Caloundra Golf Club is currently considering a major project. The greens need a total refurbishment, which will include having all Bermuda 328 grass replaced with TifEagle,” he said. “The unforeseen coincidence is that I have arrived here right at the perfect time. And, I must admit, I am really excited about the challenge.”

Back in 1980, after Ross had cut his teeth in golf course design with respected Gold Coast consulting engineers Geoff Burchill and Partners working on the development of Windaroo Golf Club near Beenleigh, the qualified Road Design Draftsman discovered he had acquired a voracious appetite for his new-found career.

“But I didn't have a job, or a contract with any company,” he confided. “So, I penned a letter to every golf club in Australia – 1600 I think – offering my services. And Caloundra was the first to reply with any real substance.”

What resulted was a seven-year project during the 80s in which Ross changed the layout, refurbished tees and bunkers, and renovated all 18 greens. Ross Watson Golf Course Design Services was officially born, and now the time has come for him to oversee a similar overhaul.

A champion golfer as a youngster, Ross turned down an offer to become a Trainee Professional at Sydney's Windsor Golf Club, to study – at the insistence of his dad – Civil Engineering. But after 12 months he quit engineering, changed his studies to Design Drafting, and started work for the Department of Transport and Main Roads.

In the early 70s he moved to the Gold Coast to take up a position as Design Project Manager with Geoff Burchill and Partners, planning and project managing major residential developments including Helensvale and Robina. And, as a member of Burleigh Golf Club at the time, he became an 'accidental' course designer.

“I was elected to the greens committee and, because of my design background, was seconded to redesign the troublesome 16th green at Burleigh,” he recalled. “And that is where, and when, the seed for a new career was planted.”

That career has taken Ross on a myriad of missions and adventures. Apart from countless projects in Australia working for his company and at times in cohort with the likes of Graham Marsh, Norman Von Nida, Bob Shearer and Craig Parry, he has designed ten courses in Malaysia (where he and Carol lived for three years), six in Japan, and one in each Korea and Guam.

But it is the prestigious list of Australian courses on which he has placed his imprimatur that the Life Member of the Society of Australian Golf Course Architects is best known, and revered.

Among them are Royal Sydney, Avondale, Horizons, Magenta Shores, Kooindah Waters and Terrey Hills (all NSW), The Vines (Perth), and Queensland courses Paradise Palms, Pacific Harbour, Robina Woods, The Palms (Sanctuary Cove), Brisbane Golf Club, Palm Meadows, Indooroopilly, Cairns and Townsville.

And apart from Caloundra, over the years his design work on the Sunshine Coast has been executed at Headland, Horton Park and Noosa Tewantin.

Naturally proud of all his work, when pressed Ross says Magenta Shores on the NSW Central Coast, currently rated at 33 in Golf Australia's Top 100 ranking order, is his pride and joy.

Once a two handicapper, Ross has been forced to take a sabbatical from the game because his back recently 'gave in'. His most recent playing stints were eight years ago at Hope Island and Sanctuary Cove, where he was a member of both clubs, and his GA handicap was – and still is – 11.2.

“There are so many Caloundra members living here, I might just take the clubs out of mothballs and, if my back allows me, have the odd social game again,” he quipped. – **TONY DURKIN**



'Faulty' memories rekindled.

Attending the recent 'Faulty' Towers dining experience at Hemingways Country Club was not just another enjoyable night of entertainment for English-born Tom Williams.

A carpenter by trade who specialised in pattern making, Tom was employed by the contractor – Ackland and Snow – which designed sets for BBC Television. And helping build the Fawlt Towers set, back in 1973, was one of his more memorable tasks.

“I loved that show. I still watch replays now,” said Tom (Home 94) who moved to Australia in 1989.

Tom and his wife Julie were among the permissible capacity of 120 residents who relished the visit from characters Basil, Sybil and Manuel in a cabaret-style setting.

The internationally celebrated interactive dining experience has been touring the globe since 1997, performing in more than 43 countries, and entertaining an estimated one million-plus guests.

Chaos, and hilarity, was the theme of the two-hour show, which was accompanied by a three-course meal.

The idea of the Fawlt Towers sitcom was stimulated during the shooting of the Monty Python show, when the group stayed at the Gleneagles Hotel in Torquay.

Husband and wife John Cleese and Coonie Booth stayed on at the hotel after filming had finished and discovered the hotel owner, former Royal Navy Lieutenant Commander Donald Sinclair, was particularly rude to guests, and had an explosive temper, once throwing a bus timetable at a guest who had the temerity to inquire as to when the next bus to town would arrive.

Basil Fawlt, the proprietor of the Fawlt Towers hotel, was played by Cleese, who became the main character of the 1970s British sitcom. He was portrayed as a cynical and misanthropic snob, desperate to attract hotel guests from the British upper class.

His inept attempts to run an efficient hotel, however, usually ended in farce. Possessing a dry, sarcastic wit, Basil became an iconic British comedy character who remains widely known in the UK, and throughout the world.

Cleese received the 1980 British Academy TV Award for Best Entertainment Performance, and in a 2001 poll conducted by Channel 4, Basil was ranked second to Homer Simpson on the list of the 100 Greatest TV Characters. Just two seasons, and 12 episodes, of Fawlt Towers were produced.

– **TONY DURKIN**

Caloundra Cay wins back cup.

Caloundra Cay bowlers have won back the Caloundra Cay Cup, surrendered to Palm Lake Resort Cooroy-Noosa earlier in the year.

In the recent gripping encounter, played at Caloundra Cay Bowls Club, the home team scraped in by a meagre seven points. The inter-resort competition of triples was played over 20 ends, with 48 bowlers filling the eight rinks.

Caloundra Cay fielded different teams for the morning and afternoon sessions of 10 ends, while the same Cooroy contingent played all 20 ends. But because of some late withdrawals, three Caloundra Cay bowlers filled a void for the visitors and in each case, played a starring role.

When the event finally finished early in the afternoon, Cooroy had tallied eight rink wins to seven by Caloundra Cay, with one match drawn. But the overall point score was 154-147 in favour of the hosts.

“It was, as is always the case with these visits, a great day, and a closely fought match played in good, competitive spirit,” said Caloundra Cay Bowls chair, John Barber.

“We enjoy hosting our guests from Cooroy, and returning the hospitality they offer us each year. The annual visits are a highlight of our bowls calendar.”

Chair John thanked his bowlers for their participation, and for providing lunch and afternoon tea. And he especially praised the ‘kitchen hands’ for the continued contribution of what he described as their ‘their organisational skills, and patience’.

“The spread served, was superb,” he said.

– TONY DURKIN



Volunteers volunteer to thank volunteers.

A group of Caloundra Cay residents who often ‘help out’, but do not consider themselves volunteers, again manned the ‘food kitchen’ recently on Volunteers’ Day.

With food and refreshments funded by Caloundra Cay Management Committee, with assistance from Palm Lake Resort which provided the ‘necessities’, more than 100 regular volunteers were thanked by a group of a dozen fellow residents.

Headed by Trish Chapman (Home 76), the helpers organised the event, sourced and prepared the food, cooked the barbecue – fillet steak, no less – and plated the food, which was served to the 105 volunteers who attended the event at Hemingways Country Club.

But that’s not all. The catering crew also cleaned the barbecue as well as the crockery and cutlery. And, according to Trish, they had a ball.

“The helpers really enjoyed the day. In fact, they said they had fun,” she reported. “We really appreciate how valuable the volunteers are to our community, and what a contribution they make to the smooth running of our resort. This was our small way of saying thanks.”

To support the ‘all-hands-on-deck’ bond that pervades Caloundra Cay, a loyal team of RSA holders manned the bar, with each volunteer gifted two drinks.

– TONY DURKIN



John with the Caloundra Cay Cup



Welcome, one and all!

Neighbouring ‘big brother’ – the exclusive Palm Lake Resort Pelican Waters – may be receiving saturation TV promotion, but Caloundra Cay continues to attract new home owners.

Since January, 18 homes have changed hands, and all new homeowners have been extended an exclusive welcome, courtesy of the newly-reinstated Caloundra Cay Welcoming Group.

Every few months the Welcoming Group hosts a ‘Cheer and Chat’ evening. The functions are held primarily to welcome the residents to their new surroundings, but also to introduce them to their fellow newcomers, meet other homeowners and generally become acquainted with the various procedures and subtleties of resort living.

All new residents are also handed a ‘help’ sheet, containing day-to-day resort particulars, emergency contact details and general helpful hints.

The events are held in Hemingways Country Club on a Friday evening, with the bar open and ‘nibblies’ provided.

The next welcoming event is planned for Friday October 3.

– TONY DURKIN

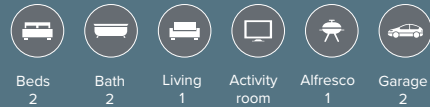


Homes for sale.

FOR MORE INFO, CONTACT PALM LAKE RESORT SALES CONSULTANT JULIE-ANN
ON 1800 55 66 77 OR EMAIL HER AT JULIEANNH@PALMLAKE.COM.AU



Home 75: \$1,165,000

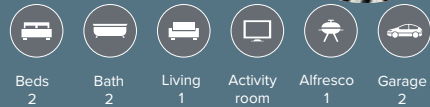


Entertainer's delight.

Just 100m from the award-winning Bowls Club, this immaculate Fontein combines space, style and comfort. The king-sized main suite offers a walk-in robe and ensuite with double vanities, ample storage and a large shower, opening to an alfresco framed by lush, low-maintenance gardens. A second bedroom with built-in robe sits near the main bathroom for guest privacy, while the activity room flexes as a home office, third bedroom or retreat. The kitchen features Smeg appliances, a Billi tap for instant hot and cold water, and extensive soft-close storage.



Home 88: \$1,300,000



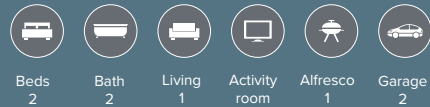
SOLD

Low-maintenance luxury.

Set in a premium over-50s lifestyle resort, this elegant 2-bedroom + activity room home offers low-maintenance, coastal living with style. Featuring high raked ceilings, an open-plan layout, gourmet Smeg kitchen, ducted air, and a double garage, it's designed for comfort and convenience. The spacious master includes a walk-in robe and ensuite with double vanity. A second bathroom services the guest room. Enjoy indoor-outdoor living with a large alfresco area, low-maintenance yard, and veggie patch. Resort amenities include a clubhouse, pool, gym, and vibrant community events.



Home 51: \$1,295,000



UNDER CONTRACT

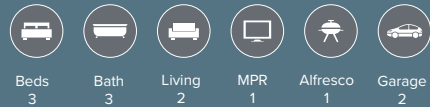
A coastal retreat.

This elegant 2-bedroom, 2-bathroom home with an activity room and double garage offers refined living in a prestigious over-50s community. The open-plan layout features raked ceilings and skylights, filling the space with natural light. A gourmet kitchen with Smeg appliances, stone benchtops, and a glass splashback anchors the home. The master suite includes a walk-in robe and luxurious ensuite.

With ducted air conditioning and access to resort-style amenities, this home is the perfect coastal retreat.



Home 213: \$1,395,000



UNDER CONTRACT

Prestige living.

Presenting "The Palmira" – Caloundra Cay's most prestigious home, now available for you to call your own. Immaculately presented, this residence features three generous bedrooms, three bathrooms, and an impressive walk-in robe in the master suite.

Downstairs includes two spacious living areas, a designer kitchen, the third bedroom, and a full bathroom. A stylish internal lift provides easy access to the upper level, where you'll find the master suite, second bedroom, another bathroom, and a larger-than-expected multipurpose room.



Over the back fence.

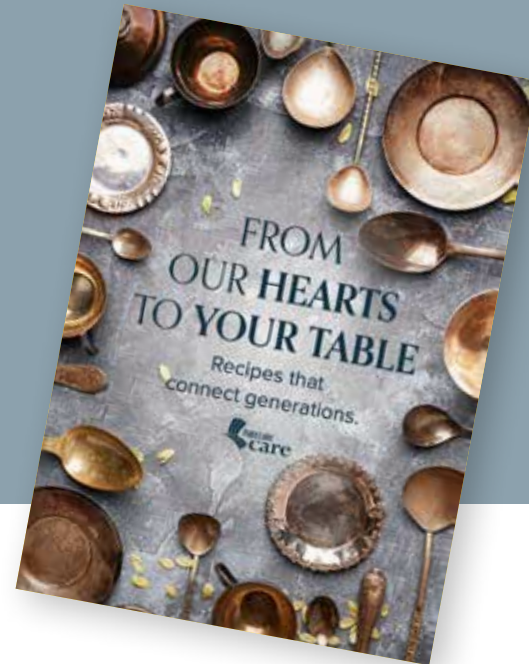
THE PALM LAKE GROUP SPANS 27 RESORT ADDRESSES ACROSS THREE STATES AND SOME 12,000 PEOPLE CALL PALM LAKE GROUP HOME, SO THERE IS ALWAYS PLENTY OF GOOD NEWS AROUND OUR GROUNDS. IN THIS REGULAR SERIES, WE SHARE WITH YOU SOME STORIES OF WHAT YOUR FELLOW 'FAMILY MEMBERS' HAVE BEEN UP TO - WHETHER JOINING FORCES TO DO GOOD IN THE COMMUNITY OR JOINING FORCES FOR FUN!

Care cookbook shares the culinary love

Palm Lake Resort's sister company, Palm Lake Care, has just published a lovely commemorative cookbook, "From our hearts to your table", filled with special family recipes gratefully shared by residents and various team members. It was quite a lengthy process collecting all the special 'ingredients' for the 52-page cookbook, but now it's time for this highly anticipated project to be plated up and served to our excited community.

"Here we share a passion for food and use it as a bridge to connect generations, cultures and cherished moments," the book's production team members state, in the Foreword. "We're engaging residents and employees by celebrating their culinary memories, personal tastes and shared traditions. This cookbook turns mealtime into a meaningful experience, filled with flavours that comfort, inspire and bring back fond memories of home and childhood."

Every recipe reproduced in the book comes complete with a photo of the recipe's owner and the story as to why their particular recipe is so meaningful to them. For example, Palm Lake Care Deception Bay resident Johanne Visser shared his recipe for Traditional African Oxtail Stew. Johanne says this recipe was passed through three generations of his family. Children within the village where he lived would all bring the ingredients to his door and beg Johanne's wife to make this stew for them - and she'd happily oblige. Palm Lake Care Bethania resident Helen Jutte also shared a recipe that took her back to her childhood. She described her 'Dutch Stampot with Rookworst' as "One dish and a thousand memories".



"When I was 13, I moved to Holland to live with my grandmother on a farm filled with animals - even a cow that lived inside the house!" Helen recalls.

"She introduced me to new foods like Stampot Boerenkool, which we'd enjoy in winter with sausage, always saying 'Eet lekker!' which translated to 'eat well'. This dish still brings back warm memories of my time on the farm."

Palm Lake Care Bethania Service Manager Bernice Cowley shared her recipe for Malva Pudding - a beloved South African dessert, rich in nostalgia and flavour served warm and best enjoyed with custard, cream or ice cream. And our Chief Operating Officer Trish Heke's humble Cheesy Scones also got the call up!

"Making a fresh batch of scones is a tradition in my family, and while the recipe has had a modern twist put on it, the meaning remains - they are a treat from the heart," Trish smiles.

"My great grandmother made fresh scones for family when they visited. It was viewed as an honour to both serve and be served, always with a pot of tea. Naturally, I have taught my family to make them but... it still seems to fall to me to produce a batch. The team at Central Support Office don't mind when I bring some in either!"

Copies of the "From our hearts to your table" recipe book are just \$20 each. To purchase your copy, simply stop by the Reception desk of your closest Palm Lake Care community (see palllakecare.com.au for contact details).

Ian walks for charity



Palm Lake Resort Cooroy-Noosa homeowner Ian Bates has collected close to \$5000 and walked 114km for the 'Walk For Him' campaign, in support of prostate cancer research. "Many of us in the resort have been affected by the scourge of prostate cancer and we have lost too many good friends to it in the few years the resort has been open," Ian says. "By the end of the fundraiser, the donations I had received - both in cash and online - totalled \$4734, placing me eighth out of 1215 participants on the national leader board." Nice work, Ian!



Inter-resort good sports

Palm Lake Resort Tea Gardens homeowners joined Palm Lake Resort Forster Lakes homeowners at Palm Lake Resort Fern Bay recently, to slug it out on the tennis court all in the name of good sports. As is always the case when we bring multiple resorts together for 'sport', there was an equal amount of fun reported on the sidelines as was had on the courts. The event's hosts went above and beyond for their Palm Lake Resort 'cousins' - purchasing a heater and lots of blankets to keep the crowds warm on what shaped up to be one of the area's coldest days on record! After a few games, some of the tennis players decided it was warmer to go inside and play table tennis - luckily, Forster Lakes had four table tennis players in their midst! With a delicious soup lunch enjoyed, no one really cared what the scores on the courts ended up being! The next matches will be played at Tea Gardens at the end of October.

What's over your back fence?

Has your resort got a warm and fuzzy "Over the back fence" story to share with the whole Palm Lake Resort group? We'd love to include it in the next editions of our resort newsletters. **Simply contact your Caretakers or email the details to Belinda at belinda@bellepr.com**

Merran is an Aussie champ!



Palm Lake Resort Yamba homeowner Merran is the Australian Three-Day Orienteering Champion (Women's 85A). While not competing for four years due to a hip replacement and recovery from a fractured pelvis, Merran came second on Day One, first on Day Two and second on Day Three but she was ultimately fastest over the three days and took out the Australian championship. Well done, Merran!



Kindness grows, and grows

Palm Lake Resort Forster Lakes homeowners have rallied behind their local area's flood relief effort with thanks to two key charitable neighbours, Dee and Carol. The pair wanted to help via a collection drive and with the guidance of the Pacific Palms Rural Fire Service, the social media-savvy ladies put a call out to their fellow resort neighbours and were soon inundated with donations of things like food, nappies, toilet paper and animal food. With all hands on deck, they loaded up the resort bus as well as a car trailer and headed to Pacific Palms RFS (as pictured above) to sort and then deliver the haul to the Community Flood Relief Hub in Taree. Still on their charitable high some weeks later, the group heard there was additional need for clothes and bedding. They collected, sorted and labelled another trailerload that went to hubs in Taree and Wingham the following day.

Knowing their charitable efforts were really making a difference, the Forster Lakes homeowners looked for further ways to continue spreading the love. Through Pacific Palms RFS they met two families to sponsor. They worked directly with the family members to find out what exactly they needed to get their homes and even a farm back up and running - and happily obliged with more donated kitchen and household items as well as a monetary donation. After all of the effort and success, the homeowners have decided to 'adopt' the Pacific Palms RFS and have been helping to stock their fridge with meals, cakes etc for when they are out and about looking out for the rest of the local community. As Dee and Carol say, "Helping these helpers makes us feel great!". Well done to all the selfless Palm Lake Resort Forster Lakes homeowners who contributed in some way.

Home to your best years.



1800 55 66 77 | salescaloundra@pallake.com.au
96 Village Way, Little Mountain QLD 4551

THE BEST IN OVER-50s LIVING. THIS IS YOUR TIME.
pallakeresort.com.au