

CALYPSO



January–February 2022



FUNDRAISING WONDERS!

There's a wonderful crew of charitable fundraisers who call our resort home - and you won't believe how much they've raised...

DIVE ON IN

Our resort pools are magnets for homeowners. Here are some ideas for how to make the most of these prized facilities

LIQUID GOLD

If you thought Happy Hour was fun, wait until you hear more about the Hauris and their liquid gold collection



Welcome

Goodbye 2021. Hello 2022! We hope you all had a healthy, abundant and happy Christmas holiday season, with quality time spent enjoying your family and most special friends?

Our construction team members have been working very hard to complete the last stage of our resort and would you believe that our final residents will be moving in soon, signalling the completion of this amazing community! We just have Palm Lake Care Caloundra to complete now.

Palm Lake Resort Caloundra Cay really has blossomed into such a warm and welcoming community. As a company, Palm Lake Resort can build award-winning, world-class facilities and luxury, designer abodes but it's the people who settle here that make each of our resorts a 'community' and 'home'. The group of homeowners that have gathered here at Caloundra Cay is one of the best I've experienced. And I know that as friendships and relationships develop even further, through all the weekly activities we offer and the special interest groups forming (and the many Happy Hours we host!) this address will only get more and more coveted.

The Sales Team and I will honestly be sad to say goodbye to this amazing project that we've lived and breathed for years now, but we won't be going too far away. We will be heading over to the Group's exciting new project: Palm Lake Resort Pelican Waters. It'll be a stellar community, especially for those golf-mad over-50s among us. I'm sure I'll see some of your faces over there on the golf course in the future!

"You only grow by coming to the end of something and by beginning something else." – John Irving

**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.

Street address: Palm Lake Resort Caloundra Cay is at 96 Village Way, Little Mountain QLD 4551

Freecall: 1800 55 66 77

This newsletter is intended to give general information only. All liability arising directly or indirectly from the use of, or for any error or omission in the information given, is expressly disclaimed.



News briefs



More keys than you can poke a stick at

Playing the piano in the correct key took on a different meaning just prior to Christmas when Caloundra Cay resident Trish McConnell (pictured above) decided on an early Saturday-morning tinkle of the ivories. A very proficient self-taught pianist, Trish was enjoying playing the baby grand in Hemingways Country Club until it came time to leave, and she could not locate her keys. And not only were they the keys to her car - which was parked outside - but also to her home and her golf cart. She searched everywhere, under every nook and cranny, for two days, but to no avail. Finally, on the Sunday night, with husband Brian in tow, Trish returned to Hemingways (the scene of the 'crime'), sat at the piano again and mentally retraced her steps from 36 hours earlier. It was then she recalled having placed the keys on the top of the piano. And there they were. Sitting in the bowels of the baby grand, to where they had made their 'slippery escape'. – **Tony Durkin**

Happy birthday to...

January:

John W, Toby C, Bronwyn L, Graham W, Gillian C, Ted L, Glen P, Roger H, Noel K, Susan A, Heather B, Bob C, Wolly T, Christine T, Chris W, Hugh M, Jake J, Paul F, Geoff C, Keven G, Ben H, Maree M, Alan H, Michael W, Roland F, Belinda R, Stephanie S, Brian N, Annette D.

February:

Ron M, Sylvia B, Patricia W, Kate W, Miranda R, Phil M, Susan G, Paul H, Doug K, Cliff S, Don A, Heather C, Allan M, John M, Howard R, Pam H, Sylvia R, Chris F, Russell H, Kate G, Joyce H, Mark H, Barbara C, Peter M, Dennis J, David G,



Hot off the press

Our Summer 2021-22 edition of "Your time" magazine is out now, circulating the country. In it, we've covered all the latest news from around the various Palm Lake Resort addresses, with other great summer-infused lifestyle reads too. If you didn't receive a hard copy in your letterbox, you can always read it online at palmlakeresort.com.au

North to Caloundra

By Allan Mair, with thanks to Johnny Horton and his 'North to Alaska' original.

Way up north
Way up north
North to Caloundra
They're goin' north, the rush is on
North to Caloundra
They're goin' north, the rush is on

The people keep on coming, and it's been a year or two
Some moved from far away and some are locals too
They crossed the Maroochy River and found Caloundra Cay (Key)
There's so much going on there
That's where they'll want to be.

They stopped near Maleny Mountain, In the valley just below.
They were dreaming of retirement, And a life a bit more slow.
Where the northern stars are shining bright,
In a land of friends and fun.
They'll have a whole new lifestyle, And they'll never have to run.

Where the fun keeps on grooving
The people keep on moving
North to Caloundra
They're moving north, the rush is on.

Way up north
Way up north
North to Caloundra
They're goin' north, the rush is on
North to Caloundra
They're goin' north, the rush is on

Monique turned to Lynn,
With her sales book in her hand.
Said Lynn "It's just amazing,
Life here is bloody grand."
You could search the country over,
From sunrise to sunset.
But you'll never find a better place,
On that you'll surely bet.

'Cause we all need a good home,
To live in all the time.
Remember folks, a good home,
Can be hard to find.
But there's lots of good homes waiting,
At a place called Caloundra Cay.
And we know that once you get there, it's where you'll want to be.

Where the fun keeps on grooving,
The people keep on moving,
North to Caloundra,
They're moving north, the rush is on.



Fundraising mega stars

By Tony Durkin

Caloundra Cay's recent annual Leukaemia Foundation fundraiser has edged past \$20,000, bringing the amount raised at three events in the past 12 months to a tick under \$39,000.

The resort's Leukaemia Foundation fundraisers are the creation of Wolly Thurmann and his wife Anke, who has had a lengthy battle with blood cancer. But it is not just a means for raising money to help the Leukaemia Foundation reach its goal for zero lives lost to blood cancer by 2035, but also a social event to bring Caloundra Cay residents together.

Many worked tirelessly behind the scene to help raise the vital funds, which apart from investing in research to find a cure, also supports those families affected by blood cancer. In fact, many of the unsung heroes (who spent up big on donations, raffle tickets and auction items) are cancer sufferers themselves. And while the luncheon – with entertainment, auctions and the drawing of raffles – was the major focus for the fundraiser, residents Gerrie Bloomfield, Margaret Mowlam, Di Clark and John Lugton contributed magnanimously with their own associated efforts raising a combined total of \$5755.

Residents Cathy Marsh and Terry Jones enjoyed a 'lucky streak' with six raffle wins – the result of extremely-generous financial support. Cathy, a Leukaemia patient for just on a decade, spends 14 days every six weeks receiving treatment at SCU and understands exactly the trauma the cancer causes.

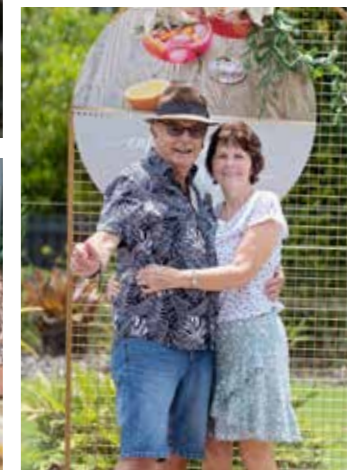
However, it was through the endeavours of Wolly and Anke, as well as their willing band of raffle sellers, kitchen staff, auctioneers and MCs, that the major slice of the \$20,000-plus raised has made its way to the Leukaemia Foundation.

"Anke and I most sincerely thank all those who supported the fundraiser, in particular the residents who gave so willingly of their time and their skills," says Wolly.

"This support, and generosity, truly makes a difference to people who are affected by blood cancer."

Around the grounds

Christmas in Queensland is best done by the water – so that's just what we did for our 'Eat, drink and be merry!' event which was a big hit with our visitors.



Dive on in

No matter which Palm Lake Resort location you call home, our pools are always hubs for exercise, relaxation and entertainment. So versatile are the resort pools, here are no less than 10 ways you can enjoy them, be that alone or with visiting friends and family...

Group fitness

There is no shortage of group fitness on offer for the residents of Palm Lake Resort, particularly in the pool. Aqua aerobics is one firm favourite among residents and for good reason. It is ideal for those who have issues with weight-bearing exercises and helps you increase muscle strength without straining. Palm Lake Resort personal trainer Di Clapp says, "Aqua aerobics – along with many other styles of water-based fitness – removes the force of gravity which, when combined with the buoyancy provided by the water, helps you feel lighter and nimbler." Keen to try? We have the following classes:

- Wednesdays at 10am: Aqua aerobics
- Fridays at 4.45pm: Aqua aerobics

Soak up the sun

You don't even need to enter the water to enjoy your resort pool – sometimes, just lounging on one of the recliners can prove beneficial. That's because vitamin D (which you gain from spending time in the sun) plays a significant role in regulating your calcium and blood phosphorus levels to help maintain healthy bones. It is also said to support cardiovascular health, lung function and brain health, and is even believed to help protect against diseases like the flu and manage diabetes.

Swim laps

You may not have swum laps since the swimming carnival days of your childhood, but there are a few compelling reasons you may want to start. For one, it offers great cardiovascular exercise without putting stress on your body, particularly your joints. Swimming helps you maintain a healthy weight, heart and lungs, increasing your strength and muscle mass all without injury. You can start slow, but you'll be amazed at how quickly you can increase your swimming distance with consistent practice.

Enjoy the fresh air

Rather than catching up with friends in the Country Club or showing your grandchildren around the cinema, take your party to the outdoor pool to gain the many benefits of fresh air. Spending time in fresh air quite literally makes you happier, stimulating your body's production of serotonin through oxygen inhalation. Experts also say it cleans out your lungs, improves blood pressure, digestive system and heart rate, strengthens your immune system and gives you more energy.

Continued on Page 7 >>

<< Continued from Page 6

Relax and relieve stress

You don't need to go on holiday to relax – our class-leading amenities, in particular our on-site pools and beautiful surrounds help us put the 'resort' in Palm Lake Resort. Head to our sun-soaked outdoor pool to relax by the water and you'll be doing your mind and body a world of good. Studies suggest that just being near water has a psychologically restorative effect, leading to a better mood and less stress – this, in turn, has positive implications for your immune system, heart health and sleep.

Entertain the grandkids

Palm Lake Resort is designed for over-50s, but with green spaces, a cinema, library and a bowling alley on site, visiting grandchildren love our resort just as much. The resort swimming pool in particular is a magnet for little visitors. Next time you're hosting younger generations, why not play a fun pool game with them? There are classics like Marco Polo as well as Sharks & Minnows but why not have fun making up your own games, too? Maybe even stock up on some diving toys (*pictured right*).

Catch up with neighbours

At any given Palm Lake Resort location, the pool is a hub for not only exercise but social activity too (three words: swim-up bar). Enjoy a poolside drink or lunch with your neighbours, organise to swim laps with a friend or participate in one of the group fitness activities to meet new people. Socialisation is said to improve mental and emotional health, boost confidence, reduce blood pressure and even stave off Alzheimer's.

Entertain friends

Palm Lake Resort residents are a social bunch, often entertaining visiting friends and family from outside our resort. While those visitors will love our Country Club and architecturally-designed homes, they will also love paying a visit to our resort pool for a soak and a chat. Much like having your own backyard pool, our resort pools provide an additional spot to entertain and socialise – without any of the upkeep! You don't even need to swim; just being poolside with your guests is special enough.

Read a good book

Is there anything more relaxing than reading a book by the pool? Or better yet, in the pool?! Modern innovation has made it possible for your book to float alongside you, meaning you can sit on the pool step or lie face down on a pool float and read without your arms getting sore. Genius. You'll not only be sharpening your mind, but also scoring all the (above) benefits of being outdoors.

Just float

When all else fails, just go for a float. It's the perfect way to cool down, take the weight off and enjoy the great outdoors and the many benefits it has to offer. According to experts, time spent floating can help to relax your muscles, aid in better sleep, decrease muscle and joint pain and decrease stress and anxiety. There's no wonder every Palm Lake Resort features a pool!

Splashing good fun!



1. Morgan & Finch whale diving toys, \$13.55 www.bedbathntable.com.au
2. AquaReader floating book and tablet caddy, \$182 www.amazon.com.au
3. Sunnyslife floating bed, \$89.99, www.theiconic.com.au
4. Hydgenos swimming headphones, \$279 www.hydgenos.com

Spread the love

If there's one thing that is front of mind during February, it's love – specifically, romance. But it's also a good time to celebrate all the other kinds of 'love' in your life. From your pets to your neighbours, here are a few ways you can spread the love this month (and beyond).

Love thy neighbours

Neighbourly 'love' is often on display at Palm Lake Resort, whether residents are catching up at social events or over the fence, sharing a meal at the Country Club or a drink on their driveways. There are so many ways you can show appreciation to your neighbours – why not offer a hand when you see them outside gardening? Cook an extra-large helping for dinner and drop a plate over to them? Or rally your other neighbours to support someone you know is going through a hard time? Random acts of kindness are some of the best ways to show love.

Love your community

Spread the love beyond your neighbourhood with a charitable project. You could build something, bake something or raise money for a good cause. But if you're in need of specific inspiration, just take a look around your Palm Lake Resort community (or head to Page 4)! Residents across the Palm Lake Group are always doing their bit to help others, and there's no doubt a fundraiser, food drive or charity project underway at your resort.

Love long distance

This is something we've had to become much better acquainted with, as lockdowns and border closures

had made it impossible to visit faraway friends and family. Whether you're separated by sea or state borders, there are so many different ways to spread the love across long distances. Why not post your friend or family member a small item or card that made you think of them, send them a delivery of food (Uber Eats vouchers are great!) or flowers, or simply pick up the phone for a spontaneous chat?

Love your pet

It's time to show love to the family member who loves you unconditionally – your pet. Luckily, there are countless ways to do exactly that, from buying them their favourite food every so often as a special treat to taking a moment to give them a good scratch or pay attention to them and them only. If their favourite activity is going for a walk, take them for an extra one some days – or, when all else fails, simply cuddle up with them on the couch.

Love your partner

Showing love to your significant other seems obvious, but if your relationship spans years (decades, even) romance can easily fall to the wayside. Of course, not all couples show love in the same ways – a good way to keep the spark alive is to learn your partner's 'love language'.

Finding out which of the five love languages they prefer (words of affirmation, physical touch, gifts, acts of service and quality time – Google it!) will help you understand how they give and receive love. This makes you more able to show them the kind of love they most appreciate and notice when they are showing you love in return.

Love yourself

Last but certainly not least, think about how you can show love to the most important person in your life: yourself. You are the person you'll spend the most time with, so it makes sense to nurture that relationship just as you would any other, right? Think about the things that make you genuinely happy – it might be a certain form of exercise, a swim, a relaxing bath, a trip to the day spa or hair salon, even a specific craft activity – and do more of them.

Lone piper pleases

By Tony Durkin

A lone piper – 16-year-old Brisbane Boys College student David Granzin – was the luminary at the Caloundra Cay Remembrance Day commemorations, back in November.

David, whose grandparents Wayne and Patti Spearritt are Caloundra Cay residents, piped the 'official' party into Caloundra Cay's cinema to start the memorable commemoration service. And afterwards he entertained residents at the weekly Thursday luncheon in Hemingway's Country Club. A cinema-capacity crowd attended, with Cinema Co-Ordinator Doug Weis composing the solemn ceremony, which included national anthems of Australia, New Zealand and Great Britain as well as historic footage from the various chapters of conflict in which Australian soldiers have been involved. A member of the prestigious Brisbane Boys College Pipe Band, David started playing the bagpipes at age 11 despite no Scottish heritage and no family history of the musical instrument.

"When I first enrolled at the College I was asked if I played a musical instrument, and said I played piano. However, I was encouraged to play the bagpipes and now really enjoy the instrument," he says.

David's musical journey takes a major turn in August when, as a member of the College Band, he will perform at the Royal Edinburgh Military Tattoo, an event televised worldwide. And while in Scotland, BBC will also compete in the World Pipe Band Championships. David, who is also a champion rower, rehearses with the College Band once a week for two hours and at home on the weekends.

"Mum and dad and the neighbours don't seem to mind the sound, although I do practise downstairs with the room – and the noise – closed off to the outside world," he smiles.



Pictured above: David, with his mum Shelly (left) and proud Caloundra Cay grandparents, Patti and Wayne Spearritt.



His love affair with wine

By Tony Durkin

Sometime early in 2022, Caloundra Cay wine connoisseur Jorg Hauri and his wife Christina will open a 100-year-old bottle of Taylor's Port to celebrate two significant family milestones.

For the Hauris, there's a special bottle of port, from Portugal, in their collection that's been waiting a long time to be cracked. But 2022 might just be the year... Not only will this Caloundra Cay couple celebrate their 40th anniversary later in 2022, Jorg's mum Hilda, if she was still alive, would have turned 100 recently – born the same year the port was bottled.

"We will drink it when we feel the time is right - probably sometime in January or February," says Swiss-born Jorg, who retired to the Sunshine Coast six years ago after just on half a century employed in the hospitality industry, mostly in Asia and the Middle East.

He worked in 17 countries, including Australia, and spent four decades of his life as an ex-pat. From 2012 to 2014, when he was General Manager of the 565-room Beach Rotana Hotel in Abu Dhabi, the hotel was voted No.1 in the World Travel Awards, and Jorg was twice gonged GM of the Year. But while his career in hotel management was hugely successful and the list of VIPs with whom he met, wined and dined, were among some of the most influential in the world, it is his link to the wine industry that is most engrossing. Currently, in two countries, Jorg has a collection of almost 10,000 bottles of wine. And while that figure may seem amazing, it pales when he reveals that four years ago he sold 25,000 bottles from his collection in Switzerland.

"I did not want to sell any, and would have loved to have shipped them back to Australia, but the cost was prohibitive. Import tax on each bottle is 150 per cent," laments

the 35-year naturalised Aussie. "And the tax is not paid on what the bottle cost, but its current value. Some which cost \$20 30 or so years ago would now be worth easily \$2000. To bring them back here under those conditions is simply unrealistic."

So, it begs the question – what does the future hold for the remaining 2500 bottles, currently cellared in Switzerland?

"Now that international travel is back and borders are re-opening, Christina and I will again be taking trips, and visiting our friends overseas. As we do here, with them we will share," he says.

Jorg's fascination with wine started at a very young age – five, in fact. His dad, Arthur, shared his love of wine with his eldest son.

"He introduced me to tasting wines – not drinking as such, but tasting, and appreciating," he explains. "But he passed when I was 12, and by that time my fascination had developed to the stage where I wanted to further my journey, and also pursue something my father loved. And because none of my siblings were interested, I became the 'carer' of his 600-bottle collection.

Jorg started competing in wine competitions at a very young age. These competitions involved – among other things - identifying varieties of grapes, different vintages as well as the history of cellaring. Although this called for intense study, the teenager became engrossed, hoping his



Pictured: Above, Christina and Jorg Hauri on their wedding day, in Singapore. Left, Jorg with the 100 year-old bottle of port.

goal as a five-year-old - to become a chef, then join the wider hospitality industry and finally become a hotel General Manager - would be facilitated by his knowledge of the wine industry. And that is precisely how his incredible career transpired.

Jorg started as an apprentice chef, worked his way up the different rungs of the hospitality ladder and managed some of the biggest – and grandest - hotels in the world. One of his greatest challenges, and proudest roles, was opening the Sheraton Grand in Beijing, the first international hotel in China. He also worked in Australia, albeit briefly. He was Executive Assistant Manager when the Inter-Continental in Sydney was opened in 1985 and was Director of Food and Beverage at the opening of the Sheraton Hotel in Brisbane two years later, just prior to Expo 88. It was during this time that he moulded an affinity with Australian wines, which he says are equivalent to the very best in the world. He worked closely with Australian wine critics James Halliday, Len Evans and Peter Scudamore-Smith, and became actively involved in the wine industry.

"Back then I was a serious collector. Now I'm just a connoisseur," he explains as he divulges that among the 7000 bottles he has cellared on the Sunshine Coast are 'possibly' 100 bottles of Australia's most collectable wine, Penfolds Grange. "And, my intention is to drink them, although that would mean I might have to open a bottle every day for the next 10 years!"

Caretakers' welcome

Happy New Year! We welcome 2022 and the exciting year ahead...

Our Social Committee held so many events buildings up to the end of the year that many of our homeowners will need a rest to get ready for 2022! So, what do we have happening in next few weeks? A pool party, Australia Day, Valentine's Dinner and so much more. We hope everyone got a new diary to fill up with the amazing events planned for homeowners' enjoyment in 2022!

Our year ended with a very successful Leukaemia Foundation fundraiser organised by Wolly and Anke. The pair has raised more than \$20,000 - what an amazing effort! Thank you to all those residents who helped make the day such a great success. Special thanks to Di, John (V119) and Margaret (V18) who raised well over \$5000 by having their hair shaved or coloured.

All our weekly activity classes are back up and running after the Christmas break with Yoga commencing on Thursday, January 6 and then Pilates, Fay's Dancercise Beginners and Fay's Dancercise Advance starting back on January 10. And as the week goes on aqua aerobics, Milon gym training etc will also start up again.

We are really filling up fast now with 230 homes occupied and 413 residents as of December 31, 2021. Our current statistics are 46 per cent males and 54 per cent females with 81 per cent of homes with double occupants and 19 per cent single households.

Take Care,

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.

In 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



SALES INFORMATION CENTRE OPEN 7 DAYS | 1800 55 66 77
salescaloundra@palm lake.com.au | 96 Village Way, Little Mountain QLD 4551

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