

# CALYPSO

Sept-Oct 2021



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NEW HOME!

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## OLYMPIC-SIZED MEMORIES

For one of our homeowners, the 2020 Tokyo Olympics brought back some amazing memories

## MUSIC ALL AROUND US

From the resort choir to the Caloundra Caynotes, music is all around but did you know it's also good for you?

## LAST CHANCE IS HERE

Want a piece of the Caloundra Cay action? Want to join in our fun? Your last chance is here...





**Pictured above:** Almost there! The final piece of our Palm Lake Resort Caloundra Cay puzzle.

# Welcome

As the late, great Robin Williams once said, "Spring is nature's way of saying, 'Let's Party!'" With the arrival of September and the spring months, I'm feeling a sense of excitement. As a Toowoomba girl, September is my favourite month of the year – it reminds me of the beautiful gardens I grew up admiring and the iconic Carnival of Flowers festival. It's also the place where I started my Palm Lake Resort career, though I must say that I love my 'new' home here on the gorgeous Sunshine Coast just as much (I'll have been here for four years this October).

When I first arrived at Palm Lake Resort Caloundra Cay, it was just dirt and dreams. Now, as we come to the end of our project and we see the last few homes being snapped up, I am proud of all that our resort has accomplished – it's been a true team effort.

If you would like to join our Palm Lake Resort Caloundra Cay family, be sure to put in your Expression of Interest. The limited number of remaining homes will be ready from March to June 2022, giving you plenty of time to put your existing home on the market (and what a great time to do so!).

It goes without saying that I love working here, and I know you will love living here just as much... if not more! Spring is in the air and our resort is once again full of life, so there's no better time to call for a one-on-one appointment with one of our Sales Team members. No more procrastinating – this is your 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](http://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

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## News briefs

### Just out of town...

Have you heard of the annual celebration of the arts that is Brisbane Festival? Brisfest offers a month-long program of all kinds of great events right throughout September. If you've read the cult Brisbane novel 'Boy Swallows Universe' by Brisbane journalist and author Trent Dalton, you'll be excited to know that the story is coming to the stage during BrisFest. There are also concerts (think David Campbell and Anthony Warlow), fashion shows, river cruises and more. Visit [brisbanefestival.com.au](http://brisbanefestival.com.au)

Also, just down the road, on September 11-12, the skies over Redcliffe will erupt with colour and wonder with KiteFest. This annual Mecca of fun is a great day out for families. Check out international kite flyers and colourful kite displays, aerobatic displays, jet ski stunt shows, stage entertainment, children activities, workshops, market stalls, food vendors and much more, all on our breathtaking backdrop of Moreton Bay. Visit [redcliffekitefest.com.au](http://redcliffekitefest.com.au)

### Happy birthday to...

September	October
Joan B	Thomas D
Noel D	Jeff H
Anne H	Diane A
Alan C	Keith T
Bob T	Tony V
Marsha H	Rose P
Ralph P	Max B
Tom W	Kel O
David R	Marilyn W
Christina H	Jorg H
Maria D	William B
Helen C	Collette G
Erica B	Kevin H
John L	Lola V
Robert B	John W
George A	John F
Heather A	Anne M
Denyse L	Paul A
Laurel H	Marie P
Brian P	Carole G
Mike A	Heinz B
Carolyn B	Stan P
Roger W	Barbara P
Paul W	Patti S
Alle F	Herta T
Bernard R	Michael H
Gloria S	Gary J
Ann S	Ian A
Jennifer J	Grantley T
Kerri P	Bruce B
	Richard S



### Extra, extra!

The Spring 2021 edition of the Palm Lake Group's company magazine has officially hit the news stands, and it's full of the latest and greatest news from Palm Lake Resort and Palm Lake Care. If you haven't received a hard copy in your mailbox, you can also read it online at our website [palm.lakeresort.com.au/news](http://palm.lakeresort.com.au/news)

### Get social with us

Follow Palm Lake Resort on Facebook (@palm.lakeresort) and also on Instagram (@palm\_lake\_resort) to see what's happening right across our dozens of Palm Lake Group locations.



### On your marks...

Get set, go! From October 27 to October 31, our region will play host to one of Australia's most anticipated sporting events, the Noosa Triathlon. Whether you plan on competing in the event, cheering on the athletes from the sideline or making use of the now-rescheduled Ekka public holiday (Monday, November 1), it's sure to be a great weekend for all.





# Choir is the missing link

TURN OVER TO FIND OUT WHY MUSIC'S GOOD FOR YOU!

By Tony Durkin

When Jackie Semmelink and her husband Maarten moved to Palm Lake Resort Caloundra Cay from Maleny just before Christmas last year, they were amazed by the facilities, and the plethora of associated activities on offer.

But Jackie, who was once terrified that someone may hear her sing something as simple as Happy Birthday, felt there was something missing. And in fellow resident Karen Brunckhorst, she soon found an ally.

"Not everyone enjoys the kind of physical activity which abounds in here," declared Jackie, very much wearing her new-found musical heart on her sleeve. "Almost immediately I wondered why, in a population of close to 500 seniors, we did not have a choir."

Unbeknown to Jackie, one of the earlier Caloundra Cay residents, Karen, had similar thoughts, which she had voiced to others, and soon the two choir protagonists would meet. The result has been the establishment - albeit at an embryonic stage - of the Caloundra Cay Community Choir (CCCC). Ironically, both Karen and Jackie had prior choir experience under the direction of Ten Tenors founder, Kim Kirkman, and - with the formation of a choir very much at the forefront of their minds - they joined a nearby choir which was

coincidentally directed by the Sunshine Coast Hinterland-based maestro. And, after attending three rehearsals and agreeing that Kim was the ideal person to assist in the CCCC start-up, the former Ten Tenors member was 'signed' as Musical Director. In June, emails 'canvassed' residents on their interest in joining the choir. Fifty initially noted their keenness and after half a dozen rehearsals in the Caloundra Cay Theatre, an average of 33 attend regularly, almost one-third of whom are men.

"The response from those residents who have joined has been wonderful," said Karen who literally 'found her voice' through music after six years of almost total silence. "I lost my voice because of a medical issue, but miraculously it returned as a result of me joining the Bayside Divas Choir in Sandgate seven years ago, under the musical direction of Sandra Milliken. From that experience I totally understood the joy of being able to sing and perform in concerts. And that was something I genuinely wanted to share with the residents here and am so happy our choir has been formed."



Although very much in its infancy, CCCC has made tremendous progress under the direction of Kim and accompanist Annabelle Clucas. The first 'concert' is planned for Hemmingway's Country Club in October, with four songs - The Rose, Catch a Falling Star, Autumn Leaves and The Wellerman - to be performed. And the lyrics of 'The Rose', according to Karen, sums up CCCC.

"Like our choir, the rose starts as a seed and in summer it becomes a rose. Hopefully by October, we will be in full bloom," she said.

While there are no long-term goals for CCCC just yet, the dynamic Jackie speculates the annual Sunshine Coast Choral Festival could be "something to which we can aspire". But she says the mere weekly rehearsals have fulfilled her initial hopes.

"Among the many different musical activities, choir singing is the most popular and widespread hobby among seniors worldwide," she says. "As well, the coupling of singing-related brain processes with the social interaction of being in a choir helps promote cognitive reserve in the aging, as well as social wellbeing and mental health. In many cases our members are also learning something new, and seeing so many of them come out of their shell has been an absolute delight."

## Hotel California Caloundra

The Caloundra Caynotes, pictured left, is our wonderful resident band featuring, from left, vocalists Sonja Cross, Sue Gray and Betty Boyd, Bill Skelton on acoustic guitar and Geoff Henry on bass. And while they're great at covers music, there's also an original song or two that makes us all smile. For example, check out Bill's take on The Eagles' smash hit, Hotel California...

*Turning off the Bruce Highway, cool wind in my hair.  
Warm smell of pork sausages, rising up in the air.  
Up ahead in the distance, I saw a shimmering light.  
My head grew heavy and my sight grew dim,  
I had to stop for the night.*

*Monique stood in the doorway, she had houses to sell.  
And I was thinking to myself:  
This could be heaven or this could be hell.  
Then she lit up a candle and she showed me the way.  
There were voices down the corridor,  
I thought I heard them say...*

*Welcome to Palm Lakes at Caloundra.  
Such a lovely place, such a lovely face.  
Plenty of room at Palm Lakes at Caloundra.  
Any time of year, you can find it here.*

*Mirrors on the ceiling, the pink champagne on ice.  
These over-fifties people, have a hedonistic life.  
In the heart of Hemingways, they gather for the feast.  
Some hoping that the meat's not tough.  
They don't all have good teeth.*

*Last thing I remember, I was running for the door.  
I had to find the passage back to the place I was before  
'Relax' said the night man, we are programmed to receive,  
You can check out anytime you like -  
But you can never leave!*

*Welcome to Palm Lakes at Caloundra.  
Such a lovely place, such a lovely face.  
Plenty of room at Palm Lakes at Caloundra.  
Any time of year, you can find it here...*





# Don't stop the music

It may have been decades since your parents insisted you take piano lessons, but don't think your musical days are behind you. There are plenty of reasons to pick up a musical instrument in your adult years.

## It boosts brain power

Much like puzzles or playing chess, learning to play music is a great way to improve your cognitive ability. Reading and playing music is believed to stimulate the brain in a way that benefits your memory retention and also helps you retain new info. Experts believe that, when it comes to brain power, you 'use it or lose it'. In particular, learning to play a musical instrument has been associated with a lower risk of developing dementia. Why? Musical training and performance are believed to increase your brain's resiliency – so much so that musicians are 64 per cent less likely to develop mild cognitive impairments and dementia.

## It relieves stress

Listening to music is a great stress reliever, but did you know that playing a musical instrument also has calming powers? According to studies, playing an instrument can help us refocus negative feelings into something not only positive, but enjoyable. Whether you are banging out a rhythm on the drums or plucking a melody on the guitar, making music is believed to have a unique ability to reduce your blood pressure and heart rate. This act can also contribute to the release of 'happy hormones' (endorphins) into the bloodstream, leaving you feeling relaxed.

## It makes you more patient

Many of our Palm Lake Resort residents will agree that life doesn't slow down in retirement – in fact, with so much to do, things move at a faster pace than ever before! Learning a musical instrument is one fantastic way to chill out, slow down and enjoy the moment. Patience is an essential skill for any budding musician to master as they learn to read and play the notes, and many report finding themselves employing more patience when they interact with the people and things around them.

## It's good for your body

You may not break a sweat, but playing an instrument promises a host of physical benefits that you may not have thought about. Moving your fingers along the keys of a piano or the strings of a guitar enhances your hand-eye coordination and fine motor skills – two skills that can easily be transferred to almost any other activity, be it crochet or croquet. Wind instruments, too, improve the function of your respiratory system by ensuring you breathe properly. Need we go on?

## It's a great way to make friends

Looking to widen your social circle? Playing a musical instrument could help! A number of Palm Lake Resort locations have resident music groups where likeminded musos can come together and jam out. From choir to the ukulele to all-out Rock 'n Roll bands, our residents make use of the time and resources available to them in retirement to live out their dreams of musical stardom.

# The Springs has sprung

Residents of the southern Sunny Coast are rejoicing in the news that there's a great new community facility on the way.

The Springs by Palm Lake Resort is the latest over-50s community coming to our Sunshine Coast by the Palm Lake Group, but did you know that its development is just one piece of an impressive puzzle now underway at Pelican Waters? As well as the luxury over-50s resort and Greg-Norman designed Pelican Waters Golf Course, there's a dramatic upgrade of the golf clubhouse underway right now that will see a hotel-style facility available to the wider local community including our residents. There will also be a new stand-alone pro shop, training academy, mini golf, pitch and putt, driving range and glass-clad lakeside chapel to complete The Springs Hotel precinct. It will be a destination for the whole Sunshine Coast community, not just limited to those avid golf lovers and/or Palm Lake Resort residents. Sunshine Coast Council's Division 2 Councillor Terry Landsberg was on site recently to help our MD Scott Elliott 'turn the first sod' and officially mark the commencement of this project (pictured below).

"Palm Lake Resort will bring their creativity, experience and high level of detail to present an exceptional resort for not only golf lovers, but residents who appreciate prestigious resort-style living," Cr Landsberg says. "The range of impressive community facilities proposed for this site will no doubt suit our local families – and will also help keep non-playing residents entertained while their other half is out on the greens enjoying a round or two!"



# 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



# Travel in a COVID world

Palm Lake Resort residents are known for their adventurous spirit, so the past 18 months have been particularly trying for those eager to get back out on the road again. As things (slowly) begin to open up, here are the tips to keep in mind.

## Mask up

Just as you do in your own neighbourhood, when you travel around Australia – and soon, the world – you will often have to wear a mask, so it's a good idea to keep a few spares close at hand. While many of us are well-versed in the general rules of mask wearing, it's always a good idea to stay up to date on the etiquette. According to the Australian Government's Department of Health, remember to always wash or sanitise your hands before putting it on or taking it off, ensure it covers your nose and mouth and fits snugly around your face, and do not allow the mask to hang around your neck or under your chin. Don't reuse single-use masks – instead, opt for a sustainable, reusable version (just make sure you wash and dry them after use and store them in a clean, dry place).

## Get vaccinated (if you can)

Many states and countries are feeling the effects of new strains and new waves of COVID outbreaks, so expect hypervigilance when you try to cross any borders. In

some places, in the future, entrance may be refused without proof of vaccination. While your holiday may be your number one priority, remember that for certain regions, avoiding the risk of another outbreak will always take precedence. This won't necessarily be restricted to government authorities, either; it's very likely that some airlines, tour groups and accommodation providers will turn away unvaccinated travellers. Beyond making it easier for you to travel, experts assert that higher vaccination rates make outbreaks less likely and reduce the need for preventative measures like border closures and travel restrictions – saving lives and livelihoods in the process.

## Stay vigilant

The past few months have proven just how quickly things can change in this COVID climate. No matter where or when you travel, it is essential that you keep an eye on the restrictions in place where you're visiting and also back home. Staying up to date could spell the difference between making it back home in time and spending two

weeks in quarantine. If you are road tripping interstate – as so many of our Palm Lake Resort residents love to do – this can prove challenging. Government resources include:

- The Coronavirus Australia app, which stays up to date with official information and advice
- The Australian Government WhatsApp channel, where you can learn the latest and send messages (message WhatsApp number +61 400 253 787 to join)
- Your state's COVID hotline.

## Book with flexible providers

Once upon a time, planning a holiday well in advance was the best approach. Now, with most states unsure where they will be, COVID-wise, in a month, let alone six months, it can be more practical to book your travel within a shorter timeframe. Experts are already beginning to predict that COVID will change our traditional 'travel seasons', and the windows of travel opportunity will be days or weeks long, not months. Wherever possible, book with travel

providers who offer free cancellation, date changes and credits or refunds. When it comes to travel insurance, check whether your usual provider includes COVID-related claims. And, if worse comes to worst and you can't get back the money you spent on a cancelled trip, see your investment as a donation to the struggling travel industry.

## Be a responsible traveller

Above all else, travel in this COVID world comes down to one thing: responsibility. Ensure you have taken every possible precaution to safeguard against the ever-changing rules and restrictions. Take responsibility for your safety and the safety of others by ensuring you have a mask, hand sanitiser and are following the guidelines in place in that location. Above all, be responsible when it comes to your health. Simply don't travel if you are even slightly sick. It's a brave new world we are experiencing, but with a little bit of consideration, it's nothing a seasoned traveller can't handle. And that's one thing many of our Palm Lake Resort residents are – expert travellers.







**Pictured:** Arthur Busch (left) with fellow Queenslanders in the Australian team at the Mexico Olympics including Jim Mason, Terry Moessinger (manager), Fred Quine and Don McWatters.

## Buschy feels for Kookaburras

By Tony Durkin

Like many of his fellow Caloundra Cay residents, Arthur Busch sat on the edge of his lounge during the men's hockey gold medal match between Australia and Belgium at the Tokyo Olympics, desperately hoping for a Kookaburras win.

But for Arthur – or Buschy as he is affectionately known around the resort grounds – the empathy he sensed when the result went Belgium's way after a penalty shoot-out, was far more heartfelt than merely being a disappointed Aussie. Arthur had in fact 'been there, done that'. It was 53 years ago in Mexico City that the 77-year-old former public servant represented his country at the 1968 Olympics, and that team suffered the identical disappointment. Back then the sport was referred to as field hockey and there was no fancy nickname for the Aussie team – but the result was the same.

"We played Pakistan for the gold medal, and they beat us 2-1," recalls Arthur, who was the No. 2 goalkeeper in the team and sat on the bench for the final. "But while it was gut-wrenching to be beaten for gold, Pakistan went through the tournament unbeaten and were the better side on the day. Although only one goal was the difference on the scoreboard, they earned the gold."

And Arthur felt the same watching the 2021 gold medal match, which Belgium eventually won 4-3 after a penalty shootout, when the fulltime score was locked at 1-all.

"I thought Belgium had us covered for most of that match. There was some edge-of-the-seat drama at the end with the penalty shootout, but if I take off my green and gold glasses, I can say Belgium deserved the win."

In Tokyo, it was the heat and humidity which took its toll on the Kookaburras, but in Mexico City playing at altitude was the biggest challenge for the 1968 team.

"We were lucky that the Australian team doctor, Howard Toyne, had an affinity with the hockey boys and he had visited Mexico City earlier to check out the conditions," recalls Arthur, whose hockey career started in his native Ipswich. "Howard designed a pre-Games training program for us, which had the team very well prepared. And we were fortunate to be able to go over four weeks early to acclimatise, and also play half a dozen warm-up games against teams in the other pool to ours."

Although it was more than five decades ago, Arthur described his Olympics experience as unforgettable.

"I had been on overseas trips previously, but nothing

compared to the Olympics," he says. "Even now, 50-odd years later, it is impossible for me to describe the emotion I felt marching into the stadium for the opening ceremony."

Arthur, who played hockey non-stop for 54 years, has no involvement in the game anymore, but admires the skill of the modern-day players and the speed at which the game is played. He last contested a National Championship in 2012, as a member of the Queensland Over 65s Masters team. What is vastly different, he says, is the protective equipment worn by the keepers of today.

"In Mexico City my protection consisted of a pair of leg pads, 'kickers' which covered my boots, a mouthguard, a cap and the extremely necessary 'personal' protector commonly called a box," he reminisces. "Today the 'keepers are totally covered, virtually from head to foot."

Arthur is one of seven male Ipswich hockey players to have represented Australia and, interestingly, five have been goalkeepers.

"I'm sure that statistic has something to do with the hockey fields back home," he quips. "They weren't particularly well grassed and at times were a little uneven, so 'keepers had to have great reflexes as well as excellent reaction time."



**Pictured above and below:** Then and now. Homeowner Arthur Busch reminisces about his days as an Olympian.



## Caretakers' report

It's been a busy few weeks here at Palm Lake Resort Caloundra Cay! Our Homeowners' Committee for 2021/222 was announced on August 18 and we would like to congratulate the committee members – we look forward to working with you during the next 12 months. Allan Mair will be President of the incoming Homeowners' Committee, with Rhonda Poulton as Treasurer and the Secretary yet to be announced. Members will include Paul Balkin, Andrew Brownrigg and Allan Young, with one more position also to be announced. On behalf of the residents of our resort, we would also like to say a huge thank you to the 2020/2021 committee members who did such a wonderful job during their tenure.

A lot has changed over the last couple of years due to COVID, but there is one main thing that stays constant in Palm Lake Resort Caloundra Cay: community spirit. We believe that all the changes we have had to make have made us stronger and more helpful to our friends and neighbours. Here at Caloundra Cay, we continue to do our daily exercise regime - Pilates, aqua aerobics, tai chi, yoga. For those of us who prefer more strenuous exercise we have table tennis, pickleball, tenpin bowling and bowls. If golf is your thing, jump on the resort bus and join the golf group for a game at Pelican Waters Golf Club. Or get together and watch a movie in our cinema – there is no shortage of things to do around our bustling resort!

It is interesting to know that, as of August 31, we have 202 homes occupied with 361 residents. Our current statistics tell us that our population is 46 per cent males and 54 per cent females with 81 per cent double and 19 per cent single households. But, most importantly, we'd be willing to bet that 100 per cent of these homeowners love calling Palm Lake Resort Caloundra Cay home!

**Ray and Lynn Johnson**  
Palm Lake Resort Caloundra Cay Caretakers





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# Nice drive!

Experience Palm Lake Resort from behind the wheel of your very own premium golf car. Purchase a new Palm Lake Resort home at Caloundra Cay and receive a four-seat Club Car 'Tempo' (with lithium ion technology, valued at up to \$20,000) absolutely FREE\*



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