

CALYPSO



November-December 2021



**FREE
PREMIUM
GOLF CAR
WITH YOUR
NEW HOME!**

T&Cs apply

RIGHT ON CUE

Our billiards tables are always magnets for fun (and neighbourly competition!). Learn some tips from an expert, inside...

MEET YOUR NEIGHBOURS

There are loads of great people who call our resort home. Meet some more of them in the following pages.

BRING A PLATE

It's officially party season! When you've got a party to attend and you don't want to arrive empty handed, try these foodie ideas



Welcome

Welcome all, to another great edition of Calypso. Hasn't the year flown - it's Christmas time already! We can't wait to see our resort and our residents' homes all dolled up in their Christmas finery. It's a truly wonderful time of the year.

Our Sales Team had an awesome day mingling with residents and new clients at our 'Let's Bowl' event. You can check out some of the memories of the day on Page 5. We are so close to the end of this project now - our last stage should be completed by the end of February 2022. We are only months away from being officially 'Sold out'!

For those residents who live here already, and those who will move in over the coming few months, you will soon learn just how awesome the whole management team is here at Palm Lake Resort Caloundra Cay. From our construction team members to the Caretakers, to our cleaners and gardeners - it's a really awesome group of people who are ensuring the resort presents superbly and operates perfectly. Oh, and our super Sales Team is pretty alright, too!

In closing, here's a quote that resonates with me at this time of the year: **"Christmas is a piece of one's home that one carries in one's heart."** – Freya Stark

From the whole team, we wish you a Merry Christmas and a prosperous New Year. Let the New Year bring good news of our project completion with the best of results for all.

**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

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News briefs

Christmas closures

Please note that our Caretakers' office will be open right throughout the festive season, other than the statutory public holidays. The Sales Team will also work through the Christmas period to answer any questions from anyone interested in checking out the stellar community we have here. If you're looking for community spirit, it's a great time of the year to stop by and see just how wonderful this location and its people are!

Buzzing Billi

He is always ready and willing to help a damsel in distress, but Caloundra Cay Caretaker Ray Johnson exited a home recently quite perplexed when he could not deduce the reason for a buzzing Billi. Ray responded to a call from a homeowner who had noticed a strange buzzing noise coming from her Billi. Despite his wealth of knowledge, and experience, Ray was unable to unearth the reason for the unusual sound. Shortly after leaving, Ray received a phone call from the very embarrassed resident, explaining that she had discovered the 'culprit'. An electric toothbrush, sitting among the cleaning products and used for cleaning intricate spaces around the sink, had been bumped, accidentally turned on, and was buzzing away!

Happy birthday to...

November	December
John B	Lyndal B
Val E	Gail S
Jenny A	Judy K
Evonne J	Lilian W
Margaret M	Sue W
Linda H	Barrie H
Maggie B	Jacqueline S
Rod B	Warwick W
Bill H	Joy B
Stuart A	Noela W
Maarten S	Arnaldo M
Max M	Kenneth G
Robin R	Martina G
Sue L	Merryl B
Fay R	Matt V
Garry B	Louise P
Jan K	Frances M
John C	Simon C
Richard K	Lindsey G
Denis S	Elaine H
Roger D	Ross b
Joe M	Cindy H
Ross R	Julie W
Sandra P	Cathy M
Noela O	Brian M
Tamara B	Roger S
Lorelle F	Jim W
Andrew B	Darren B
Mary W	Maria M
Graham S	Norma M
Alison A	
Lynne T	
Samuel A	
Sharon W	
Patricia J	
Sheryn M	
Ray D	
James K	
Lynn M	
Ross V	

Jayden is a resort hero

At 12 years of age, Jayden Carroll is obviously too young to be living at Palm Lake Resort Caloundra Cay, but he has recently become something of a pin-up boy to the residents. Jayden – whose dad, John Carroll, is Construction Supervisor of Caloundra Cay – won the Siam title in the 38kg division at the Muay Thai League National Junior Championships on the Gold Coast in recent months. Kawana Muay Thai Gym coach Brodie Stadler, described Jayden as a 'very smart boy'. "I don't have to tell him 100 times to do something. He quickly picks up on everything and is very technical," Brodie says. "Jayden enjoys training hard and loves to learn. He's always asking the right questions, so it's pretty easy to coach people like that."



Silly season is here!

What a year... and what a celebration we deserve this festive season! The Caloundra Cay Sales Team will host a wonderfully festive event to mark Christmas and year's end, with details to follow shortly. Keep your eyes peeled for information in the coming weeks!



Bowls brings Palm Lake people together

The scores are in for the recent biennial Palm Lake Resort inter-resort bowls competition...

Drumroll please... Bargara and Beachmere Bay resorts have both come out on top in the recent Palm Lake Resort inter-resort bowls competition. Residents from eight Palm Lake Resorts descended upon Dalby Bowls Club for the event, organised by Palm Lake Resort Bargara homeowner Joy Williams. Joy says there were 50 teams of three competing in the championships from Palm Lake Resorts Bargara, Beachmere Bay, Beachmere Sands, Cooroy- Noosa, Hervey Bay, Upper Coomera, Toowoomba and our Caloundra Cay contingent.

The dual-resort win was thanks to the winning team being made up of a combination of players from two locations - two from Beachmere and a third from Bargara. The winning team was a literal representation of what Palm Lake Resort is all about – likeminded people coming together to support one another and enjoy a shared interest. As well as the on-green action, there were plenty of opportunities for the resort teams to socialise and catch up. By all reports the three-day event went down a treat!

"Will there be another Palm Lake Inter-Resort Bowls Comp? You betcha!" organiser Joy smiles. "These comps not only showcase what Palm Lake Resorts are all about to these small towns but they bring together likeminded residents in a social environment in smallish towns that need visitor support to thrive. The dollars we bring into these towns does not go unnoticed.

"I should add that without the generous sponsorship of Palm Lake Resort itself, I could not have presented trophies and giveaways to those attending, so am very appreciative of their sponsorship."

The event's key prize-winners included:

- **J.A.M. Bargara:** Alan Johnson, Marianne Alhovinta, John Beeck
- **2+1 Toowoomba:** Nola and Stephen Costabeber, with John Munting
- **Bowled Over Cooroy-Noosa:** Tony Toscano, Les and Vicki Checkley (who came in last place)

Around the grounds

Our most recent sales event saw invited guests take to our popular bowling green to roll one down and also catch right up on all that's going on here at our popular resort.





Right on cue

Walk into any Palm Lake Resort Country Club and you'll likely find a group of residents gathered around the billiards table, watching or participating in a neighbourly game. But it's a game that spans the generations – so our visiting families love it too.

If there's one thing many Palm Lake Resort residents have in common, it's that they love a good game of snooker – it's the reason most of our resorts across Queensland, New South Wales and Victoria have their own billiards tables. Pool, snooker and billiards are all beloved as social games best enjoyed with a drink and good company, but did you know there are distinct differences between them? Paul Cosgriff, president of the Victorian Billiards and Snooker Association, explained the differences clearly. Paul says billiards is played with only three balls (one red, one white and a yellow cue ball). Both snooker and pool begin with a triangle of 15 balls each - in pool they are multicoloured and divided into solids and stripes, while in snooker they are red. Snooker is also played with an additional six coloured balls. Both of these games also require a white cue ball.

"Pool tables are smaller and have very generous corner pockets, making it easier to pot the balls," explains Paul. "Potting balls in snooker or billiards on an English billiards table is tougher and you have to be fairly accurate."

Originating in France and England in the 1700s, billiards began as an amateur sport amongst the aristocracy. While it didn't become popular in Australia until the late 1800s, we managed to produce one of the best billiards players of all time, Walter Lindrum.

"He was the greatest player the world had ever seen, and

remains one of the best," says Paul. "But during the height of his career in the 1930s, billiards was losing its popularity – people were simply too good. That is when an English man named Joe Davis turned to snooker, which also started out as a form of gambling. While a billiards match could go on for weeks, snooker was much faster paced making it more enjoyable for spectators. The colourful balls made for great watching when colour was achieved in 1972, and the game really took off from there."

While England has always been the home of billiards – which Paul puts down to the terrible weather, which forces everyone to find fun inside – both it and snooker are beloved here in Australia. And with neighbours like China and Taiwan getting in on the action, Paul wouldn't be surprised if we saw an Asian circuit (similar to golf) emerge in the near future.

"The thing I love most about these games is the combination of physics and artistry," says Paul. "Physics tells you that if you hit the ball a certain way, it will end up in a certain position. Mastering all of the other factors - like side, intentional spin and strength - is where the artistry comes in. The best players will finish exactly where they want to finish, under incredible pressure. That's the beauty of the game."

Paul's tips for bettering your game

1. Although cues are provided, your own cue is always

best. Your individual cue gives the best 'feel' and on large professional tables, players fit extensions to their own cue because that familiarity is so important.

2. Two-piece cues are best for ease of transport, and storage. The join can be at half-way or "3/4" - meaning well down near the butt end of the cue. Under the rules, a cue must be at least three feet in length, so if you take the butt end off a "3/4" cue you could still play a shot. Most cues are 54" in length - generally standing about shoulder height, or just above, or below. Therefore, you could not unscrew the 2-piece cue with a mid-join and play a legal stroke.

3. When purchasing a Cue, play a number of shots hitting 'high' on the cue-ball so that it follows on, or runs through, after the object ball. This translates to 'feel' and helps when comparing cues. The more expensive cue is not necessarily the best feel for you. The tip of the cue is your only means of control for spins on the ball (screw, stun and side) so maintain it well. Good chalk is essential.

4. Persistence is the key to improvement and full enjoyment. Practice, especially for plain ball striking, is essential to eliminate unintentional spins. Later practice allows for intentional spins to manoeuvre the cue ball to the desired position for the succeeding stroke.

5. An adjunct to persistence is maintenance. The cue should be kept clean and dry, with a little wood oil on exposed wood near the tip, and below the ferrule. The billiard table should have a dust cover. When the dust cover is removed, the table should be brushed (and preferably padded) from the baulk end (the "D") all the way to the top of the table where the black spot is. Never "bang" a ball onto a spot! It can only cause damage. The table should be serviced by a qualified person if there are problems with spots, wear and tear to the cloth, or if the table is out of level.

Men urged to examine

By Tony Durkin

With national Breast Cancer Awareness Month (October) done and dusted, one unexpected Caloundra Cay resident has a timely reminder for his neighbours...

Caloundra Cay resident John Wood has implored his fellow male neighbours to take breast cancer more seriously. And he wasn't referring to men adopting a more prudent attitude to a malignancy that is predominately associated with women. 'LJ', as John is known, was warning of a disease which has affected him personally.

"In 2017, my wife put her hand on my chest, and noticed a lump," he told a gathering of Caloundra Cay bowlers who recently rallied for a Breast Cancer fundraising event. "Jenny immediately told me to get it checked out, but my reaction was fairly typical of a male. I said 'yeah, okay', and conveniently forget about it for a few months."

And even when he visited his local GP following persistence from Jenny, he was told breast cancer was rare in men and there was little to worry about. But after finally agreeing to a biopsy, the positive test result for breast cancer shocked John and, in fact, all involved. A mastectomy followed soon after and although given a virtual clean bill of health back then, John's journey with the disease continues. He sees an oncologist annually, undergoes regular mammograms and ultrasounds, and religiously examines his chest.

"I was fortunate the cancer was diagnosed early - it had not yet reached the lymph nodes," he says. "As a result, I did not have to have chemo or radiation, but I was one of the lucky ones."

Although the incidence of breast cancer in males is estimated at just one per cent of all breast cancer sufferers, a 2019 study in the US found that men may be more likely than women to die from the disease, particularly during the first five years following diagnosis. The Caloundra Cay bowls event raised \$1000, with proceeds donated to the McGrath Foundation, which John revealed had given him great support during his journey.

Caretakers' welcome

It's nearly Christmas again and Caloundra Cay has grown so much in the past 12 months. On December 31, 2020 we had 245 residents and by December 31, 2021 we will have more than 400 residents.

The Social Committee has planned so many events for the run up to 2022. We have Melbourne Cup, the Residents' Christmas Party and our New Year's Eve party, to name a few. We also have our Leukaemia Foundation Fundraiser which Wolly and Anke have organised for the second year running.

Both Caloundra Cay Choir and the Cay Notes have put together a variety of musical treats for our residents to enjoy over the Christmas season - watch out for times and dates on the Activity Sheet.

There are 222 homes occupied with 399 residents as of November 30, 2021. Our current statistics are 46 per cent males and 54 per cent females with 82 per cent of homes occupied by two people and 18 per cent single households.

We would like to thank our cleaning, gardening and office staff for their hard work during 2021. We wish them a Merry Christmas and look forward to working with them all in the New Year. In closing, here's a Christmas quote that we think sums up Palm Lake Resort Caloundra Cay and its residents:

"The magic of Christmas never ends and its greatest of gifts are family and friends."

Safe travels over Christmas and the New Year,

**Ray & Lynn Johnson
Resort Caretakers**

Embracing the beer and pies

By Tony Durkin

We won't hold it against Julie Tennett for thinking Aussies were an 'uncouth mob'. Lucky for us, she saw through the beer-and-meat-pies stereotype and eventually found paradise here on the Sunshine Coast.

She may not have used the word "yobbo", but when Caloundra Cay homeowner Julie Tennett's husband Pete suggested the Southern African couple abandon their strife-torn country and move to Australia, she was mortified.

"My notion of Australians was an uncouth mob who drank lots of beer and ate meat pies - but how wrong I was!" confesses the 18-month resident of Palm Lake Resort. Virtually forced from their native Rhodesia (now Zimbabwe) in 1981 by political unrest under President Robert Mugabe, Julie and Peter spent years pondering a future for themselves, and their two children. Although never unsettled to the point of feeling they were itinerants, the family moved through South Africa and then Swaziland, feeling less secure at almost every turn.

"We could not see a future for us, or for our children. The racial unrest and violent crimes were becoming more and more prevalent," Julie explains. And it was in 1988, during an almost 'enforced' trip to Australia, that Julie discovered how mistaken her impression of Aussies was.

"For about 18 months as a boy, Pete had lived in Townsville, and he often spoke glowingly of his life there, and the friendliness of the people," Julie reveals. "So, when the reality hit that we needed to leave Africa, he suggested I put my uninformed opinion of Australia in my pocket, and take a look."



Armed with just a backpack and an open mind, Julie landed in Perth in January of 1988 on an eight-week 'reccy' tour. And, it was literally love at first sight. Totally overwhelmed by her first impression, Julie excitedly phoned her husband to tell him she had found 'heaven on earth'. Pete advised her to be patient, implying better was to come. Julie flew from Perth to Alice Springs, then on to Cairns. And from there the excursion kicked into top gear, with a Greyhound bus trip down the East Coast stopping at major provincial cities before finishing in Melbourne. But it was in Brisbane where the love affair with Australia blossomed.

"It was February, Expo 88 was about to start, and the city was absolutely buzzing," Julie recounts. "Everywhere I turned there was positivity. People were so friendly and the warmth was easy to detect. I wanted to move here right then."

That defining chapter in their lives would, however, take another three years. Preparation of their application for migration to Australia - 90 pages of varying documentation - was one month in the making, and they were warned that each time they phoned to see how things were going, their paperwork would return to the bottom of the pile.

"Naturally, after seeing what Australia offered our family and making the significant decision to move, we were edgy, and somewhat impatient. But we simply had to bide our time," she says.

When notification of their successful application came three years later, Julie phoned Peter who was working in his role as a Construction Manager on a major project in Botswana. With no mobile phone service, she left the message "call home urgently".

"I obviously thought the worst - a family accident or tragedy," Pete recalls. "But when Julie told me the great news, we both shed a tear."

On Valentine's Day in 1991, almost three years to the day since Julie had 'found' Brisbane, mum, dad and their eight and 10-year-old children, John and Debbie, settled into the Youngaba Migrant Centre at Brisbane's Kangaroo Point. Two weeks later they started a secretarial business servicing a firm of engineers and, eight weeks on from their arrival, moved into their new home at Ferny Hills - "a tomato box", according to Julie. It was in February last year that they put down roots for "hopefully the last time" when they became residents of Caloundra Cay.

"Australia has been wonderful to us, and we are so grateful," says Julie who now enjoys a beer and a meat pie. "And we love it to bits here. We feel so lucky - not just to live in Australia, but to be welcomed by so many friendly, kind and supportive people. Thank God we came to this country when we did."

Julie and Peter, who play bowls, tennis, golf and petanque and are involved in the choir, the workshop and the theatre, say they are so busy in their new lives at Caloundra Cay it seems they are never at home.

"And it feels so wonderful to be able to leave home in the knowledge that everything will still be there when we return," she smiles.



Bring a plate

We all know just how much Palm Lake Resort residents love a catch up. Our communities are literally built on 'community'. Whether it's a street party with garages doors wide open and fold-out chairs enmasse in driveways, or neighbours catching up around a barbecue or our resort pool, one thing is for sure – you should always bring a plate.

Ahhh, summer – it's the season of entertaining here in Australia, when neighbours, friends and family come together to celebrate, well, just about anything. Even when you're told not to bring a thing, it's nice to not turn up empty handed. Here are our Top 5 easy 'bring a plate' idea to get your through another Palm Lake celebratory season because, guess what? It's already that time of the year again!

Cheese platter

Cheese platters are always crowd favourites and should be your Number 1 go-to. Whatever your taste, there's always something on a good cheese platter that everyone can enjoy. In our opinion, a solid cheese platter should include the following:

- A soft cheese like brie, goats' cheese or camembert
- A hard cheese like cheddar or gouda
- A blue cheese like gorgonzola, Roquefort or stilton
- A mix of crackers and bread
- A selection of dips, both dairy-based (ie, French onion) and dairy free (ie, pesto)
- Quince paste
- Something salty, like olives, cured meats or nuts
- Something sweet, like fruit or chocolate.

Also, note that presentation is key when it comes to a memorable platter. Wooden chopping boards make a great base for your platter and don't forget a cheese knife.

Spinach cob loaf

This Aussie party classic has been on high rotation for more than 100 years (yes, really!). And it's so simple to make. Take a large cob loaf (your choice of white, sour-dough or wholemeal bread) and slice off the top, allowing you to remove the soft internal bread – save it for the next steps though. Drain a bag of frozen spinach of all water and mix with sour cream, mayonnaise, red onion and powdered vegetable stock until it forms a dip-like consistency. Scoop the mixture into the hollowed-out cob loaf and, under the grill, toast the bread chunks you tore out of the middle to serve.

Sushi tray

For something a little bit more exotic, you can't go past a sushi tray. Sushi is a lot of fun to make, too! Simply cook some sushi rice (short grain white rice made stickier with rice vinegar, sugar and salt), lay out a bamboo sushi mat and a sheet of seaweed (nori). Spread the rice onto the nori evenly, and right to each edge. Have a bowl of water on hand to help you form the sushi without the rice sticking to your hands. Add your preferred fillings along one side – fish, chicken, fresh vegetables, avocado and egg are popular choices – then roll it all together and cut with a super sharp knife.

Devilled eggs

Easy and tasty, devilled eggs take just minutes to prepare

but always go down a treat. Start by hard boiling and then peeling your eggs, before slicing them in half lengthways. Scoop out the yolks and add them to a small bowl, smashing them with a fork and mixing them with your choice of extras (vinegar, mustard, mayonnaise, curry powder, relish, spices... the world is your yolky oyster). Simply add this mix back to your halved egg whites and serve. Easy.

Skewers

Does anything beat a skewer when it comes to finger food? There are no crumbs, no cutlery needed and plenty of deliciousness – plus, they're a lot of fun! Some exciting chargrilled skewer combinations include:

- Prawn, mango and avocado
- Steak, mushrooms, red onion
- Italian chicken, zucchini, cherry tomatoes, capsicum
- Grilled tofu or tempeh, carrots and mushrooms.

And to extend on your skewer repertoire, why not do fruit skewers? Pick the most colourful seasonal fruit available and chop into bite-sized pieces. For colour, you can't go past a combination featuring watermelon, grapes, rockmelon, honeydew, pineapple and the like. Easy!

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

Eat, drink and be merry

There's nothing more enjoyable than breaking bread with friends, and you can do just that in any of our popular Palm Lake Resort Country Clubs. With a free meal, per household, every week, prepared fresh on-site by our experienced chefs, there's even more reason to dine with us. Or why not pull up a stool at happy Hour? We're all about spending quality time with likeminded friends.

Here, community is everything.



SALES INFORMATION CENTRE OPEN 7 DAYS | 1800 55 66 77
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