



SUNDALE

Because we care

# Spotlight

NO 39 | OCTOBER 23

The Voice of the Sundale Community



# News & Events

## 60 years of care

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This year Sundale celebrates its 60th birthday. To commemorate six decades of caring for the community, we will be sharing the stories of 12 remarkable individuals and revealing their amazing contribution to Sundale.

### William Barry 'Bob' Sherwell Foundation Board Member and Secretary (1963 - 1964)

Bob Sherwell had a front row seat during the creation of Sundale. An active member, and one-time President of the Apex Club of Nambour, Bob and his fellow Apexians, including future Sundale luminaries, Ian Haynes, Peter Richardson, Ray Wilson, Ian Haynes, Peter Richardson, Ray Wilson, Noel Perry, with the support of J.D. Grimes, D.D. Charlton and Sir Clem Rowland of Enterprise Estates, purchased an 18-acre site by Coolan and Carter Roads in 1963, which would become home to Nambour Garden Village.

With a location secure, the serious business of raising money to secure a Government grant to build Nambour Garden Village began. Two pole sits, the first undertaken by Wilfred Griggs from the Nambour Chronicle. In the same time the Apex Club of Nambour hand delivered thousands of brochures to every household in Nambour requesting donations.

Bob's son, Ken vividly remembers the pole sit, which captured the imagination of Nambour and his father's involvement.

"The Apex Club of Nambour was always raising money for projects which would support the local community." Ken said.

"I remember the clubhouse being erected in the small square opposite the railway station, prior to the second instalment of the pole sit."

"Ian Haynes and Tom Carter were heavily involved, but so was Dad. I'm sure he spent a night or two at the top."

"The son of a dairy farmer, Bob was born and raised on the Sunshine Coast and built a reputation as a man who would have a go

and could get things done, firstly as a truck driver hauling grain throughout South-East Queensland, then as a contractor, building many of Coolan's first roads.

As a Foundation Board Member and Sundale's first Secretary, Bob played a key role in the creation of Sundale and establishing many processes and procedures.

"Dad was very good with figures and he was great at estimating. He was detail focused. Maybe that's why he was chosen to be Sundale's first Secretary?" Ken said.

"Most people remember Dad as the owner and operator of Nambour Joinery which employed more than 20 locals, and later as an estimator on the Sunshine Coast."

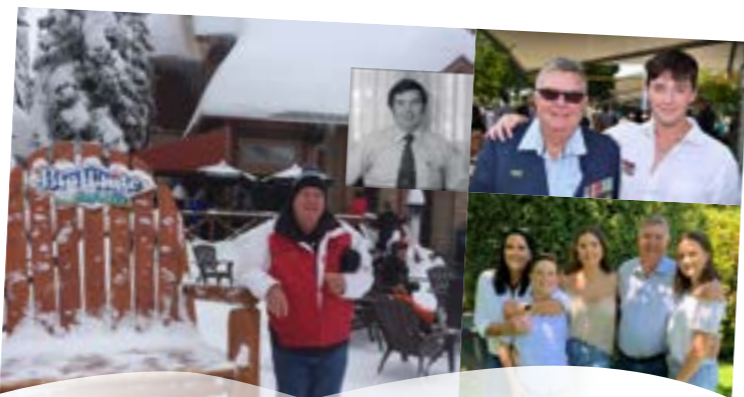
"Dad was very proud of Sundale and the role he played getting it up and running. I know it meant a lot to him."

"He was amazed at how big Sundale became, given its humble beginning. He was chuffed to have played a role in something so special and successful."

"When you reflect on the men and women who created Sundale in the early '60s, they were all very successful in their own right and active and proud members of the community."

"My lasting memory of Dad, the Apex Club of Nambour and Sundale's fondness to their work ethic and their collective drive to enhance the local community."

Bob passed away in 2019. He was 88 years of age.



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### John Kleinschmidt Board President (2006 - 2015) Board Vice President (1990 - 2006) Board Member (1986 - 2015)

John Kleinschmidt and his Sundale Board contemporaries are credited with transforming Sundale from a largely volunteer-led organisation into the strategic business it is today.

John's Sundale association began well before he joined the Board in 1986. "After my National Service ended, I joined the Gatton Apex Club and can vividly remember when the Nambour Apex Club visited to sell t-shirts," John said.

"The Nambour Apex Club had strong links to Sundale, and I was so impressed by what they were doing and the service they were providing to the community."

"Inspired, I wanted to do something similar, and together with my fellow Gatton Apexians built the Gatton Senior Citizens Centre."

A career opportunity in 1981 saw John, his wife Vonda and their three children, Caple, Michael and David relocate to Nambour. Five years later he joined the Sundale Board as a community appointee.

"Nambour in the 1980s was a very exciting place to be. It was the centre of the Sunshine Coast," John said.

"There was a strong appetite to build so we could further support the community, and that's exactly what we did at Sundale."

"I was part of the team that oversaw the construction of Palmwoods Garden Village and Coolan Waters."

"During my time as Board President and Vice President, we also purchased land, including the parcel on Hensberry Road, three caravan parks, Alabaca, the Cooney Hospital and built affordable housing units along Carter Road in Nambour."

"There was a can-do attitude driving the Board and the community back then. Our strong financial position also allowed us to fund growth."

"John's 29 years on the Board coincided with the transformation of Sundale from an organisation run predominantly by volunteers, to a savvy operator who sought out industry leading developers, builders, architects, lawyers and designers for support."

"As Sundale grew, so did our level of professionalism," John said.

"Appropriate management structures were implemented, which acknowledged the growing complexity and governance required to operate aged care homes."

"I spent a long time at Maroochy Shire Council, however, Sundale is the most satisfying achievement of my professional career."

"I had the opportunity to work alongside people like Graham Chapman and Stuart Nipper and together we all worked together to fulfil the needs of the local community."

John was also the driving force behind the creation of the Sundale Community Foundation in 2013 to celebrate Sundale's 50th birthday. Over the past decade, the Sundale Community Foundation has allowed Sundale to advance health, education, social and environmental outcomes throughout the region.

John's hopes for Sundale's future align with the current Board's vision.

"When Sundale was founded, it was the first aged care provider on the Sunshine Coast," John said.

"Sundale is still very well regarded for the remarkable care it provides, however, I would like to see some of the facilities modernised. Sundale deserves to be at the top of the pedestal again and sharing together."

## Volunteers

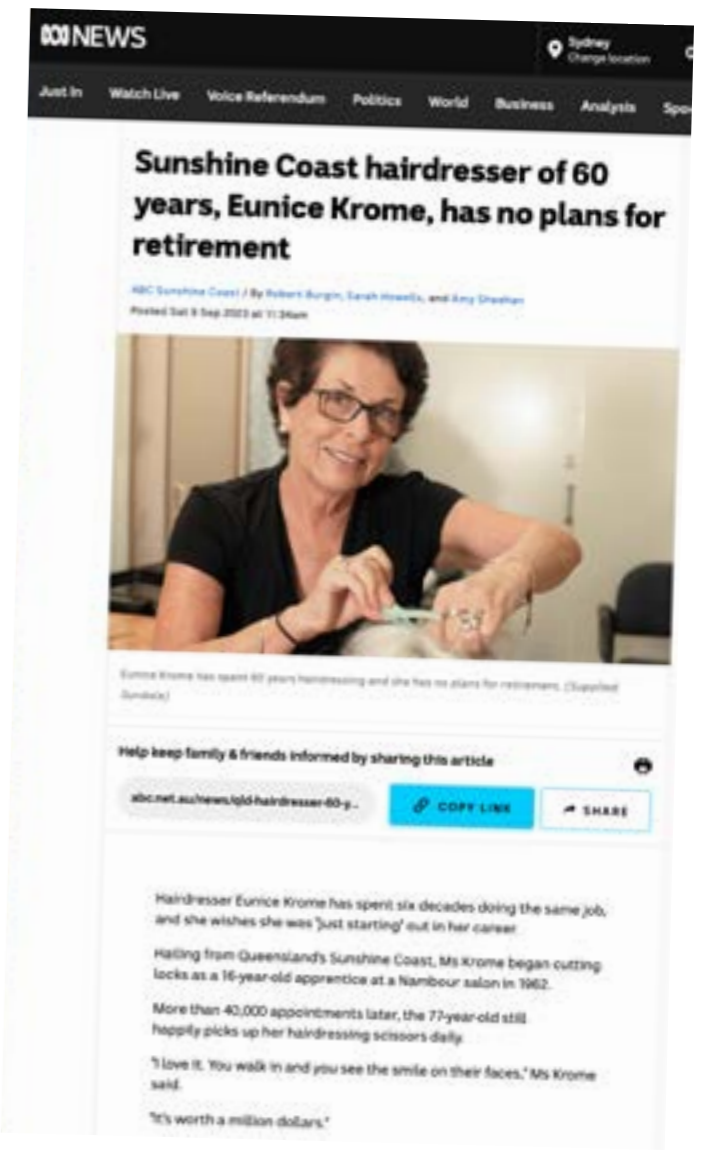
In early September, Sundale Community Development Coordinator, Rochelle Coombs had the opportunity to catch-up with some of Sundale's amazing volunteers in Nambour, Coolool and Kilcoy.

Volunteers are the backbone of the community and play a vital role at Sundale, providing friendship, companionship and joy to our residents.

On behalf of everyone at Sundale – thank you to our amazing, kind and wonderful volunteers.

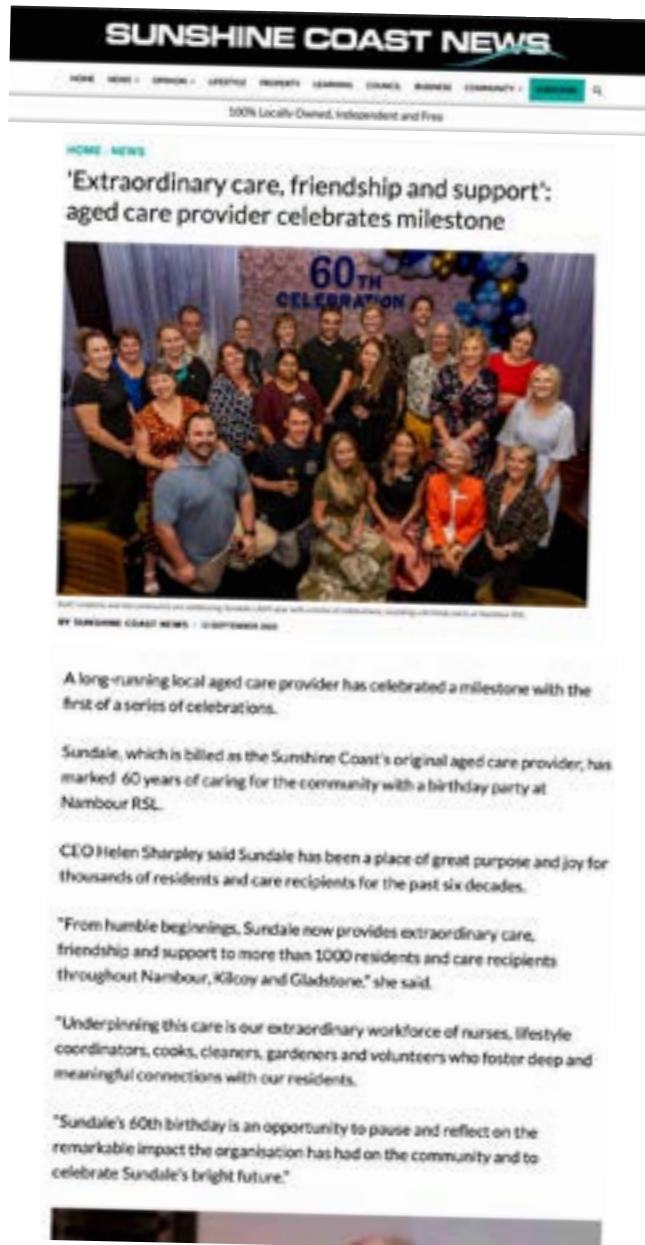


Did you see Sundale hairdresser, Eunice Krome's feature article on the ABC?



# News & Events

Sundale's 60th birthday celebrations were also featured in Sunshine Coast News.



Thursday, 14 September was R U OK? Day, a national day of action, dedicated to reminding everyone that it's important to ask friends, team members, care recipients, residents and loved-ones, "Are you okay?".

To help, R U OK? has developed four conversation steps to give you the skills and confidence to navigate a conversation with someone you're worried about.

1. Ask R U OK?
2. Listen
3. Encourage action
4. Check in

At Rod Voller, the Men's Group catch-up was an opportunity to talk about men's health and wellbeing. At James Grimes, biscuits allowed team members and residents to ask each other, R U OK?, while the Maintenance team acknowledged R U OK? Day with Values & Behaviours awards and a morning tea.





**2 BEDROOM UNIT ON 'LAVENDER HILL'**

**UNIT 11 \$395,000**

Refurbishment is underway for this spacious 2 bedroom duplex unit with its beautiful flowering gardens that you can just sit back and enjoy from your rear patio.

This brick unit features open plan living and dining room; and modern vinyl plank floorings throughout.

Unit 11 boasts an enviable position at the top of the village with a single carport and additional lockable storage.

Call Bronya 0439 862 940 to view this beautiful home

\*\*\*Images from similar Unit after refurbishment\*\*\*



**QUIET PRIVATE POSITION**

**UNIT 17 \$525,000**

Positioned towards the end of a culdesac, this natural light filled, 2 bed, 1 bath home offers a great position in our friendly community village.

Modern kitchen with stone benchtop, fresh white cabinetry opening out to your established gardens for you to enjoy while sitting under your north facing rear portico and quaint outdoor area.

New modern vinyl plank flooring in air-conditioned living areas and new carpet in the bedrooms.

Fresh, light and bright ready to move in.

Call Shorelle to inspect 0407 132 302



Aloaka's residents recently worked their magic in the kitchen, but not making biscuits or cake. Instead, they whipped up batches of homemade sugar scrub. It smelled absolutely divine with a combination of coconut oil and essential oils. You could say it was almost good enough to eat!

All aboard the Aloaka express!

A recent bus outing to Morayfield saw residents hit the shops before enjoying a delicious lunch in the food court.

A belated happy Father's Day to Aloaka's dads, who celebrated with a beautiful breakfast, baked goodies for morning tea and some well-earned presents.

And they call it puppy love... with Aloaka welcoming the paw-fect visitor, five-month-old Bruno, a Kelpie, Cattle, Bull-Arab cross.

Bruno happily lapped up the attention and made sure no one had a ruff-day.

Aloaka's residents helped their young friends from the neighbouring NCC Early Learners make amazing, hungry caterpillars.

We wonder what was on the menu for morning tea... maybe it was one piece of chocolate cake, one ice cream cone, one pickle, one slice of Swiss cheese, one slice of salami, one lollipop, one piece of cherry pie, one sausage, one cupcake and one slice of watermelon?

Ahead of Halloween, the residents at Aloaka kept their fingers nimble by making some yarn ghosts.

Once a month, the residents at Aloaka host a special morning tea for their friends at Anglicare Kilcoy. With the kitchen putting together a delicious spread, it's no wonder they keep coming back!



The men at Bowder celebrated Father's Day with a Gentleman's Club Day, complete with gift bags, crazy socks, deodorant, chips and beer!

Broadway came to Bowder Lodge when new volunteer, Eliza visited residents and stole the show by singing a number of classic tunes.

A bus trip to Lake McDonald at Cooroy proved a big hit for Bowder's residents and the native wildlife with a number of inquisitive kookaburras joining residents for afternoon tea.

Bowder team members and residents celebrated National Fall Prevention Awareness Week by wearing yellow.

In addition to raising awareness, the aim of the week is to get active and improve balance for fall prevention.

Bowder residents hosted a special morning tea to farewell friend and favourite Jan Moore.

Jan is relocating to Brisbane to be closer to her daughter.

Cheers to Happy Hour at Bowder!

Board games and beers... It looks like the perfect afternoon.

Bowder's residents always enjoy adventuring to the iconic Ginger Factory at Yandina.

International Talk Like a Pirate Day certainly captured the attention of Bowder's residents.

What's your pirate name?

Use the FIRST initial from your first name.

- A=Captain*
- B=Dirty*
- C=Squidlips*
- D=Fish Face*
- E=Buccaneer*
- F=Two Toes*
- G=Sharkbait*
- H=Old*
- I=Peg Leg*
- J=Fluffbucket*
- K=Scallywag*
- L=Bucko*
- M=Dead Man*
- N=Matey*
- O=Jolly*
- P=Stinky*
- Q=Stubby*
- R=Jolly Roger*
- S=Mad*
- T=Rascal*
- U=Lady*
- V=Brethern*
- W=Rapscallion*
- X=Landlubber*
- Y=Miss*
- Z=Freebooter*

Use the FIRST initial from your last name.

- A=From the West*
- B=Byrd*
- C=Jackson*
- D=Sparrow*
- E=Of the Coast*
- F=Jones*
- G=Ned Head*
- H=Bart*
- I=O' Fish*
- J=Kidd*
- K=O' Malley*
- L=Barnacle*
- M=Lobster Legs*
- N=Hornswaggle*
- O=McStinky*
- P=Swashbuckler*
- Q=Sea Wolf*
- R=Beard*
- S=Chumbucket*
- T=Rivers*
- U=Morgan*
- V=McStubby*
- W=Three Gates*
- X=Bailey*
- Y=Of Atlantis*
- Z=Of Dark Water*



Congratulations to Coolum resident, John Dinon and his family and friends who raised more than \$30,000 for Motor Neurone Disease at the Walk to D-Feet MND on the Sunshine Coast.

The 86-year-old was told he had only three years to live in the 1990s, but has defied the odds and refuses to let his condition stop him from living life to the full.

Happy birthday Bertha!

The Coolum residents who still recites poetry and sings songs daily, recently celebrated her 98th birthday.

It's fair to say Coolum's residents dance to the beat of their own drum!

Shirley's 18-month-old granddaughter, Evie was the guest of honour at Coolum, much to the delight of residents.

Balloon tennis morphed into a make-shift game of balloon cricket at Coolum, with team member Viv helping Olive with her cut-shot.

Coolum residents joined their friends at Palmwoods for a delicious morning tea and an unforgettable concert courtesy of the Little Village Choir.

Congratulations to Coolum resident, David Nuttall who won the Father's Day raffle.

Residents celebrated Father's Day with a fabulous (and delicious) low-key lunch in the sunshine.

Trading places!

Resident Bev Noonan swapped places with Coolum cook, Viv to show him how waiting on tables is really done!

Dinner and a show!



CARE CENTRES

# Palmwoods Garden Village



A belated happy Father's Day to Palmwoods' dads.

Residents celebrated with a wonderful morning tea with family and friends before being entertained by the Maroochy River Country Music Club.

An overload of choices...

Entertainment at Palmwoods this month has included the Palmwoods Singing Group, The Edgewater Singers and Anthea's Belly Dancing Group.

*Palmwoods still like that old time rock 'n' roll...*

*That kind of music just soothes the soul...*

*Residents reminisce about the days of old...*

*With that old time rock 'n' roll.*

Thank you, Totally Charlie for the amazing show. Residents made table decorations and enjoyed hot-dogs and ice cream sodas during the concert.





CARE CENTRES

# Rod Voller

Rod Voller residents had a delightful morning at Nambour RSL.

Over cake and coffee, the residents swapped stories about the men and women who have fought for our country.

Coastal Clowns had Rod Voller residents laughing with their silly pranks, puppet show and magic tricks.

Jocelyn and Diana loved being part of the show by singing It's a long way to Tipperary.

It was picture perfect when Rod Voller's residents visited The Edge at Montville to take in the spectacular views and enjoy morning tea.

Rod Voller residents celebrated Teej in mid-September with tikka masala, lentil dahl and fragrant basmati rice.

Teej, literally meaning the "third" denoting the third day after the new moon when the monsoon begins as per the Hindu calendar. The festival is celebrated primarily by women and includes a number of customs and rituals.

The residents and team at Rod Voller were delighted to receive an invitation from Little Village Choir for lunch and a show at Palmwoods Garden Village.

Partaking in the weird and the wonderful is standard at Rod Voller.

A weird and wacky 24 hours included Mad Hatter morning walks, an Alice in Wonderland afternoon movie and a Mad Hatter Happy Hour Tea Party.



CARE CENTRES

# James Grimes

Happy Father's Day from everyone at James Grimes Care Centre!

The dads were centre of attention at a celebration which included music by The Sidekicks (Joan and Val), a delicious outdoor BBQ lunch and a gift bag choc-full of goodies.

A big thank you to the Sunshine Coast Antique Car Club for visiting James Grimes Care Centre.

The visit was an opportunity to catch-up with old friends and witness some beautiful cars.

The weather is warming up, which means it's the perfect climate for a mid-morning adventure at Muller Park. The residents from James Grimes definitely had fun.

Carpet bowls with a twist!

In the lead-up to the AFL grand final, it was the Magpies v Lions on the James Grimes bowling green.

The team at James Grimes helped raise the profile of National Fall Prevention Awareness Week via a range of activities, including a fashion parade inspired by the colour 'yellow' a visit from a T-Rex and a variety of games. With eyes closed, residents had to scoop cotton balls into a pan!

Oktoberfest at James Grimes included steins, bratwurst, pretzels and a delicious Black Forrest cake!

Prost!

Diane and her therapy dog, Angel are regular visitors to James Grimes and Bowder, however, a recent visit was extra special.

A new resident called Diane and Angel into his room after catching a glimpse of the pair in the hallway. The resident, a former dog breeder, likened the visit to a miracle.

