

# this is your time.

PALM LAKE RESORT SUMMER 2021-22

## SUMMER LOVIN'

Find your seaside delight at one of our popular coastal locations. Maybe Palm Lake Resort Bargara, Forster Lakes or one of our Sunshine Coast resorts is calling your name?

Our Coach of the Year is in a field of his own

Pelican Waters Golf Club pro Grant Field has just received a prestigious industry award.

Palm Springs comes to Pelican Waters

New Palm Lake Resort Pelican Waters branding has been unveiled ahead of the masterplan and luxe home designs.

Bigger, even better Bargara

Our resort extension is looking great, with another Country Club just unveiled.





# WELCOME

**THE PALM LAKE GROUP** has so much to be excited about right now. As we emerge from the depths of the global pandemic and border restrictions ease off, it's time for families to be reunited as well as our staff and management across three states. 'People' are at the core of what we do and, as we approach the festive season, there's no better time of the year to reflect on what 2021 has given our people. While COVID had our homeowners' lives altered, our staff ensured these residents were cared for in the best ways possible. We provided for them both physically and emotionally, and our resorts remained safe and secure havens – as they always have been.

2021 also saw a significant expansion of our head office team as we sought out the right people to fill new managerial roles to ensure our company remains ahead of the game. Out in the field, our construction teams and site supervisors continue to work amazingly in these currently trying times for our industry. There's a distinct lack of qualified tradespeople around at the moment and while we have all the required materials pre-ordered and stockpiled for our projects, finding tradies on the ground continues to be challenging. I do have to thank our site crews for the effort they put in to bringing project timeframes back into line, if there have been hiccups along the way. Our company is always looking for staff across a wide variety of roles – from construction to resort staff to aged care. In fact, there's a big caregiver employment drive going on across our Palm Lake Care locations right now. If you know a tradie or caregiver who is looking for work, make sure you send them our way.

From a development perspective, we are wrapping up very successful projects at Caloundra, Beachmere Bay and Toowoomba, with only a handful of homes remaining across those three award-winning resorts. We are also watching with glee as the first wave of homeowners unpack their suitcases at Palm Lake Resort Forster Lakes, breathing life into this impressive site. With homes popping up there, our focus shifts to completing facilities. The slab for the Country Club is down and

frames are going up, while progress continues to be made on the revetment wall along the Boomerang Cove marina precinct. We are also in the final planning stages for some beautiful three-storey apartment blocks overlooking this marina – Palm Lake Group founder/director Walter even has his eye on a penthouse there!

With 2022 approaching, all eyes are on our Pelican Waters project. A distinctive and premier address in the Palm Lake Group stable, this site has taken some \$55 million worth of civils works just to get it off the ground, but we know it'll be one knock-out address for the lucky residents of the 321 opulent homes (some waterfront and/or golf course access) earmarked for this resort. With our Greg Norman-designed golf course and Pelican Waters Hotel as neighbours, Palm Lake Resort Pelican Waters homeowners will be blessed with everything they need, for the ultimate in lifestyle, right on their doorsteps.

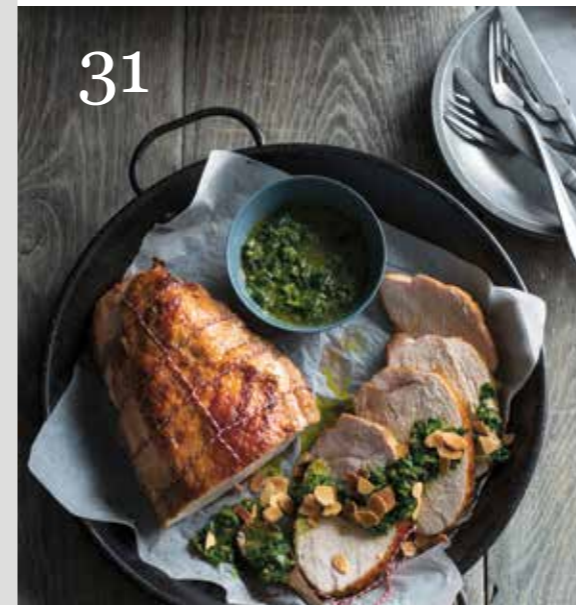
**“With more than four decades of history in developing community lifestyle resorts and aged caring communities, we can't wait to see what our 45th year in business will deliver.”**

Thank you again for your ongoing support of our family-owned company. With more than four decades of history in developing community lifestyle resorts and aged caring communities, we can't wait to see what our 45th year in business will deliver. I wish all our families a safe and happy Christmas and good fortune for the New Year.

Enjoy the read,

**Scott Elliott,**  
Palm Lake Group Managing Director

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Pelican Waters

# GOT GAME

A new era in over-50s resort-style living is literally coming up out of the ground at Palm Lake Resort Pelican Waters right now (pictured), with 2022 heralding a bold and very exciting new direction for the Palm Lake Group - and golf enthusiasts across the country are rejoicing! Turn over for more...

## The summer of 2021-22 heralds an exciting chapter in Palm Lake Group's history book with Palm Lake Resort Pelican Waters sales finally getting underway.

**IF YOU'VE LONGED** for a Californian/Palm Springs holiday in the sunshine, you can live that dream every day at Palm Lake Resort Pelican Waters. Palm Lake Group's premiere over-50s community lifestyle resort, Palm Lake Resort Pelican Waters is currently under construction right alongside our Greg Norman-designed Pelican Waters Golf Course. In fact, the Palm Lake Resort Pelican Waters project is really hotting up, with final artist impressions of our opulent community facilities as well as home designs and floorplans to be unveiled early in the New Year. The Palm Springs energy is clear. Textured stone cladding will contrast with clean white lines and the odd pop of strategically placed colour. Mature palm trees meet desert cacti. Patterned breezeblocks add another level of depth and texture to the palette. These community facilities will be places where busy social calendars collide with ultimate relaxation - where residents and their guests are equally at home enjoying a quiet cocktail on the pool deck in the sun, or a big group celebratory dinner peppered with belly laughs and fun.

With 28 resort addresses across three states of Australia, six aged caring communities and 44 years' experience in developing lifestyle communities, there is no comparison to Palm Lake Resort Pelican Waters - it is unquestionably Palm Lake Group's most opulent and luxurious resort project ever. Palm Lake Group Managing Director Scott Elliott labelled the development a "game changer".

"We up the ante with every new resort we develop and Palm Lake Resort Pelican Waters will be something that Australia's over-50s population has never before seen," Scott says.

Before the project even commences, Palm Lake Resort Pelican Waters is leaps and bounds ahead of the competition with thanks to its remarkable location. The resort masterplan was designed to take advantage of both the Sunshine Coast's impressive natural environment and wildlife-filled waterways, as well as the Greg Norman-designed golf course that hugs the resort's eastern boundary.

Among the 321 custom-designed homes proposed for this community (in two distinct residential enclaves), 60 will be waterfront, 44 will be golf front and eight of the waterfront homes will also back onto the golf course. All will enjoy those world-class facilities that the Palm Lake Resort brand is renowned for. This includes an impressive lakefront community 'hub', offering social, sporting and wellness facilities.

From a social perspective, **The Springs Country Club** will feature a main lounge and dining area, luxury movie cinema and an outdoor pool, cantilevered over the adjacent waterway (complete with pool bar, no less).

For those more active residents, the **Eldorado Sports Club** will be central between a championship eight-rink undercover lawn bowls green on one side, with tennis and pickleball courts on the other. The clubhouse itself will house a golf simulator room, bar and lounge options.

To round out the facilities, the **Mirador Wellness Centre** will support residents' wellness via an exclusive Milon gymnasium, yoga and Pilates studio, salt therapy room, sauna, indoor heated pool, library, craft room and more.

Of course, the Palm Lake Resort Pelican Waters home designs will have homeowners feeling like they are living a holiday every day. One- and two-storey, three-bedroom homes (the two-storey designs even come with a lift) mix opulent details with functionality. The low maintenance nature of these abodes allow their owners the scope to travel at a moment's notice - or simply spend their days enjoying the golf course. Every home will come with the option of a free premium golf car as well as an extended garage to house their golfing wheels, as part of the purchase. Golf buggy parking and cart paths/access will be available all throughout the resort grounds.

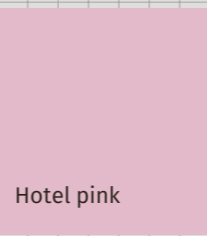
Palm Lake Resort Pelican Waters is one element of a greater total luxury precinct emerging here at Pelican Waters. As well as the over-50s resort and Greg-Norman designed Pelican Waters Golf Course, there's a dramatic upgrade of the golf clubhouse underway right now that will see a hotel-style facility available to the wider local community - Pelican Waters Hotel. 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 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.

Palm Lake Group's GM of Development, Suzanne Jensen, says the redeveloped golf course will be ready for play in early 2022 with Pelican Waters Hotel expected to be complete in mid-2022. It is expected that Palm Lake Resort Pelican Waters will welcome its first residents early in 2023.

Ahead of the exciting release of Palm Lake Resort Pelican Waters artist impressions and floor plans early next year, the resort's new logo has been unveiled (pictured top right), along with a moodboard of resort architecture, materials and textures, landscaping and more. To whet your appetite for what is to come in 2022, check out Page 7. For more info on Palm Lake Resort Pelican Waters, freecall 1800 490 626.

### Colour palette

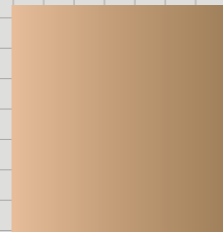
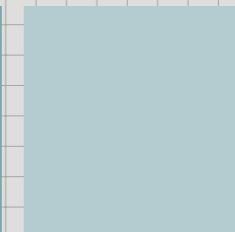
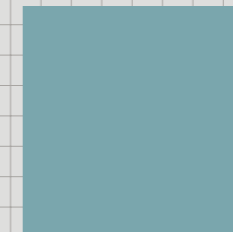
Think neutral tones, lush palm tree greens, pool blues and muted pop colours.



Hotel pink



Mustang yellow



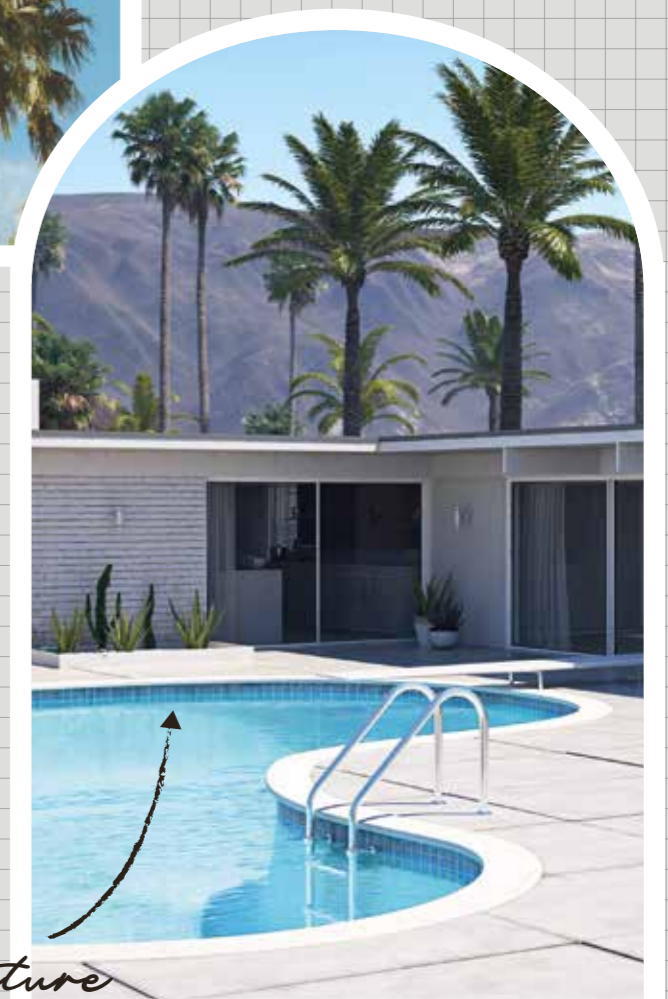
### New logo



### The great outdoors

Tall palm trees, yuccas and Bismarckia will combine with neutral gravel and large feature rocks. Natural stone feature walls and neutral render contrasts with vertical timber battens/cladding and brushed bronze hardware and signage.

### Arches



### Modern take on classic Palm Springs architecture



## DEVELOPMENT UPDATE

**THE LIST OF** Palm Lake Group construction projects is an ever-evolving one that definitely keeps us all on our toes. Firstly, with only a handful of homes to sell, we are seeing construction wrap up at Beachmere Bay, Caloundra Cay and Toowoomba. Our development teams should be out of those locations in the first half of 2022.

At Bargara, we've been proud to unveil the new Horizons Country Club for our 131-home resort extension. Civils are about to wrap up and it's full steam ahead into building homes there. In fact, our first homeowners (in the extension) will be unpacking their belongings in early December.

Down at Forster Lakes, our Precinct 1 civils (Stages 1-5) are now complete. The Country Club there is due for completion in mid-2022 with the eight-rink bowls green construction to then get underway. Boomerang Cove bulk earthworks and the marina revetment and retaining walls are all underway, with a view to having that work wrapped up by Easter 2022. We also have approvals in place, and plans underway, for three-storey waterfront apartment buildings at this resort's marina, which is very exciting. More details of that project will come in 2022.

At Willow Lodge, our extension and renovation of the clubhouse had stalled due to COVID and the lack of availability of tradespeople and materials, but Glen Aylett and Matt Dawes are doing great work to bring that project back on. In fact, our entire development and construction team, across the east coast of Australia, has fared extremely well under challenging circumstances throughout 2021. We are so grateful to have such an amazing team at Palm Lake Works.

Finally, over at Pelican Waters, earthworks and revetment walls should be complete by Easter 2022 with internal resort road works to commence mid 2022. Home designs are near complete, ready for their launch in early 2022. The golf clubhouse renovation project is also due for completion June with construction of the golf driving range facility to start around the same time. The golf course renovation is looking amazing with returfing now underway, before our greens-keeping team start on their final finessing of the surface, ready for play mid next year. This is an extremely exciting project, expecting to take Palm Lake Resort to a whole new level of elite resort living. To read more about what's on the drawing board for our planning team, see Page 22. There's no doubt 2022 is going to offer another exciting year of development for Palm Lake Group.

**Suzanne Jensen**  
General Manager, Development



## PALM LAKE PEOPLE

**DURING THE PEAK** of COVID and even now as the pandemic lingers, our priority has always been to look after our homeowners and I have to commend our amazing team on the huge effort they've put in over the past 18 months, in this regard.

As a company, we have provided home-delivered meal options and online activities where practicable, providing masks and hand sanitiser for each home, offering bus runs to take advantage of the seniors' shopping hour that some supermarkets offered, as well as putting on our own nurse to visit our Queensland properties. But it was the personal effort put in by our local teams that needs to be highlighted and commended. They worked extra hard to look after their residents during this time, particularly those residents who were most vulnerable. They went above and beyond to provide that all-important emotional support to our homeowners, making our resorts some of the safest and most supportive places to be during such a challenging time for the world.

As we start to move forward, we are faced with new challenges. However, we also see new opportunities to create even greater customer experiences. As well as all those exciting construction and development projects on the drawing board, the coming year will see us rise to those challenges by revisiting our company purpose and celebrating our sustainability and our outstanding communities. We continue to invest in upgrading our systems and infrastructure, and of course our company's most valuable resource - our people. Our head office team has grown significantly over the past 12-18 months to ensure we have the capacity to sustain our rapid growth and to make certain we continue to manage our compliance and legislative obligations. We are always on the lookout for talented people to join our team, so please drop us a line if you would like to know more.

**Amanda Clements**  
Executive Manager, People & Operations



# FIELD OF HIS OWN

Pelican Waters Golf Club's Grant Field has been named Coach of the Year (High Performance) at the recent Queensland Golf Industry Awards.

**GUIDING CAMERON SMITH** and Louis Dobbelaar to become Australia's highest-ranked male professional and amateur golfers respectively saw Pelican Waters Golf Club's Grant Field take out the coveted 'Coach of the Year' award in front of more than 350 guests at a glittering awards night at The Star on the Gold Coast. Grant says he's "extremely honoured" by the gong, showering his players, team and family with gratitude.

"A big thank you to all the players I get to spend time with on a daily basis who help me continue to improve as a coach," Grant says. "You guys constantly drive me to be better, and for that I am hugely grateful."

He also thanked Pelican Waters Golf Club for their support.

"I love being a part of such a wonderful club and I look forward to what the future holds," he says. "I am very fortunate to be part of such wonderful organisations that do their absolute best to provide opportunity for young aspiring golfers."

Since the start of 2020, Grant's protégé, Cameron, has climbed from outside the top 50 in the Official World Golf Rankings to now be at a career-high of 21st and on the verge of breaking into the Top 20 in the world. His breakthrough individual PGA Tour title at the Sony Open was the start of an impressive run for Smith who was runner-up at the 2020 Masters, won the Zurich Classic alongside Marc Leishman and represented Australia at the Tokyo Olympics.

In the time of COVID where travel has been difficult, Cameron says it is Grant's communication and strong foundation that has enabled them to continue to find success despite being unable to work together in person.

"It's pretty weird not being able to see him face to face but we've done a pretty good job of staying on top of things with video and FaceTime," says Cameron. "Before I came out on tour we had a pretty good idea of what worked and what didn't and we just kept getting better 1 per cent at a time."



Colorbond roof with Anticon blanket, for supreme noise and thermal insulation.

Solar system, to help keep the utilities costs down

Termite-resistant structural timbers

Acrylic sectional automatic garage door, with remotes

Designer fencing and side gate

Double garage with epoxy flooring

\*Home designs and inclusions differ across locations. Check your local Sales Centre for a full list of inclusions in our homes nearest you.

Fully landscaped gardens, including a letterbox

Designer front doors, for the ultimate welcome home

Pictured: Palm Lake Resort Forster Lakes' two-bedroom 'Sarasota' home design. Turn over for more fab Forster Lakes abodes...

Forster Lakes

# ANATOMY OF A PALM LAKE HOME

Besides the obvious luxury and architectural design, there are many award-winning elements that feature in our coveted homes at Forster Lakes, and in Palm Lake Resort homes all over the country for that matter\*.



Forster Lakes

# PREMIUM HOMES, PREMIUM UPGRADES

Not only do you get an amazing natural location at Palm Lake Resort Forster Lakes, the waterfront homes come complete with some impressive upgrades.

**LOOKING FOR A** premium over-50s lifestyle, in a premium location? Not only do you get that, at Palm Lake Resort Forster Lakes, but the resort's two-storey homes with water views are bursting with additional premium inclusions to really seal the deal.

These homes are the types of luxury abodes that really command attention. With first-floor balconies to capture the water views and seabreeze, impressive master suites, an internal elevator and loads of living space, your dream home really does await you, alongside Wallis Lake.

Check out the range of Premium Upgrade features available with waterfront home designs including the Malabar and Carabelle (see floor plans, Page 13):

#### Home Automation Pack

- Entire home lighting automation, including automation of on/off commands to the ceiling fans. The system will connect and be controlled by the home's "Airtouch4" via residents' smart devices (app and voice controlled).
- Voice control. Two "Echo Dots" are included, installed in the master bedroom and the living area.
- Sound. "Sonos Move" system with voice control. Homeowners will also receive a one-hour training session, with our expert installer, at handover, to ensure they are fully across the system and have all the relevant apps installed on their smart devices. Our installer will also set the lighting scenes. There's an additional return visit at the 90-day mark, to provide an additional hour of training, if the homeowner requires it.

#### Stone upgrade (full range will be available):

- Kitchen (including splashback)
- Bathroom/ensuite
- Laundry
- Study nook (if applicable)

#### Upgraded floor coverings

- Tiles (full range available)
- Vinyl (excluding wet areas)
- Carpet

#### Window coverings

- Shutters installed throughout.



**Pictured above:** Carabelle's ground floor (left) and first floor (right). **Below:** Our two-storey Malabar. \*Artist impressions only. Subject to change without notice.



## STAY A NIGHT, ON US!

Many of the sales enquiries we receive about homes at our newest resorts, including Palm Lake Resort Forster Lakes, come from people in distant locations right around Australia. Did you know that if you are coming to tour one of our new locations from out of its local area, you can freecall the Sales Information Centre to arrange your resort inspection and a complimentary night's accommodation - on us!

This offer is subject to availability and conditions apply, but there's never been a better excuse to indulge in a stopover to properly inspect our world-class facilities and welcoming homes, as well as our resorts' fantastic local areas. If you're interested in our Forster Lakes resort, Freecall 1800 577 542 to claim your free night's accommodation (T&Cs apply).



Robyn Calvert  
Forster Lakes

# BIG BLUE BOWS



John & Barbara Hay  
Toowoomba

You know what it means when you see 'big blue bows' across any Palm Lake Resort? Big smiles for our newest resort neighbours who are embarking on a new chapter in their lives.

**IF THERE'S A** photo we never tire of seeing here at Palm Lake Resort HQ, it's a 'big blue bow' photo. Across the Palm Lake Group, big blue bows are not just oversized ribbons adorning designer front doors for any old photo opportunity. For those lucky enough to be photographed standing in front of a BBB, these strips of carefully folded and constructed fabric are the physical representation of the start of a new chapter in someone's life. An exciting new lifestyle. And the opportunity to meet a bunch of new and likeminded friends. They symbolise a welcome into a warm and welcoming community. Palm Lake Resort Ballina resident Rhonda Rawson summed it up perfectly.

"The residents here are more than neighbours - they are our friends," Rhonda says. "We all have a mutual respect for each other's privacy. We are united in our support of one another's welfare and have a strong social grouping. We can't imagine living anywhere else!"

Big blue bows are currently going up all over our group of locations, especially at Palm Lake Resort Forster Lakes, as that newest community really starts to take shape. At Palm Lake Resort Toowoomba, Beachmere Bay and Caloundra Cay, big blue bows are being found on the doors of our luckiest new residents - those who've scored themselves a brand new home just before each of these stellar resorts is officially completed and marked 'SOLD OUT'.

To get yourself in one of these 'big blue bow' photos, head to our website to see which Palm Lake Resort location grabs your attention. We can't wait to see you at your new front door.



Steve & Janette Morris  
Foster Lakes



Roslyn Martin  
Toowoomba

Forster Lakes

# CUP CAPERS

The race that stops a nation annually on the first Tuesday in November also stopped Palm Lake Resort Forster Lakes this year - and for good reason. It was the resort's first official homeowner party - no doubt, with many more to follow!







Bargara

# BIG PARKS EVERYWHERE

Palm Lake Resort Bargara's extension is coming together at a cracking pace with around 60 of the 130 home sites offering the resort's most popular RV garage designs.

**AS PALM LAKE RESORT** Bargara Sales Manager Sandy Martin explains, these oversized RV garages are not just for storing caravans – they are proving to be more of a blank canvas allowing lucky homeowners the chance to create the exact over-50s lifestyle they desire.

"A big portion of our homeowners do buy these RV garage homes for storing their recreational vehicles but what is interesting is that there's another type of homeowner who seeks out these designs with other 'recreational' ideas in mind," Sandy explains.

Among the residents with RV garages who already call Palm Lake Resort Bargara home, Sandy says she's seen

these spaces converted into art studios and galleries for displaying large collections. People have also used them as an extension of their day-to-day living area by adding carpet and air conditioning, converting them in-to a large rumpus room or media room or a home office.

"We've had homeowners who have turned their study into a third bedroom and then turned their RV garage into a spacious study," Sandy says. "And as these RV garages offer extra height as well as extra length, we've also seen a popular trend where homeowners add a mezzanine level for extra storage space."

And, of course, they can simply be garages filled with all those toys that make the retirement years so rewarding. While caravans and motorhomes are what these RV garages were initially designed for, homeowners are utilising the space to securely store their trailer boat or even a collectible car.

What is for sure is that these RV homes are what will define Palm Lake Resort Bargara's extension. Big luxury homes, with big features and big opportunity to tailor an abode to suit every over-50s lifestyle.

Bargara

# NEW HORIZONS

Palm Lake Resort Bargara now offers THREE Country Clubs, with the opening of Horizons Country Club as this magazine went to print. Among other world-class features, it's home to Palm Lake Group's largest tenpin bowling alley, Kingpins. A real knock out!



# JOIN THE CLUB

Our multi-million-dollar resort Country Clubs are magnets for social, sporting and cultural pursuits, as well as peak relaxation. They're built to the highest standard, industry awarded and are the perfect extension of your Palm Lake Resort home. Come take a walk through some of our best...

## Caloundra Cay



2020  
MASTER BUILDERS AWARDS  
WINNER

**COCKTAILS BY THE** swim-up pool bar, warm conversation by the sunken fire pit, lush tropical gardens and the rich trimmings of colonial grandeur may sound like a Caribbean holiday, but it's actually another visionary design from Palm Lake Resort for Caloundra Cay. But this is not the tropical experience you might expect. Our design team spent months researching and defining just the right influences for this resort. Instead of mainstream Balinese and Asian influences available in any trendy furnishings store, the team looked further afield for unique inspiration – all the way to the cool Caribbean. Think bold mixes of colonial plantation styling, British imperialism and island trimmings. This is Hemingway meets Ralph Lauren and India Hicks. Hemingway's Country Club is the social hub of this resort community. It's a Mecca for activity and island-style relaxation – basically all the things that make the retirement years so rich and rewarding.

Hemingway's Country Club opened in May 2019 and won a Master Builders' Association Award in 2020.

- Swim-up pool bar
- Outdoor swimming pool
- Heated indoor pool
- Sauna
- Outdoor and indoor spa
- Eight rink undercover bowling green
- Tenpin bowling
- Tennis & pickleball
- Putt putt and chip & putt
- Outdoor firepit
- Milon gym
- Luxury movie theatre
- Library
- Billiards room
- Large bar area
- Grand piano
- Coffee lounge
- Arts and craft room
- Music room
- Woodwork centre
- Virtual golf simulator
- Dance floor
- Commercial kitchen

## Beachmere Bay



**PRIDE OF PLACE** within Palm Lake Resort Beachmere Bay sits the world-class Hampton's Country Club. It is the undisputed centrepiece of this community, where residents can mingle while indulging in the delights that The Hampton's has to offer. A cheeky poolside cocktail never goes astray and a Saturday night is never dull when your resort Country Club has its own luxury cinema and tenpin bowling alley. Maybe challenge your neighbours to a friendly game of darts, billiards or tennis, and catch up in the bar afterwards? A relatively new addition to this resort, the Westhampton Sports Club attracts sports fanatics but equally those residents who like a casual game and/or might be entertaining visitors. The precinct offers a championship undercover eight-rink lawn bowls green, the Seabreeze Mini Golf course, golf simulator, tennis courts and pickleball courts, in addition to the adjacent nine-hole Shorehaven Golf Course, and associated Pro Shop, that already draws a crowd.

- Nine-hole golf course
- Four-hole golf course
- Mini golf
- Virtual golf simulator
- Eight rink undercover bowling green
- Heated indoor pool
- Outdoor swimming pool
- Two spas
- Tenpin bowling
- Tennis and pickleball
- Table tennis and darts
- Billiards room
- Milon gym
- Luxury movie theatre
- Library
- Two bar areas
- Grand piano
- Four barbecue areas
- Coffee and tea
- Commercial kitchen
- Vegetable garden
- Arts and craft room
- Music room
- Dance floor
- Dog run
- Fully equipped workshop
- Caravan parking
- Wash bay
- Resort buses
- Waterfront Beach House

## Bargara



**THREE'S A CHARM** when it comes to Palm Lake Resort Bargara. This tropical location, on the Queensland coast east of Bundaberg, offers not one but three Country Clubs across its total footprint. Up until just last month, Palm Lake Resort Bargara's two world-class Country Clubs (Ocean Breeze and Sea Breeze) have been community hubs bubbling away with creativity, friendship and laughter. These facilities have always been perfect for Sunday drinks, an afternoon of lawn bowls, a game of darts or some quiet time to dedicate to your latest artistic creation – basically all your leisure, pleasure and fun.

At the end of November, however, a third Country Club was added to the mix, to support the resort's major current expansion (130 new homes are being added as we speak). Horizons Country Club boasts Palm Lake Group's biggest tenpin bowling facility – a four-lane bowling haven that has homeowners and their visiting friends and family delighted. As part of the current resort works, the existing Ocean Breeze Country Club has had a makeover, with the refurbishment offering new carpet, new paint and new furniture throughout. It's like a whole new venue!

- Outdoor swimming pools
- Luxury movie theatre
- Fully equipped gym
- Billiard tables
- Darts
- Licensed bar
- Barbecue areas
- Lap pool
- Art and craft room with pottery kiln
- Woodwork workshop
- Library
- Dance floor and stage
- Elegant dining rooms
- Computer room
- Piano
- Community garden
- Off leash dog areas
- Caravan/car wash bay
- Three resort buses

Continued on Page 20 >>

>> Continued from Page 19

# Forster Lakes



\*Artist impression only

**PALM LAKE RESORT** Forster Lakes homeowners are already rejoicing over their luxury homes and the warm community that is starting to form at this brand new site. However, it'll be an even bigger party when their first Country Club opens in mid-2022, with an eight-rink championship lawn bowls green to soon follow.

From the Belleair Country Club to The Cove Reception Centre on the shores of Wallis Lake, entertainment is never going to be too far away. Enjoy an aperitif at The Oyster Bar before catching a movie at the resort's luxury cinema. Perhaps laze by the pool or challenge yourself to a round of virtual golf, a few sets of tennis, a game of tenpin bowling or a session at the gym? And top the day off with a delicious meal prepared by our resort chefs. That's what you'll expect from Palm Lake Resort Forster Lakes' impressive country clubs.

- Luxury cinema
- Tenpin bowling alley
- Indoor heated swimming pool
- Saunas and spas
- Salt therapy room
- Craft/music room
- Fully equipped workshop
- Virtual golf simulator room
- Milon gymnasium
- Eight-rink undercover lawn bowls green
- Dining rooms
- Commercial kitchens
- Cafe
- Lounge areas
- Barbecue area
- Fire pit
- Library
- Dance floor

# Toowoomba



**PALM LAKE RESORT** Toowoomba residents gain exclusive access to the world-class Pinnacle Country Club and its luxury leisure facilities whilst being treated to sweeping views of the impressive surrounding Toowoomba ranges.

A spectacle of sumptuous design and opulence, this Country Club boasts features such as a championship eight-rink undercover bowling green, infinity-edge swimming pool and tenpin bowling alley. Events here (like the one pictured right, on Page 21) are set on a most delightful backdrop - one of the best views on offer across the Palm Lake Group, in fact.

The Pinnacle Country Club won a Master Builders' Association Award in 2018.

- Heated indoor swimming pool
- Infinity edge outdoor swimming pool
- Eight-rink undercover lawn bowls green
- Stand alone bowls clubhouse
- Tenpin bowling alley
- Tennis courts
- Milon gym
- Luxury cinema
- Woodwork room
- Library
- Billiards room
- Golf simulator
- Grand piano
- Large bar area
- Coffee lounge
- Arts and craft room
- Music room
- Dance floor



# Toowoomba *BLOOMIN' BEAUTY*

Palm Lake Resort Toowoomba was an absolute floral spectacle in September with thanks to the Toowoomba Carnival of Flowers. We also scored a prize for our float in the Grand Parade!



# NEWS IN BRIEF

## On the drawing board

There are many construction projects across the Palm Lake Group taking our focus right now, but for every project under construction, there are another few in the pipeline. Palm Lake Group's General Manager of Development, Suzanne Jensen, let us in on some of the key projects currently on her team's drawing board...

**Paynesville:** A new community is due to start works in 2022 at Paynesville, on Victoria's east coast. This resort will feature 192 ultra-modern homes, purposely designed for the Victorian climate and lifestyle. We are busy finalising house and community facility architectural plans for this project as we speak, with a vision to start site works in 2022.

**Yamba:** Designs are underway for the 78 homes and a two-storey Country Club planned for this boutique development, reflecting the local coastal architecture. This will be the second Palm Lake Resort address in town (situated across the road from our existing resort). Work to commence in 2022.

**Old Bar:** We are in the conceptual/research stage for this project, forming great relationships with the local stakeholders as we consider our options for this greenfield site.



## Your welcome home

**Pictured above:** When you buy a brand new home at one of our latest Palm Lake Resorts, you'll receive a \$20,000 Club Car 'Tempo' model absolutely free. It's a luxury ride, with all the best features to keep you on the course longer. Check out Paul Wright, a new Beachmere Bay homeowner, who has an equally as shiny set of new wheels to match his luxury Hamptons-inspired abode.



## Putt putt and lucky pups!

**Pictured above:** As well as Palm Lake Resort Toowoomba's amazing new mini golf course (that will definitely keep those smallest visiting family members amused this holiday season), the new off-leash dog run also enjoys stellar rural views. Talk about lucky pups!

## Pinnacle of love

Everyone loves a wedding and when it's so close to home, it's even more special. Two of our Palm Lake Resort Toowoomba residents, Tony and Maria, tied the knot at the resort's Pinnacle Country Club at the end of October. Tony is the president of the Residents' Association and Maria is on the Social Committee. They are both long-term Palm Lake Resort homeowners and, funnily enough, their marriage celebrant and wedding photographer were also resort residents! The wedding was held at sunset with those amazing rural views in the background. Everyone at Palm Lake Group wishes Tony and Maria the best for their wonderful future together.

## Come cruising with us

**Pictured below:** Have you heard about our new weekly boat trips for Palm Lake Resort Forster Lakes residents and resort guests? They are proving very popular. Don't miss the boat - book your spot today and enjoy some time on the water in the resort's own pontoon boat, like these guests did. To book your seat and learn more about the lifestyle on offer at Forster Lakes, freecall 1800 577 542.



# PALM LAKE ROLLS INTO TOWN

Some 185 Palm Lake Resort residents rolled into Dalby in September and while it was a huge social event on the calendar, remarkably, there was also a little lawn bowls match played...

**THE SCORES ARE** in for the recent biennial Palm Lake Resort inter-resort bowls competition and we can confirm that (drumroll please...) Bargara AND Beachmere Bay resorts have both come out on top!

Residents from eight different 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 championship from Palm Lake Resorts including Bargara, Beachmere Bay, Beachmere Sands, Cooroy-Noosa, Caloundra Cay, Hervey Bay, Toowoomba and Upper Coomera.

The dual-resort win was thanks to the winning team being made up of a combination of players from two locations - two players 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. "Any resort who wants to take it on organising same is most welcome to do so, however, as far as I am concerned I will happily continue to research country venues and organise another comp to be held in two years' time.

"These comps not only showcase what Palm Lake Resorts are all about to these small towns, but bring together like-minded 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 Costabeber, Stephen Costabeber, John Munting
- Bowled Over Cooroy-Noosa: Tony Toscano, Les Checkley, Vicki Checkley (who came in last place!)



# FOUR-LEGGED FLATMATES

Palm Lake Resorts are proudly pet friendly because we know just how much those four-legged flatmates mean to our homeowners!

**AUSTRALIA HAS ONE** of the highest dog-ownership rates in the world and it's clear to see that our communities of over-50s also follow that trend.

When John and Barb McPherson of Palm Lake Resort Beachmere Bay (pictured below, right) were looking for their dream downsizer, there were only two conditions: it had to have a golf course, and it had to be perfect for their 'fourth child', Ebony. Even before they were married, John and Barb knew Dachshunds would be a big part of their family life – though they couldn't have predicted quite how big. The couples very first 'Daccy' was a wedding present from John to Barb and since then, they've had almost 50.

"Barbara became involved in the Dachshund Club of Queensland, and she and the kids just fell in love with them and started breeding and showing," says John. "Of course, it didn't take me long to fall in love with Daccies, too. They're great dogs. We sat down just a few days ago and worked out how many we've had over the years – counting the two Basset Hounds we owned while we were living on acreage in Upper Mount Gravatt, Ebony is our 50th dog."

The McPhersons admit their fur-child, Ebony, rules the roost. Small (and long) in stature but big in character, she's well-known around Palm Lake Resort Beachmere Bay.

"This really is Ebony's place – we just happen to live here," smiles John. "There are a lot of dogs here, so taking her for a walk is always a social affair. It's not a bad life for our Ebony."

John adds that their home's small backyard is perfect for Ebony to stretch her legs, though you'll usually find her lounging on a bed or chair inside. They enjoy daily walks with her around the golf course, which John says is used as much by dog owners as it is by golfers, and when they're not walking around the resort you'll find them across the road at the beach, watching Ebony chase soldier crabs. In fact, it was while they were walking Ebony along the sand at Beachmere that John and Barb were first introduced to Palm Lake Resort. They had been eager to move out of their Pelican Waters home and, after scouting out different over-50s communities, happened to bump into a man wearing a Palm Lake Resort badge – the rest, as they say, is history.



Over at Palm Lake Resort Cooroy-Noosa, a group of pooch-loving residents recently held a birthday for one of their own (pictured above). Homeowner Michelle wanted to share her furry friend's milestone with his closest four-legged friends and their humans. Throw in some poochy party hats and a party spread of doggie treats and the end result was nothing short of cuteness overload.

Palm Lake Resorts Toowoomba and Bargara have both recently seen the unveiling of new dog runs to support these respective communities of dog-loving homeowners. At Toowoomba, the off-leash dog run sits alongside a new mini golf course, with both facilities enjoying stellar rural views. Lucky pups! At Bargara, the grand opening event attracted a variety of resort hounds, some of which even came in costume to support the festivities.

Palm Lake Resort Willow Lodge residents Gary and Maria Lacey admit that the facilities at their location were "terrific" for dog owners. And in these unprecedented times, owning a dog is a wonderful distraction. As Gary explains, dogs bring likeminded people together because they're a great talking point - and we couldn't agree more.

On any given afternoon, in the majority of our resort locations, there will be a gathering of homeowners letting their pets play together in their resort's off-leash dog run. Or you'll find homeowners and their pets catching up on resort pathways as they walk on by.

Maria says she and Gary actually 'upsized' their house upon moving to Palm Lake Resort, while the 'downsize' came with the smaller, low-maintenance land size. She says it's the perfect combination for the three of them – Delilah, the puggle (pug-crossed-beagle) included.

"Delilah has her friends and they run and play together in the dog run. There are lots of shih tzus, pugs, maltese terriers and the odd corgi here," Maria says. "We love living here. It's been really good for all three of us."

## WHAT THEY SAY...

"We just wanted to say a huge thanks to Palm Lake Resort for this wonderful new off-leash dog facility (at Bargara). You would only have to walk past it any afternoon at about 4pm to see how greatly it has transformed the lives of pets and pet owners alike. Doggie 'Happy Hour' has become something of an institution and it adds such an extra dimension to all our fur babies' lives (not to mention their owners!). Where once their best exercise was a sedate walk on a lead, now they can frolic and chase balls and socialise and be the happy little pack animals they were meant to be. They have grown to be great friends with one another and I know Panashe gets very restless at 4pm each day unless she gets to go and play with her doggie mates. Yesterday we counted 12 dogs and 13 humans at Happy Hour! We watch anxious little dogs become confident and outgoing, and even older dogs rediscover a capacity to play! It is a huge plus and greatly adds to the wellbeing of all who enjoy it. Please accept our thanks and pass our appreciation on to all at Palm Lake Resort involved in providing it for us."

**Heather, Gerry and 'Panashe' Walsh  
Palm Lake Resort Bargara**



**Pictured above:** The recent opening of Palm Lake Resort Bargara's new off-leash dog run.

# COASTAL COOL

It's dominated interior design for years now – and been embraced at many a Palm Lake Resort location – but what exactly is it that makes 'coastal style' so cool? Ashley Reed, interior designer from Studio Collective, explains.

**LIGHT, BRIGHT AND** natural are three words that sum up coastal interior design perfectly. With a focus on indoor/outdoor living, the design style is all about embracing the temperate climates of the seaside locations it evokes. But you don't need to live in Malibu, Mexico or even Noosa to achieve the coastal look.

"Natural textures and light colours are key for anyone trying to master this style," says Studio Collective's Ashley Reed (a design consultant on many of our most recent Palm Lake Group projects). "Opt for textiles made from jute or linen and choose furniture that has a white wash or weathered timber finish."

For colours, it's (perhaps unsurprisingly) all about white and beige, but don't shy away from the odd cool blue hue here and there. Ashley also suggests sourcing some fresh greenery – whether it's in the form of large plant pots or flowers in vases – to achieve that 'outside inside' feel. "Greenery is an affordable way to easily create a sense of freshness, as are your soft furnishings," says Ashley. "Introducing cushions in lighter, brighter colours is a great, easy trick."

For key furniture pieces, Ashley says it's definitely worth investing here. She suggests a comfortable statement sofa or dining table to really bring together your cosy, coastal oasis. You could also get crafty and give that old chest of drawers a wash with white paint, to give it a new lease on life! "Wherever possible, opt for blonde timbers and lots of

panelling to bring in more natural texture," explains Ashley. "This could be on the floors and walls if you are doing a larger renovation, or in the form of a coffee table and bedside tables, bookshelves and chairs if you're making smaller changes."

Décor is the cherry on top for any interior design style because the devil really is in the details. Ashley recommends layering your décor through books, trinkets and sculptures, while incorporating natural elements you have collected. "Don't be afraid to showcase your shell collection or hang pieces of driftwood you find on the beach," says Ashley. "This will give your space an immediate coastal look while also feeling homely and personal."

Looking for inspiration? Ashley's professional recommendation is to hit the beach – and we certainly won't argue with that!

"You will find endless inspiration in your favourite seaside town, so comb through their boutique cafes and home-ware stores as well as the beach itself," says Ashley. "And, as always, magazines and Pinterest are both great places to source inspiration."

You could also pay a visit to one of our coastal-inspired Palm Lake Resorts at Cooroy-Noosa, Caloundra Cay, Beachmere Bay, Bargara or even Forster Lakes, for example. To turn your visit into a thorough research mission, you can even stay a night, on us, in selected locations (T&Cs apply).



**Pictured:** Hamptons-inspired coastal display homes at Palm Lake Resort Beachmere Bay.



1



2



3



4

1. Pillow Talk planters, from \$39.95, [pillowtalk.com.au](http://pillowtalk.com.au)
2. 1825 Interiors chair, \$169, [1825interiors.com.au](http://1825interiors.com.au)
3. Darren Palmer seashell sculpture, \$69.95, [myer.com.au](http://myer.com.au)
4. Freedom Cancun buffet, \$1699, [freedom.com.au](http://freedom.com.au)

lifestyle



Pictured: This Palm Lake Resort Toowoomba display offers a visual feast inside and out!

# VISUAL FEAST

We've spent so much time separated from our friends and family over the past two years, be it by distance, border closures or both. This festive season, it's never been more important to eat, drink and be merry with your loved ones – and for goodness sake, use the good china.

**THERE IS A LOT** to celebrate this summer. There's the usual Christmas and New Year's festivities, of course, but also the fact that for the first time in almost two years we can finally feel the return of some normalcy. What better reason to throw open your front door and welcome in your loved ones for a feast? Your Palm Lake Resort home provides the perfect setting for your next family lunch, gathering of neighbours, or a more intimate dinner party – you just need to know a few simple tips to prepare your table setting.

## Invest in the staples

No one has the space to store several dinner sets, but that doesn't mean you need to settle for an identical table setting every time you host. The key to ensuring your

table setting looks terrific, never tired, is investing in the staples. A versatile crockery set in a neutral hue is always a safe bet, but lovers of colour can go for something more decorative – you just need to ensure it can pair easily with different tablecloths, napkins or serveware. A decorative royal blue and white china set, for example, can go with white, blue, warm-toned or even a multicoloured floral table setting (if you're bold). Most of your larger bowls and platters should also match your chosen dinner set, and your cutlery and glassware should be timeless and versatile as well. As you shop, try to visualise how these party favourites will make your signature dishes look; choose pieces that will make the food you have lovingly (and tirelessly) prepared look even better. In short, think of the bulky items that take up the most storage space as your foundation – you can add your creative flair from there.

## Rotate the decor

Now for the fun part! The easiest and most affordable way to create a beautiful and exciting table setting, time after time after time, is to rotate the décor. By décor, we mean everything from tablecloths to salad servers and even fresh elements like garnishes and flowers. The world really is your oyster! As a start, you'll want two types of tablecloth – one plain, one printed – and a set of napkins and placemats to match each of them. If you're being really clever, try to choose options that can be mixed and matched for endless combinations; maybe your printed tablecloth is a subtle stripe in the same colour as your plain placemats, or the hues of your bold floral napkins tie in with your block-coloured tablecloth? You may also want to invest in a couple of statement salad bowls or platters to provide a centrepiece for your table setting, with salad servers to match. Then, add the finishing touches in the form of fresh flowers, candles, salt and pepper grinders or pinch bowls – as a rule, just keep them all shorter than your wine glasses. The focus should be on your food and your company, and it's hard to talk around an enormous bouquet of sunflowers.

## Add a personal touch

Your table setting can look beautiful without also looking like it could be on display in a homewares store. You want your guests to feel relaxed and at home, so 'perfectly imperfect' is the goal. A great way to achieve this is to add some personal touches – dig out those retro wine glasses you were given at your 21st birthday, or mix the cutlery set you inherited from your grandmother with the one you and your partner bought for your first home. Look around your home and see if there are any personal mementos you would like to include on your table (a family heirloom or beloved vase, perhaps). You've laid the groundwork with your coordinated table linen and serveware, so you don't have to worry about ensuring everything else matches perfectly. If it's a fancy dinner you're hosting, why not do up some place cards? Make it fun by writing trivia questions on the back, or a fun fact about the person sitting next to them to encourage conversation.



# THE PERFECT CHEESE PLATTER

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 to a gathering of people, it's nice to not turn up empty handed, right? One of the most tried and true 'bring a plate' options is the cheese board. Cheese platters really are crowd favourites and should be your Number 1 go-to because whatever the crowd's taste, there's always something on a good cheese platter that everyone can enjoy.

Here are our tips on curating the perfect selection to have your hostess thinking you are the one with the 'mostest'.

- A soft cheese like brie, goat's 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. Rustic wooden chopping boards make a great base for your platter – and don't forget the cheese knife.

lifestyle

# FIRE STARTERS

Whether you're hosting family Christmas, a friendly catch-up or simply savouring the return of long, sunny days, why not fire up the grill and give one of these recipes from Ross Dobson's new book 'Firepit Barbecue' a try?

## Chilli chicken BLT

Serves 4

### Ingredients:

- 2 skinless boneless chicken breasts
- 2 large red chillies, seeded and chopped
- 2 garlic cloves, chopped
- 1 handful flat-leaf (Italian) parsley leaves, roughly chopped
- 3 tablespoons olive oil
- 4 rashers streaky bacon
- 4 soft bread rolls
- Mayonnaise, to serve
- 2 large handfuls baby rocket (arugula)
- 2 tomatoes, thinly sliced

**Method:** Lay the chicken on a clean chopping board. Gently press the palm of your hand on the chicken and use a sharp

knife to slice it horizontally into 2 thinner pieces. Put into a bowl. Combine the chillies, garlic and parsley in a small food processor. Add the olive oil and whiz until the mixture is finely chopped and flecked through the oil. Tip into the bowl with the chicken and toss together with your hands. Cover and refrigerate for at least 6 hours. Just before cooking, wrap each chicken breast in a rasher of bacon. Your firepit is ready when you should not be able to hold the palm of your hand 5–10 cm (2–4 inches) above the grill for more than 2–3 seconds. Lay the chicken on the grill and cook for 8 minutes. Turn and cook for a further 4–5 minutes, until the chicken is cooked through and the bacon done. Serve the chicken on bread rolls spread with mayonnaise and topped with rocket and tomato.



## Festive turkey

Serves 4

### Ingredients:

- 1 boneless turkey breast roll (about 1.6kg), skin on
- 1 tablespoon olive oil
- 1 tablespoon sea salt
- 1 teaspoon freshly ground black pepper
- 1 small handful toasted flaked almonds

### Salsa verde

- 1 bunch flat-leaf (Italian) parsley, chopped
- 24 basil leaves
- 2 anchovies, chopped
- 2 teaspoons salted capers, rinsed and drained
- ½ cup (125ml) olive oil
- 1 tablespoon lemon juice

**Method:** Remove any wrapping the turkey came in. Rub the skin all over with the oil and sit on a chopping board. Sprinkle with the salt and pepper. Leave for 1 hour prior to cooking (cover with a clean tea towel if you like). Your firepit is ready when you should not be able to hold the palm of your hand 5–10 cm (2–4 inches) above the grill for more than 2–3 seconds. Replace the grill over the firepit and give it around 10 minutes to heat up. Put the turkey on the firepit, skin side down. Cook for 8–10 minutes, until the skin is nicely browned all over. Move the turkey around if the skin is starting to catch and burn. Turn over and cook for a further 10 minutes. Transfer the turkey to a disposable aluminium baking tray. Put another tray on top and fold the edges together to enclose the turkey. Sit the tray on the side of the firepit grill, where it isn't too hot, and cook for 1 hour 15 minutes. After 1 hour, have a peek inside and look at the underside of the turkey. If it is starting to catch or brown too much, move the tray to the furthest edge of the firepit, so it retains heat and continues to cook without burning.

Transfer to a chopping board and rest for 45 minutes. Make the salsa verde while the turkey is resting. To do this, put the parsley in a food processor with the basil, anchovies and capers. Process for a few seconds to finely chop. With the motor running, add the olive oil until well combined. Transfer to a bowl and stir in the lemon juice. Taste for seasoning. Carve the turkey and arrange on a serving plate. Spoon salsa verde over the top of the turkey and scatter with almonds to serve.



## Saganaki prawns

Serves 4-6

### Ingredients:

- 4 tablespoons olive oil
- 1 red onion, thinly sliced
- 6 garlic cloves, chopped
- 1 teaspoon dried Greek oregano
- 4 tablespoons ouzo
- 2 x 400 g (14 oz) tins crushed tomatoes
- 3 tablespoons tomato paste
- 24 large, raw prawns (shrimp), peeled and deveined
- 250g (9oz) Greek feta, crumbled
- 1 handful chopped flat-leaf (Italian) parsley, to serve
- Lemon wedges, to serve

**Method:** Heat the olive oil in a saucepan over medium heat. Add the onion, garlic and oregano. Cook for 4–5 minutes, until the onion has softened. Increase the heat to high. Add the ouzo, allowing it to sizzle. When the ouzo has reduced by about half, stir in the tomatoes and tomato paste. Season with salt and pepper to taste. Bring to the boil and cook for just 2–3 minutes. Remove from the heat. This can be made in advance and kept in the fridge for 2–3 days.

Your firepit is ready to cook on when you should not be able to hold the palm of your hand 5–10 cm (2–4 inches) above the grill for more than 2–3 seconds. Put a large cast-iron skillet or ovenproof frying pan on the firepit grill. Give it 10 minutes or so to heat up. Pour the sauce into the frying pan. You want it to be bubbling hot before adding the prawns. Arrange the prawns in the sauce, leaving a bit of space between them. Cook for 5–8 minutes, until pink and just cooked through. Crumble the feta into the pan and cook for another minute. Scatter with parsley and serve with lemon wedges.

Recipes courtesy of  
"Firepit Barbecue"  
by Ross Dobson.

Murdoch Books  
RRP \$35





# CURVE APPEAL

Interior design experts all over the world agree – curves are in, and they're here to stay. From décor with organic lines to architectural arches, there are plenty of ways you can take on the trend in your Palm Lake Resort home. Here's how to stay ahead of the curve...



1. Middle of Nowhere Bjorn arch mirror, \$374 [lifeinteriors.com.au](http://lifeinteriors.com.au)
2. Tutu at Home Porte vase, \$85 [hyperarchitects.com](http://hyperarchitects.com)
3. Sarah Ellison Huggy velvet chair, \$1695 [lifeinteriors.com.au](http://lifeinteriors.com.au)
4. The Feelter irregular rug, \$259 [thefeelter.com](http://thefeelter.com)
5. The Design Edit Ingrid coffee table, \$279 [thedesignedit.com.au](http://thedesignedit.com.au)
6. Sayers Home curved side table, \$659 [sayershome.com](http://sayershome.com)
7. Caitlin Robson single candle holder, \$200 [bedthreads.com.au](http://bedthreads.com.au)
8. Future Classics Nimbus sofa, \$4299 [futureclassicsfurniture.com.au](http://futureclassicsfurniture.com.au)
9. Robert Gordon Forager serving platter, \$39.95 [templeandwebster.com.au](http://templeandwebster.com.au)
10. Black Blaze curved cup, \$55 [blackblaze.com.au](http://blackblaze.com.au)
11. Fazeek wave soap dish, \$45 [nikkoustore.com](http://nikkoustore.com)
12. Sayers Home clay carafe, \$56 [sayershome.com](http://sayershome.com)



## HOW TO BOOST YOUR MOOD

No matter how the pandemic has impacted you, these last two years have been tough for everyone. It's never been more important to look out for yourself, but luckily, with warmer weather and plenty of festivities, there is a lot to celebrate. Here are a few ways to boost your mood.

### Get active

It's a well-known fact that exercise makes you happier. Getting active produces endorphins, chemicals which interact with the receptors in your brain and not only make you feel more positive, but also reduce your perception of pain. Studies have shown that you don't even need to exercise that much to reap the benefits – only a slight amount of exercise, as little as 10 minutes a day, can influence your happiness. Beyond the physiological benefits of exercise, there are also the social and health ones. That's part of the reason that all Palm Lake Resort locations have a brimming schedule of fitness activities, as well as on-site gyms for residents. Whether it's Zumba, chair yoga or aqua aerobics, our residents will attest to the fact that a good sweat session will almost instantly boost your mood.

### Be social

We really do get by with a little help from our friends, don't we? Beyond being someone to share a laugh with or offering a shoulder to cry on, interacting with a friend can deliver a whole host of health benefits, too. It is said to

improve your emotional and mental health, decrease depression, increase your quality of life, reduce your blood pressure, reduce your risk of Alzheimer's and even boost your immunity – yes, really! At Palm Lake Resort, we know how important community is. We see it every day. If you're feeling low, all you need to do is find out when your resort's next event is, join one of the many social clubs on-site or simply pop your head over the fence and chat with a neighbour. You'll feel your spirits lift in no time at all.

### Take care of yourself

Sometimes, to feel good, you need to work from the outside in. It sounds silly, but a recent study into the effects of make-up on the moods and walking ability of elderly women found that a simple cosmetic procedure could make a huge difference. Just by changing their physical appearance, the women in the study reported improvements in their walking capacity, mood, stress and even immunity. If you're feeling low, why not take some time for a moment of self-care? Run a luxurious bubble bath, give yourself some time to do your hair or even go shopping for a new outfit – you'll be amazed at the results!



# MUSIC MAKES THEIR WORLD GO 'ROUND

If music makes the world go 'round, then these Palm Lake Resort residents have lives spinning at full tilt!

**MUSIC IS DEFINITELY** a driving force in many of our homeowners' lives – we see it in our resorts up and down the east coast of Australia every day. The beauty of this pastime, however, is that not only are our resident singers and musicians enjoying the physical, emotional and social benefits of their hobby, but whole resorts are benefitting from these residents' talents.

Among the 'selling points' of playing a musical instrument in your adult years, research has proven that learning to play music improves your cognitive ability, boosting your brain power. It also relieves stress (playing an instrument has calming powers but refocussing any negative feelings into something more positive and enjoyable), makes you more patient and is good for your body (think hand-eye coordination and fine motor skills, as well as wind instruments supporting respiratory function). Above all else, playing music is a great way to make likeminded friends. It's bonding and supportive to play within a band (even just a duo or trio), or even sing in a choir.

## Fern Bay

It is quite uncanny how many accomplished musicians there are at Palm Lake Resort Fern Bay. You could almost be forgiven for believing that being 'musical' is a pre-requisite to moving in! Want a ukulele player? Take your pick from about 20 of them. Need a didgeridoo? Give homeowner Lee Courtney a call. Enjoy karaoke? Fellow neighbour Glenda Cox is ready to set up. Keith Griffiths will answer the call if you need a trombone player – and all of this is before we even start to consider the multitude of guitarists, drummers and singers who call this resort home.

With all of this talent available, it is not surprising that a number of different bands have formed across Palm Lake Resort Fern Bay. On Sunday afternoons in the Clubhouse, you will regularly find an enthusiastic audience being entertained by "The River Waters Country Band". With Mal Davies on guitar and vocals along with his singers Linda McGloin, Wendy Everingham and Anne Marie Slevison, they perform a mix of folk songs and country favorites.

Up the tempo, and next comes "The Baytones". Again, Mal (we can't keep him away!) teams up with Lucy Byrnes on vocals and Phil McGloin on bass to perform a vast song list of favorite pop tunes with beautiful harmonies that always gets their audiences up on the dance floor.

The popularity of The Baytones is such that this band has a regular list of gigs at venues from Port Stevens all the way to the Central Coast.

Looking for good old rock 'n roll? Yes, Palm Lake Resort Fern Bay has that too. 'Turn The Page' is a full-on rock 'n roll band playing hits from Santana to The Shadows, and from The Animals to The Argilles. Peter Wilson and Lucy (again) handle the vocals, and Peter also plays the rhythm guitar. Along comes Chris Ferron on drums, Phil McGloin on bass guitar and Graham Wilson on lead guitar. Did you know, Graham also plays the clarinet and the saxophone? Besides performing at the popular dance nights held in their own clubhouse, Turn The Page also has a number of regular pub gigs on their books.

Lucy admits that it wasn't until moving into Palm Lake Resort that she was able to fully reap the rewards of her talent. A keen singer, Lucy says she sang in choirs at school before a career in nursing (first in general nursing, then as a midwife) took her attention away from singing for some time. She says she would dip her toe in at the local pub talent quest now and again and would win cash prizes that would help boost her nursing pay packet. Lucy was lucky to be born into music – her mother was a professional singer and dancer on stage in her time. Here at Palm Lake Resort, Lucy currently sings in two bands and says the role brings her immense joy and satisfaction.

"Music has been a real Godsend for me," Lucy smiles. She says it was an outlet for her as she nursed her husband, Keith, back to health when he was being treated for lung cancer. Nowadays, Keith is Lucy's biggest fan. "He's very happy that I've found this wonderful outlet. We can't wait until Covid allows us to get back to playing again – music really makes everyone happy – whether you're playing or listening."

## Tea Gardens' tunes

When Palm Lake Resort Tea Gardens' resident Julian Littmann reached his 70s, he felt sure that his music-playing days were behind him. But since moving to Palm Lake Resort and meeting fellow muso John Davies, Julian has found the rhythm once again – and he's showing no sign of slowing down. So, what did these two music-obsessed retirees call their rock 'n roll duo? Ol' Spice, of course!

"I like to say that I'm the 'spice,'" Julian laughs. "John is a year older than me, so it seems only fair."

"Lucky for me, Jill Davies here has a choir of 24 people which she has been working on for about five years," Julian explains. "Her husband, John, is the musical genius behind it all – he's been in music for about 40 years. I cornered him and the next thing you know we've got about 70 songs under our belt."

Their epic repertoire features a bit of everything, and while they have performed at a couple of resort events

(a well-attended fashion show and a birthday celebration), their sights are set on the resort dinner dance coming up on December 18.

"We've had a few false starts with this particular event, thanks to the ongoing lockdowns, but that has just meant we could perfect our performance," says Julian. "We can't wait to get out there."

Ol' Spice has lined up a whopping four hours' worth of music – a rollercoaster of crooning songs for slow dancing (think 'Imagine' and 'Moon River') and amped-up rock tracks that are sure to get attendees out of their seats. A show like this doesn't happen overnight – John and Julian meet up for planning sessions on Monday afternoons, and then dry runs in the resort's theatre on Wednesday afternoons from 2pm until 5pm. They're even using iPads to record backing tracks, both to help them practice individually and to complement their live music – four hours of singing and playing calls for it! The excitement is evident in his voice – after all, they've been waiting months for this. Having played in Sydney nightclubs like Checkers in the 1960s and '70s (as part of a trio called 'The Sandmen') it seems Julian hadn't realised how much he missed live music until he came to Palm Lake Resort Tea Gardens.

"It was the last thing I expected to happen to me in a retirement community, but it's been the best!"

## Caloundra sounds

Over at Palm Lake Resort Caloundra Cay, the community is singing the praises of fellow neighbours Jackie Semmelink and Karen Brunckhorst who spotted a choir-shaped hole in the weekly activities list. 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. 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," says 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 a different choir seven years ago. 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 and am so happy our choir has been formed."

# COAST CARE IS COMING ALONG

The Palm Lake Care Caloundra construction site is abuzz right now as our team powers towards an October 2022 finish line.

**THIS LUXURY AGED** caring community is the Palm Lake Group's first on Queensland's Sunshine Coast, conveniently adjacent to our over-50s lifestyle community, Palm Lake Resort Caloundra Cay. When complete, Palm Lake Care Caloundra will consist of 120 light-filled suites, each offering its own private ensuite, 24-hour care and the very best leisure amenities. Just like our newest care communities, Caloundra's suites can be set up to accommodate singles or couples (couple's occupancy includes an additional single suite which can be used as a second bedroom or living area. In this respect, couples enjoy his-and-hers ensuites, walk-in robes, televisions and fridges).

Every Palm Lake Care Caloundra suite includes all the things you need, with space to bring the things you love. Features include:

- Direct access to outdoors via a patio or private balcony, allowing fresh air to circulate
- Fully electric bed, with pressure-relieving mattress
- Wall-mounted television
- Refrigerator
- Individually controlled air conditioning
- Direct dial telephone
- Stone benchtops and built-in cabinetry
- Window furnishings and an armchair
- Patio furniture
- Option of luxury interior designed furniture package for a fresh start (otherwise, standard inclusions with room to personalise).

Palm Lake Care Caloundra site supervisor Mick Munro says, as this magazine goes to print, only two more slabs remain to be poured with around 25 per cent of the framing already up. This framing is bringing three dimensions to the community's specialist 24-suite memory support unit. Mick says the roof over the MSU section will be up before his team breaks for Christmas.

"We are definitely on target to finish by the end of October 2022 - in fact, we are in front of the program by a couple of weeks, at the moment," Mick says.

While the country's construction industry, in general, is faced with challenges around the supply of materials, Mick says good planning and foresight has his site in a great position as 2021 draws to a close. To find out more about Palm Lake Care Caloundra, our Care Solutions team is available on freecall 1800 246 677 or via email on [caresolutions@palllake.com.au](mailto:caresolutions@palllake.com.au)

[palllakecare.com.au](http://palllakecare.com.au)

**Pictured left:** Palm Lake Group Managing Director Scott Elliott on site at Palm Lake Care Caloundra with Site Supervisor, Mick Munro.

## AROUND THE GROUNDS



**Pictured above:** Some of the Palm Lake Care Toowoomba knitting group ladies with all their lovely work. This group donates many items to the Base Hospital including teddies for the children, baby booties and beanies for the babies, as well as beanies for cancer patients. They're also busy at work producing with scarves for the homeless.

**Pictured below:** Toowoomba's Service Manager Tony McKenzie with one of his caregivers during International Cleaners' Week, and some of the caregiving crew from Bargara enjoying PJ Day!



Palm Lake Group

# PROPERTY PORTFOLIO

## PALM LAKE RESORT BARGARA

Bargara is the most tropical destination in the Palm Lake Group, with its superb climate, range of activities, sporting and social events and a great choice of home designs. This popular resort is being extended with brand new RV home designs and a raft of additional facilities now under construction. **M**  
**1800 501 119 / 24 Rifle Range Road, Bargara QLD 4670**

## PALM LAKE RESORT BEACHMERE BAY

Beautiful home designs set the mood for refined yet relaxed living, with timeless Hamptons styling. The world-class Hamptons Country Club is the centrepiece of the community where social spaces are full of laughter and homes are retreats. A nine-hole golf course with its own clubhouse, Westhampton Sports Club and adjacent luxury aged caring community enhance the precinct. **M**  
**1800 338 382 / 194 Bishop Road, Beachmere QLD 4510**

## PALM LAKE RESORT CALOUNDRA CAY

Palm Lake Resort Caloundra Cay (pronounced "Caloundra Key") spirits you away to the pristine beaches and lushness of the Caribbean with its architecturally designed coastal homes and spectacular interiors that make you feel a world away from the Sunshine Coast. Two-storey luxury homes delight. A 2020 Master Builders Association construction award winner. **M**  
**1800 556 677 / 96 Village Way, Little Mountain QLD 4551**

## PALM LAKE RESORT FORSTER LAKES

Currently under construction, Palm Lake Resort Forster Lakes is situated right on the edge of Wallis Lake and takes its inspiration from the Florida coast. The best of the almost 300 homesites will enjoy coveted lakefront positions with marina berths also available. An Oyster Bar will also feature. **M**  
**1800 577 542 / 223 The Lakes Way, Forster NSW 2428**

## PALM LAKE RESORT PELICAN WATERS

Palm Lake Group's most première resort ever is under construction right now on Queensland's Sunshine Coast. Among the 321 homes to be built here, some will enjoy water frontage, some will have direct golf course access and some will feature both! This resort hugs the boundary of our Greg Norman-designed golf course and will neighbour our Pelican Waters Hotel. Masterplan and home designs to be released early in 2022. **M**  
**1800 490 626 / 40 Mahogany Drive, Pelican Waters QLD 4551**

## PALM LAKE RESORT TOOWOOMBA

Palm Lake Resort Toowoomba's architectural and energy-efficient home designs offer exquisite open-plan living with raked ceilings to maximise natural light, space and comfort. The Pinnacle Country Club is an opulent and inviting community space featuring lush green views across the infinity-edge pool. A 2018 Master Builders Association award winner. Palm Lake Care now open. **M**  
**1800 280 129 / 97-161 Hogg Street, Cranley QLD 4350**

**BALLINA** **R**  
 1800 335 666  
 120 North Creek Road, Ballina NSW 2478

**BANORA POINT** **M**  
 1800 641 665  
 67 Winders Pl, Banora Point NSW 2486

**BEACHMERE SANDS** **R**  
 1800 338 382  
 218 Bishop Rd, Beachmere QLD 4510

**BETHANIA** **M**  
 1800 774 866  
 43 Goodooga Dr, Bethania QLD 4205

**CARINDALE** **M**  
 1800 770 057  
 2 Ford Ct, Carindale QLD 4152

**COOROY-NOOSA** **M**  
 1800 885 851  
 19 Trading Post Road, Cooroy QLD 4563

**DECEPTION BAY** **M**  
 1800 725 652  
 1 Webster Rd, Deception Bay QLD 4508

**EAGLEBY** **M**  
 1800 781 101  
 272 Fryar Rd, Eagleby QLD 4207

**FERN BAY** **M**  
 1800 648 868  
 1117 Nelson Bay Rd, Fern Bay NSW 2295

**HERVEY BAY** **M**  
 1800 455 307  
 25-67 Pialba-Burrum Heads Rd, Eli Waters QLD 4655

**MT WARREN PARK** **M**  
 1800 282 314  
 1 Mt Warren Blvd, Mt Warren Park QLD 4207

**PHILLIP ISLAND** **M**  
 1800 066 482  
 48-80 Settlement Rd, Cowes VIC 3922

**REDLAND BAY** **M**  
 07 3829 4500  
 57 Hamilton Street, Redland Bay QLD 4165

**TRUGANINA** **M**  
 1800 686 096  
 7 Taronga Rd, Truganina VIC 3029

**TEA GARDENS** **R**  
 1800 756 740  
 50 Spinifex Avenue, Tea Gardens NSW 2324

**TWEED RIVER** **M**  
 1800 881 041  
 2 Barneys Point Rd, Banora Point NSW 2486

**UPPER COOMERA** **M**  
 1800 757 457  
 Riverbrooke Dr, Upper Coomera QLD 4209

**WATERFORD** **M**  
 1800 028 428  
 29-71 High Rd, Waterford QLD 4133

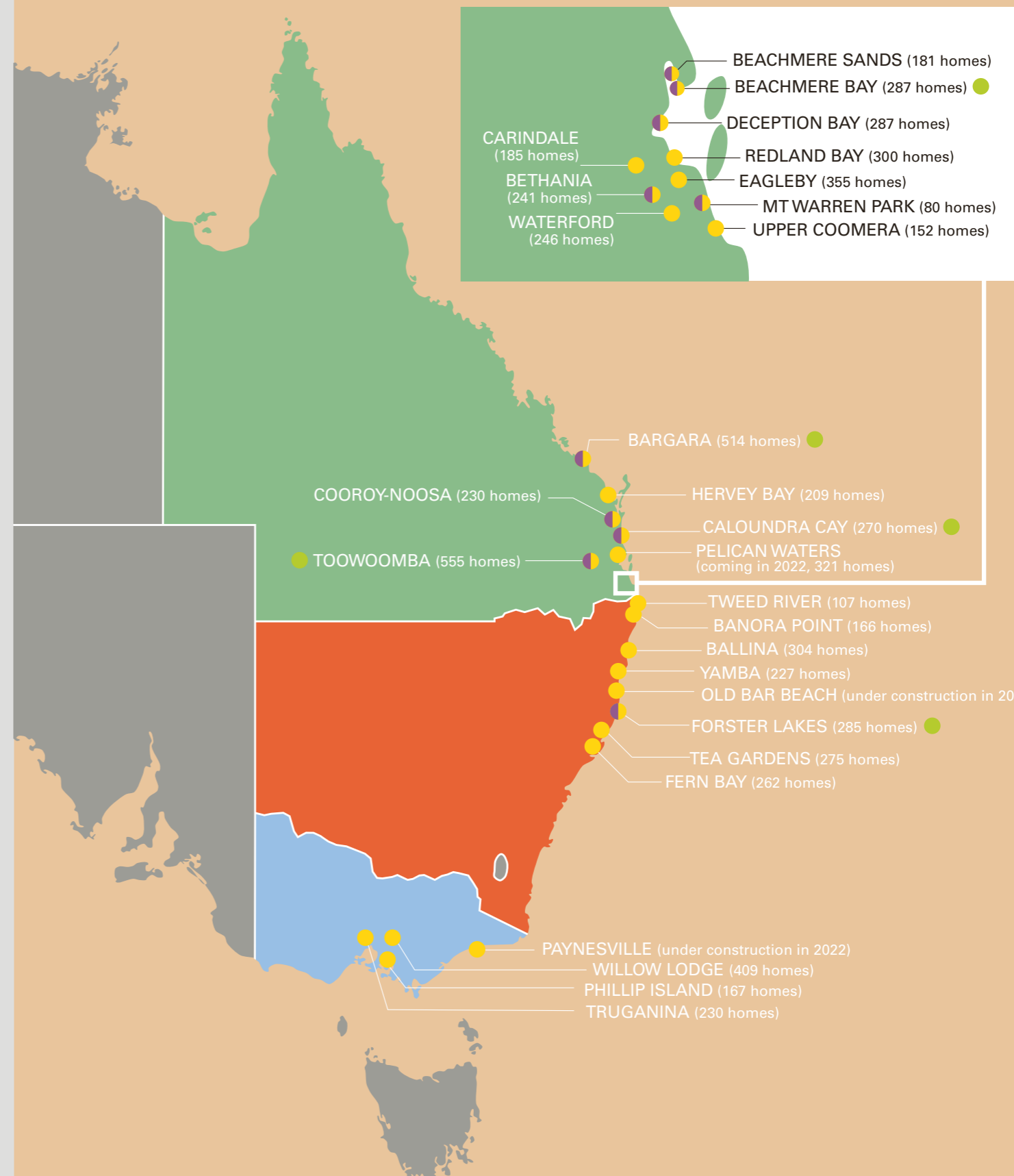
**WILLOW LODGE** **M**  
 1800 974 981  
 2 Willows Rd, Bangholme VIC 3175

**YAMBA** **M**  
 1800 084 119  
 1 Orion Dr, Yamba NSW 2464

**R** Over 55s designer living  
**M** Over 50s lifestyle resort

# OUR LOCATIONS

- PALM LAKE RESORT
- PALM LAKE CARE
- NEW HOMES NOW SELLING





# PALM LAKE

R E S O R T

PELICAN — WATERS

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