

The Reef

Aug/Sept 2018

Man's best friends

Our already pet-friendly resort just got friendlier

Twenty below

It might be cool outside, but our hot winter promotion will really warm up your world!

What's happening

Find out what's on in our local area and within our resort grounds



Welcome

Welcome back to "The Reef", our regular Palm Lake Resort Bargara newsletter that keeps you abreast of things going on here at our resort and in the gorgeous local Bundaberg region.

Winter is delightfully mild in our part of the world, but we have to admit that we are looking forward to spring's arrival in September. Our dog run is newly opened and spring will, no doubt, see even more of our furry friends and their owners come out from winter hibernation to take advantage of the facility – for the benefit of their dogs' health and also for a spot of socialisation.

Our recent Biggest Morning Tea event was a great excuse for us to indulge in some delectable baked goodies and warming beverages while playing our part to raise funds for charity. The Cancer Council Queensland was the recipient of our fundraising effort – \$200 was raised by guests and that amount was matched by Palm Lake Resort for a total donation of \$400. You can see photos of the event on Page 8 of this newsletter. With events like this that bring the community together, combined with all our class-leading facilities and regular activities, not to mention the designer homes on offer, Palm Lake Resort Bargara really is a wonderful place to call home. Have you heard about our current "Twenty below" promotion where you can score a hefty \$20,000 discount if settling on an eligible home before August 31? If you've not visited us before, now is definitely the time to do so. Take advantage of the beautiful weather to tour our resort at a time that suits you, or make sure that your name is on our list to be invited to our Open Day in September (simply call our Sales Centre on 1800 501 119).

Brittany Baldwin
Regional Sales Manager

Enjoy a movie on us

Can you smell the hot, buttered popcorn? Yes, it's movie time! You're invited to a FREE movie screening in our luxury resort cinema. Simply let the Sales Centre know you are coming by calling 1800 501 119. Here's what's showing:

August 24:

Calendar Girls

September 21:

Something's Gotta Give



Stay a night for free!

Many of our Palm Lake Resort Bargara enquiries come from people in distant locations right around Australia. If you are coming to visit us from out of town, freecall the Sales Centre on 1800 501 119 to arrange a resort tour 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. And you'll find Bargara itself an unexpected treasure.

AUGUST / SEPTEMBER

What's happening



Market in your diary!

You're invited to join us at Palm Lake Resort Bargara for our Market Open Day on September 1. Start the morning with a complimentary barista-made coffee, take a stroll through an array of market stalls and delight in a selection of fresh produce, sweet treats, arts and crafts. Hop on board our resort bus to view our beautiful display homes and world class country club including two undercover bowls greens, Milon gym, luxury movie theatre and more.

Limited numbers. RSVP essential.

Freecall 1800 501 119 or email salesbargara@palllake.com.au

Bus stop brings convenience

Did you know, Duffy Buses have changed their route to pass by Palm Lake Resort Bargara? This means even easier access to public transportation for our residents. The new route had been run on a trial basis for some time but has now received Queensland Transport approval. Check the Duffy Buses website for timetables. Visit www.duffysbuses.com.au

Seafood delight

If seafood floats your boat, don't miss the saltiest local event of 2018 - Oceanfest Bundaberg on August 25. Held in the picturesque Port Marina precinct, Oceanfest Bundaberg focuses on quality local seafood, local wines, local beers, themed entertainment and a range of ocean-orientated attractions, displays, demonstrations and workshops for all members of the family. This event promotes local, wild-catch seafood harvested from the Southern Great Barrier Reef and Bundaberg waters. Visit www.oceanfestbundaberg.com.au



What's on around town

September 9 - Bundaberg Walk for Women's Cancer

Cancer Council Queensland's Walk for Women's Cancer will be held from 8am-1pm. Meet at Neilson Park, Bargara.

September 14 - George's Marvellous Medicine

Cleverly adapted from the much-loved book by Roald Dahl, this story will bound off the page in a spectacular live stage show for the whole family at Moncreiff Entertainment Centre. Presented by shake & stir theatre co, this will be one the grandkids will love! Shows at 10.30am and 6.30pm.

September 15 - Johnny Cash, The Concert

Award winning Australian country singer Daniel Thompson and Golden Guitar winning Australian country music legend Stuie French (along with their powerhouse backing band The Tennessee Express) are excited to bring you Johnny Cash, The Concert. It'll play at the Moncreiff Entertainment Centre, 177 Bourbong Street, Bundaberg.

September 30 - Auto Mazing Show and Shine

Rum City Rods & Customs Car Show will be held at Jayteens Park (Fred Courtice Avenue, Bargara) from 9am-1pm. Enjoy hot rods, American & Australian muscle cars, classics, vintage, bikes and caravans. Supporting Sailability and Marine Rescue Bundaberg.



Lotus

187.01 m² | 20.13 squares | \$410,000

BEDS 2	BATHS 2	LIVING 1
OUTDOOR LIVING	GARAGE 2	ACTIVITY

Make Lotus yours now and add your bespoke touches

Palm Lake Resort Bargara's Lotus is bursting with features but its master bedroom is proving to be the biggest hit of this particular home design. Sliding doors seamlessly extend this bedroom space out on to the covered back outdoor living area. A walk-in robe as well as a double vanity in the adjoining ensuite also add to the luxurious nature of this bedroom retreat.

For the clever cooks, a walk-in pantry in the kitchen is another point of difference for the Lotus. And the sunny breakfast bar will no doubt be the location for loads of happy chatter while the jug boils.

If you would like to make the Lotus yours now, before construction begins on these homes in Stages 8 and 9, you will enjoy the chance to add your own bespoke touches. You'll be able to choose your own paint colours, carpet, tiles - even your Caesarstone! But you have to act now.

For more, phone the Sales Centre on 1800 501 119 and speak to our local sales team members.



Floorplan and façade images are indicative only, conceptual in nature and subject to change.

Caring comes naturally

Palm Lake Care Bargara has just released its last remaining private suites, providing our Bundaberg region with even more access to reliable, high quality, safe and secure aged care.

Palm Lake Care's family-owned and operated local \$25 million complex, adjacent to Palm Lake Resort Bargara on Wearing Road, has been quite a success among the greater Bundaberg community but, importantly, it also provides a convenient and familiar next step when the time comes for neighbouring resort residents.

The aged caring community was designed with residents top of mind. Each of the private suites includes an ensuite and they are positioned on ground level so everyone enjoys direct outdoor access. Each suite includes individually controlled air conditioning, refrigerator, wall-mounted TV and direct dial phone. The opening of these final-release private suites is a direct result of the demand for quality nursing care from the local Bundaberg community and positive feedback from existing residents. In a recent survey, Palm Lake Care Bargara residents revealed they feel cared for, respected and are given the privacy and dignity they deserve. Palm Lake Care Solutions' Jacinta Sutton says the focus is on providing residents with the highest-quality care within a built environment that is as beautiful as Palm Lake Care can make it – and all without extra service fees.

"One of the standout features of Palm Lake Care Bargara's suites are the European-designed and manufactured fully electric beds with pressure mattress," Jacinta says. "These allow a resident to reposition themselves at the push of a button and make it easier for them to transfer in and out of bed."

"The beds ensure a good night's sleep too, by allowing a carer to quietly reposition a sleeping resident without disturbing them. Just a five per cent adjustment is enough to alleviate pressure areas."

Palm Lake Care residents are also less reliant on supplements as their nutritional needs are monitored and met by encouraging appetites with a choice of three hot meals for lunch and two hot and one cold meal options for dinner. All meals, plus mouth-watering desserts and freshly baked treats for morning and



afternoon tea, are prepared by onsite chefs, seven days a week.

The onsite salon and barber are popular, as is the cinema, pool table, library and landscaped gardens. Alfresco dining and impromptu chats are enjoyed in resort-style seating under gazebos and around internal courtyards that welcome the outside in. The grand dining room and main lounge overlook water features and soaring palms that lead to independent living options. Having Palm Lake Resort and Palm Lake Care on the same footprint allows couples with differing care needs to remain together.

As a family-owned business with 40 years' experience in lifestyle resort communities and aged care, Palm Lake Group demonstrates a commitment for keeping families together and supporting local communities. Palm Lake Group is a major employer in the Bargara area and through the Care Solutions team, offers a free, no-obligation service to help families and health professionals find the right care. Team members give clarity, with fees and charges information tailored to individual circumstances and they also help secure suitable vacancies for short-term respite, permanent and palliative care.

Palm Lake Care is more affordable than people realise. Arrange a free consultation to find out more by calling Jacinta Sutton on 0477 777 943.



Walk the dog

While our newly opened Palm Lake Resort Bargara off-leash dog run will keep your pooch conveniently exercised and socialised within the resort grounds, if you are looking to find even more likeminded local dog owners, there’s a great monthly dog event held nearby.

Bargara Veterinary Surgery hosts a monthly Sunday afternoon dog walk. All local dogs are invited to meet at the clinic (2/20 Bauer Street, Bargara) before setting off down the Esplanade towards Nelsons Beach. It’s a great event for both you and your furry friend - the dogs can socialize as their owners do the same, whilst everyone gets out and about for exercise.

Upcoming walks:

- August 12: 4.30pm to 5.30pm
- September 9: 4pm to 5pm
- October 14: 4pm to 5pm



Every dog has its day

The four-legged residents of Palm Lake Resort Bargara have been thrilled to have a run in their brand new off-leash area – and their two-legged owners are just as chuffed.

At Palm Lake Resort Bargara, every dog has its day. Since the opening of the new dog run, plenty of residents have been spotted enjoying the large off-leash area with their beloved pups.

“The response has been fantastic,” says Isobel O’Brien, from the Palm Lake Resort Bargara sales team. “People are really enjoying having an extra grassy space for their dogs to run around in.”

The large space – approximately 90m long and 10m wide – includes a tap and dog bowl, as well as a seat and umbrella for residents. It is fully enclosed and grassy, making it a

popular spot for afternoon catch-ups between resident dog-owners as well as their four-legged family members.

“The entire resort is very pet-friendly, with roughly half to three quarters of our residents owning dogs,” says Isobel. “I’d expect we’ll see more dog-friendly events going on there, too.”

Last year, a few of Bargara’s dog-devoted residents organised a ‘dog parade’ through the resort, showing off their beloved four-legged friends. And it’s not just the residents who love their pooches – an animal-loving member of the gardening staff was recently spotted driving a wandering dog back to the safety of its owner’s villa in the back of his golf buggy.

Man’s best friends

When Geoff Patterson and his wife, Pat, were looking to move out of their home, one thing was certain – they wanted their fur children to be happy too.

For north Queensland-born Geoff Patterson, living in Toowoomba just didn’t suit him. The weather was far too cold and he was so far away from the familiar eastern coastline that he had grown up near. So, when he and his wife Pat learned that this ‘Palm Lake Resort’ that they’d heard so much about in Toowoomba had a number of sister locations – one in sunny Bargara – their minds were made up quickly. There was just one small issue... or rather, two big ones. Would Possum and Rusty, their two large dogs, be able to come with them?

“When we found Palm Lake Resort Bargara, we were very happy to find that it had all of the facilities we’d heard about and was also very pet-friendly,” says Geoff. “We chose the

Outlook home design because it was clean and neat, but it also had a bigger backyard, and we just love it.”

The Pattersons have been happy Palm Lake Resort Bargara residents for 16 months now. Twice a day, Geoff can be seen walking Rusty (a Kelpie x Husky) and Possum (a Nareema, the breed made famous by the movie *Oddball*, both pictured above) around the resort and beyond. And, since the opening of the new off-leash dog area, Geoff and Pat love to take their fur babies there every afternoon.

“A lot of the other residents have dogs so I catch up with them down there all the time,” says Geoff. “It’s very social.”

Construction progress update

Construction at Palm Lake Resort Bargara continues to buzz along, on track and within proposed timeframes.

Site supervisor Jual Ciccone says her construction team is just four homes shy of completing Stage 9 with only Stage 8 left to build after that, to complete the entire resort. There are eight different home designs to be built across those final two stages including three of the coveted RV designs.

Jual says her construction team has been pleased to hand over the final two facilities for the resort in recent weeks including the dog run and a pool table room. Previously housing a gymnasium in the Ocean Breeze Country Club, the room has been refurbished and is now home to two pool tables, ready for some friendly competition among residents and their guests.



We love chari-tea!

We were delighted to host guests for a morning filled with acoustic music, bite-sized sweets, coffee and the opportunity to donate towards a good cause. Our Biggest Morning Tea fundraiser also gave visitors the opportunity to experience the connected community and resort lifestyle on offer here.



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*Subject to change. Conditions apply.

What they say...

Karen Honey had lived all her life in Victoria before the balmy Bargara weather saw her shift to Palm Lake Resort in recent months. With her two Burmese cats in tow, Karen moved into the resort's first ever Lotus design home and says it's "sensational".

"It is brilliant - the kitchen is an absolute dream!" she says. "I'd looked at other options around Bargara but the fact that there are no exit fees here meant that the financial side of things really stacked up."

Karen was grateful to have her sister and brother-in-law already living here at Palm Lake Resort Bargara, however, she has quickly immersed herself in the social side of resort life to make new friends while also staying active. She has taken up Zumba, line dancing, mah-jong and lawn bowls ("Although I'm no good at it!" she laughs). Karen has also joined the "Wide Load Ladies" who, resplendent in their matching embroidered bright pink shirts, walk a 3.5km circuit around the resort grounds every afternoon to keep on top of their fitness.

"When we all get together to walk, we make quite a large group - that's why we are called the 'Wide Load Ladies' - it's no reference to any body parts!" Karen laughs.



The spice of life

The annual Variety Bash is certainly a sight to behold – boldly decorated 30-year-old cars driving hundreds of kilometres around Australia. But look a little closer and you might even spot the Palm Lake Resort logo.

For the fourth year in a row, Corey Haack – the partner of our very own Palm Lake Resort construction project manager Amy Burns – has been a member of the Variety Bash's Bundaberg team. The iconic Bash, created by Dick Smith in 1985, is Australia's longest running charity motoring event and sees hundreds of old cars visiting rural and remote Australian towns, to date raising more than \$220 million nationally for Aussie kids in need.

"The people you meet in the Variety Club are from all walks of life, and all with a common goal to help Variety," says Corey. "The Bash is all about celebrating the fundraising efforts and hard work put in by everyone throughout the year, and the Drive at the end is for everyone to have some fun and let down their hair."

For the second year in a row, Palm Lake Resort has been the major sponsor for one of Corey's team's fundraising golf days – and this year, they had a special guest speaker.

"One of the special needs children came along and gave a thank-you speech – because of the sponsorships, he was able to go overseas and play the sport that he loves," Amy says.

"When we started four years ago, our goal was to

raise \$100,000 in five years," says Corey. "To date, we've raised just over \$90,000, so we're on track."

But it's not just about raising vital funds and awareness for children in need – the Variety Bash is all about making lifelong friends and memories, too.

"There have been several special moments where we've met the kids our fundraising has helped – it's unforgettable, and there is hardly a dry eye in the place," says Corey. "But I'll also never forget being broken down on the side of the road in the middle of nowhere, with at least six bush mechanics stopping to help – all with a beer in hand and no idea how to fix our 1978 Fairmont. The stand-out moment was when one of the bush mechanics bodgied something up and the car started. We were four hours late to the event and dinner that night, but the car was still running on the makeshift gear four days later when we got home."

Hopefully on this year's drive – which will start in Gladstone in August and meet the Victoria and Northern Territory Variety Bashes in Townsville, going via western Queensland – Corey's team car can make the distance with minimal breakdowns. Just to be safe, they've covered it in Palm Lake Resort signage for good luck.

It's nice to be nice

It was Gandhi who said, "The best way to find yourself is to lose yourself in the service of others." And it turns out, he was onto something – there are some real scientific benefits that come when you give up your time to help someone in need.

Believe it or not, humans are one of the most altruistic species in existence, which explains why so many of us give up our time to volunteer. And our Palm Lake Resorts seem to attract those volunteering types. You'll find our residents volunteering to assist at all our resort events (eg. running the bar, serving food and even helping to clean up after everyone's gone). They are authentically glad to assist newcomers to our resort communities or anytime there's an extra set of hands required. Volunteering is a kind of 'prosocial behaviour' (ie. when you do something that benefits others, or society as a whole) and there are a bunch of evolutionary theories that suggest how this came to be – natural selection, for example, suggests that without helping others, even those who aren't our kin, has benefited our survival as a species. But why does it feel so good to do good to others, beyond just our basic instincts? Well, as Tania McMahon from Benchmark Psychology explains, there is a lot of research to suggest that prosocial behaviours are linked to positive mood.

"In a well-known study at Harvard University, it was found that participants assigned to spend money on others experienced greater positive feelings than those assigned to spend money on themselves," Tania explains. "The relationship is self-reinforcing as well – helping others makes you feel good, but feeling good also makes you want to help others more."

Research also shows that prosocial behaviours like volunteering can have a positive impact on self-esteem, life

Would you like to volunteer?

GoVolunteer is an initiative of Volunteering Australia to match volunteers with appropriate opportunities in their local community. For example:

- Wide Bay Volunteer Resource Association Inc. is looking for volunteers to sort and price goods for sale in the Bargara area, as well as volunteers to help students with reading activities in the Bundaberg area.
- ComLink Limited is looking for volunteer drivers to provide transport to the frail, aged and people with disabilities across Bundaberg.

For more, visit www.govolunteer.com.au

satisfaction and our overall mental health. A number of current psychological therapies focus on helping clients take action to pursue activities that align with their own personal values, to help improve their wellbeing and help them live a more rich and meaningful life. So, it seems that when you volunteer, you don't just do good unto others – you do yourself some good, too.

Meet, greet and eat - cheers to our deposit holders!

The wine and good times were flowing when we took a busload of deposit holders on a tour of Ohana Winery recently.



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HOMES
TODAY



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