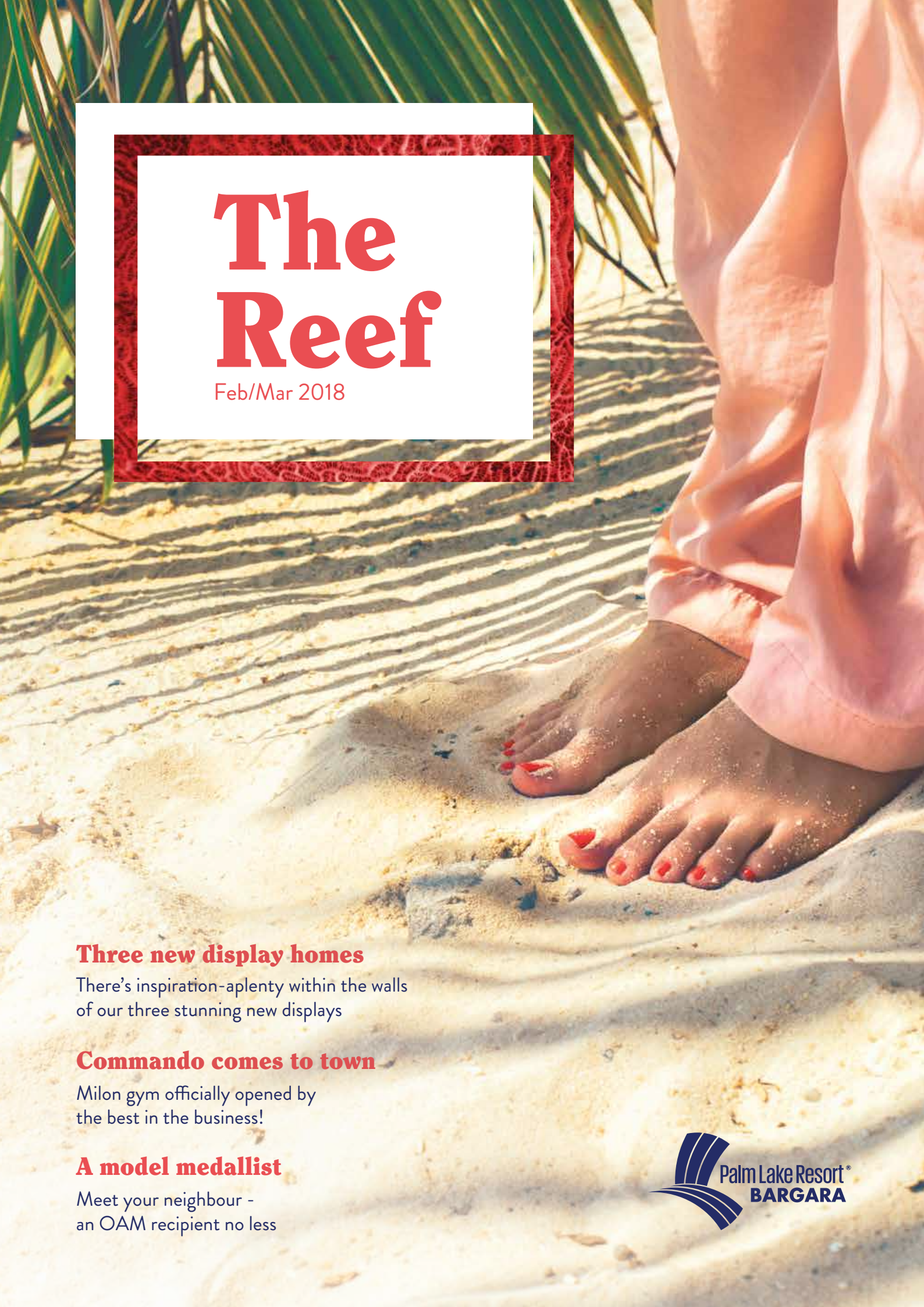




The Reef

Feb/Mar 2018

Three new display homes

There's inspiration aplenty within the walls of our three stunning new displays

Commando comes to town

Milon gym officially opened by the best in the business!

A model medallist

Meet your neighbour - an OAM recipient no less

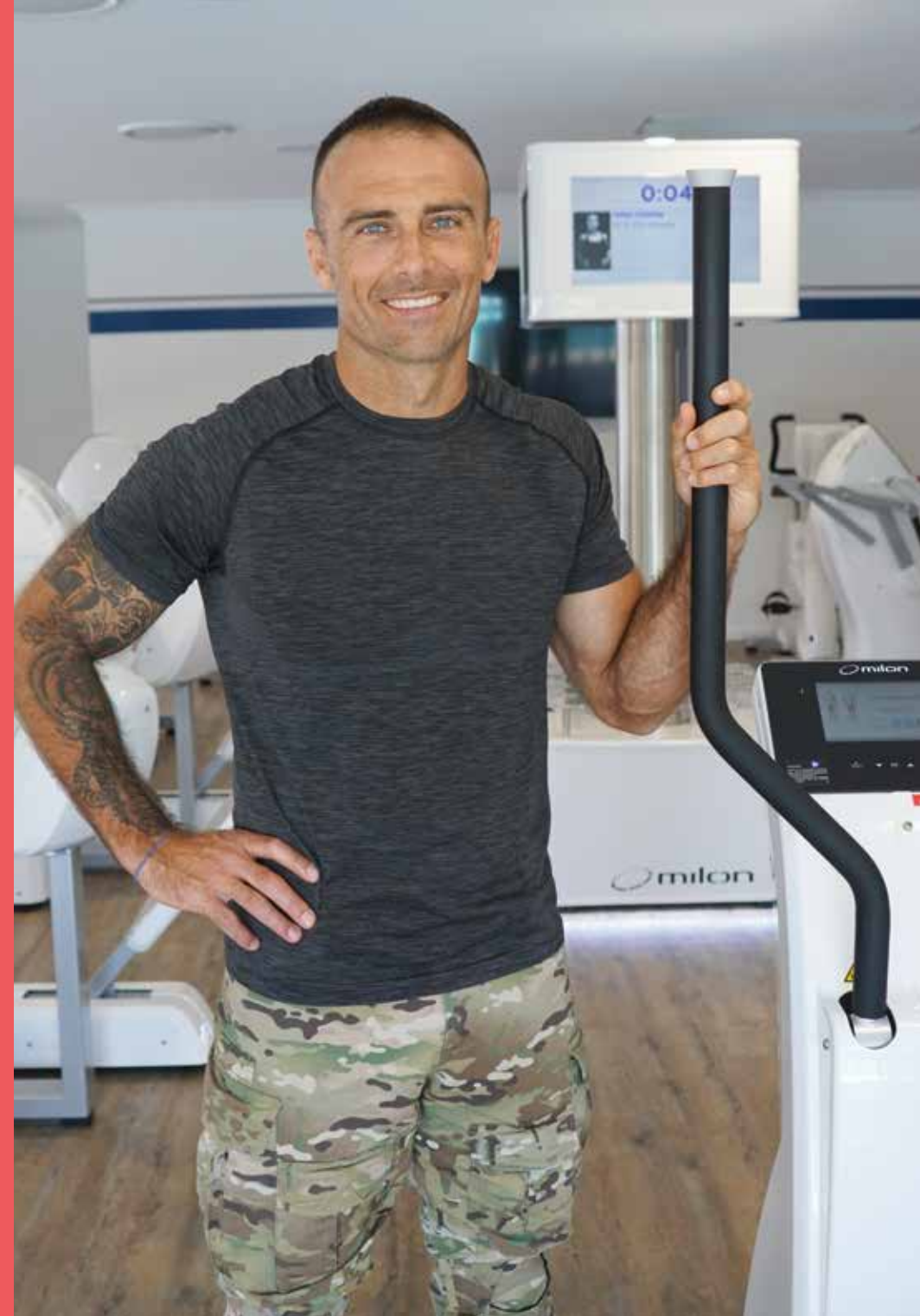
Commando Steve salutes exclusive resort gym

Palm Lake Group has signed an exclusive deal with Milon gym's German parent company giving Bagara residents the chance to be among the first in the Southern Hemisphere to enjoy the health benefits of this unique world-first fitness technology.



With his signature black t-shirt and combat fatigues, Steve Willis (or 'Commando Steve' as he is better known) has become one of Australia's most recognised and respected fitness experts. Palm Lake Resort Bagara was lucky to have Commando Steve stop by on February 10 to celebrate the opening of our brand new world-class Milon gym and exercise lap pool (pictured left with Palm Lake Resort national sales manager Sue Baldwin).

As the oldest of four boys growing up in Queensland, Steve was always self-reliant and very physical. After finishing school, Steve joined the army where he was given the structure and direction he craved. Learning to push beyond physical and psychological barriers helped to build his focus and determination. He spent over a decade rising up the ranks of the Australian Special Forces, eventually becoming a Counter Terrorism Team Commander. In 2004, Steve left his successful military career behind to become a fitness professional.



What is Milon?

The Milon gym system consists of 12 separate electronically controlled strength and cardio machines. Residents simply insert their personalised smart card into each piece of equipment as they progress around the Milon circuit and the card will instantly and automatically adjust the equipment to each user's individual anatomy and training program requirement. Training is straightforward, safe and effective. Residents are encouraged to complete the 17.5-minute circuit three times per week for a balanced, total body training regime. Their workout information and statistics are collected by cloud-based software so residents can track their health improvements online.

The skills he had acquired in the army translated well to this new career and he made it his goal to help others transform their lives through training. In 2009, Steve placed fourth in the World Crossfit Games in Aromas California, beating more than 50 other male athletes and solidifying his reputation as one of the top Crossfit Athletes in the World. Steve went on to become a familiar face on TV, putting contestants through their paces as a trainer on Channel Ten's *Australia's Biggest Loser*. Steve has motivated, inspired and pushed contestants to levels of physical and mental fitness they never dreamed possible.





Welcome to Bargara

Welcome to all our new residents and welcome to 2018!

2017 was a great year for new residents moving in. We sold out of Stage 5, we have only a few homes left in Stages 6 and 7, and Stages 8 and 9 (the final stages of our resort) are now selling. The Stage 9 RV homes along the resort boundary have been very popular among caravan and motorhome owners and they are selling very quickly. If you are thinking of settling in the Bargara area and an RV-style home tickles your fancy, give us a call as we have the complete package for you!

We are also excited by the three new designs coming mid-2018. Our new 'Lotus' comes with a walk-in pantry and rear patio all the way across the back of the home, which will be great for entertaining. Our new 'Waratah' is, again, different to any home we have built before now and our 'Grande RV' is our new RV home for caravan or motorhome storage. All these new home designs come with two bedrooms and a study, two bathrooms and all the luxe fittings, including solar panels.

And if you needed more reason to stop by and visit us, we have three stunning new display homes now open including our Magnolia, Hibiscus and Gardenia designs.

We look forward to welcoming everyone back in 2018 for our regular Friday movie and lunch. And don't forget coffee and cake is here waiting for you when you stop by for a tour. Feel free to bring your family - we love meeting everyone!

See you all soon in beautiful sun-kissed Bargara. Where else in the world would you want to live?!

Brittany Baldwin
Regional Sales Manager

Stay a night

Many of our Palm Lake Resort Bargara enquiries come from people in far-flung locations right around Australia. If you are coming to visit us from out of town, freecall 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.



FEBRUARY / MARCH

What's happening



Our new team is waiting to meet you!

There's never been a better time to familiarise yourself with our coastal haven than now. Palm Lake Resort Bargara has a fresh new team onboard to help you with your questions and provide expert local advice. Among the changes, regional sales manager Brittany Baldwin (*pictured left*) adds Bargara to her portfolio of Palm Lake Group properties. Brittany brings expertise and experience to the role. She is well supported on the ground by sales consultant Lea Buchanan and friendly new sales recruit Dot Ellis. This revitalised sales team is waiting to meet you!

Staying connected

Here are some of the regular activities we offer at Palm Lake Resort Bargara:

- Yoga
- Tai Chi
- Zumba
- Line dancing
- Bridge, Rummikub, 500
- Mah-jong
- Bingo
- Knit and Knatter
- Craft
- Pottery
- Art group
- Scrapbooking
- Walking group
- Golf simulator
- Tennis
- Table tennis
- Golf
- Mixed lawn bowls
- Ladies-only lawn bowls
- Aqua aerobics
- Darts
- Billiards/Pool

Expo brings the resort to you

Meet the team behind Palm Lake Resort Bargara at the **Sunshine Coast Retirement Village Expo**

- March 11-12, from 10am to 3pm daily
- Maroochy RSL Club: Memorial Avenue, Maroochydore
- Admission is free so make sure you stop by and say hi. We look forward to meeting you!

Historic mind sport, modern-day fun

If you're looking for something new to get into this year, why not learn to play mah-jong? Originating in China in the era of the Qing dynasty, our favourite game is held every Wednesday in the Sea Breeze Clubhouse at 12.45pm. Both men and women are welcome. All games are played for fun and the social interaction – we're not playing for sheep stations! See you at the next game.



New coastal display homes

February saw the unveiling of three inspired new display homes here at Palm Lake Resort Bargara. Our display homes are meticulously planned and executed to showcase the luxury and lifestyle on offer here in our award winning over 50s lifestyle community. Attention to detail in our building designs and styling are second to none. To experience what life could be like for you here at Palm Lake Resort Bargara, simply stop by our Sales Office for a tour or call and speak to one of the knowledgeable local experts in our new and revitalised sales team.



Gardenia



Hibiscus



Magnolia





Below and left: Throw cushions are a simple yet effective way to make any chair more visually appealing and downright cosy as well. Change them with the seasons.



Coastal lux living

OUR LATEST DISPLAY HOME, PICTURED, PROVIDES A BIRD'S EYE VIEW INTO HOW RELAXED AND EASY-BREEZY LIFE CAN BE HERE ON THE COAST.

Below: Using neutral tones and interesting textures in your interior styling brings instant relaxation and casual (yet chic) coastal appeal.



Right: For more inspiration, Palm Lake Resort's own interior design expert has used on-trend coastal theming in our newest display home. Relaxation plus!

Welcome

Hi everyone - welcome to 2018! Our residents have recharged their batteries and are already back into the swing of everything on offer here at Palm Lake Resort Bargara. We are also pleased to welcome all the new residents who arrived during the festive period. We hope you are already feeling part of our extended family and being helped to find your way around our grounds.

The Milon gym was opened to residents just before Christmas along with the new residents-only pool next door which is so inviting! What a great success the gym has been already with many residents receiving their cards to operate the equipment.

Residents' meals are back in full swing with many already taking advantage of their 2018 meal vouchers.

Also, we cannot forget the wonderful work our resort volunteers do – thank you!

We wish everyone a prosperous 2018!

Phil & Robyn
Resort caretakers

Let's get social



A very festive season for the Oasis Bar

Wow - what a busy Christmas and New Year period we have just had! Many resort groups held their end-of-year break-up parties in and around the bar area. With both the barbecue and pizza oven working overtime, the alfresco area was certainly a hit. The installation of fairy lights also added to the atmosphere. We are aiming to acquire even more outdoor tables and chairs early this year. The alfresco area is truly the perfect place to relax after a swim in the new pool or after a circuit in the Milon gym. It's also the prime location to just enjoy a coldie or watch fellow residents enjoy their game of bowls. Some residents are even meeting here for breakfast and a swim, with the morning weather so balmy right now.

Topping off a busy festive season was Carlie's rissoles and mash night. It was a huge success with more than 110 meals cooked and served up by her fab team of workers. This night also featured our very own solo performer, Gill Bicknell, who sang ballads by Celine Dion and Elvis Presley, to name a few. Gill is a classically trained singer and certainly did not require a microphone! Hopefully we will get to enjoy her voice a few more times this year. Having said that, we welcome any musically talented residents who would like to offer their services to connect with Alec (Villa 176), who is our entertainment coordinator.

It would be remiss of us not to mention the sudden passing of one of our coordinators, Teresa Allen. Teresa was a very active and vocal member of our committee. We all miss her smiling face, her level-headed input and the never-ending enthusiasm and energy she put into helping make the bar what it is today. Teresa will never be forgotten.

Until next time, bottoms up!
The Oasis Lounge and Bar Committee

A model medallist

How exactly does a true-blue country boy, born in New Zealand and raised in rural Queensland and New South Wales, go from random acts of kindness to achieving an Order of Australia Medal at 72 years of age? Ask Tony Bruce, resident at Palm Lake Resort Bargara.

Tony was born in 1942 in Ashburton, New Zealand, before he moved with his family to north Queensland. After living there for around 10 years, Tony made the move to Moree in north-western New South Wales, and it was here that his passion and dedication for charity work began.

"I really settled into the Moree community, and I was a member of the Serviceman's Club for 30 years," Tony says. And he really does mean it when he says that he 'settled in'. Along with his 30 years at the club, Tony joined the local Alliance Club and was the president of the RSL for five years (he was a National Serviceman in 1962-63). It was this sort of community dedication and proactivity that saw Tony become recognised with no less than an Order of Australia Medal, which he was awarded in 2014, for service to veterans and their families, and to the community.

"They awarded me for the work I did in Moree, where I lived many years ago," Tony says. "I went down to Government House in Brisbane and was sworn in by the Governor-General with about 28 others."

Tony was recognised alongside some equally as extraordinary Australians during that 2014 round of Australia

Day honours including gold medallists from the London 2012 Paralympic Games, television and music producers, cinematographers, doctors, artists, environmentalists and ballerinas, for example.

"It was good to see how I measured up to the others, because I'd never thought too much of the work I had been doing," Tony says. "It was humbling."

And while it was his work in Moree that Tony was recognised for with his OAM, he has continued his passion for helping others since moving to Bargara. He has spent the past five years visiting Department of Veterans' Affairs patients in the hospitals of Bundaberg and remains part of The National Servicemen's Association.

"While I may not be able to go up regularly, I do try to visit as much as possible to see if they've got any needs or worries to talk about," Tony says.

Tony has also started a local project coordinating the manufacture and distribution of 'twiddle muffs' - interesting woollen gloves with embellishments that are ideally suited to dementia patients who benefit from having something in



their hands to fiddle with. Tony organises these twiddle muffs for the 23 dementia patients at Palm Lake Care Bargara, as well as local patients at surrounding hospitals.

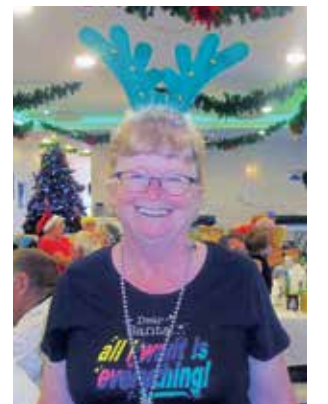
Palm Lake Resort Bargara is proud and grateful to have charity-minded people, like Tony, reside here at the resort. For those interested in supporting other local Bundaberg organisations through volunteering, we would encourage you to contact the Bundaberg Regional Council as they offer various volunteer opportunities. There's more information on their website at www.bundaberg.qld.gov.au/volunteers

Around the grounds



Above and left: It was quite the festive affair when the Sales team put on a Christmas event for deposit holders and guests. More than 120 people attended and enjoyed a magic show along with delicious catering courtesy of resort residents.

Below: The Bowls Club Christmas party.



Above and right:

New Year's Eve was a psychedelic display of colour, music, dance and hippie fun. What a way to welcome in 2018!



Golden couple mark marriage milestone

Palm Lake Resort Bargara residents Greg and Gail Buckingham (pictured left) celebrated a beautiful milestone recently - 50 years of wedded bliss. Congratulations guys, from everyone here at Palm Lake Resort. Here's to 50 more!



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