

The Gatsby

FEB/MAR 2019



SUMMERTIME...

...and the living is easy, here
at Beachmere Bay!

HOME IS A HOLBROOK

Step inside our brand
new display homes

10,000 REASONS

Our incentive will have you
living the dream sooner



Welcome



When I joined Palm Lake Resort two years ago, I could not have envisioned the success of our Beachmere Bay project. It has exceeded expectations in every way imaginable. When I look back on 2018, we also have so much to celebrate. Our Stage One homeowners moved into their beautiful new homes and the stunning Hamptons Country Club was realised in all its glory.

Our Hamptons Country Club is, arguably, world class with its resort-style pools, saunas, luxury movie theatre, Porsche-designed smart gym, tenpin bowling, music room, arts and crafts, library and more. We are proud to have an absolutely unique over 50s lifestyle resort that does not exist anywhere else. More than 80 homeowners now call Beachmere Bay home and my wonderful clients tell me that moving to our Hamptons-style lifestyle resort has been, quite literally, life changing. I am deeply passionate about partnering with my clients and transitioning them into their new lives and I'm proud to say there is a strong sense of community here. We celebrate our differences and support each other through all types of life's challenges. We are working tirelessly to bring Stage Two to completion and are looking forward to welcoming many more new homeowners. We're also very excited to soon bring you the stunning new Beachside Centre with even more facilities on the way.

I want to thank our amazing team. They are the most talented and big-hearted group I've ever had the pleasure to work with. And of course, my endless thanks must go to company owners/directors Walter and Scott Elliot and CEO Manuel Lang. Our resort began with their vision, and our achievements would not be possible without their wisdom and commitment to consistently delivering the highest standard in luxury Over 50s resort living. And to all of you: Thank you for being a part of our community. Thank you for sharing our vision for Beachmere Bay.

Nicole Smith

Senior Sales Consultant, Beachmere Bay

Pictured, Beachmere Bay's Huntington display home.

Croquet is here!

The long-awaited croquet courts opened in December with a residents' picnic. There are now two full-sized courts available for play, accommodating a maximum of 16 people playing golf croquet at any one time. The development of the courts has been a community effort. Residents have been involved at all stages, watering and weeding the grass and caring for the playing surface alongside the resort gardeners. Residents have made hoops and mallets and Palm Lake Resort has provided balls. Despite grey skies and intermittent rain, an enthusiastic group were on hand to give the new sport a try on opening day. Members of Bribie Island Croquet Club also kindly came along to offer support. Anyone who was unable to attend the opening and who is interested in playing croquet should contact Beachmere Sands residents Paul (Villa 139) or Bernadette (Villa 90) for further information.



FEB / MAR

What's happening

Share the love this Valentine's Day

Thursday, February 14, 11am-2pm

You are invited to join us at Beachmere Bay for a sumptuous lunch and refreshments in our opulent Hamptons Country Club. Visit our luxurious display homes and chat with our sales team to have all your questions answered about a Palm Lake Resort lifestyle. Limited numbers.

RSVP by Feb 8 on 1800 338 382 or salesbeachmere@palllake.com.au



What's on around town

February 10: The Red Hot Summer Tour concert will feature Jimmy Barnes, Diesel and Richard Clapton, among others, also at the Sandstone Point Hotel.

February 10: She is one of the most successful food writers of all time, having sold more than ten million cookbooks worldwide. Now it's time to meet the woman herself. Direct from London's West End, An Evening with Nigella Lawson is Nigella's brand-new show, where she tells her own remarkable culinary story, live on stage at QPAC, Brisbane. Two shows 4pm and 8pm. Tickets at www.qpac.com.au

Feb 22 - Mar 24: Brisbane Comedy Festival has grown into a multi-venue extravaganza, bursting at the seams to host a hand-picked selection of the funniest folk in the country. Held at Brisbane Powerhouse, Brisbane City Hall and SunPAC, Brisbane Comedy Festival plays host to one-liners, whimsy and mockery from more than 70 of the most hilarious national and international comedians. Visit www.brisbanecomedysfestival.com

Highlights of the Hamptons Country Club

Here's a list of the features of Palm Lake Resort Beachmere Bay's world-class Hamptons Country Club, as well as those additional masterplanned leisure facilities that are also on the way:

- Championship croquet courts
- Heated indoor swimming pool
- Outdoor swimming pool
- Nine-hole golf course
- Eight rink undercover bowling green
- Tenpin bowling
- Tennis courts
- Milon gym
- Luxury movie theatre
- Waterfront beach house
- Library
- Billiards room
- Large bar area

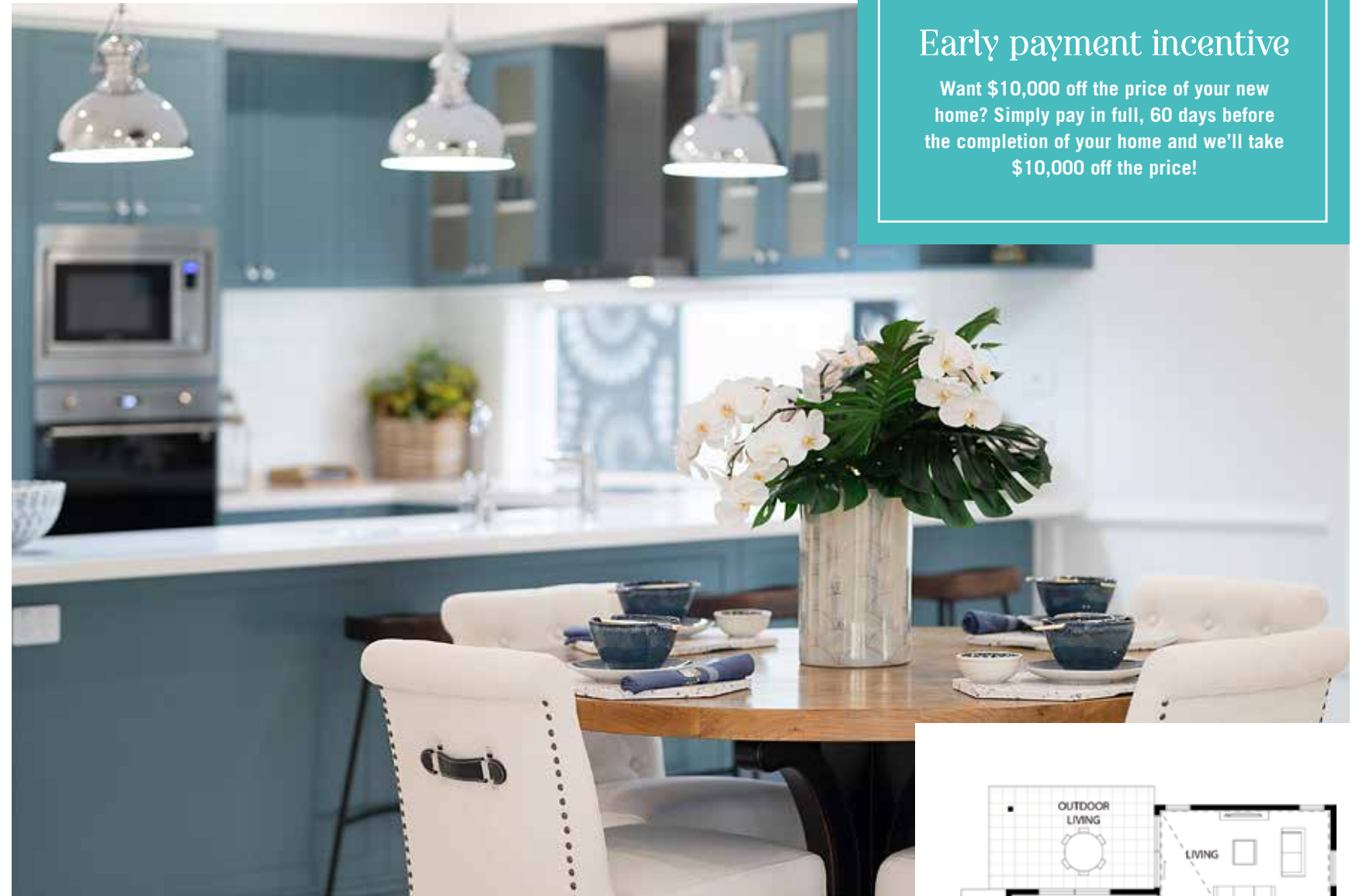
Right on cue

The Palm Lake Resort Inter-village Snooker Tournament final was held in the Beachmere Sands Clubhouse late in 2018. The final was played between Eric from Beachmere Bay (pictured right) and Chris from Beachmere Sands. Chris won two of the last three games in the final which made him the overall winner. Well done to both players for a great tournament.



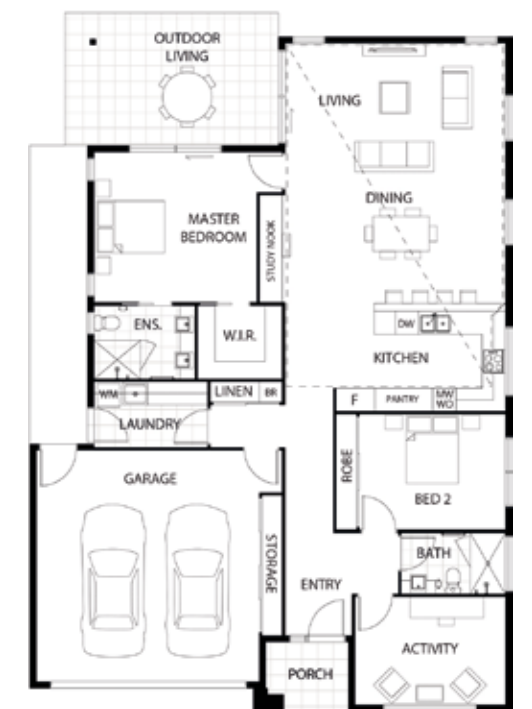
HOME IS A HOLBROOK

Hamptons-inspired and architecturally designed, our Holbrook home offers two bedrooms and a spacious activity room. The master bedroom opens out onto a beautiful alfresco area and features a walk-in robe and luxurious ensuite bathroom making it quite the personal sanctuary. The impressive high raked ceiling in the living area makes the space feel vast and European SMEG appliances complete the luxe feel. Advantage Air ducted air conditioning keeps Holbrook's occupants comfortable. Ample storage in the double garage is an added bonus.



Early payment incentive

Want \$10,000 off the price of your new home? Simply pay in full, 60 days before the completion of your home and we'll take \$10,000 off the price!



BEDS 2	BATHS 2	LIVING 1	ACTIVITY ROOM	STUDY NOOK	OUTDOOR LIVING	GARAGE 2

BATH TIME BLISS

Did you know, you'll spend about 1.5 years of your life in the bathroom? That's exactly why Palm Lake Resort puts so much emphasis on creating idyllic bathroom sanctuaries. Here are just some of the features...

LUXE LIFE

Floor-to-ceiling wall tiles and shower niches in both ensuites and main bathrooms add an air of luxury to our bathrooms.

MIRROR MIRROR

Mirror shaving cabinets provide convenient eye-level storage.

CLASSY GLASS

Semi frameless shower screens maximise the feeling of space in our bathrooms.

YOUR SANCTUARY AWAITS

The bathroom is where you are able to switch off from all that is going on around you and simply be alone with your thoughts – that's why your bathroom is usually where inspiration strikes!

TOO GOOD

20mm stone bench tops and two-pac cabinetry come as standard in all Palm Lake Resort bathrooms.

Pictured, Palm Lake Resort Beachmere Bay's Holbrook display home. Inclusions vary. Contact our Sales Centre to find out more.

What they say...

While we at Palm Lake Resort Beachmere Bay can tell you how amazing our home designs are and how world-class our facilities are, it's our homeowners who really know just how good life can be here by the Bay.



IAN, SHARON & POPPY
(Villa 29)

"Although we have only been here a short time, the other residents and staff have all been welcoming and the homes are a great quality and size. Our little dog, Poppy, has adjusted really well and we are looking forward to many good times ahead. Ian is a great car buff and to discover there is a car club has been a bonus!"

KATE (Villa 9)

"Until recently, I had spent the last 30-odd years living in Noosa Shire. I was getting to the stage of life where I wanted to downsize and make a change to an over 50s resort when I came across Palm Lake Resort Beachmere Bay. I quite honestly had never heard of Beachmere but I wanted to live near the water so I thought I'd have a look. I loved the country feel and the quiet here, while still being close to everything I need.

Then to find out they were building Hamptons-style homes was the icing on the cake as my last home was Hamptons style - I thought that was serendipity! I moved here at the end of June 2018 and it has lived up to my expectations. My neighbours are wonderful – in fact, everyone here is likeminded. There is a lot to do and it really is like living in a resort with peace of mind knowing I am in a safe place."



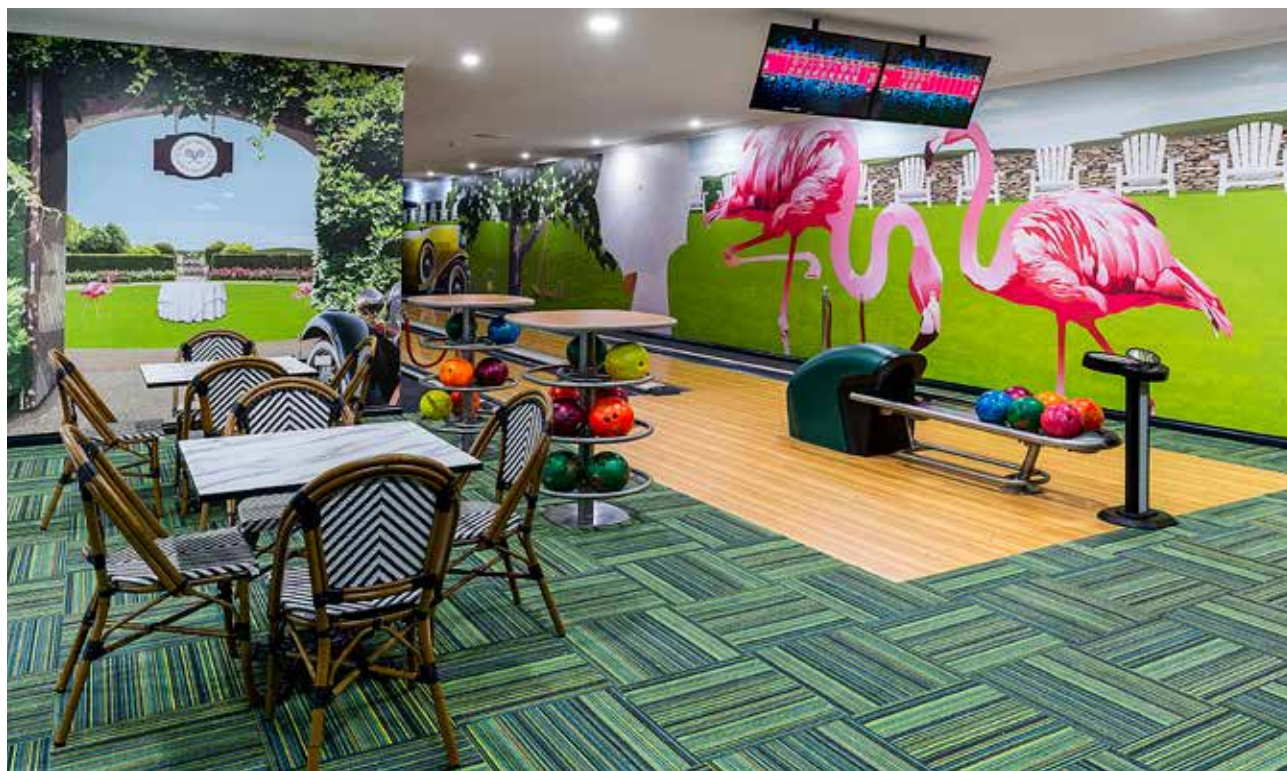
IAN & JENNY (Villa 50)

"We have only been in Beachmere Bay now for six weeks and are settling in quite well. We are very happy that the residents are so friendly and have made us very welcome. Making a decision to live at Palm Lake Resort Beachmere Bay was not that hard as we lived at Palm Lake Resort Eagleby for around seven years before shifting to New Zealand for two and a half years then deciding to return to Australia. Having lived on the southside of Brisbane for 32 years, we thought a shift to the quieter northside would be a good move which, so far, has proved to be the case. Most things are within easy reach of Beachmere Bay making it an ideal location to live. The clubhouse and features within are exceptional, making it a pleasant place to visit and to show friends and family. We are sure that as more residents move in we will have a great community, all of whom will be able to enjoy the many organised social and sporting events."



TONY & PRUE
(Villa 48)

"We are so happy to have moved into Beachmere Bay from the Sunshine Coast to live in a community of like-minded people. Neither of us had been in a gym before and now love the 17.5 minute workout our Milon gym gives us. Bowls was new to us too and we enjoy the undercover lawn bowls as well as the tenpin bowling. There are so many activities on offer but we can be as busy or quiet as we wish. Being able to go off in our caravan and not come back to an out-of-control garden was a major factor in deciding to make this move."



Better your bowling game

Tenpin bowling alleys are popping up all across the Palm Lake Group. It's a great multi-generation game to enjoy with visiting family and among your neighbours.

Whether you're a regular strike scorer or can barely manage a spare, any tenpin bowler can do with tips from an expert. We asked Gail Torrens and Dick Ritger from the Tenpin Bowling Association of Queensland to share their advice for bettering your ten-pin bowling game.

How do I keep the ball in the lane and increase my scores?

After you deliver your ball, continue the swing until your arm is in an 'answer the phone' or a 'having a drink of water' position. If you do this 'follow through' action your ball will stay on the lane for longer and you will be rewarded with higher scores.

Sometimes I release the ball at the bottom of my swing, and other times I release it somewhere else. How can I release at the same point each time? When you are about to release the ball, try to imagine where your forward knee is. Let your thumb out of the ball at this point every time. A consistent release point will allow you consistent scoring ability!

I've noticed that good bowlers seem to bowl without any effort at all – how do I do that? Without holding the ball, lean forward slightly and let your arm drop in a back-and-forth pendulum motion. Concentrate on the gravity feeling from the top of the backswing through to where you would release

the ball – at the knee. When you bowl, try to remember that feeling. All top-average bowlers allow gravity to guide the ball rather than push and pull the ball prior to release. When you bowl, release the ball by just keeping your fingers bent. If you have trouble swinging the ball you may need to lean slightly forward while bending the knee deeply.

Why is my swing crooked? How can I make sure it stays straight? Lower your bowling shoulder, keep your head over the ball to align with your targets, push the ball forward while relaxing your arm but keeping tension in your shoulder, and then relax and swing your arm. Practice without the ball first to get the movement and ensure your swing is straight – this is a must for any good bowler! – and make sure you complete a practise swing every time you bowl, as this pre-swing allows you to maintain a consistent, straight swing feeling. Concentrate on keeping the swing nice and even without pushing and pulling the ball in the swing. This will ensure a straight swing every time.

I have trouble hitting my target – how can I get better? Every time you deliver your ball onto the lane, keep your back toe on the floor and bend your forward knee deeply. By improving the balance of your upper and lower body you will be able to hit your target more often.

Golf is good

Avid golfers will agree that a day on the green is more than just a sport or a hobby – it's the key to living a happy, healthy life. You may think that sounds extreme, but it turns out they're not wrong.

OUR 9-HOLE GOLF COURSE OPENS IN 2019



When it comes to getting your heart rate up, you don't always have to sweat it out in a cardio session. Finding a low-impact activity that you enjoy, and are happy to do regularly, is a sure-fire way to ensure that you are getting in enough exercise. A few rounds of golf every week could be all you need to keep fit and healthy.

Did you know that you can walk up to seven kilometres playing an 18-hole golf course? Reports state walking can benefit your health in more ways than one – it can reduce your risk of heart disease, improve the fitness of your heart and lungs, help to manage conditions like muscle and joint stiffness, high cholesterol and diabetes, strengthen your bones and even improve your balance. Regular exercise – as we all know – can also help you to keep fit and trim, particularly if you're ditching the golf cart and rolling your clubs from hole to hole yourself (rather than

carrying them, which can cause stress to your back and shoulders). Plus, breathing in the fresh air benefits your digestive system, strengthens your immune system and gives you more energy and a sharper mind. And we can't forget the power of good old Vitamin D from the sun for promoting bone growth and strength by helping our bodies to absorb calcium – just ensure you stay protected by wearing sunscreen and a hat when you're out on the green. Above all this, golf is a great way to keep in touch with friends – and also to make new ones. So, grab your clubs and enjoy a day spent doing your body some good. It turns out, a golf session is just what the doctor ordered!

Did you know, Palm Lake Group recently acquired Pelican Waters Golf Club?

The importance of fitness as we age

Recent research from the University of Birmingham has found that fitness in older people relates to a decrease in what we call 'tip of the tongue' moments – like those moments when you can't quite remember the name of someone or something. While the study recognised that cognitive decline is an inevitable part of getting older, we can slow the decline and protect ourselves from a further decline in our language capabilities by staying fit. Fitness and general physical activities are also known to reduce the risk of a number of diseases, which include type-2 diabetes and some cancers. Specific types of regular exercise can also be used to maintain balance.

When considering the different ways you or your loved ones can stay fit, there are two types of exercise to include in everyday life. Planned exercise is your more traditional workouts including classes at the gym or group activities outdoors, whereas incidental movements are the activities you might not realise are helping you stay active. From walking to the shops, to gardening and housework, these are ways you can incidentally stay more active day to day.

CARETAKER'S REPORT

Happy New Year to all our 'The Gatsby' newsletter readers and welcome to 2019. It's going to be a very busy year with 20 settlements planned for the Bay before the end of March, which will mean we will then have well over 100 homeowners living in our wonderful Beachmere Bay resort.

New Year was celebrated at the Bay with a movie marathon. We started with drinks and nibbles then headed into the movie theatre for a couple of great movies with most guests seeing in the New Year at midnight.

Regular activities have begun again in the Hamptons Country Club. After all the Christmas cheer, many say they are looking forward to the exercise classes! The Milon gym is still very popular and, from what I have been told, it's also becoming a bit competitive between the homeowners!

Weekly meals have also commenced again after the Christmas break. Our homeowners are planning a special Valentine's night in February with roast lamb and all the trimmings followed on the menu by a decadent chocolate desert.

Tenpin bowling is still proving the most popular activity in the Country Club with fierce competitions underway each day. Members of the newly formed tenpin bowling committee are busy scheduling bookings in the tenpin bowling centre and organising events during the coming year.

The homeowners have various outings in the next few weeks including a SMEG demonstration at Virginia in Brisbane, jazz band (Galapagos Duck) concert at the Caloundra Boat Club and another outing to the Glass House Mountains (the last one being so successful). There will also be some shopping trips to our local shopping centres including Maroochydore and Chermside. Busy times ahead.

Jenni Martin
Resort caretaker

Memories of 2018

2018 was a stellar year for Beachmere Bay. Here are some of our best memories...



Hebel homes a greener choice

Palm Lake Resort Beachmere Bay homes are more than just what meets the eye.

Constructed with Hebel cladding, Palm Lake Resort Beachmere Bay homes are solid, highly fire resistant and well insulated, maximising comfort and peace of mind. Did you know, Hebel was developed in Scandinavia more than 70 years ago and has made its way right around the globe? It is now used in Europe, Asia and Australia and is made using 100 per cent natural materials such as sand, cement and lime gypsum.

CSR Hebel's Residential Business Development manager Nigel Packer says Hebel is the cleaner and greener choice for building structures of any kind, whether that be a house or just a backyard retaining wall.

"Hebel uses more than 60 per cent less embodied energy and produces at least 55 per cent less greenhouse emissions than concrete or brick veneer," says Nigel. "Hebel also has a 30 per cent lower environmental impact."

On top of being an environmentally friendly option for Beachmere Bay, Hebel creates better acoustics within a home, stopping unwanted outdoor sounds (such as traffic) from entering. This is great for those who enjoy devouring good books or who just want to enjoy the peace and quiet and tranquility of the retirement years. Palm Lake Resort estimator Dion Barnes says Palm Lake Group prefers Hebel cladding for its homes and facilities across the country, as it is a high quality masonry product that is fast to assemble, easy to use and super cost-effective.

"Cost is one of the main benefits of Hebel, which helps keep Palm Lake Resort homes affordable for our residents," Dion says. "The low cost really comes from the speed of construction. Brickwork can take up to a week for just one house, whereas a Hebel home can be constructed within a day."

Palm Lake Resorts are also designed with solar orientation top of mind. Beyond this, our homes and facilities are constructed with quality insulation that, while keeping inhabitants comfortable, also helps with reducing electricity requirements to therefore keep heating and cooling costs down. There is no doubt that the use of Hebel cladding is the key to creating the comfort and safety that residents have come to expect with any Palm Lake Resort.





6 NEW
DISPLAYS
NOW
OPEN

over 50's resort living

\$30,000*

OF LUXURY INCLUSIONS AS STANDARD

At Palm Lake Resort Beachmere Bay, our homes and resort features are designed to enhance a luxurious over 50's designer lifestyle. That's why \$30,000* worth of luxury inclusions come as standard with every home. From European appliances, stone benchtops, ducted air conditioning and fully landscaped gardens, our homes come fully finished, simply ready to move in and furnish to begin creating your new resort lifestyle.

- ✓ Caesarstone benchtops
- ✓ Smeg appliances
- ✓ 2 pac cabinetry
- ✓ Anticon blanket
- ✓ Flyscreens and front door barrier screen
- ✓ Water tank
- ✓ 1.5kW solar power panels
- ✓ Dulux Wash & Wear paint
- ✓ Fencing, landscaping, driveway and pathways
- ✓ Luxury selection of carpet and tiles
- ✓ Alarm system
- ✓ Tiled porch and outdoor living
- ✓ Bathrooms tiled to ceiling
- ✓ My Air ducted air conditioning
- ✓ Quality window furnishings including shutters to front façade



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THE BEST IN OVER 50's LIFESTYLE RESORTS. IT'S TIME FOR YOU.

*Subject to change without notice.