

The Gatsby

MARCH-APRIL 2022



LAST
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selling!



THE REEL DEAL

Check out our fab new sales promotion! For a limited time, you'll land a 'prized catch' if you secure a new home here at Beachmere Bay

WORKING WONDERS

The rise of the internet and digital connectivity has made working from home easy. Set up a successful home office with these tips

CHOC-FUELLED FUN

It feels like we've just packed away the Christmas tree and now Easter's here! With an influx of visiting grandies expected, share in our Easter eggstravaganza



Welcome

Welcome to our latest edition of *The Gatsby*. Well, hasn't it been a big month for us here at Beachmere? The unprecedented rain brought with it unprecedented floods right across Brisbane. Lucky for us here at Beachmere Bay, our resort was physically unaffected. However, our local area did suffer. But with most natural disasters, there are always tales of human spirit that rise from the devastation to give us hope for humanity. One of these exact stories emerged from the floodwaters of our Beachmere this week...

When the only road in and out of Beachmere was cut by rising floodwater, a significant number of our neighbouring Palm Lake Care Beachmere staff – spanning caregivers, nursing, housekeeping, maintenance, catering, admin and more – were stranded in their homes, unable to get across to their workplace and the community of aged care residents who depend on them. While safe, dry and physically unaffected by the floodwater like us, Palm Lake Care Beachmere's emerging situation became one of manpower. Service Manager Anston Fivaz said the only team members he had available were those on shift before the waters rose, and those other few who lived nearby. The vast majority of his team were simply cut off.

"We had to put a call out to our immediate Beachmere neighbours on the Friday to see if we could drum up some volunteers to help support our community, and the response was beyond incredible. We were inundated by messages and phone calls all weekend from people wanting to lend a hand," Anston says. Among them were Palm Lake Resort Beachmere Bay residents. It's in times like these that the spirit of our wonderful community really shines through and we remember why this resort is so special. Anston says he might have only had eight hours' sleep in those three days at the height of the local flood crisis but, with the support of our amazing local Beachmere community and his Palm Lake Care team members who put in extraordinary hours and effort, his residents' needs were always met.

"The residents had such amazing emotional support all weekend in what could have been a much worse situation," he said. Anston hopes to be able to put on a community barbecue in the near future, as a thank you to all those who devoted their time to his community this week. We will keep you posted.

**Nicole Smith, Senior Sales Consultant,
Palm Lake Resort Beachmere Bay**

Contact us

Looking for more information about Beachmere Bay? Here are four places you can reach us:

Online: Visit our website beachmerebay.com.au

Social media: Follow Palm Lake Resort on Facebook (@palm_lakeresort) and Instagram (@palm_lake_resort) to see what's happening right across all our Palm Lake Group locations.

Street address:
Palm Lake Resort Beachmere Bay can be found at:
194 Bishop Rd, Beachmere.

Freecall: 1800 338 382. There's no cost to you and you'll have our experienced Sales Team at the other end of the line. Easy.

News briefs



Read all about Care

As part of the Palm Lake Group, Palm Lake Care offers six modern aged caring communities across South-East Queensland. Catch up on all things Palm Lake Care in the company's most recent magazine, *The Difference*. It features all the winners from our annual caregiver awards, as well as updates on every location. Read it online at: www.palmlakecare.com.au

Make a date

Here are some important upcoming dates to note in your diary:

Queensland school holidays: Saturday, April 2 to Monday, April 18 inclusive

Easter long weekend: Friday, April 15 to Monday, April 18

Anzac Day (including public holiday): Monday, April 25

Labour Day public holiday: Monday, May 3

Refer your friends

We know your friends love coming to visit your Palm Lake Resort home and enjoy sharing our resort facilities with you, right? Refer a friend to join you and become part of our exclusive community, and if they purchase a new or established Palm Lake Resort home, you'll receive up to \$500 cash. Easy! Ask about our 'Refer a Friend' incentive at the Sales Information Centre.

Weekly activities

MONDAY

- 7.30am Sands golf competition
- 9am Zumba
- 9am Lawn bowls: Ladies' morning
- 10am Mah-jong
- 10am Social golf
- 10am Yoga
- 1pm Cards: Hand & Foot
- 1pm Lawn bowls: Triples, Pairs, Mixed social
- 2pm Ukelele practise
- 5pm Mixed tennis

TUESDAY

- 8.15am Senior exercise class
- 10am Ladies social golf
- 10am Book Club (second Tuesday)
- 1pm Cards: Hand & Foot
- 4pm Pickleball
- 4pm Lawn bowls: Scroungers, Mixed social
- 7pm Line Dancing
- 7pm Cards: 500

WEDNESDAY

- All day Social golf
- 7.30am Aqua aerobics
- 8.15am Mat Pilates
- 8.45am Armchair yoga
- 12.30pm Lawn bowls: Self-selected pairs
- 1pm Duplication Bridge

THURSDAY

- All day Social golf
- 8.15am Yoga
- 9-11am Lawn bowls: Pot luck
- 9am Mixed tennis
- 1pm Cards: 500
- 1pm Supervised Bridge
- 1.30pm Craft, coffee and chat
- 7pm Lawn bowls: Winners & Losers, Pairs, Triples

FRIDAY

- 7.30am Social golf competition
- 8.30am Mat Pilates
- 9.15am Tai chi
- 10am Mah-jong
- 1pm Social golf
- 1pm Line dancing (beginners)
- 1-3pm Lawn bowls: Men's
- 2pm Line dancing (intermediate)
- 4pm Happy Hour

SATURDAY

- All day Social golf
- 9am Mini Bridge
- 9.30-11am Lawn bowls: Beginners' coaching
- 10am Remote-controlled boats
- 2pm Movies
- 4pm Lawn bowls: Scroungers, Mixed social

SUNDAY

- All day Social golf
- 8am Pickleball
- 4pm Croquet
- 4pm Happy Hour

Land this prized catch

WITH A RESORT LOCATED NEAR WONDERFUL WATERWAYS, IT'S ONLY FITTING THAT WE'D CAST THE NET A LITTLE WIDER FOR A 'WELCOME HOME' GIFT FOR OUR NEWEST HOMEOWNERS THIS YEAR.

Homeowners who buy a brand new Palm Lake Resort home are always delighted by their luxury new digs, complete with architectural design details and premium fitting and fixtures. But in 2022, there's even more reason to celebrate your new home purchase. When buying into Beachmere Bay, homeowners will land a prized catch: a \$30,000 boat package!

Among the details of this 'reel deal', homeowners will enjoy their very own 4.57m Quintrex 430 'Fishabout' model complete with a 40hp Mercury 4-stroke on the back, all packaged up on a Telway alloy trailer, as pictured here.

Here are some of the further inclusions in this great boating package:

- **Bimini top**
- **12 months' registration on the boat and trailer**
- **12 months' insurance**
- **Marine M50 battery and switch**
- **Navigation lights**
- **Bilge pump**
- **Rear boarding step**
- **Anchor well**
- **Standard inshore safety gear package**
- **White painted finish, with decals**

Quintrex says the interior of their Fishabout boats is designed with a car-like layout and dash with "maximum space for days of fishing, cruising, skiing and diving or everything combined".

"Their large open deck area is perfect for family boating and the wrap around windscreen keeps out the weather. Get set for fun and adventure aboard your Quintrex runabout!" Quintrex says.

This package is worth \$30,000 and is yours FREE with your new home purchase for a limited time*. To find out more about how to land this prized catch, phone our Sales Information Centre on 1800 338 382.





Meet the Gleesons

FOR THESE LONG-TIME, GREY-NOMAD NURSES, BEACHMERE BAY HAS PROVEN JUST THE RIGHT DESTINATION FOR THEM TO FINALLY PUT DOWN SOME RETIREMENT ROOTS.

It takes a special kind of person to dedicate their life to a career in nursing and helping others. Some of our newest Beachmere Bay neighbours are Danny and Vicki Gleeson (pictured above) and we are lucky to have a pair of these special caring people call our community their home.

Danny and Vicki met each other as trainee nurses in Grafton. Back in the early 1970s, as high-school graduates, Vicki says there was no university study to prepare you for a career in nursing. Young high-school-aged trainees, like she and Danny, were simply thrust into their roles and learned much on the job. While this experience could have swayed them away from the industry, something in fact clicked for them both. And the pair have been career nurses ever since.

Vicki says they spent 33 amazing years caring for patients together at Grafton Hospital before heading to England for 18 months to nurse there, once their three adult children had left the family nest. On their return to Australia, they realised that their adventurous sides would not allow them to settle back into a country hospital again, so they sought out remote positions that would have them seeing more of our great country while also delivering the nursing care that they found so thoroughly rewarding. Vicki says they initially worked on the western side of Cape York for 2.5 years (10 hours by car from the nearest 'big smoke' of Cairns - talk about remote!) before a stint in the Northern Territory for 7.5 years. Then, around 2014, their itchy feet had them considering their next chapter.

"The plan was actually to retire and so we imported a luxury motorhome from the United States to travel in - which we did. But I really missed my work," Vicki smiles.

So the Gleesons decided to simply blend work with travel. They sought out three-month government nursing contracts

in the most remote places they could find and spent half the year working in these far-flung communities and the other six months travelling in their motorhome, catching up with their growing family. This lifestyle took them all around Australia for the past eight years.

"It's been a pretty exciting and amazing career, especially working remote" Vicki says. "I'm really grateful for it."

While Vicki's passion is for paediatrics and Danny has nursed across specialities including cardiac, renal and surgical wards (as well as in management), the time had finally come for them to slow down and really enjoy the fruits of their labour. The Beachmere area suited them, as it was a geographic middle-ground between their three children (who are based in New South Wales, the NT and Margate). And Palm Lake Resort Beachmere Bay specifically suited them because of its luxury homes and choice of facilities. They moved in here just days before Christmas 2021.

"We just love it here," Vicki beams. "We wake up every day grateful. We have a beautiful house, the facilities are really beautiful and everyone's been so lovely. I really can't believe how friendly everyone here is!"

Danny is enjoying our resort golf course and the pair both love the pool. Vicki says she is excited to get into aqua aerobics and golf, too, once they properly unpack. That is, between lending a hand with their three (almost four) grandkids at Margate. Vicki says her 3-year-old granddaughter loves Beachmere Bay so much that she tells everyone she's moving in!

"Beachmere Bay is just perfect. And honestly, I'm just relishing the rest right now," Vicki smiles.

And we totally understand that.



Around the grounds

Pictured left, check out all the resort doggos we've snapped recently including (at top), Chris and Marty's brand new fur-child. Welcome to Beachmere Bay, Arckie! Not to be left out, our maintenance officer, Richard is pictured (at bottom) with his "Big Dog"!

Pictured below, we also snapped John and Phil with their Bowls Club raffle prizes and some big grins, as well as Arthur in his shiny new golf car that he received FREE with his new home purchase.



Set up for success

PEOPLE ALL OVER THE WORLD HAVE BECOME A LOT MORE FAMILIAR WITH WORKING FROM HOME IN THE PAST FEW YEARS – SOME PALM LAKE RESORT RESIDENTS INCLUDED. HAVE YOU EVER THOUGHT ABOUT SETTING UP YOUR HOME'S SECOND (OR THIRD) BEDROOM AS AN OFFICE? WHETHER IT'S A BASE FOR YOUR BUSINESS OR JUST A DEDICATED PLACE TO GET THOSE HOME ADMINISTRATION JOBS SORTED, HERE'S HOW...

Purge

Before you embark on your office set-up, you need to cull anything you don't need anymore. Be ruthless about the things you hold onto and go digital wherever you can. For example, your smartphone probably has a built-in scanner, so use that instead of finding space for a dedicated desktop scanner. Once you've found a home for everything, invest in a good labeller. Think ahead: which trays, baskets or bins are likely to fill up first? Should you make that one bigger, or commit to culling it more often? Remember that decluttering isn't a 'one time and done' task – you'll need to embark on regular decluttering missions in the future; the aim of your first big one is to make the rest relatively simple.

Feng shui

What if we told you that the way you configure your office could contribute to your productivity? The goal of feng shui is to use energy to harmonise us with our surrounding environment, and there are certain feng shui rules that you should keep in mind when organising your office. Removing clutter – including hiding cords, doing paperwork daily and keeping 50 per cent of your desk space clear – is one example, but you can apply feng shui to how you configure your office furniture, too. You should be able to see the door from your chair, putting you in a powerful, commanding position, and if you are planning to share your office and have two chairs, avoid sitting back-to-back or face-to-face. Where possible, avoid furniture with sharp edges and leave plenty of space between desks for energy to move slowly around your office.



Ergonomics

Tight neck? Sore wrists? Achy lower back? Sounds like you could use a lesson in ergonomics – and don't worry, you're not alone. Fifty per cent of Aussie workers have jobs that require full or part-time desk work, and studies show that most of us aren't sitting correctly. Find your natural posture by pushing your chair away from your desk and sitting comfortably; your feet should be on the floor in front of you, your shoulders relaxed and your back behind should be... well, behind you. This position is the foundation for building an ergonomic desk – from here, your keyboard should be one to two inches above your thighs, your screen should touch the tip of your middle finger and your chair should support your back comfortably. And don't forget to get up and move around regularly.

Colour therapy

Whether or not you believe in colour therapy, there is plenty of science to show that colours can have a psychological impact on our minds and the way we work. You don't have to go out and paint all of the walls in your office – instead, invite the following colours (and their psychological benefits) into your office with rugs, wall art, stationery and more, for example.

- **Blue** is ideal for staying focused – particularly in repetitive industries. Accountants, this is the colour for you.
- **Yellow** stimulates emotion, evoking feelings of happiness and brightening spirits. It's a perfect colour for those who work in the creative industries.
- **Green** is the colour of balance, calm and reassurance. Lawyers and financial workers should 'go green'.



Bay Library news

It's always great to escape to a good book as a means of relaxing and recharging the batteries and your resort library has a great selection of new arrivals for your reading pleasure. Some of these are listed below and will be on display at the back of the Library this month.

We'll start with a home-grown author and journalist, Trent Dalton who wrote the award winning **Boy Swallows Universe**. His latest novel, **All our Shimmering Skies**, has been described as "an odyssey of true love and grave danger, of darkness and light, of bones and blue skies. It is a love letter to Australia...a magical novel, abrim with warmth, wit and wonder". Sounds like a good read! Another Australian journalist, Richard Glover, offers a nostalgic look at the Australia of his childhood, late '60s, early '70s in **The Land before Avocado** – journeys in a lost Australia. A great intergenerational conversation starter – cringe-worthy at times but also inspiring, it makes one realise just how far we've come – and how much further we can go!

For lovers of crime books, Chris Hammer's latest two novels **Trust** (2020) and **Treasure and Dirt** (2021) offer some fast paced thrilling action.

Prolific writer, Garry Disher's **Consolation** was published in 2020. A story of a flawed hero struggling to keep his small community safe, it promises to be a good read – also in an Australian setting.

Tom Clancy needs no introduction – and this novel **Code of Honour** was inspiration for the Amazon Prime series 'Jack Ryan' which some of you may be following. A tangled web of theft and deception, it spans the United States, Indonesia and China.

Rachel Givney is an Australian writer and filmmaker having worked on *Offspring*, *The Warriors*, *McLeod's Daughters*

to name a few. Her recent novel **Secrets my Father Kept** is a captivating read set in pre-WW2 Europe.

I really enjoyed **The World at My Feet** by Catherine Isaac. From post-revolution Romania to the idyllic English countryside, this is the story of two women, two worlds, and a journey of self-discovery that spans a lifetime.

Beachmere Bay Book Club recently read **The things we cannot say** by Kelly Rimmer and bar none we all loved it! It did tear at the heartstrings though and this one **Truths I never told you** deals with themes of post-natal depression and also dementia, but I believe Kelly's rich and moving narrative will make it a worthy read. Speaking of Book Clubs, we have **The Book Club** by Mary Alice Monroe and **Fairvale Ladies Book Club** each in their own different way showing the importance of friendship and the coming together with a common purpose.

We have a set of books by Deborah Rodriguez. Whilst not recent publications, they paint an authentic picture of life in Afghanistan, Deborah having spent five years teaching at and later directing the Kabul Beauty School, the first modern beauty academy and training salon in Afghanistan. She also owned the Kabul Coffee House. Currently living in Mexico, she is now a hairdresser, a motivational speaker and the author of the Sunday Times bestselling debut novel **The Little Coffee Shop of Kabul** and the memoir **The House on Carnaval Street**, the sequel to **The Kabul Beauty School** and also **Return to the Little Coffee Shop of Kabul**.

Thank you to those folk who have generously donated resources to our collection. Best wishes from all your Library volunteers – **Anne, Jan, Helen, Judy, Judy Margaret, Lyn, Lyn, Lynn, Carin, Wendy, Jennifer, Viv and Cathy**

Five fun ways to celebrate Easter



EASTER IS ALL ABOUT FAMILY, DELICIOUS FOOD AND CELEBRATION. WHETHER YOUR GRANDKIDS ARE COMING TO TOWN, YOU'RE HEADING OUT TO VISIT THEM, OR YOU'RE ENJOYING A MORE LOW-KEY EASTER CELEBRATION AT HOME, HERE ARE A FEW WAYS YOU CAN SPEND THE LONG WEEKEND.

Easter baking

Baking is one of those skills that is passed on from grandparent to grandchild. With all the extra chocolate going around, this is a great time of year to get your grandkids in the kitchen. Choose simple recipes (with minimal sharp knives and hot surfaces) if you're working with younger kids, or consult your recipe archives to pass on a family favourite if you feel your grandchildren are old enough. The easiest dish to make with children is definitely rocky road – see the opposite page for a simple recipe.

Get giving

Christmas is usually associated with gifting, but who says you can't give out Easter presents, too? The perfect alternative to chocolate (should your gift recipient have allergies or dietary requirements) your Easter gift might include a baked treat, a small card, a cute decoration or craft item or even some potpourri or homemade soaps. If the grandkids are in town, have them help you assemble these small gifts and deliver them around the resort.

Fun crafts

Everyone loves a good craft activity, and Easter is full of inspiration. Why not make a small nest for some faux baby chickens or Easter basket for your next resort egg

hunt? For something a bit more functional, why not make beautiful homemade cards to help you spread the love around your resort? The internet is full of inspiration for Easter crafts of all kinds.

Decorate

Decorating your home is a great way to get into the Easter spirit! Soft pastel tones are the obvious choice, but you could play with fresh flowers and greenery to liven things up a bit too. If you're hosting Easter brunch, lunch or dinner, it's all about your table setting. Light colours will be your best friends, as will natural textures like wicker, rattan and straw. Balance them out with gleaming glass and silverware, add some fresh florals and a beautiful spread and you're sorted.

Sunday fun

How do you spend Easter Sunday itself? Maybe this year is the year to try a new tradition? If you're spending it with your grandchildren, you could start the day with a special Easter breakfast followed by an egg hunt (utilising those baskets they made, of course!). Grandchildren or no grandchildren, you could also spend the day playing fun board games, relaxing with a good book and a cup of tea, or enjoying some time outdoors. Your traditions are exactly that – yours.

How to use up all that Easter chocolate

EASTER, OBVIOUSLY, MEANS TONNES AND TONNES OF CHOCOLATE. EVEN WITHOUT THE EASTER BUNNY PAYING YOU A VISIT, YOUR EXTENDED FAMILY MEMBERS, FRIENDS AND NEIGHBOURS WILL LIKELY GIVE YOU A FAIR AMOUNT OF CHOCOLATE THIS WEEKEND. INSTEAD OF ENDING UP IN A CHOCOLATE COMA, PUT YOUR EASTER CHOCOLATE TO BETTER USE WITH THESE CLEVER IDEAS.

Make a bunny milkshake

Those tall Easter bunny-shaped chocolates also make for awesome milkshake holders! Mix up your favourite flavour, bite off the bunny's ears and pour it inside (just be sure to keep most of the wrapping on, to prevent your fingers melting all the chocolate). Then, grab a straw and get sipping! This idea is perfect for the visiting littlies (or the big kids, at heart!)

Chocolate bark

It's so simple, but so tasty. Chocolate bark is simply just melted chocolate poured onto a baking tray, sprinkled with whatever toppings you like and re-refrigerated. Dried fruit and nuts make it ever so slightly healthy, but you can also get experimental and make it taste like your favourite chocolate bars – sprinkle desiccated coconut for a Bounty Bar effect, or caramel and crushed up biscuits if you love Twix.

Chocolate-dipped fruit

Make the most of the fact that you've got a near-endless supply of quality chocolate and melt it all

together to make the most delicious chocolate dip. You can make chocolate strawberries or bananas, or even throw some blueberries, goji berries or raspberries in there and make a tasty, chocolatey snack that everyone will love. Just pop them in the fridge and enjoy them whenever you like!

Homemade chocolate topping

Is there anything better than ice cream and chocolate sauce? Yes – ice cream with Easter egg-flavoured chocolate sauce! Simply melt all that chocolate together and pour it over your favourite ice cream flavour for an easy dessert idea (and an easy way to get through the Easter egg supply).

Hijack your baking

Whether you bake up a batch of cookies, muffins or cupcakes, toss a couple of Easter eggs into the mix to take it to the next level. Your grandkids or neighbours will love biting into their favourite baked goods and discovering an oozy, melted Easter egg inside. Who wouldn't?!

Recipe: Rocky road

Ingredients:

- 100g biscuits, roughly crushed
- 400g dark chocolate, chopped
- 200g milk chocolate, chopped
- 200g strawberries and cream sweets
- 250g pink and white marshmallows, quartered
- 100g milk chocolate hollow eggs
- 100g slivered almonds, toasted (or peanuts, optional)

Method:

1. Line a 20cm square cake pan with baking paper, leaving sides to overhang.
2. Place dark and milk chocolate in a heatproof bowl over a saucepan of simmering water. Stir with a metal spoon until melted and smooth. Remove from heat.
3. Reserve some of the marshmallows, sweets and Easter eggs for decorating. Stir the remaining ingredients into the chocolate until combined.
4. Spoon mixture into pan. Top with reserved sweets and Easter eggs, pressing them into the chocolate. Chill for two hours or until set.
5. Remove from pan by lifting out with paper. Cut into pieces to serve.

Reel deal!

With so many of our resorts located near wonderful waterways, it's only fitting that we'd cast the net a little wider for a 'Welcome home' gift for our newest homeowners. For a limited time, Palm Lake Resort is giving away a Quintrex aluminium boat, valued at over \$30,000, FREE with any new home purchased! To find out more about how to land this prized catch, phone our Sales Information Centre on 1800 338 382.



Get a \$30,000
Quintrex boat
with your new
home!

T&Cs apply



SALES INFORMATION CENTRE OPEN 7 DAYS | 1800 338 382
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palllakeresort.com.au