

Beachmere Sands.

JULY/AUGUST 2018



COLOURFUL GREEN: Beachmere Sands' "Loud Shirt Bowls Day" was a vibrant success with record numbers attending to roll a bowl in their most colourful threads. The players met later in the clubhouse to show their support for Guide Dogs Australia and a dog currently undergoing training by a resident of our resort. The winner of the event was Andy Andresen (Villa 169).

You're getting warmer.

The weather has cooled right down and many of us are looking for the perfect way to keep warm. And it's not just a matter of comfort when it comes to staying toasty – keeping warm is key to keeping your immune system fighting strong, so heating requires serious consideration, especially as we age.

There are so many options when it comes to heating your home and they each come with pros and cons – cost being the biggest consideration. EnergyAid's Anne Armansin has spent more than 20 years in the appliance and energy industries including managing a home energy advisory service servicing one million households. So she knows a thing or two about the best way to keep your home warm while also keeping costs down.

"It's easy to just reach over and turn the heating up," Anne says. "While that's fine a few times, it's easy to forget about the impact that will eventually have on your next power bill."

Using a heating device for about five hours a day, for example, Anne explains that the running costs can vary greatly depending on the option you choose:

Heated throw rug (purchase price approx. \$69) at 150 watts costs about \$0.18 per day = \$1.30 a week to run.

A five-fin oil heater (purchase price approx. \$45) at 1000 watts costs about \$1.20 per day = \$8.40 per week.

A fan heater (purchase price approx. \$49) at about 2300 watts costs about \$2.76 per day = \$19.30 per week

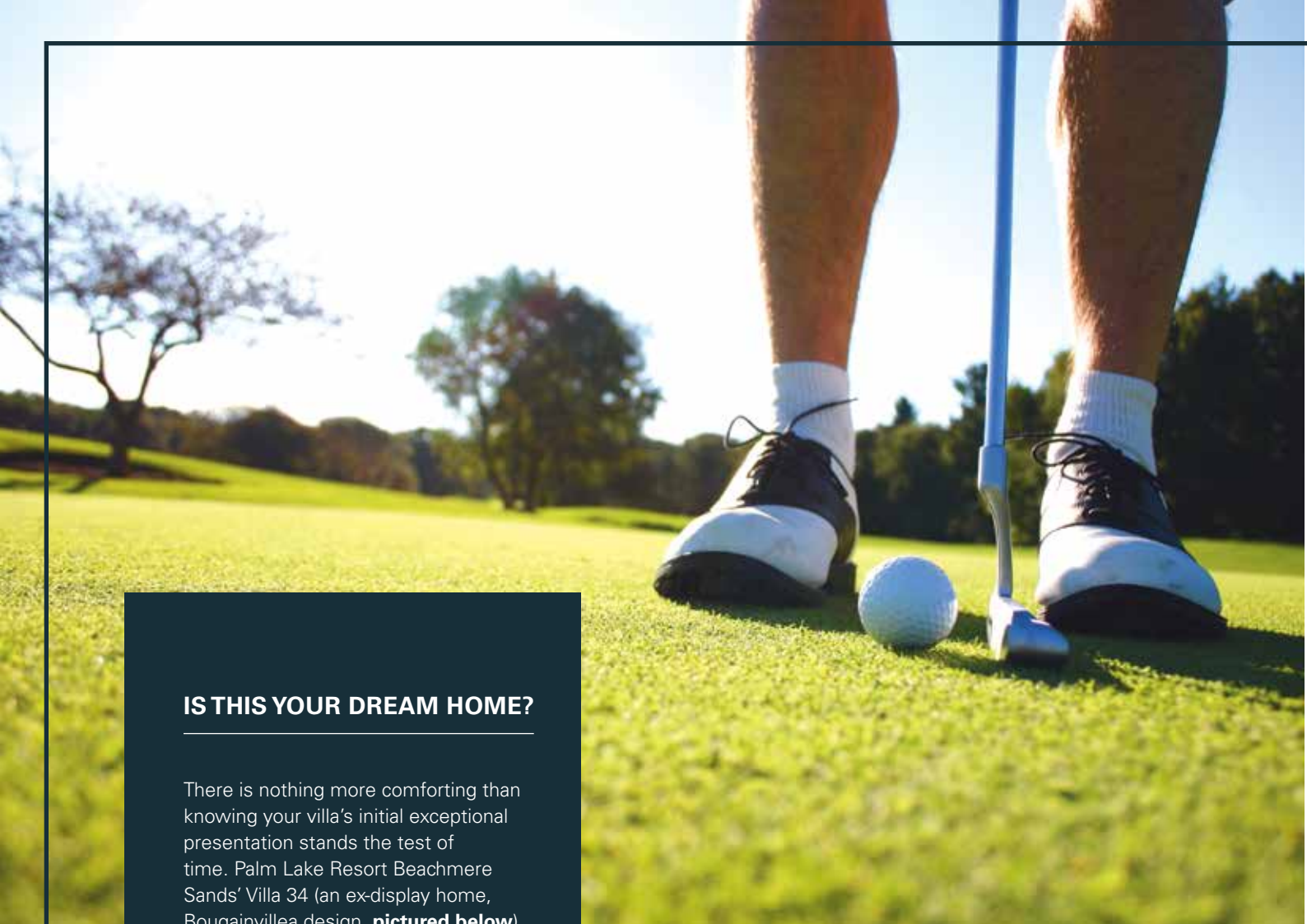
An 11-fin oil heater (purchase price approx. \$99) at about 2400 watts costs about \$2.88 per day = \$20.20 per week.

Many believe air conditioners are an expensive household appliance to run. However, did you know a reverse-cycle air conditioning unit can be less than half the cost to run compared to a small, portable, electric fan heater?

Anne encourages consumers not to be swayed by the seemingly cheap purchase price of a heater.

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IS THIS YOUR DREAM HOME?

There is nothing more comforting than knowing your villa's initial exceptional presentation stands the test of time. Palm Lake Resort Beachmere Sands' Villa 34 (an ex-display home, Bougainvillea design, **pictured below**) boasts state of the art finishes and a modern, uplifting ambience. In a resort that consistently has near 100 per cent occupancy, our resale villas and stunning ex-display homes are a rare opportunity.

Ideally positioned and enjoying close proximity to the Sands Clubhouse, Villa 34 boasts dual alfresco areas, spacious living areas, two built-in bedrooms, ducted air conditioning, European Smeg appliances and an additional storage garage. Elegantly appointed and superbly presented this villa will impress upon first inspection. Priced at \$360,000.



READY, SET, GO!

Table setters are needed for the July-October period. If you have an hour to spare on a Thursday or Friday morning in this period, call Elizabeth (Villa 20) to put your name on the roster.

INFORMATION CENTRAL

Tucked away behind the mailboxes, just before the main Clubhouse facilities, is the Multi-Purpose Room (MPR). There, and on the noticeboards, you find all the information on activities, buses, functions and meetings. If you don't visit the Clubhouse and MPR, you miss out!

While in the MPR, you can put your name down for meals, activities, shopping trips and more, read the minutes of meetings and also read the newspapers, check the noticeboards for information, use one of the PCs to check email or search for information and more.

JULY / AUGUST

What's happening.



INAUGURAL MATCH ENDS IN DRAW

Pictured above, Palm Lake Resort Beachmere Sands recently hosted an inaugural competition against Palm Lake Resort Cooroy-Noosa. Some 18 bowlers from each location participated in a game of three bowls triples that resulted in a draw of three games each. As well as all the action on the green, there was some enjoyable socialising over some meals and Happy Hour coldies. We eagerly await a return match in the near future.

HAIR CARE GETS MORE CONVENIENT

Hairdressing and beauty therapy services for both women and men at our resort have been expanded to include a men's barber as well as facials, nails, eyebrows and waxing. Each Thursday, Nic continues to provide hairdressing services as per normal. However on Friday each week, Jacqueline offers hairdressing, barber and beauty services. Jacqueline is new to Palm Lake Resort Beachmere Sands. She is a hairdresser, beautician and a trained barber. So, for those men who prefer an old-fashioned haircut, nose, eyebrow and ear trims, they are now available on site in the salon on Fridays.



WEEKLY ACTIVITIES

- MONDAY**
7.30am Yoga
7.30am Men's Golf Tee Off
8.30am Meditation, Library
10am Ladies' Golf Tee Off
1.30pm Bingo
6.30pm Mixed tennis
- TUESDAY**
7am Water Aerobics
9am Stamping Up
9.30am Scrabble
9.30am Quilting
11am Stamping Up
12.30pm Lawn Bowls
1pm Canasta
1.30pm Circle Dance
7pm Indoor bowls
- WEDNESDAY**
6am Golf Away
8.30am Zumba Gold
10am Beachmere Bus
10.30am Craft
3pm Women's Tennis
6.30pm Mied Tennis
- THURSDAY**
7am Strength & Balance
9am Paper Tole
1pm Canasta
1pm Lace Making
5.30pm Residents' Dinner
- FRIDAY**
7am Golf Away
7am Tai Chi
9.15am Bowls Singles & Doubles
10am Singing
12.30pm Residents' lunch
1.15pm Mah Jong
1.30pm Scrabble
- SUNDAY**
9.45am Scroungers Bowls
3pm Ladies Tennis

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You should check the compliance plate of all new appliances to see how much power they use before you commit to the purchase and, beyond that, “make some house rules for how often you’ll use the heaters, and try to stick to it,” she says.

The key to any heating plan is making sure your home is sealed from any cold wintry drafts that might blow in. Ensure all your doors and windows are closed tightly. One of the best investments you may make this winter is a cheap ‘door snake’ that, when placed along the bottom edge of your door, blocks any cold air from entering under it. And don’t forget to close your curtains and/or blinds once the sun starts to set, to keep the glass insulated.

Your bedroom (and your bed) is where you might also feel the cold the most. Ensure you are using flannelette sheets in the wintertime and that you have swapped your lighter summer doona for a heavier winter version. Pull out your electric blanket (just remember that you should only use an electric blanket to heat your bed before you get into it – once you retire for the night, your blanket should be switched off). And don’t forget that a good old-fashioned hot water bottle can also be a nugget of (warm) gold on a cold night.

Beyond all this, make sure you are suitably rugged up for winter. If you don’t like the feel of layers and layers of bulky jumpers, look for thin thermal undergarments. Keep socks on your feet. Add a trendy scarf to your ensemble.

“Remember it’s almost always cheaper to warm yourself than the whole room,” Anne says.

DOB is born.

There’s a new sound in town and it’s bringing joy to the ears of rock ‘n roll enthusiasts right across Palm Lake Resort Beachmere Sands.

They might be called the “Deaf old bastards” – or ‘DOB’ for short – but this band of musical hobbyists are producing some sweet sounds, if their recent official launch is anything to go by. Ian McDermid says three Palm Lake Resort residents (himself included) joined forces with three other local musos to form the six-piece band that played to rave reviews at the Sands Clubhouse in May. “If you had to describe us, we are a rock ‘n roll band,” Ian explains. “We cover 1960s and early 70s music from Cliff Richard, Buddy Holly, Elvis and more.”

Among the DOBs are Ian on bass guitar, Ken on the keyboard and Colin (from Palm Lake Resort Hervey Bay) on drums. Lead guitarist Gary, rhythm guitarist Mike and DOBs lead singer Peta all come from outside the resort, in the local Beachmere area. While none of the DOBs were professional musicians throughout their careers, they do have vast experience on their instruments and a fire in their bellies to entertain.

“I played guitar in the 1960s but stopped when I got married and had kids,” Ian explains. “I got serious about it again six or seven years ago and now I’m playing with the Brisbane Shadow Players and at the Beachmere Hotel.”

In fact, Ian is living proof that you’re never too old. He decided, at age 67, that he wanted to learn to play the saxophone. And that he did.

“Les Paul was a famous musician who played guitar until he died at the age of 95. He once said that if you play music, you can do it until you drop dead – and he’s so right!” Ian laughs.

As well as the rewards the DOBs get from entertaining a crowd, Ian says there are benefits to all the practise they do each week – it’s keeping his fingers active to ward off the arthritis and their minds active as well. Palm Lake Resort Beachmere Sands is looking forward to hearing these DOBs perform again at an event soon!



Above: The DOBs are, from left, Colin, Peta, Ken, Ian, Gary and Mike.



Biggest morning tea, biggest success!

By Chris Sutton

Many, many thanks to all of those wonderful Palm Lake Resort Beachmere Sands volunteers, residents and friends who helped to make our Biggest Morning Tea for Queensland Cancer Council such a rip-roaring success!

Our total deposit in Qld Cancer Council’s bank account was \$4000 – a record for this annual event, which has been running for a number of years.

A monster raffle, organised by Wendy King (Villa137) and Lyn Morgan (Villa 74), with all prizes donated by residents and local businesses, raised \$1057. The profits from morning tea ticket sales were \$1218. The catering volunteers led by Wendy Gibb, Jo-Ann Blackburn and our resort cook Kay Smoothy served a lovely morning tea. Donations made on the day amounted to \$479 and

profits from the cookbook were just over \$1294.

“Villa Kitchen Favourites: from Beachmere Sands Resort”, was a hot favourite with 91 copies being sold at the Biggest Morning Tea and ongoing sales still coming in thick and fast. The cookbook, of course, is a living donation. It can be purchased through the Beachmere Sands Social Club indefinitely but is also available at book stores and online booksellers. All profits from sales will go to the Qld Cancer Council as long as the book is in print. A special thanks must go to the Palm Lake Resort Beachmere Sands sales team who donated \$400 towards the production cost of the cookbook.

If you wish to buy a cookbook, go to the Beachmere Sands resident website, www.beachmersands.info and click on ‘Cookbook’ in the menu.



Golden latte.

INGREDIENTS

2 cups almond milk
¼ teaspoon ground dried turmeric, plus more for serving
2cm fresh ginger, peeled, thinly sliced
Pinch of ground cinnamon
2 teaspoons coconut oil
1 tablespoon honey

METHOD

Heat all ingredients together in a small saucepan over medium heat until just simmering. Cover, reduce heat and simmer for five minutes. Remove from heat, strain and discard solids. Whisk, while warm, until frothy or serve chilled over ice. Sprinkle with ground turmeric before serving.



Mocha hazelnut fudge.

INGREDIENTS

1 cup hazelnuts
250g cream cheese
2 cups icing sugar
3 teaspoons instant coffee power diluted with 1 teaspoon water
250g dark chocolate (melted)

METHOD

Roast nuts. Remove skin and chop roughly. In a food processor, mix remaining ingredients and stir in nuts. Place in well-greased and lined tin. Refrigerate.

Recipe courtesy of Palm Lake Resort Ballina chef Julie Gilmore



Pool of talent.

By Martin Purcell

The Pairs Pool Competition came to a conclusion late in May. It was a keenly contested competition with 26 competitors including 11 ladies, which was fantastic to see. It was also good to see Mike and Bett from Beachmere Bay participating.

The final came down to a contest between Tony and Liz up against Martin and Daph over five frames. Martin and Daph took an early lead winning the first two frames and it all looked over early in the third, until Tony and Liz made a fantastic come back locking it up at two frames each. In a tense fifth frame, which could have gone either way, Martin and Daph prevailed to take the title.

Thanks to all who participated and also to all the supporters who were there during the rounds and a full house for the final.



Around the grounds.



HAPPY DAYS

We have quite the vibrant and engaged community here at Beachmere Sands and it's great to see all the happy faces busy enjoying the activities and special events.

Photos by Brad Kinross





Award winning luxurious living.



The best in designer living.

Our portfolio of 25 communities across Australia has been richly rewarded, including winning Master Builders Association awards for our resort, country club and exhibition home.

This is the culmination of 40 years worth of Palm Lake Resort expertise and first hand knowledge in crafting designer resort living. Proudly family owned and Australian, we create communities that are friendly, exciting and inspirational. Our resorts are the new gold standard in luxurious resort living for a new generation of vibrant over 50s.



Master Builders Association Award Winning Resorts
For Best Resort, Best Country Club And Best Home

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