

# Beachmere Sands.

MARCH/APRIL 2018



## Singing is good for you

Did you know, there are some quite positive side effects to being in a choir and practising singing? Palm Lake Resorts across the country are filled with wonderful singers and Beachmere Sands is no exception.

### **1. Singing eases stress and improves quality of life:**

Studies show positive mood changes among choir singers, including feeling happier, less anxious and less depressed.

**2. It can help you bond:** Theories date back to Charles Darwin's time. Shared emotional experiences keep us socially connected. Another study found members of singing groups felt closer after a month of practice than members of newly formed groups with other creative goals, like crafting or writing.

**3. Good for your heart?** Singing is not entirely unlike yoga. You take bigger, slower breaths and, in the process, your heart rate typically begins to slow. Research, rather surprisingly, also found that as members of a choir sang together, their heart rates started to sync, perhaps further proving the social connection factor of group singing.

**4. Singing helps curb snoring:** Researchers found a significantly lower severity of snoring among singers, even after taking into consideration snore-provoking factors like age and BMI. When the muscles of our airways are soft or weak they vibrate causing snoring. Strengthening them, just like any other muscle (via singing), is thought to decrease snoring.

**5. Singing may help people with asthma:** So far, the research is only in early stages, but there's some evidence that singing can slightly improve lung function and reduce symptoms in people with mild asthma.

So, if singing has now piqued your interest and you're looking for a new activity to try in 2018, the Palm Lake Resort Beachmere Sands choir rehearses at 10.30am on Fridays. Join in the fun!





## WELCOME

Welcome to Beachmere – we're so glad to have you here! 2018 brings changes to our beautiful recently renovated Clubhouse with a long awaited bar extension. A temporary bar has been set-up in the café with some impressive carpentry work, thanks to Paul and Ray. Don't worry - residents will continue to enjoy their daily "Happy Hour" from 5pm.

The new croquet courts (that will be located behind the tennis courts) are well underway. The gardeners are busy spraying and watering the courts to get the surfaces ready for the residents to swing their mallets. The proposed nine-hole golf course plans are currently being finalised. The course will meander behind Beachmere Sands and the new Beachmere Bay resort, taking in the beautiful lake areas that are inhabited by families of black swans and wood ducks.

With all the welcome rain over the last few months, the resort is looking a million dollars. The lawns have never been so green and the gardens are full of colour. Many a visitor to our resort comments on how beautiful the lawns and gardens are kept. Thank you to our team of hardworking gardeners and also to the residents who take pride in looking after their gardens.

Beachmere Sands is getting ready to welcome the first new residents to Beachmere Bay, another Palm Lake Resort located just next door. These new residents will enjoy the hospitality of the Beachmere Sands Clubhouse, especially 'Happy Hour' and the numerous activities and outings we have here until their new Country Club is up and running later in the year. It is also great to see lots of residents and their furry friends getting out and about for morning walks along the beach or around the resort before the hot part of the day. What a wonderful place to live!

**Jenni**  
Resort manager

## BOTTOMS UP

Temporary opening hours for the bar in the café had been in operation since February while the bar extension project gained momentum. However, with the success of the temporary bar, we are now back to normal opening hours. You can enjoy your favourite coldie on:

- Mondays, from 5pm
- Tuesdays, from 3pm
- Wednesdays, from 5pm
- Thursdays, from 4.30pm (for residents' dinner)
- Fridays, noon-1.30pm (for residents' lunch) and from 5pm
- Sat & Sun, from 5pm



## READY, SET GO!

Our Table Setting group needs extra volunteers from March to June this year. If you can lend a hand to set tables for the Residents' Lunches and Dinners, which takes about 30 minutes of your time once a month, contact Denise (Villa 20).

## DATES TO REMEMBER

While we enjoy so many regular (and varied!) weekly activities here at Palm Lake Resort Beachmere Sands, residents also look forward to some great major events. Among the events on the radar for the next few months, don't miss:

**March 10:** 'Hot Inspirations' cabaret show

**April 7:** Gala Anniversary Ball

MARCH / APRIL

# What's happening.



## WORKSHOP INVITES YOU

All residents are welcome to attend workshop meetings at 9am on the third Thursday of the month, whether or not you are workshop inductees. The next meetings will be held on March 15 and April 19. The workshop also holds a bi-monthly clean-up working bee that is always followed by a delish sausage sizzle. The next clean-up will be held on April 18 at 2pm.

## CHARITABLE NEIGHBOURS

Our 'Monster Garage Sale' raised a total of \$7000 recently! The funds raised were equally split and donated to our local SES team and Rural Fire Service. A brilliant effort. Residents are now gearing up for the Mother's Day Classic fun run in May, in support of breast cancer research. Pictured below is our 2016 team in all their pink glory!



## GIRLPOWER

While women's rights have come a long, long way, there is no doubt there's still room for improvement. But there's also lots to be celebrated – which is exactly why International Women's Day was created. Held on March 8, some television and radio stations commemorate the day by highlighting the talented women amongst their ranks, while other groups enjoy morning teas with inspirational female speakers. How will you commemorate the day this year?

## BECAUSE WE'RE HAPPY

Did you know that March 20 is the International Day of Happiness? The event was created in 2013 to recognise the importance of happiness in people's lives all around the world. A profound shift in attitudes is underway right across the globe. People are now recognising that 'progress' should be about increasing human happiness and wellbeing, not just growing the economy. All 193 United Nations member states have adopted a resolution calling for happiness to be given greater priority. Visit [www.dayofhappiness.net](http://www.dayofhappiness.net)





## MEET YOUR NEIGHBOURS

Vonnie & Tony



### Where did you grow up?

We both grew up in the United Kingdom - Tony in Stockport and Vonnie in Manchester. We've been married now for 38 years and are still thoroughly enjoying our togetherness!

### What made you choose Palm Lake Resort Beachmere Sands?

After looking at many different types of retirement villages, we saw an ad for Beachmere so we paid an off-the-cuff visit and, my word, it turned out to be everything we had wanted! They are not just 'people' who live here - they are all friends. The management team is also so very helpful.

### What are your hobbies and interests?

Tony: My passion is Man United (soccer team) and playing golf. Thanks to Palm Lake Resort, we have a Par 4 course to play on and we can't wait for the nine-hole course to be built. In the meantime, we have a courtesy bus to take us to the local course.

Vonnie: My passion is quilting classes and reading.

### What are the resort activities you never miss and why?

Tony: Playing pool, tennis and socialising. Vonnie: The excursions and day trips. I love the social meetings, crafts and enjoying a drink and a laugh at the club.

# Adventure abounds.

Liz Fiorini admits she can't recall exactly how many countries she and husband Chris have travelled to. One thing is for sure - their home allows them the freedom to chase their travel dreams.

It all started with a trip to Spain in 1972. Chris and Liz Fiorini (*pictured right*), then 26 and 24 respectively, bundled up their two toddler children and boarded their first ever flights. They had worked hard to save up for the trip, and it was also the first time travelling abroad for both of them. Little did they know, Spain would be the first of many more adventures to come. Chris met Liz at a dance in Manchester, in their native England, when Liz was 16. Three years later, the pair were happily married. Having a young family meant that their dreams of travelling the world were somewhat put on hold - there were more pressing things to worry about, like the business they were building from the ground up. While Liz admits that it didn't feel like they were making any sacrifices at the time, the couple's world has completely opened up since retiring and moving to Australia some 17 years ago.

"We didn't really think about it while we were working, but as we've got older we've found that we really like travelling and now have the time to do it," Liz says. "Now, we always try to go somewhere new with every trip, and we don't like to do tours very often because we'd prefer to explore ourselves."

This attitude has led to passports filled with different-coloured stamps, from China to America to India, which they recently returned from.



The duo had been to the major cities like Mumbai in previous years, but returned in 2017 to do the 'Golden Triangle' of Delhi, Jaipur and Agra.

"It's been so much easier to just take off overseas since moving to Palm Lake Resort. We can just lock the door to our villa and go without having to worry about organising for the kids to come up and check on the house," Liz says. "It's the best part of being retired."

So why, out of all 29(ish) countries the duo has travelled to, did they decide to settle down in Beachmere Bay?

"It's the lifestyle," Liz says. "It's quiet, close to the beach and there's not a lot of traffic, because Beachmere is kind of a loop - you don't have to pass through it to get anywhere. We definitely couldn't live anywhere else."

# Around the grounds.



## AUSSIE, AUSSIE, AUSSIE!

Australians all let us rejoice - for it's Australia Day and we'll take any reason for a social gathering here at Beachmere Sands!

Photos by Brad Kinross



## COUNTDOWN CAPERS

The countdown to 2018 was a real blast. Dancing was definitely the main sport of the evening with the dance floor a busy (and super fun!) place to be.

Photos by Brad Kinross





# Eat, drink and be merry.



## MANGO, PRAWN & MACADAMIA SALAD

- 12 large tiger prawns, cooked, peeled

1 Kensington Pride or R2E2 mango, peeled and diced

1 avocado, peeled and diced

¼ cup macadamia nuts

1 red onion, thinly sliced

A few handfuls of fresh lettuce leaves

1 red capsicum
- 1 punnet cherry tomatoes, halved

150g fetta, crumbled

Dressing

¼ cup red wine vinegar

½ cup extra virgin olive oil

1 tbsp honey

1 lemon rind finely grated

### METHOD

Arrange salad leaves in a large serving bowl. Layer with prawns, mango pieces, capsicum, cherry tomatoes, onion, macadamia nuts and fetta. Whisk dressing ingredients together and drizzle over salad. Recipes via [www.manbulloo.com](http://www.manbulloo.com)



## CHICKEN TACOS

- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 2 chicken breasts, diced
- 1 teaspoon olive oil
- 3-4 radishes, thinly sliced
- 1 lime, quartered
- 6 brown rice or white corn tortillas
- 1 Kensington Pride mango, peeled and diced
- 1 avocado, peeled, diced
- 1 red onion, finely chopped
- 2 tablespoons coriander, finely chopped
- 1 large red chilli, de-seeded, finely chopped
- 1 tomato, chopped

### METHOD

Combine garlic powder and paprika with diced chicken pieces until evenly coated. Heat olive oil in a non-stick fry pan and cook chicken pieces for 5 minutes on each side or until done.

While chicken is cooking, combine salsa ingredients in a mixing bowl and set aside. Warm tortillas in the oven or a microwave. Top with chicken and salsa. Garnish with radish and a squeeze of lime.

# Staying active, keeping busy.

## GOOD READS

Reading is such a great relaxer. Why not spend time with books that'll teach you a thing or two about, well, everything? Trivia buffs can sharpen their skills with these new-release titles...



### THE BUMPER BOOK OF THINGS THAT NOBODY KNOWS

by William Hartston

Do animals have a sense of humour? Why do we have five fingers? Can robots become self-aware? This bumper volume takes readers on a tour of 1001 gaps in our knowledge of cosmology, mathematics, animal behaviour, medical science, music, art and literature. \$29.99.

### BLOWFISH'S OCEANOPEDIA

by Tom 'Blowfish' Hird

The seas cover more than 70 per cent of the Earth, but still remain shrouded in mystery. This entertaining and enlightening new book lifts the lid on a treasure chest of fascinating facts to reveal what lurks beneath the waves. \$32.99.

## OUR VILLAGE - A POEM

I love my little villa in the village by the sea,  
It's known as Palm Lake Beachmere Sands  
And it's the place for me!  
It's bordered by the river and the shores of Moreton Bay,  
Where the sun shines on the water  
At the start of each new day.  
I love to walk along the sand and hear the children shout,  
As they're chasing after soldier crabs  
When the tide is going out.  
And when a birthday comes along or some important date,  
We go down to the "Beach House"  
When it's time to celebrate.  
I like to go out shopping in our little village bus,  
Where we can shop to heart's content  
With a minimum of fuss.  
Or maybe to the Sunshine Coast, the markets or the zoo,  
Or maybe even Montville  
To take in the great view.  
Sometimes I like to stay at home and have a little swim,  
Or play a game of golf or bowls  
Or work out in the gym.  
At day's end, down at the bar, sometimes it's sheer bliss,  
To sip a quiet little wine  
And think "HOW GOOD IS THIS!"

*-Thanks to the anonymous writer who delivered this poem to the office recently. Any guesses who the poet is?*

| MONDAY                                  | TUESDAY                                | WEDNESDAY                       | THURSDAY                               | FRIDAY                                       | SATURDAY | SUNDAY                                |
|-----------------------------------------|----------------------------------------|---------------------------------|----------------------------------------|----------------------------------------------|----------|---------------------------------------|
| <b>7.30am</b><br>Men's tee-off,<br>Yoga | <b>7am</b><br>Water aerobics           | <b>6am</b><br>Golf away         | <b>7.30am</b><br>Strength &<br>balance | <b>7am</b><br>Golf away,<br>Tai chi          |          | <b>9.45am</b><br>Scroungers'<br>bowls |
| <b>1.30pm</b><br>Bingo                  | <b>9.30am</b><br>Scrabble,<br>Quilting | <b>8.30am</b><br>Zumba          | <b>9am-3pm</b><br>Paper tole           | <b>9.15am</b> Bowls<br>(singles,<br>doubles) |          |                                       |
| <b>5pm</b><br>Ladies golf               | <b>12.30pm</b><br>Lawn bowls           | <b>10.30pm</b><br>Craft group   | <b>1pm</b><br>Canasta, Lace<br>making  | <b>10.30am</b><br>Choir                      |          | <b>5pm</b><br>Ladies' tennis          |
| <b>7pm</b><br>Indoor bowls              | <b>6.30pm</b><br>Mixed tennis          | <b>5pm</b><br>Women's<br>tennis | <b>5.30pm</b><br>Residents'<br>dinner  | <b>12.30pm</b><br>Residents'<br>lunch        |          |                                       |





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