

Beachmere Sands.

NOV/DEC 2018



GREAT GATSBY Pictured above, Palm Lake Resort Beachmere Sands residents stepped out in their Great Gatsby finery for the opening of the Hamptons Country Club at Beachmere Bay recently. It was an opulent affair that would have made F. Scott Fitzgerald proud! To see more of our residents having a Roaring '20s time, see Page 5.

Moving meditation.

One of the more popular activities on offer across most Palm Lake Resorts nationwide is tai chi. This martial art has proven a favourite among residents for its simultaneous mind calming and body strengthening benefits, as well as the mindfulness that it brings.

"Tai chi is so much more than physical exercise," explains one of Palm Lake Resort's tai chi instructors, Denise Bloom. "It's relaxing and enjoyable. One should feel calm, reenergised and balanced by the end of the session."

A weight-bearing exercise (that is, one done while on your feet so you bear your own weight), tai chi is suitable for a range of ages and fitness levels, Denise explains. Much like acupuncture and herbs, it is an

important part of Chinese medicine – it is an holistic experience, increasing blood and energy flow through the gentle contraction and relaxation of the muscles, and promoting a state of meditation through deep breathing and concentration. With an emphasis on balance, tai chi works both sides of the body equally and, unlike other forms of exercise, is done very gently. Tai chi classes include deep breathing, meditation and movements that mobilise joints (feet, knees, hips, fingers, wrists, elbows, shoulders, neck), moving energy through the body.

"People appreciate the opportunity to move in this quiet, relaxed way. The techniques we work on – like deep breathing, for example – can be taken away and used to calm oneself

anywhere, any time," says Denise. "When we understand that we're much more than our physical being – we are mind, body, spirit and energy – if something isn't flowing properly, we certainly become aware of it as our bodies let us know. Tai chi aims to keep things flowing... like a river."

Join in a tai chi class here at Palm Lake Resort Beachmere Sands on Fridays at 7am. To keep your zen state of mind going that little bit longer, remember we have yoga classes on-site on Mondays at 7.30am and meditation classes at 8.30am.



WELCOME

Finally we have had some beautiful soaking rain and the biggest winners are our resort gardens. The flowers are starting to bloom and the gardens are looking spectacular right now.

It's been another busy month at Palm Lake Resort Beachmere Sands with the residents enjoying Cooks' Night Out and Cooks' Lunch Out at local eateries around the area. These outings are really popular and the resort buses are always full - let's face it, who wants to cook?! We have also had several outings to SMEG demonstrations in Brisbane which the residents have all enjoyed as they are met with a morning tea all cooked by SMEG appliances. The feedback I have had is that the demonstration is great but the food fantastic! Two full resort buses also just headed off to The Australian Outback Spectacular on the Gold Coast - an outing the residents have been looking forward to for a few months.

The yearly Beachmere Sands Gift Shop Market was held on October 12 where our talented residents set up market stalls in the middle of the Clubhouse and by the looks of the amount of tables set up, the number has increased on last year. This is always a very popular and profitable event held by the Gift Shop. Read more about it on Page 4.

Golf buggies have become the preferred mode of travel around the resort in the last few months with several residents purchasing buggies that were used in the Commonwealth Games. They are all different colours and it's great to see them whizzing around the streets.

Just a note: As the weather warms up, we have had several reports of snakes around the resort. Please be careful and stay alert. Do not approach a snake.

Jenni
Resort manager

ROLL UP!

Club Pine Rivers will once again play host to the Bowls Premier League (BPL) competition (previously known as the Australian Premier League) from November 12-17. The competition offers 14 rounds played over the four days, with three daytime matches starting from 11.30am daily, before the cameras, lights and action commence for the live broadcast each night.

Those who only know lawn bowls as a sport played between people dressed in white standing around for six hours a day are in for a shock. The BPL competition is about lightning quick matches, where results can be turned on their head. It's high-energy, non-stop entertainment, with each round played in a 70-minute window. The BPL carries huge prize money and Fox Sports broadcasts five hours of live bowls each night of play.

Spectators are welcome to come and cheer on their favourite team. Entry is FREE! Find the action on the corner of Sparkes and Francis Rds, Bray Park.

GO THE MO

Attention men of Palm Lake Resort! This November, grow your moustache for men's health. Movember is the charity tackling prostate cancer, testicular cancer, men's mental health and suicide prevention through this, the moustache-growing month of the year. Remember, men, a little facial hair goes a long way. More than just follicles on your face, your mo is a ribbon - reminding the people in your life of the importance of men's health.



NOV / DEC

What's happening.

GET FESTIVE!

Christmas is upon us! Here are some of the best local community Christmas concerts that you'll find:

Caboolture Christmas Carols, Nov 25 (3-8pm): Centenary Lakes Park, Caboolture. There will be lots of family-friendly entertainment on offer, so everyone can get into the spirit of the season while enjoying performances by local community groups. Bring your best vocals and a blanket to spread out, relax and enjoy a magical evening. You can even do some Christmas gift shopping at the twilight markets or participate in the many free activities and workshops - there's so much on!

North Lakes Christmas Carols, Dec 2 (3-8pm): Kinsellas Park, Innovation Place, North Lakes. The North Lakes Christmas Carols will feature plenty of free activities and workshops, roving performers and fun! You can even do some last-minute Christmas gift shopping at the twilight markets. Don't miss the fireworks finale.

Scarborough Christmas Carols, Dec 9 (3-8pm): Landsborough Avenue Scarborough. The grandkids will fall in love with the Sesame Lane Santa's Village. With a life-sized snow globe and Christmas tree, and they will even get to meet Santa himself! The team from Sesame Lane will be helping to feed Rudolph and the gang with their Reindeer food and glitter tattoos. Free activities include Santa visit, Santa mail, Christmas craft, free face painting and free jumping castle.

Pine Rivers Park Christmas Carols, Dec 16, (3-8pm): Sit back, relax, and join in the carolling fun with local community groups, schools, and a marquee carolling performance from 3pm. Don't miss meeting Santa at Santa's Village or visiting the Village Motors Giant Snow Globe and Christmas Tree. Mum and Dad can wander through the twilight markets and the kids will love the free Christmas activities and workshops. There will also be plenty of rides for the kids - prices to be confirmed. The evening will finish with the stunning Springers Solar Fireworks Finale display at 7.45pm.



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 Mixed 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



Crafted treasures.

The twice-yearly Beachmere Sands Gift Shop Market came to town again in October, giving market-goers the chance to snap up some great Christmas goodies. Among the precious bespoke items on sale at the most recent market were handcrafted jewellery items, cards, paper tole artworks, embroidered towels, handmade bags, woodwork and more.

The market is a spin-off from the popular Beachmere Sands Gift Shop. Located in the Sands Clubhouse, the Gift Shop is open weekdays, 10-11.30am, and is stocked full of delightful odds and ends, all crafted by the hands of our talented residents. While proceeds of the Gift Shop go to the Beachmere Sands Residents' Committee to support the resort, proceeds from each stall at the Markets are kept by the respective stall owners – a thank you of sorts for their support of the Gift Shop throughout the year. The real winners, however, are the shoppers on the day – picking up some unique treasures at low prices.

Gift Shop committee member Robyn Cusbert (pictured far left) says there is quite the bunch of talented and creative crafters living here at Beachmere Sands. Personally, Robyn has a passion for paper tole that stretches 20 years. When she moved to Palm Lake Resort Beachmere Sands two years ago, she was eager to share her paper tole expertise with others. Every Thursday at 9am, you can find Robyn and up to 18 of her students laughing and crafting up a paper storm in The Beachhouse.

Among the other regular craft classes residents can attend at Beachmere Sands are:

Stamping Up cardmaking: Tues, 9am and 11am

Quilting: Tuesdays, 9.30am

General craft: Wednesdays, 10.30am

Lace making: Thursdays, 1pm

If you haven't yet attended the Gift Shop, make sure you do. And do it regularly. Every month, the front window display changes – in November, there's an Australiana theme and in December, shoppers can look forward to a Christmas-themed display.

Photos courtesy of Brad Kinross.



Around the grounds.

It was a party to rival anything Gatsby could host – the Grand Opening of the Hamptons Country Club at Beachmere Bay recently. Many Beachmere Sands residents got into the spirit, dressing in their Great Gatsby finest. What fun!



KOREAN BBQ BEEF

By celebrity chef, Julie Goodwin



Serves 4. Prep time: 20 mins
Cooking time: 15 mins

Ingredients

1 kiwi fruit or 1 small pear, peeled
800g beef eye fillet, sliced 3-4mm thick
3 cloves garlic, crushed
2 tablespoons soy sauce
1 tablespoon sesame oil
2 tablespoons Chinese cooking wine
2 tablespoons brown sugar
½ teaspoon ground black pepper
2 tablespoons peanut oil
For serving: Oak leaf lettuce leaves,
thinly sliced long red chillies, cooked
jasmine rice, lime wedges.

Method

Place the kiwi or pear into the bowl of a mini food processor and blitz until it forms a paste. Toss the paste through the beef and allow to stand for 10 minutes. In a small bowl combine the garlic, soy sauce, sesame oil, Chinese cooking wine, brown sugar and pepper. Stir through the beef and marinate for 30 minutes. Heat a barbecue or grill pan to a very high heat. When the grill is smoking, cook the beef for one minute each side. You should get good char marks. Serve in a lettuce leaf with a little rice, chillies and a squeeze of lime. Season with ground white pepper.

Residents grilled.

Nothing says community like our two adjacent Palm Lake Resort communities (Beachmere Sands and Beachmere Bay) coming together for a good old fashioned sausage sizzle!



Above, Eric & Brendan. Below left, Jenny & Steve. Below right, Doug & Jan



Above, Moira, Ann, Julie, Judy and Liz. Photos courtesy of Brad Kinross.

Meet your neighbours.

TONY & GLENDA GAUCCI

Glenda was born in Melbourne and Tony was born in Malta. In a fateful move early in their lives, Tony and Glenda became nextdoor neighbours and that is how they met. Fast forward some years and the pair were married and had two children, Angela and Andrew. They now also have two grandchildren, Matilda and Jack.

At the time the pair married, Glenda owned and operated two hairdressing salons and Tony worked for Arnott's Snack Food. It was an employer he stuck with for 34 years. Tony retired at age 58 and the Gauccis moved to Tura Beach on the South Coast of New South Wales. After Tura Beach, the pair decided to move closer to their daughter in Queensland and spent a lot of time looking for retirement villages. They say as soon as they visited Palm Lake Resort Beachmere Sands, they knew it was going to be the place for them.

"We have been here 11 years and love it," Glenda says. "We have been overseas around 18 times and find that we can close our front door and not have to worry about our villa - the gardens are done and we are always happy to come home to our friends at The Sands."



On October 18, Glenda and Tony celebrated their 60th wedding anniversary with their friends here at Beachmere Sands' Sands Clubhouse (pictured above).

"We know that moving into Beachmere Sands has been best thing we have done," Tony says. And we here at Beachmere Sands are very glad to have you both as well!

5 WAYS TO DRESS A FENCE

Does your outdoor space need a lift? Maybe it's time to turn some attention to that fence of yours? Here are five ways to 'dress' your fence for summer, courtesy of Palm Lake Resort landscapers, Boyds Bay Landscaping.

- 1. Hedges** are the obvious choice, but that's because they're timeless. Experiment with different varieties and shapes. Try lilly pillies, Little Gem magnolias, climbing roses, murraya, camellia sasanqua and Japanese box.
- 2. Decorative screens** are a fast and effective way to dress up a fence. "We often use bamboo screens because they're so natural and versatile," says Darren Bennett of Boyd. "Laser-cut screens are another great alternative, and they can usually be found at your local hardware store. The rust-coloured metal ones in particular look great against any colour of fence."
- 3. Vines** create an interesting focal point on an otherwise plain fence. You can use fishing wire or screens to give them something to grow along.



- 4. Vertical gardens** are all the rage right now, and they're not hard to recreate in your own backyard – green thumb or not! "A vertical garden is an ideal way to grow herbs and some veggies, but what you plant in your vertical garden will be dictated by how much sunlight the garden will get," Darren says. "Just make sure the fence is sturdy enough."
- 5. Paint** is an easy, inexpensive and long-lasting way to create big change in your backyard. Paint the fence itself, or even paint some lattice or a laser-cut decorative screen (in a contrasting colour to the fence itself) to make a stylish visual statement in your slice of the great outdoors!



A lifestyle of luxurious leisure.

Awarded for our superior standard of design, Palm Lake Resort continues to craft communities that provide a canvas for residents upon which to create their own personally tailored Palm Lake Resort lifestyle.

Our designer lifestyle communities are engaging and flexible for residents, ensuring each aspect of every resort perfectly compliments a rich and diverse lifestyle of luxurious leisure. Impeccably designed homes are havens to retreat to for rest and relaxation while our world class country clubs are the heart of each community.

Acquaint yourself with a luxurious Palm Lake Resort lifestyle today.



Master Builders Association Award Winning Resorts 2017 for Best Resort, Best Country Club and Best Home and 2018 Best Sporting and Leisure Facility



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