

Beachmere Sands.

SEPT/OCT 2018



Floating fun.

Beachmere Sands resident Darryl McKellar is proving that you're never too old to play with toys. But the 'toys' that he and the newly formed Beachmere Sands Remote Control Boat Group enjoy are anything but. These high-tech sail craft and powered boats (with electric motors) have become a regular sight on the pond behind the clubhouse on Sundays.

Darryl has been sailing his Marblehead Class yachts competitively for a decade now. He was based in Townsville (where his remote-control boat obsession took over) before retiring and travelling around the country in a caravan. On that journey, he found himself a little slice of retirement heaven at Beachmere Sands five years ago. He had his remote-controlled boats sent down from storage in

Townsville when he realised the potential for an enthusiast club here.

"I put a call out to see if anyone was interested in sailing boats on the pond and five men initially contacted me," Darryl explains. "Last Sunday, we had about 15 people come along and we have about eight who sail."

And there's quite the mix of watercraft across the group. The Sunday flotilla includes everything from a 31-inch powered Coastguard Cutter and four-foot powered torpedo boat to the metre-long M-Class sailing yachts.

Darryl admits that remote-controlled boats are just "another way for us retired gentlemen to enjoy ourselves". He says the weekly Sunday events get these likeminded friends out into the

fresh air and sunshine. While there's no set course or competitive approach to the weekly meetings, members are looking forward to the opening of the new larger lake (adjacent to the nine-hole golf course that's currently under construction), to spread their wings even further.

If you are interested in joining the group, contact Darryl (Villa 86) direct or simply stop by the pond on a Sunday and take in the boating spectacle for yourself. All are welcome.



WELCOME

We recently celebrated Christmas in July at Palm Lake Resort Beachmere Sands. Residents from both Beachmere Bay and Beachmere Sands enjoyed a scrumptious meal of turkey and ham with all the trimmings, followed by plum pudding laced with rum. We had our largest number of people in the dining room since our renovations and everyone had a jolly good time!

Our talented craft ladies have been very busy making premmie baby beanies and donating them to the neonatal wards at our local hospitals. They have also been knitting dolls for children admitted to the hospitals' emergency rooms. They are now in the process of completing a beautiful quilt to raffle to support the farmers in drought in Queensland. Well done, ladies!

Residents have had a very busy few months, enjoying not only their regular outings of shopping, cooks' night out and the markets but they have also been attending some stage shows and Eat Street in Brisbane. They are looking forward to visiting Outback Spectacular on the Gold Coast as this newsletter goes to the press.

Residents have also been enjoying bus tours of Bribie Island hosted by Beachmere Sands resident Doug Yellend (Villa 133) who is an experienced tour guide and has extensive knowledge of the history and community of the island. The tour includes a stop for lunch at the hotel in Woorim.

We have all enjoyed a wonderful cool winter, especially the nights, but I think we are also over rugging up and definitely looking forward to the warmer days to come and putting a bit of colour back into our gardens. Here's to spring!

Jenni
Resort manager



BOOKWORMS DELIGHT

Dedicated Beachmere Sands residents have been carefully stockpiling surplus donated books for the new Beachmere Bay clubhouse for the past 18 months and are getting excited about letting those books soon see the light of day again!

"When books are donated to our library, we thoughtfully select out duplicates of books already on our shelves because, sadly, we don't have enough shelf-space," Elaine Baden-Clay says. "We collect the duplicates and pack them carefully into boxes and seal them before storing them in The Beach House. There are currently close to 20 boxes in store and we need many more!"

If you have any surplus books to donate to either library, please contact Elaine (Villa 135) who will collect them.

SEPT / OCT

What's happening.



From left to right, the new Residents' Committee includes Mike, Cathy, Rosie, Dennis, Chris, Shirley, Wendy and Bill.

RESIDENTS WELCOME NEW COMMITTEE

At the recent Residents' Committee AGM, the following people were elected as the committee for 2018/19:

Chair Chris Sutton (Villa 139)

Assistant Chair Billy Robins (Villa 160)

Secretary Rosemary Callaghan (Villa 172)

Treasurer (acting) Chris Sutton (Villa 139)

Committee members: Wendy King (Villa 137), Shirley Harris (Villa 175), Mike Owner (Villa 119) and Cathy McDermid (Villa 124).

STEP IN THE RIGHT DIRECTION

When it comes to looking after your health, it's easy to forget about your feet. But given you could walk about 128,000km in your lifetime, healthy feet are an important part of your overall wellbeing. All Body Care podiatrist Cameron is now coming to our Beachmere Sands Clubhouse to consult with residents who have current care plans from their GP or who would just like to see a podiatrist. Foot problems can have a huge impact on your quality of life. If they occur, podiatrists can help. Appointments are necessary and can be made at the Sands Clubhouse consulting room.



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



MEET YOUR NEIGHBOURS

Ross & Lesley McGowan

Ross and Lesley came from different countries and grew up in separate towns: Ross in New Zealand and Lesley in Australia (she was born and raised in Pomona, Queensland).

After a working holiday in New Zealand, Lesley met Ross and decided to stay. In 1968, they decided to come to Australia together to be married as they felt that the opportunities for employment were better here in Oz. Ross was a qualified draftsman/engineer and easily found work in Brisbane. Lesley found employment with the same insurance company she worked for in New Zealand and stayed with this company until they decided to start a family.

With two children to provide for, Ross went into his own businesses. He started in the concrete industry, then went into refrigerated transport and, finally, he became a Goodyear Autocare franchise dealer. He remained in this role for 20 years leading up to his retirement. Lesley was employed as an account manager for a large wholesaler in stationery and art supplies.

Realising the pair needed to seriously consider what they were going to do for retirement, Lesley started to do some research on the options.

"We knew we wanted to travel, be it overseas or in our caravan, so after coming to an open day at Palm Lake Resort Beachmere Sands, the decision was made to buy in here as it offered what we wanted and needed for an enjoyable retirement," Lesley explains.

The pair admits they both enjoy the activities offered at our resort. Ross loves his golf and plays "lots". He is looking forward to using the new nine-hole course, which is currently under construction. Lesley loves her craft and tennis and says she too will soon take up golf.

"Our five grandchildren also keep us both busy attending their various sporting and school activities," Lesley says. "We are both very proud of their achievements."

Bus tours give local perspective.

Beachmere Sands resident Doug Yellend (Villa 133) has started quite the popular little outing for residents. Doug's tours of Bribie Island have become a favourite at Beachmere Sands. His knowledge of the history and community of the island is legendary and not surprising given his family have been part of our local community for well over a century.

On Doug's tour, guests will visit more than 70 places of interest. At each location, Doug, an experienced tour guide, will explain their significance and history. There is even a stop for lunch at the Blue Pacific Hotel at Woorim. To jump on onboard one of Doug's tour, see the sign-on sheets in the multipurpose room. The bus leaves at 9.30am and returns at around 3pm.



MIND OVER MATTER

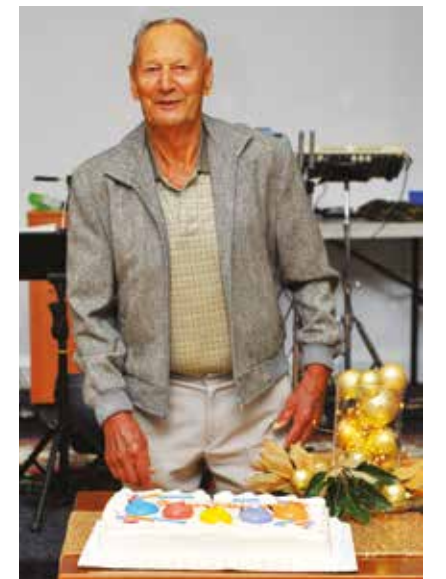
meditate (verb): To think deeply or focus one's mind for a period of time, in silence or with the aid of chanting, for religious or spiritual purposes or as a method of relaxation.

Meditation is held here at Beachmere Sands on Mondays after yoga at 8.30am in the library. All men and women are welcome. This one-hour class has nothing to do with religion - it is solely to do with opening your heart and quieting your mind, for the benefit of your health and wellbeing. For more, see Elizabeth (nee Denise, Villa 20).

Around the grounds.

BIG OHHHH!

Congratulations to all the residents who celebrate a significant milestone birthday this year and who were the stars of our annual 'Big O' party recently. A 'big' thanks to all those involved in organising the night including Chris Sutton who put together a brilliant slide show of old images provided by those residents who fell into the 'Big O' category. It was a (literally) 'big' night and a great crowd! Photos by Brad Kinross.



TOP (MUSICAL) COPS

Below: Beachmere Sands enjoyed a visit from the Queensland Police Pipes & Drums band recently. They thoroughly entertained a crowd of about 40 residents following a wonderful shared lunch.



It's nice to be nice.

It was Gandhi who said, “The best way to find yourself is to lose yourself in the service of others.” And it turns out, he was onto something – there are some real scientific benefits that come when you give up your time to help someone in need.



Believe it or not, humans are one of the most altruistic species in existence, which explains why so many of us give up our time to volunteer. Volunteering is a kind of ‘prosocial behaviour’ (ie. when you do something that benefits others, or society as a whole) and there are a bunch of evolutionary theories that suggest how this came to be – natural selection, for example, suggests that without helping others, even those who aren’t our kin, has benefited our survival as a species.

But why does it feel so good to do good to others, beyond just our basic instincts? Well, as Tania McMahon from Benchmark Psychology explains, there is a lot of research to suggest that prosocial behaviours are strongly linked to positive mood.

“In a well-known study at Harvard University, it was found that participants assigned to spend money on others experienced greater positive feelings than those assigned to spend money on themselves,” Tania explains. “The relationship is self-reinforcing as well – helping others makes you feel good, but feeling good also makes you want to help others more.”

Research also shows that prosocial behaviours like volunteering can have a positive impact on self-esteem, life satisfaction and our overall mental health. A number of current psychological therapies focus on helping clients take action to pursue activities that align with their own personal values, to help improve their wellbeing and help them live a more rich and meaningful life.

“Volunteering provides a unique opportunity to connect with one’s values, no matter what they might be,” Tania says.

“For example, someone who values music and the arts might volunteer at a community theatre; someone who values nutrition and healthy food might volunteer in a kitchen providing food for the homeless; someone who values social connection and helping others might volunteer as a mentor for a youth group.”

So, it seems that when you volunteer, you don’t just do good unto others – you do yourself some good, too.

WOULD YOU LIKE TO VOLUNTEER?

GoVolunteer is an initiative of Volunteering Australia. The website’s aim is to match people who are interested in volunteering with appropriate volunteering opportunities in their local community. It uses a national database of volunteering opportunities. For more, jump online and visit www.govolunteer.com.au



Service with a smile.

There are quite a number of proud ex-service personnel within the Palm Lake Resort Beachmere Sands community which lead to the inauguration of a brand new annual lawn bowls event recently – the Diggers Cup.

Event organiser and Beachmere Sands resident Les Purdie says there’s quite a history of different inter-service sporting competitions among serving personnel in each state of Australia. The Diggers Cup is simply an extension of this, among those local retired personnel who still exude that competitive spirit.

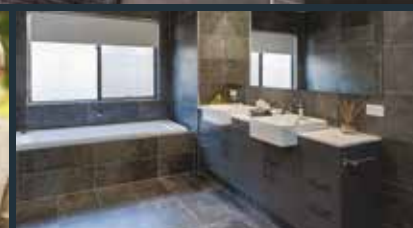
“I spent 21 years in the Navy, some 30 years ago, and reached the rank of warrant officer,” Les says. “We identified that there were enough residents here at Beachmere from each of the services – Army, Navy and Air Force – that we could put together a match, and so we did.”

In Round 1 of the Diggers Cup, Navy drew with Army 5-5. Round 2 saw the Air Force team defeat the Army team 8-2. Then Round 3 saw the Air Force players defeat Navy 7-3 to take out the Cup. The final score was: Air Force 15, Navy 8, Army 7. The winning Air Force side consisted of Bill Robins, Andy Andresen, Rusty Thompson, Chris Dennys, Bob Sivyer and Bob Walpole (pictured right).

Les says the competition was quite a hit – so much so that residents will consider an inter-service competition on the golfing green next.



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