

The Reef



July - August 2023



Pandanus RV proves size does matter

Our Pandanus RV home design is all about space, glorious space! Let us walk you through the floor plan

Meet our newest big blue bows

Meet your newest neighbours - those people who've just enjoyed their 'big blue bow' moment

Gardening, for good

Here are five ways to benefit your health by leading with your green thumbs



Welcome



Hello all -

Welcome to a new edition of our Palm Lake Resort Bargara community newsletter, *The Reef*, and a milestone edition at that. This will be my last newsletter 'Welcome' note to our Bargara community as I begin planning for my next Palm Lake Resort adventure. I'm heading south to our company's new project, Palm Lake Resort Yamba Cove. If you are down that way, please be sure to call in and say hello!

As we near the end of this project here at Bargara, I have so many positive memories to reflect on from my nearly three years in this beautiful tropical town. It has been a real delight and I've relished the opportunity to get to know all of you. Thank you for the great memories.

With only five homes remaining to be sold, now is the time to jump onboard if you were planning to join us here in a new home. And don't forget that when you do, you'll be enjoying our '10,000 reasons' promotion with \$10,000 off your new home and \$10,000 worth of complimentary extras thrown in. On the topic of sales, our Sales Information Centre has now been relocated a little further up Rifle Range Road - we welcome your visit to our new digs.

Don't forget that if you are a Palm Lake Resort Bargara homeowner who has a friend or family member who loves visiting you here, we offer a 'Refer a friend' incentive. You could earn fast cash for referring that person to our office, when they complete their purchase. If you'd like more information about this promotion, simply drop into our Sales Information Centre and speak to one of the team.

Once again, thank you for the memories, to all at Palm Lake Resort Bargara!

Sandy Martin,
Palm Lake Resort Bargara

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News briefs



Winter edition, out now

The Winter 2023 edition of our quarterly company magazine, *Your Time*, is circulating our country. Have you received a copy in your mailbox yet? If not, you can check it out at palmakeresort.com.au - from the home page, simply click on the 'News' tab.

In this current edition, we take a look at all our new-est projects including Palm Lake Resorts at Pelican Waters (Queensland), Paynesville (Victoria), Yamba Cove and Forster Lakes (NSW). Palm Lake Group Managing Director Scott Elliott also announces two new land acquisitions - find out where Palm Lake Resort is popping up next. And we talk to some of our friendliest Caretakers around the Palm Lake Group of resorts.

Ten thousand reasons to join us...

Did you know that 10,000 people call a Palm Lake Group address home? It's an impressive statistic, for sure. To celebrate our rich history and the strength of our company and its 10,000-strong community, we are offering new home buyers in 2023 a sales promotion that mirrors the milestone.

This year, new home buyers will receive a \$10,000 discount off the price of their new home as well as an additional \$10,000 worth of home upgrades! It's a deal that will have our newest homeowners glad they joined our family.

To find out more about the 2023 sales promotion, contact our Palm Lake Resort Bargara Sales Information Centre on FREECALL 1800 501 119.

Bravo mums!

Mothers' Day holds a special place in all our hearts - after all we all either are mothers or have (had) a mother! Palm Lake Resort Bargara's Ocean Breeze Country Club was decorated to perfection to host a special morning tea to honour these very special women in our lives. About 150 people joined us to enjoy a scrumptious morning tea. Our guests were also treated to delightful entertainment courtesy of our Soprano Vocalist homeowner, Evalea Sharples, whose singing brought a tear to many an eye (in the nicest possible way, of course). Evalea's performance was truly special.

Our most elderly mum present on the day, Jillian Fauser, did us the honour of cutting the official Mothers' Day cake. There were lots of spot prizes given away on the day and while not everyone went home with a prize, they all left with a full tummy, a light heart and a smile on their faces. This event was proudly and happily organised by the dynamic and fun ladies on our Social Club Sub-Committee.

Get social, with us

Are you on social media? We are, too! You can find Palm Lake Resort on Facebook and also Instagram. Make sure you like and follow our social media profiles to see even more news from right across our dozens and dozens of locations, across the east coast of Australia.

Facebook: @palmakeresort
Instagram: @palm.lake.resort

Roll up, roll up!

After taking over Kingaroy in 2019 and Dalby in 2021, the big biennial Palm Lake Resort inter-resort bowls comp is back in 2023! Organised by Palm Lake Resort Bargara homeowner Joy Williams, this year's event will take over Biloela Bowls Club and it's officially time to get your nomination forms in.

"If you are expecting big prizemoney and serious competition, this is not for you," she smiles.

Nominations close July 31 or earlier if rinks are filled. Camping and accommodation options, as well as nomination forms, are all available from Joy on 0409 792 912 or bundabergjoy@gmail.com

Refer a friend to join you

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.



**MEET
PANDANUS RV**
Two bedrooms
Study/third bedroom
Two bathrooms
Four-car garage

Pandanus paradise

ONE OF THE LARGEST HOMES ON OFFER AT PALM LAKE RESORT BARGARA, THE PANDANUS RV IS PROOF THAT, SOMETIMES, SIZE DOES MATTER.

Comprised in its 221.31 square-metre floorplan are two bedrooms plus a versatile study area (perfect for hosting visiting grandchildren or travelling friends), modern bathrooms and laundry spaces and a spacious indoor kitchen/dining/living space, ideal for entertaining.

An L-shaped kitchen and large island make your open-plan living area feel truly expansive, and entertainers will relish how seamlessly they can float from cooking up a storm in the kitchen to eating around the dining table, to enjoying a nightcap on the couch after a delicious meal. If

the weather calls for it, why not take your soiree outside and enjoy your large alfresco living space? With Pandanus RV, the choice is completely yours.

The master suite – your private paradise – offers easy access to both the indoor living area and the outdoor alfresco space, and features your own ensuite and walk-in wardrobe. Both bathrooms are adorned with luxurious finishes, and each bedroom fitted with a built-in wardrobe. The Pandanus RV design also comes equipped with a full laundry, plus ample linen and broom closets to ensure there is a place for everything. There's storage aplenty.

But perhaps the largest jewel in the Pandanus RV's crown is the four-car garage, which can easily house your RV or caravan with room to spare. Appealing to the adventurous spirits of many Palm Lake Resort Bargara homeowners, the Pandanus RV was designed with travellers in mind. Don't forget about Palm Lake Resort Bargara's on-site caravan washing bay, either, which will keep your vehicle looking its best. And, like all Palm Lake Resort homes, you can easily lock up your Pandanus RV home and head off when adventure calls, knowing that it's being lovingly watched and cared for by our Palm Lake Resort Bargara Caretaking team.



Pictured right: The Pandanus RV floor plan proves that size does matter.

Pictured below: With its four-car garage there's plenty of space to store your caravan/motorhome/boat and daily drive all under the same roof.



Don't wait - there are just five new homes left at Palm Lake Resort Bargara. For more info about the home designs available, FREECALL our Sales Information Centre on 1800 501 119.

Welcome home!

Big blue bows

WE LOVE A BIG BLUE BOW HERE AT PALM LAKE RESORT BARGARA – IT MEANS THERE'S ANOTHER LUXURY NEW HOME THAT'S BEEN CLAIMED BY A LUCKY NEW HOMEOWNER OR TWO! WELCOME TO YOU ALL!



Allan & Pauline



John & Jan



Cheryl & Trevor



Diane & Danny



Heather & Grant



John & Bobbie



Cheryl & Dennis



Paul & Helen



Linda & Geoff



Pictured above: Homeowners Ros Stebhens, Bernie Bainbridge and Evalea Sharples sang with Opera Qld!

Our girls are on song

EVERY FRIDAY MORNING AT PALM LAKE RESORT BARGARA, OUR RESORT CINEMA BECOMES A HAVEN FOR MUSIC...

It's on this day, each week, that the cinema fills with members of the Palm Lake Singers as they ready themselves for another morning of fun, friendship and (of course!) singing. The only prerequisite for joining Palm Lake Singers is that members want to sing. The group comprises all types: from those who have amazing voices, to those simply with the prerequisite enthusiasm, and every level in between!

Three of our members recently took their singing to an exciting new level. Ros Stebhens, Bernie Bainbridge and Evalea Sharples became aware of an opportunity to join the Bundaberg Community Choir (BCC). The BCC was formed to add a local component to the regional tour performances of Opera Queensland. After several weeks of rehearsals conducted by amazing local artist Kristy McLucas (founder of the Bundaberg Voice Collective), our girls were ready to perform with the brilliant members of Opera Queensland! The unashamedly Queensland performance was aptly named "Lady Sings the Maroons" and held at our local Moncrieff Theatre. The choir sang beautiful four-part harmonies along with a chorus of a selected songs.

Our girls proudly flew the flag for Palm Lake Resort Bargara and quite a few of our homeowners went along to enjoy the show. Those who attended were delighted by the performance. The ladies received heaps of positive feedback from their fellow homeowners when the photos were shared in our Palm Lake Resort Facebook group. While none of the girls were offered contracts, they will certainly participate again when the opportunity arises.



Pictured above: Gratitude was the attitude when we hosted a complimentary lunch for our construction team recently, simply to say thanks for all their hard work in finishing our homes. Sandy and Matt were on hand to cheer on our team - and enjoy a bite to eat, themselves!

Caretakers' notes

Welcome to another edition of The Reef. Winter is here but you would hardly notice it, with all this beautiful weather we have had recently. The nights have the chill we expect, but most days are picture-perfect up here in the little slice of paradise we call home. It is wonderful to see our homeowners making the most of our great climate, out and about in our resort grounds, enjoying everything Palm Lake Resort has to offer.

We have had many wonderful events recently, including the grand opening of the bar at Horizon's Country Club (pictured right). It was great to see so many homeowners at the opening, enjoying a drink and a groove with The Ramblers playing fantastic music. A special thanks to all of the volunteers who made the night so wonderful and worked many hours to get the bar up and running. The bar at Horizon's will complement the existing bar at our Ocean Breeze Country Club and will give our homeowners a further opportunity to enjoy each other's company in the beautiful surroundings here at Palm Lake Resort Barga.

Monday, June 5, saw our Biggest Morning Tea held in the Seabreeze Country Club. What a turnout! It was fantastic to see so many people join in to raise funds for a cause that touches many hearts. More than \$2600 was raised. This was a great effort by all, especially the wonderful volunteers who worked so hard to organise the morning. From food preparation and decorating, to selling raffle tickets, serving morning tea and more - so many volunteers helped to make it a wonderful success.

All of these wonderful events are arranged and managed by hard-working volunteers. The effort put in by our volunteers is much appreciated by all. It is great to see so many people attending and supporting these events, and it shows our great community spirit here at Palm Lake Resort Barga. A lot of new faces have also been seen out and about which is fantastic.

In closing, we'd like to give a special shout out to our wonderful hard-working team. They all work so hard to ensure our resort looks amazing and we appreciate everything they do for us. We love working as Caretakers in such a wonderful resort. Our job is more enjoyable and rewarding working alongside such great people in the beautiful surrounds of Palm Lake Resort Barga.

Until next time, take care,

Enza and Mark
Palm Lake Resort Barga



Weekly activities

OBCC = Ocean Breeze Country Club
SBCC = Sea Breeze Country Club
HCC = Horizons Country Club

*Subject to change without notice. Info correct as at July 2023.
If there are any changes to days/times please notify Caretakers.

MONDAY		
6.50am	Walk, walk, walk	SBCC, dance floor
8.30am	Yoga	OBCC, upstairs
8.45am	Health and Wellness	OBCC, lounge
9am	Photography Club	Craft room
9am	Outdoor aqua	HCC, pool
9.30am	Qi-gong	OBCC, upstairs
12.30pm	Cards	OBCC
12.30pm	Men's Cards 500	OBCC
12.30pm	Knit & Natter	OBCC, Oasis Lounge
1pm	Patchwork Group	Craft room
1pm	Pool/billiards	SBCC
1pm, 3pm	Tenpin bowling comps	HCC, Kingpins
3.50pm	4km walk	Cnr Golden Cane & Majestic
4pm	Line Dancing (Beginners)	SBCC
5pm	Line Dancing (Advanced)	SBCC
6.45pm	Scroungers	Bowling Green
TUESDAY		
6.50am	Walk, walk, walk	SBCC, dance floor
7am	Men's Bowls	Bowling Green
8am	Pilates	OBCC
9am	Pottery	Pottery room
9.15am	Light & Easy	SBCC
11am	Tai Chi	OBCC, upstairs
12.30pm	Rummikub 500	OBCC
1pm	Card Making/Scrap-booking	Craft room
1pm	Pool/billiards	SBCC
1.30pm	Tenpin bowling	HCC, Kingpins
2pm	Dementia Support (monthly)	OBCC, Oasis Lounge
3.50pm	4km walk	Cnr Golden Cane & Majestic
4pm	Musos	HCC
7pm	Movie Night	SBCC, Theatre
WEDNESDAY		
6.50am	Walk, walk, walk	SBCC, dance floor
7.30am	Golf	Coral Cove Resort
8am	Pilates	OBCC
8am	Tennis	Tennis courts
9am	Art group	Art room
9am	Line Dancing (Advanced)	SBCC
9.30am, 10.30am	Aqua Aerobics	SBCC, indoor pool
12.45pm	Mahjong (Beginners)	SBCC
12.45pm	Movie	SBCC, Theatre
1pm	Bingo (weekly)	OBCC
1pm	Pool/billiards	SBCC
1.30pm	Mixed Bowls	Bowling Green
3.30pm	Bar open (until 6pm)	SBCC
3.50pm	4km walk	Cnr Golden Cane & Majestic
7pm	Table Tennis	SBCC

THURSDAY		
6.50am	Walk, walk, walk	SBCC, dance floor
7am	Men's Bowls	Bowling Green
8.30am	Ladies' Bowls	Bowling Green
12.15pm	Indoor carpet bowls	SBCC
12.30pm	Canasta - Hand & Foot	OBCC
1pm	Tenpin Bowling (on bus)	Bundy Bowl
1pm	Pool/billiards	SBCC
1.30pm	Light & Easy	OBCC, upstairs
2.30pm	Indoor Carpet Bowls	SBCC
3.30pm	Bar open (until 7pm)	SBCC
3.50pm	4km walk	Cnr Golden Cane & Majestic
7pm	Movie Night	SBCC, Theatre
FRIDAY		
6.50am	Walk, walk, walk	SBCC, dance floor
7-11am	Gym instruction	Milon Gym
8am	Tennis	Tennis courts
8.30am	Line Dancing (\$5 Fee)	SBCC
9am	Choir	SBCC, Theatre
10am	Table Tennis	SBCC
11.30am	Bar open (until 1pm)	HCC
12.45pm	Mahjong (Beginners)	SBCC
1pm	Mixed Bowls	Bowling Green
1pm	Pool/billiards	SBCC
1pm	Canasta	HCC
3.50pm	4km walk	Cnr Golden Cane & Majestic
3.30pm	Bar open (until 7pm)	OBCC
5pm	Bar open (until 7pm)	HCC
SATURDAY		
7am	Bowls	Bowling Green
12.30pm	Cards	OBCC
1pm	Cards (5 Crowns)	SBCC
1pm	Indoor Carpet Bowls	SBCC
1pm	Bowls, Self-select pairs	Bowling Green
1pm	Pool/billiards	SBCC
3.30pm	Bar open (until 7pm)	OBCC
4.30pm	Villa draw	OBCC, bar
5pm	Bar open (until 7pm)	HCC
6pm	Movie Night	SBCC, Theatre
SUNDAY		
8am	Tennis	Tennis Courts
9.30am	Table Tennis	SBCC
1pm	Mixed Bowls	Bowling Green
1.30pm	Afternoon movie	SBCC, Theatre
3.30pm	Bar open (until 6pm)	OBCC
3.50pm	4km walk	Cnr Golden Cane & Majestic
5pm	Bar open (until 7pm, first Sunday of the month)	HCC

Garden your way to better health

IT'S A BELOVED PASTIME FOR GREEN-THUMBED HOMEOWNERS OF PALM LAKE RESORT, BUT DID YOU KNOW THAT GARDENING IS MORE THAN JUST A REWARDING HOBBY? IT CAN ALSO OFFER A VARIETY OF HEALTH BENEFITS. HERE ARE JUST FIVE OF THEM...

If you're looking for a fun way to up your vitamin D intake, make friends in your community and increase your hand strength, look no further than gardening. Better yet, you can add reduced blood pressure and a lower carbon footprint to that list, too.

More than just a way to beautify your home and its surrounds, gardening offers a seemingly endless list of positives. It's great for your physical and mental health, your community and the planet. And you don't even need a big yard to do it.

You can find many beautifully tended-to front and backyards in each of our Palm Lake Resort locations (especially ours!), with community gardens at select resort locations as well.

Put simply, life at Palm Lake Resort makes it easy to discover all the health benefits of gardening. If you needed any more encouragement, here are five of the main reasons why you too should get out in your garden...

Gardening improves your physical health

When you think about it, gardening is an excellent workout. All that digging, raking, planting, weeding, and watering helps to burn calories, strengthen your muscles and even improve flexibility. Gardening is considered 'moderate' physical activity, which means you only need to do about 30 minutes of gardening every day to meet the recommended exercise requirements for a healthy body. Add to that the health benefits of vitamin D intake through sun exposure, which includes improved heart health and stress relief.

Gardening improves your mental health

The mental health benefits of spending time in nature are well documented. Experts agree that being outdoors can reduce stress, foster connections with your local community (in turn, improving confidence and self-esteem) and sharpen cognition. When we nurture nature, in return, we create a positive feedback loop that allows us to connect to nature, promoting mindfulness and a sense of purpose. Plus, it's a great way to disconnect from screens, inhale good bacteria (specifically *Mycobacterium vaccae*, dubbed the 'natural antidepressant' for its ability to increase serotonin in the brain) and produce something meaningful and rewarding all at once.

Gardening will help you eat healthier

It goes without saying – when you grow your own produce, you eat better. This isn't just because you feel more motivated to eat the wholefoods you've nurtured in your own backyard (lest you waste those weeks or months spent growing each plant), but also because you avoid the pesticides that are sprayed on mass-produced fruits and veggies to help them last longer. Better yet, growing your own veggies in your garden is cheaper than shopping in the organic section of the supermarket, meaning you get more healthy wholefoods bang for your buck. This makes it much more affordable to eat the recommended daily servings of fruits (two) and veggies (five), which are believed to increase your lifespan and lower the risk of certain diseases.

Gardening helps you live a more sustainable lifestyle

If you're passionate about sustainability, growing your own produce in your garden helps you live more in line with your values. Making fewer trips to the supermarket reduces the need for excessive industrial agriculture, while also cutting down on packaging and the amount of fuel needed to transport each piece of fruit or vegetable from its growing location to your plate. By tending to your own garden, you'll also learn ways to make your waste go farther – for instance, you'll be motivated to compost food scraps to make a rich plant fertiliser. Also, the plants you grow will help reduce carbon and pollutants from the air or, if they flower, feed local pollinators like bees, butterflies and birds.

Gardening can help foster a sense of community

Last, but certainly not least, gardening provides great opportunities for social connection within your resort community. Whether you join/start a special interest group around gardening or you simply offer to help out a neighbour in their backyard, gardening is a fun, easy way to get to know some likeminded people. And, when you have a good harvest, you can share your abundance with those neighbours, friends and family members – who wouldn't appreciate a home-grown food basket, or some fresh cut flowers grown with love?

At the very least, it's nice to know that you're never really alone when you're gardening. While we've talked about the benefits of social interaction if you potter in the garden with friends, don't forget that even when you're alone in your own backyard, you're actually surrounded by thousands of living organisms, each of you playing an important part in the ecosystem.

There's an app for that



Gardenate

Grow-Your-Own with this gardening app that offers details of more than 90 favourite vegetables and herbs. The planting calendar shows what you can grow at any time – localized to your

climate zone (Gardenate has climate-zone specific planting calendars for Australia, Canada, New Zealand, South Africa, the UK, and the USA). There are detailed plant descriptions and growing tips to get novices up to speed, while also being packed full of features for experienced gardeners. You can record your planting dates, harvest dates, notes and more, then export your data as spreadsheet files. You can also share your garden to your other phones and devices and they keep in sync – let the whole family join in the gardening fun!



ABC Vegie Guide

ABC Vegie Guide is an essential tool for all vegetable gardeners – from the novice to the experienced – to help you find out what vegie should be planted when, no matter the climate zone you're in. ABC

Vegie Guide will give you all the information you need to produce healthy crops throughout the year, including growing tips, pest and disease control pointers and harvest guides. In your 'Patch' you can keep a running record of notes about what's going on in your garden. You can keep track of what you planted and when, take photos and make notes on progress and be prompted when your plants should be ready to harvest. This one was developed by the Australian Broadcasting Corporation.



Planta

Here's one to help you with your indoor plants. Planta offers an care schedule and reminders for watering and fertilising your plants. It also contains gardening

recommendations, step-by-step guides, plant identification assistance, a light meter, Dr Planta diagnosis tool and treatment tips for sick plants, and more.

10,000 REASONS TO CELEBRATE

With more than 46 years' history, did you know that 10,000 people call a Palm Lake Group address home? We are celebrating this milestone in 2023 by giving you \$10,000 off the purchase price of your new Palm Lake Resort home PLUS we'll throw in another \$10,000 worth of home upgrades. Come join our 10,000-strong community in 2023. Welcome home.

\$10,000
OFF YOUR NEW HOME*

+

\$10,000
TOWARDS UPGRADES*

*Terms and conditions apply



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