

The Reef

July - August 2022



**FREE \$30,000
boat with your
new home!**

See inside
for details...

Introducing Lotus

Have you seen our new 'Lotus' design? This is one home that is turning heads with its key features

Dinner, dance, delight

Have you been along to one of our sales events? Check out all the fun of our most recent shindig, inside!

Your welcome home

Our newest homeowners needn't feel 'lost' - we have a warm welcome awaiting you, courtesy of your neighbours



Welcome



Hi all and welcome to our winter edition of "The Reef" newsletter for Palm Lake Resort Bargara.

While it's technically winter here in downtown Bargara, the days are hardly 'winter' at all. Our tropical paradise of a location is enjoying the sunniest, warmest days with just a hint of seabreeze. Of course, the nights get a little bit more chilly, but it's nothing that a warm drink and a snuggly blanket can't fix. There's honestly nowhere else you'd want to be in winter than on the Queensland coastline - and our section of coastline has to be one of the state's best.

Proof of all this can be seen in our recent sales. Homes are selling fast and some of our home designs have already sold out. Many happy new residents have moved in, in recent months, and are thoroughly loving their new lifestyle already. Make sure you read our story on Page 7 to learn more about our 'welcoming committee'.

Our recent Dinner Dance Delight sales event can be described in one word: Wow! What a special night was had by all who attended. Our portable marble-look dance floor was an especially big hit and so it will remain at our resort for future events. And, as always, the food was incredibly delicious. And with the excitement that all our special guests brought with them, this was all the ingredients of a truly memorable night. Check out Page 6 for some of the memories.

For those interested in purchasing a new home at our resort, we have some good news. Our FREE boat offer has been extended for another six months! You will score a \$30,000 Quintrex aluminium tinnie with all the bells and whistles, with your new home purchase. Given our coastal location, with easy access to all those incredible water-based adventures, this is one welcome home gift worth chasing down. If you've not yet been to our resort, or haven't stopped by in a while, we encourage you to organise an inspection. The resort itself has grown so much in the past few months, and with our new Horizons Country Club now open (the third Country Club for our resort!) you will not be disappointed. We look forward to showing you just how amazing your over-50s lifestyle can be.

**Sandy Martin and the Sales Team,
Palm Lake Resort Bargara**

Contact US

Call us and we will book you in for a tour of our amazing display homes and world-class facilities!

Freecall: 1800 501 119

Email: salesbargara@pallmlake.com.au

Find us at:
24 Rifle Range Road,
Bargara QLD

Visit:
pallmlakeresort.com.au

Get social:
Follow us on Facebook
(@pallmlakeresort)
and also on Instagram
(@pallmlake_resort).

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News briefs

Extra! Extra!

If you haven't already received a copy of the Winter 2022 edition of our company magazine, Your Time, you should check it out at www.pallmlakeresort.com.au and click on the 'News & Events' tab.



Refer a friend to come 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 and Information Centre.

Three more 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!



Lunch is served!

Our first residents' lunch in the brand new Horizons Country Club was a big hit! We served 85 hungry tummies and the feedback proved the new location was just as enjoyable as the delicious two-course meal was. See you at Horizons, for lunch, each Friday, from 12 noon.



Get your free boat now!

While there are PLENTY of great reasons to buy a new home here at Palm Lake Resort Bargara, we're giving you one more for a limited time only. Score a \$30,000 Quintrex 'Fishabout' aluminium boat, with all the bells and whistles, completely free when you buy a new home here at our resort. Now that's the perfect welcome-home gift for anyone who loves Bargara for its aquatic wonders! Phone us on 1800 501 119 for all the details.



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for details.

Introducing Lotus

OUR 'LOTUS' DESIGN HOME HAS REALLY BLOSSOMED INTO A WINNER FOR THE PALM LAKE RESORT ENTERTAINERS AMONG US.

'Lotus' is one of Palm Lake Resort Bargara's newest designs and from the feedback we are receiving, it's becoming a firm favourite.

This architecturally designed home offers two bedrooms plus a study, two bathrooms and a two-car garage. Once you step inside the entry foyer and wander down the hall, a wonderful open-plan living and entertaining space opens right up.

According to Palm Lake Resort Bargara's Sales Manager, Sandy Martin, among the key features of this design, and a stand-out feature for those homeowners who've come through her Sales

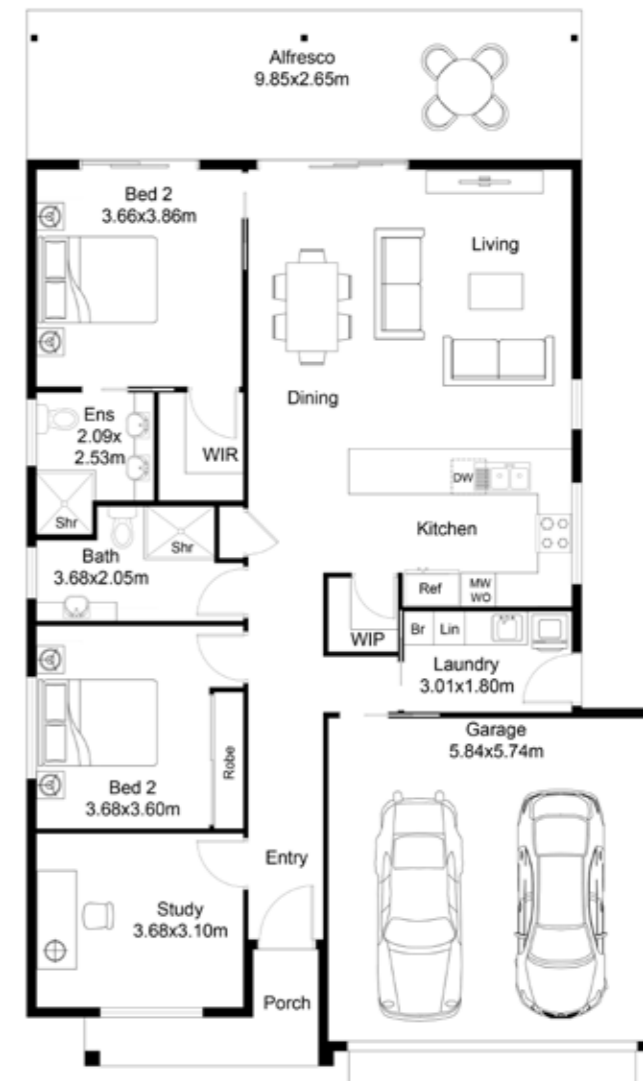
Information Centre in recent months, is the home's walk-in pantry. Large enough to store all your meal-prep essentials as well as kitchen appliances and more, this over-sized pantry helps keeps your kitchen space looking neat and organised. It is also a point of difference among this design and others at Palm Lake Resort Bargara.

Once the food prep and cooking is done, we come to the next key design feature of this home: the large alfresco entertaining area to the home's rear. Spanning the full width of this delightful abode, Sandy says this alfresco is perfect for everything from large and fun social gatherings with friends and neighbours, to those quiet morning cuppas in the sun where you can gather your thoughts for the day ahead.

"Lotus really is a great design for those entertainers looking for space as well as luxury features," Sandy says.

Here are more reasons why you should consider 'Lotus' for your next home:

- Selection of interior colour schemes
- Colorbond matte steel roof sheeting including Anticon blanket
- Hebel external wall cladding
- Superior thermal and environmental efficiency
- Termite resistant structural timber framing
- Designer style glazed entry door
- Ducted air conditioning to living areas, bedrooms and activity rooms
- 3 kW solar system with micro invertors and Enphase monitoring
- Key locks to all opening windows and sliding doors
- Fly screens to windows and sliding doors
- Security screen to front entry door
- Heat pump hot water system
- Distress alarm.



To find out more about our wonderful community, its luxury homes and world-class facilities (and also how to score a FREE BOAT!), contact our Sales Information Centre on 1800 501 119 and organise a private resort tour.

Dinner dance delight

JUST AS THE NAME SUGGESTED, OUR SPECIAL GUESTS ENJOYED A DELICIOUS DINNER, LOADS OF DANCING AND AN ALL 'ROUND DELIGHTFULLY FUN EVENING AT OUR MOST RECENT SALES EVENT. THE PHOTO BOOTH WAS A BIG HIT!



Your welcome home

SO, THE INK HAS DRIED ON YOUR CONTRACT AND THE MOVING BOXES HAVE BEEN PACKED. IT'S NOT LONG BEFORE THOSE BOXES ARE BEING UNPACKED IN YOUR PALM LAKE RESORT BARGARA HOME AND YOUR NEW 'RESORT' LIFE BEGINS. BUT, WHERE TO START? TWO WORDS: MEET BERNADETTE.

If you moved into Palm Lake Resort Bargara in recent times, you've probably already met homeowner Bernadette Gibbs. She's that bubbly voice on the phone and that magnetic personality around the resort grounds.

As just one of our resort's many, many valued volunteers, Bernadette's joy is in welcoming new residents to our resort and ensuring you have all the information you need to maximise your 'lifestyle' in this community lifestyle resort. As Vice President of the Homeowners' Association and a past chair of the Social Club, Bernadette and her helpers host an 'Information Morning' roughly once a month where all the ins and outs of Palm Lake Resort Bargara, and a list of who's who at the zoo, is presented via a slick Powerpoint, over a casual cuppa and a slice of cake, among your new neighbours.

"Your welcome into our resort is really important," Bernadette says. "Some people arrive and they are bright and bubbly and off like a rocket. Others might be more timid and shy and sitting quietly in the corner at first. But, don't worry - we rip them out of there with a crowbar and get them joining in!"

As well as the Information Mornings, Bernadette continues to impart important information to her fellow homeowners via the community presentations that she coordinates, with the support of our caretakers, in the resort theatre. As we catch Bernadette on the phone for this story, she and her band of helpers have just hosted 50 residents in the theatre who thoroughly enjoyed the information imparted to them by an orthopedic surgeon out of

Bundaberg, who was discussing arthritis. Prior to that, Bernadette had an almost 'full house' of residents along to the theatre to take in a presentation on technology by a local IT expert.

Bernadette has called Palm Lake Resort Bargara home for four years. Immediately prior to moving here, she and husband Michael were based on the Gold Coast as caretakers of small hotels and the like. Combined with her career experience in office administration and sales/marketing with the Queensland Rugby Union and Triple M radio, her previous roles have set her up well to be the warm and welcoming face that new residents here have grown to really appreciate. When she's not helping to organise meetings and presentations and other information sessions, Bernadette says you'll find her getting her craft on with the resort's card-making group on Tuesday afternoons ("I adore it!" she smiles) or playing lawn bowls. Just recently, with the opening of our Kingpins tenpin bowling alley, she has also taken up that sport.

"If I had more time, I'd also like to do art classes and try painting but this 'retirement' is keeping me too busy!" she laughs.

"I am one of many people who volunteer at Palm Lake Resort Bargara. We have a huge list of volunteers who do everything from drive the bus to the shops and put together knives and forks for the evening meals, to running the cinema four or five times a week, growing fruit and veggies in our community garden - and the list goes on and on. It really is a group effort and this is an amazing community to call home."



Meet us for a game of cards
Mon & Sat
12.30pm

Weekly activities

| MONDAY | | |
|-----------|---------------------------|--------------------|
| 8am | Yoga | OBCC, upstairs |
| 8.45am | Diet Club | OBCC, lounge |
| 9am | Photography Club | Craft room |
| 9am | Indoor dance | SBCC, dance floor |
| 9am | Choir | HCC, outside |
| 9am | Fun Tenpin Bowling | HCC, Kingpins |
| 9.30am | Calligraphy | Art Room |
| 12.30pm | Cards | OBCC |
| 12.30pm | Men's Cards 500 | OBCC |
| 12.30pm | Patchwork Group | Craft Room |
| 12.30pm | Knit & Natter | OBCC, Oasis Lounge |
| 1pm | Pool/billiards | SBCC |
| 1pm, 3pm | Tenpin bowling comps | HCC, Kingpins |
| 5pm | Line Dancing (Advance) | SBCC |
| 7pm | Scroungers | Bowling Green |
| TUESDAY | | |
| 7am | Men's Bowls | Bowling Green |
| 9am | Pottery | Pottery room |
| 9.15am | Light & Easy | SBCC |
| 11am | Tai Chi | OBCC, upstairs |
| 12.30pm | Rummikub 500 | OBCC |
| 1pm | Art Group | Art Room |
| 1pm | Card Making/Scrap-booking | Craft Room |
| 1pm | Pool/billiards | SBCC |
| 2pm | Tenpin bowling | HCC, Kingpins |
| 2pm | Dementia Support | OBCC, Oasis Lounge |
| 7pm | Movie | SBCC, Theatre |
| WEDNESDAY | | |
| 7.30am | Golf | Coral Cove Resort |
| 8am | Pilates | OBCC |
| 9am | Line Dancing (Advance) | SBCC |
| 9.45am | Aqua Aerobics | HCC, pool |
| 12.45pm | Mah-jong (Beginners) | SBCC |
| 1pm | Bingo (fortnightly) | OBCC |
| 1pm | Pool/billiards | SBCC |
| 1.30pm | Mixed Bowls | Bowling Green |
| 4pm | Tennis | Tennis courts |
| 7pm | Table Tennis | SBCC |

| THURSDAY | | |
|-------------------------------------|--------------------------|-------------------|
| 7am | Men's Bowls | Bowling Green |
| 8.30am | Ladies' Bowls | Bowling Green |
| 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 |
| 7pm | Movie Night | SBCC, Theatre |
| FRIDAY | | |
| 7-11am | Gym Instruction | Milon Gym |
| 8.30-10 | Line Dancing (\$5 Fee) | SBCC |
| 9.15-11am | Choir | SBCC, Theatre |
| 10am | Table Tennis | SBCC |
| 12.45pm | Mah-jong (Advanced) | OBCC, upstairs |
| 12.45pm | Afternoon Movie | SBCC, Theatre |
| 1pm | Mixed Bowls | Bowling Green |
| 1pm | Pool/billiards | SBCC |
| 4.30pm | Night bowls, triples | Bowling Green |
| | Happy Hour | Oasis Bar |
| 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 |
| 6pm | Evening Movie | Theatre |
| SUNDAY | | |
| 8am | Tennis | Tennis Courts |
| 9.30am | Table Tennis | SBCC |
| 12.45pm | Mixed Bowls | Bowling Green |
| 1.30pm | Afternoon movie | SBCC, Theatre |
| EVERY WEEK DAY (excluding weekends) | | |
| 6.50am | Walk, walk, walk | SBCC, Dance Floor |

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

*Subject to change without notice. Information correct as at July 2022. If there are any changes to days/times please notify our Caretakers.

Caretakers' column

Hello to you all,

Winter is definitely upon us now that the cooler days have set in. It is nice though, to be able to rug up a little and find a cosy warm spot with a good book and some hot chocolate (or a few nibbles and a good wine!). The fireplace in the Seabreeze Country Club has become a very popular little spot for resident gatherings of late. If it's a bit chilly outside and you're looking to catch up with your fellow residents or visiting friends and family, why not head to one of our cosy Country Clubs for a little relaxation and some (literally) warm conversation!

Our resort is constantly adapting to suit the needs of our residents. From Friday, July 8, our bistro lunch will be transferred from our Seabreeze Country Club to the dining area of our new Horizons Country Club. Meals will be served from 12noon and, as always, a delicious two-course menu will be available. Maybe you can

enjoy a post-meal game of tenpin bowling or putt putt to finish off the afternoon while you are there? For residents who prefer to dine in the Seabreeze Country Club, Tuesday, Wednesday and Thursday meals will still be available there. You are also welcome to catch a movie, if you wish, in the cinema after your meal.

The resort is looking amazing right now and the new extension sees our community growing by the day. There's lots to do, lots of new friends to meet and lots of socialising to be enjoyed. What a wonderfully fulfilling lifestyle we have on offer here.

Stay warm and stay happy!

Wayne & Aileen
 Resort Caretakers



Around the grounds

IT MIGHT HAVE OFFICIALLY BEEN MOTHER'S DAY BUT WE CELEBRATED EVERY SPECIAL LADY IN OUR RESORT IN MAY - AS WELL AS A FEW SPECIAL BLOKES, TOO!





Vet's winter caution

YEP, IT'S OFFICIALLY COLD. WHILE YOU'RE PULLING ON YOUR LAYERS AND DIGGING OUT EXTRA BLANKETS, REMEMBER THAT YOUR PET NEEDS SPECIAL CARE DURING WINTER, TOO. KEEP THESE TIPS IN MIND FROM PETSTOCK VET DR KATHY MACMILLAN.

Beating the winter blues

Just like humans, pets are also at risk of developing the winter blues. Household pets, especially cats and dogs, are highly intuitive and can sense when owners are feeling lazy or unmotivated. Despite being covered in fur, even for our pets it can be tempting to stay cooped up indoors throughout winter. As an owner, staying motivated to maintain your pet's daily exercise regime is critical during the winter months for your pet's mental and physical wellbeing. Playing with your pet indoors or mixing in training sessions is also recommended.

Hydration

Keeping your pet hydrated is always important but it is usually something that pet owners are more aware of during the warmer months. Make sure that your pet always has access to fresh water even if it's cool.

Drinking standing water

This winter has brought more rain than we're used to and, therefore, more puddles. When you're on your daily walks, monitor your dog closely and avoid letting them drink any standing

water. Leptospirosis is an infectious disease that can be contracted by dogs that drink or swim in contaminated water, such as puddles, ponds, rivers or dams. It can cause them to become extremely sick and, in some cases, be fatal. Symptoms include fever, vomiting, diarrhea, refusal to eat, weakness, depression and stiffness. Always take a fresh bottle of water and a travel bowl with you on all outdoor adventures – that way your pet will stay hydrated and will be less likely to pick up unwanted, harmful diseases.

Sleeping indoors

No matter their age, consider allowing your pet to sleep indoors during winter. Not only will they be more comfortable, but they will use less energy maintaining their body temperature. Chilly nights can make the joints of pets suffering from arthritis more painful and breathing cold air can exacerbate respiratory problems such as bronchitis or collapsed trachea. If you have a puppy, this is the perfect opportunity to try indoor crate training and, if you have a senior pet, winter is a great time to invest in a soft, thick bed that will be easy on their joints.

Heater safety

While it is encouraged to keep your pet indoors more often than not during winter, it is important to ensure they stay safe. If you have a gas heater, have it serviced at the start of the season, prior to using it, to ensure it is not leaking carbon monoxide. And, of course, whether you're using a gas or electric heater, make sure it is always in a safe place where Fido won't knock it over.

Don't weight too long

UH OH - YOUR DOG'S BODY WEIGHT HAS CREPT UP. BEING OVERWEIGHT CAN PREDISPOSE PETS TO JOINT INJURIES, BREATHING PROBLEMS, HEART ISSUES AND SOME CANCERS. HERE'S HOW TO GET THEM FIGHTING FIT ONCE AGAIN.

Just like humans, dogs can be at risk of a plethora of health problems if they're overweight. If your pooch is showing signs of a podginess, don't stress. You are not alone. Research shows that around 40 per cent of Aussie pets are overweight. The most important thing you can do for your pet is to acknowledge the problem before it gets out of hand and start them on a path to better health. Here are some tips to help your dog lose weight healthily and gradually.

Determine your dog's weight loss target

If your dog is generally healthy and only mildly overweight, the first thing you should do is determine their current Body Condition Score (BCS) and implement a weight loss program around this. BCS is a number assigned to your pet based on evaluation of fat at a few key areas on their body. A BCS can range from 1 to 5, with 1 being severely underweight and 5 being dangerously overweight. You can Google some very helpful BCS charts online that will help you assess your pet's silhouette from above and from the side – evaluating the ribs, spine, hip bones, waist, abdomen, muscle mass and overall fat covering. At an ideal weight you should be able to see your pet's waistline (an hourglass shape) when standing above them, looking down. And your pet's abdomen should be tucked up behind their rib cage when viewing them from the side. You should also feel your pet to evaluate their weight. Place your thumbs on their backbone, spreading both hands across the ribcage. You should be able to feel each rib under a thin layer of fat – just like you can feel the bones on the back of your hand. Be sure to reassess them every week or two until they're at their ideal condition.

Of course, if you're feeling unsure, or if your dog is significantly overweight or has pre-existing health issues, book in a consultation with your vet for further assessment and advice.

Adjust their diet

Mildly overweight pets may be able to lose weight with adjustments to their regular diet, such as cutting

out most treats and any unhealthy table scraps, and reducing their meal portions by 10 to 20 per cent. Significantly overweight pets are generally best switched to a prescription weight-loss diet. Not only do these diets provide helpful staged feeding guides, but they also help ensure your pet will not suffer any nutrient deficiencies or excessive feelings of hunger whilst their calories are being restricted.

Encourage regular, appropriate exercise

Whilst weight loss will largely rely on your pet's diet, regular healthy exercise is important for keeping their metabolism chugging, and helping them to maintain strong muscle support. Gentle-to-moderate intensity, low impact daily exercise (such as walking or wading in shallow water) is safest. If your pet is panting heavily, stop them for a rest and offer water. Avoid exercising your pet in hot or humid conditions, as this puts them at risk of heat stress. Remember that what your dog loses in grams, they'll gain in health and vitality!



Palm Lake Resort is proudly pet friendly!

Get your FREE BOAT!

Yes, it's true! With so many of our resorts located near wonderful waterways, it's only fitting that we'd cast the net a little wider for a 'Welcome home' gift for our newest homeowners. Palm Lake Resort is giving away a Quintrex aluminium boat, valued at over \$30,000, FREE with any new home purchased! To find out more about how to land this prized catch, phone our Sales Information Centre on 1800 501 119



**FREE \$30,000
boat with your
new home!**

T&Cs apply



Palm Lake Resort Bargara
FRECALL 1800 501 119 / 24 Rifle Range Rd, Bargara QLD 4670

THE BEST IN OVER-50S LIVING. THIS IS YOUR TIME.
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