

The Gatsby

JANUARY - FEBRUARY 2023



GOLFERS GOT GAME

Check out all the winners of the annual Westhampton Golf Club awards night, and also our recent inaugural inter-resort comp

STEP BACK IN TIME

Did you know, reminiscing is actually good for you? Turn to Pages 8-9 and see if you remember these memorable moments...

SELL YOUR HOME WITH US

If you're looking to sell your Beachmere Bay home, Nicole has all the expertise and experience you'll need



Welcome

Hello everyone - 'Tis the season to be jolly!

The grounds are looking nice and green after the spring/summer rain. The canals are settling down now after the pipe repairs on the beachfront. We have lots of wildlife visiting us.

Beachmere Bay homeowners are loving the exercise classes available right now. Yoga and chair yoga, as well as aqua aerobics, seem to be the favourites. The line dancing is so popular they have had to start a beginners' class.

Our Social Committee made sure December was a very busy and festive month, starting with the buggy parade on December 9. The buggies were looking very Christmassy. The parade finished at the Hamptons Country Club for carols and Happy Hour.

We also enjoyed a Christmas party on December 10, and there is also to be a New Year's Eve countdown, with a rest and relax barbecue day on January 1, at the Beach House. It's been great to see that so many homeowners decorated their beautiful homes with Christmas lights in December, in readiness for the Christmas Lights competition.

School holidays are here already. It is always lovely to see the family get-togethers. The children love our pools and the tenpin bowling matches. Grandparents enjoy the coffee and catch ups!

Steve and I would like to take this opportunity to thank the Beachmere team for their support and hard work throughout the year. We are very fortunate to have Elysia, Maria, Suellen, Kelvin, Richard, Sean and Brian with us.

Once again, we wish you all a wonderful summer holiday season and a prosperous New Year.

Sue and Steve Babbage,
Palm Lake Resort Beachmere Bay Caretakers

Contact us

Looking for more information about Beachmere Bay? Here are four places you can reach us:

- Online:** Visit our website beachmerebay.com.au
- Social media:** Follow Palm Lake Resort on Facebook (@pamlakeresort) and Instagram (@Palm.Lake.Resort) to see what's happening right across all our locations.

Street address:
Palm Lake Resort Beachmere Bay can be found at:
194 Bishop Rd, Beachmere.

FREECALL: 1800 338 382.
There's no cost to you and you'll have our experienced Sales Team at the other end of the line. Easy.



News briefs



Read on, all about us!

Palm Lake Resort's Summer 2022-23 edition magazine is available now for a read. If you haven't yet seen a physical copy floating around the resort grounds, you can also read it online at pamlakeresort.com.au

Want to get social with your neighbours?

- Join the private Palm Lake Resort Beachmere Bay Facebook groups and keep up to date on the latest information that matters to us, locally. These groups are for residents only to ensure your privacy is protected. There are two private Facebook groups relevant to our resort:
- For a combined group of residents from both Beachmere Sands and Beachmere Bay, go to "Friends in Beachmere Palm Lake Resorts" (www.facebook.com/groups/bsplr)
 - For residents of Beachmere Bay only, go to "PLR Beachmere Bay Neighbourhood" (www.facebook.com/groups/plrbb)
- Don't forget that Palm Lake Resort has its own main public Facebook page where news from across the company is included. Simply search "Palm Lake Resort" to find it.

Did you know you can book the theatre?

You are welcome to watch your own movies, DVDs etc in the resort's movie theatre. There is a booking sheet by the door and you just need to fill in the day/time you would like to book the theatre for your event. Need help understanding and operating the system? Simply get in touch with John Davis (#2227) and he will happily explain everything to you.

Weekly activities

- MONDAY**
7.30am Sands golf competition
9am Zumba
9am Lawn bowls: Ladies' morning
10am Mah-jong. Social golf. Yoga
1pm Cards: Hand & Foot
1pm Lawn bowls: Triples Club select
2pm Ukulele practise
4.30pm Mixed tennis
5.45-6.30pm Lawn bowls: Coaching
6.30pm Slice of Life (fourth Wed of the month)

- TUESDAY**
AM, TBC Ladies' golf competition
8.15am Senior exercise class
9am Lawn bowls: Novice Pairs
9am Ladies' pickleball. Ladies social golf
10am Book Club (second Tues of the month)
1pm Cards: Hand & Foot
3pm Lawn bowls: Scroungers, Mixed social
7pm Cards: 500

- WEDNESDAY**
All day Social golf
7.30am Aqua aerobics
8.15am Mat Pilates
8.45am Armchair yoga
1pm Lawn bowls: Self-selected pairs
1pm Duplication Bridge
7.15pm Movies at The Bay

- THURSDAY**
All day Social golf
8.15am Yoga
8.30am Mixed tennis
9am Lawn bowls: Pot luck games, skill sessions
1pm Cards (500). Supervised Bridge
1.30pm Craft, coffee and chat
6pm Mixed pickleball
7pm Lawn bowls: Winners & losers, mixed social

- FRIDAY**
AM, TBC Mixed golf competition
8.30am Mat Pilates
9.15am Tai chi
10am Mah-jong
1pm Social golf. Also line dancing (beginners)
1pm Lawn bowls: Men's
2pm Line dancing (intermediate)
4pm Happy Hour (first Friday of the month: Multidraw raffle)
7pm Bingo (third Friday of the month)

- SATURDAY**
All day Social golf
9am Mini Bridge
10am Remote-controlled boats
2pm Men's pickleball
2pm Lawn bowls: Scroungers, Mixed social
3-5pm Live music (fourth Saturday of the month)
4pm Lawn bowls: Scroungers
5.30pm Villa draw (third Saturday of the month)

- SUNDAY**
All day Social golf
8am Mixed pickleball
1pm Mixed cash triples competition
2.30pm Bingo (first Sunday of the month)
2.30pm Trivia (second Sunday of the month)
2.30pm Matinee movie (fourth Sunday of the month)
2.30pm Ballads with Barry (fifth Sunday of month)
4pm Croquet. Also Happy Hour



Volunteer Thursdays

By Quentin Robson (Home 102)

Most Thursday mornings, the Club holds volunteer working bees where our members help out around the golf course, raking and shaping bunkers, weeding greens, spreading top soil, sowing grass seed, laying turf and sweeping the artificial greens with the Golf Club's mechanical sweeper. The working bees are a good way for members to enjoy some fellowship and contribute to the upkeep and improvement to the golf course.

The lighter side of golf

By Steve Taylor (Home 102)

- Golf is an easy game - it's just hard to play.
- An American went to Scotland and played golf with a local. At the first tee he hit a bad drive out of bounds and said he would play a "Mulligan" which he hits perfectly down the middle. "what do you call a Mulligan in Scotland?" he asked the Scot, who replies "We call it 3!"
- The man who takes up golf to get his mind off his work soon goes back to work to get his mind off his golf.
- The only reason I play golf is to bug my wife – she thinks I'm having fun.
- The difference between an air shot and a practice swing is that nobody curses after a practice swing.
- Golf was once a rich man's game – now it has millions of poor players.
- There are three ways to improve your golf game – get lessons, practice diligently – or start cheating.
- Real golfers have two handicaps – One for bragging and one for betting.
- Golf is a game invented by God to punish those who retire young.
- My game is so bad I had to get my ball retriever re-gripped.
- Golf is a game in which the slowest people in the world are those ahead of you and the fastest are those behind you.
- Forget about all those "how-to" books, YouTube videos and articles. The only sure way to reduce your score is with an eraser.
- Finally, "Shifty's Rule": When a player puts his ball into a hazard, you always go to where he says he hit it and then come BACK 40 metres!



Golfers celebrate

By Quentin Robson (Home 102)

The Westhampton Golf Club's annual Awards Night was held on November 25. Those who attended enjoyed some fun with an 'Across-the-Lake' nearest the pin competition and a putting comp on the bocce court. Fantastic gourmet burgers were served up by Team Maxworthy followed by our awards presentation.

Ron Rosenberger won both the Match Play Championship and the Men's Club Championship while Joan McIntyre won the Ladies' Club Championship. The winners of the Men's and Ladies' Medal of Medal Championships were Ross Schultz and Jody Sutherland.

We also handed out a few fun awards including:

- Most Found Golf Balls: Mauri and Trish Meyer
- Best Trick Shot of the Year: John McPherson
- Lost Golf Clubs Award: Alan Duffin.

The 'Across-the-Lake' comp was won by Ross Schultz and the Putting comp win was shared by Roger Armfield and Monty Clelland.



GOLFERS
RON & JOAN
COME UP TRUMPS
IN ANNUAL
AWARDS





Inter-resort comp a great success

FIVE RESORTS,
68 GOLFERS,
ONE SUCCESSFUL
INAUGURAL GOLF
COMP!

An inaugural combined inter-resort golf competition was held at our Westhampton Golf Club on November 18 with 68 golfers from five different Palm Lake Resorts participating.

There was representation from Palm Lake Resorts Beachmere Bay, Cooroy-Noosa, Toowoomba, Caloundra Cay and Beachmere Sands. Some 24 members from our Westhampton Golf Club nominated to play in this event. It was a four-person Ambrose and so we had six teams altogether. Caloundra Cay teams took the 1st and 4th places whilst Beachmere Sands came 2nd. The

Beachmere Bay team comprising Dennis Savage, Vim Balachandran, Regina Balachandran and Peter Philippe came third.

John Pottage (our Club Captain) did a fantastic job in organising this event. He was ably assisted by Roger Densley. John says he hopes that this will become a regular annual event with plans to involve more Palm Lake Resorts in the future.

It was a glorious day for golf and gave us all the opportunity to meet homeowners from the other resorts.



Social Club notes

By Jaye Barros (Home 84)
Social Club Chair

Party season was unleashed! Melbourne Cup saw an array of splendid outfits along with some very creative hats made for our hat competition - from feathers to colanders (pictured right) the assortment was wild! We had our first Calcutta Sweeps which went off a treat, with loads of winners enjoying the day and their takings.

December was filled with many seasonal festivities:

- The Buggy Parade
- Christmas Party
- An Elf Hunt
- A week of Christmas Light Tours of The Bay.
- Not to mention the many street parties, barbecues, pool parties and neighbourly get-togethers.

New Year's celebrations will begin with our New Year's Eve Party - it will be a night filled with dancing, music and conga lines! And New Year's Day will offer our long-awaited R&R, celebrated with a neighbourly barbecue and live music at the Beach House.

Next events:

March 17: St Patrick's Day Dinner Dance

April 22: Country Food and Music Event





Step back in time

WE'RE ALWAYS BEING TOLD NOT TO LIVE IN THE PAST, BUT DID YOU KNOW THAT CERTAIN TYPES OF REMINISCING CAN ACTUALLY BE GOOD FOR YOU? FROM REDUCING THE IMPACTS OF DEMENTIA TO PROMOTING POSITIVE PERSONAL GROWTH, FIND OUT WHY AND HOW TO GET A HEALTHY DOSE OF NOSTALGIA.

Dwelling on the past is no longer seen as a sign of senility – in fact, therapists have harnessed the power of reminiscing to treat people with Alzheimer's and other kinds of memory loss. In 1963, psychiatrist Robert Butler first introduced the idea that reminiscing in old age could be positive. Since then, 'reminisce therapy' has been developed as a non-pharmacological intervention for seniors, especially those with impaired short-term memory. Here's why...

It can improve your day

According to Psychology Today, researchers from Loyola University found that thinking of good memories for just 20 minutes a day can make you more cheerful than you were the previous week. Just think about the feeling that comes over you when you see, smell or hear something familiar, or when you look back through photos from happy times.

It can make you feel safe

Nostalgia is often associated with melancholia, but it can also make us feel comfortable. Next time you're in a new place or experiencing feelings of displacement, try thinking or writing about your favourite people and places. Psychologist Tim Wildschut found that people who write about a nostalgic event are more cheerful after the exercise, and feel more positively about their friendships and close relationships. This gives us a comforting sense of belonging.

It brings you closer to loved ones

Reminiscing on memories is an important way to ground yourself and stay true to your roots. This is because your

special memories almost always feature special people. Studies have shown that people with nostalgia-prone personalities cope with problems more effectively as they are more likely to receive social support after experiencing stress, and see their families more often.

It can motivate you

Drawing from memories of your past accomplishments is a common way to stay motivated – you may not even realise you're doing it. Have you ever thought to yourself, "If you got through that, you can get through this"? Of course, try not to ruminate too long on difficult times – focus instead on how you got through them, and how you felt on the other side.

It can benefit those around you

We gain wisdom from our own experiences, but also from the experiences of others. Reminiscing on your past can shine a light on important lessons you learnt – lessons that you can pass on to your children, grandchildren and even friends. Flipping through old photo albums can be a helpful way to spark these conversations; turn to the following page to find out how to best document your memories.

Remember: reminiscing is all about how you perceive the past. The same memory can promote positivity or pain depending on how you look at it. Psychologist Sonja Lyubomirsky says it best: "It's what you focus on. Do you focus on how positive it was then, or that it's over now?". As some people say, 'Don't cry because it's over, smile because it happened' – it's cheesy, but it's true.

Do you remember?

Residents at Palm Lake Resort's over-50s communities all lived through the '70s and '80s. But how much can you recall from that time period? Whether you were closer to 10 years old or 30, you'll likely remember these moments and memories from 1975 to 1985. There are some great conversation starters here for our next weekly meal!

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On the big screen...

These were among the highest grossing movies released from 1975 to 1985. Did you see them in the cinemas, and have you watched them since? Perhaps a nostalgic screening is in order!

- Jaws (1975)
- Rocky (1976)
- Star Wars (1977)
- Grease (1978)
- The Amityville Horror (1979)
- Star Wars: The Empire Strikes Back (1980)
- Superman II (1981)
- E.T. the Extra-Terrestrial (1982)
- Risky Business (1983)
- Ghostbusters (1984)
- Back to the Future (1985)

On the radio...

Billboard magazine named these as the number one songs from 1975 to 1985. How many can you remember the words to? Can you remember your favourite songs from those years?

- 'Love Will Keep Us Together' by Captain & Tennille (1975)
- 'Silly Love Songs' by Wings (1976)
- 'Tonight's the Night' by Rod Stewart (1977)
- 'Shadow Dancing' by Andy Gibb (1978)
- 'My Sharona' by The Knack (1979)
- 'Call Me' by Blondie (1980)
- 'Bette Davis Eyes' by Kim Carnes (1981)
- 'Physical' by Olivia Newton-John (1982)
- 'Every Breath You Take' by The Police (1983)
- 'When Doves Cry' by Prince (1984)
- 'Careless Whisper' by Wham! (1985)

On the front page...

Can you remember these history-making moments that took place between 1975 and 1985? Or, better yet, can you remember where were you when you first heard about them?

- In 1975, the Vietnam War ends with the surrender of South Vietnam to Communist forces.
- In 1975, Nadia Comaneci wins three gold medals at the Montreal Olympics with seven perfect scores.
- In 1977, Elvis Presley dies at the age of 42.
- In 1978, the first test tube baby is born in the United Kingdom.
- In 1979, Sony releases the Walkman.
- In 1980, John Lennon is assassinated at age 40.
- In 1981, NASA launches the very first Space Shuttle mission.
- In 1982, the first episode of Late Night with David Letterman debuts on NBC.
- In 1983, the first mobile phones are introduced by the public by Motorola. The final episode of 'M*A*S*H' airs to a record 125 million viewers.
- In 1984, the first Apple Macintosh personal computer goes on sale.
- In 1985, the Rainbow Warrior is sunk by French foreign intelligence services off the coast of New Zealand.

Organising your memories

LIFE IS FULL OF PHOTO-WORTHY MOMENTS – SO MUCH SO, MOST OF US END UP WITH A BAZILLION SNAPS SPREAD ACROSS A HANDFUL OF DEVICES, ALBUMS AND HARD DRIVES.

Thankfully, website and app developers know the struggle, so there are a number of programs you can use to help you on your photo-organising quest. And with the holiday season upon us and family generally around, why not sort out your memories once and for all – for everyone's benefit.

Gather them up

Before you can organise your photos, you need to see them all in one place. This may mean scanning physical photos to create digital copies, which you can either do using a scanner or via your smartphone – a quick Google will explain how. You can then save them directly to your camera roll or to an app like Dropbox. You'll also want to find old CDs, USBs or hard drives that could house more pictures. Don't forget to go through your smartphone and any of its backups to find additional images, and check your camera's SD cards, if you have one.

Find the perfect place

Where you store your photos is up to personal preference, but using a cloud-based service is generally the safest, most convenient place. If you use an iPhone and computer, iCloud may be your best bet – it works with your phone to sync images across all devices, and it's relatively affordable if you need to upgrade your storage. Alternatively, Dropbox or Google Drive can be used on the computer and your phone via the app. If you're not a fan of cloud storage, consider an external hard drive for your computer. They're relatively inexpensive but localised – meaning you can only access those photos when you're at your computer.

Make physical mementos

If you love the idea of having each of your children's baby photos in one place, or a holiday album from a family trip, why not make photo books? Websites like Snapfish, Chatbooks, Blurb and Picture Postie make it super easy to turn your photo collections into physical photo albums, which you can proudly put on display or give as gifts to your children, parents or relatives.

Homes for sale

Home 29, Holbrook: \$855,000

Beds

2

Bath

2

Living

1

Activity

1

Alfresco

1

Garage

2



Situated on a sought-after corner block, this Holbrook is a spacious home with a stunning raked ceiling. Two bedrooms plus a multi-purpose room. The principal bedroom has a fully fitted walk-in robe and ensuite with two basins. The Hamptons-style kitchen is 2 pac finish with European appliances and a Billi tap. Ducted air conditioning throughout and ceiling fans in every room. This gated community delivers the Hamptons style with all the activities including a nine-hole golf course, bowling green, swimming pools and spas and so much more.

FREECALL Nicole on 1800 338 382 to arrange an inspection.

Home 152, Brightwater: \$855,000

Beds

3

Bath

2

Living

1

Alfresco

1

Garage

2



If you love the Hamptons style you'll feel right at home at Beachmere Bay. This Brightwater is a 201sqm home with three bedrooms, two bathrooms and a double garage. The kitchen includes European appliances, 40mm stone bench tops and 2 pac Hampton style cabinetry. The master bedroom features plantation shutters, a walk-in wardrobe and fully tiled ensuite. Walk to our Hamptons Country Club, our nine-hole golf course and the beach.

Enjoy all that Beachmere Bay has to offer. Find out more by FREECALLING Nicole on 1800 338 382

Home 33, Brightwater: \$845,000

Beds

3

Bath

2

Living

1

Alfresco

1

Garage

2



Master-built home. Come home to the timeless elegance of a Hamptons-inspired Brightwater home. Designed with a north-facing alfresco all the benefits of coastal living. Features three bedrooms with a spacious primary bedroom with ensuite and walk-in robe. Five-star fitout with European appliances, 40mm Ceasarstone, Billi water filter, solar panels, solar hot water, alarm system, ducted air conditioning. This home will not disappoint.

Contact Nicole to arrange an inspection. FREECALL 1800 338 382.

Expertise aplenty

Sometimes life has us moving on - we understand that. If your situation has changed and you are thinking of selling your Beachmere Bay home, the best person to help you through that process is Senior Sales Consultant Nicole Smith.

Nicole says, as is the case each year, January is expected to be a busy month with an influx of serious new buyers coming through. Capitalise on this traditionally busy sales period by seeking a no-obligations appraisal of your Beachmere Bay home.



WHETHER BUYING OR SELLING, FOR MORE INFORMATION
FREECALL 1800 338 382 AND OUR SENIOR SALES CONSULTANT,
NICOLE SMITH, WILL BE READY TO TAKE YOUR CALL

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Life is cruisy

at Palm Lake Resort.

Living at Palm Lake Resort has been compared to living the cruiseship lifestyle everyday. Just like cruising, our residents have everything they need, right on their doorstep. Think resort-style pools, gymnasiums, a wealth of activities and entertainment, social gatherings, food and drink, and more. But you can captain your own ship, here at Palm Lake Resort. This is your time.



To find out which homes are available right now, **FREECALL** 1800 338 382
email salesbeachmere@palllake.com.au or **visit us** at 194 Bishop Rd, Beachmere QLD 4510



THE BEST IN OVER-50s LIVING. THIS IS YOUR TIME
palllakeresort.com.au