

# The Gatsby

JULY - AUGUST 2023



**REFER A  
FRIEND TO  
BEACHMERE BAY  
AND SCORE A  
CASH BONUS!**

T&Cs apply

## **GOLFERS SCORE TOP SHOTS**

We've seen not just one, but two holes-in-one here on our Westhampton Golf Course in recent months!

## **REFER A FRIEND**

We know your friends and family love visiting you here at Beachmere Bay and sharing in our resort facilities. Now's your chance to score cash by referring them to our Sales Team

## **HOMES FOR SALE**

If your situation has changed and you're looking to sell, our resort Sales Consultant Nicole is here to assist you



# Welcome

Welcome to all - and especially our newest homeowners here at beautiful Palm Lake Resort Beachmere Bay!

We have just installed a new pool heater on the indoor pool. It is already being used for aqua aerobics classes twice a week. The pool is also a very useful for gentle exercise and physiotherapy. There are two saunas in the complex as well as a spa. Just right for those chilly afternoons! Make sure you check it out if you haven't been over to the pool yet.

It is the winter travel season and we are receiving many photos and stories of great adventures on our Facebook page. You can catch up as well if you like? Simply head to the PLR Beachmere Bay Neighbourhood Facebook group - it's a private group open only to our Beachmere Bay homeowners.

We had to say farewell to Elysia last week. Elysia had been our Administration Assistant for two years and will be missed by staff and homeowners alike. I'll introduce you to our new administration assistant when one comes onboard.

Did you know that we have many clubs and committees here at Beachmere Bay? To all of you intrepid anglers, we now have a new Fishing Club in the mix, which has been very well received. A big thanks to Garry and his friends for getting this started. The Club's inaugural fishing expedition was a two-day deep sea fishing trip from Burrum Heads. From all reports it was very successful. The Club members have also enjoyed a presentation by Peter Stanley from Mossop's Bait and Tackle. There are already more than 20 members in this club. The members are all interested in fishing locally and are looking forward to going on organised fishing charters in the future. I'm sure we'll hear some great stories from them!

We wish them calm seas and happy fishing! And we'll see the rest of you around the resort grounds...

**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](http://beachmerebay.com.au)

**Social media:** Follow Palm Lake Resort on Facebook (@pamlakesort) 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

### Wet a line, with us

Pictured below, there's a new special interest group just formed here at Beachmere Bay and it's already proving popular... If you're interested in angling, why not join our new Fishing Club on their next expedition? But it's not just about getting lines wet - they also host relevant presentations and share their knowledge and experience with likeminded club members. For more info, contact our Caretakers.



### This is Your Time

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 always check it out at [pamlakesort.com.au](http://pamlakesort.com.au)

### Refer friends for fast cash

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 an established Palm Lake Resort home, you'll receive \$250 cash. Easy! Ask about our 'Refer a Friend' incentive at the Sales Information Centre.



### Looking for care?

There are limited vacancies at Palm Lake Care Beachmere available now. Vacancies come and go quickly, and Palm Lake Care prioritises Palm Lake Resort residents and their families. If you have someone needing 24-hour nursing care, FREECALL Care Solutions to discuss their needs on 1800 24 66 77.



### 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](http://www.facebook.com/groups/bsplr))
- For residents of Beachmere Bay only, go to "PLR Beachmere Bay Neighbourhood" ([www.facebook.com/groups/plrbb](http://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.

# 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). Bowls (Triples Club select)
- 2pm Ukulele practise
- 4.30pm Mixed tennis
- 5.45-6.30pm Lawn bowls: Coaching
- 6.30pm Slice of Life (fourth Monday 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.
- 1pm Line dancing (beginners)
- 1pm Lawn bowls: Men's
- 2pm Line dancing (intermediate)
- 4pm Happy Hour (second Friday: Multidraw raffle)

## 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 Ballads with Barry (fifth Sunday)
- 4pm Croquet. Also Happy Hour



WE'RE DRESSED FOR SUCCESS!

# Social Committee notes

By Kris Mann (Home 200), Social Committee Chair

## Fashionable neighbours

On Sunday, May 21, the ladies of Beachmere Bay enjoyed a fashion parade that showcased popular local boutique 'Seaweed and Sandals'. It was a huge success with more than 150 homeowners attending, including a few ladies from our neighbours, The Sands.

There were four Beachmere Bay models - Helen, Janine, Megan and Trish - who all looked fantastic in the several outfits that Rebecca (owner of Seaweed and Sandals) chose. Rebecca chose outfits that both suited each model individually and which might appeal to others. She showed the audience how they could completely change the look of these outfits, from casual to dressy, by simply adding a jacket, changing the shoes or adding some 'bling' (handbag or jewellery).

A big thank you goes out to Rebecca, the fab four models, the bar staff, the Social Committee team (led very capably by Di Gregory, on this occasion) and the many volunteers who helped put this event together. The event started at 1.30pm and then blended smoothly into our Sunday afternoon Happy Hour.

## Slice of Life

Our May 'Slice of Life' presenter was local resident, author and historian Karen Wallwork. Karen is very passionate about the history of the Beachmere area and has written two books - "Beachmere Then and Now" followed a few years later by "Beachmere Revisited".

Karen talked about collective memories ranging from indigenous traditions to European early settlers to more recent times. Karen has offered to give a free local bus tour using one of our own Beachmere Bay resort buses or there is a guided walk that can be arranged through the local U3A. Your Social Committee will publicise the free bus tour soon and take bookings for a late July tour date.



**Pictured above:** Our ladies gathered for morning tea to say thank you to outgoing Ladies' Captain, Rae, who is also pictured below right with her gift from us.

**Pictured right:** Outgoing Club Captain, John, with our current Chairman Roger Armfield.

## Big thanks to John and Rae

By Regina Balachandran (Home 163)

John Pottage has been the Westhampton Golf Club Captain for the past three years. Rae Densley has been the Westhampton Golf Club Ladies' Captain for the past two years, as well as spending a year on the Committee. Both Captains have now stepped down from their roles.

Both John and Rae have been instrumental in the organisation and running of golf competitions at our Westhampton Golf Club. John has also been the main instigator of the working bee program which involves getting volunteers to maintain the course in a reasonable playable condition - which has been very successful.

All our golfers are very grateful to John and Rae for their dedicated service to the Golf Club. On Tuesday, April 18, 20 ladies turned up for the Ladies' competition and shared morning tea with Rae to show their thanks. She was presented with a small gift from the ladies. The following month, our golfers also presented John with a small gift for his dedicated service to the Club. We thank them both immensely and wish them well for the future.



# Two holes in one!

By Regina Balachandran (Home 163)

Graham Pollard scored a hole in one on the 4th hole of the Shoalhaven Golf Course at Beachmere Bay when playing a Par 3 competition on Friday, February 10. This is a first for any Beachmere Bay homeowner and a first for Graham!

Graham told me that he has been playing golf since the mid 1970s, mainly as a social golfer or on corporate golf days. Initially, he only played nine holes in the 1980s. However, in 2006, his passion for golf grew and he joined the Yowani Country Club in Canberra and started playing twice a week on a regular basis.

He represented the Yowani Golf Club in the B Grade Pennants for two years before moving to Palm Lake Resort Beachmere Bay. Graham is a member of the Westhampton Golf Club as well Caboolture Golf Course. Graham is very passionate about golf and his wife, Fran, has also just taken up this sport.

Would you believe, Roger Densley then also scored a hole in one on the 6th hole of the Shoalhaven Golf Course when playing a Par 3 competition on Friday, March 17?! This wasn't a first for this avid golfer who has been playing the game for 55 years. Roger has had two holes in one before, both at Middle Ridge Golf Course in Toowoomba - one in 1996 and the other in 2006.

Roger and his wife Rae (also an avid golfer) started playing golf at the Borneo Barracks Golf Club in Highfields. They were members there for 27 years and then moved to Toowoomba and were members at Middle Ridge Golf Course for 25 years.

In 2019, the Densleys moved to Palm Lake Resort. They are now both members of the Westhampton Golf Club and Roger is also a member of the Woodford Golf Club.

"One thing about golf is that you never know what is going to happen until you hit the next shot," Roger smiles.

**Pictured top:** Graham Pollard lays claim to scoring the very first ever hole in one at the Westhampton Golf Course - an historic feat! It was also Graham's first ever hole in one so it was a special moment for a variety of reasons!

**Pictured right:** Roger Densley also scored a hole in one on our course - just five weeks after Graham's history-making effort.



CONGRATS TO THESE GOLFERS FOR THEIR HOLES-IN-ONE



# 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 THESE FIVE HEALTH BENEFITS.

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 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 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 helps 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 fosters 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 individual 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.

# Established homes for sale

Home 121: \$870,000



HOLBROOK

Home 221: \$1,250,000



OAKDALE PREMIUM

Home 213: \$1,130,000



HUNTINGTON

Our beautiful Huntington design captures the essence of Hamptons island style. Think dreamy, soft textures and open tranquil spaces artfully blended with a custom designed outdoor living area to make the most of the gorgeous coastal climate, with luxury fittings and finishes adding a sophisticated, polished touch. The primary bedroom opens out to the north-facing alfresco and features a spacious walk-in robe and a luxurious ensuite with tiles to the ceiling and a bath. The Hamptons inspired kitchen features European SMEG appliances including induction cook top, as well as a Billi water filter tap for hot and cold beverages. A custom built-in bar has been added and also a display cabinet. The home features ducted air con, a security system, plantation shutters, water tank, ample storage and solar panels.



Home 151: \$885,000



LAUREL

Home 152: \$845,000



BRIGHTWATER

Home 25: \$830,000



WATERMILL

Home 263: \$1,075,000



EASTPORT PREMIUM

## 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 is available to provide you with up-to-date information on the current real estate market (specifically over-50s community lifestyle resorts) and can also complete a no-obligations appraisal of your Beachmere Bay home.



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



# 10,000 REASONS TO CELEBRATE

With more than 45 years' history and properties right along Australia's east coast, did you know that 10,000 likeminded people call a Palm Lake Group address home? Come join our 10,000-strong community in 2023. We welcome you home.



FRECALL 1800 338 382 | [salesbeachmere@palllake.com.au](mailto:salesbeachmere@palllake.com.au)  
194 Bishop Rd, Beachmere QLD 4510

THE BEST IN OVER-50s. THIS IS YOUR TIME.  
[palllakeresort.com.au](http://palllakeresort.com.au)