

AUGUST - SEPTEMBER 2025



# The Sands



## The Humpback Highway

Our friends have returned!  
Find out where - and when - to  
see migrating whales

## Downtime well spent

Discover 20 inspiring ideas  
to stay cosy, creative and  
connected at home

## Over the back fence

Keep up to date with all the  
good things your fellow Palm  
Lake Resort family is up to





# Welcome.

I would like to take this opportunity to (officially) introduce myself, though I've had the pleasure of meeting many of you already - particularly at our recent morning tea! Thank you again for that warm welcome.

For those who couldn't make it, here's a little about me. I was born and raised in South Africa, later became a New Zealand citizen, and now proudly call Australia home. I'm a mum to three adult children and a very proud grandmother to four beautiful grandchildren.

Life has brought me its share of heartache... I lost both my parents only three months apart, my sister to suicide, and my late husband to cancer at just 49. These experiences have shaped my belief in kindness, compassion, and resilience.

My working life has taken me across South Africa, New Zealand and Australia in roles spanning solicitors' offices, logistics, retail, facility management, the not-for-profit sector, and for the past five years, with Palm Lake Resorts (Caloundra and Pelican Waters, in particular).

I believe in building a strong, supportive team to deliver the exceptional service and high standards that our resorts are known for.

I look forward to getting to know each of you in this beautiful community with my partner David at my side. Please say hello if you see me around the resort - I will certainly do the same!

Until next time,

**Louise Lawrence and the Sands team**



## Contact us.

Looking for more information about Palm Lake Resort Beachmere Sands? Here's how you can reach us:

**FREECALL:** 1800 338 382

**Street address:**

218 Bishop Road,  
Beachmere QLD 4510

**Office hours:**

10am to 2pm, Monday to Friday  
(weekends, by appointment)

**Email:**

[salesbeachmere@palllake.com.au](mailto:salesbeachmere@palllake.com.au)

**Find us online at:**

[palllakeresort.com.au](http://palllakeresort.com.au)

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Instagram (@pallm.lake.resort)

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## News in brief.



### Don't forget to check your speed

Please remember the speed limit around our community grounds is 10km/h. It is not hard to keep your foot off the accelerator so please keep an eye on your speedo as it is very easy for someone to have a mishap. Please slow down - and make sure to remind your visitors and/or invited tradespeople to do the same.

### Pet owners

A friendly reminder to please ensure your pet is always on a leash and under your control when out of the house. Droppings - including cat droppings - must be picked up and disposed of and are not permitted in or close to the communal facilities (all buildings, pools, etc.). Please ensure your pet does not interfere with the peace, comfort or privacy of other residents. For more, please refer to the Residential Park Rules (July, 2017).

### We want to hear from you!

Whether it's photos from a recent event or there's a new activity you'd like to announce, this newsletter is the place to share the latest and greatest resort happenings. Chat to your caretaker about how to submit content and to find out deadlines for upcoming editions.

### Welcome, Elizabeth!

Many of you will recognize me from cleaning around the clubhouse - now, you'll now find me smiling behind the front desk and hear me greet you on the main phone. I am excited for this new role in our beloved resort.

Some of my hobbies/interests include netball, gym, walks along the beach and continual self-improvement.

A little about me that you may not know; In 2013 I completed my Diploma in Nursing, going on to work as an Enrolled Nurse in the dementia ward at an aged-care facility on Bribie Island. I travelled within Australia briefly, then returned home to Bribie Island to work as a teacher's aide at the high school. I was then offered a versatile administration role in the main office of the high school which I thoroughly enjoyed and excelled at. After having my beautiful son in 2019 and needing flexible employment, I began casual work as a disability support worker (I continue this fulfilling role on occasional weekends).

With the Steiner school close by and the part-time hours the cleaning role offered, I jumped at the opportunity to join you all here at Palm Lake Resort Beachmere Sands. Which brings me to the present where I have felt very welcome and supported in my new role at the front desk and look forward to the future together.



### Refer your friends!

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 Beachmere Sands home, you'll receive \$250 cash. Easy! Ask about our 'Refer a Friend' incentive at the office.





# Our friends return.

EACH YEAR FROM JUNE TO NOVEMBER, THOUSANDS OF HUMPBACK WHALES MAKE THEIR WAY ALONG AUSTRALIA'S EAST COAST, MIGRATING BETWEEN THEIR ANTARCTIC FEEDING GROUNDS AND THE WARMER WATERS OF QUEENSLAND. IT'S A SPECTACULAR NATURAL EVENT – AND IF YOU LIVE AT A PALM LAKE RESORT, CHANCES ARE YOU'RE RIGHT ON (OR VERY CLOSE BY) THE HUMPBACK HIGHWAY.

Whether you're watching from a scenic headland or hopping aboard a whale-watching cruise, there's nothing quite like spotting the flick of a whale's tail or a mighty breach out at sea. And while you might be familiar with your local whale watching vantage point, why not get out and about this season and try a new spot? A little bit like a pub crawl, you could use the season to visit a bunch of different wonderful coastal locales with your binoculars, and take in the whales from a variety of great viewing destinations.

Some of the best places to catch a glimpse of these gentle giants include **Hervey Bay** in Queensland, where the calm, protected waters offer rare opportunities to see whales up close as they rest and play with their calves. Peak viewing here is from July to October, and the town celebrates with its annual Whale Festival. On August 7, 9 and 10, enjoy a vibrant festival of live music, food and community spirit. For more, visit [herveybaywhalefestival.com.au](http://herveybaywhalefestival.com.au)

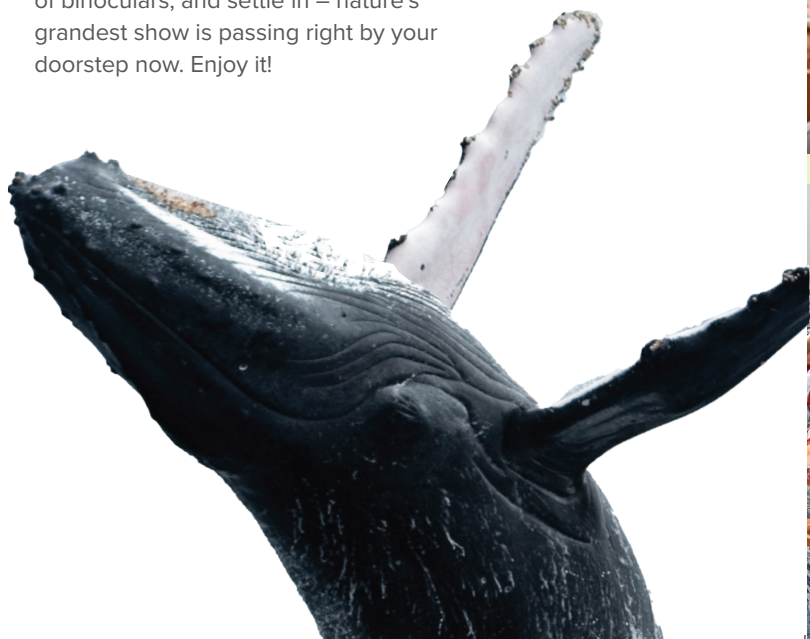
In New South Wales, the headland at **Port Macquarie's** Tacking Point Lighthouse provides excellent vantage points from May through November. **Byron Bay**, Australia's most easterly point, is another top spot – especially at sunrise or on still, clear mornings when the ocean surface is calm and whales are more active. Further south, **Coffs Harbour's** Muttonbird Island and the surrounding Solitary Islands Marine Park offer both land and boat-based viewing opportunities.

Even in Victoria, you're not missing out. **Phillip Island**, with lookouts at the Nobbies and Pyramid Rock, offers sightings during both legs of the migration, with June and July being the best months for viewing.

When it comes to timing, mornings and early afternoons are ideal, particularly on calm, sunny days. Whales are often more active during these hours, so you may be lucky enough to spot a breach, a tail slap, or the telltale spout of air as they rise to the surface to breathe.

To stay updated on the latest whale sightings, keep an eye on local coastal Facebook groups and tour operator pages, many of which share daily updates and photos. The **Wild About Whales** website and app, run by NSW National Parks, is another great resource, offering real-time sighting reports and maps.

Whether you're a seasoned spotter or a first-time enthusiast, whale watching is a reminder of just how special it is to live by the sea. So pour a cuppa, grab a pair of binoculars, and settle in – nature's grandest show is passing right by your doorstep now. Enjoy it!





# Welcome, Louise!

WE HAD SO MUCH FUN WELCOMING OUR NEW  
RESORT MANAGER, LOUISE, TO OUR COMMUNITY -  
AND WE DID IT IN TRUE BEACHMERE SANDS STYLE!

As any Palm Lake Resort resident will tell you, a resort manager plays a vital role in the day-to-day life of our community. From ensuring everything runs smoothly behind the scenes to being a trusted point of contact for homeowners, they help create a safe, welcoming and well-organised environment. Their leadership, problem-solving, and genuine care make a real difference in how residents experience resort living.

That's why it was so important for our community to come together and properly welcome our new Resort Manager, Louise, with a morning tea - delicious treats included, of course!

Louise, we hope you will enjoy your time here as much as we do, and we all look forward to working alongside you to make our community even better.

Our thanks also to Donna for her service to our resort. We wish her all the best on her next chapter!

*Photos are courtesy of Brad Kinross.*



## Weekly Activities list.

### MONDAY

7am Men's golf  
8am Yoga  
9am Paper Tole  
9.30am Ladies Golf  
1.30pm Bingo  
4pm Mixed Tennis  
7pm Indoor Bowls

### TUESDAY

7am Water Aerobics  
9am Paper Tole  
9.30am Scrabble  
12.30pm Lawn Bowls  
1pm Bolivia

### WEDNESDAY

6.30am Men's Golf (away)  
8am Dance Fitness  
9.30am Craft & Knitting, Beachmere Bus  
2pm Lace Making  
3pm Ladies' Tennis

### THURSDAY

7am Tai Chi  
8am Mixed Tennis  
8.15am Pilates  
9am Shopping Bus, Quilting for Beginners  
12.30pm Lawn Bowls  
2pm Mahjong

### FRIDAY

6.30am Golf (away)  
8am Seniors' Exercise  
8.30am Upwords  
8.45am Scroungers bowls  
10.30am Singing 'round the Piano  
1pm Bolivia

### SATURDAY

9am Craft, Contract Bridge  
7pm Movie Night (second Sat)

### SUNDAY

9.45am Scroungers bowls  
2pm Croquet  
3pm Ladies' tennis



# Do your home work.

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WHETHER IT'S DUE TO THIS CURRENT PATCH OF COLD WEATHER OR SIMPLY A DESIRE TO SLOW DOWN, THERE'S SOMETHING SO REWARDING ABOUT SPENDING TIME AT HOME. IT'S THE PERFECT OPPORTUNITY TO GET CREATIVE, GET ORGANISED, OR EVEN LEARN SOMETHING NEW. HERE ARE 20 MEANINGFUL WAYS TO MAKE THE MOST OF YOUR TIME INDOORS THIS WINTER.

1. Create digital albums or physical photo books to organise your memories – you could make one for a recent holiday you've been on, or one for each grandchild. Websites like Snapfish, Memento and Chatbooks are all very helpful.

2. Fix, polish or clean up heirlooms you would like to hand down to your loved ones. There's no time like the present to gather up the pieces in your favourite china set, mend a childhood toy or polish a piece of jewellery so that it's ready to pass on to someone special.

3. Have you ever thought about writing your autobiography? Whether or not you think you have much to write about, an autobiography is a great way to connect the dots and reflect on big and small moments in your life. It also makes a great gift for your family.

4. In the same vein, why not make your own cookbook? You don't have to be a great cook – simply include the recipes that have meant a lot to you throughout the years and write little notes as to why. Food has an unparalleled power to connect people, and your friends and family will love reading which dishes are close to your heart and why.

5. Learn a new language. This activity might just inspire you to plan that trip abroad but, either way, learning a new language is also great for the kind of mental stimulation that helps to keep our brains active and healthy in the latter years.

6. Making a quilt is one craft project that offers a big reward – literally! You don't need to be an avid sewer or even own a sewing machine to embark on a quilt-making project. All you need is thread, needles, pins and fabric scraps. Your quilt doesn't have to be huge. It could even feature small pieces of fabric from unwanted items in your wardrobe. Pro tip: Small sampler quilts look great framed on the wall.

7. Learn a new card game. We've all got our family favourites but why not stretch your card-playing repertoire? There are countless free instructional videos available online, but you could also put a call out to your friends and neighbours to share their favourite cards games with you.

8. Do an online course – at an Ivy League school, no less! World-class education is at your fingertips thanks to schools like Harvard and Yale which offer free online courses in everything from computer science to business, art and much more. Hit the internet... You'll be surprised!

9. Virtually tour a gallery or museum you've always wanted to visit, whether it's Melbourne's NGV, Barcelona's MACBA or the Louvre. Some of the world's most notable museums offer online tours of their latest and greatest collections – they're all free, and all just a Google search away.

10. Do you know exactly where you came from? Quiet time at home provides the perfect opportunity to find out. You can map your family tree by diving into old archives – both physical and digital – or by enlisting the help of a website like Ancestry.com

11. If you are a life-long reader, there are likely some books that have stuck with you over time. What are they and why do you love them so? Write down a list of your all-time favourite books, and maybe even a little bit about why you like them or what your life looked like when you first read them – you could write the note inside the book for added sentimentality. You could then gift this list and these books (notes included) to your nearest and dearest.

12. Much like your favourite books, there are probably a number of songs that are close to your heart too. Maybe it's the song you danced to at your wedding, or one you loved as a teenager? Take this time to reflect on all the songs that have meant something to you over the years, and write them down – or, turn them into a CD or playlist to listen to on repeat and share with your family and friends.

13. Do you know where all your most treasured photos are right now? If not, now might be time to organise them – whether they are physical photos or digital copies. Websites and apps like Zoner Photo Studio, Canto and Google Photos can help.

14. If you haven't got one already, now is a great time to get





into the garden and create your own herb, veggie or flower patch. The weather is right for working outdoors (you're not going to be raising a sweat right now!) and the timing is also perfect for preparing your beds ahead of spring.

15. Flex your creative muscles and turn those magazines, old photos and craft supplies you have lying around into a fun collage. These look great when framed. All you need are some scissors, glue and perhaps a few pens to annotate your illustrations. You could make it sentimental – to celebrate a family member or holiday – or just for fun.

16. Bullet journals have been around since the early 1990s, but they really took off a few years ago. The idea is simple: every day, you jot down your thoughts, feelings and activities in bullet form, creating a valuable log for you to look back and reflect on. It's also great for stress relief.

17. From 'The Godfather' to 'Casablanca,' 'Pulp Fiction' to 'Star Wars,' some movies will go down in history. But how many have you actually seen? Ask your friends what they consider to be 'must-see' movies or Google the greatest movies of all time, then work your way through the list until you've seen them all. The perfect 'job' this winter!

18. If you're not quite sure what an app is or still think 'FaceTime' can only happen in person, consider using your downtime to learn more about the technology in your smartphone. A whole world awaits, quite literally at your fingertips, and you can use it to learn new information and skills, play games or better manage your life. Hit your device's app store or enlist the help of your grandchildren if need be – they'll be happy to get you up and running.

19. Everyone has one – the drawer that is always in disarray, that you can barely look at, let alone open or close. If you have spare time on your hands, use it to clean out 'that' drawer. Organise it well, and you'll never have to worry about that drawer again.

20. Did you know that you don't even need to leave the house to volunteer your time and services? There are a number of volunteer organisations like Vollie, the UN's [onlinevolunteering.org](http://onlinevolunteering.org) and [volunteer.com.au](http://volunteer.com.au) that offer online and remote options.

Whether you tick off one idea or try a handful, time at home can be both restorative and productive. You never know – a winter's day at home might just spark a new passion.





# Preparing your home for sale.

**SO, YOU'VE MADE THE DECISION TO SELL YOUR HOME. WITH THESE TIPS FROM PALM LAKE RESORT'S RESIDENT INTERIOR DESIGNER, ELEANOR DAVIS, YOU CAN CAPITALISE ON THE SELLING PROCESS AND EMBARK YOUR NEXT ADVENTURE WITH YOUR BEST FOOT FORWARD.**

Whether it's too big, too high-maintenance, or simply no longer feels like home, deciding to sell your house is a significant step. As exciting as your next chapter may be – perhaps in a vibrant lifestyle resort surrounded by likeminded neighbours and world-class amenities – the emotional attachment to your current home can make the selling process more complex. The good news? A few strategic presentation tips can make all the difference.

When it comes to selling your home, first impressions really do count. Presentation is key, so ensure your home looks its absolute best before any inspections take place. Start at the front: make sure the garden, footpaths, garage door and entryway are clean, tidy and free from clutter or hazards. Buyers want to see a home that looks well cared for – even small maintenance issues can raise red flags.

Once inside, it's important that the space feels warm and welcoming, but also neutral enough that buyers can picture themselves living there. Decluttering is essential. Remove personal items like family photographs and

knick-knacks that may make it harder for potential buyers to imagine the home as their own. A clean, simplified palette allows the features of your home to shine.

Use colour and décor thoughtfully. While bold furniture and bright feature walls may reflect your personality, they can also be distracting or divisive. Aim for a neutral base and introduce soft colours through accessories like cushions, throws or artwork. Consider investing in a few key pieces – stylish lamps, fresh linens, or decorative touches – that elevate your space, without overwhelming it.

A well-placed rug can help define a living area and make it feel more inviting. As a general guide, a two-by-three metre rug placed under the front legs of your sofa should also allow enough room for a coffee table, helping anchor the space.

With a little time and thoughtful staging, your home can appeal to the broadest range of buyers – helping you move confidently toward your next adventure.



# Homes for sale.

Home 64: \$775,000



Beds  
2



Bath  
2



Living  
1



Outdoor  
living



Garage  
2



## Perfect balance.

This beautifully presented home occupies one of the resort's most desirable positions. Overlooking the tranquil lake and 9-hole golf course, this light-filled home offers both comfort and lifestyle. Inside, an open-plan kitchen with wall oven and dishwasher, a spacious lounge and dining area that flows seamlessly outdoors, two generous bedrooms each with their own bathrooms, plus a versatile study. Expansive windows with quality coverings invite natural light while maintaining privacy. With external blinds for year-round alfresco living and access to premium resort facilities, this home has it all.



**WANT TO BOOK A PRIVATE TOUR AND FIND OUT MORE ABOUT OUR RESORT?  
FREECALL 1800 338 382 EMAIL [SALESBEACHMERE@PALMLAKE.COM.AU](mailto:SALESBEACHMERE@PALMLAKE.COM.AU) AND  
VISIT US ONLINE AT [PALMLAKERESORT.COM.AU](http://PALMLAKERESORT.COM.AU)**



# Over the back fence.

THE PALM LAKE GROUP SPANS 27 RESORT ADDRESSES ACROSS THREE STATES AND SOME 10,000 PEOPLE CALL PALM LAKE GROUP HOME, SO THERE IS ALWAYS PLENTY OF GOOD NEWS AROUND OUR GROUNDS. IN THIS REGULAR SERIES, WE SHARE WITH YOU SOME STORIES OF WHAT YOUR FELLOW 'FAMILY MEMBERS' HAVE BEEN UP TO - WHETHER JOINING FORCES TO DO GOOD IN THE COMMUNITY OR JOINING FORCES FOR FUN!

## Cheers to the success of caffeinated charity event

There's one charitable fundraising event that seems to pique the interest of our Palm Lake Resort homeowners more than others, and that's Australia's Biggest Morning Tea. This annual fundraiser is hosted by the Cancer Council to help support people affected by cancer. Held each May, the event invites individuals, workplaces, schools and communities (like ours) across the country to come together over a cuppa and a bite to eat while raising vital funds for cancer research, prevention and support services. Every dollar raised goes towards funding world-class research, running life-saving prevention programs and offering essential support for Australians impacted by cancer. One in two Aussies will be diagnosed with cancer by age 85, making the Cancer Council's work more important than ever.

Pictured right, from top down, our Carindale Caretaker, Wayne raised \$200 by 'raffling' his beard! Yamba resort hosted a vibrant Madhatters' Tea Party with some great costumes. Waterford's event saw a fashion parade combined with a lovely spread of delicious goodies. And down at Willow Lodge, The Lodge Country Club hosted a great event with many donated prizes raffled to add to the final tally. Here's a little snapshot of some of the results of Palm Lake Resort fundraisers across our group, totalling more than \$47,000 so far!

- Banora Point: \$3133
- Bargara: \$4215
- Beachmere Sands: \$3260
- Carindale: \$3500
- Cooroy-Noosa: \$2107
- Eagleby: \$5000
- Forster Lakes: \$10,250 (an incredible result for an event organised by homeowner, Lyn Wootten!)
- Mt Warren Park: \$2500
- Phillip Island: \$2303
- Truganina: \$1750
- Waterford: \$3000
- Willow Lodge: \$3745
- Yamba: \$2265







## Caloundra: \$8K for The Salvos

Following two outstanding fundraisers in recent months, Caloundra Cay homeowners have seemingly, and resoundingly, adopted The Salvation Army as their charity of choice. Their most recent event, tagged the 'Give Back Dinner', raised \$8050 for the Salvos, with the funds to stay on the Sunshine Coast in support of a project named 'Family Pathways'. This epic result followed the donation of 81 Christmas hampers by Caloundra Cayers back in December, which were distributed to needy Sunshine Coast families. Chief organiser of the Give Back Dinner, homeowner Bernie, described the event as "an outstanding success". "We had 63 attendees, and our goal was to raise \$5000," he said. "The end result was \$8050, an amount which was far beyond our expectations. And while the fundraiser, as such, was a huge success, the night of entertainment was also incredible."



THANK YOU  
TO ALL OUR  
VOLUNTEERS

## We heart resort helpers

Palm Lake Resort Ballina recently celebrated three remarkable people whose dedication and community spirit have changed this resort for the better. Beryl Boness, Stan Peck and Keith Johnson have each contributed more than 10 years of volunteer service, as part of the resort's beloved Cinema Group. Beryl and Stan were among the founding members of the group, which has spread the joy of the silver screen through its regular 'Movie Wednesdays' and 'Saturday Night at the Movies' events. Their vision and commitment helped shape a much-loved tradition at the resort. Beyond their cinematic contributions, all three have supported fellow community members in creating and sustaining a variety of other special interest groups. Their efforts have helped create connection, creativity and countless memorable evenings for all who call this resort home. The resort wouldn't be the same without you three!

## Carindale marks 25 years

Palm Lake Resort Carindale is hosting a lovely celebration in July - the 25th anniversary of its ownership under the Palm Lake Resort banner. Many nostalgic photos have been dug up out of the archives for the planned event, by a very engaged group of homeowner history buffs. Among them are the two photos pictured right featuring a young Palm Lake Group MD Scott Elliott from the early 2000s! We wish the homeowners and resort management team the best for a lovely event.



## Yamba homeowner quilter named best in show

The recent Maclean Show saw the crowning of our very own Palm Lake Resort Yamba homeowner, Wendy Flitcroft, as Champion Overall. It's a prestigious title for Wendy who received the commendation based on her creative handicraft. Wendy's work is known for its intricacy and striking detail. Congratulations Wendy. Given the high number of creative crafters and fellow artisans across our Palm Lake Resort network, we are all very proud of you!

## Tell us what's happening over your back fence

Has your resort got a warm and fuzzy "Over the back fence" story to share with the whole Palm Lake Resort group? Are you and/or your neighbours doing something special that you're proud of - and you know we'd be proud of too? We'd love to hear from you and include your story in these pages in the next editions of all our resort newsletters. **Simply contact your Caretakers or email the details to Belinda at [belinda@bellepr.com](mailto:belinda@bellepr.com)**





This is your time  
to embrace more.



FREECALL 1800 338 382 | [salesbeachmere@palllake.com.au](mailto:salesbeachmere@palllake.com.au)  
218 Bishop Road, Beachmere QLD 4510

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