

DECEMBER 2025 - JANUARY 2026



The Sands



Plan a trip using animal instincts

Capitalise on our country's incredible array of fauna when planning your next adventure

News from the social scene

From lawn bowls to horse racing, there's been a lot happening around our resort

Over the back fence

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



Welcome.

As we reach the end of the year and step into the festive season, I want to take a moment to acknowledge what our community has just been through. The recent storms and the extended power outage tested all of us in ways we didn't expect. It has been a challenging time, and I know many of you are still feeling the effects. My thanks once again to each and every one of you for your patience and cooperation during this time.

In the midst of all this, we've still enjoyed some wonderful moments together — from a lively Melbourne Cup Day celebration, to a fabulous fashion show with local retailer 'Kiss the Girls', to cheering on competitors in the Bowls Pairs final. We also welcomed our local member, Ariana Doolan, whose visit was a valuable chance to discuss community matters and keep Beachmere Sands on the radar.

I would like to extend a special thank you to Brad Kinross, a name you will see many times in this edition (and previous editions) of 'The Sands'. As our resident photographer, Brad documents all the fun and merriment around our resort, and this newsletter would not be the same without his beautiful photos. Thank you, Brad, for another year of amazing submissions!

If you would like to submit content to upcoming editions of this newsletter, I can provide you with the content deadlines for 2026.

As Christmas approaches, my hope is that the coming weeks bring some calm, connection and small moments of joy into every home. Whether you're celebrating with family, sharing a meal with friends or simply taking some well-earned rest, may this season offer a gentle reset after a difficult spell.

Thank you again for your patience, your understanding, and your continued spirit of community. The Palm Lake Group continues to support us through the recovery process, and I am truly grateful for everyone's cooperation and care.

Wishing you all a peaceful and Merry Christmas and a very Happy New Year.

Until next time,

Louise Lawrence and the Sands team



Images on this page and front cover courtesy of Brad Kinross

Contact us.

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

Phone: 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

Find us online at:
palllakeresort.com.au

Get social:
Follow us on Facebook
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Instagram (@palllake.resort)

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News in brief.

Weekly activities.

MONDAY
7.30am Men's golf
8am Yoga
8.30am Meditation
9am Paper tole
1.30pm Bingo
6.30pm Mixed tennis

TUESDAY
7am Water aerobics
9.30am Scrabble
9.30am Quilting
11am Stamping up
12.30pm Lawn bowls
1pm Canasta
7pm Indoor bowls

WEDNESDAY
6am Golf (away)
8am Dance fitness
9.30am Craft
9.45am Beachmere bus
5pm Women's tennis
6.30pm Mixed tennis

THURSDAY
7am Tai chi
8.30am Pilates
9am Patch work class
12.30pm Bowls
1pm Canasta
1pm Lace making
2pm Line dancing

FRIDAY
7am Golf (away)
7am Tai chi
8am Seniors exercise
8:45am Scroungers Bowls
10am Singing
1.30pm Mah-jong
1.30pm Scrabble

SUNDAY
9am (third Sun.) Golf
3pm Ladies' tennis



A special visit

In November, we had a visit from our local member of the Queensland Legislative Assembly for Pumicestone, Ariana Doolan. Ariana spoke to the residents of The Sands about the projects currently under way within the district, and the future upgrade of Bribie Island Road between the island and the Bruce Highway. Thank you for visiting us!

Photos courtesy of Brad Kinross

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).



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.

Green waste reminder

Bins are provided for general green waste — please do not load them up with dirt and stones. The following are permitted in the bins: garden prunings, grass clippings, shrubs and weeds (shake off the soil), leaves and loose bark, palm fronds (fronds must be cut so they can fit into the bin — bent palm fronds can get stuck in the bin preventing it from being emptied), small branches (no more than 15 centimetres in diameter and 40 centimetres in length). Please also consider others in the community on return of empty bins to ensure all get a chance to put their green waste in the shared bins.



Fashions on show.

ON SUNDAY NOVEMBER 16, THE SANDS CLUBHOUSE WAS BUZZING WITH EXCITEMENT AS RESIDENTS GATHERED FOR A FABULOUS FASHION PARADE SPONSORED BY NEW LOCAL RETAILER 'KISS THE GIRLS'.

The event drew an impressive crowd, all eager to support the real stars of the show — our beautiful resident models.

With music playing and plenty of applause, the clubhouse transformed into a lively runway as the models showcased a stylish selection of clothing and accessories. Laughter, cheers and warm camaraderie filled the room, making the afternoon not just a celebration of fashion, but of our fashionable community. A wonderful time was had by all.



On the green.

SEPTEMBER 25 SAW A NAIL-BITING BEACHMERE SANDS BOWLS PAIRS FINAL UNFOLD IN A THRILLING BATTLE OF THE SEXES.

The final took place on what could only be described as a beautiful spring afternoon in front of a very interested crowd of residents.

The contestants for the title, which happened to become a 'boys versus girls' match, were the 'the girls' Dawn and Shirley and 'the boys' Jim and Mark. Although in the end the winners were Jim and Mark, Dawn and Shirley put up an outstanding exhibition of bowls and have the boys on the back foot on more than one occasion. However, the boys made good on the day.



The race that stopped our resort.

MELBOURNE CUP DAY ONCE AGAIN PROVED WHY IT REMAINS ONE OF THE MOST ANTICIPATED EVENTS ON THE PALM LAKE RESORT SOCIAL CALENDAR.

This year's celebration — expertly organised by Ros — drew around 110 residents to the Clubhouse for an afternoon that blended racing tradition with relaxed, convivial fun.

The room filled quickly as guests arrived in their Cup best, from elegant fascinators and classic florals to bold colours and sharp tailoring. The atmosphere struck the perfect balance between festive and laid-back, with residents settling in for a long lunch, a glass (or two) of bubbly, and the excitement of multiple sweeps circulating the room.

As the race drew closer, the energy lifted — friendly rivalry, quick-fire tips, and plenty of laughter echoed across the tables. When the big moment arrived, everyone paused, eyes fixed on the screens, creating that unmistakable shared anticipation that makes Melbourne Cup Day what it is.

While the race lasted only minutes, the sense of community lingered well into the afternoon. It was another successful Cup Day at the resort — polished, well-attended, and genuinely enjoyed. And like every year, the event left guests already looking forward to doing it all again next November.



Photos on these pages are courtesy of Brad Kinross.

Animal instincts.

PERHAPS MORE THAN OUR BEACHES, OUR SLANG WORDS OR OUR ACCENT, HERE IN AUSTRALIA, WE'RE BEST KNOWN FOR OUR ANIMALS. BUT THERE'S MORE TO OUR FAUNA THAN JUST KANGAROOS AND KOALAS. WE KNOW PALM LAKE RESORT HOMEOWNERS LOVE TO TRAVEL, SO GO WILD WITH THESE AUSSIE ANIMAL ENCOUNTER IDEAS.

Quokkas of Rottnest Island

Unofficially dubbed the 'world's most photogenic animal', the quokka is the small macropod with a big Instagram presence (there are 380,000 posts under the '#quokka' hashtag and counting!). A vulnerable species, they can only be found in a small area of southwestern Australia – most notably, Rottnest Island. This small island off Perth annually draws over 750,000 visitors, all vying for the ultimate souvenir: a quokka selfie.

Whale sharks of Ningaloo Reef

Is it a whale, is it a shark? Technically, it's a fish – the largest living fish species, to be precise. Though whale sharks can be found in other corners of the world, like the Philippines, Galapagos and even Mexico, Western Australia's Ningaloo Reef boasts the highest rate of whale shark numbers and the best accessibility, meaning it's the best place to find these gentle giants close to home.

Crocodiles of Kakadu

Did you know that the Northern Territory is home to the world's largest wild crocodile population? Experts estimate there are around 100,000, which means there are plenty of places to spot them in the wild – Kakadu National Park included. For a heart-racing, blood-pumping croc spotting experience, look no further than a crocodile cruise on the Adelaide River. The cooler months of June, July and August are the best time to see them, when they make their way to the shore to bask in the sun. Our tip: Scared of encountering these prehistoric beasts in the wild? A trip to Australia Zoo's Crocoseum is the next best thing.

Penguins and seals of Phillip Island

Just over two hours from Melbourne by car, Phillip Island is home to the world's largest colony of 'little penguins' (as well as a Palm Lake Resort!). The smallest penguin species, these flightless seabirds are also known as fairy penguins and are best spotted during a 'Penguin Parade'. The best part? They're not the only animals you can spot on the island. At the appropriately named Seal Rocks, you'll also find Australia's largest colony of fur seals – and a boat cruise is one of the best ways to see them.

Wombats of Tasmania

Did you know that a group of wombats is called a 'wisdom'? Or that Tasmania is one of the best places to spot them? From Maria Island to Cradle Mountain, wombats abound on the

island state. While they are a slightly different sub-species to those found on the mainland, don't worry – they're just as round and adorable as you'd imagine. On Flinders Island, for example, they're blonder than most. Perhaps it's all the time they're spending at the beach?

Sealife of the Great Barrier Reef

African safaris have 'the big five' – on the Great Barrier Reef, they have the 'great eight'. Next time you're snorkelling around Lady Elliot Island, Heron Island or the Ribbon Reefs, keep an eye out for the following marine animals: clownfish, giant clams, manta rays, Maori wrasse (behold their 'puppy-like behaviour'), the friendly potato cod, turtles, whales, and over 50 species of sharks (don't worry – some are less dangerous than others).

Dingoes of K'gari (Fraser Island)

Unlike much of the country, dingoes in Queensland's national parks are protected as a native species – especially on K'gari, where they have had few chances to crossbreed with domestic and feral dogs. As a result, K'gari is home to around 200 dingoes – all protected, all 'pure strain' (or purer than anywhere else in the country). While it's beautiful to behold their distinctive golden coat and cute white 'socks', it's important you keep your distance. You're visiting their home, after all.

Cassowaries of the Daintree

Named for the Papuan phrase 'kasu weri' (meaning horned head), the southern cassowary is the third tallest, second heaviest living bird – and, some say, the most dangerous. They're most often spotted in North Queensland – in fact, the Daintree Rainforest is in the heart of a 'cassowary corridor', and you'll likely see them from the moment you arrive at the visitors centre. Just be sure to keep your distance – their vivid colouring belies their aggression if provoked.

Camels of Uluru

Sure, they're not technically an Australian animal, but navigating the Red Centre atop a camel is one of the most memorable outback experiences you can have. After being introduced in the 18th century as working animals, they were released into the wild in the early 20th century – only to become pests. Now, responsible camel tour providers are putting them to work once again, leading 'camel trains' around the desert.



Zac's diary.

WITH SPRING IN FULL BLOOM AND OUR GARDENS BUZZING WITH LIFE, MANY OF OUR FOUR-LEGGED FRIENDS ARE DISCOVERING THE EXCITEMENT (AND DANGER!) OF BEES. THIS HEART-WARMING — AND CAUTIONARY — TALE COMES FROM ONE CURIOUS PUP AND HIS DEVOTED OWNER.

So, despite the best efforts of our changing weather pattern, spring has sprung once more in our village. The combined efforts of gardeners and residents have produced beautiful colour, despite the lack of useful rain. The flowers have attracted an abundance of bees, which have aroused the suspicions of Zac, our dog.

For reasons known only to Zac, he seems determined to catch one. I've spoken to him at length about the downside of such an attempt by telling him the story of Bonnie, another dog we owned. Bonnie, currently waiting for me in the beautiful garden just this side of the Rainbow Bridge, was a Papillon like no other — way too pretty to be a dog. I would sometimes look into her eyes and ask, 'is this the face of an angel?' Bonnie's inquisitive nature led her to study bees — until the inevitable happened and she was stung.

That's when things became interesting. Our 'Face of an Angel' morphed into an anaphylactic 'Face of Cujo'. Her face swelled to a size vastly disproportionate to her head. If you can imagine an overinflated balloon with a dog's face painted on by a five-year-old, you'll get the picture. A hurried trip to the vet, several injections, an overnight stay and fourteen hundred dollars later, her face returned to that of an angel — never to be stung again.

So Zac listened to my story intently. I could see my reflection in the dark pools of his eyes and knew he had absorbed every word. He tilted his head slightly, clearly deliberating my wisdom. His look said, "Some of us dogs learn from the mistakes of other dogs — the rest of us have to be the other dogs."

So each morning as we walk, we greet our human friends as usual, while the buzzing in the air seems to whisper, "Do what you are afraid to do, my friend, for life is short."

— BRAD KINROSS

Made with love.

CHRISTMAS IS ABOUT THREE THINGS: FESTIVITY, FAMILY AND FOOD. AND IN THE NEW PALM LAKE CARE COOKBOOK, 'FROM OUR HEARTS TO YOUR TABLE', YOU'LL FIND TWO OF THE THREE. HERE, WE SHARE SOME RECIPES DIRECT FROM THE COOKBOOK THAT WILL SEE YOU THROUGH THIS FESTIVE SEASON.

Frangipani pie

COURTESY OF PALM LAKE CARE RESIDENT, JOAN LITTLEJOHN

Ingredients: 1 can crushed pineapple, 2 eggs (separated), 1½ cups milk, ¾ cup sugar, pinch of salt, ½ cup cornflour (mixed with ½ cup water, divided into two portions), 1 cup shredded coconut, 1 tbsp butter, 1 tsp vanilla extract, 1 pre-cooked 20cm pastry shell or crumb crust, grated lemon rind (for garnish), 4 tbsp sugar (for meringue).

Method:

1. To make the pineapple layer, bring crushed pineapple to a boil. Beat the egg yolks and mix with half the cornflour mixture. Stir into pineapple and cook on low until thick. Set aside.
2. To make the coconut cream layer, heat milk, sugar and salt in saucepan until sugar dissolves. 5. Add remaining cornflour mixture and stir until thickened. Remove from heat and stir in coconut, butter, and vanilla.
3. To begin assembling the pie, spread half the coconut cream into the base. Top with pineapple mixture and remaining cream.
4. Make the meringue: Beat egg whites until stiff and glossy, gradually add sugar. Spread over pie and sprinkle with grated lemon rind. Bake at 180°C for 15 minutes or until golden.

Yorkshire pudding and gravy

COURTESY OF PALM LAKE CARE SUPPORT SERVICES MANAGER, STEVE WHEELER

Ingredients: *For the Yorkshire pudding:* 140g plain flour, 4 large eggs, 200ml milk, pinch of salt, 2 tbsp vegetable oil. *Onion gravy:* 2 large onions (thinly sliced), 2 tbsp butter or oil, 1 tbsp plain flour, 500ml beef stock, 1 tsp Worcestershire sauce, salt, pepper, pinch of sugar

Method:

1. Preheat oven to 220°C (200°C fan). Heat an 8" tin inside.
2. Whisk flour, salt, eggs, and milk until smooth. Rest 30 mins (or use right away).
3. Add ½ tbsp oil to tin, heat briefly, then pour in batter halfway. Bake 20–25 mins until golden and puffed. No peeking!
4. Sauté onions in butter/oil over medium heat until golden.
5. Sprinkle over flour and cook for 1–2 mins. Gradually add stock, stirring to avoid lumps. Simmer until thick for 10-15 mins, add Worcestershire sauce, season to taste.
6. For the creamy mashed potato: 1kg potatoes, peeled and chopped add 100g butter, 150ml milk (or to taste), then add salt and pepper. Boil until soft, drain, mash with butter and milk. Season to taste.
7. Serve with finest Cumberland pork sausages and peas.



Purchase a copy of this great cookbook for \$20 at the Reception desk of your closest Palm Lake Care community (visit pallmlakecare.com.au for locations).



Jansson's Temptation

COURTESY OF PALM LAKE CARE BETHANIA'S CHEF MANAGER, VEIJO LEHTO

Ingredients: 900g potatoes, peeled and thinly sliced, 1 large onion, finely chopped, ½ cup butter, divided, ½ cup breadcrumbs, 1 can anchovy fillets (or use anchovy paste), 2 cups heavy cream, ½ cup milk, salt and pepper to taste, fresh dill for garnish (optional)

Method:

1. Preheat oven to 190°C (375°F).
2. Sauté onion in ¼ cup butter until soft and slightly caramelised.
3. Layer the casserole: Grease a baking dish. Layer half the potatoes, half the onion, and half the anchovies. Repeat with remaining ingredients.
4. Make the cream sauce: Mix cream, milk, salt, and pepper. Pour evenly over the dish. Top with breadcrumbs and drizzle with the remaining melted butter.
5. Bake for 45–50 minutes, or until golden and bubbling. Rest for 5–10 minutes. Garnish with dill, if using.

Homes for sale.

Home 46 - \$670,000

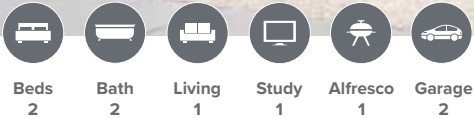


Everything you need.

Located in the coastal town of Beachmere, this 2-bedroom, 2-bathroom villa offers comfort and relaxed seaside living. The master suite includes a private ensuite, while the second bedroom is serviced by a main bathroom with laundry facilities. A functional kitchen with ample storage adjoins the open-plan living and dining area, which flows to an enclosed patio for entertaining or relaxation. Secure internal access is provided via the single garage. Residents enjoy resort-style amenities including a clubhouse, pool, tennis courts, bowls green, gym and more.

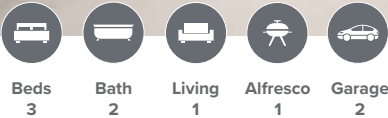
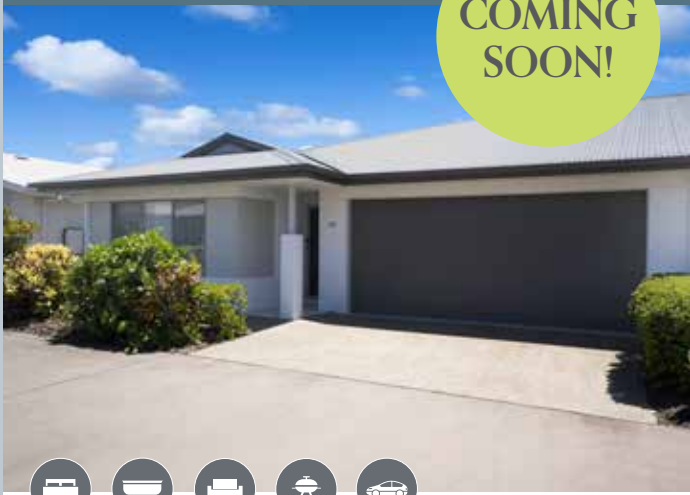
Home 57

COMING SOON!



Home 117

COMING SOON!



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Over the back fence.

THE PALM LAKE GROUP SPANS 27 RESORT ADDRESSES ACROSS THREE STATES AND SOME 12,000 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!

Our Bargara homeowners prove themselves charity champions

BARGARA
RAISES
\$250,000 FOR
CHARITY!

Palm Lake Resort Bargara again this year proved their passion for worthy charitable causes, raising another \$28,500 for Relay for Life. This effort takes the resort's total figure raised for the annual Cancer Council Queensland event to an incredible \$250,000!

Palm Lake Resort Bargara's team, "Young at Heart", was proud to see previous team member Ron Myler named the 2025 Relay For Life Patron. Ron was the driving force behind this resort's involvement with the Cancer Council after himself suffering cancer. Bundaberg and Fraser Coast Relay for Life chair Harrison Titmarsh said having such dedicated team return year after year was really meaningful.

"It shows an incredible level of commitment and passion, not only for the event but also for the purpose as to why we Relay For Life," Harrison said.

"As Chair, I am incredibly grateful to have them join us year after year, they are simply amazing at what they do."

Harrison said our resort's passion, commitment, dedication and determination for raising funds for Cancer Council was simply incredible.

"This team inspires myself to do even more fundraisers to raise vital funds for Cancer Council Queensland," he said. "As someone who has been touched by cancer twice in their life. I've seen firsthand the strength it takes to keep fighting. It's so important to raise much needed funds

for Cancer Council Queensland so they can continue research, early prevention and cancer support services.

As Harrison pointed out, and Palm Lake Resort Bargara homeowners agree, Relay For Life injects fun into what we all know as "an evil disease".

"(Our team) certainly give everyone a run for their money with how well they do and they should be incredibly proud of themselves. The Young at Heart team fundraises 365 days of the year, they have turned fundraising into a full-time sport and trust us, they're in 'relay' good shape!"



Pictured above: Ron Myler, Relay for Life team member Bernice Davis and Relay for Life chair Harrison Titmarsh, as they appeared in the Bundaberg Today newspaper.



Bowlers converge on Roma

A long-standing tradition among a group of dedicated Palm Lake Resort bowlers sees teams converge on a regional town for a few days of greens action. This year, the inter-resort bowling competition hit Roma, which is about 5.5 hours west of Brisbane along the Warrego Highway. Players travelled from Palm Lake Resorts Upper Coomera, Hervey Bay, Bargara and Beachmere Bay for the event. While the point of the event is a bowls tournament, we can tell you that the main attraction is the social connection, with bowlers (and many tag-along non-bowling friends) meeting up with homeowners from fellow Palm Lake Resorts.



The Cup stops by

Check out the special visitor that stopped by Palm Lake Resort Truganina recently - the 2025 Lexus Melbourne Cup! It's an iconic piece of Aussie sporting history and our team was thrilled to have it in their (gloved) hands while it was on its annual Melbourne Cup tour. Giddyup!

What's 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? We'd love to include it in the next editions of our resort newsletters. **Simply contact your Caretakers or email the details to Belinda at belinda@bellepr.com**

Tasty Tea Gardens tradition

Each year, as the resort cumquats ripen, a group of dedicated Palm Lake Resort Tea Gardens residents roll up their sleeves, gather in the resort kitchen and turn baskets of fruit into jars of golden jam. Jam making has become more than just a seasonal event; it's a highlight on the Palm Lake Resort calendar! There's always laughter, plenty of taste-testing and, of course, a delicious reward at the end. Best of all, the jars are shared far and wide, bringing a little homemade joy to residents and visitors alike. Such a special resort tradition that we all think is fab!



Collection makes cents

Palm Lake Resort Deception Bay homeowners Pete and Jenny report that they've collected 23,689 containers for recycling so far this year! That means \$2328.90 has gone to Farm Angels, their chosen charity. Farm Angels provides support to outback communities facing fire, flood, plagues, droughts and other calamities. Pete and Jenny say it's surprising how much their collections vary month to month. "In the warmer months, December to March, we get \$75 to \$80 a week - sometimes over \$100," they say. "It's a good job we have a large SUV to squeeze all the bags in!" Last year the pair raised \$4000 for the year by collecting and recycling cans. Let's hope the Deception Bay community helps to get this very dedicated pair to their same target again this year.



65 years of love!

Palm Lake Resort Hervey Bay homeowners Les and Anita enjoyed a lovely resort celebration to mark their 65th Wedding Anniversary recently. What a wonderful milestone!

Connections, for life.



1800 338 382 | salesbeachmere@palllake.com.au
218 Bishop Road, Beachmere QLD 4510

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