

Beachmere Sands.

JUNE - JULY 2023



Big effort

Thousands of dollars were raised for the Cancer Council during May - especially at our Biggest Morning Tea event.

Let's grow

Don't let winter get you down - it's a perfect excuse to try new recipes starring homegrown veggies.





Welcome.

In the April-May edition I mentioned that I was looking forward to the cooler months as we came out of a very hot and humid summer. Well, I have changed my mind. What a chilly start to autumn we had – it's safe to say that this winter is going to be a cold one.

Our Anzac Day commemorations were once again well attended. From the comments and photos I have heard and seen, the day was given the respect it deserves. It's fantastic to see residents coming together to honour, pay tribute and show our pride and admiration for all who fought for us. Anzac Day holds a special place in my heart as I know it does with so many of you. Every year I attend my local service at Kallangur to remember two of my uncles who didn't make it home to New Zealand after World War I. Lest We Forget.

Change can sometimes be challenging, and we have had a couple of changes over the past few months. With Pete the gardener leaving, the search was on for a suitable replacement – it proved to be a difficult task. We had a lot of very good candidates, and we were able to find a capable and experienced replacement in Brandon Miller who started with us in June. Cathy Coppard has already been with us for six months and she has settled into both her cleaning role and the Beachmere Sands team nicely. I expect Brandon will also be a valuable addition to the Sands team.

As always, we are here to assist in any way we can so please feel free to come and see me in the office.

Stay safe and I look forward to seeing you around the resort.

Laurence and the Sands team



CONTACT US

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

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palllakeresort.com.au

Get social:
Follow us on Facebook
(@palllakeresort) and on
Instagram (@pall.lake.resort)

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News briefs.



ON THE MENU

Thursday June 29 & Friday June 29

- Sweet & sour pork or butter chicken with rice & steamed vegetables
- Citrus cheesecake & ice cream

Thursday July 6 & Friday July 7

- Roast pork, with gravy & apple sauce and roast & steamed vegetables
- Self-saucing chocolate pudding & ice cream

Thursday July 13 & Friday July 14

- Crumbed steak or crumbed chicken with gravy, potato bake & steamed vegetables
- Pavlova with fruit & cream

Thursday July 20 & Friday July 21

- Roast lamb, gravy & mint sauce with roast & steamed vegetables
- Carrot cake with cream cheese frosting

Thursday July 27 & Friday July 28

- Mild beef curry or chicken cacciatore with rice & steamed vegetables.
- Crepes with berries & ice cream

Thursday dinner starts at 6pm,
Friday lunch starts at 12.30pm.

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.

GET SOCIAL

Are you on social media? We are, too! You can find Palm Lake Resort on Facebook and also Instagram. Make sure you like and follow our social media profiles to see even more news from right across our dozens and dozens of locations, across the east coast of Australia.

Facebook: @palllakeresort
Instagram: @pall.lake.resort

AROUND THE GROUNDS

There has been a lot going on around the resort over the past couple of months. Here is the latest update.

The main entrance gates were experiencing issues. We had a contractor carry out work to repair the outgoing gate hydraulics, the sensor that activates the outgoing gate and the remote-control reader for the incoming gate. Thankfully all the repairs were completed by the end of May. The clubhouse's external walls, high windows and high facades were cleaned over a period of a month and the carpets will also be cleaned in August. One of the pool heat pumps and the spa heat pump decided they didn't want to work anymore, so we had to replace them in May. This means we have replaced all three pool heat pumps and the only spa heat pump – fingers crossed we won't have any more issue with these for a few years. Home gutters were cleaned in April and the down pipe filters cleaned in May. The clubhouse roof always

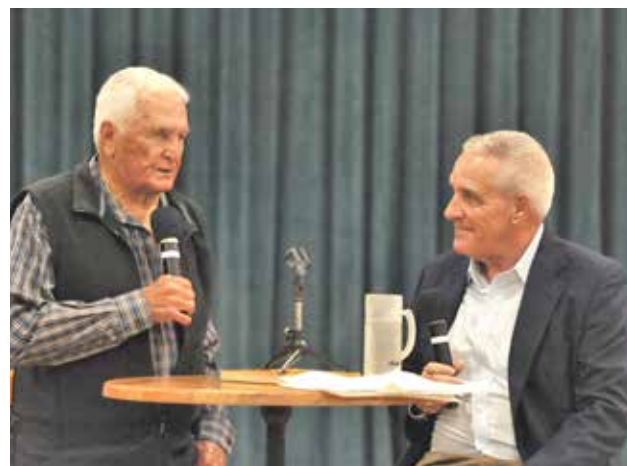
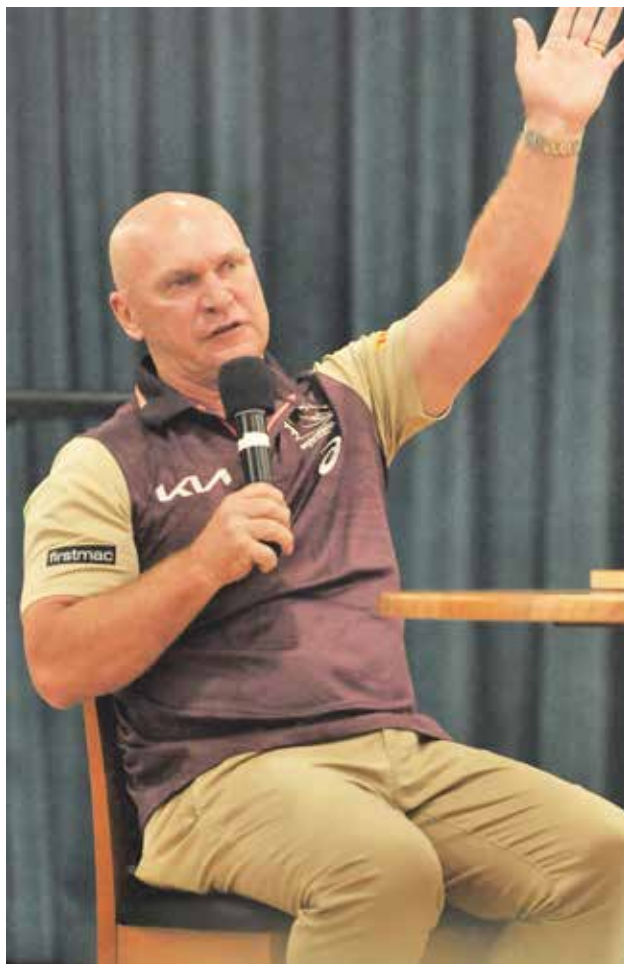
seems to make an appearance in these updates and this edition is no exception – but this time, for a good reason! The contractor has spent a lot of time trying to get on top of the multiple leaks in our roof with success, so that's great news. With all the leaks fixed the plasterers and painters went about their work patching and painting all the areas in the ceiling that need repairing. Energex made an appearance in the resort during May to complete upgrade work on the main transformer which meant there was a short power outage. We are on track to complete all major preventative maintenance work as outlined in our annual schedule and quantity surveyors report for 2022/2023. This will lead us into another big year in 2023/2024 of major works to homes such as roofing repairs to the clubhouse tiled roof and tiled roofs on homes. The external painting to homes will start rolling out in 2023/2024 and will progress through the resort over the next five years, so there is a lot to look forward to in the future.

Good sports.

Around 150 residents from Palm Lake Resorts Beachmere Bay and Beachmere Sands came together on June 7 for a star-studded night of sport. Rugby league great Alfie Langer, Bob Leitch (co-owner of Melbourne Cup winner 'Vow and Declare'), Hayden Kenny (Australia's first Ironman, father of Grant Kenny), and golfer Karrie Webb all took the stage in the Sands clubhouse to talk about what they had achieved and how they had achieved it. The night was hosted by none other than author Steve Haddan.

"Everybody loved it," says Ros Cannon, who organised the event with her husband Reg. "Bob brought his Melbourne Cup along with him, and Alfie told us all about how clever this new regime of rugby league footballers are and how hard they train."

The proceedings were paused for 'half-time hot dogs' (which the esteemed guests also enjoyed). All in all, it was a huge success.



Photos courtesy of Brad Kinross



Photos courtesy of Marilyn Provans

Biggest Morning Tea.

Wednesday May 31 saw 100 residents congregate in the Sands clubhouse for our annual Biggest Morning Tea – and big it was. The event was expertly organised by Ros Cannon (Home 34) and was a very enjoyable day, by all reports.

“We had guest speaker Wendy Patterson talk to us about help for breast cancer patients, on behalf of Be Uplifted,” says Ros. “You could have heard a pin drop during her speech, everyone was so captivated. We also had Rob Rosenlund perform free of charge, which everyone really enjoyed.”

The morning tea marked the end of a month-long fundraising effort. Between a mini market held on May 7 – which offered plants, crafts, baked treats and live music – and a ‘monster’ raffle, an impressive 4400 was raised for the Cancer Council. Well done to all involved!



Photos courtesy of Brad Kinross



Come together.

A recent joint rehearsal by the singing and ukulele groups proved once again that two Palm Lake Resorts are better than one! The singers (most of whom are from Palm Lake Resort Beachmere Sands) were more than happy to assist the ukulele players (most of whom are from Palm Lake Resort Beachmere Bay) on Friday May 12.

“We don’t often come together, but when we do it’s usually for an event or activity,” says singing group coordinator Charles Russell. “I typically lead the singers by accompanying them on the guitar, but I was unavailable for this particular rehearsal. The ukulele group generously came and accompanied the singers in my place.”

Each group often performs both within their resort and throughout the wider community (at Christmas events, singing clubs and nearby aged caring communities) so they take any opportunity they can to rehearse.

“We’ve got a set list of songs that we’ll take out to different events – they’re mostly sing-along songs from the 1930s and 40s, to cater to the groups that we go and visit,” says Charles. “Everyone was grateful to the ukulele group for helping out. They all really enjoyed coming together.”

Weekly activities list.

MONDAY

7.30am Men’s golf
8am Yoga
9am Paper tole
9.45am Zumba gold
1.30pm Bingo
6.30pm Mixed tennis

TUESDAY

7am Water aerobics
9am Stamping up
9.30am Scrabble
9.30am Quilting
11am Stamping up
12.30pm Lawn bowls
1pm Canasta
7pm Indoor bowls

WEDNESDAY

6am Golf (away)
9.45am Beachmere bus
9.30am Craft
5pm Women’s tennis
6.30pm Mixed tennis

THURSDAY

7am Tai chi
9.30am Pilates
12.30pm Bowls
1pm Canasta
1pm Lace making

FRIDAY

7am Golf (away)
8am Strength/balance
9am Paper tole
10am Singing
1.30pm Mah-jong
1.30pm Scrabble

SUNDAY

9am (third Sun.) Golf
9.45am Scroungers bowls
3pm Ladies’ tennis

Cool change.

THERE'S DEFINITELY A NIP IN THE AIR AND THE DAYS ARE MARKEDLY SHORTER THAN THEY ONCE WERE. GUESS WHAT, PEOPLE? HERE COMES WINTER - AND HERE COMES A NEW SEASON IN THE VEGGIE PATCH!



While the coming of winter means swapping your cotton PJs for flannelette and adding a few extra throw blankets to your lounge to make it that little bit more snugly, it's also an opportunity to try something different in your garden veggie patch. It's a given that different veggies grow better in different seasons – some love the heat of summer while other thrive in the cooler months. If you're wondering what delicious produce will grow best for you this winter, let us give you some inspiration.

What to plant

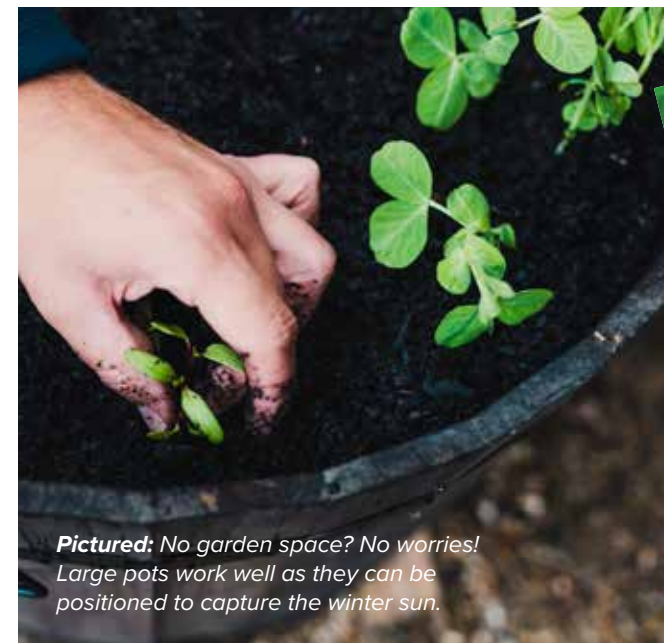
Here in the subtropics (an area stretching roughly from South-East Queensland south to northern New South Wales), you should be looking to plant things like beetroot, cabbage, onions, radish, carrots, tomato, beans, bok choy, pak choy, leeks, kale, spinach, silverbeet and lettuce. Of course, there are herbs that do better here in the winter months as well. Why not try chamomile, comfrey, cress, dill, endives, garlic bulbs, lavender, lemon balm, marjoram, mint, oregano, parsley, rocket, sage, sorrel, spring onions and thyme.

What to remember

While your choice of seedlings should change in line with the seasons, some things do stay the same when it comes to the veggie patch. For example, sunlight is essential for growing veggies – abundant crops are generally the result of a combination of rich soil, water and a wonderfully sunny position. Winter vegetables are no exception - but did you know that leafy greens and root vegetables can tolerate less sunlight and actually perform well in partially shaded areas? Having said that, just remember that our days are shorter and the winter sun is in a different (lower) part of the sky, so there's probably more chance your generally sunny veggie patch becomes more shaded in winter. Accommodate your planting positions around that.

Cold comfort

Frost is another thing to consider. It will impact your young seedlings more than mature plants. Ensure they are established earlier in the season and/or are physically protected



Pictured: No garden space? No worries! Large pots work well as they can be positioned to capture the winter sun.

from the cold air. Funnily enough though, some winter vegetables thrive in extra cool conditions and their taste can even improve as a result. Apparently, a cold snap can trigger certain plants into producing more sugars which means sweeter harvests. To test this theory, try harvesting snow pea, parsnip, carrots and broccoli/cauliflower after any especially cool nights and see if you notice a difference in their taste.

Pesky pests

A benefit of growing veggies in the wintertime is that there are generally less pests about. That's not to say there will be no creepy crawlies in your garden – you should still keep your eyes peeled for them. One thing you do need to keep your eye on during winter are those diseases that flourish in the damp – things like fungal diseases. To assist in keeping fungus at bay, water early in the morning to give any excess water a chance to dry out, water the soil rather than the leaves and also ensure there's enough circulation around your seedlings and plants.

Last tips

Make sure there's a steady supply of water for your delicious goodies (you'll find the ground won't dry out as quickly as in the summertime so adjust your amount accordingly), mulch is never a bad thing and, of course, everyone loves a delicious treat every now and again. Your veggies – and all plants, for that matter – will love a regular feed of manure, fish emulsion and blood and bone to ensure lush growth. If you have a worm farm, don't forget to share some of your 'worm tea' with the veggies.

And remember that you don't need a huge backyard to get a big reward when it comes to growing your own produce. You can plant out some large pots (pictured above) or simply even use a bag of potting mix, laid down flat, with a window cut out of the plastic bag, to expose some of the rich soil within. The best part about these types of gardens is that they are portable and you can therefore place them in the most perfect position in your yard for optimum winter growing results. Good luck!



Inspiration aplenty.

Thrifty Gardening

Country Women's Association of Victoria, \$25

Lift your gardening game and save money with the help of the Country Women's Association of Victoria. *Thrifty Gardening* shows you how to get the most from your edible or ornamental garden, season by season. From how to grow from seed, what to plant and sow, which garden tasks to do when, it's all here. The advice comes with an always timely reminder to sit back and enjoy what you grow and some simple recipes for how to make the most in the kitchen of the bounty from your plot. There's advice for getting the kids involved plus tips for how to outsmart pests and bugs. This book will change the way you think about your garden and it will magnify the joy you take from it, all year round.

The Little Box of Veg

Alice Zaslavsky, \$30

Let the award-winning author of *In Praise of Veg*, inspire you to create something wonderful with whatever is in your kitchen. This kaleidoscope of colour-coordinated cards showcases 48 delicious veg from across the seasonal spectrum. Each card includes advice on choosing/storing/prepping veg, quick cooking ideas and a feature recipe to fully flex your veg game.

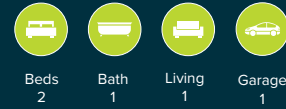
The Immunity Food Fix Cookbook

Donna Beydoun Mazzola & Sarah Steffens, \$40

This book delivers 75 delicious superfood recipes that support your body's natural defences organised around the five key pillars of immune support - reversing inflammation, detoxification, antioxidants, digestion and microbiome health, and hormone balance and signalling. Supporting your immunity has never been so appealing with these delicious whole food recipes, including gluten-free, dairy-free and grain options.

Homes for sale.

Home 25 - \$550,000



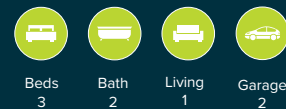
Picture perfect.

This home is perfectly presented and perfectly positioned within the very popular Palm Lake Beachmere Sands Resort. Upon entering, you will immediately get a sense of "Home Sweet Home" and truly appreciate how easy it will be to put your own touches on it.

It offers two bedrooms, both with built-ins, a separate bathroom plus a second toilet. Just a stones throw away is the resort's fantastic clubhouse, offering first-class facilities and activities.

To fully appreciate this home, please make an appointment to inspect.

Home 168 - \$695,000



SOLD



She's a beauty!

Beautifully presented and immaculately maintained, this three-bedroom home occupies a prime location within our popular resort.

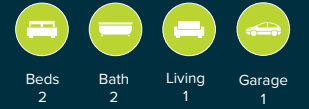
The master bedroom has space for a king bed and a generous walk-through robe leading to the ensuite.

The other two bedrooms both feature built-in wardrobes.

The kitchen will inspire any wannabe Master Chef to cook up a storm. The living space is light and airy and looks out to the very pretty gardens.

This one is a 'must inspect'.

Home 6 - \$545,000



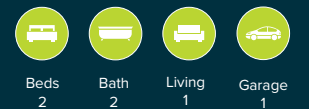
Rare opportunity knocks.

This home occupies prime position within Palm Lake Resort Beachmere Sands. It is located in a very small cul-de-sac and backs onto common ground, guaranteeing you privacy and serenity.

It has been upgraded recently with brand new carpet, and European Smeg appliances have also been installed. With two bedrooms, two bathrooms and a garage, it is a comfortable and convenient downsizer in one of the region's most popular over-55s communities.

Residents enjoy the five-star clubhouse all year round, with golf, tennis, lawn bowls, library, pool, theatre and more.

Home 18 - \$569,000



SOLD



Prime position.

This home is perfectly positioned within the ever popular Beachmere Sands retirement resort.

If you are wanting to enjoy the great facilities this resort offers - without having to walk too far - this villa is waiting for you. It is located beside the clubhouse, yet still very private and well set back from the road.

Other great features include only having one neighbour, plus a bonus multi-purpose room, single garage size.

Be sure to book an appointment to see this home for all it offers along with the fantastic resort facilities.

Want to book a private tour and find out more about our resort? FREECALL 1800 338 333
Email salesbeachmere@pallmlake.com.au and visit us online at pallmlakeresort.com.au

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.



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218 Bishop Rd, Beachmere QLD 4510

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