

JUNE - JULY 2024



The Sands



Meditation in motion

You don't always need to break a sweat to get the benefits of exercise

Heat up with a new sport

This winter, we predict that pickleball will be the sport taking the resort by storm

Refer a friend, earn a reward

Do you know someone looking to make the move here? Refer them for a cash reward



Welcome.

Winter has well and truly settled in over the past couple of months, so all the winter woolies are coming out of hibernation. At this time of year, it's all too easy to snuggle up under the blankets for a few extra minutes - so I admire those residents who have stuck to their exercise routines and braved the chilly mornings for a walk or a few laps in the pool.

As many of you know, one of our valued staff members, Jennene Matteson, left us in May. She was nearing her fifth year at Palm Lake Resort Beachmere Sands and witnessed many changes during her tenure. Jennene's dedication and warmth will be greatly missed by all. We also bid farewell to Phil Ford, our gardens and grounds supervisor. Phil was with us for just over three years and contributed significantly to the beauty of our resort. He will be greatly missed.

These departures, however, opened opportunities for others to step up and for new people to join the Sands team. I am pleased to announce that George has taken on the role of gardens and grounds supervisor. He has been excelling in this position for the past couple of months. Additionally, Sean Lawlor transferred from Beachmere Bay to join our gardens and grounds team in April, filling the position left by George. Sean has settled in very nicely.

As I have said in the past, change can be a good thing. These recent changes have brought new ideas and philosophies to help maintain and enhance our resort. Our team is fantastic, and I truly enjoy working with each and every one of them.

Let's embrace the rest of winter with warmth and community spirit. Whether you're keeping active, enjoying the company of friends, or participating in our many activities, there's always something to look forward to at Palm Lake Resort Beachmere Sands.

Until next time,

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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Street address:
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Beachmere QLD 4510

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News in brief.

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 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).



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.



Fern Bay homeowner Ann-Marie is a winner!

Are you following Palm Lake Resort on our various social media platforms? While you can catch up on all the company news on our Facebook page, you may not know that we also have a vibrant Palm Lake Resort Instagram account as well? Ann-Marie of Palm Lake Resort Fern Bay is the lucky winner of our Instagram competition that ran during the month of April. She has picked up a \$200 gift card simply by tagging a friend in our posts. Make sure you keep your eyes peeled for our next social media competition. In the meantime, make sure to be following us on Facebook (@palllakeresort) and on Instagram (@palllake.resort).

Image supplied by Peter Fitzpatrick.

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.

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.



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.



Pictured: Our resident models Cindy, Val, Helen, Lois, Lois and Jenny.

Biggest Morning Tea.

On Monday March 29, residents came together for a great cause: The Biggest Morning Tea. This annual event raises much needed money for the Cancer Council, helping them fund research and support cancer patients and their families.

The event was expertly organised by Palm Lake Resort Beachmere Sands resident Roz Cannon (Home 34). She did a great job, and an impressive [INSERT AMOUNT] was raised by those in attendance.

Thank you to Brad Kinross for the photos.



Pictured: Bob and Ann



Pictured: Michael and Karen



Pictured: Kerry and Marilyn



Pictured: Voni



Around the grounds.

As mentioned in the last edition of the newsletter, the roof repairs for the clubhouse were scheduled to take place, and we are glad to announce they have now been completed. Over three days, the roofing contractors made significant repairs to the box gutters, which have been the main source of water ingress. We are hopeful these repairs have finally resolved the issue.

The next step involves engaging a contractor to complete the internal sealing repairs. This will commence once Laurence is confident the water ingress problem has been fully rectified.

Additionally, the external painting of the villas has begun. Starting on June 3, Homes 64 to 87 have been completed. The second stage of this work is scheduled for the next financial year (2024/2025).

These improvements are part of our ongoing efforts to maintain and enhance our community facilities. Thank you for your patience and support during these projects.

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
8.45am Scroungers bowls
9am Paper tole
10am Singing
1.30pm Mah-jong
1.30pm Scrabble

SUNDAY

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

LOOKING FOR
A NEW HOBBY
THIS WINTER?



Pickleball: It's a smash

THERE'S A NEW CRAZE SPREADING THROUGH PALM LAKE RESORT. IT'S NOT QUITE TENNIS, NOT QUITE BADMINTON AND NOT QUITE PING PONG – IT'S PICKLEBALL, AND IT'S TAKING THE WORLD BY STORM.

The latest addition to many a Palm Lake Resort activities calendar might also be its most unusual. Pickleball, a sport that is played competitively in the USA but relatively unheard of everywhere else, has captivated a small group of residents – and they want everyone to join in the fun.

"Pickleball was first suggested in early 2020, but of course COVID brought our plans (and everything else) to a halt," says pickleball group member Rosslyn. "One of our residents had seen it played on a trip to the Gold Coast, and she thought it would be perfect for Palm Lake Resort. We were able to get a pickleball group going about six months ago and, safe to say, we're hooked!"

Across the Palm Lake Group, homeowners are meeting up at their resort tennis courts for a game or two of pickleball, and a good laugh.

"There is so much to do here, so we try to fit it in around all of the other activities," says Rosslyn, who is one of the pickleball-mad residents at Palm Lake Resort Tea Gardens.

Their group's sessions include a 20-minute warm up and a handful of pickleball games, with a break for a sit down and a chat in between.

"We're certainly not competitive – I'm sure it could be, but it's more of a social exercise for us," says Rosslyn. "None of us have ever played the sport before, but it's very easy to pick up. We actually discourage running so it's not as strenuous as tennis, but it's still active."

Pickleball is played on a small court – around 6 by 13 metres, roughly half the size of a tennis court – so can be played at a

slower pace. You can play in singles or doubles, and only need sneakers, a pickleball and a paddle (which you can borrow from the existing group members) to play.

"The equipment is minimal, which is the beauty of the sport," says Rosslyn. "We find that people become so taken with the game that they go out and buy their own."

How to: speak pickleball

Ace: A serve that cannot be returned, winning the server a point.

Dillball: A live ball.

Falafel: A shot that falls short – also known as a dead paddle.

Kitchen: The non-volley zone, a seven-foot section of the court where players are not allowed to volley the ball.

Pickle!: What a server shouts before they hit the ball.

Smash: An overhead shot.

Volley llama: An illegal move or fault where a player hits a shot in the Kitchen (non-volley zone).

Relaxation matters.

NEVER UNDERESTIMATE THE POWER OF RELAXATION; IT CAN LOWER THE RISK OF DEPRESSION, ANXIETY AND HEART- RELATED PROBLEMS, BOOST OUR IMMUNITY AND IMPROVE OUR MOOD, BRAIN FUNCTION AND MEMORY. BUT WHAT'S THE BEST WAY TO RELAX?

Tai chi

A favourite for people young and old, tai chi is a weight-bearing exercise (that is, one done while on your feet, so you bear your own weight) and a form of Chinese martial art. Much like acupuncture and herbs, it is an important part of Chinese medicine – it is an holistic experience, increasing blood and energy flow through the gentle contraction and relaxation of the muscles, while promoting a state of meditation through deep breathing and concentration. With an emphasis on balance, tai chi works both sides of the body equally and, unlike other forms of exercise, is done very gently. It's relaxing and enjoyable, and will leave you feeling calm, energised and in complete balance by the end of your class.

Yoga

Yoga dates back thousands of years, but it only really gained popularity in the Western world around the 1980s. In layman's terms, yoga is a practice of body postures, meditation and breathing control, and there are a number of different varieties of the ancient discipline, all with different focuses, intensity and methods. Almost all of these varieties, however, focus on some core principles: breathing exercises and simple meditation, and most incorporate poses and stretches to flex and strengthen different muscles. The purported benefits of yoga include improved flexibility and muscle strength, better posture, the prevention of cartilage and joint breakdown, protection of the spine, improved bone health, increased blood flow, draining of lymph fluids and it's also an immunity booster. For those who find it harder to get down on the floor, you can even do yoga in a chair!

Meditation

Lauded as one of the best ways to reduce stress, control anxiety and find calm, meditation has grown increasingly popular as more and more people discover its incredible benefits. You don't require much to meditate – just a few spare minutes, a comfy, quiet spot and maybe (if self-meditation isn't your speed) a meditative audio track or podcast to listen to. Lovers of meditation claim it helps improve their self-image, gives them a more positive outlook on life, enhances self-awareness, lengthens their attention span and even reduces age-related memory loss. Physically, meditation can improve your sleep and help you control pain, while also decreasing your blood pressure. In short, there's no reason not to give meditation a try sometime.

OUR YOGA AND
TAI CHI CLASS
TIMES ARE ON
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Homes for sale.

Home 35 - \$550,000



Picture perfect.

Home 35 boasts a spacious living area within a thoughtful floorplan allowing for flexible living. European Smeg appliances and ducted air conditioning are also included. Elegantly appointed and superbly presented, this villa will impress upon first inspection.

Residents also gain exclusive access to the world class Sands Clubhouse, the elegant community hub at the heart of the resort home to features such as a swimming pool, a championship undercover bowls green, golf course, movie theatre, gym, billiards room, craft room and library.



WANT TO BOOK A PRIVATE TOUR AND FIND OUT MORE ABOUT OUR RESORT?
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Helping friends become neighbours.

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 one of our established Palm Lake Resort homes, you'll receive \$250 cash. Easy!

\$250

cash incentive when you refer a friend to buy an **established home** at Palm Lake Resort



For more information and to refer your friend, simply contact our Sales Information Centre on 1800 338 382. *T&Cs apply

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Over the back fence.

THE PALM LAKE GROUP SPANS 30 RESORT COMMUNITIES 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 NEW REGULAR SERIES, WE SHARE WITH YOU SOME STORIES OF WHAT YOUR FELLOW PALM LAKE RESORT 'FAMILY MEMBERS' HAVE BEEN UP TO RECENTLY - WHETHER THEY'RE JOINING FORCES TO DO GOOD IN THE GREATER COMMUNITY OR JOINING FORCES FOR FUN. ACROSS ALL PALM LAKE RESORTS, 'PEOPLE' REALLY IS OUR SUPERPOWER!

Resort workshop put to amazing charitable use.

IT HAS BEEN A BUSY 12 MONTHS FOR A DEDICATED GROUP OF PALM LAKE RESORT BALLINA RESIDENTS WHO HAVE BEEN HELPING THE ROTARY CLUB OF BALLINA-ON-RICHMOND WITH THEIR TEMPORARY HOUSING PROJECT FOR PEOPLE DISPLACED BY THE BIG 2022 FLOOD.

The waters may have subsided long ago, but many people still remain in very poor living conditions after the severe flooding of 2022. Thankfully though, a project from the local Rotary Club is providing warm, safe, secure and compact homes for people to live in while they are either waiting to have their original homes restored or until they find alternative accommodation.

Palm Lake Resort Ballina resident Col Lee is the coordinator of the Rotary Club of Ballina-on-Richmond's Flood Recovery group. He engaged members of the Ballina Satellite Club, based at Palm Lake Resort Ballina, to assemble kitchenettes in the resort workshop and help with the fit outs of the temporary homes across the Northern Rivers region. All up, 38 homes have been erected, housing more than 100 people across seven affected local government areas.

The satellite assembly team – led by resident Michael Sherlock, a former cabinetmaker – put together the kitchen packs, adding plumbing, sink and hardware to the cupboards. The well-equipped Palm Lake Resort workshop made the job much more efficient and less confined than it would be in a normal garage. Once completed, the kitchenettes are then installed into the temporary homes to

make them ready for occupancy. Under State Government legislation, each temporary home can be occupied for up to five years and must have running water, some form of electricity and a working toilet. A development application is not required, being a temporary dwelling.

Palm Lake Resort Ballina's Resort Manager, Rick Stewart, says it is wonderful to see our residents engaging in such a worthwhile community project.

"The fellowship and sense of commitment among the members has given everyone so much pleasure in our workshop," says Rick.

"Projects such as this give a genuine purpose to all involved in our Resort where we strive to have a close connection to major community projects."

The last of the six homes were erected in the Nimbin area, which many feel has been forgotten by government authorities. This area was very badly affected by landslides – landholders' properties and homes were swept into sunken valleys and roads were covered with up to 15 metres of rock, soil and trees. Their homes and contents have been totally destroyed, never to be seen again. This Palm Lake Resort-based project has been a life changer for those who have suffered severely from the total devastation of their properties and livelihood – finally, thanks to this dedicated, community-focused group, they can begin to move forward. Through their work and expertise, these volunteers have lifted the morale and self-esteem of many people who had all but given up hope. Well done, all!



RESORT
WORKSHOP
HOME TO TOP
FLOOD RELIEF
EFFORT!



Leona is driven.

GOSH, WE HAVE A VIBRANT COMMUNITY OF RESIDENTS ACROSS BOTH OUR PALM LAKE RESORT AND PALM LAKE CARE COMMUNITIES - AND OUR TEAM MEMBERS ARE PRETTY VIBRANT THEMSELVES!

Case in point: Leona from Palm Lake Care Mt Warren Park. When she's not heading up the Lifestyle Team, she's generously giving her time to others, including charity. Leona has just returned from the "Shitbox Rally" - an aptly named annual Cancer Council fundraiser that requires participants to drive a car valued at less than \$1500 across various states of Australia. The rally saw her and husband Scott drive a 1989 VN Commodore from Brisbane to the starting line in Adelaide, through the centre of Australia, and over to Perth. Although the rally finished in Perth, the pair managed to complete a return trip and got their 'shitbox' back home to Brisbane - some 12,000km in total! This was Leona's fifth time in the Shitbox Rally, which has raised \$45 million for the Cancer Council in its 14-year history (Leona and her fellow Autumn 2024 rally participants raised \$3 million alone this trip!). Incredible! Leona's residents at Palm Lake Care Mt Warren Park followed her progress throughout the trip online, via a tracker she had in her car. There was loads of excitement across the community as she and Scott made it to each checkpoint. Bravo Leona - what fun, and what a great cause!

Inter-resort good sports.

Palm Lake Resort Eagleby hosted a team from Palm Lake Resort Waterford who put up a good fight, with some great lawn bowls played. However, Eagleby proved to be too strong and ran out winners 91 to 55.

Our Palm Lake Resort Cooroy-Noosa bowlers also took on visitors from Palm Lake Resort Beachmere Sands in a recent inter-resort bowls comp. After the morning session, Cooroy-Noosa were only up one point and one game. After a bit of banter and encouragement over lunch, the Cooroy teams lifted and won six out of eight games and scored 99 to 58 points to comfortably win the day. Final results were: Games won 10.5 to 5.5 and Points won: 196 to 154

Finally, Palm Lake Resort Bethania lawn bowlers took on their counterparts at Waterford recently. Although the final score was 102 to 63, it was no indication of the game. Both teams won three rinks each however one Waterford team won 34 to 5 with a very rare score of 9 on one end. This doesn't happen often - it's a bit like a hole in one in golf. It was a great game that all enjoyed whether playing or spectating.

They're sew good.

The talented crafters at Palm Lake Resort Deception Bay held their 10th annual Quilt Show in recent weeks. A few of the handmade quilts went home with lucky raffle winners – the rest are to be donated to local charities. Special mention to quilter Coral Welham, who turned fabric that wasn't suitable for quilting into pouches for rescued wildlife. Our Deception Bay homeowners really are sew good.



Cindy trains pups to empower.

Palm Lake Resort Beachmere Bay homeowner Cindy is spending her free time in a brilliant way - training pups to become Assistance and Therapy Dogs. Cindy has opened up her Beachmere Bay home to support this fantastic cause and has an ever-changing variety of the most gorgeous pooches staying with her, via the "Empower Assistance Dogs" organisation. Well done, Cindy!

What's happening over your back fence?

Has your resort got a warm and fuzzy "Over the back fence" story to share with the greater Palm Lake Resort community? We'd love to hear from you! **Simply email the details to belinda@bellepr.com**

We're all good sports.



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