

Beachmere Sands.

OCTOBER - NOVEMBER 2023



Clean start

The start of spring is the perfect time for a fresh start. Turn to Page 7 for our tips for spring cleaning your life.

Eat well, age well

When it comes to longevity, you are what you eat. Turn to Pages 8 and 9 for spring recipes from the Blue Zones.





Welcome.

Spring is a wonderful time of the year when we see lots of vibrancy around the resort and surrounding community, and this year is no exception. It's also the time of year when it starts to warm up and those morning walks, which I know a lot of residents enjoy, become just that little more enjoyable. It's a great time to be out and about soaking up the warm weather and fresh air.

I hate to point out the obvious, but it seems like time is flying by as we get ever closer to another festive season. When I visit the shops these days the amount of Christmas decorations and gifts that are on the shelves is ramping up and, if you are anything like my wife, the shopping list starts to shrink as items are ticked off one by one. Many of you will have already made plans and others may still be in the planning stages of how you will spend the festive season, and regardless of what you have planned I hope you will all have the opportunity to spend time with family and friends. The countdown is on, and Christmas is just around the corner.

My Aged Care and anything to do with care packages, etc., have been hot topics recently, and it was great to see so many of you attended the information session that was put on and hosted by Palm Lake Care representatives a few weeks ago. Following on from that session there are plans to hold more information sessions in the future that will help residents understand what is available to them. These sessions will also be beneficial in assisting and giving residents the tools and knowledge of how to navigate the very complex world of My Aged Care. Please keep an eye out in the new year for these sessions and I encourage you to attend them. You may not think you need any type of assistance now but who knows what the future will bring. These sessions can help you prepare for the future, now.

As always, we are here to help in any way we can so please don't hesitate to come and see us in the office.

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

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News briefs.

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 homeowners. 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.

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: @palllake.resort

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.

SPRING TO IT!

The Spring 2023 edition of 'Your Time' (our Palm Lake Group quarterly company magazine) has just rolled off the printing press and is headed to letterboxes and Palm Lake Resort addresses around the country. This edition keeps readers in the loop on development at our company's latest construction sites (Pelican Waters, Yamba Cove, Paynesville and more) while also celebrating the re-opening of Pelican Waters Golf Course and Palm Lake Care's prestigious independent construction industry award win. In our lifestyle section this edition, we look at ageing well and whether age is just a number? If you haven't seen a hard copy of the magazine, you can always read it online at palllakeresort.com.au





Happy birthday to those who celebrated a Big O!

O, what a night!

RECENTLY, 140 RESIDENTS GATHERED TOGETHER FOR A VERY SPECIAL CELEBRATION: THE BIG O. "WHAT IS 'THE BIG O'?" WE HEAR YOU ASK. LET US EXPLAIN...

Last year, 22 of our residents celebrated 'Big O' birthdays and turned 60, 70, 80 or 90. Even better, this event marked 10 years of these parties – which means even the Big O celebrated a Big O.

"It was a wonderful, wonderful night," says organiser Ros Cannon.

Our resident video extraordinaire, Chris Sutton, put together a montage to celebrate our 22 guests of honour on the big screen. Those with Big O birthdays chose their favourite music and submitted photos of themselves both as babies and grown up, and the presentation was thoroughly enjoyed by all.

On the menu was butter chicken and pasta carbonara, with a chocolate fountain for dessert (a particularly special treat to mark such a special occasion).

Craig Martin provided the entertainment, and there was plenty of singing and dancing along to his music. He made sure to play all of our favourite songs, which was much appreciated. Thank you, Craig!

Thank you also to the organisers for putting on such a terrific event. Happy birthday, once again, to those who were celebrated.

Stay tuned for details about other upcoming celebrations – first Melbourne Cup Day, and then Christmas and New Year's Eve events. It's set to be a fun few months.



Pictured: Happy birthday to Joyce, Dawn and Annie



Pictured: Beth turned 90!



Pictured: Charles and Dawn



Pictured: Moira enjoying the festivities



Pictured: Everyone enjoying the chocolate fountain



Pictured: Rosalea celebrating her 80th birthday



Around the grounds.

In the August – September edition I briefly mention the work that was to be undertaken on the tiled roofs of Homes 1 to 55 and the clubhouse. I am very pleased to let you all know that these works where completed during the months of September and October and the finished product is fantastic. The contractor carried out a high pressure clean with a whirl away and nozzle, they repaired all damaged tiles, point ridge capping, applied a surface treatment, supplied, and applied sealer and two coats of paint. What a difference this work has made to the villas and the clubhouse roofs.

The next major project we have scheduled for this financial year is the external painting of Homes 64 to 87 which has been booked in for March/April 2024. This marks the start of the resort painting schedule which will see the entire resort including the clubhouse have the external areas of the villas painted, the external and internal areas of the clubhouse painted over the next five years. What an exciting time we are going through and have planned for the resort.

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

Spring clean your life.

'TIS THE SEASON FOR NEW BEGINNINGS. NOW THAT WINTER IS OVER, IT'S TIME TO THROW OPEN THE WINDOWS, LET IN THE FRESH AIR AND TURN YOUR ATTENTION TO SOME OF THE AREAS YOU MAY HAVE NEGLECTED DURING THE COLDER MONTHS.

SPRING CLEAN YOUR HOME

Let's start with the obvious – literally spring cleaning your home. We recommend starting with your ceiling fans. Chances are they've been still throughout winter and have gathered a lot of dust, so be sure to wipe them down before you turn them on this spring (lest you scatter that dust all through your home).

Similarly, now is a good time to clean your windows. Wipe away any dust and dirt that has built up on the window sills, blinds and windows over winter. With the curtains back to let in the summer sun, you'll be able to clearly see any marks and dirt during the warmer months.

Next, turn your attention to your lounge room. It's time to wash and then store away your winter throw blankets and add some bright spring colours and accessories to freshen up your space. Light a fruity, fresh candle while you're at it.

In the kitchen, clear out the fridge and pantry, being sure to use up any leftover winter ingredients (cans of soup or winter vegetables for casseroles, for example) before you do. Check the expiration dates on any products you plan to store – they may expire sooner than you think.

Remember: spring cleaning doesn't need to happen all at once. Use spare moments of time in your day to tackle small tasks so that it doesn't become overwhelming. You might be surprised how much you can get done while you wait for the kettle to boil or during a TV ad break.

SPRING CLEAN YOUR HEALTH

It's time to shake off the winter blues – luckily, there are many simple yet effective strategies you can incorporate into your daily routine to improve your mental and physical wellbeing. Make the most of the new season to book in a health check up with your doctor. You might also want to organise a skin check, an eye exam, a trip to the dentist or a hearing check while you're at it.

Now is the perfect time of year to get back into exercise, or to take your regular exercise regime outdoors instead. You could dive headfirst into a swimming routine, make time to walk or cycle around your resort or organise a game of social tennis or lawn bowls with your friends. Your Palm Lake Resort community is designed with your physical wellbeing in mind, so make the most of it.

One of the most important factors in your physical and mental wellbeing is your diet. The foods you eat provide you with nutrients and vitamins that impact your gut health, immune system, cognitive ability and heart function. So, with that in mind...

SPRING CLEAN YOUR DIET

It can be hard to keep your diet on track, especially during the cooler months when all you want to do is cuddle up under a blanket with your favourite comfort food. But there are so many health benefits to be gained when you eat a diverse diet that's full of fresh and seasonal ingredients.

On your next trip to the supermarket, look for spring fruits (banana, blood orange, grapefruit, honeydew, mandarin, papaya, pineapple, strawberry and watermelon) and vegetables (asparagus, avocado, beans, broccoli, cabbage, carrot, cauliflower, leek, snow peas, sugar snap peas and spinach). How can you incorporate them into more of your meals? Studies show that eating home cooked meals has positive health impacts, so while it can be tempting to go to a restaurant or order takeaway, your body will thank you for making the extra effort.

You can start small by planning a few meals at a time and looking through recipe books for inspiration. If you can, substitute a trip to the supermarket for a morning at your nearest farmers' markets. This allows you to talk directly to the farmers and suppliers about what's in season – it's also the perfect way to spend a sunny spring day.

Spring snacks from the Blue Zones.

THERE ARE FIVE PLACES IN THE WORLD WHERE PEOPLE LIVE EXCEPTIONALLY LONG, HEALTHY LIVES, AND THEY ALL HAVE SOMETHING IN COMMON – DIET IS A HUGE PART OF THEIR SECRET TO LONGEVITY.

Have you heard of blue zones? Trademarked by author and explorer Dan Buettner, they're the five places in the world where people live the longest, healthiest lives. The five Blue Zones are Okinawa (Japan), Sardinia (Italy), Nicoya (Costa Rica), Ikaria (Greece), and Loma Linda (USA).

Buettner's Blue Zone theory primarily centres on what and how these people eat. All five diets are mostly plant-based, with beans (including fava and black beans, as well as soy beans and lentils) the cornerstone of many centenarian diets. They also eat no more than three eggs a week, consume minimal dairy and very little meat – when they do, it's usually pork.

We can also learn from how people in the Blue Zones eat. For example, the Okinawans live by an '80 percent rule' that is inspired by a 2500-year-old Confucian mantra. It reminds us to stop eating when our stomachs are 80 percent full; the 20 percent 'gap' is believed to be the secret to weight management and, therefore, better health. People in the blue zones will even eat their smallest meal in the late afternoon or early evening, and then won't eat any more for the rest of the day.

So, with all of that in mind, here are three Blue Zone-inspired snack recipes that are perfect for spring and summer time.



MASON JAR SALADS

Ingredients

Take your pick from the following options (or have fun finding your own).

- Dressing: Hummus, pesto, vinaigrette
- Hard vegetables: Carrots, cucumbers, peppers, celery, onion
- Softer fruits and vegetables: Avocado, berries, tomatoes
- Grains, beans, nuts, seeds: Chickpeas, quinoa, black beans, sunflower seeds, brown rice
- Greens: Arugula, kale, spinach, romaine, mixed spring greens

Directions

1. Assemble with dressing on the bottom.
2. Add a layer of hard vegetables, a layer of softer fruits and veggies, then grains, beans, nuts, or seeds.
3. Finally, add in your chosen greens and you're set.

VIETNAMESE SUMMER ROLLS

Ingredients

- 2 medium carrots, peeled and cut into thin sticks
- ½ cup of white vinegar 1 tsp of sugar
- ½ tsp of salt
- ½ cup of water
- 10 rice paper wrappers
- 120 gram) thin rice noodles or rice vermicelli
- ¾ cucumber cut into thin sticks
- ½ cup of shredded cabbage
- 10 small lettuce leaves
- 1 bunch of fresh mint leaves
- 1 bunch of fresh cilantro leaves (optional)



For the peanut sauce...

- ½ cup of smooth peanut butter
- 1 ½ tablespoons of soy sauce
- 1 tablespoon of maple syrup or honey
- ½ teaspoon hoisin sauce
- 1 teaspoon of sriracha
- 1 teaspoon of sesame oil

Directions

1. First, make the pickled carrots. In a medium bowl, combine the sugar, water, salt, and vinegar. Add the carrots to the mixture, toss to coat well, and then let the carrots soak for at least 1 hour.
2. In the meantime, prepare the noodles according to the package instructions.
3. Fill a wide, shallow bowl with about 1 inch of warm water. Soak one wrapper at a time in the warm water for 10 to 15 seconds, just until it becomes soft and pliable.
4. Transfer the wrapper to a plate or cutting board and add a lettuce leaf on top in the center. Next add a few carrot sticks, a few cucumber sticks, some of the shredded cabbage, some of the noodles, and then a few leaves of mint and cilantro. Add edible flowers, too, if using.
5. Fold one side of the rice paper wrapper over the filling and then the other side. Roll the wrapper up around the filling, making sure it is tight, but being careful not to tear the wrapper.
6. Set the filled rolls on a platter, seam side down. Repeat this process until all of the filling and wrappers have been used up.
7. To serve, cut each roll in half. Garnish with extra herbs and edible flowers, if you like. Serve immediately with peanut sauce for dipping.



For the peanut sauce...

8. In a medium bowl, stir together all of the ingredients until well combined.
9. Serve at room temperature.

STRAWBERRY VANILLA CHIA SEED PUDDING

Ingredients

- 3 cups unsweetened almond milk
- 2 tsp vanilla extract
- 3 tbsp maple syrup
- ½ tsp cinnamon
- ½ cup + 2 tbsp chia seeds
- 3 cups fresh strawberries

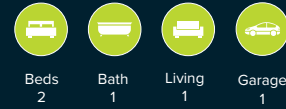
Directions

1. In a bowl, whisk together unsweetened almond milk, vanilla extract, maple syrup, and cinnamon. Pour liquid mixture over the chia seeds and stir until seeds are incorporated. Make sure to stir it well, so that none of the chia seeds are sticking together. This ensures they're all able to absorb the liquid and create a pudding-like consistency.
2. Let sit for an hour or in the refrigerator overnight. Mixture will thicken substantially. Soaking time is vital for the end product!
3. In the morning, rinse and slice fresh strawberries. Stir chia pudding and top with fresh strawberries.

Recipes courtesy of Blue Zones – visit www.bluezones.com for more.

Homes for sale.

Home 25 - \$550,000



Picture perfect.

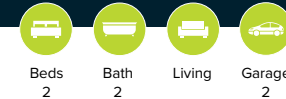
This home is perfectly presented and perfectly positioned within the very popular Palm Lake Beachmere Sands Resort. Upon entering, you will immediately get a sense of "Home Sweet Home" and truly appreciate how easy it will be to put your own touches on it.

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 3 - \$595,000



UNDER CONTRACT

Won't last long.

Presenting Home 3 for sale in the ever-popular Palm Lake Resort Beachmere Sands. This home offers two bedrooms, both with built-ins, as well as two bathrooms, an open plan study and double car garage. This one won't last, so be sure to book your private inspection of Home 3 - and this great resort - today.



Homes 47 and 159



SOLD OFF MARKET

Two homes recently sold before going on the market. Well done to the fast-acting new owners!

CASH BUYERS AWAIT.

There has been an unprecedented level of enquiry on homes at Palm Lake Resort Beachmere Sands in recent months - so much so that we are short on properties to sell! It seems our secure resort grounds, the low-maintenance/high-quality homes, world-class facilities, myriad weekly activities and our welcoming coastal community have made Palm Lake Resort Beachmere Sands a very sought-after local neighbourhood.

If you're a resident here and your situation has changed so you are contemplating a move, please let our Sales and Information Centre know. Our Sales Consultant can inspect your home and give you an appraisal to help you make up your mind. We have qualified buyers waiting to hear about any new homes as they hit the market.

To find out more, FREECALL 1800 338 333 or stop by the Sales and Information Centre anytime.

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 46 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-55s LIVING. THIS IS YOUR TIME.
palllakersort.com.au