

OCTOBER - NOVEMBER 2025



The Sands



A big party for the 'Big O's

The annual celebration has become one of the biggest events on our resort calendar

Find your perfect pet

Meet five small, loveable dog breeds that will thrive in your Palm Lake Resort home

Over the back fence

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



Welcome.

Spring has certainly brightened our days here at Beachmere Sands, and it's been a delight to see so many of you out enjoying the warmer weather, the gardens in bloom, and our shared spaces.

I understand that since the clubhouse expansion and the addition of the gym and craft room and movie theatre, participation has grown steadily – it's clear these facilities are being well used and appreciated. Don't forget the tempting ice cream in the fridge at the Movie Theatre – truly an temptation to stay clear off.

The dog park also continues to be a favourite gathering place, with both two-legged and four-legged friends enjoying their catch-ups. In the words of homeowner (and resident photographer) Brad Kinross, "It's a very popular venue for the dogs to meet new dogs, and their owners to meet new residents. New inductees get the sniff treatment, head to tail, from every other dog in the yard, and most introductions take place without too many upsets. New dogs quickly become part of 'the pack', along with their owners – who are not subjected to a test or examination of any type." Read more about it on Page 5 of this edition of 'The Sands'.

Community spirit remains at the heart of Palm Lake Resort Beachmere Sands. From morning teas and lively events in the clubhouse, it's those little shared moments that make this such a special place to call home.

Looking ahead, please keep an eye on the noticeboard and newsletter for upcoming spring and summer events. Whether it's a festive celebration or a casual social activity, I encourage everyone to join in – it's always wonderful to see both familiar and new faces.

Thank you, as always, for your ongoing support, positivity, and care for one another. Together, we continue to make Beachmere Sands not just a place to live, but a community we're proud to belong to.

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:

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
(@palllakeresort) and on
Instagram (@palllake.resort)

This newsletter is intended to give general info only. All liability arising directly or indirectly from the use of, or for any error or omission in the information given, is expressly disclaimed.



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 - 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.

This is Your Time



The latest edition of *This is Your Time* magazine harnesses the exciting energy of spring. We cover all the new 'growth' across our company, including the unveiling of Australia's (and arguably the world's) biggest and most opulent community facility at Palm Lake Resort Pelican Waters: The Springs Country Club. We also reveal our teams' "local loves" across Palm Lake Resorts Yamba Cove, Paynesville and Foster Lakes areas. Among the lifestyle features, we urge readers to take their cues from spring and book a (literally) bloomin' great holiday or add a plant-based spring recipe to their menu repertoire. Palm Lake Resort homeowners will find a copy of the magazine in their letterbox and anyone can read the edition online at palllakeresort.com.au

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.

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



The Big 'O's!

OUR RESIDENTS CAME TOGETHER FOR OUR MUCH-ANTICIPATED ANNUAL BIG O CELEBRATION, A SPECIAL EVENT HONOURING RESIDENTS WHO REACHED A MILESTONE BIRTHDAY THIS YEAR.

As always, the celebration was organised by Chris Sutton (Home 139), whose dedication ensures the Big O is a highlight on the social calendar.

Residents look forward not only to the chance to toast their friends' special birthdays, but also to Chris's ever-popular slideshow of "old" photographs. This nostalgic presentation never fails to spark smiles, conversation and plenty of good-natured fun.



Photos on this spread are courtesy of Brad Kinross.

Why we do it, explained.

ON A FINE DAY, AROUND TWENTY PEOPLE CAN BE SEEN TAKING ADVANTAGE OF OUR RESORT'S DOG YARD, SURROUNDED BY DOGS OF ALL SHAPES AND SIZES. THEY'RE AFFECTIONATELY KNOWN AS THE '3 O'CLOCK CLUB'.

Every afternoon at about 2.45pm, our dog Zac comes to me. Firstly, he does something to gain my attention – he might do a small bark or a warm-hearted low growl. I look at him and he wags his tail with such enthusiasm it makes me wonder just how many wags there are in a dog's tail before the engineering breaks down and it just falls off. Then he flashes me a look, a look that only I can perceive as a smile. He knows now that he has my attention and sends me a message through the dark reflections in his eyes. The message is the same every day and it says, "Let's go."

The weather may be unkind – it may be very hot, cold and windy, or even raining – but it doesn't matter to Zac. The message is still the same. I can hear probably twenty dogs in twenty different houses within the village echoing the same message to their respective owners at the same time.

So, on this particular day the weather is very cold, there is an icy wind from the west and it's drizzling rain. But it doesn't matter, does it? Hairy legs has spoken.

Off to the dog yard we go, with our assortment of charges. We bunch up beneath 'the tree', seeking solace under a collection of raincoats, untrustworthy umbrellas of dubious origins and other wet weather paraphernalia, to gripe about the cold.

But wait, look at the dogs! They haven't noticed the rain, they haven't noticed the icy wind. They haven't noticed because they are having way too much fun to notice. So, beneath the rain, clouds, heat, cold and wind, three hundred and sixty-five days a year, we reap a special personal joy in those moments that are only ours. We love it, money can't buy it and only we can feel it.

- BRAD KINROSS





In the dog house.

DOWNSIZERS DON'T TYPICALLY MOVE TO PALM LAKE RESORT WITH CHILDREN IN TOW, BUT FUR CHILDREN ARE A WHOLE OTHER STORY – WHICH IS WHY SO MANY OF OUR RESORTS ARE DESIGNED WITH PETS IN MIND. THINKING OF ADDING A FOUR-LEGGED FRIEND TO YOUR FAMILY? HERE ARE SOME POPULAR BREEDS THAT THRIVE IN RESORT LIFE.

Dachshunds

Affectionately known as ‘Daccys’ (and properly pronounced “Darks-hund”), Dachshunds are energetic, lovable and loyal – making them the perfect companion for over-50s. They’re playful and intelligent, with moderate exercise needs that suit a home with a small backyard and daily walks. While their short coats shed a little, their bright personalities more than make up for it. Be prepared for the occasional bark – these little watchdogs love to keep an eye on things.

Cavalier King Charles Spaniel

Small, gentle and oh-so-regal, Cavaliers are bred for companionship. Their even temper makes them a delight around people of all ages, while their adaptable nature means they’re just as happy joining you on a walk as they are curling up on the couch. They descend from sporting breeds, so they’ll also enjoy some outdoor playtime, but never at the expense of snuggles.

Yorkshire Terrier

The Yorkshire Terrier, or ‘Yorkie,’ is pint-sized with a big personality. Friendly and sociable, they generally get along well with people and other pets, making them ideal for social owners who love a trip to the dog park as much as their doggos do as well! Despite their energy, Yorkies are content with short walks and play in a small backyard. And here’s a bonus – their forever-young looks mean they’ll resemble a puppy well into adulthood.

Boston Terrier

Often mistaken for the French Bulldog, the Boston Terrier is instantly recognisable by its “tuxedo” coat, round eyes and perky ears. Intelligent and lively, this breed thrives on active play such as ball games or agility training. They can become restless if left alone for too long, so they’re best suited to owners who are home often. One look into those expressive eyes, though, and you’ll be smitten.

Maltese

Elegant yet playful, the Maltese is as sweet as they look. Their small size is perfect for compact yards or indoor living, while their low-shedding, hypoallergenic coat makes them a popular choice for many families. Don’t let the fluffy white coat fool you – this breed loves a run in the garden, a stroll around the resort ground and a visit to the dog park - and plenty of affection in between.

At Palm Lake Resort, we know how important pets are to family life. That’s why our homes are thoughtfully designed with small, enclosed backyards – ideal for safe play and exercise. And in many of our communities, you’ll even find dedicated off-leash parks where your four-legged friend can run, play and socialise too (and if not, there’s likely an off-leash park or dog beach very close by!).

Whether you’re after a loyal lap dog or a lively walking buddy, there’s a breed to suit. Ask your Palm Lake Resort neighbours for their recommendations!

Paw-some travel tips.

PALM LAKE RESORT HOMEOWNERS LOVE TO HOLIDAY – AND FOR MANY, IT JUST WOULDN’T BE THE SAME WITHOUT THEIR FOUR-LEGGED COMPANIONS. FROM CARAVANNING ADVENTURES TO LUXURY HOTEL STAYS, HERE ARE SOME TIPS TO MAKE TRAVELLING WITH YOUR DOG A BREEZE.

Check in to a pet-friendly stay

Pet-friendly accommodation has come a long way from the simple roadside motel. Today, more and more hotels are rolling out the welcome mat for pets, with chains like QT Hotels and W Hotels leading the way. These stylish city stays often include extras such as cosy pet beds, room-service menus designed for dogs, and even curated walking maps so you can explore the neighbourhood together. Boutique B&Bs and short-term rentals can also be a great option, especially for longer stays. The key is to always double-check before you book – some providers only allow pets in specific rooms, or may have limits on breed, size or number of pets. A quick phone call or email before arrival will save any disappointment at check-in. Check out websites like www.bringfido.com to find other pet-friendly stays in your chosen destination.

Camping with your canine

If you prefer caravanning or camping, you’ll find plenty of holiday parks around Australia that welcome pets. Many Palm Lake Resort homeowners love the freedom of the open road, and having your dog along for the ride makes the experience even more fun. When choosing a campsite, look for those with dog-friendly facilities such as off-leash areas, shaded outdoor spots, and nearby trails. Keep in mind that dogs are not permitted in national parks, so planning your route in advance is essential. Inside the caravan, create a safe, consistent sleeping space for your dog – a portable crate or travel bed works wonders for helping them settle. Having their own spot also makes it easier to keep fur and muddy paws contained in one area. Apps like AnyCamp can help you filter out campsites that aren’t dog-friendly.

On the road

Long drives can be daunting for dogs, especially if they’re not used to extended car travel. To make the journey smoother, plan regular stops every two to three hours so your pup can stretch their legs, hydrate and go to the toilet. Carry plenty of water and a collapsible travel bowl for convenience. Never leave your dog unattended in the car – even for a few minutes – as temperatures can rise dangerously fast. For safety, invest in a good-quality seatbelt harness, booster seat or secured crate to keep your dog restrained. Gradually building up to longer trips via shorter drives can help ease your dog into life on the road.

Taking flight

Air travel with pets requires more planning, but it can be done smoothly with preparation. Most domestic airlines in Australia allow dogs to travel in the cargo hold, while some international carriers even offer cabin spots for very small breeds. To prepare, introduce your dog to their airline-approved travel crate weeks before the trip – encourage them to sleep and rest in it at home so it feels familiar and safe on the day. Lining the crate with a favourite blanket or worn T-shirt can help soothe them with a familiar scent. On the day of travel, feed your dog a light meal a few hours before departure to avoid discomfort, and always provide access to water (airline crates often have clip-on bowls or bottles). A chat with your vet can also help – they may recommend calming sprays, natural remedies or even a pre-flight check-up to make sure your dog is fit to fly.

Whether you’re towing a caravan along the coast, checking into a chic city hotel or planning your first flight with your pet, the golden rule is preparation. A little extra planning – from confirming pet-friendly stays to packing your dog’s favourite toys – goes a long way in making your dog feel comfortable, secure and included. After all, adventures are always better with your best friend in tow.



Pawz pet car seat,
\$47, Bunnings

Springer travel water bottle, \$25
www.chewy.com



Homes for sale.

WANT TO BOOK A PRIVATE TOUR AND FIND OUT MORE ABOUT OUR RESORT?
PHONE 1800 338 382 EMAIL SALESBEACHMERE@PALMLAKE.COM.AU AND VISIT
US ONLINE AT PALMLAKERESORT.COM.AU

Home 65: \$770,000

Beds

2

Bath

2

Living

1

Outdoor living

Garage

2

UNDER OFFER

Everything you need.

This beautifully presented home offers both comfort and lifestyle in a sought-after resort setting. Inside, the open-plan kitchen features a wall oven and dishwasher, complemented by a spacious lounge and dining area that flows seamlessly outdoors. Two generous bedrooms each include their own bathrooms, with the addition of a versatile study. Expansive windows with quality coverings invite natural light while maintaining privacy. With external blinds for year-round alfresco living and full access to premium resort facilities, this home has it all.



Home 64: \$775,000

Beds

2

Bath

2

Living

1

Outdoor living

Garage

2

UNDER OFFER

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.



Home 46 - \$670,000

Beds

2

Bath

2

Living

1

Garage

1

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



Refer a friend and earn yourself a reward

A \$250 CASH BONUS FOR YOU

Do your friends love it here, too?

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 homes you'll receive \$250 cash. Easy! Terms and conditions apply.

For more information or to refer your friend, phone 1800 338 382.





8

9

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!

Care cookbook shares the culinary love

Palm Lake Resort's sister company, Palm Lake Care, has just published a lovely commemorative cookbook, "From our hearts to your table", filled with special family recipes gratefully shared by residents and various team members. It was quite a lengthy process collecting all the special 'ingredients' for the 52-page cookbook, but now it's time for this highly anticipated project to be plated up and served to our excited community.

"Here we share a passion for food and use it as a bridge to connect generations, cultures and cherished moments," the book's production team members state, in the Foreword. "We're engaging residents and employees by celebrating their culinary memories, personal tastes and shared traditions. This cookbook turns mealtime into a meaningful experience, filled with flavours that comfort, inspire and bring back fond memories of home and childhood."

Every recipe reproduced in the book comes complete with a photo of the recipe's owner and the story as to why their particular recipe is so meaningful to them. For example, Palm Lake Care Deception Bay resident Johanne Visser shared his recipe for Traditional African Oxtail Stew. Johanne says this recipe was passed through three generations of his family. Children within the village where he lived would all bring the ingredients to his door and beg Johanne's wife to make this stew for them - and she'd happily oblige. Palm Lake Care Bethania resident Helen Jutte also shared a recipe that took her back to her childhood. She described her 'Dutch Stampot with Rookworst' as "One dish and a thousand memories".



"When I was 13, I moved to Holland to live with my grandmother on a farm filled with animals - even a cow that lived inside the house!" Helen recalls.

"She introduced me to new foods like Stampot Boerenkool, which we'd enjoy in winter with sausage, always saying 'Eet lekker!' which translated to 'eat well'. This dish still brings back warm memories of my time on the farm."

Palm Lake Care Bethania Service Manager Bernice Cowley shared her recipe for Malva Pudding - a beloved South African dessert, rich in nostalgia and flavour served warm and best enjoyed with custard, cream or ice cream. And our Chief Operating Officer Trish Heke's humble Cheesy Scones also got the call up!

"Making a fresh batch of scones is a tradition in my family, and while the recipe has had a modern twist put on it, the meaning remains - they are a treat from the heart," Trish smiles.

"My great grandmother made fresh scones for family when they visited. It was viewed as an honour to both serve and be served, always with a pot of tea. Naturally, I have taught my family to make them but... it still seems to fall to me to produce a batch. The team at Central Support Office don't mind when I bring some in either!"

Copies of the "From our hearts to your table" recipe book are just \$20 each. To purchase your copy, simply stop by the Reception desk of your closest Palm Lake Care community (see palllakecare.com.au for contact details).

Ian walks for charity



Palm Lake Resort Cooroy-Noosa homeowner Ian Bates has collected close to \$5000 and walked 114km for the 'Walk For Him' campaign, in support of prostate cancer research. "Many of us in the resort have been affected by the scourge of prostate cancer and we have lost too many good friends to it in the few years the resort has been open," Ian says. "By the end of the fundraiser, the donations I had received - both in cash and online - totalled \$4734, placing me eighth out of 1215 participants on the national leader board." Nice work, Ian!



Inter-resort good sports

Palm Lake Resort Tea Gardens homeowners joined Palm Lake Resort Forster Lakes homeowners at Palm Lake Resort Fern Bay recently, to slug it out on the tennis court all in the name of good sports. As is always the case when we bring multiple resorts together for 'sport', there was an equal amount of fun reported on the sidelines as was had on the courts. The event's hosts went above and beyond for their Palm Lake Resort 'cousins' - purchasing a heater and lots of blankets to keep the crowds warm on what shaped up to be one of the area's coldest days on record! After a few games, some of the tennis players decided it was warmer to go inside and play table tennis - luckily, Forster Lakes had four table tennis players in their midst! With a delicious soup lunch enjoyed, no one really cared what the scores on the courts ended up being! The next matches will be played at Tea Gardens at the end of October.

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**

Merran is an Aussie champ!



Palm Lake Resort Yamba homeowner Merran is the Australian Three-Day Orienteering Champion (Women's 85A). While not competing for four years due to a hip replacement and recovery from a fractured pelvis, Merran came second on Day One, first on Day Two and second on Day Three but she was ultimately fastest over the three days and took out the Australian championship. Well done, Merran!



Kindness grows, and grows

Palm Lake Resort Forster Lakes homeowners have rallied behind their local area's flood relief effort with thanks to two key charitable neighbours, Dee and Carol. The pair wanted to help via a collection drive and with the guidance of the Pacific Palms Rural Fire Service, the social media-savvy ladies put a call out to their fellow resort neighbours and were soon inundated with donations of things like food, nappies, toilet paper and animal food. With all hands on deck, they loaded up the resort bus as well as a car trailer and headed to Pacific Palms RFS (as pictured above) to sort and then deliver the haul to the Community Flood Relief Hub in Taree. Still on their charitable high some weeks later, the group heard there was additional need for clothes and bedding. They collected, sorted and labelled another trailerload that went to hubs in Taree and Wingham the following day.

Knowing their charitable efforts were really making a difference, the Forster Lakes homeowners looked for further ways to continue spreading the love. Through Pacific Palms RFS they met two families to sponsor. They worked directly with the family members to find out what exactly they needed to get their homes and even a farm back up and running - and happily obliged with more donated kitchen and household items as well as a monetary donation. After all of the effort and success, the homeowners have decided to 'adopt' the Pacific Palms RFS and have been helping to stock their fridge with meals, cakes etc for when they are out and about looking out for the rest of the local community. As Dee and Carol say, "Helping these helpers makes us feel great!". Well done to all the selfless Palm Lake Resort Forster Lakes homeowners who contributed in some way.

Home to your best years.



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

THE BEST IN OVER-55s LIVING. THIS IS YOUR TIME.
palllakeresort.com.au