

The View



'Tis the season to be social

Living in a lifestyle resort like ours means loads of opportunity to get social

Over the back fence

The Palm Lake Group is one big 10,000-strong 'family' - find out what your counterparts are up to in our new regular series

Refer a friend, earn a reward

Do you know someone looking to make the move here? Refer them, for fast cash



Welcome.

Welcome to 2024 - another year has already started in earnest! We hope all our homeowners had a wonderful Christmas and have already experienced a good start to the New Year.

What a great day was had by all on Australia Day! We thoroughly enjoyed celebrating this country of ours with some traditional Aussie entertainment. Yes, we had a thong throwing competition (Tracey Bertomeu was the winner of that one!) and, yes, we also had a damper throwing contest - because, why not?! Simon Baldwin was our damper-throwing champion of the day! Good times, fun and laughter always abound here at Palm Lake Resort Bethania!

Some good news for you all - the girls, Michelle and Sandra, our wonderful caterers from Tasty Treats, are back in full swing again. Their operating hours are as follows:

- Tuesday, Thursday and Friday morning tea: From 9.30am – 11am.
- Tuesday evening: Homeowners' meal
- Thursday and Friday lunches: From 11.30am – 1.30pm

We hope everyone will come down and enjoy the wonderful treats these girls make for our enjoyment. You won't be disappointed.

Before we go, we just wanted to remind you of the 'Refer a Friend' program here at Palm Lake Resort Bethania. Sales traditionally pick up at the start of any New Year and we do have the best over-50s community in town, so why wouldn't prospective homeowners want to come and live here, especially with all the fun and friendly neighbours who make our newcomers feel very welcome. If you know someone who has been talking about joining us, make sure you refer them to the office here because you can score a \$250 cash incentive if your friend buys a home. It's easy money! And if those friends are anything like you guys, we know they'll fit in just fine.

Until next time,

Charna and Phil,
Palm Lake Resort Bethania Caretakers

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.



Contact us.

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

FREECALL: 1800 774 866

STREET ADDRESS:
43 Goodooga Drive,
Bethania QLD 4205

OFFICE HOURS:
7am to 3pm, Monday to Friday

EMAIL:
bethania@palllake.com.au

ONLINE: Visit our website
palllakeresort.com.au

GET SOCIAL:
Follow us on Facebook
(@palllakeresort) and on
Instagram (@palllake.resort)



News in brief.



This is Your Time

The Summer 2023-24 edition of our company magazine, This is Your Time, is circulating the country. Have you seen a copy yet? In it, we keep you up to date on all things Palm Lake Group including progress on our newest communities at Yamba Cove, Pelican Waters, Paynesville and more. Did you also hear that we won two statewide construction industry awards? We're proud of the communities we build and manage - and with 10,000 people calling a Palm Lake address home, there's a lot of news from around the grounds. If you are yet to see a hard copy, you can also read our company magazine online at palllakeresort.com.au

Green waste dates and bin collection

Pop these dates in your diary to remember to put out your green waste (fortnightly on Mondays):

- Monday, February 5 and 19
- Monday, March 4 and 18
- Monday, April 1 and 15

Also, for household weekly bin collections, rubbish bins are to be put out the evening before the rubbish run, ie. Monday nights for Tuesday morning household waste collection.

Refer a friend

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 home, you'll receive \$250 cash. Easy! Ask about our 'Refer a Friend' incentive at the Sales Information Centre.

Hours of operation

Make a note of the following opening hours for our major resort facilities:

Clubhouse: Weekdays open at 7am and locked at 7pm. Weekends open 8am, locked 6pm.

Library: Weekdays open at 7am and locked at 6pm. Weekends open 8am and locked 6pm.

Get social with us

Are you on social media? Make sure you follow Palm Lake Resort on Facebook (@palllakeresort) and also over on Instagram (@palllake.resort) to see what's happening right across our dozens of Palm Lake Resort locations. We also feature many warm-and-fuzzy stories from our seven Palm Lake Care aged caring communities on both social platforms (@palllake.care). With more than 10,000 people calling a Palm Lake address home, there's always loads going on!

Weekly activities.

MONDAY

8.45am-11.30am Shopping bus to Browns Plains (front car park)
10am Indoor bowls (Clubhouse)
1.30pm Bible Studies (Clinic Room)
2pm Housie cards (Clubhouse)

TUESDAY

8am Tai Chi with Shane (Clubhouse)
9am-12 noon Craft (Clubhouse)
9.30am Pool players (Clubhouse)
1.30pm Dr Ting (Clinic Room)
5pm Homeowners' dinner (Clubhouse)

WEDNESDAY

8am start Podiatrist visits fortnightly (Clinic Room)
8.30am start Lawn bowls (Bowling green)
8.45am-11am Shopping bus to Waterford (front car park)
6pm for 6.30pm Cards and games (Clubhouse)
6pm Pool player competition (Clubhouse)

THURSDAY

7am-12 noon Gym with Aubrey
8.45am-12 noon Shopping at the Hyperdome (monthly)
9am-10am Gentle exercise (Clubhouse)
11.30am-1.30pm Bistro lunch (Clubhouse)
6pm for 6.30pm Bingo (Clubhouse)

FRIDAY

8.45am-10am Shopping bus to Beenleigh (front car park)
9am-10am Aqua aerobics (Indoor Pool)
11.30am-1.30pm Bistro lunch (Clubhouse)
1pm Cards with Lorraine (Clubhouse)
4.30pm Homeowners get together (Clubhouse)

SATURDAY

8.30am Lawn bowls (Bowling green)
12 noon Christian lunch (Monthly, Clubhouse)

SUNDAY

9am Church service (Clubhouse)



Aussie Day celebrations.

IN TRUE STEREOTYPICAL AUSSIE STYLE, WE TOOK THE OPORTUNITY, IN JANUARY, TO CELEBRATE OUR COUNTRY AND USE IT AS AN EXCUSE TO GET TOGETHER WITH FRIENDS FOR SOME FUN!

Among the downing of a few cold beverages, some barbecued meats and salads, we also hosted some fun Aussie-style competitions.

Let us present to you, our Australia Day Thong Throwing competition winners: Tracey Bertomeu and Simon Baldwin (pictured left). This pair knows how to hurl a piece of rubber! But not only that, Tracey and Simon went on to take out our second game as well: the Damper Throwing Competition! It proves they also know how to fling food!

Michelle Brady is pictured, left, presenting our resort champions with their very fitting trophies. Well done, to you both. Aussie, Aussie, Aussie? Oi, oi, oi!

TRACEY AND
SIMON SCOOP
THE POOL!

Card games, for the win.



CARD GAMES OFFER PLENTY OF OPPORTUNITIES FOR YOU TO DEVELOP A RANGE OF IMPORTANT SKILLS.

Right across our network of Palm Lake Resorts, stretching from Queensland to Victoria, there are homeowners who come together regularly to play card games - and Bethania is no exception.

Card games are a brilliant way to connect with likeminded neighbours within resorts, but also to connect with family members of all age groups. From playing Snap with the smallest family members and 500 (for example) with your tweens and teens, to Poker with your own generation, card games never go out of fashion. And the big bonus? A deck of card is such a convenient and portable pastime that doesn't require a screen or a charger cable. Winning!

Beyond the fun, here are some of the other reasons why you might like to take up card games in 2024:

Social and communication skills are enhanced

Card games require observation and conversations – they provide us with the opportunity to interact with other players and understand their emotions, as well as giving us chances to be honest and clear communicators. Some card games require teamwork to succeed, while others require less focus and provide more opportunities to chat with other players.

Your memory will thank you

It goes without saying that flipping cards to match two of the same colour, shape or pattern can be a great way for you to improve or maintain your recognition and memorisation skills, but 'Memory' isn't the only card game that improves our ability

to recall information – simply learning and repeating the rules for a card game can help! Card games rely heavily on short-term memory skills but have also been shown to improve long-term memory and other cognitive functions, too.

Problem solving

Whether your chosen card game primarily involves luck, skill or a mix of both, there are always opportunities to improve your problem-solving abilities. Most card games require you to learn rules and tweak the strategies needed to win, helping you develop your problem-solving skills. This, in turn, will help you better overcome challenges and stress not just while working through the card game, but in your day-to-day life.

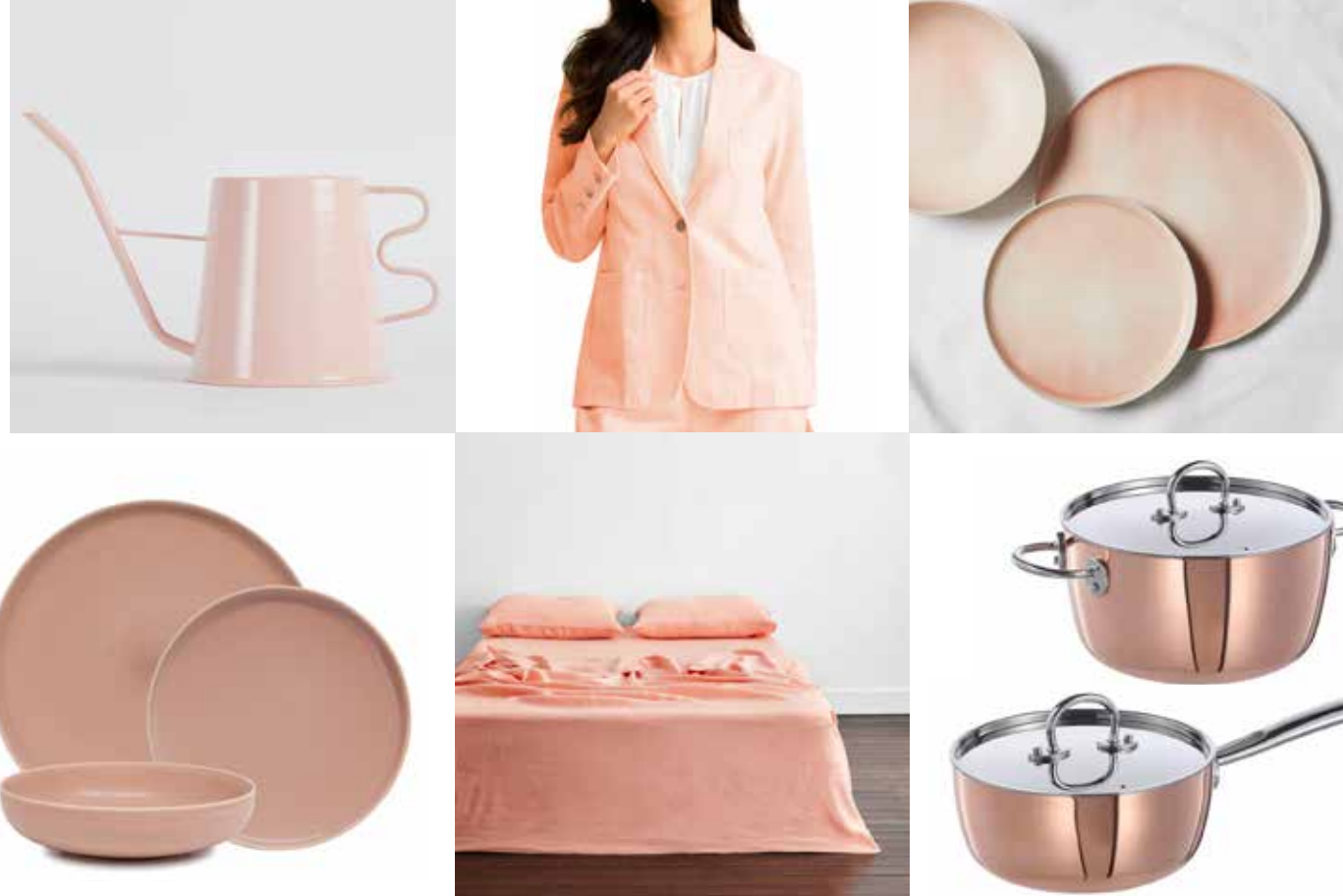
Fine motor skills

Maintaining your fine motor skills is key, and card games are a great way to do exactly that! Much like writing, painting and even playing musical instruments, holding cards work to strengthen your smaller hand and finger muscles, while dealing and sorting them requires you to use your thumb, index and middle finger. Meanwhile, learning to shuffle cards (or practicing your skills) develops the bilateral coordination of your hands and improves control across the palms.

Looking for a game?

Looking for a card game with your fellow neighbours here at Palm Lake Resort Bethania? Easy!

- **Mondays 2pm:** Housie, in the Clubhouse
- **Wednesdays 6pm for a 6.30pm start:** Various card games and other games, in the Clubhouse
- **Fridays at 1pm:** Cards with Lorraine, in the Clubhouse



Life's a peach.

Did you know the international Pantone Colour Institute dates back 60 years and the ‘Pantone Colour of the Year’ celebrates its 25th birthday in 2024? It’s quite the authority on all things colour. Pantone describes the 2024 Colour of the Year, “Peach fuzz”, as a comforting hue “softly nestled between pink and orange” that was chosen to express a yearning for community and cosiness in uncertain times. A colour whose “all-embracing spirit enriches heart, mind and body”.

“At a time of turmoil in many aspects of our lives, our need for nurturing, empathy and compassion grows ever stronger as does our imaginings of a more peaceful future,” Pantone Colour Institute Vice President Laurie Pressman says. “We are reminded that a vital part of living a full life is having the good health, stamina and strength to enjoy it. That in a world which often emphasizes productivity and external achievements, it is critical we recognise the importance of fostering our inner selves and find moments of respite, creativity and human connection amid the hustle and bustle of modern life.

“As we navigate the present and build toward a new world, we are re-evaluating what is important. Reframing how we want to live, we are expressing ourselves with greater intentionality and consideration. Recalibrating our priorities to align with our internal values, we are focusing on health and wellbeing, both mental and physical, and cherishing what’s special — the warmth and comfort of spending time with friends and family, or simply taking a moment of time to ourselves.

“With that in mind, we wanted to turn to a colour that could focus on the importance of community and coming together with others. The colour we selected to be our Pantone Colour

PANTONE HAS JUST ANNOUNCED ITS COLOUR OF THE YEAR FOR 2024 AND THE WINNER IS... PEACH FUZZ! IT MIGHT BE AN UNUSUAL NAME, BUT WE COULDN'T AGREE MORE WITH THE THEORY BEHIND THIS CHOICE...

of the Year 2024 needed to express our desire to want to be close to those we love and the joy we get when allowing ourselves to tune into who we are and just savour a moment of quiet time alone,” Laurie explains.

“It needed to be a colour whose warm and welcoming embrace conveyed a message of compassion and empathy. One that was nurturing and whose cozy sensibility brought people together and elicited a feeling of tactility. One whose gentle lightness and airy presence lifts us into the future.”

There are many synergies between Pantone’s thinking and Palm Lake Resort’s approach to people and community. We know our homeowners are at a place in their lives where they cherish special human connections and coming together, while also taking important time out for themselves. More and more, Palm Lake Resort homeowners are also putting themselves first and focussing on their health and wellbeing – our facilities and activities lists are supporting this trend now more than ever.

If there’s one reason why you should incorporate some Peach Fuzz into your life in 2024, it’s simply to remind yourselves of all these things Pantone suggests we should hold dear – with community, health and wellbeing at the core.

Clockwise from top left: 1. Summer watering can, \$14.95, www.pillowtalk.com.au 2. Cotton blazer, \$150, blueillusion.com 3. Kanoko 12-piece dinner set, \$118, saltandpepper.com.au 4. Finmat 1.5L saucepan with lid, \$90, and 3L pot with lid, \$120, ikea.com.au 5. Bed Threads 100 per cent French linen duvet cover in ‘peach’, \$196, bedthreads.com.au 6. Hue 12-piece dinner set, \$99.95, saltandpepper.com.au

Important phone numbers.

Caretakers’ Office, for homeowners’ enquiries: 3200 9622 (for after-hours emergencies, leave a message and your phone number)

Police Link (Non-urgent incident report): 131 444

Community flyer: 1300 463 593

Mater Hospital (24-hour emergency): 3840 8111

PA Hospital (24-hour emergency): 3240 2111

QEII (24-hour emergency): 3275 6111

Logan Hospital: 3299 8899

Logan City Council: 3412 3412

Veteran Affairs: 13 32 54

Snake catcher: 0413 028 081

MHIA Insurance: 1800 676 700

Buses and trains information: 13 12 30

Home Assist: 1300 366 836

Seniors Qld: 1300 135 500

Palm Lake Care: 1800 246 677

Yellow Taxis: 131 924

Doctor Ting: 3807 8588

Origin: 136 262

Cleaning/Dog walking (Andrea): 0407 028 614

Electrician (Cooper @ Coastline): 0422 879 620

Plumber (Rick’s Plumbing & Drainage): 0430 162 608

Podiatrist (Cameron): 0404 857 479

Palm Lake Resort Hair Salon: 3805 2617

Handyman (Barry): 0414 686 342

Alterations (Carol): 0412 635 614

JP (Lynne Venczel): 3200 4758

Lawn mowing (Brian): 3299 9405

Phone/Internet problems (Bow Street only) Comms Co: 3216 5700

Car washing (Cliff): 3299 9421

Painter (Dennis): 0413 643 572

In Style Painting Services (Matt): 0451 920 173

Deep Clean Air Services (Paul): 0407 037 280

Homeowners Committee (Rosa, Secretary): 0419 707 110



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!

\$250
cash bonus simply for referring a friend!

For more info or to refer your friend, FREECALL 1800 455 307.
*T&Cs apply



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

Homes for sale.

WANT TO BOOK A PRIVATE INSPECTION AND FIND OUT MORE ABOUT OUR RESORT?
FREECALL 1800 774 866 OR EMAIL BETHANIA@PALMLAKE.COM.AU
YOU CAN ALSO VISIT US ONLINE AT PALMLAKERESORT.COM.AU

15 Palm Court - \$379,000

2

1

1

1

Beautiffully maintained

High ceilings create a feeling of space throughout the lounge and separate dining areas. Two bedrooms, both with built-in robes and air-conditioning in the main bedroom. Kitchen, which was upgraded, leads off the dining area and has a dishwasher, ample bench space and cabinetry. Two-way modern bathroom, with separate bath and shower, is connected to the main bedroom. Delightful outdoor entertaining area complete with pull-down blinds is a wonderful area to enjoy with family and friends. Internal laundry leads out to another sitting area and a carport. This property is a definite must see.



10 Fern Court



SOLD IN 48 HOURS!

15 Cocas Court



SOLD!

5 Cedar Court - \$355,000

2

1

1

2

Priced to sell

Two bedrooms (both with built-in robes), ceiling fans and new carpet. A two-way bathroom with a good sized shower leading off the main bedroom, gives that ensuite feel. Nice size lounge area with large windows to invite the morning sun into the room (air-conditioned). Tidy kitchen has a plenty of storage, glass cooktop and wall oven, double sink and ample room to put in a dishwasher. Dining area off the kitchen is great for entertaining. All this combined with an internal laundry and large linen press, ramp access to the back from the carport (large enough for two vehicles).



19 Cocas Court



SOLD!

19 Royal Drive



SOLD!

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!



Waterford's own toy story.

THERE'S A GROUP OF MODEST WOODWORK ENTHUSIASTS USING THEIR PALM LAKE RESORT WORKSHOP TO GREAT ADVANTAGE.

The aptly named 'Toy Boys' is a band of merry toymakers - akin to Santa's elves - who spend their spare time in their Palm Lake Resort Waterford workshop turning timber into toys for underprivileged kids each Christmas.

Current president Ray Johnstone says the Toy Boys utilise donated timber offcuts and fundraise to purchase other materials from their local Mitre 10 store, which also comes to the party with its own generous donations to the Toy Boys' cause. The Boys spend the whole year manufacturing everything from toy trucks to rocking horses to children's play furniture and then, at Christmas time, they make a donation to Beenleigh Special School and place the rest of their toys under the Mitre 10 Christmas tree as part of its annual appeal.

Ray says the Toy Boys have been making and donating toys for the best part of 15 years. Many hundreds of toys have passed through this resort's workshop on their way to grateful children.

Ray says the Boys were devastated to learn of the passing last week of one of their original members, Jim Blackwood, who was "the backbone" of this incredible group right up until the day he passed.

If you'd like to support the Toy Boys' cause, Mitre 10 and Bunnings gift cards are greatly appreciated, as well as any material donations. For more, phone the Palm Lake Resort Waterford caretakers on 1800 028 428.

Caloundra golfers reign supreme.

FOR THE SECOND SUCCESSIVE YEAR, CALOUNDRA CAY HAS WON THE COVETED PALM LAKE INTER-RESORT GOLF CLASSIC, RETAINING THE PALM LAKE RESORT CUP.

Golfers from Palm Lake Resorts Toowoomba, Cooroy-Noosa, Beachmere Sands, Beachmere Bay, Pelican Waters, Caloundra Cay and Hervey Bay descended on Pelican Waters Golf Course (owned by the Palm Lake Group) for the annual event, with 128 homeowners competing in a four-person Ambrose.

Caloundra Cay retained the trophy won in 2023 when the event was played at Woodford Golf Club and the team of Bernie Reddan, Archie Deans, Ian Ponton and Ray Pickup returned the best score of the day - an impressive nett 55.875.

Head of Golf, Dale Williamson, said it was the biggest field the course had enjoyed since re-opening.

"To have Palm Lake Resort represented by seven resorts and so many homeowners, was encouraging," Dale says. "Hopefully we can have even more of our resorts and homeowners involved next year."

Charitable Cooroy sewers rewarded.

PALM LAKE RESORT COOROY-NOOSA'S UNIFORMS 4 KIDS SEWERS ARE BEYOND HAPPY WITH A SET OF BRAND NEW SEWING MACHINES PAID FOR BY BENDIGO BANK, VIA THE LOCAL HERO AWARDS.



Uniforms 4 Kids (U4K) is a dedicated charity that sees sewers produce children's clothing items from old uniforms donated by the Police, Border Force, Flying Doctors, Fire Service, Ambulance Service, Australia Zoo and more. The clothing produced by these dedicated sewing enthusiasts is donated to underprivileged children in need. But the benefits don't stop there. The pre-loved uniforms would have otherwise gone into landfill but instead, our environment benefits and many underprivileged children are clothed and happier.

The pioneer and founder of U4K is Palm Lake Resort Cooroy-Noosa homeowner Yvonne Pattinson OAM.

One day, Yvonne wanted to clean out a cupboard crowded with material collected over a lifetime of sewing. She decided to turn that fabric into children's clothing that a friend of Yvonne's wanted to donate to an orphanage she supported in Asia. In stepped Yvonne's daughter, Debbie Platz (then a Queensland Police officer), who pointed out there were many underprivileged children right here in Australia who needed clothing and why not use the police uniforms she and her colleagues had to discard? U4K was officially born.

U4K sewers exist in groups spanning Cooktown to Canberra and have made a total of almost 30,000 items of clothing for children in need since the charity began - what an incredible effort!

U4K sewers have also made lasting friendships and have a new purpose in life through their volunteer work with this charity. Not to mention the positive effect U4K has in bringing emergency services and local communities together in those areas where a U4K group operates.

The U4K ladies of Palm Lake Resort Cooroy-Noosa (pictured above) were rewarded by Bendigo Bank recently with a donation of brand new sewing machines to enable them to continue their good work. Congratulations to you all - you make us proud!

Maybe you can start a U4K group with your Palm Lake Resort friends? Visit www.uniforms4kids.com.au

Tea Gardens' jam-packed day.

FORGET TURNING LEMONS IN LEMONADE - A GROUP OF PASSIONATE PALM LAKE RESORT TEA GARDENS RESIDENTS ARE TURNING THEIR RESORT CUMQUATS INTO DELICIOUS JAM FOR ALL TO ENJOY.

Palm Lake Resort Tea Gardens is filled with many fruit-bearing cumquat trees - some on resort grounds but many in the residents' own backyards. Noticing this, a band of enthusiastic jam-lovers came together and the annual PLR Cumquat Jam Production Day was born. One resident spent a year collecting, washing, de-labelling and storing hundreds of jars. Others organised the donation of masses of sugar and the collection of all the required cooking utensils. The resort's Bowls Club kitchen was booked, and dozens of residents arrived early on the day to form teams, washing, cutting and weighing fruit and sugar, sterilising jars and lids, cooking the jam, then bottling and labelling it. Of course, a community event like this would not be a Palm Lake Resort event if there wasn't a morning tea shared and a few glasses of bubbles later in the day! By 7pm, the job was done. Some 38kg of fruit (all grown around the Palm Lake Resort Tea Gardens grounds) and 38kg of sugar produced more than 200 jars of jam. What a wonderful community initiative - and a delicious result!



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? Email the details to belinda@bellepr.com

retirement **REIMAGINED**



FREECALL 1800 774 866 | bethania@palllake.com.au
43 Goodooga Drive, Bethania QLD 4205

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