

OCTOBER - NOVEMBER 2025



The View



Holidaying with dogs

From caravans to city hotels,
here's how to make travelling
with pets stress-free

Around the grounds

From visiting wildlife to craft
sessions, catch up on the
latest resort happenings

Refer a friend, earn a reward

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



Welcome.

Well, we are out of the cold winter months – and didn't we have a few very icy mornings? Now its time to put the winter woolies away and enjoy the beautiful sunny days and glorious mornings of spring and summer.

With the arrival of the warmer weather, we are also seeing the snakes poke out their heads and start heading for the warmth of the sunshine. Please be careful around your homes and gardens. We have already seen a rather large carpet python down in the green area behind Fern Court and another down the back end of the lake. Please do not poke or annoy them – they will move on, on their own. If you see a snake around your property, call the snake catcher. The number is listed in the Important Phone Numbers section (Page 5) – dial 0413 028 081.

Don't forget to come and enjoy a freshly made morning tea and a cappuccino or lunch at the Tasty Treats Café. Michelle and Sandy (*pictured on the opposite page*) are wonderful cooks. Michelle is a pastry chef, so her quiches and bacon and egg pies are particularly delicious. Michelle and Sandy also do the Tuesday evening residents' meal. At \$14p/p for main and dessert, it's the cheapest two-course meal in town.

Signing off for now!

Enjoy,

**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:

PHONE: 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 (@pallm.lake.resort)



News in brief.

Giving back to the community

Do you have some spare time and want to give back to our local community, while also making a difference in someone's life? Palm Lake Care (owned and operated by the Palm Lake Group) is always looking for volunteers to either visit a local aged caring community and spend time with the residents, or assist the Lifestyle Team members in running some fun resident activities. If this sounds like something you'd like to do, contact Palm Lake Care Bethania on 3086 3000 or you can also volunteer at Palm Lake Care Mt Warren Park by phoning 3444 6000.



Meet the makers

Say hello to Michelle and Sandy, our talented resort cooks!

Snake safety

Snakes will avoid people, but if they feel threatened and can't find a way of escape they will defend themselves by biting.

IF YOU SEE A SNAKE...

Stay calm and walk away from it: **Do not** try to catch it. **Do not** try to kill it. **Do not** make it feel threatened e.g. by throwing things at it or poking it with a stick. Most people bitten by snakes are bitten while trying to catch or kill the snake.

Report it as you would any other hazard, and warn others away from it until it is dealt with by a suitably trained person.

Stamping heavily on the ground, even from a distance, can encourage it to move away for its own safety.

If you see the snake in a building leave the room and close the door so the snake is contained until help comes.

SNAKE SAFETY TIPS

Never put your hand or foot anywhere you cannot see. Keep open workplaces and nearby areas clear of places snakes might find food or a place to shelter.

It is not only **against the law** to kill or catch snakes without a permit, it is also highly **dangerous**.

IF YOU ARE BITTEN BY A SNAKE

By following these steps you should have plenty of time to get to a hospital for anti-venom.

Call for help immediately. You or someone call 000 - do not hang up until the operator tells you to.

Do not try to suck out the poison.

Do not cut the wound. **Do not** apply an arterial tourniquet. **Do not** wash the bite. The hospital has the best chance of identifying the snake by any venom still around the wound.

Apply a broad bandage tightly across the bite and up the limb to immobilise it. This helps prevent venom from entering the blood stream. Stay as calm and as still as possible while you are waiting for help to come.

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 dates

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

- Monday, Sept 1, 15 and 29
- Monday, October 13 and 27

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.

Around the grounds.

CATCH UP ON SOME OF THE FUN WE'VE BEEN HAVING HERE AT PALM LAKE RESORT BETHANIA THESE PAST FEW MONTHS...



FIND US IN THE CRAFT ROOM!



We're a crafty bunch!

Our Saturday Morning Craft ladies have been hard at work! Our next craft day will be on Saturday October 11 at 9am. All homeowners are welcome. Bring your craft or an unfinished knitting project and enjoy a morning with like-minded ladies.

Wild visitors

We have a variety of wildlife visiting our lake, so take a look around as you are enjoying your walk. We had six pelicans and a mum and dad duck with their baby ducklings.



Weekly activities.

WEEKDAYS

7am Clubhouse and Library open

6pm Library closes

7pm Clubhouse locked

WEEKENDS

8am Clubhouse and Library open

6pm Clubhouse and Library locked

MONDAY

8.45am - 11.30am Shopping bus to Browns Plains (meet in the front carpark)

10am Carpet bowls (Clubhouse)

1.30pm Bible Studies (Clinic Room)

1.30pm for 2pm Housie cards (Clubhouse)

TUESDAY

8am Tai Chi with Shane (Clubhouse)

9am - 12 noon Craft (Clubhouse)

9am Shopping bus to Bunnings/Aldi (meet in the front carpark)

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 (meet in the front car park)

6pm Cards and games (Clubhouse)

6pm Pool player competition (Clubhouse)

THURSDAY

7am-12 noon Gym with Aubrey (Gym)

8.45am - 12 noon Shopping bus to Logan Hyperdome (monthly, meet front car park)

9am - 10am Gentle exercise (Clubhouse)

11.30am - 1.30pm Bistro lunch (Clubhouse)

2pm - 3pm Chair yoga, \$10 per person (Clubhouse)

6pm for 6.30pm Bingo (Clubhouse)

FRIDAY

8.45am - 10am Shopping bus to Beenleigh (meet in the front carpark)

9am - 10am Aqua aerobics (Indoor Pool)

11.30am - 1.30pm Bistro lunch (Clubhouse)

SATURDAY

8.30am start Lawn bowls (Bowling green)

12pm Christian lunch (monthly, Clubhouse)

SUNDAY

9am Church service (Clubhouse)

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

Local 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 (Darcy @ Shockproof Electrical): 0432 288 442

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): 0407 060 243

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



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

11 Royal Drive: \$400,000



Beds2

Bath1

Living1

Alfresco1

Garage1

17 Royal Drive: \$515,000



Beds2

Bath2

Living2

Alfresco2

Garage2

12 Fern Court: \$515,000



UNDER CONTRACT

Beds2

Bath1

Living1

Alfresco1

Garage1

18 Cedar Court: \$420,000



SOLD

Beds2

Bath2

Living1

Alfresco1

Garage1

6 Lake Court: \$480,000



Beds2

Bath1

Living1

Alfresco1

Garage1.5

5 Palm Court - \$495,000



UNDER CONTRACT

Beds2

Bath2

Living1

Alfresco1

Garage1

25 Cedar Court: \$475,000



SOLD

Beds2

Bath2

Living1

Alfresco1

Garage1

Refer a friend,
earn a reward.

A \$250
CASH BONUS
FOR YOU



Do your friends love it here?

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 774 866.

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.

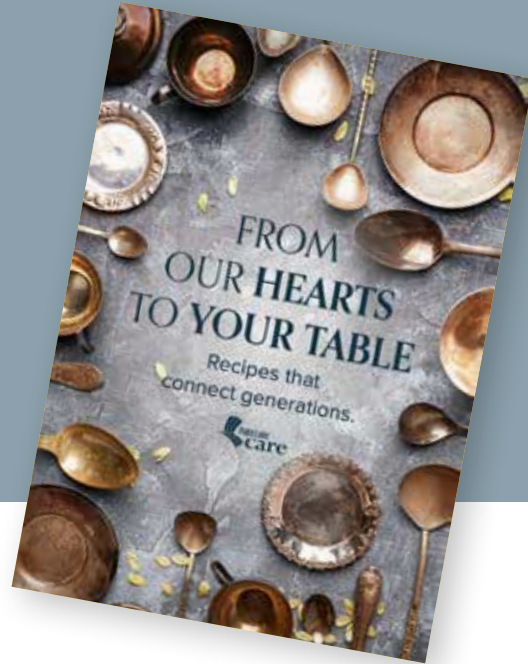
"She introduced me to new foods like Stampot Boerenkool, which we'd enjoy in winter with sausage, always saying 'Eet lekker!' which translated to 'eat well'. This dish still brings back warm memories of my time on the farm."

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 774 866 | bethania@pallmlake.com.au
43 Goodooga Drive, Bethania QLD 4205

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