

The Essence



The Humpback Highway

Our friends have returned!
Find out where - and when - to
see migrating whales

Lots of fun(draisers)

Inside, read about how our
homeowners have come
together - for great causes

Over the back fence

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



Welcome.

We arrived home to a ‘chilly’ reception into Brisbane, following our recent holiday in the sun!

Our cruise was all we expected it to be: a break from the daily routine, exploring some great destinations whilst indulging in a range of culinary delights. The biggest decisions of the day consisted of 'Which variety of onboard activities should we attend?', 'Which dining option will we choose?', 'Is it too early for a cocktail?' and 'Should we just relax and read a book?!'.

It was definitely a great way to unwind, and the service was outstanding. We highly recommend cruising as a holiday vacation.

Welcome to our newer homeowners, Michael and Zanette O'Reilly, Charmaine Pearce and Susan Cavanagh. We hope you've settled in well and are enjoying being part of the Palm Lake Resort Cooroy-Noosa community.

As usual there is a lot happening here in the resort. Don't forget to check your events calendar as there are some fantastic social evenings coming up. You won't want to miss them!

As the weather transitions towards cooler days, I know there are some of you who are loving the seasonal changes and crisp air! Enjoy, Summer is only a few months away!

Until next time,

Kirstine and Jon Jones
Palm Lake Resort Cooroy-Noosa 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.

If you have any questions about Palm Lake Resort Cooroy-Noosa or if you are interested in touring our resort grounds and world-class facilities, simply contact us!

FREECALL: 1800 885 851

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salescooroy@palllake.com.au

ONLINE: Visit our website
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News in brief.



Looking for convenient and high-quality care?

There are limited vacancies at Palm Lake Care Caloundra (pictured above) as well as Palm Lake Care Beachmere available now. Vacancies come and go quickly and Palm Lake Care prioritises Palm Lake Resort homeowners and their families. If you have someone needing high quality 24-hour nursing care, you can FREECALL Care Solutions to discuss their needs on 1800 24 66 77.

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

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.

Weekly activities.

MONDAY

8am Mat yoga
8.30am Uniforms 4 Kids sewing group meet
9.15am Chair yoga
10am Crochet, knitting (Library)
1pm Band practice
1.20pm Lawn bowls
3pm Ladies Pool Room fun
3.30pm Bar opens
5pm Pickleball

TUESDAY

7am Walking group (meet outside Pavilion)
8am Social tennis
8.30am Uniforms 4 Kids sewing group meet
9am Lawn bowls coaching, Aqua aerobics (indoor pool)
10am Aqua aerobics (indoor pool)
1pm Art class (Craft Room), Indoor bowls (Pavilion), Art & Craft Club (Craft Room), Mah-jong (Library)
2.30pm Guided meditation (fortnightly)
3pm Badminton
4.30pm Bar opens
6pm Homeowners' dinner

6.45pm Table tennis
7pm Cards (Pavilion)

WEDNESDAY

8am Table tennis (Pavilion)
8am-10am Croquet (tennis courts)
8.30am Bus shopping trip
9am Social table tennis
1pm Mah-jong (Library), Board games (Pavilion)
1.20pm Lawn bowls
1.30-3pm Line dancing
3.30pm-4pm Dance fitness
5pm Pickleball
6.30pm Lawn bowls

THURSDAY

7am Croquet
8am Mat yoga
9.15am Chair yoga
10.25am Group exercise class with Lee
11.30am-2.30pm PT at Milon (bookings required)
12.30-3.30pm Lawn bowls (alternate weeks)
1pm Mah-jong (Library)
2.45pm Choir
4.30pm Bar opens
6pm Homeowners' dinner

7pm Cards

FRIDAY

7am Walking group (Pavilion)
8am Social tennis, Aqua aerobics (Indoor Pool)
9am Aqua aerobics (Indoor Pool)
10.30am Qigong class
4.30pm Casual bowls, food follows (1st Friday)
4.30pm Happy Hour (Pavilion)

SATURDAY

8am-10am Social tennis and Croquet (tennis courts)
10am Old time dancing
1pm Board games (Pavilion)
1.20pm Lawn bowls
3.30pm-4pm Dance fitness
4pm Men's group (first Saturday)
6pm Bar opens for bingo (third Saturday)
7pm Bingo

SUNDAY

8am Social tennis
9.30am Social lawn bowls
1pm Board games
3pm Croquet (tennis courts)
7pm Movie night (first Sunday/month)



Mum's the word.

Palm Lake Resort Cooroy-Noosa was abuzz with love and laughter on Saturday, May 10, as over 100 residents gathered to celebrate Mother's Day with a picture-perfect high tea.

Hosted by the ever-enthusiastic Social Committee, the event was open to all resident ladies, who were invited to bring along their favourite tea set – the more decorative, the better! The tables were adorned with dainty cups, saucers and plates, each one with its own story, adding a personal and nostalgic touch to the morning.

A sumptuous spread of homemade sweet and savoury delights was provided by generous residents and lovingly arranged for all to share. The Social Committee outdid themselves with the presentation, creating a truly elegant and welcoming atmosphere.

The event wasn't just about tea and treats – it was a chance for the ladies across the resort to connect, reflect and celebrate the important role mothers and grandmothers play in our lives. It was a joyful morning of conversation, community, and of course... cake!

Thank you to everyone who contributed, attended, or helped make the morning so special. Events like this are what make our Palm Lake Resort Cooroy-Noosa community feel like home.



Walk for him.

I have been overwhelmed by the generosity of this wonderful community in supporting the Walk For Him fundraiser which I have been doing for prostate cancer research. Many of us in the resort have (or 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.



With agreement from Jeanette (Home 202), I set up a small table at the memorial evening for Harry on June 13 to raise funds for prostate cancer research. By that point, I had raised just over \$1000 and had walked over 80-kilometres since June 2. My aim was to complete at least 25-kilometres before the fundraiser ended on Sunday June 15.

By the end of the fundraiser, the donations I had received – both in cash and online – totalled \$4734, placing me eight out of 1215 participants on the national leader board. Those of you who made this possible should be very proud and can rest assured that the money will be going to a very worthwhile cause – prostate cancer research.

The total raised Australia wide was \$392,117, and I hope to see this number grow year after year. As the most commonly diagnosed cancer in the country, communities need to do more to raise awareness and funding for life-saving research.

As a member of the Prostate Cancer Foundation Australia (PCFA), I intend to write to the foundation to try to raise our profile and attract a larger slice of cancer-related fundraising throughout Australia.

If you have concerns or would like to understand prostate cancer better, I recommend you go to the website www.prostate.org.au. There, you will find detailed information and advice. I urge all men to have a simple PSA blood test, if they don't already do it. This is the most reliable way to detect prostate cancer early, which is key to survival.

As a community we certainly did our bit. If you have any suggestions about how the wider community might do more, please let me know by emailing me at ianmbates0@gmail.com.

Thank you once again to everyone who donated. Rest assured, the 114 kilometres I walked was a pleasure (if a little cold at times!).

Kind regards,

Ian Bates (Home 15)

Biggest Morning Tea.

Our Palm Lake Resort Cooroy-Noosa Biggest Morning Tea – a fundraiser for the Cancer Council – was a huge success. With approximately 100 guests in attendance, everyone enjoyed coming together to listen to the beautiful music and singing from Lynda and Margaret. Many thanks to those two ladies, who are really excellent entertainers.

A huge thank you, also, to those wonderful 'sewing' ladies for providing and serving up a delicious array of food. Also, the 'binnies' men who offered up tea and coffee, and assisted as much as they could.

To the 100-odd guests in attendance, thank you for your generosity and patronage. With your help, we were able to raise \$2020.30 in cash donations on the day. Counting the online donations, our total contribution to the Cancer Council was an impressive \$2297.

Well done, everyone!

Yvonne Pattinson OAM JP(qual)





Our friends return.

EACH YEAR FROM JUNE TO NOVEMBER, THOUSANDS OF HUMPBACK WHALES MAKE THEIR WAY ALONG AUSTRALIA'S EAST COAST, MIGRATING BETWEEN THEIR ANTARCTIC FEEDING GROUNDS AND THE WARMER WATERS OF QUEENSLAND. IT'S A SPECTACULAR NATURAL EVENT – AND IF YOU LIVE AT A PALM LAKE RESORT, CHANCES ARE YOU'RE RIGHT ON (OR VERY CLOSE BY) THE HUMPBACK HIGHWAY.

Whether you're watching from a scenic headland or hopping aboard a whale-watching cruise, there's nothing quite like spotting the flick of a whale's tail or a mighty breach out at sea. And while you might be familiar with your local whale watching vantage point, why not get out and about this season and try a new spot? A little bit like a pub crawl, you could use the season to visit a bunch of different wonderful coastal locales with your binoculars, and take in the whales from a variety of great viewing destinations.

Some of the best places to catch a glimpse of these gentle giants include **Hervey Bay** in Queensland, where the calm, protected waters offer rare opportunities to see whales up close as they rest and play with their calves. Peak viewing here is from July to October, and the town celebrates with its annual Whale Festival. On August 7, 9 and 10, enjoy a vibrant festival of live music, food and community spirit. For more, visit herveybaywhalefestival.com.au

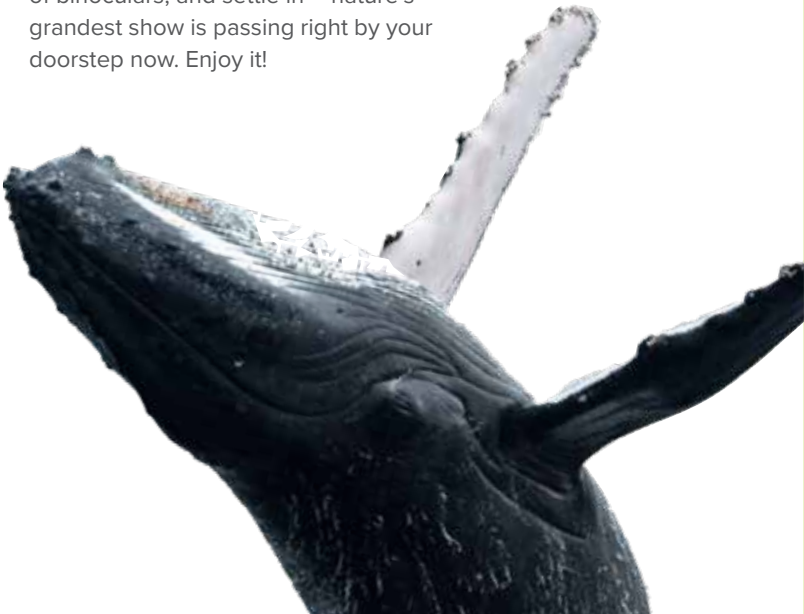
In New South Wales, the headland at **Port Macquarie's** Tacking Point Lighthouse provides excellent vantage points from May through November. **Byron Bay**, Australia's most easterly point, is another top spot – especially at sunrise or on still, clear mornings when the ocean surface is calm and whales are more active. Further south, **Coffs Harbour's** Muttonbird Island and the surrounding Solitary Islands Marine Park offer both land and boat-based viewing opportunities.

Even in Victoria, you're not missing out. **Phillip Island**, with lookouts at the Nobbies and Pyramid Rock, offers sightings during both legs of the migration, with June and July being the best months for viewing.

When it comes to timing, mornings and early afternoons are ideal, particularly on calm, sunny days. Whales are often more active during these hours, so you may be lucky enough to spot a breach, a tail slap, or the telltale spout of air as they rise to the surface to breathe.

To stay updated on the latest whale sightings, keep an eye on local coastal Facebook groups and tour operator pages, many of which share daily updates and photos. The **Wild About Whales** website and app, run by NSW National Parks, is another great resource, offering real-time sighting reports and maps.

Whether you're a seasoned spotter or a first-time enthusiast, whale watching is a reminder of just how special it is to live by the sea. So pour a cuppa, grab a pair of binoculars, and settle in – nature's grandest show is passing right by your doorstep now. Enjoy it!



Meet your neighbours...

THIS IS OUR REGULAR SERIES ON THE PEOPLE WHO MAKE UP THE RICH FABRIC OF THIS WONDERFUL COMMUNITY WE ALL CALL HOME...



NEIL AND JAN (HOME 213)

Jan: Moving to Cooroy and Palm Lake Resort wasn't a planned move. We originally intended to reside in Brisbane to be near our son and his family. After not finding a suitable home, we began to look elsewhere – which resulted in a hit on an appealing house in this resort. The rest is history. My sister is in Sunrise Beach so we had visited Cooroy during regular stays over many years, but never envisaged that we would one day be residents.

Neil and I were born (a fair while ago) and grew up in Cooma, New South Wales, at the foothills of the Snowy Mountains. We lived, worked and retired there, so you might say we were 'locals'. Neil initially worked with the Snowy Mountains Authority, and then the Snowy Mountains Engineering Corporation (SMEC) – during which time we spent some four years in the Philippines and Thailand on Australian Aid rural development projects. On finishing school, I became a hairdresser by trade. In later years, after returning from overseas, I worked retail in ladies fashion, furniture and giftware until retirement.

Moving to Palm Lake Resort has been great. The friendliness of our neighbours and the many residents that we have met is remarkable. Coupled with the change to a warmer climate from the sometimes (often) bitter Snowy Mountains weather, and with family now only being a 'stone's throw away' in Brisbane and Sunrise, we have found this a very pleasant living option.



MARGARETT AND RODNEY (HOME 154)

Margarett: Rod and I met in 1962, on the Bretagne ship headed for the United Kingdom. Rod was on his way to reunite with family after 12 years in New Zealand – he was one of six kids sent out from the UK to the farms of New Zealand in 1950... but that's another story! The lifeboat kids on the Rangitoto.

I was venturing on a three-month hitchhiking holiday around Europe with three girlfriends. Rod and I quickly found we had music in common, and by the next year, 1963, we were getting married in Sydney. We had also put together a professional flow show, incorporating Hawaiian dance, tap dance and George Formby banjo uke.

We were known as the 'Chelsea Two' and performed regularly around the lucrative Sydney club scene, country RSLs, Adelaide Tonight Show and various corporate gigs. The introduction of poker machines into clubs was the downfall. We decided to move to Queensland and perform in clubs in Brisbane and its surrounds, but unfortunately it was no match for Sydney. In 1968 we did a New Year's Eve gig on the Sunshine Coast, at Surfair Hotel's 'Top of the Surf'. From there, we became the resident duo there four nights a week, playing for diners until 1974.

Palm Lake Resort Cooroy-Noosa has reignited our love to perform music and we are enjoying sharing the stage with their two other resident bands.



Homes for sale.

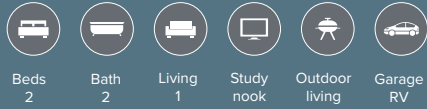
FOR MORE INFO, CONTACT THE PALM LAKE RESORT SALES INFORMATION CENTRE ON 1800 885 851 OR EMAIL SALESCOOROY@PALMLAKE.COM.AU

Home 77 - \$880,000



This lovely Surfside ticks many boxes. Two bedrooms, activity room, two bathrooms, double garage and ducted air-conditioning are just some of the inviting features of a seamless blend of effortless living and beach vibes. The gourmet kitchen is adorned with top-of-the-line SMEG appliances that are as stylish as they are functional. A spacious open planned living and dining room opens out onto a well-covered tiled alfresco area with blinds installed for comfort and protection. The master bedroom has a WIR and an ensuite with double vanities and ample storage. A second bedroom and activity room are toward the front of the home with the second bathroom close by for the comfort of your guests.

Home 35 - \$1,195,000



This thoughtfully designed RV-style home at Palm Lake Resort Cooroy-Noosa blends elegance, comfort and convenience. The 'Sunshine RV' floorplan features two spacious bedrooms, two bathrooms (including an ensuite) and a well-sized study. High ceilings and abundant natural light create a bright, airy atmosphere, while the open-plan living and dining areas flow seamlessly into a covered alfresco, overlooking a generous backyard with beautifully landscaped gardens. Whether you're seeking a vibrant community or a luxurious place to call home, this is the ideal destination for over-50s living. Experience the perfect balance of adventure and relaxation.

Your sales update.

Thinking of selling? Trust the people who know your community best!

As caretakers of our wonderful over-50's lifestyle resort, we're more than just familiar faces - we're truly part of the fabric of this community. That's why, when it comes time to sell, there's no better choice than working with someone who knows your home, your lifestyle, and what makes living here so special.

Since December 2024, we've proudly helped nine of our neighbours sell their properties, guiding them smoothly through the process with care, insight and personal attention. Because we live and work here every day, we understand exactly how to highlight the unique benefits of our resort to buyers, helping achieve the best possible results.

If you're considering selling, now or in the future, please come and have a friendly chat with us. We'd love to talk about how we can make the next chapter of your journey as seamless and rewarding as possible.

For more information about buying into our resort, FREECALL 1800 885 851.



Kirstine and Jon
Palm Lake Resort Cooroy-Noosa Caretakers

Refer a friend and earn yourself a reward

A \$250
CASH BONUS
FOR YOU



Do your friends love it here at Cooroy-Noosa, 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, FREECALL 1800 885 851.



Over the back fence.

THE PALM LAKE GROUP SPANS 27 RESORT ADDRESSES 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 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!

Cheers to the success of caffeinated charity event

There's one charitable fundraising event that seems to pique the interest of our Palm Lake Resort homeowners more than others, and that's Australia's Biggest Morning Tea. This annual fundraiser is hosted by the Cancer Council to help support people affected by cancer. Held each May, the event invites individuals, workplaces, schools and communities (like ours) across the country to come together over a cuppa and a bite to eat while raising vital funds for cancer research, prevention and support services. Every dollar raised goes towards funding world-class research, running life-saving prevention programs and offering essential support for Australians impacted by cancer. One in two Aussies will be diagnosed with cancer by age 85, making the Cancer Council's work more important than ever.

Pictured right, from top down, our Carindale Caretaker, Wayne raised \$200 by 'raffling' his beard! Yamba resort hosted a vibrant Madhatters' Tea Party with some great costumes. Waterford's event saw a fashion parade combined with a lovely spread of delicious goodies. And down at Willow Lodge, The Lodge Country Club hosted a great event with many donated prizes raffled to add to the final tally. Here's a little snapshot of some of the results of Palm Lake Resort fundraisers across our group, totalling more than \$47,000 so far!

- Banora Point: \$3133
- Bargara: \$4215
- Beachmere Sands: \$3260
- Carindale: \$3500
- Cooroy-Noosa: \$2107
- Eagleby: \$5000
- Forster Lakes: \$10,250 (an incredible result for an event organised by homeowner, Lyn Wootten!)
- Mt Warren Park: \$2500
- Phillip Island: \$2303
- Truganina: \$1750
- Waterford: \$3000
- Willow Lodge: \$3745
- Yamba: \$2265



Caloundra: \$8K for The Salvos

Following two outstanding fundraisers in recent months, Caloundra Cay homeowners have seemingly, and resoundingly, adopted The Salvation Army as their charity of choice. Their most recent event, tagged the 'Give Back Dinner', raised \$8050 for the Salvos, with the funds to stay on the Sunshine Coast in support of a project named 'Family Pathways'. This epic result followed the donation of 81 Christmas hampers by Caloundra Cay residents back in December, which were distributed to needy Sunshine Coast families. Chief organiser of the Give Back Dinner, homeowner Bernie, described the event as "an outstanding success". "We had 63 attendees, and our goal was to raise \$5000," he said. "The end result was \$8050, an amount which was far beyond our expectations. And while the fundraiser, as such, was a huge success, the night of entertainment was also incredible."



We heart resort volunteers

Palm Lake Resort Ballina recently celebrated three remarkable people whose dedication and community spirit have changed this resort for the better. Beryl Boness, Stan Peck and Keith Johnson have each contributed more than 10 years of volunteer service, as part of the resort's beloved Cinema Group. Beryl and Stan were among the founding members of the group, which has spread the joy of the silver screen through its regular 'Movie Wednesdays' and 'Saturday Night at the Movies' events. Their vision and commitment helped shape a much-loved tradition at the resort. Beyond their cinematic contributions, all three have supported fellow community members in creating and sustaining a variety of other special interest groups. Their efforts have helped create connection, creativity and countless memorable evenings for all who call this resort home. The resort wouldn't be the same without you three!

Carindale marks 25 years

Palm Lake Resort Carindale is hosting a lovely celebration in July - the 25th anniversary of its ownership under the Palm Lake Resort banner. Many nostalgic photos have been dug up out of the archives for the planned event, by a very engaged group of homeowner history buffs. Among them are the two photos pictured right featuring a young Palm Lake Group MD Scott Elliott from the early 2000s! We wish the homeowners and resort management team the best for a lovely event.



Yamba homeowner quilter named best in show

The recent Maclean Show saw the crowning of our very own Palm Lake Resort Yamba homeowner, Wendy Flitcroft, as Champion Overall. It's a prestigious title for Wendy who received the commendation based on her creative handicraft. Wendy's work is known for its intricacy and striking detail. Congratulations Wendy. Given the high number of creative crafters and fellow artisans across our Palm Lake Resort network, we are all very proud of you!

Tell us what's happening 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? Are you and/or your neighbours doing something special that you're proud of - and you know we'd be proud of too? We'd love to hear from you and include your story in these pages in the next editions of all our resort newsletters. **Simply contact your Caretakers or email the details to Belinda at belinda@bellepr.com**



This is your time
to embrace more.



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