

The Essence

November - December 2023



REFER A
FRIEND AND
SCORE A CASH
INCENTIVE!
DETAILS INSIDE...



MEET YOUR NEIGHBOURS

Do you know your
neighbour? Our special
series continues inside...

AROUND THE GROUNDS

Did you frock up for our recent
jazz evening? Check out all the
glitz and glam, inside...

IS YOUR DREAM HOME HERE?

Check out our latest listings
and refer a friend to score
our cash incentive



Welcome

This year has seen lots of activity - there's never a dull moment here at Palm Lake Resort Cooroy-Noosa with our homeowners being treated to many amazing events organised by our Social Club Committee. It's great to see everyone involved and genuinely having a good time.

We finish 2023 with our usual Christmas festivities in the Pavilion Country Club with a Carols by Candlelight in late December and, of course, you don't want to miss out on our delicious, Christmas meal week! Many thanks again to the wonderful volunteers who will transform our Country Club into a magical wonderland at this time of the year - we appreciate all your efforts.

With the end of year parties and the pre-Christmas rush, the weeks leading up to Christmas can evoke all kinds of emotions.

There are some who have lost someone special this past year and we know after the loss of a loved one, the first Christmas can be difficult. Our thoughts are with you over this festive season. We hope you find comfort and joy with your family and friends.

With Christmas also being one of the busiest times of year, we wish safe travels to all those heading off on holidays and send a warm welcome to the families and grandchildren who will be arriving here shortly.

As we see another year end and we welcome the New Year in, Jon and I wish you all a very Merry Christmas and a Happy New Year. May your days start with a smile and end with Champagne!

**Kirstine and Jon Jones, Caretakers
Palm Lake Resort Cooroy-Noosa**

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!

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Instagram (@pallm.lake.resort)

Cover photo and above:
Noosa Main Beach, courtesy of
Tourism and Events Qld



News briefs

**HAPPY
MILESTONE,
ANNIE!**



Refer a friend to come join you

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 Cooroy-Noosa home, you'll receive \$250 cash. Easy! Ask about our 'Refer a Friend' incentive at the office.

Three cheers for our Annie!

Palm Lake Resort Cooroy-Noosa homeowner Annie De Gruchy (Home 23) celebrated her 80th birthday recently. It was quite the celebration for Annie, here at our resort. We all wish her the best for her milestone birthday!

Social butterflies connect

Are you on social media? We are, too! You can find Palm Lake Resort on Facebook and also Instagram. Make sure you like and follow our social media profiles to see even more news from right across our dozens and dozens of locations, across the east coast of Australia.

Facebook: @palllakeresort
Instagram: @pallm.lake.resort



Save the date for Carols by Candlelight

One of the biggest dates on our resort's festive season calendar is our annual Carols by Candlelight event. Keep Sunday, December 17 free for it - and make sure to let your friends and family know, too. What a wonderful event to share with your special people at this most special time of the year!

Weekly activities

Monday

7am Walking group (meet outside Pavilion)
8am Mat yoga
8.30am Uniforms 4 Kids sewing group meet
9.15am Chair yoga
10am Crochet, knitting (Library)
1pm Band practice
1.30pm Lawn bowls
3pm Ladies Pool Room fun
3.30pm Bar opens
6pm Pickleball
7pm Movie

Tuesday

8am Social tennis
8.30am Uniforms 4 Kids sewing group meet
9am and 10am Aqua aerobics (indoor pool)
1pm Indoor bowls (Pavilion)
1pm Art & Craft Club (Craft Room)
1pm Mah-jong (Library)
3pm Badminton
4.30pm Bar opens
6pm Homeowners' dinner
6.45pm Table tennis
7pm Cards (Pavilion)

Wednesday

8am Table tennis (Pavilion)
8.30am Bus shopping trip
1pm Art class (Craft Room)
1pm Mah-jong (Library). Board games (Pavilion)
1.30pm Casual bowls
2pm Line Dancing
6pm Pickleball
6.30pm Lawn bowls

Thursday

8am Mat yoga
9.15am Chair yoga
10.15am Group exercise class with Lee
11.30am-2.30pm PT at Milon gym (bookings reqd)
1pm Mah-jong (Library)
1.30pm Line dancing
2.45pm Choir
4.30pm Bar opens
6pm Homeowners' dinner
7pm Cards

Friday

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

Saturday

9am Lawn bowls
10am Old time dancing
1pm Board games (Pavilion)
1.30pm Lawn bowls
4pm Men's group (first Saturday)
6pm Bar opens for bingo (third Saturday)
7pm Bingo

Sunday

11am Social bowls
1pm Board games
2pm Social tennis

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...



Russell Butler & Yvonne Pattinson (Home 87)

Russell was born in West Wyalong and went to school at Farrer Agricultural College. He started farming in 1959 with his brother, Dudley (Home 78), and later ventured out alone to Moonie where he grew crops and had cattle and sheep. He moved to a farm on Black Mountain in 1974 and has been in Cooroy ever since. Russell has farmed, flown, sailed, played tennis, lawn bowls etc in Cooroy during that time, along with being on, and forming, many committees in the Cooroy area. Russell has two daughters and four grandchildren all living in Cooroy. Yvonne was born in England and grew up in Orange, NSW. She lived in Sydney for a short time and then in Canberra. She moved to the Sunshine Coast in 1978 and then on to Cooroy when she met Russell, 26 years ago. Yvonne was awarded an OAM in 2012 for her commitment to many organisations over the years. Her latest achievement being the founder of the very successful Uniforms 4 Kids Charity which has grown with groups operating throughout Qld, NSW, ACT and Victoria. Yvonne has two sons and two daughters and many grandchildren. They both say they love living here at Palm Lake Resort Cooroy-Noosa.

Geoff & Barb Cowan (Home 102)

We are 're-treads' after the passing of our respective spouses. Although we went to primary school together, we reconnected on a blind date on Valentine's Day in 1998 (with thanks to Geoff's mother). We married on November 14 that same year! Geoff was working at the Shell Oil Co as a Movements Controller and retired in July 2004. Barb was a hairdresser, having worked in the TV industry and then as a mobile hairdresser. After our marriage, we travelled in our caravan around Australia for 6-8 months of the year. In 2015, we decided that we needed to move to warmer climes and started to investigate lifestyle communities after checking out Palm Lake Resort and finding they were doing one at Cooroy. We made a deposit in January 2016 and arrived in Cooroy in August 2016 a little early for our home to be ready, so the site foreman (Warren) suggested we could stay on site in our van hooked up to the workers' house. We eventually moved into our home in early November and have clocked up seven years here. Moving to Palm Lake Resort Cooroy-Noosa was one of our best decisions. With all the friendly people and facilities, we do not intend to leave!



Ken & Cheryl Beer (Home 49)

Ken and Cheryl are Kiwis. Ken grew up in Auckland and Cheryl grew up on the Kapiti Coast, near Wellington. Ken owned a furniture removal business in Paraparaumu for 30 years. His interests at the time were boating, fishing and diving. He also was a member of the local Lions Club. Cheryl spent most of her working life with the NZ Government starting as a telephone operator in the days of shutters and way lights. After 23 years, she transferred to the Post Office. In 1999, they bought a 29 acre lifestyle block with a stream, large barn and 100 chestnut trees. Then came the toys: quad bike, bulldozer, stock to eat the grass. The pair are "second time around" and have five children between them. Cheryl's family had slowly been moving to Australia for four decades. The pair decided to make their own move in March 2013. They bought a house at Black Mountain when Palm Lake Resort Cooroy-Noosa was still just a brochure. It was always in the back of their minds to go and have a look sometime - which finally happened - and of course it was the huge RV garage that did it for Ken! Cheryl loved the houses so they made a deposit and arrived in January 2018. Nowadays, Ken enjoys playing bowls and also organising historic building trips in the resort bus. They say they have great neighbours, lovely new friends and plenty of opportunity to be involved in anything they wish!

Myles and Bernice Walters (Home 100)

We both grew up in Gisborne, New Zealand, and met on the tennis court when we were 17 and 20. We were married a few years later and have two sons and a daughter. Making the move to Australia in 1991 wasn't a huge decision having already built a home in Tewantin in 1989 and our children had grown up and followed their careers. Myles had run his own electrical business in Gisborne and Bernie had spent the last 10 years working for the NZ Police Department having previously worked for solicitors and the Justice Department. We have been Australian citizens for 29 years. On arrival in Australia, Myles ran a motor rewinding business in Noosaville until he retired in 1998 and Bernie worked at the Sunshine Coast Daily newspaper as a speed typist in Production. On retirement, we did some extensive caravanning around Australia along with overseas travel and being vintage car enthusiasts, attended many rallies and made some great friends. We have also enjoyed house-sitting and particularly on Maranthona Cattle Station, some 120km north east of Longreach where we have housesat for the past 10 years. We are one of the pioneers in Palm Lake Resort Cooroy-Noosa having moved in on November 8, 2016, and we couldn't wish for a better place to enjoy the lifestyle, friendships and activities. Yes, it's one of the best!



Margaret Willis (Home 85)

Margaret, or "Little Margie" as the Uniforms 4 Kids gang calls her, was born and raised in Lidcombe, NSW. She started work at 15 in the NSW Railways, and had a storied career being bureaucratic and busy for 12 administratively fun-filled years. After meeting her husband to be, Bob, in 1964, they married in 1966, and had their first child a year later. After another two boys, the family bounced between Sydney and Goulburn for work reasons until they settled in Seven Hills, where Margaret would spend the next 49 years. She says she "raised three occasionally intelligent boys and one husband". After doing everything a wife and mother did in those days, she somehow kept her sanity intact and re-joined the workforce in 1987, with the NSW Department of Education and Training. Over the years, she developed an amazing array of skills in knitting, crocheting, quilting, cross-stitch and sewing. She may be called Little Margie but she's a giant when it comes to textile crafts - she's not known as the Pants Elastic Lady for nothing! Her sons scattered to Penrith, Canada and Cooroy over time. She visited Canada 17 times, mostly to the west coast, but also to Churchill for the polar bears, Quebec because it's there, and Alaska because why not? Her most memorable trip was when her and Bob were on the last flight into LAX on 9/11, followed by a 44-hour bus trip to get to her son's wedding in backwoods British Columbia on time. She moved to Palm Lake Resort at the urging of her two Australian sons in 2021, and hasn't looked back since. When she isn't being social or sewing up a storm, she can be found at home, usually muttering something about how her youngest son thinks he's funny when he writes stuff like this.

David & Jane Ross (Home 93)

We both grew up in Darwin, in the Northern Territory. Jane moved there when she was nine and David moved there from Sydney when he was just three months old. It was a long trip with a truck, car and caravan and David sat on his Grandma's lap most of the way. Grandma was 75! The journey took about six weeks. They were a family of five.

We met when Jane was 15 and David was 18. We went through Cyclone Tracy and both our parents lost their homes. After we were married, five years later, we moved right out of Darwin onto 22 acres where we raised our three boys. It was a great life with lots of animals. Horses, a cow, chickens, a crazy rooster, dogs and cats. David worked his way up in his father's haulage company, North Australian Haulage, and ended up as manager. After we sold that, we bought a BP Service Station. David also worked as a supervisor for P&O Ports in the live export trade. As for Jane, she took great care of David, three boys and home life. Three moves later and adult sons, we decided to come and live on the Sunshine Coast. The humidity was getting to us. We found 50 acres at Belli Park. We were there for four years and had Australian stock horses, Brahman cattle, three dogs and a cat. We built a beautiful big Queenslander. After that, we moved to Eumundi on the Range. Finally, we moved into Palm Lake Resort - in fact, we were one of the first couples to come here. We have made some great friends and enjoy life here with our little dog, Ava, who has made dog friends, too. David is not ready to retire yet and still drives a school bus. As for Jane, she still looks after David!



All that jazz!

THERE'S NO DOUBTING THAT OUR COOROY-NOOSA HOMEOWNERS ENJOY EACH OTHER'S COMPANY. ADD SOME GREAT JAZZ MUSIC AND THE CHANCE TO DRESS UP AND THAT RIGHT THERE MAKES FOR A MEMORABLE EVENING!

Our homeowners were dressed to the nines to enjoy the smooth sounds of our recent jazz night, featuring 'Session Band'. These skilled professional band members have played with international musicians ranging from Acker Bilk to Chuck Berry to Pavarotti, to name just three from a very long list. One of the band members, Paul Williams, is one of Australia's most complete and versatile reed-instrument jazz musicians and, lucky for us, now calls the Sunshine Coast home.

Combine all that jazz with some nibbles and a cocktail (or three!) from the resort bar and it was a wonderfully vibrant event!



ROLL UP!
ROLL UP!



This summer, be water wise.

DID YOU KNOW THAT ONE OF THE EASIEST WAYS TO SAVE BOTH MONEY AND THE ENVIRONMENT IS SOMETHING YOU USE EVERY SINGLE DAY? NOW THAT THE WARM WEATHER IS HERE, IT'S TIME TO TAKE A CLOSER LOOK AT YOUR WATER USAGE...



In the kitchen

How much time do you spend waiting for the water, running from your kitchen tap, to cool down or warm up? Rather than letting it simply pour down the drain, pop a glass (or even a large bottle) under the tap to collect the water – then, let it cool down/warm up to use however you like.

When cooking – specifically, boiling – only use enough water to just cover your food. And always try to defrost frozen food in the fridge overnight rather than under a hot tap.

But, the biggest water waster, when it comes to kitchen activities, is the clean up. Your dishwasher is the highest consumer of water in your kitchen, so be sure to choose a water efficient model – check for a WELS (Water Efficiency Labelling and Standards) label, ideally with six stars. You probably know to only run your dishwasher when it's full, but did you know that you can also use the rinse function (if it has one) instead of rinsing your dishes in the sink pre-wash? If you don't use a dishwasher, just be sure to put the plug in the sink when washing up. If you have two sinks, it's a good idea to fill one with water for cleaning and the other with water for rinsing – and go easy on the dishwashing liquid so you don't need to rinse as much!

In the bathroom

Much like in the kitchen, it's important to only have the tap or shower running when you're actually using the water. Shaving, brushing teeth and even applying shampoo or conditioner can all be done without the water going – just turn it on to rinse off!

On that same note, while we all love a long, hot shower, this seemingly small luxury comes at a price (and not just financially). Did you know that your showerhead could be using anywhere from nine to 19 litres per minute? It's good practise to find out if your showerhead could be more efficient and also keep your showers to four minutes or less.

Speaking of upgrades, did you know that you may be able to modify the float arm in your toilet to lower the flush volume? There are plenty of tutorials online to walk you through the process, which will have your toilet using less water for each flush (just make sure your pan is suitable for lower flow rates).

Of course, the most important thing to do is to constantly check for leaks – not just dripping taps, but also in your toilet. To check for toilet leaks, add a few drops of dye to the cistern and wait an hour (don't flush). If dye appears in the toilet bowl, you may have a leak.

In the garden

Did you know, a huge portion of your home's water wastage won't actually occur *in* your home. According to a study by Western Australian service 'Water Corporation', sprinklers or irrigation systems account for an estimated 28 per cent of your home's water use. Hand-watering plants takes up another three per cent.

The good news is that being savvy about your water usage inside your home can help you be smarter in the garden, too. Now that you know to collect tapwater while you're waiting for it to cool down or warm up, you can use that on your plants.

When you do need to water your garden using the hose, pay attention to when you do it. The best time to water a garden is in the early morning or the evening, in order to reduce the amount lost to evaporation. Also, be sure to water thoroughly (though less frequently) to maximise the benefit to your plants and use mulch to prevent moisture loss.

If you have the opportunity to plant something new, consider choosing plants that don't require as much water. Australian natives are always a good choice as they're used to the climate (not to mention bursting with colour). Succulents and cacti are other great on-trend options.



COME AND JOIN IN THE FUN!



Pickleball: a game for all!

IF YOU'VE NOTICED A GAME OR TWO BEING PLAYED ON OUR RESORT TENNIS COURTS BUT WONDERED WHY THE RACQUETS AND BALLS LOOKED ODD, LET US INTRODUCE YOU TO PICKLEBALL...

**By Ron Schilds,
Pickleball Coordinator (Home 110)**

History of the game

Pickleball was created in 1965 on Bainbridge Island, Washington, at the summer home of Joel Pritchard, who later served in the United States Congress and as Washington's Lieutenant Governor. Pritchard and two of his friends, Barney McCallum and Bill Bell, are credited with devising the game and establishing the rules.

According to Joan Pritchard, Joel Pritchard's wife, "The name of the game became 'pickleball' after I said it reminded me of the pickle boat in crew where oarsmen were chosen from the leftovers of other boats". Other sources state that the name "pickleball" was derived from the name of the Pritchards' family dog, Pickles. The Pritchards stated that the dog came along after the game had already been named, and it was the dog that was named after the game!

Rules of the game

While it resembles tennis and table tennis, pickleball has specific rules, paddles and court dimensions. The court is 44-feet long and 20-feet wide, and the paddle is larger than the one used in table

tennis. The hard plastic ball used in pickleball produces less bounce than a tennis ball. On each side of the net is a 7-foot area (2.1 m) known as the non-volley zone, or 'the kitchen', where the ball must bounce before it is hit. The rules specify side-out scoring, where only the server can score a point. The minimal amount of bounce, the non-volley zones and the underhanded stroke with which all serves are made, give the game a dynamic pace.

The Palm Lake Resort game

The game can be enjoyed by players of all fitness levels and any age group. The aim is to have as much fun as you can (as we are not yet playing for sheep stations or trophies, here at Palm Lake Resort Cooroy-Noosa!). We play on an artificial turf court designed for tennis but appropriately marked for pickleball.

Here at our resort, there are about 20 people who play but not all attend every time, due to other commitments. On average, we have about 12 players in attendance at organised weekly games - eight on the two courts and four in the grandstand cheering on the players (and sometimes having a laugh when the ball does a funny bounce or just rolls, making the player miss!). As there is no running involved, it's an ideal sport for people who find other sports require too much energy. Scoring is a bit old-fashioned (old Badminton rules) but this may change in the future if pickleball becomes an Olympic sport.

If you're interested in having a hit, our resort players get together two times a week on Mondays and Wednesdays (currently at 5.30pm, but this changes depending on sunset). Having said that, the courts and equipment are for anyone's use at any time (homeowners can play with visiting family or friends). All are welcome to come along on a Monday or a Wednesday to check it out.

Homes for sale

FOR MORE INFORMATION ABOUT HOMES FOR SALE, FREECALL 1800 885 851.
SALES CONSULTANT JULIE-ANN IS READY TO TAKE YOUR CALL.

Home 130 - \$865,000



UNDER
CONTRACT



If you're looking for ease, this fully furnished 'Surfside' home is ready for you! With a truly functional floorplan and boasting an abundance of natural northern light throughout, the features of Home 130 include two bedrooms, an activity room, an open plan living/dining combination and an adjoining, well-appointed kitchen. There's also a skylight fitted to further enhance the 'light and bright' feel of this home. The north-facing alfresco is very impressive and has been fitted with blinds and artificial grass which makes it look so clean and fresh. The double garage with internal access, ducted air conditioning, solar panels and low maintenance gardens are just a few extra features. And, as mentioned, the added bonus to this home is that it comes FULLY FURNISHED. Easy!

Home 116 - \$895,000



SOLD!



Situated in a quiet side street with only nine other homes, this lovely Alexandra is now available for purchase. The floor plan is generous in size and features three bedrooms, two bathrooms and will accommodate two cars. The main bedroom has a walk-in robe and large ensuite (all at the rear of the home), while the remaining bedrooms are located towards the front of the home. A large functional kitchen is fitted with SMEG appliances and adjoins the spacious dining and lounge areas. Additional features include an extended roof over the laundry door, built-in ironing stations and additional storage in the garage as well as the door being insulated for extra comfort. There are pull-down blinds to the alfresco area and access for your furry friends.

Home 128 - \$880,000



SOLD!



This delightful 'Surfside' design is both practical and functional and boasts an abundance of natural light. Features of the home include two bedrooms, an activity room to transform into whatever your heart desires – study, TV room, library are just a few ideas that come to mind. A sizeable living dining room combination adjoins a well-appointed kitchen and it is also fitted with a skylight to enhance the 'light' feel of the home. A double garage with internal access, ducted air conditioning, solar panels and low maintenance gardens are just a few extra features. The added bonus to the home is that it comes FULLY FURNISHED. You heard right, all you need is your suitcase and you're in! To inspect this little gem, call to arrange a personal inspection today.

Home 46 - \$890,000



SOLD!



This immaculate 'Peregian' design is the latest home to hit the market at Palm Lake Resort Cooroy-Noosa. Beautifully presented and nothing to do when you enter the home. A soothing colour palette of white and light grey is a backdrop of endless opportunities. The home has two generous bedrooms both with built-in wardrobes and an activity room suitable for that third bed, study area or even an extra tv room, the choice is really yours. You'll also find a more than ample ensuite to the main bedroom. A large kitchen follows onto a dining area and a larger than most lounge which then opens out to the alfresco area. This home is conveniently located within the resort and is close walking distance to the Pavilion Country Club.

10,000 REASONS TO CELEBRATE

With more than 46 years' history and properties right along Australia's east coast, did you know that 10,000 likeminded people call a Palm Lake Group address home? Come join our 10,000-strong community in 2023. We welcome you home.



FREECALL 1800 885 851 | salescooroy@pallmlake.com.au
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THE BEST IN OVER-50s LIVING. THIS IS YOUR TIME.
pallmlakeresort.com.au