

The Essence

September - October 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

From black and white night, to
birthdays and tenpin bowling fun,
this is a great place to call home!

HELP IS ALWAYS AT HAND

With our 'Residents to the
Rescue' program, you're never
left wondering or feeling alone



Welcome

Don't you love this time of year? Spring has sprung and we are enjoying longer sunnier days and an abundance of gorgeous flowers are in bloom! It might be a timely reminder, however, that the warmer weather brings the snakes out again. Please be mindful of this and make sure your doors are closed properly.

If you're looking for something to do, the Currimundi Lake Twilight Market is always a good option at this time of the year. Set on the banks of the water and held on the third Friday of each month from 4-8pm, you'll find mouth-watering food stalls as well as craft beer and more. All you need to do is bring a picnic rug so you can devour your delicious haul while watching the sun set over the lake. Otherwise, if you are feeling a little more energetic, the Great Noosa Trail Walk departs from the Cooroy Butter Factory Arts Centre on Saturday, September, 30 at 6am.

Would you believe, Jon and I have been Caretakers at Palm Lake Resort Cooroy-Noosa for 12 months now! It's been a great time for us, getting to know all our homeowners and enjoying the vibe of our community! We would like to say again, it's been a pleasure working with you all.

The past couple of months have seen new homeowners move in, including Dudley Butler (Home 78), Brodie Melvin and Dianne Kelly (Home 173). We've also got Judith Black (Home 128) joining us late in September. A warm welcome to you all and we trust you will settle in well and enjoy your new life here with us. Finally, to all those heading off on holidays, stay safe on the roads and enjoy your time away.

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

PS. 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.

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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Find us online at:
palllakeresort.com.au

Get social:
Follow us on
Facebook (@palllakeresort) and
Instagram (@pallm.lake.resort)

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News briefs

Hot off the press

The Spring 2023 edition of 'Your Time' (our Palm Lake Group quarterly company magazine) has just rolled off the printing press and is headed to letterboxes and Palm Lake Resort addresses around the country. This edition keeps readers in the loop on development at our company's latest construction sites (Pelican Waters, Yamba Cove, Paynesville and more) while also celebrating the re-opening of Pelican Waters Golf Course and Palm Lake Care's prestigious independent construction industry award win. In our lifestyle section this edition, we look at ageing well and whether age is just a number? If you haven't seen a hard copy of the magazine, you can always read it online at palllakeresort.com.au



Refer a friend to come join you

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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

Uniforms 4 Kids makes the media

We were proud to see our homeowners' efforts for the Uniforms 4 Kids (U4K) charity recognised in Ruth magazine recently. You'll know our U4K members for their tireless efforts in repurposing old uniforms (donated by the likes of police, fire and ambulance officers, as well as Australia Zoo employees!) into clothing for international children in need. Ruth magazine is a national publication in partnership with the Queensland Country Women's Association and the article puts a well-deserved spotlight on the good work these homeowners do. Congrats!

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
2pm Homeowners to the Rescue coffee/chat
3pm Ladies Pool Room fun
3.30pm Bar opens
6pm Pickleball
7pm Movie

Tuesday

8am Social tennis
8.30am Bus shopping trip
8.30am Uniforms 4 Kids sewing group meet
9am and 10am Aqua aerobics (indoor pool)
1pm Indoor bowls (Pavilion)
1pm Art class (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

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...



Rob and Laurel Campbell (Home 21)

We, along with our young children, moved from NSW to Queensland in the early 1970s to buy a prawn trawler to work in Moreton Bay. It was a challenge in so many ways but a great lifestyle all the same. We then started a business manufacturing office timberware and furniture. This lasted five years before the credit squeeze of the 1990s had us looking for greener pastures. We then made a complete lifestyle change, purchasing a farm in Cooroy. It was everything we hoped for - such a great place to bring up our four children. We ran cattle and grew small crops for a number of years, eventually stopping farming so Laurel could start work for the doctors in town (which lasted the next 20 years) while Rob started working in real estate before becoming a partner in a Eumundi Real Estate Office. After 17 years, we sold our farm and our experience in real estate led us to buying, renovating and selling homes in the local area. We also indulged in Rob's love of sailing before swapping to a caravan and touring Australia extensively for 10 years. Laurel's love of cruising has also been high on the agenda. We are blessed to have our four children and their families all living in Noosa. We are very happy homeowners in this great community and have made some lovely friends.

Bob Pattison and Kathy Cooper (Home 67)

Kathy came to Australia from North Dakota, USA, in 1971 as a young school teacher looking for adventure. She fell in love with an Aussie guy in Rockhampton and ended up marrying and raising a family in Qld - the last 40 years of which were spent in the Cooroy area including many years teaching at Eumundi State School. Bob, also a school teacher, retired in Cooroy in 2004 after living and teaching in SA for most of his life. He and his wife built on acreage next to their eldest son, Jay, and family who had come to live in Cooroy in 2002. Sadly, both Kathy and Bob lost their spouses. As both were involved in the Cooroy Pomona Uniting Churches they knew each other and their common interests of church, family, caravanning and travel led to a holiday in USA in 2015, catching up with Kathy's family. Since being together they have travelled in a caravan exploring much of Australia and visiting Bob's family in several states. The day after the Palm Lake Resort sales office opened in January, 2016, they put a deposit on the very first RV home to be built here. After an April wedding and selling both homes, they finally moved here in the first week of November with a few other pioneers. They have loved watching the resort grow and develop into a close-knit community.



Adrian (Doc) Ward and Leslie Ward (Home 12)

Doc was born in Morrinsville, NZ, moved to Taupo for his high school years and then to Dunedin to the University of Otago for his teaching degree. Leslie was born in Auckland, NZ but moved to New Jersey, USA, and returned to NZ after completing a teaching degree at Winthrop University in South Carolina. We met at our first phys ed teaching jobs in Auckland in 1975. During that time, Doc played basketball for NZ, coached a men's semi professional basketball team for 14 years and also coached the NZ women's team for five years with highlights of a silver medal at the Commonwealth Championships in 1991 and the World Championships in 1994. Leslie played field hockey through high school, university and at club level once returning to NZ. In addition to teaching, Doc has had several careers including lecturing at the University of Auckland, owning a financial planning business and a marketing business. We decided to move to the Sunshine Coast for the wonderful climate and laid back lifestyle. We left NZ on Christmas Day 2009, bought a house in Tewantin and lived there until we moved to Palm Lake Resort in October 2020. At that time, we retired from relief teaching at Noosa District High School so we could enjoy all that this resort offers. It has been one of the best moves we have made. We are both thoroughly enjoying being part of this community.

Ron and Caroline Foxon (Home 38)

Ron was born in Harrow, near London, and arrived in Mosman NSW in 1968 as a 21 year old - it was the best ten pounds he has ever spent! Caroline was born in Sydney to Irish parents who met and married in India at the end of WWII and decided to come to Australia. As an "Army Brat", Caroline spent much of her childhood moving between houses and schools, finally returning to Sydney. Ron pursued a career in accounting and Caroline a career in the editorial field. We found ourselves both working at Golden Press Pty Ltd in the late 1960s and early 1970s, and were married in 1974 in Sydney. In 1984, we decided that a move to Queensland would give us a better life. We had several holidays to Noosa in previous years, so we ended up moving to acreage in Noosa Valley (now Doonan), then Black Mountain and finally Cooroy. During that period, Caroline spent many years working for Maroochy and later Sunshine Coast Councils in libraries and cultural heritage and Ron worked for Australia Post and CJ Taxation Services. After taking three years to decide to move to Palm Lake Resort, we moved 420 metres door-to-door to Home 38 where we have lived happily now for 3.5 years. We have taken up lawn bowls (with some success along the way) and we both try to use the other fantastic facilities as often as possible.



Scott and Sylvia Todd (Home 21)

Scott was born in England and came to Australia when he was 8. He lived mostly in country NSW but was educated in Sydney and Hawkesbury Ag College. He was a Jackaroo at Roma and managed large grain farms. Sylvia grew up around Lake Macquarie NSW before training as a Mothercraft Nurse in Sydney. Their early married life was spent contract grain harvesting in NSW and QLD with a home base on the Darling Downs. They then bought a fruit farm at Tinbeerwah, growing many tropical and rare fruits. Many of those 25 years were spent on committees representing the lychee and custard apple industries in South-East QLD and they even dabbled in tourism during this time. The farm made it on the TV show 'Getaway' and Stephanie Alexander's 'A Shared Table' on the ABC. They have great memories of these times. They sold in 2005 to go motorhoming but Cooroy has been their home town for most of the past 40 plus years, apart from a few years in Tewantin. Their granddaughters love the facilities here at Palm Lake Resort Cooroy-Noosa, especially the pool and (their recent discovery) the dog park - they love to pat the pooches! The Todds moved into their home in 2017 and say Palm Lake built the resort at just the right time for them!

Lorraine and Ian Bates (Home 15)

We 'hooked up' when we were 16 and 17 and it wasn't long before we knew we were a match for life. Ian bought an engagement ring with the proceeds of selling rabbits and washing cars, but we weren't allowed to announce our engagement for another three years. We were married in our home town in 1966, aged 20 and 21, and flew back to PNG (where we were living at the time) and stayed for another six years. Our two children were born in Goroka, PNG. On our return, we lived in Brisbane for seven years and then bought 16 acres in Kin Kin. Ian has had a varied career - Patrol Officer, Real Estate Manager, Security and Investigation business, small-crop farmer, fruit and veg wholesaler, and finally as partner in the five H&R Block franchises here on the Sunshine Coast as IT Manager. Lorraine was a teacher at Monkland, Cooroy, Eumundi and Noosaville - but her best job was as an Education Adviser, training teachers in the teaching of literacy and English. After 40 years in Kin Kin, Ian's cancer diagnosis was the catalyst to moving and when we were shown Palm Lake Resort, we were blown away by the facilities, the ambience and the lovely homes - so we signed up the very next day! We are loving life here. It is our privilege to volunteer as Secretary of HOC (Ian) and the Social Committee and choir (Lorraine). We never plan to leave - voluntarily!





Around the grounds

THERE'S NO DOUBTING THAT OUR COOROY-NOOSA HOMEOWNERS ENJOY EACH OTHER'S COMPANY. HERE'S JUST SOME OF WHAT EVERYONE'S BEEN UP TO LATELY...

Pictured left: Check out our homeowners in their fancy threads for our black and white-themed social event, recently. It was a great night!



Pictured above: Happy 80th birthday to our homeowner, Margaret Webb (Home 154)! Margaret's beautiful family surprised her for her birthday by flying up to visit from Sydney. What a lovely day!



Pictured above: Hey everyone! My name is Kirsten Hackney and I am the aqua instructor at Palm Lake Resort Cooroy-Noosa. If you have ever been sitting on the fence as to whether aqua aerobics is for you here are just a few examples of what working out in the water can do for you:

- Aqua aerobics gives you a fantastic cardiovascular workout, the water supports the body, putting less stress on your joints and muscles and the resistance of the water means that opposing muscle groups are worked in each movement as you push and pull against it.
- The supportive quality of water makes it easier to stay balanced and stops short what would otherwise be a high-impact fall even when we do lose our balance in the water.
- And... it's fun! It's not often you can say that about a workout!



Pictured above: There's no doubting our tenpin bowling alley has great 'Wow!' factor. The tenpin bowlers run singles and doubles competitions lasting around 17 weeks, depending on the number of entrants. Players are able to play at times to suit themselves and they use handicaps to equalise ability levels. At the end of each season, they hold a presentation night with awards for winners, high series, games etc and the most improved players. They also have perpetual trophies and, of course, wooden spoon awards! Tenpin bowling has been a great way for homeowners to get to know each other. As you will see by these photos taken on presentation nights, the tenpin bowlers definitely have a lot of fun!

Pictured left: A quiet game of chess was the order of the day when this photo was snapped. Chess is a great way for likeminded homeowners to come together and you can find our chess boards in the Pavilion Country Club.



Pictured above: It was nice to see some of our homeowners going out together to enjoy the sights and sounds of the popular Mary Valley Rattler.





FRIENDS
APLENTY

Help is always at hand here

WHEN YOU HAVE A QUESTION, SOMEONE IN OUR 'RESIDENTS TO THE RESCUE' GROUP WILL NO DOUBT HAVE THE ANSWER...

Palm Lake Resort Cooroy-Noosa has always been a special place. Our community has gone from strength to strength as homeowners arrived and became neighbours and then good friends.

"Residents to the Rescue" (R2R) all started right back when the first homeowners started moving in, before there were facilities and homes were still under construction. We relied on each other to help solve problems in sometimes unfamiliar circumstances. As the resort grew, so too did the population - and so too did the number of questions we had. A group was organised with the aim to simply help each other out. More than 20 homeowners offered their time and skills to do things like drive someone to a doctor's appointments, set up computers, do a little gardening, meet for coffee, have a home visit and provide some social contact.

As our community has grown, we've noticed a change in the questions being asked. Homeowners have become more interested in learning more about mobility, illness and ageing. Our basic purpose has always been to provide assistance so nowadays, R2R offers information on health, future planning and community services, which once sounded boring but is now relevant to many of our neighbours. R2R has organised visiting speakers to address concerns about home care services, prostate cancer, palliative care and the like.

Pictured above: Our Residents to the Rescue group is here to help. Members include Kathy (Home 67), Chris (Home 81), Jill (Home 65), Suzanne (Home 22) and Sue (Home 7).

As a result of members' incredible efforts over the years, Residents to the Rescue has collected and collated folders of information that are now ready for anyone to access when looking for help in making decisions about your future. Their research has uncovered an amazing range of services that most people may not know about.

The R2R gang usually holds a monthly meeting but they welcome and encourage anyone to ring an R2R member with any queries they may have about, well, anything! Members include Kathy (Home 67), Chris (Home 81), Jill (Home 65) and Suzanne (Home 22). Also, for information on borrowing or sharing mobility aids, phone Sue (Home 7). Sue has a growing list of aids people no longer need and are available to be used.

The next two speakers booked by R2R to stop by Palm Lake Resort Cooroy-Noosa include:

September 8, 10.30am: James McFarland presents Sophie, A Sleep Heath Seminar (in the Cinema)

October 27, 10.30am: Peter Porcellini will talk about wills, estates and other legal advice (in the Cinema).

It's important to note that the members do not give advice, only information. And they do not promote any specific companies - just provide you with a range of choices. If you would like to be a volunteer with the group, contact Kathy (Home 67).

Don't forget: A smile is contagious, so spread it around. And a stranger is simply a friend you haven't met yet.



Auctions make cents

**PALM LAKE RESORT COOROY-NOOSA
HOMEOWNERS REALLY ARE A
DELIGHTFULLY CHARITABLE BUNCH.**

Palm Lake Resort Cooroy-Noosa has hosted three cent auctions over the past three years with almost all of the magnificent prizes donated by our very own homeowners.

Not only have these events been great fundraisers, we have all enjoyed such fun and fantastic morning teas with our fellow homeowners and their invited guests.

Our first cent auction raised almost \$1000 for Bravehearts.

Next, we assisted Uniforms 4 Kids. This event was attended by Terri Irwin and her team from Australia Zoo. Again, nearly \$1000 was raised.

This year's cent auction saw joint recipients: Uniforms 4 Kids and Wild Life Warriors. More than \$1800 was raised!

Wild Life Warriors attended the event and showed videos about their organisation. An Australia Zoo representative also showed a video of the indigenous children who live in and near the wildlife conservation parks, receiving items of clothing made by our very own homeowners here at Palm Lake Resort. This brought tears to many of our eyes.

Uniforms 4 Kids has three groups in Cooroy and they have now, collectively, produced close to 30,000 items of clothing for children in need both here in Australia and overseas. All of these items of clothing have been made from used police and emergency services uniforms, as well as uniforms from Australia Zoo employees, that would have otherwise gone to landfill. Such a great cause!



The Italian job

Pictured above: Our social bowlers sprinkled a little Italian seasoning on their recent get together, combining lawn bowls with a little Italian-themed fun. The result? Bellissimo!

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



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



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



UNDER CONTRACT



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



UNDER CONTRACT



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
19 Trading Post Rd, Cooroy QLD 4563

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