

JUNE - JULY 2025



Eagleby Star



Meet the makers (and growers!)

Our resort is home to thriving social groups - our Quilters and Gardeners among them!

Around the grounds

Catch up on all the fun we've been having at our resort over the last few months...

Over the back fence

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



Welcome.

Welcome to the June-July edition of the Eagleby Star. We hope this finds you well - and preferably dry! With the amount of rain we've had lately, it's starting to feel a bit like the UK again. Fingers crossed for a few bright, sunny days to remind us why we love calling Queensland home.

Our congratulations and heartfelt thanks to Anne and her incredible team of volunteers, who went above and beyond in hosting not one, but two "Biggest Morning Breakfasts" in support of the Cancer Council. Their hard work and dedication helped raise over \$3,000 - an outstanding result and a fantastic example of the generous spirit that makes our community so special. Well done to everyone involved.

This time of year is usually one of the best in terms of weather - warm days, cool breezes and that Queensland sunshine. Let's hope the rain takes a break soon so we can all get back to enjoying our outdoor activities and social gatherings.

Lastly, a gentle reminder: kindness and respect go a long way. Whether you're interacting with fellow residents, staff or volunteers, a smile can make all the difference. Let's continue to make Palm Lake Resort Eagleby a place we're all proud to call home.

Enjoy this edition of the Eagleby Star. Here's to brighter skies ahead.

Take care and see you around the resort,

Michaela Gee
Palm Lake Resort Eagleby Caretaker

Contact us.

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

FREECALL: 1800 781 101

STREET ADDRESS:
272 Fryar Road
Eagleby QLD 4207

OFFICE HOURS:
9.30am to 12pm weekdays (11am to 12pm only on Wednesdays)

EMAIL:
eagleby@pallake.com.au

FIND US ONLINE AT:
pallakeresort.com.au

GET SOCIAL:
Follow us on Facebook
(@pallakeresort) and on
Instagram (@pallake.resort)

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News in brief.

We want to hear from you!

Whether you've snapped photos at a recent event or there's a new activity you'd like to announce, this newsletter is the place to share the latest and greatest resort happenings. Chat to your caretaker about how to submit content and to find out deadlines for upcoming editions.

Waste reminder

Green waste (Tuesdays):

June 10 and 24
July 8 and 22

Hard waste (Mondays):

July 14

Hosing hours

Please make note of our hosing hours for recycled water:

Mornings: 7am - 8am
Afternoons: 4pm to 5pm

Please hose during these times from Monday to Friday only. Please do not use the recycled water on weekends.

Medical & Disability Aids Register

A number of homeowners have asked me if I know of anyone who can lend them equipment for them to use after having a knee or hip operation. Through the generosity of our residents, I have made up an extensive list for anyone needing to loan this equipment. If you need anything after an operation, contact me and I will put you in touch with the owner of whatever it is that you require.

John Matheson
(Home 231, ph. 1431)



Bulk billing skin clinic doctors

Dr Brent Paine and Dr Jeffrey Yu, working from Mount Warren Park Medical Centre, offer bulk billing and are now seeing new patients for skin checks. Please call their reception on 3807 8588 to make an appointment.

Doctors' surgery hours

Dr Anthony Ting
Wednesday 8.30am — 9.30am

Dr Nicholas Ting
Friday 11.30am — 12.30pm

Please phone Mt Warren Park surgery for an appointment or home visit on 3807 8588.

Podiatrist is available Tuesday (bookings sheet is in the Lakeview Clubhouse).



Salon specials

This June, get eight foils, a style cut and blow dry for \$69.95. Then, in July, receive a style cut and blowdry, eyebrow tint and hot towel treatment for \$59.95. Call the salon at 3489 7988.



Gary's garden

Did you know, nestled behind our Summer House clubhouse, there is a magical garden overlooking the neighbouring lake? Developed by our gardener Gary, you can access it via a path that winds through the already established tropical plants. It's the perfect place to sit and enjoy the view.

Winter immunity boosters.

PROTECTING OUR HANDS AND HOME FROM GERMS IS IMPORTANT, ESPECIALLY COME WINTER, BUT STRENGTHENING OUR IMMUNE SYSTEM IS ONE OF THE BEST WAYS TO SAFEGUARD OUR HEALTH. HERE ARE SOME OF THE BEST INGREDIENTS FOR A STRONG IMMUNE SYSTEM.

Vitamin C

It will come as no surprise that vitamin C tops the list of immune-supporting ingredients – it's a superhero when it comes to protecting the body from harm. Vitamin C is necessary for the growth, development and repair of all body tissues. It acts as an antioxidant, protecting cells from damage caused by free radicals – unstable atoms produced either from normal cell metabolisms or external sources like pollution, cigarette smoke and radiation. Vitamin C is also involved in the formation of collagen, wound healing and the maintenance of bones and teeth, and encourages the production of white blood cells, which help protect the body against infection. As if all that wasn't enough, vitamin C also plays a part in helping white blood cells function more effectively by protecting them from damage by free radicals – it may help to reduce the severity and length of infection, too.

Where you'll find it: Blackberries, strawberries, lemons and capsicums are great sources of vitamin C.

Zinc

The second-most-abundant trace mineral in your body, zinc is present in every cell – but, your body doesn't naturally produce it, so you must obtain it through food or supplements. When paired up, zinc and vitamin C are extremely effective at fighting off infection. Even mildly low levels of zinc may impair your immune function, so you want to make sure you keep your zinc levels high – especially in the coming colder months.

Where you'll find it: Eat your beans! Beans, and especially chickpeas, are a great source of zinc, as are eggs, oats, quinoa, cashews, pumpkin seeds and meat or shellfish.

Turmeric

Turmeric has been the go-to spice in the wellness world for some time now – and, for good reason. The active ingredient in turmeric is curcumin, which may help lower anxiety levels

by reducing inflammation and oxidative stress in the body. Inflammation often increases in people experiencing depression or anxiety, and research has concluded that an increase of curcumin in the diet also increased DHA levels and reduced anxiety.

Where you'll find it: Find turmeric powder in the spice section at your local supermarket and add it to your morning smoothie or to curry or soup, for example. You can also make delicious turmeric lattes with cinnamon and steamed milk, or sip on some turmeric tea.

Ginger

Ginger is a potent anti-inflammatory that may help ease a cold or the flu. It's interesting to note that researchers reviewed the effects of fresh and dried ginger on one respiratory virus in human cells and results showed fresh ginger may help protect the respiratory system, while dried ginger did not have the same impact. Ginger may also help with nervous system function and digestive health – and it's delicious!

Where you'll find it: Use ginger in teas, to make immunity shots or throw it in your stir fry, for example. You can buy whole ginger root at the supermarket, or the minced variety in a jar – just ensure there are no additives.

Magnesium

Magnesium acts as a nervous system relaxant and is a great mineral to assist with anxiety, irritability and restlessness. It can also help alleviate tension by relaxing the muscles. Low magnesium intake has been linked to chronic inflammation, which speeds up the ageing process and can cause chronic disease. Studies have shown that magnesium supplements can reduce markers of inflammation in adults.

Where you'll find it: Foods like leafy greens, avocados and bananas are a great source of magnesium – you can quite literally eat it for breakfast, lunch or dinner.

What's happening around our resort.

Our Anzac Day was celebrated very differently this year, for a number of reasons. We had a sunset ceremony in the Lakeview Clubhouse on the April 25 with over 200 residents in attendance. Followed by our Snack Night, it was a very nice evening.

Friday nights at Lakeview saw our Villa Draws, Snack Nights, musical entertainment and a fun evening with the "Karaoke Kid" (Jim Simpson). Our own ReZident Band will be playing at Lakeview on Friday June 13 – Black Friday.

The Cancer Council Breakfast was held at the Summer House on Saturday May 10 and there was a hearty breakfast for over 120 residents. Our Biggest Morning Tea for the Cancer Council was also held in the Summer House on Sunday May 25. A huge raffle table was assembled with prizes including wine, cash envelopes, handmade items, beauty products, book tokens, gift cards and more, helping to raise lots of funds.

On Friday May 9 we had a visit from Your Lifestyle Centre Beenleigh. Eloise and Amanda (pictured top right) gave a talk on their facilities and activities. They also brought sandwiches for morning tea, which were very tasty.

We had a bus trip on May 20 to Redcliffe for a walking tour, which included lunch at a local club. June 17 will see a trip to Sea World for whale watching and lunch.

We have had some great new release movies at our cinema such as 'Wicked', 'Gladiator II', 'Conclave', 'Lee' and, on our home TV channel, 'Game of Thrones' is running every Friday.

Coming up we have our Summer House Concert on Sunday June 22 with Brit Beat Mania. They were here a few years ago and a great hit.

On June 20 we will have Gifts Galore visiting, plus a morning tea, and on July 5 our yearly Residents Concert will be held at the Summer House. Music at Lakeview on Friday July 11 will be supplied by 2 On Q.

Ann Shannon (Home 146)



***Pictured, top to bottom:** Eloise and Amanda from Your Lifestyle Centre Beenleigh; The centrepiece at our Anzac Day ceremony.*

Social calendar

Friday June 6 Happy Hour and Villa Draw at Lakeview
Friday June 13 Happy Hour and Dance Night at Lakeview with The ReZident Band (Black Friday)
Tuesday June 17 Bus Trip to Sea World Whale Watching
Friday June 20 Happy Hour and Villa Draw at Lakeview
Friday June 20 "Gifts Galore" Visit and Morning Tea at S/H
Sunday June 22 Summer House Concert – "Brit Beat Mania"
Friday June 27 Happy Hour and Snack Night at Lakeview
Monday June 30 Home Owners General Meeting 10.30am at S/H
Friday July 4 Happy Hour and Villa Draw at Lakeview
Saturday July 5 Resident's Concert at S/H
Friday July 11 Happy Hour and Dance Night with 2 on Q
Friday July 18 Happy Hour and Villa Draw at Lakeview
Friday July 25 Happy Hour and Snack Night at Lakeview

From the Pool Group.

Life sails on at Palm Lake Resort Eagleby and we all seem to keep ourselves occupied with many of the activities afforded to us here. One such activity is pool - or 8 ball, as we call it. Do you know we have a pool club on a Saturday afternoon at Lakeview, which is open to all men over the age of 50 years? It is structured and run with the precision of a Swiss watch. It costs only \$2 to enter, and you are partnered up to play in doubles. For the entre fee, you will be in the running to take home a prize. The atmosphere is calm and stress free, with access to the Lakeview bar. There are some guys who come down only to watch and have a chat, and for these people there is no entry fee. So, grab your cue and come on down, and if you don't have a cue, we do have spares on the rack.

March 1: Outright winners Kevin Swile and Bert Edwards.

March 15: Three-way draw, winners were Roly Fahrenheitst and John Beattie.

March 22: Outright winners Frank Buckley and Alex Wilson.

March 29: Two-way draw, winners were Peter Emerson and Boyd Everett.

April 5: Outright winners Roly Fahrenheitst and Bert Edwards.

April 12: Outright winners Kevin Swile and Chester Wisowaty.

April 19: Two-way draw, winners were Kevin Swords and Boyd Everett.

April 26: Three-way draw, winners were Kark Vorhouser and Ian Broadfoot.

May 3: Three-way draw, winners were Peter Emerson and Alex Wilson.

May 10: Two-way draw, winners were Tony Say and Jim Smith.

Phil Mangano
Pool Club Facilitator

HOC update.

At the end of April I resigned from the position of President of the Home Owners Association, and the Committee, effective immediately. I will still be doing the Resort News every week, cinema movies and the Summer House concerts with Linda, my own TV movies, the buses with Mary, the social letterbox flyer with Loretta, the social report for the Eagleby Star, the flyers for the noticeboards and also the mailbox gate flyers, and be involved with the other functions coming up – the Biggest Morning Tea, the Melbourne Cup, etc. The Committee will re-group at the next Home Owners Committee meeting at the end of May.

Ann Shannon
Former Home Owners' Committee President

Bowls Club report.

Hello once again to all bowlers, members and residents - a very good morning or good evening to you all, depending on when you are reading this newsletter.

In great news for our bowlers, Stuart Ritchie, Allan and Bernice Fitzgerald recently, and very generously, donated two new LED scoreboards to the club. These two now bring us to a total of six LED scoreboards, and Keith Meiforth tells us that he is working on obtaining funds to purchase two more.

We also had a very generous donation from Phil and Sharyn Mangano of eight new egress posts, including the installation of them, on the east and western ends of the bowling green. We have had several falls in the past while members are either stepping down or back up from the bowling green, and these will make it much safer for bowlers. Plus, with us playing east-west more often, it will also help with the wear on the green carpet.

The ladies B Grade Championship will start on May 18 and once again, by the time you get to read this, it will be run and won.

The Resort Challenge is drawing to a close and by the time you all get to read this, it will all be over - we only have two more weeks of competition at the time of typing this report. At this stage after almost three months of playing, there is every chance that our Gold Team may come second.

Our club will be hosting the eleven teams for the presentation night on June 16 at the Lakeview clubhouse, where we will see approximately one hundred and twenty people attending. This will certainly help the bar sales for the HOA too.

Recently we held our annual Memorial Day, where we paused to remember those members we have lost over the last twelve months. On the day we had forty-four players for a bowls game, which was followed with a hot dog and ice cream for club eighty-eight members.

Our catering ladies have been providing some delicious meals over the last six months, on the days we have had visiting clubs here for a game of bowls followed by lunch. Many thanks to these great ladies for not only supplying delicious meals, but running all events with a small profit to the club.

We have Patrons Day coming up on June 6, and we all look forward to these days where Joan Bailey, as the club's patron, puts up prize money for the winners.

Cheers everyone,

Chris Lee
Eagleby Social Bowls Club

Getting to know the Gardeners...

At 10am on the first Friday of every month, March through December, residents get together in the Summer House as part of our resort's gardening group.

As Fay Mullins, who has led the meetings for the last 13 years, explains, the whole idea is to get together to discuss ideas of what residents can do in their gardens, which type of plants to grow and to look after. Residents are encouraged to bring along plants – especially if they're not sure what to do or what sort of plant (or weed) it is! – and any ideas and stories they might have. Many a lively discussion and humorous story has been shared and enjoyed.

At times, Fay invites a guest with expert knowledge in gardening or an associated field to speak on a particular plant or subject. Recently, speakers from Rocky Point Garden Products and Searles Garden Products gave informative gardening advice. A bus trip to the Esk Garden Fair is planned and coming up soon.

It's a great way to meet people and socialise. There are about 40 members on average at each meeting, but Fay tells me they are always on the lookout for new members. All you have to do is turn up at 10am on the day.

So, if you are looking for something different and interested in plants, come along, stay for morning tea and have a chat.

By Tony Hunter



... And, the Quilters.

The Quilters are a group of creatives that have been meeting together for 15 years.

Apart from learning from each other, making quilts and creating them for their own enjoyment, they apply their craft in the making of other items for charity.

Recently they made 200 fabric bags as part of a team that provides feminine hygiene products for young women in two orphanages in Africa. They also make quilts for children in hospitals in Beaudesert and Ipswich. The fabrics used for babies must be 100 percent cotton and allergy free. These fabrics are not cheap so the Palm Lake Resort Home Owners Association assists with these costs.

The Quilters are a very social group who get together from 9am to 12pm every Tuesday and Friday in the Arts & Craft room in the Summer House. It is a well-equipped, light filled room. Sewing machines are provided but you can bring your own sewing machine.

You don't have to be an expert. The group welcomes and loves to help new members. Bring along your own fabric if you're making items for yourself.

Not only is it a very satisfying feeling when you see what you've made, but it's a great day for a chit chat with like-minded people. Bring along a plate to share for morning tea and enjoy the morning.

Quilting is a time-honoured craft passed down through generations, primarily as a way of using old materials/fabrics to provide physical protection and insulation. The craft has evolved overtime as a vibrant and collectible art form, with quilters sharing old and new ideas and techniques.

The Quilters are very much a part of the fabric of the community at Palm Lake Resort Eagleby participating with other groups for fundraising and annual craft shows.

By Tony Hunter



Over the back fence.

THE PALM LAKE GROUP SPANS 30 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 PALM LAKE RESORT 'FAMILY MEMBERS' HAVE BEEN UP TO RECENTLY - WHETHER THEY'RE JOINING FORCES TO DO GOOD IN THE COMMUNITY OR JOINING FORCES FOR FUN.

Neighbours lend a hand as Alfred comes to town.

The strength of our Palm Lake Resort communities, and the Palm Lake Group as a whole - was put on show when Tropical Cyclone Alfred rolled into Queensland's south-east corner recently. In scenes reminiscent of the Covid pandemic, our Palm Lake Resort homeowners rallied to support one another and ensure their communities were not only prepared for the hit, but also quickly mopped up afterwards.

Palm Lake Resort Carindale Caretakers Wayne and Karen said that while 28 homeowners left the resort to be with their families, more than 200 stayed in the resort throughout the cyclone.

"For the first time ever, the flood waters came into our community from Wright Street (pictured above)," Karen says. "We constantly checked the levels there and in the creek. We had Stuart (Home 168) monitoring the creek and reporting in to us and trusty Ken (Home 113) reporting from the other end of the resort. What an incredible team.

"Those who stayed were in good hands, as we had many many homeowners checking on their older neighbours, boiling them water on gas stoves when they lost power. Our communal halls were left open so homeowners could gather together with other homeowners. Luckily we had arranged some extra food for sandwiches, as well as milk



and water so we could all meet at the Grand Hall and have toasties - mostly made by Bob (Home 98).

"Some homeowners were scared - mainly because of the fast flood waters - as they live on their own, but we made sure that someone kept dropping in on them regularly to keep them in the loop.

"We are actually so proud of our caring homeowner network," Karen smiles. "Our beautiful Palm Lake Resort Carindale community certainly comes together well in tough times."

The same types of stories were heard right across the Palm Lake Group - with our resort homeowners even supporting their local Palm Lake Care aged caring communities. For example, the sleepy seaside town of Beachmere does not have its own local police station, so officers were brought in to keep an eye on local residents during the storm. When the power in that neighbourhood went out, our Palm Lake Care staff returned the favour and offered the police officers hot meals and coffee, which they gratefully accepted. What's more, three volunteers (retired registered nurses) from Palm Lake Resort Beachmere Bay and Beachmere Sands - located just across the road - provided support and personal care to the elderly aged care residents. A lovely gesture of selfless care that embodies the PLR spirit!



Wedding bells ring loud and clear.

THERE HAVE BEEN NEW WEDDING BELLS RINGING ACROSS PALM LAKE RESORT AS WELL AS CELEBRATIONS FOR MARRIAGE LONGEVITY - ALL WE KNOW IS THAT WE LOVE, LOVE STORIES!

Palm Lake Resort Bethania

Pictured above left, check out the new "Mr and Mrs Remy" (also known to homeowners at Palm Lake Resort Bethania as Steve and Kate), who tied the knot on February 15. Their official ceremony was held at their resort - how wonderful! We wish the Remys the best for their future life together.

Palm Lake Resort Yamba

Shirley Foley married Denis Kelly on May 15, 1965, at Tumut, New South Wales. Little did they know, 136km away on that very same day, their future friends (and future neighbours) Carole Wilson and John Joyce were also tying the knot. In the late 1960s, the Joyces moved to Tumut and, sure enough, met the Kellys. The couples have been firm friends ever since. And they have more in common than just their wedding anniversary - nowadays, you'll find Denis and Shirley in Home 4 at Palm Lake Resort Yamba, and John and Carole in Home 63 (all four pictured above right, including a photo of the Kellys on their wedding day).

Palm Lake Resort Eagleby

It all began in Liverpool, England, in the early 1960s. The school dance was in full swing when John, who was working as a roadie for the band that night, spotted Joan across the dance floor. He winked at her and, as he fondly recalls, "that was it". The couple married on March 27, 1965, in Liverpool and in 1976, John and Joan made the bold decision to move to Australia, with their young family in tow. After more than two decades in Sydney, they moved to Queensland in 2000, making Palm Lake Resort Eagleby their home in 2009. Pictured above (middle), six decades on from their wedding day, family remains at the heart of their lives through six grandchildren and six great-grandchildren.

Palm Lake Resort Cooroy-Noosa

Long-time Sunshine Coast locals, David and Nola, just marked 60 years with their proud family, including nine grandies and 11 great-grandies (with more on the way!).

Fiona is 102 years young

One of our oldest homeowners at Palm Lake Resort Willow Lodge is Fiona Ryan. She turned 102 years young in April. The Lodge Country Club hosted a party for Fiona, with many of her family and Palm Lake Resort friends stopping by. What a milestone for this resort matriarch!



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

You're always
warmly
welcomed.



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