

The Lakes



July - August 2024



Staying socially connected

Being social is not just about keeping up appearances - it's important for your wellbeing, too

What's happening over the back fence

Stay up to date with all the good news from your fellow Palm Lake Resort 'family' members

Refer your friends

Do you know someone looking to make the move? We might have just the abode for them...



Pictured: Have you tried out our new golf simulator rooms yet?



Welcome

Hello all - Welcome to another edition of *The Lakes* newsletter. While the weather remains cool, activity around our resort is only heating up! There's been such a transformation of the Precinct 2 area of our resort over the past six months. It's been great watching more and more luxury homes pop up and then all the excited homeowners moving in. Stages 7 and 8 are nearly sold out and earthworks have commenced on Stage 12. We're also looking forward to the completion of the new reception centre, at our front entrance. Not only will it be the shiny new location for our busy Sales Information Centre, it'll offer even more social options for our homeowner community. A win-win all 'round.

On the topic of resort facilities, the opening of Rhodes Sports Club has seen even more of our homeowners getting out and about, staying active (of course), but also staying socially connected. Did you know that scientific research proves we humans live longer, happier, healthier lives when we feel part of something bigger than just ourselves – that is, part of a social/community group. There has been much research completed and reported across the last decade about the benefits of staying socially connected as we age. Those benefits include improved cognitive function, reduced risk of mental health issues, enhanced physical health, improved immune function, emotional wellness, an increased sense of purpose and belonging, and even longevity.

Making the decision to move into any Palm Lake Resort starts by finding just the right home. But long-time Palm Lake Resort homeowners will be quick to tell you that your decision will ultimately prove to be more about the premium lifestyle that comes along with your home purchase. For all those abovelisted benefits and more, we encourage our homeowners to make the best use of our brilliant resort facilities and thoroughly immerse themselves in our resort's Weekly Activities list (see Page 4). We hope to see you out and about, around the resort grounds soon!

Jen, Jo and Shona
Palm Lake Resort Forster Lakes Sales Team

PS. Have you seen the 'surprise' new additions to our resort grounds? These friendly visitors literally popped up in the bushland one night to the delight of our homeowners and unknowing team members! We hope they bring smiles to your faces and spark wonder in your smallest visiting family members. If you're reading this newsletter from afar and are a little intrigued, you'll just have to book a resort tour to find out more!

Contact us

Looking for more info about Palm Lake Resort Forster Lakes? Here's how you can reach us:

FREECALL: 1800 577 542

Street address:
6 Tea Tree Road,
Forster NSW 2428

Office hours:
9am-4.30pm,
seven days a week

Email:
salesforster@palllake.com.au

Find us online at:
palllakeresort.com.au

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



This newsletter is intended to give general information only. All liability arising directly or indirectly from the use of, or for any error or omission in the information given, is expressly disclaimed.

News briefs

Construction update

Palm Lake Group's General Manager of Development, Suzanne Jensen, says with the completion of Rhodes Sports Club, the Palm Lake Works construction team has moved its attention to completing the new reception centre at the front entrance of the resort.

"It consists of a permanent Sales Information Centre and administration office, as well as a bar and lounge for homeowners," Suzanne explains. "This location offers exceptional views across the central canal and out to Wallis Lake – I'm sure the homeowners will enjoy this facility once it's complete."

Suzanne confirms that plans for a co-located Palm Lake Care aged care community have progressed further, while civils works and home construction continues with gusto throughout the southern precinct of the resort.

Stay a night, on us

Many of our enquiries come from people in distant locations right around Australia. If you are coming from out of town, simply FREECALL us on 1800 577 542 to arrange a resort tour and a complimentary night's accommodation on us. This offer is subject to availability and conditions apply, but there's never been a better excuse to indulge in a Forster stopover to properly inspect our expanding resort.

Refer a friend, to share the fun

We know your friends love visiting your Palm Lake Resort home and sharing our resort facilities with you. Refer a friend to join you and become part of our exclusive community, and if they purchase a new home here at Palm Lake Resort Forster Lakes, you'll receive \$500 cash. Easy! Ask about our 'Refer a Friend' incentive at the Sales Information Centre.

Environmental update

Environmental rehabilitation works continue across Palm Lake Resort Forster Lakes. Palm Lake Group's General Manager of Development, Suzanne Jenesen, reports that the plants are growing well so far and her Palm Lake Works Team awaits council's approval of an updated Vegetation Management Plan which includes further planting and restoration works.

"The central channel bio basin planting is thriving, providing suitable filtration of the central waterway system," Suzanne says.



Your Time out now

Grab your copy of the Winter 2024 edition of our company magazine, *Your Time*, now. In it, we celebrate the progress of our newest resort locations, including Yamba Cove, Pelican Waters and Forster Lakes. You can also read about Fern Bay's 10th birthday and our features on active ageing, pickleball and more. If you haven't received a copy in your mailbox, you can always catch up online at palllakeresort.com.au

Happy birthday to Forster Lakes!

Did you know that Palm Lake Resort Forster Lakes has recently hit a significant milestone? It's officially been three years since our first homeowners moved in! In that time, the resort has grown exponentially and proudly received highly coveted awards and accolades from independent construction industry judges. At the same time, our growing community of homeowners have enjoyed many memorable social events and many talk about the enjoyment they've experienced in making new friends with their likeminded neighbours.

Weekly activities

MONDAY

9am Craft. See Lynne (Home 168), Joan (Home 172)
9.30am Bowls: 3-bowl triples, Rhodes Sports Club
10.30am Cardio, with PLR instructor Terri, Dance Floor
12noon Librarian in attendance, Sue (Home 185)
2pm Mah-jong. See Robyn (Home 188)
7pm Canasta, in the Dining Room

TUESDAY

7.30-9.30am Bus trip to Main Beach. Meet in the foyer
9am Craft. See Lynne (Home 168), Joan (Home 172)
9.30am Bowls: Pairs 2-4-2, Rhodes Sports Club
10am Librarian in attendance, Jan (Home 251)
10.15am Cardio, with PLR instructor Terri, Dance Floor
1pm Cards (500), in the Dining Room
1.15pm Craft. See Lynne (Home 168), Joan (Home 172)
2pm Ukulele & other instruments, in the Meeting Room. See Peter (Home 244)
6pm Homeowners' dinner, Belleair Country Club

WEDNESDAY

9.30am Craft: Card making, Maureen (Home 217)
11am-3pm Milon Gymnasium bookings for inductions and reviews, with PLR instructor Terri
12.30pm Aqua aerobics, with PLR instructor Terese
2.30pm Tap dancing. See Lynn (Home 277)
3pm Librarian in attendance, Jenny (Home 283)
6pm Homeowners' dinner, Belleair Country Club
7.30pm Movie night, in the Theatre

THURSDAY

9am Art. See Barbara (Home 230), Carol (Home 297)
12pm Homeowners' lunch, Belleair Country Club
1.30pm Bowls: 3 bowl triples, Rhodes Sports Club
2pm Librarian in attendance, Dianne (Home 160)
3pm Tai chi, on the Dance Floor. See Lynda (Home 245), Janette (Home 225)
6.30pm Trivia night, in the Dining Room. See Jen (Home 274), Carole (Home 297)

FRIDAY

8.45am Yoga, with PLR instructor Bernie, Dance Floor
12.30pm Aqua aerobics, with PLR instructor Therese
3pm Librarians in attendance, Cheryl (Home 184) and Liz (Home 151)
4pm Happy Hour, Belleair Country Club

SATURDAY

1.30pm Bingo, Dining Room. See Sandra (Home 226)
2pm Librarian in attendance, Jen (Home 274)

SUNDAY

2pm Librarian in attendance, Gail (Home 227)
3pm Friendship Group/Happy Hour, Belleair Country Club. See Robyn (Home 330), Gail (Home 254), Bruce (Home 241)
5.30-7pm Community BBQ. See Alan and Debbie (Home 231)
7pm Movie night, in the Theatre



Ruth



Bill & Claudia



Dot



Carolyn & David



Carol & Lex



Tony & Kay



John & Cathy



Norah & Graham



Paul & Sheryl



Rose

Welcome home

MORE BIG BLUE BOWS MEAN MORE
LIKEMINDED NEIGHBOURS FOR US HERE
AT PALM LAKE RESORT FORSTER LAKES.
WE WELCOME YOU ALL HOME!



Dick



Lawrence & Bronwyn



LuLu & Harold



Sandra & John

Barb bowls them over



Want to play bowls? See our Weekly Activities list on Page 4

SINCE THE OPENING OF PALM LAKE RESORT FORSTER LAKES' IMPRESSIVE RHODES SPORTS CLUB AND ITS CHAMPIONSHIP EIGHT-RINK UNDERCOVER LAWN BOWLS GREEN, HOMEOWNERS HAVE COME OUT OF THE WOODWORK FOR THE OPPORTUNITY TO PLAY THE CHAMPIONSHIP-GRADE PITCH AND BE COACHED BY SOME OF THE GAME'S BEST – FELLOW HOMEOWNERS, NO LESS.

Barbara James has been coaching lawn bowls players for 25 years and playing the game herself for even longer. The Bowls Australia accredited coach and proud Palm Lake Resort Forster Lakes homeowner says she has already clocked up more than 150 hours of volunteer bowls coaching at the new resort facility – and she's not slowing down anytime soon.

"I started coaching interested homeowners even before our resort green opened," Barbara explains. "My local club, the Tuncurry Beach Bowls Club, had been letting me take Palm Lake Resort homeowners over there to start to teach them the game.

"Our resort's Rhodes Sports Club green has only been open for about six weeks but we're already getting about 60 players a week here and that number is always growing – it's so good to see new people every week."

Barb says she mostly coaches those players brand new to the sport. She says it takes around six one-hour lessons for a new player to be good enough to receive her tick of

approval to start playing in the resort's social competitions, which are held three days a week.

"What we mainly have to make sure of is that the player is delivering the bowl well – it has to be delivered close to the ground and not simply dropped on the carpet," Barb explains. "They must also learn all the rules and protocols of the game. That takes time. But I always make sure they are having fun along the way! I really enjoy coaching. I get a lot of personal reward when I can pass someone up to play their first social game. It feels good."

Lucky for Palm Lake Resort Forster Lakes homeowners, Barb is actually one of two Bowls Australia accredited coaches living in the resort community. Jenny Baldwin is the other. She has been accredited for around 18 months.

Barb says the pair enjoy sharing their knowledge with their Palm Lake Resort neighbours because it will only help to grow their fledgling bowls club membership base for the resort-wide social benefits, while also strengthening and advancing the resort's more competitive player contingent.



Pictured left: Barbara James has spent more than 150 hours volunteering to teach fellow homeowners the game of lawn bowls.

Pictured above: Jenny Baldwin is our other Forster Lakes homeowner/Bowls Australia accredited coach.

Pictured right: Some of the bowling memories from our Rhodes Sports Club grand opening event.

The goal is to run an annual Palm Lake Resort Forster Lakes Bowls Club competition and award trophies at season's end. Until then, there's loads of scope to proudly host other visiting teams on the shiny new green.

"For example, our players have travelled on the bus to Palm Lake Resort Tea Gardens twice now for lawn bowls days. We'll get them to come up here next. And we are looking forward to hosting Forster Bowling Club's 'Roadrunners' team who travel around to other clubs for social games."

Palm Lake Resort is committed to bringing only the highest quality lawn bowls facilities to the dozens of their over-50s resorts along Australia's east coast. But it's not just the obvious external structures that turn heads for their architecture and craftsmanship – the inner workings of these facilities have also been thoroughly considered. Just like all modern Palm Lake Resort greens before it, the Forster Lakes rink features an expertly engineered Sportscrete base and Olympic-standard Greengauge woven surface. According to Barb, it's the epitome of every lawn bowler's dream green.

"It's such a bonus to have the green here at our resort," Barb smiles. "Being undercover we can come up and have a practise any time of the day and even when the weather's bad. There's lots of greenery all around – trees and native wildlife – it's a lovely setting."





Caretakers' note

Welcome to another edition of 'The Lakes' resort newsletter. How time flies! We have now been in Forster for four months and it has definitely kept us busy, learning the ropes here. For those of you who might not yet know our background, we have worked for the Palm Lake Group for some time now. We come to Palm Lake Resort Forster Lakes from our previous role as caretakers at Palm Lake Resort Hervey Bay in Queensland.

We have to say, what a beautiful resort you have here. We enjoy coming to work every day! It is so peaceful and calming here and you are all so lovely and welcoming towards us. We are definitely living the caretaker dream!

This resort really is booming right now with the new precinct across the bridge growing and changing daily. It's been great to welcome new homeowners into Precinct 2 and right across the resort for that matter. It is so good to see you all getting involved in the resort and activities. I hope you all enjoy your new lifestyle here in Forster, just like we are! And the newly opened Rhodes Sports Club - wow! - what an amazing addition to our resort community. The reception centre (that is currently under construction) is also huge and is going to be a grand entrance for this resort once it's complete, that's for sure.

Our new chef, Chelsea, has also settled in nicely. She is working through some changes to the menus and her presentation is so wonderful to see. You can read more about Chelsea on Page 9.

Everyone said to us in Hervey Bay, prior to moving here, how lovely this area is. We did not receive one negative piece of feedback about Forster - and we can say that it has definitely lived up to its reputation.

Until next time,

**Bryce Fellows and
Tracey Bekkers,
Caretakers**



Pictured above: The official numbers are just in for Forster Lakes' Biggest Morning Tea charity fundraiser. We raised an amazing \$8000! Check out the story on Page 11 to see just how much, collectively, our Palm Lake Resorts around the country have raised for the cause this year.

A feast for the senses

PALM LAKE RESORT FORSTER LAKES HAS WELCOMED A NEW CHEF IN RECENT MONTHS WHO IS ALREADY TURNING HEADS.

Chelsea Abbott might be new to Palm Lake Resort Forster Lakes' kitchen but she brings with her decades of relevant experience and, most importantly, a passion for cooking that spans a lifetime.

"I've always loved cooking - right from the time I got my first job at McDonald's at the age of 14!" she smiles.

Since that time, Chelsea says she has garnered decades of kitchen experience under some very knowledgeable local head chefs. Among her previous roles, Chelsea worked for 12 years at the BaptistCare Kularoo Centre, starting as a catering assistant and working her way up to the department's 2IC. She also, most recently, spent seven years in the kitchen at Tuncurry Beach Bowling Club. Now, Palm Lake Resort homeowners are singing Chelsea's praises for her new resort menu as well as the visual delight that she presents on each and every plate.

"Homestyle cooking is where my passion lies," she explains. "But I know that we eat with our eyes first and foremost, so I put a lot of effort into presenting these homestyle meals with restaurant-style flair."

"For example, I like to build up the elements on a plate, with the protein on top. It gives the meal visual impact even before you get a chance to enjoy the taste."

Chelsea says she's been keenly talking to resort homeowners to understand their likes and listen to their feedback and ideas. She's developed a new menu for the resort's regular Tuesday and Wednesday dinners, as well

Enjoy a
meal with your
neighbours:
Tues and Wed
dinner, Thurs
lunch



Pictured above: New chef Chelsea Abbott is cooking up a storm in the Palm Lake Resort Forster Lakes kitchen. Homeowners can enjoy her meals on Tuesdays, Wednesdays and Thursdays. Every home at our resort receives one free meal voucher each week.

as lunch on Thursdays. These three meals are offered to homeowners every week in the resort's Belleair Country Club.

"I have a very luxurious commercial kitchen to work with here at the resort so that makes bringing a new menu together even easier."

Chelsea says she grew up in Silverdale before her grandparents decided to retire in the Forster area, which was why she and her family moved here when she was a teenager. She has no plans to leave anytime soon. Her love of this beach town and its people are strong - as is her passion for her new Palm Lake Resort role.

"I'm looking forward to the development of the resort's Precinct 2 area as it will bring even more homeowners into the resort community and see even more opportunities to grow our kitchen's offering," she says.

"I was so excited to apply for this role and then be selected - it's the perfect fit for me."

Over the back fence

THE PALM LAKE GROUP SPANS 30 RESORT COMMUNITIES ACROSS THREE STATES AND SOME 10,000 PEOPLE CALL PALM LAKE GROUP HOME, SO THERE IS ALWAYS PLENTY OF GOOD NEWS AROUND OUR GROUNDS.

A man of many talents

You will have read about Palm Lake Resort Fern Bay's 10th birthday in the current edition of our company magazine, 'This is Your Time'. While the 10th birthday party was a celebration of the resort as a whole, the unofficial 'man of the hour' was homeowner Steve Carroll. Some 86 years young, Steve wrote two poems about his time at Palm Lake Resort Fern Bay (read aloud at the party by Lloyd Hynd) and completed portraits of event guest speakers Amanda Clements (Palm Lake Group's Executive Manager People & Operations) and Meryl Swanson (Federal Member for Paterson). Both were delighted to receive their portraits at the end of the ceremony.

But Steve's talents don't stop at poetry and portraiture. Having served in four wars, he is passionate about working



alongside his fellow veterans to better the lives of those abroad – particularly in Laos, which is home to 15,000 amputees thanks to landmines leftover from the Vietnam War. Steve began collecting prosthetic limbs from clinics in Australia (discarded because regulations say they can't be reused) and sending them to Laos. For the first five years, he did this on his own dime – which, at around \$700 in postage for three boxes soon added up. More recently, he

has linked up with another veteran in Queensland who helps him send the prosthetics to Laos for free. As part of their local Rotary Club, Steve and his wife Doreen have also taken on impressive fundraisers – namely, a motorbike ride around Australia. They rode 20,000 kilometres, slept on the ground of countless Rotary Clubs and raised \$30,000 for malaria research. Yes, the people of Palm Lake Resort really are very special indeed. Well done, Steve and Doreen.

Sharing a cuppa, for charity

Right across our 27 Palm Lake Resort addresses, we bet there's a jug boiling right now! Coming together over a piping hot cup of tea or a reinvigorating mug of coffee is what we all love best. It's not so much the drink itself as it is the enjoyment when the moment is shared with friends, family and likeminded neighbours. So, it's little wonder why the Cancer Council's annual 'Biggest Morning Tea' fundraiser seems to strike a chord across all our resorts, year after year. Not only do we all know someone who has been affected by cancer, we know that supporting a worthy cause like this will support the future of cancer research and patient care. And to do it by sharing a cuppa? Too easy!

At the time of printing this newsletter, more than \$14 million has been raised across Australia at Biggest Morning Tea events in 2024 alone. Here are just some of the fundraising results we've seen across our own Palm Lake Resort addresses that helped to raise that \$14 million total figure:

- Banora Point:** \$1700
- Bargara:** \$5138
- Beachmere Sands:** \$5977
- Carindale:** \$2906
- Cooroy-Noosa:** \$1000
- Eagleby:** \$6000
- Forster Lakes:** \$8000
- Mt Warren Park:** \$2000
- Phillip Island:** \$2272
- Truganina:** \$2320
- Upper Coomera:** \$1790
- Waterford:** \$1700
- Willow Lodge:** \$3500 (pictured, right)



Our Thelma reigns supreme

When it comes to volunteering, there's one Palm Lake Resort homeowner who is quite literally top of the pops – and that's Thelma Hansen of Willow Lodge. Thelma has been at the resort since 2000 and has clocked up 23 years of volunteer work in that time. While this queen of volunteering is 95 years young, she's quite happily living on her own and heading to The Lodge Country Club on Tuesday and Saturday mornings each week to lend a helping hand. Thelma is a true inspiration, selflessly giving back to her community for more than two decades, which is why she's the inaugural winner of her resort's new Volunteer Recognition prize. Keep up the great work, Thelma! We appreciate you.

Green and gold for grandie

There's going to be one proud Palm Lake Resort Tweed River homeowner with her eyes glued to the television come the 2024 Olympic Games. Laurie Galloway's granddaughter, Kaitlyn Torpey (pictured right), has been selected to play for the Australian Matilda's soccer team at the Paris Olympics. Well done to Kaitlyn! The whole of Palm Lake Resort will be cheering you on.



\$44,300+ raised for cancer research with thanks to Palm Lake people!

What's happening over your back fence?

Has your resort got a warm and fuzzy "Over the back fence" story to share with the greater Palm Lake Resort community? Are you and 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.

Simply contact your Caretakers or email the details to Belinda at belinda@bellepr.com

Where friends become family



SALES INFORMATION CENTRE OPEN 7 DAYS | FREECALL 1800 577 542
salesforster@palllake.com.au | 6 Tea Tree Rd, Forster NSW 2428

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