

Hervey Bay.

JULY - AUGUST 2023



Gardening for good

Here are five ways to benefit
your health by leading with
your green thumbs

Welcome, new foodies

Margie and Brian are already
making waves from their new
positions in our kitchen





Welcome.



The chill in the air signals one thing here in Hervey Bay: the whales are around! There is no other place in the world that compares to the awe-inspiring, soul-stirring, up-close whale watching encounters that you will find right here in the calm, protected waters of Hervey Bay. Our annual Hervey Bay Whale Festival is currently underway with a host of great events planned for early August, to celebrate our location on the 'Humpback Highway'. The festival also promotes conservation of the marine environment and animals that are unique and important to our region. Pop these following dates in your diary and invite your family and friends to come up and stay!

- August 3:** 'Creating Waves' will take place at the Main Lecture Hall (Building B) at the Fraser Coast campus of UniSC Fraser Coast Campus, from 6 - 8pm.
- August 4:** The Twilight Swing will be held at Pier Park in Urangan from 4 - 8pm.
- August 5:** City Park Discovery Pod will be held at City Park from 2 - 5.30pm. The Funtime Amusement Seafront Spectacular will also be held on this day, from 5 - 8.30pm
- August 6:** Paddle Out for Whales will be held at Torquay Pier, Hervey Bay, 10am - 1pm.

All events are free to attend other than 'Creating Waves' which requires a gold coin donation to the Turtle Rehabilitation and Research Centre, payable at time of ticket registration. If you miss these August events, don't stress. Thousands of humpback whales travel the Humpback Highway right through from now until November. We are lucky here at Hervey Bay as the whales are known to stop and spend up to 10 days resting, socialising and playing before continuing their trip back to the Antarctic for the summer months.

Enjoy the rest of your newsletter,

Bryce Fellows and Tracey Bekkers (and Jack!),
Palm Lake Resort Hervey Bay Caretakers

HERVEY BAY A WORLD-FIRST WHALE WONDER

Did you know, Hervey Bay's reputation as Australia's whale watching capital was made official in October 2019, when the region was dubbed the world's first Whale Heritage Site by the World Cetacean Alliance? To qualify, a Whale Heritage Site must ensure the highest standard in respectful human-wildlife interactions, as well as showing active engagement by the local community and their tourists with marine life through art, music, science, education and other heritage and cultural events. This 6000 square-kilometre site covers about 20 per cent of the Great Sandy Marine Park, spanning from Rooneys Point, across to Burrum Heads, and as far south as Big Woody Island.

CONTACT US

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

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

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News briefs.



THIS IS YOUR TIME

The Winter 2023 edition of our quarterly company magazine, Your Time, is circulating our country. Have you received a copy in your mailbox yet? If not, you can check it out at pallmlakeresort.com.au - from the home page, simply click on the 'News' tab. In this current edition, we take a look at all our newest projects including Palm Lake Resorts at Pelican Waters (Queensland), Paynesville (Victoria), Yamba Cove and Forster Lakes (NSW). Palm Lake Group Managing Director Scott Elliott also announces two new land acquisitions - find out where Palm Lake Resort is popping up next. And we talk to some of our friendliest Caretakers around the Palm Lake Group of resorts.



WELCOME HOME, NEWEST NEIGHBOURS

Our community is forever growing and changing as new homeowners join us. Among the newest of the newbies are, pictured above left, Anne Dalley (Home 120) and above right, Tina Sara (Home 169). Welcome guys!

NEW CUSHIONS MAKE THINGS COMFY

You may have noticed the nine new bench cushions around our lawn bowls green? Apart from enhancing the appearance of the area, they are so nice to sit on! A special thanks must go to Sue Pike and Doreen Self for volunteering to cut, glue, overlock, sew and fit the covers. A small presentation was made to both ladies as a thank you for a job well done.



Weekly activities.

MONDAY

- 8.15am-8.45am:** Walking aerobics
- 9am-9.45am:** Aqua aerobics with Bec
- 9am:** Lawn bowls
- 1pm-2.30pm:** Yoga
- 1pm-4pm:** Sewing/craft
- 2.30pm-3.30pm:** Tai Chi/Qigong
- 5.30pm-7.30pm:** Tennis
- 6pm:** Indoor bowls

TUESDAY

- 7am-8am:** Gym class, with Cat
- 7.30am:** Tennis
- 8.15am-8.45am:** Walking aerobics
- 9am-10am:** Yoga, with Lesley
- 9.30am-11.30am:** Art class, with Robyn
- 12.30pm:** Lunch
- 1.30pm-3.30pm:** Mah-jong
- 6pm-8pm:** Line dancing
- 6.15pm:** Lawn bowls (nominated pairs)

WEDNESDAY

- 7.30am:** Walking group
- 8.15am-8.45am:** Walking aerobics
- 9.30am-11am:** Tai Chi/Qigong
- 1pm-3.30pm:** Knitting - Craft Room
- 1pm-5pm:** Cards (Hand & Foot)
- 3pm-4.15pm:** Health & Strengthening
- 5pm:** Night tennis
- 6pm-7.30pm:** Beginners' line dancing

THURSDAY

- 7am-8am:** Gym class, with Cat
- 7.30am:** Tennis
- 7.45am:** Lawn bowls (Scroungers + Kelly's)
- 8.15am-8.45am:** Walking aerobics
- 9am-9.45am:** Aqua aerobics, with Bec
- 9am-12noon:** Card making
- 12noon-2pm:** Art class, with Robyn
- 1.30pm-4pm:** Bingo
- 5.30pm:** Residents' dinner

FRIDAY

- 6.30am for 7am:** Golf at Hervey Bay Club
- 8.30am-10.30am:** Table tennis
- 9.30am-10.30am:** Golf group
- 3pm:** Lawn bowls

SATURDAY

- 8.15am-8.45am:** Walking aerobics
- 9.30am-12.30pm:** Anything musical
- 1pm:** Lawn bowls

SUNDAY

- 7am-8am:** Gym class (resident instructor)
- 1pm-6pm:** Cards (various games)
- 4pm onwards:** Community barbecue on the last Sunday of the month

Bowls Club notes.

President's report

We are often asked how we use the money raised from the 100 board, wrong biases, social visits from other clubs and villages and raffles. During this year, so far we have given back to bowlers by replacement of essential equipment. For example, there's a new scoreboard in the bowls area, we've updated the scrungers board and enhanced the bowling green area with nine new bench cushions. When hosting players from other clubs or villages, raffle prizes, food and beverages also need to be purchased. Our sponsored gala and AFL days are free to homeowners and the sponsors' money is given back to our bowlers either in prizes, free drinks/snacks etc. At the end of the year, we also hold a Christmas party for all bowlers with the presentation of championship trophies, which need updating each year. And, finally, all money collected on our regular weekly bowling days is returned to bowlers on the day as prizes, snacks or names on the number board.

Liz Kelly, President

Doon Villa come to play

Twenty bowlers from Doon Villa Club, Maryborough, came to our resort for a game of bowls recently. On arrival, the visitors made themselves very much at home in our club house and had to be extracted from the jigsaws and the art work so bowling could begin! A competitive game of fours followed with a Doon Villa team (skipped by Noel Weinheimer) taking home the fruit and vegie trays. Colin Goodall's team from Palm Lake Resort were runners up. Overall, Doon Villa won the day by a small margin.

Pairs champs

Bowlers and spectators were given a masterclass in Pairs bowling in the first week of May. Some of the rounds and semi finals were won by small margins, but the final was a victory to Sue Baumann and Bob Walker, 21 to 6, against Kay and Patrick O'Brien. Congratulations to Sue and Bob!

Hawaii comes to Hervey Bay

Ian Long from Travel Managers was with us to enjoy our first sponsored Gala Day for the year. Gala days are fun, as they give us the opportunity to dress up and really enjoy the camaraderie of our resort. The day commenced with a ditch to ditch with 2 x \$10 vouchers, donated by Darren McCracken from Bundaberg. Winners were Robert and Eugene. Chocolate frogs were given out for touchers during the morning session. After the afternoon session, hot food was served. It was great to see bowlers who have not bowled here for some time taking part. We hope that they continue to participate and enjoy their bowls again. Best dressed male went to Jim Conaghty and we could not separate five ladies who went to a lot of trouble with their costumes: Karina, Betty, Bev, Chris and Dot shared the prize. We thank both Ian and Darren for their hard work and support for our Palm Lake Resort bowlers and, again, thanks must go to a small band of workers who put in effort above and beyond on the day.



Right: Our kitchen warmly welcomes new chef Margie Kelly and kitchenhand, Brian Priddy.

FOOD,
GLORIOUS
FOOD!



Welcome Cookie & Co.

OUR LONG-AWAITED NEW CHEF AND KITCHENHAND HAVE FINALLY STARTED AFTER CLOSE TO FOUR MONTHS SEARCHING FOR THE RIGHT CANDIDATES AND, FROM ALL REPORTS, THIS PAIR ARE REALLY DISHING UP THE GOODS!

Margie Kelly has become affectionately known as "Cookie" around our resort grounds and it stands to reasons, given she's been cooking her heart out since she left school at 14 to work in a kitchen on Brisbane's northside.

Alongside new kitchenhand Brian Priddy, Margie joined the Palm Lake Resort Hervey Bay team in recent weeks as our resort chef and she comes to our community with wonderful experience, in two long-term cooking roles. Most recently, Margie loyally managed a kitchen in an aged care community on the Sunshine Coast for 14 years. She says the time she spent there was both enjoyable and rewarding.

"I loved talking to all the residents and hearing their stories and cooking meals that they looked forward to eating," she says. "We'd have themed days and serve meals based on a different cultural focus each month – the staff would dress up too and we'd all love it."

As Margie explains, the meals she prepared in her previous role were far from stereotypical or 'expected' aged care cuisine. She says she loves nothing more than to excite and impress her diners - and she expects to do the same here at Palm Lake Resort Hervey Bay.

"It doesn't matter who I'm cooking for – I just love to make people happy with my food," she smiles.

And it seems Margie and Brian's skills are already impressing local tummies. When our resort lunches used to attract 20-30 homeowners, this pair's most recent lunchtime meal services have seen 70-80 in attendance.

"The homeowners even stood up and clapped us last week – it was so unexpected but I'm so grateful," Margie beams.

While she says she was taken aback by this unexpected showing of praise, Margie does want our homeowners to feel confident in coming forward and giving her their feedback. She says she is very open to hearing what people would like to eat and their ideas for how she can continue to improve the menu and her offering – especially as she has no plans to be going anywhere anytime soon. Margie says she packed up her life on the Sunshine Coast after Covid and she and her partner, Chris, went travelling. While they explored many places right up to Cairns and Port Douglas in North Queensland, it was their time in Hervey Bay that was especially memorable, which is why she ended up seeking work here. Margie describes our town as a quiet and more relaxed version of her beloved Sunshine Coast. Margie is also mum to two adult boys, aged 23 and 25, who both live closer to Brisbane but love nothing more than coming 'home' to mum's place for a free feed. Our Margie never stops cooking – and it's just the way she likes it.

Garden your way to better health.

IT'S A BELOVED PASTIME FOR GREEN-THUMBED HOMEOWNERS OF PALM LAKE RESORT, BUT DID YOU KNOW THAT GARDENING IS MORE THAN JUST A REWARDING HOBBY? IT CAN ALSO OFFER A VARIETY OF HEALTH BENEFITS. HERE ARE JUST FIVE OF THEM...

If you're looking for a fun way to up your vitamin D intake, make friends in your community and increase your hand strength, look no further than gardening. Better yet, you can add reduced blood pressure and a lower carbon footprint to that list, too. More than just a way to beautify your home and its surrounds, gardening offers a seemingly endless list of positives. It's great for your physical and mental health, your community and the planet. And you don't even need a big yard to do it.

You can find many beautifully tended-to front and backyards in each of our Palm Lake Resort locations (especially ours!), with community gardens at select resort locations as well. Put simply, life at Palm Lake Resort makes it easy to discover all the health benefits of gardening. If you needed any more encouragement, here are five of the main reasons why you too should get out in your garden...

Gardening improves your physical health

When you think about it, gardening is an excellent workout. All that digging, raking, planting, weeding, and watering helps to burn calories, strengthen your muscles and even improve flexibility. Gardening is considered 'moderate' physical activity, which means you only need to do about 30 minutes of gardening every day to meet the recommended exercise requirements for a healthy body. Add to that the health benefits of vitamin D intake through sun exposure, which includes improved heart health and stress relief.

Gardening improves your mental health

The mental health benefits of spending time in nature are well documented. Experts agree that being outdoors can reduce stress, foster connections with your local community (in turn, improving confidence and self-esteem) and sharpen cognition. When we nurture nature, in return, we create a positive feedback loop that allows us to connect to nature, promoting mindfulness and a sense of purpose. Plus, it's a great way to disconnect from screens, inhale good bacteria (specifically *Mycobacterium vaccae*, dubbed the 'natural antidepressant' for its ability to increase serotonin in the brain) and produce something meaningful and rewarding all at once.

Gardening will help you eat healthier

It goes without saying – when you grow your own produce, you eat better. This isn't just because you feel more motivated to eat the wholefoods you've nurtured in your own backyard (lest you waste those weeks or months spent growing each plant), but also because you avoid the pesticides that are sprayed on mass-produced fruits and veggies to help them last longer. Better yet, growing your own veggies in your garden is cheaper than shopping in the organic section of the supermarket, meaning you get more healthy wholefoods bang for your buck. This makes it much more affordable to eat the recommended daily servings of fruits (two) and veggies (five), which are believed to increase your lifespan and lower the risk of certain diseases.

Gardening helps you live a more sustainable lifestyle

If you're passionate about sustainability, growing your own produce in your garden helps you live more in line with your values. Making fewer trips to the supermarket reduces the need for excessive industrial agriculture, while also cutting down on packaging and the amount of fuel needed to transport each piece of fruit or vegetable from its growing location to your plate. By tending to your own garden, you'll also learn ways to make your waste go farther – for instance, you'll be motivated to compost food scraps to make a rich plant fertiliser. Also, the plants you grow will help reduce carbon and pollutants from the air or, if they flower, feed local pollinators like bees, butterflies and birds.

Gardening can help foster a sense of community

Last, but certainly not least, gardening provides great opportunities for social connection within your resort community. Whether you join/start a special interest group around gardening or you simply offer to help out a neighbour in their backyard, gardening is a fun, easy way to get to know some likeminded people. And, when you have a good harvest, you can share your abundance with those neighbours, friends and family members – who wouldn't appreciate a home-grown food basket, or some fresh cut flowers grown with love?

At the very least, it's nice to know that you're never really alone when you're gardening. While we've talked about the benefits of social interaction if you potter in the garden with friends, don't forget that even when you're alone in your own backyard, you're actually surrounded by thousands of living organisms, each of you playing an important part in the ecosystem.

There's an app for that.



Gardenate

Grow-Your-Own with this gardening app that offers details of more than 90 favourite vegetables and herbs. The planting calendar shows what you can grow at any time –

localized to your climate zone (Gardenate has climate-zone specific planting calendars for Australia, Canada, New Zealand, South Africa, the UK, and the USA). There are detailed plant descriptions and growing tips to get novices up to speed, while also being packed full of features for experienced gardeners. You can record your planting dates, harvest dates, notes and more, then export your data as spreadsheet files. You can also share your garden to your other phones and devices and they keep in sync - let the whole family join in the gardening fun!



ABC Vegie Guide

ABC Vegie Guide is an essential tool for all vegetable gardeners – from the novice to the experienced - to help you find out what vegie should be planted when, no matter the

climate zone you're in. ABC Vegie Guide will give you all the information you need to produce healthy crops throughout the year, including growing tips, pest and disease control pointers and harvest guides. In your 'Patch' you can keep a running record of notes about what's going on in your garden. You can keep track of what you planted and when, take photos and make notes on progress and be prompted when your plants should be ready to harvest. This one was developed by the Australian Broadcasting Corporation.



Planta

Here's one to help you with your indoor plants. Planta offers an care schedule and reminders for watering and fertilising your plants. It also contains gardening recommendations, step-by-step

guides, plant identification assistance, a light meter, Dr Planta diagnosis tool and treatment tips for sick plants, and more.



Do your friends love it here, too?

We know your friends love coming to visit your Palm Lake Resort home and enjoy sharing our resort facilities with you, right? Refer a friend to join you and become part of our exclusive community, and if they purchase one of our established homes you'll receive \$250* cash. Easy!

\$250

cash bonus simply for referring a friend!

For more info or to refer your friend, FREECALL 1800 455 307.
*T&Cs apply



THE BEST IN OVER-50s LIVING. THIS IS YOUR TIME.
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How to feel warm (and fuzzy) this winter.

SURE, YOU COULD SIP ON HOT CHOCOLATE OR DON A COSY JUMPER TO BEAT THE CHILL THIS WINTER. BUT IF YOU REALLY WANT THAT WARM, FUZZY FEELING, ONE OF THE BEST WAYS IS TO DO SOMETHING KIND FOR SOMEONE ELSE.

Volunteering has long been associated with retirement, but the release of a 2022 research report from National Seniors confirms it. The survey, which asked more than 3600 older Australians to talk personally about volunteering, revealed impressive results.

Half of the respondents stated that they volunteer at least some of the time. Twelve per cent say they volunteer five to 10 hours per week, nine per cent volunteer 10 to 20 hours per week, and two per cent volunteer more than 20 hours per week.

Interestingly, there was little distinction between the amount of volunteer work done by those who had permanently retired from paid jobs, and those who hadn't. Retired or not, senior Australians just love to volunteer. Perhaps it's because, as the report also revealed, many volunteers say it makes them feel more positive and satisfied with how they spend their time.

This is certainly true across the Palm Lake Group of resorts. We are home to countless happy volunteers and volunteering groups. From knitting tiny beanies to donate to babies in NICU, to collecting bottles and cans to raise funds for drought-stricken Australians, hundreds of marginalised people feel the love from our Palm Lake Resort homeowners.

Why not spread more of those warm and fuzzy feelings yourself? Here are four creative ways to volunteer your time this winter (and beyond).

WHY NOT WRITE TO SOMEONE?



Find a pen pal

Have you heard of the Letterbox Project? The flagship program from Connected AU, the Letterbox Project is national pen pal initiative that focuses on fostering connection and community. It allows you to volunteer some time to send handwritten letters across Australia to people feeling isolated and disconnected. Every single letter (for the duration of the pen pal communication) is sent through the Connected AU team and approved, allowing relationships and connection to thrive while ensuring everyone in their community is safe. Head online to connectedau.com.au/letterbox_project to learn more about this great initiative.

Offer your skills as a mentor

By the time we reach retirement, many of us have picked up a few special skills over the years. Maybe you're talented in art and crafts and know your way around a set of knitting needles or a crochet hook? Perhaps you're a professional pianist or artistic painter? Or maybe you love getting your hands dirty in the garden (and regularly reap the rewards in terms of fresh produce or beautiful flowers)? Whatever your skill, chances are there is someone in your community (be that within your Palm Lake Resort community or the greater local community) who wants to learn from you. Consider posting a flyer on your resort noticeboard or in your local paper or Facebook group volunteering your time and expertise as a mentor – you never know who will reach out.

Coordinate a drive

From canned goods to baked treats, handmade items to unneeded items, we can make a big difference when we all

rally together to support those in need. Choose a cause to support – it could be sanitary items for unhoused people in your community, toys for children fleeing family violence or cans of pet food for your local animal shelter – and call on your Palm Lake Resort community to help bring the drive to life. We're a charitable bunch and no cause is too small. Also, keep your ear to the ground; you just might hear that one of your neighbours is doing it tough, or that one of their friends or a family member might need some support.

Care for someone in your greater community

For the last few years, the Palm Lake Group has been committed to co-locating Palm Lake Resort and Palm Lake Care locations. This not only provides opportunities for couples with different levels of care to stay close to one another, but also ensures that residents in our aged caring communities feel the love and support of their Palm Lake Resort neighbours. Palm Lake Care is always looking for volunteers to either visit the community and spend time with the residents, or assist the Lifestyle Team in running activities. If this sounds like you, please contact the Lifestyle Coordinator at your nearest Palm Lake Care to discuss this further. Head to pallmlakecare.com.au for the contact details of each of our seven care communities.

Whichever way you go, there's definitely a warm and fuzzy feeling attached to lending a hand to support others. And don't forget, there are always plenty of volunteer roles around your resort neighbourhood as well - our various committees are sure to love it if you put up your hand to help. You'll be getting to better know your neighbours, too, which is always a great added bonus.

Homes for sale.

Want to book a private inspection and find out more about our resort?
FREECALL **1800 455 307** or email herveybay@palllake.com.au
You can also visit us online at palllakeresort.com.au

Home 190: \$605,000

2

2

1

1

2

Bed

Bath

Living

Activity

Garage



Everything you'll need

This lovely warm home features two large bedrooms and a study. The master bedroom has a lovely feature wall and full size mirrored wardrobe doors and a walk-in ensuite with large shower. Both bedrooms and the main living area have air conditioning. The large open-plan kitchen is two pac white with an island bench, perfect for entertaining. Lovely tiles throughout the main living areas. The home features large bathrooms with modern showers and grab rails installed in both bathrooms. With the lovely back garden (offering a large covered patio roof) there is plenty of room for entertaining or creating your own garden retreat.



Home 203: \$550,000

2

2

1

1

2

Bed

Bath

Living

Activity

Garage



SOLD!

New appliances and flooring

This beautifully presented home is tiled throughout the living area and shared spaces and includes brand new carpet in the bedrooms. Enjoy a spacious kitchen with new appliances, island bench with stone benchtop, and ample storage solutions. The master comes with a large ensuite that flows out to the tiled patio area and outdoor living area. The home's study offers built-in wardrobes and can serve as an additional/third bedroom.

Key features:

- Seven solar panels and solar hot water
- Remote-controlled double garage with epoxy floor
- New carpet in bedrooms
- Air conditioning in main living area



Home 168: \$690,000

2

2

1

1.5

Bed

Bath

Living

Garage



Light, white, bright

This home is beautifully presented with warm carpets throughout the home. Beautiful pendant lights hang over the kitchen servery. From the adjacent dining area, the space flows out to the most amazing outdoor area. It features a large covered alfresco area with ceiling fan, flowing out to the massive tropical gardens that go all the way down to the lake's edge. Also featuring is a beautiful 2.4m x 2.4m wood Balinese-style hut, perfect for watching the large fountain and enjoying the views.



Home 160

SOLD!



Moving on?
Cash buyers
await.

If you're a homeowner here and your situation has changed so you are contemplating a move, please let our Caretakers know. They can inspect your home and give you an appraisal to help you make up your mind. We have qualified buyers waiting to hear about any new homes as they hit the market. For more, simply FREECALL 1800 455 307 or stop by the office between 10am-2pm weekdays.

Palm Lake Resort
HERVEY BAY

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 455 307 | herveybay@palllake.com.au
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THE BEST IN OVER-50s LIVING. THIS IS YOUR TIME.
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