

Hervey Bay.

JULY - AUGUST 2022



Hervey yay!

JULY MIGHT BE THE MIDDLE OF WINTER BUT IT ALSO HERALDS THE OFFICIAL START OF OUR LOCAL WHALE WATCHING SEASON - THE VERY THING THAT HERVEY BAY IS MOST FAMOUS FOR. THE DAYS ARE GLORIOUS RIGHT NOW, THERE'S SUCH AN ATMOSPHERE IN TOWN AND IT'S ALSO PERFECT OUT ON THE WATER. NOW'S THE BEST TIME OF THE YEAR FOR FRIENDS AND FAMILY TO COME AND VISIT AND FIND OUT JUST WHY HERVEY BAY HOLDS SUCH A SPECIAL PLACE IN ALL OUR HEARTS!





Welcome.



Hi everyone!

Well our trip to Tasmania came and went. By crikey, it was cold! There were a few days (well, most actually) that I did not take my coat off. But, what a beautiful place. It was a flying visit but what we saw was pretty cool and we will definitely go back another time and see more. Maybe earlier in the year when the weather is not so chilly. A resident suggested hiring a car and staying in the heritage-listed B&B accommodation along the way. I have to agree, that will be our strategy next time around. Big open fires, deep baths, wine and cheeseboards...

Back to the resort and our Social Committee has been busy over the past few months with lots of events hosted including Christmas in July, The Sankie singers for a dinner dance, old time dancing, Hits of the Crooners (very famous) Cocktail party, travel show coming up and, of course, the State of Origin games - go Queensland!

Around the grounds, lake Number 2 is coming along slowly but surely. The lilies will no doubt start popping their heads up again soon and there will be a fresh flush of new growth. The brick walls got a clean down by the gardeners - and what a great job they did. The driveway gutters have all been guernied. The whole place is looking pretty good! Some of you may have also noticed the front office garden looking a bit bare? I am actually getting creative with this garden, so watch this space. Even roses are planned! I am sure there are those in the resort who have a wealth of experience with roses and, if so, please give me any advice on the care of them. I had them myself a long time ago, but every bit of advice helps, right?

Sales are still moving along. Welcome to all the new residents who have joined our 'family' here and chosen Palm Lake Resort as their new home. It's been fabulous meeting you all during the sales process and really neat to see you all mingling with the rest of our community and joining in the activities now that you've settled into your new homes. I am still getting enquiries about our homes and lifestyle here with many people commenting that they have heard only good things about our community and that others pale in comparison to Palm Lake Resort Hervey Bay. That is actually a credit to all of you who live here and make it what it is. This is what life is all about - no stress, no drama and having a laugh along the way!

COVID has still been steady across the resort (as it is everywhere) but only in small numbers and, by all accounts, not too many are getting too sick so that is fantastic. Keep smiling. Until next time...

**Bryce Fellows and Tracey Bekkers,
Palm Lake Resort Hervey Bay Caretakers**

CONTACT US

Looking for more information about Palm Lake Resort Hervey Bay? Here are four ways you can reach us:

Online: palmakeresort.com.au

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Page 1 and 2 photos courtesy of Tourism and Events Queensland.



News briefs.

EXTRA! EXTRA!

If you haven't already received a copy of the Winter 2022 edition of our company magazine, Your Time, you should check it out at www.palmakeresort.com.au and click on the 'News & Events' tab.



WHAT'S ON HERE, AND A BIT FURTHER AFIELD

July 22-24: The Maryborough Showgrounds will be filled with the latest caravans, camper trailers, 4x4s, accessories, boats and more for the Fraser Coast Expo. This is our region's largest home, lifestyle and outdoor adventure event! There will also be a home and lifestyle showcase bringing you ideas for your home, outdoors and garden. This is your opportunity to view and compare all these products and more in one location. Visit www.frasercoastexpo.com.au

August 6-14: The Royal Queensland Show is back after a two-year hiatus. Get your Ekka fix of Dagwood dogs, strawberry sundaes, the cutest farm animals,

fashion and more. Fun for the whole family!

August 20-21: Biggenden Charity Campdraft is back. This will be an action-packed event with a campdraft, rodeo, market stalls, food, entertainment, bar and more at Teebar Hall Rd, Teebar. Camping is available (donation requested).

September 2-24: Queensland's premier arts event, Brisbane Festival, will light up the city in a blaze of colour this September, with extraordinary art, installations and live performances from home and across the world. Visit brisbanefestival.com.au for the full schedule of events.

HERVEY BAY WHALE FESTIVAL FUN!

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 in Hervey Bay. Between July and November, thousands of humpback whales travel the 'humpback highway' and arrive in the calm, protected waters of our Hervey Bay. Unlike any other place along the 'humpback highway', the whales will stop and spend up to 10 days resting, socialising and playing before continuing their trip back to the Antarctic for the summer months. This unique relationship gives us reason to celebrate each year, with the Hervey Bay Whale Festival. It's an eclectic event to recognise the importance of the ocean to Hervey Bay and promote the conservation of the marine environment and animals that are unique and important to our region.

Here's what's on:

- **July 30** (11am-5pm): Whale Parade & Family Day. Seafront Oval, Pialba.
- **July 30-31:** Spirit of the Bay, "soundwalk" (an aural journey), about 180m long, at Urangan Pier Park.
- **July 31** Paddle Out for Whales. Torquay Jetty & Ernie Organ Park, Torquay. Registration from 8am, Paddle Out 9.30-10am.
- **August 13** (10am-5pm): Hervey Bay Seafood Festival, Seafront Oval.

For more, visit herveybaywhalefestival.com.au

HOMES FOR SALE: PAGES 10-11

MY FAITHFUL SAT NAV

Contributed by a fellow Palm Lake Resort resident:

I have a little Sat Nav, it sits there in my car, A Sat Nav is a driver's friend, it tells us where we are. I have a little Sat Nav, I've had it most my life, It's better than the normal ones; this Sat Nav is my wife. It gives me full instructions, especially how to drive, 'It's 60ks an hour here,' it says 'and you're doing 65'. It tells me when to stop and start, and when to use the brake, And tells me when it's never ever, safe to overtake. It tells me when a light is red, and when it turns to green, It seems to know instinctively, just when to intervene. It sees the vehicles right in front, and all those at the rear, And taking this in to account, it specifies my gear. I'm sure no other driver, has so helpful a device, For when we leave and lock the car, it still offers its advice. It fills me with strong counselling, each journey's pretty fraught, So why then don't I change it, and get a better sort. Ahh well, you see, it cleans the house, and makes certain I'm well fed, It washes all my shirts and shorts, and keeps me warm in bed. But despite all these advantages, and my tendency to scoff, I only wish that now and then, I could turn the bloody thing off.

Weekly activities.

GET CREATIVE!
TRY SEWING (MON),
ART CLASSES
(TUES, & THURS),
KNITTING (WED),

MONDAY

8am: Lawn bowls (Social teams)
8.15am-9am: Walking aerobics
9am-9.45am: Aqua aerobics with Bec
10am: Lawn bowls
1pm-2.30pm: Yoga
1pm-4pm: Sewing
2.30pm-3.30pm: Tai Chi/Qigong
7pm: Indoor bowls

TUESDAY

7am-8am: Gym class, with Michael
7.30am: Tennis
8am-8.30am: Walking aerobics
9.30am-11.30am: Art class
12.30pm: Lunch
1.30pm-3.30pm: Mah-jong
6pm-8pm: Line dancing
6.15pm: Lawn bowls (nominated pairs)

WEDNESDAY

8.30am-9am: Walking aerobics
9.30am-11am: Tai Chi/Qigong
1pm-3pm: Knitting - Craft Room
3pm: Lawn bowls
3pm-4.15pm: Health & Strengthening (no floorwork) Qigong/Tai Chi
5pm: Night tennis
6pm-7.30pm: Beginners' line dancing

THURSDAY

7am-8am: Gym class, with Michael
7.30am: Tennis
7.45am: Lawn bowls (Scroungers + Kelly's)
8.15am-9am: Walking aerobics
9am-9.45am: Aqua aerobics with Bec
12noon-2pm: Art class
9am-12noon: Card making
1.30pm-3.30pm: Bingo
5.30pm: Residents' dinner

FRIDAY

6.30am for 7am: Golf (tee off) at Hervey Bay Golf Club
8am: Lawn bowls (Social teams)
8am-9.30am: Yoga - Resident
8.30am-10.30am: Table tennis
9.30am-10.30am: Golf group
3pm: Lawn bowls

SATURDAY

8.30am: Walking aerobics
9.30am-12.30pm: Ukulele club
1pm: Lawn bowls (Social triples/pairs)

SUNDAY

7am-8am: Gym class - Resident instructor
1pm-6pm: Cards (inc. Texas Hold 'Em)

Music is life.

MUSIC, DINNER AND DANCING. IT'S A MAGICAL COMBINATION THAT ALWAYS DRAWS A CROWD HERE AT PALM LAKE RESORT HERVEY BAY. WE'VE BEEN BLESSED WITH A NUMBER OF GREAT VISITING ACTS IN RECENT MONTHS INCLUDING THE SANKIE SINGERS (TOP RIGHT) AND THE CROONERS (BELOW RIGHT).

Palm Lake Resort Hervey Bay might attract some impressive visiting musical acts (with thanks to our great Social Committee!), but our resort is also home to some pretty talented residents.

Among them is Bruce Davidson (Home 127) who used to play in a band and was bass guitarist in a recent show here at the resort. Joined by his friend, Chris, the Crooners band played Dean Martin-style tunes that had many residents up on our dance floor, as pictured below.



Pictured left: The Sankie Singers were such a popular visiting musical act. It was lovely to see so many up on the dancefloor, including our newest residents enjoying themselves and getting amongst it. Pictured getting their groove on are newbies, Tom and Deanna Fardy. Welcome to you both!





TRY
LINE DANCING!
BEGINNERS:
WED 6PM.
ADVANCED:
TUES 6PM.

Dance is in his blood.

IT'S NOT OFTEN YOU'LL FIND A MALE IN A LINE UP OF LINE DANCERS. BUT HERE AT PALM LAKE RESORT HERVEY BAY, THERE'S ONE BLOKE WHO'S GOT WAY MORE MOVES - AND HISTORY IN THE SPORT - THAN MOST WOMEN COMBINED!

Ron Henson might have been a painter by trade all throughout his career but he was also a gun of a dancer after hours – and continues that passion for the dance floor now at 67 years of age.

As a little kid, Ron's parents were competitive ballroom dancers. Ron remembers his mother's wardrobe bursting at the seams with dazzling sequinned gowns, and the like.

"I was seven years old when they first encouraged me to take up ballroom dancing but I remember I didn't want to do it because I'd have to get dressed up in one of those penguin suits," Ron laughs. "I wish now that I had taken it up back then..."

Fast forward a few years and as a 25-year-old growing up in the Forster-Tuncurry area of New South Wales, Ron says his sister stayed true to her family's dance roots and was working as a line dance instructor. She had 120 students at the time - and Ron became one of them. In the 2-3 years he spent initially learning and then finessing his line dancing abilities under his sister's tuition, Ron would end up competing in the sport of line dancing locally and also across Newcastle and greater Sydney. His highest accolade at the time was when he, his sister and their friend competed as a trio and came second in a statewide line dancing competition. Not bad for a painter.

It was through painting, however, that Ron and (his now wife) Gail would find a fun career change. If ever there was a 'fork-in-the-road' story, this was it.

"We finished this big painting job, but they didn't pay up," Ron recalls. "I was thinking I would have to go on the dole to survive, so we headed down to the dole office to organise it. When we

Pictured far left: After many decades of 'togetherness', Ron and Gail eloped to Las Vegas to be wedded by 'Elvis' - such a fitting ceremony for the pair who have music and dance (and fun!) in their blood. **Pictured left (top):** Our beginner line dancers have a whale of a time under Ron's tuition. **Pictured left (below):** Ron in Thursday raffle mode.

got there, before we signed up, we noticed a café for sale across the road so we thought we'd check it out. We ended up buying the café – and in doing so, bought ourselves a job instead of going on the dole!"

With their shared love of dance ("I'm a little bit country and she's a little bit rock 'n roll," Ron smiles), Ron and Gail took to their new 'project' with gusto. They reimagined the popular Forster-Tuncurry venue into a rock 'n roll-themed café, named "Ocean Rock Café". They had rock 'n roll memorabilia all over the walls and only played rock 'n roll music. They ended up attracting crowds of rock 'n roll enthusiasts who'd drive up in their 1950s-era classic cars and dance out the front. The Ocean Rock Café was life for the pair for three wonderful years until they sold up and moved to Bundaberg. And while Ron continued painting, they pair stayed true to their passion and continued dancing – all the way to there next move, into Palm Lake Resort Hervey Bay three years ago.

"When we got here, I was pleased to discover they had line dancing on the Weekly Activities list – but I hadn't done it for about 30 years," Ron says.

But, it'd be just like getting back on a horse, right?

"No way!" Ron laughs. "What I found out was that the brain and the legs don't go together anymore!"

With our resort's line dancing instructor Fran Shaw to help him along, Ron soon did pick up where he left off three decades ago. And he's proven that he's so completely 'back on the horse' that, nowadays, you'll find Ron teaching beginners to line dance on Wednesdays, helping Fran with her line dancing music on Tuesdays, and he and a friend have also just started an 'old time' dance class here at the resort on Fridays from 6pm. On top of that, Ron teaches line dancing in other local retirement communities.

"Line dancing keeps you fit, it's a great social outlet and it also keeps your brain active," Ron explains. "We have an 83-year-old dancer in our class and she is amazing."

When Ron and Gail aren't on the dance floor, the pair enjoys tennis, lawn bowls and the occasional game of snooker here at the resort. And if you've had a ticket in a Thursday night raffle, you would've also come across this fabulous community-minded pair.

While Ron's beginners' classes are filled with ladies currently, he encouraged anyone interested in dancing – male or female – to come along and check it out. No experience necessary, of course. And Ron's living proof that the men can mix it with the ladies in this sport.

"Anyone can do it and all are welcome," he says.



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, phone 1800 455 307.
*T&Cs apply



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Vet's winter caution.

YEP, IT'S OFFICIALLY COLD. WHILE YOU'RE PULLING ON YOUR LAYERS AND DIGGING OUT EXTRA BLANKETS, REMEMBER THAT YOUR PET NEEDS SPECIAL CARE DURING WINTER, TOO. KEEP THESE TIPS IN MIND FROM PET-STOCK VET DR KATHY MACMILLAN.

Beating the winter blues

Just like humans, pets are also at risk of developing the winter blues. Household pets, especially cats and dogs, are highly intuitive and can sense when owners are feeling lazy or unmotivated. Despite being covered in fur, even for our pets it can be tempting to stay cooped up indoors throughout winter. As an owner, staying motivated to maintain your pet's daily exercise regime is critical during the winter months for your pet's mental and physical wellbeing. Playing with your pet indoors or mixing in training sessions is also recommended.

Hydration

Keeping your pet hydrated is always important but it is usually something that pet owners are more aware of during the warmer months. Make sure that your pet always has access to fresh water even if it's cool.

Drinking standing water

This winter has brought more rain than we're used to and, therefore, more puddles. When you're on your daily walks, monitor your dog closely and avoid letting them

drink any standing water. Leptospirosis is an infectious disease that can be contracted by dogs that drink or swim in contaminated water, such as puddles, ponds, rivers or dams. It can cause them to become extremely sick and, in some cases, be fatal. Symptoms include fever, vomiting, diarrhea, refusal to eat, weakness, depression and stiffness. Always take a fresh bottle of water and a travel bowl with you on all outdoor adventures – that way your pet will stay hydrated and will be less likely to pick up unwanted, harmful diseases.

Sleeping indoors

No matter their age, consider allowing your pet to sleep indoors during winter. Not only will they be more comfortable, but they will use less energy maintaining their body temperature. Chilly nights can make the joints of pets suffering from arthritis more painful and breathing cold air can exacerbate respiratory problems such as bronchitis or collapsed trachea. If you have a puppy, this is the perfect opportunity to try indoor crate training and, if you have a senior pet, winter is a great time to invest in a soft, thick bed that will be easy on their joints.

Heater safety

While it is encouraged to keep your pet indoors more often than not during winter, it is important to ensure they stay safe. If you have a gas heater, have it serviced at the start of the season, prior to using it, to ensure it is not leaking carbon monoxide. And, of course, whether you're using a gas or electric heater, make sure it is always in a safe place where Fido won't knock it over.

Don't weight too long.

UH OH – YOUR DOG'S BODY WEIGHT HAS CREPT UP. BEING OVERWEIGHT CAN PREDISPOSE PETS TO JOINT INJURIES, BREATHING PROBLEMS, HEART ISSUES AND SOME CANCERS. HERE'S HOW TO GET THEM FIGHTING FIT ONCE AGAIN.

Just like humans, dogs can be at risk of a plethora of health problems if they're overweight. If your pooch is showing signs of a podginess, don't stress. You are not alone. Research shows that around 40 per cent of Aussie pets are overweight. The most important thing you can do for your pet is to acknowledge the problem before it gets out of hand and start them on a path to better health. Here are some tips to help your dog lose weight healthily and gradually.

Determine your dog's weight loss target

If your dog is generally healthy and only mildly overweight, the first thing you should do is determine their current Body Condition Score (BCS) and implement a weight loss program around this. BCS is a number assigned to your pet based on evaluation of fat at a few key areas on their body. A BCS can range from 1 to 5, with 1 being severely underweight and 5 being dangerously overweight. You can Google some very helpful BCS charts online that will help you assess your pet's silhouette from above and from the side – evaluating the ribs, spine, hip bones, waist, abdomen, muscle mass and overall fat covering. At an ideal weight you should be able to see your pet's waistline (an hourglass shape) when standing above them, looking down. And your pet's abdomen should be tucked up behind their rib cage when viewing them from the side. You should also feel your pet to evaluate their weight. Place your thumbs on their backbone, spreading both hands across the ribcage. You should be able to feel each rib under a thin layer of fat – just like you can feel the bones on the back of your hand. Be sure to reassess them every week or two until they're at their ideal condition.

Of course, if you're feeling unsure, or if your dog is significantly overweight or has pre-existing health issues, book in a consultation with your vet for further assessment and advice.

Adjust their diet

Mildly overweight pets may be able to lose weight with adjustments to their regular diet, such as cutting out most treats and any unhealthy table scraps, and reducing their meal portions by 10 to 20 per cent. Significantly overweight pets are generally best switched to a prescription weight-loss diet. Not only do these diets provide helpful staged feeding guides, but they also help ensure your pet will not suffer any nutrient deficiencies or excessive feelings of hunger whilst their calories are being restricted.

Encourage regular, appropriate exercise

Whilst weight loss will largely rely on your pet's diet, regular healthy exercise is important for keeping their metabolism chugging, and helping them to maintain strong muscle support. Gentle-to-moderate intensity, low impact daily exercise (such as walking or wading in shallow water) is safest. If your pet is panting heavily, stop them for a rest and offer water. Avoid exercising your pet in hot or humid conditions, as this puts them at risk of heat stress. Remember that what your dog loses in grams, they'll gain in health and vitality!



Homes for sale.

Home 29: \$675,000

UNDER OFFER



Beautifully presented

This Lakeview design home is beautifully presented from its wide hallway entry through to the lakeside alfresco area. The master bedroom has views and sliding doors to the lakefront and is fitted with a block-out blind, large double basin ensuite with walk-in wardrobe. The kitchen is large, white and spacious with dishwasher and cupboards to the ceiling with plenty of drawers underneath.



Home 158: \$585,000



Gorgeous interior

This home is beautifully presented with two large bedrooms plus a study, which is large enough to use as a third bedroom. The master has the walk-in wardrobe with ensuite and the second bathroom has a separate toilet. The open-plan kitchen lounge/dining area looks out onto the internal lake and flows out to the covered patio area, perfect for relaxing time, listening to the sound of the water fountains. This home is tiled throughout in soft tones, a large air-conditioning unit is featured in the main living area and has internal access through the laundry to the double garage which has an epoxy floor covering. The gardens are low maintenance. There's a small garden shed. There are seven solar panels on the roof and the home has gas hot water.



Home 186: \$585,000

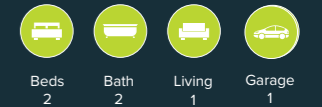


Views for days

This lovely home with internal lake views is perfectly situated. Not too far from the Country Club, this home features a double garage, two bedrooms, a study and a lovely open-plan kitchen with lake views from the living area. The living area flows out onto a small verandah, perfect for breakfast or afternoon coffees, while you are listening to the sound of the fountain and enjoying the bird life. This home features new fans throughout, air-con in the main living area, solar hot water and a large guest bathroom with separate toilet. There is ample room down the side of this home for creating your own slice of paradise: add a tropical garden or growing your own vegetables.



Home 189: \$527,000



Be quick!

This gorgeous, secure low maintenance home features two bedrooms; the master with air conditioning and an ensuite with dual basins, and a second bathroom. This lovely home is sure to please with its low maintenance exterior and alfresco area, with a small garden shed, pull down blinds for all weather entertaining and real turf grass, with a provided electric mower. The kitchen cabinetry is high gloss white and features a gas hob. Solar panels on the roof that feed back into the home, this home is ready to be moved into now.



Want to book a private tour and find out more about our resort? Freecall **1800 455 307**
Email hervybay@palllake.com.au and visit us online at palllakeresort.com.au

Life is cruisy

at Palm Lake Resort.

Living at Palm Lake Resort has been compared to living the cruise ship lifestyle everyday. Just like cruising, our homeowners have everything they need, right on their doorstep. Think resort-style pools, gymnasiums, a wealth of activities and entertainment, social gatherings, food and drink, and more. But you can captain your own ship, here at Palm Lake Resort.

This is your time.



Palm Lake Resort Hervey Bay: 25-67 Pialba-Burrum Heads Rd, Eli Waters QLD 4655

Freecall 1800 455 307



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

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