

Hervey Bay.

MAY - JUNE 2023



Cool change

Winter's almost here and it's the perfect time to start thinking about seasonal changes to your veg patch

Refer a friend

Do you know someone looking to make the move into our resort?
Refer them, for fast cash!
Homes for sale: Pages 9-11

Fun, fun, fun!

Check out just some of the fun memories we've made here in recent months



Welcome.

Welcome again everyone to our resort newsletter. Where does the time go? This bi-monthly edition seems to come around very quickly!

As you all know, there have been a few things going on around the grounds. We have the irrigation team in doing repairs at present, and it should not be too long before that system is up and running on automatic again. I am sure a lot of you will be pleased when this is complete. The bowling green has seen some maintenance work and the new pool pumps have been approved for installation, so the noise should be significantly reduced. Also, new and different solar spotlights have been installed in the dips in the walkways so when anyone is out walking at night, these lights should provide even safer access through the middle of our resort.

We are busy recruiting at present and have had some great applicants. Hopefully it won't be too much longer and we can be enjoying social times and meals together again. Max has been doing a fantastic job keeping the resort pristine on his own. What a credit to Palm Lake Resort he is! We are very lucky to have him and appreciate him immensely. Jay Jay is in the Country Club every day keeping it in tip top condition. Thank you to both of these staff for all they contribute to our resort.

I am still interested in creating a community garden. We need to identify the perfect spot for this facility, so that the garden beds get the right amount of sun and shade. Any suggestions would be welcome.

It's also been great to see our homeowners enjoying the trips that have been organised by Jan, our Social Club director, with Cache Tours. Looks like a lot of fun. Our Hawaiian Bowls Day will be run as this newsletter goes to print. I'm sure it'll be a lot of fun too - I can't wait to take some photos! You all make it so easy to brighten up this newsletter with vibrant photos, given all the activities that you do, and the dress-ups and costumes you wear!

Back in the Sales Office, home sales are still ticking over. People who are buying in are generally those who have already decided that Palm Lake Resort Hervey Bay is the best choice for an over-50s community here in our local area. They are simply waiting for the right home to come up. We have a few newbies due to move in, in the next couple of months. There's actually a really lovely vibe here in our community given all the new homeowners who have joined us during the two years that we've been your Caretakers here. Thank you to all our existing homeowners for welcoming all the newer ones in. Until next time...

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



CONTACT US

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

FREECALL: 1800 455 307

Street address:
25-67 Pialba-Burrum Heads Rd,
Eli Waters QLD 4655

Office hours:
10am to 2pm, Monday to Friday
(weekends, by appointment)

Email:
herveybay@pallmlakeresort.com.au

Find us online at:
pallmlakeresort.com.au

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

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News briefs.



READ ALL ABOUT IT

The Autumn 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 always check it out at pallmlakeresort.com.au

In this edition, we celebrate all things people. Did you know that 10,000 people call a Palm Lake Group address home? You'll get to meet some of our longer-term homeowners and staff in the pages. You can also walk through some of our latest construction projects at Forster Lakes and Willow Lodge, read recipes from our residents at Beachmere and catch up on all the Palm Lake Group news.

WHAT'S ON AROUND TOWN

July 2: Mary Poppins Festival. Maryborough's beautiful Queens Park, riverside parklands and heritage streetscapes come to life in scenes reminiscent of the Mary Poppins stories for this annual event. It honours the author of the Mary Poppins books, Pamela Lyndon Travers, born Helen Lyndon Goff in an upstairs bedroom of the former Australian Joint Stock Bank building in Maryborough on August 9, 1899. Visit marypoppinsfestival.com.au for event details.

June 9 - August 27: "Origin Story". Inspired by our state's passion for the greatest sporting rivalry of all time, Hervey Bay Regional Gallery's "Origin Story" brings together artists from across the region to reflect on the cultural contribution of this rugby league series to Queensland's identity and the significance of the game within our Fraser Coast community.



HOMES FOR SALE: PAGES 9-11

***Pictured above:** A group of homeowners made the most of the brilliant autumn sunshine and took a day trip with local company, Cache Tours. There's no doubting that there's lots going on here within the resort grounds across our Weekly Activities (see right), but also within our various homeowner enthusiast groups. There's plenty of opportunity for our homeowners to find and enjoy the company of likeminded friends.*

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

Lest we forget.

ANZAC DAY
WAS A SOLEMN
COMMEMORATION,
WITH THANKS TO THOSE
HOMEOWNERS WHO
MADE IT ALL POSSIBLE.



On theme, in green.

ST PATRICK'S DAY GAVE OUR
HOMEOWNERS A GOOD EXCUSE TO
GET TOGETHER FOR SOME SOCIAL
FUN - AND IN GREEN-THEMED
OUTFITS, NO LESS!

WHAT DO YOU
CALL AN IRISHMAN
WHO STAYS OUT
ALL NIGHT?
PADDY
O'FURNITURE



Cool change.

THERE'S DEFINITELY A NIP IN THE AIR AND THE DAYS ARE MARKEDLY SHORTER THAN THEY ONCE WERE. GUESS WHAT, PEOPLE? HERE COMES WINTER - AND HERE COMES A NEW SEASON IN THE VEGGIE PATCH!



While the coming of winter means swapping your cotton PJs for flannelette and adding a few extra throw blankets to your lounge to make it that little bit more snugly, it's also an opportunity to try something different in your garden veggie patch. It's a given that different veggies grow better in different seasons – some love the heat of summer while others thrive in the cooler months. If you're wondering what delicious produce will grow best for you this winter, let us give you some inspiration.

What to plant

Here in the subtropics (an area stretching roughly from South-East Queensland south to northern New South Wales), you should be looking to plant things like beetroot, cabbage, onions, radish, carrots, tomato, beans, bok choy, pak choy, leeks, kale, spinach, silverbeet and lettuce. Of course, there are herbs that do better here in the winter months as well. Why not try chamomile, comfrey, cress, dill, endives, garlic bulbs, lavender, lemon balm, marjoram, mint, oregano, parsley, rocket, sage, sorrel, spring onions and thyme.

What to remember

While your choice of seedlings should change in line with the seasons, some things do stay the same when it comes to the veggie patch. For example, sunlight is essential for growing veggies – abundant crops are generally the result of a combination of rich soil, water and a wonderfully sunny position. Winter vegetables are no exception - but did you know that leafy greens and root vegetables can tolerate less sunlight and actually perform well in partially shaded areas? Having said that, just remember that our days are shorter and the winter sun is in a different (lower) part of the sky, so there's probably more chance your generally sunny veggie patch becomes more shaded in winter. Accommodate your planting positions around that.

Cold comfort

Frost is another thing to consider. It will impact your young seedlings more than mature plants. Ensure they are established earlier in the season and/or are physically protected from the cold air. Funnily enough though, some winter



Pictured: No garden space? No worries! Large pots work well as they can be positioned to capture the winter sun.

vegetables thrive in extra cool conditions and their taste can even improve as a result. Apparently, a cold snap can trigger certain plants into producing more sugars which means sweeter harvests. To test this theory, try harvesting snow pea, parsnip, carrots and broccoli/cauliflower after any especially cool nights and see if you notice a difference in their taste.

Pesky pests

A benefit of growing veggies in the wintertime is that there are generally less pests about. That's not to say there will be no creepy crawlies in your garden – you should still keep your eyes peeled for them. One thing you do need to keep your eye on during winter are those diseases that flourish in the damp – things like fungal diseases. To assist in keeping fungus at bay, water early in the morning to give any excess water a chance to dry out, water the soil rather than the leaves and also ensure there's enough circulation around your seedlings and plants.

Last tips

Make sure there's a steady supply of water for your delicious goodies (you'll find the ground won't dry out as quickly as in the summertime so adjust your amount accordingly), mulch is never a bad thing and, of course, everyone loves a delicious treat every now and again. Your veggies – and all plants, for that matter – will love a regular feed of manure, fish emulsion and blood and bone to ensure lush growth. If you have a worm farm, don't forget to share some of your 'worm tea' with the veggies.

And remember that you don't need a huge backyard to get a big reward when it comes to growing your own produce. You can plant out some large pots (pictured above) or simply even use a bag of potting mix, laid down flat, with a window cut out of the plastic bag, to expose some of the rich soil within. The best part about these types of gardens is that they are portable and you can therefore place them in the most perfect position in your yard for optimum winter growing results. Good luck!

Inspiration aplenty.

Thrifty Gardening

Country Women's Association of Victoria, \$25

Lift your gardening game and save money with the help of the Country Women's Association of Victoria. *Thrifty Gardening* shows you how to get the most from your edible or ornamental garden, season by season. From how to grow from seed, what to plant and sow, which garden tasks to do when, it's all here. The advice comes with an always timely reminder to sit back and enjoy what you grow and some simple recipes for how to make the most in the kitchen of the bounty from your plot. There's advice for getting the kids involved plus tips for how to outsmart pests and bugs. This book will change the way you think about your garden and it will magnify the joy you take from it, all year round.

The Little Box of Veg

Alice Zaslavsky, \$30

Let the award-winning author of *In Praise of Veg*, inspire you to create something wonderful with whatever is in your kitchen. This kaleidoscope of colour-coordinated cards showcases 48 delicious veg from across the seasonal spectrum. Each card includes advice on choosing/storing/prepping veg, quick cooking ideas and a feature recipe to fully flex your veg game.

The Immunity Food Fix Cookbook

Donna Beydoun Mazzola & Sarah Steffens, \$40

This book delivers 75 delicious superfood recipes that support your body's natural defences organised around the five key pillars of immune support - reversing inflammation, detoxification, antioxidants, digestion and microbiome health, and hormone balance and signalling. Supporting your immunity has never been so appealing with these delicious whole food recipes, including gluten-free, dairy-free and grain options.





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.
pallmlakeresort.com.au

Bowls Club notes.

Welcome our new committee

The new 2023 Bowls Club committee is as follows:

- **President:** Liz Kelly
- **Secretary:** Kay O'Brien
- **Treasurer:** Vince Torpey
- **Bowls Co-ordinator:** Gayle Fergusson
- **Asst. Bowls Co-ordinator:** Sue Pike
- **Event Co-ordinator:** Vaughan Munro
- **Bowls Promotion:** Bob Walker

President's report

As the 2023 PLR Bowls Committee President, I would like to welcome our new committee on board for the year. There is a great variety of skills and talents within the group, and I feel privileged to have the President's role and to be the first female to do so, here at Palm Lake Resort Hervey Bay. The committee is here for you – to support, promote, assist, advocate and liaise with PLR Management and the HOA. We can be contacted through our secretary at plrhbbowls@gmail.com

We would like to see many more homeowners using our greens and facilities, whether you have never played or you are a bowler who has not played for years, we welcome you. We trust that 2023 will be a great year of lawn bowling at Palm Lake Resort Hervey Bay with camaraderie and fun for all.

Liz Kelly, President

Fours champs

Congratulations to our championship winning mixed fours team, including Graeme Pickworth, Rosemarie Lambert, Jan Street and Ash O'Neil. The runner-ups fought well, including Gayle Fergusson, Liz Kelly, Roy Kelly and Tony Fergusson.

Upcoming events

Sunday, May 21: Hawaiian Gala Day

Sponsored by Travel Managers, start planning your Hawaiian costume for this fun event! A nomination sheet is on the board with all the details. Bundabergbased McCracken Bowls will hold a pop-up bowls shop on this day, so if you are looking for new bowls, shoes, equipment etc this could be a great opportunity without having to leave the resort.

Homes for sale.

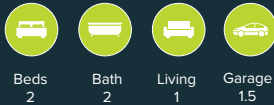
Home 190: \$605,000



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 168: \$690,000



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.

MORE HOMES ON PAGES 10-11

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 120: \$680,000



SOLD!

Everything you'll need

Immaculately presented Wattle-design home featuring beautiful mocha tiles throughout the living areas with carpet in the bedrooms. This home features a bright two-pac kitchen in white, with no overhead bulkheads. The master bedroom has a triple-door mirrored wardrobe with built-in cabinetry and a large ensuite. There is air conditioning in the main living area and fans throughout all the rooms.

The extended patio roof line creates a larger outdoor area with pull-down shades for all-weather entertaining, all the while looking over the internal lake with fountain views and beautiful sunsets.



Home 203: \$550,000



UNDER OFFER

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 169

Home 136

SOLD!



SOLD!



Home 160

UNDER OFFER



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.



10,000 REASONS TO CELEBRATE

With more than 45 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@pamlake.com.au
25-67 Pialba-Burrum Heads Rd, Eli Waters QLD 4655

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