

Hervey Bay.

NOVEMBER - DECEMBER 2022



Giddy up!

Who are the best dressed homeowners of our resort? Find out inside...

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

Tips and tricks

If the coming of summer has you styling up a new-season storm, read our tips for rugs and art



Pictured: Tennis anyone? Catch a match every Tuesday and Thursday at 7.30am.

Welcome.



Hi everyone! It's December... where did 2022 go? Holy moly, this year has flown by! Bryce and myself are off to the motherland for three weeks over Christmas. I'm so glad I organised our trip back in March otherwise it would definitely have caught up with me before I knew it, and it would have been a rush to get organised. You will have Keith and Colleen Arnfield staying at our place while we are gone and I cannot express my gratitude enough to them for coming to relieve us so we can enjoy our break without worrying about a thing. Speaking of travel, it's been lovely to see a lot of homeowners back travelling with quite a few doing overseas trips and a lot of you back on the cruiseships - how awesome for you all.

Palm Lake Resort Hervey Bay is looking amazing right now, isn't it? The boys - Max and Darryl - have kept our home in pristine condition all year, and we are so proud of them. It's not always easy in the hot weather and with all the rainy days we've had. Hats off to them. Great job, boys! I also would like to mention the other half of the team here including our chef Kamahl, kitchenhand Julie and our cleaner Jay Jay. We get so many comments about how clean and tidy the Country Club and resort grounds are. It's a credit to Jay Jay to maintain the whole Country Club single handed. And those lunches and dinners that never leave anyone hungry (there is always room for dessert though, right?). We know what we have here is special and we are proud to call Palm Lake Resort Hervey Bay home.

With at least 12 homes sold already this year and another couple settling in December, we have seen many new homeowners move in this year - 22 newbies, in fact. Welcome to you all. It's been great to see you out and about and getting involved in our resort. Thank you to our longer-term homeowners for making everyone feel welcome. There is such a nice vibe across our resort grounds with everyone laughing and having a great time. The fun times we have had recently include our Melbourne Cup celebrations, our rock 'n roll night, country night, black-and-white themed dinner and more. Creating special moments and memories: This is living.

We take this opportunity to wish you all a safe and Merry Christmas and a happy New Year. We will miss the Christmas parties this year but will see you all refreshed, recharged and ready for 2023 when we get back.

**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:

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

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News briefs.

**HOMES FOR SALE:
PAGES 9-11**

MUSEUM BRINGS BACK OLD-TIME CRAFTS

Every Sunday from 1-3pm, the Hervey Bay Historical Village and Museum volunteers demonstrate old-time crafts and get visitors involved in the process. Treadle the wood lathe, help shell the corn or help make your own free piece of souvenir rope on their machine, which is more than 100 years old. Find the museum at 13 Zephyr Street, Hervey Bay, or online at www.herveybaymuseum.com.au



BOWLERS' BRIEF TRIP

Don't say lawn bowls isn't fun - these bowlers group went to Doonville, in Maryborough, and as it was a Halloween theme, they went as the "Palm Lake Undietakers"!



RIDE THE RAIL AND INDULGE YOUR SENSES

The Mary Valley Rattler invites you to jump aboard their "Tasting Train". The Historic Gympie Station on Tozer Street has been restored to its former glory. Hop on board the Heritage Railmotor RM76, which traditionally ran the Brooloo line to Gympie providing a daily link to the town for shopping, the transportation of goods and a means for children to get to school. Sit back and relax as you begin your nostalgic rail journey through one of the most beautiful parts of Queensland. As our region boasts wonderful producers, enjoy a tasting plate of local produce and learn all about the produce the Mary Valley has to offer. The quaint community of Amamoor is a delightful historic town and upon arrival there, you can watch the fascinating process of the turning of the engine on the turntable. On your return, a delicious two-course lunch is served at the Historic Gympie Station in the beautiful Rusty Rails cafe. It's a wonderful adventure for locals and their visiting friends and family. Tours run weekly. Visit www.maryvalleyrattler.com.au for more.

ENJOY OUR BALMY FRIDAY NIGHTS

Food N Groove Fridays is a free family-friendly evening on the grass, for locals and visitors alike. Find a large array of delicious food options, fun and lively music monthly in Hervey Bay's City Park right through to February. Grab a picnic blanket or chair to join in the fun. Entry is free. Catch this event on December 2, January 6 and February 3.



WELCOME HOME

Our community is forever growing and changing as new community members join us. Among the newest of the newbies are (above from left) Helen & Graeme Reddall (Home 17), Sue & John Merton (Home 181) and Bob Walker (Home 189). Bob was a past homeowner of our resort who is back for his second time! Welcome home to you all - we hope you and your families enjoy the festive season here with us in the coming weeks.



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.
palmakeresort.com.au

Weekly activities.

MONDAY

8am: Lawn bowls (Social teams)
8.15am-8.45am: Walking aerobics
9am-9.45am: Aqua aerobics with Bec
10am: Lawn bowls
1pm-2.30pm: Yoga
1pm-4pm: Sewing/craft
2.30pm-3.30pm: Tai Chi/Qigong
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

8.15am-8.45am: Walking aerobics
9.30am-11am: Tai Chi/Qigong
1pm-3.30pm: Knitting - Craft Room
3pm: Lawn bowls
3pm-4.15pm: Health & Strengthening (no floorwork)
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-3.30pm: Bingo
5.30pm: Residents' dinner

FRIDAY

6.30am for 7am: Golf at Hervey Bay Golf Club
8am: Lawn bowls (Social teams)
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 (Social triples/pairs)

SUNDAY

7am-8am: Gym class, with resident instructor
1pm-6pm: Cards (inc. 500, Texas Hold 'Em, Hand & Foot)



Giddy up!

CHECK OUT JUST HOW WELL WE ALL SCRUB UP HERE AT PALM LAKE RESORT HERVEY BAY! MELBOURNE CUP DAY WAS A FINE FESTIVAL OF FASHION, FUN, FOOD AND THERE WERE EVEN A FEW RACING FILLIES THROWN IN FOR GOOD MEASURE.





Step back in time.

WE'RE ALWAYS BEING TOLD NOT TO LIVE IN THE PAST, BUT DID YOU KNOW THAT CERTAIN TYPES OF REMINISCING CAN ACTUALLY BE GOOD FOR YOU? FROM REDUCING THE IMPACTS OF DEMENTIA TO PROMOTING POSITIVE PERSONAL GROWTH, FIND OUT WHY AND HOW TO GET A HEALTHY DOSE OF NOSTALGIA.

Dwelling on the past is no longer seen as a sign of senility – in fact, therapists have harnessed the power of reminiscing to treat people with Alzheimer's and other kinds of memory loss. In 1963, psychiatrist Robert Butler first introduced the idea that reminiscing in old age could be positive. Since then, 'reminisce therapy' has been developed as a non-pharmacological intervention for seniors, especially those with impaired short-term memory. Here's why...

It can improve your day

According to Psychology Today, researchers from Loyola University found that thinking of good memories for just 20 minutes a day can make you more cheerful than you were the previous week. Just think about the feeling that comes over you when you see, smell or hear something familiar, or when you look back through photos from happy times.

It can make you feel safe

Nostalgia is often associated with melancholia, but it can also make us feel comfortable. Next time you're in a new place or experiencing feelings of displacement, try thinking or writing about your favourite people and places. Psychologist Tim Wildschut found that people who write about a nostalgic event are more cheerful after the exercise, and feel more positively about their friendships and close relationships. This gives us a comforting sense of belonging.

It brings you closer to your loved ones

Reminiscing on memories is an important way to ground yourself and stay true to your roots. This is because your special memories almost always feature special people.

Studies have shown that people with nostalgia-prone personalities cope with problems more effectively as they are more likely to receive social support after experiencing stress, and see their families more often.

It can motivate you

Drawing from memories of your past accomplishments is a common way to stay motivated – you may not even realise you're doing it. Have you ever thought to yourself, "If you got through that, you can get through this"? Of course, try not to ruminate too long on difficult times – focus instead on how you got through them, and how you felt on the other side.

It can benefit those around you

We gain wisdom from our own experiences, but also from the experiences of others. Reminiscing on your past can shine a light on important lessons you learnt – lessons that you can pass on to your children, grandchildren and even friends. Flipping through old photo albums can be a helpful way to spark these conversations; turn to the following page to find out how to best document your memories.

Remember: reminiscing is all about how you perceive the past. The same memory can promote positivity or pain depending on how you look at it. Psychologist Sonja Lyubomirsky says it best: "It's what you focus on. Do you focus on how positive it was then, or that it's over now?". As some people say, 'Don't cry because it's over, smile because it happened' – it's cheesy, but it's true.

Do you remember?

Residents at Palm Lake Resort's over-50s communities all lived through the '70s and '80s. But how much can you recall from that time period? Whether you were closer to 10 years old or 30, you'll likely remember these moments and memories from 1975 to 1985. There are some great conversation starters here for our next weekly meal!

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On the big screen...

These were among the highest grossing movies released from 1975 to 1985. Did you see them in the cinemas, and have you watched them since? Perhaps a nostalgic screening is in order!

- Jaws (1975)
- Rocky (1976)
- Star Wars (1977)
- Grease (1978)
- The Amityville Horror (1979)
- Star Wars: The Empire Strikes Back (1980)
- Superman II (1981)
- E.T. the Extra-Terrestrial (1982)
- Risky Business (1983)
- Ghostbusters (1984)
- Back to the Future (1985)

On the radio...

Billboard magazine named these as the number one songs from 1975 to 1985. How many can you remember the words to? Can you remember your favourite songs from those years?

- 'Love Will Keep Us Together' by Captain & Tennille (1975)
- 'Silly Love Songs' by Wings (1976)
- 'Tonight's the Night' by Rod Stewart (1977)
- 'Shadow Dancing' by Andy Gibb (1978)
- 'My Sharona' by The Knack (1979)
- 'Call Me' by Blondie (1980)
- 'Bette Davis Eyes' by Kim Carnes (1981)
- 'Physical' by Olivia Newton-John (1982)
- 'Every Breath You Take' by The Police (1983)
- 'When Doves Cry' by Prince (1984)
- 'Careless Whisper' by Wham! (1985)

On the front page...

Can you remember these history-making moments that took place between 1975 and 1985? Or, better yet, can you remember where were you when you first heard about them?

- In 1975, the Vietnam War ends with the surrender of South Vietnam to Communist forces.
- In 1975, Nadia Comaneci wins three gold medals at the Montreal Olympics with seven perfect scores.
- In 1977, Elvis Presley dies at the age of 42.
- In 1978, the first test tube baby is born in the US.
- In 1979, Sony releases the Walkman.
- In 1980, John Lennon is assassinated at age 40.
- In 1981, NASA launches the first Space Shuttle mission.
- In 1982, the first episode of Late Night with David Letterman debuts on NBC.
- In 1983, the first mobile phones are introduced by the public by Motorola. The final episode of 'M*A*S*H' airs to a record 125 million viewers.
- In 1984, the first Apple Macintosh personal computer goes on sale.
- In 1985, the Rainbow Warrior is sunk by French foreign intelligence services off the coast of NZ.

Organising your memories.

LIFE IS FULL OF PHOTO-WORTHY MOMENTS – SO MUCH SO, MOST OF US END UP WITH A BAZILLION HAPPY SNAPS SPREAD ACROSS A HANDFUL OF DEVICES, ALBUMS AND HARD DRIVES.

Thankfully, website and app developers know the struggle, so there are a number of programs you can use to help you on your photo-organising quest. And with the holiday season upon us and family generally around, why not sort out your memories once and for all - for everyone's benefit.

Gather them up

Before you can organise your photos, you need to see them all in one place. This may mean scanning physical photos to create digital copies, which you can either do using a scanner or via your smartphone – a quick Google will explain how. You can then save them directly to your camera roll or to an app like Dropbox. You'll also want to find old CDs, USBs or hard drives that could house more pictures. Don't forget to go through your smartphone and any of its backups to find additional images, and check your camera's SD cards if you have one.

Find the perfect place

Where you store your photos is up to personal preference, but using a cloud-based service is generally the safest, most convenient place. If you use an iPhone and computer, iCloud may be your best bet – it works with your phone to sync images across all devices, and it's relatively affordable if you need to upgrade your storage. Alternatively, Dropbox or Google Drive can be used on the computer and your phone via the app. If you're not a fan of cloud storage, consider an external hard drive for your computer. They're relatively inexpensive but localised – meaning you can only access those photos when you're at your computer.

Set up a system

Depending on your needs, every system has its benefits. While some people prefer to create folders for different events – like, say, 'Japan trip' or 'Emma's first birthday' – this may not lend itself to the more spontaneous snaps. It may be better to create a folder for each year, then a folder for each month. If a particular event happened in a certain month, you could then create a folder solely for that event in the month's folder; for example, your "2019" folder will include a "May" folder, which will include a "Mother's Day Lunch" folder with photos from that event.

Make physical mementos

If you love the idea of having each of your children's baby photos in one place, or a holiday album from a family trip, why not make photo books? Websites like Snapfish, Chatbooks, Blurb and Picture Postie make it super easy to turn your photo collections into physical photo albums, which you can proudly put on display or give as gifts to your children, parents or relatives.

Rug rules.

A WELL-CHOSEN RUG CAN BE ONE OF THE HARDEST WORKING PIECES IN YOUR HOME, TYING A ROOM TOGETHER, CREATING NEW SPACES AND ELEVATING YOUR HOME'S DESIGN. HERE ARE FIVE EASY HACKS FOR PERFECT RUG PLACEMENT.

Go big where you can

A good rule of thumb when choosing a rug is to make sure it will extend beyond the key pieces of furniture you will place on it. For a dining room, this means it should be bigger than your table and chairs, even when they're tucked in. In a bedroom, this will typically mean it should be bigger than your bed and bedside tables. If this isn't possible – for example, if you have a particularly large couch – just place the front legs of the furniture item onto the rug. Just ensure the entirety of all smaller pieces of furniture will fit on the rug.

Aim for equality

If possible, try to make sure your rug has equal distance on all sides. Interior design expert Darren Palmer says you should aim for 30cm on each side of your rug. This will usually mean placing it in the exact centre of your room or chosen space. With diagonal walls or large furniture items surrounding it, this can be tricky – it may be worth investing in a slightly smaller rug in this case, or opting for an irregularly shaped rug instead of a classic square or rectangle.

Consider your colours

A rug really can make or break a room, especially when it comes to colour. Take a look at the largest textured items in your room – your couch, bed linen and curtains, for example – and consider whether a printed or plain rug would complement them better. Plain items may look better with a printed rug, and vice versa. Consider also how warm or cool the colours in your room are. A good rule of thumb is that warm colours will 'come towards you', and cool ones will move 'away from you'. Having a balance of both can elevate your room, so keep this in mind when choosing a rug.



Hang time.

YOU DON'T NEED TO BE AN EXPERT TO KNOW HOW TO DISPLAY ART PROPERLY AND SAFELY, BUT IT DOES HELP TO KNOW A FEW BASICS. FROM WHERE TO HANG YOUR CHOSEN ARTWORK TO HOW, KEEP THESE MUST-KNOW TIPS IN MIND.

Pick the perfect position

Generally, pictures should be hung at eye level – about 1.5m up the wall – and away from direct sunlight or heat sources, as these can damage them. When hanging pieces behind furniture, aim for the base of the frame to sit four to six inches above the highest point of the piece of furniture. If you are hanging multiple artworks together (like a gallery wall) treat the group as one piece of artwork and apply these same rules.

Decide how you will hang it

If you are hanging a heavy picture on a plaster wall, find a stud on which to safely anchor the wall hook. Lightweight pictures can simply be hung with adhesive hooks, which can typically be removed from the wall without damaging the paint. Will your painting be hung by picture wire or a metal hook? Wire will need screw eyes to be attached to the frame, and these screw eyes should be positioned on the inner right and left-hand edge of the frame a third of the way down from the top of the frame.

Get to work

Though you will be more accurate using a stud finder to hang your large or heavy pictures on, you can go without. Simply tap your knuckles along the wall until you feel and hear a solid backing – this will be your stud. To hang your picture, hold it up where you would like it and mark a line along the top of the frame. Then, on the frame, measure the distance from the top of the frame to the hook or picture wire (be sure to pull the picture wire taught to determine where it will sit when the frame is hung). Measure down that distance from the pencil mark you made on the wall to find where your chosen picture hook needs to be secured. Hang your picture and behold your home art gallery.



Homes for sale.

Home 169: \$660,000



UNDER OFFER



Fraser Coast awaits

This sensational Fraser Coast design lakefront home consists of three double size bedrooms, large dual access bathroom with walk-in shower and second toilet in the garage. The 1.5 garage is fully fitted with internal cupboards. The laundry features double linen cupboards and the master bedroom features shutters, air conditioning and external access via a glass sliding door to the outdoor entertaining area. The kitchen, dining and lounge areas all have glass sliding doors that access the outdoor undercover entertainers' areas. The large kitchen offers new SMEG appliances and a brand new dishwasher. There are steps down through the beautiful tropical garden to the water's edge.

Home 136: \$630,000



Access plenty

This immaculate 'Woodlands' designed lakeside home features the most beautiful outdoor flow; from the large covered alfresco area, across the newly landscaped outdoor area and through to the tropical gardens with walking path down to the lake. The covered patio has pull-down shades and shutters to make best use of the outdoor entertaining space. The home has two carpeted bedrooms; a master with a large wardrobe and ensuite along with an additional study with a built-in wardrobe. Enjoy a separate shower and toilet for guests, tiling throughout and glass sliding doors to the alfresco area - perfect for letting a breeze through the bedroom.

MORE HOMES ON PAGE 10

Homes for sale.

Home 186: \$529,000



Water views and well maintained

This lovely home with internal lake views is perfectly situated not too far from the clubhouse, with its double garage, two bedrooms and a study, lovely open plan kitchen with views out through the living area onto the lake. Flowing out onto a small verandah, perfect for morning breakfast or afternoon coffees, listening to the sound of the fountain and enjoying the bird life. This home feature new fans throughout, air con in the main living area, solar hot water, large guest bathroom with separate toilet, Master bedroom has walk in wardrobe and ensuite. There is ample room down the side of the home for creating your own slice of paradise, either by adding tropical gardens or growing your own vegetables.

UNDER OFFER

Home 203: \$550,000



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 158: \$585,000



Views for days

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 and have a small garden shed. There are seven solar panels on the roof and the home has gas hot water.

Home 17: \$675,000



SOLD!

Home 189: \$527,000



SOLD!

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



To find out which homes are available right now, **FREECALL** 1800 455 307
email herveybay@palllake.com.au or **visit us** at 25-67 Pialba-Burrum Heads Rd, Eli Waters QLD 4655



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

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