

Hervey Bay.

SEPTEMBER - OCTOBER 2023



Social butterflies

We love any excuse to dress up and get together for fun. Check us out, inside...

Spring clean your world

There's a distinct change in the air: it's spring and the season for new beginnings!





Welcome.

Hello everyone!

Since our last newsletter, we are happy that the irrigation system is back to full pressure. Some parts of the system are now working so well that there seems to be water in gardens that never received water before! We can't complain though, can we? It's such a novelty to have it working at full pressure again that my poor fur baby, Jack, is still not used to the "whoosh" sound as it comes on. He charges for the door thinking it's an intruder! We are adjusting the solenoids and sprinkler heads as we need to and it's all coming together nicely.

Our other 'success' is our wonderful chef, Margie. The feedback from our resort meals is fantastic. Her presentation of the meals is awesome too, and we are so happy that she chose us when she moved to Hervey Bay.

Our boys, Max and Justin, are busy with new plantings and taking cuttings. Have you noticed the orange trumpet vines planted along the fence line beside Home 110? Once they cover that fence, they will look spectacular.

There is still lots going on around the grounds, with our special interest groups and the Bowls Club also a hive of activity. Speaking of the bowlers, they just returned from Biloela, playing in the big bi-annual Palm Lake Resort inter-resort competition and our players placed 1st, 2nd and 3rd! Well done to you all. Events like that provide such a great opportunity to meet up with other homeowners in other resorts and make lifelong friends.

As far as sales go, I am down to only one home available at the time of writing this Welcome note. We have also farewelled some long-term homeowners recently. Ian and Leonie Crane (Home 168) contributed so much to the resort and our activities over the years they were here and they will be missed - such a lovely couple. With all the newbies joining us, come fresh faces and fresh, new ideas and it is wonderful to see everyone joining in and being active. Enjoy our beautiful Hervey Bay!

Until next time,

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

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CONTACT US

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Get social:
Follow us on Facebook
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News briefs.

THIS IS YOUR TIME

The Spring 2023 edition of 'Your Time' (our Palm Lake Group quarterly company magazine) has just rolled off the printing press and is headed to letterboxes and Palm Lake Resort addresses around the country. This edition keeps readers in the loop on development at our company's latest construction sites (Pelican Waters, Yamba Cove, Paynesville and more) while also celebrating the re-opening of Pelican Waters Golf Course and Palm Lake Care's prestigious independent construction industry award win. In our lifestyle section this edition, we look at ageing well and whether age is just a number? If you haven't seen a hard copy of the magazine, you can always read it online at pallmlakeresort.com.au



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, Alan Woods and Carmel Murphy (Home 105) and above right, Helen Jones (Home 203). We also welcomed, below left, Craig Costello (Home 160) as well as Gary and Gail Casey (Home 44), below right.



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
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



Hervey Bay reins supreme!

Palm Lake Resort Hervey Bay walked away from the big Palm Lake Resort bi-annual inter-resort bowls competition with all top three placings after an action-packed week of fun and entertainment - with a little bit of bowls played as well!

There were 150 bowlers in attendance from five Palm Lake Resort communities including Bargara, Beachmere Bay, Cooroy-Noosa, Upper Coomera and Hervey Bay. Players formed 50 teams of three for the three-day competition which was hosted by Biloela Bowls Club. Another 40-odd homeowners joined in the fun as official spectators. In total, close to 200 Palm Lake Resort homeowners enjoyed the hospitality of Biloela's various camping grounds and other venues for social catch ups, fine food and lots of fun, while proudly bolstering this small country town's local economy. The event was organised, for the third time running, by Palm Lake Resort Bargara homeowner Joy Williams and her band of volunteers (read: her dedicated husband of 40 years, Bungy!).

"Hervey Bay cleaned up and should be congratulated for having such excellent players," Joy says.

The official results are as follows:

First place: "The Legends" of Hervey Bay: David Wilson, Colin Goodall and Harold Self with total points of 52.0

Second place: "Misere" of Hervey Bay: Tony Fergusson, Roy Kelly and Patrick O'Brien with total points of 49.0

Third place: "The Bowling Stones" of Hervey Bay: Carol Elboz Vaughan Munro and Noel Pidgeon with total points of 48.0

Joy gave a special shout out to team "Tres Bandidos" from

ANOTHER INCREDIBLE BI-ANNUAL INTER-RESORT LAWN BOWLS COMPETITION HAS JUST BEEN RUN AND WON WITH ONE PALM LAKE RESORT LOCATION REALLY SHOWING THEIR SUPREMACY ON THE GREEN....

Palm Lake Resort Bargara (Denis Buckingham, Joan Bradford and Merv Bradford) who came in last spot but had a whale of a time doing it!

For those keeping score, the first of these major bi-annual inter-resort competitions was run in 2019 at Kingaroy with Palm Lake Resort Upper Coomera's "Riverside Rebels" (Di Wiseman, Peter Murray, Dennis Wiseman) taking out the top prize. In 2021, Dalby hosted a wonderful event and the winning team, named "JAM", was a combo of Beachmere Bay and Bargara players (Alan Johnson, Marianne Alhovinta, John Beeck).

Joy confirms the inter-resort competition will continue in 2025 with thanks to a new organising team consisting of three Beachmere Bay and Bargara homeowners.

"I am just so pleased it will continue as it is such a great way to meet like-minded homeowners in a social setting," she says.

Palm Lake Resort Beachmere Bay homeowner/bowler Eric Young summed up Joy's efforts over the past three events as nothing short of outstanding.

"The task of coordinating an event involving 150 bowlers from various teams and resorts is no small feat. Joy's willingness to take on this responsibility, even when the Biloela Bowls Club was a considerable distance from her home, showcases her selflessness and dedication to making this event a success," Eric says. "The three marvellous days we all enjoyed were made possible by her hard work and unwavering dedication. On behalf of all the participants, I want to express our heartfelt appreciation for her exceptional efforts."

Pull up a chair.

EVERY WEEK, 20 HOMEOWNERS JOIN LESLEY, OUR CERTIFIED YOGA INSTRUCTOR, FOR A GENTLE YET CHALLENGING CLASS THAT IS A LITTLE SOMETHING DIFFERENT...

You would definitely have heard of yoga - but have you heard of chair yoga? Lesley has been enjoying teaching chair yoga for the past six years. Just as the name suggests, this class offers an adaptation of standard yoga poses for participants who are seated in chairs.

This class is a recent addition to the Palm Lake Resort Hervey Bay wellness activities program.

"We have a dedicated group of mat yoga students who decided that, having felt the satisfaction of their own regular yoga practice, they wanted to extend the wellbeing benefits out to the greater resort community," Lesley explains.

"So, following a conversation after class and discussions with resort management it was decided that 'Yoga in a chair' class would be born here at Palm Lake Resort Hervey Bay.

"Our mat yoga students are joining in, incorporating mat postures wherever possible and it is blending beautifully," she says.

Lesley says attendance numbers at yoga have more than tripled recently and she's also witnessed once ambivalent faces (people who would question, "Can I actually do this?" and "What am I actually up for?") become faces plastered with smiles and laughter!

"There's a new healthy interest here for homeowners who are enjoying improved breathing and flexibility while also enjoying further connections with their likeminded resort neighbours," Lesley says.

For those still on the fence, here's a list of just some of the benefits of chair yoga:

- First and foremost, chair yoga offers the same benefits as traditional yoga, boosting strength, flexibility and mental wellbeing.
- It encourages focused movement, breathing and attention to how your body is reacting to the exercise. This creates a kind of 'moving meditation' that promotes relaxation and mental clarity.
- The practice is great for older adults who want the benefit of yoga without getting up and down off the floor.
- Chair yoga is an all-abilities option. It is accessible to everyone, as adaptations are always available.

You can catch Lesley and her yoga sessions here at the resort, twice weekly, on Mondays (1-2.30pm) and Tuesdays (9-10am).



Around the grounds.

A GROUP OF LIKEMINDED HOMEOWNERS ORGANISED A TRIP TO THE MILITARY MUSEUM IN CALOUNDRA RECENTLY AND HAD A LOVELY TIME.

On August 23, a group of homeowners took a bus trip to Maroochydore Shopping Centre and the Caloundra Air Museum, with thanks to fellow homeowner/organiser Robert Smith.

Some people spent the day at the shopping centre enjoying a spot of retail therapy while a second group spent their day at the Air Museum. Everyone enjoyed the trip and the Air Museum group's guide, Chris, did a great job of showing his guests around the aircraft, giving everyone an interesting history lesson. The group thanked John for driving them there and back.

"It was a very popular and successful trip but unfortunately we could not fit everyone on the bus," Robert says. "Another trip will be organised in late October." Stay tuned!



'TIS THE SEASON TO BE JOLLY!



Pictured above: From the looks of these outfits, the delicious traditional roast and, well, the big guy in red - it could only mean one thing... Christmas (in July) time! We never need much of an excuse here at Palm Lake Resort Hervey Bay to get together and have fun - just ask Gail Davidson (Home 100) and Ian De Bert (Home 106).



OUR BOWLERS KNOW HOW TO HAVE FUN!

Pictured this page: From NRL Challenge days (including an official 'sin bin') to Country and Western themed events, our bowlers definitely know how to entertain a crowd!

Bowls Club notes.

President's report

It has been a busy three months for our bowling group here at Palm Lake Resort Hervey Bay, with visits from other villages, a fabulous NRL Challenge, Gala Days and the ordering of the new bowling shirts. They are being manufactured in China as we speak, and should not be too far away. Our Bowls Committee has contributed \$416 to cover the cost of the GST, freight and set up costs.

Just to remind bowlers, when you put your name down for a game of bowls, whether it be championships, weekly games, gala days or visits, the onus is on you to let our Games Organiser (Gayle, Home 8) or let the games convenors of weekly games know if you cannot attend that game or remove your name from the list.

When the game draws are done, they are emailed to the relevant bowlers. If you are not receiving emails please update your details with the secretary (plrbbowls@gmail.com). Regular weekly games are drawn on the day, not before, and you need to be in attendance at least 15 minutes before the game, to be in the draw. It is very inconvenient to organisers and bowlers, when people do not arrive for pre-drawn games.

Liz Kelly, President

Triples championships, and a new law

The games were completed on August 6 with the Kelly, Fergusson and O'Brien men challenging their wives for the trophy. It was a closely fought game finishing with an extra end, resulting in the men winning the title.

During the triples championships, there was a little confusion with one of the new rules that came out in April 2023 (Laws of the Sport of Bowls – Section 1.7 – Game Decisions – point 26.3): "There must be no further play in a knockout competition if at any point it becomes impossible for a player, team or side



to win the game, given the number of ends left." For example, at the completion of end 15 of the triples championship (16 ends), Team A's score is 30, while Team B's score is 20. With only nine bowls that Team B can play, they cannot win the game. The game is completed after 15 ends –the last end is not played.

Country and Western fun

Our Country and Western Gala Day, sponsored by Travel Managers' Ian Long, was a fun-filled day of bowls, music, dressing up and Ian - with his horse! Some 47 bowlers arrived in checked shirts, hats and packing pistols to enjoy a sunny day of fun with others.

- Best dressed Male was Lindsay Forsyth
- Best dressed female was Bev Goodall

Pineapples with scratchies attached were randomly awarded to 12 bowlers and, as scores do not matter, it was all in the draw. Our thanks to Travel Managers who support these Gala Days. We loved having Ian here in our resort for the weekend. Thanks, too, to our Bowls Committee who put in lots of effort for these events and help to ensure they run smoothly.

NRL challenge

Our NRL challenge was a huge success with all bowls teams dressing in their footy team colours. They enjoyed the idea of the Sin Bin (the sign being made and erected by Frosty), although some players spent more time there than others! David Wilson was referee, blowing the whistle for every sin bin offence. The sin bin really changed the game in different ways, eg. no driving. The club supplied chocolates and chips on the final day. Our winners were the Raiders (Roy, Frosty, Liz), in second came the Bunnies (Tony P, Dave M, Dot) and third place went to Manly (Graeme, Rosemarie, Bob H).

Spring clean your world.



‘TIS THE SEASON FOR NEW BEGINNINGS! WITH WINTER OVER, IT’S TIME TO THROW OPEN YOUR WINDOWS, LET IN THE FRESH AIR AND TURN YOUR ATTENTION TO THE AREAS OF YOUR LIFE THAT YOU MAY HAVE NEGLECTED THESE PAST FEW MONTHS.

Spring clean... your home

Let’s start with the obvious – literally spring cleaning your home. We recommend starting with your ceiling fans. Chances are they’ve been still throughout winter and have gathered a lot of dust, so be sure to wipe them down before you turn them on this spring (lest you scatter that dust all through your home).

Similarly, now is a good time to clean your windows. Wipe away any dust and dirt that has built up on the window sills, blinds and windows over winter. With the curtains back to let in the summer sun, you’ll be able to clearly see any marks and dirt during the warmer months.

Next, turn your attention to your lounge room. It’s time to wash and then store away your winter throw blankets and add some bright spring colours and accessories to freshen up your space. Light a fruity, fresh candle while you’re at it.

In the kitchen, clear out the fridge and pantry, being sure to use up any leftover winter ingredients (cans of soup or winter vegetables for casseroles, for example) before you do. Check the expiration dates on any products you plan to store – they may expire sooner than you think.

Remember: spring cleaning doesn’t need to happen all at once. Use spare moments of time in your day to tackle small tasks so that it doesn’t become overwhelming. You might be surprised how much you can get done while you wait for the kettle to boil or during a TV ad break.

Spring clean,,, your health

It’s time to shake off the winter blues – luckily, there are many simple yet effective strategies you can incorporate into your daily routine to improve your mental and physical wellbeing.

Make the most of the new season to book in a health check up with your doctor. You might also want to organise a skin check, an eye exam, a trip to the dentist or a hearing check while you’re at it.

Now is also the perfect time of year to get back into exercise, or to take your regular exercise regime outdoors instead. You could dive headfirst into a swimming routine, make time to walk or cycle around your resort or organise a game of social tennis or lawn bowls with your friends. Your Palm Lake Resort community is designed with your physical wellbeing in mind, so make the most of it.

One of the most important factors in your physical and mental wellbeing is your diet. The foods you eat provide you with nutrients and vitamins that impact your gut health, immune system, cognitive ability and heart function. So, with that in mind...

Spring clean... your diet

It can be hard to keep your diet on track, especially during the cooler months when all you want to do is cuddle up under a blanket with your favourite comfort food. But there are so many health benefits to be gained when you eat a diverse diet of fresh, seasonal ingredients. On your next trip to the supermarket, look for spring fruits (banana, blood orange, grapefruit, honeydew, mandarin, papaya, pineapple, strawberry and watermelon) and vegetables (asparagus, avocado, beans, broccoli, cabbage, carrot, cauliflower, leek, snow peas, sugar snap peas and spinach). How can you incorporate them into more of your meals? Studies show that eating home-cooked meals has positive health impacts, so while it can be tempting to go to a restaurant or order takeaway, your body will thank you for making the extra effort.

You can start small by planning a few meals at a time and looking through recipe books for inspiration. If you can, substitute a trip to the supermarket for a morning at your nearest farmers’ market. This allows you to talk directly to the farmers and suppliers about what’s in season – it’s also the perfect way to spend a sunny spring day.

Spring snacks from the Blue Zones.

THERE ARE FIVE PLACES IN THE WORLD WHERE PEOPLE LIVE EXCEPTIONALLY LONG, HEALTHY LIVES, AND THEY ALL HAVE SOMETHING IN COMMON – DIET IS A HUGE PART OF THEIR SECRET TO LONGEVITY.



Mason jar salads

Ingredients

Take your pick from the following options (or have fun finding your own!)

Dressing: Hummus, pesto, vinaigrette

Hard vegetables: Carrots, cucumbers, peppers, celery, onion

Softer fruits and vegetables: Avocado, berries, tomatoes

Grains, beans, nuts, seeds: Chickpeas, quinoa, black beans, sunflower seeds, brown rice

Greens: Arugula, kale, spinach, romaine, mixed spring greens

Directions

Assemble with dressing on the bottom of the jar. Add a layer of hard vegetables, a layer of softer fruits and veggies, then grains, beans, nuts or seeds. Finally, add in your chosen greens and you’re all set.

Have you heard of Blue Zones? Trademarked by author and explorer Dan Buettner, they’re the five places in the world where people live the longest, healthiest lives. The five Blue Zones are Okinawa (Japan), Sardinia (Italy), Nicoya (Costa Rica), Ikaria (Greece), and Loma Linda (California). Buettner’s Blue Zone theory primarily centres on what and how these people eat. All five diets are mostly plant-based, with beans (including fava and black beans, as well as soy beans and lentils) the cornerstone of many centenarian diets. They also eat no more than three eggs a week, consume minimal dairy and very little meat – when they do, it’s usually pork.

We can also learn from how people in the Blue Zones eat. For example, the Okinawans live by an ‘80 per cent rule’ that is inspired by a 2500-year-old Confucian mantra. It reminds us to stop eating when our stomachs are 80 per cent full; the 20 per cent ‘gap’ is believed to be the secret to weight management and, therefore, better health. People in the Blue Zones will even eat their smallest meal in the late afternoon or early evening, and then won’t eat any more for the rest of the day. So, with all of that in mind, here are some Blue Zone-inspired snack recipes that are perfect for spring, courtesy of bluezones.com



Strawberry vanilla chia seed pudding

Ingredients

3 cups unsweetened almond milk

2 teaspoons vanilla extract

3 tablespoons maple syrup

½ teaspoon cinnamon

½ cup + 2 tablespoons chia seeds

3 cups fresh strawberries

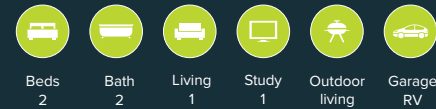
Directions

In a bowl, whisk together unsweetened almond milk, vanilla extract, maple syrup, and cinnamon. Pour liquid mixture over the chia seeds and stir until seeds are incorporated. Make sure to stir it well, so that none of the chia seeds are sticking together. This ensures they’re all able to absorb the liquid and create a pudding-like consistency. Let sit for an hour or in the refrigerator overnight. Mixture will thicken substantially. Soaking time is vital for the end product! In the morning, rinse and slice fresh strawberries. Stir chia pudding and top with fresh strawberries.

Homes for sale.

Want to book a private inspection 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

Home 116: \$720,000



Beautiful lakeside RV garage home

This gorgeous internal lakeside home is beautifully presented with its open-plan living, two pac white kitchen and air conditioning in every room including the study/multi purpose room. There are beautiful floor tiles throughout and carpet in the bedrooms. It features a 6m x 9m RV garage with epoxy floor and internal entry. The guest bathroom has a shower over a bath, and there is a separate large second toilet.

The home flows out onto a covered patio area fitted with pull-down blinds, overlooking the internal lake and also has a covered side patio for a handy extra entertaining area.



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 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.



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.



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.



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