

# this is your time.

PALM LAKE RESORT **SPRING EDITION 2025**

## PELICAN SPRINGS TO LIFE



SONORA DINING HALL  
PIANO BAR  
SUNSET TERRACE  
CAFE  
PRIVATE FUNCTION ROOMS  
MEETING ROOM  
CLUB DORADO SPORTS BAR  
WHISKY LOUNGE  
ZEN PIN BOWLING  
GOLD CLASS CINEMA  
ART / CRAFT / POTTERY ROOM  
LIBRARY  
CABINETTES OFFICE  
MIRAGE OUTDOOR POOL PRECINCT

### The Springs Country Club is a showstopper

Palm Lake Resort Pelican Waters' \$55 million Country Club has been unveiled to our awe-struck VIP guests

### Local loves? Just ask our experienced team

Moving to a new area to take advantage of a specific Palm Lake Resort? Let us tell you what the locals love!

### Spring has arrived: Bloom into life!

From travel, to recipes, to lifestyle activities - make sure you take your cues from this gorgeous new season





# WELCOME

**AS SPRING UNFOLDS**, it brings with it a spirit of renewal, revitalisation and momentum that I can see – and feel – right across our Palm Lake Group of companies.

The most exciting growth seen in recent months has undoubtedly been at Pelican Waters. Our biggest, boldest and most opulent development project ever has just been unveiled: The Springs Country Club. As you'll see in the coming pages, this \$55 million building and the immense facility it provides our over-50s homeowners is unrivalled anywhere in Australia – even the world.

I've walked through The Springs Country Club so many times now and I still can't believe it. It's almost impossible to fully take in, in just one visit. As a family, we have seen our boldest dream come to life – one almost 50 years in the making. As a company of hardworking team members, we are beyond proud of this incredible achievement. When I talk to Palm Lake Resort Pelican Waters homeowners and also our staff, nearly everyone comments that The Springs has delivered something beyond their expectations. I love hearing that. We strive to be memorable, to stand out, and to be outstanding. I almost feel like Willy Wonka some days, when moving between levels in The Springs' gold elevator – if you've had the chance to do the same, I'm sure you'll know what I mean!

With the coming of spring's warmer weather, Pelican Waters Golf Course is also presenting so well right now. We've put extra work into our bunkers to ensure they are draining quickly, and we've added extra sand and ball-washing stations around the course. Our superintendent, Troy, and his team will soon embark on more scheduled maintenance to ensure this Greg Norman-design course remains in premium condition through the busy coming playing season. We're also replacing our current golf cars and have an all-new fleet on the way. They'll offer superior lithium batteries, GPS tracking and wider seats for enhanced comfort. The club's restaurant, Cardón, is also hitting the mark with really great food at reasonable prices, all served up by a great team. We make no apologies for the decisions we have made, and are continuing to make, around Pelican Waters Golf Course and the club to ensure it remains as premium and exclusive as possible for those who enjoy playing there.

With multiple record-breaking sales seen in the resort in recent months, all in all, the whole Pelican Waters package is something pretty special. I encourage you to explore it if you haven't already.

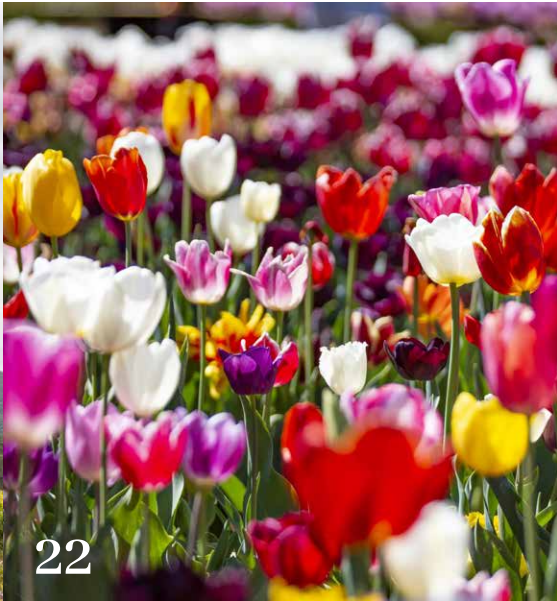
“As a family, we have seen our boldest dream come to life - one almost 50 years in the making...”

From our newest Palm Lake Resort address to our collection of well-loved established resorts, I was pleased to see Palm Lake Resort Carindale's recent 25th anniversary celebrated so proudly by its homeowners and managers. It doesn't matter the location, our Palm Lake Resort homeowners really do love and embrace their respective community. And that goes for our staff as well. It would be remiss of me not to mention our Palm Lake Care team here as they have been working extra hard through the winter months to ensure our residents remain happy and well. I actually take my hat off to our entire care team – they each have a big job with big responsibility. But with that comes immense reward, as many of them tell me and will tell you as well. On the topic of care, we look forward to breaking ground at Palm Lake Care Forster very soon, and expanding our care offering into New South Wales for the first time in our history.

All in all, spring 2025 is shaping up to be a time for further growth with plans taking root, projects blossoming and opportunities for savvy over-50s coming into full colour. The energy of spring reminds us that progress is not just about change, but about creating something vibrant, purposeful and enduring. We are excited to continue building, innovating and shaping a future for over-50s that reflects the optimism of this season.

**Scott Elliott,**  
**Palm Lake Group Managing Director**

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Pelican Waters

# MAKING HISTORY

The Springs Country Club is set to become one of Queensland's most sought-after playgrounds for modern over-50s on the Sunshine Coast after its highly anticipated opening in recent weeks.

**EVERYTHING ABOUT THIS** project is truly epic. Five thousand cubic metres of concrete, 280 tonnes of structural steel and 58,000 metres of electrical cable. They're just some of the incredible construction statistics behind The Springs Country Club – our exclusive \$55 million over-50s playground that has just opened its doors to excited Palm Lake Resort Pelican Waters homeowners.

Among the features within this 15,000m<sup>2</sup> striking architectural masterpiece, The Springs Country Club offers the largest over-50s wellness centre in the Southern Hemisphere, a championship seven-rink private bowling green, Palm Springs-inspired pool deck, a whisky bar, piano bar, tenpin bowling alley, gold-class movie theatre, elegant social spaces, creative studios including imported pottery wheels and a kiln, and much more.

Another key feature of this project are the 1000 pieces of bespoke furniture that were each custom designed and manufactured for The Springs Country Club - right down to the custom billiards tables, dart boards and poker tables. Other incredible construction stats on this project include:

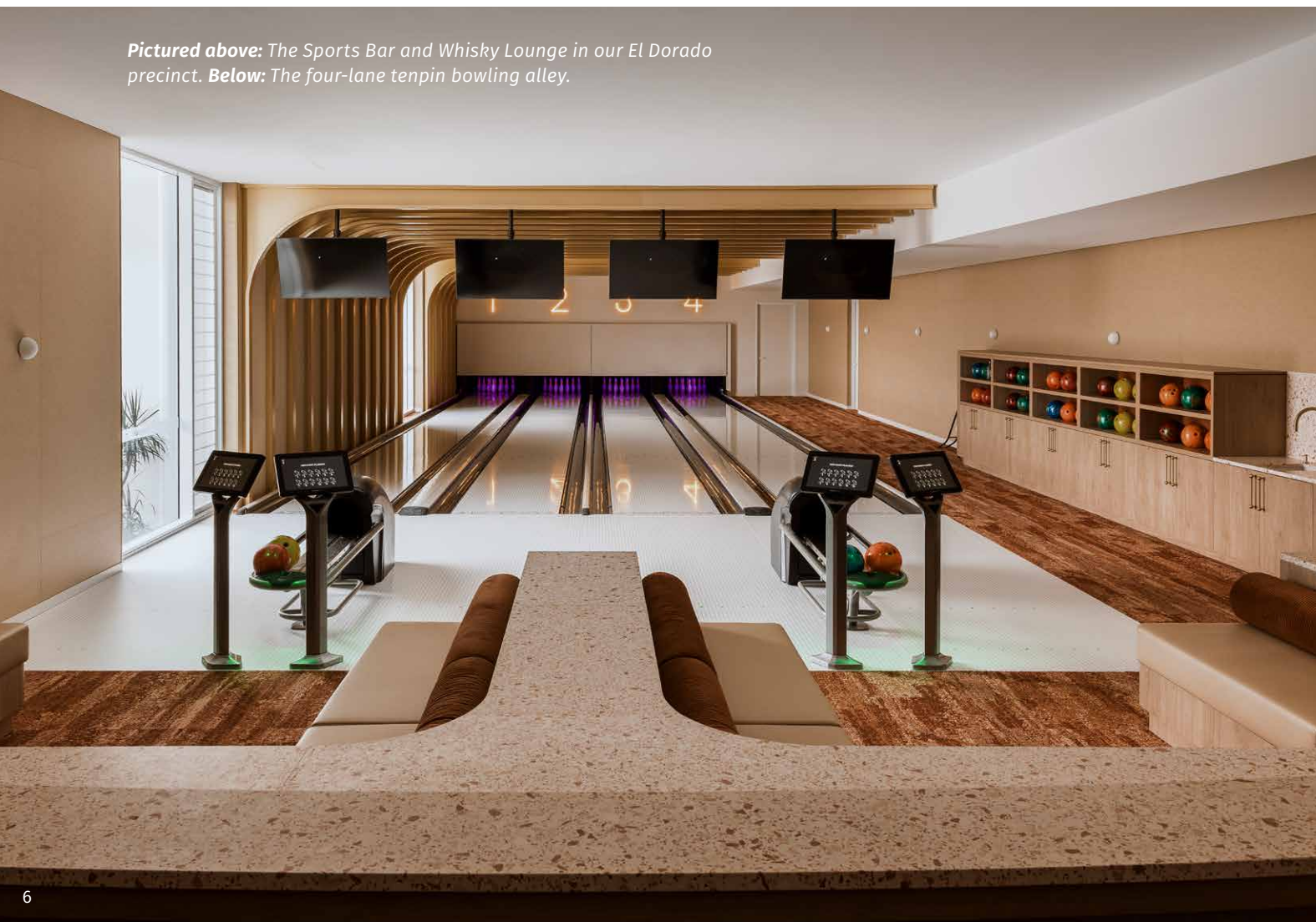
- 16,500m<sup>2</sup> of plasterboard was used to clad walls
- 567,000L of water was used to fill the pools and spas
- 26,000 pieces of stone were individually placed, by hand, on feature walls
- 13,500 tiles were individually laid across 4800m<sup>2</sup>
- 980 downlights were fitted in the ceilings, alongside dozens of other custom-designed feature light fittings.

Continued on Page 7 >>





*Pictured above: The Sports Bar and Whisky Lounge in our El Dorado precinct. Below: The four-lane tenpin bowling alley.*



## << Continued from Page 5

As well as being an aesthetic showstopper, The Springs Country Club is designed with the next wave of adaptive, intuitive technologies. For example, smart lighting adjusts to occupancy levels, users' movements, the time of the day and the activity. Motion sensors and switches detect when doors or louvres are opened and instantly shift the air conditioning system to economy mode to prevent energy wastage. And a hefty solar energy system and energy-efficient glazing combine to play a critical role in reducing the building's carbon footprint.

Palm Lake Resort's General Manager of Sales, Alysia Nechvoglod, says the team has been laser-focussed on bringing an iconic design to life here at The Springs Country Club – something truly outstanding and memorable in the over-50s space. Alysia's own personal experience of travelling extensively and living in Orange County, California, in her earlier life has allowed her to see and experience other gated communities and community facilities. She describes The Springs as a true "diamond".

"There's nothing like this country club here in Australia or overseas," Alysia says. "We're constantly told by our homeowners and visitors that The Springs is more akin to a six-star international hotel experience. It's literally breathtaking."

“I'd be lying if I didn't say  
I shed a few tears...”

Palm Lake Works' Construction Manager (National Aged Care and Queensland Facilities) Mick Munro and his team were charged with bringing The Springs Country Club to life. With a career spanning almost 50 years - more than 12 of them with Palm Lake Works - Mick says this has been the "best build I've ever done in my entire life".

"...and I know I'll never do anything like this ever again," Mick says. "This has been a project that really got me excited and got me springing out of bed every morning. I have to admit that I'm a little bit flat now that it's all over."

Mick says he actually became quite emotional as the final details of the project came together for its grand opening.

"I'd be lying if I didn't say I shed a few tears," Mick smiles. "It's an unbelievable feeling to think that I helped to produce this."

Mick says beyond the tangible reward he receives every time he walks through The Springs, he is also truly rewarded when homeowners come up to him and want to shake his hand "to say thank you for giving them something so beautiful". But Mick says the icing on the cake came when he took his wife through The Springs Country Club upon its completion.

"Her face and her jaw just dropped - she could not believe it. Now she wants to move in!"



Palm Lake Resort  
Pelican Waters is  
30 per cent  
sold!





Pelican Waters  
**ASHLEA  
BRINGS  
THE FUN**

Palm Lake Resort Pelican Waters homeowners' diaries will soon be bursting at the seams not only because of the opening of The Springs Country Club, but also with thanks to a vibrant new face in our team.

**ASHLEA VAN LUENEN** has recently joined Pelican Waters as the resort's Events and Lifestyle Coordinator. Put simply, it's Ashlea's job to bring the fun!

Ashlea comes to the resort with a background in tourism, hospitality and events management spanning a geographic area from Brisbane to Alice Springs to the Sunshine Coast. Most recently, she was responsible for organising events and conferences at Peppers Noosa Resort and Villas.

Ashlea says she's keen to build the momentum already here at Palm Lake Resort Pelican Waters and has already expanded our Weekly Activities list to fully maximise the potential of The Springs Country Club now that it's open for all to enjoy. She's eager to bring likeminded homeowners together – whether that's in small group settings to explore shared hobbies and creative interests, or on a larger scale for key social events.

"I'm really keen to watch the community build here – there are new homeowners joining us every week," Ashlea says. "And it's also going to be amazing to watch this huge building (The Springs Country Club) really come to life."

Ashlea says that while she has many of her own ideas around activities and special events, she will work closely with our homeowners to better understand their sporting interests and favourite hobbies, with a view to bringing those specific activities to the offering, courtesy of The Springs Country Club's epic assortment of world-class facilities. While some activities are complimentary for homeowners, there are also optional additional paid classes available, to add even more depth and variety to the impressive line up.

She says Mirador Wellness Centre is already the place to find wellness activities spanning reformer and mat Pilates, yoga, aqua aerobics, barre classes, sound healing, meditation and mindfulness sessions.

From a sporting perspective, Ashlea has added 'Learn to play table tennis' and 'Learn to play pickleball' classes to the list that also supports social pickleball games on Thursday afternoons. Zumba is held on Thursdays and Dance Class is on Fridays. 'Learn to play lawn bowls' will be the next addition to the list given the convenience of our new championship-grade seven-rink undercover lawn bowls green, with social and competitive bowls events also on the horizon. She also plans to help homeowners learn to tenpin bowl, play pool and more in the future.

In the country club's Cerante arts and leisure precinct, Ashlea says Weekly Activities will span sewing and painting lessons, journalling sessions and puzzle groups. Twice weekly movie screenings and pottery classes have already been added, including pottery wheel throwing and clay hand building (with homeowners' pottery pieces able to be conveniently fired onsite via our specialist pottery kiln).

From a social perspective, the resort now has a fledgling Book Club courtesy of homeowner June as well as an official 'Coffee Catch-Up' time on Mondays, a resort bus trip fortnightly on Wednesdays and there's live music in the Piano Bar on Friday afternoons. Homeowners can also expect themed events like Gatsby-inspired soirees, cocktail masterclasses, trivia nights, live music and much more.

"I look forward to meeting every one of our homeowners and finding out more about them and their personal interests."



Pelican Waters  
**SUPERIOR INTERIOR**

While there are such big dimensions and impressively large statistics surrounding The Springs Country Club project, there's been an equally as big focus on the smaller details, too.

**WHEN IT CAME** time to plan and design the detail of The Springs Country Club's impressively large and opulent interior spaces, Palm Lake Resort called on the expert interior design eye of Studio Collective.

The Studio Collective team has overseen many modern, award-winning Palm Lake Resort projects, but even lead Interior Designer Olivia McDonald says she was blown away by the size and scale of this project when it was first mooted almost three years ago.

"It's been amazing to be part of this project from the very beginning," Olivia says. "We were able to really sink our teeth in early and help tailor the design and spatial with furniture pieces and the end result in mind."

Olivia's team liaised with architects to design joinery and proudly custom designed every piece of furniture within The Springs Country Club – some 1000 individual items. Every chair, lounge and table you see here was a detailed Studio Collective drawing, a fabric swatch or a material sample, before it was custom manufactured, delivered and placed in a strategic position. For example, armchairs and banquette lounges have been cleverly designed and expertly positioned to provide a multitude of private moments within expansive open-plan spaces, helping promote conversation and social connection. And that's what superior interior design is about in a community space like this: it's the art – and science – of enhancing the functionality of the space, alongside any obvious aesthetic appeal.

"We always start with the layout and consider how people will flow through the space and what the important

viewpoints are," Olivia explains. "Then we took inspiration from the resort's Palm Springs theme and spent hours upon hours considering shapes and colours."

When it would be easy to choose billiard tables, dart boards and movie cinema seating, for example, from one of many standard ranges, the Studio Collective team instead designed bespoke versions to coordinate perfectly with The Springs' aesthetic. And when we talk about 'big focus on smaller detail', we're talking right down to the embroidered seat numbers on the sumptuous cinema recliners that subtly elevates the luxury feel. Even the light fittings were custom designed by the Studio Collective team.

Looking around The Springs and taking in all the many eye-catching and unique furniture pieces, you have to wonder which of these 1000 bespoke beauties is Olivia's personal favourite design?

"I really love the banquette lounges with ruched detail in El Dorado," she smiles. "And also the striped stone tables on the upper level alfresco deck."

Olivia admits the team was brought to tears upon seeing the finished project.

"It's the biggest project we've undertaken and required such a collaborative team effort," she says. "There were many teary eyes at the end – we are all so proud. We're so grateful to have been entrusted with a project like this that allows us to be so creative."

"All I can say is that the homeowners here are so lucky to live at such an incredible address."





## NEWS BRIEFS

SPRING EDITION 2025

2025

MASTER BUILDERS AWARDS  
WINNER

### STOP THE PRESS: Trio of award wins in one weekend!

As this edition of *This is Your Time* magazine goes to press, we've been delighted to receive not one but three Masters Builders Association Awards - including a coveted statewide win!

Firstly, Palm Lake Resort Forster Lakes' "Tampa" display home was named best in its category at the Masters Builders Newcastle Excellence in Building and Construction Awards, which also celebrated its 30th anniversary on the night. Tampa is one of Forster Lakes' most popular three-bedroom, two-bathroom, two-car garage designs. Not to be outdone, the resort's Rhodes Sports Club also picked up an MBA award on the same night for Best Commercial Building.

The following evening, the New South Wales state awards were announced with Yamba Cove's "Iluka" home design named best in its category, in the whole state! Our double-storey Iluka home (offering three bedrooms, two bathrooms and an additional activity room across 281m<sup>2</sup>) has proven a popular choice among Yamba Cove homeowners and now also the MBA independent construction industry judges. Go team!

### Cardón is calling

Have you stopped by restaurant Cardón at Pelican Waters Golf Club yet? Located adjacent to Palm Lake Resort Pelican Waters, it's open for breakfast and lunch, from 8am-3pm. Our team there is continually enhancing the menu to bring delightful modern Australian cuisine to your doorstep. To experience Cardón, simply book your table via Open Table or head to the Cardón website online at [cardon.com.au](http://cardon.com.au)

### The smart financial choice

If you've been considering a move to Palm Lake Resort Yamba Cove, but have questions about your financial position, our Sales Team is now hosting regular information sessions that will suit you. Monthly "Smart Financial Choice" information sessions are scheduled for the first Wednesday of the month, at 10.30am, in the resort's Vantage Country Club theatre. Among the topics covered in these sessions will be:

- Weekly site fees and unlocking financial benefits
- How to buy without stamp duty, entry/exit fees, body corporate or land tax
- Keeping 100 per cent of your capital gain.

If you're keen to hear more, phone 1800 960 946 and speak to a team member in our Sales Information Centre. Your RSVP to these sessions is essential.



## Pelican Waters *EXCLUSIVE ACCESS*

**AUSTRALIA'S LARGEST AND** most exclusive country club was unveiled at a glamorous soiree in recent weeks. Champagne flowed, caviar was devoured and live music filled the air as our VIP guests were enthralled by all that Palm Lake Resort Pelican Waters' \$55 million destination country club, The Springs, has to offer.







DEVELOPMENT  
UPDATE

**STRIKING A BALANCE** between rising construction costs and delivering high quality product is becoming increasingly harder. With whispers and rumours of industry-wide major cost increases heading our way due to an increasing shortage of trades and the added pressure of up-and-coming Olympic projects and data centre projects, the Palm Lake Works team is busy preparing for this next chapter of challenges.

I'm proud to say however, that Palm Lake Works has some incredible long-lasting relationships with many of our major trades and suppliers across the country. This allows us to continue with "business as usual" and maintain the quality of construction that is now to be expected in the Palm Lake Works built home or facility. Many of our trades and suppliers have been consistently working with Palm Lake Works for more than a decade, fostering trusted relationships which we have found helps to fuel efficiency, fair negotiations and top-quality service.

Around the field we are seeing some serious momentum in housing construction as we look to the home stretch of 2025. There's only a handful of homes left to start in the current stages at Forster Lakes, we are nearing completion of Stage 1 homes at Paynesville, and we have completed all homes in Stage 2 and the first of the new home designs in Stage 3 at Pelican Waters.

Obviously, the hottest topic across Palm Lake Works is the completion of The Springs Country Club at Palm Lake Resort Pelican Waters. It was a record breaking project, not just for the Works team, but also across our industry. Never before has the Land Lease lifestyle industry in Australia seen a communal facility of this calibre. Nothing comes close to it - and may never come close to it in the future. It is an incredible facility, of world-class calibre, and I am so honoured to be part of the team who made that project a reality. From the very first draft concept plan almost four years ago, we knew that The Springs Country Club was going to be something special, but when I finally saw it in the flesh on completion, I was blown away and nearly shed a tear!

Palm Lake Works is also gearing up to commence construction of our first aged care community in New South Wales at Forster. We are currently finessing the plans before hopefully starting works toward the end of this year.

In other exciting news, we have commenced initial works at our Old Bar site, having undertaken tree clearing and now importing fill material to the site. Whilst there is still a lot of engineering to be completed before a full program of works can be confirmed, we'll be excited to see this project take full flight next year.

Suzanne Jensen  
General Manager, Development



PALM LAKE  
PEOPLE

**SPRING HAS SPRUNG** and that energy is palpable at Palm Lake Resort Pelican Waters right now with the whole site buzzing with activity.

Cardón restaurant is providing some really fabulous meals at very reasonable prices, Pelican Waters Golf Course is alive with homeowners and the general public all enjoying regular rounds and, from all reports, our homeowners are absolutely loving The Springs Country Club. Having had the opportunity to take a walk through this incredible building myself recently, I am positively sure that this facility presents the true pinnacle of over-50s living here in Australia – if not the world. When I talk to homeowners and even our team members, it's clear that the finished project has surpassed all expectations. It really has to be seen to be believed. Speaking of which, I could definitely see myself sipping a delicious cocktail down on the pool deck in one of the luxurious poolside cabanas...

From the newest Palm Lake Resort address on the block to one of our earliest: Palm Lake Resort Carindale recently celebrated 25 years of Elliott family ownership. And they did it in style, with a dedicated group of proud homeowners joining forces to put together a commemorative magazine filled with interesting historical information to mark the silver anniversary. Proof of the success of our Palm Lake Resort product is shown in the fact that we have a handful of original homeowners still living at this resort. Our Resort Liaison Manager, Keith Arnfield, was on hand at the 25-years anniversary party to provide these homeowners with certificates of recognition. You can check out some of the photos from that event on Pages 20-21.

Our development and construction areas continue to excel, with more Palm Lake Group projects being nominated for upcoming Master Builders Association Awards. We are so very proud of the achievements of our Palm Lake Works development and building teams. We value the contributions of these teams that together with our resort management teams, culminate in the outstanding homes, community infrastructure and coveted lifestyle that makes the Palm Lake Resort product so highly regarded.

Amanda Clements  
Executive Manager, People & Operations



*Pictured: Yamba Cove's "Yamba" single-storey home design.*

Palm Lake Resort  
Yamba Cove is  
40 per cent  
sold!

Yamba Cove  
**GOOD THINGS COME  
IN SMALL PACKAGES**

Palm Lake Resort Yamba Cove's boutique size is such a bonus for its homeowners but it also means that homes at this exclusive address will be going, going, gone quickly!

**NO WHERE ELSE** across Palm Lake Group's three-state portfolio is there an address with such a small resort footprint that simultaneously provides such big facility and lifestyle opportunity for the tight-knit community of homeowners forming there. It's one that will never be repeated. With just 78 homes proposed for this site, Yamba Cove Sales Manager Monique Lee says the resort is already one-third sold.

"I've worked in multiple resorts across the Palm Lake Group and never before have I seen one that offers such a great total package," Monique says. "This is a boutique address where homeowners will know all their neighbours. And, given the physical size and enormous amenity of our Vantage Country Club, homeowners get to enjoy such a variety of activities and don't have to share the place with many others!"

Monique says sales have really rocketed along in recent months with the unveiling of a new single-storey design. 'Yamba' is a stylish 246m² three-bedroom/two-bathroom home for those looking to downsize without compromise. The big news? We've got two more single-storey designs on the way: two-bedroom 'Pippi' and three-bedroom 'Angourie'.

"Our gorgeous location is the other cherry on top," Monique smiles. "We have the best coastline on our doorstep and even though Yamba has a small-town feel, it's packed full of all the services you'll need. Nearby regional hubs like Grafton and Lismore provide more peace of mind, with essential healthcare services close by."

Yamba's additional charm lies in its strong community spirit and lively cultural scene. Yamba Cove homeowners enjoy access to myriad dining options, galleries and wellness opportunities, for example. The town's boutique shops, artisanal cafes and inviting public spaces foster such strong social connection. And if you like to hike, surf, swim, fish or hit the water in a boat, there are so many places to explore.

"Yamba Cove offers a luxurious yet relaxed lifestyle in a truly iconic coastal setting. But don't let us tell you about it – come see and experience it for yourself."

**Book your private inspection by phoning 1800 960 946.**



Yamba Cove

# LOCAL LOVES

Palm Lake Resort Yamba Cove Sales Manager Monique Lee and Caretaker Kym Bellamy get to meet and chat with people every day who are just as captivated by the Yamba area as they are.

**SO WE ASKED** our local team to reveal some of their favourite local spots and provide their personal recommendations — local insight into things they love and that they know you'll fall in love with, too!

## Where to eat

**Monique:** For dinner, we love Paradiso Restaurant & Bar. Love the Asian-fusion/sophisticated street food, the vibe and the atmosphere. It's moody and hip and makes you feel like you're in a funky top Melbourne restaurant. My menu favourite include the Betel Leaf Yamba prawns, bao buns, kaarage chicken plus the Crispy pork, sweet chilli, pickled cabbage, peanuts, salad.

For Sunday breakfast, my go-to is The Kiosk. The view, of course, is amazing given it's right on Main Beach. A classic seaside café with great coffee and the best smashed avo.

**Kym:** I love The Mexican as they serve authentic flavours of Mexico. Their farm-to-table menu features dishes made from the freshest locally sourced produce. If you'd like to live on the 'wildside', try their "Vegan's Nightmare" — a share platter of meats for two! I prefer to sit outdoors and

enjoy their casual alfresco dining. Heaters are provided during the cooler months. Also, don't miss Shores Tavern — Yamba's luxury waterfront venue. It's considered the jewel in Yamba's dining crown for good reason! Arrive by car or boat and enjoy lunch or dinner on the Clarence Deck. You can't go wrong with a woodfired pizza or locally caught seafood, fresh off the trawler. If you are enjoying a drop or two, you can always opt to take the courtesy bus home.

## Where to explore

**Monique:** From Yamba, it's an easy drive to all the beautiful small towns along the river — there are many very close by. Maclean, Ulmarra and Brooms Head are my favourites.

**Kym:** Exploring the local areas within an hour's drive from Yamba is also a favourite of mine. As I grew up in Coffs Harbour, I'm familiar with the smaller towns along our beautiful coastline and enjoy taking our homeowners out on a Friday to visit them, for retail therapy or for a lunch outing.

We recently visited (and loved) Emerald Beach, Rattle Restaurant & Bar which is known for its Mediterranean-inspired dishes, fresh local seafood and the cocktail list. It has been enjoyed by several of our homeowners. A fantastic place for lunch and afternoon drinks.

When in Yamba, you must take the Clarence River Ferry across to Iluka. The journey takes about 30 minutes and the ferry departs from the end of River Street in Yamba and arrives at the Iluka Boatshed. You get to take in the beautiful scenic views of the Clarence River, including birdlife and dolphins, and you can even take your fur baby along for the ride.



## What to do

**Monique:** I love taking my puppy, Sadie, to Pippi Beach. It's a beautiful spot for a morning walk. The morning sun and sea sets us both up for an awesome day! Also, Yamba Farmers & Producers Markets is a must for us now every Wednesday morning. We get up early and take Sadie for a walk out to the Rock Wall to watch the sunrise and the trawlers coming in — then we grab a great morning coffee and some amazing fresh local market produce.

**Kym:** For me, you can't beat a family day out on a BBQ Boat. Yamba BBQ Boat hire runs various hire vessels from Yamba Marina ranging from six-person 17ft runabouts to large 12-seater BBQ pontoon boats. With almost 100 chartered islands in our backyard, ours is the second largest river system in Australia with more than 400km of pristine water to enjoy. I took the family and grandies out last Christmas and rebooked on our return, so it's now in our family calendar as an annual event!

Bike riding is another Yamba must-do. Our area offers excellent opportunities for exploring by bike as it's largely flat, with many scenic paths. Bike Shop Yamba and Yamba E-Bike Hire provide rentals and maps for exploring the area. Popular routes include the Ford Park Cycleway, the ride to Angourie and even a day trip to Iluka via the ferry.

**Pictured Page 14:** The Yamba Ocean Pool is an iconic landmark on this stretch of coastline. **Pictured above:** Yamba's main streets are dotted with gorgeous independent retail outlets and eateries to explore.

## STAY A NIGHT

If you're interested in learning more about Palm Lake Resort Yamba Cove and currently live out of town, did you know that you can take advantage of our 'Stay a night' promotion?

**EXACTLY AS THE** name suggests, phone our Yamba Cove Sales Information Centre on 1800 960 946 to book your private resort inspection and we'd be glad to offer you a complimentary night's accommodation at one of our local partner providers. No deposit required. No pressure. No strings attached.

Where other retirement villages and over-50s communities require you to place a deposit on a home to be eligible for a local night's accommodation, we don't expect that. We simply want you to take the time to properly explore our award-winning resort grounds, our inspiring display homes and the Vantage Country Club, and then fully immerse yourself in the beauty and richness of our local area to help you make up your mind about joining the Palm Lake Resort Yamba Cove community.

You might like to start your day at our resort, meeting our team and exploring our grounds. Then head into Yamba's main street to discover the many retail options and essential services available — all just a stone's throw from our resort gate. If you've got the time and energy, hire a bike as it will help you really explore the local streets and coastal sights, while also being fun! Don't forget to book a table at one of our many local restaurants — the beauty of our small coastal town is that it's big on dining out and eating well.

After your night's accommodation, maybe you can take an early morning beach walk, or a revitalising dip in the iconic ocean pool before your morning caffeine hit. Then, after checking out, make sure you take the time to explore the many other local beaches and beautiful coastal headlands only a short drive away.

**Palm Lake Resort's "Stay a night" promotional offer is, in fact, available in all our newest selling locations: Yamba Cove, Pelican Waters (Queensland), Forster Lakes (New South Wales) and Paynesville (Victoria).**

**Simply phone the Sales Information Centre attached to your choice of those resorts and our local team will do the rest. You can find the contact details for all these newest Palm Lake Resorts on Pages 32-33 of this magazine.**



# Forster Lakes DOUBLE DELIGHT

When it comes to downsizing, a double-storey home might not sound like the obvious first choice but there are actually many benefits to taking life up a level.

Palm Lake Resort  
Forster Lakes is  
75 per cent  
sold!

**PALM LAKE RESORT** Forster Lakes homes are known for their architectural design, premium inclusions, quality construction and gorgeous coastal styling. And when you choose a double-storey option, you can basically double that delight. While some over-50s might not think of a double-storey home as their first choice when downsizing into this next chapter of their lives, our homes have been strategically designed to increase their homeowners' lifestyle. Built with an impressive luxury hotel-style internal lift as well as a staircase, these homes offer great potential. Here are our Top 6 reasons why the double-storey option takes living up a notch. Literally.

**1. More living space on a smaller footprint:** Let's start with the obvious. Double-storey homes maximise vertical space, offering more internal floor area without taking up extra land, perfect for over-50s who want generous internal living areas on a low-maintenance block.

**2. Design flexibility:** With two levels, there's more freedom to customise the home's layout to your family's individual daily needs. Think: a quiet reading nook, home administration/computer workstation or a creative hobby zone. When you're hosting the grandkids or friends, two levels ensures everyone can find privacy when they need it.

**3. Better views and natural light:** Upper levels enjoy enhanced views and more sunlight creating a bright, airy home. Did you know that natural light helps regulate sleep patterns, supports bone health through vitamin D, and has been shown to boost mood - an important factor in maintaining mental wellness as we age. Plus, enjoying an interesting outlook or sunset vistas, for example, from a second-storey balcony or sitting room can turn everyday moments into something special, encouraging relaxation, reflection and a deeper appreciation of the home.

**4. Enhanced ventilation and breeze flow:** With windows and openings on multiple levels, double-storey homes often have better natural airflow. This means a more comfortable living environment with less reliance on air conditioning, reducing energy consumption. A well-ventilated home also helps prevent moisture and mould. Plus, homes that 'breathe' well often feel fresher, lighter and more enjoyable to live in all year round.

**5. Improved resale appeal:** Modern, elevator-equipped double-storey homes appeal to a wide range of buyers potentially adding long-term value to the investment. Right across the Palm Lake Group, they've also proven to be a chic talking point! Don't forget that the elevator itself is a handy way to move not just people, but also furniture, the vacuum, washing baskets, shopping, luggage and more between the levels. Easy!

**6. Plus, all the Palm Lake Resort benefits:** Beyond these general benefits of double-storey living, Forster Lakes' ample double-storey homes come with other specific goodies including a master suite with wet bar, spacious walk-in robe, ensuite and a study/craft space. Double-storey homes here also offer three bedrooms (each with ensuite), two living areas, a balcony off the upstairs retreat, Sonos sound system, ducted air con, wine storage cellar, plantation shutters, floor-to-ceiling sheers, security cameras and tech upgrades, including a Google hub to program lights, ceiling fans and power points.

## LOCAL LOVES

**WE ASKED OUR** Forster Lakes team, including Regional Sales Manager Jen Nichols, Senior Sales Consultant Jo Jessop and Sales Consultant Karina Gersbach to reveal some of their favourite local spots and other personal recommendations — local insight into things they love and that they know you'll fall in love with, too!



### Where to explore

**Jen:** One Mile Beach in Forster is my favourite spot to soak up the sun and sea breeze. With its long stretch of white sand and gentle waves, it's perfect for a relaxed swim or a peaceful walk. I also love spotting dolphins surfing the waves and I enjoy the laid-back, family-friendly vibe.

**Jo:** I love Burgess Beach for its quiet, peaceful vibe and beautiful natural surroundings. It's a bit of a hidden treasure — perfect for exploring the rocky spots, or just enjoying some calm away from the busier beaches.

**Karina:** I love walking along the Forster Breakwall — it's my favourite way to start the day or wind down in the afternoon. The views across Wallis Lake and out to the Pacific are stunning — and if you're lucky, you'll spot dolphins playing in the channel or even whales breaching offshore during migration season. It's a peaceful, scenic walk that never gets old.

### What to do

**Jen:** One of my favourite things to do is grab a clear kayak (pictured above) from Boat Shed Number 1 in Forster. There's something magical about gliding over the water, watching the marine life beneath you in full view. It's the perfect mix of relaxation and adventure — and the crystal-clear waters of Forster make it unforgettable every time.

**Jo:** There's something truly special about boating in Forster. With its stunning coastline and the calm serenity of Wallis Lake, every trip feels like an escape into nature. Whether it's fishing, spotting dolphins or just cruising at sunset, Forster offers the perfect mix of adventure and relaxation on the water.

**Karina:** I love spending time on the Pebbly Beach Bicentennial Walk. There's something special about the mix of ocean breezes, crashing waves and the peaceful rhythm of the path along the coastline. It's one of those places that clears your head and fills you with calm.





## Paynesville *LIVING LARGE*

Stephen and Julie Beggs admit they were initially hesitant to make the move to Palm Lake Resort Paynesville but, four months after moving in, Julie says “I’m pinching myself every day that we get to live here”.

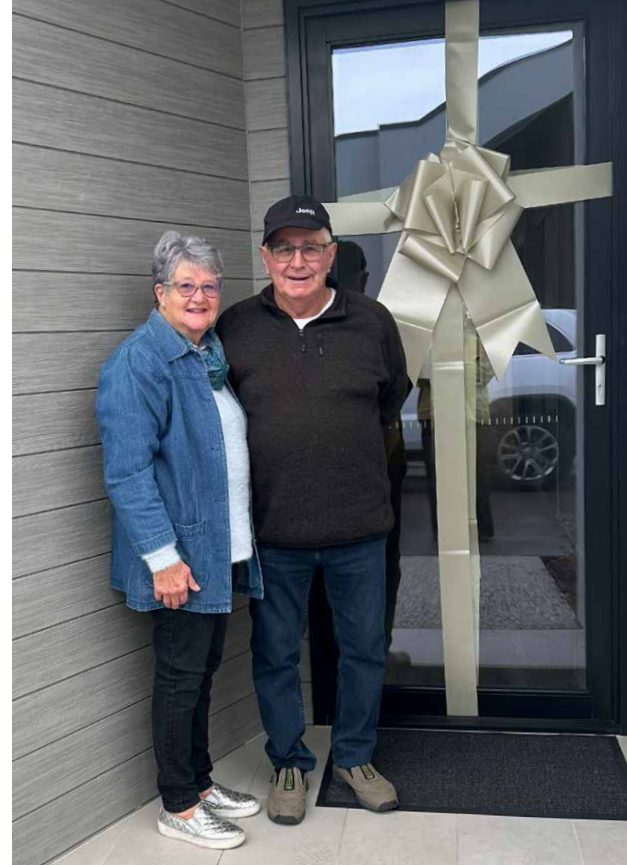
**THE BEGGS WERE** originally Melbournites who, quite early on in life, sought a change of lifestyle away from the hustle and bustle of the CBD. Long-time East Gippsland locals, the pair and their family have since clocked up 23 years in Nicholson, five years at Lakes Entrance and 14 years in Paynesville.

Their decision to move to Palm Lake Resort Paynesville was originally rooted in their desire to downsize the yard maintenance required at their family home while still retaining the vibrant lifestyle they had become accustomed to. Steve says one walk through Palm Lake Resort Paynesville’s Latitude Country Club and a look at the resort’s eight-rink undercover lawn bowls green and the deal was sealed!

“Don’t get me wrong – we really love our Palm Lake Resort home – but it was the lifestyle that attracted us,” Steve explains. “We get to walk up to the Country Club and enjoy a few drinks with our friends and then it’s an easy walk back home afterwards.”

An avid lawn bowler with 20 years’ experience, Steve says he’s keen to lend his accredited coaching skills to the resort’s fledgling bowls club to help build a strong membership of social players. With a championship undercover floodlit facility right on their doorsteps, Steve says there’s no better sport to bring the resort’s homeowner population together for a casual roll up – and some fun!

Beyond the green, Julie says she’s also enjoying resort yoga classes as well as the weekly Happy Hour and resort meal night. And the pair relish the fact that their close friends also live at the resort – and that they’re making more friends every week.



“It’s easy to make friends here – everyone is likeminded,” Steve smiles.

Another important part of the Beggs’ life is their family. With two children and six grandchildren all living nearby, their Palm Lake Resort Paynesville home had to be big enough to entertain the full tribe when they visited and also accommodate them when they wanted to stay on.

“I’d describe our house as warm and cosy, and it’s definitely well built,” Steve says. “Our walk-in robe and ensuite is brilliant and, funnily enough, we both really love the Billi tap (offering instant boiling water and cold drinking water from the one spout) in the kitchen. It’s so great!”

Steve and Julie have also personally experienced the peace of mind that Palm Lake Resort Paynesville’s secure gated community, with on-site caretakers, provides them. They’ve already been able to lock up their new home and leave it safe and secure to enjoy a six-week caravanning holiday – without the lawn and yard maintenance upon their return, which was previously their norm.

All in all, Steve and Julie say they haven’t looked back since making the decision to move to Palm Lake Resort Paynesville. This exciting next chapter is already shaping up to be their best yet!

**For more information about Palm Lake Resort Paynesville or to explore our inspiring display homes and Latitude Country Club, phone us on 1800 960 943 and organise your private inspection. The Sales Information Centre is open seven days a week at 78 Ashley St, Paynesville.**

## LOCAL LOVES

**WE ASKED SOME** of our Paynesville team, including Sales Consultant Jess Loe and Caretakers Jo and Troy van Rees, to reveal their favourite local spots and other personal recommendations — local insight into things they and their families love, that they know you’ll fall in love with, too!



### Where to eat

**Jess:** Sardine Dining is my favourite eatery in Paynesville. Mark Briggs, the owner and chef, has worked in Michelin-starred restaurants and ran the Vue de Monde kitchen for four years before moving to East Gippsland and opening Sardine Dining. Mark is passionate about showcasing local produce and works closely with local farmers and fishermen to supply the restaurant. Sardine Cantina is next door; it’s a relaxed wine bar that I love visiting with my girlfriends to share a bottle of local wine and a cheese platter.

### Where to explore

**Jess:** We love the Raymond Island Koala Trail walk. It’s common to see other wildlife like kangaroos, echidnas and many beautiful native birds. The Den of Nargun is one of our favourites to explore — a slightly challenging hike over rocks and fallen trees in a stunning rainforest setting and waterfall along Dead Cock Creek.

**Jo and Troy:** We also love getting on the ferry to Raymond Island - two minutes and you’re there. There’s something special about seeing koalas in their natural habitat and not just in a zoo. If you’re lucky, you’ll see them munching on gum leaves or swapping trees. We take anyone who comes to visit us over there - it’s wonderful! From September to February is a great time to see the baby joeys with their mums in the trees. Another one of our favourite spots to explore is 90 Mile Beach. Five minutes by boat and a short walk over the sand dunes and you’re standing on kilometres of beach. We’re shocked that most of the time no one else is there - you have all of it to yourself and it’s breathtaking!

### What to do

**Jo and Troy:** When in Paynesville you must go snorkelling and paddleboarding on the waterfront. It’s waist-deep for roughly 20 metres which makes it perfect for families and paddle boarding. You just have to weave through the families of black swans that live here in Paynesville - they live at the waterfront and swim right alongside you! When you’re there, it’s just a quick nip across the road for coffees and ice cream. Another local must-do is boating and exploring the extensive lake system that’s right on our doorstep - we’re blown away by the beauty of this area.







## Carindale *SILVER MILESTONE*

Our Carindale resort has just marked a major milestone - 25 years of operation under the Elliott family's 'Palm Lake Resort' banner. To mark the occasion, a commemorative publication was unveiled at the party last month.

**HOMEOWNERS PATRICIA BENSON** and Elaine McClure volunteered to research and coordinate information from long-time homeowners for the *"Celebrating Our History"* magazine – a nostalgic review of 25 years of Palm Lake Resort. There were even some earlier memories included that preceded the March 24, 2000 date when Walter Elliott Holdings Pty Ltd purchased the complex which was then known as "Carindale Palms".

At the party, Palm Lake Resort Liaison Manager Keith Arnfield presented certificates to 'original' homeowners to recognise their lengthy occupancy of 25+ years including:

- Amanda Newell (the longest residing homeowner)
- Victor and Janice Cook
- Trevor and Dawn Manson
- Noelen Parkes.

The Mansons moved into the "village" on March 10, 2000.

"We had been looking to downsize and came across Carindale Palms for 'over 40s' a stone's throw from where we were living previously," Dawn says.

"We loved what we saw. We put down a \$100 deposit on Home 42. We picked out the three- bedroom home design and in three months we moved in."

Trevor says the their home was the last to be built by the property's previous owners, before Palm Lake Resort took on ownership.

"Our village of 89 homes grew to 185 homes," he says.

"Much has changed in that time. People have come and gone. But life is never boring as we have many interesting activities and entertainment here to keep us occupied."

The Cooks also have vivid memories of their earliest years at Carindale Palms.

"There was so much wildlife - including hares running around the paddocks and plovers building nests where the rest of Stage 1 is now," Vicotr says. "We had gravel and dirt roads outside our house when we first moved in and just a wire rundown fence along Wright Street."

Janice recalls a time, during the installation of water from north to south, a big trench was dug up for all units backing onto Wright Street.

"Planks were put down for homeowners to gain access to their homes and yellow ribbons were displayed denoting 'Caution'. During this installation, a mains water line was hit sending water gushing high into the air which was quite spectacular," she says.

Carlene Labudda was another of the earliest homeowners.

"My husband and I moved into the complex in March 2000," Carlene recalls. "Our house had to be moved forward to make way for the Freeway sound barrier fence. The Elliots accommodated us at the Colmslie Motel for two or three days while this happened.

"Scott Elliott discovered my husband was a keen golfer and asked him to give lessons to some of the other homeowners here which he did for a time, in the paddock which is now Stage 2. I have been happy living here for more than 25 years."

While she played a big role in the compilation of the 25 years commemorative publication, Palm Lake Resort Carindale homeowner Patricia Benson also MC'd the silver anniversary party.

"It is not just the 185 homes, the social and sporting facilities, the roads, plumbing, gas lines and electrical cabling that make up this resort," Trish told the homeowner crowd. "They are simply the building blocks of our existence here. The true mortar of what binds these bricks together - what gives them life - is you. The homeowners. You are the heart of our community.

"It is your spirit, your generosity and compassion, and a willingness to help your neighbour, which enables us to continue on life's journey as independently as possible," she says.

"This is a place where strangers meet and become friends. People will forget what you say, forget what you do but they never forget how you make them feel.

"Today I feel proud to be a member of this community. Proud to have assisted Elaine over the past two years working towards presenting this historical magazine and lastly, proud to call you all my friends."

**Pictured above left:** Palm Lake Resort Liaison Manager Keith Arnfield cuts the commemorative cake at Palm Lake Resort Carindale's 25th anniversary party. **Pictured right:** Some of the party memories.





bloom  
into life

SPRING EDITION 2025

Lifestyle

# BLOOMIN' GREAT IDEA!

Hello sunshine! With the weather warming, we find ourselves dusting off the winter hibernation and awakening into the sweetest of seasons... spring. Harness the energy by planning your next escape - and make it bloomin' fun!

**IF YOU'RE WONDERING** where to travel to now that winter has passed, follow the flowers! Whether sunflowers, tulips, or roses are your pick of the bunch, you'll find them all on Australia's calendar of flower festivals.

These celebrations burst with colour, fragrance and community spirit - transforming parks, gardens and even country towns into living works of art. From dazzling regional displays to iconic city events, they're the perfect excuse to pack a picnic, soak up the sunshine and marvel at nature in full bloom.

## Toowoomba Carnival of Flowers

**SEPTEMBER 12 TO OCTOBER 6  
TOOWOOMBA, QUEENSLAND**

Kicking off with a classic, the Toowoomba Carnival of Flowers takes place every September. Australia's longest-running floral event of its kind, it celebrates its 76th birthday in 2025 and is an absolute must-visit. Think vibrant garden displays, more than 190,000 blooms and a floral parade that brings the streets of Toowoomba to life. There's also live music, food and wine festivals and plenty of family-friendly activities. Make sure to wander through the meticulously tended public parks, which become a rainbow of colour during the season. And if you're keen for a scenic drive, the Darling Downs countryside puts on its own natural show at this time of year. Palm Lake Resort Toowoomba's own resort grounds and some of our dedicated homeowners have proudly produced award-winning displays in previous years.

[www.tcof.com.au](http://www.tcof.com.au)

## Tulip Time Festival

**SEPTEMBER 12 TO OCTOBER 6  
BOWRAL, NEW SOUTH WALES**

If tulips are your preference, head to Bowral's Tulip Time Festival. Timed perfectly with the start of spring, this Southern Highlands gem features 80,000 tulips and offers a perfect mix of nature, local markets and delicious food stalls. Bowral is also a great weekend getaway spot, so why not make a road trip out of it and explore the gorgeous countryside while you're there? Don't miss Corbett Gardens, the heart of the festival, where tulips form vibrant patterns and colour-blocked displays. And if you're into antiques, boutiques or cosy cafés, Bowral's main street has plenty to discover between flower stops.

[www.visitsouthernhighlands.com.au](http://www.visitsouthernhighlands.com.au)

## Floriade

**SEPTEMBER 14 TO OCTOBER 13  
CANBERRA, ACT**

The largest flower festival in the Southern Hemisphere, Floriade in Canberra is a true floral extravaganza. Taking place each year from mid-September to mid-October, Floriade sees Commonwealth Park transform with over a million flowers on display. But it's not just about the blooms - there are workshops, food markets, live performances, and a huge night festival called NightFest that'll keep you entertained long after the sun sets. Those with grandchildren will love the child-friendly entertainment, while garden enthusiasts can take guided tours to learn more about the intricate displays. The city's museums, galleries and lakefront walks are nearby, making it easy to turn Floriade into a weekend-long experience.

[www.floriadeaustralia.com](http://www.floriadeaustralia.com)

## Everlasting Kings Park Festival

**SEPTEMBER 12 TO 29  
PERTH, WESTERN AUSTRALIA**

For those who love the variety and beauty of native plants, the Kings Park Festival in Perth is an absolute treat. Held annually at the start of spring, this festival showcases Western Australia's unique wildflowers in full bloom. Kings Park itself is one of the largest inner-city parks in the world, so you'll have plenty of space to explore and take in the stunning scenery. Plus, there are art installations, guided walks, and outdoor concerts to enjoy. It's a rare chance to see WA's world-famous biodiversity gathered in one accessible place. And with sweeping views of the Swan River and Perth's skyline, the setting is every bit as spectacular as the flowers themselves.

[www.bgpa.wa.gov.au](http://www.bgpa.wa.gov.au)

## Tesselaar Tulip Festival

**SEPTEMBER 13 TO OCTOBER 12  
DANDENONG RANGES, VICTORIA**

Dreaming of a trip to the tulip fields? Celebrating its 70th anniversary in 2025, the Tesselaar Tulip Festival in the Dandenong Ranges will make that dream come true. From mid-September to mid-October, the festival offers stunning tulip displays with over a million blooms across the countryside.

*Continued on Page 24 >>*





<< Continued from Page 23

There's also live entertainment, market stalls, and themed weekends celebrating food, wine and culture. Families can enjoy tractor rides, clog dancing, and Dutch-inspired treats like poffertjes, adding to the charm. Just an hour from Melbourne, it's an easy day trip - or better yet, stay a night in the hills and explore the region's cool-climate wineries.

[www.tulipfestival.com.au](http://www.tulipfestival.com.au)

## Riverland Rose and Garden Festival

**OCTOBER 10 TO 19**  
**THE RIVERLAND TOWNS, SOUTH AUSTRALIA**

Are roses more your thing? The Riverland Rose and Garden Festival is a floral celebration in South Australia's Riverland region. This festival is all about beautiful rose gardens, art exhibitions, and local food and wine. You can visit open gardens, enjoy flower displays, and even take a relaxing river cruise while you're there. With more than 400 varieties of roses on show, it's a feast for the senses. The warm, sunny climate of the Riverland also makes it the perfect spot to sample fresh local produce, from citrus fruits to award-winning wines.

[www.riverlandrosesandgardens.com.au](http://www.riverlandrosesandgardens.com.au)

## Leura Gardens Festival

**OCTOBER 3 TO 6**  
**BLUE MOUNTAINS, NEW SOUTH WALES**

Though short and sweet, the Leura Gardens Festival in the Blue Mountains is another spring favourite. Running over a weekend, it invites visitors to explore beautiful Leura - a town known for its charming, cool-climate gardens. The festival showcases some of the best, with a stunning array of blooms, trees, and shrubs. If you love exploring quaint villages, taking in mountain views, and immersing yourself in nature, this festival offers the perfect excuse for a Blue Mountains escape. The event also raises funds for local health services, so every ticket purchased supports a good cause. Between gardens, be sure to stroll through Leura Mall for its heritage buildings, tearooms and boutique shopping.

[www.leuragardenfestival.com.au](http://www.leuragardenfestival.com.au)

## Kalbar Sunflower Festival

**MAY 1 TO 3**  
**SCENIC RIM, QUEENSLAND**

Looking for something a little different? The Kalbar Sunflower Festival in the Scenic Rim is the place to be. Taking place in autumn, this festival shines a sunny spotlight on the region's fields of bright yellow sunflowers which stretch as far as the eye can see. You can take photos, pick your own sunflowers and even try sunflower-themed food. The festival also celebrates local produce, so expect to find farm-fresh market stalls, homemade treats, and country hospitality. Don't forget your camera - this is one of the most photogenic festivals on the list.

[www.kalbarsunflowers.com.au](http://www.kalbarsunflowers.com.au)

bloom  
into life

Lifestyle

# FLOWER POWER

Bring the florals indoors this spring with these vibrant picks for around the home. Forget subtle sprigs - this season, it's all about bold blooms and painterly botanicals, designed to lift your mood as much as your interiors.



1. Jones & Co vase, \$55, [www.jonesandco.com.au](http://www.jonesandco.com.au)
2. Lulla Vintage Rose cushion, \$39, [www.earlysettler.com.au](http://www.earlysettler.com.au)
3. Adairs Summer vase, \$49.99, [www.adairs.com.au](http://www.adairs.com.au)
4. Morgan & Finch Lucinda side plate, \$12.95, [www.bedbathtable.com](http://www.bedbathtable.com)
5. Morgan & Finch Adore scented candle, \$49.95, [www.bedbathtable.com](http://www.bedbathtable.com)
6. La La Land Botanical Blooms tray, \$14.99, [www.myer.com.au](http://www.myer.com.au)
7. Maison Balzac Wild Rose napkins, \$119, [www.maisonbalzac.com](http://www.maisonbalzac.com)
8. Jones & Co Celine mirror, \$55, [www.jonesandco.com.au](http://www.jonesandco.com.au)
9. 'Floral Fascination' framed print, from \$129.99, [www.templeandwebster.com.au](http://www.templeandwebster.com.au)
10. Adairs Gigi cushion, \$79.99, [www.adairs.com.au](http://www.adairs.com.au)
11. Gorman spotted flower apron, \$59, [www.gormanshop.com.au](http://www.gormanshop.com.au)



bloom  
into life

# PLANT POWER

During this season of growth, take your culinary cues from plants. Plant-based recipes are easier and more delicious than you think...



## Glasshouse tomato sourdough panzanella

### Ingredients

300g day-old sourdough bread  
350g mixed tomatoes, such as roma (plum), cherry, oxheart and mortgage lifter  
50g kalamata olives, pitted  
30g capers  
20g basil leaves  
3 teaspoons marjoram leaves  
60ml balsamic vinegar  
50ml extra virgin olive oil

### Method

Tear the bread into 2–3cm pieces and toss into a large bowl. Slice the tomatoes and add to the bowl, then stir through to release some of the tomato juices for the bread to soak up.

Add the olives, capers, basil and marjoram and stir through. Drizzle with the vinegar and olive oil. Season to taste with salt and black pepper and stir through again to ensure the balsamic and olive oil have been taken up by the bread. Allow to sit for a few minutes before serving, so the flavours can meld.

## Baked pasta shells stuffed with almond ricotta & roasted tomatoes

### Ingredients

700g tomato passata (to make your own, see Page 134 of 'A Plant-Based Farmhouse')  
300ml water  
200g conchiglioni pasta shells (about 24 shells)  
250g almond ricotta (to make your own, see Page 227 of 'A Plant-Based Farmhouse')  
1 teaspoon pink peppercorns  
¾ teaspoon salt, to taste  
20ml extra virgin olive oil

### Method

Preheat your oven to 200°C. Have a large baking dish at



the ready — ideally one measuring about 30cm x 24cm, and about 8cm deep.

Mix the tomato passata and water together in a bowl, then pour half the liquid into the baking dish. Using a teaspoon, fill the uncooked pasta shells with the almond ricotta. Arrange the filled shells in the baking dish, facing upwards, to keep the ricotta in place, and making sure the pasta shells fit snugly.

Gently pour the remaining tomato passata mixture in and around the pasta shells. Do this as slowly as you can, to avoid disrupting the ricotta too much. The liquid should just cover the tops of the filled shells. Sprinkle the pink peppercorns and salt over the top and cover the baking dish with foil.

Turn the oven down to 190°C and bake the shells for 1 hour. Carefully remove the foil and bake for a further 10–15 minutes, or until the shells are starting to colour along their edges. Remove from the oven and allow to sit for 10 minutes before serving, giving time for the pasta to absorb any residual liquid. The tomato sauce should be lovely and thick around the cooked shells. Drizzle the olive oil over the cooked shells and serve.

## Rye, chocolate & beetroot cake with chocolate mousse creme

### Ingredients

110g beetroot, peeled and grated  
110g rapadura sugar  
150ml soy or almond milk  
55ml extra virgin olive oil  
40g maple syrup  
2 teaspoons vanilla bean paste  
125g rye flour  
50g raw unsweetened cacao powder  
30g almond meal  
½ teaspoon salt  
½ teaspoon baking powder  
1 teaspoon bicarbonate of soda (baking soda)  
1 teaspoon apple cider vinegar

For the chocolate mousse creme:



2 avocados  
155g maple syrup  
75g raw unsweetened cacao powder  
2 teaspoons vanilla bean paste  
½ teaspoon salt

### Method

Preheat your oven to 180°C. Line the base of a 20cm springform cake tin with baking paper and grease the inside of the tin with olive oil.

Put the grated beetroot in a food processor with the sugar, milk, olive oil, maple syrup and vanilla paste. Blitz until smooth. Add the remaining dry ingredients to the food processor and blitz again.

Pour the mixture into a bowl and use a spatula to quickly but evenly mix the vinegar through. Don't worry if you see white streaks — it's just the vinegar reacting with the bicarbonate of soda and baking powder, and it's a good thing!  
Immediately pour the batter into the cake tin and bake for 30–40 minutes, or until a skewer inserted into the centre of the cake comes out clean. Remove from the oven and leave to cool in the tin for 10 minutes, before turning out onto a wire rack.

While the cake is baking, make the chocolate mousse cream. Peel the avocados, remove the stones and scoop the flesh into a high-speed blender. Add the remaining ingredients and blitz until smooth and creamy. Leave in the fridge until you are ready to ice the cake.

When the cake is completely cool, smooth the icing over and decorate with your choice of flowers or foliage. Any leftover cake will keep in an airtight container for 2–3 days.

**Images and text from  
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Cherie Hausler, photography by  
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## Lifestyle

# BE-GIN AGAIN

As the days warm and gardens bloom, there's no better spirit to celebrate the season than gin.

**BUILT ON BOTANICALS**, from fragrant herbs to delicate florals, gin naturally pairs with the freshness of spring produce - and these gin cocktails are our pick of the bunch. The best part? They're equally delicious without the gin, so everyone can raise a glass.

### Cucumber Elderflower Fizz

Crisp and cooling, with floral notes that feel like a spring garden in a glass.

#### Ingredients

4 cucumber slices  
15ml elderflower cordial (or syrup)  
15ml fresh lime juice  
45ml gin (optional)  
Sparkling water (or light tonic, for more bite)

#### Method

Lightly muddle cucumber slices in the base of a shaker.

Add elderflower, lime juice, and gin (if using). Shake briefly with ice.

Strain into a chilled highball glass with fresh ice.

Top with sparkling water or tonic.

Garnish with cucumber ribbons and edible flowers.



### Strawberry & Basil Bloom

A refreshing, garden-style sip that balances sweetness with herbal lift.

#### Ingredients

3 fresh strawberries, hulled and sliced  
3-4 fresh basil leaves  
15ml honey syrup (1:1 honey + hot water)  
20ml fresh lemon juice  
45ml gin (optional)  
Soda water, to top

#### Method

Muddle strawberries and basil gently in a shaker.

Add honey syrup, lemon juice, and gin (if using). Shake with ice.

Fine strain into a tall glass filled with ice.

Top with soda water and stir gently.

Garnish with a basil sprig and a halved strawberry.



### Peach & Thyme Spritz

Juicy stone fruit paired with aromatic thyme - sunshine in a glass.

#### Ingredients

½ ripe peach (or 60 ml peach nectar)  
10ml agave or sugar syrup (adjust to taste)  
2 sprigs fresh thyme  
20ml fresh lemon juice  
45ml gin (optional)  
Sparkling wine (for a cocktail) or sparkling grape juice (for a mocktail), to top

#### Method

Muddle peach with thyme in a shaker.

Add syrup, lemon juice, and gin (if using). Shake with ice.

Fine strain into a wine glass with ice.

Top with sparkling wine or sparkling grape juice.

Garnish with a thyme sprig and peach slice.



## Lifestyle

# ETERNAL BLOOMS

The only downside to cut flowers? Their short lifespan. But there's a more permanent solution that's making its way back into our homes, beloved for its charm, longevity and cost-effectiveness.

**THE ART OF** drying flowers has a surprisingly long history, dating as far back as Ancient Egypt and becoming particularly popular in Victorian England. While they fell out of fashion for a time, dried flowers are enjoying a resurgence, with modern florists and home stylists embracing their rustic charm and sustainability. This revival has reminded us that dried flowers are not only practical and enduring, but also a stylish way to bring the outdoors in.

### The best flowers for drying

You don't need a large garden to enjoy flowers that dry well. Many can be grown quite happily in pots on a patio, balcony, or even by a sunny window. Try these favourites:

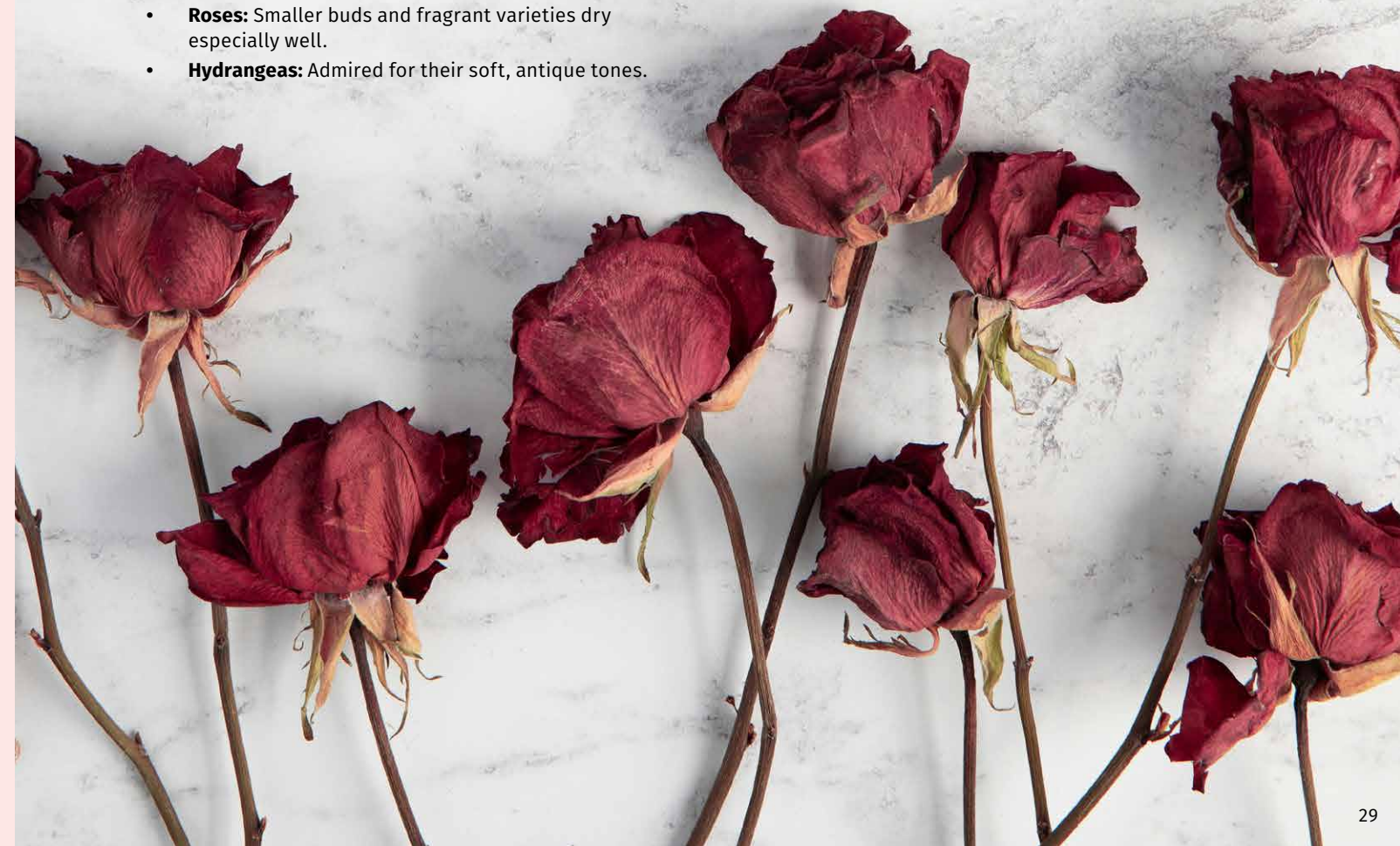
- **Lavender:** Its soothing fragrance lasts for months.
- **Statice:** Known for its brilliant colours that hold beautifully once dried.
- **Everlasting daisies:** Hardy natives with papery petals.
- **Roses:** Smaller buds and fragrant varieties dry especially well.
- **Hydrangeas:** Admired for their soft, antique tones.

### How to dry flowers at home

Drying flowers is a simple and satisfying pastime, with different methods to try:

- **Air drying:** Gather small bunches, tie the stems with string and hang them upside down in a cool, dry place away from sunlight for two to three weeks.
- **Pressing:** Ideal for smaller or more delicate blooms such as pansies. Place between sheets of absorbent paper under a heavy book for several weeks.
- **Silica gel:** Available from craft shops, this helps to preserve flowers in a more natural shape and colour.

Once dried, flowers should be kept out of direct sunlight to prevent fading. Arrange them in vases, weave them into wreaths, or frame your pressed blooms for an everlasting work of art.



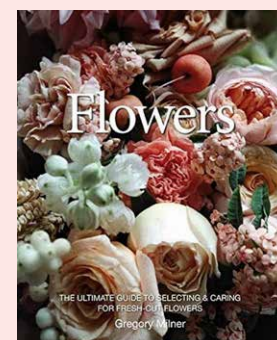
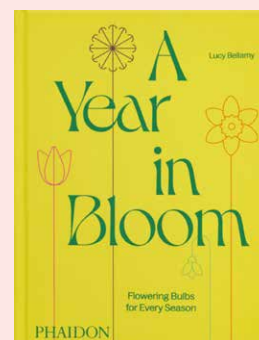
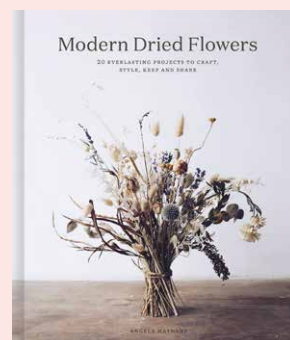
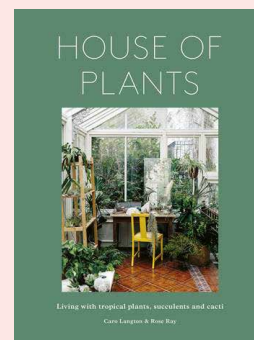
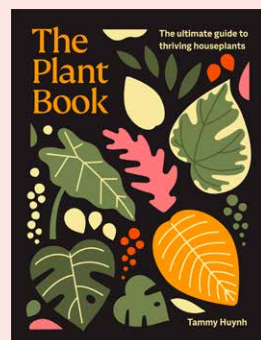
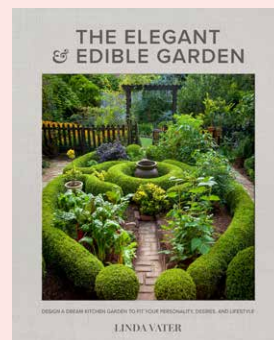
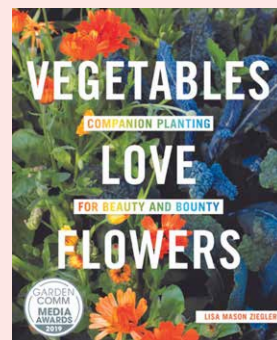


bloom  
into life

Lifestyle

# BOUND TO BLOOM

Dig into this bloomin' good collection of garden-focused books, each designed to help you grow your love of flowers.



**TOP ROW:** *On Flowers: Lessons from an Accidental Florist* by Amy Merrick. *Vegetables Love Flowers* by Lisa Mason Ziegler. *The Elegant & Edible Garden* by Linda Vater. *Nettles & Petals* by Jamie Walton, Samuel Binstead. **MIDDLE ROW:** *The Plant Book* by Tammy Huynh. *House of Plants* by Rose Ray, Caro Langton. *From the Wild* by Heidi Merika. *Planting for Native Birds, Bees and Butterflies* by Jaclyn Crupi. **BOTTOM ROW:** *Modern Dried Flowers* by Angela Maynard. *Living with Flowers* by Aerin Lauder. *A Year in Bloom: Flowering Bulbs for Every Season* by Lucy Bellamy. *Flowers* by Gregory Milner.

bloom  
into life

Palm Lake Care

# RECIPES OF LIFE

It was quite a lengthy process collecting all the special 'ingredients' for Palm Lake Care's own commemorative cookbook, but now it's almost time for this highly anticipated project to be plated up and served to our excited community.

**"FROM OUR HEARTS to your table"** is a 52-page collection of two dozen special family recipes gratefully shared by Palm Lake Care residents and various team members including kitchen, lifestyle and management staff.

"Here we share a passion for food and use it as a bridge to connect generations, cultures and cherished moments," the book's production team members state, in the Foreword. "We're engaging residents and employees by celebrating their culinary memories, personal tastes and shared traditions.

"This cookbook turns mealtime into a meaningful experience, filled with flavours that comfort, inspire and bring back fond memories of home and childhood."

Every recipe reproduced in the book comes complete with a photo of the recipe's owner and the story as to why their particular recipe is so meaningful to them. For example, Palm Lake Care Deception Bay's Johanne Visser shared his recipe for Traditional African Oxtail Stew. Johanne says this recipe was passed through three generations of his family. Children within the village where he lived would all bring the ingredients to his door and beg Johanne's wife to make this stew for them - and she'd happily oblige. It is a treasured family recipe, loved by a village, and now also by a much larger audience.

Helen Jutte, a resident of Palm Lake Care Bethania, also shared a recipe that took her back to her childhood. She described her 'Dutch Stampot with Rookworst' as "One dish and a thousand memories".

"When I was 13, I moved to Holland to live with my grandmother on a farm filled with animals - even a cow that lived inside the house!" Helen recalls. "She introduced me



to new foods like Stampot Boerenkool, which we'd enjoy in winter with sausage, always saying 'Eet lekker!' which translated to 'eat well'. This dish still brings back warm memories of my time on the farm."

And, of course, our team members weren't forgotten either. Palm Lake Care Bethania Service Manager Bernice Cowley shared her recipe for Malva Pudding - a beloved South African dessert, rich in nostalgia and flavour served warm and best enjoyed with custard, cream or ice cream. And our Chief Operating Officer Trish Heke's humble Cheesy Scones also got the call up!

"Making a fresh batch of scones is a tradition in my family, and while the recipe has had a modern twist put on it, the meaning remains - they are a treat from the heart," Trish smiles.

"My great grandmother made fresh scones for family when they visited. It was viewed as an honour to both serve and be served, always with a pot of tea. Naturally, I have taught my family to make them but... it still seems to fall to me to produce a batch. The team at Central Support Office don't mind when I bring some in either!"

**Copies of the "From our hearts to your table" recipe book are just \$20 each. To purchase your copy, simply stop by the Reception desk of your closest Palm Lake Care address (see Page 34 for contact details).**



# PALM LAKE RESORT



## Palm Lake Resort Yamba Cove

**NEW HOMES NOW SELLING!** Yamba Cove offers a boutique resort experience in this thriving coastal holiday town. While smaller in footprint compared to those Palm Lake Resorts that have come before it, this exclusive address offers Master Builders Association award-winning home designs (Maclean and Iluka) as well as the awarded Vantage Country Club. Displays open seven days.



1800 960 946  
2 Orion Drive, Yamba NSW 2464



## Palm Lake Resort Pelican Waters

**NEW HOMES NOW SELLING!** The epitome of opulence in over-50s living and our most exclusive address yet. This resort neighbours our Greg Norman-design Pelican Waters Golf Course. Some residences enjoy water frontage, some have direct golf course access and some offer both. All homes enjoy a complimentary golf car. Displays open seven days.



1800 490 626  
40 Mahogany Drive, Pelican Waters QLD 4551



## Palm Lake Resort Paynesville

**NEW HOMES NOW SELLING!** Construction is well underway on this site, with close to 200 ultra-modern homes planned (25 per cent of them are already sold!). Homeowners already enjoy the outstanding Latitude Country Club. The rich maritime history of the region has been captured in this project that offers the best in affordable luxury. Displays open seven days.



1800 960 943  
78 Ashley Street, Paynesville VIC 3880



## Palm Lake Resort Forster Lakes

**NEW HOMES NOW SELLING!** Palm Lake Resort Forster Lakes is situated right on the edge of Wallis Lake and takes its inspiration from the Florida coast. The best of the 300+ homesites enjoy coveted lakefront positions. Only 100 homes remain! Our \$18 million Belleair Country Club was named New South Wales' Best Sporting Facility by the Master Builders Association. Displays open seven days.



1800 577 542  
223 The Lakes Way, Forster NSW 2428

**BALLINA**  
1800 335 666  
120 North Creek Road,  
Ballina NSW 2478

**BANORA POINT**  
1800 641 665  
67 Winders Place,  
Banora Point NSW 2486

**BARGARA**  
1800 501 119  
39 Wearing Road,  
Bargara QLD 4670

**BEACHMERE BAY**  
1800 338 382  
194 Bishop Road,  
Beachmere QLD 4510

**BEACHMERE SANDS**  
1800 338 333  
218 Bishop Road,  
Beachmere QLD 4510

**BETHANIA**  
1800 774 866  
43 Goodooga Drive,  
Bethania QLD 4205

**CALOUNDRA CAY**  
1800 556 677  
96 Village Way,  
Little Mountain QLD 4551

**CARINDALE**  
1800 770 057  
2 Ford Court,  
Carindale QLD 4152

**COOROY-NOOSA**  
1800 885 851  
19 Trading Post Road,  
Cooroy QLD 4563

**DECEPTION BAY**  
1800 725 652  
1 Webster Road,  
Deception Bay QLD 4508

**EAGLEBY**  
1800 781 101  
272 Fryar Road,  
Eagleby QLD 4207

**FERN BAY**  
1800 648 868  
1117 Nelson Bay Road,  
Fern Bay NSW 2295

**HERVEY BAY**  
1800 455 307  
25-67 Pialba-Burrum Heads Road,  
Eli Waters QLD 4655

**MT WARREN PARK**  
1800 282 314  
1 Mt Warren Boulevard,  
Mt Warren Park QLD 4207

**PHILLIP ISLAND**  
1800 066 482  
48-80 Settlement Road,  
Cowes VIC 3922

**TEA GARDENS**  
1800 756 740  
50 Spinifex Avenue,  
Tea Gardens NSW 2324

**TOOWOOMBA**  
1800 280 129  
97-161 Hogg Street,  
Cranley QLD 4350

**TRUGANINA**  
1800 686 096  
7 Taronga Road,  
Truganina VIC 3029

**TWEED RIVER**  
1800 881 041  
2 Barneys Point Road,  
Banora Point NSW 2486

**UPPER COOMERA**  
1800 757 457  
40 Riverbrooke Drive,  
Upper Coomera QLD 4209

**WATERFORD**  
1800 028 428  
29-71 High Road,  
Waterford QLD 4133

**WILLOW LODGE**  
1800 974 981  
2 Willow Road,  
Bangholme VIC 3175

**YAMBA**  
1800 084 119  
1 Orion Drive,  
Yamba NSW 2464





# PALM LAKE CARE

Our aged caring communities pride themselves on offering personalised care and fostering a vibrant, welcoming atmosphere where every individual feels valued.

**OUR SINGLE PRIVATE** suites each feature a private ensuite bathroom and some additionally offer courtyard or balcony access. They have been designed to provide ample space and comfort for both couples and singles.

Our Palm Lake Care Customer Experience Specialists are waiting for your call, eager to assist with a transition to residential aged care when it is needed. All enquiries can be directed to 1800 246 677 or you can learn more at our Palm Lake Care website: [palllakecare.com.au](http://palllakecare.com.au)

## Palm Lake Care Bargara

Co-located alongside Palm Lake Resort Bargara, this community is our group's largest, assisting 160 residents to live their life to the fullest. Bargara's warm tropical climate matches the warm welcome our residents receive here.

**55 Wearing Road, Bargara QLD 4670**

## Palm Lake Care Beachmere

Nestled at the water's edge of Moreton Bay, this 102-bed community offers a quiet location in the beautiful Beachmere area. Some rooms feature absolute water frontage, while everyone enjoys the seabreeze and bay view from the extensive deck and rear lawns. You can find Palm Lake Care Beachmere across the road from Palm Lake Resort Beachmere Bay and Palm Lake Resort Beachmere Sands.

**145 Bishop Road, Beachmere QLD 4510**

## Palm Lake Care Bethania

Relaxing lakeside views and birdlife are a highlight of this southside community's location. Palm Lake Resort Bethania is at the end of the drive, creating a great opportunity to remain close to loved ones, when aged care is required. Couple's suites available.

**1 Goodooga Drive, Bethania QLD 4207**

## Palm Lake Care Caloundra

Some 122 residents call this Caribbean-inspired aged caring community home. Its design celebrates the holiday-everyday Sunshine Coast lifestyle. Situated conveniently alongside Palm Lake Resort Caloundra

Cay, this luxury aged caring community was named best Aged Care Facility at the Sunshine Coast Master Builders Association's 2023 Housing and Construction Awards. Couple's suites available.

**95 Village Way, Little Mountain QLD 4551**

## Palm Lake Care Deception Bay

This boutique-sized community is located within walking distance of Deception Bay. The on-site café is a central social hub for residents and their visitors and, being close to shops, our residents enjoy being connected to and involved in their local community.

**42-46 Bay Avenue, Deception Bay QLD 4508**

## Palm Lake Care Mt Warren Park

Co-located with Palm Lake Resort Mt Warren Park, this 110-bed community offers a vibrant lifestyle calendar. Residents engage with their local community through regular excursions and they also enjoy visiting entertainers on a regular basis. Through clever design, there are a variety of room options with different views and aspects.

**33 Mt Warren Boulevard, Mt Warren Park QLD 4207**

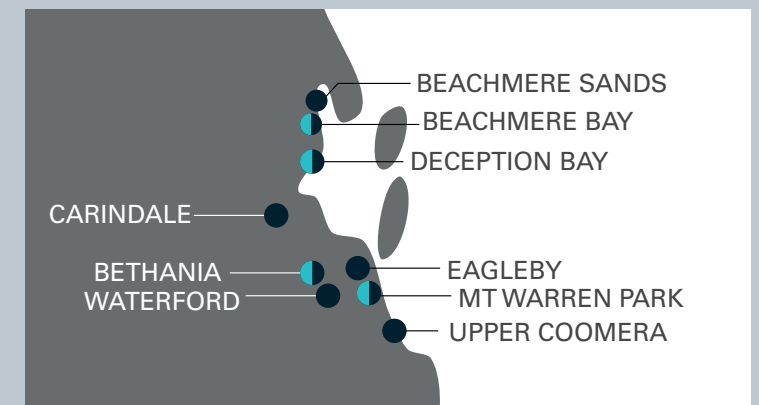
## Palm Lake Care Toowoomba

This beautiful community's interior design reflects its semi-rural location within the Darling Downs, offering a lovely mix of people from the land and urban areas. Co-located alongside Palm Lake Resort Toowoomba, independent construction industry judges from the Master Builders Association were so impressed, they awarded Palm Lake Care Toowoomba 'Best Community Accommodation' in 2021. Couple's suites available.

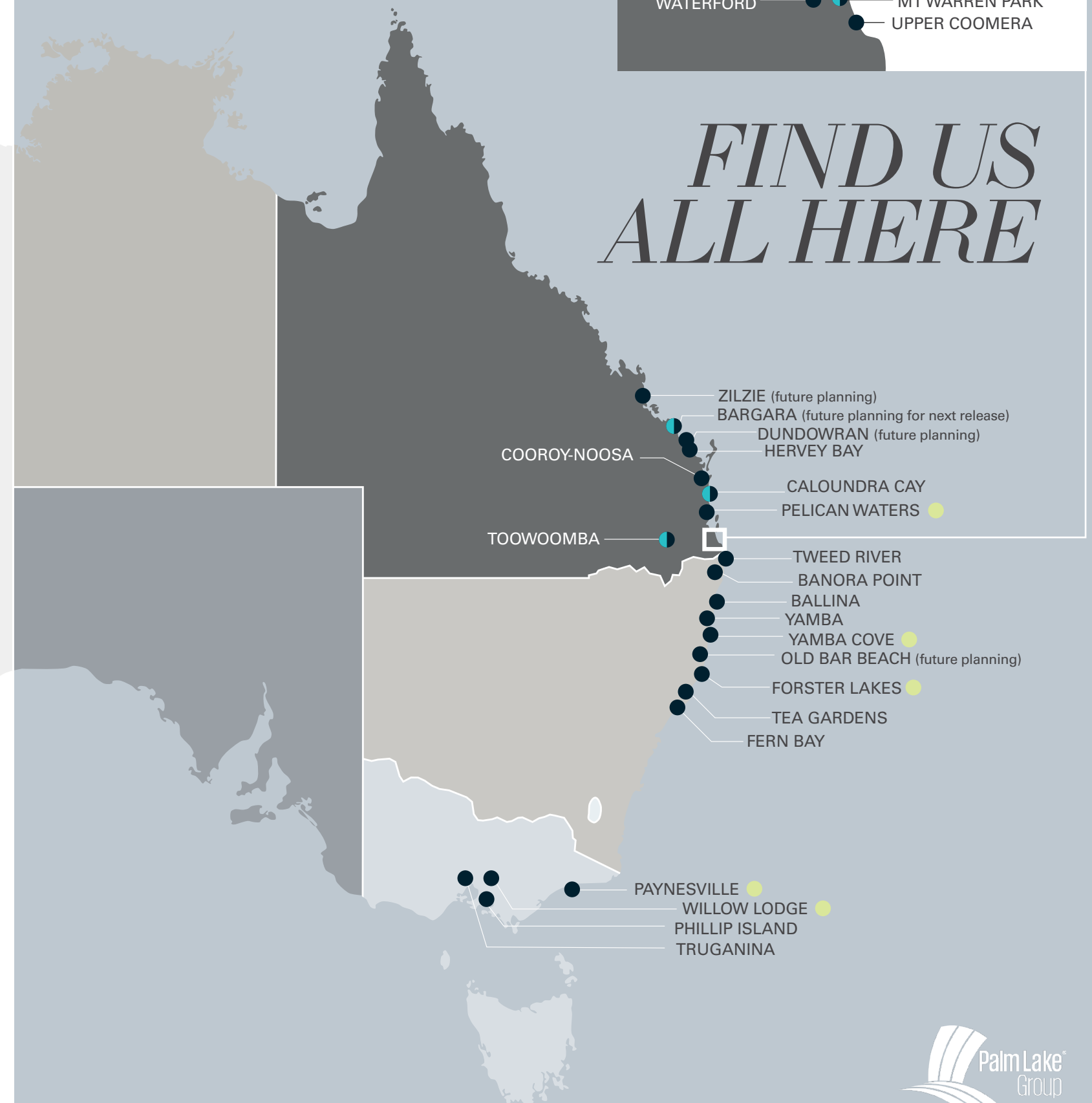
**97-161 Hogg Street, Toowoomba QLD 4305**



- PALM LAKE RESORT
- PALM LAKE CARE
- NEW HOMES NOW SELLING



# FIND US ALL HERE







# The smart financial choice

Discover the lifestyle and financial freedom of land lease living at one of Palm Lake Resort Yamba Cove's upcoming monthly information sessions. Topics include:

- Weekly site fees and unlocking major financial benefits
- No stamp duty, entry or exit fees, body corporate costs or land tax
- Keep 100% of your capital gain

Information sessions are held at the resort, on the first Wednesday of the month. While you're there, inspect our resort grounds, display homes and Vantage Country Club. Explore the over-50s lifestyle you've always dreamed of - a life beyond the ordinary, in a place where you can meet new friends, be active, stay fit, put your wellness first and truly thrive.



1800 960 946 | [salesyambacove@palllake.com.au](mailto:salesyambacove@palllake.com.au)  
2 Orion Drive, Yamba NSW 2464

**THE BEST IN OVER-50s LIVING. THIS IS YOUR TIME.**  
[palllakeresort.com.au](http://palllakeresort.com.au)