

The Gatsby

SEPTEMBER-OCTOBER 2021



MUSIC ALL AROUND US

We have some very talented musicians among our homeowners, but did you know that playing music is actually good for you?

LAST CHANCE IS HERE

Want a piece of the Palm Lake Resort Beachmere Bay action? Want to join in our fun? Your last chance is here...

IT WAS A VERY COOL YULE

Check out all the wonderful memories from our most recent sales event that had us celebrating Christmas in July.



Welcome

Welcome to our September-October edition of the new-look 'The Gatsby' newsletter. While the colours and branding have been tweaked a little, rest assured we're still bringing you the same great articles from around our resort grounds, introducing you to your fellow homeowners and keeping you up to date with all the latest news.

This past month has been quite the blur, with so many settlements completed and visitors through our Sales Information Centre. Did you know that more than 400 people call Beachmere Bay home? We are quite the community now - and still growing! It seems that interstate lockdowns have not stopped southern buyers from purchasing here, in anticipation of the day when they will be able to join us.

Our final stage release (Stage 3A) is selling out fast with completion of many homes scheduled for before Christmas. It'll be great to welcome those new homeowners into our resort community to enjoy their first Christmas with us. In other news, our Westhamptons Sports Club is celebrating its first birthday - can you believe it's already been in operation for 12 months?!

In this edition, make sure you read our story on the Top 5 dog breeds for smaller yards - our resort is proudly pet friendly - we love all our four-legged neighbours! Also, don't miss our stories on homeowners Steve, John & Barbara, as well as our Craft Group ladies. Our community features so many interesting, talented and charitable people.

Our resort is open for inspections so you can tour the world-class facilities and walk through our four stunning new display homes with our Sales Team. We look forward to seeing you here, by the Bay, very soon.

Nicole Smith
Senior Sales Consultant, Palm Lake Resort Beachmere Bay

Contact us

Looking for more information about Beachmere Bay? Here are four places you can reach us:

Online: Visit our website beachmerebay.com.au

Social media: Follow Palm Lake Resort on Facebook (@palmakeresort) and Instagram (@palm_lake_resort) to see what's happening right across all our Palm Lake Group locations.

Street address: Palm Lake Resort Beachmere Bay can be found at: 194 Bishop Rd, Beachmere.

Freecall: 1800 338 382. There's no cost to you and you'll have our experienced Sales Team at the other end of the line. Easy.

News briefs

Don't miss Brisbane Festival

Have you heard of the annual celebration of the arts that is Brisbane Festival? Brisfest offers a month-long program of all kinds of great events right throughout September. If you've read the cult Brisbane novel 'Boy Swallows Universe' by Brisbane journalist and author Trent Dalton, you'll be excited to know that the story is coming to the stage during BrisFest. There are also concerts (think David Campbell and Anthony Warlow), fashion shows, river cruises and more. Visit brisbanefestival.com.au

Refer your friends

We know your friends love coming to visit your Palm Lake Resort home and enjoy sharing our resort facilities with you, right? Refer a friend to join you and become part of our exclusive community, and if they purchase a new or established Palm Lake Resort home, you'll receive up to \$500 cash. Easy! Ask about our 'Refer a Friend' incentive at the Sales Information Centre.

Kitefest

Just down the road, on September 11-12, the skies over Redcliffe will erupt with colour and wonder with KiteFest. This annual Mecca of fun is a great day out for families. Check out international kite flyers and colourful kite displays, aerobatic displays, jet ski stunt shows, stage entertainment, children activities, workshops, market stalls, food vendors and much more, all on our breathtaking backdrop of Moreton Bay. Visit redcliffekitefest.com.au



Extra, extra!

The Spring 2021 edition of the Palm Lake Group's company magazine has officially hit the stands, and it's full of the latest and greatest news from Palm Lake Resort and Palm Lake Care. If you haven't received a hard copy in your mailbox, you can also read it online at our website pamlakeresort.com.au/news



Bird's eye view

It felt like just yesterday that we were embarking on a brand new Palm Lake Resort project called "Beachmere Bay". With its classy and distinctive Hamptons theme, the anticipation was for this resort to be an absolute winner - and it has been! Check out the very last swathe of land left here at Beachmere Bay before we can say we are totally sold out. There's still time left to secure one of these last remaining homesites for your luxury Beachmere Bay abode. Don't forget that if you act now, you can also score a FREE Club Car 'Tempo' luxury golf car, valued at up to \$20,000, with your new home purchase.



Lady of the house

TO SAY JOHN AND BARBARA MCPHERSON ARE DOG PEOPLE IS AN UNDERSTATEMENT – IN THEIR 55 YEARS OF MARRIAGE, THEY’VE HAD ALMOST AS MANY DOGS. BUT AROUND PALM LAKE RESORT BEACHMERE BAY IT’S EBONY (THEIR 50TH DOG) WHO STEALS THE SHOW.

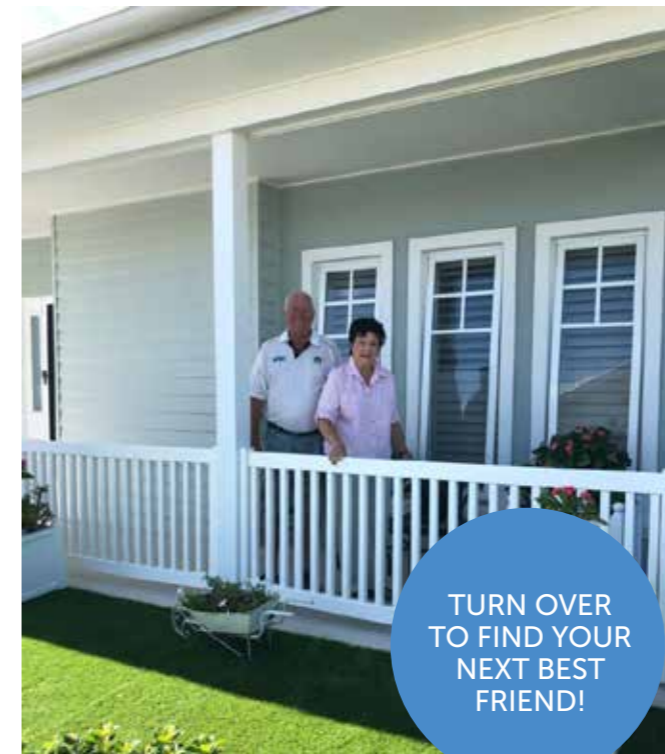
When John and Barb were looking for their dream downsizer, there were only two conditions: it had to have a golf course, and it had to be perfect for their ‘fourth child’, Ebony. Even before they were married, John and Barb knew Dachshunds would be a big part of their family life – though they couldn’t have predicted quite how big. The couple’s very first ‘Daccy’ was a wedding present from John to Barb; since then, they’ve had almost 50.

“Barbara became involved in the Dachshund Club of Queensland, and she and the kids just fell in love with them and started breeding and showing,” says John. “Of course, it didn’t take me long to fall in love with Daccies, too. They’re great dogs. We sat down just a few days ago and worked out how many we’ve had over the years – counting the two Basset Hounds we owned while we were living on acreage in Upper Mount Gravatt, Ebony is our 50th dog.”

While the McPherson’s three grown-up children all live in Brisbane, their fur-child, Ebony, still rules the roost. Small (and long) in stature but big in character, she’s well-known around Palm Lake Resort Beachmere Bay and particularly loved by the resort’s sales consultant, Nicole.

“This really is Ebony’s place – we just happen to live here,” says John. “There are a lot of dogs here, so taking her for a walk is always a social affair. It’s not a bad life for our Ebony.”

John adds that their home’s small backyard is perfect for Ebony to stretch her legs, though you’ll usually find her lounging on a bed or chair inside. They enjoy daily walks with her around the golf course, which John says is used as much by dog owners as it is by golfers, and when they’re not walking around the resort you’ll find them across the road at the beach, watching Ebony chase sol-



dier crabs. In fact, it was while they were walking Ebony along the sand at Beachmere that John and Barb were first introduced to Palm Lake Resort. They had been eager to move out of their Pelican Waters home and, after scouting out different over-50s communities, happened to bump into a man wearing a Palm Lake Resort badge – the rest, as they say, is history.

“We introduced ourselves and asked what the badge was for, and he said, ‘Don’t you know about Beachmere Sands?’,” says John. “We went off and had a look but because the new resort was still under construction, decided to come back a few months later for a more serious inspection. We’ve been here since November 2019, and we couldn’t be happier.”

The pair first fell in love with Palm Lake Resort Beachmere Bay’s high-quality finishes, unparalleled building designs and friendly sales team. The on-site golf course was another huge plus.

“We’re both very into golf, though Barb can’t play anymore thanks to her back and a knee replacement,” says John. “Still, she is very involved with the resort’s golf club – of which I was the first captain – and she embroiders the Westhampton Golf Club logo onto shirts, aprons and other uniforms for the boys. She’s very talented.”

Barb has joined the craft group at Beachmere Sands, where she has taken up paper tole, which are 3D artworks made by gluing layers of paper. Her love of craft is evident in the fact that half of the pair’s garage has been converted into a sewing room (the other half is reserved for their golf cart).

“That, along with the fact that Ebony runs the rest of our house, just about sums up everything you need to know about us,” laughs John.

Weekly activities

MONDAY

7.30am Sands golf competition
9am Zumba
9am Lawn bowls: Ladies’ morning
10am Mah-jong
10am Social golf
10am Yoga
1pm Cards: Hand & Foot
1pm Lawn bowls: Triples, Pairs, Mixed social
2pm Ukelele practise
5pm Mixed tennis

TUESDAY

8.15am Senior exercise class
10am Ladies social golf
10am Book Club (second Tuesday)
1pm Cards: Hand & Foot
4pm Pickleball
4pm Lawn bowls: Scroungers, Mixed social
7pm Line Dancing
7pm Cards: 500

WEDNESDAY

All day Social golf
7.30am Aqua aerobics
8.15am Mat Pilates
8.45am Armchair yoga
12.30pm Lawn bowls: Self-selected pairs
1pm Duplication Bridge

THURSDAY

All day Social golf
8.15am Yoga
9-11am Lawn bowls: Pot luck
9am Mixed tennis
1pm Cards: 500
1pm Supervised Bridge
1.30pm Craft, coffee and chat
7pm Lawn bowls: Winners & Losers, Pairs, Triples

FRIDAY

7.30am Social golf competition
8.30am Mat Pilates
9.15am Tai chi
10am Mah-jong
1pm Social golf
1pm Line dancing (beginners)
1-3pm Lawn bowls: Men’s
2pm Line dancing (intermediate)
4pm Happy Hour

SATURDAY

All day Social golf
9am Mini Bridge
9.30-11am Lawn bowls: Beginners’ coaching
10am Remote-controlled boats
2pm Movies
4pm Lawn bowls: Scroungers, Mixed social

SUNDAY

All day Social golf
8am Pickleball
4pm Croquet
4pm Happy Hour



Small yard, big furry love

Downsizers don't typically move to Palm Lake Resort with children in tow, but fur kids are a whole other story! It's why so many of our resorts are designed with pets in mind. If you're considering growing your family, consider these small-yard breeds.

If there's one type of resident we love here at Palm Lake Resort it's the furry four-legged variety. When the actual kids grow large enough to fly the coop, pets can fill in a big void left by the children's departure. The joy of owning a pet isn't new to most Australians - we have one of the highest rates of pet ownership in the world. Here at Palm Lake Group, we've built our resorts to be pet friendly because we know just how important pets are for the majority of our over-50s residents, too. For example, Palm Lake Resort Beachmere Bay offers a safe, fully fenced off-leash dog run complete with seating for owners and water for dogs. Palm Lake Resort pooches can roam free in our dog run, enjoying a spot of exercise while also getting that important social interaction with their four-legged neighbours. What we've found right across the Group, however, is that our off-leash dog runs are magnets for likeminded residents. Neighbours congregate to let their furry friends enjoy time together but for the humans themselves, it's a great social outlet. And the regular walks to and from the off-leash areas are providing our residents with that all-important incidental exercise (with fresh air and vitamin D the cherries on top).

Coming soon to our resort is a doggie day spa that will provide convenient dog-wash/hydrobathing services for homeowners' pooches. On the whole, our resorts are proudly pet friendly, because we know just how important pets are to you!

Dachshund

Dachshunds are energetic, loveable and loyal, promising to be the perfect companion for any retiree. Their medium-level exercise needs mean they prefer homes with a small backyard, but also enjoy daily walks and space to run outside the confines of your home. They are highly playful and likely to bark but are certainly trainable, showing intelligence and energy. You just need to consider that though their coats are short, they can still shed.

Cavalier King Charles Spaniel

Small and sophisticated, don't let the Cavalier King Charles Spaniel's petit size fool you - this regal breed is tough to beat. With an even temper and gentle disposition, the Cavalier will often adapt easily to its owner's lifestyle; they can be active and inactive in equal measure. Bred to be a beloved lap dog, they are also descendants of sporting breeds and will enjoy moderate exercise and outdoor activities. You'll find a Cavalier enjoys an afternoon walk just as much as an evening on the couch.

Yorkshire terrier

The Yorkshire Terrier, affectionately known as a 'Yorkie,' is small and quiet, making them the perfect housemate. Their friendly nature means they don't mind company and are typically relaxed around other pets and people, making them perfect for social owners who would enjoy spending time at the dog park. While they have a lot of energy, it can be well spent in a small backyard - though they will never say no to an afternoon stroll. Bonus: they look like puppies for most of their life, making them perfect for owners who never want their fur babies to grow up.

Boston terrier

Commonly confused with a French Bulldog, the Boston Terrier boasts tall, upright ears and a flat face, with black and white markings sometimes referred to as a 'tuxedo jacket'. Originating from, you guessed it, Boston, the Boston Terrier requires active exercise (throwing a ball or a toy, or agility training) and can become frustrated when left alone for long periods of time. Considering adopting your very own? Be warned: their big, round eyes will surely win you over, promising love at first sight.

Maltese

Small but mighty, don't be fooled by the Maltese's prim and proper appearance - behind the white, fluffy exterior is a dog you're sure to love. Their small stature makes them ideal for small backyards, while their soft coat is unlikely to shed, making them a great choice for indoor living. Their coat is even considered hypoallergenic, meaning they will fit seamlessly into almost any family. Your Maltese will love running around in your backyard but will also never say no to a trip to the dog park or a walk.



CRAFT,
COFFEE AND
CHAT GROUP
MEETS THURS
1.30PM



They're sew good

OUR CRAFTIEST HOMEOWNERS HAVE COME TOGETHER TO SUPPORT LOCAL BREAST CANCER PATIENTS IN THEIR TIME OF NEED - BUT YOU DON'T NEED TO BE CRAFTY TO PITCH IN. HERE'S HOW YOU TOO, CAN LEND A HAND...

Early in February, one of our Beachmere Bay homeowners and long-time Zonta Club member Sue Droughton introduced Joan Haupt (Chairperson of the Zonta Club of Caboolture's Service Committee) to the resort Craft Group. As Joan explained, one of the many avenues of service of the Caboolture Zonta Club is providing seat belt buddies, turbans and drainage bag carriers to the breast care nurse at Caboolture Hospital, who distributes these items to all Moreton Bay region hospitals to support breast cancer patients. At a time when women need some pampering, Joan explained that these items help make life a little more comfortable and are provided free of charge. However, Zonta was always on the look out for clever crafters who could

pitch in and produce these items - and that's where the Beachmere Bay Craft Group has stepped in.

Our Craft Group ladies took on the project with gusto and created a well-oiled production line. Some resident members will cut out the fabric, some will complete the stitching, some then turn the stitched bags and buddies, some insert the stuffing, some press the pieces and some are allocated the role of packing. There's a task for everyone, even those who are not 'crafty' but wish to help out.

The Zonta Club does have a budget for purchasing fabric but if any Beachmere Bay homeowners have soft cotton or knit fabrics they no longer need but just cannot bear to throw out in the downsizing process, the Craft Group would be most interested. Simply contact Craft Group Chairperson Jenny Blake on 2250. And if you'd like to know more about the good work these Craft Group ladies are doing and would like to join in, they meet every Thursday afternoon in the Craft Room. All are welcome.



Don't stop the music

IT MAY HAVE BEEN DECADES SINCE YOUR PARENTS INSISTED YOU TAKE PIANO LESSONS, BUT DON'T THINK YOUR MUSICAL DAYS ARE BEHIND YOU. THERE ARE PLENTY OF REASONS TO PICK UP A MUSICAL INSTRUMENT IN YOUR ADULT YEARS.

It boosts brain power

Much like puzzles or playing chess, learning to play music is a great way to improve your cognitive ability. Reading and playing music is believed to stimulate the brain in a way that benefits your memory retention and also helps you retain new info. Experts believe that, when it comes to brain power, you 'use it or lose it'. In particular, learning to play a musical instrument has been associated with a lower risk of developing dementia. Why? Musical training and performance are believed to increase your brain's resiliency – so much so that musicians are 64 per cent less likely to develop mild cognitive impairments and dementia.

It relieves stress

Listening to music is a great stress reliever, but did you know that playing a musical instrument also has calming powers? According to studies, playing an instrument can help us refocus negative feelings into something not only positive, but enjoyable. Whether you are banging out a rhythm on the drums or plucking a melody on the guitar, making music is believed to have a unique ability to reduce your blood pressure and heart rate. This act can also contribute to the release of 'happy hormones' (endorphins) into the bloodstream, leaving you feeling relaxed.

It makes you more patient

Many of our Palm Lake Resort residents will agree that life doesn't slow down in retirement – in fact, with so much to do, things move at a faster pace than ever before! Learning a musical instrument is one fantastic way to chill out, slow down and enjoy the moment. Patience is an essential skill for any budding musician to master as they learn to read and play the notes, and many report finding themselves employing more patience when they interact with the people and things around them.

It's good for your body

You may not break a sweat, but playing an instrument promises a host of physical benefits that you may not have thought about. Moving your fingers along the keys of a piano or the strings of a guitar enhances your hand-eye coordination and fine motor skills – two skills that can easily be transferred to almost any other activity, be it crochet or croquet. Wind instruments, too, improve the function of your respiratory system by ensuring you breathe properly. Need we go on?

It's a great way to make friends

Looking to widen your social circle? Playing a musical instrument could help! A number of Palm Lake Resort locations have resident music groups where likeminded musos can come together and jam out. From choir to the ukulele to all-out Rock 'n Roll bands, our residents make use of the time and resources available to them in retirement to live out their dreams of musical stardom.

Steve found his groove

MANY A PALM LAKE RESORT RESIDENT WILL TELL YOU THAT THEY HAVE DISCOVERED NEW PASSIONS IN RETIREMENT – BEACHMERE BAY RESIDENT STEVE MORRIS IS ONE OF THEM. HE'S WAITED HIS WHOLE CAREER – AND LIFE – TO PURSUE HIS ROCK AND ROLL DREAM.

Walk past the Palm Lake Resort Beachmere Bay music room on any given day and you'll likely hear Steve Morris strumming out songs on his guitar, rehearsing for his next performance with the BeachmereKatz.

"The story behind the band is quite a long one, but essentially it's made up of me and Mike, who is a professional drummer, and we typically do more acoustic songs," says Steve. "However, we are often joined by the 'Gecko Brothers,' Gary and Shane, and then we do more electric stuff. It certainly keeps me busy."

A lifelong lover of music, Steve first picked up the electric guitar when he was around 14 – after that, he says, life got in the way. Through stints in the army, work as a police officer and his time spent as a solicitor in the Atherton Tablelands, Steve was always sure of one thing: one day, he would find time for his music.

"I retired to learn, once and for all, how to play the electric guitar, and now I get to do it every single day," says Steve. "I'm living the dream."

Steve's reintroduction to the music scene came about in the Old Canberra Inn, where he used to sit by the fire and listen to musicians play. One fateful night, when Steve was a few beers deep, he was invited to sing a few songs along with them.

"They told me I had a reasonable voice and that I should give the whole guitar thing a crack, and I've been practicing ever since," says Steve. "Years later, when my partner Jen and I moved to Palm Lake Resort Beachmere Bay, it was the perfect opportunity for me to really focus on this passion."

Steve and Jen had been living in an over-50s resort at Caloundra but were intrigued by the facilities and lifestyle on offer at Palm Lake Resort Beachmere Sands. When they drove down to have a look, it was love at first sight.

"Palm Lake Resort Beachmere Bay was in its infancy then, so we decided we'd wait until it was ready to go," says Steve.

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"A sale fell through on a house by the river, looking out over the clubhouse with beautiful views of the sunset, and we snapped it up. It's just so, so nice here."

But more than the beautiful views Steve enjoys from his Beachmere Bay home, it's the musical offering that really makes him sure this is the perfect place for him. On his first visit to Beachmere Sands he was impressed by the stage and the high ceilings in the clubhouse, and is now even more enthralled with the Beachmere Bay music room.

"I've got all my gear set up (in the Music Room) and I come here every day, it's just fantastic – I've got the most incredible facility," says Steve. "We perform at both Beachmere Bay and Beachmere Sands, and sometimes do shows at local RSLs or up at Palm Lake Resort Caloundra Cay. I take every opportunity I can get."

And when he's not practicing guitar or jamming out with the Gecko Brothers or the BeachmereKatz, Steve finds the time to use the resort gym, swim in the pool and even continue his study through Bond University.

"I also do a bit of running and play golf where I can – the golf course here is just superb," says Steve. "Just about the only thing I don't regularly use is the billiards table! Of all the resorts we looked at, none compared to this one."

For Steve, whose years as a solicitor, police officer and in the army were unpredictable (to say the least), there was no question that this was exactly how he would spend his retirement. He just didn't realise the place he lived would help him achieve that dream.

"Music was always there in the background, but I knew it wouldn't be something I could really focus on until I retired," says Steve. "Now, this is my time. I would be crazy not to dedicate everything I have to it. As an old mate who did two tours of Vietnam would say to me, we just can't let fear hold us back."

Cool yule

PALM LAKE RESORT BEACHMERE BAY'S LATEST EVENT, JINGLE BY THE BAY, BROUGHT THAT WONDERFULLY FESTIVE FEELING OF CHRISTMAS DIRECT TO OUR GUESTS AT OUR AMAZING MORETON BAY LOCATION.





**FREE
PREMIUM
GOLF CAR
WITH YOUR
NEW HOME**

T&Cs apply

Nice drive!

Experience Palm Lake Resort from behind the wheel of your very own premium golf car. Purchase a new Palm Lake Resort home at Beachmere Bay and receive a four-seat Club Car 'Tempo' (with lithium ion technology) absolutely FREE*



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salesbeachmere@pallake.com.au | 194 Bishop Road, Beachmere QLD 4551

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