

The Essence

November–December 2021



REFER A
FRIEND AND
SCORE A CASH
INCENTIVE!
DETAILS INSIDE...



BRING A PLATE

It's officially party season! When you've got a party to attend and you don't want to arrive empty handed, try these foodie ideas

RIGHT ON CUE

Our billiards tables are always magnets for fun (and neighbourly competition!). Learn some tips from an expert, inside...

DREAM HOME AWAITS

Is your new home and a brand new lifestyle awaiting you inside these pages?



Pictured above: With summer holidays right around the corner, we look forward to welcoming your friends and family to our resort.

Welcome

Hello all and welcome to another edition of 'The Essence' newsletter. It is our pleasure to announce that our final home was sold and settled in September making our resort officially complete! We welcome all the new residents that have moved in over recent months and hope they have settled well into Palm Lake Resort life.

Brad and I are now also handling sales at Palm Lake Resort Cooroy-Noosa which is exciting for us. We have just recently sold our first home which was great, albeit a little daunting, as it is something we have never done before. We currently have no homes for sale here but the demand for purchasing a slice of the Palm Lake Resort Cooroy-Noosa lifestyle has grown tremendously. We average at least half a dozen calls every day from potential buyers who are wanting to invest into our resort. Many are from interstate, but there are also loads of locals wanting to join us. If your situation has changed and you are looking to move on, make sure you contact us as we'll be able to offer you a free market appraisal and connect you with an eager buyer.

We continue to support all residents to live their best life here at Palm Lake Resort and we look forward to moving forward into the Christmas/New Year period without restriction. We especially look forward to seeing families being reunited here at our resort with borders soon open.

Merry Christmas to you all!

Natalie Harrison and Bradley Naughton, Caretakers



Contact us

If you have any questions about Palm Lake Resort Cooroy-Noosa or if you are interested in touring our inspired display homes and world-class facilities, simply contact us!

Freecall: 1800 885 851

Email: salescooroy@palllake.com.au

Find our Sales Information Centre:

15 Pearsons Road, Cooroy QLD.

We're open five days a week, 9am-4.30pm.

Visit: palmlakeresort.com.au

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News briefs

Eating out with friends is special

ENJOY A FREE MEAL EVERY WEEK!

Here at Palm Lake Resort Cooroy-Noosa, our weekly resident meal sittings include:

- Tuesday dinner, from 6pm
 - Friday bistro lunch, from 12 noon
 - Thursday dinner, from 6pm
- Don't forget to book your spot at a table each week via the resident portal.

Christmas closures

Please note that our Caretakers' office will be closed from December 24 to January 4 as Nat and Brad take time to visit their friends and family interstate. However, they will be available on the phone, if required, throughout this festive period.

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 an established Palm Lake Resort Cooroy-Noosa home, you'll receive \$250 cash. Easy! Ask about our 'Refer a Friend' incentive at the Sales Information Centre or check out Page 10 of this newsletter for more information.

Social butterflies

Are you on social media? We are, too! You can find Palm Lake Resort on Facebook and also Instagram. Make sure you like and follow our social media profiles to see even more news from right across our dozens and dozens of locations, across the east coast of Australia.

Facebook: @palmlakeresort
Instagram: @palm_lake_resort

Christmas is here!

The Lord Mayor's Seniors Christmas Parties are an annual tradition inviting Brisbane seniors to celebrate the festive season at Brisbane City Hall. There will be 13 shows across five days. Enjoy some light refreshments before taking your seats for some quality entertainment.

This much-loved event features a new line up every year with a range of entertainers performing traditional and contemporary Christmas songs at Brisbane City Hall from December 6-10. Tickets are just \$5 and available online at www.oztix.com.au



Around the grounds

OUR RESIDENTS HAVE JUST PURCHASED A FABULOUS NEW AUTOMATIC TENNIS BALL MACHINE. THERE'S NO DOUBT THIS PIECE OF TECHNOLOGY WILL REALLY ENHANCE THEIR ON-COURT GAME!



Meet the team: Luke



TITLE/ROLE:
GROUNDSMAN

Tell us a little about yourself? I'm 25 years old and live in Cooroy. I have been working for Palm Lake Group for five years.

What does an average day in your Palm Lake Resort role entail? I handle the grounds work and it can include jobs like pool maintenance, equipment maintenance and facilities maintenance.

What do you enjoy most about your current role? The interactions I have with the residents is always great. I'm also learning something new every day.

Do you have any hobbies? I'm working to tick things off my bucket list. Most recently I've been hot air ballooning, skydiving and I even went diving with whales.

What do you like to do in your downtime? Hiking and surfing (and I'm looking for love!)

Where can you see yourself in the future? I'd like to become an SES/rescue worker.



Bowls brings Palm Lake people together

THE SCORES ARE IN FOR THE RECENT BIENNIAL PALM LAKE RESORT INTER-RESORT BOWLS COMPETITION...

Drumroll please... Bargara and Beachmere Bay resorts have both come out on top in the recent Palm Lake Resort inter-resort bowls competition. Residents from eight Palm Lake Resorts descended upon Dalby Bowls Club for the event, organised by Palm Lake Resort Bargara homeowner Joy Williams. Joy says there were 50 teams of three competing in the championships from Palm Lake Resorts Bargara, Beachmere Bay, Beachmere Sands, Cooroy- Noosa, Hervey Bay, Upper Coomera, Toowoomba and our Caloundra Cay contingent.

The dual-resort win was thanks to the winning team being made up of a combination of players from two locations - two from Beachmere and a third from Bargara. The winning team was a literal representation of what Palm Lake Resort is all about - likeminded people coming together to support one another and enjoy a shared interest. As well as the on-green action, there were plenty of opportunities for the resort teams to socialise and catch up. By all reports the three-day event went down a treat!

"Will there be another Palm Lake Inter-Resort Bowls Comp? You betcha!" organiser Joy smiles. "These comps not only showcase what Palm Lake Resorts are all about to these small towns but they bring together likeminded residents in a social environment in smallish towns that need visitor support to thrive. The dollars we bring into these towns does not go unnoticed.

"I should add that without the generous sponsorship of Palm Lake Resort itself, I could not have presented trophies and giveaways to those attending, so am very appreciative of their sponsorship."

The event's key prize-winners included:

- **J.A.M. Bargara: Alan Johnson, Marianne Alhovinta, John Beeck**
- **2+1 Toowoomba: Nola and Stephen Costabeber, with John Munting**
- **Bowled Over Cooroy-Noosa: Tony Toscano, Les and Vicki Checkley (who came in last place!)**



Right on cue

WALK INTO ANY PALM LAKE RESORT COUNTRY CLUB AND YOU'LL LIKELY FIND A GROUP OF RESIDENTS GATHERED AROUND THE BILLIARDS TABLE, WATCHING OR PARTICIPATING IN A NEIGHBOURLY GAME. IT'S A GAME THAT SPANS THE GENERATIONS – SO OUR FAMILIES LOVE IT TOO.

If there's one thing many Palm Lake Resort residents have in common, it's that they love a good game of snooker – it's the reason most of our resorts across Queensland, New South Wales and Victoria have their own billiards tables. Pool, snooker and billiards are all beloved as social games best enjoyed with a drink and good company, but did you know there are distinct differences between them? Paul Cosgriff, president of the Victorian Billiards and Snooker Association, explained the differences clearly. Paul says billiards is played with only three balls (one red, one white and a yellow cue ball). Both snooker and pool begin with a triangle of 15 balls each - in pool they are multicoloured and divided into solids and stripes, while in snooker they are red. Snooker is also played with an additional six coloured balls. Both of these games also require a white cue ball.

"Pool tables are smaller and have very generous corner pockets, making it easier to pot the balls," explains Paul. "Potting balls in snooker or billiards on an English billiards table is tougher and you have to be fairly accurate."

Originating in France and England in the 1700s, billiards began as an amateur sport amongst the aristocracy. While

it didn't become popular in Australia until the late 1800s, we managed to produce one of the best billiards players of all time, Walter Lindrum.

"He was the greatest player the world had ever seen, and remains one of the best," says Paul. "But during the height of his career in the 1930s, billiards was losing its popularity – people were simply too good. That is when an English man named Joe Davis turned to snooker, which also started out as a form of gambling. While a billiards match could go on for weeks, snooker was much faster paced making it more enjoyable for spectators. The colourful balls made for great watching when colour was achieved in 1972, and the game really took off from there."

While England has always been the home of billiards – which Paul puts down to the terrible weather, which forces everyone to find fun inside – both it and snooker are beloved here in Australia. And with neighbours like China and Taiwan getting in on the action, Paul wouldn't be surprised if we saw an Asian circuit (similar to golf) emerge in the near future.

"The thing I love most about these games is the combination

of physics and artistry," says Paul. "Physics tells you that if you hit the ball a certain way, it will end up in a certain position. Mastering all of the other factors - like side, intentional spin and strength - is where the artistry comes in. The best players will finish exactly where they want to finish, under incredible pressure. That's the beauty of the game."

Paul's tips for bettering your game

1. Although cues are provided, your own cue is always best. Your individual cue gives the best 'feel' and on large professional tables, players fit extensions to their own cue because that familiarity is so important.

2. Two-piece cues are best for ease of transport, and storage. The join can be at half-way or "3/4" - meaning well down near the butt end of the cue. Under the rules, a cue must be at least three feet in length, so if you take the butt end off a "3/4" cue you could still play a shot. Most cues are 54" in length - generally standing about shoulder height, or just above, or below. Therefore, you could not unscrew the 2-piece cue with a mid-join and play a legal stroke.

3. When purchasing a Cue, play a number of shots hitting 'high' on the cue-ball so that it follows on, or runs through, after the object ball. This translates to 'feel' and helps when comparing cues. The more expensive cue is not necessarily the best feel for you. The tip of the cue is your only means of control for spins on the ball (screw, stun and side) so maintain it well. Good chalk is essential.

4. Persistence is the key to improvement and full enjoyment. Practice, especially for plain ball striking, is essential to eliminate unintentional spins. Later practice allows for intentional spins to manoeuvre the cue ball to the desired position for the succeeding stroke.

5. An adjunct to persistence is maintenance. The cue should be kept clean and dry, with a little wood oil on exposed wood near the tip, and below the ferrule. The billiard table should have a dust cover. When the dust cover is removed, the table should be brushed from the baulk end (the "D") all the way to the top of the table where the black spot is. Never "bang" a ball onto a spot. It can only cause damage. The table should be serviced by a qualified person if there are problems with spots, wear and tear to the cloth, or if the table is out of level.



Bring a plate



WE ALL KNOW JUST HOW MUCH PALM LAKE RESORT RESIDENTS LOVE A CATCH UP. OUR COMMUNITIES ARE LITERALLY BUILT ON 'COMMUNITY'. WHETHER IT'S A STREET PARTY WITH GARAGES DOORS WIDE OPEN AND FOLD-OUT CHAIRS ENMASSE IN DRIVEWAYS, OR VISITING FAMILY CATCHING UP AROUND A BARBECUE OR OUR RESORT POOL, ONE THING IS FOR SURE – YOU SHOULD ALWAYS BRING A PLATE.

Ahhh, summer – it's the season of entertaining here in Australia, when neighbours, friends and family come together to celebrate, well, just about anything. Even when you're told not to bring a thing, it's nice to not turn up empty handed. Here are our Top 5 easy 'bring a plate' idea to get your through another Palm Lake celebratory season because, guess what? It's already that time of the year again!

Cheese platter

Cheese platters are always crowd favourites and should be your Number 1 go-to. Whatever your taste, there's always something on a good cheese platter that everyone can enjoy. In our opinion, a solid cheese platter should include the following:

- A soft cheese like brie, goats' cheese or camembert
- A hard cheese like cheddar or gouda
- A blue cheese like gorgonzola, Roquefort or stilton
- A mix of crackers and bread
- A selection of dips, both dairy-based (ie, French onion) and dairy free (ie, pesto)
- Quince paste

- Something salty, like olives, cured meats or nuts
- Something sweet, like fruit or chocolate.

Also, note that presentation is key when it comes to a memorable platter. Wooden chopping boards make a great base for your platter and don't forget a cheese knife.

Spinach cob loaf

This Aussie party classic has been on high rotation for more than 100 years (yes, really!). And it's so simple to make. Take a large cob loaf (your choice of white, sourdough or wholemeal bread) and slice off the top, allowing you to remove the soft internal bread – save it for the next steps though. Drain a bag of frozen spinach of all water and mix with sour cream, mayonnaise, red onion and powdered vegetable stock until it forms a dip-like consistency. Scoop the mixture into the hollowed-out cob loaf and, under the grill, toast the bread chunks you tore out of the middle to serve.

Sushi tray

For something a little bit more exotic, you can't go past a sushi tray. Sushi is a lot of fun to make, too! Simply cook some sushi

Up the ante

Don't just bring a plate to that next summer soiree - bring a jug as well! Here's a fruity sangria recipe to get you through the festive months! In a large glass pitcher, pour one bottle of white or red wine over ice. Then add four tablespoons of white sugar, 60ml of brandy and two cups of ginger ale. Stir. Add sliced oranges, lemons and limes and muddle slightly with your stirrer. Garnish each glass with a fruit wedge.



rice (short grain white rice made stickier with rice vinegar, sugar and salt), lay out a bamboo sushi mat and a sheet of seaweed (nori). Spread the rice onto the nori evenly, and right to each edge. Have a bowl of water on hand to help you form the sushi without the rice sticking to your hands. Add your preferred fillings along one side – fish, chicken, fresh vegetables, avocado and egg are popular choices – then roll it all together and cut with a super sharp knife.

Skewers

Does anything beat a skewer when it comes to finger food? There are no crumbs, no cutlery needed and plenty of deliciousness – plus, they're a lot of fun! Some exciting chargrilled skewer combinations include:

- Prawn, mango and avocado
- Steak, mushrooms, red onion
- Italian chicken, zucchini, cherry tomatoes, capsicum
- Grilled tofu or tempeh, carrots and mushrooms.

And to extend on your skewer repertoire, why not do fruit skewers? Pick the most colourful seasonal fruit available and chop into bite-sized pieces. For colour, you can't go past a combination featuring watermelon, grapes, rockmelon, honeydew, pineapple and the like. Easy!

Weekly activities

Monday

- 6.30am & 7am** Walking group (The Pavilion)
- 10am** Crochet, knitting, sewing group
- 1.30pm** Members' lawn bowls
- 6.45pm** Table tennis (The Pavilion)

Tuesday

- 7.30am** Casual tennis
- 9am** Lawn bowls coaching
- 8.30am** Aqua aerobics (indoor pool)
- 9.30am** Aqua aerobics (indoor pool)
- 1pm** Art class (Craft Room)
- 1pm** Mah-jong (Library)
- 12 noon** Indoor bowls (The Pavilion)
- 6pm** Residents' dinner
- 7.30pm** Cards (The Pavilion)

Wednesday

- 8.30am** Bus shopping trip
- 9am** Table tennis (The Pavilion)
- 1.30pm** Casual bowls
- 3pm** Board games
- 5pm** Tenpin bowling
- 6.30pm** Lawn bowls

Thursday

- 1pm** Mah-jong (Library)
- 6pm** Residents' dinner

Friday

- 7am** Walking group (meet at The Pavilion)
- 8.30am** PT at Milon gym (bookings essential)
- 8.30am** Aqua aerobics (Indoor Pool)
- 9.30am** Aqua aerobics (Indoor Pool)
- 3pm** Tenpin bowling
- 5pm** Happy Hour (the Bar)

Saturday

- 9am** Lawn bowls
- 1.30pm** Members' lawn bowls

Sunday

- 3pm** Board games
- 4pm** Casual tennis



Helping friends become neighbours

We know your friends love coming to visit your Palm Lake Resort home and enjoy sharing our resort facilities with you, right? Refer a friend to join you and become part of our exclusive community and if they purchase one of our established Palm Lake Resort homes, you'll receive \$250* cash. Easy!

\$250
for an established home

For more information and to refer your friend, simply contact our Sales Information Centre on 1800 885 851. *T&Cs apply

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palmakeresort.com.au



Homes for sale

Villa 85 - \$699,000



- 
Beds
2
- 
Baths
2
- 
Living
1
- 
Activity
1
- 
Outdoor
Living
- 
Garage
2

Villa 135 - \$890,000



- 
Beds
2
- 
Baths
2
- 
Living
1
- 
Activity
1
- 
Outdoor
Living
- 
Garage
2



Listings wanted

We have a record number of buyers looking to purchase a home and we urgently need listings. Thinking of selling? Call our Sales team for a market appraisal. Freecall 1800 885 851

Eat, drink and be merry

There's nothing more enjoyable than breaking bread with friends, and you can do just that in any of our popular Palm Lake Resort Country Clubs. With a free meal, per household, every week, prepared fresh on-site by our experienced chefs, there's even more reason to dine with us. Or why not pull up a stool at happy Hour? We're all about spending quality time with likeminded friends.

Here, community is everything.



SALES INFORMATION CENTRE OPEN 5 DAYS | 9am – 4.30pm | 1800 885 851
salescooroy@pallmlake.com.au | 19 Trading Post Road, Cooroy, QLD

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