

The Edge

November-December 2021



Bloomin' beauty

What a floral spectacle our city was during Carnival of Flowers month. See inside for memories of our wonderful resort events

Superstar resident

Check out Ralf's impressive piece of backyard kit that allows him to see things well beyond just the night sky

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



Welcome

Welcome to another edition of our regular newsletter. We hope you enjoy reading them as much as we enjoy bringing them to you, with all the stories and photos from across our amazing community lifestyle resort.

As we move into the final stages of Palm Lake Resort Toowoomba, I can't believe it has been more than 10 years since I first started with this family company. In that time, I have seen it blossom from a what was a "new style of living" for Toowoomba into the world-class community it is today.

Our first open day back in 2011 saw more than 1000 people through our gates, all eager to see what this new concept to Toowoomba was all about. Since then, I have had the privilege of helping hundreds of people to call Palm Lake Resort their home. So many are tentative when they first come to look, thinking they are looking at 'retirement living'. Once they have toured the wonderful facilities across our two Country Clubs, seen the huge range of activities on offer, and felt that feeling of community and security, it's easy to see why so many make the change to 'community lifestyle living'.

While we are in the final stages of this project, there are still a number of beautiful brand new homes available however they are getting snapped up amazingly quickly. If you have ever thought of 'rightsizing', come and have a look ASAP. It's not too late just yet and it's certainly a great time to be selling.

For those who miss out, we always have a number of established homes available as well. With our beautiful new aged caring community now up and running, it's been great to see just how easy it is for those who may need to transition to that level of care. So, don't miss out. Come and see all we have to offer and why so many are proud to call Palm Lake Resort Toowoomba their home.

As the year draws to a close the whole Sales Team and I would like to wish you a happy and safe festive season.

Shirley and the Sales Team, Palm Lake Resort Toowoomba



Contact us

Looking for more info about Palm Lake Resort Toowoomba? Find us here:

Online: pallmlakeresort.com.au and choose "Toowoomba" from the "Our resorts" menu.

Social media: Follow Palm Lake Resort on Facebook and Instagram to see what's happening right across our 25 Palm Lake Group locations.

Address: Gate 1, 97-161 Hogg St, Cranley.

Freecall: 1800 280 129.

This newsletter is intended to give general information only. All liability arising directly or indirectly from the use of, or for any error or omission in the information given, is expressly disclaimed.



News briefs

The end is nigh

Did you know, Stage 6 is now sold out with less than 20 homes left in our very last stage? Construction should be complete by the end of February 2022 and our resort will be officially 'Sold out!'. All our Riverina and Derwent floorplans have sold out but we do have homes still available with views to the east and also to the south – all close to the Pinnacle Country Club – so get in quick for your very last chance to secure a brand new slice of over-50s heaven, here at Palm Lake Resort!



Lucky pups

Pictured below: As well as our amazing new mini golf course that will definitely keep your visiting family amused this season, our off-leash dog run also enjoys stellar rural views. Lucky pups!

Wedding bells

Everyone LOVES a wedding and when it's so close to home, it's even more special.

Two of our Palm Lake Resort Toowoomba residents, Tony and Maria, will tie the knot at our Pinnacle Country Club at the end of October, as this newsletter goes to print. Many of you will know that Tony is the president of the Residents' Association and Maria is on the Social Committee. They are both long-term homeowners here and, funnily enough, their marriage celebrant and wedding photographer are also residents here! The wedding will be at sunset with those amazing views in the background. Everyone at Palm Lake Group wishes Tony and Maria the best for their big day and for their wonderful future together.

Toowoomba scores silver!

The scores are in for the recent biennial Palm Lake Resort inter-resort bowls competition, and we can confirm that (drumroll please...) Bargara AND Beachmere Bay resorts have both come out on top!

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 including a Toowoomba contingent. The dual-resort win was thanks to the winning team being made up of players from the two locations. The winning team was a literal representation of what Palm Lake Resort is all about – like-minded 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!

"These comps not only showcase what Palm Lake Resorts are all about but they bring together likeminded residents in a social environment in smallish towns

that need visitor support to thrive."

The event's key prize-winners included:

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



More big blue bows!

WELCOME TO THESE NEW RESIDENTS WHO ARE CURRENTLY UNPACKING THEIR BELONGINGS AND GETTING TO KNOW HOW SWEET LIFE IS AT PALM LAKE RESORT!



Roslyn Martin



John & Barbara Hay



Hugh & Liz Robinson



Ian & Gillian Collett

Streets ahead

OUR PALM LAKE RESORT FLOAT, IN THE CARNIVAL OF FLOWERS PARADE, WAS A FLORAL WONDER - WITH THANKS TO MANY HANDY RESIDENT VOLUNTEERS!



...AND WE WON THIRD PRIZE!



Green thumbs converge

PALM LAKE RESORT TOOWOOMBA WELCOMED A GROUP OF EXPERT GREEN THUMBS AND THEIR EXCITEMENT FOR OUR BLOOMING RESORT WAS PALPABLE.

Palm Lake Resort homes are promoted as high-quality, low-maintenance abodes for those homeowners who have so many other things to do, with thanks to their very active and social lifestyles. While many prefer to keep their yards simple, for this exact reason, there are others who live for their gardens. And that's the beauty of our resort and our blessed position, high on the range with such fertile soil – you can have it either way!

Just last month, Jill and Richard Hooke clocked up their first anniversary here at Palm Lake Resort Toowoomba. While Jill explains that they downsized from a family home with quite a large garden, it was exactly what her arthritic fingers needed. With plans to travel in their new caravan and social events aplenty, the compact yard is perfect for the Hookes at this stage in their lives.

"I've got just enough yard here to keep me going – there is star jasmine growing over the fence along one side and a hedge of lily pillies along another fence that keeps us busy," Jill says.

And Jill is quite the green thumb. A long-time member of the Cottesloe Garden Club, it was Jill's turn to host her fellow club members last month which was, conveniently, peak Carnival of Flowers season. The Palm Lake



Resort Sales Team got behind Jill's event and helped to organise a few extras for the visiting garden club members including catering and a guest speaker - Ian Brown, from Boyd's Bay Landscapers at Tweed Heads (Boyd's Bay looks after many of the new Palm Lake Resort garden installations).

"Ian was such a big hit with the members," Jill says. "He has such a wealth of knowledge."

Club members also got to tour our resort grounds and some of the residents' gardens, including the floral haven that our locally famous gardener, Betty, 92, has painstakingly developed over the years. Betty has just won first prize in our resort's own garden competition and she's also claimed a few greater Carnival of Flowers awards over the years.

"The ladies were so impressed with Betty's garden. It just proves what lovely things you can manage to do with a small garden and still make it look tasteful," Jill says. "Betty is up at 6am every morning tending to her garden – it's a real credit to her."

Jill says her fellow garden club members were amazed by the quality of the homes here and our resort grounds in full Carnival bloom.

"It has been an exceptional year. There's not been a lot of rain but I've called it a 'green drought' – we've had just enough rain to keep moisture in the ground and the gardens green."

Jill credits the resort's amazing appearance to the "great crew" we have here, managing the resort grounds.

"Especially (gardener) Deb – we love her to pieces. She is just so lovely. It really is just a great crew. As residents, we are just thrilled to pieces to call this our home."

Around the (bloomin') grounds

WHAT WOULD THE CARNIVAL OF FLOWERS BE WITHOUT A GARDEN PARTY! MOTHER NATURE DEFINITELY TURNED ONE ON FOR OUR BLOOMIN' BEAUTY EVENT.



He's shooting stars

RALF STOECKELER LOVES NOTHING MORE THAN TO OBSERVE AND PHOTOGRAPH SPACE – SO MUCH SO, HIS TELESCOPE HAS BECOME A PERMANENT FIXTURE IN HIS PALM LAKE RESORT TOOWOOMBA HOME.

Palm Lake Resort Toowoomba resident Ralf Stoeckeler has been fascinated by outer space since he was a kid. At just five years old, he pored over a book about space and interplanetary travel and, while the stars and planets caught his attention, more than anything, he was captivated by the sheer vastness of the universe.

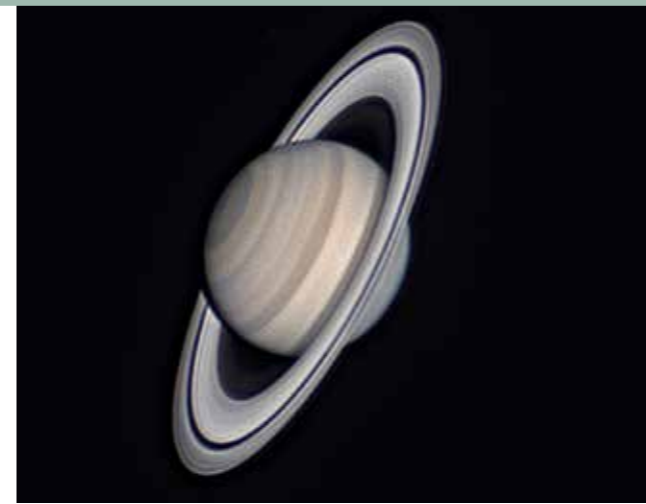
"I can remember reading about a star that exploded in 1054 that you can see now as a really small, slowly expanding gas shell," recalls Ralf. "It has been expanding at a rate of 100,000 miles per hour every minute over the past 1000 years, and it still looks so small. I was amazed that things could be happening at such a violent rate that the average person wouldn't even see it."

Ralf's interest in science saw him pursue a career in civil engineering, but his love of space still persisted. He bought his first telescope with the

money he earned when he first started working, and has upgraded twice since then.

"When you buy your first telescope you spend a lot of time looking all over the sky, seeing all of the objects which are visible," says Ralf. "There are so many things to look at, it takes years. After you've looked at the majority of the sky, you buy the camera and start taking photos. You can spend hours on one particular subject to get a proper exposure. You really do have a full life ahead of you when it comes to stargazing."

Ralf bought his current telescope just before retiring, and it has now become a permanent fixture in the backyard of his Palm Lake Resort Toowoomba home. He and his partner Penny moved to the resort in September last year, and Ralf has been making the most of his spare time to stargaze ever since.



"To see anything properly you have to get out of town, but where we are on the northern edge of Toowoomba is not too bad," says Ralf. "My telescope has a narrow field of view so it overcomes light pollution. I'm out there every clear night – sometimes until three o'clock in the morning, if the clouds don't come over."

Over his four decades of stargazing, Ralf recalls a few particularly memorable astronomical events. He has observed a number of lunar eclipses and comets, and even taken stargazing cruises to places like Vanuatu and Indonesia in more recent years.

"Our trip to Indonesia was a two week cruise to watch an eclipse that only lasted 25 seconds," Ralf laughs. "Still, being on a trip with people who love astronomy as much as I do was a great experience."

To learn more about astronomy, Ralf subscribes to a monthly magazine called 'Sky and Telescope' and regularly checks a handful of websites. One, www.theskylive.com, allows him to download the coordinates of astronomical events and input them straight into his telescope using a special software.

"They've got a lot of information about the planets,

comets and stars that are in the sky at any given time, so I check them every few days," says Ralf. "They also share the latest journal articles and announcements in 'Sky and Telescope' and I like to stay up to date that way."

Ralf is mostly observing 'deep sky objects' at the moment – think star clusters, nebulae and galaxies – but is looking forward to being able to see the constellation Orion, which is coming up in the next month or two.

"There is also a comet coming up at the end of December that will burn so bright as it gets close to the sun that you should be able to see it without any optical aid," says Ralf. "I can't wait to get some photos."

When he's not stargazing, Ralf enjoys riding his bike both around the resort and around Toowoomba. Having worked for years on site for large civil projects like water supply pipelines and roads in rural New South Wales, Ralf loves spending time outdoors and exploring the region.

"I'm keen to get back into the gym again and love swimming in the outdoor pool," he adds. "There's no shortage of things for me to do around here."

With the whole sky to explore, he's certainly right.



Bring a plate

WE ALL KNOW HOW MUCH PALM LAKE RESORT RESIDENTS LOVE A CATCH UP. WHETHER IT'S A STREET PARTY WITH GARAGE DOORS OPEN AND FOLD-OUT CHAIRS ENMASSE IN DRIVEWAYS, OR NEIGHBOURS CATCHING UP AROUND A BARBECUE, ONE THING'S 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, sour-dough 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 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.

Devilled eggs

Easy and tasty, devilled eggs take just minutes to prepare

but always go down a treat. Start by hard boiling and then peeling your eggs, before slicing them in half lengthways. Scoop out the yolks and add them to a small bowl, smashing them with a fork and mixing them with your choice of extras (vinegar, mustard, mayonnaise, curry powder, relish, spices... the world is your yolky oyster). Simply add this mix back to your halved egg whites and serve. Easy.

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

(PLR) denotes Palm Lake Resort-sponsored activities. (RC) denotes activities organised by our residents. Please check with the Residents' Committee and/or the specific organisers of each event for more info before you attend.

Monday

- 8.30am: Aerobics, Misty Ridge (PLR)
- 8.30am: 500 cards, Pinnacle (RC)
- 9.30am: Beginners line dancing, Pinnacle (PLR)
- 10.45am: Intermediate line dancing, Pinnacle (PLR)
- 12noon: 500 cards, Misty (RC)
- 1pm: Mahjong, Misty (RC)
- 1pm: Hand and Foot cards, Pinnacle (RC)
- 2pm: Darts, Pinnacle (RC)
- 3pm: Indoor bowls, Misty (RC)

Tuesday

- 8.30am: Beginners line dancing, Pinnacle (PLR)
- 8.45am: Bus to Grand Central (PLR)
- 9.30am: Intermediate line dancing, Pinnacle (PLR)
- 10.30am: Aqua aerobics, Misty (PLR)
- 12noon: Bistro lunch, Misty Ridge (PLR)
- 1pm: Craft work and Canasta, Misty (RC)
- 1pm: Pool/billiards, Pinnacle (RC)
- 2pm: Aqua aerobics, Pinnacle (PLR)
- 2pm: Tai chi, Pinnacle Bowls (PLR)
- 6pm: Dinner, Pinnacle (PLR)

Wednesday

- 8.30am: 500 cards, Pinnacle (RC)
- 9am: Tai chi, Misty Ridge (PLR)
- 10.15am: Steady steps, Pinnacle (PLR)
- 10.30am: Yoga, Misty Ridge (PLR)
- 11.15am: Pilates mat class, Pinnacle (PLR)
- 12noon: Bistro lunch, Pinnacle (PLR)
- 1pm: Hand and Foot cards, Pinnacle (RC)
- 5.30pm: Dinner, Misty Ridge (PLR)

Thursday

- 8.30am: Intermediate line dancing, Misty Ridge (PLR)
- 8.45am: Bus to Clifford Gardens, departs from both Country Clubs (PLR)
- 9am: Stitchers and Knitters, all day, Pinnacle (RC)
- 12noon: Bistro lunch, Misty Ridge (PLR)
- 12noon: Lunch, Pinnacle (PLR)
- 12noon: 500 cards, Misty (RC)
- 1pm: Craft work, Misty (RC)
- 1pm: Trivia and Pool/billiards, Pinnacle (RC)
- 1.15pm: Bingo, Misty (RC)
- 2pm: Aqua aerobics, Pinnacle (PLR)
- 2pm: Ukulele lessons, Pinnacle (RC)
- 3pm: Indoor bowls, Misty (RC)
- 6pm: Dinner, Pinnacle (PLR)

Friday

- 8am: Pilates mat class, Misty Ridge (PLR)
- 8.30am: 500 cards, Pinnacle (RC)
- 9am: Steady Steps, Misty Ridge (PLR)
- 9am: Bus to Bunnings, last Friday of the month (PLR)
- 9am: Craft work, Misty (RC)
- 10am-12noon: Milon Gym inductions, Pinnacle (PLR)
- 1pm: Mahjong, Misty (RC)

Saturday

- 9am: Colouring-in, Misty (RC)
- 12noon: Hand and Foot cards, Misty (RC)
- 12noon: Watercolours, Pinnacle (RC)
- 1pm: Backgammon, Misty (RC)
- 1pm: Pool/billiards, Pinnacle (RC)

Sunday

- 12noon: 500 cards, Misty (RC)

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 7 DAYS | 9am – 4.30pm | 1800 280 129
salestoowoomba@pallmlake.com.au | 97-161 Hogg St, Toowoomba QLD

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