

this is your time.

PALM LAKE RESORT SUMMER 2022-23



PELICAN LANDS

The most opulent and iconic Palm Lake Resort ever imagined is coming to life right now on Queensland's Sunshine Coast. It's time for you to take the plunge...

Care opens at Caloundra

Palm Lake Care Caloundra is now officially open! Meet one of our Foundation Members, Wilma, who is loving living right alongside her Caloundra Cay-based daughter

A Day on the Lake

Palm Lake Resort Forster Lakes is growing at a rate of knots. The resort hosted a wonderful music festival recently - were you among the spirited crowd?

The bright side

Palm Lake Resort homeowners really are making the most of their low-maintenance homes and the lifestyle on offer. Check out what life's like here, on the bright side

WELCOME

IT'S DECEMBER AND another year has passed us by – our family's 45th year in business. It's incredible to think that we're edging towards our 'golden anniversary' of creating and operating Australian over-50s lifestyle communities and aged caring communities. Our dozens of Palm Lake Group addresses are home to around 10,000 people – and with all those decades of experience and knowledge supporting us, I am beyond excited to see homes finally commencing on our most impressive resort ever.

Palm Lake Resort Pelican Waters is as cutting edge as you get in the over-50s space. We sourced new architects this year to design something completely different and next level. A real destination. And it's great to finally share with you the home designs coming to this Sunshine Coast location. Make sure you check out the following pages for an insight into how this Palm Springs-inspired resort will come together in 2023.

As far as these homes and community facilities go, we've really upped the build specs, quality and size of homes to create something no one has seen before here in Australia's over-50s market. The Palm Lake Resort team has been working closely with our architects, putting a finetooth comb through every draft drawing and plan, to ensure incredible functionality and useability as well as optimal solar orientation. There's a real sense of fluidity and flow in the masterplan, with moments of calm and relaxation throughout. And The Springs Country Club is something else. It will be a \$25 million ultra-opulent community facility for our homeowners and their guests – a fitting extension of their luxury abodes. And don't forget the \$10 million renovation we have almost completed on the existing Pelican Waters Golf Club clubhouse. Without doubt, this resort will be the best of its kind in the country. You seriously will not find another community at the same stellar level as this one when it's complete in the coming few years. In fact, I throw out a challenge to anyone to find a better combination of luxury over-50s architectural homes, community facilities and access to the level of golfing facilities we will have here with thanks to our Pelican Waters Golf Club team (who have been closely working alongside Greg Norman and his team of golf course designers).

This year's end has also seen the official opening of our Palm Lake Care Caloundra aged caring community. We should have around 30 residents settled into their new home by the time this magazine hits the streets, on our way to a total community of 120 residents. We're also unveiling our newly renovated and extended Palm Lake Resort Willow Lodge community facility, The Lodge Country Club, before Christmas.

We wouldn't have achieved all that we have this year, under extraordinary national and global conditions, without the team around us. By the time Palm Lake Care Caloundra is fully staffed, we will have a total workforce of 1400 team members across the entire Palm Lake Group. I'm proud to say that we have a really great management team onboard right now offering a whole new calibre of experience and expertise to lead us into another no-doubt successful New Year.

“We wouldn't have achieved all that we have this year, under extraordinary national and global conditions, without the team around us.”

I'll be spending the festive season with my family at home this year. With eight illuminated reindeers and a sleigh on our front lawn and life-sized Christmas nutcracker soldiers at our front door, my wife, Corinne, has created such a festive setting for us this year that home is where we want to be! I wish all our Palm Lake Group families a Merry Christmas and a prosperous New Year – we hope you, too, get to spend the summer with those people who mean the most to you.

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



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Pelican Waters

YOU'RE HOME

Palm Lake Resort Pelican Waters home designs have just been released and they're nothing like you've ever seen before across our Palm Lake Group portfolio. Unexpected architectural lines, contrasting textures and muted tones simply ooze cool. Palm Springs, eat your heart out...



Pictured above: Escena.



Pictured above: Ivey.



Pictured above: Avondale.



Pictured above: Mesquite.

PALM LAKE RESORT Pelican Waters homes are something else. Unlike anything ever seen before across the Palm Lake Group, they ooze the kind of sophistication and ‘cool’ that the resort’s muse, Palm Springs, does as well. But these books are not just about the covers. Inside, you’ll find a host of incredible features, again, not seen before across the Palm Lake Group. And there’s a variety of optional upgrade packages available that will make life extra sweet for the lucky homeowners who get to call this exclusive address home.

Palm Lake Resort Sales Manager Alysia Nechvoglod says one of the most exciting upgrades is that 90 per cent of the home sites here will be plunge-pool ready.

“You say the word, and we’ll drop in a pool!” she says.

While every home comes with an impressive home automation package, helping you ‘set the scene’ for your abode even before you arrive in the driveway (think mobile phone operated lighting etc), Alysia says the home automation upgrade package adds built-in surround sound, for example. There will also be upgrade options in the kitchen (think, built-in coffee machine and a sommelier drawer to enhance your wine fridge) and you can even upgrade your laundry, by opting to integrate your front-load washing machine/dryer into the cabinetry.

“All of our homes here at Pelican Waters will have soaring ceilings and over-sized doors to create a sense of vastness and space as soon as you step inside,” Alysia says. “While every home has a main alfresco dining area, some also offer an additional courtyard, again, to enhance the feeling of space.”

Alysia says the Palm Lake Group has also been fortunate to work alongside Billi Australia to commission a custom, one-of-a-kind Billi tap as standard for the kitchens of every Palm Lake Resort Pelican Waters home. Featuring brushed brass and a unique gooseneck shape, you can access still water, sparkling water and boiling water all from the one tap over the sink. Also standard here at Pelican Waters will be kitchen InSinkErators, she says.

Pictured on Pages 4-5 is our Cimarron design. Alysia says it’s a great example of how Palm Lake Group designers have listened to the needs of the modern over-50s demographic. These homeowners are often called on to support their children with the raising of their grandchildren. They are also a much more social demographic than they once were and, for all those reasons combined, our homes have been designed for optimum space and sharing. For example, the Cimarron has a dedicated guest room that offers its own ensuite.

For more information about our Escena, Ivey, Avondale and Mesquite home designs proposed for Palm Lake Resort Pelican Waters, their floorplans and what upgrade options are available, FRECALL our Sales Information Centre on 1800 490 626.



Visit our brand new Sales Information Centre!

Pelican Waters

THE PLAN, UNVEILED

WITH THE RELEASE of Palm Lake Resort Pelican Waters home designs in recent weeks, we’ve also unveiled the masterplan for this incredible Sunshine Coast site.

As you can see from the plan, above, our homeowners will enjoy their choice of everything from waterfront to golf frontage home sites - and some of the luckiest homeowners will have access to both from their doorsteps!

As you approach Palm Lake Resort Pelican Waters along Mahogany Drive, you’ll find our newly renovated Pelican Waters Golf Club on your right. Our Sales Information Centre will also be conveniently located here. And, of course, we can’t forget our most popular neighbour: Pelican Waters Golf Course.

As you know, our Greg Norman-designed course has been reconfigured to accommodate the construction of this resort. With Greg’s own design team overseeing the

reconfiguration works and additional advancements, there’s sure to be investors champing at the bit to secure those premium golf course frontage sites.

A little further along Mahogany Drive on your left is the driving range. Visitors can then pull into our administration building conveniently at the very front of the resort while, a little further along, homeowners will pass the resort workshop before being met by The Springs Country Club in its grand waterfront position.

When complete, Palm Lake Resort Pelican Waters will feature 153 single-storey and 179 double-storey homes. Two exclusive enclaves will be accessible over internal bridges, giving homeowners here the ultimate in prestige privacy. It’s definitely a masterplan that’s already stirring immense interest, both here in Australia and internationally. For expressions of interest, FRECALL our Pelican Waters Sales Team on 1800 490 626.

Modern over-50s will not settle for an outdated 'retirement' approach to living. Their diaries are actually quite full and they are finally putting themselves and their health first...

Pelican Waters

WHERE WELLNESS COMES FIRST

WHEN PALM LAKE Resort Pelican Waters architects, planners and management first sat down to consider the design elements and inclusions for this, their most opulent and prestigious over-50s community to date, one thing was clear.

With more than 45 years' experience in designing, building and operating lifestyle communities along Australia's eastern seaboard, Palm Lake Resort has learned that the modern over-50s homeowner wants more out of this next stage in life. For these homeowners, it's not necessarily a time to downsize but more so a time to 'right-size'. Yes, homes need to be low maintenance, but they also need to have the luxury fittings and fixtures that this demographic has worked hard throughout their lives/careers to now enjoy. Homes also need to have the space to allow extended family and friends to come and stay, while also supporting those recreational activities that make these years so rewarding. But more so, there's been a definite and recognisable shift in the over-50s demographic to prioritise health and wellness. They're committing more regular time to being active and working out. Yoga, Pilates and tai chi classes are not simply one-offs but are now consistent inclusions on the weekly activities list. Meditation is more mainstream than it has ever been before.

To answer this call, Palm Lake Resort Pelican Waters has placed special emphasis on creating the most opulent and considered community facilities ever seen in an over-50s community here in Australia. The resort itself is nestled right alongside the award-winning, Greg Norman-designed Pelican Waters Golf Course on a swathe of stunning waterway behind the Sunshine Coast's finest beaches, so even before construction began, this resort was always going to be a natural Mecca for golfers, watersports enthusiasts and adventure seekers. But when you talk about jewels in crowns, Palm Lake Resort Pelican Water's main community precinct, The Springs Country Club, is an absolute sparkling diamond.

With a rooftop bar, resort swimming pools as well as exclusive dining and social spaces, The Springs Country Club also offers a Palm Lake Resort first – a dedicated wellness centre.

"Mirador" is a purpose-designed wellness area within the greater Country Club precinct. It's the first time in Palm Lake Resort's 45-year history (and a first among the 28 community lifestyle resorts that make up the Palm Lake Group's national portfolio) that such a dedicated approach to wellness has been embraced. And the reaction from over 50s so far has been nothing short of incredibly positive. Here's what you can expect...

Milon gymnasium

Milon gymnasiums have made an impressive addition to the newest Palm Lake Resort addresses and Pelican Waters homeowners will also enjoy the Milon experience. Users have embraced the circuit of slick electronic exercise machines. Each homeowner has their own personal Milon smart card that they insert in each machine as they progress around the circuit, giving each machine that user's set-up requirement. One circuit takes 17.5 minutes to complete and users are encouraged to complete 2-3 circuits per week for optimum health results. The smart cards also store homeowners' health information and exercise progress in the cloud, which can be made accessible to those homeowners' own chosen health professionals, if they desire. It's just another way Palm Lake Resort can support their homeowners' respective health team.

Pool and spa

Palm Lake Resort Pelican Waters has been designed around a Palm Springs theme. The epically chic main outdoor pool deck overlooks adjacent natural waterways and Pelican Waters Golf Course. If you can drag yourself away from the poolside cabanas (and the swim-up bar!), this is the perfect location for swimming laps. And for those seeking more aqua exercise options, simply head back inside the Mirador wellness centre where a second, climate-controlled heated swimming pool provides the location for weekly aqua fitness classes.

"Water-based fitness is beloved for its many health benefits, and not just by those older participants," says Di Clapp, who has been teaching water classes for 30 years and heads up the aqua exercise program at Palm Lake Resort Caloundra Cay. "There are so many styles of water-based fitness available now, all serving different – though equally beneficial – purposes.

"Aqua aerobics – along with many other styles of water-based fitness – removes the force of gravity which, when combined with the buoyancy provided by the water, helps you feel lighter and nimbler," says Di. "One great benefit of working out in the water is that it keeps you cooler, so there is less risk of overheating. Water also allows for more adaptability in terms of the intensity of your workout. It is very easy to maximise the force of the water resistance to suit your strength, thus tailoring your workout."

Yoga and Pilates rooms

To the delight of many modern over-50s, Mirador will offer separate dedicated spaces for homeowners' yoga practise and Pilates workouts. For the first time in any Palm Lake Resort, Pelican Waters will also offer premium reformer Pilates machines so homeowners can take their Pilates journey to the next level.

While the dedicated space and equipment is one thing, Palm Lake Resort is also committed to providing expert instructors and personal trainers to oversee homeowners' workouts and wellness sessions.

Wellness lounge

Beyond the bending, stretching and sweat, Mirador's wellness lounge is the place to take a well-earned moment to pause and regroup. Whether that's before your yoga practise, after your Milon circuit, or at any time of the day (just because), this lounge will help homeowners centre themselves. With gentle relaxation music as a constant backdrop, homeowners are encouraged to pour themselves a sparkling water from the Billi tap and find a comfortable lounge. This space is the gentle way to top up your zen.

Sauna

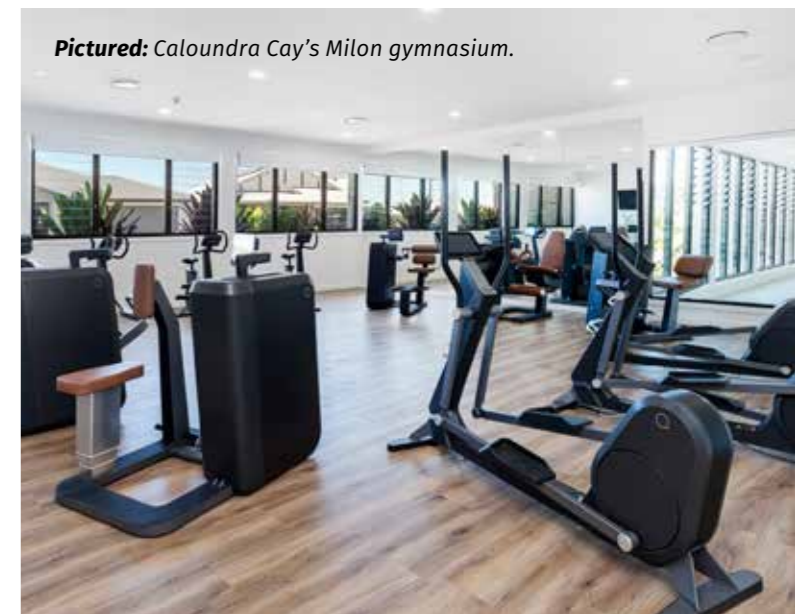
Any wellness centre is not complete without a sauna and, as expected, Palm Lake Resort Pelican Waters will offer the most premium 'his and hers' sauna experience around. The benefits of sauna use are manifold. From relieving sore muscles, helping your body eliminate toxins and clearing the skin, to reducing blood pressure, stress and pain, time is well spent in a sauna.

...and those little extras

Mirador offers some of the country's best health and wellness spaces and the most premium equipment but, to Palm Lake Resort, it's also the little things that count – and that make the Pelican Waters difference. Changerooms and amenities have been well considered and homeowners will also have their own personal locker within the Mirador wellness centre so it's easy for them to feel like this space is an extension of their own homes.

Overall, there's little doubt that Palm Lake Resort Pelican Waters will be the answer to the resort community lifestyle so highly valued and sought out by a modern demographic of Aussie over-50s. While the word "iconic" has already been bandied about, in reference to Palm Lake Resort Pelican Waters, one thing is for sure. This is one coveted over-50s address – and this is your time.

Pictured: Caloundra Cay's Milon gymnasium.



WHAT'S ON...

As well as all the natural wonders, the greater Sunshine Coast plays host to many great events. This region really has it all going on!

We're
building our
third Sunny
Coast resort!

Sunshine Coast

SHINE ON

For pristine coastline, a relaxed ambience and just the right mix of retail and essential services, Queensland's Sunshine Coast is hard to beat. More chilled out than Brisbane and less glitzy than the Gold Coast, you can understand why, after the success of Palm Lake Resorts Caloundra Cay and Cooroy-Noosa, we're currently building our third resort (Pelican Waters) there....

Food and drink

There is certainly no shortage of great spots to grab a bite along the Sunshine Coast, but Noosa might just have the highest concentration of beachside bistros and funky bars. Miss Money Penny's Restaurant and Cocktail Bar has shot to the top of everyone's 'must try' list in recent years, competing with long-standing favourites Sails and Bistro C.

While we're on the topic of food, glorious food, add Noosa Farmer's Markets to your Sunday itinerary. It's a one-stop-shop for the best produce the region has to offer, with everything from locally-grown fruits and veggies to nuts, herbs, home-made marinades and sauces, cheeses and fresh bread.

Further south, Caloundra is brimming with diverse and delicious food options – you can literally eat your way through a day here. Whether it's a morning caffeine hit, a relaxed lunch or an up-market waterfront dinner, Caloundra has it all. No day is complete without a visit to Gelateria Milano on Bulcock Street, a beloved family-owned store serving Italian-quality gelato.

But great eats can be found away from the coastline, too. Just a short drive north-west from Montville in the Sunshine Coast hinterland, you'll spot the bright red Flame Hill Vineyard through the lush green trees before you see

it. Taking advantage of the rich soil and native flora, Flame Hill offers fine dining, wine tastings and a cellar filled with wines, condiments and relishes straight from the farm. Other Montville wine options include Mason Wines and Castle Glen, which can be found in Montville Cellars.

Natural beauty

Walk from Noosa Heads to Alexandria Bay and you will understand why people travel for days to visit this sunny coastline. The aqua water and shady gum trees of Noosa National Park are quintessentially Queensland, and home to some very shy residents – look up and you just might spot one. If you're up for the adventure, the rock pools, or fairy pools as the locals call them, are a sight for sore eyes (or sore legs, as they're quite a way into the park). Located between Winch Cove and Hell's Gates, this is the perfect spot to relax and recuperate before making your way back to the car.

For the water-loving adventure seekers, Pumicestone Passage cries out to be explored. It's the strip of water between the mainland and Bribie Island, immediately south of Caloundra. Hire a pontoon boat, jet-ski, stand-up paddle board or kayak (or bring your own!) and explore this 35km 'ecological marvel' that forms part of the Moreton Bay Marine Park. There's plenty to do!



In the Sunshine Coast hinterland, a rainforest mountain range, a stunning dam and a national park complete with a cascading waterfall are just some of the natural wonders that await you. Hikers can find adventure along the Sunshine Coast Hinterland Great Walk (a range of experiences can be enjoyed along this 58km trail, from half-day walks to three-day walks with camps), day trippers will love Kondalilla Falls, while art-buffs will gravitate to the various Montville galleries.

Local culture

Downtown Caloundra is emerging as an urban creative hub. One of the must-do things in town is the vibrant street art trail that takes visitors on a very cool journey through Caloundra. While being a visual delight, the trail also tells the interesting story of this coastal community's heritage. Head to the Caloundra Regional Gallery to find the starting point.

There is no shortage of retail therapy on offer throughout the Sunshine Coast. In Caloundra, shop small and support a local every Sunday at the Caloundra Street Fair. Since 2002, the Street Fair has delighted locals and visitors alike with a showcase of around 100 specially curated stallholders who offer everything from clothing and homewares to artisan pieces. The fair is set on a backdrop of music from talented local performers across a range of genres and you'll find even more unique food options here.

For a more high-end shopping experience, you can't go past Hastings Street in Noosa. This fashion Mecca has it all, from big brands to one-off boutiques. Two of our top picks are Alterior Motif and Bow & Arrow Trading, which both offer a great range of Australian labels and designers.

Woodford Folk Festival, December 27 – January 1

Celebrating its 35th festival in 2022-2023, Woodford has firmly cemented itself on Australia's festival calendar. Held annually over six days and nights, it brings in more than 2000 artists, musicians and presenters from all over the world, with as many as 132,000 punters pouring through its gates. Don't miss the likes of John Butler, Dami Im and Electric Fields when they perform at Woodfordia this year. Visit woodfordfolkfestival.com

Noosa Festival of Surfing, March 4 – March 12

Now in its 32nd year, the Noosa Festival of Surfing will bring the spirit, culture and the joys of surfing to the shores of world surfing reserve, Noosa Heads. Australia's largest surfing event – and the only one of its kind in the world – this event offers a jam-packed festival program of surf culture, competition, art, live music, film and environmental awareness. Visit noosafestivalofsurfing.com

But wait, there's always more...

- **Noosa International Food and Wine Festival:** In autumn each year, more than 200 national and international food producers, chefs and winemakers descend on Noosa to join food lovers to dine, unwind and indulge in the good things in life. The event features delicious food trails from the Hinterland to Noosa's own golden beach.
- **Queensland Garden Expo:** A three-day celebration of gardening, at Nambour, from July 7-9, 2023. The event attracts over 40,000 green thumbs from across Queensland and interstate.
- **The Curated Plate:** A food festival in Maroochydore that takes place in late July.
- **Gympie Music Muster:** Australia's original and most loved community camping and music experience. Staged deep within Amamoor Creek State Forest, it showcases a mix of country, roots, blues, folk and rock music as well as dancing, bush poets and more from August 24-27, 2023.
- **Caloundra Music and Arts Festival:** A family-friendly festival happening around late September/early October at Kings Beach.
- **Blackall 100:** A trail ultra-marathon traversing the Blackall Range, on October 14, 2023.
- **Noosa Triathlon:** One of the world's top 10 triathlons happening November 1 to 5, 2023.



**DEVELOPMENT
UPDATE**

OUR PELICAN WATERS construction site continues to excite us. Among the advancements on this ground-breaking project, we're anticipating the Sales Information Centre and golf clubhouse hub will be ready by the end of January 2023 for the use of future homeowners. Civils works for Stage 1 of the resort are well underway with infrastructure in and roads being poured. Construction of homes in Stage 1a starts in January with an expected completion of first homes in June 2023.

As far as the golf goes, our Greg Norman-designed short game area works are complete and the turf is going through its required grow-in period. The driving range turf is also growing in. What is exciting is that construction of the Greg Norman-designed mini golf course will start in January 2023 – it'll be an Australian-first mini golf course for Greg and his team that we're really proud to be supporting.

Down the highway at Yamba, all civil works are expected to be complete by March 2023, ready for construction of the Country Club and homes to commence the following month. While it will be our second Palm Lake Resort address in this popular seaside holiday town, this new resort will consist of just 78 homes – a wonderful opportunity for homeowners to be part of a small and exclusive over-50s lifestyle community. Home designs are now being finalised and will be unveiled in the near future.

Early 2023 will also bring the commencement of earthworks and civils works at our Paynesville greenfield site. Home designs and the Country Club design are almost complete, with all designs being sympathetic to the local and historic character and climate of Paynesville – something that our team is extremely proud of.

As for our selling resorts, home construction continues at full steam at Bargara and we are expecting that resort to be fully constructed, and complete, by June 2023. For Forster Lakes, the Belleair Country Club is expected to open in February 2023 with homes continuing to be built in Stage 11. Civils for Stages 6-10 will also commence early in the new year.

For those interested in our Old Bar Beach project, while there's been no movement on the ground just yet, there's a flurry of paperwork going on behind the scenes. Concept design is well and truly underway and council applications have been lodged. We're planning 500+ homes across three distinct precincts here, with site works expected to commence in late 2023.

Suzanne Jensen
General Manager, Development



**PALM LAKE
PEOPLE**

IT'S ALWAYS INTERESTING, at this time of the year, to look back and reflect on our company's achievements and also consider how we could do things better. We are always grateful to receive feedback and we use it to continually enhance our offering – be that in the over-50s space or across our aged caring communities.

When reflecting on the highs and lows of 2022, some periods between January and December can only be described as 'chalk and cheese'! We've seen massive weather events, Covid continued to bring waves of restricted access to our aged caring communities and we've also experienced staff shortages on the back of the pandemic. But I can honestly say that we've weathered all those storms (some of them literal storms!), we've survived and we continue to thrive.

There have been some welcome senior leadership changes across our company with new members bringing immense experience and skill to our team. When considering the Palm Lake Group workforce, I want to send a big shoutout to our construction teams, as well as those in sales and marketing roles, as these team members were required to think especially hard and 'outside the box' in this somewhat trying year.

I was very excited to finally see the opening of Palm Lake Care Caloundra in recent weeks. It's a physically spectacular community that we are proud to have filled with amazing and caring staff. It's a wonderful addition to the Caloundra area, co-located alongside Palm Lake Resort Caloundra Cay. Co-locating our over-50s communities with aged care is providing a wonderfully convenient support system for those families with members requiring different levels of healthcare/lifestyle. It's helping to keep family units together for longer – and we couldn't be prouder.

Next year sees some new challenges with Paynesville, our second Yamba resort and Pelican Waters all gaining momentum. We love to see our projects come together after all the years of planning and approvals that go on before any ground is broken – and we especially love to welcome our first homeowners to new sites. Given the level of opulence planned for Pelican Waters, there should be some very happy new Palm Lake Resort homeowners joining our Group in 2023.

In closing, I'm ever so grateful to our fantastic staff who believe in our corporate philosophy and values that put our homeowners and care residents at the forefront of everything we do. We know Palm Lake is a fantastic place to live and it's also a fantastic place to work.

Amanda Clements
Executive Manager, People & Operations

Forster Lakes
**A DAY ON
THE LAKE**

Combine Palm Lake Resort Forster Lakes' stellar waterfront position, balmy weather, great food and equally as enjoyable live music and you have one spectacular event: A Day on the Lake. It gave visitors a chance to experience how sweet life really is at this resort...





Pictured top row: Palm Lake Care Caloundra's luxury suites can be set up to accommodate couples as well as singles.

Pictured above row: Dining options are many and varied - from intimate formal dining when residents' guests arrive for special occasions, to welcoming communal spaces.

Pictured left and below: Residents have access to their own movie cinema, hairdressing salon and gymnasium, all on-site and all offering a premium experience.

Pictured right, below: Palm Lake Care Caloundra has been strategically co-located alongside Palm Lake Resort Caloundra Cay to provide support to those families with members requiring differing levels of health care.

To find out more about the care options available at Palm Lake Care Caloundra, including respite, simply FREECALL 1800 246 677 and speak to our Care Solutions Team.

Palm Lake Care

WE'RE CHANGING PERCEPTIONS

It's been the talk of town for months and now Palm Lake Care Caloundra has opened its doors, welcoming a luxury new age of care to the Sunshine Coast.

Turn over to meet our Foundation Members...





Pictured left: Palm Lake Care Caloundra's four 'Foundation members', with Care management, at the official opening of the community. The Foundation Members include Wilma Tydings (pictured right).

Palm Lake Care

SUPREME SERENDIPITY

Palm Lake Group has a philosophy around supporting families and keeping family members together through co-locating our newest over-50s resorts with our aged caring communities. And, with the opening of Palm Lake Care Caloundra in recent weeks, there's one Sunshine Coast family in particular that couldn't be happier...

KERRY TYDINGS USES the word "serendipity" a lot when describing the path that got her and her mum, Wilma, aged 92, to the happy place they are today.

Kerry moved into Palm Lake Resort Caloundra Cay in January 2022 and, at the time, thought the construction that was going on, on an adjacent block of land, was simply more impressive over-50s homes going up. At that same time, Wilma was starting to find it harder to live in her family home independently, even with the support of visiting government homecare agencies. She'd been in her Brighton abode for 65 long years and in that time had raised two children and lived a full and colourful life.

"Mum and I also nursed Dad in that home until he passed," Kerry recalls. "Mum had a lot of memories attached to that house."

So, when Kerry found out that the construction alongside Caloundra Cay resort was actually for a luxury aged caring community, she couldn't have been happier. It was an aligning of the planets. An act of serendipity. It was just a case, now, of getting Wilma onboard...

"When she did finally decide it was time, it was at the height of the real estate frenzy this year. We put her house on the market and it sold in one week – and with short contract terms, Mum had to be out of her house in two weeks!" Kerry says.

In another act of serendipity, Wilma had limited options available to her at that particular time and so she moved into Kerry's Caloundra Cay home with her. For the ensuing five months, the pair ended up being able to watch Wilma's opulent new 'home' being built and the process

actually, unexpectedly, became quite cathartic for Wilma as she transitioned into this next stage of her life.

"It really broke her heart to have to walk away from our family home after all those years," Kerry admits. "But everything has just fallen into place for her here."

As a Caloundra Cay homeowner, Kerry was grateful that her Mum was given first preference as Palm Lake Care Caloundra opened its doors in November. Wilma ended up being one of four "Foundation Member" ladies who were proudly among the first 'intake' after the official opening.

"She absolutely loves it there," Kerry smiles. "She's really settled in. I rang her last week to see if she wanted to come to the movies with me and some friends and she told me that she didn't need to go out to the movies anymore because she's got a movie theatre right there where she lives!"

"Being around people of her own generation means she's found some kindred spirits there as well, which is so great. She's actually been quite social, right from the word 'go'. We were lucky that Mum was one of the first to move into Palm Lake Care Caloundra as it's meant she's had the time to slowly make more and more friends as they've moved in after her."

This is an especially poignant aspect for Kerry, as she remembers a time in the not-too-distant past when a very independent 90-year-old Wilma would jump on the bus outside her family home, ride it to Sandgate, then catch another bus to Toombul, and another connecting bus to Greenslopes, then walk the final 1.5km to visit her dearest friend of 75 years, 'Aunt Margaret'. Kerry's very spritely and loyal mum, who Kerry also describes as "an adorable, gentle soul", definitely takes her friendships very seriously.

In fact, after a period of living alone, the extra company Wilma has all around her at Palm Lake Care Caloundra is also taking her back to a time in her life when she was the

youngest of 11 children being brought up at New Farm, in inner Brisbane. Her family of 13 (including her parents) meant for an always-busy house, filled with chatter, activity and laughs – much like it is for her again now. Life has come full circle.

Kerry says Wilma has also thrown herself at the Lifestyle Team's weekly activities list and is participating in all the organised events and taking advantage of all the amazing facilities within this incredible building.

"The transition has ended up being so seamless," Kerry says. "The staff are so good. So good. I could not fault them. I love them all."

And Kerry says she's personally loving having her mum so close because it allows her to pop in more often and have loads of short, spontaneous visits. Prior to now, it would be a two-hour round trip for Kerry to visit Wilma, when Wilma was still living in the family home at Brighton. Those 'pop-in' visits were simply not as easy as they are these days.

Kerry says her mum's Palm Lake Care suite is truly divine. With some of her personal favourite furniture pieces brought across from the family home, combined with Palm Lake Care's premium offering, it's made for a more than comfortable space, already oozing that warm family-home welcome that Wilma was so used to. In fact, she's even moved her life-sized Santa Claus decoration in, to make her suite as festive and fun as her family home was at this time of the year, for the past 65 years!

Wilma and Kerry will use their co-located addresses to host the extended Tydings family for Christmas this year. Kerry's sister, Joanne, along with Wilma's grandchildren and great grandchildren, will all descend on Caloundra Cay on Christmas Eve to catch up as a whole family unit and check out both Kerry's and Wilma's new digs.

We're sure the family will be as impressed as Kerry and Wilma have been.

NEWS BRIEFS

With 28 locations and some 10,000 people who call a Palm Lake Group address home, there's always plenty of news, from around the grounds...

Cops think we're tops

A contingent of VIPs stopped by Palm Lake Resort Cooroy-Noosa recently to honour those homeowners who have been busily sewing some 25,000 items of clothing for children in need.

Our clever homeowners make the children's clothing under the Uniforms4kids charitable organisation. They repurpose uniforms donated by Police, Border Force, the Royal Flying Doctors Service and other agencies. Homeowner Yvonne Pattinson says her resort is home to two groups who sew regularly and make about 50 items of clothing each and every week.

"We are here using skills we had forgotten we had, making new friends, enjoying each other's company and adding a purpose to our lives by helping to make needy children happy," Yvonne smiles. Visit uniforms4kids.com.au



Pictured above: Queensland Police Commissioner Katarina Carol, retired police officer Anne McDonald, Queensland Police Assistant Commissioner Deb Platz and Acting Assistant Commissioner Danielle Woodward were among the dignitaries who attended our Cooroy-Noosa resort to join in a special morning tea.



The Guy's got game

The Pelican Waters Golf Club team had a nice surprise when Australian music legend Guy Sebastian randomly turned up to see if he could get a game last month. On the Sunshine Coast performing, golf fanatic Guy had heard about our award-winning course and wanted to swing some clubs while on a break between shows. While the course reconfiguration works are still being finalised, Head of Golf Dale Williamson and his team got creative and were able to give Guy a tour of the new course and he also got a few holes in. We are looking forward to welcoming Guy back when the redevelopment is complete – maybe he can bring his microphone and band, with his golf kit, next time...



Where will Chuckles turn up next?

Meet our mate, Chuckles!

Palm Lake Resort Willow Lodge caretaker Jan has a special little friend who pops up in random homeowners' gardens all throughout the year. 'Chuckles' the garden gnome will stop and hang out in the resort garden he likes best every month or so. While Chuckles is a delight to spot in the Willow Lodge community, the gardens he finds are even more delightful! Check out Chuckles' fave garden this month – what a showstopper in pink!

"The Lodge" is official

As this magazine goes to print, Palm Lake Resort Willow Lodge's redeveloped clubhouse is being officially opened. Now known as "The Lodge Country Club", this stellar community facility is already completely booked out with functions for the remainder of this festive season – such perfect timing for the opening!



Pictured above: Caloundra Cay homeowners Susan Gray, Ally Hurman and Linda Hardman with some of the garments they and other dedicated homeowners have created for donation to PIPA.

They're sew good

When retired nurse Ally Hurman moved to Caloundra Cay three years ago and became aware of the first-class facilities available in the resort Craft Room, she realised she had a vehicle to continue her association with the Preterm Infants Parents Association (PIPA). The charity offers practical and emotional support to the families of preemie babies.

"My immediate thought was that there must be likeminded people in here, with similar skills, who would like to come on board and help," Ally says. "That idea has grown into something quite big - and extremely rewarding."

Nicknamed the 'Sew Good Knit-Witters', a dozen homeowners get together in the resort Craft Room on Wednesday mornings to sew, knit and create comfort garments for preemie babies including blankets, jackets, hats, dresses and shirts, as well as peanut and horseshoe pillows. And, obviously, these items are tiny. For example, to knit a blanket takes just two balls of wool. Every six months, a co-ordinator from PIPA travels from Brisbane to collect the items for the Royal Brisbane Women's Hospital at Herston. The most recent delivery contained 300 pieces.

"Although we aren't actually counting, the number of garments created here and donated to PIPA in the past three years could be around the 1500-plus mark," smiles Ally. "Not only are we helping the parents of preemie babies, who are seldom prepared for an early birth, but we are doing something we love. And getting together on a weekly basis is therapy for most of us, who like a chat."



Care is a noble (and fun!) profession

If you've been looking for a rewarding career, have you considered aged care? With seven Palm Lake Care locations in our Group, there are plenty of opportunities for you to realise career satisfaction as well as immense personal satisfaction supporting the residents who call us home. We would love to hear from you if you are looking for work. Visit us online at palllakecare.com.au



Toy Boys get festive

We love Palm Lake Resort Waterford's team of dedicated charity workers, if not just for their name, for the loads of smiles they bring local children at this time of the year. The 'Toy Boys' spend a full year, and their own money, working in their resort workshop to produce the most delightful wooden toys that they simply give away. And they've been doing this for years.

Toy Boys Committee President Ray Johnstone says he and the crew recently delivered loads of gifted toys to Mitre 10 Beenleigh's Christmas Tree appeal, the Kingston East Neighbourhood Group and Beenleigh Special School. Their toys range from all types of intricate wooden vehicles to rocking horses and play kitchens. We love their work!

Lifestyle

THE BRIGHT SIDE

Summer holidays are here! It's a time for celebrating all those end-of-year festivities and catching up with friends and family. Many Palm Lake Resort homeowners also head off on road trips about now, chasing the sunshine, fresh air and wide open spaces. Whatever your plans, your Palm Lake Resort home will accommodate it. We definitely exist on the bright side...

IF THERE IS one thing that unites our homeowners, it's a love for travel and caravanning. From the day you move into your Palm Lake Resort home, it's a matter of 'when', not 'if' you'll be bitten by the travel bug. But even the most experienced RV enthusiasts can still learn a thing or two...

Buying your caravan

Choosing an RV to suit your needs can be an overwhelming task – after your home, it can be one of the biggest purchases you'll make. With so many different products available in Australia, how do you know whether you're making the right choice? We asked the experts at Brisbane Camperland, who revealed the must-ask questions when choosing the perfect RV.

Have you set a budget? Setting a budget is the first and most critical point to consider – it will help you determine the range of products available to you. For example, will you purchase your RV brand new or pre-loved?

What's your vehicle's towing capacity? Every make and model of vehicle is given a tow rating by its manufacturer. The ratings are known as 'towing capacity' and 'ball weight' or 'downball load capacity', and it's essential that you understand these capacities before choosing a caravan. Some people even prefer to select their caravan before purchasing their tow vehicle, to ensure that their vehicle will be suitable.

What's your towing ability? When buying a caravan, another thing to consider is how confident you are in towing, reversing and parking that van? You may need to opt for a smaller caravan initially or enrol in a towing safety course to build up your skills.

Where will you store your RV? Storage is an important consideration when choosing your RV. Luckily, many Palm Lake Resorts offer onsite RV storage facilities and/or RV homes with extra-long and high garages designed to let you park your RV right there within your own home. Consider where your RV will be kept during downtime and assess conditions like weather, security and space – this will also determine the maximum size that your RV can be.

Will you stick to the bitumen or travel off the beaten track? This will determine whether you should consider an on-road or off-road model. Certain models are ideally suited to highway travel and the odd dirt road, as long as it's free of corrugations. On the other hand, RVs offering a

stronger chassis, upgraded suspension, additional ground clearance and off-road wheels and tyres are more suitable for beaches, dirt roads and more remote locations.

Where will you be setting up camp? If you plan to stay mainly in caravan parks with amenities and power, you may choose an RV without ensuite facilities or solar/battery equipment. If you plan to stay in free camps or campgrounds without facilities, you should consider an RV with an ensuite offering a shower and toilet, solar panel and battery (to power lights, pumps and appliances) and larger water storage capacity (preferably two or more water tanks). A grey water tank is also recommended, but not essential. It is also worth noting that these options can be added to a variety of different product types, so consider this when you make your final decision.

Storing your caravan

Now that you own your caravan, Dan Fedden from Majestic Caravans has shared the following tips for making sure it looks as good as new for as long as possible...

Keep it clean

"That brand new shine won't fade after a few months if your caravan is washed regularly and properly," says Dan. "When it comes to product, it's all about quality over quantity. A good car wash will cut through dirt without leaving a streaky finish, and a brush, sponge and chamois should also be part of your toolkit."

Washing your van with wash and wax is the best to keep it looking great, but Dan warns that this should only be done with a very soft broom and dried with a chamois. He also says to avoid the windows – these can be cleaned with a soft cloth and some Windex.

Beware of weather

The best way to avoid environmental wear and tear is to keep your caravan out of the elements. A cover can be an invaluable investment, but an undercover shelter is the best way to preserve your caravan. Luckily, most Palm Lake Resorts have access to caravan and RV storage facilities! Leaving caravans out in the scorching Australian sun is sometimes unavoidable, but a good coat of polish will give the paint protection and shine.

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Invest the time and money

Take the time to note any wear and tear inside and outside your caravan and keep on top of maintenance. Check all the window latches and hinges are operating properly and check the silicone for any gaps every three months. Keep methylated spirits on hand to combat any scratches and marks that are bound to come up over time. Getting your caravan serviced every three months is the best way to guarantee your caravan's longevity and safety. In the interim, inspect the drainage points, internal electricity and gas, smoke alarms, internal and external lights and electrical sockets yourself. Keep your battery going for longer by making sure there's no earth or debris in or around it.

"This will stop leakage whilst not in use," says Dan.

You can also check the levels with a voltmeter to make sure everything is ship shape.

Taking your caravan on the road

Caravanning is all about the journey, not the destination – both literally and metaphorically. You'll never know everything, but it's fun to learn as you go. Here are just a few from the caravanner's grapevine...

Pack well

One of the biggest tips for on-the-road success: Be organised. Make sure you've got supplies and all-weather gear so that you're covered for everything. Plan out roughly where you'd like to go and what you might expect. Dan from Majestic Caravans also says a mobile home is just that – a home!

"Keep it as clean as you would your house," he says. Invest in a vacuum for small spaces, keep stain remover on hand and stock the kitchen and bathroom with the appropriate cleaning products. Comfort is key when you're on the road. Be sure to also equip yourself for life on the road with some of the great travel guides and cookbooks on the market. This way, you'll always have something great to see, do or cook from the comfort of your caravan.

Find your tribe

Adventures are more fun with friends. Your Palm Lake Resort community may have a thriving travel group, so ask around. These groups are great for organising trips, finding out new locations and learning more about caravanning in general. There are also online groups dedicated to, for example, your specific caravan or region. These groups can be found on Facebook or via blogs run by passionate caravanners, just like you.

Lifestyle

HOME ON WHEELS

Palm Lake Resort Bargara is home to many caravan and motorhome enthusiasts given its prime location on the Queensland coast and also the multitude of handy RV garage home designs and facilities available.

DOUG HAWLEY AND Helen Cronin are first to admit that the motorhome bug has bitten them both. Hard. But it was a move to Palm Lake Resort Bargara in recent months that has really cemented their passion for adventure on the great open road.

Before their move to Palm Lake Resort, the pair had spent 12 years based at Bucasia Beach, just north of Mackay. For eight of those 12 years, Helen volunteered with Mackay Tourism, among other organisations. It was through her Mackay Tourism role that she was lucky enough to attend a number of camping and caravan shows across the country, to promote her beloved Mackay. What she didn't expect, however, was to discover – and fall in love with – the world of caravans, motorhomes and on-road adventure.

"We're still very new to motorhoming," Helen smiles. "But we've been on enough trips already to know that we absolutely love it."

On receipt of their 'cubbyhouse on wheels', the first adventure the pair went on was a short round trip south to the Sunshine Coast. What they discovered on that trip was a peaceful little pocket called Bargara...

With a little more confidence under their belt, their second motorhome adventure saw them head north, up the coast from Mackay to the greater Cairns area, taking in Palm Cove, Mission Beach and the Atherton Tablelands before heading south-west to Cobbold Gorge.

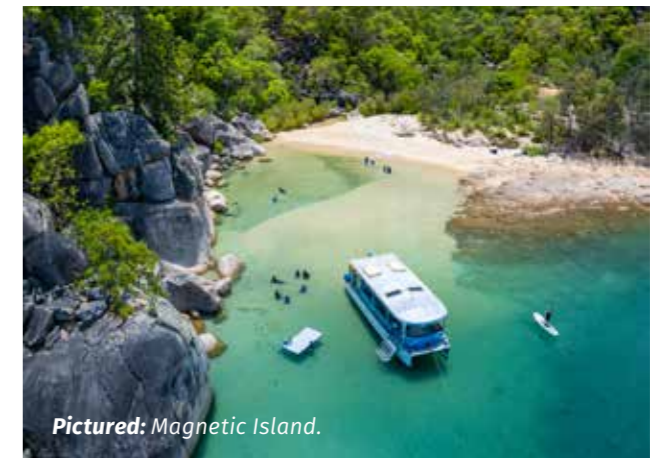
"It was definitely more of a challenge driving on the corrugations," Doug admits.

What the pair discovered on this five-week journey was a list of amazing natural wonders and small-town country hospitality that has them wanting more and more.

"The Undara Lava Tubes were amazing and so were the Innot Hot Springs," Doug says.



Pictured: The Savannah Way.



Pictured: Magnetic Island.



Pictured: Undara Lava Tubes.

When a change of scenery called the pair – in parallel to their realisation that they probably needed to downsize their family home – their memories raced back to their time at Bargara. And through a little research, they found an over-50s community lifestyle resort that suited their emerging needs to an absolute tee. Doug and Helen landed on a brand new Flametree RV home design at Palm Lake Resort Bargara and the rest, as they say, is history.

"We had a very big yard back in Mackay where we parked the motorhome – but we literally watched it deteriorating right before our eyes, being parked outside in the heat and the weather," Doug explains.

"This new home is perfect," Helen beams. "We got to choose the site we wanted and so we chose one right on a T-intersection of streets, so it's even easier to get our motorhome in and out."

"With the motorhome right there in the garage, it makes packing up and going away so easy," Doug adds. "We can fit the motorhome in there, and two cars, and there is still space!"

The pair have also relished the chance to socialise and partake in all that Palm Lake Resort Bargara offers. Doug says he loves the Milton gymnasium and swimming, for exercise, in the resort's indoor heated pool. Helen is already line dancing, has signed up as a member of the resort choir and plays Five Crowns card games with her fellow resort neighbours on a Saturday afternoon. Together, the pair enjoy tenpin bowling but they're also VERY keen pickleball enthusiasts and are eagerly working towards getting a resort pickleball group together for regular matches.

For now, Doug and Helen are content to plan their upcoming motorhome adventures (the Australian Dinosaur Trail, Tasmania and South Australia are all on the bucket list) while also hosting the many visitors who have come out of the woodwork, wanting to come and stay in their new tropical paradise.

"We've had more visitors stay here in our Palm Lake Resort home in our first three months than we had in our 12 years living at Mackay," Helen laughs. "We've even got a Visitors' Book at our front door!"

Doug & Helen's recommendations for fellow adventure seekers

- **Undara Lava Tubes, QLD:** Find them at Undara Volcanic National Park in Far North Queensland, which is about 3.5 hours' drive from Cairns on the Savannah Way (a popular driving route between Cairns and Broome).
- **Bedrock Village Caravan Park:** This one's at Mount Surprise, 320km south-west of Cairns. Doug says the sites here are massive, it's a really neatly kept park and the community nights are fun. You can base yourself here to take in an Undara Lava Tubes tour.
- **Rollingstone Holiday Park:** About 40 minutes' drive north of Townsville, Doug and Helen loved the absolute beach frontage and the cave in the pool! You're surrounded by nature here – fish straight off the beach, or take a day trip to the Great Barrier Reef and Magnetic Island. This park is also known for its café, cocktail bar and live music.
- **Cape Palmerstone Holiday Park:** Find it beachside at Ilbilbie, about an hour's drive south of Mackay. Helen loves how the community comes together here. Park management host regular jaffle nights and fun community games. There are also 'glamping bungalows' if you don't bring your own accommodation on wheels.

the
bright side

Lifestyle

TAKE OUR ADVICE

Our
homeowners
are travel
gurus!

With so many adventure-seeking, caravan-loving, motorhome-enthusiast, travel addicts among our Palm Lake Resort homeowner community it was only right for us to send a call out to them to uncover some of our country's best travel destinations and experiences. Here's what our experts had to say. How many of these places have you ticked off (or are currently on) your bucket list?

Phil and Del Lowe Palm Lake Resort Waterford

The Lowes are Jayco fans from way back. Having lived at Palm Lake Resort Waterford since 2016, Phil says they've "done a full lap of the (Australian) coast, been through the middle and down to Tassie". They've done long trips and short trips and have seen a lot. Here's where the Lowes suggest you go:

- Naracoorte Caves National Park, SA: "The 'Carols in the Caves' event at Christmas really is special," Helen says. This is South Australia's only World Heritage site.
- Kalbarri, WA: This is a coastal town, about 600km north of Perth, at the mouth of the Murchison River.
- The wildflowers of WA: This state is home to the world's biggest array of wildflowers with more than 12,000 species - half of which are unique to the region. Phil suggests July-August as a good time of the year to visit. He also suggests stopping by a Visitor Information

Centre to collect an information booklet to find the best local wildflower displays.

- The Australian Dinosaur Trail in Outback QLD: Stretching from Winton to Porcupine Gorge and Richmond. Also, for dinosaur enthusiasts, they say the Eromanga Natural History Museum is another must-see.
- Gladstone, QLD: "We found it very interesting," Helen says. She recommends a cruise on the harbour.

Harry and Janet Twikler Palm Lake Resort Willow Lodge

Brand new to Palm Lake Resort Willow Lodge, the Twiklers were excitedly preparing to collect their new motorhome as 'Your Time' magazine called. They've had three caravans and another motorhome previous to now and have spent most of the lives on the road.

"You meet the best people on the road," Janet smiles.



Pictured: Town of 1770.



Pictured: Magnetic Island.



Pictured: Paronella Park.

"We love our free camping sites and having space." She says they also love a campfire, where anyone can pull up a chair and have a chat. The pair have many recommendations for their fellow travel enthusiasts, including:

- Town of 1770, QLD: "I loved 1770 for its weather, the water and the fishing," Janet says.
- Coober Pedy, SA: This town is known as the opal capital of the world. "Not everyone will suggest it, as there's literally nothing out there, but I found it so different and so interesting," Janet says. "It's definitely worth a look." She suggest staying at The Underground Motel for an awesome local experience.
- Turkey Beach, QLD
- Carins to Port Douglas, QLD
- Broome, WA: Harry suggests anywhere in our country's top end is the perfect escape for Victorians in the wintertime!

Barry and Jackie Moore Palm Lake Resort Beachmere Bay

The Moores are very experienced adventurers - from all their time spent yachting, to the five different caravans they've owned, to the motorhome they currently call 'home' (on wheels). Barry says the pair loves to free camp and he is always organising "tag-along" trips for them and other likeminded members of the Facebook group formed for

fellow motorhome owners. Barry's list of suggestions for their favourite 'hidden gems' travel stops was extensive and included:

- Winton and the Australian Dinosaur Trail, QLD
- Paronella Park at Mena Creek, QLD: This heritage-listed castle/tourist attraction is 120km south of Cairns and was built in the 1920s-30s.
- Swan Hill, VIC: Barry suggests while in the Swan Hill area, you must see the Pioneer Settlement and catch 'The Heartbeat of the Murray' laser show at Riverside Theatre (an outdoor amphitheatre right on the banks of the Little Murray River). Also, he highly recommends Lake Boga as "a delightful spot" and the Flying Boat Museum there.
- Silverton, NSW: Some 26km from Broken Hill, Silverton is famous for its role in silver mining history and also for its role on the big screen. The Mad Max Museum and also the Original Silverton Hotel contain many tributes to the movies shot in the area including Razorback, Mission Impossible II, Mad Max II and Priscilla, Queen of the Desert. This pub has itself enjoyed a starring role in several of these movies.
- Borumba Deer Park at Imbil, QLD: In Mary Valley country, west of the Sunshine Coast.
- Kinka Beach, QLD: 17km south of Yeppoon.

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Photo by: Barry Moore,
of Palm Lake Resort
Beachmere Bay.

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Phillip and Gae Hyde Palm Lake Resort Eagleby

With more than two decades of experience under their belts, Phillip and Gae are confident caravanners. They live a little more spontaneously on the road, preferring to work out their itinerary as they go and going off the beaten track as much as possible, without any real plan.

In their off-road caravan, they've seen "most of the country", says Phillip. Even when they're not off on months-long adventures, their 'get up and go' approach usually sees them hit the road three weekends a month.

"We use the resort as a base, knowing we can lock the door and leave at a moment's notice without having to worry about maintenance," says Phillip.

So, where would a couple that's travelled most of Australia recommend others go?

- The Kimberleys, WA: A favourite of Phillip and Gae's. They've just come back from a months-long stint there, and love it for its quietness and beautiful scenery.
- The Lost City, NT: Phillip says you could spend an entire day walking through this unique landmass, looking at the different rock formations.

Lois and Alan Purdon Palm Lake Resort Upper Coomera

After years of travelling from Victoria to Queensland for five- or six-month holidays, Lois and Alan decided to make the move to Palm Lake Resort Upper Coomera. While they were once fans of crossing the country in their caravan, the Covid-19 pandemic helped Lois and Alan realise how many great destinations they had on their doorstep. When looking for a new place to visit, their 'must haves' include dog-friendly sites and places to ride their bikes. They also love researching the area before they go and coinciding their trip with any big events that might be on. These are a few of their recent favourites...

- Bundaberg, QLD: Lois and Alan love being able to take their dog to the beach with them and ride their bikes along the pathways. They always visit on Anzac Day weekend to be part of the commemorations, and love being there at Christmastime, too.
- Sharp Park, QLD: Just 30-minutes from their Palm Lake Resort Upper Coomera home, Lois and Alan love taking quick getaways to this campsite, just outside Canungra in the Scenic Rim.
- Corindi Beach, NSW: You can hear the ocean from the campsite, which makes all the difference for Lois.
- Eumundi Markets, QLD: Did you know that you can stay overnight at the Eumundi Markets site – and, that you can bring your dog?

Mick Duggan and Mary Higgs Palm Lake Resort Deception Bay

Mick and Mary have been caravanning since 2005 and have had their current vehicle – a Nova Bravo – for four years. For them, caravanning is made better by the creature comforts. They have a toilet, shower and washing machine on board, and always take their coffee machine with them. Being on the road for six or seven weeks at a time, they need the essentials – and a few luxuries.

"It's a wonderful life if you're able to do it," says Mary. "There is so much to see in Queensland alone!" Among the places this pair suggests are:

- The gemfields near Emerald, QLD: Mick and Mary like to coincide their trips with the gem festivals and particularly love seeing the Australian sapphires and boulder opals.
- Atherton Tablelands, QLD: Mary says the scenery and diversity of the flora up there is beautiful, and it's so much cooler than the coastline.
- The Gulf of Carpentaria, QLD: Cooktown and Karumba were another two of their favourite places, especially for the fresh fish.

Lawrie and Nancy Roach Palm Lake Resort Truganina

Caravanning has always been the holiday of choice for Lawrie and Nancy, but the last 13 years in particular have been 'excessive', says Lawrie.

"We've been around Australia twice and generally head off for five or six months at a time," says Lawrie. "When we used to go on caravanning trips with our children, there was always so much to do when we got home. Ever since we moved to Palm Lake Resort Truganina 10 years ago, everything has been looked after for us. All we need to do when we get home is unpack and clean our caravan."

Despite living in Melbourne, Lawrie and Nancy list these northern locations as their favourite hidden gems:

- Broome, WA: Lawrie says that – with no traffic lights and no gutters – it was nothing like he imagined it, and that's why he loved it so much. Lawrie just wishes it were closer so that they could visit more often.
- Darwin, NT: The rich history – from the earliest Aboriginal cultures to the bombing of Darwin, to Cyclone Tracy – is fascinating, and the way of life is totally different.
- Cooktown, QLD: Lawrie and Nancy loved the history, including the natural history of the Daintree Rainforest. It's a beautiful part of the world, they say.

READS FOR THE ROAD

Don't hit the road without a travel companion – keep these helpful books in your caravan library.



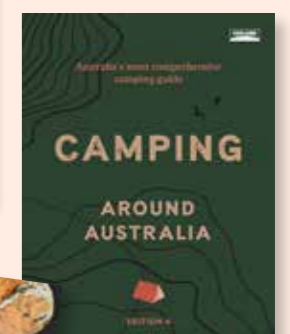
'Ultimate Road Trips: Australia' by Lee Atkinson, \$29



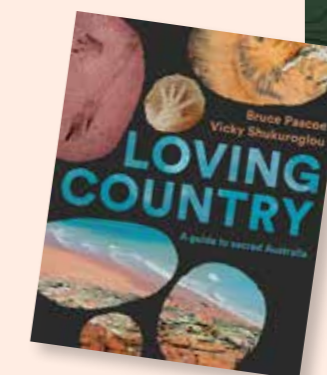
'Camper Van Cooking' by Claire Thomson and Matt Williamson, \$39.99



'The Pendleton Field Guide to Campfire Cooking' by Pendleton Woolen Mills, \$34.95



'Camping Around Australia' by Explore Australia, \$40



'Loving Country: A Guide to Sacred Australia' by Bruce Pascoe and Vicky Shukuroglou, \$45

the
bright side

COLOUR YOUR WORLD

Your summer table should always be filled with bright, fresh colours and flavours that make your eyes as hungry as your tummy! Looking for edible joy? Look no further than Alica Zaslavsky's new book, *The Joy of Better Cooking*.

FRIED GREEN FALAFELS

Makes about 30

2½ cups dried chickpeas, soaked in cold water overnight
2 brown onions, roughly chopped
2 tablespoons ground coriander
2 tablespoons ground cumin
1½ tablespoons garlic powder
2 teaspoons fine salt
1½ bunches of parsley (about 150g), roughly chopped
1½ bunches of coriander (about 150g), roughly chopped
1 teaspoon bicarbonate of soda

Cauli tabouleh

1 small cauliflower, cut into florets, stalk roughly chopped
½ salad onion, finely diced
2 roma tomatoes, diced
1 garlic clove, bruised
2 tablespoons olive oil
½ bunch of parsley, roughly chopped
½ bunch of coriander, roughly chopped

Dressing

4 tablespoons plain yoghurt
juice of ½ lemon
1 tablespoon honey
1 tablespoon tahini

To make the falafels, drain the soaked chickpeas and set aside. Place the onion, ground spices, salt and half the parsley and fresh coriander (in that order) in a blender or food processor. Blitz until the onion starts to break down to a sludge and the herb stalks have yielded to the blades. Add the chickpeas, bicarb of soda and the remaining herbs (reserving a handful for garnishing, if you like). Blend to the consistency of a smooth paste.

Heat the oil in a medium-sized saucepan with high-ish sides. Use your tablespoon measure and another tablespoon to scoop and press the mixture into football-looking oblongs. Working in batches, gently drop them into the oil, from as close to the oil as possible, and let them fry for a minute before turning to do the other side. Sometimes they'll stick to the bottom of the pan, but just let them sit there and they'll float up with a little agitation. Fry for another 2 minutes or so, until each is the colour of leather. Drain each batch on paper towel, sprinkling with salt flakes, while still hot.

While the falafels are frying, make your tabouleh. Pop the cauliflower florets in a bowl and cover with freshly boiled water from a kettle. Let them sit for 5 minutes in the water to soften slightly. Combine the salad onion in a bowl with the tomatoes and season with salt and freshly ground black pepper. Mix the dressing ingredients together in a jug, ready for pouring. Blast your blender with water to dislodge any hop-ons, then pop in the cauliflower florets, garlic clove and olive oil. Blitz until the cauli is the size of couscous.

Toss the chopped cauli through the tomato mixture. Finish the tabouleh by stirring through the parsley and coriander just before serving. Drizzle with the yoghurt dressing to finish. Serve the falafels in a pitta bread, with your hubba-babaghanoush (see right) or store-bought hummus, cauli tabouleh, pickled pink cauli (see Page 28) and lemon wedges.

HUBBA-BABAGHANOUSH

Serves 4-6 as a dippy starter, or as part of a main meal

1¼ cups dried chickpeas, soaked overnight
2 strips dried kombu (optional)
2-3 medium-large eggplants
1 massive handful of parsley, roughly chopped
1 massive handful of coriander, roughly chopped
4 garlic cloves, peeled
Juice of 2 lemons
3 tablespoons extra virgin olive oil, plus extra to serve
2 tablespoons tahini
1 tablespoon salt flakes
1 teaspoon ground coriander
½ teaspoon ground cumin
¼ teaspoon sweet smoked paprika, plus extra to serve
1-2 ice cubes

Pickled pink cauli

1 cauliflower, washed, dried and cut into florets
1 medium beetroot, peeled and roughly chopped
½ tablespoon caraway seeds (optional, but excellent)
2 bay leaves
1 cup white wine vinegar or apple cider vinegar
4-5 garlic cloves, peeled and bruised
3 tablespoons salt flakes
1 teaspoon caster sugar

Drain the soaked chickpeas and place in a large saucepan with 3 litres cold water and the kombu, if using — but no salt! Bring to the boil, then simmer for about 1½ hours. Once the chickpeas are soft enough to squash between your fingers, drain and allow to cool slightly, removing the kombu. I like to peel the chickpeas for the smoothest hummus, but you are SO welcome to skip this step. I'm already asking a lot.

While the chickpeas are simmering, pop the eggplants on a rack over a baking tray and roast in a 200°C oven for an hour or so, until the skin has charred, and when poked seems more balloon than eggplant. Leave until cool enough to handle, draped over a clean sink to leak out a whole lot of schmutz that will otherwise make your baba way too watery.

For the pickled cauli, bring a large saucepan of well-salted water to the boil. Add the cauliflower florets and beetroot and bubble away for 3 minutes to soften. Drain, reserving 3 cups of the now magenta-coloured water. Divide the veg among two sterilised containers, each about 300ml in capacity. Sprinkle the caraway seeds evenly on top, finishing with a bay leaf.

Pour the reserved poaching water back into the pan. Add the vinegar, garlic, salt and sugar and bring to the boil. Pour this mixture over the veg to cover and seal. If there isn't enough liquid, boil a little more vinegar and pour over the top. The cauli and beet will get even better after a day of hanging out in the pickling liquid, and will last comfortably for up to a month in the fridge.

Scoop the eggplant flesh into a food processor. Toss in the chickpeas and remaining ingredients (including the ice cubes) and blitz until smooth and velvety, adding more olive oil if you want it even creamier. Taste for seasoning. Serve warm or cold, topped with the pickles, extra herbs and pomegranate seeds, as well as falafels and soft pita breads to round it all out. The hubba will last for up to a week in the fridge in an airtight container — just cover with olive oil to help stop a skin forming, and give it a good stir before serving, if need be.

Continued on Page 30 >>



the
bright side



Pictured on Page 28: Alice Zaslavsky's recipes bring brightness to your summer table. Pictured at top are her fried green falafels. Bottom left, try Alice's Hubba-babaghanoush (a delicious combo of hommus and babaghanoush). Bottom right, try five-spice tempura veg with make-your-own chilli oil.

Pictured left: Alice's Lady Marmalade melting moments are perfect for when guests drop in for a cuppa this holiday season. Find this recipe and loads more in her new book, *The Joy of Better Cooking* (see Page 31). Photography by Ben Dearnley. Published by Murdoch Books. RRP \$49.99. Visit thejoyofbettercooking.com

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FIVE-SPICE TEMPURA VEG WITH MYO CHILLI OIL

Serves 4 as a side or starter

- 6 cups grapeseed oil, for deep-frying
- ½ cup plain flour, for dusting
- 500g broccolini/cauliflower, chopped into small chunks
- 1 teaspoon salt flakes
- 1 teaspoon Chinese five-spice
- Lemon cheeks, to serve

Tempura batter

- A few ice cubes
- ½ cup cornflour
- ½ cup plain flour, plus extra for dusting
- 1 teaspoon salt flakes
- 1 cup chilled sparkling mineral water, soda water or even just chilled tap water, at a pinch

MYO chilli oil

- 2 cups grapeseed oil
- 1 thumb-sized knob of fresh ginger, peeled and grated
- 20g sichuan peppercorns
- 20g chilli flakes
- 100g crispy fried shallots
- 1 tablespoon grated fresh garlic
- 1-2 spring onions, finely chopped
- 1-2 star anise
- 1 teaspoon Chinese five-spice
- ¼ cup sesame oil
- 2 tablespoons sesame seeds, toasted
- 1 tablespoon tomato paste
- 1-2 tablespoons light soy sauce
- 1 tablespoon black vinegar or rice wine vinegar

Start by making the chilli oil. In a small saucepan, bring the oil and grated ginger to 170°C. This takes about 10 minutes over low heat; the oil will be shimmering but not smoking.

In a large heatproof bowl, mix together the peppercorns, chilli flakes, fried shallots, garlic, spring onion, star anise, five-spice, sesame oil, sesame seeds and tomato paste. Set a fine-meshed sieve over the top. Being careful of spitting, pour the hot oil over the lot. Add the soy sauce and vinegar to taste, then leave to infuse. Once cool, pull out the star anise. The longer the oil stands, the more intense the heat and flavour will be. Store in the fridge, in a clean sealed jar.

When ready to cook, prepare the tempura batter. Find two bowls that can nestle into each other. Pop a few ice cubes into the bottom bowl and pour in just enough cold tap water so that it won't overflow with the other bowl on top. Combine the cornflour, flour and salt flakes in the top bowl. Pour in your cold fizzy water in a steady stream, stirring with a fork or whisk to get rid of any lumps. Stand for 10 minutes.

While the batter is resting, heat the frying oil to 180°C — drop in a small speck of batter and if it immediately turns golden, you're all set. Set up a plate lined with paper towel as a draining station. Add the plain flour to a bowl as your dusting station. Working in batches, pop the brassicas into the flour, then the batter and pull them out, allowing any excess batter to drip off, before submerging in the oil for 2-3 minutes, or until golden. Drain each batch on paper towel. Crush the salt flakes with the five-spice using a mortar and pestle. Sprinkle the hot battered tempura with the salty spice sprinkle and serve immediately, with the chilli oil for drizzling and the lemon cheeks for squeezing over.

GET SET!

Your dining table will probably see a lot of use in the coming months, as your nearest and dearest gather together to celebrate the festive season. Set the scene with this selection of table décor and pretties for your kitchen.



1. Round House Lemon flower plate, \$29, intheround.house
2. Ecology Palette stoneware jug, \$49.95, templeandwebster.com.au
3. Habitat Ellie table linen range, \$16.95 to \$49.95, pillowtalk.com.au
4. Sage and Clare servers, \$59, sageandclare.com
5. Country Road Ester cocktail glasses, \$49.95, countryroad.com.au
6. Sage and Clare Venus bowl, \$199, sageandclare.com
7. Fazeek wave glasses, \$79, davidjones.com
8. Gorman Go Figure coaster set, \$35, gormanshop.com.au
9. Lovestar Queen of Hearts vase, \$89, lovestar.com.au
10. Alice Zaslavsky recipe book, \$49.99, thejoyofbettercooking.com
11. Vue Spencer cutlery set, \$99.95, myer.com.au
12. Maison Balzac coral scalloped platter, \$89, theiconic.com.au

PALM LAKE RESORT



Palm Lake Resort Pelican Waters

COMING SOON! Palm Lake Group's most luxe resort ever is under construction right now on Queensland's Sunshine Coast. Among the 321 homes to be built here, some will enjoy water frontage, some will have direct golf course access and some will feature both. This resort hugs the boundary of our Greg Norman-designed golf course and will neighbour our Pelican Waters Hotel.

1800 490 626
40 Mahogany Drive,
Pelican Waters QLD 4551

Palm Lake Resort Forster Lakes

Currently under construction, 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 almost 300 homesites will enjoy coveted lakefront positions with marina berths also available. An Oyster Bar will also feature.

1800 577 542
223 The Lakes Way,
Forster NSW 2428

Palm Lake Resort Bargara

Bargara is the most tropical destination in the Palm Lake Group, with its superb climate, range of activities, sporting and social events and a great choice of home designs. This popular resort is being extended with brand new RV home designs and a raft of new facilities including the 2022 Master Builders Association 'Project of the Year' award winner, Horizons Country Club.

1800 501 119
24 Rifle Range Road,
Bargara QLD 4670

Palm Lake Resort Beachmere Bay

Beautiful home designs set the mood for refined yet relaxed living, with timeless Hamptons styling. The world-class Hamptons Country Club is the centrepiece of the community. A nine-hole golf course with its own clubhouse, Westhampton Sports Club and adjacent luxury aged caring community enhance the precinct.

1800 338 382
194 Bishop Road,
Beachmere QLD 4510

Palm Lake Resort Paynesville

COMING SOON! Earthworks and civils are underway on this greenfield site, with close to 200 ultra-modern homes planned, along with all the most outstanding community facilities. The rich maritime history of this region will be captured in this project.

1800 960 943
75 Paynesville Road,
Paynesville VIC 3880

Palm Lake Resort Yamba Cove

COMING SOON! Situated across the road from our existing resort, Palm Lake Resort Yamba Cove will offer a second, more boutique Palm Lake Resort experience for this thriving coastal holiday town. While smaller in footprint, this resort will offer upmarket homes (artist impression, above) and a stellar Country Club.

1800 960 946
Orion Drive,
Yamba NSW 2464

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

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

BEACHMERE SANDS
1800 338 330
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

TRUGANINA
1800 686 096
7 Taronga Road,
Truganina VIC 3029

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

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

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

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

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

WILLOW LODGE
1800 974 981
2 Willows Road,
Bangholme VIC 3175



PALM LAKE CARE

Palm Lake Care Bargara

Palm Lake Care Bargara was built alongside one of our largest Palm Lake Resort locations (one that is still expanding!) therefore families in the Bargara/Bundaberg area enjoy a convenient care structure to support every member's differing health needs. An onsite hair salon, movie theatre, sporting and leisure facilities and more provide residents here with all they need to thrive.

07 4331 0000
55 Wearing Road,
Bargara QLD 4670

Palm Lake Care Beachmere

Palm Lake Care Beachmere's exquisite Hamptons styling was the perfect option for this most impressive absolute waterfront location. With sand between their toes, sun on their skin and salt air in their lungs, residents here are lucky to call Moreton Bay their nextdoor neighbour. Our coveted luxury waterfront suites are the cherries on top.

07 3517 7000
145 Bishop Road,
Beachmere QLD 4510

Palm Lake Care Bethania

With relaxing lakeside views from many vantage points around this community and loads of birdlife, Palm Lake Care Bethania's residents also benefit from a wonderful team of lifestyle facilitators and care providers. In fact, every one of the staff members here is committed to ensuring our residents live their best life.

07 3086 3000
1 Goodooga Drive,
Bethania QLD 4207

Palm Lake Care Caloundra

NOW OPEN! Situated conveniently right alongside Palm Lake Resort Caloundra Cay, this brand new luxury aged caring community is now complete and accepting new residents. Just like the adjacent over-50s resort, this impressive community has been styled with a Caribbean feel, to ensure residents here enjoy a holiday-everyday lifestyle.

1800 24 66 77
96 Village Way,
Little Mountain QLD 4551

Palm Lake Care Deception Bay

Palm Lake Care Deception Bay holds the coveted title of being the very first aged caring community in the Palm Lake Group. This location has recently undergone a renovation, with a vibrant new cafe added and other administrative and community facilities upgraded. Palm Lake Care's 'Caregiver of the Year' award recipient calls this address her workplace. She and others here have each clocked up an impressive decade (or more) of dedicated service with us.

07 3293 5800
42-46 Bay Avenue,
Deception Bay QLD 4508

Palm Lake Care Mt Warren Park

Palm Lake Care Mt Warren Park is a two-storey beauty, home to one of the most active and engaged communities of them all. Residents here are making a difference by organising wonderful fundraisers and are staying connected to their local communities through excursions and other visits. Mt Warren Park was named "Community of the Year" at the most recent Palm Lake Care annual awards evening.

07 3444 6000
33 Mt Warren Boulevard,
Mt Warren Park QLD 4207

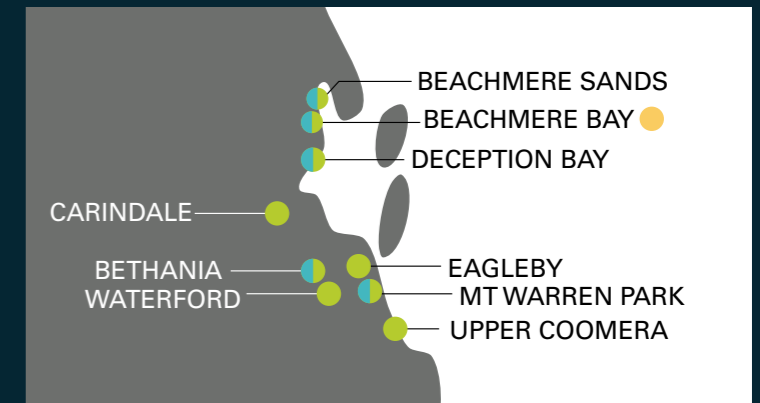
Palm Lake Care Toowoomba

Palm Lake Care Toowoomba offers a breathtakingly stunning building with luxury design cues taken from its semi-rural location atop the Great Dividing Range. Independent construction industry judges from the Master Builders Association were so impressed, they awarded Palm Lake Care Toowoomba 'Best Community Accommodation' in 2021.

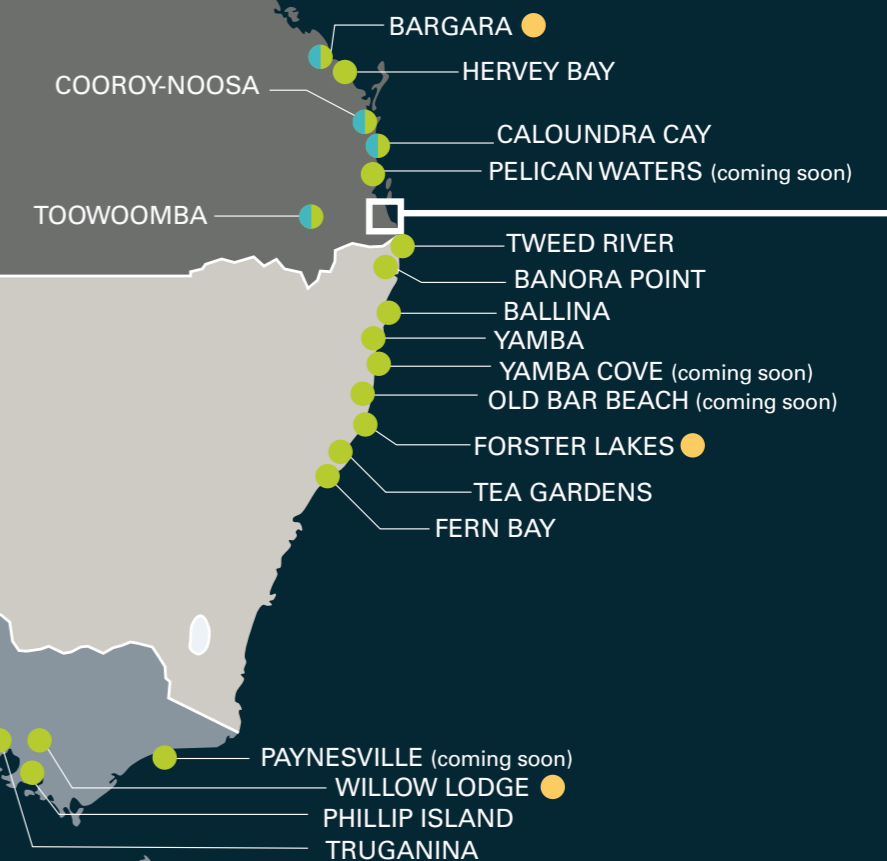
07 4580 3000
97-161 Hogg Street,
Toowoomba QLD 4305



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



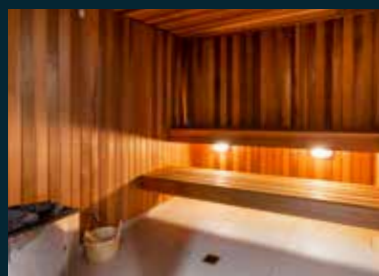
FIND US ALL HERE



LIFE IS CRUISEY

at Palm Lake Resort.

Living at Palm Lake Resort has been compared to living the cruise ship lifestyle everyday. Just like cruising, our residents have everything they need, right on their doorstep. Think resort-style pools, gymnasiums, a wealth of activities and entertainment, social gatherings, food and drink, and more. But you can captain your own ship, here at Palm Lake Resort. This is your time.



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