

# this is your time.

PALM LAKE RESORT AUTUMN 2024

## COASTAL COOL

Palm Lake Resort Yamba Cove's Malibu-inspired aesthetic comes alive with its first display homes



### Incredible display residences, now open

We've just unveiled some of the most luxurious display residences we've ever built, at Pelican Waters and Yamba Cove

### Paynesville is powering ahead

From opulent VIP events to announcing the new caretakers, our Paynesville project is taking shape

### Living your best Palm Lake lifestyle

Beyond the homes and communities, our people are who put 'life' into the coveted Palm Lake Resort lifestyle!

# WELCOME

**2024 HAS DEFINITELY** started on a high for Wal and I - and the events of January bode well for not just the rest of this year, but for the future of the Palm Lake Group.

Wal and I were joined by our Palm Lake Care CEO, Dan, on a trip to the United States to inspect various retirement and aged care projects to learn a little bit more about how the other side of the world operates across our same industries.

We landed in Los Angeles on the West Coast and our travels took us right across the breadth of the United States to the East Coast and back, with some of the most eye-opening time spent in and around Florida's West Palm Beach area. We were interested to inspect vertically integrated retirement and aged care communities which proved that people are willing to go 'up' if the size is right. Something that also stood out to us was the type of physical activities that Americans favoured. We noted that boxercise was popular among the older demographic there and that there's no stopping the climbing popularity of pickleball. In fact, on our return home from this trip, we have decided to build more pickleball facilities into our Palm Lake Resort Pelican Waters and Forster Lakes masterplans.

On the topic of sport, we also used the trip to stop into Greg Norman's international headquarters in West Palm Beach, Florida, for a catch up. It was the first time we'd been to Greg's own offices and we used the visit to discuss with him, in length, our Palm Lake Resort Pelican Waters project and how well it was integrating with our Pelican Waters Golf Course - a course that Greg and his team originally designed many years ago and then also redesigned for us more recently to allow our Pelican Waters project to spring to life alongside it.

Another topic of discussion with Greg was our plan for Palm Lake Resort Old Bar Beach and its future nine-hole 'reverse' course. Our Old Bar project is currently a greenfield site, right in the middle of the New South Wales coastline, around 40 minutes north of Palm Lake Resort Forster Lakes. There's a lot of anticipation on our end for that project - we look forward to bringing it to life in the coming years. We highly value Greg's input on all our projects as he's such a great businessman with an astute mind (not to mention the fact that he's extremely fit and healthy as well!).

With golf on the agenda while in Florida, we thought it would be fitting to stop by some iconic local golf resort



**Pictured top:** Wal and Scott at Santa Monica Pier, during their trip to the United States to research over-50s/aged care communities. **Above:** The pair and Palm Lake Care CEO Dan also caught up with Greg Norman at his West Palm Beach, Florida, HQ.

landmarks, namely The Palm Beach Country Club and Donald Trump's iconic (and heavily guarded) Mar-a-Lago Club. While we were just three keen Aussies on a work trip, the Secret Service seemed to take a keener interest in what we were doing at Mar-a-Lago! You can read more about our US travels on Page 31.

I was more than happy to get back to my family and it's great to be back in the office because the trip definitely fanned a fire in each of our bellies. We've brought home some great ideas to be implemented this year and beyond, and I look forward to sharing even more news with you, on the back of this trip, as I am able to.

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

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Yamba Cove

# PICTURE YOURSELF HERE

Brand new to Palm Lake Group, Palm Lake Resort Yamba Cove has drawn interest from across Australia, and internationally, as construction powers ahead at this exclusive address.

**WITH THE RESORT'S** very first display home now complete, Sales Executive Sandy Martin says she's excited to be unveiling the feature-packed, two-storey Grafton to eager visitors as this magazine goes to print.

"At 378m2, this home is something else," Sandy says. "There are inviting living spaces upstairs and downstairs and with three additional alfresco areas – two balconies upstairs and a covered outdoor living space downstairs – there are so many places for our homeowners to relax and entertain."

Designed for the sophisticated retiree, there's no sign of 'downsizing' inside this elegant and spacious residence – the largest of the home designs proposed for this boutique community. It's a three-bedroom plus multipurpose room layout, offering three bathrooms, a flowing kitchen/dining/living area, study nook, two-car garage and ample storage right throughout. Homeowners will relish the convenience of the chic internal lift, in addition to the staircase.

"Every one of the three bedrooms has an associated bathroom," Sandy explains.

"And the high ceilings accentuate the feeling of open space right throughout."

Studio Collective Interior Designer Breanna Josey says her team was eager to be given such an exciting brief with the development of Yamba Cove.

"These residences meticulously blend opulence with the essence of coastal living," Breanna says. "Our goal was to create an atmosphere of tranquility and sophistication that elevates the coastal living experience to new heights that hasn't been seen before in a Palm Lake Resort."

"In general, these homes exude an airy and refreshing ambience, bathed in abundant natural light. They exemplify a captivating approach to contemporary residential design, seamlessly blending with their surroundings."

"The incorporation of open-plan living not only enhances accessibility but also floods the space with natural light, making these homes particularly welcoming for individuals with mobility challenges".

For the lucky homeowners of a Grafton design, the upstairs master suite is reminiscent of high-end holiday accommodation. Bathed in natural light, the generous bedroom offers a large ensuite bathroom with separate toilet and an on-trend walk-around wardrobe behind the bedhead. Large glass sliding doors connect the master suite to the full-width front balcony while the adjacent multi-purpose room acts as an extension of the master suite, presenting further living space.

*Continued on Page 6 >>*

**Pictured right, from top down:** Yamba Cove's impressive two-storey Grafton display home is now open for your inspection. As you enter the Grafton, there's an immediate sense of ease as the light-filled living spaces open up to an alfresco entertaining area perfect for those balmy Yamba days.





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This Grafton display residence provides early proof of the refined opulence Palm Lake Resort Yamba Cove will exude. The colour palette, fittings and fixtures, textures and finishes have all been inspired by the beaches and coastal elegance of Malibu. There's a sense of tranquillity and sophistication here that elevates the coastal living experience to heights not seen before in a Palm Lake Resort. The perfect parallel to the coveted over-50s lifestyle on offer here in Yamba.

### Vantage Country Club

Beyond the home construction, Palm Lake Resort Yamba Cove's incredible two-storey, two-building Vantage Country Club is also currently under construction. As a bonus for the earliest of Yamba Cove homeowners, this world-class facility will be delivered in mid-2024 to ensure they enjoy the immediate benefits that a facility of this calibre brings.

"The Vantage Country Club is actually two buildings that are connected by a flyover walkway above the outdoor pool and spa," Sandy explains.

The list of inclusions in this key community facility are extensive. From the ever-popular movie cinema, golf simulator and Milon gymnasium found in other Palm Lake Resort country clubs before it, Vantage will have a strong focus on creative and wellness pursuits. There will be a dedicated art and craft space featuring a pottery room with pottery wheels and a kiln, as well as a Pilates studio with reformer machines, his and hers saunas and change rooms. There will be a dedicated room for darts, a large library offering Mah-jong tables and space for card games as well as two billiards tables. We're also betting the whisky bar will be a popular place for friends to meet.

"There's a spectacular upstairs balcony that will overlook the water," Sandy says. "It'll be a great place for our homeowners to gather for sunset drinks."

To inspect our Grafton display home and learn more about the Yamba Cove masterplan, Sales Executive Sandy welcomes you to stop by the Sales Information Centre at 2 Orion Drive, Yamba. It's open seven days a week from 9.30am-4pm. Phone ahead on 1800 960 946.

*Pictured left, from top down: The Grafton design offers an impressive upstairs retreat complete with a generous master suite, walk-through wardrobe and spa-like ensuite, as well as relaxed adjacent indoor and outdoor living areas.*



## Yamba Cove

# SUBURB SPOTLIGHT

One of New South Wales' best kept secrets, Yamba is beloved by foodies and fishermen alike. With world-class surf breaks, fresh seafood and a picturesque coastline, we rate it so highly that we're building a second Palm Lake Resort there.

### Eat

Perched at the mouth of the Clarence River on the shores of Shoal Bay, it's hardly surprising that Yamba is Mecca for seafood lovers. Yamba Bay Oysters is one of the town's biggest oyster suppliers, providing locals with Clarence River Yamba Bay Oysters. Foodies will also love one of Yamba's oldest restaurants, which also happens to be its most picturesque. The iconic Pacific Hotel is considered Australia's best-located hotel, and for good reason – it's perched right above the beach with 180-degree views of the Pacific Ocean. Whether you eat a meal or stay a night, it's sure to be an unforgettable experience.

Other popular local eateries include Karrikin (social dining at its best!), Drift Pizza Bar and The Kiosk, which serves simple and tasty breakfast and beautiful coffee right on the sands of Yamba's Main Beach under the Surf Life Saving Club.

### Explore

Whether you stay on land or take to the sea, there are so many adventures to be had in Yamba. Its prime position on the coast makes it a favourite for whale watchers, but don't just watch from shore – Reel Time Fishing offers whale watching tours from June to October (and deep-sea fishing as well). You could also take the water fun into your own hands and hire a boat from one of the many providers in town. The 'Yamba BBQ Boats' are particularly popular, both because lunch is sorted and because you don't need a boat licence to hire one.

In town, explore Yamba's rich history at the Yamba Museum. Then, meet the town's local artisans at the monthly Yamba River Markets – a favourite for visitors young and old.

To get a sweat on, take your pick from one of the many beachside walking tracks – climb up to the Yamba lighthouse or explore parts of the 65km Yuraygir coastal walk. For those looking for sport, Yamba Golf and Country Club is an award-winning championship 18-hole course that's highly rated.

### Recharge

If you're looking to relax and recharge your batteries, look no further than Yamba. Take a dip in the ocean pool and emerge feeling brand new – nothing beats a salty swim at sunrise. Alternatively, why not take your afternoon lie down to the waterfront and read a good book by the ocean or the Clarence River? There are so many spots to choose from!



Yamba Cove

# HEART OF THE HOME

The kitchen is the undisputed engine room of any abode. At Palm Lake Resort Yamba Cove, our kitchens are chic, yet timeless iterations that provide as much function as they do style.

## Hang time

Pendant lights over the island provide ambience

## Drink in the details

Plumbed water connection to oversized fridge cavity, as standard

## European quality

Premium SMEG appliances throughout

## Sleek lines

Wide stone benchtops and glass splashback

## Designer features, on tap

High quality brushed nickel tapware alongside an instant hot and cold Billi tap

## Google Hub

\$20,000 Google Hub home intelligence system as standard in all residences

## Hard wearing, long lasting good looks

Designer laminate cabinetry with soft close doors and drawers, offering wheelchair-friendly dimensions

*Pictured: The kitchen, in our Palm Lake Resort Yamba Cove 'Grafton' display home, is bathed in natural light.*



*Pictured: An artist's impression of Forster Lake's Rhodes Sports Club and eight rink undercover lawn bowls green which will open in the coming weeks.*

Forster Lakes

# ALL RHODES LEAD TO FUN

The Palm Lake Resort Forster Lakes masterplan is really coming together now, with resort facilities being delivered to grateful homeowners at a rate of knots.

**PALM LAKE WORKS** Construction Manager Jeff Foster oversees this resort's construction projects and says his team will soon be handing over one of the most impressive lawn bowls greens ever built in the more than 46-year history of Palm Lake Group. Featuring eight playing rinks,

this undercover, floodlit facility will offer championship play in all weather conditions - at any time of the day or night.

"We've also fully enclosed the ceiling for the first time ever, to make the playing area even more comfortable for our homeowners and their invited guests," Jeff explains. "With privacy screening and the fact that the facility also backs on to bushland, there's a lovely ambience for bowlers and spectators there."

Expected to be completed in late March, Jeff says the lawn bowls green will become the dazzling centrepiece of the sporting masterplan for this ever-expanding resort.

Following the unveiling of the lawn bowls green, Jeff's team

will then add tennis and pickleball courts to the mix and there's even a putt putt/mini golf course on the drawing board. And, of course, adjacent to all this is the Rhodes Sports Club - a place where many post-match stories (and drinks) will, no doubt, be shared.

For years now, Palm Lake Resort has committed to bringing only the highest quality lawn bowls facilities to resorts up and down Australia's east coast. But it's not just the obvious external structures that turn heads for their architecture and craftsmanship - the inner workings of these facilities have also been thoroughly considered. Graced with an expertly engineered Sportscrete base, the Forster Lakes rink will be the epitome of any lawn bowler's dream green. It will feature a world-class, Olympic-standard Greengauge woven surface to impress the most competitive of Palm Lake Resort bowlers.

Among the keenest Forster Lakes homeowner bowlers are Noel James, Bruce Hill and Graeme Menday. Back in November 2023, this trio raised their hands to form a steering committee tasked with bringing together a resort Bowls Club. Noel has been playing bowls for more than 40 years and is currently a member of Tuncurry Beach Bowls Club. While he admits he was originally a fan of tennis, his back had other plans and lawn bowls became his alternative past time. In the four decades since, Noel says he's played all levels of competition including Number 1 club pennants and also zone rep games.

"We've surveyed the homeowners here to understand what they want out of our resort Bowls Club and we got more than 70 responses," Noel says. "There are many who have never played before who are interested in joining our club once the green is open, which is great."

Noel says the future of the resort's Bowls Club is bright given there are two Bowls Australia accredited coaches among the homeowner group here - one of whom is his wife, Barbara, who has been coaching for 25 years and playing for even longer. Her fellow coach is Jenny Baldwin.

"We're all really looking forward to the opening of the facility," Noel smiles. "We're itching to get on that green!"

Beyond the competitive aspect of this most popular over-50s sport, lawn bowls has also proven to unite the more social Palm Lake Resort homeowners. Casual, barefoot games are enjoyed in every resort, every week, across the Palm Lake Group, fuelled by community spirit and set on a backdrop of happy chatter and laughs - which is no doubt something we look forward to here at Forster Lakes.

Whichever way you enjoy your bowls - competitively or socially - it's an easy, low-impact sport that's keeping homeowners physically and mentally active and healthy. And it's just another way that Palm Lake Resort leans into its more than 46-years' experience in designing, construction and managing over-50s resort communities to provide the ultimate lifestyle experience for modern retirees.

Forster Lakes

# NOW, EVEN CLOSER TO NATURE

As more and more community facilities are unveiled, life just gets sweeter for Palm Lake Resort Forster Lakes homeowners.

**RECENTLY, A PRIVATE** resort pontoon was installed at Palm Lake Resort Forster lakes, providing convenience to those who enjoy the kinds of hobbies and pastimes that bring them closer to nature and the unrivalled beauty of Wallis Lake.

Palm Lake Works Civils Manager Matt Eddy says Stage 1 of the project saw a 12m x 4m main pontoon installed on the northern side of the resort's Wallis Lake inlet. Stage 2 of the project will see an additional kayak-launching system added to the main structure.

"The main pontoon was designed to provide access for boats," Matt explains. "The second part will adjoin the main structure to provide a stable launching platform specifically for our kayaking enthusiasts."

Matt says he and the team were happy to see the new pontoon getting quite a workout over the summer holiday season - whatever your preferred choice of watercraft.

"Heaps of people were using it - homeowners and their families, with their kids. Boats were pulling up. People were also using it as a platform to watch the dolphins swim by."

Albert Lau and Geoff Gray are two Palm Lake Resort homeowners who are already benefitting from the new pontoon in their 'backyard'. On the eve of their second anniversary as Forster Lakes homeowners, the keen anglers have been casting their lines from the pontoon with great success. In just their first few visits, between them the pair have reeled in a flounder, an eel and some other smaller species but Albert was especially chuffed to land himself two flathead - the largest of which was 38cm!

"We took that one home and have already shared it with some of the other homeowners here," Geoff smiles.

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Geoff says he and Albert have been long-time residents of the Forster area. The pair downsized a large family home to join the Palm Lake Resort Forster Lakes community after watching the resort grow up out of the ground all those years back. Together as a couple for 13 years, with their French Bulldog 'Alfie' in tow, Geoff says that the Palm Lake Resort community is filled with wonderful people who have been especially accepting of his and Albert's relationship.

"There's such a good sense of community here," Geoff says. "I organised a street party at Christmas that was great fun. There was a Christmas lights competition as well and everyone had their flags up for Australia Day. It's great."

Geoff says that once word got out around the resort grounds about Albert's 38cm flathead, the new pontoon has understandably seen a lot more angling action.

"Bream is the most common species here in Wallis Lake but you'll also get tailor and flathead, of course, as well as mulloway. The Forster-Tuncurry bridge is another popular local fishing spot where people chase black fish," he explains. "But to get the best result here at the pontoon, you really just need to follow the tides."

Albert and Geoff would previously drive 30 minutes to fish their favourite spot at Tuncurry which Geoff says was full of sticks and the like. Now, they've got a new favourite spot, in a nice clear area, walking distance from their front door. Perfect.



**Pictured:** Forster Lakes homeowner Albert Lau and the 38cm flathead he caught from the resort's new pontoon.



## Paynesville *MEET JO AND TROY*

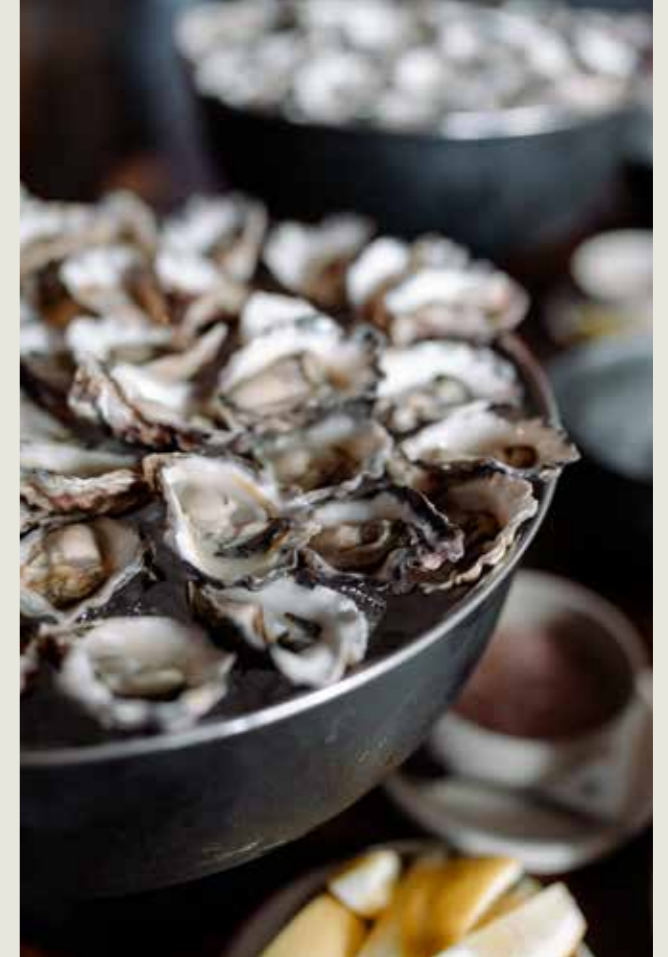
New to Paynesville but old favourites among the Palm Lake Group, let us introduce you to our inaugural Paynesville Caretakers.

**JO AND TROY** van Rees might be the newly appointed Palm Lake Resort Paynesville Caretakers but they're some of our most experienced resort managers around. The pair joins our Paynesville team on the back of a seven-year stint caretaking our Palm Lake Resort Truganina community.

What sets the van Rees apart is how authentically invested they are in the community they lead. During their Truganina tenure, this pair shared some significant personal milestones with their homeowners, including their wedding. Given the excitement among the resort community while Jo and Troy planned their nuptials, they returned to the resort just two days after their wedding day, in their full wedding attire, to share their first dance with the homeowners! A little further down the track, the pair welcomed their first child, Lando, into the world. Of course, there was a resort baby shower for Jo, and Lando has gone on to become a permanent, welcome fixture at all the big resort events.

"As much as we are enjoying the sea change with our move to Paynesville, it was very hard to say goodbye to Truganina. We've loved being part of that community," Jo says. "We are so excited though to be involved in a new resort; to be there from the beginning and welcoming the first homeowners to what we know will be their amazing new lifestyle."

"The plans and design for the facilities and homes looks spectacular and it's great seeing so much happening on site already, with facilities well on their way and homes coming quickly out the ground," says Troy. "We also love the area. It already feels like home and I'm glad to get back to the country and raise our 4-year-old son in a small country town, like I grew up in."



## Paynesville *RARE FIND*

**WE ENJOYED HOSTING** Palm Lake Resort Paynesville VIPs at a memorable day of unparalleled opulence at Jackalope's Rare Hare restaurant. With our newest designer resort community currently coming out of the ground in Paynesville, we were excited and proud to share our story with guests while they delighted in a three-course lunch experience at the award-winning restaurant, set on a backdrop of vine-laced hills. Described by The Age's Good Food Guide as offering "the best of the Mornington Peninsula's food, wine, produce and views", guests were treated to the kind of opulence (and friendship) they'll one day experience at our Paynesville resort. A rare level of designer elegance in over-50s living awaits...

**Pictured:** The staircase in our awe-inspiring Cimarron display home might be functional but, more so, it's a sculptural masterpiece.

## Pelican Waters

# FIRST DISPLAYS UNVEILED

There's nothing like walking through a styled display residence to really put yourself in the picture when deciding on your next real estate purchase. At Pelican Waters, we've just unveiled two showstoppers.

**AT A VERY** spacious 497.6m<sup>2</sup>, our Cimarron display residence offers unrivalled beauty. The Palm Springs aesthetic is obvious from the street. Cimarron's distinctive flat roof line is complimented by unexpected curves and rich texture. Both inside and out, textural finishes have dominated the decision making. From the sleek wood grain cabinetry, to the intricate stone cladding, to those to-die-for tiles, every surface of this home effortlessly grabs your attention. And that staircase. From the moment you walk into this majestic Cimarron, your eye is drawn up those graceful curved lines which are bathed in inviting natural light. This staircase might be functional, but more so it's a sculptural masterpiece.

Palm Lake Resort Pelican Waters Sales Executive Dawn Stubbs says the Cimarron display is packed full of features - every available upgrade package is showcased here, to offer you a glimpse of just how sweet life can be at Palm Lake Resort Pelican Waters.

"This home is truly aspirational," Dawn says. "With all those upgrades and features, it has huge 'wow factor' for those who walk through it. The plunge pool upgrade is such a talking point as well."

Santa Rosa is our second new display residence. Offering a single level of open-plan elegance (at 238.5m<sup>2</sup>), this residence has the same unmistakable Palm Springs energy from the street. Clean lines meet the warmth of curved timber, with convenient dedicated parking for your complimentary golf car, separate from the full-sized garage. Similar to our Cimarron display, the Palm Springs palette permeates every corner of this home, as do the features.

"Our Santa Rosa offers so much space for a single-storey home," Dawn says. "The layout makes the most of our coveted Queensland lifestyle."

Both the Cimarron and Santa Rosa display residences are open seven days a week, from 9am to 4.30pm. Phone ahead on 1800 490 626 to book your private inspection as well as a resort and golf course tour with our Sales Executives.

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Pelican Waters

# BESPOKE DETAILS ADD VALUE

When we say that no detail was overlooked when designing the aspirational residences at Pelican Waters, we mean no detail. Even the flecks in our bespoke terrazzo tiles were put under a microscope...

**THE MAGIC REALLY** is in the impeccable detail of our grand Palm Lake Resort Pelican Waters residences. With more than 47 years' history designing and constructing over-50s abodes, our Palm Lake Group team pooled all that knowledge and experience when making decisions on every single feature and inclusion here – right down to the flecks of colour in the terrazzo tiles. You see, while our designers and suppliers are incredible, there seemed to exist no completely perfect option when it came to the tile combinations for the planned Palm Springs-inspired colour schemes. Rather than settle for a close second place, our team decided that if we couldn't find the right combination of colour, size and density of the flecks in the terrazzo patterning, we'd have the perfect tiles custom made. Like we say, it's all about attention to those smallest details and, in turn, presenting a truly unique design that brings additional customisation - and therefore value - to the residences we are delivering at Pelican Waters.

Studio Collective Interior Designer Breanna Josey is part of the team tasked with consulting on all the inclusions in our residences as well as the interior design and fit out of our incredible facilities. Breanna says there are 10 elegant colour schemes available across the home designs on offer.

"All 10 schemes have been custom made for Pelican Waters," she says. "We really wanted to elevate the look of these residences by bringing unique design elements into the finishes."

Breanna explains that when it came time to choose the main floor and wall tiles, the team realised that the perfect fit did not exist. They called on Johnson Tiles to help come up with some bespoke custom-made alternatives. While it was a time-consuming and labour-intensive process involving international manufacturers, the results speak for themselves.

"There was at least six months of trial and error with Johnson Tiles during the sampling process," Breanna explains.

"We put in a lot of time perfecting the style, pattern, size and colour as these tiles needed to be absolutely perfect. The first shipment arrived on site approximately 12 months later."

Breanna says it was important to the whole team that they came up with a colour palette that harmonised with the Palm Springs theme, a trend increasingly prevalent in current design aesthetics.

"Envision the ambience of the Californian desert, complete with palm trees, decorative breezeblocks and an array of light tones dominated by shades of pink and beige," she explains. "These tiles derive from this overall palette by bringing in colour and texture that really reflects a true Palm Springs style."

"We wanted the tiles to become their own design feature and bring something unique to Palm Lake Resort Pelican Waters and seeing the final product in these first two display homes makes us feel proud that we've achieved exactly what we set out to do."

**Pictured:** On-trend terrazzo tiles, custom-made especially for Palm Lake Resort, feature throughout our elegant Pelican Waters residences including this one, our impressive new Cimarron display.



**Pictured:** Our aspirational two-storey Cimarron display home, at Palm Lake Resort Pelican Waters.



## Pelican Waters *NEWS BRIEFS*

### Our resort, in model proportions...

Have you stopped by our Palm Lake Resort Pelican Waters Sales Information Centre yet? Standing pride of place, just inside the entrance way, is our impressive 3D architectural masterplan. It's a scale model of the complete Palm Lake Resort Pelican Waters site showing the position of our homes and facilities in quite intricate detail. Complete with lights, it's a great way to wander around the site, by simply wandering around the display!

### ...and in new digital detail.

If you're researching Palm Lake Resort Pelican Waters from afar, there's a considerable amount of detail, for your viewing pleasure, in the digital space. In fact, we've just added more informative features to our website. You can take yourself on a clickable guided tour of The Springs Country Club as well as both our grand Cimarron and Santa Rosa display residences. And, for even more viewing pleasure, there are new video walk-throughs of both these displays on our website. You can check out our Pelican Waters Golf Course and Club in video there as well. Visit [pelicanwaters.com.au](http://pelicanwaters.com.au)

Pelican Waters

# WHEN HARRY MET... GINA

Harry Haralambous is a gentleman who knows style, impressive design and high quality construction methods when he sees them. Which is why he chose Palm Lake Resort Pelican Waters...

**IF YOU RESIDE** at Palm Lake Resort Pelican Waters and haven't yet met homeowner Harry Haralambous around the resort grounds, chances are you would have noticed his pride and joy, "Gina".

A red 1967 Alfa Romeo Duetto Spider, Gina's currently living it up in the spacious garage of our impressive new Cimarron display home, as pictured above right. While the Duetto Spider was one of Alfa Romeo's most popular and famous designs, Harry will tell you that head-turner Gina is somewhat of a "special lady" as only a handful were made in her year.

"It's a car that was made famous by Dustin Hoffman's character in the movie, *The Graduate*," Harry explains.

"I've just gotten hooked on Alfa Romeos since I bought my first one in 1971. I've had 12 in total over the years and I've got three at the moment, including 'Sophia' – a 1973 coupe. It's probably a bit tragic. I'm easily addicted."

Besides being 'the Alfa Romeo people', Harry and his wife Bronwen can also lay claim to being the very first homeowners to settle a luxury residence here at Palm Lake Resort Pelican Waters.

Originally from South Africa, Harry says they've spent the majority of their 40 years in Australia based in our country's southern states. The pair's love of Queensland stemmed from their winter-escape property at Buderim. For around 20 years, Harry and Bronwen would ditch their Canberran and Victorian winters for the literal delight of the 'Sunshine' Coast.

Three years ago, they made the move permanent. And then

late last year, they found their ultimate Sunshine Coast dream home, a Bermuda design, in the masterplan of our resort.

Harry says his background working initially as a quantity surveyor and then for the bulk of his career as a chartered building professional meant he knew a thing or two about developing property and managing construction sites. Among his claims to fame, Harry spent 25 years in Canberra and was part of the team that developed Parliament House. When he branched out into his own consultancy as a development manager, the Commonwealth Government called on Harry's proven expertise to assist with projects for the tax office, health department and even defence.

"I understand specifications, construction and what makes a quality build," Harry says. "Palm Lake Resort, in their endeavour to reach a new benchmark in over-50s living (with the unveiling of Palm Lake Resort Pelican Waters), have a lot of things they can be proud of."

"Bronwen and I are both very happy here. We're very happy with the location and very happy with the quality of the people around us. We absolutely love Dawn and Anna and the team in Sales, and also Louise. They are all very good people."

Besides Bronwen, Gina and Sophia, the other special friend in Harry's life is Ben, his assistance dog. Ben's also living life large here at Palm Lake Resort Pelican Waters as one of our growing number of blissfully happy four-legged community members.

### Grant Field Junior Classic hits Pelican Waters Golf Course

Pelican Waters Golf Club hosted the Grant Field Junior Classic over three days in January. "We had some challenging conditions, but both courses were presented in fantastic condition despite the adverse weather just before the tournament started," Grant says. Congratulations to the event's overall champions: Wesley Hinton and Iona Muir – both juniors proudly winning their first World Amateur Golf Rankings event.

### Caloundra wins inter-resort comp

For the second successive year, Palm Lake Resort Caloundra Cay has won the coveted Palm Lake Inter-Resort Golf Classic, retaining the Palm Lake Cup. Golfers from Palm Lake Resorts Toowoomba, Cooroy-Noosa, Beachmere Sands, Beachmere Bay, Pelican Waters, Caloundra Cay and Hervey Bay descended on Pelican Waters Golf Course for the annual event, with 128 homeowners competing in a four-person Ambrose. Caloundra Cay retained the trophy won in 2023 when the event was played at Woodford Golf Club and the team of Bernie Reddan, Archie Deans, Ian Ponton and Ray Pickup returned the best score of the day – an impressive nett 55.875. Head of Golf, Dale Williamson, said it was the biggest field the course had enjoyed since re-opening. "Hopefully we can have even more of our resorts and homeowners involved next year," Dale says.



## Yamba Cove *COASTAL CHIC*

**THERE'S EXCITEMENT BUILDING** around Palm Lake Resort Yamba Cove as some truly luxurious residences begin to emerge. With so many locals wanting to know more about this exclusive address, Senior Sales Executive Sandy Martin hosted an inspired lunch at Karrikin Restaurant. VIP guests were able to meet the team while enjoying an exquisite three-course meal featuring local produce and other native ingredients. The event took on an elegant Malibu coastal aesthetic to match that of the resort.



### *DEVELOPMENT UPDATE*

**BUSY, BUSY, BUSY** is how I'd describe the current atmosphere around the grounds as Palm Lake Works sinks its teeth into another big year of construction. Rain delays have already caused some havoc for our teams around the country, but it's nothing we aren't used to and can't handle.

At Forster Lakes, we are super excited to see the new bowls green and Sports Club near completion. This new-format bowls precinct is looking amazing. We have also seen our Stage 7 homes coming out of the ground (the first homes in this resort's southern precinct) and we have commenced construction of a final major communal facility here, being and reception centre at the main entry to the resort.

At Paynesville, we are at roof stage for the first 10 homes. These uniquely Victorian designs present an interesting twist on all the good things we include in our homes, specifically designed for the eastern Victorian climate and nautical characteristics of The Lakes Entrance region. The Country Club is also well and truly taking shape with all structural steel erected and roof install commencing as this magazine goes to press.

Up at Pelican Waters, our busiest construction site, we have more than 20 homes settled now. We have started construction of the first homes in the prestigious northern reaches of the resort as well. These homes are proving to be the biggest and best designs Palm Lake Resort has ever seen, whilst offering lake and golf course views from every angle. The Springs Country Club construction is also progressing as quickly as possible, but has experienced some delays due to excessive rain on the Sunshine Coast over summer. We are now moulding concrete tilt panels that will soon be erected and then we will truly start to see this building take shape as it goes vertical. In the background, our design team is madly arranging bespoke joinery and custom furniture that will give this Country Club the prestige finish to be expected at this incredible resort.

Yamba Cove's Vantage Country Club is progressing at speed, due to be complete mid this year. This unique facility has a feel and scale to it that I haven't felt before in any of our other Country Clubs over the years. It's a slimline design that has created a multitude of individual spaces for intimate social settlings and quiet time, whilst also offering a great flow and feel throughout the building, creating the kind of fun and uplifting atmosphere this type of facility is all about. And the views across the waterway are exceptional. With our first Yamba Cove display homes complete, there are another 30 homes well and truly into construction. The first homes in this resort are incredibly spacious and have a wonderful homely feel about them.

**Suzanne Jensen**  
General Manager, Development



### *PALM LAKE PEOPLE*

**IT HAS BEEN** an interesting start to the year to say the least. We've experienced significant rain events across our Victorian and New South Wales addresses - even a mini tornado in Queensland! We are fortunate that the damage was mostly fallen trees and loss of power which, whilst annoying, was certainly not as difficult as other people encountered. We are so lucky that our Palm Lake communities band together and support each other during times like this.

I have been out and about in our resorts already this year, so far visiting Beachmere Bay, Forster Lakes and having the great pleasure of welcoming our newest homeowners at Pelican Waters. It is interesting for me to hear from our newest homeowners of their Palm Lake Group experiences - from the sales process to home handover and beyond. Whilst we may not always get everything right the first time, you can be sure that we strive to provide an outstanding customer experience. We are always endeavouring to learn and improve which is why gathering this type of feedback and taking it back to our teams is important.

Our Human Resources team members have been considering our Employee Value Proposition over the past quarter. We have been focusing on what makes Palm Lake Group unique, and how we attract and retain talented employees. It has been an interesting self-reflection exercise and has led to some really positive discussions around us as an employer of choice. We have close to 200 employees who have been with us for more than five years, which is quite an achievement in the current competitive environment. I think we have a really great company culture where we respect each other, celebrate the wins and share a sense of camaraderie. Our employees all know the value they bring to our organisation and how they contribute to our goals. Palm Lake Group provides learning and growth opportunities, supportive leadership and workplace stability. We also are firm believers in our corporate philosophy and values, where we know our success lies in caring for our homeowners and residents and that we make a difference in each of their lives. We are currently launching our careers website, which allows potential employees to see what is great about working for Palm Lake Group along with easier accessibility to our list of current vacancies. If you've been looking for a rewarding role in a family-owned business with close to five decades of experience, maybe you should look us up?

**Amanda Clements**  
Executive Manager, People & Operations

Palm Lake Resort

# NEWS IN BRIEF



## Three more Palm Lake Resorts in the pipeline...

Did you know that Palm Lake Group now spans 30 addresses? There are 27 Palm Lake Resorts, including those under construction, and three more greenfield sites on the drawing board at Dundowran (near Hervey Bay, QLD), Zilzie (near Rockhamptom, QLD) and Old Bar Beach (between Port Macquarie and Newcastle, NSW). According to Suzanne Jensen, Palm Lake Works General Manager of Development, at our Dundowran site her team is currently in the planning stages and “working well with Fraser Coast Council” while Zilzie has seen its first masterplan draft completed, with “lots of exciting considerations to be made in the coming months”.

“We recently obtained an updated development approval for the eastern precinct at Old Bar Beach and are in the middle of finalising design of a beachfront beach house that will serve the homeowners of this future resort,” Suzanne says. “We are also awaiting approval of the golf course for this resort.”

“There is so much happening across the board, it is hard to keep up at times, but the team at Palm Lake Works continues to strive for constant improvement in quality, design and efficiencies to make these new resorts our best yet.”

For our full Property Portfolio, see Pages 32-35.

## Model homeowners

Have you seen our latest television advertisements shot on location at Palm Lake Resort Forster Lakes? We had a wonderful crew of professionals descend on the resort for the shoot and were lucky to rope in a few willing homeowner ‘volunteers’ to feature in our ads including Anita and Brian, and Pippa, their pooch. Have you spotted them on the TV yet?

## Bargara keeps on growing

With thanks to the work of Sandy Martin and her colleagues in our Bargara Sales Information Centre, we can announce that Palm Lake Resort Bargara is now officially sold out and proudly ‘graduating’ to the likes of our other established resort addresses. But there’s more to come at our Bargara location. Palm Lake Works team members are in detailed design phase for the civils for an extension to this resort. Watch this space...

## Green tick of approval at Forster

The ecological areas at Palm Lake Resort Forster Lakes are making great progress as newly planted vegetation flourishes. Palm Lake Works Project Coordinator Jessica Rissman says an independent ecologist consulting on the development project has provided “positive insights from recent inspections” in the lead up to Christmas.

“The independent ecologist’s report reiterates the success we’ve noted on the back of our team’s long-running rehabilitation efforts,” she says. Jessica confirms that reforestation plantings are ongoing across the Palm Lake Resort Forster Lakes site. This work is being coupled with regular maintenance while those areas establish.

## Experience our Paynesville resort now, ahead of construction

Don’t forget you can visit our Palm Lake Resort Paynesville Customer Experience Centre at 120 Nicholson Street, Bairnsdale. Not your average Sales Information Centre, our Sales Executive Jessie Loe can tour you through the centre, which features a thorough colour selection space that provides tangible examples of the eight standard schemes and four upgrade schemes that will be on offer to future homeowners. Under each ‘scheme’, visitors will be able to view coordinating selections for paint, cabinetry, benchtops, tiles and grout, carpet, flooring and curtains – helping visitors really visualise their future home. There are also individual alcoves that highlight other current Palm Lake Resort projects, to help guests put together a well-rounded picture of what the Palm Lake Group is about. To the rear of the centre, there’s a functional bar area with a baby grand piano and a golf simulator room.

“Visitors will get an overall feel for the resort’s general aesthetic and a real taste of what’s to come,” Jessie says.

The Palm Lake Resort Paynesville Customer Experience Centre is open weekdays, 9am-4.30pm, and weekends by appointment. You can also FREECALL 1800 960 943.

## We’re all social here

Are you on social media? Make sure you follow our company’s various social profiles to see what’s happening right across our dozens of Palm Lake Resort locations. Palm Lake Resort is on Facebook (@palm.lakeresort) and also over on Instagram (@palm.lake.resort). We also feature many warm-and-fuzzy stories from our seven Palm Lake Care aged caring communities on both these social platforms (@palm.lake.care). With more than 10,000 people calling a Palm Lake Group address home, there’s always loads going on!

*Pictured: Palm Lake Resort Forster Lakes.*



*palm lake lifestyle*

Lifestyle

# DOPAMINE DECOR

Move over, minimalism. Interior design is taking a U-turn, with homeowners deciding more is... more.

**BRILLIANTLY BOLD**, ‘dopamine décor’ is the interior trend the world needs right now. A twist on ‘dopamine dressing’ that we’ve seen in the fashion world, dopamine décor is essentially about going all out with your take on visual eye candy in the pursuit of homely happiness.

Dopamine is the feel-good neurotransmitter that aids humans in movement, memory, motivation and attention. When it comes to dopamine decor, disregard what’s ‘trendy’ and seek out your specific style of feel-good hit. The secret to dopamine décor is that it’s not universal; what might spark joy for one person could make another cringe. However, common proven ways to get a dopamine decor hit are via colour and through nostalgia - maybe an eclectic print or kitschy trinket or holiday souvenir sparks a happy memory? The goal is to create a sense of happiness, so it will – and should – differ from home to home. It’s all about personality, after all. Play is also intrinsic to dopamine décor, so have fun experimenting. Here are a few easy ways to inject some dopamine into your home...

## Do your research

As with most interior trends, dopamine décor is an amalgamation of styles from all over the globe. Just look the bustling streets of the Pink City (Jaipur, India) or the tiled riads in Marrakech. Now might be the time to invest in coffee table books – for research, yes, but also as décor pieces. Maybe also though, a travel book reminds you of an incredible holiday? The Assouline travel series has books inspired by Mexico, Ibiza, St Barths and Monte Carlo, to name a few. If nothing else, you’ll certainly find inspiration in the colour combinations on the covers.

## Add pops of colour

A perfect place to start: the colour wheel. Look at the large furniture items you already have, then consult a colour wheel (there are many handy versions online).

*Continued on Page 24 >>*

## Lifestyle *SET THE MOOD*

<< Continued from Page 23

A colour wheel will help you work out which complementary or contrasting colours you could potentially add. A dark wood dining table could benefit from a bright yellow vase. A neutral beige lounge may need some bold patterned cushions. With your bedding linen, a pink and white striped throw could pop alongside royal blue cushions. When it comes to colour pops, sometimes the unexpected combinations are the winning ones.

### Texture is everything

More is more – and we're not just talking about colour. One way to make dopamine décor feel considered and lived in is to play with texture. A woodgrain coffee table can be elevated with a slick tiled tray; a leather sofa, with a deliciously soft linen throw or some chunky knit cushion covers. House plants and flowers are easy ways to add texture while also breathing life (literally, and figuratively) into your home space – especially when they're positioned together in an eclectic collection of pots. There are extra dopamine decor points for inserting colour and texture into your pot selection.

### A personal touch

As we mentioned before, dopamine décor is all about personality. How can you make your home feel more you? By adding the things that make you happy. Maybe your favourite piece of art could be reframed in a fun new colour? Or perhaps you could incorporate that drawing or craft your grandchild made for you into your décor? If you're holding onto vintage glassware or china, passed down through generations, put it out on display on a bar cart or kitchen shelf. This kind of design is all about letting your true colours shine.

### Wonder walls

Feeling brave? Why not go big with this dopamine decor trend and have fun with paint colours – or, better yet, wallpaper? When adding wallpaper to your home, begin somewhere small. A guest bathroom, for example, is the perfect place to start. But, at the same time, don't be afraid to cover every wall (there are many temporary wallpapers out there, if you're scared to commit). Otherwise, have fun with unexpected paint colours – not just on your walls, but on furniture, too. What's stopping you from painting those bar stools in a Jaipur-inspired pink to take you back to that happy holiday in India? Or adding a bold blue armchair to your lounge setting to take you back to that family holiday in Santorini?

With your dopamine (decor) levels high, let's now look at your home's lighting plan for the total mood-enhancing solution. If you're wondering how you can achieve the perfect ambient balance, try these tips...

### Install a dimmer

If you don't already have them, dimmable lights are certainly the simplest way to control the lighting in your home. Not only will they allow you to reduce or brighten your overhead lighting at the touch of a button (or turn of a dial) but many also let you change the tone of your lighting from natural to warm to cool. If you don't want to spend the money changing over all your lighting, start with the living room.

### Angle, for impact

Do you have a piece of art or a feature of your home that you want to highlight? Angled lights – be they ceiling lights or wall sconces – are your new best friend. These small lights give you the ability to manipulate their angle and point them at whatever you fancy. Maybe you're hosting a games night or movie night, and you would like the coffee table to be brighter than the rest of the room? With angled lighting, anything is possible – especially when they're dimmable.

### Add more lighting

The key to controlling the amount of light in a room? Having multiple light sources, of course. From floor and lamps to sconces and even candles, the more options you have to choose from, the better you can adjust the ambience in a room. Hosting an intimate dinner party? Dim the overhead lights and turn on a lamp or two – then, in the bathroom, turn off the lights and light a few candles (or opt for electric ones).

### DIY with LED

One of the top tips from the lighting experts at IKEA for creating mood lighting is installing LED strips. Light strips can be installed underneath bookshelves, balustrades, cabinetry, even beds, to create the perfect amount of light. The warmer, the better, when it comes to mood lighting.

### Change the bulbs

Are you happy with your current light sources, but feel something just isn't quite right? You can create a different mood in your home simply by changing your lightbulbs. If you're looking to reduce stress or anxiety, consider warmer light. If you want a better night's sleep, try red light. If you're lacking focus, blue lighting could help you get in the zone. And if you struggle to wake up in a room without natural light, fake it with a daylight lamp.

## Lifestyle *COLOUR COMBO*

Inject a dose of dopamine into your home with these unexpected colour duos. Remember to choose your version of happiness!



*Pictured from top: 'Cockatoo' + Maison Balzac carafe, \$89. 'Jade Lime' + Paola and Joy Cora lamp, \$199. 'Peach Fuzz' + Muse Samira cushion, \$60. 'Flame Scarlet' + Gigi & Tom kinked mirror, \$600. 'Little Boy Blue' + KAS Candy vase, \$140. 'Sunshine' + Polka Luka medium resin salad bowl, \$50. 'Dianthus' + House of Isabella Cora chair, \$1260. 'Dark Purple' + Milo Made Ceramics mug, \$100*

Everyone knows that a meal shared is especially tasty. There are many, many examples of likeminded people sharing meals across our Palm Lake Resorts each and every day. There's no doubting our homeowners thrive on the social nature of our communities. If you're visiting your neighbours for a get together, chef Sophie Hansen has just released the perfect cookbook to answer that biggest question...

Lifestyle

# WHAT CAN I BRING?



## Braised beef short ribs

Prep 20 mins + marinating. Cook time 4–6 hours. Serves 6–8

### Ingredients

1.2 kg beef short ribs  
2 handfuls green beans, trimmed

### Marinade

3 tablespoons olive oil  
1 tablespoon chopped fresh thyme leaves  
2 garlic cloves, crushed  
1 tablespoon smoked paprika  
½ teaspoon cayenne pepper  
1 tablespoon salt  
1 teaspoon ground black pepper

### Cooking sauce

1 tablespoon olive oil  
1 brown onion, diced  
1 heaped tablespoon tomato paste (concentrated purée)  
⅓ cup (80 ml) Worcestershire sauce  
2 cups (500 ml) chicken stock

### Method

Trim the ribs of any excess fat and place them in a large container. Combine the marinade ingredients in a small bowl, add to the ribs and mix and rub to coat them all well. Cover and place in the fridge to marinate overnight, or for at least 4–6 hours.

Heat the barbecue or a hotplate to high and sear the ribs on all sides until they are nicely browned. Set aside while you make the cooking sauce.

Preheat the oven to 140°C (275°F). Heat the oil in a large casserole dish over medium heat and cook the onion for about 10 minutes, or until soft and translucent. Add the tomato paste, Worcestershire sauce and stock and bring to a simmer. Reduce the heat and add the beef ribs. Transfer to the oven and cook slowly for 4–6 hours, or until the meat is tender and almost falling off the bone. Add the green beans for the last 10 minutes of cooking time. Serve warm.

### Travel advice

Try to time the cooking so the ribs will be done just before heading out the door. They should keep their heat for a while, but if you have access to a hotplate or oven, perhaps give them a quick reheat just before serving. To help with this, wrap the casserole dish in a couple of tea towels and ensure the lid is securely tied down, then tuck into a laundry basket with some towels to keep as much heat in as possible.

## Corn, goat's cheese, pickle & dill tarts

I love this flavour combination so much. The pickles (sliced quite thickly and baked with the rest) are such a flavour bomb with the buttery corn and creamy cheese. We have made these into small galettes here, but you could use a tart shell or muffin tins – whatever is easiest!

Prep 30 mins + resting. Cook time 40 mins. Serves 4–6

### Ingredients

1 tablespoon butter  
3 cups (600g) fresh corn kernels (from 3–4 ears)  
1 × quantity Shortcrust pastry (see Page 28), chilled  
Plain flour, for dusting  
1 handful dill, chopped  
1 × quantity Ricotta filling (see Page 28)  
150g goat's cheese, crumbled  
1 cup (300g) dill pickles, cut into 1 cm (½ inch) slices  
2 egg yolks  
1 tablespoon cream

### Method

Melt the butter in a heavy-based frying pan over medium–high heat and add the corn kernels. Cook, stirring often, for about 10 minutes, or until they are just beginning to catch and caramelize. Remove from the heat and set aside. Preheat the oven to 200°C (400°F).

Roll out your chilled pastry on a lightly floured benchtop and cut into four to six rounds – I used a side plate with a 15cm diameter. Transfer to a couple of trays lined with baking paper.

Add the dill to the ricotta filling and mix to combine. Place about 2 tablespoons of this in the middle of each pastry round. Top with a little goat's cheese, about 2 tablespoons of the cooked corn kernels and a few pickle slices. Gently pinch the edges of your pastry together to form a crimped seal. Whisk the egg yolks and cream together and brush this mixture over the crimped edges. Pop in the oven and cook for about 30 minutes, or until the tops are puffed and golden.

### Travel advice

Allow the tarts to cool, then pile them into a container and wrap loosely with a tea towel. If you're going far, keep them chilled and let them come to room temperature before serving.

Continued on Page 28 >>

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## Shortcrust pastry

Makes 380g pastry (enough for 1 large tart or 8 small tarts)

### Ingredients

1 ⅔ cups (250g) plain flour, plus extra for dusting  
A pinch of salt  
½ cup (125g) chilled butter, cubed  
4 tablespoon iced water

**Method:** Tip the flour onto your benchtop, add the salt and make a well in the centre. Into this, place the chilled butter. Using the heel of your hand, smooch the butter into the flour, working it together until the mixture is coarse and sandy with pea-sized pieces of butter. Now add the water, a little at a time, still using the heel of your hand to bring everything together into a cohesive disc of pastry. A few streaks and seams of butter are totally fine here. Wrap in plastic wrap and chill in the fridge for 30 minutes. Depending on your tin/tray size and depth, you might have some left-over pastry. Just roll it out and make yourself a mini tart.

## Ricotta filling

Makes approx. 400g.

### Ingredients

2 eggs  
½ cup (50g) finely grated parmesan  
½ cup (125ml) single (pure) cream  
⅔ cup (165g) fresh, soft ricotta

**Method:** Whisk all together until well combined.

## Strawberry jam crumble slice

Pictured above right, this one couldn't be easier, but the key thing is to let it cool completely in the fridge before slicing or it will fall apart. Swap the jam with marmalade if you prefer. Prep time 10 mins. Cook time 1 hour 5 mins. Makes 20 squares

### Ingredients

175g unsalted butter, plus extra for greasing  
½ cup (110g) brown sugar  
1 teaspoon vanilla paste  
A pinch of salt  
1 cup (100g) rolled oats  
½ cup (45g) desiccated coconut  
180g plain flour  
1 cup (320g) strawberry jam, or jam of your choice

**Method:** Start by browning the butter. Place the butter in a small saucepan over medium heat and melt, stirring as you go. Continue cooking until it begins to brown, about 5–6 minutes, then pour into a bowl or jug and leave to cool for 5 minutes.

Preheat the oven to 160°C (315°F) and grease and line a 20cm square slice tin. Combine the cooled brown butter, sugar, vanilla, salt, oats, coconut and flour in a bowl. Mix together with your hands until you have a crumbly dough. Press half of this mixture into the base of your lined tin. Spread this with the jam and crumble the remaining dry mixture over it.

Bake for 1 hour, or until the top is golden brown. Remove from the oven and allow to cool completely before chilling in the fridge. Once well chilled, slice into bars. If you try to slice this while still warm it will crumble and collapse. It will still be tasty, but not so much in 'bar' form.



Images and recipes from "What can I bring?" by Sophie Hansen. Murdoch Books, RRP \$50

## Pearl couscous with roast veg

Pictured on Page 26, they always say the best parties happen in the kitchen, so don't worry if you need to assemble a dish like this one on-site. Having a job on arrival is also a great way to get warmed up for a night of socialising.

Prep 25 mins. Cook time 55 mins. Serves 6 as a side

### Ingredients

1 tablespoon brown sugar  
1 tablespoon balsamic vinegar  
⅓ cup (80ml) olive oil  
500g cherry tomatoes, halved  
2 red onions, cut into eighths  
1 red capsicum (pepper), cut into strips  
2 zucchinis, chopped into 2-3cm chunks  
2 cups (500ml) chicken or vegetable stock, or water  
250g pearl couscous  
Juice of 1 lemon  
½ cup pitted black olives  
200g soft goat's cheese  
1 handful roughly chopped flatleaf parsley leaves

**Method:** Preheat the oven to 140°C (275°F). Mix the brown sugar, balsamic vinegar and 1 tablespoon of the olive oil together in a bowl. Add the tomatoes and toss to coat. Tip your dressed tomatoes into a roasting tin, season with salt and pepper and pop in the oven for about 35 minutes – you want them to be soft and caramelised but not mushy. Meanwhile, combine the onion, capsicum and zucchini in another roasting tin. Increase the oven temperature to 180°C (350°F) and season the vegetables with salt and pepper, drizzle with a little more of the olive oil and bake for about 20 minutes or until soft. While the vegetables are cooking, pour the stock into a saucepan and bring to the boil. Add the couscous and give it a quick stir. Reduce to a simmer, cover with a lid and cook for 10 minutes, or until tender, checking regularly to ensure the couscous doesn't stick to the bottom of the pan or clump together. Tip the tomatoes into the tin with the vegetables and gently stir together. Drain the couscous and tip into the vegetables. Add a good squeeze of lemon, the rest of the olive oil and the olives, and give it all a final stir. If serving in another dish, transfer to that now then finish with the goat's cheese crumbled over the top and a good sprinkle of parsley.

**Travel advice:** This dish can be made well in advance, but keep the cheese and parsley to add right at the end. Or you can pre-roast the veg, then cook the couscous and assemble on arrival.

Lifestyle

# READING RULES

palm lake  
lifestyle

If an apple a day keeps the doctor away, there's a school of thought that says a book a day – or at least reading something every day – will also help keep the doctor away. Here's why...

## Reading strengthens your brain

Using MRI scans, researchers know that reading involves a complex network of circuits and signals in the brain. As your reading ability matures, those networks also get stronger and more sophisticated. In a study conducted in 2013, researchers used functional MRI scans to measure the effect of reading a novel on the brain. Study participants read the novel "Pompeii" over a period of nine days. As tension built in the story, more and more areas of the brain lit up with activity. Brain scans showed that throughout the reading period and for days afterward, brain connectivity increased.

## Increases your ability to empathise

Further research shows that people who read literary fiction over the longer term – that is, stories that explore the inner lives of characters – show a heightened ability to understand the feelings and beliefs of others. Researchers call this ability the "theory of mind," a set of skills essential for building, navigating and maintaining social relationships.

## Helps prevent cognitive decline

Although research hasn't proven conclusively that reading books prevents diseases like Alzheimer's, studies show that seniors who read and solve math problems every day maintain and improve their cognitive functioning. And the earlier you start, the better. A 2013 study conducted by Rush University Medical Centre found that people who've engaged in mentally stimulating activities all their lives were less likely to develop the plaques, lesions and tau-protein tangles found in the brains of people with dementia.

## Reduces stress

In 2009, a group of researchers measured the effects of yoga, humour and reading on the stress levels of students in demanding health science programs in the United States. The study found that 30 minutes of reading lowered blood pressure, heart rate and feelings of psychological distress just as effectively as yoga and humour did.

## Prepares you for a good night's rest

Doctors at the Mayo Clinic suggest reading as part of a regular sleep routine. For best results, you may want to choose a print book rather than reading on a screen, since the light emitted by your device could keep you awake. Doctors also recommend that you read somewhere other than your bedroom if you have trouble falling asleep.

## Helps alleviate depression symptoms

People with depression often feel isolated and estranged from everyone else. And that's a feeling books can sometimes lessen. Reading fiction can allow you to temporarily escape your own world and become swept up in the imagined experiences of the characters.

## May even help you live longer

A long-term health and retirement study followed a cohort of 3635 adult participants for 12 years, finding that those who read books survived around two years longer than those who either didn't read or who read magazines and other forms of media. The study also concluded that people who read more than 3.5 hours every week were 23 per cent likely to live longer than those who didn't read at all.

## An interesting final note

Don't read solely on a device. Flip through print books, too. Studies have shown that people who read print books score higher on comprehension tests and remember more of what they read than people who read the same material in a digital form. That may be, in part, because people tend to read print more slowly than they read digital content.

## Our homeowners' suggestions

We took it to our Palm Lake Resort homeowners to suggest some good reads and here's what they recommended:

### Palm Lake Resort Eagleby's Librarian,

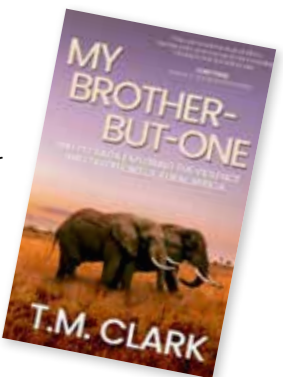
**Jone Morganti:** A book I read recently was "Spare", a memoir by Prince Harry, Duke of Sussex. It gave a very good description of Prince Harry's life and the many problems he had. A lot of his frustration with the media obviously dated back to their treatment of his mother, when he was quite young. I found his description of life in Buckingham Palace absolutely fascinating and would recommend it to anyone who likes a good read, whether a royalist or not.



### Palm Lake Resort Waterford's Library

#### Coordinator, Les Elborne:

"My Brother-But-One" by TM Clark is set against the magnificent backdrop of Africa across the decades. This epic saga explores and challenges the traditions between the white and black families of rural Africa. Author Tina Marie Clark was born in Zimbabwe, completed her schooling in Bulawayo. Now living at Bribie Island, she combines her love of story telling with her love of Africa. This review does not do justice to the scope and drama of this book, so well researched with political history and a large glossary of African language terms. I was thrilled to read it and recommend it wholeheartedly.





## Palm Lake Care *AROUND THE GROUNDS*

There's a vibrant community of Palm Lake Care residents and staff who make the most of every day!

**Pictured above:** Toowoomba's intergenerational program brings smiles to all faces - young and old. **Pictured right from top down:** Mt Warren Park's most artistic residents took a trip to the Logan Art Gallery to meet an exhibiting artist. Caloundra's manager's lunches present exquisite fine dining experiences. Mt Warren Park also celebrated its 5th birthday with some loyal employees who've been there from the start. Bargara's Indoor Bowls Champ for 2023 is Allan, with Keith and Beryl named December's best.



**Pictured above:** Palm Lake Group Founder Walter Elliott, MD Scott Elliott and Palm Lake Care CEO Dan Aitchison recently visited The Variel in Woodland Hills, California, among other United States care providers.

## Palm Lake Care *CARE GOES INTERNATIONAL*

With lofty goals set for Palm Lake Care in the coming few years, CEO Dan Aitchison recently joined the Elliotts on a research mission to some of the world's best care providers. What they found there bodes well for the future of our business...

**THERE ARE BIG** goals on the horizon for Palm Lake Care in the coming years including developing two brand new communities to join the seven successful addresses already within the portfolio.

With that in mind, Palm Lake Group founder Walter Elliott, Managing Director Scott Elliott and Palm Lake Care CEO Dan Aitchison recently embarked on a trip to the United States to explore high-achieving international care communities. The trio spoke with various operators to better understand their business models, to find out what made their specific operations successful and also understand where those operators saw room for improvement.

"There is a big focus on integrated living for aged care residents in the US, which supports our own thinking around co-locating Palm Lake Care communities with Palm Lake Resorts," Dan explains. "We also saw that Americans are prepared to pay for different services that deliver more choice and the highest quality in aged care.

"We enjoyed many learnings and have brought home an

array of new ideas to apply to our business," he says. "Above all, it was reassuring to look at the services we are providing locally to see that what we are offering is comparatively world-class. It gave Scott, Wal and I a great deal of pride to put Palm Lake Care on this world stage."

Dan says his and his team's goals for the business in 2024 are clear; they aim to work even more closely with each of the seven Palm Lake Care communities, their residents and families, to enhance the service offering and broaden the spectrum of care provided.

"We believe in the power of consultation and listening to those valuable insights. Feedback guides us in implementing truly personalised services that cater to individual needs and preferences," he says.

"The aged care sector is ever-evolving, with changes to the Aged Care Act and new standards on the horizon. We understand the importance of adapting to these changes and, as both service providers and recipients, exploring them together. Together, we can strive to meet and exceed expectations from all stakeholders within the aged care sector."

Palm Lake Care is currently in the process of planning two new aged caring communities to be co-located alongside Palm Lake Resorts Cooroy-Noosa and Forster Lakes. These new care communities will expand the brand's reach and enable us to serve even more individuals in need.

"We won't always get things right, but we will continue to work collaboratively to provide the best possible care for all those entrusted to us and those who engage with Palm Lake Care," Dan says.



# PALM LAKE RESORT



## Palm Lake Resort Pelican Waters

**NEW HOMES NOW SELLING!** The epitome of opulence in over-50s living and our most exclusive address yet. This resort neighbours our Greg Norman-designed Pelican Waters Golf Course. Some residences will enjoy water frontage, some will have direct golf course access and some will offer both. All homes enjoy a complimentary Club Car golf car, valued at \$33,000. First displays now open.



**1800 490 626**  
40 Mahogany Drive,  
Pelican Waters QLD 4551

## Palm Lake Resort Forster Lakes

**NEW HOMES NOW SELLING!** 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. Our \$18 million Belleair Country Club was named New South Wales' Best Sporting Facility by the Master Builders Association.



**1800 577 542**  
223 The Lakes Way,  
Forster NSW 2428

## Palm Lake Resort Paynesville

**NEW HOMES NOW SELLING!** 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. For more information, stop by our new Customer Experience Centre at 120 Nicholson Street, Bairnsdale and speak to Jessie.



**1800 960 943**  
76 Ashley Street,  
Paynesville VIC 3875

## Palm Lake Resort Yamba Cove

**NEW HOMES NOW SELLING!** Yamba Cove offers a boutique Palm Lake Resort experience for this thriving coastal holiday town. While smaller in footprint compared to those Palm Lake Resorts that have come before it, this exclusive address will offer upmarket residences and the stellar Vantage Country Club. With our first display home now open, Sandy welcomes you to book a private tour.



**1800 960 946**  
2 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

**BARGARA**  
1800 501 119  
24 Rifle Range Road,  
Bargara QLD 4670

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



# PALM LAKE CARE

## 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.

**1800 501 119**  
**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.

**1800 338 382**  
**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 team 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 alongside Palm Lake Resort Caloundra Cay, this new luxury aged caring community was recently named best Aged Care Facility at the Sunshine Coast Master Builders Association's 2023 Housing and Construction Awards. Just like its 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.

**1800 725 652**  
**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.

**1800 282 314**  
**33 Mt Warren Boulevard,**  
**Mt Warren Park QLD 4207**

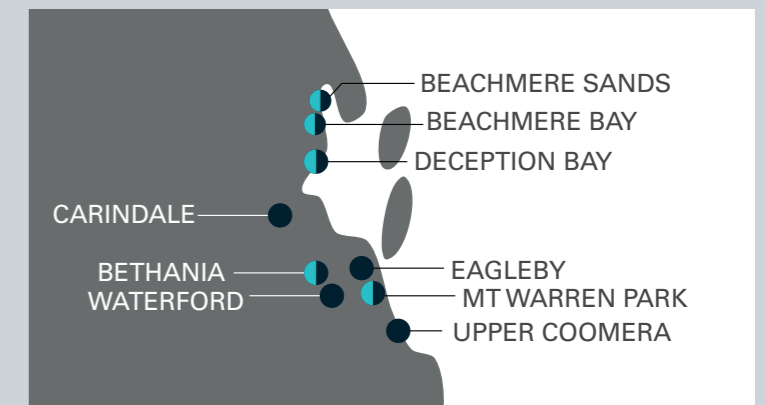
## Palm Lake Care Toowoomba

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.

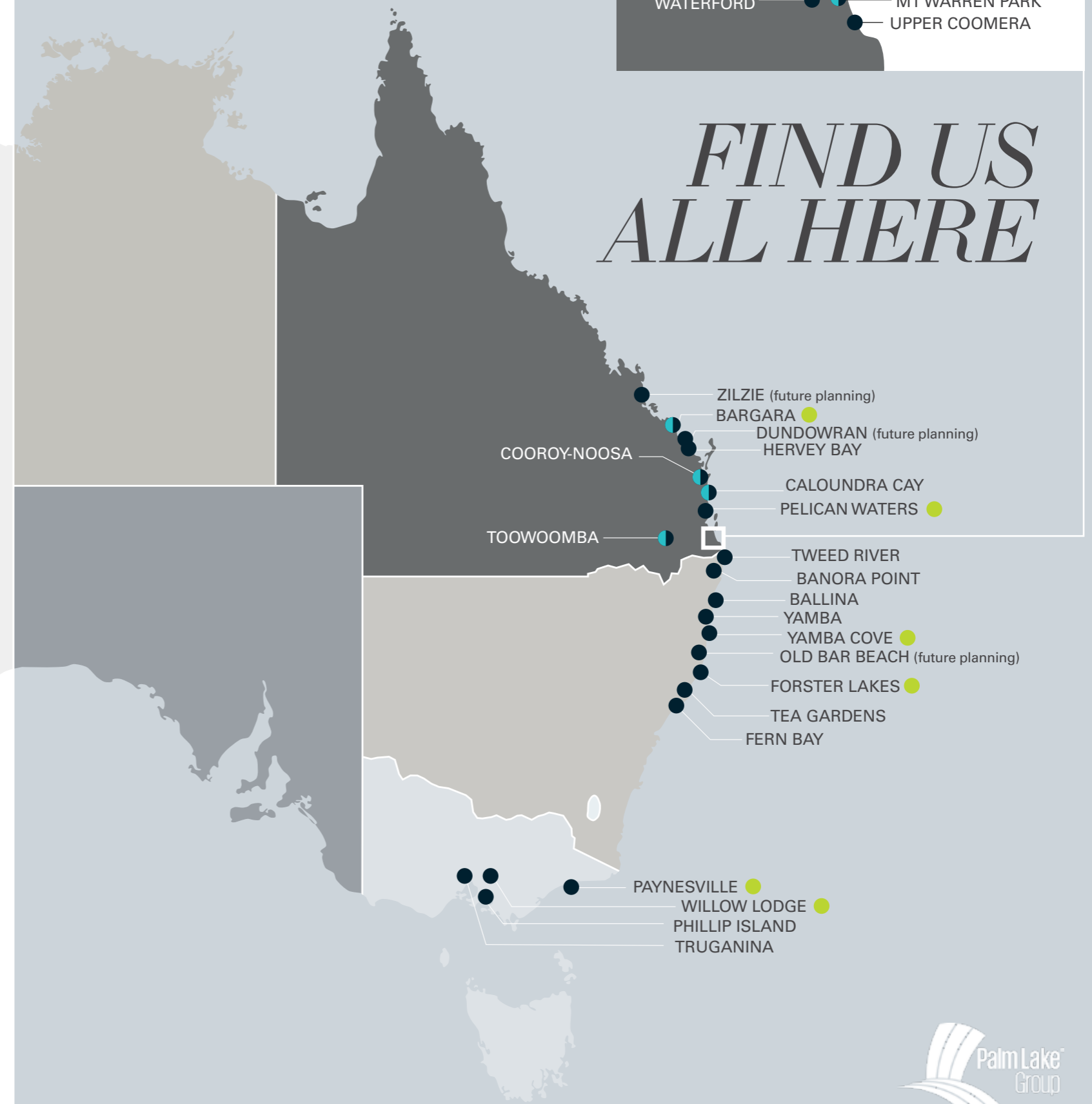
**1800 280 129**  
**97-161 Hogg Street,**  
**Toowoomba QLD 4305**



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



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