

this is your time.

PALM LAKE RESORT WINTER 2022

**\$30,000
Quintrex boat
FREE with your
new home!**

T&Cs apply



PETS OF PALM LAKE

We love our four-legged friends here at Palm Lake Resort – and we have some pretty cool ‘tails’ among our pet population...

Vitamin sea

There are loads of (liquid) reasons why our Forster Lakes resort might be your ultimate over-50s lifestyle location

All under one roof

Palm Lake Resort Bargar's RV-garage homes are providing space, glorious space, for those who like RV-style adventures

Move-in ready

There are dozens of Palm Lake Resorts around the country offering established homes right now, ready for your furniture



WELCOME

THE LAST TIME I sat down to pen this Welcome column (in the Autumn 2022 edition of this magazine), I was talking about the rain. It seems Mother Nature hasn't yet changed her agenda. Here in greater South-East Queensland, we are still copping a drenching and there's no (sun)light at the end of the tunnel for us just yet. While the weather has impacted our construction sites, our spirits are by no means dampened. If anything, there's been an upswing of energy right across the Group.

We are witnessing a definite increase in interest from prospective homeowners who are specifically seeking out Palm Lake Resorts situated in coastal areas. Without doubt, we've seen a flow of people who once lived in the city, now looking for a seaside address. This is especially the case in Victoria. Some of these southerners had been in COVID lockdown for 18 months and, during that time, found themselves reevaluating their lives and doing a little soul searching. The end result, that we are seeing, is always the same - there's been a definite 'shift to the sea'. With this specific increase of interest from over-50s looking for their seachange, Palm Lake Group has been focussed on securing the most impressive parcels of seaside land available, for our future resorts.

We are looking all over Australia for just the right mix of incredible natural beauty, accessibility and convenient essential services for these future resort locations. While I can't share with you just yet any specific addresses, I can say there's lots in the pipeline for the coming 5-6 years...

Back to those projects currently on our drawing board, and I'm really looking forward to moving ahead with our Palm Lake Resort Yamba and Paynesville projects (you can read about Paynesville on Pages 14-15 and Yamba on Pages 16-17 of this edition). As you know, the upcoming Yamba project will be our second Palm Lake Resort in town. While this second Yamba resort will be a smaller footprint to any of our previous resorts, let me tell you that size does not matter - this will be one upmarket address when it's done. We have an amazing Country Club planned for this second Yamba site - they get better

and better with each build - but what is important to note is that we are taking advantage of having our Palm Lake Works team in town and we are re-investing in our established Yamba resort while we are there.

“Our Palm Lake Group locations are proving to be places where people want to live and work as well.”

Over at Pelican Waters, construction on our over-50s community has slowed a little due to the weather, but it's full steam ahead with the full reopening of our Pelican Waters Golf Course, which is slated for October. The course reconfiguration (which was overseen by Greg Norman's own design team) is now complete and we just have to give it time to 'grow in'. Our Pelican Waters Hotel is coming together nicely - it really is next level - and we've now got a dedicated Sales Consultant on site at our Palm Lake Resort Pelican Waters Sales Information Centre. This is such a truly exciting location for us - the newly reconfigured golf course, the hotel, our premier over-50s resort - it will all be beyond spectacular when finished.

In closing, I'd like to personally welcome all those newest team members to our company. We've been attracting some stand-out performers to our various teams in recent months. It seems the cat is definitely out of the bag when it comes to the enjoyable workplaces we offer, the inspiring teams we've put together, and the exciting growth we are experiencing year on year. Our Palm Lake Group locations are proving to be places where people want to live and work as well. Onwards and upwards.

Scott Elliott,
Palm Lake Group Managing Director

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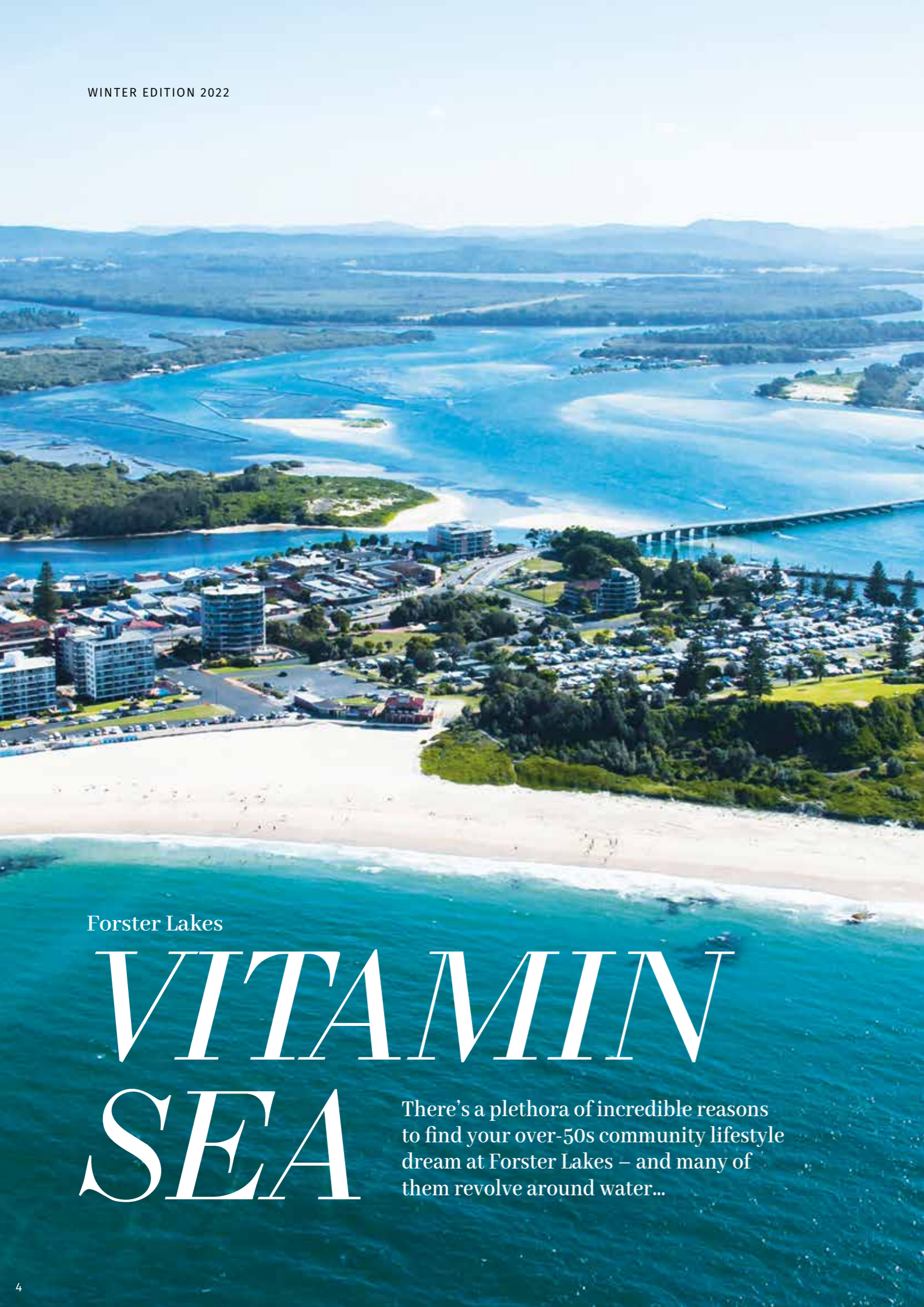
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Editorial content and design Belle PR: Belinda Glindemann, Anastasia White, Jack Carty.

Palm Lake Group Southport Central Tower 3, Level 4, 9 Lawson St, Southport QLD 4215 **Postal address** PO Box 10479, Southport BC QLD 4215 **Email** info@palmakeresort.com.au **Phone** 13 7256 **Website** palmlakeresort.com.au
Founder/Director Walter Elliott **Managing Director** Scott Elliott ©Palm Lake Group 2022. All rights reserved. Circulation: 12,000 copies.

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Forster Lakes

VITAMIN SEA

There's a plethora of incredible reasons to find your over-50s community lifestyle dream at Forster Lakes – and many of them revolve around water...

FOR ANGLERS, BOATIES and lovers of all things water, Palm Lake Resort Forster Lakes is nothing short of perfection.

Forster sits on the southern side of the entrance to Wallis Lake. It is linked by a 2km bridge north, across the lake's entrance, to Tuncurry - its twin/sister town. The lake itself – more so a coastal lagoon – is beyond picturesque and, as a bonus, is heaving with all types of fish, prawns and oysters.

If you get in quick, every new home purchased at Palm Lake Resort Forster Lakes right now comes with a brand new Quintrex boat! This is the epitome of a 'welcome home' gift for any new Palm Lake Resort Forster Lakes resident. At 4.57m, the 430 Fishabout model boat is everything you'll need to explore the local waterways. It comes with a Mercury 40hp four-stroke engine, bimini top, marine M50 battery and switch, navigation lights, bilge pump, rear boarding step, anchor well and all the standard inshore safety gear you'll need, packaged up on a Telway alloy trailer. You'll also get 12 months' registration on your boat and trailer, as well as 12 months' insurance, to get you straight into the water.

Meet Forster fisherfolk, the Fords

Colleen and Noel Ford have been Palm Lake Resort Forster Lakes residents for eight months but have lived in the Forster area for more than 13 years. As avid anglers, the pair knows a thing or two about the waterways around Forster – and where to land a prized catch.

Noel says, for those who own a boat like the complimentary Quintrex 430 Fishabout, you'd hit Wallis Lake and chase bream around the oyster leases. There are also plenty of whiting to be caught on and around the sand flats and spits within the lake, he says, as well as flathead.

"It just so clean and so beautiful," Noel says. "It's so easy to catch a day's feed there."

Colleen adds that boaties shouldn't forget to pack a picnic basket and their swimming togs as there are plenty of wonderful spots to anchor your boat and jump in for a swim or stop for a scenic bite to eat.

For those fisherfolk looking for a mainland spot to cast in a line, Noel suggests setting up at the Forster-Tuncurry breakwall and fishing straight into the lake's entrance. In the right season, you might surprise yourself by landing a hefty jewfish, blackfish/luderick or tailor.

And while the pair have no trouble landing a fish for dinner, they are also blessed with great 'connections'. Their son, an ex-professional fisherman, has owned an oyster lease in nearby waters for 3-4 years. His regular deliveries of deliciously fresh Sydney rock oysters to residents of Palm Lake Resort Forster Lakes, every Friday afternoon, is the gastronomic highlight of the week for many of our lucky residents!

Originally from Sydney, the Fords admit they were "hesitant" when first considering a move into a

community lifestyle resort from their previous expansive family property (they also once owned a hobby farm at Kempsey, so they were well used to 'living large').

"But we were definitely ready for a new chapter and we really love our home and our street here now," Colleen smiles. "Our neighbours are all beautiful, family-orientated people, so we click well with them. We are five minutes from the main part of town and all the shops we need."

"We can lock up, get into our motorhome and leave for trips whenever we like, knowing the house is safe and, eventually, at the end of our street, we'll have direct water access into Wallis Lake. You can't ask for more than all that!"

Colleen says with their son nearby and a daughter in Newcastle, the pair's collective four grandchildren drop by regularly and love the resort as much as their grandparents.

"Forster really is the best," Colleen says. "The water here is the colour of opals. When you drive over the Forster-Tuncurry bridge and look out, the water is just so pretty. We really are lucky to call this part of the world our home."



FREE \$30,000 boat with your new home!

T&Cs apply

Save the date!

Come Saturday, July 30, Palm Lake Resort Forster Lakes will host an open day street party to unveil a suite of impressive new Florida-inspired display homes for prospective new homeowners to inspect. Among the display homes will be our Sorrento, Clearwater, Palmetto, Miami and Sarasota designs. You'll be able to walk through our displays and literally picture yourself in your new Forster Lakes lifestyle. To ensure you are on our invitation list, Freecall our Sales Information Centre on 1800 577 542.

Forster Lakes

CRUISEY LIFESTYLE

Forster Lakes guests were treated to quite the show onboard our Amaroo Cruises charter recently. The dolphins were playful and there was a wonderful vibe onboard with thanks to a few flutes of bubbles and some delicious finger food all set on a backdrop of live acoustic music. The cruise was hosted to unveil our exciting Stage 11 plans.



DEVELOPMENT UPDATE

IT'S A BUSY WORLD in the development industry at present - and Palm Lake Works is no different. We have many projects well and truly in the thick of it as we hit the halfway point of 2022. We are trying very hard not to let the relentless rain events dampen our spirits.

At Pelican Waters, we have recently seen the completion of the Greg Norman-designed 18-hole golf course reconfiguration and restoration. It's now in its required 'grow-in' period, ready to officially re-open in October. And we are also seeing the earthworks, civils and revetment walls for the future over-50s resort there taking shape. Our Pelican Waters Hotel is also looking great. With the roof now installed, we can really get things going on this build. Our design team is also getting creative with plans for the future Palm Springs-inspired homes and communal facilities that will be on offer at this premier resort, which you can read about on Pages 10-11 of this magazine. There are so many exciting ideas and plans for Pelican Waters - I look forward to sharing more of these in the near future.

At Bargara, our construction team is working hard to deliver new homes all the time. The focus in the coming months will be on completing the new entry, driveway and all internal civils works to allow our homeowners to start utilising this new entry point, off Rifle Range Road.

Down at Forster, construction continues into Stage 4 and the Country Club build has also significantly progressed in recent months. With interior design details now being finalised, this community facility is shaping to be our best yet. We've also seen the central canal really take shape with footpaths and landscaping giving this area the presence it deserves. We are also into the detailed design and ordering of materials for the lawn bowls green and Sports Club.

As for our future projects, we are on track to commence site works at Paynesville (Victoria) and Yamba (NSW) in August this year. These projects will be dominated by earthworks and civil works for the remainder of 2022 and we'll continue to plan and design the homes and facilities that will bring these resorts to life in 2023. These projects will each offer unique homes and Country Clubs architecturally designed with the local climate, local character and our clients' wants and needs in mind. Palm Lake Works is always striving to out-do ourselves. There are some truly unique concepts in the pipeline for these future projects - never done before by Palm Lake Resort.

Suzanne Jensen
General Manager, Development



PALM LAKE PEOPLE

ANOTHER FEDERAL ELECTION has been run and won. While it's always important to us (going into any election) to know and understand each political party's campaign platform around any legislative changes or proposals for workplaces and employees, the 'winner' of the election and which party comes into power has little bearing on the workplace conditions we offer here across the Palm Lake Group.

We are proud of the great benefits we offer our 1200-strong workforce. Our employees enjoy flexible work arrangements and above-award wages. And there are some great environments across our Group that make coming to work even more enjoyable for our people.

Within the Palm Lake Care workforce specifically, we have a 'Team Builder' incentive that is helping us find just the right people to join our team. Current employees who refer a qualified friend to one of our Care roles will receive a \$3000 cash 'thank you' if that friend is successful in their application and completes their probationary period. This incentive proves just how dedicated we are to finding the best, most suited team members for roles in our aged caring communities. With Palm Lake Care Caloundra coming online before the end of this year, we will soon be recruiting for roles in that incredible new Sunshine Coast community. If you are looking for a career in aged care, make sure you check out our Palm Lake Care website for current vacancies.

On the topic of Care, we are also thrilled to welcome a new Chief Executive Officer to our Palm Lake Care business. Read all about Daniel Aitchison on Page 32 of this magazine.

Back over to Palm Lake Resort and June will be a significant month on the calendar for our Truganina resort, in Victoria, as it celebrates its 10th birthday! What a wonderful decade we've had there at Truganina with a great community of homeowners enjoying their Palm Lake Resort over-50s lifestyle. It's so rewarding to watch a greenfield site turn into a construction site and then turn into a thriving community of happy neighbours. Happy birthday to you, Palm Lake Resort Truganina! We look forward to celebrating with you.

Amanda Clements
Executive Manager, People & Operations



Pictured: Palm Lake Resort Bargara's "Pandanus RV" home design is perfect for caravan and motorhome enthusiasts.

Bargara

LOCK IT AND LEAVE

FREE \$30,000 boat with your new home!
T&Cs apply

Palm Lake Resort Bargara offers two impressive selling points: a bevy of clever home designs that allow you to store your RV right under the same roof, and a location that offers the perfect diving board for travel adventures. Two birds, one stone?

A STEREOTYPICAL OVER-50s lifestyle might entail downsizing, but more so it's a 'right-sizing' of life as people find more time for the adventures and other recreational activities that make this era so rewarding. Motorhomes, caravans, boats, jet skis and more are just some of the recreational 'toys' that many Palm Lake Resort residents own and so, storage becomes a big consideration when deciding on the right home.

Luckily, Palm Lake Resort Bargara designers have taken this into account when considering the resort's major extension that is currently under construction. They have developed RV home designs that offer floorplans with longer, wider garages and high garage door openings. These RV homes have been some of the most popular

designs across the Bargara resort in recent years, simply based upon the flexibility they provide homeowners. Instead of having to put a caravan or motorhome into external storage, residents who opt for our RV home designs can drive that recreational vehicle straight into their own garage. It makes for the most convenient pre-trip pack up and unpack on your return - and keeps those RVs secure and out of the elements.

The Palm Lake Resort Bargara 'Pandanus RV' floorplan offers a 67sqm garage - some 10.79m long and 6m wide - with a huge 3.5m garage door opening/clearance to make parking your RV a breeze. Automatic garage doors with remotes and seamless epoxy flooring complete the picture for all the RV garages here.



To RV, or not to RV...

Did you know, it's not only caravans, motorhomes and other recreational toys that Palm Lake Resort residents are storing in their over-sized RV garages. Palm Lake Resort Bargara residents Ngari and Kel Pearce specifically sought out an RV garage home - but have never owned a caravan. Instead, for artist Ngari, her RV garage is actually an art studio/gallery that is also the location of regular social gatherings for likeminded resort art enthusiasts.

"I have more than 20 pieces hanging on the walls in the garage alone, and there are easels lined up along there as well," Ngari explains. "We have up to 10 people who meet here weekly on a Friday afternoon. We paint socially, but mainly there's lots of laughing!"

"We all really appreciate the facilities and activities that Palm Lake Resort offers us as well - like the art group and drawing classes in the Country Club - but this space is just that bit bigger for everyone to spread out with their easels. Oh, and the car goes in there as well!"

While storage for your RV is important, what really sells our Palm Lake Resort homes for those who can't wait to get "on the road again" is the 'lock it and leave' aspect. You see, as residents watch their Palm Lake Resort home disappear in the rearview mirror of their motorhome or tow vehicle, there are no security concerns. Their home is safe and sound behind our resort gates, and 'neighbourhood watch' takes on an even more impressive (and literal) definition within our lifestyle communities. We'll even make sure your front yard is maintained while you're gone! Palm Lake Resort's maintenance-free homes couldn't be more appreciated after a long stint away.

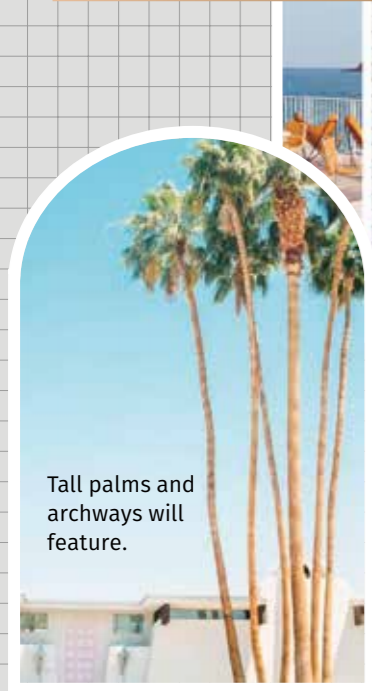
It's important to note that for those caravanners who decide on a non-RV garage home, Palm Lake Resort Bargara (like most other new Palm Lake Resort locations) offers additional caravan storage facilities and wash-down bays to help you take care of that prized asset.

The retirement years really are a fun adventure. And none more so than when living in a Palm Lake Resort!

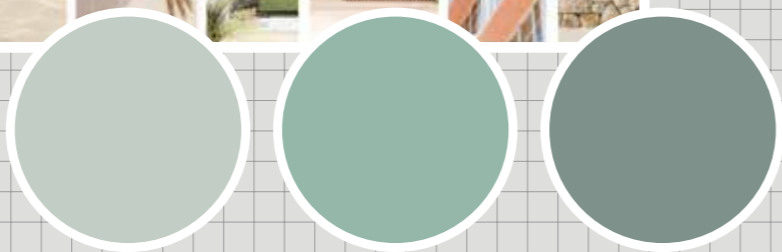


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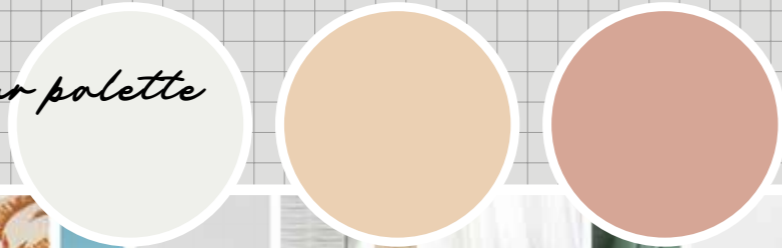
The brief: Palm Lake Resort Pelican Waters, a modern take on classic Palm Springs architecture.



Exterior inspo



Colour palette



Interior inspiration



Breeze blocks and crazy paving

Pelican Waters

NEXT LEVEL

Palm Lake Resort Pelican Waters is edging closer and closer, and as it does, the architectural design enhancements are getting edgier and edgier, to cement this over-50s community lifestyle resort at the peak of world-class opulence.

SHARING A LOCATION with the award-winning Greg Norman-designed Pelican Waters Golf Course on Queensland's Sunshine Coast, Palm Lake Resort Pelican Waters will boast the kind of premier community facilities you'd expect from a resort this spectacular. Some are already labelling it "iconic".

Right at the heart of this resort will be its Country Club. Palm Springs by theme, just like the rest of the resort, you'd be forgiven for thinking you were on a five-star international holiday while visiting here.

Palm Lake Resort Sales Manager Alysia Nechvoglod says the Country Club's latest plans put all the best lifestyle resort facilities under the one impressive – and understandably expansive – roof.

"With an architecture language that responds to the natural beauty of its coastal environment, Pelican Waters' Country Club will feature natural materials balanced with an abundance of space and light," Alysia explains. "Welcomed through a dramatic double-volume foyer, bathed in natural light, with panoramic views beyond, this experience alone will rival some of the best resorts in the world."

There are four main precincts within Palm Lake Resort Pelican Waters' Country Club: A social/dining precinct, a sporting precinct, a health and wellness precinct as well as an arts and leisure precinct.

As you enter "**Sonora**", the social/dining hub, you'll find an inviting and expansive lounge and functions area, as well as a bar, that will no doubt host many shared meals, Happy Hours and soirees. Step outside and soak up the water vistas and views of the golf course from an impressive rooftop terrace. The perfect location for those balmy Sunshine Coast nights under the stars.

"**Eldorado**" is the sports precinct - and what a precinct it will be both for those who like to stay active and healthy, and those who simply like fun social competition. There's a two-lane tenpin bowling alley, golf simulator rooms, a dedicated table tennis room, tennis courts and pickleball courts. The jewel in this sporting precinct's crown is the eight-rink undercover lawn bowls green. A game adored by over-50s across the Palm Lake Group and the world,

this facility will ensure homeowners get their daily dose of greens. Only premium materials go into these lawn bowls greens, along with the highest level of installation expertise, to ensure they are international-competition standard.

If Eldorado's task is to keep residents active, "**Mirador**" is the place where they'll find their zen. This health and wellness precinct will offer a dedicated yoga room, sauna, a Milon gymnasium, Pilates studio, salt therapy room and indoor pool.

The electronic Milon gym system is German-engineered and Palm Lake Resort holds the exclusive rights to this system, for over-50s, in the Southern Hemisphere. Each piece of equipment in the Milon circuit is adjusted to its user's specifications by their personal membership card, which is also the key to their cloud-based training records. Just 17.5 minutes is all you need to complete one circuit and Milon trainers suggest three circuits per week. Staying fit has never been this easy – or slick.

The yoga space and fully equipped Pilates room and saunas are also big drawcards for those who embrace modern wellness options.

Finally, the "**Cerante**" arts and leisure precinct offers a well-stocked library, music room, art and craft room and a luxury movie theatre.

Beyond the Country Club building proper, there's a Palm Springs-inspired pool with wrap-around pool deck benefitting from expansive lakefront views and breezes. A swim-up bar, private pool cabanas, sunken lounges and firepits are all part of the plan for this undeniably chic relaxation station. Laying in the glorious Sunshine Coast sun on this pool deck, with a cocktail and book by your elbow, and with natural vegetation, an expansive lake and architecturally designed Country Club as your surrounding backdrop, you'd be forgiven for thinking you're on a Californian vacay every day.

To find out more about this incredible Country Club and view the Palm Lake Resort Pelican Waters masterplan, a Sales Information Centre is now open on-site.

Freecall 1800 490 626 or visit pallmlakeresort.com.au

Established homes

MOVE-IN READY

Brand new builds across Palm Lake Resort might be the home 'du jour', but did you know there are many impressive established homes across our group also waiting for your furniture?



Pictured: Marcia and John Williams have lived in five different Palm Lake Resort homes across four resorts.

THERE ARE MORE than 6200 homes in total across 25 established resort locations within the Palm Lake Group portfolio (with four greenfield sites and other resort extensions awaiting development), so it's easy to understand how the Palm Lake Resort over-50s 'dream' can come in all different shapes, sizes and variations.

Much focus is put on homes in our newest resort locations simply because of the excitement around planning, developing and launching a new community. But there are myriad other Palm Lake Resort property opportunities awaiting the savviest of investors.

Palm Lake Resort Senior Sales Consultant Shirley Ortez has seen a lot in her time with the company. Her Palm Lake Group experience began back in 2011 selling homes as we were first breaking ground at Palm Lake Resort Toowoomba. Eleven years down the track, and with a major Toowoomba resort extension now complete, Shirley is still today spruiking the beauty of this resort's elevated and picturesque semi-rural setting. With Palm Lake Resort Toowoomba only recently officially complete, Shirley is now focussed on connecting her clients with some really impressive established homes.

"Established homes are actually a great option because many have additions that the new homes might not offer," she explains. "For instance, owners might have upgraded their window coverings to plantation shutters or installed garden sheds in their time there. The other thing you generally get with an established home is a beautiful established garden. All the work is done."

Shirley says established-home buyers, in completed resorts, tell her that they love the fact that all their resort's facilities are complete and available to them, right from the get-go. And there's no construction to contend with.

"All of our established homes at Toowoomba present really well and our northerly aspect, with views out over the adjacent hillside, is really appealing," she says. "Some of these 'established' homes are only a year or two old so they are still presenting as pretty well new."

"And established home sales at Toowoomba are exploding right now!" Shirley adds. "There is a whole stack of Baby Boomers coming through and the Palm Lake Resort concept is really grabbing those people who want to have all the best elements of over-50s community lifestyle resort living - especially the facilities - right at their doorstep."

The other selling point for many of our Palm Lake Resort established locations is that they are co-located with a Palm Lake Care community. This is the case at Palm Lake Resorts Mt Warren Park, Bethania, Deception Bay, Toowoomba, Beachmere Bay and Beachmere Sands. Palm Lake Resort Bargara, while still under construction, conveniently neighbours Palm Lake Care Bargara.

"Co-located care is really appealing to many of the people we see in the Sales Information Centre here at the moment," Shirley says.

"They might have family members who would enjoy respite stays initially, with scope to move up to a more permanent arrangement further down the track. Or the homeowners themselves are planning ahead for their own future care needs."

Commission-free transition

Did you know that if you are a resident of any Palm Lake Resort and relocate to a new home in a different Palm Lake Resort location, you won't pay any agent's commission on the sale of your original Palm Lake Resort home?



Pictured: Established homes are ready and waiting for your furniture right across the Palm Lake Group at locations including Ballina (left), Truganina (below) and Cooroy-Noosa (below left). Visit our website to see which homes are available right now.



FIFTH TIME'S A CHARM

IF THERE'S ONE couple who know and love the Palm Lake Resort product - in both new and established resort settings - it's Marcia and John Williams (pictured above left).

The pair lays claim to a record five moves within the Palm Lake Group - across four different resorts.

"We moved into Palm Lake Resort Fern Bay in 2016-17," John explains. "We'd been living in the Newcastle area and our surrounds had just become too big for us. We had friends living at Palm Lake Resort Fern Bay at the time and we loved their home and the community there so we moved in."

Marcia ended up as President of the resort's Residents' Committee and through her role, was invited to travel up and attend the opening of Palm Lake Resort Caloundra Cay's Hemingways Country Club in 2019.

"We were just so impressed with it," Marcia recalls. "The Country Club opening event was on May 25 and we'd moved into Caloundra Cay by September 19!"

While they desperately missed their "outstanding" Fern Bay resort chef, Wayne, the facilities at Caloundra Cay really captured the Williams' attention, as did the community there. The pair both enjoyed lawn bowls, utilising the Milon gym and the library, as well as the weekly meals with their neighbours.

With itchy feet, however, and a desire to be closer to their southern family, Marcia and John decided that Palm Lake Resort Forster Lakes would be a similarly wonderful

location for them. With the resort still under construction at the time, and the heat of COVID threatening to keep them on the wrong side of a border from their family, they sought out an established home at Palm Lake Resort Tea Gardens as a wonderful side-step on their way to Forster Lakes.

While the pair says they loved their time at our Tea Gardens resort and eventually also their time at Forster Lakes, it was Caloundra Cay that had really stolen their hearts. And so, in recent months (following a holiday with friends back at Caloundra that really cemented the idea in their minds), they made their fifth Palm Lake Resort purchase - returning to their beloved Sunshine Coast and the Caloundra Cay community that had, and still did, embrace them so.

"During that holiday, we were made to feel so welcome that we just had to come back," Marcia beams. "It's as though we've never been away."

John says the quality of the homes at all the Palm Lake Resorts they've lived in - both new and established - is first class, "spectacular" even. But it's the resort facilities, the weekly activities and the community of people they call neighbours that continue to impress this pair. They even class their Palm Lake Resort Sales Consultants as friends. Marcia found time to be interviewed for this story on the back of her beloved weekly tai chi session, and John says he is so excited to have returned to the resort's lawn bowls green in recent weeks.

For anyone contemplating a move into a new or established Palm Lake Resort home, this pair simply says, "Do it!"



PAYNESVILLE: A RICH HISTORY

As we get ready to add Paynesville to the next chapter of our Palm Lake Group story, we want to honour its own. With the help of the Paynesville Maritime Museum and its curator, Andrew Bould, let's look back at how Paynesville transformed from a fishing camp to 'the pivot of the lakes'.

IN THE MID-1800S, Gippsland – and within it, the town we now call Paynesville – was little more than a swamp. The sticky, muddy terrain (so bad it was dubbed the 'glue pots') meant movement between Gippsland and Melbourne was mostly by sea. That is, until the establishment of the Oakleigh-Sale railway line in 1877.

This connection to cities like Melbourne and Geelong heralded a new economic era for the region, fast establishing it as a fishing oasis. The Gippsland Lakes became a reliable source of fish for hungry Melburnians and fisherman travelled from far and wide – with boats and equipment in tow – to capitalise on the boom.

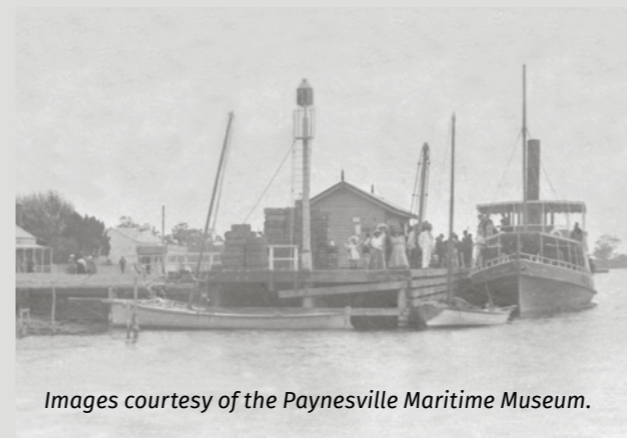
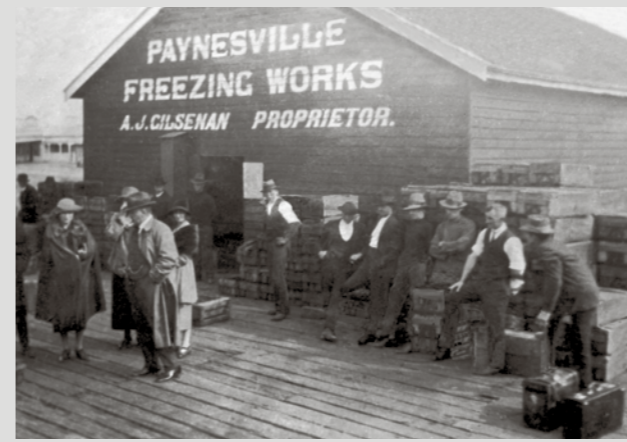
By 1879, one fishing station had drawn so many fisherman that its name was changed from the original Gunaikurnai name "Toonalook" to "Paynesville", in a nod to the colony's Chief Fisheries Officer, Captain CB Payne. Thus, early Paynesville was born.

Before long, the fishermen's huts and equipment grew into a thriving township – by 1883, 150 people called Paynesville home. This growth had already warranted the establishment of the Paynesville State School and the Toonalook Post Office, and then saw three hotels and several stores and production facilities pop up.

Boats were also being built here – names like the 'Tambo', 'Louisa' and 'Yappa' are important in Paynesville history. Paynesville held its first Annual Easter Regatta in 1881 – with a prize pool of £30 – and the town still hosts regattas regularly. Establishments like the Gippsland Lakes Yacht Club and the Paynesville Motor Cruiser Club carry on the tradition to this day.

By the early 20th Century, Paynesville was known as 'the pivot of the lakes'. Most of Gippsland's places of interest – Lake King, Lake Victoria, the Back Lakes and Ninety Mile Beach – were an easy sail aboard the steamers 'J.C.D' and 'Gippsland' (built at Paynesville) and the town offered excellent accommodation.

Still to this day, Paynesville is an important tourism hub for the Gippsland Lakes area. And while its fishing industry has waned with the decline in fish stocks, relics of its maritime heritage have been carefully preserved in the collections of its Maritime Museum. Take a stroll along the town's many jetties and marinas and you'll still see dozens of fishing boats – countless nods to a long, rich history. Some of the historic boats still remain; they were built by the same hands that built Paynesville and restored by those who look after the town today.



Images courtesy of the Paynesville Maritime Museum.



NEXT IN LINE

Come August, things will really heat up at the Palm Lake Resort Paynesville construction site with earthworks and civils finally getting underway.

PALM LAKE WORKS' General Manager of Development, Suzanne Jensen, says this resort will feature close to 200 ultra-modern homes, purpose designed and built for the Victorian climate and lifestyle. Suzanne recently spent time with Paynesville Maritime Museum curator Andrew Bould in an effort to better understand the region's character and rich maritime history.

"It was an important meeting to help us find ideas on how to respect this character and history and integrate it into our Palm Lake Resort Paynesville development," Suzanne explains. "I thoroughly enjoyed my time with Andrew. He has lived on Raymond Island for 58 years. This island is just off Paynesville and only accessible by ferry. He started as an apprentice shipwright at the Slipyard and has a very keen interest in maritime and local history. He grew up on the family farm, on the island, where he still lives today. He knows everything there is to know about Paynesville."

According to Suzanne, the end of 2022 will see most of the earthworks and civils completed on the resort site, with 2023 earmarked for the anticipated construction of homes and those incredible facilities planned for this community.

NEWS IN BRIEF

Golf is (almost) back!

We have some great news for the Sunshine Coast-based golf fanatics among us. Following a period of closure to allow major construction works to happen safely around it, Pelican Waters Golf Course will reopen in its entirety in October.

Head of Golf, Dale Williamson, says Pelican Waters Golf Club members had been champing at the bit to get back on their beloved greens. He thanked them for their patience. The most exciting part of the reopening will be that seasoned players and long-time members will have a redesigned course to explore and conquer. Reconfigured under the watchful eye of Greg Norman's own team (the same team that initially designed and developed this award-winning course), members can rest assured their new course will be as impressive, if not better, than its previous iteration.

As part of the reopening, Pelican Waters Golf Club will also launch a new annual membership running from October 1 through to September 30 each year. A new annual calendar of events will be unveiled at this time, consisting of a selection of traditional honour board events, weekly and weekend competition days, pennant opportunities and other open days.



Willow Lodge grows up

It was the property that started the Palm Lake Group portfolio back in 1977, now Palm Lake Resort Willow Lodge is about to unveil a modern new community facility. The clubhouse renovation and extension project has seen the addition of a plush new movie theatre and a Milon gymnasium among the upgrades. With brand new modern homes popping up there all the time, this is one Palm Lake Resort location that is really growing up!



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 are about to build our 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 on the beach with uninterrupted 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 (the moody interior accentuates its gourmet menu), Drift Pizzeria and The Kiosk, which serves delicious coffee right 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. You could also take the water fun into your own hands and hire a boat from one of the many providers in town. The 'BBQ Boats' are particularly popular, both because lunch is sorted and because you don't need a licence to drive one. In town, explore Yamba's rich history at the Yamba Museum or discover local talent at Yamba Art Space. Then, meet the makers at the Twilight Street Markets – a favourite for visitors young and old.

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, both in Yamba's town centre and further inland, like the Oyster Channel (where Palm Lake Resort Yamba is found). 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. One day here really isn't enough.

We're adding a new resort!

Given Yamba's wonderful location, we are building a second Palm Lake Resort there. Our current resort offers more than 200 homes and our second resort will offer more than 70 two-storey abodes. According to Palm Lake Works' General Manager of Development, Suzanne Jensen, we are on track to commence earthworks and civils at our second Yamba site in August this year with a view to commencing the construction of homes and facilities in 2023.





PETS OF PALM LAKE

When the kids grow up and fly the family nest, their four-legged 'siblings' generally take over as mum and dad's furry focus. We also love a pet here at Palm Lake Resort – and we have some pretty cool 'tails' among our pet population...

Meet ANN & INDIANA JONES

Palm Lake Resort Eagleby

PALM LAKE RESORT Eagleby's Ann Shannon knows a thing or two about pooches – she's been training dogs for competition for nearly 60 years! It was in 1963 that the then-14 year old was working with her sister at the 'Poodles Rendezvous' grooming parlour in Belfast, Northern Ireland, washing dogs and sweeping up hair.

"It was popular at that time to dye poodles for weddings to match the bridesmaids' dresses and the girls there also taught me to groom all breeds which I ended up doing for many years," Ann recalls.

The doggie salon owner bred Scottish Terriers and through Ann's relationship, she was 'gifted' a 10-week-old West Highland White Terrier pup.

"I worked for endless Saturdays free of charge to pay for him but I thought it was well worth it," Ann smiles. "My family always had pet dogs so it was no surprise to my mum that I came home from work with him in my coat that day."

Ann started taking the pup, 'Kiltie', to obedience training and was fascinated by how the top dogs went through their exercises under the guidance of their handlers. Quite simply, she was hooked. Fast forward some years, during which time Ann emigrated to Australia, and Ann would reach an impressive level of success with her first competition dog. She was an Irish Setter named 'Scarlett' and scored 199 out of 200 in obedience at the Adelaide Royal show. Scarlett would end up achieving Australian Show Champion status – but was not Ann's only success story. 'Chelsea', a Golden Retriever, was also an Australian Show Champion and reached the highest level in obedience in her time. It was deserved recognition for all the time and effort Ann was putting into the industry - she also earned a living through her love of dogs.

"I owned and ran Coolangatta Pet Motel and Camp Tailwaggers on the Gold Coast for over 25 years," she says. "Set on 77 acres, the kennels held 200 dogs and 60 cats and Camp Tailwaggers had 10 holiday cabins, a huge covered training centre and a conference centre. Trainers came from all over the world for workshops and seminars, and we had week-long and weekend training with people and their dogs from all over the world."

On top of all this, Ann is also a qualified Australian National Kennel Council Judge, produces a monthly magazine that goes all over the world and currently holds 19 titles in various dog sports. Wow!

Over the years, Ann says she's owned 35 dogs with 25 of them trained to compete. Her dogs have spanned many breeds – from Golden Retrievers and German Shepherds, to Irish Setters and Border Collies. And it's a Border Collie who currently steals her heart – and the hearts of her neighbours at Palm Lake Resort Eagleby. 'Indianajones', aged six, is a stunning red and white Border Collie rescue dog that Ann has owned since he was five months old. He's her first non-pedigree pooch - but don't let that detail fool you.



"He is, by far, the best dog I have ever had and trained," Ann enthuses. Rather than being a traditional 'show dog', Indianajones is a 'trick dog' with more credentials and letters after his name than any multiple-degree-holding human you'd know! 'Dances With Dogs' is the competition category that Indianajones and Ann excel at.

"It has been in Australia for over 12 years now but, two years ago, Australia decided that a new sport was needed that did not include music, costumes or choreography. The sport of 'Trick Dog' was born and there are four levels – Indianajones has worked through two of the four levels so far."

Since moving to Palm Lake Resort in 2013, Ann has enjoyed her 'retirement' lifestyle with several pooches in tow. Border Collie 'Switch' and Golden Retriever 'Toffee' lived the resort lifestyle with her initially, before Indianajones came along.

"Dogs are very welcome at our Palm Lake Resort and there are lots of dogs here. Many are walked around on leads and a group meets every afternoon at the dog park. There are also three outside council dog parks all within a five-minute drive of the resort.

"There is a great selection of breeds here – lots of littlies, medium-size and some larger ones like Indianajones. We've got everything from Maltese, Brichon Frise and Cocker Spaniels to Golden Retrievers, Staffies and Poodles.

"I have had dogs all my life and could not imagine being without them. They give love unconditionally, they love to train (in the right hands) and they don't talk back!"

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Meet JOHN, BARB, EBONY & TARA

Palm Lake Resort Beachmere Bay

TO SAY JOHN and Barbara McPherson are dog people is an understatement – in their 55 years of marriage, they’ve had almost as many dogs. But around Beachmere Bay, it’s Ebony and now her baby ‘sister’, Tara, who currently steal the show.

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

“Barbara became involved in the Dachshund Club of Queensland, and she and the kids just fell in love with them and started breeding and showing,” explains John. “Of course, it didn’t take me long to fall in love with Daccies, too. They’re great dogs. Counting the two Basset Hounds we owned while we were living on acreage, Ebony and Tara are our 50th and 51st dogs.”

Small (and long) in stature but big in character, Ebony’s well-known around Beachmere Bay and particularly loved by the resort’s Sales Consultant, Nicole. In recent months, however, John and Barb have welcomed a new ‘sausage’ to the family: “Tara, the terrible”.



“She’s not all that ‘terrible,’” Barb smiles. “She’s just a crazy puppy and likes to chew holes in her bed and things!”

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

John adds that their home’s small backyard is perfect for Ebony and Tara to stretch their little legs, though you’ll usually find them lounging on a bed or chair inside. They enjoy daily walks around the golf course, which John says is used as much by dog owners as it is by golfers. And when they’re not walking around the resort you’ll find them across the road at the beach, watching the dogs chase soldier crabs. In fact, it was while they were walking Ebony along the sand at Beachmere that John and Barb were first introduced to the Palm Lake Resort brand. They had been eager to move out of their Pelican Waters home and, after scouting out different over-50s communities, happened to bump into a man wearing a Palm Lake Resort badge. The rest, as they say, is history.

Australia in their total 58 years in the industry, owning 75 dogs of their own during that time.

“Training was a seven-days-a-week job,” Eric explains. “We couldn’t leave the dogs for more than six hours at a time. We went 25 years without taking a holiday.”

But their efforts were well rewarded. Eric says he and Marlene played a hand in around 3000 race wins, including training the winner of the 2011 Sydney Cup – one of the most prestigious race meets in the sport.

When Eric turned 65, however, a new chapter called and they “sold up” and out of their training business to look for a more relaxed lifestyle. About six months ago, they discovered Palm Lake Resort Tweed River and have been happily at home there ever since.

“We do miss having animals around,” Eric admits. “But we have kept in touch with a lot of our contacts in greyhounds and I’m always helping someone out by answering questions over the phone and giving advice.

“It’s a different chapter for us now – and we’re loving it!”

Meet THE CASTLES

Palm Lake Resort Tweed River

ERIC AND MARLENE Castle might not currently own a dog, but their Palm Lake Resort Tweed River home is never short of a doggie tale, given the pair’s incredible lifetime training greyhounds.

Eric’s interest in greyhounds began when he was a 12 year old living in Blair Athol, South Australia, and walking the local butcher’s greyhound as a little side job. A carpet layer by trade, Eric says his interest in the breed grew and grew all throughout his life to a point, when he turned 40, that he threw everything in to become a professional greyhound trainer. With Marlene by his side, the pair estimates they trained “hundreds and hundreds” of greyhounds all over



Pictured top and middle: Palm Lake Resort Bargara’s off-leash dog park is a popular spot for social catch ups between neighbours as well as the doggos. **Pictured above:** The family of Caloundra Cay ‘resident’ Monty Fuller concede the five-year-old Mini Pomeranian is an extrovert – maybe even a poser – but they make no apologies for his exhibitionist behaviour. “He loves dressing up, and being the centre of attention,” Monty’s ‘mum’ Chris Fuller laughs. “We often catch him posing for the camera.”

NEWS IN BRIEF

Your free boat awaits

Looking for a welcome home gift that befits your new Palm Lake Resort lifestyle? You can score a \$30,000 Quintrex aluminium boat absolutely FREE when you buy a new home at Palm Lake Resort Bargara or Forster Lakes right now. Your free tinnie/trailer combo comes with all the bells and whistles, including registration and insurance. Just add bait! Phone our Sales Information Centres for the T&Cs.

Palm Lake Resort Bargara: 1800 501 119

Palm Lake Resort Forster Lakes: 1800 577 542

Truganina turns 10!

We love marking a milestone here at Palm Lake Group and there’s a wonderful event happening at Palm Lake Resort Truganina in June – it’s their 10th birthday! More than a decade ago, the land on which this wonderful Palm Lake Resort now sits was simply a greenfield, awaiting an exciting over-50s community to be developed there. It’s been quite a successful community for us and we look forward to hosting a little party there in June to mark the special ‘double-digits’ birthday.



Good sports

We love hearing stories about our resort homeowners catching up across various resort locations. Recently, the gang from Palm Lake Resort Beachmere Bay hit the Bruce Highway and travelled north to our Bargara resort for some competitive sporting fun. The inter-resort games included a two-day lawn bowls competition. Bargara also hosted their Palm Lake Resort Hervey Bay ‘cousins’ for tennis and tenpin bowling at their shiny new Kingpins tenpin bowling alley.

SPICE UP YOUR LIFE

In winter, it's easy to slip into a hibernation station. We get that. But we also know that Palm Lake Resort residents generally have an innate energy for excitement, adventure and, well, life. Don't let the winter blues get you down - get out there and try something new, or update your knowledge, or update your home. Trying something new always adds a little spice to life...

Comfort zones are a funny thing – they help us feel safe, in control and, well, comfortable. But when it comes to making lasting memories, they aren't always a good thing. From adrenaline-fuelled activities to unforgettable experiences, break out of your comfort zone with these ideas. The best part? You'll find them all in one of our Palm Lake Resort neighbourhoods!

Take a hot air balloon ride

One of the best ways to experience the beauty of the Yarra Valley is from above – in the basket of a hot air balloon, more specifically. Situated just an hour outside of Melbourne (and Palm Lake Resort Willow Lodge) the early start will be well worth it when you see the sun rise over the rolling green hills of this world-famous region. With tour provider Adrenaline, you can also enjoy a post-flight breakfast at RACV Healesville Country Club as part of your package.

Drive a race car

If you loved watching drivers tear around the racetrack at the recent Australian Grand Prix, you might want to pay a visit to Norwell Motorplex. This northern Gold Coast driving centre is conveniently located just 20 minutes' north of Palm Lake Resort Upper Coomera and offers a host of services, from learner and defensive driving to their race school. If you're looking for adrenaline, you can't go past their V8 Supercar Experience. Choose between driving or riding as a passenger then hold on tight as you run rings around the 2.1km course. It's the ultimate adrenaline rush.

Ride a horse on the beach

When it comes to unforgettable experiences, riding horses on the beautiful beaches of Noosa's North Shore (around 45-minutes from Palm Lake Resort Cooroy-Noosa) has to be top of the list. It doesn't matter whether you're a 'horse person' or not – in fact, in the spirit of stepping out of your comfort zone, the less experience you have riding horses, the better. With the experienced team at Equathon Horse Riding Adventures, you're in safe hands. They will match you with one of their 20-plus horses to ensure you both have an enjoyable ride and offer beach rides of one or two sehours. You'll leave with a smile on your face, great photos and a newfound love for horse riding.

Fly in a sea plane

If skydiving isn't your style, but you still like the idea of taking in beautiful scenery from above, why not board a sea plane? Coastland Aviation – situated at the Bundaberg Airport, right near Palm Lake Resort Bargara – is the place to go. Their popular scenic flights are the ultimate way to experience not only the Bundaberg Coast but also Agnes Water and Fraser Island, too. You can even get air transfers to Brisbane, Toowoomba and the Gold Coast through Coastland Aviation, helping you avoid long drives and traffic in style.

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Shuck fresh oysters

Any old foodie can order a plate of oysters at a fancy restaurant – pulling on gloves and gumboots and shucking them fresh, however, is where the real magic happens. There’s something so satisfying about plucking your food right from the ground (or in this case, water) – it’s a real bucket-list experience. If you’re looking for top quality seafood, the New South Wales coastline is the place to be. Sydney Oyster Farm Tours in Mooney Mooney is one of the few places you can collect fresh oysters, right from the water. Find them an hour and a half from Palm Lake Resort Fern Bay.

Travel the Great Ocean Road

Whether you drive or cycle the Great Ocean Road, this world-famous stretch of coastline is a must-do experience. For the thrill-seekers, you may want to hire a motorbike (or take your own) and ride the 243km from Torquay, past the 12 Apostles, all the way to historic Port Fairy. Of course, you’ll need a valid motorbike licence. Alternatively, if you’re an adept bike rider, why not turn the trip into a cycling holiday? You can book accommodation and enjoy the seaside towns along the way. It all begins in Torquay, just over an hour from Palm Lake Resort Truganina.

Go skydiving

Skydiving is the ultimate bucket list activity – it’s also a very effective way to push your boundaries, especially if you’re afraid of heights. While jumping out of a plane (albeit attached to an experienced instructor and a parachute) may not sound appealing, the thought of getting a bird’s eye view of picturesque Byron Bay just might sweeten the deal. Skydive Byron Bay lets you jump from 12,000 to 15,000ft, experiencing up to 60 seconds of freefall before being guided back to the ground by your tandem instructor. It’s all just 25 minutes from Palm Lake Resort Ballina, too!

Swim with sharks

Looking for an activity that combines adventure and beauty? Look no further than a scuba dive at Queensland’s Nurse Rock, 15 minutes off the coast of Mooloolaba. As the name suggests, Nurse Rock (also known as Wobby Rock) is home to both Grey Nurse sharks and wobbegongs. Fear not – both species are known for their placid nature, and with the experienced team from Sunreef Mooloolaba, you’re in safe hands. For homeowners at Palm Lake Resort Caloundra Cay, your departure point (SEA LIFE Aquarium) is just a 20-minute drive away.

spice up your life

THE RIGHT SPICE

With the flu season arriving early this year, health and wellness is front of mind for many. While relief can come from cough syrup and painkillers, strengthening your immune system is your first - and best - line of defence. Luckily, the power to prevent sickness could be found in your spice rack.

For centuries, human beings have turned to nature to remedy their illnesses and ailments. Early humans used herbs and spices both for taste and medicinal purposes, and there are multiple references to spices in the Bible as religious tithings. For the Ancient Egyptians, medical treatments consisted of spices like coriander, fennel, garlic and onion.

Still today, naturopaths and dieticians alike laud spices for their health benefits – both to help reduce the effects of sickness and also to prevent them altogether. Experts say that, in addition to exercise, drinking water and sleeping well, one of the best ways to boost your immune system is to eat a diet that is rich in a variety of fruits, vegetables, herbs, spices and sources of protein.

More specifically, a 2021 study into the role of spices in offering natural immunity found that there is strong evidence of their immunomodulatory and anti-inflammatory properties.

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Researchers believe that the consumption of spices every day – be it mixed with hot water, oil, milk or consumed directly in food – offers significant protection from illness.

Beyond protecting you during flu season, reduced inflammation and a stronger immune system may even lead to long-term benefits. These may include the prevention of cancers, diabetes, cardiovascular disease, kidney disease and non-alcoholic fatty liver disease. The question remains: which spices should you add to your diet? Here are a few ideas...

Paprika

A type of chilli pepper, the paprika plant is enjoyed the world over – for more than its sweet taste. It is packed with vitamins A, B, C and E, along with phytochemicals like phenolic compounds, carotenoids and capsaicin, the latter of which is considered safe and effective for managing arthritis pain, diabetic neuropathy and even headaches. Chilli peppers, in general, are believed to have preventative and therapeutic properties for chest colds, stiff joints, bronchitis and heart arrhythmias.

Cayenne pepper

This popular red pepper does more than add flavour to your roast chicken – it also promises a wealth of health benefits, perfect for fighting off winter sickness. Spicy foods like cayenne pepper have been shown to boost the good bacteria in your gut microbiome, which is important for a healthy immune system. Other reported benefits include weight management, heart health and clearing congestion.

Turmeric

Did you know that, in 2018, a study found that older adults with mild memory issues showed improvement in their memory and attention after taking turmeric for 18 months? It's believed that turmeric's antioxidant impacts can reduce oxidative stress in the body, while also reducing blood inflammation, joint pain and stiffness. Cool, huh?

Cloves

A favourite for sweet and savoury cooking, cloves are also packed with vitamin C which is known to increase your body's white blood cell count. As a result, having two cloves each morning could prove beneficial for boosting your immune system and fighting infection and disease (clove tea, anyone?). They are also said to boost digestion, promote liver function and even relieve tooth pain.

Rosemary

This popular herb may not be the first thing that springs to mind when you think of spices, but don't discount it – rosemary does a lot more than add flavour to your lamb. It is extremely anti-inflammatory, particularly in your gastrointestinal tract, thanks to active compounds (polyphenols) like rosmarinic acid, carbonic acid and carnosol. It may be beneficial for rheumatic diseases and ease joint inflammation and pain.

Peppercorn

It's one of the most popular spices, and for good reason. Not only do black pepper and peppercorns add loads of flavour to a variety of foods – they're also believed to have potent antioxidant and anti-inflammatory properties thanks to an active compound called piperine. Some studies suggest black pepper could improve cholesterol levels, blood sugar control and brain and gut health.



Spiced plums with quinoa porridge

Ingredients:

Baked plums:

- 8-10 plums
- 3 tablespoons honey
- 1 teaspoon cinnamon
- 2-3 cinnamon sticks
- 2-3 star anise
- 1 teaspoon vanilla essence

Quinoa porridge:

- ½ cup quinoa flakes
- 1 tablespoon ground flaxseed
- ¼ teaspoon ground cinnamon
- ½ cup milk (or nut milk)
- ¾ cup water
- 1 tablespoon maple syrup

To serve: Cream or yogurt, pistachio nuts roughly chopped.

Method:

For the baked spiced plums:

Pre-heat the oven to 180°C. Slice the plums in half and remove the pips. Add the plum halves to a large baking dish, along with all of the other ingredients. Gently toss the plums to coat them in the spices and honey. Cover with tin foil and bake for 30-35 minutes or until the plums are soft. Allow to cool slightly before serving or keep them in the fridge to spoon over breakfast.

For the cinnamon quinoa porridge:

Combine the quinoa flakes, flaxseed, ground cinnamon and water into a medium saucepan on medium heat. Allow to simmer for a few minutes while stirring before adding in the milk. The trick with quinoa porridge is not to over cook it - it only takes 3-4 minutes while lightly bubbling until the porridge is fluffy and ready to serve. Stir in the maple syrup.

Serve with a good spoonful of baked spiced plums, a drizzle of fresh cream or yogurt and a sprinkle of chopped pistachio nuts.

Moroccan veggie tray bake

Ingredients:

- ½ head cauliflower, chopped into florets
- ¼ kent pumpkin, sliced
- 1 red capsicum, chopped
- 1 x 400g can chickpeas, drained
- 1 red onion, sliced
- Olive oil, as needed

For dressing:

- ¼ cup olive oil
- 3 garlic cloves, crushed
- 1 tablespoon ground coriander
- 1 tablespoon ground cumin
- ½ tablespoon ground cinnamon
- Chilli flakes, to taste
- Salt and pepper, to taste

To serve: ¼ cup sultanas, lemon wedges, coconut yoghurt and smoked paprika.

Method:

Preheat oven to 200°C. Arrange cauliflower florets and pumpkin on a lined baking tray. Drizzle with a little olive oil. Bake for 15 minutes or until the pumpkin is just tender.

Whisk all of the dressing ingredients in a small bowl. Set aside. Add the capsicum, chickpeas and onion to the tray (with the half-baked cauliflower and pumpkin). Drizzle the dressing on top and rub it into the vegetables. Bake the vegetables and chickpeas for 20 minutes or until everything is tender and the spices are fragrant.

Sprinkle the sultanas on top and serve with lemon, yoghurt and paprika.

Recipes by Bonnie Coumbe and Rainbow Nourishments for Harris Farm Markets, harrisfarm.com.au

spice up
your life

TECH UP YOUR HOME

'Smart' technology isn't just for your grandchildren. Smart homes make your space more responsive, convenient and, above all, safe – there's a reason why they've been dubbed 'the new future of aging'. But what exactly are they, and how could they benefit you?

ESSENTIALLY, SETTING UP a smart home means installing devices that offer convenience, intuition and even safety to the people who live there. For seniors, smart homes are becoming increasingly popular for their power to traverse disabilities – voice-activated devices support those with vision impairments, while automation assists with mobility challenges. They also help your neighbours, family members and carers look out for you.

Even if you don't need support from smart devices, they can offer unparalleled convenience and safety whether you're home or out and about.

The question is: how exactly can smart technology be used in your home? Here are five devices you may not have thought about – or even knew existed – that could make life in your Palm Lake Resort home even easier.

Virtual assistants

Siri, Alexa, Cortana... all names that were somewhat insignificant before the invention of voice-activated virtual assistants. Now, they're literally everywhere. Using the power of your own voice, you can have a helper in every room of your house tell you the daily forecast or read out the next step in a recipe, for example.

Products like Amazon's Echo, Microsoft's Cortana, Apple's Siri and the Google Assistant range are required to turn your home into a smart home. They can be programmed to greet you when you come home, learn your routines and help you save money and stay safe by letting you control lights, air conditioning and even your oven when you're not home.

Robot vacuums and mops

Imagine leaving your home – or even leaving a room – and returning to clean, shiny floors, day in and day out. Once upon a time you would've had to pay a live-in cleaner for that kind of luxury, but with the advent of 'robot' vacuums and mops, it's literally at your fingertips. Simply press the power button and let your robot vacuum loose on your home. It will navigate corners, roll under furniture and won't stop until your floor is spotless (or, until it runs out of battery, at which point it will take itself 'home' to recharge at its charging station before heading off again). While they don't do the immaculate job you might with a standard vacuum, they are a lifesaver for owners of pets, frequent (and messy) cooks and outdoorsy types.

Smart gardens

With smart gardening products like self-watering pots and environmental monitoring systems, everyone can be a green thumb! Smart gardens are all about convenience. Products like the Sustee watering stick offers a fail-proof way to know when your plant needs more moisture, while the EcoKitchen smart garden lets you grow fresh herbs indoors. Outdoors, there are added safety benefits to smart gardens, too – install some intuitive lighting and your garden path or plot will light up when it senses movement. With a virtual assistant, you can even control things with your voice! And don't even get us started on the remote irrigation systems on the market... You'll never have to worry about returning home from holiday to a shrivelled-up veggie patch again.

Video doorbells

What if your doorbell did more than let you know when someone was at the door? What if it kept video footage of the goings on outside your home, told you when someone was there – even if you weren't home – and let you speak directly to visitors when you're away? With products like Ring and Google Nest, you can do exactly that. Designed with safety and convenience in mind, these doorbells connect to your phone and allow you to see and interact with people at your door remotely – like a postman wondering whether it's okay to leave your package. You can speak to anyone through the remote microphone and you can even access recordings, should you need them.

Intelligent sensors

Most seniors want to remain at home for as long as possible. With the help of intelligent sensors – tiny, low-powered devices that can be placed anywhere in your house – you can live at home, comfortably and safely, for longer. These sensors monitor motion in different rooms, learning your habits and relaying the information back to caregivers or family members. They can let a caregiver know when the bed is empty, when a medicine cabinet is being accessed and whether the front door has been opened and for how long – all remotely. While this may seem like a foreign concept, these kinds of devices are already being used with great impact all over the world.

WINTER EDITION 2022



Eufy RoboVac, \$499
jbhifi.com.au



EcoKitchen
smart garden, \$269.99
urbanplantgrowers.com



Ring video doorbell, \$129
amazon.com.au

Amazon Echo Smart
Home Hub, \$139
officeworks.com.au



spice up
your life



WINTER, FLORIDA STYLE

When you think of winter style, glitzy resort towns may not spring to mind. But according to the interiors experts at Studio Collective – who are currently designing Palm Lake Resort Forster Lakes – this season, it’s all about Florida Keys.

EXPECT TO SEE plenty of 70s-inspired furniture, playful hues and organic shapes this winter as the world of interior design falls head over heels for Florida Keys. Leading the charge: Palm Lake Resort Forster Lakes.

“We love keeping each location different and were excited to research something new for Palm Lake Resort Forster Lakes,” says Studio Collective interior designer Ashley Reed. “Having a shared coastal location was an integral part of our decision to take cues from Florida Keys for the new resort.”

The timing was perfect as, according to Ashley, many elements of the Florida Keys style will also be trending this coming season.

“In terms of colours, we’re seeing a playful mix of cornflower blue, lilac, lemon, green quartz and clay coming through this winter,” says Ashley. “Talking specifically about the Florida Keys aesthetic, that means warm whites, cool blue hues and pops of pastel pink and green – not to mention fresh greenery, blonde timbers and statement prints.”

For furniture, Ashley says it’s all about balancing natural textures with retro metals. Cork and chrome are two great examples. Rattan is still making an impact, as are breezeblocks outdoors.

“You don’t need to make huge changes to try out these new trends,” says Ashley. “You can keep your neutral ‘base furniture’ – large items like couches, chairs and dressers – and update your cushions and artworks to include on-trend colours in prints. Or why not get your metal items power-coated in a fun green or blue?”

If you’re looking to upgrade your furnishings, look for key pieces that are both comfortable and stylish. A statement sofa or dining table can really bring together the Florida Keys style, without compromising the timeless design of your home.

“Wallpaper is another lovely way to introduce colour and patterns to your home without detracting from the overall aesthetic,” says Ashley. “A feature pendant light can really complete the look.”

For something a bit different, Ashley suggests coloured concrete. It’s expected to be even bigger in the coming months, with a lot of designers turning to the trend for basins and baths.

“Above all, the upcoming season is all about that laidback look,” says Ashley. “Soft furnishings in bright pastel pops will pair perfectly with coastal textures, helping you create the feeling of Florida Keys in a simple, affordable way in your own home.”

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TURN UP THE HEAT

As the weather changes outside, we’re changing things up indoors, too. With a focus on all things cosy and comfortable, this season’s picks are set to turn up the heat in the cooler months.



1. Brosa Seta armchair, \$699, brosa.com.au
2. S&G Furniture Hans coffee table, \$1179, templeandwebster.com.au
3. Castlery Harper sideboard, \$1299, castlery.com
4. Alpine alpaca throw, \$380, biku.com.au
5. Miss Amara Sissa rug, \$765, missamara.com.au
6. Australian House & Garden Sandy textured vase, \$44.95, myer.com.au
7. Blossom and Sky candle lamp, \$99, blossomandsky.com
8. Aztec House boucle lumbar cushion, \$69, aztechoose.com.au
9. Linea Furniture Andrew terrazzo coasters, \$39.95, templeandwebster.com.au
10. 'The Hygge Life' by Gunnar Karl Gislason and Jody Eddy, \$36, dymocks.com.au
11. April & Oak Paulownia wood bowl, \$59.40, aprilandoak.com.au
12. Matt Blatt United Strangers magazine rack, \$299, kogan.com

WELCOME DANIEL

Come June 2022, Palm Lake Care will welcome a new CEO to the leadership team: Daniel Aitchison.

DANIEL AITCHISON HAS a long history working in aged care and health services across Australia. He comes to Palm Lake Care having served in leadership roles for AnglicareSQ, TriCare and AnglicareSA.

In 2018, Daniel joined AnglicareSA in the role of Executive Manager, Aged Care Services. In this role, he oversaw a portfolio of residential aged care, community aged care, retirement living and allied health care services across South Australia. In 2021, Daniel was recruited to the role of Chief Executive for Clayton Church Homes - a provider of aged care services across South Australia. Also on Daniel's extensive resume are positions including:

- Chair of Aged and Community Services (ACSA) South Australian Divisional Council
- ACSA National Board Member
- Board Director of the newly merged national peak body, Aged and Community Care Providers Association.

Daniel is a graduate of the Australian Institute of Company Directors and an Associate Fellow at the Australasian College of Health Service Management. Daniel also holds a Masters of Health Management degree (majoring in emergency and disaster management) and a Bachelor of Nursing degree.

Beyond the 9am-5pm credentials, Daniel is a born-and-bred Brisbanite who is looking forward to a return to his homeground with his wife, their 12-month-old daughter and the family dachshund, Devon.

"I moved interstate to South Australia for work four years ago, to expand my horizons. But I am incredibly excited to be returning to Queensland and especially to be joining the team at Palm Lake Care," Daniel says.

"As someone who has dedicated my career to aged care services, I am looking forward to working with an incredible group of people who live out the family values of Palm Lake Care daily.



Pictured: Palm Lake Care will soon welcome a new CEO, Daniel Aitchison.

"Those of us in the sector have a great deal of trust instilled in us by those in our care and their loved ones, and it will be an absolute privilege to be part of creating a better life each and every day for our residents."

Initially, Daniel says he's eager to meet the greater Palm Lake Care team and as many residents and family members as possible, to get a real "lay of the land" and seek out as much feedback as possible.

"It all starts with the people," he says.

While investigating the culture within our aged caring communities, Daniel says another focus for him in his new role will be on the company's growth, starting with the commissioning of our seventh community, Palm Lake Care Caloundra, later this year.

"In a previous role, I commissioned four new buildings. It's always great to be involved in those kinds of fresh, new opportunities. But it's also important not to take any focus away from our existing communities at that same time."

Palm Lake Group's Executive Manager of People and Operations, Amanda Clements, says she is eager to have Daniel on board to lead the Palm Lake Care team and its six aged caring communities through all the growth planned for the company's future - including the highly anticipated commissioning of Palm Lake Care Caloundra.

"We are excited to have Daniel and his wealth of experience join us at Palm Lake Care," Amanda says. "The future is definitely bright."



AROUND THE GROUNDS

With six aged caring communities across the Palm Lake Care group, there's never a dull day!



Palm Lake Group

PROPERTY PORTFOLIO

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 additional facilities now under construction. **M**
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 where social spaces are full of laughter and homes are retreats. A nine-hole golf course with its own clubhouse, Westhampton Sports Club and adjacent luxury aged caring community enhance the precinct. **M**
1800 338 382 / 194 Bishop Road, Beachmere QLD 4510

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

PALM LAKE RESORT PELICAN WATERS

Palm Lake Group's most première 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. Masterplan and home designs to be released in 2022. **M**
1800 490 626 / 40 Mahogany Drive, Pelican Waters QLD 4551

PALM LAKE RESORT TOOWOOMBA

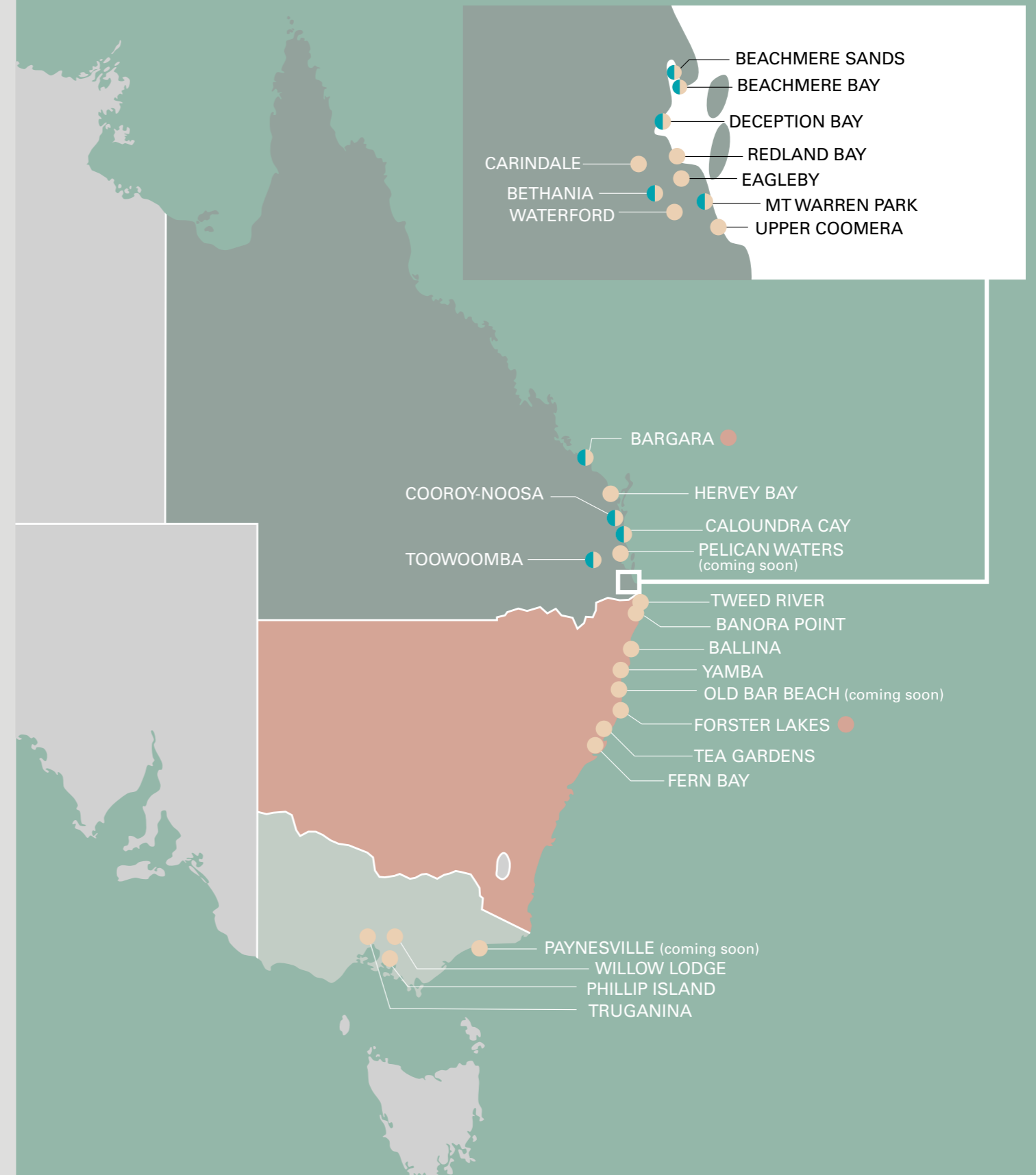
Palm Lake Resort Toowoomba's architectural and energy-efficient home designs offer exquisite open-plan living with raked ceilings to maximise natural light, space and comfort. The Pinnacle Country Club is an opulent and inviting community space featuring lush green views across the infinity-edge pool. A 2018 Master Builders Association award winner. Palm Lake Care now open. **M**
1800 280 129 / 97-161 Hogg Street, Cranley QLD 4350

R Over 55s designer living
M Over 50s lifestyle resort

- BALLINA** **R**
1800 335 666
120 North Creek Road, Ballina NSW 2478
- BANORA POINT** **M**
1800 641 665
67 Winders Pl, Banora Point NSW 2486
- BEACHMERE SANDS** **R**
1800 338 382
218 Bishop Rd, Beachmere QLD 4510
- BETHANIA** **M**
1800 774 866
43 Goodooga Dr, Bethania QLD 4205
- CALOUNDRA CAY** **M**
1800 556 677
96 Village Way, Little Mountain QLD 4551
- CARINDALE** **M**
1800 770 057
2 Ford Ct, Carindale QLD 4152
- COOROY-NOOSA** **M**
1800 885 851
19 Trading Post Road, Cooroy QLD 4563
- DECEPTION BAY** **M**
1800 725 652
1 Webster Rd, Deception Bay QLD 4508
- EAGLEBY** **M**
1800 781 101
272 Fryar Rd, Eagleby QLD 4207
- FERN BAY** **M**
1800 648 868
1117 Nelson Bay Rd, Fern Bay NSW 2295
- HERVEY BAY** **M**
1800 455 307
25-67 Pialba-Burrum Heads Rd, Eli Waters QLD 4655
- MT WARREN PARK** **M**
1800 282 314
1 Mt Warren Blvd, Mt Warren Park QLD 4207
- PHILLIP ISLAND** **M**
1800 066 482
48-80 Settlement Rd, Cowes VIC 3922
- REDLAND BAY** **M**
07 3829 4500
57 Hamilton Street, Redland Bay QLD 4165
- TRUGANINA** **M**
1800 686 096
7 Taronga Rd, Truganina VIC 3029
- TEA GARDENS** **R**
1800 756 740
50 Spinifex Avenue, Tea Gardens NSW 2324
- TWEED RIVER** **M**
1800 881 041
2 Barneys Point Rd, Banora Point NSW 2486
- UPPER COOMERA** **M**
1800 757 457
Riverbrooke Dr, Upper Coomera QLD 4209
- WATERFORD** **M**
1800 028 428
29-71 High Rd, Waterford QLD 4133
- WILLOW LODGE** **M**
1800 974 981
2 Willows Rd, Bangholme VIC 3175
- YAMBA** **M**
1800 084 119
1 Orion Dr, Yamba NSW 2464

OUR LOCATIONS

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



FREE BOAT WITH YOUR NEW HOME!

With so many of our resorts located near wonderful waterways, it's only fitting that we'd cast the net a little wider for a 'Welcome home' gift for our newest homeowners. Palm Lake Resort is giving away a Quintrex aluminium boat, valued at over \$30,000, FREE with any new home purchased at our Bargara or Forster Lakes resorts! To find out how to land this prized catch, visit our website.

**\$30,000
Quintrex boat
FREE with your
new home!**

T&Cs apply



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