

The Edge

March–April 2022



Palm Lake Resort
TOOWOOMBA.
PINNACLE.

And that's a wrap!

Our resort is officially complete! All homes are done and the caravan storage area and wash-down bay are ready for business!

Working wonders

The rise of the internet and digital connectivity has made working from home easy. Set up a successful home office with these tips

Choc-fuelled fun

It feels like we've just packed away the Christmas tree and now Easter's here! With an influx of visiting grandies expected, share in our Easter eggstravaganza



Welcome



Welcome to my final edition of *The Edge*. As I write this Welcome note, we only have two new homes left in the final stage ever at Palm Lake Resort Toowoomba. Who will be the lucky homeowners to secure these two, luxury (and highly sought-after) homes?

As we move to completion and our final new homeowners move in, I would like to say it has been wonderful for us in the Sales Team to work in this resort. Over the years it has been, and continues to be, so rewarding to see so many homeowners start a new chapter of their lives here. From forming new friendships to making use of all the wonderful facilities on offer around our resort grounds and within our award-winning Pinnacle Country Club, Palm Lake Resort really has something for everyone. If you missed out on securing one of our last new homes, we have pre-loved homes coming up all the time, so it's never too late to join us. Please feel free to call and make a time to come and have a look at what could be the start of a whole new stage in your life. Stop having to worry about maintaining a large garden or looking after a house you have perhaps outgrown. If this is something you have been considering, then we look forward to welcoming you and showing you around.

In this edition of *The Edge*, make sure you turn to Pages 4-5 to learn how to set up a comfortable, functional and successful home office. Then turn to Pages 6-7 to learn some tips from an expert on how to better your efforts around the pool table. And also, with the delightful grandies on their way back up the Range shortly for the Easter school holidays, make sure you read all about how to entertain them (and impress them with some great Rocky Road!) on Pages 8-9.

With sales basically complete, I wish Jacky all the best as she heads off to enjoy a well-earned retirement and some quality time 'gray-nomadding' with her husband, Brian, in their caravan. I will be staying on in the Sales Information Centre and look forward to helping both those wishing to buy an established home in our beautiful resort and, of course, those current homeowners needing to sell. So, it's not goodbye from me – just, 'see you later'!

Shirley, and Jacky
Palm Lake Resort Toowoomba

Contact us

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

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

Social media: Follow Palm Lake Resort on Facebook and Instagram to see what's happening right across our 28 Palm Lake Group locations.

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

Freecall: 1800 280 129.

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



News briefs



Read all about Care

As part of the Palm Lake Group, Palm Lake Care offers six modern aged caring communities across South-East Queensland. Catch up on all things Palm Lake Care in the company's most recent magazine, *The Difference*. It features all the winners from our annual caregiver awards, as well as updates on every location. Read it online at: www.palmlakecare.com.au

Make a date

Here are some important upcoming dates to note in your diary:

Queensland school holidays: Saturday, April 2 to Monday, April 18 inclusive

Easter long weekend: Friday, April 15 to Monday, April 18

Anzac Day (including public holiday): Monday, April 25

Labour Day public holiday: Monday, May 3

We will remember

Our dedicated Memorial Garden is a wonderful, sunny place to visit and just take a moment to reflect.



Caretakers' welcome note

Hello one and all -

Well, this month marks two years for Mark and I working, living and playing in Toowoomba - and most importantly being a part of the Palm Lake Resort Toowoomba team.

What a journey it has been over this time. We would like to thank all our homeowners for being so understanding and offering such fabulous ongoing support. We are very lucky to have you all.

There's no doubt, Palm Lake Resort Toowoomba is a beautiful resort. It goes from strength to strength as we welcome new residents all the time. We are looking forward to the challenges and sharing the events of the upcoming year with you. In closing - Happy Easter everyone! If you are travelling, please do so safely. And if you are welcoming some of your smaller family members here to the resort during the holidays, we hope you spoil them rotten!

Mark Kelly & Karen Hopkins
Resort Caretakers



Support Jacky to support cancer patients

Jacky, from the Palm Lake Resort Toowoomba Sales Team, is competing in the Cancer Council's 'The March Charge' this year, aiming to raise \$1000 by walking 100km. "This is a big deal for me as I love my car and 100km is definitely a challenge! I plan to have 000 on speed dial," Jacky laughs. "The reason I'm participating? We all personally know someone who has been affected by cancer including myself being a cancer survivor. I want to make a difference – we all can. This walk will hopefully save someone's life." To get behind Jacky, visit www.themarchcharge.com.au and enter "Jacky Poulter" where prompted. Good luck, Jacky!

Set up for success

PEOPLE ALL OVER THE WORLD HAVE BECOME A LOT MORE FAMILIAR WITH WORKING FROM HOME IN THE PAST FEW YEARS – SOME PALM LAKE RESORT RESIDENTS INCLUDED. HAVE YOU EVER THOUGHT ABOUT SETTING UP YOUR HOME'S SECOND (OR THIRD) BEDROOM AS AN OFFICE? WHETHER IT'S A BASE FOR YOUR BUSINESS OR JUST A DEDICATED PLACE TO GET THOSE HOME ADMINISTRATION JOBS SORTED, HERE'S HOW...



Purge

Before you embark on your office set-up, you need to cull anything you don't need anymore. Be ruthless about the things you hold onto and go digital wherever you can. For example, your smartphone probably has a built-in scanner, so use that instead of finding space for a dedicated desktop scanner. Once you've found a home for everything, invest in a good labeller. Think ahead: which trays, baskets or bins are likely to fill up first? Should you make that one bigger, or commit to culling it more often? Remember that decluttering isn't a 'one time and done' task – you'll need to embark on regular decluttering missions in the future; the aim of your first big one is to make the rest relatively simple.

Feng shui

What if we told you that the way you configure your office could contribute to your productivity? The goal of feng shui is to use energy to harmonise us with our surrounding environment, and there are certain feng shui rules that you should keep in mind when organising your office. Removing clutter – including hiding cords, doing paperwork daily and keeping 50 per cent of your desk space clear – is one example, but you can apply feng shui to how you configure your office furniture, too. You should be able to see the door from your chair, putting you in a powerful, commanding position, and if you are planning to share your office and have two chairs, avoid sitting back-to-back or face-to-face. Where possible, avoid furniture with sharp edges and leave plenty of space between desks for energy to move slowly around your office.

Ergonomics

Tight neck? Sore wrists? Achy lower back? Sounds like you could use a lesson in ergonomics – and don't worry, you're not alone. Fifty per cent of Aussie workers have jobs that require full or part-time desk work, and studies show that most of us aren't sitting correctly. Find your natural posture by pushing your chair away from your desk and sitting comfortably; your feet should be on the floor in front of you, your shoulders relaxed and your behind should be... well, behind you. This position is the foundation for building an ergonomic desk – from here, your keyboard should be one to two inches above your thighs, your screen should touch the tip of your middle finger and your chair should support your back comfortably. And don't forget to get up and move around regularly.

Colour therapy

Whether or not you believe in colour therapy, there is plenty of science to show that colours can have a psychological impact on our minds and the way we work. You don't have to go out and paint all of the walls in your office – instead, invite the following colours (and their psychological benefits) into your office with rugs, wall art, stationery and more, for example.

- Blue is ideal for staying focused – particularly in repetitive industries. Accountants, this is the colour for you.
- Yellow stimulates emotion, evoking feelings of happiness and brightening spirits. It's a perfect colour for those who work in the creative industries.
- Green is the colour of balance, calm and reassurance. Lawyers and financial workers should 'go green'.

Married to the job

PALM LAKE RESORT TOOWOOMBA'S SOCIAL CLUB PRESIDENT, MARGARET MURRAY, HAS SET UP HER HOME TO SUPPORT HER LIFESTYLE – AND HER BUSINESS.

Margaret Murray is very well spoken and articulate so it's no surprise to find out that her 'money maker' is her spoken word.

Margaret is a marriage celebrant who is also called on to officiate at funerals. She juggles a busy social life (being the resort Social Club president will do that!), with positions on various resort committees including the Residents' Association, with her work – which has her testing her creative writing skills and traveling all over greater Toowoomba each week. And she manages it all from her Belvidere-design home's study nook.

While her three-bedroom home offers plenty of space, she likes to keep one room free for visiting guests and the other set up for her craft passions, including sewing. The study nook is a functional and successful home office space for Margaret simply because she's employed many clever management strategies when it comes to running her business and all those home administration tasks. She says the biggest secret to a successful home office is being disciplined about your paperwork and filing so nothing piles up.

"You need to have a good system for archiving – that's very important," she says. "It's also about compartmentalising – focus on what you're doing right through to completion. Then move on to the next job."

"I've also installed extra shelving to make sure everything is kept neat and tidy. I downsized my desktop computer to a laptop and went from a big printer to a smaller one – it was all a little hard at the time, but probably well overdue."



Pictured top: Margaret, 'on the job', at a beautiful rustic wedding venue at Adora Downs, outside Mt Tyson.

Pictured above: Margaret was proud to be asked to officiate at the wedding of fellow Palm Lake Resort Toowoomba residents, Tony and Maria, recently. The intimate ceremony was held at the Pinnacle Country Club with family and friends. Fellow Palm Lake Resort resident, Peter, was the official photographer on the day, making it a real Palm Lake Resort Toowoomba event! "It was a truly, truly lovely day," Margaret beams.

Right on cue

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

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

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

Originating in France and England in the 1700s, billiards began as an amateur sport amongst the aristocracy. While it didn't become popular in Australia until the late 1800s, we managed to produce one of the best billiards players of all time, Walter Lindrum.

"He was the greatest player the world had ever seen, and remains one of the best," says Paul. "But during the height of his career in the 1930s, billiards was losing its

popularity – people were simply too good. That is when an English man named Joe Davis turned to snooker, which also started out as a form of gambling. While a billiards match could go on for weeks, snooker was much faster paced making it more enjoyable for spectators. The colourful balls made for great watching when colour was achieved in 1972, and the game really took off from there."

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

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

Paul's tips for bettering your game

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

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

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

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

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

CATCH SOME
POOL/BILLIARDS:
TUES 1PM
THURS 1PM
SAT 1PM

Weekly activities

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

Monday

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

Tuesday

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

Wednesday

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

Thursday

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

Friday

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

Saturday

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

Sunday

12noon: 500 cards, Misty (RC)



Helping friends become neighbours

We know your friends love coming to visit your Palm Lake Resort home and enjoy sharing our resort facilities with us, right? Refer a friend to join you and become part of our exclusive community and if they purchase one of our established Palm Lake Resort homes, you'll receive \$250 or \$500 cash if they buy a brand new home. Easy!

\$250 for an established home
\$500 for a brand new home



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

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



Pictured above, from left: Check out our most recent collection of 'big blue bows'! We have recently welcomed new homeowners Bob & Sandy Williams (look at the view these guys get to enjoy from their new home!), Joe & Susan Foster, as well as June Day (pictured here with Palm Lake Resort Toowoomba Sales Consultant Shirley Ortez). The move for June was especially sweet as her sister, Jocelyn, has already been a homeowner here at the resort for some time.

CHECK OUT THAT VIEW!



Around the grounds

THERE'S ALWAYS LOADS GOING ON IN OUR VIBRANT RESORT. HERE'S JUST A SNAPSHOT...



Pictured above: The last resort facilities to go in to complete our resort were the caravan parking lot and our dedicated wash bay. This is a great place to clean your caravan or motorhome after a trip away. The shade cover makes it a very comfortable place to do that post-trip clean up, out of the sun, and the gantry gives caravan owners some additional height to get above your roofline.

Five fun ways to celebrate Easter



EASTER IS ALL ABOUT FAMILY, DELICIOUS FOOD AND CELEBRATION. WHETHER YOUR GRANDKIDS ARE COMING TO TOWN, YOU'RE HEADING OUT TO VISIT THEM, OR YOU'RE ENJOYING A MORE LOW-KEY EASTER CELEBRATION AT HOME, HERE ARE A FEW WAYS YOU CAN SPEND THE LONG WEEKEND.

Easter baking

Baking is one of those skills that is passed on from grandparent to grandchild. With all the extra chocolate going around, this is a great time of year to get your grandkids in the kitchen. Choose simple recipes if you're working with younger kids (with minimal sharp knives and hot surfaces, of course!), or consult your recipe archives to pass on a family favourite if you feel your grandchildren are old enough. This is actually a wonderful way to start a family tradition. The easiest dish to make with children is definitely rocky road – see the opposite page for a simple recipe.

Get giving

Christmas is usually associated with gifting, but who says you can't give out Easter presents, too? The perfect alternative to chocolate (should your gift recipient have allergies or dietary requirements), your Easter gift might include a baked treat, a small card, a cute decoration or craft item or even some potpourri or homemade soaps. If the grandkids are in town, have them help you assemble these small gifts and deliver them around the resort.

Fun crafts

Everyone loves a good craft activity, and Easter is full of inspiration. Why not make a small nest for some faux

baby chickens or Easter basket for your next resort egg hunt? For something a bit more functional, why not make beautiful homemade cards to help you spread the love around your resort? The internet is full of inspiration for Easter crafts of all kinds.

Decorate

Decorating your home is a great way to get into the Easter spirit! Soft pastel tones are the obvious choice, but you could play with fresh flowers and greenery to liven things up a bit too. If you're hosting Easter brunch, lunch or dinner, it's all about your table setting. Light colours will be your best friends, as will natural textures like wicker, rattan and straw. Balance them out with gleaming glass and silverware, add some fresh florals and a beautiful spread and you're sorted.

Sunday fun

How do you spend Easter Sunday itself? Maybe this year is the year to try a new tradition? If you're spending it with your grandchildren, you could start the day with a special Easter breakfast followed by an egg hunt (utilising those baskets they made, of course!). Grandchildren or no grandchildren, you could also spend the day playing fun board games, relaxing with a good book and a cup of tea, or enjoying some time outdoors. Your traditions are exactly that – yours.

How to use up all that Easter chocolate

EASTER, OBVIOUSLY, MEANS TONNES AND TONNES OF CHOCOLATE. EVEN WITHOUT THE EASTER BUNNY PAYING YOU A VISIT, YOUR EXTENDED FAMILY MEMBERS, FRIENDS AND NEIGHBOURS WILL LIKELY GIVE YOU A FAIR AMOUNT OF CHOCOLATE THIS WEEKEND. INSTEAD OF ENDING UP IN A CHOCOLATE COMA, PUT YOUR EASTER CHOCOLATE TO BETTER USE WITH THESE CLEVER IDEAS.

Make a bunny milkshake

Those tall Easter bunny-shaped chocolates also make for awesome milkshake holders! Mix up your favourite flavour, bite off the bunny's ears and pour it inside (just be sure to keep most of the wrapping on, to prevent your fingers melting all the chocolate). Then, grab a straw and get sipping! This idea is perfect for the visiting littlies (or the big kids, at heart!)

Chocolate bark

It's so simple, but so tasty. Chocolate bark is simply just melted chocolate poured onto a baking tray, sprinkled with whatever toppings you like and re-refrigerated. Dried fruit and nuts make it ever so slightly healthy, but you can also get experimental and make it taste like your favourite chocolate bars – sprinkle desiccated coconut for a Bounty Bar effect, or caramel and crushed up biscuits if you love Twix.

Chocolate-dipped fruit

Make the most of the fact that you've got a near-endless supply of quality chocolate and melt it all

together to make the most delicious chocolate dip. You can make chocolate strawberries or bananas, or even throw some blueberries, goji berries or raspberries in there and make a tasty, chocolatey snack that everyone will love. Just pop them in the fridge and enjoy them whenever you like!

Homemade chocolate topping

Is there anything better than ice cream and chocolate sauce? Yes – ice cream with Easter egg-flavoured chocolate sauce! Simply melt all that chocolate together and pour it over your favourite ice cream flavour for an easy dessert idea (and an easy way to get through the Easter egg supply).

Hijack your baking

Whether you bake up a batch of cookies, muffins or cupcakes, toss a couple of Easter eggs into the mix to take it to the next level. Your grandkids or neighbours will love biting into their favourite baked goods and discovering an oozy, melted Easter egg inside. Who wouldn't?!

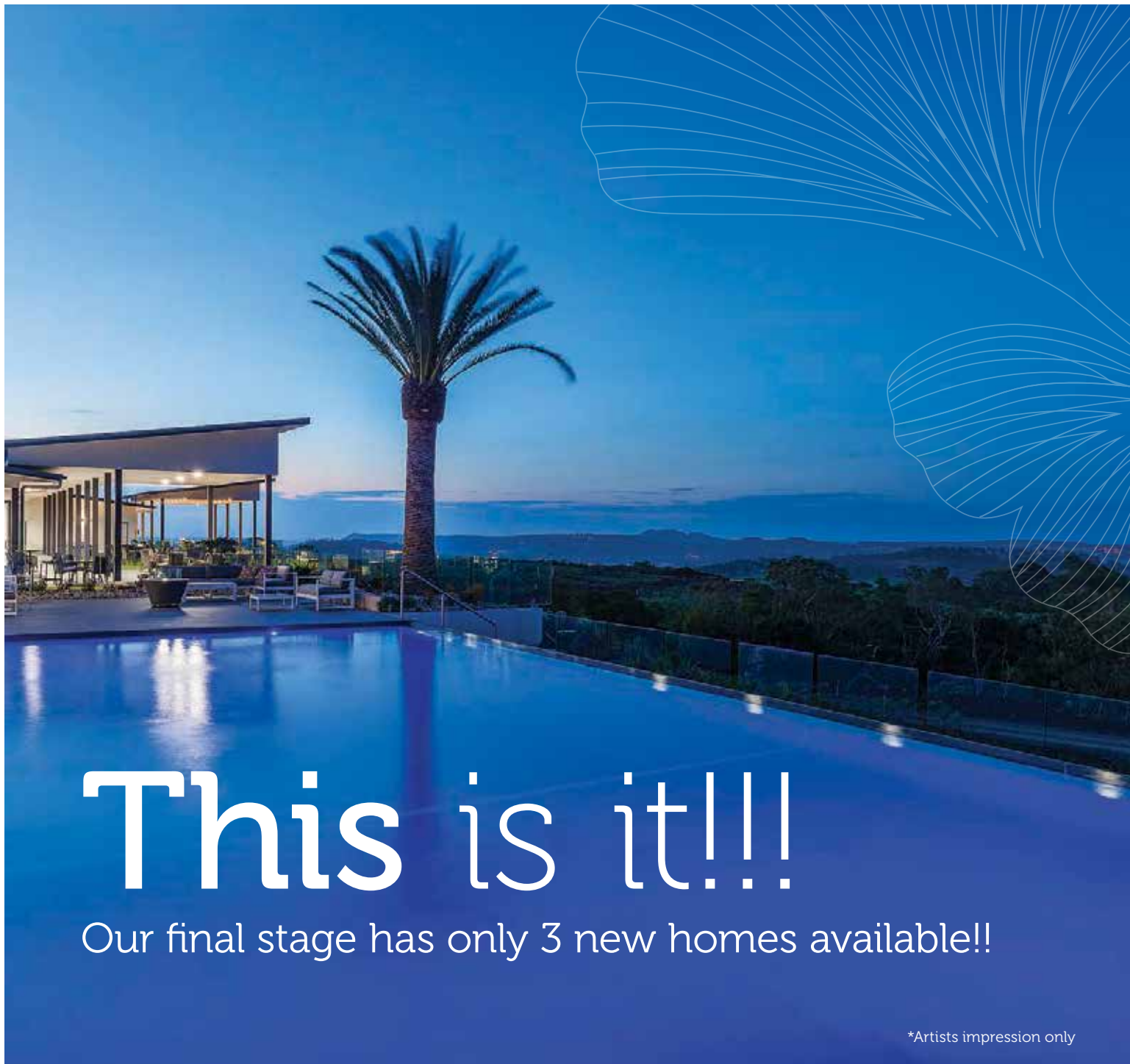
Recipe: Rocky road

Ingredients

- 100g biscuits, roughly crushed
- 400g dark chocolate, chopped
- 200g milk chocolate, chopped
- 200g strawberries and cream sweets
- 250g pink and white marshmallows, quartered
- 100g milk chocolate hollow eggs
- 100g slivered almonds, toasted (or peanuts, optional)

Method

1. Line a 20cm square cake pan with baking paper, leaving sides to overhang.
2. Place dark and milk chocolate in a heatproof bowl over a saucepan of simmering water. Stir with a metal spoon until melted and smooth. Remove from heat.
3. Reserve some of the marshmallows, sweets and Easter eggs for decorating. Stir the remaining ingredients into the chocolate until combined.
4. Spoon mixture into pan. Top with reserved sweets and Easter eggs, pressing them into the chocolate. Chill for two hours or until set.
5. Remove from pan by lifting out with paper. Cut into pieces to serve.



This is it!!!

Our final stage has only 3 new homes available!!

*Artists impression only



The Majella V522*



The Montalto V533*



The Manaboa V526*

FREECALL 1800 280 129
And arrange an inspection today.



**THE BEST IN OVER-50s LIVING.
THIS IS YOUR TIME.**

pallmlakeresort.com.au