

JUNE - JULY 2025



The Chat



Anzac Day commemorations

A special thank you to those who made this year's Anzac Day service so successful

Fun on the road, with friends

A bus-full of residents hit the road recently, in support of a great cause!

Over the back fence

Keep up to date with all the good things your fellow Palm Lake Resort family is up to



Welcome.



Welcome to the latest edition of The Chat, our Palm Lake Resort Tweed River newsletter.

As we settle into the cooler days of late autumn here in beautiful northern New South Wales, there's a refreshing crispness in the air and a lovely golden hue to the afternoon light. It's the perfect season for rugging up with a cuppa, enjoying a peaceful stroll through the community, or sharing stories around the barbeque with friends.

In the garden, it's time to embrace the slower pace. Winter veggies like broccoli, cauliflower, kale, and silverbeet thrive in our mild climate, so if you're thinking of planting, now's a great time to prepare your beds. Keep an eye out for aphids and slugs during the wetter weeks—and consider planting some marigolds or garlic as natural pest deterrents.

You'll come to notice some of our plants and gardens getting some harder trimming than usual. Please don't be alarmed or concerned as they'll all be fertilised and watered, ready to push out some healthy, thicker regrowth in the coming weeks. We will also be adding blue dye to our Herbicide treatment regime, this is to ensure everyone is aware of what has been sprayed and will aid in keeping pets away from the area.

This issue is packed with community news, upcoming activities to keep you connected and moving along with handy tips for healthy living. We hope you enjoy every page and take full advantage of this cosy, vibrant season. I'd like to thank you all for being so welcoming in my first few weeks, Xavi and I have really been enjoying settling into the area.

Stay warm and well,

Jordan Paix and Suzanne Lacey
Palm Lake Resort Tweed River

Contact us.

Looking for more information about Palm Lake Resort Tweed River? Here's how you can reach us:

FREECALL: 1800 881 041

Street address:
2 Barneys Point Road,
Banora Point NSW 2486

Office hours:
9am to 11am, Monday to Friday
(weekends, by appointment)

Email:
tweedriver@pallmlake.com.au

Find us online at:
pallmlakeresort.com.au

Get social:
Follow us on Facebook
(@pallmlakeresort) and on
Instagram (@pallml.lake.resort)

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News in brief.

Get social

Follow Palm Lake Resort on Facebook (@pallmlakeresort) and also on Instagram (@pallml.lake.resort) to see what's happening across our 28 Palm Lake Group locations.

Pet owners

A friendly reminder to please ensure your pet is always on a leash and under your control when out of the house. Droppings must be picked up and disposed of and are not permitted in or close to the communal facilities (all buildings, pools, etc.). Please ensure your pet does not interfere with the peace, comfort or privacy of other homeowners. For more, please refer to the Residential Park Rules (July, 2017).



Happy birthday, Jenny!

Jenny (Home 19) recently celebrated her 80th birthday, and a fun time was had by all who attended her get-together. Congratulations Jenny!

Residents' Committee

A new Residents' Committee was elected earlier in the year: David Oelrichs is the new chairperson, Yvonne Turner is the returning secretary, Amanda Fish the new treasurer and Pam Sullivan, Roz Hayes and Jeanette Oelrichs are our committee members. Thank you to you all for your role in making our community even better, and to our former committee members for your hard work!

Refer your friends!

We know your friends love coming to visit your Palm Lake Resort home and enjoy sharing our resort facilities with you, right? Refer a friend to join you and become part of our exclusive community, and if they purchase an established Palm Lake Resort Tweed River home, you'll receive \$250 cash. Easy! Ask about our 'Refer a Friend' incentive at the office.



Weekly activities list

MONDAY

7am – 1pm Personal gym instructor

7.25am – 8.25am Pool exercises

10.30am – 12.30pm Card making (Hall/Craft Room)

1.30pm – 3pm Line dancing (DVD class)

TUESDAY

7.25am – 8.25am Pool exercises

9am – 12pm Craft morning (Craft Room)

1.30pm – 3pm Bingo (Craft Room)

6pm Meal night (arriving around 5-5.30pm)

WEDNESDAY

7am Golf at Chinderah

7.25am – 8.25am Pool exercises

9am – 9.30am Balance class

9.30am – 10.15am Tai chi (DVD class)

1pm Cards (Library or Lounge)

1.30pm Rummikub

7pm Movie night

THURSDAY

7.25am – 8.25am Pool exercises

9am Yoga (in Sportsman Bar area)

9am – 12pm Bus trip to Tweed City

10.30am – 1pm Art Space

1pm – 4pm 500

1.30pm Mah jong

2pm – 4pm Kelly pool

3.30pm Aqua aerobics

FRIDAY

7.25am – 8.25am Pool exercises

10am – 11.30am Line dancing (DVD class)

5.30pm Occasional Happy Hours

SATURDAY

9am – 9.45am Tai chi (DVD class)

Lest we forget.

THIS YEAR'S ANZAC DAY CELEBRATION WAS ANOTHER HUGE SUCCESS, THANKS TO THE TIME AND EFFORT OF OUR DEDICATED RESIDENTS.

First of all, thank you to Richard Metcalfe for organising the Anzac Day service which was, as always, well attended. A big thank you also to the committee for supplying a lovely lunch after the service.

David (Home 86) read The Ode, Mary (Home 3) read a poem and Yvonne (Home 13) gave a commemorative address. Thank you to all involved in making it such a good day.



Meet Jordan.

My name is Jordan, and I will be the new caretaker at Palm Lake Resort Tweed River.

I recently moved back to the Gold Coast from Melbourne, as I decided the weather up here is just too nice. I was previously managing a similar village in Point Cook and, before that, in Hope Island. I have come to really enjoy my time living and working around the lovely people within these lifestyle communities, and I am very much looking forward to meeting you all and fostering a similar connection.

I am a landscape gardener by trade, and I love to talk and learn more about the ranges of plants that we all have. I have been a caretaker for around six years. One thing I know is that there is

always more to learn - I don't doubt that, being amongst you all, I will learn plenty of new things. No two days are ever the same in this job, so I'm excited to see what new challenges will arise.

I am an avid football/soccer fan and I support Melbourne Victory, I also just returned from a trip to England to watch Everton play. I really enjoy travelling and camping so please, feel free to let me know your best spots.

I have with me my German Shepherd x Kelpie, Xavi, who's very friendly and can't get enough walking. I'm looking forward to meeting you all on our afternoon strolls.

I understand that Palm Lake Resort Tweed River is your home, and I hold that in the highest regard. I am eager to learn from you all and am always happy to lend a hand wherever I can. I take pride in being approachable and sociable and truly look forward to meeting each one of you, and making the Tweed my new home.

Thank you,

Jordan

"I'm eager to learn from you all and am always happy to lend a hand wherever I can."

Winter immunity boosters.

PROTECTING OUR HANDS AND HOME FROM GERMS IS IMPORTANT, ESPECIALLY COME WINTER, BUT STRENGTHENING OUR IMMUNE SYSTEM IS ONE OF THE BEST WAYS TO SAFEGUARD OUR HEALTH. HERE ARE SOME OF THE BEST INGREDIENTS FOR A STRONG IMMUNE SYSTEM.



Vitamin C

It will come as no surprise that vitamin C tops the list of immune-supporting ingredients – it's a superhero when it comes to protecting the body from harm. Vitamin C is necessary for the growth, development and repair of all body tissues. It acts as an antioxidant, protecting cells from damage caused by free radicals – unstable atoms produced either from normal cell metabolisms or external sources like pollution, cigarette smoke and radiation. Vitamin C is also involved in the formation of collagen, wound healing and the maintenance of bones and teeth, and encourages the production of white blood cells, which help protect the body against infection. As if all that wasn't enough, vitamin C also plays a part in helping white blood cells function more effectively by protecting them from damage by free radicals – it may help to reduce the severity and length of infection, too.

Where you'll find it: Blackberries, strawberries, lemons and capsicums are great sources of vitamin C.

Zinc

The second-most-abundant trace mineral in your body, zinc is present in every cell – but, your body doesn't naturally produce it, so you must obtain it through food or supplements. When paired up, zinc and vitamin C are extremely effective at fighting off infection. Even mildly low levels of zinc may impair your immune function, so you want to make sure you keep your zinc levels high – especially in the coming colder months.

Where you'll find it: Eat your beans! Beans, and especially chickpeas, are a great source of zinc, as are eggs, oats, quinoa, cashews, pumpkin seeds and meat or shellfish.

Turmeric

Turmeric has been the go-to spice in the wellness world for some time now – and, for good reason. The active ingredient in turmeric is curcumin, which may help lower anxiety levels

by reducing inflammation and oxidative stress in the body. Inflammation often increases in people experiencing depression or anxiety, and research has concluded that an increase of curcumin in the diet also increased DHA levels and reduced anxiety.

Where you'll find it: Find turmeric powder in the spice section at your local supermarket and add it to your morning smoothie or to curry or soup, for example. You can also make delicious turmeric lattes with cinnamon and steamed milk, or sip on some turmeric tea.

Ginger

Ginger is a potent anti-inflammatory that may help ease a cold or the flu. It's interesting to note that researchers reviewed the effects of fresh and dried ginger on one respiratory virus in human cells and results showed fresh ginger may help protect the respiratory system, while dried ginger did not have the same impact. Ginger may also help with nervous system function and digestive health – and it's delicious!

Where you'll find it: Use ginger in teas, to make immunity shots or throw it in your stir fry, for example. You can buy whole ginger root at the supermarket, or the minced variety in a jar – just ensure there are no additives.

Magnesium

Magnesium acts as a nervous system relaxant and is a great mineral to assist with anxiety, irritability and restlessness. It can also help alleviate tension by relaxing the muscles. Low magnesium intake has been linked to chronic inflammation, which speeds up the ageing process and can cause chronic disease. Studies have shown that magnesium supplements can reduce markers of inflammation in adults.

Where you'll find it: Foods like leafy greens, avocados and bananas are a great source of magnesium – you can quite literally eat it for breakfast, lunch or dinner.

One fun fundraiser!

THE ONLY THING BETTER THAN A FUN DAY OUT? A FUN DAY OUT, FOR A GREAT CAUSE!

The 'Old Bastards' charity has been raising much needed funds for the Westmead Hospital and other worthy causes for many years.

Some of our homeowners and friends recently went on a coach drive through Beaudesert heading to Woodenbong for lunch. They passed spectacular scenery on the drive through Rathdowney, past Mount Lindesay and then on to Woodenbong, being treated to a roast lunch and dessert at the Pit Stop Café. On the return trip, they travelled through Kyogle, Uki and then home. A great day was had by all who attended.



Homes for sale.

Home 5 - \$1,250,000



Beds
3



Bath
2



Alfresco
1



Living
1



Garage
1.5



Everything you need.

In your new Palm Lake Resort Tweed River home, you can enjoy life to the fullest - without having to leave your beautiful resort, or its idyllic surroundings. It's like being on holiday, every single day.

This single-storey home features two generously sized bedrooms, plus a third bedroom or office. It's a low-maintenance dwelling with spacious open plan living, a comfortable lounge room, high ceilings and private enclosed patio.

The backyard is large enough for a garden, or for your fur baby to run.



CASH BUYERS AWAIT.

Listings wanted

Word has spread about our secure resort grounds, low-maintenance/high-quality homes, world-class facilities, myriad weekly activities and welcoming coastal community - so much so, we have a record number of buyers looking to purchase at Palm Lake Resort Tweed River.

If you're a homeowner here and your situation has changed, call our Sales Team for a free market appraisal. We have qualified buyers waiting to hear about any new homes as they hit the market. To find out more, FREECALL 1800 881 041 or stop by the Sales and Information Centre anytime from 9am-3pm, Monday-Friday.

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?



Marketing and advertising services include:

- Professional photography of your home
- Listing on realestate.com.au
- Listing on Palm Lake Resort website
- Presented in our sales newsletter
- Printed professional flyers included in our information packs
- Homes for sale emailed to potential buyers on our database

ONLY
\$550

WANT TO BOOK A PRIVATE TOUR AND FIND OUT MORE ABOUT OUR RESORT?
YOU CAN FREECALL 1800 881 041, EMAIL TWEEDRIVER@PALMLAKE.COM.AU
OR VISIT US ONLINE AT PALMLAKERESORT.COM.AU

Over the back fence.

THE PALM LAKE GROUP SPANS 30 RESORT ADDRESSES ACROSS THREE STATES AND SOME 10,000 PEOPLE CALL PALM LAKE GROUP HOME, SO THERE IS ALWAYS PLENTY OF GOOD NEWS AROUND OUR GROUNDS.

IN THIS REGULAR SERIES, WE SHARE WITH YOU SOME STORIES OF WHAT YOUR FELLOW PALM LAKE RESORT 'FAMILY MEMBERS' HAVE BEEN UP TO RECENTLY - WHETHER THEY'RE JOINING FORCES TO DO GOOD IN THE COMMUNITY OR JOINING FORCES FOR FUN.

Neighbours lend a hand as Alfred comes to town.

The strength of our Palm Lake Resort communities, and the Palm Lake Group as a whole - was put on show when Tropical Cyclone Alfred rolled into Queensland's south-east corner recently. In scenes reminiscent of the Covid pandemic, our Palm Lake Resort homeowners rallied to support one another and ensure their communities were not only prepared for the hit, but also quickly mopped up afterwards.

Palm Lake Resort Carindale Caretakers Wayne and Karen said that while 28 homeowners left the resort to be with their families, more than 200 stayed in the resort throughout the cyclone.

"For the first time ever, the flood waters came into our community from Wright Street (pictured above)," Karen says. "We constantly checked the levels there and in the creek. We had Stuart (Home 168) monitoring the creek and reporting in to us and trusty Ken (Home 113) reporting from the other end of the resort. What an incredible team.

"Those who stayed were in good hands, as we had many many homeowners checking on their older neighbours, boiling them water on gas stoves when they lost power. Our communal halls were left open so homeowners could gather together with other homeowners. Luckily we had arranged some extra food for sandwiches, as well as milk



and water so we could all meet at the Grand Hall and have toasties - mostly made by Bob (Home 98).

"Some homeowners were scared - mainly because of the fast flood waters - as they live on their own, but we made sure that someone kept dropping in on them regularly to keep them in the loop.

"We are actually so proud of our caring homeowner network," Karen smiles. "Our beautiful Palm Lake Resort Carindale community certainly comes together well in tough times."

The same types of stories were heard right across the Palm Lake Group - with our resort homeowners even supporting their local Palm Lake Care aged caring communities. For example, the sleepy seaside town of Beachmere does not have its own local police station, so officers were brought in to keep an eye on local residents during the storm. When the power in that neighbourhood went out, our Palm Lake Care staff returned the favour and offered the police officers hot meals and coffee, which they gratefully accepted. What's more, three volunteers (retired registered nurses) from Palm Lake Resort Beachmere Bay and Beachmere Sands - located just across the road - provided support and personal care to the elderly aged care residents. A lovely gesture of selfless care that embodies the PLR spirit!



Wedding bells ring loud and clear.

THERE HAVE BEEN NEW WEDDING BELLS RINGING ACROSS PALM LAKE RESORT AS WELL AS CELEBRATIONS FOR MARRIAGE LONGEVITY - ALL WE KNOW IS THAT WE LOVE, LOVE STORIES!

Palm Lake Resort Bethania

Pictured above left, check out the new "Mr and Mrs Remy" (also known to homeowners at Palm Lake Resort Bethania as Steve and Kate), who tied the knot on February 15. Their official ceremony was held at their resort - how wonderful! We wish the Remys the best for their future life together.

Palm Lake Resort Yamba

Shirley Foley married Denis Kelly on May 15, 1965, at Tumut, New South Wales. Little did they know, 136km away on that very same day, their future friends (and future neighbours) Carole Wilson and John Joyce were also tying the knot. In the late 1960s, the Joyces moved to Tumut and, sure enough, met the Kellys. The couples have been firm friends ever since. And they have more in common than just their wedding anniversary - nowadays, you'll find Denis and Shirley in Home 4 at Palm Lake Resort Yamba, and John and Carole in Home 63 (all four pictured above right, including a photo of the Kellys on their wedding day).

Palm Lake Resort Eagleby

It all began in Liverpool, England, in the early 1960s. The school dance was in full swing when John, who was working as a roadie for the band that night, spotted Joan across the dance floor. He winked at her and, as he fondly recalls, "that was it". The couple married on March 27, 1965, in Liverpool and in 1976, John and Joan made the bold decision to move to Australia, with their young family in tow. After more than two decades in Sydney, they moved to Queensland in 2000, making Palm Lake Resort Eagleby their home in 2009. Pictured above (middle), six decades on from their wedding day, family remains at the heart of their lives through six grandchildren and six great-grandchildren.

Palm Lake Resort Cooroy-Noosa

Long-time Sunshine Coast locals, David and Nola, just marked 60 years with their proud family, including nine grandies and 11 great-grandies (with more on the way!).

Fiona is 102 years young

One of our oldest homeowners at Palm Lake Resort Willow Lodge is Fiona Ryan. She turned 102 years young in April. The Lodge Country Club hosted a party for Fiona, with many of her family and Palm Lake Resort friends stopping by. What a milestone for this resort matriarch!



Tell us what's happening over your back fence.

Has your resort got a warm and fuzzy "Over the back fence" story to share with the whole Palm Lake Resort group? Are you and/or your neighbours doing something special that you're proud of - and you know we'd be proud of too? We'd love to hear from you and include your story in these pages in the next editions of all our resort newsletters.

Simply contact your Caretakers or email the details to Belinda at belinda@bellepr.com

You're always
warmly
welcomed.



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