

this is your time.

PALM LAKE RESORT SPRING 2023

2023

MASTER BUILDERS AWARDS

WINNER



WINNERS ARE GRINNERS!

Palm Lake Care Caloundra's Master Builders Association award win makes it four years in a row for the Palm Lake Group!

Game on!

Pelican Waters Golf Course was officially re-opened recently, with thanks to a bunch of celebrities and the game that always draws an enthusiastic crowd

Forster's for living

At Palm Lake Resort Forster Lakes, life is lived big: Big homes match big facilities to support big lifestyles. Get your sneak peek of Precinct 2 inside, including our new Sports Club

10,000 reasons

10,000 people call Palm Lake Group home and now we've got a sales promotion to match that milestone - a milestone that was more than 46 years in the making.

WELCOME

PALM LAKE GROUP has experienced a definite up swing in construction progress this year with three key projects really starting to make headway. Our construction teams at Palm Lake Resorts Pelican Waters, Yamba Cove and Paynesville are kicking serious goals right now while the Forster Lakes community continues to grow as more new homes are handed over to eager new homeowners. What's important to note at Forster Lakes is that the community there is not just growing, it's thriving. That's with thanks to the recent opening of their Belleair Country Club and the host of additional social and sporting opportunities it's now providing those homeowners. On the topic of community facilities, our \$45 million Country Club is now underway at Palm Lake Resort Pelican Waters and it's going to be the most incredible facility in our history.

In her column on Page 17 of this magazine, our General Manager of Development, Suzanne, touches on the reasons why our company continues to see success in a tough construction environment and economic climate right now. We are grateful to be able to lean on and leverage the 46 years of experience that our family company has recorded here in Australia, providing housing and secure communities for older Australians. But there's one aspect of that last sentence that I believe is the key to our company's continued growth - the 'secret sauce' if you like. And that's *family*.

With so many new people now calling a Palm Lake Group address their home (10,000+ at last count), many may not know the origins of the leafy logo that features on their community's front gates, their facilities, our employees' shirts and more.

My father, Walter Elliott, was a fit young carpenter back in the 1970s in Victoria when he joined forces with two likeminded mates to construct what they then called 'cluster homes' or 'cluster developments'. The savvy trio would build 30-40 two-storey residential duplex pairs around a couple of common community facilities. For example, there'd be a pool and a building that would house a library and some table tennis tables or the like - common places where people could come together and connect. Right from his earliest days, Wal had a strong intuitive feeling about the benefits of communities. That people thrived with thanks to the inherent support and security a community provided. Yes, it's a concept that dates back to historic villages and ancient tribes, but it was a concept that resonated particularly strongly for Wal and was a driver in many of his early business decisions.

I remember having to water the gardens at these earliest residential developments on my school holidays. And I also have a vivid memory of Wal playing a cheeky game of Two-Up with his construction tradespeople on their lunch breaks! Not long after this time, he would plant the very first 'seeds' of Palm Lake Resort at Bangholme, Victoria - seeds that would grow and ultimately bloom into the modern iteration of our family company that tens of thousands of people know today. Palm Lake Resort Willow Lodge was where those seeds germinated and it's a firm favourite address for Wal, that's still in the company portfolio.

As well as his strong ideas around the importance of community, Wal's always had a knack of understanding what facilities people need, to help them live happily and comfortably. From a business principles perspective, he's also ensured there's always been stock available to sell, right throughout his almost 50 years of Palm Lake Resort. He can definitely be strong minded at times - but it's because he's so passionate. And while he doesn't really say a lot, he's been told he has an interesting way with the words he does choose to speak.

One thing Wal is, is considerate. He thinks about people. And he cares about people. While my Dad is all about putting a personal touch on things and would love to be personally involved in every aspect of this business, it's physically impossible nowadays given the size of the operation. Instead, we work hard to recruit a loyal team of managers who can lead their respective teams with the same kind of gusto that 1970s' Walter brought.

“There are six of us who call him ‘Dad’ but 10,000 more - across 34 Palm Lake Group addresses - who he regards as family.”

Now in his 80s, Dad is still very much plugged into the running of this family business and he often gets around to our various resort locations to keep an eye on things. If you're a homeowner and you see him on his travels, I encourage you to say hello. He'll want you to give him any feedback you can because he's forever thinking of ways to improve the offering. We're also glad, however, that he's making time for the finer things in life - like quality time with his own family (as well as the odd green run at Mt Hotham in recent weeks, as pictured below!).

There are six of us who call him 'Dad' but 10,000 more - across 34 Palm Lake Group addresses - who he regards as family.

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



CONTENTS



04	Build up: Construction updates for our newest Palm Lake Resorts at Pelican Waters, Paynesville, Yamba Cove and Forster Lakes	18	Get a feel for Yamba Cove
07	Our latest Forster Lakes event was one rockin' and rollin' spectacle!	20	Around the grounds at Palm Lake Care
08	Get your Forster Lakes Precinct 2 sneak peek here - including a first look at our Sports Club	21	News in brief
10	Tania and Jamie can't wait to live the dream	32	Palm Lake Resort property portfolio
11	Palm Lake Resort Pelican Waters' Avondale home design offers views, glorious views	34	Palm Lake Care property portfolio
12	Game on! Pelican Waters Golf Course is officially open with thanks to a celebrity-packed event that proved what a shining star this course is	Lifestyle: Ageing well	
17	Company updates from our Development and People/Operations managers	22	Quality vs quantity: Is your age really just a number?
		25	At 92 years young, Toini Norman is who we all aspire to be
		26	Eat well: Recipes that taste as good as they are good for you
		28	Pets and their role in keeping us young
		30	Group sports, for the win
		31	Mug shots: Find your perfect cuppa

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

Palm Lake Group head office Southport Central Tower 3, Level 4, 9 Lawson Street, Southport QLD 4215
Postal address PO Box 10479, Southport BC QLD 4215 **Email** info@palmakeresort.com.au **Phone** 13 7256 **Website** palmakeresort.com.au
Founder/Director Walter Elliott **Managing Director** Scott Elliott ©Palm Lake Group 2023. All rights reserved. Circulation: 11,250 copies.

No part of this free magazine may be reproduced without the written permission of the copyright holder. This magazine is intended to give general information only. All liability arising directly or indirectly from the use of, or for any omissions in the information given, is expressly disclaimed. Please note: Some images contained within may be artist impressions only and, if so, are subject to change without notice. We thank Destination New South Wales, Tourism and Events Queensland and Visit Victoria for the use of their image libraries.

Palm Lake Resort

BUILD UP

The Palm Lake Group of resorts stretches Australia's east coast and, across those three states, we're experiencing one of the busiest times in our company's history. Construction of brand new resorts at Pelican Waters (QLD), Yamba Cove (NSW) and Paynesville (VIC), along with ongoing construction at Forster Lakes (NSW), is keeping our teams busy...



Pictured: Palm Lake Resort Paynesville, Victoria.



Pictured: Our Palm Lake Resort Yamba Cove site.

THE FUTURE OF the Palm Lake Group portfolio is looking bright with major headway being made on some key Palm Lake Resort projects this year. Let's take a trip around the grounds to catch you up...

Forster Lakes

With housing construction wrapping up in Stage 11 and earthworks for Precinct 2 (Stages 6-10) now complete, infrastructure is going into the ground to see the second half of this flourishing resort really come alive. Palm Lake Group's General Manager of Development, Suzanne Jensen, says work will continue in Precinct 2 into the first half of 2024 with the aim of completing the resort's lawn bowls green and an exciting new Sports Club (check out our artist's impression on Pages 8-9). Construction of the tennis courts will soon begin.

"We also look forward to receiving an updated development consent from council that includes an additional new function facility for homeowners' use," Suzanne says.

Pelican Waters

At Pelican Waters, all earthworks and bridge works are now complete, creating three distinct precincts across the total resort grounds. Suzanne says civil works continues for Stage 1. This stage features 110 home sites, many of which are well underway with first homeowners due to unpack their belongings in October this year.

"Detailed design for major landscape features are also underway," she says. "A unique Palm Springs landscaping palette promises to provide some impressive results."

"The Springs Country Club has also officially started with piling underway and continuing over the next couple of months. This is by far the biggest and best Country Club our industry has ever seen with a general floor area of more than 6000m²."

Pelican Waters Golf Club's driving range and training facility are also currently under construction and likely be finished by Christmas, Suzanne says.

Yamba Cove

Palm Lake Resort Yamba Cove's civils are now wrapped up, with electrical power switched on in August.

"Now that civils are complete, the builders can go crazy with the construction of the first-stage homes and Country Club, which have all commenced," Suzanne says.

In fact, all 31 two-storey homes in Stage 1 are at frame stage, as this magazine goes to print. The Country Club is at slab stage and, given its two-storey design, will provide exquisite views across Oyster Cove. Homeowners should be enjoying this Country Club facility by mid-2024.

Paynesville

Down in Victoria at our Paynesville site, earthworks for Stage 1 are complete and civils infrastructure is currently going into the ground.

"It is smooth sailing at this location right now, with thanks to a great run of weather allowing our civils contractor to remain on schedule," Suzanne says.

Houses and the Country Club here are just getting started, featuring all new designs, created specifically for the climate. This Country Club promises to be cosy and modern.

"The team at Paynesville are excited to finally get going and we look forward to seeing what this regional Victorian project has to give," she says. "First homes are likely to be finished around Easter next year."

Old Bar Beach

"We are busy undertaking significant design exercises for the golf course at Old Bar Beach while considering flooding constraints, development layouts and Country Club concept plans, including a beach house, at present," Suzanne explains.

"This work will continue into 2024 as we slowly obtain development consents for the many varying components of this project from Mid Coast Council. It's a complicated project with many elements to consider to ensure a well-executed and high quality outcome."

New projects

Rounding out our Development department's current workload, master planning for brand new Palm Lake Resorts at Dundowran and Zilzie have now commenced.

"We are in the very early stages at present and considering all options as to how to best develop these two Queensland projects," Suzanne says.

"Many fresh new ideas are being considered to ensure we present the very best to market and uphold Palm Lake Resort's impressive reputation for high quality community lifestyle resorts."

Forster Lakes *UP SWING*

Combine impressive vintage metal, 1950's tunes, some gorgeous swing skirts and an energetic dance floor and you have one of the most vibrant sales events we've held at Forster Lakes. Life is full of fun here!





Forster Lakes

YOUR SNEAK PEEK

Palm Lake Resort Forster Lakes is really growing up. With Precinct 1 near completion, we have reinvigorated our home designs, fixtures and finishes to bring exciting new energy to this stellar location. And there's a shiny new Sports Club on its way as well...

CONSTRUCTION AT PALM Lake Resort Forster Lakes hit a significant milestone recently: We're officially halfway there! And with half our resort complete, it's time to open up Precinct 2. Palm Lake Resort Forster Lakes Sales Consultant Shona Burger says the first half of the resort, on the west side of creek is getting closer and closer to being sold out, with only a limited number of Cascade, Palmetto and Sarasota design homes remaining.

"This makes way for Precinct 2 to get underway - an area occupying the east side of the creek."

Shona says the design team has used this opportunity to reinvigorate the Forster Lakes offering. Five new home designs will be introduced in Precinct 2 along with a brand new range of tapware and cabinetry handles, as well as a refreshed colour palette (see right).

Studio Collective Interior Designer Breanna Josey says her team was excited to be given the opportunity to revisit and refresh the Forster Lakes product, while staying true to the original design ethos which draws inspiration from the natural beauty of the Florida Keys.

"Infused with tranquil hues and soft blues, pinks and

greens, the Precinct 2 design ethos will continue to embrace both aesthetics and functionality," she says.

"Open and airy spaces will be punctuated by louvered windows, for example. Think effortlessly refreshing modern aesthetics with the essence of coastal living.

"Sleek new fixtures and finishes, such as chrome tapware, fresh whites and injections of colour, will seamlessly merge with the innate charm of the houses, ultimately capturing the vibrant and relaxed tropical atmosphere that defines the Keys."

A highly anticipated addition to the resort will also come with construction of Precinct 2: a wonderful new Sports Club, as per the artist's impression above. It will also house a championship eight-rink undercover lawn bowls green, billiards room, fully licensed bar, golf simulator room and more. This community facility will give homeowners the opportunity to gather and enjoy a few celebratory drinks after a lawn bowls match, for example.

"For social reasons or sporting pursuits, it'll be yet another great venue where our homeowners can catch up and enjoy each other's company here at the resort," Shona says.



Main image: Our Forster Lakes Sports Club (artist impression only, subject to change). **Pictured left:** One of our new Precinct 2 home designs, the Havana.

Forster Lakes

MOVE-IN READY

Can't wait to join us at Forster Lakes? You don't have to.

IF YOU'RE EAGER to join us at Forster Lakes, we have homes on the ground now, ready for your furniture. Palm Lake Resort Forster Lakes Sales Consultant Shona Burger says there are Palmetto, Sarasota and Cascade home designs available right now.

The Casade design is a new addition to this resort, just introduced at Stage 11. Shona says it has so many wonderful attributes including a wealth of space. For example, there's extra storage space in the hallway cupboards, the patio is extra wide and the master suite is also generous. And, of course, it offers all those features you know and love about a Palm Lake Resort home, including ducted air conditioning, Caesarstone benchtops and more. To find a Forster Lakes home that's right for you, FREECALL 1800 577 542.





Pictured left: Tania and Jamie McIntosh (on the right) are eager to move into their Palm Lake Resort Pelican Waters home later this year. They are pictured at our VIP Long Lunch event with fellow future Pelican Waters homeowners, John and Sandra Pool. For more of our VIP Long Lunch, see Page 16.

Pictured above: Our two-storey 'Ivey' home design.

Pelican Waters

LIVING THE DREAM

With a move into a Palm Lake Resort Pelican Waters 'Ivey' home by year's end, Tania and Jamie McIntosh are excited to know they'll soon be "living the dream".

TANIA AND JAMIE McIntosh are trading their Bacchus Marsh home in Victoria for a holiday-everyday lifestyle on Queensland's Sunshine Coast, at Palm Lake Resort Pelican Waters. And it will be a literal holiday every day for this pair who has called Caloundra their family holiday location for 30 years now.

"After coming up and holidaying in the area as a family for decades, about 10 years ago we bought a holiday apartment at Kings Beach," Tania explains. "We all loved coming up to the Sunshine Coast for the sun."

With Jamie now retired from self-employment and their two children (a first-year doctor daughter aged 25 and a son, 21, studying business at university) both moved out and forging ahead with their careers, Tania says she had a realisation one day that they had "a big house and no one in it".

When they first considered moving to Queensland, into the holiday apartment permanently, the idea definitely had legs but Tania conceded that their apartment would be too small for them to live in comfortably on a full time basis. They'd done some touring in their caravan and definitely knew they loved Queensland's coast-line – places like Hervey Bay and even further north appealed. But, the holiday-everyday energy of Caloundra ultimately won them over. They discovered Palm Lake Resort Pelican Waters and bought a home off the plan – site unseen.

"We chose the Ivey for its three bedrooms," Tania says. "There's plenty of space for our friends and family to stay. And the idea of living in a lifestyle community was also a key selling point because we knew that we'd be going up to Queensland alone and wouldn't know many people initially."

Tania says the safety and security of living in a gated community like Palm Lake Resort, and being able to up and

leave in the caravan at a moment's notice, ticked another important box for them.

"I really want to explore Far North Queensland and it would take us two weeks just to drive there from Victoria – now we are going to be so much closer."

Tania says they thoroughly enjoyed their recent visit to the Palm Lake Resort Pelican Waters construction site, and the Long Lunch VIP event at Pelican Waters Golf Club.

"Even though we took a gamble to buy off the plan, we knew we were dealing with a big company with a good reputation. Now that we've visited and seen what Palm Lake Group has done with the golf club renovation, we know the houses are going to be something special."

Tania says Jamie is looking forward to utilising the resort's exclusive Milon gymnasium while she plans to spend her time enjoying the resort's dedicated Pilates and yoga studios, as well as the pool.

"I love that we get to enjoy a pool and don't have to clean it!" she smiles.

While Tania says they aren't golfers (yet!), she does admit to loving long walks and always said she'd have a crack at the game when she had the time. And she is excited that that 'time' is almost here. Jamie's also keen to have his boat in the dry dock at Pelican Waters Marina, so he can hit the water with ease whenever the fishing conditions call him.

"We plan to ride our bikes every morning the 9km over to Caloundra's waterfront, where our apartment currently is, because we love the coffee shops there and know the strip well," Tania says. "It's going to be a whole new adventure for us and we can't wait!"

Pelican Waters

AVONDALE CALLING

Our two-storey Avondale home design (pictured above) is packed full of features. Let us walk you through it.

SALES EXECUTIVE DAWN Stubbs knows our Palm Lake Resort Pelican Waters product better than most. Like many who've come through our Sales Information Centre, Dawn has a soft spot for the Avondale design.

"This one has proven to be a favourite as it has a top floor balcony with wonderful views," Dawn says.

At a smidge under 360m², this two-storey beauty is any entertainer's dream. The luxury kitchen, with its walk-in pantry and spacious adjacent open-plan dining and lounge areas are all upstairs and seamlessly connected to the north-facing balcony which presents views, glorious views, from east to west.

"The upstairs balcony is a huge selling point," Dawn says. "Our Avondale homeowners will no doubt spend a lot of their time out there."

Finishing the upstairs level is one of three bedrooms, a large multipurpose/media room and a bathroom. On the ground floor is where you'll find the remaining two bedrooms and two more bathrooms. The master bedroom offers its own private north-facing terrace. And, of course, you have your own chic internal lift to make access easy.

The Palm Lake Resort Pelican Waters Sales Information Centre is open 9am-4.30pm, seven days a week. FRECALL 1800 490 626 to organise your private resort tour.

Pelican Waters Golf Course

GAME ON!

It's official. After 18 months of reconfiguration works to allow Palm Lake Resort Pelican Waters to spring to life around it, Pelican Waters Golf Course has re-opened for play. And, of course, we hosted an exclusive opening event to match the calibre of this seriously impressive Palm Lake Group precinct...



Twenty-three years after Greg Norman first designed and built Pelican Waters Golf Course, an exciting new reconfiguration was unveiled at a celebrity-packed golf event on August 1.

PELICAN WATERS GOLF Club's Head of Golf, Dale Williamson, says the star-studded opening event was definitely one befitting this stellar course.

Among the celebrities to endorse the new course at the opening game was Australian musician and television personality, Guy Sebastian. A passionate golfer, Guy discovered Pelican Waters Golf Course during its closure period last year and was keen to come back and be part of the auspicious official opening.

"It's amazing to see it now that it's all built," he said. "The clubhouse and everything looks unreal and the course is looking pretty mint – hopefully I can find some fairways!"

Among the other celebrities to play the opening event were two-times MotoGP world champion Casey Stoner, NRL personalities Paul Vautin, Alan Langer, Kerrod Walters and Wally Lewis, TV personality Ian (Dicko) Dickson and radio hosts Sami Lukis and Sam Coward. PGA player Louis Dobbelaar, ALPGA player Rhianna Lewis, PGA State Manager Broc Greenhalgh, Golf Australia reps, Greg Norman Golf Course Design reps and 'How Good is Golf' presenter Paul Gow were among the golfing fraternity who turned out on the day, to be the first to play the new course.

A highlight of the event was having Greg Norman's mother, Toini, hit the first tee shot to officially open the new course. Toini (pictured above and top left, on Page 15) played alongside her daughter, Janis. While he couldn't be at the opening event, Greg Norman recorded a message for his 92-year-old mum, and the gathered crowd of players and club staff, from his home in the United States.

"Today I know my mother is there, in the Norman name," Greg said. "I know she's going to be hitting the first tee shot – I want to wish her well. I know it'll go straight – maybe not so far, but I know it'll go straight. She hasn't missed a fairway since she was 41.

"For me, the Norman family, and my business Greg Norman Golf Course Design, we've had a great association with



Pelican Waters for 20-plus years. I'm proud of it and it's been an honour to serve each and every one of you."

Dale was especially excited to see his beloved course back in action after the break.

"This day has been a long time coming, but the time taken has been absolutely necessary to bring to life the incredible vision we have for this equally as incredible and award-winning golf course," Dale said.

Greg Norman agreed.

"Congratulations to all at Pelican Waters. After three years of patience, yes, you've got five new holes. Yes, you've got a new mini course. Yes, you've got a new short course. And yes, you have a tremendous facility," Greg said. "Make many birdies, and more pars!"

Seamlessly integrated into some of the Sunshine Coast's most pristine natural environment, the reconfiguration of Pelican Waters Golf Course has allowed for an extensive luxury redevelopment and expansion of the original clubhouse as well as the addition of world-class training facilities, which are still under construction.

Most importantly, the reconfiguration of Pelican Waters Golf Course has also allowed Palm Lake Group's most iconic and opulent over-50s community to spring to life around it. With waterfront and golf frontage homes now under construction, Palm Lake Resort Pelican Waters will completely reinvent luxury community lifestyle resorts, setting a new pinnacle for over-50s living here in Australia.

For those keeping score, a game of golf was, in fact, completed as part of the day's festivities. The event took an individual and team shambles format and the winning team included Club Car representatives Colin and Lachlan Sergis who played alongside Palm Lake Resort Pelican Waters future homeowners, Jim and Sharon Baker.

Read our interview with Pelican Waters Golf Club's first Life Ambassador, Toini Norman, on Page 25 >>



Pelican Waters
VIP LUNCH

Spring was definitely in the air for our VIP Long Lunch at Pelican Waters Golf Club. Excited future homeowners got a taste of what's to come...



**DEVELOPMENT
UPDATE**

HOUSING SUPPLY SHORTAGE is a hot topic right around Australia at present.

With the continued high expense of construction across both materials and labour, an ever-increasing amount of red tape and a shortage of appropriately zoned land supply, the delivery of new housing to Australians is becoming near impossible. Hence why many developers and builders have recently ceased operation or, unfortunately, look down the barrel of closure.

Whilst the Government investigates options to encourage the construction industry to keep going with a view to increasing housing supply, I'm proud to say that Palm Lake Works continues on, business as usual. With more than 46 years' experience in designing, developing and managing community lifestyle resorts across three states of Australia, the Palm Lake Group can gratefully leverage that history and experience for the benefit of our construction and management teams and, ultimately, for the benefit of those 10,000 people who call our addresses home - and those thousands more who will join us in the near future. With clever planning, utilising our extensive experience of cyclical downturns and up swings, we are combatting many of the difficulties currently being experienced by builders and developers across the rest of our industry.

Whilst ludicrous civil and building costs are having a huge impact, Palm Lake Works is continuing to deliver multi-million dollar Country Clubs and some of the most luxurious homes we've ever built across our newest projects. And aged care has never looked as good as a modern Palm Lake Care address. Currently, we have three architecturally designed resort Country Clubs under construction and three major over-50s projects in their first stage of home construction, stretching three different states.

Palm Lake Works is proud of the fact that we've found a way to continue delivering the highest quality over-50s living for Australians, while doing our part for housing supply. I seem to say this a lot but there are interesting times ahead for us as a company. But also for Australia, on the whole.

Suzanne Jensen
General Manager, Development



**PALM LAKE
PEOPLE**

ON AUGUST 7 each year, national Aged Care Employee Day celebrates the more than 370,000 staff across the country who spend their working days caring for around 1.5 million older Australians.

Here at Palm Lake Group, we have our own contingent of beautiful souls who spend their working days caring for other people's loved ones. Palm Lake Care currently employs 900 staff to provide care for around 825 residents across our seven aged caring communities here in Queensland's south-east.

It doesn't matter what area of the Palm Lake Care business these employees work in - whether that's behind the scenes or right at the front line - everyone's job is a very important link in a very important chain. From our dedicated housekeeping crews and laundry staff, to those manning our kitchens and maintenance roles, to the nurses and PCs, to the 'bringers of the fun' (our Lifestyle teams!), to our Service Managers, admin staff and Central Support Office employees - everyone provides a vital role in the happiness and healthiness of those older Australians who have chosen us.

We were more than delighted to give something back to our Palm Lake Care workforce on August 7, as part of Aged Care Employee Day. Each of the seven locations was provided with some funds to stage a memorable day for their local teams. At Palm Lake Care Bargara, for example, a fun scavenger hunt kept our employees entertained while they worked. Over at Palm Lake Care Beachmere, visiting food trucks filled our grateful employees' tummies with delicious food.

Palm Lake Care is a rapidly expanding section of our company portfolio with several more aged caring communities in the pipeline for the future. Co-locating these communities with our newest Palm Lake Resorts ensures we are providing Australian families with convenient and complete options for care. Being a family-owned company we know the importance of keeping family members together, whatever their differing care requirements might be. We relish the opportunity to make a positive impact and, as our care tagline states, to make a difference.

Amanda Clements
Executive Manager, People & Operations



Colour palette



Moodboard

Yamba Cove

MALIBU VIBES

Reminiscent of Malibu beach houses, Palm Lake Resort Yamba Cove will ooze easy breezy, relaxed beach energy, with lots of neutral textures and tones. Think whites, timbers, rattans and seagrass wallpapers, with hints of cool sea greens and greys.



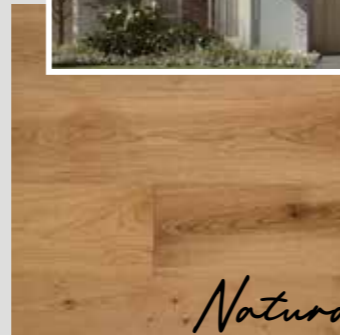
Pictured: The 'Grafton' home design.



Pictured: The 'Maclean' home design.



VD panel



Natural textures and timbers



Paynesville

WE'RE SUPPORTING LOCAL COMMUNITIES

If there's one thing Palm Lake Resort is proud of, it's supporting the local communities that our resorts call home. And Paynesville is no exception.

WITH PALM LAKE Resort's arrival in Paynesville, Victoria, came the opportunity to support a new local community - a community that we know will one day soon support our homeowners. Former Palm Lake Resort Sales Consultant Jacky Poulter learned of the local Kingfisher Dragon Boat Club and its plight to fund a new dragon boat.

"Team sports, like dragon boating, are a wonderful way for like-minded Paynesville community members and our future homeowners to come together and enjoy each other's company while capitalising on the incredible natural environment here at Paynesville," Jacky explains. "Palm Lake Resort is all about building like-minded communities and providing our homeowners with the kinds of enriching activities that keep them active, healthy and engaged which is why we were so keen to assist the Kingfisher Dragon Boat Club in sourcing their first new dragon boat."

If you're not familiar with the sport, dragon boat racing has a significant and rich history, with traditional dragon boating spanning more than 1000 years across southern China. Dragon boating celebrates the life and death of Qu

Yuan, a patriotic poet who drowned in the Mi-Luo River. According to legend, when news of his drowning broke, boats were launched by the local fishermen in a race to recover Qu Yuan's body. The furious splashing of paddles and banging of drums was originally about scaring away fish but, these days, the same splashing and drumming is a technique to keep the competing paddlers in time.

At the Paynesville boat's official 'Awakening the dragon' blessing ceremony, there were a number of traditional ceremonial activities performed:

- The dragon's eye was dotted with paint to awaken it and also protect paddlers, volunteers and spectators.
- A spring onion was placed in the dragon's mouth because tradition states it's hungry after its sleep.
- Water was splashed on the dragon to bless it.
- And the throwing of dumplings symbolises the rice dumplings that were thrown into the water to prevent fish from eating Qu Yuan's body.

While the Kingfisher Dragon Boat Club is relatively new to Paynesville, the Palm Lake Resort-sponsored vessel will help with the promotion and development of this fledgling club and the sport of dragon boating in general, not to mention assisting with members' training. Jacky, who has since retired from Palm Lake Resort after many years of dedicated and loyal service, says the club caters to all ages and levels of experience. She encouraged interested locals to keep tabs on this passionate group and join in the fun.

"I look forward to seeing where the Kingfisher Dragon Boat Club take their sport into the future," Jacky said.



Pictured from top down: Bargara's family Trivia Night had us donning our thinking caps - all in the name of good fun.

Christmas came early for Palm Lake Care Toowoomba with a wonderful 'Christmas in July' event that even attracted the big man in red himself!

Palm Lake Care Mt Warren Park residents are an active bunch - they love to get out and about in their bus and a visit to the Daisy Hill Koala Centre was a hit in recent weeks.

Pictured right: The residents of Palm Lake Care Mt Warren Park have also started a new community project - knitting blankets for displaced and injured local wildlife. The bonus is that these residents get to enjoy visits from the local wildlife carers including Julie who brings along her foster baby, Sophie the kangaroo. Sophie is an eastern grey and will be hand raised by Julie until she can be released back into the wild.

Palm Lake Care *AROUND THE GROUNDS*

Aged care has never looked as vibrant as our seven Palm Lake Care locations. Here's some of what our residents have been up to recently...



Palm Lake Resort *NEWS IN BRIEF*

10,000 reasons to join us

Did you know that 10,000 people call a Palm Lake Group address home? It's an impressive statistic, for sure. To celebrate our rich history and the strength of our company and its 10,000-strong community, we are offering new home buyers in 2023 a sales promotion that mirrors the milestone. This year, new home buyers will receive a \$10,000 discount off the price of their new home as well as an additional \$10,000 worth of home upgrades! It's a deal that will have our newest homeowners glad they joined our family. To find out more about our 2023 sales promotion, contact the Sales Information Centre at your local selling resort.



Milestone moment for Beachmere Bay's Shoalhaven Golf Course

We've just 'hit' an awesome milestone at Palm Lake Resort Beachmere Bay: The first ever hole-in-one on the resort's own Shoalhaven Golf Course! Homeowner Graham Pollard (pictured above left) was the one to do it on the fourth hole of this very popular nine-hole resort course. Not only was it a first for Beachmere Bay but it was a first for Graham too! But the old adage, "when it rains it pours" couldn't be more true. About a month after Graham's momentous tee shot, another Beachmere Bay homeowner scored a hole in one. Pictured above right, Roger Densley's top shot came on the 6th hole of the Shoalhaven Golf Course while he was playing a Par 3 resort competition. But this wasn't a first for this avid golfer who has been playing the game for 55 years - Roger has had two holes in one before now!



Palm Lake Care wins prominent construction industry award

Stop the press! As this magazine goes to print, Palm Lake Care Caloundra has just picked up a prestigious construction industry award - named best Aged Care Facility at the recent Sunshine Coast Master Builders 2023 Housing and Construction Awards. This incredible building is a stellar example of how Palm Lake Care is making a difference to those Sunshine Coast families looking for high quality care for their loved ones. The excitement on our team members' faces (pictured on our magazine cover, at the gala awards event) says it all!

Songbirds fly the flag for Palm Lake Resort Bargara

Every Friday morning at Palm Lake Resort Bargara, the resort cinema becomes a haven for music as it hosts the Palm Lake Singers resort choir. The group comprises all types of singers: from those who have amazing voices, to those simply with the prerequisite enthusiasm, and every level in between. Three of these members recently took their singing to an exciting new level. Homeowners Ros, Bernie and Evalea (pictured below) got the opportunity to sing with Opera Queensland when their regional tour passed through town. The unashamedly Queensland performance was aptly named "Lady Sings the Maroons". Well done to these songbirds for proudly flying the flag for Palm Lake Resort Bargara!



Lifestyle

IS IT JUST A NUMBER?



They say it's the quality, not the quantity, of our time on earth that's important. But what if you could have both? According to the developing science around longevity, there are certain factors that can help us live longer, healthier and happier lives...

THERE'S A LOT we don't know about longevity. But if there is one thing many experts can agree on, it's that the duration and quality of our lives is influenced by three key factors: genetics, environment and lifestyle.

We can't do much to change the former, so we need to look to the latter two – environment and lifestyle – if we want to improve the quality and span of our lives. So, where should we start? While expert advice around longevity is mixed, the following four pillars are a good first step.

Community

Did you know that, according to multiple studies, people with strong social connections could live longer and healthier lives? Just take the island of Sardinia, Italy – it is home to an unusually long-living population, and experts believe their strong ties to friends and family (as well as frequent incidental physical activity) could be the reason why. Conversely, according to Harvard's School of Public Health, other studies show that social isolation could be a major risk factor – similar, even, to smoking – when it comes to mortality.

But why? According to Harvard, the stress of isolation can weaken the immune system, making us more susceptible to disease. On the flipside, people with strong social connections tend to have better health habits, including eating well and being physically active.

A 75-year-long Harvard study further proves the theory that embracing community helps us live longer. The 'Harvard Study of Adult Development' began tracking the health of a cohort of 268 students in 1938 (fun fact: eventual President John F. Kennedy was among the original recruits). The first-generation of the study concluded in 2014, having expanded to include the 1300 offspring of the original participants.

"The surprising finding is that our relationships and how happy we are in our relationships has a powerful influence on our health," said study director Robert Waldinger. "Taking care of your body is important, but tending to your relationships is a form of self-care too. That, I think, is the revelation."

Continued on Page 24 >>

<< Continued from Page 23

Movement

You probably already know that physical activity – even just 30 minutes a day – has positive impacts on your health. But did you know that experts have found a direct correlation with physical activity and longevity? A review of relevant studies (published by the US National Library of Medicine) summarises that mortality is decreased by as much as 35 per cent in physically active people, compared with those who are inactive. This is largely because exercise is believed to reduce risk factors like diabetes, heart disease, stroke and even cancer. One 2022 study by the University of California even suggests that physical activity may play a stronger role than genetics in longevity. It found that higher levels of both light and moderate-to-vigorous physical activity were associated with a lower risk of death, while more sedentary time was associated with a higher risk of mortality.

The authors said their study “showed that, even if you aren’t likely to live long based on your genes, you can still extend your lifespan by engaging in positive lifestyle behaviors such as regular exercise and sitting less. Conversely, even if your genes predispose you to a long life, remaining physically active is still important to achieve longevity.”

Nourishment

Have you heard of blue zones? Trademarked by author and explorer Dan Buettner, they’re the five places in the world where people live the longest, healthiest lives. The five Blue Zones are Okinawa (Japan), Sardinia (Italy), Nicoya (Costa Rica), Ikaria (Greece), and Loma Linda (California).

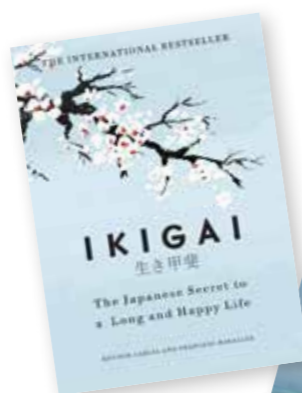
Buettner’s Blue Zone theory places heavy importance on eating – not just what we eat, but also how we eat. For example, the Okinawans’ ‘80 percent rule’ (inspired by a 2500-year-old Confucian mantra) reminds us to stop eating when our stomachs are 80 percent full; the 20 percent ‘gap’ is believed to be the secret to weight management and, therefore, better health. People in the blue zones will even, eat their smallest meal in the late afternoon or early evening, and then won’t eat any more for the rest of the day.

In terms of what is eaten in blue zones, it’s mostly plant-based – beans, including fava, black, soy and lentils, are the cornerstone of most centenarian diets. They eat no more than three eggs a week, don’t consume much dairy and only eat meat (mostly pork) five times per month, on average. But it’s not all about restriction. People in blue zones drink alcohol moderately and regularly, enjoying one to two glasses each day with friends and/or with food. If you can find it at your local bottle shop, Sardinian Cannonau wine is best.

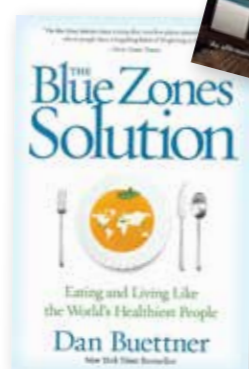
Mental wellbeing

Never underestimate the power of positive thinking – even when it comes to longevity. A 2018 study by the American Heart Association found that optimistic people have reduced risk for cardiovascular disease and cardiovascular-related mortality. Other studies have also found positive links between optimism and lower rates of depression and immune function.

Sadly, experts say that the reverse is also true. According to the New South Wales Mental Health Commission, the life expectancy of people living with severe mental illness in Australia is 15 to 25 years less than the general population. The report also cites strong links between severe mental illness and cardiovascular and metabolic diseases, and states that physical health conditions could be less likely to be identified (and therefore treated) in people with poor mental health. A long-term study of New Zealanders aged 21 to 60 even found mental health conditions are strongly associated with dementia later in life – perhaps even more so than chronic physical diseases. But, fear not: there are plenty of things you can do to mitigate these risks. When it comes to taking care of your mental health, it can be as simple as catching up with a friend, sitting down for a puzzle, reading a book, trying a meditation, going for a walk or spending time in your garden.



‘Ikigai: The Japanese secret to a long and happy life’
by Hector Garcia and Francesc Miralles



‘Ikaria: Food and Life in the Blue Zone’ by Meni Valle

‘The Blue Zones Solution: Eating and Living Like the World's Healthiest People’
by Dan Buettner



Lifestyle 92 YEARS YOUNG

If you saw Toini Norman on a golf course, you’d be forgiven for thinking she was 30 years younger than the digits on her birth certificate make her out to be.

AT 92 YEARS young, Greg Norman’s spritely mum is a shining example of the reward you get for staying physically active, mentally active and having an optimistic outlook on life.

Toini Norman says she’s always had a sporty streak and has always loved to be active. In fact, it was their shared love of sport that helped Toini and her (late) husband, Merv, clock up 71.5 years of marriage before his passing late last year. Toini says in her earliest memories of their relationship, she and Merv enjoyed a game of tennis together. It was while the pair was living in Mt Isa, when she was aged around 20, that the first golf course came to town and they decided to branch out and try a new sport. Funnily enough, golf stuck.

Toini remembers playing the game while pregnant with their daughter, Janis, and also while pregnant with Greg - so the game is one that was definitely always going to be in Greg’s genocode. When you quiz Toini on it, she’ll proudly tell you that Greg got his golfing prowess from her – not Merv.

“When Greg was growing up there were a lot of kids who were good golfers but the difference with Greg was his determination and dedication,” she recalls. “There were many times that he’d rather practise his golf than go to the bar with the boys.

“Merv was a very dedicated person as well – Greg probably got that from him – but I was the better golfer,” Toini smiles. “Greg got that from me.”

Toini and Janis (pictured above) were among the celebrities who were first to play the brand new Pelican Waters Golf Course at our VIP event on August 1. While she played a great game that day, Toini admits the event gave her a wonderful opportunity to be reunited with the course that her son originally designed, and also recently re-designed to allow Palm Lake Resort Pelican Waters to be constructed alongside it. This course also used to be their permanent backyard up to 2018 when she and Merv moved closer to Brisbane.

“I’m not sure why but Pelican Waters has just got this really nice feel about it,” Toini says. “It’s the most calming and relaxing course.”

Toini is definitely no stranger to the game here. In fact, she holds three Pelican Waters Club Champion titles and has achieved four holes in one on the original course.

“I just loved the original course, but the new course and surrounds are exceptional – I told Greg it was terrific when I was talking to him after the opening game.”

At post-game drinks on opening day, Pelican Waters Golf Club’s Head of Golf, Dale Williamson, presented a very surprised and delighted Toini with a Lifetime Ambassadorship in recognition of the significant role she’s played in the club’s history. He thanked her for continuing to be part of the club’s exciting future.

“I was so surprised – I had no idea,” Toini beams. “It is a great honour and I am so thrilled and proud to accept it.”

So, you have to wonder what it is that’s keeping Toini so young?

“Janis and I do walk together early in the morning nearly every day, but I think it’s mainly about having a young outlook on life,” she says. “If you decide you’re going to be ‘old’ at 80, you’ll be an old 80 year old. It’s all in your mind.”

Toini says her parents’ Finnish heritage could also hold the key. While not technically a ‘Blue Zone’, Finland boasts impressive statistics when it comes to life expectancy, longevity and, importantly, happiness. Toini’s sister, Helen, will soon turn 91 and the girls have an 86-year-old brother. Toini’s mum lived until she was 96 and Toini also had an aunt who clocked more than a century.

“I don’t feel 92 at all,” Toini smiles. “If I can keep doing what I’m doing for a few more years to come, I’ll be happy with that.”

Lifestyle

EAT WELL

Take cues from life in the Blue Zones (specifically, the Mediterranean) and make one of these recipes head of your next gathering.



Stacked eggplant parm

Ingredients

2 eggplants
2 teaspoons sea salt flakes
2 tablespoons extra virgin olive oil
260g tomato passata (puréed tomatoes)
400g tinned cherry tomatoes
3 garlic cloves, crushed
¾ cup panko breadcrumbs
¼ cup grated parmesan
1 tablespoon dried oregano
1 tablespoon finely grated lemon zest
1 brown onion, sliced
100g fresh buffalo mozzarella in water, sliced
100g mozzarella, sliced.
500g frozen potato gnocchi
1 tablespoon extra virgin olive oil

Method

Preheat the oven to 200°C (400°F) fan-forced. Slice eggplants in half lengthways and score with slits 1cm apart diagonally across the face. Season with half of the salt. Brush a baking dish with half of the olive oil and place eggplants cut-side down onto dish. Bake for 15 minutes, until skin has begun to wrinkle and flesh is soft.

Meanwhile, combine passata, cherry tomatoes, 200ml water, half the garlic and remaining salt in a bowl. In a separate bowl, combine panko, parmesan, remaining garlic, oregano and lemon zest. Set aside. Remove eggplants from dish and set aside. Brush remaining oil into dish then place the sliced onion around the dish. Top with passata mixture then nestle eggplants back in, this time cut-side up. Return to oven for 15 minutes, until the tomatoes begin to bubble around the edges. Remove dish from oven. Sprinkle eggplant evenly with panko crumb mixture and top with sliced cheeses, alternating between them. Scoop some of the tomato mixture up onto cheese. Return the dish to oven for 10 minutes, until golden and bubbling.

Meanwhile, cook gnocchi. Heat oil over medium-high heat in a large non-stick frying pan with a lid. Place still frozen gnocchi in a single layer into pan. Add 2 tablespoons of water and cover. Cook for 10 minutes, until golden brown on outside and fluffy on inside. Serve eggplant with a spoonful of gnocchi and plenty of sauce scooped from tray.



Sicilian vibe fish stew

Ingredients

Large banana shallot or 1 onion
1 fennel bulb
3 celery stalks
2 tablespoons olive oil
handful of parsley
2 teaspoons smoked paprika
1 tablespoon fennel seeds
250ml white wine
2 × 400g tins plum tomatoes
big pinch of saffron (optional)
75g sultanas or raisins
4 tablespoons capers
1 lemon
pinch of superfine caster sugar (optional)
400g skinless and boneless white fish
800g seafood of your choice (eg. prawns, clams, mussels)
6 tablespoons mayonnaise
crusty bread to serve, sea salt and freshly ground black pepper.

For the confit garlic

1 garlic bulb
250ml olive oil
big pinch of chilli flakes, plus extra to serve (optional)
1 lemon

Method

For the confit garlic, peel garlic cloves and add to a small saucepan. Add just enough olive oil to cover. Add chilli flakes, then peel in lemon rind. Place pan over a low heat and gently cook until the garlic is completely soft – around 25–30 minutes. Once soft, set aside. This can be prepared a week or so in advance and kept in a jar with the oil.

Finely chop shallot or onion, fennel and celery. Scrape all veg into your largest saucepan with a big pinch of salt. Add olive oil (if you've pre-made confit garlic, use oil from this!). Cook over a medium heat, stirring occasionally, for 8–10 minutes until veg are soft. Chop parsley stalks and add to the pan, along with 4 confit garlic cloves, smoked paprika and fennel seeds. Cook, smooshing garlic, for a minute more.

Pour in white wine. Once bubbled away by half, add tomatoes, along with 1½ tins of water, and saffron, if using. Leave stew base to bubble away, still over medium heat, for 30 minutes, stirring occasionally. Then add dried fruit and cook for 15



minutes more until tomatoes are broken down and sauce is rich and delicious. Stir capers through sauce and add juice of 1 lemon, then season to taste with salt, pepper and a pinch of sugar if needed. Cut fish into large chunks and season. Pull 'beards' out of mussels, if using. Put everything into stew base, cover with a lid and cook for 5–8 minutes until cooked through.

Meanwhile, spoon the mayo into a small bowl. Grate in zest from remaining lemon, then smooch in as many confit garlic cloves as you like to make aioli. Season with salt, pepper and lemon juice to taste. Roughly chop parsley leaves, scatter over stew, drizzle confit garlic oil and a few chilli flakes (optional). Serve with aioli and crusty bread for dipping.

Broccoli tabbouleh

Ingredients

1 large head of broccoli
2 ripe tomatoes, diced into 5mm cubes
1 bunch of flat-leaf parsley leaves, finely chopped
¼ bunch of mint, leaves picked then shredded
75ml (⅓ cup) lemon juice
150ml extra-virgin olive oil
1 teaspoon Lebanese 7 spice
2 spring onions (scallions), finely sliced
½ teaspoon salt

Method

Trim the broccoli off the fibrous end, then chop the tender stem and florets as finely as you can. Place all the ingredients in a bowl and mix together. Be sure that everything is well coated with the lemon juice and olive oil. Suggest leaving it for 5 minutes after mixing then coming back to it with any adjustments to the seasoning – it should be juicy and salty!

Want more?

If you love the sound of these recipes, there are plenty more where they came from! Check out these new recipe titles, just published by Murdoch Books:

Stacked eggplant parm: *Sundays* by Sophie Godwin, \$39.99
Sicilian vibe fish stew: *Every Night of the Week Veg* by Lucy Tweed, \$39.99
Tabbouleh: *Rumi* by Joseph Abboud, \$39.99.

ageing
well

Lifestyle

POSTCARDS FROM PUPS

Research shows dog owners have a lower resting heart rate, lower blood pressure, lower cholesterol and an overall lower risk of death from cardiovascular problems. So if you're looking for an easy way to age well, get a dog! Meet some of the four-legged Palm Lake Resort Ballina residents who agree...



Soxy



Pictured this page: Palm Lake Resort Forster Lakes is the pet-friendly place that Pippa and her humans calls home.



Daisy Mae

Pictured left: My name is Daisy Mae. I am three years old and have lived at Palm Lake Resort Ballina since I was eight weeks old. My humans walk me around the resort twice a day, so I get to meet my puppy friends. My special friend is Milli. She lives opposite me and sometimes we have sleepovers. My favourite things are playing with my toys, picking up feathers while walking, and chasing green frogs. I'm a happy girl and lucky to live at Palm Lake Resort with all my friends.

Pictured right: My human adopted me when I was five months old. My brother and I had both been found in a cardboard box behind the supermarket. I'm not great with other dogs so we walk the resort early. But I love my people friends - especially Lola, Ian and Moyra, as well as Brendan from the resort's lawn mowing crew. He always gets down on his haunches and lets me lick his face!

Pictured far left, on Page 28: I'm Soxy and I've just celebrated my 12th birthday. I'm a quiet, placid and loving greyhound. I love everyone - human, dog or cat. In fact, 'Pat the Cat' from Home 243 patiently waits for me to come along on my afternoon walks so that he can say hello. I then stop for a pat and a treat from Sharon and Ross (Home 244). They are very generous! At our resort dog park, I meet more of my furry friends including little George, who is my sleepover mate. Despite our size difference, we're best mates. Even though I'm 12, I manage to outrun Billie the kelpie (Home 187) - and he's barely two. Yes, there's life in the old dog yet!



Bert



Miss Rubi

Pictured right: I'm Tilly and when I first arrived at Palm Lake Resort, I was only 13 weeks old. I could almost fit into one human hand! I was the runt of my litter, but, boy, you should see me now! Much like my mum, I have found so many reasons to love living here - not least of all, having so many wonderful friends.

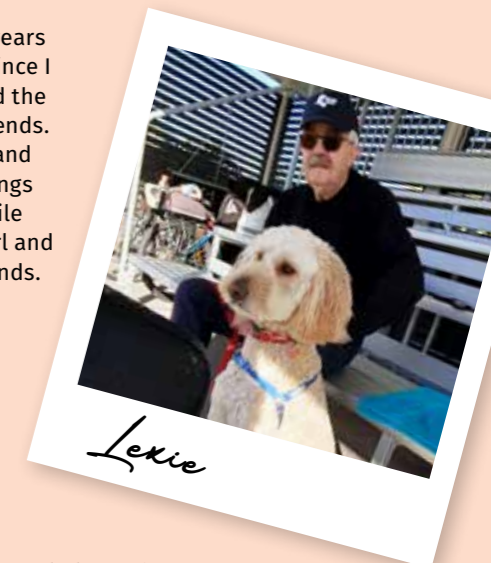
Pictured right: I'm Tashi, a Tibetan spaniel and social butterfly. I absolutely love meeting everyone, both around the resort and when I'm out on my travels. My mum says I'm a cutie and don't I know it! She also says that, for a 10-year-old dog, I'm doing amazingly. I couldn't agree more!



George

Pictured above: I'm almost nine but think I'm a puppy - maybe it's because I'm a miniature fox terrier, so I'm full of energy? I live a great life here at the resort, especially since I have my mum well trained to take care of all my needs.

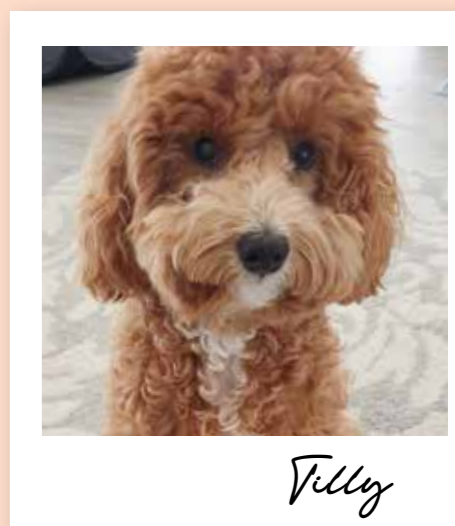
SPRING EDITION 2023



Lexie

Pictured above: I'm a labradoodle named Lexie, aged two, and a big tennis fan - I love to watch the players here on our resort courts. Truth be told, I'm more interested in the balls going back and forth - my eyes follow them, and I'm completely rapt.

Pictured left: My name is Miss Rubi and I'm turning nine. I'm a cavoodle and I'm the light of my mum's life. I'm certainly loved by many residents at Palm Lake Resort Ballina, too. I enjoy my walks, meeting both my doggo and human friends around the resort and having cuddles.



Tilly



Tashi

Lifestyle
**TEAM SPORTS,
FOR THE WIN**

Being part of a company offering 24 resort locations (with five more on the way!), Palm Lake Resort homeowners are blessed for choice when it comes to finding a likeminded local sporting team and a willing opponent on their chosen pitch.



WE ALL KNOW that exercise keeps us physically and mentally active - and healthy - as we age, but did you know there's an added bonus when it comes to playing team sports? Compared to our childhoods, participation in team sports tends to diminish as we navigate the adult years and have to prioritise jobs, families, housekeeping and more. But after the kids fly the coop and our retirement years come into view, team sports (or even simply exercising with friends) becomes a wonderful opportunity for physical activity and, most importantly, social re-connection.

Research shows that playing a sport that connects participants on a social level will help them see an improvement in self-esteem and mental health. Specifically, individuals who participate together in recreational sports report fewer depressive symptoms and higher life satisfaction. Group sports also give people a sense of belonging and connection, which results in increased optimism. Another benefit of team/group sports is having a set time, place and schedule for the game which makes it easier for you to stick with an exercise routine when your teammates are counting on you to show up. As part of a team, you also have a built-in support system of teammates encouraging you to reach your fitness goals.

With 24 thriving locations within Palm Lake Group's portfolio of over-50s community lifestyle resorts, there's an inter-resort competition being held somewhere most weeks. These competitions bring homeowner players together into teams, and those teams together across likeminded resort addresses - all in the name of good fun.

It's our lawn bowlers who lead the way when it comes to organising a resort vs resort match, but our golfers, tenpin

bowlers, billiards enthusiasts and even the darts players also love to get in on the inter-resort action. As this magazine goes to print, one of the biggest inter-resort competitions will be taking over Biloela Bowls Club, in regional Queensland. Following successful competitions in Kingaroy in 2019 and Dalby in 2021, Palm Lake Resort Bargara homeowner Joy Williams and her team of volunteers will be hosting 200+ lawn bowlers who will be vying for thousands of dollars in prizemoney. Having said that, it's the off-green action (including dinners, nightly entertainment and camping) that has drawn an additional contingent of Palm Lake Resort homeowner spectators out to Biloela.

"If you are expecting serious competition, this is not for you," Joy smiles.

For the record, in 2019, a team from Palm Lake Resort Upper Coomera was crowned the inaugural winners while in 2021 it was a team comprising both Palm Lake Resort Bargara and Beachmere Bay bowlers who took home the perpetual trophy.

In recent months, we've also seen Palm Lake Resort Beachmere Bay's Westhampton Golf Club host an inter-resort golf competition on their resort course. Some 68 golfers from five Palm Lake Resorts (including Beachmere Bay, Cooroy-Noosa, Toowoomba, Caloundra Cay and Beachmere Sands) participated in the four-person Ambrose event. Again, for the record, a Caloundra Cay team won this match (but who's really counting?!).

Whatever your sport of choice, and whatever your Palm Lake Resort location, there will be a team of likeminded neighbours waiting play. Whether you do it for the physical benefits, the mental wellness or the social interaction, just do it!

Lifestyle
**MUG
SHOTS**

"No matter what is happening in your life, you always offer tea."

- Clemantine Wamariya



- 1. T2, \$39 2. Maxwell & Williams, \$13 3. Ashdene, \$18 4. Jones & Co, \$32
- 5. Robert Gordon x MoVida, \$25 6. Ashdene, \$35 7. Robyn Cove, \$70 8. Morgan & Finch, \$20
- 9. Cristina Re, \$55 10. Kmart, \$3.50 11. Marumitsu, \$65 12. Robert Gordon, \$15
- 13. Ashdene, \$22 14. Fazeek, \$89 15. Baci Milano, \$28 16. Camilla, \$89 17. Pottery for the Planet, \$45
- 18. White Out of the Box, \$30 19. The Vignette Room, \$45 20. Chasseur, \$17

PALM LAKE RESORT



Palm Lake Resort Pelican Waters

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

1800 490 626
40 Mahogany Drive,
Pelican Waters QLD 4551



Palm Lake Resort Forster Lakes

NOW SELLING! Currently under construction, Palm Lake Resort Forster Lakes is situated right on the edge of Wallis Lake and takes its inspiration from the Florida coast. The best of the almost 300 homesites will enjoy coveted lakefront positions with marina berths also available.

1800 577 542
223 The Lakes Way,
Forster NSW 2428



Palm Lake Resort Bargara

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

1800 501 119
24 Rifle Range Road,
Bargara QLD 4670



Palm Lake Resort Paynesville

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

1800 960 943
COMING SOON TO:
76 Ashley Street,
Paynesville VIC 3875



Palm Lake Resort Yamba Cove

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

1800 960 946
COMING SOON TO:
2 Orion Drive,
Yamba NSW 2464

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

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

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

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

BETHANIA
1800 774 866
43 Goodooga Drive,
Bethania QLD 4205

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

CARINDALE
1800 770 057
2 Ford Court,
Carindale QLD 4152

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

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

EAGLEBY
1800 781 101
272 Fryar Road,
Eagleby QLD 4207

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

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

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

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

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

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

TRUGANINA
1800 686 096
7 Taronga Road,
Truganina VIC 3029

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

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

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

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

YAMBA
1800 084 119
1 Orion Drive,
Yamba NSW 2464



PALM LAKE CARE

Palm Lake Care Bargara

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

1800 501 119
55 Wearing Road,
Bargara QLD 4670

Palm Lake Care Beachmere

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

1800 338 382
145 Bishop Road,
Beachmere QLD 4510

Palm Lake Care Bethania

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

07 3086 3000
1 Goodooga Drive,
Bethania QLD 4207

Palm Lake Care Caloundra

NOW OPEN! Situated conveniently alongside Palm Lake Resort Caloundra Cay, this new luxury aged caring community was recently named best Aged Care Facility at the Sunshine Coast Master Builders Association's 2023 Housing and Construction Awards. Just like its adjacent over-50s resort, this impressive community has been styled with a Caribbean feel, to ensure residents here enjoy a holiday-everyday lifestyle.

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

Palm Lake Care Deception Bay

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

1800 725 652
42-46 Bay Avenue,
Deception Bay QLD 4508

Palm Lake Care Mt Warren Park

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

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

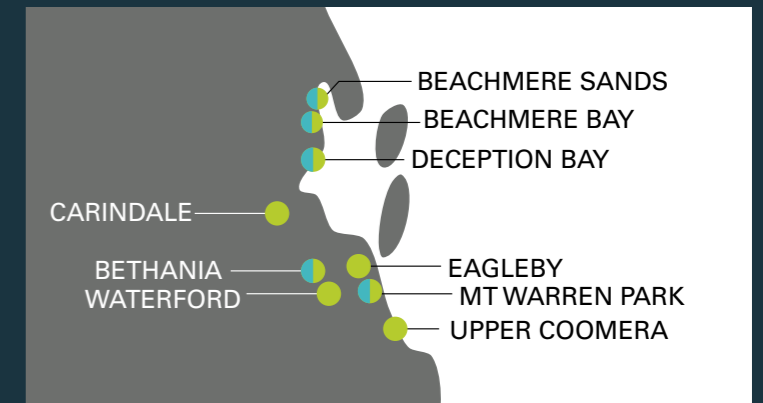
Palm Lake Care Toowoomba

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

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



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



FIND US ALL HERE





PELICAN WATERS
GOLF CLUB



Golf is back!

**The news you've been waiting for has arrived.
Pelican Waters Golf Course is NOW OPEN for play.**

Our Greg Norman-designed championship course has enjoyed an exciting renovation and reconfiguration. Come and experience a new take on an award-winning old favourite. While you're here, enjoy our vibrant new onsite Cafe and check out our masterplan for the exclusive over-50s lifestyle community that's popping up next door - Palm Lake Resort Pelican Waters. It's a place where you can live your golfing dream...

For course opening hours,
online bookings and more,
visit pelicangolf.com.au



GREGNORMAN™
GOLF COURSE DESIGN

