

# Bethania.

FEBRUARY - MARCH 2022

## Dive on in.

NO MATTER WHICH PALM LAKE RESORT LOCATION YOU CALL HOME, THE POOLS ARE ALWAYS HUBS FOR EXERCISE, RELAXATION AND ENTERTAINMENT. SO VERSATILE ARE THE RESORT POOLS, THERE ARE SO MANY WAYS YOU CAN ENJOY THEM, BE THAT ALONE OR WITH VISITING FRIENDS AND FAMILY...

### Group fitness

There is no shortage of group fitness on offer for the residents of Palm Lake Resort, particularly in the pool. Aqua aerobics is one firm favourite among residents - and for good reason. It is ideal for those who have issues with weight-bearing exercises and helps you increase muscle strength without straining.

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# Welcome.

Hello all -

Geoff and Jane Ryan, here. We are excited to become the new Caretakers for Palm Lake Resort Bethania in 2022. We come into this role with relevant experience working in the beautiful Joalah Holiday Park at Durras North (which is about 20 minutes north of Batemans Bay in New South Wales). Guests of Joalah enjoy some of the finest natural features of the South Coast of NSW - including spectacular views of Durras Lake and Durras Beach. The park itself offers modern, self-contained cabins, and is family owned and operated. However, we are excited to be now working at Palm Lake Resort Bethania as we look forward to making longer-term relationships with the resort residents here, rather than all the shorter-stay holidaymakers we managed in our previous role. Likewise, we love the family-owned and operated aspect of the Palm Lake Group, which was similar to Joalah Holiday Park.

From a personal perspective, we are the parents of five adult children who have given us 13 beautiful grandchildren. We are so looking forward to getting to know all the residents here and familiarising ourselves with this great community lifestyle resort. Make sure you stop and say hi!

**Geoff and Jane Ryan,  
Palm Lake Resort Bethania Caretakers**

## CONTACT US

Looking for more info about Palm Lake Resort Bethania? Here are four ways you can reach us:

**Online:** [palmakeresort.com.au](http://palmakeresort.com.au)

**Social media:** Follow Palm Lake Resort on Facebook and Instagram.

**Street address:** 43 Goodooga Dr, Bethania QLD 4205

**Phone:** 1800 774 866 or 3200 9622

## GET SOCIAL

Follow Palm Lake Resort on Facebook (@palmakeresort) and on Instagram (@palm\_lake\_resort) to see what's happening right across our 28 Palm Lake Group locations.

*This newsletter is intended to give general info 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.



### HOT OFF THE PRESS

Our summer 2021-22 edition of "Your time" magazine is out now, circulating the country. In it, we've covered all the latest news from around the various Palm Lake Resort addresses, with other great summer-infused lifestyle reads too. If you didn't receive a hard copy in your letterbox, you can always read it online at

[palmakeresort.com.au](http://palmakeresort.com.au)

### GREAT SHOT

Congratulations must go to Ray Walker who won the Palm Lake Resort Bethania singles pool competition for 2021! Well done!

### CAROL'S ALTERATION SERVICE

Carol's mending and alteration service is returning again to Palm Lake Resort Bethania. You can now pay with a gift card or by barter. I look forward to seeing you again! Phone Carol on 0412 635 614.

### BLOOMIN' GREAT EFFORT!

Check out Pam Contarino, from Bow Street, with her ponytail palm that has just flowered for the first time in 20 years!



### TIME FOR A NEW 'DO'?

We would like to thank all the clients who have supported us throughout 2021. We consider ourselves very lucky to have you all onboard! While we have tried to keep our prices down (and it has been several years since we have increased our prices), we have increased them slightly for 2022. Thank you all for your patronage and we hope to see you in the salon soon!

Sharlene, Amber and Rebekah.

### SIGN-IN REQUIRED

It is noted again that a number of contractors are still attending our resort without signing in at the Caretakers' office. These are your plumbers, your electricians, your tradesmen and more, carrying out quotes or work for you, so please make sure when you book them you advise these people that they **MUST** sign in before attending your home.

### CHECK OUT OUR NEW DIGITAL LOOK

Palm Lake Resort has just unveiled a new-look website. We've got all the information you need on our 25 current resorts as well as those exciting new developments in the pipeline at Pelican Waters (QLD), Old Bar Beach (NSW) and Paynesville (VIC). Check out our new site at [palmakeresort.com.au](http://palmakeresort.com.au)





# Spread the love.

IF THERE'S ONE THING THAT IS FRONT OF MIND DURING FEBRUARY, IT'S LOVE – SPECIFICALLY, ROMANCE. BUT IT'S ALSO A GOOD TIME TO CELEBRATE ALL THE OTHER KINDS OF 'LOVE' IN YOUR LIFE. FROM YOUR PETS TO YOUR NEIGHBOURS, HERE ARE A FEW WAYS YOU CAN SPREAD THE LOVE THIS MONTH (AND BEYOND).



## Love thy neighbours

Neighbourly 'love' is often on display at Palm Lake Resort, whether residents are catching up at social events or over the fence, sharing a meal at the Country Club or a drink on their driveways. There are so many ways you can show appreciation to your neighbours – why not offer a hand when you see them outside gardening? Cook an extra-large helping for dinner and drop a plate over to them? Or rally your other neighbours to support someone you know is going through a hard time? Random acts of kindness are some of the best ways to show love.

## Love your community

Spread the love beyond your neighbourhood with a charitable project. You could build something, bake something or raise money for a good cause. But if you're in need of specific inspiration, just take a look around your Palm Lake Resort community. Residents across the Palm Lake Group are always doing their bit to help others, and there's no doubt a fundraiser, food drive or charity project underway at your resort.

## Love long distance

This is something we've had to become much better

acquainted with, as lockdowns and border closures had made it impossible to visit faraway friends and family. Whether you're separated by sea or state borders, there are so many different ways to spread the love across long distances. Why not post your friend or family member a small item or card that made you think of them, send them a delivery of food (Uber Eats vouchers are great!) or flowers, or simply pick up the phone for a spontaneous chat?

## Love your pet

It's time to show love to the family member who loves you unconditionally – your pet. Luckily, there are countless ways to do exactly that, from buying them their favourite food every so often as a special treat to taking a moment to give them a good scratch or pay attention to them and them only. If their favourite activity is going for a walk, take them for an extra one some days – or, when all else fails, simply cuddle up with them on the couch.

## Love your partner

Showing love to your significant other seems obvious, but if your relationship spans years (decades, even) romance can easily fall to the wayside. Of course, not all couples show love in the same ways – a good way to keep the spark alive is to learn your partner's 'love language'. Finding out

which of the five love languages they prefer (words of affirmation, physical touch, gifts, acts of service and quality time - Google it!) will help you understand how they give and receive love. This makes you more able to show them the kind of love they most appreciate and notice when they are showing you love in return.

## Love yourself

Last but certainly not least, think about how you can show love to the most important person in your life: yourself. You are the person you'll spend the most time with, so it makes sense to nurture that relationship just as you would any other, right? Think about the things that make you genuinely happy – it might be a certain form of exercise, a swim, a relaxing bath, a trip to the day spa or hair salon, even a specific craft activity – and do more of them.

# Weekly activities.

## Monday

8.45am Shopping bus to Browns Plains, Clubhouse  
10am Indoor bowls, Clubhouse  
2pm Housie cards, Clubhouse

## Tuesday

8am Tai Chi with Shane, Bowls Club  
11.30am-1.30pm Line dancing, Clubhouse  
1.30pm Dr Ting, Clinic rooms  
5.15pm Residents' dinner, Clubhouse  
6.15pm Trivia, Clubhouse

## Wednesday

8am start Podiatrist (fortnightly), Clinic Rooms  
8.30am start Lawn bowls, Bowls Club  
8.45am Shopping bus to Waterford (pickup 11am)

## Thursday

7am-12noon Gym with Aubrey  
8.45am Shopping at Hyperdome (second Thursday of the month)  
9am-10am Gentle exercise, Clubhouse  
11.30am-1.30pm Bistro lunch, Clubhouse  
6.30pm Bingo, Clubhouse

## Friday

8.45am Shopping bus to Beenleigh  
9am-10am Aqua aerobics, Indoor Pool  
11.30am-1.30pm Bistro lunch, Clubhouse

## Sunday

9am Church service, Clubhouse





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Palm Lake Resort personal trainer Di Clapp says, "Aqua aerobics – along with many other styles of water-based fitness – removes the force of gravity which, when combined with the buoyancy provided by the water, helps you feel lighter and nimbler." Keen to try? We have the following classes:

**Fridays 9am-10am:** Aqua aerobics (indoor pool).

## Soak up the sun

You don't even need to enter the water to enjoy your resort pool – sometimes, just lounging on one of the recliners can prove beneficial. That's because vitamin D (which you gain from spending time in the sun) plays a significant role in regulating your calcium and blood phosphorus levels to help maintain healthy bones. It is also said to support cardiovascular health, lung function and brain health, and is even believed to help protect against diseases like the flu and manage diabetes.

## Swim laps

You may not have swum laps since the swimming carnival days of your childhood, but there are a few compelling reasons you may want to start. For one, it offers great cardiovascular exercise without putting stress on your body, particularly your joints. Swimming helps you maintain a healthy weight, heart and lungs, increasing your strength and muscle mass all without injury. You can start slow, but you'll be amazed at how quickly you can increase your swimming distance with consistent practice.

## Enjoy the fresh air

Rather than catching up with friends in the Clubhouse, take your party to the outdoor pool to gain the many benefits of fresh air. Spending time in fresh air quite literally makes you happier, stimulating your body's production of serotonin through oxygen inhalation. Experts say it improves blood pressure, digestive system and heart rate, strengthens your immune system and gives you more energy.

## Relax and relieve stress

You don't need to go on holiday to relax – our class-leading amenities, in particular our on-site pools and beautiful surrounds help us put the 'resort' in Palm Lake Resort. Head to our sun-soaked outdoor pool to relax by the water and you'll be doing your mind and body a world of good. Studies suggest that just being near water has a psychologically restorative effect, leading to a better mood and less stress – this, in turn, has positive implications for your immune system, heart health and sleep.

## Entertain the grandkids

Palm Lake Resort is designed for over-50s, but with green spaces, a cinema, library and a bowling alley on site, visiting grandchildren love our resort just as much. The resort swimming pool in particular is a magnet for little visitors. Next time you're hosting younger generations, why not play a fun pool game with them? There are classics like Marco Polo as well as Sharks & Minnows but why not have fun making up your own games, too? Maybe even stock up on some diving toys?

## Catch up with neighbours

At any given Palm Lake Resort location, the pool is a hub for not only exercise but social activity too. Enjoy a pool-side drink or lunch with your neighbours, organise to swim laps with a friend or participate in one of the group fitness activities to meet new people. Socialisation is said to improve mental and emotional health, boost confidence, reduce blood pressure and even stave off Alzheimer's.

## Entertain friends

Palm Lake Resort residents are a social bunch, often entertaining visiting friends and family from outside our resort. While those visitors will love our Clubhouses and architecturally-designed homes, they will also love paying a visit to our resort pool for a soak and a chat. Much like having your own backyard pool, our resort pools provide an additional spot to entertain and socialise – without any of the upkeep! You don't even need to swim; just being poolside with your guests is special enough.

## Just float

When all else fails, just go for a float. It's the perfect way to cool down, take the weight off and enjoy the great outdoors and the many benefits it has to offer. According to experts, time spent floating can help to relax your muscles, aid in better sleep, decrease muscle and joint pain and decrease stress and anxiety.

# Social Bowls Club report.

2021 proved another up-and-down year, with COVID making life hard. However, we still managed to get our in-house games completed. We had some very close games. It is great to see such improvement in our members' performance. The games were won as follows:

- **Alistair Brown Mixed Singles:** Gloria Vickery
- **Mixed Triples:** Charles Jenson, Angie Neil and Mick Langan
- **Mixed Doubles:** Mick Langan and Gail Langan
- **Gents' Singles:** Mick Langan
- **Ladies' Singles:** Gloria Vickery

Congratulations to all the winners – there was also a good put in by all our runners up.

We have had our Presentation Night and AGM for 2021 and, as you will have noticed, the Green was closed for renovations until early February when we aim to start up again.

I would like to invite any new residents to come down and have a go at lawn bowls. If you don't know how to bowl, don't worry! There is always someone around to show you how. Come down and simply have some fun. Barefoot Bowls days are a good chance to learn also. They are on every third Sunday of the month. Make a note for these upcoming barefoot bowls days: February 20 and March 20.

**Chris Otter,  
President**

# Important phone numbers.

Caretakers' Office, for residents' enquiries (for after-hours emergencies, leave a message and your phone number): 3200 9622

Police Link (Non-urgent incident report): 131 444

Community flyer: 1300 463 593

Mater Hospital (24-hour emergency): 3840 8111

PA Hospital (24-hour emergency): 3240 2111

QEII (24-hour emergency): 3275 6111

Logan Hospital: 3299 8899

Logan City Council: 3412 3412

Veteran Affairs: 13 32 54

Snake catcher: 0413 028 081

MHIA Insurance: 1800 676 700

Buses and trains information: 13 12 30

Home Assist: 1300 366 836

Seniors Qld: 1300 135 500

Palm Lake Care: 1800 246 677

Yellow Taxis: 131 924

Doctor Ting: 3807 8588

Origin: 136 262

Cleaning/Dog Walking (Andrea): 0407 028 614

Electrician (Brock): 0420 363 752

Plumber (Nick): 0411 109 806

Podiatrist (Cameron): 0404 857 479

Palm Lake Resort Hair Salon: 3805 2617

Handyman (Barry): 0414 686 342

Alterations (Carol): 0412 635 614

JP (Lynne Venczel): 3200 4758

Lawnmowing (Brian): 3299 9405

Phone/Internet problems (Bow Street only) Comms Co: 5559 7988

Car washing (Cliff): 3299 9421

Painter (Dennis): 0413 643 572

TV, aerials, watch repairs (Charles): 3200 4758





# Right on cue.

WALK INTO ANY PALM LAKE RESORT COUNTRY CLUB AND YOU’LL LIKELY FIND A GROUP OF RESIDENTS GATHERED AROUND THE BILLIARDSTABLE, 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.

## Some notes to remember.

- End of month meter reads: Please unlock gates. All meters are to be read by our staff – not residents. If you have any queries with invoices, please bring them along to the office.
- Household weekly bin collections: Rubbish bins are to be put out the evening before the rubbish run ie. Monday nights for Tuesday morning household waste collection. All bags must be in your bin, not beside it. Keep your bins clean please.
- Green waste: This is collected once a month on the second Monday. Upcoming dates include February 14 and March 14.
- Bikes, buggies, motorised scooters: Owners, please do not fly along the front of the Clubhouse building. This is a walk area and there are adequate roads for your use to access the Clubhouse from either side.
- Prescription box: The white box for your prescriptions is beside the Australia Post red mailbox. Leave your prescriptions to be collected.
- Home Owners’ Committee mailbox: You can find it situated on the wall next to the prescription box.
- Going away?: Don’t forget to fill out a form (in the Clubhouse) and drop it into the office to let us know of your travel dates. If your neighbours don’t see you around the resort grounds, they get concerned and often contact us. This way, we know if you are away and not fallen ill.

## Go slow.

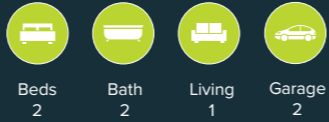
Can we please remind all homeowners that we must be more cautious on our resort roads. Sometimes when we are in a hurry, we forget and the speed creeps up but, for the safety of all including our wildlife, please stick to the 10km/h speed limit. You may have heard recently about one of our caring employees who, very politely of course, asked a police car to respect the speed limit in our resort. Good on you, Troy!

I also would like to remind all of our mobility scooter and golf cart drivers that you also need to respect the road rules whilst moving around our resort. This also includes when you are travelling along the walkways around the Clubhouse. If you reduce your speed, the people coming out of the office, library, doctor’s surgery and hairdressing salon will be safer. We don’t want anyone to be injured or startled if we can possibly help it. Thank you everyone!



# Homes for sale.

11 Palm Court - \$325,000

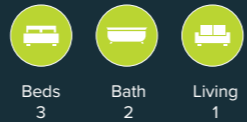


### Not a cent to spend

This lovely two-bedroom/two-bathroom cottage, in walking distance to the resort clubhouse, has been fully renovated. Freshly painted inside and out, new carpet throughout, new kitchen with stone benchtop and new appliances. Ensuite off the main bedroom has a new vanity. Outside is low maintenance with a shed and parking for 2 cars or use it as an entertainment area.



26 Cedar Court - \$290,000



### Get in quick!

This is a good-sized home offering three bedrooms, two bathrooms, lounge and an extra large outdoor undercover entertainment area. Located walking distance to the community clubhouse and other resort facilities.



## Helping friends become neighbours.

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 one of our established Palm Lake Resort homes (or a new home from elsewhere in the group, for that matter), you'll receive up to \$500\* cash. Easy!

**\$500**  
for a brand new home.

**\$250**  
for an established home.

For more information and to refer your friend, simply contact our Sales Information Centre on 1800 774 866. \*T&Cs apply



THE BEST IN OVER-50S LIVING. THIS IS YOUR TIME.  
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Want to book a private tour and find out more about our resort? Phone Kerrie on **0403 680 969**, email **KerrieB@pallmlake.com.au** or visit us online at **pallmlakeresort.com.au**



# Eat, drink and be merry.

There's nothing more enjoyable than spending time with friends, and you can do just that here at Palm Lake Resort.

With many organised weekly activities on-site as well as other outings in our local community, there are dozens of ways to fill your diary alongside your neighbourly friends. Why not start by pulling up a chair for bistro lunch this Thursday or Friday?

We're all about spending quality time with likeminded friends. Here, community is everything.



**Palm Lake Resort Bethania.** Find us at 43 Goodooga Dr, Bethania QLD 4205.  
Freecall 1800 774 866



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

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