

Banora Point.

AUGUST - SEPTEMBER 2023



Be the change

Looking for a way to warm up after winter? Do good, and feel good, with our ideas for volunteering inside.

Get well soon

Did you know that the secret to better health could be found in your own backyard? Find out more on Page 9...





Welcome.

Winter is almost over, and we are looking forward to the warmer weather that spring brings. It is my favourite time of the year.

We had planned for the fire brigade to come and give a safety talk to all the residents, however with so many homeowners away we have decided to postpone until early in the new year. Keep a look out on the noticeboard for updates. Morning tea will be served afterwards. We are looking forward to a great turn out.

A few updates from around the resort. The new caravan parking area fencing is now completed, and doesn't it look great? The rotunda has also been repaired near the bowling green.

We know that many homeowners are eager for the front gate to be replaced, and we are doing everything we can to make that happen. We all feel much safer with the gates closed. We also hope that fixing the gate will stop speeding down the main street.

A friendly reminder that all alternations or additions to your home must be approved by management. The application forms are available from the caretaker's office in order for you to gain approval.

Also, please remember that tradespeople are to sign in at the office in the contractor's book – please advise them if any work is being done on your property.

Until next month, take care,

Wayne and Di
Palm Lake Resort Banora Point Caretakers



CONTACT US

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

FREECALL: 1800 641 665

Street address:
67 Winders Pl
Banora Point NSW 2486

Office hours:
9am-11am, Monday to Friday for residents and 11am-3.30pm for sales

Email:
banorapoint@palllake.com.au

Find us online at:
palllakeresort.com.au

Get social:
Follow us on Facebook (@palllakeresort) and on Instagram (@pall.lake.resort)

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News briefs.

GO SLOW

Sometimes when we are in a hurry, we forget the limits and our speed creeps up but, for the safety of all including our wildlife, please stick to the 10km/h speed limit. Also, to those owners of bikes, buggies and motorised scooters, you also need to respect the road rules whilst moving around our resort grounds.



GET SOCIAL

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

WE WANT TO HEAR FROM YOU!

Whether it's photos from a recent event or there's a new activity you'd like to announce, this newsletter is the place to share the latest and greatest resort happenings. Chat to your caretaker about how to submit content and to find out deadlines for upcoming editions.

REFER YOUR FRIENDS!

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



FROM PORTOFINO, TO BANORA POINT

We recently hosted Portofino Fashions for an incredible fashion parade, which saw our stylish homeowners strutting their stuff down the catwalk.

The parade took place on Wednesday July 12, kicking off at 10am in the Grand Hall. It was well-attended, with many homeowners joining in on the fashionable fun - and going home with a few new pieces to add to their wardrobes.

For just a \$5 entry fee, attendees enjoyed a Devonshire tee, the fasion parade and entry into a lucky door prize. Congratulations to the winner of the \$50 Portofino gift voucher! With so many items to choose from, how ever will you decide what to spend it on?!

GREEN WASTE COLLECTIONS

Make a note in your diary for the next few green waste collections (and remember to put your green waste out the night before these dates as Wayne makes his collection in the early hours of the morning):

- August 28
- September 11 and 25



Dance the night away.

Homeowners dressed up in their best 1940s-inspired garb for our most recent dinner dance. It was great to see our residents dancing the night away, enjoying one another's company and making wonderful memories. Thank you kindly to the organisers. We can't wait for the next one.



Homeowners' Committee news.

Thank you to Mark, our gardener, as the gardens are looking great. The centre strip coming into the resort looks a picture, and the gardens with the new chips on them have certainly been tidied up. Eventually, we would love to have the gardens completely redone but at the moment, that is not to be.

You may have noticed that the rotunda had tape around it. This was because the uprights had rotted, and it was unsafe. But don't despair – it was not pulled down! Instead, the posts were replaced and it is as good as new.

Approval was also given to have the rest of the fence around the caravan part replaced with a Colourbond fence. This has really finished that area off, and it is looking great.

The mailboxes are also looking very smart with the new coat of paint. Thank you to Wayne and Arthur Smith for doing this. Hopefully we can report even more upgrades in the next edition.

Weekly activities.

MONDAY

11am Gentle exercise, in the Grand Hall

TUESDAY

9am Lawn bowls

TBC Dinner Dance (fourth Tuesday of each month)

WEDNESDAY

10am Table tennis, in the Clubhouse

2pm Craft group meets in the Grand Hall (second and fourth Wednesdays of the month)

THURSDAY

9.30am Folk dancing, in the Grand Hall

2pm Bingo, in the Grand Hall

FRIDAY

10am Table tennis, in the Clubhouse

2pm Lawn bowls

SATURDAY

9.30am Yoga, in the Grand Hall

SUNDAY

4pm Croquet, at the front of the resort

Important phone numbers.

Caretakers Wayne & Dianne: 5523 1188

Ambulance, Police, Fire: 000

Tweed Heads Police Station: 5506 9499

John Flynn Hospital: 5598 9000

Tweed Heads Hospital: 5506 7000

Electrician (Matt): 5590 5857 or 0409 396 396

Electrician (Richard): 0410 827 040

Plumber (Ryan): 0418 919 050

Massage (Debra): 0408 445 117

Border Locksmith: 5536 1611

Tweed Council: 02 6670 2400

TV/Antennas (Rob): 0419 796 649

Palm Lake Resort hair salon (Jenny): 5523 3090

Pest Control (Jason): 1300 699 755

Super Clinic Doctors: 5589 7555

Pathology: 5524 8403

Chemsave Super Clinic: 5523 1266 (free Webster packaging and delivery)



Do your friends love it here, too?

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 homes you'll receive \$250* cash. Easy!

\$250

cash bonus simply for referring a friend!

For more info or to refer your friend, FREECALL 1800 641 665.

*T&Cs apply



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

How to feel warm (and fuzzy).

SURE, YOU COULD SIP ON HOT CHOCOLATE OR DON A COSY JUMPER TO SHAKE OFF THE WINTER CHILL. BUT IF YOU REALLY WANT THAT WARM, FUZZY FEELING, ONE OF THE BEST WAYS IS TO DO SOMETHING KIND FOR SOMEONE ELSE.

Volunteering has long been associated with retirement, but the release of a 2022 research report from National Seniors confirms it. The survey, which asked more than 3600 older Australians to talk personally about volunteering, revealed impressive results.

Half of the respondents stated that they volunteer at least some of the time. Twelve per cent say they volunteer five to 10 hours per week, nine per cent volunteer 10 to 20 hours per week, and two per cent volunteer more than 20 hours per week.

Interestingly, there was little distinction between the amount of volunteer work done by those who had permanently retired from paid jobs, and those who hadn't. Retired or not, senior Australians just love to volunteer. Perhaps it's because, as the report also revealed, many volunteers say it makes them feel more positive and satisfied with how they spend their time.

This is certainly true across the Palm Lake Group of resorts. We are home to countless happy volunteers and volunteering groups. From knitting tiny beanies to donate to babies in NICU, to collecting bottles and cans to raise funds for drought-stricken Australians, hundreds of marginalised people feel the love from our Palm Lake Resort homeowners.

Why not spread more of those warm and fuzzy feelings yourself? Here are four creative ways to volunteer your time this winter (and beyond).

WHY NOT WRITE TO SOMEONE?



Find a pen pal

Have you heard of the Letterbox Project? The flagship program from Connected AU, the Letterbox Project is national pen pal initiative that focuses on fostering connection and community. It allows you to volunteer some time to send handwritten letters across Australia to people feeling isolated and disconnected. Every single letter (for the duration of the pen pal communication) is sent through the Connected AU team and approved, allowing relationships and connection to thrive while ensuring everyone in their community is safe. Head online to connectedau.com.au/letterbox_project to learn more about this great initiative.

Offer your skills as a mentor

By the time we reach retirement, many of us have picked up a few special skills over the years. Maybe you're talented in art and crafts and know your way around a set of knitting needles or a crochet hook? Perhaps you're a professional pianist or artistic painter? Or maybe you love getting your hands dirty in the garden (and regularly reap the rewards in terms of fresh produce or beautiful flowers)? Whatever your skill, chances are there is someone in your community (be that within your Palm Lake Resort community or the greater local community) who wants to learn from you. Consider posting a flyer on your resort noticeboard or in your local paper or Facebook group volunteering your time and expertise as a mentor – you never know who will reach out.

Coordinate a drive

From canned goods to baked treats, handmade items to unneeded items, we can make a big difference when we all

rally together to support those in need. Choose a cause to support – it could be sanitary items for unhoused people in your community, toys for children fleeing family violence or cans of pet food for your local animal shelter – and call on your Palm Lake Resort community to help bring the drive to life. We're a charitable bunch and no cause is too small. Also, keep your ear to the ground; you just might hear that one of your neighbours is doing it tough, or that one of their friends or a family member might need some support.

Care for someone in your greater community

For the last few years, the Palm Lake Group has been committed to co-locating Palm Lake Resort and Palm Lake Care locations. This not only provides opportunities for couples with different levels of care to stay close to one another, but also ensures that residents in our aged caring communities feel the love and support of their Palm Lake Resort neighbours. Palm Lake Care is always looking for volunteers to either visit the community and spend time with the residents, or assist the Lifestyle Team in running activities. If this sounds like you, please contact the Lifestyle Coordinator at your nearest Palm Lake Care to discuss this further. Head to pallmlakecare.com.au for the contact details of each of our seven care communities.

Whichever way you go, there's definitely a warm and fuzzy feeling attached to lending a hand to support others. And don't forget, there are always plenty of volunteer roles around your resort neighbourhood as well - our various committees are sure to love it if you put up your hand to help. You'll be getting to better know your neighbours, too, which is always a great added bonus.

Garden your way to better health.

IT'S A BELOVED PASTIME FOR GREEN-THUMBED HOMEOWNERS OF PALM LAKE RESORT, BUT DID YOU KNOW THAT GARDENING IS MORE THAN JUST A REWARDING HOBBY? IT CAN ALSO OFFER A VARIETY OF HEALTH BENEFITS. HERE ARE JUST FIVE OF THEM...

If you're looking for a fun way to up your vitamin D intake, make friends in your community and increase your hand strength, look no further than gardening. Better yet, you can add reduced blood pressure and a lower carbon footprint to that list, too. More than just a way to beautify your home and its surrounds, gardening offers a seemingly endless list of positives. It's great for your physical and mental health, your community and the planet. And you don't even need a big yard to do it.

You can find many beautifully tended-to front and backyards in each of our Palm Lake Resort locations (especially ours!), with community gardens at select resort locations as well. Put simply, life at Palm Lake Resort makes it easy to discover all the health benefits of gardening. If you needed any more encouragement, here are five of the main reasons why you too should get out in your garden...

Gardening improves your physical health

When you think about it, gardening is an excellent workout. All that digging, raking, planting, weeding, and watering helps to burn calories, strengthen your muscles and even improve flexibility. Gardening is considered 'moderate' physical activity, which means you only need to do about 30 minutes of gardening every day to meet the recommended exercise requirements for a healthy body. Add to that the health benefits of vitamin D intake through sun exposure, which includes improved heart health and stress relief.

Gardening improves your mental health

The mental health benefits of spending time in nature are well documented. Experts agree that being outdoors can reduce stress, foster connections with your local community (in turn, improving confidence and self-esteem) and sharpen cognition. When we nurture nature, in return, we create a positive feedback loop that allows us to connect to nature, promoting mindfulness and a sense of purpose. Plus, it's a great way to disconnect from screens, inhale good bacteria (specifically *Mycobacterium vaccae*, dubbed the 'natural antidepressant' for its ability to increase serotonin in the brain) and produce something meaningful and rewarding all at once.

Gardening will help you eat healthier

It goes without saying – when you grow your own produce, you eat better. This isn't just because you feel more motivated to eat the wholefoods you've nurtured in your own backyard (lest you waste those weeks or months spent growing each plant), but also because you avoid the pesticides that are sprayed on mass-produced fruits and veggies to help them last longer. Better yet, growing your own veggies in your garden is cheaper than shopping in the organic section of the supermarket, meaning you get more healthy wholefoods bang for your buck. This makes it much more affordable to eat the recommended daily servings of fruits (two) and veggies (five), which are believed to increase your lifespan and lower the risk of certain diseases.

Gardening helps you live a more sustainable lifestyle

If you're passionate about sustainability, growing your own produce in your garden helps you live more in line with your values. Making fewer trips to the supermarket reduces the need for excessive industrial agriculture, while also cutting down on packaging and the amount of fuel needed to transport each piece of fruit or vegetable from its growing location to your plate. By tending to your own garden, you'll also learn ways to make your waste go farther – for instance, you'll be motivated to compost food scraps to make a rich plant fertiliser. Also, the plants you grow will help reduce carbon and pollutants from the air or, if they flower, feed local pollinators like bees, butterflies and birds.

Gardening can help foster a sense of community

Last, but certainly not least, gardening provides great opportunities for social connection within your resort community. Whether you join/start a special interest group around gardening or you simply offer to help out a neighbour in their backyard, gardening is a fun, easy way to get to know some likeminded people. And, when you have a good harvest, you can share your abundance with those neighbours, friends and family members – who wouldn't appreciate a home-grown food basket, or some fresh cut flowers grown with love?

At the very least, it's nice to know that you're never really alone when you're gardening. While we've talked about the benefits of social interaction if you potter in the garden with friends, don't forget that even when you're alone in your own backyard, you're actually surrounded by thousands of living organisms, each of you playing an important part in the ecosystem.

There's an app for that.



Gardenate

Grow-Your-Own with this gardening app that offers details of more than 90 favourite vegetables and herbs. The planting calendar shows what you can grow at any time –

localized to your climate zone (Gardenate has climate-zone specific planting calendars for Australia, Canada, New Zealand, South Africa, the UK, and the USA). There are detailed plant descriptions and growing tips to get novices up to speed, while also being packed full of features for experienced gardeners. You can record your planting dates, harvest dates, notes and more, then export your data as spreadsheet files. You can also share your garden to your other phones and devices and they keep in sync - let the whole family join in the gardening fun!



ABC Vegie Guide

ABC Vegie Guide is an essential tool for all vegetable gardeners – from the novice to the experienced - to help you find out what vegie should be planted when, no matter the

climate zone you're in. ABC Vegie Guide will give you all the information you need to produce healthy crops throughout the year, including growing tips, pest and disease control pointers and harvest guides. In your 'Patch' you can keep a running record of notes about what's going on in your garden. You can keep track of what you planted and when, take photos and make notes on progress and be prompted when your plants should be ready to harvest. This one was developed by the Australian Broadcasting Corporation.



Planta

Here's one to help you with your indoor plants. Planta offers an care schedule and reminders for watering and fertilising your plants. It also contains gardening recommendations, step-by-step

guides, plant identification assistance, a light meter, Dr Planta diagnosis tool and treatment tips for sick plants, and more.

Homes for sale.

Home 119 - \$460,000


Beds
2


Bath
1


Living
1


Garage
1

SOLD



Sought-after area.

This lovely spacious home occupies a sought-after position within Palm Lake Resort Banora Point.

With two bedrooms and one bathroom, this neat, cosy home ticks all the boxes. Features vinyl planks in the living areas, solar hot water and fresh paint throughout.

The low-maintenance backyard has a covered entertaining area, and there is a sunroom off main bedroom.



CASH BUYERS AWAIT.

LISTINGS WANTED

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

If you're a homeowner here and your situation has changed, call our Sales Team for a free market appraisal. We have qualified buyers waiting to hear about any new homes as they hit the market. To find out more, FREECALL 1800 641 665 or stop by the Sales and Information Centre between 9am-11am, Monday to Friday for residents and 11am-3.30pm for sales.

COMMISSION-FREE TRANSITION

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



Marketing and advertising services include:

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

ONLY
\$550

Want to book a private tour and find out more about our resort? FREECALL 1800 641 665 or email banora@palllake.com.au or visit us online at palllakeresort.com.au

10,000 REASONS TO CELEBRATE

With more than 46 years' history and properties right along Australia's east coast, did you know that 10,000 likeminded people call a Palm Lake Group address home? Come join our 10,000-strong community in 2023. We welcome you home.



FREECALL 1800 641 665 | banorapoint@palllake.com.au
67 Winders Pl, Banora Point NSW 2486

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