

Banora Point.

DECEMBER 2023 - JANUARY 2024



Little wonders

The secret to a successful, garden? Worms! Turn to Page 8 to find out how to use these little wonders in your home.

Water wise

Saving money and the environment could be easier than you think - it's just a matter of being water wise.





Welcome.



We can't believe we've made it to our final edition of 2023. We like to use this time of year to reflect on the previous 12 months. What were the high points? What were the low points? What would you have done differently if you had the chance? What do you hope to do more of in 2024? So much to think about over this holiday period!

We've certainly had a fun-filled year here at Palm Lake Resort Banora Point. From countless dinner dances to special events (including fundraisers, fashion shows and festive get-togethers, like our recent Melbourne Cup Day lunch), there have been so many opportunities for our homeowners to catch up with old friends - or make new ones!

Speaking of which, we have welcomed many new homeowners this year. Thank you for choosing Palm Lake Resort Banora Point as your new home. We hope you are all enjoying it immensely. We must also acknowledge those who have moved on from our resort - we hope you are happy, settled and loving life, wherever you are.

Before we sign off, we would like to say a heartfelt thank you to our wonderful volunteers. You all work so hard throughout the year to make our resort such a happy, fun and comfortable place to live, and we couldn't do our jobs without you. We appreciate you!

We hope you all have a wonderful Christmas break and enjoying spending time with friends and/or family. We look forward to returning again, feeling refreshed and recharged, in the New Year.

Until then - 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@pallmlake.com.au

Find us online at:
pallmlakeresort.com.au

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

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News briefs.



GET SOCIAL

Are you on social media? We are, too! You can find Palm Lake Resort on Facebook and also Instagram. Make sure you like and follow our social media profiles to see even more news from right across our dozens and dozens of locations, across the east coast of Australia.

Facebook: @pallmlakeresort
Instagram: @pallml.lake.resort

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.

YOUR SUMMER READ HAS ARRIVED

The next edition of our company magazine, Your Time, is hot off the press for Summer 2023-24. In it, we keep you up to date on all things Palm Lake Group including progress on our newest communities at Yamba Cove, Pelican Waters, Forster Lakes, Paynesville and more. Did you also hear that we won two statewide construction industry awards? We're proud of the communities we build and manage - and with 10,000 people calling a Palm Lake address home, there's a lot of news from around the grounds. Get your copy in your letterbox, or you can also read it online at pallmlakeresort.com.au



PET OWNERS

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

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):

- December 18
- January 8 and 22



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.





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

What's on around town.

THE ANGELS: 50 YEARS IN THE MAKING January 7

This is it, folks – the first Angels tour with Nick Norton out front. Get set for a catalogue of classics ingrained in the hearts of every Australian rock fan, including 'Am I Ever Gonna See Your Face Again', 'Take A Long Line', 'No Secrets' and more.

BOTANICAL BLUEPRINT WORKSHOP January 6 and 11

In this one-day workshop, Northern Rivers visual artist Katie Alleva will lead participants step by step through the fascinating technique of wet cyanotype printing, using objects from the natural world to create dreamy, beautiful images.

RIVER CRUISE: LIVING IN THE 70'S January 13

Come and cruise the picturesque Tweed River on a fun-filled journey through the greatest era in music history. This is a great way to explore the region and celebrate the music of the 70's. Freely move between the upper and lower decks - there is plenty of seating and ample room to dance.

MAGIC MILLIONS RACEDAY January 13

One of the richest and most renowned racedays in Australia, which is now worth \$14.25 million in prizemoney across eleven races. The Star Gold Coast Magic Millions Raceday is the pinnacle race meeting of the Queensland Summer Racing Carnival.

USHER CUP 2024 January 18 to 21

The Usher Cup is much more than a surf contest. In 2024, they will aim to once again produce a kaleidoscope of community, culture and the arts along the full length of the coastline from Kirra, right through to the contest site at Snapper Rocks.

A TINY TASTE OF TYALGUM January 20

A Tiny Taste of Tyalgum is a free community event designed to showcase local businesses and reignite tourism while celebrating the positive connection through live music, art, poetry and a bush dance.



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)



This summer, be water wise.

DID YOU KNOW THAT ONE OF THE EASIEST WAYS TO SAVE BOTH MONEY AND THE ENVIRONMENT IS SOMETHING YOU USE EVERY SINGLE DAY? NOW THAT THE WARMER WEATHER IS HERE, IT'S TIME TO TAKE A CLOSER LOOK AT YOUR WATER USAGE...

IN THE KITCHEN

How much time do you spend waiting for the water in your kitchen tap to cool down or warm up? Rather than letting it pour down the drain, pop a glass (or even a large bottle) under the faucet to collect the water – then, let it cool down/warm up to use however you like.

When cooking – or specifically boiling – only use enough water to just cover your food. And always try to defrost frozen food in the fridge overnight rather than under a hot tap.

But the biggest water waster, when it comes to kitchen activities, is the clean up. Your dishwasher is the highest consumer of water in your kitchen, so be sure to choose a water efficient model – check for a WELS label, ideally with six stars. You probably know to only run your dishwasher when it's full, but did you know that you can also use the rinse function (if it has one) instead of rinsing your dishes in the sink pre-wash?

If you don't use a dishwasher, just be sure to put the plug in the sink when washing up. If you have two sinks, it's a good idea to fill one with water for cleaning and the other with water for rinsing – and go easy on the dishwashing liquid so you don't need to rinse as much!

IN THE BATHROOM

Much like in the kitchen, it's important to only have the tap or shower running when you're actually using the water. Shaving, brushing your teeth and even applying shampoo or conditioner can all be done without the water going – just turn it on to rinse off!

On that same note, while we all love a long, hot shower, this seemingly small luxury comes at a price (and not just financially). Did you know that your showerhead could be using anywhere from nine to 19 litres per minute? You may want to consider upgrading to a newer or more water efficient showerhead to reduce your water usage, and it's also a good idea to keep your showers to six minutes or less.

Speaking of upgrades, did you know that you may be able to modify the float arm in your toilet to lower the flush volume? There are plenty of tutorials online to walk you through the process, which will have your toilet using less water for each flush (just make sure your pan is suitable for lower flow rates).

Of course, the most important thing to do is to check for leaks – not just in your taps, but also in your toilet. To check for toilet leaks, add a few drops of dye to the cistern and wait an hour (don't flush). If dye appears in the toilet bowl, you may have a leak!

IN THE GARDEN

A huge portion of your home's water wastage won't actually occur *in* your home. According to a study by Western Australian service Water Corporation, sprinklers or irrigation systems account for an estimated 28 percent of your home's water use. Hand-watering plants takes up another three percent.

The good news is that being savvy about your water usage inside your home can help you be smarter in the garden, too. Now that you know to collect the water while you're waiting for it to cool down or warm up, you can use it on your plants.

When you do need to water your garden using the hose, pay attention to when you do it. The best time to water a garden is in the early morning or the evening, in order to reduce the amount lost to evaporation. Also, be sure to water thoroughly (though less frequently) to maximise the benefit to your plants and use mulch to prevent moisture loss.

If you have the opportunity to plant something new, consider choosing plants that don't require as much water. Australian natives are always a good choice as they're used to the climate (not to mention bursting with colour). Succulents and cacti are other great options.

Help your pup beat the heat.

IT'S HARD ENOUGH BEING A HUMAN DURING SUMMER – IMAGINE HOW IT FEELS FOR OUR PETS. THEY DON'T GET TO TURN ON THE AIR CONDITIONING OR JUMP IN A COLD POOL WHENEVER THEY PLEASE. TO HELP THEM STAY COOL AND COMFORTABLE THIS SUMMER, TRY THESE TIPS...

BRING THEM WITH YOU

It goes without saying, but it's always worth mentioning: never leave your pets in a parked car. Not even for a minute. The temperature can rise rapidly in a vehicle, even when the windows are opened slightly, and the extreme heat can result in organ damage or death. It's just not worth the risk! Bring them inside with you, if you can, or leave them at home.

LIMIT EXERCISE WHEN IT'S HOT

Would you want to go for a long run in the middle of a summer day? Chances are, neither does your pet. Try to schedule their walks or dog park visits during cooler parts of the day – it will be much more pleasant for both of you. If you must walk them during peak temperatures, keep it brief.

PLENTY OF WATER AND SHADE

Make sure your pet has easy access to both water and shade when they're outside. This might mean investing in refillable water fountain, or a tarp if you don't have much natural shade. Air flow is also important, which means doghouses aren't ideal in summer (they actually make the heat worse).

OFFER THEM REFRESHMENTS

Yes, you read that right! When it's really hot, your pet will love chowing down on ice cubes or even 'pupsicles' (dog-friendly ice blocks which you can make at home). You may also want to purchase a cooling body wrap or vest for your pup, or give them a nice cold bath.

KNOW THE SIGNS OF HEATSTROKE

If your dog is suffering from heatstroke, they'll exhibit some scary symptoms. Keep an eye out for heavy panting, glazed eyes, a rapid heartbeat, fever, dizziness, vomiting or lack of coordination. If you suspect they are suffering from heatstroke, apply ice packs or cold towels to their head, neck or chest or run cool water over them while taking them to a vet.



How (and why) to start a worm farm.

IT'S LIKELY THE SMALLEST KIND OF 'FARM' YOU COULD OWN, BUT DON'T LET ITS SIZE DECEIVE YOU – A WORM FARM IS THE SECRET TO GARDENING SUCCESS. AND IT'S SERIOUSLY EASY TO SET UP!

Similar to compost bins, worm farms help break down food waste and turn it into nourishing fertiliser for your garden. They typically look like a bin or bucket and may be stored outside or in the kitchen.

Unlike traditional compost, worms help to mix layers of soil together. They do this by burrowing under the ground and making tunnels, breaking down dead plants and flowers in the process. They also love eating dead leaves, plants, flowers and old fruit and vegetables – the waste they create (called 'castings') mixes with the soil to create a garden fertiliser that your plants will love.

The official term for worm farming is 'vermiculture', and worm farms may also be called wormeries or vermicomposting. These terms can be helpful to keep in mind when learning more about worm farms.

But why should you set up a worm farm? A better question might be: why not?! For one, they're a great way to get rid of organic food waste in a sustainable way, rather than sending it to landfill where it releases methane gas as it breaks down. Worms can eat three to four kilograms of organic kitchen waste every week, which is a lot of waste saved from landfill.

The worm castings and 'worm tea' (a liquid made from worm urine) are also budget-friendly, sustainable plant fertilisers. They will nourish your vegetable, flower and herb gardens, helping you grow your own produce – which, in turn, reduces the plastic waste and transport emissions that are created when you buy produce at supermarkets. If you're looking to establish small yet sustainable habits in your own garden, a worm farm is the perfect place to start.

SETTING UP YOUR WORM FARM

There are many ready-made worm farms to choose from, but you may also want to make your own. They're very easy to set up.

You'll need: two containers (a larger one with a lid to catch the waste, and a smaller one to house the worms and soil); enough shredded paper and compost to create a 10cm layer in your smaller container; water; a knife or other instrument to poke holes in one of the containers; and last but not least, worms.

1. Find a warm, shady spot to set up your worm farm
2. Put the larger container on the ground
3. Poke several holes in the smaller container
4. In the smaller container, create a 10-centimetre-deep layer of shredded paper and compost
5. Gently add water so the layer is moist, then gently add the compost worms
6. Add food scraps for the worms to feed on
7. Close the lid and wait about a week while your worms settle into their new home

Remember: Not all food scraps are good for worms. Try to only feed them fruits, vegetables, coffee grounds and tea bags, egg shells and shredded paper. Avoid citrus fruits, onions, capsicums, leeks and garlic, meat, dairy products, pasta, cereals and shiny, coated paper.

THE PERFECT
ACTIVITY FOR THE
GRANDKIDS!

Traditions, unpacked.

OH, CHRISTMAS TREE

Did you know that the Christmas tree has north-eastern European and German origins, and dates back to Medieval times? Members of Renaissance-era guilds – associations of well-respected artisans who oversaw their respective disciplines or trades – are said to have decorated trees with fruits and sweets for children to eat on Christmas Day. However, some believe that the modern Christmas tree has pagan roots, as the Polish would suspend a branch of fir, spruce or pine and decorate it with nuts, cookies, coloured paper and apples for the ancient, pre-Christian mid-winter festival of Koliada.

DECK THE HALLS

Ever wondered about the meanings behind some of our most popular decorations? A star on top of the tree represents the star the Wise Men followed to find the Baby Jesus, while the angel symbolises the angel who told the shepherds about the coming birth of Christ. Back in the day, people would apparently decorate their trees with apples and other fruits. However, one particularly harsh winter meant that there was no fruit to adorn the tree, so one clever French glassblower created fake ones – and the bauble was born. Some believe that the wreath was used in Ancient Rome to symbolise victory, while others say that its circular shape symbolises eternal life.

JOLLY OLD SAINT NICK

Did you know that Santa clause can actually be traced back to a real, living person? Saint Nicholas was a third century monk, who was born and lived in what is now Turkey. It is said that Saint Nicholas gave away all of his wealth to roam the land helping the poor and sick, and over time, his Dutch name 'Sinter Nikolaas' became shortened to 'Sinter Klaas'.

CHRISTMAS CAROLS

Originally, these weren't Christmas carols at all. Apparently, pagan religions would sing songs during Winter Solstice whilst dancing around stone circles. They would do them all year 'round, for every season,

HAVE YOU EVER WONDERED WHY WE DRAG A REAL TREE INTO OUR LIVING ROOMS AND DECORATE IT WITH SPHERICAL ORNAMENTS? OR WHY WE GET ANOTHER PUBLIC HOLIDAY THE DAY AFTER CHRISTMAS? WE'RE DIVING INTO SOME END-OF-YEAR TRADITIONS, AND THEIR ORIGINS MIGHT SURPRISE YOU.

but the December ones in particular were adopted by Christianity and performed as part of Christmas celebrations, which is why they live on today.

MINCE PIE

Traditionally topping off a Christmas dinner, the mince pie as we know it today actually began as a meat dish. It is said to have originally contained minced meat – hence the name – as well as fruits and spices, but over time it became sweeter, and smaller than the oblong shape it was originally made into. During the English Civil War, the Puritan authorities are said to have detested the mince pie and the 'idolatry' it represented. Who knew a dessert could be so political?

BOXING DAY

There is a lot of debate surrounding how Boxing Day got its name, but it could be a reference to the fact that some servants in Britain would get the day after Christmas off, and receive a 'Christmas Box' from their masters.



Homes for sale.

Home 151 - \$460,000

Beds

2

Bath

1

Living

1

Garage

1

SOLD

Everything you need.

This comfortable home has many appealing features ensuring it's all ready for you to move in. You'll enjoy the security screens all round, air conditioners in lounge and the two bedrooms, updated light fitting in the lounge and dining area.

This home is energy efficient with solar hot water and electricity. There is a lovely sunny backyard with a garden shed for extra storage, as well as a new remote garage door.



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

11

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