

Bethania.

AUGUST - SEPTEMBER 2022



Bring your
best mate.

PALM LAKE RESORT BETHANIA IS PROUDLY PET FRIENDLY. READ OUR TIPS INSIDE FOR KEEPING YOUR BEST MATE IN TIP-TOP SHAPE DURING THESE COLDER MONTHS - AND BEYOND.

Continued on Pages 8-9 >>



Pictured above: Check out our lakeside putting green looking glamorous in the afternoon sun.



Welcome.

Hello all - We've well and truly settled in now! Winter might be upon us but that doesn't stop our residents from venturing out. They enjoy a week filled with activities including Housie on Mondays, dinner on Tuesdays, lawn bowls on Wednesdays - every day is filled with things anyone can get involved in. And it's so good to see people doing just that.

We held our first 'Meet and Greet' with our new residents in July which was a great success. Organised by the Social Club, it was so good to see our current residents coming and supporting us to introduce the new residents to what Palm Lake Resort Bethania has to offer. Thank you to all who came.

We have so many things on the planner for the coming months, so make sure you check out the snippets within this newsletter and keep your eye on the noticeboard. We're also taking things onboard from our conversations with homeowners, finding out where we can make a difference. We'll definitely try our best! If you have any suggestions, please don't hesitate to come past the Caretakers' office between 9am and 12.30pm weekdays to have a chat.

Also, we would like to take this opportunity to thank all residents who volunteer their time to assist us with various things. We can always use extra assistance around the resort, so if you would be interested in volunteering some time, please see Enza in the office.

See you around the resort grounds,

Enza and Mark Penttila,
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

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

Street address: 43 Goodooga Dr, Bethania QLD 4205 (office hours: 9am-12.30pm weekdays)

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.

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.

MAKING A CHANGE?

Just a note that if you are planning to make any external alterations to your home, could you please let our Caretakers know prior to work proceeding? An 'Alteration and additions' application form can be obtained in the Hall. The application will be actioned within 10 business days of receipt by the Caretakers.

GREEN WASTE DATES AND BIN COLLECTION

Pop these dates in your diary to remember to put out your green waste:

- August 22 (TBC)
- September 5 and 19
- October 10 and 24

Also, for 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. Please keep your bins clean.

HOMES FOR SALE: PAGE 11



REFER A FRIEND

We know your friends love coming to visit your Palm Lake Resort Bethania 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 home, you'll receive \$250 cash. Easy!

SAVE THE DATE!

Palm Lake Resort Bethania's Social Club wants you to save the date for their upcoming Grocery Grab. It'll be held on August 27. They hope to see you all there!

GOING AWAY?

If you're heading away on holidays, 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.

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.

SUNDAY SERVICE

Covid has proved to be a real life changer for so many people. We (me included) have had to change plans, isolate from others and put up with a range of symptoms none of which we like. It leaves us weak and tired and in some cases frightened to mix with others. Is there an answer to Covid? That is a matter of opinion along with everything else about Covid. I have heard all sorts of theories - some that make sense and others that don't.

There are many people who think Christianity does not make sense. They are entitled to their opinion. Being a Christian changed my lifestyle and direction. It also isolated me from some 'friends'. Their choice not mine. What I have found since giving my life to Christ is strength I didn't know I had. I am available to anyone most of the time on 0432 185 036. Join us on Sundays, 9am, for church service in the Bethania Hall.

Rev. Owen White
Pastor, Palm Lake Christian Fellowship

Weekly activities.

Monday

8.45am Shopping bus to Browns Plains, Clubhouse
10am Indoor bowls, Clubhouse
1.30pm Bible Studies, Clinic Room
2pm Housie cards, Clubhouse

Tuesday

8am Tai Chi with Shane, Clubhouse
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)
6pm Billiards competition, Clubhouse

Thursday

7am-12noon Gym with Aubrey
8.45am Shopping at the 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

**BILLIARDS
COMPETITION:
WEDNESDAYS
6PM**



Bowls Club report.

Hi all residents. We would like to welcome all the new residents to our community. For those who have bowled before, we would like to invite you to come down to our Bowls Club on a Wednesday and Saturday, from 8.30am, for a roll up followed by a morning tea. We are a very friendly club and we are always looking for new players. For those who don't know how to bowl, we are quite willing to teach you. Don't be shy we will make you feel very welcome! We also have lucky numbers with prizes on the day.

Every third Sunday, at 10.30am, we have a Barefoot Bowls Day followed by a barbecue lunch for just \$5. Raffles are also sold on the day. This is for everyone who wants to come. You don't have to bowl - you can just watch and have fun. But if you want to learn to bowl, this is a good day to come along and have a go without any competition.

At the moment we are running a Round Robin Competition on a Saturday morning. This will lead up to winners being presented with a trophy or bowls accessory at the end of the year.

Also, at the end of the year, we will host a Gala Dinner and Trophy Night, presented by the Bowls Club. They are great events for everyone to enjoy. We look forward to seeing you on the green.

**For any enquiries, please contact
Chris Otter (President) on 0409 843 809 or
Peter Chapman (Games Director) on 3200 5653.**

Homeowners' Committee.

Please welcome our new Palm Lake Resort Bethania Homeowners' Committee:

President	Gary Edwards
Vice President	Geoff Walker
Secretary	Rosa Cullen
Treasurer	Robyn Buckby
Committee	Kate Fitzpatrick Charles Venczel Lynley Walker



Pictured above: Did you know that Palm Lake Resort Bethania is one of 28 Palm Lake Resort addresses around the country but it's also where the "Palm Lake Resort" moniker was born? Our majestic palm trees and lakeside location inspired a brand name that clocks up 45 years of existence in 2022!

Around the grounds.



Pictured above and left: It might be the middle of winter but the homeowners of Palm Lake Resort Bethania will use any excuse to get festive! We had a wonderful Christmas in July event recently, organised by our Social Club, that saw guests don their most festive outfits and join in the fun. 'Santa' and his head elf even made a special trip from the North Pole, all the way to Bethania, to take part in our event!



Join the club.

ARE YOU PART OF A BOOK CLUB?
YOU SHOULD BE, FOR A NUMBER OF
REASONS. HERE'S EVERYTHING YOU
NEED TO KNOW ABOUT BOOK CLUBS.

Why read more?

From social benefits to mental and even physical ones, there are so many reasons to read consistently – and a book club helps you do exactly that.

You'll read more

Do you find it difficult to read regularly? It's not exactly surprising – with so much going on around our resort, carving out time to read on a regular basis can be hard. By joining a book club, you'll be more motivated to finish the books you start so that you can participate in the conversation at your next meeting.

You'll get more out of each book

It's rare to have the opportunity to sit down and talk about a book you've just read, with people who have also just read it. By joining or starting a book club, you can do that on a regular basis. You'll be amazed at how different a book can feel after you've spoken about it with others and will love discovering their interpretations.

Improve your mental health

Reading really is magical, and not just for its ability to transport you to other worlds. Following a story and remembering different characters and plot points exercises your brain, improving memory function. It also improves your literacy, increases your general knowledge and teaches you empathy.

Improve your physical health

The imaginative powers of reading can be a great form of stress relief, which can positively impact everything from heart health to blood pressure. It can also help you get a better night's sleep, especially if you make reading part of your bedtime routine. Tucking in with a book tells your brain that it's time for rest and helps you de-stress before going to sleep.

Be more social

Beyond the benefits of reading itself, book clubs offer so many great social benefits. For one, it's a regular social get-together to look forward to – even if it needs to take place on Zoom. After all the book talk, you can linger and enjoy more casual conversation over tea and treats.

How to begin?

You know why you should start a book club – now, it's time for the 'how'. Who better to get advice on starting a book club from than major publisher, Penguin Random House? Here are their five best tips:

1. Decide what kind of book club you want to start: Are you looking for a place to discuss books in-depth, or it is a bit more casual? Are you planning on reading a specific genre? The purpose of your book club will dictate everything from who joins it to how you select the books, so it's a good idea to decide this before you get started.

What should we read?

Choosing a book can sometimes be a daunting task, but it doesn't have to be. Why not start with one of the classics? We've done the legwork for you and narrowed down 10 titles that are widely considered to be the 'greatest books of all time'. Here they are, in no particular order. How many of these titles have you already read? And what will be next on your reading list?

The Great Gatsby by F. Scott Fitzgerald

1984 by George Orwell

To Kill a Mockingbird by Harper Lee

The Catcher in the Rye by J. D. Sallinger

Pride and Prejudice by Jane Austen

Anna Karenina by Leo Tolstoy

The Lord of the Rings by J. R. R. Tolkien

The Adventures of Huckleberry Finn by Mark Twain

Catch-22 by Joseph Heller

Don Quixote by Miguel de Cervantes

2. Choose a setting: You need a place to meet – and our Palm Lake Resort Bethania library is the perfect place! Or, for something a bit more casual, you could take turns hosting the meetings in your own homes and even 'bring a plate' to each meeting.

3. Invite your members: Penguin Random House says the ideal size of a book club is between eight and 16 members, but three to five is a great place to start. From there, members can invite a friend or two themselves, if they want to.

4. Set up a pre-book club meeting: Before you get your book club underway, you might want to meet up with a fellow club leader or two and discuss the technicalities. How will you choose which book the club reads? Where will the first meeting be, and often will you meet? If you cover off some of these questions in your mind before the big day, it will be smoother sailing moving forward.

5. Get started: You've gathered a group, found a location and planned a few dates – you're officially ready to get your book club going! The only question that remains is, what will you read? See above for some of our best ideas - books you need to read at some stage of your life!

Important phone numbers.

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

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

Lawn mowing (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



Vet's cold caution.

YEP, IT'S OFFICIALLY COLD. WHILE YOU'RE PULLING ON YOUR LAYERS AND DIGGING OUT EXTRA BLANKETS, REMEMBER THAT YOUR PET NEEDS SPECIAL CARE DURING WINTER, TOO. KEEP THESE TIPS IN MIND FROM PET-STOCK VET DR KATHY MACMILLAN.

Beating the winter blues

Just like humans, pets are also at risk of developing the winter blues. Household pets, especially cats and dogs, are highly intuitive and can sense when owners are feeling lazy or unmotivated. Despite being covered in fur, even for our pets it can be tempting to stay cooped up indoors throughout winter. As an owner, staying motivated to maintain your pet's daily exercise regime is critical during the winter months for your pet's mental and physical wellbeing. Playing with your pet indoors or mixing in training sessions is also recommended.

Hydration

Keeping your pet hydrated is always important but it is usually something that pet owners are more aware of during the warmer months. Make sure that your pet always has access to fresh water even if it's cool.

Drinking standing water

This winter has brought more rain than we're used to and, therefore, more puddles. When you're on your daily walks, monitor your dog closely and avoid letting them

drink any standing water. Leptospirosis is an infectious disease that can be contracted by dogs that drink or swim in contaminated water, such as puddles, ponds, rivers or dams. It can cause them to become extremely sick and, in some cases, be fatal. Symptoms include fever, vomiting, diarrhea, refusal to eat, weakness, depression and stiffness. Always take a fresh bottle of water and a travel bowl with you on all outdoor adventures – that way your pet will stay hydrated and will be less likely to pick up unwanted, harmful diseases.

Sleeping indoors

No matter their age, consider allowing your pet to sleep indoors during winter. Not only will they be more comfortable, but they will use less energy maintaining their body temperature. Chilly nights can make the joints of pets suffering from arthritis more painful and breathing cold air can exacerbate respiratory problems such as bronchitis or collapsed trachea. If you have a puppy, this is the perfect opportunity to try indoor crate training and, if you have a senior pet, winter is a great time to invest in a soft, thick bed that will be easy on their joints.

Heater safety

While it is encouraged to keep your pet indoors more often than not during winter, it is important to ensure they stay safe. If you have a gas heater, have it serviced at the start of the season, prior to using it, to ensure it is not leaking carbon monoxide. And, of course, whether you're using a gas or electric heater, make sure it is always in a safe place where Fido won't knock it over.

Don't weight too long.

UH OH – YOUR DOG'S BODY WEIGHT HAS CREPT UP. BEING OVERWEIGHT CAN PREDISPOSE PETS TO JOINT INJURIES, BREATHING PROBLEMS, HEART ISSUES AND SOME CANCERS. HERE'S HOW TO GET THEM FIGHTING FIT ONCE AGAIN.

Just like humans, dogs can be at risk of a plethora of health problems if they're overweight. If your pooch is showing signs of a podginess, don't stress. You are not alone. Research shows that around 40 per cent of Aussie pets are overweight. The most important thing you can do for your pet is to acknowledge the problem before it gets out of hand and start them on a path to better health. Here are some tips to help your dog lose weight healthily and gradually.

Determine your dog's weight loss target

If your dog is generally healthy and only mildly overweight, the first thing you should do is determine their current Body Condition Score (BCS) and implement a weight loss program around this. BCS is a number assigned to your pet based on evaluation of fat at a few key areas on their body. A BCS can range from 1 to 5, with 1 being severely underweight and 5 being dangerously overweight. You can Google some very helpful BCS charts online that will help you assess your pet's silhouette from above and from the side – evaluating the ribs, spine, hip bones, waist, abdomen, muscle mass and overall fat covering. At an ideal weight you should be able to see your pet's waistline (an hourglass shape) when standing above them, looking down. And your pet's abdomen should be tucked up behind their rib cage when viewing them from the side. You should also feel your pet to evaluate their weight. Place your thumbs on their backbone, spreading both hands across the ribcage. You should be able to feel each rib under a thin layer of fat – just like you can feel the bones on the back of your hand. Be sure to reassess them every week or two until they're at their ideal condition.

Of course, if you're feeling unsure, or if your dog is significantly overweight or has pre-existing health issues, book in a consultation with your vet for further assessment and advice.

Adjust their diet

Mildly overweight pets may be able to lose weight with adjustments to their regular diet, such as cutting out most treats and any unhealthy table scraps, and reducing their meal portions by 10 to 20 per cent. Significantly overweight pets are generally best switched to a prescription weight-loss diet. Not only do these diets provide helpful staged feeding guides, but they also help ensure your pet will not suffer any nutrient deficiencies or excessive feelings of hunger whilst their calories are being restricted.

Encourage regular, appropriate exercise

Whilst weight loss will largely rely on your pet's diet, regular healthy exercise is important for keeping their metabolism chugging, and helping them to maintain strong muscle support. Gentle-to-moderate intensity, low impact daily exercise (such as walking or wading in shallow water) is safest. If your pet is panting heavily, stop them for a rest and offer water. Avoid exercising your pet in hot or humid conditions, as this puts them at risk of heat stress. Remember that what your dog loses in grams, they'll gain in health and vitality!



PALM LAKE RESORT IS PET FRIENDLY!



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

\$250
cash bonus for
referring a friend!

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.
palmakeresort.com.au

Homes for sale.

3 Palm Court



COMING TO MARKET SHORTLY!

25 Palm Court



COMING TO MARKET SHORTLY!

Cash buyers await.



There has been an unprecedented level of enquiry on homes at Palm Lake Resort Bethania in recent months - so much so that we are short on properties to sell! It seems our secure resort grounds, the low-maintenance/high-quality homes, world-class facilities, myriad weekly activities and our welcoming community have made Palm Lake Resort Bethania a very sought-after local neighbourhood.

If you're a homeowner here and your situation has changed so you are contemplating a move, please let our Sales and Information Centre know. Our Sales Consultants can inspect your home and give you an appraisal to help you make up your mind. We have qualified buyers waiting to hear about any new homes as they hit the market. To find out more, freecall 1800 774 866 or stop by the Sales and Information Centre anytime from 9am-3pm, Monday-Friday.

Want to book a private tour and find out more about our resort? Phone Enza or Mark on **3200 9622**, email bethania@palmlake.com.au or visit us online at palmakeresort.com.au

Life is cruisy

at Palm Lake Resort.

Living at Palm Lake Resort has been compared to living the cruise ship lifestyle everyday. Just like cruising, our homeowners have everything they need, right on their doorstep. Think resort-style pools, gymnasiums, a wealth of activities and entertainment, social gatherings, food and drink, and more. But you can captain your own ship, here at Palm Lake Resort.

This is your time.



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.**

palmakeresort.com.au