

# Bethania.

AUGUST - SEPTEMBER 2023



## Gardening for good

Here are five ways to benefit your health by using your green thumbs

## Social butterflies

There's been plenty on the social calendar these past few months. Check out just some of the great memories we've made, inside...





# Welcome.

This year is going so quickly with us already into the second half of 2023. We have a few things planned for the resort and we have started our list with the replacement of the pathway lights outside the Clubhouse and some corner lighting on Palm, Cedar and Rustic, with more to come.

We are also expanding the Workshop to make it a safer space for all to be able to come along and learn, with plenty of room to work. We must send a big thank you to Frank and Barry for their wonderful efforts so far. This pair have donated time and effort to help us get this project underway. We are also hoping to add a Games Room, complete with competition dart board, so watch this space for details about the grand opening.

Lots of fun was had by all on Saturday, June 24 when our homeowners were invited to attend a charity Cent Auction to raise money for the Make a Wish Foundation. This organisation supports those families affected by childhood cancer. The fundraiser was a great success. We raised \$1000 for these special kids in need. A big thank you must go to those Bethania homeowners who organised the event with many prizes on hand to be won. Congratulations to you all for a job well done!

The first weekend in July presented us with the opportunity to enjoy a bus trip, for our lawn bowlers and spectators alike, to attend a "Christmas in July" social bowls day against Beaudesert Bowls Club and the Buffalos from Logan. Many of our homeowners from both Palm Lake Resorts Bethania and Waterford attended. There was a dress code for the day and many attended in their best Christmas attire. With lots of fun being had by all and a great Christmas lunch devoured, we are excited to be the ones to host the next catch-up here, later in the year.

Until next time, stay warm and safe.

**Charna and Phil,**  
**Palm Lake Resort Bethania Caretakers**

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.

## CONTACT US

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

**FREECALL:** 1800 774 866

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

**Office hours:**  
7am to 3pm, Monday to Friday

**Email:**  
bethania@palllake.com.au

**Find us online at:**  
palllakeresort.com.au

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



## News briefs.

### GET TO KNOW YOUR HOMEOWNERS' COMMITTEE

Here are our Palm Lake Resort Bethania Homeowners' Committee members:

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

### 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.

### GREEN WASTE DATES AND BIN COLLECTION

Pop these dates in your diary to remember to put out your green waste (fortnightly on Mondays):

- August 7 and 21
- September 4 and 18
- October 2, 16 and 30

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.

### THIS IS YOUR TIME

The Winter 2023 edition of our quarterly company magazine, Your Time, is circulating our country. Have you received a copy in your mailbox yet? If not, you can check it out at [palllakeresort.com.au](http://palllakeresort.com.au). In this edition, we take a look at all our newest projects including Palm Lake Resorts at Pelican Waters (Queensland), Paynesville (Victoria), Yamba Cove and Forster Lakes (NSW). Palm Lake Group Managing Director Scott Elliott also announces two new land acquisitions - find out where Palm Lake Resort is popping up next. And we talk to some of our friendliest Caretakers around the Palm Lake Group of resorts.



**WE LOVE  
CHARITABLE  
NEIGHBOURS!**

### MAKE A WISH!

We thoroughly enjoyed our recent Cent Auction charity fundraiser, with the Make a Wish Foundation receiving \$1000 courtesy of the efforts of our dedicated fundraisers. What a wonderful excuse for us all to get together and have some fun - all in the name of charity!

### 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.

### REFER A FRIEND TO COME AND JOIN US

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!



# 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.



# 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

**9am** Craft

**1.30pm** Dr Ting, Clinic rooms

**5.15pm** Residents' dinner, 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

**1pm** Cards with Lorraine

## SUNDAY

**9am** Church service, Clubhouse

# Important phone numbers.

Caretakers’ Office, for homeowners’ 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 (Cooper @ Coastline): 0422 879 620

Plumber (Rick’s Plumbing & Drainage): 0430 162 608

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: 3216 5700

Car washing (Cliff): 3299 9421

Painter (Dennis): 0413 643 572

# How to feel warm (and fuzzy) this winter.

**SURE, YOU COULD SIP ON HOT CHOCOLATE OR DON A COSY JUMPER TO BEAT THE CHILL THIS WINTER. 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](https://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.

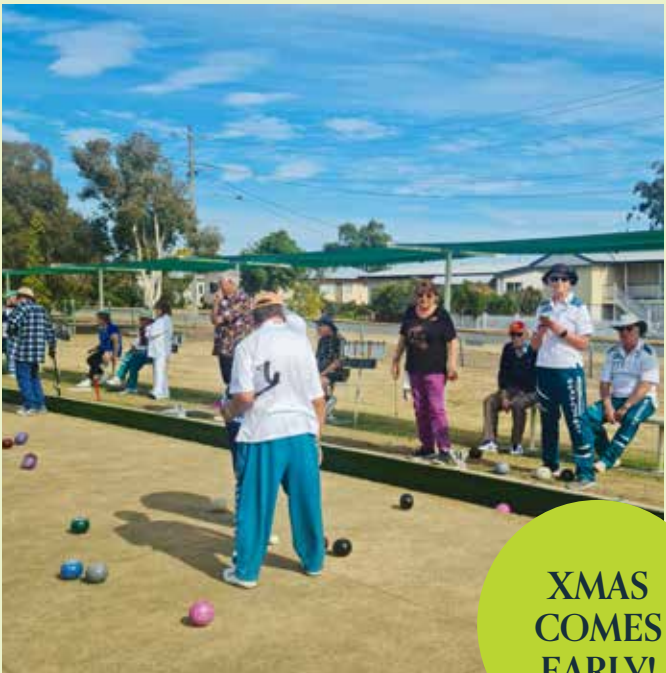
## Care for someone in your greater community

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 [palllakecare.com.au](https://palllakecare.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.

# Around the grounds.

WITH SO MANY VIBRANT HOMEOWNERS CALLING OUR LOCATION HOME, THERE'S ALWAYS SOMETHING FUN AND INTERESTING GOING ON AROUND THE RESORT GROUNDS...



XMAS COMES EARLY!

**Pictured above and left:** Lawn bowls always draws a crowd and whether you played in the competition or not, there was definitely a crowd on hand to enjoy the “Christmas in July” bowls event at Beaudesert Bowls Club recently. We had Palm Lake Resort homeowners from our resort as well as Waterford in attendance and all reported that it was quite the festive day - there was even a little lawn bowls played! We look forward to hosting the next match at our homeground before the year's out.

# Homes for sale.

2 Fern Court - Offers over \$410,000

Beds

2

Bath

1

Living

1

Garage

2

**Beautifully renovated**  
Open plan L-shaped lounge and dining. New kitchen with soft close drawers, under bench oven, induction cooktop and dishwasher. Two good sized bedrooms with built-in robes and carpet. Tiles through the other areas. Beautifully tiled bathroom, floor to the ceiling. Separate laundry with linen press and exit to back deck overlooking green space and garden area. New air conditioning and ceiling fans throughout and down-lights. Hard wired smoke alarms. A wonderful “She Shed” complete with power for all those workshop jobs or craft space. Big double carport.

7 Lake Court - \$359,000

Beds

2

Bath

1

Living

1

Garage

1

**Close to the Clubhouse**  
Bright and airy, this two-bedroom home offers a lovely front verandah for your morning cuppa. Modern tiling throughout the kitchen and two-way bathroom. The kitchen offers a large corner pantry with space for the biggest fridge. Separate dining area. Separate laundry with an extra toilet. Main bedroom offers air con and a built-in robe. Lounge area has an extra-high ceiling for that feeling of space in this open-plan home.

TURN OVER FOR MORE HOMES

8

9

# Homes for sale.

Want to book a private tour and find out more about our resort?  
Phone Charna or Phil on **3200 9622**, email [bethania@pallmlake.com.au](mailto:bethania@pallmlake.com.au)  
or visit us online at [pallmlakeresort.com.au](http://pallmlakeresort.com.au)

11 Lake Court - \$399,000

2

2

1

1

Neat as a pin

This property won't be on the market for long. From the light and airy open plan lounge/dining to the kitchen which is complemented by a delightful balcony to enjoy your morning cuppa or afternoon drinks. There are two large bedrooms with and ensuite and walk-in robe in the main room and a built-in robe in the second bedroom. Lovely main bathroom with second toilet off the laundry. The fully renovated kitchen has a new wall oven with grill and airfryer plus in-bench cooktop. New ceiling fans and air-conditioning, newest in smoke alarms and 18 solar panels on the roof, this property is a must see.

11 Lake Court - \$399,000

2

2

1

1

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19 Cocas Court - Offers over \$379,000

3

2

1

1

Won't last long!

This spacious three-bedroom home has a wide frontage and full-length verandah which gives the property great street appeal. The home features three generous bedrooms with built-in wardrobes and the master features an ensuite. There's a large open-plan lounge and dining area, as well as a quaint kitchen which leads out to the outdoor undercover area and low-maintenance gardens with a garden shed. Situated in a quiet pocket of the resort within a stone's throw of the heated indoor pool, this home won't last long.

19 Cocas Court - Offers over \$379,000

3

2

1

1

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1 Cocas Court

2

2

1

2

Get the right price.

THERE ARE MYRIAD BENEFITS OF SELLING YOUR PALM LAKE RESORT HOME VIA OUR LOCAL PALM LAKE RESORT SALES EXPERTS, BUT HERE'S THE MOST IMPORTANT ONE...

Unlike traditional real estate, the sales history of our Palm Lake Resort homes is not published publicly. This means external real estate agents don't have the tools they need to appraise your home accurately within the unique Palm Lake Resort market, under our manufactured home estate structure. They are not aware of the true value of homes within our resorts which has, in the past, resulted in homes being under-valued and under-sold by these external agents. Our Caretakers and Sales Consultants work hard to ensure you get the highest possible return for your home.

1 Cocas Court

2

2

1

2

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25 Cedar Court - Offers over \$355,000

2

2

1

2

All the hard work is done for you

This lovely two-bedroom home features enough room in the garage to park two vehicles as well as offering a big shed for even more storage space. There's an ensuite attached to the main bedroom and two robes. With airconditioning throughout, new ceiling fans, power points, new paint and the latest in smoke detection, this home provides a wonderful opportunity for someone looking for a very tidy abode with nothing to do.

SOLD  
IN 48  
HOURS!

CHECK OUT  
THESE PRICE  
REDUCTIONS!

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 774 866 | [bethania@pallmlake.com.au](mailto:bethania@pallmlake.com.au)**  
43 Goodooga Dr, Bethania QLD 4205

**THE BEST IN OVER-50s LIVING. THIS IS YOUR TIME.**  
[pallmlakeresort.com.au](http://pallmlakeresort.com.au)