

Bethania.

DECEMBER - JANUARY 2024



Here comes summer

From being more waterwise, to keeping your pooch cool, to worm farming - it's all in here!

Refer a friend

Find out which homes are available - you could even score a cash bonus when you refer a friend





Welcome.

The heat is on! Summer has arrived and we have had a couple of quite warm days so far. Phil and I would like to say a big hello to the 22 (yes, 22!) new homeowners who have joined our community here at Palm Lake Resort Bethania recently. I hope everyone is welcoming you to the neighbourhood with a smile and a wave. You can meet some of these newbies on Page 3.

It has been a very busy time around the resort of late with so many great events that have taken place. Firstly, we had the Buffalo Club lawn bowlers stop by to take on our social players (see Page 5) and then we hosted a joint Palm Lake Resort breast cancer fundraiser with our friends at Waterford. Congratulations to the organisers from both Bethania and Waterford resorts for a job well done in hosting such a great event. You can see some of the memories of that one on Page 5 as well.

We also hosted an afternoon tea 'meet and greet' for our 22 new homeowners who've just joined the Palm Lake Resort Bethania community. Hosted by us and our Homeowners' Committee, the event gave our new friends the opportunity to meet and talk to some of the volunteers and committee members who do so much for their fellow homeowners around the resort. Then, on the second Tuesday in November, we enjoyed the race that stops a... resort: Melbourne Cup Day! What an event. The Country Club was packed with racegoers in their finery, with hats and headpieces galore - some of which are featured on Page 6.

Last, but not least, a sombre event was hosted on November 11 for Remembrance Day. Held at our Anzac memorial and later on the Country Club deck, we had a wonderful turn out of about 40 people from both Bethania and Waterford resorts as well as Palm Lake Care Bethania - both veterans and homeowners (Page 6).

Don't forget everyone, there are many more events to come for Christmas including a Bethania Homeowners' Christmas Party. Get in touch with the Social Club members and put your names down so you don't miss out on all the fun and celebrations. Well, that's all from us until the New Year. Phil, myself and the crew from Palm Lake Resort Bethania would like to wish everyone a very Merry Christmas and a safe and prosperous New Year.

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

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)



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.

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!

GREEN WASTE DATES AND BIN COLLECTION

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

- December 11, 25
- January 8, 22
- February 5

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.



WELCOME NEW FRIENDS

There have been 22 new homeowners join us here at Palm Lake Resort Bethania in recent months. We hosted a lovely afternoon tea to welcome them all into our community. With catering done by our very own Michelle and Sandy from Tasty Treats, and great information being passed on, a lovely afternoon was enjoyed by all. Pictured above are just some of the newbies!

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 palllakeresort.com.au



WHY DON'T YOU TRY SOMETHING NEW?

Weekly activities.

MONDAY

8.45am Shopping bus to Browns Plains - meet at the 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 Room)
5.15pm Homeowners' dinner (Clubhouse)

WEDNESDAY

8am start Podiatrist visits fortnightly (Clinic Room)
8.30am start Lawn bowls (Bowls Club)
8.45am Shopping bus to Waterford - pick-up is at 11am
6pm Billiards competition (Clubhouse)

THURSDAY

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



Pictured above: We had the Buffalo's Bowls Club come to town to play against our Bethania Social Bowls Club. A wonderful day was had by all with many a laugh and shenanigans going on around the bowling green. A barbecue lunch was put on by Palm Lake Resort Bethania for all to enjoy and prizes were given out to both the winners and losers on the day.

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.

TURN OVER FOR EVEN MORE OF THE MEMORIES WE'VE MADE IN RECENT WEEKS...



Pictured right and below: October is Breast Cancer Awareness month and we commemorated Pink Day in conjunction with our Palm Lake Resort Waterford friends by hosting a charity event that raised more than \$3000. for the McGrath Foundation. Everyone turned out in their best pink outfits and a special visit was made by Federal MP Bert Van Manen who also donated to the cause via some wonderful hampers that were raffled.



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!

\$250

cash bonus simply for referring a friend!

For more info or to refer your friend, simply
FREECALL 1800 774 866.
*T&Cs apply



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



Pictured above: Apart from the Melbourne Cup race, which is always exciting, our Palm Lake Resort Bethania Calcutta Cup was just as exciting. With a first prize of \$180 to the table that had the first-placed horse, everyone was up on their feet as the dices rolled for the “horses” (nominated table member) to move up their number of spaces and try and win the race. The pink champagne flowed, and we must thank the bar staff and Social Club for such a wonderful day.

Pictured right and below: Remembrance Day saw the coming together of many local community members at our resort including representatives from Palm Lake Resort Waterford and Palm Lake Care Bethania. Wreaths were laid at the memorial by many and our MC for the morning was Dr Steve Coleman, a Bethania homeowner who also played the bagpipes creating a true Remembrance Day experience. Thank you to all who attended and remembered those who had fallen for our freedoms we get the privilege of celebrating today. Lest we forget.



Worm farming 101.

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 AND INEXPENSIVE TO SET UP.

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. Similar to compost bins, worm farms help break down food waste and turn it into nourishing fertiliser for your garden.

Unlike traditional compost though, 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 and old fruit and vegetables – the waste they create (called 'castings') is a wonderfully rich garden fertiliser that your plants will love.

But why should you set up a worm farm? A better question might be: why not?! For one, a worm farm gets 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 soaking worm castings in water) 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, a worm farm is the perfect place to start.

Setting up your worm farm

There are many ready-made worm farms to choose from (easily found at your local hardware store, nursery or online), but you may also want to make your own. They're very easy to set up and a fun activity for the grandkids these summer holidays. You'll need:

- Two plastic containers - a larger one with a lid to catch your worm tea, and a smaller one, that sits inside it, to house the worms and compost
- Enough shredded paper and compost to create a 10cm layer in your smaller container
- Water
- A drill to create holes in the smaller plastic container
- And last, but not least, worms. Find them at your local nursery or hardware store.

Firstly, find a warm, shady spot to set up your worm farm. Put the larger container on the ground. Drill many small holes in the base of the smaller container and place it inside your larger one. In the smaller container, create a 10cm-deep layer of shredded paper and compost. Add water so the layer is moist, then gently add the compost worms. You want to also add food scraps for the worms to feed on. Then simply close the lid and wait about a week while your worms settle into their new home. About once a week, you should pour water over the smaller container and let it drain through the holes into the larger box for collection. This not only keeps your compost and worms comfortably moist, it's producing that rich worm tea fertiliser for you to share with your other (no doubt grateful!) plants.

Remember: not all food scraps are good for worms. They love fruits, vegetables, coffee grounds, tea bags, egg shells and shredded paper. But, avoid citrus fruits, onions, capsicums, leeks, garlic, meat, dairy, pasta, cereals and shiny, coated paper.

This summer, be water wise.

SUMMER HAS OFFICIALLY ARRIVED AND THE AUTHORITIES ARE PREDICTING ANOTHER LONG, HOT ONE AT THAT. WITH THE HEAT COMES GREATER PRESSURE ON OUR COMMUNITY'S WATER CATCHMENTS. DID YOU KNOW THAT ONE OF THE EASIEST WAYS TO SAVE MONEY AROUND THE HOME, WHILE ALSO PUTTING OUR ENVIRONMENT FIRST, IS TO TAKE A CLOSER LOOK AT YOUR WATER USAGE. HERE'S HOW...

In the kitchen

How much time do you spend waiting for the water, running from your kitchen tap, to cool down or warm up? Rather than letting it simply pour down the drain, pop a glass (or even a large bottle) under the tap to collect the water – then, let it cool down/warm up to use however you like. Maybe you can use the water to give your indoor plants a drink? Or fill up the dog's water bowl?

When cooking – specifically, boiling – only use enough water to just cover your food in the saucepan. And always try to defrost frozen food in the fridge overnight rather than under a hot running 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 (Water Efficiency Labelling and Standards) 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 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? It's good practise to find out if your showerhead could be more efficient (and if so, take action) and also simply keep your showers to four minutes or less. Use your phone as a timer if you haven't got a bathroom-specific timer.

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 constantly check for leaks – not just dripping 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 per cent of your home's water use. Hand-watering plants takes up another three per cent.

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 tapwater while you're waiting for it to cool down or warm up, you can use that 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 on-trend options.

WATER
SAVERS ALSO
HELP BEAT
THE BILLS

Help your pup beat the heat.

IT'S HARD ENOUGH BEING A HUMAN DURING THE HEAT OF SUMMER – IMAGINE HOW IT FEELS BEING COVERED IN FUR?! TO HELP FIDO STAY COOL AND COMFORTABLE THIS SUMMER, REMEMBER 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 quickly result in organ damage or death. It's just not worth the risk! Bring them inside with you, 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 water and shade when they're outside. This might mean investing in a refillable water fountain, or erecting a shade structure if you don't have much natural shade. Air flow is also important, and doghouses aren't ideal in summer (they can 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, rapid heartbeat, fever, dizziness, vomiting or lack of coordination. If you suspect heatstroke, apply ice packs or cold towels to their head, neck and chest, or run cool water over them and take them to the nearest vet.



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@palllake.com.au
or visit us online at palllakeresort.com.au

15 Cocas Court - \$349,000

2

Beds

1

Bath

1

Living

1

Garage



UNDER OFFER

High ceilings feature

Neat and tidy home with two-way bathroom leading off the main bedroom. Property has wonderful high ceilings which exudes a feeling of space. Two good size bedrooms with built-in robes and ceiling fans. Airconditioning throughout for those warm summer days. Lovely side seating area to take in the outdoors. Separate lounge and dining areas and separate toilet from the bathroom - great if you have guests.

1 Bow Street - \$430,000

3

Beds

1

Bath

2

Living

1

Garage



Exudes charm and grace

As you enter, you are immediately given a sense of charm with a lovely L-shaped lounge dining area. Kitchen has a full-length pantry and storage for everything. The long hallway has a wall of storage plus a broom/ vacuum cupboard. Main bedroom has wall-length robe with glass doors, access to the verandah through sliding doors, and air-con. Second bedroom also with built-in robe and ceiling fan. Study/third bedroom, currently an office with lovely timber furnishings, is of excellent size. A section of the garage is set-up for indoor/outdoor living, great for those footy weekends. Outdoor area complete with Gazebo, with room for a vehicle in the lock-up garage.

15 Palm Court - \$379,000

2

Beds

1

Bath

1

Living

1

Garage



Beautifully maintained

High ceilings create a feeling of space throughout the lounge and separate dining areas. Two bedrooms, both with built-in robes and air-conditioning in the main bedroom. Kitchen, which was upgraded, leads off the dining area and has a dishwasher, ample bench space and cabinetry. Two-way modern bathroom, with separate bath and shower, is connected to the main bedroom. Delightful outdoor entertaining area complete with pull-down blinds is a wonderful area to enjoy with family and friends. Internal laundry leads out to another sitting area and a carport. This property is a definite must see.

19 Cocas Court



SOLD!

19 Royal Drive



SOLD!

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@palllake.com.au
43 Goodooga Dr, Bethania QLD 4205

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