

Bethania.

JUNE - JULY 2023



Cool change

Winter's almost here and it's the perfect time to start thinking about seasonal changes to your veg patch

Sell your home with us

Has your situation changed? We are looking for listings as we have many wanting to join us

Activities galore, for you

From bowls to bus trips, there's plenty on offer on our Weekly Activities list



Welcome.

Well, what an exciting couple of months April and May turned out to be!

Firstly, we had our annual Anzac Day Service on April 25 and what a turnout it was with an attendance of around 250 people. This year, we had some wonderful veterans from our neighbouring Palm Lake Care Bethania community, and their staff, join us for the service. We also had an excellent student speaker from Canterbury College giving the “Reflections of Anzac” speech – Ashutosh Vaitha. Visiting dignitaries included Laurie Koransky (Logan City Council Deputy Mayor), Captain Stephen Jackson (25/49 RQR) and Zane Basic (representing Bert Van Manen MP). We were also lucky enough to have Cadets from the 11th Army Meadowbrook Division, making up the Catafalque Party, and Bugler to call the Last Post. The service was very moving and made you appreciate what we have today.

In May, we had two of our lovely homeowners get engaged to each other. Dawn Kercheval and Verne Charlesworth invited fellow homeowners and family to attend their party in our Clubhouse, to celebrate their union. It was a wonderful night enjoyed by all with plenty of food and drinks to go round. Congratulations Dawn and Verne!

Last, but not least, Mother’s Day was also a wonderful day - especially for our lovely homeowner Pat Smith with her family gifting her something from her bucket list: a horse and carriage ride from Drayhorse Shires Carriages and Harnesses. This was a complete surprise for Pat, with her family gathering and arriving on the carriage outside her and husband Tom’s door. With lots of grandkids on hand, they all took turns being on the carriage with their grandparents and thoroughly enjoyed the ride around the resort.

That’s all until next time. Stay tuned for more snippets in our next newsletter.

**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.

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.

**HOMES
FOR SALE:
PAGES
10-11**

GET SOCIAL WITH US

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

GREEN WASTE DATES AND BIN COLLECTION

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

- June 12 and 26
- July 10 and 24
- August 7 and 21

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.

CONGRATULATIONS TO DAWN AND VERNE!

It’s wonderful to see friendships blossom here at Palm Lake Resort Bethania - especially when that friendship grows into love! Congratulations to homeowners Verne and Dawn who have recently become engaged and celebrated their announcement with a party in our Clubhouse. Perfect!



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!

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.

GIVING BACK

Do you have some spare time and want to give back to our local community, while also making a difference in someone’s life? Palm Lake Care Mt Warren Park and Bethania (both owned and operated by the Palm Lake Group) are looking for volunteers to either visit their aged caring community and spend time with the residents, or assist the Lifestyle Team members in running some fun resident activities. If this sounds like something you’d like to do, please call Palm Lake Care Mt Warren Park’s Lifestyle Coordinator, Leona Counsell, on 3444 6000 or to connect with our Bethania community, phone 3086 3000.

GIFT THAT KEEPS ON GIVING

Check out this brilliant painting that was kindly donated to Palm Lake Resort Bethania’s Anzac Committee by local artist Barbara Briers. It’s a beautiful piece and a beautiful gesture from Barbara. Thank you!



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

QEll (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



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

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

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...



Pictured above: There was quite the equine spectacle across our resort grounds recently when homeowner Pat Smith ticked a special thing off her bucket list on Mother's Day: A horse and carriage ride! It was a wonderful surprise courtesy of Pat's own family and everyone got in on the action, enjoying 'joyrides' through the streets of Palm Lake Resort Bethania. What a wonderful memory for Pat!

Pictured left: Anzac Day was a solemn and memorable event, that saw some of the veterans from our neighbouring Palm Lake Care Bethania community join us along with a load of local dignitaries. It was quite the moving service.

LEST WE FORGET

Cool change.

THERE'S DEFINITELY A NIP IN THE AIR AND THE DAYS ARE MARKEDLY SHORTER THAN THEY ONCE WERE. GUESS WHAT, PEOPLE? HERE COMES WINTER - AND HERE COMES A NEW SEASON IN THE VEGGIE PATCH!



While the coming of winter means swapping your cotton PJs for flannelette and adding a few extra throw blankets to your lounge to make it that little bit more snugly, it's also an opportunity to try something different in your garden veggie patch. It's a given that different veggies grow better in different seasons – some love the heat of summer while other thrive in the cooler months. If you're wondering what delicious produce will grow best for you this winter, let us give you some inspiration.

What to plant

Here in the subtropics (an area stretching roughly from South-East Queensland south to northern New South Wales), you should be looking to plant things like beetroot, cabbage, onions, radish, carrots, tomato, beans, bok choy, pak choy, leeks, kale, spinach, silverbeet and lettuce. Of course, there are herbs that do better here in the winter months as well. Why not try chamomile, comfrey, cress, dill, endives, garlic bulbs, lavender, lemon balm, marjoram, mint, oregano, parsley, rocket, sage, sorrel, spring onions and thyme.

What to remember

While your choice of seedlings should change in line with the seasons, some things do stay the same when it comes to the veggie patch. For example, sunlight is essential for growing veggies – abundant crops are generally the result of a combination of rich soil, water and a wonderfully sunny position. Winter vegetables are no exception - but did you know that leafy greens and root vegetables can tolerate less sunlight and actually perform well in partially shaded areas? Having said that, just remember that our days are shorter and the winter sun is in a different (lower) part of the sky, so there's probably more chance your generally sunny veggie patch becomes more shaded in winter. Accommodate your planting positions around that.

Cold comfort

Frost is another thing to consider. It will impact your young seedlings more than mature plants. Ensure they are established earlier in the season and/or are physically protected



Pictured: No garden space? No worries! Large pots work well as they can be positioned to capture the winter sun.

from the cold air. Funnily enough though, some winter vegetables thrive in extra cool conditions and their taste can even improve as a result. Apparently, a cold snap can trigger certain plants into producing more sugars which means sweeter harvests. To test this theory, try harvesting snow pea, parsnip, carrots and broccoli/cauliflower after any especially cool nights and see if you notice a difference in their taste.

Pesky pests

A benefit of growing veggies in the wintertime is that there are generally less pests about. That's not to say there will be no creepy crawlies in your garden – you should still keep your eyes peeled for them. One thing you do need to keep your eye on during winter are those diseases that flourish in the damp – things like fungal diseases. To assist in keeping fungus at bay, water early in the morning to give any excess water a chance to dry out, water the soil rather than the leaves and also ensure there's enough circulation around your seedlings and plants.

Last tips

Make sure there's a steady supply of water for your delicious goodies (you'll find the ground won't dry out as quickly as in the summertime so adjust your amount accordingly), mulch is never a bad thing and, of course, everyone loves a delicious treat every now and again. Your veggies – and all plants, for that matter – will love a regular feed of manure, fish emulsion and blood and bone to ensure lush growth. If you have a worm farm, don't forget to share some of your 'worm tea' with the veggies.

And remember that you don't need a huge backyard to get a big reward when it comes to growing your own produce. You can plant out some large pots (pictured above) or simply even use a bag of potting mix, laid down flat, with a window cut out of the plastic bag, to expose some of the rich soil within. The best part about these types of gardens is that they are portable and you can therefore place them in the most perfect position in your yard for optimum winter growing results. Good luck!



Inspiration aplenty.

Thrifty Gardening

Country Women's Association of Victoria, \$25

Lift your gardening game and save money with the help of the Country Women's Association of Victoria. *Thrifty Gardening* shows you how to get the most from your edible or ornamental garden, season by season. From how to grow from seed, what to plant and sow, which garden tasks to do when, it's all here. The advice comes with an always timely reminder to sit back and enjoy what you grow and some simple recipes for how to make the most in the kitchen of the bounty from your plot. There's advice for getting the kids involved plus tips for how to outsmart pests and bugs. This book will change the way you think about your garden and it will magnify the joy you take from it, all year round.

The Little Box of Veg

Alice Zaslavsky, \$30

Let the award-winning author of *In Praise of Veg*, inspire you to create something wonderful with whatever is in your kitchen. This kaleidoscope of colour-coordinated cards showcases 48 delicious veg from across the seasonal spectrum. Each card includes advice on choosing/storing/prepping veg, quick cooking ideas and a feature recipe to fully flex your veg game.

The Immunity Food Fix Cookbook

Donna Beydoun Mazzola & Sarah Steffens, \$40

This book delivers 75 delicious superfood recipes that support your body's natural defences organised around the five key pillars of immune support - reversing inflammation, detoxification, antioxidants, digestion and microbiome health, and hormone balance and signalling. Supporting your immunity has never been so appealing with these delicious whole food recipes, including gluten-free, dairy-free and grain options.



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 simply 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

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What's on around South-East Qld.

FILL YOUR
DIARY WITH
THESE GREAT
IDEAS!

June to November: Whale watching season

Like clockwork from June to November, majestic humpback whales swing by South-East Queensland on their 10,000km trek to the warm, tropical northern waters. Spend a day on the water and get up close and personal to witness these beautiful creatures for yourself - or spot these gentle giants from land. North Stradbroke Island is one of the best locations to whale watch with solid ground under your feet. Head to Point Lookout and take the North Gorge Walk. This walk is picturesque at any time of the year but even more so when there's a chance to spot a whale (or five!) frolicking nearby in Moreton Bay.

All of June: Scenic Rim Eat Local Month

This month-long festival is the ultimate backstage pass to the farms, wineries and food stories of this vibrant region. It provides the opportunity to meet the people behind the produce in a celebration that features farm-gate events and culinary experiences for foodies of all ages. There are so many events planned, all of which are outlined at eatlocalmonth.com.au

June 30-July 2: Redcliffe Show

If you needed an excuse to go for a drive up the coast and explore the gorgeous Redcliffe Peninsula, this is it. The Redcliffe Show is on at Redcliffe Showgrounds in Scarborough Rd, Redcliffe. It's been an annual headliner in this area since 1950 and still features all those traditional show favourites including horse jumping and ring events, a dog show, woodchopping, cattle, poultry, sideshow alley, show bags, fireworks and more.

June 30-July 2: The Wizard of Oz at QPAC

Prospero Arts is bringing a sensational concert version of The Wizard of Oz to Brisbane for an exclusive season at QPAC's Concert Hall. Since its 1939 premiere, the classic film The Wizard of Oz, starring the legendary Judy Garland, was named the most influential film of all time, and has been adored across generations over the past 85 years. Five shows only - the perfect outing for you and your grandchildren! Visit qpac.com.au

July 1: Winter Harvest Festival

Winter Harvest Festival is the Scenic Rim celebrated in one glorious, flavour-filled day, and everyone is invited! The signature

event of Scenic Rim Eat Local Month, food ambassador chefs join growers, producers and flavour-makers, in hosting a variety of masterclasses and demonstrations. There will be produce stalls, tasting stations to graze and the World Famous Tractor Pull! Find it at Aratula Community Sports Complex, 10am-4pm.

July 1-2: The Pet Show

The Pet Show is the first national show celebrating all of the pets in your life - and it's coming to Brisbane! There will be education, entertainment and products for all dogs, cats, fish, birds, reptiles and small animals. It's a show about positive pet parenting. It's on at the Brisbane Showgrounds.

July 7-9: Queensland Garden Expo

This Expo will be held at the Nambour Showgrounds and will feature a giant kitchen garden, free lectures and demonstrations, a kids' program, landscape garden displays, representation from dozens of nurseries and even a floral design competition. There will be more than 120 presentations and a stellar selection of 40 speakers (including The ABC's Gardening Australia team) across six live stages each day. Visit qldgardenexpo.com.au

July 8-9: Abbey Medieval Festival

The annual Abbey Medieval Festival welcomes thousands of visitors to experience life in the Middle Ages, specifically 600 to 1600AD Europe and the Middle East. The Abbey Museum of Art and Archaeology together with re-enactors, jousting, performers, food vendors and merchants deliver one of Australia's premier living history events. There will be banquets and knighting ceremonies among all the authentic medieval fun! The event funds the Museum's operational costs and supports the maintenance and care of its remarkable collection of fine arts and antiquities. Find it at Abbey Place, Caboolture and also online at abbeymedievalfestival.com

July 21-23: Stradbroke Island Chamber Music Festival

For those who like chamber music, join in an epic line up of six concerts over two days at the Point Lookout Community Hall. Brought to you by radio 4MBS Classic FM, the full list of concerts and their performances can be found online at 4mbs.com.au

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@pamlake.com.au or visit us online at pamlakeresort.com.au

19 Cocas Court - \$385,000 ONO

3

Beds

2

Bath

1

Living

1

Garage



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.
Situating in a quiet pocket of the resort within a stone's throw of the heated indoor pool, this home won't last long.

5 Cocas Court - \$380,000 ONO

2

Beds

2

Bath

1

Living

1

Garage



Location, location
This home is on a quiet street with lovely neighbours. It's a spacious two-bedroom abode with ensuite off the main.
The modern kitchen offers a Fisher & Paykel single drawer dishwasher, wall oven and induction cooktop. Separate dining area with balcony to enjoy an afternoon drinks and nibbles.
Main bathroom features a very large shower. Separate toilet near the laundry makes it easy if you have guests.
Vertical blinds throughout. Lock-up carport with roller door.

25 Cedar Court - \$365,000

2

Beds

2

Bath

1

Living

2

Garage



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.

1 Cocas Court



SOLD IN 48 HOURS!

Cash buyers await.

There is always an increased level of enquiry on homes at Palm Lake Resort Bethania in the New Year - so much so that we are currently short on properties to sell! It seems our 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 Caretakers know. They 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 office 7am-3pm, Monday-Friday.

10,000 REASONS TO CELEBRATE

With more than 45 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
43 Goodooga Dr, Bethania QLD 4205

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