

# Carindale Chatter.

DECEMBER 2021 - JANUARY 2022

## Time to celebrate.

IT'S BEEN A YEAR, HASN'T IT? IF EVER THERE WAS A TIME FOR US TO CELEBRATE, IT IS THIS FESTIVE SEASON.

We hope you all spend some quality time relaxing with those people most important to you. We wish you a safe and happy holiday season and look onwards and upwards to what 2022 will bring us. Merry Christmas to you all. May you eat, drink and be merry!





# Welcome.

Welcome to the Christmas edition of Carindale Chatter. Clive and I would like to start by wishing everyone a safe and Merry Christmas and a prosperous New Year!

Please note the following office hours over Christmas: The office will be closed from 12 noon on December 24 and will open again at 9am on Tuesday, January 4. The emergency number during this time remains the office number, which is 3907 1000.

Also, the office will be closed on Wednesday, January 26, for Australia Day.

If you would like to book a function during this festive season, simply fill out the 'Function' form available from the office and write your function details in the diary at the relevant hall. You can also put up any posters or notices on the noticeboard of the relevant hall if you would like to help advertise your function. Covid cleaning is required after each use. There are forms that must be completed and handed back to the office after your event as well.

If you are requiring maintenance, there is a form for this available at the office. They are above the Contractors sign-in table in between the Sales and Resort office.

Don't forget that as your caretakers, our duties are to be your first port of call for any enquiries or issues that you may have. Feel free to approach us if you have any questions.

If you enjoy reading this newsletter and would like to submit an item for a future edition, the cut-off date for submissions for the next edition (Feb-March 2022) is January 10, 2022. We welcome any items from residents, especially photos to really brighten up our community's newsletter.

**Clive & Merrilyn Jones,**  
Palm Lake Resort Carindale Caretakers



## CONTACT US

Looking for more info about Palm Lake Resort Carindale? Here are five ways you can reach us:

**Online:** [palmakeresort.com.au](http://palmakeresort.com.au)

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

**Street address:** 2 Ford Court, Carindale QLD 4152

**Phone:** 1800 770 057 or 3907 1000

**Office hours:** Monday-Friday, 9am-noon

**Email:** [carindale@palllake.com.au](mailto:carindale@palllake.com.au)

## 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.

### EAT, DRINK AND BE MERRY!

Here are some notes around meals over the festive period here at Palm Lake Resort Carindale: There will be a meal on Tuesday, December 21 and there will be a meal as well on Wednesday, December 22

There will NOT be a meal on Wednesday, December 29.

There will be a meal on Tuesday, January 25 but not on Wednesday, January 26, as this is Australia Day.

At all meal sittings, please make sure to welcome our new residents and remember that there is no designated seating.

### GOT YOUR VOUCHERS?

All residents should obtain their set of free waste vouchers from the Ward office of Councillor Ryan Murphy. Cr Murphy's office can be found at 14 Millennium Blvd, Carindale (opposite the Carindale library). Can you please supply any vouchers that you do not need to the caretaker's office so they can be repurposed here within our community?

### "COME ALL YE FAITHFUL"

Our resort Choir members, under the directorship of Carol Ayres, have been busy rehearsing their Christmas program for the Annual Christmas Afternoon Tea on December 12 in the Grand Hall at 2pm. This year's sing-a-long program will include additional entertainment from Chris Wilson and the Dancing Queens and even a visit from Santa. Residents can invite their family and friends to enjoy the afternoon. Admission is free..

### RECYCLING AND GREEN WASTE NOTES

With your yellow-top recycle bin, please crush, compact or cut up your items as best you can before putting them into these bins. Also, make a diary note for our next green waste collection dates:

- December 6
- January 10
- February 7.

Please have green waste out the front ready for pickup on these days. Please do not put green waste in bags.

### JPS AT YOUR SERVICE

If you're looking for a JP, look no further than these helpful Palm Lake Resort Carindale homeowners:

- Ross Pringle (Ext 1049)
- John Black (Ext 1118)
- Gail Fernando (Ext 1039)
- Roni Harvey (Ext 1032)
- Jean Meagher (Ext 1158)

## LOOKING FOR A NEW HOBBY IN 2022?

### FUN WITH BEADS

This is a new activity group conducted by Sue Wells who is a Diversional Therapist. Sue says it's sure to provide pleasure in the achievement of creating. It will bring out everyone's imagination and creativity. She says there are many rewards - in particular, a boost of self-esteem. Participants will learn how to create necklaces, bangles, drop earrings and dress rings as well as novelty key rings. Sue offers a progressive challenge - after teaching an activity, participants can go away with their creation to build their own resources and continue to enjoy their new-found skill. Bring along your sense of adventure and imagination as well as a good sense of humour as laughs are inevitable! Keep your eye on the noticeboard for a start date, place and time.

### COUNCIL CABS

A great transport option for residents who require assistance to Westfield Carindale and/or Cannon Hill Shopping Centre are the council cabs. Here's their timetable:

**Tuesday, Thursday, Saturday pickup:** 10am.

**Tuesday return:** 1.30pm only.

**Thursday return:** 12.30pm, 1pm, 1.30pm.

**Saturday return:** 1.30pm only.

Phone 3860 9955 to organise your ride. It's just \$1.50 each way.



JOIN IN THE  
FUN OF AQUA  
AEROBICS!

# Home Owners' Association.

## Open GM

The Open General Meeting held on November 9 was well attended by more than 50 residents who actively engaged in the various discussion topics. Minutes of this meeting and future committee meetings will be distributed via email unless you have requested otherwise.

## Friday bus service

This bus service has been reinstated thanks to the generosity of Rob McBrien who has added this trip to his usual Thursday drive to Capalaba. Thank you Rob - you are doing us a great service with your personable chatter and assistance with shopping bags and helping us on and off the bus. It is also timely to thank Stuart Liversidge also as he drives the bus on Mondays. Residents are encouraged to support the bus service as we live under the threat of its cancellation if numbers are low. The outings are as follows:

- Monday & Fridays: Westfield Carindale
- Thursday afternoon: Capalaba

## Grand Hall renovations

We have been in discussions with the interior designer with a view to replacing the curtains, as soon as possible. Patching and painting of the walls is happening and some cabinetry will be built to provide storage for publications and newspapers. You may have already noticed the arrival of extra tables and soon will enjoy improved lighting, which has also been approved. The Home Owners' Association has asked Palm Lake Resort Pty Ltd to give consideration when planning the works schedule so that our Wednesday night meal will not be impacted by any need to close the Hall to undertake this upgrade.

## Disruption to services

Recently we endured a power outage and an interruption

to our gas supply in Stage 3. When these things arise, please contact the Caretakers to inform them. It is sometimes difficult to get the word out regarding information on these issues, so we encourage you to be proactive in letting your neighbours know and get them to spread the word to their neighbour and this chain reaction should inform most residents of the situation.

## Garden Club

The HOA is seeking an "Expression of Interest" from residents who would like to contribute to the re-establishment of a Garden Club. Recent discussions with Patricia Hicks (PLR) in regards to support in the way of products such as plants, fertiliser, soil etc were positive. Initially a meeting to set out the terms of reference and outlining participants' involvement (such as propagating some plants from your own garden, volunteering to water some garden beds etc) needs to be structured. Patricia Benson has volunteered to provide this initial administration and co-ordination between PLR and volunteers to set up the Garden Club in the New Year. If you are interested, please contact a HOA committee member.

## Aquatic exercise

These classes (pictured above) are very popular now that the warmer months make getting into the pool more attractive. The water temperature is around 30 degrees and sessions are held on Tuesdays and Thursdays at 10.30am. Make sure you check out Page 8 for timetable changes over the festive season. Exercise in water is gentle but effective in toning up and keeping those muscles working. It is not jarring on joints and individuals can work at their own level of intensity. The instructors, Kay and Donna, are encouraging and make each session diverse and fun.



# Social Club report.

## Report on functions

Meadowlands Road Chemist and staff provided an exciting morning of shopping for Christmas gifts as residents enjoyed a cuppa and some delicious treats. Their mailbox for your scripts and delivery requests is located in the group of letterboxes outside the Grand Hall. They collect and fill the scripts and medication is delivered to your door. This is a valuable and much appreciated service. Congratulations to Aggie Quinn who was the winner of the lucky door prize.

We also enjoyed 'Music through the ages'. Catherine Lynagh and Susan Ellis provided residents with an evening of musical entertainment from opera to Broadway melodies. The show even included a classical piano recital and a 'Sound of Music' sing-a-long.

Tenori returned to entertain us and the newcomers enjoyed them as much as those who had seen the band before. They are very professional musicians and kept the audience entertained with more than just opera.

Melbourne Cup Day offered a fun day of sweeps, best hat, fashion tips, lovely food and, of course, the race to top it all off! Julie was named 'Best dressed' and Aggie won 'Best hat'.

A group of our Palm Lake Resort Carindale residents also enjoyed a cruise down the Brisbane River with lunch at the Breakfast Creek Hotel recently. It was a beautiful day, even with the long walk from the pontoon to hotel!

## Save the date

- Saturday, December 4: Gateway Church lunch
- Wednesday, December 8: Christmas dinner
- Saturday, December 11: Christmas Party, with entertainment
- Sunday, December 12: Choir Christmas Carols
- Saturday, January 8: Pancake Day. Place \$5 in an envelope including your name and unit number and hand it to Social Club committee member: Jude McBrien (Villa 102), Carole Ayers (Villa 145) or Hazel Holman (Villa 64). A receipt will be issued to use as your entry ticket.
- Wednesday, January 26: Australia Day barbecue (details to follow at dinner and on the board)

Watch the board in the Grand Hall and Recreation Hall for information and any new Expressions of Interest. If you have an idea for an outing or function, please let one of the committee members know.



# Bring a plate.



WE ALL KNOW JUST HOW MUCH PALM LAKE RESORT RESIDENTS LOVE A CATCH UP. OUR COMMUNITIES ARE LITERALLY BUILT ON 'COMMUNITY'. WHETHER IT'S A STREET PARTY WITH GARAGES DOORS WIDE OPEN AND FOLD-OUT CHAIRS ENMASSE IN DRIVEWAYS, OR VISITING FAMILY CATCHING UP AROUND A BARBECUE OR OUR RESORT POOL, ONE THING IS FOR SURE – YOU SHOULD ALWAYS BRING A PLATE.

Ahhh, summer – it's the season of entertaining here in Australia, when neighbours, friends and family come together to celebrate, well, just about anything. Even when you're told not to bring a thing, it's nice to not turn up empty handed. Here are our Top 5 easy 'bring a plate' idea to get your through another Palm Lake celebratory season because, guess what? It's already that time of the year again!

## Cheese platter

Cheese platters are always crowd favourites and should be your Number 1 go-to. Whatever your taste, there's always something on a good cheese platter that everyone can enjoy. In our opinion, a solid cheese platter should include the following:

- A soft cheese like brie, goats' cheese or camembert
- A hard cheese like cheddar or gouda
- A blue cheese like gorgonzola, Roquefort or stilton
- A mix of crackers and bread
- A selection of dips, both dairy-based (ie, French onion) and dairy free (ie, pesto)
- Quince paste

- Something salty, like olives, cured meats or nuts
- Something sweet, like fruit or chocolate.

Also, note that presentation is key when it comes to a memorable platter. Wooden chopping boards make a great base for your platter and don't forget a cheese knife.

## Spinach cob loaf

This Aussie party classic has been on high rotation for more than 100 years (yes, really!). And it's so simple to make. Take a large cob loaf (your choice of white, sourdough or whole-meal bread) and slice off the top, allowing you to remove the soft internal bread – save it for the next steps though. Drain a bag of frozen spinach of all water and mix with sour cream, mayonnaise, red onion and powdered vegetable stock until it forms a dip-like consistency. Scoop the mixture into the hollowed-out cob loaf and, under the grill, toast the bread chunks you tore out of the middle to serve.

## Sushi tray

For something a little bit more exotic, you can't go past a sushi tray. Sushi is a lot of fun to make, too! Simply cook

## Up the ante.

Don't just bring a plate to that next summer soiree - bring a jug as well! Here's a fruity sangria recipe to get you through the festive months! In a large glass pitcher, pour one bottle of white or red wine over ice. Then add four tablespoons of white sugar, 60ml of brandy and two cups of ginger ale. Stir. Add sliced oranges, lemons and limes and muddle slightly with your stirrer. Garnish each glass with a fruit wedge.



some sushi rice (short grain white rice made stickier with rice vinegar, sugar and salt), lay out a bamboo sushi mat and a sheet of seaweed (nori). Spread the rice onto the nori evenly, and right to each edge. Have a bowl of water on hand to help you form the sushi without the rice sticking to your hands. Add your preferred fillings along one side – fish, chicken, fresh vegetables, avocado and egg are popular choices – then roll it all together and cut with a super sharp knife.

## Skewers

Does anything beat a skewer when it comes to finger food? There are no crumbs, no cutlery needed and plenty of deliciousness – plus, they're a lot of fun! Some exciting chargrilled skewer combinations include:

- Prawn, mango and avocado
- Steak, mushrooms, red onion
- Italian chicken, zucchini, cherry tomatoes, capsicum
- Grilled tofu or tempeh, carrots and mushrooms.

And to extend on your skewer repertoire, why not do fruit skewers? Pick the most colourful seasonal fruit available and chop into bite-sized pieces. For colour, you can't go past a combination featuring watermelon, grapes, rockmelon, honeydew, pineapple and the like. Easy!

## Weekly activities.

### MONDAY

**9am** Shopping Carindale. Pick-up 12 noon  
**9am** Snooker, Billiards, 8 Ball. Grand Hall.  
**1pm-4.30pm** Cards 500. Grand Hall.  
**1.30pm** Darts. Recreation Room.  
**6.15pm** Bingo. Recreation Room.

### TUESDAY

**9am** Gentle exercise. Grand Hall.  
**10.30am** Aqua aerobics. Indoor heated pool.  
**4pm** Gents' Happy Hour. Recreation Room.  
**5pm** Lawn bowls. On the green.  
**6.30pm** Cards. Recreation Room.

### WEDNESDAY

**7am** Gym instruction with Aubrey. Gym.  
**9am** Snooker, Billiards, 8 Ball. Grand Hall.  
**9am-10am** Line dancing. Grand Hall.  
**5.30pm** Dinner. Grand Hall.  
**6.30pm** Movie night. Theatre.

### THURSDAY

**9am** Tai chi. Grand Hall.  
**10.30am** Aqua aerobics. Indoor heated pool.  
**1pm** Shopping bus. Cannon Hill/Capalaba. Pick up 3.30pm.  
**4pm** Ladies' Happy Hour. Recreation Room.  
**5pm** Lawn bowls. On the green.

### FRIDAY

**8:30am** Friday bus service: Shopping Carindale  
**1pm** Cards, Scrabble, Mah-jong. Recreation Room.  
**1pm** Cards. Grand Hall.

### SATURDAY

**9.30am** Cards. Recreation Room.  
**1pm** Cards. Recreation Room.

### SUNDAY

**9am** Mah-jong. Recreation Room.  
**4pm-5pm** Choir. Grand Hall.

# Activities over Christmas.



## Aqua aerobics

Aqua aerobics will run as per usual on Thursday, December 23, as the last session of the year. Aqua will then return, as per normal, on Tuesday, January 18, 2022.

Please read this note from Kay: Donna will be finishing up December 24 but may return to assist prior to her departure on January 26, 2022. She has finally secured a booking in mandatory isolation and quarantine in New Zealand. I am hoping to find a suitable trainer to fill her position prior to January 18. If not, I will be taking care of all classes until such time as I find a suitable applicant. If this is the case, I will send a new timetable to accommodate all of the classes during this transition period. I will keep you updated with my progress. Please feel free to contact me if you have any questions or concerns.

Wishing you a very Merry Christmas and a Happy New Year for 2022.

**Kay Smithers**  
tryhardfitness@outlook.com  
Phone 0400 767 665

## Gym

The last supervised resort gym session for the year will be on Wednesday, December 22. Supervised sessions will then restart on January 5, 2022.

## Tai chi

Our tai chi instructor will be here as usual on Thursday, December 16 and this will be the last session of the year. Tai chi will resume as usual on January 13, 2022.

# Important phone numbers.

**State Emergency Services** 132 500  
**Police Link (non-urgent incident report 24/7)** 131 444  
**Mater Hospital (24-hour emergency)** 3840 8111  
**PA Hospital (24-hour emergency)** 3240 2111  
**QEII (24-hour emergency)** 3275 6111  
**Alex Sharp Appliances (Repairs)** 3822 7406  
**Veteran Affairs** 13 32 54  
**Podiatrist (Margaret)** 0413 052 557  
**Bus, Ferries & Trains information** 13 12 30  
**Plumber (Andrew)** 0434 018 008  
**Painter (Stephen)** 0414 608 512  
**Fox Mowing & Gardening** 0427 493 005  
**Mobile Dog Wash (Melanie)** 0403 194 657  
**Electrician (Tim)** 0427 557 288  
**L&GM Electrical (smoke alarms)** 0403 667 759  
**Comms Co. (telephone/Internet problems)** 5559 7988  
**Pest Control (Ben)** 0422 978 582  
**Bev's Mobile Hairdressing** 0411 353 446  
**Paper delivery** 3390 4969  
**Wilpac Garage Doors** 0433 155 713  
**Home Assist** 3028 4555  
**Snake Catcher** 0413 028 081  
**Chemist – Meadowlands Road** 3398 6709  
**Belmont Pharmacy** 3890 3988  
**Community Flyer** 1300 463 593  
**Yellow Taxi** 13 19 24  
**Black & White Taxi** 13 32 22

## Palm Lake Resort Carindale phone numbers:

**Caretaker's office** (after hours emergency) 3907 1000  
**Grand Hall** 1196  
**Recreation Room** 1195



# Right on cue.

WALK INTO ANY PALM LAKE RESORT COUNTRY CLUB AND YOU'LL LIKELY FIND A GROUP OF RESIDENTS GATHERED AROUND THE BILLIARDS TABLE, WATCHING OR PARTICIPATING IN A NEIGHBOURLY GAME. BUT IT'S A GAME THAT SPANS THE GENERATIONS – SO OUR VISITING FAMILIES LOVE IT TOO.

If there's one thing many Palm Lake Resort residents have in common, it's that they love a good game of snooker – it's the reason most of our resorts across Queensland, New South Wales and Victoria have their own billiards tables. Pool, snooker and billiards are all beloved as social games best enjoyed with a drink and good company, but did you know there are distinct differences between them? Paul Cosgriff, president of the Victorian Billiards and Snooker Association, explained the differences clearly. Paul says billiards is played with only three balls (one red, one white and a yellow cue ball). Both snooker and pool begin with a triangle of 15 balls each - in pool they are multicoloured and divided into solids and stripes, while in snooker they are red. Snooker is also played with an additional six coloured balls. Both of these games also require a white cue ball.

"The thing I love most about these games is the combination of physics and artistry," says Paul. "Physics tells you that if you hit the ball a certain way, it will end up in a certain position.

"Mastering all of the other factors - like side, intentional spin and strength - is where the artistry comes in. The best players will finish exactly where they want to finish, under incredible pressure. That's the beauty of the game."

## Paul's tips for bettering your game

1. Although cues are provided, your own cue is always best. Your individual cue gives the best 'feel' and on large professional tables, players fit extensions to their own cue because that familiarity is so important.

2. Two-piece cues are best for ease of transport, and storage. The join can be at half-way or "3/4" - meaning well down near the butt end of the cue. Under the rules, a cue must be at least three feet in length, so if you take the butt end off a "3/4" cue you could still play a shot. Most cues are 54" in length - generally standing about shoulder height, or just above, or below. Therefore, you could not unscrew the 2-piece cue with a mid-join and play a legal stroke.

3. When purchasing a Cue, play a number of shots hitting 'high' on the cue-ball so that it follows on, or runs through, after the object ball. This translates to 'feel' and helps when comparing cues. The more expensive cue is not necessarily the best feel for you. The tip of the cue is your only means of control for spins on the ball (screw, stun and side) so maintain it well. Good chalk is essential.

4. Persistence is the key to improvement and full enjoyment. Practice, especially for plain ball striking, is essential to eliminate unintentional spins. Later practice allows for intentional spins to manoeuvre the cue ball to the desired position for the succeeding stroke.

5. An adjunct to persistence is maintenance. The cue should be kept clean and dry, with a little wood oil on exposed wood near the tip, and below the ferrule. The billiard table should have a dust cover. When the dust cover is removed, the table should be brushed from the baulk end (the "D") all the way to the top of the table where the black spot is. Never "bang" a ball onto a spot. It can only cause damage. The table should be serviced by a qualified person if there are problems with spots, wear and tear to the cloth, or if the table is out of level.

# Homes for sale.

## Villa 104 - \$369,000



Price reduced - motivated seller!

The Islander is our most sought-after design in our range of homes at Palm Lake Resort Carindale. It offers two bedrooms and two bathrooms. This home has been newly painted throughout, has new window furnishings, timber floors and new carpet. It's move-in ready!

**Key features:**

- Two bathrooms
- Freshly painted
- Front patio
- New floor coverings
- Remote garage



## Villa 87 - \$349,000



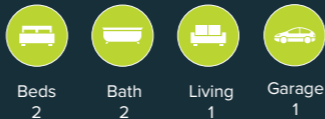
**SOLD!**

Another one sold!

This property is a surprise package as it offers a lovely front verandah, stone benchtops and 2 pac cabinetry kitchen, separate lounge, lots of cupboard space, two bedrooms, bathroom and air conditioning.

Step out the back door and you're greeted with a large paved outdoor area and green house for the garden lover plus a garden shed at the end of the carport for easy access.

## Villa 110 - \$389,000



Location, location

This well appointed home is situated across the road from the Recreation Hall (where darts, bingo, trivia and mah-jong are played), the bowling green and putt putt. Step inside to a large lounge room fitted with timber flooring for easy cleaning. The kitchen has Caesarstone benchtops, a large pantry and a little patio where you can sit to have your morning cuppa. There are two bedrooms (main with ensuite and walk-in robe), an air conditioner fitted and near-to-new carpet. The internal laundry leads outside to the backyard giving you access to the lock-up garage and storage area at the end. There's nothing to do except move in and enjoy your new lifestyle!



## 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 (or a new home from elsewhere in the group, for that matter), you'll receive up to \$500\* cash. Easy! For more info, Freecall 1800 770 057.

Want to book a private tour and find out more about our resort? Phone Kerrie on **0403 680 969**  
Email [KerrieB@palmlake.com.au](mailto:KerrieB@palmlake.com.au) or visit us online at [palmakeresort.com.au](http://palmakeresort.com.au)

# “LIVING OUR *Best* LIVES”



**Palm Lake Resort Carindale.** Find us at 2 Ford Court, Carindale QLD 4152  
Freecall 1800 770 057



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