

Carindale Chatter.

OCTOBER-NOVEMBER 2021



Refer a friend.

THERE'S NO MORE SUPPORTIVE AND SECURE PLACE TO LIVE IN OUR 'NEW' COVID WORLD THAN PALM LAKE RESORT.

Homeowners here are blessed to enjoy neighbours who support one another, while they also benefit from the ongoing support offered by local and upper levels of management. If you have a friend or family member who'd like to join us here at Carindale, did you know there's a 'Refer a friend' cash bonus available? Check out Page 11 for more information.





Welcome.

Hi everyone,

I would like thank you all for making us welcome and being patient while we learn all we need to know. Our first week ended with lockdown for a week, which was then followed by a limit of 50 people for our weekly dinners for three weeks. Gratefully, we are back to our normal 100 dinner guests on Wednesdays - let us hope it stays that way!

In other news, we now have a private Facebook group. For those who are on social media and are interested in being connected, simply search "PLR Carindale Neighbourhood" and hit the 'Join Group' button. This is a completely private group for residents of our community only.

It is also time to prepare for the upcoming summer storm season. The potential for weather events is heightened at this time of the year. We can all prepare for the season by trimming trees, clearing gutters and downpipes, secure loose objects in your yard and preparing your emergency kit.

For those of you who use the Translink bus service, changes are coming for the route 250 From Monday 20 September, we're (Translink) making some changes to the timetable and route for the 250 Redland Bay to Carindale (and onto Brisbane City during peak times) bus service. Due to road network changes in the City, all trips will travel between Redland Bay Marina and the Carindale interchange only where you can transfer if you're travelling toward the City. However, there are quicker or more direct options available. Use the TransLink journey planner to find the best one for you.

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

CONTACT US

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

Online: 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@palmlake.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.



EXTRA, EXTRA!

The Spring 2021 edition of the Palm Lake Group's company magazine has officially hit the news stands, and it's full of the latest and greatest news from Palm Lake Resort and Palm Lake Care. If you haven't received a hard copy in your mailbox, you can also read it online at our website palmakeresort.com.au/news

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:

- October 11
- November 1
- December 6

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

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?

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.

WANT TO GET CREATIVE?

Palm Lake Resort Carindale resident Sue Wells (Villa 138) is offering to other residents the art of jewellery making. If this interests you, please put a note in Sue's letterbox and she will get in contact with you.

COUNTRY COMES TO THE COAST

Groundwater Country Music Festival is an annual free-to-attend festival hosted in Broadbeach from November 12-14. The three-day beachside event showcases premier country music performers throughout the streets, bars, parks, venues and restaurants of Broadbeach. In 2019, Groundwater saw more than 70,000 people in attendance with 130+ hours of entertainment. Did you know, the much-loved Groundwater Country Music Festival took out first prize in the Festivals and Events category at the 2019 Australian Tourism Awards. Visit www.groundwatercmf.com

JUST FOR LAUGHS

I recently picked a new doctor. After two visits and exhaustive tests, he said I was doing "fairly well" for my age. A little concerned about that comment, I asked: "Do you think I'll live to be 80?" He asked: "Do you smoke tobacco or drink beer or wine?" "Oh no," I replied. "I'm not doing drugs, either." Then he asked, "Do you eat rib-eye steaks and barbecued ribs?" I said, "No, my other doctor said all red meat is very unhealthy." "Do you spend a lot of time in the sun, playing golf, sailing, hiking or bicycling? Do you gamble or drive fast cars?" "No," I said. "I don't do any of those things." He looked at me and said: "Then why do you want to live to 80?!"



Small yard, big furry love.

DOWNSZERS DON'T TYPICALLY MOVE TO PALM LAKE RESORT WITH CHILDREN IN TOW, BUT FUR KIDS ARE A WHOLE OTHER STORY! IF YOU'RE CONSIDERING GROWING YOUR FAMILY, TRY THESE SMALL-YARD BREEDS.

If there's one type of resident we love here at Palm Lake Resort it's the furry four-legged variety. When the actual kids grow large enough to fly the coop, pets can fill in a big void left by the children's departure. The joy of owning a pet isn't new to most Australians - we have one of the highest rates of pet ownership in the world. Here at Palm Lake Group, we've built our resorts to be pet friendly because we know just how important pets are for the majority of our over-50s residents, too. For example, Palm Lake Resort Truganina offers a safe, fully fenced off-leash dog run. Palm Lake Resort pooches can roam free in our dog run, enjoying a spot of exercise while also getting that important social interaction with their four-legged neighbours. What we've found right across the Group, however, is that our off-leash dog runs are magnets for likeminded residents. Neighbours congregate to let their furry friends enjoy time together but for the humans themselves, it's a great social outlet. And the regular walks to and from the off-leash areas are providing our residents with that all-important incidental exercise (with fresh air and vitamin D the cherries on top). Our resorts are pet friendly, because we know just how important pets are to you!

Dachshund

Dachshunds are energetic, loveable and loyal, promising to be the perfect companion for any retiree. Their medium-level exercise needs mean they prefer homes with a small backyard, but also enjoy daily walks and space to run outside the confines of your home. They are highly playful and likely to bark but are certainly trainable, showing intelligence and energy. You just need to consider that though their coats are short, they can still shed.

Cavalier King Charles Spaniel

Small and sophisticated, don't let the Cavalier King Charles Spaniel's petit size fool you – this regal breed is tough to beat. With an even temper and gentle disposition, the Cavalier will often adapt easily to its owner's lifestyle; they can be active and inactive in equal measure. Bred to be a beloved lap dog, they are also descendants of sporting breeds and will enjoy moderate exercise and outdoor activities. You'll find a Cavalier enjoys an afternoon walk just as much as an evening on the couch.

Yorkshire terrier

The Yorkshire Terrier, affectionately known as a 'Yorkie,' is small and quiet, making them the perfect housemate. Their friendly nature means they don't mind company and are typically relaxed around other pets and people, making them perfect for social owners who would enjoy spending time at the dog park. While they have a lot of energy, it can be well spent in a small backyard – though they will never say no to an afternoon stroll. Bonus: they look like puppies for most of their life, making them perfect for owners who never want their fur babies to grow up.

Boston terrier

Commonly confused with a French Bulldog, the Boston Terrier boasts tall, upright ears and a flat face, with black and white markings sometimes referred to as a 'tuxedo jacket'. Originating from, you guessed it, Boston, the Boston Terrier requires active exercise (throwing a ball or a toy, or agility training) and can become frustrated when left alone for long periods of time. Considering adopting your very own? Be warned: their big, round eyes will surely win you over, promising love at first sight.

Maltese

Small but mighty, don't be fooled by the Maltese's prim and proper appearance – behind the white, fluffy exterior is a dog you're sure to love. Their small stature makes them ideal for small backyards, while their soft coat is unlikely to shed, making them a great choice for indoor living. Their coat is even considered hypoallergenic, meaning they will fit seamlessly into almost any family. Your Maltese will love running around in your backyard but will also never say no to a trip to the dog park or a walk.

Home Owners' Association notes.

Meetings, survey

By now you will have received your minutes from our September committee meeting and the open meeting held on August 27 which was well attended by more than 60 residents. You will also have received (and completed) the Traffic Calming Survey which I was instructed to prepare and distribute to all residents to gauge what, if any, traffic calming measures you wish to see implemented. We look forward to bringing you the results of that one.

Pool blankets

Residents are greatly appreciative of the new pool blankets which arrived on August 19 and have been positioned each morning and evening to assist in heating the water. However, now that the warmer months are ahead of us, this practice will soon cease and the blankets will be stored on deck for the summer months. In order to protect the blankets during their off-season, the Home Owners' Association has offered to purchase tarpaulins to cover the blankets from the sun.

Steve Minnikin's morning tea

More than 60 residents attended this recent morning tea, with Chatswood MP Steve Minnikin, to enjoy a cuppa, some delicious snacks and some informative discussion. This was a replacement event from Easter, when a COVID-19 lockdown prevented the morning tea from taking place. Steve spoke on the vaccine roll out and encouraged everyone to get the jab and talk to family members in this regard. It was also discussed there is a very great need for a bus shelter at the bus stop in Wright Street in front of the village, especially now that the shady tree has been cut back and no shelter from the sun is available.

Email contact

If you would like to receive your minutes via email or need to contact the Home Owners' Association in writing, please note that we have our own email address. You can reach us at: carindalehomeowners@gmail.com



Pictured above: Our Dancing Queens! Join in their line dancing fun on Wednesdays from 9am.

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

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.



BEST DRESSED: CAROL & JOHN!

A spring affair.

A WONDERFUL NIGHT OF SONG AND DANCE SPRUNG TO LIFE RECENTLY AS MORE THAN 80 RESIDENTS JOINED IN THE FESTIVITIES IN THE GRAND HALL OF A CABARET OFFERING FREE ENTERTAINMENT BY RESIDENTS, FOR RESIDENTS.

The show was produced and directed by Patricia Benson (pianist) who stepped from behind the keys to sing and dance with Carol Petherick to “We’re a Couple of Swells”. The Choir, under the direction of Carol Ayres, and the Dancing Queens (with Chris Wilson, their dance instructor) were supported by the delightful music provided by MC and DJ Michael Vanderkop.

The raffle prize donated and presented by Maria Axelsen

was won by Helen Reynolds and the Lucky Door prize donated by Anna Blair was won by Sue Pound.

Secret judges had a difficult time deciding on winners for the Best Dressed Male and Female costumes but finally decided on Carol Poole (with a special mention of her enthusiasm and sensible footwear!) for the best female costume and “John” who accessorised his black and red outfit with friend Elaine McClure.



Don't stop the music.

IT MAY HAVE BEEN DECADES SINCE YOUR PARENTS INSISTED YOU TAKE PIANO LESSONS, BUT DON'T THINK YOUR MUSICAL DAYS ARE BEHIND YOU. THERE ARE PLENTY OF REASONS TO PICK UP A MUSICAL INSTRUMENT IN YOUR ADULT YEARS.

It boosts brain power

Much like puzzles or playing chess, learning to play music is a great way to improve your cognitive ability. Reading and playing music is believed to stimulate the brain in a way that benefits your memory retention and also helps you retain new info. Experts believe that, when it comes to brain power, you ‘use it or lose it’. In particular, learning to play a musical instrument has been associated with a lower risk of developing dementia. Why? Musical training and performance are believed to increase your brain’s resiliency – so much so that musicians are 64 per cent less likely to develop mild cognitive impairments and dementia.

It relieves stress

Listening to music is a great stress reliever, but did you know that playing a musical instrument also has calming powers? According to studies, playing an instrument can help us refocus negative feelings into something not only positive, but enjoyable. Whether you are banging out a rhythm on the drums or plucking a melody on the guitar, making music is believed to have a unique ability to reduce your blood pressure and heart rate. This act can also contribute to the release of ‘happy hormones’ (endorphins) into the bloodstream, leaving you feeling relaxed.

It makes you more patient

Many of our Palm Lake Resort residents will agree that life doesn’t slow down in retirement – in fact, with so much to do, things move at a faster pace than ever before! Learning a musical instrument is one fantastic way to chill out, slow down and enjoy the moment. Patience is an essential skill for any budding musician to master as they learn to read and play the notes, and many report finding themselves employing more patience when they interact with the people and things around them.

It's good for your body

You may not break a sweat, but playing an instrument promises a host of physical benefits that you may not have thought about. Moving your fingers along the keys of a piano or the strings of a guitar enhances your hand-eye coordination and fine motor skills – two skills that can easily be transferred to almost any other activity, be it crochet or croquet. Wind instruments, too, improve the function of your respiratory system by ensuring you breathe properly. Need we go on?

It's a great way to make friends

Looking to widen your social circle? Playing a musical instrument could help! A number of Palm Lake Resort locations have resident music groups where like-minded musos can come together and jam out. From choir to the ukulele to all-out Rock ‘n Roll bands, our residents make use of the time and resources available to them in retirement to live out their dreams of musical stardom.

Social Club update.

THE PALM LAKE RESORT CARINDALE SOCIAL CLUB'S ANNUAL GENERAL MEETING WELCOMED MANY NEW AND RETURNING FACES TO THE COMMITTEE, SO WE CAN LOOK FORWARD TO ANOTHER ENJOYABLE YEAR AHEAD.



OUR
SOCIAL
BUTTERFLIES!

Pictured above: The new Palm Lake Resort Carindale Social Club committee includes, at back from left: Narelle Muller, Patricia Benson, Hazel Holman (Treasurer), Christine Riordan (Secretary). And, in front from left: Norma Marl, May Ruff (President) and Jude McBrien (who stepped up to Vice President). Others who were not present for our photo include committee members Di Condon, Carol Ayres, Terry Lawson and Carole Petherick.

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

these dates in mind for events already planned:

- Saturday, October 30:** Tenori concert.
- Tuesday, November 2:** Melbourne Cup. Lucky door prizes, sweeps, best hat, fashion parade.
- Tuesday, November 9:** Meadowlands Chemist morning tea, with a selection of gifts available for purchase.
- Saturday, November 27:** Gifts Galore, with morning tea
- Saturday, December 4:** Gateway Church lunch
- Wednesday, December 8:** Christmas dinner
- Saturday, December 11:** Christmas Party with entertainment
- Sunday, December 12:** Choir - Christmas Carols

Make a note.

Ekka public holiday date claimer

Don't forget that we have had the Ekka public holiday change to Friday, October 29 this year. Please note: The office will be closed this day.

Get your tickets for Tenori

The Three Tenors "Tenori" will be performing in our Grand Hall on October 30. Doors open 6pm. Concert starts 7pm. Cost \$20 for residents, \$30 for visitors.

Christmas is coming

It's beginning to feel a lot like Christmas (as the song goes)... Make a note on your calendar for these upcoming festive celebrations:

- December 8:** Residents' Christmas dinner evening.
- December 11:** Christmas Party
- December 12:** Resort choir's Christmas Carols

Use the portal

Don't forget please use the portal to book your meal for the following week. For catering purposes, this needs to be done by Fridays at 12noon at the very latest to avoid missing out.

Stay safe

Please remember in the interest of safety for both yourself and those around you, always socially distance yourself, use masks as required, and sign in on entry to facilities. As always, please stay home if you are feeling even a slight bit sick. Everyone needs to take care in this current situation and while we don't have active cases in the community, we can't forget that Covid can take hold very quickly.

Watch your speed

Please remind your guests, tradespeople and visitors to our resort grounds that the speed limit is just 10kmh. This is also a timely reminder for residents too.

Read all about it

Got something you'd like included in an upcoming edition of our new bimonthly resort newsletter? Email your note or idea to the caretaker's office via this email address: carindale@palmlake.com.au or simply stop by the office anytime and let us know.

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
- QEI (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 (Michael)** 0448 958 371
- 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

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 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!

\$500
for a brand new home.

\$250
for an established home.

For more information and to refer your friend, simply contact our Sales Information Centre on 1800 770 057. *T&Cs apply



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palmakeresort.com.au

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

“LIVING OUR *Best* LIVES”



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