

Carindale Chatter.

APRIL - MAY 2023



Jigsaw falling into place

Here's a new idea on how to pass the time - and benefit your health while you're at it

Sell your home with us

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

News update

Check out the reports from your volunteer community groups and reps, inside

***Pictured:** Don't forget that movie nights are held here in our resort theatre, weekly on Wednesdays, from 6.30pm.*

Welcome.

Hi all - Karen here. With my partner, Wayne, we are your new Caretakers at Palm Lake Resort Carindale. We feel privileged and fortunate to take on this role.

To share with you a little bit of background about ourselves, I was born in England and came to Australia with the father of my children 35 years ago. I have two children. My son lives in Yeppoon and my daughter lives overseas. My son works in an addiction rehabilitation centre in Rockhampton. My daughter was a teacher but has found a passion for leading motorbike tours in the bush of Vietnam. We visited Vietnam in January this year and had amazing experiences.

Wayne was born in New Zealand and came to Australia with his family in 1978. He worked as a technician for commercial cleaning equipment for nearly 20 years. Wayne and I are both very social and met six years ago through a dancing group in Brisbane. We love to dance together - nothing fancy, we just have lots of fun! Before coming to Palm Lake Group, Wayne and I managed a complex in Yeppoon. It was more of a budget-style accommodation. Our role was to maintain the complex and organise fun events for the residents.

Wayne and I are both from disability support backgrounds and we like to make a difference in people's lives. Before managing the Yeppoon complex, Wayne went to Rockhampton for disability work and would do social activities with his clients. I also initially went to Rockhampton to work in disability employment. But then, after some study, was employed as a Mental Health Support Worker. Wayne did a lot of work travelling whilst in Central Queensland. We were ships that pass in the night, as I was going on shift when Wayne was coming home. But we are now thoroughly enjoying working together here at Palm Lake Resort.

During our time together, Wayne and I have created various social groups - one in Brisbane has become quite large. We also had a disability youth group. The young people mostly had autism and we mentored them to make it their own group. When we went to Yeppoon, we realised there were lots of lonely people and we put together a social group there also. The local radio and newspaper got hold of it and called us "the loved-up couple who want to give back"!

If you see us around the resort grounds, please give us a wave or come and say hi. We have busy jobs but want to get to know you all and help where we can. In Wayne's words, "we may not get everything right, but will always give it a go!"

Karen Coomer and Wayne Marsom
Palm Lake Resort Carindale Caretakers



CONTACT US

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

FREECALL: 1800 770 057

Street address:
2 Ford Court,
Carindale QLD 4152

Office hours:
9am to 12 noon,
Monday to Friday

Email:
carindale@palllake.com.au

Find us online at:
palllakeresort.com.au

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



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News briefs.

REFER A FRIEND

We know your friends love coming to visit your Palm Lake Resort Carindale 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!

WE WANT TO HEAR FROM YOU

Whether it's photos from a recent event or there's a new activity you'd like to announce, this newsletter is the place to share the latest and greatest resort happenings. Chat to your caretaker about how to submit content and to find out deadlines for upcoming editions.

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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 (owned and operated by the Palm Lake Group) is 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 to discuss the opportunity further. Their address is 33 Mt Warren Boulevard, Mt Warren Park.

GRAB A CAB

A great transport option for homeowners 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.

GO GREEN!

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 upcoming green waste collection dates:

- **May 2**
- **June 5**
- **July 3**

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

AUTUMN EDITION, OUT NOW

The Autumn 2023 edition of our quarterly company magazine, Your Time, is circulating our country. Have you received a copy in your mailbox yet? If not, you can always check it out at palllakeresort.com.au (from the home page, simply click on the 'News' tab). In this current edition, we celebrate all things people. Did you know that 10,000 people call a Palm Lake Group address home? You'll get to meet some of our longer-term homeowners and staff in the pages. You can also walk through some of our latest construction projects at Forster Lakes and Willow Lodge, read recipes from our residents at Beachmere and catch up on all the Palm Lake Group company news.



Social Club report.

Pictured right: Our bus trip to Caloundra was fun.
Below right: Our Social Bowls Club party people.



Australia Day

The morning started with an array of quizzes and Carol, as Quizmaster, was very impressed by the depth of knowledge in the Australiana and general knowledge categories. Well done all!

This was followed by a variety of games including Pin the Tail on the Kangaroo and Ping Pong Bra. For those who haven't seen it before, this is a game of skill where you have to try to throw a ping pong ball into a bra cup on a board. Seems to be a favourite with Terry, who won the game.

The thong-throwing contest was hilarious leaving most of us ducking for cover. No budding Olympic champions here, I'm afraid! Lunch was provided by Job's Daughters and was just right on this hot Aussie day.

Well, what a bonza day it was! Thank you to all those homeowners who came along, joined in and supported our Social Club.

Shrove Tuesday (Pancake Day)

We had a wonderful start to the day with a pancake breakfast. Did you know that Shrove Tuesday is also the traditional feast day before the start of Lent on Ash Wednesday? The idea was to eat up big before 40 days of fasting - yikes! In keeping with tradition, we ate up big!

We enjoyed yummy pancakes with a topping of berries in syrup or maple syrup for those with a sweet tooth. Thanks again to Job's Daughters who did all the cooking and cleaning up. Looking forward to a repeat performance next year.

Caloundra bus trip

A group of us enjoyed a hot but wonderful day trip to Caloundra recently. Included on the itinerary was a coffee shop morning tea, visits to local op shops and we found plenty of seats in the shade in Caloundra's main street for a rest. Lunch was at the Caloundra Power Boat Club with good service and beautiful meals. Thanks to TransitCare.

Contact us

The 2022-23 Social Committee includes:

- **President:** Jude McBrien
- **Vice President:** Terry Lawson
- **Secretary:** Christine Riordan
- **Treasurer:** Hazel Holman
- **Committee Members:** Di Condon, Carol Ayres, Norma Marl, Narelle Muller, Trish Benson, Carole Petherick and Sue Wells.
- **Volunteers:** Barbara Mokrzecki, Jenny Liversidge and Roslyn Wood.

Home Owners' Association report.

Committee notes

The Home Owners' Association held their Annual General Meeting on February 3, which was attended by about 50 homeowners. The Chairman delivered a comprehensive report highlighting the many successful outcomes of the past 12 months, including:

- Upgrading of the lighting in the Main Hall, completed.
- Upgrading of the lighting in the Recreation Room and replacement of the vertical and holland blinds earlier in the year see this facility's upgrade now fully complete.
- Some traffic calming (of a dubious nature) placed around the park
- Mowing, landscaping addressed
- Some watering systems upgraded
- New coffee machine installed
- Bowling green laid however not quite finished. Some attention is required to fix the depth of the gutters and we await chemicals to treat weeds and bird/bat droppings.
- Picnic shelter Stage 3 cleaned and table sanded back and painted.
- Welcome morning teas re-instated and appreciated by the newcomers. Thanks to the volunteers who make this possible.
- The provision of a seat at the Council bus stop in Wright Street was a particularly rewarding closure to a two-year negotiation between the HOA, Council and our local members.

The Chairman thanked the many volunteers who assist in the daily activities and social events around your community. Their assistance is very much appreciated and invaluable.



Pictured back row: Hazel Holman, John Toogood, Norma Marl and Norman Wilson. **Seated:** Elaine McClure and interim Caretaker, Robyn.

After thanking the outgoing committee for their support and service over the past 12 months, Michael presented the three retiring members with a gift of appreciation:

- **Bob Langdon, Treasurer:** 8 years of service
- **Paul Cooper, Past Chairman and committee member:** 6 years of service
- **Stuart Liversidge, Committee member:** Greatly assisted with fixing furniture and fittings as well as the bowling green development.

The homeowners in attendance showed their appreciation by acclamation.

"I do enjoy living in this community and although we sometimes have challenges to face, this does not detract from the wonderful people with whom I interact with on a daily basis," Michael said, in closing.

"The homeowners are why we choose to conduct the affairs of the Homeowners' Association and I feel that it is a worthy endeavour."

What's on around South-East Qld.

April 30: *Cruisin' Caboolture* will feature an awesome Show & Shine car show (with more than 120 vehicles taking part) as well as live music and family activities across the James St precinct. Visitors can also enjoy a range of local craft brews and food trucks, to delight your taste buds. Cruisin' Caboolture is set to be a family-friendly afternoon in the heart of Caboolture and the perfect opportunity to enjoy elegant cars and quality local entertainment. Entry is free. Visit caboolturefestival.com.au

May 6: *Ipswich Dog Day* is the city's premier event where the community and their furry best friends gather to celebrate all things that get them woofing excited. The inaugural 2022 DogFest event welcomed more than 8500 visitors, along with their pooches, and this year's event is set to be bigger and better. It will include market stalls, workshops and demonstrations, competitions, food trucks, live music and guest dog show judges. Visit nicholasst.com.au

May 14: A week after the King's coronation in Westminster Abbey, ***The Queensland Choir*** presents "The King Shall Rejoice" - a program of gloriously majestic coronation music in the appropriately splendid ambience of St John's Cathedral, Ann St, Brisbane CBD. Enjoy music by Handel, Mozart, Parry, Vaughan Williams and Elgar. Visit qldchoir.com/concerts for tickets.

May 19-21: For more than two decades, the beautiful island of Bribie has celebrated its rich and bountiful maritime history on the backdrop of this postcard-perfect coastline. The 24th annual ***Bribie Classic Boat Regatta*** will this year see classic and wooden boats, from 50ft to 8ft in size, meet to cruise Pumicestone Passage in Moreton Bay. There will be public access to on-water and hard stand displays and a Grand Parade to Sylvan Beach, Bellara, on the Sunday morning. It will be a wonderful festival of boating activities. Visit bace.org.au

May 26: Without a doubt, Queen is among the greatest rock bands of the 20th Century and Freddie Mercury is hailed by many as the most charismatic and flamboyant performer in contemporary rock. An all-new ***Queen tribute show*** from well-known Australian Freddie Mercury impersonator Thomas Crane hits the Logan Entertainment Centre in May for one show only. Visit loganarts.com.au for tickets.

June 3-25: Samford & Surrounds' annual ***Arts Trail & Open Studios*** event will feature a wide variety of art and art experiences in artists' own home studios and public spaces within Samford Valley and the surrounding areas from Clear Mountain to Cashmere and Eatons Hill to Dayboro. The event will run every weekend in June, with some studios and exhibition spaces open from Wednesday to Sunday. Workshops are being held throughout the month with artists opening their studios and sharing their techniques, tips and tricks with visitors. The month-long event provides fantastic opportunities to see local Samford area artists at work, view their art in exhibition and studio spaces and even learn some new techniques and skills. For the full itinerary, visit facebook.com/CreativeSamford or creativesamford.com

Important phone numbers.

State Emergency Services 132 500
Police Link (non-urgent incident 24/7) 131 444
Mater Hospital (24-hour emergency) 3840 8111
PA Hospital (24-hour emergency) 3240 2111
QELI (24-hour emergency) 3275 6111
Veteran Affairs 13 32 54
Home Assist 3028 4555

Palm Lake Resort Carindale phone numbers:
Caretaker's office 3907 1000
Grand Hall 1196
Recreation Room 1195

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
Bus, Ferries & Trains information 13 12 30
Alex Sharp Appliances (Repairs) 3822 7406
Plumber (Andrew) 0434 018 008
Painter (Stephen) 0414 608 512
Fox Mowing & Gardening 0427 493 005
Wayne's Lawn Mowing Services 0401 136 533
Clean and tidy (Colin) 0402 074 947
Westy's Pressure Washing 0435 030 305
Electrical First 0408 750 290
L&GM Electrical (smoke alarms) 0403 667 759
Comms Co. (phone/Internet problems) 5559 7988
Pest Control (Ben) 0422 978 582
Bev's Mobile Hairdressing 0411 353 446
Beautician (Sharon) 0411 094 641
Wilpac Garage Doors 0433 155 713
Paper delivery 3390 4969
Snake Catcher 0413 028 081
Mobile Dog Wash (Melanie) 0403 194 657



MONDAY

9am Bus service: Shopping at Westfield Carindale, with pick-up at 12 noon
9am Snooker, Billiards, 8 Ball (Grand Hall)
10.30am Aqua aerobics (indoor pool)
1pm-4.30pm Cards 500 (Grand Hall)
1.30pm Darts (Recreation Room)
6.15pm Bingo (Recreation Room)

TUESDAY

9am Gentle exercise (Grand Hall)
4pm Gents' Happy Hour (Recreation Room)
4-5pm 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 pool)
1pm Bus service: Shopping at Cannon Hill/ Capalaba, with pick up at 3.30pm
4pm Ladies' Happy Hour (Recreation Room)

FRIDAY

8.30am Bus service: Westfield Carindale
1pm Cards, Scrabble, Mah-jong (Recreation Room)
1pm Cards (Grand Hall)

SATURDAY

9-10am Line dancing
9.30am Cards (Recreation Room)
1pm Cards (Recreation Room)

SUNDAY

9am Line dancing (beginners' class)
9am Mah-jong (Recreation Room)
4pm-5pm Choir (Grand Hall)

Roll up, roll up.

THE BIG BIENNIAL PALM LAKE RESORT INTER-RESORT BOWLS COMPETITION IS BACK IN 2023 AND WILL BE HITTING BILOELA BOWLS CLUB WITH GUSTO. WILL YOU BE THERE?

After taking over Kingaroy in 2019 and Dalby in 2021, the big biennial Palm Lake Resort inter-resort bowls comp is back in 2023! Organised by Joy Williams of Palm Lake Resort Bargara, this year's event will take over Biloela Bowls Club and it's officially time to get your nomination forms in.

"If you are expecting big prizemoney and serious competition, this is not for you," she smiles.

As Joy explains, this is a friendly, social event for any likeminded Palm Lake Resort homeowners based in Queensland. The week will kick off on Monday, August 28, with a meet and greet at the Bowls Club, followed by three days of bowls and a presentation dinner on Thursday, August 31. Games will consist of teams of three players, playing three bowls each over 15 or 17 ends (depending on the number of teams that nominate).

If previous years are anything to go by, while there will be loads of on-green action, the off-green fun will prove to be just as good! To refresh your memory, the last time this event was held in 2021, we had a dual-resort winning team (a combination of players from two locations - two from Beachmere and a third from Bargara). This winning team was a literal representation of what Palm Lake Resort is all about – likeminded people coming together to support one another and enjoy a shared interest.

"These comps not only showcase what Palm Lake Resorts are all about to these small towns, but bring together likeminded homeowners in a social environment in smallish towns that need visitor support to thrive. The dollars we bring into these towns does not go unnoticed," Joy says.

Nominations close July 31 or earlier if rinks are filled. Camping and accommodation options, as well as nomination forms, are all available direct from Joy on 0409 792 912 or email her at bundabergjoy@gmail.com



Above: Some of our Palm Lake Resort players at Dalby in 2021.

Puzzle power.

DON'T THINK OF A BOX OF JIGSAW PUZZLE PIECES AS A TIME-CONSUMING CHORE – IT'S ACTUALLY AN ACTIVITY THAT WILL PROVE MORE BENEFICIAL THAN YOU THINK.

Building jigsaw puzzles is a pastime that spans the generations. You might remember your own children, as babies and toddlers, joining a handful of large format puzzle pieces to make a simple picture. As they grow, the pieces get smaller, the image gets more detailed and number of pieces in a box rises through the hundreds and eventually, into the thousands.

Building puzzles as a fun family activity can also 'join' you in other ways - the bonding experience and time shared is invaluable. Jigsaw puzzles should definitely be on the activity list when the smallest members of your family come and visit or stay. However, building jigsaw puzzles in the latter years of life, and especially so with likeminded friends, actually has more benefits than you'd think. Here are just some of them:

1. Left brain meets right brain to prevent cognitive decline. Puzzles are a whole-of-brain activity as they exercise both the right and left sides. Our brain's right side sorts creativity, emotion and intuitive thinking while the left side is the logical, objective and methodical side. When you complete a puzzle, both sides communicate and work together, increasing cognitive function. The occipital lobe is the area where the brain connects colours and shapes and it is also activated during puzzle building. Exercising the mind helps prevent cognitive decline.

2. Memory improvement. Picking up a puzzle piece and scanning the rest of them for a match strengthens neural connections and increases the generation of new connections. This, in turn, increases mental speed and thought processes. You've also got to be visualising the completed

image, but in small sections, and when you exercise the part of the brain in charge of storing this kind of information, you're also working a muscle that will ultimately improve your short-term memory.

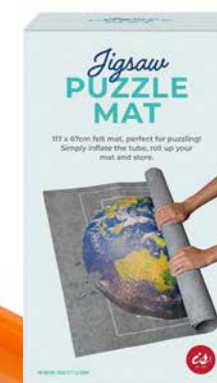
3. Problem solving and IQ increase. It's true. You can actually become smarter by completing puzzles - and there's research to prove it. A group led by Dr Susanne Jäggi at the University of Michigan found that spending just 25 minutes a day solving puzzles can raise your IQ by four points. Nice. Beyond the brain boost, these enhanced problem-solving skills can be transferred and applied to other areas of life to make you more innovative and adaptive as well as a more critical thinker.

4. Mood enhancement. Solving puzzles increases the brain's production of dopamine. This neurotransmitter is responsible for regulating mood and optimism. It also affects learning, memory, concentration and motivation. Dopamine is released every time we put a puzzle piece in the right place. This encourages us to challenge ourselves and continue to find more and more puzzle-piece matches (many of us know that feeling of becoming 'addicted' to completing a puzzle and finding it hard to walk away from an uncompleted one!).

5. Decreased stress through the meditative process of completing a puzzle. When assembling a puzzle, our brains go from 'beta' (or awake) to a state of 'alpha' (which is similar to the state we are in when we are dreaming). This shift in consciousness comes with many benefits, including improvements in mood and self confidence, lower blood pressure and heart rate, as well as stress relief.

Jigsaw puzzle mat, \$26.95, from templeandwebster.com.au

Kmart puzzle sorting trays, \$10, kmart.com.au



Deluxe jigsaw puzzle board and zip-up storage/carrier (for up to 1000-piece puzzles), \$73.99, theboardgamer.com.au



6. Better visual-spatial reasoning.

7. Greater attention to detail.

8. Increased productivity.

9. Delaying symptoms of dementia and Alzheimer's disease.

10. Better ability to collaborate and work in a team (when you join friends in puzzle-building).

If you don't have your own puzzles or have done them so many times that you know them too well, head to our resort library and check out the collection there.

And here's a nifty idea: Similar to a Book Club, you could even round up some likeminded puzzle-lovers here within our community and share resources or, more importantly, join forces and puzzle together regularly. Now that sounds like fun!



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, FREECALL 1800 770 057.
*T&Cs apply



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

Homes for sale.

Want to book a private tour and find out more about our resort? FREECALL 1800 770 057

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

Home 129



Home 127



Home 41



Home 18



Sell your home with us.

THERE ARE MYRIAD BENEFITS OF BUYING AND SELLING YOUR PALM LAKE RESORT HOME VIA OUR LOCAL PALM LAKE RESORT SALES EXPERTS. THERE'S LITTLE DOUBT THAT OUR LOCAL TEAM MEMBERS ARE BEST PLACED TO HELP YOU MOVE INTO AND, WHEN THE TIME COMES, OUT OF YOUR PALM LAKE RESORT ABODE.

Highest possible sales price

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

Constant demand

The first place that buyers go when looking for a community lifestyle resort within the Palm Lake Group is the Sales Information Centre or Caretakers' office in their chosen resort location. Our Sales Consultants and Caretakers are currently receiving new enquiries daily and always have a wait list of qualified cash buyers ready to inspect your home.

Fast and easy process

There's little doubt that the market for over-50s homes across our Palm Lake Resort network is hot right now! Our teams are currently selling many homes off market, within days of them being listed. For Palm Lake Re-



sort homeowners looking to move on, this eliminates the long timeframes, stress and increased costs associated with listing with an external agent. This also provides you with greater privacy and less disruption to your routine, giving you more time to focus on your next move.

Wealth of expertise

Considering the Palm Lake Resort brand celebrates 45 years of history in 2022, the majority of our Palm Lake Resort Sales Team members are very experienced in our product. For newer Sales Consultants, they are well supported by our network of expert Palm Lake Group real estate professionals right across the country. And, of course, everyone has the complete support of our experienced management team and the Elliott family company owners themselves. There really isn't anyone better positioned to sell your Palm Lake Resort home and the benefits of our over-50s community lifestyle resorts than one of our own.

Commission-free transition

Did you know that if you live at any Palm Lake Resort and relocate to a brand new home in a different Palm Lake Resort location, you won't pay any agent's commission on the sale of your original Palm Lake Resort home? When the time comes for you to sell your Palm Lake Resort home, make your first port of call our local Caretakers' office.

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 770 057 | carindale@pallmlake.com.au
2 Ford Court, Carindale QLD 4152

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