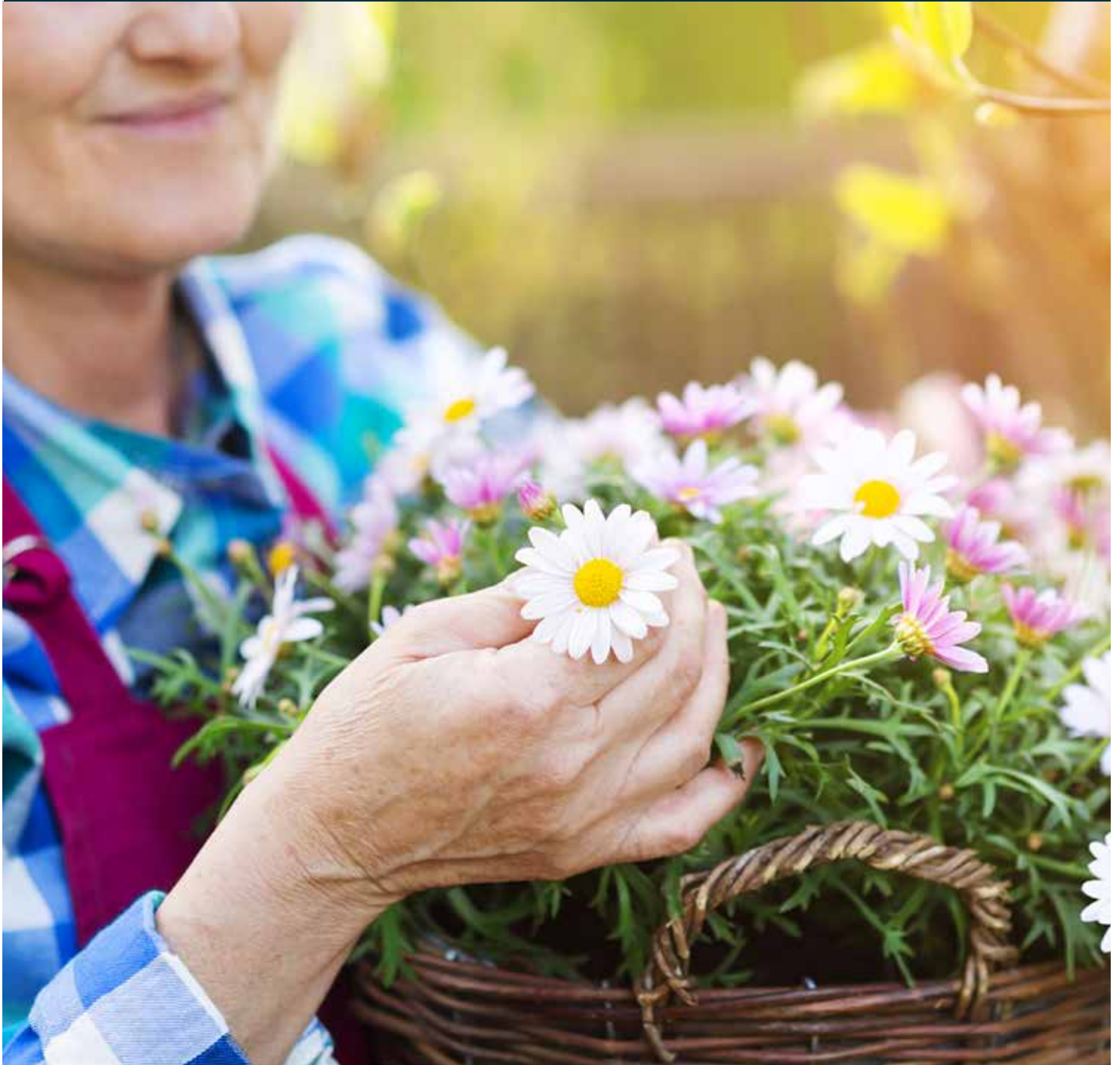


Carindale Chatter.

AUGUST - SEPTEMBER 2023



Gardening for good

Here are five ways to benefit your health by using your green thumbs

Social butterflies

There's been plenty on the social calendar these past few months. Check out just some of the great memories we've made, inside...





Pictured above: Our darts team gets together every Monday. If you're keen to join in, the fun starts at 1.30pm and you can find them in the Recreation Room



Welcome.

Hi to all our homeowners (and prospective homeowners too!),

What a great few months we've had since our last newsletter. Wayne and I are working hard to make further improvements to our community. As we say, this is our home, too! We arranged lots of native plants to be delivered from the council. They have improved the look of the gardens where they have been planted. But it doesn't stop there. We will be ordering a new truckload to continue beautifying our lovely grounds and we are currently looking at tidying up the palm trees around the resort. Some of them are in need of a trim and some fertiliser. On the topic of our grounds, our new Groundsman, Phil, has settled in very well. We were fortunate enough for him to spend his birthday with us recently. You can get to know more about Phil on Page 9 of this newsletter.

If you had not heard, dinner bookings are now being made on the booking sheet, if you are unable to utilise the portal. Thank you for all your patience with the booking process. There are fewer reminders going out, so a big hand clap to all homeowners who are doing the right thing.

Also, there are some volunteers within our community who are willing to drop in on those fellow homeowners who are not as mobile as they used to be, to have a cup of tea and a chat. If this is you, please let the office know.

Our recycling project is going very well with a committee now formed to help coordinate fundraising through the recycling of all the many bottles, cans etc from across our resort. This committee will also play a key role in identifying ways in which the funds raised can best benefit our entire community. Stay tuned.

In closing, 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!

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 (@palllake.resort)



This newsletter is intended to give general info only. All liability arising directly or indirectly from the use of, or for any error or omission in the information given, is expressly disclaimed.

News briefs.



Above: Check out our lovely homeowner Bruce (Home 124) who volunteers with various jobs around the resort, especially the rubbish run each Wednesday. His wife, Lorraine, is also a vibrant volunteer within our resort.

NEED A HAND AT HOME OR IN THE GARDEN?

Steve is a familiar face around the resort. Steve also does some gardening and some handyman stuff. You can call Steve on 0402 128 737.



Above: Yvonne's 80th birthday celebration. Happy birthday, to you!

THIS IS YOUR TIME

The Winter 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 check it out at palllakeresort.com.au

In this edition, we take a look at all our newest projects including Palm Lake Resorts at Pelican Waters (Queensland), Paynesville (Victoria), Yamba Cove and Forster Lakes (NSW). Palm Lake Group Managing Director Scott Elliott also announces two new land acquisitions - find out where Palm Lake Resort is popping up next. And we talk to some of our friendliest Caretakers around the Palm Lake Group of resorts.



Weekly activities.

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)
1.30pm Darts (Recreation Room)
6.15pm Bingo (Recreation Room)

TUESDAY

3pm 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, with pick-up at 12 noon
1pm Cards - Rummikin, Scrabble, Mah-jong (Recreation Room)

SATURDAY

9-10am Line dancing
9.30am Cards - Hand & Foot, Canasta (Recreation Room)
1pm Cards - 500 (Recreation Room)

SUNDAY

9am Mah-jong (Recreation Room)
4pm-5pm Choir (Grand Hall)

CONCERTS COMING

We are planning a series of easy listening music concerts for you to enjoy and bring back memories. These will be on the first Tuesday of the month from 3 - 4pm. Some will have a cost of \$10 per head, others will be free. There may also be poets, karaoke, open mic sessions, talent quests. Watch the Noticeboard in the Hall and Chit Chat for updates.

Chris (Home 10)



Social Club report.

Cancer Council Australia's Biggest Morning Tea

Well, what a wonderful morning which exceeded all of our expectations! While raising money for cancer research was the pivotal aim for us all, we need to let you know the lead up to this success and the hard work that was done "behind the scenes". The two main instigators were Norma (67) and Narelle (141). They spent many hours extracting, coercing and charming gifts and gift vouchers from local chemists, bakers, cafes, pizza and fish and chip shops. Our local politician, Steve Minnikin, gave a lovely basket of goodies. Special mention goes to Kerry Bradley (Palm Lakes) and Carol Spalding (real estate agent) who were so generous with money gift cards.

Thanks to many others who gave their time to assist with gathering and wrapping gifts for the raffles and those who assisted Norman with her garage sale which raised a wonderful \$400. Of course all of this couldn't have been done without the wonderful community here. You provided a morning, tea with enough food to feed an army and all just so yummy. You bought hundred of tickets and Narelle, Leola and Carol were kept very busy with the prizes. To everyone, a heartfelt thanks for a job well done. We managed to raise \$2473.56 towards cancer research. What can I say "You're simply the best".

Let's hit the rails

Well, we were off on time with blue skies and sunshine. The trip started well but as usual, we hit a traffic snarl on the M1 which slowed us down. This meant no stopping for morning tea but no worries, Hazel provided us with poppers and cheese and biscuits. We reached the train station on time and found an old era train built in 1949. The driver/conductor gave us a history of the train which runs entirely on solar power but it does have a backup diesel engine in case of emergencies. The men were very interested in the workings of the train. The actual ride was a bit on the short side as the track is only 3km but we travelled through lush rainforest, crested a river and caught glimpses of the sea.

Next was lunch at the North Byron Hotel, a beautiful converted old barn. The food was great and plenty of people went home with doggie bags. We drove through the town centre, saw the lighthouse in the distance and the wonderful beach. Making our way home we had two stops, one for ice cream or drinks and the other at an egg farm. Lovely trays of fresh farm eggs and there were also plants for sale, a very worthwhile stop. It was a long trip but what a lot of fun it was. Lots of laughs and just wonderful company. Thoroughly enjoyed it!!



Above: Our recent train adventure through Byron Bay.
Below: The Lovely Daze kept us entertained.



The Lovely Daze

A musical duo playing well loved music from the 1960s up until now. They are professional entertainers who perform at a number of venues around Brisbane and we were lucky enough to have them approach us to come and play. In a very short time we were all swaying and singing along to those good old tunes. Our Chris (10) celebrated a birthday with around 60 people and a band and she didn't have to do a thing, it all just happened.

We danced up a storm to Roy Orbison, Johnny Cash, the Beatles and many more great songs. The unexpected line dancing led by Chris Wilson was so enjoyable and great to watch. Also the amazing dance moves to Brown Eyed Girl from Pauline was a joy to see. One of the highlights of the evening was when one of the band (who looked like Rod Stewart) came and sat by June (pictured) and sang "Have I Told You Lately That I Love You". Very special. It was a great night.

Home Owners' Association report.

Morale is high at Palm Lake Resort Carindale lately, a noticeable change since the recruitment of our new Caretakers, Karen and Wayne. They are approachable, respectful and, above all, diligent at their task of providing us with up to date information. This in turn means that homeowners are willing volunteers for various projects. The addition to their team of our groundsman Phil will soon have the gardens free from weeds and a recent delivery of two trees for each home, courtesy of Brisbane City Council, will revitalise the gardens. We are hopeful that a cleaner will also be engaged to manage the huge areas requiring attention, on a regular cleaning schedule. Our thanks to Kristen, from our contracted mowing team, who has assisted in these areas recently.

The return of Shane as our tai chi instructor has seen attendance increase with the return of regulars plus added interest from new homeowners willing to give tai chi a try. The aqua classes are being well supported during the winter months as the pool has been kept warm. The pool blanket is in use until September and this is making a huge difference to the pool temperature.

The Home Owners Association has facilitated presentations from Caxton Legal and Caring Cuisine - a new meal delivery program to provide homeowners with regular meals should they require some assistance.

A Sub Committee has also been established to look at ways of better cooling the Grand Hall as the existing Odessey system does not cope with the heat and humidity during the long summer days, conditions that are reflective of climate change. This affects weekly meals, activities such as line dancing and eight ball as well as social events.

Recycling to support our resort.

We have a new Resident Projects Fund (Recycling) Committee:

President: Ken Glasgow (Home 113)

Treasurer: John Toogood (Home 8)

Secretary: Leola Boland (Home 108)

Committee members: Norma Marl (Home 67), Christine Riordan (Home 10).

This committee has been set up to raise funds for projects around the resort using the recycling of cans and bottles etc. Our first project will be an extension of the barbecue area outside the recreation hall to enable more people to attend events. Watch this space for more projects coming up to further beautify our grounds for all homeowners. If you have any ideas please feel free to contact us.



How to feel warm (and fuzzy) this winter.

SURE, YOU COULD SIP ON HOT CHOCOLATE OR DON A COSY JUMPER TO BEAT THE CHILL THIS WINTER. BUT IF YOU REALLY WANT THAT WARM, FUZZY FEELING, ONE OF THE BEST WAYS IS TO DO SOMETHING KIND FOR SOMEONE ELSE.

Volunteering has long been associated with retirement, but the release of a 2022 research report from National Seniors confirms it. The survey, which asked more than 3600 older Australians to talk personally about volunteering, revealed impressive results.

Half of the respondents stated that they volunteer at least some of the time. Twelve per cent say they volunteer five to 10 hours per week, nine per cent volunteer 10 to 20 hours per week, and two per cent volunteer more than 20 hours per week.

Interestingly, there was little distinction between the amount of volunteer work done by those who had permanently retired from paid jobs, and those who hadn't. Retired or not, senior Australians just love to volunteer. Perhaps it's because, as the report also revealed, many volunteers say it makes them feel more positive and satisfied with how they spend their time.

This is certainly true across the Palm Lake Group of resorts. We are home to countless happy volunteers and volunteering groups. From knitting tiny beanies to donate to babies in NICU, to collecting bottles and cans to raise funds for drought-stricken Australians, hundreds of marginalised people feel the love from our Palm Lake Resort homeowners.

Why not spread more of those warm and fuzzy feelings yourself? Here are four creative ways to volunteer your time this winter (and beyond).

WHY NOT WRITE TO SOMEONE?



Find a pen pal

Have you heard of the Letterbox Project? The flagship program from Connected AU, the Letterbox Project is national pen pal initiative that focuses on fostering connection and community. It allows you to volunteer some time to send handwritten letters across Australia to people feeling isolated and disconnected. Every single letter (for the duration of the pen pal communication) is sent through the Connected AU team and approved, allowing relationships and connection to thrive while ensuring everyone in their community is safe. Head online to connectedau.com.au/letterbox_project to learn more about this great initiative.

Offer your skills as a mentor

By the time we reach retirement, many of us have picked up a few special skills over the years. Maybe you're talented in art and crafts and know your way around a set of knitting needles or a crochet hook? Perhaps you're a professional pianist or artistic painter? Or maybe you love getting your hands dirty in the garden (and regularly reap the rewards in terms of fresh produce or beautiful flowers)? Whatever your skill, chances are there is someone in your community (be that within your Palm Lake Resort community or the greater local community) who wants to learn from you. Consider posting a flyer on your resort noticeboard or in your local paper or Facebook group volunteering your time and expertise as a mentor – you never know who will reach out.

Coordinate a drive

From canned goods to baked treats, handmade items to unneeded items, we can make a big difference when we all

rally together to support those in need. Choose a cause to support – it could be sanitary items for unhoused people in your community, toys for children fleeing family violence or cans of pet food for your local animal shelter – and call on your Palm Lake Resort community to help bring the drive to life. We're a charitable bunch and no cause is too small. Also, keep your ear to the ground; you just might hear that one of your neighbours is doing it tough, or that one of their friends or a family member might need some support.

Care for someone in your greater community

For the last few years, the Palm Lake Group has been committed to co-locating Palm Lake Resort and Palm Lake Care locations. This not only provides opportunities for couples with different levels of care to stay close to one another, but also ensures that residents in our aged caring communities feel the love and support of their Palm Lake Resort neighbours. Palm Lake Care is always looking for volunteers to either visit the community and spend time with the residents, or assist the Lifestyle Team in running activities. If this sounds like you, please contact the Lifestyle Coordinator at your nearest Palm Lake Care to discuss this further. Head to palllakecare.com.au for the contact details of each of our seven care communities.

Whichever way you go, there's definitely a warm and fuzzy feeling attached to lending a hand to support others. And don't forget, there are always plenty of volunteer roles around your resort neighbourhood as well - our various committees are sure to love it if you put up your hand to help. You'll be getting to better know your neighbours, too, which is always a great added bonus.

Queenslander!

Pictured above: Footy fever definitely ran through our veins in recent months with the screening of the State of Origin games here at our resort. It's been fun to see everyone get into the spirit. Judging by the looks of the golf buggy, Care-taker Wayne was hedging his bets!

Garden your way to better health.

IT'S A BELOVED PASTIME FOR GREEN-THUMBED HOMEOWNERS OF PALM LAKE RESORT, BUT DID YOU KNOW THAT GARDENING IS MORE THAN JUST A REWARDING HOBBY? IT CAN ALSO OFFER A VARIETY OF HEALTH BENEFITS. HERE ARE JUST FIVE OF THEM...

If you're looking for a fun way to up your vitamin D intake, make friends in your community and increase your hand strength, look no further than gardening. Better yet, you can add reduced blood pressure and a lower carbon footprint to that list, too. More than just a way to beautify your home and its surrounds, gardening offers a seemingly endless list of positives. It's great for your physical and mental health, your community and the planet. And you don't even need a big yard to do it.

You can find many beautifully tended-to front and backyards in each of our Palm Lake Resort locations (especially ours!), with community gardens at select resort locations as well. Put simply, life at Palm Lake Resort makes it easy to discover all the health benefits of gardening. If you needed any more encouragement, here are five of the main reasons why you too should get out in your garden...

Gardening improves your physical health

When you think about it, gardening is an excellent workout. All that digging, raking, planting, weeding, and watering helps to burn calories, strengthen your muscles and even improve flexibility. Gardening is considered 'moderate' physical activity, which means you only need to do about 30 minutes of gardening every day to meet the recommended exercise requirements for a healthy body. Add to that the health benefits of vitamin D intake through sun exposure, which includes improved heart health and stress relief.

Gardening improves your mental health

The mental health benefits of spending time in nature are well documented. Experts agree that being outdoors can reduce stress, foster connections with your local community (in turn, improving confidence and self-esteem) and sharpen cognition. When we nurture nature, in return, we create a positive feedback loop that allows us to connect to nature, promoting mindfulness and a sense of purpose. Plus, it's a great way to disconnect from screens, inhale good bacteria (specifically *Mycobacterium vaccae*, dubbed the 'natural antidepressant' for its ability to increase serotonin in the brain) and produce something meaningful and rewarding all at once.

Gardening will help you eat healthier

It goes without saying – when you grow your own produce, you eat better. This isn't just because you feel more motivated to eat the wholefoods you've nurtured in your own backyard (lest you waste those weeks or months spent growing each plant), but also because you avoid the pesticides that are sprayed on mass-produced fruits and veggies to help them last longer. Better yet, growing your own veggies in your garden is cheaper than shopping in the organic section of the supermarket, meaning you get more healthy wholefoods bang for your buck. This makes it much more affordable to eat the recommended daily servings of fruits (two) and veggies (five), which are believed to increase your lifespan and lower the risk of certain diseases.

Gardening helps you live a more sustainable lifestyle

If you're passionate about sustainability, growing your own produce in your garden helps you live more in line with your values. Making fewer trips to the supermarket reduces the need for excessive industrial agriculture, while also cutting down on packaging and the amount of fuel needed to transport each piece of fruit or vegetable from its growing location to your plate. By tending to your own garden, you'll also learn ways to make your waste go farther – for instance, you'll be motivated to compost food scraps to make a rich plant fertiliser. Also, the plants you grow will help reduce carbon and pollutants from the air or, if they flower, feed local pollinators like bees, butterflies and birds.

Gardening can help foster a sense of community

Last, but certainly not least, gardening provides great opportunities for social connection within your resort community. Whether you join/start a special interest group around gardening or you simply offer to help out a neighbour in their backyard, gardening is a fun, easy way to get to know some likeminded people. And, when you have a good harvest, you can share your abundance with those neighbours, friends and family members – who wouldn't appreciate a home-grown food basket, or some fresh cut flowers grown with love?

At the very least, it's nice to know that you're never really alone when you're gardening. While we've talked about the benefits of social interaction if you potter in the garden with friends, don't forget that even when you're alone in your own backyard, you're actually surrounded by thousands of living organisms, each of you playing an important part in the ecosystem.



Meet our Phil.

PHIL SHEARMAN HAS JUST JOINED OUR TEAM AS GROUNDSMAN AND BRINGS WITH HIM A WEALTH OF EXPERTISE AND EXPERIENCE.

If you haven't yet met our new Groundsman, Phil, there's one word that sums him up perfectly, and that's "passionate". This self-professed "plant nerd" comes to us with some very useful perspective. He has seen the Palm Lake Resort product from the view of his (late) parents who lived at Palm Lake Resort Deception Bay for 13 years and he's also looking at our resort grounds through a different lens - one that inspires him to bring more useful green space to our homeowners. "My real passion is to use my skills to make better use of green spaces for those people who live in and around them," Phil explains. "Knowing my mum and dad's home and how they lived at Palm Lake Resort Deception Bay, and knowing that people won't utilise a green space if it's not designed right, I believe there's so much potential for our resort here at Carindale."

Phil already knows that Palm Lake Resort homeowners don't just 'live' in a house. They 'live' across the entire resort grounds and he wants to develop spaces here that help wrap our homeowners in that relaxing and enjoyable green plant energy that has gotten him, personally, through some tough years. He says it's not just about plant choices, but also the design and layout of those plants and more, that encourage people to interact with, and ultimately enjoy, any green space.

Phil has clocked 31 years' experience in horticulture since completing his original trade qualification but also has an Associate Diploma in Horticulture and a Certificate IV in Conservation and Land Management (read: the man knows his stuff!).

"People don't realise how qualified I am," he smiles.

We are so looking forward to watching Phil's plans for our resort grounds take shape. Please make sure you stop and say hi when you see him out and about.

Important phone numbers.

- POLICE/FIRE/AMBULANCE** 000

Police Link (non urgent incidents 24/7) 131 444

State Emergency Service 132 500

Mater Hospital (24 hour emergency) 3163 8111

PA Hospital (24 hour emergency) 3176 2111

QEII Hospital (24 hour emergency) 3182 6111

Veterans Affairs 1800 838 372

Home Assist 3343 9833
- Palm Lake Resort Carindale**

Caretakers' Office: 9am-12noon, Mon-Fri, 3907 1000

Grand Hall 1196

Recreation Hall 1195
- Alex Sharp Appliances** (Repairs) 3822 7406

Beautician (Sharon) 0411 094 641

Bev's Mobile Hairdressing 0411 353 446

Bus, Ferries and Trains Information 13 12 30

Chemist: Belmont Pharmacy 3890 3988

Chemist: Meadowlands Road 3398 6709

Clean & Tidy (Colin) 0402 074 947

Electrical First 0408 750 290

Fox Mowing & Gardening 0427 493 005

Insurance MHIA 1800 676 700

L&GM Electrical (smoke alarms) 0403 667 759

Mobile Dog Wash (Melanie) 0403 194 657

Painter (Stephen) 0414 608 512

Paper Delivery 3390 4969

Pest Control (Ben) 0422 978 582

Plumber (Andrew) 0434 018 008

Snake Catcher Wildlife Rescue 0417 280 599

Taxi: Black & White 13 32 22

Taxi: Yellow 13 19 24

TransitCare Community Flyer 1300 153 636

Wayne's Lawn Mowing Service 0401 136 533

Westy's Pressure Washing 0435 030 305

Wilpac Garage Doors 0433 155 713
- Comms Co** (internal phone/internet) 5607 4030

The Local Vocals.

The homeowner choir has steadily grown to 20 singers who meet on a Sunday at 4pm to enjoy a chat, a laugh and some song. They are now heavily committed to rehearsals for our annual Spring Affair. This year, pianist and show director Trish Benson has chosen to update the music to a 'Top of the Pops' rhythm with hit songs from the 1950s and '60s. The title for the show is "Love and Marriage". Trish has carefully sought input from the choir members who chose songs from their teenage years when first loves (and losses!) were experienced. Her selection will tell a story and the audience will be transported through a fictional romance where boy first meets girl, they fall in love, break up, make up and finally marry.

If past events are any indication, the audience will support the evening by being appropriately dressed in '50s or '60s outfits. Prizes for best male and female outfits as well as a lucky door prize will be presented during the intermission.

The Local Vocals do not receive any financial assistance and therefore rely on this event to provide them with some funds to purchase music and cover printing and stationery costs. The modest entrance fee of \$5 each (children are free) provides an evening of wholesome entertainment for homeowners and their family members so bring along your wine and nibbles. Also, make sure you enjoy a half-time supper which is always a highlight of our musical events.

The date to note is Saturday, September 2 – the day before Father's Day. Tickets will be pre-sold to avoid waiting in a queue at the front door and to assist with catering, but you can also pay on the night. Doors will open at 5.30pm to allow family members to gain access before the resort gate shuts at 6pm. The show will commence at 6.30pm.

DIARY NOTE:
SPRING AFFAIR
IS ON SEPT 2



Pictured above: Our Fashion and Soup Lunch in June was a great success with eight varieties of yummy hot soups served up. Thank you and well done to Sue (Home 138), Narelle (Home 141), Carole (Home 46), Jude (Home 120) and Jenny (Home 168). The fashion show was also successful. Thanks to all our beautiful models Jenny (Home 168), Carolyn (Home 41), Joy (Home 48) and Jan (Home 162)!

Homes for sale.



Cash buyers await.

There's a never-ending stream of enquiry about homes for over-50s at all the Palm Lake Resorts across Australia's east coast - and Carindale is no exception. With our proximity to the CBD, major arterial roads and all those essential services and retail opportunities, ours is one coveted location. Add to that our secure resort grounds, the low-maintenance/high-quality homes here, our on-site facilities, the myriad weekly activities we have on offer and our welcoming community, and you can see why it's a 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. They are supported by a team of real estate professionals across the Palm Lake Group which itself has more than 45 years' experience in developing and operating over-50s communities.

There are always qualified buyers waiting to hear about any new homes as they hit the market. For more, FREECALL 1800 770 057 or stop by the Caretakers' office during office hours.

Want to book a private tour and find out more about our resort? FREECALL 1800 770 057 or email carindale@pallmlake.com.au or visit us at pallmlakeresort.com.au

10,000 REASONS TO CELEBRATE

With more than 46 years' history and properties right along Australia's east coast, did you know that 10,000 likeminded people call a Palm Lake Group address home? Come join our 10,000-strong community in 2023. We welcome you home.



FREECALL 1800 770 057 | carindale@palllake.com.au
2 Ford Court, Carindale QLD 4152

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