

# Carindale Chatter.

AUGUST - SEPTEMBER 2022

## Bring your best mate.

PALM LAKE RESORT CARINDALE IS PROUDLY PET FRIENDLY. READ OUR TIPS INSIDE FOR KEEPING YOUR BEST MATE IN TIP-TOP SHAPE DURING THESE COLDER MONTHS - AND BEYOND.

See our stories inside,  
on Pages 8-9 >>



**Pictured:** The September school holidays will be here before you know it. You better brush up on your mini golf skills before your smallest family members come for a visit! Holidays will run from Saturday, September 17 to Monday, October 3 inclusive.



# Welcome.

Hello all and welcome to another edition of our *Carindale Chatter* resort newsletter. We'd like to send a warm welcome to our new Groundsman/Maintenance officer (and all-round handyman!), Ben. Ben had been working as our resort cleaner but he is now also handling the management and upkeep of our grounds as well. You will, no doubt, see Ben out and about as he completes his tasks - please say hello and make him welcome in his new role!

Our thoughts go out to the residents at Palm Lake Resort Forster who have had the misfortune of receiving a storm water surge through their homes and resort grounds in recent weeks. What this unfortunate incident has shown, however, is the strength of our communities in supporting one another - as well as the immediate and supportive response by our head office. Within hours, there was a busload of Palm Lake Resort Tea Gardens residents at our Forster resort's doorstep, armed with squeegees, mops and brooms to assist their fellow Palm Lake Resort 'cousins' with the clean-up effort. I know the same Palm Lake Resort community spirit exists here in our resort, too. You only have to look at the many residents who put up their hands to volunteer in our resort committees or to run activities and host events for the benefit of their fellow neighbours. It's wonderful to witness. If you'd like to volunteer your services around the resort, we'd be more than happy to point you in the direction of a committee where you'd find enjoyment and personal reward for your particular skillset.

Stay safe everyone and remember those social distancing and hand sanitisation recommendations as we navigate the last of the winter months.

**Merrilyn and Clive,  
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@palmlake.com.au](mailto: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.

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

## RECYCLING AND GREEN WASTE

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 recycling and green waste collection dates:

- **August 1**
- **September 5**
- **October 3**
- **November 7**

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



## SHOW YOU CARE

Do you have some spare time and would like to give back to the community, while also making a difference in someone's life? Palm Lake Care Mt Warren Park are looking for volunteers to either visit the community or assist the Lifestyle Team in running activities. If this sounds like you, please call Lifestyle Coordinator Leona Counsell on 3444 6000 to discuss this further.

## NEED A WITNESS?

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)

## WHAT'S ON AROUND TOWN

**August 19 - September 25:** Prepare your tastebuds for the Tastes of Moreton Bay Festival! The main event is the Moreton Bay Food and Wine Festival on August 19 and 20 at Apex Park, Woody Point. Eat. Drink. Enjoy. Repeat.  
**September 3:** Riverfire returns to light up the Brisbane skies! It will kick off the much-anticipated Brisbane Festival, which will deliver a jam-packed program of culture, food and entertainment to the city.  
**September 17:** Redcliffe KiteFest features an entire weekend of non-stop fun and entertainment, taking place at Pelican Park in Clontarf.

## 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!



## EXTRA! EXTRA!

If you haven't already received a copy of the Winter 2022 edition of our company magazine, Your Time, you should check it out before our Spring 2022 hits the streets in September. Read all back copies of our company magazines at [www.palmakeresort.com.au](http://www.palmakeresort.com.au)



# 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  
**QEII (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  
**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

# Social Club report.

## Report on activities

The Social Club is always busy with different activities and events for the residents to enjoy. In **May**, the group hosted a bus trip to historic Ipswich with morning tea at the Ipswich Information Centre. A tour of St Mary's Church was a highlight of the trip, including an inspection of the large stained glass windows - mainly of a biblical theme. We learned that the most recent and final addition to the windows depicts a more modern theme on the arrival of the clergy to the Parish. The Church is home to the largest "stations of the cross" in the Southern Hemisphere - a key feature of this Ipswich icon. Lunch was held at the newly renovated Prince Alfred Hotel followed by a trip to the Nature Reserve in Queens Park.

In **June**, it was time for us to host a resort-based event. We held a 'Shoe and Soup' lunch, with many residents purchasing shoes from "Bare Traps" of Wynnum, who visited our resort for the event. The lunch of hot soup (on this particularly chilly day) was well received and residents are keen to have more of these types of events in the future.

In **July**, our bus trip was to Maleny for Christmas in July. Morning tea was first enjoyed at the Orangery and there was a Bavarian 'twist' on our Christmas lunch festivities courtesy of King Ludwigs Restaurant. The beautiful views that Maleny has to offer were perfectly complimented by live entertainment at lunch.

**August** promises to be another great month with a trip to the Gold Coast planned for August 15. Our morning coffee stop on the way to the coast will be at Kiwanda Café - the home of Zaraffas Coffee - and will include delicious scones, with jam and cream. We will then cruise the Nerang River and enjoy an onboard seafood buffet lunch. Can't wait!

As **September** rolls around, the Social Club will host our Choir and Dancing Queens with a night of musical delights. The event has become known as "A Spring Affair" and the main event is scheduled for Saturday, September 24. This year's theme will be Broadway Melodies with songs from South Pacific, West Side Story, The King and I, Carousel and many more. Fancy dress in line with the South Pacific fashion should add to the atmosphere and merriment of the evening.

Due to popular demand around this event, the choir is offering two shows this year - one on the Saturday and a second on Sunday, September 25.



**Pictured left:** Our line dancers meet each Wednesday and Saturday and recently celebrated four-years of line dancing fun!

## Our Dancing Queens mark four years

The Palm Lake Resort Carindale line dancing troupe recently celebrated four years of activity. The idea was created through the initiative of two residents, Gail Fernando and Chris Wilson. It was over a casual cuppa that the pair discussed the idea of starting the group - and so it began. The line dancing activities are funded and run by the residents themselves.

Over four years, the troupe has grown to between 12 - 15 regular members who dance on Wednesday and Saturday mornings. New dances are always being introduced to keep interest in the group - it's also a great challenge to the members to learn and memorise new steps. To mark the four-years anniversary, a scrumptious chocolate cake was provided by Chris White (the line dancing teacher) and cleverly iced by Jenny Liversidge. It was a wonderful anniversary event!



**Pictured above, left:** It's time to get your costumes ready! This year, at Palm Lake Resort Carindale's "A Spring Affair", guests will be encouraged to dress under a South Pacific theme. There will be prizes for best dressed male and female so make sure you start thinking about your outfit!

**Pictured above, right:** State of Origin is always a fun time of the year as our residents' blood either runs blue or maroon. Pictured here are homeowners Rob McBrien and Victor Carthew in their team colours. One word: Queenslander!

# Home Owners' Association report.



**Pictured above:** Cr Steve Minnikin with Home Owners' Association Secretary Trish Benson on her 70th birthday.

## Bus shelter in Wright Street

After nearly two years of discussions with the Brisbane City Council and Councillors Ryan Murphy and Steve Minnikin, the Home Owners' Association is delighted to announce that Council has agreed to placing a seat at the bus stop in Wright Street at a date to be announced in August. Initially, we asked for a bus shelter but due to the low patronage at this stop and as it is not an ingoing route to the city, Council could not justify the \$50,000 expenditure. We are grateful that they have recognised our request in some fashion.

## Bowling green upgrade completed

The bowling green upgrade has brought Palm Lake Resodetn Carindale residents out to try their hand at lawn bowls. Ken Glasgow has been giving instructions to beginners and our more established bowlers have been taking advantage of the upgraded green for practise roll ups. Eventually, it is hoped that competition days against other visiting Palm Lake Resorts will be held but, for now, residents are pleased to have the facility upgrade completed.

## Morning tea

A morning tea was hosted by Cr Steve Minnikin, Shadow Minister for Transport and Main Roads as well as Customer Service. Steve spoke to our residents about transport infrastructure plans for our area, such as the Cross River Rail and a second motorway to the Gold Coast. Scrumptious treats were served by his office staff, Sophie and Rae, and included a surprise birthday cake to celebrate the 70th birthday of Patricia Benson, our Home Owners' Association Secretary.

## Birthday celebrations continue...

Following Cr Minnikin's morning tea, Patricia's family and friends gathered in our Grand Hall to celebrate the 70th Birthday milestone. About 50 people attended, enjoying a cold lunch, cupcakes and sparkling wine to toast the birthday girl. Trish's daughter, Julie Beveridge, was MC for the afternoon and the gathering was treated to stories about Trish's upbringing. One of our residents, Norma Marl, rounded off the speeches describing her relationship with Trish since she moved into the village three years ago. She remarked on the work Trish does for the Home Owners' Association and on the Social Committee. Entertainment was then provided by the Choir before a final humorous toast by her son, Anthony Beveridge.

In response to the well wishes and speakers, Trish thank everyone for attending by reciting a poem she had written especially for the occasion. You can read it on Page 7.

## Get to know your Committee

Our Home Owners' Committee includes the following resident representatives:

- **Chairman:** Michael Muller
- **Vice Chair:** Norma Marl
- **Treasurer:** Bob Langdon
- **Secretary:** Patricia Benson
- **Committee members:** Paul Cooper, Hazel Holman and Stuart Liversidge

## My Village Life, by Trish Benson

I'm living with 200 neighbours, and have been for one thousand days.  
Some I see only occasionally, but all of them greet me with 'Heys'.  
Life in the village is different. Life in the village is fun,  
With more than enough activities, to keep the fat off your bum!

On Mondays, it's aqua aerobics - tthe water is tempered and warm.  
The teacher is very appealing, she smiles while we grimace forlorn.  
Tuesdays – outside of the village, to Belmont on greens I have bowled.  
This is a family tradition, so why would I now break that mould?

Wednesdays are busy with dancing, from 9 until 10 – with some rest,  
Followed by lively discussion with coffee or tea on request.  
Thursdays, it's back in the pool, then shopping and lunch with a friend.  
The larder now full for the weekend, when family may visit - depends.

Fridays are free at the moment, I'm sure I could find someone who,  
Would like to play scrabble together, with me - is that someone you?  
On Saturday, dancing in lines, but I don't always attend,  
For family visits with grandsons, are usually just round the bend.

We swim or play games with each other - there's always a treat to be had.  
If not today, then tomorrow. I love them so much - my dear lads!  
Sunday at four I'm excited, to play for the choir while they sing.  
Sometimes I must interrupt them, to correct a wrong note or something.

My interests here are abounding. Monthly meetings to minute and write.  
On Home Owners' or Social committees, their members are cheery and bright.  
At night while TV I'm watching, *Home and Away* is like church.  
Miss Molly, my moggy, distracts me, as she brings me her toys from her perch.

I'm living with 200 neighbours, each one has a story to tell.  
Mine has been told at this party and told, may I say, very well.  
So. I thank you all for attending, keep well and stay safe as you go.  
My life is enriched by your wishes - love you all, but that you already know.



Weekly activities.

## MONDAY

**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** Shopping Carindale. Pick-up noon.  
**9am** Gentle exercise. Grand Hall.  
**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 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 at Westfield 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.



# Don't weight too long.

UH OH – YOUR DOG’S BODY WEIGHT HAS CREPT UP. BEING OVERWEIGHT CAN PREDISPOSE PETS TO JOINT INJURIES, BREATHING PROBLEMS, HEART ISSUES AND SOME CANCERS. HERE’S HOW TO GET THEM FIGHTING FIT ONCE AGAIN.

Just like humans, dogs can be at risk of a plethora of health problems if they’re overweight. If your pooch is showing signs of a podginess, don’t stress. You are not alone. Research shows that around 40 per cent of Aussie pets are overweight. The most important thing you can do for your pet is to acknowledge the problem before it gets out of hand and start them on a path to better health. Here are some tips to help your dog lose weight healthily and gradually.

## Determine your dog’s weight loss target

If your dog is generally healthy and only mildly overweight, the first thing you should do is determine their current Body Condition Score (BCS) and implement a weight loss program around this. BCS is a number assigned to your pet based on evaluation of fat at a few key areas on their body. A BCS can range from 1 to 5, with 1 being severely underweight and 5 being dangerously overweight. You can Google some very helpful BCS charts online that will help you assess your pet’s silhouette from above and from the side – evaluating the ribs, spine, hip bones, waist, abdomen, muscle mass and overall fat covering. At an ideal weight you should be able to see your pet’s waistline (an hourglass shape) when standing above them, looking down. And your pet’s abdomen should be tucked up behind their rib cage when viewing them from the side. You should also feel your pet to evaluate their weight. Place your thumbs on their backbone, spreading both hands across the ribcage. You should be able to feel each rib under a thin layer of fat – just like you can feel the bones on the back of your hand. Be sure to reassess them every week or two until they’re at their ideal condition.

Of course, if you’re feeling unsure, or if your dog is significantly overweight or has pre-existing health issues, book in a consultation with your vet for further assessment and advice.

## Adjust their diet

Mildly overweight pets may be able to lose weight with adjustments to their regular diet, such as cutting out most treats and any unhealthy table scraps, and reducing their meal portions by 10 to 20 per cent. Significantly overweight pets are generally best switched to a prescription weight-loss diet. Not only do these diets provide helpful staged feeding guides, but they also help ensure your pet will not suffer any nutrient deficiencies or excessive feelings of hunger whilst their calories are being restricted.

## Encourage regular, appropriate exercise

Whilst weight loss will largely rely on your pet’s diet, regular healthy exercise is important for keeping their metabolism chugging, and helping them to maintain strong muscle support. Gentle-to-moderate intensity, low impact daily exercise (such as walking or wading in shallow water) is safest. If your pet is panting heavily, stop them for a rest and offer water. Avoid exercising your pet in hot or humid conditions, as this puts them at risk of heat stress. Remember that what your dog loses in grams, they’ll gain in health and vitality!

# Vet's winter caution.

YEP, IT’S OFFICIALLY COLD. WHILE YOU’RE PULLING ON YOUR LAYERS AND DIGGING OUT EXTRA BLANKETS, REMEMBER THAT YOUR PET NEEDS SPECIAL CARE DURING WINTER, TOO. KEEP THESE TIPS IN MIND FROM PET-STOCK VET DR KATHY MACMILLAN.

## Beating the winter blues

Just like humans, pets are also at risk of developing the winter blues. Household pets, especially cats and dogs, are highly intuitive and can sense when owners are feeling lazy or unmotivated. Despite being covered in fur, even for our pets it can be tempting to stay cooped up indoors throughout winter. As an owner, staying motivated to maintain your pet’s daily exercise regime is critical during the winter months for your pet’s mental and physical wellbeing. Playing with your pet indoors or mixing in training sessions is also recommended.

## Hydration

Keeping your pet hydrated is always important but it is usually something that pet owners are more aware of during the warmer months. Make sure that your pet always has access to fresh water even if it’s cool.

## Drinking standing water

This winter has brought more rain than we’re used to and, therefore, more puddles. When you’re on your daily walks, monitor your dog closely and avoid letting them

drink any standing water. Leptospirosis is an infectious disease that can be contracted by dogs that drink or swim in contaminated water, such as puddles, ponds, rivers or dams. It can cause them to become extremely sick and, in some cases, be fatal. Symptoms include fever, vomiting, diarrhea, refusal to eat, weakness, depression and stiffness. Always take a fresh bottle of water and a travel bowl with you on all outdoor adventures – that way your pet will stay hydrated and will be less likely to pick up unwanted, harmful diseases.

## Sleeping indoors

No matter their age, consider allowing your pet to sleep indoors during winter. Not only will they be more comfortable, but they will use less energy maintaining their body temperature. Chilly nights can make the joints of pets suffering from arthritis more painful and breathing cold air can exacerbate respiratory problems such as bronchitis or collapsed trachea. If you have a puppy, this is the perfect opportunity to try indoor crate training and, if you have a senior pet, winter is a great time to invest in a soft, thick bed that will be easy on their joints.

## Heater safety

While it is encouraged to keep your pet indoors more often than not during winter, it is important to ensure they stay safe. If you have a gas heater, have it serviced at the start of the season, prior to using it, to ensure it is not leaking carbon monoxide. And, of course, whether you’re using a gas or electric heater, make sure it is always in a safe place where Fido won’t knock it over.



PALM LAKE RESORT IS PET FRIENDLY!

# Homes for sale.

## Home 48 - \$380,000

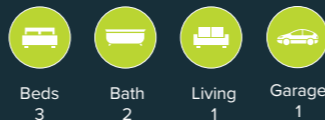


### Nothing to do - just move in!

Lovely fully refurbished home with pretty front verandah, located not far from the Recreation Hall, Grand Hall, pools and facilities. This home offers two bedrooms with built-ins. The main bedroom and main living area features reverse cycle air-conditioning and fans. The open-plan kitchen, lounge and dining makes the most of this space. The fully enclosed backyard is suitable for pets.

A lock-up garage and the front verandah makes this a great little home. It's ready for you to move into and put your feet up! There's nothing for you to do. Priced to meet the market at \$380,000.

## Home 37 - \$405,000



**SOLD!**



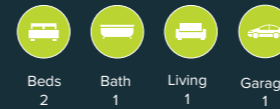
### Perfect location

This lovely Orchid design home is located close to the Grand Hall, pools and facilities. This home offers three bedrooms with built-in robes. The main bedroom opens to the front verandah which expands across the full length of the house. The home features air-conditioning in the main area and a ceiling fan in the main bedroom. The home has a single lock-up garage.

#### Key features:

- Newly carpeted
- Walking distance to main facilities
- Fully enclosed small backyard
- Remote garage

## Home 162 - \$389,000



### Be quick!

This lovely Orchid design home is located close to the Grand Hall, pools and facilities. This home offers two bedrooms with built-in robes and fans. A spacious refurbished kitchen is part of the open plan living and it has a large closed-in backyard suitable for pets. One newly refurbished bathroom and two toilets. A single lock-up garage. High ceilings in the air-conditioned lounge keep the temperature cool in the summer.

#### Key features:

- Newly refurbished kitchen and bathroom.
- Walking distance to all facilities
- Large fully enclosed backyard
- New floor coverings
- Remote garage

**SOLD!**



Want to book a private tour and find out more about our resort? Phone **1800 770 057** Email [carindale@pallmlake.com.au](mailto:carindale@pallmlake.com.au) or visit us online at [pallmlakeresort.com.au](http://pallmlakeresort.com.au)



## 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, phone 1800 770 057. \*T&Cs apply



**THE BEST IN OVER-50S LIVING. THIS IS YOUR TIME.**  
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# Life is cruisy

at Palm Lake Resort.

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Living at Palm Lake Resort has been compared to living the cruise ship lifestyle everyday. Just like cruising, our homeowners have everything they need, right on their doorstep. Think resort-style pools, gymnasiums, a wealth of activities and entertainment, social gatherings, food and drink, and more. But you can captain your own ship, here at Palm Lake Resort.

**This is your time.**



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

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