

Carindale Chatter.

DECEMBER 2022 - JANUARY 2023



Fill your diary

Our Weekly Activities program is full to the brim with things to keep you active and social

Refer a friend

Do you know someone looking to make the move into our resort?
Refer them, for fast cash!
Homes for sale: Pages 10-11

Tips and tricks

If the coming of summer has you styling up a new-season storm, read our tips for rugs and art



Pictured: Our workshop is a welcome extension of our homeowners' own garages. All are welcome here.

Welcome.

Christmas is almost upon us and our festive season celebrations are in full swing as this newsletter goes to print. The Belmont and Meadowlands Chemist have provided us with morning teas and gift selections, and we've seen and heard of many private family get togethers happening - it's beginning to feel a lot like Christmas!

Our resort grounds crew (Ben and Clive) have trimmed all the trees and shrubs, poisoned and fertilised, cleaned and repaired things as we get ready for the holidays and the summer growth season. The grounds are looking exceptional at the moment, don't you agree?

If you have not yet met them, we have a host of new homeowners in our resort including:

- Home 2: Ian Howes
- Home 22: Catherine Brown
- Home 30: Philip Bailey
- Home 37: Jozef and Martha Hoogsteyns
- Home 48: Elizabeth Joy Dramen
- Home 104: Robert George
- Home 137: Juleen Edgeworth
- Home 140: Michele and Norman Wilson
- Home 162: Jan and Peter Mandruisiak.

Please make our newest neighbours welcome and say hello. There are no designated tables at dinner so why not invite them to sit with you? In the meantime, we wish everyone a safe and happy Christmas and a prosperous New Year. If you are travelling over the holidays, please do so safely. We hope you all enjoy some well-earned downtime with your loved ones.

Merrilyn and Clive,
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.

IT'S BEGINNING TO FEEL A LOT LIKE CHRISTMAS...

December 9-24: Enjoy the magic of Christmas as Brisbane's iconic City Hall is immersed in a vibrant visual lights and audio display that can't be missed. This year, the projection will show a vibrant display of Santa's reindeers saving Christmas, narrated by Brisbane local (and Order of Australia recipient and Olympic swimmer), Cate Campbell. The festive projection runs every 15 minutes between 7.30pm and midnight and is best viewed from the centre of King George Square. Also, enjoy daily live performances by local jazz quartet, Scat, who are taking residency at the Queen Street Mall Stage during this same period of time. Scat will play all your favourite festive tunes, in a light jazz-style lounge, from 12 noon to 2.30pm daily and from 5pm to 7.30pm during late night trade.

December 10: Join Brisbane's top entertainers and personalities for the Lord Mayor's Christmas Carols at the beautiful Riverstage. This year there will be a star-studded lineup of performers sharing Christmas classics and new takes, encouraging everyone to join in. Tickets are available at Ticketmaster for \$5 (free for under 18s). And if you miss it in real life, the show will be broadcast on Channel 9 on December 16.

ONE STEP AHEAD

Palm Lake Resort Carindale homeowners now have access to a home visit podiatry service called Right Path Podiatry. Podiatrist Jason Pullar lives in our local area and has more than 20 years' experience in all areas of podiatry. He is registered to treat Medicare, DVA, private patients (private healthcare rebates) as well as plan-managed and self-managed NDIS participants. Fees are reduced when there are multiple patients seen during the same visit to one location. It works out to be cheaper and more convenient than getting a taxi to a clinic, whilst still receiving comprehensive podiatry care. Jason's service list includes:

- Comprehensive diabetic foot assessments, including vascular and neurological examinations
- Routine nail and foot care, including callous/ corn removal and low pain wart removal
- High risk foot and wound care
- Nail surgery, including ingrown toenail surgery
- Diagnosis and treatment of hip, knee, heel, ankle and foot pain
- Biomechanical, posture and gait assessment, and rehabilitation plans
- 3D foot scanning and custom-made orthotics
- Footwear assessment and advice

Visit rightpathpodiatry.com.au for more, or phone 0475 276 740

XMAS RUBBISH COLLECTION

Please note the change in rubbish pick up for Palm Lake Resort Carindale: Our rubbish collection for Christmas will happen on Thursday, December 29.

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:

- **December 5**
- **January 9**
- **February 6**

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



BLOOMIN' STUNNER

Homeowners' gardens are looking particularly bright and beautiful after the recent rain and heat. This Disocactus phyllanthoides has caught the notice of passers-by because of its colourful and prolific flowers.

Around the grounds.



Pictured above: Melbourne Cup day was very successful with a large number of homeowners attending. We had many sweeps (thanks to Hazel for all the work involved with this), a lovely lunch prepared by Jobs Daughters and after much deliberation, Lyn Brosnan and John Black were chosen as the best dressed winners. U&I Fashions also brought along some lovely clothes with a fashion parade modelled by homeowners.



Mansons mark 60 years

On November 3, 1962, Trevor and Dawn joined their lives in a ceremony at the Bulimba Parish Church. Dawn's sister was her bridesmaid and Trevor's friend Dennis Jacobson was the best man. This year the pair celebrated 60 years together. During this time they have raised two daughters and a son who in turn have provided six grandchildren to further the family name and traditions. The couple are well established homeowners in our resort, moving in on March 10, 2000 (prior to Palm Lake Resort purchasing the complex). At the time, their Home 42 was the last house on offer prior to the expansion into Stages 2 and 3.

Trevor and Dawn have seen many changes during their 22 years. They watched the pool being built and used to play Bocce on the course near where the mini golf area is today. We congratulate the Mansons on reaching this 60-year milestone and wish them many more years of wedded bliss.



Home Owners' Association report.

Open General Meeting notes

Chairman, Michael Muller, delivered a positive report to homeowners at the recent quarterly Open General Meeting in November. He noted that, after two years of negotiation with the Brisbane City Council and assistance from Cr Murphy and Cr Minnikin, Carindale homeowners can now sit in comfort while waiting for the Council bus to go shopping (pictured right).

Treasurer Bob Langdon thanked all homeowners who have made donations to the Association to cover costs of keeping the administration of the Association solvent and provide much needed community service to homeowners.

Michael also floated the possibility of expanding the current number of committee members to cover occasions when committee members are away on holidays or recovering from illness. If you have a particular interest in becoming a committee member or hold office, please discuss this with the Association's Executive members – Michael Muller (Chairman), Norma Marl (Vice Chairperson), Bob Langdon (Treasurer) or Patricia Benson (Secretary). The Annual General Meeting will held on February 7, 2023.

Christmas is close now

With Christmas just around the corner, our homeowners have put a lovely display of Christmas decorations in the Grand Hall ready for our Christmas celebrations. Our Wednesday evening Christmas dinner will be held on December 14. We can comfortably seat 144 for the meal. Please make sure you book yourself in for this event.

Welcome new friends

New homeowners are settling into Palm Lake Resort Carindale every week and a welcome morning tea was held in December to welcome newcomers Juleen Edgeworth, Catherine Brown, Philip Bailey, Joy Drajen, George Robert and Michelle and Norman Wilson. Normal Marl, the Welcoming Officer, presented welcome packs containing topical information to the newcomers and other homeowners spoke briefly on the particular activities they supported or presented.

Mary to bring cryptic clues

A new activity being trialled soon under the direction of Mary Gunther is learning how to dissect cryptic crossword puzzles. Keep your eye on the Grand Hall noticeboard for more information regarding this and other upcoming events.



Pictured above: Elaine McClure, May Ruff and Mary Gunther wait in comfort for the next bus to the shops on the newly installed seat.



Meet your neighbours: The Richardsons

Alan and Val Richardson moved to Palm Lake Resort in 2005. They are well respected and loved homeowners who, over the years, have been involved in most of the resort activities at some time or another. They are regular supporters of the Social Club's functions and have enjoyed many day trips. One of the most notable contributions to Alan's garden is his love and knowledge of roses whilst Val, who recently celebrated her 90th birthday, is well known for helping many charities.



Step back in time.

WE'RE ALWAYS BEING TOLD NOT TO LIVE IN THE PAST, BUT DID YOU KNOW THAT CERTAIN TYPES OF REMINISCING CAN ACTUALLY BE GOOD FOR YOU? FROM REDUCING THE IMPACTS OF DEMENTIA TO PROMOTING POSITIVE PERSONAL GROWTH, FIND OUT WHY AND HOW TO GET A HEALTHY DOSE OF NOSTALGIA.

Dwelling on the past is no longer seen as a sign of senility – in fact, therapists have harnessed the power of reminiscing to treat people with Alzheimer's and other kinds of memory loss. In 1963, psychiatrist Robert Butler first introduced the idea that reminiscing in old age could be positive. Since then, 'reminisce therapy' has been developed as a non-pharmacological intervention for seniors, especially those with impaired short-term memory. Here's why...

It can improve your day

According to Psychology Today, researchers from Loyola University found that thinking of good memories for just 20 minutes a day can make you more cheerful than you were the previous week. Just think about the feeling that comes over you when you see, smell or hear something familiar, or when you look back through photos from happy times.

It can make you feel safe

Nostalgia is often associated with melancholia, but it can also make us feel comfortable. Next time you're in a new place or experiencing feelings of displacement, try thinking or writing about your favourite people and places. Psychologist Tim Wildschut found that people who write about a nostalgic event are more cheerful after the exercise, and feel more positively about their friendships and close relationships. This gives us a comforting sense of belonging.

It brings you closer to your loved ones

Reminiscing on memories is an important way to ground yourself and stay true to your roots. This is because your special memories almost always feature special people.

Studies have shown that people with nostalgia-prone personalities cope with problems more effectively as they are more likely to receive social support after experiencing stress, and see their families more often.

It can motivate you

Drawing from memories of your past accomplishments is a common way to stay motivated – you may not even realise you're doing it. Have you ever thought to yourself, "If you got through that, you can get through this"? Of course, try not to ruminate too long on difficult times – focus instead on how you got through them, and how you felt on the other side.

It can benefit those around you

We gain wisdom from our own experiences, but also from the experiences of others. Reminiscing on your past can shine a light on important lessons you learnt – lessons that you can pass on to your children, grandchildren and even friends. Flipping through old photo albums can be a helpful way to spark these conversations; turn to the following page to find out how to best document your memories.

Remember: reminiscing is all about how you perceive the past. The same memory can promote positivity or pain depending on how you look at it. Psychologist Sonja Lyubomirsky says it best: "It's what you focus on. Do you focus on how positive it was then, or that it's over now?". As some people say, 'Don't cry because it's over, smile because it happened' – it's cheesy, but it's true.

Do you remember?

Homeowners at Palm Lake Resort's over-50s communities all lived through the '70s and '80s. But how much can you recall from that time period? Whether you were closer to 10 years old or 30, you'll likely remember these moments and memories from 1975 to 1985. There are some great conversation starters here for our next weekly meal!

Continued on Page 7 >>

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On the big screen...

These were among the highest grossing movies released from 1975 to 1985. Did you see them in the cinemas, and have you watched them since? Perhaps a nostalgic screening is in order!

- Jaws (1975)
- Rocky (1976)
- Star Wars (1977)
- Grease (1978)
- The Amityville Horror (1979)
- Star Wars: The Empire Strikes Back (1980)
- Superman II (1981)
- E.T. the Extra-Terrestrial (1982)
- Risky Business (1983)
- Ghostbusters (1984)
- Back to the Future (1985)

On the radio...

Billboard magazine named these as the number one songs from 1975 to 1985. How many can you remember the words to? Can you remember your favourite songs from those years?

- 'Love Will Keep Us Together' by Captain & Tennille (1975)
- 'Silly Love Songs' by Wings (1976)
- 'Tonight's the Night' by Rod Stewart (1977)
- 'Shadow Dancing' by Andy Gibb (1978)
- 'My Sharona' by The Knack (1979)
- 'Call Me' by Blondie (1980)
- 'Bette Davis Eyes' by Kim Carnes (1981)
- 'Physical' by Olivia Newton-John (1982)
- 'Every Breath You Take' by The Police (1983)
- 'When Doves Cry' by Prince (1984)
- 'Careless Whisper' by Wham! (1985)

On the front page...

Can you remember these history-making moments that took place between 1975 and 1985? Or, better yet, can you remember where were you when you first heard about them?

- In 1975, the Vietnam War ends with the surrender of South Vietnam to Communist forces.
- In 1975, Nadia Comaneci wins three gold medals at the Montreal Olympics with seven perfect scores.
- In 1977, Elvis Presley dies at the age of 42.
- In 1978, the first test tube baby is born in the US.
- In 1979, Sony releases the Walkman.
- In 1980, John Lennon is assassinated at age 40.
- In 1981, NASA launches the first Space Shuttle mission.
- In 1982, the first episode of Late Night with David Letterman debuts on NBC.
- In 1983, the first mobile phones are introduced by the public by Motorola. The final episode of 'M*A*S*H' airs to a record 125 million viewers.
- In 1984, the first Apple Macintosh personal computer goes on sale.
- In 1985, the Rainbow Warrior is sunk by French foreign intelligence services off the coast of NZ.

Organising your memories.

LIFE IS FULL OF PHOTO-WORTHY MOMENTS – SO MUCH SO, MOST OF US END UP WITH A BAZILLION HAPPY SNAPS SPREAD ACROSS A HANDFUL OF DEVICES, ALBUMS AND HARD DRIVES.

Thankfully, website and app developers know the struggle, so there are a number of programs you can use to help you on your photo-organising quest. And with the holiday season upon us and family generally around, why not sort out your memories once and for all - for everyone's benefit.

Gather them up

Before you can organise your photos, you need to see them all in one place. This may mean scanning physical photos to create digital copies, which you can either do using a scanner or via your smartphone – a quick Google will explain how. You can then save them directly to your camera roll or to an app like Dropbox. You'll also want to find old CDs, USBs or hard drives that could house more pictures. Don't forget to go through your smartphone and any of its backups to find additional images, and check your camera's SD cards if you have one.

Find the perfect place

Where you store your photos is up to personal preference, but using a cloud-based service is generally the safest, most convenient place. If you use an iPhone and computer, iCloud may be your best bet – it works with your phone to sync images across all devices, and it's relatively affordable if you need to upgrade your storage. Alternatively, Dropbox or Google Drive can be used on the computer and your phone via the app. If you're not a fan of cloud storage, consider an external hard drive for your computer. They're relatively inexpensive but localised – meaning you can only access those photos when you're at your computer.

Set up a system

Depending on your needs, every system has its benefits. While some people prefer to create folders for different events – like, say, 'Japan trip' or 'Emma's first birthday' – this may not lend itself to the more spontaneous snaps. It may be better to create a folder for each year, then a folder for each month. If a particular event happened in a certain month, you could then create a folder solely for that event in the month's folder; for example, your "2019" folder will include a "May" folder, which will include a "Mother's Day Lunch" folder with photos from that event.

Make physical mementos

If you love the idea of having each of your children's baby photos in one place, or a holiday album from a family trip, why not make photo books? Websites like Snapfish, Chatbooks, Blurb and Picture Postie make it super easy to turn your photo collections into physical photo albums, which you can proudly put on display or give as gifts to your children, parents or relatives.



Hang time.

YOU DON'T NEED TO BE AN EXPERT TO KNOW HOW TO DISPLAY ART PROPERLY AND SAFELY, BUT IT DOES HELP TO KNOW A FEW BASICS. FROM WHERE TO HANG YOUR CHOSEN ARTWORK TO HOW, KEEP THESE MUST-KNOW TIPS IN MIND.

Pick the perfect position

Generally, pictures should be hung at eye level – about 1.5m up the wall – and away from direct sunlight or heat sources, as these can damage them. When hanging pieces behind furniture, aim for the base of the frame to sit four to six inches above the highest point of the piece of furniture. If you are hanging multiple artworks together (like a gallery wall) treat the group as one piece of artwork and apply these same rules.

Decide how you will hang it

If you are hanging a heavy picture on a plaster wall, find a stud on which to safely anchor the wall hook. Lightweight pictures can simply be hung with adhesive hooks, which can typically be removed from the wall without damaging the paint. Will your painting be hung by picture wire or a metal hook? Wire will need screw eyes to be attached to the frame, and these screw eyes should be positioned on the inner right and left-hand edge of the frame a third of the way down from the top of the frame.

Get to work

Though you will be more accurate using a stud finder to hang your large or heavy pictures on, you can go without. Simply tap your knuckles along the wall until you feel and hear a solid backing – this will be your stud. To hang your picture, hold it up where you would like it and mark a line along the top of the frame. Then, on the frame, measure the distance from the top of the frame to the hook or picture wire (be sure to pull the picture wire taught to determine where it will sit when the frame is hung). Measure down that distance from the pencil mark you made on the wall to find where your chosen picture hook needs to be secured. Hang your picture and behold your home art gallery.

Rug rules.

A WELL-CHOSEN RUG CAN BE ONE OF THE HARDEST WORKING PIECES IN YOUR HOME, TYING A ROOM TOGETHER, CREATING NEW SPACES AND ELEVATING YOUR HOME'S DESIGN. HERE ARE FIVE EASY HACKS FOR PERFECT RUG PLACEMENT.

Go big where you can

A good rule of thumb when choosing a rug is to make sure it will extend beyond the key pieces of furniture you will place on it. For a dining room, this means it should be bigger than your table and chairs, even when they're tucked in. In a bedroom, this will typically mean it should be bigger than your bed and bedside tables. If this isn't possible – for example, if you have a particularly large couch – just place the front legs of the furniture item onto the rug. Just ensure the entirety of all smaller pieces of furniture will fit on the rug.

Aim for equality

If possible, try to make sure your rug has equal distance on all sides. Interior design expert Darren Palmer says you should aim for 30cm on each side of your rug. This will usually mean placing it in the exact centre of your room or chosen space. With diagonal walls or large furniture items surrounding it, this can be tricky – it may be worth investing in a slightly smaller rug in this case, or opting for an irregularly shaped rug instead of a classic square or rectangle.

Consider your colours

A rug really can make or break a room, especially when it comes to colour. Take a look at the largest textured items in your room – your couch, bed linen and curtains, for example – and consider whether a printed or plain rug would complement them better. Plain items may look better with a printed rug, and vice versa. Consider also how warm or cool the colours in your room are. A good rule of thumb is that warm colours will 'come towards you', and cool ones will move 'away from you'. Having a balance of both can elevate your room, so keep this in mind when choosing a rug.



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)

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

Homes for sale.

Home 57 - \$350,000



UNDER
CONTRACT



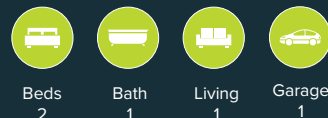
Low maintenance

This home features three bedrooms, a two-way bathroom and kitchen that opens onto a spacious carpeted lounge. The single garage is fully enclosed with two roller doors for great accessibility and the home's gardens are low maintenance with no grass to mow. Home is priced to sell.

Key features:

- Three bedrooms
- Enclosed, shaded front porch
- Spacious open plan lounge and kitchen
- Low maintenance garden

Home 48 - \$380,000



SOLD!



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.

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 162 - \$389,000



SOLD!



Home 37 - \$405,000



SOLD!



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.
palllakeresort.com.au



Life is cruisy

at Palm Lake Resort.

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.



To find out which homes are available right now, **FREECALL** 1800 770 057
email carindale@pallmlake.com.au or **visit us** at 2 Ford Court, Carindale QLD 4152



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

pallmlakeresort.com.au