

Carindale Chatter.

DECEMBER - JANUARY 2024



Sell your home with us

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

Getting social

There's been plenty on the
social calendar these past few
months. See the memories
we've made, inside...





Welcome.

Hello all - We have now been at Palm Lake Resort Carindale for six whole months! Firstly, we have to say we are very blessed with our volunteers who are always ready to lend a hand. We really couldn't do this job without you all. We now have more than 40 volunteers here at the resort and it was our chance to give back recently when we hosted a volunteer barbecue (pictured on Page 6). We value your commitment to creating a positive environment for us all.

We have had a lot of fun over the last couple of months planning fun events and participating in them also. Check out all the photos throughout this newsletter! We are constantly reviewing things and looking at how we can make life easier or more pleasant for our homeowners. In our attempt to try new things, we may have gotten some things wrong this year, but watch out next year! I encourage all homeowners to give us feedback so that we can learn and improve. We look forward to continuing to work with the committees into 2024 and beyond.

As Palm Lake Resort Carindale is a pet friendly community, we hosted a doggie picnic recently which was great fun. Check out the photos on Page 9. We are also organising a Christmas Lights Competition. The best decorated houses in Stages 1, 2 and 3 will all win a prize. On the topic of Christmas, our resort dinner is on the December 20 - please join us! And on a personal note, we are hosting our family Christmas in the resort for Wayne's mum and brother who will be visiting. Then both my children will be arriving shortly after Christmas. My daughter will be travelling from Vietnam where she has lived for more than eight years and my son will be flying in from Yeppoon. It has been a long time since we were all together for Christmas so I'm looking forward to that, and to showing them around our lovely resort.

In closing, we have some great staff here at Palm Lake Resort. A huge thank you to Phil and Wayne who have improved the grounds enormously. Check out how nice the outdoor pool garden is looking (above). Thank you also to Mark and Dee, our cleaners, who make our resort gleam! Merry Christmas to you all. Enjoy!

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
 (@pallmlakeresort) and on
 Instagram (@pallm.lake.resort)



News briefs.



WHO YOU GONNA CALL?

Check out Wayne, looking like a Ghostbuster, getting prepped to spray the bowling green!

REFER A FRIEND AND EARN FAST CASH!

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!

YOUR SUMMER READ HAS ARRIVED

The next edition of our company magazine, Your Time, is hot off the press for Summer 2023-24. In it, we keep you up to date on all things Palm Lake Group including progress on our newest communities at Yamba Cove, Pelican Waters, Forster Lakes, Paynesville and more. Did you also hear that we won two statewide construction industry awards? We're proud of the communities we build and manage - and with 10,000 people calling a Palm Lake address home, there's a lot of news from around the grounds. Get your copy in your letterbox, or you can also read it online at pallmlakeresort.com.au



HOMES FOR SALE: SEE PAGES 10-11

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.



AGE IS JUST A NUMBER

When we heard that Eric Scott (Home 103) was going to be celebrating his 96th birthday in December, we wondered if he was our oldest homeowner? Turns out there are actually three special neighbours in Club 1927 here at our resort - all born in the same year!

Shirley Hallinan (Home 38) marked her 96th birthday in July this year while Mavis Marriott (Home 144) celebrated hers in October. We look forward to 2027 when we can celebrate three centuries with this special trio!

Social Club report.

Barbecue/bowls/Games Day

Thirty-four homeowners attended to play bowls and indoor games at our recent event. Because it was a very hot day, the bowlers could only play for half an hour, but everyone enjoyed the barbecue lunch. We will host more of the same type of event in the cooler months.

Gifts Galore

Gifts Galore visited with some nice gifts for sale. The event was well attended. A lovely morning tea was supplied by the Gifts Galore people and they made a donation of gifts to our Social Club which will come in handy for future door prizes etc.

Tenori

This was our gala night when everyone dressed up and looked very dapper indeed. Tenori provided us with first class entertainment, as always. A delicious supper with drinks was served at half time. Then they spent time selling their CDs and USBs afterwards, while mixing with guests.

Melbourne Cup

Thankfully, it was not a hot day so we could enjoy our lunch in the Grand Hall. Job's Daughters provided us with ham and chicken salad, bread rolls and an alternative drop of homemade apple crumble and custard as well as cheesecake and berries with cream. There were some beautifully turned out ladies and gents. Julie won Best Dressed Lady while Wayne was Best Dressed Man. Sue was awarded for having the Best Hat. Thank you to Hazel for organizing the sweeps. She is very good at this now. U&I Fashions came with their range of clothes for sale and we must thank our models, Trish, Julie, Jan and Joy and also Norma who was the fashion organiser. Nine door prizes in all were handed out.

Upcoming dates to diarise

Saturday, December 9: Social Club Christmas Party with Terry Scott. This is a free event. BYO everything. Starts at 6pm

Wednesday, December 20: Palm Lake Resort Christmas Dinner. Prizes will be awarded for the best decorated tables.

Friday, January 26: Australia Day. Enjoy pie, mushy peas, mashed potatoes and gravy, with pavlova, catered by Job's Daughters.

Wednesday, February 14: Valentine's Day will be celebrated with a romantic movie and chocolates in the theatre.



Pictured above: Tenori came to Carindale to entertain us.
Pictured below: The annual race that stops a... resort!



Committee contact details

If you're looking for any Social Club information, one of our Committee members can help you out. They include:

Chair: Carole Petherick (Home 46)

Vice Chair: Terry Lawson (Home 73)

Secretary: Judith Henson (Home 182)

Treasurer: Hazel Holman (Home 64)

Committee members: Norma Marl (Home 67), Carolyn Waters (Home 41), May Ruff (Home 181), Roni Harvey (Home 32), Rex Gelfius (Home 158) and Jenny Liversidge (Home 168).

Volunteers: Barbara Mokrzecki, Elaine Bradshaw, Carol Ayres, Christine Riordan, Rowie Welsh and Iris Bodel.



Pictured above: Meadowlands Chemist recently visited our resort with some Christmas gifts to purchase. They donated a lucky door prize which was won by Jude (Home 102). Pictured above is Carole (Home 46) accepting the prize on Jude's behalf as Jude had left before the draw.

Homeowners' Association report.

At the Open General Meeting of November 14, Chairman Michael Muller announced that committee member Roni Harvey has agreed to take on the Secretarial duties with the resignation of the current Secretary effective December 1. More than 40 homeowners attended the final open general meeting of the year where Patricia Benson thanked homeowners for their support of the Home Owners Association during her three years as Secretary. She encouraged them to give some thought to coming onto the committee as four vacancies for committee members now remain unfilled. Michael also announced that he would not be seeking re-election at the Annual General Meeting on February 6, 2024 and thanked Patricia for her efforts.

Caretakers Wayne and Karen addressed the meeting with updates on topics such as designated car parking spaces around the Hall to ease traffic congestion in that area, the possibility of providing off street parking in the Stage 3 picnic park area and the installation of a vending machine. However, none of these projects have been approved by Palm Lake Resort due to various environmental and Brisbane City Council regulations.

Fire evacuation training for fire wardens and safety officers will be rolled out as a precedent for training volunteers and homeowners were asked to consider participating in the upcoming annual evacuation of the main hall.

Can you believe it, Christmas time is here again. For me, just getting ready for Christmas is an exciting and joyful time. We have been sorting out many boxes full of Christmas goodies, some left over from last year and some donated by one of our homeowners who has now sadly left us.

The Grand Hall was decorated at the beginning of December - thanks to all the helpers on the day.

On December 3, the choir put on a Christmas Carols show. Again, this year we had some of the homeowners' grandchildren join us. There was a free afternoon tea, a visit by Father Christmas and the 'dancing queens' were also there for this fun-filled afternoon!

On Saturday December 9, we have the Christmas party, featuring Terry Scott. Starting at 7pm, it is BYO for all. Terry entertained us last year and it was a great show. Lots of songs to sing-along to. Make sure you put on your dancing shoes, come along and have a blast.

Christmas dinner on December 20 is always something to look forward to and with our new Caretakers this year I know it's going to be a lot of fun! Dress up in your Christmas best - I hear the best decorated table will win a prize. No pressure! The Caretakers have also arranged a Christmas decoration competition to be judged on December 18. Hopefully every home will get involved! It is truly a wonderful time of the year so let us remember that the true joy of Christmas is in the love shared with family and friends. Wishing you all a Happy and Merry Christmas!

Carol Ayres (Home 145)

A recent presentation by Brisbane City Council officer Sheryl Yeats on recycling highlighted the need for all homeowners to be more proactive with their recycling efforts. Homeowners watched a slide presentation which clarified items suitable for recycling and explained the process from when Council's roadside collection waste is delivered to the recycling plants. We were all encouraged to make sure we do our best to put the correct waste in the appropriate bins provided.

Homeowner Len Kann addressed the meeting regarding a recent publication outlining the possibility of Council introducing a bin tax on households if waste that ends up in landfill is not reduced. He advised that plastic bottle tops need to be removed before the bottles can be recycled effectively and encouraged us to use the special bin at the Hall for these bottle tops. Other recycling efforts being established by homeowners Leola Boland, Carole Petherick and Patricia Benson include the collection of medical blister packs. Our Caretakers are also actively involved in recycling and will be establishing a compost bin once a suitable container with a lid (to prevent attracting vermin) is identified.

In closing the meeting, the Home Owners' Association wished to thank our groundsman, Phil, who will be leaving us shortly. His weekly garden tips in the weekly Chit Chat will be missed, as well as his strong work ethic and his love of plants and gardens.



Pictured above and above left: Guess the theme of this resort event? Yes, Pommie night was a right royal hit!

Around the grounds.

CHECK OUT JUST SOME OF THE FUN WE'VE GOTTEN UP TO IN THE PAST FEW MONTHS. LIFE IS GRAND, WHEN YOU CALL PALM LAKE RESORT CARINDALE HOME!



KIND-HEARTED LADIES SPREAD THEIR CHEER

Pictured above: These lovely ladies meet in the Craft Room on a Tuesday, fortnightly, and knit teddies for the Red Cross. Cathy (Home 22) gets the ladies together.



Pictured left: Caretakers Karen and Wayne are proud to say we now have more than 40 volunteers across our resort community. To show how much they appreciate these special people, a volunteers' barbecue was hosted recently to say thank you so much for everything the volunteers do. "We couldn't do this without them," Karen says.



Pictured above: Well look at that?! One of our homeowners, Hazel Holman (Home 64), has a netball court named after her!



Pictured above: We had a fun time at dinner recently. Our homeowners got to decorate their own ice cream cones! It was a warm night and they were melting faster than we could serve them but the childlike fun we had took us all back!



Pictured above: During our recent Afternoon Melodies held in late October, The Flying Buskers performed. It was a very successful show. They encouraged much audience participation and, of course, our fun homeowners couldn't wait to join in! Thoer (Home 154) is pictured at top, tapping her toes! Palm Lake Resort Carindale raised \$300 for the Royal Flying Doctor Service through this event. Thanks to Chris (Home 10) for organising these Tuesdays, once a month. Check the Chit Chat for upcoming dates.



Pictured above: We all love living at Palm Lake Resort Carindale. Even this crane wants to move in. Can you spot him in amongst groundsman Phil's lovely gardens? We must thank Phil for all his hard work and his passion for beautifying our resort.



Pictured above: Check out some of our ladies off on a shopping trip to Westfield Carindale. Our resort bus gets used many times a week for trips like this. Thanks so much to our bus drivers, Stuart (Home 168), Ron (Home 41) and Caretaker Wayne.

Weekly activities.

- MONDAY**
9am Bus service: 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**
9am Beginners' line dancing
3pm Gents' Happy Hour (Recreation Room)
3.30pm *Last Tuesday of the month* BBQ in Stage 2
4-5pm Lawn bowls (on the green)
6.30pm Cards (Grand Hall)
- WEDNESDAY**
7am Gym instruction with Aubrey (Gym)
9am *Fortnightly* Bus service: Cannon Hill, pick-up at 12 noon
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 Capalaba, pick-up at 3.30pm
4pm Ladies' Happy Hour (Recreation Room)
- FRIDAY**
9am Bus service: Westfield Carindale
1pm Cards - Rummikin, Scrabble, Mah-jong (Recreation Room)
4pm Homeowner Happy Hour in Stage 2. BYO.
- 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)

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
QEll Hospital (24 hour emergency) 3182 6111
Veterans Affairs 1800 838 372
Home Assist 3343 9833
Bus, Ferries and Trains Information 13 12 30
- Affordable Computer Repairs** (Mark) 0409 974 707. Call and Mark will advise if he can come out or if you need to take it to him
Air conditioning (Joshua) Amended Air Conditioning on 0417 491 811
Alex Sharp Appliances (Repairs) 3822 7406
Bev's Mobile Hairdressing 0411 353 446
Carpet cleaning Sun Clean (Frank) 0421 334 797
Chemist: Belmont Pharmacy 3890 3988
Chemist: Meadowlands Road 3398 6709
Clean & Tidy (Colin) 0402 074 947
Comms Co (internal phone/internet) 5607 4030
Digital Antenna Installations and Service (free quotes) 0416 322 600
Electrical First 0408 750 290
Floors: Top Fit Floors (timber/laminate floating floors) 0412 814 868
Garage doors (Gavin) G and G doors 0411 723 664
Handyman/gardening (Steve) will try anything 0402 128 737.
Insurance MHIA 1800 676 700
L&GM Electrical (smoke alarms) 0403 667 759
Painter (Stephen) 0414 608 512
Paper Delivery 3390 4969
Pest Control (Ben) 0422 978 582
Plumber (Andrew) 0434 018 008
Retirement and Beyond Financial Planning (Sharon Kennedy) 0415 094 256
Smoke alarms (Myles) 0431 963 199
Snake Catcher (Neil) 0437 830 393
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
Window cleaning (Cameron) 0412 574 257



Pictured from top down: Joyce (Home 147) loves her mate Nellie and check out Lyn (Home 16) and Lachy at the Doggie Picnic.

Dog-friendly digs.

WE LOVE THE FACT THAT OUR RESORT COMMUNITY IS DOG FRIENDLY. MANY FOUR-LEGGED FRIENDS CALL OUR ADDRESS HOME. WE EVEN HOSTED A DOGGIE PICNIC HERE RECENTLY AND WE DON'T KNOW WHO WAS MORE EXCITED: THE PUPS OR THEIR HUMANS!



Help your pup beat the heat.

IT'S HARD ENOUGH BEING A HUMAN DURING THE HEAT OF SUMMER – IMAGINE HOW IT FEELS BEING COVERED IN FUR?! TO HELP FIDO STAY COOL AND COMFORTABLE THIS SUMMER, REMEMBER THESE TIPS.

- Bring them with you**
It goes without saying, but it's always worth mentioning: never leave your pets in a parked car. Not even for a minute. The temperature can rise rapidly in a vehicle, even when the windows are opened slightly, and the extreme heat can quickly result in organ damage or death. It's just not worth the risk! Bring them inside with you, or leave them at home.
- Limit exercise when it's hot**
Would you want to go for a long run in the middle of a summer day? Chances are, neither does your pet. Try to schedule their walks or dog park visits during cooler parts of the day – it will be much more pleasant for both of you. If you must walk them during peak temperatures, keep it brief.

Plenty of water and shade
Make sure your pet has easy access to water and shade when they're outside. This might mean investing in a refillable water fountain, or erecting a shade structure if you don't have much natural shade. Air flow is also important, and doghouses aren't ideal in summer (they can actually make the heat worse).

Offer them refreshments
Yes, you read that right! When it's really hot, your pet will love chowing down on ice cubes or even 'pupsicles' (dog-friendly ice blocks which you can make at home). You may also want to purchase a cooling body wrap or vest for your pup, or give them a nice cold bath.

Know the signs of heatstroke
If your dog is suffering from heatstroke, they'll exhibit some scary symptoms. Keep an eye out for heavy panting, glazed eyes, rapid heartbeat, fever, dizziness, vomiting or lack of coordination. If you suspect heatstroke, apply ice packs or cold towels to their head, neck and chest, or run cool water over them and take them to the nearest vet.

Worm farming 101.

IT'S LIKELY THE SMALLEST KIND OF 'FARM' YOU COULD OWN, BUT DON'T LET ITS SIZE DECEIVE YOU – A WORM FARM IS THE SECRET TO GARDENING SUCCESS. AND IT'S SERIOUSLY EASY AND INEXPENSIVE TO SET UP.

The official term for worm farming is 'vermiculture', and worm farms may also be called wormeries or vermicomposting. These terms can be helpful to keep in mind when learning more about worm farms. Similar to compost bins, worm farms help break down food waste and turn it into nourishing fertiliser for your garden.

Unlike traditional compost though, worms help to mix layers of soil together. They do this by burrowing under the ground and making tunnels, breaking down dead plants and flowers in the process. They also love eating dead leaves and old fruit and vegetables – the waste they create (called 'castings') is a wonderfully rich garden fertiliser that your plants will love.

But why should you set up a worm farm? A better question might be: why not?! For one, a worm farm gets rid of organic food waste in a sustainable way, rather than sending it to landfill where it releases methane gas as it breaks down. Worms can eat three to four kilograms of organic kitchen waste every week, which is a lot of waste saved from landfill.

The worm castings and 'worm tea' (a liquid made from soaking worm castings in water) are also budget-friendly, sustainable plant fertilisers. They will nourish your vegetable, flower and herb gardens, helping you grow your own produce which, in turn, reduces the plastic waste and transport emissions that are created when you buy produce at supermarkets. If you're looking to establish small yet sustainable habits, a worm farm is the perfect place to start.

Setting up your worm farm

There are many ready-made worm farms to choose from (easily found at your local hardware store, nursery or online), but you may also want to make your own. They're very easy to set up and a fun activity for the grandkids these summer holidays. You'll need:

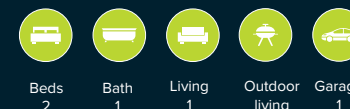
- Two plastic containers - a larger one with a lid to catch your worm tea, and a smaller one, that sits inside it, to house the worms and compost
- Enough shredded paper and compost to create a 10cm layer in your smaller container
- Water
- A drill to create holes in the smaller plastic container
- And last, but not least, worms. Find them at your local nursery or hardware store.

Firstly, find a warm, shady spot to set up your worm farm. Put the larger container on the ground. Drill many small holes in the base of the smaller container and place it inside your larger one. In the smaller container, create a 10cm-deep layer of shredded paper and compost. Add water so the layer is moist, then gently add the compost worms. You want to also add food scraps for the worms to feed on. Then simply close the lid and wait about a week while your worms settle into their new home. About once a week, you should pour water over the smaller container and let it drain through the holes into the larger box for collection. This not only keeps your compost and worms comfortably moist, it's producing that rich worm tea fertiliser for you to share with your other (no doubt grateful!) plants.

Remember: not all food scraps are good for worms. They love fruits, vegetables, coffee grounds, tea bags, egg shells and shredded paper. But, avoid citrus fruits, onions, capsicums, leeks, garlic, meat, dairy, pasta, cereals and shiny, coated paper.

Home for sale.

Home 79 - \$450,000



Sun room provides extra space.

Newly renovated, this home has two bedrooms and one bathroom (with separate toilet). There's a lovely enclosed sun room out front as well as a spacious lounge and bedrooms. And, of course, as a Palm Lake Resort Carindale homeowner, you also enjoy access to all the resort facilities, including our pools, craft room, gym, lawn bowls green and more. Plus our weekly activities list will have you as busy (and social!) as you want to be.

Want to book a private tour and find out more about our resort? FREECALL 1800 770 057 or email carindale@palllake.com.au or visit us at palllakeresort.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, FREECALL 1800 770 057.
*T&Cs apply



THE BEST IN OVER-50s LIVING. THIS IS YOUR TIME.
palllakeresort.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@pallmlake.com.au
2 Ford Court, Carindale QLD 4152

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