

Carindale Chatter.

JUNE - JULY 2023



Cool change

Winter's almost here and it's the perfect time to start thinking about seasonal changes to your veg patch

Sell your home with us

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

Activities galore, for you

From bowls to billiards, darts to dinners, there's plenty on offer on our Weekly Activities list



***Pictured:** Our happy homeowners enjoy weekly tai chi lessons on Thursdays at 9am. You should join in, too!*



Welcome.

Hi all - Welcome to the latest edition of *Carindale Chatter*. We have to sincerely thank every homeowner for the welcome we have received. Ours is a big job and we are working hard to learn all we have to learn to ensure that our resort runs efficiently. Wayne and I are always happy when someone waves and says hi - even if we don't have time to stop and chat every time! Wayne especially enjoys getting to talk to the homeowners on his travels around the grounds in the buggy. Apparently I am restricted on my buggy time because I talk too much to the homeowners!

A huge thank you to the homeowners who volunteer to help us. I would like to give everyone a job, however, I have to ensure that it is the right job for you and that you have completed the volunteer paperwork. We so appreciate our wonderful volunteers and are working on arranging a thank-you barbecue for all of them - including those who we haven't caught up with yet.

We are still working on getting a groundsman who will help Wayne with keeping our beautiful resort nice and tidy. A big thanks must go to Kirsten who is helping us with both cleaning and maintaining the grounds in the interim.

We are working on getting the hole marker pegs rejuvenated for the mini golf course. A big thanks to Ken for looking after the bowling green. As it is getting cooler, the pool cover hours will be set down by Head Office. Please see the note in your *Chit Chat*. If you are not sure about this, come and see us in the office.

Wayne and I are passionate about not wasting resources so we will be setting up recycling stations shortly. Watch this space. I have also organised a locksmith to come into the resort who will cut your post box keys on-site, which will assist the constant overflow of mail. Please come and see us to add your name to the list. Also, don't forget that if you wish to bring a guest to dinner, please see me to pre-pay for your guest's meal. And remember, I have some fobs in the office if you need them. I would like consistency regarding this so we can plan the weekly meals more efficiently. Stay safe and warm, everyone!

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)



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News briefs.

REFER A FRIEND

We know your friends love coming to visit your Palm Lake Resort Carindale home and enjoy sharing our resort facilities with you, right? Refer a friend to join you and become part of our exclusive community, and if they purchase an established Palm Lake Resort home, you'll receive \$250 cash. Easy!

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:

- **June 5**
- **July 3**
- **August 7**

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

GRAB A CAB

A great transport option for homeowners who require assistance to Westfield Carindale and/or Cannon Hill Shopping Centre are the council cabs. Here's their timetable:

Tuesday, Thursday, Saturday pickup: 10am.

Tuesday return: 1.30pm only.
Thursday return: 12.30pm, 1pm 1.30pm.

Saturday return: 1.30pm only.
Phone 3860 9955 to organise your ride. It's just \$1.50 each way.

HOMES FOR SALE: SEE PAGES 10-11



***Pictured:** We do love our lawn bowls here at Palm Lake Resort.*

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

9am Gentle exercise (Grand Hall)
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
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)



***Pictured:** Aqua aerobics is a brilliant low-impact way to keep active and fit. And you'll have fun with friends while you're at it! Classes are held weekly at 10.30am on Mondays and Thursdays.*

Home Owners' Association report.



Anzac Day memories

An emotional Anzac Day memorial service was conducted in the Grand Hall with more than 80 homeowners attending. This is a dramatic increase from last year when the weather forced the ceremony indoors. Previously, a smaller gathering of homeowners gathered outside the Recreation Centre.

Thanks must go to Leola Boland and Ken Glasgow for their vision of presenting a moving tribute to the fallen soldiers through overhead pictorial commentary and recordings of the Last Post and Reveille. Homeowners were visible moved. The "Local Vocals" – our homeowner choir – added their touch of respect by singing the National Anthem, 'Abide with Me' and a finale song, 'And The Band Played Waltzing Matilda' which drew a sombre silence as attendees reflected on the words of that powerful song.

After the formalities, homeowner lingered to share stories of their ancestors and discussed medals which some homeowners proudly wore. There was a cuppa tea and a couple of Anzac biscuits for everyone as well.

This event will continue to grow as more homeowners become aware of the significance of having a community memorial service, and as the words of praise continue to flow. Lest we forget.



Pictured above left: "The Local Vocals" provided some memorable moments during our Palm Lake Resort Carindale Anzac Day commemorations. **Pictured above right:** Ken and Leola presented a moving visual tribute. **Pictured top left:** Ian took care of flag responsibilities on the day.

Social Club report.

To be sure, to be sure

Pictured right, St Patrick's Day lunch this year was on a much smaller scale than in previous years. A lovely lunch was had followed by the movie 'Waking Ned Devine' and both were enjoyed by those who attended. Special thanks from the Committee to the volunteers for their help.

Our Easter thanks

The Social Club Committee gave an Easter thank you gift to all those who attended dinner. Thank you for supporting the raffles.

Off to market

It was an early morning start as we left a sunny Brisbane and headed into misty rain and a bit of traffic for our Eumundi Markets day trip, pictured right. We arrived safely in Eumundi and, clutching bags and purses, we plunged straight into the market stalls! Following alluring smells we also found coffee and wonderful treats. While shopping, one of our group fell and gashed her leg. The TransitCare staff were brilliant. They called the ambulance, the leg was taken care of and they stayed with her the rest of our trip. Thank you team.

We carried on shopping for earrings and bracelets, tops and dresses - even the men came home with some cool and funky shirts. The variety of food was amazing - from cheeses and sausage, to hams, icecream and ooh, that fudge!

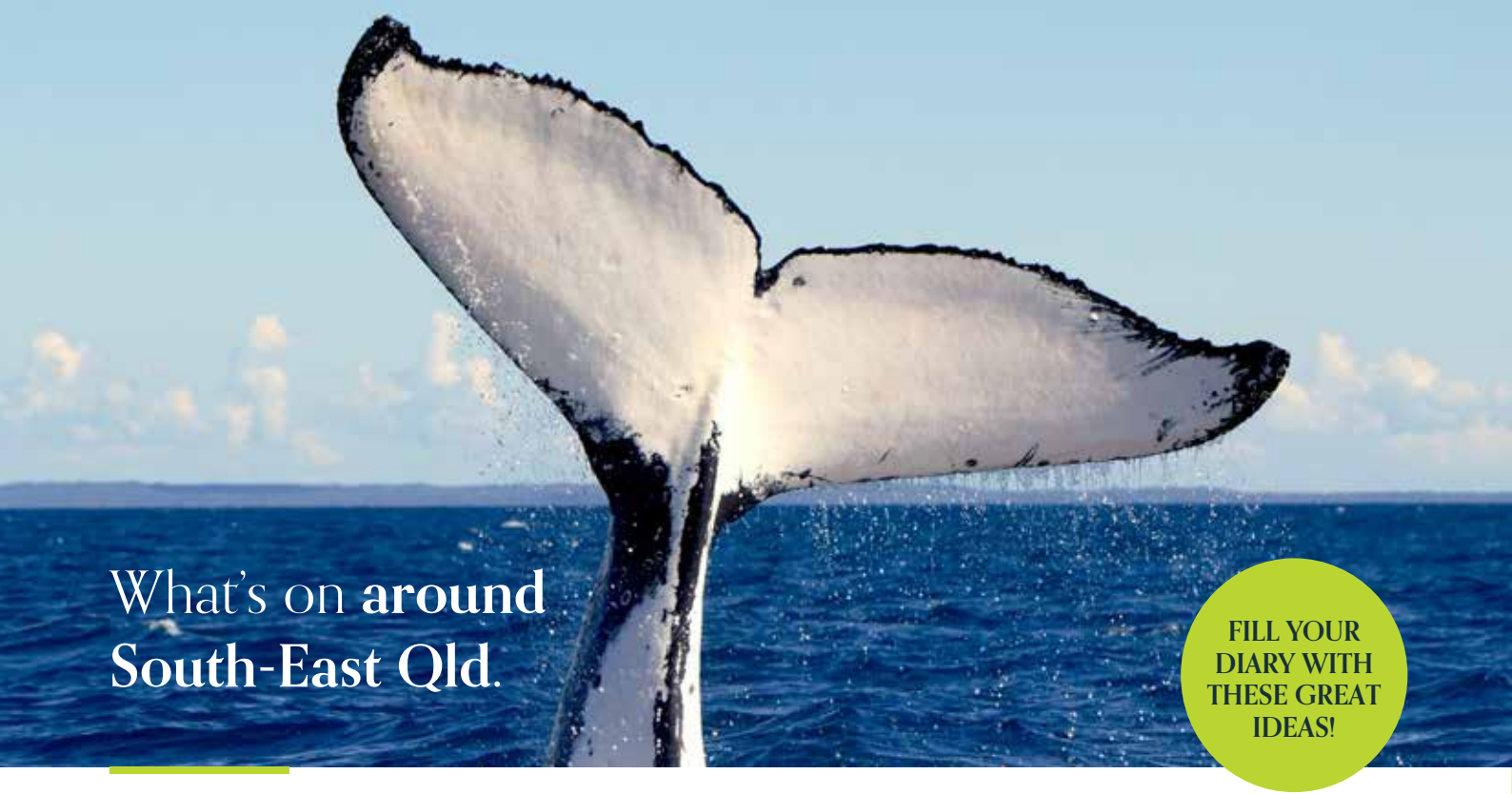
Four hours went by so fast. With a bit of a headache from those hemp seed cookies and sampling too much fudge, we were picked up and made our way home. A big thanks to TransitCare who looked after us so well. A great time was had by all!

Contact us

The 2022-23 Social Committee includes:

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





What's on around South-East Qld.

FILL YOUR DIARY WITH THESE GREAT IDEAS!

June to November: Whale watching season

Like clockwork from June to November, majestic humpback whales swing by South-East Queensland on their 10,000km trek to the warm, tropical northern waters. Spend a day on the water and get up close and personal to witness these beautiful creatures for yourself - or spot these gentle giants from land. North Stradbroke Island is one of the best locations to whale watch with solid ground under your feet. Head to Point Lookout and take the North Gorge Walk. This walk is picturesque at any time of the year but even more so when there's a chance to spot a whale (or five!) frolicking nearby in Moreton Bay.

All of June: Scenic Rim Eat Local Month

This month-long festival is the ultimate backstage pass to the farms, wineries and food stories of this vibrant region. It provides the opportunity to meet the people behind the produce in a celebration that features farm-gate events and culinary experiences for foodies of all ages. There are so many events planned, all of which are outlined at eatlocalmonth.com.au

June 30-July 2: Redcliffe Show

If you needed an excuse to go for a drive up the coast and explore the gorgeous Redcliffe Peninsula, this is it. The Redcliffe Show is on at Redcliffe Showgrounds in Scarborough Rd, Redcliffe. It's been an annual headliner in this area since 1950 and still features all those traditional show favourites including horse jumping and ring events, a dog show, woodchopping, cattle, poultry, sideshow alley, show bags, fireworks and more.

June 30-July 2: The Wizard of Oz at QPAC

Prospero Arts is bringing a sensational concert version of The Wizard of Oz to Brisbane for an exclusive season at QPAC's Concert Hall. Since its 1939 premiere, the classic film The Wizard of Oz, starring the legendary Judy Garland, was named the most influential film of all time, and has been adored across generations over the past 85 years. Five shows only – the perfect outing for you and your grandchildren! Visit qpac.com.au

July 1: Winter Harvest Festival

Winter Harvest Festival is the Scenic Rim celebrated in one glorious, flavour-filled day, and everyone is invited! The signature

event of Scenic Rim Eat Local Month, food ambassador chefs join growers, producers and flavour-makers, in hosting a variety of masterclasses and demonstrations. There will be produce stalls, tasting stations to graze and the World Famous Tractor Pull! Find it at Aratula Community Sports Complex, 10am-4pm.

July 1-2: The Pet Show

The Pet Show is the first national show celebrating all of the pets in your life – and it's coming to Brisbane! There will be education, entertainment and products for all dogs, cats, fish, birds, reptiles and small animals. It's a show about positive pet parenting. It's on at the Brisbane Showgrounds.

July 7-9: Queensland Garden Expo

This Expo will be held at the Nambour Showgrounds and will feature a giant kitchen garden, free lectures and demonstrations, a kids' program, landscape garden displays, representation from dozens of nurseries and even a floral design competition. There will be more than 120 presentations and a stellar selection of 40 speakers (including The ABC's Gardening Australia team) across six live stages each day. Visit qldgardenexpo.com.au

July 8-9: Abbey Medieval Festival

The annual Abbey Medieval Festival welcomes thousands of visitors to experience life in the Middle Ages, specifically 600 to 1600AD Europe and the Middle East. The Abbey Museum of Art and Archaeology together with re-enactors, jousters, performers, food vendors and merchants deliver one of Australia's premier living history events. There will be banquets and knighting ceremonies among all the authentic medieval fun! The event funds the Museum's operational costs and supports the maintenance and care of its remarkable collection of fine arts and antiquities. Find it at Abbey Place, Caboolture and also online at abbeymedievalfestival.com

July 21-23: Stradbroke Island Chamber Music Festival

For those who like chamber music, join in an epic line up of six concerts over two days at the Point Lookout Community Hall. Brought to you by radio 4MBS Classic FM, the full list of concerts and their performances can be found online at 4mbs.com.au

Chef Mahe cooks up a storm.



THERE'S ONE PALM LAKE RESORT CARINDALE PERSONALITY THAT EVERYONE KNOWS - AND IF YOU DON'T KNOW HIS NAME YET, YOU'LL SURELY KNOW HIS COOKING!

Mahe Alam has been in charge of Palm Lake Resort Carindale's meals for the past three years and has quite the following. Born in Bangladesh, Mahe has been in Australia for around 15 years now and gained his qualifications in commercial cookery and hospitality management in Melbourne some years ago. Based at Dutton Park, Mahe brings his passion for food to our resort's commercial kitchen every Wednesday, preparing delicious and convenient dinners for our homeowners on a weekly basis.

Over the years, Mahe says he has worked in a variety of different places and has also gained experience through agencies. That's how he was first introduced to over-50s communities, retirement villages and aged care communities. And it's in these kinds of places that he discovered an unexpected love of cooking for this demographic.

"I love to cook for older people," Mahe smiles. "They are always very friendly and very grateful for my cooking."

Mahe says while his original background is in Bangladeshi food, he knows that old-fashioned, traditional meals are those that go down best here.

"The homeowners love their meat - especially roasts like beef, lamb, chicken and pork," he says. "I'm always trying to take my food to the next level - maybe through different condiments and flavours, and different combinations. But I'm always listening to them and I love their feedback."

While Mahe's background is Bangladeshi, he says his favourite styles of food to cook include Thai, Italian and French dishes. This love goes right back to his training days. Mahe says outside the hours he spends in the commercial kitchen, he enjoys spending downtime with his wife and 3.5-year-old daughter, Arisha.

"She's at an age now where I'm enjoying teaching her a lot of things," Mahe smiles. "We go cycling and visit playgrounds and parks - and we like to kick the soccer ball around and just enjoy being outdoors."

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
Electrician (Mark) 0459 501 511
L&GM Electrical (smoke alarms) 0403 667 759
Comms Co. (phone/Internet problems) 5559 7988
Locksmith (David) 0428 947 997
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

Cool change.

THERE'S DEFINITELY A NIP IN THE AIR AND THE DAYS ARE MARKEDLY SHORTER THAN THEY ONCE WERE. GUESS WHAT, PEOPLE? HERE COMES WINTER - AND HERE COMES A NEW SEASON IN THE VEGGIE PATCH!



While the coming of winter means swapping your cotton PJs for flannelette and adding a few extra throw blankets to your lounge to make it that little bit more snuggly, it's also an opportunity to try something different in your garden veggie patch. It's a given that different veggies grow better in different seasons – some love the heat of summer while other thrive in the cooler months. If you're wondering what delicious produce will grow best for you this winter, let us give you some inspiration.

What to plant

Here in the subtropics (an area stretching roughly from South-East Queensland south to northern New South Wales), you should be looking to plant things like beetroot, cabbage, onions, radish, carrots, tomato, beans, bok choy, pak choy, leeks, kale, spinach, silverbeet and lettuce. Of course, there are herbs that do better here in the winter months as well. Why not try chamomile, comfrey, cress, dill, endives, garlic bulbs, lavender, lemon balm, marjoram, mint, oregano, parsley, rocket, sage, sorrel, spring onions and thyme.

What to remember

While your choice of seedlings should change in line with the seasons, some things do stay the same when it comes to the veggie patch. For example, sunlight is essential for growing veggies – abundant crops are generally the result of a combination of rich soil, water and a wonderfully sunny position. Winter vegetables are no exception - but did you know that leafy greens and root vegetables can tolerate less sunlight and actually perform well in partially shaded areas? Having said that, just remember that our days are shorter and the winter sun is in a different (lower) part of the sky, so there's probably more chance your generally sunny veggie patch becomes more shaded in winter. Accommodate your planting positions around that.

Cold comfort

Frost is another thing to consider. It will impact your young seedlings more than mature plants. Ensure they are established earlier in the season and/or are physically protected



Pictured: No garden space? No worries! Large pots work well as they can be positioned to capture the winter sun.

from the cold air. Funnily enough though, some winter vegetables thrive in extra cool conditions and their taste can even improve as a result. Apparently, a cold snap can trigger certain plants into producing more sugars which means sweeter harvests. To test this theory, try harvesting snow pea, parsnip, carrots and broccoli/cauliflower after any especially cool nights and see if you notice a difference in their taste.

Pesky pests

A benefit of growing veggies in the wintertime is that there are generally less pests about. That's not to say there will be no creepy crawlies in your garden – you should still keep your eyes peeled for them. One thing you do need to keep your eye on during winter are those diseases that flourish in the damp – things like fungal diseases. To assist in keeping fungus at bay, water early in the morning to give any excess water a chance to dry out, water the soil rather than the leaves and also ensure there's enough circulation around your seedlings and plants.

Last tips

Make sure there's a steady supply of water for your delicious goodies (you'll find the ground won't dry out as quickly as in the summertime so adjust your amount accordingly), mulch is never a bad thing and, of course, everyone loves a delicious treat every now and again. Your veggies – and all plants, for that matter – will love a regular feed of manure, fish emulsion and blood and bone to ensure lush growth. If you have a worm farm, don't forget to share some of your 'worm tea' with the veggies.

And remember that you don't need a huge backyard to get a big reward when it comes to growing your own produce. You can plant out some large pots (pictured above) or simply even use a bag of potting mix, laid down flat, with a window cut out of the plastic bag, to expose some of the rich soil within. The best part about these types of gardens is that they are portable and you can therefore place them in the most perfect position in your yard for optimum winter growing results. Good luck!



Inspiration aplenty.

Thrifty Gardening

Country Women's Association of Victoria, \$25

Lift your gardening game and save money with the help of the Country Women's Association of Victoria. *Thrifty Gardening* shows you how to get the most from your edible or ornamental garden, season by season. From how to grow from seed, what to plant and sow, which garden tasks to do when, it's all here. The advice comes with an always timely reminder to sit back and enjoy what you grow and some simple recipes for how to make the most in the kitchen of the bounty from your plot. There's advice for getting the kids involved plus tips for how to outsmart pests and bugs. This book will change the way you think about your garden and it will magnify the joy you take from it, all year round.

The Little Box of Veg

Alice Zaslavsky, \$30

Let the award-winning author of *In Praise of Veg*, inspire you to create something wonderful with whatever is in your kitchen. This kaleidoscope of colour-coordinated cards showcases 48 delicious veg from across the seasonal spectrum. Each card includes advice on choosing/storing/prepping veg, quick cooking ideas and a feature recipe to fully flex your veg game.

The Immunity Food Fix Cookbook

Donna Beydoun Mazzola & Sarah Steffens, \$40

This book delivers 75 delicious superfood recipes that support your body's natural defences organised around the five key pillars of immune support - reversing inflammation, detoxification, antioxidants, digestion and microbiome health, and hormone balance and signalling. Supporting your immunity has never been so appealing with these delicious whole food recipes, including gluten-free, dairy-free and grain options.

Homes for sale.

Home 129



Home 127



Home 114

UNDER
CONTRACT!



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

Moving on? 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, simply FREECALL 1800 770 057 or stop by the Caretakers' office during office hours.



Do your friends love it here, too?

We know your friends love coming to visit your Palm Lake Resort home and enjoy sharing our resort facilities with you, right? Refer a friend to join you and become part of our exclusive community, and if they purchase one of our established homes you'll receive \$250* cash!

\$250

cash bonus simply for
referring a friend!

For more info or
to refer your friend,
FREECALL 1800 770 057.
*T&Cs apply



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

10,000 REASONS TO CELEBRATE

With more than 45 years' history and properties right along Australia's east coast, did you know that 10,000 likeminded people call a Palm Lake Group address home? Come join our 10,000-strong community in 2023. We welcome you home.



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

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