

The Essence

July - August 2022



REFER A
FRIEND AND
SCORE A CASH
INCENTIVE!
DETAILS INSIDE...



FRIENDS BECOME NEIGHBOURS

Don't forget our 'Refer a friend' incentive - there are some great buys across the resort right now

DOG DAYS

They're man's best friend and Palm Lake Resort's too. Read about how to keep your mate happy and healthy this winter

SOCIAL BUTTERFLIES

Check out what our community of social butterflies have been up to these past few months...



Welcome

Welcome to the July-August edition of your regular resort newsletter, *The Essence*.

As the cold weather takes hold, we are seeing many of you heading off on travels to warmer climates. Brad and I have not long returned from our first trip north where we flew to Cairns and hired a motorhome to head back down the coast. Although the rain caught up with us and we got flooded in at Agnes Water just days from home, we had a great trip and are so glad that we got to visit the places we did. Queensland is such a huge state and we look forward to travelling more of it when time allows. We really now understand why so many of our homeowners own caravans and motorhomes and love to hit the open road in search of adventure - it sure is addictive! For those of you who are heading overseas for the first time in a couple of years - ENJOY! We hope you get to catch up with those friends and family whom you have been missing because of the pandemic.

In this edition, make sure you check out all the photographic memories of our second annual art and craft exhibition (we sure do have some talented homeowners living here at our resort!) and our 'Blast from the Past' concert event.

It was also great to host our 'cousins' from Palm Lake Resort Caloundra Cay for the recent 8 ball championship. We are so proud of our home team who kept the Cooroy-Noosa name up in lights, winning by two points! Well done to all who participated in the event - be that from a sporting perspective or purely social. At the end of the day, that's what it's all about.

Enjoy the read!

**Natalie Harrison and Bradley Naughton, Caretakers
Palm Lake Resort Cooroy-Noosa**

Contact us

If you have any questions about Palm Lake Resort Cooroy-Noosa or if you are interested in touring our resort grounds and world-class facilities, simply contact us!

Freecall: 1800 885 851

Email: salescooroy@pallake.com.au

Find our Sales Information Centre:

15 Pearsons Road, Cooroy QLD.
We're open five days a week, 9am-4.30pm.

Visit: palmakeresort.com.au

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News briefs



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 online. Visit www.pallakeresort.com.au and click on the 'News & Events' tab.

Social butterflies

Are you on social media? We are, too! You can find Palm Lake Resort on Facebook and also Instagram. Make sure you like and follow our social media profiles to see even more news from right across our dozens and dozens of locations, across the east coast of Australia.

Facebook: @pallakeresort
Instagram: @pallake_resort

Mark these dates in your diary

July 21-31: NOOSA alive! is a 10-day festival of arts and culture, bringing exciting performers to venues around Noosa, with a program of events covering theatre, ballet, comedy, visual arts, and more. Check out the website for more: www.noosaalive.com.au

What's on a bit further afield

August 6-14: The Royal Queensland Show is back after a two-year hiatus. Get your Ekka fix of Dagwood dogs, strawberry sundaes, the cutest farm animals, fashion and more. Fun for the whole family!

September 2-24: Queensland's premier arts event, Brisbane Festival, will light up the city in a blaze of colour this September, with extraordinary art, installations and live performances from home and across the world. Visit brisbanefestival.com.au for the full schedule of events.

Did you know...

The historic Majestic Theatre Pomona runs silent films every Saturday at noon? Admission is \$15 for adults and free for kids under 16. Snacks, bar and refreshments are available from 11 am.

Volunteers are awesome!

A big shout out must go to Rod Thomas and the band of resident volunteers who got in and helped weed and tidy around our resort dam. It is looking a million bucks. This is proof of 'community' at its best!



Creative celebration

WHEN IT COMES TO CREATIVITY AND COMMUNITY SPIRIT, WE HAVE BOTH IN BUCKETLOADS HERE AT COOROY-NOOSA, AND IT WAS ALL ON SHOW FOR OUR SECOND ANNUAL ART AND CRAFT EXHIBITION.

Palm Lake Resort Cooroy-Noosa conducted its second Art and Craft Exhibition over the weekend of May 27-28, with another outstanding display of work by our own talented artists and crafters.

As well as art in acrylic, watercolour, oils, coloured pencil, graphite, biro and pen and ink, there was a display of calligraphy and paper art by our renowned calligrapher, Dave Wood. Also, visitors got to enjoy another set of incredible works in Japanese embroidery by Marie Hansen and wonderful photographs by Lyn and Ian Whisker.

Not to be outdone, we had displays of mosaics, embroidery, patchwork, knitting and crochet, cross-stitch and latchwork, pottery, a work-in-progress scratch-build of an 18th Century sailing ship, a pair of shearing-sheds made from paddle-pop sticks, wooden chopping and serving boards, a display of working model steam-engines, photobooks and a variety of clothing made from discarded service uniforms by our Uniforms for Kids volunteers, which is donated to children in need.

The event was attended by all our residents and their families and friends, and was once again declared an amazing success. We have some very talented people living here at Palm Lake Resort Cooroy-Noosa, and we look forward to seeing more of their work at next year's exhibition.



Weekly activities

Monday

- 7am Walking group (The Pavilion)
- 10am Crochet, knitting, sewing group
- 1.30pm Members' lawn bowls

Tuesday

- 7am Casual tennis
- 7.15am Meditation, with Lee
- 9am Lawn bowls coaching
- 9am Aqua aerobics (indoor pool)
- 10am Aqua aerobics (indoor pool)
- 1pm Art class (Craft Room)
- 1pm Mah-jong (Library)
- 1pm Indoor bowls (The Pavilion)
- 6pm Residents' dinner
- 7.30pm Cards (The Pavilion)

Wednesday

- 8am Table tennis (The Pavilion)
- 9am Bus shopping trip
- 1.30pm Casual bowls
- 3pm Board games
- 4pm Pickleball
- 6.30pm Lawn bowls

Thursday

- 1pm Mah-jong (Library)
- 6pm Residents' dinner

Friday

- 7am Walking group (meet at The Pavilion)
- 7.30am Aqua aerobics (Indoor Pool)
- 8.30am PT at Milon gym (bookings essential)
- 8.30am Aqua aerobics (Indoor Pool)
- 5pm Happy Hour (the Bar)

Saturday

- 9am Lawn bowls
- 1.30pm Members' lawn bowls

Sunday

- 3pm Board games
- 3pm Casual tennis



Blast from the past!

By Sue Stanley

Just like the name suggested, this latest social event was truly a "Blast from the past". It featured five-piece band, The Claptoniacs and they delivered some classic oldies from Joe Croker, The Doobie Brothers, Eric Clapton, Rolling Stones and many more. The dance floor was full of residents kicking up their heels enjoying the music with smiles as big as the black and white decorated room.

There was a well supported hamper raffled, filled with wonderful goodies from businesses across our township of Cooroy. This was won by some lovely residents, Ray and Pauline, who just so happened to be celebrating their Golden Wedding Anniversary. The food was supplied by Cecile's Crepes and the bar was well supported with everyone having a good time. Thank you to everyone for the memories made on the night and we look forward to many more. This is living!

Knitted from the heart

Pictured right: Check out these gorgeous creations from our resort Knitting Club. Members create these little bears (known as 'trauma teddies') as well as other knitted items for donation to numerous lucky local charities including the Queensland Ambulance Service and the Sunshine Coast University Hospital. Members meet on Mondays in the Library from 10am-12noon and they welcome any new knitters - especially those who'd like to help with the production of these special beauties.



Eight ball, two teams, one winner!

We love an inter-resort competition pitting one Palm Lake Resort against another. This time, Palm Lake Resort Caloundra Cay's best 8 Ball players travelled down to Cooroy to take on the might of our Cooroy-Noosa team. Great sportsmanship, skills and banter were on display. Scores were very even all day. Cooroy-Noosa was down by one point at the lunch break but ran out eventual winners by two points! The final scores were: Caloundra 27.5, Cooroy-Noosa 29.5. It was a great team effort by our Cooroy players! Team Caloundra are already planning another challenge!





Vet's winter caution

DOGS FEEL THE WINTER CHILL JUST LIKE WE DO. SO, 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 FROM PETSTOCK VET DR KATHY MACMILLAN IN MIND.

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.

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. Some pets may require adjustments in their dietary or exercise plans to ensure they lose weight safely, with no risk of injury or nutritional deficiency.

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!



Homes for sale

Home 94 - \$830,000



This two bedroom home is situated on a large block in close walking distance down the street to the state of the art Pavilion Country Club and surrounding amenities. This home is immaculately presented with well-maintained gardens and designed for flexible living and entertaining in mind. Allow those balmy coastal breezes to flow throughout the home, down the hallway to the activity room and master bedroom. This home has a neutral minimalist style with an open spacious floorplan.

Home 226 - \$895,000



A 15-month-old home in our last stage. The Manaboa boasts a large open floorplan with great indoor/outdoor entertaining. Located close to our clubhouse this two bed, two bath home will impress the fussiest buyer. A large gourmet kitchen with SMEG appliances completes the package. Inspect it today.

Key features:

- Open floor plan
- Gourmet kitchen with large island bench
- Modern design
- Great location

For more information about the homes we have available, please phone 1800 885 851 and organise your private resort tour. We look forward to welcoming you soon!



Helping friends become neighbours

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 Palm Lake Resort homes, you'll receive \$250* cash. Easy!

\$250

for an established home



For more information and to refer your friend, simply contact our Sales Information Centre on 1800 885 851. *T&Cs apply

The best in over-50s living. This is your time.
palmakeresort.com.au

Life is cruisy.

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 Cooroy-Noosa. 19 Trading Post Rd, Cooroy QLD 4563
Freecall 1800 885 851



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