

The Buzz.

AUGUST - SEPTEMBER 2023



Be the change

Looking for a way to feel warm this winter? Do good, and feel good, with our ideas for volunteering inside.

Get caught up

There's always so much happening at our resort. From bowls to crafts to gardening, catch up on the latest inside.





Welcome.

So now we are past the shortest day, Winter Solstice, we can begin to enjoy longer days of sunlight again, although there are still some wintery days to endure.

We would like to take this opportunity to say a special thanks and farewell to Sticks N' Strings as they pack away the drum kit and guitars. Cheers, George, Grumpy, Len and Noel.

There are more new homeowners to welcome this month:

- Sharon and Kevin Barnaby Home 30
- Leanne Goodrich Home 88
- Beryl Newall Home 129
- Cheryl and Johannes Piek Home 148
- Robyn and Stephen Langley Home 176
- Elaine and Ian Virgen Home 241
- Paula and Malcolm Missenden Home 274
- Pamela and Leslie Hill Home 234

Please say hello and make yourselves known as you see them in the Resort.

As you may be aware there have been issues with the meal booking tablet in the Beach House so for those of you who cannot book meals at home on the Portal, please advise the office if you want to attend meal service. A new system is being developed, however if you want to connect online, please call the Help Desk to get access on your home computer. Ph. 07 5607 4030.

Finally, a reminder from the Rubbish Collection Team that all refuse be bagged before being placed in the wheelie bins. This is so that we don't wear the contents when using the hoist.

See you in the spring!

Lyn and Phil
Palm Lake Resort Deception Bay Caretakers

CONTACT US

Looking for more information about Palm Lake Resort Deception Bay? Here's how you can reach us:

FREECALL: 1800 725 652

Street address:
1 Webster Rd
Deception Bay QLD 4508

Office hours:
9am to 12pm, Monday to Friday
(closed on weekends)

Email:
deceptionbay@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.



COME TO EMU HEAVEN

Our next bus day trip will be on Thursday September 21, and will be to Emu Heaven at Colleyville near Ipswich. The emu chicks will have just hatched. We will have a tour of the farm and can purchase many emu oil related products from the large onsite shop. Lunch will be two courses at Ipswich Brothers, with choices to be made at time of payment. Cost will be \$55 which includes coach, morning tea, tour and lunch. List will be out on Friday August 4 with payment due on Monday September 11. Enquires please contact Marie (ph. 832, Home 63).

REFER YOUR FRIENDS

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 an established Palm Lake Resort Deception Bay home, you'll receive \$250 cash. Easy! Ask about our 'Refer a Friend' incentive at the office.

GET SOCIAL

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: @palllakeresort
Instagram: @palllake.resort



FAREWELL STICKS AND STRINGS

Fellow residents, past and present, and friends, our sincere gratitude.

Thank you for your help and support over the past 9-and-a-half years. Now, it is with regret that we inform you that the entertainment Sticks and Strings have, due to health reasons, decided to call it a day. We will not continue with our Sunday Concerts.

We wish to also thank you for the opportunity afforded to us to do so, with the help and support of fellow resident entertainers on stage with us. Peter Grace, Graeme Luxton, Ruth McKenzie, Darryl Fitzgerald, Walter Marty, David Wood, and so many others – too many to name. We pass on

Two special people who deserve our accolades are Win Morris and Jan Beatson, for all their work behind the scenes. They were true blue roadies for us.

So, as we exit the stage, we sincerely hope that there is another muso ready to step up.

Farewell to the Sticks and Strings. May the sun shine on your shoulders. Sincerely yours for Len Mc Kenzie, Graham Beatson, (Grumpy), Noel Koskelo and yours truly George Morris.

'Til we meet again.

Bowls Club news.

The Bowls Club has had a busy first half of 2023. The consistency final played on May 7 was won by Jim McArthur after a final against Sheryl Wall. We also had Green Wattle Resort visit us on May 21 for the annual challenge between Green Wattle and Palm Lake – not to mention the pairs championship, which is being played through to the finals in July.

Palm Lake Resort Deception Bay Bowls Club (PLRBC) was invited to an inter-village bowls challenge at Pacific Palms in Burpengary East on two Saturdays, June 3 and June 17. We sent two teams to the challenge and, although we didn't achieve a place, feedback from the two days was very positive and all the players look forward to future events.

We also had some special events including the 'Bloody Myrtle' trophy, which was won by Murray Liddell and Ann Briggs.

All bowlers wish that at least one of their bowls they bowl finishes as the 'shot' bowl. But seldom do we achieve the perfect head as was the case with lead bowler Val Waite on Wednesday June 14, who delivered three superb bowls to the pleasure of her skip, Noel Hawes who was quick to snap a photo of the head. Well done Val.

The Annual General Meeting was held on July 10, where a new committee was elected. Thanks go to the previous committee who wish the new committee a great year ahead.

The Bowls Club welcomes all new residents to Palm Lake Resort Deception Bay and extends an invitation to all bowlers and those who wish to take up the sport, to join the club.



Dream Head Val Waite's bowls



Consistency champion Jim McArthur



Murray, Noel and Ann with the 'Bloody Myrtle' trophy

Social Committee.

Music, music, music

Come join the Palm Lake Keyboarders in the Beach House on Sunday July 16, from 1pm to 3pm. Name our tunes to win a prize. Please bring a plate to share for afternoon tea. Hope to see you there Gloria (ph. 773).

Trivia

Saturday July 22 at 6.30pm. Maximum eight people per team, \$2 each. Hosted by Pat Holmes.

Black and White night

Social Committee will be having a Black and White night on Saturday August 19 at 7pm, with the ever-popular Maggie and Tim. Dress up or dress down in your black and white finery. There will also be a raffle.



Red Hatters report.

We all dressed up for our gala night in May. A photo booth was set up, so photos were taken of everybody looking great. The food was good, and conversation went so well our meeting went longer than usual. Nobody really wanted to go home! It was a good night.

In June at a morning meeting, we had Maureen Vonder speak to us about her experiences of living in South Africa. We were all pleased to hear how lucky we are to live in Australia. I think Maureen was surprised at all the clothes we had brought to swap. Most of us went home with an item or two and the rest were taken to Lifeline. Our lunch at SEA,SALT & VINE will be in the next newsletter.

Craft Club news.

Have you marked the Craft Market Day on your calendar? It is only two-and-a-half months away, taking place on Saturday October 21 from 8am to 11.30 am in the Beach House. Hope all you crafty people have started making your items.

There will be a meeting for anyone interested in having a stall on Friday September 29 at 3.30pm in the Beach House. You must attend this meeting if you wish to have a stall. All items for sale must be made by the person residing in Palm Lake Resort Deception Bay.

The challenge this year is to make a handmade Christmas decoration. People attending on the day will be the judge prizes – first, second and third. They will be asked to place a coin in a corresponding bucket. The entry with the most money will be the winner. All money raised will be donated to the Kidney Foundation.

Morning tea will be available, and we will also be selling raffle tickets \$1 each. A flyer with more information will be delivered to your letterbox on a date closer to market day or for more information contact Margaret Cunningham (ph. 812) or Hazel Christison (ph. 978).



From the Garden Group.

We may be in winter, but we are enjoying lovely sunny weather for now and it is quite pleasant to get out into the garden. Our native bees are happy in their new hive, as are the worms in the worm farm, which have multiplied – not that we count them.

At our last meeting in June, we had guest speaker Ian Therkelsen from StrokeSafe. Everyone enjoyed his very informative talk on strokes, including what to look out for and what to do.

Garden Group meetings are on the first Tuesday of the month, at 9am on the Sports Club verandah (except in November, when we move to the second Tuesday due to Melbourne Cup Day). Anyone can come to our meetings, please just bring \$2 to pay on the day and a plate to share – tea and coffee are supplied.

We either have a guest speaker after the meeting or do an outing locally to a nursery or place of interest, and morning tea. We have a monthly notice of what is happening on the far end of the large notice board in the Beach House.

UPCOMING EVENTS

- **Meeting:** August 1, 9am on Sports Club verandah. Guest Speaker Lynda Rapkins will do a presentation on orchids. Some plants will be for sale on the day, cash only.
- **Garden Clean Up Day:** August 8, down in the garden at the end of Big Lake. Anyone can come and join us and help if they are able – some big jobs, some small. Or, you can come and have a chat, see what is growing or take a cutting home with you.
- **Meeting:** September 5, 9am on Sports Club verandah. See notice board for information of either guest speaker or outing.
- **Garden Clean Up Day:** September 12 down in the garden at the end of Big Lake.

Happy Gardening,

Stella Skennerton, President (ph. 950)
Fran Knight, Assistant Secretary (ph. 952)

How to feel warm (and fuzzy) this winter.

SURE, YOU COULD SIP ON HOT CHOCOLATE OR DON A COSY JUMPER TO BEAT THE CHILL THIS WINTER. BUT IF YOU REALLY WANT THAT WARM, FUZZY FEELING, ONE OF THE BEST WAYS IS TO DO SOMETHING KIND FOR SOMEONE ELSE.

Volunteering has long been associated with retirement, but the release of a 2022 research report from National Seniors confirms it. The survey, which asked more than 3600 older Australians to talk personally about volunteering, revealed impressive results.

Half of the respondents stated that they volunteer at least some of the time. Twelve per cent say they volunteer five to 10 hours per week, nine per cent volunteer 10 to 20 hours per week, and two per cent volunteer more than 20 hours per week.

Interestingly, there was little distinction between the amount of volunteer work done by those who had permanently retired from paid jobs, and those who hadn't. Retired or not, senior Australians just love to volunteer. Perhaps it's because, as the report also revealed, many volunteers say it makes them feel more positive and satisfied with how they spend their time.

This is certainly true across the Palm Lake Group of resorts. We are home to countless happy volunteers and volunteering groups. From knitting tiny beanies to donate to babies in NICU, to collecting bottles and cans to raise funds for drought-stricken Australians, hundreds of marginalised people feel the love from our Palm Lake Resort homeowners.

Why not spread more of those warm and fuzzy feelings yourself? Here are four creative ways to volunteer your time this winter (and beyond).

WHY NOT
WRITE TO
SOMEONE?



Find a pen pal

Have you heard of the Letterbox Project? The flagship program from Connected AU, the Letterbox Project is national pen pal initiative that focuses on fostering connection and community. It allows you to volunteer some time to send handwritten letters across Australia to people feeling isolated and disconnected. Every single letter (for the duration of the pen pal communication) is sent through the Connected AU team and approved, allowing relationships and connection to thrive while ensuring everyone in their community is safe. Head online to connectedau.com.au/letterbox_project to learn more about this great initiative.

Offer your skills as a mentor

By the time we reach retirement, many of us have picked up a few special skills over the years. Maybe you're talented in art and crafts and know your way around a set of knitting needles or a crochet hook? Perhaps you're a professional pianist or artistic painter? Or maybe you love getting your hands dirty in the garden (and regularly reap the rewards in terms of fresh produce or beautiful flowers)? Whatever your skill, chances are there is someone in your community (be that within your Palm Lake Resort community or the greater local community) who wants to learn from you. Consider posting a flyer on your resort noticeboard or in your local paper or Facebook group volunteering your time and expertise as a mentor – you never know who will reach out.

Coordinate a drive

From canned goods to baked treats, handmade items to unneeded items, we can make a big difference when we all

rally together to support those in need. Choose a cause to support – it could be sanitary items for unhoused people in your community, toys for children fleeing family violence or cans of pet food for your local animal shelter – and call on your Palm Lake Resort community to help bring the drive to life. We're a charitable bunch and no cause is too small. Also, keep your ear to the ground; you just might hear that one of your neighbours is doing it tough, or that one of their friends or a family member might need some support.

Care for someone in your greater community

For the last few years, the Palm Lake Group has been committed to co-locating Palm Lake Resort and Palm Lake Care locations. This not only provides opportunities for couples with different levels of care to stay close to one another, but also ensures that residents in our aged caring communities feel the love and support of their Palm Lake Resort neighbours. Palm Lake Care is always looking for volunteers to either visit the community and spend time with the residents, or assist the Lifestyle Team in running activities. If this sounds like you, please contact the Lifestyle Coordinator at your nearest Palm Lake Care to discuss this further. Head to pallmlakecare.com.au for the contact details of each of our seven care communities.

Whichever way you go, there's definitely a warm and fuzzy feeling attached to lending a hand to support others. And don't forget, there are always plenty of volunteer roles around your resort neighbourhood as well - our various committees are sure to love it if you put up your hand to help. You'll be getting to better know your neighbours, too, which is always a great added bonus.



Garden your way to better health.

IT'S A BELOVED PASTIME FOR GREEN-THUMBED RESIDENTS OF PALM LAKE RESORT, BUT DID YOU KNOW THAT GARDENING CAN ALSO OFFER THESE FIVE HEALTH BENEFITS?

If you're looking for a fun way to up your vitamin D intake, make friends in your community and increase your hand strength, look no further than gardening. Better yet, you can add reduced blood pressure and a lower carbon footprint to that list, too. More than just a way to beautify your home and its surrounds, gardening offers a seemingly endless list of positives. It's great for your physical and mental health, your community and the planet. And you don't even need a big yard to do it. You can find many beautifully tended-to front and backyards in each of our Palm Lake Resort locations (especially ours!), with community gardens at select resort locations as well. Put simply, life at Palm Lake Resort makes it easy to discover all the health benefits of gardening. If you needed any more encouragement, here are five reasons why you too should get out in your garden...

IT IMPROVES YOUR PHYSICAL HEALTH

When you think about it, gardening is an excellent workout. All that digging, raking, planting, weeding, and watering helps to burn calories, strengthen your muscles and even improve flexibility. Gardening is considered 'moderate' physical activity, which means you only need to do about 30 minutes of gardening every day to meet the recommended exercise requirements for a healthy body. Add to that the health benefits of vitamin D intake through sun exposure, which includes improved heart health and stress relief.

IT IMPROVES YOUR MENTAL HEALTH

The mental health benefits of spending time in nature are well documented. Experts agree that being outdoors can reduce stress, foster connections with your local community (in turn, improving confidence and self-esteem) and sharpen cognition. When we nurture nature, in return, we create a positive feedback loop that allows us to connect to nature, promoting mindfulness and a sense of purpose. Plus, it's a great way to disconnect from screens, inhale good bacteria (specifically *Mycobacterium vaccae*, dubbed the 'natural antidepressant' for its ability to increase serotonin in the brain) and produce something meaningful and rewarding all at once.

IT HELPS YOU EAT HEALTHIER

It goes without saying – when you grow your own produce,

you eat better. This isn't just because you feel more motivated to eat the wholefoods you've nurtured in your own backyard (lest you waste those weeks or months spent growing each plant), but also because you avoid the pesticides that are sprayed on mass-produced fruits and veggies to help them last longer. Better yet, growing your own veggies in your garden is cheaper than shopping in the organic section of the supermarket, meaning you get more healthy wholefoods bang for your buck. This makes it much more affordable to eat the recommended daily servings of fruits (two) and veggies (five).

IT HELPS YOU LIVE MORE SUSTAINABLY

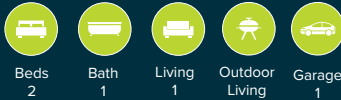
If you're passionate about sustainability, growing your own produce in your garden helps you live more in line with your values. Making fewer trips to the supermarket reduces the need for excessive industrial agriculture, while also cutting down on packaging and the amount of fuel needed to transport each piece of fruit or vegetable from its growing location to your plate. By tending to your own garden, you'll also learn ways to make your waste go farther – for instance, you'll be motivated to compost food scraps to make a rich plant fertiliser. Also, the plants you grow will help reduce carbon and pollutants from the air or, if they flower, feed pollinators like bees and butterflies.

IT FOSTERS A SENSE OF COMMUNITY

Last, but certainly not least, gardening provides great opportunities for social connection within your resort community. Whether you join/start a special interest group around gardening or you simply offer to help out a neighbour in their backyard, gardening is a fun, easy way to get to know some likeminded people. And, when you have a good harvest, you can share your abundance with those neighbours, friends and family members – who wouldn't appreciate a home-grown food basket, or some fresh cut flowers grown with love? At the very least, it's nice to know that you're never really alone when you're gardening. While we've talked about the benefits of social interaction if you potter in the garden with friends, don't forget that even when you're alone in your own backyard, you're actually surrounded by thousands of living organisms, each of you playing an important part in the ecosystem.

Established homes for sale.

Home 44 - \$360,000



Very spacious and tidy.

Catch the morning sun on the east-facing front verandah and enjoy the afternoons in the cool private rear patio. This two-bedroom home has an air-conditioned lounge and master bedroom plus ceiling fans throughout. The bathroom has shower and vanity and the toilet is separate with bidet. The new owner will also enjoy: covered in rear patio, large built-in bedroom wardrobes, spacious kitchen/dining, electric cook-top and oven.

Home 30 - \$405,000

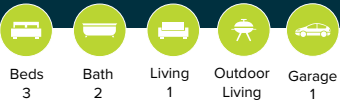


New furnishings.

This home is a gardener's delight, with a rain water tank, garden shed and easy access to the garden through the roller door from garage. Great outlook from the living area and kitchen to the garden. A short walk to the resort amenities, this well-maintained home has a front verandah to sit and enjoy both morning and afternoon sun. This home is ready for a new owner to move in, relax and enjoy what the resort has to offer.



Home 176 - \$433,000



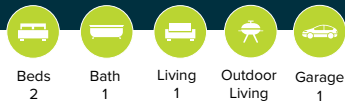
Extensively renovated.

This home has been extensively renovated and is all ready for a new owner to move straight in. There is new interior paint, new carpet, a new air-conditioner, new ceiling fans, new gas cooktop and electric oven. Not to mention, a new dual basin vanity in bathroom. The master bedroom has an ensuite bathroom, and the living area is spacious and light. This home is surrounded by palm trees on a quiet corner close to resort amenities.



Established homes for sale.

Home 129 - \$405,000

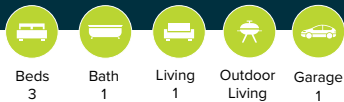


Close to facilities.

Delightful, well-maintained two-bedroom home overlooking the croquet lawn. Close to all resort facilities. Immaculate inside. Features include: built-in wardrobes in bedrooms, large kitchen/dining, air-conditioned lounge, ceiling fans in all rooms, carpets in lounge and bedrooms, vinyl flooring in kitchen, easy-care backyard and courtyard, single garage, separate rumpus room/workshop, and more.



Home 241 - \$425,000

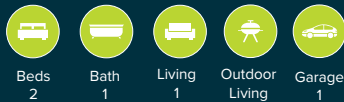


Very spacious and tidy.

A well-kept home inside and out. Located on a quiet street, with a deck to sit on in the morning sun and a lovely outdoor to enjoy in the evenings. This home is also blessed with lovely gardens to add to the character of this spacious home. You can move in and just start living the resort life without having to do a thing. There is also an air-conditioned lounge, rain water tank, two toilets, spacious kitchen with breakfast bar and more.



Home 235 - \$410,000



Well-appointed.

This very tidy two-bedroom, one bathroom home has everything going for it. It has new interior paint, new carpets in the bedrooms, new curtains and a very easy to manage backyard. The single garage can be accessed through the laundry. The spacious kitchen has a gas cooktop and electric oven, as well as plenty of pantry and cupboard space. This well-appointed home is close to all of the resort facilities. Motivated owners are ready for an offer. Contact the Sales Office for an appointment to view.



Weekly activities.

MONDAY

- 8am** Zumba Gold - Beach House, Weight Group - Craft Room
- 8.45am** Aqua Aerobics - Indoor Pool
- 9am** Tai Chi - Beach House
- 10am** Sing-along (first and third Mondays)
- 1.30pm** Lawn Bowls
- 6.15pm** Social Tennis

TUESDAY

- 9am** Mah Jong - Sports Club, Garden Group (first Tuesday of the month) - Sports Club
- 9.30am** Oil Painting - Craft Room (not first Tuesday of the month), Scrabble - Beach House
- 1pm** Cards (500) - Beach House, Indoor Bowls - Beach House
- 5pm** Residents Meal - Beach House
- 6pm** Square Dancing - Beach House

WEDNESDAY

- 7.30am** Aqua Aerobics - Indoor Pool
- 8am** Group Fitness - Beach House
- 12noon** Residents Meal - Beach House
- 1pm** Cards - Sports Club (5 Crowns)
- 1.30pm** Round Dancing - Beach House
- 3.30pm** Afternoon Bowls
- 4pm** Croquet - Croquet Park
- 6pm** Line Dancing - Beach House

THURSDAY

- 9am** Tai Chi - Beach House
- 10am** Red Hatters meeting (second Thu of the month) - Sports Club, Painting (Artist) Group - Craft Room
- 2pm** Cards (Euchre) - Beach House, Line Dancing - Beach House
- 5pm** Residents Meal - Beach House
- 6.30pm** Table Tennis - Sports Club, Cards - Beach House

FRIDAY

- 8.30am** Lawn Bowls
- 9am** Craft Club - Craft Room
- 2pm** Bingo - Beach House
- 6.30pm** Cards - Beach House
- 6.15pm** Social Tennis

SATURDAY

- 8am** Keyboarders (alternate Saturday) - Sports Club
- 9am** Quilters Group - Craft Room
- 1pm** Cards (500) - Beach House, Indoor Bowls - Beach House
- 4pm** Croquet - Croquet Park

SUNDAY

- 6pm** Cards (500) - Beach House

DAILY

- 1.30pm - 4pm** Billiard and Snooker Club (Ladies' Day Tuesday)

Important contact numbers.

EMERGENCY NUMBERS (Police - Fire - Ambulance):
Remember '0' before the 000

To open gate from your home: 11

Air Conditioning (Connor Harm): '0' 0407 310 767

Police-non emergency: '0' 131 444

Tel/Internet support: '0' 5067 4030

Office: ext. 601

Caretakers/Managers - after hours: ext. 600

Caretakers/Managers/Sales: 1800 725 652

Beach House: ext. 605

Electrician - Air Spark (Paul) '0' 0417 147 180

Electrician - Komodo Electrical (Jono) '0' 0433760105

Gas - smells/leaks: '0' 1800 808 526

Gas - Origin Energy: '0' 132 461

Garage Door Repairs - Steel-Line Garage Doors:
'0' 3713 3100

Home Assist: '0' 5490 6820

Neil Judge - JP Qualified: ext. 743

Newspapers - The Courier-Mail & The Australian:
'0' 1800 630 130

Painter & Decorator - Andrew McNamara:
'0' 0438 801 320

Palm Lake Aged Care: '0' 3293 5800

Plumber - North West Plumbing: '0' 0418 868 848

Handyman/Builder - Barry Corocher: '0' 0407 678 419

Poisons Information Centre: '0' 131 126

Prince Charles Hospital: '0' 3139 4000

Redcliffe Hospital: '0' 3883 7777

Royal Brisbane & Women's Hospital: '0' 3646 8111

RACQ Breakdowns: '0' 131 111

State Emergency Service: '0' 132 500

Sports' Club: ext. 603

Taxi - Redcliffe Taxi Service: '0' 131 008

FOR EMERGENCY

AMBULANCE FIRE, POLICE: '0' 000

A smiling man with glasses, wearing a striped polo shirt, is painting a landscape on an easel outdoors. He is holding a paintbrush and a palette. The background shows a lush green landscape with trees and a body of water.

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 725 652 | deceptionbay@palllake.com.au
1 Webster Rd, Deception Bay QLD 4508

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