

The Buzz.

DECEMBER 2023 - JANUARY 2024



Little wonders

The secret to a successful, garden? Worms! Turn to Page 8 to find out how to use these little wonders in your home.

Year in review

Hear from the facilitators of some of our busiest social and sports groups as they sum up the year that was.





Welcome.

The festive season is almost upon us, and we will be soon saying farewell to 2023. Many residents are getting into the spirit with Christmas light displays adorning their homes and brightening up the resort. Good on you!

Parties and end of year events are now all being booked in. We hope you all enjoy the events and good times with your neighbours and friends.

Of course, there is a series of public holidays coming up so there will be changes to our courtesy green waste pickups and office hours. The recycling collection will not be affected however the rubbish collection due on Australia Day Friday January 26 will occur on Thursday January 25 instead. Please make sure your wheelie bins are put out on Wednesday evening.

The final green waste pick up for the year is Monday December 11. Normal service will resume on January 8, please note that the limit of two standard rubbish bags and one tied bundle of loose material still applies. Any excess is your own responsibility.

Public Holiday office closures are Monday December 25 and Tuesday December 26, 2023, and Monday January 1 and Friday January 26, 2024. Caretakers can still be contacted on these days for emergencies only.

The last meal service for the year will be the week beginning December 18 and start again the week beginning the January 15. If you wish to join us for a Christmas feast you will need to make sure of your bookings.

Finally, management and staff wish you all a Happy Christmas and best wishes for the new year.

Until next time,

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@pallmlake.com.au

Find us online at:
pallmlakeresort.com.au

Get social:
Follow us on Facebook
(@pallmlakeresort) and on
Instagram (@pallm.lake.resort)

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News briefs.



'23/'24 RESIDENTS COMMITTEE

- President:** John Woolley (Home 150, ph. 801)
- Vice President:** David Mainwaring (Home 121, ph. 910)
- Secretary:** Jo Kennedy (Home 126, ph. 907)
- Ass. Secretary:** Paul Kennedy (Home 126, ph. 907)
- Area Reps:** Charlie Glaser (Home 137, ph. 930), Helen Pullman (Home 43, ph. 864), Lynette Reeve (Home 183, ph. 873), Patsy Paynter (Home 115, ph. 781), Diana Ferrari (Home 250, ph. 846), Lorna Beattie (Home 277, ph. 778)

THANK YOU

Thanks to all my lovely friends who live in this special resort. A big thank you to those who brought flowers, etc., sent cards, made telephone calls and prayers for a speedy recovery from my recent cancer scare. A special thank you to Clem who has been beside me all the way. Thank you one and all,

Margaret Munro

CHRISTMAS CAROLS

Come join the keyboarders, singing groups and invited artists to celebrate the festive season on Sunday December 10, from 6.30pm to 9pm in the Beach House. A light supper will be served by our Social Committee during the evening. All welcome, so we hope to see you there. For all enquiries please phone Gloria French (ph. 773).



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

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: @pallmlakeresort
Instagram: @pallm.lake.resort

BUS TRIP NEWS

Our first bus trip for 2024 is to the Brisbane Motor Museum at Banyo where there are dozens of interesting vehicles to inspect, some with accompanying video histories. We will have morning tea en route, visit the museum, then visit Kedron-Wavell Services Club for lunch. Tables are reserved for us there, however with such a large and extensive menu offered, we will be choosing and buying our own lunch (at member's prices) for this trip. Cost will be \$50 which includes coach, morning tea and museum entry. List for names will be out on Friday 4th January and payment to be in the Beach House on Monday January 29 between 11am and 12 noon. Enquiries contact Marie (Home 63, ph. 832).

From the Social Club.

It has been a busy few weeks. On October 7 we were entertained by the Second Wind Band, and it was a great night of music. These talented musicians delighted the audience with their various wind instruments as well as great vocals. Lots of music to sing and dance to.

One Sunday afternoon in October John Beattie (AKA, Irish John) provided a great afternoon of music to sit, relax or sing along.

Then, on November 4, we were entertained by Darrin Leigh which was another night of song and dance.

On November 5, Len McKenzie and Tony Wagner joined together to provide their own style of country and western tunes, another opportunity to join in with singalong from the audience.

Tuesday November 7 was, of course, the Melbourne Cup Luncheon. WOW! Everyone went to a lot of effort to make this a very special event. The tables were decorated and we were served a tremendous luncheon of chicken, ham and various salads followed by a choice of desserts. Our thanks go to Annette and staff from Friendly Grocer at Margate for their wonderful catering. The 'Best Hat Parade' for both men and women was well received, along with fun and games for all to join in.

Some events to look forward to will be the Christmas Carols – with music being provided by Keyboarders on December 10 – and the New Years Eve celebrations with John Sophios.

Pictured: Len and Tony.



Pictured: The ladies in their hats.



Quilters' report.

Our quilters have once again been busy! This time, they have been making small Christmas stockings and fabric bags which will be given to CADA (Centre Against Domestic Abuse) in Caboolture at the end of November. These will be given along with donations of toys and sweets for the children, and toiletries and other necessities for the women.

In total they made almost 130 of the Christmas stockings, and more than 80 of the fabric bags. Many thanks to all our quilters, and also to the very generous folk of Palm Lake Resort who have donated lots of goodies to this special cause.

Merry Christmas to all.



Craft market.

A big thank you to everyone involved in making the Craft Market morning such a great success, and to everyone who came along and supported our crafty stallholders. Congratulations to the lucky nine raffle winners. The challenge competition raised \$86.75 for the Kidney Foundation. The last craft morning of the year will be on Friday December 15, and will resume on Friday January 12 in 2024. As this is the last edition of The Buzz for the year, the craft ladies would like to wish all residents a Merry Christmas and best wishes for 2024.





Pictured: Mike and John.



Pictured: Mike Danks, 'B' Grade Winner



Bowls report.

Well, the year is nearly over and what a great year it's been. Welcome to our new members, Ian and Elaine Virgen, and Kevin and Sharon Barnaby. We hope you have as much fun playing bowls as the rest of us. We've had many great times over the year, thanks to those involved in the organisation of all events. A special thank you goes to Snow Itzstein who organised the club championships throughout the year. Well done Snow for a job well done. Thanks also to Snow for managing the 'Gold Club' which has proved very popular amongst the PLRBC members.

The final championship match for the year, the 'B' Grade Championship, was won by Mike Danks, who, after a close encounter with club stalwart John Salkeld, snagged a tight game which was won on the last end. Well done Mike and congratulations John for an exciting challenge.

"What a great day" was the common cry from all who attended the special Bowls and BBQ on October 27. It was great to see that a lot of members dug deep into their closets for their Bavarian finery to 'dress up' to celebrate a very memorable 'Oktoberfest'. A job well done goes to Robyn Williams, who suggested the idea, and the many helpers for the lovely lunch and scrumptious morning tea.

OKTOBERFEST CELEBRATION

Don't forget the PLRBC 2023 Christmas party will be held on Saturday night December 9. There is a limit to the number of people attending so, if you haven't booked in, do so quickly. See Ross Heaney for tickets.

The last official day of bowls for the year will be on Friday, December 15, 2023 and recommence on Monday, January 8, 2024. However, unofficial bowls will continue in the break. The committee would like to wish all bowlers and wanna-be bowlers a very merry and safe Christmas.

From the Red Hatters.

JULY

It was a cold and miserable day but the owners at Sea, Salt and Vine gave us space indoors and we joined tables and had a cosy time chatting over lunch that we individually ordered. Thanks to those who carpoled.

AUGUST

This was the celebration of our 10th Red Hatters birthday at Palm Lake Resort Deception Bay. It just happened to be on October 10 at 10am. Our birthday cake was cut by Joy whose 95th birthday was the next week. She was wearing the Red Hatter "gear" in reverse, purple hat, and red dress because that's what is the Red Hatter tradition. Thanks, Rona, for organising the cake. We all brought items we had created, bringing your children was not an option. There was a great variety of items, from poetry to baking to beautiful craftwork. It was a great topic for conversation.

SEPTEMBER

Red Hatters PLR went on another outing to the New H Cafe over at MKT. It was a no fuss/no drama morning with everyone having their own choice of tea/coffee and morning tea. Thanks, Margaret, for taking over "the helm". Our sympathies go to Margaret Munro and Jenny for their health problems. We wish them well.

Cheers,

Mary



Puzzle power.

DON'T THINK OF A BOX OF JIGSAW PUZZLE PIECES AS A TIME-CONSUMING CHORE – IT'S ACTUALLY AN ACTIVITY THAT WILL PROVE MORE BENEFICIAL THAN YOU THINK. AND, THE CHRISTMAS HOLIDAYS ARE THE PERFECT TIME TO PARTAKE IN IT.

Building jigsaw puzzles is a pastime that spans the generations. You might remember your own children, as babies and toddlers, joining a handful of large format puzzle pieces to make a simple picture. As they grow, the pieces get smaller, the image gets more detailed and number of pieces in a box rises through the hundreds and eventually, into the thousands.

Building puzzles as a fun family activity can also 'join' you in other ways - the bonding experience and time shared is invaluable. Jigsaw puzzles should definitely be on the activity list when the smallest members of your family come and visit or stay. However, building jigsaw puzzles in the latter years of life, and especially so with likeminded friends, actually has more benefits than you'd think. Here are just some of them:

1. Left brain meets right brain to prevent cognitive decline. Puzzles are a whole-of-brain activity as they exercise both the right and left sides. Our brain's right side sorts creativity, emotion and intuitive thinking while the left side is the logical, objective and methodical side. When you complete a puzzle, both sides communicate and work together, increasing cognitive function. The occipital lobe is the area where the brain connects colours and shapes and it is also activated during puzzle building. Exercising the mind helps prevent cognitive decline.

2. Memory improvement. Picking up a puzzle piece and scanning the rest of them for a match strengthens neural connections and increases the generation of new connections. This, in turn, increases mental speed and thought processes. You've also got to be visualising the completed

image, but in small sections, and when you exercise the part of the brain in charge of storing this kind of information, you're also working a muscle that will ultimately improve your short-term memory.

3. Problem solving and IQ increase. It's true. You can actually become smarter by completing puzzles - and there's research to prove it. A group led by Dr Susanne Jäggi at the University of Michigan found that spending just 25 minutes a day solving puzzles can raise your IQ by four points. Nice. Beyond the brain boost, these enhanced problem-solving skills can be transferred and applied to other areas of life to make you more innovative and adaptive as well as a more critical thinker.

4. Mood enhancement. Solving puzzles increases the brain's production of dopamine. This neurotransmitter is responsible for regulating mood and optimism. It also affects learning, memory, concentration and motivation. Dopamine is released every time we put a puzzle piece in the right place. This encourages us to challenge ourselves and continue to find more and more puzzle-piece matches (many of us know that feeling of becoming 'addicted' to completing a puzzle and finding it hard to walk away from an uncompleted one!).

5. Decreased stress through the meditative process of completing a puzzle. When assembling a puzzle, our brains go from 'beta' (or awake) to a state of 'alpha' (which is similar to the state we are in when we are dreaming). This shift in consciousness comes with many benefits, including improvements in mood and self confidence, lower blood pressure and heart rate, as well as stress relief.





How (and why) to start a worm farm.

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 TO SET UP!

Similar to compost bins, worm farms help break down food waste and turn it into nourishing fertiliser for your garden. They typically look like a bin or bucket and may be stored outside or in the kitchen.

Unlike traditional compost, 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, plants, flowers and old fruit and vegetables – the waste they create (called 'castings') mixes with the soil to create a garden fertiliser that your plants will love.

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.

But why should you set up a worm farm? A better question might be: why not?! For one, they're a great way to get 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 worm urine) 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 in your own garden, a worm farm is the perfect place to start.

SETTING UP YOUR WORM FARM

There are many ready-made worm farms to choose from, but you may also want to make your own. They're very easy to set up.

You'll need: two containers (a larger one with a lid to catch the waste, and a smaller one to house the worms and soil); enough shredded paper and compost to create a 10cm layer in your smaller container; water; a knife or other instrument to poke holes in one of the containers; and last but not least, worms.

1. Find a warm, shady spot to set up your worm farm
2. Put the larger container on the ground
3. Poke several holes in the smaller container
4. In the smaller container, create a 10-centimetre-deep layer of shredded paper and compost
5. Gently add water so the layer is moist, then gently add the compost worms
6. Add food scraps for the worms to feed on
7. Close the lid and wait about a week while your worms settle into their new home

Remember: Not all food scraps are good for worms. Try to only feed them fruits, vegetables, coffee grounds and tea bags, egg shells and shredded paper. Avoid citrus fruits, onions, capsicums, leeks and garlic, meat, dairy products, pasta, cereals and shiny, coated paper.

THE PERFECT
ACTIVITY FOR THE
GRANDKIDS!

From the Garden Group...

The Garden Group has been busy over the last couple of months preparing plants for the Craft Market on October 21 and it was a successful and fun morning. We appreciated the time and effort of all those who contributed. Left over plants were given to the Freshwater Church for their charity stall.

The guest speaker at our September meeting was fellow resident David Satherley who gave us information on his working career including interesting and varied positions in horticulture both large and small jobs. David had some plants to show us and propagation information. He also sold some of the plants.

Guest speaker for October was Heath Prior with her demonstration of floral art and most people were captivated by her talent. Thanks to the people who brought flowers for the event. All reports indicate it was enjoyed by our group immensely.

Terry Stokes from Grow-Boss Organic Fertiliser was the guest speaker at the November 14 meeting. He also had products for sale. It was the last chance to enter the Bloom of the Month competition for 2023 as there is no meeting in December and the group will resume in February. At the November meeting, names were also finalised for the Christmas party to be held on Monday December 4, at 5pm in the Beach House. The 2023 Bloom of the Month trophy will be awarded at the dinner.

Our guest speaker for February 6 is Jillian Coombe from Searles Garden Products. She was a very popular and generous guest in the past and we look forward to her visit.

The Garden Group would like to wish all residents and staff of Palm Lake Resort Deception Bay a Merry Christmas, good health and happiness in 2024.

Happy Gardening,

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



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 974 981.

*T&Cs apply



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

Established homes for sale.

Home 44 - \$360,000

Beds

2

Bath

1

Living

1

Outdoor Living

Garage

1



SOLD

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 210 - \$460,000

Beds

2

Bath

2

Living

1

Outdoor Living

Garage

1



Move in, relax and enjoy.

This well-maintained two bedroom home is perfectly positioned within the resort, overlooking one of the lakes. There are lovely cork tile floors throughout and it is newly painted inside. This home is ready to be moved into and enjoy, with low maintenance gardens and a large north facing verandah. There is nothing for you to do except enjoy the sunshine, beautiful views and the activities the resort has to offer.

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

2pm

Smart Moves - Beach House

6.15pm

Social Tennis

TUESDAY

9am

Mah Jong - Sports Club, Garden Group (first Tues day 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

4pm

Croquet - Croquet Park

6pm

Summer Bowls, 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' 5607 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

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

For more, FREECALL 1800 725 652 or email deceptionbay@pallake.com.au or visit pallakeresort.com.au

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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