

Eagleby Star.

OCTOBER - NOVEMBER 2023



Clean start

The start of spring is the perfect time for a fresh start. Turn to Page 7 for our tips for spring cleaning your life.

Get caught up

Our resort has been a hive of activity these last few months. Hear from our social and sports groups inside...





Welcome.



Welcome to the October/November edition of the Eagleby Star. Can you believe that we are only 12 weeks away from Christmas?

Over the last couple of months, we have had a few new residents move in. We would like to take this opportunity to extend a warm welcome to you all. We hope that you enjoy living here, and trust that you have made some new friends and are settling in nicely.

We would also like to welcome our new groundsman, Harley. He has been with us for just over a month now and is already making a noticeable difference around the resort. Be sure to say hello to him when you see him.

By the time you are reading this, our newly upgraded internet system should be up and running. We hope that this will result in faster speeds.

We also hope that this summer won't be too hot and humid, though it is shaping up to be quite the opposite.

See you all around the resort,

Michaela Gee
Palm Lake Resort Eagleby Caretaker

CONTACT US

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

FREECALL: 1800 781 101

Street address:
272 Fryar Road
Eagleby QLD 4207

Office hours:
9.30am to 12pm weekdays (11am to 12pm only on Wednesdays)

Email:
eagleby@pallake.com.au

Find us online at:
pallakeresort.com.au

Get social:
Follow us on Facebook (@pallakeresort) and on Instagram (@pallake.resort)

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News briefs.

WASTE REMINDER

Green waste (Tuesdays):

October 3, 17 and 31
November 14 and 28

Hard waste (Mondays):

October 9 and November 13

DOCTORS' SURGERY HOURS

Dr Anthony Ting

Wednesday 8.30am — 9.30am

Dr Nicholas Ting

Friday 11.30am – 12.30pm

Please phone Mt Warren Park surgery for an appointment or home visit on 3807 8588.

Podiatrist is available Tuesday (bookings sheet is in the Lakeview Clubhouse).



SALON SPECIALS

There's no time like the present to treat yourself to a styling session at our resort hair salon. In October, receive 10 foils, a style cut, blow dry and a hot towel treatment and massage for \$59.95. Then, in November, you will receive a full colour, eight foils and a style cut and blow dry for \$89.95.

LIBRARY NEWS

Jone would like to thank the library volunteers who have stepped in to look after the library while she is in hospital/rehab. Unfortunately, after a fall at the beginning of September, Jone broke her humerus (at the top, just underneath her shoulder). This has made it difficult for her to get about. At the time of writing this, she is in the PA Hospital awaiting confirmation as to whether she needs to go back into rehab for a little while. Watch this space... she is determined to be back as soon as she can. She would like to thank everyone for their kind words of support.

On behalf of Jone Morganti (Home 57)



MEDICAL & DISABILITY AIDS REGISTER

A number of homeowners have asked me if I know of anyone who can lend them equipment for them to use after having a knee or hip operation. Through the generosity of our residents, I have made up an extensive list for anyone needing to loan this equipment. If you need anything after an operation, contact me and I will put you in touch with the owner of whatever it is that you require.

John Matheson (Home 231, ph. 1431)

HOSING HOURS

Please make note of our hosing hours for recycled water:

Mornings: 7am - 8am

Afternoons: 4pm to 5pm

Please hose during these times from Monday to Friday only. Please do not use the recycled water on weekends.

SOCIAL CALENDAR

Friday October 6 Happy Hour & Villa Draw @ Lakeview

Sunday October 8 Summerhouse Afternoon Concert "Hint of Swing Band"

Friday October 13 Fashion Show @ Summerhouse; Happy Hour and Music night with "The Lovely Daz Duo" @ Lakeview

Friday October 20 Happy Hour & Villa Draw @ Lakeview

Friday October 27 Happy hour & Snack Night @ Lakeview

Saturday October 28 ReZident Band @ Summerhouse

Friday November 3 Happy Hour & Villa Draw @ Lakeview

Tuesday November 7 Melbourne Cup lunch @ both clubhouses

Friday November 10 Happy hour & "Karaoke with Resident Brian" @ Lakeview

Friday November 17 Happy Hour & Villa Draw @ Lakeview

Saturday November 18 Craft Fair @ Summerhouse

Friday November 24 Happy hour & Snack Night @ Lakeview

Friday December 1 Happy Hour & Villa Draw @ Lakeview

Friday December 8 Happy Hour and Music night with "Boom Baby – Cliff & Jim" @ Lakeview

HOC report.

When this edition of the Eagleby Star comes out, I will have already been over to Belfast visiting my family. However, I had to lodge this report before I left, so I hope I had a good time!

Things have been running smoothly around the resort for the last few months. We welcomed a new gardener, Harley, and he seems to be settling in well and doing a good job. One of our former gardeners Fabian comes back once a week to keep the resort looking really nice also. Harley spent days clearing out undergrowth and trimming trees and palms in the dog park. With the new blue paint job on some of the equipment, it is nice to see the park looking tip top. Here are some photos of my red and white Border Collie “Indianajones” training in the park. In the photo with his head down he is searching by scent for a little tin with birch odour in it, which I had hidden behind the furthest blue pole. In the photo with the blue weave poles, he is running in and out of them. And in the one of him up on the concrete pipe, he has been told “paws up” on command. You can see our nice new painted equipment and some of the refurbished garden beds.

It is good to see that our telephone and computer systems are being upgraded. We now have the added bonus of free calls to mobile numbers, as well as unlimited computer data. Our cinema also got a boost, which is great for the new release streaming movies we show in there.

Our entertainment at Lakeview and the Summer House continues to be brilliant. Our latest concert with ‘British Impact’ and ‘That’s Rock ‘N’ Roll’ was very well received and we residents danced the night away to all our favourite tunes. Our own homeowners Peter and Brian (from the ReZidents Band) played at Lakeview recently and the dance floor was packed. It was also enjoyed by the line dancers. The Villa Draws and Snack Nights draw good crowds as well. Our last daytime Summer House concert for the year will feature ‘Hint of Swing Big Band’. It will take place on Sunday October 8 at 3pm and will be at the fabulous price of \$5 per ticket – a gift to residents from our Home Owners Assoc.



Don’t forget to put your small empty beer bottles and cans in the small green bins at the side of the kitchens at Lakeview and the Summer House (not the large recycle bins). The money we get back on these ones goes into the Home Owners Assoc. account so that we can keep organizing all this fabulous entertainment – and also regular payments for our resort groups.

The new computers have been installed in the Summer House Library. They are Dell hardware running Microsoft Windows, and they are very nice.

I was advised by Councillor Karen Murphy’s office that work was to commence at the end of August on the new resort around the corner on Eagleby Road. Living Gems have sold out that project to the Stocklands Group. Because of the many complaints last year about the speeding trucks, the police were told of the upcoming work.

Ann Shannon
Homeowners Committee President

Pool Club report.

The club would like to thank Bert Edwards, who suggested the introduction of an iron for the pool table felt. There are five tables, all of which seriously needed some attention. We would also like to thank the Home Owners Committee for the approval and the financing of the acquisition.

Bert has since used the iron and the improvement of the tables is absolutely amazing. It certainly smooths out any irregularities in the cloth’s texture and increases the performance and rolling speed of the cue balls. Thank you again, from all of us.

Following on from the last report, results were...

July 1: Another good start to the month, with 20 players. Popular winners were Bob Allen and Ron Clibbon.

July 8: After another good turn up, outright winners were Frank Buckley and Peter Bailey. Won all their games.

July 15: Winners were Tony Say and Boyd Everett. Tony is one of our top players and, with Boyd, won six out of seven.

July 22: Number of players today were 20, Outright winners were Frank Buckley and Robert Greenleaf, won four out of five games.

This week we also welcomed new resident, Ron Murray, who has played the game of pool before. We wish him good luck.

July 29: Very good turn up today, 24 members. Outright winners were Kevin Swiles and Lester Johnson. Five from five.

August 5: Winners were Peter Milivojevic and Peter Bailey. Four out of five games, came down to a two way draw.

August 12: 22 Players, outright winners were Ross Reeves and Lester Johnson. Lester is having a very good run.

August 19: All teams played six games, the result decided by a four way draw. The winners, Boyd Everett and Robert Greenleaf.

August 26: We had 22 players, including Angus Walker, who hasn’t played pool since April. However, winners were Kevin Swords and of course Angus, five games outright.

We had some very sad news that Bob Hubbard had passed away. He was a top guy and a good pool player who always enjoyed a chat and a drink after the game. He was an out-of-the-box thinker, willing to help anyone and always good for a laugh. He is one of those guys that we will never forget. A great loss.

Peter Emerson

Road Runners.

Recently we had our annual trip to Kandanga for a week of bowls, with most staying for a week to ten days and several staying for two weeks. It was put back a month hoping that it may have been a bit warmer, but it was not – it was very cold, but the days were beautiful and we got to play a game nearly every day. There was no charge for the games we played amongst ourselves, we also had former residents Dave and Kath Parrott and Bob and Ilene Teskie join us for just over a week.

At the end of August, we made our way over to Murgon for our annual trip up there. We all stayed at the Yallakool Caravan Park on the Bjelke Petersen Dam for a week. We managed to have three days of bowls with members of the Murgon Bowls Club, who welcomed us with open arms once again.

Former President of the Bowls Club, Allen Mitchell, invited us all to come along to the Men’s Shed in Murgon to see some of the great projects that they have taken on. On the day we were there, there were about 53 people working on various projects. One of their major projects was the refurbishment of an old coal-powered locomotive and two carriages. We also got to see several tractors, horse-drawn carts and engines that they have fully restored.

After leaving Murgon several of us headed over to the Nanango Showgrounds for the annual Nanango Country Music Muster. There we enjoyed ten days of great country music, with just on 700 caravans and motorhomes on site. Unfortunately, on the Friday evening while we were all up under the pavilion, a massive rain and hailstorm hit Nanango. It caused many thousands of dollars of damage to caravans and motorhomes – some had their awnings torn off the side of their RVs completely. It was said that the winds were up around the 100 kilometre per hour mark and the hail, which was about the size of the small fingernail of a man, pelted down for a good twenty-five minutes to a half hour.

The monthly markets were on the first Saturday while we were there. It was said that there were close to 400 stalls there, which is one of the biggest markets in Queensland.

If you would like to know more about our group, then email me at jandslions@bigpond.com.

Cheers,

John Matheson
Facilitator for the Eagleby RV Road Runners Group



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 781 101.

*T&Cs apply



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

Bowls report.

The last championship game of the year is the Ladies Open Singles, which is starting on October 15.

We won the Waterford Shield game on August 2, but didn't fare so well in the Palm Lake Shield game in Toowoomba. We also won the Home Game against Halcyon Greens.

There are only a few remaining resort games...

UPCOMING GAMES

Wednesday October 11 Lewani Palms home game

Wednesday October 18 Self-select pairs game

Wednesday October 25 Toowoomba away game

November Opal Gardens home game

November Renaissance home game

Wednesday November 22 Self-select pairs game

Date claimer: Saturday November 25 will be the presentation night and dinner. It will be followed by the AGM on Monday November 27. Nomination sheets will be available for interested committee members.

Don't forget the Members' Draw for every Saturday night at 4pm. This is a chance to socialise and catch up with members for a chat and a drink.

See you on the green and at social activities,

Grace
Vice President

Spring clean your life.

'TIS THE SEASON FOR NEW BEGINNINGS. NOW THAT WINTER IS OVER, IT'S TIME TO THROW OPEN THE WINDOWS, LET IN THE FRESH AIR AND TURN YOUR ATTENTION TO SOME OF THE AREAS YOU MAY HAVE NEGLECTED DURING THE COLDER MONTHS.

SPRING CLEAN YOUR HOME

Let's start with the obvious – literally spring cleaning your home. We recommend starting with your ceiling fans. Chances are they've been still throughout winter and have gathered a lot of dust, so be sure to wipe them down before you turn them on this spring (lest you scatter that dust all through your home).

Similarly, now is a good time to clean your windows. Wipe away any dust and dirt that has built up on the window sills, blinds and windows over winter. With the curtains back to let in the summer sun, you'll be able to clearly see any marks and dirt during the warmer months.

Next, turn your attention to your lounge room. It's time to wash and then store away your winter throw blankets and add some bright spring colours and accessories to freshen up your space. Light a fruity, fresh candle while you're at it.

In the kitchen, clear out the fridge and pantry, being sure to use up any leftover winter ingredients (cans of soup or winter vegetables for casseroles, for example) before you do. Check the expiration dates on any products you plan to store – they may expire sooner than you think.

Remember: spring cleaning doesn't need to happen all at once. Use spare moments of time in your day to tackle small tasks so that it doesn't become overwhelming. You might be surprised how much you can get done while you wait for the kettle to boil or during a TV ad break.

SPRING CLEAN YOUR HEALTH

It's time to shake off the winter blues – luckily, there are many simple yet effective strategies you can incorporate into your daily routine to improve your mental and physical wellbeing. Make the most of the new season to book in a health check up with your doctor. You might also want to organise a skin check, an eye exam, a trip to the dentist or a hearing check while you're at it.

Now is the perfect time of year to get back into exercise, or to take your regular exercise regime outdoors instead. You could dive headfirst into a swimming routine, make time to walk or cycle around your resort or organise a game of social tennis or lawn bowls with your friends. Your Palm Lake Resort community is designed with your physical wellbeing in mind, so make the most of it.

One of the most important factors in your physical and mental wellbeing is your diet. The foods you eat provide you with nutrients and vitamins that impact your gut health, immune system, cognitive ability and heart function. So, with that in mind...

SPRING CLEAN YOUR DIET

It can be hard to keep your diet on track, especially during the cooler months when all you want to do is cuddle up under a blanket with your favourite comfort food. But there are so many health benefits to be gained when you eat a diverse diet that's full of fresh and seasonal ingredients.

On your next trip to the supermarket, look for spring fruits (banana, blood orange, grapefruit, honeydew, mandarin, papaya, pineapple, strawberry and watermelon) and vegetables (asparagus, avocado, beans, broccoli, cabbage, carrot, cauliflower, leek, snow peas, sugar snap peas and spinach). How can you incorporate them into more of your meals? Studies show that eating home cooked meals has positive health impacts, so while it can be tempting to go to a restaurant or order takeaway, your body will thank you for making the extra effort.

You can start small by planning a few meals at a time and looking through recipe books for inspiration. If you can, substitute a trip to the supermarket for a morning at your nearest farmers' markets. This allows you to talk directly to the farmers and suppliers about what's in season – it's also the perfect way to spend a sunny spring day.

Weekly activities.

- MONDAY**
8.30am Mixed Bowls
9am Gentle Exercise LV (not on August 14 due to Ekka public holiday), Knitting/Crocheting SH
1pm Cards, Paper Craft, Club Bowls
3pm – 4pm Ukulele LV cinema
4.30pm Happy Hour LV
- TUESDAY**
8am Tennis
8.30am – 11.30pm Line Dancing LV
9am Patchwork Quilting, Aqua Aerobics
9.30am Mah-jong SH, Ukulele LV cinema
10am Aqua Aerobics
1pm Ladies Bowls
6.45pm Trivia SH
- WEDNESDAY**
8.30am Mixed Pool LV
8.30am – 9.30am Zumba SH
9.30am Sewing/Craft SH
9.30am – 11.30am Colouring in SH
1pm Cards SH, Mixed Bowls
1pm – 4.30pm Gym with Aubrey
- THURSDAY**
9am Aqua Aerobics
10.30am Tai Chi SH
12pm – 3pm Art Group workshop SH Craft
1pm Mens Bowls
2pm Bingo LV
6.45pm Movie Cinema SH
7pm Indoor Bowls LV
- FRIDAY**
7am – 1pm Gym with Aubrey
8.30am Table Tennis LV
9am – 2.30pm Embroidery
10am Garden club (first Friday, SH)
1pm Club Bowls
4.30pm Happy Hour LV
5pm Darts LV
8.30pm – 9.30pm Relaxation SH, Cinema (first & second Friday)
- SATURDAY**
8am Tennis, Mixed Bowls
10am – 12pm Trevor on Keys SH
12.45pm HOY at the Bowls Club, Pool Players Comp LV
1pm Cards SH
2pm Movie SH
4.30pm Happy Hour Bowls Club
- SUNDAY**
2.30pm – 4.30pm Christian group SH (fourth Sunday)

Important contact numbers.

- Ambulance/Police/Fire (Emergency)** 0 000
State Emergency Service 0 132 500
Poisons Information Line 0 131 126
Beenleigh Police 0 3801 0777
Communications Co 0 5607 4030
Doctors Room 0 3489 7983 or 7983
Alfords Plumbing and Gas Services 0411 109 806
Logan City Council 0 3412 3412
Logan Hyperdome Library 0 3209 6133
Locksmith (Blacks Mobile) 0 3382 0755
Logan Hospital 0 3299 8899
Logan Animal Pound 0 3286 5397
RSPCA 0 3462 9999
Air Train 0 3216 3308
QR City Train 0 131 230
RACQ Breakdown Service 0 131 111
Newspaper Delivery 0 1800 630 130
Palm Lake Resort Hair Salon 7988 or 3489 7988
Kitchen (Summer House) 1592 or 3489 1592
Kitchen (Lakeview Clubhouse) 7998 or 3489 7998
Caretakers Office (Micky) 1590 or 3489 1590
Workshop 1594 or 3489 1594
Resort Gym 7993
Bowls Club 7987 or 3489 7987
Local Snake Catcher 0 0434 146 109
JP Dave Murphy (H334) 1534
JP (Qual) Qld June Steinweiss (H305) 1505
Michelle Tavli – Travel Agent 0414 716 443
Bishlec Power & Data 0421 353 304

Homes for sale.

Home 61 - \$430,000

Beds

2

Bath

2

Living

1

Study

1

Garage

1

UNDER CONTRACT



Low maintenance.

This two-bedroom home has an ensuite bathroom off the main bedroom. There is a good size study. Living area plus separate dining area off the kitchen. Undercover entertainment deck to the rear, with low maintenance courtyard. One-and-a-half width garage with space for storage. Low maintenance gardens to front with driveway to garage.

Home 84 - \$389,900

Beds

2

Bath

1

Living

1

Garage

3

UNDER CONTRACT



Heart of the resort.

This two-bedroom home is situated close to one of the resort clubhouses as well as the bowling green, swimming pool and tennis court. There is one bathroom with a separate second toilet off the internal laundry, plus a large living area with separate dining and 2pak kitchen. There is a one-and-a-half tandem garage plus a driveway big enough for two vehicles. This home has an undercover entertainment area to the rear, with low maintenance gardens in both the front and rear. There are new carpets to the bedrooms and flooring to the living area.

Want to book a private tour and find out more about our resort? FREECALL **1800 781 101** or email **eagleby@palllake.com.au** You can also visit us online at **palllakeresort.com.au**

8

9

Homes for sale.

Home 248 - \$420,000



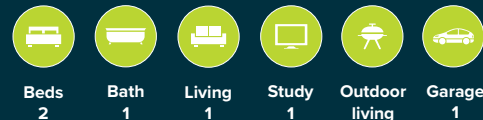
UNDER
CONTRACT

Fuss-free gardens.

This well presented two bedroom home plus study is immaculate and ready to move in. It has open plan living, dining and kitchen, with access to an undercover entertainment area from the dining. This home has two good size bedrooms with built in wardrobes. There is one bathroom plus a separate powder room. There is an internal laundry leading to the rear garden, which has an undercover area and artificial lawn. This home has a fenced covered verandah to the front. There is a one and a half width garage, with low maintenance gardens to front.



Home 282 - \$400,000

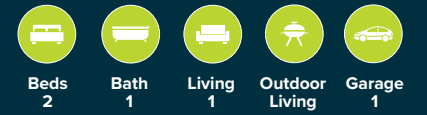


Everything you need.

This well presented home has a study leading to the outdoor entertainment area and garden. There is a large living area with separate dining and 2pak kitchen. There are two good size bedrooms to the rear. One bathroom with a separate second toilet off the internal laundry. There is a single garage. Low maintenance gardens to front and rear. This home is in easy reach of one of the resort clubhouses, as well as the swimming pools, cinema and workshop.



Home 299 - \$440,000



**UNDER
CONTRACT**

Beautifully presented.

This two-bedroom home plus study is located close to one of the resort clubhouses, swimming pools and cinema. This is an open plan home, with living, dining and kitchen all in one. There is a two-way bathroom off the main bedroom, with second toilet located in the internal laundry. There is a single internal garage with access to the rear garden. There is also access to the rear garden and undercover entertainment area via the study.



Home 313 - \$365,000



SOLD

Everything you need.

This two-bedroom Orchid design home has a generous modern feel. It has a large living space with separate kitchen and dining area. This home boasts one bathroom and two toilets. Two good size bedrooms to the rear of the home, looking out onto the rear garden. There is an undercover outdoor entertainment area to the rear, and a covered porch to the front. This property has one and a half-length tandem garage, space for a car and extra space for small workshop or storage. Located close to one of the club houses, swimming pools, cinema and workshop.



Want to book a private tour and find out more about our resort? FREECALL **1800 781 101** or email eagleby@palmlake.com.au You can also visit us online at palmakeresort.com.au

10,000 REASONS TO CELEBRATE

With more than 46 years' history and properties right along Australia's east coast, did you know that 10,000 likeminded people call a Palm Lake Group address home? Come join our 10,000-strong community in 2023. We welcome you home.



FREECALL 1800 781 101 | eagleby@palllake.com.au
272 Fryar Road, Eagleby QLD 4207

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