

Hervey Bay.

NOVEMBER - DECEMBER 2023



Shave for a cure

Did you hear who gave up their locks, all in the name of charity?

Here comes summer

From being more waterwise, to keeping your pooch cool, to worm farming - it's all in here!





Welcome.

Hello everyone!

Wow, we are well and truly into the back end of 2023. Boy, does the time fly. We must be having too much fun - isn't that the saying? Time flies when you're having fun! The resort's social calendar has been busy - everyone having a good time and participating in the organised events. This is so nice to see and it's really lovely to watch all those new homeowners who have moved in, really embracing the community lifestyle. Our Social Director, Jan Street, has also been busy organising a choir and rehearsals are going well. We're all looking forward to hearing them at Christmas. Well done to all those who are contributing.

Melbourne Cup 2023 has just been run and won as we send this newsletter to print and, wow, you guys out did yourselves. What a great day! There were lots of beautiful dresses and the lunch was superb. Margie sure is setting the bar high. Her horse won as well - well done to you, Margie! Great effort! All the ladies looked fabulous, and you blokes looked pretty good too. Well done on making the effort and dressing up. Congratulations to our best dressed lady Tori Rolingson and our best dressed male Malcolm Colegate. Everyone looked amazing as you can see by the photos on Page 3.

Our 'Containers for change' program is doing well, especially now they are taking wine bottles. That's going to up the ante a bit! As we all know, there are great reasons for recycling and it's a great way for our committee to earn some extra funds.

Back to the grounds and the plantings that Max and Justin are placing around the grounds are taking shape. The trumpet flowers along the walkway are blooming and the agapanthus at the front of the office are massive - next year I will have to put stakes in to hold them up. And the sunflowers that were given to me as seeds from the new childcare centre next door, Seedlings & Co, are blooming! Spring is in the air and summer is just around the corner.

Until next time, take care everyone and enjoy yourselves over the festive season.

Bryce Fellows and Tracey Bekkers (and Jack),
Palm Lake Resort Hervey Bay Caretakers

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Instagram (@palm.lake.resort)



Cup Day capers.



Pictured above: Our best dressed homeowners on Melbourne Cup Day were Malcolm and Tori. Oh what fun we all had!





Pictured above left: Our winning team in the K and J Trophy match included Tony, Sue, Bob and Tony. **Pictured above right:** The men's singles championship was a very closely fought battle between David and Bob, with David ultimately victorious - by one point!



Bowls Club notes.

IMPRESSIVE
BOWLS ACTION
APLENTY!

We retain the K and J trophy

At the end of September, 20 bowlers from Burrum Heads Bowls Club paid us a visit to play for the K and J Trophy - a perpetual trophy between the two groups. Morning tea preceded the competitive game of fours, followed by a barbecue lunch.

The Palm Lake Resort Hervey Bay team consisting of Bob Walker, Sue Baumann, David Wilson and Tony Fergusson were the individual winners with the K and J trophy retained by our resort. The score was 93 to 64 points. Congratulations to those players.

Singles Championships an incredible match

Our Singles Championship got underway early in October with a high standard of competition seen. Spectators were given a masterclass in singles play both in the semi finals and finals.

David Matley and Bob Walker lined up to contest the final and after 32 ends of bowls, David was triumphant by just one shot. The final score was David on 25 points and Bob on 24 points. You would not see a better game at the Aussie championships!



Friends shave for a cure.

ANNUALLY, THE MONTH OF OCTOBER COMMEMORATES BREAST CANCER AWARENESS AND IT'S A CAUSE CLOSE TO MANY OF OUR HEARTS.

Lin Davidson, who many will remember as an ex-homeowner at Palm Lake Resort Hervey Bay, set up a series of fundraising events to support the National Breast Care Foundation on behalf of her team "The Hervey Bay Hell Raisers". The cause is very close to Lin's heart, given her own diagnosis in January and her ongoing treatment.

Her crazy ex-next-door-neighbour, Rosemary French (a current homeowner here at the resort), wanted to help the fundraising effort in some way and suggested to Lin that they participate in a hair shave event here at our resort.

"So we bravely - or stupidly - spoke to my wonderful hairdresser Sharron, from Oceanside Hair & Beauty, who agreed to help us," Lin smiles.

Given the Hell Raisers had already secured more than 45 prize donations to raffle at their planned main event on October 14, the team decided to host another event, at Palm Lake Resort Hervey Bay on October 7, to give our homeowners the chance to support the cause by buying raffle tickets or making donations, while watching their two brave friends, shave for a cure.

More than 60 Palm Lake Resort homeowners attended the event and cheered on Lin and Rosie who ended up sporting a bald head and a mohawk (pink and purple, of course) respectively. Lin says our homeowners lapped up the raffle tickets and made heaps of donations on the day.

"In fact, \$717 worth of raffle tickets and donations of \$1215 were collected," Lin says. "It was a fantastic effort - well done everyone!"

Did you know, one in seven women and one in 600 men will be diagnosed with breast cancer before they are 80? Or that more than 20,000 people a year are diagnosed with breast cancer? Or that nine Australians die every day from breast cancer? Since the National Breast Care Foundation started funding research in 1994, death rates from breast cancer have reduced by 43 per cent thanks to research, prevention, early detection and new and improved treatments. It's fundraisers like this one that support the good work of the NBCF.

Lin would like to thank you all and let you know that, to date, the Hell Raisers have raised more than \$5600 and there's more to come! The official Hell Raisers fundraising page will be open for donations until the end of November. If anyone else would like to make a donation, no matter the size, the link to the page is www.fundraise.nbcf.org.au/s/113942/119870



Pictured above: Homeowner Rosie and her ex-next-door-neighbour Lin before their big chop, for charity.

Pictured below: Going, going, gone! Close to \$2000 was raised by our community at this event, to go towards Lin and her team's fundraising efforts for the NBCF.



This summer, be water wise.

SUMMER HAS OFFICIALLY ARRIVED AND THE AUTHORITIES ARE PREDICTING ANOTHER LONG, HOT ONE AT THAT. WITH THE HEAT COMES GREATER PRESSURE ON OUR COMMUNITY'S WATER CATCHMENTS. DID YOU KNOW THAT ONE OF THE EASIEST WAYS TO SAVE MONEY AROUND THE HOME, WHILE ALSO PUTTING OUR ENVIRONMENT FIRST, IS TO TAKE A CLOSER LOOK AT YOUR WATER USAGE. HERE'S HOW...

In the kitchen

How much time do you spend waiting for the water, running from your kitchen tap, to cool down or warm up? Rather than letting it simply pour down the drain, pop a glass (or even a large bottle) under the tap to collect the water – then, let it cool down/warm up to use however you like. Maybe you can use the water to give your indoor plants a drink? Or fill up the dog's water bowl?

When cooking – specifically, boiling – only use enough water to just cover your food in the saucepan. And always try to defrost frozen food in the fridge overnight rather than under a hot running tap.

But, the biggest water waster, when it comes to kitchen activities, is the clean up. Your dishwasher is the highest consumer of water in your kitchen, so be sure to choose a water efficient model – check for a WELS (Water Efficiency Labelling and Standards) label, ideally with six stars. You probably know to only run your dishwasher when it's full, but did you know that you can also use the rinse function (if it has one) instead of rinsing your dishes in the sink pre-wash? If you don't use a dishwasher, just be sure to put the plug in the sink when washing up. If you have two sinks, it's a good idea to fill one with water for cleaning and the other with water for rinsing – and go easy on the dishwashing liquid so you don't need to rinse as much!

In the bathroom

Much like in the kitchen, it's important to only have the tap or shower running when you're actually using the water. Shaving, brushing teeth and even applying shampoo or conditioner can all be done without the water going – just turn it on to rinse off!

On that same note, while we all love a long, hot shower, this seemingly small luxury comes at a price (and not just financially). Did you know that your showerhead could be using anywhere from nine to 19 litres per minute? It's good practise to find out if your showerhead could be more efficient (and if so, take action) and also simply keep your showers to four minutes or less. Use your phone as a timer if you haven't got a bathroom-specific timer.

Speaking of upgrades, did you know that you may be able to modify the float arm in your toilet to lower the flush volume? There are plenty of tutorials online to walk you through the process, which will have your toilet using less water for each flush (just make sure your pan is suitable for lower flow rates).

Of course, the most important thing to do is to constantly check for leaks – not just dripping taps, but also in your toilet. To check for toilet leaks, add a few drops of dye to the cistern and wait an hour (don't flush). If dye appears in the toilet bowl, you may have a leak.

In the garden

A huge portion of your home's water wastage won't actually occur *in* your home. According to a study by Western Australian service 'Water Corporation', sprinklers or irrigation systems account for an estimated 28 per cent of your home's water use. Hand-watering plants takes up another three per cent.

The good news is that being savvy about your water usage inside your home can help you be smarter in the garden, too. Now that you know to collect tapwater while you're waiting for it to cool down or warm up, you can use that on your plants.

When you do need to water your garden using the hose, pay attention to when you do it. The best time to water a garden is in the early morning or the evening, in order to reduce the amount lost to evaporation. Also, be sure to water thoroughly (though less frequently) to maximise the benefit to your plants and use mulch to prevent moisture loss.

If you have the opportunity to plant something new, consider choosing plants that don't require as much water. Australian natives are always a good choice as they're used to the climate (not to mention bursting with colour). Succulents and cacti are other great on-trend options.

WATER
SAVERS ALSO
HELP BEAT
THE BILLS

Help your pup beat the heat.

IT'S HARD ENOUGH BEING A HUMAN DURING THE HEAT OF SUMMER – IMAGINE HOW IT FEELS BEING COVERED IN FUR?! TO HELP FIDO STAY COOL AND COMFORTABLE THIS SUMMER, REMEMBER THESE TIPS.

Bring them with you

It goes without saying, but it's always worth mentioning: never leave your pets in a parked car. Not even for a minute. The temperature can rise rapidly in a vehicle, even when the windows are opened slightly, and the extreme heat can quickly result in organ damage or death. It's just not worth the risk! Bring them inside with you, or leave them at home.

Limit exercise when it's hot

Would you want to go for a long run in the middle of a summer day? Chances are, neither does your pet. Try to schedule their walks or dog park visits during cooler parts of the day – it will be much more pleasant for both of you. If you must walk them during peak temperatures, keep it brief.

Plenty of water and shade

Make sure your pet has easy access to water and shade when they're outside. This might mean investing in a refillable water fountain, or erecting a shade structure if you don't have much natural shade. Air flow is also important, and doghouses aren't ideal in summer (they can actually make the heat worse).

Offer them refreshments

Yes, you read that right! When it's really hot, your pet will love chowing down on ice cubes or even 'pupsicles' (dog-friendly ice blocks which you can make at home). You may also want to purchase a cooling body wrap or vest for your pup, or give them a nice cold bath.

Know the signs of heatstroke

If your dog is suffering from heatstroke, they'll exhibit some scary symptoms. Keep an eye out for heavy panting, glazed eyes, rapid heartbeat, fever, dizziness, vomiting or lack of coordination. If you suspect heatstroke, apply ice packs or cold towels to their head, neck and chest, or run cool water over them and take them to the nearest vet.



Worm farming 101.

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 AND INEXPENSIVE TO SET UP.

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. Similar to compost bins, worm farms help break down food waste and turn it into nourishing fertiliser for your garden.

Unlike traditional compost though, 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 and old fruit and vegetables – the waste they create (called 'castings') is a wonderfully rich garden fertiliser that your plants will love.

But why should you set up a worm farm? A better question might be: why not?! For one, a worm farm gets 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 soaking worm castings in water) 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, a worm farm is the perfect place to start.

Setting up your worm farm

There are many ready-made worm farms to choose from (easily found at your local hardware store, nursery or online), but you may also want to make your own. They're very easy to set up and a fun activity for the grandkids these summer holidays. You'll need:

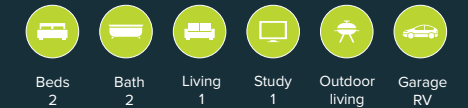
- Two plastic containers - a larger one with a lid to catch your worm tea, and a smaller one, that sits inside it, to house the worms and compost
- Enough shredded paper and compost to create a 10cm layer in your smaller container
- Water
- A drill to create holes in the smaller plastic container
- And last, but not least, worms. Find them at your local nursery or hardware store.

Firstly, find a warm, shady spot to set up your worm farm. Put the larger container on the ground. Drill many small holes in the base of the smaller container and place it inside your larger one. In the smaller container, create a 10cm-deep layer of shredded paper and compost. Add water so the layer is moist, then gently add the compost worms. You want to also add food scraps for the worms to feed on. Then simply close the lid and wait about a week while your worms settle into their new home. About once a week, you should pour water over the smaller container and let it drain through the holes into the larger box for collection. This not only keeps your compost and worms comfortably moist, it's producing that rich worm tea fertiliser for you to share with your other (no doubt grateful!) plants.

Remember: not all food scraps are good for worms. They love fruits, vegetables, coffee grounds, tea bags, egg shells and shredded paper. But, avoid citrus fruits, onions, capsicums, leeks, garlic, meat, dairy, pasta, cereals and shiny, coated paper.

Homes for sale.

Home 116: \$720,000



Beautiful lakeside RV garage home

This gorgeous internal lakeside home is beautifully presented with its open-plan living, 2-pac white kitchen and air conditioning in every room including the study/multi purpose room. There are beautiful floor tiles throughout and carpet in the bedrooms. It features a 6m x 9m RV garage with epoxy floor and internal entry. The guest bathroom has a shower over a bath, and there is a separate large second toilet.

The home flows out onto a covered patio area fitted with pull-down blinds, overlooking the internal lake and also has a covered side patio for a handy extra entertaining area.

Home 190: \$595,000



Everything you'll need

This lovely warm home features two large bedrooms and a study. The master bedroom has a lovely feature wall and full size mirrored wardrobe doors and a walk-in ensuite with large shower. Both bedrooms and the main living area have air conditioning. The large open-plan kitchen is 2-pac white with an island bench, perfect for entertaining. Lovely tiles throughout the main living areas. The home features large bathrooms with modern showers and grab rails installed in both bathrooms. With the lovely back garden (offering a large covered patio roof) there is plenty of room for entertaining or creating your own garden retreat.

TURN OVER
FOR MORE
GREAT
HOMES...

Homes for sale.

Want to book a private inspection and find out more about our resort?
FREECALL **1800 455 307** or email herveybay@palllake.com.au
You can also visit us online at palllakeresort.com.au

Home 183: \$700,000

Bed

2

Bed

2

Living

1

Study

1

Outdoor living

Garage RV



The modern entertainer

This beautiful Woodlands design home overlooks one of our internal lakes. It consists of two bedrooms and a study, all with built-in robes. The large main bedroom, with ensuite, is situated at the rear of the home. There are ceiling fans throughout, split system air con and quality blinds. The main living areas are tiled and the kitchen offers 2-Pac kitchen cabinets and drawers, a dishwasher and wall oven. There are views of the lake from every living space with the large open plan living area looking out onto a undercover alfresco area. There is plenty of room for entertaining your family and friends here.

Home 206: \$530,000

Bed

2

Bed

2

Living

1

Garage

1.5



Ready for your furniture

This home is currently empty and ready for you to move straight into! It offers a lovely white 2-Pac kitchen and wood flooring throughout the living areas. There are high ceilings and a lovely pendant light. Double doors lead into the master bedroom which features a double mirrored wardrobe, ensuite with double basins and air con. There's also air con in the front room. The lounge living area flows out to an undercover patio area - all fenced, private and secure. There are also two rainwater tanks down the side of the home.

Home 23

Bed

2

Bed

2

Living

1

Activity

1

Garage

2



SOLD!

Moving on?
Cash buyers
await.

If you're a homeowner here and your situation has changed so you are contemplating a move, please let our Caretakers know. They can inspect your home and give you an appraisal to help you make up your mind. We have qualified buyers waiting to hear about any new homes as they hit the market. For more, simply FREECALL 1800 455 307 or stop by the office between 10am-2pm weekdays.



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.



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