

Mt Warren Park.

JUNE - JULY 2023



A royal affair

We celebrated Coronation Day in royal fashion - with fish and chips, costumes and a game of cricket, of course!

Let's grow

Don't let winter get you down - it's a perfect excuse to try new recipes starring home-grown veggies.

Easter fun

Our resort was the place to be on Easter weekend. We celebrated with egg hunts, raffles and delicious food.



Welcome.



Welcome to the June/July edition of our resort newsletter. Where has the time gone? Halfway through the year already and the weather is cooling off.

We would like to welcome to Clive and Isobell who have recently moved into our resort. We hope that you are settling into your new home, and we all look forward to meeting you in time.

You will have an opportunity to get rid of some excess rubbish very shortly. Please take note of the list of acceptable goods on the bin, and those that are not permitted.

The indoor pool has had a new heat pump installed so the average temperature of 29 degrees should be consistent. Bear in mind it may vary a few degrees on the cooler days and warmer days. Remember: under no circumstances is anyone other than Rik or the pool attendant to make any adjustments to any pool machinery.

Last month, a very pleasant and productive meeting was had with the Palm Lake Resort representative Keith, the committee and us. Several requests were put forward, some of which have already been actioned – there may be more to come.

We have a few homes for sale so, if you have any friends wanting to move into this amazing resort, please direct them to the Office. Please note that viewing of homes are by appointment. See the homes available on Pages 10 and 11.

A positive attitude causes a chain reaction of thoughts and outcomes. It is a catalyst that sparks extraordinary results.

Until next time,

**Rik and Trish,
Palm Lake Resort Mt Warren Park caretakers**

CONTACT US

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

FREECALL: 1800 282 314

Street address:
1 Mt Warren Blvd,
Mt Warren Park QLD 4207

Office hours:
9am to 12pm, Monday to Friday

Email:
mtwarrenpark@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.

REPRESENTATIVES

2023 Committee

- **President** Dennis Douglas
- **Vice President** Chris Moore
- **Secretary** Beryl Douglas
- **Committee Members**
Bob Spencer, Margery Elliot, Dennis Barstow, John Knell

2023 Social Committee

- **President** John Knell
- **Vice President** Chris Moore
- **Secretary** Yvonne Killin
- **Treasurer** Jan Watts
- **Committee Members**
Shirley Knell, Sue Stagg, Pat Burton, Kerrie Saunders

Fire Warden

- Bob Spencer (Home 55)
- Dennis Douglas (Home 29)
- Keith Schloss (Home 31)
- Jim Horan (Home 51)
- Terry Roberts (Home 9)
- John Knell (Home 75)

UPCOMING EVENTS

Christmas in July: Dinner & entertainment with 'Simone'. Keep an eye on the notice board.

Winter Games: Stay tuned for more details.

Skip Bin: Flyer coming soon.



AROUND THE GROUNDS

Things have been happening around the resort. The wash bay has been painted with an 'anti-slip' surface. Please ensure you still wear the appropriate footwear whilst using this facility – thongs and open shoes are not suitable.

DINNER IS SERVED

Wednesday dinners start at 5.30pm. Coming up...

June 7 Cottage Pie
June 14 Beef Casserole
June 21 Roast Chicken
June 28 Roast Pork
July 5 Roast Lamb
July 12 Cottage Pie
July 19 Silverside
July 26 Sausages

All meals are served with vegetables and followed with dessert.

Please ensure you are putting your order in via the portal system before the cut-off time (12pm on the Friday before the meal). As supplies for the meals are ordered on Friday afternoon, no further orders can be taken if you miss this cut-off time. If there are any cancellations, we may be able to add you to the list. Where for any 'unexpected reason' meals are cancelled, please ensure that you re-order for the next sitting. The list does not roll over.

LOCAL COUNCIL PRESENTATION

Councillor Karen Murphy's visit in April was well attended and appreciated by residents. A lot of information was given about local improvements, and many positive discussions were had. Karen was most happy to take requests from residents and committee and will respond to the committee with any answers. Chris was lucky enough to win the door prize. Thank you to councillor Karen for the lovely morning tea supplied and enjoyed.



BUS TRIPS

Hyperdome

9.15am – 11.30am

- Friday June 2, 16 & 30
- Friday July 14 & 28
- Friday August 11 & 25

Beenleigh Market Place

9am - 11.45am

Tuesdays:

- Tuesday June 6, 13, 20 & 27
- Tuesday July 4, 11, 18 & 25
- Tuesday August 1, 8, 15, 22 & 29

Fridays:

- Friday June 9 & 23
- Friday July 7 & 21
- Friday August 4 & 18

King for a day.

A lot of fun was had when our resort celebrated Coronation Day. Many residents attended the celebrations, and everyone had a great time.

Fish and chips were the order of the day, and lunch was followed by ice cream. Then, it was time for a game of cricket. Players competed for the prized 'Ashes' and their talents were certainly on show. It proved to be very entertaining, as the 'Ashes' were fervently fought for. Two teams played off against one another – those of English bloodline, and the 'Rest of the World'. All knew very well how to "hit the ball!!!!".

Cricket Team players were: Cpt Frank (Home 43), Jennifer (Home 61), Yvonne (Home 8), Ann (Home 38), Gail (Home 14), Chris (Home 34), Pat and Dennis (Home 46). All players played so well they may be sort after for Country Representation.

After the game, the 'Ashes' were presented to the winning team – who happened to be the 'Rest of the World' – by the newly-crowned King of Mt Warren Park, John and his lovely Queen Good Sort, Shirley. There appeared to be some resemblance between our 'King' and the incoming reigning King of the United Kingdom, although we know we have the better looking one.



Weekly activities.

***Please note: Times subject to change. Please refer to this list and consult with your Caretakers and class facilitator.**

MONDAY

7am Aqua aerobics with Bec

TUESDAY

9.15am – 11.30am Bus trip to Beenleigh Market Place

9.30am – 10.30am Tai Chi with Shane

2pm Bowls

WEDNESDAY

9.30am – 11am Craft and painting

5.30pm Dinner in the Hall (don't forget your fob!)

THURSDAY

2.30pm Bingo (every second week)

FRIDAY

9.15am – 11.30am Bus trip to Beenleigh Market Place or Hyperdome (alternates weekly - see Page 4 for details)

2pm – 3pm Yoga with Anand

3.30pm – 6pm Happy Hour (BYO drinks)

5pm – 6pm Trivia (last Friday of the month)

SATURDAY

1pm – 4pm Mah Jong (new players are always welcome!)

Hip, hip, hooray!

We have some exciting birthdays coming up in June and July! We hope you all have a wonderful day and feel the love.

JUNE

Home 18 Jill

Home 20 Lynda

Home 32 Emily

Home 39 Adie

Home 52 Doreen

Home 75 Shirley

Home 25 Philip

Home 44 Bill

Home 46 Dennis

Home 65 John R

Home 73 Frank

Home 74 Eric

Home 76 George

Home 17 Nola

Home 19 Alan

Home 22 Gordon

Home 35 Elaine

Home 55 Linda

Home 55 Bob

Home 58 Sue

Home 62 Ann

Home 67 David

Home 71 Greg

Home 72 Ana

JULY

Home 8 Yvonne

Home 16 Gail

AUGUST

Home 8 Don

Home 9 Terry

Easter Eggstravaganza.

What a great night was had by all at our resort's annual Easter Eggstravaganza. The night started with dinner and dessert, with additional chocolates scattered around (maybe the Easter bunny made a surprise visit?).

About 40 residents stayed on after dinner, singing and dancing to one of our favourite musical groups' live performances. They certainly know how to entertain us and get us moving!

Easter raffles over dinner were drawn and happily accepted, and the chocolate winnings continued into the night with more raffles of Easter eggs, gift packs and luckily money prizes. The night was thoroughly enjoyed by all. Thanks to the organizers and all who helped set up, hand out and clean up after.



Cool change.

THERE'S DEFINITELY A NIP IN THE AIR AND THE DAYS ARE MARKEDLY SHORTER THAN THEY ONCE WERE. GUESS WHAT, PEOPLE? HERE COMES WINTER - AND HERE COMES A NEW SEASON IN THE VEGGIE PATCH!



While the coming of winter means swapping your cotton PJs for flannelette and adding a few extra throw blankets to your lounge to make it that little bit more snugly, it's also an opportunity to try something different in your garden veggie patch. It's a given that different veggies grow better in different seasons – some love the heat of summer while other thrive in the cooler months. If you're wondering what delicious produce will grow best for you this winter, let us give you some inspiration.

What to plant

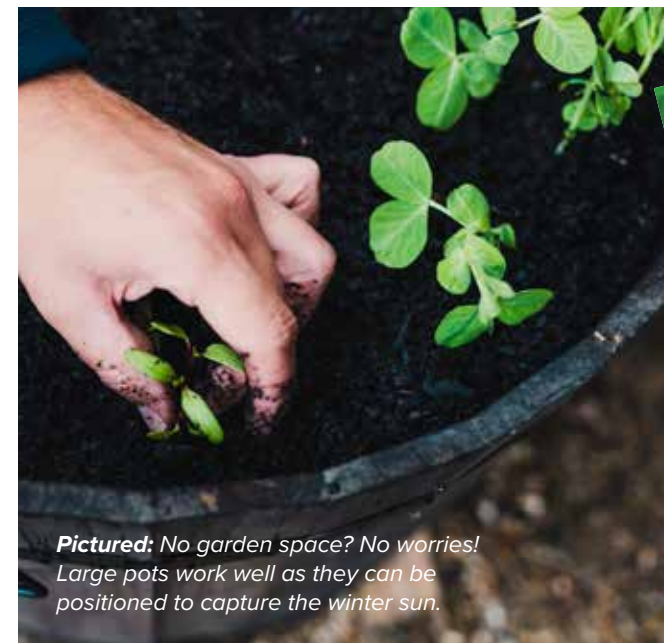
Here in the subtropics (an area stretching roughly from South-East Queensland south to northern New South Wales), you should be looking to plant things like beetroot, cabbage, onions, radish, carrots, tomato, beans, bok choy, pak choy, leeks, kale, spinach, silverbeet and lettuce. Of course, there are herbs that do better here in the winter months as well. Why not try chamomile, comfrey, cress, dill, endives, garlic bulbs, lavender, lemon balm, marjoram, mint, oregano, parsley, rocket, sage, sorrel, spring onions and thyme.

What to remember

While your choice of seedlings should change in line with the seasons, some things do stay the same when it comes to the veggie patch. For example, sunlight is essential for growing veggies – abundant crops are generally the result of a combination of rich soil, water and a wonderfully sunny position. Winter vegetables are no exception - but did you know that leafy greens and root vegetables can tolerate less sunlight and actually perform well in partially shaded areas? Having said that, just remember that our days are shorter and the winter sun is in a different (lower) part of the sky, so there's probably more chance your generally sunny veggie patch becomes more shaded in winter. Accommodate your planting positions around that.

Cold comfort

Frost is another thing to consider. It will impact your young seedlings more than mature plants. Ensure they are established earlier in the season and/or are physically protected



Pictured: No garden space? No worries! Large pots work well as they can be positioned to capture the winter sun.

from the cold air. Funnily enough though, some winter vegetables thrive in extra cool conditions and their taste can even improve as a result. Apparently, a cold snap can trigger certain plants into producing more sugars which means sweeter harvests. To test this theory, try harvesting snow pea, parsnip, carrots and broccoli/cauliflower after any especially cool nights and see if you notice a difference in their taste.

Pesky pests

A benefit of growing veggies in the wintertime is that there are generally less pests about. That's not to say there will be no creepy crawlies in your garden – you should still keep your eyes peeled for them. One thing you do need to keep your eye on during winter are those diseases that flourish in the damp – things like fungal diseases. To assist in keeping fungus at bay, water early in the morning to give any excess water a chance to dry out, water the soil rather than the leaves and also ensure there's enough circulation around your seedlings and plants.

Last tips

Make sure there's a steady supply of water for your delicious goodies (you'll find the ground won't dry out as quickly as in the summertime so adjust your amount accordingly), mulch is never a bad thing and, of course, everyone loves a delicious treat every now and again. Your veggies – and all plants, for that matter – will love a regular feed of manure, fish emulsion and blood and bone to ensure lush growth. If you have a worm farm, don't forget to share some of your 'worm tea' with the veggies.

And remember that you don't need a huge backyard to get a big reward when it comes to growing your own produce. You can plant out some large pots (pictured above) or simply even use a bag of potting mix, laid down flat, with a window cut out of the plastic bag, to expose some of the rich soil within. The best part about these types of gardens is that they are portable and you can therefore place them in the most perfect position in your yard for optimum winter growing results. Good luck!



Inspiration aplenty.

Thrifty Gardening

Country Women's Association of Victoria, \$25

Lift your gardening game and save money with the help of the Country Women's Association of Victoria. *Thrifty Gardening* shows you how to get the most from your edible or ornamental garden, season by season. From how to grow from seed, what to plant and sow, which garden tasks to do when, it's all here. The advice comes with an always timely reminder to sit back and enjoy what you grow and some simple recipes for how to make the most in the kitchen of the bounty from your plot. There's advice for getting the kids involved plus tips for how to outsmart pests and bugs. This book will change the way you think about your garden and it will magnify the joy you take from it, all year round.

The Little Box of Veg

Alice Zaslavsky, \$30

Let the award-winning author of *In Praise of Veg*, inspire you to create something wonderful with whatever is in your kitchen. This kaleidoscope of colour-coordinated cards showcases 48 delicious veg from across the seasonal spectrum. Each card includes advice on choosing/storing/prepping veg, quick cooking ideas and a feature recipe to fully flex your veg game.

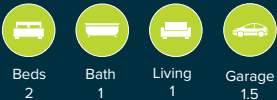
The Immunity Food Fix Cookbook

Donna Beydoun Mazzola & Sarah Steffens, \$40

This book delivers 75 delicious superfood recipes that support your body's natural defences organised around the five key pillars of immune support - reversing inflammation, detoxification, antioxidants, digestion and microbiome health, and hormone balance and signalling. Supporting your immunity has never been so appealing with these delicious whole food recipes, including gluten-free, dairy-free and grain options.

Homes for sale.

Home 48 - \$390,000

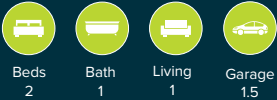


Fairhaven II.

This beautifully designed home features two bedrooms, including a master bedroom that connects to a two-way bathroom. The kitchen is conveniently designed with a practical corner pantry, and there is a 1.5 tandem length garage meaning you can store your vehicle and have room to spare. Enjoy the picturesque views and cool breezes from the front veranda. There are new fans throughout the home. This home is located right across the road from the supermarket, meaning everything you need is within in walking distance – groceries, doctors, chemist and more.



Home 69 - \$430,000 neg.



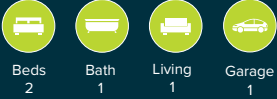
New appliances.

This 'Charisma' design home features two bedroom, large living, separate dining area and brand new kitchen with dishwasher, induction stove top and soft touch closing draws. Home 69 enjoys two outdoor areas and a large private garden space to the rear to enjoy the sun. The property is within close walking distance to the resort facilities and is a short walk from the local supermarket, doctors, pharmacy and more. Features include:

- Brand new kitchen appliances
- Two outdoor alfresco areas
- Spacious bedrooms
- Convenient proximity to resort facilities



Home 5 - POA

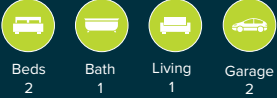


Willow.

This compact home is located immediately inside the resort gates, close to facilities. Crimsafe on all windows and doors. Separate closed-off area behind the garage is suitable for an office, craft room or library. Combined dining/kitchen area gets the morning sunshine, rear outdoor area has a large undercover, tiled area. There is also a garden shed.



Home 64 - POA

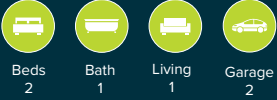


All you need and more.

This 'Charisma' design home offers all you need and more. Two spacious bedrooms, a large, extended, secure garage area, garden beds, external shades and security screens all feature in this home. A combined dining and kitchen area boasts morning sunshine, and there are lots of cupboards and a dishwasher.



Home 25 - \$430,000



Charisma.

This home has laminate wooden floors throughout, two bedrooms, a large living space and separate kitchen and dining areas. There are two outdoor areas - a front deck and a large covered area out the back. There is also a covered car parking space with additional space for a boat, trailer or pop-up storage.



Want to book a private tour and find out more about our resort? FREECALL 1800 282 314 or email mtwarrenpark@palmlake.com.au or visit us online at palmakeresort.com.au

10,000 REASONS TO CELEBRATE

With more than 45 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 282 314 | mtwarrenpark@palllake.com.au
1 Mt Warren Blvd, Mt Warren Park QLD 4207

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palllakeresort.com.au