

# Island Insight.

OCTOBER-NOVEMBER 2021



## Refer a friend.

THERE'S NO MORE SUPPORTIVE AND SECURE PLACE TO LIVE IN OUR 'NEW' COVID WORLD THAN AN OVER-50S LIFESTYLE COMMUNITY LIKE PALM LAKE RESORT PHILLIP ISLAND.

Homeowners here are blessed to enjoy neighbours who support one another, while they also benefit from the ongoing support offered by local and upper levels of management. If you have a friend or family member who'd like to join us here at our resort, did you know there's a 'Refer a friend' cash bonus available? Check out Page 11 for info and also Pages 8-10 for the homes we currently have available.





# Welcome.

Spring's arrival has brought some blue skies and sunshine, which has been lovely. Recently, we had completed our six-month trial here at Palm Lake Resort Phillip Island and have been confirmed as permanent employees now. We look forward to being here with you for a lot longer. We recently had a new family member join us here on the island. Many people have already met our Samoyed, named Polar Bear (pictured right). She is about six years old and is a rescue dog. Polar is settling in well and enjoys stopping to meet people, even going up steps and porches and tapping her nose on doors to be let in!



A resident has just told me that he received a phone call from a scammer at the weekend looking for his bank account details because he had allegedly won some money. It's a timely reminder for us all to be aware of fake phone calls, texts and emails. Never give out your personal details over the phone or via email.

With Covid continuing to wreak havoc on our weekly dinners, outings and other social events, we will continue to deliver a meal on Tuesdays as we have been doing. Many enjoy the night off cooking – and we enjoy the little catch-ups and check-ins we get with you all while making our deliveries.

Don't forget that we require a copy of your current home insurance policy. Please get a copy to me as soon as you can so we can put them into our files. Thanks to those who have already done this. Until next time, stay safe.

**Trish & Toney Wood, Resort Caretakers**

## CONTACT US

Looking for more information about Palm Lake Resort Phillip Island? Here are four ways you can reach us:

**Online:** Visit us at [palmakeresort.com.au](http://palmakeresort.com.au)

**Social media:** Follow Palm Lake Resort on Facebook and Instagram

**Address:** 48 Settlement Road, Cowes VIC 3922

**Freecall:** 1800 066 482

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## News briefs.

### WATCH YOUR SPEED

Don't forget that the speed in our resort grounds is a maximum of 10kmh. Also, the stop sign at each entrance is exactly that - for stopping. Please ensure your visitors abide by our road rules while they are here visiting as well.

### FOOD, GLORIOUS FOOD

Check out our weekly meal delivery in progress! We will continue with this option until the Covid regulations we can have people back in our resort hall for meals. While we eagerly look forward to that day, the feedback we are receiving is that many are enjoying the home-delivered goodies, which is great.



### 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 Phillip Island home, you'll receive \$250 cash. Easy! Ask about our 'Refer a Friend' incentive at the office.

### GREEN WASTE COLLECTION DAYS

Mark these dates in your calendar:

- Tuesday October 19
- Tuesday November 16
- Tuesday December 21.

### A BLAST FROM THE PAST

Check out this newspaper cutting found in a cupboard here at the office while we were doing some clean up. A very young Peter and Lea, and a true blast from the past!



### EXTRA, EXTRA!

The Spring 2021 edition of the Palm Lake Group's company magazine has officially hit the news stands, and it's full of the latest and greatest news from Palm Lake Resort and Palm Lake Care. If you haven't received a hard copy in your mailbox, you can also read it online at our website [palmakeresort.com.au/news](http://palmakeresort.com.au/news)

### SPRING CLEAN TIME

Now that spring is well and truly here, maybe it's a good time to clean your gutters and roof? We are grateful to those who have been out and about in their gardens, sprucing them up for spring/summer as well.



# Small yard, big furry love.

DOWNSIZERS DON'T TYPICALLY MOVE TO PALM LAKE RESORT WITH CHILDREN IN TOW, BUT FUR KIDS ARE A WHOLE OTHER STORY! IF YOU'RE CONSIDERING GROWING YOUR FAMILY, TRY THESE SMALL-YARD BREEDS.

If there's one type of resident we love here at Palm Lake Resort it's the furry four-legged variety. When the actual kids grow large enough to fly the coop, pets can fill in a big void left by the children's departure. The joy of owning a pet isn't new to most Australians - we have one of the highest rates of pet ownership in the world.

Here at Palm Lake Group, we've built our homes and resorts to be pet friendly because we know just how important pets are for the majority of our over-50s residents, too. We find that resort neighbours tend to catch up while out on regular walks with their pooches, providing dog owners with that all-important incidental exercise (the fresh air and vitamin D are simply cherries on top). Our resorts are pet friendly, because we know just how important pets are to you!

## Dachshund

Dachshunds are energetic, loveable and loyal, promising to be the perfect companion for any retiree. Their medium-level exercise needs mean they prefer homes with a small backyard, but also enjoy daily walks and space to run outside the confines of your home. They are highly playful and likely to bark but are certainly trainable, showing intelligence and energy. You just need to consider that though their coats are short, they can still shed.

## Cavalier King Charles Spaniel

Small and sophisticated, don't let the Cavalier King Charles Spaniel's petit size fool you – this regal breed is tough to beat. With an even temper and gentle disposition, the Cavalier will often adapt easily to its owner's lifestyle; they can be active and inactive in equal measure. Bred to be a beloved lap dog, they are also descendants of sporting breeds and will enjoy moderate exercise and outdoor activities. You'll find a Cavalier enjoys an afternoon walk just as much as an evening on the couch.

## Yorkshire terrier

The Yorkshire Terrier, affectionately known as a 'Yorkie,' is small and quiet, making them the perfect housemate. Their friendly nature means they don't mind company and are typically relaxed around other pets and people, making them perfect for social owners who would enjoy spending time at the dog park. While they have a lot of energy, it can be well spent in a small backyard – though they will never say no to an afternoon stroll. Bonus: they look like puppies for most of their life, making them perfect for owners who never want their fur babies to grow up.

## Boston terrier

Commonly confused with a French Bulldog, the Boston Terrier boasts tall, upright ears and a flat face, with black and white markings sometimes referred to as a 'tuxedo jacket'. Originating from, you guessed it, Boston, the Boston Terrier requires active exercise (throwing a ball or a toy, or agility training) and can become frustrated when left alone for long periods of time. Considering adopting your very own? Be warned: their big, round eyes will surely win you over, promising love at first sight.

## Maltese

Small but mighty, don't be fooled by the Maltese's prim and proper appearance – behind the white, fluffy exterior is a dog you're sure to love. Their small stature makes them ideal for small backyards, while their soft coat is unlikely to shed, making them a great choice for indoor living. Their coat is even considered hypoallergenic, meaning they will fit seamlessly into almost any family. Your Maltese will love running around in your backyard but will also never say no to a trip to the dog park or a walk.



# Don't stop the music.

IT MAY HAVE BEEN DECADES SINCE YOUR PARENTS INSISTED YOU TAKE PIANO LESSONS, BUT DON'T THINK YOUR MUSICAL DAYS ARE BEHIND YOU. THERE ARE PLENTY OF REASONS TO PICK UP A MUSICAL INSTRUMENT IN YOUR ADULT YEARS.

## It boosts brain power

Much like puzzles or playing chess, learning to play music is a great way to improve your cognitive ability. Reading and playing music is believed to stimulate the brain in a way that benefits your memory retention and also helps you retain new info. Experts believe that, when it comes to brain power, you 'use it or lose it'. In particular, learning to play a musical instrument has been associated with a lower risk of developing dementia. Why? Musical training and performance are believed to increase your brain's resiliency – so much so that musicians are 64 per cent less likely to develop mild cognitive impairments and dementia.

## It relieves stress

Listening to music is a great stress reliever, but did you know that playing a musical instrument also has calming powers? According to studies, playing an instrument can help us refocus negative feelings into something not only positive, but enjoyable. Whether you are banging out a rhythm on the drums or plucking a melody on the guitar, making music is believed to have a unique ability to reduce your blood pressure and heart rate. This act can also contribute to the release of 'happy hormones' (endorphins) into the bloodstream, leaving you feeling relaxed.

## It makes you more patient

Many of our Palm Lake Resort residents will agree that life doesn't slow down in retirement – in fact, with so much to do, things move at a faster pace than ever before! Learning a musical instrument is one fantastic way to chill out, slow down and enjoy the moment. Patience is an essential skill for any budding musician to master as they learn to read and play the notes, and many report finding themselves employing more patience when they interact with the people and things around them.

## It's good for your body

You may not break a sweat, but playing an instrument promises a host of physical benefits that you may not have thought about. Moving your fingers along the keys of a piano or the strings of a guitar enhances your hand-eye coordination and fine motor skills – two skills that can easily be transferred to almost any other activity, be it crochet or croquet. Wind instruments, too, improve the function of your respiratory system by ensuring you breathe properly. Need we go on?

## It's a great way to make friends

Looking to widen your social circle? Playing a musical instrument could help! A number of Palm Lake Resort locations have resident music groups where like-minded musos can come together and jam out. From choir to the ukulele to all-out Rock 'n Roll bands, our residents make use of the time and resources available to them in retirement to live out their dreams of musical stardom.

# Social Club news update.



**Pictured above:** Your Palm Lake Resort Phillip Island Social Committee for the 2022 financial year including (standing at back, left to right): Judith Lyon, Barrie Robinson, Allan Hughes, Vicki Curphey and Neil Horkings. Seated in front are (left to right): Bev Forrest, Edith Wilkie and Glenise Tolmie. Pauline Porter is absent from the photo.

## COVID 19

This global pandemic has certainly put a halt to most of our activities. At the time of writing this report we are still in lockdown with only a dim glimmer of light in the distance. We must thank management for supplying us with our lovely home-delivered meals. They are a warm tasty treat.

## AGM

We finally managed to hold our Annual General Meeting in August and wish to announce the following homeowners have been elected for the 2021/22 year:

<b>Chairperson</b>	Allan Hughes
<b>Secretary</b>	Bev Forrest
<b>Treasure</b>	Vicki Curphey
<b>Social</b>	Glenise Tolmie, Neil Horkings
<b>Catering</b>	Barrie Robinson
<b>Committee</b>	Edith Wilke, Judith Lyon, Pauline Porter

## Luncheon

Recently we held a lovely luncheon at 'Rusty Waters' which was attended by 40 of our residents. We were lucky as the very next day we went into our sixth lockdown!

## Maintenance update

Some of the maintenance we promised in our last newsletter has been delayed, again because of Covid. The new barbecue and television are waiting to be delivered, but delivery is unable to take place as these items are regarded as 'non-essential' and therefore outside the bounds of delivery. However, Allan has been busy at the barbecue area outside the kitchen and has power washed the area, and cleaned and re-stained the table and benches there so it's looking great.

## Glenise's Social Notes

Please keep an eye on the noticeboard in the hall for information about upcoming functions, additional ones being arranged and also cancellations. Glenise is doing her best to arrange functions which are Covid-friendly, and you can imagine how very difficult this is with all the restrictions in place! We will try to keep you up-to-date with activities through our news sheet and notices on the board.

## Welcome

We extend a warm welcome to all new residents moving into our community. We encourage all homeowners to please say hello and perhaps invite your new neighbours to come along and join in some of our functions. We are trying to arrange a "Meet and Greet" function where we can catch up with everyone.

## Caulfield and Melbourne Cups

The usual cup sweeps will be running again this year. For \$2 per horse, you will get a prize-winning nag in either race. Please put your money in an envelope, along with your name and villa number, and nominate the race you

wish to enter. Deliver these envelopes to the letterbox of either Villa 62 or 127. The charts will be displayed either in the Hall or on the table outside the kitchen window, depending on Covid restrictions. FYI, the Caulfield Cup is being run on Saturday, October 16 with the closing date for the sweep being Wednesday, October 13. The Melbourne Cup is being run on Tuesday, November 2 with the closing date for the sweep being Friday, October 29.

## Footy tipping

Well, this season's footy is over for another year. Congratulations to all those who did so well in their tipping, and commiserations to those, like me, who ended up floundering! The winners this year were:

<b>1st</b>	Rupert Hubbard
<b>2nd</b>	Bayley Hubbard
<b>2nd</b>	Pauline Porter
<b>4th</b>	Bet Stevenson
<b>5th</b>	Mike Hubbard
<b>6th</b>	Lorna Collins
<b>7th</b>	Shannon Harvie
<b>7th</b>	Tony Steward
<b>7th</b>	Faye Haslam
<b>7th</b>	Mike Haslam

## What's on.

For this edition of the newsletter, we will not be submitting a "What's On" because of all the COVID changes. We book in catering functions, dine outs, fashion parades etc and, unfortunately, end up having to cancel them because of lockdowns. But a glimmer of hope is that occasionally, when not in lockdown, we can sometimes still go ahead with some functions.

At the moment, with limited numbers in the hall, there are a few things that can go ahead – but not much. Please check the noticeboard plus keep a check on your letterbox for any of those good news notices that may appear from time to time. Hopefully in the next edition of this newsletter, we will see a lovely full list again. Keep those fingers crossed as we all need to be out and about again and do the things we love to do.

**Glenise Tolmie,  
Social Organiser**

# Homes for sale.

## Villa 88 - \$349,000

**SOLD!**

- Beds 2
- Bath 1.5
- Living 1
- Garage 1

### All the extras.

This two bedroom, one bathroom, two toilet Charisma-design home is situated on South Avenue in Stage 3. It features floorboards to all areas except the bedrooms. Facing north, looking down 7th Avenue, this home includes a large separate loungeroom, stone bench tops in the kitchen, a large amount of garage space and a very pretty backyard. Ramp to entry for easy access.



## Villa 22 - \$410,000

- Beds 2
- Bath 1
- Living 1
- Garage 2

### Sun-filled home to warm your heart.

This tidy two bedroom home offers an enclosed sun porch and home office. If you love entertaining, this home also has a covered outdoor area. The lounge and front porch are lovely places to sit and enjoy the afternoon sun. Your inspection is a must.

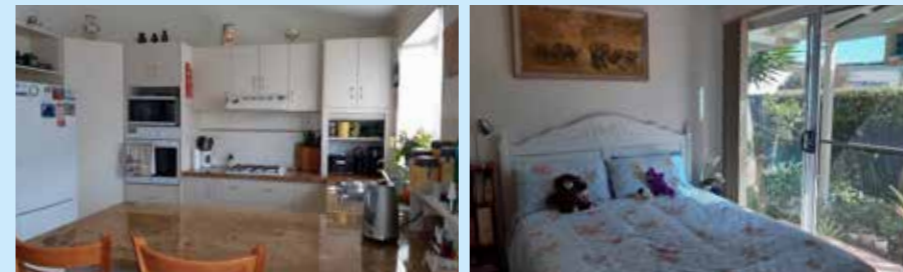


## Villa 102 - \$420,000

- Beds 2
- Bath 1
- Living 1
- Study 1
- Garage 1

### Established gardens will delight.

This two bedroom, one bathroom, one toilet home is situated on Sixth Avenue and features carpet to all areas except the kitchen. This home also includes a large separate north-facing lounge room, stone benches in the kitchen, a large garage space and very pretty back yard. An inspection will not disappoint.



## Villa 75 - \$385,500

- Beds 2
- Bath 1
- Living 1
- Garage 1

### Close to amenities.

This immaculately presented home is ready for you to move in. It's located on Second Avenue near the walkway to the Hall. The beautiful white kitchen features stone benches and is part of an open-plan living style. There's a ample garage space with a workshop at the end of it. An inspection will not disappoint. Call Trish and Toney today for an inspection on freecall 1800 066 482

Features of this delightful home include:

- Beautiful sunny outdoor area
- Large lounge and dining room
- Closed-in sun porch to enjoy in all weather
- Master bedroom has room for everything required
- Garage with workshop



>> Turn over for more great homes!

## Villa 106 - \$349,000



### Priced to sell quick.

Situated on Sixth Avenue in Stage 3, this two bedroom home is a delight to inspect. Large lounge, separate kitchen/dining, one bathroom and two toilets, as well as loads of space. This home has been very much loved.

It also offers a low-maintenance backyard, built-in back of garage and very pretty garden area. It really is a must see. Priced to sell quickly so be quick.

**SOLD!**



## Villa 39 - \$370,000



### Move-in ready

This immaculately presented home is move-in ready and waiting for you to simply unpack your things and start enjoying the Palm Lake Resort Phillip Island community.

The two bedrooms are both large in size and the master has a sliding door out onto the balcony. There's a spa bath in the bathroom, ready for you to relax in!

**SOLD!**

Want to book a private tour and find out more about our resort? Freecall **1800 066 482**  
Email [phillipisland@palmlake.com.au](mailto:phillipisland@palmlake.com.au) and visit us online at [palmakeresort.com.au](http://palmakeresort.com.au)



# Helping friends become neighbours.

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 Palm Lake Resort homes (or a new home from elsewhere in the group, for that matter), you'll receive up to \$500\* cash. Easy!

**\$500**  
for a brand new home.

**\$250**  
for an established home.

For more information and to refer your friend, simply contact our Sales Information Centre on 1800 066 482. \*T&Cs apply



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“LIVING OUR  
*Best*  
LIVES”

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