

Island Insight.

APRIL - MAY 2023



Fill your diary

Our Weekly Activities program and Social Club diary will keep you active and social.

Refer a friend

Find out which homes are available - you could score a cash bonus when you refer a friend

Green thumbs

Get into the trend of keeping indoor plants. Level-up your skillset with these pointers and tips, inside...



Welcome.

Hello again everyone -

Firstly, thank you to Tony and Pam, our Relief Caretakers, who came down from Grafton, in New South Wales to give me a welcome hand to catch up on things around the community. They have been a refreshing and much appreciated support to me and I'm truly grateful.

Here are a few updates from the Caretaker's Office to catch you up on what work has been going on around the grounds:

- Street lights in 1st Avenue have been installed and are working well.
- Concreting patches all around our community are being repaired.
- Blue cats eyes have been installed on various roads for emergency services.
- Recycle bins around the grounds are now clearly marked.
- Drainage grates on road ways have been clearly highlighted with yellow paint.

Also, a quick reminder about the speed limit on roads within our Palm Lake Resort Phillip Island grounds. Sometimes when we are in a hurry, we forget the limits and our speed creeps up but, for the safety of all including our wildlife, please stick to the 10km/h speed limit. If you have visiting tradespeople booked, please also remind them of our speed limit. And, of course, if you use a bike, buggy or motorised scooter, you also need to respect the road rules whilst moving around our grounds.

Onward and upwards,

Lea Bryan
Palm Lake Resort Phillip Island Relief Caretaker

This newsletter is intended to give general info only. All liability arising directly or indirectly from the use of, or for any error or omission in the information given, is expressly disclaimed.



CONTACT US

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

FREECALL: 1800 066 482

Street address:
48-80 Settlement Rd,
Cowes VIC 3922

Office hours:
8.30am-4.30pm, Monday to Friday
(weekends, by appointment)

Email:
phillipisland@palllake.com.au

Find us online at:
palllakeresort.com.au

Get social:
Follow us on Facebook
(@palllakeresort) and on
Instagram (@palllake.resort)



News briefs.

PARKING REMINDER

Please do not allow your visitors to park on the road outside your home or on the grassed areas. Use the allotted parking bays only. Please accompany all visitors around the resort so they can be identified as guests. Remember that visiting children must be accompanied in the pool area at the allotted times. Please also keep an eye on your visiting children riding bikes, skateboards etc so they don't cause a hazard for other homeowners.

CLOCKS GO BACK

It's no April Fool's Day joke - don't forget to turn your clocks backwards by one hour before retiring on Saturday night, April 1, as Daylight Savings ends on Sunday, April 2.

COMPANY NEWS, FOR YOU

If you haven't already received a copy of the Summer 2022-23 edition of our quarterly company magazine, Your Time, you should check it out online at palllakeresort.com.au (simply click on the 'News & Events' tab). In this edition, we unveil the home designs and the masterplan for Palm Lake Resort Pelican Waters and we take you inside our brand new Palm Lake Care community just opened at Caloundra. We also spoke to Palm Lake Resort homeowners from across the country who enjoy the great open road and got them to share with us their favourite RV/caravan travel destinations. How many of these locations have you already ticked off your travel list?



WELCOME NEW NEIGHBOURS!

Welcome to all our newest homeowners including:

March 27: Phyllis M (Home 74)

March 28: Linda C (Home 22)

March 31: Raymond & Winifred (Home 9)

April 21: Ashley A (Home 30)

GREEN WASTE DATES

Pop these green waste collection dates in your diary:

- Tuesday, April 18
- Tuesday, May 16

REFER A FRIEND

We know your friends love coming to visit your Palm Lake Resort Phillip Island 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 home, you'll receive \$250 cash. Easy!

HOMES
FOR SALE,
PAGES 8-11



Weekly activities.

Monday

9.30am Chair exercises
1pm Cards

Tuesday

9.30am Yoga/Pilates class
2pm Housie in the Hall
5.30pm Residents' dinner (BYO drinks)

Wednesday

9.30am Aqua Pilates
1pm Cards and Snooker in the Hall
1pm Shopping bus to Wonthaggi
7pm Cards

Thursday

9.30am Resistance class
10am Shopping bus to Cowes
1pm Cards
1.30pm Up Words board game
5.30pm Residents' dinner (BYO drinks)

Friday

8.30am Informal light water exercises in the resort pool
1pm Cards

Saturday

1pm Cards
6pm Residents' BBQ (BYO food and drinks)

Residents' Association report.

Welcome newest neighbours

We extend a big welcome to all new homeowners moving into Palm Lake Resort Phillip Island. Please say hello and encourage our newest neighbours to come along and join in some of our functions.

Functions

After our annual January break, regular functions are back up and running again, such as exercises, housie housie, card playing, Happy Hour, film shows and pool exercises, to name a few. We are trying to introduce new and different activities that may appeal to some of our newer homeowners. Please feel free to come along and join in some of these functions. Further details are on the back of your 'What's On' sheet, or you can check the noticeboard.

Dine-ins and dine-outs

We have enjoyed some lovely dine-ins and dine-outs over the last couple of months. It is obvious that everyone is particularly enjoying the dine-ins where you don't have far to go, no parking hassles and (best of all) no dishes to worry about. Looking at the list of events coming up, there are plenty more dinners to come so make sure you come along.

Australia Day

Aussie, Aussie, Aussie! What a fun day everyone had with the induction of a couple of new "Aussies" and plenty of food - lamb chops, of course, plus pavlovas. A few games soon sorted out the true blue Aussies among us!

Footy

It doesn't seem any time since we were all cheering at the last Grand Final, however, the footy season has started again. Everyone is enjoying the fun and banter, checking the chart to see who is leading the tipping. As usual, the women are right up there!

Easter raffle

Our annual Easter raffle is under way at just \$1 per ticket, with tickets available on Tuesday and Thursday nights at dinner. Winners will get a lovely chocolate fix. You have to be in it to win it!

Fashion parade

Our usual ladies from 'U & I Fashions' will be bringing their autumn/winter range along on April 21, for us to choose from, in the Hall. This will be perfectly timed for you to replenish your wardrobe for the chilly days ahead.

Entertainment

We will have Mike Fernando and his band coming to entertain us on April 29. Many will remember them, as they have

been at our resort before. They are a wonderful group and this will be your opportunity to shake, rattle and roll! Come along with a bottle and some nibbles and you'll certainly have a wonderful evening. Full details can be found on the noticeboard.

Biggest Morning Tea milestone

May is the month to celebrate the 30th birthday of Australia's Biggest Morning Tea. A date will be finalised and advertised in our What's On sheet. This is your opportunity to support the Cancer Council of Victoria - a most worthwhile cause.

Hospital update

We have Jan Child, CEO of Bass Coast Health, rescheduled to attend our Residents' Meeting on May 8. Jan will bring us up to date on the new additions to the Wonthaggi Hospital and the new hospital at Cowes, which is being built adjoining the Hub. This is your opportunity to come along and find out what is happening and ask any questions.

Flu injections

On the subject of health, Bass Coast Health will again be attending Palm Lake Resort Phillip Island in May to administer our annual flu injections. At this stage, we have not been given a date but once we know, it will be displayed on the noticeboard for all. If you are interested in having the injection, please put your name down on the list at the noticeboard.

Noticeboard

Please keep a check on the noticeboard for upcoming functions, as new events may come along and others may be postponed or cancelled.

Payments

Homeowners wishing to go to our functions may now pay by direct debit to our bank account. Here are the details you'll need:

- Bendigo Bank, BSB 633 000
- Account number 144 728 086

In the reference space, please put your name and a brief description of the function.

Speed limits

At the risk of nagging, this is a never-ending problem around the resort. The speed limit here is 10kmh. It is not hard to keep your foot off the accelerator but it is very easy for someone to have a mishap. We know that some of the offenders are visiting tradies but it is your responsibility to bring the speed limit to their attention. Having said that, most of the guilty ones are our own homeowners, so please slow down.

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.

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.

6. Better visual-spatial reasoning.

7. Greater attention to detail.

8. Increased productivity.

9. Delaying symptoms of dementia/Alzheimer's disease.

10. Better ability to collaborate and work in a team (when you join friends in puzzle-building).





Green thumbs up.

THERE'S ONE SURE-FIRE WAY TO BRING NEW LIFE AND FRESH ENERGY INTO YOUR HOME THIS NEW YEAR – AND THAT'S VIA PLANTS. HERE'S SOME INSPIRATION TO GET YOUR GREEN THUMBS INTO GEAR IN 2023.

Variegated delight

Studies have shown that a home filled with indoor plants offers more than just aesthetic value. Indoor plants can offer everything from physical benefits, such as improved air quality, to more general mental/wellness benefits including stress relief. For those green thumbs already on the indoor plant bandwagon, or for those plant owners simply looking for a more stand-out/statement plant friend, have you considered variegated varieties? Many of our favourite indoor plants come in standard and variegated forms – why not seek out some of these stunners:

Peace lily: The standard green peace lily (*Spathiphyllum*) is a staple in most indoor plant collections, mainly because it's a hard one to kill – you can generally bring this one back from the brink with a good soak in water. But have you spotted the Domino or Picasso versions? Domino is subtly speckled (with somewhat crinkly leaves) whereas Picasso has larger, more bold areas of white among its greenery.

Snow queen, marble queen, manjula pothos: The trailing nature of any type of pothos make them wonderful statements in

a home, but level up from the standard green version and seek out a multi-coloured delight. Snow queen and marble queen pothos are readily available in nurseries and offer wonderfully white sections on each leaf, but if you can seek out a manjula, it has white stems to boot.

Boston fern: When it comes to indoor plants, ferns are hard to beat – especially the boston fern. It's a showy deep-green specimen that can grow thick and fast in the right conditions. Its multi-coloured cousin, however, is the Boston tiger fern. Identical in structure, this one has tiger-striped leaves in shades of yellow and bright lime green and makes quite the impact.



Above left: Manjula pothos. **Above right:** Domino peace lily.

Why not multiply?

Once you've got the whole plant ownership thing mastered, you can level up your plant game by propagating. It's exciting and rewarding to be able to make a second (or third, or fourth) plant from one of your favourites. Not only is propagation an inexpensive way to increase your plant collection, it's also a wonderful thing to propagate a new plant and give it to someone special. Maybe you can propagate some plants for your grandchildren to start them on their way to plant ownership and to also connect you to them in a special way – sharing is caring. Here are some of the easiest plants to propagate in your home, to get you underway:

African violet: Pictured left, this pretty little thing is the perfect addition to any bright window sill and rewards you with many delicate and bright-coloured flowers. There are so many colours available – trust us, you'll have a collection in no time! To propagate an African violet you simply cut off a leaf as far down the stem as possible (pictured right), and then stand your leaf stem in water in a sunny spot. Easy. Watch on, over the coming weeks, as tiny roots develop. Once the roots are established, you can transfer your leaf into a small pot with some fresh potting mix.

Watermelon peperomia: Similar to African violets, watermelon peperomias are easy peasy to propagate and share with friends. Snap off a leaf as far down the stem as possible and stand in water, just like you did with your African violet leaf. Roots will emerge after a short period of time, and tiny green

leaves will follow. You can either plant your cutting once the roots are established or let the tiny leaves grow in the water for a little bit longer before transferring into potting mix – it's fun to watch the growth while its living in the water.

Pothos: Pothos have to be one of the hardiest indoor plants and easiest to propagate. Simply snip off a trailing length (as long or as short as you like), strip off some of the leaves nearest the cut, and pop the bare stem into a vase of water. Plant in a second pot once the roots develop or simply leave your pothos to grow in the water – they don't mind it there at all.



Help is at hand

While you're no doubt an expert horticulturist by this point, it's still good to know where to go for advice - especially when those curly questions pop up. There have been countless books written about plant care, and even a few clever apps you can install on your smartphone to make yours the greenest thumbs in our resort!

PictureThis: A plant identifier and care guide all in one, PictureThis will be the ultimate sidekick on your plant parent journey. The free version allows you to snap a photo of a plant and identify it with 98 per cent accuracy. It will even where to place it in your home and remind you when to water and fertilise it.

Florish: If you already know which plants you own and are instead looking for help with plant advice and maintenance, Florish is for you. It's one of the few apps that offers a light meter in the free version, allowing you to estimate the light intensity in your home (via your phone's camera) and find the perfect spot for your plant – or, the perfect plant for that particular spot.

Blossom: Developed by online plant authority The Spruce, Blossom is one of the most informative plant apps in the app store. What it lacks in fancy features like light meters and tailored plant recommendations, it more than makes up for with its wealth of plant knowledge – it can tell you the preferences for light, soil, water, temperature, humidity, potting and propagation for over 10,000 plants.



'Leaf Supply' by Lauren Camilleri and Sophia Kaplan, \$49.99

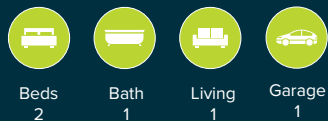
'Plant Society' by Jason Chongue, \$39.99



'Plants Are My Favourite People' by Alessia Resta, \$29.99

Homes for sale.

Home 20 - \$430,000



Backs on to the golf course

Situated on North Avenue, this two bedroom, one bathroom home backs onto the golf course. It offers a large kitchen, back sunroom and garden shed.

Key features:

- Fully fenced
- Outdoor entertaining area
- Split-system air conditioning
- Shed



Home 74

Home 22

SOLD!



TURN OVER
FOR MORE
HOMES...



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 you'll receive \$250* cash. Easy!

\$250
cash bonus for
referring a friend!

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



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

Homes for sale.

Want to book a private tour and find out more about our resort?
Freecall **1800 066 482** Email phillipisland@palllake.com.au
and visit us online at palllakeresort.com.au

Home 103 - \$450,000

Beds

2

Bath

1.5

Living

1

Study

1

Garage

1+



Room(s) to move

This two bedroom home comes with a study (or you could make it a third bedroom). It's a Fairhaven design and is situated on Sixth Avenue adjacent to parkland.

Other features include:

- An extra wide garage with more storage space
- One bathroom, two toilets
- Open plan living



Home 142 - \$475,000

Beds

2

Bath

1.5

Living

1

Garage

1



Move-in ready

This home is stunning. Situated on Eighth Avenue and constructed with Hebel, it has everything to offer. The floorplan consists of two bedrooms, two toilets, a large living area, separate dining and kitchen. There's new carpet throughout and an amazing backyard. Absolutely perfect. Move straight in and enjoy life at Palm Lake Resort Phillip Island!



Home 155 - \$415,000

Beds

2

Bath

1.5

Living

1

Garage

1



Street appeal

This home is constructed of Hebel and features two bedrooms, two toilets and a large living area. The floating floor coverings throughout give the home a fresh appearance.



Has your situation changed?

Looking to sell?

Here at Palm Lake Resort Phillip Island, we understand that situations change. Your lifestyle needs or family situation may require you to move on. If you are thinking about selling, make sure you contact our office to find out what your home may be worth. We also have a waiting list of people looking to move into our resort so there's every possibility that we can help you find a buyer for your home quite quickly. Please drop by the office for a chat if you'd like to know more.



Want to book a private tour and find out more about our resort? FREECALL **1800 066 482**
Email phillipisland@palllake.com.au or visit us online at palllakeresort.com.au

10

11

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 066 482 | phillipisland@pallmlake.com.au
48-80 Settlement Rd, Cowes VIC 3922

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