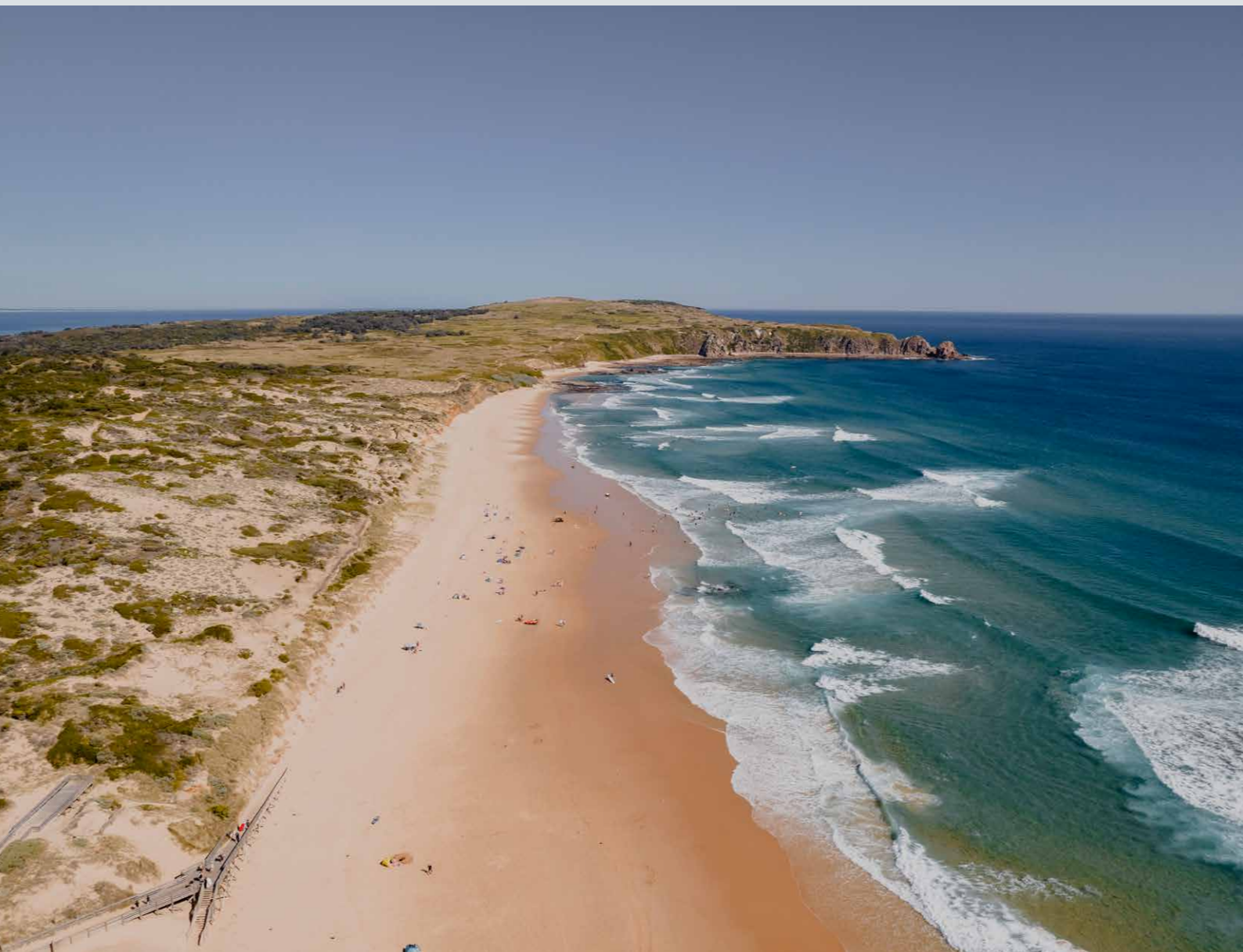


APRIL - MAY 2025



Island Insight



Green thumbs up for indoor plants

Bring the outdoors in with easy-care indoor plants for every different room

Did someone say chocolate?

We're dreaming of all the chocolate-y recipes we can make as Easter approaches

Over the back fence

Keep up to date with all the good things your fellow Palm Lake Resort family is up to



Welcome.

Hi everyone! We would like to start by welcoming our newest homeowners Judy Wolstenholme, as well as Geoff and Cheryl Harbud, to Palm Lake Resort Phillip Island. We know they will enjoy living in our resort community as we're a very welcoming and fun bunch!

With Easter approaching, we would like to wish all of you a very happy and safe holiday period. Take care on the island roads during this very busy time for us. I hope the easter bunny is generous to you all this year. For all those homeowners who are starting to take off on extended holidays, please take care and travel safely - we look forward to your return.

For those here at the resort, the following dates are for your diaries for our regular green waste collection:

- April 15
- May 20
- June 17

We know many of your friends and family will be visiting us over the holiday period and will enjoy sharing our resort facilities with you. Don't forget that if you refer a friend to join you and become part of our exclusive community by purchasing a Palm Lake Resort home, you'll receive \$250 cash. Easy! Ask about our 'Refer a Friend' incentive at the Sales Information Centre.

As the weather starts to cool, we look forward to rejuvenating our gardens around the resort for us all to enjoy.

Until next time, take care and don't forget to check in on your neighbours.

Caroline and Colin Wright,
Palm Lake Resort Phillip Island 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. Cover photo, and above photo, courtesy of Visit Victoria.

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 - 12.30pm, Monday to Friday
(weekends, by appointment)

EMAIL:
phillipisland@palllake.com.au

ONLINE: Visit our website
palllakeresort.com.au

GET SOCIAL:
Follow us on Facebook
(@palllakeresort) and on
Instagram (@palllake.resort)



News in brief.



Autumn's here, and it's Your Time

It's a new season and that means there's a new edition of *This is Your Time*, our company magazine, hitting mailboxes around the nation. In this edition, let us introduce you to Mirador Wellness Centre which is part of Palm Lake Resort Pelican Waters. Mirador is the largest and most opulent over-50s wellness centre in the Southern Hemisphere. We couldn't be prouder of this one - it's a showstopper. We've actually taken that wellness theme and sprinkled it right throughout this magazine edition. Learn more about all those wellness therapies that are 'trending' right now (spoiler alert: they aren't 'trending' as much as they are here to stay!) and why you should incorporate a little more wellness into your daily life. We also catch you up on the progress we're making on our construction sites. If you haven't received a hard copy in your mailbox, read it online at www.palllakeresort.com.au

Get social with us!

Are you on social media? Make sure you follow Palm Lake Resort on Facebook (@palllakeresort) and also over on Instagram (@palllake.resort) to see what's happening right across our dozens of Palm Lake Resort locations. We also feature many warm-and-fuzzy stories from our seven Palm Lake Care aged caring communities on both social platforms (@palllake.care). With more than 10,000 people calling a Palm Lake address home, there's always loads going on!



Our homeowners are knitting for a great cause

In February 2024, we formed a group here at Palm Lake Resort Phillip Island called 'The Stitch and Yarn Group'. The group was formed as a way of bringing likeminded women together on one afternoon a week to knit items to be donated to the charity group KOGO which stands for "Knit One Give One".

During 2024, our group of knitters sent off 10 large boxes filled with knitted goods, which included more than 100 squares to be sewn together to make various size blankets for cots, single beds and double beds. Also included were knitted toys, beanies, scarves and baby clothes, in a variety of colours and textures.

The friendship and fun we have on our knitting days are bonuses beyond the joy and happiness we also experience knowing we are helping those in need. We hope we can continue our happy group right throughout 2025 - we already have one large box of knitted donations ready to send off to KOGO.

If you would like more info about KOGO, visit their website www.kogo.org.au



To be sure!

Pictured above: Our lovely homeowners donned their most vibrant green outfits to celebrate St Patrick's Day recently. Any excuse for some fun, right?!



Residents' Association notes.

Our homeowners have definitely had a busy couple of months. The Social Coordinator has organised Sunday bus trips to a variety of farmers' markets and general markets, on and off the Island. Everyone is looking forward to bringing home some beautiful produce on these trips.

Our regular Coffee Club members meet once a month at different cafes on the Island. The dine-in and dine-out meals are also very popular. This month we are going to the newly renovated Phillip Island Brewing Co. They have a great variety of handcrafted beers, some with extraordinary namea and flavours including Chicory Stout, Pinnacle Amber and the Koala Pale Ale - all new tastes to the area. It will be exciting to try all their new beers.

The guest speaker this month was a representative from the Commonwealth Bank talking to us about banking scams. It's sad to see so many of us have been caught up in these online or text scams.

On a happier note, our homeowner ladies had a visit from Intimo, displaying their beautiful lingerie range. Many purchases were made that afternoon.

St Patrick's Day was spent in the Hall with a meal of Irish Stew cooked by Amanda. Delicious!



Pictured above: Housie in the Hall is on Tuesdays at 1.30pm. All are welcome.

THE COLOUR
GREEN PROMOTES
CALM, BALANCE,
RELAXATION,
RENEWAL

Green thumbs up.

IT DOESN'T MATTER WHERE IN YOUR HOME YOU PLACE THEM, POTTED PLANTS ADD A SPECIAL SOMETHING TO ANY AND EVERY INTERIOR. THEY INJECT LITERAL LIFE INTO INANIMATE SPACES AND BEYOND THAT, THEY BENEFIT HOMES – AND THE HUMANS THAT INHABIT THEM – BY FILTERING AIR AND ABSORBING AIRBORNE TOXINS.

The biggest problem homeowners have with incorporating potted plants into their interior scheme is keeping them alive. Yes, unfortunately, many of us either set and forget our plants or at the other end of the scale, we shower them with too much love (read: water) and the end result is the same. Having said that, the biggest mistake homeowners make around indoor plants is in the very first step: Choosing the wrong plant for the space. You simply can't enter a nursery, fall in love with any lush pot of greenery and expect it to live anywhere in your home. Just like humans, plants can be fussy when it comes to their living arrangements. To help get you off on the right foot with adding plants to your home interior, follow these guidelines and suggestions to find a plant for some of the most obvious places...

In the kitchen

A lovely little potted plant on a bright kitchen windowsill or a bright benchtop, can do wonders for the heart of your home. Try these options that are cute in size but add mighty impact:

- **Geranium:** Compact. Flowers beautifully in full sun.
- **African Violet:** Prefers bright light but not extreme heat, making it great for sunny but cooler windowsills.
- **Kalanchoe:** A flowering succulent that enjoys direct sun.
- **Echeveria:** A beautiful rosette-shaped succulent that does well in sunny spots. Enmasse, they add even more impact.

For example, put four different Echeveria in individual but coordinating pots, grouped together on a bright bench.

- **Basil:** Grows well in a sunny spot with regular watering.
- **Thyme:** A hardy herb that loves warmth and sunlight.

In the bathroom

Bathrooms are typically high humidity, low light spaces with temperature fluctuations, so the best plants for these conditions are ones that thrive in moisture-rich environments.

- **Peace Lily (Spathiphyllum):** Handles low light and high humidity, plus it purifies the air.
- **ZZ Plant (Zamioculcas zamiifolia):** Extremely hardy, tolerates low light and moisture.
- **Cast Iron Plant (Aspidistra elatior):** Almost indestructible and thrives in low light.
- **Boston Fern (Nephrolepis exaltata):** Loves humidity but needs regular watering. The good thing here is that you're probably more likely to remember to water your boston fern given it's a room where water is easily accessible.
- **Maidenhair Fern (Adiantum spp.):** Thrives in high humidity, though it needs consistent moisture. Again, a great location to remember to water your fern.
- **Bird's Nest Fern (Asplenium nidus):** Tolerates low light and loves moisture.

Continued on Page 6 >>

In the living area

These spaces call for larger plants that make more of a statement. Living spaces can be bright, or offer lower/ indirect light, depending on the orientation of your home and the available windows so you'll want something that can handle filtered light while also able to grow to a good indoor size.

- **Fiddle Leaf Fig (Ficus lyrata):** A popular indoor tree with large, glossy leaves. Prefers bright, indirect light and occasional watering.
- **Rubber Plant (Ficus elastica):** Low maintenance with dark green or variegated leaves; thrives in bright, indirect light.
- **Bird of Paradise (Strelitzia reginae or Strelitzia nicolai):** Large tropical plant with broad leaves. Loves bright spaces but not direct sun.
- **Kentia Palm (Howea forsteriana):** A graceful, slow-growing palm that adapts well to indoor conditions.
- **Parlor Palm (Chamaedorea elegans):** Classic indoor palm with a soft, tropical look; thrives in bright, indirect light.
- **Dragon Tree (Dracaena marginata):** Tall and slim with striking foliage, easy to care for, great for indoor air quality.

From the ceiling

Hanging pots can provide unexpected drama in the right interior spaces. They can fill a space well and bring height to that space. Low-maintenance, lush indoor hanging plants are quite inexpensive and many require minimal care, including:

- **Heartleaf Philodendron (Philodendron hederaceum):** A fast- growing, trailing plant that thrives in indirect light and only needs occasional watering.
- **Spider Plant (Chlorophytum comosum):** Hardy and adaptable, this strappy-leafed specimen gets better and better as it matures as it produces baby 'spiderettes' that drape beautifully down from the pot.
- **Devil's Ivy (Epipremnum aureum):** One of the easiest plants to grow. It tolerates low light, occasional neglect and still looks full and lush. If you like this one, you'll also love the striking green and yellow variegated leaves of **Philodendron Brasil** and the bright lime-green version called **Neon Pothos** and finally, **Marble Queen Pothos** for its variegated white/ green marbled leaves.

...and a few other hot tips

- If you want to make a statement in your living space but your preferred indoor plant is smaller and doesn't have a tall, upright shape, simply choose a tall statement pot that lifts your plant off the ground.
- If the spot you want to fill is simply too dark for any plant to thrive, a vase filled with greenery is a great substitute. Monstera (Monstera deliciosa) offers iconic split leaves that last weeks in water. Lucky Bamboo (Dracaena sanderiana) thrives in water, adding height and structure to a vase. Eucalyptus branches are another great option.
- It's always a good idea to have a few indoor plants on an indoors/outdoors rotation so they are always getting a period of time outside to recharge and revitalise. They'll also love a little incidental nitrate-filled rainwater while they're outside having a holiday.



Weekly activities.

MONDAY
9.30am Chair exercises
1pm Cards
7pm Darts in the Hall
TUESDAY
9.30am Yoga/Pilates class
1.30pm Housie in the Hall
5.30pm Homeowners' dinner (BYO drinks)
WEDNESDAY
9.30am Aqua Pilates
1pm Cards & Snooker in the Hall
1pm Shopping bus to Wonthaggi
7pm Cards
THURSDAY
9.30am Resistance class
10.30am Shopping bus to Cowes
1pm Cards
1.30pm Up Words board game
2pm John's Movie Group, in the Cinema
2pm Stitch and yarn
5.30pm Homeowners' dinner (BYO drinks)
FRIDAY
9.30am Informal light water exercises in the resort pool
1pm Cards
SATURDAY
1pm Cards
6pm Homeowners' BBQ (BYO food, drinks)



Death by chocolate.

IT'S OFFICIALLY THE SEASON OF CHOCOLATE, WHICH MEANS YOU'LL PROBABLY RECEIVE A LOT OF IT OVER THE COMING WEEKS. INSTEAD OF GORGING IT ALL IN ONE SITTING, SPREAD THE LOVE BY TURNING IT INTO OTHER CHOCOLATE-Y CREATIONS. YOUR VISITING GRANDIES WILL NO DOUBT LOVE TO HELP YOU WITH THESE CHOC RECIPES!

Chocolate fondue

The most delicious addition to any dinner party! Melt down those Easter bunnies and eggs into a gooey chocolate sauce, cut up some fresh fruit (strawberries, raspberries, bananas) and other sweet treats (peanuts, marshmallows, honeycomb chunks) and get dipping.

Bonus: You can turn your fondue party into a long-lasting snack by refrigerating your chocolate-dipped goodies.

Chocolate bark

It's so simple, but so delicious. Chocolate bark is literally melted chocolate poured onto a baking tray, and sprinkled with whatever toppings you like. Dried fruit and nuts make it ever so slightly healthy, but you can also get experimental making it taste like your favourite chocolate bars – sprinkle desiccated coconut for a Bounty Bar effect, or Twix-inspired caramel and crushed biscuits.

Chocolate pudding

Combine one cup of breadcrumbs, 1 ounce of brown sugar and 1 ounce of chocolate in a bowl. In a pot, add 2 ounces of butter and 1 cup of milk and bring to a boil, then pour into the bowl with the breadcrumb mixture. Let it soak for a few minutes. In another bowl, whisk two eggs (keeping back one egg white) and add to the breadcrumb mixture, along with vanilla essence (to taste). Transfer the mixture to a greased pie dish and bake until set. Whisk the remaining egg white and a little sugar to a froth, roughly add to the top of the pudding and bake to a pale brown.

Chocolate crisps

An Australian classic! Melt a block of milk chocolate (or 180g of Easter chocolate). Add as many cornflakes as the melted chocolate will absorb. Mix lightly and drop in small mounds on greaseproof paper. Allow to set hard in refrigerator or freezer.

Chocolate eclairs

Dissolve 1 ounce of butter in 4 tablespoons of hot water. When quite mixed, add 1 ounce self-raising flour, remove from heat, stir in a pinch of salt. Slowly, add 3 eggs and 3 ounces of sugar. Beat all thoroughly for 2 or 3 minutes. Then, with a wooden spoon, divide mixture into 16 rolls, 3 inches long and 1 inch wide. Bake in hot oven in a greased tin until golden brown. With a sharp knife, split open each eclair at one side and fill the centre with whipped cream. Make some icing with 6 ounces icing sugar, the whites of 2 eggs whipped to a stiff froth and enough chocolate to colour well. When this is smooth, add a little lemon juice and beat well. Cover the eclairs with this mixture and set them aside to harden.

Homes for sale.

WANT TO BOOK A PRIVATE INSPECTION AND FIND OUT MORE ABOUT OUR RESORT?
FREECALL 1800 066 482 OR EMAIL PHILLIPISLAND@PALMLAKE.COM.AU
YOU CAN ALSO VISIT US ONLINE AT PALMLAKERESORT.COM.AU

Home 162 - \$525,000


Beds
2


Bath
2


Living
1


Garage
1.5



Privacy guaranteed

This home is positioned for privacy, tucked away at the end of a no through road. Two bedrooms with built-in robes. Main bedroom has an ensuite and a glass sliding door leading out to a glassed sitting area under the verandah. The study has double cavity sliding doors opening from the lounge area, looking out to the established gardens. This turnkey open plan home has ceiling fans throughout, reverse cycle heating/cooling and near new carpet. The wide hallway features full length storage cupboards. You have direct access into the home from the 1.5 car garage. The modern kitchen features white cabinetry with 2 pac gloss finish, electric cooktop with electric wall oven, dishwasher drawer and lovely stone bench tops.

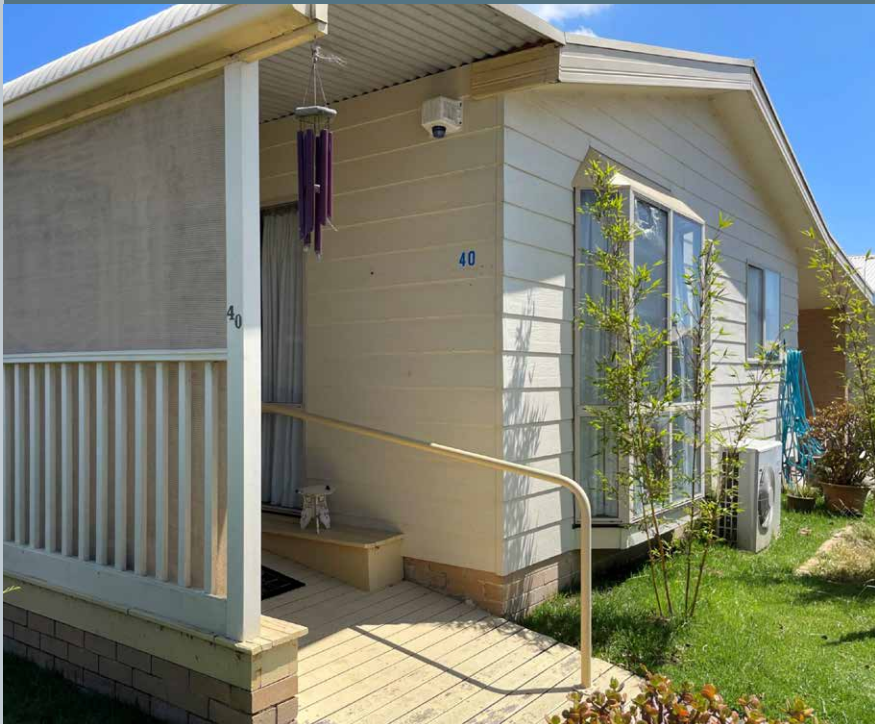
Home 40 - \$465,000


Beds
2


Bath
1


Living
1


Garage
1



Comfortable home

A short stroll to our heated indoor pool and clubhouse.

This home has 2 bedrooms with built-in robes, a spacious L-shaped kitchen, dining, lounge. Large linen cupboard in the laundry. Large bathroom with a separate bath and shower. Kitchen has an electric wall oven with gas cook top. Reverse cycle heating cooling.

Key features:

- Large verandah
- Desirable location
- Comfortable, spacious living
- Reverse cycle air-con

Home 87 - \$489,000


Beds
2


Bath
1.5


Living
1


Garage
1



A modern charmer

This charming two-bedroom home offers comfort and practicality, with built-in wardrobes in both bedrooms to maximise storage. The main bedroom features sliding door access to a private, lockable sunroom, providing a cosy retreat or versatile space for relaxation. The L-shaped open-plan living area is bright and spacious, with another sliding door leading to a second lockable sunroom, ideal for entertaining or additional living space. The property also includes a lock-up garage, ensuring secure parking and added convenience. With a well-thought-out design and modern features, this home is perfect for low-maintenance living.

Home 120 - \$450,000



Home 61 - \$525,000



SOLD!

SOLD!

Over the back fence.

THE PALM LAKE GROUP SPANS 30 RESORT ADDRESSES ACROSS THREE STATES AND SOME 10,000 PEOPLE CALL PALM LAKE GROUP HOME, SO THERE IS ALWAYS PLENTY OF GOOD NEWS AROUND OUR GROUNDS. IN THIS REGULAR SERIES, WE SHARE WITH YOU SOME STORIES OF WHAT YOUR FELLOW PALM LAKE RESORT 'FAMILY MEMBERS' HAVE BEEN UP TO RECENTLY - WHETHER THEY'RE JOINING FORCES TO DO GOOD IN THE GREATER COMMUNITY OR JOINING FORCES FOR FUN. ACROSS ALL OUR PALM LAKE RESORTS, 'PEOPLE' REALLY ARE OUR SUPERPOWER!

Palm Lake Care needs you.

As you know, the Palm Lake Group portfolio includes more than two dozen over-50s resort communities as well as seven aged caring communities across Queensland's south-east corner.

While our Palm Lake Care teams provide highly reputable 24-7 nursing support and engaging Lifestyle programs, they are currently on the hunt for community volunteers. In each community, these volunteers can choose to spend one-on-one time with the residents or support our teams in running group activities and excursions etc.

Palm Lake Resort Beachmere Bay's Robyn Crosbie says she loves nothing more than volunteering her time at Palm Lake Care Beachmere's aged caring community which is conveniently across the road from her resort.

"I've been volunteering there every week for the past six years, helping the Lifestyle Team facilitate their activities program," she smiles.

For example, you can find Robyn going on bus trips with the residents - taking them out to lunch and on scenic drives, sometimes also to church.

"Volunteering is not for everyone but I love it. My Dad was in aged care for seven years so I'm very used to the setting," Robyn explains. "I love a chat and find it very easy to talk to the residents. I love listening to their stories and they love listening to mine."

If you're based nearby one of our seven Palm Lake Care communities and would like to assist as a volunteer, we encourage you to make an inquiry. Simply visit www.palmlakecare.com.au and you'll find all the contact details you'll need there.



100
YEARS
YOUNG!

Lucky Phil.

Palm Lake Resort Eagleby homeowner Phil McDonald has just celebrated his 100th birthday! The Eagleby community knows Phil as an avid (lead) bowler. He's a favourite teammate among the skips, always close to the jack. Even if his bowl lands just a few feet out, he curses himself, though most of us would be thrilled to bowl as well as he does! His dedication to the game has undoubtedly kept him active and young at heart. At this rate, we wouldn't be surprised if he's still bowling at 110! Congrats to Phil, from all across the Palm Lake Group!

D-Bay delight.

It's been a record-breaking year for the charitable bunch at Palm Lake Resort Deception Bay. In 2024, they recycled a record 39,141 containers and donated more than \$3900 to Farm Angels (Farm Angels provides support to rural communities in time of flood, fire, drought and plagues). They also collected and donated items for hampers for the needy over the festive season, supporting organisations such as Community Care Network and The Lighthouse. Go team!



Homeowner golfers unite on the green.

GOLF IS DEFINITELY ONE WAY THAT OUR HOMEOWNERS BOND ACROSS RESORT ADDRESSES - AND THE MOST RECENT PALM LAKE INTER-RESORT GOLF CLASSIC IS PROOF OF THIS.

For the third successive year, Caloundra Cay golfers won the Palm Lake Resort Cup, but this time it was by the skinniest of margins. The winning resort team score was 60.32 (Caloundra Cay) over Pelican Waters (60.857) and Beachmere Bay (61.0). Golfers from Palm Lake Resorts at Pelican Waters, Toowoomba, Cooroy-Noosa, Beachmere Sands, Beachmere Bay, Hervey Bay and Caloundra Cay took part in the annual event, teaming up at the superb Pelican Waters Golf Course which is owned and operated by the Palm Lake Group.

And despite an absolute drenching in the days leading up to the event – which had been abandoned five days earlier – the course was presented in unbelievably good condition for the 31 teams and 120 individuals representing Palm Lake Resort homeowners.

Competing in a four-person Ambrose, the Beachmere Bay team of Graeme Clark, Michael Gregory, Stephen Walton and Ronald Rosenberger won the day, returning a nett score of 58.625. The Pelican Waters group of Steve Whitehead, Brendan Francome, Glenn Stamp and Ronald Wilkins (59) finished second, and Caloundra Cay's Ian Chew, Heather Busch, Trish McConnell and Terry Jones (59.625) came in third. But it was the overall scoring of the nine Caloundra Cay teams that resulted in the win, and the trophy returning to its 'home' at Hemingways Country Club.

– By TONY DURKIN

Our congrats to Greg.

Palm Lake Group was pleased to hear that Australian sporting identity Greg Norman was handpicked by Prime Minister Anthony Albanese to join the board organising the 2032 Brisbane Olympic and Paralympic Games. Greg Norman Golf Course Design was the team behind the original Pelican Waters Golf Course layout and they also helped our local team reconfigure the course to make way for Palm Lake Resort Pelican Waters. Greg is a supporter of the Palm Lake Group and we couldn't think of anyone more perfectly suited to this Olympic role. We send our congratulations to Greg and look forward to hosting him at Pelican Waters for a round, when he's in town.



Bravo Barnacles!

Palm Lake Resort Bargara's "Palm Lake Singers" is a choir formed by the resort's homeowners. This choir's male members have formed an additional separate choir group called "The Barnacles". Pictured above, the group stopped by Palm Lake Care Bargara recently and made a huge impression on the very grateful audience. We love seeing our homeowners involved in inter-resort events but it's just as great to see our resort homeowners and aged care communities coming together for mutual benefit. Bravo Barnacles!

Tell us what's happening over your back fence.

Has your resort got a warm and fuzzy "Over the back fence" story to share with the whole Palm Lake Resort group? Are you and/or your neighbours doing something special that you're proud of - and you know we'd be proud of too? We'd love to hear from you and include your story in these pages in the next editions of all our resort newsletters.

Simply contact your Caretakers or email the details to Belinda at belinda@bellepr.com

Making memories.



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48-80 Settlement Road, Cowes VIC 3922

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