

# Island Insight.

AUGUST - SEPTEMBER 2022

## Bring your best mate.

**PALM LAKE RESORT PHILLIP ISLAND IS PROUDLY PET FRIENDLY. READ OUR TIPS INSIDE FOR KEEPING YOUR BEST MATE IN TIP-TOP SHAPE DURING THESE COLDER MONTHS - AND BEYOND.**



See our stories inside,  
on Pages 6-7 >>





## News briefs.

### WATCH YOUR SPEED

This is a never-ending problem around our resort. The speed limit is 10kph, and it is not hard to keep your foot off the accelerator. It's also very easy for someone to have a mishap. We know that some of the offenders are tradies and it is your responsibility to bring our speed limit to their attention. However, most of the guilty ones are our own residents!

### GREEN WASTE DATES

Pop these green waste collection dates in your diary:

- Tuesday, August 16
- Tuesday, September 20
- Tuesday, October 18

**HOMES FOR SALE: PAGES 9-11**



# Welcome.

Hello everyone and welcome to our newest residents. Thanks so much for the support, as we continue to find our feet in this new role - we have some amazing people in this community.

Although the weather may be cold and wet, it makes it so much better to walk around the grounds and see the effort, colour and care that residents are putting into their gardens right now. Please do not get me started on the fragrances as you walk up each avenue! I am always at a loss as to which garden to head to first so I can smell the flowers! All the daffodils are out in bloom and how can anyone not smile when you see one.

Mary is still providing shapely waistlines for us all and, by all the empty plates after dinner, I am guessing that her meals are being very well received. Variety is the spice of life, as they say. It is also good to see so many people taking advantage of the warm fireplaces in the Hall during these cold days. Nothing nicer than to sit with a good book from our library and a hot chocolate or coffee, and while away a few hours in front of a fireplace. Life doesn't have to move fast.

On that note, please take care, stay well and remember there are masks in the Hall for your use when you cannot socially distance - please feel free to use them as it is the season again for those sniffles and coughs. As we like to say, love the life you live and if you can choose to be one thing, always choose to be kind.

**Jenny & Kimmo,**  
**Palm Lake Resort Phillip Island 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 [pallmlakeresort.com.au](http://pallmlakeresort.com.au)

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

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

**Freecall:** 1800 066 482

*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.*



### 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!

### WELCOME NEW NEIGHBOURS!

Welcome to all our newest residents including:

- Home 102:** Maggie Cross
- Home 1:** Muriel Purdie
- Home 13:** Jenny Salter
- Home 31:** Rhonda DeVries
- Home 170:** Arthur & Sue Denny

### WHAT'S ON AROUND THE RESORT

**August 6 and September 3 (9am):** Grab a bargain at Churchill Island Market. Put your name on the bus list to come along.

**August 8 and September 12 (2pm):** Residents' meeting for all, in the Hall. Meet your new committee. Followed by afternoon tea

**August 8 and September 12 (7pm):** Terry's music. Get those feet tapping, the body swaying and singalong to those tunes in the Hall.

**August 10 and September 14 (4pm):** Happy Hour in the dining room. Bring your own drinks and a gold coin donation for the nibbles.

**August 12 (6.30pm):** Need warming up on these winter nights? Mary's homemade pumpkin soup with herb scones is just \$12 in the dining room. Put your name on the list by August 7.

**August 17 (2pm):** Thinking about travelling Australia? We have a travel agent coming to answer your questions, in the Hall. Let Kerrie Green know your preferences. More info on the noticeboard. Afternoon tea will be served. Put your name on the list.

**August 18 and September 15 (7pm):** HUSH!! It's secret men's business, after dinner in the Hall.

**August 20 and September 17 (9am):** Fresh air and exercise is good for body and mind. Walking group to Wonthaggi Wetlands. Put your name down to register.

**August 21 and September 18 (1pm):** Pauline's flicks in the Theatre. Relax while enjoying a great movie. Gold coin donation for a drink and nibbles.

**August 22 and September 26 (7pm):** Exercise your mind, with Trivia in the Hall. Who remembers those silly things that just get stuck in your head? Come along!

**August 26 (5.45pm):** Chinese banquet at Wing Ho. \$35 each. Join us for some yummy food and great company. Place your name on the list. Bus available for those needing transport. Closing date: August 19.

**September 9 (6pm):** Pizza night. Come and enjoy some delicious hot pizza of your choice.

**September 24 (11am):** AFL footy brunch. Come in your fave footy clours and show your support for your team. Plenty of banter guaranteed!

**September 25 (10.30am):** Cranbourne Harness Racing. Come and enjoy a three-course luncheon followed by an afternoon of racing. Bus will pick you up and deliver you back again. Should be good fun, even if you don't know one end of a nag from the other!

**September 30 (1pm):** "U & I Fashions" are returning with their spring and summer range. Time to refresh your wardrobe and stock up for summer.



# Join the club.

ARE YOU PART OF A BOOK CLUB?  
YOU SHOULD BE, FOR A NUMBER OF  
REASONS. HERE'S EVERYTHING YOU  
NEED TO KNOW ABOUT BOOK CLUBS.

## Why read more?

From social benefits to mental and even physical ones, there are so many reasons to read consistently – and a book club helps you do exactly that.

## You'll read more

Do you find it difficult to read regularly? It's not exactly surprising – with so much going on around our resort, carving out time to read on a regular basis can be hard. By joining a book club, you'll be more motivated to finish the books you start so that you can participate in the conversation at your next meeting.

## You'll get more out of each book

It's rare to have the opportunity to sit down and talk about a book you've just read, with people who have also just read it. By joining or starting a book club, you can do that on a regular basis. You'll be amazed at how different a book can feel after you've spoken about it with others and will love discovering their interpretations.

## Improve your mental health

Reading really is magical, and not just for its ability to transport you to other worlds. Following a story and remembering different characters and plot points exercises your brain, improving memory function. It also improves your literacy, increases your general knowledge and teaches you empathy.

## Improve your physical health

The imaginative powers of reading can be a great form of stress relief, which can positively impact everything from heart health to blood pressure. It can also help you get a better night's sleep, especially if you make reading part of your bedtime routine. Tucking in with a book tells your brain that it's time for rest and helps you de-stress before going to sleep.

## Be more social

Beyond the benefits of reading itself, book clubs offer so many great social benefits. For one, it's a regular social get-together to look forward to – even if it needs to take place on Zoom. After all the book talk, you can linger and enjoy more casual conversation over tea and treats.

## How to begin?

You know why you should start a book club – now, it's time for the 'how'. Who better to get advice on starting a book club from than major publisher, Penguin Random House? Here are their five best tips:

**1. Decide what kind of book club you want to start:** Are you looking for a place to discuss books in-depth, or it is a bit more casual? Are you planning on reading a specific genre? The purpose of your book club will dictate everything from who joins it to how you select the books, so it's a good idea to decide this before you get started.

## What should we read?

Choosing a book can sometimes be a daunting task, but it doesn't have to be. Why not start with one of the classics? We've done the legwork for you and narrowed down 10 titles that are widely considered to be the 'greatest books of all time'. Here they are, in no particular order. How many of these titles have you already read? And what will be next on your reading list?

**The Great Gatsby** by F. Scott Fitzgerald

**1984** by George Orwell

**To Kill a Mockingbird** by Harper Lee

**The Catcher in the Rye** by J. D. Salinger

**Pride and Prejudice** by Jane Austen

**Anna Karenina** by Leo Tolstoy

**The Lord of the Rings** by J. R. R. Tolkien

**The Adventures of Huckleberry Finn** by Mark Twain

**Catch-22** by Joseph Heller

**Don Quixote** by Miguel de Cervantes

**2. Choose a setting:** You need a place to meet – and our Palm Lake Resort Phillip Island library is the perfect place! Or, for something a bit more casual, you could take turns hosting the meetings in your own homes and even 'bring a plate' to each meeting.

**3. Invite your members:** Penguin Random House says the ideal size of a book club is between eight and 16 members, but three to five is a great place to start. From there, members can invite a friend or two themselves, if they want to.

**4. Set up a pre-book club meeting:** Before you get your book club underway, you might want to meet up with a fellow club leader or two and discuss the technicalities. How will you choose which book the club reads? Where will the first meeting be, and often will you meet? If you cover off some of these questions in your mind before the big day, it will be smoother sailing moving forward.

**5. Get started:** You've gathered a group, found a location and planned a few dates – you're officially ready to get your book club going! The only question that remains is, what will you read? See above for some of our best ideas - books you need to read at some stage of your life!

# Residents' Assn. report.

## Activities

Our regular activities 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 which may appeal to some of our newer residents. Please feel free to come along and join in some of these activities. Further details are on the back of your "What's On" sheet, or check the noticeboard.

## Dinner done right

We have enjoyed some lovely dine-outs over the last couple of months and, looking at the list of events coming up, there are plenty more coming up. Make sure you check for these dates and join in.

## Cranbourne Harness Racing

We are looking forward to having an enjoyable afternoon at the harness racing on September 25. A bus, supplied by the Cranbourne Harness Racing Club, will be picking us up and taking us to Cranbourne where we will enjoy a lovely luncheon and then an afternoon full of racing. Everything is provided and full details are on the noticeboard.

## Footy

Now that the footy season is drawing to a close, we are planning a footy brunch, so come along in your footy gear and have a fun time. Details to come.

## Fashion parade

The ladies from "U & I Fashions" will be bringing their spring/summer range along for us to go through on September 30, in the Hall. This will be just in time for you to purchase your outfit for our annual Cup Day festivities.

## Entertainment

We are having the "Hoffman Duo" coming to entertain us on October 22. More details to follow.

## Spring Market

After a Covid-forced delay of two years, we are finally able to hold our Annual Spring Market. This is an opportunity for our local residents to sell their craft work, books, art works, plants, bric-a-brac, etc. Stalls cost \$10 each and we are holding it on the Sunday of Cup weekend. Start planning now.

## Cup Day

Luncheon, bookies, fashions, fun: what more do you want? More details will be coming in the next newsletter.

## Payments

Residents wishing to go to our functions may now pay by direct debit to our bank account. The details are as follows: 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.



## Vet's cold caution.

YEP, IT'S OFFICIALLY COLD. WHILE YOU'RE PULLING ON YOUR LAYERS AND DIGGING OUT EXTRA BLANKETS, REMEMBER THAT YOUR PET NEEDS SPECIAL CARE DURING WINTER, TOO. KEEP THESE TIPS IN MIND FROM PET-STOCK VET DR KATHY MACMILLAN.

### Beating the winter blues

Just like humans, pets are also at risk of developing the winter blues. Household pets, especially cats and dogs, are highly intuitive and can sense when owners are feeling lazy or unmotivated. Despite being covered in fur, even for our pets it can be tempting to stay cooped up indoors throughout winter. As an owner, staying motivated to maintain your pet's daily exercise regime is critical during the winter months for your pet's mental and physical wellbeing. Playing with your pet indoors or mixing in training sessions is also recommended.

### Hydration

Keeping your pet hydrated is always important but it is usually something that pet owners are more aware of during the warmer months. Make sure that your pet always has access to fresh water even if it's cool.

### Drinking standing water

This winter has brought more rain than we're used to and, therefore, more puddles. When you're on your daily walks, monitor your dog closely and avoid letting them

drink any standing water. Leptospirosis is an infectious disease that can be contracted by dogs that drink or swim in contaminated water, such as puddles, ponds, rivers or dams. It can cause them to become extremely sick and, in some cases, be fatal. Symptoms include fever, vomiting, diarrhea, refusal to eat, weakness, depression and stiffness. Always take a fresh bottle of water and a travel bowl with you on all outdoor adventures – that way your pet will stay hydrated and will be less likely to pick up unwanted, harmful diseases.

### Sleeping indoors

No matter their age, consider allowing your pet to sleep indoors during winter. Not only will they be more comfortable, but they will use less energy maintaining their body temperature. Chilly nights can make the joints of pets suffering from arthritis more painful and breathing cold air can exacerbate respiratory problems such as bronchitis or collapsed trachea. If you have a puppy, this is the perfect opportunity to try indoor crate training and, if you have a senior pet, winter is a great time to invest in a soft, thick bed that will be easy on their joints.

### Heater safety

While it is encouraged to keep your pet indoors more often than not during winter, it is important to ensure they stay safe. If you have a gas heater, have it serviced at the start of the season, prior to using it, to ensure it is not leaking carbon monoxide. And, of course, whether you're using a gas or electric heater, make sure it is always in a safe place where Fido won't knock it over.

# Don't weight too long.

UH OH – YOUR DOG'S BODY WEIGHT HAS CREPT UP. BEING OVERWEIGHT CAN PREDISPOSE PETS TO JOINT INJURIES, BREATHING PROBLEMS, HEART ISSUES AND SOME CANCERS. HERE'S HOW TO GET THEM FIGHTING FIT ONCE AGAIN.

Just like humans, dogs can be at risk of a plethora of health problems if they're overweight. If your pooch is showing signs of a podginess, don't stress. You are not alone. Research shows that around 40 per cent of Aussie pets are overweight. The most important thing you can do for your pet is to acknowledge the problem before it gets out of hand and start them on a path to better health. Here are some tips to help your dog lose weight healthily and gradually.

### Determine your dog's weight loss target

If your dog is generally healthy and only mildly overweight, the first thing you should do is determine their current Body Condition Score (BCS) and implement a weight loss program around this. BCS is a number assigned to your pet based on evaluation of fat at a few key areas on their body. A BCS can range from 1 to 5, with 1 being severely underweight and 5 being dangerously overweight. You can Google some very helpful BCS charts online that will help you assess your pet's silhouette from above and from the side – evaluating the ribs, spine, hip bones, waist, abdomen, muscle mass and overall fat covering. At an ideal weight you should be able to see your pet's waistline (an hourglass shape) when standing above them, looking down. And your pet's abdomen should be tucked up behind their rib cage when viewing them from the side. You should also feel your pet to evaluate their weight. Place your thumbs on their backbone, spreading both hands across the ribcage. You should be able to feel each rib under a thin layer of fat – just like you can feel the bones on the back of your hand. Be sure to reassess them every week or two until they're at their ideal condition.

Of course, if you're feeling unsure, or if your dog is significantly overweight or has pre-existing health issues, book in a consultation with your vet for further assessment and advice.

### Adjust their diet

Mildly overweight pets may be able to lose weight with adjustments to their regular diet, such as cutting out most treats and any unhealthy table scraps, and reducing their meal portions by 10 to 20 per cent. Significantly overweight pets are generally best switched to a prescription weight-loss diet. Not only do these diets provide helpful staged feeding guides, but they also help ensure your pet will not suffer any nutrient deficiencies or excessive feelings of hunger whilst their calories are being restricted.

### Encourage regular, appropriate exercise

Whilst weight loss will largely rely on your pet's diet, regular healthy exercise is important for keeping their metabolism chugging, and helping them to maintain strong muscle support. Gentle-to-moderate intensity, low impact daily exercise (such as walking or wading in shallow water) is safest. If your pet is panting heavily, stop them for a rest and offer water. Avoid exercising your pet in hot or humid conditions, as this puts them at risk of heat stress. Remember that what your dog loses in grams, they'll gain in health and vitality!



PALM LAKE RESORT IS PET FRIENDLY!



## 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)

## Resort notes.

**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 residents.

**WATCH YOUR SPEED:** This is a never-ending problem around our resort. The speed limit is 10kph, and it is not hard to keep your foot off the accelerator. It's also very easy for someone to have a mishap. We know that some of the offenders are tradies and it is your responsibility to bring our speed limit to their attention. However, most of the guilty ones are our own residents!

## Do your friends love it here, too?

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 homes you'll receive \$250\* cash!

**\$250**

cash bonus simply for referring a friend!

For more info or to refer your friend, phone 1800 066 482.

\*T&Cs apply



THE BEST IN OVER-50S LIVING. THIS IS YOUR TIME.  
palmakeresort.com.au

# Homes for sale.

Home 145 - \$499,000



### Large block with established gardens

This home features two bedrooms, one study, one bathroom and two toilets and is situated on Eighth Avenue. It has a large open-plan lounge room, dining and kitchen. It also has an extra-large garage space for more storage or a workshop. Outside is a covered entertainment area. A rainwater tank supplies water to the toilets and fitted on the roof are solar panels to help with the electricity bills. The home sits on a larger block and has a beautiful front yard. This home is a must to inspect.

Home 74 - \$430,000



### Freshly painted and renovated

This home is situated on Second Avenue beside a convenient walkway to our Resort's amenities. This home features two bedrooms, one bathroom, one toilet and a single garage. Large living area with a step up to the dining room and kitchen. This home has recently been renovated with new floor coverings and fittings throughout. It has also been freshly painted and is a delight to inspect.

TURN OVER FOR MORE HOMES...

# Homes for sale.

## Home 165 - \$490,000



### As-new home on Ninth

Two bedroom plus study, situated on Ninth Avenue in as-new condition. Made of Hebel construction with no steps, this home features a large lounge/dining/kitchen area, and a study that opens onto the back courtyard. Floating floor, neutral tones throughout. Solar panels on the roof and a tank that supplies water to the kitchen. Very well maintained. This home is a must to see.

#### Key features:

- Fantastic presentation
- Full size wardrobe in the study
- Back lawn
- Extra powerpoints

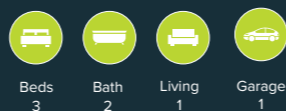
## Home 22 - \$389,000



### Corner block

This home has two bedrooms, a study, one bathroom and separate toilet and is situated on the corner of North and Fifth Avenues. This home features a large lounge room offering privacy window coverings and a step-up dining and kitchen area. The study is built off the back of the home allowing peace and quiet from the rest of the house and is large enough to accommodate any home office. It also has a garage space and a very large separate carport. There is a lovely deck built off the study, which has bistro blinds and a screen door to allow you to entertain outdoors in any weather. This home is also equipped with 18 solar panels, block-out blinds and a built-in/screened front patio.

## Home 57 - \$515,000



### Close to amenities.

This beautiful home will not be on the market long. Three large bedrooms with an ensuite off the main bedroom and a separate bathroom and toilet. Sit in the Sun Room and watch the golfers tee off or sit outside and enjoy the beautiful outdoor area.

**SOLD!**

## 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@pallake.com.au](mailto:phillipisland@pallake.com.au) and visit us online at [pallakeresort.com.au](http://pallakeresort.com.au)

# Life is cruisy

at Palm Lake Resort.

---

Living at Palm Lake Resort has been compared to living the cruise ship lifestyle everyday. Just like cruising, our homeowners have everything they need, right on their doorstep. Think resort-style pools, gymnasiums, a wealth of activities and entertainment, social gatherings, food and drink, and more. But you can captain your own ship, here at Palm Lake Resort.

**This is your time.**



**Palm Lake Resort Phillip Island: 48-80 Settlement Road, Cowes VIC 3922**  
Freecall 1800 066 482

---



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

[palmakeresort.com.au](http://palmakeresort.com.au)