

Island Insight.

DECEMBER 2023 - JANUARY 2024



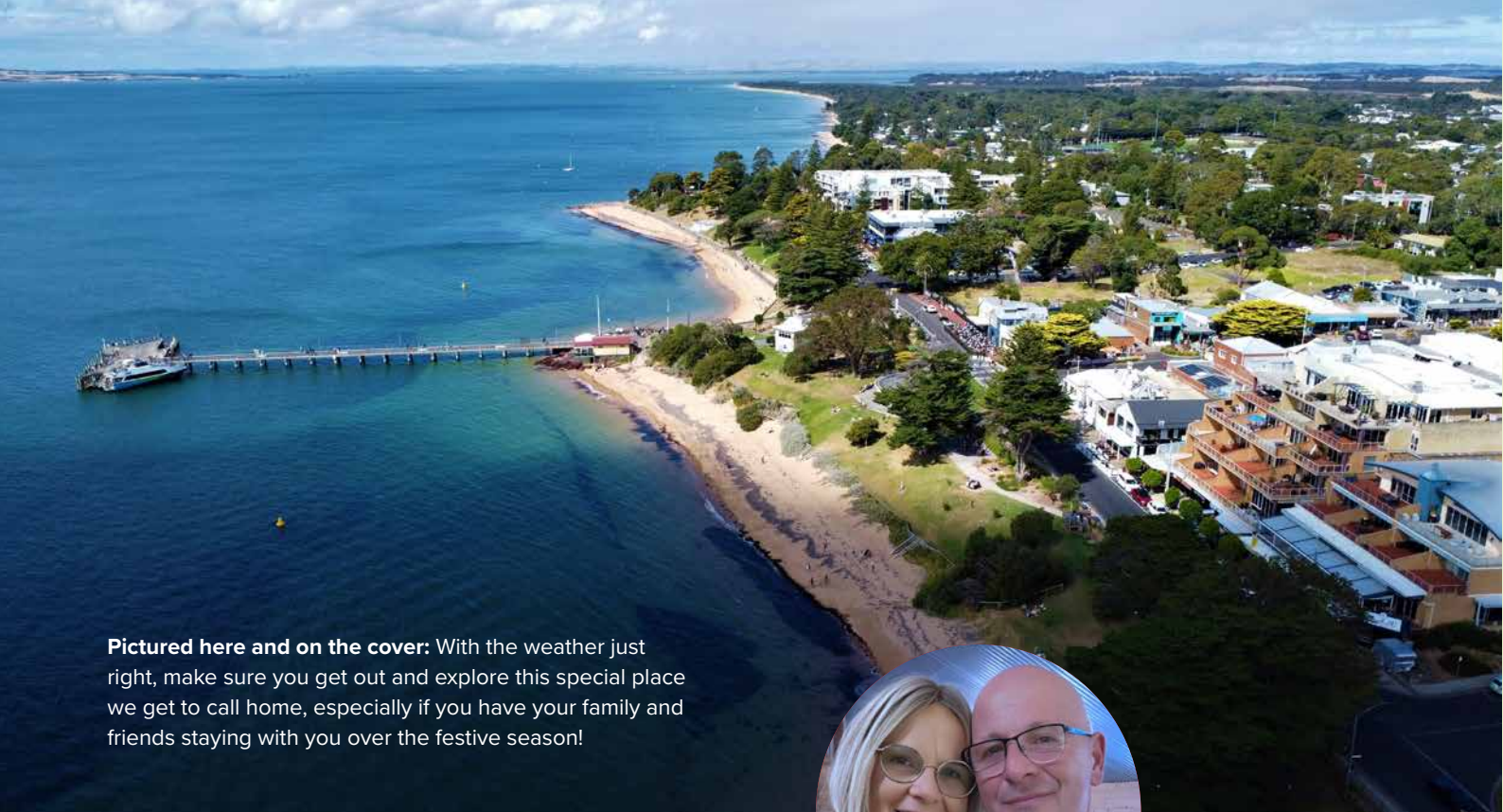
Here comes summer

From being more waterwise, to keeping your pooch cool, to worm farming - it's all in here!

Refer a friend

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





Pictured here and on the cover: With the weather just right, make sure you get out and explore this special place we get to call home, especially if you have your family and friends staying with you over the festive season!



Welcome.

Hello everyone -

Let's start by sending a big welcome to our newest homeowners, John and Lillian. We hope you are both enjoying your new neighbours and all those Palm Lake Resort community facilities we have on offer, conveniently right on our doorsteps. Our island is such a paradise and now's a great time of year to get out and explore it - whether you are brand new to Phillip Island or lived here for years. Go exploring - you'll likely find some fun and a little adventure!

Well, now that it's December, we can look back on a full 12 months of resort life and reminisce through the memories we've made together. What a year we've had in 2023! A huge big thank you must go to our Social Committee for all the work the members put in to keeping our homeowners connected and engaged. We have all had a lot of fun and look forward to another year of great events.

We are definitely in the busy time of year here on the island. I hope you all get a chance to get out and about to see the lights and to enjoy the festivities of the season, with your special friends and any visiting family members.

With Santa on the way as this newsletter goes to press, we hope he finds your house and we also hope you've been on his 'nice' list! We know he will be kind to each and every one of you. We wish you all the best for your health and happiness in the New Year ahead.

Caroline and Colin Wright
Palm Lake Resort Phillip Island Caretaker

PS. If you're looking for something to do in the New Year, make sure to keep an eye on the noticeboard for what's happening in and around the resort grounds. And if you have any fitness-related New Year's resolutions, and haven't yet checked out our new gym equipment, make sure you talk to Colin. He'll make himself available if you need any instructions on how to use the various pieces of equipment.

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.

WEEKLY ACTIVITIES

- Monday**
9.30am Chair exercises
1pm Cards
- Tuesday**
9.30am Yoga/Pilates class
2pm 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
10am Shopping bus to Cowes
1pm Cards
1.30pm Up Words board game
5.30pm Homeowners' dinner (BYO drinks)
- Friday**
8.30am Informal light water exercises in the resort pool
1pm Cards
- Saturday**
1pm Cards
6pm Homeowners' BBQ (BYO food and drinks)



HOMES FOR SALE, PAGES 9-11

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.

GET SOCIAL WITH US

On social media? Follow Palm Lake Resort on Facebook and also over on Instagram (@palllake.resort) to see what's happening right across our dozens of Palm Lake Resort locations.

GO SLOW

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. Also, to those owners of bikes, buggies and motorised scooters, you also need to respect the road rules whilst moving around our resort grounds.

NOTE THESE GREEN WASTE DATES

- Tuesday, January 16
- Tuesday, February 20

Remember, green waste is to be stored in a waterproof container for collection.



YOUR SUMMER READ HAS ARRIVED

The next edition of our company magazine, Your Time, is hot off the press for Summer 2023-24. In it, we keep you up to date on all things Palm Lake Group including progress on our newest communities at Yamba Cove, Pelican Waters, Forster Lakes, Paynesville and more. Did you also hear that we won two statewide construction industry awards? We're proud of the communities we build and manage - and with 10,000 people calling a Palm Lake address home, there's a lot of news from around the grounds. Get your copy in your letterbox, or you can also read it online at palllakeresort.com.au

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!



Residents' Association report.

WHAT WE'VE BEEN UP TO

Jingle all the way...

As you can see by the photos, left, we had a wonderfully fun three-course Christmas dinner which was enjoyed by everyone. Our ever-loyal Santa and his elf and gossamer fairy visited all our diners, presenting them with a little bag of goodies. We also drew our raffle with prizes of wonderful hampers and wine, a delicious Christmas cake, plus many bottles as extra prizes. A big thank you to everyone for their help on that day. Also, the resort's Christmas lights display has been quite a sight. It was certainly worth walking around the grounds to see the wonderful display put up by our homeowners. From the many Christmas trees, Santas, elves and sleighs to all the flashing lights, plus all the lovely lights in our Hall, it was a wonderful spectacle and made the resort a festive place to live.

Melbourne Cup luncheon

Who can forget our chicken and champagne luncheon on the first Tuesday in November. Everyone enjoyed the luncheon, the Fashions on the Field and joined in the fun of picking a winner in the various races. Then, of course, everyone watched the race that stops a nation, with some winners and some losers!

Spring Market

We had an excellent market on the Sunday of the Cup Weekend. It was a fun day and a great opportunity to do some Christmas shopping. As usual the sausage sizzle and Devonshire teas proved most popular with both visitors and residents.

Delightful dine-ins and dine-outs

Now we have the lovely summer weather with us, we have also been enjoying some lovely dine-ins and dine-outs. Keep up to date with everything via our monthly "What's On" sheet or keep an eye on the notice board. There will be plenty on in the New Year to suit everyone.

Fashion parades

Our usual friends from "U & I Fashions" returned with their lovely range of summer wear. It is immensely popular among our homeowners to have the shopping come to our door. The retailer also enjoys coming here and reported that we have been one of their best clients.

Entertainment

Mike Foenander and his band were back just before Christmas. What a wonderful evening everyone had – the dance floor was packed all night. His music is so easy to listen to.

WHAT'S COMING UP

Australia Day

What would Australia Day be without a traditional barbecue, salads and a bottle of your favourite beverage? We have plenty

of fun and games planned and will enjoy the induction of a couple of new "Aussies" into our fold.

Trivia continues - and so does Terry!

Don't forget to come along to the monthly trivia nights, where you can test your knowledge, or you can come along to Terry's music and relax to some of his toe-tapping selection.

Movie buffs

If you prefer sitting back and relaxing, join us in our lovely theatre on a Thursday afternoon with John for a film followed by a cuppa and discussion on the film. Otherwise catch a movie with Pauline, once a month on a Sunday afternoon, followed by a glass of bubbly and some finger food.

Footy tipping

I know it may seem a bit early to be talking about it, but don't forget the footy season is just around the corner, and with that comes the footy tipping competition. Don't forget!

COMMITTEE NOTES

Welcome newest neighbours

We extend a big welcome to all those new homeowners moving into our community. Please say hello and encourage them to come along to some of our functions, or to join in our dinners on a Tuesday or Thursday evening.

Thanks to our committee for another great year!

The Committee have been working hard all year trying to bring different activities and functions to our homeowners for their enjoyment. A big thank you to Kerry and Yvonne for all their hard work - if you have any ideas or suggestions for a new event, please contact and discuss with them. During January most activities are put on hold as your committee members deserve a well-earned rest. When all the tourists go home and our town returns to normal, our activities will resume.

Speed limit

Please remember the speed limit within our resort grounds is 10km/h. It is not hard to keep your foot off the accelerator, so please keep an eye on your speedo as it is very easy for someone to have a mishap. We know that some of the offenders are tradies and delivery vans, so please bring the speed limit to their attention if they are working on your property. However, most of the guilty ones are our own homeowners! Please slow down.

Noticeboard and payments

Please keep a check on the noticeboard for functions, as new events come along and others may be cancelled. Homeowners wishing to go to some of our functions may now pay by direct debit to our bank account:

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.

Meet your committee

If you have any questions for our Residents' Association committee, you can ask the following people:

President: Faye Haslam

Secretary: Robyn Smith

Treasurer: Vickey Curphey

Committee: Kerry Green, Yvonne Clode, Jacqui Turner, Pauline Porter, Carol Ryan and Chris Jacobson.



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 information or to refer your friend, simply
FREECALL 1800 066 482.

*T&Cs apply



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

This summer, be water wise.

SUMMER HAS OFFICIALLY ARRIVED AND THE AUTHORITIES ARE PREDICTING ANOTHER LONG, HOT ONE AT THAT. WITH THE HEAT COMES GREATER PRESSURE ON OUR COMMUNITY'S WATER CATCHMENTS. DID YOU KNOW THAT ONE OF THE EASIEST WAYS TO SAVE MONEY AROUND THE HOME, WHILE ALSO PUTTING OUR ENVIRONMENT FIRST, IS TO TAKE A CLOSER LOOK AT YOUR WATER USAGE. HERE'S HOW...

In the kitchen

How much time do you spend waiting for the water, running from your kitchen tap, to cool down or warm up? Rather than letting it simply pour down the drain, pop a glass (or even a large bottle) under the tap to collect the water – then, let it cool down/warm up to use however you like. Maybe you can use the water to give your indoor plants a drink? Or fill up the dog's water bowl?

When cooking – specifically, boiling – only use enough water to just cover your food in the saucepan. And always try to defrost frozen food in the fridge overnight rather than under a hot running tap.

But, the biggest water waster, when it comes to kitchen activities, is the clean up. Your dishwasher is the highest consumer of water in your kitchen, so be sure to choose a water efficient model – check for a WELS (Water Efficiency Labelling and Standards) label, ideally with six stars. You probably know to only run your dishwasher when it's full, but did you know that you can also use the rinse function (if it has one) instead of rinsing your dishes in the sink pre-wash? If you don't use a dishwasher, just be sure to put the plug in the sink when washing up. If you have two sinks, it's a good idea to fill one with water for cleaning and the other with water for rinsing – and go easy on the dishwashing liquid so you don't need to rinse as much!

In the bathroom

Much like in the kitchen, it's important to only have the tap or shower running when you're actually using the water. Shaving, brushing teeth and even applying shampoo or conditioner can all be done without the water going – just turn it on to rinse off!

On that same note, while we all love a long, hot shower, this seemingly small luxury comes at a price (and not just financially). Did you know that your showerhead could be using anywhere from nine to 19 litres per minute? It's good practise to find out if your showerhead could be more efficient (and if so, take action) and also simply keep your showers to four minutes or less. Use your phone as a timer if you haven't got a bathroom-specific timer.

Speaking of upgrades, did you know that you may be able to modify the float arm in your toilet to lower the flush volume? There are plenty of tutorials online to walk you through the process, which will have your toilet using less water for each flush (just make sure your pan is suitable for lower flow rates).

Of course, the most important thing to do is to constantly check for leaks – not just dripping taps, but also in your toilet. To check for toilet leaks, add a few drops of dye to the cistern and wait an hour (don't flush). If dye appears in the toilet bowl, you may have a leak.

In the garden

A huge portion of your home's water wastage won't actually occur *in* your home. According to a study by Western Australian service 'Water Corporation', sprinklers or irrigation systems account for an estimated 28 per cent of your home's water use. Hand-watering plants takes up another three per cent.

The good news is that being savvy about your water usage inside your home can help you be smarter in the garden, too. Now that you know to collect tapwater while you're waiting for it to cool down or warm up, you can use that on your plants.

When you do need to water your garden using the hose, pay attention to when you do it. The best time to water a garden is in the early morning or the evening, in order to reduce the amount lost to evaporation. Also, be sure to water thoroughly (though less frequently) to maximise the benefit to your plants and use mulch to prevent moisture loss.

If you have the opportunity to plant something new, consider choosing plants that don't require as much water. Australian natives are always a good choice as they're used to the climate (not to mention bursting with colour). Succulents and cacti are other great on-trend options.

WATER
SAVERS ALSO
HELP BEAT
THE BILLS

Help your pup beat the heat.

IT'S HARD ENOUGH BEING A HUMAN DURING THE HEAT OF SUMMER – IMAGINE HOW IT FEELS BEING COVERED IN FUR?! TO HELP FIDO STAY COOL AND COMFORTABLE THIS SUMMER, REMEMBER THESE TIPS.

Bring them with you

It goes without saying, but it's always worth mentioning: never leave your pets in a parked car. Not even for a minute. The temperature can rise rapidly in a vehicle, even when the windows are opened slightly, and the extreme heat can quickly result in organ damage or death. It's just not worth the risk! Bring them inside with you, or leave them at home.

Limit exercise when it's hot

Would you want to go for a long run in the middle of a summer day? Chances are, neither does your pet. Try to schedule their walks or dog park visits during cooler parts of the day – it will be much more pleasant for both of you. If you must walk them during peak temperatures, keep it brief.

Plenty of water and shade

Make sure your pet has easy access to water and shade when they're outside. This might mean investing in a refillable water fountain, or erecting a shade structure if you don't have much natural shade. Air flow is also important, and doghouses aren't ideal in summer (they can actually make the heat worse).

Offer them refreshments

Yes, you read that right! When it's really hot, your pet will love chowing down on ice cubes or even 'pupsicles' (dog-friendly ice blocks which you can make at home). You may also want to purchase a cooling body wrap or vest for your pup, or give them a nice cold bath.

Know the signs of heatstroke

If your dog is suffering from heatstroke, they'll exhibit some scary symptoms. Keep an eye out for heavy panting, glazed eyes, rapid heartbeat, fever, dizziness, vomiting or lack of coordination. If you suspect heatstroke, apply ice packs or cold towels to their head, neck and chest, or run cool water over them and take them to the nearest vet.



Worm farming 101.

IT'S LIKELY THE SMALLEST KIND OF 'FARM' YOU COULD OWN, BUT DON'T LET ITS SIZE DECEIVE YOU – A WORM FARM IS THE SECRET TO GARDENING SUCCESS. AND IT'S SERIOUSLY EASY AND INEXPENSIVE TO SET UP.

The official term for worm farming is 'vermiculture', and worm farms may also be called wormeries or vermicomposting. These terms can be helpful to keep in mind when learning more about worm farms. Similar to compost bins, worm farms help break down food waste and turn it into nourishing fertiliser for your garden.

Unlike traditional compost though, worms help to mix layers of soil together. They do this by burrowing under the ground and making tunnels, breaking down dead plants and flowers in the process. They also love eating dead leaves and old fruit and vegetables – the waste they create (called 'castings') is a wonderfully rich garden fertiliser that your plants will love.

But why should you set up a worm farm? A better question might be: why not?! For one, a worm farm gets rid of organic food waste in a sustainable way, rather than sending it to landfill where it releases methane gas as it breaks down. Worms can eat three to four kilograms of organic kitchen waste every week, which is a lot of waste saved from landfill.

The worm castings and 'worm tea' (a liquid made from soaking worm castings in water) are also budget-friendly, sustainable plant fertilisers. They will nourish your vegetable, flower and herb gardens, helping you grow your own produce which, in turn, reduces the plastic waste and transport emissions that are created when you buy produce at supermarkets. If you're looking to establish small yet sustainable habits, a worm farm is the perfect place to start.

Setting up your worm farm

There are many ready-made worm farms to choose from (easily found at your local hardware store, nursery or online), but you may also want to make your own. They're very easy to set up and a fun activity for the grandkids these summer holidays. You'll need:

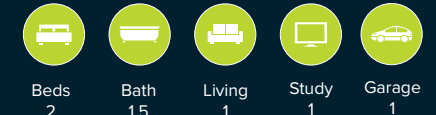
- Two plastic containers - a larger one with a lid to catch your worm tea, and a smaller one, that sits inside it, to house the worms and compost
- Enough shredded paper and compost to create a 10cm layer in your smaller container
- Water
- A drill to create holes in the smaller plastic container
- And last, but not least, worms. Find them at your local nursery or hardware store.

Firstly, find a warm, shady spot to set up your worm farm. Put the larger container on the ground. Drill many small holes in the base of the smaller container and place it inside your larger one. In the smaller container, create a 10cm-deep layer of shredded paper and compost. Add water so the layer is moist, then gently add the compost worms. You want to also add food scraps for the worms to feed on. Then simply close the lid and wait about a week while your worms settle into their new home. About once a week, you should pour water over the smaller container and let it drain through the holes into the larger box for collection. This not only keeps your compost and worms comfortably moist, it's producing that rich worm tea fertiliser for you to share with your other (no doubt grateful!) plants.

Remember: not all food scraps are good for worms. They love fruits, vegetables, coffee grounds, tea bags, egg shells and shredded paper. But, avoid citrus fruits, onions, capsicums, leeks, garlic, meat, dairy, pasta, cereals and shiny, coated paper.

Homes for sale.

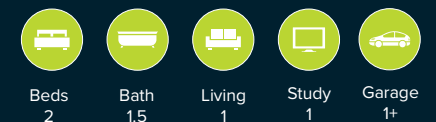
Home 126 - \$450,000



Established gardens on a corner block

This beautifully presented two-bedroom-plus-study home leaves nothing for you to do, but move in. It was recently refurbished with new paint, carpet, blinds, dishwasher and reverse cycle heating/cooling. A glass door leads you out of the study onto a covered deck area with a garden shed on one side and a paved courtyard on the other. The lock-up garage has direct access to the home. Both bedrooms have built-in robes and the main also has a ceiling fan, ensuite toilet and walk-through bathroom with a large shower.

Home 103 - \$450,000



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

TURN OVER FOR MORE HOMES...

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 107 - \$415,000

Beds

2

Bath

1

Living

1

Garage

1



Peaceful and serene

A well kept two-bedroom home with built-in robes. There's a separate bathroom with large shower, featuring a built-in hob.

The laundry has a large linen cupboard with direct access into the light-filled lock-up garage. The garage also offers a glass sliding door leading you out to the backyard. In the kitchen you'll find a large pantry, electric wall oven, gas cook top and stone bench tops.

SOLD!

Home 38 - \$370,000

Beds

2

Bath

1

Living

1

Garage

1



Location, location

Fantastic position for this much loved home on the corner of 4th and North Avenues. Extremely close to amenities in the resort, this home features opening living plan with two spacious bedrooms and a large bathroom. Low maintenance backyard with access to garage. Freshly painted throughout with new carpets in bedrooms and new window coverings in living areas. Very private front deck surrounded by trees. Priced to sell quickly.

Key features:

- Large front private deck
- Corner block
- New privacy blinds in living area

Home 155 - \$410,000

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.

Home 74 - \$430,000

Beds

2

Bath

1.5

Living

1

Garage

1



Peaceful and serene

This home is a cracker. It is so well presented and embodies peace, tranquil, and homeliness. Home 74 is situated on 2nd Avenue beside a walkway to the resort amenities. It features two bedrooms, one bathroom, one toilet and one garage space with a large living area and 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.

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10,000 REASONS TO CELEBRATE

With more than 46 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

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