

Island Insight.

JUNE - JULY 2023



The whales' way

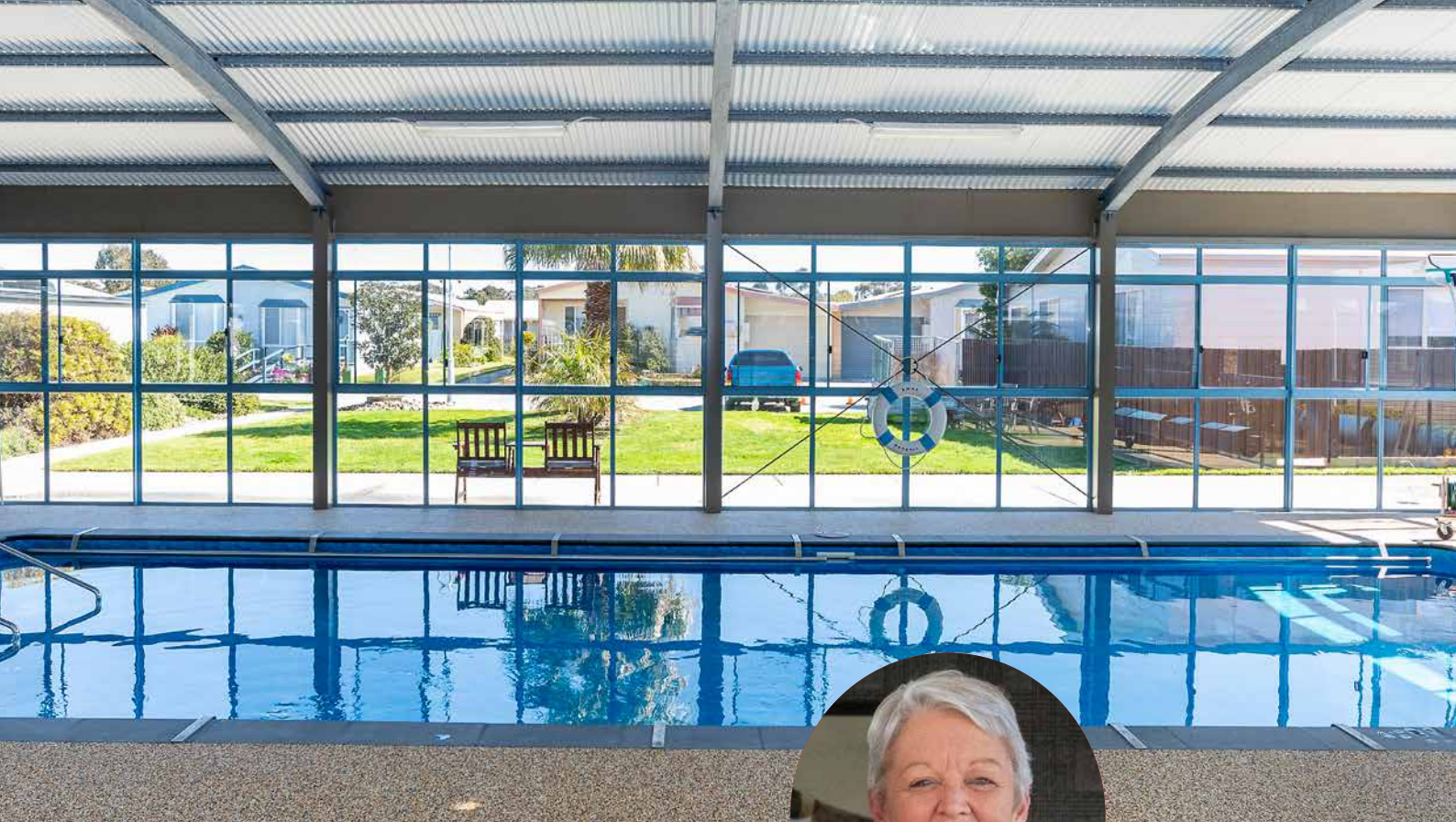
Our incredible annual aquatic visitors have arrived - it's a great time to invite your friends and family to stay!

Refer a friend

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

Cool change

The weather's changing and so too should be your approach to growing backyard produce. Here's how...



Welcome.

Hello again everyone -

On behalf of Palm Lake Resort, we would like to officially welcome Colin and Caroline Wright to Palm Lake Resort Phillip Island as your new Caretakers. They have both settled into their new role amazingly, and we look forward to working with them in the future.

Colin and Caroline (pictured on Page 3) wanted to send a quick message to you all through this newsletter:

"Thank you to everyone for their warm welcome! You have all made us very excited about the good times ahead and we look very forward to getting to know all of you. A huge thank you to Lea for all her support during our transition, she has been fabulous."

On the topic of news, the Autumn 2023 edition of our quarterly company magazine, Your Time, is circulating our country. Have you received a copy in your mailbox yet? If not, you can always check it out at palm.lakeresort.com.au. This edition celebrates all things 'people'. Did you know that 10,000 people call a Palm Lake Group address home? You'll get to meet some of our longer-term homeowners and staff in the pages. You can also walk through some of our latest construction projects at Forster Lakes and Willow Lodge, read recipes from our residents at Beachmere and catch up on all the Palm Lake Group news.



Thank you, again, for having me back here at your resort. I've enjoyed seeing everyone again and catching up with many of you. I look forward to seeing you all again some day soon.

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@palm.lake.com.au

Find us online at:
palm.lakeresort.com.au

Get social:
Follow us on Facebook
(@palm.lakeresort) and on
Instagram (@palm.lake.resort)



News briefs.

GET SOCIAL WITH US

Follow Palm Lake Resort on Facebook (@palm.lakeresort) and on Instagram (@palm.lake.resort) to see what's happening right across our 28 Palm Lake locations.

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)



WHALE TIME HAS ARRIVED!

The whales have begun their annual migration north along the Victorian coastline! From May to November, our island plays host to visiting humpback whales, southern right whales and occasionally even killer whales. In June, our community joins in celebration and appreciation of these spectacular natural attractions right here in our backyard, with an event to mark their official annual arrival. The Island Whale Festival will run from June 30-July 2. You might like to take to the open oceans on a whale-watching cruise, follow the Whale Discovery Trail, or stop at some of our iconic beaches and enjoy magnificent views as you search for whales. Either way, have your camera ready as you spot these mysterious creatures surfacing, breathing, diving and breaching through the waves. It's also a great time of the year for you to invite your friends and family to visit/stay (note: If you've got the grandkids staying during the winter school holidays, make sure you jump on the Island Whale Festival website and download a fun activity booklet for them to complete, as well as a-- Whale Discovery Trail map). The full program of festival events can also be found on the website. Visit islandwhales.com.au

HOLIDAY REMINDER

Don't forget the King's Birthday public holiday on Monday, June 12. There will be no exercise classes held on this day and the office will be closed.

GREEN WASTE DATES

- Tuesday, June 20
- Tuesday, July 18

As per our mail-out on April 26, green waste is to be in a waterproof container for collection.



ALL THE NEW FACES...

We warmly welcome new Caretakers Colin and Caroline Wright to Palm Lake Resort Phillip Island. Make sure you stop and say hi when you see the Wrights around the grounds.

While we're on the subject of newbies, welcome also to all our newest homeowners including Nigel and Kim Faulkner (Home 103) who arrive on July 11.

Residents' Association report.

Welcome newest neighbours

We extend a big welcome to all new homeowners moving into Palm Lake Resort Phillip Island. We encourage our current homeowners to please say hello and encourage our newest neighbours to come along and join in our dinners on a Tuesday or Thursday evening, as well as our functions.

Coal mining

Several of our homeowners travelled to our neighbouring town of Wonthaggi to inspect the historic coal mine there. The mine has been closed since the 1960s but was a major source of work for the townsfolk and district back in its day. It has now been restored as a museum and information centre and trips down the mine can be arranged for the intrepid explorer.

Biggest Morning Tea

The generosity of our homeowners never ceases to amaze us. Having just enjoyed the fun and games of the 30th birthday of Australia's Biggest Morning Tea, we are now finalising the figures for the amount raised, as donations are still coming in. If you missed out and still wish to make a donation, please contact our treasurer, Vickey Curphey (Home 37).

Dine in and dine out

With the colder weather setting in now, we have enjoyed some lovely dine-ins and dine-outs including our Chinese and Pizza nights and the Wild Food Farm, 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 cleaning!

Dancing queens

Did you know, we have a group of ladies who attend line dancing at Dalyston on a Friday morning? They enjoy themselves enormously and have progressed up a grade to the next level. Well done! They certainly deserve the cuppa and cake they stop for on the way home!

Fashion parade

Pictured above, our ladies certainly enjoyed the visit from "U & I Fashions" in April. They will be back here again later in the year with their spring/summer collection, so keep an eye on the board and the 'What's On' sheet for their next visit.

Entertainment

Pictured top, if you missed Mike Fernander and his band when they were here in April, don't worry as they have been booked to come back just before Christmas. What a wonderful evening everyone had – the dance floor was packed all night. Those who thought they would just come along and listen to the music found themselves up treading the boards.

Hospital updates

Jan Child, CEO of Bass Coast Health, attended our Residents' Meeting on May 8. Jan gave us a detailed rundown on the brilliant new additions to the Wonthaggi Hospital and the services and specialists available through them. She then brought us up to date on the hospital at Cowes which is currently being constructed, adjoining the Hub, and is due to be completed late in 2024.



LOOKING FOR ASSISTANCE? MEET MARK & SYLVIE

Are you over 65 and considering home care? At Mark & Sylvie's, we bring health to home care - we offer compassionate home care.

Mark & Sylvie's is an approved provider of government-funded home care packages, founded by local doctors who are passionate about caring for the elderly. We offer a range of services, including:

- Nursing
- Personal care
- Domestic assistance
- Meal preparation
- Light gardening
- Home maintenance
- Companion services

Through our parent medical company, Atticus Health, we are able to provide ongoing general and specialist medical advice and care along the way. Our network includes GPs, nurses, podiatrists, physiotherapists, audiologists, occupational therapists and specialist doctors.

We have immediate availability. Contact us today to learn more about our home care packages. Phone 1300 268 431 or visit us online at mshomecare.com.au

Flu injections

We are grateful to Bass Coast Health who again attended in May to administer our flu injections. We had more than 60 homeowners roll up their sleeves for their annual jab. They even collected a Chupa Chup as their reward!

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.

Speed limit

Please remember the speed limit 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.



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.
pallmlakeresort.com.au

Cool change.

THERE'S DEFINITELY A NIP IN THE AIR AND THE DAYS ARE MARKEDLY SHORTER THAN THEY ONCE WERE. GUESS WHAT, PEOPLE? HERE COMES WINTER - AND HERE COMES A NEW SEASON IN THE VEGGIE PATCH!



While the coming of winter means swapping your cotton PJs for flannelette and adding a few extra throw blankets to your lounge to make it that little bit more snuggly, it's also an opportunity to try something different in your garden veggie patch. It's a given that different veggies grow better in different seasons – some love the heat of summer while other thrive in the cooler months. If you're wondering what delicious produce will grow best for you this winter, let us give you some inspiration.

What to plant

Here in Australia's coolest areas and Southern Tablelands (that's technically an area stretching Melbourne, Tasmania and the Highlands) you should be looking to plant things like artichoke, asparagus, beetroot, broad beans, broccoli, Brussels sprout, cabbage, carrot, cauliflower, celery, endive, leek, lettuce, onion, peas, snow peas, silverbeet, spinach and radish. Of course, there are herbs that do better here in the winter months as well. Why not try chives, cress, curry, dill, mint, parsley, sage and thyme.

What to remember

While your choice of seedlings should change in line with the seasons, some things do stay the same when it comes to the veggie patch. For example, sunlight is essential for growing veggies – abundant crops are generally the result of a combination of rich soil, water and a wonderfully sunny position. Winter vegetables are no exception - but did you know that leafy greens and root vegetables can tolerate less sunlight and actually perform well in partially shaded areas? Having said that, just remember that our days are shorter and the winter sun is in a different (lower) part of the sky, so there's probably more chance your generally sunny veggie patch becomes more shaded in winter. Accommodate your planting positions around that.

Cold comfort

Frost is another thing to consider. It will impact your young seedlings more than mature plants. Ensure they are established earlier in the season and/or are physically protected from the cold air. Funnily enough though, some winter vegetables thrive

Pictured: No garden space? No worries! Large pots work well as they can be positioned to capture the winter sun.



in extra cool conditions and their taste can even improve as a result. Apparently, a cold snap can trigger certain plants into producing more sugars which means sweeter harvests. To test this theory, try harvesting snow pea, parsnip, carrots and broccoli/cauliflower after any especially cool nights and see if you notice a difference in their taste.

Pesky pests

A benefit of growing veggies in the wintertime is that there are generally less pests about. That's not to say there will be no creepy crawlies in your garden – you should still keep your eyes peeled for them. One thing you do need to keep your eye on during winter are those diseases that flourish in the damp – things like fungal diseases. To assist in keeping fungus at bay, water early in the morning to give any excess water a chance to dry out, water the soil rather than the leaves and also ensure there's enough circulation around your seedlings and plants.

Last tips

Make sure there's a steady supply of water for your delicious goodies (you'll find the ground won't dry out as quickly as in the summertime so adjust your amount accordingly), mulch is never a bad thing and, of course, everyone loves a delicious treat every now and again. Your veggies – and all plants, for that matter – will love a regular feed of manure, fish emulsion and blood and bone to ensure lush growth. If you have a worm farm, don't forget to share some of your 'worm tea' with the veggies.

And remember that you don't need a huge backyard to get a big reward when it comes to growing your own produce. You can plant out some large pots (pictured above) or simply even use a bag of potting mix, laid down flat, with a window cut out of the plastic bag, to expose some of the rich soil within. The best part about these types of gardens is that they are portable and you can therefore place them in the most perfect position in your yard for optimum winter growing results. Good luck!



Inspiration aplenty.

Thrifty Gardening

Country Women's Association of Victoria, \$25

Lift your gardening game and save money with the help of the Country Women's Association of Victoria. *Thrifty Gardening* shows you how to get the most from your edible or ornamental garden, season by season. From how to grow from seed, what to plant and sow, which garden tasks to do when, it's all here. The advice comes with an always timely reminder to sit back and enjoy what you grow and some simple recipes for how to make the most in the kitchen of the bounty from your plot. There's advice for getting the kids involved plus tips for how to outsmart pests and bugs. This book will change the way you think about your garden and it will magnify the joy you take from it, all year round.

The Little Box of Veg

Alice Zaslavsky, \$30

Let the award-winning author of *In Praise of Veg*, inspire you to create something wonderful with whatever is in your kitchen. This kaleidoscope of colour-coordinated cards showcases 48 delicious veg from across the seasonal spectrum. Each card includes advice on choosing/storing/prepping veg, quick cooking ideas and a feature recipe to fully flex your veg game.

The Immunity Food Fix Cookbook

Donna Beydoun Mazzola & Sarah Steffens, \$40

This book delivers 75 delicious superfood recipes that support your body's natural defences organised around the five key pillars of immune support - reversing inflammation, detoxification, antioxidants, digestion and microbiome health, and hormone balance and signalling. Supporting your immunity has never been so appealing with these delicious whole food recipes, including gluten-free, dairy-free and grain options.

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 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, tranquillity, 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.

Home 142 - \$455,000

Beds

2

Bath

1.5

Living

1

Garage

1

UNDER OFFER

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 22

Beds

2

Bath

1

Living

1

Study

1

Garage

1

SOLD!

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 38 - \$378,000

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



TURN OVER
FOR MORE
HOMES...

8

9

Homes for sale.

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and visit us online at palllakeresort.com.au

Home 103 - \$450,000

Bed

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

UNDER OFFER

Home 155 - \$410,000

Bed

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 9

Bed

2

Bath

2

Living

1

Study

1

Garage

1



SOLD!

Close to amenities

This delightful home is situated on Fifth Avenue, close to the Main Hall and pool facilities. The home features two bedrooms (one with an ensuite) and a study that can serve as a third bedroom for guests. There is a large, fully enclosed sunroom built across the back of the home and a full-length verandah with ramp accessibility and sliding door entry from the main bedroom. The garage is perfect for one vehicle and some workspace. An inspection is a must for those looking for more room.

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

10,000 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.



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