

JUNE - JULY 2025



Island Insight



Winter immunity boosters

Learn some natural ways to increase your chances of a sickness-free winter

Over the back fence

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

Refer a friend, earn a reward

Do you know someone looking to make the move here? Refer them, for fast cash



Welcome.

Hi everyone!

It looks like our long run of beautiful weather is over and winter has finally hit us. Make sure you stay warm and take care during this burst of cold. There's an interesting story on Page 4 about how you can make sure your immunity is working at its optimum during this time. Having said that, our resort facilities are always nice and warm for you to all enjoy - make sure you stop by.

There are many functions coming up so make sure you keep an eye on your "What's On" newsletter that is delivered monthly for all that is happening with our resort Social Club and Residents' Committee.

Again, I can't thank our volunteers (who help us out around the resort) enough. You guys are absolutely incredible and we couldn't do it all without you.

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

Caroline and Colin Wright,
Palm Lake Resort Phillip Island Caretakers

PS. Also, please remember the speed limit around our community 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. Please slow down - and make sure to remind your visitors and/or invited tradespeople to do the same.

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:
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Cowes VIC 3922

OFFICE HOURS:
8.30am - 12.30pm, Monday to Friday
(weekends, by appointment)

EMAIL:
phillipisland@pallmlake.com.au

ONLINE: Visit our website
pallmlakeresort.com.au

GET SOCIAL:
Follow us on Facebook
(@pallmlakeresort) and on
Instagram (@pallmlake.resort)



News in brief.



Get social with us!

Are you on social media? Make sure you follow Palm Lake Resort on Facebook (@pallmlakeresort) and also over on Instagram (@pallmlake.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 (@pallmlake.care). With more than 10,000 people calling a Palm Lake address home, there's always loads going on!

Don't forget to check your speed

Please remember the speed limit around our community 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. Please slow down - and make sure to remind your visitors and/or invited tradespeople to do the same.



It's Your Time

Winter has officially arrived and so too has a new edition of *Your Time* magazine. Among the features, we take a look at those Palm Lake Resorts under construction, including Yamba Cove, Pelican Waters, Paynesville and Forster Lakes. We also celebrate our Master Builders Association award recipients including our latest resort recipient: Yamba Cove. It's brand new Vantage Country Club and a display home were both named best in the competition. You can also explore the magazine's regular Lifestyle section where we look at all the ways "You're never too old to..."

Find a copy in your letterbox or visit pallmlakeresort.com.au



Refer a friend

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 a Palm Lake Resort home, you'll receive \$250 cash. Easy! Ask about our 'Refer a Friend' incentive at the Sales Information Centre.



Our special ladies

What a beautiful spread was put on for our Mother's Day event this year. We celebrated all the lovely ladies at our resort - be they mums, grandmothers, great grandmothers or any other important version of motherhood! We hope you all enjoyed your special day.

Note these upcoming green waste dates

- Tuesday, June 17
- Tuesday, July 15
- Tuesday, August 19

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

Winter immunity boosters.

PROTECTING OUR HANDS AND HOME FROM GERMS IS IMPORTANT, ESPECIALLY COME WINTER, BUT STRENGTHENING OUR IMMUNE SYSTEM IS ONE OF THE BEST WAYS TO SAFEGUARD OUR HEALTH. HERE ARE SOME OF THE BEST INGREDIENTS FOR A STRONG IMMUNE SYSTEM.



Vitamin C

It will come as no surprise that vitamin C tops the list of immune-supporting ingredients – it's a superhero when it comes to protecting the body from harm. Vitamin C is necessary for the growth, development and repair of all body tissues. It acts as an antioxidant, protecting cells from damage caused by free radicals – unstable atoms produced either from normal cell metabolisms or external sources like pollution, cigarette smoke and radiation. Vitamin C is also involved in the formation of collagen, wound healing and the maintenance of bones and teeth, and encourages the production of white blood cells, which help protect the body against infection. As if all that wasn't enough, vitamin C also plays a part in helping white blood cells function more effectively by protecting them from damage by free radicals – it may help to reduce the severity and length of infection, too.

Where you'll find it: Blackberries, strawberries, lemons and capsicums are great sources of vitamin C.

Zinc

The second-most-abundant trace mineral in your body, zinc is present in every cell – but, your body doesn't naturally produce it, so you must obtain it through food or supplements. When paired up, zinc and vitamin C are extremely effective at fighting off infection. Even mildly low levels of zinc may impair your immune function, so you want to make sure you keep your zinc levels high – especially in the coming colder months.

Where you'll find it: Eat your beans! Beans, and especially chickpeas, are a great source of zinc, as are eggs, oats, quinoa, cashews, pumpkin seeds and meat or shellfish.

Turmeric

Turmeric has been the go-to spice in the wellness world for some time now – and, for good reason. The active ingredient in turmeric is curcumin, which may help lower anxiety levels

by reducing inflammation and oxidative stress in the body. Inflammation often increases in people experiencing depression or anxiety, and research has concluded that an increase of curcumin in the diet also increased DHA levels and reduced anxiety.

Where you'll find it: Find turmeric powder in the spice section at your local supermarket and add it to your morning smoothie or to curry or soup, for example. You can also make delicious turmeric lattes with cinnamon and steamed milk, or sip on some turmeric tea.

Ginger

Ginger is a potent anti-inflammatory that may help ease a cold or the flu. It's interesting to note that researchers reviewed the effects of fresh and dried ginger on one respiratory virus in human cells and results showed fresh ginger may help protect the respiratory system, while dried ginger did not have the same impact. Ginger may also help with nervous system function and digestive health – and it's delicious!

Where you'll find it: Use ginger in teas, to make immunity shots or throw it in your stir fry, for example. You can buy whole ginger root at the supermarket, or the minced variety in a jar – just ensure there are no additives.

Magnesium

Magnesium acts as a nervous system relaxant and is a great mineral to assist with anxiety, irritability and restlessness. It can also help alleviate tension by relaxing the muscles. Low magnesium intake has been linked to chronic inflammation, which speeds up the ageing process and can cause chronic disease. Studies have shown that magnesium supplements can reduce markers of inflammation in adults.

Where you'll find it: Foods like leafy greens, avocados and bananas are a great source of magnesium – you can quite literally eat it for breakfast, lunch or dinner.



Residents' Committee notes.

The Residents' Committee welcome our newest homeowners and encourage them to join us in any activities we have to offer around the resort.

Easter was a joy

Pictured above, our Easter raffle and Easter bonnet parade was a great success with three beautiful raffle prizes up for grabs. Congratulations to our winners: Eric & Marj, Inga and Lorna. The two little judges were Len and Jackie's granddaughters. All our ladies put a lot of effort into their lovely bonnets as you'll see in these photos - well done, ladies! Everyone brought along a small plate of food to share at afternoon tea. A lovely event.

Cancer Council Vic

The Cancer Council's Biggest Morning Tea event will be held on June 19 in the Hall. Put this date in your diary as it is always a successful day raising money for cancer research.

Bass Coast Health

Make a note: Bass Coast Health will visit our resort providing annual flu injections to our homeowners.

Speed limit

Our speed limit is 10km/h. It is your responsibility to please remind your family and friends about the limit. Some of our homeowners need a little reminder, too. Please all, slow down.

Social get togethers

Our social co-ordinator presented a special high tea in May. We saw family and friends come along to a tasty afternoon tea with a complimentary glass of bubbles on arrival. As usual, the Saturday morning coffee group have been around our busy island over the holiday break enjoying their morning coffee at different cafes. Don't forget there is always the Stitch & Yarn group, Thursday afternoon Movies with John, Trivia and Happy Hour. See our Weekly Activities list (right) and check your "What's On" each month for other events.



ALL
THE EASTER
FUN!



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)



Creativity is king.

SOME PEOPLE ARE BORN TO CREATE, WHILE FOR OTHERS, IT'S A SKILL THAT TAKES PRACTICE. BUT HERE'S THE THING ABOUT GETTING CREATIVE: YOU DON'T EVEN HAVE TO BE GOOD AT IT, TO REAP THE BENEFITS. AND THE BEST TIME TO GET CREATIVE IS WHILE YOU'RE ENJOYING INDOORS TIME THIS WINTER.

Creativity comes in many forms. It might be painting or sketching, doing needlework or even home decorating. Whether you write, draw, craft, build, assemble, strategise or even just daydream, you are being creative – and there is a lot you can gain from it.

But if you're not the 'creative type,' it can be hard to know where to begin. A fixation with creating something perfect is often the biggest roadblock to creativity, so approach your next project with a goal to simply create something.

Each time you create, whether it's through writing, making music, woodworking, art or even gardening, you are flexing a muscle that will benefit you in more ways that you might think...

Being creative improves your mental health

From problem solving to helping express yourself, there are so

many ways being creative nourishes your brain. The creative process can help people manage their negative emotions and even work through traumatic experiences that can be difficult to articulate.

The sense of productivity and satisfaction you feel when you finish a creative project is the ultimate mood booster, helping you improve your self-esteem and confidence.

Research even suggests that being creative reduces the likelihood of depression and anxiety, but that's not all – it can also improve the effects of dementia.

Being creative relieves stress

Whether you use your hands, your mind or your voice, creativity is like a form of meditation – time moves slower, you become more in touch with yourself and feel free to create whatever you feel like.

Much like traditional meditation, creativity is said to calm your body and your brain as you focus on the task at hand. You can truly get 'in the zone'.

But these benefits aren't just mental – stress relief also offers physical rewards, with studies showing that it can improve your sleep, appetite and even immune system, reducing your blood

pressure and the production of immunosuppressive stress hormones.

Being creative helps you connect

Creativity can benefit you and the people around you in equal measure. Getting together with friends, neighbours or even strangers to create something is a valuable bonding activity, allowing you to broach subjects you may never discuss if you simply talk face to face.

And the community benefits don't end there – why not give the things you craft to the people you love? Receiving something handmade is the ultimate show of affection and can be passed down (and treasured) through generations or used to show kindness to someone in need.

Our Palm Lake Resort "Weekly Activities" list will help you get creative and/or at least find a likeminded creative tribe. Beyond our homes and wealth of community facilities, these on-site organised weekly activities really are the cherries on top of life in our coveted community lifestyle resort. For example, why not join our 'Stitch and Yarn' Group that meets on Thursdays at 2pm? The members would love to see some new faces. Simply BYO project and stop by any Thursday afternoon.

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. Easy!

\$250
cash bonus simply for
referring a friend!

For more info or to refer your friend,
FREECALL 1800 455 307.

*T&Cs apply



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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 29 - \$459,000

Beds

2

Bath

1

Living

1

Garage

1



Desirable location

Freshly painted and move-in ready, this two-bedroom home sits right next to the indoor heated pool. Inside, enjoy a spacious open-plan lounge and raised dining area, plus a kitchen with electric wall oven and gas cooktop. Sliding doors open to a small deck and lowmaintenance backyard with garden shed and clothesline.

A separate utility/office room connects to the lock-up garage and laundry. The main bedroom features mirrored built-in robes and direct access to a walkthrough bathroom with large shower and vanity.

Home 40 - \$425,000

Beds

2

Bath

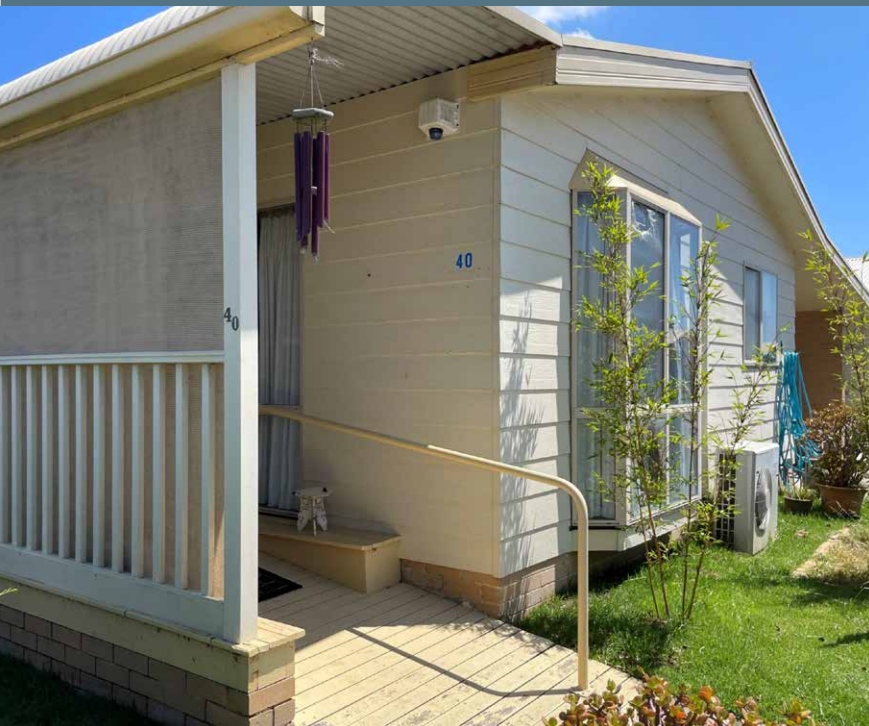
1

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 - \$415,000

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 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.

UNDER OFFER

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 COMMUNITY OR JOINING FORCES FOR FUN.

Neighbours lend a hand as Alfred comes to town.

The strength of our Palm Lake Resort communities, and the Palm Lake Group as a whole - was put on show when Tropical Cyclone Alfred rolled into Queensland's south-east corner recently. In scenes reminiscent of the Covid pandemic, our Palm Lake Resort homeowners rallied to support one another and ensure their communities were not only prepared for the hit, but also quickly mopped up afterwards.

Palm Lake Resort Carindale Caretakers Wayne and Karen said that while 28 homeowners left the resort to be with their families, more than 200 stayed in the resort throughout the cyclone.

"For the first time ever, the flood waters came into our community from Wright Street (pictured above)," Karen says. "We constantly checked the levels there and in the creek. We had Stuart (Home 168) monitoring the creek and reporting in to us and trusty Ken (Home 113) reporting from the other end of the resort. What an incredible team.

"Those who stayed were in good hands, as we had many many homeowners checking on their older neighbours, boiling them water on gas stoves when they lost power. Our communal halls were left open so homeowners could gather together with other homeowners. Luckily we had arranged some extra food for sandwiches, as well as milk



and water so we could all meet at the Grand Hall and have toasties - mostly made by Bob (Home 98).

"Some homeowners were scared - mainly because of the fast flood waters - as they live on their own, but we made sure that someone kept dropping in on them regularly to keep them in the loop.

"We are actually so proud of our caring homeowner network," Karen smiles. "Our beautiful Palm Lake Resort Carindale community certainly comes together well in tough times."

The same types of stories were heard right across the Palm Lake Group - with our resort homeowners even supporting their local Palm Lake Care aged caring communities. For example, the sleepy seaside town of Beachmere does not have its own local police station, so officers were brought in to keep an eye on local residents during the storm. When the power in that neighbourhood went out, our Palm Lake Care staff returned the favour and offered the police officers hot meals and coffee, which they gratefully accepted. What's more, three volunteers (retired registered nurses) from Palm Lake Resort Beachmere Bay and Beachmere Sands - located just across the road - provided support and personal care to the elderly aged care residents. A lovely gesture of selfless care that embodies the PLR spirit!



Wedding bells ring loud and clear.

THERE HAVE BEEN NEW WEDDING BELLS RINGING ACROSS PALM LAKE RESORT AS WELL AS CELEBRATIONS FOR MARRIAGE LONGEVITY - ALL WE KNOW IS THAT WE LOVE, LOVE STORIES!

Palm Lake Resort Bethania

Pictured above left, check out the new "Mr and Mrs Remy" (also known to homeowners at Palm Lake Resort Bethania as Steve and Kate), who tied the knot on February 15. Their official ceremony was held at their resort - how wonderful! We wish the Remys the best for their future life together.

Palm Lake Resort Yamba

Shirley Foley married Denis Kelly on May 15, 1965, at Tumut, New South Wales. Little did they know, 136km away on that very same day, their future friends (and future neighbours) Carole Wilson and John Joyce were also tying the knot. In the late 1960s, the Joyces moved to Tumut and, sure enough, met the Kellys. The couples have been firm friends ever since. And they have more in common than just their wedding anniversary - nowadays, you'll find Denis and Shirley in Home 4 at Palm Lake Resort Yamba, and John and Carole in Home 63 (all four pictured above right, including a photo of the Kellys on their wedding day).

Palm Lake Resort Eagleby

It all began in Liverpool, England, in the early 1960s. The school dance was in full swing when John, who was working as a roadie for the band that night, spotted Joan across the dance floor. He winked at her and, as he fondly recalls, "that was it". The couple married on March 27, 1965, in Liverpool and in 1976, John and Joan made the bold decision to move to Australia, with their young family in tow. After more than two decades in Sydney, they moved to Queensland in 2000, making Palm Lake Resort Eagleby their home in 2009. Pictured above (middle), six decades on from their wedding day, family remains at the heart of their lives through six grandchildren and six great-grandchildren.

Palm Lake Resort Cooroy-Noosa

Long-time Sunshine Coast locals, David and Nola, just marked 60 years with their proud family, including nine grandies and 11 great-grandies (with more on the way!).

Fiona is 102 years young

One of our oldest homeowners at Palm Lake Resort Willow Lodge is Fiona Ryan. She turned 102 years young in April. The Lodge Country Club hosted a party for Fiona, with many of her family and Palm Lake Resort friends stopping by. What a milestone for this resort matriarch!

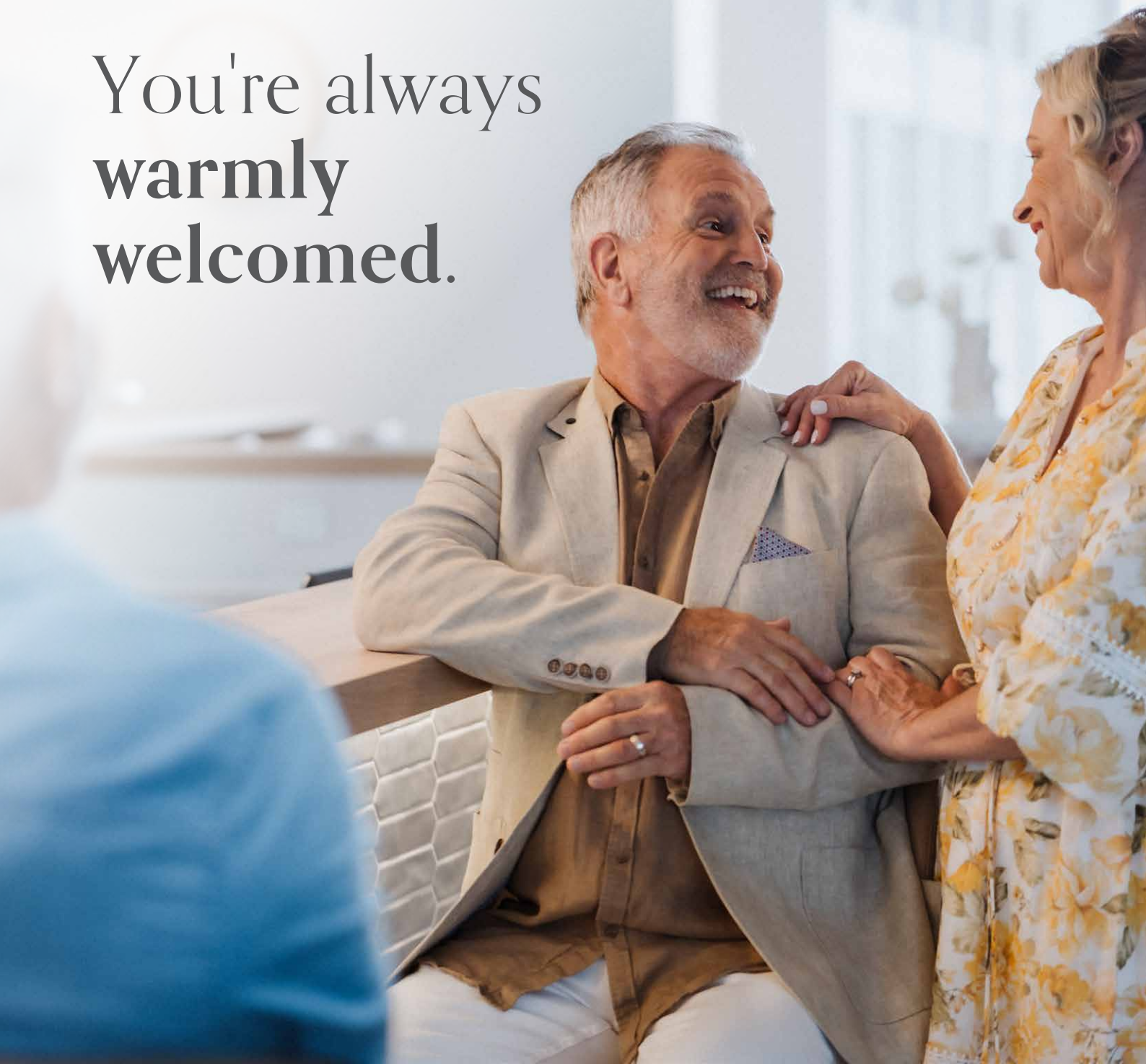


Tell us what's happening over your back fence.

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

You're always
warmly
welcomed.



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