

Island Insight.

OCTOBER - NOVEMBER 2023



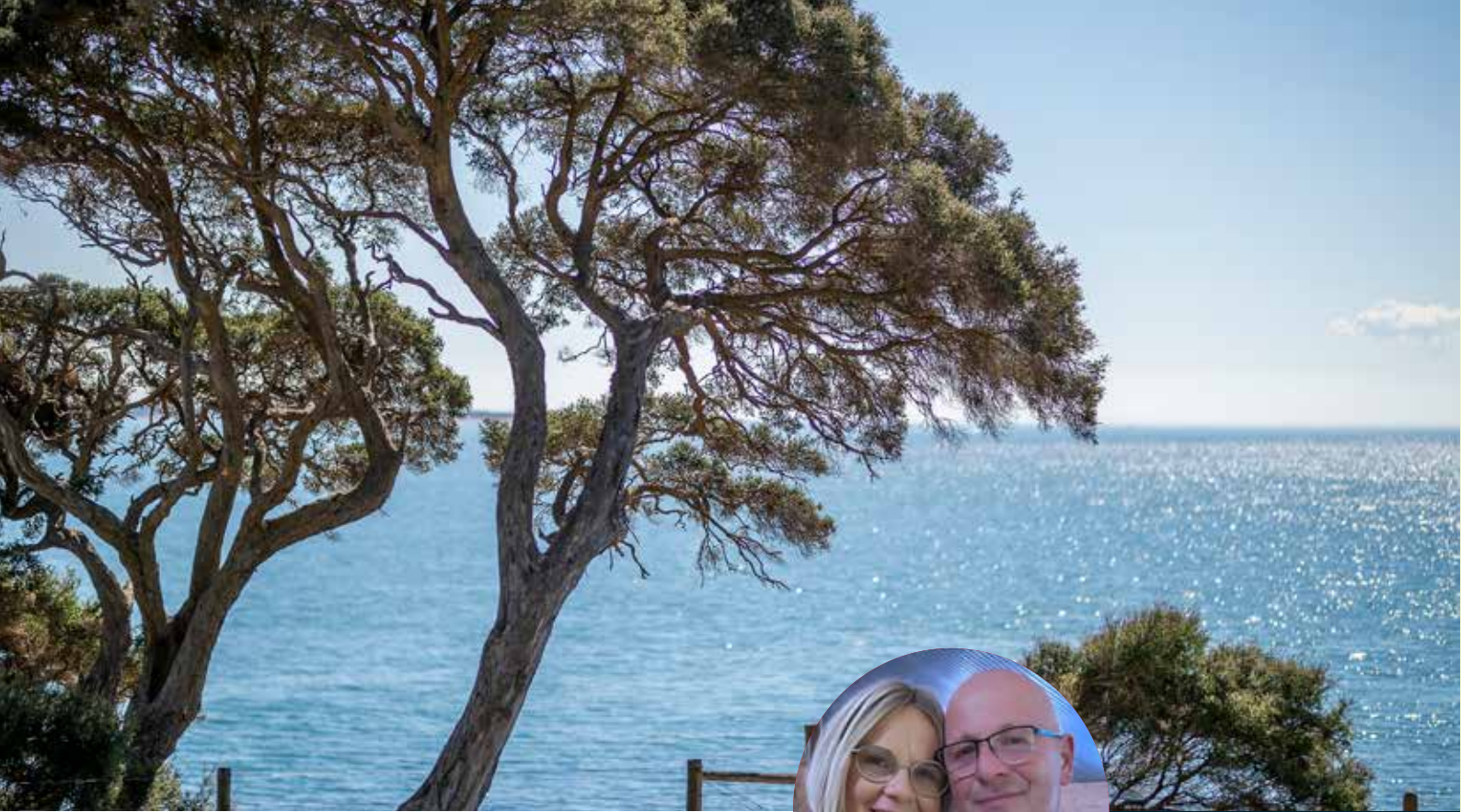
Spring clean your whole world

It's the best time of the year to refresh your home and renew your zest for life! Here's how...

Refer a friend

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





Welcome.

Hello everyone -

Spring is definitely in the air here at Phillip Island. People are getting out and about, the flowers are opening up and the weather is improving. The birds are nesting and we are all smiling. Our mini golf course is ready for you and your visiting family and friends to play. The barbecues are ready to use, too. Make sure you all get out and about and enjoy the convenient resort facilities we have on offer here.

One of our creative homeowners, Paul, has painted our resort letterbox for us and has done an amazing job. Thank you Paul. Nothing says "spring has sprung" like a letterbox covered in sunflowers (pictured below)!

There's lots going on around the island at the moment. While the Motorcycle Grand Prix is on this month, there's also a wonderful patchworkers' annual quilt show at Newhaven from November 5-7 that we know many of you will love as well as the Phillip Island Jazz Festival which is being held at Ramada Resort from November 17-19. And, of course, we have loads of social events happening here within the resort grounds in the lead up to the festive season (which is approaching very quickly!). Keep an eye out for your Residents' Association news for all our resort's upcoming events.

Caroline and Colin Wright
Palm Lake Resort Phillip Island Caretaker



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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 (@pall.lake.resort)



News briefs.

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

NOTE THESE GREEN WASTE DATES

- Tuesday, November 21
- Tuesday, December 19

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

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.

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)



THIS IS YOUR TIME

The Spring 2023 edition of 'Your Time' (our Palm Lake Group quarterly company magazine) has rolled off the printing press and is headed to letterboxes and Palm Lake Resort addresses around the country. This edition keeps readers in the loop on development at our company's latest construction sites (Pelican Waters, Yamba Cove, Paynesville and more) while also celebrating the re-opening of Pelican Waters Golf Course and Palm Lake Care's prestigious independent construction industry award win. In our lifestyle section this edition, we look at ageing well and whether age is just a number? If you haven't seen a hard copy of the magazine, you can always read it online at palllakeresort.com.au

GET SOCIAL WITH US

On social media?
Follow Palm Lake Resort on Facebook (@palllakeresort) and also over on Instagram (@pall.lake.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.

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!

What's on around town.

Phillip Island Patchworkers Annual Quilt Show

November 4-7: Phillip Island Patchworkers Annual Quilt Show is on at Newhaven Hall, 23 Cleeland Road, Newhaven. The group holds a quilt display every year for four days over Cup Day Weekend in November. All money raised supports local emergency services. Wonthaggi Woodworkers and Patchwork Maze also provide additional displays and sales of items.

Phillip Island and Bass Coast Ukulele Festival

November 11-12: The Phillip Island and Bass Coast Ukulele Festival, held in various locations around Rhyll, is a fantastic celebration of ukulele talent from the local area and beyond. Play along with each group or individual and share their favourite songs to play (a songbook for the event will be available). A limited number of ukuleles are available to borrow for each session so if you have your own, please bring it along! Tickets are free, however, some sessions have limited places. To avoid disappointment, visit Facebook check out the full program and book your spot: facebook.com/phillipislandukulelefestival

Phillip Island Festival of Stories

November 18: Everyone has a story. Inspiring, uplifting, entertaining, challenging and thought-provoking, no topic is off limits as Phillip Island Festival of Stories empowers a diverse group of people to tell their tales in their favourite form. Join this year's remarkable lineup of presenters and published authors as they take us on their journey, one song, artwork, poem, performance and punchline at a time, at the new cultural centre in Cowes. For the full program, visit pifestivalofstories.com

Phillip Island Jazz Club's Jazz Extravaganza Day

November 19: Enjoy jazz music in the Phillip Island Bowling Club (40 Dunsmore Rd, Cowes), from 10am-5pm, with a barbecue lunch included in the \$35pp ticket price. Acts include Todd Sidney All Stars, David Dower's Quartet and Lightning Jazz.

Residents' Association report.

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. Mary has been ruining our waistlines with her beautiful dinners and her sweets are to die for!

Delightful dine-ins and dine-outs

Now that we are enjoying the lovely spring weather, we are also enjoying some lovely dine-ins and dine-outs. Keep up to date with everything via our "What's On" sheet or keep an eye on the noticeboard.

New equipment has arrived

Our long-awaited gym equipment has now arrived and been installed in our spruced-up gymnasium. Colin has been busy instructing homeowners on how to safely use the various pieces of equipment. We have two new billiard tables, a new round card table plus a table tennis table in the hall and all are now getting a good work out from our players.

Caulfield and Melbourne Cup sweeps

It's that time of year again when our thoughts turn to the Spring Racing Carnival. As usual, we will be conducting our normal sweeps on both races. Try your luck for only \$2 per horse – your chances are as good as gold! Notices will be on the board and you can put your money (with name and home number) in letter boxes 62 or 127.

Garden Expo provides inspiration

A bus load of homeowners recently visited the Lardner Park Garden Expo at Warragul where they were in garden heaven. There were plants galore to be purchased, experts on all topics to listen to, delicious goodies to eat and plenty of seating to be had for the foot sore and weary!

Fashion parades

We have had a couple of parades recently, here at the resort, where we had the opportunity to purchase and refresh our wardrobes for the spring/summer season. It is so handy to have these groups visit us.

Harness racing

What a fun afternoon! Everyone enjoyed themselves and some even came away with a little extra in their pockets! We enjoyed a lovely meal and the dining room was a great spot to watch the trotting from.

Pictured right, from top down: Our Care-taker, Colin, was a little excited about the new Palm Lake Resort bus! AFL grand final day was a merry event with our homeowners getting together to show off their true colours!

Spring Market

We have our annual market coming up on the Sunday of the Cup Weekend. This is a fun day and an excellent opportunity to do some early Christmas shopping - or just enjoy a sausage sizzle or some Devonshire tea. If you wish to have a stall at the market, please put your name down on the list on the notice-board.

Melbourne Cup luncheon

A chicken and champagne luncheon will be held on the first Tuesday in November. Come along and enjoy the Fashions on the Field or be in the fun of picking a winner in the various races. Then, of course, watch our race that stops the nation!

Don't miss trivia - or Terry's tunes!

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

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.



Spring snacks from the Blue Zones.

THERE ARE FIVE PLACES IN THE WORLD WHERE PEOPLE LIVE EXCEPTIONALLY LONG, HEALTHY LIVES, AND THEY ALL HAVE SOMETHING IN COMMON – DIET IS A HUGE PART OF THEIR SECRET TO LONGEVITY.



Mason jar salads

Ingredients

Take your pick from the following options (or have fun finding your own!)

Dressing: Hummus, pesto, vinaigrette

Hard vegetables: Carrots, cucumbers, peppers, celery, onion

Softer fruits and vegetables: Avocado, berries, tomatoes

Grains, beans, nuts, seeds: Chickpeas, quinoa, black beans, sunflower seeds, brown rice

Greens: Arugula, kale, spinach, romaine, mixed spring greens

Directions

Assemble with dressing on the bottom of the jar. Add a layer of hard vegetables, a layer of softer fruits and veggies, then grains, beans, nuts or seeds. Finally, add in your chosen greens and you're all set.

Have you heard of Blue Zones? Trademarked by author and explorer Dan Buettner, they're the five places in the world where people live the longest, healthiest lives. The five Blue Zones are Okinawa (Japan), Sardinia (Italy), Nicoya (Costa Rica), Ikaria (Greece), and Loma Linda (California). Buettner's Blue Zone theory primarily centres on what and how these people eat. All five diets are mostly plant-based, with beans (including fava and black beans, as well as soy beans and lentils) the cornerstone of many centenarian diets. They also eat no more than three eggs a week, consume minimal dairy and very little meat – when they do, it's usually pork.

We can also learn from how people in the Blue Zones eat. For example, the Okinawans live by an '80 per cent rule' that is inspired by a 2500-year-old Confucian mantra. It reminds us to stop eating when our stomachs are 80 per cent full; the 20 per cent 'gap' is believed to be the secret to weight management and, therefore, better health. People in the Blue Zones will even eat their smallest meal in the late afternoon or early evening, and then won't eat any more for the rest of the day. So, with all of that in mind, here are some Blue Zone-inspired snack recipes that are perfect for spring, courtesy of bluezones.com



Strawberry vanilla chia seed pudding

Ingredients

3 cups unsweetened almond milk

2 teaspoons vanilla extract

3 tablespoons maple syrup

½ teaspoon cinnamon

½ cup + 2 tablespoons chia seeds

3 cups fresh strawberries

Directions

In a bowl, whisk together unsweetened almond milk, vanilla extract, maple syrup, and cinnamon. Pour liquid mixture over the chia seeds and stir until seeds are incorporated. Make sure to stir it well, so that none of the chia seeds are sticking together. This ensures they're all able to absorb the liquid and create a pudding-like consistency.

Let sit for an hour or in the refrigerator overnight. Mixture will thicken substantially. Soaking time is vital for the end product! In the morning, rinse and slice fresh strawberries. Stir chia pudding and top with fresh strawberries.



Vietnamese summer rolls

Ingredients

2 medium carrots, peeled and cut into thin sticks

½ cup of white vinegar 1 tsp of sugar

½ tsp of salt

½ cup of water

10 rice paper wrappers

120g thin rice noodles or rice vermicelli

¾ cucumber cut into thin sticks

½ cup of shredded cabbage

10 small lettuce leaves

1 bunch of fresh mint leaves

1 bunch of fresh cilantro leaves (optional)

Water

For the peanut sauce, combine these ingredients in a bowl:

½ cup of smooth peanut butter

1 ½ tablespoons of soy sauce

1 tablespoon of maple syrup or honey

½ teaspoon hoisin sauce

1 teaspoon of sriracha

1 teaspoon of sesame oil

Directions

First, make the pickled carrots. In a medium bowl, combine the sugar, water, salt and vinegar. Add the carrots to the mixture, toss to coat well and then let the carrots soak for at least 1 hour. In the meantime, prepare the noodles according to the packet's instructions.

Fill a wide, shallow bowl with about 1 inch of warm water. Soak one wrapper at a time in the warm water for 10 to 15 seconds, just until it becomes soft and pliable. Transfer the wrapper to a plate or cutting board and add a lettuce leaf on top in the centre. Next add a few carrot sticks, a few cucumber sticks, some of the shredded cabbage, some of the noodles and then a few leaves of mint and cilantro. Add edible flowers, too, if you like.

Fold one side of the rice paper wrapper over the filling and then the other side. Roll the wrapper up around the filling, making sure it is tight, but being careful not to tear the wrapper. Set the filled rolls on a platter, seam side down. Repeat this process until all of the filling and wrappers have been used up. To serve, cut each roll in half. Garnish with extra herbs and edible flowers, if you like. Serve immediately with peanut sauce for dipping.

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



Spring clean your world.

‘TIS THE SEASON FOR NEW BEGINNINGS! WITH WINTER OVER, IT’S TIME TO THROW OPEN YOUR WINDOWS, LET IN THE FRESH AIR AND TURN YOUR ATTENTION TO THE AREAS OF YOUR LIFE THAT YOU MAY HAVE NEGLECTED THESE PAST FEW MONTHS.

Spring clean... your home

Let’s start with the obvious – literally spring cleaning your home. We recommend starting with your ceiling fans. Chances are they’ve been still throughout winter and have gathered a lot of dust, so be sure to wipe them down before you turn them on this spring (lest you scatter that dust all through your home).

Similarly, now is a good time to clean your windows. Wipe away any dust and dirt that has built up on the window sills, blinds and windows over winter. With the curtains back to let in the summer sun, you’ll be able to clearly see any marks and dirt during the warmer months.

Next, turn your attention to your lounge room. It’s time to wash and then store away your winter throw blankets and add some bright spring colours and accessories to freshen up your space. Light a fruity, fresh candle while you’re at it.

In the kitchen, clear out the fridge and pantry, being sure to use up any leftover winter ingredients (cans of soup or winter vegetables for casseroles, for example) before you do. Check the expiration dates on any products you plan to store – they may expire sooner than you think.

Remember: spring cleaning doesn’t need to happen all at once. Use spare moments of time in your day to tackle small tasks so that it doesn’t become overwhelming. You might be surprised how much you can get done while you wait for the kettle to boil or during a TV ad break.

Spring clean... your health

It’s time to shake off the winter blues – luckily, there are many simple yet effective strategies you can incorporate into your daily routine to improve your mental and physical wellbeing.

Make the most of the new season to book in a health check up with your doctor. You might also want to organise a skin check, an eye exam, a trip to the dentist or a hearing check while you’re at it.

Now is also the perfect time of year to get back into exercise, or to take your regular exercise regime outdoors instead. You could dive headfirst into a swimming routine, make time to walk or cycle around your resort or organise a game of social tennis or lawn bowls with your friends. Your Palm Lake Resort community is designed with your physical wellbeing in mind, so make the most of it.

One of the most important factors in your physical and mental wellbeing is your diet. The foods you eat provide you with nutrients and vitamins that impact your gut health, immune system, cognitive ability and heart function. So, with that in mind...

Spring clean... your diet

It can be hard to keep your diet on track, especially during the cooler months when all you want to do is cuddle up under a blanket with your favourite comfort food. But there are so many health benefits to be gained when you eat a diverse diet of fresh, seasonal ingredients. On your next trip to the supermarket, look for spring fruits (banana, blood orange, grapefruit, honeydew, mandarin, papaya, pineapple, strawberry and watermelon) and vegetables (asparagus, avocado, beans, broccoli, cabbage, carrot, cauliflower, leek, snow peas, sugar snap peas and spinach). How can you incorporate them into more of your meals? Studies show that eating home-cooked meals has positive health impacts, so while it can be tempting to go to a restaurant or order takeaway, your body will thank you for making the extra effort.

You can start small by planning a few meals at a time and looking through recipe books for inspiration. If you can, substitute a trip to the supermarket for a morning at your nearest farmers’ market. This allows you to talk directly to the farmers and suppliers about what’s in season – it’s also the perfect way to spend a sunny spring day.

Homes for sale.

Home 126 - \$450,000

				
Beds 2	Bath 1.5	Living 1	Study 1	Garage 1



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 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.

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 103 - \$450,000

Beds

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

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.

10

11

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

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