

OCTOBER - NOVEMBER 2024



Island Insight



Spring is the season to get busy at home

It's the season for growth and renewal - is it time for a spring clean up, or a spring clear out?

Big ideas for a compact backyard

You'll look at your Palm Lake Resort backyard differently with our ideas, inside

Refer a friend, earn a reward

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



Welcome.

With the Silly Season and warm weather on our doorsteps, we hope you all get out and enjoy some of the festivities that the island and our resort has to offer. To get the full Palm Lake Resort community lifestyle experience, we encourage you to keep an eye on your "What's On" and check the noticeboard frequently, so you are up to date with what's happening around the resort grounds.

We have welcomed a few new neighbours to our resort grounds. We'd like to send a warm welcome to:

- Roy and Susan (Home 31)
- Janet (Home 46)
- John (Home 116).

Given that spring has arrived, so too has your copy of the Spring 2024 edition of our company magazine, *Your Time*. In this edition, we celebrate our two recent Master Builders' Association Awards for Palm Lake Group projects on the Sunshine Coast, QLD. We've also got plenty of coverage of our most recent events and, in our popular Lifestyle section, you can become a 'pasta master' - yum! If you haven't received a copy in your mailbox, you can always catch up online at palmakeresort.com.au

We look forward to seeing you out and about around the resort grounds.

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 - 12.30pm, Monday to Friday
(weekends, by appointment)

EMAIL:
phillipisland@palllake.com.au

ONLINE: Visit our website
pallmakeresort.com.au

GET SOCIAL:
Follow us on Facebook
([@pallmakeresort](https://www.facebook.com/pallmakeresort)) and on
Instagram ([@palllake.resort](https://www.instagram.com/palllake.resort))



News in brief.

Get social with us!



Are you on social media? Make sure you follow Palm Lake Resort on Facebook ([@pallmakeresort](https://www.facebook.com/pallmakeresort)) and also over on Instagram ([@palllake.resort](https://www.instagram.com/palllake.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 ([@palllake.care](https://www.facebook.com/palllake.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.



We like to get out and about together

Check out some of our recent outings, including a visit to The Gurdies Winery and a lunch at Silverwaters.



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.

Weekly activities.

MONDAY

9.30am Chair exercises
1pm Cards

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
10am Shopping bus to Cowes
1pm Cards
1.30pm Up Words board game
2pm Stitch and yarn
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)

Note these upcoming green waste dates

- Tuesday, November 19
- Tuesday, December 17
- Tuesday, January 15

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



Big ideas for a compact yard.

DOWNSIZING YOUR FAMILY HOME DOESN'T MEAN GIVING UP ON A BACKYARD THAT IS THE ENVY OF YOUR VISITORS. YOU'VE JUST GOT TO THINK A LITTLE MORE CREATIVELY. THERE ARE SO MANY WAYS TO EASILY TAKE A COMPACT BACKYARD TO THE NEXT LEVEL.

Go green

It's the obvious thing but a lush, green garden is ever so welcoming. Speak to your local nurseryman about what types of plants suit your home's position (closely observe how the sun falls on your various garden beds before you head to the nursery) and also take into account how green your thumb actually is. Choose hardy plants if you're a plant newbie to avoid disappointment! A simple irrigation system is worth the expense when setting up your garden – many can be controlled via an app on your smartphone when you're away on holidays.

Game on

You don't need a huge backyard to have a huge amount of backyard fun – in fact, there's a whole range of yard-friendly games on the market that won't break the bank. Classic Bocce can't be beaten. Lawn bowls lovers will enjoy Bocce as the objective is similar: get your team's balls closer to the pallino (the first ball put into play) than the other team's. Alternatively, you may want to invest in a Finska set. This game involves throwing a wooden block at a cluster of 12 wooden cylinders, which are marked with the numbers one to 12. You can even seek out jumbo backyard versions of those classic indoor family games like Jenga, chess and Yahtzee.

Grow your own

A small vegetable patch can reap big rewards, especially when it comes to the pride felt when eating your own homegrown produce. Even the smallest of garden beds can be utilised for a veggie patch or you could group together a few larger decorator pots filled with premium potting mix. Lettuce is an easy veg to grow that is also quick to reach harvest. There are also now dwarf tomato varieties that grow to roughly 50cm, which is perfect for a small veggie patch. Shallots, French beans and spinach are compact growers. Beetroot and onions don't take up too much space and are fun for the kids to dig up when mature. Preparing your ground

is key – use rich composted soil. Water and fertilise regularly for fast results. This is one project that's perfect to share with the grandies and maybe you can work with your neighbours to ensure a wide variety of produce is grown which can then be shared around.

Wriggling wonders

If you've committed to a veggie patch, another cool addition to a small backyard is a worm farm. For around \$150, you can set yourself up with a neat and compact worm farm and all the things you'll need to support your new little wriggly pets. Worms will compost your kitchen scraps while also producing worm 'tea' fertiliser and the richest compost/soil for your plants. When a worm farm is working efficiently, there's no smell. It's another one of those backyard beauties that the grandkids will LOVE! And, trust us, your neighbours will want some of your magic worm tea for their gardens too – bottle it up and share it around!

Garden art

Another way to bring 'wow factor' to your backyard is via garden art. There are endless options! Consider decorative screens/panels (widely available at hardware stores) which look great installed against a plain fence, or even statues and sculptural figures subtly installed among the greenery for a surprise 'pop' of interest. Water features provide the soothing sound of gentle running water while you can also paint a feature wall – they aren't just for inside!

Take a seat

A commonly overlooked element of backyards is seating. Create places to stop and take in the vista you've created. The more unexpected, the better. Maybe you can install a bench near your veggie patch that doubles as storage for a few small garden tools? Or position a couple of chairs and a small table to overlook the water feature? Sitting among the plants in your backyard, with the sun on your back, is proven to be amazing therapy.

Residents' Association report.

It's been a fun-filled time!

The coming of Spring has seen the Resort gardens bursting into colour, much to the delight of both homeowners and visitors. Our regular activities continue to be well attended. The activities include various types of land- and water-based exercise groups, card games, board games, Housie Housie, Stitch and Yarn, the Movie Club, Happy Hour, trivia, Terry's music and our Coffee Club.

Recently, we hosted some special events such as visits to a local winery, dine-ins, dine-outs and the AFL Grand Final brunch. The highlight, however, was a special afternoon tea to celebrate the 100th birthday of Lorna Collins, one of our favourite homeowners and devoted Geelong Football Club supporter. Everybody, especially Lorna, had a wonderful time and her only disappointment was the fact her beloved 'boys' didn't make the Grand Final!

Upcoming events

Upcoming events include our very popular Spring Fair, Melbourne Cup Day lunch, U and I Fashions and more dine-ins and dine-outs.

Meet the team

Your 2024/25 Homeowners' Committee includes:

- **President:** Ray Pepper
- **Secretary:** Shared between Diane McCarthy (Minute Secretary) and Dianne Hall (Secretary)
- **Treasurer:** Vicki Curphey
- **Committee member:** Joy Ball

The Social Club's Kerry Green and Yvonne Clode are going to continue in their roles in 2024/25 with an array of functions being carried out over the next 12 months.

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 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 payment).

Don't forget to stay in touch with your neighbours!

BEST BIRTHDAY WISHES TO OUR CENTENARIAN!



Lorna's century.

Pictured above: It was a fabulous day celebrating homeowner Lorna's century with her recently. One hundred laps around the sun makes for a great reason to enjoy some bubbles and eat cake - and that we did!

The big spring clean out.



THE START OF SPRING HAS US THROWING OPEN OUR WINDOWS, LETTING IN THE FRESH AIR AND GIVING OUR HOMES A MUCH-NEEDED REFRESH. BUT BEFORE YOU DO A BIG CULL, STOP AND THINK – IS THERE A WAY TO BRING NEW LIFE TO YOUR OLD ITEMS?

REPURPOSE VINTAGE LINENS

Do you have a stash of old hankies, tablecloths and other household linens tucked away in a drawer? Instead of discarding them, take a moment to look at them in a new way. These vintage pieces can be transformed into beautiful, sentimental gifts for family members or friends. We guarantee your younger family members will have seen the current trend for using preloved linens in fashion – perhaps a dress made of repurposed handkerchiefs or a skirt made from a tablecloth? Head to Google for inspiration. Trust us – you'll find plenty!

TRANSFORM OLD BOOKS INTO ART

That stack of hardcover books you've been meaning to get rid of could be the perfect material for a unique piece of wall art. With a bit of creativity, you can fold the pages of these books into intricate patterns and mount them on the wall in a group, creating a stunning visual display. This simple yet elegant artform not only repurposes old books, it also adds a personalised touch to your home. If you're looking for inspiration, there are plenty of resources online to guide you through the folding process. Simply hit the Google button!

CREATE A MEMORY BOX FROM SENTIMENTAL ITEMS

We all have those little keepsakes – concert tickets, postcards, or family letters – that we don't want to part with but don't quite know what to do with either. Instead of letting them clutter up your drawers, why not create a memory box? This can be as simple or elaborate as you like, using a decorative box or even an old suitcase to store your treasures. Try your best to preserve them and you'll have a beautiful time capsule to pass down to future generations.

UPCYCLE FURNITURE AND HOME DÉCOR

Before you decide to get rid of that old chair, lamp or dresser, consider whether it could be upcycled into something new and exciting. A fresh coat of paint or some new upholstery can completely transform a piece of furniture. If you're handy with tools, you might even consider reconfiguring old furniture into something entirely different – a chair can become a plant stand, or a dresser can be turned into a stylish vanity. Upcycling not only gives new life to old items but also allows you to personalise your space with unique, one-of-a-kind pieces that reflect your style. These pieces are also, perhaps, the kind of gift a sentimental family member will adore.

DONATE TO YOUR NEIGHBOURS

If your collection of wool, yarn or other craft supplies has been slowly accumulating over the years, now is the perfect time to sort through it. Instead of letting these items gather dust, consider passing them on to someone who can put them to good use. The wider Palm Lake Resort community is home to several active knitting and crafting groups, and they're always on the lookout for materials for their charitable projects (see Page 10 for some great examples). Donating your excess supplies is a great way to support these groups and contribute to their mission of creating handmade items for those in need.

SHARE WITH LOCAL SCHOOLS OR CHARITIES

Don't underestimate the value of donating items to local schools, charities or community groups. Schools often need supplies for art projects and charities can benefit from clothing, toys and household items. By donating locally, you're not only clearing out your space but also contributing to causes that make a difference right here in our community. If your resort craft group doesn't need your items, ask around to see whether there is a business that could use them. The Nest in Brisbane, for example, upcycles donated vintage linens and other haberdashery items into something new, ensuring they continue to bring beauty and function to the world.

Spring cleaning, made easy.

'TIS THE SEASON OF CLEANING! WHILE CLEANING IS NOT GENERALLY HIGH ON PEOPLE'S FAVOURITE JOBS LIST, THERE ARE DEFINITELY WAYS TO MAKE THE TASK EASIER ON YOURSELF. HERE'S HOW...

LISTEN TO PODCASTS OR AUDIOBOOKS

One of the easiest ways to make time fly while you're cleaning is to listen to something entertaining. Whether you're into true crime, comedy or self-improvement, there's a podcast or audiobook out there for you. Pop in your earbuds, hit play, and you'll be amazed at how quickly you get through your chores. It's like having a friend chat with you while you work! Plus, did you know that many local libraries let members borrow audiobooks for free? Chat to your librarian to find out how to get free audiobooks on your smartphone.

TRY FUN CLEANING HACKS

There are plenty of clever hacks that make cleaning easier. Take polishing silverware, for example. A popular cleaning trick utilises aluminium foil. Simply line a baking dish with aluminium foil, add your silverware, and sprinkle in some baking soda. Pour hot water over the top and watch as your tarnished silverware instantly shines like new!

Another fun hack is using lemon and baking soda to freshen up your garbage disposal. Just toss in a few lemon wedges, add a spoonful of baking soda, and let it grind away. It leaves your kitchen smelling fresh and clean with minimal effort.

BREAK IT DOWN WITH SMALLER CLEANS

One of the best ways to make your big spring clean less overwhelming is to keep up with smaller cleaning tasks throughout the year. Instead of waiting for things to pile up, try to tackle a few quick chores each week. Set a timer for 10 or 15 minutes and focus on one thing only – whether it's dusting a certain area, or tidying up one cluttered space. These small bursts of cleaning will make the big spring clean a lot less daunting when the time comes. You can also put together small 'cleaning kits' to keep in each high-use area – a small dedicated bathroom cleaning kit in each bathroom, for example, could contain a spray for soap scum and a glass-friendly cloth. You could also keep dust cloths in multiple convenient places around the home so you always have one on hand. When the equipment you need is close by, it's harder to make excuses.

REWARD YOURSELF

Finally, don't forget to reward yourself for a job well done! Plan a treat for after you've finished your cleaning – whether it's a favourite snack, a relaxing bath, or watching an episode of your favourite show. Knowing there's a reward at the end can make the whole process more motivating and enjoyable.



Meet your neighbour.

OUR PALM LAKE RESORT COMMUNITY IS FILLED WITH INTERESTING CHARACTERS. HAVE YOU HAD THE CHANCE TO MEET (OR HEAR!) HOMEOWNER LINDSAY GEORGE YET?

I grew up in country New South Wales with a Dad who was a classically trained and talented pipe organist. This came in handy being a Minister, as few organists existed in country parishes. Most country churches only had small reed-type organs, as did the huge granite church in Cowra, with its huge gothic ceilings and typical cross-type design and depth. Dad set out to to purchase an English 2 manual Connacher pipe organ capable of filling the vast area with sound. It was purchased for 600 pounds and with the aid of the local plumber and railway stationmaster, it was assembled from all the crates of pipes and parts.

At 16 years of age, I learnt how to tune this great organ with a cold chisel. It had the most glorious trumpet rank of pipes and I was hooked!

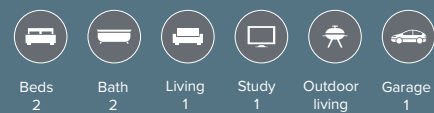
Pre-Covid, Marg Olsen from Palm Lake Resort taught me how to play on my first elementary electronic keyboard. During the Covid era, I set out to build myself a home electronic pipe organ from an organ case, a midi encoder (which Vicki Curphey helped program) and a free set of pipe organ samples using a universal free organ program on my Mac computer. It took lots of wiring and soldering of the hundreds of components, but I finished up with a 3 manual keyboard organ, 32 note pedal board with 49 stops and 4900 pipe sounds!

Since then, I have expanded its capability to have a choice of 29 of the finest pipe organs in the world through a touch screen including classic, symphonic, romantic, baroque and positive. My present project is to build a different type of universal organ covering the famous Blackpool Tower Wurlitzer organ as well as all sorts of Carousel and Fairground organs, Harpsicord and Hammond organs, Wersi organs and a few unusual instruments including harps, ulean pipes, hammered dulcimer, tuned percussions, bagpipes, xylophones, glockenspiels, bells and more. Of course, being electronic, an infinite range of controls are also available including adjustable reverb, synthesis, transposition, recording etc. I should add I'm a trained electronics technician, hence the interest after a 17-year stint in the RBA, five years managing credit unions, five years managing a saw mill and the balance in electronics.

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 46 - \$475,000



The perfect location

This home is perfectly located on North Avenue with the rear facing the golf course, with a large covered deck coming off the sliding kitchen door. Step off the deck to a lovely courtyard one side and a garden shed and clothesline on the other. The home feature two bedrooms with large built-in robes and a walk-through bathroom. Lock-up single garage with direct access to the home with an adjoining multi-purpose room with glass sliding doors leading to the rear yard.



Refer a friend and earn yourself a reward



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! Terms and conditions apply.

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

Home 31 - \$440,000



Location, location

Spacious two-bedroom home with built-in robes situated on Fourth Avenue adjacent to our clubhouse and indoor heated pool. Kitchen has laminate benchtops with electric wall oven, gas cooktop and a dishwasher. Reverse cycle heating/cooling. Direct access from lockup garage into home.

Key features:

- Ramp to front door
- Established gardens
- Roman blinds



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 their perfect home 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.



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 GREATER COMMUNITY OR JOINING FORCES FOR FUN. ACROSS ALL OUR PALM LAKE RESORTS, 'PEOPLE' REALLY IS OUR SUPERPOWER!



Community helping community.

We hear so many lovely stories of our craftiest homeowners donating their time and talents to support the less fortunate in their community.

At Palm Lake Resort Upper Coomera (QLD), the lovely ladies from the Monday Craft Group have been busy knitting trauma teddies for donation to their local doctors' rooms. Pictured above left, the teddies are kept with the pathology nurses to give to any tearful visiting children, to help cheer them up on a sad day.

Down at Truganina (Victoria) on Wednesday afternoons, a group of homeowners gets together to handcraft the most beautiful items for the greater good. The Craft Group ladies have been working hard getting beautifully handmade crafts ready for delivery to vulnerable children in war-affected Syria. It is no understatement to say that these pretty little bags

filled with haircare accessories for the dear children in war-affected Syria will make such a huge difference in their lives (pictured above, middle). You can imagine just how special these children will feel when they open their packs to reveal their beautiful handmade bag with goodies inside.

The group also makes and donates other goodies to Victoria's most loved family charities including St Kilda Mums, Geelong Mums and Eureka Mums. Items they create for donation include knitted jumper, beanie and mitten sets, beautiful baby cardigans, blankets and toys.

The Truganina Craft Group ladies all say it's rewarding to knit for such wonderful causes. They know there will be such joy among the children when they receive a handmade gift.

At Palm Lake Resort Bethania (QLD), the wonderful Tuesday morning ladies'

Craft Group (pictured below) has also been giving back to their local community knitting beanies, scarves and gloves for the homeless as well as dolls for the children's hospital. These ladies are always seeking donations of wool to continue their great work. You can also purchase one of their handmade beanies for just \$10 with all funds raised going towards the purchase of more wool for knitting and stuffing for the dolls.



'Love' these milestones!

Celebrating their 65th wedding anniversary recently, Kevin and Helen of Palm Lake Resort Carindale (QLD, pictured above) were congratulated with cheers and acclamation by all at the resort's Wednesday dinner. The pair met at a tennis night in Sydney on July 10, 1959. Both are keen gardeners who have been living at Palm Lake Resort for 16 years where they have graciously endeared themselves to fellow homeowners and our management team. Congratulations to you both!

Over at our sister company, Palm Lake Care, another incredible milestone anniversary was recently noted. Max and Joan of Palm Lake Care Caloundra (QLD, below) just clocked up 73 years of wedded bliss! What an incredible achievement!



Organ brings back yesteryear.



There's a beautifully restored original cinema theatre organ that can be heard right across Palm Lake Resort Beachmere Bay (QLD). Homeowner/musician Barry Moore painstakingly restored the organ himself. On completion, the organ looked perfect on display in its rightful place, at the resort's plush Hamptons Country Club cinema, akin to the days of yore when all the prestigious cinemas featured a similar organ. Of course, Barry is more than happy to play a tune whenever asked.

'Big O' bash at Beachmere Sands.

Palm Lake Resort Beachmere Sands (QLD) residents recently came together to celebrate a very big milestone - several of them, in fact. The resort's annual 'Big O' party is held for those celebrating a milestone birthday that year. This year's 'Big O' event was another fantastic night. There have been whispers around the resort that it was the 'best one yet!' The most impressive 'Big O' of them all was Agnes (right), who turns 100 this year!



Award winners, five years in a row.

The Master Builders Association Queensland's independent judges recently named a Palm Lake Resort Pelican Waters' display residence the best in its category on the Sunshine Coast.

At the same glittering awards ceremony, the renovation of Pelican Waters Golf Club (also owned and operated by the Palm Lake Group) was named best Commercial Refurbishment/Renovation project.

These two recent wins see Palm Lake Group's award-winning streak stretch to five consecutive years - a proud achievement for all those involved and for anyone who calls a Palm Lake Resort address home!

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



Bring
your **best**
mates.



FREECALL 1800 066 482 | phillipisland@palllake.com.au
48-80 Settlement Road, Cowes VIC 3922

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palllakeresort.com.au