

OCTOBER - NOVEMBER 2025



Island Insight



Holidaying with dogs

From caravans to city hotels,
here's how to make travelling
with pets stress-free

Find your perfect pet

Meet five small, loveable dog
breeds that will thrive in your
Palm Lake Resort home

Refer a friend, earn a reward

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



Welcome.

Hi everyone! Welcome back to all those happy travellers who have returned home recently and a very warm welcome to our newest homeowners as well:

- Annabel (Home 21)
- Margaret (Home 29)

Spring has sprung and so too has the wind and rain here on Phillip Island. It seems that we've been having four seasons in one day lately! Our gardening works are continuing and we hope to see lots of blooms coming up as the weather continues to warm.

Our island has a lot to offer this time of year, with the GP just around the corner. We hope you get out and enjoy all the festivities and take care on the roads during the busy times.

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. Are you on social media? Make sure you follow Palm Lake Resort on Facebook (@palm.lakeresort) and also over on Instagram (@palm.lake.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 (@palm.lake.care). With more than 12,000 people calling a Palm Lake address home, there's always loads going on!

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

EMAIL:
phillipisland@palm.lake.com.au

ONLINE: Visit our website
palm.lakeresort.com.au

GET SOCIAL:
Follow us on Facebook
(@palm.lakeresort) and on
Instagram (@palm.lake.resort)



News in brief.

Note these upcoming green waste dates

- Tuesday, October 21
- Tuesday, November 18
- Tuesday, December 16

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



101 laps around the sun for our Lorna!

Happy birthday to our oldest homeowner, Lorna! What a milestone of a birthday. We enjoyed celebrating it with her. Hip, hip, hooray!

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.

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.



This is Your Time

The latest edition of *This is Your Time* magazine harnesses the exciting energy of spring. We cover all the new 'growth' across our company, including the unveiling of Australia's (and arguably the world's) biggest and most opulent community facility at Palm Lake Resort Pelican Waters: The Springs Country Club. We also reveal our teams' 'local loves' across Palm Lake Resorts Yamba Cove, Paynesville and Foster Lakes areas. Among the lifestyle features, we urge readers to take their cues from spring and book a (literally) bloomin' great holiday or add a plant-based spring recipe to their menu repertoire. Palm Lake Resort homeowners will find a copy of the magazine in their letterbox and anyone can read the edition online at palm.lakeresort.com.au

Get social with us!

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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)



MAYBE IT'S
TIME TO TRY
SOMETHING
NEW?

Do your friends love it here, too?

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\$250
cash bonus simply for
referring a friend!

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

*T&Cs apply



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



Pictured above: Our homeowners enjoyed a trip to Tesselaar's Tulip Farm. What a beautiful display. **Pictured right:** One of our recent dine-in events.

Residents' Committee notes.

There is always something happening...

Well, that's the end of winter and we do have to thank our Social Coordinator, Kerry Green, for keeping us sane through a long winter! To me, any winter is a long winter!

Our Coffee Club has been touring the island. I think the mystery destinations are the best as it keeps us all guessing where we're going. Another good venue was the Woolamai Tavern. Dine-ins have been very popular including a Pizza meal, Sunday soup with crusty bread, and more recently lamb shanks.

A visit to Tesselaar Tulip Farm was a lovely outing that our homeowners enjoyed. All reported that the colours of the tulips were magnificent (as you'll see by the photos, above).

Terry's Music, which is held on the second Monday of each month, is presently being organised by Len Fenton while Terry is having a small break. Len is mixing it up by showing a musical in our Theatre, or getting us to meet out in the lounge area by the fire to listen to CDs.

Val Harper's Happy Hour draws a great gathering with lot of laughs and maybe a little drink or two. Val puts on a great



HERE OR
THERE, WE
HAVE FUN
TOGETHER!



spread and people bring a small plate to share so there is always something to nibble on.

How well did you do with the footy tipping this season? Footy brunch ended the AFL season on Grand Final Day. Congratulations to Faye Haslem for beating us all by coming 1st in the tipping - to the rest of us, there is always next year!

We also enjoyed celebrating our eldest homeowner's 101st birthday. Happy birthday to Lorna Collins! This is such a milestone and as you can see from the photo on Page 3 of this newsletter, Lorna enjoys life to the fullest.

Our Spring Fair will be held November 3. We would be grateful if homeowners could support this once-a-year fundraiser and support your fellow neighbours who will have stalls at the event.

Finally, the Caulfield and Melbourne Cup sweeps are on again this year. Refer to your 'What's On' for details.

Until next time, keep well and happy.

Caroline and Pauline,
Residents' Committee Secretaries



In the dog house.

DOWNSIZERS DON'T TYPICALLY MOVE TO PALM LAKE RESORT WITH CHILDREN IN TOW, BUT FUR CHILDREN ARE A WHOLE OTHER STORY – WHICH IS WHY SO MANY OF OUR RESORTS ARE DESIGNED WITH PETS IN MIND. THINKING OF ADDING A FOUR-LEGGED FRIEND TO YOUR FAMILY? HERE ARE SOME POPULAR BREEDS THAT THRIVE IN RESORT LIFE.

Dachshunds

Affectionately known as ‘Daccys’ (and properly pronounced “Darks-hund”), Dachshunds are energetic, lovable and loyal – making them the perfect companion for over-50s. They’re playful and intelligent, with moderate exercise needs that suit a home with a small backyard and daily walks. While their short coats shed a little, their bright personalities more than make up for it. Be prepared for the occasional bark – these little watchdogs love to keep an eye on things.

Cavalier King Charles Spaniel

Small, gentle and oh-so-regal, Cavaliers are bred for companionship. Their even temper makes them a delight around people of all ages, while their adaptable nature means they’re just as happy joining you on a walk as they are curling up on the couch. They descend from sporting breeds, so they’ll also enjoy some outdoor playtime, but never at the expense of snuggles.

Yorkshire Terrier

The Yorkshire Terrier, or ‘Yorkie,’ is pint-sized with a big personality. Friendly and sociable, they generally get along well with people and other pets, making them ideal for social owners who love a trip to the dog park as much as their doggos do as well! Despite their energy, Yorkies are content with short walks and play in a small backyard. And here’s a bonus – their forever-young looks mean they’ll resemble a puppy well into adulthood.

Boston Terrier

Often mistaken for the French Bulldog, the Boston Terrier is instantly recognisable by its “tuxedo” coat, round eyes and perky ears. Intelligent and lively, this breed thrives on active play such as ball games or agility training. They can become restless if left alone for too long, so they’re best suited to owners who are home often. One look into those expressive eyes, though, and you’ll be smitten.

Maltese

Elegant yet playful, the Maltese is as sweet as they look. Their small size is perfect for compact yards or indoor living, while their low-shedding, hypoallergenic coat makes them a popular choice for many families. Don’t let the fluffy white coat fool you – this breed loves a run in the garden, a stroll around the resort ground and a visit to the dog park - and plenty of affection in between.

At Palm Lake Resort, we know how important pets are to family life. That’s why our homes are thoughtfully designed with small, enclosed backyards – ideal for safe play and exercise. And in many of our communities, you’ll even find dedicated off-leash parks where your four-legged friend can run, play and socialise too (and if not, there’s likely an off-leash park or dog beach very close by!).

Whether you’re after a loyal lap dog or a lively walking buddy, there’s a breed to suit. Ask your Palm Lake Resort neighbours for their recommendations!

Paw-some travel tips.

PALM LAKE RESORT HOMEOWNERS LOVE TO HOLIDAY – AND FOR MANY, IT JUST WOULDN’T BE THE SAME WITHOUT THEIR FOUR-LEGGED COMPANIONS. FROM CARAVANNING ADVENTURES TO LUXURY HOTEL STAYS, HERE ARE SOME TIPS TO MAKE TRAVELLING WITH YOUR DOG A BREEZE.

Check in to a pet-friendly stay

Pet-friendly accommodation has come a long way from the simple roadside motel. Today, more and more hotels are rolling out the welcome mat for pets, with chains like QT Hotels and W Hotels leading the way. These stylish city stays often include extras such as cosy pet beds, room-service menus designed for dogs, and even curated walking maps so you can explore the neighbourhood together. Boutique B&Bs and short-term rentals can also be a great option, especially for longer stays. The key is to always double-check before you book – some providers only allow pets in specific rooms, or may have limits on breed, size or number of pets. A quick phone call or email before arrival will save any disappointment at check-in. Check out websites like www.bringfido.com to find other pet-friendly stays in your chosen destination.

Camping with your canine

If you prefer caravanning or camping, you’ll find plenty of holiday parks around Australia that welcome pets. Many Palm Lake Resort homeowners love the freedom of the open road, and having your dog along for the ride makes the experience even more fun. When choosing a campsite, look for those with dog-friendly facilities such as off-leash areas, shaded outdoor spots, and nearby trails. Keep in mind that dogs are not permitted in national parks, so planning your route in advance is essential. Inside the caravan, create a safe, consistent sleeping space for your dog – a portable crate or travel bed works wonders for helping them settle. Having their own spot also makes it easier to keep fur and muddy paws contained in one area. Apps like AnyCamp can help you filter out campsites that aren’t dog-friendly.

On the road

Long drives can be daunting for dogs, especially if they’re not used to extended car travel. To make the journey smoother, plan regular stops every two to three hours so your pup can stretch their legs, hydrate and go to the toilet. Carry plenty of water and a collapsible travel bowl for convenience. Never leave your dog unattended in the car – even for a few minutes – as temperatures can rise dangerously fast. For safety, invest in a good-quality seatbelt harness, booster seat or secured crate to keep your dog restrained. Gradually building up to longer trips via shorter drives can help ease your dog into life on the road.

Taking flight

Air travel with pets requires more planning, but it can be done smoothly with preparation. Most domestic airlines in Australia allow dogs to travel in the cargo hold, while some international carriers even offer cabin spots for very small breeds. To prepare, introduce your dog to their airline-approved travel crate weeks before the trip – encourage them to sleep and rest in it at home so it feels familiar and safe on the day. Lining the crate with a favourite blanket or worn T-shirt can help soothe them with a familiar scent. On the day of travel, feed your dog a light meal a few hours before departure to avoid discomfort, and always provide access to water (airline crates often have clip-on bowls or bottles). A chat with your vet can also help – they may recommend calming sprays, natural remedies or even a pre-flight check-up to make sure your dog is fit to fly.

Whether you’re towing a caravan along the coast, checking into a chic city hotel or planning your first flight with your pet, the golden rule is preparation. A little extra planning – from confirming pet-friendly stays to packing your dog’s favourite toys – goes a long way in making your dog feel comfortable, secure and included. After all, adventures are always better with your best friend in tow.



Pawz pet car seat,
\$47, Bunnings

Springer travel water bottle, \$25
www.chewy.com



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 145 - \$525,000

Beds

2

Bath

1.5

Living

1

Study

1

Garage

1.5



Desirable location

Situated in the desirable Eighth Avenue, this beautifully presented home offers comfort and convenience in equal measure. Featuring two bedrooms plus a study, all with built-in robes, and an ensuite-style bathroom with generous space, along with a second toilet for added practicality. Freshly painted interiors pair perfectly with near-new floor coverings, while stainless steel appliances enhance the modern kitchen. Enjoy year-round efficiency with solar panels, and relaxed outdoor living under the pergola. A large lock-up garage completes this easy-care package, ready for you to move in and enjoy.

Home 157 - \$545,000

Beds

2

Bath

2

Living

1

Garage

1



Immaculately maintained

This beautifully presented two-bedroom, two-bathroom home combines comfort with easy living. Expansive windows fill the interiors with natural light, creating a bright and airy feel. Reverse-cycle air conditioning and ceiling fans throughout ensure year-round comfort. Immaculately maintained, this home offers the ideal setting for relaxed living and effortless entertaining, whether you're hosting friends or simply enjoying a quiet evening in. Ready to move into now, it's a home designed for lifestyle and ease.

Home 34 - \$408,000

Beds

2

Bath

1

Living

1

Garage

1



Light and bright

Filled with natural light and thoughtfully updated, this inviting two-bedroom home features built-in robes and an L-shaped living, dining and kitchen area. Near-new vinyl plank flooring and plantation shutters add style and comfort to the living spaces, while full-length front windows create a bright, airy feel. The freshly painted exterior offers instant street appeal. A large ramp to the garage provides easy access to the home via the laundry, enhancing everyday convenience. Ready to move in and enjoy – inspect today.

Home 21 - \$435,000



SOLD!

Home 29 - \$459,000



SOLD!

8

9

Over the back fence.

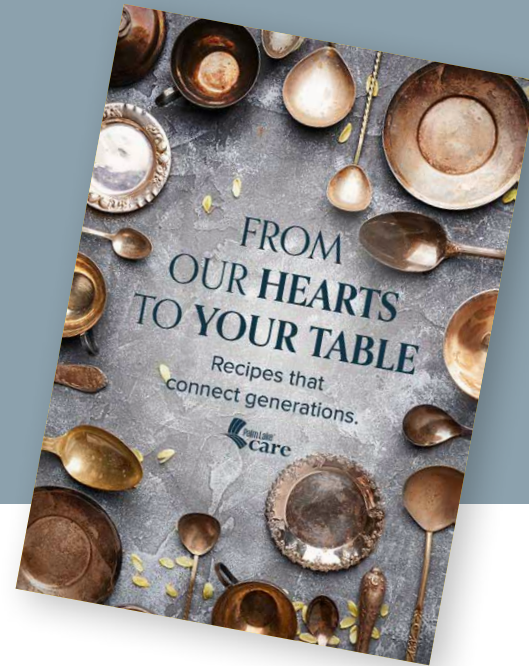
THE PALM LAKE GROUP SPANS 27 RESORT ADDRESSES ACROSS THREE STATES AND SOME 12,000 PEOPLE CALL PALM LAKE GROUP HOME, SO THERE IS ALWAYS PLENTY OF GOOD NEWS AROUND OUR GROUNDS. IN THIS REGULAR SERIES, WE SHARE WITH YOU SOME STORIES OF WHAT YOUR FELLOW 'FAMILY MEMBERS' HAVE BEEN UP TO - WHETHER JOINING FORCES TO DO GOOD IN THE COMMUNITY OR JOINING FORCES FOR FUN!

Care cookbook shares the culinary love

Palm Lake Resort's sister company, Palm Lake Care, has just published a lovely commemorative cookbook, "From our hearts to your table", filled with special family recipes gratefully shared by residents and various team members. It was quite a lengthy process collecting all the special 'ingredients' for the 52-page cookbook, but now it's time for this highly anticipated project to be plated up and served to our excited community.

"Here we share a passion for food and use it as a bridge to connect generations, cultures and cherished moments," the book's production team members state, in the Foreword. "We're engaging residents and employees by celebrating their culinary memories, personal tastes and shared traditions. This cookbook turns mealtime into a meaningful experience, filled with flavours that comfort, inspire and bring back fond memories of home and childhood."

Every recipe reproduced in the book comes complete with a photo of the recipe's owner and the story as to why their particular recipe is so meaningful to them. For example, Palm Lake Care Deception Bay resident Johanne Visser shared his recipe for Traditional African Oxtail Stew. Johanne says this recipe was passed through three generations of his family. Children within the village where he lived would all bring the ingredients to his door and beg Johanne's wife to make this stew for them - and she'd happily oblige. Palm Lake Care Bethania resident Helen Jutte also shared a recipe that took her back to her childhood. She described her 'Dutch Stampot with Rookworst' as "One dish and a thousand memories".



"When I was 13, I moved to Holland to live with my grandmother on a farm filled with animals - even a cow that lived inside the house!" Helen recalls.

"She introduced me to new foods like Stampot Boerenkool, which we'd enjoy in winter with sausage, always saying 'Eet lekker!' which translated to 'eat well'. This dish still brings back warm memories of my time on the farm."

Palm Lake Care Bethania Service Manager Bernice Cowley shared her recipe for Malva Pudding - a beloved South African dessert, rich in nostalgia and flavour served warm and best enjoyed with custard, cream or ice cream. And our Chief Operating Officer Trish Heke's humble Cheesy Scones also got the call up!

"Making a fresh batch of scones is a tradition in my family, and while the recipe has had a modern twist put on it, the meaning remains - they are a treat from the heart," Trish smiles.

"My great grandmother made fresh scones for family when they visited. It was viewed as an honour to both serve and be served, always with a pot of tea. Naturally, I have taught my family to make them but... it still seems to fall to me to produce a batch. The team at Central Support Office don't mind when I bring some in either!"

Copies of the "From our hearts to your table" recipe book are just \$20 each. To purchase your copy, simply stop by the Reception desk of your closest Palm Lake Care community (see palllakecare.com.au for contact details).

Ian walks for charity



Palm Lake Resort Cooroy-Noosa homeowner Ian Bates has collected close to \$5000 and walked 114km for the 'Walk For Him' campaign, in support of prostate cancer research. "Many of us in the resort have been affected by the scourge of prostate cancer and we have lost too many good friends to it in the few years the resort has been open," Ian says. "By the end of the fundraiser, the donations I had received - both in cash and online - totalled \$4734, placing me eighth out of 1215 participants on the national leader board." Nice work, Ian!



Inter-resort good sports

Palm Lake Resort Tea Gardens homeowners joined Palm Lake Resort Forster Lakes homeowners at Palm Lake Resort Fern Bay recently, to slug it out on the tennis court all in the name of good sports. As is always the case when we bring multiple resorts together for 'sport', there was an equal amount of fun reported on the sidelines as was had on the courts. The event's hosts went above and beyond for their Palm Lake Resort 'cousins' - purchasing a heater and lots of blankets to keep the crowds warm on what shaped up to be one of the area's coldest days on record! After a few games, some of the tennis players decided it was warmer to go inside and play table tennis - luckily, Forster Lakes had four table tennis players in their midst! With a delicious soup lunch enjoyed, no one really cared what the scores on the courts ended up being! The next matches will be played at Tea Gardens at the end of October.

What's 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? We'd love to include it in the next editions of our resort newsletters. **Simply contact your Caretakers or email the details to Belinda at belinda@bellepr.com**

Merran is an Aussie champ!



Palm Lake Resort Yamba homeowner Merran is the Australian Three-Day Orienteering Champion (Women's 85A). While not competing for four years due to a hip replacement and recovery from a fractured pelvis, Merran came second on Day One, first on Day Two and second on Day Three but she was ultimately fastest over the three days and took out the Australian championship. Well done, Merran!



Kindness grows, and grows

Palm Lake Resort Forster Lakes homeowners have rallied behind their local area's flood relief effort with thanks to two key charitable neighbours, Dee and Carol. The pair wanted to help via a collection drive and with the guidance of the Pacific Palms Rural Fire Service, the social media-savvy ladies put a call out to their fellow resort neighbours and were soon inundated with donations of things like food, nappies, toilet paper and animal food. With all hands on deck, they loaded up the resort bus as well as a car trailer and headed to Pacific Palms RFS (as pictured above) to sort and then deliver the haul to the Community Flood Relief Hub in Taree. Still on their charitable high some weeks later, the group heard there was additional need for clothes and bedding. They collected, sorted and labelled another trailerload that went to hubs in Taree and Wingham the following day.

Knowing their charitable efforts were really making a difference, the Forster Lakes homeowners looked for further ways to continue spreading the love. Through Pacific Palms RFS they met two families to sponsor. They worked directly with the family members to find out what exactly they needed to get their homes and even a farm back up and running - and happily obliged with more donated kitchen and household items as well as a monetary donation. After all of the effort and success, the homeowners have decided to 'adopt' the Pacific Palms RFS and have been helping to stock their fridge with meals, cakes etc for when they are out and about looking out for the rest of the local community. As Dee and Carol say, "Helping these helpers makes us feel great!". Well done to all the selfless Palm Lake Resort Forster Lakes homeowners who contributed in some way.

Home to your best years.



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

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