

# Truganina

AUGUST - SEPTEMBER 2022



# 10 years young!

WHAT A MILESTONE! WE JUST CELEBRATED PALM LAKE RESORT TRUGANINA'S DOUBLE-DIGITS BIRTHDAY AND THE PARTY WAS A WONDERFUL CELEBRATION OF THE COMMUNITY WE CALL HOME. CHECK OUT ALL THE PHOTOS INSIDE...





**Pictured here:**  
Team Truganina on our resort's 10th birthday!

# Welcome.

Well, what a celebration we've had here at Palm Lake Resort Truganina since our last newsletter - it was our 10th birthday! We really went all out to mark this milestone in a memorable way. Our 200+ guests entered the Country Club on a red carpet - as all VIPs should, of course! - before grabbing a flute of bubbles and making their way through to the party. Our kitchen team (including a few ring-ins!) produced loads of delicious canapés that went down a treat with the crowd. Entertainment was provided by a visiting magician, Warren, who captivated his audience with clever card tricks. Musical entertainment was served up by visiting musician Rudy, who has been to our resort once before. He had the dance floor packed and it became even more of a party when homeowner Phil Golotta took to the stage at the end of Rudy's set. If you check out the photos of our event on Pages 4-5 of this newsletter, you can almost hear the strains of "New York, New York" through the pages! The whole crowd was singing along, with hands in the air. It was quite the moment. Phil does know how to hold an audience!

We wanted to send out a special thank you to Amanda, who flew down from Palm Lake Group headquarters in Queensland to celebrate with us. Amanda said she thoroughly enjoyed getting to speak to our homeowners and putting faces to names during the party. Also, we must thank Cecelia, our resort's Sales Consultant, who sponsored three great lucky-door prizes.

Troy and I have shared so many of our most significant personal milestones with this resort over the past 5.5 years. We got married while working here (and yes, you'll remember we were back two days later in our wedding outfits to have our first dance with you all!), we enjoyed a wonderful baby shower here and shared with you the arrival of baby Lando 2.5 years ago. This 10th birthday celebration is another one of those milestone events that we are really proud to have shared with you all. This resort is home to a really, really great group of people. We thank all those who attended the party and who continue to sprinkle magic on our lives.

**Jo & Troy, Palm Lake Resort Truganina Caretakers**

## CONTACT US

Looking for more information about Palm Lake Resort Truganina? Here are four ways you can reach us:

**Online:**  
pallmlakeresort.com.au

**Social media:**  
Follow Palm Lake Resort on Facebook (@pallmlakeresort) and on Instagram (@palm\_lake\_resort)

**Street address:**  
9 Taronga Road,  
Truganina, VIC 3029

**Phone:** 1800 686 096

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## News briefs.

### GET SOCIAL

Are you on social media? We are, too! You can find Palm Lake Resort on Facebook and also Instagram. Make sure you like and follow our social media profiles to see even more news from right across our dozens and dozens of locations, across the east coast of Australia.

**Facebook:** @pallmlakeresort  
**Instagram:** @palm\_lake\_resort



### PUSHING UP ZZZZZZS

Our resort hosted a 'Healthy Sleep Seminar' recently, with residents learning how to get themselves a better night's sleep. The visiting seminar facilitator discussed the purpose of sleep in relation to the brain and body, current trends and new scientific research on the subject of healthy sleep, the sleep environment, sleep hygiene, sleep cycles and sleep posture. Our residents also got to ask about any sleep issues they may be having and were provided practical tips on overcoming them.

**HOMES FOR SALE, PAGES 10-11**



### REFER A FRIEND

We know your friends love coming to visit your Palm Lake Resort Truganina 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!

### WATCH YOUR SPEED

Please remember that the speed limit is 10kph around our resort grounds. Please make sure your visitors and trades-people all know this as well.

### GREEN WASTE

Make sure you note in your diary that the first Thursday of every month is green waste day, collected after the general rubbish run. In the next few months, green waste days are August 4, September 1 and October 6.

## Weekly activities.

### MONDAY

**9am** Gentle exercise class, with instructor  
**9.30am** Bus to Point Cook Shopping Centre  
**10am** "Stampin Up" class with instructor  
**12 noon** Residents' bistro lunch  
**2pm** Social billiards (Charlton Room)  
**7.30pm** Bingo (Bus to venue)

### TUESDAY

**9.30am** Zumba, with instructor  
**11am** Social colouring-in (BYO colouring)  
**12.30pm** Social bowls (winter)  
**4pm** Social table tennis (Rec Room)  
**5pm** Pizza night (Bowls Club)  
**6pm** Residents' dinner  
**7pm** Social billiards (Charlton Room)  
**7pm** Social cards

### WEDNESDAY

**9am** Aqua aerobics class, with instructor  
**10am** Social Bocce  
**10.15am** Yogalates, with instructor  
**1pm** Social cards  
**2pm** Social craft (BYO craft)  
**6pm** Residents' dinner

### THURSDAY

**9.30am** Bus to Werribee Plaza  
**9.30am** Tai chi, with instructor  
**12 noon** Residents' bistro lunch  
**4pm** Social table tennis (Rec Room)  
**6pm** Line dancing with instructor  
**6.30pm** Social twilight bowls (summer)  
**7pm** Social craft (BYO craft)  
**7.30pm** Social billiards (Charlton Room)

### FRIDAY

**9am** Aqua aerobics class, with instructor  
**10.15am** Yogalates, with instructor  
**2pm** Social board games  
**2pm** Social billiards (Charlton Room)  
**5pm** Happy Hour at the Bowls Club

### SATURDAY

**12.30pm** Social bowls (winter)

### SUNDAY

**2pm** Social cards



DOUBLE DIGITS BIRTHDAY!



# Happiest of birthdays, to us!

WHILE IT'S TECHNICALLY OUR 10TH BIRTHDAY, A DECADE OF 'COMMUNITY' IS WHAT WE'VE ACTUALLY JUST CELEBRATED HERE AT PALM LAKE RESORT.

Long-time residents Glenys Preston and her husband Geoff lay claim to buying "about the fourth or fifth" home here at Palm Lake Resort Truganina - they'll celebrate their own decade of community in September. At the time of moving in, resort construction was in full swing and Glenys recalls there being no Country Club yet - the small group of new homeowners would meet for dinner at Patricia Hicks' house instead. But quickly, more and more new friends would arrive and facilities would be completed and the feeling of 'community' would become stronger and stronger.

"I like company," Glenys says (pictured left, with Geoff). "I'm not so good on my own. I know a lot of people here at the resort and I have made some very good friends over the years. It's a very, very caring place."

Glenys says the resort's 10th birthday party was a brilliant way to mark an important milestone (there were about a dozen or so other homeowners also marking their decade with Palm Lake Resort).

"The music was fantastic and the staff were bringing around a lot of lovely food for us - and drinks. I have to admit, the one thing we do have here is a very good Social Club and our resort functions are always well attended. Everybody here likes to party!"

Resort Caretakers Jo and Troy say they were pleased to see so many homeowners in attendance on the day, celebrating alongside the Palm Lake Resort management team, including Palm Lake Group Executive Manager (People & Operations) Amanda Clements who flew down from our Queensland headquarters for the event.

"We had more than 200 people RSVP - it was a sensational day," Jo smiles. "We had our guests enter via a red carpet and that went down a real treat - some said they'd never had the honour of walking a red carpet before!"

"Troy and I were so proud of our own resort team who all went above and beyond their normal roles to help pull off a great event so seamlessly. There was lots of preparation involved and they all helped with the organising and catering as well as serving food on the day.

"And we are also very grateful that Amanda came down from the Gold Coast to show her support of our staff and residents. It really was an event that will be remembered for a very long time."







# Vet's cold caution.

YEP, IT'S OFFICIALLY COLD. WHILE YOU'RE PULLING ON YOUR LAYERS AND DIGGING OUT EXTRA BLANKETS, REMEMBER THAT YOUR PET NEEDS SPECIAL CARE DURING WINTER, TOO. KEEP THESE TIPS IN MIND FROM PET-STOCK VET DR KATHY MACMILLAN.

## Beating the winter blues

Just like humans, pets are also at risk of developing the winter blues. Household pets, especially cats and dogs, are highly intuitive and can sense when owners are feeling lazy or unmotivated. Despite being covered in fur, even for our pets it can be tempting to stay cooped up indoors throughout winter. As an owner, staying motivated to maintain your pet's daily exercise regime is critical during the winter months for your pet's mental and physical wellbeing. Playing with your pet indoors or mixing in training sessions is also recommended.

## Hydration

Keeping your pet hydrated is always important but it is usually something that pet owners are more aware of during the warmer months. Make sure that your pet always has access to fresh water even if it's cool.

## Drinking standing water

This winter has brought more rain than we're used to and, therefore, more puddles. When you're on your daily walks, monitor your dog closely and avoid letting them

drink any standing water. Leptospirosis is an infectious disease that can be contracted by dogs that drink or swim in contaminated water, such as puddles, ponds, rivers or dams. It can cause them to become extremely sick and, in some cases, be fatal. Symptoms include fever, vomiting, diarrhea, refusal to eat, weakness, depression and stiffness. Always take a fresh bottle of water and a travel bowl with you on all outdoor adventures – that way your pet will stay hydrated and will be less likely to pick up unwanted, harmful diseases.

## Sleeping indoors

No matter their age, consider allowing your pet to sleep indoors during winter. Not only will they be more comfortable, but they will use less energy maintaining their body temperature. Chilly nights can make the joints of pets suffering from arthritis more painful and breathing cold air can exacerbate respiratory problems such as bronchitis or collapsed trachea. If you have a puppy, this is the perfect opportunity to try indoor crate training and, if you have a senior pet, winter is a great time to invest in a soft, thick bed that will be easy on their joints.

## Heater safety

While it is encouraged to keep your pet indoors more often than not during winter, it is important to ensure they stay safe. If you have a gas heater, have it serviced at the start of the season, prior to using it, to ensure it is not leaking carbon monoxide. And, of course, whether you're using a gas or electric heater, make sure it is always in a safe place where Fido won't knock it over.

# Don't weight too long.

UH OH – YOUR DOG'S BODY WEIGHT HAS CREPT UP. BEING OVERWEIGHT CAN PREDISPOSE PETS TO JOINT INJURIES, BREATHING PROBLEMS, HEART ISSUES AND SOME CANCERS. HERE'S HOW TO GET THEM FIGHTING FIT ONCE AGAIN.

Just like humans, dogs can be at risk of a plethora of health problems if they're overweight. If your pooch is showing signs of a podginess, don't stress. You are not alone. Research shows that around 40 per cent of Aussie pets are overweight. The most important thing you can do for your pet is to acknowledge the problem before it gets out of hand and start them on a path to better health. Here are some tips to help your dog lose weight healthily and gradually.

## Determine your dog's weight loss target

If your dog is generally healthy and only mildly overweight, the first thing you should do is determine their current Body Condition Score (BCS) and implement a weight loss program around this. BCS is a number assigned to your pet based on evaluation of fat at a few key areas on their body. A BCS can range from 1 to 5, with 1 being severely underweight and 5 being dangerously overweight. You can Google some very helpful BCS charts online that will help you assess your pet's silhouette from above and from the side – evaluating the ribs, spine, hip bones, waist, abdomen, muscle mass and overall fat covering. At an ideal weight you should be able to see your pet's waistline (an hourglass shape) when standing above them, looking down. And your pet's abdomen should be tucked up behind their rib cage when viewing them from the side. You should also feel your pet to evaluate their weight. Place your thumbs on their backbone, spreading both hands across the ribcage. You should be able to feel each rib under a thin layer of fat – just like you can feel the bones on the back of your hand. Be sure to reassess them every week or two until they're at their ideal condition.

Of course, if you're feeling unsure, or if your dog is significantly overweight or has pre-existing health issues, book in a consultation with your vet for further assessment and advice.

## Adjust their diet

Mildly overweight pets may be able to lose weight with adjustments to their regular diet, such as cutting out most treats and any unhealthy table scraps, and reducing their meal portions by 10 to 20 per cent. Significantly overweight pets are generally best switched to a prescription weight-loss diet. Not only do these diets provide helpful staged feeding guides, but they also help ensure your pet will not suffer any nutrient deficiencies or excessive feelings of hunger whilst their calories are being restricted.

## Encourage regular, appropriate exercise

Whilst weight loss will largely rely on your pet's diet, regular healthy exercise is important for keeping their metabolism chugging, and helping them to maintain strong muscle support. Gentle-to-moderate intensity, low impact daily exercise (such as walking or wading in shallow water) is safest. If your pet is panting heavily, stop them for a rest and offer water. Avoid exercising your pet in hot or humid conditions, as this puts them at risk of heat stress. Remember that what your dog loses in grams, they'll gain in health and vitality!



**PALM LAKE RESORT IS PET FRIENDLY!**





# Join the club.

ARE YOU PART OF A BOOK CLUB? YOU SHOULD BE, FOR A NUMBER OF REASONS. HERE'S EVERYTHING YOU NEED TO KNOW ABOUT BOOK CLUBS.

## Why read more?

From social benefits to mental and even physical ones, there are so many reasons to read consistently – and a book club helps you do exactly that.

## You'll read more

Do you find it difficult to read regularly? It's not exactly surprising – with so much going on around our resort, carving out time to read on a regular basis can be hard. By joining a book club, you'll be more motivated to finish the books you start so that you can participate in the conversation at your next meeting.

## You'll get more out of each book

It's rare to have the opportunity to sit down and talk about a book you've just read, with people who have also just read it. By joining or starting a book club, you can do that on a regular basis. You'll be amazed at how different a book can feel after you've spoken about it with others and will love discovering their interpretations.

## Improve your mental health

Reading really is magical, and not just for its ability to transport you to other worlds. Following a story and remembering different characters and plot points exercises your brain, improving memory function. It also improves your literacy, increases your general knowledge and teaches you empathy.

## Improve your physical health

The imaginative powers of reading can be a great form of stress relief, which can positively impact everything from heart health to blood pressure. It can also help you get a better night's sleep, especially if you make reading part of your bedtime routine. Tucking in with a book tells your brain that it's time for rest and helps you de-stress before going to sleep.

## Be more social

Beyond the benefits of reading itself, book clubs offer so many great social benefits. For one, it's a regular social get-together to look forward to – even if it needs to take place on Zoom. After all the book talk, you can linger and enjoy more casual conversation over tea and treats.

## How to begin?

You know why you should start a book club – now, it's time for the 'how'. Who better to get advice on starting a book club from than major publisher, Penguin Random House? Here are their five best tips:

**1. Decide what kind of book club you want to start:** Are you looking for a place to discuss books in-depth, or it is a bit more casual? Are you planning on reading a specific genre? The purpose of your book club will dictate everything from who joins it to how you select the books, so it's a good idea to decide this before you get started.

## What should we read?

Choosing a book can sometimes be a daunting task, but it doesn't have to be. Why not start with one of the classics? We've done the legwork for you and narrowed down 10 titles that are widely considered to be the 'greatest books of all time'. Here they are, in no particular order. How many of these titles have you already read? And what will be next on your reading list?

**The Great Gatsby** by F. Scott Fitzgerald

**1984** by George Orwell

**To Kill a Mockingbird** by Harper Lee

**The Catcher in the Rye** by J. D. Sallinger

**Pride and Prejudice** by Jane Austen

**Anna Karenina** by Leo Tolstoy

**The Lord of the Rings** by J. R. R. Tolkien

**The Adventures of Huckleberry Finn** by Mark Twain

**Catch-22** by Joseph Heller

**Don Quixote** by Miguel de Cervantes

**2. Choose a setting:** You need a place to meet – and our Palm Lake Resort Truganina library is the perfect place! Or, for something a bit more casual, you could take turns hosting the meetings in your own homes and even 'bring a plate' to each meeting.

**3. Invite your members:** Penguin Random House says the ideal size of a book club is between eight and 16 members, but three to five is a great place to start. From there, members can invite a friend or two themselves, if they want to.

**4. Set up a pre-book club meeting:** Before you get your book club underway, you might want to meet up with a fellow club leader or two and discuss the technicalities. How will you choose which book the club reads? Where will the first meeting be, and often will you meet? If you cover off some of these questions in your mind before the big day, it will be smoother sailing moving forward.

**5. Get started:** You've gathered a group, found a location and planned a few dates – you're officially ready to get your book club going! The only question that remains is, what will you read? See above for some of our best ideas - books you need to read at some stage of your life!



# 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!



For more info or to refer your friend, phone 1800 686 096. \*T&Cs apply

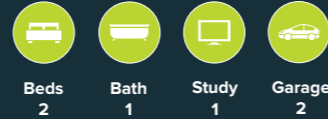


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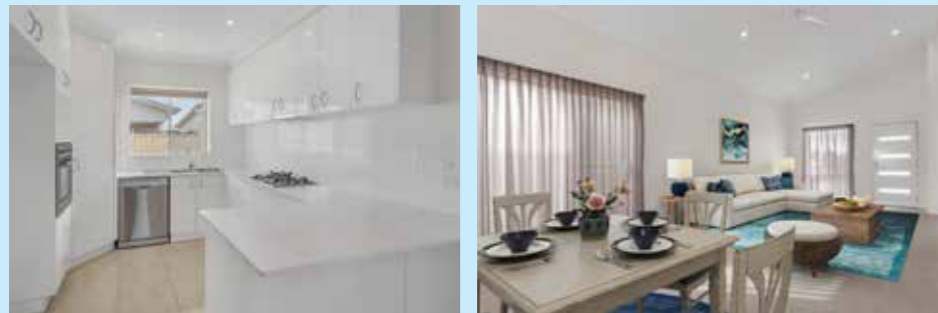
# Homes for sale.

## Home 226

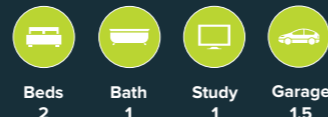


### Immaculately presented.

This home has much to offer the discerning buyer and will make you feel instantly at home. Immaculately presented and turn-key ready, make the most of the relaxed open-plan living area featuring a raked ceiling, spacious kitchen and outdoor living space with covered alfresco; the perfect atmosphere to entertain family and friends. Adjacent to the living area is the generously sized study/ multi-purpose room which can also serve as a third bedroom. The master also includes a two-way bathroom and the laundry area includes a second toilet and has convenient access to the garage, providing space for your vehicle and plenty of storage. Don't delay, call today to inspect this delightful home.



## Home 218



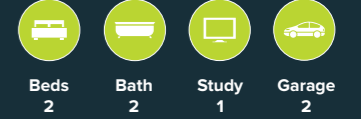
UNDER CONTRACT



### A stunning home.

Bright and airy, this home gets plenty of natural light, making it a joy to relax both indoors and out. An undercover outdoor alfresco functions as an extension of the living room, with plenty of room for a full dining set and more so you can make the most of your natural surroundings. This is stunning home is packed with features.

## Home 215



### Big corner block.

This lovely home on a most sought after larger-than-standard corner block is a rare treat. It's also situated overlooking the lovely wetlands of Skeleton Creek. This beautiful light-filled Monte Carlo design home will impress, consisting of two bedrooms plus study/activity room, two bathrooms, large lounge, dining and well appointed kitchen. The rear living area leads onto the covered private tiled courtyard that includes cafe blinds around the pergola – perfect for relaxing during winter and summer, providing extra privacy and comfort and overlooking the extra large low maintenance rear garden. The modern kitchen is equipped with stone benchtops and leads onto a convenient laundry. The generous multipurpose room is an ideal retreat for reading, computer work, sewing/ craft or even a third bedroom.



## Home 130

SOLD!



## Home 40

SOLD!



Want to book a private tour and find out more about our resort? Freecall **1800 686 096**  
Email [salestruganina@palllake.com.au](mailto:salestruganina@palllake.com.au) or visit us online at [palllakeresort.com.au](http://palllakeresort.com.au)



# Life is cruisy

at Palm Lake Resort.

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Living at Palm Lake Resort has been compared to living the cruise ship lifestyle everyday. Just like cruising, our homeowners have everything they need, right on their doorstep. Think resort-style pools, gymnasiums, a wealth of activities and entertainment, social gatherings, food and drink, and more. But you can captain your own ship, here at Palm Lake Resort.

**This is your time.**



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