

Truganina

DECEMBER - JANUARY 2024



Choir brings the festive cheer

Learn about our resort choir - members of which have been happily singing away for 8 years!

Refer a friend

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



Palm Lake Resort®
TRUGANINA



Welcome.

Hello all homeowners,

We hope you are well and happy as we have entered the festive period for 2023. We hope you are enjoying all the Christmas decorations in the facilities and have the dates in your calendar for our Palm Lake Resort Christmas dinners as well as our Palm Lake Resort lunch on Thursday, December 14. We're loving the Christmas lights in your gardens and seeing Santa popping up here and there as we walk through the beautiful streets of our resort.

As you know, the Christmas Review is one of the highlights of this period for our community, and you did not disappoint! What a fabulous night we all had! Congratulations to all the homeowners who participated in the skits - you were amazing and put on a great show for us all! A huge thank you to the Social Club; Linda (Home 77), Carolyn (Home 15), Carmel (Home 110), Carla (Home 37), Anne (Home 101), Pam (Home 64) and Cathy (Home 189). You ladies did so much work to make this night a huge success, from all the organising weeks in advance, to making the delicious platters for all the tables, to all the clean up afterwards - and most importantly, all the skits you were involved in! A special thanks also to Gloria (Home 217) and Peg (Home 90) for all your help along with the Social Club and of course, our Choir. Well done to all involved.

We've welcomed some more wonderful new homeowners to our community recently. We hope you are all settling in well and enjoying our beautiful facilities as an extension of your home. Thanks for another great year here at Palm Lake Resort Truganina. We've loved being part of this community for yet another year.

Wishing you all a very Merry Christmas and a safe and happy New Year ahead.

Jo & Troy,
Palm Lake Resort Truganina Caretakers

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CONTACT US

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

Online:
palmakeresort.com.au

Social media:
Follow Palm Lake Resort on Facebook and on Instagram (@palm.lake.resort)

Street address:
9 Taronga Road,
Truganina, VIC 3029

Phone: 1800 686 096



News briefs.



EDDY IS KING OF THE TRUGANINA TABLES

By John (Home 233)

The inaugural Pool and Snooker championship has been run and won in the Charlton Room at Palm Lake Resort Truganina with a number of homeowners taking part in the tournament. The snooker competition was won by Eddy (Home 4). His name has been placed on the plaque, generously supplied by the Residents Committee and will be on display in the Charlton Room. Thank you to all homeowners who entered the tournament. I hope you had fun participating, even if you didn't win.

It was noted that there were a few more homeowners who would have liked to have participated but didn't know how to play certain games. If anyone would like to learn, please contact me (Home 233) and I would be happy to provide tuition so you can participate next year.



YOUR SUMMER READ HAS ARRIVED

The next edition of our company magazine, Your Time, is hot off the press for Summer 2023-24. In it, we keep you up to date on all things Palm Lake Group including progress on our newest communities at Yamba Cove, Pelican Waters, Forster Lakes, Paynesville and more. Did you also hear that we won two statewide construction industry awards? We're proud of the communities we build and manage - and with 10,000 people calling a Palm Lake address home, there's a lot of news from around the grounds. Get your copy in your letterbox, or you can also read it online at palmakeresort.com.au

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!

GET SOCIAL WITH US

Follow Palm Lake Resort on Facebook and on Instagram (@palm.lake.resort) to see what's happening right across all our dozens of Palm Lake locations.

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 Homeowners' bistro lunch
2pm Social billiards (Charlton Room)
5pm Line dancing with instructor
7.30pm Bingo (Bus to venue)

TUESDAY

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

WEDNESDAY

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

THURSDAY

9.30am Bus to Werribee Plaza
9.30am Tai chi, with instructor
12 noon Homeowners' bistro lunch
4pm Social table tennis (Rec Room)
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 Yopalates, 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



It's beginning to feel alot like Christmas.

FROM THE SWEET SOUND OF CAROLS TO THE FESTIVE DECORATIONS TO THE BIG GUY IN RED: CHRISTMAS ARRIVED EARLY HERE AT TRUGANINA. OUR CHOIR'S RECENT SHOW IN THE CINEMA WAS A LOVELY FAMILY AFFAIR.

FAMILY
FUN FOR
EVERYONE!



Pictured above: The Palm Lake Resort Truganina choir is a talented - and busy! - bunch of singers.

Choir sounds like fun.

IF YOU WALK PAST OUR RESORT COUNTRY CLUB ON A MONDAY AND HEAR THE SWEET SOUND OF HARMONY PERMEATING THE AIR, YOU'LL KNOW OUR DEDICATED PALM LAKE RESORT TRUGANINA CHOIR MEMBERS ARE BUSY PREPARING FOR YET ANOTHER SHOW IN THEIR BUSY DIARIES.

Choir founder and conductor Peg (Home 90) says the resort choir began about eight years ago with a handful of eager homeowners keen to let their voices loose. Over time, the choir has grown to 22 homeowners, give or take, including Peg's husband, Des, who brings the tenor bass.

"It's a really dedicated group of people who are so generous with their time," she smiles. "Many of our current members started with us eight years ago. It's a wonderful group."

The choir's longevity comes down to Peg's lifelong passion for music. She started in music by learning to play the violin in primary school, while also singing in school and church choirs. Fast forward to her 20s and Peg found herself performing on stage as part of a local amateur theatre group. While she had to get serious about a career and so studied, then worked as a nurse, music remained the soundtrack of her life. Peg decided to move to Queensland and study music at the University of Queensland with a view to completing a music degree and using that qualification to gain employment in the industry. However, her expanding young family pulled her attention away from her studies and the degree remains incomplete - although her life since has still been filled with music notes.

"I've always loved music - and more so classical music, which was something that dates back to my school days and one music teacher in particular who encouraged us in that direction."

The Palm Lake Resort Truganina choir is "really good" according to Peg. So much so, that their performance diary currently includes bookings right through Easter and even Christmas 2024! They perform at our local hospitals, aged care facilities and community centres, as well as here at our resort. In fact, 35-odd kids and 40 adults witnessed their vocal skills at our Grandparents Day recently (as pictured on Page 4), with a sensational Christmas performance on the cards for us in the coming weeks.

For those interested in joining the choir, Peg says there's no experience necessary. Even those choir members who joined years ago without a voice as such, have developed a lovely singing voice through their weekly practise.

"Many underrated the quality of their voices when they joined, believing they just were average singers, when in fact they had good voice quality and vocal range, which has continued to improve over the years and gives the choir its beautiful melodic sound," Peg says. "Our sopranos add to this, as they had all sung in choirs before they moved to Palm Lake Resort."

And, of course, it wouldn't be a Palm Lake Resort special interest group if there wasn't a social aspect to their get togethers. Many weeks, practise starts late given all the happy chatter that happens beforehand, she says.

So why, after eight years, does Peg still have the same enormous passion for song and for the Palm Lake Resort Truganina choir?

"I just love hearing their voices and seeing the pleasure on their faces when they sing," she says. "And, also, when you see the people at the nursing homes singing along with us, and even getting up to dance, that's so sweet and it means a lot to me. It's very rewarding."

This summer, be water wise.

SUMMER HAS OFFICIALLY ARRIVED AND THE AUTHORITIES ARE PREDICTING ANOTHER LONG, HOT ONE AT THAT. WITH THE HEAT COMES GREATER PRESSURE ON OUR COMMUNITY'S WATER CATCHMENTS. DID YOU KNOW THAT ONE OF THE EASIEST WAYS TO SAVE MONEY AROUND THE HOME, WHILE ALSO PUTTING OUR ENVIRONMENT FIRST, IS TO TAKE A CLOSER LOOK AT YOUR WATER USAGE. HERE'S HOW...

In the kitchen

How much time do you spend waiting for the water, running from your kitchen tap, to cool down or warm up? Rather than letting it simply pour down the drain, pop a glass (or even a large bottle) under the tap to collect the water – then, let it cool down/warm up to use however you like. Maybe you can use the water to give your indoor plants a drink? Or fill up the dog's water bowl?

When cooking – specifically, boiling – only use enough water to just cover your food in the saucepan. And always try to defrost frozen food in the fridge overnight rather than under a hot running tap.

But, the biggest water waster, when it comes to kitchen activities, is the clean up. Your dishwasher is the highest consumer of water in your kitchen, so be sure to choose a water efficient model – check for a WELS (Water Efficiency Labelling and Standards) label, ideally with six stars. You probably know to only run your dishwasher when it's full, but did you know that you can also use the rinse function (if it has one) instead of rinsing your dishes in the sink pre-wash? If you don't use a dishwasher, just be sure to put the plug in the sink when washing up. If you have two sinks, it's a good idea to fill one with water for cleaning and the other with water for rinsing – and go easy on the dishwashing liquid so you don't need to rinse as much!

In the bathroom

Much like in the kitchen, it's important to only have the tap or shower running when you're actually using the water. Shaving, brushing teeth and even applying shampoo or conditioner can all be done without the water going – just turn it on to rinse off!

On that same note, while we all love a long, hot shower, this seemingly small luxury comes at a price (and not just financially). Did you know that your showerhead could be using anywhere from nine to 19 litres per minute? It's good practise to find out if your showerhead could be more efficient (and if so, take action) and also simply keep your showers to four minutes or less. Use your phone as a timer if you haven't got a bathroom-specific timer.

Speaking of upgrades, did you know that you may be able to modify the float arm in your toilet to lower the flush volume? There are plenty of tutorials online to walk you through the process, which will have your toilet using less water for each flush (just make sure your pan is suitable for lower flow rates).

Of course, the most important thing to do is to constantly check for leaks – not just dripping taps, but also in your toilet. To check for toilet leaks, add a few drops of dye to the cistern and wait an hour (don't flush). If dye appears in the toilet bowl, you may have a leak.

In the garden

A huge portion of your home's water wastage won't actually occur *in* your home. According to a study by Western Australian service 'Water Corporation', sprinklers or irrigation systems account for an estimated 28 per cent of your home's water use. Hand-watering plants takes up another three per cent.

The good news is that being savvy about your water usage inside your home can help you be smarter in the garden, too. Now that you know to collect tapwater while you're waiting for it to cool down or warm up, you can use that on your plants.

When you do need to water your garden using the hose, pay attention to when you do it. The best time to water a garden is in the early morning or the evening, in order to reduce the amount lost to evaporation. Also, be sure to water thoroughly (though less frequently) to maximise the benefit to your plants and use mulch to prevent moisture loss.

If you have the opportunity to plant something new, consider choosing plants that don't require as much water. Australian natives are always a good choice as they're used to the climate (not to mention bursting with colour). Succulents and cacti are other great on-trend options.

WATER
SAVERS ALSO
HELP BEAT
THE BILLS

Help your pup beat the heat.

IT'S HARD ENOUGH BEING A HUMAN DURING THE HEAT OF SUMMER – IMAGINE HOW IT FEELS BEING COVERED IN FUR?! TO HELP FIDO STAY COOL AND COMFORTABLE THIS SUMMER, REMEMBER THESE TIPS.

Bring them with you

It goes without saying, but it's always worth mentioning: never leave your pets in a parked car. Not even for a minute. The temperature can rise rapidly in a vehicle, even when the windows are opened slightly, and the extreme heat can quickly result in organ damage or death. It's just not worth the risk! Bring them inside with you, or leave them at home.

Limit exercise when it's hot

Would you want to go for a long run in the middle of a summer day? Chances are, neither does your pet. Try to schedule their walks or dog park visits during cooler parts of the day – it will be much more pleasant for both of you. If you must walk them during peak temperatures, keep it brief.

Plenty of water and shade

Make sure your pet has easy access to water and shade when they're outside. This might mean investing in a refillable water fountain, or erecting a shade structure if you don't have much natural shade. Air flow is also important, and doghouses aren't ideal in summer (they can actually make the heat worse).

Offer them refreshments

Yes, you read that right! When it's really hot, your pet will love chowing down on ice cubes or even 'pupsicles' (dog-friendly ice blocks which you can make at home). You may also want to purchase a cooling body wrap or vest for your pup, or give them a nice cold bath.

Know the signs of heatstroke

If your dog is suffering from heatstroke, they'll exhibit some scary symptoms. Keep an eye out for heavy panting, glazed eyes, rapid heartbeat, fever, dizziness, vomiting or lack of coordination. If you suspect heatstroke, apply ice packs or cold towels to their head, neck and chest, or run cool water over them and take them to the nearest vet.





Pictured above and above left: November 7 was the day we stopped to enjoy the Melbourne Cup. A number of us got together in the Country Club and we hosted a few sweeps, enjoyed lunch, ran Fashions on the Field and played a few games (including our own horse race!) before watching the actual race in the Cinema. Best hat was won by Cathy (Home 189) and Yvonne (Home 34) had the best outfit on the day.



Pictured above: On October 7, we hosted the QuizzaMe trivia night. We had 75 of us in teams of 6-8 trying to answer the various trivia questions as quickly as possible to win more points. Phil and Pauline's (Home 156) team won the night, with Ray (Home 213), Robyn (Home 163), Rod (Home 170) and Pam (Home 214) as well as Phil and Pauline's daughter, Dallas, on their team. Clever cookies!

Pictured left: On November 1, Amaras Fashion show came to Palm Lake Resort Truganina. We had Sylvia (Home 106), Carmel (Home 110) and Linda (Home 77) volunteer as models. It was another successful event.

Around the grounds.

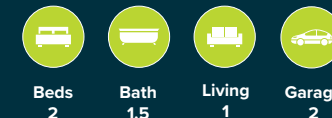
CHECK OUT JUST SOME OF THE FUN OUR SOCIAL CLUB HAS ORGAINSED FOR US IN RECENT WEEKS. LIFE IS GRAND, WHEN YOU CALL PALM LAKE RESORT TRUGANINA HOME!

As well as the activities pictured here, the Social Club also hosted a lovely Sunday afternoon tea in September. Homeowners who attended were grateful for the opportunity to get out and enjoy a delicious afternoon tea and socialise with others. Then in October, Jill's Comfort Shoe stall was also a great success with a good range of summer shoes conveniently on sale right here in the resort.



Homes for sale.

Home 30: \$480,000



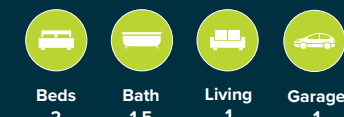
Upon entering it features a high raked ceiling in the fully tiled living area and separate dining/kitchen area, two spacious bedrooms with built-in robes, a practical kitchen with ample storage captures the afternoon sun, modern bathroom includes extra-large shower recess, reverse cycle air-conditioning in the lounge for year-round comfort and ceiling fans throughout. Features include a low maintenance rear yard, ramped front door access, handrail in shower and external pull-down blinds.

Home 74: \$480,000



This home is centrally situated close the front gate and Country Club. It consists of two bedrooms (master leading into a two-way ensuite), in addition to a multipurpose room (third bedroom/study/hobby room). Upon entry, a high-raked ceiling is the highlight of the lounge, dining and kitchen area. Off the dining area is a side access sliding door which leads to the neat rear yard which includes a veggie patch and pergola. Features of this home include a split system air conditioner, water tank and solar panels.

Home 85: \$489,000



This well-maintained home, facing east, is designed to capture the morning sun. Enjoy a spacious lounge room with high raked ceiling and separate dining. The large kitchen offers ample storage, including generous corner pantry. To the rear, you will find the master and a second bedroom (both lead to the laundry and bathroom). There is a second toilet for convenience. The low-maintenance backyard features a pergola and instant turf. The long single garage features insulated flooring with a vinyl plank covering and is being utilised as a craft room.

Homes for sale.

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

Home 48: \$479,000

Beds

2

Bath

1.5

Living

1

Garage

2



Welcome home

Lovely home just over six years old. Upon entry, step into the spacious lounge room, featuring a high raked ceiling. Adjacent is the separate dining room and spacious kitchen which includes soft-close drawers, SMEG oven and dishwasher and Chef electric hotplate. At the rear of the home are the master and second bedroom featuring mirrored robes and external electric roller shutters. These rooms lead onto the bathroom with extra large shower, laundry and second toilet. All rooms include ceiling fans. Double garage.





Home 92: \$480,000

Beds

2

Bath

1.5

Living

1

Study

1

Garage

1



Turn-key ready home

The relaxed open plan living area features a high raked ceiling. The spacious kitchen and an outdoor living space create the perfect setting to entertain family. With two bedrooms, the master features a two-way bathroom. Adjacent to the living area is a generous multipurpose room that can also be used as a third bedroom or study. Ceiling fans are installed in all rooms, while the living room is equipped with split system air con and a gas heater. With ample storage space, the long single garage provides added convenience. Additional features include an emergency duress system, garden shed, solar panels and water tank.





Home 61: \$590,000

Beds

2

Bath

2

Living

1

Study

1

Garage

1



Fully refurbished

Presented in immaculate condition, this home will not disappoint. New oven, cooktop, dishwasher, air con. Fully repainted in and out. New sheer curtains and blinds to all windows and new flooring to all rooms - carpet and vinyl plank. This beautifully appointed home enjoys a corner block and central location within the resort, directly opposite the Country Club with creek views. Open plan living, dining and kitchen. Generously sized study/multi-purpose room can be used as a third bedroom. Master with ensuite and the second bedroom is complete with a guest bathroom. The long single garage has plenty of storage. Driveway can accommodate a second vehicle.





Home 185: \$495,000

Beds

2

Bath

1.5

Living

1

Study

1

Garage

1.5



Light and bright

Bright and airy, this home gets plenty of natural light, making it a joy to relax both indoors and out. An undercover outdoor alfresco provides the perfect atmosphere to entertain family and friends and serves as an extension of the living space. This stunning home features an open plan living area, kitchen (complete with huge pantry and soft close drawers), two bedrooms, a multipurpose room that could be utilised as a study/craft room or third bedroom, one bathroom, a 1.5 size garage.





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.



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