

JUNE- JULY 2024



Thrive



Meet your neighbours

A colourful and interesting bunch of homeowners call Truganina home - meet some inside...

Refer a friend, earn a reward

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

Over the back fence

Keep up to date with all the good things your fellow Palm Lake Resort family is up to



Welcome.

Hello all - Welcome to another edition of our 'Thrive' newsletter. Welcome also to all the new homeowners who have moved in recently. We hope you are loving living at the resort and are embracing the many activities we have on offer right here on your doorstep. Beyond the physical bricks and mortar, buying a home at Palm Lake Resort Truganina brings with it a whole extra layer of community lifestyle resort benefits where you'll find plenty to do (from sporting pursuits to social gatherings) and many likeminded neighbours to enjoy those hobbies with.

Thank you also to our homeowners for all the positive comments we have been receiving about the resort gardens lately. Our gardens are looking great! Thanks to Peter and Duy who are always working hard.

We encourage all homeowners to come along to our roast dinner nights every Tuesday and Wednesday from 6pm (and don't forget there's a delicious dessert too!). We have recently introduced a lucky door prize once a week that we alternate between the nights so come along, you could be a winner!

Our homeowners have been busy doing amazing charitable work in recent months. A Good Friday Appeal was organised and run by Dave and Sue (Home 73). This year they raised \$4040 plus \$556 in raffles. The pair have raised more than \$22,000 over the years. What an incredible effort! Thank you to both Dave and Sue for doing such a great job. You can also check out the wrap-up of our Biggest Morning Tea charity fundraiser on Page 6 of this newsletter. A total of \$2320 was raised that day for the Cancer Council, bringing our resort's grand total for that annual fundraiser to just under \$15,000! Our community members really do have BIG hearts!

In closing, please remember that our office hours are 8am-4pm, Monday to Friday. Please also be reminded that the after-hours caretaker phone number is for emergencies only. As always, our aim is to ensure that we are always doing everything we can to make life here at Palm Lake Resort Truganina enjoyable for all of you. Thank you all for your support.

Susan and Theo,
Palm Lake Resort Truganina Caretakers



Contact us.

Looking for more information about Palm Lake Resort Truganina? Here's how you can reach us:

FREECALL: 1800 686 096

STREET ADDRESS:
9 Taronga Road,
Truganina, VIC 3029

OFFICE HOURS:
9am to 4pm,
Monday to Friday

EMAIL OUR CARETAKERS:
truganina@pallmlake.com.au

EMAIL OUR SALES OFFICE:
salestruganina@pallmlake.com.au

ONLINE: Visit our website
pallmlakeresort.com.au

GET SOCIAL:
Follow us on Facebook
(@pallmlakeresort) and on
Instagram (@pallm.lake.resort)



News in brief.

Lunch is served!

Here's a list of Monday and Thursday bistro lunches planned for upcoming weeks. Make sure you book ahead!

Fish and chips; bangers and mash with onion gravy; buffalo chicken drumsticks with coleslaw; beef burgers with chips; cottage pie; lamb souvlaki with pita bread and tzatziki; chicken parma with chips and salad; spaghetti bolognese.

If that hasn't tempted you, our planned desserts include: sticky date pudding with ice cream; crème brulee; apple pie with custard; tiramisu. Yum!!

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.

Green waste dates for your diary

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:

- July 4
- August 1

What's on, near and far

Winter Street Party: June 28, 4-9pm. An evening of wintry fun in Werribee City Centre with fire shows, street performers, interactive art installations, marshmallow toasting, live entertainment, kids' activities and more. Free entry.

Fire Fly Night Market: July 6, 3-9pm. Soak up the buzz as you explore market stalls, live music, cultural performances, interactive art and more. Find the market on the corner of Wickford and Tarneit roads, Tarneit.



Get social, with us

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: @pallm_lake_resort

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.

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
5pm Line dancing with instructor
7.30pm Bingo (Clubhouse)

TUESDAY

9.30am Zumba, with instructor
9.30am Jamming Music Group (Rec Room)
12.30pm Social bowls (winter)
5pm Pizza night (Bowls Club)
6pm Homeowners' dinner
6pm Happy Hour (Bowls Club)
7pm Social cards
7.15pm Social movie night (Clubhouse Cinema)
7.30pm Social billiards (Charlton Room)

WEDNESDAY

9am Aqua aerobics class, with instructor
10am Social Bocce
10.15am Yogalates, with instructor
2pm Social craft (BYO craft)
6pm Homeowners' dinner
7.15pm Social movie night (Clubhouse Cinema)

THURSDAY

9.30am Bus to Werribee Plaza
9.30am Tai chi, with instructor
12 noon Homeowners' bistro lunch
4pm Social table tennis (Rec Room)
4.30pm Happy Hour (Bowls Club)
6.30pm Social twilight bowls (summer)
7pm Social craft (BYO craft)

FRIDAY

9am Aqua aerobics class, with instructor
10.15am Yogalates, with instructor
2pm Social board games
5pm Happy Hour at the Bowls Club

SATURDAY

12.30pm Social bowls (winter)

SUNDAY

2pm Social cards



We will remember.

By Kathryn (Home 72)

On April 25, at dawn's first light, Palm Lake Resort Truganina's homeowners gathered with family and friends to solemnly mark Anzac Day 2024. Our community choir sang loud and clear, voices ringing out proudly through the crisp morning air, amplified by our newly installed sound system.

The heartfelt lyrics echoed across the lakeside as we came together to honour the courageous Australian and New Zealand soldiers who served and sacrificed their lives during the Gallipoli campaign of WWI, as well as those who fought bravely in WWII and all subsequent wars and peacekeeping missions up to the present day.

The smell of the Gunfire Breakfast - eggs, bacon and sausages - wafted from the kitchen where our dedicated team of volunteers, led by our new Caretakers Theo and Susan, were busy serving more than 150 hearty meals to commemorate the day. The feast fueled us as we reflected on the incredible bravery of our Anzacs, who left the comforts of home and family to fight for freedom overseas. We contemplated the great cost of war and the grief it brought to both nations while appreciating deeply that their sacrifice secured the liberties we enjoy today.

"Lest we forget" rang out across our gathering, a solemn pledge to never forget the ultimate price paid for our way of life. Thanks to the tireless efforts of organisers, volunteers, residents and various committees, the moving ceremony was once again a resounding success and a proud moment for all, but especially for the returned soldiers residing amongst us at Palm Lake Resort. As the sun rose higher in the sky, we carried the memory of their service and sacrifice in our hearts.

Nurses don't go unnoticed.

By Peg (Home 90)

The courageous service of Australian nurses in World War I and II should be honoured alongside the Anzac soldiers they supported. One such Nurse was Sister Vivian Bullwinkle. Vivian volunteered at the outbreak of WWII. She was assigned to the 2/13th Australian General Hospital in Malaya. Still, when Singapore fell to the Japanese, she was evacuated with 66 other nurses and patients on one of the last ships leaving. Her ship was bombed two days she and 21 of her fellow nurses managed to wade ashore. They were met by Japanese troops who ordered them back into the water, where they were all shot. Vivian sustained a bullet wound but feigned death and survived. She was captured 12 days later and was interned with other nurses in a prisoner of war camp. They endured three years of hardship and brutality until their release when the war ended.

Vivian was the embodiment of courage and selflessness that characterised Australian nurses who served during times of war. As a nursing student at Repatriation General Hospital Heidelberg in the 1970s, it was an honour to make the acquaintance of this remarkable woman who had dedicated her life to caring for others. Though decades had passed since her days as an army nurse, Vivian remained a source of inspiration for all of us young nurses-in-training - beloved by the staff and patients alike.

Vivian captivated us all with her stories of those difficult days. She spoke with reverence of the brave young Aussie diggers she treated. Her voice would fill with emotion as she recalled the toll the war took, both physically and mentally, on the soldiers. Yet she persevered in her mission to heal and care for them. To the nurses of my generation, Vivian represented the best of our calling. We all felt humbled in the presence of this woman who had given so much, asked so little and inspired so many.

An Anzac Day poem.

*I've had me share of rubber trees, and screamin' sergeant majors.
Livin' like a mongrel dog, in stuffed up canvas cages.
I've had me share of screamin' jets, and exploding bloody rockets.
With leeches in me underdacks, and bull ants in me pockets.
I've had me share of mud and slush, and raining like a bastard.
And when it rains it rains here mate, a fortnight once it lasted.
I've had me share of crawly things, and humans is among them.
Biting round your tender bits, and the boss's bum they're sniffen.
I've had me share of sweaty gear, and rashes on me belly.
And watchin' Yankee football, on a tiny canteen telly.
I've had this bloody Vietnam, and a war that ain't fair dinkum.
I've had the swamps and chookhouse towns, where everything is stinkin'.
I've had me share of counting days, and boots with 10-foot laces.
I've had it mate, I've had it up with all them foreign places...*



Geelong gardens didn't disappoint.

The Palm Lake Resort Truganina Camera Club members were in for a real treat in May as they ventured out to the picturesque Geelong Botanic Gardens and foreshore. The weather could not have been more perfect, with the sun shining brightly and temperatures just right to explore the lush grounds. The club's first stop was the stunning hothouse, where we stepped inside to warm our bones and marvel at the incredible array of exotic plants thriving in the controlled tropical environment. Wandering through the humid, verdant space, the photographers were surrounded by towering palms, vibrant flowering plants, and cascading vines, providing ample inspiration and subject matter to hone their skills.

After working up an appetite, the group paused for a welcoming lunch of toasted sandwiches and warm beverages, chatting animatedly about the morning's discoveries and the photographic challenges that lay ahead. Suitably refuelled, we then delved deeper into the expansive gardens, eventually stumbling upon the oldest and most impressive tree on the grounds - a towering 25-metre tall giant redwood, or Sequoiadendron giganteum, affectionately known as "The Big Tree". This majestic specimen was planted back in 1873 by the former governor of Victoria, Sir George Bowen, and the gardens' first curator, Daniel Bunce, adding a sense of history and grandeur to the already stunning landscape.

The club's monthly photographic challenge was to capture a close-up shot of a bee in its natural habitat, and the members eagerly dispersed in all directions, scouring the gardens for the perfect subject. With cameras at the ready, they stalked their buzzing quarry, careful not to disturb the industrious pollinators as they moved from bloom to bloom. Having successfully completed their task, the group then ventured out to the nearby Geelong foreshore, where the sun danced across the glistening bay. Some opted for a ride on the iconic Ferris wheel, capturing a birds-eye view of the picturesque scene, while others chose a more leisurely stroll along the shore, framing sailboats and mesmerizing reflections. As the day drew to a close, the weary but elated photographers headed home to the resort, eager to download and share their stunning images.

Next meeting: Wednesday, June 26, at 2pm.
Meet in the Country Club library. Bring your camera or phone.
Topic: How to use your camera/phone to capture portraits.

Biggest morning tea, big success.



A special thanks must go to Bev (Home 111) for organising our Australia's Biggest Morning Tea event. Thank you also to all the homeowners who provided prizes for the lucky draws, refreshments, bought raffle tickets or gave donations. The generosity of prizes donated by everyone in our community for raffles was overwhelming. In fact, everyone here at Palm Lake Resort

Truganina should be very proud of themselves for supporting such a great cause. A total of \$2320 was raised. This amount included a donation of \$200 from the resort's cash-a-can recycling program. To date, the homeowners of our resort have contributed a total of \$14,720 to this worthy annual fundraising cause. Everyone had a great day!

Lavandula lures our happy snappers.

By Kathryn (Home 72)

It was a perfect autumn day for the Palm Lake Resort Truganina Camera Club's outing to Lavandula - an historic Swiss Italian homestead dating back to the 1850s. The history room in the barn complemented the tour, displaying documents and photographs for those interested in the farm's history and transformation. We captured photos of Mirella, the Highland cow, and two cheeky emus. Geese, guinea fowls and bantams roamed the grounds, making fantastic models for our pictures as well! We also found Bella, the cat, lounging in the sun. We enjoyed a stunning lunch at La Trattoria restaurant - the lavender scones with lots of jam and cream were a hit, as was the minestrone soup and toasted sandwiches. Our day ended at the beautiful Daylesford Lake.

As we headed home, we all commented what a wonderful outing it was and that we looked forward to our next one. Thank you to all who attended. I am so pleased you all had a great time.



Homes for sale.

Home 131 - \$560,000

- Beds 2
- Bath 1.5
- Living 1
- Study 1
- Garage 2



The space to live

The spacious kitchen creates a welcoming atmosphere, connected to the living areas. The master has a convenient two-way bathroom. There is a second bedroom and a versatile study/multipurpose room that can easily be utilised as a third bedroom. Ceiling fans in all rooms, two split system air conditioners. The outdoor living space is the perfect setting for entertaining, with a covered tiled alfresco area. Additional features: fully enclosed sunroom behind the garage, automatic sprinkler system, a 2.25 x 3m garden shed. The property also boasts one of the largest driveways in the resort, with ample space for 3-4 cars. Double side gate access allows for storage of a small trailer in the rear yard.

Home 85 - \$460,000

- Beds 2
- Bath 1.5
- Living 1
- Garage 1



A green thumb's delight

This well-maintained home, facing east, is designed to capture the beautiful morning sunshine. You are greeted by a spacious lounge room with a high raked ceiling. Adjacent is a separate dining area and a large kitchen that offers ample storage space, including a generous corner pantry. Moving towards the rear of the home, you will find the master bedroom and a second bedroom, both of which lead to the laundry and bathroom. There is a secondary toilet for added convenience. The low-maintenance backyard features a pergola, as well as instant turf and several planter boxes that could potentially be included in the sale.

Homes for sale.

FOR MORE INFO OR TO ORGANISE YOUR PRIVATE TOUR, FREECALL 1800 686 096,
EMAIL SALESTRUGANINA@PALMLAKE.COM.AU OR VISIT PALMLAKERESORT.COM.AU

Home 48 - \$454,000


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 - \$410,000


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 162 - \$600,000


Beds
2


Bath
2


Living
1


Study
1


Garage
2

All the extras

This meticulously maintained home boasts numerous upgrades including oversized windows that flood the space with natural light. The master suite offers a walk-in robe, ensuite and an additional double robe. Spacious kitchen with stone countertops. Large enclosed alfresco space with ceiling fan. Plantation shutters and external electric roller blinds.



Home 185 - \$495,000


Beds
2


Bath
1.5


Living
1


Activity
1


Garage
1.5

UNDER
CONTRACT

Bright and airy

This home gets plenty of natural light. An undercover outdoor alfresco provides the perfect place to entertain visitors and serves as an extension of the living space. This stunning home features a kitchen complete with huge pantry and soft close drawers, two bedrooms, multipurpose room/study/ craft room/third bedroom and a 1.5 size garage.



Home 30 - \$450,000


Beds
2


Bath
1.5


Living
1


Garage
2

Miranda, with the lot

Embrace resort community living in this beautiful home with furniture and white goods included in sale (optional) – all you need to do is move in! This lovely two-bedroom home is situated within close proximity of all resort facilities. High raked ceiling, fully tiled living area, separate dining/kitchen, two spacious bedrooms with built-in robes, modern bathroom, reverse cycle air-con.



Over the back fence.

THE PALM LAKE GROUP SPANS 30 RESORT COMMUNITIES 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 NEW 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 PALM LAKE RESORTS, 'PEOPLE' REALLY IS OUR SUPERPOWER!

Resort workshop put to amazing charitable use.

IT HAS BEEN A BUSY 12 MONTHS FOR A DEDICATED GROUP OF PALM LAKE RESORT BALLINA RESIDENTS WHO HAVE BEEN HELPING THE ROTARY CLUB OF BALLINA-ON-RICHMOND WITH THEIR TEMPORARY HOUSING PROJECT FOR PEOPLE DISPLACED BY THE BIG 2022 FLOOD.

The waters may have subsided long ago, but many people still remain in very poor living conditions after the severe flooding of 2022. Thankfully though, a project from the local Rotary Club is providing warm, safe, secure and compact homes for people to live in while they are either waiting to have their original homes restored or until they find alternative accommodation.

Palm Lake Resort Ballina resident Col Lee is the coordinator of the Rotary Club of Ballina-on-Richmond's Flood Recovery group. He engaged members of the Ballina Satellite Club, based at Palm Lake Resort Ballina, to assemble kitchenettes in the resort workshop and help with the fit outs of the temporary homes across the Northern Rivers region. All up, 38 homes have been erected, housing more than 100 people across seven affected local government areas.

The satellite assembly team – led by resident Michael Sherlock, a former cabinetmaker – put together the kitchen packs, adding plumbing, sink and hardware to the cupboards. The well-equipped Palm Lake Resort workshop made the job much more efficient and less confined than it would be in a normal garage. Once completed, the kitchenettes are then installed into the temporary homes to



RESORT WORKSHOP HOME TO TOP FLOOD RELIEF EFFORT!

make them ready for occupancy. Under State Government legislation, each temporary home can be occupied for up to five years and must have running water, some form of electricity and a working toilet. A development application is not required, being a temporary dwelling.

Palm Lake Resort Ballina's Resort Manager, Rick Stewart, says it is wonderful to see our residents engaging in such a worthwhile community project.

"The fellowship and sense of commitment among the members has given everyone so much pleasure in our workshop," says Rick.

"Projects such as this give a genuine purpose to all involved in our Resort where we strive to have a close connection to major community projects."

The last of the six homes were erected in the Nimbin area, which many feel has been forgotten by government authorities. This area was very badly affected by landslides – landholders' properties and homes were swept into sunken valleys and roads were covered with up to 15 metres of rock, soil and trees. Their homes and contents have been totally destroyed, never to be seen again. This Palm Lake Resort-based project has been a life changer for those who have suffered severely from the total devastation of their properties and livelihood – finally, thanks to this dedicated, community-focused group, they can begin to move forward. Through their work and expertise, these volunteers have lifted the morale and self-esteem of many people who had all but given up hope. Well done, all!



Leona is driven.

GOSH, WE HAVE A VIBRANT COMMUNITY OF RESIDENTS ACROSS BOTH OUR PALM LAKE RESORT AND PALM LAKE CARE COMMUNITIES - AND OUR TEAM MEMBERS ARE PRETTY VIBRANT THEMSELVES!

Case in point: Leona from Palm Lake Care Mt Warren Park. When she's not heading up the Lifestyle Team, she's generously giving her time to others, including charity. Leona has just returned from the "Shitbox Rally" - an aptly named annual Cancer Council fundraiser that requires participants to drive a car valued at less than \$1500 across various states of Australia. The rally saw her and husband Scott drive a 1989 VN Commodore from Brisbane to the starting line in Adelaide, through the centre of Australia, and over to Perth. Although the rally finished in Perth, the pair managed to complete a return trip and got their 'shitbox' back home to Brisbane - some 12,000km in total! This was Leona's fifth time in the Shitbox Rally, which has raised \$45 million for the Cancer Council in its 14-year history (Leona and her fellow Autumn 2024 rally participants raised \$3 million alone this trip!). Incredible! Leona's residents at Palm Lake Care Mt Warren Park followed her progress throughout the trip online, via a tracker she had in her car. There was loads of excitement across the community as she and Scott made it to each checkpoint. Bravo Leona - what fun, and what a great cause!

Inter-resort good sports.

Palm Lake Resort Eagleby hosted a team from Palm Lake Resort Waterford who put up a good fight, with some great lawn bowls played. However, Eagleby proved to be too strong and ran out winners 91 to 55.

Our Palm Lake Resort Cooroy-Noosa bowlers also took on visitors from Palm Lake Resort Beachmere Sands in a recent inter-resort bowls comp. After the morning session, Cooroy-Noosa were only up one point and one game. After a bit of banter and encouragement over lunch, the Cooroy teams lifted and won six out of eight games and scored 99 to 58 points to comfortably win the day. Final results were: Games won 10.5 to 5.5 and Points won: 196 to 154

Finally, Palm Lake Resort Bethania lawn bowlers took on their counterparts at Waterford recently. Although the final score was 102 to 63, it was no indication of the game. Both teams won three rinks each however one Waterford team won 34 to 5 with a very rare score of 9 on one end. This doesn't happen often - it's a bit like a hole in one in golf. It was a great game that all enjoyed whether playing or spectating.

They're sew good.

The talented crafters at Palm Lake Resort Deception Bay held their 10th annual Quilt Show in recent weeks. A few of the handmade quilts went home with lucky raffle winners – the rest are to be donated to local charities. Special mention to quilter Coral Welham, who turned fabric that wasn't suitable for quilting into pouches for rescued wildlife. Our Deception Bay homeowners really are sew good.



Cindy trains pups to empower.

Palm Lake Resort Beachmere Bay homeowner Cindy is spending her free time in a brilliant way - training pups to become Assistance and Therapy Dogs. Cindy has opened up her Beachmere Bay home to support this fantastic cause and has an ever-changing variety of the most gorgeous pooches staying with her, via the "Empower Assistance Dogs" organisation. Well done, Cindy!

What's happening over your back fence?

Has your resort got a warm and fuzzy "Over the back fence" story to share with the greater Palm Lake Resort community? We'd love to hear from you! **Simply email the details to belinda@bellepr.com**

We're all good sports.



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