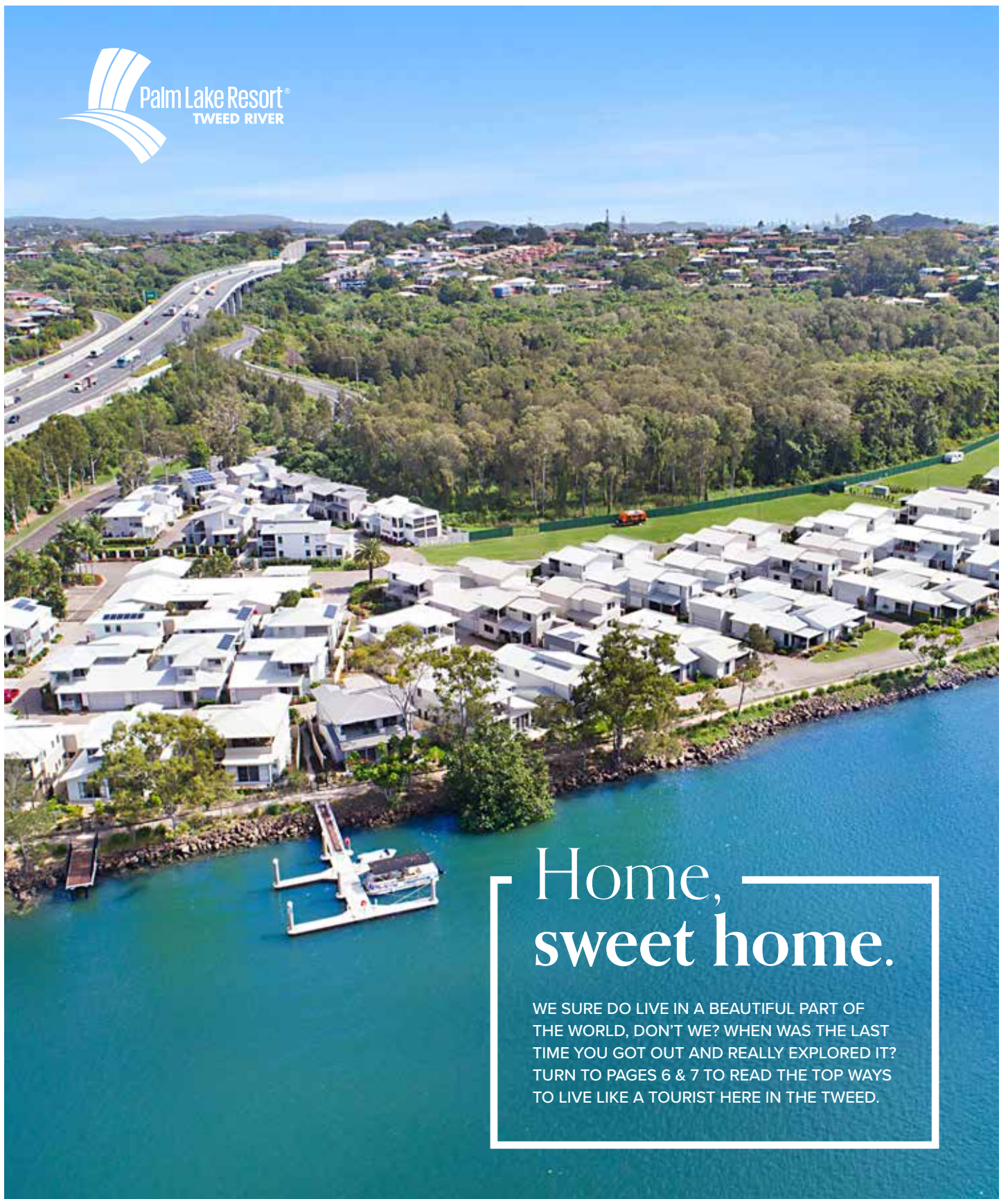


The Chat.

AUGUST - SEPTEMBER 2022



Home,
sweet home.

WE SURE DO LIVE IN A BEAUTIFUL PART OF THE WORLD, DON'T WE? WHEN WAS THE LAST TIME YOU GOT OUT AND REALLY EXPLORED IT? TURN TO PAGES 6 & 7 TO READ THE TOP WAYS TO LIVE LIKE A TOURIST HERE IN THE TWEED.



Welcome.

Here we are in August already. The year is going by so fast!

It's great to see everyone using the bus to get out and about. With the weather warming, it will be soon time to start getting out on the pontoon boat to enjoy lovely sunny days on the water. If you're looking for even more fun, don't forget to jump on the jet skis!

The Resident Committee has been busy organising some wonderful events – there is a lot to look forward to. We thank you all for the effort and hard work that goes into this. It does not go unnoticed.

Welcome back to lovely Brenda, who has returned from her long break. We are pleased to have her back on board and appreciate seeing her smiling face in the Clubhouse again each week.

While Brenda was away, our awesome volunteers kept an eye on the clubhouse to ensure it was kept clean and tidy. On that note, we would like to take this opportunity to thank all the residents who pitch in and help us around the resort. We appreciate all you do to make our resort a fantastic place to live.

Until next time,

Pauline Pedulla and Bernie Paterson
Palm Lake Resort Tweed River Caretakers

CONTACT US

Looking for more info about Palm Lake Resort Tweed River? Here are five ways you can reach us:

Online: palmakeresort.com.au

Social media: Follow Palm Lake Resort on Facebook and Instagram.

Street address: 2 Barneys Point Road, Banora Point NSW 2486

Phone: 1800 881 041

GET SOCIAL

Follow Palm Lake Resort on Facebook (@palmakeresort) and on Instagram (@palm_lake_resort) to see what's happening right across our 28 Palm Lake Group locations.

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.



News briefs.

THE INSIDE JOKE

"Poor Old fool," thought the well-dressed gentleman as he watched an old man fish in a puddle outside a pub. So, he invited the old man inside for a drink. As they sipped their whiskeys, the gentleman thought he'd humour the old man and asked, "So how many have you caught today?"

The old man replied, "You're the eighth."

Joke submitted by Glenda and Vince



THE HOLY EMAIL

One day God was looking down at earth and saw all the rascally retirees' behaviour...

So, He called His angels and sent one to earth for a time.

When the angel returned, he told God, 'Yes, it is bad on earth; 95 percent of retirees are misbehaving and only 5 percent are not.'

God thought for a moment and said, 'Maybe I had better send down a second angel to get another opinion.'

So, God called another angel and sent her to earth for a time.

When the angel returned, she went to God and said, 'Yes, it's true. The earth is in decline; 95 percent of retirees are misbehaving, but 5 percent are being good...'

God was not pleased.

So, He decided to e-mail the 5 percent who were good, because he wanted to encourage them, and give them a little something to help them keep going.

Do you know what the e-mail said?

Okay, we were just wondering, because we didn't get one either.

CHRISTMAS CRAFT

Save the date! Our annual Christmas Craft Day opens in the Clubhouse on Saturday November 19, from 9am until 1pm. Come along and browse a range of handmade Christmas gifts at good prices. There will be handmade items by the craft ladies, as well as woodwork from our craft club. Bring along your friends and family and enjoy a lovely morning tea – there will be cakes, slices and scones to enjoy with your tea and coffee. For any inquiries, please contact Jenny (Home 19).



READ ALL ABOUT IT

If you haven't already received a copy of the Winter 2022 edition of our company magazine, Your Time, you should check it out online. In the Winter edition, we have a special feature on the "Pets of Palm Lake" – a collection of stories on our amazing residents and their amazing pets. You'll also catch up on all the news from around our many locations, find tasty winter recipes and discover a few fun ways to spice up your life. To read the edition online, visit www.palmakeresort.com.au and click on the 'News & Events' tab in the menu.



FINS FOR FINN

We start them young here at Palm Lake Resort Tweed River. Finn, pictured here, is the two-year-old grandson of residents Neil and Mary Lindbeck – he caught these two fish off the pontoon just a few weeks ago. He sure put his Poppy to shame!

Don't stop the music.

Our recent Toucan Twango was a huge success! Residents loved dancing to the tunes of the talented live performers, and it was great to see so many of you come together in the Clubhouse - and on such a beautiful afternoon, too. We sure do know how to have fun here at Palm Lake Resort Tweed River, don't we? We're all looking forward to the next event - stay tuned!



Happy birthday, Kevin!

One of our beloved residents Kevin recently celebrated his 85th birthday here at the resort. Among the many family members and friends who attended were Norma and Yvonne – thanks to Norma for sending through these snaps from the celebrations.



Fundraising fun.

The much-anticipated Tweed River Wedgetail Annual Fundraiser is coming up again on September 3 - and it's not to be missed!

The event will start at 11.30am and will include a two-course buffet lunch with drinks. The dress theme is 'tropical', but the fun won't stop there. After lunch, you will be treated to a fashion parade (for both ladies and men) as well as a raffle. Glenda has gathered some amazing raffle prizes so there will be a great choice to select from.

Tickets will be on sale from August 4, and will be available at dinner on that date. Seating will be pre organised, so if you want to be seated with your friends it is a good idea to get your group together and book a table of four, eight or 10.

Please contact Gary (Home 21) or Jenny (Home 19) for queries and tickets. For more information on the Wedgetail Tweed Palliative Support and Retreat head to www.tweedpalliative-supportandwedgetailretreat.com.

In the meantime, enjoy a look back at a previous Wedgetail fundraising event! These photos are from 2018, and it was quite a successful high tea indeed.





Day tripping the Tweed.

WHETHER YOU'RE NEW TO THE AREA OR A LONG-TIME LOCAL, THERE ARE SO MANY REASONS TO VENTURE OUT OF PALM LAKE RESORT TWEED RIVER AND EXPLORE THE REGION. HERE IS A ROUND-UP OF A FEW MUST-SEE ATTRACTIONS – PERFECT FOR A DAY TRIP.

Giant's Causeway, Fingal Head (Booning-bah)

It's not quite the Giants Causeway of Northern Ireland, but we'll take the Fingal Head location any day. This natural wonder makes for the perfect photo opportunity, but don't forget to keep an eye out for pods of dolphins and passing whales on your trek through the headland. If you feel so inclined, take the 15-minute boat ride across to Cook Island to swim with native turtles, or stay on the mainland and check out Dreamtime Beach.

Tour Tumbulgum

Time slows down in Tumbulgum – so much so that you'll feel like you've taken a step back in it. A quintessential riverside town on the Tweed, Tumbulgum (pronounced Tum-Bowl-Gum) is quaint and tranquil but still offers plenty to do. The now-famous Husk Distillery serves up white rum, spiced dark rum and the much-loved Ink Gin.

You can also see the town – and more – from the Tweed River itself, aboard a Mt Warning tour boat. Watch the rainforest as you taste fresh local seafood in a degustation lunch on board.

See the sun (flowers)

Farm & Co at Cudgen specialises in organic, paddock-to-plate goodness with a side serving of sunshine, courtesy of the field of sunflowers they have on-site. Pose with the flowers for a fun photo (you'll have to pay a \$5 entry fee, but it's certainly worth it) or pick your own to take home – just be sure to say hi to Hank the vegan pig before hitting the café for some mouth-watering food grown right there on the farm.

Cabarita Headland

If you're looking for the best 360 views of the Tweed, you need to walk Norries Headland. Offering panoramic views from the pristine coastline to the valley and mountains beyond as reward for your hiking efforts, this is one activity that you could happily spend hours savouring – especially when you can spot breaching whales and famed surfers turning it on for imaginary crowds. After your walk, head into Cabarita and check out its array of high street shops (and try out the freshly made gelato bar too, of course).



Swim Hastings Point

The Marvel blockbuster 'Aquaman' really put Hastings Point in the spotlight. You can see the giant lighthouse (which is more 'light' than 'house', but still) leftover from the movie, but locals and regular visitors knew about the real magic this place offers long before Hollywood did. With retro charm and beautiful natural surrounds, Hastings Point is the place where you can float down the river, then jump out and grab an Aussie hamburger (complete with pineapple and beetroot) and a Paddle Pop from the general store.

Snack and sip on...

You'll need sustenance to help you on your adventure - here are the best food stops:

- Homemade scones and local Madura tea at House of Gabriel
- Tasty treats at Cubby Bakehouse on your way home
- Breakfast and lunch at the Italian eatery Bacaro (homemade pasta, traditional sweets and really good espresso coffee – yum!)
- Delicacies at the acclaimed Paper Daisy restaurant at Halcyon House
- Seriously good wine and even better dinners at Pottsville's Pipit

Weekly activities list.

MONDAY – FRIDAY

7.25am - 8.25am Water exercises

MONDAY

7am – 1pm Personal gym instructor

9am – 11am Carpet bowls

2pm – 3.30pm Line dancing in the Clubhouse (first half-hour dedicated to beginners)

4pm Beginners' Ballroom Dancing

TUESDAY

9am Craft

1.30pm Bingo

4.45pm Aqua aerobics (register your name in the activity folder)

WEDNESDAY

7am Golf

1pm Cards – 500

1.30pm Rummikub

7pm Movie in cinema (see door for information)

THURSDAY

9am – 10am Yoga (register your name in activity folder)

9am – 11am Shopping trip to Tweed City

10.15am Fish man outside the Clubhouse

1.30pm Mah Jong

6pm Dinner (followed by trivia on the first Thursday of the month)

FRIDAY

10am – 11.30am Line dancing in the Clubhouse (first half-hour devoted to beginners)

5.30pm Happy Hour upstairs in the Clubhouse

SATURDAY

1.30pm Fortnightly Chick Flicks (BYO drinks and nibbles)

ARE YOU
READY TO TRY
SOMETHING
NEW?



Keep them safe and warm.

YEP, IT'S STILL COLD. WHILE YOU'VE BEEN PULLING ON YOUR LAYERS AND DIGGING OUT EXTRA BLANKETS, DON'T FORGET 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, diarrhoea, 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!

CASH BUYERS AWAIT

LISTINGS WANTED

Word has spread about our secure resort grounds, low-maintenance/high-quality homes, world-class facilities, myriad weekly activities and welcoming coastal community - so much so, we have a record number of buyers looking to purchase at Palm Lake Resort Tweed River.

If you're a homeowner here and your situation has changed, call our Sales Team for a free market appraisal. We have qualified buyers waiting to hear about any new homes as they hit the market.

To find out more, freecall 1800 881 041 or stop by the Sales and Information Centre anytime from 9am-3pm, Monday-Friday.

COMMISSION-FREE TRANSITION

Did you know that if you are a resident of any Palm Lake Resort and relocate to a new home in a different Palm Lake Resort location, you won't pay any agent's commission on the sale of your original Palm Lake Resort home?



Helping friends become neighbours.

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 Palm Lake Resort homes, you'll receive \$250 cash. Easy!

\$250

cash incentive when you refer a friend to buy an **established home** at Palm Lake Resort

MARKETING AND ADVERTISING SERVICES INCLUDE:

- Professional photography of your home
- Listing on realestate.com.au
- Listing on Palm Lake Resort website
- Presented in our sales newsletter
- Printed professional flyers included in our information packs
- Homes for sale emailed to potential buyers on our database

ONLY \$550

For more, phone **1800 881 041** or email tweedriver@palmlake.com.au or visit palmakeresort.com.au



For more information and to refer your friend, simply contact our Sales Information Centre on 1800 881 041. *T&Cs apply

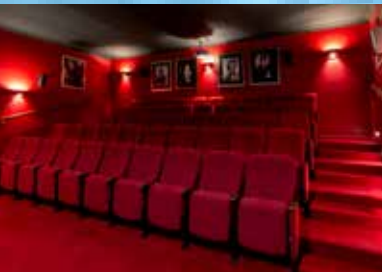
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Life is cruisy

at Palm Lake Resort.

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.



Palm Lake Resort Tweed River: 2 Barneys Rd, Banora Point, NSW 2486
Freecall 1800 881 041



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