

# Willow Talk.

DECEMBER 2021 - JANUARY 2022

## Time to celebrate.

IT'S BEEN A YEAR, HASN'T IT? IF EVER THERE WAS A TIME FOR US MELBOURNIANS TO CELEBRATE, IT IS THIS FESTIVE SEASON.

We hope you all spend some quality time relaxing with those people most important to you. We wish you a safe and happy holiday season and look onwards and upwards to what 2022 will bring us. Merry Christmas to you all. May you eat, drink and be merry!





**Pictured above:** Take a step back in time to our last Christmas Carols night. Make sure you join in the sing-along fun again this year on Tuesday, December 21. It's shaping up to be a great celebration!

# Welcome.

Hello all and welcome to another edition of Willow Talk – our last edition for 2021. There's so much to celebrate right now. Firstly, let's celebrate the reopening of Victoria – woohoo! And of course, let's also celebrate the festive season which has arrived on our doorsteps again.

With that Christmas entertaining season fast approaching, many of us would like to declutter or get rid of some outdated items. Thanks to management, we have arranged for a hard waste skip for our residents. Supporting transfers will be our trusted volunteer, Roth, and our newest team member, Julian. This should make more room at your home for those many presents received you'll no doubt receive from Santa this year!

Speaking of the jolly fellow, he will be appearing again at our Carols Night on Tuesday, December 21. Make it a night and pull out a deck chair along Willow Road and get into the spirit of Christmas with us. You can even join in behind the singing carol road train, ute, trailer and buggies, enjoying the songs. Our street hampers will be drawn again this year and the lucky winners will be presented with these on the night.

Don't miss the "Let's get creative" art competition entries on display in our front office for anyone who would like to view them during office hours from Monday November 29,

for one week. The lucky winners of this competition will have their creative talent published in Willow Lodge's very first calendar. Congratulations to everyone who entered and sold some precious items.

As you can see, after long closures, Willow Lodge opens to many positive and exciting events ahead. We would like to take this opportunity to thank you all for your patience during a challenging time this year. Bring on 2022 with our great new facilities, good cheer, health and happiness!

**Brendan & Jan**  
**Palm Lake Resort Willow Lodge Caretakers**

## CONTACT US

Looking for more info about Willow Lodge? Find us:

- Online:** [palmakeresort.com.au](http://palmakeresort.com.au)
- Social media:** Follow Palm Lake Resort on Facebook and Instagram to see what's happening right across the group.
- Street address:** 2 Willow Rd, Bangholme.
- Freecall:** 1800 974 981.

## News briefs.

### DOT DOES IT AGAIN!

Palm Lake Resort Willow Lodge resident Dot Heard would like to thank everyone for their support of her ongoing breast cancer fundraiser in 2021. She raised \$110 from all the 5c pieces donated, for a grand total of funds raised standing at \$1220. Well done, Dot!



### DARTS AND CARDS ARE BACK!

It's been great to see our resident darts enthusiasts back and playing. There are fun darts nights organised for every Monday from now until the end of the year, from 6.30pm, at the Sports Club. Any new residents who are interested in picking up a new sport are welcome to stop by on a Monday night and have a go.

Card games are also getting underway again, which is a pleasure to see. If you're interested in a game, stop by the Sports Club on Wednesdays. There's a BYO lunch gathering beforehand, with 500 to follow from 1pm. On Fridays, Cribs is played from 1pm. Don't forget that you must be double vaccinated to enter these facilities.



### CHUCKLES STRIKES

Di, at 9 Wingara Drive, was the latest homeowner to receive a welcomed visit from our little friend Chuckles. He told us he truly admired her garden. Well done, Di!

### SHOPPING BUSES ARE BACK!

The Palm Lake Resort Willow Lodge bus runs are back and taking grateful homeowners to our local shopping precincts. Here's the weekly timetable:

- Mondays: Marriott Waters
- Tuesdays: Dandy Markets
- Wednesdays: Hall Road
- Thursdays: Parkmore
- Fridays: Bunnings

Please note that masks must be worn on the bus. You can book a seat on the bus via the booking sheets at the Main Hall.

### SPORTS CLUB BAR BACK IN BUSINESS

The Bar is open Wednesdays to Sundays, from 5pm-8pm. Double vaccination certificates must be presented upon signing in (this certificate must also be registered with management). There will be a COVID marshall on duty to monitor the check-in process. Cash only at this stage but EFTPOS will be available soon. For more info, please speak to our Bar Manager Bob Smith or administrator Kay Smart.

### NEW 'DO

Our hairdressing salon is under new management. Willow Edge Hair and Beauty is open:

- Monday-Tuesday: 4pm-7pm
- Wed, Thurs, Friday: 10am-7pm
- Saturday & Sunday: By appointment only.

Phone 9768 3544 or 0425 790 550. EFTPOS now also available.

### WELCOME NEWBIES

We are pleased to see more and more new residents moving into Palm Lake Resort Willow Lodge. Gwyn and Suzanne have been welcomed into Tandara Court and Shiela recently arrived in Warrick Drive. We also welcomed Peter and Anh into Eureka Court as well as Jeff and Kay into Birch Court. Please make our newest community members welcome when you see them out and about.

# Social Club report.

## Report on functions

We are so excited to be able to recommence some events again now that restrictions have changed. Bingo has returned recently and we are allowed a maximum of 120 guests. Face masks are not required.

## Upcoming events

**Christmas Dance Saturday, December 4:** Music will be supplied by Andy Zammit, DJ. With a maximum of 120 guests, tickets are available from Pat Johns. Please contact her on the number below.

**Christmas Carols Tuesday, December 21:** Carols will commence with a picnic in the park at the rear of the Bowling Club. BYO everything. This will be followed by Travelling Christmas Carols along Willow Road. There will also be a Christmas house decoration competition.

**New Year's Eve Dance Friday, December 31:** Music by Marcie Rae. Tickets will be available from Pat Johns from December 5. Please contact her on the number below.

## Please note

As you are aware, new building works have commenced and this could mean that functions could be cancelled at short notice due to the non-availability of the Hall. Notices will be circulated if this happens. Flyers for all Social Club functions, with further information about these (above) events, will be posted on the noticeboard outside the Laundry and also on the Social Club Notice Board outside the Main Hall.

For more, please contact:

**Pat Johns (President) 9768 2373** or  
**Diane Heenan (Secretary) 0411 111867**

# Bowls Club report.

Bowlers have enjoyed some very interesting practice sessions with coach Tony Buckingham, who made us aware of our bad habits and gave good advice on the basics - which we tend to forget over the years.

A practice pennant game amongst ourselves was held Thursday, November 4, and saw around 20 eager players enjoying a game to prepare themselves for the late-starting Pennant season which commenced on Saturday, November 13 (Midweek Tuesday, November 16, and Thursday, November 18). Let's hope we can enjoy another successful season.

The 100-up is now underway and will be followed by Club Singles. The closing date for singles Champ of Champs was extended by Sandbelt Region and Bowls Victoria.

The club's first committee meeting for a while was held November 8, and the following social events and dates were decided as follows:

- **Sunday Night Raffles** recommenced on November 28. Raffles and Members' draw takes place at 7.15pm. Be there to win

- **Pizza Night** will not recommence until Friday, January 28, 2022.

- **Xmas Breakup** will be a chicken/salad and sweets night to be held at the club on Saturday, December 11. Cost will be \$10 per head. Again depending on numbers allowed, this will be open firstly to bowlers and partners, then to the regulars who would like to enjoy a great night out.

Our Committee will keep you informed of all events and any changes. Watch the noticeboards. Happy bowling!

**Maureen Atwell,**  
**Vice President**



# Get your skin check sorted.

ATTICUS HEALTH CLINIC IS NOW RUNNING A MONTHLY SKIN CHECK CLINIC.

The clinic has acquired exciting new screening technology, combined with the skills of Dr Carl Fernandes who has a special interest in skin cancer prevention. The skin check clinic will run every first Wednesday of the month from 9am to 12.30pm. This will be of great benefit to the residents of Willow Lodge, who now don't need to travel far to get their skin checked.

Did you know, two in three Australians will be diagnosed with skin cancer by the age of 70, and about 95 per cent of skin cancers are treatable if found early. People at higher risk of skin cancer should discuss a plan with a doctor of how often they should check their skin. A full examination may be necessary every six months.

According to the Cancer Council, all Australians are at risk of skin cancer due to the high levels of UV radiation we experience. However, some Australians have a higher risk, including people who have:

- Had a previous skin cancer, including melanoma
- A family history of skin cancer
- Fair or freckled skin, especially those with skin that burns easily
- Red or fair hair and light-coloured eyes (blue or green)
- Lots of moles on their body
- Worked or currently work outdoors
- Had short, intense periods of exposure to UV radiation
- Actively tanned or used solariums previously
- A weakened immune system
- Certain skin conditions, including sunspots.

According to the Cancer Council, while protecting your skin from UV radiation is the best defence against skin cancer, it is also important to regularly check your skin for new or changed spots. About 95 per cent of skin cancers are treatable if found early. Because of the pandemic, many people have delayed getting their skin checked so book your appointment with Dr Carl Fernandes ASAP. You can book online at [www.atticushealth.com.au](http://www.atticushealth.com.au) or call the Bangholme clinic on 03 9706 5560.

# Bring a plate.



WE ALL KNOW JUST HOW MUCH PALM LAKE RESORT RESIDENTS LOVE A CATCH UP. OUR COMMUNITIES ARE LITERALLY BUILT ON 'COMMUNITY'. WHETHER IT'S A STREET PARTY WITH GARAGES DOORS WIDE OPEN AND FOLD-OUT CHAIRS ENMASSE IN DRIVEWAYS, OR VISITING FAMILY CATCHING UP AROUND A BARBECUE OR OUR RESORT POOL, ONE THING IS FOR SURE – YOU SHOULD ALWAYS BRING A PLATE.

Ahhh, summer – it's the season of entertaining here in Australia, when neighbours, friends and family come together to celebrate, well, just about anything. Even when you're told not to bring a thing, it's nice to not turn up empty handed. Here are our Top 5 easy 'bring a plate' idea to get your through another Palm Lake celebratory season because, guess what? It's already that time of the year again!

## Cheese platter

Cheese platters are always crowd favourites and should be your Number 1 go-to. Whatever your taste, there's always something on a good cheese platter that everyone can enjoy. In our opinion, a solid cheese platter should include the following:

- A soft cheese like brie, goats' cheese or camembert
- A hard cheese like cheddar or gouda
- A blue cheese like gorgonzola, Roquefort or stilton
- A mix of crackers and bread
- A selection of dips, both dairy-based (ie, French onion) and dairy free (ie, pesto)
- Quince paste
- Something salty, like olives, cured meats or nuts

- Something sweet, like fruit or chocolate.

Also, note that presentation is key when it comes to a memorable platter. Wooden chopping boards make a great base for your platter and don't forget a cheese knife.

## Spinach cob loaf

This Aussie party classic has been on high rotation for more than 100 years (yes, really!). And it's so simple to make. Take a large cob loaf (your choice of white, sourdough or wholemeal bread) and slice off the top, allowing you to remove the soft internal bread – save it for the next steps though. Drain a bag of frozen spinach of all water and mix with sour cream, mayonnaise, red onion and powdered vegetable stock until it forms a dip-like consistency. Scoop the mixture into the hollowed-out cob loaf and, under the grill, toast the bread chunks you tore out of the middle to serve.

## Sushi tray

For something a little bit more exotic, you can't go past a sushi tray. Sushi is a lot of fun to make, too! Simply cook

## Up the ante.

Don't just bring a plate to that next summer soiree - bring a jug as well! Here's a fruity sangria recipe to get you through the festive months! In a large glass pitcher, pour one bottle of white or red wine over ice. Then add four tablespoons of white sugar, 60ml of brandy and two cups of ginger ale. Stir. Add sliced oranges, lemons and limes and muddle slightly with your stirrer. Garnish each glass with a fruit wedge.



some sushi rice (short grain white rice made stickier with rice vinegar, sugar and salt), lay out a bamboo sushi mat and a sheet of seaweed (nori). Spread the rice onto the nori evenly, and right to each edge. Have a bowl of water on hand to help you form the sushi without the rice sticking to your hands. Add your preferred fillings along one side – fish, chicken, fresh vegetables, avocado and egg are popular choices – then roll it all together and cut with a super sharp knife.

## Skewers

Does anything beat a skewer when it comes to finger food? There are no crumbs, no cutlery needed and plenty of deliciousness – plus, they're a lot of fun! Some exciting chargrilled skewer combinations include:

- Prawn, mango and avocado
- Steak, mushrooms, red onion
- Italian chicken, zucchini, cherry tomatoes, capsicum
- Grilled tofu or tempeh, carrots and mushrooms.

And to extend on your skewer repertoire, why not do fruit skewers? Pick the most colourful seasonal fruit available and chop into bite-sized pieces. For colour, you can't go past a combination featuring watermelon, grapes, rockmelon, honeydew, pineapple and the like. Easy!

## Weekly activities.

### MONDAY

**10am** Line dancing, Main Hall  
**10am** Workshop, The Shed  
**1pm-3pm** The Crafters, Main Hall  
**6.45pm** Darts, Sports Club

### TUESDAY

**10am** Aerobics for seniors  
**12noon** Social Bowls  
**12.45-3pm** Indoor Bias Bowls, Small Hall  
**1pm-5pm** Karaoke, Main Hall  
**7pm** Indoor Bias Bowls, Small Hall

### WEDNESDAY

**10am** Workshop, The Shed  
**11.30am-5pm** Card Players, Sports Club  
**1pm-3pm** Table Tennis, Small Hall

### THURSDAY

**7pm** Bingo Eyes Down, Main Hall

### FRIDAY

**10am** Workshop, The Shed  
**1pm-5pm** Card players meet, Sports Club  
**1pm-5pm** Karaoke, Main Hall  
**5pm-8.30pm** Bar open  
**3pm** Last Friday of the month: Barefoot Bowls, followed by pizza in the Sports Club

### SATURDAY

**10am** Aerobics for seniors  
**10am** Workshop, The Shed  
**1pm-3pm** Saturday Knitters, Main Hall  
**5pm-8.30pm** Bar Open

### SUNDAY

**12noon** Social Bowls  
**5pm-8.30pm** Bar Open

# New homes for sale.

## 2 Rustic Drive - POA

Ready to move in

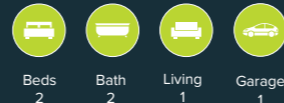


### Quality and design.

Looking to downsize? This is the place for you! With our new community facilities underway you will fall in love with the quality and design of this home. Walk through and you will be impressed with the layout, low maintenance, undercover alfresco area and much more! Features include: SMEG appliances, plenty of storage, no Stamp Duty, no rates and FREE water. Book an inspection now on 1800 974 981.



## 2 Conservation Drive - POA



### Open-plan beauty.

This home is presented with an open-plan lounge/dining area which continues out onto a fully covered alfresco area. Adjoining the same alfresco, the master bedroom is pleasantly appointed with walk-in robe and ensuite.

Extras include a study nook and quality SMEG appliances. Palm Lake Group pride ourselves on custom designs, providing an abundance of storage and a quality finish. This home is no exception.

Ready to move in



## 10 Glade Drive - POA



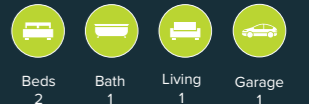
### Suite surprise.

As you approach 10 Glade Drive, you are met with an inviting covered porch and entry hall. The home opens up to offer two bedrooms and a third multi-purpose room, two bathrooms, a spacious kitchen and dedicated living and dining areas. The master is more of a 'suite' than a stock-standard bedroom. There's an expansive walk-in robe there as well as a large ensuite with double vanity.



## 14 Hollydene Court - POA

Under offer



### Custom built.

Under construction now and close to completion, this lovely custom-built home will impress. The open-plan kitchen, dining and lounge is tucked away at the rear of the home opening up on a fully covered alfresco. Features include: Extra toilet, quality appliances and location, location, location!

Contact us today to arrange a tour, and secure your new lifestyle 1800 974 981



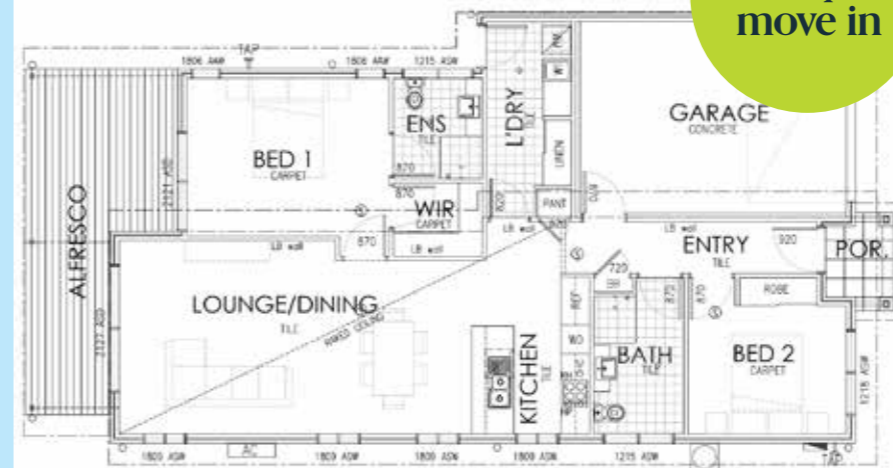
## 11 Eureka Court - POA

Ready to move in



### A "Wow!" entertainer.

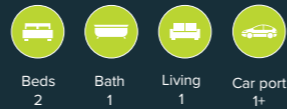
Just completed! Presenting a custom-built home with 'Wow!' features and close to the new community facilities currently under construction. This entertainer will impress. Key features include quality appliances, fully covered alfresco, no Stamp Duty, no rates and FREE water. Contact us today to arrange a private tour and secure your new lifestyle. For more Freecall 1800 974 981.



# Established homes for sale.

## 5 Grevillea Court - POA

Under offer



### Low maintenance.

This well presented 2 bedroom affordable home is low maintenance. Key features include floor ducted heating for winter months & air-conditioning in the warmer months. With our new facilities coming soon, this is a bargain for any person wanting to downsize and live in our over 50's lifestyle resort.

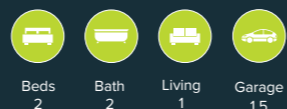
## 9 Hollydene Court - POA



### Recently updated.

Recently updated & priced to sell ... this well presented 2 bedroom home is in a great location and a short walk to the Clubhouse with the up & coming NEW facilities. Theatre, indoor heated swimming pool & more! This home features a private large rear yard with new upgrades within. Book your private inspection today.

## 9 Royal Drive - POA



### Ready to go.

Are you ready to downsize and move into an over 50's lifestyle? This 2 bedroom, 2 bathroom home is ready for you to move in. Recently refurbished with new carpet and freshly painted. You won't be disappointed, book your site tour now on 1800 974 981.



# Right on cue.

WALK INTO ANY PALM LAKE RESORT COUNTRY CLUB AND YOU'LL LIKELY FIND A GROUP OF RESIDENTS GATHERED AROUND THE BILLIARDS TABLE, WATCHING OR PARTICIPATING IN A NEIGHBOURLY GAME. BUT IT'S A GAME THAT SPANS THE GENERATIONS – SO OUR VISITING FAMILIES LOVE IT TOO.

If there's one thing many Palm Lake Resort residents have in common, it's that they love a good game of snooker – it's the reason most of our resorts across Queensland, New South Wales and Victoria have their own billiards tables. Pool, snooker and billiards are all beloved as social games best enjoyed with a drink and good company, but did you know there are distinct differences between them? Paul Cosgriff, president of the Victorian Billiards and Snooker Association, explained the differences clearly. Paul says billiards is played with only three balls (one red, one white and a yellow cue ball). Both snooker and pool begin with a triangle of 15 balls each - in pool they are multicoloured and divided into solids and stripes, while in snooker they are red. Snooker is also played with an additional six coloured balls. Both of these games also require a white cue ball.

"The thing I love most about these games is the combination of physics and artistry," says Paul. "Physics tells you that if you hit the ball a certain way, it will end up in a certain position.

"Mastering all of the other factors - like side, intentional spin and strength - is where the artistry comes in. The best players will finish exactly where they want to finish, under incredible pressure. That's the beauty of the game."

### Paul's tips for bettering your game

1. Although cues are provided, your own cue is always best. Your individual cue gives the best 'feel' and on large professional tables, players fit extensions to their own cue because that familiarity is so important.

2. Two-piece cues are best for ease of transport, and storage. The join can be at half-way or "3/4" - meaning well down near the butt end of the cue. Under the rules, a cue must be at least three feet in length, so if you take the butt end off a "3/4" cue you could still play a shot. Most cues are 54" in length - generally standing about shoulder height, or just above, or below. Therefore, you could not unscrew the 2-piece cue with a mid-join and play a legal stroke.

3. When purchasing a Cue, play a number of shots hitting 'high' on the cue-ball so that it follows on, or runs through, after the object ball. This translates to 'feel' and helps when comparing cues. The more expensive cue is not necessarily the best feel for you. The tip of the cue is your only means of control for spins on the ball (screw, stun and side) so maintain it well. Good chalk is essential.

4. Persistence is the key to improvement and full enjoyment. Practice, especially for plain ball striking, is essential to eliminate unintentional spins. Later practice allows for intentional spins to manoeuvre the cue ball to the desired position for the succeeding stroke.

5. An adjunct to persistence is maintenance. The cue should be kept clean and dry, with a little wood oil on exposed wood near the tip, and below the ferrule. The billiard table should have a dust cover. When the dust cover is removed, the table should be brushed from the baulk end (the "D") all the way to the top of the table where the black spot is. Never "bang" a ball onto a spot. It can only cause damage. The table should be serviced by a qualified person if there are problems with spots, wear and tear to the cloth, or if the table is out of level.

# “LIVING OUR *Best* LIVES”

Movie  
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soon!

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