

Waterford News.

AUGUST - SEPTEMBER 2022

Bring your best mate.

PALM LAKE RESORT WATERFORD IS PROUDLY PET FRIENDLY. READ OUR TIPS INSIDE FOR KEEPING YOUR BEST MATE IN TIP-TOP SHAPE DURING THESE COLDER MONTHS - AND BEYOND.

See our stories inside,
on Pages 8-9 >>





Welcome.

Hello there wonderful Waterford residents! And so the year rolls on and we are into August already. With the rain still continuing to fall and the weather cold, it's not quite what we expect at Waterford but the people here are warm and friendly and, so, who wouldn't want to live at Palm Lake Resort Waterford?

Refurbishment of the indoor pool has been happening and causing a bit of disruption but we know the benefits will be worth it. Our second defibrillator should be arriving shortly and we will be running some training and having an 'unveiling celebration' once it's installed. I'm just warning you all: I will be very cross with anyone who wants to make use of these - they are definitely for decoration only! ha!

Thank you all for your assistance as volunteers, particularly filling in whilst others have been unwell and Darren (our Gardener) is off with his injured shoulder. Don't forget, if you are thinking of putting your home on the market, let us know so that we can assist you. Our training is complete and we are looking forward to helping you out.

"To practice these five things under all circumstances constitutes perfect virtue; these five are gravity, generosity of soul, sincerity, earnestness and kindness." — Confucius.

Stay safe everyone!

Robyn, Bernie and (of course!) HRH Harry
Palm Lake Resort Waterford Caretakers

CONTACT US

Looking for more info about Palm Lake Resort Waterford?

Here are some ways you can reach us:

Online: palmlakeresort.com.au

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

Street address: 29-71 High Road, Waterford QLD 4133

Phone: 1800 028 428

Office hours: Monday-Friday, 9am-12noon

Email: waterford@palmlake.com.au

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News briefs.

GET SOCIAL WITH US

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

WE NEED YOUR HOME. SEE PAGE 11

WHAT'S ON AROUND TOWN

August 19 - September 25: Prepare your tastebuds for the Tastes of Moreton Bay Festival! The main event is the Moreton Bay Food and Wine Festival on August 19 and 20 at Apex Park, Woody Point. Eat. Drink. Enjoy. Repeat.

September 3: Riverfire returns to light up the Brisbane skies! It will kick off the much-anticipated Brisbane Festival, which will deliver a jam-packed program of culture, food and entertainment to the city.

September 17: Redcliffe KiteFest features an entire weekend of non-stop fun and entertainment, taking place at Pelican Park in Clontarf.

SUNDAY SERVICE

Covid has proved to be a real life changer for so many people. We (me included) have had to change plans, isolate from others and put up with a range of symptoms none of which we like. It leaves us weak and tired and in some cases frightened to mix with others. Is there an answer to Covid? That is a matter of opinion along with everything else about Covid. I have heard all sorts of theories - some that make sense and others that don't.

There are many people who think Christianity does not make sense. They are entitled to their opinion. Being a Christian changed my lifestyle and direction. It also isolated me from some 'friends'. Their choice not mine. What I have found since giving my life to Christ is strength I didn't know I had. I am available to anyone most of the time on 0432 185 036. Join us on Sundays, 9am, for church service in the Bethania Hall.

Rev. Owen White
Pastor, Palm Lake Christian Fellowship

HOMEOWNERS' COMMITTEE

Residents, if you have any concerns or questions about our resort, please contact one of the Homeowners' Association committee members, via the home numbers, as per the list below:

President: Bruce Loomes (181)

Vice Pres: Robin Seymour (42)

Secretary: Kaye Kearns (24)

Treasurer: Janet Heath (11)

Committee: Norm Watts (28), Diana Bradberry (31), Carol Baglee (161), Valda Wernowski (203), Bea Loomes (181).



REFER A FRIEND

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

SHOW YOU CARE

Do you have some spare time and would like to give back to the community, while also making a difference in someone's life? Palm Lake Care Mt Warren Park are looking for volunteers to either visit the community or assist the Lifestyle Team in running activities. If this sounds like you, please call Lifestyle Coordinator Leona Counsell on 3444 6000 to discuss this further.





Fun Group report.

Scenic Rim trip

Our trip to the Scenic Rim was a wonderful day. We had a full busload of 55 residents who all enjoyed the amazing sights and delights that the Scenic Rim served up. Check out just some of the memories of our trip on this page.



Christmas in July

It might have been the middle of winter but Christmas was celebrated here at Palm Lake Resort Waterford on Thursday, July 21 in our Country Club. It was a great night attended by some 96 residents. Everyone got into the spirit with their festive outfits which was wonderful to see. Check out the photos on Page 5.

Julianne Daniel,
Fun Group President

Upcoming dates for your calendar

Thursday, August 25: Please make a note in your diaries for our morning tea with the Waterford Choir. It will no doubt be an enjoyable morning of music. Please bring a plate to share.

Thursday, September 22: Enjoy a great night in with a visiting live old-time rock 'n roll band.

Oct/Nov: Plans are underway for a fashion parade in October and pencil in our annual Melbourne Cup party. Giddyup!



Christmas comes early!

HO! HO! HO! WE DECKED THE HALLS AND GOT OUR MOST FESTIVE OUTFITS OUT OF THE BOTTOM OF OUR CUPBOARDS FOR OUR CHRISTMAS IN JULY CELEBRATION RECENTLY.



KEEP YOUR EYE ON THE NOTICEBOARD FOR MORE FUN CLUB EVENTS!

Bowls Club report.

Unfortunately, our list of cancelled games continues to grow with Bethania withdrawing from the game proposed for July 6. They could not get enough players for this game. This was disappointing as we always look forward to playing our next-door neighbours. The fun game of the year, "Australia versus the Rest of the World" will be played as this newsletter goes to press so we'll bring you results and photos from the event in our next edition. Here's what's coming up on our calendar:

On **August 3**, we play Eagleby in our regular competition.

From **August 19**, our men's and ladies' pairs championships will be played. The final is set for Sunday, August 28.

On **August 31**, we will play for the WET Shield (Waterford, Eagleby, Toowoomba). We need 12 players for this game, so please put your names down when the sheet goes up.

It's been great to see our treasurer, Les, back on deck. We have missed you, Les. Les is back in time to finalise the trip to Manly on Friday, September 2. A bus has been hired to take players and visitors to Manly for a great day out. Manly have a bowls shop and this will be a good opportunity to purchase any much-needed bowls equipment. Please consider putting your name down for this day out. Happy bowling.

Bruce Loomes, Bowls Club President

Cinema news.

Let's talk about music, or more specifically, 'musicals'. We have found that the monthly second Sunday matinees can generate the best audiences. With the system we have in the cinema and the personal collections of our residents, we can provide the greatest range and variety of filmed musicals. At present we are revisiting some of the older films of the 1950s and '60s.

For our Tuesday and Wednesday nights, we also try to revisit some of the old classics from these same periods. Due to the ages of our residents, these are also well received. The pity is that our 60-seat cinema has a far greater capacity than is currently being utilised. A survey was done a few years back and we received a good response from more than 100 residents and this has been the guideline for the Cinema group in the selection of the monthly program.

We are also helping out with one monthly Saturday afternoon performance of a film chosen by the Bethania Church Fellowship and these are well attended.

We can definitely say that our cinema is getting good use!

Les Elborne, Cinema Coordinator



Pictured left: The Whitest Flower.
Read on below for our review.

Library news.

As one member of the group that looks after our Library, it is great to see the turnover of books that need to be re-shelved. Many of our residents take more than one book at any time and we can say that the variety is general. One of the other pleasures of being a volunteer in the Library is talking to the residents when we see them perusing the shelves, and suggesting they try different authors or genres to expand their reading pleasure. I know that I have converted some dedicated non-fiction fans towards the fiction authors who write well-researched novels based on factual events. Whatever our experience, our volunteers know that our efforts are appreciated.

I recently completed "The Whitest Flower" by Brendan Graham and what a story that was! The novel was beautifully researched as indicated by the author's notes. It followed the life of Ellen Rua O'Malley - a young wife and mother living through the Irish potato famine and subsequently moving to Australia then America and back to Ireland over several years. The story was superbly written and heart-breaking at times. It was a read that demanded more.

I Googled the author Brendan Graham and found there are two more books in the life of Ellen Rua O'Malley and I am endeavouring to locate these copies elsewhere. It is not a story that will leave you until you have read them all. Graham is also the musician/ writer of that beautiful song "You Raise Me Up".

If any other readers have a favourite book that they would like mentioned in this newsletter, please let me know and I will add them to my report.

Les Elborne, Library Coordinator

Choir news.

Here we are, just over halfway through the year!

The Choir has three new members. We also welcomed a couple who, while never wishing to actually take part in our performances, turn up to every rehearsal to sing as therapy for the husband who is experiencing the onset of memory loss. I must say that the music has given him a new interest and he sings every song well and he continually amazes me and other choir members.

This is one of the great thing with our Choir - that if you enjoy singing and want to have a go, you are more than welcome to come any Thursday morning, have a listen and join in. If you like it, then a regular place is there for you. It is proven that music is great therapy for both health and wellbeing and also has very wide social and other physical benefits. You don't have to be a great singer, you just need to want to try and the music will be provided.

We have had two performances so far and another two are in the planning stage. Hopefully the current scare with COVID will not stop our plans for the rest of the year, including our Christmas visits.

Quote: "The say love makes the world go round, but actually music is the driving force."

Les Elborne, Choir Music Director



Pictured above: The Choir recently visited Connolly Court to perform for residents. The visit was very well received.

Weekly activities.

MONDAY

- 8am** Toy Boys Workshop
- 9am** Ladies lawn bowls
- 9am** Guitar rehearsals (Cinema)
- 10am** Cardmaking (Craft room)
- 1.30pm** Social craft (Craft room)
- 1.30pm** Cards - 500 (Country Club)
- 6.45pm** Darts (Country Club)

TUESDAY

- 6.30am** Gym with Aubrey (until 11.30am)
- 9am** Aqua aerobics (Indoor pool)
- 9am** Tuesday AM Art Group (Craft room)
- 1pm** Social bowls
- 5.30pm** Dinner (Country Club)
- 6.30pm** Movie Night (Cinema)
- 6.45pm** Trivia (Country Club)

WEDNESDAY

- 9am** Gentle exercise (Country Club)
- 9am** Art classes - acrylics (Craft room)
- 1.30pm** Social craft (Craft room)
- 5.30pm** Dinner (Country Club)
- 6.30pm** Movie Night (Cinema)
- 6.30pm** Cards - Canasta (Country Club)

THURSDAY

- 9am** Sewing and knitting (2nd & 4th Thursdays, Craft room)
- 9.30am** Fabric craft (1st & 3rd Thursdays, Craft room)
- 10am** Choir practise (Cinema)
- 1pm** Social bowls
- 2.30pm** Housie (Country Club)

FRIDAY

- 8am** Toy Boys Workshop
- 9am** Aqua aerobics (Indoor pool)
- 9.30am** Fabric craft (Craft room)
- 11am** Tai chi (Country Club)
- 12.45pm** Scrapbooking (Craft room)
- 1.30pm** Cards - Canasta (Country Club)
- 4pm** Happy Hour
- 6pm** Eight ball (Country Club)

SUNDAY

- 9am** Painting with Yvonne (Craft room)
- 9am** Church service (Bethania Hall)
- 1pm** Social bowls



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!



Milestone birthday

WE LOVE ANY REASON TO GET TOGETHER AND CELEBRATE ONE OF OUR OWN AND MILESTONE BIRTHDAYS ARE ONE OF THE BEST EXCUSES. HAPPY EIGHT-OHHH TO BRUCE!



Homes for sale.

SOLD!



SOLD!



We need your home!

Our Sales Information Centre can't keep up with demand for homes at the moment. It seems the secret is well and truly out on the benefits of our over-50s community lifestyle here at Palm Lake Resort Waterford. We are selling homes to our waiting list even before we have the chance to list them online or photograph them! If your situation is changing and you're contemplating a move, make sure you come and see our Caretakers and discuss the options available to you.

Want to book a private tour and find out more about our resort?
Phone the office on **1800 028 428**
Email waterford@pallmlake.com.au or
visit us online at pallmlakeresort.com.au



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!

\$250

cash bonus simply for referring a friend!

For more info or to refer your friend, phone 1800 028.428.
*T&Cs apply



THE BEST IN OVER-50S LIVING. THIS IS YOUR TIME.
pallmlakeresort.com.au

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 Waterford. Find us at 29-71 High Rd, Waterford QLD 4133
Freecall 1800 028 428



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