

# Willow Talk.

AUGUST - SEPTEMBER 2022



**Pictured:** These lucky homeowners got a sneak peek of our new movie theatre before it is officially unveiled in the coming months - and they were very impressed!

## Lights, camera, action!

OUR BRAND NEW MODERN MOVIE THEATRE IS ONLY WEEKS AWAY FROM BEING COMPLETE, ALONG WITH ALL THOSE OTHER AMAZING NEW FACILITIES THAT WE'VE BEEN WATCHING 'GROW' RIGHT IN FRONT OF OUR EYES.

Palm Lake Group movie theatres are renowned across the country for being plush and cosy spaces, perfect for catching that big-screen flick you love. They can also screen sporting matches to give audiences the feeling of being right there on the ground with the players. But our movie theatres are also being utilised in other ways. Across the Group, other resort movie theatres see regular choir practise meetings (the cinema's acoustics are

perfect for this!), visitor presentations and other resident meetings. When complete, this will be a wonderfully convenient space as well as the location for some well-earned relaxation. Just add popcorn! A big thanks must go to those Willow Lodge residents who have volunteered to learn the theatre's operating systems - we appreciate your interest and ongoing support.







**Pictured this page:** A sneak peek behind the scenes of our new movie theatre, indoor pool and craft room which should be complete in the coming months.

# Welcome.

Hi everyone!

Welcome to our August-September edition of *Willow Talk*. As the months pass by and the days draw closer to the official opening of our new facilities, we would like to take this opportunity to thank everyone who has facilitated activities in the Sports Club while the main hall has been closed for renovations. 'Friday Fun Nights' there have been a hit during the winter months. If you haven't already visited the Sports Club on Fridays after 5pm, drop in, buy a drink and enjoy some hot yummy snacks served by our Social Club.

Residents who have also enjoyed our cosy temporary library will not be disappointed with the new library and surrounds, once it's open for business. We also have to extend a big thanks to those who have offered to learn and support the running of the new movie theatre. You will be notified and trained before the official opening.

Glen, our Site Supervisor, is overseeing the construction of the new facilities and says he is confident he will be handing over both venues in the very near future. How exciting! Don't forget you can get progressive updates on this work, and loads of other information, in our private residents' Facebook group, "PLR Willow Lodge Neighbourhood". I encourage you to join the group if you are on Facebook. We only have other residents as members there so it's a private space just for us.

Uniforms definitely reflect being 'part of a team' and, if you've spotted some of those uniforms around, you'd know we have so many great community teams here at Willow Lodge! If you are a homeowner and would like to join one of our teams, we welcome the opportunity for you to join the Bowls Club, the Darts Club, become an RSA for the Sports Bar or even volunteer your general help to Palm Lake Resort Willow Lodge in one of the various supporting roles. We encourage you to get into the community spirit, that Palm Lake Resort is so famous for, and join in.

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



## CONTACT US

Looking for more info about Palm Lake Resort 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

## GET SOCIAL

Follow Palm Lake Resort on Facebook (@palmakeresort) and on Instagram (@palm\_lake\_resort) to see what's happening right across all our 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.

## GOLDEN COUPLE

Fifty years is a long time in anyone's book which proves just how special the marriage is between Willow Lodge homeowners Bob and Rhonda Smith. The Smiths clocked up a Golden Wedding Anniversary recently and we couldn't be happier for them!

## HOLIDAY TIME!

If you were wondering where our old mate Chuckles has disappeared to, it turns out he's headed to Port Douglas for the winter months and will return in the spring. Cheeky guy! We will keep you posted upon his return from holidays.

## CONVENIENT BEAUTY SERVICES

Don't forget our Willow Edge Hair and Beauty salon is open Thursdays (12 noon - 4pm) and Fridays (10am - 2pm) for your convenience. To make a booking, phone 0490 209 834.

## BOWLS CLUB UPDATE

Practice games have started and bowlers are getting back into it after a nice break. We are looking for new bowlers to come 'have a try'. We have bowls available for you to use and experienced coaches to welcome and introduce you to this great game. Pizza night, on June 24, was well attended, and will continue to be held on the last Friday of each month. Sunday raffles, with the lucky member's draw, is also as popular as ever. Don't forget the raffle is drawn at 7:15pm sharp. Everyone from across the resort is welcome to join us on these occasions. Any queries you might have about lawn bowls can be directed to our club President, John Cargill on 0424 153 384.

## REFER A FRIEND

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



**HOMES FOR SALE: PAGES 8-11**

## UPDATED WEEKLY ACTIVITIES

### MONDAY

**9.30am** Line dancing, Sports Club  
**10am** Workshop, The Shed  
**1pm** The Crafters, Sports Club  
**6.15pm** Darts, Sports Club

### TUESDAY

**10am** Aerobics, Sports Club  
**12noon** Social Bowls  
**1pm** Karaoke, Sports Club

### WEDNESDAY

**10am** Workshop, The Shed  
**1pm** Cards - 500, Sports Club

### THURSDAY

**7pm** Bingo, Sports Club

### FRIDAY

**10am** Workshop, The Shed  
**1pm** Cards - Crib, Sports Club  
**5pm-8pm** Bar open, Sports Club  
**5pm-8pm** Last Friday of the month: Bowls Club pizza night

### SATURDAY

**10am** Aerobics, Sports Club  
**1pm** Knitters and others, Temporary Library  
**5pm-8pm** Bar open, Sports Club

### SUNDAY

**12noon** Social Bowls  
**5pm-8pm** Bar open, Sports Club  
**From 5pm** Bowls raffle, Sports Club

## EXTRA! EXTRA!

If you haven't already received a copy of the Winter 2022 edition of our company magazine, *Your Time*, you should check it out before our Spring 2022 hits the streets in September. Read all back copies of our company magazines at [www.palmakeresort.com.au](http://www.palmakeresort.com.au)







## Bar news.

### Volunteer uniform presentation

On July 6, the Bar Committee held a presentation night to give each of the RSAs and Bar Committee volunteers a 'uniform' polo shirt. It was a fun, informal night with the bar open and light refreshment served thanks to Lyn. This photo, above, shows just how great the team looks. Thank you to Brian for organising the purchase of the shirts.

### Bar/Club opening hours

Normal hours are Friday, Saturday, Sunday from 5pm to 8pm. The Social Club is organising a number of Wednesday night presentations and on these nights the bar will be open from 5pm to 7pm so keep an eye out for when functions are scheduled.

### Fun Fridays

Everyone is welcome to come along on Friday nights to enjoy friendships, snacks, raffles and drinks (and hopefully in the future, some light entertainment). There is a different snack each week which is a mystery and free!

## Social Club news.

### Report on functions

**Saturday, June 25:** Trivia Night in the Sports Bar (with six players per team) was a great success with the winning team receiving certificates and prizes.

### Upcoming functions

**Friday, August 19:** Karaoke in the Sports Bar commencing at 6pm. BYO nibbles. Bar will be open.

**Saturday, September 3:** Father's Day Function in the Sports Bar commencing at 6pm. This will be a catered function so bookings are to be made with Pat Johns by August 28.

### Upcoming events

The Bar Committee and the Social Club Committee are working together to plan special events for Wednesday nights and entertainment for Saturday nights into the future, so watch out for news and the associated flyers on our resort noticeboards.

### Food handling certificates

We have not had enough requests to hold an on-site training session, but for those who have already indicated they wish to take part, and anyone else interested, you will each be helped to achieve your food handling certificate on an individual basis.

### Thank YOU

A big thank you to all the volunteers, RSAs, Committee members, food providers and everyone else who assists the ongoing running of the Sports Bar. Your voluntary assistance is greatly appreciated. If you have any questions about the bar, please do not approach the RSA on duty. Instead, contact Administrator Kay Smart on 9706 5518.

Numbers will be limited to 60, so book early. Music will be supplied by Andy Zammit. Cost is \$15.

**Wednesday, October 5:** Footy tipping results announced and payments made to winners, from 6pm in the Sports Bar. The Bar will be open and nibbles will be supplied.

**Monday, November 21:** Three-day bus trip to the Lakes Entrance. Currently, we have 25 booked, but need at least 30 to make this trip viable. If we can't get the numbers, it will be cancelled. We will advise shortly.

**For more information about the Social Club, phone:** Diane Heenan (Secretary) on 0411 111 867

**Pictured left:** Check out our Bar volunteers looking dapper in their new uniforms!



**Pictured centre:** Fifty years after he quit his job as a steam train driver in the UK, Gordon Wilson was back behind the wheel in June.

## Steam runs through his veins.

WILLOW LODGE HOMEOWNER GORDON WILSON'S LIFE CAME FULL CIRCLE IN RECENT MONTHS WHEN HIS VERY THOUGHTFUL SON STEAMED AHEAD WITH AN IDEA TO TAKE DAD BACK TO THE GOOD 'OL DAYS...

As a child growing up in the war era in the United Kingdom, Gordon Wilson was just 15 when he left school and got his first job working in the railways. Little did he know at the time, this would be role that would spawn a lifelong interest in steam...

Gordon remembers that first job, as an engine cleaner, as akin to a Charles Dickens novel: crawling through all that grease, while covered in soot. It would take Gordon 12 years to progress up the rail ranks from engine cleaner to fireman to a fully fledged driver. For years he loved this position at the helm of the train, but soon his beloved steam-powered locos were taken over by diesel power and then electricity and Gordon says he started to feel like "a bus driver". His passion was definitely in steam and with the modernisation of his job, he had (quite literally) run out of it. At age 45, and with adult children in tow, Gordon and the love of his life, Barbara, immigrated to Australia for a new start.

Fast forward to June this year and, after 50 years, Gordon's passion for steam locomotives would be reinvigorated by

his very thoughtful youngest son, Lee. Lee had secretly organised for his father to experience the thrill of driving a steam train again! The pair turned up at Maldon Railway Depot and Gordon was, quite simply, handed the reins of a freight-carrying steam locomotive for the day. He says he couldn't believe it! There's a thrill in Gordon's voice when he speaks about this experience and his enthusiasm is magnetic.

"It all came flooding back to me," Gordon smiles. "It was as though I'd left work one day and came back the next day for my next shift. It was as though I'd never left work."

On the day, Gordon was first tasked with preparing the engine, shunting it out, turning it on the turntable and coupling up the train before carefully driving the steam loco from Maldon up to Castlemaine and back again in his day-long adventure. With 50 years between (steamy) drinks, he impressed the railway staff, who oversaw his experience, with his knowledge and prowess as a steam train driver. Gordon says this recent experience has really whetted his appetite for steam locos again and gave him a thrill like no other.

"I dreamed about it for two days!" he laughs. "There's no blood in my veins – it's all steam and coal dust!"

A Willow Lodge resident since 2008, Gordon will be 85 at his next birthday. While Barbara sadly passed away in 2020, Gordon says he's blessed to be living in a community where he feels safe and secure, while being able to enjoy lawn bowls a couple of times each week among the adventures that his life still brings.





# 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!

# Vet's winter 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.

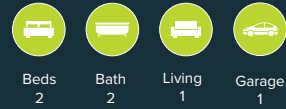


**PALM LAKE RESORT IS PET FRIENDLY!**



# New homes for sale.

## 13 Conservation Drive - POA



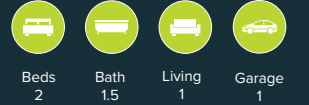
### Location, location!

In the heart of Willow Lodge and across from the Sports Club, this two-bedroom home presents a light filled open plan lounge dining area, opening onto a fully covered alfresco. Extras include a study nook and quality SMEG appliances. Palm Lake Group pride themselves with all their custom designs, together with abundance of storage and a quality finish. Contact us today to arrange a tour, and secure your new lifestyle.

#### Key features:

- Quality appliances
- Fully covered alfresco
- Two bedrooms & two bathrooms
- Close to all community facilities
- No stamp duty, no rates & FREE water

## 2 Banksia Drive - POA



### New design!

This home is being built in a great location, close to all facilities. On completion of this home, you will walk into a bright and beautiful space. It will be presented with a lovely open plan kitchen and living area, expanding onto a fully covered alfresco. This home will comprise 2 bedrooms, 1 powder room, a study nook, a master bedroom with a walk-in robe and two-way ensuite at the rear of the property. Palm Lake Group pride ourselves on our custom designs, providing abundant storage and a quality finish. Contact us today to arrange a tour.

## 10 Grevillea Court - POA

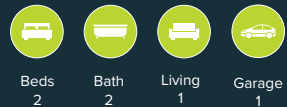


### Brand new

This brand new two-bedroom custom-designed home is ready for you to move in. Featuring a study nook, two way bathroom and great quality appliances.

Contact us today to arrange your private inspection and secure your new lifestyle.

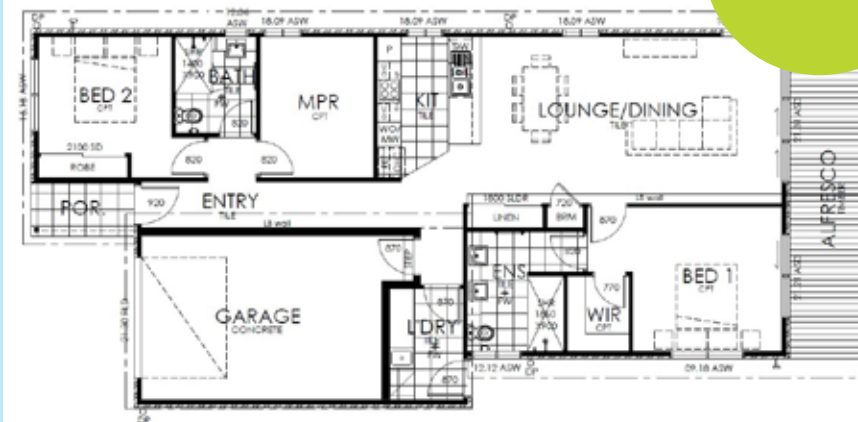
## 2 Rustic Drive - POA



### 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.

## 8 Quiet Drive - POA



### Relaxing soft tones

This two-bedroom (with additional multipurpose room) home is another Palm Lake Resort custom build that will delight any entertainer with the soft and relaxing tones chosen for inside this abode. The open-plan living extends out onto a beautiful undercover alfresco area overlooking tranquil grasslands. Phone us on 1800 974 981 to make an appointment. You won't be disappointed.



# Established homes for sale.

## 2 Braywood Drive - POA

**PRICE REDUCTION: BARGAIN!**

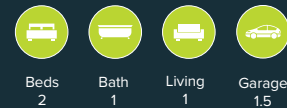


### Spacious and bright.

With our new facilities coming soon, this lovely, well maintained two-bedroom home is priced to sell and will not last long. It features, two large bedrooms with built-in robes, large open-plan living/dining with split system aircon and ceiling fan, 1.5 car remote garage with internal access, private rear yard with water tank. No Stamp Duty. No rates. Free water.



## 1 Glenburn Drive - POA



### Location, location.

This property boasts a large master bedroom with ceiling fan, air con and sliding doors leading to the verandah. The open-plan living offers air con and a spacious kitchen with gas hot plate. Your vehicle can be housed in the extra-long garage with remote access and internal entry. This impeccable home has a low maintenance garden with ample front driveway access for a caravan or trailer. Situated in a prime location, just a short walk from our new facilities.

#### Key features

- Two bedrooms with built-in robes
- 1.5 car remote garage
- Short stroll to the new facilities
- No stamp duty, no rates, FREE water



## 1 Hollydene Court



### Generous open plan.

This impeccable home is situated in a prime location just a short walk from our new facilities, currently being built. Features a long front verandah, hidden behind a beautifully landscaped garden, with all the modern comforts inside.

**SOLD!**



## 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 974 981.  
*\*T&Cs apply*



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



# Life is cruisy

at Palm Lake Resort.

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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.**



COMING  
SOON!



Palm Lake Resort Willow Lodge. 2 Willow Rd, Bangholme VIC 3175  
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