

Willow Talk.

DECEMBER 2022 - JANUARY 2023



Celebration time!

With the opening of The Lodge, there are plenty of reasons (and places!) to celebrate this festive season

Darts Club on point

Check out this year's Darts Club champions

Refer a friend

Find out which homes are available - you could score a cash bonus when you refer a friend



Above: A bird's eye view of home, courtesy of Brian Brownnett.

Welcome.

Hi all - Welcome to our final edition of *Willow Talk* for the year.

Well, it's been worth the wait: 'The Lodge Country Club' officially opens on Friday, December 16, 2022. The special event planned for this day will be for the enjoyment of our homeowners and deposit holders. We can't wait for this official opening event and look forward to watching how The Lodge will enrich the lives of all our community members as an extension of your homes.

As 2022 comes to an end, The Lodge will open its doors for its first gala event - a New Year's Eve party so our homeowners can celebrate in style together. This event will be hosted by a very excited Social Club and supported by Management.

On the topic of the Social Club, we recently farewelled former committee members Pat Johns (who served an amazing 19 years), Bob Richardson (who put in more than 10 years) and Di Heenan (more than five years). This trio all committed their valuable time to Willow Lodge and our community. A heartfelt thank you from all of us.

Our most active cancer support fundraiser/homeowner Dot Heard would also like to thank everyone for their donations in 2022. Dot puts a lot of love into knitting and card making to raise money for the Cancer Foundation. This year her talented crafting and knitting netted \$1113 in funds which totals \$16,670 raised by Dot since 2009. Well done, Dot!

We would like to take this opportunity to say 'Thank you' to all our wonderful homeowners of Willow Lodge who have supported us throughout the year. We wish everyone a very happy Christmas and a safe and great New Year.

Brendan & Jan,
Palm Lake Resort Willow Lodge Caretakers

CONTACT US

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palmakeresort.com.au

Get social:
Follow us on Facebook (@palmakeresort) and on Instagram (@palm.lake.resort)

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News briefs.

90 YEARS YOUNG!

Although he looks decades younger, Willow Lodge homeowner Peter just celebrated 90 laps around the sun! Pictured below, in the black shirt, Peter celebrated his milestone

in fine fashion. Pictured from left are Peter's daughter Christine (who also turned 60), wife Patti, grand-daughter Britti (who turned 30) and grandson Peter (in yellow). Their party was a combined 30, 60, 90 celebration! What fun!



COMING UP ROSES

Chuckles has made his return from winter hibernation and found himself in a glorious pink garden at 10 Royal Drive (pictured below). Can you believe these blooms?! Such a delight for homeowners Marie and Bernie but also for everyone who passes by. Well done! Chuckles is VERY happy here!



WHAT A BLOOMIN' DELIGHT!

ATTICUS HEALTH BBQ

Join the Atticus Health team on Monday, December 12 for a Christmas barbecue. Enjoy a delicious sausage while you meet and mingle with team members Rosemary Sprott (Home Care Manager), Kate Van Duuren (RN) and Wendy Doan (Physiotherapist). They'll be in the Willow Lodge Sports Club from noon- 1pm.

Happy New Year

YOU'RE INVITED TO OUR FIRST OFFICIAL EVENT AT THE LODGE!

The first official event to be held at The Lodge Country Club will be our New Year's Eve party. Hosted by our Social Committee, and supported by management, this will be a wonderful night for everyone to see just how fantastically our new community facility supports our social endeavours. It's a black/silver/gold-themed night with musician Peter Grant performing. Contact a Social Committee member for more information or check the noticeboard.

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

Social Club news.

Report on functions

October 20: A presentation by Shoes on the Go was held at the Sports Club. For those who attended they certainly proved they could shop!

October 22: Karaoke. This was a fantastic night and all who attended thoroughly enjoyed themselves, so much so that the night got extended by an hour or so! There was lots of singing and dancing!

November 1: Cup Day Sausage Sizzle. We had a great turn up and Simon cooked up a storm.

November 12: Trivia night. Unfortunately, we had to cancel this event due to many cases of Covid at Willow Lodge.

November 14: Werribee Zoo Bus Trip. Despite the terrible weather conditions, everyone who went had a great time.

Upcoming functions

Wednesday, December 21: Christmas karaoke/carols at The Lodge! From 6pm, there will be singing and dancing, and Santa will arrive on a Harley Davidson motorcycle (giv-

ing the reindeers the night off in preparation for their big event). BYO drinks and nibbles.

Saturday, December 31: NYE Gala at The Lodge. This will be a black/silver/gold-themed night with musician Peter Grant performing. BYO nibbles and drinks. It's nearly a packed house already, as this newsletter goes to print.

There will be many more functions arranged for 2023 once The Lodge is open and operational. Flyers for all Social Club functions, with further information about these events, are always posted on the noticeboard outside the Laundry and also at the Sports Bar. Go for a bit of a walk and check out what's on in detail.

For more information about the Social Club, phone Chris Beard (Secretary) on 0408 400 486.



Dog days.

A group of Willow Lodge homeowners enjoyed an educational (and fun!) tour of Keysborough Animal Shelter recently. During the tour, our homeowners learned about how the shelter operates and were also able to meet some of those furry friends who currently call the shelter home.

Among the most memorable fur babies on the day was Doris the pug. She was LOVED by everyone. Doris has breast cancer and that fact touched all of those who met her. She is currently in palliative care and being well looked after by shelter staff. You definitely would not know about her condition from the way she pranced around the room! The shelter's Op Shop was an added bonus for our bus trippers who also picked up some treasures on the day.

If there are other homeowners who would like us to arrange a second tour, please phone the Caretakers' office. We would also like to reach out to everyone to see if there are any donations available to support this worthy shelter. If you have any surplus towels or blankets to donate, contact the office. If you LOVE animals, please book in to visit this establishment. And if you LOVE Op Shops, make sure to spend your money here to support this worthy cause.

Darts Club news.

The Willow Lodge Darts Club finals were completed in a marathon six-hour session of men's and ladies' finals.

Pictured top right: Men's runner-up Simon Mackay (left) congratulating winner Brian Brownnett after five close games.

Pictured right: New homeowner Noeleen Brownnett congratulating ladies' winner, Lauren Haidon (left).

Pictured below right: Doubles champions Maureen Eustace and Laurie Downward (nearest the board) who won three games to two against Kay Carlon and Greg Young. Maureen, Lawrie and Greg are all new homeowners here at Willow Lodge and they have been enthusiastic darts players (Kay is a long-time homeowner but equally as enthusiast darts player).

Dates to remember

The 2022 Willow Lodge Darts Club season ended on November 28 with our Christmas gathering and presentation held on December 4 in the Sports Club. Our 2023 season will begin with our AGM and players' registration on January 23 at The Lodge Country Club. There will also be a barbecue in the new barbecue area that day. BYO drinks. Our first night of competition begins on Monday, February 6, at 6pm for a 6.30pm start, in the Willow Lodge Sports Club. The bar will be open.



Volunteers make the wheels go 'round.



At the end of another year, it is timely to give a big shout out to those dedicated volunteers who help to enrich the lives of our homeowners here at Willow Lodge. Among these most dedicated volunteers are our bus drivers, pictured left: Brian Brownnett, Chrissie Hudson, Phil Anstis and Cheryl McGill (Bruce Gunst is absent from this photo). The time they willingly give to support others is immense and they always do it with a smile!

"They do a marvellous job, indeed," Willow Lodge homeowner Bob Richardson says. "We would be lost without our volunteer network."

"Without all of you, us old buggers here would be stranded but, knowing we have all of you, we have the best company we need!" Christine Ralph smiles.

"It's a pleasure to drive the bus and the fact that we are appreciated is a bonus," Chrissie says.

"It's nice to be recognised but we enjoy doing it," Brian agrees.



Step back in time.

WE'RE ALWAYS BEING TOLD NOT TO LIVE IN THE PAST, BUT DID YOU KNOW THAT CERTAIN TYPES OF REMINISCING CAN ACTUALLY BE GOOD FOR YOU? FROM REDUCING THE IMPACTS OF DEMENTIA TO PROMOTING POSITIVE PERSONAL GROWTH, FIND OUT WHY AND HOW TO GET A HEALTHY DOSE OF NOSTALGIA.

Dwelling on the past is no longer seen as a sign of senility – in fact, therapists have harnessed the power of reminiscing to treat people with Alzheimer's and other kinds of memory loss. In 1963, psychiatrist Robert Butler first introduced the idea that reminiscing in old age could be positive. Since then, 'reminisce therapy' has been developed as a non-pharmacological intervention for seniors, especially those with impaired short-term memory. Here's why...

It can improve your day

According to Psychology Today, researchers from Loyola University found that thinking of good memories for just 20 minutes a day can make you more cheerful than you were the previous week. Just think about the feeling that comes over you when you see, smell or hear something familiar, or when you look back through photos from happy times.

It can make you feel safe

Nostalgia is often associated with melancholia, but it can also make us feel comfortable. Next time you're in a new place or experiencing feelings of displacement, try thinking or writing about your favourite people and places. Psychologist Tim Wildschut found that people who write about a nostalgic event are more cheerful after the exercise, and feel more positively about their friendships and close relationships. This gives us a comforting sense of belonging.

It brings you closer to your loved ones

Reminiscing on memories is an important way to ground yourself and stay true to your roots. This is because your special memories almost always feature special people.

Studies have shown that people with nostalgia-prone personalities cope with problems more effectively as they are more likely to receive social support after experiencing stress, and see their families more often.

It can motivate you

Drawing from memories of your past accomplishments is a common way to stay motivated – you may not even realise you're doing it. Have you ever thought to yourself, "If you got through that, you can get through this"? Of course, try not to ruminate too long on difficult times – focus instead on how you got through them, and how you felt on the other side.

It can benefit those around you

We gain wisdom from our own experiences, but also from the experiences of others. Reminiscing on your past can shine a light on important lessons you learnt – lessons that you can pass on to your children, grandchildren and even friends. Flipping through old photo albums can be a helpful way to spark these conversations; turn to the following page to find out how to best document your memories.

Remember: reminiscing is all about how you perceive the past. The same memory can promote positivity or pain depending on how you look at it. Psychologist Sonja Lyubomirsky says it best: "It's what you focus on. Do you focus on how positive it was then, or that it's over now?". As some people say, 'Don't cry because it's over, smile because it happened' – it's cheesy, but it's true.

Do you remember?

Homeowners at Palm Lake Resort's over-50s communities all lived through the '70s and '80s. But how much can you recall from that time period? Whether you were closer to 10 years old or 30, you'll likely remember these moments and memories from 1975 to 1985. There are some great conversation starters here for our next weekly meal!

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On the big screen...

These were among the highest grossing movies released from 1975 to 1985. Did you see them in the cinemas, and have you watched them since? Perhaps a nostalgic screening is in order!

- Jaws (1975)
- Rocky (1976)
- Star Wars (1977)
- Grease (1978)
- The Amityville Horror (1979)
- Star Wars: The Empire Strikes Back (1980)
- Superman II (1981)
- E.T. the Extra-Terrestrial (1982)
- Risky Business (1983)
- Ghostbusters (1984)
- Back to the Future (1985)

On the radio...

Billboard magazine named these as the number one songs from 1975 to 1985. How many can you remember the words to? Can you remember your favourite songs from those years?

- 'Love Will Keep Us Together' by Captain & Tennille (1975)
- 'Silly Love Songs' by Wings (1976)
- 'Tonight's the Night' by Rod Stewart (1977)
- 'Shadow Dancing' by Andy Gibb (1978)
- 'My Sharona' by The Knack (1979)
- 'Call Me' by Blondie (1980)
- 'Bette Davis Eyes' by Kim Carnes (1981)
- 'Physical' by Olivia Newton-John (1982)
- 'Every Breath You Take' by The Police (1983)
- 'When Doves Cry' by Prince (1984)
- 'Careless Whisper' by Wham! (1985)

On the front page...

Can you remember these history-making moments that took place between 1975 and 1985? Or, better yet, can you remember where were you when you first heard about them?

- In 1975, the Vietnam War ends with the surrender of South Vietnam to Communist forces.
- In 1975, Nadia Comaneci wins three gold medals at the Montreal Olympics with seven perfect scores.
- In 1977, Elvis Presley dies at the age of 42.
- In 1978, the first test tube baby is born in the US.
- In 1979, Sony releases the Walkman.
- In 1980, John Lennon is assassinated at age 40.
- In 1981, NASA launches the first Space Shuttle mission.
- In 1982, the first episode of Late Night with David Letterman debuts on NBC.
- In 1983, the first mobile phones are introduced by the public by Motorola. The final episode of 'M*A*S*H' airs to a record 125 million viewers.
- In 1984, the first Apple Macintosh personal computer goes on sale.
- In 1985, the Rainbow Warrior is sunk by French foreign intelligence services off the coast of NZ.

Organising your memories.

LIFE IS FULL OF PHOTO-WORTHY MOMENTS – SO MUCH SO, MOST OF US END UP WITH A BAZILLION HAPPY SNAPS SPREAD ACROSS A HANDFUL OF DEVICES, ALBUMS AND HARD DRIVES.

Thankfully, website and app developers know the struggle, so there are a number of programs you can use to help you on your photo-organising quest. And with the holiday season upon us and family generally around, why not sort out your memories once and for all - for everyone's benefit.

Gather them up

Before you can organise your photos, you need to see them all in one place. This may mean scanning physical photos to create digital copies, which you can either do using a scanner or via your smartphone – a quick Google will explain how. You can then save them directly to your camera roll or to an app like Dropbox. You'll also want to find old CDs, USBs or hard drives that could house more pictures. Don't forget to go through your smartphone and any of its backups to find additional images, and check your camera's SD cards if you have one.

Find the perfect place

Where you store your photos is up to personal preference, but using a cloud-based service is generally the safest, most convenient place. If you use an iPhone and computer, iCloud may be your best bet – it works with your phone to sync images across all devices, and it's relatively affordable if you need to upgrade your storage. Alternatively, Dropbox or Google Drive can be used on the computer and your phone via the app. If you're not a fan of cloud storage, consider an external hard drive for your computer. They're relatively inexpensive but localised – meaning you can only access those photos when you're at your computer.

Set up a system

Depending on your needs, every system has its benefits. While some people prefer to create folders for different events – like, say, 'Japan trip' or 'Emma's first birthday' – this may not lend itself to the more spontaneous snaps. It may be better to create a folder for each year, then a folder for each month. If a particular event happened in a certain month, you could then create a folder solely for that event in the month's folder; for example, your "2019" folder will include a "May" folder, which will include a "Mother's Day Lunch" folder with photos from that event.

Make physical mementos

If you love the idea of having each of your children's baby photos in one place, or a holiday album from a family trip, why not make photo books? Websites like Snapfish, Chatbooks, Blurb and Picture Postie make it super easy to turn your photo collections into physical photo albums, which you can proudly put on display or give as gifts to your children, parents or relatives.

New homes for sale.

For more information, FREECALL 1800 974 981,
email willowlodge@palllake.com.au or visit palllakeresort.com.au

2 Royal Drive - POA

2

2

1

1

Beds

Bath

Living

Garage



Simple elegance.

You will be impressed by the simple elegance of this beautiful home. Open plan lounge, dining and kitchen opens out onto the rear deck: the perfect space for entertaining. The expansive master bedroom boasts a walk-in robe and ensuite and the second bedroom is complete with its own bathroom. Features include: SMEG appliances, ceiling fans feature throughout and plenty of storage.

Key features:

- Quality appliances
- Fully covered alfresco
- Plenty of storage
- No stamp duty, no rates
- FREE water

13 Conservation Drive

2

2

1

1

Beds

Bath

Living

Garage



SOLD!

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.

15 Birch Court - POA

3

2

1

2

Beds

Bath

Living

Garage



Custom build.

This two-three bedroom home is another one of Palm Lake Resort's custom-built homes that will delight any entertainer. The open plan living area extends out onto a beautiful undercover alfresco overlooking nature and bird life. Call 1800 974 981 to make an appointment. You won't be disappointed.

11 Brushwood Drive - POA

2

1.5

1

1

Beds

Bath

Living

Garage



The happiest front door of them all.

This delightful home was only recently finished and is perfectly move-in ready. This well-appointed custom-build home is sure to impress. The open-plan kitchen, dining and living is tucked away at the rear of the home opening on a fully-covered alfresco, ideal for entertaining. 11 Brushwood also enjoys quality appliances in the kitchen and a study nook. Key features:

- Quality appliances
- Second toilet
- Study nook
- No rates
- No Stamp Duty
- FREE water

TURN OVER FOR EVEN MORE HOMES!

Established homes for sale.

For more information, FREECALL 1800 974 981,
email willowlodge@palmlake.com.au or visit palmakeresort.com.au

2 Braywood Drive - \$380,000

2

Beds

1

Bath

1

Living

1.5

Garage



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.

2 Conservation Drive - \$505,000

2

Beds

2

Bath

1

Living

1

Garage



Right in the heart.

This home is perfectly situated in the heart of Palm Lake Resort Willow Lodge and across from the Sports Club. This two bedroom, two bathroom home enjoys ample natural light and features an open-plan living and dining area that opens onto a covered alfresco. Extras include a study nook and quality SMEG appliances. With quality finishes and abundance of storage, this stunning and sought-after design will not last. Contact us today to arrange a private inspection.

5 Matlock Court - \$520,000

2+1

Beds

2

Bath

1

Living

1.5

Garage



Ample storage, space.

Meet the one – upon entry, you will immediately fall in love with the abundance of storage this home has to offer and the spacious open-plan living area will impress any fastidious buyer. This home boasts two bedrooms and two bathrooms along with an additional activity room overlooking a covered alfresco and decked area. Call today to arrange a private inspection and discover our incredible new facilities – you won't be disappointed.

Key features:

- SMEG appliances
- Reversed cycle air-conditioning and gas heating
- Covered alfresco with patio blinds

4 Tranquility Court - \$350,000

2

Beds

1.5

Bath

1

Living

1

Garage



A homely home.

This homely two bedroom property has just been freshly painted with brand new carpet throughout. It features two good-size bedrooms with built-in robes, kitchen and lounge room located at the front of the home, central bathroom with toilet and a second separate toilet.

Other features include a remote single garage with internal access through the laundry and a deck with generous size garden to enjoy all year round.

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.



To find out which homes are available right now, **FREECALL** 1800 974 981
email willowlodge@pallmlake.com.au or **visit us** at 2 Willow Road, Bangholme VIC 3175



THE BEST IN OVER-50s LIVING. THIS IS YOUR TIME.

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