

Willow Talk.

JUNE - JULY 2023



Palm Lake Resort®
WILLOW LODGE



Tyrone makes Milon easy

Did you know postie Tyrone is now also helping you get fit?

Refer a friend

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

Cool change

The weather's changing and so too should be your approach to growing backyard produce. Here's how...

Pictured: Our wonderful new movie theatre, inside The Lodge, offers weekly screenings organised by homeowner volunteers.



Welcome.

Hi everyone -

We have returned from a lovely break cruising around in our motorhome along the Murray and surrounds. We met many lovely people and even bumped into past and present homeowners from Willow Lodge! It's a small world when you are on the road. One of our favourite locations was Tallangatta - surrounded by mountains and water. If you happen to visit this historic town, you must stop and have a parma and a pot at the Victoria Hotel. Such great people and great food!

It's been wonderful to watch our homeowners being inducted to use our brand new Milon gymnasium. How lucky were we to have Tyrone, our Postie, jump on board and assist us in this respect. You can read all about that on Page 5. We are also pleased to hear Rodney, our water aerobics instructor, is being welcomed by our homeowners every Thursday. We need to keep our numbers up, for activities like these, or we could lose our instructors. Please don't hibernate over winter - this is your opportunity to increase your fitness while meeting your neighbours and having fun while you're doing it!

Our amazing volunteers, who have come together to present weekly movies, hope to see more homeowners enjoying our amazing cinema. If you haven't been and experienced watching a movie or an AFL game there, you are missing out! Movie dates and times are advertised on the TVs within The Lodge, in our private Willow Lodge Facebook group, on the noticeboards and even in the bus shelters along Willow Road. If you want to reserve a seat to watch your preferred movie, place your name on the booking sheet outside the cinema.

We have beautiful, amazing new facilities now here at Willow Lodge. Embrace them and enjoy!

Brendan & Jan,
Palm Lake Resort Willow Lodge Caretakers

CONTACT US

Looking for more information about Palm Lake Resort Willow Lodge? Here's how you can reach us:

FREECALL: 1800 974 981

Street address:
2 Willow Road, Bangholme VIC 3175

Office hours:
9am to 4pm, Monday to Friday

Email:
willowlodge@palmakeresort.com.au

Find us online at:
palmakeresort.com.au

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

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News briefs.

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!

MARK & SYLVIE INFORMATION SESSIONS

Atticus Health's Home Care Manager, Rosemary, will be freeing up her schedule to make home visits to those who are interested in learning more about transferring from a current provider. These home visits will be only to inform potential clients about what Mark & Sylvie's has to offer and discuss how a transfer would work. Participants will be under no obligation to transfer come the end of this session unless they wish to. Contact Atticus Health for more information.

HAVE YOU ORGANISED YOUR FLU SHOT?

If you are yet to enquire about your annual flu shot, please contact Atticus Health Bangholme on 9706 5560 to make an appointment. Flu shots are free for over 65s.



READ ALL ABOUT IT

The Autumn 2023 edition of our quarterly company magazine, Your Time, is circulating our country. Have you received a copy in your mailbox yet? If not, you can always check it out at palmakeresort.com.au. In this edition, we celebrate all things people. Did you know that 10,000 people call a Palm Lake Group address home? You'll get to meet some of our longer-term homeowners and staff in the pages. You can also walk through some of our latest construction projects at Forster Lakes and Willow Lodge, read recipes from our residents at Beachmere and catch up on all the Palm Lake Group news.



CHUCKLES' BIG ADVENTURE CONTINUES

Chuckles has been on the move again, looking for lovely yards. He's currently taken up residence at 1 Conservation Drive in Gordon's front yard. Congrats to you, Gordon!

HOMES FOR SALE: PAGES 9-11

Weekly activities.

MONDAY
9.30am - 1.30pm Line dancing, Wellbeing Room
10am Workshop, The Shed
1 - 3pm The Crafters, Craft Room
5 - 10pm Darts, Sports Club
5 - 8pm Bar open, Sports Club

TUESDAY
10 - 11am Aerobics, Wellbeing Room
12noon - 4pm Karaoke, The Lodge
12.45 - 3.30pm Indoor Bowls, Wellbeing Room
6.30 - 9pm Indoor Bowls, Wellbeing Room
7 - 9.30pm Pool/snooker, Billiards Room

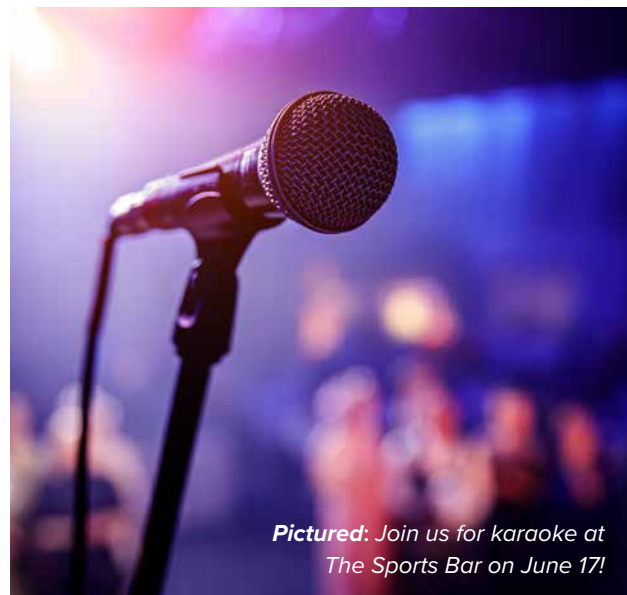
WEDNESDAY
9.30 - 11.30am Social bowls, Sports Club
10am - 12 noon Workshop, The Shed
12noon - 5.30pm Cards - 500, Sports Club
12.30 - 3.30pm Table tennis, Wellbeing Room

THURSDAY
10.45 - 11.30am Water aerobics, Pool (with Rodney)
11.40am - 12.25pm Water aerobics, Pool (with Rodney)
1.30 - 3.30pm Art class, Craft Room
7pm Bingo, The Lodge Hall

FRIDAY
10am - 12 noon Workshop, The Shed
1 - 4pm Cards - Crib, Sports Club
5 - 8pm Bar open, Sports Club

SATURDAY
10 - 11am Aerobics, Wellbeing Room
10am - 12 noon Workshop, The Shed
1 - 3pm Knitters, Craft Room
5 - 8pm Bar open, Sports Club

SUNDAY
5 - 8pm Bar open, Sports Club



Pictured: Join us for karaoke at The Sports Bar on June 17!

Sports Bar news.

Volunteers

A big thank you to all the volunteers, who help to make the running of the Sports Bar and the Sports Club activities. This includes all the Bar Committee members, all the RSAs and all the other helpers who assist with our catering on Fun Friday Nights and also Darts nights. Without you all, it just wouldn't happen.

Fun Fridays

Fun Fridays are continuing to be popular and homeowners should be aware that there are some surprises in store during winter months, to warm your bellies.

Upcoming Saturday night events

The Social Club and Bar Committee will be providing monthly Saturday events in the Sports Club to help you through the winter month, so watch out for the flyers:

- Saturday, June 17: Karaoke Night. Ann will lead this event with her Karaoke skills. Bar will be open from 5pm to last drinks called at 8.30pm.
- Saturday, July 27: Trivia Night. Watch out for the flyer for further details.
- Saturday, August 12: Soup kitchen. Details to be confirmed.
- Saturday, September 16: Bake Off. Details to be confirmed.
- Saturday, October 15: Charcuterie Boards. Details to be confirmed.
- Saturday, November 11: We'll think of something special!

For all things Sports Bar, please contact Kay Smart (Administrator) on 0437 670 977.

Social Club news.

Report on functions

Sunday, April 23: Mad Hatters' Tea Party

Fantastic morning and beautiful food. 'Hats off' to everyone who put in the effort to dress for the occasion, there were many and varied hats on show for this high tea event!

Tuesday, April 25: Anzac Day Sausage Sizzle

We had a good turn out with a small ceremony to pay our respects. Gaye Wilken laid a wreath, beautifully made by Lyn Adelberg. There were plenty of snags, topped off with homemade Anzac biscuits, thanks to Maureen Eustace.

Upcoming events

Wednesday, May 24: Biggest Morning Tea

To be held in The Lodge. Bring along a plate to share. If you have any unwanted gifts you'd like to donate for the raffles, we'd be happy to take them off your hands (prior to the day).

Saturday, June 3 (7pm): Peter Grant – Entertainer

Bring your dancing feet to The Lodge, along with some nibbles and drinks. You might remember Peter as our entertainer for last New Year's Eve?

Saturday, June 17 (6pm): Trivia Night

To be held in The Sports Bar. BYO nibbles. The Bar will be open.

Saturday, July 22 (7pm): Jim Laing – Entertainer and guitarist

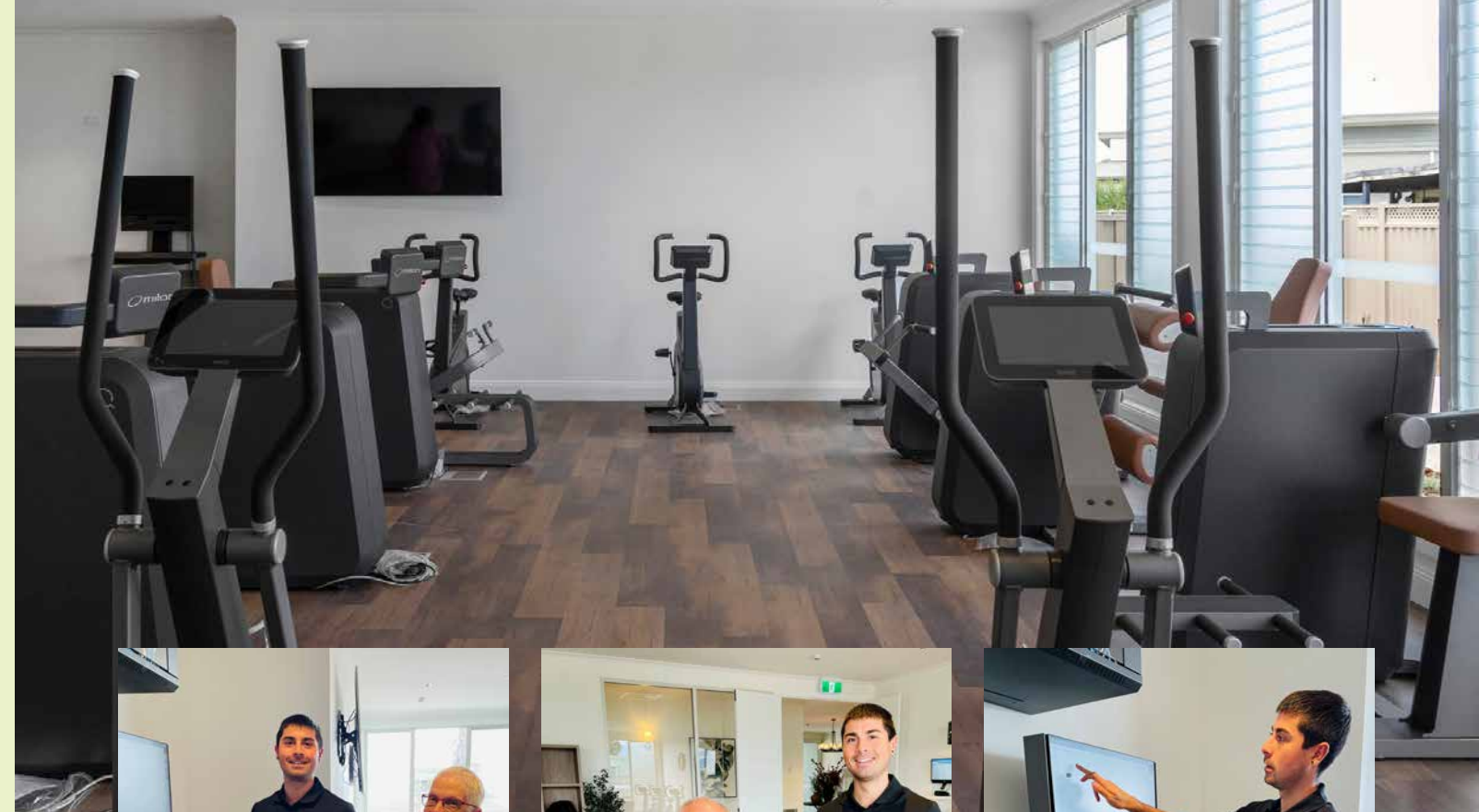
This will be a BYO event at The Lodge. Jim has spent many years touring with the likes of Russell Morris, Brian Cadd, Glenn Shorrock, Ian Moss, Mental As Anything, Doug Parkinson, Max Merritt and Leo Sayer.

Saturday July 29 (6pm): Karaoke Night

To be held in The Sports Bar. BYO nibbles. The Bar will be open for this event.

Flyers for all Social Club functions, with further information about these events, will be posted on the noticeboard outside the Laundry and very soon also on the noticeboard to be located in the lobby of The Lodge Country Club. Go for a walk and check out what's on in detail.

For more information about the Social Club, please phone Chris Beard (Secretary) on 0408 400 486 or Norma Walker on 0414 596 904.



From postie to PT, for our Tyrone.

With our wonderful new Milon gymnasium in The Lodge Country Club, our homeowners are finding out just how easy and convenient it can be to stay active and healthy for longer. Our Milon machines are a breeze to use and capture users' statistics and progress via a cloud-based reporting system.

If you haven't yet met our resort gym instructor, Tyrone Boissezon, now is the perfect time to introduce yourself and let him help you find a new level of fitness via Milon. You actually might already know Tyrone as our postie? What you probably didn't know is that while delivering our mail, he's also been working to gain university qualifications in exercise and sports science - perfect! We asked Tyrone to tell us a little bit more about himself and here's what he had to say...

How long have you been a postie for our homeowners here at Willow Lodge? Just over three years now. I started as a postie just prior to the pandemic at the beginning of 2020 and have continued working here since.

How did you discover Willow Lodge? I first got to know about Willow Lodge when I was trained by Pierre, the previous postie. Over the past few years working here, I have gotten to know most of the homeowners, management and staff well. I have developed many friendships and have enjoyed watching the new facilities being built in recent years.

What inspires you to work in the health and fitness industry? From a young age, I always enjoyed playing sport and being active. As I got older, this turned into a passion for exercising and fitness. For this reason, when I finished high school, I chose to pursue a degree in exercise and sports science at university, so that I could further develop this passion into a career. I will be continuing with further study at university next year, to become an exercise physiologist so that I am able to further help others achieve their health and fitness goals.

Since becoming our Milon gym instructor, what has been your most rewarding experience? Since becoming the Milon Gym instructor, my most rewarding experience has been engaging with the homeowners during inductions to find out their health and fitness goals and then getting to see them achieve positive outcomes through their use of the Milon gym.

What do you enjoy doing in your spare time? In my spare time I enjoy going for a run, taking my dogs for a walk, watching TV, playing video games and building LEGO.

Cool change.

THERE'S DEFINITELY A NIP IN THE AIR AND THE DAYS ARE MARKEDLY SHORTER THAN THEY ONCE WERE. GUESS WHAT, PEOPLE? HERE COMES WINTER - AND HERE COMES A NEW SEASON IN THE VEGGIE PATCH!



While the coming of winter means swapping your cotton PJs for flannelette and adding a few extra throw blankets to your lounge to make it that little bit more snuggly, it's also an opportunity to try something different in your garden veggie patch. It's a given that different veggies grow better in different seasons – some love the heat of summer while other thrive in the cooler months. If you're wondering what delicious produce will grow best for you this winter, let us give you some inspiration.

What to plant

Here in Australia's coolest areas and Southern Tablelands (that's technically an area stretching Melbourne, Tasmania and the Highlands) you should be looking to plant things like artichoke, asparagus, beetroot, broad beans, broccoli, Brussels sprout, cabbage, carrot, cauliflower, celery, endive, leek, lettuce, onion, peas, snow peas, silverbeet, spinach and radish. Of course, there are herbs that do better here in the winter months as well. Why not try chives, cress, curry, dill, mint, parsley, sage and thyme.

What to remember

While your choice of seedlings should change in line with the seasons, some things do stay the same when it comes to the veggie patch. For example, sunlight is essential for growing veggies – abundant crops are generally the result of a combination of rich soil, water and a wonderfully sunny position. Winter vegetables are no exception - but did you know that leafy greens and root vegetables can tolerate less sunlight and actually perform well in partially shaded areas? Having said that, just remember that our days are shorter and the winter sun is in a different (lower) part of the sky, so there's probably more chance your generally sunny veggie patch becomes more shaded in winter. Accommodate your planting positions around that.

Cold comfort

Frost is another thing to consider. It will impact your young seedlings more than mature plants. Ensure they are established earlier in the season and/or are physically protected from the cold air. Funnily enough though, some winter vegetables thrive

Pictured: No garden space? No worries! Large pots work well as they can be positioned to capture the winter sun.



in extra cool conditions and their taste can even improve as a result. Apparently, a cold snap can trigger certain plants into producing more sugars which means sweeter harvests. To test this theory, try harvesting snow pea, parsnip, carrots and broccoli/ cauliflower after any especially cool nights and see if you notice a difference in their taste.

Pesky pests

A benefit of growing veggies in the wintertime is that there are generally less pests about. That's not to say there will be no creepy crawlies in your garden – you should still keep your eyes peeled for them. One thing you do need to keep your eye on during winter are those diseases that flourish in the damp – things like fungal diseases. To assist in keeping fungus at bay, water early in the morning to give any excess water a chance to dry out, water the soil rather than the leaves and also ensure there's enough circulation around your seedlings and plants.

Last tips

Make sure there's a steady supply of water for your delicious goodies (you'll find the ground won't dry out as quickly as in the summertime so adjust your amount accordingly), mulch is never a bad thing and, of course, everyone loves a delicious treat every now and again. Your veggies – and all plants, for that matter – will love a regular feed of manure, fish emulsion and blood and bone to ensure lush growth. If you have a worm farm, don't forget to share some of your 'worm tea' with the veggies.

And remember that you don't need a huge backyard to get a big reward when it comes to growing your own produce. You can plant out some large pots (pictured above) or simply even use a bag of potting mix, laid down flat, with a window cut out of the plastic bag, to expose some of the rich soil within. The best part about these types of gardens is that they are portable and you can therefore place them in the most perfect position in your yard for optimum winter growing results. Good luck!



Inspiration aplenty.

Thrifty Gardening

Country Women's Association of Victoria, \$25

Lift your gardening game and save money with the help of the Country Women's Association of Victoria. *Thrifty Gardening* shows you how to get the most from your edible or ornamental garden, season by season. From how to grow from seed, what to plant and sow, which garden tasks to do when, it's all here. The advice comes with an always timely reminder to sit back and enjoy what you grow and some simple recipes for how to make the most in the kitchen of the bounty from your plot. There's advice for getting the kids involved plus tips for how to outsmart pests and bugs. This book will change the way you think about your garden and it will magnify the joy you take from it, all year round.

The Little Box of Veg

Alice Zaslavsky, \$30

Let the award-winning author of *In Praise of Veg*, inspire you to create something wonderful with whatever is in your kitchen. This kaleidoscope of colour-coordinated cards showcases 48 delicious veg from across the seasonal spectrum. Each card includes advice on choosing/storing/prepping veg, quick cooking ideas and a feature recipe to fully flex your veg game.

The Immunity Food Fix Cookbook

Donna Beydoun Mazzola & Sarah Steffens, \$40

This book delivers 75 delicious superfood recipes that support your body's natural defences organised around the five key pillars of immune support - reversing inflammation, detoxification, antioxidants, digestion and microbiome health, and hormone balance and signalling. Supporting your immunity has never been so appealing with these delicious whole food recipes, including gluten-free, dairy-free and grain options.



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, FREECALL 1800 974 981.

*T&Cs apply



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



Pictured above: The Bowls Club Presentation night.

Bowls Club news.

Pennant update

With a good season behind us, bowlers are now enjoying a break.

Match Committee

The Match Committee is organising club games each Tuesday. Watch the noticeboards for details of these games.

Lunch at Sands Hotel

On Tuesday, April 11, we enjoyed lunch together at Sands Hotel. There were 26 bowlers and friends in attendance and all enjoyed the get together.

Presentation Night

Our Presentation Night was held on April 22. It was a most enjoyable evening with 50 attending. President John's grandson provided us with music. A special thankyou must go to Rhonda Smith who prepared a delicious two-course meal, doing it all on her 70th birthday! A giant thank you to Rhonda, and to all the helpers who made the night so special.

AGM

This was held on May 7. Our Office Bearers for Season 2023/24 are as follows:

- **President:** John Cargill
- **Vice President:** Lindsay Weldon
- **Secretary:** Ron Jesson
- **Treasurer:** Marion Bjorksten

A special mention and big thankyou to Jan Bonar who, after 15 years, has decided to have a well-deserved break from Treasurer duties.

Upcoming event

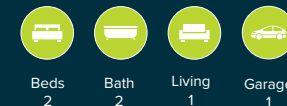
Don't forget that our 'Come and Try Bowls Day' is being held on Sunday, June 18. Notices are going out soon. Please come along and support this fun day.

If you have any queries, you can contact our Bowls Club President, John Cargill, on 0427 153 384.

Maureen Atwell,
Willow Lodge Bowls Club Committee Member

Established homes for sale.

2 Conservation Drive - \$505,000



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.

- No stamp duty
- No rates
- FREE water

TURN OVER FOR MORE GREAT HOMES...

4 Quiet Drive - POA



Centrally located.

You will be delighted by this two bedroom home with open-plan living, dining and lounge, nestled in the heart of Willow Lodge. A great location and just a short stroll to all of our BRAND NEW facilities. Wake up to the morning sun and enjoy breakfast out on the covered alfresco.

Key features:

- 2 bedrooms (master with walk-in robe)
- 1 bathroom, 2 toilets
- Split system heating/cooling
- Covered alfresco
- No stamp duty, no rates, FREE water

SOLD!

New homes for sale.

For more info or to organise your private tour, FREECALL 1800 974 981, email willowlodge@palmlake.com.au or visit palmakeresort.com.au

60 Willow Road - \$645,000

3

2

1

2

2

3

2

1

2

2

Bed

Bath

Living

Outdoor living

Garage



Brand new and beautiful!

This duplex home is located in a prime central location within the resort and is just steps away from all of our amazing facilities. It features large open plan living, with full sliding glass doors opening out onto your own alfresco area. The kitchen is well appointed with a walk-in pantry. There are two bedrooms, master with walk-in robe and ensuite, as well as an extra room for office/study or a sofa bed. Other features include:

- Large north facing alfresco area
- Double remote garage
- No council rates, no stamp duty
- FREE water

58 Willow Road - POA

3

2

1

2

2

3

2

1

2

2

Bed

Bath

Living

Outdoor living

Garage



Brand new and beautiful!

This duplex home is located in a prime central location within the resort and is just steps away from all of our amazing facilities. It features large open plan living, with full sliding glass doors opening out onto your own alfresco area. The kitchen is well appointed with a walk-in pantry. There are two bedrooms, master with walk-in robe and ensuite, as well as an extra room for office/study or a sofa bed. Other features include:

- Large north facing alfresco area
- Double remote garage
- No council rates, no stamp duty
- FREE water

10 Grevillea Court - POA

2

1

1

1

2

1

1

1

Bed

Bath

Living

Garage



Custom made

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

Additional key features:

- Remote garage with internal access
- Brand new community facilities just opened at The Lodge Country Club
- No stamp duty
- No rates
- FREE water

11 Brushwood Drive - POA

2

1.5

1

1

2

1.5

1

1

Bed

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 stamp duty
- No rates
- FREE water

10

11

10,000 REASONS TO CELEBRATE

With more than 45 years' history and properties right along Australia's east coast, did you know that 10,000 likeminded people call a Palm Lake Group address home? Come join our 10,000-strong community in 2023. We welcome you home.



FREECALL 1800 974 981 | willowlodge@pallmlake.com.au
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