

The Pearler.

AUGUST - SEPTEMBER 2022



Bring your best mate.

PALM LAKE RESORT YAMBA IS PROUDLY PET FRIENDLY. READ OUR TIPS FOR KEEPING YOUR BEST MATE IN TIP-TOP SHAPE DURING THESE COLDER MONTHS ON PAGES 8 & 9.





Welcome.

It has been a busy time here at Palm Lake Resort Yamba! We have just completed our yearly curbside clean-up for residents. While most people certainly downsize when moving in, we still always seem to have surplus items to dispose of each year. It's amazing how we amass so much stuff without realising, isn't it? It was particularly interesting to see so many paint tins put out for pick-up – obviously some painting and decorating has been going on around the resort!

Holidays seem to be on the agenda at the moment. Several residents are heading off on cruises, while others have overseas holidays planned for the rest of the year – ourselves included. We've even noticed the caravan bays here at the resort have many gaps, which means lots of residents are heading up north to enjoy the warmer climate. This is so good to see after our years of COVID and lockdowns, followed the dreadful wet weather and floods we experienced here on the east coast. Happy travelling!

Finally, we would like to welcome some new faces to our lovely resort; Eric & Thelma (Home 160), Cathy (Home 59) and Stan (Home 169) have all joined us in recent weeks. We're sure you will make them feel so welcome in their new home.

Until next time,

Gary & Jenni Martin
Palm Lake Resort Yamba Caretakers

CONTACT US

Looking for more info about Palm Lake Resort Yamba?

Here are the ways you can reach us:

Online: palmlakeresort.com.au

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

Street address: 1 Orion Drive, Yamba NSW 2464

Phone: 1800 084 119

GET SOCIAL

Follow Palm Lake Resort on Facebook (@palmlakeresort) and on Instagram

(@palm_lake_resort) to see what's happening right across our 28 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.



EMERGENCY PHONE NUMBERS

Yamba Police Station:
6646 2000

Yamba Fire Brigade:
6646 2058

Ambulance Service: 000

Maclean Hospital: 6640 0111

Grafton Hospital: 6640 2222

Ballina Hospital: 6620 6400

Lismore Base Hospital:
6624 0200

St Vincent's Private Hospital:
6627 9600

Clarence Community Transport: 6645 3200

Palm Lake Office - Oyster Cove: 6646 9344

COURTESY BUS NUMBERS

Please make note of the following courtesy bus numbers should you need a lift around town!

Yamba Bowling Club:
6646 2305

Yamba Shores Tavern:
6646 1888

Maclean Bowls Club:
6645 3711

Connect You Too - Clarence Community Transport:
6645 3200

READ ALL ABOUT IT

If you haven't already received a copy of the Winter 2022

edition of our company magazine, Your Time, you should check it out online. In the Winter edition, we have a special feature on the "Pets of Palm Lake" – a collection of stories on our amazing residents and their amazing pets. You'll also catch up on all the news from around our many locations, find tasty winter recipes and discover a few fun ways to spice up your life. To read the edition online, visit www.palmlakeresort.com.au and click on the 'News & Events' tab in the menu.



GET SOCIAL

Are you on social media? We are, too! You can find Palm Lake Resort on Facebook and also Instagram. Make sure you like and follow our social media profiles to see even more news from right across our dozens and dozens of locations, across the east coast of Australia.

Facebook: @palmlakeresort
Instagram: @palm_lake_resort

REFER YOUR FRIENDS!

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 an established Palm Lake Resort Tweed River home, you'll receive \$250 cash. Easy! Ask about our 'Refer a Friend' incentive at the office.



Bloomin' lovely.



Matt and our new gardener Michael have been very busy pruning, hedging and mulching the gardens around the resort. We must say, they are looking lovely! Our residents certainly agree. The feedback has been overwhelmingly positive, with many commenting on how terrific the gardens are looking. We know our residents are really enjoying their walks around the resort, stopping to admire the gardeners' work. Well done, Matt and Michael!



In similar news, at the time of writing, our winter gurney program is well underway. After all the rain we've had here in Northern New South Wales, it's great to see the walkways and roads clean and free of any mildew. We are certainly glad to be rid of the constant wet weather, even if it is only for a short time.



Farewell, old friend!



PALM LAKE RESORT YAMBA FAREWELLED A BELOVED LONG-TIME RESIDENT IN JULY, WITH A CELEBRATION WORTHY OF HER POSITIVE IMPACT ON OUR COMMUNITY.

Val Decosse moved into Palm Lake Resort Yamba with her husband Frank in 1998 – way back when it was known as Oyster Cove. In her 24 years at our resort, Val served on many committees, helped in the library and backed Frank in his bowling endeavours.

But with age comes a need for extra support. Val has made the move so that she can get more help – and, we're sure she'll agree, no longer have to do the cooking.

We are glad to hear that, by all reports, Val has settled into her new residence at Grafton very quickly. She is enjoying the busy life and is thoroughly trying to keep up with all the activities.

Val was farewelled with a beautiful morning tea, which was very well-attended by residents along with Val's two daughters.

She is the friend and neighbour we all want to have, and we already miss her dearly. Love and best wishes from all the residents at Palm Lake Resort Yamba.





Get your greens.

We have a community of keen lawn bowlers here at Palm Lake Resort Yamba, and they love getting together to enjoy a regular game. Even better is the number of newcomers who quickly join the bowls club – some of whom have never played before. It is a fun game to play and not too hard to pick up. Why not put your name down on the noticeboard and come along to a meet up? It's perfect for those who are looking for fun and socialisation!



Weekly activities list.

MONDAY

9am Indoor bowls
2pm Art group (*til 4pm)
3.30pm Tennis
4pm Mixed pool, Lawn bowls
7pm Darts

TUESDAY

8am Golf (nine holes)
9am Craft/quilters
11.30am Pilates
Afternoon Croquet
3pm Pool/snooker

WEDNESDAY

8am Tennis, Exercise class
11.30am Tai Chi
1pm Cards

THURSDAY

8.30am Lawn bowls
9am Chess (in Roundhouse)
Morning Croquet
12.45pm Cards (500)

FRIDAY

8am Tennis
3pm Pool/snooker

SATURDAY

1pm Mah Jong
2pm Rummikub (in Roundhouse)

SUNDAY

8.30am Lawn bowls
3pm Pool/snooker



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.
palmakeresort.com.au



In good hands.

If you love playing cards, you'll be pleased to learn about the enthusiastic card group we have here at Palm Lake Resort Yamba. Two afternoons a week, a number of residents get together in the Roundhouse for a series of card games – Canasta, Euchre and Five Hundred are a few of their favourites. There are no limits to numbers, so everyone is welcome to join.



Card games are played in our Roundhouse Clubhouse.



Vet's winter caution.

YEP, IT'S STILL COLD. WHILE YOU'VE BEEN PULLING ON YOUR LAYERS AND DIGGING OUT EXTRA BLANKETS, DON'T FORGET 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, diarrhoea, 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!

Homes for sale.

Home 28 - \$435,000



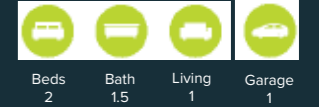
Charming and cosy.

This home has two bedrooms, both with built-in robes, and one bathroom. The open plan design, which features raked ceilings and large light-filled windows, ensures this home will suit many keen buyers.

A warm, private, north-facing front verandah is a perfect place to sit and soak up the sun. The fully-fenced private rear courtyard is perfect for the keen veggie gardener, complete with raised garden beds.

The home has an air-conditioner, solar panels and a remote-controlled lock-up garage with internal access.

Home 134 - \$499,950



So much space.

This beautifully-presented two bedroom home has large built-in wardrobes in both bedrooms, and includes a study/multi-purpose room. In the ensuite, you'll find an extra large shower. An open plan lounge and dining area flows through to a fully-enclosed front patio. A new kitchen has been installed with lots of drawers and a large, open design. New air conditioner, solar panels on the roof and exterior blinds have been installed. There is also a single lock-up garage, tiled patio area and fully enclosed rear area with modern slat fencing. Perfect for pets.

Home 128 - \$499,000



Open-plan living at its best.

This home features a well-presented and spacious open plan living area with a fully-enclosed, north-facing sun room. The well-appointed kitchen has loads of cupboard and bench space, and includes a dishwasher. The two bedrooms both have built-in wardrobes and a large study/multi-purpose room that could also be used as a third bedroom. There is one bathroom, as well as a powder room with second toilet. The home is air conditioned with solar panels on the roof and a remote controlled lock-up garage with internal access.

Home 59 - \$430,000



North facing, with water views.

This home has two bedrooms both with build-in wardrobes and one bathroom. With an open plan design with raked ceilings and large, light-filled windows, this home will suit many keen buyers. A warm north-facing, front-enclosed verandah with lovely views across the waterway makes for a perfect place to suit and soak up that winter sun. The home is situated in a very private setting looking out over the rainforest. It boasts a good-sized grassed lawn at the rear, perfect for the family pet.

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 Yamba: 1 Orion Dr, Yamba NSW 2464
Freecall 1800 084 119



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

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