

Hervey Bay.

JULY/AUGUST 2018



The humpback highway heats up.

June heralds the start of winter here in Australia but it also heralds the official start of the annual whale-watching season. Humpbacks and orcas migrate from the cold waters of the Antarctic up to our more temperate waters to give birth to their young. When their babies grow a bit, they turn around and go back to Antarctic, exiting our waters by about October/November each year.

The whales' route passes around New Zealand and then up the east coast of Australia with the Gold Coast, Stradbroke Island, the Sunshine Coast and Hervey Bay among the key locations to spot a whale. In fact, the calm, protected waters of Hervey Bay are unlike any

other place along the 'humpback highway' - the whales will stop and spend up to 10 days here, resting, socialising and playing before continuing their trip back to the Antarctic for the summer months.

Whether you're a long-time local of the area, relatively new or even just visiting us over winter, the whales should never be missed. Find out the best way to enjoy a whale encounter in our part of town at the Hervey Bay Visitor Information Centre, located on the corner of Hervey and Urraween Roads.

While celebrating whale-watching season, don't miss the Hervey Bay Ocean Festival. It's an eclectic event

that recognises the importance of the ocean to Hervey Bay and promotes the conservation of the marine environment and animals that are unique and important to our region – especially the whales. The festival kicks off on August 11 with a calendar of colourful events that features amazing local seafood, live concerts and more. It runs until August 20.

www.herveybayoceanfestival.com.au





RESORT NEWS

Welcome to all our new homeowners. As of the end of June, we now have 373 residents. Our current statistics are 46 per cent males to 54 per cent females, with 19 per cent of our households home to a sole occupant.

Throughout the Ocean's Country Club are emergency evacuation maps. Please familiarise yourselves with the exits. We are sorry for the inconvenience caused by our mock evacuations but as they say, practice makes perfect and our wardens need to keep their training up to date. Thank you to our fire chiefs Bob (Villa 86), David (Villa 100), Prue (Villa 131) and Owen (Villa 195) as well as the following volunteer fire wardens: Bob (Villa 25), Barry (Villa 29), Roger (Villa 35), John (Villa 47), Mike (Villa 58), Colin (Villa 73), Terri (Villa 104), Peter (Villa 110), Robin (Villa 131), Les (Villa 134), Rob (Villa 157), Chris (Villa 157), Ian (Villa 168), Margaret (Villa 195), Bob (Villa 197), Malcolm (Villa 200), Noel (Villa 207), Kamahl (cook), Stephen (gardener) and Paul (gardener). If you would like to join our fire warden group, please either contact Lynn at the office or Bob at Villa 86.

THANK YOU

Many of our residents do the extra yards by helping other residents or our activity groups within the resort. This month we would like to say a big thank you to David Halliday (Villa 123) for all his help in making items for the bowls, cards, mahjong and gym groups. Also a personal thanks to David for the feedback box for the Clubhouse.

Please note, Ray and I will be away from July 4-10 as our youngest daughter Emma is getting married.

Lynn & Ray
Resort caretakers

BIRTHDAY WISHES

Let's wish each member of this group of residents a very special birthday in 2018. Let's hope their day is filled with love and cake!

July: Graham C, Lorraine C, Fay W, Lorraine W, Eileen C, Ian W, Kay W, Elizabeth H, Jillian B, Gail K, Ron S, George E, Shirley P, Barry V, Marg T, Malcolm C, Jean E, Keith W, Ellen, Carol, Frank M, Lyn C

August: Kim W, Fran S, Jan M, Kenneth S, Laurette N, Jim R, Barry C, David H, Rudy D, Les S, Joan S, Joan S, Deb H, Pam C, Prem R, Christine A, Bobbie S, Antonia, Martin, Beryl, Valerie, Mike F, Lyn T, Narelle W.



DO YOU HAVE A SOCIAL IDEA?

Along with our already busy weekly activity schedule, we like to add various extra events as often as possible, like wellbeing info sessions, fashion parades or just a get together to cheer on our teams while we watch Friday night footy. If any resident has any ideas for social events or would like to host an event, please contact Lynn at the office or Margaret (Villa 67).

JULY / AUGUST EDITION

What's happening.



SURF'S UP - AND YOU CAN WIN!

Join us for Palm Lake Resort Hervey Bay's Surfin' Safari Open Day! With an extensive selection of beautiful existing homes open for viewing, now is your chance to take a look in your own time and experience first-hand the delightfully laid back and luxurious Palm Lake Resort lifestyle. Indulge in complimentary barista-made coffee, delectable food and treats throughout the day along with live entertainment.

Date: Saturday, July 21 **Time:** 11am – 4pm

RSVP: By July 17 on 1800 455 307 or email herveybay@pallake.com.au

LUCKY DOOR PRIZE: Win two nights at Oceans Resort Hervey Bay, with a massage and sauna session for two at Spa Botanica Day Spa.

WHAT'S ON IN THE BAY

Travel presentation: On the morning of Saturday, July 7, there will be a travel presentation by Ian and Shanie in the dining room. Come along and get some ideas for your next holiday or cruise. Morning tea will be supplied. For further information please contact Prue (Villa 131). Ian and Shanie have, over the years, continued to support our bowling tournaments and always donate to different fundraising events that we hold here at the resort.

State of Origin: July 11. Match begins at 8pm. For more, see Jan (Villa 152).

Pot Luck Dinner: On Saturday, July 14, Margaret (Villa 195) and Bev (Villa 65) will be coordinating a Pot Luck Dinner in the dining room. Don't forget to put your name on the list on the noticeboard and let us know what you are bringing, to tempt our taste buds. These are always great get togethers where participants often get to sample foods from different cultures.

Community BBQ: Sunday July 29 and August 26. For more, see Lindsay (Villa 93).

Home Owner's AGM: Sunday, August 12. Meeting to be held at 10am in the dining area. For more, see Jill (Villa 105).

WEEKLY ACTIVITIES

MONDAY

7am Tai chi/Qigong
9.30am Water Aerobics
10.30am Cumbia
6.30pm Carpet Bowls

TUESDAY

7am Bend & Stretch, Gym Classes, Tai chi/Qigong
7.30am Tennis
9.30am Art Classes
10am Paper Tolling
12.30pm Residents' Lunch
1.30-3.30pm Mah-jong
7pm Line Dancing

WEDNESDAY

9.30am Water Aerobics
5.30pm Night Tennis
6.30pm Bowls (mixed pairs)

THURSDAY

7am Bend & Stretch
Gym Classes, Tai chi/Qigong
10.30am Card Making
12.30pm Art Classes
1.30pm Bingo
5.30pm Residents' Dinner

FRIDAY

7am Tai chi/Qigong, Golf
9.30am Water Aerobics
10.30am Choir
11am Ladies' Choir
4pm Dancing
5pm Happy Hour

SATURDAY

8.30am Walking Aerobics
1.30pm Cards



You're getting warmer.

The weather has cooled right down and many of us are looking for the perfect way to keep warm. And it's not just a matter of comfort when it comes to staying toasty – keeping warm is key to keeping your immune system fighting strong, so heating requires serious consideration, especially as we age.

There are so many options when it comes to heating your home and they each come with pros and cons – cost being the biggest consideration. EnergyAid's Anne Armansin has spent more than 20 years in the appliance and energy industries including managing a home energy advisory service servicing one million households in South-East Queensland. So she knows a thing or two about the best way to keep your home warm while also keeping costs down.

"It's easy to just reach over and turn the heating up," Anne says. "While that's fine a few times, it's easy to forget about the impact that will eventually have on your next power bill."

For Queenslanders using a heater for about five hours a day, for example, Anne explains that the running costs can vary greatly depending on the heat source:

Heated throw rug (purchase price approx. \$69) at 150 watts costs about \$0.18 per day = \$1.30 a week to run.

A five-fin oil heater (purchase price approx. \$45) at 1000 watts costs about \$1.20 per day = \$8.40 per week.

A fan heater (purchase price approx. \$49) at about 2300 watts costs about \$2.76 per day = \$19.30 per week

An 11-fin oil heater (purchase price approx. \$99) at about 2400 watts costs about \$2.88 per day = \$20.20 per week.

Many believe air conditioners are an expensive household appliance to run. However, did you know a reverse-cycle



air conditioning unit can be less than half the cost to run compared to a small, portable, electric fan heater?

Anne encourages consumers not to be swayed by the seemingly cheap purchase price of a heater – check the compliance plate of all new appliances to see how much power they use before you commit to the purchase and, beyond that, "make some house rules for how often you'll use the heaters, and try to stick to it," she says.

The key to any heating plan is making sure your home is sealed from any cold wintry drafts that might blow in. Ensure all your doors and windows are closed tightly. One of the best investments you may make this winter is a cheap 'door snake' that, when placed along the bottom edge of your door, blocks any cold air from entering under it. And don't forget to close your curtains and/or blinds once the sun starts to set, to keep the glass insulated.

Your bedroom (and your bed) is where you might also feel the cold the most. Ensure you are using flannelette sheets in the wintertime and that you have swapped your lighter summer doona for a heavier winter version. Pull out your electric blanket (just remember that you should only use an electric blanket to heat your bed before you get into it – once you retire for the night, your blanket should be switched off). And don't forget that a good old-fashioned hot water bottle can also be a nugget of (warm) gold on a cold night. Beyond all this, make sure you are suitably rugged up for winter. If you don't like the feel of layers of bulky jumpers, look for thin thermal undergarments. Keep socks on your feet. Add a trendy scarf to your ensemble.

"Remember it's almost always cheaper to warm yourself than the whole room," Anne says.

Golden ticket.

It seems just about every other month there's a hot new superfood or wellness trend that has us racing to the supermarket. We've done kale and coconut oil, now turmeric is having a moment.

Turmeric has become quite the trendy 'new' wellness ingredient but did you know that it's been revered for its Ayurvedic medicinal properties in India and the Middle East for thousands of years? Turmeric belongs to the ginger family and in



its natural state (the root) is a whole-food containing zinc, iron, potassium, vitamin E, vitamin C, vitamin B6 and curcumin. It's actually the active constituent curcumin that everybody is getting excited about. Naturopath and author Georgia Harding explains that turmeric offers two key wellness properties – it's anti-inflammatory and an antioxidant.

"When you think of any chronic disease – heart disease, cancer, arthritis and blood vessel disease for example, it's those anti-inflammatory and antioxidising properties in turmeric that sufferers seek out," Georgia says. "Interestingly, compared to Western countries, there's also significantly less cognitive decline in India, where turmeric-laden curries are food staples."

This effect was proven in January when the University of California at Los Angeles (UCLA) published research showing turmeric offered improved memory and mood in people with mild, age-related memory loss.

"Exactly how curcumin exerts its effects is not certain, but it may be due to its ability to reduce brain inflammation, which has been linked to both Alzheimer's disease and major depression," says study author Dr Gary Small, director of geriatric psychiatry at UCLA's Longevity Centre.

Arthritis is another condition that research suggests is alleviated by the consumption of turmeric and curcumin. Rather than purchasing supplements, Georgia recommends simply including turmeric in your diet wherever possible – and it's more than just a spice for curries.

"Turmeric has a strong flavour but it's a flavour that sits really well behind chocolate so it's surprisingly good in chocolate cakes and hot chocolate," she says. "I use it in soups, tossed through roast vegetables and in salad dressings. Just remember, it's best used alongside black pepper or some type of fat to help the body absorb it."

Around the grounds.

Our charitable residents got together to raise funds for the Cancer Council's annual Biggest Morning Tea event. What a great excuse to spend an enjoyable morning with friends indulging in some yummo morning tea – all in the name of charity!



MEET VINCE & SHARON



Where do you grow up? We are true blue Queenslanders, both being born at the Royal Brisbane Hospital. We lived the majority of our lives in Brisbane and more recently on the Sunshine Coast until moving to Hervey Bay.

What do/did you do for work? Vince has a background in banking and finance and Sharon in office administration. They owned and operated their own boutique finance company for 13 years at Caloundra before retiring to Hervey Bay.

What drew you to Palm Lake Resort? We wanted a resort near the ocean and one that had all facilities nearby but in an area not too overcrowded.

What are your hobbies/interests? We are active housesitters and the ability to lock and leave our villa attracted us. We enjoy watching rugby league, cricket and playing golf as well as walking along the beach every day.

What are the regular resort activities you never miss, and why? Sharon attends water aerobics and when we have the time we will be participating in the village golf activities. We both enjoy the weekly meals at the clubhouse and being avid readers have availed to the great collection of books in the library.

Dream holiday? A white Christmas in Canada as a change to the heat of Queensland.

What makes you proud? Our son and daughter are our main inspirations as we want nothing but the best for both of them.

Favourite quote? "You are never too old to set another goal or to dream a new dream."

Join us here in the Bay.



VILLA 75 - \$370,000

Villa 75 has a sunny open-plan living area with a large modern kitchen. The villa is within walking distance of the Clubhouse and swimming pools.

- Eight solar panels and solar hot water
- Tinted windows
- Master bedroom with access to private sitting area
- Large private alfresco area
- Large block

VILLA 72 - \$479,000

From the minute you open the front door you will be amazed by the size and luxury of this delightful home. It has many extras such as plantation shutters and Crimsafe screens on all the doors and windows. The RV garage is 11m long with an 3.2m door clearance and is 5.8m wide providing enough room for all of your toys.

- Two large bedrooms plus multi-purpose room
- Two bathrooms and two toilets
- 2-Pac seamless epoxy flooring
- Eight solar panels
- Epoxy floors - garage, side path and back deck
- 90 per cent shade on alfresco area and front windows



VILLA 70 - OFFERS OVER \$475,000

Be quick with this one! This immaculate home is positioned in a most desirable location within walking distance of Oceans Country Club. The spacious, light and airy open-plan living areas features a wall fire that simulates an open fire place, ornate ceiling fan and reverse cycle air-conditioning for comfort. The main bedroom has reverse cycle air-conditioning, remote control fan, walk-in robe and ensuite. Large undercover alfresco area with a landscaped rear yard. The RV garage has a built in workshop and extra storage areas.

VILLA 169 - \$479,000

This beautiful villa, located within a peaceful and serene location, is a must to inspect. It features open-plan living combined with two outdoor entertainment areas and a lovely fully enclosed pet friendly courtyard. The spacious lounge opens to a side grassed area, tropical garden, lake views and lovely breezes. The elegant master bedroom with a bay window vista of lush tropical garden leading down to the lake is a delight. The Fraser Coast design villa comes with an extra large kitchen and built in display cabinet.

- Ducted air-conditioning
- 1.5kw solar and solar hot water
- Workshop and extra built-in cupboards in garage





Award winning luxurious living.

Our portfolio of 25 communities across Australia has been richly rewarded, including winning Master Builders Association awards for our resort, country club and exhibition home.

This is the culmination of 40 years worth of Palm Lake Resort expertise and first hand knowledge in crafting designer resort living. Proudly family owned and Australian, we create communities that are friendly, exciting and inspirational. Our resorts are the new gold standard in luxurious resort living for a new generation of vibrant over 50s.



The best in designer living.



Master Builders Association Award Winning Resorts
For Best Resort, Best Country Club And Best Home

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