

# Truganina.

JULY/AUGUST 2018



You're getting warmer.

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. 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 those 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.

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## WELCOME

Hello all residents - We hope you are well and happy.

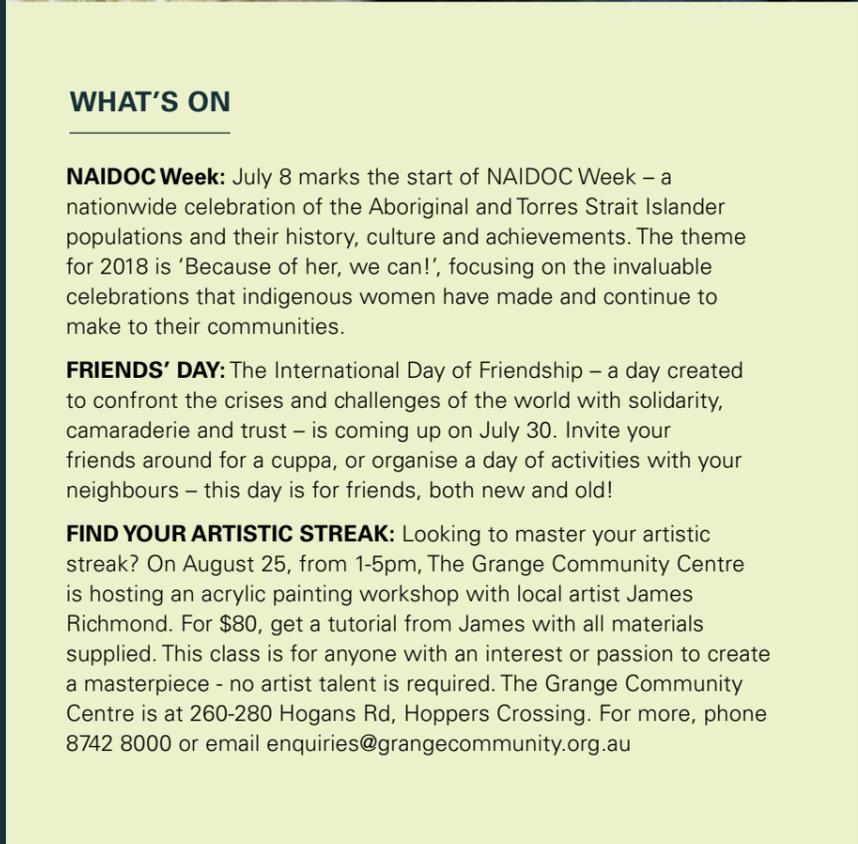
With winter now set in, make sure you stay rugged up but still get out and catch up with your neighbours and friends in the warmth of the Clubhouse and Conservatory – the perfect escape from the cold.

We had another successful Anzac Day Service led by Kevin (Villa 225). It was a very moving service and our thanks to the speakers Ron (Villa 38) and Kevin (Villa 88) for sharing your overwhelming experiences with us. Also a big thanks to Gary & Gill (Villa 199), Sharon (Villa 130), Sue (Villa 47) and Pat (Villa 105) for providing a delicious Gunfire Breakfast and to Gloria (Villa 217) and all others involved behind the scenes organising and setting up. It was a great tribute to the Diggers from our Palm Lake Resort community. We will remember.

The Social Club hosted a wonderful Afternoon Melodies in the Clubhouse and we've heard stories of dancing and conga lines and all the fun and frivolity you should have on a Sunday afternoon with your friends! We look forward to more events, parties and get together over the coming months.

Stay warm and enjoy yourselves.

**Jo & Troy**  
Resort caretakers



## WHAT'S ON

**NAIDOC Week:** July 8 marks the start of NAIDOC Week – a nationwide celebration of the Aboriginal and Torres Strait Islander populations and their history, culture and achievements. The theme for 2018 is 'Because of her, we can!', focusing on the invaluable celebrations that indigenous women have made and continue to make to their communities.

**FRIENDS' DAY:** The International Day of Friendship – a day created to confront the crises and challenges of the world with solidarity, camaraderie and trust – is coming up on July 30. Invite your friends around for a cuppa, or organise a day of activities with your neighbours – this day is for friends, both new and old!

**FIND YOUR ARTISTIC STREAK:** Looking to master your artistic streak? On August 25, from 1-5pm, The Grange Community Centre is hosting an acrylic painting workshop with local artist James Richmond. For \$80, get a tutorial from James with all materials supplied. This class is for anyone with an interest or passion to create a masterpiece - no artist talent is required. The Grange Community Centre is at 260-280 Hogans Rd, Hoppers Crossing. For more, phone 8742 8000 or email enquiries@grangecommunity.org.au

JULY / AUGUST EDITION

# What's happening.

## NATIONAL TREE DAY

National Tree Day is Australia's biggest community tree-planting and nature protection event, founded in 1996. Each year, hundreds of thousands of people plant around a million seedlings and restore many thousands of hectares of unique Australian landscape to enable local native plants and animals to flourish. National Tree Day is a call to action to all Australians to get involved in volunteering to help protect and preserve their local environment. There will be a National Tree Day event on July 29 at Heathdale Glen Orden Wetlands, 115 Derrimut Rd, Werribee, from 9.30am to noon. To pitch in and help with the tree planting, remember to wear suitable clothing, sturdy footwear, sunscreen and a hat.



## WYNDHAM CULTURAL CENTRE

Wyndham Cultural Centre is located at 177 Watton Street, Werribee, and is owned and managed by Wyndham City Council. It's a haven for interesting events, all nearby in our own backyard. Here's some of what's coming up:

**July 7-11: Saltbush.** Have you got visiting grandies? Saltbush is an exquisite interactive journey through the culture and landscape of Aboriginal Australia, celebrated through live dance, music, song and stories developed specifically for 4-8 year olds but is suitable for children and adults of all ages. In fact, kids are invited to explore and play with the performers as a landscape unfolds around them upon an incredible carpet of sensors activated by movement. Saltbush will have their imaginations running wild.

**July 20: Ross Noble is El Hablador.** Comedian Ross Noble returns to dance around the stage spinning out all the nonsense in his head into a hilarious stand-up show. At some point, Ross says he may wander into a shadowy part of the stage and look a bit shadowy.

**July 27-28: Point of No Return.** Based on the fascinating true story of Australia's first boys' prison, this is a riveting drama about a group of youths struggling to survive in Point Puer Prison, by local playwright Elaine Beek. It explores the concept of rehabilitation in prisons versus punishment. This show is also the 50th anniversary celebration for Wyndham Theatre Company.

## RESORT ACTIVITIES

### MONDAY

**9am** Walking group  
**9.30am** Bus to shops  
**10am** Stampin Up  
**12 noon** Bistro lunch  
**7.30pm** Bingo

### TUESDAY

**9am** Walking group  
**9.30am** Zumba with an instructor  
**6pm** Residents' dinner  
**7.15pm** Line dancing

### WEDNESDAY

**9am** Walking group  
**9.15am** Aquarobics  
**10.30am** Yogalates  
**2pm** Craft Class (social)  
**6pm** Residents' dinner  
**7.15pm** Movie

### THURSDAY

**9am** Walking group  
**9.30am** Bus to shops  
**9.30am** Tai chi  
**12 noon** Bistro lunch  
**1.30pm** Craft Card group (social)

### FRIDAY

**9am** Walking group  
**9.15am** Aquarobics, Mixed  
**10.15am** Aquarobics, Ladies  
**5pm** Happy Hour  
**7pm** Movie in the theatre

### SATURDAY

**9am** Walking group  
**7pm** Movie in the theatre

### SUNDAY

**9am** Walking group  
**7pm** Movie in the theatre

# Meet your neighbours.

Ewald & Elke

**Where did you grow up:** We were both born in Germany. Elke was raised in North Germany until 1954, at the age of 10, when her parents and brother migrated to Australia. They travelled on the SS Fairsea. Ewald spent his childhood in East Germany and at the age of 19 flew to Australia where he was met by a friend who had organised a lodging for him with a German family.

**What did/do you do for work:** Ewald was a qualified bricklayer and together with his friend they successfully sub contracted for 14 years.

Hearing from many colleagues in the industry who all had back problems from the arduous job, he diversified and started his own business building fences and garages. Whilst in the early days he juggled both bricklaying and the new business, he became so busy and it was impossible to do both. Elke had finished working for a bank and decided to take over Ewald's office work. Together they built a successful business. Ewald joined and later became President of the Housing Industry of Australia (HIA) in Victoria.

**What drew you to Palm Lake Resort Truganina:** Elke became very sick in 2016 and again in 2017. They had just sold their home and this prevented them from undertaking their planned new adventure. They started looking into over 50s resort-style living when a friend suggested Palm Lake Resort Truganina. Cecelia, the Sales Consultant at Truganina, gave us an extensive tour which included the under-construction villa we eventually purchased. Ewald, being a builder, was very impressed with the quality of work. We haven't looked back - we love it here! It is very quiet and we were welcomed by all.

**What are your hobbies?** Elke enjoys painting and she has begun tracing her ancestry and writing about her story of migration. Ewald is enjoying doing little projects around their villa, playing billiards and spending time with their two adorable grandchildren.

**Dream holiday destination:** They have travelled the world but intend to do more in the future. They regularly stay in Airlie Beach where they have a nice apartment.

**What makes you proud:** Elke and their two beautiful daughters are very proud of Ewald for having achieved so much throughout his career.

**What piece of advice would you give the 25-year-old version of yourself:** Get a better education and keep up with technology.



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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 and 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. Hassle-free horticulture.

# Picture yourself here.

## VILLA 179 - \$450,000



This home offers a large master bedroom with walk-in robe and full en-suite, generous guest bedroom and a MPR/study. The large undercover fully tiled alfresco area is great for entertaining. This home boasts a well-appointed kitchen with a large pantry and the

- 2 Bedrooms & MPR
- 2 Bathrooms, 1 bathtub
- Quality carpet in bedrooms

laundry is just off the kitchen with built in linen and broom cupboards. Also included is a bathtub/shower combination in the second bathroom. This Monte Carlo design also comes with a large double garage which features a huge storage cupboard.

- Stainless steel appliances
- Water tank: 2100L

## VILLA 206 - \$450,000



You will be impressed by the simple elegance in this beautiful villa. A large open-plan living area looks out onto an undercover alfresco area. The expansive master bedroom boasts a large walk-in robe and ensuite. This villa has two bedrooms, two bathrooms with a separate multi-purpose room.

- Solar panels and water tank
- Two bedrooms plus multipurpose room
- Sleek and stylish kitchen
- Two luxurious bathrooms
- Double garage

# The 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 to seek out that 'magic' ingredient. 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 a range of nutrients including 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 among all the nutrients, 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 though, 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."

Many are also enjoying turmeric in "golden milk" or a "golden latte" where the spice is blended with milk, other spices and a sweetener before being heated and enjoyed as a delicious winter beverage with health benefits to boot. To try it for yourself, see our recipe (right).



## Golden latte.

### INGREDIENTS

2 cups almond milk  
¼ teaspoon ground dried turmeric, plus more for serving  
2cm fresh ginger, peeled, thinly sliced  
Pinch of ground cinnamon  
2 teaspoons coconut oil  
1 tablespoon honey

**METHOD** Heat all ingredients together in a small saucepan over medium heat until just simmering. Cover, reduce heat and simmer for five minutes. Remove from heat, strain and discard solids. Whisk, while warm, until frothy or serve chilled over ice. Sprinkle with ground turmeric before serving.



## Healthy hot choc.

### Ingredients

2 tablespoons cacao powder  
1 teaspoon cinnamon, ground  
¼ teaspoon ginger, ground  
¼ teaspoon turmeric, ground  
¼ teaspoon cardamon, ground  
¼ teaspoon vanilla powder or essence  
Sweetener of your choice, to taste (eg. rapadura, coconut sugar, honey, rice malt syrup, stevia)  
500ml milk of your choice (cow, coconut, nut milk)

**Method** Mix the cacao and spices together in one mug, then divide the mix between the two cups. Add sweetener to each cup, if required. Heat the milk of your choice and add a little hot milk to each cup. Mix to dissolve the cacao, spices and sweetener. Top with the rest of the milk and enjoy immediately. Note: Try to reduce the amount of sweetener you use over time.

## Mocha hazelnut fudge.

### Ingredients

1 cup hazelnuts  
250g cream cheese  
2 cups icing sugar  
3 teaspoons instant coffee power diluted with 1 teaspoon water  
250g dark chocolate (melted)

**Method** Roast nuts. Remove skin and chop roughly. In a food processor, mix remaining ingredients and stir in nuts. Place in well-greased and lined tin. Refrigerate.

*Recipe courtesy of Palm Lake Resort chef Julie Gilmore*





# 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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