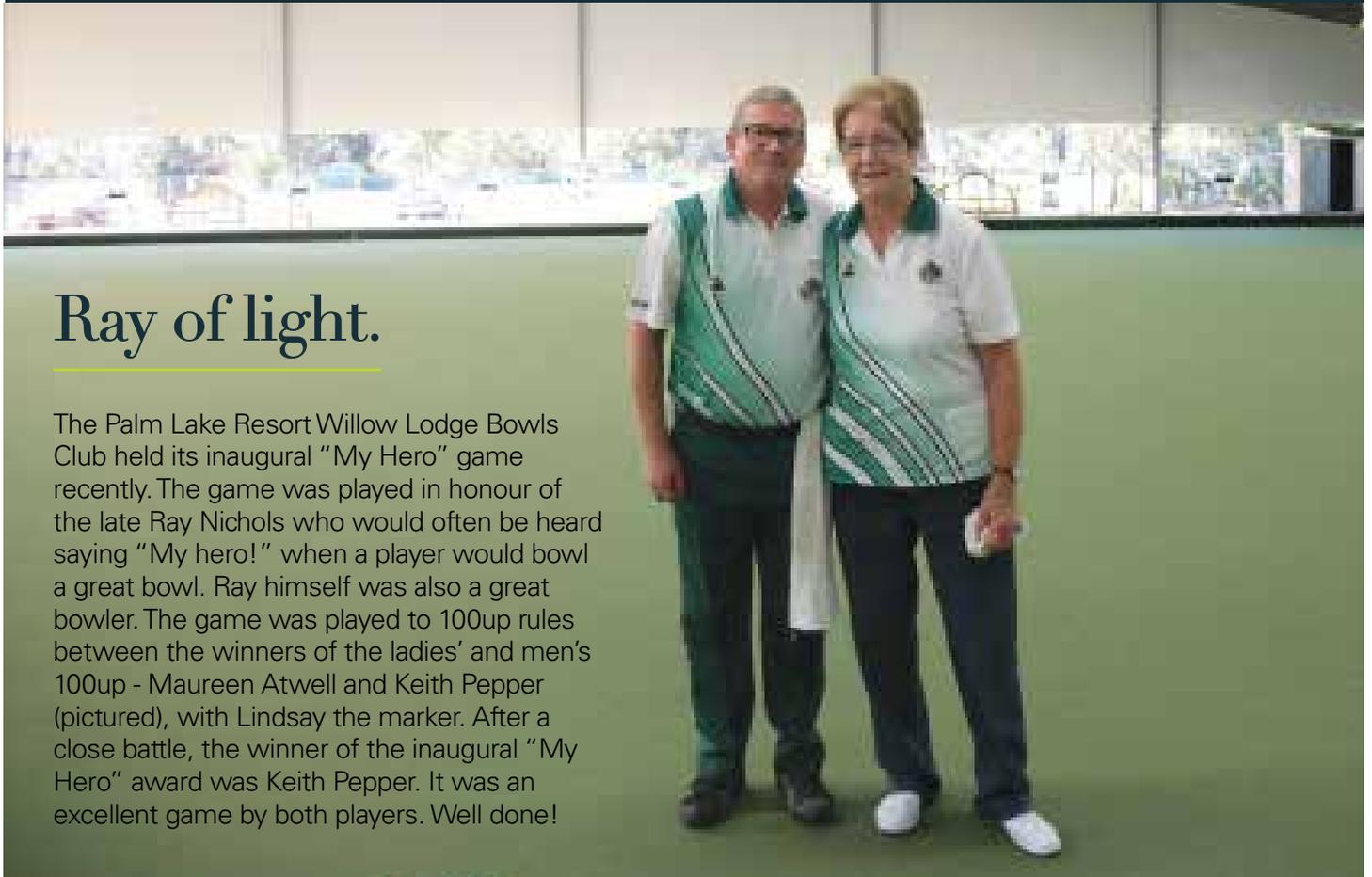


# Willow Talk.

JUNE/JULY 2018



## Ray of light.

The Palm Lake Resort Willow Lodge Bowls Club held its inaugural "My Hero" game recently. The game was played in honour of the late Ray Nichols who would often be heard saying "My hero!" when a player would bowl a great bowl. Ray himself was also a great bowler. The game was played to 100up rules between the winners of the ladies' and men's 100up - Maureen Atwell and Keith Pepper (pictured), with Lindsay the marker. After a close battle, the winner of the inaugural "My Hero" award was Keith Pepper. It was an excellent game by both players. Well done!

## Keeping warm this winter.

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 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 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 of us 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.

> Continued on Page 8



## WILLOW LODGE WELCOME

Hello all – Well, we have settled in to life at Willow Lodge. We are still very busy implementing our new ideas and making improvements to the park. We do hope you have noticed some changes.

We'd like to send our valuable volunteers a big thank you for all the hard work they do and the commitment they put in. It is also great to see the Fresh Café has re-opened - we wish them well. Also, congratulations to all who have had a birthday or anniversary since our last newsletter. And we would like to also congratulate the Social Club on their successful dinner dance held in May. You can read more about that in the following pages of this newsletter. We'd also like to send a very big warm welcome to all our new residents who have joined us recently. We love having you as part of our Willow Lodge family.

Here are a few notices:

**Green waste:** Last Thursday of the month we collect green waste. Please leave it on your front lawn tied in small bundles.

**BBQ area:** This is a non-smoking area. Please adhere to this for the comfort of others.

**Bus driver:** If there is anyone interested in volunteering to drive our internal bus, please contact the Office.

**Fresh Café:** Now re-opened. Try their specials of the day - your support is important.

**Speed limit:** Please observe the village speed limit of 10km/h at all times - NO EXCEPTIONS.

**Don't be alarmed:** Emergency sirens will be tested at noon on the first Wednesday of every month. Please do not be alarmed.

Thank you again to those people who have made us feel so welcome already.

**Vicki & Gary**  
Resort caretakers



## ELECTRICAL SAFETY TIPS

The nights are getting longer and cooler. When using portable electric heating and electric blankets, be sure to check they are off and unplugged before retiring for the night. Residents would also be using their clothes dryers a lot more. Remember to always clean the lint filter before and after use. Never leave your dryer on when not at home or go to bed with it on. Do not overload your dryer. It is advised to leave your dryer door open after a full cycle, to properly cool it down. Your electrician on-site is Bruce Rigby. Phone 9706 5110 or 0417 347 282.

## DO THE RIGHT THING

Many dog owners like to walk their dogs around the village and also out the back of the Sports Club. This offers village dogs the opportunity to exercise on leash and off leash, if their owners desire. Unfortunately this option is being abused by owners who don't pick up their pets' business. Doggie 'poo bags' are very cheap and can be conveniently tied to your dog's lead. Those people who don't pick up their dog's business are spoiling what can be a very rewarding experience for all other dog owners.

JUNE / JULY

# What's happening.



## EASTER TREAT

Graham at our Fresh Cafe deserves a big thumbs up for coming in on Good Friday to serve up some delicious fish and chips. The residents really appreciated it – as you can see by this photo of them enjoying their meal together in the Sports Club.

## SEVEN FACTS OF AGING

Here are seven fun facts to remember as we grow older:

**Number 7** - Death is the Number 1 killer in the world.

**Number 6** - Good health is merely the slowest possible rate at which one can die.

**Number 5** - Give a person a fish and you feed them for a day. Teach a person to use the Internet and they won't bother you for weeks, months, maybe years.

**Number 4** - Health nuts are going to feel stupid someday, lying in the hospital, dying of nothing.

**Number 3** - All of us could take a lesson from the weather. It pays no attention to criticism.

**Number 2** - In the 60's, people took acid to make the world weird. Now the world is weird, and people take Prozac to make it normal.

**Number 1** - Life is like a jar of jalapeno peppers. What you do today might burn your butt tomorrow.

## CONTACTS

Office **9768 3949**

Emergencies **000**

Doctor **9706 5168**

Centrelink **132 300**

Dandenong Council  
**9239 5100**

Cafe **9768 3420**

Justices of the Peace:

- Phillip Anstis **0419 382 381**
- Norm Hansen **9706 6516**
- Kay Smart **9706 5518**

Avon (Kay Barwick)  
**9706 6361**

Aerobics (Thelma & Norm Hansen) **9706 6516**

Bingo (Kay Smart) **9706 5518**

Bowls (Lindsay) **9706 5208**

Crib (Norm) **9706 6516**

Darts (Yvonne) **0425 798 029**

Indoor Bowls (Ron)  
**9768 3275**

Line Dancing (Lisa)  
**9706 6940**

Craft (Frances) **9794 6212**

Social Club (Diane)  
**0411 111 867**

Table Tennis (Derek)  
**9706 6218**

Wed/Sat Craft (Joan)  
**9706 4260**

Woodwork Shed (Norm)  
**9706 6516**

Garden Club (Wendy)  
**0413 225 718**

Saturday Knitters (Di)  
**9768 2869**

Hairdresser (Jane)  
**9768 3544**

## MESSAGE FROM THE PRESIDENT

They say "The more things change, the more they stay the same" but here at Willow Lodge it's a "different" same. We are seeing many changes, for the better, under the direction of our new management team, Vicki and Gary. One obvious improvement has been the complete refurbishment of the billiards/pool room, so much so that several ladies in the village have taken to regularly playing 8-ball pool. They have commented that the luxurious, surrounding club chairs, decorative lamps and improved decor are very suited to a ladies pool club lounge.

Those with an eye for detail will have noticed new CCTV cameras at the caravan storage area, new LED lighting at the end of Green Drive and the removal of the overgrown agapanthus plants along Willow Road. Maintenance man, Paul, has also been extremely busy cleaning and tidying all around as well as re-painting the faded Fire Services hose reels back to their original fire engine red.

Changes at the Fresh Cafe see new manager Cas ably assisted by Cheryl continuing to serve all your favourite meals and snacks. With former manager Graham leaving, there was a real need to keep this facility functioning and serving Willow Lodge residents. Your continuing patronage is the only way to guarantee we will still be able to meet and socialise over a cup of tea/coffee and a snack. Many older residents rely on the cafe for a regular nutritious daily meal, so please help by supporting this vital service.

Even the weather has changed – our long run of warm, dry weather has certainly come to an end with a wintry blast of freezing cold air and heavy rain being the harbinger of winter about to settle in for a few months. Some of our wiser Willow Lodge residents have already headed north to warmer climes with several off to Queensland and points overseas for extended periods to avoid the worst of the cold weather. Barbara and I will also be headed to Queensland for a couple of weeks to enjoy our annual dose of custom cars and rock 'n roll at Coolangatta and also to catch up with family, and particularly our three great-grandchildren living there.

**David**

## What's on.

Our next General Residents' Meeting will be held in the Main Hall on Thursday, August 16. Keep an eye out for our notifications of other upcoming events in your letterbox on our gold-coloured paper.

## VOUCHER NUMBERS GAME

### Congratulations to winners:

**Draw No. 212** Barbara Anstis (No. 76) drawn 14/03/18

**Draw No. 213** David Duckworth (No. 29) drawn 28/03/18

**Draw No. 214** Bruce Rigby (No. 32) drawn 11/04/18

**Draw No. 215** Pam Sparrow (No. 22) drawn 18/04/18

**Draw No. 216** Peter Dalton (No. 58) drawn 06/05/18

100 numbers are on sale again at just \$2 each. Available on Wednesdays and Saturdays from 9.30-11am outside the laundry as well as Sundays at the Sports Club from 6-7.15pm. Games are drawn when all numbers are sold. Winners will be notified.

## Tips for driving safely.



Driving can sometimes be challenging for older adults. In the last edition of *Willow Talk*, we included four tips to help drivers stay safe on our roads. This edition, we provide you with some more...

**5.** Drive when the roads - and you - are in good condition: You can improve driver safety by driving during the daytime, in good weather, on quiet roads and in familiar areas. If visibility is poor, consider delaying your trip or using public transportation. Beyond road conditions, make sure you're in optimal condition to drive. Don't drive if tired or angry.

**6.** Stash your mobile phone (in the boot) and focus on the road: Driving while distracted is a frequent cause of accidents. Take steps before you go to ensure your ability to focus. When you get in your vehicle, be prepared. Plan your route ahead of time so that you don't need to read a

map or directions while driving. If you use a GPS device, enter your destination before you start driving. If necessary, call ahead for directions. While you're driving, don't do anything that takes your focus from the road — even eating or adjusting the radio. Make a pledge to never use or even look at your mobile phone while driving.

**7.** Update your driving skills: Consider taking a refresher course. Look for courses through a community education program or local organisations that serve older adults.

And remember, if you become confused while you're driving or you're concerned about your ability to drive safely (or others have expressed concern) it might be best to stop driving. Giving up your car keys doesn't need to end your independence. Instead, consider it a way to keep yourself and others safe on the road.

## COMMITTEE CONTACT DETAILS

### President:

David Duckworth  
0419 354 124

### Vice-President:

Roth Loriman  
0407 947 650

### Secretary:

Carmel Perkins  
9706 5854

### Treasurer:

Robyn Ridgeway  
9768 2747

### Committee:

Ailsa Richardson  
0435 571 143

Bruce Rigby  
0417 347 282

Pam Sparrow  
9768 3693

Dennis Williams  
0429 236 382

Correspondence should be sent to Willow Lodge Village Residents' Association Inc, 6 Willow Road, Bangholme VIC 3175 (this box can be found in the Glade Drive block of letterboxes on Willow Road) or drop your mail into the association's letter box in the Willow Lodge Village main community hall.

# Social Club.

## What's been happening.

### DANCES

About 85 members enjoyed the music of Frankie Stevens at the recent April Dinner Dance. There were lots of great raffle prizes drawn and lots of happy people in attendance.

In May, at our Mother's Day Dinner Dance, entertainment was by "The Rhythm Kings" who performed the best we've heard. The spit roast dinner, catered by Cristy's Spit Roast Party, was delicious. Congratulations to the Committee who worked together to make the night such a success. Also, a special thank you to Selwyn Johns, who is not a committee member but washed all the dishes! The raffle prizes were welcomed by the 75-plus people who attended, which included some new residents and our new managers Vicki and Gary, who were lucky enough to take out a lot of the raffle prizes.

Check out the photos and even some videos of these dinner dance events, and more, on our "Willow Lodge Social Club" Facebook page.



### BINGO

Bingo continues to break records with attendances and jackpots. We were able to enjoy an extra bingo experience during March, on Labour Day Monday holiday, along with a sausage sizzle in the afternoon. There were lots of prizes and happy winners!

### MOVIE NIGHTS

Our April monthly movie screening was "I, Tonya" and it enjoyed the biggest attendance at the movies for quite some time, which is great to see. Catering for the event was purchased from Costco and was enjoyed by all who attended.

## Upcoming events.

**June 2:** June supper dance. \$15 a ticket. Entertainment by "Marceau Camille". We haven't seen him for a couple of years and hope you will enjoy seeing him back again. Watch out for the flyers with further information.

**June 8:** Movie night. The movie for this Friday is "Finding her Feet" and tea will be casseroles and slices made by Social Club members.

**June 11:** Queen's Birthday. We are holding a sausage sizzle/bingo afternoon commencing at 12 noon. Sausages will be \$2 with eyes down for bingo at 1.30pm

**June 20:** Wednesday evening presentation in the Sports Club. This will be a presentation by Linda Travlin, a travel agent, who has been here before and has many types of travel ideas for all ages.

**July 7:** July dance. Entertainment by Marcia Rae and CJ Jones. This will be a BYO everything dance – tickets are just \$10 per person.

**July 13:** Movie night. Movie TBA. Tea will be soups and a dessert

**July 18:** Wednesday presentation in the Sports Club. This will be by 'Sparkle Everyday' who offer fashion, jewellery, scarves, handbags and purses at affordable prices.

For more, contact Pat Johns (president) on 9768 2373 or Diane Heenan (secretary) on 9768 3392. Pat and Diane are always available at the Main Hall on Thursday bingo nights from 5.30pm, Wednesday lunches and also at Sunday bowls raffle nights in the Sports Club from 6pm every week.

## Sports Bar news.

Hello to our regulars and a warm welcome to our newcomers! We would like to thank those residents who continue to support the Sports Bar and encourage those who have not yet been into the Sports Club to come down and see for yourself what a great facility you have right at your door step. You don't need to be a drinker, a member of a club, or be part of a committee to enjoy the Sports Club - its doors are open to all residents of Willow Lodge. Residents are also welcome to have family and friends join them in the Sports Club on any given night. All guests must be signed in and remain the responsibility of the resident.

Just a reminder that you can enjoy free tea and coffee (available to all residents) whilst in the Sports Club. There is also a variety of soft drink available for only \$2 each, so head on down and say "G'day" - we would love to see you.

Happy Hour is also back! This time it's double the happiness with Happy Hour twice a week, every Tuesday and Wednesday, from 5.30-6.30pm. You can now enjoy your favourite drinks for less with \$1 off every drink you purchase during Happy Hour. Light finger food is provided. Come and share in the happiness with us, each Tuesday and Wednesday night.

There are some exciting changes coming to the Sports Bar. We can't give too much away, but a small hint would be that we are 'mixing things up'. The new changes will be announced shortly. A reminder to all residents to frequently check the whiteboard in the Sports Club for details of upcoming events and activities.

### Tammy



> Continued from Page 1

- Heated throw rug = \$1.30 a week to run.
- A five fin oil heater = roughly \$8.40 per week.
- A fan heater = roughly \$19.30 per week
- An 11 fin oil heater = roughly \$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 “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 ‘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.

“Remember it’s almost always cheaper to warm yourself than the whole room,” Anne says.

## Craft club.



**Pictured above:** The Palm Lake Resort Willow Lodge Monday craft group enjoyed a road trip to Warragul Country Club just before Easter. The members enjoyed a game of ‘Pass the parcel’ on the bus with Easter treats as prizes, as well as a scrumptious lunch at the club. It was a change of pace for our very busy craft ladies.

## Gardening notes.

Goodness me, where have the past five months gone! Our May meeting of the Garden Club here at Palm Lake Resort Willow Lodge thrilled all attendees with thanks to guest speaker James Wall from Garden World – a nursery not too far from us. We visited there late last year and shared lunch - and I’m sure we will have the pleasure to do the same again soon. At our May meeting, James was most informative about problems in our gardens and offered heaps of suggestions around suitable plants for small areas.

One of our members has drawn up a plan for the designated area of the arbour, which will be shown to management and hopefully completed before too long. We will purchase roses for the arbour in May/June when it’s the best time of the year.

Next month will see us carpool to ‘The Australian Garden’ in nearby Cranbourne, with lunch as well. So come along, on Thursday June 14. Meet us in the Main Hall at 10am to be a part of the car pool. It’s a good idea to let us know ahead of time of your attendance. You can call Wendy on 0413 225 718.

Keep smiling, fellow gardeners!

**Wendy**

## Bowls report.

The wind up of season 2017/18 has taken place with presentation night held in April and the AGM taking place in May. Among the award winners were:



**Club Champions:** Margaret Pinfold & Keith Pepper (runners-up: Morag Sharp & Steve Belcher)

**100-up:** Winners: Maureen Atwell & Keith Pepper (runners-up: Vicki Tibballs & Steve Belcher)

**Ladies Pairs:** Winners; Maureen Atwell & Morag Sharp (runners-up: Vicki Tibballs & Lola Womersley)

**Men’s Pairs:** Winners: Steve Belcher & Lindsay Weldon (runners-up: John Shanahun & Alan Patterson)

**Mixed Pairs:** Winners: Vicki Tibballs & Keith Pepper (runners-up: Maureen Atwell & Graeme Ramsay)

Keith took out the honours against Maureen for the Inaugural **“My Hero” Award** in memory of popular member Ray Nichols, the trophy kindly donated by Victoria Nichols. **Best Club Person** for 2017/18 was named Ron Coleman (*pictured above*).

Our AGM, held Sunday, May 5, was a successful meeting with the following results:

**President:** Lindsay Weldon **Vice President:** Steve Belcher

**Secretary:** Ron Jesson **Treasurer:** Jan Bonar

**Committee:** M. Atwell, K. Munday, L. Womersley, J. Shanahun, R. Coleman, G. Wilson, K. Pepper.

**Five-person Selection Committee:** Maureen Atwell, Kay Munday, Lindsay Weldon, Keith Pepper, Steve Belcher.

**Match Committee:** Pam Smith, Ron Jesson, Alan Patterson.

**Delegates:** Ron Jesson, Pam Smith.

**New Life Member:** John Bonar.

As outgoing president, Maureen Atwell wished Lindsay and the incoming committee a very successful time ahead and she thanked all the members for their cooperation, making her time as president very enjoyable.

Sunday Raffle Night is every Sunday, with at least 10 meat raffles and a hotel voucher, plus a members lucky number draw. Members must be financial to collect the numbers draw and must be in attendance to collect otherwise it jackpots by \$5 each week until claimed. Social Member fee is \$12 per year. Please note, our raffle is drawn each week at 7.15pm sharp.

## DARTS

I do hope everyone is coping with our quick step into winter after a rather long, hottish summer. We have experienced a few “sickies” lately, and we wish them a speedy recovery and back with us soon.

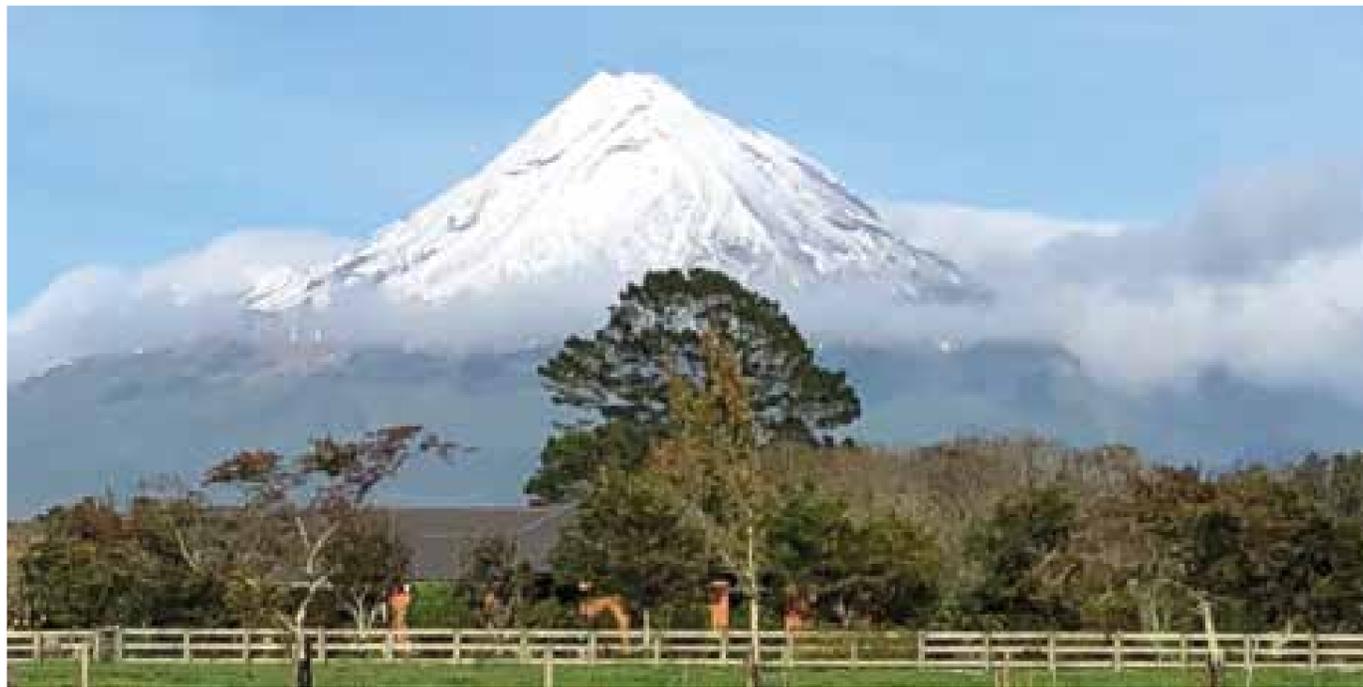
As for darts, the competition is very close, with not much between all our teams. Team 6 is in first place with two teams vying for second place at present.

We are currently running with six teams, but there are still a few spaces, so if you are new to the village and would like to get to know and meet new friends, we would love to see you. If you’d like to come and join us on Monday nights, we meet in the Sports Bar and start at 6.45pm sharp. You can call me on the number below so that we can welcome you as you come in. We will be having a mid-year break at end of June, starting back on July 16 for our second season.

Happy darting!

**Ann C.**  
Secretary/Treasurer  
0431 642 123





## Land of the long white cloud.

Just across the ditch, an exciting adventure awaits on New Zealand's North Island. Travel expert Linda Travlin experienced the island's west coast and, in true NZ fashion, bumped into a few (hundred!) sheep along the way! Here's her story...

New Plymouth was our base for experiencing all things the North Island's west coast had to offer including, and not limited to, Mount Taranaki aka 'The Naki', ranked second in Lonely Planet's Top 10 regions in the world in 2017. After having visited, I can fully understand why! There were many highlights including the strolls along the coastal walkway, only a hop skip and jump from our hotel. In contrast, the beautiful rainforest of Mount Taranaki was just a mere 30 minutes drive away and had us wandering through the peaceful surroundings of this gorgeous enchanted rainforest - such a fabulous feeling to be fully in touch with nature at its finest. The coastal walks can be tailored to suit your needs, as long or as short as you like.

New Plymouth also boasts arts, culture, fabulous parks and gardens (Pukekura Park - the jewel of New Plymouth), along with great

food and dining options. We stayed at King and Queen Suites Hotel, a wonderful property which had a fantastic charge-back system in place for many of the neighbouring cafes/restaurants. This made things really, really easy at breakfast time (Monica's for the muesli). After a full day out, if looking for a venue for your evening meal then make sure you don't miss 'The Social Kitchen'. It offers great food and a relaxed atmosphere.

**TOP TIP:** If your walking shoes get wet, stuff them with newspaper overnight - they will dry out a treat!

En route to our next location we were met with a 'money can't buy' 100 per cent pure New Zealand experience - sheeep (and lots of them - talk about a road block!). It was such an awesome and unexpected sight. Further along on the 'Forgotten World Highway' (a bumpy

ride at times), we stopped to experience the popular Five Tunnel Tour. With a choice of two- or four-berth rail carts, we chugged along the unused railways, through disused tunnels whilst being witness to stunning scenery and the raw New Zealand beauty of nearby rolling hills. If you like the color green, New Zealand is a must visit. Our visit, in Autumn, coincided with changing foliage but still very strong greens dominate the landscape.

We also took a wander in and around Tongariro National Park. Our tour supplier decked us out with boots and gloves where needed and we all trotted off like eskimoes... YES it was cold! Willy, our guide, was wonderful, explaining the heritage of the lands, mountains and volcanoes. It's a fabulous region and home to the famous Tongariro Crossing (a 6-8 hour trek through some incredible terrain and stunning emerald lakes). Suitable for all fitness levels as long as you hold a basic fitness level. A real must-

do and I have added it to my bucket list... I just need to get to that basic fitness level! Ha!

Next stop - Wellington. Wellington is a flat, easily walkable city. Known as 'Windy Wellington', we were instead met with clear still skies and sunshine - something we had not seen much of in the mountains. I really liked Wellington and like it more than Auckland, which I have visited a few times. There's lots of street art and a real feel of culture and entertainment. We rounded out our stay at the QT Hotel in Wellington - a lovely hotel with an accent on art through bespoke pieces evident throughout the hotel. I highly recommend taking a food tour of this wonderful city - walking from hub to hub experiencing the streets, the wall art, the culture and, of course, all the delicious cheeses, scones, coffee and not to be missed chocolate! A really lovely way to round out any New Zealand visit. Thanks New Zealand... I will be back!

### CHRISTIAN FELLOWSHIP GROUP

The Christian Fellowship Group meets at 12 Warrick Drive with our next meetings scheduled for June 12 and July 10. At our June gathering, we will screen the Film "Case for Christ" (the true story of an Atheist named Lee Strobel). Because of the length of the film, we will commence on 9.30am. All other meetings usually kick off at 10am. You are welcome to invite a friend.

Thank you to those who supported our recent Market Day Stall. We have been able to give \$100 to the Social Committee to include in their Anti-Cancer Foundation Morning Tea and also \$100 to the World Vision Syrian Appeal. Thanks to all who made this possible. Our group has just agreed to provide \$20 a month to support the Macadeira Community Based Organisation in Mozambique, Africa. This group of care workers provide hot nutritious meals, basic health care, education and a sense of belonging, love and hope to the poorest of the poor in that city. Nineteen care workers currently support 150 children in the Macadeira community.

Many across Willow Lodge have donated items for women fleeing from domestic violence. This is an ongoing initiative and we are most thankful for your support. We look forward to sharing, friendship, fellowship and yummy morning teas over the coming months.

**Fred & Ruth Strong**  
Phone 0438 758 182



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