



CAMPBELL LIFESTYLE ESTATE *by* LINCOLN PLACE

January 2024

Happy New Year 2024



Quarterly Get Togethers

In 2024 we've introduced regular get-togethers (Resident and Community Management) to share information with the Community and answer your questions. These sessions will be held in the Clubhouse at the beginning of each quarter, please see the dates below for the 2024 meetings which will be held at 11am in the Clubhouse. We will send out a reminder closer to each date. For any residents unable to attend we will provide the information from each get together in the quarterly Community Newsletter.

Dates:

- **Wednesday 17th of April (Morning Tea)**
- **Wednesday 3rd of July**
- **Wednesday 4th of September**



Welcome to our New Residents



Site 154 – Cecily
Site 150 – Len & Connie
Site 13 – Anne
Site 09 – Pamela
Site 70 – Vaughan & Anne
Site 108 – David & Margaret
Site 140 – Wilma
Site 68 – Michelle & Lorraine
Site 152 – David & Sheryl
Site 115 – Paul & Jan
Site 117 – Kerry
Site 68 – Phillip & Marilyn
Site 139 – Judith
Site 133 – Angela
Site 14 – Brenda



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Community Update

An additional green bin has been delivered and placed in the bin bay opposite the front gate. Please break down plant cuttings as much as possible. Bins are also now located outside of the Pavilion and Workrooms. The bins are cleaned monthly which we increase as required in hotter weather, please wrap all general waste. Remember to close bin lids gently in consideration of your neighbours.

The new Workrooms are open for use with a few items to be finalised. We have met with the Craft Group to discuss some initial requirements and welcome suggestions from residents to would like to use the "Mens Shed".

The Caravan/Boat/Trailer Storage price has been reduced to \$20/week, payable fortnightly. A reminder that there are to be no caravans/boats/trailers in your driveway other than temporarily. The security of the storage gate was raised, this has been shared with the Development Team. The area is under camera surveillance and within the gated Community.

EV chargers are not yet operational. We expect them to be available within the next fortnight. Friends and family are also permitted to use the charges.

The TV in the Pavilion is now connected – enjoy watching your favourite sporting event outdoors!.

Please clean the Pavilion area and any facility after use - empty bins and put the dishwasher on as often food waste is left in the kitchen too long attracting nasty crawlies, any spills please remember to clean the floors too.

A step with handrail for the bowling green to enable easier access is in the process of being custom made and we have asked that this be fast tracked.

Solar lights have been put in the bin bays. We are aware some are not working, they will be replaced.

A resident petition to increase the space/size of the Clubhouse has been received and we've been informed a copy has also been sent to the Lincoln Place Directors. We will communicate feedback when received.



Community Update continued...

The tradie entrance gate on Ash Street is now to be kept locked at all times. We have spoken with all contractors and advised the gate is to be locked each time after entering/leaving the Estate.

Apple TV has been installed in the Theatre room. Instructions will be available in the Theatre.

The showers in the clubhouse now have hot water. We are aware water is spilling from the shower cubicles which will be fixed.

The RESET exercise program commenced Monday 29th January. This is an initial free trial program funded by Lincoln Place. Classes can be attended in a group setting in the Clubhouse or in the comfort of your own home. To set up an in home free account please let us know so we can share your email with RESET to create your in-home account.

We have received some capital expenditure 'wish list' suggestions (listed below) which will be under consideration for inclusion in our 2025 financial year budget planning. If you have any suggestions please contact us.

- Ceiling fans for the Pavilion.
- Shades over the bowling green seats (north end of the green).
- Rowing machine for the gym, and a balance bar on the wall.
- Acoustic solutions for the Clubhouse to reduce noise.
- Awning over the clubhouse BBQ area.
- Wind break/hedging for the bowling green.

A friendly reminder the Lincoln Place sales & marketing event to be held on Wednesday night the 7th of February is for prospective new buyers only (a closed event) to take these interested people through homes and our facilities.

We announced our exclusive Campbell Estate Referral Offer which has increased to \$2000 for referrers. The purchaser will still receive \$1000. This is a limited time offer. An email with the details have been sent to all Campbell Lifestyle residents. Please contact us if you'd like more information.



Community Update continued...

Site boundaries will remain defined as the water meter back to each site's boundary fence line. We appreciate all the feedback received about the implementation of enforcing this boundary to lawn mowing.

We have received feedback the common area grounds are unkept. We are taking this on board and working to resolve this problem. The current weather has made maintenance challenging at times. The clover growing will be sprayed once the heatwave passes as we want to avoid killing the grass. Previous weed sprays with lighter chemicals have not worked.

Additional path lights along the main entrance road have been requested by residents. Solutions are being investigated with the intention to implement a solution this year.

Resident's reported at the meeting the grey tiles around the pool are slippery. We will implement a non-slip solution to the area and mats by the first week of February.

A reminder to residents that it is their responsibility to be with their family (adults included) when they are using the pool and any facilities.

Storm water drains are regularly checked to ensure they are clear of debris which is obstructing the drain pipes. A review of all drains will be undertaken. The drains cannot be covered up and under the EPA we are unable to poison the water ways.

Residents raised that there is a rumor that there is a proposed children's playground to be built. We can confirm this was only a resident suggestion and there is no set plan to install a playground and we note many residents are opposed to the idea.

The size of the wash bay area was raised by a resident as being difficult to park in – this will be investigated by the Development Team.

Pest maintenance to all common area facilities including the Community Garden shed is undertaken annually. Ants nests were raised as an an issue. Please report any ant nests found to the Community office for our attention.



Community Update continued...

Additional speed signs are to be installed in the Estate.

A resident raised a request to install an additional street sign at Wallace Corner. This will be reviewed.

Water invoices – the \$12.50 service availability charge on Estate water invoices is as per your Residential Site agreement and is an amount no more than \$50 in total each calendar year for both water and sewerage service availability.

If you have any issues with Uniti Internet or any Internet service provider please contact them directly. You can use whichever provider you choose which is supported by the Opticomm fiber optic network. For the vendor list please use this link <https://www.opticomm.com.au/service-providers>.



*Refer a Friend and get \$2000**

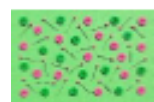
*For a limited time, until the end of April 2024, we are doubling the incentive to refer a friend to us, to \$2,000!

This means that if you refer a friend to us before the end of April, who goes on to purchase one of our homes*, you will receive a \$2,000 Visa gift card and your friend will receive \$1,000 off the purchase of their home. Please ask Simone, your community manager, for a referral form. This offer is exclusively available to your community and is not available on our website.

To help support this initiative, we are going to host an information evening on Wednesday 7th February, from 6pm - 8pm. This is the perfect opportunity for anyone interested in moving to Campbell Lifestyle Estate to come along and learn a little more about life in the community. The display homes will be open, and there will be complimentary refreshments. Please ensure you use the referral form to register your friend's details ahead of the event, as the event is by invitation only.

We look forward to welcoming your friends to Campbell Lifestyle Estate!

2024 Social Activities



Craft Group

10am - 12pm every Tuesday in the Clubhouse



Bingo

10am - 12pm every Thursday in the Clubhouse



Thirsty Thursdays - Drinks

4pm every Thursday in the Clubhouse. BYO nibbles & drinks.



Karaoke

5:30pm Last Friday of every month



Aqua Fitness

Each Monday 10am

Each Wednesday 4pm

BYO pool noodle



Cards Night

Every second Tuesday 6.30pm (from 6/2/24, 20/2/24 and so on)



Choir Practice

Every second Tuesday 7.00pm (from 13/2/24, 27/2/24 and so on)



Twilight Bowls

Every Wednesday 7.00pm



Saturday Bowls

Every Saturday 8.30am



Games afternoon

Every second Sunday 2.00pm (from 11/2/24, 25/2/24 and so on)



Community Garden

Each day 9am - Noon and

Garden Club Fridays 10am - 11:30am

SPECIAL EVENTS

FEBRUARY 2024

Wednesday 7th February

7.00pm – Individual Resident only bowls competition (\$5 to play, winner receives a bottle of alcohol)

Friday 16th February

3.00pm - Trivia with Kristy in the clubhouse
(Tables of 8 to 10. Sheet on noticeboard for team members)

Thursday 29th February

Bowls Easter raffle tickets go on sale. (Prize: 1 tray of Easter Eggs, \$2/ticket, drawn 28th March. See Lorna & Marion)

MARCH 2024

Friday 8th March

4.00pm – Paint & Sip. (BYO paints, canvas, drinks and nibbles)

APRIL 2024

Friday 5th April

10.00am – Car Rally (\$5/person, lunch supplied, BYO drinks)

Thursday 25th April

Anzac Day event – Details TBC

MAY 2024

Wednesday 1st May

12.00noon – Mothers Day High Tea in the Clubhouse (\$5/person)

JUNE 2024

Thursday 6th June

Bowls Committee 100 club tickets go on sale at Thirsty Thursday (\$2/ticket, drawn 13th June. See Lorna & Marion)

Sunday 9th June

4.00pm – Soup & Fire Night around the fire pit (\$5/person, BYO drinks & nibbles)

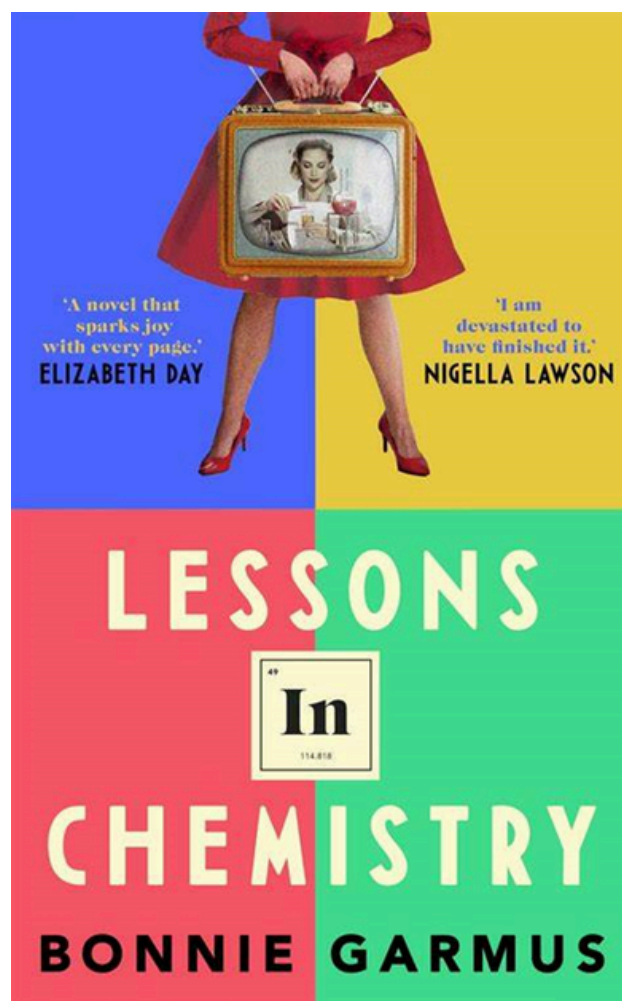


What we're reading

Chemist Elizabeth Zott is not your average woman. Elizabeth Zott would be the first to point out that there is no such thing.

But it's the early 1960s and her all-male team at Hastings Research Institute take a very unscientific view of equality. Forced to resign, she reluctantly signs on as the host of a cooking show, Supper at Six. But her revolutionary approach to cooking, fuelled by scientific and rational commentary, grabs the attention of a nation.

Soon, a legion of overlooked housewives find themselves daring to change the status quo. One molecule at a time.



What we're Watching



Fast-paced comedy about high-end contracts lawyer Helen Tudor-Fisk, who is forced to take a job at a shabby, suburban law firm following a humiliating marriage breakdown and a professional fall from grace. Two seasons. Available on Netflix.



When his widowed mum, Maggie, sets fire to the kitchen, recently single Arthur moves back into the family home, only to realise he is facing life in a hilarious purgatory in which the eccentric Maggie calls the shots. Available on iView.

Film Recommendation



Nyad tells the story of Diana Nyad a marathon swimmer who broke incredible records in the sport. At the age of 60, she decided to complete the challenge she wasn't able to when she was 28, to swim more than 160 kilometers from Cuba to Florida without the aid of a shark cage and powered only by her strong will and determination.

The film takes you on a journey of what can be achieved no matter the age with encourage and support from friends.

A few people had attempted the crossing, but only with shark cages, including Nyad during that first try in her 20s.

A feel good film now available on Netflix.

Sudoku

Get ready to unwind and engage your brain with this Sudoku puzzle. Whether you're a Sudoku veteran or new to the game, this challenge strikes the ideal balance between relaxation and mental stimulation. Grab a comfy chair, find a cozy spot, and embark on a satisfying journey of logical thinking.

3	9				5	8		4
	6		9				7	
1				4			3	
7		5		3		1		2
	8				2	4		
		3		5	8			7
		8		7			1	
5			2		6			8
	2				1		6	

Easy Cooking - Olive & Tuna Penne Pasta

Serves 4

What you need:

500g penne pasta
1 tbsp olive oil
1 small brown onion, finely chopped
1 garlic clove, crushed
500g jar tomato pasta sauce
1/2 cup thickened light cream (optional)
200g jar pitted kalamata olives, drained
1/2 cup flat-leaf parsley leaves, chopped
2 x 185g cans tuna in oil, drained, flaked

Method:



Cook pasta in a large saucepan of boiling salted water, follow packet instructions.

Heat oil in a frying pan over medium-high heat. Add onion and garlic. Cook for 3 minutes. Add pasta sauce. Heat until almost boiling. Reduce heat to medium-low. Stir in cream, olives, half the parsley, and salt and pepper. Cover. Simmer for 5 minutes (don't boil). Gently stir through tuna. Simmer for 1 minute.

Drain pasta, reserving 1/3 cup water. Return pasta and water to saucepan. Add tuna mixture and remaining parsley. Toss over low heat to combine. Serve.



New Year Inspiration

Be like a tree
Stay grounded.
Connect with your roots.
Turn over a new leaf.
Bend before you break.
Enjoy your unique natural beauty.
Keep growing.

Share your suggestions



Should you have any suggestions or feedback for any matters please share your thoughts with us either in person, via email or text. This helps us to address any issues and table information to share with the Community at our quarterly get togethers.

Reminders

As parking spaces are limited, you may park a vehicle only in your garage, driveway, carport or other parking area allocated specifically to you. You must not park or stand a vehicle on any other park of the village including grassed areas. This does not prevent you from stopping to allow passengers to get out to enter or leave your vehicle. In this context, a 'vehicle' means a car, caravan, trailer, boat or other motorised vehicle.

Please do not to place any garden ornaments (excluding pots) on site that are visible to others, which means your front gardens. Ornaments are permitted on your front deck.

Sudoku Answers

3	9	7	1	6	5	8	2	4
8	6	4	9	2	3	5	7	1
1	5	2	8	4	7	9	3	6
7	4	5	6	3	9	1	8	2
9	8	6	7	1	2	4	5	3
2	1	3	4	5	8	6	9	7
6	3	8	5	7	4	2	1	9
5	7	1	2	9	6	3	4	8
4	2	9	3	8	1	7	6	5

The black lawn beetles are back.

There are two recommended products to kill beetles.



Richgro Hose On Lawn Beetle and Grub Killa is a highly effective and recommended by residents, thanks Ian! It's fast acting and designed to control lawn beetles, grubs and other insects that come into contact with it. Easy hose on application, this two litre pack contains enough to treat up to 265 square metres of lawn.



Yates Baythroid Advanced Insect Killer For Lawns for the control of insect pests in lawns including lawn grubs (e.g. Armyworm, Cutworm, Webworm), adult Billbug, adult Argentine Stem Weevil, adult Scarabs (including African Black Beetle), Mole Crickets, Couch Mite, Ants & Grasshoppers.

Both are available at most garden centres and Bunnings.



Reset Exercise Program

Interested in joining group classes in the Clubhouse or creating your own in-home on demand classes? Contact the Community Office for more info.

WE BELIEVE IN YOU!



RESET wherever you are.

No need to go far!
Delivered virtually anywhere, anytime.



Credibility.

Developed, and overseen by Allied Health, and Medical professionals.



For everybody.

Specifically tailored for mature age participants. Whether you're just starting out, or you're pushing to the next level.

WHAT'S ON OFFER?

RESET. Recharge. Refresh.

What will you explore first?

Cardio:

A little or a lot of huff & puff, you pick!

Strength:

Improve my muscles, or challenge my muscles to get stronger.

Core:

Make me strong & flexible, from my centre, out!

Falls Prevention:

Make me stable as a rock.

Mind Body:

Connect my brain and body to be flexible and centred.



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Group Exercise Timetable in Clubhouse

SL-Reset+	Monday	Tuesday	Wednesday	Thursday	Friday
8am	Cardio with Lianne (SM)	Yoga with Dania (CM)	Cardio with Leigh (MM)	Pilates with Leigh (MM)	Strength with Lianne (MM)
9am	Strength with Andrea (MM)	Cardio with Lianne (MM)	Strength with Lianne (MM)	Falls Prevention with Lianne (CM)	Pilates with Leigh (SM)
4.30pm	Pilates with Leigh (SM)	Falls Prevention with Larissa (CM)	Core with Andrea (MM)	Strength with Dania (CM)	Stretch with Larissa (MM)



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