

DECEMBER 2021

BALLINA BLISS.



RIGHT ON CUE

Our billiards tables are always magnets for fun (and neighbourly competition!). Learn some tips from an expert, inside...

FOR ART'S SAKE

Our residents are a creative bunch! Read all about the recent photography and art shows on Pages 4 and 5.

BRING A PLATE

It's officially party season! When you've got a party to attend and you don't want to arrive empty handed, try these foodie ideas.





WELCOME.

The festive season has arrived – my absolute favourite time of the year! It's time to enjoy the people we love and celebrate the year that was; both the highs and lows.

A little bit of resort news: I had the pleasure of representing our head office team in attending the wonderful art display presented by our residents. We really do have some amazing, talented artists within the resort. It was a beautiful showcase of some fantastic art pieces, as well as some yummy nibbles and drinks. Attendees stayed well into the evening – a sign of a successful event, I think!

We have recently had an outstanding result selling a home here off market, with one of our Tranquillity designs going for one million dollars. It looks as though prices are just going to keep going up as there is such a high demand – we have a huge waiting list of people wanting to move into our beautiful village. If you're genuinely thinking of selling your home, now is the time. Please don't hesitate to pop into our sales office to have a chat.

I hope you all have family or friends coming to visit over the festive season. We have all missed that time together due to covid.

On a personal note, I will soon be finishing up with Palm Lake Resort Ballina. I have been with the resort since 2015 and have loved watching it grow from humble beginnings, looking out my office window at a paddock of cows, to now seeing all of your beautiful homes. I have thoroughly enjoyed every aspect of my job here and will miss all our residents and people I have met and worked with along the way.

Merry Christmas and Happy New Year!

**Belinda Van Berkel and the Sales Team
Palm Lake Resort Ballina**

CONTACT

If you have any questions about Palm Lake Resort Ballina or if you are interested in a private tour of our resort grounds and facilities, simply contact us!

Freecall: 1800 335 666

Visit us:
120 North Creek Road,
Ballina NSW

Opening hours:
Monday to Friday, 9am-3pm

Email:
salesballina@pallmlake.com.au

Visit our website:
over55pallmlake.com.au/ballina

Get social: Follow us on
Facebook (@pallmlakeresort) and
Instagram (@pallmlake_resort)



NEWS BRIEFS.

CALLING ALL CRAFTERS

The residents of Palm Lake Resort Ballina are invited to show off their talents at the inaugural Craft Expo, happening in early February. From Friday to Sunday (exact dates TBC), craftspeople of all kinds will set up displays at the Oasis Country Club to showcase their skills in woodworking, quilting, cross stitching, soap making, model plane building, glass blowing and more. Participants are invited to display or sell their wares throughout the weekend, and attendees are sure to leave feeling inspired to try something new – and perhaps take home some hand-crafted items, too. Interested in participating? Simply chat to expo organisers Annette Mira-Bateman (Villa 135), Jennie Duffield (24) or Helen Halpin (19) to find out more.

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: @pallmlakeresort
Instagram: @pallmlake_resort

STAY A NIGHT - ON US!

Many of our Palm Lake Resort Ballina enquiries come from people in distant locations right around Australia. If you are coming to visit from out of town, simply freecall us on 1800 335 666 to arrange a resort tour and a complimentary night's accommodation on us. This offer is subject to availability and conditions apply, but there's never been a better excuse to indulge in a Ballina stopover to properly inspect our world-class facilities and welcoming homes.

REFER A FRIEND

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 Palm Lake Resort Ballina homes, you'll receive \$250 cash. Easy! Ask about our 'Refer a friend' incentive at the Sales and Information Centre.



Pictured above left: Residents Lois and David. **Pictured above right:** Best Dressed couple Ian and Pat.

AND THEY'RE OFF!

You would be forgiven for thinking that 'the race that stops the nation' had been relocated from Flemington to Ballina with how many residents were involved in this year's Melbourne Cup Day celebrations. The Oasis Country Club was adorned with gingham and baskets to tie in with the 'Picnic Day' theme, and the 120 attendees all loved the gourmet picnic boxes – filled with Turkish bread sandwiches, fresh fruit, quiches and more – provided by a local catering company. Prizes were awarded for best dressed, and many people purchased tickets for the sweep prior to Cup Day itself. As event organiser Rhonda Rawson says, "It was a very successful day and lovely to see how many of our residents are so wonderful at participating." We certainly know how to have fun!



PICTURE PERFECT.

IT STARTED AS MOST GREAT IDEAS DO – WITH GOOD COMPANY AND A FEW GLASSES OF WINE. A SMALL GROUP OF RESIDENTS DECIDED TO SHOWCASE THEIR ARTISTIC TALENTS, AND THE RESORT’S ART EXHIBITION WAS BORN.

Since 2018, the residents of Palm Lake Resort Ballina have gathered in the Oasis Country Club to admire artworks created by their talented neighbours. This year’s exhibition – which took place from September 16 to 18 and featured 54 artworks from 24 artists – was no different.

“After COVID hit us in 2020 and we had to take our exhibition online, we decided to have another go at doing it properly this year,” says event coordinator Terry Polwarth. “For the first time, we had a proper opening night on the Friday night with drinks and nibbles. It was a great way to celebrate the return of the exhibition in its former glory.”

Another first this year was the introduction of ‘Barry’s Prize,’ a nod to one of the late founders of the exhibition and a resident who had a huge influence on the resort’s art scene, Barry Mason. The prize was determined by popular vote and awarded to Phil Pinch for his acrylic painting ‘North Wall Iluka’.

“Barry was the one who started the first art classes in the village – he was a very talented artist himself, but he always gave back, too,” says Terry. “On the night, we also had a raffle to raise money for our next exhibition and the lucky winner got to choose one of three of Barry’s original artworks for the prize, which were lovingly donated by his partner.”

Terry explains that while the exhibition holds a special place on the resort calendar, financing it year after year can prove challenging. He is so appreciative to the Palm Lake Group for recently chipping in \$500 to help with promotional costs like advertising and printing.

“It’s special in that you don’t need to be an artist to appreciate the exhibition,” says Terry. “I’m not an artist but I love organising the event, showcasing the talent that is here at the resort. Whether the artist is self-taught, part of one of our art groups or are established in the local art scene, the works that are produced here are nothing short of spectacular.”

“Our rule is that you can’t exhibit the same artwork twice, so to think we had 54 pieces that hadn’t ever been shown at Palm Lake Resort Ballina is impressive to say the least. We had not only paintings but bonsai trees and ikebana, too. I can’t wait to see how the exhibition continues to grow year after year.”



HAPPY SNAPPERS.

FOR THE PHOTOGRAPHERS OF PALM LAKE RESORT BALLINA, THE RECENT LOCKDOWN WAS SPENT DIGGING THROUGH PHOTOS IN SEARCH OF THE PERFECT ENTRY FOR THE RESORT’S PHOTOGRAPHY EXHIBITION.

The spacious surrounds of the Oasis Country Club were the ideal venue for the Palm Lake Resort Ballina Photography Exhibition on December 2 to 5. The display – which is now in its third year – featured a diverse body of work from 10 resident photographers.

“Each exhibitor was allocated a section where they were free to display whatever areas of photography interested them,” says Julie Pallant, who helps organise the event. “Some exhibitors took a walk down memory lane, displaying images of their favourite travel destinations. Others chose to showcase the beautiful flora and fauna we enjoy here in Ballina.”

Resident Steve Horne belonged to the former category, presenting some of the amazing images he captured on his GoPro during travels to Uluru and Lord Howe Island. Michael Armstrong showcased some of the interesting characters he has met on his travels, while Tony Hart took visitors to the exhibition on a stroll down the streets of Paris on a rainy night.

“Everyone couldn’t help but smile at Helena Armstrong’s beautiful image of a mother and baby elephant walking in sync,” says Julie. “Meanwhile, Jill Greaves demonstrated her broad photographic interests, with prints featuring sunsets, wildlife and flower photography.”

Throughout the year, other exhibitors chose to turn their attention to the photographic opportunities available in the local area. Julie, for example, presented the results of her experiments with different techniques for capturing the area’s famous,



Clockwise from top left: Photos from Helena Armstrong, Julie Pallant and Tony Hart.

beautiful seascapes in her display titled ‘Whimsical Waves’. Her large canvases featured long-exposure shots of waves captured at beaches around Lennox Head and Ballina.

“One of the regular features of the exhibition was the release the ‘Birds of Ballina Calendar,’ which showcases the beauty of the birdlife in the area,” says Julie.

These calendars – which Julie has created for the past three years – raise much needed funds for Seabird Rescue Ballina and have collected over \$5000 to date. Birds of the local area, captured by a local photographer, supporting a local charity – it’s one of the many community-minded traditions we love at Palm Lake Resort Ballina.

“In addition to the print exhibition, visitors to the Oasis Country Club were also treated to a rolling display of digital images on each of the TV screens, showcasing the work of Ron Taylor, Sue Grady and Gail Knowland,” says Julie. “Many residents took the opportunity to grab a cup of coffee and to sit back on the comfortable lounge chairs and watch the slideshow. This certainly stimulated a lot of reminiscing of past, pre-COVID travel adventures!”

After what was a challenging year for many, Julie says the exhibition provided a welcome distraction.

“We loved the opportunity to come together and enjoy the creative efforts our photographers put in during lockdown.”



RIGHT ON CUE.

WALK INTO ANY PALM LAKE RESORT COUNTRY CLUB AND YOU'LL LIKELY FIND A GROUP OF RESIDENTS GATHERED AROUND THE BILLIARDS TABLE, WATCHING OR PARTICIPATING IN A NEIGHBOURLY GAME. BUT IT'S A GAME THAT SPANS THE GENERATIONS – SO OUR VISITING FAMILIES LOVE IT TOO.

If there's one thing many Palm Lake Resort residents have in common, it's that they love a good game of snooker – it's the reason most of our resorts across Queensland, New South Wales and Victoria have their own billiards tables. Pool, snooker and billiards are all beloved as social games best enjoyed with a drink and good company, but did you know there are distinct differences between them? Paul Cosgriff, president of the Victorian Billiards and Snooker Association, explained the differences clearly. Paul says billiards is played with only three balls (one red, one white and a yellow cue ball). Both snooker and pool begin with a triangle of 15 balls each - in pool they are multicoloured and divided into solids and stripes, while in snooker they are red. Snooker is also played with an additional six coloured balls. Both of these games also require a white cue ball.

"Pool tables are smaller and have very generous corner pockets, making it easier to pot the balls," explains Paul. "Potting balls in snooker or billiards on an English billiards table is tougher and you have to be fairly accurate."

Originating in France and England in the 1700s, billiards began as an amateur sport amongst the aristocracy. While it didn't become

popular in Australia until the late 1800s, we managed to produce one of the best billiards players of all time, Walter Lindrum.

"He was the greatest player the world had ever seen, and remains one of the best," says Paul. "But during the height of his career in the 1930s, billiards was losing its popularity – people were simply too good. That is when an English man named Joe Davis turned to snooker, which also started out as a form of gambling. While a billiards match could go on for weeks, snooker was much faster paced making it more enjoyable for spectators. The colourful balls made for great watching when colour was achieved in 1972, and the game really took off from there."

While England has always been the home of billiards – which Paul puts down to the terrible weather, which forces everyone to find fun inside – both it and snooker are beloved here in Australia. And with neighbours like China and Taiwan getting in on the action, Paul wouldn't be surprised if we saw an Asian circuit (similar to golf) emerge in the near future.

"The thing I love most about these games is the combination of physics and artistry," says Paul. "Physics tells you that if you hit the ball a certain way, it will end up in a certain position.

Mastering all of the other factors - like side, intentional spin and strength - is where the artistry comes in. The best players will finish exactly where they want to finish, under incredible pressure. That's the beauty of the game."

Paul's tips for bettering your game

1. Although cues are provided, your own cue is always best. Your individual cue gives the best 'feel' and on large professional tables, players fit extensions to their own cue because that familiarity is so important.
2. Two-piece cues are best for ease of transport, and storage. The join can be at half-way or "3/4" - meaning well down near the butt end of the cue. Under the rules, a cue must be at least three feet in length, so if you take the butt end off a "3/4" cue you could still play a shot. Most cues are 54" in length - generally standing about shoulder height, or just above, or below. Therefore, you could not unscrew the 2-piece cue with a mid-join and play a legal stroke.
3. When purchasing a Cue, play a number of shots hitting 'high'

on the cue-ball so that it follows on, or runs through, after the object ball. This translates to 'feel' and helps when comparing cues. The more expensive cue is not necessarily the best feel for you. The tip of the cue is your only means of control for spins on the ball (screw, stun and side) so maintain it well. Good chalk is essential.

4. Persistence is the key to improvement and full enjoyment. Practice, especially for plain ball striking, is essential to eliminate unintentional spins. Later practice allows for intentional spins to manoeuvre the cue ball to the desired position for the succeeding stroke.
5. An adjunct to persistence is maintenance. The cue should be kept clean and dry, with a little wood oil on exposed wood near the tip, and below the ferrule. The billiard table should have a dust cover. When the dust cover is removed, the table should be brushed (and preferably padded) from the baulk end (the "D") all the way to the top of the table where the black spot is. Never "bang" a ball onto a spot! It can only cause damage. The table should be serviced by a qualified person if there are problems with spots, wear and tear to the cloth, or if the table is out of level.



BRING A PLATE.

WE ALL KNOW HOW MUCH PALM LAKE RESORT RESIDENTS LOVE A CATCH UP. WHETHER IT'S A STREET PARTY WITH GARAGE DOORS OPEN AND FOLD-OUT CHAIRS ENMASSE IN DRIVEWAYS, OR NEIGHBOURS CATCHING UP AROUND A BARBECUE, ONE THING'S FOR SURE – YOU SHOULD ALWAYS BRING A PLATE.

Ahhh, summer – it's the season of entertaining here in Australia, when neighbours, friends and family come together to celebrate, well, just about anything. Even when you're told not to bring a thing, it's nice to not turn up empty handed. Here are our Top 5 easy 'bring a plate' idea to get your through another Palm Lake celebratory season because, guess what? It's already that time of the year again!

Cheese platter

Cheese platters are always crowd favourites and should be your Number 1 go-to. Whatever your taste, there's always something on a good cheese platter that everyone can enjoy. In our opinion, a solid cheese platter should include the following:

- A soft cheese like brie, goats' cheese or camembert
- A hard cheese like cheddar or gouda
- A blue cheese like gorgonzola, Roquefort or stilton
- A mix of crackers and bread
- A selection of dips, both dairy-based (ie, French onion) and dairy free (ie, pesto)
- Quince paste
- Something salty, like olives, cured meats or nuts
- Something sweet, like fruit or chocolate.

Also, note that presentation is key when it comes to a memorable platter. Wooden chopping boards make a great base for your platter and don't forget a cheese knife.

Spinach cob loaf

This Aussie party classic has been on high rotation for more than 100 years (yes, really!). And it's so simple to make. Take a large cob loaf (your choice of white, sourdough or wholemeal bread) and slice off the top, allowing you to remove the soft internal bread – save it for the next steps though. Drain a bag of frozen spinach of all water and mix with sour cream, mayonnaise, red onion and powdered vegetable stock until it forms a dip-like consistency. Scoop the mixture into the hollowed-out cob loaf and, under the grill, toast the bread chunks you tore out of the middle to serve.

Sushi tray

For something a little bit more exotic, you can't go past a sushi tray. Sushi is a lot of fun to make, too! Simply cook some sushi rice (short grain white rice made stickier with rice vinegar, sugar and salt), lay out a bamboo sushi mat and a sheet of seaweed (nori). Spread the rice onto the nori evenly, and right to each edge. Have a bowl of water on hand to help you form the sushi without the rice sticking to your hands. Add your preferred fillings along one side – fish, chicken, fresh vegetables, avocado and egg are popular choices – then roll it all together and cut with a super sharp knife.

Devilleed eggs

Easy and tasty, devilled eggs take just minutes to prepare

but always go down a treat. Start by hard boiling and then peeling your eggs, before slicing them in half lengthways. Scoop out the yolks and add them to a small bowl, smashing them with a fork and mixing them with your choice of extras (vinegar, mustard, mayonnaise, curry powder, relish, spices... the world is your yolky oyster). Simply add this mix back to your halved egg whites and serve. Easy.

Skewers

Does anything beat a skewer when it comes to finger food? There are no crumbs, no cutlery needed and plenty of deliciousness – plus, they're a lot of fun! Some exciting chargrilled skewer combinations include:

- Prawn, mango and avocado
- Steak, mushrooms, red onion
- Italian chicken, zucchini, cherry tomatoes, capsicum
- Grilled tofu or tempeh, carrots and mushrooms.

And to extend on your skewer repertoire, why not do fruit skewers? Pick the most colourful seasonal fruit available and chop into bite-sized pieces. For colour, you can't go past a combination featuring watermelon, grapes, rockmelon, honeydew, pineapple and the like. Easy!

WEEKLY ACTIVITIES LIST.

MONDAY

- 7.30am** Tennis
- 9am** Art class
- 9am** Tai chi
- 10.30am** Line dancing (general)
- 2pm** Aqua aerobics
- 3pm** Aqua aerobics

TUESDAY

- 9am** Craft and quilting
- 2.30pm** Walking group (meet at dog park)

WEDNESDAY

- 8am** Tennis
- 9am** Bus to shops
- 9am** Painting pals
- 1.30pm** Line dancing (beginners' practice)
- 2pm** Cinema
- 2pm** Mixed lawn bowls
- 3pm** Line dancing (intermediate)

THURSDAY

- 9am** Men's lawn bowls
- 9am** Line dancing (general)
- 1pm** Ladies' lawn bowls
- 2.30pm** Walking group (meet at dog park)

FRIDAY

- 9am** Aqua aerobics
- 10am** Aqua aerobics
- 10am** BYO morning tea
- 11am** Gentle exercise
- 1.30pm** Cards

SATURDAY

- 8am** Tennis
- 9am** Tai chi
- 1.30pm** Mah-jong
- 7pm** Cinema

SUNDAY

- 2pm** Mixed lawn bowls

RESORT MANAGER'S REPORT.



There is a lot to celebrate at the moment. Summer is here and restrictions are easing slightly, bringing welcome relief from the many months of lockdowns. With plenty of rain and warm days, everything is flowering and lawns are green. It seems the whole resort is enjoying the change in the air - especially our residents. Many events are possible again, and our lawn bowls and swimming pools are becoming a meeting point again.

Our new chef has been sending out some fine meals - I am getting plenty of great feedback not only about their quality, but also the lovely atmosphere in the dining room and bar.

The recent art and photography shows were both smashing successes, proving our residents have not only talent, but a real

eye for detail too. We are looking forward to the craft display, in the coming months. Everyone is busy!

With Christmas now within reach, I see many of our residents starting to do up their front gardens and put up lights to really set the mood. I'm sure this year's displays will be even more dazzling than the last. We can already feel the joy of family and friends being able to visit spreading around the resort. Overall, this year just gets better and better. Staff are busy, residents are busy, yet we live in such a quiet, peaceful environment... Who would know that all this exciting stuff is happening?! Our residents, that's who.

Rick Stewart,
Palm Lake Resort Ballina Resort Manager

There has been an unprecedented level of enquiry on homes at Palm Lake Resort Ballina in recent months - so much so that we are short on properties to sell! It seems our secure resort grounds, the low-maintenance/high-quality homes, world-class facilities, myriad of weekly activities and our welcoming coastal community have made Palm Lake Resort Ballina a very sought-after local neighbourhood.

If you're a homeowner here and your situation has changed so you are contemplating a move, please let our Sales and Information Centre know. Our Sales Consultants can inspect your home and give you an appraisal to help you make up your mind. We have qualified buyers waiting to hear about any new homes as they hit the market.

To find out more, freecall 1800 335 666 or stop by the Sales and Information Centre anytime from 9am-3pm, Monday-Friday.

FOR SALE
HOME 256: \$1,000,000



Palm Lake Resort Ballina homes blend the latest in easy living with architectural elegance. Interiors are graceful and considered, with a timeless design aesthetic accompanied by designer façades and beautifully landscaped gardens to create the perfect retreat. This 'Retreat' design home with its expansive, light-filled open plan living area is a must to inspect. Featuring 2 bedrooms, 2 bathrooms and a double garage, the home is immaculate. The undercover alfresco area opens to a sunny rear and side yard, which is perfect for entertaining and compliments the stunning kitchen with European appliances, stone benchtops and quality cabinetry.

FOR SALE
HOME 10: \$765,000



SOLD!

Welcome to the easy living lifestyle that Palm Lake Resort Ballina has to offer. This easy to maintain, light-filled home boasts two bedrooms (including a master with ensuite), a living room that backs onto a lovely easterly facing alfresco, and a formal dining/study area. The second bedroom easily fits a queen-size bed and has built-in robes. There is a split system air-conditioning unit. The single car garage has enough room for a work bench at the back. If gardening is your thing, there is ample space to make the yard your own and with the added bonus of a water tank, your plants will never go thirsty.

CASH BUYERS AWAIT.



FRECALL 1800 335 666 or email salesballina@palllake.com.au www.over55palllake.com.au

Eat, drink and be merry.

There's nothing more enjoyable than breaking bread with friends, and you can do just that in any of our popular Palm Lake Resort Country Clubs. With a free meal, per household, every week, prepared fresh on-site by our experienced chefs, there's even more reason to dine with us. Or why not pull up a stool at happy Hour? We're all about spending quality time with likeminded friends.

Here, community is everything.



SALES INFORMATION CENTRE OPEN 7 DAYS | 1800 335 666
salesballina@pallmlake.com.au | 120 North Creek Road, Ballina NSW 2478

THE BEST IN OVER-50s LIVING. THIS IS YOUR TIME.
pallmlakeresort.com.au