

MAR/APR 2018

BALLINA

BLISS.



PARADISE FOUND

Step inside our gorgeous
new display home

NOW OPEN

We welcome a host
of great new facilities

AROUND THE GROUNDS

Our latest events and
all the social news



WELCOME

As this is our first newsletter for the year, I'd like to start by welcoming you all to 2018! With the festive season over for another year, we can now cherish the happy memories and embrace the New Year with renewed energy and enthusiasm. Palm Lake Resort Ballina has flourished over the past few months with new residents moving in to Stage 5A. There are now around 350 residents who proudly call Palm Lake Resort Ballina home.

Stage 5B homes are underway with prospective residents coming in to do their colour selections for tiles, carpet, paint, window furnishings, benchtops and cabinets. This is a very exciting part of the Palm Lake Resort journey and allows new residents to customise their home just the way it should be. These new residents are eagerly awaiting completion of their homes later this year. These new homes in Stage 5B are only a short walk from the beautiful Oasis Country Club with world-class facilities such as indoor and outdoor swimming pools, luxury cinema and a ten-pin bowling alley.

Don't forget we have three beautiful new display homes open for viewing seven days a week including the Serenity, Paradise and Harmony designs. To showcase our new display homes and fabulous facilities, we are planning a number of functions this year. Keep an eye out for an invitation in your letterbox. We hope to see you here soon!

Jen Nichols
Regional sales manager



BOTTOMS UP

Palm Lake Resort will mark a very special occasion in March – the second anniversary of the opening of The Oasis Bar. There have been many coldies enjoyed over this bar in the past two years as well as an equal number of tall stories and laughs! If you are heading to the bar on or around Friday, March 2, make sure you dedicate a drink to the occasion. Cheers!



STAYING CONNECTED

Here are some of the regular activities we offer at Palm Lake Resort Ballina:

- Tai Chi
- Bridge, Mahjong
- Scrabble
- Craft & Art group
- Scrapbooking
- Walking group
- Golf simulator
- Tennis & Table tennis
- Golf & Golf outings
- Mixed lawn bowls
- Ladies-only lawn bowls
- Aqua aerobics
- Darts
- Gentle exercise
- Gym circuit
- Snooker & Billiards
- Chess
- Garden Club
- Fully equipped workshop
- Book Club
- Happy Hour!

MARCH/APRIL

WHAT'S HAPPENING.



SAVE THE DATE!

Palm Lake Resort Ballina morning tea information session

- Thursday, April 5
- Speak directly with our friendly local sales experts
- Tour our display homes and award-winning facilities.

Keep your eye on our website and your email inbox for details of this upcoming event.

AUSSIE, AUSSIE, AUSSIE!

Check out the fun of our recent Australia Day celebrations. The day featured sausages on the barbecue, boxing kangaroos and basically all things green and gold. Oi! Oi! Oi!



MIND FOOD

Looking for convenient meditation courtesy of your smartphone? Look no further than Headspace Guided Meditation. Perhaps one of the best meditation apps around, Headspace offers guided meditations for all stages of your meditation journey. Let co-founder and former Buddhist monk Andy Puddicombe's soothing voice walk you through daily mindful exercises everyday and get ready to see a massive difference in how you live, think and feel.

WHAT THEY ARE SAYING

“Palm Lake Resort has been a wonderful transition being so close to everything and having so much at our doorstep. We are very happy in our home and totally enjoy being part of the Palm Lake Resort community. We have made lots of new friends and consider all of us one big family.”

– Sue and Doug

“We love eating in the dining room, attending Happy Hours at the fully licensed bar, going on bus trips to various venues, borrowing books from the beautifully appointed library and playing the odd game of billiards. Oh, and did we mention we love meeting and making lots and lots of new friends along the way!”

– Warren & Nola

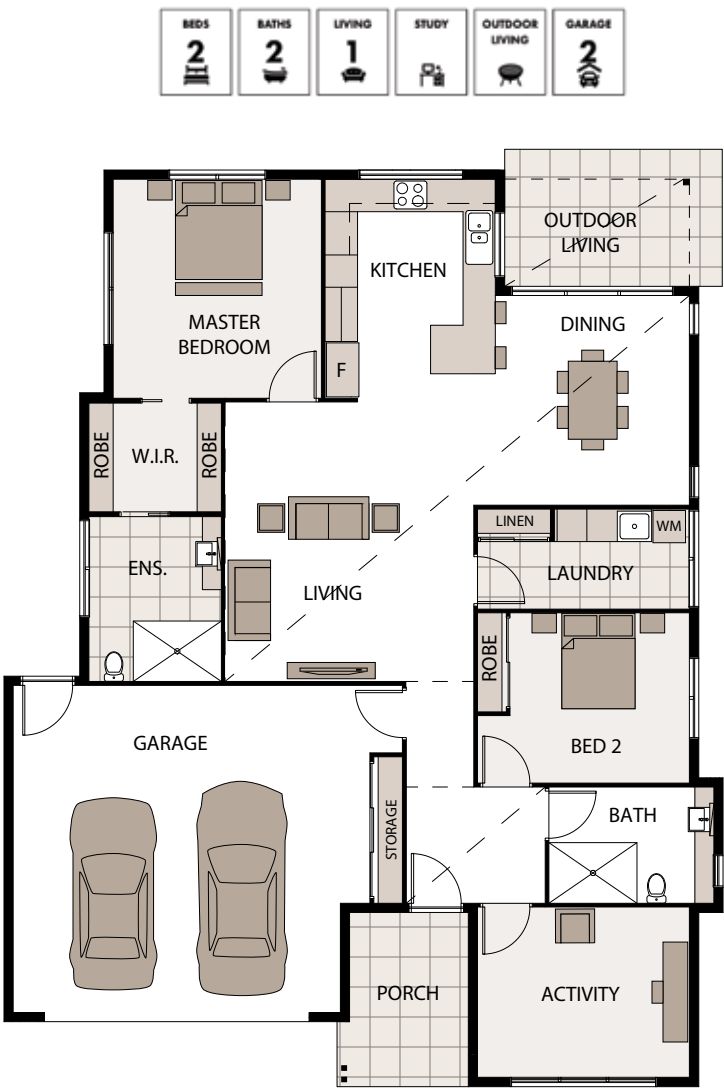




PARADISE IS FOUND.

KEY FEATURES OF PARADISE:

- Smeg appliances including induction cooktop, integrated rangehood ducted to eaves, dishwasher, oven, microwave with trim kit
- Waterfall stone benchtops and glass splashbacks in kitchen
- High quality chrome tapware and mixers
- Stainless steel double bowl undermount kitchen sink
- Caesarstone benchtops in laundry and bathrooms
- Designer panel lift garage doors
- Colorbond fencing and side gate
- Exposed aggregate driveway
- Tiled outdoor covered living area with downlights and ceiling fan
- Fully landscaped front, side and rear gardens
- Zoned, ducted air conditioning to living areas and bedrooms



A MULTI-AWARD-WINNING RESORT, PALM LAKE RESORT BALLINA CONTINUES TO GROW AND EVOLVE. THREE NEW DISPLAY HOMES HAVE BEEN UNVEILED, PROVIDING EVEN MORE INSPIRED IDEAS TO GIVE YOU A TASTE OF WHAT LIFE COULD BE LIKE HERE.

Villa 292 is an impressive Paradise design display home. Its 196.7sqm floorplan was designed for relaxed community lifestyle living. Two spacious bedrooms, a study, two bathrooms, open-plan design as well as a sunny alfresco dining area combine to provide easy breezy living and entertaining.

Paradise offers your choice of a range of luxury high-quality tile and carpet flooring selections as well as high ceilings, energy efficient downlights throughout, high quality doors and door furniture, quality window furnishings and ceiling fans throughout.

To find yourself in these enviable pictures, visit the Palm Lake Resort Ballina Sales Office and take a tour with one of our friendly local experts.



BALLINA KEEPS BUSY.

THERE’S NO DOUBT THERE ARE PLENTY OF THINGS TO DO HERE AT PALM LAKE RESORT BALLINA. THE WEEKLY RESORT ACTIVITIES LIST IS IMPRESSIVE. BELIEVE IT OR NOT, THAT LIST GOT EVEN LONGER THIS MONTH.

Palm Lake Resort Ballina is already quite the vibrant community lifestyle resort location. We may have picked up three impressive Master Builders’ Association industry awards but it doesn’t mean we can rest on our laurels. Things are moving ahead in leaps and bounds here, right across the resort, keeping Palm Lake Resort well ahead of our competition.

As far as our villas go, Stage 5B (which consists of 20 three-bedroom plus study nook homes and 32 two-bedroom plus activity room homes) is well and truly underway. In fact, it’s all hands on deck to keep up the pace! At the time of publication of this newsletter, there are 20+ concrete slabs down and 14 frames up already. Handover of these homes will begin in the middle of April and will continue until roughly the end of October, depending on the weather and other construction aspects.

As for interior styling, we have a lovely new array of 300 x 600 cushion-edge tiles to choose from, as well as many more choices for carpets and sheers.



Residents are thoroughly relishing the process of customising their new homes to ensure each has a bespoke quality about it.

There’s also big excitement here at Palm Lake Resort Ballina around the brand new workshed that is officially now open for ‘business’. The workshed will, no doubt, become a haven for handy residents and their creative pursuits. We look forward to seeing the fruits of their labour soon! As part of the workshed opening, we also welcomed

the unveiling of the virtual golf simulator.

Next on the list is the second barbecue area (opposite our Bowls Club) which is now under construction. And our amazing new dog exercise area is also underway and already starting to look fabulous. The trees have been planted as well as some of the surrounding garden landscaping. The turf will be laid very soon as well. It’s truly all systems go here at the award-winning Palm Lake Resort Ballina.

AROUND THE GROUNDS.

The White Winter Wonderland luncheon had more than 90 guests enjoying a Christmas feast paired with Christmas pudding whilst listening to the smooth festive tunes of ‘Swing Central’. Three display homes were unveiled on the day and received positively white-hot reviews.



FRUITY WEETBIX SLICE



- 5 Weetbix, crushed
- 1 cup self-raising flour
- 1 cup dessicated coconut
- ½ cup chopped apricots
- ½ cup chopped dates
- 2 apples, dice finely
- 125g butter
- ¾ cup raw sugar
- 2 tablespoons golden syrup
- 1 egg, whisked

METHOD

Melt the butter, sugar and syrup together. In a bowl combine the Weetbix, flour and coconut. Add the fruit. Stir in the melted ingredients and egg. Place mixture into a greased and lined lamington dish and bake at 160°C for 30 minutes. The fruit may be replaced with sultanas, currants, cherries or nuts if desired.

Recipe courtesy of Palm Lake Resort Ballina chef Julie Gilmore





Below: Palm Lake Resort's own interior design expert has used perpetually on-trend blue hues in our newest display home, the Harmony. Relaxation plus!

MOODY BLUES.

OUR LATEST DISPLAY HOME, HARMONY, OFFERS A CALMING BLEND OF MOODY BLUE TONES. TAKE SOME INSPIRATION FROM THIS RELAXING OASIS – BLUE HUES ARE ALWAYS ON TREND.

Above:
You can't go wrong when choosing blue for your interior colour scheme – it's always on trend and there are so many options when it comes to buying coordinating homewares.



Above: Neutral tones and interesting textures, combined with your palette of blues, will bring casual (yet chic) coastal appeal.



GOLF GUIDANCE.

THE RECENTLY OPENED GOLF SIMULATOR ROOM HAS BEEN WIDELY ENJOYED BY RESIDENTS WHO ENJOY PLAYING THE WORLD'S BEST COURSES FROM THE COMFORT OF THEIR BACKYARD. WE SPOKE TO PALM LAKE RESORT GOLF ENTHUSIAST JOHN CHESTERS TO GET HIS REVIEW OF THE TECHNOLOGY.

There are a handful of Palm Lake Resort locations already boasting a golf simulator room and now, Palm Lake Resort Ballina joins that elite group. We spoke to Palm Lake Resort Bargara resident John Chesters who shares his insights into just how much benefit he and his mates are getting from the golf simulator at their location...

"I only started playing golf seriously when I came to Palm Lake Resort Bargara," John says. "Prior to that it was one or two games every 10 or so years. I would practice in the net we had at the time and think to myself 'What a great shot!' only to find that when I got on the course, that 'great shot' went way off line onto another fairway or into the rough. Playing only once a week didn't help improve things too much - I still had those 'great shots' in the net, but elsewhere?"

"And then the golf simulator arrived! With 19 international courses to choose from, a practice range to use, competitions to enter and all played

in air conditioned comfort, my ball still goes off line into the rough or the water but at least I get it back! Practice, practice, practice it is for me - not on the range, but course play.

"For those who haven't yet experienced the golf simulator, your shots are always from the perfect lie of the imitation grass mat. Bunker shots are played from there also so you never get to practice hitting from the rough or bunkers, but I have learnt to hit the ball straight, almost, and have learnt the distance for each club. In theory, if I keep my ball on the fairway and avoid the bunkers I don't even need to practice such shots! My game is far from perfect and my handicap is still high, but it has come down 10 shots since the simulator arrived and hopefully a lot more to come.

"As far as putting goes, the phrase used to describe putting via the golf simulator is 'Mickey Mouse'. To me there is one fixed requirement for putting: The ability to hit the ball straight at what you are aiming at,

whether that be the hole or at a point to allow for the slope of the green. This is also essential in the simulator and I am now getting this right. Almost!

"Reading the slope of the green and the force to hit the ball is a variable for any course you play, be it a real or simulated one. It is learnt with practice.

"Many a time I have heard the comment 'That would have gone in on a real course' but, really, would it have? All I can say is that I have concentrated on getting my simulator putts as near to the hole as possible and on a real course my putting has improved dramatically.

"I say to all existing Palm Lake Resort golfers, try out the golf simulator. Practice can only help your game. And if you would like to start playing golf, then this is the place to start. There are even clubs available if you don't have your own."



SINGING IS GOOD FOR YOU.

THERE'S NEVER BEEN A BETTER TIME THAN NOW TO START SINGING. NOT ONLY ARE THERE OBVIOUS POSITIVE SOCIAL BENEFITS, YOUR HEALTH WILL ALSO THANK YOU FOR IT.



Palm Lake Resorts across the country are filled with wonderful singers. Maybe singing is something you've been interested in trying yourself? Did you know, there are some quite positive side effects to being in a choir and practising singing?

1. Singing eases stress and improves quality of life

Studies show positive mood changes among choir singers, including feeling happier, less anxious and less depressed.

2. It can help you bond

Theories date back to Charles Darwin's time. Shared emotional

experiences keep us socially connected. Another study found members of singing groups felt closer after a month of practice than members of newly formed groups with other creative goals, like crafting or writing.

3. Good for your heart?

Singing is not entirely unlike yoga. You take bigger, slower breaths and, in the process, your heart rate typically begins to slow. Research, rather surprisingly, also found that as members of a choir sang together, their heart rates started to sync, perhaps further proving the social connection factor of group singing.

4. Singing helps curb snoring

Researchers found a significantly lower severity of snoring among singers, even after taking into consideration snore-provoking factors like age and BMI. When the muscles of our airways are soft or weak they vibrate causing snoring. Strengthening them, just like any other muscle, is thought to decrease snoring.

5. Singing may help people suffering with asthma

So far, the research is only in early stages, but there's some evidence that singing can slightly improve lung function and reduce symptoms in people with mild asthma.

6. Singing improves immunity in cancer patients?

Obviously singing is not going to cure a life-threatening illness. But a recent study suggests it might still offer some help. Researchers tested saliva samples from a group of cancer patients and found higher levels of certain immune system molecules called cytokines after an hour of choir singing, plus lower levels of the stress hormone cortisol. While the study authors say more research is needed to determine what kind of lasting effects regular singing could have on patients' health, the study is at the very least preliminary evidence that singing could actually change the immune system, they write.

RESORT MANAGER'S UPDATE

An exciting garden makeover is in progress across Palm Lake Resort Ballina. Our Grounds team is busy designing new gardens and will work together with our Residents' Garden Club to implement the work, so watch this space.

As you may have read, the new workshed is up and running. Palm Lake Resort has stocked the facility with everything our residents need to complete a project or just have a tinker. Also, I'm sure the new barbecue area will be a big hit after a hard day's building, crafting and creating!

To fill in time between building your projects and barbecuing, you can explore the new golf simulator room, where you are welcome to bring your clubs and play anywhere in the world without leaving the comfort of home.

Have you met our new resident chef, Julie Gilmore? She is cooking up some amazing meals and tasty treats in our Oasis Clubhouse. We are so glad to have her here. The resort manager's residence is also now complete which means our family is finally moving in to join this great community!

Rick Stewart
Resort manager

COMMITTED TO THE FUTURE.



At a recent Palm Lake Resort Ballina meeting, attended by more than 200 residents, a new Residents' Committee was elected. Positions on the committee were keenly sought after, with 14 candidates standing for the seven available vacancies.

Over the past two years, the resort has nearly doubled, with an influx of people with a wide range of skills and experiences. This diversity was reflected in the impressive profiles of the candidates. After the vote was taken the following people were duly elected.

Chairperson: Steven Horne

Deputy Chairperson: Roger Pallant

Secretary: Tony Hart

Treasurer: Ken Jones

Member: Linda Duke-Yonge

Member: Lyle Rawle

Member: Robert Bailey

The committee has had its first meeting and they are committed to representing the residents in a fair and balanced manner. There was an air of positive excitement about dealing with some issues from the past, and looking at the possibilities that the future may bring. The committee is keen to develop a strong working relationship with Palm Lake Resort management and, in particular, the onsite staff.

The new committee thanks the previous committee for their good work and also thanks the residents for the trust they have bestowed upon the new members.



It's time for you.

Our 25 lifestyle resorts across Australia are driven by a philosophy of inspired luxury surrounded by world class facilities and home design.

Proudly Australian and family owned for over 40 years, we continually challenge ourselves everyday to deliver a better product. Taking the time to understand how people want to live today has resulted in innovative and revolutionary resorts for a new generation of discerning residents.



The best in over 50s lifestyle resorts.



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

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