

MARCH / APRIL 2019

BALLINA BLISS.



THE GREAT OUTDOORS

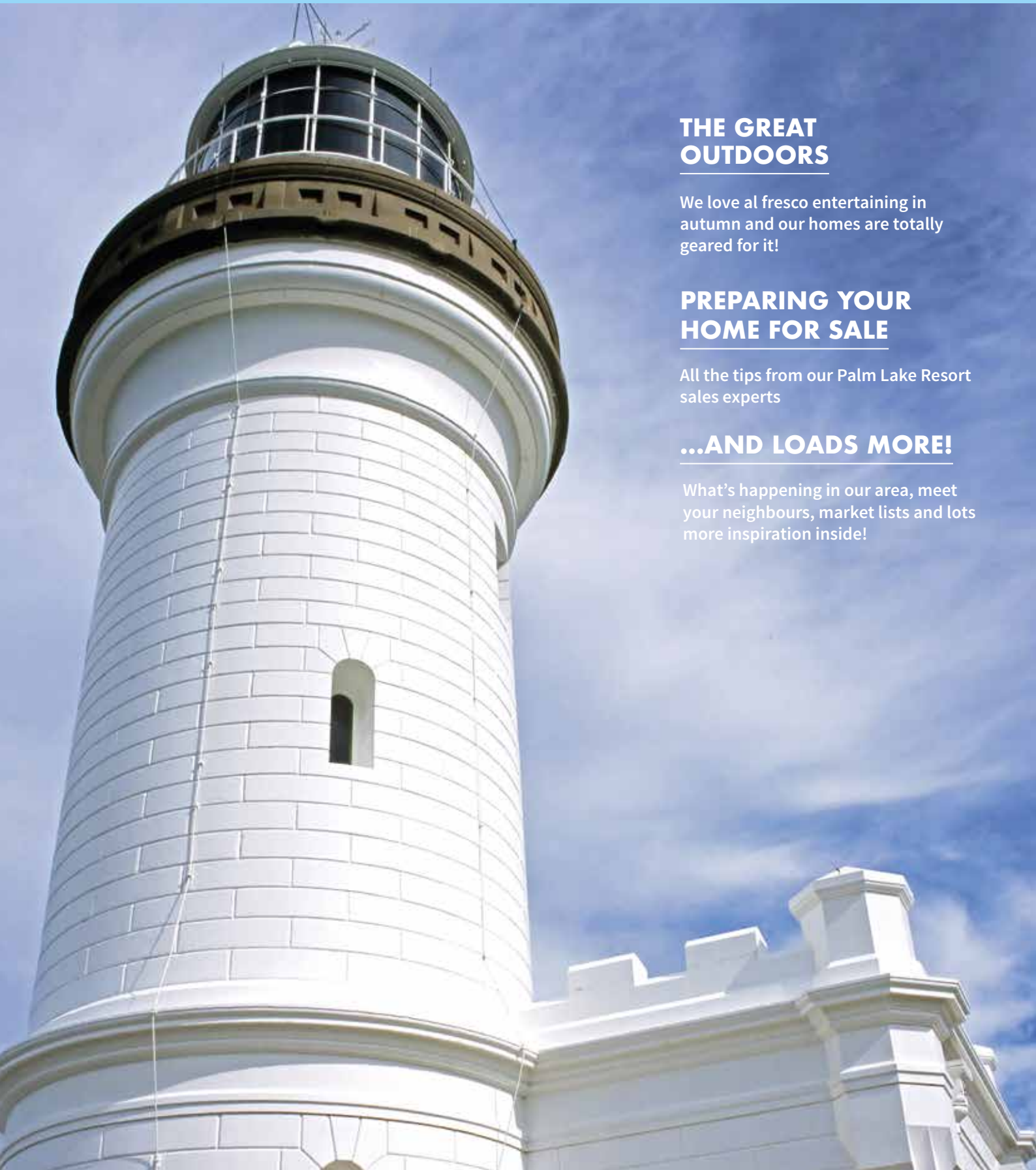
We love al fresco entertaining in autumn and our homes are totally geared for it!

PREPARING YOUR HOME FOR SALE

All the tips from our Palm Lake Resort sales experts

...AND LOADS MORE!

What's happening in our area, meet your neighbours, market lists and lots more inspiration inside!





WELCOME

The Palm Lake Resort Ballina Community was buzzing with a special visit from Senator Ben Franklin and the Premier of NSW Gladys Berejiklian recently. Having the Premier visit our beautiful resort certainly was a very special and prestigious occasion. It was a wonderfully successful day and received enormous interest from our Ballina community. Everyone seemed to be delighted by the turn-out. The beautiful food, entertainment and the general relaxed atmosphere all created a very special day indeed! We feel confident we left a positive and lasting impression on Premier Berejiklian and was wonderful to witness a genuine sense of pride among all the residents present on what a fantastic place they now reside in. You can see more of the Premier’s visit on Page 8 of this newsletter.

We are in the throws of preparing for the Ballina and Northern Rivers Retirement Village Expo being held at the Ballina RSL Club on May 19 and 20. This event is devoted entirely to retirement villages and over 55s resorts, and will provide visitors with a great opportunity to ask questions and gather information about many different retirement villages and resorts in a short period of time. We are looking forward to showcasing our Palm Lake Resort and all it has to offer. Hopefully we’ll see you there!

Also, in closing, we are excited to announce that the long awaited earthworks for Stage 6 will be commencing before Easter. Hold on to your hardhats!

Jen Nichols
Regional sales manager

GLUTEN FREE
ORANGE & ALMOND CAKE

Ingredients

- 3 large oranges
- 7 eggs
- 375g sugar
- 400g almond meal
- 1½ tsp baking powder

Method

Boil the oranges in water for 1 hour until soft. Puree the oranges (skin and pith). Whisk the eggs and sugar together in a Mixmaster. Stir in the puree. Stir in almond meal and baking powder. Place mixture in a lined 20cm square cake tin. Cover the surface of the cake with a piece of baking paper. Bake 160°C for 90 minutes)

Recipe courtesy of Palm Lake Resort
Ballina chef Julie Gilmore



STAY CONNECTED

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

- Tai chi
- Bridge
- Mah-jong
- Scrabble
- Craft group
- 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.

WHAT’S ON IN BALLINA

April 19: Ballina RSL Boardwalk entertainment presents Dan Hannaford with his country-tinged, blues-laced, rock ‘n’ roll for your listening pleasure. From 6.30pm. At the Ballina RSL, 1 Grant Street, Ballina. Entry is free.

March 28, April 25: The Big Gig Comedy Night, hosted by wickedly funny MC Mandy Nolan with a lineup of hilarious comedians, present their world-class comedy at the Ballina RSL on the last Thursday of every month. A stand-up comedian for well over 28 years, audiences adore Mandy on stage and around Byron Bay where she lives. Mandy-jokes are as much a part of the vernacular as any surf speak. Each week features two new comedians ready to make you laugh, from 7.30pm. Entry is free.



WHAT THE
RESIDENTS SAY

“I decided to move to Palm Lake Resort Ballina 12 months after my husband died of dementia. I have been here now for just over two years and have met some lovely neighbours and friends (and a variety of dogs!). I have just been reading the ‘Thought for the day’ on my desk calendar which says “Sometimes the difference between a bad day and a good day is simply the friendly smile of a stranger”. This sums up what it is like to live here. Just go out and walk around and it is amazing how many people (and dogs) you meet who say ‘hello’ to you. I have never regretted moving here.”

- Jan Buining

‘MARKET’ IN YOUR DIARY!

Discover the spirit of the Northern Rivers at a weekend market. There’s some type of market somewhere in the Northern Rivers, every weekend. It is a great way to meet the locals, purchase local goods and handcrafted items, not to mention explore the region as all the markets are different and have something unique to offer.

What market	When	Where	Time
Byron Bay Community Market	1st Sunday	Butler Street Reserve	8am-3pm
Brunswick Heads Riverside Market	1st Saturday	Fawcett Street	7.30am-2pm
Lismore Car Boot Market	1st and 3rd Sundays	Lismore Shopping Square	7.30am-2pm
Lismore Vintage & Handmade Market	1st Saturday	152 Keen St	10am-2pm
Byron Flea Market	2nd Saturday	Gilmore Crescent	9am-3pm
Kingscliff Market	2nd and 4th Saturdays	Marine Parade	8am-1pm
Lennox Community Market	2nd and 5th Sundays	Cnr Mackney Ln & Park St	8am-2pm
The Channon Craft Market	2nd Sunday	Coronation Park	9am-3pm
East Ballina Lions Club Community Market	3rd Sunday	Canal Road	7am-1pm
Mullumbimby Market	3rd Saturday	Stuart Street	7.30am-2pm
Bangalow Market	4th Sunday	Bangalow Showground	9am-3pm
Evans Head Market	4th Saturday	Evans Head RSL Carpark	7.30am-1pm
Kyogle Market	4th Sunday	Anzac Dr (Ampitheatre)	from 8am
Nimbin Market	4th and 5th Sundays	Community Centre	8am-3pm

AL FRESCO IN AUTUMN

STARRY SKIES AND BALMY NIGHTS. IT'S AUTUMN AND IT'S A WONDERFUL TIME OF THE YEAR TO BE SOAKING UP THE BENEFITS OF AL FRESCO LIVING BEFORE WINTER. PALM LAKE RESORT HOMES OFFER GREAT OUTDOOR LIVING. HERE'S WHY...

GREEN DREAM

Fully landscaped front, side and rear gardens with Colorbond fencing and side gate (where applicable).

COMFORT PLUS

Downlights and outdoor ceiling fan, as standard.

DID YOU KNOW?

Did you know, the term "al fresco" comes from the Italian and loosely means "in the cool air".

THE 'GREAT' OUTDOORS

Mother Nature provides her own relaxed ambience. Al fresco dining and entertaining is casual and cool and, generally, entertaining outdoors is more festive than in!

THE OUTDOOR ROOM

Palm Lake Resort Ballina homes offer a tiled outdoor covered living area, as a seamless extension of the open-plan internal living space.

Pictured, Palm Lake Resort Ballina's Harmony display home. Inclusions vary. Contact the Sales Centre for more information.

PREPARING YOUR HOME FOR SALE.

SELLING YOUR HOUSE CAN BE AN EMOTIONAL AND EXHAUSTING PROCESS. ENSURE YOU'VE DONE EVERYTHING YOU CAN TO MAKE YOUR HOME SALEABLE WITH THESE HANDY TIPS FROM OUR PALM LAKE RESORT REAL ESTATE EXPERTS.

So, you've decided it's time to pack up and move out of the house you're in – maybe it's too big, too high-maintenance, or maybe it just doesn't feel like home now that your children have flown the nest? Maybe it's time to 'right-size' into a community lifestyle resort filled with likeminded neighbours and an impressive assortment of world-class facilities and social opportunity? We just might know an address for you!

Many of our Palm Lake Resort sales team members have spent a vast majority of their careers in real estate, matching impressive homes with equally as amazing home owners. Jen Nicols started in real estate in 2001 and oversees most of Palm Lake Group's New South Wales resort locations, including Ballina. With 18 years' experience, we asked Jen for her tips on how home owners can best prepare their home for sale.

"First impressions count and presentation is especially important," Jen says. "Set the standard from the start. Ensure the front of your property, including pavements, the garage door and front door area, is clean and clear of any hazards because first impressions really do last. Also, deal with any minor maintenance - it's important for buyers to know they are purchasing a home that has been well cared for."

Inside the home, Jen says the first step is to declutter and de-personalise – a rental storage unit may be your best friend



here. Not only will decluttering give you a clear space to work with, but it will also be a big help when it comes time to pack up your things and move out. De-personalising helps a potential buyer see themselves living in your home, and they won't be able to do that if every wall and surface is covered with photos of your family and personal knick-knacks you've collected over the years.

Try to keep the furniture and décor understated for the same reason – you might love your bright floral armchair, but a potential buyer might not be able to look past it long enough to envision themselves living in your home. The more space you can create – without the house looking empty – the better, so clear the bookshelves and keep the benchtops bare. Clean out those wardrobes, too. Buyers will certainly look through them, to consider how much storage space your abode offers.

"Give your home a good spring clean," Jen says. "Hire a cleaning company for a few hours that can help you out; it will be worth the investment. Ensure the kitchen and bathrooms in particular are immaculate and make sure that outdoor areas are manicured and maintained."

JEN'S OTHER TIPS FOR PREPARING YOUR HOME FOR SALE

- Consider painting bright feature walls in more neutral colours to appeal to a larger range of buyers.
- Make sure all lights are turned on and even consider upgrading a few lightbulbs to really brighten your space.
- Fresh flowers on the table, candles or air fresheners all help you immediately get into a buyer's good books.
- Have your furry friend minded for the duration of the inspection and tidy up after them to ensure the yards are clear.
- Leave buyers alone with the agent during inspections. This will put them at ease. They won't feel like they are imposing.

KEEN FOR GREEN, TO BE SURE.

ST PATRICK'S DAY DEFINITELY HAS US SEEING GREEN – BUT DID YOU KNOW THAT GREEN CAN ALSO BE ONE OF THE MOST VERSATILE DECORATOR COLOURS?

Green lands right in the middle of the visible spectrum and, as such, is a balancing and harmonious colour. According to colour experts Dulux (paint suppliers for the Palm Lake Group), greens can create a peaceful, relaxed setting and can feel either warm or cool depending on the undertones. A softer shade of green can add a calming feeling in larger open spaces, working particularly well with natural light. These green tones create a fresh ambience in your home. Deep green tones can make a dramatic statement in any bedroom, evoking memories of forest canopies and driving through deep green fields. Citrus-inspired greens are refreshing and effervescent and create a sense of energy and fun. What green are you?



Schots Home Emporium large enamel pendant light, \$199 www.schots.com.au



Fenton & Fenton 'Woodrow' marble side table, \$420, www.fentonandfenton.com.au



Karibou Art Co. framed print, \$160 www.karibouartco.com.au



Above, GlobeWest velvet three-seater sofa, \$4840 www.globewest.com.au

Left, Outdoor Interiors Australia cushions, various sizes and prices, www.outdoorinteriors.com.au
Above, Beacon Lighting table lamp, \$229 www.beaconlighting.com.au

Schots Home Emporium 'Sari' dining chair, \$269 www.schots.com.au

AROUND THE GROUNDS.



PALM LAKE WELCOMES OUR TOP POLLIES:

Palm Lake Resort Ballina was very pleased to host New South Wales Premier Gladys Berejiklian and Ben Franklin MLC for morning tea recently. They were joined by many of our homeowners, staff and friends. It was a great morning - we appreciated the opportunity to show Gladys and Ben around!



RESORT MANAGER'S REPORT.

Palm Lake Resort Ballina has had a busy couple of months with some fantastic social events held. Australia Day was a highlight with the "Mumblers", a local band, rocking the socks off a packed clubhouse. A great day was had by all, with a laid back hamburger and lamingtons for lunch and the Oasis Bar providing the refreshments throughout.

Our constant activities have kept everyone busy - from the Bowls Club comps through to the regular tenpin bowling afternoons. It's great to see so many people getting into the sport for the first time and rubbing shoulders with the seasoned bowlers. Lots of laughs are heard ringing out across the room.

I look out from my office and see all the residents enjoying recent classes - from Pilates and Yopalates, to exercise classes. There's even a new starter to the mix - our Zumba class. Look out for that one, everyone.

The grounds and surrounds are looking as great as they can be. Let's hope we get some rain soon. The team at Ballina have done a fantastic job maintaining all areas in such trying conditions. I'm sure you will agree that our resort is a proud display of all residents' efforts and staff efforts - it's such a beautiful living space.

We are looking forward to the autumn that's about to dawn on us. A lovely time of year, not too hot or cold...

Rick Stewart
Resort manager

RESIDENTS' COMMITTEE REPORT.

How do people celebrate New Year around the world? Invite a handsome man into your home, Scotland. Place mistletoe under your pillow, Ireland. Throw your furniture from your window, Italy. Wear polka dots, Philippines. Breaking a plate, Demark...

Here at Palm Lake Resort Ballina, however, residents danced the night away and into the morning to the beat of the Alderman Brothers. Then, not long after the night had been completed, the Social Committee were heads down planning our Australia Day celebrations - and what a blast! The Mumblers hit the stage full of rollicking bluegrass as hard and as fast as they could, entertaining 300 residents and guests while Warren and his team of willing workers prepared hamburgers and lamingtons while the bar staff served refreshments. A big thank you must go out to the Social Committee, bar staff, 'BBQ Boys' and the many volunteers who allowed our residents and guests to have an Australia Day to remember.

Early February, the Residents' Committee held a Special General Meeting to vote on the purchase of a commercial twin door refrigerated cabinet followed by an Information Session to discuss the following agenda items:

- Maintenance Rvw Fund
- Village/community rules
- Classes/bus fees
- Stepping on program
- Defib training
- Aged care program
- Palm Lake Resort Internet
- Response to received written questions.

With all that is said above, the various committees in and around the resort are working hard to deliver a number of events in the future months such as bingo, trivia nights, a Travel Expo, photo exhibition, Anzac Day commemorations, Intimo lingerie function, exercise classes, craft, bus trips, movies and more.

I cannot end my brief to residents without mentioning Speedy and the Tonics. Due to new management, the band will be entertaining residents every second Pizza Night plus they secured an outside gig at the Ballina RSL for the Daisi Services Dementia Music Muster. Go the Tonics!

Steve Horne
Chairman
Residents' Committee

TANTALISE YOUR TASTEBUDS.

WHEN IT COMES TO FOOD, WE ARE BLESSED HERE IN THE NORTHERN RIVERS TO HAVE AMAZING LOCAL PRODUCE AND A COMMUNITY OF ENGAGED FOODIES TO HELP PUT THAT FOOD AND PRODUCE ON SHOW. HERE'S A ROUND-UP OF THE FOODIE-FLAVOURED EVENTS AND OTHER REGULAR FOODIE IDEAS, TO TANTALISE YOUR TASTEBUDS.

2019 HARVEST FESTIVAL

The Northern Rivers Food Harvest Festival (running from April 24 - May 5) is all about connecting people with real food on real farms. The Festival provides locals and visitors with opportunities to visit local food producers, hear how their food is grown and sample fresh and beautifully prepared food prepared by renowned local chefs.

The 2019 Harvest Festival has expanded this year to 12 days featuring:

April 24: Harvest opening Event at Husk Distillers, North Tumbulgum

April 27: Autumn Harvest Fair, North Byron Parklands

May 4-5: Harvest Food Trail across the whole Northern Rivers region from Grafton to Tweed. Plus a 'Farms & Foodies' bus tour, a breweries and distilleries bus tour, special harvest menus, pop-up dinners, workshops and classes.

Visit www.northernriversfood.org/harvest-festival

EAT THE STREET LISMORE

"Eat the Street" food festival is coming to Lismore on Saturday, March 9.

Inspired by a world of street food styles and an extraordinary abundance of fresh produce, our finest regional chefs will be creating a cornucopia of culinary creations preparing tasting plates at \$5 and \$10. The main event will be held in the heart of Lismore's CBD where Carrington and Magellan streets will be closed to traffic and transformed into a sea of white marquees under the shade of the giant fig trees. From noon-8pm, there will

be a celebration of food, live entertainment, guest chef cooking demonstrations, farmer talks, cooking masterclasses, kids' art and craft activities and street art demonstrations. There will also be a foraging excursion, progressive dinner, mixology masterclass and game day breakfast.

Visit www.eatthestreetlismore.com.au

CAPE BYRON DISTILLERY TASTING/TOUR

Every Friday, Saturday and Sunday, visit the gin distillery and enjoy a welcome gin and tonic on arrival, a guided rainforest tour and tasting of their dry gin and slow gin. When in the sub-tropical rainforest, see, smell and touch the native rainforest botanicals that are used in the award-winning Brookie's Byron Dry Gin and learn the history of the Big Scrub rainforest. Back at the distillery and cellar door, see how gin is distilled. Tours and tastings are \$65 per person which includes a take-home gift pack. For more, phone 1800 777 666. The distillery can be found at 80 St Helena Rd, McLeods Shoot

SOURDOUGH SATURDAYS & SUNDAYS

If delicious sourdough, cakes and pastries straight from a 100-year old+ historic wood-fired oven sounds perfect to you then don't miss Sourdough Weekends at Harvest. Every Saturday and Sunday between 8-10am, pick up a coffee at Harvest Deli in the quaint village of Newrybar then pop down to the old bakery for traditional sourdough, pastries, baguettes, doughnuts and all kinds of treats. The perfect way to start your weekend mornings! Harvest is at 18-22 Old Pacific Highway, Newrybar. Phone 6687 2644 for more.



OFF TO MARKET.

For regular foodie finds, check out our many Farmers Markets held in the Northern Rivers area regularly:

- Ballina Farmers Market at Missingham, every Sunday, 7-11am. Commemoration Park, Bentinck St .
- Bangalow Farmers Market, every Saturday, 7-11am. Bangalow Pub Car Park.
- Byron Twilight Market, every Saturday, 4-9pm. Railway Park (until April).
- Byron Bay Farmers Market, every Thursday, 8-11am. Butler Street Reserve.
- Lismore Produce Market, every Thursday, 3.30-7pm. Magellan Street.
- Lismore Farmers Market, every Saturday, 8am-12 noon. Lismore Showground.
- Mullumbimby Farmers Market, every Friday, 7-11am. Mullumbimby Showground.
- Nimbin Market, every Wednesday, 3-6pm. Carpark next to Green Bank.
- Rainbow Region Organic Market, every Tuesday, 7-11am. Lismore Showground.

For more, visit www.discoverballina.com.au/visit/markets





Live a world class country club lifestyle

At Palm Lake Resort, we bring you the best in designer living.

Each resort boasts a luxurious world class country club with gold standard features including a ten pin bowling alley, movie theatre, championship undercover bowls green, indoor and outdoor pools, exclusive Milon gym, sauna, spa and more. Plus enhance your lifestyle further with \$30,000* of luxury inclusions as standard with all new homes.

Contact us today to arrange your personal tour of our beautiful display homes, country clubs and resorts.



Master Builders Association Award Winning Resorts 2017 for Best Resort, Best Country Club and Best Home and 2018 Best Sporting and Leisure Facility



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*Subject to change without notice.