

SEPTEMBER/OCTOBER 2018

BALLINA BLISS.



HARMONY SOUNDS DIVINE

Check out our Harmony display home and all its many inclusions

YOU'RE INVITED!

'Swing into Spring' to experience our resort and community lifestyle

AROUND THE GROUNDS

What's happening here and around our town in the coming months



WELCOME

Everyone loves a good movie, so we now host a monthly movie matinee complete with popcorn! It is completely free and we mix it up with new releases and some classics. So if you love a great flick and want to experience what it is like to watch it on the big screen in our Oasis Country Club Cinema, then book in for one of our afternoon matinees (*see details, right*). Be sure to call the Sales Office and book a seat.

We love hosting events for our prospective residents and recently held a Christmas in July luncheon in the Oasis Country Club. Our talented ladies in the kitchen put on a delicious spread with hot roast turkey and ham with all the trimmings as well as delicious plum pudding for desert. The band was fabulous and the sun was shining making it a great day out for everyone who attended. Another fabulous day out was the Ballina Food & Wine Festival at the Ballina Jockey Club. This is an annual event in Ballina and it's a huge effort to put it all together by the local Rotary Club, of which a number of our residents are involved. Palm Lake Resort got on board too, with some sponsorship and a stand set up with the team eager to chat to festival visitors about our fabulous resort. We even got to meet the Mayor (*pictured right*) and overall had a great day!

Construction in Stage 5B is moving along nicely, with all homes in this section to be completed by the end of October. Shortly after that, we should be starting work on Stage 6, where we have 18 homes to build. We still have a few homes available in this stage so if you are looking to make the move to Palm Lake Resort Ballina, then buying in this stage could be the perfect opportunity to secure your new home. Of course, we have three beautiful display homes that are open for viewing seven days a week. You are always welcome to come and have a tour of our beautiful resort and homes. We hope to see you soon!

Jen Nichols

Regional sales manager

FREE MOVIES - YOU'RE INVITED!

Join us at the Palm Lake Resort Ballina luxury movie theatre for our next monthly movie presentations:

September 25: Murder on the Orient Express

Hercule Poirot, the best detective in the world decides to leave on the Orient Express. The train accidentally gets stopped because of a small avalanche. Little did he know that a murder was planned and that a person on this train was able of committing such a crime. Will he solve this murder before the train starts working again?

October 30, The Bucket List Corporate billionaire Edward Cole and working class mechanic Carter Chambers have nothing in common except for their terminal illnesses. They decide to leave and do all the things they have ever wanted to do before they die according to their bucket lists. In the process, both of them heal each other, become unlikely friends, and ultimately find joy in life.

Can you smell the hot buttered popcorn already?! Book your seats by calling our Sales Office on 1800 335 666.



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!

SEPTEMBER / OCTOBER

WHAT'S HAPPENING.



WHAT'S ON

September 14 and October 12: Morning Melodies – Sophistication Swings. Enjoy the beautiful voice of Dean Doyle with backing by the band, Sophistication. The music is mainly from the 1940s, 50s and 60s. Held at Ballina RSL Club (240 River Street, Ballina) from 10-11.30am. Visit www.rsl.ballinarsl.com.au

September 28-30: Ballina Arts & Crafts Inc's Spring Exhibition allows local members to show and sell their work. This is a charitable organisation that raises funds for needy community groups. Catch the Exhibition at Ballina Masonic Hall, Cherry St, Ballina. Visit www.bacci.com.au

CONTACT US

If you have any questions about Palm Lake Resort, if you are interested in touring our inspired display homes and world-class facilities, or if you would like to come along to one of our special events, simply contact us!

- Freecall 1800 335 666
- Email salesballina@palllake.com.au
- Find us at 120 North Creek Road, Ballina
- Visit www.over55palllake.com.au/ballina

WHAT THE RESIDENTS SAY

"After 3.5 years travelling around Australia searching for the perfect retirement location we decided that Palm Lake Resort Ballina was the place for us. The Sales team was outstanding and really looked after us, especially Renee! The facilities are great and there are so many activities we can participate in whenever we feel like it. 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."

- Debbie & Gerry

"In the time since we arrived, we have been swimming in the indoor and outdoor pools most days, playing ten-pin bowls in the fully automated bowling alley, having a game of tennis, playing lawn bowls on the fully covered lawn bowls rink and going to the movies twice a week in the onsite cinema. Don't think twice about coming to Palm Lakes Resort Ballina - just come! You will love it as much as we do."

- Warren & Nola



PERFECT HARMONY.

All of our Palm Lake Resort Ballina homes come stacked with high-quality inclusions as standard – and our Harmony design is no exception. Let us take you on a walk through our Harmony display home so you can see just how on-song this display home really is...

SMEG APPLIANCES

Including induction cooktop, integrated range hood ducted to eaves, dishwasher, oven and microwave.

TOO GOOD!

2 pac paint finishes mean cupboard doors and drawer fronts stand up to the rigours of kitchen life. 2 pac is tougher and harder to scratch, it's easier to clean, longer lasting and comes as standard at Palm Lake Resort.

KITCHEN FEATURES

- Waterfall stone bench tops
- Glass splashbacks
- 2 pac cabinetry with stainless steel handles

- High quality chrome tapware and mixers
- Smeg appliances
- Wide fridge cavity with water supply

INTERIOR FEATURES

- Luxury, high-quality tile and carpet flooring selections
- High ceilings, with raked ceiling in some designs
- Energy efficient downlights throughout
- High quality doors and door furniture
- Quality window furnishings throughout
- Ceiling fans throughout

DESIGN FEATURES

- Architecturally designed homes with designer façades
- Colorbond roof, fully insulated
- CSR Hebel
- Termite-resistant structural timber
- Designer entry doors
- Ducted air conditioning to living areas and bedrooms with two zones
- Keyed locks to all opening windows and sliding doors
- Heat pump hot water system
- Safety Link emergency response button
- Solar power system

BATHROOM FEATURES

- Shower niche in ensuite and main bathroom
- Stone vanity bench tops
- 2 pac cabinetry with stainless steel handles
- Semi frameless shower screen
- Square set floor to ceiling wall tiles
- Semi-recessed vanity basins with pop up wastes
- Dual flush toilet suites with soft-close seats
- Heat lamps
- High quality chrome tapware

CHARITY STARTS AT HOME.

CHARITY STARTS AT HOME - AT LEAST, THAT'S WHAT TWO OF PALM LAKE RESORT BALLINA'S NEWEST RESIDENTS THINK. HAVING LIVED IN THE AREA FOR MORE THAN FOUR DECADES, COLIN AND JULIE LEE HAVE CERTAINLY DONE THEIR FAIR SHARE OF HELPING OUT – AND THEY'VE LOVED EVERY MINUTE OF IT.

For Colin and Julie Lee, there's no place like home, which explains why the couple have spent so much time and energy pitching in and helping out around their beloved Ballina. And their hard work hasn't gone unnoticed. Colin received Ballina Shire's Citizen of the Year award in 2012 and an Order of Australia Medal in 2014 for services to the local community.

Born and raised on a cane farm in the Ballina Shire region, Colin married Julie in 1975, and the couple have lived in the area ever since. A motor mechanic-turned-motor dealer, Colin started his own business in 1977 which he and Julie (a former nurse) ran until they retired in 2008. As if owning and operating their own dealership wasn't demanding enough, Colin and Julie have participated in various community organisations over the years. Among other things, Colin spent 14 years on the board of a financial institution and was a charter member of the Rotary Club of Ballina-on-Richmond. It was here that

he and Julie became an integral part of the organisation of one of Ballina's biggest events, the Ballina Food and Wine Festival.

"The Rotary Club decided that we needed to do a decent fundraiser – a good community event to bring people into the town and promote the area," says Colin. "Julie and myself were part of the original committee in 2009, and I'm currently the Chair. We just had our ninth Food and Wine Festival in July."

With an average attendance of around 3000 visitors, the Ballina Food and Wine Festival is a brilliant showcase of the best fresh produce, wine, beer and entertainment the local area has to offer. As the event has grown, visitors and exhibitors – and even some big-name entertainers – have travelled

across the country to take part.

"This year we had Diesel performing and he was fantastic. He got a great response," says Colin. "We try to change things up every year in terms of the displays, cooking demonstrations and the beer appreciation talks, but at the end of the day it's all run by our little Rotary Club and we just do our best. We have a lot of people coming through our gates who tell us that they've been to every festival since it started."



Despite only having moved into Palm Lake Resort Ballina in recent months, Colin and Julie had the support of the Palm Lake Group for the festival – Palm Lake Resort Ballina sponsored the event, and even had our own stall there.

"We were delighted to have the Palm Lake Resort sales team there," says Colin. "We only moved in on July 20, so we're very new, but we knew a lot of people before moving in and are absolutely loving it so far.

"We particularly love the convenience of the homes – they are so well thought out, and even though we used to live on an acre-and-a-half block of land

in Tintenbar, we're finding our home to be very spacious and comfortable."

While they do love their new home, Colin and Julie's favourite part of moving into Palm Lake Resort Ballina is the fact that they're able to stay connected to the Ballina community.

"We really liked the idea that we could live here in the resort for a long time rather than move again – we're not people who move around too much, as you can tell from both of us having lived in Ballina for decades!" says Colin. "It was important for us to stay local, and we're very happy with our decision."

RESORT MANAGER'S REPORT.

We have had a busy winter, preparing the resort for the spring growing season - mulching gardens and updating the watering systems among the mix of chores. The resort is primed to bloom!

Construction has been busy finishing up the last of the houses in the stage, along with the new caravan storage area opening up and the caravan wash bay ready to be started.

We recently had an inaugural performance by the Palm Lake Resort Ballina band, formed exclusively by residents. A great night was had by all, especially as their performance was during the regular Friday Happy Hour at the Oasis Bar. We look forward to many more performances from this awesome band – we just need a few 'roadies' now to complete the mix!

Our cinema is being utilised more and more which is great to see. Our Sales team have been hosting movie afternoons, as an addition to our regular movie schedules, and we have also been enjoying opera screenings on certain days. We definitely accommodate all tastes from action movie buffs to musical theatre. How lucky we are to have such a wonderful cinema.

Overall it's 'retirement as usual' around here for all the residents. What to do next? A swim, game of bowls, movie, tenpin bowling or a coffee at the Oasis Country Club? All those choices, combined with our fantastic team of staff - what more could you want? It really is a great place to work (and live!).

Rick Stewart
Resort manager



DISCOVER BALLINA.

WE MIGHT BE A LITTLE BIASED, BUT WE BELIEVE BALLINA IS ONE OF THE BEST RETIREMENT LOCATIONS AROUND. WHILE PALM LAKE RESORT ITSELF OFFERS A VAST ARRAY OF ON-SITE ACTIVITIES AND MORE, EVERYTHING ELSE YOU NEED IS ONLY A HOP, SKIP AND A JUMP AWAY!

Seaside Ballina is Mecca for those who love breathing the salt air, listening to the sound of waves crashing and dipping their toes in the invigorating salt water. But it's also bordered by a beautiful lush green hinterland – the best of both worlds!

According to Ballina Shire Council's "Discover Ballina" website, the town's name is believed to have been derived from the Aboriginal word 'Bullinah' meaning "place of plenty" or "big stomach, plenty to eat". "It's a region characterised by great bio-diversity, with a laid-back lifestyle and friendly, diverse communities," it says.

Only a few minutes' drive from Palm Lake Resort Ballina, you can catch a car ferry across the water to go fishing at South Ballina, or visit one of the many outlooks dotted along the Ballina coast. You may even spot the humpback whales that migrate along the coast each year. Go walking, or hit a birdie on the local golf course. Take the grandkids cycling on one of the many bike paths, or perhaps go kayaking through the wetlands of North Creek. The area is brimming with a diverse range of attractions.

With a great selection of restaurants, cafés

and shops at your fingertips you'll love the feeling of being away from it all but still so close to everything!

STOP BY ANYTIME

Ballina is located at the juncture of the Pacific and Bruxner Highways and is within an easy drive of many regional and state hubs. Listed below are approximate distances and driving times from neighbouring centres:

- Brisbane Airport** - 200 km - 2 hours 30 minutes
- Coffs Harbour** - 207 km - 2 hours 17 minutes
- Grafton** - 132 km - 1 hour 30 minutes
- Coolangatta Airport** - 92 km - 50 minutes
- Lismore** - 31 km - 37 minutes
- Port Macquarie** - 370 km - 5 hours

Sydney - 740 km - 9 hours 30 minutes

If you're stopping in at Ballina while on an RV trip, there is suitable parking for larger vehicles behind the Ballina Visitor Information Centre (6 River St Ballina) and beside the Ballina Naval & Maritime Museum. Also, find parking at the Richmond River Sailing and Rowing Club (4 River St Ballina), just a short walk from the Visitors'

Centre and the CBD. You can also try in Kerr Street, alongside Saunders Oval with toilets and covered picnic tables. And in Fox Street opposite the Ballina Fair Shopping Centre, providing easy access to shops and cafes.

FROM PALM LAKE RESORT BALLINA

Family Medical Centre

8 minutes, by car

Moon Street Medical Centre

8 minutes, by car

Pharmacy

8 minutes, by car

Shopping Centre

6 minutes, by car

ALDI Ballina

3 minutes, by car

Ballina Golf Club

11 minutes, by car

Lennox Head

16 minutes, by car

Broken Head

27 minutes, by car

Byron Bay

30 minutes, by car

Ballina Airport

5 minutes, by car

BLUE HUES.

BLUE CAN CREATE A TRANQUIL AND CALMING ATMOSPHERE IN YOUR HOME AND IT'S PERFECT FOR OUR BALLINA SEASIDE LOCATION. TRY ON THESE BLUE-HUED HOMEWARES FOR SIZE.



Left: Karibou Art Co framed prints, from \$130, www.karibouartco.com.au
Below: Oslo wool rug, \$599, www.ricefurniture.com.au



Above: Montecito jar, \$269, www.theinteriordesigner.com.au



Above: Beacon table lamp, \$269, www.beaconlighting.com.au



Above: Sloane armchair, \$979, www.theinteriordesigner.com.au

RESIDENTS' COMMITTEE.

Another month has rolled on by with our residents celebrating Christmas in July at the Oasis Country Club plus our own band entertaining the many residents who turned up to our regular pizza night - allowed guests to dance the night away.

Bingo has been trialled here at Palm Lake Resort Ballina and it seems as though it was a great success, with a number of residents taking away the many prizes that were on offer.

Bus trips have been plentiful with visits to a number of locations such as Channon Markets, Minyon Falls, Mount Warning, Robina Shops, Madura Tea and Evans Head Air Museum, to name a few. It's great to see we are able to visit the many attractions that are on offer around our great Northern Rivers region.

After many months of waiting, our street signs are finally up and Council are in the process of geo mapping our resort to allow Emergency Services a direct location when required. Now this has been completed, we can get cracking on rolling out the Emergency Evacuation procedures.

The Residents' Committee would like to thank all the committees, sub committees and volunteers that allow our residents to enjoy the varied activities we host within the resort. A big thank you must go out to Jan Millburn, the Social Club and the Bowls Club in raising much-needed funds for our farmers to allow them to purchase feed for their stock and place food on their own tables. It's great to see the community spirit we have in our resort when people are in need.

Also, please note: We now have our own Palm Lake Resort Remedial and Relaxation Clinic available every Thursday between 10am to 6pm at the Old Club House.

Steve Horne
Residents' Committee chair

IT'S NICE TO BE NICE.

IT WAS GANDHI WHO SAID, “THE BEST WAY TO FIND YOURSELF IS TO LOSE YOURSELF IN THE SERVICE OF OTHERS.” AND IT TURNS OUT, HE WAS ONTO SOMETHING – THERE ARE SOME REAL SCIENTIFIC BENEFITS THAT COME WHEN YOU GIVE UP YOUR TIME TO HELP SOMEONE IN NEED.

Believe it or not, humans are one of the most altruistic species in existence, which explains why so many of us give up our time to volunteer. And our Palm Lake Resorts seem to attract those volunteering types. You'll find our residents volunteering to assist at all our resort events (eg. running the bar, serving food and even helping to clean up after everyone's gone). They are authentically glad to assist newcomers to our resort communities or anytime there's an extra set of hands required. Volunteering is a kind of 'prosocial behaviour' (ie. when you do something that benefits others, or society as a whole) and there are a bunch of evolutionary theories that suggest how this came to be – natural selection, for example, suggests that without helping others, even those who aren't our kin, has benefited our survival as a species. But why does it feel so good to do good to others, beyond just our basic instincts? Well, as Tania McMahon from Benchmark Psychology explains, there is a lot of research to suggest that prosocial behaviours are linked to positive mood.

“In a well-known study at Harvard University, it was found that participants assigned to spend money on others experienced greater positive feelings than those assigned to spend money on themselves,” Tania explains. “The relationship is self-reinforcing as well – helping others makes you feel good, but feeling good also makes you want to help others more.”

Research also shows that prosocial behaviours like volunteering can have a positive impact on self-esteem, life satisfaction and our overall mental health. A number of current psychological therapies focus on helping clients take action to pursue activities that align with their own personal values, to help improve their wellbeing and help them live a more rich and meaningful life.

“Volunteering provides a unique opportunity to connect with one's values, no matter what they might be,” Tania says.



“For example, someone who values music and the arts might volunteer at a community theatre; someone who values nutrition and healthy food might volunteer in a kitchen providing food for the homeless; someone who values social connection and helping others might volunteer as a mentor for a youth group.”

So, it seems that when you volunteer, you don't just do good unto others – you do yourself some good, too.

WOULD YOU LIKE TO VOLUNTEER?

Looking to volunteer your time to a good cause in our local community? Why not support our local Visitor Information Centre, Meals on Wheels, Lions, Rotary, Red Cross, Lifeline, Landcare, Surf Life Saving, one of the various animal rescue associations or even our local museums. There are many ways to lend a hand in Ballina!

AROUND THE GROUNDS.

ALL THE INFO YOU NEED

Palm Lake Resort Ballina's most recent sales event was a pre-Christmas party that guests celebrated in true festive fashion.





Over 40 years of crafting inspired living.

Every Palm Lake Resort is a masterpiece of resort living balanced with real community spirit, created by a company that is proudly family owned and Australian. With 40 years of experience, we have crafting inspired living down to a fine art.

Our resorts boast some of the most luxurious country clubs ever seen, filled with exclusive facilities, such as movie theatres, bowling alleys, championship undercover bowls rinks, tennis courts, pools and spas.

Palm Lake Resort is a place to capture the precious moments that define, enrich and centre you.
It's time for you.



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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