

JULY - AUGUST 2024



Ballina Bliss



A life well written

What happened when Doug Stinson turned a pandemic into a personal writing project

Like a well-oiled machine

Ever wondered how our resort runs so smoothly? You haven't met Karen!

Refer a friend, earn a reward

Do you know someone looking to make the move here? Refer them, for a cash reward



Welcome.

After a surprisingly warm and occasionally wet start to the cooler months, the days have become more favourable. It's always good to be out enjoying all that is on offer - weather included - here at Palm Lake Resort Ballina. There is so much happening here to keep everyone busy and happy.

You will have noticed that quite a few homes are for sale here. There is still keen interest from people wanting to purchase, however they still have to sell their home before they can proceed. The real estate market has been very slow for the past few months, which explains why the turnover of sales here has slowed also.

It is hard to know when the momentum will pick up, but it's reassuring to know that - when it does - we have many people ready to buy.

The monthly calendar is always jam-packed with a huge variety of activities, entertainment and restaurant specialties.

When I show people around the resort, they are really impressed with all the amenities and how well it's kept. The resort sells itself - from all of the high end finishes at the country club to the beautiful display of the home gardens, which our residents take such pride in maintaining.

A reminder to those of you who have an interesting story to tell: we would love to hear it! Turn the page to read all about one such resident, Doug Stinson.

Finally, the 'Refer a Friend' offer is always an incentive to tell your family or friend about the lovely homes for sale at the resort. They, too, could be enjoying our beautiful lifestyle.

Until next time,

Julie D'Arpino
Sales Consultant, Palm Lake Resort Ballina



Contact us.

Looking for more information about Palm Lake Resort Ballina? Here's how you can reach us:

FREECALL: 1800 335 666

Street address:
120 North Creek Road,
Ballina NSW

Office hours:
9am to 3.30pm, Monday to Friday

Email:
salesballina@palllake.com.au

Find us online at:
palllakeresort.com.au

Get social:
Follow us on Facebook (@palllakeresort) and on Instagram (@pallm.lake.resort)

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News in brief.

Weekly activities

MONDAY
7.30am Tennis
9am Art class, Tai chi, Brunch
10.30am Line dancing (general)
2pm Scrabble
3pm Aqua aerobics
5.30pm PLR dinner
7pm Old style dancing (first and third Monday)

TUESDAY
9am Craft and quilting, Brunch
2.30pm Canasta (five players)

WEDNESDAY
7.30am Tennis
9am Bus to shops, Painting Pals, Brunch
10.30am Line dancing
12pm Lunch
2pm Mixed lawn bowls
7pm Cinema

THURSDAY
9am Men's lawn bowls, Line dancing (intermediate), Jonola Canasta
1pm Ladies' lawn bowls
3pm Singing and fun
7pm Sing-along

FRIDAY
8.30am Aqua aerobics
9.30am Aqua aerobics, Gentle exercise
10am BYO morning tea
1.30pm Cards
5pm Happy Hour

SATURDAY
7.30am Tennis
9am Tai chi
1.30pm Mah-jong, Canasta
7pm Cinema

SUNDAY
2pm Mixed lawn bowls

Go slow

Sometimes when we are in a hurry, we forget the limits and our speed creeps up but, for the safety of all including our wildlife, please stick to the 10km/h speed limit. Also, to those owners of bikes, buggies and motorised scooters, you also need to respect the road rules whilst moving around our resort grounds.



Fern Bay homeowner Ann-Marie is a winner!

Are you following Palm Lake Resort on our various social media platforms? While you can catch up on all the company news on our Facebook page, you may not know that we also have a vibrant Palm Lake Resort Instagram account as well? Ann-Marie of Palm Lake Resort Fern Bay is the lucky winner of our Instagram competition that ran during the month of April. She has picked up a \$200 gift card simply by tagging a friend in our posts. Make sure you keep your eyes peeled for our next social media competition. In the meantime, make sure to be following us on Facebook (@palllakeresort) and on Instagram (@pallm.lake.resort).

Image supplied by Peter Fitzpatrick.

No cat left behind

If you loved last edition's spread on the cats of Palm Lake Resort Ballina, you're in luck. We have a late addition to the piece... Lucky!

I have lived here with my grandmother (in Home 162) for quite a while now, and actually I quite like it. I'm about seven years old (I was a rescue cat) and I get a bit spoilt - I love to be brushed and purr very loudly. Sometime when my grandmother goes away I stay with the neighbours. They are really nice, and I get even more spoilt there. Not long ago we had a visitor in the house which wasn't really welcome! I got very excited about it and wanted to play, but he wasn't very friendly! It was a tree snake. He had been in the house for about a week - we found evidence. Luckily another neighbour came to the rescue and moved him outside. My grandmother was very pleased, but I was a bit disappointed.



Author in residence.

MEET DOUG STINSON: OUR RESIDENT AUTHOR WHO WAS MOTIVATED TO PEN HIS MEMOIR, 'TALES OF A STINNO', DURING THE PANDEMIC.

Lesley and I moved into Home 252 at Palm Lake Resort Ballina March 27, 2017. We are delighted with the resort-style living this community provides – our only regret is that we didn't move here earlier, when we were that bit younger and much fitter.

After spending some seven years at Palm Lake Resort Ballina, we both agree that life couldn't get any better for us. The move into the resort was the best decision we ever made.

I have had an interesting career in hospital management, including the role of Executive Officer at the Prince of Wales Hospital in Sydney from 1970 to 1978, and Chief Executive at the Ballina District Hospital from 1983 to 1993.

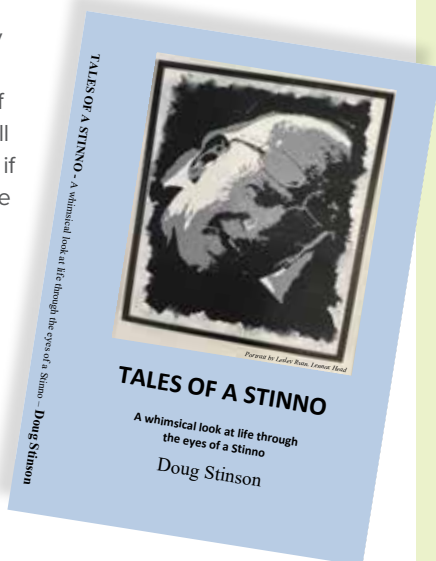
For years, I have been encouraged by my family – and, in particular, by my mother-in law – to write down the comical experiences I have had during my life, and turn them into a publication for my friends and family.

Eventually, the restrictions put on outdoor activities by COVID-19 encouraged me to put pen to paper. The result is collection of (what I consider to be) funny experiences from my hospital career, our first ever overseas trip, my farming endeavours and countless fishing escapades with the Palm Lake Fishing Club.

You should never fail to see the funny side of life. I firmly believe that being able to laugh is the true meaning of happiness and the world will always seem a better place if you can laugh. Some people measure success in terms of wealth, others through academic or sporting achievements and some through health and fitness. My measurement of success simply relates to laughter and if you can laugh at yourself that is an even better indication of being truly happy and successful.

The book was printed and published by Amazon and is available for purchase from Amazon. However, a better approach would be to request a loan copy from me or ask me to forward it to you by email. It has been saved as a PDF document so you can adjust the print size if you find it too hard to read.

**Doug Stinson
Home 252**



"I also recall when Dad decided to paint the old black Chevy red and he had doors and mudguards all over the garage painting them by hand with a brush. Our friends used to say he had painted it with a toothbrush so I guess he didn't make a real good job of it. It was always referred to as the Red Terror after that."

- *'Tales of a Stinno: The Early Days', Page 8*

"For the most part I had a relatively good relationship with Fred [Hollows] despite the fact I was often called on to rein in his enthusiasm or his scallywag tendencies. I recall that he would ride his push bike to work and chain it up directly outside the CEO John Delaney's office. This placed it in the corridor of the magnificent old stone building which provided access from the carpark to the main hospital. John took exception to this and asked me to put a stop to the practice. Now taking on Fred about a matter of this nature was like flying a red rag to a bull. Suffice to say I never won the bull fight."

- *'Tales of a Stinno: Professor Fred Hollows', Page 39*

"We went back to our rooms and retired for the night. At some time later (probably after midnight), Lesley and I awoke to hear someone unlocking our door with a key and as it opened I inquired (in as deep a voice as I could) as to what they wanted, calling across the room from my bed. A startled girl's voice said, "Oh, I'm sorry," and she closed the door and left. I think I heard some giggling in the hallway as she left.

After another good English breakfast, Ian and I paid our bill and I mentioned our late-night intruder to the publican. He mumbled something about his troublesome daughter and apologised for any inconvenience, saying it was an 163 obvious mistake. I guess we'll never know what she was up to but we did have our own suspicions."

- *'Tales of a Stinno: Windsor Castle', Page 162*

"You should never fail to see the funny side of life."

Can do Karen!

WHERE WOULD WE BE WITHOUT OUR WONDERFUL KAREN? LEARN A BIT MORE ABOUT OUR RESORT MANAGER RICK'S ASSISTANT AND RIGHT-HAND WOMAN.

Karen plays a very important integral role in the everyday functioning of our resort, and we're sure many of you have had to rely on her to solve a variety of problems. She is very capable at finding solutions, and her genuine care for the residents is always evident.

Before arriving in Australia with her family in 2005, Karen worked for the National Health Service in Birmingham – specifically, in mental health services. Soon after arriving in the country, Karen began working at Housing NSW in Lismore. Her background in mental health allowed her to become involved in specialist cases, where she could address individuals' needs.

In 2011, Karen moved on to work at Baptist Care's new project, developing social and affordable housing in Lismore. Here, she became involved in the building side of things, from the early stages of construction through to managing the project once completed.

After a few years there, in 2016, Karen decided she needed to work closer to her home in Ballina. She was also looking to go part time while she was caring for her parents, who were both unwell.

Luckily (especially for us!), Palm Lake Resort Ballina was advertising for a part-time admin person, which suited Karen perfectly. She was hired. Eight years later, Karen is still running our office very efficiently – and thoroughly enjoying her work, too.

"No two days are the same!" she says.

"Karen handles, with great expertise, whatever is presented to her," says Palm Lake Resort Ballina sales consultant, Julie. "She ensures all the daily requirements are attended to, and I am sure the residents will vouch for that."

Karen is a real people's person and enjoys meeting and talking to the residents, thereby establishing a solid rapport. She is the first point of contact to address the residents' needs.

Everyone has an amazing life story and Karen finds that fascinating. She loves opening up a conversation with a resident, because you never know where it will lead to.



It's reassuring to hear from the residents things like, "It's been the best move for us," "It's like being on a constant holiday", "New friendships are formed" and that there is "so much to do in a safe environment."

Karen considers herself fortunate to have such a positive working relationship with Rick. He doesn't micromanage her and gives her a high degree of latitude to get on with her job, while always being available to help her with any difficult situations.

Karen's personal interests include beach walks, cooking, sewing, catching up with friends, music, writing poems, op shopping, travel, and spending time with her beautiful family. She especially enjoys babysitting and having her grandchildren sleepover.

A big thank you Karen for all that you do for everyone. It doesn't go unnoticed.



Pickleball: It's a smash

THERE'S A NEW CRAZE SPREADING THROUGH PALM LAKE RESORT. IT'S NOT QUITE TENNIS, NOT QUITE BADMINTON AND NOT QUITE PING PONG – IT'S PICKLEBALL, AND IT'S TAKING THE WORLD BY STORM.

The latest addition to many a Palm Lake Resort activities calendar might also be its most unusual. Pickleball, a sport that is played competitively in the USA but relatively unheard of everywhere else, has captivated a small group of residents – and they want everyone to join in the fun.

"Pickleball was first suggested in early 2020, but of course COVID brought our plans (and everything else) to a halt," says pickleball group member Rosslyn. "One of our residents had seen it played on a trip to the Gold Coast, and she thought it would be perfect for Palm Lake Resort. We were able to get a pickleball group going about six months ago and, safe to say, we're hooked!"

Across the Palm Lake Group, homeowners are meeting up at their resort tennis courts for a game or two of pickleball, and a good laugh.

"There is so much to do here, so we try to fit it in around all of the other activities," says Rosslyn, who is one of the pickleball-mad residents at Palm Lake Resort Tea Gardens.

Their group's sessions include a 20-minute warm up and a handful of pickleball games, with a break for a sit down and a chat in between.

"We're certainly not competitive – I'm sure it could be, but it's more of a social exercise for us," says Rosslyn. "None of us have ever played the sport before, but it's very easy to pick up. We actually discourage running so it's not as strenuous as tennis, but it's still active."

Pickleball is played on a small court – around 6 by 13 metres, roughly half the size of a tennis court – so can be played at a

slower pace. You can play in singles or doubles, and only need sneakers, a pickleball and a paddle (which you can borrow from the existing group members) to play.

"The equipment is minimal, which is the beauty of the sport," says Rosslyn. "We find that people become so taken with the game that they go out and buy their own."

How to: speak pickleball

Ace: A serve that cannot be returned, winning the server a point.

Dillball: A live ball.

Falafel: A shot that falls short – also known as a dead paddle.

Kitchen: The non-volley zone, a seven-foot section of the court where players are not allowed to volley the ball.

Pickle!: What a server shouts before they hit the ball.

Smash: An overhead shot.

Volley llama: An illegal move or fault where a player hits a shot in the Kitchen (non-volley zone).



Seeing green.

PLAYING SOME OF THE WORLD'S BEST GOLF COURSES - ALONGSIDE THE WORLD'S BEST GOLFERS - IS ALL IN A DAY'S WORK (OR PLAY) FOR OUR HOMEOWNERS, THANKS TO OUR RESORT GOLF SIMULATOR.

Imagine this, you intrepid golfers of all levels. You are standing on the 18th tee of Carnoustie Golf Course, one of the world's famous golf courses in Scotland (which has hosted the British Open on many occasions). You are two shots up on the last day and your playing partner is Rory McIlroy – and he is breathing down your neck. 400 metre par 4 and all you need is a straight drive, because off the fairway would be difficult to get home in two. The crowd is hushed. You go through the routine, visualise the shot, and commence your back swing. Good contact, you watch the flight of the ball as splits the fairway in the middle.

But then you come crashing back to earth as you walk toward the matt in front of the Simulator picking up your ball and little foam tee you used to raise your ball. The crowd, all three of them, commenting, "At least you got one on the fairway" – and it went at least 140 metres, according to the monitor that measures distance and direction. The monitor also says you are 33 over par. Not up to professional standard, but who cares; you and your mates are having fun.

The Palm Lake Resort Simulator, next to the workshop, is a fun activity for the serious golfer to the "rip it and grip" casual hitters. It has a couple of choices for all golfers. The driving range allows you to hit any club you want, and it will measure distance, height, and deviation from the straight line. Quite a few of our more serious golfers use this mode to practice their accuracy and striking consistency. There are a number of driving ranges you can choose from, and you can also key in the club you are using and the distance you want to hit it.

The other option is to play one of the 19 golf courses such as Carnoustie. A number of these are based on real course from all over the world, while others are fictitious. You can enter who is playing the course with you and monitor will tell you whose hit it is. It will also tell you how far you hit the ball and how far



you have to go. It keeps your progressive score, letting you know how far over par you are and, in very rare occasions, how far under you are (you've got to be dreaming!).

The Simulator is available to all Palm Lake Resort Ballina residents and your guests, if you supervise them. If you want to know how to use the simulator then Roger from Home 283 can show you at a mutually arranged time.

Homes for sale.

WANT TO BOOK A PRIVATE TOUR AND FIND OUT MORE ABOUT OUR RESORT?
FREECALL 1800 335 666 OR EMAIL SALESBALLINA@PALMLAKE.COM.AU.
YOU CAN ALSO VISIT US ONLINE AT PALMLAKERESORT.COM.AU

Home 52 - \$1,100,000

Beds

3

Bath

2

Living

1

Alfresco

2

Garage

2

Feels like a cottage.

This three-bedroom home features an enclosed alfresco area that overlooks the front garden. Tiled throughout, with open-plan kitchen/lounge/dining area. Dimmer lights in the lounge room, ducted air conditioning and added fans. The master bedroom has a lovely outlook onto bird-attracting trees. The easy-to-care-for garden has a small lawn and extra space at the entrance of the double garage for another vehicle.

Home 22 - \$1,000,000

Beds

2

Bath

2

Living

1

Study

1

Alfresco

1

Garage

2

Lots of open space.

This tidy 2 bedroom home with study features an enormous back yard with a great rural outlook. It has well-established fruiting lemon and orange trees with lots of room to grow more produce. An ideal area, also, for pet owners with plenty of room to run free. Carpeted throughout with air conditioning and fans and an alfresco area leading out from the lounge room is a great place for a cuppa under the awning.

Home 229 - \$1,275,000

Beds

2

Bath

2

Living

1

Alfresco

1

Garage

2

Serenity by name and nature.

This very well-maintained Serenity home is in a quiet location with a tranquil, easy-care outdoor area. Timber planked flooring, stylish shutters and tinted windows add elegance to the home. Lush carpets in the bedrooms with ample closet space in the master and second bedroom and a generous tiled ensuite with two basins.

Home 166 - \$1,200,000

Beds

2

Bath

2

Living

1

Study

1

Alfresco

1

Garage

2

Everything you need.

This lovely home has had one owner. Tinted windows and blind added to the front room keeping it nice and cool, plus extra-large awning alongside the master bedroom. Aluminium white shutters in the alfresco area and a spacious back lawn overlooking bird attracting trees. Tiled throughout with vaulted ceilings.

Home 262 - \$1,350,000

Beds

2

Bath

2

Living

1

Study

1

Alfresco

1

Garage

2

In excellent condition.

This Serenity design with vaulted ceilings creates elegance, light and space as you enter the home. Positioned on a corner block with a short stroll to the Oasis Country Club and adjacent to the free dog leash park. Tiled throughout with lush carpets in the bedrooms. Ample storage in the master walk-in robe with double basins in the ensuite. Added features include dimmer lights in the study and lounge room, tinted windows in a selection of windows, 19 solar panels and a wind down screen at the tiled alfresco area. Extra cupboards in the laundry and a pebbled path at the side of the home leading to the back lawn. A must to inspect.

Home 66 - \$995,000

Beds

2

Bath

2

Living

1

Study

1

Alfresco

2

Garage

2

Homely feel.

This delightful two-bedroom home with study has a lovely cottage appeal, especially with an outlook from an enclosed alfresco area onto trees and a waterway. The front alfresco area overlooks the well-maintained garden with a hedge for privacy. This home is carpeted throughout, with a tiled main bathroom and ensuite.

Home 170 - POA

Beds

3

Bath

2

Living

1

Alfresco

1

Garage

2

A relaxed lifestyle awaits.

This well presented Mirage design home has many added features for the discerning buyer. Two beautiful bespoke stained glass panels created specifically for the resident are placed in a panel at the hallway entry and in the lounge room. Refined details throughout, including teardrop lights above stone kitchen bench.

8

9

Resort manager's report.



Well, we've had another glorious start to winter with brisk cool nights and glorious sunny days. We've certainly missed this over the past few months, with all of the unseasonably wet weather we've been having.

Our team at Palm Lake Resort Ballina has been working tirelessly to keep the gardens and lawns looking great - and trying not to sink into the wet ground while doing it!

In recent months, our resort has been enjoying a number of speciality themed dinner nights in our dining room restaurant. We have also been treated to performances by a few musicians, as well as the 'in-house' resident band lighting up the stage on a few occasions. These entertainers certainly fill the clubhouse each time, which is great to see.

We have also been fortunate to have a few local services come along to provide some essential information sessions, covering everything from various services available to seniors to scam watch, care services and general wellbeing information days. We have also heard more about some of the resident-focused groups that can be joined. There is always something to learn or be part of here.

As we delve deeper into the year, we look forward to welcoming a few new residents as they move into our lovely resort. I would like to extend a warm welcome to everyone who has joined us this year so far... The team at Palm Lake Resort Balina look forward to spending this great time of life alongside you.

Until next time,

Rick Stewart
Resort Manager



Brian's red fruit salad.

IN THIS EDITION, BRIAN REDDY (HOME 276) SHARES HIS RECIPE FOR RED FRUIT SALAD - OR SHOULD WE SAY, 'REDDY FRUIT SALAD'?

Preparation time: 15 minutes, plus soaking. Cooking time: 5 minutes. Serves: 6

INGREDIENTS

1 x 425g can of black cherries, stoned and drained with juice reserved
150ml apple juice
450g firm pears
225g frozen raspberries
175g black grapes, halved and seeded
To serve: Fluffy yogurt (see below)

METHOD

1. Place the cherries in a serving bowl. Put the cherry juice into the saucepan with the apple juice.
2. Peel, core and slice the pears and add to the pan. Bring to the boil and simmer for about 3-4 minutes. Add the contents of the pan to the cherries.
3. Sprinkle the still frozen raspberries over the warm fruit and leave at room temperature until thawed.
4. Finally add the grapes, mix well, and chill until required. Serve alone or with fluffy yogurt.
5. *For the fluffy yogurt:* Turn a 150ml carton of natural yogurt into a bowl and stir with a fork until smooth. Whisk an egg white until very stiff and fold evenly through the yogurt. Sprinkle lightly with grated nutmeg and serve with the red fruit salad.

Over the back fence.

SOME 10,000 PEOPLE CALL PALM LAKE GROUP HOME, SO THERE IS ALWAYS PLENTY OF GOOD NEWS AROUND OUR GROUNDS. IN THIS NEW REGULAR SERIES, WE SHARE WITH YOU SOME STORIES OF WHAT YOUR FELLOW PALM LAKE RESORT 'FAMILY MEMBERS' HAVE BEEN UP TO RECENTLY. 'PEOPLE' REALLY IS OUR SUPERPOWER!

Inter-resort good sports.

Palm Lake Resort Eagleby hosted a team from Palm Lake Resort Waterford who put up a good fight, with some great lawn bowls played. However, Eagleby proved to be too strong and ran out winners 91 to 55.

Our Palm Lake Resort Cooroy-Noosa bowlers also took on visitors from Palm Lake Resort Beachmere Sands in a recent inter-resort bowls comp. After the morning session, Cooroy-Noosa were only up one point and one game. After a bit of banter and encouragement over lunch, the Cooroy teams lifted and won six out of eight games and scored 99 to 58 points to comfortably win the day. Final results were: Games won 10.5 to 5.5 and Points won: 196 to 154

Finally, Palm Lake Resort Bethania lawn bowlers took on their counterparts at Waterford recently. Although the final score was 102 to 63, it was no indication of the game. Both teams won three rinks each however one Waterford team won 34 to 5 with a very rare score of 9 on one end. This doesn't happen often - it's a bit like a hole in one in golf. It was a great game that all enjoyed whether playing or spectating.



Leona is driven.

GOSH, WE HAVE A VIBRANT COMMUNITY OF RESIDENTS ACROSS BOTH OUR PALM LAKE RESORT AND PALM LAKE CARE COMMUNITIES - AND OUR TEAM MEMBERS ARE PRETTY VIBRANT THEMSELVES!

Case in point: Leona from Palm Lake Care Mt Warren Park. When she's not heading up the Lifestyle Team, she's generously giving her time to others, including charity. Leona has just returned from the "Shitbox Rally" - an aptly named annual Cancer Council fundraiser that requires participants to drive a car valued at less than \$1500 across various states of Australia. The rally saw her and husband Scott drive a 1989 VN Commodore from Brisbane to the starting line in Adelaide, through the centre of Australia, and over to Perth. Although the rally finished in Perth, the pair managed to complete a return trip and got their 'shitbox' back home to Brisbane - some 12,000km in total! This was Leona's fifth time in the Shitbox Rally, which has raised \$45 million for the Cancer Council in its 14-year history (Leona and her fellow Autumn 2024 rally participants raised \$3 million alone this trip!). Incredible! Leona's residents at Palm Lake Care Mt Warren Park followed her progress throughout the trip online, via a tracker she had in her car. There was loads of excitement across the community as she and Scott made it to each checkpoint. Bravo Leona - what fun, and what a great cause!

They're sew good.

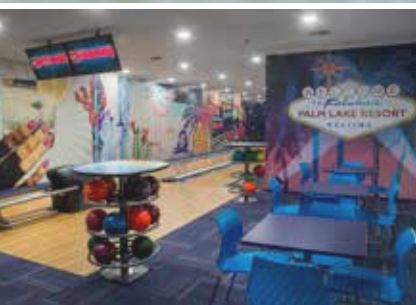
The talented crafters at Palm Lake Resort Deception Bay held their 10th annual Quilt Show in recent weeks. A few of the handmade quilts went home with lucky raffle winners - the rest are to be donated to local charities. Special mention to quilter Coral Welham, who turned fabric that wasn't suitable for quilting into pouches for rescued wildlife. Our Deception Bay homeowners really are sew good.



Cindy trains pups to empower.

Palm Lake Resort Beachmere Bay homeowner Cindy is spending her free time in a brilliant way - training pups to become Assistance and Therapy Dogs. Cindy has opened up her Beachmere Bay home to support this fantastic cause and has an ever-changing variety of the most gorgeous pooches staying with her, via the "Empower Assistance Dogs" organisation. Well done, Cindy!

We're all good sports.



FREECALL 1800 335 666 | salesballina@palllake.com.au
120 North Creek Road, Ballina NSW

THE BEST IN OVER-55s LIVING. THIS IS YOUR TIME.
palllakeresort.com.au