

JULY-AUGUST 2022

BALLINA

BLISS.



FISHING FRIENDS

More and more residents are making the most of the anglers' paradise we call home. Read about our fishing group on Pages 4 & 5.

I'M WITH THE BAND

Find out how our resort band, 'Speedy and the Tonics, featuring The Tonettes,' came to be on Pages 7 & 8.

HEALTHY, HAPPY PETS

How do your pets handle the winter chill? Find out how to care for your four-legged family members during the cooler months.



WELCOME.

We are well and truly into winter. The very first thing I do when I enter the office every morning is turn the heater on!

I should think our many talented residents are cooking up some hearty meals in their kitchens to see them through the cold days and nights. Feel free to drop by the office with samples! I'll gladly do some taste testing.

It's nice to see a couple of lovely new faces taking up residency in the past couple of months. They are very lucky and have been very patient, waiting a good while for the opportunity to live in our beautiful resort. Already having friends here makes them feel welcome and very much at home, and I am sure they will make many fast new friends, too.

Homes are hard to come by here at Palm Lake Resort Ballina – everyone wants a slice of our resort lifestyle! Turn to Page 10 to see our most recently sold home for an idea of where the market's at. We have so many more prospective buyers on the waitlist ready to purchase a home here at the resort. If you're thinking of selling, rest assured we have a buyer ready and willing – just name your price.

Thank you to our residents who have contributed to the Ballina Bliss newsletter. It's wonderful to see the diverse groups that have formed and are happy to share their activities. If you have something of interest to share (and hopefully some high-resolution photos), please send me an email.

Stay warm,

Julie D'Arpino
Sales Consultant, 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-3.30pm

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.



WHAT'S ON IN TOWN

July 22-24: After a two-year hiatus, Splendour in the Grass finally returns to the North Byron Parklands. In even better news for music fans, the Bangalow Music Festival follows on August 11.

August 13-14: Lovers of pottery and ceramics won't want to miss the North Coast Mud Trail. Local artists will open their studios and sell their wares.

August 20: Don't miss the Rainbow Region Dragon Boat Regatta, one of the most exciting sporting events in Ballina. It's a great, family-friendly day out.

August 26: Over 140 writers and thinkers will converge on the North Byron Parklands for the Byron Writers Festival. Don't miss readings, workshops and more.

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 a new or established Palm Lake Resort home, you'll receive up to \$500 cash. Easy! Ask about our 'Refer a friend' incentive at the Sales Information Centre.



READ ALL ABOUT IT

If you haven't already received a copy of the Winter 2022 edition of our company magazine, Your Time, you should check it out online. In the Winter edition, we have a special feature on the "Pets of Palm Lake" – a collection of stories on our amazing residents and their amazing pets. You'll also catch up on all the news from around our many Palm Lake Group locations, find tasty winter recipes and discover a few fun ways to spice up your life. To read the edition online, visit www.pallmlakeresort.com.au and click on the 'News & Events' tab in the menu.

WE WANT TO HEAR FROM YOU!

Whether it's photos from a recent event or there's a new activity you'd like to announce, this newsletter is the place to share the latest and greatest resort happenings. Chat to your caretaker about how to submit content and to find out deadlines for upcoming editions.

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





ANGLERS ABOUND.

HERE AT PALM LAKE RESORT BALLINA, WE'RE SPOILT FOR CHOICE WHEN IT COMES TO PLACES TO CAST A LINE. KNOWING THIS, A GROUP OF RESIDENT ANGLERS HAVE COME TOGETHER TO FORM A RESORT FISHING CLUB. READ ON TO FIND OUT WHAT THEY'VE BEEN UP TO, AS TOLD BY RESIDENT DOUG STINSON.

Some time ago a number of residents were chatting about the value of having a fishing club here at the resort. We wanted to keep it relatively simple and low key, and encourage anyone interested in any form of fishing to participate. The club would provide opportunities for members to participate in regular fishing outings, liaise with one another to arrange occasional outings and generally offer support and encouragement to one another.

There were a number of boats in the parking lot which were seldom used because the owners had no one to go out with them. The fishing club would encourage members to call on others to join them and perhaps result in better use of their boats. Likewise, there was the possibility that a number of residents would love to go out fishing in a boat but did not have the means to do so. They could team up with other club members who had boats and enjoy some fishing.

Of course, we have encouraged beach and shore-based river fishing as well – we do not want to restrict activities exclusively to boating.

The club has been very successful. We currently have 46 members taking part in our activities as and when they wish. There is no obligation to participate and no cost involved in the membership.

THE NUGGET

Since forming the club we have set up a Clubhouse in the form of a garden shed. It houses our freezer and other equipment. A number of members have formed a syndicate and purchased a four-wheel drive wagon (the Nugget, pictured) that they can use for beach fishing. It is also used to tow boats to the ramps, so syndicate members can avoid getting their own vehicles in the salt water. The costs associated with the wagon are subsidised by regular can and bottle pick-ups from residents for recycling, as well as periodic raffles in the bar.

HITTING THE ROAD

We recently had an enjoyable few days at Glenlyon Dam, out from Tenterfield. Whilst we didn't catch the big Murray Cod we were

after we had a wonderful time at the campsite. As I try to explain to members, "It's not all about catching fish – moreover, about drinking and talking about catching fish.

While our fishing results haven't been spectacular (to say the least) we have certainly had a lot of fun trying. Our 'Most Prolific' award must go to Col and Julie Lee (aka, Patches and Mrs Patches) for their regular success at Patches Beach. We have also had some success in crabbing although we do have a lot of difficulty in handling the blighters.

Our next big adventure will be a trip to Iluka. We'll leave on July 18 for four nights, and it should be a ton of fun. Hopefully we can be more successful in the salt water than we were at the dam.

For further information and/or a registration form, contact Doug in Home 252 by phone on 0412 663 872, or email at doug.shplan@gmail.com.

**Tight lines,
Douggie**



Pictured: Bam (the Clam) demonstrates how to tie up a muddie.



Pictured: Ted shows off his barbie skills at Glenlyon.



Pictured: The mighty 'Nugget' the beach buggy.



Pictured: The Glenlyon trip convoy!



RESORT MANAGER'S REPORT.

Ballina is bursting with winter sunshine. It's great to see everyone out and about enjoying everything our wonderful northern coast of New South Wales has to offer, as well as all the activities around the resort.

We have been doing a lot of sprucing up around our resort gardens, and they're looking magnificent. The fresh smell of the tea tree mulch filling the air is delightful, and everything is looking alive after all the recent rain. There is green grass aplenty so the mower guys are still busy as normal – they would normally have a little respite at this time of year!

Our resort bistro will be opening soon, with the final details being smoothed over as this newsletter goes to print. Having our own on-site restaurant/café will enable our residents to 'go out' more often, or stay in with a take-home meal. Who doesn't enjoy someone else doing the cooking?!

The addition of the bistro will cement Palm Lake Resort Ballina's reputation as the go-to place to live in this booming region. With natural waterways surrounding us – from the beaches to the estuary to the river – there is always plenty to see and do. Our residents are spoilt for choice, both outside and within the resort. Many of our residents are busier now, in retirement, than ever before!

Until next time,

Rick Stewart
Resort Manager

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



BANDING TOGETHER.

IT ALL STARTED WITH A DREAM – AND A DESIRE TO PLAY THE DRUMS WITHOUT BOTHERING HIS WIFE AND NEIGHBOURS. RESIDENT DENIS LEE TELLS THE STORY OF HOW THE PALM LAKE RESORT BALLINA BAND, 'SPEEDY AND THE TONICS, FEATURING THE TONETTES', CAME TO BE.

THE GENESIS

One would think that, in a small village like Palm Lake Ballina, you'd come across lots of retired musicians (be they amateur or professional) dying to play their favourite instrument. NOT SO! Before my wife Di and I moved into Palm Lake Resort Ballina, we lived on a 22-acre farm in Corndale – there, I had a drum kit. But even with all that space, it didn't take long before Di banished me to the machinery shed 50 metres away from the house in order to continue practising. When we arrived here in February of 2017 – me, with my full kit of drums tucked under my arms – Di warned me that no one would appreciate living next door to a drummer.

I got to thinking: the Oasis Clubhouse has a dance floor and stage. A dance floor and stage require a band. A band means fun for everyone! If I could get a band together, I could play the drums at the Oasis Clubhouse and no one would complain (well, almost no one). I immediately set about advertising, putting a notice up on the noticeboard near the indoor swimming pool. I called for fellow musicians to join me in forming a band and jamming together. I sat by my phone, expecting a flood of phone calls. After brushing off the cobwebs around my shoes I realised that the mission I was on would be like pulling teeth – quite painful! I then tried to get Terri Clark (Home 7) to find out new residents' musical talents when she visited them with her 'Welcome Basket'. I also asked the Sales Consultants to let

prospective residents know of our need for musicians. Still, no one was willing to put up their hand and say "Pick me!"

SUCCESS!

The only thing left to do was ask people who had been dobbed in by their "friends". Finally, in April 2017, the first (nervous but willing) 'Oasis Band' was formed. Initially, it was comprised of Peter Walters (Home 5) on piano, Marianne Rodrom (Home 45) piano, euphonium and ukulele, Denis on drums, Christina Hart (Home 314) as our vocals and acoustic guitar, Steve Horne (Home 118) percussion, Peter Waugh (Home 175) bongos/congas and finally Peter Van Iersel (Home 263) on the electric bass guitar. Our first gig was arranged with Denis Burton, the manager of the Oasis Bar at the time. He organised for us to play during Happy Hour on Friday May 5, 2017 – it was a very nervous affair, but at least we had made a start. After a few more gigs, we worked up to a repertoire of 21 songs which we played at our final gig: the Christmas Dinner on December 20, 2017. After which the Oasis Band wasn't able to continue.

BACK TO THE DRAWING BOARD

Undeterred and with the help of Peter Van Iersel, we were able to reform a new Palm Lake Resort Ballina band by March 2018. We still had Bongo Pete Waugh and Pete Van Iersel, plus the addition of David Taylor (Home 182) on keyboard, and Graeme

Continued on Page 8 >>

Speed (Home 88) vocalist. Then a short time later, David Day (Home 134) joined as our alternate drummer, vocalist and sound engineer. We first started rehearsals in the Old Clubhouse and decided that our first job was to think of a new name for the band. After much discussion, we finally agreed that we wanted to act as a 'tonic' for the residents – borrowing from our singer's unusual surname, 'Speedy and the Tonics' were born! Then, to save confusion (we had two Peters and two Davids), we all gave ourselves stage names.

We kicked off with our first gig at the Happy Hour Pizza Night on Friday July 20, 2018. We were told by the bar and some other residents that we were an instant hit, so we thought that this combination just might work successfully. Then, in August 2018, we caught wind of another musician who was moving into Palm Lake Resort Ballina soon. She had 30 years' experience playing violin with country bands. Cheryl and her mum Christine (Home 226) did indeed move in, and Cheryl has been playing and singing with the band ever since. Around the same time, the band decided to put some money together and buy a sound amplification system to improve our vocal and instrument projection in the Oasis Clubhouse. Thanks to the Residents Committee who repaid us, so that the sound system became the property of Palm Lake Resort Ballina. This allows it to be used by the Residents Committee and authorised residents.

THE BAND IS LOOKIN' GOOD

In October 2018, we gained another new resident by the name of Steve Fizzell (Home 228). His talent for the electric guitar meant 'Speedy and the Tonics' had its newest member. With Peter Van Iersel's earlier addition of a black backdrop and Graeme organising signage for the band banner and the kick drum, we were starting to look the part. The Social Committee asked the band to play at the 2018 Palm Lake Resort Ballina Wednesday Christmas lunch and the Thursday Christmas dinner, and we were happy to provide great dance music during the evening performance. The Social Committee then requested that we play more regularly. The band made the decision to play every second monthly pizza night, starting from February 15, 2019.

A BREAKTHROUGH!

Then, in February 2019, a great breakthrough occurred for the band. We were honoured to be asked to play at the Ballina RSL for a charity event called the 'Dementia Music Muster' and had a great time performing. By now we – though especially Steve – realised that we could judge how much residents were enjoying our music by how many dancers were on the floor. This caused us to reassess the songs we were selecting and rehearsing. We started to switch to more up-tempo songs for the dancers; apparently the 'cheek-to-cheek' stuff wasn't appealing to anyone but the most romantic of our residents and there didn't appear to be too many of those!

THE BAND IS COMPLETE

I felt there was something else that could boost our performances: female backing singers. In July 2019, we put out the feelers and hey, presto! Four out of five brave souls decided to join the band after their audition and 'The Tonettes' came into being. Catherine Bechaz (Home 209) came with lots of singing experience, and she organises the girls: Nan Pulsford (Home 214), Sharyn Hogben (Home 203) and Viv Turvey (Home 215). Thus started 'Speedy and the Tonics, featuring The Tonettes' – the next phase of our resident band. Being band leader of 14 strong-minded individuals can be a challenge. From time to time, I must remind them all that we're here to have fun and entertain our fellow residents and to not get too serious, especially when it's all



voluntary. Although we have lost some very talented individuals from the band, we have also gained some: our intrepid roadie, Vern Bechaz (Home 209) who is known to be sleeping with one of the backing singers (very rock 'n' roll!), and Fiona Jones (Home 164), our latest backing singer.

The Tonettes have definitely added that extra dimension and they quickly graduated from being backing singers to performing many of the songs we present. 'Speedy and the Tonics' has ended up being the backing band – an interesting turnaround! From my perspective, I find doing the New Year's Eve gigs to be the most enjoyable. It's a light-hearted atmosphere with smiling faces from the audience, especially when forming a conga line towards midnight. Then, we sing the touching 'Auld Lang Syne' at midnight before launching into some fast-paced rock 'n' roll to start the New Year.

THE FUTURE

The band continues to grow and improve. We're keen to find the money to expand the current stage area, add curtains and better stage lighting and improve the sound system. We would also love to add more depth and enrich our sound with a sax, trumpet or trombone player, flautist, harmonica or keyboard player. If there are any of you out there that could fill any of those positions, we'd love to hear from you – phone Denis on 0428297225. Let's 'band together!'

Denis Lee
Submitted behalf of 'Speedy and the Tonics, featuring The Tonettes'



VET'S WINTER CAUTION.

OUR DOGS FEEL THE WINTER CHILL JUST LIKE WE DO. SO, WHILE YOU'RE PULLING ON YOUR LAYERS AND DIGGING OUT EXTRA BLANKETS, REMEMBER THAT YOUR PET NEEDS SPECIAL CARE DURING WINTER, TOO. KEEP THESE TIPS FROM PETSTOCK VET DR KATHY MACMILLAN IN MIND.

BEATING THE WINTER BLUES

Just like humans, pets are also at risk of developing the winter blues. Household pets, especially cats and dogs, are highly intuitive and can sense when owners are feeling lazy or unmotivated. Despite being covered in fur, even for our pets it can be tempting to stay cooped up indoors throughout winter. As an owner, staying motivated to maintain your pet's daily exercise regime is critical during the winter months for your pet's mental and physical wellbeing. Playing with your pet indoors or mixing in training sessions is also recommended.

HYDRATION

Keeping your pet hydrated is always important but it is usually something that pet owners are more aware of during the warmer months. Make sure that your pet always has access to fresh water even if it's cool.

DRINKING STANDING WATER

This winter has brought more rain than we're used to and, therefore, more puddles. When you're on your daily walks, monitor your dog closely and avoid letting them drink any standing

water. Leptospirosis is an infectious disease that can be contracted by dogs that drink or swim in contaminated water, such as puddles, ponds, rivers or dams. It can cause them to become extremely sick and, in some cases, be fatal. Symptoms include fever, vomiting, diarrhea, refusal to eat, weakness, depression and stiffness. Always take a fresh bottle of water and a travel bowl with you on all outdoor adventures – that way your pet will stay hydrated and will be less likely to pick up unwanted, harmful diseases.

SLEEPING INDOORS

No matter their age, consider allowing your pet to sleep indoors during winter. Not only will they be more comfortable, but they will use less energy maintaining their body temperature. Chilly nights can make the joints of pets suffering from arthritis more painful and breathing cold air can exacerbate respiratory problems such as bronchitis or collapsed trachea. If you have a puppy, this is the perfect opportunity to try indoor crate training and, if you have a senior pet, winter is a great time to invest in a soft, thick bed that will be easy on their joints.

HEATER SAFETY

While it is encouraged to keep your pet indoors more often than not during winter, it is important to ensure they stay safe. If you have a gas heater, have it serviced at the start of the season, prior to using it, to ensure it is not leaking carbon monoxide. And, of course, whether you're using a gas or electric heater, make sure it is always in a safe place where Fido won't knock it over.

SOLD
HOME 256 - \$1,100,000

BEDS 2	BATHS 2	LIVING 1	OUTDOOR LIVING	GARAGE 2
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This 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 throughout. 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. Residents also gain exclusive access to the world class country club, The Oasis, offering a wide variety of world-class facilities.



HELPING FRIENDS BECOME NEIGHBOURS.

CASH BUYERS AWAIT.



There has been an unprecedented level of enquiry on homes at Palm Lake Resort Ballina - 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 Consultant, Julie, know. She can 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. Stop by the Sales Centre, 9am-3.30pm, Monday-Friday.

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 a Palm Lake Resort Ballina home, you'll receive \$250* cash. Easy!

\$250
 for an established home



For more information and to refer your friend, simply contact our Sales Information Centre on 1800 335 666. *T&Cs apply

The best in over-50s living. This is your time.
palmakeresort.com.au

FREECALL 1800 335 666 or email salesballina@pallmlake.com.au www.pallmlakeresort.com.au

LIFE IS CRUISEY

at Palm Lake Resort.

Living at Palm Lake Resort has been compared to living the cruise ship lifestyle everyday. Just like cruising, our homeowners have everything they need, right on their doorstep. Think resort-style pools, gymnasiums, a wealth of activities and entertainment, social gatherings, food and drink, and more. But you can captain your own ship, here at Palm Lake Resort.

This is your time.



SALES INFORMATION CENTRE OPEN MONDAY - FRIDAY, 9AM TO 3.30PM | 1800 335 666
salesballina@pallmlake.com.au | 120 North Creek Road, Ballina NSW 2478

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