

MAY - JUNE 2023

BALLINA

BLISS.



BEST IN SHOW

Did you know one of our own recently took home the top prize at the Royal Easter Show? Read all about Helen and her wondrous weaving inside.

LET'S GROW

Don't let the cold weather get you down - it's a perfect excuse to try new recipes starring homegrown seasonal veggies. Dig in on Pages 6 and 7...

GOING, GOING...

Our resort is hot property! See what's on the market on Pages 10 and 11, and let us know if a change of circumstance has you looking to sell.



WELCOME.

Hello new and well settled residents,

As we approach the colder months of winter, it's reassuring to know that you can still enjoy a swim in the heated pool – or even, on a blue sky day, a swim in the outdoor pool and a round of tennis.

There are always lots of activities to keep you busy, happy and healthy here at Palm Lake Resort Ballina. Turn to Page [??] to view our Weekly Activities List.

In May, we welcomed two lucky new residents to our resort. They have each moved into their homes and are exploring all that's on offer here, while enjoying the friendly atmosphere Palm Lake Resort is known for.

It's good to know that, as you go through your busy day, you can stop off at the restaurant for a coffee and cake. Feeling hungry? You can even pick up a takeaway meal to enjoy at one of the many seating areas along the walking trails. Our resort is so beautiful.

A reminder that there is always strong interest from people looking to buy into our resort. If you have had a change of circumstances and have decided to sell, please come and see me for a chat.

Don't forget that there is a \$250 resident referral bonus if your friend purchases a home here!

Julie D'Arpino
Sales Consultant, Palm Lake Resort Ballina

CONTACT

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

FREECALL: 1800 335 666

Street address:
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9am to 3.30pm, Monday to Friday

Email:
salesballina@pallmlake.com.au

Find us online at:
pallmlakeresort.com.au

Get social:
Follow us on Facebook
(@pallmlakeresort) and on
Instagram (@pallml.lake.resort)

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NEWS BRIEFS.



WHAT'S ON IN TOWN

May 27: Northern Rivers Beerfest is getting set to take over the Shaws Bay Hotel, giving you the opportunity to taste a delicious line up of beers from local and national breweries.

June 3: Take part in the Ballina Pop Up Memory Walk and Jog, a fun run and walk to raise funds to help Dementia Australia support people with dementia. Create a team or participate by yourself and join the fight to beat dementia.

June 9 – July 2: Ballina Players Theatre's latest production is sure to be a hit. Don't miss the amazing songs (and equally, if not more, amazing costumes) of Priscilla Queen of the Desert! Raffle tickets will be sold to raise funds for Ballina Region for Refugees, and free supper will be served at interval.

WE WANT TO HEAR FROM YOU!

Whether you've snapped photos at 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.



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 \$250 cash. Easy! Ask about our 'Refer a friend' incentive at the Sales Information Centre.

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: @pallml.lake.resort

AUTUMN EDITION, OUT NOW

The Autumn 2023 edition of our quarterly company magazine, Your Time, is circulating our country. Have you received a copy in your mailbox yet? If not, you can always check it out at pallmlakeresort.com.au (from the home page, simply click on the 'News' tab). In this current edition, we celebrate all things people. Did you know that 10,000 people call a Palm Lake Group address home? You'll get to meet some of our longer-term homeowners and staff in the pages. You can also walk through some of our latest construction projects at Forster Lakes and Willow Lodge, read recipes from our residents at Beachmere and catch up on all the Palm Lake Group company news.



WIN SOME, LOOM SOME.

OUR RESORT IS HOME TO MANY TALENTED RESIDENTS – STOP BY OUR CRAFT ROOM, OUR CLUBHOUSE OR OUR WORKSHOP AND YOU'LL SEE SKILLED PAINTERS, MUSICIANS AND WOODWORKERS PURSUING THEIR HOBBIES. SO IT'S ALWAYS EXCITING WHEN ONE OF THOSE RESIDENTS IS RECOGNISED FOR THEIR TALENTS; AS WAS THE CASE FOR HELEN HALPIN, WHO RECENTLY TOOK HOME TOP HONOURS AT SYDNEY'S ROYAL EASTER SHOW FOR HER HAND-WOVEN CREATIONS.

This April, Palm Lake Resort Ballina resident Helen Halpin headed to Sydney to exhibit her creations in the Royal Easter Show. She entered three items in the Hand Weaving section of the Arts and Crafts Competition and was awarded two first place prizes and one second place. One of her winning creations, a fine natural silk scarf, was even displayed in the Cabinet of Excellence.

Helen's achievements are the culmination of some 40 years of weaving experience. She has two floor looms that she uses to create her woven pieces – one of which is a modern computerised loom.

"I am fascinated with the entire process that is required to create a piece of fabric," says Helen. "I love the mathematics of setting up the loom, using colour and exploring the numerous weave structures that have existed for thousands of years."

Helen likes to weave her own fabric using natural yarns, cotton, silk, linen and wool, which she then uses to make scarves, wraps, garments and homewares.

She has even found community beyond her own weaving work. Helen is a member of the Lismore Spinners and Weavers Group that meets at McLean Ridges Hall, and she also coordinates the Piece Weavers group of the Sydney-based Handweavers and Spinners Guild of New South Wales via a monthly zoom meeting.

Helen has called Palm Lake Resort Ballina home for four years, and she and her husband Larry say they enjoy the easy lifestyle it offers. We can't wait to see what creations loom on the horizon for Helen.



Pictured: Helen's second prize bag on display at the Sydney Royal Easter Show.



Pictured: Helen's first prize silk scarf in the Cabinet of Excellence.



Pictured: Helen with one of her looms.

WEEKLY ACTIVITIES LIST.

MONDAY

7.30am Tennis
9am Art class, Tai chi, Brunch
10.30am Line dancing (general)
2pm Scrabble
3pm Aqua aerobics
5.30pm PLR Dinner

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 Cinema, Mixed lawn bowls

THURSDAY

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

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

COOL CHANGE.

THERE'S DEFINITELY A NIP IN THE AIR AND THE DAYS ARE MARKEDLY SHORTER THAN THEY ONCE WERE. GUESS WHAT, PEOPLE? HERE COMES WINTER! WHILE THE COMING OF WINTER MEANS SWAPPING YOUR COTTON PJS FOR FLANNELETTE AND ADDING A FEW EXTRA THROW BLANKETS TO YOUR LOUNGE TO MAKE IT THAT LITTLE BIT MORE SNUGGLY, IT'S ALSO AN OPPORTUNITY TO TRY SOMETHING DIFFERENT IN YOUR GARDEN VEGGIE PATCH.

It's a given that different veggies grow better in different seasons – some love the heat of summer while other thrive in the cooler months. If you're wondering what delicious produce will grow best for you this winter, let us give you some inspiration.

Here in the subtropics (an area stretching roughly from South-East Queensland south to northern New South Wales), you should be looking to plant things like beetroot, cabbage, onions, radish, carrots, tomato, beans, bok choy, pak choy, leeks, kale, spinach, silverbeet and lettuce. Of course, there are herbs that do better here in the winter months as well. Why not try chamomile, comfrey, cress, dill, endives, garlic bulbs, lavender, lemon balm, marjoram, mint, oregano, parsley, rocket, sage, sorrel, spring onions and thyme.

While your choice of seedlings should change in line with the seasons, some things do stay the same when it comes to the veggie patch. For example, sunlight is essential for growing veggies – abundant crops are generally the result of a combination of rich soil, water and a wonderfully sunny position. Winter vegetables are no exception - but did you know that leafy greens and root vegetables can tolerate less sunlight and actually perform well in partially shaded areas? Having said that, just remember that our days are shorter and the winter sun is in a different (lower) part of the sky, so there's probably more chance your generally sunny veggie patch becomes more shaded in winter. Accommodate your planting positions around that.

Frost is another thing to consider. It will impact your young seedlings more than mature plants. Ensure they are established earlier in the season and/or are physically protected from the cold air. Funnily enough though, some

winter vegetables thrive in frosty conditions and their taste can even improve as a result. Apparently, frost can trigger certain plants into producing more sugars which means sweeter harvests. To test this theory, try harvesting snow pea, parsnip, carrots and broccoli/cauliflower after a frost and see if you notice a difference in taste.

A benefit of growing veggies in the wintertime is that there are generally less pests about. That's not to say there will be no creepy crawlies in your garden – you should still keep your eyes peeled for them. One thing you do need to keep your eye on are those diseases that flourish in the damp – things like fungal diseases. To assist in keeping fungus at bay, water early in the morning to give any excess water a chance to dry out, water the soil rather than the leaves and ensure there's enough circulation around your seedlings and plants.

Last tips? Make sure there's a steady supply of water for your delicious goodies (you'll find the ground won't dry out as quickly as in the summertime so adjust your amount accordingly), mulch is never a bad thing and, of course, everyone loves a foodie treat every now and again. Your veggies – and all plants for that matter – will love a regular feed of manure, fish emulsion and blood and bone to ensure lush growth. If you have a worm farm, don't forget to share some of your 'worm tea' with the veggies. And remember that you don't need a huge backyard to get a big reward when it comes to growing your own produce. You can plant out some large pots or simply even use a bag of potting mix, laid down flat, with a window cut out of the plastic bag, to expose some of the rich soil within. The best part about these types of gardens is that they are portable and you can therefore place them in the most perfect position in your yard for optimum growing results. Good luck!



The Immunity Food Fix cookbook

By Donna Beydoun Mazzola and Sarah Steffens

\$39.99

Thrifty Gardening

By the Country Women's Association of Victoria Inc.

\$24.99



The Little Box of Veg

by Alice Zaslavsky

\$29.99

RESORT MANAGER'S REPORT.



It's been another chilly start to the winter season. However, we are certainly blessed here in Northern New South Wales – being a little bit tropical it's not so cold, but still cool enough to light the fireplace in the clubhouse, mind you.

Our Palm Lake Resort Ballina homeowners have been enjoying some hearty winter menus from our in-house restaurant. I'm sure, as we progress further into the year, that we will continue to see some community events occurring in the dining room. The trivia quiz master has been busy recently, as well as our resident band. It's so great to see homeowners enjoying what's on offer in our active community.

From Mexican theme nights to band performances and dances, there has been no shortage of feathers and glitter everywhere – we're keeping the cleaner on her toes, that's for sure.

We're looking forward to more enjoyable weather here, with beautiful sunny days and cool nights. We are also enjoying the last of the autumn garden flowers while prepping for our spring indulgence – and the return of the incredible birdlife our lush gardens attract. We are truly spoilt here in Ballina...

Until next time,

Rick Stewart
Resort Manager

PUZZLE POWER.

DON'T THINK OF A BOX OF JIGSAW PUZZLE PIECES AS A TIME-CONSUMING CHORE – IT'S ACTUALLY AN ACTIVITY THAT WILL PROVE MORE BENEFICIAL THAN YOU THINK.

Building jigsaw puzzles is a pastime that spans the generations. You might remember your own children, as babies and toddlers, joining a handful of large format puzzle pieces to make a simple picture. As they grow, the pieces get smaller, the image gets more detailed and number of pieces in a box rises through the hundreds and eventually, into the thousands.

Building puzzles as a fun family activity can also 'join' you in other ways - the bonding experience and time shared is invaluable. Jigsaw puzzles should definitely be on the activity list when the smallest members of your family come and visit or stay. However, building jigsaw puzzles in the latter years of life, and especially so with likeminded friends, actually has more benefits than you'd think. Here are just some of them:

1. Left brain meets right brain to prevent cognitive decline.

Puzzles are a whole-of-brain activity as they exercise both the right and left sides. Our brain's right side sorts creativity, emotion and intuitive thinking while the left side is the logical, objective and methodical side. When you complete a puzzle, both sides communicate and work together, increasing cognitive function. The occipital lobe is the area where the brain connects colours and shapes and it is also activated during puzzle building. Exercising the mind helps prevent cognitive decline.

2. Memory improvement. Picking up a puzzle piece and scanning the rest of them for a match strengthens neural connections and increases the generation of new connections. This, in turn, increases mental speed and thought processes. You've also got to be visualising the completed image, but in small sections, and when you exercise the part of the brain in

charge of storing this kind of information, you're also working a muscle that will ultimately improve your short-term memory.

3. Problem solving and IQ increase. It's true. You can actually become smarter by completing puzzles - and there's research to prove it. A group led by Dr Susanne Jäggi at the University of Michigan found that spending just 25 minutes a day solving puzzles can raise your IQ by four points. Nice. Beyond the brain boost, these enhanced problem-solving skills can be transferred and applied to other areas of life to make you more innovative and adaptive as well as a more critical thinker.

4. Mood enhancement. Solving puzzles increases the brain's production of dopamine. This neurotransmitter is responsible for regulating mood and optimism. It also affects learning, memory, concentration and motivation. Dopamine is released every time we put a puzzle piece in the right place. This encourages us to challenge ourselves and continue to find more and more puzzle-piece matches (many of us know that feeling of becoming 'addicted' to completing a puzzle and finding it hard to walk away from an uncompleted one!).

5. Decreased stress through the meditative process of completing a puzzle. When assembling a puzzle, our brains go from 'beta' (or awake) to a state of 'alpha' (which is similar to the state we are in when we are dreaming). This shift in consciousness comes with many benefits, including improvements in mood and self confidence, lower blood pressure and heart rate, as well as stress relief.

6. Better visual-spatial reasoning.

7. Greater attention to detail.

Jigsaw puzzle mat, \$26.95, from templeandwebster.com.au

Kmart puzzle sorting trays, \$10, kmart.com.au



Deluxe jigsaw puzzle board and zip-up storage/carrier (for up to 1000-piece puzzles), \$73.99, theboardgamer.com.au



8. Increased productivity.

9. Delaying symptoms of dementia and Alzheimer's disease.

10. Better ability to collaborate and work in a team (when you join friends in puzzle-building).

If you don't have your own puzzles or have done them so many times that you know them too well, head to our resort library and check out the collection there.

And here's a nifty idea: Similar to a Book Club, you could even round up some likeminded puzzle-lovers here within our community and share resources or, more importantly, join forces and puzzle together regularly. Now that sounds like fun!

DO YOUR FRIENDS LOVE IT HERE, TOO?

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 one of our established homes you'll receive \$250* cash. Easy!

\$250

cash bonus simply for referring a friend!

For more info or to refer your friend, FREECALL 1800 335 666. *T&Cs apply



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FOR SALE HOME 270 - \$1,400,000

BEDS	BATHS	LIVING	OUTDOOR LIVING	GARAGE
2	2	1		2
				



This well-appointed two-bedroom home (plus study) is situated in a quiet location, just a five-minute walk to the Oasis Country Club with all the amenities, including our newly appointed restaurant. The home itself comes with a large backyard – highly sought-after, especially for pet owners – which is lined with a low-maintenance garden. It even includes a raised veggie garden to make it easy to pick your produce. The open plan home features vaulted ceilings to allow in lots of light, plus tinted windows in the lounge/dining area and kitchen. The alfresco area can be enjoyed while overlooking the wide expanse of the backyard – it is truly a rare find to have such a large space.



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SOLD HOME 29 - POA

BEDS	BATHS	LIVING	OUTDOOR LIVING	GARAGE
2	2	1		1
				



This delightful two-bedroom features a study, plus a large walk-in wardrobe and ensuite in the master bedroom. The home has been freshly painted, and comes complete with carpet in the bedrooms and vinyl flooring throughout the home.

Being situated on a corner block, this home offers an easy-to-care-for garden and a paved courtyard at the home's rear for easy entertaining. It is in close proximity to the resort clubhouse as well as the resort's exit, offering maximum convenience for busy residents.

SOLD HOME 69 - POA

BEDS	BATHS	LIVING	OUTDOOR LIVING	GARAGE	ACTIVITY ROOM
2	1	1		2	
					



This Retreat design home features two bedrooms plus a study, promising plenty of space to host visiting family and friends or pursue your hobbies. There is ducted air conditioning and tinted windows in the kitchen and lounge room, plus additional outside shades. Wood plank vinyl flooring throughout, as well as a screen alfresco area. There is a double garage and a small, manageable garden. The home's corner block position offers close proximity to the resort's clubhouse and the main exit.

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10,000 REASONS TO CELEBRATE

With more than 45 years' history and properties right along Australia's east coast, did you know that 10,000 likeminded people call a Palm Lake Group address home? Come join our 10,000-strong community in 2023. We welcome you home.



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THE BEST IN OVER-55s. THIS IS YOUR TIME.
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