

SEPTEMBER - OCTOBER 2024



Ballina Bliss



Inspired by the Olympics?

The games may be done and dusted, but you can still play like an Olympian...

Introducing our brand-new chefs

Meet Shilpi and Etienne, the dynamic duo behind the meals you love at The Oasis

Over the back fence

Keep up to date with all the good things your fellow Palm Lake Resort family is up to



Welcome.

As we enter the warmer months, I must admit I've been counting down since July. Winter isn't my favorite season, and I always look forward to spring and the delights it brings.

Palm Lake Resort Ballina has recently welcomed two lucky new residents: one all the way from Western Australia and a local lady. Both are eager to establish new friendships and, of course, enjoy the facilities and lifestyle our resort has to offer.

The recent Palm Lake Resort pop-up stall at Ballina Fair (pictured above) was well received, with many inquiries from interested individuals. Two of the lucky visitors who booked a tour received a complimentary dinner for two at the local Italian restaurant, along with a lovely gift hamper full of goodies. You can see them with their prize on the opposite page.

I'm glad to report that we've seen an increase in inquiries from people interested in learning more about the resort, with some considering purchasing a beautiful home here. It's good to know that Palm Lake Resort Ballina is on their radar, even as they await the sale of their current homes.

We're also excited to have the restaurant back in action with our new chef and team, who are guaranteed to serve up some delicious, healthy meals for our residents. Be sure to indulge in their delectable cuisine. With a world of experience, they look forward to spoiling you with their wide and varied menu.

Enjoy the read!

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

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9am to 3.30pm, Monday to Friday

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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.



We want to hear from you!

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

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: @pallm.lake.resort



Lucky winners!

Gail and Keryn were the two lucky winners of our giveaway at our recent Ballina Fair pop-up stall. Gail won the lovely gift hamper full of goodies, while Keryn won a complimentary dinner for two at a local restaurant.



The new faces at Oasis.

PREPARE YOUR TASTEBUDS! OUR NEW OASIS COUNTRY CLUB CHEFS HAVE ARRIVED, AND THEY'VE BROUGHT A WEALTH OF SKILL, EXPERIENCE AND TALENT ALONG WITH THEM.

Meet Shilpi and Etienne Karner, the dynamic duo now at the helm of our resort's Oasis Country Club restaurant (pictured right). With a wealth of experience in the culinary world, Shilpi and Etienne bring unique flair - and delicious fare - to our community.

Etienne, a seasoned chef with 25 years of experience, has graced some of the world's most prestigious kitchens - including five-star and Michelin-starred restaurants across Dubai, the USA, Paris, the Caribbean, Ireland, Germany, and India. Shilpi, with her expertise in events and marketing, complements Etienne's culinary mastery, making them a powerhouse team.

Their journey together began at the Hyatt in Sydney, where Shilpi worked and Etienne was the Executive Chef. After leaving Sydney, the couple relocated to the Northern Rivers, eventually settling in Byron Bay. They first made their mark at a local restaurant before investing in "Dinner is Served," a café in Ballina, where they also catered to corporate and private functions. Their creative menus even inspired a popular blog that caught the attention of our very own Rick, who invited them to join the Oasis team.

Since their arrival, Shilpi and Etienne have been warmly welcomed by our residents, who have already begun to savor their delightful menu. And there's more to come! With plans for private functions and themed cuisine nights (Italian night, anyone?), there is plenty of excitement on the horizon at the Oasis restaurant.

We are incredibly fortunate to have such talented chefs on board. Don't miss the chance to experience Etienne's fabulous cooking. It's truly world class!



Opening Hours:

Monday: Dinner (à la carte menu)

Tuesday - Friday: Breakfast from 9am, lunch until 2.30pm

Thursday: Includes a special 'Roast of the Day'

Friday: Tapas during Happy Hour

Meet your neighbour.

MEET JAN. SHE'S ONE OF OUR VIBRANT NEW RESIDENTS, BRINGING A WEALTH OF LIFE EXPERIENCE AND COMMUNITY SPIRIT TO PALM LAKE RESORT BALLINA.

We are thrilled to introduce Jan, a true Northern Rivers local who has recently joined our wonderful Palm Lake Resort Ballina community.

Jan, alongside her late husband, dedicated nearly three decades to cultivating a successful macadamia farm in Uralba. The couple's hard work and commitment turned their farm into a thriving enterprise, providing them with a rewarding and fulfilling life. However, after the passing of her husband, the solitude of farm life began to weigh heavily on Jan. She found herself feeling increasingly uneasy living alone on the farm, and the idea of moving to a more secure and social environment became more appealing.

The seed for this new chapter was planted by her friends who were already enjoying life at Palm Lake Resort Ballina. They often asked her, "When are you moving in, Jan?" Their encouragement, combined with her own desire for a safe and supportive community, led Jan to seriously consider making the move.

After careful consideration and viewing several homes, Jan found her perfect match in Home 290. The decision brought joy not only to Jan but also to her friends, who were delighted to have her join them in the resort.

Jan's family, too, couldn't be happier with her choice. Her son, Chris, who lives in Brisbane, and her daughter, Julia, who resides in Bondi, are thrilled that their mum has found a home where she feels safe, comfortable, and surrounded by friends.

With five grandchildren ranging in age from 14 to 23, Jan is eagerly anticipating many family visits. We're sure her grandchildren will love our resort facilities just as much as she does!



Beyond her role as a devoted mother and grandmother, Jan has a long history of caring for others. For the past 15 years, she has been a dedicated volunteer in palliative care, offering comfort and support to those experiencing great challenges. Jan's compassionate nature and commitment to helping others have touched many lives, and her work continues to be a source of inspiration.

But Jan's contributions to the community don't stop there. Every Monday at 12.30pm, she brings local history to life on Paradise FM radio, where she hosts a segment that delves into the stories and history of the Northern Rivers. Her passion for uncovering and sharing these fascinating tales has made her a beloved voice on the airwaves. Be sure to tune in - you won't want to miss the captivating stories Jan gathers from people all over the region.

When she's not volunteering or sharing history on the radio, Jan enjoys spending time in her kitchen, cooking up delicious meals. But she also loves exploring the culinary offerings at the Oasis restaurant, where she has been sampling the delightful dishes prepared by our talented chefs (meet them on the opposite page!).

With so many wonderful facilities and events at Palm Lake Resort Ballina, Jan is excited to dive into all that the community has to offer. She's particularly looking forward to attending the various social events and entertainment that are always on the calendar.

With her kindness, community spirit, and love for the Northern Rivers, we are so pleased to have Jan with us here in our community. We trust she will be welcomed with open arms (it's the Palm Lake Resort Ballina way!), so be sure to say a warm hello when you see her around the resort.



Embrace your inner Olympian.

WITH THE OLYMPICS NOW OFFICIALLY OVER, THERE'S NO BETTER TIME TO CHANNEL YOUR INNER ATHLETE AND EXPLORE NEW SPORTS RIGHT HERE AT OUR RESORT. WHETHER YOU'RE A SEASONED SPORTSPERSON OR JUST LOOKING FOR A FUN WAY TO STAY ACTIVE, THERE ARE A SELECTION OF OLYMPIC SPORTS ON OFFER FOR ALL FITNESS LEVELS.

Artistic swimming

Artistic swimming, formerly known as synchronized swimming, combines the best of dance, swimming, and gymnastics. This elegant sport enhances flexibility, strength and cardiovascular health. Did you know, there are a handful of artistic swimming groups already across a number of Palm Lake Resorts. Why not start one at your resort? It's a great way to learn basic routines, improve your breath control, enjoy the rhythm of the water and experience the beauty of moving in harmony with others.

Table tennis

Table tennis, or ping-pong, is a fast-paced sport that sharpens reflexes, improves hand-eye coordination and provides a fun social activity. Many of our resorts are already equipped with table tennis tables, which are available for casual play and organised tournaments.

Tennis

Tennis is a dynamic sport that combines agility, strength and strategy. Our resorts feature well-maintained tennis courts where you can enjoy singles or doubles matches. If you're new to the sport, ask around to see if there is a seasoned player who is willing to show you the ropes and help you improve your skills. If they aren't taking place already, tee up a few social games to stay fit and engage with fellow homeowners, all while enjoying the outdoors and maintaining a healthy lifestyle.

Break dancing

Did you hear that break dancing is now an Olympic sport? While this style might seem intimidating, dancing in general is a wonderful way to express yourself, stay active and have fun. Many of our resorts offer a variety of homeowner-led dance classes, including Zumba, line dancing and more. Dancing improves flexibility, balance and cardiovascular health while providing a joyful outlet for creativity. Join one of our dance classes – or start your own – to learn new moves, meet new people, and let the music move you.

Golf

Golfers will tell you, their game is more than just a sport - it's a serene way to enjoy nature while honing your precision and patience. Some Palm Lake Resort locations have their own golf courses, while most others are just a short drive away from one. From regular tournaments to friendly matches, golf allows you to enjoy the competitive spirit or simply relax with a leisurely game. Consider taking up lessons to help you perfect your swing and lower your handicap.

Swimming

Swimming is an excellent full-body workout that is gentle on the joints and great for cardiovascular health. Your resort swimming pool is ideal for laps, aqua aerobics classes and leisurely swims. Whether you prefer a vigorous workout or a relaxing float, our pool offers a refreshing way to stay fit and cool. Take a dip to improve your technique and enjoy the therapeutic benefits of water exercise.

Resort manager's report.



Winter be gone... spring is in the air! With the warm weather at the tail end of winter this year, everyone and everything was tricked into spring starting early. Plants started flowering, birds began gathering fallen sticks and leaves to build their nests, and our residents were in the resort pool, already trying to cool off... Not the typical winter scenario, I must say.

Resort life has really kicked off with the new season. I have noticed the tennis court back in full swing, and seen more and more residents out and about, catching up at Happy Hour in garages, the gazebos and around the barbeques. It's great to see.

Our new restaurant team has even further improved the lifestyle here at Palm Lake Resort Ballina. The fresh, French-inspired food - which is cooked daily - has really had a positive effect on not only our residents, but their families that visit, too.

We are fortunate to have a new staff member joining our Grounds Maintenance team very soon. They will be taking the place of one of our long-time groundskeepers, who is setting off on a Big Lap adventure around Australia. We wish him well, and also wish a warm welcome to the newest member to the team.

Until next time,

Rick Stewart
Resort Manager



Fiona's rice quiche.

IN THIS EDITION, FIONA JONES (HOME 164) SHARES HER RECIPE FOR HER GO-TO RICE QUICHE.

INGREDIENTS

1½ cups cooked rice
5 eggs, 1 beaten
Grated cheese
250ml thickened cream
2 dessert spoons of milk
2 cloves of garlic – minced
Half cup of tasty cheese – shredded
Small tin of creamed corn
100grams cooked bacon pieces
Chives
Paprika

METHOD

1. Mix cooked rice, the 1 beaten egg and grated cheese, and press into greased quiche dish (a round Pyrex pie dish works well).
2. For the mixture, whip up remaining four eggs and mix together with thickened cream, milk, minced garlic and tasty cheese.
3. On top of rice base, spread creamed corn and bacon pieces.
4. Pour mixture on top, then sprinkle with chives and paprika.
5. Bake in oven at 180°C (fan forced) for 30 minutes, checking after 20 minutes. Filling should be firm and look golden on top.
6. Serve with green salad.

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 290 - \$1,995,000

- 
Beds
2
- 
Bath
2
- 
Living
1
- 
Alfresco
1
- 
Garage
2

A comfortable cottage.

Nestled in a serene setting, this meticulously kept home offers a blend of comfort and functionality. Vaulted ceilings allow natural light to brighten the interior all day long, while ample cupboard space ensures storage needs are met. The property includes a wellmaintained lawn area, complemented by an easy-care garden, striking the perfect balance between lush greenery and low maintenance.

SOLD

Home 22 - \$995,000 neg.

- 
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 ready and waiting for its brand new owners. Situated in a quiet location with a tranquil, easy-care outdoor area, it's a true haven. 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.

SOLD



Home 166 - \$1,995,000

- 
Beds
2
- 
Bath
2
- 
Living
1
- 
Study
1
- 
Alfresco
1
- 
Garage
2

Everything you need.

This home has only had one owner, and has been taken care of lovingly. Tinted windows and blinds have been added to the front room keeping it nice and cool, plus extra-large awning alongside the master bedroom. There are aluminium white shutters in the alfresco area and a spacious back lawn overlooking bird attracting trees - a perfect place to enjoy your morning cuppa. This home is tiled throughout with vaulted ceilings.

UNDER OFFER



Home 52 - \$995,000

- 
Beds
3
- 
Bath
2
- 
Living
1
- 
Alfresco
2
- 
Garage
2

Feels like a cottage.

This 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 and the easy-to-care-for garden.

UNDER OFFER



Refer a friend, earn a reward.

A \$250
CASH BONUS
FOR YOU



Do your friends love it here?

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! Terms and conditions apply. For more information or to refer your friend, FREECALL 1800 335 666.

Home 66 - \$880,000

- 
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.



Over the back fence.

THE PALM LAKE GROUP SPANS 30 RESORT ADDRESSES ACROSS THREE STATES AND SOME 10,000 PEOPLE CALL PALM LAKE GROUP HOME, SO THERE IS ALWAYS PLENTY OF GOOD NEWS AROUND OUR GROUNDS. IN THIS REGULAR SERIES, WE SHARE WITH YOU SOME STORIES OF WHAT YOUR FELLOW PALM LAKE RESORT 'FAMILY MEMBERS' HAVE BEEN UP TO RECENTLY - WHETHER THEY'RE JOINING FORCES TO DO GOOD IN THE GREATER COMMUNITY OR JOINING FORCES FOR FUN. ACROSS ALL OUR PALM LAKE RESORTS, 'PEOPLE' REALLY IS OUR SUPERPOWER!



Community helping community.

We hear so many lovely stories of our craftiest homeowners donating their time and talents to support the less fortunate in their community.

At Palm Lake Resort Upper Coomera (QLD), the lovely ladies from the Monday Craft Group have been busy knitting trauma teddies for donation to their local doctors' rooms. Pictured above left, the teddies are kept with the pathology nurses to give to any tearful visiting children, to help cheer them up on a sad day.

Down at Truganina (Victoria) on Wednesday afternoons, a group of homeowners gets together to handcraft the most beautiful items for the greater good. The Craft Group ladies have been working hard getting beautifully handmade crafts ready for delivery to vulnerable children in war-affected Syria. It is no understatement to say that these pretty little bags

filled with haircare accessories for the dear children in war-affected Syria will make such a huge difference in their lives (pictured above, middle). You can imagine just how special these children will feel when they open their packs to reveal their beautiful handmade bag with goodies inside.

The group also makes and donates other goodies to Victoria's most loved family charities including St Kilda Mums, Geelong Mums and Eureka Mums. Items they create for donation include knitted jumper, beanie and mitten sets, beautiful baby cardigans, blankets and toys.

The Truganina Craft Group ladies all say it's rewarding to knit for such wonderful causes. They know there will be such joy among the children when they receive a handmade gift.

At Palm Lake Resort Bethania (QLD), the wonderful Tuesday morning ladies'

Craft Group (pictured below) has also been giving back to their local community knitting beanies, scarves and gloves for the homeless as well as dolls for the children's hospital. These ladies are always seeking donations of wool to continue their great work. You can also purchase one of their handmade beanies for just \$10 with all funds raised going towards the purchase of more wool for knitting and stuffing for the dolls.



'Love' these milestones!

Celebrating their 65th wedding anniversary recently, Kevin and Helen of Palm Lake Resort Carindale (QLD, pictured above) were congratulated with cheers and acclamation by all at the resort's Wednesday dinner. The pair met at a tennis night in Sydney on July 10, 1959. Both are keen gardeners who have been living at Palm Lake Resort for 16 years where they have graciously endeared themselves to fellow homeowners and our management team. Congratulations to you both!

Over at our sister company, Palm Lake Care, another incredible milestone anniversary was recently noted. Max and Joan of Palm Lake Care Caloundra (QLD, below) just clocked up 73 years of wedded bliss! What an incredible achievement!



Organ brings back yesteryear.



There's a beautifully restored cinema theatre organ that now stands pride of place in the Palm Lake Resort Beachmere Bay (QLD) resort cinema. It looks great in its rightful place, akin to the days of yore when all the prestigious cinemas featured theatre organs. Beachmere Bay homeowner/organist Barry Moore not only painstakingly restored the organ himself and then donated it to the cinema, he is also willing to play it whenever asked. Thank you, Barry!

'Big O' bash at Beachmere Sands.

Palm Lake Resort Beachmere Sands (QLD) residents recently came together to celebrate a very big milestone - several of them, in fact. The resort's annual 'Big O' party is held for those celebrating a milestone birthday that year. This year's 'Big O' event was another fantastic night. There have been whispers around the resort that it was the 'best one yet!' The most impressive 'Big O' of them all was Agnes (right), who turns 100 this year!



Award winners, five years in a row.

The Master Builders Association Queensland's independent judges recently named a Palm Lake Resort Pelican Waters' display residence the best in its category on the Sunshine Coast.

At the same glittering awards ceremony, the renovation of Pelican Waters Golf Club (also owned and operated by the Palm Lake Group) was named best Commercial Refurbishment/ Renovation project.

These two recent wins see Palm Lake Group's award-winning streak stretch to five consecutive years - a proud achievement for all those involved and for anyone who calls a Palm Lake Resort address home!

Tell us what's happening over your back fence.

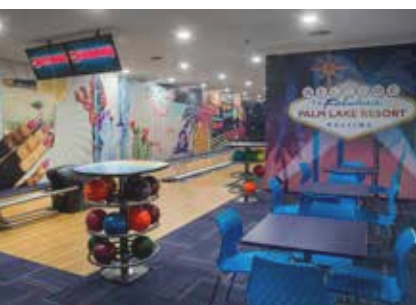
Has your resort got a warm and fuzzy "Over the back fence" story to share with the whole Palm Lake Resort group? Are you and/or your neighbours doing something special that you're proud of - and you know we'd be proud of too?

We'd love to hear from you and include your story in these pages in the next editions of all our resort newsletters.

Simply contact your Caretakers or email the details to Belinda at belinda@bellepr.com



Bring
your best
mates.



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