

# Banora Point.

OCTOBER - NOVEMBER 2023



## Clean start

The start of spring is the perfect time for a fresh start. Turn to Page 8 for our tips for spring cleaning your life.

## Eat well, age well

When it comes to longevity, you are what you eat. Turn to Pages 6 and 7 for spring recipes from the Blue Zones.





# Welcome.

It's hard to believe that another year is almost done and dusted. Can they start slowing down a little? It seems as though each new year goes by faster than the last!

Although spring is well and truly here, we have been experiencing some rare cool days over the past few weeks. Of course, this is a small price to pay to live right by the ocean in such a beautiful part of the world - and we're sure we'll be missing those cool days when summer arrives! Please take care over the coming weeks and months, as it's shaping up to be a very hot summer.

Homeowners, please note that we will have two skip bins here to collect household rubbish in late November. Now may be a good time to do a spring clean - we've even shared some tips for you on Page 6! I will put signs up in the letterbox area and the halls advising the date, so keep an eye out for those.

In other resort news, it is disappointing to see that speeding is continuing within the resort. A couple of posts have even been taken out on the corner, near the letterbox. We would like to remind all of you that the speed limit is strictly 10 kilometres per hour as all our roadways are shared. Please be careful and respectful of your neighbours and the local wildlife.

On a brighter note, we hope that you enjoy the last few weeks of spring and are making some fun plans for the summertime.

Until next month, take care,

**Wayne and Di**  
**Palm Lake Resort Banora Point Caretakers**



## CONTACT US

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

**FREECALL:** 1800 641 665

**Street address:**  
67 Winders Pl  
Banora Point NSW 2486

**Office hours:**  
9am-11am, Monday to Friday for residents and 11am-3.30pm for sales

**Email:**  
banorapoint@palllake.com.au

**Find us online at:**  
palllakeresort.com.au

**Get social:**  
Follow us on Facebook (@palllakeresort) and on Instagram (@palllake.resort)

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## News briefs.



### 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:** @palllakeresort  
**Instagram:** @palllake.resort

### SPRING TO IT!

The Spring 2023 edition of 'Your Time' (our Palm Lake Group quarterly company magazine) has just rolled off the printing press and is headed to letterboxes and Palm Lake Resort addresses around the country. This edition keeps readers in the loop on development at our company's latest construction sites (Pelican Waters, Yamba Cove, Paynesville and more) while also celebrating the re-opening of Pelican Waters Golf Course and Palm Lake Care's prestigious independent construction industry award win. In our lifestyle section this edition, we look at ageing well and whether age is just a number? If you haven't seen a hard copy of the magazine, you can always read it online at palllakeresort.com.au



### PET OWNERS

A friendly reminder to please ensure your pet is always on a leash and under your control when out of the house. Droppings must be picked up and disposed of and are not permitted in or close to the communal facilities (all buildings, pools, etc.). Please ensure your pet does not interfere with the peace, comfort or privacy of other homeowners. For more, please refer to the Residential Park Rules (July, 2017).



### REFER YOUR FRIENDS!

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 an established Palm Lake Resort Banora Point home, you'll receive \$250 cash. Easy! Ask about our 'Refer a Friend' incentive at the office.

### GREEN WASTE COLLECTIONS

Make a note in your diary for the next few green waste collections (and remember to put your green waste out the night before these dates as Wayne makes his collection in the early hours of the morning):

- October 23
- November 6 and 20





# What's on around town.

## SPRING RHAPSODY

**October 29**

Come along to the Tweed Heads Civic Centre Auditorium (Wharf Street) for a Sunday afternoon of classical orchestral music. Conducted by Warwick Potter, the Northern Rivers Symphony Orchestra's 'Spring Rhapsody' will take place from 2.30pm to 4.30pm. Tickets can be purchased at [www.nrsso.com.au](http://www.nrsso.com.au).

## MURWILLUMBAH SHOW

**November 3 to 4**

The Murwillumbah Show returns in 2023, bringing a busy program of agricultural events along with it. Don't miss the huge variety of trade displays, food vendors, exhibitions, school displays and more. There will also be live music at the Heritage Stage, a Friday night rodeo, sideshow alley and, of course, showbags.

## TWEED ORCHID SHOW AND FAIR

**November 4 to 5**

The 27th annual Tweed Orchid Show and Fair will take place at the Tweed Heads Civic and Cultural Centre in early November. The fully-judged orchid show will draw many vendors, all coming along to sell and showcase their plants. There will also be light refreshments available. This day is a must-attend for orchid enthusiasts. Admission is just \$3.

## DRAGON BOAT FESTIVAL

**November 5**

Tweed Shire charity Kids In Need Association invites you to take part in their upcoming fundraiser, a Dragon Boat Festival, at Jack Evans Boat Harbour. It's sure to be a fun day out for all involved, with trophies for winning teams and prizes for best dressed. You can enter a team (no paddling experience required) or come along and support from the sidelines. Find out more at [www.kidsinneedassociation.com.au/dragon-boat-festival](http://www.kidsinneedassociation.com.au/dragon-boat-festival)

## KINGSCLIFF TRIATHLON

**November 26**

With its picture perfect coastal location and family-friendly course, it's easy to see why the Kingy Tri is one of Australia's favourite multi-sport events – and why it's regarded by many as one of the friendliest triathlons on the east coast. Participants will enjoy a tide-assisted creek swim followed by a lapped cycle course along the Tweed River, before topping it all off with a run along the Cudgen Creek foreshore.



# Social Group news.

Well, what a night we had for our September dinner dance. The dance floor was full from the moment our entertainers, Tarrina and Paul, played their first number. Craig and Vicky presented a delicious meal of roast pork and vegetables, and for dessert we had lemon meringue pie. At the time of writing, we're looking forward to our next dinner dance on Tuesday October 24 – stay tuned for an update in the next edition.

We are also looking forward to our Melbourne Cup Day celebration, which is coming up on Tuesday November 7 at 12pm. It will cost \$20 for Social Club members and visitors. We look forward to seeing you all there!

We would like to remind our homeowners about the free bus, travelling between our resort at Tweed City Shopping Centre. The service runs every Wednesday morning, picking up passengers at their doors at 9am and leaving Tweed City at 11.30am. To take advantage of the service, please put your name on the list in the Grand Hall before 12pm on Tuesdays.

# Weekly activities.

## MONDAY

**11am** Gentle exercise, in the Grand Hall

## TUESDAY

**9am** Lawn bowls

**TBC** Dinner Dance (fourth Tuesday of each month)

## WEDNESDAY

**10am** Table tennis, in the Clubhouse

**2pm** Craft group meets in the Grand Hall (second and fourth Wednesdays of the month)

## THURSDAY

**9.30am** Folk dancing, in the Grand Hall

**2pm** Bingo, in the Grand Hall

## FRIDAY

**10am** Table tennis, in the Clubhouse

**2pm** Lawn bowls

## SATURDAY

**9.30am** Yoga, in the Grand Hall

## SUNDAY

**4pm** Croquet, at the front of the resort

# Important phone numbers.

**Caretakers Wayne & Dianne:** 5523 1188

**Ambulance, Police, Fire:** 000

**Tweed Heads Police Station:** 5506 9499

**John Flynn Hospital:** 5598 9000

**Tweed Heads Hospital:** 5506 7000

**Electrician (Matt):** 5590 5857 or 0409 396 396

**Electrician (Richard):** 0410 827 040

**Plumber (Ryan):** 0418 919 050

**Massage (Debra):** 0408 445 117

**Border Locksmith:** 5536 1611

**Tweed Council:** 02 6670 2400

**TV/Antennas (Rob):** 0419 796 649

**Palm Lake Resort hair salon (Jenny):** 5523 3090

**Pest Control (Jason):** 1300 699 755

**Super Clinic Doctors:** 5589 7555

**Pathology:** 5524 8403

**Chemsave Super Clinic:** 5523 1266 (free Webster packaging and delivery)

# Spring snacks from the Blue Zones.

THERE ARE FIVE PLACES IN THE WORLD WHERE PEOPLE LIVE EXCEPTIONALLY LONG, HEALTHY LIVES, AND THEY ALL HAVE SOMETHING IN COMMON – DIET IS A HUGE PART OF THEIR SECRET TO LONGEVITY.

Have you heard of blue zones? Trademarked by author and explorer Dan Buettner, they're the five places in the world where people live the longest, healthiest lives. The five Blue Zones are Okinawa (Japan), Sardinia (Italy), Nicoya (Costa Rica), Ikaria (Greece), and Loma Linda (USA).

Buettner's Blue Zone theory primarily centres on what and how these people eat. All five diets are mostly plant-based, with beans (including fava and black beans, as well as soy beans and lentils) the cornerstone of many centenarian diets. They also eat no more than three eggs a week, consume minimal dairy and very little meat – when they do, it's usually pork.

We can also learn from how people in the Blue Zones eat. For example, the Okinawans live by an '80 percent rule' that is inspired by a 2500-year-old Confucian mantra. It reminds us to stop eating when our stomachs are 80 percent full; the 20 percent 'gap' is believed to be the secret to weight management and, therefore, better health. People in the blue zones will even eat their smallest meal in the late afternoon or early evening, and then won't eat any more for the rest of the day.

So, with all of that in mind, here are three Blue Zone-inspired snack recipes that are perfect for spring and summer time.



## MASON JAR SALADS

### Ingredients

Take your pick from the following options (or have fun finding your own).

- Dressing: Hummus, pesto, vinaigrette
- Hard vegetables: Carrots, cucumbers, peppers, celery, onion
- Softer fruits and vegetables: Avocado, berries, tomatoes
- Grains, beans, nuts, seeds: Chickpeas, quinoa, black beans, sunflower seeds, brown rice
- Greens: Arugula, kale, spinach, romaine, mixed spring greens

### Directions

1. Assemble with dressing on the bottom.
2. Add a layer of hard vegetables, a layer of softer fruits and veggies, then grains, beans, nuts, or seeds.
3. Finally, add in your chosen greens and you're set.

## VIETNAMESE SUMMER ROLLS

### Ingredients

- 2 medium carrots, peeled and cut into thin sticks
- ½ cup of white vinegar 1 tsp of sugar
- ½ tsp of salt
- ½ cup of water
- 10 rice paper wrappers
- 120 gram) thin rice noodles or rice vermicelli
- ¾ cucumber cut into thin sticks
- ½ cup of shredded cabbage
- 10 small lettuce leaves
- 1 bunch of fresh mint leaves
- 1 bunch of fresh cilantro leaves (optional)



*For the peanut sauce...*

- ½ cup of smooth peanut butter
- 1 ½ tablespoons of soy sauce
- 1 tablespoon of maple syrup or honey
- ½ teaspoon hoisin sauce
- 1 teaspoon of sriracha
- 1 teaspoon of sesame oil

### Directions

1. First, make the pickled carrots. In a medium bowl, combine the sugar, water, salt, and vinegar. Add the carrots to the mixture, toss to coat well, and then let the carrots soak for at least 1 hour.
2. In the meantime, prepare the noodles according to the package instructions.
3. Fill a wide, shallow bowl with about 1 inch of warm water. Soak one wrapper at a time in the warm water for 10 to 15 seconds, just until it becomes soft and pliable.
4. Transfer the wrapper to a plate or cutting board and add a lettuce leaf on top in the center. Next add a few carrot sticks, a few cucumber sticks, some of the shredded cabbage, some of the noodles, and then a few leaves of mint and cilantro. Add edible flowers, too, if using.
5. Fold one side of the rice paper wrapper over the filling and then the other side. Roll the wrapper up around the filling, making sure it is tight, but being careful not to tear the wrapper.
6. Set the filled rolls on a platter, seam side down. Repeat this process until all of the filling and wrappers have been used up.
7. To serve, cut each roll in half. Garnish with extra herbs and edible flowers, if you like. Serve immediately with peanut sauce for dipping.



*For the peanut sauce...*

8. In a medium bowl, stir together all of the ingredients until well combined.
9. Serve at room temperature.

## STRAWBERRY VANILLA CHIA SEED PUDDING

### Ingredients

- 3 cups unsweetened almond milk
- 2 tsp vanilla extract
- 3 tbsp maple syrup
- ½ tsp cinnamon
- ½ cup + 2 tbsp chia seeds
- 3 cups fresh strawberries

### Directions

1. In a bowl, whisk together unsweetened almond milk, vanilla extract, maple syrup, and cinnamon. Pour liquid mixture over the chia seeds and stir until seeds are incorporated. Make sure to stir it well, so that none of the chia seeds are sticking together. This ensures they're all able to absorb the liquid and create a pudding-like consistency.
2. Let sit for an hour or in the refrigerator overnight. Mixture will thicken substantially. Soaking time is vital for the end product!
3. In the morning, rinse and slice fresh strawberries. Stir chia pudding and top with fresh strawberries.

*Recipes courtesy of Blue Zones – visit [www.bluezones.com](http://www.bluezones.com) for more.*



# Spring clean your life.

'TIS THE SEASON FOR NEW BEGINNINGS. NOW THAT WINTER IS OVER, IT'S TIME TO THROW OPEN THE WINDOWS, LET IN THE FRESH AIR AND TURN YOUR ATTENTION TO SOME OF THE AREAS YOU MAY HAVE NEGLECTED DURING THE COLDER MONTHS.

## SPRING CLEAN YOUR HOME

Let's start with the obvious – literally spring cleaning your home. We recommend starting with your ceiling fans. Chances are they've been still throughout winter and have gathered a lot of dust, so be sure to wipe them down before you turn them on this spring (lest you scatter that dust all through your home).

Similarly, now is a good time to clean your windows. Wipe away any dust and dirt that has built up on the window sills, blinds and windows over winter. With the curtains back to let in the summer sun, you'll be able to clearly see any marks and dirt during the warmer months.

Next, turn your attention to your lounge room. It's time to wash and then store away your winter throw blankets and add some bright spring colours and accessories to freshen up your space. Light a fruity, fresh candle while you're at it.

In the kitchen, clear out the fridge and pantry, being sure to use up any leftover winter ingredients (cans of soup or winter vegetables for casseroles, for example) before you do. Check the expiration dates on any products you plan to store – they may expire sooner than you think.

Remember: spring cleaning doesn't need to happen all at once. Use spare moments of time in your day to tackle small tasks so that it doesn't become overwhelming. You might be surprised how much you can get done while you wait for the kettle to boil or during a TV ad break.

## SPRING CLEAN YOUR HEALTH

It's time to shake off the winter blues – luckily, there are many simple yet effective strategies you can incorporate into your daily routine to improve your mental and physical wellbeing. Make the most of the new season to book in a health check up with your doctor. You might also want to organise a skin check, an eye exam, a trip to the dentist or a hearing check while you're at it.

Now is the perfect time of year to get back into exercise, or to take your regular exercise regime outdoors instead. You could dive headfirst into a swimming routine, make time to walk or cycle around your resort or organise a game of social tennis or lawn bowls with your friends. Your Palm Lake Resort community is designed with your physical wellbeing in mind, so make the most of it.

One of the most important factors in your physical and mental wellbeing is your diet. The foods you eat provide you with nutrients and vitamins that impact your gut health, immune system, cognitive ability and heart function. So, with that in mind...

## SPRING CLEAN YOUR DIET

It can be hard to keep your diet on track, especially during the cooler months when all you want to do is cuddle up under a blanket with your favourite comfort food. But there are so many health benefits to be gained when you eat a diverse diet that's full of fresh and seasonal ingredients.

On your next trip to the supermarket, look for spring fruits (banana, blood orange, grapefruit, honeydew, mandarin, papaya, pineapple, strawberry and watermelon) and vegetables (asparagus, avocado, beans, broccoli, cabbage, carrot, cauliflower, leek, snow peas, sugar snap peas and spinach). How can you incorporate them into more of your meals? Studies show that eating home cooked meals has positive health impacts, so while it can be tempting to go to a restaurant or order takeaway, your body will thank you for making the extra effort.

You can start small by planning a few meals at a time and looking through recipe books for inspiration. If you can, substitute a trip to the supermarket for a morning at your nearest farmers' markets. This allows you to talk directly to the farmers and suppliers about what's in season – it's also the perfect way to spend a sunny spring day.



# Helping friends become neighbours.

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 Palm Lake Resort homes, you'll receive \$250 cash. Easy!

**\$250**

cash incentive when you refer a friend to buy an **established home** at Palm Lake Resort



For more information and to refer your friend, simply contact our Sales Information Centre on 1800 641 665. \*T&Cs apply

**THE BEST IN OVER-50s LIVING. THIS IS YOUR TIME.**  
[palm.lakeresort.com.au](http://palm.lakeresort.com.au)

# Homes for sale.

Home 151 - \$460,000

Beds

2

Bath

1

Living

1

Garage

1

UNDER OFFER

Everything you need.

This comfortable home has many appealing features ensuring it's all ready for you to move in. You'll enjoy the security screens all round, air conditioners in lounge and the two bedrooms, updated light fitting in the lounge and dining area.

This home is energy efficient with solar hot water and electricity. There is a lovely sunny backyard with a garden shed for extra storage, as well as a new remote garage door.



## CASH BUYERS AWAIT.

### LISTINGS WANTED

Word has spread about our secure resort grounds, low-maintenance/ high-quality homes, world-class facilities, myriad weekly activities and welcoming coastal community - so much so, we have a number of buyers looking to purchase at Palm Lake Resort Banora Point.

If you're a homeowner here and your situation has changed, call our Sales Team for a free market appraisal. We have qualified buyers waiting to hear about any new homes as they hit the market. To find out more, FREECALL 1800 641 665 or stop by the Sales and Information Centre between 9am-11am, Monday to Friday for residents and 11am-3.30pm for sales.

### COMMISSION-FREE TRANSITION

Did you know that if you are a resident of any Palm Lake Resort and relocate to a new home in a different Palm Lake Resort location, you won't pay any agent's commission on the sale of your original Palm Lake Resort home?

### Marketing and advertising services include:

- Professional photography of your home
- Listing on realestate.com.au
- Listing on Palm Lake Resort website
- Presented in our sales newsletter
- Printed professional flyers included in our information packs
- Homes for sale emailed to potential buyers on our database

ONLY  
\$550

Want to book a private tour and find out more about our resort? FREECALL 1800 641 665 or email [banora@palllake.com.au](mailto:banora@palllake.com.au) or visit us online at [palllakeresort.com.au](http://palllakeresort.com.au)

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# 10,000 REASONS TO CELEBRATE

With more than 46 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.



**FREECALL 1800 641 665 | [banorapoint@palllake.com.au](mailto:banorapoint@palllake.com.au)**  
67 Winders Pl, Banora Point NSW 2486

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