

Fern Bay.

JULY/AUGUST 2018



It's a wrap: Sue, Sandra and Helen each holding one of their creations. Behind them are the rest of the 50 blankets recently delivered to Wrap with Love.

Wrapped with Fern Bay love.

A small, dedicated group of Palm Lake Resort Fern Bay residents regularly give their time and considerable talent to providing warmth and comfort to some of the most vulnerable people both here in Australia and overseas in war-torn countries, or after natural disasters.

These ladies knit and crochet 10-inch squares that are then joined into blankets for an organisation known as "Wrap with Love". Wrap with Love is a not-for-profit organisation incorporated with the Department of Fair Trading, NSW. It is a non-denominational, non-racial and non-political organisation. Wrap with Love is deliberately not

a charity. It is a 'mission of mercy'; a positive organisation that crafts blankets for those around the world in desperate need of warmth. They work with national and international aid agencies of high repute who make sure that the blankets are delivered directly to people in areas of trauma and need.

Prior to moving to Palm Lake Resort Fern Bay, one of our residents, Sandra Davies, had been providing knitted and crocheted blankets for Wrap with Love for more than 15 years. Another resident, Sue Liddell, had also been producing the blankets for more than five years and has continued to do

so alongside Sandra. Several other talented residents, including Helen McGee, were inspired to produce the 10-inch squares required to make a blanket. The volunteer knitters and crochet gurus then provide their squares to Sandra and Sue who sew them together and crochet a finishing edge around the completed blanket.

> Continued on Page 2





RESORT NEWS

Welcome to winter and welcome to our July-August edition newsletter.

Things have been relatively quiet here – our community population has remained unchanged over the past few months – however, our organised weekly activities have kept people as active as they choose to be in these cool months. Make sure you keep an eye on the weekly activities list and get involved – it’s important to stay warm, but equally as important to stay in touch with your community.

As we move on to pastures greener (or at least warmer!) we look back on our time at Palm Lake Resort Fern Bay. It has been very interesting. We would like to thank those residents who made our time here a lovely experience. We shall certainly miss you all and we leave you with this thought: *“To say goodbye, isn’t a pain. Unless you’re never going to say hello again.”*

Look after yourselves and your new caretakers,

Christine & John
Resort caretakers

> Continued from Page 1

Recently, Sandra transported 50 completed blankets to the Wrap with Love warehouse and distribution point in Alexandria, Sydney. These 50 blankets were included in a dispatch of 2000 blankets requested by World Vision.

Several of the charitable organisations in the local Newcastle region which benefit from these blankets include Carrie’s House, Jenny’s Place and Destiny Haven.

If residents would like to participate in any way, by donating 8 ply yarn and/or knitting or crocheting some 10-inch squares, please see the above-mentioned ladies at Finishing School on Wednesday afternoons in the Clubhouse.



WHAT’S ON

NAIDOC Week: July 8 marks the start of NAIDOC Week – a nationwide celebration of the Aboriginal and Torres Strait Islander populations and their history, culture and achievements. The theme for 2018 is ‘Because of her, we can!’, focusing on the invaluable celebrations that indigenous women have made and continue to make to their communities.

FRIENDS’ DAY: The International Day of Friendship – a day created to confront the crises and challenges of the world with solidarity, camaraderie and trust – is coming up on July 30. Invite your friends around for a cuppa, or organise a day of activities with your neighbours – this day is for friends, both new and old!

JULY / AUGUST EDITION

What’s happening.

STOP BY THE THEATRE

Newcastle Civic Theatre is heritage-listed, designed by prominent architect Henry Eli White and opened in 1929. It’s located at 375 Hunter Street, Newcastle, and it’s a haven for interesting events, all nearby in our own backyard. Here’s some of what’s coming up:



July 17: The White Album Concert. It’s one of the most successful Beatles events ever staged in Australia. After two sold-out tours in 2009 and 2014, Chris Cheney (The Living End), Phil Jamieson (Grinspoon), Tim Rogers (You Am I), and ARIA Award-winning solo artist Josh Pyke are reuniting for a 2018 tour in a nod to the 50th anniversary of this very special Beatles’ album. This foursome are backed by a 17-piece rock orchestra including guitars, strings, horns and two drummers with musical direction by Rex Goh. The White Album songs will be performed in track order, starting with Back in the USSR and closing with Good Night.

August 3: Ian Moss. Respected as one of Australia’s iconic musicians, Ian Moss delivers an unforgettable sound – not only as a telling soloist on guitar but especially with his silken voice, ringing with clarity and resonating with pure soul.

August 5: Xavier Rudd. Storm Boy, Xavier Rudd’s highly anticipated ninth studio album, sums up everything fans love about the iconic singer-songwriter. To celebrate its release, Rudd is playing a select number of Australian locations, including Newcastle Civic Theatre, showcasing a selection of music from Storm Boy and Xavier’s epic back catalogue.

August 10: Fiona O’Loughlin. With a massive following both here and overseas, Fiona O’Loughlin fearlessly presents unvarnished hilarious honesty, swiping through the grit of life – nothing is sacred! This show will feature Fiona’s greatest hits of comedy, a selection of the most popular stories and jokes from her astounding career on stage and now, the Jungle!

August 22-Sept 1: We Will Rock You. This is a musical based on the songs of British rock band Queen with a book by Ben Elton. It tells the story of a group of Bohemians who struggle to restore the free exchange of thought, fashion and live music in a distant future where everyone dresses, thinks and acts the same. Musical instruments and composers are forbidden and rock music is all but unknown.

NATIONAL TREE DAY

National Tree Day is Australia’s biggest community tree-planting and nature protection event, founded in 1996. Each year hundreds of thousands of people plant around a million seedlings and restore many thousands of hectares of unique Australian landscape to enable local native plants and animals to flourish.

Locally, there will be a National Tree Day event on July 22 at Belmont Wetlands State Park, Redhead, from 10.30am to noon. Trees In Newcastle is inviting neighbours, community members, existing and past volunteers to join them on the day to plant 2500 local native plants. These plants will contribute to native biodiversity in the park and enhance the habitat of native birds and wildlife that call the area home. Volunteer should bring their own drinking water container, gloves, hat and a trowel (if you have them). Equipment will also be provided on the day. RSVP to Lauren on 0456 571 289.



Picture yourself here.

PALM LAKE RESORT, FERN BAY



VILLA 169 - PONTOON AVE: \$650,000

This three-bedroom home features a walk in robe and his & her vanity en-suite off the main bedroom and another generous bedroom with guest bathroom and BIR. The open plan living area leads to a low maintenance north facing courtyard with extra enclosed outside living area. The home has ceiling fans throughout and split system air conditioning to the main bedroom and living area. The kitchen has plenty of storage, polyurethane cabinets and gas cook-top. A centre multi purpose room could be used as a bedroom, study or craft room. The villa is completely fenced and houses a double garage.



VILLA 22 - STILLWATER DR: \$680,000

This gorgeous three-bedroom home has a sunny, northerly aspect with open-plan living room and plantation shutters to the front windows. Light and spacious, the main area features a kitchen, lounge and dining space that opens onto an undercover outside dining alfresco area.

There are three bedrooms, walk-in robe, ensuite with his and hers vanity. The home has ceiling fans throughout and split system air conditioning to the main bedroom and living area. There's also a double-sized garage with a longer drive and larger back matured garden with a double side gate.



VILLA 202 - AQUA AVE: \$645,000

This well-presented home has a lovely wide entrance leading into an open-plan living area. The modern kitchen features polyurethane cupboards with drawers being featured throughout and a quartz benchtop. The open plan living areas also feature a multi-purpose room that could be used as a study, third bedroom or dining room. The property features a double garage which is close to amenities such as swimming pools, bowls and clubhouse and has an Odyssey ventilation system, tandem garage, quality window furnishings, ceiling fans and reverse cycle air conditioning.

You're getting warmer.

The weather has cooled right down and many of us are looking for the perfect way to keep warm. And it's not just a matter of comfort when it comes to staying toasty – keeping warm is key to keeping your immune system fighting strong, so heating requires serious consideration, especially as we age.

There are so many options when it comes to heating your home and they each come with pros and cons – cost being the biggest consideration. EnergyAid's Anne Armansin has spent more than 20 years in the appliance and energy industries including managing a home energy advisory service servicing one million households. So she knows a thing or two about the best way to keep your home warm while also keeping costs down.

"It's easy to just reach over and turn the heating up," Anne says. "While that's fine a few times, it's easy to forget about the impact that will eventually have on your next power bill."

Using a heating device for about five hours a day, for example, Anne explains that the running costs can vary greatly depending on the option you choose:

Heated throw rug (purchase price approx. \$69) at 150 watts costs about \$0.18 per day = \$1.30 a week to run.

A five-fin oil heater (purchase price approx. \$45) at 1000 watts costs about \$1.20 per day = \$8.40 per week.

A fan heater (purchase price approx. \$49) at about 2300 watts costs about \$2.76 per day = \$19.30 per week

An 11-fin oil heater (purchase price approx. \$99) at about 2400 watts costs about \$2.88 per day = \$20.20 per week.

Many believe air conditioners are an expensive household appliance to run. However, did you know a reverse-cycle air conditioning unit can be less than half the cost to run compared to a small, portable, electric fan heater?



Anne encourages consumers not to be swayed by the seemingly cheap purchase price of a heater – check the compliance plate of all new appliances to see how much power they use before you commit to the purchase and, beyond that, "make some house rules for how often you'll use the heaters, and try to stick to it," she says.

The key to any heating plan is making sure your home is sealed from any cold wintry drafts that might blow in. Ensure all your doors and windows are closed tightly. One of the best investments you may make this winter is a cheap 'door snake' that, when placed along the bottom edge of your door, blocks any cold air from entering under it. And don't forget to close your curtains and/or blinds once the sun starts to set, to keep the glass insulated.

Your bedroom (and your bed) is where you might also feel the cold the most. Ensure you are using flannelette sheets in the wintertime and that you have swapped your lighter summer doona for a heavier winter version. Pull out your electric blanket (just remember that you should only use an electric blanket to heat your bed before you get into it – once you retire for the night, your blanket should be switched off). And don't forget that a good old-fashioned hot water bottle can also be a nugget of (warm) gold on a cold night.

Beyond all this, make sure you are suitably rugged up for winter. If you don't like the feel of layers and layers of bulky jumpers, look for thin thermal undergarments. Keep socks on your feet. Add a trendy scarf to your ensemble.

Golden ticket.

It seems just about every other month there’s a hot new superfood or wellness trend that has us racing to the supermarket to seek out that ‘magic’ ingredient. We’ve done kale and coconut oil, now turmeric is having a moment.

Turmeric has become quite the trendy ‘new’ wellness ingredient but did you know that it’s been revered for its Ayurvedic medicinal properties in India and the Middle East for thousands of years? Turmeric belongs to the ginger family and in its natural state (the root) is a whole-food containing a range of nutrients including zinc, iron, potassium, vitamin E, vitamin C, vitamin B6 and curcumin. It’s actually the active constituent curcumin that everybody is getting excited about. Naturopath and author Georgia Harding explains that among all the nutrients, turmeric offers two key wellness properties – it’s anti-inflammatory and an antioxidant.

“When you think of any chronic disease – heart disease, cancer, arthritis and blood vessel disease for example, it’s those anti-inflammatory and antioxidising properties in turmeric that sufferers seek out,” Georgia says. “Interestingly, compared to Western countries, there’s also significantly less cognitive decline in India, where turmeric-laden curries are food staples.”

This effect was proven in January when the University of California at Los Angeles (UCLA) published research showing turmeric offered improved memory and mood in people with mild, age-related memory loss.

“Exactly how curcumin exerts its effects is not certain, but it may be due to its ability to reduce brain inflammation, which has been linked to both Alzheimer’s disease and major depression,” says study author Dr Gary Small, director of geriatric psychiatry at UCLA’s Longevity Centre.

Arthritis is another condition that research suggests is alleviated by the consumption of turmeric and curcumin. Rather than purchasing supplements though, Georgia recommends simply including turmeric in your diet wherever possible - and it’s more than just a spice for curries.

“Turmeric has a strong flavour but it’s a flavour that sits really well behind chocolate so it’s surprisingly good in chocolate cakes and hot chocolate,” she says. “I use it in soups, tossed through roast vegetables and in salad dressings. Just remember, it’s best used alongside black pepper or some type of fat to help the body absorb it.”



Golden latte.

INGREDIENTS

- 2 cups almond milk
- ¼ teaspoon ground dried turmeric, plus more for serving
- 2cm fresh ginger, peeled, thinly sliced
- Pinch of ground cinnamon
- 2 teaspoons coconut oil
- 1 tablespoon honey

METHOD Heat all ingredients together in a small saucepan over medium heat until just simmering. Cover, reduce heat and simmer for five minutes. Remove from heat, strain and discard solids. Whisk, while warm, until frothy or serve chilled over ice. Sprinkle with ground turmeric before serving.



Healthy hot choc.

Ingredients

- 2 tablespoons cacao powder
- 1 teaspoon cinnamon, ground
- ¼ teaspoon ginger, ground
- ¼ teaspoon turmeric, ground
- ¼ teaspoon cardamon, ground
- ¼ teaspoon vanilla powder or essence
- Sweetener of your choice, to taste (eg. rapadura, coconut sugar, honey, rice malt syrup, stevia)
- 500ml milk of your choice (cow, coconut, nut milk)

Method Mix the cacao and spices together in one mug, then divide the mix between the two cups. Add sweetener to each cup, if required. Heat the milk of your choice and add a little hot milk to each cup. Mix to dissolve the cacao, spices and sweetener. Top with the rest of the milk and enjoy immediately. Note: Try to reduce the amount of sweetener you use over time.

Mocha hazelnut fudge.

Ingredients

- 1 cup hazelnuts
- 250g cream cheese
- 2 cups icing sugar
- 3 teaspoons instant coffee power diluted with 1 teaspoon water
- 250g dark chocolate (melted)

Method Roast nuts. Remove skin and chop roughly. In a food processor, mix remaining ingredients and stir in nuts. Place in well-greased and lined tin. Refrigerate.

Recipe courtesy of Palm Lake Resort chef Julie Gilmore



WEEKLY ACTIVITIES

MONDAY

- 8.30am** Aerobics
- 9am** Bus run
- 9.15am** Bowls competition
- 9.30am** Craft group, Boxing
- 2pm** Cards in the Clubhouse, Rivers Waters Country rehearsal
- 3pm** Mah-jong
- 5pm** Table tennis
- 6.45pm** Women of Note chorus
- 7pm** Twilight tennis

TUESDAY

- 8am** Tennis
- 8.30am** Floor aerobics
- 9.30am** Instrumental group
- 11am** French conversation
- 1pm** Bowls coaching
- 1.30pm** The Baytones Band practice
- 5pm** Residents’ dinner
- 6.45pm** Carpet bowls
- 7pm** Cinema

WEDNESDAY

- From 6am** Garbage collection
- 8.30am** Tennis, Tai chi
- 10am** Sea of Sound practice
- 12 noon** Residents’ lunch
- 1pm** Tennis
- 1.30pm** Craft finishing school, Greeting card making, Line dancing
- 4.15pm** Twilight bowls
- 6pm** Table tennis

THURSDAY

- From 6.30am** Green waste collection
- 8am** Tennis
- 8.30am & 9.30am** Aqua aerobics
- 9am** Bus run
- 12.15pm** Fruito at the Sports Club
- 12.45pm** Bowls competition
- 2pm** Rivers Waters Country rehearsal
- 5pm** Residents’ dinner
- 6.45pm** Carpet bowls
- 7pm** Cinema

FRIDAY

- 8.30am** Tennis, Aqua aerobics
- 8.15am** Christian men’s group
- 9.30am** Christian ladies’ group, Aqua aerobics, Patchwork & quilting
- 1.30pm** Line dancing
- 2.30pm** Cards
- 5pm** Happy Hour

SATURDAY

- 8am** Tennis
- 12.45pm** Bowls competition
- 3pm** Cinema



Award winning luxurious living.



The best in designer living.

Our portfolio of 25 communities across Australia has been richly rewarded, including winning Master Builders Association awards for our resort, country club and exhibition home.

This is the culmination of 40 years worth of Palm Lake Resort expertise and first hand knowledge in crafting designer resort living. Proudly family owned and Australian, we create communities that are friendly, exciting and inspirational. Our resorts are the new gold standard in luxurious resort living for a new generation of vibrant over 50s.



Master Builders Association Award Winning Resorts
For Best Resort, Best Country Club And Best Home

pallmlakeresort.com.au