

BAY BREEZE

March - April 2022



ANGLERS APLENTY

Palm Lake Resort Fern Bay sits in the heart of angling heaven – these residents are making the most of our beautiful waterways

JOIN THE CLUB

If you aren't part of a book club, you should be. Discover how (and why) to start one of your very own

CHOC -FUELLED FUN

It feels like we've just packed away the Christmas tree and now Easter's here! With an influx of visiting grandies expected, share in our Easter eggstravaganza



WELCOME

We hope you haven't been washed away with all the recent rain. Our thoughts are with our fellow Australians who have been affected by the devastating floods in Northern New South Wales, western Sydney and South East Queensland. Our Fern Bay residents are once again to be commended for their astounding support of the current flood appeal; your generosity is amazing. It was magnificent to see the Residents' Committee contribute \$500 on your behalf.

The rains, machinery breakdown and staff illness have made keeping the resort grounds over the past summer a more difficult task than normal. The resort gardens are now mature and with the high rainfall and humidity our staff have had to battle to keep on top of things. The added issue of COVID-related part supplies has also meant that our broken-down machinery has been out of action longer than necessary. As we go to print, we are confident (bad weather aside) that we can once gain get the grounds back in tip-top condition over the next couple of months.

We congratulate your newly elected Residents' Committee and look forward to working with them over the next twelve months. We also look forward to working with the new Social Committee who appear to have hit the ground running after a year of COVID-enforced absence. We understand that they have plenty of events

CONTACT US

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planned for the year and we know that you will support said events; you do know how to party.

On closing we would like to welcome the new residents to Palm Lake Resort Fern Bay. There has been considerable turn over of villas during the past several months with some long-term residents moving on for one reason or another.

While we are currently enjoying a return to a more normal way of life, we ask all residents to remain vigilant as it is still in the community. Please continue to follow the recommended COVID-safe practices to ensure you can continue to enjoy all that resort life has to offer.

Jo & Ron
Palm Lake Resort Fern Bay Caretakers

NEWS BRIEFS



READ ALL ABOUT CARE

As part of the Palm Lake Group, Palm Lake Care offers six modern aged caring communities across South-East Queensland. Catch up on all things Palm Lake Care in the company's most recent magazine, The Difference. It features all the winners from our annual caregiver awards, as well as updates on every location. Read it online at: palmlakecare.com.au

WHAT'S HAPPENING IN OUR COMMUNITY

March 17-27: Newcastle Fringe is Australia's biggest little fringe! It's committed to delivering a variety of entertainment with a jam-packed program of comedy, theatre, music, dance and more.
April 3: The NewRun festival of running is back in 2022 with a new flat marathon, half marathon (climbing the famous King Edward Park hill), a 10km Hill to Harbour run as well as 5km and 2km runs.
April 6: Revered Australian singer-songwriter Paul Kelly is set to bring his 'On the Road Again' tour to Newcastle's Civic Theatre.

MAKE A DATE

Here are some important upcoming dates to note in your diary:

New South Wales school holidays: Saturday, April 9 to Tuesday, April 25 inclusive

Easter long weekend: Friday, April 15 to Monday, April 18

Anzac Day (including public holiday): Monday, April 25



FERN BAY SUPPORTS FLOOD VICTIMS

Rose and Robin Hill of Home 2 have once again done an amazing job organising and co-ordinating the collection of donations for victims of the recent floods. Those who have witnessed their garage (pictured above) can appreciate the enormous effort this has been. They were instrumental in collecting donations for past causes on behalf of the resort, including the drought and bush fire relief. Well done, Rose and Robin - the resort is a better place for having you live here.



NEW DIGITAL LOOK

Palm Lake Resort has just unveiled a new-look website. We've got all the information you need on our 25 current resorts as well as those exciting new developments in the pipeline at Pelican Waters (QLD), Old Bar Beach (NSW) and Paynesville (VIC). Check out our new site at:

palmakeresort.com.au



WEEKLY RESORT ACTIVITIES

MONDAY

- 8.30am Ladies Tennis, Moving on Monday
- 9am Box 'n' Burn, Green Hills Bus Run
- 9.30am Bowls
- 9.30am Monday Craft
- 1pm Easy Line Dancing
- 1.30pm River Waters Country Practice (Games Room)
- 2pm Mahjong (Library)
- 4.30pm Table Tennis
- 7pm Twilight Tennis

TUESDAY

- 8am Mixed Tennis
- 8.30am Dance Fit
- 9.30am Instrumental Group (Cinema)
- 10am The Bike Ride (Clubhouse)
- 11am French Conversation (beginners from 9.45am)
- 12noon The Baytones Practice (Cinema)
- 1.30pm Craft Finishing School
- 5pm for 5.30pm Residents' Dinner and Raffle
- 6.45pm Carpet Bowls, Cinema Movie

WEDNESDAY

- From 6am Garbage and recycling collection
- 8.30am Ladies Tennis
- 10am Sea of Sound
- 12noon for 12.30pm Residents' Lunch and Raffle
- 1pm Art and Painting Group
- 1.30pm Line Dancing, Card making
- 4.30pm Table Tennis
- 5pm Twilight Bowls

THURSDAY

- 8am Mixed Tennis
- 9am Box 'n' Burn
- 9am Charlestown Bus Run
- 9.30am Aqua Fitness with Karyn
- 10.15am Aqua Fitness with Karyn
- 1pm Bowls
- 1.30pm Sit and Sew
- 2pm River Waters Country Practice
- 5pm for 5.30pm Residents' Dinner and Raffle
- 6.45pm Carpet Bowls, Cinema Movie

FRIDAY

- 8am Tennis
- 8.30am Aqua Fitness with Hayley
- 9.15am Aqua Fitness with Hayley
- 9.30am Patchwork and Quilting
- 12noon for 12.30pm Bistro Lunch
- 1.30pm Dancing with Maxine
- 2.30pm Cards including Canasta (Clubhouse)
- 5pm Happy Hour

SATURDAY

- 8am Mixed Tennis
- 1pm Bowls Comp
- 2pm Cinema Movie

OUR CHAMPION ANGLERS

Here are Palm Lake Resort Fern Bay's most prolific and successful anglers. They are winners of the resort fishing club's annual 'Champion Angler' title:

2017-18: Mike Smith

2018-19: Garry Harrison

2019-20: Bob de Haas

2020-21: John Roser

THE REEL DEAL

THE RESIDENTS OF PALM LAKE RESORT FERN BAY ARE BLESSED TO BE LIVING RIGHT IN THE HEART OF ANGLING HEAVEN – AND DON'T WE MAKE THE MOST OF IT?!

With a resort offering direct access to the Hunter River, via our own private resort boat ramp, the fish are always biting here at Palm Lake Resort Fern Bay.

Homeowner Mike Smith has been living here since 2014. It was in 2017 that he realised there was a real community of likeminded anglers in his resort neighbourhood and so the Palm Lake Resort Fern Bay Fishing Club was born.

"The fishing here is excellent," Mike says. "Our resort boat ramp is perfect to give us access to the Hunter River down our own little creek. The fish cleaning table, down at the ramp, is handy, too."

Mike says the club members haven't formed an official committee as such – they're "just in it for the fishing", not the politics. Members are allocated different 'jobs' though, the most important of which is setting the calendar of fishing competition dates. About once a month (twice monthly in the summertime), there will be an official fishing competition held where participating resort anglers score points for the bounty they catch in a set timeframe. There's an official weigh-in outside the resort clubhouse and, of course, a few well-deserved beverages to follow.

"We keep a tally of points for the full year and at the end of the year we award a 'Champion Angler' and their name is engraved on the perpetual shield," Mike explains. "We are grateful for the Residents' Committee who donate gift vouchers to the highest points scorers."

Mike says the while the adjacent river is plenty with flathead, whiting and bream, there are also wonderful opportunities for beach fishing right along Stockton Beach. He says beach anglers target these same species but also mulloway, tailor and Australian salmon.

"Stockton Beach would have to be one of the best beach fishing locations in all of New South Wales," Mike says.

While many homeowners launch their runabouts at the resort boat ramp, there's also a community of resident kayakers who utilise their paddle-powered watercraft for fishing. Kayaks allow them to get right up into the shallow estuaries, very quietly.

Mike encouraged any interested angler homeowners to come along and join in their regular competitions. To give you a taste of what types of extraordinary catches are

out there in our local waters for you, here's a list of the 'Heaviest species' fishing records currently held by Palm Lake Resort Fern Bay homeowners:

- Flathead: 4.42kg at 84cm by Bob de Haas, September 9, 2021
- Flounder: 360g at 31cm by Bob de Haas, November 27, 2018
- Luderick: 1.19kg at 45cm by Bob de Haas, December 23, 2017
- Mulloway: 4.5kg at 77cm by Mike Smith, June 11, 2020
- Salmon: 2.68kg at 64cm by Peter Davies, June 29, 2018
- Snapper: 480g at 33cm by Peter Davies, February 28, 2018
- Bream: 1.57kg at 47cm by Fred Politi, December 5, 2017
- Tailor: 3.02kg at 55cm by Peter Davies, May 3, 2019
- Whiting: 680g at 44cm by Helen Taffe, November 29, 2017

FIVE FUN WAYS TO CELEBRATE EASTER



EASTER IS ALL ABOUT FAMILY, DELICIOUS FOOD AND CELEBRATION. WHETHER YOUR GRANDKIDS ARE COMING TO TOWN, YOU'RE HEADING OUT TO VISIT THEM, OR YOU'RE ENJOYING A MORE LOW-KEY EASTER CELEBRATION AT HOME, HERE ARE A FEW WAYS YOU CAN SPEND THE LONG WEEKEND.

EASTER BAKING

Baking is one of those skills that is passed on from grandparent to grandchild. With all the extra chocolate going around, this is a great time of year to get your grandkids in the kitchen. Choose simple recipes (with minimal sharp knives and hot surfaces) if you're working with younger kids, or consult your recipe archives to pass on a family favourite if you feel your grandchildren are old enough. The easiest dish to make with children is definitely rocky road – see the opposite page for a simple recipe.

GET GIVING

Christmas is usually associated with gifting, but who says you can't give out Easter presents, too? The perfect alternative to chocolate (should your gift recipient have allergies or dietary requirements) your Easter gift might include a baked treat, a small card, a cute decoration or craft item or even some potpourri or homemade soaps. If the grandkids are in town, have them help you assemble these small gifts and deliver them around the resort.

FUN CRAFTS

Everyone loves a good craft activity, and Easter is full of inspiration. Why not make a small nest for some faux baby chickens or Easter basket for your next resort egg

hunt? For something a bit more functional, why not make beautiful homemade cards to help you spread the love around your resort? The internet is full of inspiration for Easter crafts of all kinds.

DECORATE

Decorating your home is a great way to get into the Easter spirit! Soft pastel tones are the obvious choice, but you could play with fresh flowers and greenery to liven things up a bit too. If you're hosting Easter brunch, lunch or dinner, it's all about your table setting. Light colours will be your best friends, as will natural textures like wicker, rattan and straw. Balance them out with gleaming glass and silverware, add some fresh florals and a beautiful spread and you're sorted.

SUNDAY FUN

How do you spend Easter Sunday itself? Maybe this year is the year to try a new tradition? If you're spending it with your grandchildren, you could start the day with a special Easter breakfast followed by an egg hunt (utilising those baskets they made, of course!). Grandchildren or no grandchildren, you could also spend the day playing fun board games, relaxing with a good book and a cup of tea, or enjoying some time outdoors. Your traditions are exactly that – yours.

HOW TO USE UP ALL THAT CHOCOLATE

EASTER, OBVIOUSLY, MEANS TONNES AND TONNES OF CHOCOLATE. EVEN WITHOUT THE EASTER BUNNY PAYING YOU A VISIT, YOUR EXTENDED FAMILY MEMBERS, FRIENDS AND NEIGHBOURS WILL LIKELY GIVE YOU A FAIR AMOUNT OF CHOCOLATE THIS WEEKEND. INSTEAD OF ENDING UP IN A CHOCOLATE COMA, PUT YOUR EASTER CHOCOLATE TO BETTER USE WITH THESE CLEVER IDEAS.

MAKE A BUNNY MILKSHAKE

Those tall Easter bunny-shaped chocolates also make for awesome milkshake holders! Mix up your favourite flavour, bite off the bunny's ears and pour it inside (just be sure to keep most of the wrapping on, to prevent your fingers melting all the chocolate). Then, grab a straw and get sipping! This idea is perfect for the visiting littlies (or the big kids, at heart!)

CHOCOLATE BARK

It's so simple, but so tasty. Chocolate bark is simply just melted chocolate poured onto a baking tray, sprinkled with whatever toppings you like and re-refrigerated. Dried fruit and nuts make it ever so slightly healthy, but you can also get experimental and make it taste like your favourite chocolate bars – sprinkle desiccated coconut for a Bounty Bar effect, or caramel and crushed up biscuits if you love Twix.

CHOCOLATE-DIPPED FRUIT

Make the most of the fact that you've got a near-endless supply of quality chocolate and melt it all

together to make the most delicious chocolate dip. You can make chocolate strawberries or bananas, or even throw some blueberries, goji berries or raspberries in there and make a tasty, chocolatey snack that everyone will love. Just pop them in the fridge and enjoy them whenever you like!

HOMEMADE CHOCOLATE TOPPING

Is there anything better than ice cream and chocolate sauce? Yes – ice cream with Easter egg-flavoured chocolate sauce! Simply melt all that chocolate together and pour it over your favourite ice cream flavour for an easy dessert idea (and an easy way to get through the Easter egg supply).

HIJACK YOUR BAKING

Whether you bake up a batch of cookies, muffins or cupcakes, toss a couple of Easter eggs into the mix to take it to the next level. Your grandkids or neighbours will love biting into their favourite baked goods and discovering an oozy, melted Easter egg inside.

Who wouldn't?!

RECIPE: ROCKY ROAD

Ingredients:

- 100g biscuits, roughly crushed
- 400g dark chocolate, chopped
- 200g milk chocolate, chopped
- 200g strawberries and cream sweets
- 250g pink and white marshmallows, quartered
- 100g milk chocolate hollow eggs
- 100g slivered almonds, toasted (or peanuts, optional)

Method:

1. Line a 20cm square cake pan with baking paper, leaving sides to overhang.
2. Place dark and milk chocolate in a heatproof bowl over a saucepan of simmering water. Stir with a metal spoon until melted and smooth. Remove from heat.
3. Reserve some of the marshmallows, sweets and Easter eggs for decorating. Stir the remaining ingredients into the chocolate until combined.
4. Spoon mixture into pan. Top with reserved sweets and Easter eggs, pressing them into the chocolate. Chill for two hours or until set.

JOIN THE CLUB

WHAT SHOULD WE READ?

Choosing a book can sometimes be a daunting task, but it doesn't have to be. Why not start with one of the classics? We've done the leg work for you and narrowed down 10 titles that are widely considered to be the 'greatest books of all time'. Here they are, in no particular order. How many of these titles have you already read? And what will be next on your reading list?

The Great Gatsby by F. Scott Fitzgerald

1984 by George Orwell

To Kill a Mockingbird by Harper Lee

The Catcher in the Rye by J. D. Sallinger

Pride and Prejudice by Jane Austen

Anna Karenina by Leo Tolstoy

The Lord of the Rings by J. R. R. Tolkien

The Adventures of Huckleberry Finn
by Mark Twain

ARE YOU PART OF A BOOK CLUB? IF YOU AREN'T, YOU SHOULD BE – FOR A NUMBER OF REASONS. WHY NOT JOIN YOUR RESORT BOOK CLUB OR, IF THERE ISN'T ONE, START UP A BOOK CLUB YOURSELF! HERE'S EVERYTHING YOU NEED TO KNOW ABOUT BOOK CLUBS.

WHY BOOKS?

From social benefits to mental and even physical ones, there are so many reasons to read consistently – and a book club helps you do exactly that.

YOU'LL READ MORE

Do you find it difficult to read regularly? It's not exactly surprising – with so much going on around your resort, carving out time to read on a regular basis can be hard. By joining a book club, you'll be more motivated to finish the books you start so that you can participate in the conversation at your next meeting.

YOU'LL GET MORE OUT OF EACH BOOK

It's rare to have the opportunity to sit down and talk about a book you've just read, with people who have also just read it. By joining or starting a book club, you can do that

on a regular basis. You'll be amazed at how different a book can feel after you've spoken about it with others and will love discovering their interpretations.

IMPROVE YOUR MENTAL HEALTH

Reading really is magical, and not just for its ability to transport you to other worlds. Following a story and remembering different characters and plot points exercises your brain, improving memory function. It also improves your literacy, increases your general knowledge and teaches you empathy.

IMPROVE YOUR PHYSICAL HEALTH

The imaginative powers of reading can be a great form of stress relief, which can positively impact everything from heart health to blood pressure. It can also help you get a better night's sleep, especially if you make reading part of your bedtime routine. Tucking in with a book tells your brain that it's time for rest and helps you de-stress before going to sleep.

BE MORE SOCIAL

Beyond the benefits of reading itself, book clubs offer so many great social benefits. For one, it's a regular social get-together to look forward to – even if it needs to take place on Zoom. After all the book talk, you can linger and enjoy more casual conversation over tea and treats.

HOW TO BEGIN?

You know why you should start a book club – now, it's time for the how. Who better to get advice on starting a book club from than major publisher, Penguin Random House? Here are their five best tips:

1. Decide what kind of book club you want to start: Are you looking for a place to discuss books in-depth, or it is a bit more casual? Are you planning on reading a specific genre, be it best sellers, memoirs, classics or romance? The purpose of your book club will dictate everything from who joins it to how you select the books, so it's a good idea to decide this first.
2. Choose a setting: You need a place to meet - and our Palm Lake Resort locations have plenty of options. Why

not meet up in your resort clubhouse or the on-site library? Or, for something a bit more casual, you could take turns hosting the meetings in your own homes and even 'bring a plate' to each meeting.

3. Invite your members: Penguin Random House says the ideal size of a book club is between eight and 16 members, but three to five is a great place to start. From there, members can invite a friend or two themselves, if they like.
4. Set up a pre-book club meeting: Before you get your book club underway, you might want to meet up with a fellow club leader or two and discuss the technicalities. How will you choose which book the club reads? Where will the first meeting be, and often will you meet? If you cover off some of these questions in your mind before the big day, it will be smoother sailing moving forward.
5. Get started: You've gathered a group, found a location and planned a few dates – you're officially ready to get your book club going. The only question that remains is, what will you read? See above...

HOMES FOR SALE...



SOLD

BED	BATH	LIVING	OUTDOOR LIVING	GARAGE
2	1	1	1	1



HOME 64 - \$675,000

This well positioned Sunrise design with a difference is situated on the riverside of the resort opposite the tranquil gardens.

This light and bright home features a peaceful front verandah with a sought-after view and is just a short stroll to the park with a pond and an abundance of birdlife.

Step inside to an open plan living area with raked ceiling and a kitchen with an island bench that leads onto the dining and courtyard. There is also a study/sewing room off the living area, and a large single garage with adjoining workshop.

There are 2 bedrooms, both with built in robes, high ceilings and remote control fans, and family bathroom. A separate powder room and laundry are located at the rear of the home which opens out onto the generous grassy backyard.

Including split system air conditioning to the living and master bedroom, this home also features the Odyssey ventilation system which is unique to this resort.

CASH BUYERS AWAIT



There has been an unprecedented level of enquiry on homes at Palm Lake Resort Fern Bay - 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 Fern Bay 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 know. They 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-4.30pm, Monday-Friday.



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 an established Palm Lake Resort 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 648 868. *T&Cs apply

The best in over-55s living. This is your time.
palmakeresort.com.au

Life is cruisy

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.



Palm Lake Resort Fern Bay: 1117 Nelson Bay Rd, Fern Bay, 2295

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THIS IS YOUR TIME.**

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