

Fern Bay.

NOV/DEC 2018



ON COURT Pictured above, a bunch of Palm Lake Resort Fern Bay tennis enthusiasts headed to our sister resort at Tea Gardens for a friendly match recently. We hear the post-match celebrations were just as enjoyable as the on-court competition.

Moving meditation.

One of the more popular activities on offer across most Palm Lake Resorts nationwide is tai chi. This Chinese martial art has proven a favourite among residents for its simultaneous mind calming and body strengthening benefits, as well as the mindfulness that it brings.

"Tai chi is so much more than physical exercise," explains one of Palm Lake Resort's tai chi instructors, Denise Bloom. "It's relaxing and enjoyable, and one should feel calm, reenergised and in complete balance by the end of the session."

A weight-bearing exercise (that is, one done while on your feet so you bear your own weight), tai chi is suitable for a range of ages and fitness levels, Denise explains. Much like acupuncture

and herbs, it is an important part of Chinese medicine – it is an holistic experience, increasing blood and energy flow through the gentle contraction and relaxation of the muscles, and promoting a state of meditation through deep breathing and concentration. With an emphasis on balance, tai chi works both sides of the body equally and, unlike other forms of exercise, is done very gently. Tai chi classes include deep breathing, meditation and movements that mobilise the joints (feet, knees, hips, fingers, wrists, elbows, shoulders and neck) and move energy through the whole body.

"People appreciate the opportunity to move in this quiet, relaxed way.

The techniques we work on – like deep breathing, for example – can be taken away and used to calm oneself

anywhere, any time," says Denise.

"When we understand that we're much more than our physical being – we are mind, body, spirit and energy – if something isn't flowing properly, we certainly become aware of it as our bodies let us know. Tai chi aims to keep things flowing... like a river."

Join in a tai chi class here at Palm Lake Resort Fern Bay on Wednesdays at 8.30am with our volunteer class facilitator (and fellow tai chi enthusiast resident), Sandy.





RESORT NEWS

Our sports teams have been quite busy over the last month. The tennis team headed off in the resort bus to Palm Lake Resort Tea Gardens for a friendly tennis tournament and post-match celebrations. Our bowls team recently hosted a tournament with local resorts and once again were the proud trophy winners on the day.

The Trivia team appear to be quite a bright lot, often getting a place or winning their weekly event. For those who enjoy musical afternoons, we have enjoyed being entertained by our resident bands the Baytones and River Waters Country Band.

The Residents' Committee recently presented a fabulous barbecue lunch to approximately 200 of our residents, with entertainment all afternoon from the Garage Band (also residents of Palm Lake Resort Fern Bay). They had most of us singing along or up on the dance floor wiggling to a mix of songs from the past. If you fancy yourself as a singer, you can also sing along on one of the karaoke nights. There really is so much to do!

Last bit of news: With the end of the year fast approaching, our Residents' Committee has been busy booking events such as Rocktober, Melbourne Cup and Christmas activities. There's lots of fun ahead for us all.

Best wishes,
Linda & Steve
Resort caretakers

COMMUNITY FESTIVAL FOR ALL

About 30 minutes' drive from Fern Bay, Tilligerry Festival is an annual free community festival on the foreshore of the Tilligerry Peninsula. A culmination of a week of events from November 11, you and your family will love the carnival rides, demonstrations and games, markets, music and dancing, community group displays, a picnic in the park, great food at local cafes and a fundraising sausage sizzle. Tilligerry Festival is on November 17 in Henderson Park, Lemon Tree Passage.



GO THE MO

Attention men of Palm Lake Resort: This November, grow your moustache for men's health. Movember is the charity tackling prostate cancer, testicular cancer, men's mental health and suicide prevention through this, the moustache-growing month of the year. Remember, men, a little facial hair goes a long way. More than just follicles on your face, your mo is a ribbon – reminding the people in your life of the importance of men's health. Get involved!

NOV / DEC EDITION

What's happening.



REMEMBRANCE DAY

On November 11, we commemorate the 100th anniversary of the Armistice that ended World War I. In particular, we honour the near 62,000 Australians who died fighting for our country and for the lives of people that they had never – and would never – even meet. Don your poppy, donate to the various organisations that support war veterans and their families, and honour a minute's silence in remembrance of the many Australians who gave their lives to protect our own.

SURF'S UP

The Port Stephens NSW Surf Pro will hit Birubi Beach (James Patterson Street, Anna Bay), Port Stephens from November 3-13. This is the last major event of the year for professional women's surfers all around the world. It's a great opportunity to take in some incredible surf action – all in our own backyards. A great family event.

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 practice
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 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
8am Tennis
8.30am, 9.30am Aqua aerobics
9am Bus run
12.15pm Frito 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

5 ways to dress your fence.

DOES YOUR OUTDOOR SPACE NEED A LIFT? MAYBE IT'S TIME TO TURN SOME ATTENTION TO THAT FENCE OF YOURS? HERE ARE FIVE WAYS TO 'DRESS' YOUR FENCE FOR SPRING, COURTESY OF PALM LAKE RESORT LANDSCAPERS, BOYDS BAY LANDSCAPING.

1. HEDGES are the obvious choice, but that's because they're timeless. Whether you go short or tall, bushy or boxy, a hedge is a classic way to create some interest along your fence line. Experiment with different varieties and shapes. Lilly pillies, Little Gem magnolias, climbing roses, murraya, camellia sasanqua and Japanese box are among the best hedge varieties.



2. DECORATIVE SCREENS are a fast and effective way to dress up a fence and, with so many options on the market, there are a number of directions you can take. "We often use bamboo screens because they're so natural and versatile," says Boyds Bay Landscaping regional manager Darren Bennett. "Laser-cut screens are another great alternative, and they can usually be found at your local hardware store. The rust-coloured metal ones in particular look great against any colour of fence."



3. VINES are another great way to give your outdoor space a lush look, while also creating an interesting focal point on an otherwise plain fence. You can use fishing wire or screens to give them something to grow along. "Place trough-style pots on the ground beneath your screens, and the vines will grow through the screen to create an eye-catching feature," says Darren.

4. VERTICAL GARDENS are all the rage right now, and they're not hard to recreate in your own backyard – green thumb or not! "A vertical garden is an ideal way to grow herbs and some veggies, but what you plant in your vertical garden will be dictated by how much sunlight the

garden will get," Darren says. "Just make sure the fence is sturdy enough before creating one."

5. PAINT is an easy, inexpensive and long-lasting way to create big change in your backyard. Paint the fence itself, or even paint your lattice or laser-cut decorative screen (if doing this, Darren recommends choosing a colour that contrasts with the fence itself) to make a stylish visual statement in your slice of the great outdoors!

KOREAN BBQ BEEF

By celebrity chef, Julie Goodwin



Serves 4. Prep time: 20 mins
Cooking time: 15 mins

Ingredients

1 kiwi fruit or 1 small pear, peeled
800g beef eye fillet, sliced 3-4mm thick
3 cloves garlic, crushed
2 tablespoons soy sauce
1 tablespoon sesame oil
2 tablespoons Chinese cooking wine
2 tablespoons brown sugar
½ teaspoon ground black pepper
2 tablespoons peanut oil
For serving: Oak leaf lettuce leaves,
thinly sliced long red chillies, cooked
jasmine rice, lime wedges.

Method

Place the kiwi or pear into the bowl of a mini food processor and blitz until it forms a paste. Toss the paste through the beef and allow to stand for 10 minutes. In a small bowl combine the garlic, soy sauce, sesame oil, Chinese cooking wine, brown sugar and pepper. Stir through the beef and marinate for 30 minutes. Heat a barbecue or grill pan to a very high heat. When the grill is smoking, cook the beef for one minute each side. You should get good char marks. Serve in a lettuce leaf with a little rice, chillies and a squeeze of lime. Season with ground white pepper.

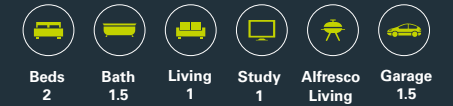
Around the grounds.

SPRING HAS SPRUNG Our recent 'Spring has Sprung' event was a wonderful welcome to the season at our River Waters Country Club. We had loads of positive feedback from those visitors new to our resort.



Your seachange awaits...

Villa 94 - \$585,000



Stunning Sunrise

This lovely home has a high raked ceiling in the open-plan living room. Light and spacious, the main area features a kitchen with island bench, lounge and dining space that opens onto an outside alfresco area. There are two bedrooms, both with built-in robes and an adjacent bathroom off the main. A separate powder room and laundry are located at the rear of the home, which leads to a luscious open garden. The home has ceiling fans throughout and split system air conditioning to the main bedroom and living area. The kitchen has a stone bench top, polyurethane cabinets and gas cook-top. Third bedroom is a multi-purpose room, and is perfect as a study or craft room and would accommodate a sofa bed. The villa has a 1 ½ sized garage and is close to amenities such as tennis courts, bowls and clubhouse with cinema, indoor heated pool and more.

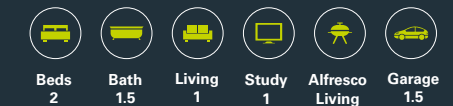
Villa 150 - \$690,000



Seacoast design

This smartly design Villa with its North Facing living areas is drenched in natural light. The elegant interior with a neutral colour palette of beautiful tiles combines functional style with exceptional quality and luxurious space. A large tiled path extends around the perimeter of the Villa combining 2 alfresco areas and a garden into a delightful entertainers delight. A garden shed with work bench and lockable cupboard makes a versatile space for the home handyman and avid gardener. A generous study lends itself to become a third bedroom. Split cycle air conditioning controls the temperature in the lounge and bedroom 1, while the remainder of the Villa is serviced by Odyssey Cooling system. This stylish, generously open space home is picture perfect and a must to inspect.

Villa 53 - \$555,000



Pre-loved Sunrise

This lovely home has high raked ceilings in the open plan area. Light and spacious, the main area features a kitchen with island bench, lounge and dining space which opens out to an afresco area. Two bedrooms with built-in robes, study which is large enough for a sofa bed. Separate powder room and laundry are located at the rear of the home which leads to a garden space with lawn. Ceiling fans throughout the home and split system air conditioning to the main bedroom and living area. Kitchen includes stone bench tops, polyurethane cabinets and gas cooktop. Lovely front verandah brings outdoors in. The villa is close to all the amenties that the resort has to offer including clubhouse, indoor heated pool, outdoor pool, tennis courts, bowls, cinema and more.



A lifestyle of luxurious leisure.

Awarded for our superior standard of design, Palm Lake Resort continues to craft communities that provide a canvas for residents upon which to create their own personally tailored Palm Lake Resort lifestyle.

Our designer lifestyle communities are engaging and flexible for residents, ensuring each aspect of every resort perfectly compliments a rich and diverse lifestyle of luxurious leisure. Impeccably designed homes are havens to retreat to for rest and relaxation while our world class country clubs are the heart of each community.

Acquaint yourself with a luxurious Palm Lake Resort lifestyle today.



Master Builders Association Award Winning Resorts 2017 for Best Resort, Best Country Club and Best Home and 2018 Best Sporting and Leisure Facility



pamlakeresort.com.au | Call 1800 648 868 | The best in designer living.