

Fern Bay.

JULY - AUGUST 2023



Welcome home

You could call our special community home. Turn to Pages 9 through 11 to see our available listings.

Be the change

Looking for a way to feel warm this winter? Do good, and feel good, with our ideas for volunteering inside.





Welcome.



Hello to all the wonderful homeowners here at Palm Lake Resort Fern Bay. It is amazing what a difference a year can make. It appears that the dreaded El Niño may already be here. By July 12 last year, we had already received nearly 300mm of rain for the month. This compares to a miserly total of just 8.8mm for June this year and only 7.2mm to July 12.

It's little wonder your rainwater tanks are empty. Do not despair just yet, however – your gardens and lawn do not need to be watered as much during the cooler months. If you run an automatic irrigation system, now might be the time to ensure that it has been adjusted for winter. Realistically, you could cut your garden and lawn watering by 80 percent from May through September. Something to consider moving forward which may help you save a few pennies.

Speaking of gardening, we would like to take this opportunity to welcome new groundsman Jack Rogers to the team. While still only young, Jack brings skills with him that will assist us to further enhance your resort. Jack has fitted in very quickly and is working well with Andy creating an efficient team. Turn to Page 5 for a more comprehensive garden update.

We would like to thank Ruth from Home 21 and Alan from Home 24. Together, they have been doing some remarkable work on the resort gardens over the past couple of months – thank you very much. Thanks also to Irene of Home 59 and Ros from Home 89 for the continued maintenance of their respective 'patches' within the resort. Another special thank you to Carol and Peter of Home 42 for the amazing work they do at the community garden and around the southern pond.

Until next time, stay safe and we hope to see you around the resort.

Jo and Ron Payne
Palm Lake Resort Fern Bay Caretakers

CONTACT US

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

FREECALL: 1800 648 86

Street address:
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Fern Bay, 2295

Office hours:
Monday to Friday (by appointment)

Email:
fernbay@pallmlake.com.au

Find us online at:
pallmlakeresort.com.au

Get social:
Follow us on Facebook
(@pallmlakeresort) and on
Instagram (@pallml.lake.resort)

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News briefs.

REFER A FRIEND

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 a new or established Palm Lake Resort home, you'll receive up to \$500 cash. Easy! Ask about our 'Refer a friend' incentive at the Sales Information Centre.



MAL'S PLACE

Homeowners may have noticed that the grove of palms along the riverbank has been given a name. It has been called Mal's Place, a tribute to our recently departed groundsman, Mal Pike. Planting the palms there was Mal's idea and Andy thought it fitting that this be acknowledged. Thanks to Alan of Home 24 for making the sign.

WHAT'S ON AROUND TOWN

Now until October 21: 'Gould – Treasures of the Hunter' is a new exhibition from Newcastle Libraries' local studies collection that explores this fascinating chapter in our local history. See it in the Local History Lounge at the Newcastle Library.

August 11-20: The Newcastle Music Festival sees brilliant locals and inspiring guests perform concerts of classical music, jazz and world music during August throughout Newcastle.

August 12: The Dirty Detour is a one-day gravel and mountain bike event held from Riverwood Downs in Monkerai near Stroud in the Barrington Coast. The event has something for all rider levels with courses being 20km, 50km and 90km in length and varying difficulty.

August 13: 'Music of the Night' is Australia's premier tribute to the music of Andrew Lloyd Webber, featuring stunning performances from 'Phantom of the Opera', 'Cats' and 'Jesus Christ Superstar', among others, as well as tributes to 'Les Miserables', 'Sound of Music' and many more.

August 26: 'Taste of the Hunter Valley' is the perfect opportunity to experience the best the Hunter Valley has to offer, all in one place. Taking place at The Station Newcastle, you'll be able to chat to local producers, learn their stories and have the opportunity to sample award winning products.

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.

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: @pallml.lake.resort



VIVE LA FRANCE!

Check out Chef Wayne and caretaker Ron hamming it up for the Bastille Week theme.

Meet your neighbours...

OUR RESORT IS HOME TO SO MANY PEOPLE FROM DIFFERENT BACKGROUNDS, AND WE LOVE READING THEIR LIFE STORIES. COURTESY OF OUR RESIDENT ZINE, BACKFLIP (PUBLISHED BY RUTH HYND), HERE ARE TWO SUCH STORIES...

THE GUITAR MAN

Peter Wilson (Home 47)

As a post-WWII baby growing up in the 1960s, Pete's teenage years were impacted by The Beatles and their rhythm and rock style of music. Who can forget 'Love, Love Me Do' and 'Please, Please Me?'. Of course, there were also the Rolling Stones with their Hard Rock Blues... but even more influential was the storyteller song writer, Bob Dylan. This was a significant change for Pete from the days of Doris Day.

By 1965, the lure of the guitar and this new beat of rock music became too great to ignore. Pete began playing with a band, but quickly found the rockstar life wasn't all it was cracked up to be. While playing at a gig in the Sea Scouts Hall, underneath Ryde Bridge, the girls in the crowd went band mad – but this was not a good thing. The jealous boys in the crowd thought it would be a great idea to smack the band around. Our imposing Pete is known to be a lover not a fighter, so he left the band after this incident.

In 1967, Peter's bank job called him to Papua New Guinea (PNG). Music continued to entice him, and Pete joined a trio in Lae – a relaxing destination for US soldiers in the Vietnam War. One night, the trio were chilling and strumming on the patio at a party, while inside the US soldiers played Russian Roulette with live ammo... Again, not good. When the gun did fire, it pierced walls but not bodies. Violence was also rife in PNG, especially at football games where people could be knifed or speared. It was time for Peter to return to Australia.

Family and work then became his priority for the next few decades, until Peter made the move to Palm Lake Resort Fern Bay in 2014. Despite the long break from bands, Peter's love of music – especially rock, rhythm and blues – persisted. Now, Pete plays rhythm guitar here in the resort and has even become a reluctant lead singer (to the delight of his fellow homeowners).

"My younger brother has the wonderful voice," says Peter.

Our resort's current band 'Turn the Page' has evolved out of Riverside Rockers and the Garage Band, and Peter also helps other budding musicians in our resort. We thank Peter & all our musicians for entertaining us at Palm Lake Resort Fern Bay.



Pictured above: Pete strumming with younger bro, Ian.



Pictured above: Pete performing with Turn the Page.

THE BISHOP

Keith Griffiths (Home 25)

Born and raised in Tamworth, Keith has spread his wings far and wide. His love for music has led to a wide variety of band performances in the Tamworth Police Club Band, Clarinet Choir, the Conservatorium Concert Band, and a Dance band. At present he plays piano on Monday mornings at John Hunter Hospital and has a three-piece instrumental group which arranges concerts at various venues. He has a love for trombone and Clarinet.

Keith completed his apprenticeship as an Electrical Fitter Mechanic, won the prestigious NSW Apprentice of the year. He was selected to attend a cocktail party with the Royal Family as the representative of the youth of Northwest

NSW. Management and Electrical Engineering became his vocational focus. Keith was selected to participate in an international engineering exchange between New Zealand and Australia, being the Design Engineer for Palmerston North Manawatu Power Distribution Board for 13 months. Later, as an electrical engineer, he managed and flew many miles in a chopper inspecting rural power lines over a 12-year period.

After marrying Berrice in 1970, Tamworth was a wonderful place to build their own home and raise three sons. As an interest, Keith became very involved with sailing. With the help of Berrice and good friends, he built a Canadian Canoe, three trailer sailors with retractable keels, and a Goat Island Skiff.

At 59 years of age, Keith retired and undertook further studies in ministry and theology. He worked as a volunteer Hospital Chaplain in the Tamworth Base Hospital for eight years. He helped to establish the Ronald Macdonald house in Tamworth. Keith and Berrice chose to help those in need. Central Australia was to beckon them. Working with locals, they helped to provide accommodation for up to 60 aboriginal women, who were waiting to deliver their babies. Aboriginal infant death rates were high so further education assisted in increasing their longevity. Included in this work was the care of a community requiring dialysis treatment.

Keith moved to Palm Lake Resort Fern Bay as early settlers. Here, Keith has been an initiator in everything from music to Bible study groups and Sunday night church, to familiarizing sessions with our appliances. Keith enjoys his table tennis, the theatre, and dinners with other residents, and has always shared his expertise and time. A heartfelt thanks to Keith and Berrice.



Pictured above: Keith, front and centre, at 18 years old.



Pictured above: Keith in his younger years.



Pictured above: Keith today? Nearly.



Garden update.

We hope homeowners have noticed the recent improvements occurring around the resort.

Mulching around the resort will be ongoing over the cooler months to prepare the garden beds for the predicted drier, warmer summer.

A new extension hedger has been purchased to enable the groundsman to reach those wider and higher hedges. It will also be used to cut the flowering heads off the bulrushes before they go to seed.

We have continued work on the resort sediment ponds to make them more presentable as well. Homeowners must understand that these ponds are to filter and clean storm water from the resort before it enters the Hunter River. They are not ornamental ponds. We will however continue to improve their appearance now that we are fully staffed again.

Weekly activities list.

MONDAY

8.30am Ladies Tennis, Moving on Monday
8.45am Floor aerobics with Hayley
9am Box 'n' Burn, Green Hills Bus Run
9.30am Bowls, Monday Craft
1.30pm River Waters Country Practice (Games Room)
2pm Mah jong (Library), Improver Line Dancing
4.30pm Table Tennis
7pm Twilight Tennis

TUESDAY

8am Mixed Tennis
8.45am 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 Card making
4.30pm Table Tennis
5pm Twilight Bowls

THURSDAY

8am Mixed Tennis
9am Box 'n' Burn, Charlestown Bus Run
9.30am & 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
8.45am & 9.15am Aqua Fitness with Hayley
9.30am Patchwork and Quilting
12noon for 12.30pm Bistro Lunch
1.30pm Dancing with Jeff and Barbara
2.30pm Cards including Canasta (Clubhouse)
5pm Happy Hour

SATURDAY

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

How to feel warm (and fuzzy) this winter.

SURE, YOU COULD SIP ON HOT CHOCOLATE OR DON A COSY JUMPER TO BEAT THE CHILL THIS WINTER. BUT IF YOU REALLY WANT THAT WARM, FUZZY FEELING, ONE OF THE BEST WAYS IS TO DO SOMETHING KIND FOR SOMEONE ELSE.

Volunteering has long been associated with retirement, but the release of a 2022 research report from National Seniors confirms it. The survey, which asked more than 3600 older Australians to talk personally about volunteering, revealed impressive results.

Half of the respondents stated that they volunteer at least some of the time. Twelve per cent say they volunteer five to 10 hours per week, nine per cent volunteer 10 to 20 hours per week, and two per cent volunteer more than 20 hours per week.

Interestingly, there was little distinction between the amount of volunteer work done by those who had permanently retired from paid jobs, and those who hadn't. Retired or not, senior Australians just love to volunteer. Perhaps it's because, as the report also revealed, many volunteers say it makes them feel more positive and satisfied with how they spend their time.

This is certainly true across the Palm Lake Group of resorts. We are home to countless happy volunteers and volunteering groups. From knitting tiny beanies to donate to babies in NICU, to collecting bottles and cans to raise funds for drought-stricken Australians, hundreds of marginalised people feel the love from our Palm Lake Resort homeowners.

Why not spread more of those warm and fuzzy feelings yourself? Here are four creative ways to volunteer your time this winter (and beyond).

WHY NOT
WRITE TO
SOMEONE?



Find a pen pal

Have you heard of the Letterbox Project? The flagship program from Connected AU, the Letterbox Project is national pen pal initiative that focuses on fostering connection and community. It allows you to volunteer some time to send handwritten letters across Australia to people feeling isolated and disconnected. Every single letter (for the duration of the pen pal communication) is sent through the Connected AU team and approved, allowing relationships and connection to thrive while ensuring everyone in their community is safe. Head online to connectedau.com.au/letterbox_project to learn more about this great initiative.

Offer your skills as a mentor

By the time we reach retirement, many of us have picked up a few special skills over the years. Maybe you're talented in art and crafts and know your way around a set of knitting needles or a crochet hook? Perhaps you're a professional pianist or artistic painter? Or maybe you love getting your hands dirty in the garden (and regularly reap the rewards in terms of fresh produce or beautiful flowers)? Whatever your skill, chances are there is someone in your community (be that within your Palm Lake Resort community or the greater local community) who wants to learn from you. Consider posting a flyer on your resort noticeboard or in your local paper or Facebook group volunteering your time and expertise as a mentor – you never know who will reach out.

Coordinate a drive

From canned goods to baked treats, handmade items to unneeded items, we can make a big difference when we all

rally together to support those in need. Choose a cause to support – it could be sanitary items for unhoused people in your community, toys for children fleeing family violence or cans of pet food for your local animal shelter – and call on your Palm Lake Resort community to help bring the drive to life. We're a charitable bunch and no cause is too small. Also, keep your ear to the ground; you just might hear that one of your neighbours is doing it tough, or that one of their friends or a family member might need some support.

Care for someone in your greater community

For the last few years, the Palm Lake Group has been committed to co-locating Palm Lake Resort and Palm Lake Care locations. This not only provides opportunities for couples with different levels of care to stay close to one another, but also ensures that residents in our aged caring communities feel the love and support of their Palm Lake Resort neighbours. Palm Lake Care is always looking for volunteers to either visit the community and spend time with the residents, or assist the Lifestyle Team in running activities. If this sounds like you, please contact the Lifestyle Coordinator at your nearest Palm Lake Care to discuss this further. Head to pallmlakecare.com.au for the contact details of each of our seven care communities.

Whichever way you go, there's definitely a warm and fuzzy feeling attached to lending a hand to support others. And don't forget, there are always plenty of volunteer roles around your resort neighbourhood as well - our various committees are sure to love it if you put up your hand to help. You'll be getting to better know your neighbours, too, which is always a great added bonus.



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 648 868. *T&Cs apply



THE BEST IN OVER-50s LIVING. THIS IS YOUR TIME.
palmakeresort.com.au

Homes for sale.

Home 132 - \$705,000

🛏

Beds

2

🚿

Bath

1

🛋

Living

1

📖

Study

1

🚗

Garage

2



Extremely sought-after.

This well-maintained Sunrise design is ideally situated within a short stroll to the resorts club house, swimming pools, tennis courts, lawn bowls, medical centre, chemist and hair salon.

This home features an open living floorplan with a gabled roof, two bedrooms, bathroom with a second separate toilet, study and a laundry that direct access to the north facing back yard.

It also has an Odyssey ventilation system, which is unique to this resort.

Want to book a private tour and find out more about our resort? FREECALL 1800 648 868 or email fernbay@palllake.com.au. You can also visit us online at pallmakeresort.com.au

Homes for sale.

Home 237 - \$799,000



SOLD

Perfectly situated.

This well-presented home is centrally located with a short stroll to the resort clubhouse, bowls, tennis & pools. This popular design features two bedrooms and a multi-purpose room, living and stylish kitchen with stone benchtops, two bathrooms (main with ensuite) and double garage and laundry with access to the low maintenance back yard.

Home 112 - \$1,050,000



SOLD

Extremely sought-after.

This extremely sought-after home is situated at the northernmost end of the resort. The property is north facing and on a corner block, adjacent to the resort's parkland, gardens and ponds with ample bird life. The home features three bedrooms, two bathrooms, large modern kitchen including stone bench top, a generous living area with views over the parkland, pond with sunset view, an enclosed alfresco area, a generous laundry and double garage.

Home 233 - \$895,000

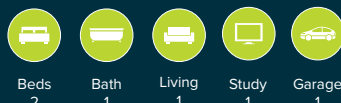


SOLD

A must-see.

This stunning home is a must see, boasting wow factor in every room. It is located in prime position, close to the resort clubhouse as well as the onsite doctors, chemist and hair salon. The itself home has a generous open living space, modern kitchen, two bedrooms, two bathrooms, study and a double garage. The established garden with pergola is set off by the beautiful entertainment and alfresco areas.

Home 15 - \$740,000



UNDER OFFER

Well-maintained.

This well-maintained home is situated down the southern end of the resort on a corner block with views from the open plan living/ kitchen areas. The home features two bedrooms, a multi-purpose room, enclosed alfresco area, one bathroom and a second toilet, laundry with back yard access and a 1.5 garage. This home is ideally located with only a very short stroll to the resort club houses and amenities, doctors and hair salon. The home is in a peaceful location and ideal for couples and singles.

Want to book a private tour and find out more about our resort? FREECALL 1800 648 868 or email fernbay@palmlake.com.au. You can also visit us online at palmakersort.com.au

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 648 868 | fernbay@palllake.com.au
1117 Nelson Bay Rd, Fern Bay, 2295

THE BEST IN OVER-50s LIVING. THIS IS YOUR TIME.
palllakeresort.com.au