

JULY - AUGUST 2024



The Tide



Meditation in motion

You don't always need to break a sweat to get the benefits of exercise

A party 10 years in the making

Our resort recently marked an important milestone - catch up on the celebration inside...

Refer a friend, earn a reward

Do you know someone looking to make the move here? Refer them for a cash reward



Welcome.



Welcome to the latest edition of 'The Tide' newsletter. What a busy few months we've had at Palm Lake Resort Fern Bay.

The Social Committee has been busy organising events and functions for your enjoyment, but the highlight was the tenth birthday celebrations on Friday May 3. It was great to see so many residents and dignitaries on hand to celebrate such a special milestone. Such a wonderful day required months of planning, organising and hard work and we 'dips our lid' to the organising committee of Barbara Wilson, Anne-Marie Slevison, Jan Ward and Jan Barker. Well done, ladies.

Sunday July 28 is National Tree Day in Australia. Your Residents Committee has been approached by residents regarding celebrating this special day. With this in mind, we've compiled a list of suitable tree species to be considered for planting on the day. The list has already been distributed but if you missed out, it is still available from the office. Therefore, if you're interested in dedicating a tree, please select and purchase a tree, bring it to the office before Thursday July 25 and we'll plant it in a place we deem appropriate. We ask that residents do not plant any trees on the resort grounds without our approval. The species on the list have been selected as they are generally native to our area and are quite hardy.

As we compile this newsletter, it's been great to see some relief from the relentless wet weather. After an exceptionally dry March, April and Ma's downpour made for an extremely wet autumn - ensuring the low ground will remain soggy through winter. However, it's in perfect condition for planting trees!

Until next time, stay safe and healthy,

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:

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Street address:
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Fern Bay, 2295

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Monday to Friday (by appointment)

Email:
fernbay@pallmlake.com.au

Find us online at:
pallmlakeresort.com.au

Get social:
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News in brief.

We want to hear from you!

Whether it's photos from a recent event or a new activity you'd like to announce, this newsletter is the perfect place to share the latest and greatest resort happenings. Ask your caretaker about deadlines for upcoming editions and how to submit content.



Fern Bay homeowner Ann-Marie is a winner!

Are you following Palm Lake Resort on our various social media platforms? While you can catch up on all the company news on our Facebook page, you may not know that we also have a vibrant Palm Lake Resort Instagram account as well? Ann-Marie of Palm Lake Resort Fern Bay is the lucky winner of our Instagram competition that ran during the month of April. She has picked up a \$200 gift card simply by tagging a friend in our posts. Make sure you keep your eyes peeled for our next social media competition. In the meantime, make sure to be following us on Facebook (@pallmlakeresort) and on Instagram (@pallm.lake.resort).

Image supplied by Peter Fitzpatrick.

Four-legged friends

Palm Lake Resort understands how important pets can be in people's lives and we actively market our resorts as pet friendly. However, for the benefit and comfort of all homeowners, certain rules concerning pet ownership are in place. Initially, all pets in the resort need to be registered with the Resort Office. Your site agreement contains all the finer details in relation to this requirement and no reasonable requests have been denied.



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: @pallm.lake.resort



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 Ballina home, you'll receive \$250 cash. Easy! Ask about our 'Refer a Friend' incentive at the office.

10 years young.

PALM LAKE RESORT FERN BAY'S 10TH BIRTHDAY CELEBRATION WAS ALWAYS GOING TO BE SPECIAL – BUT WITH A ROVING MAGICIAN, LIVE SKETCH DRAWINGS AND A LINE-UP OF CELEBRATED SPEAKERS (FROM POLITICIANS TO RESORT PIONEERS), IT BECAME THE EVENT OF THE DECADE.

The tables were immaculately decorated, the bar fully stocked, and the order of events was planned down to the minute (really, it was). Months of preparation had gone into Fern Bay's special birthday celebration – and it was evident from the moment you stepped through the door.

Over 250 homeowners gathered in the River Waters Country Club, joined by distinguished guests: Amanda Clements (Executive Manager People & Operations, Palm Lake Group), Meryl Swanson (Federal Member for Paterson) and Tim Crakanthorp (State Member for Newcastle), to name a few. Amanda spoke first, sharing her memories of Palm Lake Resort Fern Bay over the years.

"I've been with the Palm Lake Group for 16 years, so I have many memories from the early days of Fern Bay," said Amanda on the day. "Being here, thinking about how far this resort has come – from literal rubble, to now – is quite moving. What an incredible community."

Next, the 'birthday' cake was cut by Amanda and Fern Bay's true pioneer, Eileen O'Hara. Eileen was the very first homeowner to move into Palm Lake Resort Fern Bay in 2014, spending several weeks in the resort by herself before any neighbours moved in.

After kind words from both Meryl Swanson and Tim Crakanthorp – who each expressed their admiration for Palm Lake Resort Fern Bay and its place in the community – homeowner Lloyd Hynd read two poems penned by fellow homeowner Steve Carroll. Steve, meanwhile, was busy finishing off two sketch portraits of Amanda and Meryl, which he had drawn while they were speaking. It was a lovely, personal touch to the presentation and both Amanda and Meryl were delighted to receive their portraits. Another touching moment came when Palm Lake Resort Fern Bay's resident magazine editor, Ruth Hynd, presented Amanda with a special 10th-anniversary edition of the community zine, Backflip. A true labour of love, Ruth spent countless



hours profiling the pioneers of the resort, sharing special memories from the past decade, and detailing the history of both Palm Lake Resort Fern Bay and the Palm Lake Group. Well done, Ruth!

"Palm Lake? I'm here till my dying day,
There's no place that is better.
Over the bridge at old Fern Bay,
Perfection to the letter.

Ten years ago who would have guessed,
A paradise they were making.
But here we are with the very best,
In retirement partaking."

- An excerpt from Steve Carroll's poem, 'Ten Years On'

Roving magician Matt Swift finished the officialities with a bang, wowing the crowd with his impressive magic tricks. Then, as all great Palm Lake Resort Fern Bay get-togethers do, the party ended with some great dancing.

Congratulations to Palm Lake Resort Fern Bay homeowner Ann-Marie Slevinson who won our recent company social media competition and was presented with her prize at this event. Congratulations also to everyone involved with organising the 10th birthday celebration, and to Palm Lake Resort Fern Bay on an impressive milestone. The next decade looks just as bright!

Event photography credit: Palm Lake Resort Fern Bay homeowner Peter Fitzpatrick.



Meet the pioneers.

WE HAVE SAID HELLO (AND GOODBYE) TO MANY HOMEOWNERS OVER THE YEARS, BUT WE CAN'T FORGET OUR EARLY PIONEERS.

Eileen O'Hara (Home 78)

Eileen, an Ayrshire lass, migrated to Australia in 1987. Before finding her way to Fern Bay, Eileen lived in Cardiff South and worked at the hospital. After her partner died, she wanted a change. A fateful Palm Lake Resort brochure arrived in her mailbox just in time. She contacted the sales office, put down a deposit and organised the move. Then, she went on a cruise. Upon her return, Eileen discovered that her new home wasn't quite finished. Refusing offers to be put up in a hotel, and despite the lack of gas and curtains, Eileen moved in anyway. She was the only resident for several weeks, but the gardeners (Susan and Tony Whackett) called in on her every evening. Despite the early inconveniences, Eileen says she has always felt safe and happy here.

Eileen is pictured on Page 4 (L)

Allan and Leonie Morris (Home 68)

This happy couple has called Palm Lake Resort Fern Bay home for 10 years and two months. After moving to the area from Dubbo - where they had lived for 26 years - in 2014, they noticed the construction here at Palm Lake Resort Fern Bay and were instantly curious. "I hopped over the fence and met the foreman," says Allan. The rest, as they say, is history. Allan and Leonie love all that is on offer here. They take long walks (Allan used to be a long-distance runner), do water aerobics and never miss the dance parties. "Allan is our resident jitterbug," comments another homeowner, with a laugh. In their 58 years together, it seems they've never been as happy as they are at Palm Lake Resort. And while they only wish they could be closer to their children and grandchildren (in Melbourne and Germany), life is good.



A man of many talents.

While the 10th birthday party was a celebration of the resort as a whole, the unofficial ‘man of the hour’ was our very own Steve Carroll. 86-year-old Steve wrote two poems about his time at Palm Lake Resort Fern Bay (read aloud by Lloyd Hynd) and completed portraits of speakers Amanda Clements (Executive Manager People & Operations, Palm Lake Group) and Meryl Swanson (Federal Member for Paterson). Both were delighted to receive their portraits at the end of the ceremony.

But Steve’s talents don’t stop at poetry and portraiture. Having served in four wars, he is passionate about working alongside his fellow veterans to better the lives of those abroad – particularly in Laos, which is home to 15,000 amputees thanks to landmines leftover from the Vietnam War. Steve began collecting prosthetic limbs from clinics in Australia (discarded because regulations say they can’t be reused) and sending them to Laos. For the first five years, he did this on his own dime – which, at around \$700 in postage for three boxes, soon added up. More recently, he has linked up with another veteran in Queensland who helps him send them over for free.

As part of their local Rotary Club, Steve and his wife Doreen have also taken on impressive fundraisers – namely, a motorbike ride around Australia. They rode 20,000 kilometres, slept on the ground of countless rotary clubs and raised \$30,000 for malaria research.

Yes, the people of Palm Lake Resort Fern Bay are very special indeed. Thank you, Steve, for all that you do - including your your contribution to our 10th birthday celebration.



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



Relaxation matters.

NEVER UNDERESTIMATE THE POWER OF RELAXATION; IT CAN LOWER THE RISK OF DEPRESSION, ANXIETY AND HEART- RELATED PROBLEMS, BOOST OUR IMMUNITY AND IMPROVE OUR MOOD, BRAIN FUNCTION AND MEMORY. BUT WHAT’S THE BEST WAY TO RELAX?

Tai chi

A favourite for people young and old, tai chi is a weight-bearing exercise (that is, one done while on your feet, so you bear your own weight) and a form of Chinese martial art. 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, while 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. It’s relaxing and enjoyable, and will leave you feeling calm, energised and in complete balance by the end of your class.

Yoga

Yoga dates back thousands of years, but it only really gained popularity in the Western world around the 1980s. In layman’s terms, yoga is a practice of body postures, meditation and breathing control, and there are a number of different varieties of the ancient discipline, all with different focuses, intensity and methods. Almost all of these varieties, however, focus on some core principles: breathing exercises and simple meditation, and most incorporate poses and stretches to flex and strengthen different muscles. The purported benefits of yoga include improved flexibility and muscle strength, better posture, the prevention of cartilage and joint breakdown, protection of the spine, improved bone health, increased blood flow, draining of lymph fluids and it’s also an immunity booster. For those who find it harder to get down on the floor, you can even do yoga in a chair!



Meditation

Lauded as one of the best ways to reduce stress, control anxiety and find calm, meditation has grown increasingly popular as more and more people discover its incredible benefits. You don’t require much to meditate – just a few spare minutes, a comfy, quiet spot and maybe (if self-meditation isn’t your speed) a meditative audio track or podcast to listen to. Lovers of meditation claim it helps improve their self-image, gives them a more positive outlook on life, enhances self-awareness, lengthens their attention span and even reduces age-related memory loss. Physically, meditation can improve your sleep and help you control pain, while also decreasing your blood pressure. In short, there’s no reason not to give meditation a try sometime.



Homes for sale.

Home 192 - \$825,000


Beds
2


Bath
2


Living
1


Study
1


Garage
2

Everything and more.

This north facing home is close to the northern end of the resort and within a very short walk to the resort BBQ, pond and garden areas. The home has been very well-maintained with a light and airy alfresco room coming off an open plan living area and a multi purpose room that can act as a third bedroom. The home has two bedrooms with a large master bedroom and a generous size ensuite with walk in robe. The kitchen is well appointed with stone benchtops with an adjoining laundry that leads to the backyard.



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YOU CAN ALSO VISIT US ONLINE AT PALMLAKERESORT.COM.AU



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



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Over the back fence.

THE PALM LAKE GROUP SPANS 30 RESORT COMMUNITIES ACROSS THREE STATES AND SOME 10,000 PEOPLE CALL PALM LAKE GROUP HOME, SO THERE IS ALWAYS PLENTY OF GOOD NEWS AROUND OUR GROUNDS. IN THIS NEW REGULAR SERIES, WE SHARE WITH YOU SOME STORIES OF WHAT YOUR FELLOW PALM LAKE RESORT 'FAMILY MEMBERS' HAVE BEEN UP TO RECENTLY - WHETHER THEY'RE JOINING FORCES TO DO GOOD IN THE GREATER COMMUNITY OR JOINING FORCES FOR FUN. ACROSS ALL PALM LAKE RESORTS, 'PEOPLE' REALLY IS OUR SUPERPOWER!

Resort workshop put to amazing charitable use.

IT HAS BEEN A BUSY 12 MONTHS FOR A DEDICATED GROUP OF PALM LAKE RESORT BALLINA RESIDENTS WHO HAVE BEEN HELPING THE ROTARY CLUB OF BALLINA-ON-RICHMOND WITH THEIR TEMPORARY HOUSING PROJECT FOR PEOPLE DISPLACED BY THE BIG 2022 FLOOD.

The waters may have subsided long ago, but many people still remain in very poor living conditions after the severe flooding of 2022. Thankfully though, a project from the local Rotary Club is providing warm, safe, secure and compact homes for people to live in while they are either waiting to have their original homes restored or until they find alternative accommodation.

Palm Lake Resort Ballina resident Col Lee is the coordinator of the Rotary Club of Ballina-on-Richmond's Flood Recovery group. He engaged members of the Ballina Satellite Club, based at Palm Lake Resort Ballina, to assemble kitchenettes in the resort workshop and help with the fit outs of the temporary homes across the Northern Rivers region. All up, 38 homes have been erected, housing more than 100 people across seven affected local government areas.

The satellite assembly team – led by resident Michael Sherlock, a former cabinetmaker – put together the kitchen packs, adding plumbing, sink and hardware to the cupboards. The well-equipped Palm Lake Resort workshop made the job much more efficient and less confined than it would be in a normal garage. Once completed, the kitchenettes are then installed into the temporary homes to

make them ready for occupancy. Under State Government legislation, each temporary home can be occupied for up to five years and must have running water, some form of electricity and a working toilet. A development application is not required, being a temporary dwelling.

Palm Lake Resort Ballina's Resort Manager, Rick Stewart, says it is wonderful to see our residents engaging in such a worthwhile community project.

"The fellowship and sense of commitment among the members has given everyone so much pleasure in our workshop," says Rick.

"Projects such as this give a genuine purpose to all involved in our Resort where we strive to have a close connection to major community projects."

The last of the six homes were erected in the Nimbin area, which many feel has been forgotten by government authorities. This area was very badly affected by landslides – landholders' properties and homes were swept into sunken valleys and roads were covered with up to 15 metres of rock, soil and trees. Their homes and contents have been totally destroyed, never to be seen again. This Palm Lake Resort-based project has been a life changer for those who have suffered severely from the total devastation of their properties and livelihood – finally, thanks to this dedicated, community-focused group, they can begin to move forward. Through their work and expertise, these volunteers have lifted the morale and self-esteem of many people who had all but given up hope. Well done, all!



Leona is driven.

GOSH, WE HAVE A VIBRANT COMMUNITY OF RESIDENTS ACROSS BOTH OUR PALM LAKE RESORT AND PALM LAKE CARE COMMUNITIES - AND OUR TEAM MEMBERS ARE PRETTY VIBRANT THEMSELVES!

Case in point: Leona from Palm Lake Care Mt Warren Park. When she's not heading up the Lifestyle Team, she's generously giving her time to others, including charity. Leona has just returned from the "Shitbox Rally" - an aptly named annual Cancer Council fundraiser that requires participants to drive a car valued at less than \$1500 across various states of Australia. The rally saw her and husband Scott drive a 1989 VN Commodore from Brisbane to the starting line in Adelaide, through the centre of Australia, and over to Perth. Although the rally finished in Perth, the pair managed to complete a return trip and got their 'shitbox' back home to Brisbane - some 12,000km in total! This was Leona's fifth time in the Shitbox Rally, which has raised \$45 million for the Cancer Council in its 14-year history (Leona and her fellow Autumn 2024 rally participants raised \$3 million alone this trip!). Incredible! Leona's residents at Palm Lake Care Mt Warren Park followed her progress throughout the trip online, via a tracker she had in her car. There was loads of excitement across the community as she and Scott made it to each checkpoint. Bravo Leona - what fun, and what a great cause!

Inter-resort good sports.

Palm Lake Resort Eagleby hosted a team from Palm Lake Resort Waterford who put up a good fight, with some great lawn bowls played. However, Eagleby proved to be too strong and ran out winners 91 to 55.

Our Palm Lake Resort Cooroy-Noosa bowlers also took on visitors from Palm Lake Resort Beachmere Sands in a recent inter-resort bowls comp. After the morning session, Cooroy-Noosa were only up one point and one game. After a bit of banter and encouragement over lunch, the Cooroy teams lifted and won six out of eight games and scored 99 to 58 points to comfortably win the day. Final results were: Games won 10.5 to 5.5 and Points won: 196 to 154

Finally, Palm Lake Resort Bethania lawn bowlers took on their counterparts at Waterford recently. Although the final score was 102 to 63, it was no indication of the game. Both teams won three rinks each however one Waterford team won 34 to 5 with a very rare score of 9 on one end. This doesn't happen often - it's a bit like a hole in one in golf. It was a great game that all enjoyed whether playing or spectating.

They're sew good.

The talented crafters at Palm Lake Resort Deception Bay held their 10th annual Quilt Show in recent weeks. A few of the handmade quilts went home with lucky raffle winners – the rest are to be donated to local charities. Special mention to quilter Coral Welham, who turned fabric that wasn't suitable for quilting into pouches for rescued wildlife. Our Deception Bay homeowners really are sew good.



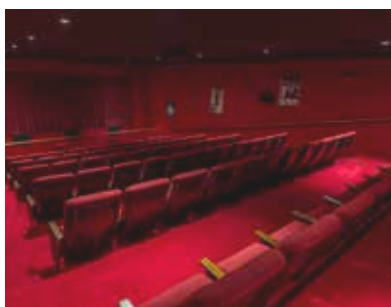
Cindy trains pups to empower.

Palm Lake Resort Beachmere Bay homeowner Cindy is spending her free time in a brilliant way - training pups to become Assistance and Therapy Dogs. Cindy has opened up her Beachmere Bay home to support this fantastic cause and has an ever-changing variety of the most gorgeous pooches staying with her, via the "Empower Assistance Dogs" organisation. Well done, Cindy!

What's happening over your back fence?

Has your resort got a warm and fuzzy "Over the back fence" story to share with the greater Palm Lake Resort community? We'd love to hear from you! **Simply email the details to belinda@bellepr.com**

We're all good sports.



FREECALL 1800 648 868 | fernbay@palllake.com.au
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