

BAY BREEZE

July-August 2022



Pictured: Our world-class undercover bowls rink hosted the recent tournament against Palm Lake Resort Tea Gardens.



BEST AND FAIREST

We didn't keep the shield after our bowls game against Palm Lake Resort Tea Gardens, but good sportsmanship was the real winner of the day

DOG DAYS ARE HERE

They're man's best friend and Palm Lake Resort's too. Read about how to keep your mate happy and healthy this winter

A GREAT ADVENTURE

When their daughter started horse riding, Reginald and Helen McGee had no idea they were in for the adventure of a lifetime. Read more on Page 6



WELCOME

Hello to all! If you have been feeling cold lately, it's little wonder – the start of June this year was officially our coldest start to winter since 1989, a whole 33 years. At least the rain appears to have eased, although experts say La Niña may return later this year. We plan to 'make hay while the sun shines' and get on top of the gardens, hedges and lawns while we can. One major job is the maintenance of the embankment along Nelson Bay Road. Work will include removing dead plants and shrubs, planting hardy natives and mulching. Hopefully having this work concluded by spring will allow us to better maintain the resort grounds next summer.

Residents are reminded that the resort bus heads off on shopping outings twice a week. The destinations are Greenhills Shopping Centre or Raymond Terrace each Monday, and either Charlestown Square or Westfield Kotara on Thursdays. Attendance has been a little low of late and unfortunately, we have had to cancel several trips. We encourage residents to support these services to prevent their cancellation. A minimum of five passengers is required for the bus to leave. Furthermore, supporting these services is an effective way to save on fuel during these days of extreme fuel prices.

We hope to see you around the resort. Stay safe!

Jo & Ron
Palm Lake Resort Fern Bay Caretakers

CONTACT US

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Find us: 1117 Nelson Bay Rd,
Fern Bay, 2295
Sales Centre opening hours:
Monday-Friday, 9am to 4.30pm.
Weekends by appointment.

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NEWS BRIEFS

READ ALL ABOUT IT

If you haven't already received a copy of the Winter 2022 edition of our company magazine, Your Time, you should check it out online. In the Winter edition, we have a special feature on the "Pets of Palm Lake" – a collection of stories on our amazing residents and their amazing pets. You'll also catch up on all the news from around our many Palm Lake Group locations, find tasty winter recipes and discover a few fun ways to spice up your life. To read the edition online, visit www.palmakeresort.com.au and click on the 'News & Events' tab in the menu.



WE WANT TO HEAR FROM YOU!

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

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: @palmakeresort
Instagram: @palm_lake_resort

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.

COOKING UP A STORM

Chef Wayne, ably assisted by Megan, provides our resort with restaurant-quality meals on Tuesday evenings, Wednesday lunch and Thursday evenings. Then, each Friday, a bistro style lunch is provided with set meals of crumbed prawn cutlets or beer battered flathead, served with chips and salad or one of Wayne's special creations. His magnificent pot pies are particularly popular during the cooler months. Wayne is always striving to add variety to his meals and one way is with the popular theme nights. One such night, coming up in July, is a French-themed week celebrating Bastille Day. The main for that week is chicken cordon bleu served on a ratatouille risotto. Irresistible! Some find the 5.30pm dinner sittings too early, but you are really missing out – don't let those complimentary meal vouchers go to waste. Come along, enjoy wonderful food, and meet new friends. We hope to see you soon!



GOOD SPORTS.

On Sunday June 5, members of the Palm Lake Resort Tea Gardens Bowls Club travelled to meet us at Palm Lake Resort Fern Bay for a fiery face-off.

Though it was Tea Gardens who returned home with the shield, the president of their bowls club Len Baker had some kind words to say about how our bowls club members conducted themselves on the day.

“We were ultimately victorious and took home the shield at the end of the day, but credit must go to the Fern Bay bowlers for their good sportsmanship,” says Len.

Len says that although the Fern Bay bowlers could have declared a tie and retained the shield, our bowls committee announced Tea Gardens as the champions after winning five to three rinks.

“We look forward to a return match at Palm Lake Resort Tea Gardens in the near future,” says Len. “We’re sure the spirit of friendship at our inter-village bowls tournaments will continue to shine.”

Special thanks to the Tea Gardens bowlers for travelling to our resort for the tournament, and also to Fern Bay resident Denis Longman for taking photos on the day.



Pictured: The Fern Bay-Tea Gardens Shield returning to the Tea Gardens Bowls Clubhouse.



Pictured: Bowls Club presidents Len Baker (Tea Gardens) and Peter Noakes (Fern Bay).



WEEKLY RESORT ACTIVITIES

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
- 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
- 8.45am 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 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 & 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



TAKING THE REINS.

IT'S NOT UNCOMMON FOR PARENTS TO BECOME INVESTED IN THEIR CHILDREN'S PASSIONS. BUT FOR PALM LAKE RESORT FERN BAY RESIDENTS HELEN AND REGINALD MCGEE (HOME 196), THAT MEANT QUITTING THE DAY JOB, BUYING A PROPERTY, AND EMBARKING ON THE ADVENTURE OF A LIFETIME WITH THEIR FAMILY.

"It all started when our daughter became a teenager and decided she wanted to join the local pony club," says Reg. "I was promptly assigned the role as strapper – the general hand for my daughter and her horse – but over the years I got a bit too enthusiastic."

Before long, Reg had decided it was time to quite the rat race and start breeding Warmbloods – mainly used for Dressage and Show Jumping. He quit his day job at Harbour Master Sydney Ports and purchased a holding at Bishops Bridge, between Maitland and Kurri Kurri. The area had a well-established equine industry.

"The property was a bare paddock with only the boundary fencing and a gate," says Reg, "so the first nine months were spent establishing some functionality. This meant yarding and building dams, watering systems, training facilities, a barn, a machine shed – oh yes, and a house."

During this time, Reg became a dab hand at fencing. He split logs for posts, built a round yard (a great place to be thrown off young horses) and a dressage arena (which was a little harder on landing). Helen got to work establishing the house garden and paddock, while still balancing her frequent trips to Sydney for work.

"I purchased some mares at a warmblood auction and started the breeding programme using local and interstate stallions," says Reg. "The local stallions were not any real trouble – you just floated the mare over to the stud for a few days, then did a pregnancy test after 40 days."

The interstate stallions required a little more finesse, says

Reg. But, after a few visits from the vet and great trust in the couriers, they were impregnated via IV.

"The foaling was probably the best time – even if it did usually happen between 2am and 4am," says Reg. "A foaling alarm, which was just a small radio transmitter fitted with a float switch, was attached to the mare's halter. The receiver was next to my bed so when the mare went down to foal the transmitter was activated. The resulting noise was enough to wake the whole house!"

"Fortunately, we had little trouble with the foaling – but we did lose one mare to colic some days after foaling. The filly then had to be hand-raised for about six months, which was nice but not fun."

Of the horses the McGees bred, there are two that stand out most. The first was Brae Lad, by Don Ramiro out of Whirlwind, who was a Hanoverian Mare that topped out at 17.2 hands.

The other was Brae Galaxy, by Argentille Gullit out of Aptrak. The McGees kept Galaxy as a stallion and he won numerous championships – mostly at local shows in the Hunter Valley, along with a second the Royal Easter Show. Unfortunately, he was kicked by the mare as a foal which resulted in a scathed stifle, limiting him to stud duties.

"While this adventure into the equine industry was not the most profitable, it did give both of us a great deal of enjoyment and lasting memories," says Reg.

MEET YOUR NEIGHBOUR, JAN BARKER.

Jan (Home 76) was a £10 Pom from Greenwich, London. Her dad toiled on the London Docks but, in 1967, sought a new life in Australia.

Ever fancied living in a corrugated iron Nissen hut with no inside bathroom or toilet – and in a lovely, hot Aussie summer? Well, that's where Jan's family lived when they first arrived: a migrant hostel in Wollongong.

Naturally, Jan and her brother Phillip still tested their mum. Phillip had measles and chicken pox on the ship, then each child broke an arm within their first week in Australia... poor mum. All that, and their precious goods had been destroyed by water on board the ship – wow!

Much later, Jan trained for secretarial work but made sure to choose an interesting field. Initially, she worked with the Defence Department in Canberra, but she soon felt the pull back to Wollongong. On her very first day with the Police Department at Port Kembla, Jan was introduced to the world of crime. Sydney Criminal Investigations Division (CID) had taken over because a man from Port Kembla had been murdered.

The murderous streak continued with the gruesome killing of Kim Barry. Jan was to know all the details as she compiled the running sheets for the detectives (without computerised help, mind you). Our Jan, being of quick mind, was the first to point out the murderer to a detective.

Then, there was the Thredbo Disaster – a tragedy we all know too well. Jan compiled the logs of all the First Responders for the Coroner... a heavy burden of information and responsibility indeed! But a job well done for Jan.

Jan continued to live around Wollongong until six years ago. Family beckoned Jan and her husband, Les, to the Hunter area so they came to join us here at Palm Lake Resort Deception Bay (thankfully).

Now Jan, the President of our Residents Committee, has become one of the leaders in our community – and we're all the better for it.



Pictured: Jan with her mother and brother, Phillip.



Pictured: The Nissen huts Jan and her family lived in.





VET'S WINTER CAUTION.

DOGS FEEL THE WINTER CHILL JUST LIKE WE DO. SO, WHILE YOU'RE PULLING ON YOUR LAYERS AND DIGGING OUT EXTRA BLANKETS, REMEMBER THAT YOUR PET NEEDS SPECIAL CARE DURING WINTER, TOO. KEEP THESE TIPS FROM PETSTOCK VET DR KATHY MACMILLAN IN MIND.

Beating the winter blues

Just like humans, pets are also at risk of developing the winter blues. Household pets, especially cats and dogs, are highly intuitive and can sense when owners are feeling lazy or unmotivated. Despite being covered in fur, even for our pets it can be tempting to stay cooped up indoors throughout winter. As an owner, staying motivated to maintain your pet's daily exercise regime is critical during the winter months for your pet's mental and physical wellbeing. Playing with your pet indoors or mixing in training sessions is also recommended.

Hydration

Keeping your pet hydrated is always important but it is usually something that pet owners are more aware of during the warmer months. Make sure that your pet always has access to fresh water even if it's cool.

Drinking standing water

This winter has brought more rain than we're used to and, therefore, more puddles. When you're on your daily walks, monitor your dog closely and avoid letting them

drink any standing water. Leptospirosis is an infectious disease that can be contracted by dogs that drink or swim in contaminated water, such as puddles, ponds, rivers or dams. It can cause them to become extremely sick and, in some cases, be fatal. Symptoms include fever, vomiting, diarrhea, refusal to eat, weakness, depression and stiffness. Always take a fresh bottle of water and a travel bowl with you on all outdoor adventures – that way your pet will stay hydrated and will be less likely to pick up unwanted, harmful diseases.

Sleeping indoors

No matter their age, consider allowing your pet to sleep indoors during winter. Not only will they be more comfortable, but they will use less energy maintaining their body temperature. Chilly nights can make the joints of pets suffering from arthritis more painful and breathing cold air can exacerbate respiratory problems such as bronchitis or collapsed trachea. If you have a puppy, this is the perfect opportunity to try indoor crate training and, if you have a senior pet, winter is a great time to invest in a soft, thick bed that will be easy on their joints.

Heater safety

While it is encouraged to keep your pet indoors more often than not during winter, it is important to ensure they stay safe. If you have a gas heater, have it serviced at the start of the season, prior to using it, to ensure it is not leaking carbon monoxide. And, of course, whether you're using a gas or electric heater, make sure it is always in a safe place where Fido won't knock it over.

DON'T WEIGHT TOO LONG.

UH OH – YOUR DOG'S BODY WEIGHT HAS CREPT UP. BEING OVERWEIGHT CAN PRE-DISPOSE PETS TO JOINT INJURIES, BREATHING PROBLEMS, HEART ISSUES AND SOME CANCERS. HERE'S HOW TO GET THEM FIGHTING FIT ONCE AGAIN.

Just like humans, dogs can be at risk of a plethora of health problems if they're overweight. If your pooch is showing signs of a podginess, don't stress. You are not alone. Research shows that around 40 per cent of Aussie pets are overweight. The most important thing you can do for your pet is to acknowledge the problem before it gets out of hand and start them on a path to better health. Here are some tips to help your dog lose weight healthily and gradually.

Determine your dog's weight loss target

If your dog is generally healthy and only mildly overweight, the first thing you should do is determine their current Body Condition Score (BCS) and implement a weight loss program around this. BCS is a number assigned to your pet based on evaluation of fat at a few key areas on their body. A BCS can range from 1 to 5, with 1 being severely underweight and 5 being dangerously overweight. You can Google some very helpful BCS charts online that will help you assess your pet's silhouette from above and from the side – evaluating the ribs, spine, hip bones, waist, abdomen, muscle mass and overall fat covering. At an ideal weight you should be able to see your pet's waistline (an hourglass shape) when standing above them, looking down. And your pet's abdomen should be tucked up behind their rib cage when viewing them from the side. You should also feel your pet to evaluate their weight. Place your thumbs on their backbone, spreading both hands across the ribcage. You should be able to feel each rib under a thin layer of fat – just like you can feel the bones on the back of your hand. Be sure to reassess them every week or two until they're at their ideal condition.

Of course, if you're feeling unsure, or if your dog is significantly overweight or has pre-existing health issues, book in a consultation with your vet for further assessment and advice. Some pets may require adjustments in their dietary or exercise plans to ensure they lose weight safely, with no risk of injury or nutritional deficiency.

Adjust their diet

Mildly overweight pets may be able to lose weight with adjustments to their regular diet, such as cutting out most treats and any unhealthy table scraps, and reducing their meal portions by 10 to 20 per cent. Significantly overweight pets are generally best switched to a prescription weight-loss diet. Not only do these diets provide helpful staged feeding guides, but they also help ensure your pet will not suffer any nutrient deficiencies or excessive feelings of hunger whilst their calories are being restricted.

Encourage regular, appropriate exercise

Whilst weight loss will largely rely on your pet's diet, regular healthy exercise is important for keeping their metabolism chugging, and helping them to maintain strong muscle support. Gentle-to-moderate intensity, low impact daily exercise (such as walking or wading in shallow water) is safest. If your pet is panting heavily, stop them for a rest and offer water. Avoid exercising your pet in hot or humid conditions, as this puts them at risk of heat stress. Remember that what your dog loses in grams, they'll gain in health and vitality!



HOMES FOR SALE...



SOLD

HOME 177 - \$790,000

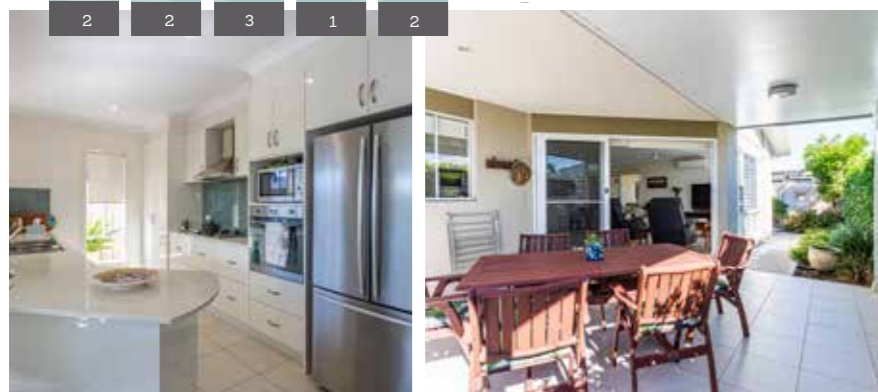
If you're looking for a secure environment to relax, socialise, exercise and generally enjoy life it's all here for you!

This immaculately presented and stylish 'Seacoast' home is a stand out. This design offers a carefully considered layout with a welcoming entry foyer, two bedrooms and a generous multi-purpose room.

The master bedroom is situated at the front of the home and includes a WIR and ensuite with quality fittings and extra storage. The second spacious bedroom comes complete with a functional BIR and has the main bathroom opposite.

Boasting a northerly aspect to the rear of the home sits an impressive entertaining area with abundance of natural sunlight throughout.

There is even a superbly appointed spacious kitchen, making this home a real entertainer's delight.



BED	BATH	LIVING	OUTDOOR LIVING	GARAGE
2	2	3	1	2

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 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.

FRECALL 1800 648 868 | EMAIL: SALESFERNBAY@PALMLAKE.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 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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