

MARCH - APRIL 2024



The Tide



Living la dolce vita

Our homeowners come from far and wide to live here - just take Barry and Marilyn...

Everything's peachy

The Dulux Colour of the Year has been revealed. Find out how to style it in your home

Refer a friend, earn a reward

Do you know someone looking to make the move here? Refer them, for fast cash

Welcome.

Well, this year is flying by. The days are rapidly getting shorter, and the nights are cooler; winter is on the way. Not sure about you, but we're looking forward to the cooler weather after such a hot and humid summer. We do not want to sound greedy, but we could do with a bit more rain. While a lot of the country has been getting soaked our region is well below its average rainfall. Hopefully April will bring some good rain to fill the tanks and refresh the air.

Palm Lake Resort Fern Bay is turning ten this year. Such a milestone should not go past without celebrating. With this in mind, please pencil Friday May 3 into your diary. A small committee has been working hard behind the scenes to present a great day of celebrations for all residents to enjoy. The event will take place during the day from 11am and feature live music, great food and even a roving magician. Senior management from Head Office will be in attendance and local dignitaries will also be on hand to partake in the celebrations. An audio-visual presentation will also feature on Channel 104 showcasing Palm Lake Resort Fern Bay, it's people and history during the event. We hope to see you all there on the day.

It's been great to see so many residents taking advantage of the complimentary meals of late. Mealtime is a real highlight of Palm Lake Resort living, giving residents the opportunity to meet new friends. So, do yourself a favour and head down for one of Chef Wayne's great meals. Set menus are Tuesday and Thursday dinner, Wednesday lunch and Friday is Bistro day. If you are not a regular diner and need a refresher on how to book, don't hesitate to contact the office for some tuition. We hope to see you in the club house for a great meal soon.

In conclusion, don't forget Friday May 3 for the resort's tenth anniversary celebrations. It's sure to be a great day. Please stay safe and we'll see you around the resort.

Warm regards,

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 648 868

Street address:
1117 Nelson Bay Rd
Fern Bay, 2295

Office hours:
Monday to Friday (by appointment)

Email:
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Find us online at:
palllakeresort.com.au

Get social:
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Instagram (@pall.lake.resort)

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News in brief.

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 \$250 cash. Easy! Ask about our 'Refer a friend' incentive at the Sales Information Centre.



Resort in full bloom

We wait patiently all year for this wonderful display, and this year's agapanthus blooms were well worth it. Did you know that these flowers are surprisingly not classified as lillies? Native to Southern Africa, the name 'agapanthus' is actually Greek and means 'Love Flowers'. We can see why!



Join the (book) club

Calling all bibliophiles! Catch up on what homeowner Carol Hanlon (Home 1) has been reading...

'While Paris Slept' by Ruth Druart

A well written story set in war-time Paris until the 1950s. What happens to two families, when a woman gives up her baby to a stranger to save the baby's life and not expecting to ever see him again? An interesting look from both sides of the coin. I enjoyed this story and thoroughly recommend this novel.

'The Other Side of Her' by B. M. Carroll

A good mystery that kept me guessing for quite a while. A backpacker goes missing and presumed drowned. But is that what really happened? I will be looking for more of this author's books. I enjoyed the characters and the way the story was written. Highly recommended.

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.

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.



This is Your Time

The start of another beautiful Aussie season means another Palm Lake Resort company magazine has just dropped. Our Autumn 2024 edition gives readers their first look at the incredible display homes just unveiled at Palm Lake Resorts Yamba Cove and Pelican Waters. We also explain how you can embrace the 'dopamine decor' trend in your own abode for the ultimate 'happy home'. And we've got some great recipes for you to try when you're invited along to your Palm Lake Resort neighbours' homes and that age-old question crops up: "What can I bring?". Never fear - the answer is here! Grab a copy of the magazine from your letterbox or you can also find it online at palllakeresort.com.au





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 IS ONE SUCH STORY. MEET BARRY AND MARILYN KEARNEY.

Barry Kearney started the early years of his career in education in the Sydney region. He quickly climbed the ladder, becoming one of our youngest appointed principals. He moved to the Hunter and, later, Tenterfield, before deciding to retire early and wander north – little did he know, into Marilyn’s territory.

Marilyn was a well-known business woman on the Gold Coast, owning a fabric business that employed 40 staff. She was a talented seamstress, but her skills extended beyond the technical – she also organised the Dress Maker of the Year Awards, which ultimately raised over \$100,000 for the Tweed Hospital.

So, how did a star school principal from New South Wales cross paths with a fashion industry icon from the Gold Coast? Through a mutual friend, of course, who also happened to be a keen match maker.

Marilyn and Barry met at their friend’s behest, but the meeting went so, so – both thinking the other was ‘pretty good’. Their friend persisted. She hosted a barbeque with her other available female friends... and Barry. When asked about his preference, Barry said: “I rather liked Marilyn.” Marilyn, though, was back in Brisbane.

He was advised to write to her, but on receiving the letter

Marilyn filed it away in a drawer. Ouch. Six months later, she rediscovered it and decided to make contact. When they reunited, both admit that they didn’t quite remember what the other looked like.

They caught up at a boutique hotel, where Barry welcomed the lovely Marilyn with a bottle of bubbles and two glasses. That was it. The two were not to be separated again.

Together, Barry and Marilyn went on to run many different businesses, including cafes and restaurants.

“That was very hard work,” says Barry, who cooked – not cheffed – while Marilyn ran front of house.

After this, they were tempted into managing high-rise hotels, a motel and a bed and breakfast.

After their wedding, they decided honeymooning in Italy would be the go. Marilyn says, “I always dreamed of living in a stone farm house on the Mediterranean.”

Visiting Italy became a favourite pastime for Barry and Marilyn. One trip led them to Assisi, a hill town in Umbria, where they were tempted by a three-storey stone dwelling about 25-kilometres away in Gualda Cattaneo. Off they drove, with a real estate agent in tow, to a lovely piazza in the small town.

Unfortunately, the keys were not to be found (the owner was living in Spain). While they pondered this issue, the villagers (who did not speak English) were rather excited about the prospect of Australians coming to live amongst them. They found a solution: the heavy 16th century doors were taken off their hinges, et voila! The house was revealed.

This house had gorgeous views and grand structure, though it was more than a little dilapidated. A full makeover was necessary. But nevertheless, their offer was accepted – a year later, the deal was finalised and, another year later, restoration was complete.

Barry and Marilyn finally had their new home in Italy in 2005. A party was in order! They had befriended a renowned chef who lived close by, so food was organised – all 26 courses. Friends had travelled from Australia, Germany, England and the USA to celebrate, and when Barry had asked around as to how to invite the locals, the reply was, “Don’t worry, they’ll come anyway.”

And come they did. People came and went, ate and drank. Marilyn says, “It was the stuff that dreams are made of.” The piazza and taverna were filled with food, wine, people, music and dancing, from 11am until 11pm.

Village life had embraced them, their new Australian friends. They would often ask, “But why come to live in Italy when Australia is all beautiful beaches?”. Barry would say, “I like Italy for its food, people, culture and the women.” Cheeky, Barry.

Despite the magic of their time in Italy, Barry and Marilyn eventually sold their home and made the move back to Australia – specifically to Palm Lake Resort Fern Bay. A different kind of adventure, sure, but they’re enjoying it all the same.

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



Pickleball: It's a smash

THERE'S A NEW CRAZE SPREADING THROUGH PALM LAKE RESORT. IT'S NOT QUITE TENNIS, NOT QUITE BADMINTON AND NOT QUITE PING PONG – IT'S PICKLEBALL, AND IT'S TAKING THE WORLD BY STORM.

The latest addition to many a Palm Lake Resort activities calendar might also be its most unusual. Pickleball, a sport that is played competitively in the USA but relatively unheard of everywhere else, has captivated a small group of residents – and they want everyone to join in the fun.

"Pickleball was first suggested in early 2020, but of course COVID brought our plans (and everything else) to a halt," says pickleball group member Rosslyn. "One of our residents had seen it played on a trip to the Gold Coast, and she thought it would be perfect for Palm Lake Resort. We were able to get a pickleball group going about six months ago and, safe to say, we're hooked!"

Across the Palm Lake Group, homeowners are meeting up at their resort tennis courts for a game or two of pickleball, and a good laugh.

"There is so much to do here, so we try to fit it in around all of the other activities," says Rosslyn, who is one of the pickleball-mad residents at Palm Lake Resort Tea Gardens.

Their group's sessions include a 20-minute warm up and a handful of pickleball games, with a break for a sit down and a chat in between.

"We're certainly not competitive – I'm sure it could be, but it's more of a social exercise for us," says Rosslyn. "None of us have ever played the sport before, but it's very easy to pick up. We actually discourage running so it's not as strenuous as tennis, but it's still active."

Pickleball is played on a small court – around 6 by 13 metres, roughly half the size of a tennis court – so can be played at a

slower pace. You can play in singles or doubles, and only need sneakers, a pickleball and a paddle (which you can borrow from the existing group members) to play.

"The equipment is minimal, which is the beauty of the sport," says Rosslyn. "We find that people become so taken with the game that they go out and buy their own."

How to: speak pickleball

Ace: A serve that cannot be returned, winning the server a point.

Dillball: A live ball.

Falafel: A shot that falls short – also known as a dead paddle.

Kitchen: The non-volley zone, a seven-foot section of the court where players are not allowed to volley the ball.

Pickle!: What a server shouts before they hit the ball.

Smash: An overhead shot.

Volley llama: An illegal move or fault where a player hits a shot in the Kitchen (non-volley zone).



Life's a peach.

Did you know the international Pantone Colour Institute dates back 60 years and the 'Pantone Colour of the Year' celebrates its 25th birthday in 2024? It's quite the authority on all things colour. Pantone describes the 2024 Colour of the Year, "Peach fuzz", as a comforting hue "softly nestled between pink and orange" that was chosen to express a yearning for community and cosiness in uncertain times. A colour whose "all-embracing spirit enriches heart, mind and body".

"At a time of turmoil in many aspects of our lives, our need for nurturing, empathy and compassion grows ever stronger as does our imaginings of a more peaceful future," Pantone Colour Institute Vice President Laurie Pressman says. "We are reminded that a vital part of living a full life is having the good health, stamina and strength to enjoy it. That in a world which often emphasizes productivity and external achievements, it is critical we recognise the importance of fostering our inner selves and find moments of respite, creativity and human connection amid the hustle and bustle of modern life.

"As we navigate the present and build toward a new world, we are re-evaluating what is important. Reframing how we want to live, we are expressing ourselves with greater intentionality and consideration. Recalibrating our priorities to align with our internal values, we are focusing on health and wellbeing, both mental and physical, and cherishing what's special – the warmth and comfort of spending time with friends and family, or simply taking a moment of time to ourselves.

"With that in mind, we wanted to turn to a colour that could focus on the importance of community and coming together with others. The colour we selected to be our Pantone Colour

PANTONE HAS JUST ANNOUNCED ITS COLOUR OF THE YEAR FOR 2024 AND THE WINNER IS... PEACH FUZZ! IT MIGHT BE AN UNUSUAL NAME, BUT WE COULDN'T AGREE MORE WITH THE THEORY BEHIND THIS CHOICE...

of the Year 2024 needed to express our desire to want to be close to those we love and the joy we get when allowing ourselves to tune into who we are and just savour a moment of quiet time alone," Laurie explains.

"It needed to be a colour whose warm and welcoming embrace conveyed a message of compassion and empathy. One that was nurturing and whose cozy sensibility brought people together and elicited a feeling of tactility. One whose gentle lightness and airy presence lifts us into the future."

There are many synergies between Pantone's thinking and Palm Lake Resort's approach to people and community. We know our homeowners are at a place in their lives where they cherish special human connections and coming together, while also taking important time out for themselves. More and more, Palm Lake Resort homeowners are also putting themselves first and focussing on their health and wellbeing – our facilities and activities lists are supporting this trend now more than ever.

If there's one reason why you should incorporate some Peach Fuzz into your life in 2024, it's simply to remind yourselves of all these things Pantone suggests we should hold dear – with community, health and wellbeing at the core.

Clockwise from top left: 1. Country Road 'Fluid' linen/silk shirt, \$159, countryroad.com.au **2.** SMEG electric kettle, \$299, appliancesonline.com.au **3.** Kanoko 12-piece dinner set, \$118, saltandpepper.com.au **4.** Finmat 1.5L saucepan with lid, \$90, and 3L pot with lid, \$120, ikea.com.au **5.** Bed Threads 100 per cent French linen duvet cover in 'peach', \$196, bedthreads.com.au **6.** Hue 12-piece dinner set, \$99.95, saltandpepper.com.au

Homes for sale.

Home 44 - \$869,000

- 
Beds
2
- 
Bath
2
- 
Living
1
- 
Study
1
- 
Garage
2

SOLD

Everything and more.

This beautifully appointed home is close to the southern pond and associated parkland. The main bedroom has a walk-in robe and large ensuite. There is also a multi-purpose room, well-appointed modern kitchen including stone bench tops, a living/dining area, large undercover entertainment area, laundry and double garage. The home has all the comforts you would come to expect and more, from extra storage throughout to added fixtures and special touches

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.



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



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 PALMLAKERESORT.COM.AU

THE BEST IN OVER-50s LIVING. THIS IS YOUR TIME.
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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!



Waterford's own toy story.

THERE'S A GROUP OF MODEST WOODWORK ENTHUSIASTS USING THEIR PALM LAKE RESORT WORKSHOP TO GREAT ADVANTAGE.

The aptly named 'Toy Boys' is a band of merry toymakers - akin to Santa's elves - who spend their spare time in their Palm Lake Resort Waterford workshop turning timber into toys for underprivileged kids each Christmas.

Current president Ray Johnstone says the Toy Boys utilise donated timber offcuts and fundraise to purchase other materials from their local Mitre 10 store, which also comes to the party with its own generous donations to the Toy Boys' cause. The Boys spend the whole year manufacturing everything from toy trucks to rocking horses to children's play furniture and then, at Christmas time, they make a donation to Beenleigh Special School and place the rest of their toys under the Mitre 10 Christmas tree as part of its annual appeal.

Ray says the Toy Boys have been making and donating toys for the best part of 15 years. Many hundreds of toys have passed through this resort's workshop on their way to grateful children.

Ray says the Boys were devastated to learn of the passing last week of one of their original members, Jim Blackwood, who was "the backbone" of this incredible group right up until the day he passed.

If you'd like to support the Toy Boys' cause, Mitre 10 and Bunnings gift cards are greatly appreciated, as well as any material donations. For more, phone the Palm Lake Resort Waterford caretakers on 1800 028 428.

Caloundra golfers reign supreme.

FOR THE SECOND SUCCESSIVE YEAR, CALOUNDRA CAY HAS WON THE COVETED PALM LAKE INTER-RESORT GOLF CLASSIC, RETAINING THE PALM LAKE RESORT CUP.

Golfers from Palm Lake Resorts Toowoomba, Cooroy-Noosa, Beachmere Sands, Beachmere Bay, Pelican Waters, Caloundra Cay and Hervey Bay descended on Pelican Waters Golf Course (owned by the Palm Lake Group) for the annual event, with 128 homeowners competing in a four-person Ambrose.

Caloundra Cay retained the trophy won in 2023 when the event was played at Woodford Golf Club and the team of Bernie Reddan, Archie Deans, Ian Ponton and Ray Pickup returned the best score of the day – an impressive nett 55.875.

Head of Golf, Dale Williamson, said it was the biggest field the course had enjoyed since re-opening.

"To have Palm Lake Resort represented by seven resorts and so many homeowners, was encouraging," Dale says. "Hopefully we can have even more of our resorts and homeowners involved next year."

Charitable Cooroy sewers rewarded.

PALM LAKE RESORT COOROY-NOOSA'S UNIFORMS 4 KIDS SEWERS ARE BEYOND HAPPY WITH A SET OF BRAND NEW SEWING MACHINES PAID FOR BY BENDIGO BANK, VIA THE LOCAL HERO AWARDS.



Uniforms 4 Kids (U4K) is a dedicated charity that sees sewers produce children's clothing items from old uniforms donated by the Police, Border Force, Flying Doctors, Fire Service, Ambulance Service, Australia Zoo and more. The clothing produced by these dedicated sewing enthusiasts is donated to underprivileged children in need. But the benefits don't stop there. The pre-loved uniforms would have otherwise gone into landfill but instead, our environment benefits and many underprivileged children are clothed and happier.

The pioneer and founder of U4K is Palm Lake Resort Cooroy-Noosa homeowner Yvonne Pattinson OAM.

One day, Yvonne wanted to clean out a cupboard crowded with material collected over a lifetime of sewing. She decided to turn that fabric into children's clothing that a friend of Yvonne's wanted to donate to an orphanage she supported in Asia. In stepped Yvonne's daughter, Debbie Platz (then a Queensland Police officer), who pointed out there were many underprivileged children right here in Australia who needed clothing and why not use the police uniforms she and her colleagues had to discard? U4K was officially born.

U4K sewers exist in groups spanning Cooktown to Canberra and have made a total of almost 30,000 items of clothing for children in need since the charity began - what an incredible effort!

U4K sewers have also made lasting friendships and have a new purpose in life through their volunteer work with this charity. Not to mention the positive effect U4K has in bringing emergency services and local communities together in those areas where a U4K group operates.

The U4K ladies of Palm Lake Resort Cooroy-Noosa (pictured above) were rewarded by Bendigo Bank recently with a donation of brand new sewing machines to enable them to continue their good work. Congratulations to you all - you make us proud!

Maybe you can start a U4K group with your Palm Lake Resort friends? Visit www.uniforms4kids.com.au

Tea Gardens' jam-packed day.

FORGET TURNING LEMONS IN LEMONADE - A GROUP OF PASSIONATE PALM LAKE RESORT TEA GARDENS RESIDENTS ARE TURNING THEIR RESORT CUMQUATS INTO DELICIOUS JAM FOR ALL TO ENJOY.

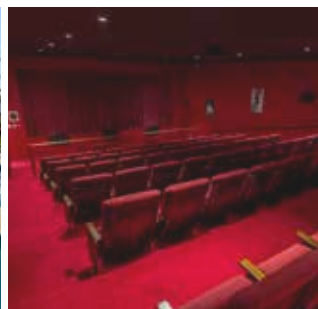
Palm Lake Resort Tea Gardens is filled with many fruit-bearing cumquat trees - some on resort grounds but many in the residents' own backyards. Noticing this, a band of enthusiastic jam-lovers came together and the annual PLR Cumquat Jam Production Day was born. One resident spent a year collecting, washing, de-labelling and storing hundreds of jars. Others organised the donation of masses of sugar and the collection of all the required cooking utensils. The resort's Bowls Club kitchen was booked, and dozens of residents arrived early on the day to form teams, washing, cutting and weighing fruit and sugar, sterilising jars and lids, cooking the jam, then bottling and labelling it. Of course, a community event like this would not be a Palm Lake Resort event if there wasn't a morning tea shared and a few glasses of bubbles later in the day! By 7pm, the job was done. Some 38kg of fruit (all grown around the Palm Lake Resort Tea Gardens grounds) and 38kg of sugar produced more than 200 jars of jam. What a wonderful community initiative - and a delicious result!



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? Email the details to belinda@bellepr.com

retirement **REIMAGINED**



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