

BAY BREEZE

March - April 2023



BRAIN BOOSTERS

Jigsaw puzzles promise more than just entertainment - studies show they are also great for your mental and even physical wellbeing.

FILL YOUR CALENDAR

Our homeowners are never bored, because our Weekly Activities program is full to the brim with things to keep you active and social.

MEET YOUR NEIGHBOURS

So many interesting people call our resort home - just take Russell and Glenda Cox. You've no doubt seen them around, but do you know their story?



WELCOME

Welcome to the autumn edition of the Bay Breeze. By the time you receive this magazine, we hope that the crisp mornings of autumn have replaced the humidity of February and early March. The meteorologists have stated that La Nina has ended but it is still hanging on with some good rain as we go to print.

This edition of Bay Breeze features a couple of stories our homeowners will be familiar with. Both articles – one about Russell and Glenda of Home 96 and the other about our ‘energizer bunny’ fitness guru Hayley – are well worth the read. They both featured in our homeowners’ e-zine, Backflip, last month. This magnificent publication, which is inspired and driven by Ruth and Lloyd of Home 21, is unique and something all those involved should be proud of.

Most homeowners would be aware that we are now looking after the sales side of things here at Palm Lake Resort Fern Bay. Jo has taken this aspect of the resort under her wings and is proving quite the sales consultant. Not that we want to see anyone leave but, if for one reason or another you need to sell, please call into the front office and have a chat to Jo.

Until next time, stay safe. We hope to see you all, out and about, around the resort.

Warm regards,

Jo & 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:
fernbay@palmakeresort.com.au

Find us online at:
palmakeresort.com.au

Get social:
Follow us on Facebook (@palmakeresort) and on Instagram (@palm.lake.resort)

This newsletter is intended to give general info only. All liability arising directly or indirectly from the use of, or for any error or omission in the information given, is expressly disclaimed.



NEWS BRIEFS

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.

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 residents, 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 ever been denied.

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



BLOOMING LOVELY

Our resort is home to some talented green thumbs and, as a result, some beautiful gardens – just take these two, which were shared in our resident zine, Backflip. As Backflip editor Ruth Hynd wrote, “When the world wearies and society is a pain, plant a garden. There you can lose yourself.”



MEET YOUR NEIGHBOURS

AS A VIBRANT COUPLE WITH PLENTY OF HOBBIES, GLENDA AND RUSSELL ARE WELL KNOWN FACES HERE IN PALM LAKE RESORT FERN BAY. BUT HOW MUCH DO YOU REALLY KNOW ABOUT THEM?

Sydney girl Glenda grew up in the Sutherland Shire and spent her youth playing netball and tennis. After leaving school, she went to TAFE to study administrative and secretarial skills.

Though Glenda was no stranger to rugby league – her grandfather Bill Unsworth played in the inaugural NSW Rugby League Competition for the Newtown Jets – her life became a bit more hectic after she met the St George player Russell ‘Mad Dog’ Cox.

When Russell was growing up, his family led a nomadic life. His parents were following the seasonal path of fruit pickers to support their young family – Russ and his two siblings, Barry and Patricia. By 1960, the family moved to Sydney where sporting opportunities abounded.

Feeling more inspired by the rugby field than the classroom, Russell – along with his brother Barry – started playing league. Quickly, the expected sporting injuries began. A broken collar bone at age nine signalled the start of many missing teeth, broken noses and countless



thumb and wrist injuries to come.

Commitment (perhaps bordering on obsession) saw Russell represent the NSW Rugby League School Team in high school and get the call up for St George’s third grade in 1966 at just 15. Russell’s older brother Barry was already playing for St George, and many friends would become fellow players, too.

In 1970, when he was 19 years old, Russell was to play 40 minutes of the grand final against Souths – and as a prop no less, despite being all of 5’8”. While this meant the Saints’ scrum tended to be lopsided, Russell says, “the hooker always felt safe with me as a prop.”

His fearless nature is what earned Russell the nickname ‘Mad Dog’ – his teammates thought he had to be mad to be running into brick walls like 6’2” Artie Beetson. In one game against the Roosters, Russell received two black eyes, a broken nose and lost two front teeth. Some things never change (including Russell’s refusal to wear a mouth guard, and how prone to injury he is).

Russ and Glenda met at the St George League Club in 1970 after a match between the St George Dragons and the Newtown Jets. Attending the game with a group of Saints supporters, Glenda no doubt attracted the attention of a group of players – Russell included.

Though Glenda was (oops) a Sharks supporter, Russell was keen to impress. He was driving a 1959 FC Holden at the time, which came complete with a special door opening device... a hole for your finger.

It seemed he would have to try harder to win Glenda’s heart so, one year, he coached her team to victory in the A-grade netball grand final. Not only did Russell win over Glenda, but his rising star meant the couple were photographed for the Sydney Morning Herald (pictured).

Russell had become renowned for his ankle and spear tackles, which were still legal then. There was even a painting (pictured) done that depicted Russ taking down Bobby Fulton (who, rest assured, landed on his back and walked away with only hurt pride).

Glenda and Russell married in 1972, and Russ played for St George until 1977. Then they made the move to Waratah, Newcastle, with their two daughters in tow. They had piled into a rather sporty Triumph but... the motor blew up. Another not so hot car for Russ (because again, some things never change).

Russell was the coach and captain of the Waratah Cheetahs until 1982 and played for NSW Country in 1978. But as his body grew weary and the need for a decent income became more evident, Russ decided to retire from the world of footy and take a job with BHP, then Charlestown Square. What better role for this former prop than a sociable yet tough security guard?

Glenda was also looking for a change in her work life, so she commenced studies at New England University. She received a B.A. in Business, with majors in Human Relations.

“Someone had to go to university,” says Russ with a laugh, “and I couldn’t.”

Before long, Glenda had embarked on a new career as the regional manager of The Environmental Protection Agency. Further studies in immigration law saw Glenda helping migrants secure employment in her role as a registered Migration Officer in Chatswood – a position she would hold until 2002.

Glenda’s heart certainly bent to helping the environment and others in need. In one instance, Glenda’s office was able to help a migrant family – which included a child with Down syndrome – secure residency in Australia against the existing regulations.

Following their retirement, Glenda and Russell were looking for an easier life than their home in Marks Point could offer them. They drove past Palm Lake Resort Fern Bay and quickly became part of our community. Now, we can’t imagine activities like bowls or karaoke without their smiling faces – or Glenda’s lovely singing voice.



Russell and Glenda pose for the Sydney Morning Herald.

FIGHTING FIT

MEET HAYLEY. FROM STARTING OUT IN PHARMACY TO JOINING THE ARMY RESERVES, OUR RESORT TRAINER HAYLEY TOLD HER STORY IN OUR RESIDENT ZINE, BACKFLIP. WITH THE HELP OF BACKFLIP EDITOR RUTH HYND, SHE HAS BEEN KIND ENOUGH TO SHARE IT HERE, TOO.

My name is Hayley, and I am the owner and founder of Soldier Fit Personal Training and your trainer at Palm Lake Resort Fern Bay.

For the last ten and a half years I have been creating fun, achievable, safe and effective training programs for my clients and friends. I thought I would share a little of my history today.

I was born six weeks premature and spent my first few weeks in NICUH. I grew up in Charlestown (just outside Newcastle) with my mum, dad, and brother. My brother and I have never had an argument or fight. He may claim that one time I pulled him away from the TV but, in my defence, he was trying to change the channel mid-way through 'Home and Away'.

For the first 10 years of my life, I had six living nans! I'm still lucky enough to have one now.

To stay active, when I was a kid, I loved swimming, tap dancing, jazz, rollerblading, riding my scooter and bike and jumping on the trampoline for hours. I participated in Nippers, and it was my absolute favourite. I started swimming competitively when I was in primary school. I broke a 100m breaststroke record in year 7 for my age-group. When I went to Whitebridge High School, our relay team competed at states in Year 8. I finished swimming competitively when I was 14.

I was relatively a good kid. Mum and Dad would say I went a little rogue for a few years after I turned 14. After leaving school in Year 10, I started working full time in a pharmacy and continued to work in pharmacy for almost 10 years.

I started as a trainee and then moved into the dispensary and managing nursing home medications.

I met my husband Chris at the Hoyts Cinema when I was 15 and he was 16. We lived together in Stockton for two years before we bought our home, and then got married in 2010.



Soon my work life took a different course. I went to TAFE for Animal Studies before starting my fitness certificates. I joined the Army reserves and worked my ass off to reach the fitness goals and complete my basic training. That's when I decided to complete my certificates in fitness and open my business – hence the name Soldier Fit Personal Training. I started my business in 2012 and started working in gyms, while completing specific fitness industry courses.

Fast forward to now... I've been a mum for seven years and I'm still absolutely in love with my career. In fact, I'm more even more obsessed now than I was 10 years ago! I love creating workouts and a fun vibe in my classes, and I also love learning. This year, I will be investing my spare time in learning nutrition and recovery techniques to continue to bring a unique and balanced program to you at Palm Lake Resort Fern Bay.

“EXERCISE IS AN INVESTMENT INTO YOUR FUTURE.”

Written by Hayley for Backflip zine (editor Ruth Hynd).



Hayley and her mum at Nan Carol and Graham's (Home 81) wedding.



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
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
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

PUZZLE POWER

DON'T THINK OF A BOX OF JIGSAW PUZZLE PIECES AS A TIME-CONSUMING CHORE – IT'S ACTUALLY AN ACTIVITY THAT WILL PROVE MORE BENEFICIAL THAN YOU THINK.

Building jigsaw puzzles is a pastime that spans the generations. You might remember your own children, as babies and toddlers, joining a handful of large format puzzle pieces to make a simple picture. As they grow, the pieces get smaller, the image gets more detailed and number of pieces in a box rises through the hundreds and eventually, into the thousands.

Building puzzles as a fun family activity can also 'join' you in other ways - the bonding experience and time shared is invaluable. Jigsaw puzzles should definitely be on the activity list when the smallest members of your family come and visit or stay. However, building jigsaw puzzles in the latter years of life, and especially so with likeminded friends, actually has more benefits than you'd think. Here are just some of them:

1. Left brain meets right brain to prevent cognitive decline. Puzzles are a whole-of-brain activity as they exercise both the right and left sides. Our brain's right side sorts creativity, emotion and intuitive thinking while the left side is the logical, objective and methodical side. When you complete a puzzle, both sides communicate and work together, increasing cognitive function. The occipital lobe is the area where the brain connects colours and shapes and it is also activated during puzzle building. Exercising the mind helps prevent cognitive decline.

2. Memory improvement. Picking up a puzzle piece and scanning the rest of them for a match strengthens neural connections and increases the generation of new connections. This, in turn, increases mental speed and

thought processes. You've also got to be visualising the completed image, but in small sections, and when you exercise the part of the brain in charge of storing this kind of information, you're also working a muscle that will ultimately improve your short-term memory.

3. Problem solving and IQ increase. It's true. You can actually become smarter by completing puzzles - and there's research to prove it. A group led by Dr Susanne Jäggi at the University of Michigan found that spending just 25 minutes a day solving puzzles can raise your IQ by four points. Nice. Beyond the brain boost, these enhanced problem-solving skills can be transferred and applied to other areas of life to make you more innovative and adaptive as well as a more critical thinker.

4. Mood enhancement. Solving puzzles increases the brain's production of dopamine. This neurotransmitter is responsible for regulating mood and optimism. It also affects learning, memory, concentration and motivation. Dopamine is released every time we put a puzzle piece in the right place. This encourages us to challenge ourselves and continue to find more and more puzzle-piece matches (many of us know that feeling of becoming 'addicted' to completing a puzzle and finding it hard to walk away from an uncompleted one!).

5. Decreased stress through the meditative process of completing a puzzle. When assembling a puzzle, our brains go from 'beta' (or awake) to a state of 'alpha' (which is similar to the state we are in when we are dreaming). This shift in consciousness comes with many benefits, including

Jigsaw puzzle mat, \$26.95, from templeandwebster.com.au

Kmart puzzle sorting trays, \$10, kmart.com.au



Deluxe jigsaw puzzle board and zip-up storage/carrier (for up to 1000-piece puzzles), \$73.99, theboardgamer.com.au



improvements in mood and self confidence, lower blood pressure and heart rate, as well as stress relief.

6. Better visual-spatial reasoning.

7. Greater attention to detail.

8. Increased productivity.

9. Delaying symptoms of dementia and Alzheimer's disease.

10. Better ability to collaborate and work in a team (when you join friends in puzzle-building).

If you don't have your own puzzles or have done them so many times that you know them too well, head to our resort library and check out the collection there.

And here's a nifty idea: Similar to a Book Club, you could even round up some likeminded puzzle-lovers here within our community and share resources or, more importantly, join forces and puzzle together regularly. Now that sounds like fun!

DO YOUR FRIENDS LOVE IT HERE, TOO?

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 homes you'll receive \$250* cash. Easy!

\$250

cash bonus simply for referring a friend!

For more info or to refer your friend, FREECALL 1800 648 868.
*T&Cs apply



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



HOMES FOR SALE...



UNDER
CONTRACT

HOME 233 - \$895,000

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.

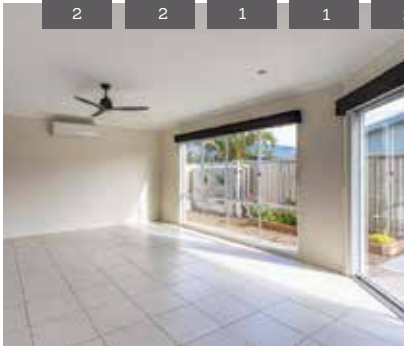
BED	BATH	LIVING	OUTDOOR LIVING	GARAGE
2	2	1	1	2



HOME 133 - \$720,000

This Seacoast design home is well-positioned, just a short stroll from the resort clubhouse and all it has to offer – swimming pools, a gymnasium, lawn bowls and a cinema. The home features an open-plan living space, two bedrooms, two bathrooms, a study, laundry and garage. In addition to split system air-conditioning in the living and master bedroom, this home also has an Odyssey ventilation system which is unique to this resort.

BED	BATH	LIVING	OUTDOOR LIVING	GARAGE
2	2	1	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. Our Sales Office is open Monday-Friday, by appointment.



SOLD

HOME 212 - \$990,000

This beautiful well maintained home is a must-see. The home has three bedrooms, two bathrooms, and a double garage. It boasts a very spacious open-plan living area, large kitchen and a good size laundry. The undercover alfresco area and generous yard space completes this property. This home is ideal for those who want a little bit more.

BED	BATH	LIVING	OUTDOOR LIVING	GARAGE
3	2	2	1	2



10,000 REASONS TO CELEBRATE

With more than 45 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. THIS IS YOUR TIME.
palllakeresort.com.au