

BAY BREEZE

May - June 2023



GOING, GOING, GONE!

Our resort is hot property! See what's on the market on Pages 10 and 11, and let us know if a change of circumstance has you looking to sell.

GROW FOR GOLD

Don't let the cold weather get you down - it's a perfect excuse to try your hand at growing seasonal veggies. Dig in on Pages 8 and 9...

FUN AND FUNDRAISING

The tennis court was a sea of pink in March, when residents got together for a fun cricket game - all in support of breast cancer research.



WELCOME



Hello to all the wonderful homeowners at Palm Lake Resort Fern Bay. We hope you're well and enjoying resort life here at our resort. Congratulations to the bowlers who recently retained the inter-resort shield against Tea Gardens. A great day was had by all, and we understand that Tea Gardens are going into a 'secret bowls camp' to try and dislodge the shield from our outstanding bowlers.

The character and generosity of our residents was on show again at the Pink Stumps Charity Day in March, where nearly \$1,300 was raised. A big thank you to Allan and Ann of villa 150 for organising such a 'funky' event. Read all about it on Pages 7 and 8. There are also some great stories about residents Ron and Bev MacDonald, and Steve and Margaret Carter. Theirs are just a snapshot of the myriad life stories our residents have to tell. You never know, we may approach you to share your story soon.

It was great to see a large attendance for this year's Anzac Day commemoration service. Close to 200 people attended, which is half of the resort population. This participation is once again great testament to our resort's community spirit, and a credit to you all.

Winter is fast approaching but please don't let that deter you from attending resort meals. Chef Wayne has some great theme nights coming up soon. There will be an Italian theme on in early June and the ever-popular French theme will return for Bastille Day in the second week of July. We'd like to take this opportunity to officially welcome new kitchen-hand Tania to our team. She has fit in well and is more than capably assisting Wayne to prepare and serve your meals.

Thanks for taking time out to read this publication. Stay safe and we will see you soon,

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@pallmlakeresort.com.au

Find us online at:
pallmlakeresort.com.au

Get social:
Follow us on Facebook (@pallmlakeresort) and on Instagram (@pallm.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



WHAT'S ON AROUND TOWN

June 9 – 10: Don't miss Australia's ultimate comedy road trip, presented by the Melbourne Comedy Festival. They're bringing the funny to us – specifically Newcastle's Civic Theatre – with a stellar stand up line-up.

June 10: Celebrating 32 years, Flickerfest is the country's largest Australian and international short film competition, screening the best of shorts from Australia and around the world, hand-picked from over 3,200 entries.

Now – June 22: 'The Birds of Australia' from the Australian Museum showcases the incredible world of Australia's birdlife through a digital display. It's launching at the Newcastle Museum before touring New South Wales.

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



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: @pallmlakeresort
Instagram: @pallm.lake.resort

AUTUMN EDITION, OUT NOW

The Autumn 2023 edition of our quarterly company magazine, Your Time, is circulating our country. Have you received a copy in your mailbox yet? If not, you can always check it out at pallmlakeresort.com.au (from the home page, simply click on the 'News' tab). In this current edition, we celebrate all things people. Did you know that 10,000 people call a Palm Lake Group address home? You'll get to meet some of our longer-term homeowners and staff in the pages. You can also walk through some of our latest construction projects at Forster Lakes and Willow Lodge, read recipes from our residents at Beachmere and catch up on all the Palm Lake Group company news.





THINK PINK!

ON SATURDAY MARCH 11, A FUN AND FAB-ULOUS CHARITY CRICKET DAY WAS HELD ON THE RESORT TENNIS COURTS. PLAYERS TURNED UP IN A SEA OF PINK, COMING TOGETHER TO RAISE FUNDS FOR THE MCGRATH FOUNDATION – AND ENJOY SOME FRIENDLY COMPETITION, TOO.

There were 75 attendees at our recent 'Pink Stump' charity day. It was a very well organised event, with all players and spectators donning big smiles – and pink ensembles – throughout the day. There was plenty of silliness and good humour to enjoy, not only from the players, but the spectators, too.

The Pink Panthers (captained by Leif, Home 18) fought hard against the Pink Marauders (captained by Col, Home 109), and it was ultimately the Pink Panthers who came out on top – but only just. They won narrowly, thanks in large part to John's (Home 10) battling prowess. He was the top scorer, with 28 runs.

One of the highlights of the match came when Cavel took over 'police duties' from Greg, arresting Pat Lynch for being too enthusiastic with his bowling. Pat was given 10 minutes (which was more like 10 seconds) in the Sin Bin.

It was good to see Bob Cochrane (Blind Bob) take on the role of opening bowler. Jacqueline Faux was quite the cheeky batter – when wicket keeping, she cheated by



moving the stumps! Wayne Gallagher also wicket kept and was very vocal at times. Meanwhile, his wife Judy played some good shots batting. Overall, there were good performances all round.

With his bright and shiny bow tie, Bill King was the best dressed player. Margaret MacKay (Home 17) was the big winner on the day, however, taking home the raffle prize.

Days as special as this one are always a combined effort, and we're so grateful to those who played a role in putting on the event. Allan and Ann were the organisers, while the Tennis Group and others helped set up and clean up. Special thanks to John (Home 118) and Graham (Home 115) for manning the barbeque, which unfortunately meant they missed all the action. Thanks also to Graham Wilson (Home 224) for making the 'Cricket Balls', and to the cake cooks and Dorene (Home 57) for the big cake.

Above all, The McGrath Foundation would like to thank all the residents for their wonderful support for breast cancer awareness. We raised \$1290 and had some serious fun.



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: RON AND BEV'S.

Born and raised in Brantford, Ron re-located to Newcastle for tertiary studies when he was 16. He achieved a PhD in Physics, with a focus on the development of the microelectronics industry – back then, transistor circuit boards were only new. It was also during university that Ron met and married Bev, who was studying to become a teacher.

Ron's life as a lecturer, researcher and mentor continually evolved over the next 50 years. He started at ANU before moving to Newcastle University until, in 1972, he was encouraged to take study leave to focus on research. He says, "The thing I loved to do was research, particularly when it involved working alongside the next generation of intelligent students."

His first venture was to Sussex, England, for a year – with three daughters under six, it was up to Bev to hold all the pieces together. They lived near Brighton, so the weather was a little different to ours. Ron says, "Travelling to and from work was done in the dark; drizzling rain while camping was a dampener, especially with kids touching the tent walls."

Continued on Page 6 >>>

Continued from Page 5 >>>

By 1978, the family were off to Garching, near Munich, with its six feet of snow. Ron worked at the Max Planck Institute for Plasma Physics, and the family lived in a multi-national tower on campus. Being an international campus English was commonly used, though the children quickly picked up German through school and socialising. Bev also had to master basic German to get around the city. On holidays, the family explored the Netherlands, France, Italy and Bavaria – plus, the Alps.

When they returned to Newcastle, Ron became the Professor of Physics, the Dean of Research and, ultimately, a Deputy Vice Chancellor. Every month, he would spend a week travelling to South-East Asia, China, India or Britain. Singapore was a day trip.

But enough was enough. Retirement, and later Palm Lake Resort Fern Bay, beckoned. Ron mentored many young minds along the way. “I was very lucky to indulge myself in my hobby: science.” An opportunity enabled by a very capable and supportive wife, too.



Pictured above: Bavaria, a favourite from Ron and Bev's family travels.



Pictured above: The family toured many of England's historical sites.

WOMAN ON A MISSION

WORKING A JOB – IT TAKES OPEN-MINDEDNESS, INTUITION AND A LITTLE BIT OF LUCK TO FIND YOUR PASSION. THAT'S EXACTLY WHAT PALM LAKE RESORT FERN BAY HOMEOWNER MARGARET FOUND WHEN SHE JOINED COMPASSION AUSTRALIA ALL THOSE YEARS AGO.

Being born into an army family, Margaret's childhood was nomadic. When she settled, it was in Newcastle to work in the Rural Bank. Saturday nights, naturally, were spent at the old Palais – which was where she met, and then married, Stephen.

It wasn't long before they had two children. They made the move to Narromine, then Faulconbridge, and finally back to Newcastle in 1995.

While they were living in the Blue Mountains, Margaret found work distributing teaching material for the Aboriginal Inland Mission. She's not sure whether it was this job or her Christian faith that whet her appetite for mission work – perhaps it was both?

Margaret found her true vocational calling at Compassion Australia. The Newcastle-initiated charity has partnered with churches all over the world to support individuals living in poverty.

“I loved what they do for children, and their integrity and honesty,” says Margaret. “Little did I know, starting work there would begin twenty years of me being able to make a difference in the lives of thousands of children.”

Margaret's job included encouraging sponsorship,

writing letters to the children herself and communicating with field officers about arising issues. She was the link between sponsors, field officers and the children, and she nurtured every sponsor child as if they were in her very special care.

In 1999, an opportunity to travel to the Philippines arose for Margaret. Though she was afraid of flying, she knew she had to overcome this fear. She needed to go.

“I went to hug poverty, but they hugged me with my red hair and white skin,” says Margaret. “The children just flocked.”

She visited sponsor children's homes where the child and their family looked healthier than the other families in their area. The parents had a better understanding of hygiene and were given work skills. However, the slum areas were immense, and poverty was greater here than in other places Margaret was to visit. More children were in need.

“What a culture shock it was to return to Australia at Christmas time and see all the wealth and glitter on display,” says Margaret.

Her next visit was to Manado, Eastern Indonesia in 2006. She travelled to see sponsor children and church-run projects where the emphasis was on education, learning and work skills. Compassion, Margaret says, works through local people – not “white people telling them what to do.”

Margaret stepped out into the mission field again in 2014 – this time, it was to travel even further afield to Rwanda. Compassion was heavily emphasised here, even after the genocide.

“One of the amazing outcomes was to see victims completely forgiving the perpetrators,” says Margaret. “Walking the streets, even alone, was like being amongst friends.

“During these journeys, I saw friends that I had never met, only corresponded with. I just loved it. Remember that Compassion Australia is local, and dollars go a long way.”

Pictured right, from top: Margaret meets her own sponsor child; Margaret with the children she loves in Manado.



COOL CHANGE.

THERE'S DEFINITELY A NIP IN THE AIR AND THE DAYS ARE MARKEDLY SHORTER THAN THEY ONCE WERE. GUESS WHAT, PEOPLE? HERE COMES WINTER! WHILE THE COMING OF WINTER MEANS SWAPPING YOUR COTTON PJS FOR FLANNELETTE AND ADDING A FEW EXTRA THROW BLANKETS TO YOUR LOUNGE TO MAKE IT THAT LITTLE BIT MORE SNUGGLY, IT'S ALSO AN OPPORTUNITY TO TRY SOMETHING DIFFERENT IN YOUR GARDEN VEGGIE PATCH.

It's a given that different veggies grow better in different seasons – some love the heat of summer while other thrive in the cooler months. If you're wondering what delicious produce will grow best for you this winter, let us give you some inspiration.

Here in the more temperate climates (that's technically an area stretching Sydney and coastal New South Wales, down into Victoria), you should be looking to plant things like asparagus, broad beans, cabbage, cauliflower, onions, rhubarb, spinach and Chinese greens (for example pak choi). Of course, there are herbs that do better here in the winter months as well. Why not try chamomile, comfrey, coriander, cress, dill, feverfew, garlic bulbs, lavender, lemon balm, marjoram, mint, mustard, oregano, parsley, sage, shallots and thyme.

While your choice of seedlings should change in line with the seasons, some things do stay the same when it comes to the veggie patch. For example, sunlight is essential for growing veggies – abundant crops are generally the result of a combination of rich soil, water and a wonderfully sunny position. Winter vegetables are no exception - but did you know that leafy greens and root vegetables can tolerate less sunlight and actually perform well in partially shaded areas? Having said that, just remember that our days are shorter and the winter sun is in a different (lower) part of the sky, so there's probably more chance your generally sunny veggie patch becomes more shaded in winter. Accommodate your planting positions around that.

Frost is another thing to consider. It will impact your young seedlings more than mature plants. Ensure they are established earlier in the season and/or are physically protected from the cold air. Funnily enough though, some

winter vegetables thrive in frosty conditions and their taste can even improve as a result. Apparently, frost can trigger certain plants into producing more sugars which means sweeter harvests. To test this theory, try harvesting snow pea, parsnip, carrots and broccoli/cauliflower after a frost and see if you notice a difference in taste.

A benefit of growing veggies in the wintertime is that there are generally less pests about. That's not to say there will be no creepy crawlies in your garden – you should still keep your eyes peeled for them. One thing you do need to keep your eye on are those diseases that flourish in the damp – things like fungal diseases. To assist in keeping fungus at bay, water early in the morning to give any excess water a chance to dry out, water the soil rather than the leaves and ensure there's enough circulation around your seedlings and plants.

Last tips? Make sure there's a steady supply of water for your delicious goodies (you'll find the ground won't dry out as quickly as in the summertime so adjust your amount accordingly), mulch is never a bad thing and, of course, everyone loves a foodie treat every now and again. Your veggies – and all plants for that matter – will love a regular feed of manure, fish emulsion and blood and bone to ensure lush growth. If you have a worm farm, don't forget to share some of your 'worm tea' with the veggies. And remember that you don't need a huge backyard to get a big reward when it comes to growing your own produce. You can plant out some large pots or simply even use a bag of potting mix, laid down flat, with a window cut out of the plastic bag, to expose some of the rich soil within. The best part about these types of gardens is that they are portable and you can therefore place them in the most perfect position in your yard for optimum growing results. Good luck!



The Immunity Food Fix cookbook

By Donna Beydoun
Mazzola and Sarah
Steffens

\$39.99

Thrifty Gardening

By the Country Women's
Association of Victoria Inc.

\$24.99



The Little Box of Veg

by Alice Zaslavsky

\$29.99

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

HOMES FOR SALE...



HOME 112 - \$1,050,000

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

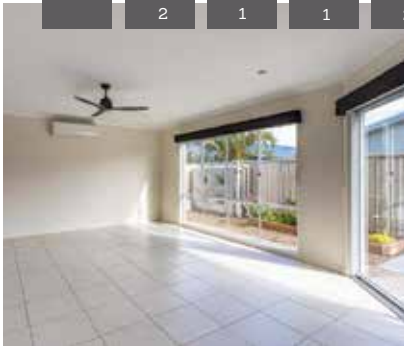
BED	BATH	LIVING	OUTDOOR LIVING	GARAGE
3	2	1	1	2



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.

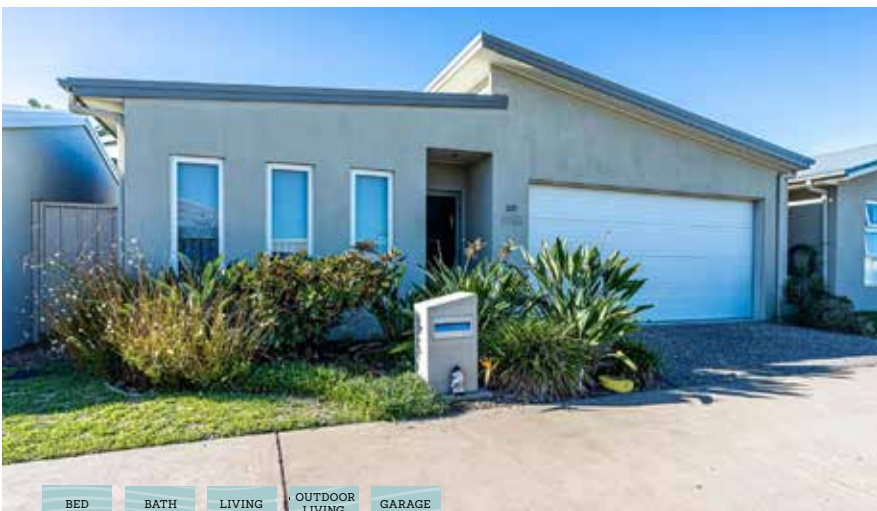
BED	BATH	LIVING	OUTDOOR LIVING	GARAGE
	2	1	1	2



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.

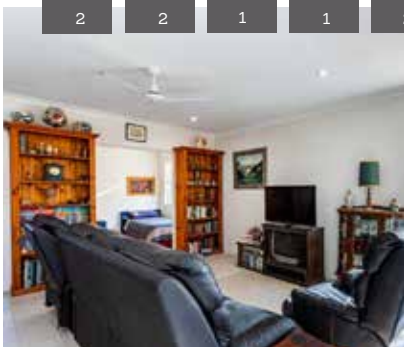
BED	BATH	LIVING	OUTDOOR LIVING	GARAGE
2	2	1	1	2



HOME 237 - \$799,000

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

BED	BATH	LIVING	OUTDOOR LIVING	GARAGE
2	2	1	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@pallmlake.com.au
1117 Nelson Bay Rd, Fern Bay, 2295

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