

Fern Bay.

NOVEMBER - DECEMBER 2023



Little wonders

The secret to a successful, garden? Worms! Turn to Page 8 to find out how to use these little wonders in your home.

Water wise

Saving money and the environment could be easier than you think - it's just a matter of being water wise.





Welcome.



Welcome to the latest edition of the Palm Lake Resort Fern Bay newsletter. Wow hasn't that year flown by. We hope you're all ready for Christmas, it'll be here soon. With the festive season approaching, maybe now would be an opportune time to reconnect with your neighbours? You don't have to be 'best buddies' or 'live in each other's pockets' to be respectful. A quick 'Hello!' or 'How are the grandkids going?' goes a long way. If you have neighbours who are less mobile, offering to pick up some groceries or the like would be very kind. Maybe the words of Arthur Barr best resonate at this point: "A good neighbour is a fellow who smiles at you over the back fence, but doesn't climb over it."

Please note the following housekeeping points to consider as we head towards Christmas. Weekly meals will run up until the week prior to Christmas with the Christmas Dinners occurring from Tuesday December 19. The final Friday Bistro for the year will be Friday December 15. As usual, there will be no meals for the Christmas New Year period. Meals will resume from Tuesday January 9. Bookings for this first week will open after midday on Friday December 29. The resort office will be closed for Christmas from Saturday December 23 reopening on Wednesday December 27 for three days. It will then close again from Saturday December 30 and reopen on Wednesday January 3. We will be contactable for emergency situations during these times. Rubbish removal will continue as normal throughout the holiday period.

Finally, as we approach our fifth Christmas with you here at Palm Lake Resort Fern Bay, we'd like to wish you all the very best for a safe, happy Christmas and a prosperous new year. We thank you all for your friendship and kindness extended to us during our tenure at your beautiful home.

All the best until next time,

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:
fernbay@palllake.com.au

Find us online at:
palllakeresort.com.au

Get social:
Follow us on Facebook
(@palllakeresort) and on
Instagram (@palllake.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.

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: @palllakeresort
Instagram: @palllake.resort

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, 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.

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.

WEEKLY ACTIVITIES LIST

MONDAY

10am Social bowls
1pm Sewing & Craft
1.30pm Mah Jong, Sailing
2pm Table tennis
7pm Cards 500, Snooker

TUESDAY

7.30am Kayaking (Anzac Park)
9am Craft (Paint by Numbers), Tech Savvy (third Tuesday)
9.30am Zumba
10am Forget-Me-Nots (first Tuesday)
1pm Advanced Canasta
2pm Ladies' coffee afternoon (first Tuesday)
3pm Pickleball
7.30pm Movie night

WEDNESDAY

9am Bootcamp, Workshop open
10.30am Line dancing, Aqua aerobics (bookings via Unified Health 02 6555 9607)
11am Darts
1.30pm Ladies lawn bowls
2pm Art, Tennis

7.30pm Movie night

THURSDAY

10am Forget-Me-Nots (third Thursday), Ballroom Dancing
1.15pm Tenpin bowling
1.30pm Card making, Cards & Cribbage
2pm Table tennis
3pm Social bowls, Pickleball (WLCC)

FRIDAY

8.30am Shopping bus
10.30am Line dancing
2.30pm Social Committee Information Talk (last Friday)
5pm Happy Hour

SATURDAY

9am Workshop open
1pm Advanced Canasta
2pm Social bowls, Table tennis
3pm Pickleball

SUNDAY

1.30pm Mah Jong, Knit & Natter
2pm Movies, Tennis
7pm Cards/Crazy Whist (third Sunday)



A taste of Croatia.

ONE OF THE BEST THINGS ABOUT LIVING IN A PALM LAKE RESORT HOME IS YOUR ABILITY TO 'LOCK IT AND LEAVE,' KNOWING EVERYTHING WILL BE TAKEN CARE OF WHILE YOU'RE GONE. MAKING THE MOST OF THIS, RUTH AND LLOYD HYND JETTED OFF TO AN EXCITING NEW DESTINATION ON THEIR MOST RECENT TRIP...

The nasty COVID pandemic had hindered our overseas adventures until August 28 this year. After frantic months of booking Airbnb apartments and plane flights, we flew to Croatia via Dubai. The 47-degree heat kept us within the bounds of our very friendly airconditioned hotel at our stop over. Just a tad hot – so, no sightseeing in Dubai this trip.

Undaunted, we flew on to Dubrovnik, Croatia. The highlight was walking the ancient wall, which had kept the populous safe over the centuries (even in 1991-92 when 7,000 soldiers in the Yugoslavian Army besieged and bombed the ancient city during the Croatian War of Independence). The views were magnificent and quite walkable for us oldies – although, we did count 81 steps from the road to our accommodation. Oops. At least the city itself was quite easy to stroll around.

After a four-day sojourn we travelled by a catamaran ferry to Split. This city of wonders has not only ancient Roman structures, but the added beauty of a sweeping port – a nightly stroll seeing the lights on the water is a must.

We always try to connect with the local people during our travels, and Croatia was no exception. In this instance we dined so regularly at a café that the staff became friends. On our departure day, two staff came in on their day off especially to have coffee, hugs and farewell us.

We then proceeded by train, which was swaying and laboriously winding its way through the mountains, to Zagreb. Zagreb? Who really knows anything about

Zagreb? It should be listed as one of the most beautiful cities in the world. The Hapsburg constructed wonderful buildings and parks in Vienna and then they fine-tuned it in Zagreb. Wonderful theatres, palaces and civic buildings are separated by gardens and fountains, just one after the other, after the other. I just stood in awe of the sites before me. The botanical gardens were also nearby, and its displays were breathtaking. Thankfully, a wonderful tram service saved my legs as we could travel around the city with ease for a pittance.

Croatians love their black coffee and their dogs, as we do. At a café, we were sipping coffee and chatting with a charming man for quite some time. Clearly, he was a traveler of the world. As we were about to leave, he toddles off to his car, "This is for you..." (he loves the Australian smile). He presented me with a large book on Croatia, which I asked him to sign. Later I googled him, and he was indeed the very famous Croatian, Goran Milic. So, I definitely fell in love... with Croatia.

We did then visit our familgia in northern Italy, as we always do. They spoil us with true Italian hospitality. One trip was to a German village during Oktoberfest. The band was playing, the town people were in the piazza. German sausage and beer were consumed amongst much laughter and music.

Of course, our journey continued. We did return home to Palm Lake Resort Fern Bay after seven weeks of making new friends and travelling to new places.





This summer, be water wise.

DID YOU KNOW THAT ONE OF THE EASIEST WAYS TO SAVE BOTH MONEY AND THE ENVIRONMENT IS SOMETHING YOU USE EVERY SINGLE DAY? NOW THAT THE WARMER WEATHER IS HERE, IT'S TIME TO TAKE A CLOSER LOOK AT YOUR WATER USAGE...

IN THE KITCHEN

How much time do you spend waiting for the water in your kitchen tap to cool down or warm up? Rather than letting it pour down the drain, pop a glass (or even a large bottle) under the faucet to collect the water – then, let it cool down/warm up to use however you like.

When cooking – or specifically boiling – only use enough water to just cover your food. And always try to defrost frozen food in the fridge overnight rather than under a hot tap.

But the biggest water waster, when it comes to kitchen activities, is the clean up. Your dishwasher is the highest consumer of water in your kitchen, so be sure to choose a water efficient model – check for a WELS label, ideally with six stars. You probably know to only run your dishwasher when it's full, but did you know that you can also use the rinse function (if it has one) instead of rinsing your dishes in the sink pre-wash?

If you don't use a dishwasher, just be sure to put the plug in the sink when washing up. If you have two sinks, it's a good idea to fill one with water for cleaning and the other with water for rinsing – and go easy on the dishwashing liquid so you don't need to rinse as much!

IN THE BATHROOM

Much like in the kitchen, it's important to only have the tap or shower running when you're actually using the water. Shaving, brushing your teeth and even applying shampoo or conditioner can all be done without the water going – just turn it on to rinse off!

On that same note, while we all love a long, hot shower, this seemingly small luxury comes at a price (and not just financially). Did you know that your showerhead could be using anywhere from nine to 19 litres per minute? You may want to consider upgrading to a newer or more water efficient showerhead to reduce your water usage, and it's also a good idea to keep your showers to six minutes or less.

Speaking of upgrades, did you know that you may be able to modify the float arm in your toilet to lower the flush volume? There are plenty of tutorials online to walk you through the process, which will have your toilet using less water for each flush (just make sure your pan is suitable for lower flow rates).

Of course, the most important thing to do is to check for leaks – not just in your taps, but also in your toilet. To check for toilet leaks, add a few drops of dye to the cistern and wait an hour (don't flush). If dye appears in the toilet bowl, you may have a leak!

IN THE GARDEN

A huge portion of your home's water wastage won't actually occur *in* your home. According to a study by Western Australian service Water Corporation, sprinklers or irrigation systems account for an estimated 28 percent of your home's water use. Hand-watering plants takes up another three percent.

The good news is that being savvy about your water usage inside your home can help you be smarter in the garden, too. Now that you know to collect the water while you're waiting for it to cool down or warm up, you can use it on your plants.

When you do need to water your garden using the hose, pay attention to when you do it. The best time to water a garden is in the early morning or the evening, in order to reduce the amount lost to evaporation. Also, be sure to water thoroughly (though less frequently) to maximise the benefit to your plants and use mulch to prevent moisture loss.

If you have the opportunity to plant something new, consider choosing plants that don't require as much water. Australian natives are always a good choice as they're used to the climate (not to mention bursting with colour). Succulents and cacti are other great options.

Help your pup beat the heat.

IT'S HARD ENOUGH BEING A HUMAN DURING SUMMER – IMAGINE HOW IT FEELS FOR OUR PETS. THEY DON'T GET TO TURN ON THE AIR CONDITIONING OR JUMP IN A COLD POOL WHENEVER THEY PLEASE. TO HELP THEM STAY COOL AND COMFORTABLE THIS SUMMER, TRY THESE TIPS...

BRING THEM WITH YOU

It goes without saying, but it's always worth mentioning: never leave your pets in a parked car. Not even for a minute. The temperature can rise rapidly in a vehicle, even when the windows are opened slightly, and the extreme heat can result in organ damage or death. It's just not worth the risk! Bring them inside with you, if you can, or leave them at home.

LIMIT EXERCISE WHEN IT'S HOT

Would you want to go for a long run in the middle of a summer day? Chances are, neither does your pet. Try to schedule their walks or dog park visits during cooler parts of the day – it will be much more pleasant for both of you. If you must walk them during peak temperatures, keep it brief.

PLENTY OF WATER AND SHADE

Make sure your pet has easy access to both water and shade when they're outside. This might mean investing in refillable water fountain, or a tarp if you don't have much natural shade. Air flow is also important, which means doghouses aren't ideal in summer (they actually make the heat worse).

OFFER THEM REFRESHMENTS

Yes, you read that right! When it's really hot, your pet will love chowing down on ice cubes or even 'pupsicles' (dog-friendly ice blocks which you can make at home). You may also want to purchase a cooling body wrap or vest for your pup, or give them a nice cold bath.

KNOW THE SIGNS OF HEATSTROKE

If your dog is suffering from heatstroke, they'll exhibit some scary symptoms. Keep an eye out for heavy panting, glazed eyes, a rapid heartbeat, fever, dizziness, vomiting or lack of coordination. If you suspect they are suffering from heatstroke, apply ice packs or cold towels to their head, neck or chest or run cool water over them while taking them to a vet.



How (and why) to start a worm farm.

IT'S LIKELY THE SMALLEST KIND OF 'FARM' YOU COULD OWN, BUT DON'T LET ITS SIZE DECEIVE YOU – A WORM FARM IS THE SECRET TO GARDENING SUCCESS. AND IT'S SERIOUSLY EASY TO SET UP!

Similar to compost bins, worm farms help break down food waste and turn it into nourishing fertiliser for your garden. They typically look like a bin or bucket and may be stored outside or in the kitchen.

Unlike traditional compost, worms help to mix layers of soil together. They do this by burrowing under the ground and making tunnels, breaking down dead plants and flowers in the process. They also love eating dead leaves, plants, flowers and old fruit and vegetables – the waste they create (called 'castings') mixes with the soil to create a garden fertiliser that your plants will love.

The official term for worm farming is 'vermiculture', and worm farms may also be called wormeries or vermicomposting. These terms can be helpful to keep in mind when learning more about worm farms.

But why should you set up a worm farm? A better question might be: why not?! For one, they're a great way to get rid of organic food waste in a sustainable way, rather than sending it to landfill where it releases methane gas as it breaks down. Worms can eat three to four kilograms of organic kitchen waste every week, which is a lot of waste saved from landfill.

The worm castings and 'worm tea' (a liquid made from worm urine) are also budget-friendly, sustainable plant fertilisers. They will nourish your vegetable, flower and herb gardens, helping you grow your own produce – which, in turn, reduces the plastic waste and transport emissions that are created when you buy produce at supermarkets. If you're looking to establish small yet sustainable habits in your own garden, a worm farm is the perfect place to start.

SETTING UP YOUR WORM FARM

There are many ready-made worm farms to choose from, but you may also want to make your own. They're very easy to set up.

You'll need: two containers (a larger one with a lid to catch the waste, and a smaller one to house the worms and soil); enough shredded paper and compost to create a 10cm layer in your smaller container; water; a knife or other instrument to poke holes in one of the containers; and last but not least, worms.

1. Find a warm, shady spot to set up your worm farm
2. Put the larger container on the ground
3. Poke several holes in the smaller container
4. In the smaller container, create a 10-centimetre-deep layer of shredded paper and compost
5. Gently add water so the layer is moist, then gently add the compost worms
6. Add food scraps for the worms to feed on
7. Close the lid and wait about a week while your worms settle into their new home

Remember: Not all food scraps are good for worms. Try to only feed them fruits, vegetables, coffee grounds and tea bags, egg shells and shredded paper. Avoid citrus fruits, onions, capsicums, leeks and garlic, meat, dairy products, pasta, cereals and shiny, coated paper.

THE PERFECT
ACTIVITY FOR THE
GRANDKIDS!



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



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

Homes for sale.

Home 15 - \$740,000



UNDER
OFFER

Well-maintained.

This well-maintained home is situated down the southern end of the resort on a corner block with views from the open plan living/ kitchen areas. The home features two bedrooms, a multi-purpose room, enclosed alfresco area, one bathroom and a second toilet, laundry with back yard access and a 1.5 garage. This home is ideally located with only a very short stroll to the resort club houses and amenities, doctors and hair salon. The home is in a peaceful location and ideal for couples and singles.



Home 66 - \$890,000



Seabreeze.

This home is located in a very desirable and quiet location with the resort, adjacent to parkland and close to the southern pond area, yet only a short walk to the resort club houses and associated amenities. This well-maintained home has all the comforts one would expect with an open plan living area, modern kitchen with stone benchtops, two bedrooms (main with walk in robe and ensuite), study, enclosed entertainment/alfresco area, laundry, garage and large back yard. This home has had many special touches applied and is an absolute must see.



Home 44 - \$869,000



UNDER
OFFER

Everything and more.

This beautifully appointed home is close to the southern pond and associated parkland. It is situated in a quite location. The home features two bedrooms. The main has a walk-in robe and large ensuite bathroom. 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



CASH BUYERS AWAIT.

There has been an unprecedented level of enquiry on homes at Palm Lake Resort Fern Bay in recent months - 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 local neighbourhood.

If you're a homeowner here and your situation has changed so you are contemplating a move, please let our Sales and Information Centre know. Our Sales Consultants can inspect your home and 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.

To find out more, FREECALL 1800 648 868 or stop by the Sales and Information Centre anytime 9am to 4.30pm, Monday to Friday (weekends, by appointment).

Want to book a private tour and find out more about our resort? FREECALL 1800 648 868 or email fernbay@pallmlake.com.au. You can also visit us online at pallmlakeresort.com.au

10,000 REASONS TO CELEBRATE

With more than 46 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 LIVING. THIS IS YOUR TIME.
palllakeresort.com.au