

BAY BREEZE

November-December 2022



PAULINE'S A LOCAL LEGEND

You haven't just seen beloved homeowner Pauline Grabham around the resort - she was also on a popular kids' show back in the day...

HITTING IT OFF

Our resort is home to many thriving sports groups, but our tennis club is particularly popular. Read all about it on Pages 6 & 7...

WALK DOWN MEMORY LANE

Reminiscing is actually good for you, so we're reflecting on some of the biggest moments from the 70s and 80s. How many do you remember?



NEWS BRIEFS

WELCOME

Welcome to the latest edition of the Bay Breeze, and the last for 2022. The rain continues to fall as we write this welcome note, and our best wishes go out to our fellow Australians suffering in the ongoing flooding. Hopefully as summer encroaches the rain will ease, allowing things to dry out a bit. Fingers crossed.

As we go about our business around the resort, we cannot help but notice the vast array of birdlife. They can be seen living amongst our homeowners' gardens and throughout the resort overall. We really do live in a unique environment at Palm Lake Resort Fern Bay, with many smaller honeyeaters, wrens and finches finding sanctuary here. The resort gardens give these small birds ample cover and habitat from the larger predators such as magpies, butcher birds and kookaburras. While these larger birds are beautiful in their own right, we do ask residents not to feed them. They will survive well enough without human assistance. If you are undertaking any garden renovations or thinking about some new plants, please consider local endemic species. This will continue to enhance the environment for our little feathered friends.

As we approach our fourth 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 the friendship and kindness you have extended to us during our tenure at your beautiful home.

Until next time – stay safe,

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:

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

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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.

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

FESTIVE SEASON HOUSEKEEPING

Please take note of the following housekeeping points, which you will need 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 20. The final Friday Bistro for the year will take place on Friday December 9. As usual, there will be no meals for the Christmas/New Year period. Meals will resume a little bit later next year, from Tuesday January 10. Bookings for this first week will open after midday on Friday December 30. The resort office will be closed for Christmas from Saturday December 24 until Wednesday December 28. It will stay open for two days before closing again from and including Friday December 30. We will reopen on Tuesday January 3. We will be contactable for emergency situations during these times.



FLOWER POWER

Have you noticed all the beautiful flowers blooming around Palm Lake Resort Fern Bay? From our homeowners' gardens to the walkway to our large covered barbeque area, our resort is looking wonderful.



A LEAP OF FAITH

PERHAPS THE BEST PART ABOUT LIVING IN A PALM LAKE RESORT COMMUNITY IS THE INTERESTING PEOPLE YOU GET TO CALL NEIGHBOURS (AND FRIENDS). AS A FORMER LOCAL TV PERSONALITY TURNED SHOPPING CENTRE MANAGER TURNED ANGLICAN PRIEST, PAULINE GRABHAM IS ONE OF THOSE PEOPLE.

Pauline will be the first one to admit that some of her greatest achievements happened thanks to moments of complete spontaneity. Moments when she didn't think about what might go wrong – she just did it.

It's how Pauline landed her role on an NBN children's program back in the mid-1970s, and then her next dream role (though she didn't know it at the time).

"I was a stay-at-home mum to our two children. Daydreaming one day, I was wondering what happened to a local TV show we had loved called 'Buttons the Cat,'" says Pauline.

She had taken the children to be on 'Romper Room' and had met Miss Lyn, who was also Buttons' sidekick, and quickly formed a lasting friendship.

"Before I knew it, I'd picked up the phone and was dialling the television station," says Pauline. "I got hold of the show's producer and asked whether Buttons would be returning to air. Then – and I'm not sure what possessed me to do this – I asked whether I could be considered for

the show, too."

The man on the other end of the phone was floored – he had been in a meeting about Buttons the Cat that very morning. Before Pauline knew it, she was invited in for an audition and had secured the role shortly after.

"It was an incredible job," says Pauline, "I just loved it. I got along well with the director and the crew, so it was a lot of fun. Sometimes my husband Graham would even be called upon to wear the Buttons costume when no one else could. It was such a special time in my life, and it's funny to think it all came about because of a spur of the moment phone call."

Little did Pauline know that her time on 'Buttons and Pauline' would lead to a career in another unlikely industry – shopping centre management.

"I would spend a lot of time in shopping centres from Gosford to Taree to Scone while filming 'Buttons', doing meet and greets and filming segments for the show. I got to know the staff quite well. After five years on TV, I went

straight into a management role with a local shopping centre, Marketown."

Pauline quickly found her feet in the fast-paced world of centre management. She would liaise with contractors during renovations and refurbishment, and was responsible for marketing new ventures and promotions for the centre.

"It's not the kind of job you can really train for, so I had to learn a lot of it on the fly," says Pauline. "I quickly realised how much I loved the construction side of things, and the knowledge I picked up came in handy when Graham and I built our home in Stockton later on."

After more than 20 years working in centre management, Pauline's final project was overseeing the major renovations at Sydney's Birkenhead Point Shopping Centre. Then, a well-earned retirement – or so she thought.

Ironically, the role Pauline had thought about all her life was one she didn't pursue until after she stopped working.

"I've felt a calling from God since I was about eight years old, but it took me a long time to recognise it," says Pauline. "Finally, after I retired, I decided to follow that calling and become an Anglican priest."

Pursuing this new role meant three years of study and countless hours spent dedicating herself to her local church. After a lifetime of unexpected (though amazing) roles, Pauline's time as an Anglican priest felt wonderfully different.

"It was like having an itch that I couldn't scratch for my whole life," says Pauline. "To finally follow that calling – to scratch that itch – felt really, really good."

After a few years, Pauline finished up as a priest – she and Graham had decided to slow down and really enjoy their retirement. The timing was perfect; two friends had told them they were planning to visit the new over-50s community in Fern Bay, and Pauline and Graham decided to join them.

"We had watched as Palm Lake Resort Fern Bay was being built but never considered going to have a look," says Pauline. "We tagged along with some friends – again, on a whim! – and it was love at first sight. We sold our home in Stockton and moved in shortly after."

Pauline and Graham have called Palm Lake Resort Fern Bay home for seven years and according to Pauline, they couldn't be happier. She loves that she can socialise whenever she wants to and take it easy at home when she needs some peace and quiet.

"It helps that the resort is so beautiful," says Pauline. "It's in a great position, and the facilities are wonderful – I especially love the pool. Of all the spur of the moment decisions I've made over the years, coming along to look at Palm Lake Resort Fern Bay might just be the best one!"





GAME, SET, MATCH

OUR RESORT ENJOYS PRIME POSITION ON THE BEAUTIFUL BEACHES OF NEWCASTLE AND ITS SURROUNDS, BUT IT'S THE ACTIVITIES ON OFFER WITHIN THE RESORT THAT OUR HOMEOWNERS ESPECIALLY LOVE. JUST TAKE OUR KEEN TENNIS GROUP...

We're very blessed here at Palm Lake Resort Fern Bay. Our facilities offer seemingly endless options for fun and fitness, keeping our homeowners not only healthy, but happy, too. One of our most popular sports is tennis. Almost every day, you'll find homeowners enjoying a hit (and plenty of laughter) on our on-site tennis courts.

Be warned, however – we have some sly foxes in our tennis group. Eric, Frank, Peter and Rod all know how to place the ball. Even despite Rod's insistence that 'it is not a running game', you're guaranteed to work up a

sweat when playing with them.

Many members of the tennis group – some of whom are in their 80s – hadn't played in years but are finding their skills are returning quite quickly. Of course, there is still an element of 'hitting and hoping'.

Monday and Wednesday mornings see the ladies take the court, enjoying a hit out with games that are a little bit gentler than the mixed games that are played on the other four mornings. If you are interested in joining, please see the WOW for more details. All are welcome.



MEET OUR CAPTAIN

Seven years ago, Robin Hill took on the role of Tennis Club Captain and he has been ensuring all runs smoothly ever since. A true Newcastle lad, Robin Hill grew up in Hamilton and initially trained in retail and management with Woolworths. He has continued on in the sales world to this day, still working one to two days a week. While Rob has always played social tennis, his main focus in the last 37 years has been refereeing junior rugby league. A natural leader, Rob has captained our club to victory not once but twice, in three different tournaments against Palm Lake Resort Tea Gardens. He keeps everyone on their toes, especially during our monthly Mystery Mix – a points-score competition. His unusual quips and sky-high balls always keep us wondering!



WINNERS AREN'T THE ONLY GRINNERS

A group of players and their partners snapped at the Forster National Seniors Tournament, which was a very social outing indeed. Though their results were a little 'ordinary' (in their words) the fun and laughter they shared more than made up for it.

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 Mah jong (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



STEP BACK IN TIME

WE'RE ALWAYS BEING TOLD NOT TO LIVE IN THE PAST, BUT DID YOU KNOW THAT CERTAIN TYPES OF REMINISCING CAN ACTUALLY BE GOOD FOR YOU? FROM REDUCING THE IMPACTS OF DEMENTIA TO PROMOTING POSITIVE PERSONAL GROWTH, FIND OUT WHY AND HOW TO GET A HEALTHY DOSE OF NOSTALGIA.

Dwelling on the past is no longer seen as a sign of senility – in fact, therapists have harnessed the power of reminiscing to treat people with Alzheimer's and other kinds of memory loss. In 1963, psychiatrist Robert Butler first introduced the idea that reminiscing in old age could be positive. Since then, 'reminisce therapy' has been developed as a non-pharmacological intervention for seniors, especially those with impaired short-term memory. Here's why...

IT CAN IMPROVE YOUR DAY

According to Psychology Today, researchers from Loyola University found that thinking of good memories for just 20 minutes a day can make you more cheerful than you were the previous week. Just think about the feeling that comes over you when you see, smell or hear something familiar, or when you look back through photos from happy times.

IT CAN MAKE YOU FEEL SAFE

Nostalgia is often associated with melancholia, but it can also make us feel comfortable. Next time you're in a new place or experiencing feelings of displacement, try thinking or writing about your favourite people and places. Psychologist Tim Wildschut found that people who write about a nostalgic event are more cheerful after the exercise, and feel more positively about their friendships and close relationships. This gives us a comforting sense of belonging.

IT BRINGS YOU CLOSER TO YOUR LOVED ONES

Reminiscing on memories is an important way to ground yourself and stay true to your roots. This is because your special memories almost always feature special people. Studies have shown that people with nostalgia-prone personalities cope with problems more effectively as they

are more likely to receive social support after experiencing stress, and see their families more often.

IT CAN MOTIVATE YOU

Drawing from memories of your past accomplishments is a common way to stay motivated – you may not even realise you're doing it. Have you ever thought to yourself, "If you got through that, you can get through this"? Of course, try not to ruminate too long on difficult times – focus instead on how you got through them, and how you felt on the other side.

IT CAN BENEFIT THOSE AROUND YOU

We gain wisdom from our own experiences, but also from the experiences of others. Reminiscing on your past can shine a light on important lessons you learnt – lessons that you can pass on to your children, grandchildren and even friends. Flipping through old photo albums can be a helpful way to spark these conversations; turn to the following page to find out how to best document your memories.

Remember: reminiscing is all about how you perceive the past. The same memory can promote positivity or pain depending on how you look at it. Psychologist Sonja Lyubomirsky says it best: "It's what you focus on. Do you focus on how positive it was then, or that it's over now?" As some people say, 'Don't cry because it's over, smile because it happened' – it's cheesy, but it's true.

DO YOU REMEMBER?

Residents at Palm Lake Resort's over-50s communities all lived through the '70s and '80s. But how much can you recall from that time period? Whether you were closer to 10 years old or 30, you'll likely remember these moments and memories from 1975 to 1985. There are some great conversation starters here for our next weekly meal!

ON THE BIG SCREEN...

These were among the highest grossing movies released from 1975 to 1985. Did you see them in the cinemas, and have you watched them since? Perhaps a nostalgic screening is in order!

- Jaws (1975)
- Rocky (1976)
- Star Wars (1977)
- Grease (1978)
- The Amityville Horror (1979)
- Star Wars: The Empire Strikes Back (1980)
- Superman II (1981)
- E.T. the Extra-Terrestrial (1982)
- Risky Business (1983)
- Ghostbusters (1984)
- Back to the Future (1985)

ON THE RADIO...

Billboard magazine named these as the number one songs from 1975 to 1985. How many can you remember the words to? Can you remember your favourite songs from those years?

- 'Love Will Keep Us Together' by Captain & Tennille (1975)
- 'Silly Love Songs' by Wings (1976)
- 'Tonight's the Night' by Rod Stewart (1977)
- 'Shadow Dancing' by Andy Gibb (1978)
- 'My Sharona' by The Knack (1979)
- 'Call Me' by Blondie (1980)
- 'Bette Davis Eyes' by Kim Carnes (1981)
- 'Physical' by Olivia Newton-John (1982)
- 'Every Breath You Take' by The Police (1983)
- 'When Doves Cry' by Prince (1984)
- 'Careless Whisper' by Wham! (1985)

ON THE FRONT PAGE...

Can you remember these history-making moments that took place between 1975 and 1985? Or, better yet, can you remember where were you when you first heard about them?

- In 1975, the Vietnam War ends with the surrender of South Vietnam to Communist forces.
- In 1975, Nadia Comaneci wins three gold medals at the Montreal Olympics with seven perfect scores.
- In 1977, Elvis Presley dies at the age of 42.
- In 1978, the first test tube baby is born in the United Kingdom.
- In 1979, Sony releases the Walkman.
- In 1980, John Lennon is assassinated at age 40.
- In 1981, NASA launches the very first Space Shuttle mission.
- In 1982, the first episode of Late Night with David Letterman debuts on NBC.
- In 1983, the first mobile phones are introduced by the public by Motorola. The final episode of 'M*A*S*H' airs to a record 125 million viewers.
- In 1984, the first Apple Macintosh personal computer goes on sale.
- In 1985, the Rainbow Warrior is sunk by French foreign intelligence services off the coast of New Zealand.

ORGANISING YOUR MEMORIES

LIFE IS FULL OF PHOTO-WORTHY MOMENTS – SO MUCH SO, MOST OF US END UP WITH A BAZILLION HAPPY SNAPS SPREAD ACROSS A HANDFUL OF DEVICES, ALBUMS AND HARD DRIVES.

Thankfully, website and app developers know the struggle, so there are a number of programs you can use to help you on your photo-organising quest. And with the holiday season upon us and family generally around, why not sort out your memories once and for all - for everyone's benefit.

GATHER THEM UP

Before you can organise your photos, you need to see them all in one place. This may mean scanning physical photos to create digital copies, which you can either do using a scanner or via your smartphone – a quick Google will explain how. You can then save them directly to your camera roll or to an app like Dropbox. You'll also want to find old CDs, USBs or hard drives that could house more pictures. Don't forget to go through your smartphone and any of its backups to find additional images, and check your camera's SD cards if you have one.

FIND THE PERFECT PLACE

Where you store your photos is up to personal preference, but using a cloud-based service is generally the safest, most convenient place. If you use an iPhone and computer, iCloud may be your best bet – it works with your phone to sync images across all devices, and it's relatively affordable if you need to upgrade your storage. Alternatively, Dropbox or Google Drive can be used on the computer and your phone via the app. If you're not a fan of cloud storage, consider an external hard drive for your computer. They're relatively inexpensive but localised – meaning you can only access those photos when you're at your computer.

SET UP A SYSTEM

Depending on your needs, every system has its benefits. While some people prefer to create folders for different events – like, say, 'Japan trip' or 'Emma's first birthday' – this may not lend itself to the more spontaneous snaps. It may be better to create a folder for each year, then a folder for each month. If a particular event happened in a certain month, you could then create a folder solely for that event in the month's folder; for example, your "2019" folder will include a "May" folder, which will include a "Mother's Day Lunch" folder with photos from that event.

MAKE PHYSICAL MEMENTOS

If you love the idea of having each of your children's baby photos in one place, or a holiday album from a family trip, why not make photo books? Websites like Snapfish, Chatbooks, Blurb and Picture Postie make it super easy to turn your photo collections into physical photo albums, which you can proudly put on display or give as gifts to your children, parents or relatives.

HOMES FOR SALE...



HOME 164 - \$780,000

This well-maintained Twilight home is a popular design and is situated centrally in the resort with an easy walk to everything the Palm Lake Resort Fern Bay has to offer.

The master bedroom features a large walk-in robe, ensuite and air conditioning unit and the home has a second bedroom with a guest bath.

The home is light and bright and has a wonderful open plan living area with access to a large multipurpose room which can easily be converted into a third bedroom or separate dining room.

The modern kitchen is equipped with quartz benchtops and an adjacent laundry and opens onto a spacious, covered, alfresco area – ready for you to create your own private oasis.

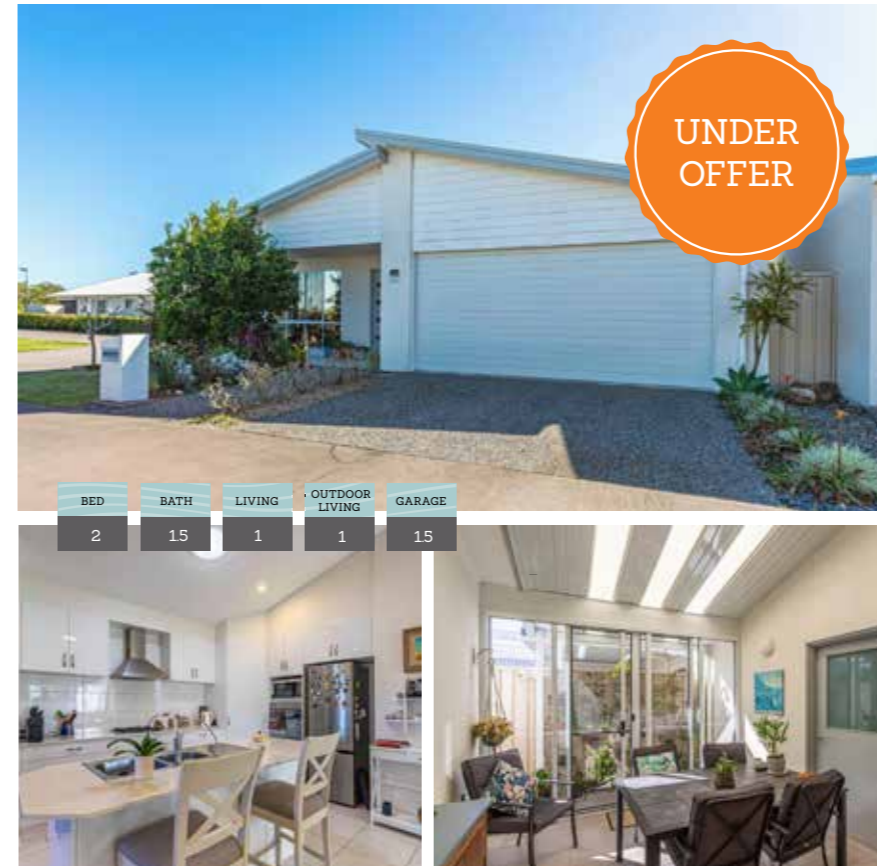
BED	BATH	LIVING	OUTDOOR LIVING	GARAGE
2	2	1	1	2



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.



HOME 28 - \$695,000

On this well-positioned corner block sits a Sunrise with a difference! Home 28 features a tranquil, sun-protected front verandah directly opposite the park with a pond and an abundance of birdlife. Step inside to an open plan living area with high raked ceilings and a kitchen with an island bench that leads onto the dining and enclosed alfresco area. There are two bedrooms, both with built-in robes and an adjacent bathroom off the main. There is a study, plus a separate powder room and laundry located at the rear of the home that opens out onto the garden. In addition to split system air-conditioning in the living and master bedroom and ceiling fans in all rooms, this home also features the Odyssey system which is unique to this resort. So much on offer and all in within a short stroll to the resort facilities including in-ground swimming pool, gymnasium, lawn bowls and clubhouse.

BED	BATH	LIVING	OUTDOOR LIVING	GARAGE
2	1.5	1	1	1.5



HOME 90 - \$790,000

This beautifully appointed Twilight Design is an absolute must see. Situated at the rear of the resort and adjacent to the tranquil gardens and barbeque area, it is ideal for those family picnics, as well as being close to the boat ramp for boating and kayak access to the Hunter River. This home has two bedrooms plus a multi-purpose room that overlooks the family area. Modern furnishings offer a luxurious touch to the living area through to the private alfresco area.

The large main bedroom boasts a WIR and tasteful ensuite. The second bedroom is also large and overlooks the adjacent bushland. The well-appointed kitchen has modern features including stone benchtops and a walk-through to the spacious laundry. This property features a double garage, split system air conditioning and plantation shutters.

BED	BATH	LIVING	OUTDOOR LIVING	GARAGE
3	2	2	1	2



LIFE IS CRUISEY

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.



To find out which homes are available right now, **FREECALL** 1800 648 868
email fernbay@palllake.com.au or **visit us** at 1117 Nelson Bay Rd, Fern Bay, 2295



**THE BEST IN OVER-50S LIVING.
THIS IS YOUR TIME.**

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