

Fern Bay.

SEPTEMBER - OCTOBER 2023



Meet Cavel

In our latest instalment of 'Meet your neighbour', get acquainted with former teacher Cavel Payne.

Eat well, age well

When it comes to longevity, you are what you eat. Turn to Pages 6 and 7 for spring recipes from the Blue Zones.





Welcome.



Welcome to the latest edition of the Palm Lake Resort Fern Bay newsletter. Spring has sprung here in the Hunter, which means now is a great time of year to get out and explore our beautiful region. Why not dust off the picnic basket and get set to explore?

In the spirit of exploring our local area, we thought we'd suggest some nearby destinations – best of all, they're free to visit. Some spots close to Palm Lake Resort Fern Bay which are worth visiting include the Regional Botanic Gardens at Heatherbrae, Blackbutt Reserve in New Lambton or King Edward Park up on the hill behind Newcastle city. Further afield, Blue Gum Hills Regional Park at Minmi has something for everyone, while the shores of Lake Macquarie offer some beautiful walks and parklands.

In other news, the weather has been extremely dry and as such, we've noticed increased water usage by residents. Now might be a good time to check your irrigation system for leaks, and check that all sprays and drippers are working efficiently. Ensure that you water your gardens in the early morning or late in the day to attain maximum benefit. Don't over-water your lawn; grass is very tough and can handle dry periods quite well. With the porous soil we have here at Fern Bay most of the water you spray on your lawn ends up going straight through to the water table.

We hope to see you all around the resort or even at a residents' meal over the spring. If you're not a regular at the meals, maybe now is the time to head on in? We'd love to see you there and can guarantee you won't be disappointed.

Until next time, stay safe and we hope to see you around the resort.

Jo and Ron Payne
Palm Lake Resort Fern Bay Caretakers

CONTACT US

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News briefs.



WHAT'S ON AROUND TOWN

September 22 – October 1: New Annual is a ten-day festival of art, culture and creativity taking place in the centre of Newcastle. The program will feature dance, contemporary circus, visual art, music and theatre.

Sunday October 1: Join the Newcastle Art Gallery Society on a drive to rural Dungog for Sculpture on the Farm, an afternoon of wandering among sculptures, gardens and galleries, as well as a country lunch.

Sunday October 22: The Fernleigh 15 is a recreational running event, staged on the Fernleigh Track (from Newcastle to Lake Macquarie). In addition to the 15km run, there is also a 1500m track for kids.

Sunday October 29: Join in on a scenic and family-friendly cycling event when Harbour2Vine winds its way from Newcastle through the Hunter Valley. It's for a good cause, too – raising money for the Westpac Rescue Helicopter Service.

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.



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.

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: @pallml.lake.resort



REFER YOUR FRIENDS!

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 an established Palm Lake Resort Ballina home, you'll receive \$250 cash. Easy! Ask about our 'Refer a Friend' incentive at the office.



Meet your neighbour.

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 CAVEL PAYNE.

Cavel's story begins in the Camden area, in Sydney's south west. Born into a family of dairy farmers – and with two brothers – it was perhaps unsurprising that Cavel was a bit of a tomboy. She could often be found in the barn building cubby houses out of hay, cantering around the farm on a horse or riding her push biks four kilometres to school – with lots of hills.

Her neighbours at Palm Lake Resort Fern Bay know Cavel for her creativity and enthusiasm, and these characteristics have likely been developing since her high school years. Cavel wrote the school song (yes, she wrote it!) and – again, perhaps unsurprisingly – she was a prefect.

"Life became very busy after school," says Cavel. "I attended teachers' college and by 1970, I had begun teaching in primary school and got married – all within a few years."

The arrival of her three children meant Cavel's teaching career was interrupted. She then stepped up to teach the tall ones in high school, taking on a role as a casual social science and the maths teacher at Sarah Redfern High at Minto. Then, it was off to Lake Macquarie they went.

Cavel continued to push her boundaries in the teaching world and, when her love of art and drama was recognised, she became a consultant for primary teachers. This new job had her working alongside teachers, helping them show students how to see beauty in the small things around them (something we could all do more often. Have you appreciated the recent sunsets, or the coloured bark on trees?).

Our lady is rather dramatic – as was exemplified when she was laying down the law on Pink Day at Palm Lake Resort Fern Bay – so it was fitting that she took on responsibility for school performances during her time at Toronto High. Cavel was involved in three Rock Eisteddfods (a nationally-run competition), twice as the assistant director and once as the director of Rock Eisteddfods. They secured second, first and fifth places. In the last performance, Cavel's students were very innovative and assisted in writing plus creating props. Amazing! Toronto township welcomed them home with a ticker tape parade.

"I taught for 50 years and loved it," Cavel reminisces.

Sporting activities were a high priority as well. When her son Peter's team needed a baseball manager

Cavel, of course, stepped up to the plate. They came in the top eight of the state.

On moving to the environs of Lake Macquarie, Cavel's husband Greg – an experienced yachtsman – needed to instruct our fair lady in the art of sailing. Naturally, she ended up being very involved in the club.

"In 1993, 1994, 1995 I was Sailing Master at Royal Motor Yacht Club Toronto," says Cavel. "During that time, I organised and ran two Championships. The first, The Australian Titles for 505's, had over 100 boats from as far away as Cairns and Broome. I also ran an NSW B14 Class Championship in partnership with Greg.

"More recently, at Cronulla Sailing Club, we ran a NSW Etchells Titles with about 45 boats. Then, in 2016, we ran another Championship at Belmont Yacht Club, with over 35 boats. Greg sailed in these events, and I was in charge of all shore work –weigh-ins, checking safety certificates, insurance, etc. Weigh-ins could be interesting as there were weight regulations for the crew... Mmm, some had to strip down to essentials to meet these restrictions."

When it finally came time for Cavel and Greg to consider retirement, they researched the Newcastle area. They drove around the resort during COVID times and noticed how friendly people were here, observing them chatting from their own driveways. And of course, everything was so close to the water and amenities. It was a no brainer. Along they came in 2021, and they've been putting smiles on our faces ever since.

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

Spring snacks from the Blue Zones.

THERE ARE FIVE PLACES IN THE WORLD WHERE PEOPLE LIVE EXCEPTIONALLY LONG, HEALTHY LIVES, AND THEY ALL HAVE SOMETHING IN COMMON – DIET IS A HUGE PART OF THEIR SECRET TO LONGEVITY.

Have you heard of blue zones? Trademarked by author and explorer Dan Buettner, they're the five places in the world where people live the longest, healthiest lives. The five Blue Zones are Okinawa (Japan), Sardinia (Italy), Nicoya (Costa Rica), Ikaria (Greece), and Loma Linda (USA).

Buettner's Blue Zone theory primarily centres on what and how these people eat. All five diets are mostly plant-based, with beans (including fava and black beans, as well as soy beans and lentils) the cornerstone of many centenarian diets. They also eat no more than three eggs a week, consume minimal dairy and very little meat – when they do, it's usually pork.

We can also learn from how people in the Blue Zones eat. For example, the Okinawans live by an '80 percent rule' that is inspired by a 2500-year-old Confucian mantra. It reminds us to stop eating when our stomachs are 80 percent full; the 20 percent 'gap' is believed to be the secret to weight management and, therefore, better health. People in the blue zones will even eat their smallest meal in the late afternoon or early evening, and then won't eat any more for the rest of the day.

So, with all of that in mind, here are three Blue Zone-inspired snack recipes that are perfect for spring and summer time.



MASON JAR SALADS

Ingredients

Take your pick from the following options (or have fun finding your own).

- Dressing: Hummus, pesto, vinaigrette
- Hard vegetables: Carrots, cucumbers, peppers, celery, onion
- Softer fruits and vegetables: Avocado, berries, tomatoes
- Grains, beans, nuts, seeds: Chickpeas, quinoa, black beans, sunflower seeds, brown rice
- Greens: Arugula, kale, spinach, romaine, mixed spring greens

Directions

1. Assemble with dressing on the bottom.
2. Add a layer of hard vegetables, a layer of softer fruits and veggies, then grains, beans, nuts, or seeds.
3. Finally, add in your chosen greens and you're set.

VIETNAMESE SUMMER ROLLS

Ingredients

- 2 medium carrots, peeled and cut into thin sticks
- ½ cup of white vinegar 1 tsp of sugar
- ½ tsp of salt
- ½ cup of water
- 10 rice paper wrappers
- 120 gram) thin rice noodles or rice vermicelli
- ¾ cucumber cut into thin sticks
- ½ cup of shredded cabbage
- 10 small lettuce leaves
- 1 bunch of fresh mint leaves
- 1 bunch of fresh cilantro leaves (optional)



For the peanut sauce...

- ½ cup of smooth peanut butter
- 1 ½ tablespoons of soy sauce
- 1 tablespoon of maple syrup or honey
- ½ teaspoon hoisin sauce
- 1 teaspoon of sriracha
- 1 teaspoon of sesame oil

Directions

1. First, make the pickled carrots. In a medium bowl, combine the sugar, water, salt, and vinegar. Add the carrots to the mixture, toss to coat well, and then let the carrots soak for at least 1 hour.
2. In the meantime, prepare the noodles according to the package instructions.
3. Fill a wide, shallow bowl with about 1 inch of warm water. Soak one wrapper at a time in the warm water for 10 to 15 seconds, just until it becomes soft and pliable.
4. Transfer the wrapper to a plate or cutting board and add a lettuce leaf on top in the center. Next add a few carrot sticks, a few cucumber sticks, some of the shredded cabbage, some of the noodles, and then a few leaves of mint and cilantro. Add edible flowers, too, if using.
5. Fold one side of the rice paper wrapper over the filling and then the other side. Roll the wrapper up around the filling, making sure it is tight, but being careful not to tear the wrapper.
6. Set the filled rolls on a platter, seam side down. Repeat this process until all of the filling and wrappers have been used up.
7. To serve, cut each roll in half. Garnish with extra herbs and edible flowers, if you like. Serve immediately with peanut sauce for dipping.



For the peanut sauce...

8. In a medium bowl, stir together all of the ingredients until well combined.
9. Serve at room temperature.

STRAWBERRY VANILLA CHIA SEED PUDDING

Ingredients

- 3 cups unsweetened almond milk
- 2 tsp vanilla extract
- 3 tbsp maple syrup
- ½ tsp cinnamon
- ½ cup + 2 tbsp chia seeds
- 3 cups fresh strawberries

Directions

1. In a bowl, whisk together unsweetened almond milk, vanilla extract, maple syrup, and cinnamon. Pour liquid mixture over the chia seeds and stir until seeds are incorporated. Make sure to stir it well, so that none of the chia seeds are sticking together. This ensures they're all able to absorb the liquid and create a pudding-like consistency.
2. Let sit for an hour or in the refrigerator overnight. Mixture will thicken substantially. Soaking time is vital for the end product!
3. In the morning, rinse and slice fresh strawberries. Stir chia pudding and top with fresh strawberries.

Recipes courtesy of Blue Zones – visit www.bluezones.com for more.



Spring clean your life.

'TIS THE SEASON FOR NEW BEGINNINGS. NOW THAT WINTER IS OVER, IT'S TIME TO THROW OPEN THE WINDOWS, LET IN THE FRESH AIR AND TURN YOUR ATTENTION TO SOME OF THE AREAS YOU MAY HAVE NEGLECTED DURING THE COLDER MONTHS.

SPRING CLEAN YOUR HOME

Let's start with the obvious – literally spring cleaning your home. We recommend starting with your ceiling fans. Chances are they've been still throughout winter and have gathered a lot of dust, so be sure to wipe them down before you turn them on this spring (lest you scatter that dust all through your home).

Similarly, now is a good time to clean your windows. Wipe away any dust and dirt that has built up on the window sills, blinds and windows over winter. With the curtains back to let in the summer sun, you'll be able to clearly see any marks and dirt during the warmer months.

Next, turn your attention to your lounge room. It's time to wash and then store away your winter throw blankets and add some bright spring colours and accessories to freshen up your space. Light a fruity, fresh candle while you're at it.

In the kitchen, clear out the fridge and pantry, being sure to use up any leftover winter ingredients (cans of soup or winter vegetables for casseroles, for example) before you do. Check the expiration dates on any products you plan to store – they may expire sooner than you think.

Remember: spring cleaning doesn't need to happen all at once. Use spare moments of time in your day to tackle small tasks so that it doesn't become overwhelming. You might be surprised how much you can get done while you wait for the kettle to boil or during a TV ad break.

SPRING CLEAN YOUR HEALTH

It's time to shake off the winter blues – luckily, there are many simple yet effective strategies you can incorporate into your daily routine to improve your mental and physical wellbeing. Make the most of the new season to book in a health check up with your doctor. You might also want to organise a skin check, an eye exam, a trip to the dentist or a hearing check while you're at it.

Now is the perfect time of year to get back into exercise, or to take your regular exercise regime outdoors instead. You could dive headfirst into a swimming routine, make time to walk or cycle around your resort or organise a game of social tennis or lawn bowls with your friends. Your Palm Lake Resort community is designed with your physical wellbeing in mind, so make the most of it.

One of the most important factors in your physical and mental wellbeing is your diet. The foods you eat provide you with nutrients and vitamins that impact your gut health, immune system, cognitive ability and heart function. So, with that in mind...

SPRING CLEAN YOUR DIET

It can be hard to keep your diet on track, especially during the cooler months when all you want to do is cuddle up under a blanket with your favourite comfort food. But there are so many health benefits to be gained when you eat a diverse diet that's full of fresh and seasonal ingredients.

On your next trip to the supermarket, look for spring fruits (banana, blood orange, grapefruit, honeydew, mandarin, papaya, pineapple, strawberry and watermelon) and vegetables (asparagus, avocado, beans, broccoli, cabbage, carrot, cauliflower, leek, snow peas, sugar snap peas and spinach). How can you incorporate them into more of your meals? Studies show that eating home cooked meals has positive health impacts, so while it can be tempting to go to a restaurant or order takeaway, your body will thank you for making the extra effort.

You can start small by planning a few meals at a time and looking through recipe books for inspiration. If you can, substitute a trip to the supermarket for a morning at your nearest farmers' markets. This allows you to talk directly to the farmers and suppliers about what's in season – it's also the perfect way to spend a sunny spring day.



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



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Homes for sale.

Home 15 - \$740,000

Beds

2

Bath

1

Living

1

Study

1

Garage

1

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

Beds

2

Bath

2

Living

1

Study

1

Garage

1

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 84 - \$870,000

Beds

3

Bath

2

Living

1

Alfresco

1

Garage

2

SOLD

Twilight.

This light and airy home is situated in a premium location adjacent to a garden and towards the northern end of the resort. Tennis courts, BBQ, swimming pools, bowls green and more are only a short stroll away in the Riverwaters Country Club. The home features an open plan living/ dining/study area with an adjacent modern kitchen, large enclosed alfresco area, two bedrooms (main with large ensuite and walk-in robe), two bathrooms with full tile height, laundry with access to the back yard and double garage. This home is in a quite location and in a very sort-after position.



Home 44 - \$869,000

Beds

2

Bath

2

Living

1

Study

1

Garage

2

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



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 palmakeresort.com.au

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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
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