

Fern Bay.

SEPT/OCT 2018



Parkrunners stay fit and active.

If there's one thing that ties together Palm Lake Resort residents right across the country, it's a sense of fun and a desire to stay active. And nowhere is this more obvious than at Palm Lake Resort Fern Bay on "Parkrun" days!

For the uninitiated, Parkrun is a 5km run (or walk, if you prefer) held regularly in various Parkrun locations. It is not a race as such - it is simply you against the clock. Parkruns are held around the world, they are free to enter and fun to complete. All that is required is that runners register online before their first run and bring their registration barcode with them

whenever they run. Here at Palm Lake Resort Fern Bay, there is a group of dedicated Parkrunners who attend the weekly Saturday morning run whenever possible. Don Reid, Ray Davies, Robyn Boyes, Anne Matthews and Peter Whitehead are all regulars at the run. Don has been participating since he came to Fern Bay and has completed 148 runs with a personal best (PB) of 39mins 47secs. Ray is our star performer with a PB of 27mins 16 secs! There are also several others who come to the run on a less-frequent basis but still enjoy the fun, fitness and fresh air of the run.

Each week, a group of runners

also volunteer to assist with the running of the event. Roles include run director, timekeeper, barcode scanner, marshals, tail walker and photographer. Runners are awarded a certificate and a t-shirt when they achieve 50, 100 and 250 Parkruns. And runs don't need to be completed all at the one site. In fact some people are very proud of completing as many different Parkruns as they can.

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RESORT NEWS

Hello everyone!

Firstly, thank you all for making us feel very welcome. Our first weeks here have brought on some beautiful days but cooler winds, however it's great to see everyone embrace the weather and continue with their sporting activities around the resort.

It has surprised us how many activities are available for residents within the resort. Should you wish to be active, you can join the bowls or tennis groups or simply enjoy the indoor heated pool with a splash in the aqua class, enjoy some floor time with the aerobic class, or embrace the onsite gym - these are just a few of the many active activities appening at Palm Lake Resort Fern Bay every day.

For those of you who would like to enjoy a quieter style of living, we have art sessions, card making and knitting etc in our fabulous craft room. Also available is a well-equipped library room, pool and bar room, and a cinema is also on offer - the list of activities just goes on!

This is just a taste of what's on offer at Fern Bay. Aren't we the lucky ones to have all of this and so much more!

Best wishes,

Linda & Steve
Resort caretakers

WHAT'S ON

September 15: Clans on the Coast - Celtic Festival 2018. The annual Celtic Festival has everything from Scottish Pipe Bands and Celtic bands, to variety and Celtic stalls, food stalls, Caber Toss, Tug-Of-War, Celtic and Highland dancers, Celtic choir, dog parade, medieval fighting demonstrations and more. Every year Clans on the Coast aims to donate all proceeds to palliative and cancer care. Tomaree Sports Complex, Dick Burwell Oval, Nelson Bay. Tickets: Adult \$15, pensioner \$10, under 18s \$2.

October 13: The Myall River Festival will be something a little different - why not head to Tea Gardens for the day! This free family-friendly event features stage entertainment, river activities, games and competitions for the kids, all on the magical waterfront of Tea Gardens, beside the Myall River. Enjoy fireworks and festivities, camel rides, two stages with live music, displays, sail past (river parade), duck race, dancing performances, vintage car display and more than 100 market stalls. 10am-8.30pm. Kick back and enjoy a great day of fun brought to you by the Myall Chamber of Commerce and proudly supported by Palm Lake Resort Fern Bay's sister resort at Tea Gardens.

October 20: Karuah Oyster and Timber Festival 2018. Love oysters? Compete in the annual oyster eating competition! The festival will also include a car display, live performances and entertainment, markets and food stalls with a children's activity tent. Another big aspect of the festival is the woodchopping. There will also be the great Karuah River Duck Race. Sponsor a duck! Find the festival at Longworth Park, Barclay Street, Karuah.



SEPT / OCT EDITION

What's happening.



MARKET IN YOUR DIARY

The Rectory Markets: Fourth Sunday of the month, 9am-2pm, at The Rectory, 48 Sturgeon St, Raymond Terrace. The Rectory Markets support local small/hobby businesses, which will in turn support a local charity.

Anna Bay Community Market: First Saturday of the month, 8.30am-2pm at Baylife Church, 4236 Nelson Bay Rd, Anna Bay. Find books and toys, food, plants, herbs, succulents, organic produce, health food and snacks, crafts, clothing, jewellery and homewares.

Sacred Tree Markets: Various dates including October Long Weekend Night Markets on September 28 and 29, 4pm-9pm, on the Nelson Bay Foreshore, Nelson Bay. Visit www.sacredtreemarkets.com.au

Nelson Bay Legacy Markets: First, third, fifth Sunday of the month, 9am-3pm at Neil Carroll Park, Shoal Bay Road, Nelson Bay.

Port Stephens Markets: Fourth Saturday of the month, 9am-3pm, at Port Stephens Church of Christ, Nelson Bay Road, Salt Ash.

FOOTY FINALS SEASON IS HERE!

September 29 and 30: The Toyota AFL Grand Final at the MCG is undoubtedly the biggest day of the AFL season on September 29. Then league fans will have to back up the following day to catch the NRL Grand Final on September 30.

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Our local Stockton course is a beautiful one. It's a flat 5km loop that follows the Stockton foreshore walking track taking in views of the Hunter River, Newcastle Harbour, Nobbys Lighthouse and Stockton Beach. Every week, the busy working harbour provides an ever-changing backdrop to the Parkrun. From empty coal carriers coming in and full ones leaving, to the cross-harbour ferry, cruiseships, warships, commercial fishermen, boaties, jetskis and canoes - you never know what you will see.

You do not have to be a great runner to join in the fun of Parkrun. If you are interested in joining the dedicated Palm Lake Resort Fern Bay Parkrunners, simply turn up on any Saturday at 8am. The event takes place at the Ballast Ground near Stockton Ferry Wharf, Mitchell St, Stockton.



It's nice to be nice.

It was Gandhi who said, "The best way to find yourself is to lose yourself in the service of others." And it turns out, he was onto something – there are some real scientific benefits that come when you give up your time to help someone in need.

Believe it or not, humans are one of the most altruistic species in existence, which explains why so many of us give up our time to volunteer. Volunteering is a kind of 'prosocial behaviour' (ie. when you do something that benefits others, or society as a whole) and there are a bunch of evolutionary theories that suggest how this came to be – natural selection, for example, suggests that without helping others, even those who aren't our kin, has benefited our survival as a species.

But why does it feel so good to do good to others, beyond just our basic instincts? Well, as Tania McMahon from Benchmark Psychology explains, there is a lot of research to suggest that prosocial behaviours are strongly linked to positive mood.

"In a well-known study at Harvard University, it was found that participants assigned to spend money on others experienced greater positive feelings than those assigned to spend money on themselves," Tania explains. "The relationship is self-reinforcing as well – helping others makes you feel good, but feeling good also makes you want to help others more."

Research also shows that prosocial behaviours like volunteering can have a positive impact on self-esteem, life satisfaction and our overall mental health. A number of current psychological therapies focus on helping clients take action to pursue activities that align with their own personal values, to help improve their wellbeing and help them live a more rich and meaningful life.



"Volunteering provides a unique opportunity to connect with one's values, no matter what they might be," Tania says.

"For example, someone who values music and the arts might volunteer at a community theatre; someone who values nutrition and healthy food might volunteer in a kitchen providing food for the homeless; someone who values social connection and helping others might volunteer as a mentor for a youth group."

So, it seems that when you volunteer, you don't just do good unto others – you do yourself some good, too.

WOULD YOU LIKE TO VOLUNTEER?

GoVolunteer is an initiative of Volunteering Australia. The website's aim is to match people who are interested in volunteering with appropriate volunteering opportunities in their local community. It uses a national database of volunteering opportunities. For more, jump online and visit www.govolunteer.com.au

Eddys come full circle.



There are two bright, new, energetic faces at the office at Palm Lake Resort Fern Bay and they couldn't be happier to be back in New South Wales in the roles they were born to do. Linda and Steve Eddy are the resort's new permanent caretakers and originally hail from New Zealand. The pair's first taste of managing property came on New Zealand's North Island at the popular holiday hot spot, Mt Maunganui. While they enjoyed their life and careers there, the Eddys decided to make a dash for Australian shores in 2009 to follow one of their two daughters who had met an Aussie man and crossed the ditch for love. In their time since arriving here, Linda and Steve have enjoyed various permanent and holiday-let accommodation management roles across New South Wales and most recently Queensland. They even opened their own day spa along with their daughter in Port Macquarie during that time.

"We've worked in gated communities before and in everything from small to really large properties – some high rise apartments," Linda says. "The drawcard for us with our new role at Palm Lake Resort is the interaction with people – we like that. And we love that we get to interact with permanent residents and form long-lasting relationships. The social aspect of the community here is so great."

Linda says that while she and Steve have only been in their new roles for a number of weeks, it's already become quite clear to them that the community here is warm, genuine, welcoming, kind and very helpful. And that there's just so much for residents to do here!

"It's good to see so many different committees all working together so well," she says. "Palm Lake Resort really offers them so much."

Linda and Steve have been married for 31 years, with two daughters and now also two granddaughters. Linda laughs when questioned about the pros and cons of working with her husband.

"We've been working together for 14 years," she says. "I think working with your partner is mostly about respecting each other's strengths and weaknesses - delegating jobs to the person with the best fit and working together while also letting each other make the best independent decisions they each can."

Palm Lake Resort welcomes Linda and Steve into their new permanent caretakers role here at Fern Bay - we know they will fit right in!

WEEKLY ACTIVITIES

MONDAY

8.30am Aerobics
9am Bus run
9.15am Bowls competition
9.30am Craft group, Boxing
2pm Cards in the Clubhouse, Rivers Waters Country rehearsal
3pm Mah-jong
5pm Table tennis
6.45pm Women of Note chorus
7pm Twilight tennis

TUESDAY

8am Tennis
8.30am Floor aerobics
9.30am Instrumental group
11am French conversation
1pm Bowls coaching
1.30pm The Baytones Band practice
5pm Residents' dinner
6.45pm Carpet bowls
7pm Cinema

WEDNESDAY

From 6am Garbage collection
8.30am Tennis, Tai chi
10am Sea of Sound practice
12 noon Residents' lunch
1pm Tennis
1.30pm Craft finishing school, Greeting card making, Line dancing
4.15pm Twilight bowls
6pm Table tennis

THURSDAY

From 6.30am Green waste collection
8am Tennis

8.30am & 9.30am Aqua aerobics
9am Bus run
12.15pm Fruito at the Sports Club
12.45pm Bowls competition
2pm Rivers Waters Country rehearsal
5pm Residents' dinner
6.45pm Carpet bowls
7pm Cinema

FRIDAY

8.30am Tennis, Aqua aerobics
8.15am Christian men's group
9.30am Christian ladies' group, Aqua aerobics, Patchwork & quilting
1.30pm Line dancing
2.30pm Cards
5pm Happy Hour

SATURDAY

8am Tennis
12.45pm Bowls competition
3pm Cinema

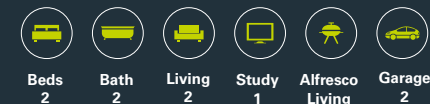
Villa 22 - \$670,000



Pre-loved Seacoast

Close to clubhouse, doctor, hairdresser, front gates (for visitors). Extra length driveway - fits two large cars. Extra car parking across side road, again for visitors. Largest backyard in complex with double side gates - can fit boat/caravan/trailer. Not hemmed in - not completely surrounded by other villas. Sunny backyard all year includes vegetable beds, fruit trees. Large outdoor garden shed. Extra concrete paths at back and side. Clothes line in full sun. Extra multipurpose room added to side. Outdoor meshed alfresco. Large garage (6m x 6.5m) includes workbench and cupboards. Extra powerpoints/lights/TV points. Gas point with heater in lounge/dining room. Tiles to ceiling in both bathrooms. Extra cupboards in laundry. Blockout film on lounge room window.

Villa 127 - \$585,000



Loads of room

The Seacoast is a two-bedroom home featuring open-plan living. The living areas of this home are orientated towards the northern sun, creating a bright, natural, light-filled interior; an easy way of increasing energy efficiency and comfort, whilst reducing energy cost. The open plan living area has access to a generous multipurpose room, which can also be used as a third bedroom. The large main bedroom is fitted with generous walk-in robe and lovely ensuite. All rooms are fitted with block-out blinds. The modern polyurethane kitchen is equipped with quartz benchtops and leads onto a generous laundry. A covered, private courtyard, just off the living area is surrounded with beautiful gardens enhancing the open space living ambiance. The double garage is fitted with shelving and additional entrance to the side of the property.

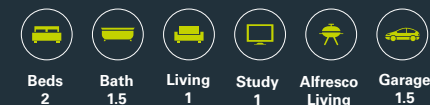
Villa 73 - \$595,000



Sun-filled corner block

This lovely home has a high raked ceiling in the open-plan living room. It is on a spacious corner block and has a large side yard and has a lovely front verandah that captures the morning sun. Light and spacious, the main area features a kitchen with island bench, lounge and dining space that opens onto an enclosed sun-filled alfresco area which makes it so special, bringing the outdoors inside. There are two bedrooms, both with built-in robes and an adjacent bathroom off the main. A separate powder room and laundry are located at the rear of the home, which leads to a luscious open garden. The home has ceiling fans throughout and split system air conditioning to the main bedroom and living area. The kitchen has a stone benchtop, polyurethane cabinets and gas cook-top. Third bedroom is a multi-purpose room and perfect as a study or craft room and would accommodate a sofa bed. This villa has a 1½ sized garage and is close to amenities such as tennis courts, bowls and clubhouse cinema, indoor heated pool but also close to the beautiful barbecue area at the back of the resort.

Villa 94 - \$585,000



Pre-loved Sunrise

This lovely home has a high raked ceiling in the open-plan living room. Light and spacious, the main area features a kitchen with island bench, lounge and dining space that opens onto an outside alfresco area. There are two bedrooms, both with built-in robes and an adjacent bathroom off the main. A separate powder room and laundry are located at the rear of the home, which leads to a luscious open garden. The home has ceiling fans throughout and split system air conditioning to the main bedroom and living area. The kitchen has a stone bench top, polyurethane cabinets and gas cook-top. Third bedroom is a multi-purpose room, and is perfect as a study or craft room and would accommodate a sofa bed. The villa has a 1½ sized garage and is close to amenities such as tennis courts, bowls and clubhouse with cinema, indoor heated pool and more.



Over 40 years of crafting inspired living.

Every Palm Lake Resort is a masterpiece of resort living balanced with real community spirit, created by a company that is proudly family owned and Australian. With 40 years of experience, we have crafting inspired living down to a fine art.

Our resorts boast some of the most luxurious country clubs ever seen, filled with exclusive facilities, such as movie theatres, bowling alleys, championship undercover bowls rinks, tennis courts, pools and spas.

Palm Lake Resort is a place to capture the precious moments that define, enrich and centre you.
It's time for you.



Master Builders Association Award Winning Resorts 2017 for Best Resort, Best Country Club and Best Home and 2018 Best Sporting and Leisure Facility



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