

JULY / AUGUST 2018

# **BALLINA**

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# **BLISS.**



## **LAST CHANCE**

Just three Paradise homes remain before our resort is sold out - act now!

## **FLYING HIGH**

A pioneer of the Royal Flying Doctors Service has touched down at Palm Lake Resort



## WELCOME

Our Ballina resort is buzzing, with construction moving along at a steady pace. Stage 5B is more than halfway complete and we have been busy welcoming new residents into their homes. These 'welcome' visits are special treats for the sales team as we love to see the smiles and "oohs" and "aahs" from our new residents when they walk into their sparkling new homes!

The residents' caravans have been moved to the new storage area in preparation for the new homes to be built in Stage 6. There are a range of both two-bedroom and three-bedroom homes proposed for this site. Many have reservations on them already. We would like to set up one of the larger homes as a display, but it looks like they will all be spoken for by the time we get the frames up!

We have some wonderful events planned for the latter half of the year so keep an eye on your letterbox or email inbox for details. We pride ourselves on hosting great events with fabulous food often catered for by our own talented ladies in the Palm Lake Resort kitchen, Julie and Sherrie. Entertainment is also a big part of our events with live music from performers local to the Ballina area and sometimes further afield. Our events are a great opportunity to find out more about the Palm Lake Resort lifestyle from both the residents and our sales team who are always on hand to answer your questions.

Don't forget, we have three beautiful display homes that are open for viewing, seven days a week. You are always welcome to come and have a tour of our beautiful resort and homes. We hope to see you soon!

**Jen Nichols**  
Regional sales manager



## FREE MOVIE AFTERNOONS

Join us for a movie and some delicious hot buttered popcorn in our luxury cinema. Here's what's showing on the big screen:

**July 24: It's Complicated.** Meryl Streep stars as a successful bakery owner and single mother of three who starts a secret affair with her former husband (Alec Baldwin) 10 years after their divorce, only to find herself drawn to another man; her architect Adam (Steve Martin).

**August 28: Something's Gotta Give.** Jack Nicholson and Diane Keaton are a successful 60-something and 50-something, who find love for each other in later life, despite being complete opposites.



## STAY CONNECTED

Here are some of the regular activities we offer at Palm Lake Resort Ballina:

- Tai Chi
- Bridge, Mah-jong
- Scrabble
- Craft & Art group
- Scrapbooking
- Walking group
- Golf simulator
- Tennis & Table tennis
- Golf & Golf outings
- Mixed lawn bowls
- Ladies-only lawn bowls
- Aqua aerobics
- Darts
- Gentle exercise
- Gym circuit
- Snooker & Billiards
- Chess
- Garden Club
- Fully equipped workshop
- Book Club
- Happy Hour!

JULY / AUGUST

# WHAT'S HAPPENING.

## CHRISTMAS IN JULY

**THURSDAY, JULY 19**  
11am - 2pm

Join us at Palm Lake Resort Ballina for a Christmas celebration with all the trimmings! Indulge in a sumptuous complimentary roast lunch and barista-made coffee while listening to live entertainment. Experience first hand Palm Lake Resort's superior standard with a personal tour of our stunning display homes and class-leading Oasis Country Club.

**RSVP:** salesballina@pallake.com.au or freecall 1800 335 666

### COMING FROM OUT OF TOWN?

Freecall 1800 335 666 to arrange a complimentary night's accommodation on us (subject to availability, conditions apply).



## WHAT THE RESIDENTS SAY

"Whoever drew up the plan for our home put a lot of thought into what our age group would need. Our home is large and airy, tiled for easy cleaning and even our lawns are mowed for us. We love it here!"

– Harold & Elizabeth Hutley

"We moved here from Sydney and the Ballina sales staff made the whole buying experience stress free for us. We were kept up to date throughout the build by being sent photos of the progress as we were unable to visit. Everyone is friendly, the facilities are first class and we are enjoying all the different activities. So glad we made the move - our only regret is that we didn't do it sooner!"

– George & Roslyn Spiteri

## GET OUT INTO THE GREAT OUTDOORS

### Evans Head Fishing Classic

The Evans Head Fishing Classic is back, held from July 6-13. It's a 'catch and photograph' event with a large list of species and loads of random draws. The event site is on the river at Evans Head Woodburn RSL Club. You'll find a food alley, displays from sponsors and a tank to show off some of the catches. Visit [www.fishingcomps.com.au/ehfc](http://www.fishingcomps.com.au/ehfc)

### Outdoor Leisure Show

There's something for every adventure at this year's Lismore Outdoor Leisure Show. Over three days, you will be able to view hundreds of the latest industry products all in the one place, while discovering all there is to know about caravanning, motor homes, camping, boating and four wheel driving in Australia. The Outdoor Leisure Show can be found at Lismore Showgrounds on Alexandra Street from July 13-15. Visit [www.outdoorleisureshow.com.au](http://www.outdoorleisureshow.com.au)

## WHAT'S ON SHOW AT THE BALLINA RSL

- **July 14:** A tribute to the music of Celine Dion. Two-course dinner and show.
- **July 22:** John Williamson in Concert.
- **August 4:** The Tony Bennett Story - 1950 to now.
- **August 15:** Keith Potger (founding member of The Seekers).
- **August 23:** Elvis, An American Trilogy.





# TRANQUILITY AWAITS.

As an ex-display home, this villa has the advantage of many quality upgrades to meet every expectation. It offers two large bedrooms and a large study/activity room at the front of the home - the second bedroom comes complete with its own bathroom (completely private to the main bedroom).

The feature walls in the living/dining area are lined with beautiful modern wallpaper, enhanced by white plantation shutters throughout. The serene garden area is complete with a water feature, bamboo fencing and large outdoor planter pots as well as many more upgrades.

Beautifully presented with your lifestyle in mind, this modern open-plan home only metres from our magnificent Oasis Country Club is available for immediate sale. A coveted Tranquility design, this home is also situated on a highly sought after corner block. Priced at just \$599,000.

# LAST CHANCE IS NOW.

**There are just three new homes available before this Palm Lake Resort is completely sold out. Find your Ballina bliss here – but hurry!**

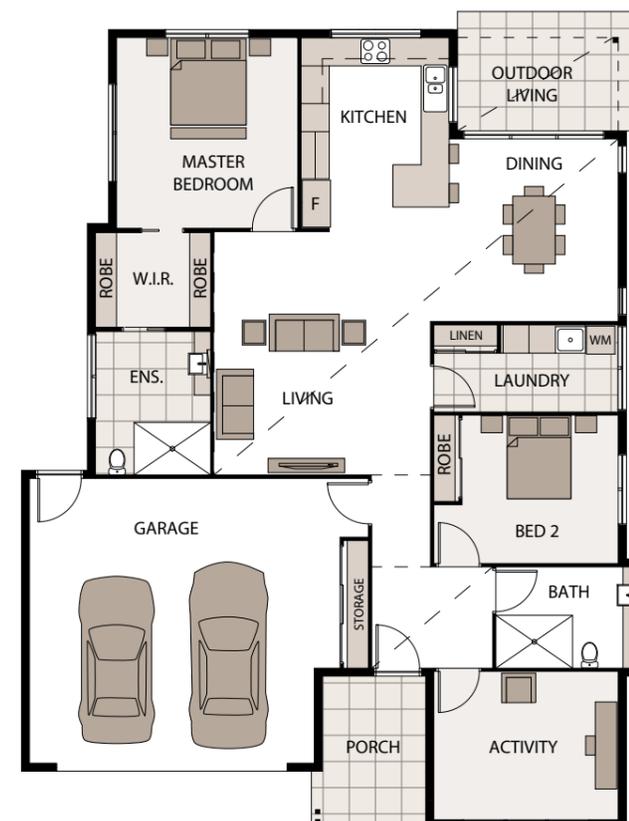
Each of the three last home is a Paradise design. Its 196.7sqm floorplan was designed for relaxed community lifestyle living. Two spacious bedrooms, a study, two bathrooms, open-plan design as well as a sunny alfresco dining area combine to provide easy breezy living and entertaining.

Paradise offers luxury high-quality tile and carpet flooring options as well as high ceilings, energy efficient downlights, high quality doors and door furniture, quality window furnishings and ceiling fans throughout.

To find yourself in these enviable pictures, visit the Palm Lake Resort Ballina Sales Centre and take a tour with one of our friendly local sales team members.

## KEY FEATURES

- Smeg appliances including induction cooktop, integrated rangehood ducted to eaves, dishwasher, oven, microwave with trim kit
- Waterfall stone benchtops and glass splashbacks in kitchen
- High quality chrome tapware and mixers
- Stainless steel double bowl undermount kitchen sink
- Caesarstone benchtops in laundry and bathrooms
- Designer panel lift garage doors
- Colorbond fencing and side gate
- Exposed aggregate driveway
- Tiled outdoor covered living area with downlights and ceiling fan
- Fully landscaped front, side and rear gardens
- Zoned, ducted air conditioning to living areas and bedrooms



Floorplan and façade images are indicative only, conceptual in nature and subject to change.



BEDS 2	BATHS 2	LIVING 1	OUTDOOR LIVING	GARAGE 2	STUDY
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**PARADISE DESIGN**  
196.7 m2 21.17 SQUARES

# HIGH-FLYING HEALTH HERO.

WHEN JOHN MICKAN CHOSE TO STUDY MEDICINE INSTEAD OF DENTISTRY, HE PROBABLY DIDN'T IMAGINE A FUTURE TRAVELLING HUNDREDS OF KILOMETRES TO TREAT INJURIES AND DELIVER BABIES. BUT WHEN THE AUSSIE OUTBACK IS YOUR CLINIC, IT'S ALL IN A DAY'S WORK.

Born in 1929 in the rural South Australian town of Maitland, but raised and educated in Adelaide, Dr John Mickan AM knew he wanted to practice medicine in the country – it just seemed more interesting. After graduating from university in 1953, he moved to Port Augusta and went into practice with two other doctors, Dr John Thompson and Dr Robert Cooter. Just a couple of years later, the trio were approached by John Lynch, CEO of the Royal Flying Doctor Service (RFDS), who asked if they would be prepared to help establish a base in Port Augusta. They readily agreed.

“We were very eager to help out, because the people of the outback needed looking after and they weren't getting the assistance they needed,” says John. “We said that we would work for free until the Royal Flying Doctor Service was able to employ their own doctor. I ended up volunteering for nearly 12 years.”

Once a month, John would board a single-engine Auster aircraft for a two-day round trip, travelling 700km to Oodnadatta and even further to other towns to visit patients. For the rest of the month, the three doctors would respond to emergency calls for flying doctors, as well as treating local patients at their Port Augusta practice. John adds that, as a benefit to the ‘dearly loved’ people of the outback, no patients of the RFDS were charged for treatments.

“We would just have to leave the practice when we got an emergency call, but as our practice got busier and busier we couldn't always drop everything and go,” says John.

Among the other challenges he faced as a Flying Doctor, John says the plane's landings were particularly hairy. Most often using paddocks, sometimes at night, the pilot would aim for a burning tyre at the end of the ‘airstrip’, using the smoke to determine wind direction. In the darkness, the headlights from three cars – one at the beginning and one at the end of the airstrip, with another a third of the way along – would show the pilot where to land. “If we hadn't landed by the lights of the third car, we would have to fly around and try again,” John explains.

But with all of the challenges, John says there were plenty of joys, too. Once, he flew four hours to Oodnadatta to assist with



Above: Patients in the outback waiting for the Flying Doctor to arrive. Below: John in the early days.



Above: John (on the left) may have landed in Palm Lake Resort Ballina, but his legacy is still flying high – one RFDS plane still bears his name, alongside Dr Cooter's and Dr Thompson's.

an obstructed labour – when the baby was finally delivered, the relieved mother named him “John”.

“I was always happy to do the work because the people of the outback are wonderful people,” says John. “It was a big part of my medical life and I thoroughly enjoyed every minute of it – I can't speak highly enough of the people involved.”

After leaving the service, John continued to work as a doctor, moving to Adelaide in 1975 where he continued to assist with surgeries despite being ‘retired’. When his wife of 36 years sadly passed a few years ago, John visited Palm Lake Resort Ballina at the behest of his son, a Ballina local.

“I signed up the very day I came to visit,” says John. “I moved here in October 2016 and I absolutely love it. There's always something to do, but you can also just sit around and read if you'd prefer. The weather is also a lot nicer up here than in Adelaide.”

# AROUND THE GROUNDS.



## ALL THE INFO YOU NEED

Below: Phone our sales team if you are interested in coming along to one of our upcoming events – freecall 1800 335 666.



### Above and below:

We had a wonderful afternoon sharing details about the coveted lifestyle here at Palm Lake Resort Ballina at our recent info session.



# YOU'RE GETTING WARMER.

THE WEATHER HAS COOLED RIGHT DOWN AND MANY OF US ARE LOOKING FOR THE PERFECT WAY TO KEEP WARM. AND IT'S NOT JUST A MATTER OF COMFORT WHEN IT COMES TO STAYING TOASTY – KEEPING WARM IS KEY TO KEEPING YOUR IMMUNE SYSTEM FIGHTING STRONG, SO HEATING REQUIRES SERIOUS CONSIDERATION, ESPECIALLY AS WE AGE.

There are so many options when it comes to heating your home and they each come with pros and cons – cost being the biggest consideration. EnergyAid's Anne Armansin has spent more than 20 years in the appliance and energy industries including managing a home energy advisory service servicing one million households. So she knows a thing or two about the best way to keep your home warm while also keeping costs down.

"It's easy to just reach over and turn the heating up," Anne says. "While that's fine a few times, it's easy to forget about the impact that will eventually have on your next power bill."

Using a heating device for about five hours a day, for example, Anne explains that the running costs can vary greatly depending on the option you choose:

**Heated throw rug** (purchase price approx. \$69) at 150 watts costs about \$0.18 per day = \$1.30 a week to run.

**A five-fin oil heater** (purchase price approx. \$45) at 1000 watts costs about \$1.20 per day = \$8.40 per week.

**A fan heater** (purchase price approx. \$49) at about 2300 watts costs about \$2.76 per day = \$19.30 per week

**An 11-fin oil heater** (purchase price approx. \$99) at about 2400 watts costs about \$2.88 per day = \$20.20 per week.

Many believe air conditioners are an expensive household appliance to run. However, did you know a reverse-cycle air conditioning unit can be less than half the cost to run compared to a small, portable, electric fan heater?

Anne encourages consumers not to be swayed by the seemingly cheap purchase price of a heater – check the compliance plate of all new appliances to see how much power they use before you commit to the purchase and, beyond that, "make some house rules for how often you'll use the heaters, and try to stick to it," she says.

The key to any heating plan is making sure your home is sealed from any cold wintry drafts that might blow in. Ensure all your doors and windows are closed tightly. One of the best investments you may make this winter is a cheap 'door snake' that, when placed along the bottom edge of your door, blocks any cold air from entering under it. And don't forget to close your curtains and/or blinds once the sun starts to set, to keep the glass insulated.

Your bedroom (and your bed) is where you might also feel the cold the most. Ensure you are using flannelette sheets in the wintertime and that you have swapped your lighter summer doona for a heavier winter version. Pull out your electric blanket (just remember that you should only use an electric blanket to heat your bed before you get into it – once you retire for the night, your blanket should be switched off). And don't forget that a good old-fashioned hot water bottle can also be a nugget of (warm) gold on a cold night.

Beyond all this, make sure you are suitably rugged up for winter. If you don't like the feel of layers and layers of bulky jumpers, look for thin thermal undergarments. Keep socks on your feet. Add a trendy scarf to your ensemble.

"Remember it's almost always cheaper to warm yourself than the whole room," Anne says.



## HOT INCLUSIONS

Palm Lake Resorts are designed with solar orientation top of mind. Beyond this, our homes and facilities are constructed with quality insulation top of mind that, while keeping our residents comfortable, also helps with reducing electricity requirements to therefore keep heating (and cooling) costs down.

### Hebel

A comfortable winter home starts with its construction. Developed in Scandinavia more than 70 years ago, Hebel is a defining feature of Palm Lake Resort Ballina homes. Made using 100 per cent natural materials, Hebel bricks comprise a combination of sand, cement and lime gypsum. Beyond the heat insulation properties and being environmentally friendly, Hebel also offers sound insulation creating better acoustics within the home and stopping unwanted outdoor sounds from entering. This is perfect if you want to devour a good book or just enjoy some peace and tranquility - and who doesn't?!

### Anticon blanket

Hebel brick construction isn't the only thing keeping your Palm Lake Resort Ballina home warm this winter. Roofs are insulated with an Anticon blanket which sounds literally toasty but also provides temperature and noise control in homes and buildings with metal roofs. The Anticon blanket is a layer of glasswool adhered to an impermeable reinforced reflective foil facing. The lightweight blanket reduces radiant heat entering a home during summer, and in winter it keeps heat in and helps prevent condensation. Basically, the Anticon blanket works as an extra layer between you and the cold weather, keeping your Palm Lake Resort home warm all winter long.

### Reverse-cycle air conditioning

If you really feel the cold and the insulation efforts of Hebel and Anticon (as well as a steaming cup of tea) still aren't enough to satisfy you, your reverse-cycle air conditioner will be the thing you'll need to further control the ambient temperature of your home this winter. Many falsely believe that it is expensive to run air conditioning units but comparative data shows it's cheaper to run a reverse-cycle air conditioning unit throughout winter than an oil-burning heater or a small electric floor heater.

# GOLDEN LATTE.

## INGREDIENTS

2 cups almond milk  
¼ teaspoon ground dried turmeric, plus more for serving  
2cm fresh ginger, peeled, thinly sliced  
Pinch of ground cinnamon  
2 teaspoons coconut oil  
1 tablespoon honey

## METHOD

Heat all ingredients together in a small saucepan over medium heat until just simmering. Cover, reduce heat and simmer for five minutes. Remove from heat, strain and discard solids. Whisk, while warm, until frothy or serve chilled over ice. Sprinkle with ground turmeric before serving.



# MOCHA HAZELNUT FUDGE.

## INGREDIENTS

1 cup hazelnuts  
250g cream cheese  
2 cups icing sugar  
3 teaspoons instant coffee power diluted with 1 teaspoon water  
250g dark chocolate (melted)

## METHOD

Roast nuts. Remove skin and chop roughly. In a food processor, mix remaining ingredients and stir in nuts. Place in well-greased and lined tin. Refrigerate.

*Recipe courtesy of Palm Lake Resort Ballina chef Julie Gilmore*

## RESIDENTS' COMMITTEE.

The Residents' Committee has had a busy couple of months with the Incorporation and the Constitution being approved (by 85 per cent of the residents who voted at the Special General Meeting on May 4), budget preparations and other items within the resort.

Resort manager Rick and the Committee are working on a number of fronts which include street signage, emergency and evacuation procedures, caravan and boat parking area, remedial massage service, yagalates service, the workshop, Netflix in the cinema and a number of outstanding items for the construction team.

At a date to be arranged, the workshop will host an Open Day followed by a sausage sizzle to inform all residents what the workshop is all about. The Social Club was up for re-election on Tuesday, June 26, as this newsletter went to print. I would like to personally thank Bev Patterson and her committee for the work they have done over the past year to organise the many functions that have been held and enjoyed by many, plus the bus trips that have been arranged to allow residents to see the many attractions in our area.

All committees (Bowls, Bar, Workshop and Social) are getting together on July 4 to plan our strategy for the upcoming financial year which will be a good opportunity for all committee members to connect.

All the best,  
Steve Horne

## RELAY FOR LIFE.

**PALM LAKE RESORT BALLINA RESIDENTS ARE TRULY CHARITABLE NEIGHBOURS. THEY LOVE TO RAISE FUNDS FOR WORTHY CAUSES AND HAVE FUN DOING IT!**

Relay For Life is a fun and moving overnight experience that raises vital funds for Cancer Council's research, prevention and support services. Palm Lake Resort Ballina residents were again involved in the event this year under the team name "Palm Lake Pioneers". Ballina Shire Relay for Life was held at Alstonville Showgrounds from noon on Saturday, May 5, to 8am on Sunday, May 6.

Thousands of Australians participate in more than 200 Relays across Australia each year. Some people Relay in memory of a loved one lost to cancer. Some do it to show how proud they are at having survived cancer. Some do it to show support for those battling cancer. And some simply want to be involved and make a difference. Participants can choose to stay overnight, or not. Most importantly, Relay is not a race – team members took turns walking throughout the event to symbolize the ongoing fight against cancer. The Saturday night darkness was symbolic of the fear that a patient feels when diagnosed. After sunset, candlebags were lit to remember those lost to cancer. When not walking, team members were able to enjoy the games, activities, entertainment and general uplifting atmosphere of the event.

Palm Lake Pioneers team captain Margaret White says the resident fundraisers collected some \$2500 via Relay.

"Relay for Life went off very well," she says. "It was a good weekend with quite a few people from the Village coming out to support the walkers."

## CLOSE SHAVE.

Palm Lake Resort Ballina staff and residents are a charitable bunch. At the recent Biggest Morning Tea, one of our staff members, Sherrie, gave up her thick locks in the name of fundraising for the Cancer Council. She had her head shaved after raising \$780 for cancer research and support services. Others had their heads coloured for the cause and were quite the vibrant sight! In total, Palm Lake Resort Ballina raised just under \$4000 through this one event. Well done, all!





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# Award winning luxurious living.

Our portfolio of 25 communities across Australia has been richly rewarded, including winning Master Builders Association awards for our resort, country club and exhibition home.

This is the culmination of 40 years worth of Palm Lake Resort expertise and first hand knowledge in crafting designer resort living. Proudly family owned and Australian, we create communities that are friendly, exciting and inspirational. Our resorts are the new gold standard in luxurious resort living for a new generation of vibrant over 50s.



The best in designer living.



Master Builders Association Award Winning Resorts  
For Best Resort, Best Country Club And Best Home

[palmakeresort.com.au](http://palmakeresort.com.au)