

# BAY BREEZE

January - February 2022



## NEW YEAR, NEW YOU

**SUMMER'S HERE AND SO IS A NEW YEAR. WHAT WERE YOUR RESOLUTIONS? TO GET MORE ACTIVE? TO LOOK AFTER YOUR HEALTH? TO FIND MORE SOCIAL OUTLETS?**

Whatever you want the New Year to bring, we've got you covered with our weekly resort activities. Check out our list of convenient on-site activities on Page 5 and maybe find something new, for you, this New Year?





**Pictured:** The Twilight Breeze home design, part of our Stage 4 development.

### CONTACT US

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**Sales Centre opening hours:** Monday-Friday, 9am to 4.30pm. Weekends by appointment.

## WELCOME

Welcome to the first issue of Bay Breeze for 2022. Last year certainly was a trying year with COVID-19 constantly testing our resolve. While things appear to be getting back to normal again, let us not drop our guard. We've been in similar positions over the past 18 months only to have the insidious virus re-emerge. We would like to thank all residents for their stoic resilience during this time – you have all made our jobs so much easier by abiding by the COVID directives, and we understand it has not been easy.

The past year has seen the completion of Stage 4 and its 15 homes. All homes have now been sold with final occupants moving in early next year. The resident workshop has been relocated and the wash down bay installed, and all caravan and motor homes have now been rehomed down in Stage 4. The major refurbishment to the River Waters Country Club is almost complete – the main outstanding item is the wallpaper in the Oasis Bar which will be completed as soon as the tradesman can get down from Queensland. The netting has been installed above the bowling green and the new LED lighting installed. We're sure everyone agrees that the lights are marvellous. A full renovation of the green surface has been approved but, once again, COVID has got in the way. It is envisaged that this work will take place early this year.

We'd like to say a big thank you to all the wonderful volunteers who help keep our resort 'ticking over'.

We'd simply be lost without their ongoing help and support. Thanks to your wonderful residents committee who have been working tirelessly for the resort and its residents for the past two years. The support they have shown us has been invaluable and much appreciated. To our wonderful staff, thank you. Chef Wayne, ably supported by Megan, continues to provide the resort with amazing food. Andy and Mal worked hard last year trying to keep up with the ever-growing lawns, hedges and weeds in order. New recruit Layla has continued the great work of past cleaners and keeps the resort facilities sparkling.

Finally, thank you to all the wonderful residents at Palm Lake Resort, Fern Bay. It is you who make the resort a real community. You should be proud of what you have here. It has been sad to see quite a number of long-term residents sell up and move on, but they have been replaced by great people who are quickly settling in and adding to the community. We express our condolences to those who have lost loved ones and feel for you with the burden of COVID adding to the stress. We hope that you all had a great Christmas break, and we hope Santa was good to you all. Let's make 2022 a prosperous and happy year. Please stay safe and well.

**Jo & Ron, Palm Lake Resort Fern Bay Caretakers**

## NEWS BRIEFS

### WHY DO WE CELEBRATE VALENTINE'S DAY?

Valentine's Day is coming up on February 14, but beyond the chocolates and flowers, do you know why we celebrate? The origins of Valentine's Day are believed to date as far back as 496 AD, when the Roman Emperor Claudius II had allegedly banned marriage on the grounds that married men made bad soldiers. Valentine, a priest, began conducting marriages in secret – an act that had him thrown into jail and sentenced to death. There, he fell in love with a jailer's daughter and, on the day of his execution (February 14) he wrote her a love letter, signed 'from your Valentine'. Modern Valentine's Day celebrations tend to leave out this macabre story, but it certainly makes for an interesting bit of trivia, don't you think?

### HOT OFF THE PRESS



Our summer 2021-22 edition of "Your time" magazine is out now, circulating the country. In it, we've covered all the latest news from around the various Palm Lake Resort addresses, with other great summer-infused lifestyle reads too. If you didn't receive a hard copy in your letterbox, you can always read it online at [palmakeresort.com.au](http://palmakeresort.com.au)

### SOCIAL BUTTERFLIES

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](https://www.facebook.com/palmakeresort)  
**Instagram:** [@palm\\_lake\\_resort](https://www.instagram.com/palm_lake_resort)

### NEW DIGITAL LOOK

Palm Lake Resort has just unveiled a new-look website. We've got all the information you need on our 25 current resorts as well as those exciting new developments in the pipeline at Pelican Waters (QLD), Old Bar Beach (NSW) and Paynesville (VIC). Check out our new site at:

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



### WHAT'S HAPPENING IN OUR COMMUNITY

**January 15:** Gather up the grandkids and head to Federal Park, Wallsend, for Flick and Fun, the ultimate day out for the whole family. Bring a picnic rug and chairs to enjoy the movie 'Ice Age' while enjoying the food and drinks, games and prizes on offer.

**January 15:** Celebrate Aussie icon John Williamson's 51st anniversary in the music industry at Civic Theatre, Newcastle, with his unmissable 'Winding Back' tour.

**February 6:** Kia Ora! Celebrate New Zealand's national day, Waitangi Day at The Wickham Park Hotel in Newcastle – there will be live performers, great food and free flowing drinks.



# BRING A PLATE



**WE ALL KNOW JUST HOW MUCH PALM LAKE RESORT RESIDENTS LOVE A CATCH UP. OUR COMMUNITIES ARE LITERALLY BUILT ON 'COMMUNITY'. WHETHER IT'S A STREET PARTY WITH GARAGES DOORS WIDE OPEN AND FOLD-OUT CHAIRS ENMASSE IN DRIVEWAYS, OR VISITING FAMILY CATCHING UP AROUND A BARBECUE OR OUR RESORT POOL, ONE THING IS FOR SURE – YOU SHOULD ALWAYS BRING A PLATE.**

Ahhh, summer – it's the season of entertaining here in Australia, when neighbours, friends and family come together to celebrate, well, just about anything. Even when you're told not to bring a thing, it's nice to not turn up empty handed.

Here are our Top 5 easy 'bring a plate' idea to get your through another Palm Lake celebratory season:

## CHEESE PLATTER

Cheese platters are always crowd favourites and should be your Number 1 go-to. Whatever your taste, there's always something on a good cheese platter that everyone can enjoy. In our opinion, a solid cheese platter should include the following:

- A soft cheese like brie, goats' cheese or camembert
- A hard cheese like cheddar or gouda
- A blue cheese like gorgonzola, Roquefort or stilton
- A mix of crackers and bread
- A selection of dips, both dairy-based (ie, French onion) and dairy free (ie, pesto)
- Quince paste
- Something salty, like olives, cured meats or nuts
- Something sweet, like fruit or chocolate.

Also, note that presentation is key when it comes to a memorable platter. Wooden chopping boards make a great base for your platter and don't forget a cheese knife.

## SPINACH COB LOAF

This Aussie party classic has been on high rotation for more than 100 years (yes, really!). And it's so simple to make. Take a large cob loaf (your choice of white, sour-dough or wholemeal bread) and slice off the top, allowing you to remove the soft internal bread – save it for the next steps though. Drain a bag of frozen spinach of all water and mix with sour cream, mayonnaise, red onion and powdered vegetable stock until it forms a dip-like consistency. Scoop the mixture into the hollowed-out cob loaf and, under the grill, toast the bread chunks you tore out of the middle to serve.

## SUSHI TRAY

For something a little bit more exotic, you can't go past a sushi tray. Sushi is a lot of fun to make, too! Simply cook some sushi rice (short grain white rice made stickier with rice vinegar, sugar and salt), lay out a bamboo sushi mat and a sheet of seaweed (nori). Spread the rice onto the nori evenly, and right to each edge. Have a bowl of water

## UP THE ANTE

Don't just bring a plate to that next summer soiree - bring a jug as well! Here's a fruity sangria recipe to get you through the festive months! In a large glass pitcher, pour one bottle of white or red wine over ice. Then add four tablespoons of white sugar, 60ml of brandy and two cups of ginger ale. Stir. Add sliced oranges, lemons and limes and muddle slightly with your stirrer. Garnish each glass with a fruit wedge.



on hand to help you form the sushi without the rice sticking to your hands. Add your preferred fillings along one side – fish, chicken, fresh vegetables, avocado and egg are popular choices – then roll it all together and cut with a super sharp knife.

## SKEWERS

Does anything beat a skewer when it comes to finger food? There are no crumbs, no cutlery needed and plenty of deliciousness – plus, they're a lot of fun! Some exciting chargrilled skewer combinations include:

- Prawn, mango and avocado
- Steak, mushrooms, red onion
- Italian chicken, zucchini, cherry tomatoes, capsicum
- Grilled tofu or tempeh, carrots and mushrooms.

And to extend on your skewer repertoire, why not do fruit skewers? Pick the most colourful seasonal fruit available and chop into bite-sized pieces. For colour, you can't go past a combination featuring watermelon, grapes, rockmelon, honeydew, pineapple and the like. Easy!

## WEEKLY RESORT ACTIVITIES

### MONDAY

8.30am Ladies Tennis, Moving on Monday  
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 Mahjong (Library)  
4.30pm Table Tennis  
7pm Twilight Tennis

### TUESDAY

8am Mixed Tennis  
8.30am 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 Aqua Fitness with Karyn  
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  
8.30am Aqua Fitness with Hayley  
9.15am Aqua Fitness with Hayley  
9.30am Patchwork and Quilting  
12noon for 12.30pm Bistro Lunch  
1.30pm Dancing with Maxine  
2.30pm Cards including Canasta (Clubhouse)  
5pm Happy Hour

### SATURDAY

8am Mixed Tennis  
1pm Bowls Comp  
2pm Cinema Movie





# RIGHT ON CUE

WALK INTO ANY PALM LAKE RESORT COUNTRY CLUB AND YOU'LL LIKELY FIND A GROUP OF RESIDENTS GATHERED AROUND THE BILLIARDS TABLE, WATCHING OR PARTICIPATING IN A NEIGHBOURLY GAME. BUT IT'S A GAME THAT SPANS THE GENERATIONS – SO OUR VISITING FAMILIES LOVE IT TOO.

If there's one thing many Palm Lake Resort residents have in common, it's that they love a good game of snooker – it's the reason most of our resorts across Queensland, New South Wales and Victoria have their own billiards tables. Pool, snooker and billiards are all beloved as social games best enjoyed with a drink and good company, but did you know there are distinct differences between them? Paul Cosgriff, president of the Victorian Billiards and Snooker Association, explained the differences clearly. Paul says billiards is played with only three balls (one red, one white and a yellow cue ball). Both snooker and pool begin with a triangle of 15 balls each - in pool they are multicoloured and divided into solids and stripes, while in snooker they are red. Snooker is also played with an additional six coloured balls. Both of these games also require a white cue ball.

"Pool tables are smaller and have very generous corner pockets, making it easier to pot the balls," explains Paul. "Potting balls in snooker or billiards on an English billiards table is tougher and you have to be fairly accurate."

Originating in France and England in the 1700s, billiards began as an amateur sport amongst the aristocracy. While it didn't become popular in Australia until the late 1800s,

we managed to produce one of the best billiards players of all time, Walter Lindrum.

"He was the greatest player the world had ever seen, and remains one of the best," says Paul. "But during the height of his career in the 1930s, billiards was losing its popularity – people were simply too good. That is when an English man named Joe Davis turned to snooker, which also started out as a form of gambling. While a billiards match could go on for weeks, snooker was much faster paced making it more enjoyable for spectators. The colourful balls made for great watching when colour was achieved in 1972, and the game really took off from there."

While England has always been the home of billiards – which Paul puts down to the terrible weather, which forces everyone to find fun inside – both it and snooker are beloved here in Australia. And with neighbours like China and Taiwan getting in on the action, Paul wouldn't be surprised if we saw an Asian circuit (similar to golf) emerge in the near future.

"The thing I love most about these games is the combination of physics and artistry," says Paul. "Physics tells you that if you hit the ball a certain way, it will end up

in a certain position. Mastering all of the other factors - like side, intentional spin and strength - is where the artistry comes in. The best players will finish exactly where they want to finish, under incredible pressure. That's the beauty of the game."

## PAUL'S TIPS FOR BETTERING YOUR GAME

**1.** Although cues are provided, your own cue is always best. Your individual cue gives the best 'feel' and on large professional tables, players fit extensions to their own cue because that familiarity is so important.

**2.** Two-piece cues are best for ease of transport, and storage. The join can be at half-way or "3/4" - meaning well down near the butt end of the cue. Under the rules, a cue must be at least three feet in length, so if you take the butt end off a "3/4" cue you could still play a shot. Most cues are 54" in length - generally standing about shoulder height, or just above, or below. Therefore, you could not unscrew the 2-piece cue with a mid-join and play a legal stroke.

**3.** When purchasing a Cue, play a number of shots hitting 'high' on the cue-ball so that it follows on, or runs through, after the object ball. This translates to 'feel' and helps when comparing cues. The more expensive cue is not necessarily the best feel for you. The tip of the cue is your only means of control for spins on the ball (screw, stun and side) so maintain it well. Good chalk is essential.

**4.** Persistence is the key to improvement and full enjoyment. Practice, especially for plain ball striking, is essential to eliminate unintentional spins. Later practice allows for intentional spins to manoeuvre the cue ball to the desired position for the succeeding stroke.

**5.** An adjunct to persistence is maintenance. The cue should be kept clean and dry, with a little wood oil on exposed wood near the tip, and below the ferrule. The billiard table should have a dust cover. When the dust cover is removed, the table should be brushed (and preferably padded) from the baulk end (the "D") all the way to the top of the table where the black spot is. Never "bang" a ball onto a spot! It can only cause damage. The table should be serviced by a qualified person if there are problems with spots, wear and tear to the cloth, or if the table is out of level.



# A FIFTY-YEAR ADVENTURE

**WHEN THEY ARRIVED IN AUSTRALIA IN 1971, GERRY AND SANDY O'NEILL PLANNED TO STAY FOR A YEAR. NOW, HAVING LIVED IN SYDNEY AND THEN PALM LAKE RESORT FERN BAY, GERRY AND SANDY CAN'T BELIEVE IT'S BEEN FIFTY YEARS – AND COUNTING.**

Hailing from Saskatchewan in Canada, Gerry and Sandy were both excited for what was supposed to be a 'working holiday' in Australia. Sandy worked in the corporate sector as a trainer, and Gerry taught high school economics and social sciences.

"We knew we would want to stay for a year or two, but we touched down and fell in love instantly," says Sandy. "The climate, the people, the lifestyle – we felt as though we fit in right away, and that's what kept us here. We were just having a great time."

For Sandy, it felt as though she blinked and it had been 50 years – 43 in Sydney, and the past seven at Palm Lake Resort Fern Bay. Knowing they didn't want to retire in Sydney, Sandy and Gerry began looking for other options. After hearing about Palm Lake Resort through a friend, they went up to Newcastle to have a look. The facilities, location and people drew them in.

"We don't have children and our family is back in Canada, so finding community was important to us," says Sandy. "We hadn't spent much time in the Newcastle region, but the facilities and homes were just what we were after. It ticked a lot of our boxes."

Sandy and Gerry were among the first residents to call Palm Lake Resort Fern Bay home. They were eager to trade the hustle and bustle of Sydney for a new lifestyle – their dream retirement, spent trying new things and meeting new people. The impressive facilities and brimming calendar of weekly activities have allowed them to do exactly that.

"We're happy here," says Sandy. "It's conveniently located close to everything we need, and we stay busy catching up with friends and trying the activities on offer."



A couple of years after moving in, Sandy even went about establishing the resort's very own women's chorus. She had sung in Sweet Adelines choruses in Sydney, an international network of chorus and quartet singers, and wanted to bring something similar to Palm Lake Resort Fern Bay.

"It was a lovely thing to start, and though we have moved the group out of the resort itself, we now have about 30 members from within and around the resort," says Sandy. "We have had to take our practices to Zoom during COVID – which has been quite the challenge, I can tell you – but we are looking forward to performing together for local venues and functions again soon."

When she's not busy singing, you might also find Sandy leading the tai chi classes at the resort. Sandy discovered her love for tai chi at Palm Lake Resort about five years ago, but when the instructor left, Sandy took on the role herself. Now, she does three to four hours a week with her original instructor before passing on what she has learned to the residents of Palm Lake Resort Fern Bay.

"Most people are just looking for a little exercise, some gentle stretching, better balance and flexibility," says Sandy. "We are an active bunch here. Gerry loves the resort gym, and has even put a rowing machine in our garage – that came in particularly handy during COVID."

For both Gerry and Sandy, it seems that the things they loved about Australia when they first arrived – the climate, the people, the lifestyle – are also what they love about Palm Lake Resort Fern Bay. It's little wonder they fit in so well.



## 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 a new or established Palm Lake Resort home, you'll receive up to \$500\* cash. Easy!**

**\$500**

for a brand new home

**\$250**

for an established home



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...

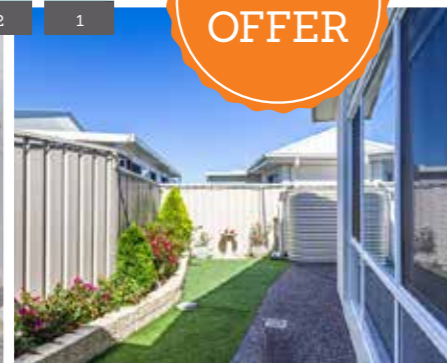
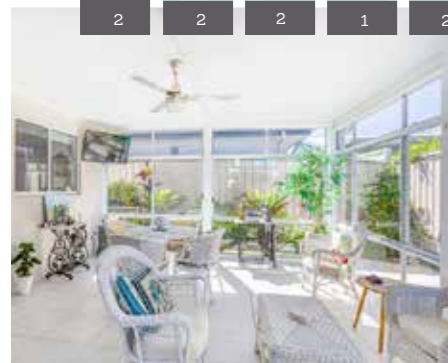


## HOME 10 - \$730,000

This two-bedroom, two bathroom home reveals a modern flowing design offering a central kitchen with stainless steel Smeg appliances, high gloss cupboards and stone counter tops. The master bedroom includes a WIR and a large tasteful ensuite and quality fittings. The second spacious bedroom comes complete with a functional BIR. A multipurpose room or study situated at the front of the home. At the rear of the home sits an impressive, enclosed entertaining area with abundance of natural sunlight, opening out to your own private grassy yard and manicured gardens.

UNDER OFFER

BED	BATH	LIVING	OUTDOOR LIVING	GARAGE	STUDY
2	2	2	1	2	1



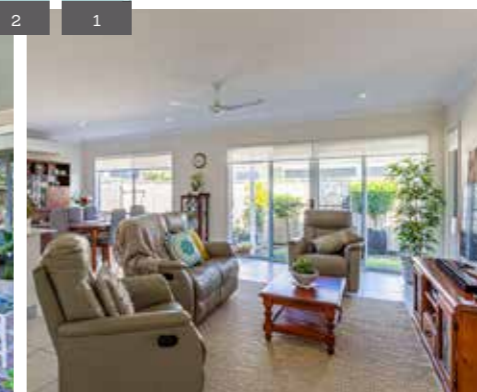
SOLD



## HOME 123 - \$690,000

This beautiful home is within walking distance to the world class Riverwaters Clubhouse. The modern flowing design offers a central well appointed kitchen which flows through to the spacious living & dining area. The multipurpose room is ideal quiet retreat for reading, computer work or a sewing/craft area with wall to wall storage and louvre shutters allowing natural light to flow through. The second spacious bedroom features a BIR. There are two alfresco areas surrounded by leafy green low maintenance manicured gardens.

BED	BATH	LIVING	OUTDOOR LIVING	GARAGE	STUDY
2	2	1	1	2	1

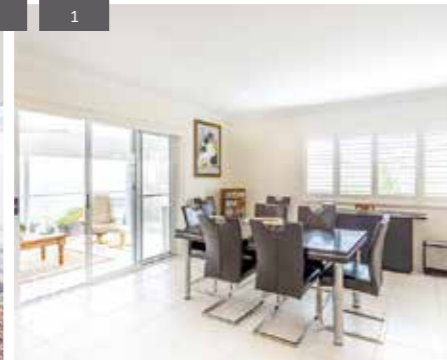
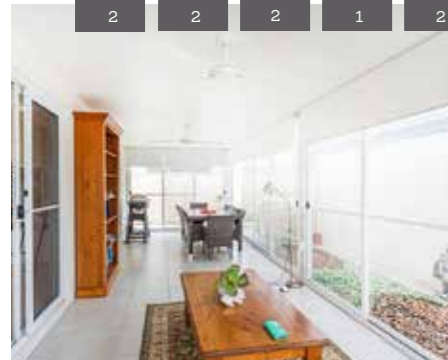


## HOME 48 - \$850,000

Be amazed by the size of this majestic Palm Cove Villa situated on a corner block just a short stroll away from all the world class amenities Palm Lake Resort Fern Bay has to offer.

The custom built flowing design of this tasteful 2 bedroom 2 bathroom Villa reveals a modern layout with a substantial open plan living area and an abundance of windows producing inviting natural sunlight throughout. There is a large ample kitchen overlooking the living area with stainless steel Smeg appliances, plenty of high gloss cupboards for storage and stone counter tops perfect for the entertainer.

BED	BATH	LIVING	OUTDOOR LIVING	GARAGE	STUDY
2	2	2	1	2	1



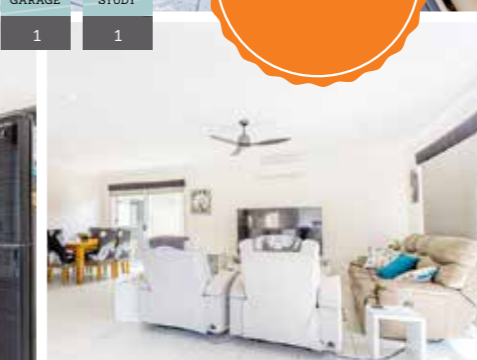
SOLD



## HOME 133 - \$650,000

Showcasing style and privacy, this immaculately presented Seabreeze design is a two-bedroom, two-bathroom home. The main bedroom offers a large ensuite complete with double vanity and walk-in robe. The second bedroom is also spacious with a built-in wardrobe with the main bathroom nearby. The multipurpose room is ideal as a quiet retreat for reading, computer work or a craft area. There is a double garage with internal access. Features include an alfresco area with a northerly aspect, low maintenance yard, aluminium louvres and shade blinds.

BED	BATH	LIVING	OUTDOOR LIVING	GARAGE	STUDY
2	2	1	1	1	1





# Angling for a new boat?

With so many of our newest resorts located near wonderful waterways, it's only fitting that we'd cast the net a little wider for a 'Welcome home' gift.

In 2022, Palm Lake Resort is giving away a 4.3m Quintrex aluminium "Fishabout" boat, valued at over \$30,000, FREE with any new home purchased!

If you've been thinking about a relocation to one of our newest resorts and wanted to find out more about how to land this prized catch, phone 13 56 72.

**FREE**  
**\$30,000 boat**  
**with your new**  
**home!**

T&Cs apply



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