

# BAY BREEZE

September-October 2021



## MUSIC ALL AROUND US

Did you play an instrument at school? Blow the dust off that clarinet - did you know that playing music is actually good for you?

## SMALL YARD, BIG FURRY LOVE

Looking to add a new (furry, four-legged) member to the family? Find out the Top 5 dog breeds for small yards

## MEET YOUR NEIGHBOUR

Palm Lake Resort Fern Bay resident Ruth is great at telling other people's stories, but let us tell you hers...



# WELCOME

Hi to all of the wonderful residents of Palm Lake Resort Fern Bay and welcome to the September-October edition of the Bay Breeze newsletter.

Do you have the feeling like you're trapped in 'Groundhog Day' with Bill Murray or maybe with Tom Cruise in the 'Edge of Tomorrow'? Round and round we go on the lockdown treadmill! Let's hope the end is nigh and we can get back to 'normal' sooner rather than later. We've kept the indoor pool and spa running this time, so as soon as restrictions are lifted these facilities will be ready to go. We thank all residents who continue to abide by the ever-changing restrictions, ensuring our community is safe.

Residents will notice that the caravan parking area at the southern end of the resort has been levelled and tidied. Hopefully it won't be long until the area is finished and the vans can be relocated to their permanent home there. There is also some landscaping planned around the southern pond. This will include shade trees, park benches and picnic tables. This work will be completed once the vans are relocated.

Please consider contacting your neighbours during these trying times to check on their welfare. A phone call or a text can make someone's day and it's not hard to do. As we go to press, some restrictions have been eased for the fully vaccinated. One such relaxation allows for groups of up to five to congregate on the resort common areas. This may be a great opportunity for you to take advantage of some magical spring weather?

That's it for now. We hope to see around the resort, maybe picking up your meal or as you walk by the office during your daily exercise. Stay safe!

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

## CONTACT US

If you have any questions about Palm Lake Resort Fern Bay, simply contact us!  
**Freecall:** 1800 648 868  
**Visit:** [palmakeresort.com.au](http://palmakeresort.com.au)  
**Email:** [salesfernbay@palllake.com.au](mailto:salesfernbay@palllake.com.au)  
**Find us:** 1117 Nelson Bay Rd, Fern Bay, 2295  
**Sales Centre opening hours:** Monday-Friday, 9am to 4.30pm. Weekends by appointment.

## DISCOVER WORIMI

Have you been looking for something to do within five kilometres of Palm Lake Resort Fern Bay in these days of Covid-19 restrictions? Have you ever undertaken the Worimi Forest Walk? This easy walk is located within the Worimi Conservation Lands which is a stone's throw from our resort. The walk features an undulating path through heath and open blackbutt-apple forest. Wild flowers, especially flannel flowers, are abundant throughout the spring. It's best to undertake the walk either early in the morning or later in the afternoon when the myriad of birds are most active. The walk commences at the 4WD access carpark. Access the carpark via Seaside Boulevard at Fern Bay. Contact Caretaker Ron for further details, if required.



# NEWS BRIEFS

## TECH HELP IS AT HAND

Do you have a tech question or problem? Need to ask a question about your device? Port Stephens Council staff at Raymond Terrace Library can offer one-on-one help with common tech questions including getting started with their eLibrary, emailing and staying safe online. They run a free weekly session for tech assistance every Thursday, from 10.30-11.30am, at the library at 18a Sturgeon St, Raymond Terrace. Phone the Library on **4988 0111** for more information.

## GREY IS THE NEW BLACK

Did you know that, annually, October 1 is the International Day of Older Persons? It's a celebratory event decreed by the United Nations and is an opportunity to highlight the important contributions that older people make to society and raise awareness of the issues and challenges of ageing in today's world. It was a resolution passed by the United Nations General Assembly on December 14, 1990. This year's theme is 'Healthy Ageing'.



## HOMeward BOUND

Those most majestic of annual visitors to our neighbourhood, the humpback whales, are at the end of their migration trek, and are heading home. As the season wraps up (which happens around November), make sure you take the time to catch a last glimpse. There are a number of great land-based vantage points around Newcastle including:

- Fort Scratchley
- The Obelisk, above King Edward Park
- Newcastle Memorial Walk
- Merewether Beach
- Bar Beach

Otherwise, head north to Tomaree Lookout for a breathtaking view of the surrounding area (it's a little bit of a hike, but really worth it). BYO binoculars.

## WELCOME NEW FRIENDS

We say hello and send a warm welcome to even more new homeowners this edition, including Mike & Yvonne (Villa 262) and Gael (Villa 261). We look forward to seeing you guys around the grounds!



## EXTRA, EXTRA!

The Spring 2021 edition of the Palm Lake Group's company magazine has officially hit the news stands, and it's full of the latest and greatest news from Palm Lake Resort and Palm Lake Care. If you haven't received a hard copy in your mailbox, you can also read it online at our website [palmakeresort.com.au/news](http://palmakeresort.com.au/news)



# SMALL YARD, BIG FURRY LOVE

**DOWNSIZERS DON'T TYPICALLY MOVE TO PALM LAKE RESORT WITH CHILDREN IN TOW, BUT FUR KIDS ARE A WHOLE OTHER STORY! IF YOU'RE CONSIDERING GROWING YOUR FAMILY, TRY THESE SMALL-YARD BREEDS.**

If there's one type of resident we love here at Palm Lake Resort it's the furry four-legged variety. When the actual kids grow large enough to fly the coup, pets can fill in a big void left by the children's departure.

The joy of owning a pet isn't new to most Australians - we have one of the highest rates of pet ownership in the world. Here at Palm Lake Group, we've built our resorts to be pet friendly because we know just how important pets are for the majority of our over-50s residents, too.

Palm Lake Resort Fern Bay pooches can roam free in our dog run, enjoying a spot of exercise while also getting that important social interaction with their four-legged neighbours. What we've found right across the Group, however, is that our off-leash dog runs are magnets for likeminded residents. Neighbours congregate to let their furry friends enjoy time together but for the humans themselves, it's a great social outlet. And the regular walks to and from the

off-leash areas are providing our residents with that all-important incidental exercise (with fresh air and vitamin D the cherries on top). Our resorts are pet friendly, because we know just how important pets are to you!

## Dachshund

Dachshunds are energetic, loveable and loyal, promising to be the perfect companion for any retiree. Their medium-level exercise needs mean they prefer homes with a small backyard, but also enjoy daily walks and space to run outside the confines of your home. They are highly playful and likely to bark but are certainly trainable, showing intelligence and energy. You just need to consider that though their coats are short, they can still shed.

## Cavalier King Charles Spaniel

Small and sophisticated, don't let the Cavalier King Charles Spaniel's petit size fool you - this regal breed is tough to beat. With an even temper and gentle disposition, the Cavalier will often adapt easily to its owner's lifestyle; they can be active and inactive in equal measure. Bred to be a beloved lap dog, they are also descendants of sporting breeds and will enjoy moderate exercise and outdoor activities. You'll find a Cavalier enjoys an afternoon walk just as much as an evening on the couch.

## Yorkshire terrier

The Yorkshire Terrier, affectionately known as a 'Yorkie,' is small and quiet, making them the perfect housemate. Their friendly nature means they don't mind company and are typically relaxed around other pets and people, making them perfect for social owners who would enjoy spending time at the dog park. While they have a lot of energy, it can be well spent in a small backyard - though they will never say no to an afternoon stroll. Bonus: they look like puppies for most of their life, making them perfect for owners who never want their fur babies to grow up.

## Boston terrier

Commonly confused with a French Bulldog, the Boston Terrier boasts tall, upright ears and a flat face, with black and white markings sometimes referred to as a 'tuxedo jacket'. Originating from, you guessed it,

Boston, the Boston Terrier requires active exercise (throwing a ball or a toy, or agility training) and can become frustrated when left alone for long periods of time. Considering adopting your very own? Be warned: their big, round eyes will surely win you over, promising love at first sight.

## Maltese

Small but mighty, don't be fooled by the Maltese's prim and proper appearance - behind the white, fluffy exterior is a dog you're sure to love. Their small stature makes them ideal for small backyards, while their soft coat is unlikely to shed, making them a great choice for indoor living. Their coat is even considered hypoallergenic, meaning they will fit seamlessly into almost any family. Your Maltese will love running around in your backyard but will also never say no to a trip to the dog park or a walk.



## 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



# DON'T STOP THE MUSIC

**IT MAY HAVE BEEN DECADES SINCE YOUR PARENTS INSISTED YOU TAKE PIANO LESSONS, BUT DON'T THINK YOUR MUSICAL DAYS ARE BEHIND YOU. THERE ARE PLENTY OF REASONS TO PICK UP A MUSICAL INSTRUMENT IN YOUR ADULT YEARS.**

## It boosts brain power

Much like puzzles or playing chess, learning to play music is a great way to improve your cognitive ability. Reading and playing music is believed to stimulate the brain in a way that benefits your memory retention and also helps you retain new info. Experts believe that, when it comes to brain power, you 'use it or lose it'. In particular, learning to play a musical instrument has been associated with a lower risk of developing dementia. Why? Musical training and performance are believed to increase your brain's resiliency – so much so that musicians are 64 per cent less likely to develop mild cognitive impairments and dementia.

## It relieves stress

Listening to music is a great stress reliever, but did you know that playing a musical instrument also has calming powers? According to studies, playing an instrument can help us refocus negative feelings into something not only positive, but enjoyable. Whether you are banging out a rhythm on the drums or plucking a melody on the guitar, making music is believed to have a unique ability to reduce your blood pressure and heart rate.

## It makes you more patient

Many of our Palm Lake Resort residents will agree that life doesn't slow down in retirement – in fact, with so much to

do, things move at a faster pace than ever before! Learning a musical instrument is one fantastic way to chill out, slow down and enjoy the moment. Patience is an essential skill for any budding musician to master as they learn to read and play the notes, and many report finding themselves employing more patience when they interact with the people and things around them.

## It's good for your body

You may not break a sweat, but playing an instrument promises a host of physical benefits that you may not have thought about. Moving your fingers along the keys of a piano or the strings of a guitar enhances your hand-eye coordination and fine motor skills – two skills that can easily be transferred to almost any other activity, be it crochet or croquet. Wind instruments, too, improve the function of your respiratory system by ensuring you breathe properly. Need we go on?

## It's a great way to make friends

Looking to widen your social circle? Playing a musical instrument could help! A number of Palm Lake Resort locations have resident music groups where likeminded musos can come together and jam out. From choir to the ukulele to all-out Rock 'n Roll bands, our residents make use of the time and resources available to them in retirement to live out their dreams of musical stardom.

# MUSIC HQ

**THERE'S SOMETHING IN THE WATER AT PALM LAKE RESORT FERN BAY, AND IT'S GOT A LITTLE RING TO IT...**

It is quite uncanny how many accomplished musicians there are here at Palm Lake Resort Fern Bay. You could almost be forgiven for believing that being 'musical' is a pre-requisite to moving in! Want a ukulele player? Take your pick from about 20 of them. Need a didgeridoo? Give homeowner Lee Courtney a call. Enjoy karaoke? Our fellow neighbour Glenda Cox is ready to set up. Keith Griffiths will answer the call if you need a trombone player - and all of this is before we even start to consider the multitude of guitarists, drummers and singers who call our resort home.

With all of this talent available, it is not surprising that a number of different bands have formed across Palm Lake

Resort Fern Bay. On Sunday afternoons in the Clubhouse, you will regularly find an enthusiastic audience being entertained by "The River Waters Country Band". With Mal Davies on guitar and vocals along with his singers Linda McGloin, Wendy Everingham and Anne Marie Slevison, they perform a mix of folk songs and country favorites.

Up the tempo, and next comes "The Baytones". Again, Mal (we can't keep him away!) teams up with Lucy Byrnes on vocals and Phil McGloin on bass to perform a vast song list of favorite pop tunes with beautiful harmonies that always gets their audiences up on the dance floor. The popularity of The Baytones is such that this band has a regular list of gigs at venues from Port Stevens all the way to the Central Coast.

Looking for good old rock 'n roll? Yes, Palm Lake Resort Fern Bay has that too. "Turn The Page" is a full-on rock 'n roll band playing hits from Santana to The Shadows, and from The Animals to The Argilles. Peter Wilson and Lucy Byrnes handle the vocals, and Peter also plays the rhythm guitar. Along comes Chris Ferron on drums, Phil McGloin on bass guitar and Graham Wilson on lead guitar. Did you know, Graham also plays the clarinet and the saxophone?

Besides performing at the popular dance nights held in our own clubhouse, Turn The Page also has a number of regular pub gigs on their books.

# LUCY'S ON SONG

**RETIREMENT GIVES US THE TIME TO FINALLY FULLY EXPLORE OUR HOBBIES - AND IT'S PROVING TO KEEP MANY OF OUR RESIDENTS QUITE BUSY! JUST ASK LUCY BYRNES.**

Palm Lake Resort Fern Bay is blessed to be home to so many talented music makers. As you've just read on Page 6, playing music provides a range of benefits that makes picking up an instrument later in life not such a bad idea.

Lucy Byrnes has music in her gene code but admits that it wasn't until moving into Palm Lake Resort Fern Bay in

2014 that she was able to fully reap the rewards of her talent. A keen singer, Lucy says she sang in choirs at school before a career in nursing (first in general nursing, then as a midwife) took her attention away from singing for some time. She says she would dip her toe in at the local pub talent quest now and again and would win cash prizes that would help boost her nursing pay packet. Lucy was lucky to be born into music – her mother was a professional singer and dancer on stage in her time. Here at Palm Lake Resort, Lucy currently sings in two bands and says the role brings her immense joy and satisfaction.

"Music has been a real Godsend for me," Lucy smiles. She says it was an outlet for her as she nursed her husband, Keith, back to health when he was being treated for lung cancer. Nowadays, Keith is Lucy's biggest fan. "He's very happy that I've found this wonderful outlet. We can't wait until Covid allows us to get back to playing again – music really makes everyone happy – whether you're playing or listening."

# ZINE SCENE

**PALM LAKE RESORT FERN BAY HOMEOWNER RUTH HYND IS ON A MISSION TO TELL HER FELLOW NEIGHBOURS' STORIES, BUT LET US TELL YOU HERS, FIRST**

Ruth Hynd has undertaken a little passion project to share those stories behind those people that we all call neighbours. Through Ruth's new community magazine, entitled 'Backflip', she is looking at "the lives of some VERY interesting people" here at Palm Lake Resort Fern Bay. "Everyone has a story and we are presenting some snippets by flipping back into our past," Backflip states.

## Here's Ruth's story, in her words...

My childhood was spent in the dairy farming area of the upper Manning Valley. It was community living, as found in the old village atmosphere. Attending a small school of 13 students and being quite an isolated community, we depended on each other in all things. I developed a love for animals, horses in particular. As an adult, I played polo-crosse and always owned horses. During the polo-crosse season, I would load up the truck with horses and camping gear. With friends and my teenage daughter, we travelled afar - from Grafton to Quirindi to Wyong. That was adrenaline plus, but with a lot of campfire camaraderie and laughter (much like activities at our resort).

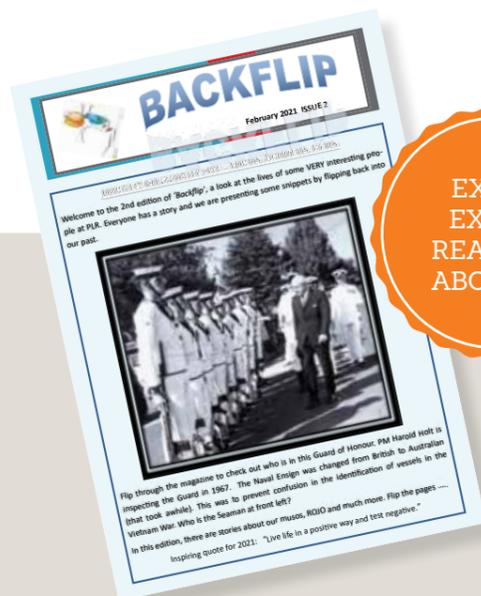


In my late forties, I became a senior high school teacher, teaching Geography, English, Drama and whatever was needed. Becoming a teacher late in life taught me to try to maintain a sense of humour (even if you really wanted to scream). Behavioural issues for teenagers often originated outside of the classroom and teenagers just want someone to listen and to care.

After I retired six years ago, Lloyd and I were married. He had already moved into Palm Lake Resort Fern Bay as an 'original settler' nearly eight years ago. A new chapter of our life had begun.

Chatting amongst my new friends, we continually spoke of the many interesting people here in the resort. So, last December, we decided to start to write 'Backflip' - a 'zine' for us, by us, about us. The aim was to bring people closer together as we made awesome discoveries about our neighbours and friends. The zine is to be an uplifting and entertaining read - not a biographical description of lives, but the events in the lives of our people. I edit and write the majority of *Backflip*, but I have great supportive people writing media reports and so on, plus our necessary proof reader. My love of language, writing, photography and community has always been with me and has helped me with challenges in creating a new eight-page zine every two months.

**HAVE YOU READ OUR NEW BI-MONTHLY RESORT 'ZINE' CALLED "BACKFLIP"? IT'S PRODUCED BY RUTH HYND AND FRIENDS. YOUR COPY WILL BE EMAILED TO YOU OR DELIVERED IN HARD COPY TO THOSE WITHOUT EMAIL ACCESS. PLUS, SOME COPIES ARE AVAILABLE AT THE RESORT CLUBHOUSE.**



EXTRA  
EXTRA!  
READ ALL  
ABOUT IT!

# TRAVEL IN A 'NEW' WORLD

**PALM LAKE RESORT RESIDENTS ARE KNOWN FOR THEIR ADVENTUROUS SPIRIT, SO THE PAST 18 MONTHS HAVE BEEN PARTICULARLY TRYING FOR THOSE EAGER TO GET BACK OUT ON THE ROAD AGAIN. AS THINGS (SLOWLY) BEGIN TO OPEN UP, HERE ARE THE TIPS TO KEEP IN MIND.**

## Mask up

Just as you do in your own neighbourhood, when you travel around Australia – and soon, the world – you will often have to wear a mask, so it's a good idea to keep a few spares close at hand. While many of us are well-versed in the general rules of mask wearing, it's always a good idea to stay up to date on the etiquette. According to the Department of Health, remember to always wash or sanitise your hands before putting it on or taking it off, ensure it covers your nose and mouth and fits snugly around your face, and do not allow the mask to hang around your neck or under your chin. Don't reuse single-use masks – instead, opt for a sustainable, reusable version (just make sure you wash and dry them after use and store them in a clean, dry place).

## Get vaccinated (if you can)

Many states and countries are feeling the effects of new strains and new waves of COVID outbreaks, so expect hypervigilance when you try to cross any borders. In some places, in the future, entrance may be refused without proof of vaccination. While your holiday may be your number one priority, remember that for certain regions, avoiding the risk of another outbreak will always take precedence. This won't necessarily be restricted to government authorities, either; it's very likely that some airlines, tour groups and accommodation providers will turn away unvaccinated travellers. Beyond making it easier for you to travel, experts assert that higher vaccination rates make outbreaks less likely and reduce the need for preventative measures like border closures and travel restrictions – saving lives and livelihoods in the process.

## Stay vigilant

The past few months have proven just how quickly things can change in this COVID climate. No matter where or when you travel, it is essential that you keep an eye on the restrictions in place where you're visiting and also back home. Staying up to date could spell the difference between making it back home in time and spending two weeks in quarantine. If you are road tripping interstate – as so many of our Palm Lake Resort residents love to do – this can prove challenging. Check out:

- The Coronavirus Australia app, which stays up to date with official information and advice.
- The Australian Government WhatsApp channel, where you can learn the latest and send messages (message WhatsApp number +61 400 253 787 to join).
- Your state's COVID hotline.

## Book with flexible providers

Once upon a time, planning a holiday well in advance was the best approach. Now, with most states unsure where they will be, COVID-wise, in a month, let alone six months, it can be more practical to book your travel within a shorter timeframe. Experts are already beginning to predict that COVID will change our traditional 'travel seasons', and the windows of travel opportunity will be days or weeks long, not months. Wherever possible, book with travel providers who offer free cancellation, date changes and credits or refunds. When it comes to travel insurance, check whether your provider includes COVID-related claims. And, if worse comes to worst and you can't get back the money you spent on a cancelled trip, see your investment as a donation to the struggling travel industry.





# 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

The best in over-50s living. This is your time.  
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BED	BATH	LIVING	OUTDOOR LIVING	GARAGE	STUDY
2	2	1	1	2	1



## HOME 131 - \$670,000

Immaculately presented this magnificent Sunset with a difference is an absolute must see and only one of two within the resort. Situated in a central location, this 2 bedroom, 2 bathroom home reveals a modern flowing design offering a central kitchen with stainless steel Smeg appliances, high gloss cupboards with stone counter tops and an open plan easy living space with separate dining room perfect for entertaining. The master bedroom is situated at the front of the home and includes a WIR and ensuite with quality fittings and extra storage space.



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



## HOME 133 - \$675,000

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 sewing/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.



**A beach you'll love,  
a lifestyle you'll adore.**

Get in touch to learn more.

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