

# THE LAKES



November-December 2021



**FREE  
PREMIUM  
GOLF CAR  
WITH YOUR  
NEW HOME**

T&Cs apply

## WATERWORLD

Our weekly Friday boat trips are proving a big hit – book your spot on the resort's pontoon boat now!

## BRING A PLATE

It's party season! When you've got a party to attend and you don't want to arrive empty handed, try these ideas

## VISIT US!

We've got inspiration aplenty – walk through our fab display homes to see what life will be like here for you



# Welcome



Welcome all, to the next edition of 'The Lakes' newsletter – bringing you all the updates from our rapidly expanding luxury over-50s community here at Palm Lake Resort Forster Lakes. Our first two-storey homes have officially welcomed their lucky new homeowners, just in time for Christmas. These luxury abodes really do stand out – they're the perfect 'right-sizer' when an over-50s lifestyle change is sought. In fact, close to 50 homes will be occupied by Christmas which will, no doubt, make for quite the inaugural festive season here at our resort! In other great news, the slabs are down for our Country Club with frames to go up in the coming weeks.

As our homes go up and our homeowner community grows, now's a great time to stop by and check out the progress. You are starting to get a real sense of the luxury resort community that is coming up out of the ground. To give you another reason to visit, why not attend one of our upcoming events? We have loads on the calendar! Firstly, we're hosting lunch at 33 Degrees and High Tea at Café Toscano, to give you a chance to meet our Sales Team, see the resort masterplan and floor plans and get all those questions answered. We also have a great weekly cruise on the lake in our resort's own pontoon boat, so come and enjoy a taste of what Palm Lake Resort Forster Lakes has to offer and check out our resort from a different (on-water) perspective.

Our exclusive two-storey homes in Stages 3 and 4 really are selling fast as word gets around as to the many very neat features they offer. These homes now also have upstairs balconies and many luxury inclusions. But if a two-storey home is not for you, we also have a few of our most sought-after single-level homes still available in these stages too.

For those lucky residents who already call Forster Lakes home, we are hosting a 'Festival of Fun'. It's exactly as the name suggests – a load of great organised activities and events to support this very active and fun bunch of Palm Lake Resort people. There are complimentary weekly activities, such as Yoga, Qi Gong (tai chi), lawn bowls, boat trips on the lake with lunch at Coomba Park, as well as a fortnightly dine-out luncheon. Our Melbourne Cup street party was awesome – check out Page 7 for some of the memories of that event.

We look forward to welcoming you along to one of our upcoming events, or on a private resort tour - and then welcoming you into your new Palm Lake Resort Forster Lakes home. This is your time.

**Jen Nichols, Regional Sales Manager, Palm Lake Resort Forster Lakes**

## Contact us

If you have any questions about Palm Lake Resort Forster Lakes or if you are interested in touring our site, simply contact us!

**Freecall:**

1800 577 542

**Email:**

salesforster@palllake.com.au

**Find us:**

6 Tea Tree Road,  
Forster NSW 2428

**Sales Information Centre opening hours:**

Seven days a week,  
9am to 4.30pm

**Visit us online:**

forsterlakes.com.au



## News briefs

### Take a video tour

Have you seen the great artist-impression video tour of our resort, on our website? Put yourself in the picture at forsterlakes.com.au (simply click the "Resort Video" tab in the top navigation bar).



### You're invited

On November 25, from 2pm-4pm, Join us at Café Toscano (1 Wallis Street, Forster) for a relaxed and fun afternoon tea with some of our knowledgeable Sales Team members. Enjoy a coffee and some delightful baked goodies while we answer your questions about what life could look like, for you, in our stellar over-50s resort-style community. RSVP essential via Freecall 1800 577 542.



### Cruise with us!

There's no better place to be at this time of the year than out on the water, enjoying the natural beauty that is our local backyard. Each Friday, from noon-3pm, join some of our wonderful homeowners out on our resort's pontoon boat for a relaxed cruise. There will be a complimentary lunch and drinks to enjoy, too. RSVP essential on the Friday of your choice. Freecall 1800 577 542 to book your seat.

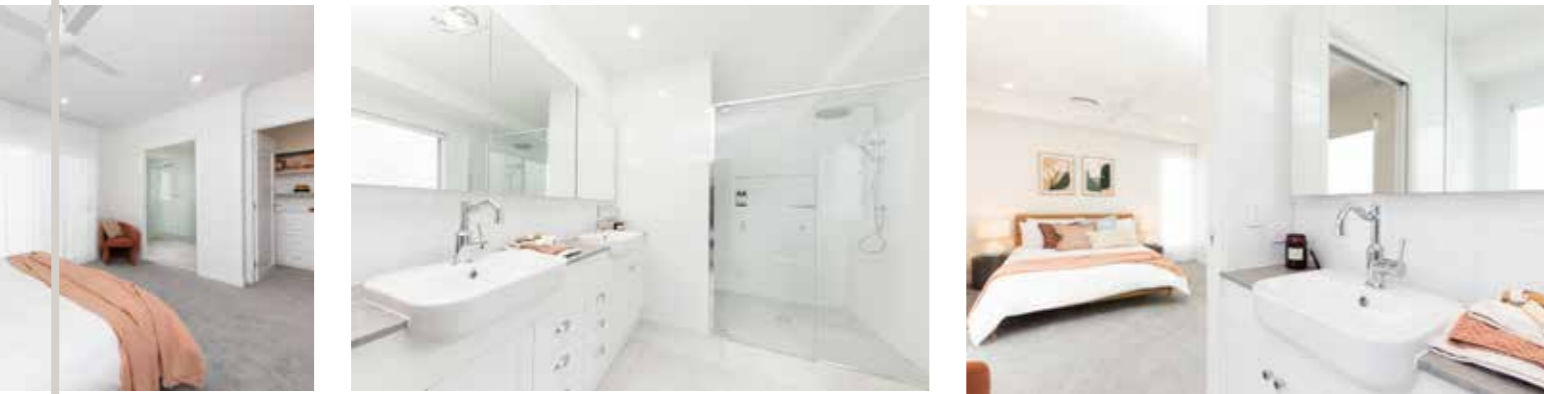


### On-water action aplenty

Have you heard about our new weekly boat trips for residents and resort guests? They are proving very popular. Don't miss the boat – book your spot today and enjoy some time on the water like these guests did!

# Inspiration awaits

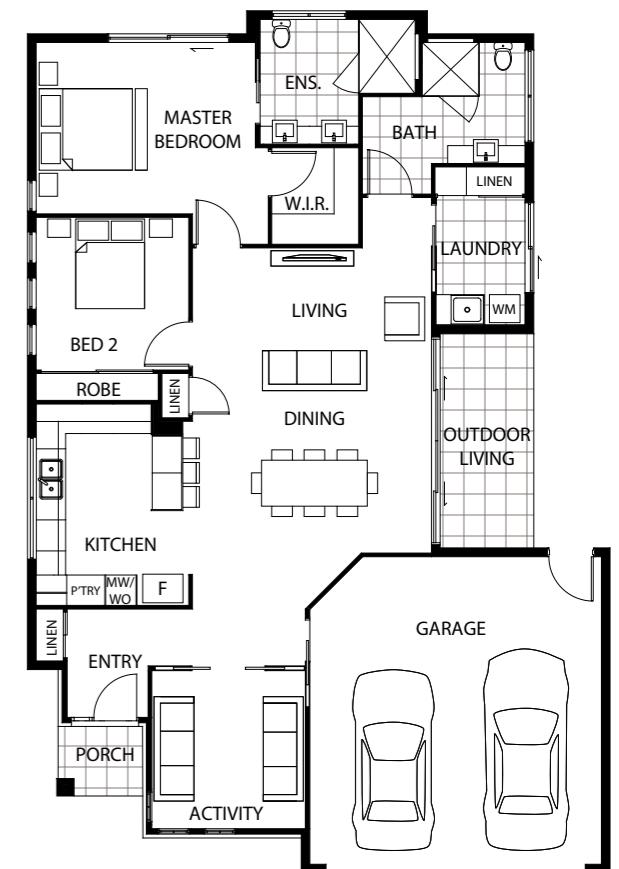
HAVE YOU STEPPED INSIDE OUR LATEST DISPLAY HOME? THIS SARASOTA DESIGN IS FILLED TO THE BRIM WITH LUXURY FITTINGS AND FINISHES AND OFFERS PLENTY OF INSPIRATION, AS THESE IMAGES SHOW.



**FREE PREMIUM GOLF CAR WITH YOUR NEW HOME**  
T&Cs apply



BED	BATH	LIVING	ALFRESCO	ACTIVITY	GARAGE
2	2	1	1	1	2





# Right on cue

WALK INTO ANY PALM LAKE RESORT COUNTRY CLUB AND YOU'LL LIKELY FIND A GROUP OF RESIDENTS GATHERED AROUND A BILLIARDS TABLE, WATCHING OR PARTICIPATING IN A NEIGHBOURLY GAME. BUT IT'S A GAME THAT SPANS THE GENERATIONS – SO OUR VISITING FAMILIES LOVE THIS FACILITY 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 have their own billiards tables in dedicated rooms. Palm Lake Resort Forster Lakes will also offer its own billiards room when the Country Club is unveiled next year.

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.

"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 two-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 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 will cause damage.

# Cup Day celebrations

WE ALL LOVE THAT RACE THAT STOPS THE NATION ON THE FIRST TUESDAY IN NOVEMBER. BUT IT'S ESPECIALLY FUN WHEN IT'S YOUR FIRST OFFICIAL RESORT CELEBRATION. GIDDYUP!



*Pictured above:* Best Headpiece went to Margaret Hope and our Best Dressed Gentleman was John Williams.

*Pictured below, centre:* Best Dressed Lady, Lynn Wootten.



*Above left:* Best Dressed Couple, Gary and Jen Peasley.

*Above right:* Best Novelty Outfit went to Noel Ford.



# Welcome home

THESE COUPLES ARE SOME OF OUR HISTORY-MAKING FIRST HOMEOWNERS. WELCOME HOME!



Robyn Calvert



Walther & Henny Koolen



Chris & Karen Kenyon



John & Marcia Williams



Joyce Peeters



Ray & Margaret Moase



Richard & Marcia Neal



David & Gail Bruton



Bernice Dinkelman

## Barb loves her greens

**FROM KNOCKING OVER TEN PINS TO CHASING THE KITTY, BARBARA JAMES IS QUITE AT HOME ROLLING BALLS AND BOWLS - AND SHE CAN'T WAIT TO TEACH YOU HOW TO, AS WELL.**

While the Palm Lake Resort Forster Lakes population is still small (but growing rapidly), the talent pool here is already mighty. Barbara James and her husband, Noel, were among the first dozen or so homeowners to move into our resort and along with all her worldly possessions, Barbara brought with her something potentially even more valuable to this community - impressive coaching expertise in one of our residents' favourite games: lawn bowls.

Barbara says tenpin bowling was where her passion for rolling balls/bowls actually started. As a 19 year old, she scored her first job in a bowling alley. But it was not just any alley - it was a 52-lane mega centre in Rushcutters Bay. In the 30-odd years that she played the game, Barb would go on to travel the country - and the world - with thanks to her tenpin prowess. Among her most memorable gongs, Barb was crowned Australian Masters Champion in Canberra in the 1970s, scored five gold medals and one silver in an international competition in Singapore in 1973, and she also held a decade-long record score after taking out a prestigious Australian doubles/pairs competition. Barb was even the captain of the New South Wales tenpin bowling team at one point. So why did Barb trade 15-pound bowling balls for three-pound lawn bowls? It was simply at the suggestion of her father, in 1991, who himself was thoroughly enjoying the game at his beloved local Sutherland Bowls Club.

"I think it was easier for me to pick it up as I already had the hand-eye coordination from tenpin bowling," Barb recalls "I was immediately taken by lawn bowls."

Similarly to her rise in the tenpin bowling ranks, Barb's competitive spirit saw her hone her lawn bowls skills and go on to score some impressive wins. She came equal third in the Australian Singles Championships in 1998



(defeating Australian champions along the way, to get to that prize), represented NSW in the sport, and has turned her passion into a coaching role that has spanned more than two decades. Which brings us back to Palm Lake Resort Forster Lakes... Barb says she can't wait for the resort facilities to be complete, so she can take to the planned eight-rink undercover lawn bowls green and assist other homeowners in their mastery of the game. Noel is also champing at the bit to have the resort lawn bowls green complete. He is also a keen lawn bowler who won 2020 Bowler of the Year for the Lower North Coast zone, as well as other singles titles over the years.

So what are Barb's tips for those starting out in lawn bowls? She says players tend to stand on the mat and squat right down to start their delivery. But you are better off standing tall, behind the mat, and stepping into your delivery. When standing behind the mat, Barb says it's also important to take a moment to look out to where you want your bowl to go before it turns - visualise in your mind where you want the bowl to go. After delivering a bowl, players should always follow through and bring their back foot up to meet their front foot, rather than the other way around. Bowling freer, with correct stance, means less impact on your lower back and neck etc. Barb says it's also important for players to have an understanding of some of the theory as well. Knowing the difference between lawn and synthetic surfaces is important as this changes the way you play.

"The people here at Palm Lake Resort are so great," Barb says. "We are loving the social aspect. Happy Hour on Friday nights is getting bigger and bigger. We had 30 people pull up their chairs in our driveway last week - the circle of chairs went right out into the street!"

# 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 because, guess what? It's already that time of the year again!

## 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, sourdough 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

## 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.



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 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, 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!

## Caretakers' note

It's been awesome to watch all our homeowners settling in so nicely and enjoying the current activities on offer. We had our very first major resident event here at the resort in recent weeks – the residents' Melbourne Cup function. You can see by the photos on Page 7 that it was a great success.

As more and more homeowners join us, that warm community feel (that Palm Lake Resorts right across the east coast of Australia are renowned for) is really starting to shine through. In fact, in a sign that things are really progressing, we are about to form our first Social Committee – and won't that be the real start of festivities here!

We are already enjoying lunches at Club Forster (currently fortnightly) and the 'Festival of Fun' is getting underway which includes Qigong, Yoga, lawn bowls and pontoon boat trips.

We are loving watching Palm Lake Resort Forster Lakes grow and evolve. It's a magical place, on the edge of Wallis Lake, and the resort is only getting better and better!

## Tina and Peter Daunt

**Caretakers, Palm Lake Resort Forster Lakes**





**FREE  
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# Nice drive!

Experience Palm Lake Resort from behind the wheel of your very own premium golf car. Purchase a new Palm Lake Resort home at Forster Lakes and receive a four-seat Club Car 'Tempo' (with lithium ion technology) absolutely FREE\*



SALES INFORMATION CENTRE OPEN 7 DAYS | 1800 577 542  
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THE BEST IN OVER-50s LIVING. THIS IS YOUR TIME.  
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