

DECEMBER 2021

TEA TIME.



RIGHT ON CUE

Our billiards tables are always magnets for fun (and neighbourly competition!). Learn some tips from an expert, inside...

BRING A PLATE

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

AND THEY'RE OFF!

Fashion and friendly competition were in high supply at our Melbourne Cup festivities – check out some snaps from the day on Page 8



WELCOME

I am sure you are all looking forward to Christmas as much as I am this year. Hopefully, we will see families and friends catch up for a well-deserved celebration after a very different 2021!

We are all looking forward to seeing our residents have their families come to visit and enjoy the beautiful facilities we have here at Palm Lake Resort Tea Gardens. I am sure the pools, tennis courts and ten pin bowling will be particularly popular among the grandkids!

The residents' annual Christmas Light competition will be back in full swing this year. I am sure you will all enjoy taking a walk around the resort after dark to admire the beautiful festive display. I personally can't wait to see what our residents come up with!

As we approach the Christmas season, our Sales Office will be closed from December 24 and will reopen on January 4. Tours during this time will be by appointment only. Please call 1800 756 740 to arrange a suitable time.

In this, our last newsletter of the year, I would like to wish our current and future residents and staff all the best for a safe and joyful summer. Have a very merry Christmas, and a happy New Year!

Lisa Weir
Palm Lake Resort Tea Gardens Sales Team



CONTACT

If you have any questions about Palm Lake Resort Tea Gardens or if you are interested in a private tour of our resort grounds and facilities, simply contact us!

Freecall: 1800 756 740

Visit us: 50 Spinifex Ave, Tea Gardens

Email:

salesteagardens@palllake.com.au

Visit our website:

www.over55palllake.com.au/teagardens

Get social: Follow us on

Facebook (@palllakeresort) and on Instagram (@palm_lake_resort)

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NEWS BRIEFS.



SANTA IS COMING!

We just love this time of the year around the resort! Not only do our residents get into the festive spirit by decorating their homes, but we also get a visit from the big man in red. Keep your eyes peeled around the resort as we await Father Christmas's return visit in the coming weeks...

RING IN THE NEW YEAR



Palm Lake Resort Tea Gardens' greatest party of the year is just around the corner - will you be in attendance? A night shrouded in excitement and intrigue, this year's masquerade event will kick off at 8pm on December 31. Expect music and singing by Natalie Carboni and be sure to bring your own drinks and nibbles. Tickets are just \$10 per person, and bookings (and masks - the fun kind!) are required.

CHRISTMAS LIGHT SPECTACULAR

The Palm Lake Resort Tea Gardens Social Committee is excited to present its fourth annual Christmas Lights Spectacular and Competition. There will be prizes for 'Best House' and 'Best Grove or Drive', and if this year's event is anything like the last, there will be some stiff competition. The winners will be announced at the Happy Hour on December 17, so you'll want to get busy if you would like to enter! We can't wait to see what you come up with.

P.S. Judges open to bribery!

STAY A NIGHT - ON US

Many of the sales enquiries we receive about homes at our resort come from people in distant locations right around Australia. Did you know that if you are coming to visit us from out of town, you can freecall our Sales Information Centre to arrange your resort tour and a complimentary night's accommodation - on us! This offer is subject to availability and conditions apply, but there's never been a better excuse to indulge in a stopover to properly inspect our world-class facilities and welcoming homes, as well as our fantastic location area.

REFER A FRIEND

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! Ask about our 'Refer a friend' incentive at the Sales Information Centre.

GET SOCIAL

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:** @palllakeresort **Instagram:** @palm_lake_resort



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

became 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.



BRING A PLATE.

WE ALL KNOW HOW MUCH PALM LAKE RESORT RESIDENTS LOVE A CATCH UP. WHETHER IT'S A STREET PARTY WITH GARAGE DOORS OPEN AND FOLD-OUT CHAIRS ENMASSE IN DRIVEWAYS, OR NEIGHBOURS CATCHING UP AROUND A BARBECUE, ONE THING'S 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 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.

Devilled eggs

Easy and tasty, devilled eggs take just minutes to prepare

but always go down a treat. Start by hard boiling and then peeling your eggs, before slicing them in half lengthways. Scoop out the yolks and add them to a small bowl, smashing them with a fork and mixing them with your choice of extras (vinegar, mustard, mayonnaise, curry powder, relish, spices... the world is your yolky oyster). Simply add this mix back to your halved egg whites and serve. Easy.

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 ACTIVITIES.

MONDAY

- 10am** Social bowls
- 12noon** Bistro lunch (first Monday), WAC (Women & Cancer)
- 12.15pm** Yoga
- 1pm** Sewing & Craft
- 1.30pm** Movies (first Monday), Mah Jong, Sailing (alternate weeks - WLCC & PROM)
- 2pm** Table tennis
- 7pm** Cards 500, Snooker

TUESDAY

- 7.30am** Kayaking (Anzac Park)
- 9am** Zumba, Aqua aerobics, Tech Savvy (first and third Tuesdays)
- 1pm** Advanced Canasta
- 2pm** Ladies' coffee afternoon (first Tuesday)
- 3pm** Pickleball
- 6pm** Residents' dinner
- 7.15pm** Movie night

WEDNESDAY

- 9am** Workshop open
- 9.30am** Tai chi
- 11am** Line dancing (not first Wed), Darts
- 1.30pm** Ladies lawn bowls
- 2pm** Art, Tennis
- 6pm** Residents' dinner
- 7.15pm** Movie night

THURSDAY

- 9am** Aqua aerobics
- 10.30am** Shibashi
- 12.30pm** Pie Day 'pick up'
- 1.15pm** Tenpin bowling
- 1.30pm** Card making
- 2pm** Table tennis
- 3pm** Social bowls

FRIDAY

- TBC** Shopping bus
- 9.30am** Chair yoga
- 2pm** Tennis
- 5pm** Happy Hour

SATURDAY

- 9am** Workshop open
- 1pm** Advanced Canasta
- 2pm** Social bowls, Table tennis
- 3pm** Pickleball

SUNDAY

- 12noon** Sunday Roast (fourth Sunday)
- 1.30pm** Mah-jong
- 2pm** Movies, Tennis



RESORT MANAGER'S REPORT.

AND THEY'RE OFF.

After last year's 'COVID Cup' celebrations, we were so excited for our resort's Melbourne Cup Day festivities to be (somewhat) back to normal! The day was a huge success – everyone looked fantastic in their Cup Day garb, with amazing hats and headpieces to match. It was a fun day full of catch-ups and friendly competition, with a number of excited participants in the sweep (though some left feeling more excited than others!). Verry Ellelegant may have won the race that stops the nation, but here at Palm Lake Resort Tea Gardens, we also had a number of winners on the day. Congratulations to:

- Len and Janet Baker, our 'Best Dressed Couple'
- Marilyn Rhodes, our 'Best Dressed Lady'
- Trevor Gregory, our 'Best Dressed Gentleman'

Can you believe we're almost at the end of another year?

It's certainly been an eventful one, full of the highest highs and a fair few lows, too. Looking back on the past twelve months here at Palm Lake Resort Tea Gardens, we're so proud of the many things our community has accomplished.

We kicked off the year with much to celebrate – not only Christmas, New Year's Eve and Australia Day, but also the fact that we could once again enjoy one another's company after the events of 2020. While that excitement was somewhat short lived when we were sent back into lockdown for a large part of the year, we still found plenty of ways to have fun Tea Gardens-style.

Our 'Weekly Activities' list remained jam-packed with opportunities to join our many sports and social groups, and our Social Committee and Bar Committee both worked overtime to put on fun events for us to enjoy. And I can't forget to mention the wonderful and hysterical productions put on by our theatre group. Well done to all!

But the fun wasn't contained to just Palm Lake Resort Tea Gardens. We enjoyed plenty of shopping excursions and day trips on our resort bus, and I loved hearing residents regale the stories from their time spent out and about in our beautiful area when they returned home. We also had

a lot of fun going head-to-head with Palm Lake Resort Fern Bay in a lawn bowls competition like no other, even though Fern Bay claimed a narrow victory on the day. We had to give them a turn holding the shield at some point, didn't we?!

Above all, I have been blown away by the charitable nature of our residents and want to take a moment to celebrate some of this year's incredible achievements. Just take Peter Stenson and Ross Clissold who raised \$5000 for the Starlight Foundation's Tour de Kids by cycling 200km, or Gordon Rowe who, with the help and talents of the woodworking group, raised money to support local organisations helping those who are less fortunate. Only recently, our lovely resident Paula walked 21.5km through rain, wind and cold to raise money for RUN DIPG – a cause close to her heart since the passing of her eight-year-old granddaughter Carys in 2018 to a DIPG brain tumor.

Looking ahead, we still have a lot to look forward to this year. Our upcoming Christmas light competition is sure to dazzle and I can't wait to see what our creative residents come up with. We certainly all need a bit of sparkle this year! Above all, I hope that our community will continue to come together over this time and celebrate the year that was. We should all be so proud.

Kym Bellamy, Resort Manager

CASH BUYERS AWAIT.



There has been an unprecedented level of enquiry on homes at Palm Lake Resort Tea Gardens - so much so that we are short on properties to sell! It seems our secure resort grounds, the low-maintenance/high-quality homes, world-class facilities, myriad of weekly activities and our welcoming coastal community have made Palm Lake Resort Tea Gardens a very sought-after local neighbourhood. If you're a homeowner here and your situation has changed so you are contemplating a move, please let our Sales Consultant, Lisa, know. She can give you an appraisal to help you make up your mind. We have qualified buyers waiting to hear about any new homes as they hit the market. Stop by the Sales Centre, 9am-4.30pm, Monday-Friday.



BEDS + STUDY 3	BATH 2	LIVING 2	ENCLOSED ALFRESCO	GARAGE 2
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HOME 250 - \$849,000

This superbly appointed, centrally located Renoir III is an absolute must-see with over \$100K of additions, including tinted windows, roll down awnings to all windows, timber plantation shutters throughout, additional double power points and ceiling fans. It features three generous bedrooms with one of them currently being used as a craft room. A separate study, formal dining room and lounge room surrounded by large bay windows provide plenty of space to enjoy indoor living.

BEDS + STUDY 2	BATH 2	LIVING 1	ENCLOSED ALFRESCO	GARAGE 2
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HOME 216 - \$735,000

Location, location, location.... Enjoy the privacy and beautiful serene vista over the lake, wildlife and north-easterly aspect from this stunning home, located in a highly sought after location of Palm Lake Resort Tea Gardens. This fabulous design takes full advantage of the outlook and aspect with open plan living and dining areas flowing outside through double sliding doors to private courtyard. The master bedroom also opens onto the courtyard and has an ensuite and walk-in-robe as well as a queen size second bedroom and bathroom for guests.

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, or maybe tell them about our various new resort locations still under construction, and if they purchase a 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 756 740. *T&Cs apply

The best in over-50s living. This is your time.
palmakeresort.com.au

To find out more, freecall 1800 756 740 or stop by the Sales Information Centre, 9am-4.30pm, Monday to Friday (and weekends by appointment).

Eat, drink and be merry.

There's nothing more enjoyable than breaking bread with friends, and you can do just that in our popular Palm Lake Resort Tea Gardens Country Club. Why not pull up a stool at Happy Hour? We're all about spending quality time with likeminded friends.

Here, community is everything.



SALES INFORMATION CENTRE OPEN 7 DAYS | 1800 756 740
salesteagardens@palllake.com.au | 50 Spinifex Ave, Tea Gardens NSW 2324

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