

JULY-AUGUST 2022

TEA TIME.



LAWN BOWLS CHAMPIONS

Palm Lake Resort Tea Gardens and Fern Bay faced off on the bowling green recently. Read all about it on Page 4

FOOD FROM FARM TO TABLE

Introducing our new chef, Knowla Keen. Find out why we're so excited to have her running the kitchen

PADDLE POPS TURN FIVE

Our resort kayak group celebrated a major milestone in May. Read about their fifth birthday party on Page 6



WELCOME.

I can't believe it is the middle of the year already!

It has been a busy time here in the Sales Office over the last few months. Some new residents have already moved in, and a few more are looking forward to their move in the coming months.

I get great pleasure when I hear about all the fun things our residents get up to when they move into Palm Lake Resort Tea Gardens. I also love hearing about the friendships they form. Most new residents join us from different areas, but one of the many benefits of moving into a resort like ours is that they can instantly form connections with likeminded people with similar interests.

I know that our community is an especially welcoming one, and I thank you all for saying hello to our new residents when you see them around our beautiful resort.

Finally, a huge congratulations to all our residents who came together to support the Cancer Council. Our Biggest Morning Tea 2022 event raised an impressive \$3,145.60 for cancer research and awareness. Well done and thank you to all involved.

A reminder that our sales office is open Monday to Friday, from 9am to 4.30pm.

Until next time,

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.palllakeresort.com.au/teagardens

Get social: Follow us on
Facebook (@palllakeresort) and on
Instagram (@pall_lake_resort)

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NEWS BRIEFS.

AFTER HOURS MAINTENANCE

Administration Hours: Monday to Friday, 9am to 4pm (closed for lunch 12.30pm to 1.30pm).

Maintenance Staff Hours: Monday to Friday, 8am to 4pm.

For urgent maintenance outside these hours please contact the trade direct - your job will be triaged and scheduled as necessary. The contractor will notify resort management if they are required to attend site. **Note:** All other maintenance is to be logged as normal.

BR PLUMBING

Phone (02) 4930 9047

Mobile 0427 452 893

HOWELL ELECTRICAL (JAMES)

Mobile 0422 694 535

MEDICAL EMERGENCY

Safetylink Emergency System:

Activate your pendant, the response centre will coordinate on your behalf

MEET THE MOWERS

We are excited to welcome our new mowing contractor, Landscape Solutions. As Australia and New Zealand's largest and leading green industry provider, their team will bring expertise, experience and the highest horticultural standards to our resort gardens. Their use of light-weight, low impact and reduced-emissions equipment and professional and experienced tradespeople will ensure our resort grounds look fantastic year round.



HELP AT HAND

Well done to the talented members of our Sunday afternoon Knitters and Natters Group, who came together to donate goods to KOGO. This organisation distributes garments to over 300 organisations to help vulnerable and disadvantaged members of our community. Your hand-knitted items will provide much-needed warmth and comfort. KOGO CEO Vicki Davis said it best: "We know the people who receive them will be absolutely thrilled. It gives them an emotional boost to know that someone in the community takes the time and trouble to create such special items."



READ ALL ABOUT IT

If you haven't already received a copy of the Winter 2022 edition of our company magazine, Your Time, you should check it out online. In the Winter edition, we have a special feature on the "Pets of Palm Lake" – a collection of stories on our amazing residents and their amazing pets. You'll also catch up on all the news from around our many Palm Lake Group locations, find tasty winter recipes and discover a few fun ways to spice up your life. To read the edition online, visit www.palllakeresort.com.au and click on the 'News & Events' tab in the menu.



Resident Joan Fenton was spotted at our Water Lillies Clubhouse enjoying coffee (and a 'kids coffee' or hot chocolate) with her two great granddaughters, Isla and Elsie.

GOOD SPORTS.

On Sunday, June 5, members of the Palm Lake Resort Tea Gardens Bowls Club travelled to Palm Lake Resort Fern Bay for a fiery face-off.

"We were ultimately victorious and took home the shield at the end of the day, but credit must go to the Fern Bay bowlers for their good sportsmanship," says Len Baker, president of the Tea Gardens Bowls Club

Len says that although the Fern Bay bowlers could have declared a tie and retained the shield, their bowls committee announced Tea Gardens as the champions after winning five to three rinks.

"We look forward to a return match at Palm Lake Resort Tea Gardens in the near future," says Len. "We're sure the spirit of friendship at our inter-village bowls tournaments will continue to shine."

Special thanks to the Fern Bay bowlers for hosting the tournament, and also to resident Denis Longman for taking photos on the day.



Pictured above: The Fern Bay-Tea Gardens Shield returns to our bowls clubhouse.



Pictured above: Bowls Club Presidents Len Baker President (Tea Gardens) and Peter Noakes (Fern Bay).



PRACTICE MAKES PERFECT.

Wednesday June 22 was all about fire safety at Palm Lake Resort Tea Gardens. The day kicked off with a training and information session for Grove Wardens and staff, which took place in the Promenade Theatre at 8.30am. It was very well-attended, with 73 Grove Wardens and 10 staff members present.

After the information session, it was time for our residents to get involved in a resort evacuation exercise. It kicked off at 10.30am, and an impressive 202 residents participated (not to mention 23 pets). We also had 10 staff members and 11 emergency service workers in attendance – nine from the Tea Gardens Rural Fire Services (coordinated by Captain David Bright) and two from the local Fire and Rescue Station (coordinated by Deputy Captain Leon Katz).

Residents waited inside their homes until they heard the sirens passing their grove. Then, they made their way to the entrance to their grove where they were met by their Grove Warden, after which they walked to the Promenade Clubhouse as a group. Pets joined in on the exercise on their leashes (see below).

While those who felt unwell or were in self-isolation did not participate, it was a great exercise for all who did. We feel more confident should an emergency arise and are grateful to the representatives of our local stations for their assistance on the day.



RESORT MANAGER'S REPORT.



The end of the financial year meant the past month was a very busy one here at Palm Lake Resort Tea Gardens. Our team has been working hard behind the scenes scheduling annual preventative maintenance for the resort, conducting safety inspections and updating our systems and procedures.

Though we've all been very busy, it is nice to know that the positive changes we are making around the resort will make a difference in the lives of our residents.

Speaking of changes, the new financial year will bring about quite a few changes to our resort team. We are excited to welcome our new mowing contractor, Landscape Solutions – you can read all about them on Page 3. We also have Knowla Keen joining us as our new resort chef – turn to Page 8 to find out a bit more about her.

While we are excited to welcome new team members, we are sad to say farewell to a few of our current ones. I would like to extend a heartfelt thank you and goodbye to Raymond from Mid Coast Mowing, our chefs Lee and Geoff and our amazing Personal Care Assistants, Kathleen, Kizzy and Bethany.

The day-to-day goings on at our resort are everchanging, and our team has always been a flexible, adaptable, and colourful bunch. Together, they provide a service that goes over and above the call of duty. I would like to personally acknowledge their many contributions and thank them for their continued support. They're an amazing group of people, and we are eternally grateful for all they have done for us.

Kym Bellamy
Resort Manager



Pictured: The first paddle, five years ago.



HIGH FIVE, PADDLE POPS!

PALM LAKE RESORT TEA GARDENS CELEBRATED A FIFTH BIRTHDAY RECENTLY – A RATHER RARE OCCURRENCE AROUND HERE, TO SAY THE LEAST! ON FRIDAY, MAY 20, PADDLERS GATHERED AT THE RESORT’S PROMENADE CLUBHOUSE TO TOAST THE FIVE-YEAR ANNIVERSARY OF OUR RESORT KAYAKING GROUP, THE PADDLE POPS.

Five years ago, a couple of Palm Lake Resort Tea Gardens residents got together to organise a small kayaking group. They were eager to make the most of the beautiful waterways around the resort and wanted to enjoy a fun fitness activity – and a post-paddle coffee, of course.

By the time they had organised their first meeting, they had roped in 19 members from within and around Palm Lake Resort Tea Gardens.

“Since then, we have grown to around 30 members, and we average 10 to 12 kayakers on any given week,” said Paddle Pop Rod Larkin in a previous edition of ‘Tea Time’.

In winter, the group meets at 8.15am every Tuesday – rain, hail or shine – and paddles out at 8.30am. Once they are out on the Myall River, they intuitively split into smaller groups based on fitness and ability to ensure no one is left behind.

“We typically paddle upstream to the caravan park six kilometres west, making it a 12-kilometre round trip for those who choose to go the whole way,” said Rod. “Some only go as far as they want to – calling into the many beaches along the way – and join us again as we paddle back past them. We always finish the morning with a coffee at the Tea Gardens Ice Cream Shack, which is where we decide who will write the

story for the Paddle Pops Press and hand out the dreaded Duck Award for falling into the river. Everyone gets a turn at receiving the award, even if they haven’t actually fallen in.”

Despite only starting with four boats, Rod said the group has inspired many members to invest in their own kayaks and take up the sport regardless of their age or abilities. The sport’s accessibility – along with the group’s camaraderie and fun-loving nature – is no doubt why the Paddle Pops have gone from strength to strength over the last five years. It’s also why, on Friday, May 20, there was a lot to celebrate.

“We would like to extend a thank you to those who made the event so special,” says Rod of the recent celebration. “Thanks to our resort manager Kym for arranging the seating and tables, June and Ian Nylander for the printing of the Paddle Pop t-shirts and again to Ian for his photography on the night.

“Another thank you goes to Boris and Leigh-Roy for cooking the snags, and to Cindy for providing the Paddle Pop artwork and helping Christine with serving. We couldn’t have done it without you all.”

Congratulations, Paddle Pops! Here’s to another five years (and counting) of fun on the water.



OL’ TIME ROCK ‘N ROLL.

BONDED BY A SHARED LOVE OF MUSIC (AND A SHARED SENSE OF HUMOUR) PALM LAKE RESORT TEA GARDENS MUSICIANS JOHN DAVIES AND JULIAN LITTMANN ARE HELPING AUDIENCES RELIVE THEIR MUSICAL MEMORIES WITH THEIR BAND OL’ SPICE.

After two years of COVID-induced disruption to their performance schedule, our resort band Ol’ Spice is back with a bang. Together, band members John and Julian performed at the Tea Gardens-Hawks Nest Senior Citizens’ Expo in April – and they couldn’t be happier to be taking the stage once again.

“It was great to get out and perform in public again after being hidden away because of COVID,” says John.

With the support of the Palm Lake Resort Tea Gardens community behind them, Ol’ Spice’s roster is filling up fast. They’ve performed at several events within the resort, including the Christmas Dinner Dance last December, various Happy Hour events organised by the Bar Committee and several birthday parties for residents.

The boys even learnt a few Irish songs for their performance at the St Patrick’s Day Dinner Dance held in March. That is particularly impressive, considering the number of songs they already have in their repertoire – everything from crooners like ‘Imagine’ and ‘Moon River’ to amped-up rock tracks.

“John is the musical genius behind his wife Jill’s choir here at the resort, which has 24 members,” says Julian. “He’s been in music

for about 40 years. I like to say that I’m the ‘spice’ - John is a year old than me, so it seems only fair!”

But Julian is no stranger to the music scene himself. He played in Sydney nightclubs through the 1960s and ’70s as part of a trio called ‘The Sandmen’. With John on the keyboard and Julian on the electric bass, it’s no surprise that they’ve got over 70 songs under our belt.

John and Julian meet up diligently for rehearsals in the Promenade Theatre on Wednesday afternoons. They use iPads to record their backing tracks, both to help them practice by themselves and also to complement their live performances.

“Residents are always welcome to drop in and have a listen,” says John.

The duo is keen to continue performing, not only for their friends at Palm Lake Resort Tea Gardens but also for the broader community. They were even invited to play for the recent open day at the Myall Chiropractic Health and Wellness centre in Tea Gardens – a performance that was very well received, by all reports.

Ol’ Spice has more events planned for later this year, too. The Peter Sinclair Gardens nursing home in Hawks Nest has already contacted them and planning is underway for a concert in the near future.

Keep an eye out for their next event – John and Julian say, if you like that old time rock ‘n roll, you will certainly enjoy what Ol’ Spice loves to play.



WELCOME, KNOWLA!

SERVING HIGH-QUALITY MEALS IS A POINT OF PRIDE FOR THE PALM LAKE GROUP, SO BRINGING NEW CHEFS TO OUR TEAM IS A BIG RESPONSIBILITY. WITH NEW PALM LAKE RESORT TEA GARDENS CHEF KNOWLA KEEN, WE KNOW OUR RESIDENTS ARE IN CAPABLE HANDS.

Knowla is a font of culinary knowledge - 'farm to table' acquires new meaning when it comes to her.

"I live and work on a small 70-acre property near Bulahdelah - home to New South Wales's biggest tree," says Knowla. "I love cooking, farming, fishing and the outdoors. I run a small herd of Angus cows, three horses, two dogs, a cockatoo and a few cats."

Throughout her career, 46-year-old Knowla has owned and managed a number of food businesses. She's also been the head chef at the Tea Gardens Hotel for the last four years. But her talents don't stop at cooking.

"During my late teens I represented Australia in karate, attaining two silver medals and one bronze in the championships," says Knowla. "I also rode horses competitively in endurance and the show ring, collecting many ribbons and prizes along the way."

When Knowla isn't cooking up a storm, you might find her spending time with her partner, five children and six

grandchildren, cheering on her beloved Newcastle Knights or restoring old cars to sell. Holdens and Fords are her specialty, and she currently has four in the garage.

"As you can see, I like to keep busy!" says Knowla.

In preparation for her new role with us - she started on Monday July 4 - Knowla was sure to review the activity schedule and the results of the recent food survey. She looks forward to working with residents to satisfy any special requests or meals for private functions, as well as her weekly food services.

"The resort has a fabulous kitchen and dining room - it's a great space to enjoy meals together. I am looking forward to getting started," says Knowla. "I welcome the opportunity to incorporate some of your ideas into my weekly menu, and I look forward to meeting you all."

Our Promenade Kitchen is open Monday - Wednesday (12pm to 8pm) and for private events.

UPCOMING EVENTS.

Goodbye and thank you: Farewell drinks for chefs Lee and Geoff will be held in the Promenade Clubhouse on July 1. The bar will open at 5pm, with the farewell presentation kicking off at 5.30pm. Please BYO nibbles and note that there will be no raffles.

Hawks Nest Bridge Club: You are never too young or too old to learn to play bridge. Find out how much fun learning the world's most popular card game can be! It's inexpensive, with the first few lessons free. Bridge is a great way to make new friends of all ages and backgrounds in a relaxed atmosphere, while keeping your brain agile. Interested? Book a place at their 'Meet the Club' event in early July by contacting Leslie Falla on 0413 487 282 or lesfalla@bigpond.net.au. Head to www.bridgewebs.com/hawksnest for more information.

Hear ye, hear ye! The Hearing Australia Mobile Bus will visit Palm Lake Resort Tea Gardens on Thursday July 28. They will be offering free hearing checks and repairs from 9am to 11.30am, and 12.30pm to 2.30pm. No appointment is required.

Let's Zumba: Good news! As of Wednesday June 14, Zumba classes have returned to our Weekly Activities List - they take place on Tuesday mornings at 9.30am (see the full list to the right). Zumba is a great way to exercise and have a lot of fun at the same time. Classes run for 45 minutes and cost \$10 per session. If you're interested in attending or finding out more information, please contact Paul Lau (Home 165).

Winter warmer: Don't miss our mid-winter dinner dance on Saturday July 23! From 6pm to 10.30pm, enjoy the live music of 'Turn the Page' and a delicious two-course dinner. The bar will open at 5.30pm. Bookings are essential and tickets are \$28 per person.

The 'F' Word: On Friday July 29, the Social Committee will present a free community talk for those interested in learning more about the 'F' word (spoiler alert: it's your funeral!). John Emdin and Barbara Parker from White Lady Funerals will run you through everything from the legal requirements to the role of the coroner, and what's involved in a pre-paid funeral (and what's not). The session starts at 3.30pm in the Promenade Theatre, though doors will open at 3pm. It is a free session, but bookings are essential. Keep an eye out for the official flyer - alternatively, please email socialcommitteeprtg@gmail.com or call 2241 or 2191 for more information.

WEEKLY ACTIVITIES.

MONDAY

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

TUESDAY

- 7.30am** Kayaking (Anzac Park)
- 9am** Craft, Tech Savvy (first Tuesday)
- 9.30am** Zumba
- 1pm** Advanced Canasta
- 2pm** Ladies' coffee afternoon (first Tuesday)
- 3pm** Pickleball
- 6pm** Residents' dinner
- 7.15pm** Movie night

WEDNESDAY

- 9am** Boot camp, Workshop open
- 10.30am** Line dancing, Aqua aerobics (bookings via Unified Health 02 6555 9607)
- 11am** Darts
- 1.30pm** Ladies lawn bowls
- 2pm** Art, Tennis
- 7.15pm** Movie night

THURSDAY

- 1.15pm** Tenpin bowling
- 1.30pm** Card making, Cards & Cribbage
- 2pm** Table tennis
- 3pm** Social bowls, Pickleball (WLCC)

FRIDAY

- TBC** Shopping bus
- 10.30am** Line dancing
- 5pm** Happy Hour

SATURDAY

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

SUNDAY

- 1.30pm** Mah-jong
- 2pm** Movies, Tennis
- 7pm** Cards/Crazy Whist (third Sunday)

HOME 168 - \$890,000

SOLD!



CEZANNE III

This fabulous design takes full advantage of the home's private position with open plan living and dining areas flowing outside through double sliding doors to a private courtyard. The master bedroom opens onto the courtyard and has ensuite and walk-in-robe as well as a queen size second bedroom and bathroom to cater for guests. Established gardens give this home a very private feel and beautiful outlook.

BEDS + STUDY 2	BATH 2	LIVING 1	OUTDOOR LIVING	GARAGE 2



HOME 125 - \$910,000

UNDER OFFER



MOVE RIGHT IN

This highly sought after Van Gogh III design and a great location in a quiet street with easy access to the tennis courts, virtual golf, workshop and the world class Promenade Country Club. Home 125 is beautifully kept and features plantation shutters, solar system and solar hot water. Quality Smeg appliances and quantum quartz benchtops, ducted vacuum system and ducted reverse cycle air-conditioning are just some of the features of the home.

BEDS + STUDY 2	BATH 2	LIVING 2	OUTDOOR LIVING	GARAGE 2

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 Palm Lake Resort Tea Gardens home, you'll receive \$250* cash. Easy!

\$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-55s living. This is your time.
palmakeresort.com.au

Life is cruisy

at Palm Lake Resort.

Living at Palm Lake Resort has been compared to living the cruise ship lifestyle everyday. Just like cruising, our residents have everything they need, right on their doorstep. Think resort-style pools, gymnasiums, a wealth of activities and entertainment, social gatherings, food and drink, and more. But you can captain your own ship, here at Palm Lake Resort. This is your time.



SALES INFORMATION CENTRE OPEN MONDAY TO FRIDAY FROM 9AM
TO 4.30PM, WEEKENDS BY APPOINTMENT | 1800 756 740
salesteagardens@pallmlake.com.au | 50 Spinifex Ave, Tea Gardens NSW 2324

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