

Sea Breeze

NEWSLETTER | SUMMER 2020



OCEAN CLUB
RESORT

Welcome

Our community has come together under these challenging times with mandatory lockdowns and restrictions, offering support to one another which has been a blessing to many.

Management has implemented COVID-19 safety procedures for our state-of-the-art Clubhouse, activities centre, gym, bowling green and swimming pool to help keep our wonderful OCR community safe. Our homeowners have also shown due diligence and commitment to stopping the spread by adhering to the restrictions such as registering their names, using hand sanitizers and abiding by the 1.5 m social distancing rules.

In turn, all our exercise classes have resumed daily. During lockdown they quickly adapted and held the classes on the Clubhouse veranda because where there is a will, there is a way! Other groups have also started back up including the walking group who drive to the walking track then relax with coffee and cake afterwards at various Port Macquarie cafes (a nice reward at the end!). Tennis has resumed and we now also have bike riding as a new activity each week.

For those feeling a little less energetic but loving the social aspects of our resort, we hold a weekly house draw at our new 3 Birds Café onsite with the donated prize going to the lucky homeowner. Our caravan group, are back off travelling again, only discovering more of their own back yard which is just as beautiful as other interstate locations.

If you would like to share information or stories about a new hobby or interest that you have taken up or that you think our readers may be interested in, please email me at karen@oceanclubresort.com.au. If you are interested in finding out more about joining our happy and active community, come and see the resort for yourself – perhaps stay a couple of nights and you won't want to leave!

Call us to find out more on 1800 436 326.



Karen

Karen Twigg
Ocean Club Resort Manager

Yoga Rebel	3
Our very own Charlie's Angels	3
Expanding Minds	3
Wrap with Love	4
New Kids on the Block	4
Ocean Club Resort Three Birds Cafe	5
Resort Refurb	5
Bowls Update	5
Local Focus: Town Beach	6
How it all started	8
Summer Treasures	9
Sumer recipe pick	9
Featured House	10
Crossword	12
Did you know that?	12



Yoga Rebel

It goes without saying yoga has many benefits to your mental and physical health. Many residents attend Yoga Rebel classes on a weekly basis. These are run in the Activities Centre by Rebel Tucker in person and via Zoom as a safe option for those choosing to continue to self isolate. In accordance with COVID restrictions, class capacity is up to 15 and generally there are about 8 to 10 residents enjoying this form of exercise – helping them to be at one with their mind, body and spirit.

Rebel has designed her classes especially for the over 50's, focusing on joints, backs, hips and legs. Rebel's favourite motto is "Move every joint in every direction, every day".

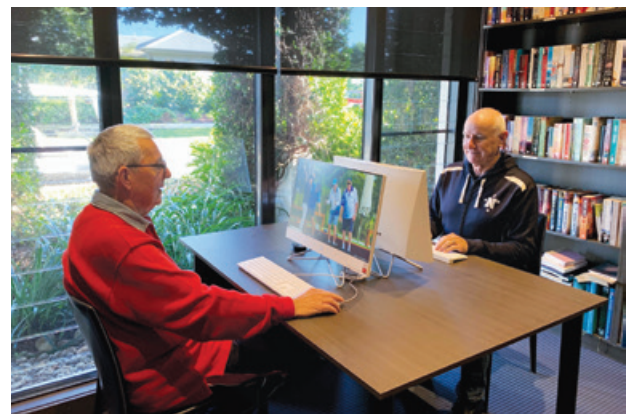
If you are interested in Yoga Rebel, her studios are in Bonny Hills and her website is: yogarebel.com.au

Finally, my winter fat is gone. Now I have spring rolls. — Mycupofcocoa.com



Our very own Charlie's Angels

OCR's easy listening band headed by lead singer Charlee is a group of dedicated musicians practising at least twice a week. Charlee and Tracey moved to OCR in March 2018 and started up the band in 2019. They have since played at many of the resort's social events and have proven to be extremely popular with the residents.



Expanding Minds

Whether it's on paper or a screen, reading is one of the best adventures we can have.

Our library at OCR has a vast collection of books and most recently two new computers have been added for internet browsing. These are proving to be very popular with our residents who are always looking for ways to expand their minds.



Wrap with Love

The OCR knitting group has been meeting for two hours every Friday for a knit and natter since 2015. Their creations have helped many worthy recipients, including Rotary Sunrise Port Macquarie, with beanies, gloves and scarves for the homeless, wraps to Dr Ray Hodgson with his Mothers and Babies Hospital in Nepal, and cot blankets for Nepalese children.

This dedicated and generous group also provide squares and wraps to the Hastings Cancer Trust for their fund-raising through raffles and the 'Wrap with Love' organisation based in Sydney. Well done ladies and perhaps some of the gents would like to join the group!

New kids on the block



Pete and Linda

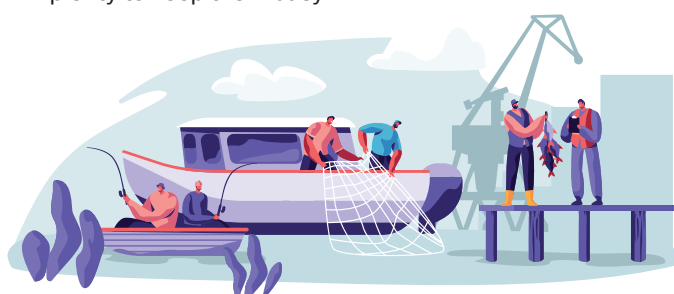
Pete and Linda visited OCR 12 months ago, loved what they saw and returned to Adelaide to put their house on the market. It's been a challenge to actually get here, what with the terrible bush fires, floods and then the Coronavirus – they wondered if they would ever arrive!

A couple of interesting facts about this lovely couple; Pete has been a musician since the age of 15 and was immediately interested in the band whilst Linda used to breed Arabian and Palomino horses in the UK. They are both looking forward to meeting everyone and can't wait to start exploring the east coast and enjoying their new lifestyle.



Jon and Judy

A warm welcome to our latest new homeowners Jon and Judy. They have moved from Jervis Bay in search of warmer weather. Jon loves to fish and play bowls. Judy loves to walk and quilt. They are looking forward to their new life at OCR and judging by their interests will find plenty to keep them busy!





Ocean Club Resort Three Birds Café

Our homeowners were excited about their new cafe group "The Three Birds Cafe" where they can come along each week and enjoy a cuppa in the Clubhouse on a Thursday. Various artists/photographers and craft groups amongst our talented homeowners have the opportunity to showcase their work and simply get together in a safe and welcoming environment, which our homeowners are absolutely loving.



Resort Refurb

Whilst business as usual may have stopped for some over the past months, it certainly didn't for our hard-working maintenance team. From new bench seats being installed at the bowling green and throughout the resort to deep cleaning all the facilities to ensure we have a safe environment for our homeowners to continue to enjoy.

We wouldn't expect anything less from our dedicated team here – thanks guys!

Bowls Update

The Bowls Committee is delighted to announce that the bowling green is now open for members in line with Government COVID-19 restrictions and after some additional maintenance.

Our annual bowls tournaments have recommenced with the men's singles knockout competition. The initial match went down to the wire with Steve Smith and Roger Cooke having to play an extra end to decide the winner. Roger took the match by one shot, congratulations Roger, if that's what is to come, we're in for a great competition! Our ladies singles draw has now been completed and we look forward to another healthy, happy and fun competition. We would like to take this opportunity to welcome some of our new residents who have taken up the challenge and decided to join our ever-growing group. Newcomers are always welcome!



local focus

Town Beach

One of our many popular beaches in Port Macquarie, Town Beach is the perfect spot to meet with friends or sit and watch the sunrise. With ample parking, amenities and the Salty Crew Kiosk where you can buy yourself some delicious healthy snacks or drinks, timber decking step-style seating that faces out to the sea providing an ideal setting. There's also an open grassed area with some shade overlooking the beach where you can enjoy a picnic. Nearby is a modern and innovative playground, outdoor gym equipment and a skate park.

When you've finished relaxing, you're at the right place to start the Doctors Walk that winds around the beaches through to Lighthouse Beach as part of the overall Port Macquarie Coastal Walk.

Enjoy.







John, Sean & Blainey North on-site early 2012

Have you ever stopped to think about what makes Ocean Club Resort stand out from most other Land Lease communities? Why it is one of the most awarded and sought after over 50's luxury resorts in Australia?

Well, it didn't just all happen by accident. From the overall resort concept through to each and every home design, care and attention to detail has been first and foremost.

Here is the story of how it all began...

Sean Tieck from Gwynnill Group and John Gilmour from Huntingdale Properties spent a number of years searching up and down the coast to find the best seaside location to turn their dream of building their first resort community for younger active retirees, into reality.

The partners agreed that the mid-north coast (and the Lake Cathie site in particular) was the premier location. Aside from Australia's best climate, Port Macquarie boasts an enviable array of medical support services and an easy three-and-a-half-hour drive from Sydney. In 2007, the vast 25 hectare property was secured and planning commenced.

Within the concept of creating an upmarket resort, the next challenge was to find a way within the planning regulations to enable upmarket homes to be built on slabs rather than the traditional method of placing assembled homes on piers. After many years of negotiations, the creative vision was achieved.

The next stage involved the application and approval on the overall planning and design from Port Macquarie Hastings Council. Behind the scenes, excavating took many months to ensure the wide roads had only gentle slopes, making it easy to get around. Creature comforts were also a top priority as seen in the immaculate clubhouse designed by leading international interior designer, Blainey North, (see our new website for photos).



What's really interesting and underscores the commitment and progressive thinking, is that the facilities and amenities were built prior to the stage 1 homes, meaning that even our very first homeowners enjoyed full use of the world-class resort facilities when we opened in January 2013.

Since then response from the local cohort of active retirees has been phenomenal. In a short space of time, the resort has grown to over 200 homes and nearly 400 homeowners. Ocean Club Resort certainly pleases the eye yet it's the spirit of companionship, shared moments and friendships that is really our defining hallmark.

Both Sean and John spend time at the OCR and enjoy spending time with their family to enjoy the resort facilities and in Sean's case having some of the best fishing spots around!

Ocean Club Resort is a long-term investment project for the partners who are thrilled that the concept of luxury resort style living at an affordable price, has been so widely embraced. Emotionally, financially and socially it just makes sense.

Planning is underway for more five-star over 50's communities to operate under the Ocean Club brand. Currently c750 approved dwellings of 1,500 dwellings will be located in high demand locations - adjacent to the current Ocean Club site then at Wauchope and Port Stephens.

Summer treasures

As one of NSW's holiday capitals, Port Macquarie is a haven for the summer tourist. What are some of our popular gems that will make your summer even more special?

Port Macquarie has so much to offer as a place of tourism, both for visitors and locals alike. Don't know what to do at the weekend – there's always something new to discover, whether it's a walking track, an attraction or a simple café/restaurant to try out.

With such beautiful clean beaches, no parking fees, you can park up, take a walk or simply sit with a coffee from the various beachfront kiosks or even take a dip.

Port Macquarie has something for everybody. Including walking tracks and pristine beaches for those seeking tranquillity and solace. For those looking to explore and experience more adventure, there's the local and only zoo on the Mid North Coast and the Koala Hospital (the world's first), to six wineries, stunning national parks and a myriad of shops including interesting boutiques, cafes and restaurants.

If you have grandchildren, then there's a whole other conversation to be had with lots of attractions available such as Stoney Water Park, roller skating, rock climbing, ten pin bowling etc.

So why not come and visit and while you are here pop into OCR and say hello.



There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age.

— Sophia Loren



Recipe can also be found online at taste.com.au

Summer recipe pick

Chargrilled kipfler potato & crispy prosciutto salad

This delicious side dish is filling and tasty with a mix of textures and flavours that you'll love, ideal as we head into summer. Serve up with a slice of quiche or your favourite main meal.

Ingredients:

- ☐ 500g kipfler potatoes
- ☐ 1 tbs olive oil
- ☐ 1 garlic clove, crushed
- ☐ 4 slices prosciutto
- ☐ 1 red onion, cut into wedges
- ☐ 1/3 cup (80ml) buttermilk
- ☐ 1/4 cup (75g) mayonnaise
- ☐ 1 tbs apple cider vinegar
- ☐ 1 tbs drained baby capers
- ☐ 1 tbs finely chopped dill
- ☐ 1 tbs finely chopped mint
- ☐ 1 tsp horseradish cream
- ☐ 120g pkt Coles Australian Baby Rocket

Step 1

Place potatoes in a large saucepan. Cover with cold water. Bring to the boil over high heat. Cook for 10 mins or until just tender. Drain well. Cool slightly.

Step 2

Heat a chargrill on medium-high. Slice the potatoes diagonally. Place in a bowl. Season. Add oil and garlic. Gently toss to combine. Cook on grill, in 3 batches, for 1-2 mins each side or until lightly charred. Transfer to a plate.

Step 3

Cook the prosciutto on grill for 1 min each side or until crisp. Add to potato on the plate. Cook onion on the grill for 1-2 mins each side or until just charred.

Step 4

Whisk the buttermilk, mayonnaise, vinegar, capers, dill, mint and horseradish in a bowl. Season.

Step 5

Arrange the potato, onion and rocket on a serving platter. Coarsely chop the prosciutto and sprinkle over the potato mixture. Drizzle with the dressing.

Featured House

Palm Beach Dual Master

Designed for our local climate with 9ft
ceilings and dual luxurious en-suites





The spacious open plan living area flows to a generous private courtyard.

This Palm Beach design incorporates two master bedrooms with en-suites, one includes a bath. A generous light-filled study flows onto the front courtyard through large sliding doors. Along with the features of the Traditional Palm Beach is the butler's pantry, and a multifunction room ideal for the entertainer.

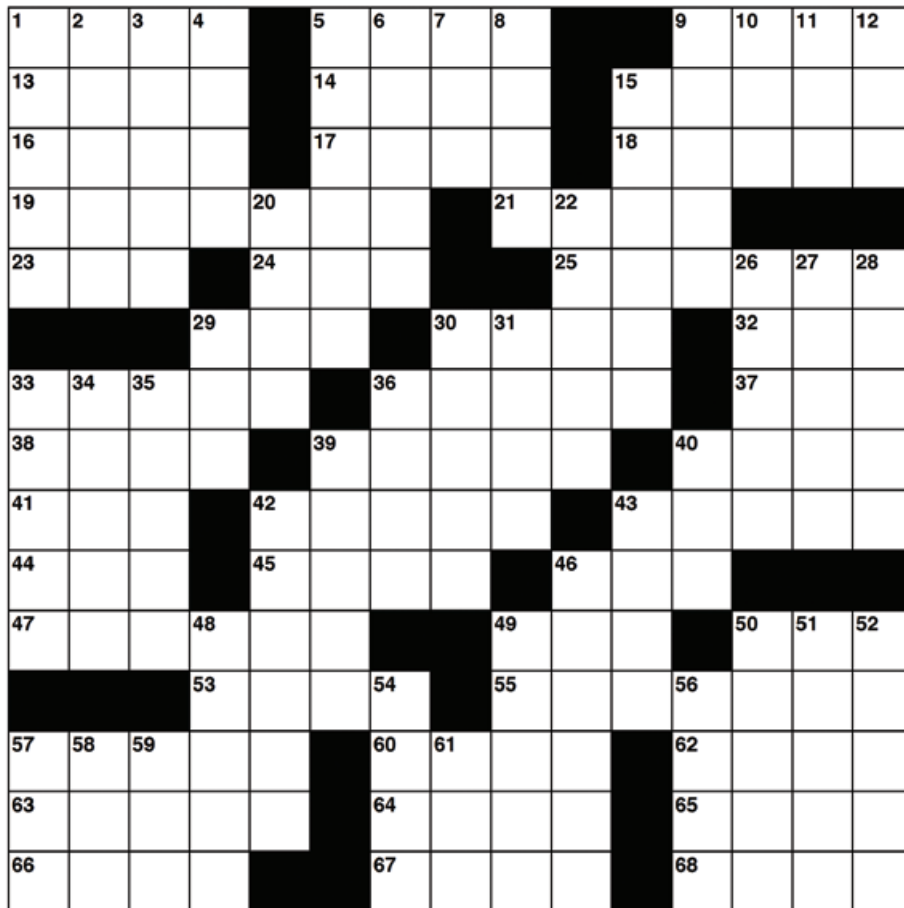
General features include:

- Two bedrooms
- Two bathrooms (en-suites)
- Double garage

Health does not always come from medicine. Most of the time it comes from peace of mind, peace in the heart, peace of the soul. It comes from laughter and love.

— Babyboomster.com

Crossword: President's Day — For solution visit: oceanclubresort.com.au/quiz-answers



Down

- 1 Unit of electric capacitance
- 2 South American animal
- 3 Bidden
- 4 Person who attends something regularly
- 5 Hefty
- 6 Written material
- 7 Bad (prefix)
- 8 Cast metal
- 9 Brave
- 10 Abdominal muscles (abbr.)
- 11 Tell a tale
- 12 Explosive
- 15 Territory governed by a distant country
- 20 Island
- 21 Suggests
- 26 Natural resin
- 27 Diving birds
- 28 Hand shovel
- 29 Before (prefix)
- 30 Narrow openings
- 31 Evils
- 33 Sound
- 34 Household cleaner brand
- 35 Playing field
- 36 City in Yemen
- 39 Midwestern state denizen
- 40 Sign of the zodiac
- 42 Historic name for grapefruit
- 43 Formal expression of preference in an election
- 46 Mold
- 48 Specific area of land
- 49 Pet ... (annoyance)
- 50 Look at steadily
- 51 Celebrate noisily
- 52 Perfect
- 54 Ding's partner
- 56 Clawed sea life
- 57 Discs
- 58 Lube
- 59 Energy unit
- 61 Armed fighting between nations

Across

- 1 National symbol
- 5 Partial
- 9 Thick drink
- 13 As well as
- 14 Russian ruler
- 15 Log house
- 16 Collect leaves
- 17 Capital of Norway
- 18 Beginning
- 19 United States of America
- 21 Void
- 23 Male parent
- 24 Heavens
- 25 Members of a monarch's family
- 29 Employ something as a weapon or tool
- 30 Signal
- 32 Wipe
- 33 Sound loudly and harshly
- 36 Back street
- 37 Constrictor snake
- 38 Greek stringed instrument
- 39 Heathen gods
- 40 Allow to borrow
- 41 Compass point
- 42 Poetry writers
- 43 Line of poetry
- 44 Long time
- 45 Has
- 46 Cow speak
- 47 Blood part
- 49 Cavity
- 50 --- Lanka
- 53 Watch out for
- 55 Voted in
- 57 Small group of people engaged in a secret plot
- 60 Overdue
- 62 Praise enthusiastically
- 63 Me too
- 64 Central church part
- 65 Domain
- 66 Swerve
- 67 Nourished
- 68 Makes a ringing sound when struck with a hard object

Did you know that?

- Port Macquarie was originally founded in 1817 as a penal colony
- Ocean Club Resort is 354kms from Westfield Hornsby, and is serviced 100% by dual lane freeway
- The annual northerly whale migration runs from April to November.
- Port Macquarie's latitude (31.4 degrees) is nearly the same as Bloemfontein, Capetown & Montevideo.
- Jerusalem is the same distance from the equator as Port Macquarie.
- The traditional owners of the land around Lake Cathie are the Birpai nation.
- Bob Hope visited Laurieton during an unplanned stop in 1945.

