

NEWSLETTER  
AUTUMN 2020

# THE *Sea Breeze*



FIVE STAR RESORT LIVING *for over 50s*



# Welcome

Welcome to our Autumn edition of Ocean Club Resort's newsletter. After a tumultuous time heading into Christmas with the local bushfires and these settling down along with some much needed rain lately, life has returned to its relaxed yet busy day to day activity.



In this edition we show our gratitude to those who kept our resort and residents safe, how our homeowners pull together to help those in need after the bushfires and interesting snippets of life as usual in our beautiful resort.

Also featured are our activities available at the resort as well as locally, including where to eat or be entertained! If you would like to share information that you think our readers may be interested in or see particular topics featured, please email me at [karen@oceanclubresort.com.au](mailto:karen@oceanclubresort.com.au).

Life has been busy with bushfires and drought and our committed homeowners are continually seeking ways to help both locally and further afield. However, amidst all of this, our homeowners put their best foot forward and laid on celebrations for the Christmas and New Year festivities, Australia Day and their usual regular get-togethers. Even bigger turnouts than usual for their keep fit groups and line dancing with attendance at some of 40 to 50 homeowners!

We now have nearly 200 homes occupied – so if you are interested in finding out more about joining our happy and active community, come and see the resort for yourself – stay a couple of nights and you won't want to leave! Call us to find out more on 1800 436 326.

**Karen Twigg – Ocean Club Resort Manager**

## CONTENTS

4 & 5	LOCAL FOCUS <ul style="list-style-type: none"><li>► Friendly Wauchope CBD</li><li>► Charitable Well-Being</li><li>► Bills Fishhouse &amp; Bar</li><li>► Tips To Save Water</li><li>► Coastal Walk Improvements</li><li>► The Glasshouse</li><li>► Bushfire Donation</li></ul>
6 & 7	<ul style="list-style-type: none"><li>► Sewing For Life</li><li>► Flynn's Beach Upgrade</li></ul>
6 & 7	UPCOMING & PAST EVENTS <ul style="list-style-type: none"><li>► Luxury Movie Matinees</li><li>► Aqua Aerobics Party</li><li>► Book Your Next Activity</li><li>► Australia Day</li></ul>
8 & 9	The Peregrin SG Autumn Recipe Pick
10 & 11	Baby Names For 2020 VS 1950 Relaxation Exploring Port Macquarie By Foot Young At Heart Sudoku
12	Baby Boomer Culture

*“You can't go back and change the beginning, but you can start where you are and change the ending.” C.S. Lewis*

## CHRIS COUGHLAN – BOWLER PROFILE



Chris moved to Ocean Club Resort in 2014 and has become a keen bowler, having started playing two years ago. Chris has made lots of friends at the resort but strengthened those friendships from bowling regularly with her fellow homeowners each week. Especially as there are always about 50 players each time. With bowls scheduled on Tuesday mornings, Wednesday afternoons and Saturday mornings, it's an easy achievement. The weekly Wednesday socials of drinks and nibbles after the game and monthly BBQs provide the ideal opportunity to mix. Chris also mentioned that the Bowling Christmas parties are THE best! Plus games are usually played in triples (two teams of three players) which change every game as players go into a draw and teams are selected to provide variety and

## NEW KIDS *on the block*



### *Rosemary Buckley*

Fresh from Glenhaven (northwest Sydney) Rosemary retired from work 4 years ago, allowing plenty of time to plan her sea-change. Rosemary loves her new home (a Noosa design) and is looking forward to joining the walking group, once the house is organised.



### *Danelle Studer*

Danelle first saw OC on Nine's Today Extra show and thought our climate would be better than Noosa. So here she is just moved into her new home (yes a Noosa design!). Welcome Danelle, we know you'll be very happy here.



### *Mark and Jenny Davies*

Just arrived from Narellan, south of Sydney, Mark and Jenny are looking forward to settling into their new home (Palm Beach Traditional). Already impressed with the friendly vibe they'll soon be into aqua aerobics and bowls (and not missing the long commute to work).

it makes it really enjoyable for everyone.

There's a great start up for beginners too where a local accredited bowling coach attends and provides free lessons twice a week to make sure everyone enjoys the game. After this, Chris then received further coaching from Steve Smith who continues the coaching and teaches bowlers different stances.

Chris also enjoys Yoga and going away with the OCR Travellers Group three to four times a year and with the way that bowling is set up – it fits just perfectly with her lifestyle!



# LOCAL FOCUS



## Friendly WAUCHOPE CBD

Wauchope has recently undergone improvements to its High Street providing the community with a safer, more accessible and pedestrian friendly CBD.

The improvements include pedestrian crossings, footpaths, outdoor seating, garden beds and resurfacing of the roads. Take a worthwhile trip out to this traditional country town with boutique shops, cafes and friendly country folk.

If you are not familiar with Wauchope, it's a 20 minute drive from Lake Cathie, it's inland on the Hastings River and is 406km north of Sydney. Lots of people say the name wrong and the correct pronunciation is 'war-hope'.

Interestingly Wauchope used to be the main hub of the Port Macquarie-Hastings area which can be seen by the fact that the main train station still stops at Wauchope. There's a bus that connects train passengers from Wauchope to Port Macquarie. This dates back from the Timbertown days where logging was the main industry there. Whilst visiting Wauchope, you should drop by one of the best-known tourist attractions called Timbertown, a colonial-era themed village that displays a working steam train, bullock team, Steam Sawmill, Blacksmith and village buildings from that era.

## CHARITABLE WELL-BEING

Did you know that being charitable can improve your overall wellbeing as well as helping others?

You can be charitable in many ways including giving your time and energy, donating materials or financially to causes you believe in.

Whilst being generous and doing your bit – did you also know that by doing so, you create a cycle of positive effects? See below:

**1 You feel better** ► donating money simply gives you a feeling of satisfaction – knowing that you are helping someone/something else. It's the reward you receive for being generous to others and stimulates pleasure centres in your brain.

**2 You help others** ► when you donate money you help others, regardless of your own financial circumstances, you are helping to improve others' situations and quality of life.

**3 Tax deduction** ► you can write off your donations for approved charities on your tax return. Some restrictions do apply and you'll need to check these.

**4 Purposeful life** ► when you donate to a cause you believe in, this provides you with a more meaningful life. You may experience new opportunities to meet interesting people with similar values as you. You may simply become more involved in the charity you have donated to, thus increasing your interests and time spent doing something meaningful.

## BILLS FISHHOUSE & BAR

Bills Fishhouse, located in Port Macquarie describes itself as a casual, modern dining space that embraces locally sourced and seasonal produce ingredients to produce simple, uncomplicated food. This is the place for a casual evening drink, a shared feast with friends or a light bite after a long

beach day. Aimed to bring people together over a mutual love of good food, good wine and good times. The menu is a carefully curated sea-to-plate selection with an east meets west influence. Their focus has been on staying true to fresh, seasonal ingredients from local oysters, whole fish and seafood shares to

lush produce from near river produce – every dish has been designed to be shared. At the bar, drinks pack some major punch with a selection of bespoke cocktails and a wine list to impress the most developed palette. A very popular restaurant among locals and always busy which is a good sign

that their food lives up to their claims and worth reserving a table either online (using their electronic booking system) or call 6584 7228. Bon Appetit!





*Tips to*

## SAVE WATER

This year we have seen bushfires and droughts across NSW and other locations in Australia. The Port Macquarie region, usually exhibiting its lush green paddocks and tropical bush has not been exempt from the recent droughts and therefore water restrictions are in place.

To help you save water, here are some tips and tricks that are simple and can help save our environment:

- 💧 Keep a bucket in the shower while you wait for the water to heat up... you can use this water on the garden, for washing windows, washing hard surfaces or even filling pet bowls.
- 💧 Check your taps for drips. A dripping tap can waste up to three buckets of water a day. That's over 1,000 buckets a year!
- 💧 Make sure your dishwasher is full so you're not wasting water washing dishes that aren't there.
- 💧 Put together a three minute play list and listen to it whilst you are in the shower as a timer.



## COASTAL WALK IMPROVEMENTS

More good news where our local beaches are concerned! Stage 1 of the upgrade of the Charlie Uptin to Flagstaff Hill section of our iconic Coastal Walk is now complete. The Coastal Walk is a 9km walking trail that travels from Westport Park, through the Port Macquarie CBD to Tacking Point Lighthouse.

The Council and Restart NSW Government have allocated a budget of \$1,762,000 to upgrade the Coastal Walk with Stage 2 upgrades planned to be underway in March. More upgrades will be from Charlie Uptin to Flagstaff Hill, The Doctors and Kenny Walks, including new boardwalks, replacing footpaths with wider concrete paths, new handrails, improved signage, drinking fountain, new viewing platforms, seating and regeneration.

All this work is expected to finish by June. So once this is all done, why not park up at Town Beach and head off for a walk – you can relax and reward yourself on the way back at Salty Crew with a smoothie or coffee and look out to the amazing sea views that are on offer.

## The Glasshouse

The Glasshouse, located at the centre of Port Macquarie offers a world class cultural experience in a beautiful state-of-the art auditorium.



*This is just a handful of what's on at the Glasshouse.*  
For more information visit: [glasshouse.org.au](http://glasshouse.org.au)

### Upcoming performances or exhibitions you may wish to check out:

<b>Strassman – The Chocolate Diet</b>	<b>31 March</b>
<b>Moscow Ballet La Classique – Sleeping Beauty</b>	<b>3 April</b>
<b>Spirit of the Dance – Irish Dance</b>	<b>21 April</b>
<b>The Australian Bee Gees Show – 25th Anniversary Tour</b>	<b>6 May</b>
<b>Shape 2019</b>	<b>16 May to 28 Jun</b>
<b>The World of Musicals</b>	<b>19 May</b>
<b>Judith Lucy vs Men</b>	<b>22 May</b>
<b>The Songs of Neil Young</b>	<b>30 May</b>
<b>Celtic Illusion – Reimagined</b>	<b>8 June</b>

## BUSHFIRE DONATION

*The team at Ocean Club Resort organised a door knock appeal amongst appreciative residents after being surrounded by bush fires late last year. A generous donation of \$6,000 was presented to the Lake Cathie and Bonny Hills RFS to show their gratitude for the tireless work done in protecting their homes and the property.*





# LOCAL FOCUS continued

## SEWING FOR LIFE

Members of the OCR Sewing Group, with assistance from many other homeowners, have been putting their talents to good use to help people and wildlife impacted by the recent bushfires. Their focus has been on library bags for children who have either lost their homes or their schools on the NSW South Coast and on the worldwide wildlife Animal Rescue Craft Guild effort for joeys, koalas, bats and other small creatures.

Jacquie Rogers and Faye Moses saw the need, initiated the involvement and are coordinating the response. Homeowner contributions include donations of fabric (or money to purchase it), researching and cutting out patterns and sewing final products.

This compassion and commitment saw homeowners produce over 40 bright and colourful library bags in time for the children's return to school at the end of January.

They have also produced a huge



number of soft "joey pouches" in various sizes for use by volunteers in caring for rescued joeys and other small animals. Did you know that a mother kangaroo may have several young with her - at foot, in the pouch and on the way - and fleeing a fire her natural survival instinct can cause her to abandon them? Sewing groups worldwide are helping with Australia's current effort to save as many as we can of our wildlife.

All interested homeowners are invited to join the OCR Sewing/Craft Group which meets every Monday at 9am, to sew, crochet or knit (or make cards etc), share skills and enjoy social chatter - this is a great group to join.

## UPCOMING AND PAST



## AQUA AEROBICS PARTY

Nearly 70 odd fun loving water-logged homeowners enjoyed a two course meal organised by the Aqua Aerobics Instructor (and homeowner) Trish and prepared by the Aqua Aerobics participants. There was music, dancing, laughter and some delicious ice creams for dessert. Of course a dip in the resort pool was in order and a "life guard" even made an appearance to entertain with some slap stick comedy!



## FLYNN'S BEACH UPGRADE

One of our most popular beaches with tourists and locals alike is Flynn's Beach. Situated three kilometres south of Port Macquarie, is almost 500 metres long and nestled between a pair of rocky headlands to the north and south. Starting to take shape is the first stage of the Flynn's Beach Master Plan that has now been completed from the \$2.5 million investment by the Council and



the NSW Government's 2015/2016 Coastal Management Program. The new improved beach front features a vertical seawall, beach access points, refurbished shower areas, a two-metre wide footpath, disabled parking and beach access. This is a great spot including the surf life saving club, bbq and picnic area and café - now even better with the beach improvements.

“How old would you be if you didn't know how old you are?” – **Baseball Hall of Famer, Satchel Paige**

# EVENTS



## Luxury MOVIE MATINEES

How much does it cost to attend the Sunday movie at the spectacular private lounge cinema?

The answer is – absolutely nothing!

Whenever our audience exceeds the number of permanent seats, we bring in extra seating (quite comfortable) from the dining area.

Ice creams cost \$2.50 each and everyone is invited to bring a bottle of wine to share with their movie partner.

Movies are featured every alternate Sunday and kick off at 4.30pm.



## AUSTRALIA DAY

There was a fantastic turn out for the Aussie Day luncheon on Sunday 26th January, held in the beautiful clubhouse with over 70 homeowners attending.

Everyone brought a dish to share including good ole' Aussie style barbie food and desserts such as pavlova which were quite a hit! BYO drinks and everyone came with their best Aussie outfits, fun, smiles and laughter.

Australian artist songs played throughout the day along with hoola hoop contests and Australian themed lucky door prizes that put even more smiles on faces. Our homeowners certainly know how to put on a Do!



## BOOK YOUR NEXT ACTIVITY

There's always something going on at Ocean Club Resort and with such popular activities scheduled, make sure you book ahead to avoid disappointment.

Here's an example of what's going on in April to give you a taste of how each day is different this Autumn:

### Monday Activities

7.30am	Golf – Emerald Downs
8.00am	Tennis
8.00am	High impact/stretch class – Activities Centre
8.45am	Moderate exercise/stretch class – Activities Centre
9.00am	Craft group – Activities Centre
10.00am	Line dancing – Activities Centre
12.30 noon	Band practice – Activities Centre
2.00pm	May I Cards – Clubhouse
4.30pm	Mah-jong – Activities Centre
4.30pm	Ballroom dancing practice – Activities Centre
6.30pm	500 Cards - Clubhouse

### Wednesday Activities

8.00am	Tennis
8.45am	Moderate impact exercise/stretch class – Activities Centre
10.00am	Line dancing – Activities Centre
10.30am	Mah-jong – Clubhouse
12.00 noon	Ballroom dancing
1.30pm	Band practice – Activities Centre
1.30pm	Pool Table
1.30pm	Tile Rummy – Clubhouse
2.00pm	Tennis
2.45pm	Bowls

Aging is just another  
word for living  
– Cindy Joseph



# The Peregian

SG (SINGLE GARAGE) Lot 179

The Peregian style home is ideal for a discerning buyer, such as a single person who likes life's luxuries.

This home with a compact floor area has all the features of our top of the range homes, 9ft ceilings, upmarket finishes, your choice of single or 1 ½ car garaging.

A roomy master bedroom features generous robes and en-suite. The open plan living area leads onto a rear paved courtyard, with access to the master bedroom via sliding doors. Don't be fooled by its size, this home has all the features of the Palm Beach and Noosa!



## General features include:

- ▶ Contemporary façade
- ▶ Open plan living
- ▶ Two large master bedrooms
- ▶ Media room/study
- ▶ Two bathrooms
- ▶ Single or 1.5 car garage
- ▶ 9ft ceilings
- ▶ High end appliances and finishes

*Every exit is an entry  
to somewhere else.*

— Tom Stoppard







## Autumn RECIPE PICK

### COQ AU VIN WITH GRATIN TOPPING\*

A hearty and mouth-watering classic French chicken and wine dish, covered in a cheesy potato topping.

#### Ingredients:

- ☐ 2 tablespoons extra virgin olive oil
- ☐ 800g chicken thigh fillets, cut into 5cm pieces
- ☐ 6 eschalots, peeled, halved
- ☐ 3 rashers middle bacon, rind removed, thinly sliced
- ☐ 2 garlic cloves, thinly sliced
- ☐ 400g button mushrooms, halved
- ☐ 1 tablespoon fresh thyme leaves
- ☐ 2 tablespoons plain flour
- ☐ 1/2 cup dry white wine
- ☐ 3/4 cup Massel chicken style liquid stock
- ☐ 2 tablespoons chopped fresh flat-leaf parsley leaves
- ☐ 2 desirée potatoes, thinly sliced
- ☐ 1/4 cup thickened cream
- ☐ 1/4 cup finely grated parmesan

#### Method

**STEP 1** Preheat oven to 200C/180C fan-forced. Heat half the oil in a 6-cup-capacity flameproof casserole dish over high heat. Add chicken. Cook, stirring, for 3 to 4 minutes or until browned. Transfer to a plate.

**STEP 2** Heat remaining oil in dish over medium heat. Add eschalot, bacon and garlic. Cook, stirring, for 5 minutes or until bacon is crisp. Add mushroom and half the thyme. Cook, stirring, for 2 minutes. Add flour. Cook, stirring, for 1 minute.

**STEP 3** Gradually add wine, then stock, stirring until sauce is smooth. Stir in parsley. Bring to the boil. Boil for 5 minutes. Return chicken to dish. Stir to combine. Season with salt and pepper. Remove from heat.

**STEP 4** Place potato in a bowl. Add cream, parmesan and remaining thyme. Toss to coat. Arrange potato over chicken mixture. Drizzle over any remaining cream mixture. Bake, uncovered, for 1 hour or until potato is golden and tender. Serve.

\*Recipe can also be found online at [Taste.com.au](http://Taste.com.au)

# Baby names for 2020 VS 1950

The website Nameberry (that provides a complete guide to thousands of baby names) has published its predictions on top baby names for 2020. Interestingly there's a host of names that were virtually unused a generation ago. These include newly-minted names, rediscovered antiques and names from around the world.



Paisley  
Easton  
Austin  
Billie  
Pearl

## HERE ARE THE TOP NAMES FOR 2020

Girls Names	Boys Names
Adah	Austin
Reese	Alva
Mika	Acacius
Paisley	Tate
Amina	Diego
Teagan	Easton
Nova	Lucius
Aura	Cash
Pearl	Ash
Billie	Luca

## HERE ARE THE TOP NAMES FOR 1950

Girls Names	Boys Names
Jennifer	Peter
Susan	John
Christine	Robert
Julie	David
Margaret	Michael
Helen	Stephen
Judith	Ian
Lynette	Gregory
Robyn	Paul
Elizabeth	Gary

There's a definite shift with new parents wanting to name their children with unique names so they are inventing spellings or resurrecting nicknames from centuries ago so that their kids stand out. This has been a trend for quite a while now – you may have noticed when you need to ask how to spell the name a dozen times because it doesn't follow any rules or traditional name spellings.

So here's to seeing what wonderful names 2020 has in store for us and let's see just how creative our new parents really are!

Source: Nameberry.com; Essentialbaby.com.au

## Relaxation

As we get older, our bodies and minds start to age and although some of the ailments or memory loss can be attributed to ageing, they may also be due to stress and anxiety. So introducing relaxation techniques into your daily routine can help to reduce these symptoms and improve your overall health and wellbeing – in fact it doesn't matter how old you are – the benefits are for everyone!

### Benefits of Relaxation

- ▶ Slowing heart rate
- ▶ Lowering blood pressure
- ▶ Slowing your breathing rate
- ▶ Improving digestion
- ▶ Maintaining normal blood sugar levels
- ▶ Reducing activity of stress hormones
- ▶ Increasing blood flow to major muscles
- ▶ Reducing muscle tension and chronic pain



- ▶ Improving concentration and mood
- ▶ Improving sleep quality
- ▶ Lowering fatigue
- ▶ Reducing anger and frustration
- ▶ Boosting confidence to handle problems

### Relaxation Techniques

- ▶ Deep breathing
- ▶ Massage
- ▶ Meditation
- ▶ Tai chi
- ▶ Yoga

- ▶ Biofeedback
- ▶ Music and art therapy
- ▶ Aromatherapy
- ▶ Hydrotherapy

There are plenty of groups and registered teachers/practitioners in Port Macquarie who offer the above techniques – just ask Google and book yourself in so you can reap the benefits that will help you stay healthy, happy and active for longer.



## EXPLORING PORT MACQUARIE BY FOOT

There are so many beautiful spots around Port Macquarie, not just a range of great touristy places but some amazing coastal walks and incredibly stunning views to be enjoyed at no cost except getting there.

One such walk includes what is commonly and fondly known amongst the locals as the Doctors Walk.

You can start the coastal walk that winds around from the Town Green foreshore, along the coast via Town Beach, Rocky Beach lookout, Nobby's Beach and Harry's lookout overlooking Shelly Beach and on to Sea Acres. The walk ends at Tacking Point Lighthouse

– allow an hour or so each way depending on how fit you are and how fast you go. You can join the walk at various points if it's too far or you are restricted on time.

If you feel like having a bite on the way there are stops in between at some of the beaches with bbqs and picnic areas and even some cafes depending on the time of day you go. If you go all the way to Tacking Point Lighthouse and have transport from there, why not head to the Tacking Point Tavern for a cool beer or something to eat there.



## YOUNG AT HEART

Did you know that mixing young and old people can extend lives? Mixing generations is just as important for young people as it is old, as illness and loneliness is formed early in life. Research details how 'intergenerational interaction improves life changes of children and young people'. Mixing with their elders, it states, helps children and teenagers develop communication, social skills and empathy. There are significant benefits for older people too – one is tackling loneliness.

Older people can bring a sense of the big picture, stories and experiences to younger people and likewise, young people can help older people stay up to date with new technologies and an evolving world around them. Everyone benefits.

By changing the way we think about interaction between generations, we open up a world of opportunities for both young and old and close the gap of segregation based on age. Make sure you watch the



groundbreaking ABC documentary called **Old People's Homes for 4 Year Olds** on ABC iview.

The description states: As Australia's older population increases, so too will the issues that affect their health and happiness. Could the solution to a better life for older Australians be as simple as spending time with 4 year olds?

We are all participants in society with a lot to offer – both young and old.

“Those aren't grey hairs! They are strands of glitter. Growing from my hair! [Cherokeebillie.com](http://Cherokeebillie.com)”

## SUDOKU – Easy level

				2			4	7
			9			8		
		1			7		6	
		5	8					
7								6
							5	9
4	9		3				1	
	3			1				
5		7		8	6			

Check the solution at [oceanclubresort.com.au/quiz-answers](http://oceanclubresort.com.au/quiz-answers)

# Baby Boomer CULTURE



*Here are some great snippets taken from Tweets on BuzzFeed about Baby Boomer culture that you may relate to...*

- ▶ Forcing their kids to go to uni then disagreeing with the facts that they learned there.
- ▶ Demanding the sale price of items after the sale has already ended.
- ▶ Telling stories at a dinner party where they mention the ethnicity of every single person in the story, regardless of relevance...
- ▶ Telling the cashier they don't use the self-checkout because it takes away jobs.
- ▶ Holding their mobile phone in one hand and texting with just their pointer finger (watch the younger generation use both hands!)
- ▶ Double spacing after the end of a sentence on a keyboard.
- ▶ Assuming every screen is a touch screen and then getting annoyed when it doesn't work!
- ▶ Commenting 'yum' on every food pic that every restaurant shares on their social media sites.
- ▶ Name drop the first name of a random person in a conversation that they met 40 years ago without explaining who they are or how they know them.
- ▶ Lining up to board the plane 30 minutes beforehand.
- ▶ Licking their finger to grab a sheet of paper.
- ▶ Using the comment section of someone's image on facebook to tell them hello and ask how they are doing.
- ▶ Taking the same group photo on 10 different phones rather than taking one photo and sending to each other.