

Sea Breeze

NEWSLETTER | WINTER 2020




OCEAN CLUB
RESORT

Welcome

It's great that the restrictions have started to be lifted and life is getting back to normal. We recognise that it's been a tough few months with the Coronavirus. However, we continue to stay strong as a community.

We have seen kindness, creativity and generosity when faced with adversity. Our homeowners have continued to exercise and help each other whilst practicing safe social distancing measures, abiding by Governmental regulations.

Kindness has been demonstrated from homeowners coming together (even though still apart...) offering help to others where they can, from setting up flatpacks to fixing computers. Creativity from holding online exercise classes (thanks to Rebel) and homeowners participating via Zoom. Generosity from the social committee organising lucky house draws and delivering the prizes to homeowners and a \$10,000 donation to the homeowner community by the management team, Sean Tieck and John Gilmour.

If you would like to share information or stories about your experience or a new hobby or interest that you had time to focus on that you think our readers may be interested in, please email me at karen@oceanclubresort.com.au.

You may notice that this edition of our newsletter has a slightly different look and feel as we have tweaked our branding to better reflect who we are and what we offer – check out our new website: oceanclubresort.com.au.

Call us to find out more on 1800 436 326.



Karen

Karen Twigg
Ocean Club Resort Manager

ANZAC from a distance	3
Leave it to the pros	3
Sports courts now open	3
Green fingers	4
Residents to the rescue	4
I should be so lucky	4
Benefits of being over 60	5
Drive safely	5
The old man is snoring	5
Local focus	6
Team profile	8
Winter recipe pick	9
Featured house	10
Playtime vs chores	12
Word search	12
Say cheese	12



ANZAC from a distance but together

This year homeowners paid their respects on ANZAC Day by participating in the nation-wide initiative referred to as a 'Driveway Dawn Service'. The Dawn Service started at 5.30am, broadcast by the ABC Radio National (and the local ABC Radio 95.5FM) from the Australian War Memorial. Homeowners made their way to their driveway for the Last Post, a moments silence and Reveille. Candles were lit and veterans remembered, from a distance but united together 'lest we forget'.



Leave it to the pros!

Amidst the usual bowling teams each week, it turns out that we have some real pros amongst us! Steve Smith, Dick Croft, Stephen Philip and Gary Knox all played in the major singles semi-finals at Lake Cathie's bowls competition and Chris Baldwin is the champ for the under 3 years category at Lake Cathie Bowls Club. It just goes to show that it's never too late to teach an old dog new tricks and that the players at the resort are all pros at some level!



Tennis courts and bowling green no longer closed: OPEN!

Homeowners were delighted at the decision made by NSW Government of Sport during the Coronavirus lockdown that the tennis courts could remain open as long as there were only two people playing at any time. With the tennis court on their doorstep, homeowners didn't have to go very far to check out if they could get out and start exercising. The mini golf course and bowling green were also welcomed by homeowners and helped maintain their physical and mental health during this period.



Green Fingers

There seems to be a renewed interest in our community gardens – perhaps our homeowners have more spare time and are putting this time to planting winter vegies.

Vegetables are there for everyone to share with raised garden beds, reflecting the amazing generosity and community spirit within the resort. All we need now are chickens!

- ✓ Beans
- ✓ Broccoli
- ✓ Cabbages
- ✓ Carrots
- ✓ Cucumbers
- ✓ Eggplants
- ✓ Lettuces
- ✓ Onions
- ✓ Parsnips
- ✓ Potatoes
- ✓ Pumpkins
- ✓ Radishes
- ✓ Silver beets
- ✓ Squash



Residents to the rescue

Homeowners volunteer their skills to help their fellow neighbours, another community minded initiative at our resort. It could be a newcomer moving in or a single person needing help with putting together a flatpack, someone who has an issue with their computer or needing transport for an appointment. A list of volunteers has been put together on the OCR resident's website. These services are being offered for free and are in addition to the usual help offered around our resort – well done for coming up with such a great initiative!



**I should
be so lucky,
...lucky lucky
lucky!**

Those homeowners lucky enough to win the Social Committee's 'lucky house draw' held each month, enjoyed having a \$20 voucher from Bonnie Hills Garden Café delivered to their doorstep by one of the committee. A great initiative to brighten up the day for those lucky homeowners during self isolation.

Congrats goes to Danelle who won the first draw. Danelle exclaimed that she never wins anything so was super surprised and happy saying that she would enjoy using her voucher.

And the best thing about the draw? Everyone who lives at OCR has a chance to be a winner!

Benefits of being over 60!

Other than moving to Ocean Club Resort and living a luxurious life in a friendly community, you can also apply for a NSW Seniors card and Senior Savers Card via seniorcard.nsw.gov.au. You'll have access to special offers from local shopping and dining, to travel, entertainment and events, professional, personal, health, home, auto or financial services plus lots more!

Special offer examples include from Woolworths, exclusive discounts on delivery, gift cards, insurance and telecommunications. There are lots of other partner offers and deals available so apply for your cards today and make sure you are making the most of being over 60!



Drive safely

As we get older, our ability to drive safely starts to diminish. It's important to take note of where you are up to with your health and to take steps to keep you and others safe when driving. This doesn't necessarily mean having to give up your independence.

There are steps you can take to help improve your performance and this includes obtaining regular health check-ups including eye tests and hearing checks, knowing your limitations on the roads, for example, if you struggle to drive at night – try not to drive then. Make sure you leave plenty of space between you and the car in front and keep distractions in your car to a minimum, which includes not having the radio or loud music in your car.

Make sure you get plenty of sleep, read medication labels carefully so that you are not drowsy or light-headed. If your passengers are nervous or want to discuss your driving, then make sure you listen and if you want a professional opinion then you can see a certified driver rehabilitation specialist. They may be able to help provide you with tools or modifications to your car that help keep you on the road longer.

*Getting old is like climbing a mountain;
you get a little out of breath, but the view is
much better!*

— Ingrid Bergman

The old man is snoring – and his wife too!



"It's raining it's pouring the old man is snoring. He bumped his head when he went to bed and he couldn't get up in the morning."

Well, this song resonates as it has certainly been raining in our Port Macquarie region and this song tells the story of the old man snoring. However, as we know, snoring also affects women too. So why do we snore? There can be a whole host of reasons.

1. Sleep apnea

A disorder where breathing repeatedly stops and starts. It's a serious condition where the walls of your throat come together while you sleep, blocking off your airway. Snoring is a symptom of this.

2. Illness

You can start snoring when you are sick, especially if you have a cold or flu and can't breathe through your nose whilst sleeping.

3. Smoking

Smoking can cause snoring as it irritates the membranes in the nose and throat which can block the airways and cause snoring.

4. Medication

Some medicines can cause snoring because they relax the soft palate and other tissues around the mouth, nose and neck. This can cause a narrowing of the airway and snoring starts.

5. Overweight

As we age we can often put on a few extra kilos which can lead to a narrowing of the airway and makes it difficult for a person to breathe while asleep.

6. Ageing

As our bodies become less efficient, muscle tone decreases, weight increases and add to that medication, hormonal changes (in women) then snoring can develop.

7. Alcohol

Drinking is part of our Aussie culture and if you drink too much then this has a sedative effect on your body, thus relaxing your soft palate and impeding airflow, causing you to snore.

8. Sleeping position

Often when you sleep on your back, this can cause the airways to collapse in on itself and lead to excess air in the mouth and therefore cause snoring.

If you sleep alone and are not aware that you are snoring, there are some very helpful sleep apps you can download to your phone. These monitor your sleep cycle and record your snoring and how long you snore for each night. These are great entertainment if you are not too worried about snoring or need to prove to your partner that they are snoring! Examples include: Sleep Cycle, SnoreLab, Prime Sleep Recorder and Sleeptracker 24/7.


Source: aboutover50.com.au

local focus

The Sandbox

Sandbox café, situated on one of Port Macquarie's most popular beaches, Flynn's Beach is in a perfect location looking out to sea. Serving fresh produce and excellent coffee – you just need to see the reviews on their Facebook page or better still, go and try it out for yourself!

From fresh immune boosting juices, Port's best coffee and delicious brekkies to sumptuous burgers that will fill you up!

 facebook.com/sandbox.pmq





Mark West, Operations Manager, Ocean Club Resort

Team profile

Mark's journey

Mark was just a toddler when his parents Tony and Mary, and brother Gregory moved from Adelaide to Darwin in 1972. The family and boys loved the outdoors laid back lifestyle in particular the camping and fishing trips.

Mark loved his sport and joined little athletics and played Aussie rules football, representing the Northern Territory in both the under 16's and under 18's National Championships. He started playing for the St Mary's football club in under 12's continuing through all grades to the seniors, winning many club best and fairest awards. While playing 2nd division for St Mary's, he won the league's best and fairest 'Mitch Lee Medal' five times, was runner up twice, and was captain of the 2008 premiership team.

After leaving school, Mark accepted a full time position as a shift manager. With Mark's passion for fishing he then started work as a professional fishing guide on the Tiwi Islands, at Barra Base on Bathurst Island and later at the renowned Jessie River Camp on Melville Island. He quickly earned the reputation as one of the Top End's best fishing guides, receiving a lot of attention from the Australian fishing media for his amazing and uncanny fish spotting abilities. In 1998 he started "Mark West's Hooked on Fishing Safaris" which he successfully operated for the next 10 years.

The charters consisted of day trips fishing a variety of fish in and around Darwin Harbour, or barra fishing at Corroboree Billabong or the Mary River. His busiest period included five

or six day safaris fishing the South Alligator and surrounding coast for the big barras with overnight accommodation at Point Stuart lodge. His clients included some of Australia's top cricketers and footballers with many returning each year. After a short stint of working at Darwin's award-winning 'Fishing and Outdoor World' in 2008, Mark was invited to join Melville Island lodge with their elite fishing safari and worked there for the next five years.

After his daughter Amelia was born in October 2013, he decided he needed a sea change so as he could spend more time at home with her.

In 2014 Mark was offered the position of Operations Manager at Ocean Club Resort and after spending a few days in Port Macquarie, started a few weeks later in the March. One of the big draw cards for Mark was the location on the coast and the fact that he could still enjoy his fishing. There is a good variety of fish, although he does miss the big barramundi. He regularly fishes the Camden Haven River and the Hastings at Port Macquarie or travels to Kempsey to fish the Macleay River and the Manning River at Taree.

Sean Tieck, one of the Ocean Club Resort owners commented, "I had been a client of Mark's for about 20 years prior to offering him the position of Operations Manager at Ocean Club Resort. Over those years I had been impressed with his 'nothing is too much trouble' attitude towards his clientele. He always put in a massive effort and showed incredible patience. Mark was highly spoken of and well regarded by all those that crossed his path."

Winter recipe pick

Giant slow cooker golden syrup dumpling

This giant fluffy dumpling, drenched in a sticky golden syrup sauce is sure to delight your taste buds as well as warm your insides! Cooked in a slow cooker, it's super easy to make and great to entertain family and friends.

Dumpling

- ☐ 265g (1 3/4 cups) self-raising flour
- ☐ 1 tablespoon caster sugar
- ☐ 1/2 teaspoon ground allspice
- ☐ 30g butter
- ☐ 160ml (2/3 cup) milk
- ☐ 1 egg
- ☐ Vanilla ice-cream, to serve

Golden Syrup Sauce

- ☐ 250ml (1 cup) golden syrup
- ☐ 55g (1/4 cup, firmly packed) brown sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 50g butter, at room temperature, chopped
- ☐ 500ml (2 cups) boiling water

Step 1

To make the golden syrup sauce, place the golden syrup, brown sugar, vanilla, butter and boiling water in the bowl of a slow cooker and cover. Set slow cooker to High.

Step 2

Meanwhile, sift the flour, sugar and allspice into a large bowl. Use your fingertips to rub the butter into the mixture until it resembles fine breadcrumbs.

Step 3

In a jug, whisk together the milk and egg. Add to the flour mixture. Use a flat-bladed knife to stir until just combined.

Step 4

Remove the lid from the slow cooker and stir the sauce. Drop large spoonfuls of the dumpling mixture into the sauce (the mixture will join together as it cooks).

Step 5

Lay a clean, dry tea towel over the slow cooker. Wipe the moisture from the underside of the lid, then replace over the tea towel, folding up the overhanging material to sit on the lid. Cook on High for 2 hours or until the dumplings have joined together and are cooked through.

Step 6

Use a large metal spoon to scoop out the dumpling into serving bowls and drizzle with golden syrup sauce.

SERVE WITH YOUR FAVOURITE ICE CREAM :)

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

Featured House

The Byron

(Lot 220)

The Bryon Contemporary is 147 square metres of stylish low maintenance living.



The spacious open plan living / dining area benefits from an abundance of natural light from the front sliding door and windows that flow through to a covered outdoor patio.

A double-garage, plus lots of storage space are other features of a home that's been thoughtfully designed for an effortless coastal lifestyle. The multi-purpose room at the rear of the house is an ideal quiet spot for a study or hobbies.

General features include:

- Two bedrooms
- Two bathrooms (one ensuite)
- Double garage

The secret of staying young is to live honestly, eat slowly and lie about your age.

— Lucille Ball



Playtime vs chores

Who wants to spend all their days pruning and mowing the lawn then being too tired to go out and enjoy yourself in the evening? Well, that's the beauty of moving to a lifestyle resort like Ocean Club Resort – you don't have to. All garden and lawn maintenance to the front street scape and the common areas is taken care of by the resort staff. Making this lifestyle choice for your future frees you up to do what you want to do including hobbies, interests, exercise classes, walking the dog, and catching up with friends, and the list goes on.

Imagine not having to do the weeding or trying to do your own maintenance (or paying someone to do it for you) and being able to take a dip in the pool every day and not have to worry about the pool filter and ensuring it has the right balance of chemicals. Just relax and enjoy the freedom of living in a lifestyle resort where the hard work is done for you.

At our resort we see so many of our homeowners concentrating on their health and their hobbies, some with hidden talents they haven't had time for over the years and some they didn't even know they had! This is just one of the benefits that retirement living offers. We'll be featuring some of our homeowners' talents in upcoming editions.

Word Search: Travel

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, right to left, upwards, downwards, top line to bottom line. Words can go horizontally, vertically or diagonally in all eight directions.

E	N	O	I	T	A	C	A	V	P	P	T	X
P	L	O	R	H	O	T	E	L	A	A	I	T
I	T	O	U	R	O	N	I	S	S	S	C	D
E	R	E	E	A	L	L	S	E	S	Y	K	I
L	T	K	H	E	E	P	T	S	E	S	E	R
C	E	I	N	C	O	U	E	O	N	F	T	E
Y	A	H	T	R	O	L	D	G	G	F	T	C
C	P	M	T	R	E	C	U	L	E	H	P	T
R	A	E	E	T	O	I	R	R	R	I	H	I
O	M	U	O	R	D	P	R	U	H	O	M	O
T	A	M	N	E	A	Y	R	S	I	S	W	N
O	A	U	T	O	P	I	R	I	I	S	T	S
M	N	I	A	R	T	T	R	K	A	D	E	K

<u>Airport</u>	<u>Guide</u>	<u>Passenger</u>	<u>Train</u>
<u>Auto</u>	<u>Hike</u>	<u>Passport</u>	<u>Vacation</u>
<u>Camera</u>	<u>Hotel</u>	<u>Route</u>	<u>World</u>
<u>Cruise</u>	<u>Map</u>	<u>Ship</u>	
<u>Directions</u>	<u>Motel</u>	<u>Ticket</u>	
<u>Ferry</u>	<u>Motorcycle</u>	<u>Tour</u>	



Say cheese

Two big days of photography were held on March 18 and 19 to capture images of the resort. This was for our new website which you can see at oceanclubresort.com.au.

The talent behaved themselves on the day (as always) and enjoyed working with the camera crew, Jeremy Rogers (Photographer), Scott Roberts (Art Director) and Paul Adams (AMG Marketing Director) to produce some great hero shots to really showcase our wonderful resort. Thanks to all our wonderful resident models who helped us throughout the shoot.