

THE *Sea Breeze*



FIVE STAR RESORT LIVING *for over 50s*

Welcome

Welcome to our Autumn edition of Ocean Club Resort's newsletter. We have some interesting stories to share with you incorporating a local focus, homeowner stories and interests as well as tips and a quiz to get you thinking. 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.



We have had an exciting few months at Ocean Club Resort, including the filming of our latest Advertorials and TV commercial, the upgrade and extension of our pool deck with new furniture, along with negotiating our way through the silly season filled with plenty of events and activities for everyone.

Summer has indeed encouraged even the most shy amongst our homeowners to take a dip in our invitingly warm but refreshing swimming pool and beautifully extended deck to laze around with a good book or chat with their fellow neighbours. A retreat that welcomed relaxation to unwind from the busy Christmas shopping and hustle bustle of holidaymakers in town.

Our resort has seen another 2 new homes and 2 established homes now occupied and we saw 7 new homeowners move in over the last three months, joining our friendly community of existing homeowners.

Construction is underway with our new Noosa Zero – something different to offer those who like to maximise on space.

Interested in coming to see our resort for yourself? We invite you to come along and stay for a couple of nights and experience what we have to offer. Call us now to book in.

Karen Twigg – Ocean Club Resort Manager

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BOWLS UPDATE



Filmstars FOR THE DAY!

As part of our promotional activity, our lovely homeowners became actors for the day to provide our audiences with an authentic insight into our friendly community. We interviewed some of our filmstars:



Jacquie (lady in pink) and Vic

Q: What did you enjoy most out of the day? **A:** The fascinating insight provided into how the TV production process works.

Q: What was your favourite scene?
A: The pool area.

Q: How were your nerves on the day?
A: Not a problem. Vic has faced much worse in his working life!

Q: How did you feel about being one of our Ocean Club Resort stars? **A:** We are proud of Ocean Club Resort and pleased at the professional approach in the Ad.

Q: What do you think of seeing yourself on TV? **A:** Vic is a more reserved person and the restrained Motorhome window shot suited him.

Jacquie was chuffed to discover that interstate relatives had recognised Ocean Club Resort and spotted her and commented... which was great!



Paul and Faye

Q: What did you enjoy most out of the day? **A:** Spending time with fellow homeowners and enjoying each other's company.

Q: What was your favourite scene? **A:** The cocktail hour around the pool – that was beautiful! It's gorgeous down there of an evening.

Q: How were your nerves on the day? **A:** Terrible! Being in the spotlight certainly doesn't come natural to either of us.

Q: How did you feel about being one of our Ocean Club Resort stars? **A:** We absolutely love living here and we want to share our experience with others, so we were happy to play a part in this.

Q: What do you think of seeing yourself on TV? **A:** We don't like being the main focus so it would have been better to be part of the background rather than in the foreground in the Ads.

From Peter Coxon, Bowls Co-ordinator for Ocean Club Resort: Our 2018 bowls year finished on a high; with everyone agreeing that the Christmas party made it a fitting farewell to the outgoing committee for a job well done. A warm welcome is extended to our new committee members Dianne, Don, Judy, Max, Peter and Ceri.

The Committee has already implemented some new initiatives to the bowling year, with a ladies' singles competition, along with the traditional men's singles competition. Both competitions started on the 13th of February, to be followed by the mixed pairs and

mixed triples later in the year. The starting times for the summer season have changed due to the hot weather. Tuesday and Saturday bowls now commence at 8am, with Wednesday evenings being a 5pm start. Due to the ever popular Wednesday evening bowls and the once a month BBQ, it was decided to start Sunday twilight bowls every fortnight with a sausage/steak sandwich provided at a minimal cost. New residents are always welcome to join in the fun and games, and may also consider one of the skills sessions if they feel like giving bowls a try.

LOCAL NEWS



LOCAL HOT SPOT: CARMELS CAFE

The locals' favourite café in Lake Cathie, just down the road from Ocean Club Resort. Opened in 2007, owners Kaylee and Simon Collins both grew up in the area. With 26 years in the industry and a commitment to service, Caramels serves seasonal fresh produce with the very popular plated fresh fish and chips & tasty burgers always on offer, with old favourites including cakes and desserts, all home-made. They serve Byron Bay Coffee who provide an exceptional coffee experience every time. Open from 5am to 4pm weekdays and Saturdays from 5am to 3pm. Their delicious lunch menu is changed every fortnight with dietary requirements catered for.

Another reason to love being a Lake Cathie local.

LOCAL LAND CARE ASSOCIATION (LLCA)

An important role to play in the community, the LLCA focuses on dune management on Rainbow Beach and also the community centre behind Woolworths.

Their work involves returning vegetation to its natural state and stabilising the dunes by removing invasive weeds and planting regenerative species. The group also gets involved in other projects and form working groups. One of these is currently working on the removal of Asparagus Ferns (the weed – not the vegetable!), invasive for rainforest and Bitou Bush that's problematic along the coast of Australia. Education is also on their agenda and they run two days per year for schools.

Funding comes from Council and Land Care Australia and they also receive professional support from Council.

The LLCA is made up of a group of about five volunteers currently. They work one day per week between Autumn to Spring from 8.30am to 11.30am. Anybody who would like



to get involved is welcome to join the group. Permanent members are provided with a shirt, all training on the techniques needed as well as the tools for the job. The focus is more on removal of weeds by hand which is quite intensive as they are not keen on using poisons. When an area is completely out of control, they call Council to help.

If you are active and interested in getting involved with this group in Lake Cathie, then call Peter Fitzroy on 0413 319 343.

LAURIETON RIVERWALK MARKETS

Popular local markets held every third Sunday of the month by the riverside in Laurieton, just a few minutes' drive south of Lake Cathie provide something for everyone.

From local fresh produce, gourmet foods, toys, clothes, fashion, plants, candles, perfumes, fishing gear, furniture and much more, you will be sure to enjoy your day at the market.

Set in a beautiful location, you can browse the market stalls for all sorts, relax, enjoy a bite to eat, or just sit by the river and people watch.



Living at Ocean Club Resort – you are never far away from a beautiful spot with plenty to do in the area.



LAKE CATHIE FORESHORE

Improvements will soon be made to the Foreshore Reserve thanks to State Government funding with Port Macquarie-Hastings Council. The NSW Government's Stronger Country Communities Funding has included \$222,696 to allow for the implementation of the first stage of the Lake Cathie Master Plan including the demolition of the current toilet block and the construction of new amenities as well as the current development of foreshore pathways.

The Lake Cathie Foreshore is a focal point for the local community as well as a wonderful playground for the tourists who flock to the area every year.

Source: Community News by Leslie Williams MP



RAINBOW BEACH

Rainbow beach, is our local beach and spans south-south west for 2.5 kilometres from the dolerite rocks at Middle Rock Point to the sedimentary rocks at Bonny Hills.

With a thriving surf club at Bonny Hills, a park and picnic area and two caravan parks, the beach is patrolled during school holidays from October to April.

The Wauchope Bonny Hills Surf Club has been operating continuously since 1958. As well as providing the very important role of surf lifesaving, the club runs Nippers, a fun program for children aged 5 to under 14. The program is designed for children to have fun at the beach while participating in lessons that will give

them a pathway to becoming a fully rounded participant in both lifesaving and sport.

Wauchope Bonny Hills Surf Club is one of the strongest in NSW Country and offers prospective members a range of opportunities and activities including lifesaving, resuscitation and first aid training, first class surf competition, fantastic facilities including a gym, the Fat Fish café and a club house with spectacular ocean views.

The Fat Fish cafe is right next to the Wauchope Bonny Hills Surf Club and is very popular amongst Ocean Club Resort owners as it has great food and excellent service whilst overlooking beautiful Rainbow Beach.

2018 HOMEOWNER SURVEY

The results from our 3rd annual survey have just been compiled, (thanks to Meryll in the office). As usual there are a number of insightful findings covering topics such as maintenance, communication, the website and what it's like living here.

When it comes to homeowners rating their experience at Ocean Club, the collective response is a slight improvement on 2018 with the average score being 8.2 out of 10. The best aspect of living at Ocean Club is again the homes closely followed by 'our new friends', neatly summarised in the quote "Our home and the facilities are great but it's our friends that make it special." It's also not surprising that homeowners just love living near the beach.

The maintenance crew get a big thumbs up for keeping the lawns and landscaping in top shape, which is good to see.

Management will be taking a close look at the detail of the responses to how things can be improved further.

The new extended pool deck with loungers and umbrellas make a beautiful spot to catch up with friends.



EVENTS



TRIVIA NIGHT

The ever popular Trivia Night was held early February with a great turn out as always. A very successful night with lots of laughs and prizes.



AUSTRALIA DAY – a BBQ lunch in the Clubhouse

The homeowners at Ocean Club Resort are very patriotic getting together for a fabulous Australia Day celebration. The clubhouse was decked out with Aussie flags and party paraphernalia. There were games, food and plenty to drink for everyone. Prizes were given to the best dressed and lots of fun was had by all.

NEW YEAR'S EVE – Mad Hatters Theme



New Year's eve was an absolute scream with the Mad Hatters theme. The room was filled with every hat imaginable and all the homeowners made a huge effort to go all out with their amazing hats.

A banquet was served with drinks, music and dancing that filled the classy Clubhouse venue, fit for the celebratory occasion to welcome in the New Year for 2019!



NEVER A DULL MOMENT

At any one time there is always an activity happening 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 March to give you a taste of how each day is different:

March Tuesdays

| | |
|--------|----------------------------------|
| 7:45am | Bowls |
| 9:30am | Fine Art Group – Activities Shed |
| 9:30am | Yoga – Activities Shed |
| 1:00pm | Adult Colouring Group |
| 2:00pm | Snooker #14 |
| 2:30pm | Mah-jong – Clubhouse |
| 3:30pm | Mens Drinks – Activities Shed |

March Wednesdays

| | |
|---------|--------------------------------------|
| 8:00am | Tennis |
| 8:45am | Moderate Exercise/Stretch Class |
| 10:00am | Line Dancing – Activities Shed |
| 10:30am | Mah-jong – Clubhouse |
| 1:30pm | Pool Table #174 |
| 1:30pm | Band Practice #171 – Activities Shed |
| 3:30pm | Tennis all welcome |

Autumn RECIPE PICK



Jonathan White

MEET JONATHAN THE BOAT BUILDER!

These aren't just any ordinary boats either... these are handcrafted and made with a great deal of precision and care.

Jonathan White, a very talented man indeed, has built a beautiful 12 foot long (3.5 metres) Whitehall Dinghy, weighing 45 kilos, in his garage. Jonathan explained the level of detail that was applied to the Whitehall (also known as a Glued Lapstrake Dinghy). The oars have leather sleeves that have to be in the correct position and are hand-stitched with a herringbone stitch and all the fittings are bronze, so they don't rust. Firstly the boat is built upside down on 10 moulds to get the shape and on a jig (framework) which has to be precise and the correct length to put the moulds on. He starts at the keel and works outwards, down around the moulds. Very few automated tools are used and are mainly handcrafted.

This beauty (see pic) took Jonathan 10 months to build – it usually takes six, but he's kept busy with all his other activities! It turns out that Jonathan first started building boats 15 years ago and has made a few before. Apparently it runs in his family as his dad built boats too. The next challenge? A canoe!

KERRI'S THE CANVAS QUEEN

There is a bit of a trend going on with homeowners using their garages for their interests and hobbies. There seems to be a lot of talented and gifted people moving to the resort – we could soon be listed as one of the most creative communities in Australia if we keep this up!

Kerri McNamara decided last year that she may like to try her hand at painting and after organising herself with some essential art supplies and watching a few YouTube videos, Kerri taught herself how to paint. Her work



Kerri McNamara

features abstract themes that are imaginative and persuasive at the same time.

Kerri now has a collection of stunning paintings that are selling at Hastings Furniture. Kerri's loved friend, Bella pictured here, is always keen to get in on the action by the looks of things too! Good luck with your sales Kerri!



ONE-PAN CHICKEN WITH BOCCONCINI AND OLIVES*

A mouth-watering meal ideal for those cooler nights served either with lots of healthy vegetables or some toasted chunky sourdough bread.

Ingredients

- ☐ 2 large chicken breast fillets
- ☐ 2 teaspoons dried oregano
- ☐ 1 tablespoon olive oil
- ☐ 1 brown onion, thinly sliced
- ☐ 400g can cherry tomatoes
- ☐ 400g can diced tomatoes
- ☐ 1 cup pitted mixed olives
- ☐ 180g bocconcini, coarsely torn
- ☐ 1/3 cup (90g) basil pesto

STEP 1 Cut each piece of chicken in half horizontally. Sprinkle the chicken with oregano. Season. Heat half the oil in a large frying pan over high heat. Cook the chicken for 2 mins each side or until golden brown. Transfer to a large heatproof plate.

STEP 2 Heat remaining oil in the pan. Add the onion and garlic. Cook for 1 min or until onion softens. Add cherry tomato and diced tomato and bring to the boil.

STEP 3 Return the chicken to the pan with the olives and bocconcini. Reduce heat to medium-high and cook for 8 mins or until the chicken is cooked through and sauce thickens slightly. Serve drizzled with pesto.

*Recipe can also be found online at Taste.com.au

Palm Beach

TRADITIONAL

This beautiful, spacious ground-level home is just delightful with the grand living and dining room opening out to a covered alfresco area. Amongst one of our largest designs with a contemporary beach style, this prestigious home will provide you with plenty of room to spread out.

Designed especially for cross ventilation and natural sunlight, this home is well suited to our temperate climate.

The open plan kitchen lends itself to entertaining or simply watching TV whilst you prepare food. You'll be spoilt with the elegant finishes such as the Essastone benchtop and top of the range Miele appliances.

The oversized master bedrooms (with en-suites) are away from the main living area providing you with additional privacy. You can enjoy your morning coffee in bed or the fresh air with one bedroom open to the courtyard via large sliding doors.



Bathroom

- ▶ Floor to ceiling tiles
- ▶ Double bowl vanity
- ▶ Bathtub



Kitchen

- ▶ Essastone benchtop
- ▶ Smeg or Miele appliances
- ▶ Engineered Oak flooring
- ▶ Gloss splashback



Bedroom

- ▶ High ceilings
- ▶ Sliding door to courtyard
- ▶ In-built sliding robes
- ▶ 100% wool Twist Pile carpet





Living Area

- ▶ High 2.7m ceilings
- ▶ Embelton Plantino bamboo flooring
- ▶ Flow through to courtyard
- ▶ Huge living area



DEALING WITH TELEPHONE SCAMMERS

Receiving calls from scammers can be unsettling and frustrating for most people.

How should you deal with scam phone calls?

- 1 Hang up immediately – do not engage with the person on the other end of the phone.
- 2 If you do end up in conversation, do not provide any private details.
- 3 Ask to speak with the caller's supervisor.
- 4 Ask the caller for their name and telephone number so that you can check with the company directly.
- 5 If a caller says that your Telstra Internet service or your Windows machine has been reported as having technical issues on their

system – tell them that Telstra is not your internet provider or that you do not use Windows and then hang up.

- 6 Do not tell the caller to stop calling you as you may provide them with more details. For example, you say 'stop calling my house' – then this will go on their database which is useful for identity theft. Simply hang up.

Remember, telephone scammers are professional thieves who know what they are doing and will try to fool you to either obtain financial benefit from information you provide them with or identity theft. As soon as you realise you are speaking with a scammer, do not engage, even if it's to tell them not to contact you – simply hang up.

Here's a recent example of one scam, which is why you should always verify who the caller is first and never give an unknown caller personal or financial information. A call purporting to come from the 'Do Not Call Register' asks if any unsolicited calls are being received and promises that in future all calls would be blocked. The caller then verifies the name and address of the account holder and then seeks billing information in the hope of obtaining bank details.

BENEFITS OF BEING A BUSY BODY?

We've all heard the stories, people who retire and go travelling around Australia or enjoy continuous lifestyles cruising from one boat to another... and we have also heard how some find retirement extremely challenging. From having worked all their lives to suddenly finding themselves twiddling their thumbs and lost emotionally without routines and schedules. Rather than a daunting experience, retirement can be embraced and plans put in place. Here are some useful tips to help you do this:

- ▶ Schedule your days and build in routine– keep a diary of your plans.
- ▶ Keep active with exercise routines and classes on a daily basis.
- ▶ Learn a new hobby and maintain any existing ones – especially ones you never had time for when you were working.
- ▶ Meet friends for coffee, lunches and organise evenings out with them or entertaining at your house.
- ▶ Plan, save and book your next holiday adventures or short breaks away – you may not be working but holidays are not only relaxing, they allow you to explore different things, have fun and re-energise.
- ▶ Visit family and extended family.
- ▶ Try cooking a new dish or two each week – tapping into your experimental and creative side and you'll have more time to do this.
- ▶ Volunteer one or two days a week and be part of your local community. Whatever you do, make sure you continue to socialise, keep a routine and enjoy every moment of your retirement.



Autumn – A GREAT TIME TO TRAVEL

As the days begin to get shorter and cooler, you may find that the climate in Autumn is one of the best times to travel in Australia. It's not too hot and it's not too cold. You'll notice the colours of the leaves on some trees starting to go brown and the different shades of nature preparing for winter start to immerge.

If you live in the Port Macquarie

region, even with our moderate climate, Autumn can be a welcome relief to the height of summer where it can be quite humid and the sun hot.

Driving longer distances in Autumn when the heat of the sun is no longer beaming down on your car and school holidays over will make your trip a lot more enjoyable.

If you fancy an Autumn road trip, here are some websites you should visit to help you decide where to go:

- ▶ Vroomvroomvroom.com.au/road-trips/bloggers-autumn-destinations/
- ▶ alphacarhire.com.au/blog/autumn-roadtrips-australia/
- ▶ visitnsw.com/things-to-do/drives-and-road-trips

BEHIND THE SCENES

In mid-November, AMG Marketing spent the day at Ocean Club Resort with the film crew, photographer and homeowners to produce two TV Advertorials and one TV Commercial. Two big days and Camera, Ready, Action! And voila, you may have seen us on TV already as the Ads were aired in January.

The most challenging part of the day? Getting the actors to behave themselves as it's so easy to think you are on holiday at the resort, what with all the activities, friendly homeowners and socialising on the pool deck with cocktails!

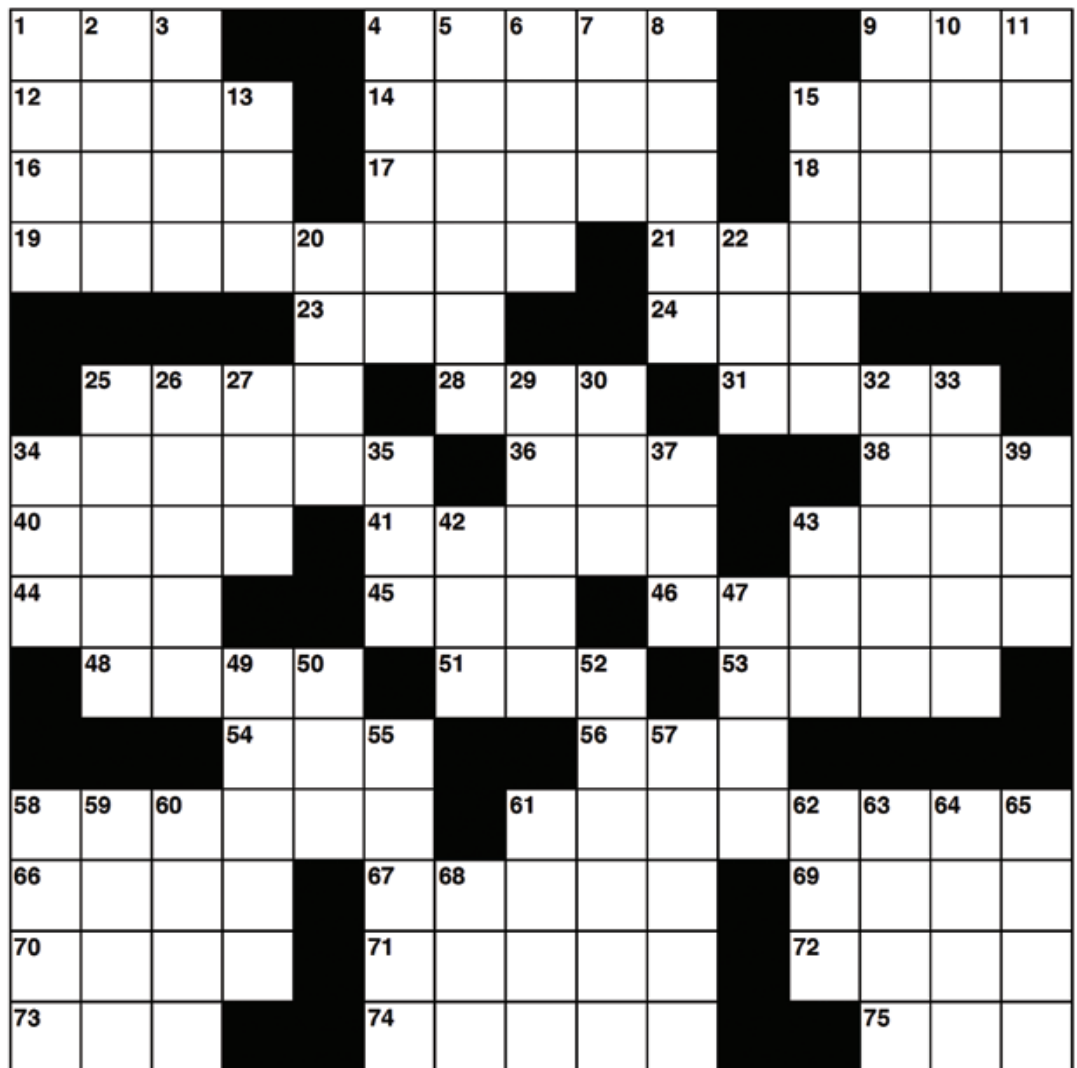


CROSSWORD

Check the solution at oceanclubresort.com.au/quiz-answers

ACROSS ▶

1. Resort hotel
4. Tempos
9. Calorie
12. Gust
14. Take into one's family
15. Wheel
16. Singing voice
17. Pertaining to the north or south ends of the earth
18. Makes hot cereal
19. Heavy and widespread snowstorm of lengthy duration
21. On the other side
23. Bullfight cheer
24. Old-fashioned Fathers
25. Hairstyle
28. Pat lightly
31. Ritzy
34. Express approval
36. Lavatory
38. Police officer
40. Water film
41. Heroism
43. Out of bounds
44. Decade
45. Stretch to make do
46. Slovenly
48. Sprint
51. Central nervous system
53. Stare at
54. Net
56. Greedy person
58. Short open jacket
61. Runnerless sled that is curved upwards
66. Waterless
67. Fatty vegetable
69. World organisation
70. Strong wind
71. Sounds with reference to pitch, strength, or duration
72. Experts
73. Wily
74. Inscribed stone



75. Observe secretly

DOWN ▼

1. Wash with a mop
2. Tablet
3. Opposed
4. From the pope
5. Worshipped
6. Frigid
7. Government agency
8. Tie down
9. See ya!
10. Branch of learning
11. Fewer
13. Dozen (abbr.)
15. Upper body
20. Where animals are kept
22. Head cover

25. Curved
26. Animals in a region
27. Boundary
29. Type of wrench
30. Ghost's greeting
32. Frown angrily
33. Provide housing for
34. Pacific Time
35. Evening
37. Sphere
39. Wooden sheet
42. American Kennel Club (abbr.)
43. Cloudlike mass made up of tiny water droplets suspended in the air near the ground
47. Company symbol

49. Swedish citizen
50. Possessive pronoun
52. Large, long-handled scoop for digging or scooping heavy material
55. Coverings for the feet worn for protection
57. Overly fat
58. Containers
59. Spoken
60. Spring flower
61. Prong
62. Gross national product (abbr.)
63. Long fish
64. A spinning toy (2 wds.)
65. Prying
68. Large number

By Evelyn Johnson - www.gets.com

INTERESTING FACTS

about *Laurieton*

Ocean Club Resort

Port Macquarie

Lake Cathie

North Haven

Laurieton

Dunbogan

View from North Brother Mountain

1 Distance from Lake Cathie to Laurieton: 18.6 km (that's 20 mins in the car).

2 Distance from Sydney to Laurieton: 362.7 km (less than 4 hours drive).

3 Population: 1,986 (according to the 2016 census).

4 Top things to see or do in Laurieton:

- a** North Brother Mountain (pictured above)
- b** Dooragan National Park
- c** Pilot Beach
- d** Queens Lake Walking Track
- e** Laurieton Plaza Theatre
- f** Camden Haven Cruises

5 A range of cuisines to choose from some great restaurants including: Italian, Indian, Chinese and Australian.

6 In 1944, Hollywood star and comedian Bob Hope, his script writer, dancer, a singer and co-comedian landed in Laurieton. They were heading back to Sydney from the south pacific where they had performed over 150 shows for troops and their Catalina Flying Boat ran into mechanical difficulties. The residents of Laurieton gave them such a warm welcome, that they were treated to the same performance that Bob Hope and his crew gave to the troops!

7 Laurieton Riverwalk Markets are held every 3rd Sunday of the month and have been operating for over 15 years.

8 Laurieton has it's own old-school movie theatre with statues and velvet couches.

9 North Brother Mountain is one of three mountains with various Aboriginal legends about three brothers who were killed and buried where the mountains stand.

10 Captain Cook named 'the brothers' in 1770 for their resemblance to mountains in his native Yorkshire. He unwittingly gave them the same name as given by the Birpai tribe.