

# THE *Sea Breeze*





# Welcome

Welcome to our information-packed summer newsletter for Ocean Club Resort friends and homeowners. This edition we will update you on what's happening around Ocean Club Resort, lifestyle and resident stories, tips and much more... If you would like to see any particular topics featured, then please email me at [karen@oceanclubresort.com.au](mailto:karen@oceanclubresort.com.au)



The last couple of months have seen lots of happenings at our gorgeous resort. After returning from my fabulous holiday in Bali, I was met with a change in the weather from cooler days to a much warmer spring with flowers blooming, new lawns and gardens looking fantastic topped off with sunshine and blue skies highlighting just how beautiful and well maintained our resort is.

The renovations to our pool deck have now been completed, ready for summer with a hive of activity that happens around our pool including laps, water aerobics, soaking up the rays on our sun loungers, cocktails and bbqs in the evenings, the list goes on. The extra showers and umbrellas have already been a welcome addition.

A continual flow of new homeowners join our friendly community with 181 homes now occupied and we saw 4 new homeowners move in over the last three months.

Phase 4 of our house construction is well under way with two homes completed. A new house design is proposed for phase 4, being the Noosa Dual Master, as the current version of the Noosa is a very popular design, this is a variation of that design. Two deposits have already been taken.

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. Summer is a great time to visit with our agreeable climate and longer summer evenings. Call us now to book in.

**Karen Twigg – Ocean Club Resort Manager**

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**Left to right: Steve Sellick, Julie Price, David Gillespie, Wendy Halpin, Kate Mason, Val Parsons, Kathy Wills, Vic Rogers**

## PRESENTATION OF THE AUSSIE FLAG

Further to Ocean Club Resort homeowners writing to the local member, here is a photo of the social committee accepting the Australian flag from our MP David Gillespie.

# Long term HOME OWNERS...



*Lorraine*  
OWNER  
OF THE  
BRIGHTON

*Ralph  
& Joyce*  
OWNERS OF  
THE AVALON



“You can be as private or as social as you want here and people respect your privacy. What’s really nice though is that if you have any health issues or have to go to hospital, you will ALWAYS get support, particularly if you are single. A roster even gets drawn up for daily hospital visits; what more could you want.”

**Lorraine Jones**

“Everyone loves Wednesday nights at our bowling and bbq nights – there’s about 50 to 60 turning up. And the community spirit here is pretty good too – we live in a very social street and every Sunday we gather in each other’s places for a drink or three! **Ralph and Joyce Crawford**

## BOWLS UPDATE

**From John Kennett, the bowls co-ordinator for Ocean Club**

**Resort:** “Lawn bowls at Ocean Club Resort continues to attract a good crowd of eager participants and we are now starting to reach the maximum number of players on the starting sheet. This trend is expected to continue as residents who have ‘flown north’ for the winter return home. The Wednesday night barbeques are extremely popular and the numbers will no doubt grow as the days get warmer. We also have quite a few male and female homeowners who are members of the local Lake Cathie Bowling Club, with many of them taking up roles in the management and administration of the club.”

“The final of the Ocean Club Resort Triples Competition was held recently with Steve, Dennis and Judy proving too strong on the day for Roger, Pat and Di. The large crowd of spectators were treated to some very good bowling from all players and everyone, participants and spectators alike, enjoyed the drinks and nibbles that followed.”





# LOCAL NEWS



## PORT MACQUARIE AIRPORT TERMINAL UPGRADE

Good news for Ocean Club Resort homeowners and their visitors! The \$9.875 million Port Macquarie Airport Terminal upgrade has begun with completion planned for the end of 2019.

The current terminal building was constructed in 1994, and the upgrade is to cater for increased passenger numbers, to improve the standard of current facilities, and provide an improved airport experience that is consistent with other regional airports.

The upgrade will double the existing floor space, increase service capability and provide a more contemporary, comfortable and efficient facility for passengers and

other airport visitors.

New amenities will be provided and there will be significant changes to enable 'back of house' operations to function more efficiently. There will also be new air conditioning, baggage reclaim services, upgrades to flight check-in and departure areas and retail facilities.

The existing departure lounge only accommodates 100 people at the moment – this will increase to 300 people.

So if you're thinking of moving to Port Macquarie, not only is it a top tourism centre, it's also very accessible for your visitors.

**Source: Port Macquarie-Hastings Council**



**Smiles Dental**

## NEW DENTIST IN TOWN

Smiles Dental has just opened in Lake Cathie, just up the road from Ocean Club Resort. They provide comprehensive services including both general and cosmetic dentistry and pride themselves on being an approachable and caring team. They offer payment plans, flexible appointments and treatment options, same day emergency appointments, on-site parking and are open 6 days a week. Plus they offer 10% discount to Ocean Club Resort homeowners. PH 6585 4666 for appointments.

Lake Cathie is expanding with its health services and bringing more convenience to everyone who lives there, providing another reason to smile.





## WHAT ARE THE CHANCES?

We might all arrive at Ocean Club as strangers, but delve beyond the surface and you may find some amazing connections. Even a relative!

**WIKIPEDIA:** *Six degrees of separation is the idea that all living things and everything else in the world are six or fewer steps away from each other so that a chain of "a friend of a friend" statements can be made to connect any two people in a maximum of six steps. It was originally set out by Frigyes Karinthy in 1929 and popularized in an eponymous 1990 play written by John Guare.*

We often hear that familiar expression when people are talking that 'it's such a small world' and this we have found also applies to Ocean Club Resort in Lake Cathie. For example, one of our homeowners, Jan, after speaking with her new neighbours, Jan (another Jan) and Paul, discovered that she used to work for Paul's father in Sydney when she was a teenager.

Maybe you know 'a friend of a friend' at Ocean Club Resort?



# EVENTS

## MARKET DAY & CAKE STALL

Held at the end of September, this was a real treat for everyone who came along, in more ways than one! An abundance of delicious homemade cakes, slices, jams and biscuits filled up five tables and every single cake was sold with \$570 raised and donated to the Farmers Drought Relief Appeal. The market day included a display of Jennifer Thomson's White Pepper Accessories for sale at the Clubhouse which everybody loved. A very enjoyable and successful day was had by all.



## MELBOURNE CUP – & THE RACE WAS ON!

As the Aussie tradition continued and stopped the nation, homeowners at Ocean Club Resort dusted off their glamorous hats and fascinators then got their glad rags on. Sweeps were made, bets won and prizes for the best ladies hat or best dressed person were awarded, as well as Champagne and a beautiful three course luncheon enjoyed.

A great day held at the Clubhouse with a good turnout of friends who cannot wait for Melbourne Cup to come around next year so they can do it all again!

## CANCER FUNDRAISER - A TRIBUTE TO AUSSIE TALENT

A music concert was held over four nights at the end of October with all proceeds going to Cancer Research. Thanks goes to Ocean Club Resort's generous Management Team, John, Sean and Karen, who donated Champagne and nibbles.

Also, a big thank you to Di Absolom and her sister for donating the main raffle prize of a 'Three Night Stay' in the Bellingen area with the runner up receiving a \$100 gift voucher at Open House in Port Macquarie.

Everyone absolutely loved this event with over 100 attendees over the four nights – the concert was a huge success and \$1,400 was raised for the Hastings Cancer Council. Good job!



### 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 mid-week early December to give you a taste of how each day is different:

#### Tuesday 11 December

8:45am	Bowls
9:30am	Fine Art Group – Activities Shed
9:30am	Yoga – Activities Shed
1:00pm	Adult Colouring Group – Activities Shed
2:00pm	Snooker #14
2:30pm	Mah-jong – Clubhouse
2:30pm	Water Aerobics
2:30pm	Mens Drinks – Activities Shed
6:30pm	Rock 'n' Roll Class – Activities Shed #20

#### Wednesday 12 December

8:45am	Moderate Exercise/Stretch Class – Activities Shed #164
10:00am	Line Dancing – Activities Shed
10:30am	Mah-jong – Clubhouse
12:00am	Ballroom Dancing – Activities Shed
1:30pm	Pool Table #174
1:30pm	Tile Rummy – Clubhouse
2:45pm	Bowls
3:30pm	Tennis all welcome
7:00pm	S.C. Xmas Dinner No.1 – Clubhouse



Here's a great shot of how much our homeowners enjoyed the first water aerobics class for the summer and was very well attended!



### MANGO MERINGUE BITES\*

A delicious dessert, ideal for morning/afternoon tea or to satisfy your sweet tooth after a good meal.

#### Ingredients

- ☐ 2 small ripe mangoes, peeled, chopped
- ☐ 2 tablespoons caster sugar, plus 3/4 cup extra
- ☐ 2 tablespoons lime juice
- ☐ 2 egg yolks
- ☐ 75g butter, chopped
- ☐ 24 Coles mini tart shells
- ☐ 3 egg whites

**STEP 1** Blend or process mango, sugar and lime juice until smooth. Transfer to a medium saucepan. Whisk in egg yolks. Place over medium-low heat. Stir constantly for 6 to 8 minutes or until mixture thickens and coats the back of a spoon. Remove from heat. Add butter, one piece at a time, whisking until combined. Cool for 5 minutes. Place tart shells on a large baking tray. Divide curd among tart shells. Refrigerate for 3 hours.

**STEP 2** Preheat grill to high. Using an electric mixer, whisk egg whites until soft peaks form. Gradually add extra sugar, 1 tablespoon at a time, until firm peaks form. Place meringue in a piping bag fitted with a 1cm fluted nozzle. Pipe meringue onto pies. Place under grill for 2 minutes or until tops are lightly browned. Serve.

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



# Palm Beach

## DUAL MASTER

– contemporary and spacious

Palm Beach – *Palm Beach*, or "Palmy," lies at the end of a long peninsula, fringed by surf on one side and tranquil Pittwater on the other. Its golden sands and clear waters have inspired Sydney's wealthy to build holiday houses on its leafy hills. But down on the ground things still feel pretty modest when there's sand between your toes.

**Quote by Ellie Schneider, Travel and Lifestyle Editor.**

One of our pride and joys is our largest home that creates ideal ergonomics through large bedrooms and higher ceilings. With a separate ensuite for the main bedroom, a second bedroom and guest bathroom, you'll have plenty of space and privacy. Add to that a double garage providing you with extra storage.

If you love to entertain then you'll be delighted with the open plan kitchen, dining area and large entertainment terrace. You'll also love the butler's pantry with a second sink and large walk-in storage area.

The Palm Beach designs, part of the Elegance Series offer the highest level of finishes and inclusions as you'll see the moment you walk through this beautiful home.







*"The inspiration behind our design of the Palm Beach Dual Master was to provide a contemporary beach style home that fits with the overall theme and style running through all of the homes at the Ocean Club Resort. Designed especially for cross ventilation and natural sunlight, an interior that is spacious and provides privacy."*

**Nigel Swift,  
King and  
Campbell  
Architect**

If you would like to know more, why not come and visit and see for yourself?



*Nigel Swift*



## Activity and the OVER 50s

According to a survey by the ABS on physical activity, a few years back, 60% of adults were doing less than 30 minutes exercise per day, and fewer than 20% doing an hour or more per day on average, with the levels of physical activity declining in older ages. Low levels of activity increase the risks of various illnesses and chronic conditions such as cardiovascular disease, diabetes and osteoporosis, and depression just to name a few.

Basically, exercise is the key! It doesn't matter how old you are, exercising can help with some of the symptoms and chronic conditions associated with ageing.

### Benefits

- ▶ Better coordination and balance
- ▶ Boosts your endorphin levels (making you feel happy after exercise)
- ▶ Reduces risk of memory loss, dementia, cognitive decline and depression
- ▶ Improves sleep quality
- ▶ Increases strength and physical endurance
- ▶ Increases joint and mobility
- ▶ Increases bone strength
- ▶ Decreases body fat (in line with a healthy diet)
- ▶ Decreases blood pressure

### Tips

- ▶ Find a routine that suits your lifestyle that you can stick to
- ▶ Look at exercises you enjoy doing so they're not a chore
- ▶ Plan to exercise with a friend or partner on a regular basis
- ▶ Listen to your body and do what suits you best
- ▶ Drink plenty of water so that you stay hydrated in any form of physical activity

### Suggested activities (or activity groups) at Ocean Club Resort

- |                    |                       |
|--------------------|-----------------------|
| ▶ Golf             | ▶ Rock 'n' Roll class |
| ▶ Tennis           | ▶ Line dancing        |
| ▶ Ballroom dancing | ▶ Yoga                |
| ▶ Bowls            | ▶ Walking group       |
| ▶ Water aerobics   | ▶ Stretch class       |



It's important to keep healthy and active so that you can get the most out of life. If you don't know where to start, just start by moving more – and sitting less. Buy a pedometer/step counter and gradually increase the number of steps you take each day and set yourself up with small challenges. Remember to start slowly and gradually increase your activity and check with your doctor if you need to.

**Sources:** Ocean Club Events Calendar; Australian Bureau of Statistics; [www.seniors.com.au](http://www.seniors.com.au)





## Calling CAMPERS, CARAVANERS, RVS AND CABINEERS

Ocean Club Resort homeowners enjoy their camping, with camper homes and group trips planned by the Travellers Group on a regular basis.

It's an ideal arrangement, given you can lock up and take off at any time, knowing your home is secure. There's special parking on site for caravans, camper homes and RVs.

The Travellers Group begins each new year with a planning meeting, usually held in February, where residents nominate and vote on four locations for

the trips held in March, May, August and November. The criteria is pretty open, but they try to pick a location within a 2-3 hour drive of Lake Cathie. Some recent locations visited were Woolgoolga, Darlington, Scotts Head, Gloucester, Evans Head, Urunga and Mudgee.

Membership is open to all residents, some own caravans, others motorhomes, some tents and others camper trailers; some drive in their cars and stay in motels or cabins. Each trip is based on a four day- three night

duration. When away, activities are organised such as disc bowls, finska and trivia to the 20c dice game. People are free to do their own activities but most people join in the group entertainment. This is a really good way for both new and more long term residents, to get to know each other, have a good laugh and some fun together.

As usual there is a happy hour or two of an afternoon, a BBQ one night and dinner at a local club or pub on another night.

## STAY CONNECTED WITH THE LOCALS

There are quite a few Apps and websites that you can join to help you connect to your local community and share information. Nabo is one of these and is an online service that you become a member of. Once you are a member you can ask other locals for help, share recommendations, spread the word about events or discuss important issues including public safety - all from the comfort of your own home and at a time that's convenient for you.

### Services:

- ▶ Meet neighbours who share your interests
- ▶ Join a local coffee or walking group
- ▶ Sell, borrow or give away household items
- ▶ Plan a neighbourhood street party
- ▶ Get local recommendations for cafes, plumbers, gardeners and more
- ▶ Receive instant crime and safety alerts
- ▶ Keep up-to-date with local traffic and roadworks
- ▶ Join local charities or help a neighbour out
- ▶ Discuss local concerns and rally support for action.

***If you are interested, then visit [Nabo.com.au](http://Nabo.com.au) and type in your local area, ie Lake Cathie 2445.***





# PROTECT YOURSELF ONLINE

How can you make sure you are protected from Cyber crime in your own home? This doesn't just happen to large and small businesses because your data is also valuable to a thief. Criminals can share parts of your personal information to apply for credit cards, bank loans or even to access your money.

## **What can you do?**

- ▶ Never provide credit card details to a website that you don't know or trust – try to use a Paypal account to provide secure payment.
- ▶ Only share information on social media networks that you would be prepared to share with a total stranger.
- ▶ Keep your personal information private – it is currency to a thief.
- ▶ Beware of emails from businesses asking for you to click on a link to provide personal details or open attachments. You can easily check with



a phone call or an email directly to that business via their website as to the legitimacy of the email.

- ▶ Make sure you have strong passwords with a mix of upper and lower case letters, numbers and symbols.

- ▶ Lock your smartphone and install a password to unlock.

**For more up to date advice on how to protect yourself online visit [staysmartonline.gov.au](http://staysmartonline.gov.au)**



## SUDOKU – *Easy level*

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

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





# 10 THINGS YOU MIGHT NOT KNOW:

## Lake Cathie

- 1 First settled in 1930, Lake Cathie became known for its market gardens.
- 2 Was joined by road to Port Macquarie in 1957 when the bridge was built.
- 3 The Population according to the ABS in 2016 was 3,494.
- 4 According to Bernard Salt, Lake Cathie is a bachelor hot-spot (with 1.2 men over 25 for every woman)!
- 5 Cat - eye in the local Aboriginal language means 'good place to holiday by the sea'.
- 6 Is 364 kms from Sydney via the Pacific Highway.
- 7 Now has 2 Dental Surgeries (as well as a medical clinic, Woolworths, BWS and the Lake Cathie Bowling Club).
- 8 Is home to the famous Middle Rock surf break.
- 9 Enjoys average summer daytime temperatures of 27 degrees.
- 10 Is 1,743.2 kms from Adelaide.