

THE *Sea Breeze*



Welcome

Welcome to our Winter edition of Ocean Club Resort's newsletter. We have some interesting stories to share with you incorporating testimonials from our new homeowners, a focus on local businesses and the area, daytrip ideas and local events, a decadent recipe and a quiz to stimulate the grey matter! 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.



These last few months have been no different at Ocean Club in terms of there always being something going on here. However, as much as our resort is always jam packed with lots of activities and events to keep everyone busy, we did have the privilege of receiving slightly different, more official visitors to our resort in April.

Our Local Federal Member of Parliament, Dr David Gillespie and the Deputy Prime Minister of Australia, The Hon Michael McCormack MP came to see us on Tuesday 16th April – not exactly an everyday event! The Deputy Prime Minister and Dr Gillespie spoke on a number of issues that are relevant to senior Australians and made the announcement that as a result of lobbying from the local pharmacy at Lake Cathie, a new pharmacy will be opening in the Bonny Hills shopping complex (just up the road from us). Providing more choice and more convenience on our doorstep – great for our homeowners who are always our focus.

We also have a newly elected social committee who were given the thumbs up for one of their first events - being a Mother's Day Luncheon. More on that later...

Our new Noosa Zero Design has proven popular with two new homeowners moving in during April. Sales have reached the 200 mark and our market is still very strong.

We will be holding regular information sessions which have proven to be very popular with our future home buyers. These consist of an open forum formula where we answer questions that are helpful to all future buyers. Keep an eye out for your invitations via email or on our website.

If you are interested in buying into an over 50's resort, we would like to 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 on 1800 462 326.

Karen Twigg – Ocean Club Resort Manager

CONTENTS

4 & 5	LOCAL FOCUS <ul style="list-style-type: none">▶ Fat Fish Beachfront Bistro▶ Longpoint Vineyard▶ Kendall Showground Markets▶ Take a step back in time
6 & 7	UPCOMING & PAST EVENTS <ul style="list-style-type: none">▶ Monthly Sunday Lunchtime BBQ▶ Meet 'n' Greet is back!▶ Mother's Day Luncheon Book your next activity The Glasshouse
8 & 9	The Secret Gardens Saving our planet Daytrip to South West Rocks OCR Travellers – Yamba
10 & 11	Noosa Dual Master Winter recipe pick – Chocolate Mousse Box Word Search – Wildflowers
12	52+ Things to do around Port

Official FEDERAL MEMBER VISITS

Local Federal Member of Parliament, Dr David Gillespie and the Deputy Prime Minister of Australia, The Hon Michael McCormack MP with Karen Twigg, Ocean Club Resort Manager.



Just MOVED IN...

Col & Coral Draper

No wonder Col is smiling. The garage has enough room for the car, heaps of storage and his new golf cart!



John & Colleen Meinberg

John & Colleen love to compare the temperature in their native Melbourne. "We can't believe that its winter", Colleen says, referring to our lovely warm days and mild nights.



Maree Dawes

Fresh from Sydney, Maree's move coincided with her daughter and grandson now in Port Macquarie. "It's ideal, I have my own space and my loved ones around the corner."

BOWLS UPDATE

From Peter Coxon, Bowls

Co-ordinator for Ocean Club Resort:

Our 2019 Men's and Ladies' singles competition has been completed. The competition was great, not only to compete in, but also exciting to watch. It was wonderful to see so many residents come along and take part, either by playing in the competition or supporting the competitors.

The Ladies' singles between Jill Howard and Lynn Moore was very close and the score did not reflect the quality of the bowling on the day,

with Jill finally winning 17 to 10.

The Men's singles were fought out between Roger Cooke and Bob Bunting. Again, the quality of the bowling and enthusiasm between the competitors was fascinating, with Roger finally winning 26 to 3.

Both finals had an enthusiastic group of people who enjoyed a lovely sunny morning watching the competition, having a cuppa and a chat with their friends and neighbours.

Congratulations must go to all competitors on a fantastic tournament. The winter months are closing in now,



but that won't stop us. Bowls will continue with the pairs and triples competition to be played over the coming months. Good luck everyone!

LOCAL FOCUS



FAT FISH BEACHFRONT BISTRO

This popular restaurant, located in Bonny Hills is one of Ocean Club's favourite local eateries. A beautiful, open and spacious beach-style setting with ocean views and Norfolk pine trees, the Fat Fish serves delicious food by friendly staff and excellent service.

Open for breakfast, brunch, lunch or dinner, serving Australian and seafood cuisine and catering for vegetarian, vegan and gluten free dietary requirements, you should put this little gem on your list of restaurants you should try... and quite possibly you'll find it becomes one of your 'go-to' favourites.



LONGPOINT VINEYARD

One of our vineyards, more known to our locals than our tourists, is this charming traditional vineyard, just 10 minutes up the road from Lake Cathie.

It's a great location and spot to hold a special occasion or attend one of their music afternoons with friends and family. A tranquil setting with a small dam, treehouse for children and outdoor sculptures scattered around.

Another good reason to visit is for their wine tastings including their famous Agent Orange liqueur and refreshing alcoholic ginger beer. Just make sure you decide on a designated driver before you go!





KENDALL SHOWGROUND MARKETS

One of our many local markets, but one of the closest, other than our Riverwalk Laurieton Market, is the Kendall Showground Markets.

Held on the first Sunday of every month from 8am to 1pm, this market provides locals and visitors alike an

enjoyable morning out in the fresh air, smack bang in the middle of Kendall, a stunning country town that's maintained that Aussie country feel about it.

With local artisans and producers displaying their wares, you'll find

bargains on regional produce, flowers, preserves, local arts and crafts.

For more information, call 6556 5028.

For a full list of markets in the area visit portmacquarieinfo.com.au

TAKE A STEP BACK IN TIME

Port Macquarie Museum, located in the heart of Port Macquarie, is a must do.

Showcasing the best of Port Macquarie's history from its British settlement as a penal colony in 1821, through to the present day as a popular tourist resort town. This museum looks small from the outside but there's lots to see inside and it's bigger than you think. There are 14 rooms and galleries with themed exhibits of the museum's collections. All regularly updated and from time to time they have temporary exhibitions so you can visit frequently and see something new (or old...).

A great day out for adults and children alike, Port Macquarie Museum is definitely worth a visit.

Plus, did you know that Port Macquarie was one of



the earliest convict settlements outside of Sydney? The Museum building and additions are classified by the National Trust of Australia (NSW) as a rare example of a convict built structure circa 1836.

For more information, visit: portmuseum.org.au

UPCOMING & PAST



MONTHLY SUNDAY LUNCHTIME BBQ

Held the first Sunday of every month from midday onwards, the lunchtime BBQ is a fun and well attended event with the finish time whenever the last person leaves! Set on the Clubhouse verandah with poolside views to one side and the bowling green to the other, this provides the perfect venue for a relaxing, chilled afternoon. Not to mention our well-equipped, large BBQs with plenty of room around them so you can continue conversations whilst having a drink or two and cooking delicious food on the barbie!

Just bring drinks and something to put on the BBQ plus a dish to share.

MEET 'N' GREET IS BACK!

A great way for new homeowners to meet everyone on the block, Meet 'n' Greet has been re-introduced due to its previous popularity and the benefits to all who participate. Held on the third Friday of each month at the Clubhouse from 4pm.

Participants bring a small plate to share of nibbles plus their own drinks and a gold coin to enter into the Lucky House.



Mother's Day LUNCHEON

A special Mother's Day lunch was held at the Clubhouse to celebrate the beautiful gift of motherhood whether our homeowners were a grandmother, mother, auntie or sister – everyone was welcome!

Only \$5 per person included a glass of bubbles/orange juice on arrival and a cold luncheon. Lucky door prizes were won and all ladies were treated to an afternoon of being spoiled.

All organised by the Social Committee.

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. Even in winter it doesn't stop! Here's an example of what's going in July to give you a taste of how each day is different:

Thursday, 18 July Activities

8:15am	Walking Group
1:00pm	10 Pin Bowling – Port Macquarie
2:00pm	Tennis Court
2:00pm	Ukele Group – Theatre room
4:30pm	Singing Group – Activities Shed

Friday, 19 July Activities

8:00am	Tennis
8:30am	Bowl Skills
10:00am	Bridge – Clubhouse
10:00am	Line Dancing – Activities Shed
1:00pm	"Wrap with Love" Knitting Group – Clubhouse
2:00pm	Snooker
4:00pm	Meet & Greet – Clubhouse

EVENTS

The Glasshouse

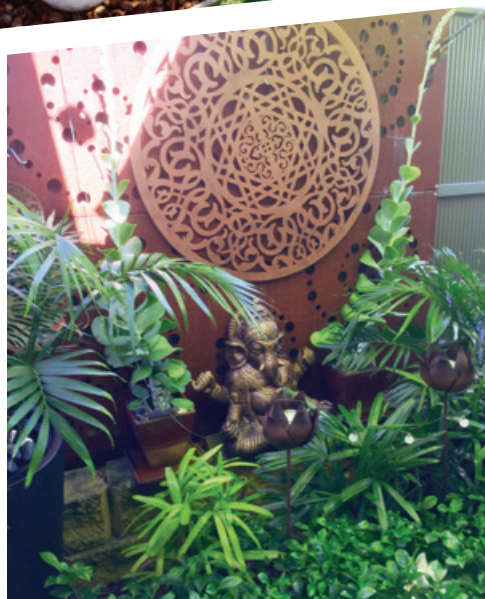
The Glasshouse, located at the centre of Port Macquarie offers a world class cultural experience in a beautiful state-of-the art auditorium.



Upcoming performances or exhibitions you may wish to check out:

Iabela Pluta – Reversal	18 May to 21 July	<i>Reversal is a photographically-based installation that draws on Rose Macauley's 1953 book, Pleasure of Ruins.</i>
Angelica Mesiti – Relay League	18 May to 21 July	<i>Calling all. This is our last cry before our eternal silence. This message sent by Morse code in 1997 was the poetic starting point for Angelica Mesiti as she embarked on creating her exciting new work: Relay League.</i>
Wendy Stokes – Within and Between – Walking in the space of Landscape	18 May to 21 July	<i>Stokes spent time exploring Claude Monet sites, exploring parallels between these and Australian locations the exhibition explores drawing as a vehicle to interweave a connection between place and memory.</i>
Johnny Cash Live – Back to San Quentin – 50 years on	15 June	<i>A brand new show featuring more than 35 hits, Back to San Quentin – 50 Years On includes the great moments of the San Quentin album plus hits and favourites spanning Cash's entire 50 year recording career.</i>
We've Got Tonight – Roy Orbison, Kenny Rogers & Linda Ronstadt	22 June	<i>Dean Bourne, Graham Toole & Ashleigh Toole, join together to relive the magic and perform the greatest hits of superstars Roy Orbison, Kenny Rogers & Linda Ronstadt.</i>
A Taste of Ireland – The Irish Music & Dance Show	6 July	<i>This world-class show features World, All Ireland & National Champion Irish dancers, and musicians from around the globe performing unique music and dance that reflects pure Irish talent.</i>
Melbourne City Ballet – Alice in Wonderland	20 July	<i>Alice in Wonderland tells the story of a young girl who is whisked away to a magical world of wonder.</i>
Australian Fleetwood Mac – Running in the Shadows	27 July	<i>They've sold more than one hundred million albums world-wide and been inducted into the Rock and Roll Hall of Fame – Fleetwood Mac's songs are part of international music history.</i>
Soweto Gospel Choir – Freedom – Soaring harmonies & a unique South African sound	11 Aug	<i>Winner of the 2019 Grammy Award for the Best World Music Album, the world's most critically acclaimed choir brings their Freedom concert to Australia for the first time.</i>
Mawurndjul – Film Screening	31 Aug	<i>Full length documentary, John Mawurndjul: I am the old and the new (2018). He discusses his prolific art practice, which he balances alongside his responsibilities as Djunkay for his traditional homelands.</i>

These are just a handful of what's on at the Glasshouse. For more information visit: glasshouse.org.au



Kerri
McNamara

The Secret GARDENS

At Number 118, you'll find an interior and exterior designer's creative flair explored. No matter which window you look out of, you see a magnificent garden. Kerri's love of moving things around and her gift of using colours and ideas as a visual designer are obviously demonstrated at her home. These amazing gardens with each themed quite differently, as pictured here, provide peaceful and relaxing havens and are covered with lights at night for passers by to see and enjoy.

SAVING OUR PLANET

Port Macquarie-Hastings Council is a proactive LGA when it comes to looking after our environment and thanks to this, we have a great waste and recycling system for the area. Here is a guide and some great tips from the PMHC website to manage how you contribute to reducing waste and landfill to help save our planet.

- 1 Avoid disposable products
- 2 Say no to plastic bags and take your own shopping bags or box to the shops.
- 3 Avoid excess packaging, like plastic packed fruit and vegetables. Use veggie bags when buying fruit and vegetables instead.
- 4 Use beeswax wraps instead of cling film.
- 5 Use stainless steel straws instead of plastic straws and if you buy a drink out, say no to a plastic straw and just drink from the glass.
- 6 Use a 'no junk mail' sticker on your mailbox



Know what goes in your yellow bin

- ▶ paper and cardboard
- ▶ magazines and newspapers
- ▶ phone books
- ▶ books
- ▶ cardboard boxes
- ▶ clean pizza boxes (squash your cardboard boxes if you need more room in your bin)
- ▶ Tetrapaks, long life milk and juice containers
- ▶ unbroken glass bottles and jars of all colours EXCEPT white and blue (do not break the glass when dropping in bin)
- ▶ plastic bottles and containers with the recycling symbols 1 - 7 (please remove all lids and tops from all glass jars, bottles and plastic bottles)
- ▶ steel food cans (tuna tins, tomato tins etc)
- ▶ aerosol cans (must be empty)
- ▶ paint tins (must be empty)
- ▶ aluminium cans



Know what goes in your red bin

- ▶ general waste
- ▶ plastic bags or drop off soft plastics at your local Redcycle bin at Coles supermarkets
- ▶ packets, wrappers, cling wrap and bubble wrap
- ▶ nappies and sanitary waste, wrapped tightly and stored in well-sealed bags
- ▶ pet waste, kitty litter
- ▶ foam, polystyrene
- ▶ mirrors, ceramics, cookware and drinking glasses

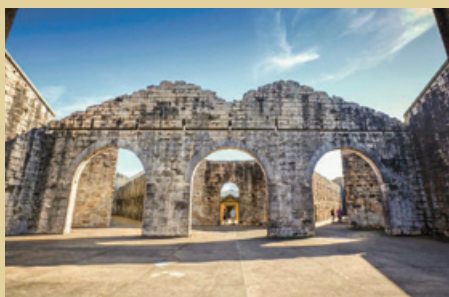
To find out what NOT to put in your bins, visit: <https://www.pmhc.nsw.gov.au/Services/Waste/Red-Yellow-and-Green-Bins>



There are so many things to do on the Mid North Coast and you don't have to drive for hours and hours to explore everything that's on offer. About an hour's drive north from Lake Cathie is the quaint coastal town of South West Rocks. Rich in heritage, with beautiful beaches and national parks, you'll find plenty to do here, including:

Trial Bay Gaol

The Gaol opened in 1886 after taking 13 years to build. Prison labourers were there to build a breakwater to make Trial Bay a safe harbour between Sydney and Brisbane. Surrounded by stunning views, you'll be able to see the remains of the breakwater from the guard tower lookout. During WWI, the Gaol became an internment camp for people of German descent who were feared to be enemy sympathisers. The prison remains are great to walk around and soak up history.



Arakoon National Park

With beachside camping, rocky foreshores and great fishing, pristine beaches ideal for whale watching or swimming, Arakoon National Park is home to the historic Trial Bay Gaol.

The Heritage Guesthouse

South West Rocks has a few accommodation options (including camping grounds), however, the Heritage Guesthouse is ideal if you are looking for a more colonial setting. Built in 1887 and renovated in 2004, there are nine luxurious rooms with ensuites and are uniquely decorated with the best of everything.

Smoky Cape Lighthouse

A heritage-listed active lighthouse located on Smoky Cape, a headland in Arakoon just east of South West Rocks, set within the Hat Head



National Park. With a beautiful winding staircase and octagonal tower, the lighthouse was built in 1891, one of the last designs by the Colonial Architect, James Barnet. Smoky Cape was named by Captain Cook after he saw Aboriginal fires burning there in 1770. As well as enjoying the stunning views, birdwatching, whale watching or picnicking, you can even stay overnight at the lighthouse keeper's cottage. So if history and beautiful beaches appeals to you, why not take a day or more out to visit South West Rocks?

OCR TRAVELLERS

With 40 plus residents joining together for the first travellers outing of the year at Yamba, it was bound to be fun. The weather was good considering the forecast from a few days before. The usual dice game was played and because there was such a good turnout, the group was split into two, with Christine Franklin winning one group and Gary Jackson winning the other. Quite a few people went along who had never attended before, and by the time they left on the Thursday, everybody knew each other a little better. One of the highlights was actually meeting new people that you may not necessarily get to meet at the resort for one reason or



another; especially the people who decided to join and book into cabins so the Ocean Club Resort family grows bigger with every trip. The next trip will be to Gloucester in June.

Noosa

DUAL MASTER



This new floorplan takes our best-selling Noosa to another level with larger bathrooms, additional storage and enhanced finishes – all providing unrivalled luxury. The premium design elements of the original Noosa have been maintained; butler's pantry and servery, state-of-the-art kitchen with a stone benchtop and dual courtyards.

The master bedrooms include two en-suite bathrooms, one with a double vanity for those who like their own space.

The beautiful high ceilings offer a light and spacious feel and keep the temperature moderate in summer.

Exclusive to the Noosa, one courtyard includes a convenient servery and retractable awning for entertaining and the other has handy garage access.

A double lock-up garage includes the laundry, courtyard access and lots of room for storage providing you with an inviting welcome every single time.



Winter RECIPE PICK



CHOCOLATE MOUSSE BOX*

A totally chocolatey delight for your taste buds! This chocolate dessert is multi-textured and rich with a surprise hint of hazelnut.

Ingredients

- ☐ Canola oil spray
- ☐ 5 eggs
- ☐ 155g (3/4 cup) caster sugar
- ☐ 2 teaspoons vanilla bean paste
- ☐ 50g (1/3 cup) self-raising flour
- ☐ 21/2 tablespoons Cocoa Powder
- ☐ 1/2 teaspoon baking powder
- ☐ 150g 70% cocoa dark chocolate, chopped
- ☐ 50g butter
- ☐ 2 eggs, separated
- ☐ 60g (1/3 cup) icing sugar mixture, sifted
- ☐ 100g 70% cocoa dark chocolate, melted, cooled
- ☐ 2 tablespoons Frangelico liqueur
- ☐ 300ml ctn double cream

STEP 1 Preheat oven to 180°C. Spray two 2cm-deep, 22.5 x 33cm Swiss roll pans with oil. Line with non-stick baking paper.

STEP 2 Use an electric beater to beat the eggs, sugar and vanilla in a bowl until thick and pale. Combine

flour, cocoa powder and baking powder in a bowl. Sift one-third of the flour mixture over the egg mixture. Use a large metal spoon to fold until just combined. Repeat, in 2 more batches, with the remaining flour mixture. Divide evenly between prepared pans and smooth the surfaces. Bake for 15 minutes or until the cakes spring back when lightly touched. Set aside in the pans on a wire rack to cool completely.

STEP 3 Meanwhile, to make the mousse, use an electric beater to beat the egg yolks and icing sugar in a bowl until thick and pale. Beat in the chocolate and Frangelico. Whisk the cream in a bowl until soft peaks form. Use a large metal spoon to gently fold the cream into the chocolate mixture. Use an electric beater to beat the egg whites in a clean, dry bowl until soft peaks form. Fold one-third of the egg white into the chocolate mixture. Repeat, in 2 more batches, with remaining egg white. Cover surface with plastic wrap.



STEP 4 Spray a 7.5cm-deep, 8.5 x 17cm loaf pan with oil and line with plastic wrap. Turn the cakes onto a sheet of non-stick baking paper. Remove the top sheets of paper. Line the base and sides of the prepared loaf pan with cake, cutting to fit. Reserve excess cake. Cut two 8.5 x 17cm rectangles from the reserved cake.

STEP 5 Spoon half the mousse over the cake base and smooth the surface. Top with 1 cake rectangle, pressing down gently. Spoon over the remaining mousse and smooth the surface. Top with the remaining cake rectangle and press down gently. Wrap in plastic wrap and place in the fridge for 4-6 hours or overnight to set.

STEP 6 Stir the chocolate and butter in a saucepan over low heat until chocolate melts and the mixture is smooth. Turn the cake onto a serving platter and pour over the chocolate sauce.

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

WORDSEARCH

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, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

WILDFLOWERS WORD LIST

Annual	Daisy	Root
Anther	Family	Rose
Bark	Flower	Sage
Blossom	Genus	Seed
Bud	Larkspur	Stem
Clover	Leaf	Sunflower
Corolla	Poppy	Vines

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

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L Y P P O P B A R K O V E
I B S L A L L O R O C I K
E W L I L D F C L O Y E W
E L E O R S L I T I L G S
R O A F S O T B E M I A N
E F F R V S R U O E M S U
W N D E K O O D Y T A I N
O L R T O S D M R S F H R
L A E T M E P E O S I E T
F U U E E N W U L I H A K
N N E S S O L Y R T P L D
U N A C L O V I N E S E S
S A F F C F R A G E N U S
    
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By Evelyn Johnson - www.gets.com

52+

Things to do around Port

There are so many things to do in the Greater Port Macquarie region, you'd be surprised! Here are just a few different ideas from the 52+ Things To Do website.



Action & Adventure

- ▶ Bellrowan Valley – Horse Riding – Beechwood
- ▶ Port Macquarie Camel Safaris
- ▶ Mid North Coast Paintball
- ▶ Bago Vineyards and Bago Maze
- ▶ Façade Escape Room

Water Activities

- ▶ Port Macquarie Fishing Charters
- ▶ Port Macquarie Surf School
- ▶ Stoney Park Sports & Recreation
- ▶ Jordans Boating Centre and Holiday Park
- ▶ Port Jet and Jet Ski Hire
- ▶ Cruise Port Macquarie

Family Fun

- ▶ Billabong Zoo, Koala and Wildlife Park

- ▶ Hydro Golf and Putt Putt
- ▶ Ricardoes Tomatoes & Strawberries
- ▶ Majestic Cinemas
- ▶ Wave Bowl
- ▶ Sea Acres Rainforest Centre
- ▶ Timbertown Heritage and Theme Park
- ▶ Port Macquarie Driving Range and Mini Golf

Tours & Sightseeing

- ▶ Port Macquarie Hastings Heritage Walking Tours
- ▶ Historic Roto House
- ▶ Mid North Coast Maritime Museum
- ▶ Port Macquarie Seaplanes
- ▶ Port Macquarie Helicopters
- ▶ Aboriginal Eco-Cultural Tours
- ▶ Roto House & Koala Hospital

Food & Wine

- ▶ Roses Vineyard and Animal Farm
- ▶ Cassegrain Wines
- ▶ Black Duck Brewery
- ▶ Bago Vineyards
- ▶ Longpoint Vineyards

Sporting

- ▶ Emerald Downs Golf Course
- ▶ Port Macquarie Golf Club
- ▶ Kew Country Club

Arts & Cultural

- ▶ The Glasshouse
- ▶ Wauchope – Unique Boutique
- ▶ Port Macquarie Museum

Lifestyle

- ▶ Port Macquarie Day Spa

