



Online Art exhibition

Online Art exhibition

For the past few years Palm Lake Resort Ballina has hosted an exhibition of art works created by some of our incredibly talented residents. This year, due to the Corona virus, it has not been possible to have an exhibition in the Oasis club-house.

Instead we have decided to have an 'online' exhibition. This is a wonderful opportunity to see what some of your fellow residents get up to in their spare time – you might be amazed! We have featured six artists initially, with more to follow over coming weeks. Check back regularly for updates.

To access the Art Exhibition type <https://juliepallant.com/> in the top window of your Internet Explorer or you can access the link via the Palm Lake Blog: <https://ballinapalmlake.blogspot.com/>

For more information see the attached document .

Col Legatt Villa 90

Terry Polwarth Villa 106

Julie Pallant Villa 283



Dogs Walking and exercising around Palm Lake Ballina

Whilst the Covid 19 restrictions are on, there has been a large number of residents taking the opportunity to walk with their Pet Dog/dogs.

While this is a great activity, we have had a few incidents of residents allowing their dog to be OFF LEASH, which is not allowed and can result in residents or other dogs being attacked or intimidated. As per your lease agreement...

- 1. All dogs must be on a leash when outside of their yard.**
- 2. The owner must have the physical strength to maintain control over their dog.**

If you wish to walk around without your dog restrained, Do not take walk with your dog at Palm lake.

If you feel that these rules do not apply to you, because you think your dog is special.. Do not walk your dog at Palm Lake.

Dogs Un-restrained outside of your yard/villa, may affect them being able to live here as your companion.

As a side note. We do have an off lead area “the Dog Park” where you can walk your dog to (on a leash) .This is located on the corner of Cassia Ctt and Yellowwood drive...



New Library hours

WEDNESDAYS AND THURSDAYS

9 AM UNTIL 12.00PM (3 HOURS)

**PLEASE BE ADVISED LIBRARY WILL BE ACCESSIBLE
FROM 9 TILL 12 WED AND THURSDAYS ONLY AND
ENTRY /EXIT IS FROM THE CRAFT ROOM DOORS AT
THE BACK OF THE OASIS CLUBHOUSE.**

Business of the Bathroom

Unfortunately we have had a few bathroom blockages in the past couple of weeks. As this is a very expensive repair using a plumber and machinery, then residents need to be aware, as this directly affects our repairs and maintenance budget.

Some admittedly are a system fault or breakdown in the pipe etc. but increasingly these are becoming “user error”.

The issue is blockages between the toilet and the sewerage pit, with excess toilet paper being the culprit, or insufficiently flushed. By saving water when you flush and potentially flushing irregularly to actual use, or using a ½ flush when a full flush is required, results in the waste not effectively moving very far. With constant paper products and little water, these then effectively block once left sitting in a pipe and not moving to the pit as intended.

Please remember to full flush the entire cistern tank, when using the toilet, to keep everything flowing as it should, and all will be well.

Thank you.



Helpful information:

What does a public gathering of 10 mean? What can I do that I couldn't do before?

You will now be able to be outdoors in a public place with up to **10 people** in total.

This could be to exercise or a family picnic. It's up to you, as long as no more than 10 people are gathering together.

Even within the gathering, you must exercise good [physical distancing](#).

Sport, pools and outdoor activities

Maintain [physical distancing](#) of 1.5 metres between people.

Activities permitted

- Public gatherings of up to 10 people.
- Use of outdoor equipment in public places, with caution.
- Swimming in outdoor pools where there are no more than 10 people allowed in the pool.
- Recreational activities such as [fishing](#), [hunting](#) and [boating](#).

Activities not permitted

- Indoor sporting events.
- Local sporting competitions involving more than 10 people.

Venues that are closed

- Indoor public swimming pools.
- Indoor recreation facilities (for example, squash courts, gyms, table tennis centres, health studios, bowling alleys and ice rinks).

Learn more about [having picnics, training outdoors and using exercise equipment](#).

Travel and transport

- There are no limitations to travelling within NSW for the purposes of work, school, exercise or visiting family and friends.
- You may not travel to regional NSW for a holiday.
- You should postpone or cancel any interstate and international travel plans.

Learn more about [travelling for work and border restrictions](#).

Visiting family and friends

- Up to 5 visitors may visit another household at any one time.
- There is no daily limit to visitors to your home, so long as you don't have more than 5 visitors at any one time.
- If you are over 70 or have a pre-existing medical condition, you should limit the number of visitors and take care at all times.
- You can have guests from any household so long as it does not exceed 5 visitors in total.
- An overnight stay as part of a visit to someone's house is allowed.
- Some people who need to attend your home [will not be counted as visitors](#).

People at higher risk of serious infection

COVID-19 presents a more serious risk to:

- people aged 70 years and over
- people aged 65 years and over with chronic medical conditions
- people with a compromised immune system
- Aboriginal and Torres Strait Islander peoples 50 years and older with one or more chronic medical conditions.

If you are in one of these groups, follow the guidance for:

- [how to protect yourself and others](#)
- [physical distancing](#)
- [self-isolation](#).

Volunteering

There are no restrictions on volunteering for a charity.

Foodbanks and homeless shelters have not been closed.

Weddings

In addition to the couple, the people conducting or assisting in the conduct of the wedding, a photographer, videographer, and up to 10 guests may attend a wedding.

People attending will be required to provide their name and contact details, so that they can be used for contact tracing.

Work

Employers must allow employees to work from home where it is reasonably practical to do so.

Worship and religious gatherings

A maximum of 10 people can attend a religious gathering, or attend a place of worship for private worship.

Services can be streamed or recorded to enable people to engage in worship.

People attending a place of public worship will be required to provide their name and contact details when they enter so that they can be used for contact tracing.

Entertainment and amusement venues

Entertainment and amusement venues are closed, including:

- betting agencies and gaming lounges
- cinemas and theatres
- concert halls, music halls and dance halls
- amusement centres (for billiards, pool, pinball machines or video gam

Holiday travel restrictions to be lifted from 1 June 2020

20 May 2020

Share this page:

NSW residents will be able to take a holiday anywhere in NSW from next month, with intra-state travel restrictions to be lifted from Monday 1 June 2020.

Premier Gladys Berejiklian and Deputy Premier John Barilaro said NSW citizens will be able take recreational trips across NSW, as long as they maintain social distancing and good hygiene.

Ms Berejiklian said lifting the holiday travel restriction will give everyone a much needed break and help get small businesses and the tourism industry moving again.

“This is the day we’ve all been looking forward to since the COVID-19 travel restrictions were put in place earlier this year and I would like to thank everyone for their patience during the past few months of being cooped up at home,” Ms Berejiklian said.

“I must stress to everyone that, while we want people to enjoy a well-earned holiday, we must do this responsibly and continue to abide by physical distancing measures, as the last thing we want is further outbreaks that will force us to reintroduce restrictions.”

Mr Barilaro said while regional NSW will welcome visitors with open arms, holidaymakers should call their planned accommodation venues and attractions to ensure they will be open and confirm their bookings before travelling.

“COVID could not have come at a worse time for regional NSW, with towns already doing it tough due to bushfires and drought and so I encourage everyone to make plans to safely and responsibly visit their favourite regional holiday destination, or discover a new one,” Mr Barilaro said.

“I encourage holidaymakers to visit local businesses, enjoy local attractions and feast on the best food regional NSW has to offer, and for those not able to get away in June 2020, to start making plans for later in the year when even more businesses will be open.

“I’m very pleased to share that this means we will have a ski season this year, however holidaymakers should be aware that ski resorts will likely need time to put COVID plans into place and you should make contact before visiting.”

Venues are also encouraged to review their booking policies to allow travellers to easily cancel their trip if they have any symptoms.

A number of caravan parks and camping grounds will be open from 1 June 2020, but travellers should call ahead and confirm bookings, while travellers planning to visit national parks should check [NSW National Parks and Wildlife Service](#) for further information. Travellers need to especially practice strong hygiene around shared facilities.

Travellers from interstate will be able to visit NSW for a holiday from 1 June 2020 but will need to comply with the rules of their home state when returning.

Domestic and family violence support

You have a right to be safe. Domestic and family violence is never okay – there is no excuse.

Who to contact for help

If you are in an emergency, or at immediate risk of harm to yourself or others, please contact emergency services on Triple Zero (000).

NSW Domestic Violence Line	1800 65 64 63
1800RESPECT	1800 73 77 32
Lifeline Australia	13 11 14
Kids Helpline	1800 55 18 00

Domestic and family violence and COVID-19

As people cooperate with physical distancing directions, self-isolation and quarantine, there is an associated risk that domestic and family violence may increase.

Your safety is our priority during the COVID-19 pandemic

If you feel unsafe, you don't have to stay at home.

The NSW Domestic Violence Line is always here for you. Call on [1800 65 64 63](tel:1800656463).

It is available 24 hours a day, 7 days a week. [Interpreters and Text Telephone](#) (TTY) are available.

The NSW Domestic Violence Line can:

- explain services and support available to you
- help you with your safety plan
- refer you to support services, such as counselling
- help you contact the police, courts or lawyers
- help you find a safe place to stay
- help with transport for you and your children.

Find out more information about what services and supports are available to you on the [Department of Communities and Justice website](#).

Can't talk right now? Learn more about the 1800RESPECT [online chat](#) service for support with domestic and family violence.

Domestic and family violence can include someone checking the websites you visit or using technology in other ways to control or harass you. Find out how to [stay safe online](#).

Other support lines

- [MensLine Australia](#) - [1300 78 99 78](#) – support for men experiencing domestic and family violence.
- [Beyond Blue](#) - [1800 51 23 48](#) - support service produced by Beyond Blue to help you find information, advice and strategies to manage your mental wellbeing.
- [NSW Mental Health Line](#) - [1800 011 511](#) – professional help and advice for your mental health.

There is a range of [COVID-19 mental health services](#) available to provide support for the wellbeing of yourself and others.

COMMUNITY ACTION RESPONSE: COVID-19
5 things you can do to make a positive difference in your community

 Think of others, consider your actions & be kind	 Connect and reach out to your neighbours	 Make the most of local online groups	 Support vulnerable or isolated people	 Share accurate information and advice
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Ageing and Disability Abuse Helpline
1800 628 221 (M-F, 9-5)
www.ageingdisabilitycommission.nsw.gov.au

You can raise concerns of your own wellbeing, or of an **older person** or an adult with **disability** you suspect is being abused or mistreated by someone they know in their home, or in the community.

1. Get information on what services are available to help.
2. Speak with a trained professional about your concerns.
3. Be supported to make an anonymous report, and be heard without judgement.

Every older person and adult with disability has the right to

- Control and access their own money
- Attend appointments without another person
- Choose to see family and friends when they want to
- Have easy access to clean clothes, food and their own medication

If you or someone you know is not free to make their own choices, contact the **Ageing and Disability Abuse Helpline**.
1800 628 221 (M-F, 9-5)

In an emergency call 000 or Lifeline 13 11 14 for crisis support.
 National Relay Service 1800 555 660
 Interpreter Services 131 450
 NSW GOVERNMENT

How to reduce exposure and stay healthy

The most important action you can take is to [practise good hand hygiene](#).

To reduce your exposure and chances of getting COVID-19:

- Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitiser with at least 60% alcohol.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Cover your nose and mouth with a tissue when you cough or sneeze, throw used tissues in the bin and clean your hands with soap and water or sanitiser. If you don't have a tissue, sneeze or cough into a flexed elbow.
- Clean and disinfect frequently touched surfaces each day.
- Stay home if you are sick and don't expose others. If you are unwell with flu-like symptoms, do not go outside your home, do not go to work, school or shops unless it is essential.

- Get a flu shot when it becomes available.
- Talk with your doctor and pharmacist about getting an emergency supply of any medications that you or your family regularly take.
- Do not shake hands, hug or kiss as a greeting.
- Keep a distance of 1.5 metres between yourself and other people.
- Avoid visiting vulnerable people, such as those in aged care facilities or hospitals, infants, or people with compromised immune systems.
- Visit shops sparingly, buy food online where possible and consider home delivery and take-away.
- Use debit and credit cards instead of cash where possible and make use of online and self-serve transactions.
- Use public transport in off-peak periods if you can.

Feeling unwell?

If you develop a fever, a cough, sore throat or shortness of breath within 14 days of overseas travel, seek medical attention.

Call the Australian Government's National Coronavirus Helpline on [1800 020 080](tel:1800020080) (24-hour help line)

[Call your doctor](#)

[Visit the emergency department](#)



Palm Lake Ballina Staffing Updates;

We have had our new Groundsman Drew start with us a number of weeks Ago.

I hope a lot of you have met Drew, during the recent sanitiser and mask deliveries. Drew has been door knocking every villa, so everyone will hopefully be familiar with him now.

We have Gabe, our newest groundsman, starting on Monday. Gabe will join Marty and Drew on the Grounds Team. Please say hello to the newbies (from a safe distance) and remember, to please not interrupt the guys whilst working, for your safety and theirs.

Our Cleaner Alison has moved on to her own business venture, Alison will be missed ,but remains in contact with us , which is nice.

We are currently recruiting a new cleaner /kitchenhand to take on the position. I look forward to having another high quality worker on board soon.

We are fortunate to continue or commercial relationship with Summerland Cleaning, who are ensuring that buildings and other areas are sanitised and kept to a high standard, alongside our staff, also.



Have a great safe weekend. Stay warm where you can.

The Palm Lake Ballina Team....



