

Thrive

● Living Gems*

APRIL 2023

Game, set and match!

Courting fitness and fun

Let's get physical

Group dynamics spark
fitness fun

Pumping iron

Don't let the gym daunt you!

The Anzac spirit

Honouring our resident
veterans

livinggems.com.au

Message from the CEO

Welcome to the April issue of *Thrive!* Inspired by World Health Day - set to take place on 7 April - in this month's magazine, we put the spotlight on health and wellness.

Whether you're looking to kick start a new gym routine to build muscle and strength, take up a group class, get into tennis, or discover some of the world's and South East Queensland's best walks, this issue is packed with informative and inspiring articles to help you live your best life.

With Anzac Day coming up at the end of the month, we also share a number of personal stories from our very own Living Gems' veterans. I'd like to extend a big thank you to all the vets who contributed and reached out to be part of our Anzac feature spread. Lest we forget!

On the Sunshine Coast Hinterland, civil construction at our newest over-50s resort - Living Gems Glass House Mountains - has begun (see page 3). What a fantastic milestone! The resort is already attracting a lot of interest and our sales team has been busy fielding enquiries from prospective buyers ahead of the resort's first release. With house design plans now available, there's plenty to get excited about!

In Logan Village at Amber by Living Gems, the commercial construction team continues to make excellent progress on the beautiful two-storey Country Club. Last month, the suspended slab pours were completed, and upper-level structure works commenced. These will continue throughout the coming months. I look forward to providing updates, as well as a sneak peek of the Country Club in the May edition of *Thrive*. In addition, Amber's Stage Two launch has been attracting plenty of interest from buyers who love the quality of the homes at the resort, as well as the facilities and friendliness of the community.

Last month at Living Gems Toowoomba, we held a successful Open Day event to showcase the Final Stage, with more than 100 people attending the event. The residential construction team is continuing to make fantastic progress on home builds, and we expect to wrap up on site at the end of April or in early May.

Finally, at Living Gems Caboolture Riverfront, we had a fantastic response to our Display Home Open Day event at the end of last month with visitors impressed by our gorgeous new display home in the Final Stage. The residential construction team will complete another three homes in April, finishing the last homes in May.

I hope you enjoy reading April's *Thrive* and I look forward to bringing you more news and updates next month.



Adrian Puljich
CEO



Civil construction underway at Living Gems Glass House Mountains

Civil construction is underway at Living Gems Glass House Mountains, a brand-new resort coming soon to the Sunshine Coast Hinterland.

Plumbing and drainage works began last month, which will include a major environmentally-friendly stormwater detention program to ensure water quality meets the highest standards.

Living Gems CEO Adrian Puljich said the stormwater program represented a significant investment by the group and would comprise the construction of a series of massive underground tanks.

“There will be eight tanks in total, each about the size of a squash court. These tanks act to filter out solids and sediments from stormwater runoff. The clean water can then be safely released into the creek and waterways system,” he said.

This month, the civil construction team is also expected to commence building retaining walls at the site, in addition to kicking off revegetation works along the creek system.

“The revegetation program will involve removal of any noxious plant species such as lantana, as well as planting new native flora where needed,” Adrian said.

When complete, the \$90 million Living Gems Glass House Mountains over-50s lifestyle resort will feature more than 200 homes centred around a multi-million-dollar Country Club and Summer House.

Facilities at the Country Club will include a swimming pool, spa and sauna, gym, cinema, games room, library, bar and lounge, arts studio, golf simulator, tennis court, hair salon, and much more. The Summer House and outdoor recreational precinct will feature a resort-style pool and barbecue pavilion. *

Nestled in sight of the iconic Glass House Mountains and close to everything the Sunshine Coast has to offer, Living Gems Glass House Mountains offers relaxed hinterland living, minutes from the town of Beerwah.

Prospective buyers will have a choice of eight home designs, each with a generous list of standard inclusions including ultra-high ceilings, stainless steel appliances such as a fully integrated dishwasher, microwave, fan-forced oven, induction cooktop, walk-in pantry and more.

The resort’s home designs are now available to view. Contact the Living Gems Glass House Mountains Sales Team today (turn to page 34).

The official launch of the Stage One release will be announced soon.

**Facilities subject to change.*

Share a story or subscribe to *Thrive*

If you have a story idea for future issues of *Thrive*, we’d love to hear from you!

Whether it be news, happenings, local events and activities, feature stories about interesting residents or their achievements, don’t be shy – share the details with the *Thrive* content team.

Email your idea to content@livinggems.com.au

Subscribe

Have you subscribed to *Thrive*? To receive a digital copy of Living Gems’ free monthly magazine directly to your inbox, be sure to sign up online at livinggems.com.au/thrive

Let's get physical!

Group dynamics spark fitness fun

Amber by Living Gems' local resident and hole-in-one golf champion Marjie Graham, enjoys her bi-weekly chance to get physical with a group of vibrant residents who love staying fit.

Marjie couldn't be prouder of the exercise group she has established at this over-50s lifestyle resort, but she is quick to correct us with a proper name for the group.

"It's not actually an aerobics class. We call it an over-50s fitness class because we cover so much more than just aerobics," Marjie tells us.

"We run classes every Monday and Wednesday at 9am for an hour and everyone is welcome, men too."

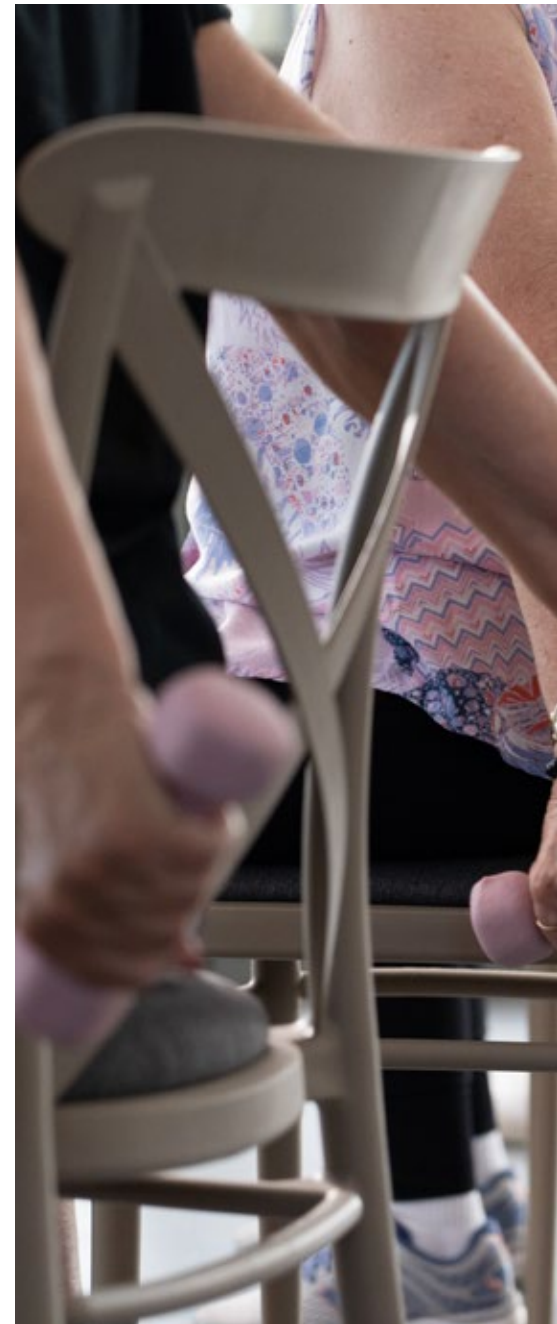
Currently, the class consists of up to 20 participants, but the group is very excited about the new Country Club coming soon and cannot wait

until they have more room to work out in, as they are currently using the temporary clubhouse on site.

"We have a small temporary clubhouse to use while the proper Country Club is being constructed, but hope the class grows once we have the room," she says.

Before moving to Amber, Marjie was going to an exercise class on the Gold Coast for several years. She says it provided such a great workout, that she was inspired to replicate a lot of the exercises at the Amber classes.

"I asked my old trainer whether she





"...everyone is really enjoying it, so the classes have become a real necessity for all of us."

thought I would suit teaching, and she said absolutely, and gave me some really good pointers on how to put the class together and advised me to find a video on YouTube that had all the exercises on it." she says.

"I incorporated some warm-up and cool down stretching exercises and then we use the 20-minute video in between," Marjie tells us.

"We also use 1kg weights in the class, do sit ups and work on our balance and breathing exercises, and everyone is really enjoying it, so the classes have become a real necessity for all of us."

Marjie has always been very active as her husband Neil is a professional cyclist (read about Neil on page 30) and has always pushed herself to keep up with him.

"I was a professional golfer and competed a lot, and at 44, I managed to win a hole-in-one title, which means you hit off on a par 3 and get the ball in the hole straight away. I'm very proud of my hole-in-one trophy!" she says.

"I was a member of the Surfers Paradise Golf Club for many years, but still haven't found a club up here, so I'll stick to the fitness class."

Although she has no plans to return to golf, Marjie is keen to try her skills on the golf simulator when the new Country Club opens.

"I'm looking forward to the golf simulator coming to Amber and plan to use that a lot, but our weekly exercise classes are doing the trick and we're excited about more residents joining us as time goes on."



Come on in, the water's fine!

Aqua aerobics making a big splash with residents

Living Gems Caboolture Riverfront homeowners keen to keep fit with gentle exercise are getting into the swim of things at Linda Cornell's 'aqua fun' sessions, with the resort's pool hosting up to 30 for an hour of fabulous fitness frivolity each Monday.

"I call it 'aqua fun' because we have such a great time in the pool while, at the same time, undertaking gentle exercise to help gain better fitness and mobility," said Linda, an early childhood teacher who first moved to Living Gems Caboolture Riverfront in 2019.

Linda admits to being a long-time fan of aqua aerobics and, although not a qualified instructor, was keen to dive headfirst into the activity when she arrived at the over-50s resort and saw the beautiful pool in the Country Club.

"I invited others who wanted to have some aqua fun to join me, either to take part or simply to watch, and was delighted with the response.



Everyone can do their own thing and I am there to help," said Linda.

The fun-loving group often begin by warming up, then undertaking some exercises with the aid of a pool noodle, followed by a stretching session for ten minutes at the end.

"I encourage everyone to check with their own health professionals to ensure they are doing the right things," she said.

Linda says running or walking in a pool or, in fact, doing any exercise in water is so much easier and can be just as therapeutic as doing it on land.

"Water cushions the body and is gentler on joints than hard surfaces. You would never catch me running

on pavement, but I can run for ages in water, and it feels so lovely to have your joints supported while also knowing it is so very good for you."

When it comes to low impact exercise, Linda says there is nothing better than aqua aerobics which can also target specific areas such as cardio, muscle toning and much more.

Linda claims that in addition to being fun, the weekly aqua aerobics sessions have given her purpose in her retirement by enabling her to support others.

"You can do anything in the pool. For me, I love working the lower half of my body because it is so much easier in water than on land."

On Fridays, the energetic resident also holds a gentle gym session in the resort's gymnasium.

"I started the class at the end of last year and we use a resistance band to tone muscles which is as good as using a free weight. It is very gentle and can be as easy or difficult as the individual requires," said Linda, who is also involved in walking groups to maintain her fitness.

"We have to move to keep the body in a certain state of repair all the time. It's so important and can be a lot of fun - in or out of the water!"



Game, set and match!

Tennis keeps residents on the ball

When long-time tennis player Cedric Hubbard moved into Living Gems Toowoomba over-50s lifestyle resort in 2017, he was keen to form a resident tennis group. Today that very group meets three times a week and is going strong.

The move to set up the group was not surprising for a man who had previously been president of the 400-player strong Chinchilla Tennis Association, which is one of Queensland's largest, as well as a former president of the Range Tennis Club.

"Tennis is an enduring sport that can be played by all ages. I'm 82 and still



compete in national championships," said Cedric, who was a member of the doubles team that won the Australian Seniors Doubles Championship about 12 years ago in Perth at the age of 70.

He says playing tennis is all about coordination of the eyes, hands and feet.

"Get those right and you can really do some damage on the tennis court," he laughed.

Both Cedric and his wife Marlene, who have five grandchildren and one great grandchild, have been keen tennis players throughout their lives. They spent the past 23 years on their own cattle properties in the Chinchilla and Isisford areas.



"We built a large home at Middle Ridge and then, when our two sons - who also play tennis - got married, we sold the properties, downsized and moved into our beautiful new home at Living Gems Toowoomba," said Cedric.

Still keen on competing on the national tennis circuit, which can see him playing up to five days a week, Cedric also remains a steadfast supporter of the resort's tennis group which is now coordinated by resident, Mary Squire.

"I've never been one to sit around and do nothing, and before moving to Living Gems Toowoomba, I played every Saturday in Stanthorpe," said Mary.

Since arriving here I've added to my skills thanks to experienced players such as Cedric, and three times a week I now look forward to meeting up with other residents for a hit, miss, and a good cuppa."

About 17 of the resort's residents take part in the tennis sessions

which, for the ladies, begins at 8:30am each Monday, followed by mixed tennis from 3pm on Wednesdays and from 2:30pm on Saturdays.

Mary says she, like many others, are seeing improvements thanks to their regular on-court get-togethers but it is more for fun and exercise than serious competition.

"The hardest thing about our tennis games is remembering the score," laughed Mary.

Keeping active is an important part of her busy life in retirement, according to the grandmother of five.

When not having a hit on the tennis court she likes to swim or play table tennis while husband David enjoys snooker, bowls and going to the gym.

Mary said anyone who would like to join the tennis group or simply wants to improve their fitness and energy levels or become part of a very happy social group, is welcome.





World's best hikes

See the world at walking pace

Walking holidays are one of the best ways to get to know a country and its people - not to mention seeing some of the world's most beautiful landscapes. We've compiled an entire bucket list's worth of trekking travels to explore.

North America

Yosemite National Park (California, USA)

Stunning high sierras are to be found in Yosemite National Park. There are several multi-day hikes to try depending on the time of year and level of experience. For an easy walking, three-day hike, the Ten Lakes Loop covers 32 kilometres and will reward you with stunning views of pristine lakes framed by alpine forests.

For experienced hikers, the Hetch Hetchy Loop presents the ideal challenge. This trek will take you between three and four days and follows a route less travelled past beautiful waterfalls and untouched wilderness around O'Shaughnessy Dam and Lake Vernon.

For more information: happilyeverhiker.com/best-multi-day-hikes-in-yosemite



Middle East

Dana Nature Reserve to Petra (Jordan)

Discover a city forgotten by the world for centuries.

The 'rose city' of Petra was established in the 4th century BC for its ideal location on the incense trade routes. It flourished particularly in the 1st century AD, when its most impressive buildings were carved in the stone. But after the fall of the Roman Empire, Petra was largely forgotten until rediscovered by a Swiss tourist in 1812.

This seven-to-11-day trek takes you through the Wadi Al Ghuweir, past Little Petra through a dark narrow gorge that opens out into the stunning ancient city. After you've explored Petra, spend overnight in a Bedouin camp and trek back through Rakebak Canyon.

For more information:
worldexpeditions.com/Jordan/Trekking-Walking/Jordan-Dana-Trek-to-Petra-and-Wadi-Rum



South America

Inca Trail (Peru)

Classed as a moderate level trek with lots of uphill hiking, the Inca Trail follows the ancient route from the Sacred Valley just outside of Cusco in Peru and ends at the gate of legendary Machu Picchu. This guided tour takes between four and seven days to complete.

Machu Picchu is nestled in the Andes mountains at 2500m above sea level. The 15th century city features more than 200 structures, and all have a fascinating history.

For more information:
alpacaexpeditions.com/guide-to-hiking-to-machu-picchu



Africa

Mount Kilimanjaro (Tanzania)

Its very name brings a moment of breathless awe. However, the highest mountain in Africa can be conquered by intrepid hikers. There are a number of ways to reach the summit depending on your fitness level and willingness to do a bit of rock scrambling.

The hikes take between four and nine days depending on the route selected. The most popular is the Kilimanjaro-Machame Route which takes seven days. It rewards hikers with breathtaking views and plenty of time to acclimatise to the ascent.

For more information:
worldexpeditions.com/Tanzania/Trekking-Walking/Kilimanjaro-Machame-Route



Britain

Hadrian's Wall (northern England)

Hadrian's Wall marked the final frontier, the farthest western reach of the unstoppable Roman Empire.

Stretching from Newcastle-on-Tyne in the east to Cumbria in the west, the Hadrian's Wall Path is a 135km national trail that crosses from one side of England to the other.

While there are shorter treks that take in part of the trail, stalwart hikers can walk the entire length in a rewarding ten days through breathtaking borderlands and charming fields.

For more information:

macsadventure.com/holiday-30/hadrians-wall-path



Europe

The Camino Routes (Spain)

Follow in the footsteps of devout pilgrims of ages past as they travelled through France and into Spain to pay their respects at the shrine of St James the Greater in the Cathedral of Santiago de Compstela in Galicia.

The Camino represents several possible treks and the one you choose is based on what scenery takes your fancy.

The most popular is the Camino Frances which, at its full length, is 790km from Saint-Jean-Pied-de-Port in France to Galicia. However, you can do the last 113kms over seven days and take in charming medieval villages and Celtic ruins along the way.

For more information:

followthecamino.com/en/camino-tours/camino-frances/camino-frances-sarria-santiago



Your map to success

Short of time or prefer the comforts of home but still want to get those kilometres in? We may have found the solution.

The *Conqueror Virtual Challenge* is a website that offers a novel way to hit your fitness goals by setting a virtual workout for you to follow. Every time you add a workout you advance on a map, unlocking postcards and revealing local spots of interest in the area.

Challenges include the Rocky Mountains, the Great Barrier Reef, the Giza Pyramids and the Great Wall of China. Check out the website at: theconqueror.events/all-challenges



It's just a stroll in the park

Trekking in South East Qld

You don't need to renew that passport to do some marvellous multi-day walks. Discover these terrific treks - all within South East Queensland.

The Cooloola Great Walk

The Cooloola Great Walk is a 102km, five-day trek through the Cooloola Recreation Area taking in giant sand hills, hidden rainforests, lakes and a stunning coastline. This walk is for intermediate to advanced hikers who are well-equipped, and it is highly rewarding.

Find out more: weareexplorers.co/cooloola-great-walk-qld



Looking for something short and sweet?

Here are some of our favourite walks that will only take you an hour or two to complete.

Redwood Park, Toowoomba

With four trails to choose from, you'll enjoy taking your pick and discovering the beautiful views as well as a little bit of a physical challenge. It is recommended that you take a map before you head off.

Baroon Pocket Dam Walk, Montville

Just 2.2km long, this effortless walk is suitable for walkers as well as recreational cyclists. Along the track you'll see impressive Hoop and Bunya pines and, after completing the circuit, stay for a barbecue or picnic.

Natural Bridge Circuit, Numinbah

This beloved walking trail is easy for all walkers and rewards you with a beautiful view of a waterfall flowing into the large cavern where the glow worms illuminate at night. It's just on an hour to do this lovely 1km walk.

The Gold Coast Hinterland Great Walk

This 54km walk is ideal for those who are new to multi-day hiking. This three-day walk takes you through the towering rainforest between Binna Burra and Springbrook National Park. Be sure to bring a camera, along with your camping gear, to capture shots from beautiful lookouts, and of majestic waterfalls and local wildlife.

Find out more: aussiebushwalking.com/qld/se-qld/lamington-np/great-walk-gold-coast-hinterland

Sunshine Coast Hinterland Great Walk

Discover beautiful waterfalls and take a dip in refreshing rock pools in this 58km walk which takes about four days to complete. This hike can be done in sections as day walks, which would be an ideal training ground for your first multi-walk adventure.

Find out more: trailhiking.com.au/hikes/sunshine-coast-hinterland-great-walk



Live longer, live stronger

Fitness and lifestyle coach shares weight training tips

With this month's edition of *Thrive* focussing on health and fitness, we asked industry professional Josh Kristenson to give us a run-down of how best to achieve a great workout at your Living Gems gym without it being too strenuous or overwhelming.

A gym can be a daunting place. The thought of getting back into shape after years on hiatus stops many from even trying to return to exercise. But exercise needn't be difficult. It can be fun and rewarding if you do it in moderation and don't push yourself over personal limits.

"If you are returning to exercise, you need to start slow and ease into it with anything from low resistance training to simple cardio that will help build up a nice pace for yourself," Josh says.

"Do some light sets or reps that you are comfortable with because you will ache a bit and you don't want to be turned off from your health and fitness goals."



What equipment to use and exercises to try at your Living Gems gym

Treadmill

Running or walking on a treadmill can improve cardiovascular health, increase endurance, and burn calories, leading to weight loss and a boost in energy levels.

Stationary bike

Cycling on a stationary bike is a low-impact exercise that can improve cardiovascular health, strengthen the lower body muscles, and increase stamina, resulting in better physical endurance and overall fitness.

Lat pulldown

The lat pulldown is a strength training exercise that targets the upper back muscles, helping improve posture, reduce the risk of injury, and increase upper body strength.

Machine chest press

The chest press is a resistance training exercise that strengthens the chest muscles, improves upper body strength, and can lead to increased muscle mass and improved body composition.

Machine shoulder press

The shoulder press is a resistance training exercise that targets the shoulders, upper back and arms, leading to improved posture and upper body strength.

Bicep curl

Bicep curls are a strength training exercise that help increase arm strength, tone the bicep muscles, and improve overall upper body strength and muscle definition.

Triceps pushdown

The triceps pushdown is a resistance training exercise that targets the triceps muscles, leading to improved upper body strength, assist other pressing movements, and providing better arm definition.

Planks

Planks are a core strengthening exercise that help improve posture, reduce the risk of back pain, and increase overall core strength and stability.

Glute bridge

Glute bridges are a lower body exercise that help strengthen the glute muscles, improve hip mobility, tone the legs and help support the lower back, reducing back pain.

Romanian deadlift

Romanian deadlifts are a compound exercise that target the hamstrings, lower back, and glutes, leading to improved leg and back strength.

Lying leg curls

Lying leg curls are an isolation exercise that target the hamstrings, leading to improved leg strength and muscle tone, while also reducing the risk of injury.

Leg extensions

Leg extensions are a resistance training exercise that target the quadriceps, leading to improved leg strength, muscle tone, and athletic performance, while also promoting carry over benefits to squatting-type movements.

Josh recommends beginning with a safe, yet effective exercise routine to practice right in your Living Gems gym, as all the equipment you need is on hand.

“I would recommend starting with isolation movements, as they are usually the safest on the low-risk machines, for example, simple leg extensions and work up to body weight movements before levelling up to more compound movements that use multiple joints,” he says.

“Train for how you want to live and move in the future.”



ANZAC Day 2023

— Lest we forget —



A colourful life

RAAF veteran tells tale of his youth in service

Being colour blind did not hinder Living Gems Gold Coast veteran Neale Horrocks from embracing an Air Force career, which he credits for helping him find the right path in life.

In December 1951, Neale, a 17-year-old country boy, lived in a city boarding house. He was working at a job that was satisfying but had no future. Suddenly, North Korea decided that they should own all the Korean Peninsula and the Korean War began.

“I received ‘callup’ papers to be at RAAF Station Amberley on 10 December 1951. I was two weeks away from turning 18,” Neale says.

“I was processed, injected, yelled at, intimidated, and taught about the power of authority. It wasn’t too bad, unless you fought the system – and I soon learned that you couldn’t win.”

Neale made the momentous decision to sign on as a ‘regular’ where he was provided with good

food, a good bed, good friends, and a chance to see the world.

“It seemed pretty good to me, and I received an excellent rating with my aptitude tests. But I was found to be colour blind, which prevented me from becoming part of the aircrew or being able to do any technical trade.”

He was sent to Melbourne to do a supply clerk course.

“Back in 1952, Melbourne was like a foreign country because it was





“I received ‘callup’ papers to be at RAAF Station Amberley on 10 December 1951. I was two weeks away from turning 18.”

Family obligations saw him retire from the RAAF in 1974 with over 23 years of service under his belt. During those years he had dragged his wife and sons all around eastern Australia and he also served in Malaya during the Indonesia-Malaysia Confrontation between 1963 and 1966.

“We owned a house in Canberra, and I was quite happy to remain in the RAAF, but my sons were about to leave school and my mother was in ill health, so we packed our bags and came to live on the Gold Coast, in Southport, prior to building our own home at Coombabah where we lived for 36 years,” Neale says.

“We moved into our Living Gems home in Coombabah in 2017, and it has proved to be an excellent choice. We love living here, but I’ll never forget my time in service.”

before we even had TV. I spent almost three days on a steam train finally arriving in Melbourne in early May,” says Neil. “It was raining (as always), and it was colder than I’d ever experienced.

“When I changed to a domestic train for the last leg of my journey, I got off at the wrong station and had to carry my kit bag for a couple of miles in pouring rain and cold weather. I have never forgiven Melbourne for my welcome,” says Neale. “Some 70

years later, I still can’t!”

Several months had passed and Neale was at East Sale in Gippsland where it was even wetter and colder than Melbourne, with frosts like he’d never before seen.

“I made a lot of friends, enjoyed life, played all sorts of sports, and did a bit of serious drinking. But I met my beautiful future wife in that time, to whom I have now been married for 66 years.”

Betty remembers it all

Service Number 90723 at your service

Opal by Living Gems centenarian and one of the original founding members of the Logan Village RSL, Lily Elizabeth May Milne-Ward, has seen more than most of us can imagine. Betty, as she likes to be called, is as sharp as a tack and remembers every detail of her time as an aircraft woman in the Royal Australian Airforce during World War Two.

"I joined the RAAF on my 18th birthday with other young women who wanted to be trained up to help," said Betty. "We were rookies back then, but we were well and truly trained to march, I can tell you, and a few weeks later, the Americans arrived in Bankstown, so we were moved to Melbourne."

Betty worked as a nurse in her first year in service, in No. 2 RAAF Hospital in Ascot Vale, Melbourne.

Between 1942 and 1943, Australia came under Japanese air raid attack. The injured were brought back to Melbourne for the nurses to mend.

It wasn't long before the RAAF saw a better way to use Betty's quick learning skills.

"There weren't enough men when they opened the technical mustering positions, so after I served 12 months in the hospital, they sent me to my new post for training at the South Australian School of Mines and Industries, where I worked with basic metals and was given three months of electrical training," says Betty.

"After that, they decided to post me to the electrical side and I was sent to Adelmo Technology in NSW where other female electricians and I continued our regional training for another six months, then one more month of actual aircraft training."

Betty recalls there were 23 girls in the electrical training team, but they peeled off some of the operational training unit to work radio and other instrument maintenance, while the rest of them learned circuitry and aircraft maintenance.

"I worked on the bombers. It was a very busy time because not only did we work seven days a week, but we also worked three nights a week on top of that," she said. "But it had to be done - we had to look after the bombers for our pilots."

After some of the men started returning from Africa, a lot of different fighter planes came over too, so the women had to train the

"We made sure to keep the spirit alive with dancing."

pilots on how to do their own repairs in the field.

"They had to fly by the seat of their pants, so being an electrician came in very handy and I trained many of them up," she says.

Yet, with all her professionalism, she didn't forget how to have fun, and even used her skills for some sneaky manoeuvring.

"I was a bit naughty sometimes too," she tells us. "Once I bought a radio from one of the soldiers at camp, but we didn't have any electricity to run it, so I cut into the light circuit and 'stole' the electricity from the light so we could jive."

"I spent four years in the RAAF as an electrician. My service number was 90723, and I remember everything - especially how much hard work it was, but we had fun too."

Betty also recalls the American bands that were popular then.

"We made sure to keep the spirit alive with dancing," she says. "I especially remember the row of gunnies at one end of the room, while our group of girls was at the other end, and the song *When the Saints Go Marching In* was playing while we all just stared at each other with pink cheeks."

"Gosh we were all so young back then."





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ANNIVERSARY OF THE
100th CENTENARY
1914-2014

Various other documents and photographs are scattered on the table, including one with a red cross symbol and another with a photograph of a person in a military uniform.



Logan Village's military legacy

History has a new facet at Opal

Residents at Opal by Living Gems live on the border of a significant piece of Queensland's World War Two history. In this feature, we uncover the history of Camp Cable and speak to three men who served in each of our armed services.

Bill Malkin, Royal Australian Air Force (1966-2011)

When Bill was 16, he thought he wanted to be a chemical engineer. "Not that I really knew what that was," he said.

"We were living in Townsville and my parents certainly didn't have the means to send me to university."

That's when the father of his girlfriend at the time, an air force recruiter, suggested that he consider a career in the service.

"I think he was trying to get rid of me!" he joked. "The truth is that it was a great opportunity. I started as a cadet radio apprentice."

Despite not liking high school, Bill discovered that he took to university study and found that he also enjoyed life in the air force.

"It was a great career that has taken me to all states of Australia and an extensive career working in conjunction with the US Air Force," he said.

In 1972 he was stationed in Denver, Colorado where he met his wife. From there Bill moved to Georgia and then Las Vegas before being stationed in California where he worked on the avionics and software for the F/A-18 Hornets. A variation of

that aircraft was used in the film *Top Gun: Maverick*.

Bill, together with his family, returned to Australia as a commissioned officer and retired as Group Captain. Moving to Opal by Living Gems has given Bill more time to dedicate to the Jimboomba RSL where he is Vice President and RSL state delegate.

His professional twin passions are veterans support service and school visits where he shares the importance of Anzac Day to a new generation.

John Lacey, The Australian Army (1961-1967)

As a young man who was at a loose end after an apprenticeship fell through, John looked at the army to give him the kickstart he needed in life.

"I highly recommend it," he said. "It helped me get disciplined and learn skills along the way."

John served for two years in Malaya





from 1963 and he was there when the nation became the independent state we know today as Malaysia. Just three years earlier, Commonwealth forces supported the Malay government to battle Communist insurgents.

“I was in the 3rd Battalion RAR and we conducted patrols on the Thai border and saw a little bit of action in Sarawak because Indonesia didn’t support that region in Borneo becoming part of Malaysia,” he said.

The latter part of John’s army career saw him stationed at the Land Warfare Centre at Canungra which took him past the Logan Village Hotel.

“I’d carpool with a couple of other fellows, and we’d stop there for a round of beers on the way home from work,” he said.

Tony Aitken, The Royal Australian Navy (1968-1978)

Growing up in the La Trobe Valley in Victoria, there was only one real employer in town and that was at the local power plant, but Tony wanted to do something different.

“I was a country boy, but ended up joining the Navy,” he said.

Tony served on a number of different ships including the frigate HMAS Diamantina which is now on display to the public at the drydock at Brisbane’s Southbank.

“She saw a bit of action in her time during the Second World War, but I didn’t,” he said. “By the time I served, she was a naval research vessel based in Fremantle.”

Tony enjoyed his time in the navy but notes with a little irony that after his time at sea, he ended up working for the State Electricity Commission of Victoria where his mates, who joined straight out of school, became his bosses.

“But they didn’t get to see or do the things that I did,” he said.



About Camp Cable

Logan Village, known for its tranquil bushland setting, has a population of less than 5000 people today, but it was once home to more than 20,000.

In 1941, Australia had already been at war for two years, and with Britain facing an existential threat on its shores, little support could be expected from the mother country to defend our nation.

Following the bombing of Pearl Harbour on 7 December 1941, Australia called on the US for help and the first American troops arrived in Brisbane three days before Christmas.

Initially based in Adelaide, the 32nd US Infantry Division was transported to Queensland in Liberty-class cargo ships. While enroute, one of the ships was torpedoed by a Japanese submarine. Sergeant Gerald O Cable from the 126th Infantry was killed and the new camp at Logan Village was named in his honour.

Camp Cable was huge, encompassing roughly 30 square kilometres between Quinzeh Creek Road at Logan Village and Plunkett Road in Tamborine Village. At the southern end of the camp was the 155th Station Hospital.

A memorial to Camp Cable can be found at the Logan Village RSL, located next door to Opal by Living Gems.

The signal man

Amber veteran to donate legacy artwork to resort

Amber by Living Gems resident and veteran, Larry Clifford, has a wonderful surprise for the new Country Club once complete.

Larry will be donating a very special print from World War Two, known as *The Signal Man 1939-1945* by Ivor Hele CBE, in a mark of respect for the resort's veterans.

Hele was an Australian war artist who exhibited his drawings and paintings of the New Guinea war in Melbourne in March 1945 after following Australian soldiers into battle. Some of his works were painted just metres away from the unfolding bloodshed.

Journalist at *The Herald* newspaper, Clive Turnball, in 1945 called the exhibition "a war of rain and blood – a triumph of the human spirit over appalling conditions". Hele left an extraordinary legacy of artwork behind from a significant chapter in Australian history.

In addition to his donation, Larry, who organises several events and get-togethers at the Amber resort, says he plans to put together a special group for veterans at the community.

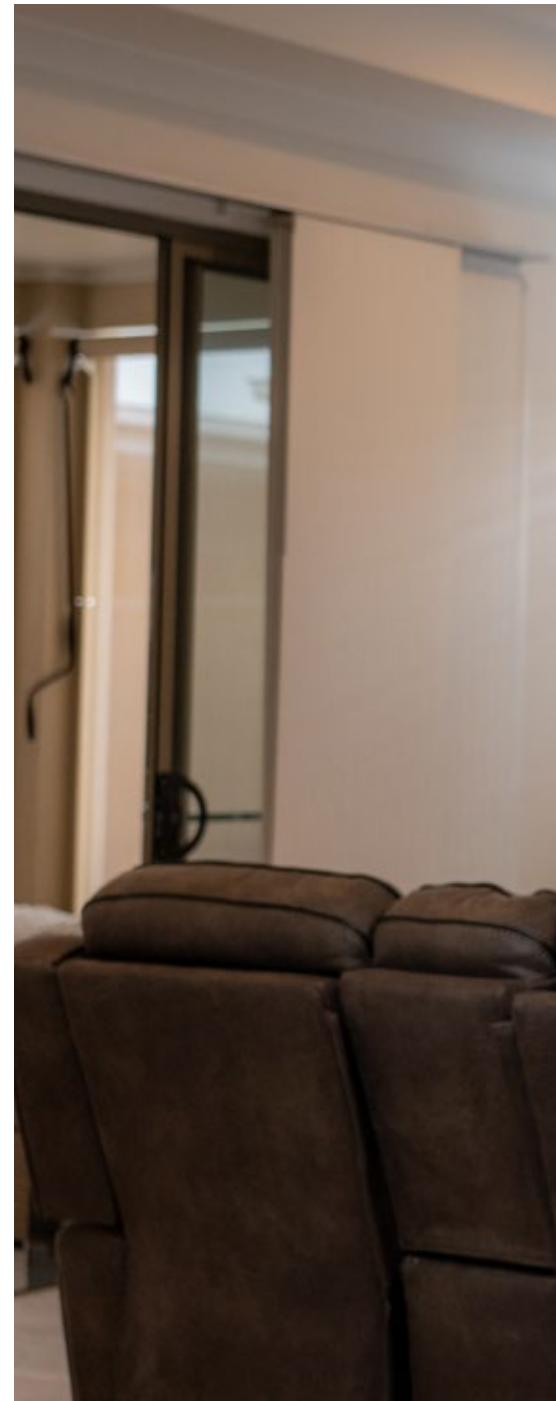
"I'm hoping we can set up a servicemen's area somewhere and commemorate special days like Anzac Day and Remembrance Day, as it's such an important part of our history."

So how did Larry get his hands on the print?

"My last posting was at Headquarters 1st Military District, Victoria Barracks in Brisbane, and we had a Sergeants Mess there," Larry says. "Due to finance cutbacks for defence, they were closing the Mess down and all the memorabilia, prints, and old weapons went to auction, so I purchased it."

Although Larry enlisted in 1972 as a young man, he was too late for National Service and overseas tours due to Government changes, but still made his mark in an important role.

"I was in the Royal Australian Signal Corps, responsible for communications, and ended up in charge of Civil Military Communications in my last post, where I issued radio frequencies for use so that no crossovers occurred in communications for the state of Queensland," Larry says.



"I volunteered for National Service in 1972 and passed all the medicals and quit my job ready to enlist. But Gough Whitlam was elected and abolished the National Service, and a telegram arrived telling me not to bother coming," Larry says. "So, I went into the army recruitment in Melbourne in February 1973 instead."

Due to the timing of his enlistment, he did pass some Vietnam veterans





The Signal Man

Ivor Hele (1912-1993) was Australia's longest serving war artist and noted portraitist.

returning from service, who couldn't believe what he was doing.

"The funny thing was that the first post I got, all the nashos were returning while I was starting, and they thought I was crazy to be enlisting."

Larry has been busy with his new friends at Amber. He helps run the resort's Facebook social page, and organises events, even visiting

livinggems.com.au

Living Gems Caboolture Riverfront recently with a group from Amber.

"It was fantastic to see everything they have in place at the Caboolture resort, so we hope to bring Amber up to scratch once the resort fills," he says.

"Caboolture has an ex-service group with approximately 79 members, so I hope that Amber by Living Gems' ex-service group will

be just as successful." Read about Caboolture's ex-service group on Page 33.

"We already have around ten servicemen at Amber, and that will only grow with time."

"...they thought I was crazy to be enlisting."



Ruby by
Living Gems

Short story and poems by Quills members

The Old Wallet by Maddy Harris

The old wallet lay at the back of the dresser drawer, in the dark recesses where all old things went. If only he could talk...

I remember when I was new and shiny and had that wonderful leathery smell. Everyone admired me as I was presented to the young master as a Christmas present. I'd been useful on that very first day as all Christmas money received had gone straight into my sections – notes in the notes, coins in the coins, and later, photos in the pocket. The young master had been eighteen years old that Christmas.

In the following April, the master and I had gone overseas to fight the Hun. Life was terrifying but we managed to survive and even spent a few bob in London, then Paris. I'd been cleaned up and I shone, and life was good.

After Paris we'd gone to Flanders, a place that neither I nor the master referred to very much - too difficult.

Eventually peace was declared, and we went back home where the master settled back into some degree of normality.

On his first Christmas home, he was given a new wallet, as I was regarded as too ragged and worn.

He never threw me away but tucked me into the back of the drawer.

Sometimes when he's alone he takes me out, holds me to his cheek and weeps silently.

Then he puts me back again, our memories just for each other.



The heartbreak of war revealed in song

A poem set to music describing the bravery and fear of a young soldier at war brought tears to the eyes when performed at Ruby by Living Gems last Anzac Day.

Written by resident Shelagh Clune and set to music by musician Papa Voss, *A Son Goes Off to War* reveals the young man's inner turmoil through letters sent to his mum over the course of his tour of duty.

The stirring performance featured in a local newspaper and uploaded to Papa Voss' YouTube Channel for you to view here: youtube.com/watch?v=fcA_ojWQOSU



Best Mate by Terry Hayes

The Anzac stood at the top of the hill,
Muddy and bloody and cranky as well.
He'd come through it all with nary a scratch,
So all was O.K. but there's always a catch.

His best mate Bill was nowhere around,
He'd looked all over but no Bill had he found.
"The bugger's gone AWOL" was his first thought,
But then he reflected on how Bill had fought.

Uphill and down dale he'd crawled, and he'd run,
Hooting and shouting and firing his gun.
So, Bill wouldn't quit, he knew in his head,
Then maybe the poor silly buggers got dead.

But Bill couldn't die, it just wasn't right,
They were planning to get on the booze tonight.
Maybe he's gone to the cookhouse for chow,
Coz he too was hungry right about now.

Then up the hill came a wonderful sight,
Good mate old Bill and he was alright.
In one hairy fist, besides his big gun,
He'd found a great prize, a bottle of rum.

"Hey, my old mate" Bill then yelled out,
"Look what I found and it's my bloody shout!"

Across the Sea by Daniel Toia (honorary member, age 13)

I was young when I went to sea,
When I went to fight a war,
Thinking only of the glory to be,
As I landed on foreign shore.

But when the guns had been fired,
When the fight was all done,
My heart lay still, mired,
With my friends beneath the Turkish sun.

I watched red flowers blossom,
On my steadfast friends' shirt,
Who now lie still as dead possums,
Underneath the Turkish dirt.

I left my heart across the sea,
With my friends underneath the ground,
Nobody is left, no one but me,
Horror, not glory, is all I found.

I was young when I went across the sea,
When I went to fight, to war,
But the horrors and loss have aged me,
I'm a young man no more.



A place to call home

Maleny is the mountain resort where community flourishes

It's not often that one can boast of working in paradise, but that's the feeling Christina and Peter Koplick have every day as resort managers of Living Gems Maleny.

They've been managers for almost seven years and are still enjoying every moment. Peter worked at Ruby by Living Gems and Christina worked in the education and childcare industries before taking on the resort management role.

"Maleny is a special place," said Christina. "It's beautiful both summer and winter because it's surrounded by lush rainforests making it lovely

and cool in summer when the coast is too hot and humid.

"We originally came from the Beaudesert area which can be very hot in summer and cold in winter, so Maleny temperatures are perfect for us all year round."

In fact, before being offered the role of resort managers at Living Gems Maleny, Christina and Peter spent

"What makes Living Gems Maleny so lovely is the willingness of everyone to help one another."

a great deal of time in the Sunshine Coast Hinterland town.

"We've always loved Maleny, it was the place we would go to relax and when the opportunity came up, we jumped at it," said Christina.

"There are a lot of things which happen behind the scenes to make sure our community is happy and cared for. In return, we enjoy spending time with such interesting people."

The resort is just a short stroll away from the centre of Maleny itself.

"There are plenty of great cafes and, my favourite, bookstores where you can sit and read while enjoying a coffee," said Christina.

There is such great pride in the Living Gems Maleny community.

Everyone loves their plants and grows beautiful flowers, and the homeowners are very much into the craft and workshop activities, including quilting, crocheting blankets and even making Christmas balls to give as gifts.

"What makes Living Gems Maleny so lovely is the willingness of everyone to help one another," said Christina. "If someone doesn't know how to do something, then there is always someone to assist. We also have a very active volunteer team which really add to the strong community spirit.

"There is an active ladies lunch group who go out together once a month and a social committee that arranges regular get togethers including a recent St Patrick's Day event."



Living Gems Gold Coast is a family affair

Welcome to James, Chelsie and Thea!

Living Gems Gold Coast's new resort managers James Bridge and Chelsie Steele might be new to property management but they're not new to the great facilities and friendly community found at Living Gems.

"I was a gardener at Amber by Living Gems and really loved the resort," said James.

"I spoke to the resort managers there about the work they do and was getting ready to put my name forward to become a resort manager at a future new resort. Then I got a phone call to see if we were interested in managing Living Gems Gold Coast and we jumped at the chance!"

In addition to getting to know the residents at one of Living Gems longest established resorts, James is enjoying working with his wife Chelsie.

"Chelsie has lots of experience in management, but her previous position was largely nightshifts, so I'd come home at the end of the day, just as Chelsie was leaving for work," said James.

"Now we get to work together and enjoy a lot of family time with our daughter Thea."

Living Gems Gold Coast is in the northern Gold Coast suburb of Coombabah and is close to the Broadwater and great shopping with Harbour Town, Runaway Bay Shopping Centre and Westfield Helensvale close by.

Amber

Sales Manager's Message

It's been full steam ahead at Amber by Living Gems with Stage Two homes now under construction!

April promises to be an exciting month here at Amber. With construction underway for Stage Two, we have many excited contract holders awaiting the completion of their stunning new homes.

Our contract and deposit holders can breathe easy knowing that our recent timeframes for construction have been exceptional in Stage One, and we expect the same smooth sailing for Stage Two.

Residents at Amber by Living Gems recently held a 'Mad Hatters' party in the temporary country club, which saw 60 attendees including some of our future residents who were thrilled to partake in the festivities. An evening full of laughs, a sea of crazy hats, raffles, and prizes enjoyed by all, ensured a night to be remembered.

The Country Club at Amber has now seen the completion of the blockwork for Level One along with the suspended slabs. Next, the team will be moving to preparational works for the roof structure, and ground floor services will commence installation.

Are you considering a change of lifestyle that could mean less maintenance and more relaxation? Perhaps you would like to be surrounded by like-minded, friendly neighbours and enjoy socialising and partaking in activities, when you choose to – and all at your front doorstep?

Contact us now to arrange a time suitable to view our beautiful display homes.



Amber by Living Gems Sales Team

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Lynda Ruddell, *Sales Manager*
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For illustrative purposes only



Amber cyclist rides 4000km each year!

At 89, Amber by Living Gems resident Neil Graham puts even the youngest of us to shame with his physical fitness.

Unstoppable, he has been cycling since he was a young boy and is even a bit of a celebrity at this over-50s lifestyle resort, with a recent write-up in the local paper.

“Something just seemed to click when I got on my first bike, which was actually my dad’s bike, at the age of 8,” Neil tells us.

“I think it was the feeling of freedom I experienced, together with the euphoria and the wind on my face as I started racing around.”

Although Neil has been cycling and competing for years, he didn’t do his first long-distance ride until the age of 49, when he and his friend flew to Adelaide and cycled back to Melbourne together. It was then that Neil caught the competitive bug and started entering long-distance races.

“My first win was as a 15-year-old amateur, when I won an Aggregate Trophy with the Brunswick Cycle Club in Victoria in 1948,” he said. “But my main success was in a three-day tour with the Northern Vets Cycle Club in Victoria.”

“Between 1980 and 1990, I rode the 145km Great Otway Bike Ride each year in succession, and I have ridden from Adelaide to Melbourne once and Melbourne to Sydney and return six times.”

Neil hopes to inspire more Amber residents to start cycling and having that lust for an active life no matter the age group.

“I’ve competed in cross country running events, winning the Kilsyth Country Classic 10km run, and consider myself to have more enthusiasm than ability,” he says.

“Nothing should stop us from getting out there.”



Villa 200 | Facade Modern

Goulburn

\$530,000

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1

Your new home awaits, ready to move into today! From the raised ceilings to the open-plan layout, this Goulburn design home has everything you could want. The designer kitchen is a chef’s dream with integrated appliances, stone benchtops, and a walk-in pantry. The living and dining areas boast plenty of natural light, while the alfresco area can be opened to let in sunshine and breezes. Enjoy your privacy with the master bedroom situated at the rear of the home with a spacious walk-in robe and double vanity ensuite bathroom.



Caboolture Riverfront

Sales Manager's Message

April is a marvellous month in Caboolture, so much so that the whole month is a celebration!

Be sure to check out the Caboolture Festival website - caboolturefestival.com.au - and fill your calendar with plenty of activities for yourself and your family to participate in.

These include art exhibitions, the Abbey Museum family fun week, movies and music festivals in the park. Many of these events are free or low cost.

The festival culminates on 30 April with Cruisin' Caboolture at the James Street Precinct from 10am with displays of classic cars, live music, children's activities, food trucks and local craft brews to try.

We were delighted to see so many people expressing interest in our brand-new final release homes

at last month's open day. They were impressed by the size and quality of the homes as well as their location on extra-large blocks with uninterrupted green views down to the Caboolture River.

Best of all, these homes are now complete with wonderful inclusions, which means new homeowners can step right in and begin a simply lifechanging move!

Only a few of these premium homes remain available before our beautiful resort is sold out completely.

Glenys Lowry
Sales Manager



Living Gems Caboolture Riverfront Sales
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For illustrative purposes only



Saluting those who served

Caboolture's Ex-Service Support Group marches on

What started as an idea over a drink at a bar has become an ex-service group that Living Gems Caboolture Riverfront veterans are proud of.

Founded by veterans Don Grieve, Bob Pfeiffer and Pat Quinlan, the group has 79 members who work together to keep history alive and provide each other with a place to share their stories and offer mutual support.

"We established the group in 2021 after having a quiet drink at the Riverside bar, where the discussion came around to how many more ex-service people were living in the resort," Don said.

"I sent an email addressed to all residents inviting ex-service, allied services, widows and widowers and anyone who has an interest in the services to come to a get-together, and I was surprised at the number of residents who came along."

With the assistance of Pat Quinlan, organiser, and Bob Pfeiffer, protocol, the group conducts dawn services on Anzac Day and commemorations for Remembrance Day and Long Tan (Vietnam veterans) Day followed by lunch and entertainment.

"The members of the group and other residents are always prepared to put up their hand to assist to make these days successful," Don said.

Bob said they have achieved so much more than they ever expected.

"Our aim was to foster support for all ex-service personnel and their partners and assist whenever possible to help them through difficult times," Bob said.

"We have been lucky enough to have the assistance of the 123 Army Cadet Unit, Caboolture, and members of the 11th Light Horse, Jandowae Troop, to participate in our commemoration services."

For anyone wanting to join, the group will be meeting at 5:45am at the Living Gems Caboolture Riverfront front gate, with the service beginning by the flagpole at 6am on Anzac Day.



Villa 311 | Facade Two

Snowy

\$850,000

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WIP

Ready to move into and as impressive as its river namesake, the Snowy is the ideal entertainer. It hosts dining and living spaces that open out onto the charming alfresco area while the home chef will be delighted with the amazing gourmet kitchen that includes a large island bench and walk-in pantry as well as a skylight over the dining area. A beautifully proportioned master bedroom features a double vanity ensuite bathroom and walk-in wardrobe. Two more bedrooms are separated by a central bathroom.



Glass House Mountains

Sales Manager's Message

The first stage release at the beautiful Living Gems Glass House Mountains will be announced soon and the sales team couldn't be more thrilled.

The team will be setting up shop in the Beerwah shopping precinct where we will be able to showcase what future residents can expect from this idyllic new resort. We can't wait for prospective clients to pop in, say hello and choose a block.

We're especially delighted by the buzz so far, with people already placing holds on blocks. We expect that Living Gems Glass House Mountains will be an extremely popular spot because it offers a relaxed country atmosphere and yet is so close to the best of the Sunshine Coast.

Don't miss out on the opportunity to secure a simply lifechanging home in a resort with stunning Glass House Mountain views. Register your interest with us today and we'll send you a sales information pack and let you know when Stage One is released.

In the meantime, in the spirit of our focus on health and wellness in this edition of *Thrive*, enjoy your April indulging in some lovely walks around the Glass House Mountains (see opposite page).

Victoria Dent
Sales Manager



Living Gems Glass House Mountains Sales

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They'll be comin' 'round the mountain

One of the most enjoyable ways to hit your fitness goals is to take one of the many beautiful walks around the Glass House Mountains.

There is something for all fitness levels, but more important is the opportunity to get out into the fresh air and sunshine and appreciate the wonders of nature.

Start at Wild Horse Mountain. Located in the Beerburrum State Forest, it is recognisable as the only peak on the eastern side of the Bruce Highway. It is a relatively short walk at 700 metres one way, but it is a little steep. Don't hurry, take your time and listen out for the kookaburras and catch a glimpse of the wagtails.

The Wild Horse Mountain lookout is your destination and when you get there, you are rewarded with 360-degree uninterrupted views of the Glass House Mountains to the west and

the Sunshine Coast to the east.

If you're looking to get a little closer to the Glass House Mountains, the Mount Ngungun summit walking track is ideal. This 2.8km walk takes you through open forests and ends with a stunning view of Mount Tibrogargan, Mount Coonowrin and Mount Beerwah at the summit.

Keen to really stretch your legs? Then explore the 6km circuit that links Mount Tibrogargan and Mount Tibberoowuccum. This walk takes between two to three hours along a well-marked trail through beautiful open woodlands.

Before heading out on hikes, make sure you wear suitable footwear, carry a bottle of water with you, and ensure you stay on marked trails only. Also, take a camera and binoculars and really savour the stunning scenery.



Facade One

Willow

\$725,000



Expand your horizons in this thoughtfully designed three-bedroom home. The Willow features light and airy living and dining areas that open onto a large alfresco space accessed by double stacker doors to make the most of the Glass House Mountain's breezes and subtropical climate. Featuring a private courtyard that links to the main alfresco area, this home includes a kitchen with high-quality appliances and large walk-in pantry. Make your master bedroom a retreat with a private double-vanity and walk-in wardrobe.



Toowoomba

Sales Manager's Message

Beautiful Toowoomba is the place to be in autumn. There's a little crispness in the air and the leaves on the deciduous trees are turning beautiful colours. What a lovely place to call home!

If you're looking for a simply lifechanging move to the mountains, don't delay. We only have eight more homes remaining before Living Gems Toowoomba is completely sold out. Five of these spacious homes, all on premium blocks, are ready to move into right now, meaning there is no need to wait for construction to be completed!

We're also doing our part to enhance the reputation of Toowoomba as the garden city, with new trees and gardens along Green Wattle Street and South Street putting the finishing touches on our resort.

Based on the feedback we received at last month's Open Day, people are delighted by our stylish homes, which have been thoughtfully designed for modern living with plenty of room to entertain family and friends.

The outstanding facilities is another thing people are impressed by, and soon joining the popular Country Club, will be a new off-leash dog run and residents' workshop which is about to begin construction.

Michelle Perry
Sales Manager



Living Gems Toowoomba Sales
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Toowoomba Open Day

The Living Gems Toowoomba Open Day attracted plenty of interest from prospective homeowners on 4 March.

More than 100 people joined the Living Gems team to experience the over-50s lifestyle on offer for themselves and checked out our beautiful, high-quality display homes.

Guests enjoyed freshly cooked, chef-prepared food and live music, as well as tours of the impressive Country Club.

After inspecting the homes and getting a feel for the resort, several prospective buyers decided to put down deposits to make Living Gems Toowoomba their home.

Take a look at some of the photos taken on the day.



Villa 198 | Facade Two

Alice

\$577,000

-  3
-  2
-  2
-  1
-  WIP

The Alice is a stylish three-bedroom home. The master bedroom boasts a spacious walk-in robe and an ensuite bathroom. Entertain family and friends in the light-filled dining and kitchen area or linger in the north-facing formal lounge to enjoy the morning sun. A porch and double-car garage with ample inbuilt storage completes this beautiful home.



Resort Round-up

The month of March was massive for our Living Gems community. There is movement at every corner lately, with two successful open days going off with a bang.

Living Gems Toowoomba hosted their most recent Open Day, attracting large groups of prospective homeowners. More than 100 people turned up to check out the resort's immaculate grounds and display homes in the Final Stage.

Amber by Living Gems was just as triumphant, bringing even more people out to play. With Stage Two at the resort in full swing, our special launch event had some very excited people on deck. Future homeowners enjoyed inspecting the display homes at this stunning over-50s lifestyle resort that's now filling up fast. Contract holders are thrilled to see the site works well underway too!

Several Amber residents have already started some fun activities, including weekly pool events. Sinking the black ball never looked so good, with eight pool sharks getting together at the Logan Village Hotel to demonstrate their skills. The weekly event is open to residents every Monday from 10am while they await their new Country Club. Thanks to Larry Clifford for this one!

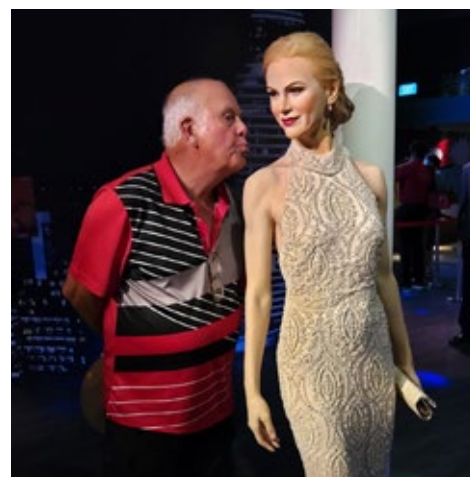
And if that's not enough fun, let's also give a big shout out to this busy resort for their recent Mad Hatter's party, where it was good times for all, plus their bus excursion to their sister resort, Living Gems Caboolture Riverfront.

At Caboolture, travel has been on the agenda with a group enjoying cruising the wide seas to foreign lands, docking in places like Singapore and seeing some wonderful sites and intriguing museums, including Madame Tussauds.

Residents also recently enjoyed a terrific night of classics performed by Toby Tyler and the Country Boys, with some even dressing for the part. Nice job, Gayle Harris! You certainly know how to put the entertainment together.

Did we also mention a surprise performance by none other than Andre Rieu's music duet partner Mirusia Louwerse? Andre Rieu and Mirusia released the album *Waltzing Matilda* in 2008.

We know where all the fun was last month!





Share your photos and news with us!

If you would like to have your photos featured in the *Thrive Resort Round-up* next month, or have a story idea to share, we'd love to hear from you. Send your photos to us before the 15th of each month to ensure your shots can be included in the next edition. Email us at content@livinggems.com.au





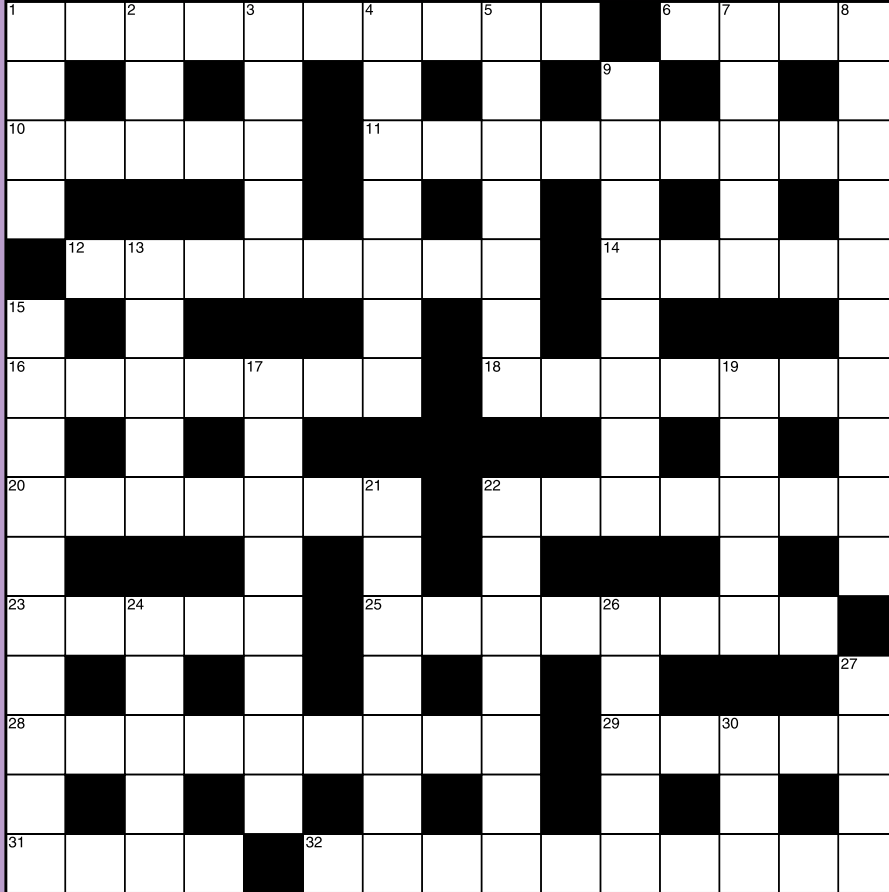
Close encounters of the famous kind



Have you met a celebrity? It might be the pop idol you had a crush on as a teen or the movie star you bumped into at the shops just the other week. Whatever your story, we want to hear all about it!

Send an email to content@livinggems.com.au for inclusion in May's magazine.

Crossword



Across

1. Death notices
6. Smoke & fog
10. Groups of thieves
11. Pick on unjustly
12. Stammers
14. Reverie
16. Intercepts en route
18. Aspiring movie queen
20. Arbitrate
22. Leakage
23. Rental contract
25. Spiny lobster
28. Disregarded
29. Late Princess of Wales
31. Casserole
32. Youth

Down

1. Debauched party
2. Public house
3. Disturbed
4. Write-ups
5. Sheathes
7. Cereal plant
8. Brain tissue (4,6)
9. Budgerigar home
13. Trifled
15. Bogs
17. Emerged from sleep
19. Spends time idly
21. Het up
22. Notorious affair
24. Bicker
26. Decreases
27. Electrical power unit
30. One-spot card

Solution





Acai breakfast bowl

Start the day with an acai breakfast bowl

Ingredients

Serves 2

2 packs of frozen acai puree (unsweetened)
1/2 cup frozen mixed berries
1 ripe banana
1/4 cup almond milk/rice milk/soy milk or milk
1 tbs honey

Toppings:

Sliced dragon fruit, kiwi fruit, strawberries and granola.

Method

1. Add the frozen acai puree, mixed berries, banana, almond milk, and honey to a blender. Blend until smooth.
2. Pour the mixture into a bowl and add your desired toppings. Serve immediately as it is frozen and will start to melt.

You can make it as a smoothie for your morning pick-me-up if you like. Blend more of the topping fruit into the smoothie and add a little more liquid to the blender and drink up!

Enjoy your healthy, delicious and nutritious acai breakfast bowl!



An acai (ah-sah-ee) breakfast bowl is a nutritious and delicious way to start the day.

A good breakfast is crucial for maintaining health and well-being. It can boost energy, improve concentration through the day, assist in weight management by getting the body functioning, regulate blood sugar levels, improve nutrient intake, and reduce chronic disease risk. Acai berries are high in vitamins, fibre, and healthy fats and are a 'super food', making them a great addition to your diet.

Acai berries, from palm trees native to South America, are packed with antioxidants which help protect your cells from damage caused by free radicals. They are rich in vitamins and minerals, which have been shown to improve cholesterol levels and help reduce the risk of heart disease. They are a good source of fibre, which helps promote healthy digestion and regularity, and acai berries are high in vitamin C, which supports a healthy immune system. You can't go wrong with acai!

Chef Matt Conquest shares his healthy Acai Breakfast Bowl recipe. He recommends adding any flavours you enjoy to the bowl. From coconut yoghurt, Greek yoghurt or strawberry yoghurt to crunchy granola, chia seeds or other exotic fruits, the choice is yours!

Frame that shot

Living Gems has launched a 2023 photo competition to highlight some fabulous destinations, favourite local spots, macro shots, action photos, best pet shots and lots more from our homeowners. So, get your cameras and phones ready this year (or dig through your archives)!

As a Living Gems resident, you can submit as many photos of

your choice each month and be in the running to be selected as the month's overall photo winner for the Living Gems community.

Each month, one winning photo will be chosen from across all Living Gems resorts and featured on the back page of *Thrive* magazine and shared on the Living Gems Facebook Page, so get your

exclusive bragging rights ready and share your masterpieces with us.

Send your submissions, with your full name, resort name and where the photo was taken, to content@livinggems.com.au



April Photo Winner

Congratulations to April's winner, Sandy Gillis from Living Gems Maleny for her stunning platypus shot.

Submission Guidelines

Photos must be:

- Taken horizontally
- At least 2MB in size
- Taken by you

Amber

1 Manuka Road
Logan Village QLD 4207

1800 317 381

Caboolture Riverfront

176 Torrens Road
Caboolture South QLD 4510

1800 718 417

Toowoomba

500 South Street
Glenvale QLD 4350

1800 348 977

Glass House Mountains

1221 Steve Irwin Way
Beerwah QLD 4519

1800 718 419

Pacific Paradise

596 David Low Way
Pacific Paradise QLD

1800 978 388

Opal

42 Quinzeh Creek Road
Logan Village QLD 4207

07 5547 2333

Ruby

225 Logan Street
Eagleby QLD 4207

07 3386 1771

Gold Coast

70 Hansford Road
Coomabah QLD 4216

07 5577 5899

Maleny

23 Macadamia Drive
Maleny QLD 4552

07 5429 6108

Sapphire

196 Logan Street
Eagleby QLD 4207

07 3804 7655

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