

Living Gems* Thrive

JANUARY 2023

Simply lifechanging
Living Gems levels up!

Taste the good life

Real men listen
to their wives

Friends first

Freedom, affordability
and friendship

That's a take!

New TV campaign
launching soon

livinggems.com.au

Message from the CEO

Welcome to the first issue of the new Living Gems magazine, *Thrive*, featuring a fresh, modern look that you'll be seeing a lot more of in the months ahead. Living Gems has undergone a rebrand to better reflect the fantastic way of life on offer at our over-50s lifestyle resorts - a way of living that's simply lifechanging!

At Living Gems we believe there's no need to settle for the ordinary when you can enjoy your best life now. From our website and billboards through to our exciting new TV ad campaign, we want to capture the spirit of life at Living Gems and the promise of a more enjoyable, connected and relaxed way of living. See page 3 for details, plus turn to pages 10 to 13 for a look behind the scenes at our campaign shoot.

In this month's issue of *Thrive* we spoke to new homeowners at our Toowoomba and Amber resorts about the lifestyle changes they've experienced since moving into their homes and what they're looking forward to in 2023 (pages 4 to 7).

I am excited to announce the launch of a terrific new Living Gems resort in the gorgeous Sunshine Coast hinterland - the soon-to-be-released Living Gems Glass House Mountains. Earthworks are underway at this sensational site, which is in the lovely, historic town of Beerwah. Besides the top-quality homes we are well-known for, the resort will boast a huge range of recreational, sporting and fitness facilities at the architecturally designed country club as well as a great summer house. See pages 8 to 9.

At our popular Living Gems Caboolture Riverfront resort, the last homes in our final stage are selling. Set on stunning premium sites, these homes - which are under construction - are sure to impress the fussiest of homeowners. See page 14 for more information.

It's been full steam ahead at our picturesque resort, Amber by Living Gems, in leafy Logan Village. Stage Two has now been released and the residential construction team will begin building very soon. The commercial construction team completed the residents' workshop last month to the excitement of many residents who cannot wait to put their tools to work. The team has also been making excellent progress on the fabulous future country club and, in January, we expect work to commence on the building's suspended slab.

I'd like to wish all our homeowners - current, future and prospective - a very happy New Year and all the best for a wonderful 2023.



Adrian Puljich
CEO



Living Gems launches a fresh new look

Living Gems is sporting a bright and breezy new look and feel following a brand refresh that communicates the relaxed, carefree over-50s lifestyle on offer at Living Gems resorts.

Alongside a contemporary updated colour palette and logo, Living Gems has a new tagline – simply lifechanging – to convey the lifestyle upgrade to be had at a surprisingly affordable price-point.

Living Gems CEO Adrian Puljich said the updated look brought a fresh, modern aesthetic to the company’s brand while keeping core elements of its visual identity in homage to its 30-plus year history.

“It’s an exciting new era for Living Gems and the new look was created to mirror that. The colours, logo, and imagery have been crafted to reflect a positive, carefree and easy-going vibe – letting people know what kind of lifestyle they can expect in our over-50s communities,” he said.

In addition to the visual identity, a new television commercial campaign will be rolling out this month, as well as outdoor and print advertising, plus a beautifully designed website.

“Living Gems has a long, proud history creating over-50s communities of the highest standards. We are committed to delivering best-in-class lifestyle resorts with top quality homes for our residents,” Adrian said.

“We know from experience that one of the biggest regrets our homeowners have after moving into Living Gems is not having done it sooner.

“Time is our most precious resource - our resorts free up residents from the grind of ongoing home and garden maintenance, while giving them exclusive use of fitness and recreational facilities in a community of like-minded people,” he said.

“The Living Gems rebrand aims to capture the spirit of the fantastic lifestyle provided at our over-50s communities because right now is the time for living.”

Turn to pages 10 to 13 to check out the behind-the-scenes action of Living Gems’ television and photo shoot.



Wife wants a Living Gem

Cleansing the palate with a lifestyle change

Facing a lifestyle change is never easy, but all it took for Australian meat industry ambassador and pie judge for the Baking Association of Australia to take the leap, was three women and five years of nagging.

Originally from Brisbane, retired radio and TV guest presenter and current food critic, Bob Retallick, and his wife, retired nurse and avid speed reader, Glenda, let go of their immaculate, quarter-acre Brisbane home to finally make the move to Living Gems Toowoomba last November.

Bob said they haven't looked back since they selected their corner block for their new Living Gems home, but it wasn't easy making the decision to move to an over-50s resort.



drive away from their six grandchildren, five girls and one boy, who are all very impressed with their grandparents' new home.

"The grandkids tell everyone that Nanny and Poppy live in a holiday resort all year round, and our youngest even says that mum and dad will save so much money on holidays now because they can just come to our place. Out of the mouth of babes," Bob said with pride.

A country boy at heart, Bob has run the Apprentice Butchers & Chefs Competition in Toowoomba for the past four years on top of his national and international food judging commitments, so the move up north had another bonus to it. But he said it was nothing compared to the wonderful community of friends they have made through their transition.

"From the moment we got here we thought the place was magnificent, and everyone took us in as if we were long

lost brothers and sisters. We received such a warm welcome, that now when I leave for Brisbane for work, I get there and hate it and just want to get back home to enjoy the new life we have made."

Now that they are officially the new kids on the block, Bob has already organised catering through his business, Gourmet Bob's Catering, and entertainment via his contacts to repay the couple's new community of friends with their own welcome.

So, when asked by his wife what he thinks of Living Gems Toowoomba now?

"I informed her she was right all along and it's not a damn nursing home, it's a damn remarkable over-50s community!"

And Bob's 2023 new year mantra and advice to other men too scared to look at this kind of lifestyle?

"Real men listen to their wives."

In fact, it took his wife and their two daughters several years to persuade him to even consider it, as he believed over-50s resorts were no better than an "old people's home".

"I was so anti moving into one, you've got no idea and every time I would chat to friends, I would literally state that the women in my family are just trying to get me into a nursing home," said Bob laughing.

"For five years I wasn't having it, but because I travel so much overseas for work, my wife was starting to get bored and lonely. She can read up to four books a day, but they weren't enough anymore so I had no choice but to finally listen, and boy am I glad I did," he said.

The couple started to look at several places but said none were as good as what they saw at Living Gems. It ticked the boxes but, most importantly, they had to be no more than a two-hour



Friendliness first

Right-sized living adds up for Cheryl

Retired accountant Cheryl Chalk penned a list of requirements when she was looking for her new home and found everything she needed at Amber by Living Gems.

As a retired accountant, Cheryl knew the numbers had to add up when she was looking to right-size her home.

“When I was looking to relocate, I spent a lot of time searching,” she said.

“In fact, I visited lots of different places with my brother and sister and we ended up inspecting Amber by Living Gems.

“Right away I knew I'd found something special.”

Cheryl was very specific about what she needed. Her new home had to be in a nice location, preferably within walking distance of shops, and not too far away from family and friends. And it had to add up financially too.

“I had a particular budget in mind and knew the type of house I wanted to move into. It had to have three bedrooms with one of them to be used as a guest room and another as a study,” she said.

“And it also had to be a secure



community, which was important to me.”

The ‘lock-up-and-leave’ convenience of the Living Gems lifestyle was another big factor in Cheryl’s decision. She loves to travel and already has a cruise booked.

“The timing couldn’t have been better,” she said.

“I’ve just moved in and three weeks later I’m going on a holiday!”

The quality of Living Gems homes and their affordability is just one half of the ledger for Cheryl – living in a friendly community is the other.



“I’ve found everyone so friendly and welcoming,” she said. “I didn’t expect to make friends so quickly, but I have.”

“A group of ladies and I get together to do crafts. I’ve recently joined a mahjong group and I’m also taking part in exercise classes. Another thing I love is being able to walk down to the local shops. As soon as the country club is completed, I won’t want to leave!”

Before she closes the book on her simply lifechanging move, there is one more thing Cheryl wants to do.

“My brother and sister can see how happy I am here at Amber so I’m trying to persuade them to sell up their homes and move here as well,” she said.

“Right away I knew I’d found something special.”

Mountain high

*New Sunshine Coast
resort launching soon*



The new year will mark the start of work at a brand-new location. Living Gems Glass House Mountains is tipped to be one of our best resorts yet.

Living Gems CEO Adrian Puljich said the location of Living Gems Glass House Mountains at Beerwah was perfectly positioned to take advantage of the best the Sunshine Coast has to offer.

“Living Gems has a great reputation for offering outstanding value homes with quality lifestyle facilities,” he said.

“We’ve been inspired by the natural beauty of this location, so we’re going further in 2023. Living Gems Glass House Mountains will set the standard for active over-50s living that is also affordable.”

Located in the friendly, historic town of Beerwah, Living Gems Glass House Mountains is close to local shops, restaurants, and hiking trails for both the active and the young at heart, while the Sunshine Coast’s world-famous beaches and quaint coastal and hinterland towns will be a short drive away.

“People have always commented on the quality of our homes, and we look forward to showing designs that are perfectly right-sized for relaxed country living,” said Adrian.

“Another area that will really impress will be facilities on site for residents’ enjoyment.”

In addition to the well-appointed country club, with all the recreational, sporting and fitness facilities you could ever want at your doorstep, Living Gems Glass House Mountains will be the company’s first estate to also boast a separate summer house with a resort-style outdoor swimming pool, pavilion, and barbecue facilities.

The distinctly shaped Glass House Mountains will be the first thing visitors see when driving into the future resort. The site is also bordered by a koala habitat zone with large eucalypts along a creek.

When the two-storey country club is complete, the upper level will have superb elevated views of the mountains.

In terms of location, Living Gems Glass House Mountains is hard to beat. The world-famous Australia Zoo is only a few minutes up the road as is Beerwah town which has local shops, cafes and other services.

“The Sunshine Coast has grown a lot over the years, and we’re delighted to have Living Gems Glass House Mountains join Living Gems Maleny and Living Gems Pacific Paradise to offer simply lifechanging resort-style living for active over-50s who are moving to the region for its unsurpassed lifestyle,” said Adrian.

“We’re looking forward to officially launching this new resort’s first stage soon and sharing progress updates throughout the year.”

Stay up to date with launch news

Stage One will be released in early 2023. To stay up to date about launch news, sign up online to be first to receive the latest details about Living Gems Glass House Mountains.

Register your interest at www.livinggems.com.au/ghm



Lights, camera, action!

Behind the scenes of Living Gems' commercial shoot

Bringing the Living Gems experience to life with a fresh, entertaining commercial campaign saw a production crew of more than 20 people set up at locations across Brisbane, as well as Living Gems' Amber and Caboolture resorts.

The campaign, which includes four television commercials as well as photography, is part of Living Gems' exciting new re-brand which aims to communicate the great lifestyle on offer at our Queensland over-50s resorts.

Living Gems CEO Adrian Puljich said the commercials had been crafted to be irreverent and fun, taking a light-hearted approach in order to capture people's attention.

"We wanted to create commercials that are approachable, friendly and relatable. Each of the commercials are different but all are down to earth, and warmly amusing," Adrian said.

"The aim is to show how a move to a Living Gems resort can let people free up their time and energy for a better lifestyle. As our new tagline says, it's 'simply lifechanging'," he said.

"I'm really happy with the way they turned out and I hope the audience likes them as much as our team does!"

Take a look behind the scenes!





Day 1

On the first day of shooting, in suburban Brisbane, the actors and crew hit the deck (or rather a deck) plus a kitchen in an older-style home for commercials one and two.



Day 2

The second day of shooting saw production move to another Brisbane location, in the thick of overgrown grass on a suburban lawn. After breaking for lunch, the crew headed to Amber by Living Gems in Logan Village to film inside one of the resort's beautiful display homes.



Day 3

Living Gems Caboolture Riverfront in Moreton Bay was the hot spot for day three of the shoot, with the resort's facilities taking centre stage, including the gym, lawn bowls green, pool, barbecue alfresco area and tennis court.



Day 4

The cast and crew returned to Living Gems Caboolture Riverfront for the fourth and final day of filming, shooting streetscape scenes plus more scenes in the country club's ten-pin bowling alley and foyer.



The Living Gems commercial campaign will roll out online and on television networks this month.

Riverside release

Premium site homes hit the market

The recent release of 12 premium sites in the Final Stage of residential construction at Living Gems Caboolture Riverfront over-50s lifestyle resort has attracted great interest from buyers.



“Building has commenced and we have already sold several of these fabulous homes situated on oversized sites which enjoy an outlook over beautiful natural bush, trees and the Caboolture River, which flows 20 metres below,” said Living Gems Caboolture Riverfront Sales Manager, Glenys Lowry.

Homes on the resort’s premium riverside sites range from \$820,000 to \$970,000, and offer three bedrooms, two bathrooms, well-appointed kitchens with walk-in pantry, integrated dishwasher and fridge, ducted zone air-conditioning, ceiling fans throughout, security screens on all doors and windows, plus all the standard, high-quality inclusions for which Living Gems is renowned. Some designs also feature skylights and high ceilings.

Established for six years, Living Gems Caboolture Riverfront hosts a top array of facilities including a magnificent country club where residents can enjoy everything from ten-pin bowling and a heated pool to a fabulous venue for live-performances and events.

“The real key to this great community is the residents themselves. They do so much as a community and for each other.”

Glenys said it is expected construction of all 12 homes will be completed between March and May this year, bringing the total number of residences at the resort to 316.

“We also offer purchasers a 120-day conditional contract which will give them four months to sell their own homes,” said Glenys.

She added that for those who sell early, Living Gems will also pay for storage of their furniture for 12 weeks during the build stage, so they can go off and enjoy a well-deserved holiday while their dream home is being constructed.

For more information or to book a private tour of Living Gems Caboolture Riverfront resort with Glenys, please call 0438 660 436 or 1800 718 417.

Save the date! Living Gems Toowoomba Open Day

SATURDAY, 4 MARCH
10am to 1pm

Secure the lifestyle of your dreams at Living Gems Toowoomba before it's sold out! Come along to the Open Day to view our superb display homes and take in the idyllic natural surroundings for a taste of a lifestyle that's simply lifechanging.

Early release of Amber by Living Gems Stage Two



Stage Two at Amber by Living Gems has been released ahead of schedule with sites almost sold out in Stage One.

Residential construction is set to begin this month, with 92 home sites available including a limited number of special RV-friendly homes.

Starting at only \$569,000, six three-bedroom home designs will be available in Stage Two, each with between 194.4 sqm to 210.07 sqm of living space, two bathrooms, stunning modern kitchens with walk-in pantries, and lovely alfresco areas.

Amber by Living Gems Sales Manager, Tameeka Manson, said there had been a big uptick in interest in the over-50s resort, with buyers impressed by the quality build of the display homes, the facilities on offer - including the future country club - and the peaceful semi-rural location.

“The six available designs are our most popular and feature all the wonderful standard inclusions that Living Gems’ homes are known for such as ducted air-conditioning, quality kitchen appliances, top-notch finishes and fixtures, and so much more,” she said.

“And best of all, our homes are surprisingly affordable. People are always blown away by what comes as

standard at Living Gems – it’s great value for money and something we are proud of.”

Tameeka added that the RV-friendly home sites would be popular with buyers who love to hit the road in their caravans or motorhomes.

“I recommend people get in touch with myself or Lynda as soon as possible because there are only a few RV homes available in Stage Two and they are sure to be snapped up quickly,” she said.

Located on ten hectares in a picturesque part of Logan Village, Amber by Living Gems offers idyllic rural ambience with all the convenience of local shops, restaurants and amenities a short distance away.

“The area caters to such a diverse range of interests and the community – both inside and outside the resort - provides so many opportunities for social interaction. It’s very appealing to over-50s looking to downsize or retire,” she said.

“We already have buyers lining up to secure their place in Stage Two and are confident it will also sell quickly.”

When finished, Amber by Living Gems will comprise 231 homes, delivered in two stages.

Contact the Amber by Living Gems sales team

To find out more about Stage Two or book a tour, contact Tameeka Manson on **0407 766 414** or at tameeka@livinggems.com.au or Lynda Ruddell on **0456 383 269** or at lynda@livinggems.com.au

Meet Living Gems Caboolture's Resort Managers

Managing and overseeing an over-50s lifestyle community isn't a new venture for Living Gems Caboolture Riverfront new resort managers, Linda and Steve Eddy.

"Steve and I have been in building management for over-50s communities around the country for the last 16 years," Linda disclosed.

"We moved over from another over-50s company because we love the look of Living Gems – the houses are beautiful,

the resort is lovely, and Caboolture was a good option for us to move to Queensland permanently."

Since this isn't the couple's first rodeo, they have settled in quickly and are beginning to feel at home.

"The residents are so lovely and friendly! The community is extremely active and welcoming, and we have already been invited to lots of events – the residents even put on a little show during one of the parties," Linda said.

"There's always something to do here. We live it, love it and embrace it!"



Amber's new community bus

Amber by Living Gem's community bus has been given a makeover and is turning heads with its eye-catching coral colour featuring Living Gems' brand-new logo.

Amber by Living Gems Park Manager, Hayley Janes, said homeowners are loving the 12-seater bus and it has caught a lot of attention on the road.

"Our residents are so excited for the new bus with its striking colour and modern logo. We have been inundated with bookings as everyone wants to drive it around town and show off the new look!" she said.



Tool time at Amber

Get ready for tool time at Amber by Living Gems with the much-anticipated residents' workshop set to officially open this month.

Amber by Living Gems' Sales Manager, Tameeka Manson, said that residents are amped up to start building their creations with the extensive collection of woodworking and metalworking tools that will be available at the brand-new workshop.

"There has been lots of excitement at the resort with men and women who can't wait to get their hands on the equipment, which will allow them to create anything from furniture, tables, benches and steps to boxes and picture frames," said Tameeka.

"We received an extremely generous donation of operating tools and equipment which we are very grateful for."

Amber by Living Gems' homeowners are in the process of setting up a workshop committee and nominating a resident to be their chosen representative to oversee the workshop and its safety.

Living Gems resident, Paul Bell, is keen for the workshop to be up and running so he can resurrect his old hobbies.

"I used to have a passion for pouring model lead soldiers which probably should be conducted away from a home environment, so a workshop might re-ignite that passion - not literally!" Paul chuckled.



"In the past I have only been an occasional woodworker and so I have not invested in a wide range of tools, but I am now excited to have access to a dedicated workshop, stocked with the right tools for the job."

Tameeka added, "The resident workshop will not only be a space for homeowners to fuel their imagination and bring their projects to life, but also a hub where they can socialise with their neighbours and form new friendships."

"I am now excited to have access to a dedicated workshop, stocked with the right tools for the job."

Follow your gut

Expert tips to improve gut health

Has indulging over the holiday season left you feeling tired, bloated and slightly larger around the waist? Experienced dietitian and metabolic health expert, Carly Barlow, takes us to the core of the issue - your gut bacteria.

“Your gut bacteria, or gut microbiome, is a community of trillions of bacteria living in your large intestine which release beneficial substances into your bloodstream that are vital to your health and wellbeing,” Carly explained.

“Most people are surprised to learn that their bloated stomach may be a result of their gut bacteria.”

Like a fingerprint, each person’s microbiota (mix of bacteria) is unique and originally determined by their DNA but is also influenced by diet and lifestyle.

Carly described the process of how



eating plant foods helps to feed our good gut bacteria.

“When you eat plant foods, your body can’t break down the part called ‘fibre’ so this is where your gut bacteria take over. When your gut bacteria digest this fibre, they produce beneficial fatty acids which are distributed to every part of your body through your blood,” she said.

“One of the favourable fatty acids is butyrate, which enhances your health in many ways.”

Butyrate helps to improve your gut health by boosting your body’s immune defence system, regulating your blood

Simple tips to promote good gut bacteria

1. Eat a variety of plant foods – aim for 30 different plant foods per week including vegetables, fruits, nuts and seeds.
2. Add some prebiotic-rich foods to your breakfast – such as combining asparagus with eggs or chopped onion and garlic with tomatoes.
3. Eat yoghurt filled with beneficial probiotics – look for the words 'live active cultures' or 'lactobacillus' which are friendly bacteria and choose a brand with low sugar and high protein for added health benefits.



sugar levels (goodbye sugar cravings) and strengthening the gut mucus lining (no more upset or bloated tummy).

The key to producing butyrate is by consuming foods which contain prebiotics and probiotics, each having their own role to play in the battle for better gut health.

Probiotics are living strains of bacteria that add to the population of good bacteria in your digestive system while prebiotics are specialised plant fibres that act as food for the friendly bacteria, stimulating growth among the pre-existing good bacteria.

“When we eat a diet rich in probiotics, such as yoghurt or fermented foods like kombucha, we are supplying our body with healthy bacteria,” said Carly.

“Think of prebiotics as the soil that will help the bacteria survive. Without a fuel source, the good bacteria will simply move on and won’t colonise the gut. Prebiotics are found in high-fibre foods such as onion, garlic, leeks, asparagus and the supplement inulin.

“Probiotics and prebiotics both work together to make the beneficial butyrate.”

About Carly

Carly is an accredited practicing dietitian currently working at Gold Coast Private Hospital with a passion for metabolic health – an increasingly popular approach to nutrition that is important to energy levels, weight management, and vitality.

To promise or not

Living Gems residents share their New Year's resolutions

Each year, resolutions are set on or before 31 December by millions of people worldwide, yet by the morning many are already rethinking them. So, how do we achieve our personal goals in 2023?

We asked some Living Gems residents what their resolutions are for 2023 and what advice they have on succeeding. Here is what some of them had to say!

Tina Austin
Amber by Living Gems

Travel: As much as you can, as far as you can, as long as you can. Life is not meant to be lived in just one place. It's not about the destination, it's about the journey! Not I – nor anyone else, can travel that road for you, you must travel it for yourself.

Twenty years from now you will be more disappointed by the things you didn't do than the ones you did do, so throw away the doubts, sail away from your safe harbour, catch the trade winds in your sails. Explore, dream, discover.

Where to: Our club house!!!! Europe in winter with snow falling. I will be in Antarctica on New Year's Day 2023, then Buenos Aires, Thailand (Bangkok), so that is close enough to start the year off. Then there is the Philippines for a couple of months. Maybe a tour of India or Europe later in the year. How do you fit a lifetime's worth of travel in our short lives? Live, love, laugh and travel.

Deb Aimes

Amber by Living Gems

2023 is going to be a year where I make a point of spending more time doing what I'd love to do. I'd like to travel to New Zealand for a holiday; develop friendships and hopefully do some travelling in various areas of Australia. I want to become more active in the community and create my happy place.

Glenda Retallick

Living Gems Toowoomba

My quote for 2023. Make every single day count. It's as simple as that!

Ingrid Weber

Living Gems Caboolture Riverfront

My New Year's resolution this year is to enjoy myself, have fun and appreciate the wonderful life we have at Living Gems.

Marina Woollett

Sapphire by Living Gems

I have been ten-pin bowling at Mount Warren Park since 1986. I started going to the Learn to Bowl when it first opened, as a mum of three children.

I never thought I would still be there 36 years later, and I hope to still be going in my 80s so that is my New Year's resolution. Keep doing what you love.

Diane Ramsey

Living Gems Caboolture Riverfront

My New Year's resolution would be to continue to make new friends, learn some new crafts and activities by using the clubhouse facilities and enjoying the friendship of other residents.

Being active in our village will assist in establishing new friends and attending sessions in the craft room will see you creating new craft items and enjoying the company of others.

Shelagh Clune

Ruby by Living Gems

If I have a New Year's resolution recommendation to share at all, it would be to communicate. Talk to your spouse, talk to your family, talk to your friends and neighbours. So many misunderstandings can be avoided in life if people just took the time to talk to one another.

My other resolution is to not give up chocolate. I started that resolution years ago and it's been very easy to stick to!

John & Mary Skene

Living Gems Caboolture

To keep as active as possible while enjoying the lifestyle of Living Gems.

To travel within Australia, starting with the Tamworth County Music Festival in January.

To spend next Christmas with our son and his family in Munich, Germany.

And what everyone resolves to do - enjoy the company of family and friends.

Great places to visit in Australia in 2023

Start the new year with a roadtrip!

Start the new year right by planning a great Australian roadtrip! To get you inspired, we take a look at some of the iconic places to see and experience, including terrific day trips that are just a few hours from home.

Tasmania

Escape the heat and head south for the summer. Tasmania, the beautiful apple isle, is rich in charm and local history. And being geographically compact, you can pack in a lot of holiday in not a lot of miles.

The only argument to be settled is when is the best time to go. There are some who maintain summer is the best season where the maximum never gets over 25°C, while others advocate for autumn when the leaves turn vivid colours and the fresh Pacific oysters are at their best. Or rug up and experience a bracing winter fuelled by a dram of local whisky, tasty truffles and scallops.

In honour of the four seasons, we've chosen our favourite activities from the very best Tasmania has to offer.

The Aurora Australis - the Southern Lights June to November

The shimmering, ethereal phenomenon, is caused by charged particles from the sun being drawn to the Earth's poles. Tasmania is a great place to catch a glimpse of the Aurora Australis. No sighting, of course is guaranteed, but the best places to visit are Goat Bluff, Carlton Beach and Tinderbox, all of which are a short drive from Hobart. If you intend to visit early in winter, why not check out the Dark Mofo, Hobart's mid-winter festival?

For more information:
darkmofo.net.au

A fine time for wine All year round – October for new vintages

Tasmania's cool temperatures are ideal for a wide variety of grapes including Pinot Noir, Chardonnay, Sauvignon Blanc, Riesling, Pinot Gris and Cabernet Sauvignon which makes it a prime destination for oenophiles. Not surprisingly, it is home to excellent food and wine festivals including:

- Taste of Summer – late December to early January
tasteofsummer.com.au
- Festivale – early February
festivale.com.au
- Tas Wine Fest – late August
taswinefest.com.au

Lose your heart in Tasmania All year round

Explore Tasmania's beautiful scenery and take in the fascinating history by following the Heartlands Trail which takes you through heritage towns, including Oatlands, which has Australia's largest collection of sandstone Georgian buildings. Antiques lovers will be in for a treat with curio stores in many of the historic towns you'll visit. Then stop at some of the distilleries along the way or even try your hand at flyfishing.

For more information:
www.discovertasmania.com.au/things-to-do/road-trips/7-reasons-to-love-the-heartlands





*The Aurora Australis –
the Southern Lights*

Start the beginning of the year by exploring the exhibitions in the famed art galleries and museums. Laugh out loud at the up-and-coming comedic talent at the Melbourne International Comedy Festival in April and book your AFL grand final seats in September or back a winner at Flemington during November.

For more information:
whatson.melbourne.vic.gov.au

Go for gold

Dive deep into Australia's gold mining past with a visit to Ballarat and the popular Sovereign Hill, a living museum that takes visitors back to the heady gold rush era of 1851 to 1861. While you're in the area, why not linger a little longer in Ballarat and take in the historic architecture of the Ballarat Railway Station, the Arch of Victory and explore the impressive Botanical Gardens. And if you had no luck panning for gold at Sovereign Hill, you can buy a sparkling reminder of your trip from The Gold Museum.

- For more information:**
- Sovereign Hill
www.sovereignhill.com.au
 - Ballarat
www.visitballarat.com.au
 - The Gold Museum
www.goldmuseum.com.au



Victoria

Become an urban explorer in Melbourne or venture out to the historical goldfield towns of regional Victoria. No matter where you go, you're bound to be pleasantly surprised.

Festivals in Melbourne

Melbourne bills itself as the cultural capital of Australia and when you see the variety of festivals on offer, it's not hard to see why.



For more information:

Dubbo Observatory
www.dubboobservatory.com

Royal Flying Doctor
 Service Visitor Experience
dubbo.experience.flyingdoctor.org.au/home

Old Dubbo Gaol
www.olddubbogaol.com.au

Taronga Western Plains Zoo
taronga.org.au/dubbo-zoo

Walking the Warrumbungles

Home to Australia's only Dark Sky Park, the Warrumbungles is a sight to behold at night where the sky is free from light pollution, and you can see the stars in all their glory. During the day, why not take one of the bushwalks including the Breadknife and Grand High Top Walk?

For more information:

Warrumbungles National Park
www.nationalparks.nsw.gov.au/visit-a-park/parks/warrumbungle-national-park

Lovely Lightning Ridge

Home to the magnificent black opal – which is Australia's national gemstone – Lightning Ridge is an explorer's delight. Relax after a long day's drive in the artesian baths and take the time to visit the Chambers of The Black Hand sculpture gallery and the John Murray



Lakes Entrance roadtrip

The Great Ocean Road trip from Melbourne is the top of many travellers' itineraries to Melbourne, but there is just as much to see and discover by heading east towards Lakes Entrance.

Head south from the city and make your first point of departure from Philip Island. After seeing the gorgeous fairy penguin parade, make your way back toward the city, stopping at the Puffing Billy Railway – Australia's oldest surviving steam train – and take one of the leisurely trips on offer.

Classic car enthusiasts will find their motor running at the Trafalgar Holden Museum to discover more about the car maker that is as Australian as footy grand finals and meat pies. Make a stop at the Avon Ridge Vineyard for lunch and sample the latest vintage or try one of their stocked craft beers before taking in the splendour of St Mary's Catholic Church at Bairnsdale with its stunning ceiling frescos. Then you've arrived at your destination – beautiful Lakes Entrance with wineries and picturesque beaches to explore.

For more information:

- Puffing Billy
www.puffingbilly.com.au
- Trafalgar Holden Museum
trafalgarholdenmuseum.com.au
- St Mary's Catholic Church
stmarysbairnsdale.net

New South Wales

There's a lot to see in New South Wales from the alpine region, the rugged outback mining towns, the country charm of central NSW to its breathtaking coastline. We look at one of the roads less travelled.

Reach for the stars in Parkes

Learn about Australia's role in televising the 1969 moon landing at the CSIRO Parkes Radio Telescope Discovery Centre made even more famous in the charming 2001 film *The Dish* starring Sam Neill. The centre has an interactive display and an educational 3D theatre and is just a 20km drive north of Parkes.

For more information:

CSIRO Parkes Radio
 Telescope Discovery Centre
www.csiro.au/en/about/facilities-collections/atnf/parkes-radio-telescope/parkes-observatory-visitors-centre/hours-location

Delights in Dubbo

Home to the award-winning Taronga Western Plains Zoo, this Dubbo landmark offers safari-style encounters with giraffes, rhinos, elephants as well as lions and tigers – oh my!

While you're in town, don't forget to explore the Dubbo Observatory, the historic Old Dubbo Gaol and the Royal Flying Doctor Service Visitor Experience.

Art Gallery after starting at the Lightning Ridge Visitor Information Centre.

For more information:

Lightning Ridge
Visitors Information Centre
www.facebook.com/walgett.nsw.gov.au

John Murray Art Gallery
johnmurrayart.com.au

Chambers of the Black Hand
www.chambersoftheblackhand.com.au

Queensland

Head north or head west, you're sure to find your next adventure right here in Queensland. Discover the rainforest splendour of the Daintree or the wonders of the Queensland outback. We showcase some of the places to pin on the map.

A divine wine time in St George

St George
Easter in The Vines
8-9 April 2023

Sample local wines in St George at this two-day festival set in the lush vineyards of Riversands. Ask about free camping available while you enjoy free live entertainment with music from the 1950s to the 2000s. Easter in the Vines is a relaxed, family-friendly event that will give you a chance to sample

scrumptious food and wine available at the vineyard cafe.

For more information:

Easter in the Vines
www.stgeorgeregion.com.au/event/riversands-easter-in-the-vines

Opera among the stars

Winton
Festival of Outback Opera
16-20 May 2023

Spend time with soaring sopranos and bask in the notes of the basso profundo from Opera Queensland in Winton's Festival of Outback Opera. With performances in various locations in Winton, Longreach, Barcaldine, Blackall, Tambo and Windorah, world-class singers bring to life the works of Verdi, Tchaikovsky, Mozart and Tosti.

For more information:

Festival of Outback Opera
www.outbackqueensland.com.au/events/festival-of-outback-opera

Good, better, best in Blackall!

Blackall
Better in Blackall
17-20 August 2023

Fun is better in Blackall, and you can experience it for yourself at the Better in Blackall Festival, a four-day event jam-packed with street parties, art exhibitions, live music as well as sunset



food and wine tastings. While you're in Blackall, make sure you visit the Jackie Howe statue and museum as well as the Blackall Woolscour and the iconic 'black stump' of 'beyond the black stump' lore.

For more information:

Better in Blackall
betterinblackall.com

And they're racing!

Birdsville
Birdsville Races
1-2 September 2023

Travel to the south-west corner of our great state for all the fun of the Birdsville Races which have been running since 1882 when owners, managers and stockmen gathered on the South Australian-Queensland border for the first race. Rub shoulders with the locals and try your luck with a punt. Win or lose you'll be pleased to know that the Birdsville Races proceeds support the vital work of the Royal Flying Doctors Service.

For more information:

Birdsville Races
birdsvillerraces.com





South East Queensland day trips

Take the long way home

The adventure begins in your own backyard. Become weekend explorers with some hidden gems just a few hours' drive from home. Why not make it a day trip with some of your Living Gems neighbours and create some wonderful new memories.

Discover Brisbane's Alcatraz

Take a visit to early South East Queensland's darker side with a trip to the historic prison island of St Helena Island. We reckon it's such an arresting experience that you'll be glad you went.

Established in 1867, the high-security facility was created out of an earlier quarantine station. The buildings you see – the cell blocks, kitchen, hospital and bakery - were constructed by the



After sampling the home-made produce, make your way to one of the invigorating bushwalks including Witches Falls, then stop for wine tasting at Witches Falls Winery before checking out the unique gifts available on Gallery Walk. End a day on the mountain with a spectacular sunset view at Rotary Lookout before venturing to the glow worm caves.

For more information:
Visit Tamborine Mountain
visittamborinemountain.com.au

The mysterious Strangler Cairn

Deep inside Conondale National Park, north-west of the Sunshine Coast is an intriguing artwork shaped somewhat like a giant pinecone and made of natural stone atop which sits a young strangler fig. The Strangler Cairn was created by British artist Andy Goldsworthy as a feature on the Conondale Range Great Walk.

The Cairn is accessible from the Booloumba Creek camping and day-use area but requires a high clearance 4WD to get there. Conondale National Park is home to several lovely half-day treks. Or, if you're keen hikers, the 56km great walk will take you four days.

For more information:
Conondale National Park
parks.des.qld.gov.au/parks/great-walks-conondale-range

The Barn & Scotty's Garage

It's worth taking the drive back in time to explore The Barn and Scotty's Garage in the Lockyer Valley. Perfect for car enthusiasts and nostalgia buffs alike, this special place is a hidden gem that you'll only uncover once you bypass the main roads around Toowoomba.

Outside the old-fashioned petrol station, you'll discover an Aladdin's cave of mid-20th century treasures and lovingly restored classic cars. The Barn has a classic country menu and a diner and, once you visit, you'll realise why this special place is a popular spot for wedding receptions

For more information:
The Barn & Scotty's Garage
thebarnandscottysgarage.com.au

The Falls Drive

You'll fall in love with the view on the Falls Drive, a stunning 80km scenic drive that skirts the Queensland-New South Wales border from Killarney, just east of Warwick to just west of Boonah. Take your time on the winding roads and stop along the way to take in the breathtaking valley vistas and impressive waterfalls.

This drive will take you to Teviot Falls, Browns Falls, Daggs Falls and Upper Browns Falls but the place to stop for a picnic is at Queen Mary Falls where Spring Creek falls 40 metres to the Condamine River which is part of the Murray-Darling River system.

For more information:
southerndownsandgranitebelt.com.au/plan-your-trip/tourist-drives/the-falls-drive

prisoners themselves. In later years, inmates learned trades including boot making, book binding and carpentry.

Cat O' Nine Tail Tours leave from Manly and offer comprehensive historical and eco-tours to help you make the most from the experience.

For more information:
www.sthelenaisland.com.au

Make a cool change on Mt Tamborine

Take a respite from the city heat by taking a drive up the Gold Coast hinterland to Mt Tamborine. Start Sunday morning early with one of the various markets available, including the Tamborine Mountain Country Market on the fourth Sunday of the month and the Tamborine Mountain State School Market on the second Sunday of the month.

Have you been on a fantastic Australian holiday recently? If so, we want to know all about it! Share your photos and your adventure with us in an upcoming edition of *Thrive*. Email us at content@livinggems.com.au



Looking back at 2022

Living Gems year in review

What a fantastic year 2022 was for our extended Living Gems community. New friendships were formed far and wide, and multiple champagne corks were proudly popped by homeowners in celebration of their new Living Gems homes.

Lifestyle changes were put into motion with big decisions made, and although there is no doubt that some tears were shed when saying goodbye to old neighbours and friends, none have looked back and are celebrating their new way of life this year with wonderful new friends, and some even bringing old neighbours with them.

This year saw the very successful launch of the Amber by Living Gems resort in Logan Village. Its open days, most recently last November, brought in new residents to the estate, helping the recently established community continue to grow.

The resort has welcomed so many fresh faces to the Amber family, not to mention the resort managers, Hayley and Sam Janes, who are more than happy to help with all the community's needs. A big shout out to this lovely team taking care of the estate!

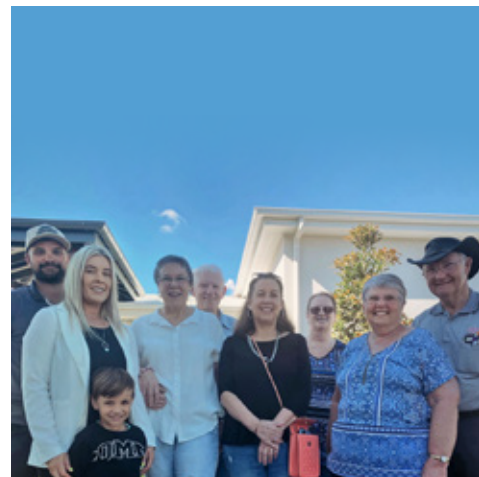
Living Gems Caboolture Riverfront hit its final stage of construction last year with no more than a handful of sites left, so it's no surprise the resort has had time to build a community full of camaraderie and high-energy performances in music and drama. Did we mention the fabulous

craft group that has come together thanks to their Diamond Dot craft co-ordinator, Diane Ramsay?

This established community even had *Better Homes and Gardens* visit last October to film an episode. They are one big happy family and continue to welcome the last newbies to the neighbourhood with open arms and hearts.

We also must mention Living Gems Toowoomba. This resort welcomed many new and interesting residents in 2022. Seven new display homes and six new homes for residents were completed by our construction team, while existing residents got into the heart of the community and did some exceptional work with the help of the Home Owners' Committee, including flood appeals, raising funds through the Worlds' Greatest Shave, and some residents even participating in local fashion parades.

Founder and Director of Living Gems, Peter Puljich, officially opened a new bowling green at Sapphire by Living Gems, and we were also proud to introduce the new Yarra home design.









What's on in January

Get out and about in South East Queensland!

Jump into the new year with a great range of activities and events in South East Queensland, including Toowoomba, to get you out and about.

January 2-6

Qoin Sail Paradise Regatta

The Southport Yacht Club spectacular high summer offshore sailing regatta, Qoin Sail Paradise, will be staged from 2 to 6 January over courses set between Main Beach and the Queensland-NSW border. This five-day event with four days of racing will be staged on the beautiful ocean waters off the Gold Coast's golden beaches allowing spectators on the shore to be enthralled by the closeness of the racing and the blaze of colour that will come from the yachts' many spinnakers.

The event includes live entertainment nightly at Southport Yacht Club's Main Beach Clubhouse.

Southport Yacht Club

1 Macarthur Parade, Main Beach

Info: southportyachtclub.com.au

January 14-15

The Red Carpet Gold Coast Antiques and Collectables Fair

The world-class venue showcases this colourful event with an extensive range of locally made jewellery, silver items, books, furniture, antique pieces and many other unique collectables.

Coomera Indoor Sports Centre

35 Beattie Road, Coomera

Info: antiquesandcollectablesfair.com





January 18, 20 & 29

Drum make-and-play workshop

At this workshop, facilitator Velvet Pesu, a performance artist and percussionist, will show you how to create a drum using repurposed materials. You can customise your drum with paint pens and other decorative items. Once made, tap into your musical side and learn rhythms and beats with other participants.

18 January 2023, 2:00 PM - 3:30 PM

The Mill Waterpark, 1 Moreton Parade, Petrie

20 January 2023, 9:00 AM - 10:30 AM

CREEC, 150 Rowley Road, Burpengary

29 January 2023, 9:00 AM - 9:45 AM

Scarborough Beach Park, Landsborough Avenue, Scarborough

Info: www.moretonbay.qld.gov.au/Events/Drum-Make-And-Play



January 25

Burns Supper

A night of pipes and haggis and poetry at the Fox & Hounds Country Inn, Wongawallan.

Join the toast while the haggis is piped in, listen to the address, and swig Scotch whiskey all night.

Accompanied with some great tunes from a pipe specialist, you will be dining on a three-course menu fit for any Scotsman.

7 Elevation Drive, Wongawallan

Info: www.foxandhounds.net.au/special-events

January 21

Cardigras

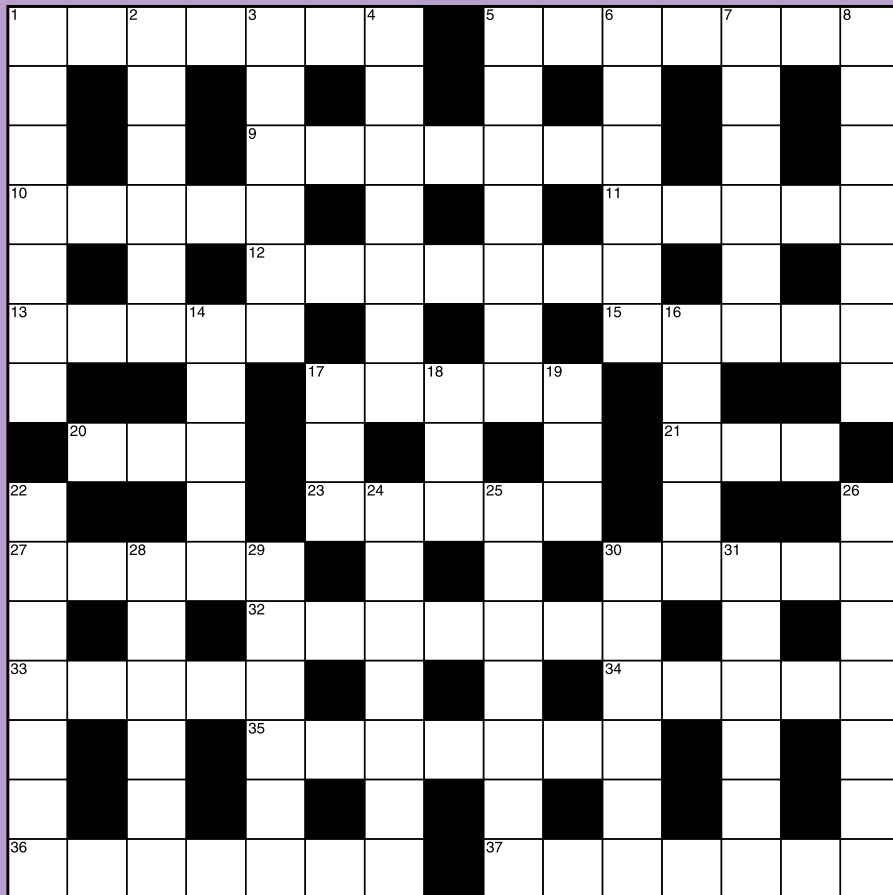
Cardigras Gatton. Music by Super Trouper ABBA Tribute Show.

Cahill Park Sports Complex

64 Buaraba Street, Gatton

Info: events.humanitix.com/cardigras-gatton-abba-festival

Crossword



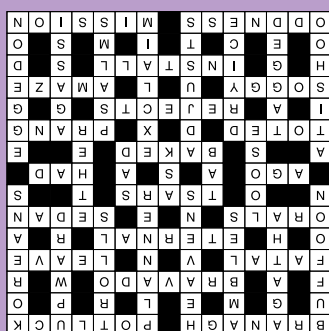
Across

1. Actor/director, Kenneth ...
5. Randomness (3,4)
9. Show of courage
10. Lethal
11. Yearly holidays, annual ...
12. Perpetual
13. Spoken tests
15. Family car
17. Russian emperors
20. In the past
21. Owned
23. Roasted
27. Carried (gun)
30. Collision
32. Knocks back (proposal)
33. Drenched
34. Astonish
35. Set up (machinery)
36. Weirdness
37. Space flight

Down

1. Clown
2. Writer, ... Christie
3. Strolls
4. Skies
5. Organiser
6. Cave-dwelling monsters
7. Towards the top
8. Seoul natives
14. Unrestrained
16. Anaesthetic gas
17. Bar account
18. Inquire
19. Distressing
22. Sneeze noise (1-6)
24. Twiddles with
25. Shout
26. Goaded (5,2)
28. Earmarked
29. Solid CO2 (3,3)
30. Biblical prayers
31. Tennis ace, Andre ...

Solution



Delicious low-calorie salad

Prawn and Soba Noodle Salad



Kickstart your new year diet with this nutritious and satisfying salad!

Who said salads are boring? You'll be coming back for seconds once you try the talented Chef Matt Conquest's fusion seafood salad that will keep your weight down but your spirits high this summer.



Ingredients

Serves 4

Prawns:

- 1kg large green king prawns, peeled and de-veined
- 2 tbsp mixed (black and white) sesame seeds
- 1 garlic clove, finely grated
- Lime zest
- 1 tbsp sesame oil or olive oil
- Salt and pepper to taste

Salad:

- 1 pack soba noodles
- 2 Lebanese cucumbers, halved and then cut into angled slices
- 1 red onion (100g), sliced thinly
- 1 fresh long red chilli, seeded and sliced thinly
- 1 bunch asparagus, cut into spears and blanched
- ½ cup mint, picked and torn
- ½ cup fresh coriander, coarsely chopped

Dressing:

- 2 tbsp light soy sauce
- 2 tsp fish sauce
- 2 tsp grated palm sugar
- 2 tbsp lime juice
- 1 tbsp rice wine vinegar

Method

1. Mix all the marinade ingredients and pour them over the prawns (you can choose to skewer the prawns or leave them as is).
2. Sear the prawns in a hot pan with a dash of oil and cook until lightly browned. Alternatively, fire up the barbecue and grill the prawns over high heat until done.
3. Combine the ingredients for the dressing in a salad bowl.
4. Cook the soba noodles in salted water for 3-4 minutes. Drain and rinse with cold water and toss into the dressing, along with the other salad ingredients.
5. Plate up the salad and top it off with the prawns. Grill a couple of cheeks of lemon or lime to serve if desired.

Oishii!



Spread the word
& earn \$1000!

Refer a friend and be rewarded

Residents of Living Gems over-50s lifestyle resorts are being offered an opportunity to benefit from a new referral program.

Living Gems CEO Adrian Puljich said nothing beats word-of-mouth recommendations from friends and family when it comes to making decisions about everything from trying a new restaurant or joining an exercise class to purchasing the latest smartphone or buying a home in an over-50s lifestyle resort.

"In fact, many homeowners' decisions to move into a Living Gems resort have been influenced by glowing reviews from trusted friends or family members, and that is something we can now reward through our special referral program, putting \$1000 into each referrer's pocket," he said.

Living Gems values the power of word-of-mouth endorsements and has introduced the referral program as a way to thank residents for their support and encourage other residents to share their thoughts with friends, family and acquaintances.

Terms and conditions apply. For details, please go to www.livinggems.com.au/terms-of-use#referral

Amber

1 Manuka Road,
Logan Village QLD 4207

1800 317 381

Pacific Paradise

596 David Low Way
Pacific Paradise QLD

1800 978 388

Maleny

23 Macadamia Drive,
Maleny QLD 4552

07 5429 6108

Caboolture Riverfront

176 Torrens Road,
Caboolture South QLD 4510

1800 288 918

Opal

42 Quinzeh Creek Road,
Logan Village QLD 4207

07 5547 2333

Sapphire

196 Logan Street,
Eagleby QLD 4207

07 3804 7655

Toowoomba

500 South Street,
Glenvale QLD 4350

1800 348 977

Ruby

225 Logan Street,
Eagleby QLD 4207

07 3386 1771

Gold Coast

70 Hansford Road,
Coombah QLD 4216

07 5577 5899

livinggems.com.au

Living Gems

*Any artist images displayed within this publication are for illustrative purposes only. All information subject to change without notice.