

Living Gems* Thrive

NOVEMBER 2023

Kicking goals

Ex-league player maintains form

Good sports

Levelling up fitness
passions

Giving 100 percent

Centenarian crushes
fitness goals

Let's get physical

Five tips for
fitness over 50

livinggems.com.au

Message from the CEO

Welcome to the November issue of *Thrive*. As we move into the last month of spring, with summer just around the corner, we put the spotlight on enjoying a terrific active lifestyle at Living Gems.

Healthy, vibrant over-50s living is what our resorts are all about and in this month's magazine, we share a story from an Amber homeowner and self-described gym junkie about the importance of weight training to staying strong as well as a piece about a couple that makes the most of all their resort's facilities from pickleball to lawn bowls, the gym and swimming pool.

In recognition of International Men's Day on Sunday, 19 November – which this year champions the theme 'Healthy Men, Healthy World' - we feature some stories about Living Gems men's groups and activities at different resorts, plus a piece on a Living Gems Gold Coast resident who, at the impressive age of 100, couldn't be more committed to staying fit and healthy (see pages 14-15). International Men's Day is a great opportunity to help shine a light on the issue of men's health by taking action to stay healthy (both physically and mentally), check in on a mate, improve male health together, and be inspired by healthy male role models or be a role model for others!

In Logan Village at Amber by Living Gems, Stage Two residential construction is powering ahead. Great strides are being made on the resort's two-storey Country Club with the roof structure over the pool area now complete, upper-level sheeting work nearly finished and work to commence shortly on the recreational area's facilities. With only 30 homes remaining in Stage Two, our sales team is very much looking forward to welcoming guests to the resort for our Open Day on Saturday, 25 November. For more information and registration details, see the bottom of page 3.

Living Gems Caboolture Riverfront has a limited number of spacious and very stylish move-in ready homes available on impressive premium sites. Turn to page 18 for more information if you're ready for a simply lifechanging move to this established and friendly community.

I hope you enjoy reading the November issue of *Thrive* and I look forward to bringing you more Living Gems news and updates next month.



Adrian Puljich
CEO

Amber's Country Club taking shape

Construction is powering ahead on the \$10.5 million Amber by Living Gems Country Club, with work commencing shortly on the building's recreational area facilities.

The classically modern building, which was designed to harmonise with the idyllic semi-rural charm of its Logan Village setting, is currently on track for completion within the first quarter of 2024.

Living Gems CEO Adrian Puljich said the commercial construction team had commenced tiling on the ground floor, and finishing sheeting works on the first level.

"I know our homeowners are keenly watching this terrific facility take shape, especially as the building comes into the final stages of construction," Adrian said.

The Country Club is set to become the social hub of Amber by Living Gems' growing community.

From the ground floor lobby area, the building flows through to the main hall complete with dance floor and stage. Also on this level, will be a formal lounge space, cafe/



dining area, a fully equipped gym, and hair salon.

The ground level of the Country Club opens onto a large alfresco area with loggia as well as the pool area and barbecue pavilion, plus a lawn bowls green with nearby clubhouse, and pickleball and bocce courts.

On the first floor, residents will be able to enjoy a large games room with billiards – complete with a balcony for taking in some fresh air, a sizable library, private cinema, an arts and crafts studio, music and meeting rooms, a two-lane ten-pin bowling alley with the golf simulator located nearby.



You're invited

Amber by Living Gems Open Day

Date Saturday, 25 November 2023

Time 10am to 1pm

RSVP Register online at livinggems.com.au/AmberStage2 by Wednesday, 22 November

Registration essential.

With fewer than 30 homes remaining in Stage Two and the release of our first-ever double-storey home designs, there's never been a better time to make that simply lifechanging move.

Explore five beautiful displays and learn more about our exclusive double-storey homes that boast between 230sqm to 233sqm of living space. With single storey homes from \$588,000 and highset homes from \$830,000, spring into action and join us at our Open Day.



Lifelong commitment

Kicking goals with fitness for the over 50s

Maintaining a good fitness level has been a lifelong commitment for former rugby league player and Amber by Living Gems homeowner Ken Brown, and now in retirement, he has continued his dedication to keeping fit.

"I've just turned 74, and I'm determined to keep fit because one thing is for sure, it makes you feel better in body and soul," said Ken, who still plays Old Boys Touch Football each Sunday.

His obsession with rugby league began as a schoolboy playing at West Juniors in Red Hill, now the Broncos' training ground.

He then played for Mount Gravatt in the Under 14, 15 and 16s before eventually playing in the Reserve and A Grade teams for Wynnum Manly.

In 1976 he was headhunted to join the Nerang Rugby League Club on the Gold Coast and that's where he stayed until he was 39.

"I'm very proud to say that during my time with Nerang we won the A Grade grand final in 1978, which was fabulous," said Ken with a huge smile.

After retiring from the game for which he trained up to four nights a week, Ken maintained his fitness by taking up squash in his 30s.

"I also started coaching football, began running and continued to keep my weights up at the gym. I did the weights on the pulleys and used the rowing machine for cardio workouts," he said.

When Ken and his wife of 45 years, Sue, moved into Amber by Living Gems in January last year with their two loveable chihuahuas, they vowed to keep active.

Sue takes part in keep fit classes at the temporary country club and enjoys walking, while Ken is known as somewhat of a gym junkie, attending the Snap Fitness gym at nearby Yarrabilba three to four days a week for about an hour-and-a-half each session.

"The gym is less than eight minutes away, but it will be much easier once our Country Club is finished and we'll have all the fitness facilities on our doorstep," said Ken who, being the chef at home, also ensures the couple eat well.

Ken believes that once the new Country Club is up and running, many more residents will want to use all the facilities to keep fit and active.

"There will be so many options ranging from a pool and gym to ten-pin bowling, as well many other great activities such as specialist groups for things like Pilates, craft, and so much more. I'm sure our seven grandchildren will also be excited with what's on offer," said Ken.

He said Sue also joins other Amber residents for walks along the nearby rail trail, one of many great walking spots in the area.



Good sports!

Living Gems facilities bowl them over

Harry and Merle Hornsby discovered Living Gems Caboolture Riverfront has unleashed a new passion for sports.

“We’ve always been active – particularly now we’ve welcomed a great granddaughter into the family,” said Harry. “Her name is Hazel, she’s four months and just lovely. We’re fortunate to get to see her often because her parents live in Kedron, which is not too far away. Merle is on the phone every evening checking on her progress.”

Lawn bowls is a popular activity with the couple, who love the recently upgraded undercover bowls green that allows them to play in all weather.

“We play bowls a couple of times a week and Merle is actively involved playing lawn bowls at Pine Rivers

where she is also roll-up coach,” said Harry.

In addition to lawn bowls, the gym in the Living Gems Caboolture Riverfront is also well used by the Hornsbys who join in classes led by an exercise physiologist. Swimming in the magnesium-infused swimming pool is an additional bonus, they say.

Pickleball was a sport new to Harry and Merle when they moved to the resort, and they’ve taken to the fast-moving game which shares a lot of similarities to tennis but is kinder on the joints.

“Merle plays two to three times a week,” said Harry. “I used to play with her, but I recently had a fall. However I’m getting better all the time.”

In addition to regular exercise, travel is also important and sees Harry and Merle often getting away in their caravan.

“No, we’re not sitting around all day,” laughs Harry, “At least not until we get to Bali soon for a ten-day holiday to help celebrate a friend’s 50th birthday!”

It was travel that brought Harry and Merle together. The couple will celebrate their 14th wedding anniversary in March.

“We met on a Rhine cruise,” said Harry. “Merle was a passenger, and I was working as a coach driver,” he said.

“I would meet the boat at each stop and take passengers on shore excursions and we clicked immediately. We stayed in touch after the cruise and caught up again in London. Then I came to Australia on holidays - ‘just for a few days’ - and fell in love with the country as well as Merle. I got my visa in 2009 and we were married in March 2010.”



Don't delay!

This is your last chance to make a simply lifechanging move to Living Gems Caboolture Riverfront. There are only three homes remaining on premium location sites overlooking the Caboolture River. These three-bedroom homes feature luxurious inclusions including kitchens with premium appliances and walk-in pantries, plus spacious alfresco areas with green views.





Let's hear it for the boys!

A special lunch to say cheers to the chaps

International Men's Day might be in November, but that didn't stop Living Gems Cabooture Riverfront from doing something special for the fellas in October.

The men's lunch, organised by the Home Owners' Committee (HOC) and the resort's card-making group, was held in the Country Club.

"We had a lot of fun," said Margaret Aland, head of the card-making group. "We kept the catering simple – roast chicken, gravy, chips and salad, and some really nice cheesecake for dessert. And we made sure there were plenty of raffle prizes too."



But a slap-up lunch was just the beginning. Award-winning singer Laura Doolan provided the entertainment and was instrumental in a surprise performance by the ladies of the over-50s lifestyle resort.

“A group of us donned special aprons and lined up with our backs to the audience while Laura started a song,” said Margaret. “Then we turned around so everyone could see the bikini print on the aprons.

“Everyone cheered – they loved it! We pranced about a bit until the end of the song, then we hurried off so we could begin serving the meal.”

The idea for a men’s lunch came from the card-making group who

approached the HOC for support.

“We had a lunch for the ladies in May which had us thinking about something special we could do for the men,” said Margaret. “They’re always doing things to spoil us so we thought it would be lovely to return the favour.”

Living Gems Caboolture Riverfront is known for its active and friendly community with plenty of groups covering a wide range of interests. While many of these groups have both men and women as members, there are a few with overwhelmingly male membership.

Among the most active is the ex-services group with 79 members who are veterans or who are closely

connected to the armed services. Another large group is the residents’ workshop with 84 members who enjoy working on their own projects as well as accepting commissions from other homeowners.

Chair of the HOC Carolyn Paul said there are 26 formal interest groups at Living Gems Caboolture Riverfront.

“There is never any shortage of things to do around our resort, which is one of the reasons why it is so active and friendly,” she said. “No matter what you enjoy doing – craft, dance, sport - the chances are good that there will be someone else at the resort who will enjoy it too.”

Mateship matters

Cueing up for sporting spirit

There is no doubt about it, men love to get together around the pool table and solve the world's problems over a drink or two at their favourite watering hole. And no doubt a glass will be raised to mark International Men's Day which will be celebrated on 19 November.

At Amber by Living Gems, playing pool has enjoyed increasing popularity, according to enthusiastic resident player David Skinner, who has been attending the two-hour Monday sessions since first moving into the over-50s lifestyle resort in March.

"While we are waiting for our brand-new Country Club to be completed, more than 20 men from the resort have been getting together from 10am to noon each Monday at the local Logan Village pub which is only about an 800-metre walk from where we live," said David.



Although David didn't start the group, an honour that goes to fellow resident Richard Davies, he is a keen organiser of resort outings and events and says it was great to get out and mix with other like-minded men.

"Mateship matters! Playing pool allows us all to do something we all enjoy while also having a relaxed chat and getting to know our neighbours," he said.

The activity often brings out the sporting spirit in players.



"I must admit there's a bit of rivalry. Larry Clifford and I often play for a schooner, just as a bit of fun, and when the guys who have their own cues turn up, we always say - "here come the professionals". But it's all in fun and we have a fabulous time. The hotel also puts on free nibbles for us, making for a great day out."

Pool players range from beginners to the widely experienced, which suits David down to the ground because, although he owned a pool table for

many years, he hardly played.

"Many years ago, I thought it would be great to have a pool table, so I bought one for our old home on the Gold Coast. But, in the end, the novelty wore off and I hardly used it. Since moving into Amber by Living Gems my interest has been reignited, and I am loving it again," said the retired Queensland Rail team leader.

We asked David what makes it so attractive to the rising number of

people joining the pool group.

"It's something that is different and fun, and as an added bonus it gives us all a chance to get out, mingle and chat with neighbours and friends. We can't wait for our new Country Club to be completed so the pool tables will be just around the corner from us all. Women are welcome to join in too."



Let's get physical

Five tips to get (and stay) fit over 50

Fitness isn't solely the domain of the young, according to experienced fitness coach Josh Kristenson.

"Realistically, I think the over 50s are doing a whole lot more than people in their 30s and 40s. They're very active," he said.

Josh has worked in fitness for over a decade, as everything from a personal trainer to a competitive body builder. With many years spent developing fitness programs for people of all ages, Josh believes it's truly never too late to start (or restart) your exercise journey – whatever fitness level you're working with.

Here are his tips for getting fit after 50.

1. Find what you like

Fitness is not a one-size-fits-all path. Some of us love a bike ride but hate the gym. Others are all about a group class but not so hot on the idea of training solo.

It's important to find the style of exercise you like, Josh says – because the exercise you like is the one you're actually going to do (and get the most out of).

"Whatever it is that you're picking up, make sure it's something you enjoy. Otherwise, you're not going to be consistent with that plan."

Keep trying different types of exercise out until you find your thing. And don't feel bad if not every style of exercise is for you – even the ultra-fit have their fitness pet peeves.

"For example, I don't love running," laughs Josh.

2. Start with strength

As we age, our bodies naturally lose muscle mass. That reduces our strength and mobility, which puts us at an increased risk of falls and fractures.

But adding strength training into your exercise regime can help you to preserve that all-important muscle mass.

"I'm a big believer in maintaining some kind of strength training," says Josh. "That's going to help you with balance, improve everyday mobility and prevent injuries in the long term."

Don't get spooked by the dumbbells if you've never picked them up before.

"It doesn't always have to be weight training – bodyweight only is okay if you're worried about having to lift something heavy."

If you're not sure where to start with strength training, he recommends booking in with a personal trainer or looking for age-appropriate bootcamps where you'll be guided through the basics.

3. Make it social

If you're struggling to get started with fitness, you might need some external motivation. That's where your friends come in.

"I always find that having people around to encourage you can make exercise fun," says Josh. "And it's one of those things that encourages you to show up."

Making exercise social can have a huge impact in enjoyment and motivation.

Sign up for a gym class with a pal or join an existing sports team or swim club where you might meet new friends. You don't have to do a triathlon together – it can be as simple as getting a group together for a nice coastal stroll.

"Even if it's just a group walk, at least you're out and about," he says.

4. Nail the warmup

When we're young, we can dive in and out of exercise like it's nothing. As we age and become more injury-prone, it becomes extra important to do a proper warm up before getting going.

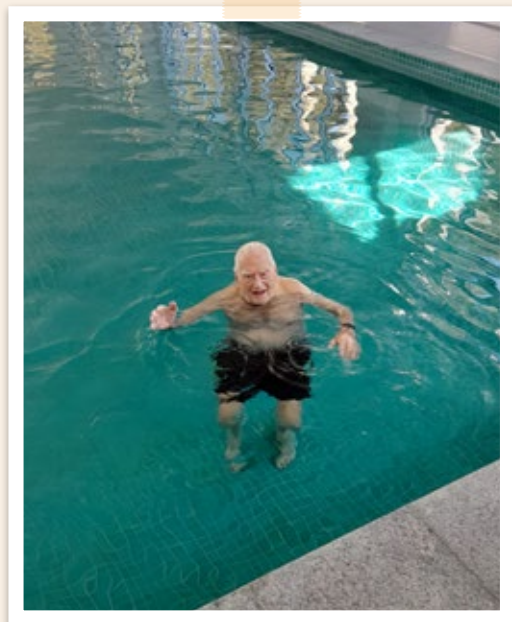
"Make sure the muscles are warm and ready to go before jumping into anything relatively heavy," says Kristenson. "And stretching is great too. If you have the mobility to get into positions, then I think you're less likely to strain something by overextending those muscles."

5. Set goals

Setting goals is a great way of motivating yourself and ensuring you're making progress in your fitness.

"Start small – set the goal of, 'I'm going to go for one or two walks a week', and then slowly ramp that up," says Josh.

"I think setting goals is super important. It's something that I do almost monthly to make sure that the motivation is there. And I'm always revising why I'm doing what I'm doing."



In the swim!

Paddy laps up an active lifestyle

At 100 years of age, it might be understandable to want to put your feet up and relax, but not Paddy Gearon from Living Gems Gold Coast.

He still walks, does daily push-ups and covers the miles on an exercise bike. In particular, Paddy is making the most of the resort's indoor heated pool and spa where you'll find him three to four times a week.

"Paddy is an amazing man who is out and about every morning," said Living Gems Gold Coast Resort Manager Chelsie Steele. "He has always been active as a cyclist and as a walker, but after a few falls, Paddy prefers the swimming pool because he says it doesn't hurt if he falls over!"

A brand-new indoor heated swimming pool and spa opened at the resort late last year and the facility has become a favourite destination for homeowners looking to relax and to keep up with their fitness.

"The pool building has brand-new resort-style furniture and large windows



that overlook the Coombabah Lakelands Conservation Reserve,” said Chelsie. “Homeowners love the magnesium-infused pool and they hold water aerobics classes several times a week.”

Paddy and his wife Elva, who passed away in 2019, were among the first homeowners at the over-50s resort when it opened in 1994.

In those early days, Paddy, with his accordion, joined other homeowners from the resort to entertain residents in nursing homes between Toowoomba and Murwillumbah.

The Gearon family – Paddy, Elva and livinggems.com.au

their six children - left the changeable weather of Victoria for the more pleasant climates of the Gold Coast in 1967 and became tourism pioneers when Paddy purchased the Shangri-la cruise boat. The cruises would become an institution with both locals and tourists enjoying day-long excursions from Surfers Paradise to South Stradbroke Island.

Guests on the Shangri-la were treated to their choice of activities from fishing, swimming or sunbathing, through to adventure activities such as sand tobogganing to waterskiing and aquaplaning. Morning and afternoon tea was included onboard

the boat, while a t-bone steak lunch was held on South Stradbroke Island. Later, the Gearons would purchase the boat, the Scimitar, and cruise the city’s extensive waterways.

That ‘just being on holidays’ feeling is something that homeowners at Living Gems Gold Coast are familiar with.

“We have such a lovely community here,” said Chelsie. “Everyone is so friendly and looks out for one another.

“Our resort has just elected a new social coordinator and the homeowners are getting ready for a Melbourne Cup lunch as well as a lawn bowls social trip.”

Amber

Sales Managers' Message

November is set to be a record month for settlements at Amber by Living Gems! Ten excited residents settled into their new homes at Amber throughout the month of October, with another nineteen homeowners moving in during November.

Tina Austin, our Amber Social Club President has shared that our residents have been keeping busy with Pat and Marj hosting multiple aerobics classes and walking groups every week.

Mahjong has also become a hit at the temporary clubhouse. The game is similar to poker and the aim is to create matching sets and pairs using patterned tiles instead of cards. It has been said that Mahjong is a great game to keep your mind sharp. Cardmaking has also become popular at Amber, which is certainly handy with Christmas just around the corner!

A group of residents have also been frequenting the Logan Village Tavern billiards sessions on Mondays, which is a stone's throw from the resort. We can't blame them for wanting to gain

as much practise as possible prior to the games room opening at the Country Club next year!

Party time! It just wouldn't be the same without Melbourne Cup in November and I know many are planning to celebrate in style.

With the Amber by Living Gems Open Day just around the corner on 25 November, we highly recommend coming along as this may be your last chance to secure your favourite home design and become a part of this special community. With final homes for sale as we construct our last stage of homes, turn to page 3 for registration details.

Call our friendly sales team today on 1800 317 381 and see why a move into a Living Gems resort really is 'simply lifechanging'.



Amber by Living Gems Sales Team

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Celebrate Men's Day with mates

Enjoy some quality time with your mates this November to celebrate International Men's Day. The Logan region has plenty of places to enjoy.

Beenleigh Rum Distillery

Enjoy a distillery tour, savour a tasting, then blend your own rum to take home at the Beenleigh Rum Distillery's rum-blending master class. At the end of the morning, you'll finish with your own 200ml blend to take home. The cost is \$95 per person. Beenleigh Rum Distillery is Australia's oldest distillery, starting as a bootleg operation on the Albert River in 1884.

Beenleigh Rum Distillery is on 142 Distillery Road, Eagleby.

For more information: beenleighrum.com.au

Kingston Park Raceway

Get your motor running at Kingston Park Raceway. This popular go-kart track is a regional institution and features two separate racetracks to suit various abilities. The karts also have onboard computers that log race times and positions, so you can turn it into a real competition with your friends. There are discounts for groups of more than ten.

Kingston Park Raceway is at 20 Mudgee Street, Kingston.

For more information: kingstonpark.com.au

Logan Village Men's Shed

The Logan Village Men's Shed is fully equipped with scroll saws, band saws, engravers, routers and laser cutters. Members create many community projects such as chairs and tables for the Logan City Council but also work on projects for the general public. The Men's Shed is open Mondays, Wednesdays and Fridays between 9am and noon.

The Logan Village Men's Shed is at 21-23 Wharf Street, Logan Village.

For more information: loganvillagemensshed.com.au



Villa 28 | Facade Original

Snowy RV

\$755,000



3



2



RV



1



WIP

With a roomy RV-friendly garage, this Snowy home is perfect for travellers or boaties, as well as for entertaining family and friends. The gourmet kitchen has a large island bench and walk-in pantry, with dining and lounge spaces that flow seamlessly through to the alfresco area. Your generously sized master bedroom, with double vanity ensuite bathroom and walk-in wardrobe, sits at the back of the home to create a tranquil retreat. Two additional bedrooms, with a central bathroom in between, offer plenty of space for overnight guests. This home includes ample storage.



Caboolture Riverfront

Sales Manager's Message

Looking to downsize your home and upgrade your lifestyle? Then it is not too late to purchase one of our three remaining brand-new homes and move in by Christmas or early in the New Year.

These homes really are spectacular with the fantastic inclusions including integrated fridge/freezer and dishwasher. All you need to bring is your furniture because everything else is included in the price. Don't miss out as this is our final stage in this sought-after over-50s lifestyle resort which is full of like-minded people who want to enjoy the best in activities, socialising and living well for many years to come.

Don't miss the chance to purchase some great gifts at our annual craft sale on 24 November where you will find some wonderful home-made items that are set to delight and surprise everyone. It all happens at our beautiful Country Club and starts at 2:15pm with a delicious sausage sizzle.

It is great to see the new set of

lights installed on the corner of Torrens Road, with a pedestrian footpath giving our residents the access to explore Bellmere. In addition, we now have our very own brand-new shopping centre within walking distance.

Our new bus is attracting great use from residents. If you would like to become a resident designated driver, then call in and talk to Maureen and Kevin.

Thank you to all the volunteers that are keeping our community garden looking so colourful and full of delicious produce. Meanwhile, many residents are also enjoying the easy access to the river. It's peaceful, quiet and ideal for activities such as kayaking.

Glenys Lowry
Sales Manager



Living Gems Caboolture Riverfront Sales
Glenys Lowry, Sales Manager
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For illustrative purposes only



Active men in Caboolture

International Men's Day falls on Sunday, 19 November and this year's theme is Healthy Men, Healthy World. We look at some of activities and groups in the Caboolture area that will especially appeal to the blokes.

Caboolture Men's Shed

Designed as a casual place for blokes to get together to form mateships and to enjoy practical skills, men's sheds are an increasingly popular way to find like-minded friends, discuss the events of the day and share your skills with others. The Caboolture Men's Shed meets each Monday between 10am and noon at their premises on Devine Court, Morayfield.

Find out more: caboolturemensshed.com.au

U3A Caboolture

You're never too old to learn something new and the University of the Third Age (U3A) at Caboolture has plenty of short courses to explore from crime-fiction writing and gluten-free cooking to regular social events and excursions. The group meets at 9 Short Street, Caboolture.

Find out more: cabooltureu3a.org.au

Brewery 'hop' spots

Book the Living Gems bus, appoint a designated driver, and make a date to take part in a brewery tour around the Moreton Bay Region's best boutique and micro-breweries to taste test the best bitters, some awesome ales, palate-pleasing pilsners and lip-smacking lagers.

Find out more: visitmoretonbayregion.com.au/blog/craft-new-age-beer-hop-spots-in-our-region



Villa 313 | Facade Two

Pine

\$850,000



Alfresco entertaining is so easy in this move-in-ready Pine home. This three-bedroom home features a light-filled kitchen with skylights overhead and a large walk-in pantry. If you want space, the open plan living and dining area sure has it. The master bedroom is located at the front of the house with a built-in seat with storage and large walk-in robe and ensuite bathroom. The backyard has lovely views through to the riverside backdrop. There are no neighbours behind you, so if you are coming off acreage this is exactly the home for you!



Resort Round-up

Welcome to another edition of our Resort Round-up. There is never a dull moment at our Living Gems communities with so many activities and fun things happening all the time.

Every month at Amber by Living Gems, a 'street' of residents is nominated to host a Happy Hour function where their choice of cuisine is cooked and enjoyed by partakers. Raffle prizes and the 'Lucky Villa Draw' are part of the night's festivities, with the lucky villa draw prize increasing in value for the next month if the winner isn't present! There was much laughter and a great night of socialising enjoyed at the October street party event.

Amber residents also celebrated the arrival of new neighbours Greg and Barbara with a get-together in front of their homes. Welcome to the community, Greg and Barbara!

It is amazing how creative our residents can be with last month's card-making session producing some truly delightful cards focused on Christmas.

Some of Amber's homeowners prefer to sit back and unwind to a tune or two and recently many of

the resort's music lovers enjoyed a terrific performance, 'Neil Diamond Super Hits Show', which was held at The Centre in Beaudesert.

Many residents also had a great time celebrating Oktoberfest at the Logan Village RSL, which is located less than two kilometres from the resort. The night included German food, live entertainment, raffles, and more.

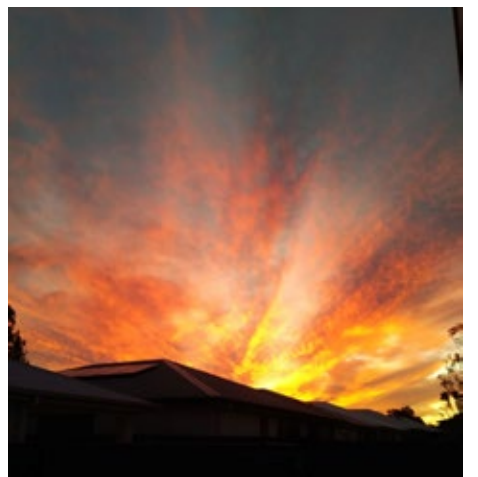
Brilliant sunsets inspired many to snap photos of the breathtaking skies over the Amber by Living Gems resort, while others used their phone cameras to capture backyard gardens, some of which are really turning heads with their colours and landscaping prowess.

Meanwhile, Amber travellers taking part in the Tag Along Tour are experiencing some wonderful sights including a night out at the Nindigully Pub.

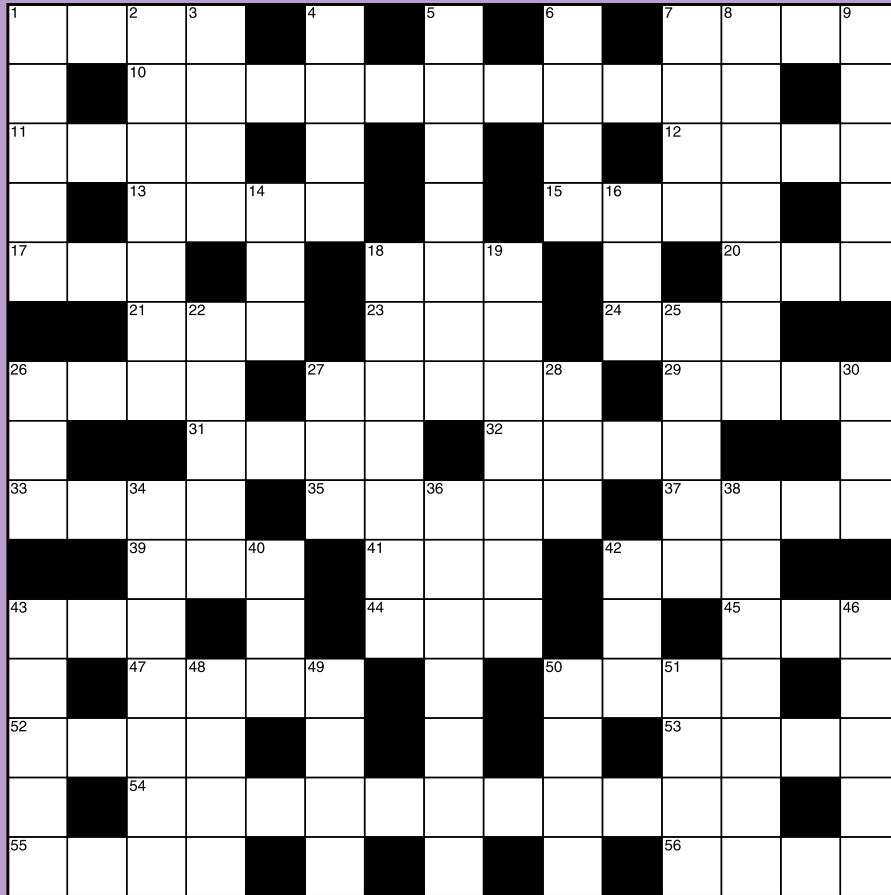


Share your photos and news with us!

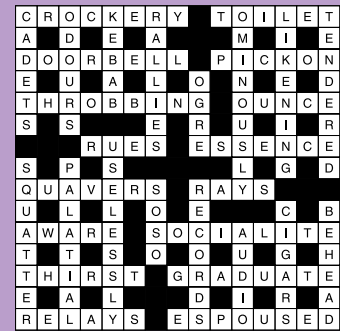
If you would like to have your photos featured in the *Thrive Resort Round-up* next month, or have a story idea to share, we'd love to hear from you. Send your photos to us before the 15th of each month to ensure your shots can be included in the next edition. Email us at content@livinggems.com.au



Crossword



Last month's solution



Across

1. Snatch
7. Actress, ... Winslet
10. Minor quake (5,6)
11. Swiss capital
12. Actor, Robert De ...
13. ... & Eve
15. Shakes (tail)
17. Perched
18. Not many
20. Anger
21. Telepathy (1,1,1)
23. Due time (1,1,1)
24. Gents
26. Launder
27. Cluttered
29. Became old
31. Elliptic

32. Surfaces (road)
33. Shaping dress-tuck
35. Restate main points
37. Abate
39. Application
41. Gutter-press journal
42. Winter virus
43. Void
44. Take to court
45. Duet number
47. Speech
50. Plastic toy blocks
52. Actor, ... Newman
53. Unlock
54. Relocates
55. Observes
56. Viewed suspiciously

Down

1. Cutting remarks
2. Carbonates
3. Musical group
4. Single article
5. Boulevards
6. Kitten's call
7. Chinese city, Hong ...
8. Emerging
9. Flee with lover
14. Mountain
16. Bank machine (1,1,1)
18. Insect antennae
19. Amount squandered
22. Nips (of spirits)
25. Painting stand
26. Fold of banknotes
27. Disfigure

28. Shrill bark
30. Buck's mate
34. Burst suddenly
36. Bitter
38. Postmortem
40. Conger fish
42. Fe, ..., fo, fum!
43. Stares in awe
46. Admitted, ... up
48. Pub drinks
49. Door handle
50. Lion abode
51. Left



Flavoursome meal for Vegan Day

Zaatar Spice Crusted Baked Cauliflower with Zesty Tahini Sauce

With World Vegan Day set to be held on 1 November, why not try a tasty vegan-friendly meal? Chef Matt Conquest recommends this flavoursome baked cauliflower head which can be served as a main meal or - for those dyed-in-the-wool carnivores - as an accompaniment to other dishes such as Butterflied Lamb Shoulder. Serve it with steamed broccolini and asparagus with lemon zest and oil. Finish it off with a creamy, zesty tahini drizzle at the end.



Ingredients

(Serves 4 as a main, 6-8 as a side dish)

Zaatar Spice Crusted Baked Cauliflower

1 whole cauliflower head (medium size and nice and firm)
2-4 tsp olive oil
2 tbsp zaatar or dukkah
1 cup water
Salt and pepper
Fresh herbs to serve (optional)
Lemon zest to serve

Zesty Tahini Sauce

½ cup tahini paste (stirred well to mix the paste and oil)
¼ cup warm water
1 tbsp lemon zest
2 tbsp lemon juice
1 clove garlic, minced
Salt and pepper to taste

Method

1. To make the tahini sauce, combine the ingredients together and stir well. Taste and season to your liking. If it's too thick, add some more warm water and re-season if needed. It should be a nice pouring consistency.
2. Pre-heat your oven to 220-degrees Celsius. Prepare yourself with a Dutch oven or oven-proof dish with lid to cover (or foil).
3. Take the cauliflower and remove the outer leaves, leaving the base stem so it acts like a stand, about an inch in length.
4. Lightly oil the cauliflower head. Rub in the zaatar or dukkah spice into the head of the cauliflower, add a bit more oil if needed and then give it a good season. Rub it in well.
5. Place the cauliflower in the pot or pan and add the water to the pot. Cover with a lid or foil and put it in the oven for 25-30 minutes or until the cauliflower head is tender (easily poked with a skewer). Depending on the size of the cauliflower it could take 30-40 minutes. Be careful taking off the lid or foil as it will be steamy and could cause burns.
6. Once the lid or foil is removed, add some more zaatar spice mix if required and a drizzle of oil and put back in the oven to crisp up. Bake for another 30 minutes, turning it at the halfway point if needed. You are looking for a beautiful golden crust to finish.
7. To serve, bring it to your platter and cut through it like a wedge and serve with fresh herbs, fresh lemon zest and your creamy zesty tahini sauce.

Frame that shot

Get your entries in! Next month is the final of our 2023 photo competition created to highlight some fabulous destinations, favourite local spots, macro shots, action photos, best pet shots and lots more from our homeowners.

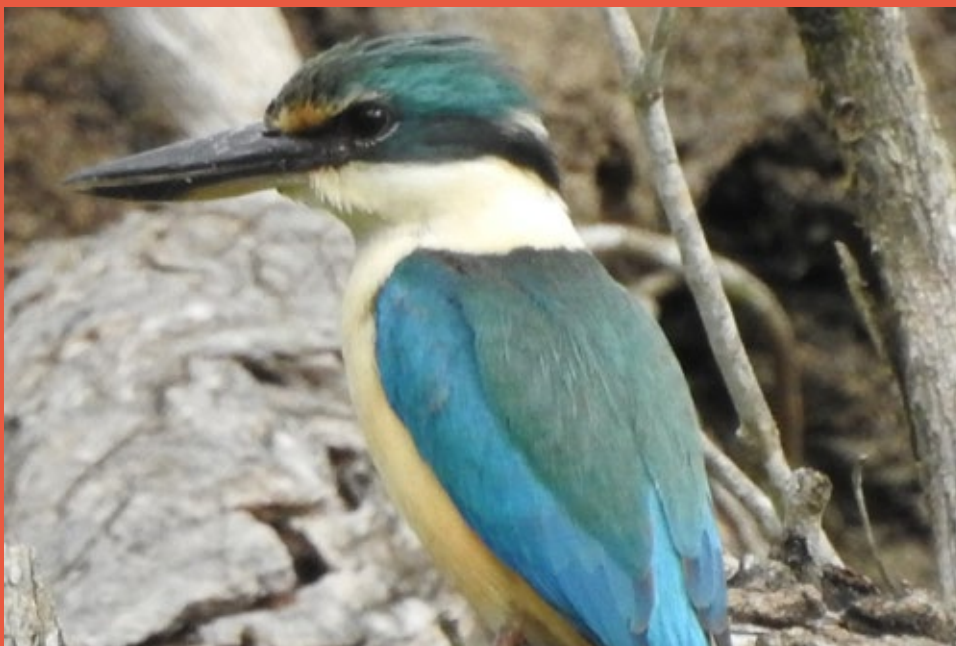
As a Living Gems resident, you can submit as many photos of

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



November Photo Winner

Congratulations to this month's winner, Anne Cook from Opal by Living Gems, for her photo of a kingfisher. Anne says the picture was taken in her backyard at the resort located in Logan Village.

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

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 718 417

Opal

42 Quinze Creek Road
Logan Village QLD 4207

07 5547 2333

Sapphire

196 Logan Street
Eagleby QLD 4207

07 3804 7655

Gold Coast

70 Hansford Road
Coombabah QLD 4216

07 5577 5899

Ruby

225 Logan Street
Eagleby QLD 4207

07 3386 1771

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