

Living Gems* Thrive

JANUARY 2024



New year, new life
Embracing a lifestyle level up

Bring it on
Ready for more in 2024

Summertime style
Freshen up your alfresco

Roads less travelled
Must-take roadtrips for 2024

livinggems.com.au

Message from the CEO

2024 has arrived and we're looking forward to another exciting year at our wonderful Living Gems communities! As we leave 2023 behind and the new year kicks off, we asked our residents to share their New Year's resolutions and they had plenty of inspirational ideas, big and small, for making the most of 2024. Turn to pages 8 to 11 for details.

Among those looking to level up their lifestyle this year are new Living Gems Caboolture Riverfront homeowners, Lynda and John Klavins, who've moved from Sydney to be closer to family and friends and enjoy everything on offer at the resort (pages 6-7).

If you've been thinking of sprucing up your Living Gems alfresco area this summer, turn to pages 12 to 15 for some inspiration courtesy of our talented interior design team. And if you've over-indulged during the holiday season, on pages 16 to 17, experienced dietitian Carly Barlow shares her top tips for improving your gut health.

For those looking for ideas for roadtrip adventures over the next 12 months, we have a great feature on pages 18 to 23 that lists plenty of terrific destinations to satisfy your wanderlust in 2024.

At Amber by Living Gems in Logan Village, sales in the resort's last stage are moving ahead rapidly. The commercial construction team continues to make excellent progress on the Country Club and is well into the finishing stages of this tremendous facility. For details, read more on the opposite page.

There are just a couple of homes remaining in the Final Stage at our friendly, established Living Gems Caboolture Riverfront resort. If you're looking for a simply lifechanging move into a beautiful, brand-new premium home, contact Sales Manager Glenys Lowry to view the last available homes. The sales office will reopen on Tuesday, 2 January (see page 28 for contact details).

I would like to take this opportunity to wish all our readers and residents – current and future – a very happy New Year and all the best for a wonderful 2024.



Adrian Puljich
CEO



Amber's Country Club on the home straight

Construction of the Amber by Living Gems Country Club is coming into its final stages, with the finishing touches on the \$10.5 million facility well underway.

Expected to be completed within the next three months, the stunning, contemporary two-storey building is rapidly coming together.

Living Gems CEO Adrian Puljich said the commercial construction team was powering ahead to deliver the Country Club as soon as possible.

"With the team well into the finishing stages, we expect upstairs tiling to be completed this month and are looking forward to commissioning the ten-pin bowling lanes in February, as well as installing the golf simulator," Adrian said.

"Work is also progressing well on the

outdoor facilities which includes the lawn bowls area, pickleball and bocce courts, and the firepit," he said.

"The team is currently on track to complete the swimming pool tiling this month, reaching another milestone in the construction program."

Installation of a children's playground is scheduled to start in February or March.

"This will be a fantastic spot for the many grandparents at Amber by Living Gems to entertain their grandchildren and I'm sure it will become a very popular part of the resort's facilities," Adrian added.

"It's tremendously exciting to see this incredible facility take shape and we cannot wait to open the doors for homeowners to enjoy everything it has on offer."

Facilities at the Country Club will include:

- Grand ballroom with stage and dance floor
- Commercial kitchen
- Resident bar
- Cafe/dining area
- Formal lounge
- Games room with billiards
- Cinema
- Ten-pin bowling alley
- Arts and crafts studio
- Residents' workshop
- Gymnasium
- Music room
- Conference room
- Golf simulator
- Heated swimming pool with spa
- Barbecue pavilion
- Bocce court
- Bowling green
- Pickleball court
- Library

Simply perfect

Stepping up for an exciting year ahead

2024 will be a year like no other for Don and Tania Mansfield who have downsized from a one-hectare property to a brand-new home at Amber by Living Gems over 50s lifestyle resort ... and they're excited!

"We have a new home, new friends and combine this with the new Country Club which will be ready soon, life is simply perfect," said the couple.

"From 1989 we lived in the Kenmore area and that's where we raised our family before moving to the property six years ago. Retirement loomed so we thought about downsizing and came across Amber at Logan Village. 'Where's that?', we thought at the time," quipped Don.

Married 50 years, Don and Tania, who have two daughters and three grandchildren, knew it was to be the site of their future home straight away and put down a deposit on the spot.

"Tania loved the rural feel and quality of homes immediately, and although we did change our mind for a site in Stage Two and had to wait a bit longer, we were convinced it was the place for us and we are so glad we did," said Don, admitting the couple was very excited about what lay ahead for them at the resort.

Four months after moving in, they are still as upbeat and enthusiastic about what the future holds for them and their three-year-old lhasa apso fur-baby Mandy, who has already befriended many local residents on his twice daily walks around the resort.

"We've all settled in so well. We love our neighbours, and everyone is so friendly and, of course, we can't wait for the new Country Club to be completed. That will centralise everything and give us all the fabulous facilities we could ever want under one roof."

Don, a former accountant, and retired registered nurse Tania believe the opening of the Country Club will be a highlight of the year for all residents, many of whom have been counting the days.

"The facilities will be absolutely fabulous, and we will be using as many as we can including the ten-pin bowling alley, the gym, pool, and pickleball court as well as taking part in mahjong and exercise



and line dancing classes. It will also be great for when our family visit."

Travel is also on the couple's list of things to do in 2024.

"Living in a gated community such as Amber allows us to indulge our love for travel at any time and we plan to make the most of it this year. We've been very lucky and have seen most of the world but would like to see more of Australia including popular places like Broome," said Don.

Meanwhile, Don and Tania are making the most of their beautiful new home which provides them with much more space than they originally thought as well as a relaxing alfresco area overlooking the garden in their backyard.

"We have dinner on the alfresco most nights and we feel so grateful that we found Amber by Living Gems," he said. "The resort and our lovely new home have exceeded our expectations, and we had no trouble settling in at all. Best decision we ever made!"





Embracing community

A lifestyle that ticks all the boxes

When Lynda and John Klavins came up from Sydney for their regular visit to family and friends in Queensland this year, little did they suspect that they'd be returning with a new home.

The couple, who lived for 31 years in Lane Cove, now call Living Gems Caboolture Riverfront home, thanks to their son-in-law.

"Our family live in Caboolture and we have friends who live in another over-50s community in Cooroy," said Lynda. "We could see how much they were enjoying the lifestyle and I said to John that it would be nice if we could find somewhere like that for ourselves."

As it happened, the Klavins' son-in-law was a volunteer for Meals on Wheels and a regular visitor to Living Gems Caboolture Riverfront. He made an appointment with sales manager Glenys Lowry.

For Lynda, it was love at first sight.

"Living Gems ticked all the boxes," she said. "Glenys showed us the home that we ended up buying and it was perfect. We could have moved in then and there."

After returning to Sydney to put their home on the market and to downsize, the couple moved into their new home just before Christmas.

"Most of all, the resort has everything we hoped for because we're both quite active," added Lynda. "I love trying something new and from everything I've seen there is so much to do - like dancing - as well as a few things that we haven't done in years such as ten-pin bowling which I know we'll enjoy with our great granddaughter."

The Klavins have a daughter, two grandchildren and five great grandchildren. Lynda says that living nearby now means much more precious time together.

"The fact we'll be so close to family is just icing on the cake," she said. "John and I still drive, so the idea of being able to meet our eldest great granddaughter from school is something that will give us great pleasure."

Just as important is being part of an active community.

"We've lived in the same home for 31 years and things don't stay the same. It gets more built up and the community changes over that time - which is to be expected, of course," said Lynda.

"But now John and I are looking forward to spending more time with people in our own age group and sharing our gifts, as well as enjoying all sorts of activities and entertainment that are all just around the corner from our new home."

Lynda is a retired hairdresser and was impressed when she first saw the resort's salon.

"It looked lovely in there and when we opened the door to take a look and heard lots of laughter and saw smiling faces, I knew this would be a good place," she said.

Being close to nature is something else which greatly appeals to Lynda, and to her delight, their home overlooks the greenspace that leads to the Caboolture River.

"The resort gardens are lovely as well and we're really looking forward to making it our own," she said.

"We're so excited to make Living Gems Caboolture Riverfront our home. This resort certainly has 'all the ticks'."

Last brand-new homes

Time is running out to make Living Gems Caboolture Riverfront your home. There are only two homes left on exclusive 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. **Call 1800 718 417.**

New Year's resolutions

Great tips and glad tidings for 2024

Living Gems homeowners have plenty to look forward to in their wonderful, active communities. As the bells ring in a brand-new year, a few share their wisdom and hope for the next 12 months.





"Most years our resolution is to lose weight but this year we're looking forward to our latest challenge, having volunteered to work in the bar when our new Country Club opens. It's a great way to meet people and we want to meet as many as possible."

**Irene and Larry Clifford,
Amber by Living Gems**

"We'd like to travel more in 2024. There are plenty of places in Australia that we haven't seen and some we have that we'd like to go back to. We have two trips already planned."

**Lance and Aileen Cause,
Living Gems Caboolture Riverfront**

"We're looking forward to our new Country Club and being able to socialise more with everyone. With all the fabulous new facilities, we also plan to exercise more by using the new pool and maybe doing a bit of dancing."

**Steve and Sandy Trevor,
Amber by Living Gems**

"When it comes to New Year resolutions our motto is to do our best to be happy and healthy, don't let things get us down and to be careful about what we eat. We try to keep positive no matter what!"

**Helen and Nigel Greenwood,
Amber by Living Gems**

"To live every day as if it's your last and if you want to do something now, don't hesitate. We're looking forward to heading off for a six-month adventure to the top of Australia in our caravan. Australia is such a beautiful country, and we want to enjoy every bit of it."

**Bruce and Linda Woodbine,
Opal by Living Gems**

"We both want to lose weight and get fitter in 2024 and can't wait for the new Country Club to be completed so we can use the gym and pool as well as all the other facilities. Post-Covid, we are also planning to return to overseas travel."

**Steve and Bertrina Urquhart,
Amber by Living Gems**

"To keep enjoying the lifestyle here at Opal by Living Gems which we love. Go on a cruise to the Pacific Islands – it will be our 26th cruise – continue water aerobics and line dancing and finish a few more jigsaw puzzles. That'll keep us busy in 2024!"

**Desley and Vic McMullen,
Opal by Living Gems**

"My resolution is to not let my new position as Living Gems Gold Coast social convenor stress me out too much. I'm a little apprehensive but looking forward to it. I also want to keep fit and healthy."

**Gloria Wilson,
Living Gems Gold Coast**

"We would like to do some travelling around Australia and, like every year, lose weight."

**Judy and Stephen Hilton,
Living Gems Caboolture Riverfront**

"Our New Year's resolution is to step out of our comfort zone and socialise more in 2024."

**Allan and Joan Kajewski,
Sapphire by Living Gems**

"Our resolution is to keep breathing and enjoy every day. We have a good sense of humour."

**Gail and Gary Hartigan,
Living Gems Caboolture Riverfront**

"Staying alive! Actually, in all seriousness, one thing Bev and I also resolve to do every year is to continue to be kind."

**Phil and Bev Layton,
Living Gems Pacific Paradise**

"Our resolution in life is never to look back, always look forward and have no regrets."

**Rod and Janene Griffith,
Amber by Living Gems**





Summertime style

Five design tips to get your alfresco summer ready

As the days grow longer and the sun shines brighter, what better time to give your Living Gems alfresco space a fresh, summery makeover.

Living Gems Manager of Interior Design Jennifer Kyle has curated her top five tips to help you make the most of your alfresco area and create an oasis that's perfect for sipping cocktails, hosting brunches, or simply unwinding under the summer sky.









1. Create a green paradise

Add lush greenery to your alfresco space to infuse life and vibrancy. Hanging plants, potted herbs, and vertical gardens can transform even the smallest nooks into a green paradise. Make use of wall-mounted planters and railing hooks to maximise vertical space, and don't forget to water your plants to keep them flourishing throughout the summer.

2. Set the mood with lighting

Lighting plays a pivotal role in creating a cosy, inviting atmosphere for summer evenings. From floor lamps and hurricane lanterns to garden bollards and candles, lighting adds ambience to your outdoor space, letting you set the mood for your get-togethers. Jennifer says fairy lights, string lights and festoon lights are an especially effective way to add instant ambience. "There are so many different options available, and many are budget-friendly too. Lighting not only extends your enjoyment of the alfresco space into the night, but creates a magical glow that's hard to beat," she said.

3. Play with textures and patterns

Elevate your alfresco space with textured or patterned soft furnishings such as cushions, colourful throw rugs or pillows. Updating your soft furnishings and decor is an easy seasonal styling trick that can transform your alfresco space quickly and cheaply. Jennifer recommends lightening up your soft furnishings' palette or adding a pop of colour with new cushion covers or tablecloths. There is a huge range of affordable decor items available that can add to a summer vibe.

4. Add an outdoor rug

Another way to change up the look of your alfresco area is with an outdoor rug. Not only does a rug work wonders in delineating distinct zones in your alfresco space, but it can also complement your summertime colour scheme, adding a pop of personality – or a cosy touch – that brings your outdoor area to life.

5. Just-right seating

When you're not hosting guests and spending quality time with loved ones, comfortable seating becomes essential for outdoor relaxation. Jennifer suggests investing in seating that's just right for sinking into while sipping your morning coffee or losing yourself in a good book. Adding an ottoman is a great way to elevate your comfort, letting you put your feet up when unwinding. "If you're looking to save space, explore chair and ottoman sets where the ottoman conveniently tucks away beneath the chair when not in use."

With these top five tips, your Living Gems alfresco space will become a summer sanctuary where you can relax and entertain with style. Embrace the sunshine, savour the gentle breezes, and create lasting memories in your chic outdoor oasis.

Get your gut right

The way to a healthy body and mind

A healthy gut can play a crucial role in your mental, physical and emotional health, according to accredited practicing dietitian Carly Barlow.

"Looking after your gut health, and the friendly bacteria or microbiome inside, is key to a healthy body and mind," said Carly.

Carly explained that the gut microbiome is made up of trillions of microorganisms, both good and bad bacteria, that live in our gut.

"A healthy gut has a lot of good bacteria which produces what's needed to reduce inflammation in the body. They produce helpful chemicals that also provide many health benefits," she said.

She said the way the microbiomes achieve this is through the food we eat.

"Essentially, good healthy food provides fuel for the bugs to produce those helpful chemicals."

Research has seen advances in gut microbiome knowledge and scientists are beginning to understand how the balance of different types of microorganisms in our gut determine our overall health, according to Carly.

She said the more prebiotic-rich foods, such as onion, garlic, asparagus, fruits, vegetables, nuts, seeds and plant foods consumed, the better and healthier our gut bugs are, which also helps make us healthier.

"It's important to note that when you suddenly add these foods to your diet, it can lead to bloating or gas at first. That's when it is a good idea to see a dietitian who can guide you through developing a healthy gut without too many side effects," said Carly, adding that a slow introduction of a wide variety of plant foods is the best way forward.

Boosting fibre intake can also assist. It helps you stay fuller for longer, moderate blood sugar levels, improve cholesterol levels and maintain regular bowel movements. Eating a fibre-rich diet can help prevent illnesses such as gallstones, bowel cancer, haemorrhoids and diverticulitis.



She said symptoms of a gut that is out of balance can include constipation, very loose bowels or a combination of the two, as well as pain, gas and bloating.

If experiencing any of these, the first step to finding a solution is to keep a food diary.

"Write down what you are eating and any symptoms you may have so you and a dietitian can start to connect



the dots. The problem is not always what you think at first."

Carly said a good healthy diet with prebiotics, while avoiding any trigger foods, can help.

"Studies have also shown that variety in the foods we eat can assist in maintaining a good healthy gut because the bugs like different foods. So, eating a wider variety of plant foods will provide the

prebiotics to fuel a healthy gut."

She said an unbalanced gut can also benefit from the drinking of two litres of water a day to ensure the system is regularly flushed out, eat two kiwi fruits daily, which are shown to reduce constipation, and eat a good healthy diet of regular meals with protein and a variety of fruit and vegetables or plant foods.

"If you are eating like that regularly,

and getting enough fluid or water, you have covered the basics, and a dietitian can help from there."

As an added tip, Carly said probiotics are friendly bacteria and microbes that can be ingested to help restore and build up good bacteria in your gut. They are particularly useful after a dose of antibiotics, tummy bugs, or a bout of diarrhoea.

Take the long way home

Discover Australia via the roads less travelled

Whether you have your own caravan and RV or are looking to hire one, we have some of the best Australian roadtrips that you can travel at your leisure.

Queensland

Your starting point is the Queensland border down of **Hebel** where, in the great Australian tradition, the centre of town happens to be the local pub where you'll find plenty of character in both the décor and the people. Just down the road from the pub is the Hebel General Store and Caravan Park which is the perfect place to stay the night.

About 350kms north, on the Carnarvon Highway, is the sizable outback town of **Roma**, home to the largest cattle saleyards in the southern hemisphere. Explore Queensland's history and visit the Mount Abundance homestead, built in 1860 on the first settlement site in the region. While you're there, check out The Big Rig oil and gas interpretative centre.

Stretch your legs at **Injune** or stay a little longer and use the town as a base to enjoy the wonders of Carnarvon Gorge or press on another 330km to **Emerald** which is rich in history as well as gemstones. Stop to look at some of

the fascinating historic buildings or try your luck fossicking at nearby Sapphire or Rubyvale.

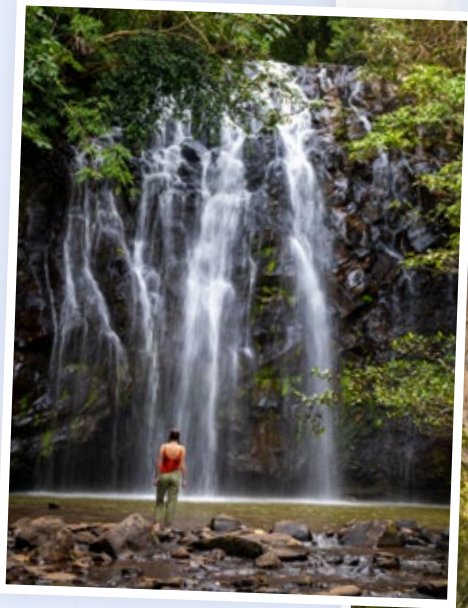
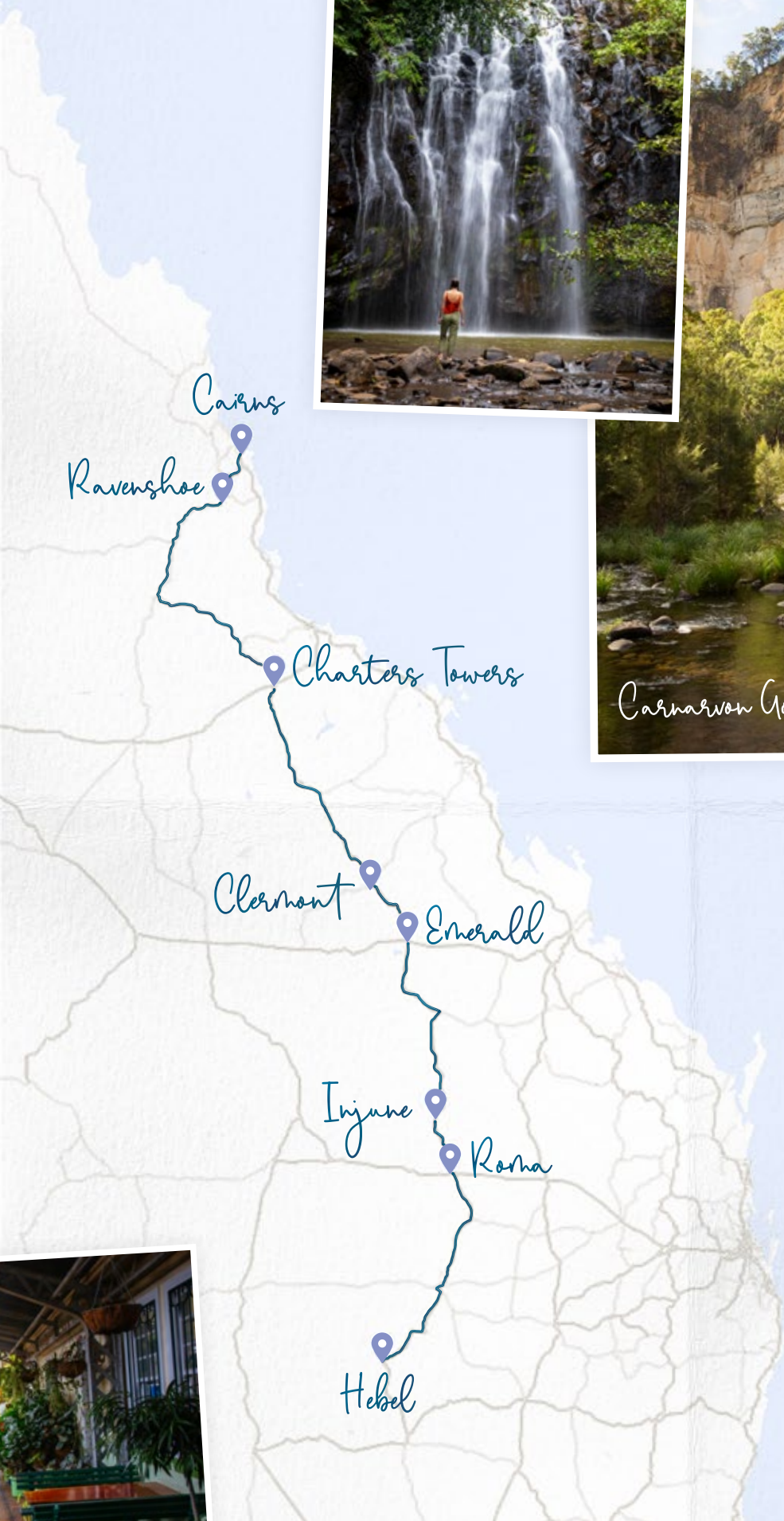
Clermont is just another 115km up the road and is well worth the stop. Settled in 1861, it soon received an influx of people thanks to the discovery of gold. In 1916 however, the town was wiped off the map after a devastating flood in which 65 people died. The town, now resituated a safer distance away from Hood's Lagoon, features several historical reminders, including the famous 'piano in the tree' - a reconstruction of the aftermath of the flood when three pianos were found lodged in trees.

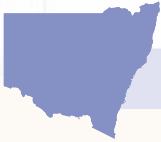
A good 380km further on will bring you to **Charters Towers**. Described as Queensland's most beautiful inland town, its impressive historic buildings serve as a reminder of its importance as a gold mining town - it even boasted its own stock exchange and the first ambulance station outside of Brisbane. There is plenty of heritage to enjoy.

Now you're in tropical North Queensland and the next leg of your journey is longest at 465km where the next stop is **Ravenshoe** in the Atherton Tableland. Stop and relax for a few days, taking in the Millstream Falls National Park and check out the quirky furniture and artwork at The Barn.

This is the last stretch of your roadtrip. The journey from Ravenshoe to **Cairns** is only 147km but what sights you'll see! If you time your arrival into Atherton for August, you'll be there for the Maize Festival which includes a parade of decorated floats. Mareeba is a coffee drinkers and nature lovers delight with Granite Gorge National Park, Emerald Creek Falls, Jaques Coffee Plantation and Coffee Works as its attractions. Then it is time to unwind and take your time exploring Cairns where the Great Barrier Reef and Kuranda Scenic Railway are sure to impress.







New South Wales

Explore the hidden treasures of central New South Wales down to the Victorian border in this 1142km journey that follows the Darling River. This roadtrip will take you down some corrugated dirt roads so do ensure your vehicle is suitable.

We start at **Bourke** on the banks of the historic Darling River, one of the most important river ports of the 19th century. Take the time to savour the history from its ancient Indigenous past at the Mulgowan Aboriginal rock art site to the Bourke Historic Wharf and enjoy a relaxing paddle steamer tour.

Make your next stop south at **Cobar**, a mining town rich in history as well as copper ore. The self-guided heritage walk lets you explore the town's historical buildings at your own pace. Also worth a 70km detour is **Mount Grenfell** and the beautifully preserved Aboriginal wall art from this culturally significant site.

Your next stop will be **Wilcannia**. In the riverboat heyday, this little town boasted one of the largest river ports on the Darling. Located on the edge of the region's opal fields, this place has preserved many of its historic buildings including its heritage-listed centre-lift bridge.

The highway further west will take you to Broken Hill, but head south for another 180 or so kilometres to the **Kincheha National Park**. Stop for a few days and enjoy the camping at Emu Lake. There's no need to hurry, just take in the serenity and observe the wildlife. Don't forget to check out the old woolshed near the visitor's centre.

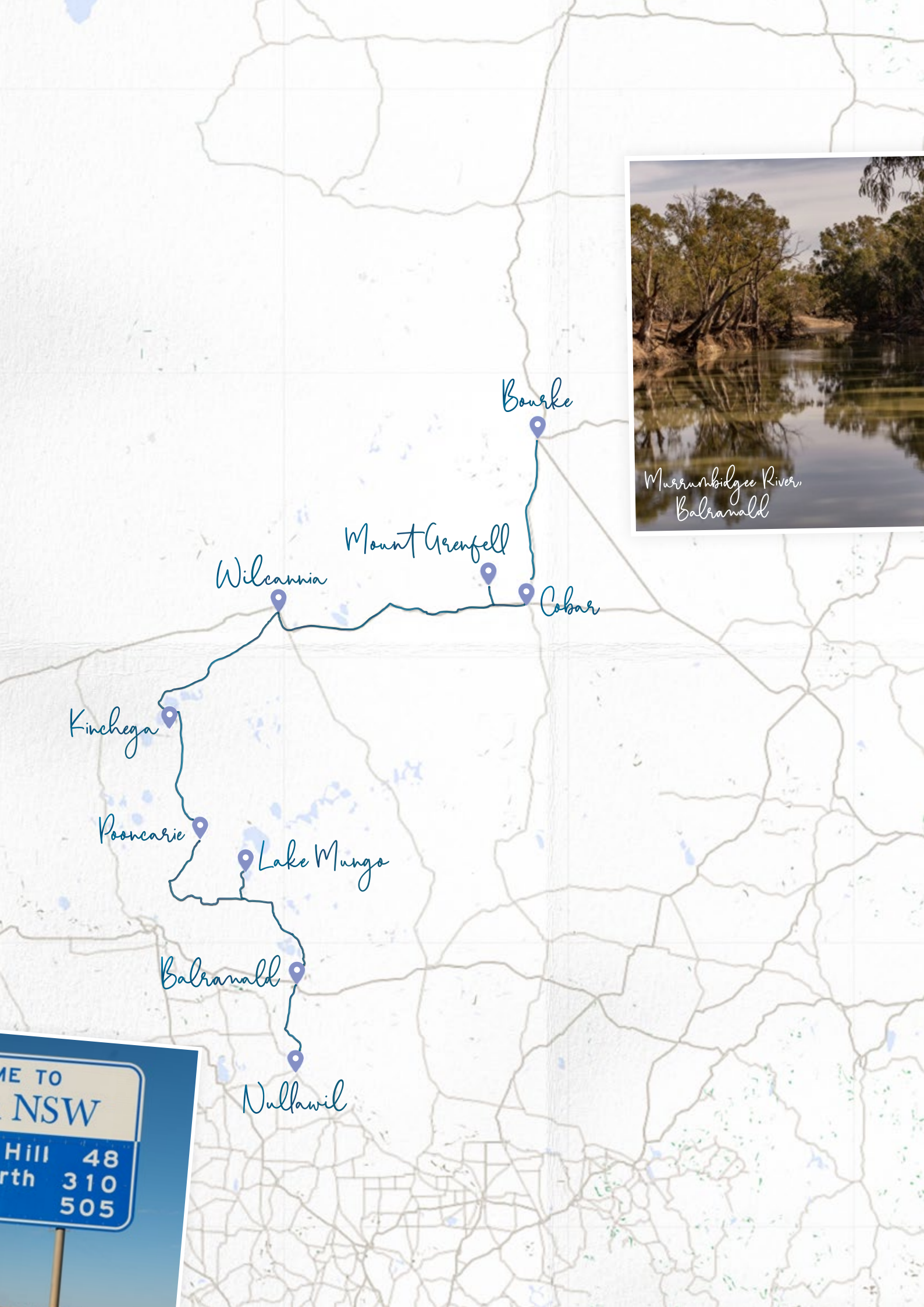
The village of **Pooncarie**, just 150km to the south, is worth a stop for a meal at the Pooncarie Telegraph Hotel. As of December 2023, the road between Menindee and Pooncarie is paved, making for easier travel.

Lake Mungo is the next stop, with a landscape that looks out of this world. The sand-sculpted lunette sand dunes and 'Walls of China' formation will leave you awestruck. Learn more about the Mungo Man and Mungo Woman, the oldest human remains ever found in Australia that date back more than 50,000 years.

Stretch your legs at **Balranald** and stop at the award-winning Balranald Discovery Centre and enjoy a bite in one of the local eateries including a bakery-cafe or the charming RSL.

Your final stop is **Swan Hill** on the southern bank of the Murray River. This small inland city features galleries as well as boutique food producers offering all sorts of gourmet delights. Spend a few days and experience the Pioneer Settlement and book for the nighttime laser light show.





Murrumbidgee River,
Balranald

Bourke

Mount Grenfell

Wilcannia

Cobarr

Kinchega

Poonecarie

Lake Mungo

Balranald

Nullawil



WELCOME TO
NSW

Hill 48
North 310
505



Victoria

Experience large-scale artwork on Victoria's Silo Art Trail, a 700km roadtrip that takes in picturesque rural towns. While it is the shortest of our roadtrips, don't be in a hurry to move from one destination to another. Take your time and spend two or three days exploring the region.

The trail begins two hours' drive west of the historic gold mining city of Bendigo. The town of **Rupanyup** hosts the southern-most part of the art trail. Experienced travellers recommend seeing the silos in the morning to get the most sunlight on the silos and to appreciate the detail of the artwork.

With an early start you can easily fit in **Rupanyup, Sheep Hills, Brim, Rosebery** and **Nullawil** in a morning but don't forget to make time to stop at other attractions along the way such as the Woods' Farming and Heritage Museum at Rupanyup.

Your first day's travel is 417km from Bendigo to the town of **Sea Lake**. Make it an overnight stop and enjoy a 1km hike from the platform overlooking Lake Tyrell, down to the water's edge. If you time your trip for November, you can enjoy the Sea Lake Astro Fest where members of the Astronomical Society of Victoria will have telescopes at the

ready to show you the wonders of the night sky.

The next day head west, taking in the art silos at **Lascelles, Patchewollock** and **Albacutya** – a 173km drive. If spotting native birds is on your must-do list, Lake Albacutya is a mostly dry lake with red gum and black box woodlands. These are home to colourful parrots including the red-rumped and regent parrots, and the sulphur crested and Major Mitchell cockatoos.

The 82km drive from Albacutya brings you to **Arkona**. This surreal looking silo features what appears to be an invisible man playing tennis. In fact, it plays homage to Roley Klinge, a local legend.

This is another place to break the journey by spending time in the town of **Dimboola** which is 10km south of the silo. Perhaps best known for its namesake comedy play, there is more to explore in Dimboola.

The town itself has another claim to fame. Artist Sidney Nolan, best known for his Ned Kelly paintings, was stationed at Dimboola during World War Two and painted several works about the town. However, its national attractions are quite spectacular too. The Pink Lake gets

its vibrant colour from salt tolerant algae and is at its most spectacular after fresh rain. You can even try the Pomponderoo Hill Nature Walks, a 1km hike which offers views across the Wimmera River and meanders through the desert environment that blooms with colour in the spring.

The next day, head out to see the **Kaniva Silo** art. This 78km drive west puts you within 20km or so of the South Australian border. Stretch your legs and check out the 900-metre-long sheep art trail from the silo to the wetlands and fauna park.

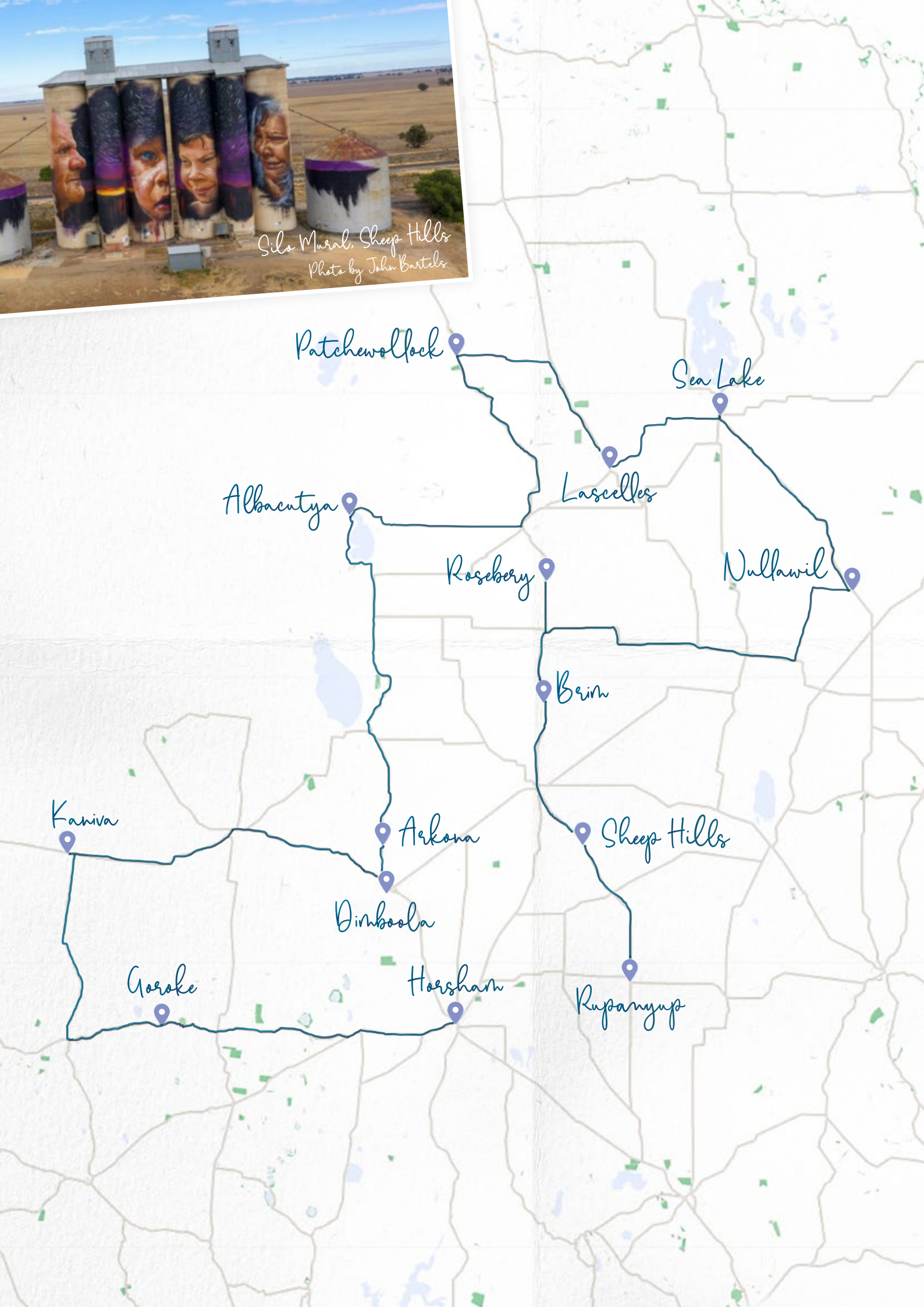
Goroke is your next stop. It received its name from the local Wotjobaluk Aboriginal word for magpie, which you can see takes pride of place on the silo art.

Horsham is your final destination where, in addition to the silo art, there is plenty for nature lovers to see and do including the Mount William Creek Nature Rail, Wartook Gardens or learn more about the local history at the Horsham Historical Society. Pick up a souvenir from your tour at one of the local shops including The Big Koala found at Dadswell Bridge between Horsham and Stawell.





Silo Mural, Sheep Hills
Photo by John Bartels



Patchewollock

Sea Lake

Albacutya

Lascelles

Rosebery

Nullawil

Brim

Kaniva

Arkona

Sheep Hills

Dimboola

Geeroke

Horsham

Rupanyup

The resolution revolution

How to make those New Year's resolution goals stick

For many of us, it's a resolution we make every year: improve our fitness and enjoy the benefits of increased energy and strength. But where do you begin? Fitness coach Josh Kristenson has some practical tips.

Did you know small lifestyle changes that are easy to incorporate into your daily routine will help support your fitness goals whether they be increased energy, losing weight, improved strength or better sleep?

1. Setting realistic fitness goals

Being specific in your objectives means you are more likely to achieve them. Rather than making broad statements such as, "I want to increase my fitness.", give yourself a tangible goal - i.e. "I'll go to aqua aerobics every week and walk a circuit of the resort every morning".

Creating quantifiable goals and a time frame to achieve them in makes it easier to track progress and give you those small wins that will encourage you to keep going and even expand those goals.

2. Utilising Living Gems' fitness facilities

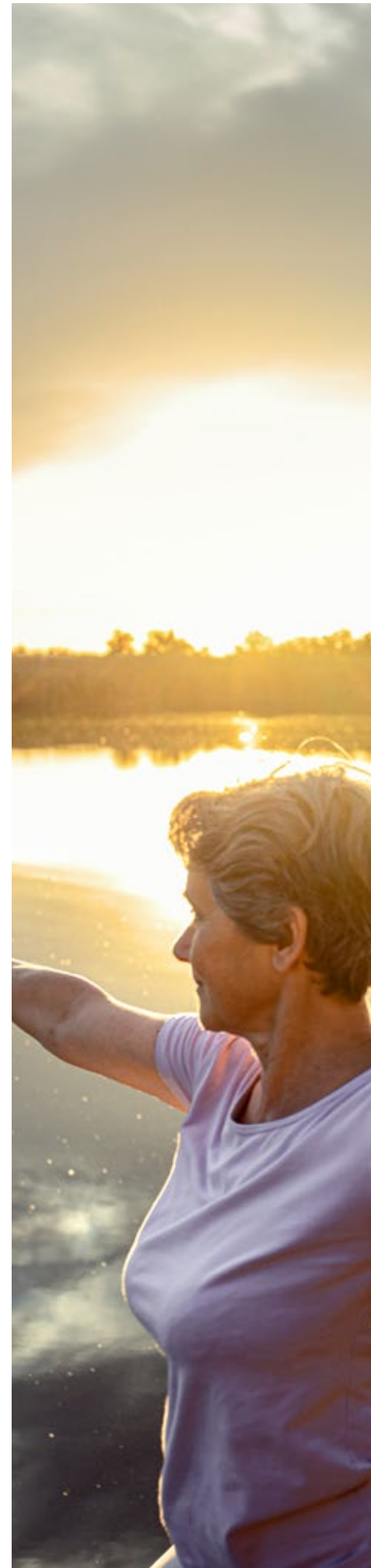
Whether it is laps in the magnesium-infused swimming pool, a vigorous round of pickleball or time spent in our well-equipped gyms, Living Gems resorts offer plenty of variety.

I always recommend adding a workout in the gym as part of your routine. Using both the weights and the cardio equipment can help reduce health risks and injuries while improving movement and energy.

3. Embracing small lifestyle changes for enhanced wellbeing

Summer is a great time to reset your diet. With a wide array of delicious fresh produce available, adding more fruit and vegetables has never been tastier. Look for whole, nutrient-dense foods and include lean protein and healthy fats.

How are you sleeping? You might be surprised at how quality rest can play a crucial role in your overall health. A good night's sleep is essential for wellbeing, aiding in recovery and overall health.





4. Consistency and progress tracking

Once you've settled into a regular exercise routine, don't forget to track your progress. Make note of the fact that your weight has changed, that you're seeing a little more muscle definition or you're able to go that little bit further without running out of breath.

Consistency is more important than sporadic intense efforts, which is why it's important to ensure that your fitness routine is something you can realistically maintain. Fitness tracker apps are handy for tracking your progress or using a written journal works just as well.

5. Find fitness with a friend

The old adage, 'a problem shared is a problem halved', is true in fitness too. Group aqua aerobics and Zumba classes are a lot of fun – so too are line dancing classes and walking groups. Being active with a friend delivers motivation through accountability because they're relying on you to be there. Fitness in company makes everything easier – the distance disappears, time flies and you've discovered that you've done more reps than you've done before.

Your fitness goals are within reach at Living Gems. By implementing these comprehensive and achievable strategies, utilising our facilities and the resources in our surroundings, as well as embracing small lifestyle changes, you can turn your fitness aspirations into successful, sustainable achievements.

Wishing you a year filled with vitality, wellness, and success in your fitness journey!

Amber

Sales Managers' Message

We are excited to report that we are down to single digits when it comes to available homes in our final stage of construction. Get in quick! This is your last chance to move into one of our stunning, well-appointed homes and enjoy your new lifestyle before it's too late.

With 231 homes to be built at Amber, we are a boutique-sized community, and our facilities provide ample space for our residents to relax and enjoy a swim in the pool, game of lawn bowls or catch a movie in the cinema, among many other activities that will be on offer very soon.

Did you know that our homes are fully equipped with integrated fridges and freezers, stone benchtops, epoxy on the garage floors and high ceilings and doors? Our 'standard inclusions' are certainly a step above the ordinary.

Our residents have been keeping busy as usual with the largest Amber Street Party barbecue recently

held with more than 140 attendees. Residents also enjoyed a buffet dinner, live music and dancing at the Logan Village RSL to see in the new year. To view pictures, see the Resort Round-Up on pages 31 to 33.

Call our friendly team today on 1800 317 381 to arrange a time to view our stunning display homes and find out why a move to Amber in 2024 would be simply lifechanging.



Amber by Living Gems Sales Team

Tameeka Manson, *Sales Manager*
M 0407 766 414 | E tameeka@livinggems.com.au

Lynda Ruddell, *Sales Manager*
M 0456 383 269 | E lynda@livinggems.com.au



Sourced Brisbane City Council



Sourced Play Rangers



For illustrative purposes only



It's all child's play!

Looking after the grandkids these school holidays will be a joy with plenty of free and low-cost activities for ages 5 to 17.

The Logan City Council has collated a great list of fun things to do on their website - logan.qld.gov.au/krank-school-holiday-program-2

Here are some ideas that caught our eye.



Park and play

Head to Underwood Park on Underwood Road on 6 January between 10am and noon for Pop-Up Play. Children aged between five and 11 can use their imaginations to enjoy 'messy play' and use supplied items at the park to create their own adventures. The cost is free.

For more information: logan.qld.gov.au/events/event/1791/pop-up-play-5-to-11-years

Kayaking fun

Children aged six to 11 can enjoy connecting with nature on a guided kayak adventure. The group meets at the Stanmore Road Causeway at Wolffdene on 11 January between 8:45am and 10:45am. The cost is \$2 per person.

For more information: logan.qld.gov.au/events/event/1795/kayaking-6-to-11-years

Clowning about

Let the grandkids run away to the circus - for one day at least. At PCYC Crestmead on Gimlet Street, kids aged from five to 17 can learn circus skills such as juggling, spinning plates, throwing flower sticks as well as other nifty tricks. The activity takes place on 20 January between 1:45pm and 2:45pm. This event is free.

For more information: logan.qld.gov.au/events/event/1782/circus-skills-5-to-17-years



Villa 228 | Galah

Bowen

\$833,000



The two-storey Bowen provides the ultimate in relaxed living. It features three bedrooms, three bathrooms and powder room. All day-to-day living needs are met on the main level which features a spacious master bedroom, complete with walk-in wardrobe and double vanity ensuite bathroom. Entertaining will be a breeze with a beautiful designer kitchen and open-plan living areas that open onto a good-sized alfresco.



Caboolture Riverfront

Sales Manager's Message

Welcome to 2024! I'd like to wish everyone a very happy and prosperous new year ahead.

With summertime upon us, Living Gems Caboolture Riverfront is looking fabulous.

New Year celebrations are still continuing at the resort with a number of new homeowners enjoying their first holiday season here and appreciating our fun and friendly community. Our residents are eagerly anticipating a year to come filled with social outings, shows and activities.

Another reason why Living Gems Caboolture Riverfront is so popular is how convenient it is to everything you need. Catch the bus outside the gate and you can go off shopping locally or head down to the train station for a trip to Brisbane.

Only a few homes remain, so this really is your last chance to purchase one of our brand-new, move-in-ready homes in our Final Stage.

Don't delay, contact me for a personal tour and see why our residents just love calling this resort home. You'll feel the warmth of our homeowners from the moment you enter the gates.

Our sales office reopens on Tuesday, 2 January. We'd love to see you then!

Glenys Lowry
Sales Manager



For illustrative purposes only



Living Gems Caboolture Riverfront Sales
Glenys Lowry, Sales Manager
M 0438 660 436 | E info@livinggems.com.au



Caboolture's creative school holiday fun

There's never an excuse to be bored on the school holidays - not with nana and grandad to the rescue!

Moreton Regional Council hosts plenty of activities around Caboolture in January - check out their website here for the full listing - bit.ly/3GfZ0m2

We've picked some ideas to get the grandkids excited. The activities take place at either the Caboolture Library or at the Caboolture Regional Art Gallery, both at 4 Hasking Street, Caboolture.



Fun factory

Hosted by Caboolture Library staff, there will be games, craft, reading and more for kids of all ages at the fun factory. Drop in on 13 January between 10am and 1pm. No bookings are required, and the activities are free.

For more information: moretonbay.qld.gov.au/libraries/Events/Fun-Factory/Caboolture-1

Marvellous metalwork

Older grandkids aged between 12 and 17 years will enjoy making their own keyring or jewellery piece at this metalwork class at the Caboolture Library on 14 January between noon and 2pm. This event is free, but bookings must be made for the participating child.

For more information: moretonbay.qld.gov.au/libraries/Events/Metalwork/Caboolture

Creative play

The Hub Gallery at Caboolture will be transformed into a creative and colourful activity space these school holidays with a summer program developed by artists and producers from Munimba-ja. The program is free and held Tuesday to Saturday between 10am and 4pm until 1 February.

For more information: moretonbay.qld.gov.au/Galleries-Museums/Events/CRAG/Kids-Creative-Play-Space



Villa 316 | Fascade One

Snowy

\$790,000

- 
3
- 
2
- 
2
- 
1
- 
WIP

The three-bedroom Snowy is perfectly positioned for the relaxed Caboolture lifestyle. Step out of your spacious master bedroom onto the east-facing alfresco area. Linger over breakfast prepared in a luxurious kitchen that has an integrated fridge/freezer and dishwasher as well as boasting a walk-in pantry. Featuring two bathrooms and a double lock-up garage, this home is ready to move into today.



Living Gems sparkle

2023 has been a busy year in our active communities.

What a year 2023 has been! Our wonderful communities have had fun socialising and going on travel adventures. But more than that, our homeowners also show great heart with fundraisers and practical support for vital local charities.

Last year kicked off to a great start with fresh and modern new branding for Living Gems, along with a new website and the launch of *Thrive*, a glossy magazine for and about our amazing Living Gems residents, current and future!

Over the past 12 months, the beautiful new Country Club at **Amber by Living Gems** really started taking shape and it won't be long before it is ready for its grand opening in early 2024. The \$10.5 million double-storey facility will become the heart of this lovely community.

Throughout the year street parties have been the order of the day as new homeowners were enthusiastically greeted by their neighbours. Lots of friendships have been formed with plenty of activities happening within the resort as well as dinners, trips and entertainment.

The Final Stage of **Living Gems Caboolture Riverfront** was released this year with premium homes featuring beautiful aspects that look out over greenspace and down to the Caboolture River. New homeowners are always met by a friendly group of residents whose days are filled with lots of activities including line dancing

and ballroom dancing, woodworking and textile crafts as well as their outstanding veggie garden.

Travel is always high on the agenda and resident Norman Pressey opened his travel club to all Living Gems homeowners. Also, this year marked the opening of the refurbished undercover lawn bowls facility and a big hello to new resort managers Maureen and Kevin Johnson who have become much loved members of the community.

Living Gems communities are also very generous with both **Sapphire by Living Gems** and **Opal by Living Gems** holding fundraisers for many good causes including Defenders for Hope and MND And Me. Sapphire residents are to be congratulated for raising \$7000 for various worthy causes.

Punitha Le Jambre from **Living Gems Maleny** gives hands-on support for charity by growing and cooking food to support a food bank in Nambour. What a beautiful part of the world Maleny is with Sandy Gillis capturing a photo of one of the playful platypuses that live in Obi Obi Creek.

Many of these fundraisers were part and parcel of fun events hosted by the homeowners at these resorts where there was an abundance of great food, lots of dress-ups and plenty of laughter as well.

In April, *Thrive* honoured the many men and women who served our defence forces with profiles in

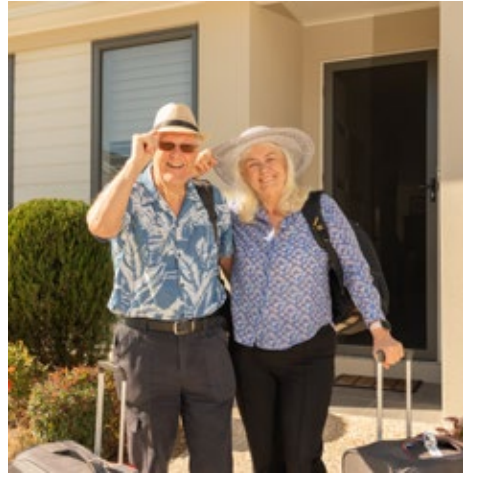
the special Anzac edition of the magazine.

At **Living Gems Gold Coast**, the community welcomed new resort managers James Bridge and Chelsie Steele. Homeowners are just loving the new indoor heated pool facility – particularly Paddy Gearon who at 100, is a regular at the facility. Also at the Gold Coast resort, Roy McKeen tells of his close encounters with world famous people, as did Teresa Gent from **Ruby by Living Gems**.

It's always busy at Ruby where the resort held a Mad Hatter's tea party, the ten-pin bowling team marked their 12th anniversary, the Quills group writing up a storm and publishing an anthology and, if you don't know what activities to join, the resort also holds an open day where there is a showcase for all the clubs.

To the delight of Phil and Bev Layton, **Living Gems Pacific Paradise** is home to many artists who hold monthly exhibitions in the Country Club. Phil made himself an invaluable part of the community by volunteering to be president of the resort's social club. In addition to going out on lots of excursions, including wine tasting adventures, Bev's talents on the piano have inspired the resort's choir who have increased their numbers from five to 25.

Here's to a happy and exciting 2024 with plenty of fun and great memories to come!





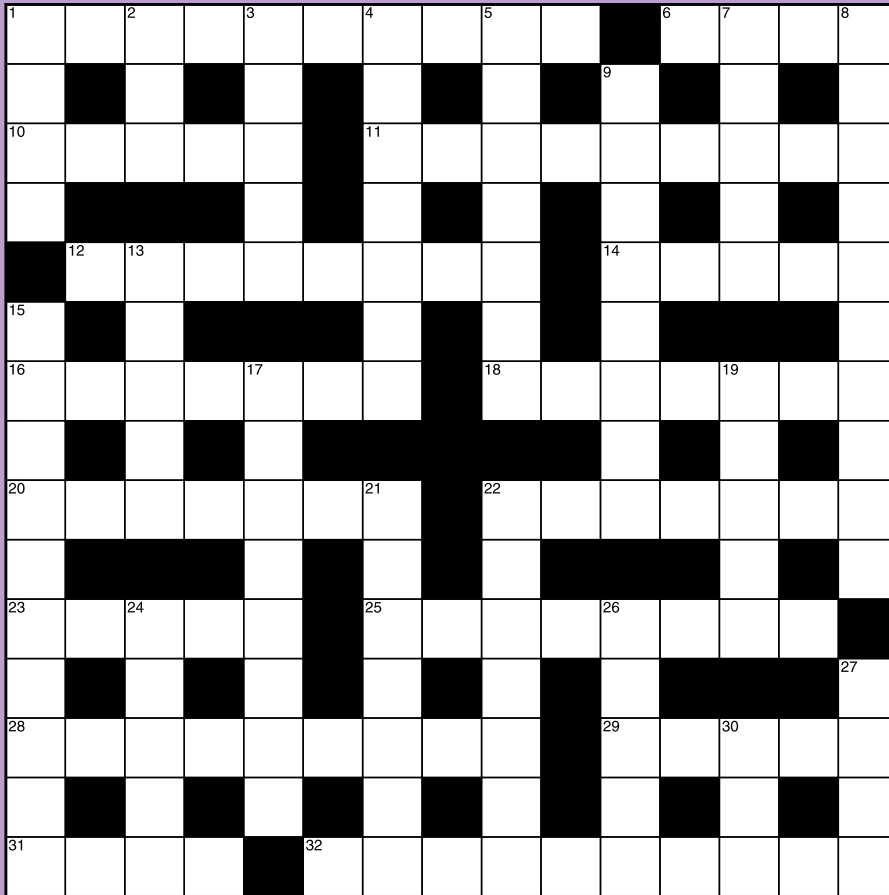


Share your photos and news with us!

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



Across

1. Doubtful
6. Game (show)
10. Aunt & ...
11. Wobbling (on brink)
12. In theatre wings
14. Nairobi's republic
16. Vehicle area (3,4)
18. Very hot
20. Letter delivery fee
22. Production glitch
23. W African land
25. Nonprofessionals
28. Racial policy
29. Synagogue minister
31. Rise
32. Aggressors

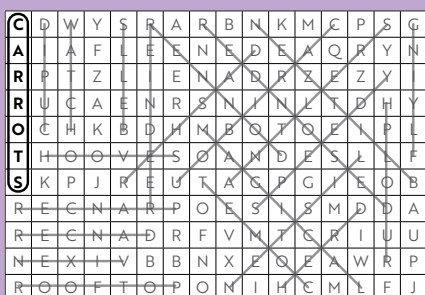
Down

1. Favours owed (1,1,2)
2. GP
3. Salad garnish
4. Hindrance
5. Film audience
7. Flag, ... Jack
8. Tacking to & fro
9. Choker or pendant
13. River crossings
15. Blame-takers
17. From the menu (1,2,5)
19. Lounger
21. Travel cheats, fare ...
22. Grandma & ...
24. Ethiopia's Addis ...
26. Register
27. Jar tops
30. Actor, ... Stiller

Last months solution

Wheel Words: Emit, Item, Lest, List, Lost, Meet, Melt, Mete, Milt, Mist, Mite, Mitt, Most, Mote, Omit, Silt, Site, Slit, Slot, Stem, Stet, Teem, Test, Tile, Tilt, Time, Toil, Tome, Tote, Elite, Emote, Islet, Istle, Metis, Metol, Moist, Motel, Motet, Sleet, Smelt, Smite, Smote, Steel, Stele, Stile, Stilt, Stole, Title, Totem, Mettle, Molest, Mottle, Settle, Toilet, Mottles, Motliest.

9-letter word: Mistletoe





Chimichurri BBQ Steak

They say variety is the spice of life, and this is certainly the case when it comes to serving up a healthy meal for the family after over-indulging over the holiday season.

Chef Matt Conquest recommends his chimichurri steak recipe which he describes as not only tantalisingly scrumptious but also easy to make. It adds a fresh finish to your steak and the ingredients work well with chicken and fish too, making the dish ideal for several variations.

You can serve it with grilled corn and greens, or you can use it in a beef taco or a soft tortilla or, alternatively, eat it off the barbecue plate on its own.

A quality cut of meat always works best so select a good rib fillet, porterhouse or T-bone for the best flavour. The chimichurri mix can be made the day before to allow the flavours to develop and come together.

Ingredients

4 x 300g rib fillet steak
1 cup fresh flat leaf parsley,
chopped
¼ cup chopped coriander,
chopped (optional)
2 garlic cloves crushed or 1
tbsp garlic paste
½ tsp dried oregano

Makes 4 steaks

4 tbsp red wine vinegar or
lemon juice
½ cup olive oil
½ long red chilli, *deseeded
and pith removed and finely
diced*
Pinch of dried chilli flakes,
optional but nice

Method

1. Season the steaks well with oil, salt and pepper.
2. Make the chimichurri by blending the herbs, garlic, chilli, vinegar and oil.
3. Taste and season the chimichurri (can be made the day before).
4. Turn on the barbecue to a medium high or high heat.
5. Sear the steaks to your desired level of 'doneness' and set aside to rest for 5 minutes.
6. After the steaks have rested, slice the steaks and serve on a plate or platter and give them a good coating of the chimichurri sauce and put the rest on the side to be added as needed.

Frame that shot

Pretty as a picture! Living Gems' popular photo competition returns for 2024.

We're looking for creative photographs that showcase why the Living Gems lifestyle is simply lifechanging.

They can be terrific travel destinations, wonderful wildlife photography or fabulous times with

friends. Entries open to all Living Gems homeowners.

The best photograph each month will be featured on the back page of *Thrive* magazine as well as on Living Gems' Facebook page.

Get snapping! The competition will run until 1 November 2024. Submissions should be sent to content@livinggems.com.au

Guidelines for submitting your photos

Photos must:

- Be taken by you
- Be at least 2MB in size
- Include the location of the photograph, along with any interesting information about the destination.



January Photo Winner

You could be our photography winner of the month and have your photo featured here, just like Sandy Gillis from Living Gems Maleny.

She sent in this beautiful shot of trees in all of their colourful autumnal glory.

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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