



Living Gems[®]

it's all about you

LIFESTYLE MAGAZINE...

LIVE IT UP AT
Living Gems[®]
Over 50s
Lifestyle Resorts

**FIT &
FABULOUS**

FASHION
for you

An evening with
Julie Andrews

Allan & Barbara Pease
REVEAL THE SECRETS OF
RELATIONSHIP SUCCESS

Dine
in style

EDITION ONE | AUTUMN 2013
www.livinggems.com.au





Live it up at Living Gems

Ruby Gardens and Opal Gardens are five-star active lifestyle resorts set on landscaped hectares in the heart of Eagleby, halfway between Brisbane and the Gold Coast. Home owners enjoy an idyllic lifestyle in a peaceful location.

Every day feels like a weekend at Living Gems Lifestyle Resorts. These over 50s communities offer the best in lifestyle facilities. Tree lined boulevard entrances lead to master planned communities of free standing stylish homes.

Live the life you deserve, plan your social life around the Country Club; enjoy a night at the cinema, or dress up for a dinner dance in the Grand Ballroom. Onsite management takes care of the essentials so you have time to enjoy life.

Take a walk through the landscaped grounds, swim in the heated pool, play lawn bowls, tennis or croquet. Practice your swing on the chipping and putting green, play snooker or darts in the games room and learn new skills in the fully equipped workshop.

Relax in the library, join friends in the music room or take up arts and crafts. Keep fit in the gym, meet your personal trainer and try tai chi.

The Country Club is the social hub. Regular events include morning tea, lunch in the restaurant or cocktails at sunset.

Catch a movie in the luxurious cinema, enjoy a romantic dinner for two, entertain friends, have a picnic by the lake or a barbecue in the poolside alfresco area.

Home owners can do as much or as little as they wish. They enjoy stress free living in an harmonious community.

Pets are welcome. Caravans, motor homes and boats can be stored free of charge in the onsite compound.

Onsite management ensures all facilities are kept in first class order and any issues are dealt with immediately. Each home features a Home-Medi panic alarm system.

Home owners and their guests have exclusive use of all the five star facilities. Entertainment is made easy with an onsite chef, a commercial kitchen, grand ballroom and barbecue pavilion.

Home owners are offered one free restaurant meal per household per week. New projects are always on offer in the arts and crafts room or the workshop.

Major shopping and entertainment precincts, essential services and medical facilities are nearby.



Living Gems
THE LIFESTYLE YOU DESERVE...



42 Quinzeh Creek Road, Logan Village, Q 4207
Free Call **1800 051 481**
E glenys@livinggems.com.au

225 Logan Street, Eagleby, Q 4207
Free Call **1800 458 177**
E tracey@livinggems.com.au



For more information on any of our Lifestyle Resorts | Visit www.livinggems.com.au

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Manager's message

This magazine celebrates the success of Living Gems over 50s Lifestyle Resorts and the community spirit enjoyed by home owners. We plan to deliver an interesting read on a variety of topics. These include health and fitness, fashion, lifestyle, travel and more.

A great lifestyle and an active social life is part of the Living Gems philosophy, future editions of the magazine will feature social events and images. Please let us know about any important dates and send in a photograph or two, we will do our best to include them.

Take time out to complete the crossword and the quiz. Add the company names to the advertising slogans and be in the running to win a bottle of Veuve Clicquot Champagne.

Living Gems Resorts are all about people, what they enjoy and what they want from life. The magazine continues the innovation, it's our motivation. I look forward to hearing from all our readers,

Yours sincerely

Adrian Puljich

General Manager Living Gems



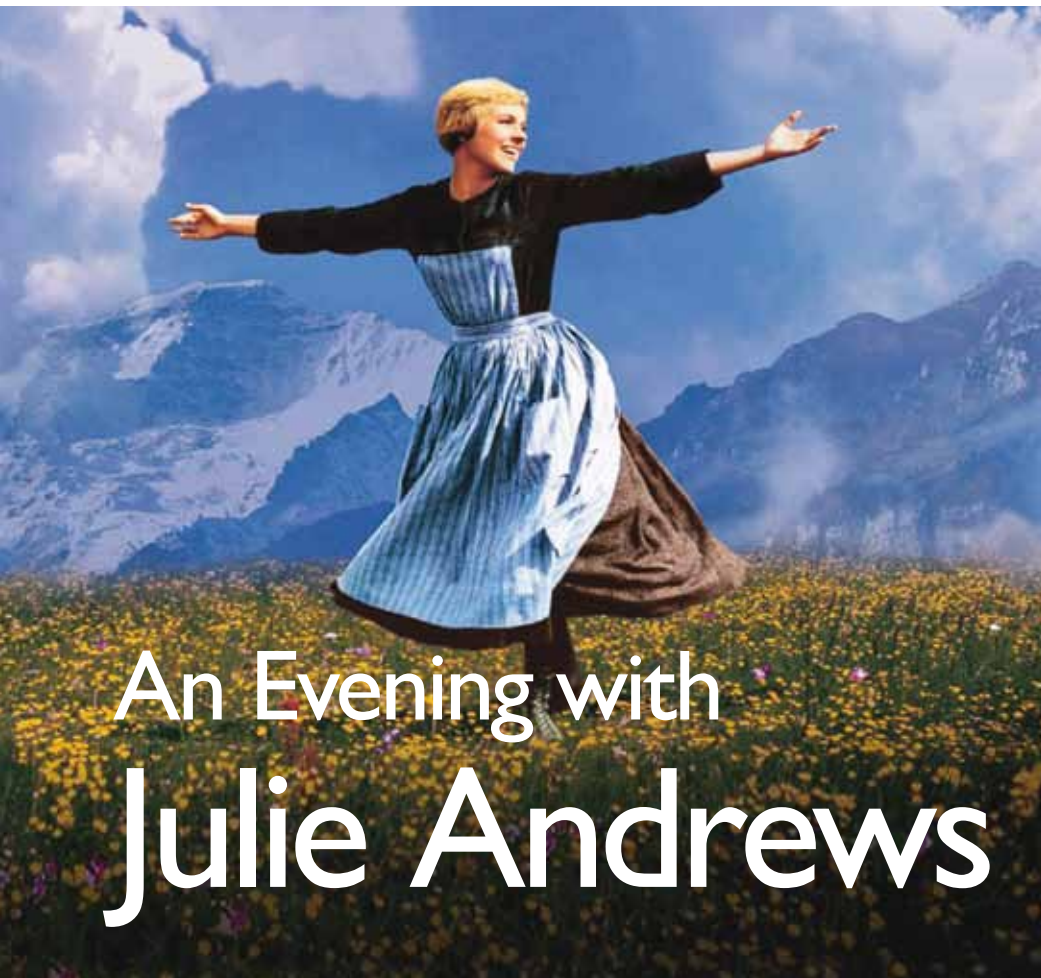
Editor Catherine Taylor | Design Sandy Graphics | Editorial enquiries ctmedia@optusnet.com.au
Advertising enquiries info@livinggems.com.au } Social Pages ctmedia@optusnet.com.au

Head Office PO Box 5056, Gold Coast Mail Centre Qld 9726
Email info@livinggems.com.au | Phone: 07 3287 4444 | www.livinggems.com.au



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THE LIFESTYLE YOU DESERVE...

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An Evening with Julie Andrews

The beloved and much-honoured star of stage, screen, television and recordings for more than half a century is coming to Australia. Don't miss this personal audience with the multi-award winning treasure of musical stage and screen.



Mary Poppins



Victor/Victoria



The Princess Diaries



The Americanisation of Emily



Darling Lili

Julie Andrews, one of the most beloved stage and screen performers of all time, will visit Australia for the first time in May this year. An Evening with Julie Andrews takes audiences on an incredible journey through the life and career of one of the world's most popular icons.

The live interview-style retrospective of her extraordinary career will feature unseen film clips, audience questions and answers. It will not feature live singing. The interactive show takes audiences from the budding star's London stage debut at the age of 12 to her defining roles in *Mary Poppins*, *The Sound of Music*, *Victor/Victoria* and *The Princess Diaries*.

Ms Andrews' extraordinary life story will unfold in a frank and funny evening of personal memories and insights spanning six decades. This very special event will be hosted by Nicholas Hammond, the American-born Australian actor who played Friedrich von Trapp opposite Andrews in the film *The Sound of Music*.

Ms Andrews was already a Broadway legend when she made her 1964 feature film debut in *Mary Poppins*. Her iconic performance in the title role of the magical nanny brought her an Academy Award, a Golden Globe and a BAFTA Award.

The following year she earned a second Oscar nomination and won another Golden Globe Award for her unforgettable portrayal of Maria Von Trapp in *The Sound of Music*. She received her third Academy Award nomination and won another Golden Globe Award for her dual role in *Victor/Victoria*.

Early motion picture credits include *The Americanisation of Emily*, *Hawaii*, *Thoroughly Modern Millie*, *Star!*, *Darling Lili* and 10 to name but a few. Today's young moviegoers may be more familiar with Andrews as a queen trying to train her teenage granddaughter to be a princess in the hit films *The Princess Diaries* and its sequel *The Princess Diaries 2: The Royal Engagement*.

Andrews voiced the character of Queen Lillian in the blockbuster hits *Shrek 2* and *Shrek the Third*. More recently she voiced the narration of the hugely successful Disney release *Enchanted*. In 2010, Ms Andrews added to her multi-generational appeal with *The Tooth Fairy*, *Shrek Goes Fourth* and *Despicable Me*.

See Ms Andrews up close and personal at the Concert Hall, QPAC Brisbane on Saturday 18 May. For bookings visit www.qpac.com.au or phone 136 246. ●

Julie Andrews was born and raised in England. She came to fame as a young musical performer on stage and on radio. She was still in her teens when she made her way across the Atlantic and to Broadway for her 1953 debut in the musical *The Boy Friend*.

She went on to create the role of Eliza Doolittle in Lerner and Loewe's Broadway musical *My Fair Lady*. It became an instant classic and the longest running musical of its day. Andrews won a New York Drama Critics Award and a Tony Award nomination for her performance.

Ms Andrews received another Tony Award nomination in 1961 when she originated the role of Queen Guinevere in the Lerner and Loewe musical *Camelot*. She returned to Broadway 35 years later to star in the 1995 stage adaptation of *Victor/Victoria*. Her career came full circle in 2005 when she directed a revival of *The Boy Friend* that toured throughout North America.

Honours for her work on television date back to 1957. Andrews was Emmy nominated for her performance in the title role of Rodgers and Hammerstein's musical *Cinderella*. She later won an Emmy Award for her musical variety series *The Julie Andrews Hour*.

Other Emmy nominated performances include *Julie and Carol at Lincoln Center* (with her chum Carol Burnett) and her performance in the special *Sounds of Christmas*. More recent television movies includes *One Special Night* with her friend James Garner, *Eloise at the Plaza*, *Eloise at Christmastime* and the CBS live production of *On Golden Pond* when she was reunited with Christopher Plummer.

Ms Andrews – an accomplished bestselling author – joined forces with her daughter Emma Walton Hamilton to publish books that would stimulate a sense of wonder in children and young readers. The Julie Andrews Collection launched in 2003 and has released 27 titles.

Ms Andrews' autobiography *Home – A Memoir of My Early Years* was released in April 2008 to rave reviews and immediately climbed to #1 on the New York Times Bestseller list.

In addition to her stage and screen work, Ms Andrews has dedicated her life to her family and to serving important causes including Operation USA, an international relief organisation.

From 1992 to 2006 she was honoured as the Goodwill Ambassador for the United Nations Development Fund for Women (UNIFEM), the fund provides financial and technical support for low-income women in developing countries. ●



It's all about YOU

Live life to the full, count your blessings, start a new project and see life enhancing improvements in 100 days.

Minor changes make major improvements in the quality of life. Positive action and small consistent steps will show measurable improvements in less than 15 weeks. Take one step at a time, divide changes into sections and get started. Everything you need is at your fingertips.

Happiness

Write down five things to be grateful for every day. Make a list of 20 small things you enjoy and make sure you do at least one of these every day. The list might include eating lunch outside, calling a friend for a chat or reading.

Keep a log of mental chatter (positive and negative) for ten days. Be specific, this stops thoughts running around and driving negativity, if it's bothering you write it down and decide what to do about it later.

Have a laugh at least once a day, talk to friends who enjoy light banter, get a calendar with a daily joke or find a website that features your favourite cartoons or comedians.

Personal development

Choose a book that requires concentration and read a little of it every day. Learn at least one new thing each day. It could be the name of a flower, the capital city of a far-off country, the name of a piece of music you like or a new word.

Don't complain about anything for the next 100 days. Negative talk produces negative thoughts; negative thoughts produce negative results.

Keep a daily log of longhand, stream of consciousness writing. Do it first thing in the morning and see what is revealed. Feed your mind with thoughts, words and images that are consistent with who you want to be, what you want to have and what you want to achieve.

Financial planning

Create a spending plan. Track every cent spent for the next 100 days to make sure you stick to the plan. Shop with cash and a calculator instead of a debit card, make a shopping list, reduce the number of shopping trips, keep an eye on the phone and power bills. Don't buy anything you don't need for 100 days. Buy yourself a treat with the money you save, pay debts or bills, add it to an emergency fund or set it aside to invest.

Home help

Create a 100 Day Conquer Clutter Calendar with one group of items to declutter everyday. For example, declutter magazines, books, clothes and kitchen items. Find a place for everything and keep everything in its place.

Follow four easy rules to keep your house in order: if you take it out, put it back, if you open it, close it, if you put it down, pick it up, if you take it off, hang it up. Explore your home and identify things that need fixing and fix one item each day. These may include changing a light bulb, replacing a missing button or tidying plastic food containers.

Time management

Keep a notebook, record thoughts so they are safely stored and out of your head. You can decide what to do later. Include ideas, appointments and a to do list.

Track how you spend time for five days. Create a time budget showing the amount of time devoted to each regular activity.

This may include housework, leisure, watching television or working. Stick to the time budget for the remaining 95 days.

Identify an activity that can be put on hold for 100 days and devote the time to a high priority task instead. Identify five time wasters and limit the time spent on them. These may include watching television, playing video games or contributing to social media sites.

Stop multi-tasking, focus on one thing at a time. Plan your day the night before and do the most important thing on the to do list first. Conduct a weekly review to see accomplishments, what went right and what went wrong.

Spend a few minutes at the end of each day organising your home and workspace (wash up, file papers etc). Make a list of commitments and social obligations then cross out anything that does not truly bring joy or help achieve life goals.

Health improvements

Drink water, have a healthy breakfast, create a list of 20 healthy, easy to prepare lunch or dinner dishes and snacks. Avoid processed food. Take at least 20 minutes exercise daily, wear a pedometer and walk 10,000 steps daily, every step counts. Meditate or visualize every day, it calms the mind. Seek professional advice on health concerns.

Relationship boosts

Look for the positives and write them down. Create a scrapbook of things you and your partner or a friend do together. Identify three daily actions that will strengthen your relationship. Be kind and polite to your significant other, tell them you love them, share hugs, go for a walk together or dance around the lounge room to a favourite tune.

Socialising

Connect with someone new by greeting a neighbour or talking to a stranger on the bus. Associate with people you admire, respect and want to be like. If someone upsets you take a minute to think over your response instead of answering right away.

Don't pass judgment until you've heard both sides. Do one kind deed for someone every day, even if it's just sending a silent blessing their way. Give praise and approval to those who deserve it.

Practice active listening. When someone is talking to you focus on what they're saying, instead of rehearsing what you're going to say next. Paraphrase what you think you heard to make sure you haven't misinterpreted and encourage people to elaborate.

Practice empathy; try to see the world from another perspective. Be curious about other people, their beliefs, life experiences and the thinking process they followed to their conclusions. Stay in your own life and don't compare yourself to anyone else negatively or positively.

Place the best possible interpretation on the actions of others. Remember everyone is doing the best they can. ●

Living Gems homes – designed with you in mind



Living Gems employs a team of dedicated architects, skilled builders and interior designers to create superior but affordable homes on each of their lifestyle resorts. Home buyers can select a block of land on their chosen resort and choose their dream home from a range of designs.

Living Gems homes are designed and constructed to take advantage of the region's moderate climate and the characteristics of the land. Natural light, airflow, privacy and water conservation form the basis of each plan. Practical interiors, superb fittings and fixtures, room to move, private outdoor areas and a garden with a shed add up to the ideal home.

Garages, carports, space for a camper van, motor home or boat address the practical concerns. The resort environment and five star facilities complement this desirable lifestyle.

Select a site and design your ideal home. Choose an architecturally designed home with three bedrooms, two bedrooms or two bedrooms plus a study. Every design incorporates the latest features.

Designs can easily be adapted to suit individual needs and tastes. An onsite architect and experienced interior designers ensure the floor plan, fittings, fixtures, kitchen appliances, the colour scheme, floor coverings

and window treatments are tailored to suit each home buyer.

Home buyers can take advantage of a free consultation with a Living Gems architect. Plans can be reconfigured to suit individual needs. The list of inclusions is anything but standard; most homebuilders would charge thousands of extra dollars for the top quality fixtures and fittings.

Each new home is fitted with beautiful stone bench tops, top quality two-pac kitchen cupboards and vanity units. Kitchen appliances include a stainless steel oven, a ceramic hotplate, an efficient range hood and a dishwasher.

Floors and walls are finished with luxurious imported porcelain tiles. A 2.5hp reverse cycle inverter air conditioner keeps the home warm in winter and cool in summer. Add to this a front door security screen, a panel lift garage door with remote control, a garden shed and a Home-Medi panic alarm system. These value added items make a house a home.



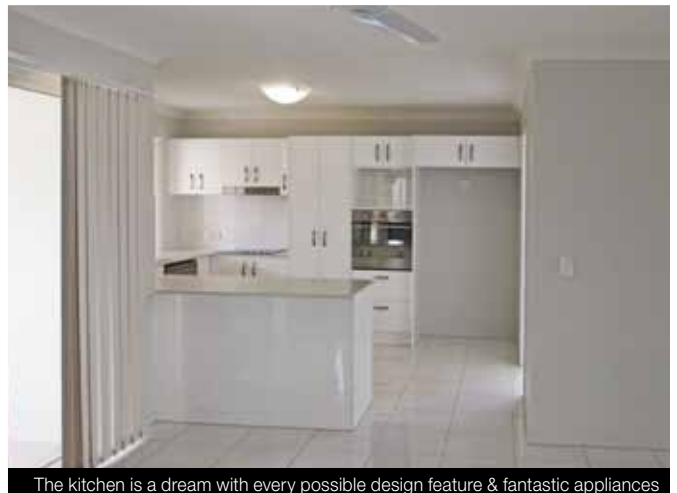
Emerald Facade One



Emerald Facade Two



Emerald Facade Three



The kitchen is a dream with every possible design feature & fantastic appliances

Building a home at a Living Gems Lifestyle Resort is hassle free. All designs are engineer and council approved. Each property carries a building warranty and a statutory building guarantee that is protected by Queensland State Government Legislation.

The latest Living Gems home design is the Emerald. This recently released design features two spacious bedrooms and a study. There is plenty of room for entertaining and overnight guests. This home has street appeal and a neat front garden with a pathway.

Enter from the impressive covered front porch, step into the entrance and see the vast expanse of living and dining space. The master bedroom overlooks the front garden and the attractive streetscape. Enjoy the luxury of a walk-in wardrobe and a gorgeous ensuite bathroom.

The study is ideal for people who work from home or enjoy quiet time to pursue their hobbies but it's large enough to double as an extra bedroom. The main bathroom separates the study from the second bedroom. This big double room has a built in wardrobe and access to the private alfresco area at the rear of the home.

The kitchen is a dream with every possible design feature and fantastic appliances. There is a breakfast bar, easy access to the indoor dining area and the private alfresco area. Cooking for one, two or a party would be a pleasure with this attractive set up.

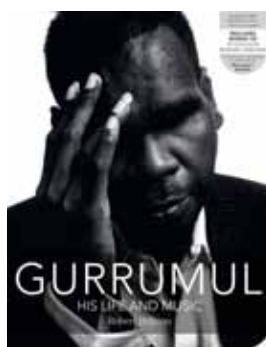
Practical inclusions feature a well-planned utility room and laundry with side access. The garden shed is ideal for storing tools, bikes and all those items most people collect. The alfresco area is designed for outdoor living and entertaining. The large covered carport on the front right side of the property can be used as an extra all weather outdoor entertaining area.

Living Gems Over 50s Lifestyle Resorts lead the way in home design and lifestyle facilities. Living Gems' manufactured homes are a sound investment. The buyer owns the architecturally designed home and the land is designated as a perpetual lease.

The home owner's right to live in the home is protected by law. Home owners can sell at any time and there are no exit fees. All Living Gems homes are owner occupied, the sales agreement does not allow for investors or tenants. All homeowners enjoy the benefits of their private home and the resort facilities. Visit www.livinggems.com.au or drop into a resort, have a cup of coffee and take a tour to see the complete range of home designs and building sites. ●

A good read

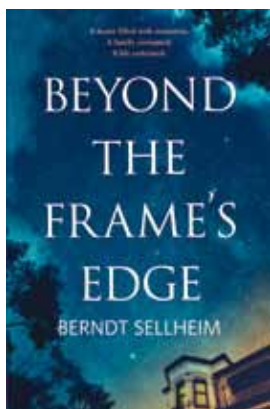
Australian publisher Harper Collins has a great selection of new releases. Find hard copies at retailers, shop on line or download to an Ereader.



GURRUMUL HIS LIFE AND MUSIC

by Robert Hillman

From concert halls to recording studios and into Aboriginal heartlands, this is the story of Australia's Geoffrey Gurrumul Yunupingu. The book includes an exclusive CD of remixed songs from his bestselling albums.



BEYOND THE FRAME'S EDGE

by Berndt Sellheim

Adyn Cole boards a flight from New York. He returns to Australia to bury his uncle, leaving a decade of life, a lost job and a relationship in ruins. Adyn inherits his uncle's estate and a legacy of betrayal and ruptured kinship.



BIG BROTHER

by Lionel Shriver

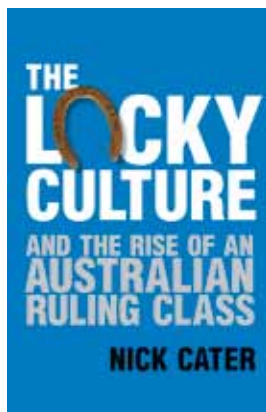
Pandora hasn't seen her older brother Edison for four years and doesn't recognize him. The once slim, hip New York jazz pianist has gained hundreds of pounds. Shriver tackles obesity issues, overeating, diets and attitudes.



LANI'S STORY

by Lani Brennan

A compelling account of a young woman's journey from victim to survivor. Lani grew up in a loving urban Aboriginal community in Sydney but fell into an abusive relationship. She faced the demons, escaped and survived.



THE LUCKY CULTURE

by Nick Cater

The secret of Australia's good fortune is not found in geography or history, the key is the Australian character. Cater takes stock of the new battle to define Australia. It's rousing, provocative, good-humoured and moving.



THE SHINING GIRLS

by Lauren Beukes

It's 1931 and Harper Curtis, a violent Chicago drifter, stumbles on a house with a secret as shocking as his own twisted nature. It opens onto other times. He uses it to stalk his chosen shining girls and cut the spark out of them.



ALL GOOD THINGS

by Sarah Turnbull

For many people finding the love of your life and moving to Paris comes close to having it all but out of the blue comes another adventure. Leaving Paris behind was never going to be easy but finding paradise on earth is a big temptation.

Catherine Taylor is happy to report that the film industry has realised not all moviegoers are teenage celebrity junkies.

The new golden age of

Hollywood



Hollywood is noted for being ageist, actors (particularly females) were considered past their prime at an early age but the tide seems to be turning. Older filmgoers are now recognised as a powerful audience. Films are made with baby boomers in mind as Hollywood tries to improve the bottom line.

The trend took off with *The Best Exotic Marigold Hotel*, a box office success so great that it is soon to have a sequel. In the wake of this, Dustin Hoffman stepped behind the camera to direct *Quartet*, a good story with a stellar cast headed by Maggie Smith.

A Song for Marion with Terence Stamp and Vanessa Redgrave is likely to be another big hit with older audiences and *Amour*, a sad but redemptive tale of an ageing French couple, directed by Michael Haneke picked up the Palme d'Or at Cannes this year.

Television producers are also leaning toward a more mature audience. British television tends to do it better. Comedies like *Getting On* and *Last Tango in Halifax* receive rave reviews. Australian viewers will find some of the top rating shows on ABC, 72 and Foxtel UKTV.

Older actors are now in demand and reviving flagging careers. Society has taken a proactive stand against discrimination in all walks of life except aging. It's odd as it is something most of us will experience, the alternative isn't great. Perhaps a new attitude towards entertainment will help engineer respect for life experience. We can only hope. ●



See the Southern Downs & the Granite Belt

Escape to the country and do as much or as little as you please in Queensland's beautiful Southern Downs and the Granite Belt. Sample delicious stone fruits straight from the grower. Tour wineries and taste award-winning wines. Explore the history and heritage. Take a bushwalk in spectacular national parks or share the romance of an open log fire. Try your hand at freshwater fishing or fossicking and go sailing on the dams. The Southern Downs is a showcase of country life and hospitality.



Take a trip back in time at Glengallan Homestead



Go gourmet in the great outdoors

Images supplied by Southern Queensland Country Tourism



Start the day in a winter wonderland as the frost adds a magical sparkle to the scenery.

Dan Proud captured the sunset over Killarney Country

Rug up for an autumn or winter holiday and experience country Queensland's rich pioneering past, stunning scenery, local art and exceptional food and wine. The crisp winter chill of Queensland's Southern Downs and the Granite Belt, just two hours southwest of Brisbane, has earned the nickname Brass Monkey Season (as in cold enough to freeze the you-know-what off a brass monkey).

Take a tour of the Southern Downs, the region stretches from Cunningham's Gap in the east, north to Clifton, south to the border town of Wallangarra and west to Inglewood. The principal towns are Warwick, Stanthorpe, Inglewood and Clifton. Visitors are assured of a warm welcome wherever they roam.

The region's diverse geography includes the rolling fertile hills around Warwick, the high altitude granite rock country of the Granite Belt and the wide, open plains of Inglewood and Clifton. The region is steeped in history and some of Queensland's finest restored sandstone and timber buildings are open for viewing

Glengallan Homestead, just north of Warwick, is one of few remaining examples of 19th century Queensland country houses. Take a seat in a cosy armchair in the mansion's restored drawing room, see views of the surrounding countryside (once all part of the Glengallan landholding) and imagine life as an early settler.

Follow the Southern Downs Sculpture Trail and see works by local and international artists created from local sandstone and granite. Stop for a hearty home-cooked meal and cold drinks on the sunny front deck of the Yangan Hotel, just one of the region's charming country pubs.

Take the rugged route in a four-wheel drive or arrange a guided tour of the highlands surrounding nearby Killarney. Fifth-generation Killarney resident and Cambanoora Co 4WD Tours' operator Louise Brosnan shows visitors the most scenic parts of the region.

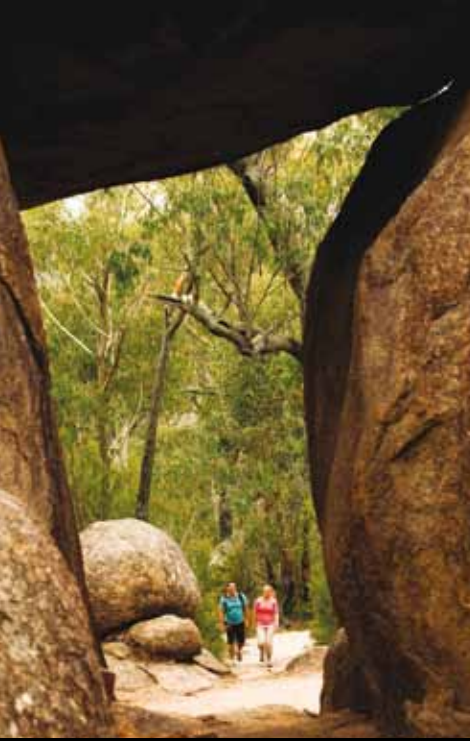
The tour covers the stunning Condamine Gorge and 14 river crossings. The commentary provides insights into the days of bullock teams, timber milling and local characters past and present.

Overnight in nearby Warwick, there are plenty of campsites around the area but luxury lovers will appreciate the magnificent accommodation in the Abbey of the Roses. This 120-year-old former convent is now a stylish boutique guesthouse with masses of character.

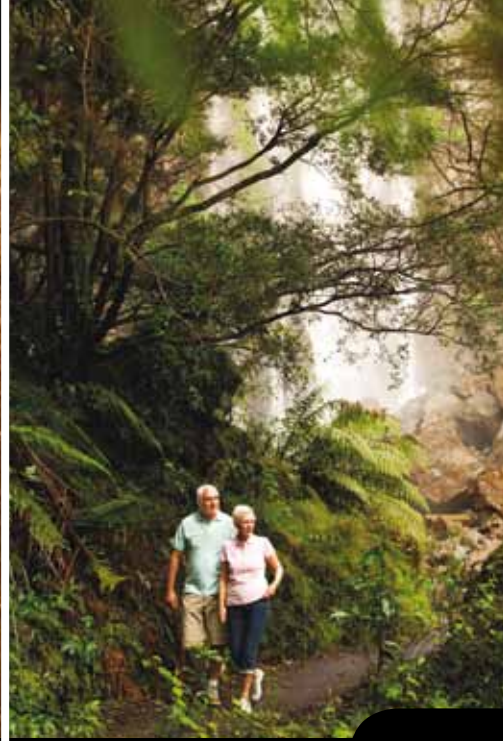
Pressed metal ceilings, antique furniture, stained glass windows, sandstone walls and blazing log fireplaces create a delightfully relaxing ambience. Stay in one of the original Nun Cells or opt for the ultra comfortable Mother Superior room.

Start the next day in a winter wonderland as the frost adds a magical sparkle to the scenery. Head south to the Granite Belt. This area stretches 60kms from north to south and is roughly half as wide.

The New England Highway is dotted with villages and hamlets. Stanthorpe is the central town. Country lanes wind through vineyards, orchards and the namesake granite boulders that dot the landscape like crazy marbles. >



Visit Girraween National Park



Queen Mary Falls

The Granite Belt is friendly, quiet and cute. Each village and hamlet has its own style, take the time to explore them all. Granite Belt villages and attractions can be grouped in to villages North of Stanthorpe, South of Stanthorpe, East and West of Stanthorpe.

The winding road from Warwick swerves past giant granite boulders to The Bramble Patch, a food lovers' paradise in the hills above Glen Aplin. Treat the tastebuds to spicy and sweet sensations from the huge range of relishes, pastes and jams.

The decadent selection of desserts includes waffles, poffertjes, sundaes and freshly made ice cream. Dine indoors next to the log fire during winter or outside in the manicured gardens in the warmer months.

The Southern Downs is only a couple of hours drive from Brisbane but it's a very different part of Queensland.



Catch a fish on Leslie Dam

The Granite Belt is Queensland's premier wine region, no trip would be complete without a tippie at one (or two) of the 50-plus wineries. Start at Symphony Hill Wines, nominate a dedicated driver and begin tasting. Consumable souvenirs are available at the cellar door.

The next stop is Ballandean Estate Wines. Hosts Leeanne and Robyn Puglisi-Gangemi greet guests at their fourth generation family-run winery. Enjoy more wine and sample their very tasty Greedy Me Gourmet products. Local produce inspired winery owner Mary Puglisi to create a range that includes chilli-onion jam, nectarine and fig chutney and maple apple jam.

From Ballandean take the road north to Stanthorpe and check out the extensive menu at Varias Restaurant in the Queensland College of Wine Tourism. Relax by the crackling fire and sample the signature dish entitled a Medley of Mains.

The Medley is a selection of tasty morsels featuring tempura crocodile, lamb shoulder and beetroot pot roast, wild mushrooms with brioche and dark chocolate panacotta. The food is matched with their Banca Ridge Wine, it's irresistible.

Head back to Warwick and drop by Sutton's Farm. Pick apples when they're in season and enjoy apple juice, cider and homemade apple pie all year round. The Southern Downs is only a couple of hours drive from Brisbane but it's a very different part of Queensland.

Holidaymakers will find numerous places to stay, choose campsites, bed and breakfast properties, hotels or farm stays. Visit the Southern Queensland Country Tourism website to find out more about places of interest and local events. ●



See the vineyards - Golden Grove Estate on the Granite Belt is a prime example

Fashion to flatter

Find fashionable clothes to suit your shape and lifestyle with a few easy to follow style tips.

Perfect bodies show up on catwalks, in movies and retouched magazine images. Mere mortals are seldom perfect but smart shopping can redress the balance. Start with an honest appraisal in a three-way mirror. Bodies change as the years go by, this is normal, work with what you have not what you had. Well fitting garments and underwear are essential. Clothes that are too tight reveal bulges. Oversized tops and big baggy dresses make the body look like a block. Apple, pear, hourglass and beanpole are the terms commonly used to define body shape. Find your match and see how fashion can flatter by emphasising assets and playing down imperfections. Dress for your shape, not your size.



Apple shape

Average bust size, big tummy (particularly at the waist) a flat bottom and good legs. Choose tops that gather a little at the middle to create an illusion of fabric not flab. Choose flat front trousers and skirts with side or back zips teamed with long straight coats or tabards. Wide legged pants and high heels make legs look longer.



Bean Pole

Straight and boyish with long legs. Shoulders and hips are the same size and the waist is undefined. Choose round-neck tops with fluted sleeves and belted three-quarter length tops and coats. A-line skirts create more shape. Cropped trousers give the illusion of feminine curves. Shoes should be balanced (not too chunky or high). Avoid hats.



Hourglass

Large bust, small waist, curvy hips and thighs. V-neck tops lengthen curves. Straight skirts create the most flattering shape. Wear tailored coats and tops that shape in at the waist. Low waisted trousers with a medium width hem and soft flowing skirts with peep-toe shoes complement this shape. Avoid bold prints and minimise neckline accessories.



Pear

Small bust, long waist, flat tummy, large hips and thighs. Use scarves, shrugs and jackets to draw attention to the upper body. Tops with horizontal stripes create a curvy body shape. Choose strapless dresses with flared skirts. Long, straight boots with skirts and dresses give an illusion of length. Skirts should reach below the knee.



Chef Volk Ranisch brings multicultural influence and years of culinary experience to the table at Living Gems Resorts.

Good food and good company help form the foundation of an active social life. Living Gems residents enjoy catching up with friends for coffee, drinks or a meal at the Country Club.

Residents and their guests can dine in style without leaving the resort. Chef Volk Ranisch takes pride in presenting quality cuisine in the Country Club and creating exciting menus for special events in the ballroom.

Chef Volk was born to a German father and a French mother. Volk's father was an entomologist working for the US Air Force and his mum was a legal secretary. The family lived in the picturesque Eifel Mountains until Volk's father was transferred to the US Air Force Base at Incirlik in Turkey.

Volk began school in the Turkish education system. "I could speak four languages (German, English, French and Turkish) by the time I was six years old," he says. "We absolutely loved living in Turkey. The climate is much like Cairns and the people easy going and friendly.

"We travelled all over the Middle East and Southern Europe until 1966 when my father's contract expired. He was asked to work either in Saudi Arabia or Vietnam but my Mother refused both options and we returned to Germany.

"We hated living in Germany. My parents decided we would be better off in Australia. My father's university degrees were not recognised here but he had done an apprenticeship in carpentry so he took up that trade.

"My brother and I went to school here and I drifted into the St. John Ambulance. I won the Queensland title in first aid and, in 1973, went on to win third in Australia. My peers were pushing me to go into medicine but I knew my parents could not afford to put me through university so I ran away from home.

"I took an apprenticeship in cooking and was apprentice of the year in 1974. My employers sent me to Darwin shortly after Cyclone Tracy to set up the kitchens at Darwin Airport. It was supposed to be a three month stint but I stayed for 18 months.



"Darwin was terrific. I had 10 days work and then four days off. I spent my free time touring the Top End on my trusty motorcycle with some of the guys from work. Our bikes were always ready for another trip to the Alice, WA or Arnhem Land, I had a ball.

"I came back to Brisbane because I won a scholarship to study hotel and motel management at what is now TAFE. I worked at several restaurants in the south east of Brisbane and then started my own business, Bon Appétit in Underwood. It was a roaring success but I sold it after a number of years," Volk says.

Now Volk devotes his talents and experience to creating mouth watering dishes for Living Gems diners. He says one of his most popular dishes is Chicken Alice. "It is chicken breast stuffed with prawns and garlic butter," he says.

"This is a rich dish but perfect for an occasional treat or a special occasion," he says. "The chicken is cooked in a white wine and cream sauce. Serve with jacket potatoes and vegetables in season. It can be served with a side dish of rice, pasta or a salad," he says. ●

Chicken Alice



Chef Volk Ranisch shares his recipe so keen cooks can try this at home.

Ingredients for each portion

- 1 large chicken breast with humerus attached
- 15g butter
- 3 cloves of garlic finely chopped
- 4 green prawns
- 1 glass dry white wine
- Pinch of chicken booster
- 2 shallots sliced into 3mm wide strips
- 100ml cream



Method

1. Tenderise chicken breast between two pieces of clear plastic with a meat mallet until about 3mm thick
2. Mix 10g of butter with the garlic and spread over meat
3. Place prawns in centre of the chicken breast and roll into a tight parcel
4. Sauté in a deep pan with 5g of butter until lightly browned
5. Cover with a lid and continue cooking until almost done
6. Remove lid and discard the fat in the pan
7. Turn heat to as high as possible; add wine, shallots and chicken booster
8. Reduce liquid to a quarter of the amount
9. Add cream and reduce until the sauce is slightly yellow, smooth and thickened
10. Remove chicken, place in the centre of a plate and pour sauce over the chicken





Quickies

in the kitchen

Hot stuff for cooler nights and cheating is allowed

In a perfect world, we would all have the culinary skills of Nigella Lawson and Jamie Oliver but most people don't want to spend hours in the kitchen every day. Create magic meals in moments with a little help from the experts. Fresh is always best but there are other options.

Pumpkin Soup

Ingredients (serves 4)

500 grams pumpkin
2 onions
1 carrot
1 potato
1 rasher bacon (optional)
Tablespoon of butter
4 cups chicken stock (homemade, bought, or made from stock cubes)
¼ teaspoon nutmeg (freshly grated or dried)
Salt and freshly ground black pepper
Cream for garnish

Method

Peel pumpkin, potato, onions and carrot, chop into cubes
Melt butter in a large saucepan over medium heat
If using bacon remove excess fat and cut into small pieces
Gently fry bacon and vegetables in the butter for about five minutes
Add chicken stock and bring to the boil stirring occasionally
Reduce heat to simmer and add seasoning
Simmer until the vegetables are very tender and blend until smooth
Serve with a dollop of cream

Or

Buy two tins of good quality pumpkin soup
Cook the bacon in a little oil with a teaspoon of crushed garlic
Add nutmeg and a half a teaspoon of Chinese five spices
Garnish with cream and serve
Fish in Chilli Sauce

Ingredients (serves 4)

4 x 120g skinless salmon or ocean trout fillets
80ml light soy sauce
Ginger paste or powder to taste
80ml sweet chilli sauce
Steamed rice (microwaveable packets are perfect)
Sprig of herb or spring onion garnish

Method

Preheat oven to 200°C
Place fish in a shallow baking dish
Combine soy, ginger, and sweet chilli sauce, pour over fish
Cover with foil and bake for eight minutes
Drizzle fish with sauce, garnish and serve with rice

Antipasto Platter



Ingredients (serves 8)

8 marinated artichokes
200g kalamata olives
24 slices prepared char grilled zucchini
280g jar char grilled mushrooms, drained
150g semi-dried tomatoes
16 slices double smoked ham
16 slices mortadella
16 slices prosciutto
French stick or other good quality bread

Method

Assemble ingredients on a platter
Place sliced bread in a bowl
Serve with small bowls of good oil



Pesto Pasta



Ingredients (serves 4)

200g jar sun-dried tomato strips in oil
375g penne pasta
3 teaspoons crushed garlic
1/4 cup pine nuts, toast in oven until golden 180C for 3 minutes
1/2 cup fresh basil leaves
1/3 cup finely grated parmesan cheese

Method

Drain and chop tomatoes (reserve 50ml of oil)
Add pasta to a large saucepan of boiling salted water
Cook pasta until tender
Drain and reserve two tablespoons of water
Return pasta to pan
Add garlic, tomato, pine nuts, basil, parmesan, oil and water
Toss, top with parmesan and serve with a garden salad





Here's cheers to beer

Wine buffs talk about food matching but beer drinkers shouldn't be left out

Beer is seldom considered the connoisseurs choice but according to the experts beer is man's best friend. A better understanding of beer styles and flavours results in greater satisfaction.

Brewers and drinkers say there is no such thing as a bad beer or a good beer. As long as the product is fresh it is a matter of personal taste. Beer is man's oldest alcoholic beverage with a five thousand year history.

Appreciation relies on the senses of smell and taste but beer must be swallowed to appreciate the complex flavours of the brew. Beer is a natural product consisting of four key ingredients, hops, malted grain, yeast and water so it is important to buy the freshest brew.

Experts recommend drinking beer from a

stemmed glass that tapers inwards at the top. A bottle with a holder does the job equally as well. Pouring a beer is an art form; take a tip from Carlton's top barman.

"Pour some beer into the bottom of the glass to form a head then gently pour the beer directly onto the foam. Leave it for a moment then tilt the glass and fill carefully. Straighten the glass as it fills and pour until you have a good size head, this ensures the flavour remains to the bottom of the glass," he says.

Australia's top drops include Cascade Premium Lager and Carlton Draught. Cascade Premium Lager is the flagship beer from Australia's oldest working brewery. It's a sophisticated and refreshing brew ready to enjoy at any time.

Cascade Premium Lager has a light straw colour, spicy hop aroma and pure white foam. It's balanced with an enduring crisp bitterness. This beer is perfect with spicy food. Chinese, Indian and Thai cuisine are difficult to match with wine but work perfectly with a crisp, clean lager.

Carlton Draught is a traditional, full-strength lager. It is crisp on the mid-palate with a good malt character and smooth full-bodied flavour. Clean hop bitterness gives the brew a slightly dry finish.

Synonymous with the origins of the brewery, Carlton Draught is renowned for tasting as fresh as it did the day it was brewed. That consistency in taste has been important to Australians for generations. Try it with it steak, prawns. It's one of life's little pleasures. ●



High fashion, low prices

Walk into a luxuriously fitted Colette by Colette Hayman store and expect to find high-end prices but this extensive range of stylish bags, clutches, wallets and fashion jewellery is surprisingly affordable.

Inspired by the great International fashion houses around the world, Colette's aim is to bring a wide selection of on-trend fashion jewellery and handbags at unrivalled prices. You don't have to spend a fortune to look fabulous.

New collections arrive in store each week. Find the latest designs in this season's most thrilling colours but if classics are more your style, choose pieces from the signature range of bestselling totes and clutches or gold and silver jewellery must haves.

Visit www.colettehayman.com.au to find a store or shop on line.



Exercise

– the key to the good life



Some people enjoy a workout in the gym; others prefer a long walk, a run in the park or a swim in the pool. Tai chi, yoga, pilates, dance routines and sport add to the exercise options. Personal trainer Alison Payne makes exercise fun.



Living Gems residents have plenty of fitness options as resort facilities include walking tracks, a heated swimming pool, a well equipped gym & the help of a personal trainer.

Living Gems links with personal trainer Alison Pryce of Enhance Your Life Personal Fitness and Lifestyle Coaching. Alison offers expert guidance and makes keeping fit fun.

Alison says everyone can benefit from exercise. “It may be intense or gentle, that’s up to the individual and the goals they have set for themselves. Choose something enjoyable, stick with the program and look forward to a greater feeling of wellbeing,” she says.

“Opt for a solo fast-paced push or more leisurely exercise with a friend. Start the day with a walk, a run, a swim or a workout in the gym. Regular exercise is all about habit. It doesn’t matter what you do as long as you do something every day.

“Around 30 minutes of physical activity every day is all it takes. Start with something that is relatively achievable and push it a bit harder each day. This can mean adding a few extra steps to the morning walk or spending a few more minutes on a treadmill. Results aren’t instant but they are consistent with the effort put in. The more you do something, the easier it gets,” she says.

Alison says working out with a friend can make exercise easier. “If your partner won’t work out find a friend who will. It makes exercise fun and most people achieve better results with the help of a little friendly competition.

“If you know you have to meet someone at a certain time and place to workout or take a walk you are more likely to keep the commitment than make excuses. Make a date, join a class, take up tai chi, pilates or dance exercise, getting fit is fun,” she says. ●



Add fun for fitness exercise should be enjoyable. People who aren't particularly keen on exercise and those who need to take things at a gentle pace can choose from a range programs.

ZUMBA

dance to the rhythm

Zumba sets exercise to music. The music comes from a variety of dance styles. There are a range of classes designed to suit different age groups and fitness levels.

Join the Zumba party, show your moves and get fit fast. Zumba toning brings sticks in to play to target the abdominal muscles, thighs and arms. Try aqua Zumba in the pool, the water makes exercise more comfortable for people with minor health issues such as muscle tension or mild arthritis.

PILATES

gentle and concentrated

Pilates is a body conditioning routine that may help build flexibility, muscle strength and endurance in the legs, abdominal muscles, arms, hips and back. The emphasis is on spinal and pelvic alignment with controlled breathing.

The aim is to develop a strong core or centre to improve coordination and balance. Pilates exercises can be modified to suit beginners, intermediary or advanced participants. Intensity can be increased over time as the body adapts to the exercises.

TAI CHAI

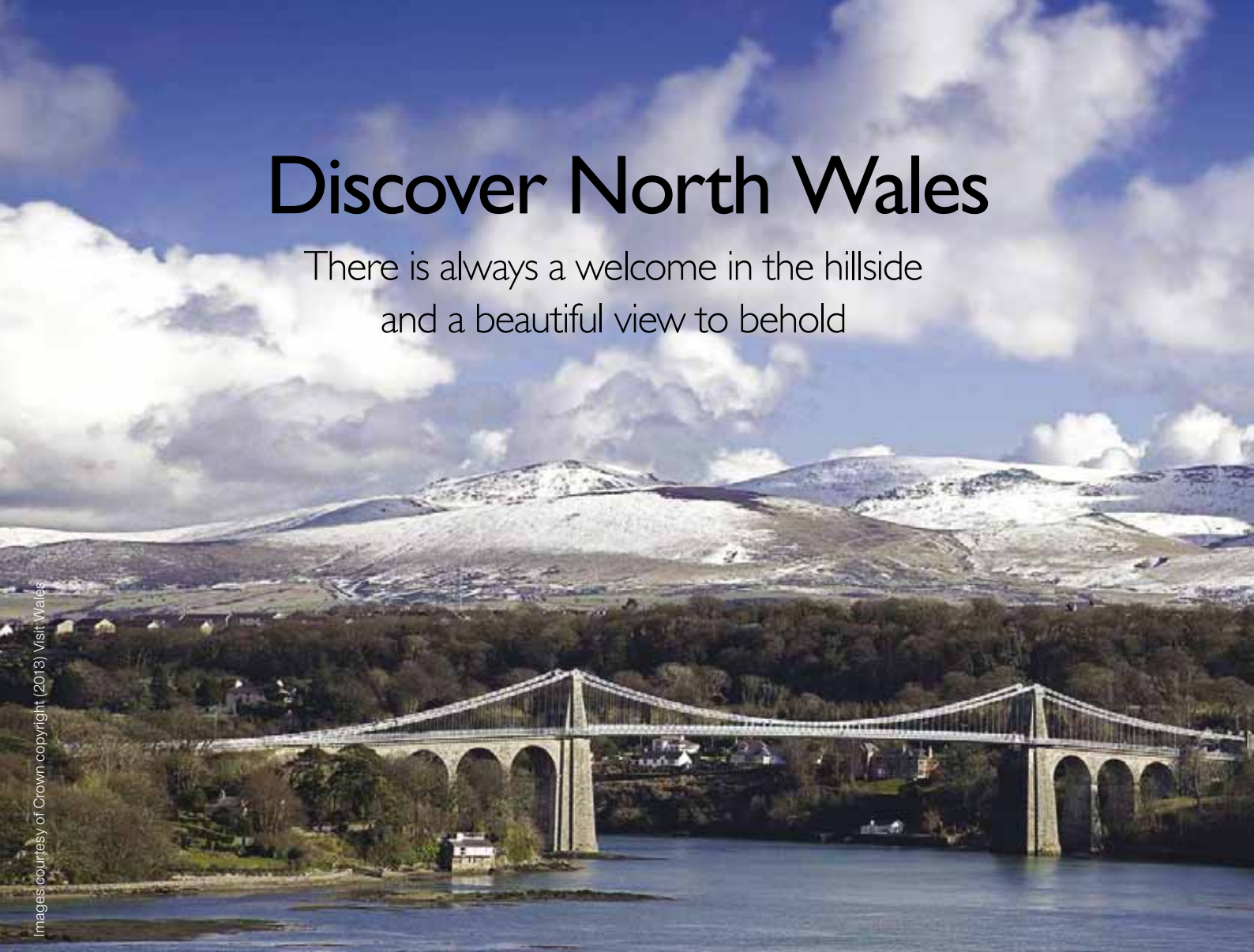
holistic exercise

Tai chi is an ancient Chinese discipline that integrates mind, body and spirit. Practitioners use meditation and deep breathing as they move through a series of continuous exercises. The slow movements are relatively easy to perform.

Tai chi is a component of traditional Chinese medicine designed to improve the flow of internal energy (qi) throughout the body. Therapeutic benefits include stress reduction, improved balance and flexibility. Tai chi may help reduce the symptoms of arthritis and high blood pressure.

Discover North Wales

There is always a welcome in the hillside
and a beautiful view to behold



Images courtesy of Crown copyright (2013) Visit Wales

Wales has a language, culture and landscape quite unlike anywhere else in the world and it is very easy to get to from anywhere in the UK. Naturally beautiful and historic North Wales is less than three hours by train from London and an easy drive from Manchester Airport.

Hire a car or campervan and hit the road for a memorable tour of discovery. Take the motorway to the walled Roman city of Chester and head into Wales via the motorway or take the A roads for a closer view of the countryside.

Driving holidays are fun but a Freedom of Wales Flexi Pass allows visitors to explore every corner of North Wales through unlimited access to all mainline train services and almost every bus service. The pass includes discounted admission to lots of attractions; a travel guide helps visitors design their own itinerary.

North Wales' bus services take tourists to unspoilt corners and walking tracks as well as all the major destination points and attractions. The Snowdon Sherpa service travels throughout Snowdonia, passengers can hop off wherever a trail takes their fancy.

Drivers can take the car on the beach at Talacre in Flintshire. Talacre is home to the Point of Ayr lighthouse, the oldest one in Wales. Meander through Rhyl and Prestatyn coastal resorts, head to the hills and visit St Asaph, Betws-y-Coed and the Conwyn Valley.

Move on to the twin beaches at Llandudno and ride the UK's only cable-hauled tramway to the top of the Great Orme (and ski down the other side). Go sailing at any time of the year or plan to visit in August for the week-long Conwy River Festival.

See historic treasures, there are castles galore and ancient sites. More recent examples of history include Plas Mawr, the best surviving Elizabethan town house in Britain. Art lovers can see collections from the National Portrait Gallery, the Victoria & Albert Museum and the Royal Academy of Arts at Bodelwyddan Castle.

Visit Venue Cymru and see world class performances from the Welsh National Opera, Moscow State Circus and Royal Liverpool Philharmonic Orchestra. See the gardens at Bodnant; they are among the most beautiful in Britain.

Visit wilder landscapes and sail, dive or fish at Conwy and Prestatyn. Dine out or shop and cook, the local produce is sensational. Conwy mussels and Welsh Oak Smoked Foods are on all the best menus but the fish and chips must not be missed.

North Wales' accommodation includes camping sites, secluded boutique guest houses, excellent bed and breakfast properties, romantic seafront suites and cosy cottages.

St Asaph Cathedral, the smallest in Britain, has a fascinating and often violent history. It has been attacked by turbulent natives and foreign invaders, destroyed by the soldiers of Henry III in 1245 and by the armies of Edward I in 1282. It was substantially rebuilt between 1284 and 1381 but burned by Owain Glyndwr's Welsh troops in 1402. The existing building is largely 14th century with Victorian alterations made by Gilbert Scott from 1867 to 1875.

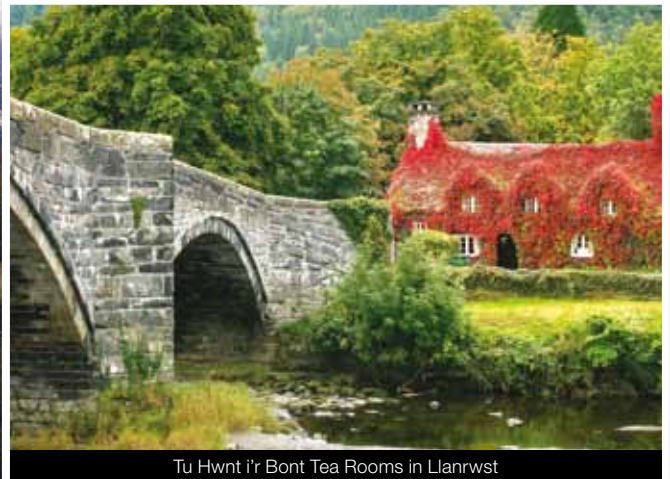
Tu Hwnt i'r Bont in Llanrwst is an awarding winning family run tea rooms. It is perched on the west bank of the flowing River Conwy.



Thomas Telford's Menai Bridge looking towards Snowdonia



The Grand Hotel at Llandudno



Tu Hwnt i'r Bont Tea Rooms in Llanrwst



Llandudno Pier at sunset



Holiday traditions remain in Wales

The gateway to Snowdonia. Built as a residential dwelling in 1480, Tu Hwnt i'r Bont (Beyond the Bridge) is considerably older than the Inigo Jones Bridge it stands beside. The building was once used as the courthouse for the surrounding area.

Over the centuries Tu Hwnt i'r Bont has fallen into disrepair several times and been restored through the generosity of the townsfolk. Tu Hwnt i'r Bont was acquired by the National Trust and leased more than 50 years ago.

The original leaseholder decided to turn Tu Hwnt i'r Bont into a traditional Welsh Tea Rooms. To this day the recipe for scones remains true and a well kept secret.

Nearby Betws-y-Coed is North Wales' most popular inland resort. The River Conwy meets the Llugwy, Lledr and Machno Rivers in this beautiful valley. Much of Betws-y-Coed was built in Victorian times. It is the principal village of the Snowdonia National Park.

Active holiday makers will find plenty to do here and at Swallow Falls. The village features numerous shops showing local arts and crafts at very reasonable prices.

Dense surrounding woodland, magnificent mountains, cascading waterfalls, hill-top lakes, river pools and ancient bridges make Betws-y-Coed a must see.

Llandudno, the largest holiday resort in Wales features twin beaches set between the Great Orme and and the Little Orme, two magnificent natural formations. Llandudno has kept its Victorian and Edwardian elegance and splendour despite its modern attractions. ●

LOVE, sex & security

Relationships have their ups and downs, hundreds of gurus offer advice but only Allan and Barbara Pease give us the facts

Allan and Barbara Pease are Australia's most successful publishing team with 18 bestselling books sold in more than 100 countries and millions of television viewers. This exceptional couple use their skills and experience to inspire others and boost personal growth.

Their best sellers include *Why Men Don't Listen and Women Can't Read Maps*, *The Definitive Book of Body Language*, *Why Men Don't Have A Clue* and *Women Always Need More Shoes*, *Easy Peasey: People Skills For Life* and *Questions are the Answers*. Their latest offering is *Why Men Want Sex and Women Need Love*, it is a must have book for men and women who want to make the most of their relationships.

Times have changed; social pressures and politically correct pretence make unrealistic demands on relationships. Once families stayed together for generations, now most of us are distanced from our families and many live in single person households. Allan and Barbara explain why men and women don't see things the same way and how to work around the differences to achieve a mutually satisfying relationship.

Barbara says women become frustrated when men don't communicate. "Women love to talk but men are not great communicators. For males, speech and language are not critical brain skills. When men get together to watch a football game, that's exactly what they do, watch the game. They don't talk. When women get together they chat away, regardless of whether they are watching a film, shopping, eating, or playing sport.

"Men evolved as hunters, not communicators. When they were hunting in pre-historic times, they communicated with lots of non-verbal signals and would often sit for hours silently watching for their prey. The only time men come close to communicating openly is when the division of communication in the tightly compartmentalised brain is broken down, usually by copious quantities of alcohol.

"Women are great communicators. They enjoy it and do lots of it. With specific areas allocated to communication in the brain, the other areas of the brain are freed up; this enables her to do lots of different tasks at once while talking. Women get rid of problems by talking about them.

Her objective is to discharge the problems, not to find conclusions or solutions. This can create friction, when he is silent, she feels unloved.

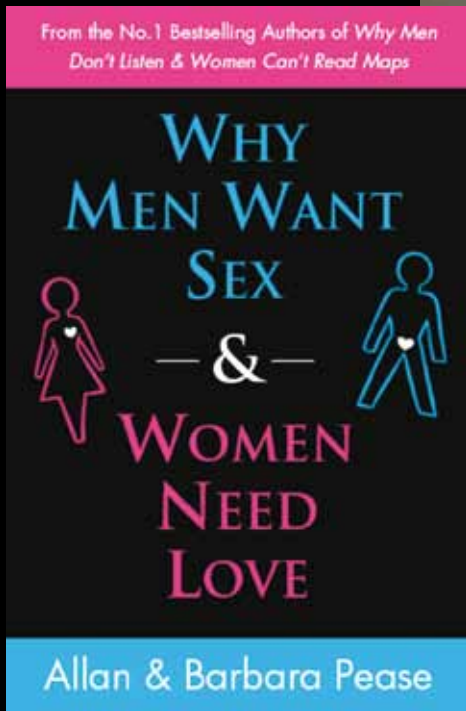
"Men talk mainly inside their heads. This self-talk is misconstrued by women, she assumes he is bored. He may be solving his problems as he gazes out of the window, or watches mindless sport on TV. He may become angry when his down time of self-talk is interrupted as a man can only do one thing at a time.

"His mono-tracking brain doesn't allow him to speak, watch TV, silent talk in his mind and eat at the same time. This is why women often feel their male partner is sulky, distant or neglectful. Men can go out and have a drink with the boys and that's exactly what it is. When he goes out to dinner with a woman, she gets worried if he isn't speaking the whole time.

"Women need to accept that men's brains really do behave very differently from their own and talking is not something they have evolved to do. Men need to accept that women need to talk to relieve stress, solve problems and plan for the coming day. Men need to remember that women are not searching for solutions from them; hence they can just sit back, relax and let the woman speak her words."

In *Why Men Don't Have A Clue & Women Always Need More Shoes*, Allan and Barbara expose what generations of females regard as boys' bad habits. Allan and Barbara compiled a list of the top seven things men do that drive women insane. The list was compiled from interviews, information and research from all over the world. It seems bad habits know no geographical, cultural or ethnic boundaries.

Allan says there are two categories of annoying male behaviour: those learned from childhood and those linked to the wiring of the male brain. "Bathrooms, shopping malls and highways all become unlikely battlegrounds as men become defensive and women go on the warpath. Here are the seven questions women most frequently ask about men and the answers." ●



Q1. Why do men continually offer solutions and give advice?

A1. Women often bemoan the fact that the men in their lives take a constant problem-solving approach to everything. They also give advice on how to handle situations in life whether women ask for it or not! The reality is that women usually just want to be heard, not fixed.

Q2. Why do men keep flicking through the channels with the remote control?

A2. Remote control: noun, female: a device for changing one TV channel to another. Remote control: noun, male: a device for scanning through 55 channels every 2.5 minutes. Men don't want to know what's on television; they want to know what else is on television. Apparently this behaviour has origins with the Neanderthals who relaxed at the end of a day's hunting by fire gazing. Channel-surfing is a modern male relaxant.

Q3. Why won't men ask for directions?

A3. Men don't get lost, they simply discover alternative destinations. To admit he is lost is to admit he has failed at his number one skill. Men developed their sense of direction over millions of years. Next time you drive past the same spot three times, don't blame him, blame history.

Q4. Why do men insist on leaving the toilet seat up?

A4. Men dream of a world where all toilets seats are left up. Sadly though, this lack of bathroom etiquette is a woman's nightmare.

Q5. Why do men make such a fuss about going shopping?

A5. Men equate shopping with game hunting. In prehistoric times, they would zero in on a target, make a quick kill and go home. That's exactly how men like to shop. This explains why they can buy Christmas presents for the entire family in less than 40 minutes. Women who don't want to fall prey to the male shopping style should leave him at home with the remote control.

Q6. Why do men have such disgusting personal habits?

A6. Flatulence, burping, scratching and body odour are more about male bonding and entertainment than anything else. Clearly, it's a guy thing.

Q7. Why do men love gross jokes?

A7. Males remember jokes. Some men can tell jokes they heard in fourth grade but don't know the date of their wedding anniversary. Laughter is also a predominantly male way of dealing with emotional pain. The harder it is for a man to talk about an emotional event, the harder he will laugh when told a joke about it. For women, male humour is no laughing matter.

Allan and Barbara are at their best when they provide readers with practical tips and solutions on how to manoeuvre through the minefield of modern romance. *Why Men Want Sex and Women Need Love* is a handbook for singles, people living together, married couples and anyone who wants to experience a realistic and loving relationship.



Living Gems[®] – the story

Inspiration, hard work and
success see a dream come true



Local builder Peter Puljich started thinking about retirement in 1982. He was then in his 30s but already aware of the need for more lifestyle options for people aged 50 plus.

Peter says the idea of early retirement was launched in the 1980s. “Until then people accepted the fact that they would work until they were in their mid 60s. Baby boomers wanted more out of life, we are fitter and healthier than any previous generation.

“Baby boomers plan to live long lives and have fun. I came up with the idea of lifestyle resorts for the over 50s and Living Gems was born,” Peter says.

Living Gems Resorts are dotted throughout South East Queensland within a short drive of beautiful beaches and Brisbane. The resorts are designed for the young at heart and the facilities rival any five star holiday resort.

Home buyers can choose from a range of affordable architecturally designed free standing or duplex homes in Living Gems’ gated estates. The secure private entrance, tree lined streets and stylish homes are immediately appealing but the outstanding facilities are irresistible.

All Living Gems Lifestyle Resorts are set on acres of landscaped grounds. Home owners enjoy a country club lifestyle near city amenities. Resort facilities include an Olympic size heated swimming pool, a spa and a well-equipped gym.

There’s a private country club with a bar and restaurant. Social events are held in the elegant function room and the private theatre. Residents can use the function room and the commercial kitchen for private events.

Add to this a bowling green, tennis courts, an arts and crafts room, a fully equipped workshop and walking tracks to understand why Living Gems captivates people who want to make the most of their lives.

Homes at Living Gems Lifestyle Resorts are priced from \$268,000. The facilities are free and on site management takes care of the property and the grounds. Home owners’ lawns are mowed as part of the service.

Guests are welcome and the spacious two and three bedroom homes allow plenty of room for visiting family and friends. Bring the dog; pets are part of life at Living Gems. The superb grounds and friendly people make walking the dog a pleasure not a chore.

Living Gems Resorts make every day a holiday. People who enjoy travelling can leave their home secure in the knowledge that it will be safe while they are away. Camper vans and boats can be stored free of charge within the home owners property or on a secure compound within the estates.

Living Gems Lifestyle Resorts have it all. People who want to retire in sunny Queensland can enjoy the best of everything at a Living Gems Lifestyle Resort for the Over 50s.

See Ruby Gardens, Opal Gardens and Sapphire Gardens on the south side of Brisbane or head for the hills and see Sunstone Gardens at Maleny on the Sunshine Coast. Visit www.livinggems.com or phone 07 3287 4444 for more information. ●



Sunstone Gardens

– the affordable over 50s lifestyle resort

Experience the magic of Maleny at Sunstone Gardens.

This sophisticated lifestyle resort is situated at 23 Macadamia Drive in the heart of the picturesque village.

Maleny is the jewel in the crown of the Glasshouse Mountain region of Queensland's Sunshine Coast. Homes in this desirable location are at a premium but Sunstone Gardens Over 50's Lifestyle Resort makes owning at home at Maleny affordable.

“Brand new architecturally designed homes are priced from \$268,000”

Choose from a series of two and three bedroom designs and add your signature style with the help of an onsite architect. The architect's services are free, the list of standard inclusions is amazing and home buyers can choose from a range of fixtures and finishes without adding to the cost.

Sunstone Gardens occupies a prime position in the heart of the township. There are interesting shops, galleries, coffee shops and restaurants within easy strolling distance and excellent medical facilities including a hospital nearby.

Sunstone Gardens' home owners have all the advantages of resort facilities on site and a captivating village lifestyle on the doorstep. Living at Sunstone Gardens is a joy. The views, the birdlife and the gardens create a serene environment.

This lifestyle resort is set on 5.6 hectares of landscaped grounds. The private screened entry and wide landscaped streets form the backdrop to a fabulous lifestyle. The secure estate has onsite management to take care of the upkeep; professional landscapers care for the grounds and home owners' front gardens.

Start the day with a brisk walk, swim in the heated pool, relax in the spa or work out in the gym. Join friends and neighbours for morning tea in the Country Club. Play bowls on the green or try your hand at billiards in the snooker room.

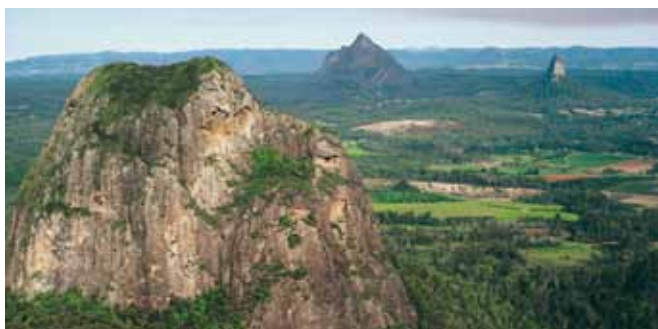
Learn a new craft, take up woodwork or explore the contents of the well-stocked library. Take lunch in the Country Club, see a movie in the cinema and enjoy cocktails on the terrace.

Opt for the simple life and have a picnic in the grounds or host a barbeque in the pavilion.

Maleny is within 30 minutes drive of Caloundra Beaches, upmarket Noosa is less than an hour from the resort and Brisbane can be reached in 60 minutes. Sunstone Gardens is heaven in the hills; make the move fast, Sunstone Gardens is almost sold out.



Living Gems
THE LIFESTYLE YOU DESERVE.



23 Macadamia Drive Maleny Qld 4552 | Free Call **1800 193 177**
Email tracey@livinggems.com.au or victoria@livinggems.com.au

For more information on any of our Lifestyle Resorts | Visit www.livinggems.com.au





A *Champagne* lifestyle



La Grande Dame Veuve Clicquot Ponsardin is the mother of all champagnes. Now the most elegant of Champagne Houses, this label, and all other sparkling wines, owe a great deal to the gentle touch of Barbe-Nicole Ponsardin, an icon known as Madame Clicquot.

The story begins in France back in 1772 when Philippe Clicquot turned his back on the family banking and retail empire to try his hand at winemaking. His business thrived and by 1780 he was exporting to Moscow, then the centre of the cultural world.

Philippe's son Francois joined the family business in 1798 soon after marrying Barbe-Nicole. Unfortunately Francois died in 1805 and his widow was left to take over the business. Against all odds Barbe-Nicole (then aged 27) successfully managed an international company at a time when most women were little more than ornaments or servants.

She survived the economic downturn caused by the Napoleonic Wars and used her lively mind to develop shrewd tactics and make Clicquot the name on the lips of international society. Madame Clicquot became known as the Grande Dame de La Champagne.

Madame was a skilful businesswoman and a perfectionist. Her cellar books show an extensive knowledge of quality and blends. Champagne by Clicquot and other houses was highly regarded but the problem of sediment ruining the clarity of the sparkling wine plagued the industry.

Madame Clicquot solved the problem by inventing the first riddling table. This process of tilting so the yeast sediment slides in the bottlenecks not into the wine is now used by all makers of champagne and sparkling wines.

Madame Clicquot died in 1866, she was 89. This remarkable woman left her mark on the industry and made the world a better place for people who appreciate the finer things in life. ●



it's in the stars



GEMINI 22 MAY – 21 JUNE

Generosity in thought and deed will continue to impress loved ones. That special someone appreciates kind words and thoughtfulness more than extravagant gifts.

CANCER 22 JUNE – 23 JULY

A surprise meeting will prove you made the right decision. Look forward to long-term happiness based on trust. It may have been a rocky ride but finances will improve.

LEO 24 JULY – 23 AUGUST

Ruling is not always winning. Relax and be less demanding. Try to be patient, the results will be worthwhile and the lessons gained are priceless. There are better times ahead.

VIRGO 24 AUGUST – 23 SEPTEMBER

Home is where the heart is. This may be your current situation or the desire to revisit the past. Look for love in all the right places, sincerity is the key word. Check those lists.

LIBRA 24 SEPTEMBER – 23 OCTOBER

Restore balance by pouring oil on troubled waters. Excitement may appeal but the tried and true has more long-term stability. Don't risk losing out on what you have

SCORPIO 24 OCTOBER – 22 NOVEMBER

Life's a buzz, love is all around you. Enjoy the attention; flirt if you must but make sure you follow your heart. Your hard work and smart decisions will pay off.

SAGITTARIUS 23 NOVEMBER – 22 DECEMBER

Despite the economy this may be your best year yet. Look for opportunities, take things slowly and don't expect too many fireworks. A slow burning flame lasts longer.

CAPRICORN 23 DECEMBER – 20 JANUARY

Think carefully before taking chances. Try to overcome issues by working through the situation. A tight financial spot will pass. The next few weeks are starred for success.

AQUARIUS 21 JANUARY – 19 FEBRUARY

Be prepared for the unexpected, relax and have some fun. Slow down and begin to consolidate some of your great ideas. New opportunities are just around the corner.

PISCES 20 FEBRUARY – 20 MARCH

An unusual situation arises but you have experienced this before. Solve this problem by acting with ease and determination, it may be best to walk away. Be prudent.

ARIES 21 MARCH – 20 APRIL

A joyous attitude helps overcome negative impressions and feelings. Singles could meet a mate; couples may have something to celebrate. Accept a surprise invitation.

TAURUS 21 APRIL – 21 MAY

Your soul mate may well be in your life, if so, things keep on getting better. Love is in the air. Be ready for a long awaited magic moment and look forward to a little fun.

Art at Thunderbird Park celebrates a trio of talent



A twined basket by Therese Flynn-Clarke



Nature and art mingle at Thunderbird Park



Tamborine Mountain attracts artists and creative people from around Australia and across the world. Thunderbird Park will celebrate a trio of Tamborine talent with an artists' collective on Saturday May 18 and Sunday May 19.

Artists Fiona Rafferty and Therese Flynn-Clarke will show their creative skills in the rainforest setting. Gemmologist Peter Ellis will showcase his work in the Thunderbird Park Rock Shop. Workshops will be held throughout the weekend and special accommodation packages are available.

Fiona Rafferty's work incorporates photography, painting, print making, drawing, sculpture and stitching. She uses text, symbols and codes inspired by the landscape. Fiona will supervise an interactive mural on Saturday and Sunday from 9am to 1pm. Visitors can leave their mark and contribute to the mural.

Therese Flynn-Clarke uses plant fibres and recycled materials to create baskets and sculptures. She combines ceramics, plant fibres, painting, drawing and collage. Therese says sculptural forms communicate her life roles. "I am inspired by the colour and beauty in nature," she says.

Gemmologist Peter Ellis manages the Rock Shop and Thunderegg Mine at Thunderbird Park, the mine has the world's largest deposit of thundereggs. Peter says the formation of thundereggs is a mystery. "It seems bubbles formed in silica rich material millions of years ago. Thundereggs are cut to reveal crystal deposits and used to create collectable pieces of jewellery and artefacts," he says.

Entrance to the exhibition is free. Workshops are priced at \$50 per person and most materials will be supplied. A maximum of 10 people can attend each workshop.

Therese's workshops will be held from 9am to 12pm on Saturday and Sunday. Fiona will hold workshops from 2pm to 5pm on Saturday and Sunday. Peter's work will be on display all weekend. Free demonstrations will be held in the Rock Shop from 12.30pm to 1.30pm both days.

Visitors are welcome to explore the 112-hectare rainforest adventure property at Thunderbird Park on the corner of Cedar Creek Falls and Tamborine Mountain Road, Tamborine Mountain. There is ample off road parking available in return for a gold coin donation to the local fire brigade. Drinks, snacks and light meals will be on sale at the Thunderbird Terrace kiosk.

Thunderbird Park links with Cedar Creek Lodges accommodation. Special packages are available for the Art at Thunderbird Park weekend. The rainforest resort offers a range of accommodation styles, a restaurant and exciting adventures. Children are welcome.

Art at Thunderbird Park is part of the Scenic Rim Council's Open Studios program. For information and workshop bookings visit www.thunderbirdpark.com.au or phone 07 5545 1468. ●

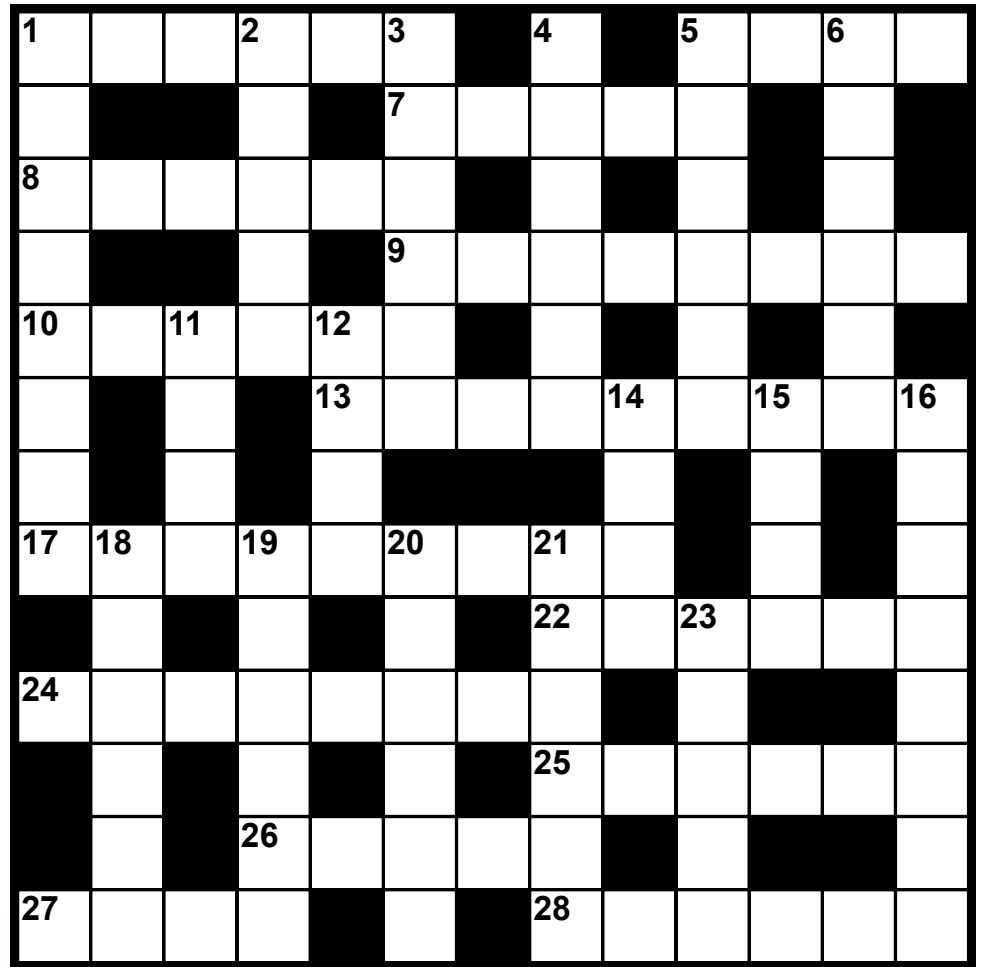
ACROSS

- 1 Complain
- 5 Part of a candle
- 7 A stage in metamorphosis
- 8 Radiance
- 9 Blood feud
- 10 Diamond-shaped pattern
- 13 Surround
- 17 Legal right of possession
- 22 Mend
- 24 With breaks between notes
- 25 Rather modern
- 26 A form of parodied entertainment
- 27 Joke
- 28 One of Santa's reindeers

DOWN

- 1 Shaggy-coated macropod
- 2 Stupid (coll)
- 3 A team of cricketers
- 4 A foreigner in S America
- 5 Come to (4,2)
- 6 Prickly plant
- 11 Smile broadly
- 12 A Shakespearean king
- 14 Be sunk in listless apathy
- 15 Subtle emanation
- 16 A very hot day
- 18 An abundant Australian tree
- 19 An armed guard
- 20 Perish from hunger
- 21 Pressed
- 23 Puts into hock

Crossword



Adtrivia

Add the name of the companies to these advertising slogans and be in the running to win a bottle of Veuve Clicquot Champagne.

- 1 because your worth it
- 2 Oh what a feeling
- 3 the real thing
- 4 the fresh food people
- 5 Beanz meanz.....
- 6helps you work, rest and play
- 7 Go to work on an.....
- 8 All because the lady loves.....
- 9 The burgers are better at
- 10 No battery is stronger longer than

To enter write the numbers on a piece of paper with answers next to each number, add your name and phone number and drop your entry into the box at any Living Gems Resort reception office. The winner will be drawn at random on June 1. The first entry with all the correct answers will win a bottle of champagne. The winner will be notified by phone.



The lighter side of weighty issues

Despite all the talk about weight control most of the world's population is getting fatter.

Catherine Taylor and friends face the battle of the bulge.

Dress size, weight and the pursuit of the perfect figure (okay, fitting into something that doesn't look like a circus tent) are constant topics of conversation between women. Men may get into the healthy sports thing but they don't appear to obsess the way women do.

Recent deep and meaningful conversations with a close friend of many years moved into these frequently chartered waters once again. We have the weight conversation about four times a year but the passing of a couple of decades has made little difference.

When we were both young and foolish (a bit younger and more foolish than we are now) we had lunch with friends and compared notes on exercise. I owned up to an hour of intense aerobics wearing a green garbage bag. For some reason our dining companions found this highly amusing, possibly because we were by then on the third bottle of champagne and dessert.

Food is an on-going issue and most of us have suffered the effects of some of the more unusual diets to hit the headlines. Remember the Israeli Army diet? It was two days of chicken, two days of apples and two days of cheese, I think. I know we went camping to ensure we stayed away from temptation. On the way back to civilisation, we passed a take away food shop. Six days of misery resulted in real Aussie burgers with chips and not a kilo lost between us.

Among my collection of diet books (in pristine condition despite many years on the shelf; the books not me) is a wonderful paperback entitled Elizabeth Takes Off. It's Elizabeth Taylor's diet book, talk about desperate.

This is just one volume, other titles include The Doctor's Guide to Rapid Weight Loss – it could be titled 101 Ways to Kill Yourself Slowly.

Obesity is now listed among the cardinal sins; the fun spoilers will soon make it illegal for people of average height to weigh more than 60 kilograms.

Despite all the talk about weight control most of the world's population is getting fatter. We need someone to blame, I vote for the government (any government, everything is always their fault) and parents, remember a mother's place is in the wrong.

The solution to this weighty problem is still out of reach. Willpower could come into play but when the most common words in our vocabulary are eat, cook, food, cuisine, wine, cake and dessert there is less will and no power.

Hopefully some weight loss guru will read this and send us the answer. Even more hopefully, the answer will include a month in a luxury spa in Tuscany eating nothing but beautifully prepared fresh produce accompanied by kilojoule free wine. Hope burns eternal so it could use up a few kilojoules. ●





Life is full at Opal Gardens

An active social life is the focus of this over 50s lifestyle resort.

Anne and Dave have lived at Opal Gardens for the past three years. Anne says they were among the first residents of the over 50s lifestyle resort.

“We moved from acreage so we would have more time to enjoy more things,” she says.

Dave still works but Anne puts her time into introducing newcomers to Opal Gardens and helping with social events.

“There’s a group of us that meet potential residents and tell them all about the facilities at Opal Gardens.

“We have a lovely swimming pool, a gym and a theatre. Residents can join art classes; use the workshop or the computers in the library. I am planning to take computer lessons soon.”

Anne worked in the hospitality industry for a number of years.

She now uses her skills to help with the resident’s lunches and dinners in the Country Club. She says the social life at Opal Gardens is brilliant.

“The people here are really nice; we have made lots of new friends.

“There’s a few of us that walk or ride our bikes around the resort. We catch up for Happy Hour in the Country Club on Friday nights, everyone brings a plate and we stay on for a game of darts, pool or table tennis. We sometimes play board games and Scrabble. The Tuesday night friendly bowls tournament is very popular.

“Ted, one of the social committee members, drives the Opal Gardens bus. He takes us on regular trips to places of interest. We might go shopping, visit a local beauty spot and have a barbecue or head towards the Coast. There’s never a dull moment at Opal Gardens,” she says.



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