

Life

by Hometown Australia

5 Reasons to Move to a Land Lease Community

Learn more about this popular downsizing option for retirement

The Best 30 Years!

A comprehensive guide to designing your ideal retirement years

Coastal Living at Hallidays Point

Living the dream on the spectacular NSW North Coast

Joint Managing Directors Message



Kevin Tucker Stuart Strong

Welcome to the Summer edition of Life Magazine. As the year draws to a close there continues to be a lot of activity in our communities as homeowners prepare for Christmas and the opportunity to spend time socialising with each other, friends, and family. We will be welcoming new homeowners over the summer period ready to enjoy all that their new home and community has to offer.

In this issue, read about the top 5 benefits of moving into a land lease community. In addition, we showcase Evans Head, once a sleepy coastal holiday town, now a key destination for retirees with its spectacular location, and proximity to great amenities.

Hometown is very pleased to walk away from the recent CCIA awards with two awards! Sunrise Lifestyle Resort in Port Stephens won the 'Land Lease Living Community of the Year Award', such a well-deserved award for Community Manager, Liesel Dawson, and the team who have put a lot of care and energy into their community. The second award, 'Outstanding Contribution by a Young Achiever - Land Lease Communities Award' was won by Lauren Toussaint, our Asset Manager for the North Coast, recognising her rapid career progression and deep expertise.

This October our communities got behind RUOK? Day. Homeowners gathered over a BBQ lunch to learn

more about how a simple conversation could change someone's life. Learning a few basic techniques can help us reach out to others experiencing mental health struggles.

It's a busy time of year for our communities and homeowner competitions. We have just completed our Spring Garden competition and will be featuring the stories behind our winning gardens and some of the other wonderful entries we've received this year in both the individual and community categories. There are two more Hometown sponsored competitions coming up in the next couple of months. The Christmas Lights competition is very popular with homeowners who relish the opportunity to show their creativity and Christmas spirit. We are kicking off the inaugural Pub Games in February with residents having the opportunity to compete in darts, pool, and trivia. We look forward to sharing the fun and games, and of course the winners of this competition in the next magazine.

In the meantime, we would like to wish all our residents, staff and their families a very happy Christmas and best wishes for the New Year.

Kind regards,

Kevin Tucker Stuart Strong

Kevin Tucker & Stuart Strong
Joint Managing Directors



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Enjoy the Natural Beauty of Evans Head



Hometown Australia

Summer 2022

Known as the 'jewel in the crown of the Richmond Valley', Evans Head is a stunning area famous for its fishing, watersports and surfing. With unspoilt beaches and magnificent national parks this area is a fantastic place to enjoy the scenery, go for walks on the long stretches of sandy beaches, swim, catch a wave (or a fish!) or just relax and recharge.



Beach fishing for whiting or tailor is a popular pastime in this area and a fishing tournament, the Evans Head Fishing Classic, is held every winter school holidays for people of all ages and abilities. Seafood lovers can go to the Evans Head Fisherman's Co-op for a great selection of locally caught fresh fish, crabs and prawns.

Located in Evans Head is Riverside, a Hometown community offering a friendly, relaxed environment with a clubhouse, swimming pool, library, BBQ area, community bus, and a thriving social calendar. There are also plenty of opportunities for spotting wildlife at Riverside with an abundance of local visiting birds and kangaroos as well as a koala corridor running along the boundary of the community. For useful shops and medical services, the community is roughly 5kms from the main town of Evans Head.

People looking to downsize, will find a selection of beautiful architecturally designed homes to choose from at Riverside. There are options for spacious kitchens with large island benches, quality appliances, additional multi-purpose rooms, and indoor and outdoor living designs. Homes are designed for comfortable retirement living while providing ample space for entertaining family and friends.

"We are so happy with our new home at Riverside, it's so peaceful and quiet. It's lovely strolling through beautiful parklands to the river and the variety of house styles are kept in immaculate condition".

Sue Dustin, new Riverside homeowner.



The Best 30 Years - Planning for the Retirement Years

Hometown Australia has recently participated in a new TV series, 'The Best 30 Years' which looks at planning to make the post-retirement years, the best years.

Specialists from a variety of fields including health, fitness, lifestyle and financial management shared useful advice about exercise, becoming more involved in your community, options for retirement living and estate planning. Over 80 older Australians were interviewed throughout the series about their retirement paths including several homeowners from two Hometown Australia communities.

In episode two, homeowners at Beachfront in Hallidays Point and Sunrise in Port Stephens spoke about their experiences living in a land lease community:



Living on the Beach

"Financially it's been fantastic! Not just the price of our home but also the cost of living in a beautiful community right on the beach are affordable. I looked at the local area, there were plenty of options for me to continue working, it just became a no-brainer. I was able to discharge my mortgage and move here. The attraction for me has always been the beach and now I live on the beach and it didn't cost a million bucks."

Michele,
Hometown Beachfront, Hallidays Point



Financial freedom

"I remember we had a conversation at our previous house about our mortgage and where interest rates were going, and we decided we wanted to investigate over 50s and over 55s living options. We both work full-time at the moment. Now we have the option of retiring at 60 which was our driving factor."

Jane and Peter,
Hometown Beachfront, Hallidays Point

Summer 2022



No Upkeep

"We love all the amenities that are on offer. We can enjoy everything without doing the chores. I don't have to clean the swimming pool, I can just enjoy the beach, pool and relaxing in the clubhouse."

Colin and Lynne, Hometown Beachfront, Hallidays Point

Being part of a community

"What I realised about being on my own was that I really wanted to have people around me. I've never been a clubby-type person so the way to make it work for me was to get involved. I basically took the bull by the horns and got into it and the outcome has been fabulous. I've never had as many friends as I have here."

Bruce, Hometown Sunrise, Port Stephens



'The Best 30 Years' is now available for viewing on [9Now](#) or via [YouTube](#).

5 Great Reasons to Move to a Land Lease Community

If you are considering your retirement living options, here are five good reasons to make the move to a land lease community:

1. Social Life and Friendships

Everyone wants to feel a sense of home and belonging. Land lease communities provide a warm and welcoming environment with ample opportunities for socialising and meeting likeminded people. There are regular social events, fun competitions and activities including community social clubs, bowls, BBQs, crafting groups, choirs and workshops.

2. It's a Safe and Secure Community

One of the advantages of living in a land lease community is being able to lock the door and go on holidays without worrying about your home. People living in Hometown communities say that when they go on holidays, they can relax knowing that the community will keep an eye on their home. Peace of mind is a huge benefit to those living in a land lease



community with friendly people who will watch out for you and your home.

3. Location

Land lease Homeowners say that they feel like they are on holiday all year round. Hometown has over 50 communities across Australia in locations selected for their beautiful natural surroundings. Hometown communities can be found in popular lifestyle destinations including: the NSW North, Mid-North and Central Coasts; Queensland's Fraser, Sunshine and Gold Coasts; and South Australia's Fleurieu Peninsula.

There are also communities in Sydney, Brisbane and Toowoomba chosen for their urban ambience and proximity to important amenities and services.

4. Choice and Control

Downsizing from a family home is an ideal opportunity to design an exciting new chapter for the retirement years. Hometown residents have the freedom to make changes to the interior of their homes so that it reflects their personality and lifestyle needs.

Hometown Australia offers a wide range of quality, new and pre-loved homes, often considerably more affordable than other properties in the area.

5. Savings and Transparent Costs

More money stays in your pocket when you live in a land lease community.

- No stamp duty payable
- No council rates
- No exit fees
- You retain 100% of your capital gains when you sell your home
- You may also be eligible to claim Commonwealth Rental Assistance
- You pay for your own electricity and gas so you can control how much you want to use



Coastal Living at Hallidays Point

Hallidays Point is a pretty coastal town located in the Manning Valley on the NSW North Coast. A favourite holiday destination for many families over the years, it is now becoming a popular place for retirees looking to make a sea change. Just a ten-minute drive from Taree and Forster, it is close to spectacular beaches, rainforests, farmland and stunning views. The perfect place to unwind and escape the noise and stresses of the city.

While it's a beautiful, relaxing area there is also plenty to do while you're enjoying the gorgeous views. Each of the villages that make up the Hallidays Point area provide lots of opportunities for fishing, walks and practicing photography.

Diamond Beach is a perfect place for long beach walks, fishing or surfing. You might even spot the dolphins playing in the surf.

Black Head Beach has won several 'Keep Australia Beautiful' awards, it also has a patrolled beach and features one of the only ocean pools on the north coast. It's an ideal place to settle down for a picnic under the Norfolk Island Pines along the beach front. The rainforest walk also has a whale watching platform with spectacular coastal views and if you fancy a bit of retail therapy there is also a popular community market held between September and May.

Red Head is located near Black Head Beach and is a lovely place for relaxing walks along the beach. The Koala Corridor has a raised walkway that is a perfect place to enjoy some time in nature.

Beachfront at Hallidays Point is a thriving Hometown land lease community. As well as all the attractions on offer in Hallidays Point, Beachfront provides homeowners with plenty of fun activities close to home. Whether it's playing tennis, swimming in the gorgeous pool, spending time socialising in the clubhouse, having a BBQ or popping over to the community vegetable garden.



Homeowners at Beachfront comment about how much they're enjoying their retirement – being close to the beach, living a million-dollar lifestyle (without the huge price tag), beautiful new amenities without the upkeep, great opportunities to socialise and being able to bring their pet with them.

Beachfront is a welcoming community with home designs created to enhance retirement living. Open plan living areas filled with natural light, covered outdoor decks for long lunches with friends and stainless-steel appliances in the kitchen all add up to relaxing coastal living.

Whether you are looking for a brand new or pre-loved home, Beachfront has a variety of options at different price points to make your dreams of a lifelong holiday come true.

You can move into a brand-new home in 2023 for as little as \$445,000. Living on the beach has never been more affordable.

One of our popular home designs is The Sands, a modern 2-bedroom home with a spacious bathroom, generous kitchen and light-filled dining and living areas, making it perfect for downsizers looking for a low-maintenance lifestyle. Take in the morning sun with a coffee on the large east facing verandah and enjoy the afternoon summer sea breeze as you listen to the sounds of the ocean.



The Sands starting from \$445,500





Hometown Australia Award Winners in 2022 Industry Excellence Awards!

Hometown Australia received two key awards and a finalist nomination in the 2022 CCIA NSW and Land Lease Living Industry Association Awards!



These awards presented by the industry's peak bodies, the NSW Caravan and Camping Industry Association (CCIA) and the Land Lease Living Industry Association (LLIA), are recognition of businesses and individuals who have demonstrated exceptional innovation and best practice.

"It is an honour to award the hard work and dedication seen throughout our industry, and these businesses and individuals in particular, by recognising their excellence and contribution," CCIA NSW President Mark Lindsay said.

Hometown were acknowledged in the following categories:

- **NSW Land Lease Living Community of the Year Award** was won by Sunrise Lifestyle Resort in Port Stephens
- **Outstanding Contribution by a Young Achiever – Land Lease Communities Award** was won by Lauren Toussaint
- **Community Manager of the Year Award** – **Finalist:** Tina Andreanis (Community Manager at Nepean Shores)



Winning the **Land Lease Living Community of the Year Award** was a recognition from the Land Lease industry for all the hard work the Sunrise team have invested to make the community a vibrant and happy place for the Homeowners. As well as fantastic facilities (including a Clubhouse, pickleball, tennis courts, pool, community garden) regular activities and competitions, Sunrise has had a busy 2022 as host of the 2022 State of Origin Bowling Competition. Community Manager, Leisel Dawson engaged the social committee to assist with the Awards Ceremony and lunch (catering for over 100 spectators and the Grand Finalists). The Sunrise Choir and Band also performed the National Anthem during the opening address. This event brought Hometown communities together in a friendly competition and residents were very supportive with one person saying it was 'more than a game of lawn bowls'. Another Homeowner commented that, "The Sunrise Community already had a strong community spirit before the State of Origin, but the series cemented this even further." Well done Sunrise!



Fundraising Melbourne Cup Celebrations at Myrtle Glen



Lauren Toussaint is a deserving recipient of her award for **Outstanding Contribution by a Young Achiever**. Lauren heads up the Operations team for her region and the legal team for the group. Since starting at Hometown in a support role she has worked hard and taken on a management/leadership position where she is passionate and committed to the business, her team and the homeowners. Lauren has a wonderful energy and a professional approach to her work. We are grateful to have her on board. Congratulations Lauren!



We are also extremely proud of Tina's achievements at Nepean Shores and congratulate her on becoming a finalist in the Community Manager of the Year Award. Tina has put her heart and soul into the community, making improvements, organising fun activities and inspiring a happy and engaged group of residents. The residents secretly organised a celebration for Tina becoming a finalist in the awards and to thank her for all she has done since she became their Community Manager earlier in 2022. They were all very appreciative of the care, enthusiasm and hard work that she has invested in the community and left messages of thanks and congratulations. Great work Tina!



It wouldn't be Melbourne Cup Day without glamorous outfits and fancy headwear.

The Myrtle Glen community at Stanhope Gardens wore stylish colourful outfits and fabulous fascinators and stetsons to celebrate the big race. There were even a few jockey caps and a top hat worn for the occasion and a highlight of the day was the best dress, best hat and best dressed competitions.

The Melbourne Cup Fundraising Luncheon for Movember was planned by the Myrtle Glen community social committee and Hometown with Hometown donating food and soft drink for the lunch. It was a great turnout with 55 people attending and \$804 raised for the men's health charity.



Showtime at Grevillea Waters

We are fortunate to have so many talented and enterprising people living in our Hometown Communities!

In 2018, to raise funds for the installation of a Rotary Club defibrillator for their Community Centre, a group of enthusiastic Hometown residents came together to form the Grevillea Waters Live Music Group. After months of hard work, they performed the first 'Residents Revue' in January 2019 with singing, comedy and other acts. It was so well-received they decided to make it an annual event, presenting the next show in November that year.

Following a hiatus due to Covid, they presented the third 'Music Extravaganza' in March 2022 following it up, with the 'Residents Variety Show' in September 2022. Acts included the 'Silver Ferns', performing a collection of New Zealand songs, including the Hakka, the 'Superbs' delighted with a Motown medley, the 'Three Amigos' from Mexico, and a great array of novelty and comedy numbers from the 'Serendipity Singers'. There were outstanding solo singers too!

All in all, it was a great night, and the Grevillea Waters community are looking forward to the 'Christmas Singalong' in December!



Newport Ladies who Lunch



At the heart of living in a Hometown community is a feeling of connectedness. Living in a community provides many opportunities for residents to get together, socialise and enjoy time spent on common hobbies.

During the past few years new residents missed out on many of these opportunities to get to know their neighbours and meet new friends. Whilst community life is returning to normal and the social committees have organised a number of fun events this year, it is not always easy to take that first step.

Hometown Community Managers are mindful of our resident's happiness and wellbeing and are creating opportunities for newcomers (and not so newcomers) to meet and get to know each other.

One of these initiatives is driven by Donna McHugh the Community Manager at Newport in Port Macquarie.

Donna started the Ladies Lunch in July as a fun activity for the women in the community, an opportunity to dress up, meet new neighbours and just have a laugh.

The inaugural ladies' lunch was held at the Rivermark Café in Port Macquarie which was a great success with delicious food, plenty of fun and conversation.

In fact, it was such a success that it's now become a popular monthly event and residents have said that they feel like they are now "included" in the community. Each month Donna organises everything including the community bus to take the ladies to local cafes including Café 66, Sea Salt and Rainforest Café in Sea Acres Rainforest Centre at Shelley Beach. Their next visit is planned for the Town Green Bar.

R U OK? Day at Hometown Australia

On Thursday 8 September 2022, Homeowners across the Hometown communities gathered to ask fellow neighbours and friends, 'R U OK?'

Here's a look at how some of Hometown Australia's communities supported R U OK? Day –

Nepean Shores

"The sun was shining over Nepean Shores as we hosted an R U OK? Day BBQ lunch for residents. We enjoyed a terrific turn out with the Nepean team working hard to make it a fantastic day for all. It was wonderful to see so many residents come out to support the initiative and it was a good opportunity to catch up with everyone, especially some residents who haven't been out in the community for some time. We played games, gave away lucky door prizes, and raffled off items and gift vouchers donated by generous local businesses in support of the good cause. We raised awareness with posters, a small speech and the team brought their best listening skills. The goal was to make everyone feel as special as they deserve and the feedback we received throughout the day was fantastic. It was amazing to see the community coming together and share in smiles and laughter."

Tina Andreanis,
Community Manager at Nepean Shores.



Bridge Street

"Here at Bridge Street, we held an R U OK? Day afternoon tea with a bit of a twist! Residents took part in 'conversation bingo,' when each resident arrived they picked a number out of a bag that had a table number and that is where they sat for the afternoon tea. It was a great way for residents to mingle with others they may not usually see around the community and make new friends."

"Everyone was a bit nervous to start with but by the end everyone said they were having a great time! I am proud to say, our residents have made a pledge to check in on their neighbours more regularly to ask R U OK?"

Fiona Stevenson,
Community Manager at Bridge Street

Lakeland Community

"The Lakeland community held an RU OK? Day BBQ for residents as an opportunity to engage and remind residents that they're not alone. Myself and Rodney, the community groundskeeper, proudly wore our yellow R U OK? shirts whilst cooking up a whopping 3kg of onions and 80 sausages! It was a great morning connecting with residents and having important conversations."

Christopher Tolland, Community Manager at Lakeland.

Sunrise

"The first Sunrise community R U OK Day? was a huge success with over 100 residents coming down to support and participate. Our grounds staff cooked a sausage sizzle to perfection and many of our residents showed their support by wearing yellow. As the BBQ came to a close many residents moved onto playing bowls and are planning on taking part in the afternoon aqua fitness as part of keeping a healthy body and healthy mind."

Leisel Dawson, Community Manager at Sunrise.

River Terraces

"We held a great BBQ luncheon for residents at River Terraces! It was lovely to see everyone come together and enjoy lunch whilst taking part in a great initiative, especially for some of our newer residents so that everyone could mingle. Today was a really important



day as the community has been affected by the floods. We were able to come together to have some fun, connect and check on each other." Sheridan Cooper, Community Manager at River Terraces.

Banksia Waters

"In support of R U OK? Day at Banksia Waters the team took part in the community cruise where we loaded up one of the community golf buggies and visited residents throughout the community. It was great to share in conversations and check in on residents, along with having some laughs and sharing some sweet treats."

Linda Nicastri,
Community Manager at Banksia Waters.

Dune Rise and Lake Macquarie

"We hosted a morning tea for our Dune Rise and Lake Macquarie residents in support of R U OK? Day. It was great to get together to chat and check in on one another. One resident shared with me she had been unwell for four weeks, so she felt very special coming today. We also delivered a few hampers to our residents who weren't able to come down to the morning tea so that they felt included." Mark Allen, Community Manager at Dune Rise and Lake Macquarie.

For further information and resources please visit the [R U OK? Day website](#).





Quilting with Care

There is a group of 22 talented and enthusiastic quilters at the Hometown Valhalla Community in Chain Valley Bay who love to get together to sew and chat. The Valhalla Talking Threads group meet regularly to create an impressive number of quilts to donate to charities each year.

The ladies have recently completed 11 quilts and 6 banners with storage bags to present to the RSL to commemorate the service days. The quilts were taken to the RSL NSW headquarters where one was presented to the Hon. David Elliott, Minister of Veterans and Transport and another was given to the NSW RSL President Mr Ray James.

The members of the group enjoy creating quilts to give comfort and brighten up children's hospital wards and have donated many beautifully designed quilts to Ronald McDonald House at John Hunter Hospital in Newcastle, the Paediatric Palliative Care at Westmead Children's Hospital and the new children's ward at Gosford Hospital. As a group they also regularly donate handmade goods to be sold at the Auxiliary shop at Wyong Hospital to help raise funds for the hospital.

"It's nice to be able to give back to the community and bring smiles to people's faces. Our small quilters group get pleasure out of what we do, it gives us a sense of purpose for the work we do and helping the less fortunate."

"Doing our work and creating our projects provides fellowship and support for each other. Our group lets people who are feeling isolated or alone know that they are not forgotten, and people are thinking about them."

Christine Shipton and Bev Blackburn, members of the Valhalla Talking Threads group

The Talking Threads ladies are also keen to emphasise that they would not be able to continue their work without the help of the Valhalla community staff and fellow residents and are very grateful for their help and donations.

A big thanks to the Valhalla Talking Threads group for the sunshine and colour they have brought to hospital wards across NSW.



Hello Summer: Christmas Lights Competition

The season to be jolly is right around the corner! The Homeowners favourite Christmas Lights Competition returned from December.

We welcome all residents to join in the festive fun by decorating their home and gardens in the Christmas spirit. If you would like to get behind your community, speak with your community manager to discuss creating something special for the chance to win the National Best Community Display.

Hometown Australia looks forward to seeing residents light up the night sky throughout December!

How to Enter

You can enter the competition in December by submitting a registration form to your community manager.

The competition closes on Tuesday, 20 December 2022 with winners announced shortly after.



Do you have Facebook?

Be sure to follow Hometown Australia!



CATEGORIES & PRIZES

\$100

Community Finalist Best Resident Christmas Lights Display

Each community will select Best Resident Christmas Lights Display, with finalists being entered into the National Competition and awarded \$100.

\$200

Winner of the National Competition, Best Resident Christmas Lights Display

Each community finalist will be entered into the National Competition with the overall winner awarded \$200.

\$300

Winner of National Best Community Display

One lucky community will be awarded the National Best Community Display and will receive \$300 to the community social fund.



Best Resident Garden winner is Margit Cornwall from Banksia Waters



Hello Spring: Garden Competition

Spring Garden Competition Winners Announced

Across Hometown Australia's communities, homeowners have created a series of stunning gardens to be considered in this year's Spring Garden Competition. We received so many impressive competition entries it was very difficult choosing just one winner for each category.

Our communities have so many talented and dedicated gardeners who have nurtured colourful and relaxing spaces to enjoy. These homeowners have spent time and attention cultivating beautifully pruned roses, carefully maintained hedges, colourful flowers, vegetable gardens and Australian native plants. Gardens were designed to make good use of limited space and several gardeners created accessible gardens using pots and raised beds.

Please join us in congratulating the award recipients!

Best Resident Garden

Congratulations to Margit from Banksia Waters for winning Best Resident Garden for her delightful English Cornwall rose garden. Margit has created a beautiful year-round classic garden that is especially stunning in spring and a highlight in the Banksia Waters community. Well done Margit!

Best Community Garden

Congratulations to the Sunrise Community from Port Stephens, NSW.

The Sunrise Garden group won this award for their wonderful organic fruit and vegetable garden. A large number of residents worked together to create a productive and attractive garden that provides their community with a wide variety of chemical-free produce. Their worm farm and use of composting help to make sure that the fruit and vegetables are fed from fresh organic sources. The veggie patches are contained in raised wooden beds which is a great way to avoid gardener's back ache! The fruit and veggies are available to all residents using an honesty box system which

supports the replanting of the garden. A superb effort from the Sunrise gardening team.





Congratulations to all of the individual Best Resident gardens within their respective communities and thank you to all residents who took the time to tend to their gardens. Hometown Australia look forward to presenting the Spring Garden Competition to residents in 2023!

In the meantime here are a few examples of some of the fabulous entries we received.

Sanctuary, Lennox Head, NSW

This beautiful garden was created in 2000 by Mrs Cathy Budden's husband George and since his passing Cathy has been nurturing it. As she is now 94, Cathy has some help from family to keep it looking lush and healthy and says, "I'm sure my husband George looks down on his garden with love."



Tamarind Place, Norman Gardens, Queensland

Brian and Frances have spent a lot of time and effort creating a beautiful colourful garden featuring their love of gnomes. A new gnome arrives in the garden every year and the gnome garden is decorated with beautiful lights at Christmas time.



Valhalla, Chain Valley Bay, NSW

This beautiful garden is four years old and was planted by Mr Phil Emberton's wife, Carol who passed earlier this year. Carols' love of colour is reflected in the garden and the front of the garden faces south and receives less sun so has formal plantings to suit the conditions.



Healthy Christmas Lunch

Citrus Turkey Breast with Thyme Infused Baby Carrots and Potatoes

Fed up with spending Christmas morning cooking for hours on end? This recipe will provide you with a delicious heart-healthy Christmas lunch that won't take hours so you can enjoy your day with family and friends.

Cooking time: 30 - 35 minutes

Serves 4 – Any leftover turkey will be a tasty addition to Boxing Day sandwiches, omelettes and salads

Ingredients

- 8 whole fresh baby potatoes
- 12 whole fresh mini/baby carrots
- 2 teaspoons lemon zest
- 2 tablespoon lemon juice
- 2 teaspoons fresh thyme
- 1 tablespoon fresh ginger, finely grated

- 1/4 cup fresh orange juice
- 1 tablespoon runny honey
- 1 tablespoon olive oil
- Spray olive oil
- 450g skinless turkey breast (4 x 125g steaks), fat trimmed

Method

Preheat oven to 180°C. Place baby potatoes and carrots on a baking tray lined with baking paper and drizzle with olive oil and sprinkle with fresh thyme. Cook for around 30 minutes or until golden and tender.

Warm a large non-stick frying pan lightly sprayed with olive oil on a medium-high heat. Add turkey breast cooking for 5-6 minutes each side or until cooked through and juices run clear. When cooked, remove from the frying pan and pop on a plate to one side.

Add the ginger to the pan and cook and stir for 30 seconds. Add the

zest, lemon juice, honey and orange juice. Simmer, stirring, for 2 minutes or until slightly thickened. Return turkey to the pan and cook, turning to coat in the sauce, for one minute.

Serve turkey with roasted potatoes and carrots. Add a bowl of steamed broccoli florets and green beans for extra crunch, vitamins, and colour.

Recipe inspired by the Heart Foundation.



Enjoy the Laid-back Holiday Feel All Year 'Round at Heritage Toukley



Bordered by the bushland of Wyrabalong National Park and the shores of Tuggerah Lake, Heritage Toukley is the perfect place to enjoy a carefree lifestyle on the Central Coast of New South Wales.

Heritage is a peaceful and well-established community offering the best in over 55s living with a host of amenities available including a pool and gym, BBQ area set amongst the lush grounds, community library, craft room, and games room. With a full calendar of events there are many opportunities to enjoy getting to know other Heritage homeowners at activities in the community centre, meeting friends for a drink or catching up at the licensed bar.

We have welcomed many new residents to the community over the past few months. With recently refurbished homes available and a new home arriving in 2023 there have been many opportunities for new residents to join the Heritage community.

Heritage in Canton Beach is a hidden gem on the beautiful Central Coast, offering endless recreational options and countless conveniences. Explore bushland walking tracks, indulge in fishing and water activities on the lake or discover pristine local beaches. Toukley is five minutes away and The Entrance is just 10 minutes away for cafes, shopping and all of your daily needs. It's 40 minutes to Gosford, an hour to the famous Hunter foodie region and the major hub of Newcastle and a 90-minute drive to Sydney.

A New Life Close to Family

After being widowed, Renae felt she wanted to be nearer to her children and move back to the Central Coast, NSW. As her son has a local business at Norah Head and a move to the Central Coast would also bring her closer to her grandchildren. She took the big leap, sold up in Brisbane and made the move to the NSW Central Coast.

Being single, active and young at heart, Renae wanted to downsize, buy something secure and affordable, but still be near the water as this is where she feels most at home. As she hasn't retired yet, her new home needed to be near her chosen place of work.

Heritage seemed to tick all the boxes, 35 mins from her work, 10mins from her family and nestled on the shores of Tuggerah Lake, bordering on the National Park and only 5 mins to local surf beaches.

Since finding her newly refurbished home at Heritage Renae has settled in very well. Her home at Heritage has everything she needs, the community is peaceful and tranquil, and the location allows for lakeside walks, swimming at the beach or pool or going for long strolls in the bushland and enjoying all the local bird life.

Heritage is a safe and supportive community, where she has made new friends and enjoys the activities on offer.

Renae has said it was her best decision and has found that with a smaller home and gardens to maintain, she has more time to do the things she enjoys most.

Heritage Sales Manager, Kerry commented that, "In my experience I am finding more people are wanting to downsize, keep working or retire earlier. We are seeing many locals who already know and love the area are selling their homes in the area and utilising the capital from the sale of their larger family homes to buy in the Heritage community. People from Sydney suburbs and the North Coast are also moving to the region for the waterways, bushland and affordable lifestyle. The buyers like the idea that they can have a simpler way of living, with an extra nest egg for travel, dining out and entertainment."

Hometown Australia offers homes based on the Land Lease model where residents own their dwellings and secure a long-term lease on the land on which it stands. Benefits include:

- No stamp duty
- No council rates
- No deferred management fees
- 100% capital gains



To learn more about the community and to discover the full range of homes please visit Heritage Toukley on the website.