

Gemfields Community Support Assoc. Inc. 30th Anniversary Newsletter

**Celebrating 30 years of servicing the Gemfields Community with
Meals on Wheels, Aged Care/ Disability and Community Support
OCTOBER 2024**



1994



2024



Gemfields Community Support Assoc. Inc. A Brief History

The Gemfields provide a positive attitude and a healthy lifestyle for our residents. We all welcome individual independence and choices of living style but, for those who need some help to remain living in their own homes, the Gemfields Community Support Assoc. Inc. offers services to assist.

From humble beginnings in the early 1990s this organization, situated on the main road at Sapphire, has grown to become the major service provider on the Gemfields.

Gemfields Community Support Assoc. Inc. is run by a volunteer Management Committee and the CEO. There are several full time and casual staff, with a solid base of volunteers to assist with driving, caring and in-house activities.

Along with care packages, the Association supplies and delivers Meals on Wheels, helps with arranging visits from Allied Health professionals and publishes a monthly newsletter.

History of the Service

Initially, Emerald HACC delivered frozen Mobile Meals to the Lions Hall at Sapphire, once per month. Members of the Lions and Lioness Clubs assisted on these occasions and helped provide social interaction for the residents of the Gemfields.

The Lions and Lioness Clubs were advised that a Multi-Purpose Centre was warranted locally and, hearing that Federal funding was available for "Rural and remote areas to provide health and community based services not already catered for," they set about preparing an application. From that moment on it has always been full speed ahead.

In March 1993, a committee called Gemfields Care Group applied for a \$45,000 grant to establish a Multi-Purpose Centre. This grant was approved three months later and the first coordinator was employed in August under the auspices of the Lions Club, an already incorporated body.

By October, the group had tendered for a disused railway house at Capella and, after working through several steering groups, the Gemfields Community Support Association Incorporated was ready to operate in its own right in the November of that year.

In a few more weeks, they had leased land from the Emerald Shire Council who chipped in with a \$15,000 loan—later converted to a grant. The Australian Lions Foundation, the local Lions and Lioness Club, along with the Gemfest Committee and mixed public donations provided a further \$15,000. By January 1994, the house had been delivered and was being renovated.

When finished in May, four Personal Care Attendants were employed on a casual basis and were in the process of being trained. In June, in-house meals were being provided one day per week and, in both June and July, assessments were made of prospective consumers. The Federal Government had provided funding for Aged Care Packages along with a further \$40,748 Establishment Grant that helped with a second-hand vehicle and much needed office equipment.

In 1995, an Administration Assistant was employed part-time and entertainment such as Crafty Days, Cooking Club, Games Days and Sing-a-long afternoons were in place. In March, the Emerald Shire Council granted a further \$18,000 to upgrade the kitchen and extensions were made to house a private doctor who commenced consultations, three days per week, in mid-May. Over the years various building upgrades were made. In 1997 a double garage was added, a free Legal Advisory Service operated monthly. Already the Centre had out-grown itself and funding was sought for further extensions.

In 1998, a second phone line was installed and the property was fenced at the cost of \$3,500. Five new Personal Care Assistants were employed. There were eleven consumers on seven packages with a further four on the waiting list.

An application to Jupiter's Gaming Machine Benefit Fund was made in 1999 to extend the building by an estimated 19 metres. This was approved and, in May 2000, the then President accepted an invitation to travel to the Gold Coast to accept a cheque for \$90,000.

In the year 2000, the yard fenced, lawns, gardens and an irrigation system were in place. Curb and channeling delineated the driveway and a second-hand Toyota 22 seat bus was purchased. Emerald shire council again assisted with a grant of \$25,000 for the building extensions, along with a loan of \$10,000. The Gaming Machine Benefit Fund granted the MPC \$15,000 to equip the new kitchen extensions.

The Centre continues to grow and has become a focal point for the community. Sadly there is no Multi Purpose funding anymore with the government making it obsolete in 2012. The Gemfields Community Support Assoc. Inc. has moved all of its focus towards the aged care sector aimed at keeping older residents living independently in their own homes.



Gemfields Community Support Association Inc.

(Funded by State and Federal Government)

PO Box 391
Sapphire, QLD 4702

Tel: 07-4985 4664
Fax: 07-4985 4606

ABN 15 200 469 724
E-mail: admin@gemfields.org.au

Gemfields COMMUNITY NEWSLETTER OCTOBER 2024

GEMFIELDS WEBSITE: www.gemfields.org.au

OPEN DAY

CELEBRATING 30 YEARS

Friday 18th October 2024

10am - 12pm

— *meet* —
OUR TEAM

Discover what we do in the
Community

INFORMATION ABOUT :

**AGED CARE IN HOME SUPPORT
WE PROVIDE**

MEALS ON WHEELS

Meal examples, taste test and
Information

LIVE MUSIC



Thank you to **FURA** for supporting the Gemfields Community Support Assoc. Inc in their continued community assistance.

Australia
Capricorn Sapphire Pty Ltd
2 HICKS Street Emerald 4720
QLD Australia Po Box 1985

Dubai, UAE
FURA GEMS INC DMCC
Unit NoAG PF 197
AG Tower Dubai UAE

Gemfields Community Support Assoc. Inc. (Multi Purpose Centre)

The following are some of the services that the GCSA supply to the Gemfields Community.

Meals on Wheels— “We are more than just a meal” A hot, or ready-to-heat subsidised meal is delivered at low cost to those who would otherwise be nutritionally at risk, including the frail aged and people with disabilities.

Social Support— A friendly visiting service provides outreach support for the aged, ill, housebound and those with disabilities.

Personal Care— Personal Care services provide assistance at home with daily living for the frail aged, the ill and those with disabilities to help with showering, grooming, dressing and general hygiene.

Respite Care— Provides respite care of the frail elderly and those with disabilities in order to allow their families or carers free time. Planned regular respite, emergency respite or occasional respite can be provided in the clients' homes or on outings.

Domestic Assistance—Home Care services are available for frail elderly, incapacitated or ill residents and those with disabilities to help with household duties including cleaning, laundry, meal preparation and shopping.

Our aim is to help the elderly, incapacitated or those with a disability to remain independent in their own homes without being prematurely forced into an aged care or other facility.

If you, or you know of someone who can benefit from the services that the GCSA provide, please ring us and make an appointment.

PHONE: 4985 4664 Monday - Friday 7.00am - 3.00pm
admin@gemfields.org.au



STAY SAFE IN THE HEAT CHECK ON YOUR NEIGHBOURS



Avoid being outdoors in the hottest part of the day



Drink water throughout the day even if you don't feel thirsty and carry a bottle of water when going outside



Keep your home cool by closing blinds and using fans or air conditioning



Cool yourself down by wetting your skin with cool water and having cool showers and baths



Keep in touch with friends and family





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PO Box 391
Sapphire QLD 4702

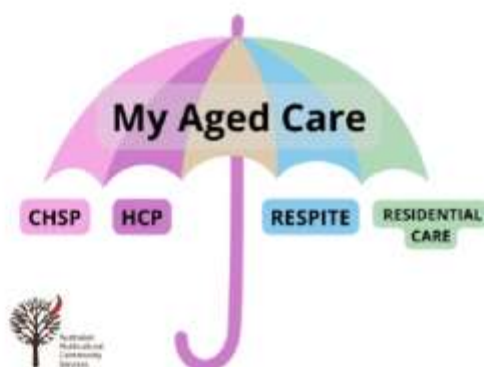
Tel: 07-49854664

ABN 15 200 469 724
E-mail: admin@gemfields.org.au

The Gemfields Community Support Association Inc. aims to provide and coordinate Home Care, Commonwealth Home Support Program over 65 years (CHSP), and Meals on Wheels services, as well as in-house activities on the Gemfields. These services are designed to help elderly individuals live as independently as possible in their own homes rather than having to move to residential care.

You can access the My Aged Care Website, www.myagedcare.gov.au if you need assistance. It's a convenient way to get help, with a step-by-step guide available. The My Aged Care team can assist with any questions over the phone – 1800 200 422

The Gemfields Community Support Association is also here to help you navigate the My Aged Care referral process. You can reach their friendly staff by calling the office on 07 49854 664 or visiting the office at 1003 Rubyvale Road Sapphire Central.



Ph: 1800 200 422



The types of assistance provided include Domestic Assistance, Social Support (group or individual), Personal Care, Respite (in-house or Centre based), Transport, and Meals on Wheels. These services are delivered by our dedicated and compassionate support personnel.



Meals on Wheels offers complete and nourishing meals, including a comforting soup, a hearty main course, a delicious dessert, and two slices of wholesome wholemeal bread. Our dedicated kitchen staff runs the kitchen, and meals are delivered by enthusiastic and supportive volunteers.



Meals on Wheels Queensland

On Fridays, clients are invited to join in on activities from 8:30 a.m. onwards, and the public is welcome from 12:00 p.m. for lunch service. Booking is essential by midday Wednesday, and all current members receive their meals at a discounted price.



We also offer facilities for hire, books for borrowing or swapping, photocopying and laminating for a small charge between 8 am and 1 pm, and a free monthly newsletter. Advertising in the newsletter is available for a fee, depending on size.



**Feel free to call us to find out how we can assist you.
1003 Rubyvale Road Sapphire Central
07 49854 664**

*Thank you to the
Central Highlands Regional Council
for supporting the
Gemfields Community Support Ass..Inc.
(www.centralhighlands.qld.gov.au)*



Gemfields Community Support Association INC.
Would like to thank HOY for their continued support
of the Gemfields “Meals on Wheels”



GEMFIELDS ELECTRICAL

***YOUR LOCAL
ELECTRICIAN***

Grant & Michelle Smith

REC 73638

***Phone:
0419 252 036***



***WE ALSO INSTALL SPLIT UNIT
AIR CONDITIONERS
PO Box 95
Sapphire Q 4702***



Gemstone and Jewellery valuations

Gemstone identifications

Exciting news:

***We will be attending the Festival of Gems
next to the GAA at Roy Day Park in Sapphire***

Fully Registered Gemmologist - FGAA

Full member of National Council of
Jewellery Valuers - NCJV Q216 (Dip Val)

Fully Registered Appraiser with the
ISG reg no 82151

Contact Janet on 0408665896

By appointment only

Follow Gemval on facebook to know
when I will be there next.



***Michael and Jane Taylor
Invite you to Visit their Shop
@ 35 Heritage Rd
Rubyvale***

***Jewellery Just for You!
Mined, cut and set on the
Sapphire Gemfields since 1986.***



Or Shop Online:



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.com.au**



Ph: 07 49854 518



SAPPHIRE
—Gem Cuts—
LOCAL MINED GEMS & JEWELLERY

SAPPHIRES ♦ JEWELLERY ♦ SETTINGS

Here at
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our passion is your satisfaction

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 - Quality Jewellery Findings
 - Handmade Engagement and Wedding Rings
- SPECIAL ORDERS WELCOME-**

Why not create your own jewellery design or select your own sapphire and have it set in one of our findings.



**Phone: 0480 398 603
Keilambete Road, Rubyvale QLD**



Queensland Ambulance Service GENFIELDS



Hi all, from your local paramedics, Andrew and Dave.

Snake bite reminder

It's that time of the year again when the snakes are becoming much more active. Looking at calls around the region, we are attending snake bites most days, some of them quite serious. We talk about this most years, but it's worth repeating. If you or someone near you is bitten:

- Take it seriously. The few people a year who do die of snake bites are often those who say "she'll be right", don't apply first aid and don't seek prompt medical treatment. If in doubt CALL TRIPLE ZERO (000) FOR THE AMBULANCE.
- DO NOT try to kill the offending snake. We really don't need to see the snake (dead or alive), and a lot of bites are caused by people trying to catch and/or kill snakes.
- If confronted by a snake, stay calm, and slowly move away from the snake. It's more scared of you and if not threatened will want to move away from you too.
- If bitten, promptly administer first aid. Apply a pad to the bite site to absorb venom for testing later, place a compression bandage over the site, and then continue bandaging the whole limb (eg. if an arm, from fingers to armpit). This bandage should be firmly applied and you should be unable to easily slide a finger between the bandage and the skin.
- Finally, splint the limb to restrict movement, and encourage the patient to stay still.
- If the bite is on a part of the body other than a limb, apply firm direct pressure to the site with a pad. Do not restrict breathing or chest movement and do not apply overly firm pressure to the neck or head.

The QAS has a number of videos online to take you through snake bite first aid. Just Google "QAS snake bite video".

PLEASE DO NOT CALL OUR PARAMEDICS DIRECTLY!!!

We continue to have people calling us directly instead of just CALLING TRIPLE ZERO (000).

Please do not call (or text) us directly, under any circumstance. If you feel you need us for any reason, call triple zero and a paramedic will visit to assess the situation, or a paramedic, doctor or nurse might call to discuss the case with you further. If you call triple zero in good faith, you will not get in trouble. You're not being a "pest", or "time wasting". It is the right thing to do.

Our roster here involves working eight days straight, including nights, on call. Over those eight days we can get VERY busy. If you call us directly, we might be on a job, we might be heavily fatigued after working all night and we're sleeping, or we might just be on a well-earned day off (in some cases, on the other side of the world when we get a call from someone directly!).

Calling triple zero ensures your call is handled appropriately and efficiently, in a timely manner. The operation centre in Rockhampton will organise the best response, factoring in our fatigue and availability. In life or death emergencies, calling any number other than triple zero (000) wastes precious time.

If you call an individual paramedic, you will immediately be asked to hang up and **dial triple zero (000).**

Kind regards, from Andrew, Dave and our fantastic volunteers.



The Gem in the Gemfields

Ron
Your Host
16 Main St Rubyvale QLD 4702
Phone 07 4985 4118

stay@rubyvalecaravanpark.com.au

www.rubyvalecaravanpark.com.au



RUBYVALE CARAVAN PARK has flat, shady, easily accessible sites for caravans, motor homes, camper trailers and tents. We even have a few sites for BIG RIGS.

The park is PET Friendly and has—LAUNDRY FACILITIES, A well equipped CAMP KITCHEN with FREE gas BBQ, and A SWIMMING POOL and offers FREE WI-FI.

The Rubyvale Caravan Park is situated jus opposite the Pub and is centrally located to local amenities including the PO, café & jewellery shops, fossicking parks and underground mines. We will give you all the information on what to do around the area.



CABINS

Family cabin self-contained for up to 6 people

Queen Bed self contained for 2 people

Value cabin self-contained NO en-suite for up to 6 people



FOSSICKING

CAMP KITCHEN



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SAPPHIRE SUNDAY MARKETS

EVERY SUNDAY

8:00 AM TO 12:00

COME ALONG AND BROWSE THE MANY STALLS

HOT FOOD AND DRINKS AVAILABLE

COME AND SUPPORT THE CANTEEN RUN BY

GEMFIELDS LAPIDARY CLUB FIRST

MARKET THEN ALTERNATING SUNDAYS WITH

GEMFIELDS RIDING FOR DISABLED

BOTH NOT FOR PROFIT ORGANISATIONS

ON THE GEMFIELDS

PLEASE BOOK YOUR SITE WITH

TRICIA 0457 582 830



MARKETS AT

**RUBYVALE FLATS
OPPOSITE RUBYVALE CARAVAN PARK**

Every Saturday

8am — 1pm

**Contact Bev Winks for more
Information
0428 399 591**





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10am - 12pm



—meet— OUR TEAM



Discover what we do in the
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INFORMATION ABOUT :

AGED CARE IN HOME SUPPORT
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MEALS ON WHEELS

Meal examples, taste test and
Information



**LIVE MUSIC
BY WILLOW**



KIDS ACTIVITIES

**COLOURING
COMPETITION**

Scavenger Hunt



**CRAFTY
ANGELS**



ARTS & CRAFTS DISPLAY

INTERACTIVE DEMONSTRATION

Conversation tips



Be prepared
for the
conversation

RUOK?™



Ensure you have
enough time

I'm **here** to **hear**



Find a private, quiet
place to chat

I've noticed
that...

Share what you've
noticed in a
non-judgemental way



Remove
distractions



Be present and
actively listen



Embrace any
silences

Is there
something I
can do to help?

Let them know you
want to support them



Talk through ideas of
what they could do to
manage the situation



Check in regularly so
they know you care

Learn more at ruok.org.au

GEMFIELDS BOBCAT AND TIPPER HIRE

www.gbth.svnthasite.com

Kris Nilsson (*Proprietor*)

Phone:- (07) 4985 4451

Fax:- (07) 4985 4481

Mobile:-(07) 0429 803 381



Box 49 RUBYVALE 4702 Locally Owned & Operated
For all your bobcat, mini excavator, and tipper hire needs.
Serving the Gemfields since 1994

Attachments:- trencher, post hole borer, rock breaker, spreader bar,
bucket broom, fork lift attachment, lifting jib, hydraulic grab
Both truck and dog trailer are side tippers.

Therapies available:

- *Swedish Massage
- *Remedial Massage
- *Pregnancy Massage
- *Myofascial Cupping
- *Emmett Technique
- *Neurovascular Release
- *Vibration Therapy
- *Hot Stone - Rubyvale only



Gemfields
MASSAGE
THERAPIES

Appointments available in
Rubyvale or Capella

For prices and information please call
or visit the website.
gemfieldsmassage.net
gemfieldsmassage@yahoo.com

*In the heart of the beautiful
Sapphire Gemfields*

CALL NOW 0437 921 970

OCTOBER

BREAST CANCER AWARENESS MONTH

A large pink awareness ribbon is positioned behind the word 'OCTOBER', with its loops framing the letter 'O'.

Breast Cancer Facts

In Australia this year, over **15,000 women** will be diagnosed with breast cancer and **150 men** will be diagnosed.



Breast cancer is the most common cancer in Australian women.

A pink heart icon is located above the text.

1 in 8 chance
by age of 85.

Women have a **1 in 8 chance** of getting breast cancer in their lifetime.



SAPPHIRE SHOWCASE

1 052 RUBYVALE/SAPPHIRE ROAD, SAPPHIRE.

We invite you to view our dazzling range of natural sapphires and zircons, mined right here on the Central Queensland Gemfields.

We have simplified your choice in finding the right gemstone/s with our stunning design sets and ready-matched pairs in a rainbow of colours. Your jeweller will delight in creating a unique piece to enhance your choice.

Come in for a free coffee and chat with our friendly staff while browsing our display of affordable, fine-cut sapphires and zircons.

OPEN DAILY
10.00 am to 3.00 pm

Phone: 0407 881 551

Email: coolamon.showcase@yahoo.com

Excerpt from Historical Book CAPTURED IN TIME

WEATHER – WETHER – WHETHER

Percy Theophilus Stanton and his family lived at Anakie during the period 1920-1930. Percy was listed as a farmer in the early Post Office Records. Children from the family attended the Anakie State School in the 1920s and may have responsible for naming their family property "St. Petrocks".

Fifteenth Schedule.		
Fee: <u>5/-</u> <u>1785</u>	No. <u>9819</u>	
"The Brands Act of 1915."		
Certificate of Registration of Sheep Brand and Sheep Earmark.		
Sheep Brand. Fire _____ Tee, Point, or Pitch Sheep Earmark. Front of Ear  Back of Ear	Brisbane, <u>22nd. Feby. 1929</u> This is to Certify that the Sheep Brand and Sheep Earmark mentioned in the margin was this day duly registered to <u>Percy Theophilus Stanton</u> at <u>St. Petrocks, Anakie</u> in the District of <u>Springdale</u>, in terms of the abovenamed Act. <u>J. S. Seiff</u> Registrar of Brands	
Off. or Right Ear for Male  Off-side Face	Front Face 	Near or Left Ear for Female  Near-side Face

Most people these days would not know that sheep farming was once an important industry on the Central Highlands. In 1886, Keilambete Station, west of Rubyvale, covered about 26,000 acres and carried 500 head of cattle plus 26,000 sheep.

On the Capricorn Highway, 15 kilometres west of Emerald, you may still see some evidence of the Selma Boiling Down Works. This factory opened beside the Central Railway in 1894 and was capable of processing 1500 sheep and 200 cattle per day to produce "excellent tallow and hides of faultless condition"

The disastrous drought of 1899-1902 (recognised as the worst in Queensland records) caused the closure of the Selma Boiling Downs Works. During 1900, only 18mm of rain fell during October, November and December

This dry spell continued into 1901 when 200 stations in western Queensland lost, on average, 51% of their livestock. There was no improvement in sight by the end of 1902 and by this time 500,000 to 700,000 cattle and over 1,000,000 sheep had perished.

On September 13 1902 the Gemfields correspondent to the Rockhampton Daily Record newspaper wrote ".....all the waterholes about here are full up with dead cattle. I counted fifty-seven in one hole, Greenwoods, last Sunday" [These waterholes are situated at the back and on the flats below the late Mike Monteagle's "Casuarina Hill" that is near to the lower road to Reward]. The Capricorn newspaper reported that one station that previously ran 25,000 head of stock was down to just 400.

Good rains eventually fell in 1906 and allowed for restocking and, in Emerald, a public Woolscour and Shearing Shed opened in 1912. Although there were many problems associated with the wool industry in the local area, it managed to survive into the 1950s.

There are some properties around the Central Highlands that still bear the evidence of the sheep industry with the remains of old shearing sheds and arsenic dips.

Sapphire Gemfields



OMG

OUTBACK MARDI GRAS

Fri: BLINGO w Heidi Hole

Sat: PARADE & DINNER SHOW

Starring the
Award Winning
& EVER-SO-FABULOUS



Wanda Dparke

**4 & 5 OCTOBER
2 0 2 4**

info ph: 0438 973 333
Cracked Pepper Catering



Experience Tai Chi

Graciously hosted by the Gemfields Multipurpose Centre

Mondays 9 - 10am

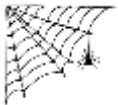


As we age, it is so important to do regular and targeted exercise. Here is a quote from “*Living Chi*”, by Grand Master Gary Khor E.A. (Founder and President of the Australian Academy of Tai Chi) to help put into perspective what aging does to our bodies:

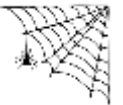
"When our lifestyle involves little movement and we stop moving muscle, our muscle tissue begins to disintegrate. Without the pumping, massaging effect of the muscles, the circulation of the blood, particularly in the venous system, becomes slow and congested. The heart has less blood to circulate but it must be circulated at a higher pressure, in order to force it through the congested tissue. Over time, as toxins accumulate and less oxygen and nutrients reach the internal organs, they start to fail and malfunction. The body's defensive system relies on the circulation of the lymph fluid through the lymphatic system. This circulation has no pump and depends on movement to provide a massaging effect. As we reduce the amount of body movement, the body is less able to ward off pathogens."

So, we need regular and targeted exercise if we want to experience the best quality of life as we age. The kind that helps to improve muscle health, bone density, flexibility, mobility, and balance. The kind that increases circulation through our organ systems while generating energy.

Such is the value of practicing Tai Chi regularly. Tai Chi is a gentle form of exercise suitable for all ages. Please join us at the Gemfields Multipurpose Centre on Monday mornings at 9am and come for coffee after! We are a friendly group open to all ages and genders and participation is free.



Why celebrate Halloween in Australia?



While many believe that Australia has given in to US commercialism by celebrating Halloween—well, Halloween was actually first celebrated in Australia in Castlemaine, Victoria, in October 1858.

Originating in Scotland and Ireland, as the festival of Samhain thousands of years ago, it arrived in Australia with the Scots on the First Fleet. The first written record of a Halloween celebration in Australia was on Friday, October 29 in 1858 when the “puddlers” of Forest Creek presented the Castlemaine Select Scottish Ball celebrating Halloween at Red Hill Hotel. Tickets admitted one gentleman and two ladies.



Halloween balls and revels appeared across Australia and remained popular into the 20th Century. Then, World War II saw American GIs arrive in Australia and brought their own version of Halloween celebrations. But it's American movies and TV shows that have made most Australians think that Halloween is a recent import from the USA.

But Halloween is not some American thing that only arrived in Australia a handful of years ago. Halloween has been celebrated in Australia for more than 160 years; before Australia became a nation, before *Waltzing Matilda* was written, before Vegemite and thongs, before Ugg Boots and *Mad Max*, AC/DC and Kylie, and before the first Aussie Rules football was kicked.

Sure, it's taken us a lot longer to embrace it than the Americans, but more and more people are starting to realise that Halloween is a fun celebration that the whole family can take part in. You can get to know your neighbours and wider community through trick or treating and what kid (or adult!) doesn't like to dress up in a cool costume?! They don't have to be horror themed either ... you can go as a superhero, a TV or movie character or a famous person in history – it's all about having fun! And well, the lollies too



ROCK THE 'GEMMIES'

Chill-Out, it's Spring!

BRING A CHAIR / BLANKET
GEMFIELDS RSL
BAR / FOOD / RAFFLES
LIVE MUSIC FROM 3

SATURDAY 19 OCTOBER 2024
\$5 ENTRY / \$10 FAMILY

...laze
on the
lawn

GATES OPEN 2PM



5-13 October 2024

Connect for mental health

**Nurture and support positive mental health and wellbeing
for yourself and your community.**



SELF

Connect with self:

Take care of yourself, do something you enjoy, make healthy choices, and seek help when needed.



OTHERS

Connect with others:

Foster relationships with loved ones, friends, family, and mob. Spend time with others and make meaningful connections.



COMMUNITY

Connect with community:

Be supportive and inclusive, look after one another, and connect with culture. Show kindness and initiate connection with those who are struggling.



NATURE

Connect with nature:

Take a break from technology, spend time outdoors, embrace mindfulness, and take care of the world around you.

If you or someone you know needs help, the following services are available.

If your situation is life-threatening or you're concerned for someone's safety, call 000 for help.

1300 MH CALL:
Mental health access line
1300 642 255

13YARN
13 92 76
13yarn.org.au

Lifeline
13 11 14
lifeline.org.au

Visit the 'Find help' section of the Queensland Mental Health Week website for more services.



Funded by

Queensland
Mental Health
Commission



Coordinated by

CHECKUP

www.qldmentalhealthweek.org.au

#QMHW #Connect4MentalHealth  

Artwork: Stronger connection creates strong health by Leah Cummins, Bunya Designs

Decommission of television towers in the Gemfields

IMPORTANT INFORMATION:

WHAT DOES THIS MEAN FOR RATEPAYERS?

All savings made on no longer maintaining the towers will be spent on providing services to Gemfields residents.

WHY CAN'T THE TOWERS BE FIXED?

Without repeater towers, signals only have one path from the tower to your television. TV signals simply aren't strong enough to pass through some buildings, trees, and some weather events can cause interruptions.

WHAT DOES THIS MEAN FOR AFFECTED HOUSEHOLDS AND BUSINESSES?

From November 30 2024, you will not receive a TV signal over your antenna. To maintain access to free-to-air television services after November 30, those affected will need to use alternate methods such as the VAST service or Internet streaming.

WHEN?

The television towers in the Gemfields will be decommissioned from **NOVEMBER 30, 2024.**

WHY?

Council has been advised by specialists that a lack of repeater bases, weather events and interference from newly built structures are preventing consistent signals from reaching residents.





GEMFIELDS RIDING FOR THE DISABLED INC.

We would like to say a huge thank you to the following people that have supported and donating time and funds throughout the year.

Ron Pont for donating proceeds from Ron's Raffles.

The Trivia Club for donations from trivia games.

The General community for kindly donating their cans and bottles for us to claim the refund from Containers for Change.

To our wonderful volunteers helping keep us maintained, helping in the canteen at Sunday markets fortnightly and anything else that we may require.

Mechanical, maintenance & horses: Dave Howard, Andrew Olsen, Chris Shepherd, Alan Moylan, Mick Crawford

Canteen: Our wonderful BBQ cook Robyn Farmer, volunteers Nikki Black, Fiona House, Trish Murphy

Horses: Kayla & Brook Anderson, and just recently Maddie & Lilly.



Paula and Tim Riley.



GEMFIELDS RIDING FOR THE DISABLED INC.

2024 HORSE MANURE FOR SALE.

Do you require some horse manure for your garden?

We deliver to your place.

\$30.00 per large trailer load within 20 kms radius Sapphire. (Delivery charge if more than 20kms.)

Or \$25.00 bring your own trailer and we will load you

PLEASE CALL TIM RILEY 0408 301 401
OR EMAIL DETAILS TO

sapphire.rda@gmail.com

HUNDRED DOLLAR BOARD

GEMFIELDS COMMUNITY SUPPORT ASSOCIATION FUND RAISER

Be in the running to win \$100

Pick a number from 1—100 for \$2.00 each

Pop in to the Multi Purpose Centre for your Lucky Chance

Winning numbers are picked once board is completed.



Proceeds go to Multi Purpose Centre



Guided Walk-in Underground Mine Tour

Jewellery & Gift Showroom

Underground Museum

Richardson Sapphires

Fossicking – *We'll show you how!*

97 Heritage Road, Rubyvale.

PH: (07) 4985 4444



Tours

Thursday to Sunday from
9am to 1pm and run
hourly on the quarter past.

**Bookings are
essential.
Minimum of 2 people.**



The Miners Café ph; 0486029237
situated at Miners Heritage. 97 Heritage Rd Rubyvale.

Closed until next Season

Café available for lease

Follow our signs from the highway crossroads at Anakie, or on the Clermont/Capella Road.
1.5km from the Rubyvale Hotel and Post Office.



**1056 Rubyvale Rd
Sapphire, QLD 4702
PH: 0499 186 251**

*Local miners, local knowledge,
local stones*

SCAN ME



*Check out our Facebook
page for daily menu
specials*

Fossicking Park

- Buckets & Bags loaded with local CQ Sapphires & Zircons
- Take away bags of wash (Some include a faceted Sapphire)
- 1 in 25 bags/buckets have a facetable Sapphire or Zircon
- Jewellery and Local Gems, QLD opal, other crystals, fossils and rock specimens
- Fossicking packages and specials

**Opening Hours:
8.30am - 3pm
5 Days A week**

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Wednesdays
Closed - public holidays***

***Enjoy a relaxing
atmosphere, meet our
team, catch up with
family or friends & find
yourself a Sapphire 💎***



- **Licensed Cafe with a large range of beer wine & spirits**
- **Donuts (Fri, Sat & Sun)**
- **Merlo Coffee**
- **Bakery - Bread orders welcome**
- **Deli Fridge**
- **Breakfast & Lunch**

Drinks

Freshly made Juices
Frappes, Shakes, Iced drinks
Merlo Coffee
Bilsons range of cordials,
soft drinks & alcoholic
options
Large range of beers, wine &
sprints

Bakery.

Freshly baked Bread- Including
White, Sourdough, Wholegrain,
Wholemeal and Dark Rye
(Thursdays)

- Orders welcome to avoid disappointment

Kitchen

Breakfast & Lunch Menu's

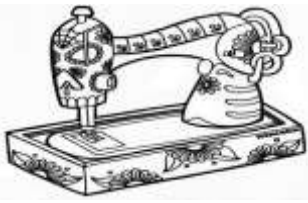
Range of breakfast options including:
Large and small brekky, bacon & egg roll,
omelette, breakfast wrap, croissants,
sourdough toppers, french toast, eggs
benedict

- Burgers - Mince, steak, chicken or works
- From the sea - Fish & Chips, seafood basket, prawn cutlets
- Classic meals - Chicken Schnitzel, Parmi or Rib Fillet
- Chips and Wedges, With sour cream & sweet chilly, Loaded with bacon, cheese and shallots or cheese and gravy

Deli fridge loaded with Sweets, Grab & Go options, wraps, sandwiches. Plus ready to heat and ready to cook options.

All toasties made on yummy freshly baked bread





GEMMY QUILTERS



GEMMY QUILTERS OCTOBER 2024 NEWSLETTER

Now the warm weather is here our southern visitors are scurrying back to the colder climes. They are welcome to the colder weather, we will enjoy our heat (with the help of the Sapphire Pool).

We are very fortunate in having air conditioning in our hall for sewing – it makes a big difference when the temperature climbs. So far we have not needed it as the weather has really been very nice. Our members are working on different projects – some for Christmas and others for our Quilt Show next year. It promises to be bigger and better.

Don't forget, if you enjoy any craft, knitting, sewing, crochet, diamond dots or jigsaws, feel free to come and join us any Tuesday at the Sapphire Hall. We are there from 9.00am to 3.00pm morning tea included and bring your own lunch. Just come and visit for a cuppa if you like to see what we can offer you.

Looking forward to meeting new friends or old ones who have returned to the area,
Gemmy Quilters.

GEMFIELDS COMMUNITY LOCAL AMBULANCE COMMITTEE

GEMFIELDS LOCAL AMBULANCE COMMITTEE OCTOBER 2024 NEWSLETTER

Well we are well into the warm weather and our time at the Sapphire Markets is over for this year. We have had a very successful time and made lots of new friends. Our Raffles have been drawn and we will have all the details next Newsletter. This edition needs to be in the hands of the printer before we draw them.

We will have a break from our fundraising but look forward to seeing everyone next year when we will be all set up for demonstrations and information on different medical situations that may be encountered in our daily life. To do this we have the television kindly donated by Harvey Norman and we will be running various videos showing different settings such as treatment of snakebites and bandaging of wounds, etc. along with CPR demonstrations on the mannequin. We look forward to demonstrating these life saving skills to one and all, so come and see us next year.

The Newsletter will continue on so any news will still be issued.

Enjoy the warmer weather and don't forget the Sapphire Pool is now open.

Keep safe,

Your Local Ambulance Committee





GEMFIELDS RIDING FOR THE DISABLED INC.

**Lessons to commencing June 2024 call to book.
We cater for people with all types of disabilities.**

Also provide lessons for able bodied riders

Lessons Saturday morning, other days by appointment.

To book a lesson or make enquiries please phone Paula on 0408 798 440

Email: sapphire.rda@gmail.com

Lessons held at Roy Day Park, Sapphire.

Cost of lessons \$25.00 Rider Registration & 2024 Insurance Cover \$160.00
--

**Anyone wishing to be involved in this worthy cause please call or email me.
Volunteers always needed to help fortnightly in canteen on Sunday at
Sapphire Markets and any day with horses, maintenance, admin,
gardening etc.**

PROUDLY SPONSORED BY:



Kohnke's Own
Top Quality Supplements for all Horses

Thank you to the

**RETREAT CREEK
WORKING HORSE CLUB**

For their generous donation to the
Gemfields Meals on Wheels



Queensland Sapphire Miners Association Inc.

PO BOX 364, Rubyvale, Qld 4702 www.qsma.com.au

Membership & Renewal Application Form \$35.00 Per Year

I wish to become a Member of the Q.S.M.A. and agree to abide by the Rules of the Association.

☐ New Application

☐ Renewal

☐ Change of Details

New Membership Applications are subject to Approval.

Title:

Date of Birth: / /

Given Name: Surname:

Current Mailing Address:

State: Postcode:

Phone No: Claim No:

Email:

☐ Tick the box if you require a copy of the Rules of the Association.

☐ The information I have provided is true and correct.

Signature of Applicant: Date:

☐ CASH

☐ CHEQUE

☐ MONEY ORDER

DIRECT CREDIT

BANK DETAILS: BSB: 064 704 ACCOUNT No: 10028037

Please put your name in as the reference so we know who is paying. If you are paying by Direct Credit you are still required to send in your completed and signed membership form to above address.

OFFICE ONLY

Receipt Number: Submitted By:

Approved by the Committee

President:

Secretary:

Date Approved/Rejected:

Date Entered:



Community update: 17.9.2024

QSMA have had our General Meeting & AGM for the year: The result of the AGM for office bearers & committee are as follows: Trevor Harwood – President, Laurie Bell – Vice President Carol Graham – Secretary, Megan Harwood – Treasurer/Assistant Secretary.

Committee: Greg Charlton, Scott Steiner, Greg Graham, Alan Freeman. (Alan holds the Fossicking Portfolio).

At the General Meeting we outlined the numerous issues including the MEROLA bill amendments we had to deal with over the past year especially the number of submissions needed to push back on the involvement Government is proposing to enforce in our lives.

We have had correspondence from the current Government where they are persuing the MEROLA Bill reforms in the next year should they win the election and QSMA have had a TEAMS meetings with Opposition Mines Minister Dale Last where he has stated that his Government will start from scratch this review, and that much more consultation will take place.

Concerned about lodging a renewal for your claim?

Need Help?

We are seeking expressions of interest from claim holders who require assistance to prepare and lodge their claim renewals.

We are planning to run a workshop(s) at which claimholders will be provided with all the necessary forms and given instructions on how to complete their renewal.

It is expected that on completion of each workshop, claimholders will have completed their own renewal documents and ready for you to submit to the Mines Department. Attendance at the workshop is expected to take about 2 hours, and will be held at the Rubyvale hall.

If this is of interest to you please give your details on the sign on sheets that are available at the Rubyvale Post Office. You will then be contacted and given further details of when the workshops start.

Please note that the cost to members will be \$150. Membership applications are available at the Sunday Markets and attached to this community newsletter.



Every Tuesday
9.15am—12noon



Where
Rubyvale Hall
How Much
1 Hand—\$3
More Info
0488352454



Lucky
DOOR



Party Day 1st Tuesday
every Month

TRIVIA MONDAY'S

Sapphire Hall
10am till Noon

Plenty of PRIZES



Everyone Welcome to come along

**All monies raised
donated to local
charitable
Organisation's**

For Info please call Mary
on 0415 830 505



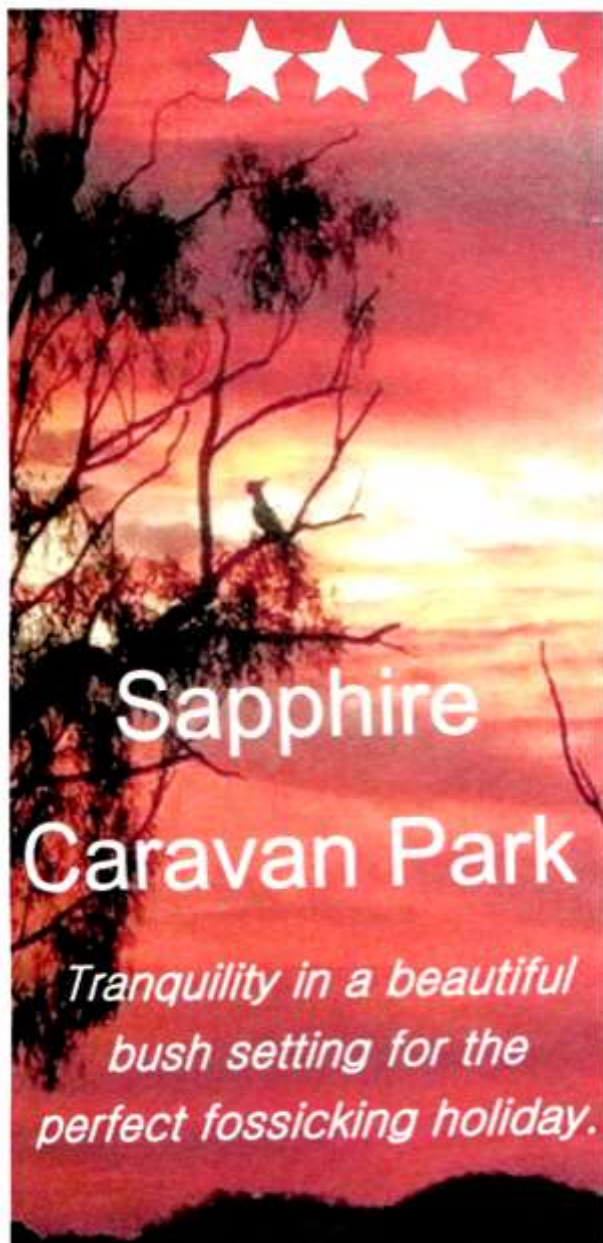
WILLOWS GEMFIELDS BRANCH

MEETINGS HELD ON THE
1st WEDNESDAY OF EVERY MONTH
ALTERNATING AT THE WILLOWS REC CLUB
AND RUBYVALE HALL
10.00AM

- October 2nd Rubyvale Hall
- November 6th Willows Rec Hall
- December 4th Rubyvale Hall

New Members Welcome
Meeting dates may change, members will be
notified where possible





- BILLY BOULDER CABINS
- BUDGET MINER HUTS
- CARAVAN & TENT SITES
- POWERED/UNPOWERED
- LARGE CAMP KITCHEN
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- 4 ACRES OF BUSHLAND
- MAGICAL SUNSETS

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Sapphire QLD
Ph. (07) 4985 4281



Bookings can be made online;
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sapphirecaravanpark@gmail.com

**Long term rates available*

**Pet friendly—conditions apply*

** Mobile phone & TV reception available*

Situated in beautiful bushland, which offers guests a peaceful and tranquil stay. Relax by the pool or try your luck at finding a Sapphire at the many designated fossicking sites.

Watch the wildlife feeding before a captivating sunset.

We are conveniently located near the post office, chemist, general store, fossicking parks, fuel, take-away and medical centre.

COME AS STRANGERS - LEAVE AS FRIENDS



Returned & Services League of Australia

(Queensland Branch)

Gemfields RSL Sub-Branch Inc.

ABN 15 781 906 571

P.O. Box 328, Sapphire QLD 4702.

Enquiries: Phone 07 4985 4588

Email: secretary@gemfields.rslqld.net.au

Winter is over, where has the year gone?

Here at the RSL we are still open three days a week and continue to welcome both locals and tourists.

Our inaugural Gemmies Bake Off was held on the 8th September and what a great event it was. Thank you to all our bakers who entered their amazing creations and congratulations to our winners.

Primary School – Amelia and Chloe for cakes and Layla and Lucas for biscuits.

Adults - Kellie Sandeman, Sam Connelly, Lisa and Gary Robinson and Jason Kuenz with a special mention to Mary Vella and Anne Hatte.

Grand Champions were Sylvia Titheridge and Helen Pawson.

Thanks also to Tanya for styling the dining room and her assistance on the day.

To our two amazing judges for lending their taste buds for the event we thank Sgt Kelly and Victoria from the Sapphire Caravan Park. And finally, to Ambo Dave, who used his amazing auctioneering skills to raise \$3,000 for the Anakie School.

We have two great events coming up in October!

OMG – Outback Mardi Gras dinner and show on Saturday October 5th

Rock the Gemmies on October 19, gates open 2pm.

Contact the RSL or see the flyers posted around the Gemfields for more information.

WE HAVE A DESIGNATED NUMBER FOR MEAL BOOKINGS

Ph 0488 256 005 - BOOKINGS ARE ESSENTIAL

LEST WE FORGET

RUBYVALE FRIENDLY GROCER NEWSAGENCY AND FUEL



Open 7 days



NO NEED TO GO TO EMERALD

ALL THE GROCERIES YOU COULD POSSIBLY NEED

(At competitive prices)

***FUEL, GAS, AUTO BITS
MINING STUFF & MORE...***

Opening hours: Mon-Fri 7am - 6:30pm Weekends 8am - 6pm



Right next door to the pub - Phone 4985 4190

Gemfields

Central Queensland

HISTORICAL BOOKS FOR SALE



Miners Cottage Fossicking Park



Open 7 Days

65 Goanna Flats Road

Rubyvale

Phone: 4985 4531

- All Buckets purchased come with a complimentary Scone and Cuppa
- Pet Friendly
- Find us on Facebook





GEMFIELDS RIDING FOR THE DISABLED INC.

2024 HORSE MANURE FOR SALE.

Do you require some horse manure for your garden?

We deliver to your place.

\$30.00 per large trailer load within 20 kms radius Sapphire. (Delivery charge if more than 20kms.)

Or \$25.00 bring your own trailer and we will load you

PLEASE CALL TIM RILEY 0408 301 401

OR EMAIL DETAILS TO

sapphire.rda@gmail.com



JP available at the Gemfields Library

Library hours are

10am-2pm Tuesday

12 midday-4pm Thursday

9am-12 midday Saturday

For more information please call Joanne at the library
on 4981 0299

Salvos in Sapphire
(Angelos)

Monday's

Friday's

Saturday's

8.00am - 11.30pm

Gemfields Lapidary Club

WEDNESDAY & SATURDAY

Roy Day Park Sapphire
9am - 12 noon

Membership Fee: \$25.00/ \$5 Session
New Members \$40.00/ \$5 Session

We
have

**Lapidary Activities, Silversmithing, Skin
Polishing, Wire Wrapping, Chain Maille**

Phone: 0474 277 122

Email: gemfieldslapiary@hotmail.com



Fresh Gemz

"Your local Fresh Fruit and Vegetable family in the Gemfields"

19 Rifle Range Road Sapphire (behind the pool)

Selling a large range of Quality Fresh Fruit and Vegetables.

- Amazing coffee made by our barista Lucy
- Bluemac pies from Clermont
- Bread, Milk, Eggs, Nuts, Confectionery, Juices and Cold Drinks
- Smallgoods, Jerky, Spices, Sauces, Ready made meals & Pizzas
- Coarse Laying Mash & Seasoned Firewood

Quality produce at a fair price!



Friday, Saturday & Sunday 8.00am – 2.00pm

Adam & Maree Willison - Ph: 0427 772 613

gemfields



Garden Club



A not too cold winter, with good rainfall, is on its way out. Got lots of fire wood left for the next one. Now we bracing ourselves for a hot summer, I guess? As usual, weather is difficult to predict, as is climate. Are we partly responsible for our climate? Better not get into it as it is a hotly disputed subject, polarising our society. A polarised people is the last thing we need. "Pulling on one string" is the way to go, getting things done, even if it is not always the ideal way forward.

A number of clubs and organisations on the Gemfields constantly looking for new members. Altruistic people, working together for the common good, is the fabric of a successful society. Let's lead the way!

A number of people moan the loss of our iconic "Wheelbarrow Race," which took place around "Gemfest" time. To stage such an event takes lots and lots of volunteers which we haven't got at this stage. On the positive side, Linda tells me, the "Wine and Cheese Night" will be on once more in August 2025. We appreciate that! No takers for the Home Brew competition which took place in the Miners Shed at Divide? It was a hilarious event, a spectrum from stressing the taste buds at times to some truly excellent brews!

John Dawson, a constant donor from the Emerald tip, shop gave us two roles of weed mats. Thank you very much!

Keep the "Old Time Dance" at Capella, once every month, in mind. Noela on 0408721707 has all the information. It usually takes place on the second Saturday of the month. Clermont also stages a dance at times.

I digress, back to the Garden Club news. Here is our busy secretary Robyn:

'As the months start to heat up coming into summer the Garden Club is winding down until the new year. We would like to welcome a couple of new members to the club. Jon has joined us as a gardener who will help immensely for the bigger jobs that need doing. Dawn has also joined us and has already planted some climbing vegetables in her chosen plot. Happy growing.

The canteen has two fortnight's to run for the year Sunday 22nd September and our final canteen will be Sunday 6th October please come down and enjoy a yummy breakfast while you can. The girls in the canteen would like to thank all the patrons who have wandered in for a bite to eat it is muchly appreciated for help of raising funds for the RDA.

Our final meeting for this year will be Saturday 2nd November 9.00am at the Garden Club situated at Roy Day Park Sapphire come down and say hello. We will return in March 2025 with our AGM meeting date will be finalised later.

I am still available at any time if you have any questions or queries don't hesitate to contact me Robyn on 0497 991 672'

Thanks Robyn. Your kind work is much valued. Come and join us. Membership is \$15- a year, which gives you a garden plot, free seeds, use of tools and a very nicely appointed club house set in peaceful surroundings. A place to come, relax, tend the garden enjoying the atmosphere, communicating with fellow gardeners and budding newcomers.

Any input pertaining to gardening and related subjects are welcome. Let me know.

Happy Gardening

Jim Varak
0419854333
News Coordinator



Happy Gardening



TLM DIESEL SERVICES PTY LTD



921 RUBYVALE ROAD
PH: 0427 574 978



Tyres

- Repairs
- Small tyres
- Car tyres
- 4WD tyres
- Truck tyres
- Machinery tyres

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Large quantity of hose and fittings in stock.

Hoses made on-site while you wait



Oils & Parts

Large quantity of Fuchs and Valvoline oils and coolant in stock.

Other vehicle parts and consumables in stock or available quickly

More Information



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Our Location
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Amazon Rainforest



Word Search Puzzle

I N D I G E N O U S E Z J P S S Z E X
C Y P T L G V T K K C E Y A T I M F S
E O T A T V B D S H O J L R O D H N A
K V L V L K Q N J X S U J S B G I E W
V Q X O G M X S Z B Y N E C B R J A Z
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I A J A G U A R F O A K P I Q E O I L
Y K V Q S N K O P V Z E N K C D T V A
R A Q L F H E Q E U I Y H C F A H E N
S G F J I M S E R V L S Z Q L L L R D
G I I B L H S O U T H A M E R I C A S



AMAZON RIVER	HARPY EAGLE	SAVANNAS
BAMBOO	INDIGENOUS	SLOTH
BOLIVIA	JAGUAR	SNAKES
BRAZIL	JUNGLE	SOUTH AMERICA
COLOMBIA	MACAW	SWAMPS
ECOSYSTEM	MONKEYS	TAMARINS
FROGS	PALM FORESTS	TROPICAL
GRASSLANDS	PERU	VENEZUELA



SPOT THE DIFFERENCE

Can you spot the 14 differences between these two pictures?



QUICK BEEF ENCHILADAS

Ingredients

- 500g lean mince
- 300g mild chunky tomato salsa
- 8 white corn tortillas
- 1 cup grated tasty cheddar cheese
- 2 tomatoes, finely chopped
- 1 avocado, stoned, peeled, finely chopped



Method

- Preheat oven to 200C. Heat a large non-stick frying pan over high heat. Cook mince, stirring with a wooden spoon to break up lumps, for 5 mins or until cooked. Add salsa. Cook, stirring, for 2 mins or until heated through.
- Spoon one-quarter of mince mixture over the base of a large baking pan. Dip 1 tortilla in the remaining mince mixture to soften. Place on a work surface. Top with one-eighth of remaining mince mixture. Roll to enclose filling. Place, seam-side down, in prepared pan. Repeat with remaining tortillas and mince mixture.
- Sprinkle with cheddar. Bake for 15 mins or until cheddar melts and enchiladas are heated through.
- Combine the tomato and avocado in a small bowl. Season. Spoon over the enchiladas to serve.

APPLE AND CUSTARD IMPOSSIBLE PIE

Ingredients

- 75g (1/2 cup) plain flour
- 215g (1 cup) caster sugar
- 85g (1 cup) desiccated coconut
- 4 eggs, lightly whisked
- 2 tsp vanilla extract
- 125g butter, melted
- 500ml (2 cups) milk
- 385g can pie fruit apple slices



Method

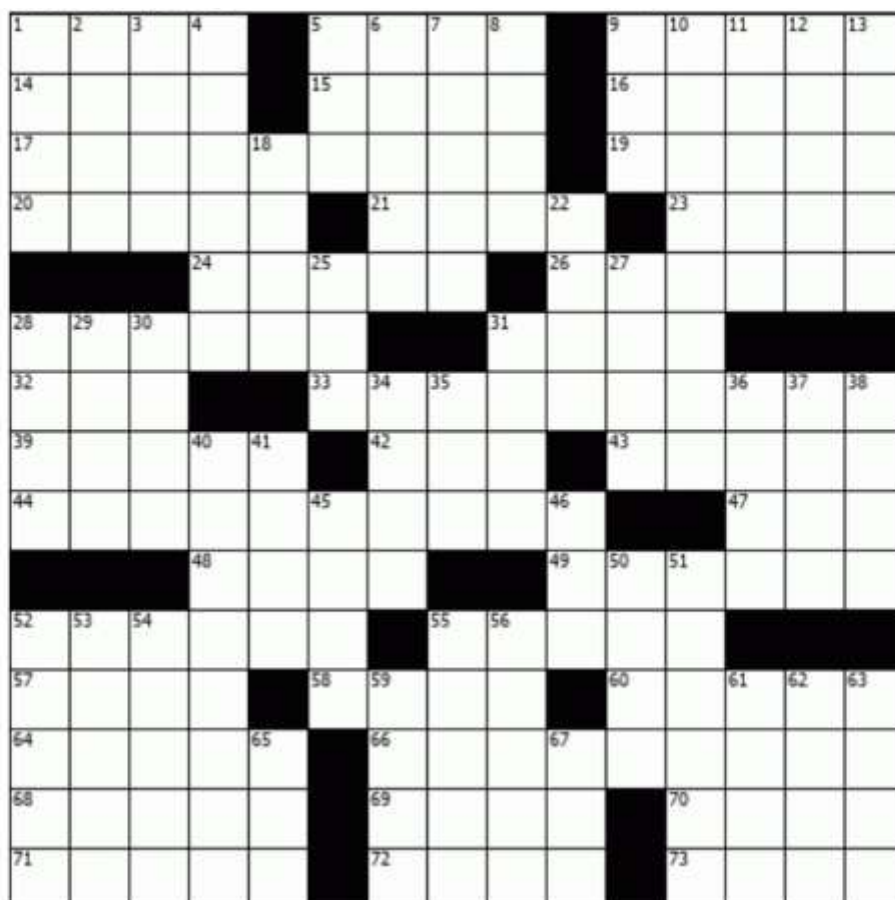
- Preheat oven to 180°C/160°C fan-forced. Grease 5cm deep, 24cm round pie dish.
- Use a whisk to whisk the flour, sugar, coconut, eggs, vanilla and butter in a large bowl. Gradually add the milk, whisking constantly, until combined.
- Place the apple slices over the base of the prepared dish. Pour over egg mixture.
- Bake the pie for 1 hour or until set. Set aside to cool before serving.



CROSSWORD PUZZLE

Across

1. Diva's forte
5. ____ hygiene
9. Business gp.
14. Ladder step
15. Admit defeat
16. Ralph ____ Emerson
17. Amuse
19. Wear down
20. Make up for
21. Pilot's stunt
23. Was a copycat
24. Judges
26. Intense beams
28. Swipes
31. Fair (hyph.)
32. Shooter's group (abbr.)
33. "Gone with the Wind" setting
39. Broadcast
42. Pierre's buddy
43. Winter coat
44. San Francisco bridge (2 wds.)
47. Sphere
48. Oxlike beasts
49. Coliseums
52. Most tender
55. Tardier
57. Cawing bird
58. Slipped
60. Not appropriate
64. One more time
66. Jakarta's country
68. Rodeo rope
69. Hide-and- ____
70. Fine fabric
71. Computer key
72. Ampersands
73. Story



Down

- | | | |
|------------------------|-----------------------------|---------------------------|
| 1. District | 25. Psychic ability (abbr.) | 50. Bridle strap |
| 2. Litter's littlest | 27. Urgent abbr. | 51. Author ____ Hemingway |
| 3. Knowledgeable about | 28. Glitch | 52. Piano exercise |
| 4. Schedule | 29. Threesome | 53. Keyboard instrument |
| 5. Fall mo. | 30. Nobleman's title | 54. ____ beef |
| 6. Royal domain | 31. Fit of anger | 55. Fine fabric |
| 7. Juan's goodbye | 34. Lingers | 56. Tacked on |
| 8. Carson's successor | 35. Medical gp. | 59. ____ Marie Presley |
| 9. Amaze | 36. Treat pleats | 61. Korea's continent |
| 10. Florida city | 37. Soup vegetable | 62. Tablet |
| 11. Incline | 38. Catches | 63. Accept |
| 12. More peculiar | 40. Sideways | 65. Neither's partner |
| 13. College women | 41. Family rooms | 67. Approvals |
| 18. Rod's partner | 45. Loony | |
| 22. Conspiracy | 46. Devour | |

Thank you to:



For their generous donation of goods to assist the Gemfields Meals on Wheels in their delivery of Fresh meals to our clients.

SEPTEMBER CROSSWORD SOLUTION

A	T	L	A	S		T	O	G	A		S	C	A	M
C	H	I	N	A		Y	U	L	E		E	L	L	A
H	E	A	D	M	A	S	T	E	R		E	A	T	S
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SUDOKU

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8			3	2				
	1		5				2	
				1	3		6	4
	2	7			6			
						8		

12 Steps to Self Care

1. If it feels wrong, don't do it.
2. Never speak badly of yourself.
3. Never speak badly of others.
4. Never give up on your dreams.
5. Don't be afraid to say no.
6. Don't be afraid to say yes.
7. Say exactly what you mean.
8. Don't be a people pleaser.
9. Trust your instincts. It's your intuition.
10. Be kind to yourself. Love yourself.
11. Let go of what you can't control.
12. Stay away from drama and negativity.

SEPTEMBER SUDOKU SOLUTION

8	1	2	9	5	4	7	6	3
9	5	3	6	1	7	2	8	4
7	6	4	3	8	2	1	9	5
3	8	1	7	4	9	6	5	2
4	9	5	2	6	1	8	3	7
2	7	6	5	3	8	9	4	1
1	4	7	8	9	3	5	2	6
5	2	8	4	7	6	3	1	9
6	3	9	1	2	5	4	7	8

GEMFIELDS PRIMARY HEALTH CLINIC

984 SAPPHIRE - RUBYVALE RD SAPPHIRE
PO BOX 342 SAPPHIRE Qld 4702

Doctor on: Mon/Tue/Wed - By Appointment Only
8.30am- 3.30pm

Closed 12.30 - 1.30 for lunch.

Pathology Collections: Mon/Tue/Wed

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PHONE: 49854 547 FAX: 49854 693

EMAIL: Gemfields Outpatients@health.qld.gov.au

ANAKIE POLICE STATION

PHONE : 49854 200

Office Hours:

Monday 8am - 12pm

Emergencies-Phone 000

**Please leave your name and
phone number on the voicemail.**

GEMMY QUILTERS

**** Everybody is welcome ****

Each Tuesday of the month 9.30 am -3pm.
at the Sapphire Hall

For more information please call in and see us

GEMFIELDS GARDEN CLUB

**** Everybody is welcome ****

.For more information call Pat on 4985 4544

GEMFIELDS RSL Sub-Branch Inc

Phone : 07 49854 588

PO Box 328 SAPPHIRE Qld 4702

Clinic Rd (Behind the Sapphire Post Office)

Meals on Thursdays, Saturday and Sunday from 6pm
During the tourist season usually from May—October

Social Annual Membership - \$10.00

ATTENTION

If you are a not for profit organisation and have
an event coming up that you would like to
advertise, please phone or drop into the MPC
office and we can discuss placing a free notice
in the monthly newsletter.

Ph: 49854 664

Newsletter Advertising Prices

Full Page.....\$45.00
Half Page.....\$35.00
Third Page.....\$25.00
Quarter Page.....\$23.00
Sixth Page.....\$20.00
Business Card.....\$18.00

A discount applies for advertisements that run for a
minimum of 3 months.

Information must be sent by **20th** of month before for
it to be included in the next months print.

ALL EMERGENCIES CALL 000

POLICE..... 000
AMBULANCE.....000
FIRE.....000
S.E.S. Call Centre.....132 500
SAPPHIRE MEDICAL CENTRE 4985 4547
EMERALD HOSPITAL.....4987 9400
POISONS INFORMATION.....13 11 26
LIFELINE.....13 11 14
R.A.C.Q.....13 11 11
MPC Sapphire.....4985 4664
CENTACARE Emerald.....4982 4358

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the accuracy of the information in this
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or printing errors, inaccuracies or changes that
may have taken place during publication. The
committee reserves the right to not
publish any article considered inappropriate.

The views and opinions expressed in this
publication are not necessarily those of the
management committee, staff or volunteers.

*** WHAT'S ON ***

WHAT	WHO	WHEN	WHERE
TRIVIA	Mary 0415 830 505	MONDAY 10am to Noon	SAPPHIRE HALL
ALCOHOLICS ANONYMOUS	COL 0423767490	MEETINGS EVERY TUESDAY 7.30 pm	RUBYVALE HALL BURRIDGE RD
GEMFIELDS LIBRARY	JOANNE GIBSON	TUES 10am - 2pm THURS 12 noon - 4pm SAT 9am - 12 pm	RUBYVALE HALL BURRIDGE RD
MUSEUM & INFORMATION CENTRE	MINERS COMMON MUSEUM	MEETINGS FIRST Sunday 5pm MARCH * JUNE* SEPT* DEC	1621 RUBYVALE RD RUBYVALE
HOY	FUN, SOCIAL CARD MORNING	EVERY TUESDAY 9.30am	RUBYVALE HALL BURRIDGE RD
TAI CHI	Gemfields Community Support Association	Every Monday morning 9am - 10am	MPC Hall
Sapphire Markets	Tricia Murphy 0457 582 830	Every Sunday 8am to 11.30am	Sapphire Central Roy Day Park
Rubyvale Markets	Bev Winks 0428 399 591	Every Saturday 8am - till 1pm	Rubyvale Flats
CHURCH SERVICE	CATHOLIC	2nd & 4th SUNDAY OF THE MONTH 10.30am	ANAKIE HALL
GEMFIELDS MEALS ON WHEELS	MPC 49854664	MONDAY, WEDNESDAY AND FRIDAY	MULTI PURPOSE CENTRE SAPPHIRE
GEMMY QUILTERS	PATCHWORK GROUP	TUESDAY 9.30am-3pm	SAPPHIRE HALL
Gemfields Lapidary & Craft Club Inc	0474 277 122	Wednesday & Saturday 9am to 12 noon	Roy Day Park
Rubyvale Tip	CHRC	Open/ Tuesday—Friday & Sunday 8am - 12pm	Opposite Quarry
OPPORTUNITY SHOP	SALVATION ARMY	MON - FRI - SAT 8.00 am- 12pm	ANGELO'S SAPPHIRE 4985 4690
GEMFIELDS RIFLE CLUB	Debbie Hickman Ph. 0429 009 354 / 4985 4484	LONG RANGE TARGET SHOOTING EVERY SUNDAY 9am	RIFLE RANGE RD SAPPHIRE
Gemfields Community Support Association	MPC 4985 4664	Mon-Fri 9am - 12pm Closed Public Holidays	MULTI PURPOSE CENTRE SAPPHIRE
RUBYVALE PROGRESS ASSOC. INC.	Secretary Eileen Brown 4985 4388	RUBYVALE HALL	2nd MONDAY OF THE MONTH AT 7PM
Gemfields Fire Warden	John Riley 042 758 0654	Mon—Fri 9am - 5pm	60 Fairview Lane RUBYVALE
YOGA	Kelly Corbishley	SATURDAY 7.30AM	KANGOULU PARK (Opposite Blue Gem)