



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

APRIL 2025

GEMFIELDS WEBSITE: www.gemfields.org.au

LEST WE FORGET
**ANZAC
DAY** 
25th APRIL



They shall grow not old, as we that are left grow old.
Age shall not weary them, nor the years condemn.
At the going down of the sun in the morning
We will remember them



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





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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



myagedcare

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 WheelsTM
Queensland

On Fridays, clients are invited to join in on activities from 9.00am onwards, and the public is Welcome from 12.00pm for lunch service. Booking is essential by midday Monday, 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 GEMS



Birthdays, births, marriages, anniversaries, get well, thank you, and sympathy messages, etc...

Please let us share your messages here:

Send to admin@gemfields.org.au or bring in to Office

Gemfields Gems, a place to give a shout out to your neighbours or anyone in the community that deserves recognition, be it a celebration, or a job well done. We look forward to sharing all your positive messages to the community.

Our other exciting new page is dedicated to Poems, Short Stories, Wholesome Jokes etc. from residents in the community. Please send in your contributions to admin@gemfields.org.au, phone **4985 4664** or bring in to the Office.



JACK

Behind you are all your memories
In front of you are all your dreams.
Around you are all the people who
love you, and within you is all you
need.

I am so proud of the person you are
and of the man that you are becoming.

Happy 17th Birthday !!

Love Mum



ANZAC DAY POEM

April 25th a long time ago,
You went to battle at dawn,
Many lost their lives that day,
Together we will mourn.
More than that though,
We will march and remember those brave
men,
For they went to war and battled on,
They fought for our freedom then.
Through the darkest nights and the longest
days,
Through muddy grounds you go,
You marched on and looked behind,
And you saw the poppies grow.
We will wear one on this day,
To remember your courage – so strong,
We want you to know that in our hearts,
Your memory still lives on.



Thank You...

To our wonderful Volunteers
Without all of you
We wouldn't be able to offer
The services we do
To the Community

WE ♥ VOLUNTEERS!





"Don't prescribe anything for my memory.
I like it when I forget I'm old!"

Pet Peeve

Keeping
a chameleon
for a pet

he seemed
to blend in
very well,

is something
that I now
regret.

but he's
changed a lot
in many ways

At first,
as far as
I could tell,

I've not
seen him now
for fourteen days.



'Night And Day'

I love the night, how it shines,
The stars it brings, memories of good times.
But day is warm and brings all cheer,
Memories of play, and the sky so clear.
In the end I love them both,
But dusk and dawn I love the most.

By Bored Child, 11yrs



Michael and Jane Taylor
Invite you to Visit their Shop
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Mined, cut and set on the
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YOUR UTE OR TRAILER

(DEPENDING ON SIZE)

WE LOAD, YOU UNLOAD \$25.00

DELIVERED \$30.00

PLEASE CALL PAULA 0408798440

OR CATCH UP AT GRDA CENTRE IN
ROY DAY PARK GEMFIELDS RDA

SAPPHIRE PURE WATER CO!



NEW BOTTLE 15L \$35

REPLACE BOTTLE 15L \$15

CERAMIC WATERWELL \$70

(Ring after 5.30pm for water bottles)



START UP SPECIAL

2 NEW BOTTLE + WATERWELL \$100

CONTACT

DAVID BUCK

PH: 0467 606 378



SAPPHIRE
 —Gem Cuts—
 LOCAL MINED GEMS & JEWELLERY

SAPPHIRES ♦ JEWELLERY ♦ SETTINGS

Here at
Sapphire Gem Cuts
 our passion is your satisfaction

- Fine quality local hand mined Australian Sapphires and Zircons
 - Exclusive Handmade Jewellery Designs
 - 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





Hi all from Andrew and Dave, as well as our reliever for this month, Caroline.

This month we wanted to have a chat about high blood pressure (BP). When we talk about blood pressure, we're referring to the pressure of the blood against the walls of your arteries. It is measured as two numbers: the first, larger number (systolic BP) is the pressure against the artery wall as the heart pumps out blood, and the second, smaller number (diastolic BP) is the pressure when the heart is relaxed between beats. We measure the pressure in units called "millimetres of mercury" (mmHg).

Everyone's blood pressure varies during the day based on activity, stress, and other factors such as alcohol consumption and smoking. However "normal" resting BP is 120/80, and really good BP is around 115/75. If your BP is persistently over 130/85, you should consider having a chat with your GP, and BP persistently over 140/90, definitely visit the GP for advice.

As we said, BP can vary during the day, and it must be said that one high reading does not necessarily mean you have chronically high BP (hypertension). If you have concerns about your blood pressure, we'd recommend obtaining a home blood pressure machine and taking your BP over a week or two, at a consistent time each day (e.g. once when you wake up, once at midday, and once at night). Most importantly, record this in a notebook so you can show your GP. All chemists sell home BP machines (they're pretty reasonably priced) or you could borrow a friend's machine.

A few things to remember when measuring your BP at home, to ensure accurate and consistent results:

- Carefully read the machine's instructions before use!
- Rest a few minutes before taking the reading, taking a few relaxing deep breaths, and don't eat, shower/bathe, drink alcohol or coffee, smoke or exercise for 30 minutes prior to measuring.
- Unless your machine's instructions say differently, apply the cuff to the upper arm, and always use the same arm (we recommend the left arm, unless you can't use that arm).
- Usually, there'll be an arrow on the cuff, which should point to the inside of your elbow. Other machines might just need you to keep the tubing running along the inside of your elbow.
- The cuff should be applied to bare skin, not over clothes. Leave an approximate 2.5cm gap from the bottom of the cuff to the crease of your elbow.
- Remain still and relaxed while measuring your BP, and don't talk.
- Sit comfortably in a chair, with your arm supported on a table. The cuff should be at about the same level as your heart.

As discussed above, if after measuring your BP for a week or so it is consistently and persistently over 130/85, make an appointment with your GP. This does not necessarily mean you'll have to take blood pressure medications – along with medications, they'll also discuss some lifestyle changes like helping you to quit smoking, diet changes, help with weight loss, anxiety management, and talking about exercise. If you're already taking blood pressure medications and your BP is trending a bit too high, they can talk about changes to your dosage and/or looking at different types of medications.

Please don't underestimate the importance of looking after your blood pressure. Over time, hypertension can significantly increase your chance of stroke, heart attack, kidney failure and blindness.

Should you ever call the ambulance if you have high blood pressure? Call us if you measure your BP and it is significantly higher than normal, particularly if you also have symptoms including but not limited to a severe headache, dizziness, fainting, confusion, seizures, clamminess, altered sensation, blurred vision, chest pain or discomfort, shortness of breath, and/or nausea/vomiting. A reading of 180/120 mmHg or higher is considered a "hypertensive crisis" – call triple zero in this case.

Cheers, and have a great April.



"Your local Fresh Food Store in the Gemfields"

19 Rifle Range Road, Sapphire

NEW TRADING HOURS FROM APRIL

FRIDAY	8.00am – 2.00pm
SATURDAY	8.00am – 2.00pm
SUNDAY	8.00am – 2.00pm
MONDAY	8.00am – 2.00pm
TUESDAY	8.00am – 2.00pm



Quality produce at a fair price!

Fresh Meat now available!!

Adam & Maree Willison - Ph: 0427 772 613

**MARKETS AT
RUBYVALE FLATS
OPPOSITE RUBYVALE CARAVAN PARK**

**Commencing Saturday 5th April 2025
Every Saturday**

8am — 1pm

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

**SAPPHIRE SUNDAY MARKETS
EVERY SUNDAY 8:00 AM TO 12:00
COMMENCING SUNDAY 6TH APRIL 2025**

**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
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The Gem in the Gemfields

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Your Host
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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



FRIENDLY ATMOSPHERE



The Joy Collective



Breath is Life

Let's look at breathwork & why we do it in all the Joy Collective Activities and, why Intentional breathing practices affect both mental & physical well-being.

Stress Reduction & Mental Health

- Studies show that deep breathing activates the parasympathetic nervous system (the "rest & digest" system), which reduces stress & anxiety. A review in *Frontiers in Psychology* (2017) highlights how breathwork improves emotional regulation & stress management.
- Techniques like diaphragmatic breathing have been linked to lower levels of cortisol (the stress hormone) & improved mood.

Improved Focus & Emotional Balance

- Research published in *Psychophysiology* (2018) suggests that slow, rhythmic breathing increases focus & enhances mindfulness, as it engages brain areas associated with attention & emotional processing.

Physical Health Benefits

- Breathwork's ability to reduce blood pressure is well-documented. For instance, a study in the *Journal of Hypertension* (2019) demonstrated that slow breathing practices could significantly lower blood pressure in hypertensive patients.
- Breathwork improves oxygen delivery & circulation, which can boost physical performance & energy. Evidence also indicates it helps reduce inflammation.

Sleep & Relaxation

- Studies in sleep medicine highlight how practices like 4-7-8 breathing enhance relaxation & improve sleep quality. Controlled breathing has been shown to promote calmness, enabling better sleep onset & duration.

Holistic & Meditative Benefits

- Research on practices like pranayama (yogic breath control) has demonstrated positive effects on mental clarity & even self-awareness. Studies in journals like *BMC Complementary Medicine & Therapies* underline its role in supporting overall well-being & spiritual exploration, often leading to feelings of happiness & Joy.

A quick rundown of the Benefits of Diaphragmatic Breathing for Singers

Improved Pitch Accuracy & better control over vocal pitch, Increased Vocal Stamina, reduced vocal fatigue during performances, enhanced relaxation & improved ability to sing with ease which leads to confidence & enjoyment.

Check out the world wide web to find Breathing technique practices for singers and general well-being. There are heaps!

All activities are free to attend & are held over the month at 9am Thursdays at the Multipurpose Centre, Sapphire, Qld. Week 1 – Meditation, Week 2 - Laughter yoga, Week 3 - Singing for non-singers, Week 4 – Freedom Dance.

Miners Cottage Fossicking Park



Open 7 Days 9am-3pm

65 Goanna Flats Road

Rubyvale

Phone: 4985 4531

- All Buckets purchased come with a complimentary Cuppa
- Pet Friendly
- Tag A Long Tours Available With Jeb's Gems
- Find us on Facebook





Queensland Sapphire Miners Association Inc.

PO BOX 364, Rubyvale, Qld 4702

www.qsma.com.au

COMMUNITY NEWSLETTER UPDATE

QSMA committee members attended a Teams meeting with Andrea Hewett, Gerry Mckee, Ross Eddington, Kara Marland (Policy) and Rebecca Barberato (MEROLA) (Departmental Team) and Kev Philips (QSMC) Bolder Opal with North Queensland Miners Association representatives also in attendance.

This was in response to the **proposed draft** legislation to amend the MEROLA Act where the Department requests submissions on the exposure draft by 17th April 2025.

Also on the table was the periodic statutory review of the Mineral Resources Regulations 2013 (MRR) which they are modernizing (rewording) and removal of some redundant provisions and using more user-friendly language.

Should anyone wish to make a submission on this issue a copy of the current MRR can be found at www.legislation.qld.gov.au this will need to be submitted by Monday 5th May 2025. The above submissions can be e-mailed to RSandP@resources.qld.gov.au or addressed to Dept Resources P.O. Box 15216 City East QLD 4000.

Should members wish to see a copy of these **proposed** amendments, you can view these copies at the QSMA stall at the upcoming Sapphire Markets or email me Carol Graham at carolgraham3@bigpond.com and I can send a copy. You will see a lot of it has to do with other resource industries

The New updated versions for Mining Claim forms were uploaded online in February. These forms are a lot more user friendly and have made them more compact.

The QSMA held another Mining Claim renewal workshop on the 8th of February, Laurie and Trevor are doing a fantastic job with those workshops. Anyone wishing to partake of this service you can put your name down at the Notice Board at Rubyvale Post office. Laurie is hoping to hold these workshops every month to 6 weeks.

QSMA committee held a Safety meeting with the Mines Inspectorate, Christean Ashby and Steve Firth re safety workshops being proposed for those who are new to the industry or just want to be informed as to risks you may have in your Mine and what to look for etc. They just want to keep us all safe as do the QSMA. There is also an updated Gem Miners Handbook on the horizon.

You will find QSMA memberships and renewals and information as stated above, available at the QSMA stall at the upcoming Sunday Markets.

See you there.

Kind regards

QSMA Committee

PATS @ SAPPHIRE CENTRAL

📍 1056 Rubyvale Road, Sapphire Central 📞 Mobile: 0499 186 251
❤️ Pats Gems Tourist Fossicking Park ❤️ THE HEART OF THE
GEMFIELDS ❤️

💎 Local Miners 💎 Local Stones 💎 Local Knowledge 💎

🚪 for LOCALS and tourists

Established in 1979, and since then we have been providing for the community.

💎 The FIRST place to fossick for your own local sapphires and zircons

💎 Selling local gems & jewellery and more 🍷 Serving up great hearty, homemade, wholesome food

Whether you're grabbing a coffee, selling corundum, or fossicking with the grandkids or catching up with mates

💎 PATS @ Sapphire Central is the place to be! 💎

🌟 WHAT'S NEW @ PATS

👑 10% senior discount & loyalty rewards – spend more, save more!

📦 Freight Pickup Available

💎 New Consignment Option – Sell your finds & crafts, season is coming!

💎 LOCAL MINERS – WE BUY CORUNDUM! 🇵🇰

💎 Got corundum? We're buying! 🙌 Get a fair price

🔪 FOSSICKING – FUN FOR ALL AGES! THIS IS HOW WE STARTED and still going strong

💎 Never fossicked? Give it a go! Bring in family & friends!

💎 Buckets of wash ready to go – sapphires guaranteed! Lots of options available

💎 Take away options to continue the thrill of finding local stone

💎 Come fill your own bucket – try your luck 🌟 We'll show you how – no experience needed!

🔍 GEM & JEWELLERY SHOP

💎 Local Miners 💎 Local Stones 💎 Local Knowledge 💎

🎁 Local sapphire jewellery – find something special!

💡 SELL YOUR STONES & HANDMADE CRAFTS! CONSIGNMENT NOW AVAILABLE

🔍 Got stones, jewellery, or crafts? Sell them at PATS! 🙌 Locals who don't run businesses – this is for you!

☕ SCRUB BLUSH CAFÉ & BAR– LICENSED LOCAL HANGOUT

✓ Barista-made Merlo coffee – start your day right!

✓ Freshly baked BREAD & SOURDOUGH, pastries & homemade pies

✓ Deli Cabinet – Grab-and-go meals, heat-later options, meal packs

✓ Licensed café & bar – Beer, wine & cocktails – including the famous Scrub Blush! 🍷

📅 WHAT'S ON & WHEN?

📅 Tues & Wed 5:30pm – 6:00pm: Pre-order your hot takeaway! Menu on Facebook

🍕 Friday Night Pizza – 5.30pm till 8.30pm – Fresh, hot & delicious! Till sold out.

🔥 Hot chickens – Sat & Sun – Pre-order to avoid missing out!

🍞 Fresh bread & bakery items every Sat – More days coming soon!

💡 TELL US WHAT YOU WANT!

✓ Meal ideas? Share them! Dietary needs catered for. ✓ Need catering for events? Onsite & takeaway catering!

✓ Delivery options available – Want a location near you? Let us know!

🏠 CAFÉ, FOSSICKING PARK, GEM SHOP, JEWELLERY SHOP, BAKERY & MORE - RIGHT ON YOUR
DOORSTEP! 🌟 AND WE'RE STILL GROWING...

📍 Find us in Sapphire Central – Proudly local since 1979! 🙌 See you soon!

📅 Open 7 Days 🕒 8am till 3pm 📅 Starting in April 🙌 Open for Easter 🚫 Closed Good Friday & Anzac Day

📞 Text or call us at 0499 186 251 📱 LIKE, FOLLOW & SHARE! Get updates, deals & events!

🎁 Monthly competitions & rewards start in April!

PATS is here for the community. Want us to offer something? Let us know!

Together, we can grow. For the locals, with the locals. Lets show the tourists our community.

THE RFDS DENTAL SERVICE



The RFDS Dental Service is a fully-equipped mobile dental surgery featuring state-of-the-art equipment, including an OPG machine. It is staffed by qualified dentists and dental assistants who provide a wide range of services direct from the mobile unit, including:

Oral health maintenance

X-rays and extractions

Treatment for acute or pre-existing conditions

Treatment for gum disease

Referral to specialist dental services.

To book an appointment, please phone 1800 002 507.

Next Scheduled Visit in 2025:

Sapphire: 1 April to 10 April

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



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Therapies available:

- *Swedish Massage
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- *Neurovascular Release
- *Vibration Therapy
- *Hot Stone - Rubyvale only



Gemfields
MASSAGE
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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

Gemfields Community Support Association

MULTI PURPOSE CENTRE



EVERY WEDNESDAY

10am - 12pm

FEBRUARY - CARD GAMES



Tea and Coffee available for a Gold Coin Donation.



SENIORS CONNECT

PEAK DOWNS HALL

MONTHLY MORNING TEA



HELD ON THE THIRD WEDNESDAY
OF EACH MONTH
AT 9.30AM

WHERE:
PEAK DOWNS HALL - SUPPER ROOM

CAPELLA CULTURAL CENTRE

CINEMATIC MORNING TEA



HELD ON THE LAST FRIDAY
OF EACH MONTH
AT 9.30AM

WHERE:
CAPELLA CULTURAL CENTRE

Physiotherapy Student-Run Group Exercise program

- Now receiving applicants

WHAT we focus on?



Neurological Group Rehab

- Parkinson's, Post-stroke, Mobility decline (aging)

How we run?

- ✓ **Student-run clinic** under supervision of registered physiotherapist
- ✓ **Fun, Group-based socialising** program
- ✓ Weekly sessions held on a Tuesday, for **free of charge**

Who can benefit from these programs?

- **Chronic ongoing neurodegenerative** conditions to flatten the curve.
- **Mobility declines** due to aging
- Individuals who want to **improve overall body strength**
- Suitable for individuals **aged more than 65**

**Please return to Lee Cotter at the Gemfields Community Support Association Inc.
1003 Rubyvale Road Sapphire Central Contact 07 49854 664**

- Once finalized, applicants will be having initial consultation with students to gather medical histories/ assessments.
- After the initial consultation process, group schedule will be published.
- Due to quality of student learning – group size will be capped to certain numbers.



JCU
CENTRAL QUEENSLAND
CENTRE FOR RURAL
& REMOTE HEALTH

Central Queensland Centre for Rural and Remote Health

Allied Health Referral Form

Family name:

Given name(s):

Address:

Phone:

Date of birth:

sex: ☐ M ☐ F ☐ I

PLEASE CHECK CONTACT DETAILS ARE CURRENT AND CORRECT

Client consent for referral: ☐ YES ☐ NO

Next of Kin/carer name:

NOK/carer Ph no:

Does the person identify as Indigenous and linguistically diverse?

☐ No ☐ Yes

PRIMARY DIAGNOSIS INFORMATION

Diagnosis:

Current Treatment Diagnosis (including medications and any restrictions)

Co-morbidities:

Discipline Specific Reason for referral (If not included please detail below)

Physiotherapy

- ☐ Individuals who want to improve overall body strength
- ☐ **Neurological group rehab** – Parkinson's, Post-stroke, Mobility decline (aging)
- ☐ Other (please specify below)

Detailed information:

**SELF
REFERRAL**

Signature:

Date:

Name:

Designation:



Coolamon Mining

SAPPHIRE SHOWCASE

1052 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

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.



Why is Easter so late this year?

The date of Easter is partly dependent on the lunar cycle, and this is why Easter occurs so late in 2025. Easter Sunday, falls on the first Sunday after the first full moon that occurs on or after the March equinox. This puts Easter Sunday between the end of March and the end of April, depending on the year. In 2025 the first full moon after the March equinox falls on April 12, which is a Sunday. With the first Sunday after this occurring on April 20.



This method for determining the date of Easter was first established in 325 AD at the Council of Nicaea, which took place in what is now modern-day Turkey. In total, Easter is a celebration that spans over a 50-day period. It begins with Ash Wednesday and ends with Easter Sunday with many Easter-related events in between.



Culturally, the dominant icons of Easter are Easter eggs and the Easter Bunny. But Easter is also one of the oldest of the Christian festivals that celebrates the resurrection of Jesus and marks the end of Lent. The earliest recorded Easter celebrations were in the 2nd century, though it's likely that it was commemorated even earlier.





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

Monday to Sunday from
9am to 3pm 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.
Open 7 Days 8.00am-2.00pm
Breakfast and Lunch

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

Excerpt from Historical Book
CAPTURED IN TIME

THE SECOND PARCEL OF SAPPHIRES
TO LEAVE RUBYVALE – 1908



This shipment was photographed on the veranda of Kate Leahy's Royal Hotel at Rubyvale. Sapphires were plentiful in those days and, after the publication of Benjamin Dunstan's Report on the Gemfields was circulated throughout the world, miners came in their droves to strike it rich.

Some of the notable events of 1907 –1908 were;

1907 February. A telephone service was established between Anakie and Sapphire

April The Policeman Creek miners push for a school

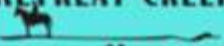
July An estimated 500 miners on the field.

October A police station is established at Sapphire.

1908 January It was reported that more development took place in 1907 than in all previous years. Production was estimated at £18,100 (an incredible sum considering the standard wage at that time was 6/- (60cents) per day of eight hours and the average rent was 7/- (70cents) per week

February A public hall was opened in Rubyvale and their school opened in October.

Thank you to the

RETREAT CREEK

WORKING HORSE CLUB

For their generous donation to the
Gemfields Meals on Wheels



Janet Young FGAA

NCJV Reg Valuer Q216

RGA / GIA AJP

Gemmologist & Valuer

M: 0408 665 896

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GemVal
Gemstones and Jewellery Valuations



***WE WILL BE ON THE GEMFIELDS FROM THE
16TH OF APRIL TO THE 4TH OF MAY.***

PLEASE BOOK NOW TO SECURE YOUR SPOT

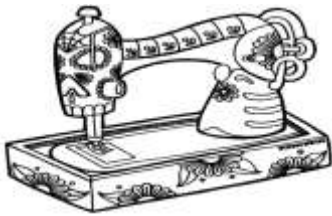


Why choose an NCJV Registered Valuer

- The National Council of Jewellery Valuers (NCJV) is a registered agency that accurately values jewellery and gemstones.
- The NCJV is the only professional jewellery organisation in Australia that mandates its members to attain an approved level of education and be certified as Gemmologists through recognised gemmological associations from Australia, America, or Britain.
- Members of the NCJV follow a code of ethics focused on professional integrity, continuous learning, achieving CPD points annually, and striving for high industry standards.
- Ensure that your valuation is performed by a qualified and accredited valuer, as insurance companies require this for approval.



Fellow (FGAA)



GEMMY QUILTERS



We have had a busy time lately with new members and a wonderful workshop everyone joined in to help. This was to make shopping bags for sale at our Quilt Show, 1st and 2nd August. It was all heads down and tails up, along with lots of laughter, getting 50 bags made in one day. Thank you ladies!



As well, we have been given 2 sewing machines for our use. Thank you so much Ron, from the Red Barn. You can be sure they will be much appreciated and well used.

It is great to have more members but we still have room for more. Come and join us for morning tea and see what we do and what you can do. Any craft is welcome. Each Tuesday, Sapphire Hall 9-3.00pm – morning tea provided - bring your own lunch – coffee and tea available all day.

Till next time, Happy Stitching - Gemmy Quilters.

GEMFIELDS COMMUNITY LOCAL AMBULANCE COMMITTEE



APRIL 2025 NEWSLETTER

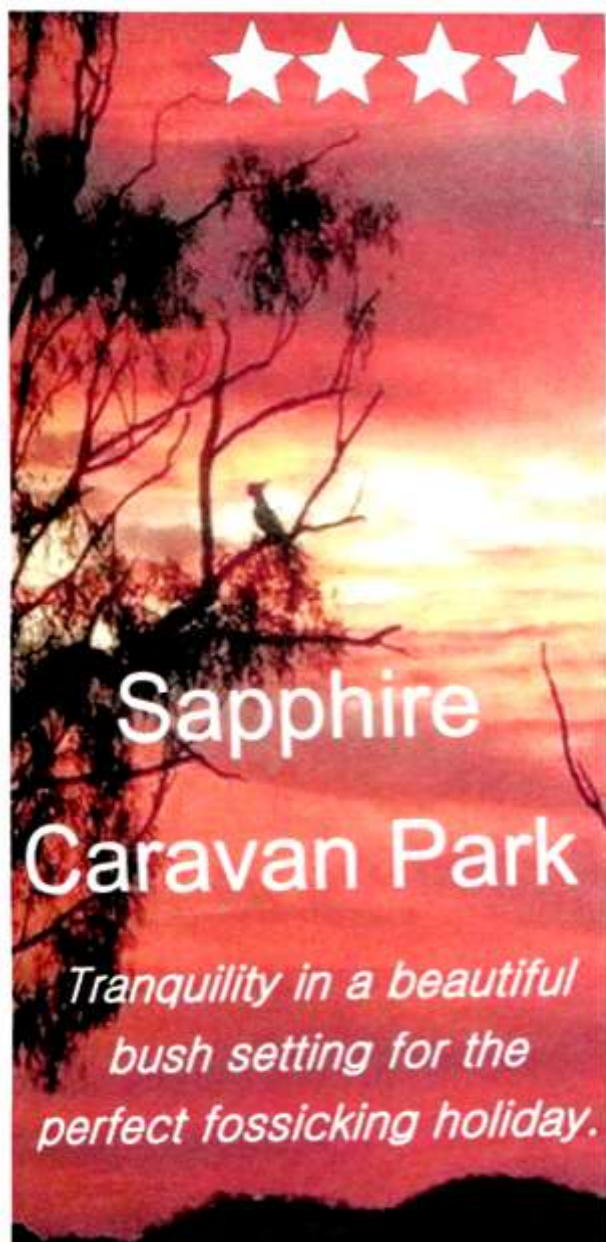
Well, our caravan has had it's annual clean and polish. With a few of us working together, it did not take too long and after painting the inside last year was very quick to get right again. We are now all ready to welcome one and all to the Markets on Sunday 13th April.

Do come down and join us for a chat and maybe have a go at the lucky envelopes. Maybe see about joining us as a volunteer – all hands welcome and very appreciated. Just ask for more information from any of us.

We are planning new and interesting displays to show what our wonderful ambulance officers do. We are so fortunate to have Andrew and Dave as our local team. They work so very hard for all of us in times of need.

Remember, keep safe and well and keep an eye out for snakes, even though the weather is a bit cooler..

Your Local Ambulance Committee.



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

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**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

Gemfields Lapidary Club

EASTER BALL

3 course Meal
& Entertainment

\$50 p.p. / Formal Attire

Roy Day Park Hall
19 April 2025
6pm til late



BOOKINGS ESSENTIAL

For info & tickets

Helen 0451 012 683 Tricia 0457 582 830

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ALL THE GROCERIES YOU COULD POSSIBLY NEED

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- and much
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More Information



Call Us
0493 497 604



Find us next to Blue Gem Caravan Park

Opening Hours: Monday to Friday 7am to 5pm
Closed Saturday and Sunday



Experience Tai Chi

Graciously hosted by the Gemfields Multipurpose Centre



*Mondays 9 - 10am

The 4th principle of Tai Chi is rooting. Practicing tai chi static poses will develop balance and allow you to feel your body weight sinking down, focusing on your tan tien (point 2 finger widths below your navel). Your upper body feels weightless while your lower body and feet melt into the surface of the earth/floor and support your body as if your legs and feet were the roots of a tree. Practice uprooting one leg, “replanting” it, and then the other. Don’t rise up – stay down while you do this. Keep relaxed and go slow to allow your body to experience the sinking.

Have you been wanting to learn Tai Chi? Participation is free and is open to all ages and genders. Our friendly group meets at the GMPC every Monday at 9am (*unless it’s a public holiday), and we would love to see you there!

<https://taichiforhealthinstitute.org/essential-tai-chi-principles-2/>

<http://taichisociety.net/taichi-principles.html>



FRIDAY IN HOUSE LUNCH



CRAFTY ANGELS (for over 65's) START AT 9.00 AND
CRAFTY ANGELS MORNING TEA WILL BE SERVED
10.00 - 10.30AM

LUNCH WILL BE SERVED FROM 12.00PM

COME ALONG TO SOCIALISE WITH OLD FRIENDS
& MAKE SOME NEW FRIENDS TOO
FEEL FREE TO LINGER OVER A CUPPA & CONVERSATION
IN OUR AIR CONDITIONED HALL

IF YOU WILL BE ATTENDING PLEASE ADVISE THE MPC BY

MONDAYS 12.00PM TO BOOK YOUR PLACE

LAST MINUTE CANCELLATION IS NOT AN ISSUE

\$15 for Members

\$20 for Non Members





Open: 9-1,2-4:30pm

**GEMFIELDS
PHARMACY**
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Sapphire QLD 4702

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Fax: (07) 4829 4729

Looking for a Gift Idea
Come and have a look at the Gemfields Pharmacy

Gift Packs for all occasions
With Easter Gift Packs starting now
if you can't see a pack you like, ask one of our friendly team
who can make one up for your special person to your budget.
We even have them for our Furry Friends

Also check in store as we have just received our tick collars & flea shampoos

Follow us on Facebook, or Drop in for the latest specials and products

Meet our new Pharmacist, Erin O'Brien who is from Emerald
Offering a wealth of knowledge to our local community

Meet our new resident a Siamese Fighting Fish who needs a name
So children enter our competition below—have your entries in by 10th April to win an Easter Gift Pack.

NAME THE PHARMACY'S NEW FISH

The Gemfields Pharmacy has a new resident, our very own Siamese Fighting Fish.

But, he needs a name !!!

There have been many suggestions, so we have decided to hold a Naming Our Fish competition.

The prize will be a gift pack to our winner.

Open to children up to the age of 17yrs old.

PROPOSED NAME FOR FISH

CHILDS NAME :

CONTACT DETAILS :

JUDGED BY OUR LOCAL SARGENT KELLY

ON THE 10TH APRIL 2025



GEMFIELDS RIDING FOR THE DISABLED INC.

Gemfields Riding for the Disabled would like to advise that we will recommence lessons in early April 2025.

Membership and rider registration is due now. Membership is \$5.00 and rider insurance \$175.00. Lessons have stayed at \$25.00.

Should you wish to commence lessons please give me a call or email and I will send to you.

For further information please call Paula on 0408 798 440 or email sapphire.rda@gmail.com.

Should you require horse manure for your garden please call me or message me.

We look forward to seeing you again.

Paula

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GEMSTONE/JEWELLERY APPRAISAL/VALUATION

Over the past 45+ years, in my Gemmology journey, I developed a unique, accurate, digital, electronic grading system for grading coloured gemstones, and through electronic instruments that I originally patented and then wrote and copyrighted, computer software codes for gemstones, diamonds, opals, pearls and gold, resulting in nomenclatures standard with major gemmological institutions worldwide. I have travelled the world with the system, which has been evaluated by not only the GAA in Australia, but in USA, UK, Europe, India & NZ.

Harnessing modern technology in this rapidly evolving technological landscape, we are changing the way we do Analysis - Assessments and Appraising of gemstones. We at **iTechprogramming** have combined all my decades of research and extensive databases with the Integration of **Artificial Intelligence and Machine Learning**. **Automated Grading and Identification:** We are developing algorithms trained on extensive gemstone image and spectral datasets to automatically evaluate critical parameters. This not only enhances grading consistency but also enables us to now, be better able to predict how certain treatments or environmental factors may affect gemstone durability and value over time, paving the way for more accurate long term assessments.

Importance of Accuracy: In Gemstone Appraisals, accuracy is paramount, and it is not acceptable to collect general information from books and the internet and copy, cut and paste it without actually testing and identifying the gemstone in question. "Disclaimers of non-responsibility" for the information are not acceptable. The stone in question must be carefully tested and classified using all updated instruments and information about minerals, inclusions, and any enhancements or treatments. Failure to complete this process correctly, prevents an honest and accurate assessment and value for the said stone. Human error is inevitable, but do our best and our commitment to deliver the most accurate and honest assessment of the stones we appraise, is of utmost importance. **Challenges and Solutions:** Detecting treatments and enhancements, such as HT, HP Heat (5 grades of heat), Lead, Glass, Resin or Oil filling, Beryllium, Irradiation, Dyeing, Bleaching, Flame Fusion, etc., and determining the location of origin can be challenging. These factors significantly affect the stone's value. Our extensive, constantly improving database addresses these challenges.

Appraisals Include: Advanced, cutting edge 5+ Spectroscopy and Multi-modal Imaging Techniques, are playing a major role in detecting treatments, revealing trace elements, and confirming a gemstones natural origin versus a synthetic one and more. Standard and advanced description of the gemstone, includes - Colour - Cut Grade - Clarity - Polish - Transparency - Pattern - Enhancements - Size - Shape - Location plus additional Density-Mineral graphs, showing minerals under different Light Frequencies and then deleting the light source, leaving only the pure elements/minerals. This advanced technology with traditional gemmological techniques is fostering a more precise, efficient, and transparent field. As researchers refine these methods, we can expect greater consistency in gemstone evaluation, improved consumer confidence in gemstone provenance, and a strong push toward sustainable practices in both mining and synthesis. As our research continues, we endeavour to continue fine tuning our Appraisal analysis of gemstones, to provide unparalleled accuracy, efficiency and accountability.

Gem Cutting: Carol, our resident gem cutter with 20 years experience and a member of the Aust Facets Guild, will cut all groups of gemstones and different patterns.

Gemstone and Jewellery Items: We have a range of various gemstones of different groups, colors, and sizes, as well as a variety of jewellery, including rings, earrings, pendants, on display for sale.

Conclusion: Our passion for gemstones, combined with knowledge gained from courses, research, learning, and lecturing at Gemmological Institutions and Conferences in Australia, New Zealand, the USA, India, Great Britain, and Europe, as well as attending Trade Fairs and Teaching Seminars, drives our continuous improvement. Valuable discussions with notable scientists such as Dr. Richard Hughes, Dr. Peter Reid, and Antionette Matlins, among others, enhance our knowledge. We are continuing to learn each day in an ever-changing gemstone world. Our appraisals are professionally presented in laminated form in a presentation folder, and we use both US and AU\$ for pricing for insurance and replacement purposes

We would be honoured to assist you with your stones and jewellery. We are available Monday to Friday in Emerald. We look forward to meeting you and we are available to discuss any queries you may have and you're welcome to call us and pop in. Kind regards, Kelvin, Carol & Lynelle.

14th March, 2025.



Every Tuesday
9.15am—12noon



Where
Rubyvale Hall
How Much
1 Hand—\$3
More Info
0429 787 039



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

- March 5th Rubyvale Hall
- April 2nd Willows Rec Club
- May 7th Rubyvale Hall
- June 4th Willows Rec Club

Social Day every 3rd Wednesday Willows Rec Club
9am to 12noon. All Welcome.

New Members Welcome

Meeting dates may change, members will be
notified where possible





JUMBLE SALE

Saturday April 5th

10:00am to 1:30pm

CLOTHES . TOYS . BOOKS . TEA . COFFEE . CAKES



RUBYVALE HALL

Lots of Treasures & Morning Tea

Silvia 0429 854 288

Penny 0428 855 019



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

NEWSLETTER – April 2025

What an awesome day we had for our Summer Games. Yes, it was certainly wet. Especially on the dunk tank. We raised \$200 to dunk Darrel from Sapphire Caravan Park, and \$212 to dunk Willow, our Vice President. The kids enjoyed the water slide and the dunk tank. The water games were enjoyed by all. A big thank you to all our helpers on the day. Also a big thanks to Alpha Jockey Club for the loan of their dunk tank.

To encourage interaction of the ex-ADF and families that live in our area, but feel alone, we have initiated a Veterans Morning Tea. The inaugural event was held on 19th March and will be held monthly, future dates to be advised. We also had a visit from Shadow Veteran Affairs Minister, Barnaby Joyce, and member for Flynn, Colin Boyce. This gave our veterans the chance to have a chat about different topics.

Just a reminder that **membership fees are now overdue**. League membership is \$20, or you can become a life subscriber with price dependent on age. Non-League/Social is \$10.

Dates to Remember for April:

5th April - The Sub-Branch is holding its AGM at 1300 (1:00pm) immediately followed by a General Meeting. League members *must* be financial to be eligible to vote. Come along and find out what the future holds or put forward your ideas.

12th April - From 1500 (3:00pm) we will be holding a fundraiser for the Leukemia Foundation, World's Greatest Shave. Are you game enough to get your head shaved, or maybe a nice bright colour? Line up your friends to sponsor you for this great cause. How much would you pay to see the President get her head shaved? Dig deep and it just may happen. Donations can be made at the bar on the day, or before the event, but you must stipulate it is for World's Greatest Shave.

25th April - ANZAC Day. Dawn service will be held at Anakie Cenotaph, 0415 for a 0430 start. A gunfire breakfast will be offered at the Sub-Branch at 0630. Our main parade will line up at the Community Centre (MPC), 0945 for a 1000 start, and then march to the Sub-Branch. At the conclusion of the service the bar will be open, and a light lunch will be served at approximately 1130. Two Up will commence after lunch at approximately 1230. There will also be a live band from Mackay to provide music for the afternoon.

Please consider volunteering to help our hard-working committee on future projects. Pass along your details, and availability, to our friendly bar staff.

**WE HAVE A DESIGNATED NUMBER FOR MEAL BOOKINGS
Ph 0488 256 005 - BOOKINGS ARE ESSENTIAL**

LEST WE FORGET

GEMFIELDS RSL FUNDRAISER

Leukaemia
Foundation

World's Greatest Shave



**APRIL
12**

**SAUSAGE SIZZLE
BAR
COOL TUNES**

**FROM
3 PM**

FREE ENTRY

INFO 0438973333

ALL AGES



gemfields

Garden Club



Garden News April 2025

Easter arrived! The time the Gemfields usually awakes from its “summer sleep” as the weather cools down. Let’s hope for a good tourist season once more. The Sunday market opens, as do some more coffee shops to welcome the influx of visitors.

The Gemfields Progress Association meeting attendance increased as events around Gemfest time are discussed. Pleased to hear, the “Wine and Cheese Night,” under the capable guidance of Linda, is on the agenda again. An event very well received in the past. The former popular “Home Brew Competition” got a mention, but we might not be quite ready yet. A “Laser Show” in conjunction with the “Saturday Night Spectacular” is being considered.

Another popular entertainment is the “Old time Dance” at the community hall at Capella, every second Saturday of the month, starting at 8pm, doors open at 7pm. Entrance fee is \$10-, it includes a lucky door price ticket and free coffee or tea all night. Ladies bring a plate. For more info ring Noela on 0408721707. A pleasant evening to have a tongue wag with good old country people and get some healthy exercise on the dance floor. Be pro active!

With our excellent rainy season also came a lot of work trimming trees and shrubs, cutting the lawn. A lot of people bring those cuttings to the transfer station. Please secure your load safely with netting and the like.

There is a Salvation Army church service at the Family store at Sapphire every Sunday at 4pm. A time to get some “spiritual food.” Everyone welcome!

Now I hand over to our trusted secretary Robyn:

Hi readers the tourist season is upon us again with the influx of visitors to the Gemfields. This means Sunday Markets resume 6th April 2025 and canteen begins.

The Riding for Disabled (RDA) will be running the canteen for their yearly fundraising please come down and support this community organisation. Our first canteen will be Sunday 13th April situated in the Garden Club please come down say hello to the girls and enjoy a yummy breakfast while sitting down in our beautiful garden setting or wandering around the many stalls.

Please feel free to wander around and take in our peaceful bush area as the garden is looking beautiful this time of the year. Maybe you would like to grow your own vegetables for \$15.00 a year you can have a plot with seeds provided or buy your own seedlings if you prefer.

We have changed our meetings to every 3 months at Roy Day Park in the Garden Club, our next meet will be Saturday 7th June at 9.00am please come down and say hello.

For more information please contact Robyn on 0497 991 672 and have a chat or come down and see what we are growing in our beautiful garden. Look forward to hearing from you.

Thanks Robyn. As always, we are looking for new members to join our Garden Club. Enjoy the tranquil setting and be part of our community. A well established garden and an excellent club house with amenities, tools and the like awaits you. Reward your body with a healthy exercise! One “rusts out, but doesn’t wear out,” I have been told.

I always like to hear from you for new ideas, input to this page. Let’s work together for this great Gemfields community! A heaven in this more and more troubled world.

Happy Gardening

Jim Varak
0419854333
News Coordinator



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



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
Wednesday's
Friday's
Saturday's
8.00am - 12.00pm



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

Birds of Prey

Word Search Puzzle



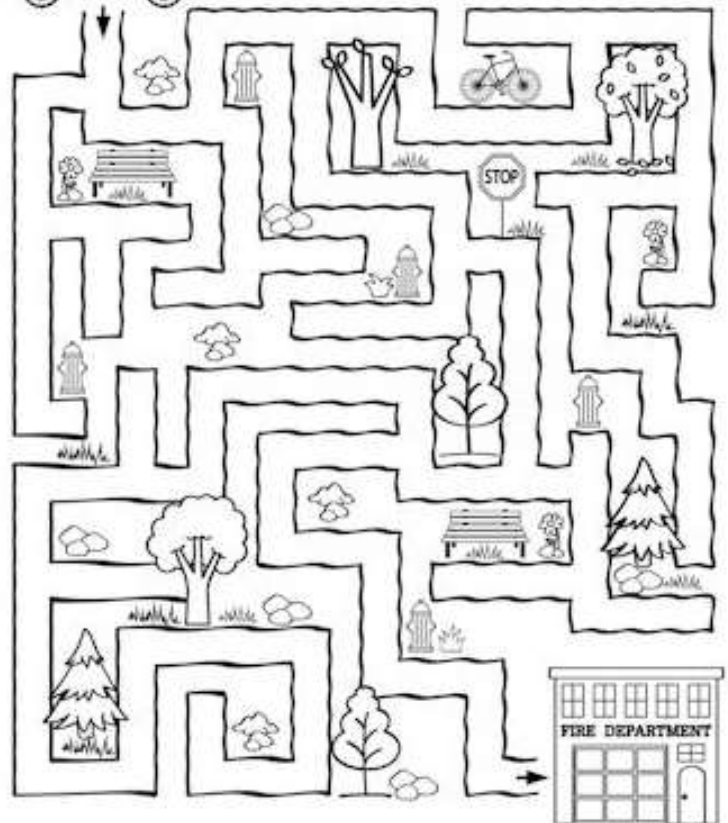
R A P T O R B A R R E D O W L L T M Y
E L Q E N S S A K U H H B U Z Z A R D
D J M F R K P T R E P F L V F M O L M
K X Y L M E Q R S N Z S B K K T S K V
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Y A S N D E B M C A R A C A R A S E E
I C W D B G R E A T G R E Y O W L R I



BALD EAGLE	GOLDEN EAGLE	PEREGRINE
BARN OWL	GREAT GREY OWL	RAPTOR
BARRED OWL	GYRFALCON	RED KITE
BOREAL OWL	HARRIS'S HAWK	SAKER FALCON
BUZZARD	HEN HARRIER	SNOWY OWL
CARACARAS	KESTREL	SPARROWHAWK
CONDOR	MERLIN	SWAINSON'S HAWK
COOPER'S HAWK	OSPREY	VULTURE



Help the fire engine find its way to the fire station.



SPOT THE DIFFERENCE

Can you spot the 8 differences between these two pictures?



TUNA PASTA

(Serves 4)

Ingredients

- 1 can (185g) tuna in oil
- 1 large onion, diced
- 1 green capsicum, sliced
- 1–2 cloves garlic, crushed
- 2 cans diced tomatoes
- 1tbsp tomato paste
- 2 tsp white wine vinegar (or any vinegar you have handy)
- 10-12 pitted black olives
- 1tsp cracked black pepper
- 200g pasta
- Chopped fresh herbs to serve
- 50g grated parmesan



Method

- In a large pan heat the oil from the canned tuna on high heat. Add the onion, capsicum and garlic and cook until soft (3-4 minutes)
- Add the vinegar, tomatoes, tomato puree, olives and pepper. Simmer for 10 minutes
- Add the tuna and break it into chunks. Simmer for another 10 minutes.
- While the sauce simmers, cook pasta according to packet instructions.
- Serve the pasta with the sauce, topped with fresh herbs and parmesan. Add a side salad or some bread to mop up the sauce as desired.

APPLE & CUSTARD IMPOSSIBLE PIE

Ingredients

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



Method

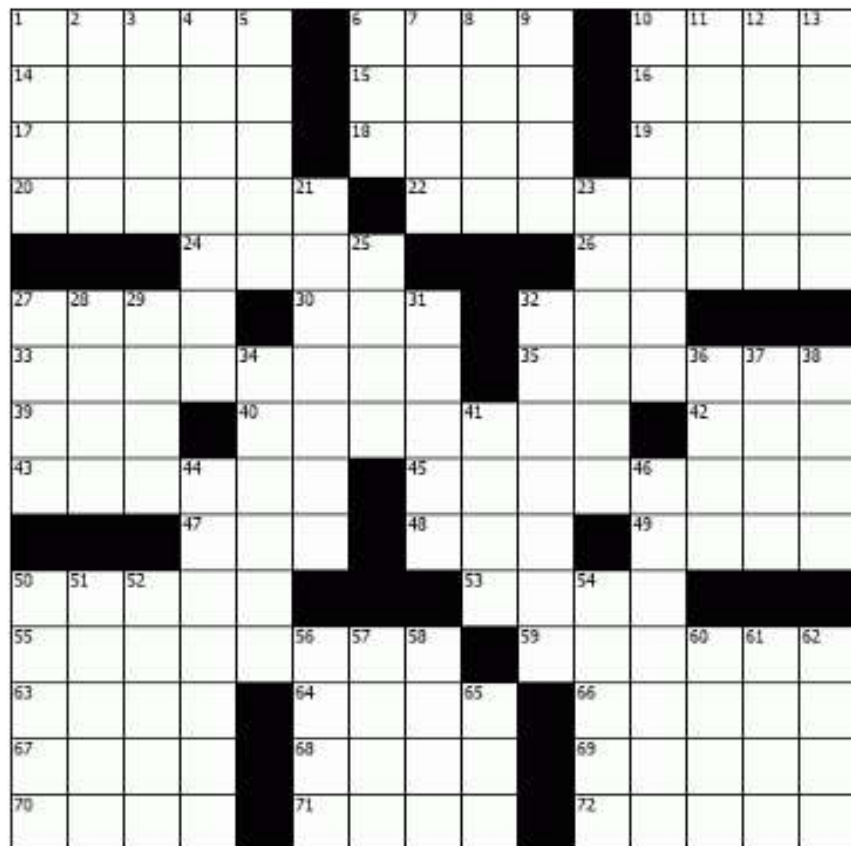
- Preheat oven to 180C fan-forced. Grease a 5cm deep, 24cm round pie dish.
- Use a whisk to whisk the flour, sugar, coconut, eggs, vanilla and butter in a large bowl. Gradually add the milk, whisking constantly, until combined.
- Place the apple slices over the base of the prepared dish. Pour over egg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



CROSSWORD PUZZLE

Across

1. School assignment
6. Morsels
10. Siestas
14. Unenthused
15. Mimic
16. Competent
17. Light wood
18. School official
19. Imitation
20. Smudges
22. Tubular pasta
24. Platoon
26. Becomes weary
27. Inner being
30. Tennis divider
32. Observe
33. Hindrance
35. Yacht spot
39. Rival
40. Removes
42. L. ____ Hubbard
43. Fright
45. Air a TV program
47. Bard's "before"
48. Fedora, e.g.
49. Wallet stuffers
50. Scrapbook need
53. Citi Field players
55. Poison remedy
59. Spin
63. Celebrity
64. Watch face
66. Pester
67. Mahjong piece
68. Upon
69. Taste or smell
70. Passed effortlessly
71. Musical symbol
72. Lock of hair



Down

1. Flows back
2. Close noisily
3. Shopper's delight
4. Attack
5. Hanker
6. Sleeping spot
7. Bakery worker
8. Bangkok native
9. Melody
10. More unpleasant
11. Detest
12. Hangar occupant
13. Truckers' vehicles
21. Honest
23. Military command (2 wds.)
25. Inform
27. Lenient
28. Double-reed instrument
29. Client
31. Molars
32. Ore refinery
34. Cherished
36. OPEC member
37. Sniffer
38. Colony insects
41. Group of players
44. Went to bed
46. Actor Kevin ____
50. Spaghetti, e.g.
51. Prank
52. Not fresh
54. Brownd bread
56. Bloodhound's clue
57. Fork feature
58. Devours
60. Prince Charles's sister
61. Fling
62. Looks at
65. Building site

MARCH CROSSWORD SOLUTION

R	A	D	A	R		P	A	R	S		D	A	M	P
A	F	I	R	E		T	R	E	E		A	L	O	E
N	A	M	E	D		A	C	E	S		N	O	V	A
G	R	E	A	S	E		S	A	T	A	N	I	C	
					E	X	T	R	E	M	E		G	E
V	O	L	T	A	I	R	E		E	R	R			
A	R	I	A		T	E	S	T		S	A	L	A	D
T	A	M	P	A		A	T	A		E	B	O	N	Y
S	L	E	E	T		T	O	M	S		B	I	T	E
					D	A	M		R	E	C	L	I	N
A	S	H			L	A	T	E	R	A	L			
S	C	E	N	E	R	Y			T	A	R	T	A	R
S	O	L	E		I	S	E	E		M	O	O	R	E
O	R	E	S		N	O	O	N		A	P	R	I	L
C	E	N	T		A	N	N	E		S	E	E	D	Y

SUDOKU

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

KIDS CROSSWORD



MARCH SUDOKU SOLUTION

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

Make today
amazing

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

Registered Nurse 5-days 8.30am - 3.30pm

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 views and opinions expressed in this
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management committee, staff or volunteers.

*** LOCAL SERVICES ***

WHAT	WHO	WHEN	WHERE
EMERGENCY SERVICES	000	EMERGENCIES	POLICE AMBULANCE FIRE BRIGADE
SES	132 500	NON-LIFE THREATENING FLOOD & STORM EMERGENCIES	
ALCOHOLICS ANONYMOUS		MEETINGS EVERY TUESDAY 7.30 pm	RUBYVALE HALL BURRIDGE RD
GEMFIELDS MEALS ON WHEELS	MPC 49854664	MONDAY, WEDNESDAY AND FRIDAY	MULTI PURPOSE CENTRE SAPPHIRE
GEMFIELDS FIRE WARDEN	John Riley 042 758 0654	Mon—Fri 9am - 5pm	60 Fairview Lane RUBYVALE
RUBYVALE TIP	CHRC	Open/ Tuesday—Friday & Sunday 8am - 12pm	Opposite Quarry
OPPORTUNITY SHOP	SALVATION ARMY	MON -WED - FRI - SAT 8.00 am- 12pm	ANGELO'S SAPPHIRE 4985 4690
GEMFIELDS LIBRARY	JOANNE GIBSON	TUES 10am - 2pm THURS 12 noon - 4pm SAT 9am - 12 pm	RUBYVALE HALL BURRIDGE RD
CATHOLIC CHURCH SERVICE	Call ANNE 4985 4154 For Willows & Sapphire Venues	2nd & 4th SUNDAY 10.30am 1st SUNDAY 11.00am 5th SUNDAY 11.00am	ANAKIE HALL WILLOWS SAPPHIRE
SALVATION ARMY SERVICE	Kathleen & Byron Hill 0472 958 888	SUNDAY 4PM	ANGELO'S SAPPHIRE

*** WHAT'S ON ***

SAPPHIRE MARKETS	Tricia 0457 582 830 Elaine 0458 740 625	Sunday 8am to 11.30am	Sapphire Central Roy Day Park
RUBYVALE MARKETS	Bev Winks 0428 399 591	Saturday 8am - till 1pm	Rubyvale Flats
HOY	FUN, SOCIAL CARD MORNING	EVERY TUESDAY	RUBYVALE HALL BURRIDGE RD
TAI CHI	Gemfields Community Support Association	Every Monday morning 9am - 10am	MPC Hall
GEMMY QUILTERS	PATCHWORK GROUP	TUESDAY 9.30am-3pm	SAPPHIRE HALL
GEMFIELDS LAPIDARY & CRAFT	0407 056 089	Wednesday & Saturday	Roy Day Park
GEMFIELDS RIFLE	Debbie Hickman Ph. 0429 009 354 / 4985 4484	LONG RANGE TARGET SHOOTING	RIFLE RANGE RD
YOGA	Kelly Corbishley	SATURDAY 7.30AM	KANGOULU PARK (Opposite Blue Gem)
TRIVIA	Mary 0415 830 505	MONDAY 10am to Noon	SAPPHIRE HALL