



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 FEBRUARY 2026

GEMFIELDS WEBSITE: www.gemfields.org.au



Heart
Research
Australia

RED♥FEB
Research saves lives.

Heart disease
claims the lives of
45 Australians each day
- one every 32 minutes.

This February, join
RED♥FEB and help
fund life-saving
heart research.

Visit Heart
Research
Australia's website
to learn how you
can get involved
and make a
difference.



Wear RED and help fight heart disease!



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



VOLUNTEER WANTED!

Gemfields Community Support Association is seeking a friendly & creative volunteer to lead our clients craft group, *The Crafty Angels*. The role involves organising simple craft activities and guiding the group, which meets weekly on Fridays.

Phone **49 854 664** or email
admin@gemfields.org.au for more information



Gemfields Community Support Association Inc.
(funded by State & Federal Government)





WE'RE STAYING OPEN!
SAPPHIRE SHOWCASE
1052 RUBYVALE/SAPPHIRE ROAD, SAPPHIRE.

Commencing Friday 3 October, we will be opening Friday to Tuesday each week throughout the warmer months and are looking forward to continuing our service into the future.

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 Friday - Tuesday
10.00 am to 3.00 pm

Phone: 0407 881 551
Email: coolamon.showcase@yahoo.com



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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

Got something to celebrate?



Birthdays, anniversaries, good news?
We'd love to share it!



Send your shout-outs to
admin@gemfields.org.au

UPCOMING MARKETS

Feb 1

Emerald Markets

Feb 15

Springsure Markets in the Park

Feb 22

Capella Community Markets

Mar 1

Sapphire Markets

Gemfields pet of the month!



Smokey

Age: **3.5 Years**

Humans: **Mark and Louise**

Favourite activity: **Keeping cool RIGHT in front of the fan!**



\$200 PLAY ON! SPORTS VOUCHERS

Play On! Sports Vouchers for Round 2 are set to open on 29 January 2026.

Every Queensland child aged 5 to 17 is eligible for one voucher per financial year. If your child received a Play On! Sports Voucher in Round 1 (August/September 2025), they won't be eligible for this round — so there's no need to jump online when applications open.



GRDA
Gemfields Riding for the Disabled Inc.

Play On! is a Queensland Government initiative. Gemfields Riding for the Disabled is a participating provider.

Gemfields riding for the Disabled Inc.
ABN: 19 997 436529
INC: IA39335
Deductible Gift Recipient (DGR)

POEMS - STORIES - FUNNIES



off the mark .com

by Mark Parisi



Password requirements gone wild

"Sorry that password won't work, you must include: a symbol, a number, a hieroglyph, a gang sign, an inspiring quote, a poem that you just wrote, a picture of your favorite animal made using only characters on your keyboard, and an uppercase letter."

Riddle: I have cities, but no houses. I have mountains, but no trees. I have water, but no fish. What am I?

I DIG, YOU DIG,
WE DIG, HE DIG,
SHE DIG, THEY DIG...

IT'S NOT A
BEAUTIFUL POEM
BUT IT'S VERY DEEP.

Riddle answer: A map.

Queensland Ambulance Service

GEMFIELDS



Hello everyone, from Andrew, Dave, and our relievers this month, Michael and Caroline.

Strokes

Recently we attended a lovely lady who had sudden onset stroke-like symptoms. We want to commend her family who quickly recognised the signs of a stroke and called for an ambulance. We were able to attend promptly, start treatment, and then transport the patient to Emerald Hospital. As part of this process, we were able to pre-notify the hospital en-route, which meant earlier access to a CT scan once at the hospital.

The excellent news was that due to the patient's family's swift response (and the fact the patient was otherwise very fit and healthy), the Emerald hospital was able to administer a "clot busting" drug, with very good results for the patient.

The Australian Stroke Foundation lists the following signs and symptoms of a possible stroke:

- Weakness, numbness or paralysis of the face, arm or leg on either or both sides of the body
- Difficulty speaking or understanding
- Dizziness, loss of balance or an unexplained fall
- Loss of vision, sudden blurring or decreased vision in one or both eyes
- Headache, usually severe and abrupt onset or unexplained change in the pattern of headaches
- Difficulty swallowing

If in any doubt, if you or someone near you presents with these symptoms, please call us immediately on triple zero (000). Strokes are very time critical, so the sooner treatment can start, the more likely the patient will have a successful outcome.

Thank-you to our volunteers!!

We would like to take this opportunity to sincerely thank our many volunteers.

The eight members of the Gemfields Local Ambulance Committee are a remarkably dedicated group of people, out every month fundraising for equipment and amenities for the local ambulance. There are many long-standing members in the committee, as well as hard-working past members, who were instrumental in establishing the service here at the Gemfields. We (Dave, Andrew and the community) are indebted to this fine group of citizens. *Thank you to Gemfields LAC members, past and present.*

In addition, we'd like to thank Kris Nilsson and Pamela Owens, our two **amazing** volunteer drivers. Kris and Pam have their own busy personal lives, but still cheerfully answer our phone calls, sometimes at very unsociable hours. They're both very generous with their time, and we're very grateful for their continued efforts.

**And remember, once again, the ONLY contact for the ambulance is TRIPLE ZERO (000).
Trying to call any other number may delay our response to you.**

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.com.au



Ph: 07 49854 518



Janet Young FGAA

NCJV Reg Valuer Q216

RGA / GIA AJP

Gemmologist & Valuer

M: 0408 665 896

E: janet@gemval.com.au

W: www.gemval.com.au

FB: facebook.com/gemval/

By Appointment Only



FOLLOW US ON FACEBOOK TO
KNOW WHEN WE WILL BE
THERE NEXT.



ncjv Registered Valuer



GAA

Gemmological Association of Australia

Fellow (FGAA)



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 —Gem Cuts—
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- Exclusive Jewellery Designs ✓
- Quality Settings ✓
- Embark on your Handmade ✓
- Journey with us today ✓
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0480398603

www.sapphiregemcuts.com.au

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SAPPHIRE SUNDAY MARKETS
EVERY SUNDAY 8:00 AM TO 12:00

COME ALONG AND BROWSE THE MANY STALLS
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COME AND SUPPORT THE CANTEEN RUN BY
GEMFIELDS LAPIDARY CLUB FIRST
MARKET THEN ALTERNATING SUNDAYS WITH
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ON THE GEMFIELDS
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Save the date: Springsure's Annual Art Awards 2026

2026 Central Highlands Regional Council

ART ANNUAL AWARDS

OFFICIAL OPENING AND AWARD PRESENTATION
6pm Friday 6 March 2026
BAUHINIA BICENTENNIAL ART GALLERY
27 Eclipse Street Springsure

OPENING NIGHT
6 March 2026

EXHIBITION OPEN
9 March - 18 April 2026

CENTRAL HIGHLANDS REGIONAL GALLERIES

Andrea Chapman(2025) "This Aint Texas"

@Springsure

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

EMERALD WALKING GROUP

Come join the lovely Hayley - she has set up a Heart Foundation walking group in Emerald on Wednesday Mornings. Being active on a regular basis is an important part of a social, happy & healthy lifestyle. Registration not necessary but would be appreciated (enables us to contact you should we need to cancel the walk due to weather) - meet at the windmill 7am

Heart Foundation Walking

Walking Wins

Walking groups are a social, supportive, and simple way to **boost your health and make connections** in your community.

When you join a Heart Foundation Walking group, every step is a victory. Because for a healthy mind, body and heart, **WALKING WINS**.

Take the first step and join your **free** local walking group.

Group: **Emerald Walkers**
When: Every Wednesday starting 2nd April 2025
Meet at 7:00am, start at 7:15am

Where: Emerald Botanical Gardens, meet at the windmill

Contact: Hayley Butler hayley@heartfoundation.org.au

Visit walking.heartfoundation.org.au to register or for more information



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



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The Rubyvale Caravan Park is situated just 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



Heart
Research
Australia

RED♥FEB
Research saves lives.

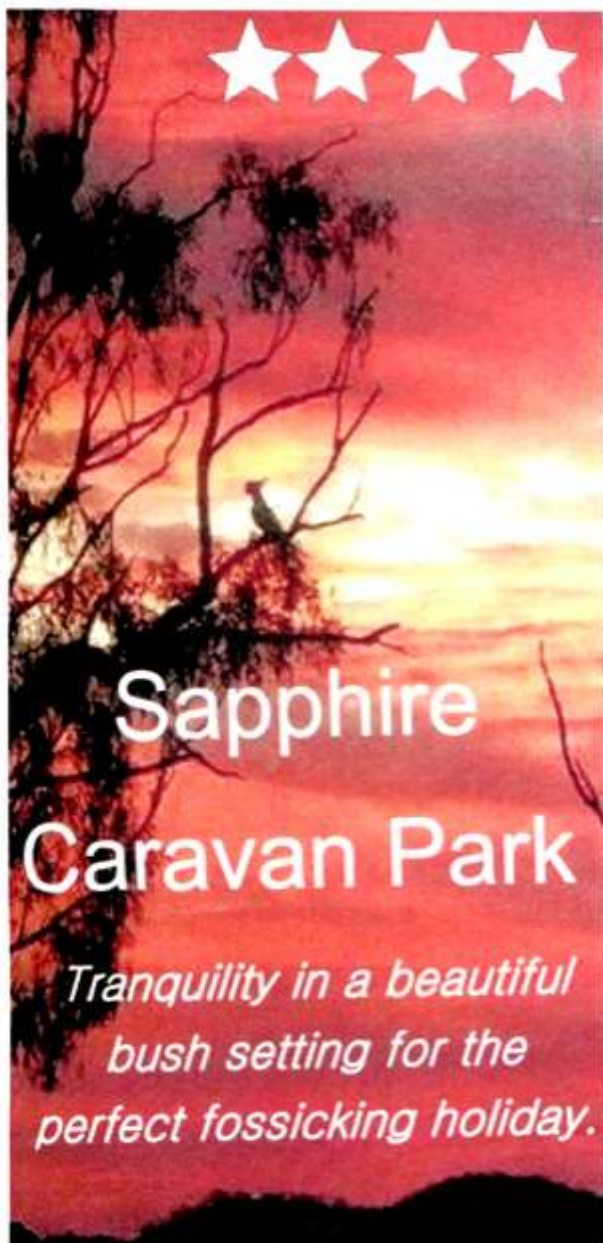


**This February,
wear **RED**
and help fight
heart disease!**

**Heart disease claims the lives of
45 Australians each day - one
every 30 minutes.**

By supporting **REDFEB**, you're
joining a movement that
helps give every Australian the
gift of a healthier heart.





- BILLY BOULDER CABINS
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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.

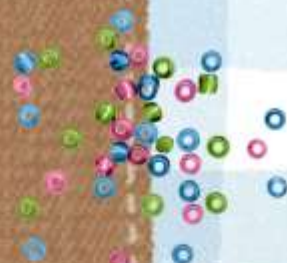
Watch the wildlife feeding before a captivating sunset.

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



Crafty Angels Group Update



Members of the Crafty Angels have been busy creating, showcasing their latest pieces, and enjoying a relaxed session together. This Gemfields Community Support Association client group provides a friendly space for clients to connect, create, and share ideas.



A heartfelt farewell and thank you to Helen Pinn for her wonderful leadership of The Crafty Angels. As Helen finishes her role at the end of 2025, we sincerely thank her for the time, care, and creativity she has shared with the group, and wish her all the very best!



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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GEMFIELDS RIDING FOR THE DISABLED INC.

2026 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 6x4 trailer and we will load you.
Delivery days will be arranged at time of order.

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(Please leave a message as if you aren't in my contact list I won't answer)

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HEART KIDS

INFORMATION MORNING TEA

Where: Sparrows Perch, 13 Richardson St, Anakie

When: Saturday 14th February 2026

Lucky door prize

Gold coin donation entry

Finger food from 9:30 am

Fun & games start 10:00 am

HeartKids is the only national not-for-profit organisation that is solely focused on supporting and advocating for all people impacted by childhood-onset heart disease (CoHD), one of the largest causes of infant death in Australia.

Our purpose is to help every child, teenager, and adult in Australia with CoHD have a fighting chance to live a long, healthy, and fulfilling life.

We help families, young people, and adults living with CoHD by making available reliable and evidence-based information and timely support, funding research.

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 – FEBRUARY 2026

Welcome back for another year.

Australia Day was a great day for celebrating being Aussies. Everyone enjoyed the day with kebabs for lunch and roast for dinner. Thank you again to our amazing volunteers that help make days like this possible.

Another bit of news for you all. We are going to have two cooks in our kitchen this year. Janine is returning to cook on Thursdays and Sundays. Looking forward to her amazing roasts with a buffet of vegetables. The very talented Kellie is returning to cook her wonderful meals on Saturdays. That should give us a great variety of meals and hopefully something for everyone.

We are planning to have a general meeting on 08th February at 2pm to let you all know what is happening and discuss a couple of things. Agenda will be forwarded by email to league members and will be posted in the sub-branch. Come along and have a listen, maybe put forward a suggestion or two.

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

Dates to Remember for February:

Mondays 0900 – 1100 office open to all members who may wish to speak to one of the executive committee.

08th February: General meeting at 2pm

14th February: Valentines Day. National Servicemen's Day

19th February: Bombing of Darwin 1942

23rd February: Formation of Queensland RSA, now RSL, 1916

24th February: National Day for war animals

Meal Bookings

Ph: 0488 256 005 for **Thursday & Sunday**

Ph: 0491 730 425 for **Saturday's Only**

**STAY SAFE AND ENJOY THE HOLIDAY SEASON.
WE'LL SEE YOU IN THE NEW YEAR!**

LEST WE FORGET



**THAT THE
GEMFIELDS COMMUNITY SUPPORT
ASSOCIATION NEWSLETTER**

**IS AVAILABLE ONLINE
IN
FULL COLOUR
PDF**

go to:

https://gemfields.org.au/?page_id=14

or



Scan me!



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

Saturday and Sunday

9:00am - 1:00pm

**Cafe closed until the
season**

**Bookings are
essential.**

Minimum of 2 people.



The Miners Café

situated at Miners Heritage. 97 Heritage Rd Rubyvale.

Closed until further notice

ph; 0486029237

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

Heart-healthy groceries on a budget

Staying on budget at the grocery store can feel challenging, but using some simple, budget-friendly tips can help you keep your costs down.



Prioritise plant-proteins

Swap for plant-based proteins like canned or dried beans, legumes or tofu.



Buy in season

Fruits and vegetables in season are often cheaper, and fresher too!



Visit your local farmers market

Markets can be a great way to find fresh, seasonal produce at cheaper prices.



Look for 'imperfect' produce

Odd-shaped fruits and vegetables are just as healthy and delicious and often cost less.



Add frozen and canned fruits and vegetables

They're a budget friendly and healthy option, especially when fresh isn't available.



Balance convenience and cost

Options like pre-prepared meats, pre-cut vegetables and grated cheese are convenient but come with an added cost.



Look for home-brand options

Supermarket home-brands are often cheaper than big-brand names.



Buy in bulk

Buying larger packs of foods you use regularly saves money over time.



Compare unit prices

Use unit prices to find the best value for money for similar products.



Look for specials and sales

Shop around for specials and sale items to save money.

We're here to help!

For more healthy eating tips and tools, visit our website!

heartfoundation.org.au

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HH-PFN-050.1.0225

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A fight to save Craig's life

What began as a day of volunteering at a remote charity car rally nearly ended in tragedy when Craig suddenly collapsed after suffering a massive cardiac arrest at Tobermorey Station, near the Queensland–Northern Territory border. The location was extremely isolated, with the nearest major hospital more than 13 hours away by road.

Those nearby acted quickly. Fellow rally participants immediately began CPR and used an automated external defibrillator, working tirelessly to keep Craig alive while emergency help was organised. Their fast response bought precious time until the Royal Flying Doctor Service (RFDS) Queensland aeromedical crew could be deployed from Mount Isa.

When the RFDS team arrived, Craig was critically unwell. The crew worked under intense pressure to stabilise him, providing advanced life-saving treatment while coordinating closely with specialist doctors on the ground in Townsville. Throughout the flight, Craig required constant monitoring and complex medical care to keep him alive.

Thanks to the combined efforts of bystanders, paramedics, pilots, nurses and doctors, Craig reached hospital and began his recovery. After spending two weeks receiving specialist cardiac care, he was discharged — remarkably with no lasting damage from the heart attack.

Craig's survival is a powerful reminder of how quickly a medical emergency can happen, especially in remote areas, and how vital early CPR, access to defibrillators and the Royal Flying Doctor Service are for people living, working and travelling across rural and outback Australia.

"This story demonstrates our RFDS motto in delivering the finest care to the furthest corner."



TYRES

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Industrial Supplies

Our shop stocks a range of oils, auto electrical fittings, nuts, bolts, battery terminals and more.

Come in and see if we have what you need.



Cylinder Rebuilds

Our on-site custom built ram bench can strip rams to replace seals to make them good as new.



Hydraulic Hoses

We stock a wide range of hoses and fittings. We can make a new hose on the spot to get you going again.



Office - 0493 497 604

Open Monday to Friday 7am to 5pm



GEMMY QUILTERS FEBRUARY 2026 NEWSLETTER

Welcome to 2026. Have you made your resolutions? Mine is to finish projects already started and to use material I have instead of buying more. Like many quilters our wishes and actions don't always match, especially when we are faced with beautiful new fabric. As long as we enjoy what we are doing. Our group is a little smaller until people return from holidays. At present we are learning to quilt on our machine and have lots of goals to try and achieve. It is fun trying.



We have finished our Machine cover with squares from all our members. It is certainly colourful and does a good job. We all had a turn quilting this and fun doing it! The rain is welcome and it is lovely having cooler weather.

Don't forget, if you enjoy any craft, sewing, knitting or crochet, come and join us on a Tuesday from 9.00am to 3.00pm. Morning tea is provided but if staying all day, bring your lunch.

Happy stitching to all,

Gemmy Quilters

GEMFIELDS LOCAL AMBULANCE COMMITTEE



FEBRUARY/MARCH 2026 NEWSLETTER

Hoping everyone had a pleasant Christmas and New Year.

We will be back in our usual spot on the 2nd (08/03/26) and 4th Sunday of the month with our lucky tickets and raffles, as we have had donations from two businesses: a pair of sapphire earrings donated by Aussie Gem Designs of Sapphire Central, and a gas smoker donated by Emerald Homebrew Supplies.

As always, we are looking for volunteers. Just a quick look at the demands: 5 hours twice a week at the markets selling tickets, and a general monthly meeting of an absolute two hour maximum (quite often thirty minutes). With two volunteers, it would be one market Sunday a month.



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

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

Phone: 0474 277 122
Email: gemfieldslapidary1@gmail.com

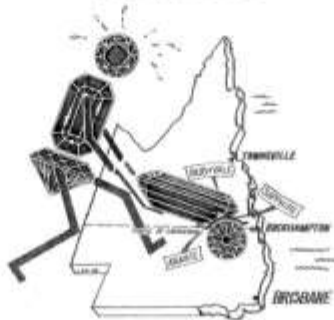
Gemfields

Central Queensland

HISTORICAL BOOKS FOR SALE

Sapphire Fields
CENTRAL QUEENSLAND

HISTORICAL DIARY



COMPILED AND WRITTEN

TERRI BAKER and
PAT VILLARROYA

Gemfields
CENTRAL QUEENSLAND

MILLENNIUM SERIES BOOK No. 1.

KNOWN RESIDENCE

Gemfields
CENTRAL QUEENSLAND

MILLENNIUM SERIES BOOK No. 2.

ENROLMENTS

Gemfields
CENTRAL QUEENSLAND

MILLENNIUM SERIES BOOK No. 3.

CEMETERIES

Sapphire Fields
CENTRAL QUEENSLAND

CAPTURED IN TIME



AVAILABLE FROM
THE GEMFIELD COMMUNITY
SUPPORT ASSOCIATION
(MULTI PURPOSE CENTRE)
1003 Rubyvale Rd, Sapphire

\$20.00 each



Practise Tai Chi
Hosted by Gemfields Multi-Purpose Centre
Mondays 9am to 10am



February 2026

In my early 20's I suffered IBD and frequent headaches, and for most of my teenage and early adult life, spinal challenges that required treatment. Physiotherapy did not really help. After spending about \$4K on chiropractic treatments which in the end were making me worse, I gave up all other treatments and decided to learn Tai Chi. Daily practise and a few months on, I had no back pain, no head aches, and my IBD was pretty much gone. Now I have practiced Tai Chi for 30 years and it is always my go-to when I feel crappy, or stressed. It helps me to relax, to find inner peace, to energise. It's difficult to explain just how you feel when you let it take over, but I read something tonight that almost says it for me, so I will quote Oliver Herzfeld of the Tai Chi Foundation:

"Tai chi is not something you conquer. It is something you befriend. The more you listen, the more it teaches, not only about movement, but about yourself. So, if you are curious, begin. Go slowly. Be patient. Let it unfold. Tai chi will meet you, not where you think you should be, but exactly where you are."

<https://www.taichifoundation.org/10-things-you-should-know-before-starting-a-tai-chi-practice/>

The GMPC hosts Tai Chi practise every Monday between 9am and 10am. Participation is free, and open to all ages and genders. Join our friendly group for coffee at Pats afterwards. See you there!

Gemfields Community Support Assoc.

◆ Friday In House Lunch ◆

CRAFTY ANGELS (for over 65's)

Starts at 9:00am

☕ Morning Tea: 10:00am – 10:30am

🍴 Lunch Served From: 12:00pm

Come along for a relaxing morning of craft, conversation, and community.

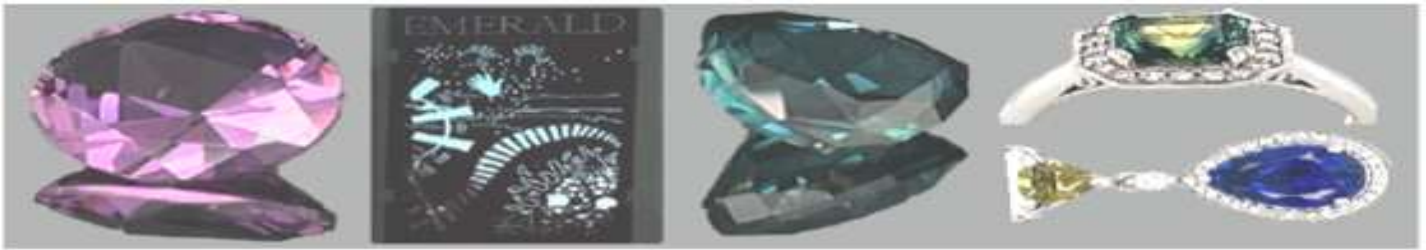
Catch up with old friends — and make a few new ones too!

Feel free to stay and enjoy a cuppa and a chat in our air-conditioned hall.

✅ **RSVP:** Please advise the GCSA by 12:00pm Monday to book your place.

Last-minute cancellations are not an issue.





iTechProgramming - Gemmological Research Laboratory

Gemchecker Registered Valuer: Cert.No. 010

Mob.: 0437 476 512 ABN: 65 750 573 533 Email: itechprogramming@icloud.com

Gemstones_Opals_Pearls_Jewellery - Analysis - Assessment - Appraisal Criteria

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.

SAPPHIRE

Markets 2026

The Sapphire Markets will commence on Sunday 1st March 2026, hosted by the Gemfields Lapidary Club, alternating fortnightly with Gemfields Riding for the Disabled, who will host on Sunday 8th March 2026.

Stall holders are to be set up and ready to begin by 7:30am. Please ensure you bring your Public Liability papers with you.

To book a site, please contact:

Paula Riley – 0408 798 440

or

Debbie Wouters – 0407 056 089

Gates open to the general public from 8:00am to 12:00 noon.

Come on down and grab a bargain or two from our friendly stall holders, and enjoy a yummy breakfast of bacon and egg, beef pattie, or sausage and onion on bread. Hot and cold drinks available.

SUNDAYS, 8AM TO 12PM

**Roy Day Park, Sapphire
Central**





Gemfields Riding for the Disabled would like to advise that lessons will commence in March this year.

Membership of \$5:00 and rider registration of \$175:00 for insurance is due now. Lessons will be \$30:00.

Should you wish to commence lessons or require any further information, please call Paula on 0408 798 440 or email sapphire.rda@gmail.com.

Volunteers are needed so if you have some time to spare and would like to help out this worthy organisation I will send you the on-line forms for Rider registration and volunteering.

We also have horse manure and mulch hay for your garden if you require this please call or message me.

Looking forward to seeing new and old riders again in 2026.

Paula Riley
Coach
Gemfields RDA Inc.
P O Box 134,
Sapphire. Qld 4702.



Kohnke's Own
Top Quality Supplements for all Horses

A huge thank you to Gemini Caravan Park and all the community
that donate their cans and bottles,
Ron's Raffles that donate proceedings from raffles at Sunday Markets

VISIT US

AND SEE WHAT'S NEW

**Chat with the team.
Take a peek at the changes.**

PATS SAPPHIRE CENTRAL

CHANGES COMING SOON

Follow us on Facebook:





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

QCWA Willows Gemfields Branch meetings:
2nd Monday of each month, subject to change.

February 9 th	Willows Rec Club	10:00am
March 9 th	Rubyvale Hall	10:00am
April 13 th	Willows Rec Club	10:00am
May 11 th	Rubyvale Hall	10:00am
June 8 th	Willows Rec Club	10:00am
July 13 th	Rubyvale Hall	10:00am

New Members Welcome. Please phone
0428855019.

Meeting dates may change, members will be
notified where possible





Garden News February 2026

The holidays behind us, we are off and flying to a new start in the new year 2026! Thinking back, the Christmas lunch at the Sapphire Pavilion, Roy Day park, was well received, like every year. Thanks to the many volunteers, a job well done! Let's hope this tradition is here to stay. In the spirit of the season, it brings people together in closer way. The food was excellent, plenty of soft drinks and appropriate music. Santa Claus didn't disappoint the children either, with plenty of presents in the offing.

Nice to see such community spirit. Let's go further, make it a New Year's resolution to join one of the local clubs, get pro active. One such a club, always looking for members, is our garden club.

Gardening is also very healthy, it gets you moving. Exercise is a huge part in good health. Another enjoyable exercise is dancing. There is a monthly old time dance at Capella, at the old town hall, standing proudly for around 100 years! The dance starts at 8pm, every second Saturday of the month. Entrance fee \$10- includes a lucky door ticket; ladies bring a plate. Free tea or coffee, cold water available. For more info ring Noela on 0408721707.

Having a good rain season, our garden is very green and lush. Plants are thriving. Come and join us. The yearly membership fee is \$15- ; it includes a garden bed, the free use of tools and a well appointed club house with amenities. You also share the produce of our trees and shrubs.

Happy Gardening

Jim Varak
0419854333
News Coordinator



Happy Gardening



Animals Word Search

Find the 6 hidden words. Words can be found across and down.

S	R	G	F	C	A	T
U	P	H	I	E	R	M
L	S	T	S	N	A	O
E	I	R	H	T	B	U
B	I	R	D	L	B	S
U	A	A	O	E	I	E
K	I	R	G	N	T	S

BIRD

CAT

DOG

FISH

MOUSE

RABBIT

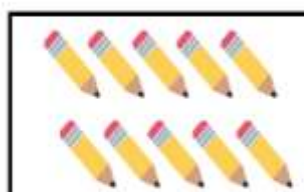


ZOO ANIMAL COLORING



Count and Match

Circle the correct number of images



4 7 10



4 6 8



5 3 9



0 1 2



2 9 5



9 5 8

Mexican chicken quesadilla wraps



Ingredients

4 x 70 g salt reduced wholegrain wraps (see tips)

2 tablespoons tomato salsa

240 g shredded, cooked skinless chicken breast

1 avocado, coarsely mashed

$\frac{2}{3}$ cup (140 g) drained, canned no added salt 3 bean mix

1 small red capsicum, chopped

$\frac{1}{3}$ cup fresh coriander leaves, plus extra to serve

1 cup grated mozzarella cheese

$\frac{1}{2}$ teaspoon Mexican chilli powder (optional)

Lime wedges, to serve

Method

Step 1

Place wraps on a chopping board. Make a cut from the centre to the bottom edge on each one.

Step 2

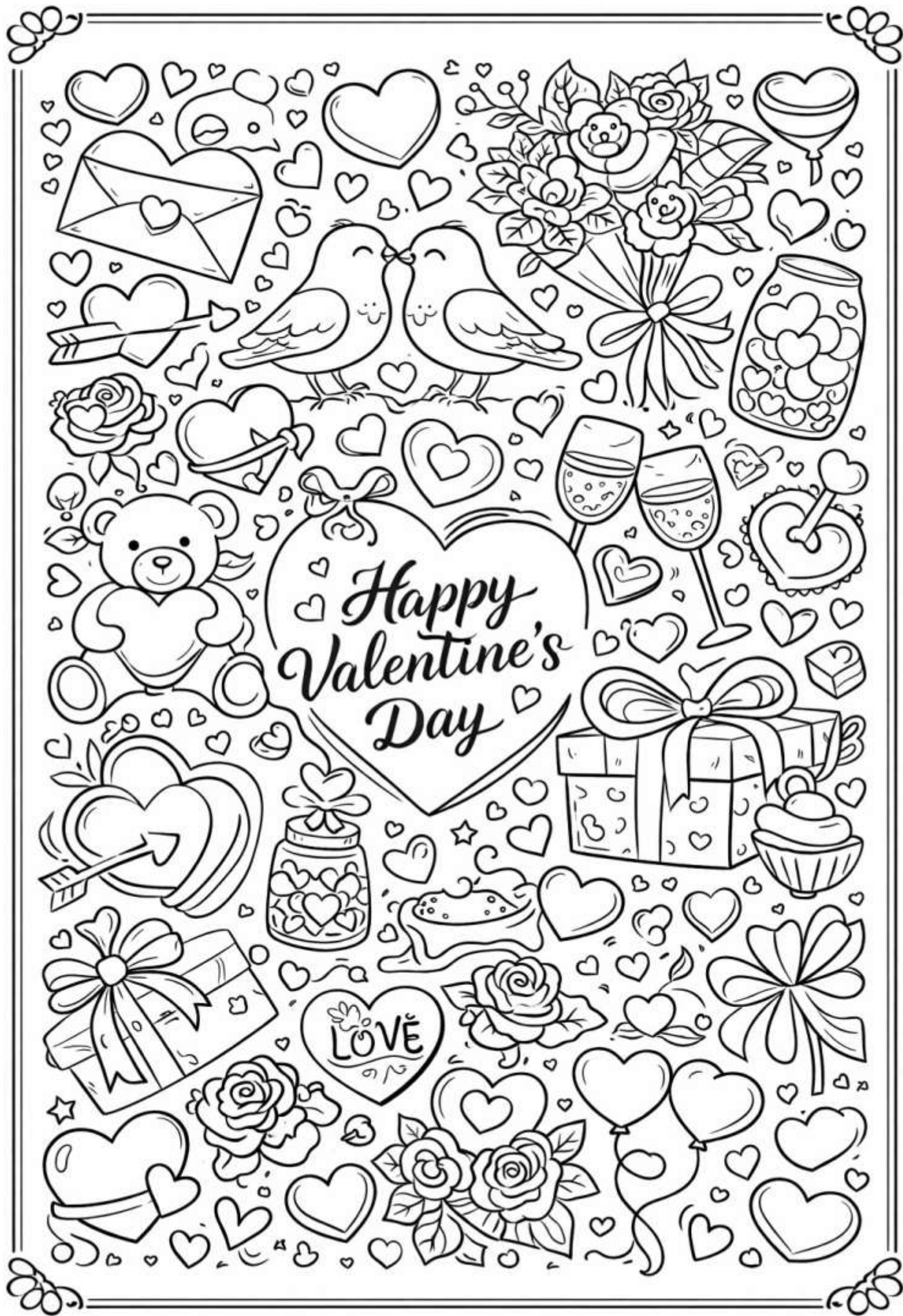
Using picture as a guide, spread 2 teaspoons salsa over the bottom right quarter of each wrap and top evenly with chicken. Spread avocado evenly over the top right quarters, then place capsicum, beans and coriander over the top left quarters and cheese over the bottom left quarters. Sprinkle with chilli powder (optional).

Step 3

Starting at the bottom right quarter, fold up each wrap, one quarter at a time, in an anti-clockwise direction to enclose fillings and form a triangle. Lightly spray both sides of quesadillas with oil.

Step 4

Heat a large non-stick frying pan over a medium heat. Add quesadillas and cook for about 3-4 minutes on each side, pressing lightly with an egg slide, until golden brown and cheese is melted. Serve with extra coriander and lime wedges.



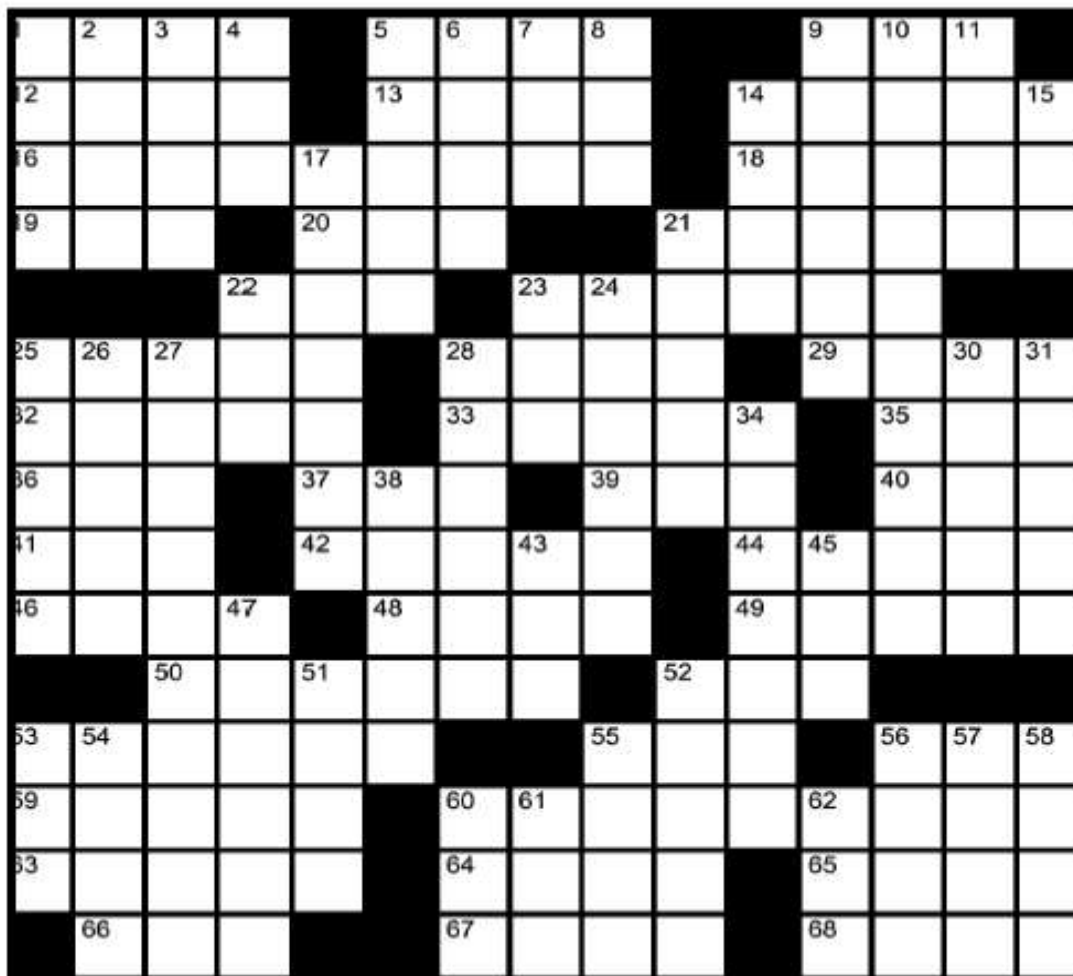
CROSSWORD PUZZLE

Across

- 1 Eric Roberts, Mickey Rourke crime comedy, *The ___ of Greenwich Village* (1984)
 5 Oration station
 9 ___-la-la
 12 ___ Bator, Mongolia
 13 Actress Purviance
 14 Strips off the skin
 16 2017 animated bull's adventure
 18 Venomous snake
 19 Adversary
 20 High spirits
 21 Fleurs-de-lis
 22 Actress Grier or Dawber
 23 Costner, Russo golf flick, 1996
 25 Colorado ski resort
 28 Knight's neighbor?
 29 1970 movie set in Korea
 32 Secret supply
 33 2013 Johansson sci-fi, ___the Skin
 35 Friend of Tigger
 36 Personal quirk
 37 Wife of Saturn
 39 Nuptial agreement
 40 Toupee, in slang
 41 Denzel played him in *The Book of ___* (2010)
 42 John of rock
 44 Bantu language
 46 Court figures
 48 De Valera's land
 49 Egypt's ___ High Dam
 50 Dirty Harry follower, *Sudden___* (1983)
 52 Kitchen pest
 53 Hosted
 55 Admiral's org.
 56 Dry, as wine
 59 Cheers role
 60 2017 Diane Kruger crime drama (Orig. title, *Aus dem Nichts*)
 63 Leaves out
 64 Old dagger
 65 Like the Gobi
 66 German river
 67 Predicament
 68 Bar mitzvah, e.g.

Down

- 1 1978 animated family short, ___ the Magic Dragon
 2 Dairy aisle buy
 3 Reduce, as expenses
 4 Conclusion
 5 Jeans material
 6 Sandler of *Big Daddy*
 7 Maureen O'Hara adventure, *Jamaica___* (1939)
 8 Woeful
 9 Boredom
 10 2018 Jennifer Lawrence thriller
 11 Sheltered, at sea
 14 Common area (Fr.)
 15 AARP members
 17 1982 James Mason, Sam Neill knight-ly adventure
 21 Signed
 22 Zoologist's foot
 23 Freight weight
 24 First-aid item
 25 Showy flower
 26 Fence feature
 27 2018 Scott Eastwood sci-fi, ___: Uprising
 28 Countrified
 30 The March King
 31 Dundee star Paul
 34 1987 Steve Martin, Daryl Hannah comedy
 38 Implore
 43 Food scrap
 45 V-J Day pres.
 47 Soft-finned silvery fishes
 51 Potpie ingredients
 52 Hibachi residue
 53 Prefix with warrior
 54 Rosalind Russell classic, *Auntie___* (1958)
 55 Western tribe
 56 Hindu garment
 57 Touch up an article
 58 Give up
 60 Belief system
 61 Route abbr.
 62 1992 Cruise, Kidman



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.

A	D	A	M		S	L	A	B		T	R	E	S	S
L	I	S	A		C	U	B	E		R	A	L	P	H
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"D" Words

Crossword Puzzle

(A=Across, D=Down)

1 Across

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3 Across

4 Across

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6 Across

7 Across

8 Across

9 Across

10 Across

1 Down

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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.

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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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publication are not necessarily those of the
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	Col 0423 767 490	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