

# the Gem

APRIL 2024

## Marathon man

DEFYING LIMITS AND  
SETTING THE PACE

PERFECTLY PALMWOODS  
Preview the soon-to-open Country Club

GOLD COAST LUXE  
View first premium split-level display

FLYING HIGH  
Taking the leap  
by embracing an  
Ageless mindset



GemLife™

# Director's Message

WELCOME TO THE APRIL ISSUE OF *THE GEM*. IN THIS MONTH'S MAGAZINE, WE FOCUS ON HEALTH AND WELLBEING IN RECOGNITION OF WORLD HEALTH DAY TAKING PLACE ON SUNDAY, 7 APRIL. WE SPOKE TO CURRENT AND FUTURE HOMEOWNERS ABOUT HOW THEY LIKE TO STAY FIT AND HEALTHY, INCLUDING INTERNATIONAL MARATHONER JAMES PICKERING.

Residential construction got underway at GemLife Moreton Bay last month, a huge milestone for this very special community (see page 3).

On the Sunshine Coast at GemLife Palmwoods, our current and future homeowners cannot wait for the grand opening of the new Country Club at the end of the month. It's starting to come together very quickly now, and we have a sneak peek on pages 10 to 11. Residential construction of Palmwoods' stunning premium homes, which capture unsurpassed open bush views, is also coming along nicely.

Also on the Sunshine Coast, settlements are continuing in the Final Stage of our popular Maroochydore and Pacific Paradise resorts. The commercial construction team is making excellent headway on the Pacific Paradise Country Club, with external rendering now complete, and first level framing and service rough-ins well underway, plus sheeting works. Tiling on the ground floor has begun, and some components of the kitchen and bar area have also been installed.

On the Gold Coast, our first luxury split-level display home opened for viewing and we had a fantastic response from buyers at a special five-day open home event in mid-March. Turn to pages 12 to 15 to see all the features of this impressive home. Residential construction in stages one and two is in full swing and I know our contract holders are excited about their homes taking shape. At the showstopping Country Club, the last slab pour on the first level will take place this month and structural steel works will commence.

At our lovely rural resort, GemLife Highfields, Stage Five residential construction is powering ahead and first slabs for Stage Six were laid last month.

In northern NSW at GemLife Tweed Waters, the residential construction team has been making

excellent progress on home builds. Work on the Country Club is also coming along well, with the ground slabs completed last month. In April, the commercial construction team will work on the walls, first level formwork, and slabs in the months ahead.

Further south at GemLife Rainbow Beach on the NSW Mid North Coast, work has commenced on the resort's second Summer House. We're also looking forward to a public open day event this month, giving prospective homeowners the chance to explore the new Country Club and get a feel for the lifestyle on offer here.

In Victoria's magnificent Macedon Ranges region, GemLife Woodend is almost fully sold out with just two homes remaining. It's been fantastic to see the enthusiastic response to the GemLife offering in Victoria and we're very proud of delivering best-in-class over-50s living in this state.

GemLife's new eight-episode series *AGELESS*, which premiered on Nine last month, is back with more episodes in April (pages 20 to 27), including a joyful episode with one of our own homeowners, Sharon Lagden (pages 22 to 23).

Lastly, we cannot wait to start the rollout of LifeChanger mentor training in May, starting with our Gold Coast and Tweed homeowners and contract holders. GemLife is proud to support the wonderful work undertaken by LifeChanger to improve youth mental health across Australia. Turn to pages 16 to 17 for more information.



Yours sincerely,

**Adrian Puljich**  
Director & CEO



## Residential construction underway at Moreton Bay

RESIDENTIAL CONSTRUCTION HAS KICKED OFF AT GEMLIFE MORETON BAY, MARKING A MAJOR MILESTONE AT THE \$340 MILLION OVER-50S LIFESTYLE RESORT.

GemLife Moreton Bay Sales Manager Sam Stevens said the pouring of slabs on the first homes at the nearly 150-hectare resort brought the vision for the eco-inspired community a step closer to fruition.

"Sales have been very strong at this site, with more than 90 percent of Stage One sites now spoken for. In addition to the high quality, low maintenance lifestyle on offer at GemLife, buyers have been blown away by the natural beauty of this incredible resort," she said.

"The master plan for this community is simply outstanding and the sense of being at one with nature will be unparalleled. On top of that, the huge array of facilities that will be located throughout the resort will be quite different to anything else available in the market."

Stage One – which features 83 home sites – is almost sold out. Starting from only \$815,000, there are six luxurious, modern home designs on offer, each with two bedrooms plus a multipurpose room.

Boasting between 227sqm and 256sqm of living space – among GemLife's largest homes to date – all designs feature the ultimate in indoor-outdoor living and, with no rear neighbours, deliver uninterrupted green views from their cleverly designed alfresco areas.

Stage One is located nearby the resort's lakeside Country Club, which includes a walkway to a private island, as well as the Summer House, Health Club, and a network of trails for walking and cycling.

Sam added that service works were underway on GemLife Moreton Bay's impressive entry boulevard on Old Bay Road.

"The entry to the resort, which will be beautifully landscaped, will create a wonderful sense of arrival to this eco-inspired community. It's yet another standout feature among many at GemLife Moreton Bay," she said.

In addition, earthworks have begun in Stage Two and work has commenced on the permanent sales centre.

Stage Two is expected to be released towards the end of the year.

GemLife Moreton Bay is on the edge of the Deception Bay Conservation Park in Burpengary East. Nestled on a sprawling, ecologically-rich site – of which more than 60 percent has been set aside for rehabilitation and protection – the resort is fully certified under the Urban Development Institute of Australia's EnviroDevelopment program for sustainability.

**GemLife Moreton Bay Stage One is selling now. For more information, call 1800 418 605.**

# Marathon man

## Downsizing means time to speed up

FOR MOST PEOPLE, HITTING RETIREMENT AGE MEANS KICKING BACK AND TAKING IT EASY. NOT FOR JAMES PICKERING – HE’S NOW SHIFTED INTO HIGH GEAR.

The GemLife Moreton Bay contract holder leaves this month for the United States to compete in the Boston Marathon on 15 April. James, 69, originally from Wales, had always enjoyed running, but it wasn't until he headed toward retirement that he returned to his favourite sport.

"You have to be invited to compete in the Boston Marathon and you do that by running a qualifying time in one of the world majors events," he said.

"For me, that was last year's London Marathon, and the catch is that you have to compete in the very next year's event, otherwise you have to requalify."

James' time in London was 3 hours 31 minutes which placed him 23<sup>rd</sup> in his age group. If James had reached his preferred time, he would have placed tenth in his category.

"I was aiming for 3 hours 20 minutes, but the weather was absolutely awful. It was raining, I had blisters on my feet and my heels were bleeding," he said.

The Boston Marathon is part of the World Marathon Majors, a circuit of six international marathon events, including New York, Chicago, Tokyo, Berlin, and London.





“One of my favourites was the New York marathon,” he said. “Being cheered on by more than a million spectators along the route is something I’ll never forget – the London Marathon has a very similar atmosphere too.”

With the Boston Marathon soon under his belt, James has only the Tokyo Marathon to run before he has completed all the majors.

“Well actually, there’s soon to be a seventh event on the circuit and that will be in Sydney. I’m looking forward to competing in that one also,” said James.

James revealed that a lot of preparation goes into training for each event.

“I’m a member of the Caboolture Road Runners running club and they help me set up a program 18 weeks out from an event,” said James. “Now keep in mind, this program is for someone who is already very physically fit and runs regularly, so you can see how demanding the sport of marathon running is.”

More recently, James and his wife Karen turned their attention to downsizing and they found GemLife Moreton Bay to have everything they were looking for.

“It was the layout that really impressed us,” he said. “There will be plenty of places to run with all the lakes and walking trails on offer.

“The fact that we’ll have no rear neighbours also appealed. And I’ve been in the building industry most of my life and I’ve been impressed by the quality of GemLife homes.”

Following this year’s Boston Marathon, James and Karen are taking a well-earned break.

“After the race we’ll be spending five days in Maine with relatives before taking a ten-day holiday to Iceland, then spending three weeks in Wales,” said James.

Does James’ wife Karen join him on his marathon runs?

“Oh no!” he laughs. “There is only room for one madman in the family!”

# Love of adventure and the outdoors

**GemLife Gold Coasters are in  
for a treat!**

WATCH OUT GEMLIFE GOLD COASTERS – WHEN COLIN BRIDGE MOVES IN YOU’LL BE IN FOR PLENTY OF ACTIVE, OUTDOOR FUN.



When GemLife Gold Coast contract holder 79-year-old Colin Bridge says he's 'into everything' when asked about his sporting interests, he's really not kidding.

Some of Colin's regular pursuits include abseiling, bushwalking, scuba diving (he also holds a licence), running (every day), and sports climbing.

If you're wondering what 'sports climbing' is, you're not alone.

"It's not climbing mountains – it's done on local cliff faces with planned routes and using specialised equipment," Colin said.

The retired business and software development manager said growing up he'd always been a sports fanatic with football, tennis, and cricket among his favourite pastimes.

When he turned 39, he started running competitively.

"I was working for the government in Canberra, and while I'd always run for my training, I met a group of workmates who ran competitively and got into it from there," he said.

"I would ride to work in the morning, run with my friends at lunchtime, then ride home again after work.

"I like to get exercise in one way or another every day. If I miss my run in the morning, my conscience will beat me up in the afternoon and ask why I didn't do it today!"

Colin has made so many friends through his love of sport and has travelled throughout Australia competing in upwards of 15 marathons.

"Bushwalking takes me all over Australia too. I'm a member of the Tamborine Mountain Natural History Association Bushwalkers. We often go away for a few days and plan hikes in the areas we are going to."

Colin abseils regularly, and he aims to incorporate it more into his bushwalks.

"You can take your harness and rope along, and if you get to a waterfall and see a track below when you look down, you can abseil down the waterfall and pull your rope back down and walk on."

Colin has bought a home in Stage Two of GemLife Gold Coast, and he can't wait until his home is complete, possibly early next year.

"I'm really looking forward to moving into a community with like-minded people of a similar age and having a chat while enjoying the facilities there. I've already put my hand up to organise events such as bushwalking, running, or cycling if there's interest.

"I'll probably do all the sports offered at the resort, except maybe lawn bowls unless others want me to play, and I'm looking forward to having so many amenities close at hand.

"GemLife Gold Coast is snuggled up against the backdrop of Mount Wongawallan and it's a gemstone area with an old Jasper mine at the top. I've been up there and one of the first things I'd love to do when I move in is to see if a group wants to come with me for a look. Maybe we could even abseil down the hole at the top to see what's in there."

Colin migrated to Australia from Manchester, England, with his parents and four siblings when he was six years old. He has two sons and is currently living at Tamborine Mountain after having lived at Upper Coomera for about 18 years until recently.

It's fair to say a love of the outdoors is in Colin's blood, and he's looking forward to meeting and making more friends at GemLife Gold Coast.



# Let's get physical

## Daily exercise has become a way of life

IT WOULD BE RARE TO FIND A DAY OF THE WEEK WHEN GEMLIFE RAINBOW BEACH HOMEOWNERS GEOFF AND JACQUIE PICKER ARE NOT PARTICIPATING IN SOME FORM OF EXERCISE.

Their hectic routine includes Pilates, dance lessons, lawn bowls tuition and ten-pin bowling once a week, a workout at the gym and ballroom dance practise twice a week, plus swimming and beach walks at least four times a week.

"I'm also keen to fit in time on the golf simulator soon," said Geoff as he talked up the many advantages of having a brand-new, well-equipped Country Club on site.

Keeping fit and healthy has long been a daily goal for the couple who will this year celebrate their 50th wedding anniversary.

They have been associated with sport for most of their lives having both worked for the NSW Sport and Recreation Department for more than 20 years, with Jacquie a metropolitan regional director and Geoff, manager of operations.

"We were involved in the 12 sport and recreation camps where children could go to learn lots

of different outdoor activities ranging from archery to sailing and canoeing. The camps are a wonderful way to get kids into sport and some of the students have even become Olympic medallists," said Geoff.

Jacquie also ran 'come and try days' for anyone who wanted to give sport like golf, lawn bowls, tennis, AFL, soccer and cricket a go.

"We also encouraged both our daughters to play sport and keep active," she said. "They also learned jazz and tap dancing and appeared in a lot of shows at shopping centres and in eisteddfods as well as featuring in many television commercials and movies.

"Our eldest daughter was the first to jump in the air on a Toyota Corolla advertisement, remember those? And she also appeared in the award-winning Australian movie *Careful, He Might Hear You*."







She said after the age of about nine, the girls began playing softball and it became a family affair in which Jacquie also played and Geoff coached and umpired.

The couple, who moved into the GemLife Rainbow Beach resort the day before their 49th wedding anniversary on 14 December last year, have been blown away with all the facilities now at their disposal and they have wasted no time in experiencing as many as possible.

They have even gained advice from an exercise physiologist who provided them with a personal program when using the equipment in the gym.

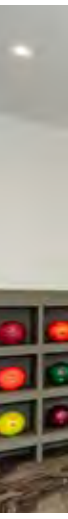
"I don't lift 40kg dumb bells, but our physiologist has designed a program for each of us which uses everything from the bike to leg presses and walking machines. He also showed us how to use the equipment correctly," said Geoff.

A favourite pastime is ballroom and Latin dancing which the couple took up in their 50s after their children left home.

"In the beginning it was just a social thing, but we ended up competing overseas," he said. "In our most recent competition, we competed in Monte Carlo and took out the top couple prize for swing dancing in the Arthur Murray European Championships."

Jacquie and Geoff, who have five grandchildren – one of whom is 17 and up for selection into the Western Sydney Giants AFL team – can be seen stepping out a foxtrot, rumba, cha-cha, tango or swing regularly on the dance floor at the resort's Country Club and have often been approached by fellow residents, keen to get some tips.

"We are more than happy to show others how to do the steps, which can be adapted to any music including that by modern artists like Taylor Swift," said Geoff.



# Final touches

GemLife Palmwoods Country Club nears completion





AS THE GRAND OPENING OF THE \$12.5M GEMLIFE PALMWOODS COUNTRY CLUB DRAWS CLOSER, THE FINAL TOUCHES ON ITS SPECTACULAR INTERIOR ARE A MAJOR FOCUS.

“Our commercial construction and interior design teams have been working hard to ensure all will be ready for the grand opening and reveal on Tuesday, 30 April,” said GemLife Director and CEO Adrian Puljich.

“Everything is coming together beautifully with areas such as the cinema completely fitted out with audio, video, and seating.

“In addition, the lawn bowls, tennis court, and ten-pin bowling areas are finished, along with the carpet and parquet for the stage and dance floor. The swimming pool is tiled and ready to be filled with water. It’s looking amazing.”



Adrian said the new Country Club, which is set across 4800sqm, has been designed to embrace stunning rainforest views from its three levels of entertainment and recreation space.

“The interior design is something to behold. In keeping with the resort’s environment, there are many highlights such as gorgeous tropical-inspired wallpaper, which has been exquisitely rendered and features rich plant and birdlife. It all starts from the club’s foyer entry which is a real head-turner.”

With its extensive suite of facilities for fitness, relaxation, and fun, the GemLife Palmwoods Country Club will house a well-equipped gym, indoor magnesium-infused pool with spa, sauna, wine room, ten-pin bowling, luxury cinema, yoga studio, creative arts studio, barbecue bar, and a beautiful alfresco space with sunken lounge areas, plus much more.





# Golden hour

## Gold Coast's first premium split-level display open for viewing

THE FIRST OF GEMLIFE GOLD COAST'S LUXURIOUS SPLIT-LEVEL DISPLAY HOMES – OVERLOOKING A PICTURESQUE WILDLIFE CORRIDOR – WAS UNVEILED LAST MONTH.



One of 39 architecturally designed premium homes to be built in Stage One – some of which will boast city skyline views – the display home is now open for viewing by appointment.

The resort's luxury split-level homes, priced from \$1.2 million, are among GemLife's most premium to date and are meticulously designed for those with a love of entertaining.

Four designs are available – the Aruma, Vantage, Panorama and Summit – each offering a spacious open-plan design with two-bedrooms plus multipurpose room, ultra-high ceilings, large rear yards, two alfresco areas, louvered shade systems and designer kitchens with European appliances.

GemLife Gold Coast Sales Manager Ashleigh Murtagh said the premium homes raised the bar for over-50s living, providing luxury inclusions as standard, lovely outlooks, as well as maximising natural light and breezes.

"The split-level homes feature a generous 326sqm to 351sqm of living space with a master suite located on both levels, providing plenty of privacy when guests stay or the option for dual living," she said.

"Each home features outdoor entertainment areas on both the upper and lower level, plus an alfresco kitchen, complemented by a built-in bar area and wine fridge inside, making them ideal for those who love to host family, friends and neighbours."



The homes also feature an elevator as well as stairs, smart-tech home automation for lights, fans and resort access.

Ashleigh added that construction was underway on four more split-level homes, due for completion this month, with the balance of the spacious homes expected to be finished between late 2024 and late 2025.

Construction continues to power ahead on the new community, with the first residents moving into the resort at the end of 2023, and its sprawling \$22.9 million Country Club taking shape and anticipated to open in late 2025.

The three-level Country Club will feature a resort-style upper-terrace level infinity-edge pool, poolside cabanas, sky lounge, wellness club, bowling alley, cinema, wine lounge, virtual golf, bar, cafe, arts studio, workshop, library, hair salon, and dance floor, to name a few.

GemLife Gold Coast will also include an outdoor hilltop pavilion and pool.

"The community features a range of fitness, wellness, relaxation and recreational amenities for all our residents, including those in our new collection of split-level homes, that is truly second to none," said Ashleigh.

"Demand has been extremely strong for homes across the board and with a large wait list already for Stage Three. We're expecting the more than 100 homes to sell within weeks of hitting the market, when they're released later this year.

"The new split-level homes offer a rare opportunity, with only a limited number of these designs to be released in future stages."

For further information on GemLife Gold Coast and the new split-level home collection, contact 1800 325 229 or visit [GemLife.com.au/ggc](https://www.gemlife.com.au/ggc)



# Sign up to become a mentor with LifeChanger

## Bringing positive change to young people's lives

GEMLIFE HOMEOWNERS WILL HAVE THE OPPORTUNITY TO UNDERGO MENTOR TRAINING AS PART OF THE GROUP'S ONGOING PARTNERSHIP WITH YOUTH MENTAL HEALTH FOUNDATION, LIFECHANGER.

LifeChanger is dedicated to empowering young people to lead fulfilling lives through programs that support their social, emotional, and resilience skills.

GemLife Director and CEO Adrian Puljich said residents were invited to become mentors in LifeChanger's primary school (Years 5 and 6), and high school programs (to Year 12).

"We are excited to support LifeChanger's work as part of our ongoing three-year partnership," Adrian said.

"LifeChanger will be offering GemLife residents training opportunities to become mentors during the next few years, with the first workshop scheduled for the Gold Coast and Tweed on 28 May.

"Residents are welcome to join us even if they're not available to attend the school programs, as the skills and tips provided at the training may help anyone who has young people in their lives.

"Mentoring is a way our residents – who have decades of wisdom and experience in life – can make real connections and hopefully positively influence our nation's youth."





YOU'RE INVITED

## Join our first LifeChanger mentor training session

WE'RE LOOKING FOR HOMEOWNERS AND CONTRACT HOLDERS FROM **GEMLIFE GOLD COAST AND GEMLIFE TWEED WATERS** TO COME ON BOARD AS YOUTH MENTORS!

Join the LifeChanger team for GemLife's first mentor training session on Tuesday, 28 May to play a valuable role in empowering young people to lead fulfilling lives by nurturing their social, emotional, and resilience skills, as well as fostering strong community connections.

If making a positive difference in the lives of our young people is something close to your heart, then click on the link below to register for the mentor training program.

**DATE** Tuesday, 28 May

**TIME** 9:30am to 11:30am

**RSVP** To join the training program and for more details, please register your interest before Tuesday, 21 May at [GemLife.com.au/lifechangermentor](https://GemLife.com.au/lifechangermentor)

LifeChanger Program Coordinator Kathryn Dennis said there were confronting statistics facing the younger generation, some of which could be preventable through early intervention programs.

"LifeChanger's programs engage with youth, teachers, parents, and local mentors and ultimately help empower young people to overcome challenges and successfully navigate life," Kathryn said.

"Connection is so important for people of all ages, and we're sure GemLife residents will get so much out of the experience.

"After the training, those who wish to are invited to take part as mentors at schools, working in small groups with five to six young people, with the guidance and support of our LifeChanger facilitators."

To see what a mentor says about the program, visit: [vimeo.com/886652824](https://vimeo.com/886652824)



### THE STATS

### WE ARE IN THE MIDST OF A YOUTH MENTAL HEALTH CRISIS



**50% INCREASE**  
IN DEPRESSION, ANXIETY AND/OR  
SUBSTANCE ABUSE SINCE 2007



**1/3 OF YOUNG PEOPLE**  
REPORT LOW LEVELS OF OPTIMISM AND  
HOPE FOR THE FUTURE



**4/5 YOUNG PEOPLE**  
EXPERIENCED MENTAL HEALTH ISSUES  
OVER THE LAST TWO YEARS

# Join the club!

## Country clubs come closer to completion



### **Palmwoods**

Sunshine Coast Hinterland, Qld

GemLife Palmwoods superb new Country Club will open on Tuesday, 30 April. Designed to embrace stunning rainforest views, the \$12.5-million Country Club offers three levels of entertainment and recreation space across 4800sqm.

Paying tribute to the majestic Sunshine Coast Hinterland, the interior design is grounded by earthy and olive tones, punctuated by sophisticated contrast colours inspired by rainforest birdlife.

Sports and fitness lovers will not be disappointed by the facilities on offer, including a fully-equipped gym, yoga studio, covered lawn bowls, and flood-lit tennis court. While those looking to embrace relaxation will enjoy the outdoor deck with sunken lounge as well as the mountain lodge-inspired formal bar and lounge.



### **Pacific Paradise**

Sunshine Coast, Qld

Finishing touches are soon to start on GemLife Pacific Paradise's stylish two-storey Country Club ahead of its opening later in 2024.

External rendering has been completed and work is well underway in the interiors with tiling on the ground floor starting this month. Over the past couple of months, framing, service rough-ins and sheeting have taken place on both levels.

Boasting 3000sqm of floor space, the GemLife Pacific Paradise Country Club is expected to be ready to hand over to the interior design team at the end of June for fit-out in July. This sophisticated and modern facility has been designed to harmonise with the Sunshine Coast's laidback lifestyle.

Homeowners will be able to relax on the roof terrace bar, enjoy the hanging gardens or make the most of the great Sunshine Coast weather with outdoor dining, including barbecues and pizza oven.

GEMLIFE COUNTRY CLUBS ARE THE JEWELS IN THE CROWN OF OUR OVER-50S LIFESTYLE RESORTS. WITH GEMLIFE RAINBOW BEACH'S COUNTRY CLUB OPENED FOR CHRISTMAS 2023, WE REVIEW PROGRESS ON FOUR UNDER CONSTRUCTION.



### **Tweed Waters**

Northern Rivers Region, NSW

Great progress is being made on the GemLife Tweed Waters Country Club. The decking that wraps around the sandy shore lagoon was completed late last year and, since then, the ground floor slabs have been laid and the wall work has just commenced.

Inspired by the relaxed southern Californian-inspired mid-century modernist aesthetic, the Country Club will feature a grand ballroom with theatre stage, a commercial kitchen, a private cinema, library and ten-pin bowling alley along with a bar overlooking the canal which boasts a jetty and pontoon.

Upstairs will host a large games room with bar, art studio, wine room, golf simulator and fully equipped gymnasium. From the gallery, homeowners can step out onto an expansive terrace and enjoy the elevated view or a game of roof-top lawn bowls.

The Country Club is on track to open in early 2025.



### **Gold Coast**

Northern Gold Coast, Qld

The Country Club at GemLife's flagship resort on the Gold Coast has made tremendous strides over the past 12 months.

The approximately 7000sqm Country Club has risen from its basement level and continues its thrust upwards with the structural steel and roof works expected to start over the next few months.

This level will be home to a roof-top entertaining space with a resort-style pool, a sky bar and outstanding views to the Gold Coast's distinctive skyline.

The Country Club, due for completion in mid-2025, further encourages community with a luxurious high-street feel on the ground floor and welcomes interaction over three levels with a fitness centre, indoor pool and spa, ten-pin bowling alley, wine lounge and cinema.

All images for illustration purpose only

# AN AGELESS MINDSET

Tune in to GemLife's new TV series  
throughout April

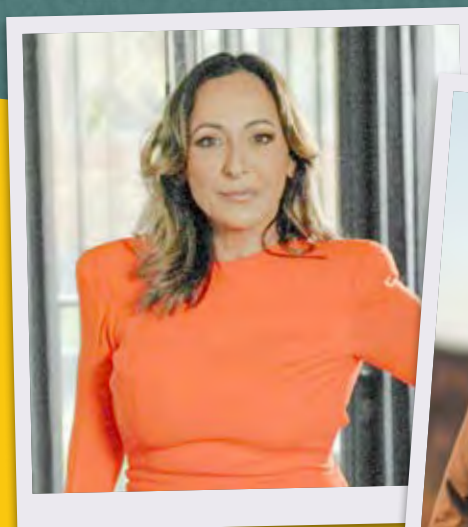
What's in store on  
AGELESS this month?

## EPISODE 3 LOVE AT ANY AGE

6 April

In episode 3 we meet Carole, who – after a life spent building her hairdressing empire, raising her daughter solo, and surviving cancer – is not sure how to find love. Now in her 50s, she is ready to seek her equal. Carole switches up her role as hairdresser and sounding board and has a girl-to-girl talk with relationship counsellor Heidi Sommer-Ball who helps her navigate the maze of modern dating: online apps!

Then there's Lisa, also in her 50s, who had met and lost the love of her life. Lisa is ready to date again but needs a makeover to give her the confidence she needs. Style mentor Ange Cleary helps Lisa push through her grief by bringing colour back into her personal style.



## EPISODE 4 IT'S NEVER TOO LATE

13 April

Meet Arnhem Land tourism guide Tim, who at 50, launched a new career in a field he had no experience in. Tim has weathered the travails of Covid and financial hardship and got far more than he ever bargained for later in life. Tim shares the trials of staying afloat and how he pivoted not only his business, but his mindset, with the help of the locals and trusting his inner voice. For Tim, bridging geographic and cultural divides is the reason he gets up in the morning.

OUR EXCITING NEW EIGHT-EPIISODE TV SERIES, WHICH CHALLENGES MISCONCEPTIONS ABOUT AGEING, CONTINUES ON THE NINE NETWORK THIS MONTH.

Extra excitement is in the air, particularly among GemLife Palmwoods homeowners, as the resort's very own Sharon and Kevin Lagden will feature in episode 5. Watch Sharon leap from a plane on Saturday, 20 April on Channel NINE from 1pm as she tries skydiving for the first time!

This month's episodes will take us even further than the Sunshine Coast though, as we meet more inspirational Australians over 50 who embody what it is to have an ageless mindset.

## AGELESS CONTINUES ON THE NINE NETWORK

### First-run on NINE HD

From Saturday, 6 April to Saturday, 11 May – 1pm to 1.30pm (AEST).

### Missed an episode?

Catch up on 9Now or on GemLife's website [GemLife.com.au/ageless](http://GemLife.com.au/ageless) the Monday following each first-run of NINE.



### EPISODE 5 TAKE A LEAP

20 April

GemLife homeowners Sharon Lagden and husband Kevin feature in this heartwarming episode, where Sharon shares an incredible story about how she survived cancer and realised that life is something to be lived to the fullest every single precious day! Feel excited for Sharon as she ticks skydiving off her bucket list!

Meanwhile, relationship counsellor Heidi Sommer-Ball returns to meet retired human resources manager-turned-grey-nomad, Rhonda, who is in her 70s. After two failed relationships, Rhonda has been single for 30 years. Will Heidi convince her that letting in the right kind of love doesn't mean letting go of her independence?



### EPISODE 6 ADVENTURE NEVER GROWS OLD

27 April

Meet entrepreneurs and adventure seekers, Mark and Judy, who are in their 70s and making 30-year plans. Mark and Judy left their corporate careers and wandered around Australia with their three children searching for their 'forever' adventure. They stumbled upon Paronella Park – a truly magical place nestled in a lush forest with waterfalls, 120km south of Cairns. They bought it and have been faced with every adversity from floods to cyclones to facing death, and yet they never give up.

# ONE GIANT LEAP

Flying high in her 60s

AUDIENCES ACROSS AUSTRALIA WILL ADORE WATCHING GEMLIFE PALMWOODS HOMEOWNER SHARON LAGDEN, 64, AS SHE ATTEMPTS SKYDIVING FOR THE FIRST TIME.

Jumping out of a plane was the first adventure on Sharon's bucket list after overcoming a devastating breast cancer diagnosis and depression.

Sharon was in remission when she and husband Kevin left their Sydney corporate careers (Sharon in IT and husband Kevin a publishing general manager) to pursue a more relaxed life on Queensland's Sunshine Coast.

However, that didn't go as planned at first.

"My job, including my colleagues' support, had given me so much purpose through my cancer treatment and operations, and suddenly here I was not working and not feeling myself when the depression hit," Sharon said.

"I now know from talking to others, that this is a common occurrence in remission. I think when

you're going through treatment you have medical experts telling you what to do and trust that they know what they are doing. At the end of the day, you do not have a lot of choice in the matter.

"But it's later – and for me it was two years later – when you realise you will never be the same again.

"Because you look the same on the outside, people think you're okay, but you will never be the same again and you have to find a new 'normal'. You live with the threat of the cancer coming back as well as having to deal with hormonal and physical side effects too."

As the fog of her depression started to lift, Sharon decided to retrain in a completely different career that would still provide her with an income and purpose, only with less stress.



"For two years I trained as a counsellor and now I've had my own private practice on the Sunshine Coast since 2015, helping thousands of people with relationship issues - grief and loss, anxiety, depression and cancer support.

"I learned a lot about myself doing the course, and maybe because I have a huge amount of empathy for people who have gone through similar experiences, it helps me relate to them.

"My husband Kevin has always been my rock and a great support throughout my journey. We are both trying to live our lives to the full. My mantra is 'feel the fear and do it anyway'."

First on her bucket list was to skydive, which was filmed as part of GemLife's AGELESS TV series. Sharon said she was relieved to learn her instructor had earplugs in to block out her screams!

"It was terrifying and exhilarating at the same time, and I would go again," Sharon said. "I don't think you'd get that feeling with anything else you'd ever do in your life."

Her next bucket list goals are to swim with sharks, and drive fast in a race car, or drive a giant mining truck. Watch this space!

**To watch Sharon in episode 5, turn to page 21 for air date details.**

# AGELESS

# OUTBACK WARRIOR

Defying age and adversity

in the Kimberley

WEST AUSTRALIAN 'OUTBACK WARRIOR' BARBARA WALKER'S UNYIELDING DETERMINATION AND DEEP LOVE FOR NATURE WHILE SHE SINGLE-HANDEDLY MANAGES A REMOTE 20,000-HECTARE PRIVATE WILDLIFE RESERVE IS SHOWCASED IN EPISODE TWO OF *AGELESS*.

The 70-year-old tells her story of taking the helm of Roy's Retreat, nestled in the remote town of Kununurra in the Kimberley, following the passing 16 years ago of her late husband and seasoned bushman, Roy.

Barbara shares her demanding daily routine on the sprawling property during the episode.

"I still climb my trees to prune them using a big chainsaw and other machines. I may not be fast anymore but that does not matter – the job can still be done," she said.

Originally hailing from Switzerland, Barbara found her true home in the Australian outback alongside Roy. Together for 30 years, they shared a vision that ensured Roy's Retreat thrived.

Barbara said she hopes her display of hard work and perseverance demonstrated through *AGELESS* shines a spotlight on the possibilities for our ageing population.

"I have had to overcome many obstacles in my life, taking physical risks just to achieve my dreams," she said.

"They say this is how heroes are made. All my life I have had adventures and look forward to many more – that's what keeps me young.

"The wrinkles and saggy skin do not worry me, as I only have a little mirror, and the less I look into it, the fewer problems I have."

Barbara said to be ageless comes down to what you do with your mind and attitude.





"If you think, 'I am 70 years old and can't do things anymore', then you are old. To be ageless has a lot to do with your lifestyle," she said.

"I believe the universe put me here to complete a mission. You must overcome fear and visualise that you have the strength to do anything.

"Age is only a number on a page of a book, so enjoy every day of your life, even if it is quite hard at times."

Barbara said she wished to extend her outlook on life to the younger generations in hope the legacy of Roy's Retreat would continue for years to come.

"I collaborate with national and international volunteer student groups, who assist me in land care initiatives to ensure the legacy Roy and I

built will endure for years to come, even after I am no longer here," she said.

*AGELESS* features stories from 11 everyday Australians, challenging stereotypes and inspiring others to rethink what it means to grow older while showing a zest for life and thirst for new experiences at any age.

**To watch Barbara's episode, which aired at the end of March, catch it on the GemLife website at [GemLife.com.au/ageless](https://www.gemlife.com.au/ageless) or stream it on 9Now.**

# AGELESS

# FINDING LOVE LATER IN LIFE

IT WON'T BE OBVIOUS TO AUDIENCES WATCHING GEMLIFE'S NEW TV SERIES, *AGELESS*, BUT IT'S HEIDI SOMMER-BALL'S FIRST TIME ON TELEVISION.

Usually the Brisbane-based relationship counsellor features on radio, but for *AGELESS* we watch her overcome any nerves to confidently give advice about navigating love in a digital world.

Heidi, 50, has tried online dating and can vouch for its effectiveness.

"So many people in the over-50s age bracket are reluctant to try online dating and that might be because they're unfamiliar with it," Heidi says.

"Everything is online now though and it's efficient, so I encourage people to give it a try. There are always going to be red flags to watch out for, but it's the same if you meet someone at the pub. If you're not going to start lining up at the post office to pay your bills again, perhaps look at this the same way."

Heidi said by the age of 40 and 50, a lot of life had been lived already, and people had to push their fears aside when dating again.



"While everyone is different, men often worry they're not successful enough while women's fears are based on being judged for how they look.

"When this happens, I generally ask them to look at their own values system, and would their best friend be judging them on those things? Do they look for those things in a potential partner? And often you'll find the answer is no. They are looking for other traits.

"Of course, there are people out there that do care about status, money, or looks but I say to them that those people are not your people. Put a strike through those ones and hit 'next'."

**To see more of Heidi's great relationship, confidence-building, and dating advice, catch her on episodes 3, 5 and 7 of GemLife's TV series, *AGELESS* on the NINE Network. Turn to pages 20 and 21 for air date details in April.**

# STYLE GURU SHARES AGELESS FASHION ADVICE

STYLE MENTOR ANGE CLEARY ENJOYED HER EXPERIENCE ON *AGELESS*, HELPING AUSTRALIANS OVER 50 REGAIN THEIR CONFIDENCE AND EMBRACE LIFE AGAIN.

Ange is familiar with styling men and women for photo shoots and television events, however *AGELESS* gave her a chance to be part of the cast.

"I had so much fun – the crew was incredible, and all my candidates were a pleasure to work with," Ange says.

"Turning 50 myself last year, it felt natural and genuine to help align with others going through changes, mentally and physically," she said.

"*AGELESS* is all about growth, changing the dialogue and stepping into your magic."

When Ange styles someone, she first tries to find out what is going on in their thoughts.

"Old thought patterns, programming, and self-loathing mirror moments are always the barriers," she said.

"Once we determine their true style personality and what inspires them, we can then address how that is reflected in what they wear and how the world perceives them. It's a domino effect to be honest. Once you feel good, you look good, and you just walk and hold yourself with more confidence."

Ange said many people struggle to let go of the past, and that was often reflected in their wardrobes.



"The past chapters of their lives are all hanging in front of them. I believe your clothes carry energy and memories. You may have been through divorce, illness, trauma, weight change, life change, job loss and what you wore at that time of life is staring back at you reminding you.

"I encourage big wardrobe purges and only having items in your wardrobe that you love and wear all the time. My rule of thumb is, if you haven't touched it for two years you're probably not going to. Move it on, donate, give to a friend, or sell. Make room in your life and your wardrobe for the new and rejuvenated you. You are not your past."

**Watch Ange Cleary and her transformational makeovers in episodes three and seven see air date details for this month's episode on page 20.**

# Surprise family reunion

## Brothers reunited as landmine explodes

A FAMILY REUNION SMACK DAB IN THE MIDDLE OF A WAR ZONE MAY NOT BE IDEAL BUT IT'S EXACTLY WHAT HAPPENED TO VIETNAM VETERAN PATRICK SMYTHE WHILE RIDING 'SHOTGUN' ON A VEHICLE HEADING TO BA RIA IN PHUOC TUY PROVINCE IN SEPTEMBER 1968.

"As 'shotgun', I was sitting next to and protecting the driver of our vehicle on a laundry and ice run. We were being led by a large American vehicle which hit a landmine and the occupants were killed. Our drivers then took up herringbone positions, angled ready for a ground assault but it never came," explained the GemLife Highfields homeowner.

"It was then that I spotted a fellow on the back of the trucks, and I thought 'gee that looks like my brother'. So, I got onto that vehicle, and to my surprise it was my brother Brian. He was serving his first week in Vietnam. Talk about unusual family reunions – it certainly was that!"

Patrick says it was such a surprise because he wasn't even aware his brother was a member of the regular army.

Originally hailing from Gatton in the Lockyer Valley, Patrick left his trainee teller position at the Commonwealth Bank to join friends and enlist in the army, enticed by the lure of travelling overseas. As it turned out, he was the only one in the group to be recruited.

He was eventually posted to the 8 Royal Australian Regiment (8RAR) in Brisbane and after 12 months in the Demonstration Platoon at Canungra was sent to Malaysia in September 1967, mobilised to the country's south-west area of Malacca and in May 1968 transferred to Vietnam for 13 months.

While war raged around him, he said there were lighter moments enjoyed with mates such as with their cricket team.





"I can only recognise about three of them in the photo I have of the team today, but it was great to get together back in the war days and enjoy a good game of cricket," he said.

Patrick said his service in the army, which continued until 1975, taught him a lot.

"I learned about being a team player, mateship, and loyalty as well as everyday disciplines like being tidy and being on time."

The Vietnam veteran has received a number of awards for his service including the Australian Service Medal for Vietnam, the Australian Defence Medal, the Australian Service Medal of Malaysia, the Active Service Medal, the Vietnamese Campaigns Star, and a gallantry award for Fire Support Base Coral which provided defended firing points for artillery

and mortars covering foot patrols sent out by battalions IRAR and 3RAR.

Patrick is currently helping to organise the annual Anzac Day dawn service at GemLife Highfields where he lives with his wife Lorelle. It will be held on 25 April and is to include a guest speaker followed by Anzac biscuits and a hot drink.

# It's a goal!

## Two footy mates take Explore on the road

A NINE-DAY HOLIDAY ABOARD THE EXPLORE BY GEMPLIFE MOTORHOME FOR TWO OLD FOOTBALL BUDDIES TO VICTORIA'S KIEWA VALLEY PROVED A BIG HIT FOR GEMPLIFE BRIBIE ISLAND HOMEOWNER JOSEPH DAWSON AND HIS BEST MATE STEPHEN WAYNE.

"It was great! We played Aussie Rules footy together 45 years ago up in Cairns – I was coaching and Steve was a team member – and we have been mates ever since. Three months ago, we decided to hire the Explore motorhome and head off on a boys week away to my brother's 72nd birthday bash down in Victoria," said Joseph.

With wife Kaye happy to have a week to herself at home looking after their American staffy, Rosebud, and ragdoll cat, Misty, the boys headed off in the 'big girl' as they called the motorhome, saying it was comfortable and very easy to drive.

They made a few stops including a stopover at Moree to visit the artesian pools.

"It was also great to see some of the old buildings in the towns along the Newell Highway and we just missed the Elvis Presley Festival in Parkes although there were still a few Elvis lookalikes around," said Joseph, who added they also drove through some beautiful green country and amazing scenery.

You may ask, what do two former Aussie Rules fanatics talk about on a long roadtrip which included six hours of driving a day for three days straight?





"Football, of course! We talked about how good we were on the footy field, which made ourselves feel really good. We're both 68 now, and the older you get, the better you think you were!" laughed Joseph.

The one thing they couldn't agree on was the best Aussie Rules football team, a conversation that not only saw the miles whittle away on the road but also continued once the mates had reached Joseph's brother's place in the snow country of the Kiewa Valley.

"Steve is a Collingwood supporter and I go for the Melbourne Demons. The majority at the birthday party went for Collingwood too, so I was a little outnumbered," said Joseph.

Joseph and Steve camped on the property and were delighted with everything aboard the Explore by GemLife motorhome.

"We had no problem using everything thanks to a great induction by GemLife's Andrew Dover who took the time to show us how it all worked. And we also had a great video which was very informative, and we could always refer back to it if we needed help with anything," said Joseph who is already looking ahead to their next trip.

"While we had a great 'trip for the boys', I'll be going with Kaye next time and we are planning a three to four-day break away in the 'big girl'."



# The GemLife Games are back!

AFTER THE OUTSTANDING SUCCESS OF THE INAUGURAL GEMLIFE GAMES IN 2023, THE EVENT IS BACK AND BIGGER THAN EVER!

"It was incredible to see the standard of competition and the full-throated support that all the participants received during the competition," said GemLife Director and CEO Adrian Puljich.

"The excitement and camaraderie on the day was contagious with many people making new friends across GemLife resorts. And it was fun to see the GemLife Games party continue long after the awards presentation.

"That's why we're thrilled to announce that the Games are back for another year."

The 2024 GemLife Games will be held at GemLife Palmwoods at its brand-new, three-level Country Club.

To be held over two days, between 5 and 6 September, the games will be expanded to include eight sports: tennis, pickleball, table tennis, ten-pin bowling, eight-ball pool, golf simulator, lawn bowls, and swimming.

"In response to feedback from our first event, we wanted to ensure there were plenty of opportunities for individual competitors to shine and that's why we have added swimming to this year's event," said Adrian.

"And it's not just new sports! This year we'll be welcoming teams from Rainbow Beach, Gold Coast and Tweed Waters to the competition. They'll be joining Palmwoods, Maroochy Quays, Pacific Paradise, Bribie Island, Highfields, and Woodend."

## JOIN THE GAME-CHANGING FUN!

**WHEN** Thursday, 5 September and Friday, 6 September

**WHERE** GemLife Palmwoods  
38 Landershute Road, Palmwoods

**RSVP** Registrations will open in May.

## ARE YOU A HOSPITALITY CHAMPION?

GemLife Games participants and spectators will be travelling from interstate and need a home for the night. Will you open yours?

We're seeking expressions of interest from homeowners at GemLife Palmwoods, GemLife Maroochy Quays and GemLife Pacific Paradise to be homestay hosts for the games. More details to come next month.





SAVE  
THE DATE!

# Over-50s Forum 2024

**TUESDAY, 18 JUNE**

**10AM TO 12:30PM**

**HOWARD SMITH  
WHARVES, BRISBANE**

DON'T MISS YOUR OPPORTUNITY TO HEAR FROM SOME OF AUSTRALIA'S BEST SPEAKERS ON TOPICS OF IMPORTANCE TO TODAY'S OVER 50S.

This event will cover a wide range of topics including nutrition, financing, successful downsizing, and more.

If you know of someone who is looking to upgrade their lifestyle in the next few years, be sure to let them know about this special free event.





# Rock solid

## Your guide to Run The Rock



**YOU'RE INVITED**

JOIN GEMLIFE'S HEALTH AND LIFESTYLE COORDINATOR JOSH KRISTENSON WHO WILL BE WITH GEMLIFE WOODEND'S ENTHUSIASTIC CONTINGENT OF RUNNERS (AND WALKERS) IN THIS YEAR'S RUN THE ROCK, PROUDLY SPONSORED BY GEMLIFE.

Whether you're a runner, walker or choose to be a volunteer, you're bound to make some new friends at this fun-filled community event at picturesque Hanging Rock.

With the option of 2km, 5km, 13.5km or the 22km half-marathon, there are distances to suit a variety of fitness levels. Relax and unwind after the race in the event village with live music, food trucks, family-friendly activities and more!

**WHEN**

Saturday, 20 April

**WHERE**

Hanging Rock Racecourse

**REGISTRATIONS CLOSE**

Saturday, 6 April

**EVENT REGISTRATION**

[GemLife.com.au/runtherock](https://www.gemlife.com.au/runtherock)



## HAVE A FITNESS QUESTION? ASK JOSH!

Send your questions to  
[AskJosh@gemlife.com.au](mailto:AskJosh@gemlife.com.au)

GEMPLIFE IS PROUD TO SPONSOR RUN THE ROCK ONCE AGAIN FOR 2024. THE POPULAR ANNUAL EVENT TAKES PLACE AT PICTURESQUE HANGING ROCK IN THE MACDEON RANGES, VICTORIA, CLOSE TO GEMPLIFE WOODEND, ON SATURDAY, 20 APRIL 2024.

GemLife Health and Lifestyle Coordinator, Josh Kristenson, offers some helpful tips for getting the best out of this event, no matter whether you're planning to run or walk, are an old-hand, or a beginner.

### Assess your fitness

Be honest about your current level of fitness. Consult your doctor for a check-up, especially if new to running, for advice on safe training intensity and any precautions necessary.

### Start slow and steady

Don't jump into intense training suddenly. Begin with manageable distances and frequencies, gradually increasing duration and intensity over weeks. Remember, consistency is key – do not push your limits too early.

### Train smart, not hard

Incorporate a variety of training methods like interval training, tempo runs, and long, slow runs. Include strength training two to three times a week to build endurance and prevent injuries.

Don't forget rest days – your body needs them to recover and adapt. It's also important to train in the environment. Road or treadmill running will not prepare you for the terrain of Run The Rock, so make the time to familiarise yourself with the course ahead of time.

### Fuel your body

Proper nutrition is crucial for performance and recovery. Focus on whole foods, fruits, vegetables, and lean protein. Stay hydrated throughout your training and race day. Using hydrating drinks and gels can be a great way to have energy throughout the race.

### Gear up wisely

Invest in comfortable, well-fitting shoes appropriate for the terrain. Wear breathable clothing for moisture management and adjust for weather conditions. Don't forget sunscreen and a hat, especially for longer distances.

### Join the GemLife community

The beauty of GemLife is its supportive community. Find fellow homeowners interested in running and form a training group. Encourage and motivate each other, making the journey more enjoyable and social.

### Embrace the fun!

Remember, Run The Rock is about self-challenge and enjoying the scenic beauty of the location. Focus on progress, not perfection, and most importantly, have fun. Remember, age is just a number, and achieving your running goals is a true testament to your dedication.

Now, go out there and chase that finish line!

# Fun and fundraising for a great cause

INDULGE THAT SWEET TOOTH AND TAKE PART IN A LITTLE  
HEALTHY COMPETITION!



GemLife is switching it up for the 2024 Cancer Council Australia's Biggest Morning Tea.

Returning is the popular slice drive with two tempting treats from GemLife Chef Matt Conquest and new for 2024 is a challenge for all GemLife resorts!

"We're encouraging all our resorts to hold their own fundraising morning tea to support this fantastic cause," said GemLife Director and CEO Adrian Puljich.

"Not only is it a great way to connect with neighbours, and perhaps share support and encouragement with those who are undergoing their own fight against cancer, but participants can also go in the running to win \$500 for their resort's social committee."

## About the contest

Setting up your event is easy. Just head to [biggestmorningtea.com.au/early-reg-2024](http://biggestmorningtea.com.au/early-reg-2024) and register your event. Your Biggest Morning Tea fundraiser must take place between 1 May and 23 May to qualify for the competition.

Once you submit your funds, send an email to [sarka@gemlife.com.au](mailto:sarka@gemlife.com.au) to confirm your deposit (don't forget to include the name of your GemLife resort group).



Alternatively, deposit direct and add your GemLife resort group name using the QR code.

## Red velvet chocolate brownies

These brownies are a lovely mix of fudgy and cakey. With a red velvet meringue crust, these are best served at room temperature with your favourite cuppa or can be heated to enjoy with your favourite ice cream and white chocolate sauce.

## Strawberry and lemon slices

Matt's strawberry and lemon slice is a pleasant blend of sweet and sour. They have a lovely, sweet berry flavour with a light citrus taste, and lemon frosting. Best served at room temp with a lemon butter or curd, or a lightly whipped vanilla or citrus cream.

## How to order your slices

The GemLife Biggest Morning Tea Slice Drive has three options:

1. **Box of 4 strawberry and lemon slices**
2. **Box of 4 red velvet chocolate brownies**
3. **Duo box of 2 strawberry and lemon slices and 2 red velvet chocolate brownies.**

Boxes can be pre-ordered and paid for online at [GemLife.com.au/24slicedrive](http://GemLife.com.au/24slicedrive)

*Please note that order cut-off and collection dates vary between resorts. Full details are available on the website.*

# GemLife launches new real estate service



FINDING SOMEONE TO SELL YOUR PRE-LOVED GEMLIFE HOME JUST BECAME EASIER, FOLLOWING THE LAUNCH OF GEMLIFE'S OWN REAL ESTATE ARM, GEM REALTY.

The move to establish Gem Realty, which focuses on the resale of existing GemLife homes, is seen as an important service exclusively for GemLife homeowners.

"This is something we are very excited about, and I believe we are in the prime position to help our homeowners achieve the best possible outcome from their sale," said GemLife Director of Sales and Marketing, Heath Anderson-Closey.

He said that with the growing number of GemLife resorts around Australia, there was an ever-increasing need for a real estate service that specialised in pre-loved GemLife homes.

"Despite the fact that many of our residents move into our over-50s lifestyle resorts for the long term, there are

circumstances when they find it necessary to sell, and we want to help make the process smooth and trouble-free," said Heath.

He said there were many advantages for engaging a Gem Realty professional to help sell a property.

"It makes great sense because who else knows your home better than GemLife staff who live and breathe these properties from build to completion? They also have relevant and in-depth knowledge about the Land Lease model and the fabulous facilities on offer at each resort."

GemLife has a large database of prospective buyers eager to move into their over-50s lifestyle resorts located in Queensland, NSW and Victoria.

"With the launch of Gem Realty, GemLife homeowners have their very own real estate agent on their doorstep. They don't have to go anywhere. We work closely with you and help with everything from advertising and marketing the property to inspections and paperwork. Our ultimate goal is to provide the best possible service for our residents and achieve a successful outcome quickly and efficiently with minimal hassle."

If you are thinking of selling your GemLife home and would like to learn more about what Gem Realty offers, contact GemLife Resale Specialist Brad Clarke on 1800 560 768 or email [gemrealty@gemlife.com.au](mailto:gemrealty@gemlife.com.au)

## Resales specialist at your service

HEADING UP THE NEW GEM REALTY TEAM IS GEMLIFE RESALES SPECIALIST BRAD CLARKE.



Brad, who has many years of experience in real estate sales and marketing – including nine years in residential sales with LJ Hooker on the northern Gold Coast – said he is excited to be able to use his expertise to assist GemLife homeowners wishing to sell their properties.

"The GemLife product is a niche market, and I am really looking forward to working with homeowners to help them achieve the best possible return," he said.

Brad said the ultimate aim was to make the sales process stress and hassle-free.

"The Gem Realty team knows the brand, the product, and everything is done in-house. We have a large and well-established database of buyers which is a great asset for anyone wanting to sell their home."

# Sales Manager's Message



## WHAT AN AMAZING MONTH OF MARCH WE'VE HAD AT GEMLIFE MORETON BAY!

We started with the grand opening of our temporary sales office here on site.

Liz and I were delighted to welcome so many contract holders and prospective homeowners to our new office with its lovely verandas overlooking the site's stunning natural green space and one of the many beautiful lakes at GemLife Moreton Bay. With great food from GemLife Chef Matt Conquest and an Explore by GemLife motorhome showcase, the opening took on a party atmosphere.

And in the middle of March, we witnessed the very first home slab being poured! That means it won't be long before we're welcoming our 'pioneer' homeowners to our environmentally stunning resort.

The end of the month brought news that Stage One is just about sold out. There are only a few stock homes and sites remaining in this stage.

So, if you were considering a whole new life at GemLife Moreton Bay – like our marathon runner James Pickering on pages 4 to 5 – then you need to move fast too!

Make a time to visit us on site. We'd be delighted to give you a tour and show you some of the impressive home designs waiting for you here.

Sam Stevens  
Sales Manager

### GEMLIFE MORETON BAY SALES TEAM

**Samantha Stevens**, Sales Manager  
0408 571 755 | sam@GemLife.com.au

**Liz Millroy**, Sales Consultant  
0437 169 379 | liz@GemLife.com.au

[GemLife.com.au/gmb](https://www.gemlife.com.au/gmb)

## Goodall

FACADE ONE

**\$845,000**

 2+MPR |  2 |  2 |  1 |  1

The Goodall provides a sensitive balance between indoor and outdoor living. The master bedroom at the rear of the home enjoys direct access to a private patio while entertaining is made easy with a large alfresco area that opens out from the dining and living spaces, ready to host the largest of family gatherings. Inside, the generously proportioned two-bedroom plus multipurpose-room home offers an abundance of storage space, with walk-in robes to the bedrooms, a walk-in linen closet and walk-in pantry.



**To view this and other designs, and to reserve your site, contact our sales team on 1800 418 605.**

# Civil works go big at Moreton Bay

WHEN IT COMES TO IMPORTANT INFRASTRUCTURE, THE CIVIL CONSTRUCTION TEAM AT GEMLIFE MORETON BAY BELIEVES IN GOING BIG OR GOING HOME!

A massive 25-metre fibreglass sewage retention tank and pump station – the first of three systems to be set up at the Moreton Bay site – was installed last month in preparation for Stage One settlements in the second half of the year.

The more than \$500,000 system is GemLife’s biggest to date, requiring months of pre-preparation, an oversized 28-metre semitrailer to transport the equipment to the site, a 90-tonne crane, and nine staff to oversee the installation.

Civil Construction Manager Frederic Dubus said a large site like GemLife Moreton Bay needed significant infrastructure to provide essential services for homeowners and preserve the environment.

“Civil engineering and construction play a pivotal role in any development, and a crucial aspect is sewage infrastructure, which not only ensures sanitation but also safeguards the environment which is particularly important at an ecologically-rich site like this one. Properly designed and constructed sewage systems prevent contamination of water sources, protect ecosystems and ensure public health,” he said.

“Beyond the visible structures, there’s a vast realm of unseen work in civil construction, such as underground utilities. These hidden networks are vital for the smooth operation of this beautiful over-50s lifestyle resort, providing the necessary support for buildings, roads, and utilities that contribute to the overall functionality and sustainability of a community.”

All equipment is proudly Australian made with the system built by Aquatec in addition to local contractors from Burpengary Crane engaged to install the systems.

The entire system, costing more than \$2 million, will be installed in stages and is expected to be completed in 2025.



# Sales Message

THERE IS A REAL BUZZ IN THE AIR WITH NEWS THAT OUR IMPRESSIVE NEW COUNTRY CLUB WILL OPEN EXCLUSIVELY FOR RESIDENTS ON 30 APRIL, FOLLOWED BY A PUBLIC OPEN DAY IN MAY.



What an event it will be with eager homeowners ready to explore this incredible three-level facility.

However, the grand opening won't be the first big event to take place there.

On 25 April, a special Anzac Day service will be held at the front of the Country Club, marking the first time that the commemoration service has been held at the resort.

A big thanks to homeowners Ross Grant, Chris Simpson, along with resort managers Ray and Lynn Johnson and the Anzac Day planning group for all their hard work.

In the meantime, if you're considering making GemLife Palmwoods home, you must hurry. There are only a couple of premium corner and bush-outlook sites available and Stage Four, our final boutique release of only 25 homes, will be the very last stage at our beautiful resort.

Make an appointment with me today to select

from our stunning, modern homes and make a day of it.

There are plenty of things to see and do in the Sunshine Coast region, whether it is planning your next roadtrip or enjoying the timeless music of Queen.

- **12 to 14 April – Nambour Expo: Caravans, Campers, 4X4 and outdoors.** For more information: [nambourexpo.com.au](http://nambourexpo.com.au)
- **20 April – Bohemian Rhapsody show.** For more information: [bit.ly/49aOiR](http://bit.ly/49aOiR)

Karen Taylor  
Sales Coordinator

## GEMLIFE PALMWOODS SALES

**Karen Taylor**, Sales Coordinator  
0429 153 433 | [karen@GemLife.com.au](mailto:karen@GemLife.com.au)

[GemLife.com.au/gpw](http://GemLife.com.au/gpw)

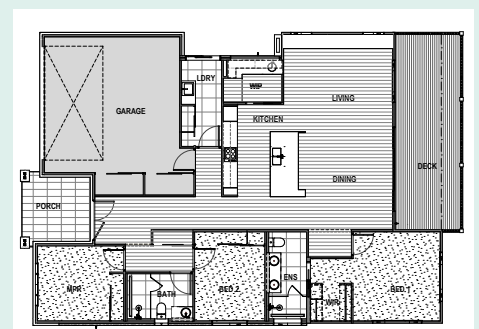
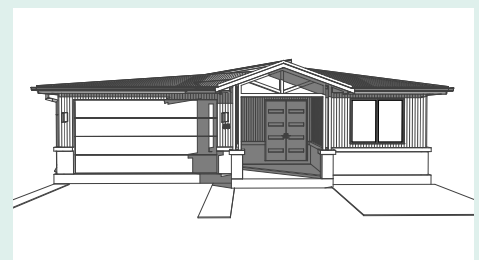
## Alexandra

FACADE ONE

**\$1,500,000**

 2+MPR |  2 |  2 |  1 |  1

The two-bedroom plus multipurpose-room Alexandra is your own private tree house. Step out onto the wide, suspended rear deck to enjoy uninterrupted bushland views or savour the leafy aspect from the luxury kitchen and generous open plan living-dining space. The kitchen is superbly appointed with a large walk-in pantry. The master bedroom at the rear of the home has been positioned to create a private retreat while the second bedroom and multipurpose room provide additional space.



To view this and other designs, and to reserve your site, contact our sales team on 1800 718 414.



# Having a ball with pickleball

JO SWIFT AND HER HUSBAND GREG HAD NEVER HEARD OF PICKLEBALL A YEAR AGO. NOW THEY'RE EAGERLY AWAITING THE COURT TO OPEN AT THE NEW GEMLIFE PALMWOODS COUNTRY CLUB LATER THIS MONTH.

"We were considering moving into Stage Four at GemLife Maroochy Quays and were on a tour of the resort when we saw this small 'tennis' court and asked what it was," said Jo. "That's when we first heard about the sport of pickleball."

Jo and Greg were intrigued to know more.

"We decided to move to GemLife Palmwoods. Not long after, we learned that anyone from our resort who wanted to play pickleball was invited to GemLife Maroochy Quays to learn," said Jo. "Pickleball is so much fun because it is played on a smaller court and is quicker – not to mention kinder on the joints."

"I always loved playing ball sports, including tennis and squash, so I'm really looking forward to playing regularly once our Country Club opens."

The ability to practise means Jo and her fellow pickleball players will be in top form for the GemLife Games in September.

"Last year I was part of our table tennis team, and the selection was easy. I was asked, 'do you play table tennis?', I said, 'yes' and before you knew it, I was on the team," said Jo. "I think this year, with all the great facilities we'll be able to use at our new Country Club, we'll have to have trials and team selections."

In addition to making her mark on the pickleball court, Jo is keen to try out ten-pin bowling, the indoor swimming pool, and the games room, particularly the pool tables.

"We've also been keeping an eye on the outdoor deck that overlooks the rainforest at the back of the Country Club – that's going to be a beautiful place to relax," said Jo.

"Living at GemLife is just fantastic, we're always busy doing so much together. In fact, there's a regular group of us who play trivia every Monday night at the Maroochy RSL. It's the best move we've ever made."

The GemLife Palmwoods Country Club opens on Tuesday, 30 April.



GEMPLIFE GOLD COAST

# Sales Manager's Message

WE'RE EXCITED BY THE LAUNCH OF GEMPLIFE GOLD COAST'S VERY FIRST DISPLAY HOME.

Last month, we celebrated the opening of our first split-level display home with a five-day special event that attracted plenty of interest from potential home buyers. It was a very successful week with visitors enjoying great food from GemLife Chef Matt Conquest and checking out the Explore by GemLife motorhome – one of the many fantastic lifestyle offerings at GemLife.

See the story and pictures on pages 12 to 15.

The display home is within walking distance of the stunning three-level Country Club and showcases the luxury upgraded inclusions available in our other split-level designs. The balcony has views across to a mature green wildlife corridor (where koalas have been spotted) which will give you a taste of the aspect on offer from the split-level sites.

Work around our flagship resort continues to progress on stages one and two with plenty



of new homes under construction and quite a few nearing completion. That means we'll be welcoming lots of new homeowners this month!

If you didn't get a chance to join our display home event, Lisa and I would be delighted to arrange a personal tour so you can see the quality and style for yourself.

Ashleigh Murtagh  
Sales Manager

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## GEMPLIFE GOLD COAST SALES TEAM

**Ashleigh Murtagh**, Sales Manager

0429 817 175 | [ashleigh@GemLife.com.au](mailto:ashleigh@GemLife.com.au)

**Lisa Henry**, Sales Consultant

0401 658 375 | [lisah@GemLife.com.au](mailto:lisah@GemLife.com.au)

[GemLife.com.au/ggc](https://www.gemlife.com.au/ggc)

## Vantage

FACADE ONE

**FROM \$1,250,000**

 2+MPR |  2 |  2 |  1 |  1

The stunning split-level Vantage has been designed to capture the best of the Gold Coast lifestyle with a balcony boasting outstanding views and a generous outdoor alfresco area for exclusive get-togethers. Getting between levels is a breeze with your own contemporary elevator. The main level features a modern gourmet kitchen with generous island bench and walk-in pantry. Open-plan living and dining areas lead onto the balcony. Take your choice of an upstairs or downstairs master bedroom.



**To view this and other designs, and to reserve your site, contact our sales team on 1800 325 229.**

# Gold Coast's first split-level display home impresses

MORE THAN 200 PEOPLE OVER FIVE DAYS CAME TO INSPECT GEMLIFE GOLD COAST'S FIRST SPLIT-LEVEL DISPLAY HOME.

The Vantage design appealed to many prospective homeowners thanks to its spacious living, generous storage, and luxury inclusions.

Guests enjoyed canapes and finger sandwiches as well as a complimentary glass of champagne on arrival before taking the opportunity to meet GemLife's interior design team.

"It's one thing to see a beautiful design on paper and another thing entirely to see that plan come to life," said GemLife Gold Coast Sales Manager Ashleigh Murtagh. "Visitors were impressed by the quality of the finishes and could imagine themselves living in a home like this one."

View the stunning interiors of the Vantage on pages 12 to 15.

**If you'd like a private tour of the home, call Ashleigh or Lisa on 1800 317 393.**



GEMLIFE HIGHFIELDS

# Sales Manager's Message

THIS IS IT! THE MONTH WHEN STAGE SIX RESIDENTIAL CONSTRUCTION RAMPS UP AND WORK ON OUR FIRST DISPLAY HOME KICKS OFF.

Not only that, but we are now able to give potential buyers a tour through Stage Six in the comfort of our buggy thanks to site access becoming available.

But don't wait for the display home before choosing a whole new life with us at GemLife Highfields. Time is of the essence for anyone interested in securing a home in this stage because, of the 42 sites available, half have already been scooped up.

Last month, we welcomed many new residents to the resort as they settled on their beautiful new homes in Stage Five and made plans to enjoy the incredible facilities here.

As always, our homeowners have been busy with activities, including preparations for Anzac Day which is an important day on the calendar.



If you want to secure your place within our idyllic over-50s lifestyle resort, then contact myself or Jenny to arrange a personal tour of our homes and facilities or to find out more. The cooler weather of our splendid autumn days is the ideal time!

Rachael Benham  
Sales Manager

## GEMLIFE HIGHFIELDS SALES TEAM

**Rachael Benham**, Sales Manager  
0437 256 745 | rachael@GemLife.com.au

**Jenny Rickwood**, Sales Consultant  
0436 011 527 | jenny@GemLife.com.au

[GemLife.com.au/ghf](https://www.GemLife.com.au/ghf)

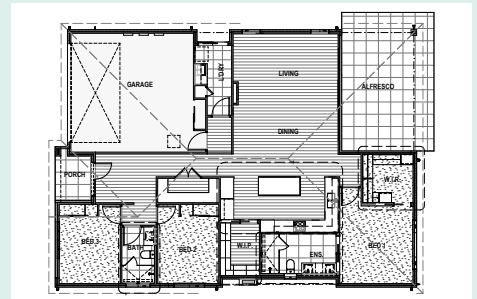
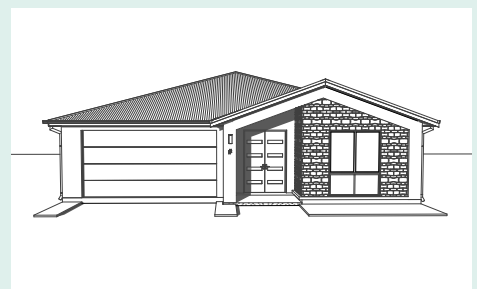
## Camellia (Modified)

VILLA 278 | FACADE TWO | BOTANIC COLOUR SCHEME

**\$755,000**

🏠 3 | 🚿 2 | 🚗 2 | ☕ 1 | 🏗️ 1

Construction has commenced on one of our popular three-bedroom two-bathroom designs, the Camellia. This home offers a nice sized backyard with an impressive alfresco space perfect for family entertaining. An open plan living-dining space is served by a well-appointed kitchen that also features a walk-in pantry. The master bedroom, with walk-in robe and double vanity ensuite, is located at the rear of the home to create your own private retreat.



To view this and other designs, and to reserve your site, contact our sales team on 1800 910 278.

# Rhyme and reason

ACCORDING TO THE POET ROBERT FROST, POETRY IS WHEN AN EMOTION HAS FOUND ITS THOUGHT AND THE THOUGHT HAS FOUND WORDS.

Gwen Brasier of GemLife Highfields completely agrees with the sentiment and is now dedicating her time to teaching other homeowners how to bring life to those emotions through verse.

"I fell in love with poetry when I was in grade five at school," she said. "And I carried that love with me all through my 40-year career as a preschool teacher."

There are eight regulars who meet at the Country Club to sharpen their pen and challenge their creativity on the many different poetry styles available – in fact there are more than 150 poetry types to explore.

Not all poetry rhymes, it's all about getting the meter and flow correct, says Gwen.

"We start with a topic and a poetry style – it could be quatrain, acrostic, or tanka (related to Japanese haiku), and I give the writers homework to do as well," she said.

"Recently, I got them to write four verses with eight syllables on each line. It's a lot harder than it looks! It's really testing and sometimes takes more than one try to get right but in the end it's worth it."

Gwen's passion for the literary artform has seen her meet with other poets in the region.

"I'm a member of another poetry group at Darling Heights and I've joined the bush poets of Toowoomba," she said.

"I'm in awe of the bush poets. Although I love to do it, I'm nowhere near the level of some of the other members. It is really something special to listen to."

Below is an excerpt from one of Gwen's poems.

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## From little things big things grow

It was on a warm sunny Spring morning  
When I was dropped from the sky,  
In tow with the wind, I travelled on high  
Then all of a sudden, I fell without warning.

Hitting the ground, with forceful might  
I became concealed in the earth, extremely deep,  
And there for some time, I would quietly sleep  
Until the next morning, I awoke with the light

Week after week, I struggled to grow  
Under the forest canopy, light is dim  
But my will to find it, was strong within  
Pushing and squirming I made it so.

Now many years later with warm sun and rain  
I've grown so tall, my canopy wide spread,  
Though, through years, bark and limbs I've shed  
But now I'm strong and here I'll remain.



GEMLIFE MAROOCHY QUAYS

# Sales Manager's Message

APRIL IS NOW UPON US AND WE'RE REALLY BEGINNING TO FEEL THE COOL CHANGE THAT MAKES AUTUMN SUCH A BEAUTIFUL TIME OF YEAR AT MAROOCHY QUAYS.



The sunny days means groundwork has started on our waterfront and premium bush-aspect homes which form part of our final release of perfectly right-sized homes. Throughout Stage Four, new homeowners are moving in and calling this relaxed and stylish resort their home.

If you're looking to make a downsizing move that puts you close to the Maroochy River, just a few minutes from the beach and the nearby Sunshine Coast Hinterland, now is the time to make an appointment before we completely sell out.

Also, I'd like to take the opportunity to thank all our ex-service personnel who call our resort home – such as Vietnam Veteran Dennis Griggs whose story is on the opposite page – and pay my respects as we mark Anzac Day. Many will be enjoying the gunfire breakfast and a game

of two-up as well as remembering those who served, past and present.

GemLife Maroochy Quays will be hosting a dawn service arranged by our former armed services personnel.

Joanne Michalowsky  
Sales Manager

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## GEMLIFE MAROOCHY QUAYS SALES

**Joanne Michalowsky**, Sales Manager  
0447 546 271 | [joanne@GemLife.com.au](mailto:joanne@GemLife.com.au)

[GemLife.com.au/gmd](http://GemLife.com.au/gmd)

## Homes for sale

IF YOU'RE READY FOR A WHOLE NEW LIFE AT GEMLIFE MAROOCHY QUAYS, THERE ARE A LIMITED NUMBER OF HOMES FOR SALE.

Contact our friendly sales team today for full details about available homes and take the first step toward enjoying the best of over-50s living in lovely Maroochy Quays.

Please note, GemLife homeowners who wish to sell their home through the GemLife Sales Office and buy a brand-new home in another GemLife over-50s lifestyle resort can benefit from a lower commission rate.\*



**For more information, contact our sales team on 1800 982 056.**

\*Conditions apply

# Photos lost but Vietnam service remains vivid

PHOTOGRAPHS FROM DENIS GRIGGS' SERVICE AS A FLIGHT ENGINEER IN THE ROYAL AUSTRALIAN AIR FORCE WHILE SERVING IN THE VIETNAM WAR WERE DESTROYED WHEN HE LOST HIS HOME DURING THE VICTORIAN BUSHFIRES OF 1983, BUT THE GEMLIFE MAROOCHY QUAYS HOMEOWNER STILL REMEMBERS THE CONFLICT VIVIDLY.



"It was a real adventure for a 16-year-old from an orchard property in the Huon Valley of Tasmania, which is where I lived at that time. I saw joining the air force as a chance to see the world," he said.

Denis, who joined up in 1956, taking up the position of a maintenance engineer, described his eventual role as a flight engineer in Vietnam as being in support of the troops.

"From 1965 to 1967, I flew in and out of Vietnam from Butterworth in Malaysia once a month to resupply Australian troops there and to ferry people in and out of the country," said Denis, a 20-year Royal Australian Air Force veteran.

"I was also involved in an operation in Saigon where, after most of our troops had been removed from the country, we were required to help relocate refugees who were trying to escape from the forces coming south.

We also undertook operation 'Babylift' which involved the relocation of orphans to Sydney in conjunction with the Red Cross."

Many years later, on the 20th anniversary of the fall of Saigon to North Vietnamese troops, when Denis was flying for Trans Australian Airlines, he met an American pilot who was in Saigon at the same time as himself in 1975.

"Helicopters with people seeking refuge were landing on the aircraft carrier he was on, including one carrying the wife and five children of its pilot, Major Lee, a serving South Korean. It was a big squeeze in a two-seater aircraft but it saved his family's lives. The Cessna he flew was taken to the USA and is now in the US Navy Museum in Pensacola, Florida."

The Vietnam War ran from 1955 to 1975 and Aussie forces first went to Vietnam in 1963. Many were conscripted at a young age based on their birthdays and saw action while just 18 or 19 years old.

"We remember them vividly on Anzac Day," said Denis. "I made a lot of friends back then and have never forgotten them. In service, we lived, worked and virtually grew up together. There is even one, Phillip Coy, who I flew with at Richmond – he was a loadmaster, and I was a flight engineer – and we reunited when we both, by chance, moved into GemLife Maroochy Quays."

The two air force buddies are regular attendees of the resort's annual Anzac Day service which starts with a dawn service at 5:30am on 25 April.

# Sales Manager's Message

FOR MANY OF US AT GEMPLIFE PACIFIC PARADISE, ANZAC DAY ON 25 APRIL MARKS THE DATE TO PAY OUR RESPECTS TO MEN AND WOMEN WHO SERVED OUR COUNTRY IN CONFLICTS PAST AND PRESENT.



As a proud daughter of a World War Two 'Rat of Tobruk', I always try to march with my father's medals. This year I will proudly be wearing Dad's medals in France, where Tim and I will travel to Villers-Bretonneux for the huge Anzac Day dawn service.

Going to France for the commemoration is something I have wanted to do for a few years now and we will be proud to be representing Australia.

On behalf of the team at the resort, I extend my deepest thank you to all the men and women who served our country.

In resort news, more residents will move into their beautiful Stage Two homes throughout

April – warmly welcomed by our Resort Manager Chloe, along with Tim and his offsider Jack in the gardens. They do an amazing job.

Excitement is also mounting for completion of the Country Club, which is now only months away!

Victoria Dent  
Sales Manager

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## GEMPLIFE PACIFIC PARADISE SALES TEAM

**Victoria Dent**, Sales Manager  
0412 131 832 | victoria@GemLife.com.au

**Elise Munro**, Sales Consultant  
0418 641 180 | elise@gemlife.com.au

[GemLife.com.au/gpp](http://GemLife.com.au/gpp)

## Frank's legacy lives on through Victoria

GEMPLIFE PACIFIC PARADISE SALES MANAGER VICTORIA DENT'S FATHER, FRANK OUTTRIM, WAS IN THE AUSTRALIAN ARMY IN WORLD WAR TWO, SERVING IN TOBRUK, PALESTINE AND NEW GUINEA.

"My grandfather was a captain in the same war as my father," Victoria said.

"My grandfather fought in the First World War and enlisted in the second, mainly to look over his son. My poor nana had a son and a husband away at the same time.

"My grandmother got a letter from my grandfather saying he walked into a tent and there was his son (my dad) who didn't know his father had enlisted. My father was like a lot of young boys back then – he put his age up so he could go and fight for our country, so he was only 17 when he went. My father never missed an Anzac Day march."

Victoria will proudly wear Frank's medals at Anzac Day at Villers-Bretonneux, France, this year.





# Photographer braves the skies

SHANE STORER CAN CLEARLY REMEMBER THE SUMMER OF 1970, WALKING ALONG ST GEORGE'S TERRACE, PERTH, AND SPOTTING A SIGN THAT READ 'THE AUSTRALIAN DEFENCE FORCE NEEDS YOU'.

It was the Vietnam War era and he thought it was his destiny calling as he'd always wanted to be a war photographer.

"I enlisted into the Royal Australian Air Force on Australia Day 1971, completed my photography courses and was posted to 77 Squadron, which was a Mirage jet fighter squadron based in Newcastle," he recalled.

"Ironically that was the same squadron my uncle was killed in flying Meteor jets in Korea – 'The Forgotten War'."

Shane, who moved into GemLife Pacific Paradise with wife Sandra a day after Anzac Day in 2023, said his photographic duties in the Royal Australian Air Force were exciting.

"I'd take air-to-air photos (in an aircraft taking shots of other aircraft) of the Mirage for public relations, load and unload photo reconnaissance and gun cameras, then process and develop the film to practise intelligence gathering.

"The Vietnam war was coming to an end and, along with becoming a war photographer capturing moments in conflict, I also underwent extra weapons training and remastered to helicopter crewman in the winter of 1975.

"I was employed on Iroquois helicopters with 9 Squadron, which had recently returned from Vietnam."

In 1978, Shane was attached to the United Nations Emergency Force in Egypt patrolling the conflict borders between Egypt and Israel, where there were plenty of "hairy moments". Upon returning to Australia, he was posted to 12 Squadron for eight years, with heavy lift Chinook helicopters operating throughout Papua New Guinea, Indonesia, and Southeast Asia.

With an impressive career in defence, a highlight of Shane's included becoming the first S-70 A Black Hawk helicopters Warrant Officer in Australia after undergoing research and training in America. Shane's last posting in the Royal Australian Air Force was in Canberra where, as a warrant officer, he was responsible for the posting and career management of some 3,500 people.

"This is where I lost my hair," he joked.

After the RAAF, Shane became a Mission Coordinator with Coastwatch Surveillance out of Thursday Island, planning and organising the flying missions. In 2000, he became a radio operator and logistics coordinator on offshore oil and gas drilling rigs until his retirement in 2014.

He was Vice President of Sunshine Coast & Regional District RSL for one year and is a current life member with Coolum-Peregian RSL Sub-Branch.

Anzac Day for Shane is about quiet reflection.

"I gained so many friends during that era of my life and lost so many friends during conflict and after. Anzac Day to me is a real time of reflection and I will never forget."



GEMLIFE RAINBOW BEACH

# Sales Manager's Message

IT SEEMS EVERY DAY BRINGS SOMETHING NEW AND EXCITING TO OUR BEAUTIFUL OVER-50S LIFESTYLE RESORT AND WITH SO MUCH HAPPENING, IT'S HARD TO KEEP UP!

On the building front, homes in Stage Three are powering ahead and with every completed home, we welcome more excited new homeowners keen to start the next chapter of their lives within this amazing resort. And that's no surprise with all the great facilities right on their doorsteps... and there are more to come!

Construction of our second Summer House is well underway, along with the workshop and surrounding area. Residents are going to be spoilt for choice with so many options and activities on offer.

Construction of the first release of our Solomon Drive bespoke range of homes is nearing completion and these homes have proven extremely popular with potential buyers eager to secure their own dream homes within the resort.

One of the big drawcards of GemLife Rainbow Beach would have to be our amazing Country Club, which residents and their families are loving.



More than 200 people have already registered to help celebrate this fabulous venue's grand opening on 5 April. I'm really looking forward to seeing you all there!

If you would like to find out more information about our resort, then don't hesitate to contact me today. This is an opportunity for a whole new life that you won't want to miss.

Craig Dixon  
Sales Manager

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## GEMLIFE RAINBOW BEACH SALES TEAM

**Craig Dixon**, Sales Manager  
0417 261 100 | [craigd@GemLife.com.au](mailto:craigd@GemLife.com.au)

**Leanne Franklin**, Sales Consultant  
0447 099 310 | [leanne@GemLife.com.au](mailto:leanne@GemLife.com.au)

[GemLife.com.au/grb](https://www.GemLife.com.au/grb)

## Greenwich

FACADE ONE

**\$1,500,000**

 2+MPR |  3.5 |  2 |  1+BALC |  1

With your choice of ground-level or first-level master bedrooms, each with an ensuite and walk-in robe, the Greenwich also offers plenty of space for entertaining. The ground floor features a beautifully appointed kitchen with large walk-in pantry along with a front porch and rear alfresco space. The second level is accessed by stairs or your own private lift. In addition to a second large living area and a multipurpose room on this level, you'll find a cosy sitting room with rear balcony.



**To view this and other designs, and to reserve your site, contact our sales team on 1800 718 413.**

# A family tradition of bravery

IT WAS A POIGNANT MOMENT WHEN GEMLIFE RAINBOW BEACH HOMEOWNER TONY O'NEILL TRAVELLED TO FRANCE TO SEE WHERE HIS GREAT UNCLE HERBERT DIED IN COMBAT FOR HIS COUNTRY AGAINST THE GERMANS.

Private Herbert George Compton, of Maitland, made the ultimate sacrifice for Australia in the Great War of 1914-1918, taking his last breath in a trench on 15 May 1917. He was just 19 years old. It was the last day of the 2nd battle of Bullecourt before the Germans withdrew when unable to take the Australian lines.

According to records kept by the Australian War Memorial, some 61 soldiers in 4th Platoon A Company 54th Battalion were killed that day, with 201 wounded.

When Tony visited France, he found the likely gravesite where Herbert was buried alongside 20 others – however, the exact position of the grave was lost in bombardments as war continued. Tony said that was a difficult reality to comprehend.

"It is difficult on the soul looking at locations and gravesites, and I found three days was as much as I could take because of the number of missing Australians on the memorials, and those listed as dead," Tony recalled of his 2011 trip to the Villers-Bretonneux Memorial in France and fields.

"I could see why it was terrible for people at the time. Unfortunately, Herbert's family were unable to afford to visit in their lifetime. My great uncle also never got to meet my dad as he died before dad was born. I only found out after dad passed that he was named Herbert George O'Neill, after my great uncle Herbert."

The European trip enabled Tony to piece together more of his family's service history.

Tony himself served with the defence forces for 40 years before retiring in Canberra and moving to GemLife Rainbow Beach with wife Shelley. He served 20 years in the Royal Australian Air Force as an air-traffic controller and later retrained – going back to university to gain a degree in information technology.

He then worked for 20 years doing IT systems contracting work for the defence force. Tony's father had also been in the RAAF during World War Two as a transport driver based in Darwin and Townsville.

"To me, Anzac Day means service to country, sacrifice as necessary, and also a lot of pride," Tony said.



# Sales Manager's Message

IT HAS BEEN AN EXCITING TIME HERE AT GEMLIFE TWEED WATERS WITH ESTABLISHED RESIDENTS WELCOMING MANY NEW ARRIVALS ON A WEEKLY BASIS TO OUR COASTAL BOUTIQUE RESORT.

Currently, we have 30 homes occupied and ten more under construction.

New friendships are being forged every day and, recently, homeowners held a get-together with future residents at Club Banora. Residents had a very receptive audience as they shared how much they enjoyed living in their new, rightsized homes at the resort.

Meanwhile, everyone is excitedly watching the new GemLife Tweed Waters Country Club take shape. The walls are under construction with work on the suspended slab not far away.

I know many of our homeowners will be marking Anzac Day on 25 April.

Close to the resort is the Twin Towns Services Club which always has a large turn up of people who will be paying their respects.



However, there are other services and post-Anzac-service events in the region that you might want to check out. See the opposite page.

Melanie Graham  
Sales Manager

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## GEMLIFE TWEED WATERS SALES

**Melanie Graham**, Sales Manager  
0427 633 928 | [melanie@GemLife.com.au](mailto:melanie@GemLife.com.au)

[GemLife.com.au/gtw](https://www.GemLife.com.au/gtw)

## Get social

HAVE YOU JOINED OUR FACEBOOK PAGE YET?

If not, you better get clicking! We post regular news, competitions and updates all about GemLife – plus plenty of fun too. You can provide feedback, ask questions and even meet new people, so join up today!

Visit [facebook.com/gemliferesort](https://www.facebook.com/gemliferesort) today to get in on the action!



# The Tweed region remembers

MARK ANZAC DAY AT ONE OF THE MANY SERVICES HELD IN AND AROUND THE TWEED REGION.



## Tweed Heads

At the rising of the sun, honour the spirit of the Anzacs by attending the dawn service at 5:55am at Chris Cunningham Park, Wharf Street, Tweed Heads. March off ahead of the main service is at 10:30am which can also be viewed on the big screen in the Twin Towns Services Club showroom.

After the service, stay for lunch at Twin Towns Services Club which has a special Anzac Day event for children where they can view memorabilia on display and, for the adults, there is the free Aussie Pride show from 2pm in which the band plays Oz rock favourites from Cold Chisel, INXS, Australian Crawl and more. For more information: [twintowns.com.au/anzac-day-2024](https://twintowns.com.au/anzac-day-2024)

## Murwillumbah

Nearby Murwillumbah caps off Anzac Day services with a race day hosted by the Murwillumbah Services Club. With free entry for all veterans, service club members and returned service personnel, the gates open at 11:30am.

Picnic areas and restaurant catering are available. For more information: [allevents.in/south%20murwillumbah/murwillumbah-services-club-anzac-day-raceday/200026177171504](https://allevents.in/south%20murwillumbah/murwillumbah-services-club-anzac-day-raceday/200026177171504)

## Kingscliff

Following the morning services, head over to the Kingscliff Beach Hotel to take part in the traditional Anzac Day fun of two-up from noon. Stop for lunch to enjoy some of the smokehouse specials and linger until the sun goes down and enjoy 'live and loud' tunes of the band, Fat Albert. For more information: [kingscliffbeachhotel.com.au/anzac-day](https://kingscliffbeachhotel.com.au/anzac-day)

GEMLIFE WOODEND

# Sales Manager's Message

AUTUMN LEAVES YOU FEELING WARM AND MELLOW HERE AT BEAUTIFUL WOODEND, AND WHAT BETTER WAY TO SPICE UP THE COOLER SEASON THAN TO GO ON A LITTLE ADVENTURE?



The Macedon Ranges Autumn Festival runs between 5 and 28 April and you're welcome to try one of four trails on offer – the edgy veg trail, the pie and tart trail, the tippie trail and the treasure trail. Be sure to pick up your passport and map from the Woodend Visitor Information Centre in High Street. For more information:

[visitmacedonranges.com/autumn-festival](http://visitmacedonranges.com/autumn-festival)

And while you're in the area, drop in and see us at GemLife Woodend. We have only two homes remaining in this sought-after tree change location. These homes feature luxury inclusions and have been designed to make the most of their locations, including bushland outlooks.

These exclusive homes are expected to be snapped up soon! So, to start a whole new life with us here at GemLife Woodend, you'll have to

run as quickly as the 40 homeowners who are competing in this year's Run The Rock on 20 April!

Alison Rice  
Sales Manager

## GEMLIFE WOODEND SALES

**Alison Rice**, Sales Manager

0409 132 871 | [alison@GemLife.com.au](mailto:alison@GemLife.com.au)

[GemLife.com.au/gwe](http://GemLife.com.au/gwe)

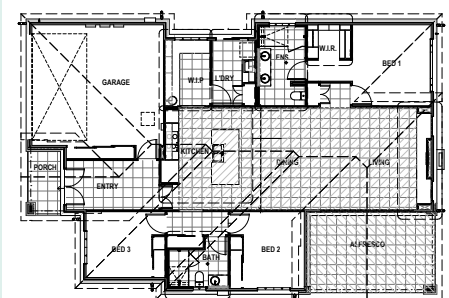
## Custom

VILLA 227 | FACADE ONE | WILLOW COLOUR SCHEME

**\$1,200,000**

 3 |  2 |  2 |  1 |  1

Located on a desirable corner block with a bushland aspect to the rear, this three-bedroom home offers sophisticated yet relaxed living. The gourmet kitchen with butler's pantry will make preparing meals a breeze. The open-plan living space opens out onto a roomy alfresco area to make entertaining family and friends a pleasure. Two bedrooms are separated by a second bathroom, while the master bedroom at the rear of the home gives you a private retreat.



To view this and other designs, and to reserve your site, contact our sales team on 1800 910 278.

# First timers take it all in their stride

THIS MIGHT BE THE FIRST TIME IAIN AND ROS MACRAE HAVE COMPETED IN RUN THE ROCK, BUT THE HANGING ROCK COURSE IS PART OF THEIR OLD STOMPING GROUND.

"I was president of Little Athletics in the Diamond Valley Shire when our sons were small and we came up to Hanging Rock so they could compete in the cross country running when they were about 10 and 12-years-old," said Iain.

"We moved to GemLife Woodend from Eltham three months ago, so this will be the first time we've competed in Run The Rock and we're really looking forward to it."

The couple couldn't be happier about their move to Woodend and can't wait to take part in the fun run alongside other GemLife homeowners.

"We're really enjoying life here at Woodend," said Iain. "It's the fresh air – it's not just clean but cool too. And it's not until you live here that you realise how much of a difference the Mount Macedon ranges makes to the local weather conditions. It's fascinating to watch it change."

And seeing the change in seasons is something the Macraes' are looking forward to in their country location.

"We spent a couple of years living in Germany about ten years ago and the autumns there are spectacular, and here we're already seeing the leaves on the deciduous trees begin to turn yellow, gold and red."

The couple regularly walk between four and six kilometres several days a week and three weeks ago they joined the local Park Run for their timed events, as part of training for the upcoming event.

"We do the five-kilometre at walking pace," said Iain. "In fact, you could say doing Run The Rock after that will be a walk in the park!"



**GemLife is proud to sponsor Run The Rock which takes place at Hanging Rock on Saturday, 20 April. Homeowners and contract holders are invited to join the GemLife team. To register, turn to page 34.**



GEMLIFE BRIBIE ISLAND

# Resort Managers' Message

WHAT A BEAUTIFUL MONTH AT GEMLIFE BRIBIE ISLAND AS WE EMBRACE THE LOVELY AUTUMN WEATHER AND ENJOY THE COMPANY OF FAMILY AND FRIENDS OVER EASTER.



It's always a joy to see how alive and well the community spirit is at the resort and there was no greater indicator of this than at the Great Gatsby night held recently! Congratulations to all involved! Everyone made a huge effort to dress up and a fantastic night was had by all. There were some stunning costumes and dresses in the crowd!

If you know anyone who would like to experience our island paradise and make a move into this vibrant, active over-50s community, please feel free to pass on our contact details. There are only limited opportunities for homes!

In other news this month, Anzac Day on 25 April is a very special occasion to honour those who have served our nation. Many of our homeowners will be heading to the Bribie RSL Sub-Branch's dawn service, which takes place at 4:28am sharp at Brennan Park, Bongaree. Patrons are advised to

arrive early to allow time for parking and walking to the service.

A \$5 per person gunfire brekkie follows at about 5am. The main Anzac parade is at about 8:30am, with marchers to assemble half an hour before at 8am sharp. The march will go along Toorbul Street to Korea Place within the Bribie Island RSL grounds.

For more information, including road closures on the day, please visit [whatsonmoretonbay.com/events/anzac-day-service-bribie-rsl](https://www.whatsonmoretonbay.com/events/anzac-day-service-bribie-rsl)

Nicole and Mark Lee  
Resort Managers

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## GEMLIFE BRIBIE ISLAND

**Nicole and Mark Lee**, Resort Managers  
0437 118 765 | [bribie.manager@GemLife.com.au](mailto:bribie.manager@GemLife.com.au)

## Homes for sale

IF YOU'RE READY FOR A WHOLE NEW LIFE AT GEMLIFE BRIBIE ISLAND, THERE ARE A LIMITED NUMBER OF HOMES FOR SALE.

Contact our friendly sales team today for full details about available homes and take the first step toward enjoying the best of over-50s living in lovely Bribie Island.

Please note, GemLife homeowners who wish to sell their home through the GemLife Sales Office and buy a brand-new home in another GemLife over-50s lifestyle resort can benefit from a lower commission rate.\*



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## GEMLIFE BRIBIE ISLAND SALES

**Glenys Lowry**, Sales Manager 0436 010 495 | [glenys@GemLife.com.au](mailto:glenys@GemLife.com.au)

\*Conditions apply



# Letter provides glimpse of the past

ON ANZAC DAY GEMLIFE BRIBIE ISLAND'S ANDY MATHERS REFLECTS ON HIS FAMILY'S SERVICE AND SACRIFICE. HE HAS A TRANSCRIPT OF A REMARKABLE LETTER BY HIS GREAT UNCLE.



As the grandson of an original Anzac, Andy said members of his family had served their country in times of conflict from the Boer War until the current day in all the services including the Merchant Navy. Andy has memorabilia from his family's efforts in both world wars, including a letter sent from his great uncle.

"As he was recovering in Egypt from a bullet wound received at Gallipoli, my great uncle wrote to my grandfather's girlfriend, who would later become my grandmother. Both men worked on her father's dairy farm," Andy said.

"My great uncle recovered and returned to his unit and was unfortunately killed a short time later by a sniper leading his mates out of a small donga on hill 60 at Gallipoli. He was three weeks short of his 16th birthday.

"His line officer, for whom he was batman, was quoted as saying he was a 'fine kid and as brave and willing as they make 'em'."

Here is an extract from the letter, written by Private Stephen Grimsley, who was 15 years old when he joined the 13th Battalion AIF, giving his age as 18 years and 3 months.

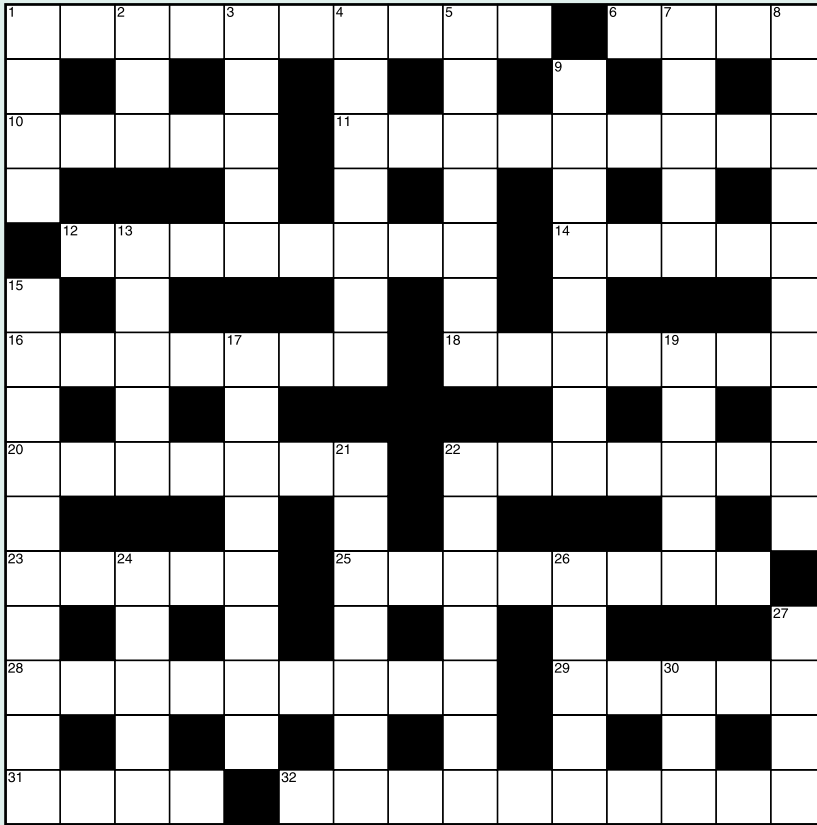
*What do you think of our rough luck eh! Fancy Will and I both getting bowled over together eh! Will got a shrapnel bullet in the left leg below the knee, I got a bullet in the right leg below the knee. Will is lying in Heliopolis Hospittle at the present with the serious cases. I am in a convalescent home at present, being treated like a lord...*

*I am having a lovely time, every morning at 10 o'clock and every evening at 7; a sweet nurse gets a steel instrument, called a probe, which she sticks about 2 inches below my wound in my right leg. That female always drives that thing in my leg as if she was putting a hat pin in her hat. The object of these "awful 'ours", I may remark, is done with the object of letting out some of my bad blood. These women are awful aren't they? She smiled on me so sweetly (that wicked nurse) that I could not help but give her the bullet that had been extracted from my leg. There is no need for me to say much about Will, because he "will" be writing himself at the first opportunity.*

The letter was written in June, 1915.

The full letter can be read on the GemLife website: [GemLife.com.au/anzacletter](http://GemLife.com.au/anzacletter)

## THE GEM - MONTHLY CROSSWORD



### ACROSS

1. Bewitches
6. Actress, ... Thompson
10. Russian mountains
11. Aborted
12. Decorating
14. Distraught
16. Hanging in folds
18. In the distant past (4,3)
20. Newspaper subscribers
22. Appetiser, hors ... (1'6)
23. Wheeled boot, roller ...
25. Lanky person
28. Happy-go-lucky (4-5)
29. Inner-city (area)
31. Croon
32. Out-of-court agreement

### DOWN

1. Warm & cosy
2. Age
3. Cutting ray
4. Prickling
5. Irish county

7. Long way
8. Tried out (for role)
9. Successive order
13. Late Princess of Wales
15. Postal recipients
17. Shipping hazards
19. Smithy block
21. Sink down
22. Current of air
24. Fire-lighting crime
26. Trim (bush)
27. ICU, intensive care ...
30. Apiary insect

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | E | A | S | A | L | T | S | W | A | B | B | E | D |
| A | B | S | E | O | I | E | E |   |   |   |   |   |   |
| U | O | S | C | A | R | C | E | R | W | A |   |   |   |
| S | I | D | L | E | C | I | B | L | A | N | D |   |   |
| A | E | S | I | A | M | E | S | E | I | P |   |   |   |
| G | A | S | E | S | K | T | D | E | L | T | A |   |   |
| E |   | D |   | K | E | N | Y | A | G |   | N |   |   |
|   | T | A | I | I | I | S | Y | U | L |   |   |   |   |
| S |   | T |   | D | A | L | E | S | P |   | C |   |   |
| P | A | N | S | Y | V | L | I | T | C | H | Y |   |   |
| L | U |   | O | P | E | N | A | I | R | A | G |   |   |
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LAST MONTH'S SOLUTION





# Enjoy a twist on tradition this Anzac Day

ANZAC DAY IS A SPECIAL COMMEMORATIVE EVENT WITH SEVERAL TRADITIONS OBSERVED EVERY YEAR INCLUDING DAWN SERVICES, COFFEE AND BUNNY, TWO-UP AND ANZAC BISCUITS.

This Anzac Day, GemLife Chef Matt Conquest shares some tips on how to make the humble Anzac biscuit even better.

"It's simple! Just by adding your favourite ice cream, like rum and raisin, you can make great little ice-cream sandwiches," Matt said.

"You can make a lovely homemade ice cream using the recipe below or you can buy a good quality ice cream and get your favourite chocolate bar and crunch them up and fold it through your ice cream for added texture, chew, and flavour."

Matt says making ice cream takes care and time to ensure a nice smooth texture that doesn't become icy.

## Anzac biscuit ice-cream

Makes 12

### INGREDIENTS

300ml thickened cream  
300ml full cream milk  
6 egg yolks  
2 tbsp vanilla paste or 1 vanilla pod, *split and scraped*  
160g caster sugar

### METHOD

1. Place the cream, milk and vanilla in a small pot. Bring to the boil and turn it off and set aside to infuse.
2. Place the yolks and sugar in the bowl of an electric mixer. Beat until pale. Carefully pour the cream mix in while beating on slow. Pour cream egg mix back into a small pot.
3. Heat over low heat, stirring for about five minutes until it is slightly thickened and coats the back of a wooden spoon. This is a vanilla anglaise. Set aside to cool on the bench for 30 minutes, stirring regularly to allow it to

cool quickly. Then put it in the fridge to cool down completely.

4. Put the anglaise in a bowl (that you can use your mixer with) in the freezer until frozen at the edges. Remove from freezer. Beat with an electric beater. Re-freeze. Repeat these steps two more times to allow for a smooth ice cream and prevent iciness.
5. Then you are done and can get your biscuits ready. Get your crushed chocolates ready. Have extra crushed chocolate to coat the outside of your sandwiches.
6. Make up your ice-cream mix. Put the ice cream back in the freezer. Get your ice-cream scoop and form little ice-cream balls and re-freeze. Then make your ice-cream sandwiches and roll the outer edge in chocolate crush and serve to your guests. You can individually wrap and freeze them down for a delicious chilled treat any time you like. Enjoy a nice little twist on an old tradition!



# Snap happy

GEMLIFE'S POPULAR PHOTO COMPETITION RETURNS FOR ANOTHER YEAR TO SHOWCASE BREATHTAKING DESTINATIONS VISITED BY OUR GEMLIFE HOMEOWNERS AND CONTRACT HOLDERS.

For 2024, we're looking for photos you've taken that reveal Australia's unmatched beauty.

From the crisp white sands and aqua waters of the tropical north, the red and orange sunset hues of the outback, and the deep verdant greens of lush rainforests and multicoloured native birds, we want to see photos that inspire people to rediscover travel treasures in our own backyard.

We'll be showcasing the best of the best on the back page in each edition of *The Gem* during 2024. Each monthly winner will go into the running for the grand prize of a three-day

Explore by GemLife travel voucher to be announced at the end of the year.

The competition will run until 1 November 2024. Submissions should be sent to [photos@gemlife.com.au](mailto:photos@gemlife.com.au).

## CALENDAR PHOTO WINNER

Congratulations to this month's winner, Greg King from GemLife Rainbow Beach, who captured this evocative shot of a beachfront camel ride silhouetted against a gorgeous orange sunset over Cable Beach in Broome, Western Australia.

### GUIDELINES FOR SUBMITTING YOUR PHOTOS

Entries must:

- Be at least 2MB in size
- Include the location of the photograph, along with any interesting information about the destination.

## QUEENSLAND

### Bribie Island

9 Dux Drive  
Bongaree Qld 4507  
**1800 193 177**

### Gold Coast

Gemstone Drive  
(Via McCabe Avenue)  
Pimpama Qld 4209  
**1800 325 229**

### Highfields

75 Highgrove Drive  
Highfields Qld 4352  
**1800 910 278**

### Maroochy Quays

6 Charlston Place  
Maroochydore Qld 4558  
**1800 982 056**

### Moreton Bay

Sales Office  
76 Blue Pacific Road  
Deception Bay Qld 4508  
**1800 418 605**

### Pacific Paradise

40 Menzies Drive  
Pacific Paradise Qld 4564  
**1800 430 885**

### Palmwoods

38 Landershute Road  
Palmwoods Qld 4555  
**1800 718 414**

## NEW SOUTH WALES

### Tweed Waters

32 Fraser Drive  
Tweed Heads South NSW 2486  
**1800 325 226**

### Lennox Head

67 Skennars Head Road  
Lennox Head NSW 2478  
**1800 571 954**

### Rainbow Beach

Sales Centre  
1 Forest Parkway  
Lake Cathie NSW 2445  
**1800 718 413**

## VICTORIA

### Woodend

1849 Mount Macedon Road  
Woodend Vic 3442  
**1800 931 188**

[GemLife.com.au](http://GemLife.com.au)

