

OVER 50s

SILVER

M A G A Z I N E

FREE

GOLD
COAST
& TWEED
EDITION

VOLUME 2, ISSUE 3
SPRING 2021

STYLE • PROPERTY • MONEY • BUSINESS • LIFESTYLE • HEALTH • TRAVEL • FOOD • EVENTS



OVER-50S LIFESTYLE COMMUNITY HALCYON GREENS

THE UTTERLY FANTASTIC FINAL STAGE GOES ON SALE



FAST CARAVAN REPAIRS & SERVICING

IN SOUTH EAST QUEENSLAND

If your recreational vehicle is showing signs of general wear and tear, visit our workshop team. We are well known throughout South East Queensland for providing first-rate repairs, maintenance and servicing, at prices you can afford.

- Warranty repairs & maintenance
- Logbook servicing
- Safety inspections
- Insurance claims
- Roof/timber/fibreglass repairs
- Restorations & modifications
- Panel beating & spray painting
- Electrical work

No matter what the make or model of caravan, motorhome, pop top or camper trailer, our Gold Coast technicians will ensure you drive away in a vehicle that's operating at its optimum. We can also repair fifth wheelers, horse floats and trailers.

CARAVAN PARTS & ACCESSORIES REPAIRS

As well as providing quality repairs for caravans, RVs, motorhomes and pop tops, The Caravan Repair Company can also maintain the quality of all your additional parts and accessories.

- Awnings & fittings
- Air conditioning units
- Ovens, fridges & microwaves
- Toilets, showers & vanities
- Water tanks

Contact our Burleigh Heads caravan experts for helpful advice on any caravan related matters and to receive a quick, price-competitive quote.

**SCHEDULE YOUR
APPOINTMENT TODAY:
07 5593 7486**

thecaravanrepaircompany.com.au
reception@caravanrepaircompany.com.au

**10 Greg Chappell Drive Burleigh Heads,
Gold Coast, QLD 4220**

CONTENTS

8 NEWS

18 House Swap Staycation



24 COVER STORY

Let's Get the Over-50s
Party Started

28 CURRENT AFFAIRS

Two Gold Coast Public Hospitals
Left My Son to Die

34 RETIREMENT PLANNING

Own Two Houses Instead of one at Retirement -
Here's How

38 STYLE

Spring Shopping at Q Super Centre

40 LOOKING AFTER YOU

Have a Wellbeing Day at Tweed Mall

42 ANIMAL LOVE

Protect Your Pet During Tick Season

44 STAYCATION IDEAS

Test the Waters at a Lifestyle Community
by Taking a Holiday There!

46 The Best Location on the Gold Coast

48 WELLBEING

48 Dancing - Dynamite for Your Wellbeing

50 Things We Love - Getting Around

54 Could You Have Lipoedema?

56 Don't Travel Between Appointments! There's
Now a One-Stop Care Spot for Breast Cancer.

58 THE GOOD LIFE

58 The Gold Coast's Exciting New Face
of Retirement Living

62 Tamborine Rainforest Skywalk

64 CARAVAN BREAKAWAYS

From Caravan to Cruise

70 CARAVAN MAINTENANCE AND REPAIRS

Must-Have Caravan Accessories

72 TRAVEL

A Land of Fire and Lava

78 RECIPE

Gorgeous Golden Curry Sauce

80 A FINAL THOUGHT

Boat Garages are Now a Thing

Welcome to the Spring issue of *Silver Magazine*. This is a magazine specifically designed for over 50s and all the exciting things that "Silvers" are getting up to on the Coast.

This issue is full of great ideas and things to do. Our cover story is on Halcyon Greens, the fabulous development in Pimpama. If you are thinking about selling up and moving to an active community, then this is your spot. The *Silver* team have visited this site and we can vouch for it, it's amazing. You'll only be on the first paragraph of the story, and you'll be booking your tour!

We have some other great ideas inside for lifestyle communities in the later years as well, so be sure to book inspections of these places, even if you aren't quite ready to move yet. The standard on the Gold Coast and at the Tweed is crazy-amazing. No wonder everyone from around Australia is moving here for their best years!

Another feature story is on the amazing Mermaid Beach Radiology clinic. They have the most advanced imaging equipment out of any private practice in Australia. They helped to save a young boy's life recently, so read the story and keep their number handy, just in case.

Our caravan aficionados Jan and Peter take their moving home up to the Whitsundays and switch to a boat this issue. Read all about their journey learning to ride the bejewelled seas in beautiful Queensland.

We have had such lovely feedback from our readers, so thank you for engaging with us and giving us your ideas and opinions. This magazine is all possible thanks to our awesome advertisers, so if you are out and about, show them some big love!

Find us online at www.silvermagazine.com.au where there are plenty more stories to read. You can also find us on Instagram at @silvermagazinegc and on facebook at facebook.com/SilverMagazineGC.

Have a beautiful Gold Coast day.



Nicole Buckler
Editor-in-Chief

Got a good story that Silvers would be interested in?
Email Nicole@sunkissmedia.com.au
or call 0477 220 303

For sales enquiries, call Lyn on 0418 767 644
or email sales@sunkissmedia.com.au

Silver Magazine is published by Sunkiss Media. ABN 62 354 686 737

PANEL EXPERTS



Nathan Coad
Retirement Planning Expert



Jan and Peter
Caravan Aficionados



Nathan Hay
Head Chef at Southport Sharks



Steven Bock
Dance Expert



A SUMMER STYLE SOJOURN

Pacific Fair's style
must-haves this Season



PACIFIC FAIR
Hooker Boulevard, Broadbeach

Let your love of animals live on through a gift in your Will.

When you leave a bequest to Animal Welfare League Queensland in your Will, your gift will directly help create a brighter future for animals in need. Bequests allow us to continue our lifesaving work and provide a safe haven for close to 10,000 stray and homeless animals every year.

To every one of these animals who we welcome through our doors, a promise is made – to never euthanise a healthy, sociable, or treatable animal in our care. It is this promise that separates us from any other animal welfare organisation in Australia.

None of this could be possible without the financial support of animal lovers like you. A gift in your Will now, ensures your passion for animal welfare and love of animals continues to live on into the future.

For more information
please visit awlqld.com.au/bequests
or call us on 07 5509 9099.



Animal Welfare
League Qld
Est. 1959



BOUTIQUE APARTMENTS IN THE HEART OF BURLEIGH WATERS

Vantage Burleigh is set to rise, bringing to life oversized north-facing apartment living as construction is well underway on the \$45 million residential project.

GCB Constructions has been awarded the contract for construction on the boutique Vantage Burleigh project, taking the same approach to space and quality that is the hallmark of the relaxed lifestyle created by Rayjon Group's highly successful Vantage Gold Coast development, adjacent to the Royal Pines Resort in Benowa.

"We are very fortunate to have an established excellent working relationship with GCB Construction and we have strong confidence that Vantage Burleigh will be a place buyers will be proud to call home."



The meticulously designed project is envisioned to become an exclusive community that will provide a selection of only 56 spacious two and three bedroom apartments.

Located in the heart of Burleigh Waters, Vantage Burleigh is uniquely positioned for you to enjoy the best of everything this vibrant heart of the Gold Coast has to offer.



NOW SELLING - CONSTRUCTION UNDERWAY

vantage

BURLEIGH

CONTACT US TODAY

0474 959 827

vantageburleigh.com.au

Proudly developed by
RAYJON
GROUP

New Wellness Program, First Lesson Free!



BALLYCARA is a charitable organisation that has been serving the community of Queensland for over 115 years. The modern BallyCara is a provider of Residential Care, HomeCare, Wellness, Short-Term Restorative Care, and Retirement Living.

The organisation Ballycara has Irish roots, and translates as “Home friend” in Irish Gaelic. Their aim is to enable people to live fulfilling lives regardless of age. Their positive active ageing approach is achieved through their Sona Ethos (Gaelic for happiness).

They have just introduced their latest BallyCara Wellness Program. The BallyCara Wellness Program offers a wide range of personalised activities designed to help over 60s live healthier,

happier lives. Developed and delivered by a team of qualified health professionals, the BallyCara Wellness Program promotes optimal physical, mental and emotional wellbeing.

Today, older people in Australia have among the highest life expectancy in the world. But we still need to fight the rise of chronic diseases such as heart disease, cancer and diabetes, which are largely lifestyle afflictions.

You can now try your first session with the BallyCara Wellness Program for free!

- All classes and sessions are run by an exercise physiologist
- There are group exercise sessions, plus one-on-one sessions
- Individual exercises are tailored to your health and functional status.
- Subsidies are available through HomeCare Package, Department of Veterans’ Affairs (DVA) and Private Health Insurance
- Bulk billed exercise physiology appointments are available ■

To sign up, phone 1300 272 222
or email wellness@ballycara.com

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Individual Exercise Physiology Appointments	7:00am to 3:00pm (QLD Time)	7:00am to 3:00pm (QLD Time)	7:00am to 3:00pm (QLD Time)	7:00am to 3:00pm (QLD Time)	7:00am to 3:00pm (QLD Time)
Runaway Bay Hydrotherapy \$10.00 includes pool entry	1:30pm to 2:15pm (QLD Time)				
Banora Point Circuit Class \$10.00		9:30am to 10:15am (QLD Time)			
Burleigh Heads Hydrotherapy \$10.00 includes pool entry		1:00pm to 1:45pm (QLD Time)			
Virtual Class \$5.00			10:am to 10:45am (QLD Time)		
Banora Point Hydrotherapy \$10.00 includes pool entry			12:00pm to 12:45pm (QLD Time)		
Burleigh Heads Circuit Class \$8.00				8:00am to 8:45am (QLD Time)	
Pimpama Circuit Class \$8.00				10:30am to 11:15am (QLD Time)	
Runaway Bay Hydrotherapy \$10.00 includes pool entry				1:30pm to 2:15pm (QLD Time)	



Modern and minimally invasive treatment for:

- Spider Veins
- Varicose Veins
- Venous Ulcers
- Pelvic Veins – Pelvic Congestion & Varicoceles
- Haemorrhoidal Veins
- Swollen Legs – Lipoedema & Lymphoedema



PHONE: 1800 4 VEINS or 1800 483 467

Miami Private Hospital & Specialist Centre
24 Hillcrest Parade, Miami QLD 4220

www.veindoctorsgroup.com.au



Shiraz Persian Restaurant + Bar has opened


in a brand new location on the Gold Coast Highway, Surfers Paradise.

The long standing and award winning restaurant now boasts both indoor and alfresco dining located at **Mantra Wings Surfers Paradise**.

Complimentary on-site parking available (under Mantra Wing)

Bookings highly recommended
Dine in, delivery and takeaway available

Mantra Wings Surfers Paradise
2893 Gold Coast Highway
Open for lunch & dinner,
7 days 11:30am-9:30pm

  #shirazgoldcoast
www.shirazgoldcoast.com



Calling All Songwriters!

ARE YOU AN ASPIRING SONGWRITER? Then you can gather with like-minded souls once a month at HOTA for a night of collaboration and learning. (And it's free, everyone's favourite price! You just have to register).

The Smith is a live performance evening for Songwriters to get together on a regular basis where they can showcase their original material in acoustic format. The night was the brilliant idea of musician Reg Keyworth, who at 56 is still inspiring people to do great things musically. He started the night so up-and-coming musicians could share ideas, critique other's work, collaborate and be inspired.

Many singer songwriters have been turning up to Reg's nights. Some are writing musicals, there's ukulele comedy, instrumentals, and Americana, among other genres. Artists have been performing their material for the first time on stage in front of a supportive audience and receiving real-time feedback.

Says Reg, "I started The Smith for the original music community to have something really next-level to showcase their music and connect with others no matter their level of experience. To date the artists performing have been of extremely good quality. Needing a suitable venue, I approached HOTA."

HOTA began sponsoring The Smith on a monthly trial basis. Says Reg, "This has been utterly fantastic. The Smith is a not-for-profit event. After the 15th of September, we need to be applying for further funding like grants or sponsorship to keep things going."

Reg also holds spin-off workshops for people who join The Smith. "We just had our first workshop recently. The venue space was donated kindly by the good people at the Karma Collab Hub in Miami which was the perfect venue for a roundtable evening."

The Smith nights start with a special guest artist speaker, who give an insight into their writing skills and success. (The most recent guest speaker was Ray Burton who co-wrote "I am Woman" with Helen Reddy.) Then the individual



Reg Keyworth - inspiring other songwriters

writer showcase begins. Says Reg, "The Smith leaves everyone totally buzzing by the end of the night."

Reg is a local guitarist and producer here on the Gold Coast. He is currently working at Guitar World at Nerang during the day.

Reg has a massive musical back history. Starting his musical career in New Zealand in the early 1980s Reg moved to Australia and played in his original music hard rock band 'Warpeth.' He also had some success in the 1990s with his original hard rock band 'Krank.' Cover bands and other collaborations were also in the mix. He's done stints in the USA and he's also represented Gibson Guitars in the UK and US Mid-West.

Reg is working on some new music to be released this year - he has gone back to basics with a hybrid blues style. So if you are a beginner or further along the track in your songwriting, sign up, turn up, and let's see what you've got! ■

- To register with HOTA:
hota.com.au/music/basement-live-the-smith
- To follow The Smith:
facebook.com/GCsongwriters
- To follow Reg:
m.facebook.com/RegKeyworthMusic

SHOP AT Q WIN 1 OF 3 KIA PICANTOS



For the chance to win 1 of 3 Kia Picantos, simply spend \$20 or more in any participating speciality store or \$100 or more in Aldi, Coles or Woolworths and follow three easy steps.



1. Scan the QR code or visit qsupercentre.com.au/winacar
2. Fill in your details
3. Upload proof of purchase/s to enter the draw.

Alternatively, fill out an entry form, attach your receipts and place in the entry barrel.

T&C's apply. Competition starts on Wednesday, 1 September 2021. Entry barrel is cleared after each draw.
The draw dates are 30/9/2021, 29/10/2021 & 30/11/2021.



Celebrating 1 year of *Lifestyle Care Community* living in Robina

Enjoy your independence, privacy and way of life at Odyssey.

Odyssey Lifestyle Care Communities combine the best of retirement resort living with first class onsite care in an active community setting.

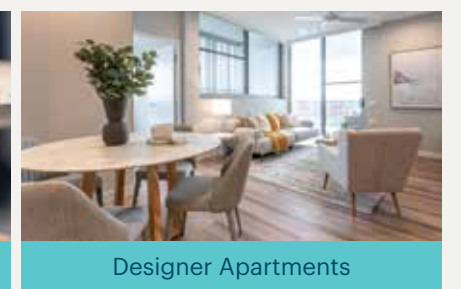
Make yourself at home in your own fully featured one or two bedroom apartment, have the peace of mind of onsite care and treat yourself to all the things that come with living in a resort environment.



24/7 Professional Onsite Care



Restaurant Dining



Designer Apartments

Odyssey LIFESTYLE CARE
COMMUNITIES

Take a tour of our community and experience it for yourself. Call 07 5551 6720.

1 The Crestway, Robina QLD 4226 odysseycommunities.com.au

Covid-Safe Tours of The Verge Now Available



The much-anticipated vertical retirement development – The Verge – is now open. You don't have to miss out on an inspection due to Covid – they are now offering Covid-safe tours, plus virtual tours by arrangement.

MANY GOLD COASTERS have been watching the construction of vertical retirement community The Verge with anticipation. The first phase has been completed, and now the next phase – going up next to Burleigh Golf Course – is close to the beach, the Miami Marketta, shopping centres and centres of medical excellence. The Silver team have done the tour and can recommend!

Vertical communities offer safety and great views in apartment living – plus the spaces can change with your needs, with the option of care you can count on for later.

Maurice and Pauline Dean are among the coastal retirement community's first residents, moving into their two-bedroom, two-bathroom apartment in April. Pauline said one of the big selling points of The Verge was that the apartments were designed with ageing in mind. This allows residents to maintain their independence in a safe and secure environment. But, further down the track, care in their home is available when they needed it. "This is really important to us as my husband has Parkinson's Disease, but we have

all the support and care we need right here. The staff are just wonderful, so helpful and always there when you need them."

The couple, aged in their 70s, moved up from Victoria in January to be closer to their daughter. They now live just three minutes away from her and know that they have made a great decision.

RetireAustralia CEO Brett Robinson said the new residents already feel a sense of home, community and ownership. "Everything we are doing at RetireAustralia is about creating a sense of place and a village where people live respectfully, healthily, independently and with purpose. It's exciting to watch The Verge community grow and we look forward to welcoming more residents over the coming months."

The Covid-safe tours of the community facilities have now started. You can also check out the display apartments, or you have the option of a virtual visit. You can arrange any of these tours by calling 1800 955 070 or log on to thevergeburleigh.com.au to book an appointment. ■



TAKE A
BREAK WITH
FRIENDS

We have all your fresh food and dining choices sorted

Tweed Mall offers a range of delicious dining options, you'll be spoilt for choice. With convenient free undercover car parking and the shops all on one level, you'll love to meet your friends and family here for lunch or a coffee date.

Tweed has over 60 specialty stores, Target and all 3 supermarkets under one roof, ALDI, Coles and Woolworths. The fresh food options are endless, from the freshest produce and meat, tasty bakeries, and mouth-watering seafood, we've got you covered.

Corner of Wharf and Bay Streets
Tweed Heads
07 5536 4066

House Swap Staycation

Beautiful Townsville



Now that staycations are all the rage thanks to Covid, here's an idea for you. You can swap your house for someone else's house and live with all the comforts of home while being somewhere new. 79-year-old Ingeborg tells us about her swapping escapades.



Enjoying the rainbow lorikeets in the Townsville house

I have been a member of aussiehouseswap.com.au since 2014. I live at Southbank, in Melbourne. I have swapped all over the place. I've been to the north of Queensland, I've been to Western Australia, and to Tasmania. I have swapped around Victoria too, just for weekends away. But I have spent 15 years going mostly to North Queensland, because I don't like Melbourne winters.

The longest swap I have ever done is three or four months. The other swappers came down here and stayed at my apartment at South Bank. They were free to do whatever they wanted to do here. They are retired as well, so we had a lot of time to enjoy the swap. I went to their place, in Townsville.



THE
verge
BURLEIGH G.C.



Perfect for now, ideal for later

Are you ready for what's next?
It's time to choose your new home in a thriving retirement community right here on the coast.

Ideally located next to Burleigh Golf Course and just minutes from all the Gold Coast has to offer, The Verge offers discerning local retirees exceptional apartment living now, with care and community you can count on for later.

The Verge is perfect for now, ideal for later.



Book your private tour today.
Visit thevergeburleigh.com.au
or call 1800 955 070

SALES SUITE 61 Hillcrest Parade, Miami

DEVELOPED AND
OPERATED BY  retireaustralia

*Price correct at time of print. Subject to change.

NEWS

Ingeborg's house in Townsville



The dog comes too!



Spending time with loved ones in Townsville



Ingeborg's son enjoying the pool at their swap house



Ingeborg enjoying her stay

➔ The house was fabulous. It was on a huge hill, just off the city. Anyone relatively fit could walk right into the CBD. The view was absolutely fantastic, and the people are lovely, and we're still friends.

We also swapped cars. They had a manual car, which was a nightmare on that hill! I know Townsville well because my daughter lived there for six years. So, it was almost like visiting relatives.

I travel with my dog. He flew up with me in the same plane, although, he has to go in the hold, in a cage. Sometimes the dog's plane ticket is more expensive than mine!

The other family knew I was bringing my dog, and they were okay with that. Sometimes, you can swap for months. I wouldn't leave my puppy dog behind, let's face it. I wouldn't have gone if I couldn't have taken my dog. We did lots of good walks around Townsville. We did go to all sorts of places. I lived almost as if I was at home.

I had my son visit me in Townsville too. My son is autistic. He lives in a group home, in Melbourne. House swapping is better for him than a hotel, it's much more comfortable for him in an established home and that has everything he needs.

The people I swap with always have a reason to be in Melbourne. Sometimes it is people who are doing a trip around Australia, and they wanted to stay for a bit longer – usually only three or four weeks in Melbourne. They may have a relative here, or they just want to see Melbourne properly.

I did have more swaps planned, I was going to go to New South Wales for several months, right up until Christmas. But with Covid hanging around, that fell flat. Everything is uncertain right now. But hopefully, I will be swapping again very soon. ■

To register for a home swap holiday, log onto aussiehouseswap.com.au



ADAPTIVE EQUIPMENT
SHOP 4, 41 FERRY ROAD,
SOUTHPORT, (BEHIND KFC)

MON - FRI: 9AM TO 5PM

INFO@ADAPTIVEEQUIPMENT.COM.AU
CALL TESS OR JOHN ON 07 5661 4432



TOP GUN DAYTONA MOBILITY SCOOTER

As the name suggests, the Daytona handles the corners with ease. Safety mode steering sensors give you the peace of mind to handle even the tightest corners with confidence. This small scooter punches above its weight with a powerful motor and battery combination in a sleek and modern compact package. Enjoy multiple driver comfort adjustments and cushioned all round adjustable suspension. It has a 5-year warranty.

KARMA ERGO LITE DELUXE - TRANSIT RANGE

The new Ergo Lite Deluxe weighs just 8.7kg. This makes it makes it so much easier to fold and pack away for transport or storage. The wheelchair has swing-away removable leg rests - making it easier to transfer to and from the wheelchair. The S-Ergo seat promotes pressure redistribution and helps prevent the user sliding down the seat. The Ergo Lite 2 still has the build quality you would expect from a Karma wheelchair in spite of its incredible lightness.

ASPIRE VOGUE CARBON FIBRE WALKER

This superflash looking walker is super lightweight - it has a carbon fibre frame and a total weight of 5kg. And, it comes with a bonus cane holder. It has a luxury look and feel - Danish design, profiled tubing, moulded fittings, ergonomic handles. It has a small turning circle for excellent manoeuvrability. It locks when folded, making transportation and storage easier. It also features advanced locking handbrakes - for increased user safety when walking and sitting. The removable utility bag can hold up to 5kg and can be removed for shopping.



ASPIRE DA VINCI LIFT RECLINER CHAIR

This is the Mercedes Benz of the lift recliner chair world. It is unrivalled for comfort and positioning from using its four separate adjustable motors.

This lift chair can recline back with just the push of a button. Sleep is just a recline away. Then, it can bring the user to sitting position with another push of a button. When the user wants to get up and go to standing position, then with the touch of one more button, it will tilt the chair forward. It is a great adaptive tool for anyone having trouble going from sitting to standing due to mobility issues.

It has independent headrest and lumbar functions. You can choose from four colour options in plush microsuede. It comes with a handset with integrated USB port. User can be up to 159kg.



OCTOBER
IS SENIOR'S
MONTH! 60

Adaptive Equipment will be running a Seniors' Month giveaway (no conditions!) Just come in store and fill out an entry form! The prize is an Avante Preston lift-to-stand chair delivered and installed on the Gold Coast, the value is \$2395.00, drawn 30th October.



The TopGun Scooter range has an industry-leading 5-year warranty.

WALKERS • WHEELCHAIRS • SCOOTERS • POWERCHAIRS
BATHROOM AIDS • BEDROOM AIDS • DAILY LIVING AIDS

Good Nutrition = Faster Recovery

WE ALL KNOW WE NEED TO EAT WELL to stay on top of our health. Yet, if we are challenged by ill-health or need time to recover from surgery, then this can be difficult, especially as we get older.

An older person can lose muscle mass very quickly after surgery or a bout of inactivity. This needs to be reversed as soon as humanly possible by getting active and eating nutritionally beneficial meals.

Dieticians and nutritionists often advise people in this situation to choose a high-protein diet to help counter muscle loss. Quality nutrition deserves special attention as we age because it is essential for ongoing good health and well-being. Having a balanced, wholesome diet can prevent malnutrition, support physical function, reduce the risk of chronic disease, support mental health, and help prevent disability.

SOLUTION

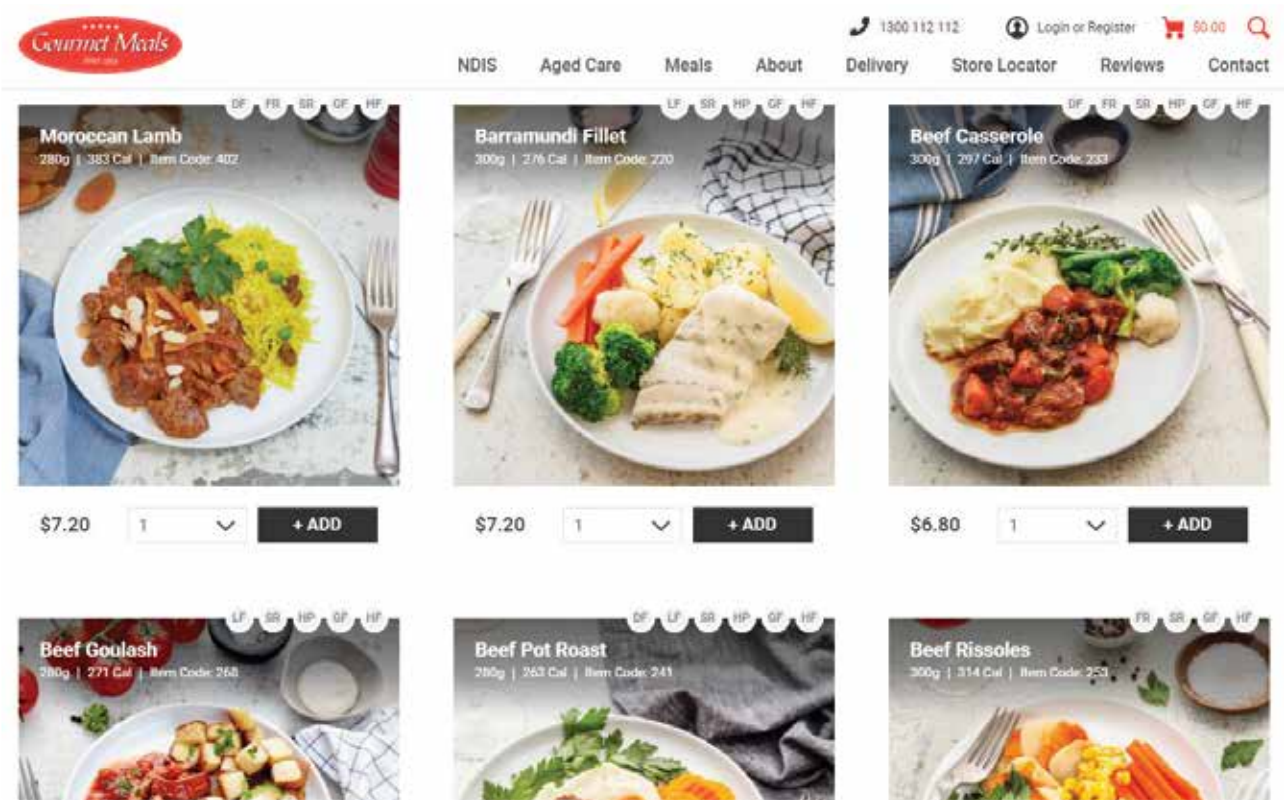
The good news is that eating well under this scenario isn't what it used to be. It's 2021 and

things are a lot easier than they used to be. Forget grocery shopping, cooking meals and cleaning up afterwards. You can also forget trying to nutritionally balance your food yourself.

Gourmet Meals is a company that specifically caters to seniors and their dietary requirements. They make and deliver healthy, pre-made meals. This is a great option for a post-recovery scenario or just for staying on top of good nutrition without the hassle. In fact, their meals are so nutritionally sound that they qualify as a registered NDIS provider of home-delivered meals.

If you feel it is time to stop making food yourself and take the smarter route, look at the Gourmet Meals menu. The meals cater to a variety of dietary requirements, providing meal options reduced in fat and salt, high in protein and fibre, gluten-free, plus dairy-free alternatives. ■

Log onto to gourmetmeals.com.au to see their delicious menu ranges or call 1300 112 112 to speak to an actual human!



Do you have lipoedema?

1 in 10 women suffer with Lipoedema and most don't even know it! Even most health professionals will not know about Lipoedema.



Lipoedema is a chronic condition characterised by a painful and abnormal accumulation of fat cells in the hips, thighs, buttocks, legs and often arms. The legs become swollen, bruise easily, feel tender and uncomfortable.

Sufferers of early stage Lipoedema often have column-shaped legs and as the condition worsens the fat continues to build up and the lower half of their body becomes heavier. The lipoedemic fat can also build up in the arms. The fat cannot be exercised or dieted away, many patients eat well and exercise yet continue to develop fat on their lipoedemic areas.

If not diagnosed and managed properly Lipoedema can result in further complications including reduced mobility, lymphoedema (due to scarring of the lymphatics secondary to the inflammatory nature of the lipoedema tissue); as well as depression, anxiety, body dysmorphia or eating disorders.

Sufferers of Lipoedema typically have two treatment options:

- 1. Conservative Management through wearing compression garments, diet & lifestyle adjustment & manual lymphatic drainage. This is a mandatory and a lifelong requirement.
- 2. Surgical Lipoedema-extraction to remove the diseased fat aiming to arrest the disease with surgery, so the fat does not return. Long term, surgical patients are more comfortable, experience complete resolution of pain, and are not dependent on lifelong compression and manual lymphatic drainage.

If you or someone you know might be suffering in silence with Lipoedema, please reach out to our team or visit our website to learn more & see real life case studies.





Let's Get the Over-50s Party Started

When it comes to over-50s lifestyle communities, Halcyon Greens is smashing it. The development can't stop winning awards. It has been attracting buyers from all over the country who are flocking to the Gold Coast in unprecedented numbers. With the Pimpama community's final stage now selling, Silver Magazine took a spin around the development to see all of the good stuff before it sells out.

Several years ago, Halcyon founders Dr Bevan Geissmann and Paul Melville took a trip to Florida, the epicentre of over-50s lifestyle resorts. Returning to Australia with the latest thinking on the good life, the vision for Halcyon Greens was born. "Our vision for Halcyon Greens was to create modern, country club living, the size and scale of which has never been seen in over-50s living in Australia," Dr Geissmann said.

Masterplanned by Sanctuary Cove architect Brian Toyota, the northern Gold Coast community is located on an 84-acre island. It is surrounded by a nature reserve, and stunning native wetlands. It also is nestled next to the ultra-modern community of Gainsborough Greens. Residents have private access to the club's 18-hole Championship golf course and clubhouse.

Many homeowners enjoy free golf as a benefit of living at Halcyon Greens. They are incredibly active in organised competitions... but are also partial to a social game with friends. Outside of golf, there are plenty of activities, with groups and events being organised to keep homeowners busy and connected.

\$20 MILLION LIFESTYLE AND RECREATIONAL PRECINCT

Running through the community and located across six acres is the \$20 million lifestyle and recreational precinct. This is the largest, purpose-built facility of its kind in Queensland. It rivals many of Queensland's five-star tourism resorts. Homeowners have access to 22 different functional spaces, it caters to more than 40 individual sporting, leisure and recreational groups. Homeowners can enjoy both casual and formal events, in different spaces, which are connected by enclosed walkways.

The Lodge is the more formal of the leisure facilities. It features a luxe seated area with stone fireplace, commercial kitchen and bar, private dining room, a 40-seat Gold Class cinema, library and sala.

Surrounding The Lodge is an outdoor seating area which looks out over the resort pool. It has sun lounges, a beach entry and disability rail for ease of entry. Plus there's a sunken firepit, which is perfect for afternoon meets.

On the other side of the resort pool is the Recreation Club. It has a commercial kitchen and bar, parquet dancefloor, function space, 25-metre heated mineral pool, spa, gym, hair salon, beauty treatment spaces and bocce court.

The Pavilion opens to eight pickleball courts, tennis court and a championship-size bowling green, all floodlit so homeowners can play well into the evening. It also offers BBQ facilities, kitchenette, function space and a billiards area.





➔ LET'S GET THE PARTY STARTED

Halcyon communities are designed to provide homeowners with the ability to do as much or as little as they like. The homes are built to allow ageing in place and the facilities offer a platform for homeowners to form vibrant sporting and leisure groups. The social club at Halcyon Greens, known as the 'fun club' is incredibly active. It organises many events and activities ranging from live concerts, themed dinners, fashion parades, mystery bus trips, excursions and trivia competitions.

A team of busy volunteers work hard to organise the many events. Group president Ann Ryan said the best thing about being involved with the social group is having the opportunity to meet more people in the community. "It brings homeowners together from the single homeowners to the couples who socialise and connect with the rest of the community. It's great watching people who haven't danced in a long time hit the dance floor. It's also great seeing the people who have just joined our community talking to new friends, and happy."

The community has recently had trips to Maleny, the theatre in Brisbane and one of Gold Coast's most fun cover bands, Koi Boys, played live at the Recreation Club. "We are spoiled for choice as you need to prioritise what you want to go to each week as there are so many things on offer," said Ann.

AWARDS

Halcyon is no stranger to industry recognition being the most awarded creators and operators of over-50s lifestyle communities, with almost 30 national and state awards.

Halcyon Greens is no exception with the Pimpama community winning the prestigious Urban Development Industry Australia (UDIA) Queensland's 2020 awards for Best Seniors Living and Best Master Planned Community.

The community was shortlisted in the national awards, making it the first developer of over-50s communities to be a finalist in the Seniors Living and Master Planned categories.

The UDIA recognition was off the back of the community's \$20 million Recreation and

Lifestyle Precinct winning the Master Builder's award for Best Tourism and Leisure Facilities over \$10 million, beating many hotels and tourist resorts on the Gold Coast.

Halcyon Greens is also a finalist in this year's national Urban Developer Awards, which are yet to be announced.

GREEN CREDENTIALS

Halcyon Greens has been designed and built to take advantage of green technology. This lowers the carbon footprint of the community and offers homeowners more certainty over energy costs. The community has six-leaf UDIA EnviroDevelopment certification for its sustainability initiatives across ecosystems, landscaping, waste and recycling, energy, materials and water.

Halcyon homes are built using materials such as steel frames, Hebel panels, insulation and 3.5kW solar panels and solar hot water as standard, with many homeowners choosing to upgrade to 5.0kW. Many homes have Tesla

batteries which drive down energy costs even further, with one homeowner revealing they were averaging around 1.0kWh per day compared to their previous home (also solar powered) of around 11kWh per day. "The cost comparison isn't simple because we had solar in our previous home with a very good feed-in rate. However our average daily cost in our previous home was \$1.00 per day compared to a credit of \$2.70 per day at Halcyon Greens," the homeowner said.

THIS IS THE LIFE

The lush island oasis has allowed the community developers of Halcyon Greens to dream big and create an exceptional lifestyle community. The team at *Silver* have visited and can vouch that the development is everything that the builders have promised. We highly recommend doing the tour. The final stage of the Pimpama community is now selling, and with the Gold Coast real estate market set to get hotter over the coming years, the time to inspect Halcyon Greens is now. Enjoy! ■



Call 1 800 050 580 for more information or to book a tour.

Log on to www.lifebeginsathalcyon.com.au to see more visuals and news from the Halcyon Greens community.

TWO GOLD COAST PUBLIC HOSPITALS LEFT MY SON TO DIE

Mermaid Beach Radiology is fast becoming known as the place of last resort, for people who feel like they aren't getting answers in the public system. Gold Coast mother Kay* tells us her desperate, exasperating story about saving her son's life in the nick of time.

I knew my son, Brad* was really sick and he was in trouble. I went to one public hospital two times, then a different public hospital two more times, and we were turned away four times in total. Nobody took it seriously. I actually broke down to one of the doctors the third time and I begged them, BEGGED THEM to please do some tests. I pleaded with them to just find out what was wrong with my son.

I feel like they didn't even look at him. They just kept poking at him just poking at his stomach. And I kept saying, he's extremely sick. I know him. We've lived on the Gold Coast for over five years, and he never once went to the doctor in all that time. I kept saying, this is completely out of character. He's extremely sick. He'd been vomiting for two and a half days continuously and couldn't keep anything down. He didn't have a fever. But he was in agony.

My son was actually screaming, begging me to help him. Imagine that as a parent. And to see this tough little kid that is never unwell, actually begging for mercy from the pain? It was hideous. I can't understand or explain why they didn't do more. Why didn't they take it seriously?

My son was so sick and they were kicking him out with a drink of Mylanta, a heartburn treatment. They gave him a heartburn treatment, meant for adults, after nine hours of waiting, and said, go home, you'll be fine. And I thought, this is

disgusting. I don't get it. The doctor said, he is not sick enough for the scans.

After the fourth visit, I begged them to do something, so they did an ultrasound, but they said they didn't find anything. I argued with the head doctor. I was saying, "I feel like I'm in medieval times. You have all this equipment available to you, but you won't give my son a proper scan? What is it? Budget? Politics?"

On the fourth visit to the hospital, they just told us Brad has muscle spasms in his stomach, and to go home and wait five days. I waited a day and a half before seeking further medical advice.

I ended up at the GP who could see that Brad was extremely sick and understood that the two hospitals I had been to were not taking it seriously. So, he said that Brad needed some urgent scans, and directed me to go to Mermaid Beach Radiology. He said the radiologist there would involve himself and get me answers. The GP said, "It's a brand-new clinic. It's not bulk-billed, so you have to pay for it." But I knew how sick my son was. Not everyone has spare money on hand, and I'm a solo parent but it had got to that stage where I didn't care, I just needed him looked at. My son was dying, and I needed someone who would help me urgently.

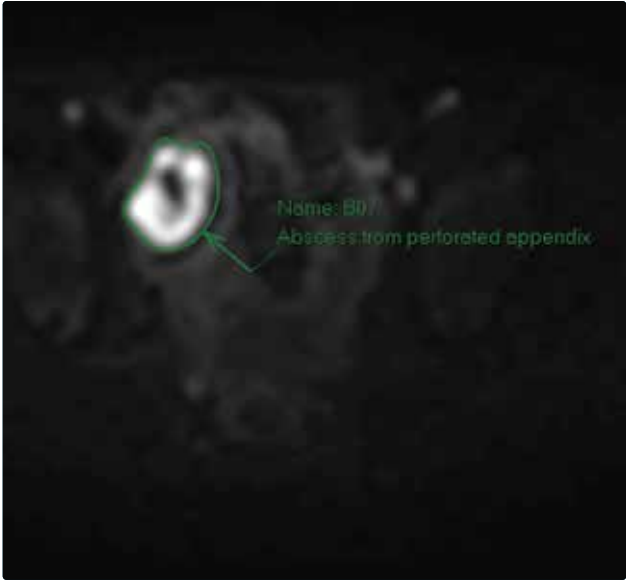
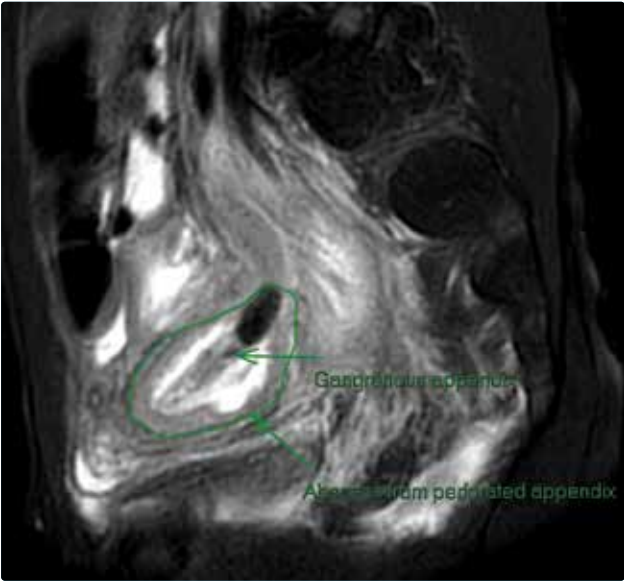
We immediately went to Mermaid Beach Radiology. From the moment I walked in there, they were just brilliant. A young male sonographer

**Names have been changed to protect patient privacy.*



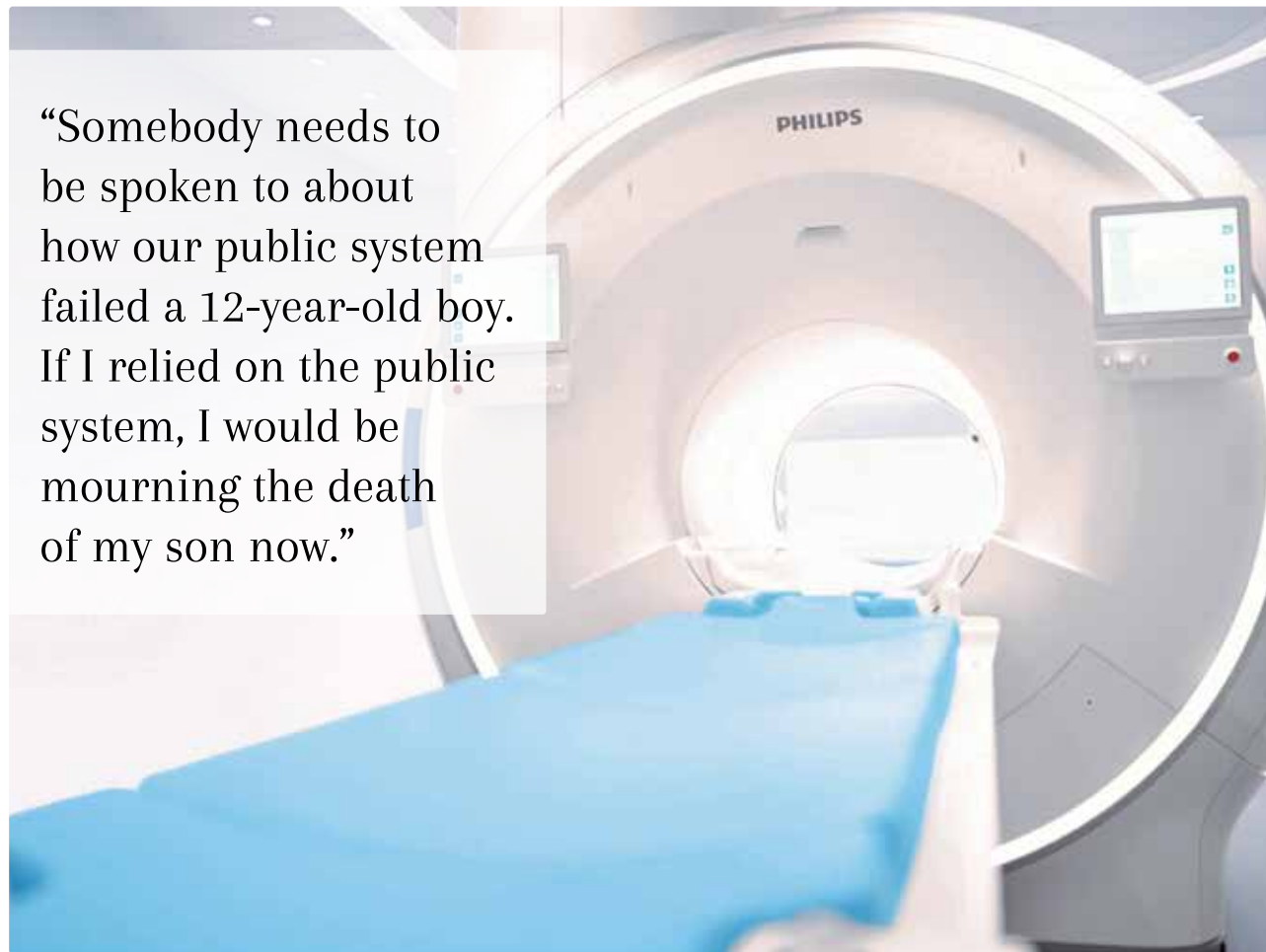
Mermaid Beach Radiology's high tech equipment immediately picked up an abscess from a perforated appendix.

The gangrenous appendix can be seen clearly in Mermaid Beach Radiology's scans.



A different view of the abscess from the perforated appendix

“Somebody needs to be spoken to about how our public system failed a 12-year-old boy. If I relied on the public system, I would be mourning the death of my son now.”



did his initial ultrasound. After about 30 seconds he looked at my son, shocked, and said, “Oh mate, you are so brave. I can see what’s going on here.” The sonographer then said, “I’m just going to get my boss.” And then that’s when he brought in Dr Zane Sherif, the owner of Mermaid Beach Radiology. Straight away they could see that my son had a perforated appendix. It had ruptured. So, all the times that we were going to the hospital, he actually already had a perforated appendix. He was extremely, extremely sick.

Both the sonographer and the radiologist said that it was incredibly serious, and the extent of the problem would be best understood with an MRI. Their MRI would provide the most accurate imaging available for the surgery Brad would soon need. They could see the problem within 30 seconds of using their MRI technology. But the hospital wasn’t even using the technology that was available to them. We couldn’t get further than an ultrasound, and even that failed us!

Zane organised an ambulance, but I refused to go back to the hospitals that had turned us away. So, I chose to go to Pindara Private hospital. By the time we had arrived, Zane had called the emergency department to brief them on the situation. And, he had sent all of the scans to them so that we could go straight to theatre.

Zane and his team were brilliant, the IV they put in my son at Mermaid Beach Radiology was the same one that they used in the hospital. So, they didn’t even need to give Brad more needles when he arrived at Pindara. Mermaid Beach Radiology gave him fluids because he had already been sick for eight days. They did all this while I was making arrangements for my daughter to get home.

Brad arrived at Pindara in the ambulance and was literally in surgery before we knew it – it all happened so fast. My head was spinning. The surgeon came out and said, he’s very, very sick. His organs were actually sitting in rotten fluid, and his appendix was gangrenous.

I almost lost my 12-year-old son. It was obviously very, very close. He’s still extremely sick and he’s going to have repercussions now for the rest of his life. All because two public hospitals, wouldn’t listen, and kept sending him away.

I have had no contact from any of the doctors that sent my very sick son away. I say this as he is getting treatment to get padding taken off and his drain seen to. He had a drain in him because of all of the fluids his body had accumulated.

Somebody needs to be spoken to about how our public system failed a 12-year-old boy. If I relied on the public system, I would be mourning the death of my son now. It could have been a very different alternate reality. I could have been going through a nightmare, an absolute nightmare. They need to be spoken to about revising how they look at people. Was it because of Covid? Was it because of a budget problem? Was it just because of inexperience? I don’t understand. How could they have missed a ruptured appendix in 2021? Four times! They didn’t miss just appendicitis; they missed an appendix that had already ruptured. Everyone’s heard of appendicitis, it’s not something that’s obscure. We should have had scans the first time, even the second time...we didn’t even get them the third time!

In the end, I did pay for scans from Mermaid Beach Radiology, but when you think about the small cost, versus what could have happened, it’s nothing to save your kid’s life.

The hospital system needs to seriously address how it thinks about scans. How much would the scans even have cost the hospitals? We went there four times. Think about what that must have cost them, instead of scanning Brad the first time and getting the right diagnosis. So much wasted time, it is a false economy.

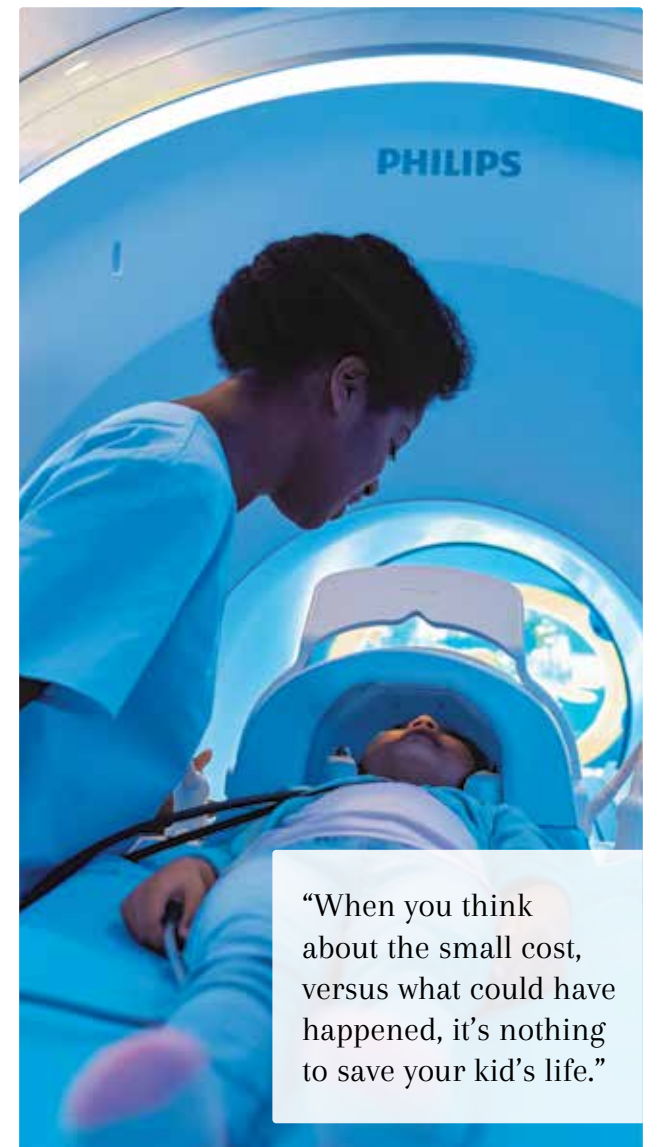
Zane and his whole team were absolutely terrific. I can tell you; my son would not be here if we hadn’t have walked into that clinic. If I had have taken the hospital’s advice and gone home and waited the five days like they advised, he would have surely died. He wouldn’t have lasted even that next night.

I do have private health insurance. I’m originally from New South Wales, and they don’t cover ambulances there, whereas in Queensland they

do. At the time, I did not care what it cost me, whatever extras I must pay, I just have to pay. I’m a solo parent and I’ve paid a hundred percent for my children for 11 years. I’ve done it all by myself. I should be able to rely on the public system.

I will have ongoing health expenses for Brad for the rest of his life because of the delayed diagnosis and treatment. It scares me and I don’t know what I’m going to have to do for him next. There’s going to be digestive issues, intestinal issues, all the scarring. It’s frightening.

I would hate for this to happen to any other child. Very recently, it happened in Western Australia. A child died in the waiting room with a ruptured appendix while he was sitting there. He died. This shouldn’t happen. To anyone. Ever.



“When you think about the small cost, versus what could have happened, it’s nothing to save your kid’s life.”



“Zane and his whole team were absolutely terrific. I can tell you; my son would not be here if we hadn’t have walked into that clinic.”

DR ZANE SHERIF: A young mum arrived to see us on Friday, about two weeks ago, with her 12-year-old son. The mum was at the end of her tether and had spent every night that week in the emergency departments at different hospitals. Each time she’d been there with her son vomiting, generally unwell, and very, very sick. He was pale and gaunt, hadn’t eaten pretty much any night that week, and was complaining of horrific abdominal pain, which was relentless and not going away. They were sent away with no investigations, except on the last visit. They had an ultrasound which failed to identify the problem.

The boy was given Mylanta, for indigestion. Kids don’t usually get indigestion. Adults who drink alcohol and coffee and smoke do, though.

They get ulcers and gastritis; kids virtually never do. So, it was so peculiar that they would even trial a drink of Mylanta. The following morning when they came to us, the child was clearly very unwell.

The mother was understandably in obvious distress. She was desperate for answers and didn’t know where to go from there. When I went into the room, I saw mum and child. From the end of the bed, just looking at the child, I could see there was something seriously wrong. He was very, very pale, an ashen kind of colour, listless, just sitting there deathly still, not really saying or doing anything.

We did an ultrasound scan. Immediately we could see there was something horrible going on in his abdomen. Ultrasound, on a young,

small child, with lots of gas in there, can be quite difficult. It’s hard to make out what is going on, but there was a clear abnormality in his right iliac fossa. We strongly suspected the child had a ruptured appendix and would need surgery, which would require as detailed imaging as possible. So, we strongly recommended an MRI scan to his mother.

We work at the bleeding edge of research and sequence development in MRI which allows us to perform scans that no other Radiology facility has clinically available. Our flagship Philips 3T Elition X research grade MRI scanner is using sequences years before they are commercially available on other machines. The MRI sequences we used on this young boy have been specifically designed for the highest accuracy and sensitivity to abdominal infection. We are constantly pushing the boundaries of this innovative MRI technology where we are translating what was once only thought of as research into clinical real-world solutions. This can rapidly and more accurately change the course of a patient’s management and life, as in this case.

Using this process, we could more confidently diagnose the ruptured gangrenous appendix and large abscess. Once we had that confirmed diagnosis, I called the hospital and spoke with the emergency department head and the on-call surgeon. The boy was rushed to hospital and went straight to theatre.

Brad will be dealing with the fallout and the scarring from this injury for the rest of his life. When that scarring happens in your abdomen, it never goes away. And you do not know if that scar can latch onto something else like your bowel, which can cause a bowel obstruction, which is a surgical emergency. So, he will have that in his rear-view mirror for the rest of his life. It is a truly scary story. I mean, it is simply hard to believe in modern day Australia, that it is still so hard to access MRI, only the best imaging modality in modern medicine. ■

RYAN’S RULE

Ryan’s Rule is a protection for parents who feel like they aren’t being heard and that their child’s life is in danger. Ryan’s Rule applies to all patients admitted to any Queensland Health public hospital.

Ryan’s Rule has been developed in response to the tragic death of Ryan Saunders, who died in 2007 from an undiagnosed Streptococcal infection, which led to Toxic Shock Syndrome. Ryan’s parents knew their child better than any strangers. They were worried he was getting worse they did not feel their concerns were acted on in time. In light of his death, the Department of Health made a commitment to introduce a patient, family, carer escalation process (Ryan’s Rule), to minimise the possibility of a similar event occurring.

If you feel that your child’s life is in danger, and you aren’t being heard, you can invoke Ryan’s Rule. Once the rule is enacted, a nurse or doctor will undertake a Ryan’s Rule clinical review of the patient and the treatment they are receiving.

Queensland mum Ayla Gyde invoked the rule 3 years ago. “My little girl was admitted to hospital with suspected appendicitis. After speaking to the first surgical doctor, he explained this was likely the problem however he wanted a paediatrician to check her lingering cough to rule out possible Mesenteric adenitis (which is swollen lymph glands in the tummy). This was at 5.30pm Thursday. By 7am Friday I was told an ultrasound would be done that day. However I watched my little girl deteriorate before my eyes and frustrated nurses pacing the corridors trying to find out what was happening. I had finally had enough and at 12pm I said, “I’m calling RYAN’S RULE NOW!”

Within 10 mins I was speaking to a different surgical doctor. By 45 mins she was getting an ultrasound done, and by two hours after calling Ryan’s Rule they were prepping my daughter for an emergency removal of her appendix as it had perforated. Turns out, the ultrasound hadn’t been ordered that morning, so we were waiting for nothing. Ryan’s Rule is a life saver.” ■

☎ 07 5619 9499
 🏠 2469 Gold Coast Hwy, Mermaid Beach
 ✉ info@mermaidbeachradiology.com.au
 🔍 www.mermaidbeachradiology.com.au

OWN TWO HOUSES INSTEAD OF ONE AT RETIREMENT HERE'S HOW

Nathan Coad of NMC Finance tells us what we need to know to retire comfortably, as long as we start now.

You know that guy. He earns the same as you, but he has two houses and you only have one. What's his secret? GOOD FINANCIAL ADVICE. He has people working for him who know how to get the best from the existing system. And you can too. You just need to know how to make the system work for you.

I need to stress to the Over 50s that it is just so important to have a clear strategy for retirement. I work with a lot of clients in this space. The way you approach your planning at this stage of life can make all the difference to how you live in your later years. And it's easy, legal, and very, very smart. Everybody needs to know this.



The way you approach your planning at this stage of life can make all the difference to how you live in your later years.

True financial freedom at retirement is about making the system work for you.



For those of you with an outstanding home loan debt on your home, there is good news. You are generally sitting on a lot of equity from the uplift in property values. You may think this is just an imaginary amount of money or simply theoretical, but it is actually an important tool that you can use to free yourself from money worries in your later years.

You probably currently have no passive income sources and are going to be reliant in retirement on your superannuation generating a small amount, and then likely the Age Pension. But you could change that, depending on how you are currently set up financially.

You need to use the equity in your home to increase your wealth. We meet with people to understand the structure of their home lending, and work out how much equity they have. And then we can work out how they can put that equity to work, rather than having it sitting there doing nothing.

The good news is that anyone with equity building up, can use that equity to buy a second property.

The second properties our business associates suggest you buy, they suggest for a reason.

- The second property can help you reduce your existing tax base. Our associated registered accountants provide the advice here.
- The second property is expected to increase in value over time, providing capital growth and make life easier at retirement. Again I will refer you to our partnered advisors who will guide you through that.

- Clients will only have to contribute \$20 to \$50 a week themselves to actually secure the property in the current environment.
- You will pay down your mortgage five to 10 years faster.
- You'll have an extra asset at retirement. With this, you can sell it, take the capital growth or keep collecting the rent.

The second properties our business associates suggest are all across Australia. They identify suitable properties in specific areas of Victoria, New South Wales and Queensland. These properties have been selected according to population trends, infrastructure, investment, and what is going on from various levels of government.

RISKS

There are the usual risks. There's always the potential of interest rates increasing. If the rents don't increase as well, you'll have to pay the difference. Our associates take some of that risk away from the actual rent side of things. Properties that carry a five-year rental guarantee provide support. Our associates work with property managers so that if the tenant doesn't pay the rent, or if there's a delay in being able to find a tenant, the property manager will actually cover the rent for five years at an agreed rate.

The other key risk is that there cannot ever be a guarantee that property prices are going to rise. But, if looking at historical data in Australia, property generally has only really done one



We can work out how they can put that equity to work, rather than having it sitting there doing nothing.



thing over the long-term. Gone up over time. Over the decades, as population growth occurs, urbanisation happens and infrastructure goes in. Areas that weren't once ideal to live in then become very sought-after areas. Inner city areas in Melbourne like Carlton, Richmond, Collingwood are examples. In Sydney, you have Surry Hills and Redfern. At some point in time they were very undesirable places to live. Redfern only 10 years ago was still undesirable, but thanks to urbanisation and population growth, those areas have become sought after because of their close proximity to the city.

This gentrification and subsequent increase in property values is expected to happen all through Brisbane and through to the Gold Coast. It's these areas of stable increases in capital growth that we our associates focus on.

The Covid crisis has ultimately started to change our culture. Regional areas property-wise have experienced such a boost because of people realising that they're never going to have to go back to the office five days a week in the city. Personally, I don't believe it'll ever go back to what it was with large corporations in Australia reducing commercial leasing capacity and assisting employees with flexible working arrangements.

A CASE STUDY

Alison (48) and Paul (53) have a combined income of \$200k. They are both self-employed. They have a house which they live in. They bought it last year for \$655k but now it has just been valued at \$850k. They paid \$300k as a deposit. What should they do before they retire?

Advice: Firstly, I would work out what the borrowing capacity is and I'd suggest property-wise, Alison and Paul can probably secure a second property around about \$470k over a 30 year term. A second property is a saleable asset, if you need to sell it, you are not going to be without anywhere to live.

Alison and Paul also need to have an exit strategy at retirement.

On the other side of this process, Alison and Paul would build ownership in the property that has a renter in it and the rent is paying it off. They are only approximately paying \$20 to \$50 per week to get into this situation.

The lending is structured so that direct mortgage exposure against the primary home is limited.

THE SECOND PROPERTY

No emotion should be attached to an investment property. Think of it like purchasing a share in a company. What you're looking for is an asset that's going to be generating demand.

OTHER OPTIONS

There are other ways to increase your retirement pot. An example is salary sacrificing a part of your salary, into superannuation and at the same time access a part-pension from your superannuation. That round-robin transaction results in you firstly,



Having a clear strategy for retirement is the route to financial freedom.

ending up with the same net salary each pay period that you would have otherwise, but you end vvsuperannuation's a lower tax environment than your personal status, in your marginal tax rate.

Any superannuation strategy will be guided by our associated financial planners who are engaged to advise on the suitability of acquiring property in the fund.

So why isn't everyone doing this? Mostly they don't know they can. This is why financial advisors are so valuable. They understand areas in which you can quite lawfully utilise the tax laws to your advantage.

People who build up large property portfolios – all they're doing is utilising knowledge and applying it. It's sitting within the parameters of the tax law. Knowledge is power, and then applying it, that's when it becomes apparent.

Property is just one asset class, and there's many asset classes you can access. But property is one which you can utilise with the tax system to help you pay down that asset faster.

SUPERANNUATION

Superannuation is the other key area we can assist with. If people have built up a good base of superannuation over their careers, we can help clients navigate purchasing property through their superannuation.

EXPERT ADVICE

How do I know how all this works? Because I've been a career banker. I started in 2005 and spent most of that time in the lending environment.

Up until 2018 I worked in two of the major banks, before I started NMC Finance. I started my own brokerage because I saw a gap in the bank offering. One of the reasons why I really enjoyed being a commercial banker was being able to go out and build relationships with clients and provide that personalised experience. So setting up my own firm really allows me to do that.

I'm not limited to one set of credit policies with one bank, one set of products that probably doesn't fit all clients. I've got about 38 lenders in my panel, and I've also got the ability to go off-panel where there's an alternative scenario that's suitable for a client. And so when you've got the power of that behind you, you can build strong relationships with clients that you can keep for life. I really enjoy working in this space and it's thrived through the pandemic.

THE TIME TO ACT IS NOW

It's been a really great time for clients to be able to secure extraordinary discounts on their finance which are in place for the whole of the 30-year terms. It's also the perfect time to be refinancing, securing very cheap money. It is the lowest environment, interest-rate-wise, in the history of Australia. This is your window, jump through it. ■

A consultation with Nathan is totally free.

Contact NMC Finance on 0498 766 639
Or log onto nmcfinance.com.au.
Unit 5/36 Commercial Dr, Ashmore

This advice is general and does not take into account your objectives, financial situation or needs. You should consider whether the advice is suitable for you and your personal circumstances.



NATHAN COAD is a finance broker with over 15 years of consumer and commercial banking experience. After working with two of the big four banks in Australia, he was frustrated with being restricted by the banks limited product suite. Now Nathan is able to offer his clients a larger range of suitable products and service propositions. Nathan stands out due to his complete service experience for business clients, encompassing forward planning and engagement on capital expenditure, cash flow management through to home loan and investment borrowing needs.

SPRING SHOPPING AT Q SUPER CENTRE

On the corner of Bermuda and Markeri Streets in Mermaid Waters, Q Super Centre is a shopping mecca right in the centre of the Gold Coast's style map. The *Silver* team catch up with all the news from the popular shopping haven.



It's a tough life as a magazine writer, having to spend time at places like gorgeous, sun-kissed shopping mecca Q Super Centre. But someone has to do it!

With the absolutely beautiful Spring weather now upon us at the Gold Coast, an outdoor shopping centre is the way to indulge in some retail therapy. We can look for our favourite things, and enjoy being outside as well. Q Super Centre is on one level only, so there are no stairs to navigate. And it is beautifully landscaped, giving the feeling of being in an oasis, protected from the hustle and bustle of the outside world. So what is happening this Spring at Q Super Centre?

DOGGIE CALENDAR

As most of us know, Q Super Centre is becoming very well known as a doggie-friendly shopping centre. There are dog watering stations across the shopping centre, plus handy dog waste bags throughout the complex, and doggies are allowed in all the outdoor areas. Some stores also allow dogs inside.

A fun event that takes place every year is the Doggie Face of Q. This is a competition where owners send in pics of their fur babies. One winner is selected, plus 11 other pups are chosen to be in the doggie calendar.

The 2021 doggo finalist won \$500 credit with Vet Call and a \$500 Petbarn gift card. Plus, a pet photo shoot with Sandy Noses Pet Photography. And, a Doggie Face of Q 2021 dog tag and a gift from Petbarn. Eleven lucky runners up received a \$100 Petbarn voucher, plus a pet photo shoot

WIN A CAR

We would all love to win a car, thank you very much. For the chance to win one of three Kia Picantos, simply spend \$20 or more in any participating speciality store or \$100 or more in Aldi, Coles or Woolworths and follow three easy steps. The competition starts on Wednesday, 1 September 2021. (T&Cs apply). Simply fill out an entry form, attach your receipts and place them in the entry barrel. Good luck, and do write in to us if you win!



with Sandy Noses Pet Photography and a gift from Petbarn.

Keep an eye on Q Super Centre's social media pages. The 2021 competition has just been closed, so the calendar will appear soon, featuring the Doggie Face of Q 2021 star!

DONATIONS

Q Super Centre is very active in giving to those in need. Every entry received in the Doggie Face of Q meant that the centre gave \$1 to Story Dogs. The Story Dogs literacy program is built around the idea of kids reading to dogs. Kids with reading difficulties can fall behind very

fast. So the charity tries to ensure that the gap between these kids and fluent readers doesn't widen. Story Dogs has been very successful, with great improvements noticed in the participating students.

Q Super Centre are also supporters of the Animal Welfare League Queensland. They have often asked for their customers to bring any old or unwanted blankets or towels to collection points at the Shopping Centre. They also have other charity events, including food donation bins, which is especially helpful at Christmas.

COMMUNITY SERVICES

There are plenty of services for those in the community to avail of. There is now a completely free JP service operation 7 days per week except public holidays (although this can change during Covid restrictions, please check with the website to see the schedule.) The JP service is now permanently located next door to ALDI Supermarket. No appointment is necessary. ■

There's over 80 retailers including three supermarkets at Q Super Centre. There's also Bunnings, Pet Barn, and nine dining choices, specialty stores offering gourmet fresh food, dining, hair and beauty, home wares, medical and health, banking as well as unique and boutique fashion. For more updates, keep an eye on Q Super Centre social media (facebook.com/QSuperCentre or [@qsupercentre](https://instagram.com/qsupercentre) or log onto qsupercentre.com.au).

HAVE A WELLBEING DAY AT TWEED MALL

If you want to look after others, you must look after yourself first. Tweed Mall is an all-in-one venue for your wellbeing. Spend a day looking after you.

We all know **Chempro**. They are the handiest chemist ever, being open 7 days, 7am to 7pm except Good Friday, Anzac Day and Christmas Day. Whizz in here for professional advice, blood pressure testing, and medication checks. But also, they have trained cosmetic consultants who advise for Clarins, Clinique, Estee Lauder and Napoleon.

Get a hearing check-up or simply speak to the **Bay Audio Hearing** Experts at Tweed Mall. They have the latest in hearing technology solutions. The latest technology has drastically improved hearing aids, impressive features seamlessly integrate with your lifestyle. They are located near Woolworths.

When you are in pain or discomfort it's difficult to cope and to go on with daily tasks.

Essence Chiropractic in Tweed Heads strive to help people with many problems and would be honoured to help you in your healing journey. Come see Dr Andrew – Chiropractor, kinesiologist and unshakable believer of the power of the human body.

Healthwise Medical Centre has been operating for over 15 years in Tweed Heads. Their dedicated team are continually working to provide better health outcomes for patients. They specialise in providing proactive healthcare so that you can maintain a better health standard as you age.

Kyle Ward Optometrist is an independent and privately owned optometric practice, with that personal touch. Come in for optometric examinations, general eye exams for spectacles and contact lenses, or to diagnose eye disorders

such as glaucoma, macular degeneration, cataract, diabetic eye disease.

OPSM look to improve vision while promoting the critical importance of good eye health. OPSM has travelled far in 80 years, from a single store in Sydney, now with 400 stores across Australia and New Zealand.

Need a blood test? **QML Pathology** is one of Australia's leading comprehensive clinical laboratory and pathology services. Based in Queensland for more than 90 years, they operate one of the largest, purpose-built laboratories in the southern hemisphere.

Many of us have now discovered good health for a better quality of life. **Power Supps** supports the local community in bettering their lifestyle, health and well-being. They provide the latest in vitamins and supplements. Plus they give advice and support, with three qualified personal trainers on hand.

There is no better way to treat yourself than to get a **Qing Fu traditional massage**. They specialise in treatment massage, including remedial, sciatica, Swedish, pregnancy massage, and deep tissue massage.

Sun's Massage Centre specialises in acupoint massage and treatment to assist with a number of health issues including muscle aches, sports

injuries, nerve pain, ligament swelling, sciatica, and more. Health rebates are available.

At **Snap Fitness** there is something for everyone, regardless of your fitness level, age, goals or fitness aspirations. In addition to world class facilities, and a large range of cardio and weights equipment, they have a team of qualified personal trainers to get your started, keep you motivated and help you achieve your goals!

Fitstop is a family-owned business that is focused on creating happy, healthy humans in a community-based environment. They run group fitness classes, with over 30 classes per week to choose from. Social Saturday is free to the whole community to join, all you need to do is download the Fitstop app and book in your session! ■

Tweed Mall is only a short stroll from Coolangatta Beach, right next to the Twins Towns Services Club and the Jack Evans Boat Harbour. There are over 900 car parking spaces, and a bus stop on Wharf Street.

🏠 Cnr Wharf Street & Bay Street Tweed Heads
☎ +61 7 5536 4066 🌐 www.tweedmall.com.au

CHEMPRO



BAY AUDIO HEARING



ESSENCE CHIROPRACTIC



HEALTHWISE MEDICAL CENTRE



KYLE WARD OPTOMETRIST



OPSM



QML PATHOLOGY



POWER SUPPS



QING FU TRADITIONAL MASSAGE



SUN'S MASSAGE CENTRE



SNAP FITNESS



FITSTOP



PROTECT YOUR PET DURING TICK SEASON

Once paralysis occurs the animal is likely to die unless it is treated quickly with tick antiserum transfused by a vet.



Every year the paralysis tick will cause illness in over 100,000 companion animals on the east coast of Australia. Paralysis ticks are external parasites that suck the blood from their host animal. Their salivary glands produce a toxin that affects the nervous system of the host.

Not only is the paralysis tick one of the most common, it's also one of the most dangerous. Once paralysis occurs the animal is likely to die unless it is treated quickly with tick antiserum transfused

by a vet. It still takes 48 hours for the toxin to be removed so your pet can continue to deteriorate during this time. Full recovery can take weeks

WHERE ARE PARALYSIS TICKS FOUND?

Ticks need humidity and mild weather to develop and can't survive in cold climates. They are most commonly found along the east coast of Australia during the warmer months but can be found inland in suitable habitats and in northern parts of the country all year round.

WHAT DO TICKS LOOK LIKE?

Ticks vary in size between 1mm and 10mm long, depending on their age. They look like tiny spiders with a white, egg-shaped body. This body becomes larger and darker as it fills with blood.

HOW CAN I PROTECT MY PET?

The best way to protect your pet is to check them daily in conjunction with a tick prevention treatment. Begin with their head and remember that you're more likely to feel the tick than see it, so make sure you use your hands. Check inside your pet's ears, nose, and mouth, under their chin and around their throat. Move down the front legs and check in between their toes. Feel along their body making sure to check their belly, and then check down their back legs and in between their toes. Inspect your pet's genital region as ticks can sometimes be found there and finish with their tail.

It's a good idea to use a tick treatment that will either repel ticks or kill them if they attach. Spot on treatments, tablets and collars are available and it's best to consult your vet about which is most suitable for your pet. Read the instructions very carefully as some treatments are for dogs only and can be very dangerous to cats and can even kill them. Some can also react with other medications your pet may be on.

HOW TO SPOT THE SIGNS OF TICK POISONING

If your pet has come into contact with a paralysis tick, they will experience paralysis in a variety of forms. A typical case will start with vomiting,



a change in "voice" and progress to weakness in the hind limbs that will then progress to total paralysis of the whole body (gastrointestinal, ability to swallow and finally paralysis of respiration).

OTHER EARLY SYMPTOMS MAY INCLUDE THE FOLLOWING:

- Loss of appetite
- Vomiting or dry retching
- Excessive salivation
- Coughing
- Noisy panting

WHAT SHOULD I DO IF MY PET HAS A PARALYSIS TICK?

Paralysis ticks can lead to an animal needing to be ventilated and sadly many victims of these ticks do not recover. If your pet is showing any signs of tick paralysis, you should take him/her to a veterinarian for treatment promptly.

If you suspect that your dog or cat has tick paralysis you can reduce the risk of complications by withholding food and water before you can see a veterinarian. This is especially important if the dog or cat is regurgitating. ■

There is a deadly new strain of tick disease, which first appeared in Western Australia last year. The brown dog tick is infected with the bacteria Ehrlichia canis (E. canis) and when it bites, the tick infects a dog with the disease ehrlichiosis which causes serious health issues, even death, among dogs. If you are transporting a dog between states it is vital you have your dog's health checked. If you suspect a dog in Queensland is infected with E. canis you must report it to the Emergency Animal Disease Watch Hotline on 1800 675 888.



TEST THE WATERS AT A LIFESTYLE COMMUNITY BY TAKING A HOLIDAY THERE!

Need a holiday? Want to try out a lifestyle care community? Then check out this innovative idea offered by Odyssey Lifestyle Care Communities.

We all like to get away. Even just hearing the word 'holiday' can inspire thoughts of reprieve. The effects of relaxation start when the holiday does, and can stay with us for weeks!

With social distancing and snap lockdowns becoming the norm, many of us are feeling the strain of not being able to holiday or enjoy social gatherings. This can be particularly isolating for our seniors. But one Gold Coast aged care community is serving up the solution!

Odyssey Lifestyle Care Communities is offering seniors a luxury getaway experience. This can remedy the increasing issue of loneliness and isolation among older Australians. It also caters to those seniors with a desire to try before they decide!

This model not only allows seniors to cure their wanderlust but enables an ideal way to 'test the waters' at Odyssey's resort-style community. Rivalling hotel costs on the coast, the Odyssey staycation includes a selection of accommodation, all on-site restaurant meals,

access to weekly lifestyle events, personal care (pending an assessment) and more.

Your holiday will be a delightful combination of fun, interesting outings and socialising. The weekly lifestyle events can be compared to those on a cruise ship – and they are incredibly popular!

Residents often enjoy trips to museums, art galleries, pub lunches, river cruises and much more. Odyssey's Lifestyle Coordinator, Allison is deftly in tune with the residents' preferences and interests. She artfully curates a lifestyle calendar to empower residents and they get a lot of enjoyment out of it each week.

From active pursuits to cultural and culinary experiences, Odyssey is proactive about helping residents to get out and attend the activities they are passionate about. Being in your senior years doesn't curb the enjoyment of hobbies and interests. Odyssey understands it's important to make senior loved ones feel valued and have a sense of purpose. The community has extensive recreational facilities – socialising can often be as simple as taking a stroll down the hallway.

The unique Robina community combines hotel luxury with unparalleled care, support and superior services tailored from person to person and in particular, seniors.

The staycation model is designed specifically to provide seniors with an opportunity to enjoy a getaway, and make new friends in a welcoming and safe social setting. This is while experiencing the benefits of spacious and fully serviced apartments.

Many seniors are feeling hesitant and perhaps a little intimidated to travel or holiday at the moment. But the Odyssey model caters to safe travel, while also offering a luxury getaway experience.

Ultimately, staying connected through social activity and participating within a community is essential in maintaining seniors' wellbeing, overall health, mental outlook and happiness. Odyssey provides peace of mind that senior loved ones will be cared for as family, treated as a VIP guest and enjoy making memories and connections.

EXCITING DEVELOPMENTS

Odyssey Lifestyle Care Communities, led by prominent aged care expert Phil Usher, is also launching its second stage of development in Robina, which will see residents traversing skybridges across six new levels.

The second stage of the community will include 48 new apartments and has been developed in consultation with residents. It will feature an entire level designed specifically for seniors with memory issues.

CEO and founder, Phil Usher said it was vital that Odyssey consult with residents and continue to include and welcome their feedback. This is something the community values. Odyssey's consumer-centric ethos is all about listening to residents, hearing what they are saying and adapting to their needs, rather than following a less inclusive model. The Odyssey model has set an excellent precedent in the industry by demonstrating the power of putting people first.

Apartments in the new stage will include a powder room as well as a deluxe bathroom. This is a design feature that was developed directly in relation to feedback from Odyssey's residents.



Set within lush gardens, Odyssey's Staycation apartments feature access to restaurant dining, sky gardens, library, piano lounge and more. Guests will also have access to 24/7 onsite nursing services and state-of-the-art artificial intelligence monitoring, to ensure safety and wellbeing.

Odyssey includes a full-service hospitality offering, breakfast, high-tea, three-course lunch and dinner, tea, coffee and drinks, nursing, personal care services and more.

In a Gold Coast first, Odyssey offers a pet-friendly and family-friendly community that welcomes overnight stays for friends and family. This all takes place in a luxury resort environment where couples stay together, and grandkids can have sleepovers.

Odyssey is a three-tower luxury aged care community, located at the high-profile site on the corner of Christine Avenue and The Crestway at Robina. It has set a new benchmark for the sector with an extensive offering of five-star accommodation, care services and amenities for residents. ■



☎ 07 5551 6720
🏠 1 The Crestway, Robina
💻 odysseycommunities.com.au

THE BEST LOCATION ON THE GOLD COAST

We all need a staycation to remind us just how lucky we are here on the Coast. One night at the Rhapsody is enough to make us remember why we all moved to the Gold Coast in the first place! Nicole Buckler reports.

I am putting it out there and you can write in all you want to argue with me, but here it is: Narrowneck is the best beach on the Gold Coast. This debate will go on for some time, as it always has at the Coast. So while you are compiling your argument defending your favourite spot, I will put my argument in front of you thusly.

First of all, the artificial reef built at Narrowneck in the late 90s not only has preserved the beach somewhat, but as all reefs do, it has created a better, more rideable wave. The reef has been topped up a few times over the years with sandbags and other materials to make sure it keeps doing what it is supposed to. The council seems all over it and it keeps this part of the beach as a paradise for surfers and swimmers.

Many locals will argue whether this wave is the best wave or not. I am here to say that it is one of life's great pleasures to watch surfers ride these waves at sunset or at dawn. When it is windy, the kite surfers come out to play, and this is a spectacle

that can be watched for hours. Narrowneck is the best beach on the Coast and I am prepared to go to hand-to-hand combat about it.

As for Staycations, there's no better place, especially in Spring. Seas are clearer in Spring, and it is a paradise on our doorstep that other humans wait their whole lives to experience.

I chose the Rhapsody Resort as the place to base myself. It is directly across the road from the beach, a 5-minute walk from the flags at Narrowneck, and a gorgeous 15-minute walk along the beach to the bright lights/big city feels of Surfers Paradise. North Surfers Paradise G:Link Station is across the road.

I checked into a 35th-floor ocean-view room. That sunrise over the ocean? Wow. It's the stuff of life. I could do it 10,000 times again from the 35th floor like I did last night and never grow tired of it.

From the balcony, I could see all the way to South Straddie and even further. And it was

Special Discount for Silver Readers

When booking, use the promo code "SILVERMAG." This will get Silver readers 15% discount of all BAR rates and room types across all travel dates. The special discount will be valid until the end of February, so get booking! This code can be applied directly when using rhapsodyresort.com.au/booking or quoted to the reservations team over the phone.

a perfect day – that kind of day where the sun touches your skin after an early Spring swim, and you feel like you are being kissed all over by a minor deity. As a massive fan of North Gold Coast, I loved my aspect from the 35th floor, I could survey all that I own. Okay I wish I owned it. Maybe one day I will!

As for the resort, it's got some cool stuff. Downstairs is a café that is a favourite of locals getting their coffee and morning goodies. The food was amazing. The pool is gorgeous, as resort pools are, it catches the sun perfectly. The rooms have the kind of panoramas that made the Gold Coast famous. There are no beach panoramas anywhere like it in the world. Turquoise oceans and blue skies that inject you with wellbeing and big feels.

The Level 41 garden rooftop terrace is the jewel in the crown. We grabbed some champers and sat up there and were lucky enough to have a full moon splashing us with its beams of light. It was just so soul-satisfying that it was actually hard to leave the hotel!

We all know the usual haunts for staycations on the Coast. If you are looking for something new and a little different, then this is your place. And it is on the very best beach on the coast. Send your long, but also wrong, arguments about other beaches to Nicole@sunkissmedia.com.au. ■



DANCING

DYNAMITE FOR YOUR WELLBEING

People dance for many reasons. But did you know that dancing has great health benefits as well? Steven Bock from 5th Avenue Dance tells us everything he has discovered about just how good dancing is for your wellbeing.



We all know that exercise is the ultimate medicine. Staying active is paramount for wellbeing, especially in the years after 50. But what if you could combine a fun activity with exercise so that you didn't even feel like you were exercising at all? That's exactly why so many people do dancing – it's so fun that you forget you are getting quite the workout. Dancing is amazing for wellbeing. Here's why.

BENEFITS:

- **Improve the condition of your heart and lungs;** due to the (sometimes) aerobic nature of some of the faster dances. At 5th Avenue Dance we structure your 45 minute lessons to warm up with a Foxtrot which moves around the room, then a slower Latin dance the Rumba, before we hit the faster tempos of Swing, a break with some wonderful Waltz, before moving onto a faster Cha Cha then cool down with a Tango.
- **Increase your muscular strength.** When you are dancing, you are moving! Our 5th Avenue Dance instructors are very aware of your starting level of fitness, and take this into account as we teach you to dance, and within a very short period of time what you can do, increases.
- **Increase endurance.** Dancing may not seem like exercise in the same way as going to the gym, riding a bike or training for a triathlon. But we are dancing and moving for 45 minutes, which is a good workout. The difference is the music and fun (not to mention the skill you are learning).
- **Weight management.** Exercise is great. Even better is a variety of exercise to burn calories.



5th Avenue dance party! Come join the fun!



Ballroom dancing at 5th Avenue for fitness and fun!



Steven and Maki are dance instructors at 5th Avenue Dance.

Your body gets used to just swimming, or just running. Dancing a variety of dances uses different muscle groups at different speeds. This is hard for your body to "get used to" so therefore more calories are burned.

- **Stronger bones and reduced risk of osteoporosis.** According to Osteoporosis Australia, dancing is categorised as highly Osteogenic. Dancing is right up there in the number one category.
 - Highly Osteogenic: Dancing/Gymnastics, Basketball/Netball, Tennis, Jump rope
 - Moderately Osteogenic: Running/Jogging, Brisk/Hill walking, Stair climbing
 - Low Osteogenic: Leisure walking, Lawn Bowls, Yoga/Pilates
 - Non-Osteogenic: Swimming and Cycling
- **Better coordination, agility, and flexibility.** This is very important in the later years to maintain balance and prevent falls. At 5th Avenue Dance we concentrate on feet placement and timing. This leads to better balance and coordination and gives you increased agility and flexibility as well as spatial awareness (very important on

a social dance floor with many other couples dancing and having fun).

- **Increased physical confidence.** As your stamina increases, together with balance and timing, your physical confidence in what you can do skyrockets. For those needing the occasional helping hand, your connection to your dance partner supplies this – allowing you to fly across the dance floor.
- **Improved general and psychological wellbeing.** Being social and making new friends in the later years has been shown time and time again to lengthen lifespan and increase wellbeing.
- **Better social skills.** At 5th Avenue Dance we are constantly recommending changing partners in group lessons. Our students make us so proud, even those who have their own partner go out of the way to ask and dance with all partners. You can never have too many friends, right?

To find out more about whether dancing can benefit your health, come in and take advantage of our complementary private dance lesson. Time to have fun! ■

BOOK YOUR FREE LESSON!

Don't wait, come have a free lesson!
Walk in – DANCE OUT!

☎ 07 5527 8018
📍 7/115 Currumburra Rd, Ashmore
💻 5thavenuedance.com.au

THINGS WE LOVE

Getting Around

Don't let age stop the party. Here are some of our favourite things from Adaptive Equipment to keep you moving.

Adaptive Equipment
Shop 4, 41 Ferry Road,
Southport, (Behind KFC)
Mon – Fri: 9am to 5pm

info@adaptiveequipment.com.au
Call Tess or John on 07 5661 4432



**ASPIRE CLASSIC 8"
SEAT WALKER / ROLLATOR**

This machine has very sensitive hand brakes. People with arthritis or wrist/hand joint pain will find this a breeze. The rustproof, robust aluminium frame is tough and stable but also lightweight. It's easy to manoeuvre with its puncture-proof wheels, and it's easy to transport it. It's easy to fold. The curved and padded backrest makes the seat comfy. The padded seat flips up easily for access to the storage bag. So get out on the town!



ASPIRE VOGUE ADVENTURE WALKER

This beauty has a heavy-duty frame and wider seat. This can hold up to 200kg. The European design offers personalised height adjustment. It has large multi-terrain wheels for durability and stability on and off road. You can go on serious adventures with this!



**ASPIRE VOGUE
LIGHTWEIGHT 2 WALKER**

This Danish-designed walker is all about the luxury look and feel. It is lightweight and ergonomically design with small turning circle for excellent manoeuvrability. It automatically locates to pre-set heights, making adjustment simple and accurate. The removable utility bag is simple and stylish and can be removed for shopping. Nice!



ASPIRE VOGUE FOREARM WALKER

This walker has a smart posture system – equipped with forearm supports that are height, depth and angle adjustable. This helps with balance and weight distribution. It has advanced locking handbrakes – for increased user safety when walking and sitting. You'll shop until you drop with this walker, and then go back for more!



**CARBON FIBRE TALL
WALKER – ASPIRE VOGUE**

This impressive gadget has a super lightweight carbon-fibre frame. It has ergonomic handles and refined colours. It locks when folded which makes transportation and storage easier. It comes with unbreakable TPE super soft wheels. This will get you whizzing around that shopping centre in style.

HOME CARE

Our BallyCara HomeCare team are dedicated and committed to supporting you with flexible on time rostered services tailored to your individual needs.

- HomeCare Package Provider
- Accredited HomeCare provider across all 8 Aged Care Quality and Safety Commission Standards
- Responsive and flexible support - HomeCare delivered the way you choose
- Government subsidised and private service options available
- Friendly client-focused care from highly trained support teams
- Local offices supporting local clients in HomeCare services

Some of our services on offer

- Allied Health services including - Exercise Physiologist
- Nursing and Personal Care
- Household tasks including - Cleaning and Gardening

COME AND TRY AN EXERCISE CLASS!

WELLNESS

BallyCara's team of Exercise Physiologists are offering you the chance to start your fitness journey for **FREE!***

- All classes and sessions run by Accredited Exercise Physiologist
- Group exercise and 1-1 classes
- Individual exercise tailored to your health and functional status
- Veteran's Affair, Medicare and HomeCare subsidies available

HYDROTHERAPY

- Monday - 1:30pm - Gold Coast Performance Centre
- Tuesday - 1:00pm - Laurie Lawrence Pool Burleigh Heads

CIRCUIT CLASSES

- Thursday - 8:00am - Burleigh Waters Community Centre
- Thursday - 10:30am - Pimpama School of Arts

A great opportunity to try something new!

For more information about our Wellness services please contact us on:

1300 272 222
wellness@ballycara.com
www.ballycara.com

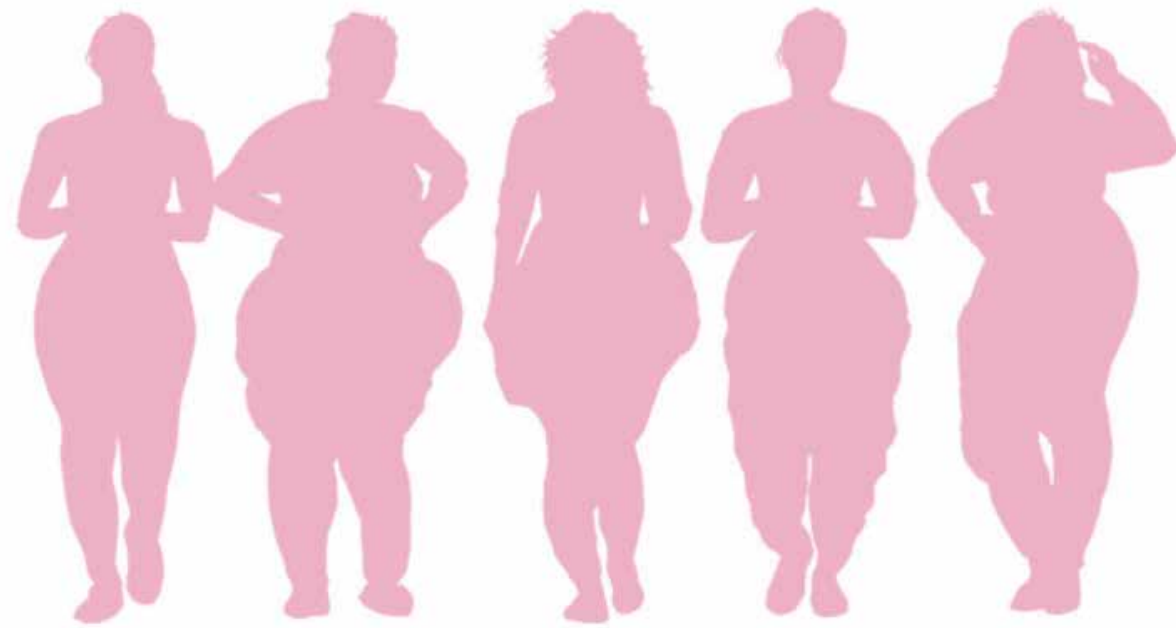


For more information about our HomeCare services please contact us on:

1300 272 222
homecare@ballycara.com
www.ballycara.com



*First class only free



COULD YOU HAVE LIPOEDEMA?

Lipoedema is a chronic condition characterised by a painful and abnormal accumulation of fat cells in the hips, thighs, buttocks, legs and sometimes arms. The legs may become swollen, bruise easily, feel tender and uncomfortable. The diseased fat cannot be reduced by diet or exercise, weight loss surgery or medications. Many women have this disease and grow increasingly frustrated by not understanding why their bodies are changing. They often get a misdiagnosis of obesity. Does this sound familiar? If so, read on!

“There are currently many generations of women that are stuck with diseased fat in their legs,” says Dr Lekich from Lipoedema Surgical Solution. Sufferers of early-stage Lipoedema often have column-shaped legs. As the condition worsens, the fat continues to build up and the lower half of their body becomes heavier. The lipoedemic fat can also build up in the arms. The fat cannot be exercised or dieted away. Many patients eat well and exercise yet continue to develop fat on their lipoedemic areas.

Dr Chris Lekich is the medical director of Lipoedema Surgical Solution and Vein Doctors Group, attached to the Miami Private Hospital, a purpose built facility for varicose vein and lipoedema surgeries.



Before and after treatment at Lipoedema Surgical Solution and Vein Doctors Group at Miami.



The condition almost exclusively affects women and it is estimated that 1 in 10 women suffer with Lipoedema. Onset times include puberty or pregnancy, or during menopause.

The condition is poorly understood and often dismissed as obesity. If not diagnosed and managed properly Lipoedema can result in further complications.

Dr Chris Lekich is the medical director of Lipoedema Surgical Solution and Vein Doctors Group, attached to the Miami Private Hospital, a purpose built facility for varicose vein and

lipoedema surgeries. It is a medical clinic, not a cosmetic clinic, focused on taking a holistic approach to health for the best possible outcomes. Dr Lekich has spent a considerable amount of time in Germany, training with world-leading experts in Lipoedema. He says, “In Australia, we are 15 years behind Germany with our awareness of Lipoedema.”

Now Dr Lekich is passionate about spreading awareness about the condition. He wants everyone from referring doctors, to the media, to politicians to know about it. If you suspect you have it, then call the number in the contact box. ■



LIPOEDEMA SURGICAL SOLUTION AND VEIN DOCTORS GROUP

Gold Coast Head Office

24 Hillcrest Parade, Miami QLD 4220
1800 367 534

CASE STUDY

LIPOEDEMA SURGERY

Kerrie believes she may have had Lipoedema, without knowing, as early as thirty years ago. For over twenty years doctors told her to simply ‘lose weight’. Most recently it was even suggested for her to undergo gastric bypass surgery.

A rheumatologist pointed to her thighs and legs and stated that no one, including him, would ever be able to help Kerrie because of her size. Kerrie was becoming reluctant to walk as it was beginning to take up too much energy, and was worried she may even end up in a wheelchair. She was not coping with the torment of people’s comments and stares.

After experiencing years of physical and psychological pain, at Christmas time in 2019 Kerrie made a New Year’s resolution with herself to try and lose weight again. It was January 2020 when someone approached Kerrie in a shopping centre and told her she could have Lipoedema.

Kerrie researched the condition online and knew straight away that she had Lipoedema. Kerrie followed Dr Lekich’s advice, including undertaking a ketogenic diet. Kerrie believes it was the right diet for her, as she immediately began to see her weight drop in her abdomen after strictly following the plan. The next step in Kerrie’s treatment was to



undergo Lipoextraction surgery with Dr Lekich for the diseased fat that was stuck in her legs.

Dr Lekich initially anticipated that Kerrie would need five surgeries in total, however, the process was completed after just three.

Kerrie had 6.6 Litres of diseased fat removed from her lower legs in her first surgery, that was unable to be exercised or dieted away, in fact, just three days post-surgery, Kerrie walked 1.9km to her next check up.

Kerrie had three surgeries with a total of 17 Litres of diseased fat being removed from her legs over a 4 month period.

“I feel so much better now because I no longer feel I have bricks on the bottom of my legs. My sleep has improved and even the arthritic pain in my knees has decreased since the surgery. I would never have thought my legs would look and feel so good.” ■

Don't Travel Between Appointments! There's Now a One-Stop Care Spot for Breast Cancer.

Gold Coast Private Hospital have just launched a dedicated Breast Care Centre. This means that women with breast cancer can get a range of services under one roof. And, you aren't going it alone. Patients are guided through the different stages of their treatment by a dedicated breast care nurse.



Sharra Artz, Gold Coast Private Hospital Breast Care Nurse, has been fundamental in setting up the Coast's dedicated breast care centre.

The centre, at the **Gold Coast Private Hospital**, offers on-site breast surgeons, nurses, radiographers, psychologists, physiotherapists, oncologists (medical and radiation), pathologists and a geneticist. This is to ensure everything is provided on-site.

Breast Care Nurse Sharra Artz, who has over 20 years' experience in oncology nursing, has been fundamental in setting up the service and is essential in the patient's breast cancer journey. "I feel very blessed in my role of being able to offer support, education, guidance, comfort and a friendly face. It must be one of the most challenging and overwhelming times in someone's life. My role is to be by the patient's side from the beginning. I gently guide and answer questions and ensure all the patients' needs are being met – right into survivorship where women need a different type of emotional support."

It is not uncommon for women to experience discomfort after their procedures. So the hospital has created a nurturing take-home

care pack. Partnering with local businesses, the pack includes deodorant paste from Beautiful Batches, lip balm from A Bit Hippy, healing balms and wound care from Great Health Company and breast pillows from St James Church sewing group.

Breast Cancer Patient Tani Nokes said, "I feel really blessed with the support I got from the hospital and was fortunate to get an early diagnosis. I tell everyone I know to get an ultrasound now. It may sound strange, but it was a wonderful experience at what could have been a very stressful time. I had no idea what to expect and I was able to contact Nurse Sharra at any time of the day or night, I didn't have to worry about a thing."

Under the care of Breast Surgeon Heidi Peverill, Tani had a biopsy that found a small tumour. She did not need chemotherapy, and started Radiation Oncology with Dr Dominic Lunn.

The Breast Care Centre is committed to providing superior breast care in one location. Diagnostic, imaging and treatment schedules are all part of the service.

The centre is owned and operated by Healthscope's Gold Coast Private Hospital. They are leaders in bringing together the expertise of a multidisciplinary team. This particular team specialises in the treatment of benign and malignant cancers. It also offers breast implant safety checks and ultrasounds.

The Breast Care Centre is supported by onsite chemotherapy services including a Day Infusion Centre and Radiation Oncology. This provides patients with the highest quality care in both medical and emotional support. ■



Want to make an enquiry? Log onto www.goldcoastprivatehospital.com.au

Gold Coast Private Hospital

☎ 07 5552 2965

✉ sharra.artz@healthscope.com.au

💻 www.GCPH.com.au/services/breast-care

THE GOLD COAST'S EXCITING NEW FACE OF RETIREMENT LIVING

Fresh, innovative, and stylish are terms not typically associated with retirement living.

But a closer look shows a quiet revolution is underway on the Gold Coast, with local developer GemLife shaking up the landscape and transforming the way over-50s, downsizers, and retirees live in 2021 and beyond.

GemLife launched just over four years ago and now has ten over-50s lifestyle resorts across

Australia. The Director and CEO Adrian Puljich, himself a Gold Coaster, said he was excited to bring its innovative home and lifestyle concept to the Gold Coast and nearby Tweed. Both estates are in the early stages of development.

GemLife is at the forefront of a revolution in over-50s' living – one which Adrian says has been

long overdue. The real estate industry has been slow to adapt to the changing wants and needs of older Australians who are healthier and more active than ever before, and equally passionate about great design as younger generations.

"Retirement is a loaded word that comes with a host of outdated associations about ageing that don't reflect the reality of today's over-50s. This is, even more so, the case with ideas about 'retirement living,'" said Adrian.

"There is a huge gap between the stereotypes and the truth. Most over-50s are adventurous, curious and freedom-loving – they see life opening up before them, not slowing down," he said.

When GemLife launched, Adrian set out to redefine the sector with an emphasis on a dynamic lifestyle, high-quality homes, and a huge offering of resort-style facilities for fitness and fun.

Typically, facilities at a GemLife resort include a luxury country club with an indoor swimming pool, spa, sauna, ten-pin bowling, golf simulator, cinema, bar and café. This is in addition to an

outdoor pool, barbecue areas, tennis courts, and community garden. All resorts are pet-friendly, and have an off-leash dog run.

The approach has hit the mark – across Australia GemLife homes are consistently selling faster than competitors. "Our first resort at Bribie Island was forecast to be an eight-year project, but we are already wrapping up the resort's final stage and have almost sold out in half that time. Our resorts are all about a terrific lifestyle, underscored by quality design and construction, attention to detail and responsiveness. That has been a big part of our success," he said.

Increasingly, the resorts attract younger buyers, many still working full or part-time, looking to free themselves from the responsibilities of large family homes. Frequent feedback from older residents, according to Adrian, is that they wish they'd done it sooner.

"We've also had the 50-year-old children of prospective residents so impressed by what they see, they end up moving in too."





That is what happened to Michelle Thomas, who now lives at GemLife Bribie Island in Moreton Bay. "Mum and dad had gone unconditional on their waterfront villa and were waiting to start building when they invited us to an open day. I came along to see what they were so excited about. I went home with all the information and came back an hour later to tell them that Dave and I were putting our house on the market, and we moved in that April," said Michelle.

Adrian said that word-of-mouth was a strong driver for the company, with family recommending the GemLife lifestyle to other family members and friends recommending to their friends. "We even have employees whose own parents have moved in. The strength of belief in our offering means a lot to me personally."

For Adrian, taking over-50s living in a fresh, vibrant direction with GemLife has been a long-held passion. "I'm excited and inspired by what we're doing at our resorts. It's about staying innovative and creating an environment that opens up possibilities for over-50s to live life to the fullest."



ABOUT GEMLIFE GOLD COAST

Set upon a unique, elevated 46.4-hectare site with sweeping views all the way to Surfers Paradise and bordered by beautiful natural bushland, GemLife Gold Coast is set to become a flagship, signature resort.

It has an incredible three-level country club complete with rooftop infinity pool, fitness centre, indoor pool and spa, bar and lounge, wine room and more. It also has a separate wellness centre with a lagoon-style pool, outdoor yoga and indoor Pilates' studio. Plus, it has an origami-inspired pavilion set atop the resort's highest point to capture 180-degree views across the Gold Coast's coastline. Peacefully ensconced in a picturesque part of Pimpama in the housing growth corridor between Brisbane and the Gold Coast, the centrally located GemLife Gold Coast puts the coast's world-famous beaches and coastline, the natural beauty of the sub-tropical hinterland and Brisbane's city-life all within easy reach.

The resort's architecturally designed homes are six-star energy rated and built with high-end, low-maintenance living in mind. With unrivalled levels of customisation available, including multiple colour-schemes and facade options, your home will truly be your sanctuary.

ABOUT GEMLIFE TWEED WATERS

Superb design, inspired by the natural coastal beauty of the Tweed and mid-century modernism, will define the exclusive, boutique over-50s lifestyle resort, GemLife Tweed Waters.

Set in a premium position with direct waterway access, the resort will feature just under 100 homes and a stunning modern waterfront country club. It will have an extensive array of premium fitness and leisure facilities, including a fabulous roof-top swimming pool.

The gated lifestyle resort would take advantage of the natural features of its idyllic coastal location, offering luxurious, low-maintenance living and premium facilities that let buyers downsize their responsibilities and upsize their lifestyle.

The architecture of the resort's two-storey country club will feature a sleek, coastal look with references to southern Californian mid-century modernism, but with a Tweed twist. Incorporating



a coastal material palette including stone and louvred feature walls, and interesting use of timber, the club wraps around the waterfront to maximise a north-east aspect.

Facilities in and around the country club include an outdoor yoga studio, bar and cafe, gym studio, outdoor lounge areas, fire pits, barbecue facilities, cinema, a creative arts space and much more.

ABOUT GEMLIFE

GemLife's secure, gated resorts are in country and coastal locations in Queensland, Victoria, and New South Wales. ■

Call **GEMLIFE GOLD COAST**
on 1800 325 229

or GemLife Tweed Waters
on 1800 325 226

visit www.gemlife.com.au



TAMBORINE RAINFOREST SKYWALK

There are bushwalks all around the Gold Coast. But if you want something a little different, then head on up to the Tamborine Rainforest Skywalk, and make peace with your fear of heights! Nicole Buckler reports.

We lowlanders on the Gold Coast don't get up to the Hinterlands enough. But we should, because it's rainforestry and naturish and gorgeous. There are lovely locals who are all relaxed and talk about giant staghorns and ferns that are as big as an Arundel townhouse. And all that fresh air. We all need more of it, to cleanse away all of the sins our brain has gathered from watching too much Netflix.

For something different, try the Tamborine Rainforest Skywalk. The circuit is a 1.5km walk in total and takes it about 45 minutes at a leisurely pace. It was built by the Moore family, after they spent four years researching and planning the tourist attraction. And, as soon as you step onto the steel skywalk, you can feel just how much money was invested in the site.

The skywalk itself hovers at the tops of absolutely huge palm trees. I challenge you to



show me taller palm trees than those that exist in this oasis. Colourful birds swoop past your head, so close they threaten to take your eyebrows with them.

This is a place to walk slowly, and take it all in. You have to spend a lot of time just being still, listening to the birds and waiting for nature to appear. This isn't somewhere to powerwalk at full speed in your designer lycra, Karen. Just calm the hell down or you will miss the point of the exercise.

This walk is very easy and very accessible. Part of it is wheelchair friendly. All of it is unchallenging. So people of all abilities can crack on and do the circuit.

The *pièce de résistance* is the cantilever. This is a place that Instagram dreams are made of.

Of course, it is the journey that counts here. At every turn there is a giant strangler fig, a rare orchid, or a finger lime tree, with fruit waiting to be snatched. Or, there is a seat, positioned perfectly to take in butterflies, birds, platypus or whatever creature is trying to make their living in the beautiful rainforest surrounds.

The walk starts with an Eco gallery, and ends at Skywalk's Birdwing Coffee Shop. Just have the cookie and the cappuccino, you know you want to! ■

The Skywalk is open 7 days from 9:30am with final walks at 4pm. The Skywalk closes at 5pm. Adults \$19.50, Children \$9.50, Family \$44.00 (2 adults & 1 child), Extra Child \$5.00 and Senior/Student Card Holders \$16.50.

The Skywalk is located at 333 Geissmann Drive, North Tamborine

See www.rainforestskywalk.com.au for a map. Groups are welcome: Ph 07 5545 2222

From Caravan to Cruise

Our caravan aficionados Jan and Peter (both 74) combine a caravan holiday with a cruising holiday, making the most of a Queensland getaway.

With winter approaching, the warmer weather in northern Queensland was looking attractive! We decided to follow the Queensland coastline up as far as Airlie Beach and then hire a boat to cruise the Whitsundays.

We told friends of the trip. The first thing they asked was, 'Do you need a boat licence?' While our boating experience was useful, a licence wasn't a mandatory requirement. Yes, that's right, you can hire a cruiser and not have a boating licence!

Twenty-two years ago, we chartered a similar vessel in the Whitsundays, so we thought we would recapture fond memories, seeing as we can't travel overseas.

We spent a great week of caravanning from the Gold Coast to Airlie Beach. From here, we found the Whitsunday Yacht Charters' office above the restaurants and tourist shops in the Coral Sea Marina. We viewed our vessel which would be our home for 8 nights. *Sunquest* is a 44 ft catamaran, twin engine motor cruiser. Beautiful.

Whitsunday Charters phoned to advise our vessel would be available from 2pm for boarding, which allowed us to be well settled in before our departure the following morning. We stocked up on groceries from Woolworths nearby.

For an extra fee, an additional night can be spent on the boat in the marina in a 'sleepover' (as they

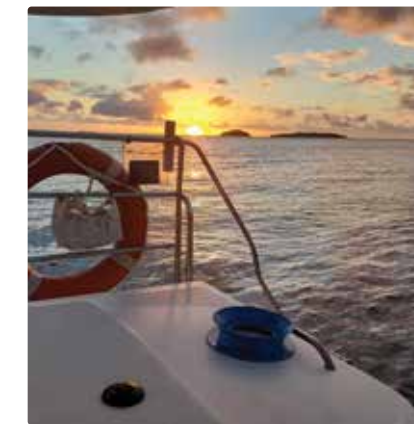
BELOW The Sunquest



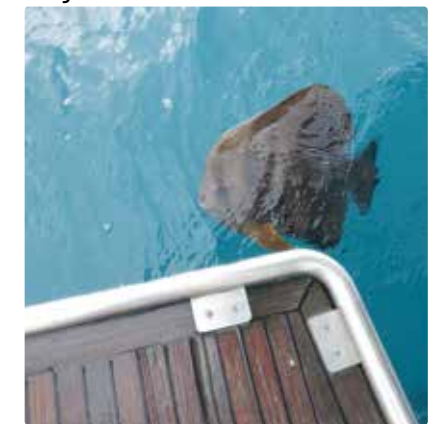
Stonehaven



Sunset at Stonehaven



Langford Reef Visitor



call it). With a separate company, we arranged secure parking for our vehicle and caravan.

A staff member came on board to acquaint us to the workings of the stove, fridge, water, bathrooms, gas and power while we were plugged into the marina power.

No grey water is allowed to be released while in the harbour. A key was provided for the marina bathroom facilities. We strolled along the boardwalk to Airlie Beach to purchase fresh seafood for our first dinner on board.

TRAINING

We were up early to greet our instructor who arrived at 8am. The 4-hour orientation for operating *Sunquest* was informative and very helpful. The very explanatory navigation book *A Hundred Magic Miles* was perused and explained. As the prevailing winds for the following week were predicted to be south-easterly, we were made aware that comfortable anchorages would be on the northern sides of the islands.

The charter company ensures that the hirer understands the operation and all functions of the vessel. This includes navigation rules, how to read charts and successfully navigate reefs, shallow areas and anchorages. Once the briefing is completed, the hirer is assessed while manoeuvring the vessel out of the harbour.

SKEDS

The hirers are required to make regular radio contact with the charter base. Two 'skeds' (scheduled radio contact) are compulsory each day with the charter base. The base will then give the hirers a forecast for weather, wind and sea.

At the 9am sked, the route for the day is reported. At 4pm the hirer advises their overnight anchorage. If an unsuitable mooring has been selected, they are required to move to a safe one.

Just outside the marina we were instructed on how to secure the boat to a mooring buoy and, alternatively, how to drop an anchor. Jan found retrieving the heavy mooring rope quite a challenge!

It is preferable to use mooring buoys where possible. This protects reefs from the damage caused by anchors. When no buoys are available anchoring further offshore is acceptable.

Having satisfied our instructor, we returned him to the marina. Then, we were on our way!

WHITSUNDAY PASSAGE

We rounded Cape Conway and passed North Mole Island where we encountered choppy seas for our crossing of Whitsunday Passage to Hook Island. On the 3 June 1770 Lieutenant James Cook sailed into these waters. He named them in commemoration of Whitsun, which falls on the 7th Sunday after Easter.

Stonehaven was our overnight anchorage. There, Jan struggled with retrieving the heavy mooring rope from the buoy while dangling over the bow. We made our 4pm radio sked to advise the base that we were secure for the evening. It was a very restful evening in slight seas. A pink sunset enhanced our view across the water to Hayman Island and Langford Reef.

Mooring was the topic of conversation over breakfast. After our 9am sked to advise of our itinerary, we moved over to Langford Reef.



Hayman Is Dolphin Pt



Jan extracted Peter from the captain's seat while Peter caught, lifted and secured the mooring rope. This was a great improvement and we successfully continued to use this arrangement. As soon as we were settled, a school of large batfish swam right up to the rear duckboard and popped their faces out of the water to look at us. What a surprise! They are obviously used to being hand fed.

HAYMAN ISLAND

We made our lunch time anchorage Blue Pearl Bay on the northwest side of Hayman Island. We took the opportunity to snorkel on the reef. There were coral trout, parrot fish, batfish, and schools of tiny colourful fish.

Tropical cyclone Debbie made landfall in March 2017. Underwater we could see the trail of destruction she left on the coral. A tour group arrived, and we followed their lead to discover that the best coral and colorful fish were further offshore.

That afternoon we cruised around the north-western tip of Hayman Island towards Hook Island and picked up a mooring buoy in Butterfly Bay. We launched the tender (a smaller boat used to get to shore) to explore the beach. At the northern end,

we scrambled over rocks along a watercourse which, to our surprise, led to a waterfall. Although Butterfly Bay was named because of its shape, butterflies hovered all around us in the thick vegetation and ferns. We were back on board *Sunquest* in time to enjoy another lovely sunset.

UNDERWATER ADVENTURES

In perfect morning sunshine (after our regulatory 9am sked) the tender was launched. We motored to the other side of the Butterfly Bay to snorkel along the reef. The marine life on the large coral bommies was fascinating.

Further into the bay we spied a turtle and lots of coloured fish. Back on board, the tender was hoisted up at the stern. Our stinger protection suits were hung up to dry, and lunch devoured. (May is the very end of season when the Irukandji stingers can be found in these waters).

THE OUTER ISLANDS

We were on our way again. With the auto pilot set for Border Island out to the East, we enjoyed smooth water and fine weather for the hour-and-a-half crossing in open seas. We picked up a mooring buoy in Cataran Bay, sheltered from the south easterly winds. An afternoon

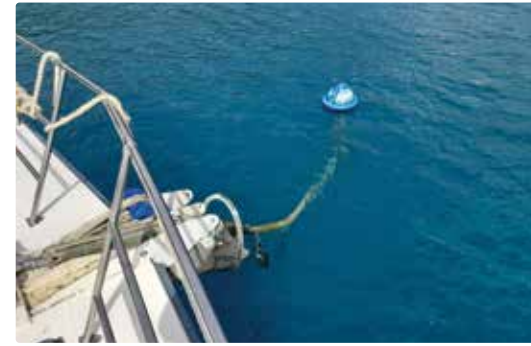
You don't need a boat licence to drive.



Hook Is Butterfly Bay



Mooring Butterfly Bay



Mothers Day morning



Dinner is served



hike took us to Mosstrooper Peak to marvel at the views of the pretty bays below us as well as Deloraine, Whitsunday and Hazelwood Islands in the distance.

Strong south-easterly winds greeted us in the morning which meant we encountered a choppy crossing once we cleared the shelter of Border Island. We were headed for shelter in Tongue Bay on Whitsunday Island. This bay is very popular with tourist boats. Luckily, we managed to hook one of the last available buoys.

The walk along the forested paths took us to lookouts over the spectacular Whitehaven Beach and Hill Inlet. The harvesting of hoop pines took place here from the late 1800s to early 1900s. Sawn timber was shipped to the mainland.

In a falling tide, a fellow tourist helped us pull the tender off the beach enabling us to return to *Sunquest* for lunch. We cruised along the length of Whitehaven and inside Lagoon Rock to one of the last available mooring buoys at Chalkies Beach, Hazelwood Island. Ashore, we enjoyed a short climb up stairs to the lookout. We could see Whitehaven, Martin Islet and the Solway Passage. This is the main route for boats which transport tourists from Hamilton Island to Whitehaven Beach. Sheep had grazed on Hazelwood Island

in the 1930s. It was declared a National Park in 1940.

Back on board and on the flybridge for the 4pm sked, we relaxed with our favorite drink. It was a wonderful calm mooring but, in the morning, a strong current made snorkelling too much of a challenge. We moved *Sunquest* to the northern end of Chalkies Beach, swam out against the current and drifted slowly back enjoying the marine life along the drop off.

We later took the tender to explore along the northern side of Hazelwood Island. Our goal was Windy Bay where we spent a lovely day 22 years ago. We anchored the tender near the headland at the entrance to the shallow bay and again loved strolling along this deserted beach, exploring all the nooks and crannies and a small creek. We searched for the track that previously led over the island to a reef on the other side. But alas, the track was now overgrown.

On our return journey we walked the tender through shallow crystal-clear blue waters with a cute island just offshore. There was a lovely beach on the headland at Katies Cove, to the north of Chalkies. We had an impressive view of the edge of the reef as we slowly motored back over it to *Sunquest*.



Border Is Mosstrooper Peak



Hook Is Butterfly Bay from the beach



BELOW Hazelwood Island**BELOW** Hazelwood Island on Chalkies Beach**BELOW** Hazelwood Is Windy Bay**BELOW** The very famous Whitehaven Beach

THE ESSENTIALS

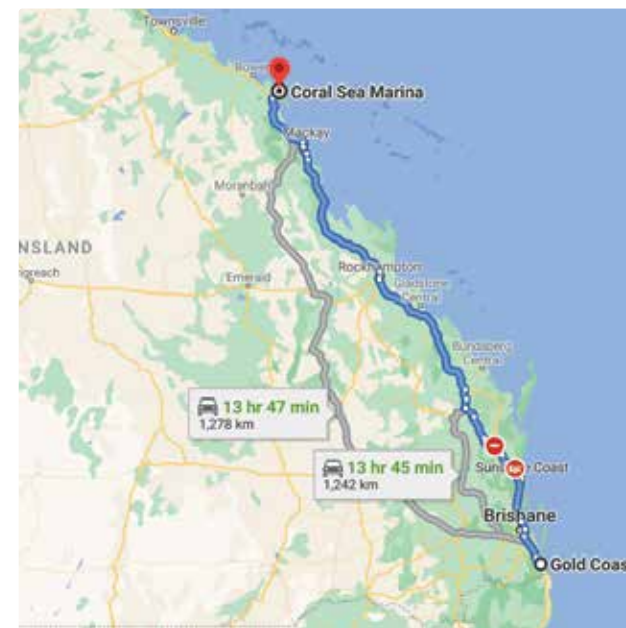
The batteries needed to be recharged by running the engines for a minimum of 4 hours each day. As a result of motoring for a very short time the previous day, our power and hot water supply were low. We took off at 7.30am and cruised the long way around the eastern side of Border Island to recharge the batteries. The high cliffs and small sheltered bays along the island were lovely. We did our morning sked while cruising in calm open seas.

MORE EXPLORATION

On Hook Island we moored in Saba Bay. With a fringing reef here, we made a very cautious entry. What a delight to find we had the bay and pretty coves all to ourselves. The tender took us to the end of the bay for an interesting snorkel out towards the drop off. We decided to move on after lunch because of the falling tide and shallow reefs at the entrance to the bay.

Cairn Bay, on Whitsunday Island, was our evening anchorage. Just across the Passage was the beach which once housed the Hook Island Underwater Observatory. It was a tourist attraction constructed in 1966 but, it was closed because the submarine viewing chamber had insufficient ventilation. Since its closure it has fallen into disrepair.

With the tender secured on Cairn beach, we explored the shoreline and a campground nearby. The currents and wind swung us backwards and forwards in the evening. This caused the buoy to bang against the hulls, disturbing our sleep, despite us freeing it a couple of times. In the morning we noticed a nearby yachting had pulled his buoy up above the water. We wondered why we hadn't thought of that.

BELOW Border Is Cataran Bay

We were now in phone range which was unplanned but fortunate as it was Mothers' Day. Jan was able to answer greetings from our family. With the tender on shore, we snorkeled straight off the beach. It was at the top of the tide allowing a lovely snorkel with no current. We swam out as far as the drop off which was the best viewing on this journey. Again, there was cyclone damage, no staghorn or branch corals, but coral bommies, schools of fish and soft corals.

After negotiating the swirling currents at the entrance to Hook Passage, we travelled up the eastern side of the island. Luncheon Bay on the northern side offered a sheltered spot, appropriately, in this pretty area for lunch. A passage between Hayman and Hook Island led to Stonehaven where we hooked on one of the few vacant buoys for the evening. It was protected from strong winds.

On our last morning we departed at 7.30am entering choppy seas until we rounded North Molle Island. A radio call on approach to Airlie Beach brought two deck hands on board as we arrived in the harbour for a condition report, refueling and a debrief. We were surprised that our fuel bill was only \$187.00.

Our car was waiting for us at the marina. We collected our caravan, and enjoyed the next week travelling south along the Australian Country Way towards the Gold Coast and home. Another caravan adventure awaits! ■

BELOW Opposite Katies Cove**BELOW** Saba Bay**BELOW** Cairn Beach Whitsunday Islands**BELOW** Luncheon Bay Hook Is

Want to hire a boat like Jan and Peter? Then check out whitsundaysyachtcharters.com.au.

MUST-HAVE CARAVAN ACCESSORIES

The Caravan Repair Company at Burleigh Heads is known across Queensland and New South Wales as the place to go to restore a caravan or get it fixed. They tell us what accessories makes the caravanning experience even better.

Caravanning is great fun and very much part of the Australian culture. It is a great way to get around and a budget-friendly way to holiday. Is there anything better than hitching up the caravan and heading off on a relaxing road trip? Well yes actually. And that's knowing you have the right accessories for any situation that may crop up before you start your trek. That knowledge will ensure the journey is as stress-free and fun as possible.

If you own a caravan, you probably treat it like a little palace, filling it with everything to make it as comfortable and attractive as possible. We know this at The Caravan Repair Company as we deal with so many proud and happy owners. Here are what we think are the must-have caravan accessories on the Gold Coast.

CLEVER INNOVATIONS

One of the most clever and innovative products is tyre repair spray. It seals a hole temporarily,

allowing reinflation without having to remove the tyre. This product could get you out of a very difficult situation since it enables you to cover a few hundred kilometres before the damaged tyre needs permanent repair. Come in and see us and we will get you sorted out with some of this amazing product.

SOLAR ACCESSORIES

Depending on where you are planning on travelling to, you may need to invest in solar panels or a solar blanket, charger, battery and inverter, so you can create a chain of power. In simple terms, this chain of power ensures you can take your precious coffee machine, or other appliance, with you so you can still enjoy a great cappuccino, even if you're off-grid.

AN AERIAL OR ANTENNA

Caravanning is a home away from home trip, and for many that means home comforts can come

along, including a television. Many caravans now have a TV antenna installed as standard but if yours does not, it is an easy installation with us.

Antennas are a great way to stay in touch with the world. The great outdoors can lose its appeal sometimes for younger travellers who want to connect with their friends back at home. Being connected to the internet and watching TV helps keep all family members happy.

Aerials come in a huge range of shapes and sizes, but you'll need to choose if you want a directional aerial or an omnidirectional aerial. An ariel will give you terrestrial television. Satellite TV in your caravan is a bit more complex, so come and have a conversation with us and we can help you make some choices there.

And of course, there are safety benefits that come with having an antenna. In the event of something going wrong, you get the peace of mind that you can contact the outside world. With a working antenna, you're never really lost.

ELECTRONIC STABILITY CONTROL

This accessory is specifically for towing caravans. It is a must-have if you do a lot of towing and are concerned about safety.

Caravans that are being towed can be unstable, and particularly vulnerable to sideways movement. When a critical point of lateral movement is reached, it could overturn. The ESC monitors the movements and automatically applies the brakes when necessary to bring the caravan back into line and restabilising it.

WATER

One of the realities of travelling anywhere in Australia, especially through the warmer months, is that you will need to carry fresh, clean drinking water with you. A 40-litre water can on wheels will make the job of transporting the water supply from the source back to your van, just that little bit easier. Ask us about the water tank on wheels.

HOME COMFORTS

If you are bringing your interior up to spec, consider getting a modern aircon system. A long time in the heat at a holiday destination is no fun if the air conditioning is broken or non-existent!



Similarly, you'll probably want the best facilities when it comes to mealtimes. A lot of caravan owners love their microwaves, as they're quick to feed impatient mouths. Fridges, of course, are essential for keeping food edible while you're on the road. These appliances can be upgraded or installed easily by our experienced technicians.

A lot of the caravan restorations we have done involve retro-fitting. A bargain RV or caravan might have a lot of potential, but very few mod cons. You might not think your classic van has room for the latest kit, but you would be wrong. It's amazing how much of the latest equipment can fit into quite small, older caravans, when fitted by experts.

ENJOY YOUR TRIP!

There are so many beautiful places to explore in Australia and often it's the little things you find along the way that mean the most. Once you've parked your van, especially when driving long distances, it's a great idea to cycle around the area, this gives you the chance to check out your surroundings and take it all in, at a slower pace. Consider having folding bikes! They are a genius solution for compact convenience.

Come have a chat with us at The Caravan Repair Company, and we will get a plan in place to make your caravan or RV a moving palace. ■

CONTACT

✉ manager@caravanrepaircompany.com.au
 📍 10 Greg Chappell Drive Burleigh Heads,
 Gold Coast, QLD 4220
 ☎ (07) 5593 7486
 🗓 Monday to Friday: 7:30am – 4:00pm



A Land of Fire and Lava

Looking for somewhere different with mind-blowing natural phenomena? Then consider a small Spanish-owned island off the coast of North-West Africa, called Lanzarote. Nicole Buckler finds the good stuff.

BELOW Papagayos Beach, inside a national park, is probably the most beautiful beach on the island.

OPPOSITE The beautiful white-washed houses of Lanzarote

Europeans, Scandinavians and Russians know Lanzarote well. The town of Puerto del Carmen on Lanzarote island is thick with holiday apartments built specifically for the package holiday traveller. Most of these travellers live in countries so sun-starved that tourists are there for one purpose – to get some solar rays on their skin. Lanzarote is nicknamed the “Island of Eternal Spring” because of its guaranteed good weather all year round. A subtropical-desert climate can do a lot for the tourist trade.



Such tourists don't tend to leave the resorts much, or venture further than the unadventurous restaurants around their accommodation. All they want to do is uptake vitamin D while lying next to a pool. So this means that if you are going to Lanzarote to explore the natural phenomena, then you will get an easy ride. You will actually get some sites all to yourself! We Gold Coasters are spoiled for sun, so we can concentrate on other things while there.

Because of its package holiday reputation, this is one of the most underrated places to holiday in the world. Outside of the McResorts is a natural wonderland of world-class beauty. The island is so spectacular, that it was declared a biosphere

reserve by UNESCO in 1993. And UNESCO don't go around naming stuff biospheres lightly. ➔

Lanzarote, one of the famous Canary Islands, has a volcanic origin. It was born through fiery eruptions. Solidified lava streams as well as extravagant rock formations are quite the sight to behold. And they can go on as far as the eye can see. Some parts of the island are so moon-like, that photos of the area were studied by Apollo astronauts before going to the moon so that they could get an idea of what they might encounter.

BOTTOM LEFT The vast expanse of the Timanfaya National Park.

BOTTOM RIGHT A demonstration of the geothermic activity is performed by throwing water into the ground resulting in a sensational geyser of steam.





BEACHES

The part-sand, part-volcanic-stone beaches are perfect for the barbecuing of human flesh. This, combined with clear waters, makes Lanzarote the tourist attraction that it is.

If you want to sneak off to a National Park beach, a must-see is El Papagayo, a collection of small bays with incredible crystal-clear waters and fine white sands — it could be the most gorgeous place on the island. Although, it can be quite a mission to get to it. As well as needing a car (preferably a 4WD as the roads are not really roads at all), the best coves require visitors to climb down a sandy cliff to reach the alluring beach below. Only mountain goats or reasonably able humans can accomplish this feat. Clothes are optional here, so when in Rome...

Because of the volcanic history, there are several black-sand beaches on Lanzarote. This is an Instagrammer's dream come true. If you've never seen a black sand beach before, you'll be amazed when your feet sink into one. Check out the black sand beach of Playa Quemada (burned beach).

Another thing to know is that Lanzarote is one of the best surfing spots in Europe. Known as the Hawaii of Europe, the best place to surf is Playa de Famara. It is a black sand beach under huge black cliffs that will seem otherworldly. It is not touristy at all in this area, and you can find some



crazy little places to stay in Caleta de Famara, a coastal village next to the beach. But be quick, this place is starting to get on the map. In the last few years Famara has become the place to be for numerous surfers from all over the globe. The 6-star ASP event La Santa Pro is a leg of the world surfing championships. It was held in October at the beautiful beach of San Juan, a few hundred metres away from the village.

OTHER SWIMMING SPOTS

The lagoon called El Golfo is something else. The neon-green body of water sits between a black beach and red cliffs. It started its life when sea water ran into an old volcanic crater. The green colour is from algae living its best life in the water. Around the edge of the lake, you can pick up pieces of a mineral called olivine — it is very popular with jewellery makers. Like vast tracts of Lanzarote, being there is like being on another world.

TOP A The strange colours of the lake at El Golfo

TOP B Playa de Famara, said to be the best surfing spot in Europe.

LEFT El Golfo is a small fishing village that retains an old-world feel.

LEFT

The otherworldly scenes at Playa de Famara

SILVER MAGAZINE



THE HOT STUFF

Timanfaya National Park is the hands-down highlight of any trip to Lanzarote. Timanfaya, meaning "Mountain of Fire" is one of the greatest geological phenomena you are likely to see. This region was devastated by intermittent volcanic eruptions, the last being in 1824. All life was nuked. The effect that this had on the landscape was, and is, incredible. It is a vast expanse of lifelessness that goes for as far as the eye can see. There are "seabeds" of dried lava which look like giant petrified slugs that go on for miles. It truly is an amazing place.



At this strange-looking place, the ground is still scorching hot, so you aren't allowed to just walk around like a lunatic. Any visitors must stay on a bus or be contained in guided tours. The ground is still so volatile and deathly dry that a human could die in a few hours of being lost in the park. But be sure to visit Timanfaya, you'll feel small and unimportant in a good way.

As a side-note, the heat of the volcano is used for cooking steaks and fish in a restaurant on top of the lava flow, called, of course, El Diablo. More or less, the dead flesh is held over the lava until it is crispy and perfect. Free heat, I like it.

WINE PRODUCTION

If humans ever wanted to learn how to grow grapes on the moon, they should come and see it being done in La Geria. This wine region looks like the lunar surface. It's desolate, seemingly dry as hell, and steep. But Lanzarote's biggest wine-producing region has managed to make a wine industry thrive in the face of punishing adversity.

Lanzarote is windy. Legend has it that after several days in Lanzarote, the constant wind creates a biological response in humans of sheer anxiety. As well as allegedly making us all jumpy, the wind blows away the grapevine seeds before they can germinate. So the locals of Lanzarote dig deep holes in the hills of lava, and build rather odd-looking stone circular walls around the seeds so that they don't blow away. These walls also hold in the scant dew that appears on the plants from time to time.

It is truly extraordinary to see large expanses of these stone circles. But all the effort building these pods is worth it. The wine of lava from Lanzarote has a remarkable peppery taste and you drink a whole lot more of it than you remember, usually. If you ever take any of my crazy recommendations, take this one. It is seriously the best wine I have ever tasted in my life.

TOP LEFT Crescent shaped, dry stone walls called zocos are built around the northerly edge of each grapevine pit to shield the vine from the prevailing winds.

BOTTOM LEFT Each zoco is built carefully to still allow the air to pass through the tiny holes and cracks to keep the plant well ventilated.

TRAVEL



WATER

Lanzarote is a "desert island" where most of the drinking water is imported in bottles. It is a seriously dry place where only cacti survive well. The rainfall is scant, but in Lanzarote there is fog fairly often, which is a saving grace. The locals have developed an ingenious way of collecting water – they catch fog. They have erected huge vertical sheets of fine nets which sit on the tops of mountains. When the fog moves through the nets, it precipitates into water and runs down the nets into storage tanks. This technique of collecting "horizontal rain" provides an alternative source of freshwater. Along with the wind power turbines, the landscape is quite an interesting spectre, all in the name of living well in a harsh but achingly beautiful place.

FOOD

If you stay in the tourist towns, you can expect to be disappointed with the food. However, once you strike out into the areas where the locals live, you'll be impressed. The Spanish port areas sees the menu change to tapas, fresh fish and seafood cooked in the Spanish-Lanzarote way, and the famous Lanzarote potato with Mojo Rojo sauce – tongue orgasm kind of stuff.



GETTING THERE

A great way to see Lanzarote is to book a package holiday out of somewhere like London. That way, you get to see London and then get a cheap, direct flight from the English capital, with your accommodation thrown in for next to no extra cost. Otherwise, flights go from the Gold Coast via Doha in Qatar, while others are routed via Spain. Happy travels! ■

TOP RIGHT The hardened lava seas across the island

TOP LEFT The capital, Arrecife, is not touristy at all, and you can find some excellent restaurants here.

BOTTOM LEFT A restaurant in the volcanic area uses geothermal heat from the earth to cook up a Sunday roast.

ALL YOU CAN EAT

frenzy
food court

Sunday Brunch

10.30AM - 2.30PM

ALL YOU CAN EAT

EGGS COOKING STATION

ACAI BUILD YOUR OWN BOWL

CHICKEN AND WAFFLES

CARVERY HONEY BONE HAM

ADULTS		KIDS	
\$33	\$43	\$15⁹⁰	\$9⁹⁰
MEMBERS	GUEST	8-12	5-7



GOLDEN CURRY SAUCE

- 1x Onion
- 1x tsp Garlic
- 1x tsp Ginger
- 1x tsp Turmeric
- 1x Block S&B Golden Curry Paste (available at Woolworths and Asian supermarkets)
- 4x Tbsp Mango Chutney
- 100g Coconut Milk Powder (+300ml Warm Water)

METHOD

- Sweat off onion, garlic and ginger until fragrant.
- Add turmeric and curry block, cooking on lower heat until dissolved.
- Add mango chutney and cook for a further 1-2 minutes.
- Add coconut mix and simmer on a low heat.
- Serve with pork or chicken schnitzel, steamed rice and vegetables of your choice.

GORGEIOUS GOLDEN CURRY SAUCE

Nathan Hay is the Head Chef at the Southport Sharks and menu designer at Aviary Rooftop Bar and Cabana Bar. He shares with us a recipe that is a favourite at the Southport Sharks – but you can easily make it at home.

This curry sauce bears the flavours of a Japanese style of curry. When you think of Japanese cuisine, you probably think of sushi, or perhaps sukiyaki. But actually Japanese curry (which is different to Indian curry) is now thought of as Japan's national food. The first producer of the Japanese style of curry was S&B Foods, and it is their curry blocks that Chef Hay uses in this recipe.

Originating in India, curry came to Japan via Europe and established its own distinct local flavour. Japanese curry is not as pungent as its Asian counterparts. Instead, it is a relatively mild and harmonious blend of curry powder and spices in which no particular ingredient stands out.

Prepare to have your own love affair with this warm, mellow dish.



GREAT EATS SOUTHPORT SHARKS

For anyone who hangs at the Southport Sharks, you know how amazing it is. The Aviary Rooftop Bar is world class. Friends sip on decadent cocktails and enjoy handmade Italian pizzas and tapas-style dishes. There's sweeping views of the iconic Surfers Paradise skyline in one direction and the Gold Coast Hinterland the other.

There's also Frenzy's, with an a-la-carte menu for lunch or dinner. It has crowd favourites such as chicken schnitzel and roast of the day, along with newcomers like creamy chicken and chorizo linguini. Plus, Southport Sharks offer value lunches to all members and guests. Meals start from as little as \$13, making it more affordable than ever to get a good quality meal. For breakfast options visit the Cafe from 8am. On Sundays, there's a Sunday Buffet Brunch.



Nathan Hay is the award-winning Head Chef at the Southport Sharks. He specialises in modern Australian cuisine. Follow his food adventures on Instagram at @SouthportSharks

SOUTHPORT SHARKS

- 📍 Corner of Olsen Avenue and Musgrave Avenue, Southport
- ☎ 07 5532 1155
- 💻 southportsharks.com.au
- ✉ info@southportsharks.com.au



BOAT GARAGES ARE NOW A THING

Over the Pacific Ocean in America, construction companies are getting serious about catering to boat owners. Richmond American Homes of Florida are offering a new type of home design that includes attached boat garages. So if you are a boat lover, you won't have to build a wildy boat shed on your property.

There are four different types of homes that offer the boat garage option. The garages are also tall enough to house a maxi-sized RV as well. Richmond Homes say they are responding to demand in Florida, which has a very similar climate to the Gold Coast.

Additional highlights of the house designs include a mudroom with bathroom, so you don't walk your salty and sandy self through the house!

The houses are selling from around US\$250,000, and are 3 to 5 bedrooms. House builders on the Gold Coast, take note! ■

Gold Coast Private Hospital Breast Care Centre

A one-stop-service for breast cancer

We're a community that cares for women with breast cancer.

At Gold Coast Private, we understand the whirlwind of emotions that comes with a cancer diagnosis. That's why we offer a comprehensive range of specialty services with a Breast Care Nurse that coordinates them all.

Contact our Breast Care Nurse on 0429 324 740.

-  Diagnostic assessment and screening
-  Treatment
-  Breast care nurse
-  Psychology
-  Physical & Occupational Therapy
-  Aftercare
-  Support services
-  More

14 Hill Street, Southport QLD 4215
P 07 552 2965 | gcph.com.au/services/breast-care
Community of Care



GemLife.com.au

A whole new life. Over-50s living redefined.

—
GemLife over-50s lifestyle resorts.
New homes now selling.

GemLife offers luxury resort-style living with premium lifestyle facilities on your doorstep.

- ✓ No entry fees, exit fees or stamp duty
- ✓ Friendly community
- ✓ Pets welcome
- ✓ Gated neighbourhood
- ✓ Extensive premium facilities
- ✓ Luxury homes
- ✓ Caravan and boat storage*
- ✓ Retain your capital gain
- ✓ Ageing-in-place solutions

Ph: **1800 317 393**



*Terms & conditions apply

QUEENSLAND • NEW SOUTH WALES • VICTORIA