

Paradise Press



March

In this edition of Paradise Press you will find details of the last month's events and up and coming events for residents

Upcoming Events

17 March

St. Patrick's Day



New Residents

Welcome to our newest Gemlife Residents:

Ron & Leigh
Neil & Cheryle
Simon & Trisha
Jonda
Ian & Carol



Please join us at Happy Hour on Friday or Sunday evenings or any of our events so that we can get to know each other better

Sunday 17 March

A festive St. Patrick's Day banner. At the top left is a green leprechaun hat with a gold band and a shamrock. Below it, a gold ribbon banner curves across the frame with the text "St. Patrick's Day" in a gold, serif font. At the bottom, a pair of green and gold striped socks and green shoes with gold buckles are visible. The background is a dark green field of clover leaves.

St. Patrick's Day

Drag out your green Irish outfits for a big day of celebration.

Irish music, Guinness, best dressed prizes. The bar will be opened at 4pm, dinner at 5pm so come along and enjoy the festivities.

Two Irishmen were sitting in a four-engined plane flying back from a shopping trip to Paris when the captain's voice came over the loudspeaker. "Ladies and Gentlemen, one of the engines appear to have failed. There's nothing to worry about, but we will be 15 minutes late in landing at Gatwick."

Five minutes later, he said, "Nothing to worry about, ladies and Gentlemen, but one of the other engines has failed, and we will now be an hour late." A moment later, "Er...sorry about this, ladies and gentlemen, but the third engine has also given up, and we will now be two hours later than expected.

One of the Irishmen tapped his friend on the shoulder. "Good heavens, Patrick, do you realize that if the other engine fails, we'll be here all night."

27th April

Dust off your flared pants and paisley prints.

Come and celebrate with us some of the greatest music of our time

Karaoke, competitions and all-round fun. Why not bring some 60s/70s food to share (Fondue, cheese/meat skewers, savoury bread cases, etc)?



More details to be given via email

Regular Events



Sausage Sizzle

A big thank you to Ian for stepping up to coordinate the monthly Sausage Sizzle for us. This is held on the **last Sunday of the month.**

Happy Hour

Every **Friday evening 5pm and Sunday afternoon** at 4pm.

Free Villa Draw on Friday evenings, be there to win the Jackpot



Bingo

Thursday 21st at 2pm. Dee and Joe do a great job in running this.



For all special interest groups and events coming up, please go to the calendar on the Pacific Paradise Home Owners website



Your community bar really needs your help!

Lots of our lovely volunteer bar staff are heading off on holidays near and far, leaving our volunteer pool very depleted.

If you can spare 2-4 hours each month, please consider giving us a hand.

Some of the benefits to becoming a bar volunteer include:

- Get to meet lots of other residents in a fun environment
- Support your community
- Help raise funds that will enrich the community we live in
- Training provided

If you are interested, please contact

Julie Hume

Villa 137

0414 610 726

juliannehume@hotmail.com

Friday Night RAFFLE

Our Raffle Nights are usually held on the 1st Friday of the month

With the many problems in the world, please take time on Harmony Day to remember the millions of displaced and disadvantaged people both overseas and here

HARMONY
DAY 21
MARCH



In our resort we are blessed with many people who have led extraordinary lives. Do you know of someone who would like to give a short talk about their past experiences? Details to follow



The Social Committee are contemplating putting a suggestion box in the Pavilion so that you can suggest ideas for social events



The Health Benefits of Cycling: A testimony

For most of my life I have been an active surfer, wind surfer and had many years yachting with Wendy, but after retirement had become lost, lazy, tired, unwell, un-enthusiastic and depressed.

This was me:

Weight 88Kg, Waist 101cm, BMI = 30.5 (Obese).

Suffering daily fibromyalgia and insomnia. I had a high resting heart rate around 80bpm. Tired and not enthusiastic about sport anymore. To top it off I suffered a cardiac arrest that would have been the end except for extremely skilled first responders. I needed to make some change in my life.

18 months ago, John Green (Villa 88) invited me to the GLPP cycling group on Tuesday and Thursday mornings. After initial reluctance, I eventually started with the group. I enjoyed the coffee and comradery, but over time I got more enthusiasm for the exercise in this wonderful outdoor climate, as I started to feel better and lose weight.

18 months later I still ride in the morning coffee rides with the group. Also, I now easily ride 30 to 40Km, 3 times a week just for the sheer enjoyment of being outdoors. To protect my heart and joints

I use electric assistance when necessary. I take it easy, have fluids regularly and stop to check out the surf along the way.

My Health Results:

Weight 73Kg, Waist 93cm, BMI 25.3 (still slightly overweight), Resting Heart Rate around 57, Enthusiasm and energy levels improved remarkably. I have no fibromyalgia, rarely have insomnia, depression is a thing of the past, I feel great and still love my bread, dairy and wine. I have made no diet change whatsoever. It's all down to the exercise from regular cycling, it seems.

John Green V88 is the convener of the GLPP Cycle Group, meeting Tuesdays and Thursdays 7am in summer months at the resort front gate. The rides are easy, mainly on pathways, the coffee great and the companionship wonderful. Give it a go and feel the health benefits of cycling.

George Cooper Villa 6

Irish Joke



**Just for
Laughs**

Paddy goes to court for armed robbery!
The jury foreman comes out and announced "Not Guilty!"
"That's grand", shouted Paddy!
"Does that mean I can keep the money?"

Communications

There are many ways that you can find out what exciting community activities are happening at GemLife Pacific Paradise. We have:

Social events emails from Lynn Roper

Our residents website which can be accessed at : glpp.com.au

Our Facebook group can be accessed at :

[GemLife Pacific Paradise Residents](#)

(Please register with Tanneke Booth to join the group)

HOC Updates will be sent out by the HOC Secretary: Jill Rickertt

Your Social Committee:

Sue Story – Villa 23 **Convenor, Events**

Julie Hume – Villa 137 **Bar Manager**

Lynn Roper – Villa 40 **Communications**

Greg & Lorei Blunden – Villa 38 **Newsletter**

Ian Stittie – Villa 14 **BBQs**

Gail May – Villa 76 **Raffles**

Dee Beath – Villa 24 **Bingo**

Jude Hall – Villa 15

Lorei Blunden – Villa 38 } **Events**