

Riverstone Rise *Life*

Winter 2015

Riverstone Rise on the move

Riverstone Rise is continuing to grow into one of Gladstone's most dynamic communities, with a series of exciting new milestones coming up.

There are plans for a future river access pathway that will enhance residents' lifestyles once completed.

The pathway will begin at the end of Lilyvale Esplanade and extend to the river. Residents will be able to enjoy the picturesque views, go fishing, cycling or walking.

Members of the community are also thrilled with the introduction of new bus services at Riverstone Rise. Buslink Qld's 550 Bus is now providing school

children with transport from Riverstone Rise to schools in Boyne Island, Tannum and Gladstone.

The 550 bus travelling towards Boyne/Tannum stops at Tannum Sands State High School, Tannum Sands Primary and Boyne Island Primary.

The 550 bus travelling towards Gladstone stops at Stockland Kin Kora. Transfer services are available to nearby schools.

The bus services are



The new river pathway leads to some great fishing spots.

available during the week before and after school hours.

Plans are also underway to secure council approval for relocation of the planned convenience centre from near the river (Precinct 2) to near Lilyvale Park (Precinct 1).

This new, central location will be closer to the main entry and it will be quicker and easier for all residents to access.

Subject to council approval, the convenience centre will have a general floor area of 1,100-1,300m² and will feature a convenience

store and approximately five specialty shops (for example, a hairdresser, bottle shop, newsagent, café, real estate agent or similar).

The monthly schedule of fun, community activities at Riverstone Rise are also still in huge demand and

include classes like boot camp, playgroup and more.

Check out the Facebook page at www.facebook.com/lifeatriverstonerise and see how you can get the best out of living at Riverstone Rise.

Residents took centre stage in new TV campaign



Kathryn Spargo



Ashley Spanner

It was definitely a case of lights, camera and action for some lucky Riverstone Rise residents who starred in the latest summer TV campaign.

This year a fresh new approach was taken with the campaign inviting some of the local residents to talk about their new homes at Riverstone Rise.

The resulting commercial aired in February and was a huge success. It featured families, couples and individuals.

Riverstone Rise project director Grant Botica said the goal of the campaign was to show people

what it was like to live at Riverstone Rise.

"Riverstone Rise is a wonderful place that has attracted buyers from many different backgrounds and lifestyles," he said. "With this campaign, we wanted to illustrate all the reasons why people love Riverstone Rise."

Resident Ashley Spanner said she bought her home because it was close to the beach and the dam

and it was a "peaceful and beautiful" place to "come home to".

Meanwhile, Kathryn Spargo loves living at Riverstone Rise as her children Abby and Liam had easy access to some "safe" and "secure" parks.

Riverstone Rise is thrilled with the commercial and can't wait to uncover more hidden talent in future campaigns.

Couple upgrades lifestyle



After 12 months of renting at Riverstone Rise, Debbie and Graeme Waters have decided it's time for an upgrade - a brand new home.

The Waters have just purchased a spacious 1,215m² block at Riverstone Rise and plan to build a customised, five-bedroom home with Absolute Homes.

Debbie said they'd always planned to buy a home in Gladstone, but they hadn't found anything that suited their requirements.

"We were after a more modern home. A lot of the homes we found were too old and required too much work to bring them up to what we wanted. We had built before and we knew we could get what we wanted in a new house," she said.

The couple had already fallen in love with Riverstone Rise and knew they wouldn't have to look far for their perfect block. "The beautiful entrance to this community was what grabbed us," Debbie said.

"After speaking to a sales consultant about the future plans for the community, we realised that would be great for resale later down the track.

"It's a great location. You're only 10 minutes from the CBD and five minutes to the beach. Everything you need is really close."

On the site of their dream home.

Did you know?

The transformation of Lilyvale Dam to Lilyvale Lake



Residents can stroll where cows once grazed.

The portion of the original Heidelberg property containing Lilyvale Lake was once a paddock called Lilyvale.

This name for the paddock emanated from a connection to the Lily brothers who were early settlers of The Boyne Island district.

Lilyvale Dam was once the area's most reliable source of water for cattle. Cows and calves would often shelter and rest in the shady surrounds of the dam.

The dam has been transformed into a magnificent lake that forms the centrepiece of Lilyvale Park, and helps provide the wonderful amenity that residents at Riverstone Rise have come to appreciate and enjoy.

Lilyvale Lake is no longer home to cattle but is a source of contentment, activity, peace and relaxation for Riverstone Rise residents.

What's on in May/June

It's always more motivating and more fun to exercise in a group. Riverstone Rise's boxing and bootcamp classes will improve your social life as well as your fitness.

JUNE CLASSES		
Tuesday 2nd	9.30am	Bootcamp
Thursday 4th	9.30am	Bootcamp
Saturday 6th	8.00am	Boxing
Tuesday 9th	9.30am	Bootcamp
Saturday 20th	8.00am	Boxing
Tuesday 23rd	9.30am	Bootcamp
Thursday 25th	9.30am	Bootcamp
Saturday 27th	8.00am	Boxing
Tuesday 30th	9.30am	Bootcamp

You can keep up with everything that's going on at Riverstone Rise on our community Facebook page [facebook.com/lifeatriverstonerise](https://www.facebook.com/lifeatriverstonerise)

Students learn secret weapon to cleaner waterways

Creating a healthy sustainable community for future generations has always been one of the main goals at Riverstone Rise.

This year, Riverstone Rise is proud to announce the installation of some exciting, state-of-the-art technology that will keep the waterways cleaner. More than 50 Tannum High School students were recently treated to a special tour of the new floating wetlands and

freshwater habitats. Located in the entry lake, the floating wetlands are used to prevent erosion, remove algae, provide habitat for fish and other aquatic animals and treat water. The natural filtration system relies upon the

microbes living on the roots of the plants to remove pollution from the water. Riverstone Rise project director Grant Botica said the excursion was a unique opportunity for students to see urban planning in action.

"The floating wetlands provide a biological filtration system that effectively removes nutrients and other pollutants from water bodies," he said. The technology employed at Riverstone Rise is an Australian first.



Tannum High School Students tour Riverstone Rise's floating wetlands.



Five minutes with Emily-Jo Willis



Emily-Jo leads a fitness class at Lilyvale Park.

Everybody knows exercise is good for you and that it helps you stay strong, healthy and happy. But many people aren't sure of how or where to start.

EmBody Fitness personal trainer Emily-Jo Willis is passionate about helping people kick-start their fitness and is now holding regular boot camps at Riverstone Rise.

The sessions have been extremely popular with residents who love exercising with friends and neighbours in a stunning location.

We had a chat with Emily-Jo to discover the secrets to her healthy lifestyle.

How did you first get involved with the fitness industry?

When I was in Grade 9, I did a school-based traineeship at one of the local gyms at Boyne Island and ever since then I have been interested in fitness. I've been involved in swimming and boxing as well all my life. I then got qualified (Emily-Jo has a Certificate III in Fitness) which made it easier to get into the industry.

How long have you been operating EmBody Fitness?

I started EmBody fitness last year, after having a break when I had my first son in 2012. I started my business because I know how hard it is to stay fit while being a mum. And being a stay-at-home mum, there's often nothing affordable out there. EmBody Fitness is affordably priced and there's also a child minder at the boot camps and my boxing sessions to make it easier for parents.

What services do you offer?

I usually run a boot camp at Riverstone Rise on Tuesday and Thursday mornings and then I run boxing on Saturday mornings. I also run personal training sessions from my home studio at night times.

Tell me about the Riverstone Rise boot camp. What can you expect?

It's a fitness class with social aspects. You can meet other mums. It's challenging, but I coordinate the exercises to suit every level, from beginners to advanced. I've had people come who have had caesareans in the past few months.

What are your top exercises?

Squats and lunges. They're compound exercises that work all of your lower body. Your legs are the biggest muscles in your body so they burn a lot of calories.

Describe your daily workout routine.

I do a lot of weights, skipping and I ride my bike.

How important is nutrition in a fitness regime?

Being healthy and fit is 80 per cent diet and 20 per cent exercise. My favourite quote is 'you can't out train your fork'. You can train all of your life but if you're eating bad food, it's not going to work.

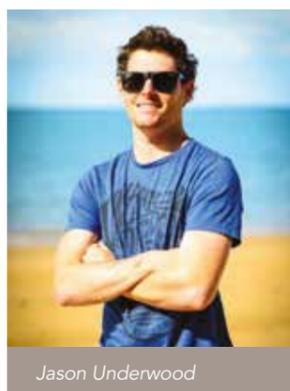
Do you have any tips on what you can eat on the run?

Anything that's high protein, like nuts or protein balls. Bananas are good too.

Boot camps with EmBody Fitness are at Lilyvale Park for \$10 per session. Call Emily-Jo on 0410 571 232 for more details.

A passion for pictures

Three years ago, Riverstone Rise resident Jason Underwood discovered he had a passion and talent for photography.



Jason Underwood

Jason said he'd always had an interest in photography but never had the time to explore his interest until he moved to Boyne Island.

"When I started my job at Boyne Smelters, their lifestyle roster enabled me to have more time to really get out there and learn more," he said.

Whether he's taking photos of his local community or the scenery on his trail bike adventures, you will rarely find Jason without his trusty Nikon D800 in his hand.

He also loves to take photographs of Riverstone Rise, especially the entrance. "You can literally take a photo one day and then come back the next and get

a completely different shot. Lilyvale Lake is also really beautiful."

At the moment, Jason admitted he was still trying to find his style, but was enjoying "playing around and learning new things".

His number one tip: "Use the rule of thirds in the composition of your shots, as this positioning of your subject or landscape will improve the overall look of the image and it makes it more pleasing to the eye."

Although one day he would like to photograph Iceland's

mountain ranges and the northern lights, Jason said he'd already had the opportunity to photograph his hero.

"In 2013, I sent a private Facebook message to my idol Graham Jarvis, who is no.1 in the world for dirt bike enduro," he said.

"I asked him if we would be willing to come to Australia from the UK to do some enduro coaching and he said yes. So I was fortunate enough to not only organise the event but I got to ride with my idol and actually photograph him too"



The Riverstone Rise entrance is one of Jason's favourite subjects.

JUI PHOTOGRAPHY

Riverstone Rise has a home to suit every budget and lifestyle

MONTROSE 21 RIVIERA

LOT 317, KOOLIVOO STREET



HOME AND LAND FROM

\$408,120*

LAND SIZE: 480M²

HOUSE SIZE: 195.21M²



BSA No. 1210338

ASPIRE 170

LOT 218, CAULDER ESPLANADE



HOME AND LAND FROM

\$412,000*

LAND SIZE: 727M²

HOUSE SIZE: 170M²



QBCC No 75575

BEECH

LOT 195, MIPIA DRIVE



HOME AND LAND FROM

\$451,000*

LAND SIZE: 720M²

HOUSE SIZE: 182M²



QBCC No 1003776

BOYNE ISLAND

LOT 259, LENTHALL STREET



HOME AND LAND FROM

\$459,732*

LAND SIZE: 779M²

HOUSE SIZE: 199M²



QBCC No 1195412

EDGEWATER 221 ESTATE

LOT 232, BOONDOOMA COURT



HOME AND LAND FROM

\$498,985*

LAND SIZE: 955M²

HOUSE SIZE: 220.6M²



QBCC No 1210999

SPRINGS 124

LOT 138, BRUSH TAIL COURT



HOME AND LAND FROM

\$559,000*

LAND SIZE: 1478M²

HOUSE SIZE: 238.65M²



QBCC No 1103323

For more information on Riverstone Rise home and land packages, call 13 13 63 today.

*Subject to contract and availability. Prices correct at time of printing May 2015. Images for illustrative purposes only. 3815-6567/0515.

**8 BLOCKS
8 WEEKS
UNDER
\$188k***



At this gr8 price, you'll enjoy all the facilities that make the Riverstone Rise lifestyle gr8.

Like childcare, parks, playgrounds, lakes and walking trails.

But don't wait. To see why 8 is gr8 contact Riverstone Rise today.

13 13 63 / riverstonerise.com.au

*Prices correct as at 5th May 2015 and subject to change. Offer is only available on selected blocks until Monday 13th July 2015. For more information on the blocks available, please contact 13 13 63.

There's no place like
RIVERSTONE RISE