



Sarina
NEWS
June 2012

News from the Sarina Kyokushin Karate Club

Two young competitors, from the Sarina Kyokushin Karate Club, travelled to Melbourne to fight in the Victorian Open Full Contact Karate Championships. Martina Fuchs and Karl Nurser, both from Whitsunday Anglican School, had their work cut out for them on the day.

The event was held at Melbourne University in the sports centre on Sunday, April 29 in front of a capacity crowd. More than 100 competitors from all over Victoria and a contingent from Sydney were fighting with great determination in this full contact event.

Karl Nurser faced a very experienced black belt from Bendigo. However Karl was not at all fazed by the size, rank and reputation of his opponent. He kept attacking with very strong leg kicks and body punches until his opponent unleashed a brutal kick to the back of Karl's head, which knocked him out finishing the fight. He still managed to come in second in the Colts heavy weight division.

Martina Fuchs faced a young black belt from Melbourne in the semi-finals and despite receiving an illegal punch to the nose, out-powered her opponent with well-executed body punches and kicks. In the finals she out-classed another young black belt from Melbourne by intelligently applying strategies using her reach and technical abilities.

Martina, who is the current Australian champion and last years Victorian Champion, is very pleased with the result and added the 2012 Victorian Full Contact Championship to her string of successes. Both Karl and Martina train at the Sarina Karate Club, which can be contacted on 4956 2311.



Picture from Left: Karl Fox, Martina Fuchs, Peter Volke (National President of Shin-Kyokushin) and Karl Nurser.

Carpooling



Are you looking for an alternative to public transport? Sick of the traffic? Are you interested in meeting new people in your area? Then carpooling could be for you!

Carpooling is when two or more people going to the same area or destination share the ride. To find someone to carpool with go to the Mackay Region Carpool website - www.mackayregioncarpool.org and register your details. It's quick and easy!

You will then be matched with people from your area who are travelling to the same or similar location. If you don't drive, don't worry, you can simply register to be a passenger. If you are looking to carpool only for a particular day, you can register for this too. For more information check out the website or email admin@mackayregioncarpool.org

Volunteer Opportunities at the Sarina Tourist Art and Craft Centre

Sarina Tourist Art and Craft are searching for more volunteers so if you are feeling a bit lonely or just need some activity and friendship - our 'Circle of Friends' will be happy to welcome you in!!!!

Inquiries: Gloria Murray 0488 772 493

Family Drug Support

Is someone in your family taking drugs and/or alcohol? Are you looking for practical down to earth information and support? Family Drug Support presents 'Stepping Forward' providing:

- > Clear and practical information sessions and
- > A safe place to share and to feel supported.

There are four sessions on offer covering:

1. Stages of change for users and families
2. Basic communication – what works and what doesn't
3. Treatment and Recovery – what is it and how does it work?
4. Drugs and alcohol information.

You are welcome to come to one or more sessions. Each is designed so that you will have something of value to take away and help you on your journey.

Sessions one and two will be presented on:

Date: Saturday, June 16 at 10am (Two two-hour sessions with light refreshments)

Venue: St Vincent de Paul Society Function Room, Cnr Juliet and Hamlet Streets, Mackay

Cost: Free (donations welcome)

Bookings are essential. Please call Dom on 0419 689 857

"Family Drug Support has helped thousands of families survive this ordeal. Whatever happens, you will be glad you came along", Theo, Group Leader, FDS



Events at Sarina Wesleyan Methodist

Sunday Service

Sunday, June 3 at 9am

Guest speakers: Dr. Graeme and Wendy Cummings speaking for Cherish Life.

All Welcome!

Holiday Kids Club

Tuesday, July 3 to Friday, July 6 from 9:30am to 12:30

For ages 4 to 13.

Cost: \$2 per child per day.

Theme: "From Sling to King" (Life of David)

Stories, singing, craft, games, morning tea and fun.

Contact 4956 2510 for more information.

Sarina Wesleyan Methodist Church

87 Range Road, Sarina.

Stay Connected

If you have an article for the next Sarina Community Newsletter, or would like to be on the mailing list contact the Community Projects Officer, Carrie Jones at Mackay Regional Council on 4961 9655 or email carrie.jones@mackay.qld.gov.au

Sarina Playgroup



We welcome you to come along and join us!!!

When We Play: Mondays from 9.30 am to 11.30 am

Where We Play: St Luke's Hall, Broad Street, Sarina

Contact Person: Kylie John on 4956 7079 or 0401 202 750

We cater for all age groups including babies, toddlers, and children waiting to start Prep. Our morning includes play time, craft activities, morning tea and pack-up time. Please bring along a healthy snack to share for morning tea.

Your first three visits are free! Then you will need to join Playgroup Australia at www.playgroupqld.com.au. Family Membership is \$35 per family/year, \$25 for concession cardholders. Cost to attend is \$4 per family per session.

All inquiries may be directed to Joyce Bichel on 4943 1043 or email sarinaartextravaganza@hotmail.com. Sarina Playgroup is affiliated with Playgroup Australia.

Sarina Youth Centre

At the Sarina Youth Centre we have had some major changes in the first half of 2012 with Tania Leeson taking over from Paul, and now we have our newest member of the team, Erin Beatson, who is our Youth Support Worker. Erin and Tania have been working very hard on some new program ideas and activities for youths living in the Sarina Community.

There is now a new program for students to enjoy after they finish school (see right), and we will also be starting YATS which is our Youth Action Team Sarina. The first gathering for this action team will be held on June 16, 2012 from 1pm with a sausage sizzle at the Sarina Youth Centre. YATS is for young people aged between 10 to 25 years who are willing to put some ideas forward about activities, events and social gatherings that can be organised in Sarina and to also assist in organising these events.



Photo caption: Sarina Youth Centre

Sarina Youth Centre After School Program

Tuesday > Outside Mayhem > Giant size snakes and ladders, giant frisbee target, mini golf, handball competition, random challengers, computers, pool, playstation and music outside.

Wednesday > Movie of the Week > Movie, bocce, sack races, giant checkers, pool, computers, board games and random challenges.

Thursday > Kidz Space (Under 13s ONLY) > Cooking, craft, board games, pool, computers, playstation, ten pin bowling, giant checkers, random challengers and ball games.

Friday > Teenage Friday (13 years and over) > Pool competition, playstation, computers and music.

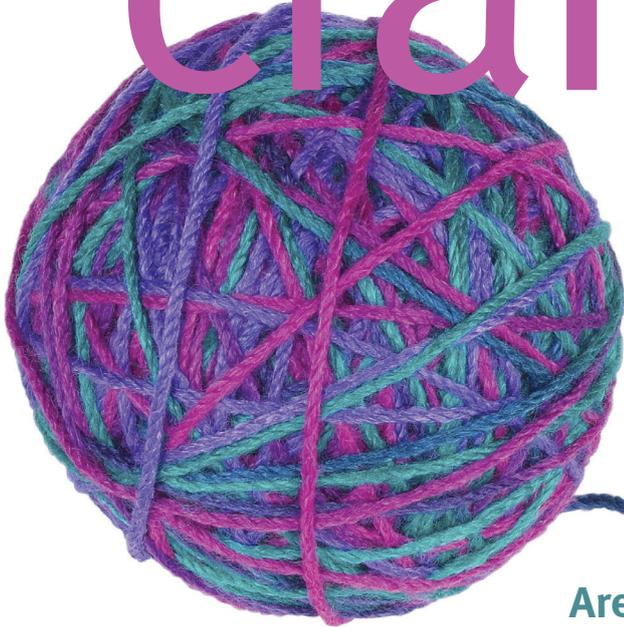
What is Youth Action Team Sarina

Are you bored and have nothing to do? If you are aged between 10 to 25 years, join us at the Youth Centre on June 16 at 1pm for a sausage sizzle and be part of Youth Action Team Sarina (YATS).

YATS is an action team that is being formed to organise youth events in Sarina. So join us and have your say on what you want to see made available for Sarina youths!

For further information, please contact Tania or Erin at the Youth Centre on 4961 9277 or sarinayouthcentre@mackay.qld.gov.au

crafty?



Like to share your skills
across generations and help
build a stronger community?

Are you...

- a passionate painter?
- a gnarly knitter?
- an exquisite embosser?
- a crafty card maker?
- a beautiful bead worker?
- a fabulous felter?
- a jewel of a jewellery maker?
- a sociable sculptor?
- a quality quilter?
- a super scrap booker?

then tell us!

As part of the Healthy Sarina Project, Queensland Health and Mackay Regional Council are looking for creative people to share their skills in the **Sarina community**.

If you have a creative skill you would like to share, or to find out more, please phone Rhiannon Dooley on 4911 0432 or email Rhiannon_Dooley@health.qld.gov.au

Queensland Health and Mackay Regional Council
building a healthier Sarina

Connect with your community, learn new skills, make friends, exercise your mind, have fun and feel happy.

