



Sarina
NEWS
April 2015

Sarina Neighbourhood Centre

The Sarina Neighbourhood Centre is a Mackay Regional Council service which receives funding from the State Department of Communities, Child Safety and Disabilities through the Neighbourhood Centre's Initiative.

Services available:

- Information, advice and referral
- Community information directories
- Community newsletters
- Community notice board
- Sarina events calendar
- Community education activities
- Emergency relief funding



Facilities available:

- A meeting room is available for community members and groups to utilise during the centre's operating hours
- An office is available for visiting services to meet with clients during the centre's operating hours
- Centrelink access point is available for self services

The Sarina Neighbourhood Centre is located next to Mackay Regional Council Client Services Centre, 65 Broad Street, Sarina.

Phone: 4961 9290 or 4961 9283
Email: margaret.mcdowall@mackay.qld.gov.au

Community Directory

The Sarina Neighbourhood Centre is updating the Sarina Community Information Directory.

Contact the Neighbourhood Centre to make sure your organisation is listed and to update your information.

There is no cost to have your organisation listed and Sarina Community Information Directories are available free of charge at the Sarina Neighbourhood Centre.

Sarina International Women's Day

Make it Happen Expo

Women in the Sarina district community celebrated International Women's Day at the Mackay Regional Council Sarina Neighbourhood Centre's *Make it Happen Expo*. The expo was held at the Bob Wood Cultural Hall in Sarina on Friday, March 6.

The expo featured exhibitors with information on women's services, cancer support, health, finance, beauty, hairdressing, arts and crafts, plus more.

Guest speakers for the event were:

- Kathleen O'Dea, Author of "Marshmallow Fishes", Kathleen's extraordinary story of her experiences in Zimbabwe and the impact Mugabe has had on the lives of thousands of "wandering Zimbabweans".
- Cr Alison Jones, Mackay Regional Councillor and a previous devoted volunteer of more than 20 years, who thrives on instigating a sense of community connectivity with those around her.
- Michelle Boles, proprietor of Bolzy's Go4 Services, a business set up for her son Ryan who has multiple disabilities.
- Roanna Bella, Branch Manager of Sarina Community Bendigo Bank.
- Lesley Rix, Naturopath from Terry White Chemists in Sarina.

- Mikaela Bella, Sarina Community Bank Scholarship recipient in 2014.

Entertainment was provided by students of Creative Edge Dance Studio.

Catering was provided by the lovely ladies from the Sarina Chaplaincy Committee.

Lucky door prizes were drawn throughout the morning.



Mackay Regional Council staff – Mulum Stone, Margaret McDowall and Donna Shaw.



Are you ready for emergencies?

Cyclones | floods | fires

Pick up your **Emergency Action Guide**. Available at council Client Services Centres, Libraries and Sarina Neighbourhood Centre.

Or download at mackay.qld.gov.au/emergency

Mayor's column

Sarina Sugar Shed was recently notified that they have won a bronze medallion for their rum in the underproof section and bronze for their rum liqueur at the Australian Distilled Spirits Awards. Well done to the staff and volunteers at Sarina Sugar Shed. I encourage readers to check out the goods for sale at the Sarina Sugar Shed.



Last month I attended the Sarina District Schools Chaplaincy Committee Annual General Meeting held at Sarina State High School. I was delighted to see the support from the community and the tireless efforts put in by volunteers to ensure the best support available for young people. The Chaplains gave great reports and the guest speaker from headspace gave an insight into the young people they see and the issues they face.



One of the recipients for the proceeds from this year's Mayor's Charity Ball is the Domestic Violence Resource Service (DVRS). Their goal is to provide more child and



adolescent counselling in Sarina to meet the needs of young people affected by the destruction caused by domestic and family violence. Here's hoping we make a record in fundraising at the event so the DVRS can offer this service in Sarina.

I had the pleasure of watching the Safety Circus in action. They are doing an amazing job reaching out to all Grade 4 students throughout the region.

Last Friday night I attended the Annual Seniors Mocktails event at the MECC along with 1,100 Year 12 students. It was great to see Tawera Timothy-Rangi and Ashley Rawiri students from Sarina State High School participating in the talent quest. They didn't win a prize but they did Sarina community proud performing in front of their peers, well done Tawera and Ashley.

Until next time

Save the date!

Sarina Neighbourhood Centre's
Sarina senior's morning tea
Thursday, August 20, 2015
at the Cultural Hall Sarina



Sarina Tourist Art & Craft Centre

Things were really hopping along at our centre over Easter we had a lovely range of Easter bunnies and homemade fudges available from the whole family. There is always loads happening at the centre, you will be presently surprised when you walk through our doors!

Artists for the month of March – Gloria and Bob have their amazing woodwork display on offer. This includes fruit bows, jewellery boxes, Australian themed coasters and wooden toys – trucks, graders and tractors, aeroplanes etc. Please come and visit and stay a while - enjoy a cup of tea.

Our new building the Mt Pillion School House is coming along nicely, the men have fixed the handrails to the verandah now which really brings the school house to life. So many thanks to the men who are volunteering their precious time and energy to this building – without you this simply wouldn't happen.

When completed this building will be used as a community meeting room and a community workshop area. Our very important treasurer will have her office set-up in an enclosed area on the veranda and there will also be a storage room next door to that office.

Our markets are continuing successfully. Each first and third Saturday of every month, 8am to noon. Fresh produce, homemade soap, plants and craft etc always available. To find us just drive south through Sarina look to your right for "i" sign at last set of lights. Our markets are set up on the lawn in front of our very unique and beautiful buildings.

Our 20th birthday sub-committee are very busy with plans for celebrations and grand-opening which will be held Saturday, October 1, 2016. Please, all past and present members could you ensure that your contact details are updated with the centre so that you may be included in the celebrations. The sub-committee plan to create an amazingly happy event for all who attend.

We always welcome any new volunteers to the centre. If you have a few hours to spare or are in the need of friendship please come on down and talk to us and join our "Circle of Friends". Our roster consists of two shifts, 9am to 1pm and 1pm to 5pm.

Hours of business: 9am to 5pm, 7 days a week. Except Good Friday, Christmas Day, New Year's Day and 1/2 day Anzac Day.

For any enquiries please phone 4956 2251 or 0488 772 493 or email: sarinainfo@easynet.net.au

Help us make a mural with 100 poppies

for Anzac Day's 100 year celebration. All age groups can take part.



You can buy or make a poppy from crepe paper, wool, felt, fabric, coloured paper. No set size is required. Patterns are available from the Sarina Tourist Art & Craft Centre. Poppies available for purchase from Sarina RSL and Sarina Tourist Art & Craft Centre.

Completed or purchased poppies to be dropped in to the Sarina RSL before Thursday, April 23. The carpet will go on display at the RSL on Anzac Day.

**Help us make this a memorable 100 years.
For more info contact Lesley on 0447 143 488
or Gloria 0488 772 493.**



Save the date!

Sarina Showgrounds Markets

Sunday, April 26, from 7am.

For all enquiries please call (07) 4956 1066 or 0418 737 096.

Sarina Library

EMUSIC - FREEGAL

About Freegal

Freegal is an eMusic service that allows access to a large collection of downloadable music. It provides access to over 3 million major label songs by new and legendary artists from Sony, RCA, Columbia, and Epic, among others.

The MP3 files are saved permanently onto the computer being used, and can be transferred to a smart phone or other device. Alternatively, there is a Freegal app for both iOS (Apple) and Android devices.

Members of Mackay Regional Council Libraries will have access to three Freegal credits per week. Users will be required to Login using their Card Number and PIN in order to stream or download music in Freegal.

Freegal may be used on any internet-connected computer however it works best using Firefox or Chrome browsers.

lynda.com

Lynda.com is a web-based video subscription service that provides courses for learning the latest commercial software, creative and business skills.



More than 3,000 courses with 130,000 video tutorials taught by experts in their field with new courses available regularly. Topics include software, web design, photography, business and career skills, social media and job search tools.

Use your Mackay Libraries barcode number to access lynda.com then create a profile to keep track of your learning!

Chaplaincy begins new year with AGM

The AGM for the Sarina District Schools Chaplaincy Committee was held recently to elect office bearers and coordinators for this year. The meeting, held in the library of the Sarina State High School, was well attended by supporters who heard reports from the Chairperson, the Treasurer, the Chaplains from various schools as well as School Principals. The annual budget for this year was also presented for adoption.

Current Chair, Mr Rod Ballard, thanked all those supporting school chaplaincy in so many ways. "The broad support we have in this community is a clear indication of how this service is valued across the district. Supporters range from local individuals, local businesses, service organisations, local churches and corporations. Corporate support from Dalrymple Bay Coal Terminal, Sarina Community Bank Branch – Bendigo Bank, Ergon Energy and Wilmar Sugar are an enormous help in keeping our service going across the district," said Mr Ballard.

Reports from the school chaplains outlined how they were supporting school communities across the district and described some of the programmes they were involved in to support those in need.

School principals expressed their appreciation for having a local committee to manage and support chaplains in their schools. High school principal, Mr Bruce Heggie said that chaplains have become an important part of the welfare operations of the high school supporting those in need.

Guest Speaker for the meeting was Ms Sandy Winner, from headspace Mackay, who spoke about a number of issues young people were confronted with today. "One of the most important was the disengagement of students because of the overuse of technology. This practice was also contributing to a number of emotional issues as well," she said.

At the end of the meeting, Mayor Deirdre Comerford encouraged the new committee to continue supporting such an important service to our young people of the district.

The committee for this year is Chair Mr Rod Ballard, Deputy Chairs Mr Bruce Heggie and Mr Phil Vonthien, Minutes Secretary Mrs Meredith Caruana, General Secretary Mrs Trudy Johnson, Treasurers Mrs Rayleen Ballard and Mrs Alison Norton.

Relay for Life

Sarina

Valentine's Day 2015 saw the Energetic Sarina Relay for Life Team, *Fighting for Fiona* hold its second successful Charity Ball in Sarina. The 'Celebrate the Love' Charity Valentines Ball, was 12 month's worth of planning by the FFF Team and were very happy with the outcome again this year. Locals from the Sarina community supported by attending the five star black tie event, boasting a divine a la carte menu, fabulous local entertainment, dance displays and charity auctions. Many Sarina businesses sponsored and donated in various ways which contributed to a fantastic night and great profits for Queensland Cancer Council.

With their major fundraising event over for another year, the focus has shifted to the reason it all started, Relay for Life.

Relay for Life is a fantastic community event where people come together to recognise and celebrate others that have been/going through cancer treatment as well as celebrate the memories of loved ones who have been lost to cancer.

Relay for Life for the Fighting for Fiona team is all about FUN! Everyone gets involved, mums, dads, grandparents, and the kids just love being a part in the fun too! With a month until Relay the countdown is on for the fun to begin and fundraising is still in full swing, with the selling of the Major Relay Raffle Tickets which has some great prizes including family getaways.

Relay for Life Sarina is on Saturday, April 18 at the Sarina Show Grounds.

Contact Jodie Cameron, Team Fighting for Fiona
Mobile: 0414 753 522
Email: fightingforfiona@hotmail.com



A free service for separated parents - Post Separation Cooperative Parenting (PSCP) Program

The PSCP Program is based in Mackay and also provides a service to Sarina, Whitsundays, Moranbah, and Bowen. The aim of the program is to assist separated parents to manage their communication with the other parent in the children's best interests.

This free service provides counselling, resources, support and a three hour educational seminar. The PSCP program can assist separated parents to focus on their children's needs instead of their conflict, and will also help separated parents develop ways of dealing more constructively with each other. The PSCP program can be helpful for a family even if only one parent attends the program.

Post Separation Cooperative Parenting contact details: (07) 49442300.

26th ANNUAL SARINA ART EXTRAVAGANZA



Calling all Artists.

Exhibition runs from 29th May to 1st June 2015

Entries close last mail Wed. 13th May 2015

Opening Night 29th May from 6.30 pm

Tickets \$20 per person

Bob Wood Memorial Hall, Anzac St., Sarina 4737

Entry forms and information on our website

www.sarinaartextravaganza.mackaycreatives.com.au

Contact: SALLY CUNNINGTON 0466891268



Sub committee of Sarina Arts Council Inc. ABN 80622123195



Sarina Landcare Catchment Management Association (SLCMA)

SLCMA staff are currently revegetating a Dalrymple Bay Coal Terminal Pty Ltd bundwall adjacent to Hay Point Road.

The introduction of local native plants onto the bundwall will provide many environmental benefits including:

- Reduce noise
- Increase biodiversity and management of introduced environmental weeds
- Linking other revegetation areas to provide vegetation corridors.



SLCMA's local indigenous plants utilized in the project have been propagated in the SLCMA Community Nursery by SLCMA staff and community volunteers. The plants are already suited to our local climatic conditions and will provide valuable food and habitat for local wildlife.

Sarina Landcare Catchment Management Association can cater for any local revegetation project, no matter how big or small. If you are thinking about revegetating an area of your property please call SLCMA on 4956 1388 for more information on our current projects and how we can assist you.

For more information please contact Margaret Meng or Lynette Keir on 4956 1388.



Debutantes & parents expression of interest

The Sarina Rotary Club is calling for expressions of interest from young ladies in the community to be debutantes at Sarina Rotary's 40th Debutante Ball, to be held on Saturday, August 15 at the Cultural Hall, Sarina. This year the Sarina Rotary Club will be having a ruby colour theme.

Rotary Club partners with the Deb Ball are:-

- Michaela of "Reflections" the Official Photographer
- Sam from Under the Veil, suit hire arrangements

A deposit of \$100 is required to secure your place to participate in the Deb Ball as well as two tickets entry on the night.

There will be a meeting when the Rotary Club has an indication of numbers and that the Deb Ball will proceed. All debes and a family representative will need to attend this meeting and pay the \$100 deposit.

Please contact Pamela Dau, Secretary, Sarina Rotary on 0402 867 620 or pdau04@gmail.com.

BIG GARAGE SALES

The Sarina Beach Progress Association are holding their 8th Big Garage Sales on the Sunday, May 24. The sales will begin at 7.30am in various garages at Sarina Beach and Campwin Beach. We ask the home owners that would like to hold a garage sale to register with their \$10 at the Sarina Beach Store a couple of weeks before the event, and we will do the rest for them i.e. advertising, maps etc. For the buyers we ask you to call by at the Sarina Beach Store on the morning of the sales to pick up your maps from 7am.

Our sponsor again for this event is the Sarina Beach Store and Inlet Cafe, there will also be a sausage sizzle in the car park of the store from 7am - 10am. All profits from the sausage sizzle and the registration will be going to the upgrade of the Sarina Beach Park.

The park is in need of new equipment and it is up to us to raise something like \$35,000 for this, how long that takes we have no idea, but we as member know that we must keep going to achieve this. With an average of 40 garage sales per year this is a great opportunity for the public to pick up a bargain and while you are in the area check out the new Inlet Cafe at the Sarina Beach Store where you can get a great coffee and cakes or have lunch from the menu available. The beach also has the Thirsty Sound Bar and Grill and great beaches to enjoy. All inquiries to Fran Lloyd 0418 980 549 or ring the store on 4956 6677.



It is imperative that businesses continue to employ and train the next generation of Australian tradespeople, not only in support of Australian Industry but also because of the benefits to your workplace. Many small and medium-sized businesses hesitate to hire and train apprentices, possibly under the belief they don't have the time or money to invest in a four year contract. This is where it becomes important to highlight the benefits of employing apprentices.

Apprentices can be trained in exactly the skills YOU need. There is some concern that young graduates are leaving university without the skills required for the roles they are applying for. By employing or hosting apprentices, employers are directly responsible for training the new recruits, thereby ensuring they have the right skills the business requires. This can have the added benefit of creating a pipeline of future talent and future leaders for your organisation; moulding your own future tradespeople.

Keep tacit knowledge alive from generation to generation. By taking advantage of the tradesman in your workshops who have years of experience, a business can ensure that valuable, learned knowledge is passed on and not lost in a skills shortage. As those tradesman approach retirement, it is imperative that their skills and experience are not retired with them.

Bring in fresh and innovative perspectives. Without questioning the importance of experience and learned knowledge within an organisation, equally important is bringing in 'fresh faces'. These are employees who will ask questions and prompt innovative thought and change.

With the next generation brings valuable knowledge and curiosity about why things work the way that they do. Utilising this curiosity can lead to change in thinking, a change in procedure and potentially increased productivity within the organisation.

Highlights opportunities for existing staff to re-skill or up-skill. Changes and advances in technology can leave some workers with knowledge gaps, which can be highlighted with the introduction of apprentices who are learning the new technologies at TAFE. This can encourage a culture of learning in your organisation, allowing existing employees to refresh and develop their skills.

Employing Australian Apprentices not only benefits your business but also supports a nation-wide initiative to secure a working future for Australian Industry. Let's work together to ensure the next generation is trained and work ready.

If you're ready to employ or host an apprentice, trainee or school-based trainee, call Kim Rhodes at the local Mackay MIGAS office on 0477 077 008 now.

Happy Birthday Alligator Creek Taekwon-Do



This year marks the 10th anniversary of our Taekwon-Do club's grand opening, at the Alligator Creek State Primary School in 2005.

~ We're celebrating and you're invited ~

To mark this occasion, we're hosting a tournament and birthday dinner on Saturday, May 2.

Tournament Information

Where: Sarina State School Hall, via Biltoft St, Sarina
Events: Sparring, Tulls, Power Breaking and more
Little Dragon Events (4-6 year old members)
Times: Opening address 8:30am
Tournament begins at 9am sharp

Birthday Dinner Information

Venue: Sarina Leagues Club, Brewers Rd, Sarina
Time: 7:30pm
RSVP: By Monday, April 27

You are welcome to visit our Facebook page and join the event to keep up to date on what's happening: facebook.com/AlligatorCreekTKD or call our club administrator Brontë, on 0457 280 671 for more info.

Sarina Beach QCWA

The Sarina Branch of QCWA, Queensland Country Women's Association, meets each Wednesday 9am until 11.30am at the QCWA Hall, Brewers Rd, Sarina next to the Leagues Club, with a program that focusses on developing skills for country women by country women.

This year, the focus is on building craft skills through a sewing circle day and craft days as well as a monthly Wednesday Hoy. Women do not have to be a member to attend the Wednesday craft sessions or Hoy.

Meetings are held once a month following the craft day on the fourth Wednesday of the month.

Come along, peek in and join the circle of happy chatter and learn a new craft skill and how you, too, can contribute to building stronger families and community.

Contact Katherine Mian on 0407 638 232.





look good **feel better**

FACING CANCER WITH CONFIDENCE

Look Good Feel Better program will celebrate 20 years operation in Mackay region this May, 4-5. Helping in excess of 1600 patients in Mackay over the 20 year period, the program looks forward to assisting many more of Mackay cancer patients with what one of the participants described....

"This was the very best medicine I received during my whole cancer treatment" Dawn 66, 2014.

The volunteers - Iris Flor, one of the originals and who still serves the most delicious refreshments at the workshops along with health professionals who partner the charity, will celebrate with a function on Tuesday, May 5.

The founding Volunteer Coordinator, Evelyn Clinton will also join Roz Campbell, current Volunteer Coordinator for the LGFB program in Mackay region.

There will be a ladies workshop Monday morning, May 4 from 10am followed by a look good feel better workshop on Monday evening. Registrations are still open for May 4 ladies workshop via www.lgfb.org.au or 1800 650 960.

The look good feel better program conducts workshops for cancer patients, female, male and teens and also the Home Delivered Confidence kit upon referral by a health professional. The aim is simple - to make cancer patients look good and feel better through restoring confidence and self-esteem via skincare for face/body, makeup and headwear demonstrations.

The side effects of cancer treatments can be image shattering. "When you look in the mirror and do not recognise the person looking back - it makes it more difficult to treat the patient positively", said the late Dr William Cahan – Memorial Sloane Kettering Cancer Centre, New York, USA.

Each participant receives a Confidence Kit to use as tools for application at the workshop – and to take home with her/him. Look Good Feel Better workshops are strictly non-medical, product neutral and non commercial which means Volunteers and participants may not promote their own products, manufacturers or businesses during the workshops. The Cancer Patients Foundation charity administers the LGFB program and receives no government funding.

Held in 26 countries, 180 venues throughout Australia and in Mackay.

RentConnect

RentConnect helps Queenslanders to find and secure a home to rent in the private market. They can help people who are able to manage a tenancy but who are struggling to access the private rental market due to non-financial barriers, such as:

- Limited rental history
- A lack of skills, knowledge or understanding of how the private rental market works
- A lack of documents required for private rental applications
- RentConnect provides information and practical assistance to help people overcome these barriers.

Contact RentConnect at:

Mackay Housing Service Centre, 22-30 Wood St,
Mackay Q 4740
Phone: 4967 0888 or Toll free: 1800 069 237

**Relationships Australia.
QUEENSLAND**

The main focus of the victims counselling and support service is to assist people, who have been affected by crime, to manage the situation as best they can and to provide them with a range of counselling and support services that assist them to resume their lives. Crime can impact on people in a number of ways including:

Physical

- Feeling tense or 'on edge'.
- Insomnia and nightmares.
- Loss of or increased appetite.
- Lack of co-ordination.

Emotional

- Sadness, grief or a sense of loss.
- Anger, irritability, frustration, guilt.
- Emotional instability.

Cognitive

- Confusion and forgetfulness.
- Marked changes to personality.

Behavioural

- Turning to alcohol, drugs or other risk taking behaviours.
- Avoid people or places - becoming reclusive.
- Turning to work or other activities to avoid thoughts.

The service involves sitting and talking with a counsellor about any difficulties that you are experiencing or any support you may require and provides information and referral to other support services.

To book an appointment call 1300 139 703 and ask to be booked into Debbie's diary at the Mackay office.

2015 DATE CLAIMER

APRIL

- 10-19 Youth Week
11 Fibre Arts Group, Sarina State High
Red Poppy Dinner, Sarina RSL
15 Men's Shed Group, 26 Beach Road
Fibre Arts Group, Neighbourhood Centre
QCWA Sarina Branch, QCWA Hall
18 Sarina Tourist Arts & Crafts Centre Markets
Sarina Beach Markets
Sarina Relay for Life, Sarina Show Grounds
21 Baby Bounce, Sarina Library
22 Sarina Men's Shed, 26 Beach Road
Fibre Arts Group, Neighbourhood Centre
Storytime, Sarina Library
QCWA Sarina Branch, QCWA Hall
25 Anzac Day
26 Sarina Showgrounds Markets
28 Nebo/Sarina Range QCWA Hoy & Cent Sale
at Colston Park
Baby Bounce, Sarina Library
29 Men's Shed Group, 26 Beach Road
Fibre Arts Group, Neighbourhood Centre
QCWA Sarina Branch, QCWA Hall

MAY

- 2 Sarina Tourist Arts & Crafts Markets
Sarina Arts Council Presentation, Sarina RSL
2/3 Sarina Biennial Quilt and Craft Show
5 Nebo/Sarina Range QCWA Social Day
at Colston Park
24 Sarina Beach Progress Assn Big Garage Sale
29 26th Annual Sarina Art Extravaganza
31 Sarina Showgrounds Markets

JUNE

- 8 Queen's Birthday
23 Nebo/Sarina Range QCWA Hoy & Cent Sale
at Colston Park
28 Sarina Showgrounds Markets

*The Sarina Events Calendar is displayed at the front
of the Sarina Neighbourhood Centre.*

To have your event added to the Sarina Events
Calendar contact the Sarina Neighbourhood Centre
by phoning 4961 9290 or 4961 9283 or emailing
margaret.mcdowell@mackay.qld.gov.au



Sarina Coffee & Chat
1st Wednesday monthly @ 8am
Shaznic, IGA Complex, Sarina Beach Road

We're pleased to announce that the Mackay Region Chamber of Commerce will be hosting Sarina Coffee and Chat on the first Wednesday of every month commencing on Wednesday, April 1.

This will be a great opportunity to meet other Sarina business owners and their teams and to establish new networks.

No RSVP is needed! Just grab a coffee and enjoy some great conversation. Don't forget to bring along your business cards.

Please feel free to distribute this invite to your colleagues and other Sarina businesses.

We look forward to seeing you there.