

Sarina
NEWS
June 2013

Former Sarina student wins Under 21 National Hockey Championship



Pictured from left: Jodie Cliffe, Nikki Wood, Grace O'Hanlon and Jacqui Day celebrating Queensland's win. These girls have played together in Queensland Teams since U/13's.

Jodie Cliffe, a former student and school captain of Sarina State High School in 2009 recently played in the Under 21 National Hockey Championships for Queensland, which was held in Darwin from April 2 until April 13.

Her team had a great campaign only losing one game and taking out the nail-biting grand final against NSW. Jodie scored her teams' only game time goal, with the team going on to win in extra time 3-2.

Jodie would like to thank Shane Hagan, Mackay's Hockey Development Officer, among others, for years of support, mentoring and skill-building while she played for the South Mackay Sharks.

Calling all green thumbs

How does your garden grow? This is your chance to let us know by entering the Sarina Native Garden Competition.

Sarina Landcare Catchment Management Association Inc. (SLCMA) is organising the event to promote and encourage the use of Australian native plants within our local gardens.

Whether you live on a small suburban block or a larger property, the use of Australian native plants has many benefits. They look great, can encourage native wildlife, adding extra colour, movement and pleasant sounds.

Other benefits include:

- Water efficiency and reduced fertiliser requirements – local native plants have evolved in your area and can thrive in local climate and soil conditions.
- Conserving biodiversity – local native plants can contribute to the natural environment by maintaining species diversity, unlike many exotic plants that can have weed potential and invade natural bushland areas.



Just some of the different colours and shapes you can see in the Sarina Community Native Gardens.

The Sarina Native Garden Competition will highlight the best use of native plants in a garden – a purposefully planted area where native plants have been used to enhance and improve the look and health of a garden. So if you live in the Sarina catchment area and have a garden that is partly or mostly native plants – then here is your chance to nominate your creation.

There are some great prizes up for grabs thanks to our sponsors Mitre 10, Mackay Regional Council and Farm HQ including:

1st prize: \$500 voucher (Woodmans Mitre 10)

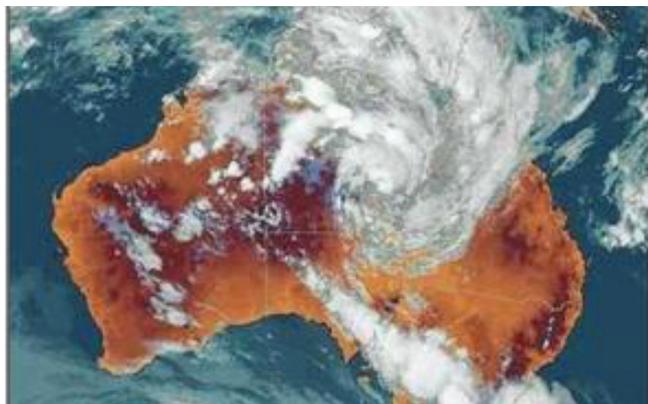
2nd prize: \$300 (Mackay Regional Council)

3rd prize: \$150 Wheelbarrow of garden products (Farm HQ).

Winners will also receive one year landcare membership (from SLCMA) and all entrants will receive five free native plants from the SLCMA Community Nursery.

Entry forms and competition details are available from SLCMA by calling 4956 1388 or emailing slcma@mcs.net.au. Entries close August 9, 2013. Winners will be announced in early September during the launch of the Sarina Community Native Gardens. For more information please contact Saskia von Fahland, Coordinator, SLCMA on 4956 1388.

Weather the Storm



A group of nine women from the Sarina area recently attended Weather the Storm, a three day workshop to assist women with preparing for natural disasters.

The interactive workshop provided women with the opportunity to share information, learn from each and gain new information about preparing for disasters.

The course covered topics including: the risks associated with different types of natural disasters; creating emergency plans; essentials for emergency kits; helping children to prepare and getting properties prepared. The workshop also covered mental and emotional preparedness.

Some comments from the participants of the course included:

- > "I have started my Go Box and I am sorting out important documents to be copied on a memory stick"
- > "I gained knowledge and insight on preparing and coping with a disaster"
- > "I talked with my husband and decided to make time together to make an evacuation plan"
- > "I now have made some community connections and know people I can go to if I need help".

Through participating in the workshop, the women became more confident in preparing for disasters and also being equipped for living with the risk of natural disasters. The workshop was run by Mandy Lavarack, Resilience Project Officer from Mackay Regional Council.

Improve your health and fitness

Healthy Rural Communities delivers a range of healthy lifestyle programs to residents in rural areas. The aim of the program is to increase awareness and understanding of the important health benefits of physical activity and healthy nutrition in rural communities..

There are a number of activities being held in Sarina as part of this initiative to help keep you fit and healthy including:

Tranquil Yoga

Mondays at 12.30pm at Louisa Creek Hall

Heartmoves

Mondays at 9.15am at Sarina Bowls Club

Keep Fit

Thursdays at 9.15am at Sarina Bowls Club

Tai Chi

Thursdays at 1pm at St Lukes Hall

For more information visit:

www.mackay.qld.gov.au/hrcm

This program is funded by the Australian Government



Festival of Arts is coming to Sarina



Shaun Kirk will amaze audiences with his one man blues show.

Sarina will rock when the Festival of Arts brings fantastic blues and roots music to the region at the Sarina Rocks concert on July 13.

Headlining the event is Shaun Kirk - an amazing one man blues show featuring guitar, harmonica, stomp box, tambourine, high hat, cymbal, kick and snare drum - his performance has to be seen to be believed.

Well-known music identity Namarca Corowa will also impress audiences when he presents a unique island take on blues and roots music. Born and raised in Mackay, Namarca comes from a proud Australian South Sea Islander heritage.

There will also be plenty of other local musicians performing on the day to keep the crowd rocking.

Sarina Rocks will be held on Saturday, July 13 from 1pm to 5pm at Anzac Street Carpark, Sarina.

Thanks to the generous support of Dalrymple Bay Coal Terminall Pty Ltd this will be a free concert. Bring a chair, picnic rug or your skate board. For more information visit www.festivalmackay.org.au.

Sarina Tourist Art and Craft High Tea

Sarina Tourist Art and Craft cordially invite you to a high morning tea at Sarina Leagues Club, Brewers Road, Sarina on Wednesday, July 10, at 9.30am.

There will be:

- > Great entertainment and food
- > Multidraw prizes - minimum value \$50
- > Raffle and lucky door prizes

Tickets: \$25 each

Tickets are available at Sarina Tourist Art and Craft. Phone them on 4956 2251 for more information or contact Gloria on 0488 772 493 or Jennifer on 4943 1608 / 0414 735 787.



Submit a story

If you have any articles for the next Sarina Community Newsletter, or would like to be on the mail list, please contact Carrie Jones at Mackay Regional Council on 1300 622 529 or email carrie.jones@mackay.qld.gov.au.