Sarina
NEWS
October 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 and notice board
- Sarina events calendar
- Community education activities
- Emergency relief funding

Facilities available:

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

sarina festival Thanks you

The Festival committee would like to say thank you to everyone who played a part in making this such a great event.

From sponsors, to service clubs, volunteers, entertainers, schools and our Facebook friends who helped promote this event.

Each year, the committee plans on giving our region an even bigger and better event but to do that we need the support of volunteers willing to put their hand up and say 'Yes, I want to help'.

Committee meetings are held once a month and with a lot of people doing a little bit, it makes the load lighter.

Please contact us for details at **sarinafestivalinc@iinet.com.au** or Rick Davis on 0408 185 997.

Sarina Festival Wrap

The Sarina Festival is a festival for the community by the community and was held at Sarina Rugby League Grounds on Saturday, September 12.

There was a huge range of variety stalls, performances from local entertainers, food and refreshments and a licenced bar. Local organisations benefited from food and drink sales.

There was plenty for the children with free rides and alpacas and small animals to see and interact with.

Some of the best classic vehicles from the region were on display.

The Festival began at 3pm and continued "under lights" until 8pm.

The highlight of the evening was the lantern parade and digital animations and performances created by local children, capturing Sarina landscapes, life and culture followed by an LED show.

Local business sponsors and a Mackay Regional Council/Queensland Government RADF Grant helped fund this year's Sarina Festival, which made it possible for all the community to afford to attend and enjoy.

Anti Poverty Week

> October 11 - 17, 2015

Anti-Poverty Week is a week where all Australians are encouraged to organise or take part in an activity aiming to highlight or overcome issues of poverty and hardship here in Australia or overseas. This is a week when we can all do something about poverty.

Some activities are organised by welfare and health organisations, religious groups, community organisations, schools and youth groups. Many other types of organisation also arrange activities, including government departments, local councils, business organisations, universities and sporting and cultural groups.

The Week focuses on poverty around the world, especially in the poorest countries but also in wealthier countries such as Australia. Its main aims are to:

- strengthen public understanding of the causes and consequences of poverty and hardship around the world and within Australia
- encourage research, discussion and action to address these problems, including action by individuals, communities, organisations and governments.

The Sarina Neighbourhood Centre is co-ordinating an activity with students from Sarina State School and St Anne's Primary School. Displays of the children's works can be seen during Anti-Poverty Week at the Sarina Library and Sarina Neighbourhood Centre.

Senior's Morning Tea

Swayneville State School recognises the importance of community, and are often on the receiving end of helping hands and generous hearts.

The Senior's Morning Tea held recently at the Bob Wood Cultural Hall, was an opportunity for Swayneville students to give back. With the help of parents as willing transporters, and under the direction of teacher – Mrs Julie Arnold – the Rock Pop Mime Performers once again performed their place winning routine choreographed to 'Yellow Polka-dot Bikini'.

The students loved performing for our senior citizens, and the audience enjoyed it too!

Did you know?

> Vitamin D is not just for bones

Vitamin D is widely recognised for its part in calcium regulation and skeletal bone health, however it has numerous other roles including modulation of the immune system. Vitamin D plays an essential role in immune function, specifically in the defence against infections. Low vitamin D levels have also been implicated in autoimmune conditions such as arthritis and multiple sclerosis and are often found in people suffering from fibromyalgia, diabetes and cancer.

Risk factors for vitamin D deficiency:

- Those who regularly avoid sun exposure, always wear sunscreen or work indoors
- Housebound, community-dwelling older and/or disabled people, those in residential care
- Dark-skinned people
- Conditions that reduce fat absorption, eg. coeliac disease, inflammatory bowel disease, cystic fibrosis etc.
- Infants born to vitamin D deficient mothers who are exclusively breast fed
- Obese individuals

If you have had a blood test, bring your results along to Terry White in Sarina and our naturopath Lesley Rix can calculate the appropriate dosage of vitamin D for you.

What's on at the Sarina RSL?

Has it been a while since you have popped into the Sarina RSL? Well you have been missing out!

Sarina RSL Club is open 7 days a week Monday to Saturday, 10am 'til late and Sunday from 9am 'til 2.30pm (alcohol served after 10am). Lunch is served from 12 noon 'til 2pm and dinner is served from 6pm-8pm.

Club memberships are available for $2 or pensioners $1.

We have a courtesy bus available Friday and Saturday nights and other times by appointment. Please call the club to make your booking.

Monday: Monday is crumbed night. You have a choice of crumbed steak, fish or chicken served with vegetables or chips and salad $15.

Tuesday: Cheap Tuesday is our great $5 crumbed fish, chips, salad and served with a dinner roll (lunch and dinner). Normal menu also available.

Wednesday: Wednesday is Trivia Night with $100 in club vouchers up for grabs. Get your team together and come join us. It is also all you can eat buffet night, $15 includes crumbed steak, crumbed chicken, a hot dish, vegetables, salads and sauces.

Thursday: Thursday is Members Special Night. Purchase a meal from the main menu and receive a second meal at half price, Conditions apply.

Friday: Goose club raffles and members draw. Buffet style vegetables and salads and a hot dish for $15 or order a main meal from the menu and receive the buffet for free.

Saturday: Buffet style vegetables and salads and a hot dish for $15 or order a main meal from the menu and receive the buffet for free.

Sunday: Buffet style breakfast juice, cereal, bacon, sausages, savory mince, hash browns, tomatoes, baked beans, toast and condiments available from 9am-11am. $15 per adult, children 5-12 years $8 under 5 years a dollar per year of age.

Enrolments open now for 2016

Sarina and District Community Kindergarten has been educating young children for over 30 years and is the original Sarina Kindy.

How will Sarina Kindy help your child? Our program is play based and child centred, which means each day is planned around the children's diverse needs and interests and the play based style will prepare them for life at school and beyond.

This is how parents describe the children who attend Sarina Kindy - happy, loved, relaxed, excited, engaged, involved, stimulated, inspired, encouraged, nurtured, confident and thirsty for knowledge. Our staff are experienced, qualified, caring, supportive, fun, approachable, positive, inspiring and love coming to work each day.

If you have been trying to find a kindergarten in Sarina with the right balance of education and play, Sarina and District Kindergarten may be an ideal fit for your child. Enrolments are now open for 2016!

Please contact us on 4956 1580, by email sarinakindy@bigpond.com or drop into 32-34 Lee Street (behind the high school), or you can find more information at www.sarinakindy.com.au.

Sarina
& DISTRICT COMMUNITY
Kindergarten

Free parenting programs available

> Triple P Parenting Program

Parents, grandparents and carers of children 2-12 years old are encouraged to attend the Triple P Parenting Course.

The Triple P Parenting Program empowers parents dealing with child tantrums, bullying, bedtimes, whinging, disobedience and hurting others.

This course will be facilitated by a qualified health professional at the Sarina New Life Community Centre starting Thursday, October 15, at 10am.

Free child minding provided during the session.

For more information or to register, please contact Nathan Cunneen at New Life Community Services on 0417 727 700.

> Parenting After Separation program

Relationships Australia are hosting a free parenting after separation course Friday, October 9, at 12-2pm. Free child minding is provided during the session.

This course is designed to assist separated parents who are experiencing ongoing conflict. It will cover ways to minimise parental conflict so that children can grow, develop and reach their full potential post-separation.

This course will be held at 1 Leslie St, Sarina. Please call 1300 364 277 to register.

RentConnect

RentConnect helps Queenslanders find and secure a home to rent in the private market.

They focus on helping 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 assistance or more details contact us at Mackay Housing Service Centre, 22-30 Wood Street, Mackay on 4967 0888 or toll free 1800 069 237.

CentacareCQ offers quality care in your community

A longstanding and respected local organisation, CentacareCQ provides a wide range of professional social services throughout Central Queensland – from Mackay to Bundaberg and out to the Central West.

These dervices include; aged care, disability and mental health care, counselling for individuals, couples and families, domestic violence support, and training for social services professionals.

Currently in Mackay, CentacareCQ have nine Level 1/Level 2 Home Care Packages ready to be taken up by eligible consumers in need of Packaged Care.

CentacareCQ Mackay Community Services Coordinator Kathryn Maker and her experienced staff are there to make a positive difference in the lives of their customers.

"We offer a quality service, and we know how important it is to focus on the individual needs of the customers that we care for," said Ms Maker.

"We look forward to hearing from potential customers who are interested in having a CentacareCQ Home Care package tailored to their requirements."

For those looking for a different range of support, CentacareCQ also offer family dispute resolution, ACCESS employee assistance program, natural fertility information, and community education including parenting and self-care workshops.

For more information on any of these services, or to arrange an appointment, call 1300 523 985 and speak with a member of the friendly CentacareCQ Client Contact team.

CentacareCQ
DIGNITY • COMMUNITY • CHOICE

Saturday, October 10

Come along to the Rock 'N' Roll Dance, doors open 6.30pm for 7pm start at St Luke's Hall, Broad Street, Sarina. Admission $15 which includes supper, soft drinks available for sale, BYO alcohol.

For all enquiries, call Meredith on 0415 932 527.

For Liz Skitch, Art Imitates Life

Oscar Wilde said, "Life imitates art far more than art imitates life" - comedian and actor Liz Skitch begs to differ. Her new show, coming to the Sarina Bowls Club Thursday, October 22, Spoilt, features Skitch playing five fabulously funny characters – all inspired by real women.

In what *Weekend Notes* described as a "tour de force" she plays; a failed reality-TV star, a celebrity personal trainer, a karaoke-singing-wedding celebrant, café latte-sipping-dog-lover and a hapless bride-to-be. Skitch transforms herself into each character in turn right before the audience's eyes, using only a few pieces of costume, and a carefully curated collection of wigs and heels. Each character is preparing for the upcoming 'wedding of the year' and as the big day gets closer, the stakes get higher and their lives clash and entwine – before climaxing in the most tragically hilarious wedding reception ever staged!

Skitch explains, "I found the characters while reading magazines that feature stories on real people. The kind of stories you find yourself recounting and saying 'can you believe someone actually did that?!'"

According to Skitch, each character also contains an aspect of her own personality. She was married in 2012 and admits this influenced the decision to place the bride–to–be and her epic wedding, centre stage in the story.

"Weddings are high pressure at the best of times and can easily become self indulgent events. Even if you try not to be demanding, your inner bridezilla can jump out whether you like it or not!" Skitch confesses.

Skitch embarked on a tour of Queensland in 2013 with her acclaimed cabaret, Skitch Tease. Brought to you by the same creative team, audiences who enjoyed Skitch Tease can look forward to an equally hilarious night out.

Now based in Melbourne, Skitch enjoys all that Australia's comedy capital has to offer. The move has lead to new collaborations for Skitch, including the opportunity to work with much loved Australian comedian and writer Fiona Scott-Norman as director on Spoilt.

Spoilt has been described by critics as "simply ahhhh-mazing…" (Heckler), a tragicomedy that explores the bittersweet relationship most women have with their self-identity.

Skitch believes that now more than ever, women are being pressured to invest too much in self-improvement. The ladies in Skitch's comic theatre show have all fallen victim to narcissism with hilarious results. Skitch sums up her rationale for creating the show by explaining, "Spoilt is designed to make us have a good laugh … at the crazy things people do these days to achieve happiness".

Spoilt will tour Queensland in October/November 2015.

Produced by debase productions and supported by The Playing Queensland Fund and arTour, initiatives of the Queensland Government through Arts Queensland, part of the Department of the Premier and Cabinet.

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Catch Spoit at Sarina Bowls Club Thursday, October 22 at 7.30pm. Book your tickets today at the Sarina Bowls Club, Sarina Information Centre, or at the door, ticket prices are $25/adult.

One actor, five characters - an electric comedy masterpiece!

Sarina Tourist Art & Craft Markets

Come along to the markets on the first and third Saturday of every month from 8am to 12 noon for fresh produce, homemade soap, plants and craft.

To find us, just drive south through Sarina, look to your right for the "i" sign at the last set of lights. Our markets are set up on the lawn in front of our very unique and beautiful buildings.

We always welcome any new volunteers to the Information 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. We truly care about our volunteers and you are never alone on a shift.

Hours of business : 9am to 5pm, 7 days a week, excluding 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.

Thank you Sarina

> A letter to the people of Sarina

Neil and I would like to most sincerely thank the owners of the Sarina Palms Caravan Park, Judy and Dennis, for their incredible knowledge and help as our two night stay was extended to nine. The park is a credit to their hard work and imagination. Thank you so very much.

Next we wish to thank everyone involved with the hospital. You are all so lucky to have these wonderful people looking after you, their expertise is second to none. Well done and thank you.

Last, but not least, to the chemists of Sarina, whose care and knowledge of medications was exceptional. To the retailers and people of Sarina, thank you. You made our stay one we will never forget, we never saw one "grumpy person", which was amazing.

Thank you Sarina, outstanding ovation.

Carma Arthur.

MIFNQ mental illness fellowship north queensland

MIFNQ invites parents, carers, families and friends of people with mental health issues or illness to Workshops 2 & 3 of the FREE workshops series:

Workshop 2: Introduction to Mental Illness
(THU, Oct 15, 2015)

Workshop 3: Loss & Recovery
(TUE, Oct 20, 2015)

You are encouraged to attend both workshops.
FREE light dinner provided!
Time/Venue: 5.45 (for a 6pm start) to 8.30pm at HORIZON Clubhouse
(Old Pioneer Shire Council Building, Wood St)

RSVP Essential for numbers:
Deb Parker
P 49 512 973
M 0429 219571
E DParker@mifnq.org.au

Please RSVP by Oct 12, 2015

ASSIST

Remind

Koumala State School prep orentation invite

All new students entering Prep at Koumala State School are invited to attend a Prep Orientation Day.

Where: Prep/One Classroom

When: Friday, October 9, parents welcome to stay
Friday, November 6, parent meeting with principal
Friday, November 27, children with class teacher

Time: 9am – 11am, parents welcome to leave children until end of play at 11.30am

Bring: Hat, closed shoes, snack, drink bottle, enrolment forms, birth certificate and immunization schedule. Please return your enrolment forms on the first day.

By coming along to these meetings you will receive peace of mind, a tour of the school, an introduction to staff and a prep package for your child. Parents will have the opportunity to have a conversation with the principal regarding the 2016 enrolment process. We hope to see you there!

Sarina Showground Market

Make a Morning of IT
Plenty to See & Do
Meet up with Old Friends
Kiddies Activities-
Home Baking -
Old wares - Plants
Trash & Treasure
Hand-made Clothing
Handy Crafts

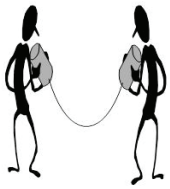
Sunday
October, 25

Future Markets
2015
November 29th
December 20th

Canteen Open
Staffed by the
Sarina Show Society
Volunteers
Good Food
Cold Drinks

Live Entertainment

Sarina Show Office & leave a Message–
Phone 4956 1066 or Fax 4956 2036
Mobile – 0418 737 096
Web Site:www.sarinashowsociety.com.au
Site Bookings are Essential



Autism Information Evening

Commonwealth Respite and Carelink Centres (CRCC) is a proud sponsor of the 7th annual Autism Information Evening on Thursday, November 5 from 3pm - 9.15pm at the Windmill Conference Centre, North Mackay.

This year, there is extended expo time with service providers prior to information sessions.

Come and hear from Autism Queensland's teaching and learning team on topics that are relevant and practical.

Gain valuable information, enjoy the networking and meet your local service providers.

Supper is provided and you will have your chance to ask your puzzling questions at the Q&A session.

To register for the sessions or for any enquiries, phone CRCC on 1800 052 222. Places are limited and RSVP is absolutely essential for catering purposes.

If respite is required to enable you to attend, please discuss when you book in with Trish or Allison at CRCC on 1800 052 222.

This event is funded by Department of Social Services.

Program of events		
3 – 5pm	Expo of service providers	
5.30 – 6.30pm	1. Transition to School/High School	2. Transition to Employment
6.30 – 7.15pm	Supper	
7.15 – 8.15pm	3. The Hidden Curriculum	4. What to do when a 'surprise' happens – teaching/coping strategies
8.15 – 9.15pm	Q&A – including AQ trainers, adults on the spectrum and transition staff from Education Qld	

2015 DATE CLAIMER

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.mcdowall@mackay.qld.gov.au.

OCTOBER

2 > 7pm Dance Lessons, St Luke's Hall
> 8am Sarina Tourist Art & Craft Markets, Field of Dreams
> 8am Sarina Mens Shed, Lee Street
> 9am Sarina Fibre Arts, Sarina High School

5 > LABOUR DAY HOLIDAY

6 > 9.30am Nebo/Sarina Range QCWA Social Day, Range Hall, Colston Park
> 9.30am Baby Bounce, Sarina Library
> 9.30am Group Fitness, St Luke's Hall

7 > 8am Sarina Mens Shed, Lee Street
> 9am QCWA Sarina sewing circle, QCWA Hall
> 9am Sarina Fibre Arts, Sarina Neighbourhood Centre
> 10am Storytime, Sarina Library

9 > 7pm Dance Lessons, St Luke's Hall

10 > 8am Sarina Beach Markets
> 8am Sarina Men's Shed, Lee Street
> 9am Sarina Fibre Arts, Sarina State High School
> 6.30pm Rock "n" Roll Dance, St Luke's Hall

13 > 9.30am Baby Bounce, Sarina Library
> 9.30am Group Fitness Fun, St Luke's Hall

14 > 8am Sarina Men's Shed, Lee Street
> 9am Sarina Fibre Arts, Sarina Neighbourhood Centre
> 9am QCWA Craft & Social Morning, QCWA Hall
> 10am Storytime, Sarina Library

16 > 7pm Dance Lessons, St Luke's Hall

17 > 8am Sarina Tourist Art & Craft Market, Field of Dreams
> 8am Sarina Men's Shed, Lee Street
> 9am Sarina Fibre Arts, Sarina State High School

20 > 9.30am Baby Bounce, Sarina Library
> 9.30am Group Fitness Fun, St Luke's Hall

21 > 8am Sarina Men's Shed, Lee Street
> 9am QCWA Hoy Morning, QCWA Hall
> 9am Sarina Fibre Arts, Sarina Neighbourhood Centre
> 10am Storytime, Sarina Library

22 > 7.30pm Spoilt, Sarina Bowls Club

23 > 7pm Dance Lessons, St Luke's Hall

24 > 8am Sarina Men's Shed, Lee Street
> 9am Sarina Fibre Arts, Sarina State High School

25 > 7am Sarina Showgrounds Markets

27 > 9.30am Baby Bounce, Sarina Library
> 9.30am Group Fitness Fun, St Luke's Hall

28 > 8am Sarina Men's Shed, Lee Street
> 9am QCWA Craft & Social Morning, QCWA Hall
> 9am Sarina Fibre Arts, Sarina Neighbourhood Centre
> 10am Storytime, Sarina Library

30 > 7pm Dance Lessons, St Luke's Hall

31 > 8am Sarina Men's Shed, Lee Street
> 9am Sarina Fibre Arts, Sarina State High School