



**Sarina**  
NEWS  
July 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](mailto:margaret.mcdowall@mackay.qld.gov.au)

## Save the date!

> *Thursday, August 20*

Sarina Neighbourhood Centre's Sarina Senior's Morning Tea will be held Thursday, August 20 at the Cultural Hall Sarina. Be sure to mark this one in your calendar!





## 'Tom Casey' New or Refurbished Heritage Place or Home

### Gold Award: Sarina Tourist Art and Craft Centre – 'Field of Dreams' Parklands

The volunteers at the Sarina Tourist Art and Craft Centre were delighted to receive this award and the recognition of the hard work of so many.

The original Sarina Court House (built 1906) is home for the Art & Craft shop which is full of all local made products and sold by our volunteers. The craft shop offers great gift ideas or just something to pamper you.

The original Sarina Jail Cells (built 1906) has been restored and transformed into our accredited Visitor Information Centre.

The Mount Pelion School (built 1926) is in the process of being restored and will become our administration office as well as a community meeting room suitable to hold workshops etc.

The centre operates seven days a week 9am to 5pm. We only close Christmas and New Years Day, Good Friday and half day Anzac Day. A warm smile and a friendly hello will always greet you which are offered by our volunteers who operate the business. We are located in the Field of Dreams Parklands (turn at the traffic lights on Bruce Highway where indicated). All our visitors are offered complimentary tea or coffee.

Come on down and spend time admiring these majestic buildings from time gone by. Relive Sarina's nostalgia, and enjoy our wonderful craft.

Telephone (07) 4956 2251.

# 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  
July  
26th**

### Future Markets 2015

August	30th
September	27th
October	25th
November	29th
December	20th

### Canteen Open

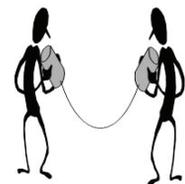
Staffed by the Sarina Show Society Volunteers

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](http://www.sarinashowsociety.com.au)  
Site Bookings are Essential



# Mayor's column

At the recent Greenmount Homestead celebrations Member for Mackay Julieanne Gilbert presented to council, on behalf of Queensland Rail, two timber and wrought iron bench seats. Many residents will remember these as the seats that graced railway stations across Qld many years ago.

Council decided that one of the seats should be given to the Sarina District Historical Centre for placement in the Field of Dreams, Railway Square in Sarina and the other seat will be located at Bluewater Quay in Mackay.



L to R Mayor Deirdre Comerford, President Sarina District Historical Centre Carolyn Scott and Member for Mackay Julieanne Gilbert

In council's budget adopted on June 24 a new initiative, the Façade Improvement Scheme, will be extended to include the Sarina Central Business District. This scheme offers businesses in Sarina grants to refurbish their building facades using local contractors. For more details go our website [www.mackayregionalcouncil.com.au](http://www.mackayregionalcouncil.com.au)

Another initiative that has been included is funding for the Sarina Sugar Shed to open seven days a week. This has long been asked for and council hopes it will increase visitors to the facility.

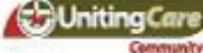
Council's Economic Development Department is currently working on an online booking and purchasing system as well as renovations to the shop, to assist this award winning facility to generate more income.

The Mayor caught up with Emily Dale and Ian Scott from the Sarina District Historical Centre at the Greenmount Homestead Heritage Fair.



L to R Emily Dale, Mayor Deirdre Comerford and Ian Scott

Until next time, Mayor Deirdre Comerford



**Sometimes families struggle.  
We're here to help.**

**Child, Youth and Family Wellbeing Service**

**Call us today 4944 2300**

Funded by the Australian Government, Department of Social Services

## Sometimes families struggle, we're here to help

The Child Youth and Family Wellbeing Service provides confidential face to face holistic support to assist vulnerable children and young people up to the age of 18 who are affected by or at risk of mental illness.

Support workers offer flexible and responsive early intervention to assist children and their families with coping and life skills, relationships at home, relationships with peers, school issues, school attendance, self care, general health and wellbeing, community education and group work. Support workers will respect your privacy, encouraging participation in planning and decision making when addressing issues.

This free program is funded by the Australian Government and provides in home/outreach support to children, young people and their families on a one off, short term or long term basis.

Child Youth and Family Wellbeing Service staff provide outreach support and assistance to children, young people and families within the Mackay, Sarina and surrounding areas.

Participants can self refer to access this service, the program is based at UnitingCare Community, 287 Shakespeare Street, Mackay.

Telephone: 4944 2300 or email: [FMHSS.Mackay-Whitsunday@uccommunity.org.au](mailto:FMHSS.Mackay-Whitsunday@uccommunity.org.au)



## Vision strength quality empowerment

The Mackay Women's Centre provides a range of free counselling and support services for women in the city of Mackay and surrounding region. Our counsellor visits Sarina every Thursday morning at the Sarina Neighbourhood Centre, 65 Broad Street. Appointments can be made by calling the office. The centre also hosts many different activities on a weekly basis, some of these include Zumba Gold, Australian Breastfeeding Association Meetings, Tai Chi, Mackay Active Women's Group and Yoga and Meditation. For further information please call the office on 4953 1788 between 8.30am and 4.30pm or visit [www.mackaywomenscentre.com.au](http://www.mackaywomenscentre.com.au).

Mackay Active Women's Group has had two ongoing projects the group has been doing throughout the year have been, "Keeping Our Families Warm" and "Knitted Knockers". "Keeping Our Families Warm" is a project where the ladies knit or crochet blankets and rugs that are then donated back to families in need via our Parenting Program. "Knitted Knockers" involves women knitting prosthetic breast for women that have a lost breast through Breast Cancer. An article about both programs was composed by the Daily Mercury, along with a story with Channel 7, airing both on the local channel but also on Sunrise. The stories highlighted not only the amazing efforts of the group but also how the Mackay Active Women's Group continues to enrich the lives of those who attend. As a result of this publicity we received an overwhelming response to donation request with more wool donated than we could have ever imagined. This allows these two great projects continue without cost to the centre. The Mackay Active Women's Group is a very welcoming and enriching group to be a part of. If you or someone you know would like to join us, please do come along new faces are always welcomed with enthusiasm.

## A free service for separated parents

The Post Separation Cooperative Parenting (PSCP) program is based in Mackay and also provides a service to Sarina, Whitsundays, Moranbah, and Bowen. The PSCP service is provided by UnitingCare Community. 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 service can be helpful for a family even if only one parent attends the program.

Post Separation Cooperative Parenting Contact  
Phone: (07) 4944 2300

The Post Separation Cooperative Parenting service is funded by the Australian Government Department of Families, Housing, Community Services and Indigenous Affairs.

# KIDNEY

support ● network

Kidney Support Network (KSN) Mackay has now moved its office to 43 Milton Street, Mackay opposite the Mackay Showgrounds.

We currently opened a Community Op shop downstairs in the old butcher shop which will help raise funds for our local transport service.

Our open hours are Monday to Saturday, 9am – 2pm

Kidney Support is looking for volunteers to help in various positions

- Driving clients to their hospital treatments from their home to the Base Hospital which runs 6 days a week
- Volunteering in the Community Op shop
- Fundraising

KSN is looking for donations of any unwanted goods that you might get rid of and we can put these items to good use.

Contact our office on 0423 964 397.

# YESS - Youth Empowerment and Support Service

The YESS program can support and assist young people 12-18 years who present as disadvantaged, vulnerable and/or at risk.

Support and assistance where appropriate can be provided in consultation with their families or significant others.

Services and support will include individual case management in the Mackay Regional Council area and provide an integrated response for Young People in the Sarina and Mirani area as well as Isaac and Whitsunday Regional Council areas.

## The YESS Approach

- Confidential support and assistance.
- Person centred, strengths based focus.
- Non-intrusive, respectful approach of support.
- Encourage and support, cultural connections.
- Flexible, individual, responsive, collaborative case management process.
- Provide opportunities for Young People and their families to participate in decision making.
- Facilitate cross-agency referral and maintain inter-agency links.
- Share/exchange information between services with consent.
- Encourage transparent, efficient service delivery, in the aim of moving toward positive outcomes for young people and their families.

For further information contact MADEC Youth Services Coordinator Tania Atkins on 4951 1233.

## Friday night fun with learn to dance lessons!

Learn to do a variety of dance steps including rock and roll, line dances and novelty.

Great fun, good exercise and lovely company.

Join us on Friday nights at St Luke's Hall (next to court house) at 7pm for \$5 per person.

Finished at 9pm

Enquiries Vic Norton, 0428 431 171.



## Baby Bounce!

Baby Bounce is aimed at 0-18 month olds and their parents and carers and is held weekly during the school term. This program of nursery rhymes, lullabies, finger plays, songs and the use of board and picture books promotes language and literacy development in an interactive, fun-filled environment.

The sessions encourage valuable one-on-one time between parent and child and are also a great networking opportunity for parents and carers.

**Please bring a quilt, rug or cushion for your child.**  
**Sarina Library, Tuesdays 9.30am - 10am**

**SAVE THIS DATE**  
**FRIDAY 28 AUGUST 2015**  
**ALLIGATOR CREEK 5-9pm**  
**STATE SCHOOL FAIR**  
AT OUR BEAUTIFUL SCHOOL GROUNDS  
50 GRASSTREE RD ALLIGATOR CREEK

HEAPS OF STALLS  
MONSTER RAFFLE  
BAR  
RIDES  
MOUTH WATERING FOOD  
FAMILY FRIENDLY FUN

- Performances
- Entertainment
- Displays from community groups
- Fireworks

More Info @ 0430110634

# CLUBS CONNECT GRANT WRITING WORKSHOP

All not-for-profit groups welcome

## WORKING TOGETHER MAKES COMMUNITIES STRONG!

Mackay Regional Council Community Development and Sport and Recreation Services, together with Queensland Government Sport and Recreation Services are partnering to deliver a grant writing workshop to our community through our Clubs Connect programme.

Clubs Connect aims to provide support and training opportunities to not only sporting clubs but also to wider not-for-profit community organisations within our region.

This grant writing workshop is an opportunity to gain hints and tips about applying for funding and grants to ensure your organisation can grow and thrive.



## WORKSHOP DATES:

- > **Mackay:** Monday, July 13  
Mackay Regional Council, Reception Room, Gordon St  
5.30pm to 7.30pm
- > **Sarina:** Wednesday, July 15  
Sarina Council Office, Broad St  
5.30pm to 7.30pm
- > **Pioneer Valley:** Thursday, July 16 from  
Marian Community Hall, Daly St  
5:30 to 7:30pm

## REGISTRATION

Online registration [www.mackay.qld.gov.au/community/grants/grant\\_writing\\_workshop](http://www.mackay.qld.gov.au/community/grants/grant_writing_workshop).

For further information please call Sport and Recreation Services 4961 9481 or Cara Gjuzi, Community Development 4961 9655



## Expression of Interest - Community Choir

A choir is an amazing way to create happier, healthier, smarter and more creative communities. Come to laugh, learn, explore and leave with a smile and reason to sing... A choir can bring joy, belonging, confidence, friendship, acceptance and create harmonious sounds.

Our community needs a choir.

All ages and abilities can come together where music exists there are no boundaries no barriers no judgement and no fear. Together we can fill our community with the joyous sound of song.

To gain more information and to save your space in this unique opportunity please contact Margaret Ross (Ward) 0400 997 588 or email [butterflyenlightenment@gmail.com](mailto:butterflyenlightenment@gmail.com).

## Manage technology's dark side!

Did you know that the average time young Australians (aged 8-18) spend on technology is 7hrs 6min per day, or almost 50hrs per week or over 100 days per year. By the time they reach 18, young adults would have spent a total of four years on technology.

Technology is not a bad thing. It is just what it gives access to that is the problem.

Are you concerned about the incidence of cyberbullying, the misuse of social networking, video-game addiction, depression and pornography – the dark side of technology?

Parents and members of the community are invited to an adults only meeting with international speaker and author, Brad Huddleston supported by the Queensland Police Service and headspace Mackay at:

**Carmila State School - Tuesday, July 14, 6.30pm**

**Sarina High School - Thursday, July 16 - 7pm**

Become empowered with ways to deal with the critical issues arising through the misuse of technology. These are adult only meetings.

Brad Huddleston's visit is proudly hosted by the Sarina and District Schools' Chaplaincy Committee and the Sarina Community Bendigo Bank.

**DARK SIDE OF TECHNOLOGY**  
Restoring Balance in the Digital Age

Author and International Guest Speaker  
**BRAD HUDDLESTON**

Sponsored by  
Bendigo Bank  
Sarina Community Bank\* Branch  
and  
Sarina Chaplaincy Committee

Speaking to parents on:  
**MANAGING TECHNOLOGY'S DARK SIDE**

**Carmila State School** Tuesday, 14 July 6:30pm  
**Sarina High School Library** Thursday, 16 July 7:00pm

For more information contact Meredith – 0415 932 527

**FREE ENTRY**

**SENIORS WEEK**  
15-23 AUGUST 2015

ENTERTAINMENT SERVICE INFORMATION AVAILABLE

**It's on for Young & Old**

**A Morning Tea celebrating Seniors Week**  
For all Seniors and Carers in the Mackay Regional Council District  
Thursday 20<sup>th</sup> August 2015  
10:00am - noon  
Sarina Cultural Hall  
Anzac Street Sarina

**BOOKINGS ESSENTIAL**  
Tickets available at Sarina Neighbourhood Centre  
Phone: 4961 9283  
Email: [margaret.mcdowall@mackay.qld.gov.au](mailto:margaret.mcdowall@mackay.qld.gov.au)

Mackay Queensland

# 2015 DATE CLAIMER

## JULY

- 1 8am-noon Sarina Men's Shed Group, Lee St  
9-11:30am QCWA Sarina Branch, QCWA Hall  
9am-noon Sarina Fibre Arts Group,  
Sarina Neighbourhood Centre
- 4 8am-noon Sarina Tourist Art & Craft Market,  
Field of Dreams, Sarina  
8am-noon Sarina Men's Shed Group, Lee St  
9am-noon Sarina Fibre Arts Group, Sarina High
- 7 9:30am Nebo/Sarina Range QCWA Social Day,  
Range Hall Colston Park
- 8 8am-noon Sarina Men's Shed Group, Lee St  
9-11:30am QCWA Sarina Branch, QCWA Hall  
9am-noon Sarina Fibre Arts Group,  
Sarina Neighbourhood Centre
- 11 8am-noon Sarina Men's Shed Group, Lee St  
9am-noon Sarina Fibre Arts Group, Sarina High
- 14 9:30-10am Baby Bounce for 0-18 months  
& their grown ups, Sarina Library  
5:30pm - Sarina Festival Meeting / Miller House
- 15 8am-noon Sarina Men's Shed Group, Lee St  
9-11:30am QCWA Sarina Branch, QCWA Hall  
9am-noon Sarina Fibre Arts Group,  
Sarina Neighbourhood Centre  
10-11am Storytime for 2-5 year olds & their  
grown ups, Sarina Library
- 18 8am-noon Sarina Tourist Art & Craft Market,  
Field of Dreams Sarina  
8am-noon Sarina Men's Shed Group, Lee St  
9am-noon Sarina Fibre Arts Group, Sarina High
- 21 9:30-10am Baby Bounce for 0-18 months &  
their grown ups, Sarina Library
- 22 8am-noon Sarina Men's Shed Group, Lee St  
9-11:30am QCWA Sarina Branch, QCWA Hall  
9am-noon Sarina Fibre Arts Group,  
Sarina Neighbourhood Centre  
10-11am Storytime for 2-5 year olds & their  
grown ups, Sarina Library  
7pm Rotary Deb Ball Practice, Cultural Hall, Sarina
- 25 8am-noon Sarina Men's Shed Group, Lee St  
9am-noon Sarina Fibre Arts Group,  
Sarina High School
- 26 7am Showgrounds Markets, Sarina  
7pm Rotary Deb Ball Practice
- 28 9:30-10am Baby Bounce for 0-18 months & their  
grown ups, Sarina Library
- 29 8am-noon Sarina Men's Shed Group, Lee St  
9-11:30am QCWA Sarina Branch, QCWA Hall  
9am-noon Sarina Fibre Arts Group,  
Sarina Neighbourhood Centre  
10-11am Storytime for 2-5 year olds & their  
grown ups, Sarina Library  
7pm Rotary Deb Ball Practice, Cultural Hall Sarina

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](mailto:margaret.mcdowall@mackay.qld.gov.au)



The Sarina Festival Committee is seeking volunteers for the 2015 event to be held Saturday 12 September 2015

### Volunteers Wanted

Monthly meeting held second Tuesday each month at

Miller House Central Street Sarina 5.30pm



E-mail : [sarinafestivalinc@inet.com.au](mailto:sarinafestivalinc@inet.com.au)

# SARINA FESTIVAL

SARINA RUGBY LEAGUE GROUNDS  
- HOEY ST ENTRANCE

**SAT 12 SEPT**

## LANTERN PARADE

+ LOCAL BANDS

**FREE ENTRY**

GATES OPEN 3PM  
LANTERN PARADE STARTS @ 6.30PM  
MARKET STALLS + RIDES + LICENSED BAR  
GREAT FOOD ON SITE + FREE JUMPING CASTLE

[SARINAFESTIVAL.COM.AU](http://SARINAFESTIVAL.COM.AU)