



**Sarina**  
NEWS  
February 2016

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

## Arts support available for Sarina - enquire today!

### > Consider finding assistance through the RADF program

An Arts Development Officer will now be available at the Sarina Neighbourhood Centre, so why not make an appointment to discuss your ideas? Perhaps you will be eligible to access the Regional Arts Development Fund (RADF).

Did you know the program has changed? There are new guidelines and application forms available at [www.mackay.qld.gov.au/radf](http://www.mackay.qld.gov.au/radf)

We offer four rounds per year, the remaining dates for the 2015/2016 financial year are:

- ROUND 3 – Closing Wednesday, March 16 at 4:30pm for projects starting after Wednesday, May 11.
- ROUND 4 – Closing Wednesday May 18 at 4:30pm for projects starting after Wednesday, June 22.

To book an appointment or for more information, please contact Lara or Fiona on 4961 9554.

The RADF is a joint Queensland Government and Mackay Regional Council partnership to support local arts and culture.

*Sarina Neighbourhood Centre 10am - 3pm.*

# Mayor's column

Welcome to the first edition of the Sarina Newsletter for 2016. Christmas Day seems a little while ago already but I trust you had an enjoyable time with family and friends and are rested for the coming year.



It has been pleasing to see the progress made to increase the flood storage capacity at Middle Creek Dam. The project has cost approximately \$2.1M and is almost complete.



By the time this Newsletter is circulated, Buffy the Cane Toad would have had a makeover. This local icon is to be placed on a new platform with a feature wall decked out with landscaping and lighting. Plaques naming our home-grown State of Origin stars are to be installed. We are sure this upgrade will enhance visitors' experience. Above is the before photo, make sure you check out the revamped Buffy.

The half basketball court at Campwin Beach is to be refurbished as well as construction of some more beach access stairs to be undertaken in the near future.

A shoulder sealing program on Langdon Street is currently being undertaken.

It was very pleasing to see Sarina BMX receive funding from the State Government under the recently announced Get Playing Places and Spaces round of funding.

Sarina Tennis Assoc and Sarina BMX were also successful under the Get Going Clubs funding.

Until the next Newsletter  
Mayor Deirdre Comerford

## Women Who Make Us Proud Awards #MackayPride

Mackay Regional Council's Women Who Make Us Proud Awards (#MackayPride) are an opportunity to showcase the hard work and achievements of local women across the region.

Each woman who is nominated will be sent an official certificate containing the text written by the person who has nominated her (nominators can remain anonymous if they wish).

These awards are intended to recognise everyday women's extraordinary achievements and some ideas of people you might like to nominate include:

- Any woman who makes you proud in our community
- Someone special in your life who has made a difference to you personally
- Quietly achieving women who work hard behind the scenes for their community

These awards are part of International Women's Day and Queensland Women's Week Celebrations from March 7 – 13. This year's theme is "Good for her. Great for us. When women achieve, Queensland succeeds".

### How to nominate

Visit [www.mackay.qld.gov.au/womenawards](http://www.mackay.qld.gov.au/womenawards) and fill out the online form at to nominate someone for an award. You can also download a hardcopy version of the form here and return it to one of our Client Service Centres. If you are unable to download, forms will be available at the Sarina Neighbourhood Centre. Applications close Monday, February 29, 2016.



**We are a bit of a social butterfly these days.  
Find us on Facebook to keep up to date with  
upcoming events, opportunities and more!**

- > [facebook.com/SarinaNeighbourhoodCentre](https://facebook.com/SarinaNeighbourhoodCentre)
- > [facebook.com/mackayregionalcouncil](https://facebook.com/mackayregionalcouncil)



The newly formed Sarina Community Choir performed its first public appearance by leading the Christmas Carols.

## Sarina community Christmas celebration

Sarina celebrated the beginning of the festive season with a Community Christmas Celebration on Saturday, December 5, at the Sarina Cultural Hall and Anzac Park Precinct.

The large crowd who attended visited Bethlehem Village set up by the Combined Churches of Sarina. The village was a busy place with the carpenter's shop, bead making, spinning wheel and fishing net mending, with every visitor receiving a special gift bag. There were many angels, soldiers, shepherds and the three wise men with Joseph, Mary and baby Jesus in the stable.

A sausage sizzle and drinks were available, thanks to the Sarina Tourist Information Art & Craft Centre and local coffee van for those who wanted to grab something to eat while waiting for other activities to begin. A local photographer was available to take photos with Santa while the village was open.

Santa arrived on the Armstrong Beach Rural Fire Brigade truck with lollies for the kids, followed by Cr Greg Martin officially switching on the Christmas tree lights. The winners of the Sarina Shop Front Lights Competition were announced, with the winners being Sarina Insurance and M Group Tyre and Mechanical.

Dave and Jay from SeaFM joined in the festivities and assisted with hosting during the event. The purpose of the event was for the community of Sarina to celebrate Christmas together, acknowledging the true meaning of Christmas in a safe, affordable, family friendly event.

The Sarina Community Christmas Celebration was coordinated by the Sarina Neighbourhood Centre in partnership with the Combined Churches of Sarina who received funding through the Mackay Regional Council's Christmas Grant Program. Thank you to everyone who came along and supported this community event.



## International Women's Day March 8, join us for...

### "It's A Woman's World Expo"

- Tuesday, March 8 at 9am – 12 noon
- Bob Wood Cultural Hall, Anzac Street
- Free entry with morning tea available for purchase

Featuring exhibitors with information on women's services, arts and crafts, health and beauty, market stalls, plus more.

For more information contact:  
 Sarina Neighbourhood Centre  
 Ph: 4961 9283  
 Email: [margaret.mcdowall@mackay.qld.gov.au](mailto:margaret.mcdowall@mackay.qld.gov.au)





## Local music teachers work with marimba instructor

Thanks to the generous sponsorship of Sarina Community Bendigo Bank, Swayneville State School took delivery of eight handcrafted marimbas.

Marimbas, which resemble super large xylophones, are social instruments that can be played by up to three people, and will be used to invigorate the classroom music instruction.

Thanks to Donna Miller from Marimbas On The Move, two professional development sessions were held in January – one for the staff of Swayneville School, the other for music teachers/instructors from around the district.

Not only are marimbas a great deal of fun to play, they promote team work, provide cross curricula literacy/ numeracy and require physical activity to play. This sponsorship has really given the school's arts program a boost!

There is great potential to form a community marimba band, so keep an eye out for more details.



## Sarina Women Who Make Us Proud Awards Dinner



Date: Wednesday, March 9 at 6:30pm

Venue: RSL Sarina – Central Street, Sarina

Cost: \$25.00

✦ Two-course buffet dinner

✦ Guest speakers-

**Deb Rae**

Consultant, trainer, coach and author of "Getting There: Grief to Peace for young widows".

**Margaret Ross**

Counsellor, Sound Healing, TRE (trauma release exercise therapy), Aqua Fitness, Meditation. Sarina Sings Community Choir facilitator.

✦ Award presentations (#MackayPride)

showcasing everyday women's extraordinary achievements in our community

Bookings essential – numbers limited- Phone RSL 4956 1814

For more information - Sarina Neighbourhood Centre:  
Ph: 4961 9283 – Email: [margaret.mcdowall@mackay.qld.gov.au](mailto:margaret.mcdowall@mackay.qld.gov.au)



# Sarina Community Hub restores hope for job seekers

New Life Community Services has recently launched the Sarina Community Hub - a new website which will not only showcase the region's attractions, but also help Sarina job seekers with new job skills.

The Sarina Community Hub was just one outcome of New Life's Work for the Dole project that is designed to help job seekers improve computer literacy and develop their graphic design and event management skills.

Nathan Cunneen, the project coordinator, said the project was chosen and designed by the participants due to the perceived lack of events and activities available to residents in Sarina. The Work for the Dole participants decided that a stylish online community hub promoting the broad range of activities and events in Sarina would help retain tourists and assist new residents moving to the area. The site enables local businesses to advertise job opportunities and local events on the site. The website is operational and can be viewed at [www.sarinahub.com.au](http://www.sarinahub.com.au).

Mr Cunneen said that The Sarina Community Hub was an inspiring project to work on for the participants. "Initially participants were pessimistic about Sarina due to the lack of employment opportunities, but as we began listing the activities and attractions available in our town, they became overwhelmingly optimistic about our town. The project restored their hope."

Mr Cunneen said that New Life Community Services has been delivering community programs in Sarina for several years aimed at strengthening family relationships, assisting with financial planning and, more recently, assisting job seekers.

"We're pleased that the parenting programs and marriage courses that New Life Community Services are running are making life better for families in our community," reported Mr Cunneen.

"We are also pleased to be supporting New Life Church in the Choosing Hope Community Celebration Service. It will inspire hope for the town, hope for people's marriages, and hope for those who are struggling in the economic down turn."

The Choosing Hope Community Celebration is a community church service for all Sarina families from 10am - 11.30am on the February 21, 2016 at the Bob Wood Cultural Hall.

It includes a jumping castle, exciting kids' program, lively worship and inspiring message with performances from Dance Central Sarina and a BBQ to raise money for the Sarina Soccer Club. We hope to see you there.

## Sarina Youth Centre

> Corner of Anzac & Broad streets, Sarina

Sarina Youth Centre is a place where young people (10-25) can meet up, socialise and take part in a range of fun activities, find out information and get support on issues or programs that may be of interest to them.

Open Monday to Friday,  
1pm to 5pm.

To find out more, visit the Sarina Youth Centre Facebook page at [www.facebook.com/youthcentresarina](http://www.facebook.com/youthcentresarina).



## Want free eNewspapers?

Library Press Display is a digital newsstand providing library members free instant access to over 4000 local and international newspapers and magazines. Access current editions of the Daily Mercury, Townsville Bulletin and Sunday Mail just to name a few.

Visit [www.mackay.qld.gov.au/libraries/elibrary/enewspapers](http://www.mackay.qld.gov.au/libraries/elibrary/enewspapers) to get started today. Ask our friendly staff if you require assistance. A Factsheet is available via our website.

## Sarina Fibre Arts Group

The Fibre Arts Group is starting the year off with meetings at the Creative Craft Cottage, 36 - 40 Lee Street, opposite the Men's Shed. Anyone interested in joining us is welcome to come along on either Wednesdays and/or Saturdays from 9 am to 12 noon. We want people to come and find out what we are doing and find something of interest to learn from our members who have varied skills in different crafts.

Morning tea is available and plenty of chatting happens.

The Group is going to commence night meetings for those interested in becoming members on Tuesday nights from 7pm to 9pm starting on Tuesday, March 1 for those who cannot come during the day.

An official opening of our building is being planned for a date to be fixed later in May this year. This will be advertised around the town and through the media. Anyone interested is welcome to come along.

For more details please contact Celia (Secretary) on 4943 1426 or Mary (President) on 4956 4594.

## Sarina Community Bank® Branch



### Engagement evening

Representatives of community groups and clubs are invited to attend a Community Engagement Information Evening for applications for the Sarina Community Bank(R)'s upcoming Grants and Sponsorship Round. To be held at the Sarina RSL at Tuesday, February 16 at 6.30pm.

RSVP to Patrice on 0435 537 012 or email [sarinaben@ctemail.net.au](mailto:sarinaben@ctemail.net.au) or for any further information.

### 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. Hours of business are 9am to 5pm, 7 days a week, excluding Good Friday, Christmas Day, New Year's Day and half of day Anzac Day.

For any enquiries, please phone 4956 2251 or 0488 772 493 or email [sarinainfo@easynet.net.au](mailto:sarinainfo@easynet.net.au).

### We're here for you

IDEAL Placements is a Not for Profit, Community based, Government Funded Disability Employment Service.

In addition to our main office in Mackay, we now have offices in Airlie Beach, Sarina, Proserpine and Bowen and we serve all surrounding areas in the Central Queensland region. We deliver a free service to employers and job seekers alike to assist people with disabilities to find and sustain employment.

If you would like more information we are at 5 Peel Street, Mackay call 4957 8177 or our Sarina office is 3/33 Central St, Sarina, call 4943 0594.



### QCWA Sarina branch

> Sarina Branch meets each Wednesday of the month commencing February 3 with a craft day "Bring current project"

- > 1st Wednesday - Craft sewing morning
- > 2nd Wednesday - Craft morning
- > 3rd Wednesday - Hoy morning
- > 4th Wednesday - Craft, followed by branch meeting

Women of the district are invited to the craft days and Hoy morning and need not be a member of QCWA to attend. All welcome! Morning tea is provided.

Come and join in with the happy group at Sarina QCWA to learn new skills and meet new friends.

### Rock and Roll Dancing

Want to learn?



Every Friday night

St Luke's Hall

Broad St SARINA

\$5 per person

(includes tuition and cuppa)

Enquiries Vic

0428431171

49431171

## A global voice for local women

Welcome to 2016 and another year where women just like you are working as Soroptimists to make a difference to the lives of women and girls in their community.

Are you looking to make a change in 2016? Do you want to change your life satisfaction? Then become a Soroptimist, being a Soroptimist can provide you with a sense of pride and identity, you will connect locally and empower women and girls globally.

Soroptimist project work is focused on education, empowerment, and enabling of women and girls to improve their lives. Soroptimists working in their communities on localised projects have ownership of the project and outcomes which explicitly aim at social change and empowerment. Soroptimists will also work in partnership to ensure the desired outcome is achieved.

Contact Jenny 0749 42 1712 or email Wendy at [simackay@siswp.org](mailto:simackay@siswp.org). Come join us in 2016, we welcome you.



### > **Below The Belt** Gynaecological Cancer Support Group

Our first meeting of the year is on Monday 8th February at 10am at Cancer Council Queensland Office, Unit 4A, 6-8 Discovery Lane, North Mackay. To register your interest please contact Jenny 07 49 42 1712 or 0409 302 116 or Wendy [simackay@siswp.org](mailto:simackay@siswp.org)

We all have our own story – Believe in it

### > **Invite To “Ovarian Cancer Afternoon Teal”**

Sunday, February 21, at 2pm at Magpies Sporting Club, Glenella

New Feature: Question & Answer Panel with Dr Sally Rodrigues, Dr Bill Boyd, Pharmacist Karolyn Huxhagan, Mental Health Well Being Debra Parker & a support group member. For tickets & further information, please contact Jenny on 0749 42 1712 or 0409 302 116 or Wendy [simackay@siswp.org](mailto:simackay@siswp.org) or visit the website [www.siswp.org](http://www.siswp.org)

### > **Soroptimist International Mackay Celebrates 40 Years Community Work In The Mackay District**

February 27, 2016, we are inviting all past members to come along and help us celebrate. For further information, please contact Jenny on 0749 42 1712 or 0409 302 116 or Wendy [simackay@siswp.org](mailto:simackay@siswp.org) or visit the website [www.siswp.org](http://www.siswp.org)

## Mackay Women’s Centre

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 Women's Centre office, 4953 1788.

In Mackay office we run a Pregnancy and Pregnancy Support Program that offers support for families as well as Emergency Relief, for babies and toddlers. This includes counselling and support around these issues as well as being able to supply nappies, formula and prescriptions (where appropriate) in times of need. Thanks to the kind donations from the public, we are also able to supply baby goods such as prams, cots and clothing, free of charge, when available.

Other weekly activities 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, find us on Facebook or visit [www.mackaywomenscentre.com.au](http://www.mackaywomenscentre.com.au).




# CHOOSING HOPE

Community Celebration Service  
**10AM SUNDAY 21ST FEB 2016**  
 BOB WOOD CULTURAL HALL  
 CNR ANZAC ST, SARINA  
 KIDS REGISTRATION AT 9:45AM

**JUMPING CASTLE | LIVELY WORSHIP | BBQ  
 INSPIRING SERVICE | EXCITING KIDS PROGRAM**



## Join us for a ball of a time!

The Sarina & District Tennis Association invites all new and returning members to its Annual General Meeting and sign-on day commencing from 1pm on Saturday, February 6 at the Club's Hoey Street Courts.

Tennis is a fun, fit and family friendly sport for all ages and abilities and we have a variety of fixtures available for entry. We'll have free, qualified coaching available for kids on the day.

For enquiries or further information please contact Fixture Coordinators Katie Willes on 0435 823 866, Ashley Ischenko on 0410 831 922, Club President Greg Howland on 4950 3589 or find Sarina Tennis on Facebook.



## Free service for 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.

For more details about Post Separation Cooperative Parenting call (07) 4944 2300.

The PSCP service is funded by the Australian Government Department of Families, Housing, Community Services and Indigenous Affairs.

## 2016 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](mailto:margaret.mcdowall@mackay.qld.gov.au).

### FEBRUARY

- 5 > 7pm Rock & Roll Dancing, St Luke's Hall
- 6 > 8am Sarina Men's Shed  
> 8am Markets, Field of Dreams  
> 9am Sarina Fibre Arts, 6 Lee St  
> 1pm Sarina District Tennis Assoc AGM, Hoey St
- 9 > 9.30am Baby Bounce at Sarina Library  
> 10am Cuppa @ The Park - Apex Park
- 10 > 8am Sarina Men's Shed  
> 9am Sarina Fibre Arts  
> 9am QCWA Craft, QCWA Hall, Brewers Rd  
> 10am Storytime, Sarina Library
- 11 > 6pm Twilight Bowls, Sarina Bowls Club
- 12 > 7pm Rock & Roll Dancing, St Luke's Hall
- 13 > 8am Sarina Men's Shed  
> 8am Sarina Beach Markets  
> 9am Sarina Fibre Arts
- 16 > 9.30am Baby Bounce, Sarina Library  
> 10am Cuppa @ The Park - Apex Park  
> 6.30pm Bendigo Bank Community Engagement Information - RSL
- 17 > 8am Sarina Men's Shed  
> 9am Sarina Fibre Arts  
> 10am Storytime, Sarina Library  
> 10am Arts Development Officer, Neighbourhood Centre
- 18 > 6pm Twilight Bowls, Sarina Bowls Club
- 19 > 7pm Rock & Roll Dancing, St Luke's Hall
- 20 > 8am Sarina Men's Shed  
> 8am Markets, Field of Dreams  
> 9am Sarina Fibre Arts
- 21 > 10am Choosing Hope Community Celebrations Cultural Hall
- 23 > 9.30am Baby Bounce, Sarina Library  
> 10am Cuppa @ The Park - Apex Park
- 24 > 8am Sarina Men's Shed  
> 9am Sarina Fibre Arts  
> 9am QCWA Craft / Meeting, QCWA Hall  
> 10am Storytime, Sarina Library
- 25 > 6pm Twilight Bowls, Sarina Bowls Club
- 26 > 7pm Rock & Roll Dancing, St Luke's Hall
- 27 > 8am Sarina Men's Shed  
> 9am Sarina Fibre Arts