



**Sarina**  
NEWS  
April 2017

# Sarina Neighbourhood Centre

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)



> [facebook.com/sarinaneighbourhoodcentre](https://www.facebook.com/sarinaneighbourhoodcentre)



## Sarina Museum

The museum is open Tuesdays, Wednesdays and Fridays, 9am to 2pm. A big thank you to all our volunteers who have worked so hard with display changes in the most terrible heat over the last two months. The museum looks tremendous.

Sarina Museum is looking for help from the community to open five days a week. If you have a spare day once a week/fortnight or month we would love for to see you. The only skill you need to have is a love of your town and would love to be able to show it off to the community and tourists. You will be given all the training you need.

Thank you and we hope to see you down at the museum. For more information call the museum on 4956 2436 or Carolyn on 0415 533 314.

# Sarina Women Who Make Us Proud Awards Dinner 2017



*Cr Amanda Camm, Ann Hand, Jennifer Patroni, Michelle Cameron*

The dinner was held at the Sarina RSL on Thursday, March 9. A wonderful evening of celebrations with the women of the Sarina district who were nominated was enjoyed by all who attended.

The event was coordinated by the Mackay Regional Council Sarina Neighbourhood Centre. Certificates were presented by Deputy Mayor Cr Amanda Camm, assisted by Cr Fran Mann. Inspirational guest speakers for the evening were Fallon Drewett and Gemma Hamelink.

Sarina Community Bendigo Bank provided each guest with a beautifully decorated and tasty cupcake to take home as well as provide the major lucky door prize which was won by Pauline Wade.

This year a special award was introduced in recognition of the contributions made by Mary Malone to the Sarina community and region. Many remember Mary as the wife

of Ted Malone, former local Member of Parliament, but in reality those public duties were only a small section of her life.

Mary was the unsung hero, always a willing volunteer at community events and a member or patron of many community organisations – too many to mention. With all her family close by, Mary enjoyed being actively involved with her grandchildren's activities and events and seconded as back up Mum for sick days and school holidays.

The Sarina district community misses Mary's contribution and acknowledges that the Mary Malone Memorial Award, an annual award, kindly donated by Mary's daughters Ann Hand and Michelle Cameron, is a fitting tribute to honour a great Woman Who Made Us Proud.

The 2017 recipient of the Mary Malone Memorial Trophy is Jennifer Patroni.



*Pauline Wade with Sarina Community Bendigo Bank staff member Madyson Chisler*



*Fallon Drewett*



*Gemma Hamelink*



## Sarina International Women's Day Expo

Sarina women celebrated International Women's Day at the Sarina Cultural Hall on Wednesday 8th March from 9:00am until noon.

Sarina International Women's Day Expo, coordinated by the Mackay Regional Council Sarina Neighbourhood Centre offered an informative and interactive event for the women in the community. The event boasted an expo-style layout with providers of women's services and information, market stalls plus more. Many enjoyed the tasty morning tea the Sarina Chaplaincy Lavender Ladies provided as a fundraiser for their service.

Mackay Regional Council Deputy Mayor, Cr Amanda Camm, welcomed everyone and spoke on the significance of celebrating International Women's Day. Lucky door prizes, donated by stall holders, were drawn throughout the morning.

# Easter Sunday

YOU ARE INVITED TO NEWLIFE CHURCH

JOIN US ON 16TH APRIL AT 9:00 AM  
FOR EASTER SERVICE AT 1 LESLIE ST, SARINA

### Easter church services

#### Combined churches -

Good Friday service for the Inter Church Council:  
10am Good Friday, April 14 at Sarina Primary Assembly Hall. Sponsored by Scripture Union Old and presented by The Covenant Players.

#### Anglican Parish of Sarina:

April 9 (Palm Sunday)

- 8am at St Luke's Broad St Sarina

April 13 (Maundy Thursday)

- 12.30pm at Sarina Aged Care Facility
- 6pm at St Luke's Broad St Sarina

April 14 (Good Friday)

- 7am at St Luke's Broad St Sarina
- 9am at St Bartholomew at Music St Carmila

April 16 (Easter Day)

- 8am at All Saints Koumala
- 10am at St Luke's Broad St Sarina

#### Uniting Church

April 14 (Good Friday) 7am

April 16 (Easter Sunday) 8.30am

#### New Life Church

April 16 (Easter Sunday) 9am

## See it live at the MECC



### North Queensland Eisteddfod

Friday, April 14, 12.30pm and 6.30pm

Saturday, April 15, 8.30am, 12.30pm and 6.30pm

Sunday, April 16, 10am, 1pm and 6.30pm

A Choral and Music Festival to entertain and delight, with sections also for solos, duets and ensembles.

### Dust of Uruzgan by Fred Smith

Saturday, April 22, at 7.30pm

MECC > \$25 - \$32

Fred Smith is no ordinary singer-songwriter... And this is no ordinary show. Dust of Uruzgan is a collection of songs Fred wrote while working as diplomat alongside Australian soldiers in Uruzgan Province, southern Afghanistan. The show combines songs, humour, and commentary with a stunning set of images from military and civilian photographers.

### Circus Oz - Model Citizens

April 29 - 30, 1.30pm and 7.30pm

MECC > \$35 - 42

Circus Oz explodes back onto stage, audaciously unpacking the myths of modern Australia with our latest high octane circus show Model Citizens. The first creation fueled by the new artistic director Rob Tannion is set in a beautiful, yet chaotic model kit world. Audiences will be taken on a visually and emotionally charged journey by the multitalented Circus Oz ensemble, exploring what it really means to be a model citizen in our lucky country today.

## Weekly cuppa and catch up

> Apex Park, every Tuesday at 10am.

Everyone welcome, especially newcomers to Sarina.

For all enquiries please contact Meredith on 4956 2398 or Raylene on 4943 1509.



## Enquire today Simple Solutions for Sarina



### EXPLORE, CONNECT, ACHIEVE

How do I know what I can do?  
What does it mean to be a worker?  
What do I want?

What do Employers want?  
Learn about Employment  
Connect with Local Employers  
Try some work experience

Create your Resume and apply for jobs

Fully funded under the Skilling Queenslanders for work program  
<https://training.qld.gov.au/providers/funded/sqw>

#### Training Session

Mon and Thurs 9am till 3pm

Start date 20<sup>th</sup> March 2016

Miller House 35 Central St, Sarina QLD 4737

Contact Teena 0457 840 537 or 0749 578 177

IDEAL PLACEMENTS

Peel Street, Mackay 4740



Queensland Government

Come and Try  
first class  
**FREE**



### Time Out Tai Chi

This is fun class exploring tai chi for physical and mental well-being.

No need to know your left from your right, just bring your sense of humour.

Time Out Tai Chi is designed to be done standing or seated and for all ages.

This inclusive class encourages us to use movement for stress release.

Everyone most welcome

### Sarina RSL

34 Central Street

Each Thursday (from 30/3/2017)

arrive 10am for 10.15am start

finishing at 11.15am

to be followed by a cuppa and chat

Please wear cool, comfortable clothing and soft soled shoes/walking shoes.

Bring a water bottle

\$8 per class

**SARINA R.S.L.**

Supported by RSL (Qld) Veterans Welfare Program



FOR MORE INFORMATION

CONTACT: Leanne Simpson

Fitness Educator

Developer of Nationally Approved Training Program

Time Out Tai Chi & Tai Chi for Health (Arthritis) Instructor

PHONE: 0428181824

WEBSITE: [www.balanceminder.com.au](http://www.balanceminder.com.au)

FACEBOOK: BalanceMinder.TimeOutTaiChi

EMAIL: [balanceminder@gmail.com](mailto:balanceminder@gmail.com)

# Need advice on dementia?

Queensland care provider Ozcare runs a Dementia Advisory and support service, offering information and face-to-face support to people with dementia and their families.



Local dementia advisor Diane Barber, is based in Mackay but covers a large region extending out from Mackay, including Sarina. Diane is also involved in supporting several local groups:

## **BBQ lunch for older people living with dementia and their carers**

> **When:** Second Friday of the month from 11.30am to 1.30pm

> **Who runs it:** Mackay Alzheimer's and Ozcare's Dementia Advisory and Support Service

> **Where:** Venue varies so do check ahead  
More information? Call Diane 4961 8626 or Judy 4952 6077

## **Social morning tea / information session, for younger people living with dementia and their carers**

> **When:** third Thursday of each month 9.30am to 11.00am

> **Where:** Mackay Alzheimer's offices at 257 Nebo Road, Mackay

> **Who runs it:** Mackay Alzheimer's and Ozcare's Dementia Advisory and Support Service

Call Diane 4961 8626 or Judy 4952 6077

To find out more about the Dementia Advisory and Support Service, call 1800 692 273 or visit

> [ozcare.org.au](http://ozcare.org.au)



# Changing the way you think!

All our actions have a thinking component to them. We never act without thinking, although sometimes the thinking component is automatic and fast.

The specific thoughts that we have in each situation are underlined by our beliefs.

For example, many gamblers can easily recall their wins but forget or minimize their losses.

Some gamblers believe that they have a winning system or spend time mastering a game that doesn't actually involve skill.

If you find yourself spending hours gambling and your thoughts, associated with gambling become fast and automatic, then maybe your underlying belief about gambling may need to be changed.

The process of changing our thoughts and beliefs is difficult because they are automatic and fast, and happen almost without our awareness.

## **Four step to help change your thoughts and beliefs:**

- Identify the thought.
- Identify the underlying belief.
- Develop a realistic challenge to the thought and belief. Are they reasonable?
- Practice, Practice, Practice challenging the thoughts and beliefs.

Are you or someone you know struggling with a gambling addiction?

If you would like to talk or schedule a counselling appointment call:

## **Relationships Australia:**

**1300 364 277**

## **Gambling Help Line:**

**1800 858 858**

*Relationships Australia*  
QUEENSLAND

## Mackay Community Visitors Association 'Making a Difference'



People find themselves socially isolated and lonely for many reasons. Ageing, frailty, illness or disability and sometimes just having no friends or family who are available can have a huge impact on an individual's quality of life.

MCVA provides a one on one visiting service to residents in the Sarina area. Visitors and their friends do what usual friends do, go for a drive, coffee or lunch, shopping or just enjoy each other's company

If you think you would benefit from receive a special visit each week please contact MCVA on 49534878.

Community transport is available to Sarina residents to travel to Mackay every fortnight. To be eligible, you must be registered with our service prior to travel. Please contact MCVA Transport on 49531623.

**MCVA is an approved NDIS service provider**

## 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

## Giant Day Of Garage Sales Sunday, May 21 - Advance Notice

The Sarina Beach progress Association & Campwin Beach are running their annual Giant garage Sales again this year. Last year over 40 houses took part.

### HOW IT WORKS

> From the 5th of May we will ask you to register at the Sarina Beach Store. Registration is \$10.00

> We will publicise the day across the whole region with roadside signs, media etc. Being a community organisation we can do this at no extra cost to you.

> People coming to the sales will be asked to call at the Shop/Servo at Sarina Beach on the day and pick up a free map showing the location of all registered houses. There will be a sausage sizzle at the Sarina Beach store from 7.30 am until around 11.am.

> You look after your own sale e.g advertising at your house e.g balloons or a sign and you keep all proceeds. There are no further commitments to us.

### WHAT NOW

> Start putting things aside.

> We will start publicity for you. At that time we will ask you to complete your registration.

> All moneys raised by the registration will go back in to the community.

Further info: Fran Lloyd 0418980549 or call at the SARINA BEACH shop/servo.

## What's on at the library!

### > Baby Bounce

**Sarina Library, Tuesdays from 9.30am – 10am (during school term)**

For babies aged 0-18months. Baby Bounce promotes language development in babies from birth to walking. The session features nursery rhymes, finger plays, songs and stories. It's never too early to talk, read and tell stories with your child.

### > Storytime

**Sarina Library, Wednesdays from 10am - 11am**

A program of stories, nursery rhymes, finger plays and songs for children aged 2 – 5 years. Held during the school term, sessions encourage a child's love of books.

# Event calendar

The Sarina events calendar is displayed at the front of the Sarina Neighbourhood Centre.

To have your event/activity added to the Sarina Events Calendar contact the Sarina Neighbourhood Centre: Phone 4961 9283 or email [margaret.mcdowall@mackay.qld.gov.au](mailto:margaret.mcdowall@mackay.qld.gov.au)

April 11, 10am - 3pm Council Arts Development Officer available @ Sarina Neighbourhood Centre  
April 25 Anzac Day  
April 30, 7am - noon Sarina Showground Markets

## Upcoming Events:

May 10 Candle Lighting Ceremony at Anzac Park Sarina  
May 13 Opening of the Clubhouse Deck at Sarina Golf Club  
May 13 & 14 Sarina Fibre Arts Quilt and Craft Show  
May 21 Giant Day of Garage Sales at Sarina Beach & Campwin Beach  
June 3 - 8am Free community, continental breakfast at St Luke's Church Hall  
June 4 Queensland Day Event at Field of Dreams Parkland  
August 19 Sarina Beach Coconut Festival at Sarina Beach  
August 24 Queensland Seniors Lunch at Sarina Cultural Hall

You are cordially invited to the  
**Opening of the Clubhouse Deck**  
Sarina Golf Club  
**Saturday, 13<sup>th</sup> May, 2017**

### Format:

- 2:00 pm - 9 hole, 2 man Ambrose - \$10.
- 4:00 pm - Music and nibbles
- 5:30 pm - Opening
- 5:45 pm - \$10 meal

Sarina Golf Club has shown confidence in this community with an investment of almost \$1 500 000 of upgrades to its facilities. Members would like you to join them in celebrating the completion of these projects.

Please reply to our invitation by phoning the club, 49 561 761, or email [info@sarinagolfclub.com.au](mailto:info@sarinagolfclub.com.au).



## Sarina Relay For Life "Believing In A Cure"



April 22 - 23, 2017

Sarina Showgrounds

Come along and join the Disney birthday celebrations and celebrate Sarinas' Relay for Life 10th birthday!

We want you to join the fun and get involved

Register: [www.relayforlife.org.au](http://www.relayforlife.org.au)

Check us on Facebook

Chairman > Trevor Binnie 0418 737 509  
Team Co-ordinator > Nikita Wall 0479 109 866



## FRIDAY MORNING



First Friday of each month at Sarina RSL, 34 Central Street, Sarina

Hosted by Sarina RSL Citizens Auxiliary

Join us from 9.30am - 11.30am

**\$5 entry includes morning tea and game**

Next on - Friday, May 5



## Sarina & Campwin Beaches 10th Annual Giant Garage Sale

The Sarina Beach Progress Association including Campwin Beach are holding their annual garage sale on Sunday, May 21 at 7.30am.

Last year we had over 40 houses registered for a sale. We hope to see lots of people coming to Sarina Beach for a bargain.

Registration is open from the May 5 -20 for a garage sale at your home. Just come to the Sarina Beach store/servo. Registration is \$10.

People wishing to come to the sales are asked to call into the Sarina Beach store/servo to get a map of all the garage sales that morning. A sausage sizzle will be held at the store carpark from 7.30am until sold out. Last year this was a huge success.

Proceeds from the garage sale registration and sausage sizzle will be put towards ongoing projects for the club. Even if you don't buy anything come along to one of the nice patrolled beaches around and see what we have to offer, or purchase something from the take away menu at the sarina beach store/inlet cafe (our sponsors). There is also a sea side park to enjoy for all the family. So follow the signs to Sarina Beach and get a bargain or two. All enquiries call 4956 6677 or 0418 980 549.

## Mackay Volunteer Expo

### > Stall holder registrations now open!

Does your community or not-for-profit group need a hand, or a few extra pairs of hands?

For the first time ever, council is hosting the Mackay Volunteer Expo on Sunday, May 7, with the goal of matching potential volunteers to roles that suit them and their talents. Better yet, it's completely free for community groups to host a stall.

The expo will be held inside and around the Mackay Senior Citizens Centre at 58 Macalister Street.

Stall holders are encouraged to bring an element of fun along to the expo by hosting interactive displays, activities and demonstrations. Stall numbers are limited, with 50 spaces available.

> Applications are open now at [www.mackay.qld.gov.au/volunteerepo](http://www.mackay.qld.gov.au/volunteerepo)



# Get ready for winter....

Zinc is essential for immune function in the body, as well as having over 300 other roles.

Signs of zinc deficiency include; reoccurring colds, poor wound healing, loss of taste or smell, thyroid dysfunction, miscarriage, infertility, mood disorders, learning problems and hair loss. Zinc levels are easy to test with a simple drink. Liquid or powder supplements are often easier to absorb than tablets.

Foods high in zinc include meat, seafood, nuts and seeds. Eating a diet which is high in sugar and simple carbohydrates, or a high alcohol consumption can dramatically reduce zinc levels in the body.



If you would like any more information on the benefits of zinc please contact Lesley Rix, Naturopath. [lesleyrix.naturopath@gmail.com](mailto:lesleyrix.naturopath@gmail.com) or ph. 0400 547 958



## Chatter Play sessions

Families with children aged 0 - 5 years, come along and join for a free Chatter Play session. Drop in anytime.

*(Held during school term)*

> Tuesdays from 9.30am to 11.30am

Queensland Country Women's Association  
Brewers Road, Sarina



## SARINA YOUTH CENTRE

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.



# Sarina District weekly activities calendar

## **Mondays**

5:30pm – Red Boat Kung Fu @ St Luke's Anglican Church Sarina

6:00pm-7:00pm – Monday Evening Meditation @ Seehouse Teahouse Central St Sarina

## **Tuesdays**

9:00am-10:00am – Aqua Movement Classes @ Sarina Swimming Pool

9:30am-10:00am – Baby Bounce @ Sarina Library (during School Term)

9:30am-11:30am – Chatter Play @ QCWA Hall (during School Term)

10:00am – Cuppa @ The Park @ Apex Park Sarina

4:00pm & 6:00pm – Kundalini Yoga @ 7 Leslie St Sarina

6:00pm – Deep Water Running @ Sarina Swimming Pool

6:00pm – 7:00pm – Zumba Fitness @ New Life Centre 1 Leslie St Sarina (during School Term)

6:00pm-7:30pm – Sarina Karate Club @ Sarina Beach Rd (Cyril McKie Crt)

7:00pm – Sarina Tennis fixtures (mixed teams) @ Hoey St Tennis Courts

## **Wednesdays**

6:30am-7:15am – Aqua Blast @ Sarina Swimming Pool

8:00am – Sarina Men's Shed @ Lee St Sarina

9:00am – 11:00am – QCWA Social and Craft Morning (5th / 12th / 26th April) @ QCWA Hall

9:00am – QCWA Hoy Morning (19th April) @ QCWA Hall

9:00am-12noon – Sarina Fibre Arts @ Creative Cottage Lee St Sarina

10:00am-11:00am – Storytime for under 5 years @ Sarina Library (during School Term)

3:15pm – Sarina Tennis Junior Coaching @ Hoey St Tennis Courts

6:00pm-7:00pm – Deep Water Running for Men Only @ Sarina Swimming Pool

6:30pm-7:30pm – Sarina Sings Community Choir @ St Michael's Catholic Church

## **Thursdays**

9:00am-10:00am – Aqua Movement Classes @ Sarina Swimming Pool

9:00am – Sarina Tennis fixtures (ladies teams) @ Hoey St Tennis Courts

10:00am – Time Out Tai Chi @ Sarina RSL

4:00pm & 6:00pm – Kundalini Yoga @ 7 Leslie St Sarina

6:00pm – Deep Water Running @ Sarina Swimming Pool

6:00pm-7:30pm – Sarina Karate Club @ Sarina Beach Rd (Cyril McKie Crt)

## **Fridays**

9:00am – Kundalini Yoga @ 7 Leslie St Sarina

3:30pm – Sarina Tennis fixtures (Juniors Hot Shots League) @ Hoey St Tennis Courts (during School Term)

7:00pm-9:00pm – Rock and Roll Dancing @ St Luke's Anglican Church Hall

7:00pm – Friday Night Sarina Darts @ Sarina Darts Hall, Hoey St Sarina

## **Saturdays**

7:00am – Kundalini Yoga @ Sarina Beach (walkway before Sarina Beach Motel)

8:00am – Sarina Men's Shed @ Lee St Sarina

8:30am – 9:15am – Aqua Zumba @ Sarina Swimming Pool

9:00am-12noon – Sarina Fibre Arts @ Creative Cottage Lee St Sarina

2:00pm – Sarina Tennis fixtures (mixed social doubles) @ Hoey St Tennis Courts

## **Sundays**

9:00am – Sunday Kids Club @ Sarina Wesleyan Methodist Church (During School Term)