

Sarina
NEWS
JULY, 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

 > facebook.com/sarinaneighbourhoodcentre

a global voice
for women

Soroptimist



International

Federation of the South West Pacific

Mackay Inc

A global network of friendship

Soroptimists work together in a spirit of friendship and fun to make the world a better place for all.

Members are encouraged to be aware of and involved in local and global issues.

A Friendship Link system encourages joint projects between clubs in developing countries by clubs in developed countries. Federation Project in Fiji

Soroptimist membership opens the doors to opportunities for international experiences and friendships.

For more information contact > Jenny 07 49 42 1712 or
Wendy simackay@siswp.org

Check us out on Facebook > Soroptimist International Mackay or > www.siswp.org



Sarina Queensland Day celebrations

On Sunday, June 4, Sarina celebrated Queensland Day at the Field of Dreams Parkland. The free family fun day held from 11am - 6.30pm attracted a sponsorship from the old Sarina Festival committee. Sponsorship money provided the stage, sound equipment, sound engineer and entertainment by Kadence Group featuring young musicians from across the region.

The event focused on local artists and talented creatives that was evident in the activities provided. A kid's creative space gave children the opportunity to explore art and craft activities. There were also face painters, henna

painter, dance display and drum workshops.

The Youth Centre had their oversized games to play and the Scouts had their rope bridge for the children.

Three choirs from around the region came together to sing prior to the finale of a magical lantern parade with lanterns made by the children from Grandma's Place.

The event coordinated by the Sarina Neighbourhood



Slowly make your way to a healthy and happy life, is it possible?

If I stop, I will drop! can be the mantra of our busy lives, as we rush around to make our way through our lifetime. What if we just went a little slower? Would that affect our wellbeing?

Research is indicating the positive return on our money if we indulge in a little mindfulness training each day. We already know we need to be more active, but there is just not enough time. Once again think about going slower.

Tai Chi is an ancient form of martial art, it is slow moving to encourage mindful movement, it can provide resistance and flexibility exercise and sustained practice can have it contribute to your cardio- fitness as well.

Going slower can prove to be a little frustrating at first,

but actually achieving an outcome is rewarding and having time to celebrate it is good for us.

So slow down, connect with your surroundings, move with grace and be mindful of where you place yourself within your space. It's your life, choose to be well.

Time Out Tai Chi is held at the Sarina RSL each Thursday from 10.15am it costs \$8 (free for your first lesson) for community members due to support from Sarina RSL and funding from RSL (Qld) Veterans Welfare Program. New Beginners are always welcome.

If you would like more information please call Leanne on 0428 181824 or check out balanceminder.com.au



The group practise their mindful breathing exercises using the Tai Chi Wand.

What's on at the library!

> Baby Bounce

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

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.

#earlyliteracycounts #networkingmums

> 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.



A good yarn helps cool things down

It started with a little yarn, through the clicking of needles, the clinking of cups and the whirling of brain cells, 'bags for change' was created. The Mackay Active Women's Group meet each Wednesday at the Mackay Women's Centre from 9.30am their mission to have a safe place to discover friendship and gain new skills. Some of these skills are knitting, crocheting and sewing and for others it's the art of conversation. Whatever your creative mind craves you will find an outlet within the group.

Soroptimist International Mackay meets twice a month, the first Wednesday at 5.30pm for business and the third Wednesday from 6pm for a social dinner. Their aim is to add Mackay's voice to the global call for friendship among women to help women and girls achieve their individual and collective potential, realise aspirations and have an equal voice in communities worldwide.

Our project 'bags for change' took the creative handmade bags plus some slipper, socks, beanies and the exciting fashionable bun beanies produced by M.A.W Group to a market stall crewed by SI Mackay Members. This day proved to be a great success for sales and friendship.

Together we were able to purchase a huge fridge for the new activity room at the Women's Centre from these funds plus some of SI Mackay sausage sizzle proceeds.

A fridge doesn't sound that exciting. It's big, square and cold! But a fridge provides the backbone for so many experiences. Meetings and activities encouraging women to find their wellness, happiness and community, the ability to give a cuppa to a woman in her time of great need, a place to feed the body and also the soul.

#bagsforchangemackay

It started with a little yarn, donated to the Mackay Women's Centre by the community of Mackay, looped and hooked by the Mackay Active Women's Group, spruiked by Soroptimist International Mackay members, these 'bags for change' proved a good old fashioned yarn can move mountains or in this case a fridge.



Own a unique handcrafted 'bag for change' and warm up this winter by stepping up for some cosy 'TV slippers' or show support by indulging in some 'banana bed socks' and lastly get ahead of the crowd with an 'enduring beanie' or the latest trend 'bun beanie'.

Sarina Fibre Arts Group Inc

Our recent Quilt and Craft Show held in May on the Mother's Day weekend, was a very successful event both by attendance and finance.

The theme "Honouring Mothers" was enjoyed by mothers and daughters of all ages.

We were fortunate to receive RAD funding to assist with the staging of our show thanks to the local Mackay Regional Council and State Government. Mayor Greg Williamson officially opened the show on the morning welcoming a crowd of enthusiastic attendees.

Multi members draws of members hand made donations was extremely popular.

The quilt with matching cushion raffle made by members was won by Mary Norgate.

Second prize a beautiful footstool, made by Celia, which everyone wanted to win, was won by Alma De Brincat.

Merchandisers from local and surrounding areas throughout Old. presented a wide variety of quilting and sewing supplies along with sewing machines.

Member's quilts provided an array of homemade quilts and crafts on display. Viewer's choice was won by Celia Gutschlag who had a number of quilts on display.

We also had a display of 23 ART quilts from the Queensland Quilters Guild which attracted a great amount of interest.

Appreciation of member's contribution to making this show a great success was given at our recent monthly meeting. We also thank our helpers, the men who assisted us with setting up the tables and display stands before and dismantling afterwards. We greatly appreciate their assistance.

Recently we have welcomed several new members to our Group.

Anyone interested in joining us at our Craft Cottage is always welcome to come along on a Wednesday or Saturday morning between 9 am and 12 noon.

LOUISA CREEK TAI CHI

presents

Workshop 2017

Self-defence using Tai Chi

based on Yang 24 style Tai Chi.

> **Option 1:** Learn self defence applications of Beijing 24 Form Yang Style. You will need a good knowledge of this form.

> **Option 2:** Learn Beijing 24 Form

with Gai Wanless of Mt Tamborine Tai Chi an accredited teacher who has been instructing various forms of Tai Chi since 1989

Saturday - Sunday August 12 - 13
Hector Hall Louisa Creek
9am to 4pm both days

Attendees will be taught to use Tai Chi techniques for personal defence in many situations, and given basic knowledge of Tai Chi. After the workshop you will be able to practice the exercises at home or attend the regular lessons for beginners at Hector Hall.

Attendance at this workshop should increase your sense of safety and well being.

Places are limited, so please send your expression of interest now

> Costs: \$60 each covering both days with lunch and tea breaks included

Proudly supported by D.B.C.T

Payment by 1st July would be appreciated
Louisa Creek Tai Chi, Bendigo Bank
BSB 633-000 account 143-086-791

Sustainable Food Garden Opening

Over 30 people gathered at Sarina Landcare Catchment Management Association (SLCMA) on Wednesday, June 7 for the opening of the sustainable food garden.

The garden is an initiative that will be used as an educational aid to teach children about food production as well as an additional activity for our volunteers to participate in. The produce sourced from the garden will be a means through which SLCMA can give back to our valuable volunteers.

The opening event enabled the garden bed to be planted out with an array of nourishing food plants. Participants in the opening event were able to get advice on plant selection, plant placement and plant care with hands on practical experience. Many left the event with cuttings to use in their own gardens.

SLCMA were fortunate to have guest speaker Luke Mathews from the Mackay community gardens present at the event. The event and the construction of the sustainably food garden were funded through the Sarina Community Bendigo Bank and Dalrymple Bay Coal Terminal Pty Ltd.

If you would like to obtain more information on sustainable food gardening or see the plants that have been used drop into SLCMA, send us an email admin@sarinalandcare.org.au or phone 4956 1388.



Sarina Tourist Art & Craft Mini Markets

are starting again in June 2017.
The markets will be held on the second and fourth Saturday of the month.

Starting at 8am to noon

Anyone interested in having a stall please phone Les Brown on 4956 2581 or Jennifer Costello on 0414 735 787.

DATE CLAIMER

Sarina Senior's Lunch

Thursday
August 24, 2017

Adult Art Workshop In Pastel

July 8 and 9
CWA Hall, Sarina
9.00am – 4.00pm each day

Limit of 12 people to the class. The workshop will cover the basics of Composition and of using pastels, before commencing a landscape. Please phone Maree for booking and materials list – 0409 564489

See it live at the MECC



DRACULA by Bram Stoker **Thursday, July 27 at 7.30pm** **The MECC Auditorium > \$42**

Another bloody classic. The Gothic horror story swoops the country in a gripping, critically-acclaimed production created by shake & stir. When young Lawyer Jonathan Harker visits Castle Dracula deep within the Carpathian mountains, he's not expecting the strange hospitality he receives from his mysterious host.

Triple Threat Theatre Company present **Jekyll and Hyde – The Musical** **Friday, August 4 at 8pm** **Saturday, August 5 at 5pm** **The MECC Auditorium > \$39**

Following on from the sold-out success of 'COSI', Triple Threat Theatre Company are excited to bring this gothic musical classic to Mackay! Based on Robert Louis Stevenson's haunting thriller, Jekyll & Hyde is the gripping tale of a brilliant mind gone horrifically awry.

The AC/DC Story **Saturday, August 12 at 7.30pm** **The MECC Auditorium > \$65**

The ACDC Story is a one of a kind experience, this is bringing the concept of a Tribute to a whole new level, has been described as "Almost like watching a LIVE movie documentary". Be taken back in time to the early days of the band, from 1974 to present day.

Weekly cuppa and catch up

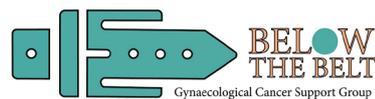
> Apex Park, every **Tuesday at 10am.**

Everyone welcome, especially newcomers to Sarina.

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



Why should I contact:



We will become part of your journey as you and your family, friends and carers work your way through the maze of information and support services. You will be supported by local women who have also faced the diagnosis of gynaecological cancer.

How do we make contact with the group?

It's as simple as a phone call. Contact one of the women below or attend a meeting.

- > **Jenny:** 07 49421712 or 0409302116
- > **Trudy:** 0429 034 462 (Trudy is on her journey with Ovarian Cancer and is the founder of Nude Lunch Ovarian Cancer Exposed)
- > **Wendy:** simackay@siswp.org
- > facebook.com/BelowtheBeltSupportGroup

Our Mission: No woman with gynaecological cancer walks alone in the Mackay district

We all have our own story – Believe in it

Proudly supported by Soroptimist International of Mackay



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 you 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

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
FACEBOOK: BalanceMinder.TimeOutTaiChi
EMAIL: balanceminder@gmail.com

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



Meeting to form Sarina Range community Incorporated Association

Saturday, July 15
From 3pm - 5pm

CWA Hall Sarina Range

At a recent meeting it was decided to form an incorporated association for the purposes of:-

- > Being the collective voice for the Sarina Range Residents;
- > Being an effective lobby group on issues that impact on Sarina Range Residents;
- > Undertaking activities that improve the quality of life for Sarina Range Residents; and
- > Encouraging activities that improve social interaction in the community

The meeting will be followed by a social catch-up for nibbles and drinks (BYO plate to share, drinks and chairs)

FRIDAY MORNING



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, July 7



communityrecovery

Disasters such as cyclones and flooding impact our communities. Understanding the normal reactions and responses to these events and knowing practical ways of how to take care of yourself, supporting others and being able to access assistance available in the community are all important factors in recovering well.

David Younger will be coming to Sarina to speak about community recovery after natural disasters, including the recent Cyclone Debbie. David is a psychologist with extensive experience providing support and assistance to communities affected by emergency events such as the Black Saturday bushfires, Gippsland coal mine fire and the Epidemic Thunderstorm Asthma event.

Why should you come?

- > Want to know what are normal reactions to natural disaster events like Cyclone Debbie?
- > Interested in how to take care of what is important to you and your loved ones during your recovery from disasters?
- > Want to find out when and how to seek financial, material or emotional support?
- > Wondering about the types of things you need to consider in being as prepared as possible for the upcoming and future wet seasons?

The evening will be conversational with lots of opportunities to ask questions and develop practical tips, tools and strategies directly relevant to you. There will also be a chance to speak to David one on one if needed.

RECOVERY MATTERS FOR SARINA RANGE

Rebuilding and Recovery from Cyclone Debbie

Lunch with Disaster Recovery Specialist: David Younger

- > Thursday, July 13 from noon - 1pm
- > Sarina Range QCWA Hall
- > Free lunch will be provided

An evening with Disaster Recovery Specialist: David Younger

- > Thursday, July 13 from 5.30pm - 8.30pm
- > Bob Wood Cultural Centre
- > Free BBQ dinner will be provided
- > Activities for children will be provided

An evening with Disaster Recovery Specialist: David Younger

- > Tuesday, July 11 from 6.30pm - 8.30pm
- > Koumala Community Hall
- > Free BBQ dinner will be provided

Get Out, Get Active

Fitness Program 2017

Mackay	<p>Group Fitness BEAM Yoga & Fitness</p> <p>Mondays 9.30am to 10.30am Bluewater Lagoon Upper Grass Area \$5 per session</p>	<p>Zumba Gold Elena's Fitness Fusion</p> <p>Wednesdays 9.30am - 10.15am Bluewater Lagoon Top Lagoon \$5 per session</p>	<p>Group Fitness B&M Personal Training Monday > 5.45am - 6.30am / 5.15pm - 6.15pm Wednesdays > 5.45am - 6.30am 5.15pm to 6.15pm Friday > 5.45am - 6.30am Botanic Gardens Cost: > 1 session a week \$15 > 2 or 3 sessions a week \$12.50 each > 4 or more sessions per week \$10 each</p>	
	<p>Move for Life classes (mature adults) Mackay Gymnastics</p> <p>Mondays 1.30pm to 2.30pm Mackay Gymnastics Cost: \$5 per session</p>	<p>Zumba Blue Phoenix Spirit</p> <p>Tuesdays 9am - 10am Mackay Women's Centre Cost: \$10 non-member \$8 a session for members</p>	<p>Move for Life classes (mature adults) Mackay Gymnastics</p> <p>Thursdays 10.30am to 11.30am Mackay Gymnastics Cost: \$5 per session</p>	
Calen	<p>T.H.R.I.V.E Mind Body Spirit</p> <p>Yoga Monday > 9am - 10am Body Balance Mondays > 4pm - 5pm Pilates Wednesdays > 9am - 10pm 984 Mt Charlton Road, Cameron's Pocket \$10 per session</p>	<p>Aqua Aerobics Extreme Body & Soul</p> <p>Mondays 5.00pm - 5.45pm Wednesdays 5.00pm - 5.45pm Calen District State College Pool \$10 per session</p>	<p>Bootcamp/Boxercise Extreme Body & Soul</p> <p>Tuesdays 5.30pm - 6.30pm Thursdays 5.30pm - 6.30pm 31 Calen Mt Charlton Road \$10 per session</p>	
	<p>Group Fitness BEAM Yoga & Fitness</p> <p>Tuesdays 5.15pm - 6.15pm Pioneer High School \$14 per session</p>			
Pioneer Valley	<p>Group Fitness RPTM</p> <p>Mondays 4.30pm - 5.30pm Mirani High School Mirani \$10 per session</p>	<p>Group Fitness RPTM</p> <p>Wednesdays 4.30pm - 5.30pm Mirani High School Mirani \$10 per session</p>	<p>Group Fitness RPTM</p> <p>Thursdays 4.30pm - 5.30pm Mirani High School Mirani \$10 per session</p>	
	<p>Yoga Bernadette Jamieson</p> <p>Tuesdays 4pm - 5pm 7 Leslie Street Sarina \$15 per session</p>	<p>Zumba Gold Elena's Fitness Fusion</p> <p>Saturdays July 15, 22, 29 August 5, 12 9am - 10am Bob Wood Cultural Hall Cost: \$10 a session</p>		

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

July 7, 9.30am	Friday Morning Bingo @ Sarina RSL
July 8, 8am	Mini Markets @ Field of Dreams Parkland
July 8 - 9, 9am – 4pm	An Adult Art Workshop in Pastel @ CWA Hall Sarina
July 10, 10am – 3pm	MRC Arts Development Officer @ Sarina Neighbourhood Centre
July 11, 6.30pm - 8.30pm	Disaster Recovery Specialist @ Koumala Community Hall
July 13, 12pm -1pm	Disaster Recovery Specialist @ Sarina Range QCWA Hall
July 15, 3pm - 5pm	Meeting to form Sarina Range Community Inc. Assoc. @ CWA Hall Sarina Range
July 21, 9am	Half Tide Salonika Beaches Progress Assn Meeting
July 22, 8am	Mini Markets @ Field of Dreams Parkland
July 30, 7am	Sarina Show Grounds Markets

Upcoming Events:

August 5/6	Sarina Show
August 12/13	Self Defence using Tai Chi workshop
August 19	Sarina Beach Coconut Festival @ Sarina Beach
August 24	Queensland Seniors Lunch @ Sarina Cultural Hall



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



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

Sarina District weekly activities calendar

Mondays

- 8am Sarina Men's Shed @ Lee St Sarina
5:30pm Red Boat Kung Fu @ St Luke's Anglican Church Sarina
6pm-7pm Monday Evening Meditation @ Seehouse Teahouse Central St Sarina

Tuesdays

- 9am-11am Gundoo Kazil – Small Children Group @ Miller House Sarina
9.30am-10am Baby Bounce @ Sarina Library (during School Term)
9.30am-11.30am Chatter Play @ QCWA Hall (during School Term)
10am Cuppa @ The Park @ Apex Park Sarina
4pm & 6pm Kundalini Yoga @ 7 Leslie St Sarina
5.30pm-6.30pm Tuesday Night Aerobic Classes @ Cultural Hall Sarina
6pm – 7pm Zumba Fitness @ New Life Centre 1 Leslie St Sarina (during School Term)
6pm-7.30pm Sarina Karate Club @ Sarina Beach Rd (Cyril McKie Crt)
7pm Sarina Tennis fixtures (mixed teams) @ Hoey St Tennis Courts

Wednesdays

- 8am Sarina Men's Shed @ Lee St Sarina
9am-11am QCWA Social and Craft Morning (5th / 12th / 26th July) @ QCWA Hall
9am QCWA Hoy Morning (19th July) @ QCWA Hall
9am-12noon Sarina Fibre Arts @ Creative Cottage Lee St Sarina
10am-11am Storytime for under 5 years @ Sarina Library (during School Term)
3:15pm Sarina Tennis Junior Coaching @ Hoey St Tennis Courts (during School Term)
6.30pm-7.30pm Sarina Sings Community Choir @ St Michael's Catholic Church

Thursdays

- 9am Sarina Tennis fixtures (ladies teams) @ Hoey St Tennis Courts
10am Time Out Tai Chi @ Sarina RSL
4pm & 6pm Kundalini Yoga @ 7 Leslie St Sarina
6pm-7.30pm Sarina Karate Club @ Sarina Beach Rd (Cyril McKie Crt)

Fridays

- 9am Kundalini Yoga @ 7 Leslie St Sarina
3.30pm Sarina Tennis fixtures (Juniors Hot Shots League) @ Hoey St Tennis Courts (during School Term)
7pm-9pm Rock and Roll Dancing @ St Luke's Anglican Church Hall
7pm Friday Night Sarina Darts @ Sarina Darts Hall, Hoey St Sarina

Saturdays

- 7am Kundalini Yoga @ Sarina Beach (walkway before Sarina Beach Motel)
8am Sarina Men's Shed @ Lee St Sarina
8.30am-9.30am Zumba Gold @ Cultural Hall Sarina
9am-12noon Sarina Fibre Arts @ Creative Cottage Lee St Sarina
1pm Sarina Tennis fixtures (mixed social doubles) @ Hoey St Tennis Courts (during School Term)

Sundays

- 9am Sunday Kids Club @ Sarina Wesleyan Methodist Church (During School Term)