



**Sarina**  
NEWS  
August 2016

# 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 use 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

**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)



## Seniors Week Free Lunch

**Come along to celebrate Seniors Week  
Thursday, August 18 from 10.30am to 1.30pm  
Cultural Hall Anzac Street, Sarina**

This free lunch is for seniors and their carers from the Mackay Regional Council area. There will be lucky door prizes, entertainment and information for seniors.

Bookings are essential as numbers are limited.

For further information and to book phone the Sarina Neighbourhood Centre, 4961 9283 or email [margaret.mcdowall@mackay.qld.gov.au](mailto:margaret.mcdowall@mackay.qld.gov.au).



## RSL tribute to the diggers

As the commemorations continue for the Centenary of the Anzacs, the Sarina RSL has launched its own original hometown commemorative items as a tribute to these diggers.

With only limited numbers now available, the Sarina RSL commissioned its own 100th Anniversary Rum. The bottle, featuring the diggers silhouette and the flanders poppy, has been proudly distilled and bottled by The Sarina Sugar Shed for this special occasion. This original rum would make a great addition to any collection or to enjoy now.

Along with the commemorative rum is the "More than just a Name" book. This publication is a tribute to those brave young men whose names appear on the Sarina Cenotaph. This collection brings to life their lives before, during and after World War 1. It is an interesting read of first-hand accounts from personal diaries and stories of mateship and bravery.

The project, an all-important and touching tribute, is five years of research, editing and compiling by a small but dedicated group of volunteers. This research was also assisted by family members who offered photos and personal material. Publishing was made possible due to the generosity of the Anzac Centenary Local Grants Program, the Sarina Community Bank Branch and the members of the Sarina RSL Auxiliary Committee.

Sold separately or as a gift special, these commemorative items are available from the Sarina RSL and would make a great gift, especially for Father's Day. Proceeds of these items will support our local veterans through the Pensions and Welfare Office of the Sarina RSL Sub-Branch Inc

### Join us for a cuppa or two

**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.



## What's on at the library...

### > Tokens of Remembrance

**Monday July, 25 – Sunday August, 20**

#### Mackay City Library

See a showcase of World War One and ANZAC related photos, items and keepsakes from Mackay Regional Council Libraries' Heritage Collection. This display is in conjunction with Spirit of ANZAC Centenary Experience held at the MECC to commemorate 100 years of Anzac.

### > First Five Forever Chatter Play

A new First 5 Forever Chatter Play session is coming to Sarina.

Families and their children aged 0-5 years are invited to join in on a free play-based session offering activities that help support children's language and literacy development.

Dates and location to be announced soon.

## Hay Point Services Reunion

A small group of ex-Hay Point Services employees are trying to form a reunion for people who were employed by the Utah Development Company, and those employees that came after the second expansion (staff, operations, maintenance)

There were a substantial group of Sarina people employed at Hay Point in the early years.

We have a Facebook Page called the 'Hay Point Services Reunion', which is now the main portal for people to inquire about the reunion, and as a social-media platform to promote the reunion.

Contact Leary Sabbo's at [learitee@hotmail.com](mailto:learitee@hotmail.com) or the Facebook reunion page.



# Legacy Badge Week 2016

Legacy is an independent, voluntary organisation dedicated to the welfare of the widows and children of veterans of war and peacekeeping operations, and to members of the Australian Defence Force who lose their lives on hazardous service or in training for war.

Recent international events have brought home to many Australians the outstanding service being undertaken by Australian Defence personnel who are in a variety of dangerous situations. For many of these troops there is the reassurance of knowing that should the worst happen, Legacy will be there to care for their families for the short term, and for decades ahead - honouring a commitment that has been maintained since 1923.

Legacy was founded in 1923 by a small group of WW1 veterans who believed they had to accept a legacy of responsibility for the welfare of the wives and children of their comrades who were killed in the war, or died subsequently. Legacy draws its strength from the tradition of voluntary service, caring and comradeship which has now been established for 93 years.

The spirit of Legacy is service, which is made available to some 130,000 widows and 1,900 children and adults with disabilities throughout Australia. Legacy aims to build and maintain the independence of those individuals and families. Service ranges from advice and counselling, to grants, loans and other practical assistance to those in need. Legacy assists with applications for War Widows' Pensions and other entitlements, and also accommodation, education, legal and general welfare advice and assistance.

The key element of Legacy's service is the personal contact by individual volunteer members (Legatees) who are each designated to care for a number of widows and children. Across Australia today there are approximately 7300 Legatees providing direct personal support to Legacy families. The personal attention makes Legacy care so special, and gives the work of Legacy its unique status.

Our Mackay Legacy makes assistance and advice available to almost 400 widows and around five children and disabled dependants.

Legacy's income is not Government-based, and it must rely on the generosity of the community of Mackay for financial support. Legacy is encouraged to believe that the community will recognise that Legacy's work is honouring the debt that Australia owes to our deceased veterans. Accordingly it is hoped that requests for ongoing financial support will be well received and understood.

## **Mackay Legacy Badge Week - Sunday, August 28 to Sunday, September 4.**

Badge stalls will be at Caneland Shopping Centre, Mt Pleasant Shopping Centre, Coles Sydney St, Porters, Bunnings, Sarina, Marian and Woolworths Ooralea.



## **Mackay Seniors Expo 2016**

**> Tuesday, August 16 at Mackay Senior Citizens Centre, 58 Macalister Street, Mackay.**

Take advantage of free entry, more than 60 exhibitors, entertainment all day plus raffles and prizes.

Come along and speak to your choice of more than 60 groups and organisations about what they can offer you!

Includes government agencies, health and aged care providers, community groups, leisure and lifestyle services, travel companies and many more.

Refreshments and a barbeque lunch are available for purchase from Mackay Senior Citizens Association.

Attend for your chance to win a holiday for two to the Gold Coast!



**BreastScreen Queensland**  
Digital Mobile Unit

**Will be located at**  
**SARINA SHOPPING CENTRE**  
Broad Street

**16 - 19 August 2016**

**Women 40 years and over are eligible to join the BreastScreen Queensland Program**  
**No Doctor's Referral Needed**

Phone 13 20 50 for your **FREE** BreastScreen appointment



## Women's Centre News

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. Appointments can be made by calling the Women's Centre office on 4953 1788.

Also available is the Parenting 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 kind donations from the public, we are also able to supply baby goods such as prams, cots and clothing, free of charge, when available.

We are delighted to announce our new program, Mums & Bubs Fitness, Monday morning from 9am – 10am. This is an exercise class for women who have just had their babies and want some gentle exercise with their babies. Other weekly activities include Zumba Gold, Australian Breastfeeding Association Meetings, Tai Chi, Mackay Active Women's Group, Chair Yoga and learn to breathe and meditate.

For further information please call the office on 4953 1788 between 8.30am and 4.30pm, visit [www.mackaywomenscentre.com.au](http://www.mackaywomenscentre.com.au) or find us on Facebook.



## We are here to help you

The Domestic Violence Resource Service (DVRS) offers a range of free counselling and court support services for women and children in Mackay and the surrounding areas. DVRS has also recently received funding to employ two part-time sexual assault workers.

Current services available include women's counselling, women's DV education group, court support (domestic violence orders/amendments etc), children's counselling and sexual assault counselling.

There is a children's counsellor based at Sarina Neighbourhood Centre every second Thursday and there is currently one space available for a child aged between five and 16 years. Bookings are essential.

To book an intake assessment (parent only), or to request information, please call 4957 3888 and ask to speak to Laura.

### Did you know?

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)

## Womens wellbeing



### EMPOWERING & TRANSFORMING WOMEN

Weekly sessions to explore & experience the essence of who you are. Meditation, sound work, breath work & simple tools for stress & calm. Come explore, experience and build your toolkit. Just \$10

MONDAY NIGHT 6-7PM

SEEHOUSE TEAHOUSE CENTRAL STREET SARINA

*Butterfly Enlightenment*

Margaret Ross  
0400997588

## I'm a Soroptimist

*"I'm a Soroptimist because I have instant friends with community spirit wherever I visit."*

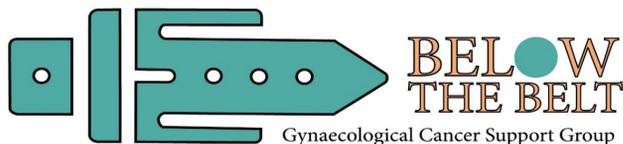
Soroptimist International Mackay are a small group of dedicated women (of all ages and backgrounds) who take pride in team work and mutual respect. We undertake a combination of advocacy, 'hands on' service and fundraising to support our club projects.

Our club meetings are held on the second Tuesday of each month (excluding December) at 5.30pm in the Gordon White Library, Phillip Street, Mt Pleasant. We also meet on the last Tuesday of the month for social time with interesting guest speakers.

Soroptimist International of Mackay invite you to join us for our Friendship Night on Tuesday, August 30, at 6pm at the Shamrock Hotel. Join us for dinner, friendship and information on Soroptimist. Simply RSVP to Jenny on 4942 1712 by Monday, August 29.

For further information ring Jenny 07 49 42 1712 or Wendy 0431 70 70 10 or email Wendy at [simackay@siswp.org](mailto:simackay@siswp.org).

Or go the website: [www.siswp.org](http://www.siswp.org) and Facebook Soroptimist International Mackay.



## No woman walks alone

Ladies affected by all gynaecological cancers and needing support or whose experiences may help others, as well as family, friends and carers are invited to join us.

We are now meeting at the Commonwealth Respite and Carelink Centre 25 Wellington Street, Mackay.

We meet again on Monday, August 8 at 10am.

For more information contact Below the Belt Gynaecological Cancer Support Group please contact Jenny on 4942 1712 or 0409 302 116, Maree on 0409 424 662 or Wendy at [simackay@siswp.org](mailto:simackay@siswp.org).

Check out the Facebook page Below the Belt Mackay; like it and pass it onto all your contacts.

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.



## Mackay Women's Health and Wellness Retreat

### **Saturday, August 13 - 8.30am for 9am start**

For women 40 to 60 years. Come along for a day of great company, informative workshops and healthy, tasty nutritious food. Workshops include - hormones and menopause, preparing financially for retirement, the importance of weights, current food trends, cooking workshops, yoga, pilates and strength class. Workshops are \$50 for the day which includes all activities and food.

### **Sunday, August 14 - 8.30am for 9am start**

For women over 60 years. Your journey to a happier, healthier and more active life at any age. Workshops include - heart health and stroke prevention, anxiety and stress, preventing injury through exercise, nutrition and diet, yoga and tai chi. Workshops are \$40 for the day which includes all activities and food.

There are limited tickets, so book yours today. For more information or to book, phone or text Cathy on 0427 152 385.

The retreat will be held at Hector Hall at Louisa Creek, Hay Point, presented by "Be Inspired", Events to Nurture, empower and educate with support from Coalport Community and Recreation Association Inc.



## Did you know?

### **Zinc is vitally important for immune function and healing in the body.**

As we age it becomes more difficult to absorb zinc from our diet due to a reduction in stomach acid and certain medications. Zinc is particularly important for teenagers and often the first sign of deficiency can be acne.

If you have been fighting a flu that has been around for a while but are still not feeling 100%, you may be low in zinc.

A simple in-store zinc test can check your levels.

Drop in to Terry White Chemist Sarina for your free zinc test.





## After-school care with PCYC

After-school care with PCYC is available in the sarina area. It is open to any school-aged child – state or private schools.

It is located at Swayneville State School for only \$20 a day. Centrelink rebate is of up to 50% and you may also be eligible for Centrelink Benefit as well. This could mean you could pay as little as \$7 - \$10.

Youth programs and sporting activities are accessible as part of the \$20 membership. Casual bookings as well as permanent/regular bookings are available.

Afternoon tea is provided, fully qualified staff who are passionate about their work, fun games and activities, computer access, homework support if requested, outstanding care and programs following the National Quality Framework, buses from Sarina are met at school gate, closes at 6pm.

Works in with vacation care too! For more details or to book, call PCYC on 4942 3296.



## 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.

## Come check out our crafts

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

To find us, just drive south through Sarina and look to your right for the "i" sign at the last set of lights.

We always welcome any new volunteers to the centre. We truly care about our volunteers and you are never alone on a shift. Hours of business are 9am to 5pm, seven days a week, excluding Good Friday, Christmas Day, New Year's Day and half of day on Anzac Day.

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

## Sarina Showground Market

> Sunday, August 2

Make a morning of it with plenty to see and do - kids' activities, home baking, old wares, plants, trash and treasure, hand-made clothing, handy crafts, live entertainment and more.

The canteen will be open thanks to the Sarina Show Society Volunteers, with plenty of food and cold drinks.

For more details call 4956 1066 or visit [sarinashowsociety.com.au](http://sarinashowsociety.com.au). Site bookings are essential.

## BOOKFEST

### SARINA

Saturday the 30th July 2016

9 am to 1 pm

St Luke's Hall

Broad st,

Sarina

Pre-loved  
Books



Lucky Door Prizes  
DVD'S

Sausage Sizzle

ALL money raised goes to the  
**Sarina State School P&C Assoc.**

## AUGUST DATE CLAIMER

To have your event added to the Sarina Events Calendar, contact the Sarina Neighbourhood Centre by phoning 4961 9290 or emailing

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

- |    |           |  |          |   |   |
|----|-----------|--|----------|---|---|
| 5  | > 7pm     | Rock & Roll Dancing, St Luke's Hall                                | > 9am    | QCWA Hoy Morning, QCWA Hall                       |   |
| 6  | > 8am     | Sarina Mens Shed, 40 Lee St  | > 10am   | Storytime, Sarina Library                         |   |
|    | > 8am     | Markets, Field of Dreams   | > 6pm    | Karate Club beginner's classes, Cyril McKie Court |   |
|    | > 9am     | Sarina Fibre Arts, 36 Lee St                                       | > 6:30pm | Sarina Community Choir, St Michael's Church Hall  |   |
|    | > 9am     | Aqua Zumba, Sarina Swim Centre                                     | 18       | > 10:30am   | Sarina Seniors Lunch, Cultural Hall                                 |
|    | > All day | Sarina Show  |          | > 4pm   | Kundalini Yoga Classes, 7 Leslie St                                 |
| 7  | > 9am     | Greatest Journey for children 4-17years, Wesleyan Methodist Church |          | > 5:30pm  | Stuck on Fitness, Fitness Boxing, QCWA                              |
|    | > All day | Sarina Show  | 19       | > 7pm   | Rock & Roll Dancing, St Luke's Hall                                 |
| 8  | > 6pm     | Karate Club beginner's classes, Cyril McKie Court                  | 20       | > 8am   | Sarina Mens Shed, 40 Lee St   |
|    | > 6pm     | Empowering & Transforming Women, Seehouse Teahouse, Central St     |          | > 9am   | Aqua Zumba, Sarina Swim Centre                                      |
| 9  | > 9:30am  | Baby Bounce, Sarina Library  |          | > 9am   | Sarina Fibre Arts, 36 Lee St  |
|    | > 10am    | Cuppa at the Park, Apex Park                                       | 21       | > 9am   | Greatest Journey for children 4-17 years, Wesleyan Methodist Church |
|    | > 10am    | Council Arts Development Officer, Sarina Neighbourhood Centre      |          | > 6pm   | Karate Club beginner's classes, Cyril McKie Court                   |
|    | > 4 & 6pm | Kundalini Yoga Classes, 7 Leslie St                                |          | > 6pm   | Empowering & Transforming Women, Seehouse Teahouse, Central St      |
|    | > 6pm     | Zumba Classes, New Life Centre                                     | 23       | > 9:30am  | Baby Bounce, Sarina Library   |
|    | > 7pm     | Sarina Fibre Arts, 36 Lee St                                       |          | > 10am  | Cuppa at the Park, Apex Park  |
| 10 | > 8am     | Sarina Mens Shed, 40 Lee St  |          | > 4 & 6pm   | Kundalini Yoga Classes, 7 Leslie St                                 |
|    | > 9am     | Sarina Fibre Arts, 36 Lee St                                       |          | > 6pm   | Zumba Classes, New Life Centre                                      |
|    | > 9am     | QCWA Craft Morning, QCWA Hall                                      |          | > 7pm   | Sarina Fibre Arts, 36 Lee St  |
|    | > 10am    | Storytime, Sarina Library  | 24       | > 8am   | Sarina Mens Shed, 40 Lee St   |
|    | > 6pm     | Karate Club beginner's classes, Cyril McKie Court                  |          | > 9am   | Sarina Fibre Arts, 36 Lee St  |
|    | > 6:30pm  | Sarina Community Choir, St Michael's Church Hall                   |          | > 9am   | QCWA Craft/Branch Meeting, QCWA Hall                                |
| 11 | > 4pm     | Kundalini Yoga Classes, 7 Leslie St                                |          | > 10am  | Storytime, Sarina Library   |
|    | > 5:30pm  | Stuck on Fitness, Fitness Boxing, QCWA Hall                        |          | > 6pm   | Karate Club beginner's classes, Cyril McKie Court                   |
| 12 | > 7pm     | Rock & Roll Dancing, St Luke's Hall                                |          | > 6:30pm  | Sarina Community Choir, St Michael's Church Hall                    |
| 16 | > 8am     | Sarina Mens Shed, 40 Lee St  | 25       | > 4pm   | Kundalini Yoga Classes, 7 Leslie St                                 |
|    | > 8am     | Markets, Field of Dreams   |          | > 5:30pm  | Stuck on Fitness, Fitness Boxing, QCWA                              |
|    | > 9am     | Sarina Fibre Arts, 36 Lee St                                       | 26       | > 7pm   | Rock & Roll Dancing, St Luke's Hall                                 |
|    | > 9am     | Aqua Zumba, Sarina Swim Centre                                     | 27       | > 8am   | Sarina Mens Shed, 40 Lee St   |
| 14 | > 9am     | Greatest Journey for children 4-17years, Wesleyan Methodist Church |          | > 9am   | Aqua Zumba, Sarina Swim Centre                                      |
|    | > 1:30pm  | High Tea Fundraiser, Sarina RSL                                    |          | > 9am   | Sarina Fibre Arts, 36 Lee St  |
| 15 | > 6pm     | Karate Club beginner's classes, Cyril McKie Court                  | 28       | > 7am   | Sarina Showgrounds Markets  |
|    | > 6pm     | Empowering & Transforming Women, Seehouse Teahouse, Central St     |          | > 9am   | Greatest Journey for children 4-17years, Wesleyan Methodist Church  |
| 16 | > 9:30am  | Baby Bounce, Sarina Library  | 29       | > 6pm   | Karate Club beginner's classes, Cyril McKie Court                   |
|    | > 10am    | Cuppa at the Park, Apex Park                                       |          | > 6pm   | Empowering & Transforming Women, Seehouse Teahouse, Central St      |
|    | > 4 & 6pm | Kundalini Yoga Classes, 7 Leslie St                                | 30       | > 9:30am  | Baby Bounce, Sarina Library   |
|    | > 6pm     | Zumba Classes, New Life Centre                                     |          | > 10am  | Cuppa at the Park, Apex Park  |
|    | > 7pm     | Sarina Fibre Arts, 36 Lee St                                       |          | > 4 & 6pm   | Kundalini Yoga Classes, 7 Leslie St                                 |
| 17 | > 8am     | Sarina Mens Shed, 40 Lee St  |          | > 6pm   | Zumba Classes, New Life Centre                                      |
|    | > 9am     | Sarina Fibre Arts, 36 Lee St                                       |          | > 7pm   | Sarina Fibre Arts, 36 Lee St  |
|    |           |  | 31       | > 8am   | Sarina Mens Shed, 40 Lee St   |
|    |           |  |          | > 9am   | Sarina Fibre Arts, 36 Lee St  |
|    |           |  |          | > 9am   | QCWA Craft Morning, QCWA Hall                                       |
|    |           |  |          | > 10am  | Storytime, Sarina Library   |
|    |           |  |          | > 6pm   | Karate Club beginner's classes, Cyril McKie Court                   |
|    |           |  |          | > 6:30pm  | Sarina Community Choir, St Michael's Church Hall                    |