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

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.
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.

**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 or the Facebook reunion page.

**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.
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 bought 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 encourage 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.

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**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!
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

Did you know?

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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.
Or go the website: www.siswp.org and Facebook Soroptimist International 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 instore 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.

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.

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. 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

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.

5 > 7pm Rock & Roll Dancing, St Luke’s Hall

6 > 8am Sarina Mens Shed, 40 Lee St
  > 8am Markets, Field of Dreams
  > 9am Sarina Fibre Arts, 36 Lee St
  > 9am Aqua Zumba, Sarina Swim Centre
  > All day Sarina Show

7 > 9am Greatest Journey for children 4-17 years, Wesleyan Methodist Church
  > All day Sarina Show

8 > 6pm Karate Club beginner’s classes, Cyril McKie Court
  > 6pm Empowering & Transforming Women, Seehouse Teahouse, Central St
  > 9:30am Baby Bounce, Sarina Library
  > 10am Cuppa at the Park, Apex Park
  > 10am Council Arts Development Officer, Sarina Neighbourhood Centre
  > 4 & 6pm Kundalini Yoga Classes, 7 Leslie St
  > 6pm Zumba Classes, New Life Centre
  > 7pm Sarina Fibre Arts, 36 Lee St

9 > 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

10 > 7pm Rock & Roll Dancing, St Luke’s Hall

11 > 4pm Kundalini Yoga Classes, 7 Leslie St
  > 5:30pm Stuck on Fitness, Fitness Boxing, QCWA Hall

12 > 7pm Rock & Roll Dancing, St Luke’s Hall

13 > 8am Sarina Mens Shed, 40 Lee St
  > 8am Markets, Field of Dreams
  > 9am Sarina Fibre Arts, 36 Lee St
  > 9am Aqua Zumba, Sarina Swim Centre

14 > 9am Greatest Journey for children 4-17 years, Wesleyan Methodist Church
  > 1:30pm High Tea Fundraiser, Sarina RSL

15 > 6pm Karate Club beginner’s classes, Cyril McKie Court
  > 6pm Empowering & Transforming Women, Seehouse Teahouse, Central St

16 > 9:30am Baby Bounce, Sarina Library
  > 10am Cuppa at the Park, Apex Park
  > 4 & 6pm Kundalini Yoga Classes, 7 Leslie St
  > 6pm Zumba Classes, New Life Centre
  > 7pm Sarina Fibre Arts, 36 Lee St

17 > 8am Sarina Mens Shed, 40 Lee St
  > 9am Sarina Fibre Arts, 36 Lee St

18 > 10:30am Sarina Seniors Lunch, Cultural Hall
  > 4pm Kundalini Yoga Classes, 7 Leslie St
  > 5:30pm Stuck on Fitness, Fitness Boxing, QCWA Hall

19 > 7pm Rock & Roll Dancing, St Luke’s Hall

20 > 8am Sarina Mens Shed, 40 Lee St
  > 9am Aqua Zumba, Sarina Swim Centre
  > 9am Sarina Fibre Arts, 36 Lee St

21 > 9am Greatest Journey for children 4-17 years, Wesleyan Methodist Church

22 > 6pm Karate Club beginner’s classes, Cyril McKie Court
  > 6pm Empowering & Transforming Women, Seehouse Teahouse, Central St

23 > 9:30am Baby Bounce, Sarina Library
  > 10am Cuppa at the Park, Apex Park
  > 4 & 6pm Kundalini Yoga Classes, 7 Leslie St
  > 6pm Zumba Classes, New Life Centre
  > 7pm Sarina Fibre Arts, 36 Lee St

24 > 8am Sarina Mens Shed, 40 Lee St
  > 9am Sarina Fibre Arts, 36 Lee St
  > 9am QCWA Craft/Branch Meeting, 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

25 > 4pm Kundalini Yoga Classes, 7 Leslie St
  > 5:30pm Stuck on Fitness, Fitness Boxing, QCWA Hall

26 > 7pm Rock & Roll Dancing, St Luke’s Hall

27 > 8am Sarina Mens Shed, 40 Lee St
  > 9am Aqua Zumba, Sarina Swim Centre
  > 9am Sarina Fibre Arts, 36 Lee St

28 > 7am Sarina Showgrounds Markets
  > 9am Greatest Journey for children 4-17 years, Wesleyan Methodist Church
  > 6pm Karate Club beginner’s classes, Cyril McKie Court
  > 6pm Empowering & Transforming Women, Seehouse Teahouse, Central St

29 > 6pm Karate Club beginner’s classes, Cyril McKie Court

30 > 9:30am Baby Bounce, Sarina Library
  > 10am Cuppa at the Park, Apex Park
  > 4 & 6pm Kundalini Yoga Classes, 7 Leslie St
  > 6pm Zumba Classes, New Life Centre
  > 7pm Sarina Fibre Arts, 36 Lee St

31 > 8am Sarina Mens Shed, 40 Lee St
  > 9am Sarina Fibre Arts, 36 Lee St
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