Sarina
NEWS
AUGUST, 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

SARINA SENIORS WEEK FREE LUNCH

Thursday, August 24 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, speakers and information for seniors.

Bookings are essential as numbers are limited.

For further information and to book:

Phone **Sarina Neighbourhood Centre – 4961 9283**
Email **margaret.mcdowall@mackay.qld.gov.au**

Mackay

SARINA TOWN CENTRE REVITALISATION PROJECT

SARINA NEEDS YOUR INPUT

What should a revitalised Broad Street look like?

TO HAVE YOUR SAY, VISIT -
www.connectingmackay.com.au

Mackay Regional Council

Council has embarked on an ambitious project to revitalise Broad Street. The purpose of this project is to develop a revitalisation strategy for the town centre that draws on community involvement, to deliver a modernised masterplan.

The strategy will aim to ensure that the Sarina town centre is maintained and strengthened as the major activity centre for southern areas of the region and is a distinctive, diverse, attractive and sustainable urban environment.

The Sarina community can help create a vibrant, economically viable and pedestrian friendly centre and facilitate development. Community participation includes a number of targeted workshops, design competition with the Sarina schools, consultation events including the Sarina Markets on 30 July, Sarina Show on 4 and 5 August and the Sarina Beach Coconut Festival on 19 August.

So, drop us a line, put your comments in Connecting Mackay "Street Talk" or come and visit our stand at the above events. At the events, the community will be asked to write a postcard to the future Broad Street in your vision, pop it into a barrel and be in the draw to win a Sugar Shed hamper at each event!!

Your participation, feedback and ideas will help shape the Broad Street of the future.

FRIDAY MORNING BINGO

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, August 4

Sarina Tourist Art & Craft Mini Markets

The markets will be held on the 2nd and 4th Saturday of the month.

Starting at 8am to 12noon

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

What's on at your library!

> Robot Revolution Codename: 'Playtime' - August 14-18, 2017

Join us for some fun coding with our exciting range of robots! No experience needed!

Dudley Denny City Library - Monday, August 14
1pm - 2pm > Adult session 18+ years
4pm - 5pm > Teen session (grade 7 to 12)

Walkerston Library - Tuesday, August 15
1pm - 2pm > Adult session 18+ years
4pm - 5pm > Junior session (grade 4 - 6)

Mirani Library - Wednesday, August 16
1pm - 2pm > Adult session 18+ years
4pm - 5pm > Junior session (grade 4 - 6)

Sarina Library - Thursday, August 17
1pm - 2pm > Adult session 18+ years
4pm - 5pm > Junior session (grade 4 - 6)

Gordon White Library - Friday, August 18
1pm - 2pm > Adult session 18+ years
4pm - 5pm > Junior session (grade 4 - 6)

Book online now at www.bit.ly/1B48nRd
Age limits apply to each session.

> 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. #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 global voice for women

Soroptimist International

Federation of the South West Pacific

Mackay Inc

A global network of frienship

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 first Wednesday of each month (excluding December) at 5.30pm in the Gordon White Library, Phillip Street Mt Pleasant and we meet on the third Wednesday of the month for social time; for more information contact Jenny on 4942 1712.

SOROPTIMIST INTERNATIONAL OF MACKAY INVITES you to join us to our Friendship lunch on Saturday, August 19, 2017 at 12.30pm at Lets Do Greek, join us for a fun lunch and friendship. RVSP to Jenny 07 4942 1712 by Monday, August 14.

For further information ring Jenny 07 4942 1712 or Wendy 0431 707 010 or email Wendy at simackay@siswp.org.

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

You will be taught 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 Attendance at this workshop will increase your sense of safety and well being.

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

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

Proudly supported by D.B.C.T

Payment ASAP to Louisa Creek Tai Chi, Bendigo Bank BSB 633-000 account 143-086-791

Sarina Field of Dreams Parkland – Construction Works Update

In late 2016, Mackay Regional Council was successfully awarded $1.3M in funding through the Queensland Government's Significant Regional Infrastructure Projects Program (SRIPP). This funding is being put towards the refurbishment of the Sarina Railway Station and adaptive re-use for a new Visitor Information Centre for the Mackay Region, to finalise important upgrades to the Sarina Field of Dreams Parklands, including improved car parking and long vehicle parking facilities for tourist and further to develop consistent signage for the Parklands including entry signage and wayfinding.

On Wednesday, July 26, 2017 at council's Ordinary Meeting, Vassallo Construction Pty Ltd were awarded the car parking and landscaping construction contract.

It is anticipated that on-site works will commence in late August / early September, with disruptions being kept to a minimum, where possible. The Sarina Field of Dreams Parklands will remain open to the community and visitors throughout the construction period, including access to the Arts & Crafts, Museum, Art Gallery, Sarina Sugar Shed and Porters Mitre 10.

The design and construct package for the Sarina Railway Station Visitor Information Centre is currently out for tender, due to close on Tuesday, August 15, 2017.

The entire project is valued at $3.45 million and is an exciting announcement for Mackay Regional Council and the local community of Sarina, and further aims to ensure the 'drive-by' tourism market for the region is not lost once the Mackay Ring Road is constructed.

If you have any questions regarding the project, please do not hesitate to contact council's project manager, Rachel Belthouser, on 1300 622 529 or email business@mackay.qld.gov.au

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

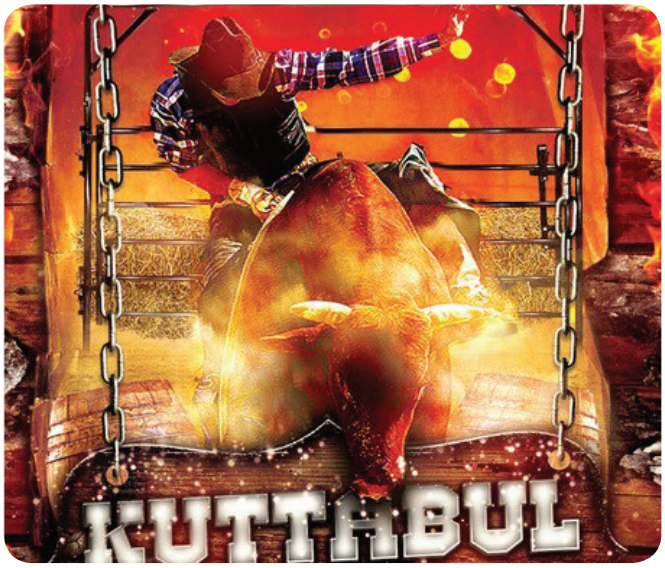
If you think you would benefit from receive a special visit each week please contact MCVA on 49534878.

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.

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.

See it live at the MECC



Proserpine Rodeo Association - Kuttabul Bullarama
Saturday, August 12 at 6pm
Kuttabul Hotel, Bruce Highway
> $25 Adult $10Child - Family pass $60
Don't miss this local community, fun filled and family friendly event – guaranteed to give you a bucking good time! The Kuttabul Bullarama will consist of amateur and professional bull rides (with prize money up for grabs), local school and vendor stalls, plus - live music! Patrons are reminded the Kuttabul Hotel is a licensed premises, NO BYO. Gates open from 5pm for a 6pm start.

Qantas Australian Men's Sevens v Japan
Thursday August 17 - Friday August 18, 4pm - 8pm
BB Print Mackay Stadium
Andy Friend's side will play multiple games in two days of Rugby Sevens action, as well as getting actively involved in the local community. The International Series will form preparation for the upcoming 2017/18 HSBC Sevens World Series, with the 2018 Commonwealth Games on the Gold Coast.

Horrible Harriet
Saturday, August 26, 4pm and 6pm
MECC Auditorium > $15 / Family $55
Look out! Here comes Horrible Harriet. She's wicked, wild and wonderful! Horrible Harriet lives in the roof of her school and keeps teachers chained in the cellar to do her homework. Join Harriet's search for identity and friendship, with songs, laughs, mischievous fun - and not least Mr Chicken himself!

BreastScreen Queensland

BreastScreen Queensland Digital Mobile Unit

Will be located at

SARINA SHOPPING CENTRE
Broad Street

12 – 28 September 2017

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

Queensland Government

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

Choosing change

A men's stopping violence program

Equal partners - equal power

UnitingCare Queensland

Ask yourself

Do you want to change?
Are you prepared to take the first step?
Feeling stuck in your pattern of behaviour?
Do you want to be a better Dad for your kids?

Choosing Change is a group based program that provides the opportunity for you to take responsibilty for your use of abusive behaviours in intimate and family relationships (all relationships cover under the QLD DFV Act 2012).

The aim of the program is to help you develop and maintain respectful attitudes and behaviours within your family.

Change can be challenging and confronting and in the program we support and guide you on a path to effective change over a 20 week period.

Contact details

> Cath - UnitingCare Queensland
Phone: (07) 4944 2300
287 Shakespeare Street, Mackay

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

August 4 at 9.30am–11.30am	Friday Morning Bingo @ Sarina RSL
August 5/6 at 9.00am	Sarina Show @ Sarina Showgrounds
August 8 at 10am – 3pm	MRC Arts Development Officer @ Sarina Neighbourhood Centre
August 12 at 8am –12noon	Mini Markets @ Field of Dreams Parkland
August 12/13 at 9am – 4pm	Self Defence Using Tai Chi Workshop @ Hector Hall Louisa Creek
August 17	National Science Week @ Sarina Library
> 1pm-2pm Adult session	
> 4pm-5pm Junior session	
August 19 at 12noon – 6pm	Sarina Beach Coconut Festival @ Sarina Beach
August 20 at 9am	Half Tide Salonika Beaches Progress Assn AGM @ Grendon Park Hay Point
August 24 at 10.30am –1.30pm	Queensland Seniors Lunch @ Sarina Cultural Hall
August 26 at 8am –12noon	Mini Markets @ Field of Dreams Parkland
August 26 at 7pm	Think and Drink Trivia Night @ Creative Edge Dance Studio
August 27 at 7am –12noon	Sarina Showground Market @ Sarina Showgrounds
August 27 at 1.30pm	Cent Sale Sarina Bowls Club

Upcoming Events:

September 1	Friday Morning Bingo @ Sarina RSL
September 9 & 23	Mini Markets @ Field of Dreams Parkland Sarina
September 12-28	BreastScreen Queensland Digital Mobile Unit @ Sarina Shopping Centre Broad St
September 20-21	Sarina & District Tennis Association Junior Aged Tournament @ Hoey Street Courts
September 24	Sarina Showground Market @ Sarina Showgrounds

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

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
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 (3rd / 10th / 24th / 31st May) @ QCWA Hall
9am	QCWA Hoy Morning (17th May) @ 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
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

Sundays

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

TerryWhite Chemmart

FREE SKIN PRESCRPTION

Why not take advantage of our free skin prescription service while you wait for your scripts to be filled?

Did you know that we have a full time Napoleon Makeup artist and skin care specialist in store waiting to help you achieve the best skin of your life. We have a range of beautiful skincare products with some of the worlds most exotic and luxurious ingredients.

Ask our friendly staff about this free service next time you are in store.

Time Out Tai Chi

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

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) Instru
PHONE: 0428181824

WEBSITE: www.balanceminder.com.a
FACEBOOK: BalanceMinder.TimeOutTa
EMAIL: balanceminder@gmail.com

THINK AND DRINK TRIVIA NIGHT

26TH AUGUST 2017

Creative Edge Dance Studio
40-58 Hoey Street Sarina

$25pp or $180 table of 8

For Bookings please contact
Lauren 0407 590 675 or email
creativeedgedancestudio@hotmail.com

LICENSED BAR
FOOD AND DRINKS AVAILABLE
12yrs +

Doors open at 630pm for a 7pm start
LUCKY DOOR PRIZE, SNAP RAFFLES, CENT SALE, PRIZES TO BE WON $$$