



Sarina
NEWS
April 2013

Volunteer morning at Sarina Landcare Catchment Management Association

Sarina Landcare Catchment Management Association (SLCMA) hosted its first weekend community volunteer morning on Saturday, March 16. With the early autumn weather in all its glory, participants enjoyed working in the gardens and reveling in the sunshine and fresh air.

SLCMA will continue to host the Saturday morning volunteer option on a monthly basis as part of the national Landcare Is For Everyone (L.I.F.E) campaign, encouraging communities to participate in landcare.

Margaret Meng, SLCMA Project Officer said, "This will give families more opportunity to become involved in landcare. Many families want to volunteer their time in activities that will make a difference in their own community but they have such



Pearl and Inez McMurtrie volunteer at Sarina Native Community Gardens

busy schedules and there are not many opportunities where young children can come along and join in. These mornings will give them the option to volunteer as a family, they can stay for the whole morning or just come down to the gardens for an hour, the choice is theirs."

"Activities begin at 8am and finish at 11am. The morning offers participants a range of activities including planting native plants, pruning, seed collecting, mulching, weeding and general garden maintenance. There will be something available for the whole family, depending on your age, ability and interest".

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The Sarina Community Native Gardens is being established by SLCMA and provides a family-friendly environment featuring a walking trail with interpretive signage, themed gardens such as the sensory gardens and plantings from local ecosystems including coastal, wetland and rainforest habitats. The gardens showcase the use of native plants (instead of weedy non-native plants) in garden situations and will be utilised by the community, visitors and schools as an opportunity to learn about local native plants and their benefits and uses in various garden situations.

Up and coming SLCMA weekend volunteer mornings will be held on April 13, May 11 and June 15, 2013. All tools, equipment, sunscreen and gloves will be provided, along with a much deserved morning tea. Volunteers wishing to participate will need to bring a hat and water bottle and wear sturdy footwear. For catering purposes please contact SLCMA on 4956 1388 to register your interest. If weekends don't suit you, SLCMA also operates the Sarina Community Volunteer Program every Wednesday between 9am and 12noon at the SLCMA Community Nursery. This program, and the Sarina Community Native Gardens are supported by the Mackay Regional Council Natural Environment Levy. For more information please contact Margaret Meng, SLCMA Project Officer on 4956 1388.

Healthy Rural Communities

Healthy Rural Communities have started some fantastic physical activities in Sarina:

Mondays: Heartmoves exercise at Sarina Bowls Club from 9.30am to 10.30am

Tuesdays: Tranquil Yoga at Louisa Creek Hall from 12.30pm to 1.30pm

Tuesdays: Tai Chi at St Luke's Hall, Sarina from 1pm to 2pm

Thursdays: Keep Fit at Sarina Bowls Club from 9am to 10am

For more information phone Jodie on 4961 9668 or Christine on 4961 9653.

Funded by the Australian Government.

Conservation Volunteers Australia



Conservation Volunteers Australia currently has a number of volunteering opportunities in the Sarina area.

From April 8 to 11 and April 15 to 18, volunteers will be working at Envirobund at Hay Point.

On Saturday, April 13, 20 and 27, volunteers will be working at Hay Point Foreshore.

If you're interested in volunteering contact Danielle at Conservation Volunteers Australia on 4951 0933.

Transport is available to get to the site.

Relay for Life

This year's Relay for Life will run at Sarina Showgrounds on April 20 and 21. Come along and show your support.

Sarina Community Playgroup

Looking for a safe and happy environment to make new friends, let the kids participate in educational and fun activities while enjoying nutritious food? The Sarina Community Playgroup strives to give children confident social skills, while giving parents an opportunity to interact and form new relationships. The group operates its activities from St Luke's Hall, which is located on Broad Street next to the Sarina Court House. It's held every Monday during the school term, from 9.30am to 11.30am.

The first three visits are free, with a \$4 fee for each visit after that. This gives people the opportunity to come along and see if playgroup suits their family. After the initial visits, members are encouraged to join Playgroup Qld to be covered for insurance and to receive a range of other benefits. It costs \$40 a year per family, or \$30 for concession holders.

The group caters for newborns, right up to school-aged children providing activities such as crafts, story time, music and toys. Parents are asked to bring along a piece of fruit or a healthy snack to be shared among all the children for morning tea. New members are encouraged to come along, especially new residents to the area. For more information you can look for the group's page on Facebook or contact Toni on 0408 753 409.

Quilt and Craft Show



Sarina Fibre Arts Group Inc. is holding a quilt and craft show on the following dates:

- Saturday, April 27 from 9am to 5pm and
- Sunday, April 28 from 9am to 4pm

There will be quilt and craft displays, merchandisers, demonstrations and raffles and draws.

For more information contact Celia on 4943 1426, Mary on 4956 4594 or Debbie on 4956 2804.

Admission is \$5.

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Congratulations to Mudth-Niyleta

Mudth-Niyleta has recently achieved formal operational accreditation under the "ISO 9001". This means that Mudth-Niyleta is now internationally recognised and certified on their management practices for the delivery of services and how they conduct their business.

Domestic Violence Prevention Month



Domestic and Family Violence Prevention Month is held during May each year to raise community awareness of the social and personal impacts of domestic and family violence and the support available to those affected.

The key aims of the month are to:

- Raise community awareness of domestic and family violence and its impacts.
- Promote a clear message of zero tolerance of domestic and family violence in Queensland communities.
- Ensure those who are experiencing domestic and family violence know how to seek help and support.
- Encourage people who use abuse and/or violence to take responsibility for their abusive behaviour and seek support to change.

This year Domestic Violence Prevention Month will be launched with a candle lighting ceremony and walk at Bluewater Quay on Wednesday, May 1, 2013 from 5pm to 7pm.

In Queensland, the first Wednesday of May is a time to remember those who have lost their lives to domestic and family violence. At 5pm the walk along the footpath across the Pioneer River and back to Bluewater Quay will commence, which will be followed by a candle lighting ceremony at 6pm and light refreshments and a sausage sizzle. Everyone is welcome to come along and join in.

The Mayor, Deidre Comerford will be the guest speaker at the launch.

Throughout the month there will be other events, displays and activities as well as the Indigenous Domestic and Family Violence Forum, which will be held on May 8 and 9.

A hypothetical, describing a scenario of domestic violence and asking for comments from people with expertise such as a researcher, a lawyer, doctor, the police and others, will also be held at 9.30am at the Mackay Entertainment and Convention Centre on May 16. On the last day of the month a morning tea will be held at Mackay Women's Centre at 10am.

For information about any of these events please contact 4957 3888.

Need help resolving a dispute?

The Mackay Whitsunday Dispute Resolution Centre at 12 Brisbane Street, Mackay offers a free, non-legal, confidential and impartial mediation service to members of the community as an alternative to going to court to resolve their disputes.

Common types of dispute include:

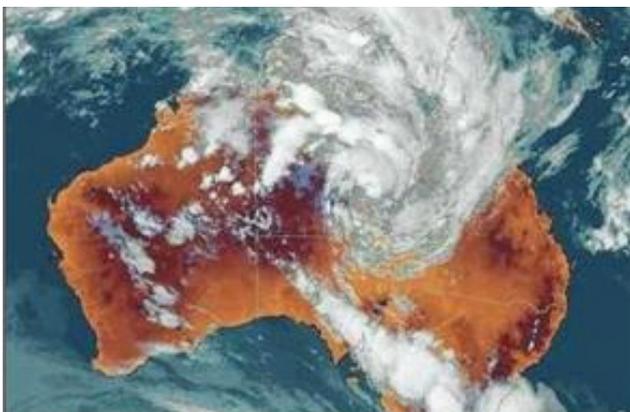
- Neighbourhood issues
- Workplace conflict
- Tenancy concerns
- Commercial disputes
- Separation and other family issues.

Mediation can help resolve conflict by:

- Letting people talk it out
- Help negotiate an outcome
- Saving time and money
- Helps people to retain ownership of the outcome as opposed to having a ruling imposed on those involved.



Weather the Storm: Women prepare



Disasters come in all shapes and sizes. They can be sudden and devastating like floods and cyclones or slow and debilitating like drought.

Disasters can be unsettling and often life altering. Good preparation can help people be more resilient and minimise the impact.

Weather the Storm is a free three-day program that brings women together to talk about how to plan and prepare for a natural disaster. The workshop is coming to Sarina in April and will provide a safe and relaxed environment for women in the Sarina area to get together, to support each other, to plan and prepare for natural disasters.

Topics that will be covered include:

- What are the risks you face and how do you approach them?
- What does this mean for how you make decision about disaster risks?
- How can you reduce your risks?
- Developing a plan with your family
- Preparing to evacuate
- Preparing to be isolated and without services
- Preparing your property to survive
- Helping children prepare
- Mental and emotional preparedness
- Preparing as a community

The workshop will be held over three days starting on April 19, and continuing on May 3 and 10 at St Luke's Hall, Sarina. Participants are encouraged to attend all three days. Free childcare can be made available upon request.

The program has been successfully held in both Eungella and Midge Point. Some comments from participants include:

- "It was informative and fun and great for anyone new to a community or a long time resident"
- "A way to network with others in our community. Some new ideas to help prepare and survive a cyclone and then how to facilitate a clean up after the event"

To register your attendance contact Mandy Lavarack, Community Resilience Project Officer, Mackay Regional Council on 4961 9671 or email amanda.lavarack@mackay.qld.gov.au.

Post Separation Cooperative Parenting (PSCP) Program

The PSCP program is a free service for separated parents or those contemplating separation, carers and extended family who are not talking and who are unable to communicate without conflict or who need support in managing cooperative parenting arrangements. The PSCP service is available in Sarina. For more information contact Uniting Care Community on 4944 2300.

Anzac Day sausage sizzle

Sarina Tourist Art & Craft Centre will be running a sausage sizzle on Anzac Day (April 25). You will find them at the front of the Sarina RSL from 9am to lunchtime. Everyone is welcome.



Focus on Sarina



Looking for ways to improve your budgeting?

A free one day workshop will be held in Sarina on Tuesday, April 16 at the Sarina Youth Centre for anyone wanting to improve their budgeting skills.

The workshop will be run by Mackay Regional Financial Counselling Service and will cover the following:

- Weekly and fortnightly budget planning
- Money management tips around issues such as credit cards, personal loans and rent to buy products
- Wants versus needs spending

If you would like to attend contact Carrie at Mackay Regional Council on 4961 9655 or email carrie.jones@mackay.qld.gov.au.

Enjoy a range of fun fitness activities in Sarina including tight and tone classes, walking groups, Zumba and tai chi, among others. Activities are either free or require a gold coin donation. For a complete timetable of events visit www.mackay.qld.gov.au/focusonsarina.

Focus on Sarina is an initiative of Mackay Regional Council, proudly funded by Queensland Health and the Australian Federal Government.

Submit a story

If you have any articles for the next Sarina Community Newsletter, or would like to be on the mail list, please contact Carrie Jones at Mackay Regional Council on 1300 622 529 or email carrie.jones@mackay.qld.gov.au.