NEWS

Sarina
NEWS
DECEMBER 2019

Sarina Neighbourhood News

Sarina Neighbourhood Centre aims to keep you up-to-date with what's happening in your community and the programs, projects, events and initiatives that matter to you.

Sarina Christmas celebration

We can't wait to see everyone this Saturday (December 7) for our annual Sarina Community Christmas Celebration.

Join us at the Cultural Hall Precinct from 5pm to 8.30pm for a celebration with friends and family. Come dressed as an authentic villager of Bethlehem. Enjoy a sausage sizzle, face painting, a visit from Santa, lots of giveaways (hampers), carols and, of course, the lighting of the Sarina town Christmas Tree. Jay and Dave from Triple M will be emcees. For further information, call the Neighbourhood Centre on 4961 9283. Sponsored by Scripture Union.

Beating poverty with generosity

Thank you to everyone in our community who generously donated food items to our Anti-poverty Food Drive.

Council launched the food drive at the beginning of Anti-Poverty Week (Monday, October 14) and it ran until Wednesday, November 13. This campaign helps ease the burden on charities, with goods passed on to the Sarina Inter Church Council, Anglicare Mackay and St Pauls Uniting Church.

Pictured: Pastor Jeff Grant from Sarina Uniting Church, Bev Miller from Sarina Inter Church Council, Mayor Greg Williamson, Amanda Whitaker and Margaret McDowall from the Sarina Neighbourhood Centre.

Sarina Northern Access Upgrade Update

THE Sarina Northern Access Upgrade is taking shape with single lane traffic now operating around the roundabout following a traffic change in mid-November.

The $14.36 million project funded by the Australian and Queensland Governments, will deliver a two-lane roundabout at the Bruce Highway and Sarina Coast Road intersection to improve safety and efficiency.

Vassallo Constructions started works on the project in March 2019, with works-to-date consisting of earthworks, drainage, service relocation and construction of the new roadway.

To build the new roundabout on the existing Bruce Highway, traffic lanes have been moved around the intersection to accommodate different stages of construction. The current stage involves a closure to Breen Street, with a detour via Venton Street and a temporary access road. This arrangement is expected to be in place until late December 2019.

The remaining works on the project will include the completion of the pavement construction, asphalt surfacing, installation of road signs, median island construction, line-marking and landscaping.

More information about the project is available on the Department of Transport and Main Roads website: www.tmr.qld.gov.au/Projects/Name/B/Bruce-Highway-Sarina-Northern-Access-Upgrade

© State of Queensland (Department of Transport and Main Road), Sarina Northern Access Upgrade, November, 2019.

Events calendar

The Sarina events calendar is displayed at the front of the Sarina Neighbourhood Centre.

To have your event/activity added, contact the Sarina Neighbourhood Centre: 4961 9283 or email margaret.mcdowall@mackay.qld.gov.au or amanda.whitaker@mackay.qld.gov.au

- **December 2 - 6.30pm** — Sarina Lions Club in conjunction with Black Dog Institute presents 'Breaking down Depression and Building Resilience' at the Sarina RSL Club, Sarina
- **December 6 - 6.30pm to 9.30pm** — Festival of Small Halls featuring Hat Fitz and Cara, Llewellyn Hall, Armstrong Beach Road.
- **December 7 - 4pm** — Koumala Community Christmas Fair at Gordon Morrison Oval, Koumala
- **December 7 - 5pm to 8.30pm** — Sarina Community Christmas Celebration at the Cultural Hall Precinct, Sarina
- **December 15 - 10.30am doors open (noon start)** — Variety - The Children's Charity combined with Mackay Patriots host a Monster Cent Sale at Sarina Cultural Hall

Sugar Shed distils anniversary rum

A seriously smooth drop from Sarina's own Sugar Shed distillery will travel to Matsuura, Japan this month.

The limited batch rum will be carried over by Mackay's citizens as gifts for their Japanese hosts with a special large bottle earmarked for the Matsuura mayor Yoshiyasu Tomoda.

Released especially to celebrate the 30-year anniversary of Mackay and Matsuura's Sister City relationship, the rum is made with a high quality sugar syrup base and barrel-matured here in the tropics, resulting in a very distinctive flavour.

Our provenance and sugar cane industry heritage within this three-year aged rum capture the heart and soul of the Mackay region.

Mayor Greg Williamson will officially present the rum at a formal anniversary celebration in Matsuura on Sunday, December 8.

The 30 year Anniversary Sugar Shed Rum.

The Sugar Shed's distiller Steven Magarry with the special rum.

Sarina district weekly activities calendar

Mondays	
8am - noon	Sarina Men's Shed - 40 Lee St, Sarina
9am - 11.30am	Orange Sky Laundry & Shower Service - Sarina Neighbourhood carpark
9am - 5pm	Sarina Arts & Crafts open - Field of Dreams Parkland
9.30am - 10am	Toddler Time - Sarina Library (during school term)
3.30pm - 5pm	Junior Tennis Hot Shot Fixtures - Hoey Street tennis courts (during school term)
Tuesdays	
9am - 2pm	Sarina Museum open - Entry is FREE - Sarina Railway Square
9am - 5pm	Sarina Arts & Crafts open - Field of Dreams Parkland
10am	Cuppa at The Park - Apex Park Sarina
5pm	QCWA Sarina Branch - Craft & Social Nights (2nd & 4th Tuesday of each month) - QCWA Hall
6pm	'Sign It Out' Sarina Community Choir - St Michael's Hall, Range Road, Sarina
7pm - 9pm	Tuesday Night Mixed Team Tennis Fixtures - Hoey St tennis courts
Wednesdays	
8am - noon	Sarina Men's Shed - 40 Lee St, Sarina
9am	QCWA Social/Craft/Sewing Morning (1st, 2nd, & 4th Wednesday of the month) - QCWA Hall
9am	QCWA Hoy & Mini Cent Sale (3rd Wednesday of the month) - QCWA Hall
9am - noon	Sarina Fibre Arts - Creative Cottage, Lee St, Sarina
9am - noon	Sarina Landcare Catchment Management Association Volunteer Morning - SLCMA Nursery
9am - 2pm	Sarina Museum open (entry is FREE) - Sarina Railway Square
9am - 5pm	Sarina Arts & Crafts open - Field of Dreams Parkland
10am - 11am	Storytime for under five years at Sarina Library (during school term)
11am - 11.30am	Baby Bounce - Sarina Library (during school term)
3.15pm - 4.15pm	Sarina Tennis Junior Coaching at Hoey St tennis courts (during school term)
5pm	Walk Yourself Happy Heart Foundation Walking Group - Sarina Showgrounds
Thursdays	
9am - 11am	Ladies Tennis Fixtures - Hoey St courts (during school term)
9am - 5pm	Sarina Arts & Crafts Open - Field of Dreams Parkland
10.30am -12.30pm	Sarina Women's Group - The Field of Dreams, Railway Square, Sarina
7pm	Thursday Night Bingo - Progressive Jackpot at Sarina RSL
Fridays	
9am - 5pm	Sarina Arts & Crafts Open - Field of Dreams Parkland.
9.30am - 11am	FACE Up on Fridays - church house behind St Luke's Anglican Church Hall (during School Term)
9.30am - 11am	Mainly Music - musical fun for children - $5 per family - St Luke's Anglican Church Hall
3.30pm - 4.30pm	Junior Tennis Hot Shot Fixtures - Hoey Street tennis courts
Saturdays	
8am - noon	Sarina Men's Shed at 40 Lee St, Sarina
9am - noon	Sarina Fibre Arts at Creative Cottage, 36-38 Lee St, Sarina
9am - 5pm	Sarina Arts & Crafts Open - Field of Dreams Parkland.
2pm - 4pm	Sarina Tennis Saturday afternoon double fixtures - Hoey St tennis courts (during School Term)
Sundays	
9am	Sunday Kids Club at Sarina Wesleyan Methodist Church (during school term)
10am - 1pm	Sarina Arts & Crafts Open - Field of Dreams Parkland.

What's on at the MECC

Kasey Chambers is Coming

> Sunday, December 1, 7.30pm

> MECC Plenary Halls

Twenty years ago Kasey Chambers released her ground-breaking debut album 'The Captain'. It was a pivotal record that remains the cornerstone of her outstanding career.

In celebration of the 20th anniversary of The Captain, Kasey performs a very special concert, sentimentally reforming her original band, playing songs from The Captain album, alongside a "best of her career" set. A performance not to be missed.

Please note > This event is theatre style, flat floor seating in the Plenary Halls.

BB Print New Year's Eve River Party

> Tuesday, December 31, 6pm to 9pm

> Bluewater Quay - FREE ENTRY

Welcome in the New Year at the Bluewater Quay. This year's event offers all the fun and excitement of a family-friendly New Year's Eve celebration.

Starting at 6pm, enjoy three hours jam-packed with an amazing variety of entertainment. Get ready to doo-doo-doo the night away with Pinkfong and Baby Shark! We hope you know the moves! We know, you know the lyrics! Enjoy free kids' amusements and face painting. Adults will love the live entertainment from local acts JONTE and 2tone. Enjoy spectacular fireworks over the Pioneer River at 9pm and midnight!

What's on at your library?

Toddler Time

Mondays from 9.30am - 10am

Encouraging language development and social interaction for toddlers to two-and-a-half-years. The session features nursery rhymes, finger plays, action songs and a story.

Story Time

Wednesdays 9.30am - 10am

A program of stories, nursery rhymes, finger plays and songs for children aged two to five years. Held during the school term, sessions encourage a child's love of books.

Baby Bounce

Wednesdays from 11am - 11:30am

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. A child health nurse from Mackay Hospital and Health Services will be attending fortnightly to weigh and measure babies.

* All sessions are during school terms only

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 or amanda.whitaker@mackay.qld.gov.au

> facebook.com/sarinaneighbourhoodcentre

Council Christmas Grants fund regional fun and festivities

Council has chipped in to help community groups celebrate Christmas.

Christmas Grants of up to $750 have been provided to run 16 separate Christmas celebrations across our region.

Grants totalled $10,000 and were offered to not-for-profits hosting events that were open and involved the whole community.

In the Sarina area, the following groups received funding:

- Sarina Surf Lifesaving Club's Carols on the Beach at Sarina Beach on December 14 from 5pm to 9pm - $750
- Scripture Union Queensland and Sarina District Schools Chaplaincy's Community Carols Night, "The Little Town of Bethlehem" at Bob Wood Cultural Hall on December 7 from 5pm to 7.30pm - $750
- Sarina Range Community Association's Community Christmas Gathering at Sarina Range CWA Hall on December 14 from 4pm to 11pm - $750

Guest story: Getting the "NAC" for persistent infections

By Lesley Rix – Naturopath & Nutritionist

ONE keyway in which an infection becomes persistent (e.g. drug resistant) is via the formation of biofilms.

Biofilms can protect microbial colonies from the immune system and antimicrobial agents (e.g. antibiotics, antimicrobial herbs), while assisting the colony in attachment to a surface. In fact, depending on the organism and type of antimicrobial and experimental system, biofilm bacteria can be up to a thousand times more resistant to antimicrobial stress than free-swimming bacteria of the same species.

It is estimated that 60% of all human infections and 80% of chronic infections (i.e. unresponsive to medical treatment) are attributable to biofilm colonies. Think of the biofilm as a protective coating that the bacteria are able to surround themselves in to protect them from the immune system and antibiotics.

NAC (N-acetylcysteine) represents an interesting consideration to promote the resolution of persistent infections which may have previously resisted standard antimicrobial treatments. It not only demonstrates the ability to interfere with bacterial communication and suppression of virulence factors, but inhibits biofilm formation, disrupts mature biofilms, assists with mucus breakdown and provides local anti-inflammatory and antioxidant benefits. The NAC literally breaks open the protective coating around the infection. See your natural health practitioner for more information.

MACKAY WOMEN'S CENTRE

Sarina Women's Group

Come meet other women and make new friends in a safe and supportive environment.

EVERY THURSDAY
10:30AM - 12:30PM

Located at the Field of Dreams Precinct
(Next to the Arts and Crafts building).

Represent your region!

Mackay Tourism are looking for passionate locals to represent their region through our Visitor Information Centre located in Sarina. There are lots of benefits to volunteering with Mackay Tourism:

- An open and friendly culture
- Become a Raving Fan of your community!
- Take part in our extensive Famil program to learn about your region first hand
- Socialise with like-minded volunteers in your region

Join the Tourism Family today and show off our little slice of Heaven!

For more information please contact us on 07 4837 1228!

The Mackay Region
Queensland Nature. Reserved.

WE WASH HERE

FREE LAUNDRY & SHOWER SERVICE

DAY: Mondays - Weekly

(Bob Wood Cultural Hall Car Park
off Anzac Street -
behind Sarina Neighbourhood Centre)

TIME: 9:00am - 11:00am

OrangeSky Australia | orangesky.org.au/locations

OrangeSky Australia — Mackay Shifts

DAY	SERVICE	TIME
MONDAY	Sarina Neighbourhood Centre	9am - 11am
TUESDAY	Salvation Army Mackay	10am - noon
TUESDAY	Lendlease Canelands Central	6pm - 8pm
WEDNESDAY	CASA	9am - 11am
WEDNESDAY	Anglicare	6pm - 8pm
THURSDAY	New Life Church	9am - 11am
FRIDAY	SVDP Juliet Church	9am - 11am
SUNDAY	ADRA	10am -noon
SUNDAY	Lendlease Canelands Central	4pm - 6pm

orangesky.org.au/locations