

**Sarina**  
NEWS  
Dec 2014

# Sarina Neighbourhood Centre

The 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
- Community notice board
- Sarina events calendar
- Community education activities
- Emergency relief funding

**Facilities available:**

- A meeting room is available for community members and groups to utilise during the centre's operating hours
- An office is available for visiting services to meet with clients during the centre's operating hours
- Centrelink access point is available for self services



**The Sarina Neighbourhood Centre is located next to Mackay Regional Council Client Services Centre, 65 Broad Street Sarina.**

Phone: 07 4961 9290 / 07 4961 9283  
Email: [margaret.mcdowall@mackay.qld.gov.au](mailto:margaret.mcdowall@mackay.qld.gov.au)



**Merry Christmas**  
From all the staff at Mackay Regional Council Sarina Administration Office

# Mayor's column

It was a great day for Sarina when the Governor of Queensland Paul De Jersey officially opened the new Sarina Sewerage Treatment Plant.

We couldn't have asked for better weather, good crowd attendance and the Governor being impressed by the facility and the celebration. I was pleased to be joined by former Sarina Shire Council Mayors at this historic milestone for the community.



*(Above) (LtoR) Kevin Morgan, Lester Gurnett, Mayor Comerford, Governor of Queensland Paul De Jersey, Mrs De Jersey and Karen May.*

Lt Col Tamara Rouwhorst, former student of Sarina State High School, was an inspirational guest speaker at the Annual Awards Night. I was impressed by the academic, sporting and cultural achievement of students. Congratulations also to parents, teachers and school support staff.



*(Above) (LtoR) Principal Bruce Heggie, Lt Col Tamara Rouwhorst, Mayor Comerford and Cr Paul Steindl.*

Last newsletter I spoke about a Year 4 student from St Anne's Catholic Primary School who was a standout example of recycling at Caneland

Central. I visited Tyler Pratt at his school's assembly and presented him with a bag of goodies to say thanks for being a good role model. I also asked St Anne students if they would lead the recycling efforts of the region during National Recycling Week.



*(Above) Mayor Comerford, Principal John Ballinger-Oches and Tyler Pratt.*

I was delighted to attend the inaugural Volunteer of the Year Awards held at Sarina Bowls Club. I congratulate Laura Burrows for organising the event and for Sarina Community Bank - Branch of Bendigo Bank -for being sponsors of the prize money. As Mayor nothing gives me greater pleasure than seeing community spirit in action. Thank you to all those who volunteer to make the Sarina community what it is. Congratulations to all nominees (below) and in particular to the winner Gloria Murray.



May I take this opportunity to wish you all the peace, love and joy that the Christmas season brings and may it continue with you throughout the coming year.

# Official Australia Day Awards 2015

It's time to celebrate our local heroes through Mackay Regional Council's official 2015 Australia Day Awards.

Nominations are open and Mayor Deirdre Comerford is calling on residents to say cheers to those who make our region a better place by nominating them for an Australia Day Award.

"From our sporting stars on and off the field to artists that share their skills with the community – our region is full of everyday champions that make our region a great place to live."

This year all nominees will be invited to join the Mayor and councillors at the Mackay Entertainment and Convention Centre (MECC) on Australia Day eve to celebrate the contribution made by all nominees – winners will also be announced at the event.

"An Australia Day Award really is one of the highest honours someone can receive and nominating someone for an award is a wonderful feeling in itself," Cr Comerford said.

With nominations closing early in the New Year (January 9, 2015) council is encouraging residents to submit a nomination form before the busy Christmas period.

Cr Comerford said it took just five minutes to fill in a nomination form which is available via council's website or from council's Client Service Centres and Libraries.

**There are a total of eight award categories including:**

- Citizen of the Year  
(must be over the age of 26 years on 26 Jan 2015)
- Young Citizen of the Year  
(must be under the age of 26 years on 26 Jan 2015)
- Arts and Culture Award
- Community Group Award
- Environmental Achievement Award
- Lori Burgess Community Volunteer Award
- Senior Sports Award

## Now's the time to nominate...

The official Australia Day Awards celebrate those who make our region a better place, nominate your local hero today at [mackay.qld.gov.au/australiaday](http://mackay.qld.gov.au/australiaday).



**citizen of the year**

**young citizen of the year**

## Family therapy and counselling

Debra Goodchild - a Family Therapist and Counsellor offering counselling and psychotherapy services to Mackay, Sarina and the surrounding hinterland areas.

Debra specialise in working with children, individuals, families and relationships. Services can benefit clients across all ages and genders; whole family groups; subsets of families or individuals.

More details [www.debragoodchild.com.au](http://www.debragoodchild.com.au)

**Debra Goodchild**

Phone: 0466 042 470

Email: [goodchildfamilytherapy@gmail.com](mailto:goodchildfamilytherapy@gmail.com)

## Code Security Bus Hire

Local Sarina business for all security needs.

Contact us if you would like to hire our 12 seater bus or 20 seater bus for your Xmas event/break up/party

Everyone can have a few drinks & relax with their very own driver, while all being together, on the one bus.

Please call: Tony Muscat - 0407 573297



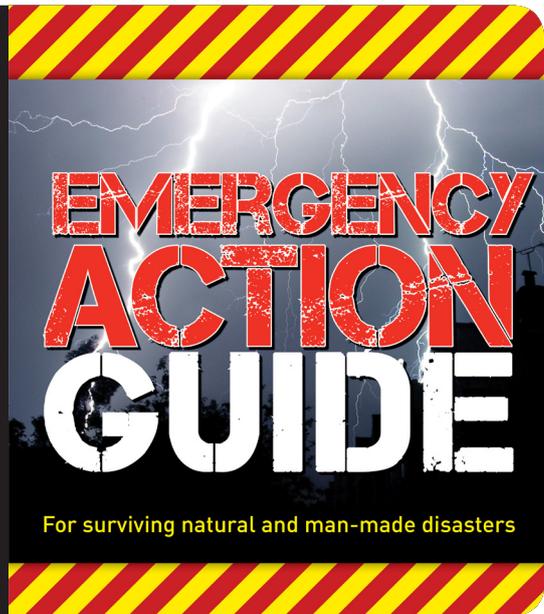
# Are you ready for emergencies?

Cyclones | floods | fires

Pick up your **Emergency Action Guide**

Available at council Client Services Centres, Libraries and Sarina Neighbourhood Centre.

Or download at [mackay.qld.gov.au/emergency](http://mackay.qld.gov.au/emergency)



## Sarina Fibre Arts

Members are making plans for the biennial Craft and Quilt Show to be held at the Bob Wood Cultural Hall, Sarina on the May 2-3, 2015.

Members meet on Saturdays mornings at 9am at the High School Library. We welcome anyone interested to come along to meet others and enjoy a coffee or tea while learning a craft, embroidery, patchwork and quilting, to mention a few.

While our group will be in recess from mid-December to mid-January 2015 contact Mary on 49564594.



### SARINA COMMUNITY *Christmas Celebration*

**SATURDAY, DECEMBER 6**

**5PM to 8PM**

**ANZAC PARK & CULTURAL HALL  
PRECINCT, ANZAC ST, SARINA**

*Featuring...*

- ★ Santa Claus and carols
- ★ Little Town of Bethlehem
- ★ Christmas Tree lighting
- ★ Sausage Sizzle, plus more
- ★ Bring a rug or chair

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This event is sponsored by SU Old and Mackay Regional Council with the support of Combined Churches of Sarina & Sarina Neighbourhood Centre.

Enquiries: 4943 1508, 4943 1509 or 4961 9290.

**FREE EVENT**

 **Mackay** REGIONAL COUNCIL

# What's happening at Sarina Library?

## Baby Bounce

Tuesdays 9.30am – 10:00am

Baby Bounce is aimed at 0 – 18 month olds and their parents and carers held weekly during the school term. This program of nursery rhymes, lullabies, finger plays, songs and the use of board and picture books promotes language and literacy development in an interactive, fun-filled environment.

The sessions encourage valuable one-on-one time between parent and child and are also a great networking opportunity for parents and carers.

## Get Connected with your local library.

With a library membership you have access to eAudio Books, eBooks via the Bolinda App. eMagazines for Libraries: Zinio offers library members 24/7 access to a wide range of Australian and International magazines on a variety of electronic devices.

Online Learning with Computer School & Atomic Training, Ancestry Library Edition (in house only), Newsbank (Aust & International newspapers), Road to IELTS and Encyclopedia Britannica Online. Children's Databases include Grammatikus an Australian role playing game for 10-16 year olds.

Return to Crystal Rainforest introduces children from 5 yrs to the programming language Scratch.

### Zoo Wizz

is an education site that encourages kids to be "whizzes" in math, reading and word development.



These are just a few of the online resources available via the website:  
<http://www.mackay.qld.gov.au/libraries/elibrary>.

# Sarina Community Australia Day Celebrations

Where: Apex Park  
(if raining Sarina State School Hall)

10am – 3pm

## FREE EVENT

Among the attractions will be live entertainment from the Sarina Country Music, damper & billy tea, traditional cooking, food provided by the service clubs, tea, coffee cakes, children's old fashioned games, fancy dress with security on hand.

> BYO chairs/blankets/sunscreen

**Don't forget to nominate your local heroes for an Official Australia Day Award with Mackay Regional Council (details page 3).**

**Mackay Advocacy Inc**

## Now & the Future

Presentations/Luncheon/Entertainment  
Mackay Grade Suites, Flinders Room

Wednesday, December 3, 2014,  
10am-3pm

Delicious food with guest speakers and entertainment.

Cost: \$30 per person  
People with disability - Free

RSVP: November 26, 2014  
Ph. 4957 8710

# National Bowel Cancer Screen Program

The NBCPS is currently being implemented nationally to help detect bowel cancer early and reduce the number of Australians who die each year from the disease.

By the year 2020, all Australians aged 50 to 74 year will be invited to screen for bowel cancer every two years in line with the National Health and Medical Research Council (NHMRC) clinical guidelines.

The Australian Government currently invites all Australians turning 50, 55, 60 or 65 year to participate in screening for bowel cancer.

Other age groups which will also be invited are as follows:

- 2015: 70 and 74 year olds
- 2016: 72 and 64 year olds
- 2017: 68, 58 and 54 year olds

The four remaining age groups 52, 56, 62 year olds, will be included from 2018 to 2020.

Under the Program, eligible men and women will be sent a bowel cancer screening kit by mail containing a Faecal Occult Blood Test (FOBT). This is a simple test that can be completed in the privacy of your own home.

The test is quick and easy and involves taking a small sample from two bowel motions which you then send to the laboratory for testing. Participants then receive their results in the mail. If the test result is positive (i.e. blood is found in the bowel motion), participants are advised to contact their GP for follow up, such as colonoscopy.

If the result is negative (i.e. no blood is found in the bowel motion), it may mean that participants do not need further investigation at this time. However as no test is 100% accurate, it is important to watch out for any symptoms of bowel cancer (e.g. bleeding from the bowel, changes in your regular bowel habits, abdominal pain, and unexplained tiredness etc) and if noticed, see a doctor immediately.

If you lose or damage your test kit and need a replacement, please contact the Information line on 1800 118 868.

To request a free information session for your workplace or community group or event, please contact your local Health Promotion Officer for the NBCSP on 1300766927 or 48855920 or by email: [cherie.coper@health.qld.gov.au](mailto:cherie.coper@health.qld.gov.au)



The MCCS is a not-for-profit service that assists families who have been through separation/divorce and are having difficulty managing their parenting arrangements without conflict.

We offer facilitated changeover of children between parents, supervised on-site visits, monitored on-site visits and supervised off-site visits between children and parents/significant others.

Our centre is family friendly, fresh and offers a large variety of activities and play equipment. We have two-street access in Boddington Street and Hamlet Street for parents to access the Centre and therefore avoid any contact with each other, reducing conflict for both parents and children.

Our service helps children to stay connected to members of their family after separation, and we aim to provide a safe and comfortable environment for contact to occur.

Clients requiring our service may self-refer or can be referred by their solicitor, Family Court, community agencies, family or friends. For more information please contact MCCS on 4944 1733 or browse our website [www.mackayccs.org.au](http://www.mackayccs.org.au)



# Sarina & District Community Men's Shed

Every Wednesday and Saturday  
8am – 12noon

We would like to invite you to come along for a cuppa and a chat or just hang out.

We are a non-profit organisation with the aim to help men from all walks of life and nationality.

We have a lot of projects that are from personal ones to community ones. No skills are necessary as we have a lot of members willing to teach woodworking, restoration, metal work, electrical etc.

Our big concern is the education of health and well-being of our members, so speakers are a common feature at the shed.

- 1st Saturday of the month we have a BBQ where members can enjoy a feed and catch up with mates and friends of the shed.
- Other social activities are organised throughout the year as well.
- At the moment we meet at the Red building 26 Beach Road Sarina. Not for long as our new building at 40 Lee Street Sarina will be finished by New Year - fingers crossed.

If you need more information please call:  
Jon Eaton, President  
Mob: 0402248716



## Symbiosis Gallery and Workshops

Inspired by the Great Barrier Reef, Symbiosis is a collaborative installation by two ceramic artists, Lalune croker and Joanne Wood and textie artist Tracey Robb.

**Opening Night:** March 6, 6pm

**Upstairs Gallery**  
Paxton's Building  
March 6-31, 2015

### Free ceramic and textile workshops

Limited spaces are available, please book ahead.

<b>Sarina Youth Centre</b> Thursday January 8 <sup>th</sup> 9:00am – 11:00am Ph: Tania 4961 9277	<b>Mirani Youth Centre</b> Thursday January 15 <sup>th</sup> 10:00am – 12:00pm Ph: Joanne 0400 689 979	<b>The Creative Space</b> Paxton's Building Saturday March 14 <sup>th</sup> 10:00am – 12:00pm Ph: Joanne 0400 689 979
<b>Gordon White Library</b> Thursday January 8 <sup>th</sup> 1:00pm – 3:00pm Ph: Joanne 0400 689 979	<b>Calen RSL Hall</b> Thursday January 15 <sup>th</sup> 2:00pm – 4:00pm Ph: Joanne 0400 689 979	<b>The Creative Space</b> Paxton's Building Saturday March 14 <sup>th</sup> 2:00pm – 4:00pm Ph: Joanne 0400 689 979



## Is this you?

Do you want to improve the lives of women and girls?

Do you want fun, action and friendship across the world?

Do you want to work with like- minded women at local, national and international levels?

Join Soroptimist International of Mackay Inc.

Jenny 07 4942 1712 or  
Wendy at [simackay@siswp.org](mailto:simackay@siswp.org)  
[www.siswp.org](http://www.siswp.org)

## The Sanctuary

Orkaby Downs  
(half hour south of Sarina)

- Warm Stone Massage
- Warm Crystal Stone Facials
- Angel & Crystal Healings
- Soul Guidance

All treatments are \$60 for a limited time only

### *Balancing Mind, Body & Soul*

Phone Lynda Harrold on 4950 2027 or 0413 749 614 or check out the website at [www.lyndaharrold.com.au](http://www.lyndaharrold.com.au)



## Ovarian cancer support group

Soroptimist International of Mackay have formed a Support Group for Women & Girls diagnosed with Ovarian Cancer and all Gynaecological Cancers in the Mackay region.

If you think such a group would help you, or your experiences of Ovarian Cancer and all Gynaecological Cancers may benefit others, please join us on the second Monday of the month at 10.00am next meeting is on Monday December 8at 10am

Cancer Council Queensland Office  
Unit 4A, 6-8 Discovery Lane,  
NORTH MACKAY

To register your interest, please contact:

Jenny 07 49 42 1712  
Wendy 0409 302 116  
[simackay@siswp.org](mailto:simackay@siswp.org)

## Stop violence against women

**Soroptimist International of Mackay**

invite you  
to participate in our  
“Walk the Talk” campaign

**November 24 - December 10**



[www.siswp.org](http://www.siswp.org)

# Defence Force Careers Information Session

Friday, December 5, 6.30pm.

A representative from the Townsville Defence Force Recruiting and Careers Office will be holding an information session at the Sarina RSL, Central Street

This presentation will cover all services and the presenter will be available to answer any questions after the presentation.

All welcome.



## RentConnect

RentConnect helps Queenslanders to find and secure a home to rent in the private market.

Rentconnect can help people who are able to manage a tenancy but who are struggling to access the private rental market due to non-financial barriers, such as:

- Limited rental history
- A lack of skills, knowledge or understanding of how the private rental market works
- A lack of documents required for private rental applications
- RentConnect provides information and practical assistance to help people overcome these barriers.

### Contact RentConnect at:

Mackay Housing Service Centre  
22-30 Wood Street, Mackay Q 4740

Phone: 4967 0888

Toll free: 1800 069 237

## Conference Room Hire

### “Arcade on Broad”

39 Broad Street, Sarina

Meetings – Staff Training – Workshops  
– Conferences

### Conference Room

- Air-conditioned
- Seats 18
- Overhead data projector
- Whiteboard
- Internet Connection

### Bookings:

Phone 07 4956 2243 – A/Hrs 0408 185 997

Email: [insurance@sarinainsurance.com.au](mailto:insurance@sarinainsurance.com.au)

### Arade facilities

- Tea room
- Breakout area

Full Day \$180 - Half Day \$100 – GST included  
(discounted rates apply for extended periods of hire)

# ANGLICARE

Anglicare Mackay Whitsunday Region's services include an Employee Assistance Program, providing Sarina businesses with an opportunity to provide support to their employees in times of need.

Good mental health in the workplace leads to increased productivity and profit for organisations, and utilising an EAP is an easy way for businesses to offer support to workers. An EAP requires an organisation to enter into a contract with Anglicare within which Anglicare will offer a designated number of counselling sessions to employees, with the cost of each session, usually \$65.00, being covered by the employer.

Anglicare has been offering counselling services at the Neighbourhood Centre for a few months now. We are now providing sessions on a Friday morning for individual, couples, and family counselling, as well as providing an opportunity for Sarina businesses to utilise our EAP services.

**Call us now on 0749533444 for more information.**



## Submit your stories

If you have any articles for the next Sarina Community Newsletter, or would like to be on the mail list, please contact **Margaret McDowall**, Sarina Neighbourhood Centre Officer, Mackay Regional Council on 4961 9290 or email [margaret.mcdowall@mackay.qld.gov.au](mailto:margaret.mcdowall@mackay.qld.gov.au).

## Mackay Women's Centre

The Mackay Women's Centre is a not-for-profit agency funded by the Department of Communities to provide emotional and practical support for women.

The service supports the empowerment of all women to make choices in their lives, the right to be valued with dignity and respect and to access services on a non-discriminatory basis.

A free and confidential generalist **counselling service** is offered for women at **418 Shakespeare Street, Mackay**.

This service has been extended to Sarina with a counsellor in attendance at the Sarina Neighbourhood Centre on most Thursday mornings. Appointments can be made by phoning the MWC on 4953 1788.



An **Active Women's Group** is held every Wednesday morning from 9.30 am to 11.30 am and is open to all women. This provides an opportunity for socialisation, information and education as special guests from other government and non-government agencies are invited to attend.

The centre is a busy hub for many community groups to meet providing an opportunity for socialisation, support and health education. **Meditation, yoga, Zumba and Parenting Support groups, Australian Breastfeeding Association** are only a few that can be accessed.

The Mackay Women's Centre also has a choir, **Bella Mamas** who meet every Thursday from 5pm - 7pm for women.