



Sarina
NEWS
April 2016

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 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

Sarina Youth Centre

> School holiday activities

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.

The centre provides a variety of after school activities including board games, sporting activities, art, playstation and computer access, a billiards competition and cooking program.

Easter school holiday activities run from 10am to 2pm for young people aged 10 – 25 years old.

- Monday, April 4 > Jewellery making
- Tuesday, April 5 > Movies and popcorn
- Wednesday, April 6 > Cooking - What would you like to cook?
- Thursday, April 7 > Indoor Activities - Board games, card games, pool, table tennis and air hockey.
- Friday, April 8 > Wet Day - Don't forget to bring a towel and a change of clothes

To find out more, visit the Sarina Youth Centre Facebook page at www.facebook.com/youthcentresarina.



Dinner celebrates women who make us proud

As part of Queensland Women's Week Celebrations, Sarina held the Women Who Make Us Proud Awards (#MackayPride) on Wednesday, March 9.

These awards were designed by council to showcase the hard work and achievements of local women, especially those who usually fly under the radar.

The women who attended enjoyed the amazing guest speakers for the evening, Deb Rae and Margaret Ross. Sarina Sings Community Choir led by Margaret received great applause from the 80+ women who attended.

The Sarina Neighbourhood Centre was extremely pleased to have Ange Julian from SeaFM volunteer her time as emcee, making sure the proceedings for the night ran smoothly. The awards were held at the Sarina RSL and are proudly supported by the Sarina Community Bank Branch of the Bendigo Bank and the State Government.

Pictured above: Sarina award recipients Michelle Boles, Donna Privileggio, Gloria Murray, Lesley Ward, Carmen Plath, Cobie Matthews, Margie Newport, Mary Ahern, Carol Willis, Veronica McFadzen, Fiona Welsh.

The meaning of Easter

The children and educators at Hoey Street Kindergarten were discussing Easter this week. We discovered that Easter means 'new life.' To many of the children, Easter means Easter Eggs!

According to Claire, the Easter Bunny buys his eggs from the supermarket and then delivers them to your door. Callum disagrees with this; he believes that the Easter Bunny makes his own chocolate eggs in his factory. Corey and his family attend Church over Easter, while others are camping, or heading 'down to the farm'.

Whatever your belief or activity you enjoy, we would like to wish the Sarina Community a safe, relaxing and joyous holiday. Please be safe on the roads and, as Marie said, "if you eat too much chocolate, you'll get fat. It's a sometimes food."

Happy Easter from C & K Hoey Street Community Kindergarten.



What's on at your library...

> Family Fun Morning

Tuesday, April 19 from 10am - noon, MECC

Families with children aged 0-5 are invited to come and learn about First 5 Forever programs, available free through your local libraries.

The Family Fun Morning will provide a great outing, with opportunities to engage in a variety of activities including storytelling, songs, craft, light and shadow play, music and movement and four themed discovery zones – 'Jungle Rumble', 'Ships Ahoy', 'Errol's Lilly Pad' and 'Into the Woods'.

Come and learn about the First 5 Forever programs in Mackay. Now is the perfect time to explore how talking, singing, playing and reading with your child helps them to develop their communication skills.



Did you know?

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
- > facebook.com/mackayregionalcouncil



Join our 'flash' group

> Isaac Coast Photography Society

We are a membership-based photography group and we are always happy to receive new members from all around! Whether you are a professional photographer looking to share your passion outside of the studio or you are an enthusiast or a beginner looking to learn more and be amongst other shutter bugs.

We host weekly judged photography challenges, conduct local workshops at unbeatable prices and lastly, we host great photo excursions. We meet at either Mackay, Sarina, Illbillie, Carmila or FlaggyRock.

We are family orientated and, when planning events, we always take into consideration that sometimes mums can't get away without kids in tow! We have a vibrant 'closed' Facebook group where privacy is protected and all our correspondence and C&C (Comments and Critiques) with image sharing takes place.

If you'd like to join us, please go to our Facebook page and simply request to join the group and our ICPS Host will take things from there - www.facebook.com/groups/ICPSMembers. Alternatively, you can send us an email at ICPSMembership@gmail.com or contact our president, Laurie Anne King on 0400 920 006.

2016 ICPSM Membership Fee Structure:

- Regular single member - \$30 per year
- Seniors and teens/students - \$15 per year
- Non-locals (more than 200km from Sarina) - \$15 per year
- Family membership \$40 (defined as parents and children only - not extended family.)

What are the perks of ICPS membership?

- Access to the our closed group where all the fun is happening and access to expert advice, tips and tutorials.
- Exclusive invitations to all challenges, workshops, photo-walks and photo excursions.
- Public Liability Insurance under the Isaac Regional Council.

Upcoming Events:

- Sunday, April 10 - Children's Lifestyle Portraiture Sarina
- Sunday, May 15 - Workshop: Landscape Photography Illbillie Community Centre
- Sunday, May 29 - Photowalk: Sarina Range
- Sunday, June 26 - Workshop/gallery session/mounting & cc in preparation for entering into the Sarina Show



Women's expo was success

Women from all parts of the Mackay Regional Council attended the Sarina "It's A Woman's World" Expo at the Sarina Cultural Hall to celebrate 2016 International Women's Day.

The first International Women's Day Expo was held in 2014 with the introduction of the Sarina Neighbourhood Centre as a new service for the Mackay Regional Council. Each year the event has grown with over 200 women attending this year.

This year a "mini-market" was included in the format which attracted stall holders from around the district showcasing a variety of crafts, clothing, jewellery and more. Organisations that provide services for women were once again keen to be involved and promote their services to Sarina.

Ladies from the Sarina Chaplaincy Committee were kept busy serving morning tea which was a very successful fundraiser to keep the Chaplains in our local schools.

Once again many of the 40+ participating groups were generous with donations for lucky door prizes.

Feedback from those that attended was extremely positive with many enjoying the great variety of products and services, interaction with services and community, information, friendly atmosphere and a great morning tea. So many have requested "please do it again".

Council's Community and Client Services director Bridget Mather said the expo, now in its third year, represented something different for women in Sarina.

Removal of Fig Tree

A Fig Tree at the corner of Broad and Central Streets will be removed by Mackay Regional Council due to its deteriorating health.

A combination of compaction of the root system and regular pruning to make way for power lines has affected the health of the tree, which is not expected to improve.

Unfortunately the limbs of the tree could fall and presents a safety hazard to the public. The tree is likely to be removed in April, pending weather conditions.

If you have any queries please contact the Client Service Centre by April 4, on 1300 MACKAY.



Women supporting women

Last month the Women's Centre was fortunate to participate in the International Women's Week Expo, "It's a Women's World." Margie, our counsellor, attended with information from both the Women's Centre as well as the Domestic Violence Resource Service. It was great to be out in the community and speaking with locals about what our services provide to Mackay and its surrounding areas.

The Mackay Women's Centre also hosted a morning tea to celebrate International Women's Week. With over 50 women attending, along with two guest speakers, it was a remarkable morning and definitely one in which we will continue celebrating each year.

The Mackay Active Women's Group meets every Wednesday from 9:30am – 11:30am and is just a gold coin to attend. It is a social morning tea for women of the community who wish to connect with other women. Everyone is welcomed to attend this group.

The Mackay Women's Centre provides a range of free counselling and support services for women in the city of Mackay and surrounding region. Our counsellor visits Sarina every Thursday morning at the Sarina Neighbourhood Centre, 65 Broad Street. Appointments can be made by calling the Women's Centre office on 4953 1788.

In the Mackay office we run a Pregnancy and Pregnancy Support Program that offers support for families as well as emergency relief, for babies and toddlers. This includes counselling and support around these issues as well as being able to supply nappies, formula and prescriptions (where appropriate) in times of need. Thanks to the kind donations from the public, we are also able to supply baby goods such as prams, cots and clothing, free of charge, when available.

Other weekly activities include Zumba Gold, Australian Breastfeeding Association Meetings, Tai Chi, Mackay Active Women's Group and Yoga and Meditation. For further information please call the office on 4953 1788 between 8.30am and 4.30pm, visit mackaywomenscentre.com.au or find us on Facebook.

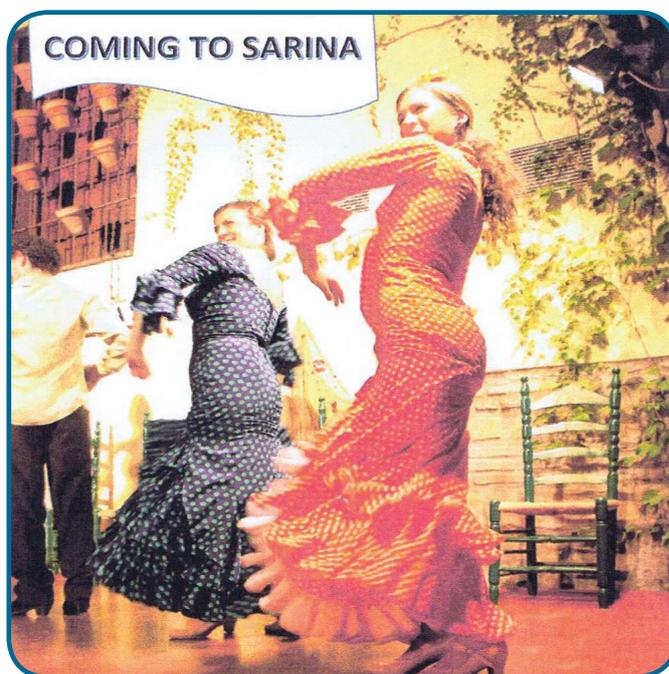


Sarina Scooter Competition

Join us Sunday, April 17 from 10am at Sarina Skate Park, Brewers Park, for music, prizes and food at the Sarina Scooter Competition. Nomination forms need to be completed and can be collected from the Sarina Youth Centre or Troppo's Skate N Scoot Mackay.

For more details and registration forms contact Tania on 4961 9277.

To find out more, visit the Sarina Youth Centre Facebook page at facebook.com/youthcentresarina.



Flamenco Fire's Viva Sevilla

> **Friday, April 22 at Sarina Cultural Hall**
6pm drinks and light supper for 7pm start

Flamenco Fire's Viva Sevilla – The Golden Age of Flamenco! is a beautifully crafted show that reveals the flamenco art form in all of its guises. From contemporary festive dances to heart wrenching traditional songs, to fiery guitar ensemble pieces – Flamenco Fire will transport you to España.....¡Olé!

Tickets available at Sarina Information Centre or at the door. Adults \$25, members and pensioners \$20, youth \$10. For more information phone Ron Ailwood on 0408 781 653. Proudly presented by Sarina Arts Council.

Arts support for Sarina

> Consider finding assistance through the RADF program

An Arts Development Officer will now be available at the Sarina Neighbourhood Centre, so why not make an appointment to discuss your ideas? You may be eligible to access the Regional Arts Development Fund (RADF).

Did you know the program has changed? There are new guidelines and application forms available at www.mackay.qld.gov.au/radf

We offer four rounds per year. The remaining dates for the 2015/2016 financial year are:

- ROUND 4 – Closing Wednesday, May 18 at 4:30pm for projects starting after Wednesday, June 22.

To book an appointment or for more information, please contact Lara or Fiona on 4961 9554.

The RADF is a joint Queensland Government and Mackay Regional Council partnership to support local arts and culture.

Sarina Neighbourhood Centre 10am - 3pm.



SARINA BEACH
BEACH
markets

Family day out
market stalls
food & entertainment

Every second
SATURDAY
of the Month
8am - 1pm

Major fundraiser for **Sarina Surf Life Saving Club**

More information & to book a stall
Contact Mel M:0458 050 075
E: thebiertonfamily@hotmail.com



Sarina Beach

Add your voice

> Anzac Day, Monday, April 25

We want to fill the air with 100 voices singing in unison the songs that make us remember, make us believe, make us strong and make us continue our fight for freedom.

Come sing for those who no longer have voice, for those who kept us free. Come along and be counted as one of the 100 voices who stood this day to celebrate the Anzac's spirit in our community.

There are only two songs and two anthems to learn and all voices of all ages and abilities are needed and wanted.

Rehearsals are held Wednesdays from 6:15am - 7:30pm with the Cadets Band on Sunday, April 17 and 24. For more details or to get involved contact Margaret Ross on 0400 997 588.



Sarina Tourist Art & Craft Markets

Come along to the markets on the first and third Saturday of every month from 8am to 12 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 Anzac Day.

For any enquiries, please phone 4956 2251 or 0488 772 493 or email sarinainfo@easynet.net.au.



Buzzing with excitement

> Native Bee Workshop, April 17 from 9am Ted Malone Rural Skills Centre, Sarina

Join us on April 17 for the Native Bee Workshop. Starting at 9am, the workshop will run for about four hours. We will then be holding our monthly Central Queensland Beekeeping Association Inc meeting afterward at 1pm along with refreshments and a sausage sizzle (\$2 ea).

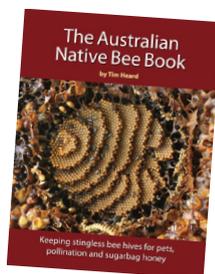
The presenter, Peter Butler has been associated with ASNB since the late 1980's with Tom Carter. Lionel Hopkinson from Ball Bay will be assisting with the practical demonstrations. The workshop will cover hive designs, best practice for pollination of small to large crops, transferring hives and rescuing hives from the wild.

You are encouraged to bring along your native beehives (in logs or boxes, but taped up to seal them) to inspect or to transfer into a box as part of the workshop.

The workshop will cost \$30 for members of CQBA Inc and \$40 for non-members. Please indicate your attendance by email to admin@bee2u.com.au to organise payment and the names of participants.

Any interested people are welcome. We need a minimum of 30 participants at this price, but numbers are limited. Get in quick as there is a huge amount of interest in this workshop.

There was also a book published recently called The Australian Native Bee Book - Keeping stingless bee hives for pets, pollination and sugarbag honey, by Tim Heard (CSIRO Scientist). It is a complete guide to keeping Australian native stingless bees. The book is richly illustrated with over 500 full colour photos, drawings and charts to aid your learning.



If you are interested in a copy of this book we will place an order and coordinate delivery with the timing of this workshop. Cost of the book will be \$25 for members of CQBA Inc and \$35 for non-members.

Please direct any queries about this workshop to Paul on 4950 4225 or admin@bee2u.com.au.

ANZAC Day Services

> Monday, April 25

More than 20 services will take place across the Mackay region on Anzac Day, including Midge Point, Mirani, Marian, Walkerston, Northern Beaches and Sarina.

For the full list of services being held around the region visit www.mackay.qld.gov.au/anzac.

Please note: a number of road closures will take place across the region on ANZAC Day for parades and services and council wish to remind drivers to travel with care.



Cuppa @ The Park

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.



Free service for parents

The Post Separation Cooperative Parenting (PSCP) Program is based in Mackay and also provides a service to Sarina, Whitsundays, Moranbah, and Bowen. The PSCP service is provided by UnitingCare Community. The aim of the program is to assist separated parents to manage their communication with the other parent in the children's best interests.

This free service provides counselling, resources, support and a three-hour educational seminar. The PSCP program can assist separated parents to focus on their children's needs instead of their conflict, and will also help separated parents develop ways of dealing more constructively with each other. The PSCP service can be helpful for a family even if only one parent attends the program.

For more details about Post Separation Cooperative Parenting call 4944 2300.

The PSCP service is funded by the Australian Government Department of Families, Housing, Community Services and Indigenous Affairs.



Celebrating 40 years; Judy Fry, Rosa Masserano, Lorraine Anderson, Bonnie Hull, Wendy Logan, Arnolda Evans, Colleen Farry, Del Young, Jenny Banks, Elspit Mulherin, Alison Langdon and Bev Ditton

Celebrating 40 years

Soroptimists and past Soroptimists from many parts of Australia converged on Mackay to help celebrate Soroptimist International Mackay's 40th birthday.

At our birthday dinner, Alison Langdon, charter president of SI Mackay, with 10 other past presidents of the SI Mackay club, and current president Jenny Banks cut the cake to celebrate the 40 year anniversary.

Many had come from all over the state and it was a very joyous reunion with all recalling fond memories of the club and their time in Mackay.

During the celebrations Jenny Banks accepted a 40th birthday certificate from the Mackay Regional Council presented by then mayor Deirdre Comerford. Jess Rath was awarded with Soroptimist International North Queensland Achiever of Distinction Award for her commitment to Destiny Rescue by North Queensland President Rosaline Miller.

The word Soroptimist is loosely translated from Latin meaning *best for women* and the association is a network of over 80 000 women in most countries throughout the world.

"We are always looking for new members, women who want to help the local and international community," said Jenny Banks as she thanked all who attended.

For more information about the club or to get involved, phone Wendy on 4942 1712, email simackay@siswp.org or visit www.siswp.org.



A putt above the rest

> Sarina Golf Club

Workplace Golf: New to the Sarina Golf Club for 2016, is the Work Place Golf Competition. Businesses are invited to enter their teams for a great day out on our beautiful course.

Our venue could be the place for your staff training, team bonding and networking in a social environment. Make Sarina Golf Club the backdrop for your next work social. \$25 includes a BBQ at the Clubhouse and prizes. Free weekly voucher and a chance to be the winning team at the end of the season also makes Workplace Golf a great alternative for work gatherings. The next competition is April 10.

Big Renovations: It's a very exciting time for the Golf Club. The demolition has begun to make way for a fresh, new look. The oldest part of the Clubhouse is being knocked down to make way for a new deck. The old hall has seen some good times, but it's time for a change with more good times to come.

Stay in touch by visiting us on Facebook at Sarina Golf Club or contact us at info@sarinagolfclub.com.au.



Visit or volunteer today!

Sarina Historical Centre is open on Tuesdays and Wednesdays from 9am to 2pm until Easter, as we are doing display changes.

Everyone is welcome to come on down and have a look at what we are doing and have a browse through the museum.

If you have some spare time and would like to give back to the community, think about volunteering at the museum. Come on down on any Tuesday or Wednesday and see how you can get involved. We look forward to seeing you there.



2016 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.

APRIL

1	> 7pm	Rock & Roll Dancing, St Luke's Hall			
2	> 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			
4	> 9:30am	QCWA Nebo/Sarina Range Social and Craft Day, Sarina Range Hall			
	> 6pm	Karate Club beginner's classes, Cyril McKie Court			
5	> 10am	Cuppa @ 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			
6	> 8am	Sarina Mens Shed, 40 Lee St			
	> 9am	Sarina Fibre Arts, 36 Lee St			
	> 9am	QCWA Sewing, Sarina QCWA Hall			
	> 6:30pm	Karate Club beginner's classes, Cyril McKie Court			
	> 6:30pm	Sarina Community Choir, St Michael's Church Hall			
7	> 4pm	Kundalini Yoga Classes, 7 Leslie St			
8	> 7pm	Rock & Roll Dancing, St Luke's Hall			
9	> 8am	Sarina Mens Shed, 40 Lee St			
	> 8am	Sarina Beach Markets			
	> 9am	Sarina Fibre Arts, 36 Lee St			
	> 9am	Aqua Zumba, Sarina Swim Centre			
10	> 9am	Greatest Journey for children 4 - 17 years, Wesleyan Methodist Church			
11	> 9:30am	QCWA Nebo/Sarina Range Social and Craft Day, Sarina Range Hall			
	> 6:30pm	Karate Club beginner's classes, Cyril McKie Court			
12	> 9:30am	Baby Bounce at Sarina Library			
	> 10am	Cuppa @ 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			
13	> 8am	Sarina Mens Shed, 40 Lee St			
	> 9am	Sarina Fibre Arts, 36 Lee St			
	> 9am	QCWA Craft, Sarina 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			
14	> 4pm	Kundalini Yoga classes, 7 Leslie St			
15	> 7pm	Rock & Roll Dancing, St Luke's Hall			
16	> 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			
17	> 9am	Greatest Journey for children 4 - 17 years, Wesleyan Methodist Church			
	> 9am	Native Bee Workshop, Rural Skills Centre Sarina			
18	> 9:30am	QCWA Nebo/Sarina Range Branch } Meeting, Sarina Range Hall			
	> 6pm	Karate Club beginner's classes, Cyril McKie Court			
19	> 9:30am	Baby Bounce, Sarina Library			
	> 10am	Cuppa @ 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			
20	> 8am	Sarina Mens Shed, 40 Lee St			
	> 9am	Sarina Fibre Arts, 36 Lee St			
	> 9am	QCWA Sarina Branch Hoy Morning, QCWA Hall Brewers Road			
	> 10am	Storytime, Sarina Library			
	> 10am	MRC Arts Development Officer, Sarina Neighbourhood Centre			
	> 6pm	Karate Club beginner's classes, Cyril McKie Court			
	> 6:30pm	Sarina Community Choir, St Michael's Church Hall			
21	> 4pm	Kundalini Yoga Classes, 7 Leslie St			
22	> 6pm	Sarina Arts Council Flamenco Fire, Sarina Cultural Hall			
	> 7pm	Rock & Roll Dancing, St Luke's Hall			
23	> 8am	Sarina Mens Shed, 40 Lee St			
	> 9am	Sarina Fibre Arts, 36 Lee St			
	> 9am	Aqua Zumba, Sarina Swim Centre			
24	> 9am	Greatest Journey for children 4-17 years, Wesleyan Methodist Church			
25		ANZAC DAY			
	> 6pm	Karate Club beginner's classes, Cyril McKie Court			
26	> 9:30am	Baby Bounce, Sarina Library			
	> 9:30am	QCWA Nebo/Sarina Range Hoy and Cent Sale, Sarina Range Hall			
	> 10am	Cuppa @ 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			
27	> 8am	Sarina Mens Shed, 40 Lee St			
	> 9am	Sarina Fibre Arts, 36 Lee St			
	> 9am	QCWA Craft/Meeting			
	> 10am	Storytime, Sarina Library			
	> 6pm	Karate Club beginner's classes, Cyril McKie Court			
	> 6:30pm	Sarina Community Choir, St Michael's Church Hall			
28	> 4pm	Kundalini Yoga classes, 7 Leslie St			
29	> 7pm	Rock & Roll Dancing, St Luke's Hall			
30	> 8am	Sarina Mens Shed, 40 Lee St			
	> 9am	Sarina Fibre Arts, 36 Lee St			
	> 9am	Aqua Zumba, Sarina Swim Centre			