



Sarina
NEWS
July 2010

Sarina Childhood Injury Prevention Group hosts event



From left: Sarina residents enjoying the launch.

The Sarina Childhood Injury Prevention Group (Chip) recently held an event at the Sarina Apex Park to launch the new brochure which highlights the benefits of safe play for children.

On behalf of the Sarina Child Injury Prevention (ChIP) group, Queensland Health's Karen Dawe said that this was a way to

recognise the great work done by Mackay Regional Council on local playgrounds.

"Council has done a fantastic job in creating safe places for our children and families to get together and be physically active" said Ms. Dawe.

"The ChIP group has been working with Mackay Regional

Council to increase community awareness of how to recognise and report playground hazards. This will assist council in keeping Sarina playgrounds safe. Now we've put all of this information into a brochure for community members."

On Thursday July 1, the resource was launched at Apex Park, Apex Park is one of the parks where safe playground equipment and shade structures have been installed by council.

SAFER signage in the park, funded by the Mackay Public Health Unit, gives parents and carers simple messages to promote the safety of children at playgrounds.

Playground equipment is one of the leading causes of injury for children aged 0-4 years in the Mackay region. The Sarina ChIP group aims to reduce the incidence of childhood injuries in the region, with playground safety a major focus for the group.

For more information please contact Rhiannon Dooley on 4968 6625.

Lifeline Community Care Mackay Whitsunday

Lifeline offers counseling for adults and adolescents in Sarina on a fortnightly basis.

People who would like counseling can ring Lifeline in Mackay on 4944 2300 and request a counselling appointment.

The counsellor can also offer these clients telephone counseling in between the fortnightly session if required.

Expressions of interest are sought in relation to workshops to be held for adults wishing to gain skills in dealing with child and teenage behaviour.

Workshop topics include causes or influences on children's violent or abusive behaviour, what is abuse, consequences, anger and assertiveness.

Workshop details:
"Who's in Charge"
Written by - Eddie Gallagher
Presented by - Christine Cotterall
Duration - 8 weekly sessions with optional follow up session.
Cost - \$5 per session

Please contact Christine Cotterall at Lifeline on 49442300 for further information regarding "Who's in Charge".



Seeking advice on how to manage, protect or conserve your block?

Sarina Landcare Catchment Management Association Inc. (SLCMA) offers rural landholders assistance to achieve their natural resource management goals.

In particular, SLCMA offers advice on:

- Pest management & chemical use
- Vegetation identification and management
- Revegetation and rehabilitation
- Waterway management
- Stock management

Assistance includes:
Visit to your property
Property management planning
Free local native plants
Access to further information and resources

Best of all, this service is free!

For more information contact us on 4956 1388 or slcma@mcs.net.au. This project is proudly supported by Reef Catchments Mackay Whitsunday and Blueprint for the Bush.

> Garage sale for Armstrong Beach Progress Association

Armstrong Beach Progress Association will be holding a garage sale at Llewellyn Hall on Saturday, August 21.

Food and drinks will be for sale.

For more details, please phone Marg on 4943 0565.

> Beach Kidz Playgroup Armstrong Beach

Beach Kidz Playgroup meets every Thursday from 9.30am to 11.00am at Llewellyn Hall, Armstrong Beach.

For more details, phone 1800 171 882.



Wongabeena - a brief history...



From left: Roanna Brady (Sarina Community Branch Manager), Ralph Johnson (Chairperson), Cath Hutton (Wongabeena Secretary), Sue Simmons (Rotary President).

The idea for Wongabeena was launched around the late 1960's. The hope was that by having affordable rental accommodation in Sarina, our aged pensioners could stay in the town among their friends and family.

A committee was formed with Mr F W McFadzen as president, and work was started on raising funds to make the idea possible.

Mrs Lucy Carlon who owned the Carlon's Hotel in Broad Street, Sarina ran a "Goose Club Raffle" every week, with volunteers selling tickets around the town during the week and the draw made on Friday nights at the hotel.

Businesses in the town donated prizes and supported the concept, as did most of the residents with many buying tickets every week on a regular basis.

As funds grew, the Kochevatkin Brothers donated some land and a Commonwealth Government grant of \$20,000 was received with the help of Dr Rex Paterson, and a state government grant of \$3,000, saw the units 1, 2, 3 & 4 built

around June 1971, with units 5 & 6 following in September 1972.

The Sarina Branch of the RSL and the Sarina Pensioners League were big contributors to the early success of the venture, as were Rotary who donated a lot of time and effort in the building of the original units.

Over the years the committee members, who are all volunteers, have given generously of their time and worked to make Wongabeena the success that it is today.

Some of these have been acknowledged by having units named after them, but many others have just worked quietly to see Wongabeena grow.

It now has twenty-six units, twenty of them single units and six two-bedroom units designed for couples or singles who need a live in carer to assist them.

Our aim now is to improve the landscape of the area and provide areas where the residents can sit and read or converse in comfort in two gazebos, one of which has been sponsored by the Sarina

Basketball Association, Rotary & the other by Sarina Community Bank® branch of Bendigo Bank.

Our next goal is to fence the area and improve the landscape by topdressing the lawns and planting native trees, so we still need the communities support for these projects, as our only income is from the rents we receive, which are kept low to enable our residents to enjoy a quality life on their pensions.

The current voluntary committee is carrying on the good work of their predecessors and is proud to see that the community is still supporting their elderly, and very thankful to Sarina Community Bank® branch of Bendigo Bank with their contribution of \$8,800 and Rotary and Sarina Basketball for their generosity towards our goals.

The committee is seeking active members to be involved with overseeing the operation of the complex. If you are interested please contact Cath Hutton on 4956 6588. Sarina can be very proud of Wongabeena.

Caring for Our Coasts activity days

Sarina Landcare Catchment Management Association Inc. (SLCMA) recently held an educational, interactive school activity program themed "Caring For Our Coasts".

Over two days, 220 students from Alligator Creek and St Anne's Primary schools explored the coastal zones of Sarina Beach to find out about the importance of our coastal environment, the animals and plants that live there and ways to protect them for the future.

Students participated in a range of activities including learning about marine turtles and shorebirds that use our coastal areas, getting up close and personal with our beaches and coastal dunes, undertaking sustainable fishing and seeing what can go into stormwater drains and freshwater creeks that ultimately end up on our beaches and reefs.

The activities were delivered by dedicated volunteers and staff from SLCMA, Mackay and



Above: Students learn about marine turtles from Fran Lloyd from Mackay and District Turtlewatch.

District Turtlewatch, Pioneer Catchment and Landcare Group, Great Barrier Reef Marine Park Authority and the Sarina National Green Jobs Corps team.

The activity days were funded through BMA Community Partnerships Program and compliment the coastal activities and on ground work currently being undertaken at the Sarina beaches under the Sarina Coastal Sustainable Landscapes Program.

The funding provided integral support towards the coordination of the activity days, provided transport for the schools to attend, a work booklet for each student and teacher containing information for each topic that can be utilised for future studies in the classroom.

"BMA takes great pride in its partnerships in the community and is really pleased the Sarina Landcare Catchment Management Association (SLCMA) continues to proactively engage our schools in the Sarina Beaches Sustainable Landscapes program. The involvement of local schools looking after their local environment is a cornerstone of our partnership and provides another opportunity for positive behavioural change when it comes to our beaches." said Russell Grech, BMA.



Left: Students with Hayley Glover from Pioneer Catchment and Landcare

Sarina Community Bank® Launches New Community Grants Program



Above: Bendigo Bank's Fifth Birthday Celebrations

Sarina Community Bank® Branch Bendigo Bank is launching the Sarina and District Community Grants Program at an information session to be held on Tuesday 17 August 2010 at 7.00pm at the Sarina RSL, Central Street, Sarina.

Applications will be invited from community organisations for projects that aim to make a real difference to the economic and social prospects of Sarina and district communities.

Applications that address the following areas will receive priority:

- > family, children and youth initiatives;
- > public health programs and services;
- > community capacity building projects;
- > public education (including tertiary education, school buildings and libraries);
- > innovative community services
- > cultural and arts initiatives;
- > aged care services;
- > disability support projects; and
- > environmental projects.

To be eligible for the Community Grants, your organisation must be:

- > recognised as an endorsed charity by the ATO with Deductible Gift Recipient Status; or
- > not-for-profit organization; and
- > should have an ABN.

Priority will be given to organizations based in the Sarina & District areas.

If you are interested in learning more about the Sarina & District Community Grants Program, please RSVP your attendance at the information session by either visiting the Sarina Community Bank® Branch Bendigo Bank or phoning 4943 2634, or email foundation@bendigobank.com.au for further information.

Applications will close on Tuesday 14 September 2010, and successful applications will be announced at the company's AGM on Saturday 6 November 2010.

> Sarina Beaches Community Bus Service

Residents are being urged to fully utilise the Sarina Beaches Community Bus service to encourage the State Government to continue to fund the scheme.

The Sarina Beaches Bus Scheme an initiative of the Mackay Regional Council received funding from the State Government's Blueprint for the Bush, to provide twice weekly daytime public bus services to residents in the Sarina Beaches area to access the Sarina township and the Mackay City.

The two-year trial started on June 15, 2009 and the funding for the scheme runs out on June 15, 2011. Community Services and Facilities portfolio councillor Karen May said residents in the Sarina Beaches area need to show the State Government that this service is invaluable.

"The Sarina Beaches Community Bus Scheme provides the seaside and rural communities in the Sarina area with low cost public transport to access shopping, recreation and health facilities in the Sarina township and the Mackay City," she said. "The more people that use this facility the greater the chance council has of securing further funding."

According to Bus Fox 229 people are accessing the service now and 527 people can utilise the service each month. Cr May said, "Maximum participation is needed for this scheme to be viewed as a priority". "Without additional funding from the State Government this service is due to cease on June 15, 2011," she said.

For further information in relation to the Sarina Beaches Community Bus Scheme, please contact Jodie Pietzner, Community Projects Officer on 4961 9655.

> Post Separation Co-operative Parenting Program

Lifeline Mackay-Whitsunday have a program called the Post Separation Co-operative Parenting Program (PSCP) that provides short term counselling, support, information, referrals and a three to four hour group educational seminar.

The PSCP program is funded by the Australian Government. The program assists separated parents in developing a greater understanding of how parental conflict affects children and helps the parents develop strategies to communicate more effectively with each other after separation.

Counselling facilities in Sarina are now available for clients using the PSCP program and will enable members of the Sarina community to access the program without having to travel to Mackay.

In May, a representative of the PSCP program visited the Sarina and district local schools, doctors, daycare centres, hospital and police and provided information and resources for distribution to anyone who may require their services. The fee for each counselling session has recently been reduced to \$20.

Lifeline also has a Generalist Counsellor and Financial Counsellor who are available to visit Sarina for appointments.

For enquiries and requests for appointments, please phone Lifeline Mackay-Whitsunday on (07) 4944 2300.