



Sarina

NEWS

September 2015

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 Centres Initiative.

Services available:

- Information, advice and referral
- Community information directories
- Community newsletters
- Community notice board
- Sarina events calendar
- Education activities
- Emergency relief funding

Facilities available:

- Meeting room for community members and groups to utilise during the centre's operating hours
- 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 at 65 Broad Street, Sarina.

Phone: 4961 9290 or 4961 9283

Email: margaret.mcdowall@mackay.qld.gov.au



Community Directory

The Sarina Neighbourhood Centre is updating the Sarina Community Information Directory.

Contact the Neighbourhood Centre to make sure your organisation is listed and to update your information.

There is no cost to have your organisation listed and Sarina Community Information Directories are available free of charge at the Sarina Neighbourhood Centre.

Mayor's column



Council has made beach access easier by installing five new sets of stairs in the Sarina Beach area at a cost of \$130,000. The new accesses were made using recycled plastic and a composite fibre product, which is longer lasting and requires less maintenance.

The Broad Street park area has also received a refurbishment worth \$40,000.



Mayor Deirdre Comerford and SES volunteers at the recent opening of the new \$610,000 - Sarina SES facility.

At the recent opening of the new Sarina SES facility the Mayor thanked all the volunteers who give tirelessly of their time to provide a service to the community. Some of the founding members of the Sarina SES were at the opening.

As a result of feedback from the community, council has now made funds available for the Sarina Sugar Shed to open seven days a week from 9am to 4pm. These extended opening times will see more visitors take the opportunity to visit this award-winning facility, particularly on Sundays.



Mayor Deirdre Comerford and President Pamela Dau at a recent meeting of the Rotary Club of Sarina where the Mayor presented an overview of the Council Budget.

Following the issue of rate notices, the Mayor made herself available at a number of shopping centres around the region including IGA in Sarina for residents to ask questions about their rates and any other issues residents wanted to raise.

Until next time.
Mayor Deirdre Comerford

Sarina Youth Centre

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 table and cooking program. We have recently had a change in our funding from the Department of Communities, Disability Service and Child Safety, so we can now offer support services, information and access.

Youth support, information access and referral services can assist in the following areas:

- Information and advocacy
- Cultural-appropriate support
- Referral to youth and specialist services
- Assistance to reconnect with family and/or community
- One-on-one confidential support plan development, goal setting and breaking down barriers
- Support to stay or re-enter education or employment

Monday to Friday > 9am - 12pm

Appointment only: for meeting, referrals, one-on-one, designated programs.

Monday to Friday > 12pm - 3pm

Youth visit: this includes young people calling in to use the resources, organise resumes and arrange appointments.

Monday to Friday > 3pm - 5pm

After school activities: include board games, pool tables, computer time, movies, outdoor games etc. Tuesdays and Thursdays are teenagers-only days.

For more information or to book an appointment, phone 4961 9277 or email Tania at rania.leeson@mackay.qld.gov.au or Jake at jake.patroni@mackay.qld.gov.au.

Expressions of interest

A choir is an amazing way to create happier, healthier, smarter and more creative communities. Come to laugh, learn, explore and leave with a smile and reason to sing. Our community needs a choir.

All ages and abilities can come together where music exists - there are no boundaries, no barriers, no judgement and no fear. Together we can fill our community with the joyous sound of song.

To gain more information and to save your space in this unique opportunity, please contact Margaret Ross (Ward) 0400 997 588 or email butterflyenlightenment@gmail.com.



CRCC Carers join in Seniors Week, Sarina

A group of 20 carers from the Commonwealth Respite and Carelink Centre (CRCC) travelled from Mackay to join the Seniors Week morning tea celebrations in Sarina. The event was very enjoyable for all with the beautifully decorated Sarina Cultural Hall, abundance of food and fun filled entertainment.

CRCC carers enjoyed the event and got involved in the singing and clapping along with the Choir of the Unheard Voices. Silence filled the room when the chimes played their beautiful, breathtaking music and the school band music and dance by local schools brought smiles to their faces. As did gathering the information from the service providers and all the free little items available on the tables.

After the morning tea, they all enjoyed a meal at the Sarina RSL followed by a tour of the Sarina Sugar Shed. Both carers and CRCC staff were exhausted by the end of the Sarina bus trip. Thank you to all involved, CRCC had a wonderful day out thanks to the Sarina community.

For further information on CRCC services available to carers please call 1800 052 222.

Celebrating Seniors Week in Sarina

A free morning tea, hosted by Mackay Regional Council Sarina Neighbourhood Centre, was held at the Bob Wood Cultural Hall in Sarina on Thursday, August 20 during Seniors Week to celebrate the contribution seniors make to the community.

The event was booked to capacity with seniors travelling by bus from Mackay to join with seniors from the Sarina District.

Cr Theresa Morgan welcomed guests on behalf of Mackay Regional Council. Cr Laurence Bonaventura also attended.

Guests were entertained by the U3A Chimers, Sarina State School Bank, Swayneville State School Rock Pop Mime Production and the Choir of Unheard Voices.

Organisations providing services for seniors were on hand to provide information and resources. Terry White Chemist's Sarina staff were available for blood pressure checks.

A delicious home cooked morning tea by the Sarina Chaplaincy Committee was enjoyed by all who attended. There were information bags and treats for everyone.

Seniors morning tea

Three cheers for Margaret McDowall and her happy helpers for a perfectly organised Senior Citizens Morning Tea, which was held at the Bob Wood Memorial Hall in Sarina.

All guests were amazed when they walked through the door – the hall looked incredible. The tables were beautifully dressed with lilac centre pieces, matching serviettes and chocolate gift bags and lilac polka-dot balloons decked the hall.

The entertainment was fantastic and flowed beautifully. There were several lucky door prizes drawn, which were all donated by locals.

There were all sorts of community information tables set-up in back of the hall for all to peruse and each attendee received an Information Gift Bag which had all sorts of goodies in it.

Morning tea was presented by the Chaplaincy Ladies and they definitely excelled. The guests received a plate of delicacies too beautiful to mention. Well done ladies!

All in all, the morning tea was a truly beautiful outing for all who attended and on behalf of all these people, thank you Margaret.

Bendigo Bank Bigger than a bank

Your next opportunity to participate in the 2015 – 2016 Community Engagement Program of Sarina Community Bank® Branch closes Wednesday, September 23, 2015.

These timeframes apply to both the Sponsorship and Community Grants. Please refer to the Community Engagement Program booklet and information from Community Enterprise Foundation to assist with the applications. This can be found online at www.bendigobank.com.au/public/community/our-branches/sarina/sponsorships-and-grants2.

If you are seeking support for any event, program or project occurring up until June 30, 2016 you must apply in this round to be considered. For later dates, you also can apply now.

If you meet the criteria, you may apply for a grant and a sponsorship under the terms of the Community Engagement Program.

Sponsorship applications are to be submitted online via this link. Then open the application form. Please note you cannot save progressively via this form so create in Word and cut and paste into the relevant sections of the form when you are ready to submit. For this round it is requested that you keep sponsorship applications to an upper limit of \$3000.

Community Grant applications can be submitted online at cia.communityenterprisefoundation.com.au/Program.

Reminder to download Google Chrome to ensure you can access all parts of the online application.

Please note that this is a new system for grants and even if you have previously applied, you will need to register a new log in using your email and a different password from the previous system. Please contact the Community Enterprise Foundation on 1300 304 541 or Patrice Willoughby on 0435 537 012 if you have any queries.

Third Ground Coffee House

> Now open at
Central St,
Sarina



DVRS set to offer children's counselling in Sarina

Great news! Due to the generosity of the Sunrise Rotary Club, the Domestic Violence Resource Service (DVRS) will be extending their counselling practice to work with children aged 6-16 who have been affected by domestic and family violence. This service is free of charge for children that are eligible.

Laura will be situated within the Neighbourhood Centre in Sarina on the following dates in September:

- Thursday, September 17, at 9.30am – 4 pm

It is anticipated at this stage that this service will be offered initially for a six month period operating on a fortnightly basis, in order to assess demand.

To book an intake assessment (parent only), please call 4957 3888 and ask to speak to Laura.

SARINA FESTIVAL | SAT 12 SEPT

SARINA RUGBY LEAGUE GROUNDS
- HOEY ST ENTRANCE

LANTERN PARADE
+ LOCAL BANDS

GATES OPEN 3PM
LANTERN PARADE STARTS @ 6.30PM
MARKET STALLS + RIDES + LICENSED BAR
GREAT FOOD ON SITE + FREE JUMPING CASTLE

SARINAFESTIVAL.COM.AU

FREE ENTRY

Dairyville Bay Coal Terminal, Wilmar, RioTinto, Mackay

Ideal Placements

Your Life Your Choice (YLYC) is a funding approach that enables people with a disability and their families to have greater choice and control over the supports they receive in the community to assist with day to day living. YLYC is a key part preparing Queenslanders for the National Disability Insurance Scheme (NDIS).

IDEAL Placements is a host provider for YLYC and we can assist with the management of your self-directed funding allocated by Disability Services.

IDEAL looks forward to providing 'better choices, improving lives and creating futures' for our current and future participants of these programs.

All our participants are successfully working towards their goals and dreams with the support and assistance of IDEAL Placements.

If you have a goal, dream or aspiration and need support to achieve it, contact Tracy Woods, IDEAL Placements, YLYC/NDIS Coordinator on 4957 8177 or 0488 343 560 to discuss eligibility and criteria for the program.



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, look to your right for the "i" sign at the last set of lights. Our markets are set up on the lawn in front of our very unique and beautiful buildings.

We always welcome any new volunteers to the Information Centre. If you have a few hours to spare or are in the need of friendship, please come on down and talk to us and join our "Circle of Friends". Our roster consists of two shifts: 9am to 1pm and 1pm to 5pm. We truly care about our volunteers and you are never alone on a shift.

Hours of business : 9am to 5pm, 7 days a week. Except Good Friday, Christmas Day, New Year's Day and 1/2 day Anzac Day.

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

Sarina Showground Market

Make a Morning of IT

Plenty to See & Do
Meet up with Old Friends
Kiddies Activities-
Home Baking -
Old wares - Plants
Trash & Treasure
Hand-made Clothing
Handy Crafts

Canteen Open

Staffed by the
Sarina Show Society
Volunteers

Good Food
Cold Drinks



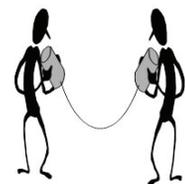
Sunday
September
27th

Future Markets 2015

September	27th
October	25th
November	29th
December	20th

Live Entertainment

Sarina Show Office & leave a Message—
Phone 4956 1066 or Fax 4956 2036
Mobile – 0418 737 096
Web Site: www.sarinashowsociety.com.au
Site Bookings are Essential





Bendigo Bank supports exposing the dark side of technology

This year's Bendigo Bank Grants have allowed the Sarina District Schools Chaplaincy Committee to host international speaker, Mr Brad Huddleston.

He spoke to schools in the district about the dangers associated with the overuse of technology, which he refers to as the "dark side of technology". Mr Huddleston, from the United States, gathers the latest worldwide research on the impact of technology on people who use it. Some of the results are quite disturbing, he said.

Neurologists now find that addiction to technology registers the same brain patterns as addiction to cocaine and the symptoms of depression, anxiety and anger are common. In South Korea, which is considered a leader in technology, especially gaming, there are just over 200 Technology Detox Centres where people are admitted to be rehabilitated, he said.

Mr Huddleston also spoke at three parent evenings where he was accompanied by Sgt. Nigel Dalton, Mackay Police Liaison Officer and Sandy Winner, Manager of Headspace, Mackay. Sgt Dalton spoke about the legal aspects of inappropriate use of technology, especially cyber bullying and inappropriate texting. Ms Winner spoke of local support available for young people with mental issues. She said that there is a growing number of youngsters suffering anxiety and depression because of excessive use of technology.

Chaplaincy Committee Chair, Mr Rod Ballard, said that unmonitored use of technology seemed to be becoming an ever increasing problem for our kids and it needs to be addressed. The support of Sarina Bendigo Bank, school P & Cs, Mackay Police and Headspace gives our community some reliable evidence on which both students and parents can develop a healthy balance in their use of technology.

After Mr Huddleston completes his engagements in Australia, he will travel to South Africa to deliver the same message to schools and parents over there.



Mackay Toyota and North Qld Cowboys support local chaplaincy

The Sarina District Schools Chaplaincy Committee congratulated Ms Belinda Niemann on winning the fully autographed 20th Anniversary North Queensland Cowboys Jersey drawn recently.

Committee Chair, Mr Rod Ballard, said that Belinda was very excited when she received the news and has special plans for the jersey. Second prize went to Mrs Marilyn Johnson of Mackay.

Mr Ballard said that the raffle was well supported across the district, more so this year as it is the 20th Anniversary of the foundation of the North Queensland Cowboys. "Such terrific prizes would not be possible without the generosity of Mackay Toyota who donated the jersey", he said.

Marketing Manager at Mackay Toyota, Ms Samantha Vassallo, said that part of Mackay Toyota's corporate responsibility was to support local not for profit organisations in this way, when they are able. "Helping an organisation which supports school students and families who are facing difficulties is important to us", she said.

Mr Ballard said that the funds raised will help continue maintaining the chaplaincy services in all district schools.

A big thank you to Mackay Toyota as well as for their loyal group of ticket sellers and everyone who supported the chaplaincy by purchasing tickets.

Swayneville's OptiMINDS success!



OptiMINDS is a statewide contest that challenges lateral thinking, and requires teamwork and creativity. It is held annually, with the local district event being held in Mackay. All schools are welcome to participate.

Congratulations to the 14 students from Swayneville State School who participated in the OptiMINDS competition on Sunday, August 23. Both teams, consisting of students drawn from across all grades, performed very well. They were already winners before they even performed. Not only were they prepared to have a go, but they were greatly blessed in having mums, dads and enthusiastic teachers who encouraged and worked beside them.

The Language and Literature team scored very well, but did not gain a place. The Science and Engineering team won first place and then to top it all off, they also won Spirit Of OptiMINDS! An invitation to compete in Brisbane has also been extended. This is the third year in a row that Swayneville has won the Spirit of OptiMINDS!!

The school would like to thank Miss Stark for leading this, as well as all the teachers who helped in sharing the additional workload. We are so proud of our students!

Prep 2016

Is it time to start thinking about 2016 already? Is it time for your little one to start their formal education? Preparing for the start of school is something that most parents take seriously and put a lot of consideration into.

First there is the choice that sits around the choice of schooling experience and environment that you wish to send your child to. Small schools are different. They are a viable choice when selecting where your child is to be educated.

The difference is in the school culture and climate. Swayneville State School is interested in individuals and families. We all know each other, which creates a family atmosphere and a level of support and interest that can only be experienced in schools our size.

We welcome families to come and 'check us out' personally, or peruse our website. If you are interested in having your child join us for prep (or any other grade for that matter – we are a P – Y6 campus), then we would love to receive your expression of interest. When we know your child's address, we will personally invite them to join with our transition mornings!

Transition/Orientation dates are November 4, 11 and 18 from 9 – 10.30am. As mums and/or dads need to be on campus while their child is participating in transition, we will cater for them too.

Discover IT classes at Sarina Library

Google Accounts - 16/09/15 at 2pm

Google offers a suite of applications that are all accessible for free with a Google account. Learn how to use Google Drive, photos, books and more.

Facebook and Cybersafety – 23/09/15 at 2pm

Learn how to explore Facebook and connect with friends and family while maintaining your privacy.

Tablets and iPads – 30/09/15 at 2pm

These devices are capable of replacing laptops and desktop computers. Learn how to download and use apps, connect to Wifi and more.



BreastScreen Queensland Digital Mobile Unit

Will be located at
SARINA SHOPPING CENTRE
Broad Street

15 – 30 September 2015

Women **40 years and over** are eligible to join
the BreastScreen Queensland Program

Phone **13 20 50** for your **FREE**
BreastScreen appointment



Free support for women

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.

Last week Margie, our counsellor, and Julie, our community educator, attended the Sarina Seniors Expo and had a delightful morning meeting with all those who attended. Julie then went on to attend the Community Connections Fun Day where she met with many families. This was a fantastic opportunity to let people know more about what Mackay Women's Centre is all about as well as gathering information about what other services people would like to see offered.

Here at the Centre, we also have a program that provides parenting and pregnancy support 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 our website mackaywomenscentre.com.au or find us on Facebook.



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: thebierthonfamily@hotmail.com



mental illness
fellowship
north
queensland

MIFNQ

A Member of the Mental Illness Fellowship of Australia



MIFNQ invites parents, carers, families and friends of people with mental health issues or illness to a series of FREE workshops:

Workshop 1: Self-care For You & Your Family (TUE, Sept. 15, 2015)

Workshop 2: Introduction to Mental Illness (THU, Oct 15, 2015)

Workshop 3: Loss & Recovery (TUE, Oct 20, 2015)

You can choose which workshop you wish to attend but participants are encouraged to attend all three workshops. FREE light dinner provided!

Time/Venue: 5.30 to 8.30 at MIFNQ office
(Besides Taylor's Hotel, Alfred Street)

RSVP Essential for numbers:
Sheree Hollywood or Deb Parker
P 49 512 973
M 0408 007 324/0429 219571
E admin@minfq.org.au

**Please
RSVP by
Sept 9,
2015**



Remind
Mental Health
Training & Education

2015 DATE CLAIMER

The Sarina Events Calendar is displayed at the front of the Sarina Neighbourhood Centre.

To have your event added to the Sarina Events Calendar, contact the Sarina Neighbourhood Centre by phoning 4961 9290 or 4961 9283 or emailing margaret.mcdowall@mackay.qld.gov.au.

SEPTEMBER

- 1 > 9:30am Nebo/Sarina Range QCWA Social Day, Range Hall Colston Park
> 9:30-10am Baby Bounce for 0-18 months and their grown ups - Sarina Library
> 9:30am Group Fitness Fun - St Luke's Hall, Broad St Sarina
> 4-5pm Get Out, Get Active Yoga – QCWA Hall
- 2 > 8am-12pm Sarina Men's Shed Group, Lee St
> 9-11:30am QCWA Sarina Branch sewing circle, Brewers Rd, Sarina
> 9am-12pm Sarina Fibre Arts Group, Sarina Neighbourhood Centre
> 10-11am Storytime for 2-5 year olds and their grown-ups, Sarina Library
> 6-7pm Get Out, Get Active Zumba, Cultural Hall Sarina
- 4 > 7pm Dance Lessons, St Luke's Hall, Broad St
- 5 > 8am-12pm Sarina Tourist Art & Craft Market, Field of Dreams, Sarina
> 8am-12pm Sarina Men's Shed Group, Lee St
> 9am-12pm Sarina Fibre Arts Group, Sarina State High School
- 8 > 9:30-10am Baby Bounce for 0-18 months and their grown-ups, Sarina Library
> 9:30am Group Fitness Fun, St Luke's Hall
- 9 > 8am-12pm Sarina Men's Shed Group, Lee St
> 9-11:30am QCWA Sarina Branch craft and social morning, QCWA Hall, Brewers Rd
> 9am-12pm Sarina Fibre Arts Group, Sarina Neighbourhood Centre
> 10-11am Storytime for 2-5 year olds and their grown-ups, Sarina Library
- 11 > 7pm Dance Lessons, St Luke's Hall, Broad St
- 12 > 8am-1pm Sarina Beach Markets, Sarina Beach
> 8am-12pm Sarina Men's Shed Group, Lee St
> 9am-12pm Sarina Fibre Arts Group, Sarina State High School
> 3pm Sarina Festival, Sarina Rugby League Grounds, Ray Edwards Oval, Hoey St
- 15 > 9:30-10am Baby Bounce for 0-18 months and their grown-ups, Sarina Library
> 9:30am Group Fitness, St Luke's Hall, Broad St
- 16 > 8am-12pm Sarina Men's Shed Group – Lee St
> 9-11:30am QCWA Sarina Branch Hoy Morning QCWA Hall, Brewers Rd
> 9am-12pm Sarina Fibre Arts Group, Sarina Neighbourhood Centre
> 10-11am Storytime for 2-5 year olds and their grown-ups, Sarina Library
> 2pm Discover IT Classes "Google Accounts" Sarina Library
- 18 > 7pm Dance Lessons, St Luke's Hall, Broad St
- 19 > 8am-12pm Sarina Tourist Art & Craft Market Field of Dreams, Sarina
> 8am-12pm Sarina Men's Shed Group, Lee St
> 9am-12pm Sarina Fibre Arts Group, Sarina State High School
- 20 > 9-11am Sarina Surf Life Saving Club - Join As a Nipper, Sarina Beach
- 22 > 9:30am Group Fitness Fun, St Luke's Hall
- 23 > 8am-12pm Sarina Men's Shed Group, Lee St
> 9-11:30am QCWA Sarina Branch craft & social morning, QCWA Hall, Brewers Rd
> 9am-12pm Sarina Fibre Arts Group, Sarina Neighbourhood Centre
> 2pm Discover IT Classes "Facebook and Cybersafety" Sarina Library
- 25 > 7pm Dance Lessons, St Luke's Hall, Broad St
- 26 > 8am-12pm Sarina Men's Shed Group, Lee St
> 9am-12pm Sarina Fibre Arts Group, Sarina State High School
- 27 > 7am Sarina Showgrounds Markets
- 29 > 9:30am Group Fitness Fun, St Luke's Hall,
- 30 > 8am-12pm Sarina Men's Shed Group, Lee St
> 9-11:30am QCWA Sarina Branch, QCWA Hall
> 9am-12pm Sarina Fibre Arts Group, Sarina Neighbourhood Centre
> 2pm Discover IT Classes "Tablets and iPads", Sarina Library

