

Neighbourhood News

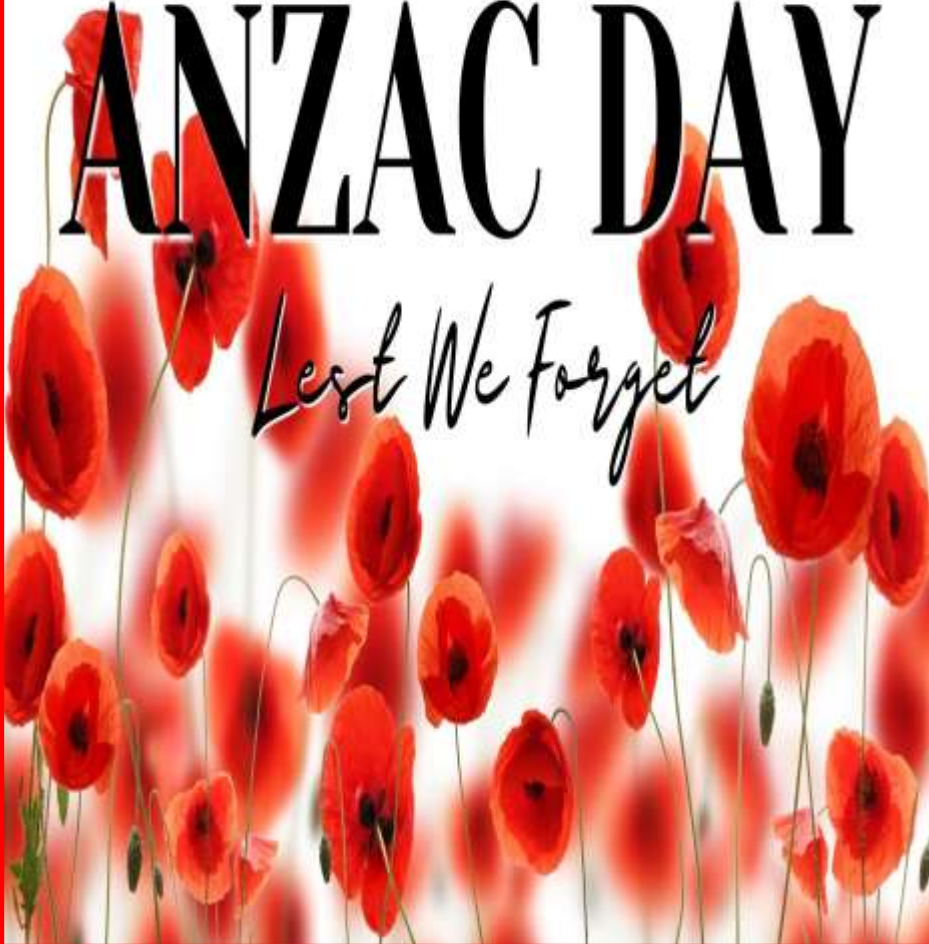


APRIL 2023

- TUE 25TH APRIL 2023 -

ANZAC DAY

Lest We Forget



Acknowledgement of Country

'In the spirit of reconciliation the Marlin Coast Neighbourhood Centre acknowledges the Traditional Custodians of country throughout Australia and their connections to land, sea and community. We pay our respect to elders past and present and extend that respect to all First Nations Peoples today.'



The Marlin Coast Neighbourhood Centre

205 Reed Road Trinity Park

P: 4055 6440

PO Box 260 Smithfield Q LD 4878

MONDAY

Armchair Yoga: Gentle exercise 10 -11am. \$5 pp
Emergency Relief & Financial Counselling with Salvation Army: Support for people experiencing financial crisis; appointments necessary.

9.30am - 4pm.

Please call 4055 6440 on previous Thursday & Friday for an appointment.

Al-Anon: 5:50pm — 7.10pm.

Phone Neil: 0429 569 512

TUESDAY

Line Dancing: Fun for everybody! 10am — 11am
Members \$3 Non-Members \$5

Tuesday Club - Guest speakers, activities and lunch. Members \$10 Non-Members \$12

WEDNESDAY

Playtime: For families with children under school age, 9 - 11 am. Free. Bring a piece of fruit to share.

Bridge: for experienced players, 9am — 12 noon.
Members \$3 Non-Members \$5

Shed Mosaics: Putting Pieces in Place.

12.30pm - 3.30pm. Members \$3 Non-Members \$5

Canasta: 1.00pm — 3.30pm.

Members \$3 Non-Members \$5

Emergency Relief: Support for people experiencing financial crisis; appointments necessary. 1pm-3pm.

Please call 4055 6440 on previous Monday or Tuesday for an appointment.

Yoga with Suzanne 6pm-7pm Ph: 0421 076 244

THURSDAY

Community Garden: Enjoy working in the edible, organic garden. Volunteers welcome! From 9am.

Book Club No 1: The 1st Thursday of the month.

Book Club No 2: The 3rd Thursday of the month.

From 10.30am. Members \$3 Non-Members \$5

Tai Chi: 9am - 10am. Ph Narelle: 0439 747 966

Toastmasters Club: 1st and 3rd Thursday of month.

7pm — 9pm. Ph: 0401 585 767

SUNDAY

Trinity Baptist Church: Religious Service
4.30pm — 7.30pm Ph: 0407 127 204



WHAT IS AUTISM?

Autism is a permanent, neuro-developmental condition that impacts upon the way a person interacts with others and the environment around them.

WHAT IS THE AUTISM 'SPECTRUM'?

Autism is described as a 'spectrum' condition due to the range in severities and difficulties that an individual may present with.



WHAT DIFFICULTIES CAN PEOPLE WITH AUTISM PRESENT WITH?



Autism is characterised by difficulties with social interaction, social communication and restricted or repetitive behaviours or interests. People with autism may also have sensory differences and intellectual disabilities.

HOW PREVALENT IS AUTISM?

Approximately, 1 in 70 people has autism. Autism is thought to be four times more common in boys than girls. However, differences in presentation can make identifying girls with autism more difficult.



AUTISM & COMMUNICATION



Children with autism present with many different communication profiles. Some children may use AAC systems to communicate, others may be developing their spoken language, while others may require support with social skills development.

COMMUNITY FUN DAY!

Marlin Coast Neighbourhood Centre

205 Reed Road, Trinity Park

SATURDAY MAY 13

9AM - 1PM

FREE KIDS
ACTIVITIES
&
MUCH MORE

RAFFLES
& GREAT
PRIZES

- FACE PAINTING
- ROAMING WILD CAKE STALL
- LIVE MUSIC
- BARRONVALLEY DRIFTERS
- COMMUNITY INDUSTRY SUPPORT SERVICES
- MAGIC TRICKS & JUGGLING
- BRIC-A-BRAC STALL
- FAMOUS DEVONSHIRE TEA
- SNO-CONES

 VENUE IS WHEELCHAIR ACCESSIBLE

GENEROUSLY SPONSORED BY:



MARLIN COAST NEIGHBOURHOOD CENTRE

Come down to the Community Centre for some Free Bread!



FREE BREAD
PICKUP
THURS 9-3
&
FRI 9-12
WHILE STOCKS LAST!

205 REED ROAD, TRINITY PARK DONATED BY 





 **UnitingCare**

Birch Street Community Hub

FREE COMMUNITY PANTRY DAY


Open Thursdays from 9AM - 11AM
(Or until stock lasts)

LOCATION:
98 Birch Street, Manunda


Please note:
Frozen meals and bread are available weekly
fruit and vegetables available fortnightly
(Pantry items vary)


Tel: (07) 4032 6800

Our Pastor
STEVE DIACHENKO



Ph: 0407 127 204



 **Trinity**
BAPTIST CHURCH

North Cairns

Every Sunday @ 5pm	Marlin Coast Neighbourhood Centre
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205 REED ROAD
TRINITY PARK QLD, 4879





Armchair
YOGA CLASS

incorporates quiet time, breathing practices, joint mobility and balance awareness

JOIN SESSION:
Mondays
10 - 11 am

\$5 per class
carers free

Beryl - 4055 7603



Free computer use during MCNC business hours



Monday to Thursday
9am - 4pm
and
Friday 9am - 1pm



Tuesday Luncheon Group

Group commences at 10am for Line Dancing or a cuppa and chat.

Guest Speakers commence at 11.30am

Lunch is served at **12.30pm**

Members **\$10** Non-Members **\$12**



Tuesday Group Luncheon upcoming events:

- 4 April: Easter Celebrations
- 11 April: Guest Speaker - Meg Trimble, Division President - QCWA Far Northern
- 18 April: Guest Speaker - Alison Lambert, Life Writing
- 25 April: Anzac Day - Public Holiday

4/04	11/04	18/04	25/04	
 <p>BBQ</p> <p>Easter Celebrations with Easter bonnet parade</p>	<p>Meg Trimble Division President QCWA Far Northern</p> 	<p>Birthdays</p> <p>Irene – 2/4  Pat – 10/4 Kay – 16/4 Mavis – 20/4 Marilyn – 20/4 Maureen – 29/4</p> <p>Life Writing With Alison Lambert</p>	 <p>ANZAC DAY <i>Left No Forget</i></p>	
2/05	9/05	16/05	23/05	30/05
 <p>BBQ</p> <p>Australian Marine Conservation Society</p> <p>with Tanya Murphy</p> 	 <p>Morning tea at Smithfield Library</p> 	 <p>Poetry with Margaret Lawrence</p>	 <p>Australia's Biggest Morning Tea</p> 	<p>Birthdays </p> <p>Margaret. G - 19/05 Ron - 28/05</p>  <p>with Ivana Andacic</p>

Anzac Day Wishes for You

We remember, thank, and salute our fallen heroes.

SERVICES WILL BE HELD ACROSS THE **CAIRNS** REGION TO RECOGNISE THE **SPIRIT OF ANZAC** AND REMEMBER THOSE WHO **SERVED AND DIED** IN ALL **WARS, CONFLICTS, AND PEACEKEEPING OPERATIONS.**

Local Anzac Day Services

CAIRNS

Dawn Service

5:30am The Dawn Service will commence at the Cenotaph on the Cairns Esplanade

Services Parade

7:30am The Parade will commence at Fogarty Park, heading to the Esplanade past the RSL.

Commemorative Service

7:45am(approximate): The Commemoration Service will begin after the passing of the March at the Cenotaph, the Esplanade.

Road Closures

- 3am to noon - Cairns Esplanade roadway will be closed between Spence St and Minnie Street
- 7am to 7:30am - There will be changed traffic conditions to accommodate the march in the following areas: Florence St, Minnie St and Pier Point Rd

For more information, please contact Raine Davies Ph. 4044 3261

Contact the RSL for wreath laying or parade queries Ph: 07 4051 5254

EDGE HILL

Dawn Assembly

- 4:10am Assemble on Anderson Street entrance of the Martyn Street Cemetery
- 4:28am Service begins at the war graves section of the Martyn Street Cemetery

No road closures.

For more information, please contact Peta Ison Ph. 0408 162 995 or 0497 356 719

STRATFORD

Commemorative Service

- 9:35am-9:50am - Parade participants form-up in Magazine Street and prepare for command to step off
- 9:50am March to Cenotaph begins by 10am
- 10:07am -10:55am - Commemoration Service commences Council Parkland in front of Stratford Bowls Club in front of Cenotaph

Road closures 9:30am - 11:30am

- Magazine Street, from Arnold St to Rinks Close
- Rinks Close, from Stratford Parade to Magazine St
- No access to Arnold St from Captain Cook Highway - north and southbound.
- No access to Stratford Connection Road railway crossing.

For more information, please contact Ed Hayton on Tel 0404 846408

TRINITY BEACH

Dawn Parade

- 5:30am Parade assembles adjacent to the memorial.
- 5:45am Catafalque Party take, service and wreath laying at Trinity Beach memorial.

Road closures - 5am to 8am

- Vasey Esplanade from Trinity Beach Road to Possum Street

For more information, please contact Cr Brett Olds Ph. 0477 990 263.

YORKEYS KNOB

Commemorative Service

- 8:30am Commemorative service at the Boat Club Marina

No road closures.

For more information, please contact Reece Fieldhouse Ph. 0498 465 946



COMING SOON....

A new Kitchen for the Centre!



Local MP Craig Crawford surprised the team at the Marlin Coast Neighbourhood Centre with a giant cheque to celebrate their successful application to the Gambling Community Benefit Fund. This grant means a new kitchen fit-out to support their fantastic work of community support by feeding the community and is also an important part of the centre's Venue Hire! Thanks again Craig for your continuing support in helping us support the local Cairns community!



A KIND THANKYOU TO CLIFTON BEACH BUTCHERY FOR SUPPORTING THE CENTRE DURING THE SENIOR'S LUNCHEON & ST. PATRICK'S DAY CELEBRATIONS. THE MEAT PURCHASED FOR THE IRISH STEW WAS OF HIGH QUALITY AND TASTED DELICIOUS. THANKS AGAIN CLIFTON BEACH BUTCHERY FOR YOUR CONTINUED SUPPORT FOR THE LOCAL CAIRNS COMMUNITY!



IRON MAN CAIRNS
 GREAT SARDISIA REEF
 ASIA-PACIFIC CHAMPIONSHIPS

SAVE THE DATE
 18 JUNE 2023

IT'S LIVE!
 Cairns Airport #thisisqueenland Cairns

**Older Persons
 COVID-19 Support Line
 1800 171 866**

8:30am-6pm (AEST) Monday - Friday



COMMUNITY GARDEN

Do You:

- Enjoy gardening?
- Delight in the taste of fresh fruit/vegetables?
- Like meeting new people and making friends?
- Volunteering?

Come along and join the Community Garden Group - no special skills required, simply the itch to be a part of a fun group of people and the want to learn organic gardening of fruit and vegetables in a tropical climate.

WHEN: Thursday mornings from 9am

For more information - 4055 6440



Gardening News... April

There is lots happening in the garden this month! Thanks to the support of the local community the gardeners have been able to obtain the much needed fencing materials for the new garden fence. The Marlin Coast Men's Shed have kindly offered to erect our fence for us, Thankyou kindly! The gardeners are also looking into getting some amazing artwork to brighten up the shed area in the garden.

The MCNC Community Garden Group meets every Thursday morning from 9am

Morning Tea provided—ALL WELCOME!



Social Media

Give us a thumbs-up and stay connected -
or check out our website at:

www.mcnc.org.au

Follow us 😊



Ready for a laugh and to have some fun?

CANASTA CLUB

BEGINNERS WELCOME
NO EXPERIENCE NECESSARY

Wednesdays 1pm - 3pm
Marlin Coast Neighbourhood Centre
members \$3 non-members \$5

to register: 4055 6440



Bridge


Social Bridge for the
experienced player



WEDNESDAYS
9.30AM - 12 NOON

MEMBERS \$3 / NON MEMBERS \$5

4055 6440




NEW **BOOK CLUB!!**

On the 3RD Thursday of the month 10.30am to 12.00 noon

Interested in reading and discussing books?
Come along to Book Club to share opinions and meet new people.
Book selection ensures a wide range of titles and lively discussion.

Call the Centre on: 4055 6440



MARLIN COAST NEIGHBOURHOOD CENTRE

Children's Playtime

All welcome - bring a piece of fruit to share

Session:
Every Wednesday
9 - 11.30 am

More Information:
4055 6440
admin@mchc.org.au



HOW TO SPOT A SCAM CALL

At least one in four unwanted calls to your home phone are thought to be from scammers. Stay one step ahead with our tips.

- 
Contacted out of the blue
 Unsolicited calls should always be treated with caution. If you're in any doubt, hang up, wait for a few minutes and call back on a number you trust.
- 
No time to think
 Professionals don't pressure you into making a decision quickly, or create a sense of panic, telling you that your broadband will be disconnected or that your bank accounts are under threat.
- 
Asked to share personal details
 Your bank will never ask you to move money to a 'safe' account or share your full online banking password, four-digit card Pin or security codes, such as those generated on a card reader.
- 
Asked to go to your computer
 Never let someone access your computer, or other devices such as a phone or tablet, unless you know the caller and their intentions.
- 
Asked to keep quiet
 Any attempt to stop you talking about the call to someone you trust (a friend, family member or independent adviser) is a red flag. Seek support before making a decision.

MARLIN COAST TOASTMASTERS

Hi! Would you like to brush up your **Public Speaking Skills**?



If you ever need to:

- present ideas to groups at **work**
- give presentations at **uni**
- give spiels about your **business**
- speak at big **family events**

...you need **Toastmasters!**

Toastmasters exists to help people practice public speaking, to conquer their fears and even learn to enjoy it! None of us are experts, but all of us have improved since we joined. We support and coach each other, sharing tips, and there are online "pathways" that we can follow at our own pace.

Best of all, we now meet right **here** - at the Marlin Coast Neighbourhood Centre!

1st & 3rd Thursdays of each month
7pm till 9pm.

Come a little early and have a cuppa as we set up.
For info, text Isobel: 0451 766 381.


Cairns Early Years Centre
"Move Baby Move"

Enjoy time with your baby in a supportive environment and make new friends.

Monday's

Marlin Coast Neighbourhood Centre
1.00pm to 2.00pm

Bookings Essential
4034 6800

Lives Lived Well

Breakthrough For Families

Alcohol & Other Drug Information, Education and Support

Concerned about a family member's drug or alcohol use?

Want to play a more supportive role?

Families can access **FREE** support through attending information sessions or **individual counselling** (online and phone counselling available). No referrals required.

www.liveslivedwell.org.au Ph: 1300 727 957



Fun for Seniors

Senior's Luncheon

Tuesdays
from 10.30am

members \$10

4055 6440
admin@mcnc.org.au

LEARN TO COOK EASY, CHEAP, & HEALTHY MEALS



NUTRITION EDUCATION & SKILLS TRAINING (NEST)

is a free cooking and nutrition program designed to help you make lasting changes for better health!

TOGETHER WE'LL LEARN:

-  How to save money on your food budget
-  How to store food safely
-  How to understand food labels
-  New food knowledge and cooking skills
-  How to plan meals to reduce food waste



JOIN OUR PRIVATE NEST FACEBOOK GROUP
www.facebook.com/groups/OzharvestNEST

NICE. EASY. SIMPLE. TIPS.




E-SCOOTER PENALTIES

Exceed speed limit by:

- 1-13km/h = **\$143**
- 14-20km/h = **\$215**
- 20-30km/h = **\$359**
- >30km/h = **\$575**

- Not wearing a helmet = **\$143**
- Doubling (two or more people) = **\$143**
- Mobile phone use while riding = **\$1078**
- Drink driving = **\$431**
- Use on prohibited road = **\$172**

Marlin Coast Neighbourhood Centre Inc.

OFFICE HOURS : Monday - Thursday 9am to 4pm and Friday 9am to 1pm

OUR MISSION STATEMENT

The Marlin Coast Neighbourhood Centre is an incorporated community-based organisation. Our vision is to be widely recognised as an organisation dedicated to promoting, supporting and enhancing community, family and individual well-being . We operate within the Social Justice Principles of equity, access, equality and participation through professional support, a friendly, safe and inclusive meeting place, respect for the individual, a commitment to the community and integrity throughout the organisation. The Centre receives core funding through the Queensland Government's Department of Communities, Child Safety and Disability Services.

Discover!

The largest ever Easter egg hunt was in Florida, where **9,753** children searched for **501,000** eggs.

An Easter egg contains around 47 cal. You would need to eat **150** eggs to gain 1 kg... Enjoy without fear!

The tallest chocolate Easter egg ever produced was 10.39m high and weighted 7 200kg!

Taller than a giraffe and heavier than an elephant!

HOW DO YOU EAT A CHOCOLATE BUNNY?

33% Hollow
 39% Solid
 28% Marshmallow

75% Ears first
 15% Other
 4% Tail first
 5% Feet first

ENOUGH PEEPS ARE PRODUCED ANNUALLY TO CIRCLE THE EARTH TWICE!
 *It takes six minutes to make one Peep!

Cherry (red) jelly beans beat all other flavors by 20%!

75% of people prefer milk chocolate than dark chocolate in their Easter baskets!

25% of children surveyed thought Easter was a celebration for the Easter Bunny's birthday.

The concept of the cute bunny originated in Germany before the early 1700's.

Approximately **80 millions** of chocolate eggs are sold annually in the UK.

Around **80%** of people eat the ears of the chocolate bunny first, the rest opt either for the feet or for the tail. Which team are you in?

Discover!

AMOUNT CONSUMED EACH YEAR:

16B Jelly beans
 700M Peeps
 100M Cadbury Eggs
 90M Chocolate bunnies
 25M Toblerone bars

EASTER EGGS HUNTS:

Proof your child can find things when they really want to.



Easter

WORD SEARCH

FIND THE HIDDEN EASTER RELATED WORDS,
THE WORDS CAN BE HORIZONTAL, VERTICAL AND
DIAGONAL. THE LETTERS THAT ARE LEFT OVER,
FORM A HIDDEN MESSAGE!

<ul style="list-style-type: none"> BASKET BLOOM BONNET BUMBLEBEES BUNNY CELEBRATIONS CROCUS DAFFODILS DECORATE DUCKLING EASTER EGG HUNT FAMILY HAPPY EASTER HOT CROSS BUNS JELLY BEANS LAMB LILY MARSHMALLOWS PALM SUNDAY RABBIT TRADITIONS 	<table border="0" style="width: 100%; border-collapse: collapse;"> <tr><td>T</td><td>E</td><td>A</td><td>S</td><td>Y</td><td>T</td><td>B</td><td>E</td><td>R</td><td>C</td><td>S</td><td>I</td><td>S</td><td>T</td><td>Y</td></tr> <tr><td>R</td><td>H</td><td>E</td><td>O</td><td>T</td><td>N</td><td>O</td><td>N</td><td>L</td><td>R</td><td>N</td><td>T</td><td>Y</td><td>S</td><td>L</td></tr> <tr><td>A</td><td>E</td><td>T</td><td>I</td><td>M</td><td>N</td><td>E</td><td>W</td><td>O</td><td>A</td><td>N</td><td>N</td><td>S</td><td>I</td><td></td></tr> <tr><td>D</td><td>H</td><td>T</td><td>E</td><td>B</td><td>N</td><td>N</td><td>U</td><td>I</td><td>C</td><td>E</td><td>U</td><td>C</td><td>W</td><td>M</td></tr> <tr><td>I</td><td>D</td><td>T</td><td>S</td><td>B</td><td>I</td><td>E</td><td>S</td><td>B</td><td>U</td><td>B</td><td>H</td><td>E</td><td>O</td><td>A</td></tr> <tr><td>T</td><td>E</td><td>B</td><td>S</td><td>A</td><td>A</td><td>T</td><td>F</td><td>E</td><td>S</td><td>Y</td><td>G</td><td>L</td><td>L</td><td>F</td></tr> <tr><td>I</td><td>C</td><td>M</td><td>U</td><td>R</td><td>E</td><td>T</td><td>O</td><td>S</td><td>P</td><td>L</td><td>G</td><td>E</td><td>L</td><td>D</td></tr> <tr><td>O</td><td>O</td><td>O</td><td>U</td><td>M</td><td>T</td><td>Y</td><td>O</td><td>A</td><td>T</td><td>L</td><td>E</td><td>B</td><td>A</td><td>A</td></tr> <tr><td>N</td><td>R</td><td>O</td><td>L</td><td>L</td><td>B</td><td>R</td><td>P</td><td>E</td><td>Y</td><td>E</td><td>R</td><td>R</td><td>M</td><td>F</td></tr> <tr><td>S</td><td>A</td><td>L</td><td>O</td><td>Y</td><td>C</td><td>L</td><td>K</td><td>P</td><td>U</td><td>J</td><td>E</td><td>A</td><td>H</td><td>F</td></tr> <tr><td>R</td><td>T</td><td>B</td><td>L</td><td>T</td><td>E</td><td>S</td><td>E</td><td>G</td><td>A</td><td>G</td><td>T</td><td>T</td><td>S</td><td>O</td></tr> <tr><td>S</td><td>E</td><td>I</td><td>O</td><td>I</td><td>A</td><td>N</td><td>O</td><td>B</td><td>N</td><td>H</td><td>S</td><td>I</td><td>R</td><td>D</td></tr> <tr><td>E</td><td>L</td><td>H</td><td>B</td><td>B</td><td>B</td><td>M</td><td>A</td><td>L</td><td>E</td><td>A</td><td>A</td><td>O</td><td>A</td><td>I</td></tr> <tr><td>G</td><td>N</td><td>I</td><td>L</td><td>K</td><td>C</td><td>U</td><td>D</td><td>S</td><td>K</td><td>E</td><td>E</td><td>N</td><td>M</td><td>L</td></tr> <tr><td>E</td><td>P</td><td>A</td><td>L</td><td>M</td><td>S</td><td>U</td><td>N</td><td>D</td><td>A</td><td>Y</td><td>S</td><td>S</td><td>T</td><td>S</td></tr> </table>	T	E	A	S	Y	T	B	E	R	C	S	I	S	T	Y	R	H	E	O	T	N	O	N	L	R	N	T	Y	S	L	A	E	T	I	M	N	E	W	O	A	N	N	S	I		D	H	T	E	B	N	N	U	I	C	E	U	C	W	M	I	D	T	S	B	I	E	S	B	U	B	H	E	O	A	T	E	B	S	A	A	T	F	E	S	Y	G	L	L	F	I	C	M	U	R	E	T	O	S	P	L	G	E	L	D	O	O	O	U	M	T	Y	O	A	T	L	E	B	A	A	N	R	O	L	L	B	R	P	E	Y	E	R	R	M	F	S	A	L	O	Y	C	L	K	P	U	J	E	A	H	F	R	T	B	L	T	E	S	E	G	A	G	T	T	S	O	S	E	I	O	I	A	N	O	B	N	H	S	I	R	D	E	L	H	B	B	B	M	A	L	E	A	A	O	A	I	G	N	I	L	K	C	U	D	S	K	E	E	N	M	L	E	P	A	L	M	S	U	N	D	A	Y	S	S	T	S
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**THE MARLIN COAST
NEIGHBOURHOOD CENTRE
WILL BE CLOSED
EASTER LONG WEEKEND
&
ANZAC DAY**

Closed from Friday 7th April
to Monday 10th April

**ANZAC DAY - Closed
Tuesday 25th April**



**Two things I learned
from the Easter bunny:
Everyone is entitled to
a bad hare day and
some body parts
should be floppy!**



Just For Fun

BE CROCWISE IN CROC COUNTRY

Estuarine and freshwater crocodiles are an important part of north and central Queensland's wetlands, freshwater and marine areas. They are often the largest predator in these areas and help to maintain the overall health and balance of these ecosystems.

Estuarine crocodiles live mainly in tidal reaches of rivers, as well as in freshwater lagoons, swamps and waterways up to hundreds of kilometres from the sea. They can even occur along some beaches and around offshore islands. Estuarine crocodiles can be active at anytime.

Report crocodile sightings

CrocWatch 1300 130 372

You are responsible for your own safety, so please follow these guidelines and be crocwise in croc country.

- Obey crocodile signs—they are there for your own protection.
- Never swim in water where crocodiles may live, even if there is no warning sign present.
- When fishing, always stand a few metres back from the water's edge and never stand on logs or branches overhanging the water.
- Never clean fish or discard fish scraps near the water's edge or at boat ramps.
- Stay well back from any crocodile slide marks. Crocodiles may still be close and may approach people and boats.
- Keep your arms or legs inside of the boat when fishing.
- Never provoke, harass or interfere with crocodiles—even small ones.
- Never feed crocodiles—it is illegal and dangerous.
- Never leave food scraps at your campsite. Always check that previous campers haven't left any food scraps.
- Never prepare food, wash dishes or pursue any other activities near the water's edge or adjacent sloping banks.
- Be more aware of crocodiles during the breeding season—September to April.

Further information visit the Queensland Government website www.qld.gov.au





THE YOUNG ANIMAL PROTECTION SOCIETY INC.

PLEASE DONATE TO YAPS WISH LIST!



URGENT PLEASE!

- Fidos Concentrated Flea and Tick Rinse
- **BIGGEST EXPENSE PLEASE HELP!**
- Puppy Training Pads (for foster carers)
- Dry & Tin Puppy Food

EXTREMELY URGENT!

- Any Soft and Squeaky Toys
- (For Dogs/Puppies learning to play)
- Yaps Laundry/Toilet:
- Toilet Paper

URGENTLY NEEDED!

- Laundry Powder & Bleach (We use 20 kilo buckets weekly)

WASHING IS ENDLESS!

- **A MUST!**
- Liquid Hand Soap & Hand Sanitiser
- Toilet Spray & Sweet Smelling Disinfectant (No explanation needed!) **YEAH IT HELPS HEAPS!**

Kitchen:

- Aeroguard/Rid Spray or Roll-On (For pets/volunteers Sandflies/Mosquitos/Flies)

VERY NEEDED

- Heavy Duty Garbage Bin Bags (Large Green)

The Young Animal Protection Society Inc. is a non-profit organisation that cares for homeless and unwanted dogs and cats. The overall goal of the organisation is to provide an animal welfare service aiming at excellence to Cairns and the surrounding district. YAPS is one of very few animal refuges in the area providing this service to the community. Shelter is a safe place for homeless animals. Pets can get food, water, and shelter until they find their forever homes. YAPS are asking the community for urgent donations. The **Wish list** entails the items listed below is what they are low on right now and require:

YAPS WISH LIST

- Wormers for our dogs (Simparica Trio 1-40mg chews)
- Revolution for Cats or Aristopet
- Kitty Litter Oz Pet wooden pellets - Urgently needed
- Puppy Food: Optimum Tin and Dry as well as Supercoat Dry
- Adult Food Optimum Supercoat Tin and Dry
- Hose Nozzles & 12 mm Hose fittings
- 5L Garden Pressure Sprayers
- Heavy Duty Large Garbage Bags
- Cats & Kittens Food Feast tins all varieties
- Dogs Need: Dog Leads.. Dog Harness

PLEASE HELP!

- Scrub Pads (For cleaning cooking pots)
- Good Quality Liquid Kitchen Detergent (Used every day for countless pet food dishes)
- Coffee, Sugar, Tea, Biscuits/Nibbles/Dips/Savoury Biscuits (Volunteers Smoko)
- Kitty Litter Oz Pet Wooden Pellets

EVERYDAY HUGE URGENCY!

- Small Soft and Jiggly Toys (For Kittens learning to play)

Office:

- A4 Paper, Pens, White Out, Paper Clips, White Board Markers, Permanent Markers
- Aeroguard/Rid Spray or Roll-On (For pets/volunteers - Sandflies/Mosquitos/Flies)

EVERY DAY NEED!

- Vet Runs, Petrol Vouchers (Any Amount will be a help) **HUGE EXPENSE!**



- Adopt a pet
- Donate Or Give Goods
- Become Volunteer



MARLIN COAST NEIGHBOURHOOD CENTRE INVITES YOU TO:



Cancer Council

Australia's Biggest Morning Tea

- When:** Tuesday May 23, 2023
- Where:** 205 Reed Road, Trinity Park
- Time:** 10.30am
- Cost:** \$10 members / \$12 non-member (food will be catered for)
- Featuring :** Lucky Door Prize, Games and Raffle Prizes

Candle-lighting ceremony for those impacted by cancer

Bookings essential - phone 4055 6440 before 19 May

Australia's Biggest Morning Tea brings people together to raise funds that will make a big difference to those impacted by cancer. Proceeds help fund Cancer Council's life-saving research, prevention, support programs, and information.

EVENT CINEMAS Cairns

ISSUE 5

SENIORS NEWSLETTER

Your guide to what's happening at your local cinema

EVENT CINEMAS CAIRNS CENTRAL - EVENT CINEMAS SMITHFIELD - EVENT CINEMAS EARLVILLE



Seniors Screenings

SENIORS SCREENING
Friday 3 & Wednesday 8 March
[BOOK NOW](#)



SENIORS SCREENING
Friday 10 & Wednesday 15 March
[BOOK NOW](#)



Cinebuzz Seniors Pay \$10

SENIORS SCREENING
Friday 24 & Wednesday 29 March
[BOOK NOW](#)



SENIORS SCREENING
Friday 31 March & Wednesday 5 April
[BOOK NOW](#)



SENIORS MORNING TEA

Wednesday 22 March

[BOOK NOW](#)

MORNING TEA AT 10AM
FILM BEGINS AT 10.30AM
EVENT EARLVILLE
EVENT SMITHFIELD

LUCKY DOOR PRIZES!

HEARING AHS WILL BE JOINING US
AT EVENT CAIRNS CENTRAL

NEW RELEASES MARCH AND APRIL

- March 2nd - Creed 3
- March 2nd - Empire of Light
- March 9th - Shackleton: The Greatest Story of Survival
- March 9th - Champions
- March 16th - Living
- March 16th - Meet Me in the Bathroom
- March 23rd - John Wick: Chapter 4
- March 23rd - Of An Age
- March 30th - The Rocky Horror Show Live from Theatre Royal Sydney
- April 5th - AIR
- April 6th - Allelujah
- April 6th - The Pope's Exorcist
- April 13th - Mafia Mamma
- April 19th - Coldplay - Music of the Spheres: Live at River Plate
- April 20th - Jesus Revolution
- April 20th - My Sailor, My Love

FOR SESSION TIMES VISIT: WWW.EVENTCINEMAS.COM.AU



OSCAR NOMINATIONS BEST PICTURE

ALL QUIET ON THE WESTERN FRONT
AVATAR: THE WAY OF WATER
THE BANSHEES OF INISHERIN
ELVIS

EVERYTHING EVERYWHERE ALL AT ONCE
THE FABELMANS
TAR
TOP GUN: MAVERICK
TRIANGLE OF SADNESS
WOMEN TALKING



Movie News

\$30 GRANDPARENTS PASS

*T&Cs apply. Online booking fee applies. Must be a Cinebuzz member

[BOOK NOW](#) On selected family films



IMMERSE IN MUSIC

[BOOK NOW](#)

WEDNESDAY 5TH APRIL
MORNING TEA AT 10AM
FILM BEGINS AT 10.30AM
EVENT EARLVILLE

Save the date

CHICKS AT THE FLICKS

MAFIA MAMMA

JOIN US ON WEDNESDAY 5TH APRIL FROM 8PM WITH LIVE MUSIC, STALLS AND GOODIE BAGS



HOW TO JOIN CINEBUZZ AND SAVE ON SESSIONS EVERY DAY

- 1) Go to cinebuzz.com.au
- 2) Click 'Join'
- 3) Complete the form - don't forget your DOB
- 4) Screen shot or write down your Cinebuzz Number

If you need assistance please ask one of our friendly staff

THE PERFECT GIFT FOR ANY OCCASION



Electricity and gas rebates

Queensland pensioners and seniors may be eligible for:

- the Electricity Rebate—\$372.20 per year (GST inclusive)
- the Reticulated Natural Gas Rebate—\$80.77 per year (GST inclusive).

Please note, all rebates are GST inclusive. Rebates for eligible card holders may appear as GST exclusive on bills.

Electricity

If you have an account with an electricity retailer

Contact your [electricity retailer](#). You can apply over the phone or ask your retailer to send you an application form. You will need to provide certain details and have copies of your bills and concession card handy so you can verify your eligibility. Rebates are automatically deducted from your bill.

If you live in an apartment complex, residential park, retirement village or a granny flat

Contact the person/organisation sending your electricity bill. Find out more about rebates for [rebates for residents of home park or multi-unit residential premises](#).

If you receive your electricity through an Ergon card-operated meter

Go to the [Ergon Energy Queensland website](#) for more information. You will receive power cards for the value of your rebate.

You will need to provide certain details, so have your concession card and 8 digit meter number handy so you can verify your eligibility. If you need some help, get someone you trust (e.g. relative or community worker) to sit with you while you are on the phone.

Find out more

- [Your Energy Savings](#) website provides information about saving energy, saving money and available government assistance.
- The [energy ratings](#) and [water ratings](#) of appliances can help you compare products based on their energy and water efficiency.
- Phone 13 QGOV (13 74 68).
- The [Medical Cooling and Heating Electricity Concession Scheme](#) provides concessions for people with specific medical conditions requiring the use of an air-conditioner to regulate their body temperature.
- The [Home Energy Emergency Assistance Scheme](#) helps low-income households pay energy bills at a time of crisis or in emergencies.

WHAT IS ON IN APRIL AT MARLIN COAST NEIGHBORHOOD CENTRE.

THE WEEK AT A GLANCE!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SUNDAY
<p>Emergency (Financial) Relief for individuals and families experiencing financial crisis. Appointments are limited. Bookings essential; Phone on previous Thursday for a Monday appointment.  Ph: 4055 6440</p>	<p>Line Dancing 10.00am - 11.30am Member \$3 Non-Member \$5 Ph: 4055 6440</p> 	<p>Emergency (Financial) Relief for individuals and families experiencing financial crisis. Appointments are limited. Bookings essential; Phone on previous Monday for a Wednesday appointment.  Ph: 4055 6440</p>	<p>Community Garden Morning from 9am Phone the Centre - 4055 6440</p> 	<p>TRINITY BAPTIST CHURCH Religious Service Every Sunday 4.30pm - 7.30pm Phone: 0407 127 204</p> 
<p>Armchair Yoga Gentle exercise 10am - 11am Ph: Beryl 4055 7603 \$5 per person</p> 	<p>Tuesday Luncheon From 10.30am for morning tea and chat From 11.30am for guest speaker and lunch Ph: 4055 6440 Members \$10 Non-Members \$12</p> 	<p>Bridge EXERCISE YOUR MIND PLAY BRIDGE Social Bridge for the Experienced Player 9.30am - 12 noon Member \$3 Non-Member \$5</p> 	<p>Tai Chi Each Thursday morning 9am - 10am Call Narelle 0439 747 966</p> 	<p>Book-Club-No 1 1st Thursday of each month 10.30am - 12 noon Book-Club-No 2 3rd Thursday of each month 10.30am - 12 noon \$3 Member/\$5 Non-Member Ph: 4055 6440</p> 
<p>Calm Early Years Centre "Move Baby Move" 1pm - 2 pm Bookings essential Ph: 4034 6800</p> 	<p>Fun for Seniors</p> 	<p>Canasta 1pm - 3.30pm Member \$3 Non-Member \$5 Ph: 4055 6440</p>	<p>Toastmasters Club 1st & 3rd Thursday of each month 7pm - 9pm Ph: 0401 585 767</p> 	
<p>A.A. 6pm - 7pm Neil Ph 0429 569 512</p> 	<p>Yoga with Suzanne Wednesday evenings 6pm - 7pm Phone: 0421 076 244</p> 	<p>Shed Mosaics 12.30pm - 3.30pm Member \$3 Non-Member \$5 Ph: 4055 6440</p> 	<p>Playtime Each Wednesday morning 9am - 11.30am. Families with children under school age. Free! Bring a piece of fruit to share.</p> 	




Lifeline Saving Lives
 Crisis Support. Suicide Prevention.

Networks and Helplines

QLD Health 24 hr Mental Health.....	1 300 64 22 55
Standby (Cairns) (24/7)	0407 490 005
Suicide Call Back Service (24/7)	1 300 659 467
Lifeline (24/7)	13 11 14
Kids Helpline (24/7)	1 800 55 1800
Gambling Helpline (24/7)	1 800 858 858
Relationships Australia (M-F 9-5 pm)	1 300 364 277
Beyond Blue (website)	www.beyondblue.org.au
Beyond Blue Ingo Line	1 300 224 636
SANE (10 am —10 pm Weekdays)	1 800 18 72 63
Q Life (3 pm—12 am, 7 days)	1 800 184 527
Mensline (24/7)	1 300 789 978
Black Dog Institute (online resources)	www.blackdoginstitute.org.au
Reachout (website)	www.reachout.com
Parentline (website)	www.parentline.com.au
Parentline (8 am—10 pm, 7 days)	1 300 30 1300
Headspace (information)	www.headspace.org.au
Headspace (online chat)	www.eheadspace.org.au
DVConnect (Womensline—24/7)	1 800811 811
DV Connect (Men's Line—24/7)	1 800 600 636
ADIS (Alcohol Drug Info Service—24/7)	1 800 177 833
Poison Info Line (24/7)	13 11 26
Bush Support Service (24/7)	1 800 805 391