

Neighbourhood News

DECEMBER 2023

*The Management and Staff
at Marlin Coast Neighbourhood Centre
wish you a very merry Christmas
and a safe, happy and prosperous 2024!*



WE'RE WRAPPING
things up for Christmas

**CLOSING:
20TH DECEMBER, 2023**

**RE-OPENING:
2ND JANUARY, 2024**

See you next year!



All toys will be donated to MCNC for families experiencing financial hardship

CHRISTMAS TOY DRIVE



**HELP US GIVE LOCAL KIDS A LITTLE SOMETHING EXTRA
UNDER THE TREE THIS CHRISTMAS!**

**ACCEPTING DONATIONS OF NEW UNUSED & UNWRAPPED TOYS
UNTIL DECEMBER 18TH 2023**

Drop off location - The Blawater, Trinity Park



PROUDLY SUPPORTING



Free Christmas Lunch

Pre booking for FREE transport is essential



The Cairns Community Christmas Lunch is to be held on Christmas Day by a community group that provides a meal and some company for anyone who has nowhere else to go.

- There is **NO CHARGE**
- There is **NO PREACHING**
- There are **NO STRINGS**

Just a friendly get together for Christmas

Lunch will be served from 11.30am on Christmas Day at the dining hall of St Augustines College Draper Street, Cairns.

If you need more information or would like to book free transport to and from the lunch within 15km of Cairns CBD, Phone 4059 2478

The success of the event relies on the generosity of community members and sponsors - donations are appreciated.

SEE YOU AT CHRISTMAS



The **Lions Traditional Christmas Cakes and Puddings Programme** has been a major fundraising project of Lions Australia since 1965 and has raised more than \$70 million in that time.

The proceeds from this Lion's project are donated back into the community to great causes including Blindness Prevention and Vision Improvement projects, Medical Research, Children's Mobility Foundation, Eye Health Programs, Hearing Dogs, Disaster Relief, Age Care, Drug Awareness and Youth Programmes.

Proceeds are also used by Lions Clubs to support their local communities in times of need such as bushfires and floods.

You can rest assured that should you purchase a product from this programme the proceeds generated will be put to good use in the community.

To obtain the name of the participating Lions Club nearest you, please email cakes@lions.org.au remember to include your contact number and suburb/state.



centacare MAKING A DIFFERENCE FNQ

DONATE NEW OR PRE-LOVED SCHOOL SUPPLIES

- Uniforms
- Scientific Calculators
- Stationery Supplies
- School Bags
- School Shoes
- Lunch box
- Math Sets

school savvy FNQ Supporting local children & families get back to school

For more info call or email (07) 4044 0130 schoolsavvy@centacarefnq.org

School Savvy Partners:

TRINITY PARK

At Marlin Coast Neighbourhood Centre



POP-UP SHOP

9 & 24 JAN 2024

10 AM - 2 PM



Diabetes

A Condition Impacting Hearing Health

Did you know?

A 2009 Blue Mountains Study revealed people with diabetes are **2x more likely to have hearing loss than those living without the condition (Type I and Type II).**

While it's not known exactly why hearing loss is more common among people with diabetes, it is suggested that nerve damage caused by diabetes may affect the hearing nerves in the inner ear. Researchers also believe the prolonged high blood glucose levels may lead to hearing loss by affecting the supply of blood or oxygen to the tiny nerves and blood vessels of the inner ear. Over time, the nerves and blood vessels become damaged, affecting the person's ability to hear. As a result, individuals with diabetes are 2x more likely to have hearing loss than those living without the condition (Type I and Type II). Further studies demonstrate people who have blood sugar levels higher than normal (i.e. pre-diabetics) have a higher rate of hearing loss compared to those with normal blood sugar levels.

The impact of untreated hearing loss

Untreated hearing loss may have a range of negative consequences on an individual's life and can lead to safety concerns, putting them at higher risk of falls, for example. It can also impact you in various forms such as:

1. You may feel left out of conversation
2. Your social life may be impacted
3. You may feel frustrated, lonely, anxious and isolated
4. You may experience increased fatigue

What can you do?

If you are living with diabetes or have any hearing concerns, book a hearing check to ensure you receive early diagnosis of any hearing loss, and appropriate care.



Come along to the Marlin Coast Neighbourhood Centre on Wednesdays from 9am for some FREE BREAD!

205 REED ROAD TRINITY PARK DONATED BY **Baked @TRINITY**

DID YOU KNOW THAT SANTA KNOWS KARATE? HE HAS A BLACK BELT

Find us on **Facebook**

Older Persons COVID-19 Support Line 1800 171 866
8:30am-6pm (AEST) Monday - Friday

School Savvy Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
31/DEC	1/JAN PUBLIC HOLIDAY	2	3	4	5	6
7	8 CAIRNS	9 TRINITY PARK	10	11	12	13
14	15	16	17	18 EDMONTON	19	20
21	22 BACK TO SCHOOL	23 INNISFAIL	24	25	26 ATHERTON	27
28	29	30	31 TRINITY PARK	1/FEB	2 PUBLIC HOLIDAY	3



CAIRNS:
8-25/JAN/24 10:00-2:00
Cairns Showground
Corner of Severin St & Mulgrave Rd

TRINITY PARK:
9 & 24/JAN 10:00-2:00
Marlin Coast Neighbourhood Centre
205 Reed Road Trinity Park

EDMONTON:
11/JAN 10:30-2:30
Hambleton House Community Centre
177 Bruce Highway, Edmonton

INNISFAIL:
16/JAN 10:30-2:30
Cassowary Coast Regional Council
Innisfail Shire Hall

ATHERTON:
19/JAN 10:30-2:30
VPG Atherton
5 Comet Ave, Atherton



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:

5 Dec: Christmas Lunch at Trinity Beach Sports Club
12.30pm \$25 for members



5/12				
<p>XMAS LUNCH Trinity Beach Sports Club 12.30pm Cost: \$25</p> 				
02/01	09/01	16/01	23/01	30/01
			 <p>Home Security Presentation QLD Police Service Far North Region Crime Prevention Unit</p>	 <p>Lani Joan</p> <p>GAMES & GOSSIP</p> 

FREE

HOME SECURITY PRESENTATION

WHEN: Tuesday 23 January 2024 at 11:15am

WHERE: Marlin Coast Neighbourhood Centre, Trinity Park

Topics include:

- Home Security Basics
- Preventative Measures
- Alarms and CCTV Technology
- Property Identification

**Look out
Thieves!**

Secure your home
and vehicles.



*Presented by
Queensland Police Service
Far North Region Crime Prevention Unit*

Subscribe today!

Receive **FREE** information on crime alerts for
your area and community news!



www.myPolice.qld.gov.au

Far North



liveup

Welcome to the upside of ageing

LiveUp is a free online healthy ageing guide that can be accessed from the comfort of your own home.

SCAN TO FIND OUT MORE



liveup.org.au



1800 951 971 support@liveup.org.au LiveUpAus



Pet Santa Photos

7 December 2023

6-8pm

\$10 per professional photo
Uploaded to Facebook for collection

You are welcome to use own camera for \$5
(or both for \$10)

Bunnings Christmas Family Night Markets

Santa for the fur babies and the kids!
BBQ, Music, YAPS raffle sale, markets stalls, fun activities and much more!




Smithfield BUNNINGS



www.yaps.org.au



Greetings All - A full year without any time off for Covid. Yipee!

Our class has welcomed several new faces; some students have had extended breaks for travel now that restrictions have been lifted, and others have unfortunately had time off with health issues.

This year I started to have coffee with students after class. Next year maybe we will get back to our lunches.

Our last class for the year will be Monday 4 December 2023, when we will have our usual bring-a-plate to share brunch after a short fun class.

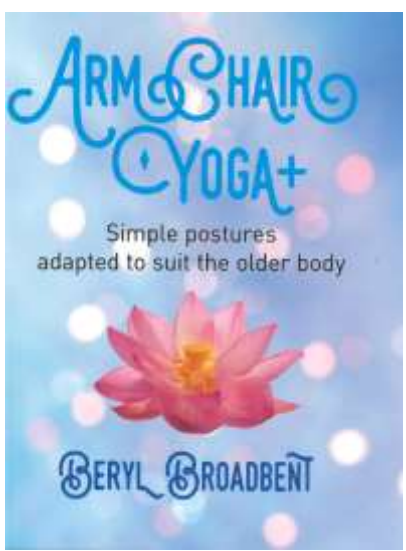
The planned start to 2024 will be **Monday 29 January** – weather permitting.

Drum roll please – and I have finally finished “The Book”it only took 5 years!

Orders can be placed by email: beryljef@tpg.com.au or text for more information to : 0403 644 166. The cost is \$25 or \$30 by post. Delivery for those who have ordered will be 4th December.

Festive Seasons Greetings to all and may 2024 bring much happiness and health.

Beryl Broadbent – ArmChair Yoga Teacher



ARM CHAIR YOGA+

Simple postures adapted to suit the older body

BERYL BROADBENT

“THE BOOK”

marlin coast neighbourhood centre

supporting community

FOOD DONATIONS

supporting people experiencing financial hardship

WE ACCEPT:

- canned food & pantry items
- personal care products
- baby care products
- pet food

ALL PRODUCTS MUST BE UNOPENED & IN DATE



Contact Us

☎ 4055 6440

✉ support@mcnc.org.au

Donations can also be made at our Centre: 205 Reed Rd, Trinity Park

Thank you Frankie, Our Tax Help Volunteer!

Tax Help is complete for 2023!

This year, the Tax Help program:

- Provided assistance to more taxpayers than in the previous year,
- Reinforced our commitment to provide Tax Help services to Indigenous Australians,
- Continued to offer phone and digital/virtual Tax Help services.

Deputy Commissioner of Taxation, Andrew Watson said "Tax Help is an important and iconic service which has run for over 30 years. In 2023, 420 volunteers helped over 11,000 people throughout 400 Tax Helps Centres. From all of us in the Tax Help team, we'd like to extend our thanks and recognition of the support and assistance you provided in the delivery of a successful Tax Help 2023."

Marlin Coast Neighbourhood Centre's amazing Tax Help volunteer, Frankie Bayly, helped 31 people with their tax returns this year.



Australian Government

Australian Taxation Office

Fee Free TAFE for Nursing students

Now is the perfect time for people who are looking to kick-start a career in nursing to get job-ready in 2024 for free.

The Queensland Government is boosting Fee Free TAFE for Nursing students, with an extra 3,500 Diploma of Nursing placements set to be available for free in 2024. The fee-free Diploma of Nursing will be available through TAFE Queensland, CQ University, and Mater Education.

TAFE Queensland is committed to providing Queenslanders with the high quality, hands-on training they need to succeed in their chosen career while fulfilling the skills demands of our State's industries and communities.



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.

Adventures of a Ten Pound Pom

by Joan Turnour

Reminiscing with my daughter Caroline about my arrival as a ten-pound Pom she said, 'You're living history Mum you should write your story.'

I was born in 1931 in Valletta, Malta, when my father was a signaller in the Royal Navy. At the start of World War II mother and I were repatriated back to England. Our village was in the flight path for the doodlebugs and I carried a gas mask and spent hours in the school air-raid shelter. Snow was up to the windowsills, I was always cold and boys in the lane called me Malteser and put snow down my back when I walked home from school.

In 1940 my father was diagnosed with tuberculosis and after a failed operation came home to be nursed by mother. He died aged 38, and I missed him terribly.

I did well at school and at sixteen started work. A year later Mother married a soldier based in the village and when he returned from the Western Front, suffering from shell shock, things at home were difficult. I moved to relations in Christchurch. I was really happy, had a great job, was falling in love with Michael sure we would marry after his two-year army conscription in Germany. It was 1952, posters of young people beaming from a tropical background reminded me of Malta and one grey winter's day I took the train to London and signed an application for migration to Australia for two years. I was inspired by King George VI's quote in 1940 from Minnie Haskins-

"I said to the man who stood at the gate of the year - Give me a light that I may tread safely into the unknown." And he replied "Go out into the darkness and put your hand into the hand of God. That shall be to you better than light and safer than a known way."

Two months later I did put my hand in the hand of God and boarded the MV Somersetshire destined for Melbourne. I worked as a secretary for Repco and then for a hospital doctor to find out more about tuberculosis. I was planning my return when Michael wrote that his girlfriend in the army was pregnant—what should he do? I replied: "Marry her of course." I was devastated. I couldn't return to England so took off for Sydney and after working at an orphanage continued on to Queensland. Heron Island Resort was opening after the cyclone season, and I joined the staff. In this tropical paradise I took guests on fishing trips and swam among the turtles.

At season's end I joined a couple caravanning to Darwin and slept in a tent under the starry sky. After work I wandered down to the Victoria Hotel to toss my two shillings on the table for the first round of drinks. I worked for the Agricultural Department and when I needed a ride to the Town Hall, unmade footpaths were difficult in tight skirt and high heels, the Director seconded Jack Turnour to escort me. In charge of seed production for the rice scheme he was from Humpty Doo and although I joined the Head Office crowd—he hung around to drive me home.

On his infrequent trips to the office, he would tell me incredible stories about climbing over the bonnet of his landrover to avoid crocodiles on the riverbank to refuel the irrigation pump; shooting a snake in their water well; and walking twenty miles to the bitumen to hitchhike into Darwin to see me.

Jack proposed the day I left for Alice Springs as stenographer covering a goal break enquiry. I had fallen in love with this good-looking guy and said "Yes" on my return. The United Church needed three days' notice, so we counted Monday Tuesday Wednesday and arranged Thursday 20th December 1956. Friends were invited to the Hotel Darwin for drinks and then surprised with a trip to the church. The hotel dinner dance provided a perfect reception, and we flew to Melbourne the following morning and I was embraced by his family.

Jack shared my Christian faith and I moved out to Humpty Doo confident in my new life. After floods that topped fences, we moved camp and lived in a hut while he built men's quarters: now the tourist attraction 'Window on the Wetlands'. He opened a research station further south and to deliver supplies I turned off the highway at the 60-mile peg and drove over buffalo plains. Jack built a road in with a compass leaving a toilet roll trail for the D4 bulldozer.

In 1961 we leased 12,000 acres 56 miles south of Darwin and with Aboriginal help made 10,000 bricks for our new home. Within a decade we established a successful grazing property and in 1970 applied for freehold and were denied. We sold-up and with our four children drove out of the Northern Territory to start another chapter in our life together.

Jack joined an Australian Aid program to give agricultural and animal husbandry advice in Indonesia and The Philippines. We lived in these rural areas for the next twenty-five years empowering new farmers. Our children spent time with us and also learnt the language.

I like to think it was our confidence and faith pushing through challenges that inspired their own overseas adventures. In 1985 Jennifer left for Madagascar, Caroline became a USA Rotary Exchange Student in 1986 and later Jim worked in Saudi Arabia. In 2016 granddaughter Caroline left for Kenya to join a microfinance organization confident she could make a difference in the world.

We returned to Brisbane in 1995, moved to a retirement village in Noosaville in 2011 and celebrate the adventures of the family.



Koala Sanctuary Brisbane, 1952.

Joan is one of our members at MCNC and a regular at our Tuesday Luncheons.

Submissions: Do you have a story or photo you would like to share? Please call us on 4055 6440 or email us at admin@mcnc.org.au.



20th December 1956 married in Darwin after a three-day engagement.

The Week at a Glance

Monday

Food Relief for individuals and families experiencing financial hardship.

Appointments are limited;

Bookings essential; phone on Thursday or Friday for Monday appointment.

Ph: 4055 6440

Armchair Yoga

Gentle exercise

10am to 11am

Ph: Beryl 4055 7603

\$8 per person

Cairns Early Years Centre

"Move Baby Move"

1pm - 2 pm

Ph: 4034 6800

A.A.

5.50 - 7.10 p.m.

Neil Ph 0429 569 512

Tuesday

Line Dancing

10.00am to 11.00am

Member \$3/Non-Member \$5

Ph: 4055 6440

Tuesday Luncheon

Guest speakers, activities & lunch from 10.30am

Ph: 4055 6440

Member \$10/Non-Member \$12

Chess Club

6.30pm - 8.30pm

Tuesdays of school terms.

e: CairnsChess@gmail.com

Wednesday

Bridge

Social bridge for the

Experienced Player

9.30am to 12 noon

Member \$3/Non-Member \$5

Playtime

Each Wednesday morning

9am to 11.30am. Families with children under school age. Bring a piece of fruit to share.

Shed Mosaics

12.30pm to 3.30pm

Member \$3/Non-Member \$5

Ph: 4055 6440



Food Relief for individuals and families experiencing financial hardship.

Appointments are limited;

Bookings essential; phone on Monday or Tuesday for a Wednesday appointment.

Ph: 4055 6440

Yoga with Suzanne

6.00pm - 7.00pm

Ph: 0421 076 244

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The Week at a Glance

Thursday

Community Garden

Morning from 9am
Phone the Centre -
4055 6440

Book Club

First Thursday of each month
10.30am to 12 noon

** \$3 per member
\$5 Non-Member

Ph: 4055 6440

Creative Care for Carers

10.30am - 12.30pm

Art Therapy

Jacki ph: 4044 0130

Cairns Community Changemakers

6.00pm - 8.00pm

2nd & 4th Thursday of each
month

Ph: 4055 6440

Toastmasters Club

1st & 3rd Thursday of each month
7pm - 9pm

Ph: 0401 585 767



Friday

Saturday/Sunday

Saturday

Fit for Seniors

10.30am - 11.30am

FREE gentle exercise

Tony Ph: 0421 672 284

High Fire Ministries

12noon - 2.30pm

Ne: 0428 884 286

Sunday

Trinity Baptist Church

4.30pm - 7.30pm

Steve: 0407 127 204



Free computer use during business hours
Monday to Thursday 9am - 4pm
and Friday 9am - 1pm

VENUE HIRE

We have wonderful air-conditioned facilities for hire - large function rooms, kitchen facilities, computer room, covered patio, children's playground - so why not hire the *Marlin Coast Neighbourhood Centre* for your next gathering, whether it be a one-off celebration eg Birthday, Christening, Anniversary Party or for an ongoing regular activity - club or church meetings, craft, sporting and leisure activities.

GROUPS	CLOSING DATES FOR 2023	OPENING DATES FOR 2024
ArmChair Yoga	4 December	29 January
Cairns Early Years Learning	27 November	22 January
Line Dancing	5 December	2 January
Tuesday Club	5 December	23 January
Bridge	6 December	3 January
Playtime	6 December	24 January
Mosaics	6 December	10 January
Community Garden	7 December	11 January
Book Club	2 November	4 January
Food Relief	18 December	5 January

MERRY CHRISTMAS EVERYONE



What happened to the man who stole an Advent Calendar?
He got 25 days!

Why did the Christmas turkey form a band? It had the drumsticks!

What music does Santa's elves like best? Wrap music!

Who is Santa's favourite singer?
Elf-is Presley!

What's green, covered in tinsel and goes ribbet ribbet? A mistle-toad!

Did you hear the forecast for Christmas Eve? They're calling for rain, dear!



What happens to elves when they behave naughty?
Santa gives them the sack.



What do you get if you cross a Christmas tree with an apple?
A pineapple!



Where do you buy a Christmas gift for your pig? Hamazon

What do snowmen eat for breakfast? Snowflakes.

What do snowmen call their offspring?
Chill-dren

Why was the candy cane so expensive? It was in mint condition.

What did Adam say the day before Christmas?
"It's Christmas, Eve!"

