

Neighbourhood News

March 2023



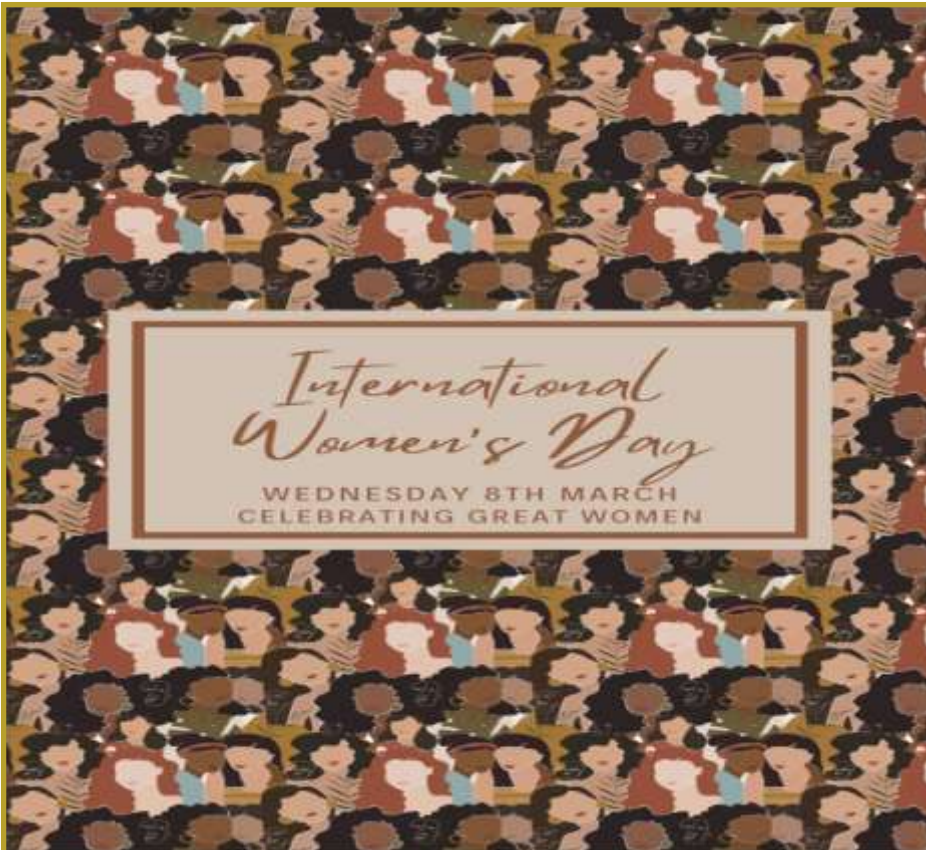
The Marlin Coast Neighbourhood Centre

205 Reed Road Trinity Park

P: 4055 6440

PO Box 260 Smithfield Q LD 4878

E: admin@mcnc.org.au



MONDAY

Armchair Yoga: Gentle exercise 10 -11am. \$5 pp
Emergency Relief & Financial Counselling with Salvation Army: Support for people experiencing financial crisis: appointments necessary. 9.30 - 4pm
Please call 4055 6440 on previous Thursday & Friday for an appointment.
Al-Anon: 5:50—7.10pm. Phone Neil: 0429 569 512

TUESDAY

Line Dancing: Fun for everybody! 10—11am
Members \$3 Non-Members \$5
Tuesday Club - Guest speakers, activities and lunch.
Members \$10 Non-Members \$12
Yoga with Suzanne 6pm-7pm Ph: 0421 076 244

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



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.'



Supporting the community since 1990

 **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

HARMONY WEEK

21st March

Harmony Day is celebrated annually on 21 March in Australia. Harmony Day began in 1999, coinciding with the United Nations International Day for the Elimination of Racial Discrimination.

Harmony Day is a holiday which is celebrated annually in Australia on March 21st. It is a day in which Australians celebrate the core values of inclusiveness, respect for other cultures, tolerance, and diversity. It is a day that began in 1999 and coincides with the UN's International Day for the *Elimination of Racial Discrimination*. It celebrates how all of our differences make Australia a great place to live!



HARMONY WEEK

CELEBRATES HOW ALL OF OUR DIFFERENCES MAKE AUSTRALIA A GREAT PLACE TO LIVE!



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.

Cultural Diversity

 AUSTRALIA IS HOME TO THE WORLD'S OLDEST CONTINUOUS CULTURES.



Australians identify with more than **270** ancestries.

26%
1 in 4 AUSTRALIANS WERE BORN OVERSEAS

46%
1 in 2 HAVE AN OVERSEAS-BORN PARENT.

noi ngôn ngữ của tôi
μιλούν μια γλώσσα
parlare una lingua
قوله بلغة
說一種語言
parlare la mia lingua
noi một ngôn ngữ
μιλούν τη γλώσσα μου
說我的語言
يَتَكَلَّمُ بِلُغَتِي

Nearly **20%** of Australians speak a language other than English at home.

2013
OVERSEAS MIGRATION REPRESENTED **60%** OF AUSTRALIA'S POPULATION GROWTH.



5.3%

UNITED KINGDOM



2.6%

NEW ZEALAND



1.8%

CHINA



1.6%

INDIA



0.9%

VIETNAM

Top migrants to Australia

It is estimated that migrants contribute over **\$10 billion** to the Australian economy in their first 10 years of settlement.



1 in 5 AUSTRALIANS HAVE EXPERIENCED RACE-HATE TALK



86% of Australians support action to tackle racism



A FINANCIAL COUNSELLOR CAN HELP ...

Anyone can find themselves in financial difficulty. You might lose your job, get sick, or your relationship might break down. You may simply not have enough money to make ends meet. **If this happens to you, a financial counsellor can help.**

Financial counsellors are non-judgmental, qualified professionals who provide information, support and advocacy to people in financial difficulty. Based in community organisations, financial counselling services are free, independent and confidential.

When you speak to a **financial counsellor** you'll feel informed, understood and know your options.

What a financial counsellor will do...

- Understand **which debts are priorities**. This will be very important if legal action has commenced.
- Understand **other factors affecting your situation** such as health, abuse, stability of employment, relationship status, housing situation.
- Develop a **money plan** (possibly looking for ways for increasing your disposable income).
- **Identify your options** and their advantages and disadvantages.
- **Advocate and negotiate** e.g. reduce/defer/waive payments with creditors, access grants or concessions, access to dispute resolution schemes.
- **Information** e.g. your rights under the National Credit Code to apply for a hardship variation, how the credit reporting system works or what is acceptable behaviour from debt collectors, the impact of bankruptcy.
- Identify if you need **referral** for legal advice or other services.
- Provide emotional **support**.



financial counselling australia

Financial counsellors have specific knowledge about the credit, bankruptcy and debt collection laws, concession frameworks and industry hardship practices. They are also trained in negotiation and counselling.

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

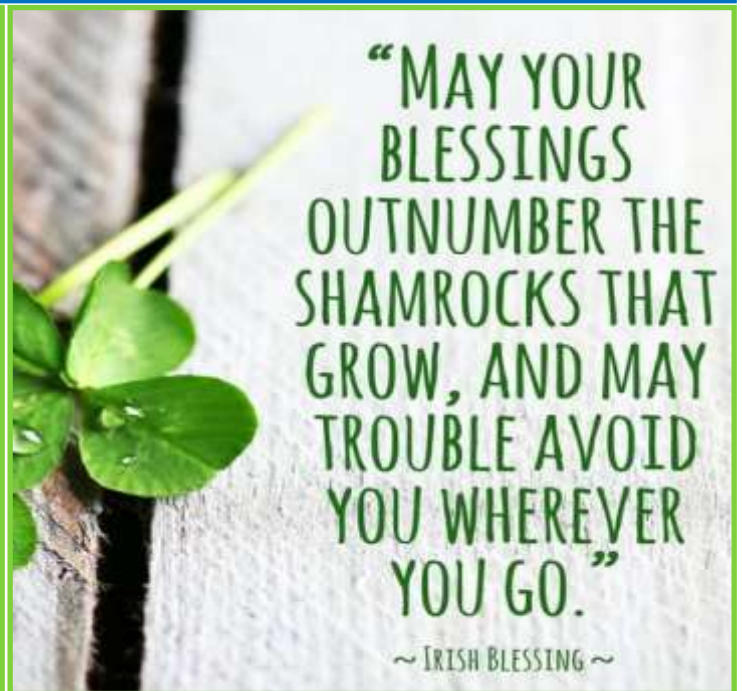
Lunch is served at **12.30pm**

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

- 7 March: International Women’s Day - guest speaker:
Rhonda Coghlan, Div. 8 Councillor—Cairns Regional Council
- 14 March: St Patrick’s Day Celebration - Wear green for the festivities!
- 21 March: Meditation with Diana Pettersen
- 28 March: Hearing Australia Luncheon with Jayne Martin

Tuesday Group Luncheon upcoming events:

7/03	14/03	21/03	28/03	
 <p>BBQ</p> <p>International Women’s Day Guest speaker: Rhonda Coghlan Div 8 Councillor CRC</p>	<p>St Patrick’s Day Celebrations</p> <p>Wear green for the festivities!</p> 	 <p>Meditation with Diana Pettersen</p>	<p>Birthdays Judy M—16/3</p>  <p>Hearing Australia Luncheon with Jayne Martin</p>	
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 Marilyn – 20/4 Maureen – 29/4</p> <p>Life Writing With Alison Lambert</p>	 <p>ANZAC DAY <i>Left No Forget</i></p>	



March 17 is St. Patrick's Day.

ST. PAT'S STATS

St. Patrick was **NOT** Irish

He was from Wales

11 of our favorite ways to celebrate St. Patrick's Day

1. Drink green beer
2. Go to a parade (instead of work)
3. Make green eggs & ham
4. Learn an Irish jig
5. Don a green top hat
6. Wear green knee socks
7. Paint toenails green
8. Eat corned beef & cabbage
9. Shave a shamrock in your beard
10. Add Irish cream to your coffee
11. Buy an Irish Setter

-Source: M&C Marketing staff

39% of Americans celebrate St. Pat's Day

- Wear green.....83 %
- Make special food34 %
- Attend a party 31 %
- Decorate home25 %

-Source: history.com

The color traditionally associated with St. Patrick was **BLUE** not green

-Source: Irish Central.com

40 LBS of green dye are used in the Chicago River every year

-Source: Irish Central.com

The first St. Patrick's Day parade took place in **New York** in **1762**

-Source: history.com



Irish immigrants subbed **CORNED BEEF** for traditional Irish **BACON** to save money

-Source: history.com

The **SHAMROCK** called the "seamroy" by the Celts, symbolized the **rebirth of spring** in ancient Ireland

-Source: history.com



In the last 100 years **650,000** babies have been named **PATRICK** in the U.S.

-Source: history.com



5.5 million pints of Guinness® are consumed every day around the world

11 million pints on St. Paddy's Day!

-Source: Irish Central.com



THERE ARE OVER **450** CHURCHES named for St. Patrick in the U.S.

-Source: history.com



WE'RE PROUD TO CELEBRATE THE DIVERSITY OF OUR COMMUNITY.
EVERYONE BELONGS

Happy St. Patrick's Day!



- TRADITION
SHAMROCK
PARTY
SAINT
LUCK
MARCH
PATRICK
DANCE
SNAKES
HOLIDAY
GREEN
FOLKLORE
EMERALD
CELEBRATE
RAINBOW
IRISH
IRELAND
FEAST
POT
LEPRECHAUN
PARADE
CLOVER
GOLD
MYTHOLOGY

N	L	S	H	A	M	R	O	C	K	A	U	T	I	L	U
S	U	H	M	F	K	I	R	E	L	A	N	D	W	F	P
T	C	Z	A	C	L	O	V	E	R	G	H	Q	N	A	X
N	K	M	R	H	G	W	H	V	X	G	K	S	R	C	S
I	F	Y	C	O	Z	A	K	S	A	N	E	T	I	I	K
A	U	T	H	L	A	V	I	N	M	R	Y	C	G	R	J
S	W	H	N	I	K	E	D	A	A	U	E	C	N	S	I
T	X	O	F	D	E	O	L	K	W	O	B	N	I	A	R
S	P	L	A	A	V	E	O	E	D	P	G	H	R	N	D
A	A	O	K	Y	U	M	G	S	G	R	E	E	N	L	U
E	T	G	B	C	I	N	U	A	H	C	E	R	P	E	L
F	R	Y	Z	Z	S	N	A	Q	C	J	Y	N	V	S	B
I	I	V	T	R	A	D	I	T	I	O	N	B	Y	F	V
B	C	F	T	E	M	E	R	A	L	D	T	C	E	W	A
Q	K	O	Z	O	E	T	A	R	B	E	L	E	C	H	A
N	P	A	R	A	D	E	E	R	O	L	K	L	O	F	E



Find us on **Facebook**

Follow us 😊

f



CHC33015 CERTIFICATE III IN INDIVIDUAL SUPPORT (Ageing & Disability)

Industry Recognised Training

This program is fully funded and includes:

- Goal setting
- Resume writing
- Job application skills
- AFP police check
- First Aid & CPR
- VET qualification
- Blue Card & NDIS Screening (Yellow Card)



16 Weeks of classes



Face-to-face training
2 days a week



120 hours of
placement



Fully subsidised under
the QLD Government
Skilling Queenslanders
for Work initiative

APPLY NOW!

Contact Allison on 4055 6440
or
edu.support@mcnc.org.au

APPLICATIONS OPEN
UNTIL
9th of March 2023!

• eligibility criteria will be discussed at first point of contact.

This training opportunity is subsidised by the Queensland Government with training, assessing and certificate awards delivered by MiHaven Training: RTO Code 40928 & organised, recruited and supported by the Marlin Coast Neighbourhood Centre situated in the northern beaches of Cairns.



SING&GROW



COME AND JOIN US!

THURSDAYS STARTING FEB 9TH

10:30AM - 11:30AM

FREE GROUP

NO REGISTRATION NEEDED

FRIENDSHIP & COMMUNITY

SHARING MUSIC

LAUGHTER & FUN

Please be aware
that this is not held
at MCNC.

For more details
PLEASE CALL JAYE
on Ph: 0467 494
176 or COLLEEN on
Ph: 4033 6100 .

MORE INFO CALL:
JAYE 0467 494 176
COLLEEN 4033 6100



MARLIN COAST
NEIGHBOURHOOD
CENTRE
2023 COMMUNITY

**FUN
DAY**

**SATURDAY
MAY
13
9AM - 1PM**



205 REED ROAD TRINITY PARK
VENUE IS WHEELCHAIR ACCESSIBLE.

- FREE KIDS ACTIVITIES
- SAUSAGE SIZZLE
- RAFFLES & PRIZES
- ROAMING WILD
- SNO CONES
- FACE PAINTING
- DEVONSHIRE TEA & SCONES
- COMMUNITY INDUSTRY SUPPORT SERVICES



**SAVE
THE
DATE**

**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... March

The community gardeners explain that this wet season is about resting your soil and replenishing it by replacing the nutrients of the soil. This can be done with lime, seaweed solution, chicken & horse manure etc. It is also a good time to do some weeding and mulching because of the recent wet weather.

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 😊



Venue Hire



Are you looking for space to hire?

The Marlin Coast Neighbourhood Centre offers a comfortable, affordable and user-friendly venue hire opportunities including:

- Office space
- Use of kitchen facilities
- Seating and meeting areas
- Large air-conditioned activity rooms
- BBQ and covered patio perfect for outdoor activities
- A shaded children's outdoor playground

The Centre is fully equipped with tables, chairs, and additional equipment such as data projector, DVD player and CD player are available on request.

Facilities also include a fully-equipped kitchen.

For more information on how we can help you
call the Centre on:

4055 6440



Reed Road Trinity Park | PO Box 260 Smithfield 4878
P: 4055 6440 | ABN: 27 073 698 710
E: admin@mcnc.org.au | W: www.mcnc.org.au

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@mcnc.org.au

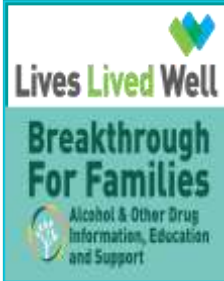


MARLIN COAST NEIGHBOURHOOD CENTRE

PLAYTIME SNAPS



EVERY WEDNESDAY 9AM-11.30AM



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



Thank You
Baked
 @TRINITY

for your regular generous donations to the
 Marlin Coast Neighbourhood Centre
 to help support local people in need from the
 Cairns community.



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**



Bridge


Social Bridge for the experienced player



WEDNESDAYS
 9.30AM - 12 NOON

MEMBERS \$3 / NON MEMBERS \$5

4055 6440



Young Animal Protection Society

Lot 2/McGregor Rd, Smithfield
Tel: 4057 6373
www.yaps.org.au

Meals on Wheels
Marlin Coast

TRIVIA NIGHT

APRIL
1st

TIME: 6:00 PM

DOORS OPEN 6:00pm with a 6:30pm start

\$10 per person, all proceeds go to Marlin Coast Meals on Wheels

HELD AT THE TRINITY BEACH SPORTS CLUB - 1 NAUTILUS STREET,
TRINITY BEACH

**FOR ALL ENQUIRIES AND BOOKINGS PLEASE CALL WENDY
ON 0409392586**



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



Thank You

—CAIRNS RSL—



A huge **THANK YOU** to the **CAIRNS RSL**

for the kind donation of funds which enabled the purchase of some amazing and wonderful new toys for the Marlin Coast Neighbourhood Centre Playgroup.



THANKS AGAIN for supporting local communities and families.

Cairns Libraries presents

AUTHORS IN THE LIBRARY

with

Megan Norris



Investigative journalist and award winning author Megan Norris talks about her latest book *The Messiah's Bride*. Learn about the process of true crime writing with take-home tips on research, interviewing, and pitching to mainstream publishers. As Queensland convenor for Sisters in Crime Australia, Megan will share her insights on investigative journalism versus authoring true crime books, as well as managing self-care.

Wednesday 15 March
Earlville Library
1.00pm

cairns.qld.gov.au/library

INTERNATIONAL WOMEN'S DAY

Stand up for women, It's International Women's Day on Wednesday the 8th March.
Liberty, Equality, Unity, and Integrity.



**THE MCNC SENIORS PROGRAM
WILL BE CELEBRATING
INTERNATIONAL WOMEN'S DAY
ON TUESDAY 7TH MARCH AT THE**



**MARLIN COAST NEIGHBOURHOOD CENTRE
WITH GUEST SPEAKER RHONDA COGLAN**



**(DIVISION 8 COUNCILLOR
CAIRNS REGIONAL COUNCIL).**





MARCH

Wheater Forecast

What is the Weather like in Cairns in March? March is typically the wettest month of the year in Cairns and the tropical north of Australia due to the presence of the monsoon trough over much of northern Australia. A lot of the rain does tend to fall in the evenings or overnight. This rain will make sure the rainforest is at its luscious us green best and make sure all the waterfalls are flowing well.

March Weather Records

March's Hottest Day - 37.7°C (18/03/1993)

March's Lowest Maximum - 23.7°C (08/0/1972)

March's Lowest Minimum - 17.7°C (31/03/2009)

March's Wettest Day - 402.8mm (08/01/1972)

March's Highest Rainfall - 1127.5mm (1945)

March's Lowest Rainfall - 27.8mm (1993)

Wheater Forecast



Hearing Australia is celebrating **WORLD HEARING MONTH**

WITH A FREE LUNCH AND ENTERTAINMENT EVENT
AT

MARLIN COAST NEIGHBOURHOOD CENTRE

"How's your hearing"? - Hearing Australia is hosting a **FREE** lunch including an entertainment /information session with guest speaker - Jayne, as well as offering a **FREE** hearing health check for seniors



Tuesday 28th March 2023

10:00am - 2:00pm

205 REED ROAD TRINITY PARK

BOOKINGS ESSENTIAL
as places are limited
RSVP Friday 24th March
Ph: 4055 6440



Hearing Australia has been caring for Australians for over 70 years and are the original hearing provider to all Pensioners and Veterans

WHAT IS ON IN FEBRUARY AT MARLIN COAST NEIGHBORHOOD CENTRE.
THE WEEK AT A GLANCE!

MONDAY

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



Armchair Yoga
Gentle exercise
10am - 11am
Ph: Beryl 4055 7603
\$5 per person



Caring Early Years Centre
"Move Baby Move"
1pm - 2 pm
Bookings essential
Ph: 4034 6800




A.A.
6pm - 7pm
Neil Ph 0429 569 512



TUESDAY


Line Dancing
10.00am - 11.30am
Member \$3
Non-Member \$5
Ph: 4055 6440



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



Yoga with Suganne
Tuesday evenings
6pm - 7pm
0421 076 244



WEDNESDAY

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



Playtime
Each Wednesday morning
9am - 11.30am.
Families with children under school age.
Free!
Bring a piece of fruit to share.



Shed Mosaics
12.30pm - 3.30pm
Member \$3
Non-Member \$5
Ph: 4055 6440

Yoga with Suganne
Wednesday evenings
6pm - 7pm Phone: 0421 076 244




Bridge
EXERCISE YOUR MIND
PLAY BRIDGE
Social Bridge for the Experienced Player
9.30am - 12 noon
Member \$3
Non-Member \$5



Canasta
1pm - 3.30pm
Member \$3
Non-Member \$5
Ph: 4055 6440

THURSDAY

Community Garden
Morning from 9am
Phone the Centre - 4055 6440



Tai Chi
Each Thursday morning
9am - 10am
Call Narelle
0439 747 966



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



Toastmasters Club
1st & 3rd Thursday of each month
7pm - 9pm
Ph: 0401 585 767



SUNDAY

TRINITY BAPTIST CHURCH
Religious Service
Every Sunday
4.30pm - 7.30pm
Phone: 0407 127 204





 **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