

# NEIGHBOURHOOD NEWS

## MAY 2025



The National Reconciliation Week 2025 theme '**Bridging Now to Next**' urges us to look ahead and continue the push forward towards a more united and respectful nation.

**Our vision** is to be widely recognised as an organisation dedicated to promoting, supporting and enhancing community, family and individual well-being.

**Our mission and objectives** are to provide a welcoming, safe and inclusive environment open to the community irrespective of race, religion, gender, politics or marital status, and to establish a community service for the relief of poverty, distress, sickness and helplessness.

### Acknowledgement of Country

In the spirit of reconciliation, Marlin Coast Neighbourhood Centre acknowledges the Yirrganydji people, the Traditional Custodians of Djabugay country that runs northwards from Trinity Inlet to Port Douglas. We pay our respects to their Elders past, present and future, and honour those whose culture and customs have nurtured and continue to nurture this land.



**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](mailto:admin@mcnc.org.au)**  
**[www.mcnc.org.au](http://www.mcnc.org.au)**

#### MONDAY

*Armchair Yoga:* Gentle exercise \$10 pp  
9.30 - 10.30am and 11—12noon  
*Cairns Early Years Centre:* Move Baby Move 1 - 2pm  
Free: bookings essential Ph: 4034 6800  
*Al-Anon:* 6pm - 7pm. Ph 0487 192 938

#### TUESDAY

*Line Dancing:* Fun for everybody! 9.30am - 10.30am  
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 - 11.30am. 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

#### THURSDAY

*Fitness for Seniors* 9.30—10.30am \$10 pp  
*Community Garden:* Enjoy working in the edible, organic garden. Volunteers welcome! From 9am.  
*Book Club:* 1st Thursday of the month.  
From 10.30am. Members \$3 Non-Members \$5  
*Canasta:* 1 – 4 pm Members \$3 Non-Members \$5  
*Toastmasters Club:* 1st and 3rd Thursday of month.  
7pm - 9pm. Ph: 0401 585 767  
*Man Kind Project* 2nd & 4th Thursday of month  
7.00—10.00pm Ph: 0421 901 202

#### FRIDAY

*Community Cuppa* it's all about connecting.  
10am—12 noon All are welcome. Free!

#### SATURDAY

#### SUNDAY

Trinity Baptist Church: Religious Service  
9.30—1.00pm and 4.30 - 8.00pm Ph: 0407 127 204



**SATURDAY 10 MAY 2025**  
**9AM TO 1PM**

**MARLIN COAST NEIGHBOURHOOD CENTRE**

# **Community Fun Day**

**205 Reed Rd, Trinity Park**

**4055 6440**

**LOTS OF FUN FOR THE  
WHOLE COMMUNITY**

**LOCAL COMMUNITY SERVICES**

**BBQ DEVONSHIRE TEA**

**SUPER SLIDE FACE PAINTING**

**BALLOON TWISTING PETTING ZOO**

**CHILDREN'S ACTIVITIES PLANT SALES**

**AND MUCH MORE!**





A yellow poster for Australia's Biggest Morning Tea. It features blue teacups with steam rising from them at the corners. The Cancer Council logo, a yellow flower, is in the center. The text is in blue and red.

**MARLIN COAST NEIGHBOURHOOD CENTRE**  
INVITES YOU TO:

**Cancer Council** | **Australia's Biggest Morning Tea**

**When:** Tuesday May 20, 2025  
**Where:** 205 Reed Road, Trinity Park  
**Time:** 11.00am  
**Cost:** \$15 p/p (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 13 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.

## Garden News...

April in the Community Garden is when we start our planting! The garden soil has improved so much with all the hard work put in by our members. We now have beautiful friable soil which is just waiting to be utilised.

Tomatoes have already been planted, as well as their companion plants – basil, marigolds, snow peas, sugar snap peas, climbing beans and sweet corn. The pineapple patch is also finished and planted. Planting will continue, and we are hopeful for a great harvest.

Did you know Sweet Basil makes a calming and refreshing cup of tea! Steep a few leaves in boiling water for 10 minutes. This tea can soothe an upset stomach.

Our native bees are happy, and our resident Green Tree Frog “Frankie” must be hiding as he has not been sighted this week.

Preparations are under way for the **Community Fun Day** which is on **Saturday 10 May 9am – 1pm**. There will be lots of fun for everyone; lots of great plants will be available for sale – just in time for Mothers’ Day!

Happy Gardening!





April has been a big month, and it was wonderful to attend such a special Anzac Dawn Service at Trinity Beach. Special mention to Magella who does a sensational job organising the annual event with the help of Rotary and the Cairns Regional Council.

The school choirs from multiple schools from the Northern Beaches all sang beautifully, and I was blown away by Smithfield High Students who spoke so eloquently, and of course everyone who took part in the march. Thank you to the community for your strong turnout—it was a really special morning to reflect.

I attended six school ANZAC Day ceremonies across the Barron River electorate in the lead in to Anzac Day, and five events on Anzac Day - I was honoured to be asked to lay a wreath at these events to mark a day when Australians and New Zealanders pause to remember the brave men and women who served, fought, and sacrificed for the freedoms we enjoy today.

Another highlight for me this month was showcasing our sporting facilities to Minister for Sport, Tim Mander who spent two days in the Barron River area, enjoying site visits to Smithfield Leisure Centre, home of some amazing local sporting clubs including the Northern Beaches Scouts, Marlin Coast Swimming, Mulgrave Basketball and Ivanhoes Rugby Club. We need some significant investment into this sporting precinct, and I am pushing hard for this.

It was also lovely to officially open the Freshwater Tennis Courts and Marlin Coast Bowls Club after both facilities received upgrades. Be sure to head to the Bowls Club to check out the new bar and enjoy the musical entertainment of David and Dave – I might see you there!

I also want to send my congratulations to Marlin Coast Rangers FQPL men's team who recently battled against Townsville's MA Olympic in the Northern Regional Final of the Kappa Queensland Cup. Marlin Coast took home the 3-0 win. This team is a force and I encourage everyone to head down to Pennell Field and cheer these legends on in the upcoming weeks.

Until next month,

Bree James

Member for Barron River

**Office of Ms Bree James MP, Member for Barron River**

**Tenancy 2.2, 2 Chelsea Lane, Redlynch QLD 4870**

**P: 07 4229 0100**

**E: [barron.river@parliament.qld.gov.au](mailto:barron.river@parliament.qld.gov.au)**



**Beautiful  
Young  
People  
Are Acts  
Of Nature,  
But Beautiful  
Old People  
Are Works  
Of Art.**

The Fresh Quince

## Tuesday Luncheon Group

Line Dancing starts at 9.30am, and finishes at 10.30am.

The Lunch Group commences at 10.00 am for  
a cuppa and chat.

Guest Speakers commence at 11.00am

Lunch is served at **12 noon**

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

### Tuesday Group Luncheon upcoming events:

**MAY 6:** Integrated Living Aged Care Service  
**MAY 13:** Seniors Exercise with Imogen  
**MAY 20:** Australia's Biggest Morning Tea  
**MAY 27:** Cultural Day—Greece

May 6	May 13	May 20	May 27	
 <b>BBQ</b>   <b>integratedliving</b> <small>Supporting individuals enriching communities</small>  Sheryl McCullough Case Manager	<b>Seniors Exercise with Imogen</b>  		<b>Birthdays</b>  10 - Jenny 28 - Ron    <b>Cultural Day Greece</b>	
June 3	June 10	June 17	June 24	
 <b>BBQ</b>  <b>Queensland Day Celebrations</b>  	 <b>James Keightley</b> <b>"Changes to My Aged Care"</b>	<b>Bree James MP</b> <b>State Member for Barron River</b>  	<b>Birthdays</b>  04 - May 15 - Gail    <b>Cultural Day Philippines</b>	



# 13 WAYS TO BE A SMARTER Grocery Shopper

Here are some ideas to help you make better choices. By ACG



Wash and cut up fruit and vegetables to save time and money



Shop when you aren't hungry



Check and organise the fridge before you shop to avoid waste



Price compare for non-grocery items at discount stores



Visit at the time of day when your energy is best



Don't overlook no-name or store brands as a way to save



Bring your own grocery bags



Make a list and plan meals so you'll have leftovers

Buy less canned and packaged convenience foods



Use loyalty cards and coupons



Go to familiar stores to find what you need quickly



Opt for bulk treats and pack your own in smaller bags



Watch for sales and expiring items



# MOSAICS



Back row: Lorraine, Sharon, Jan, Bronwyn, Tracy  
Front row: Judy and Colleen, (Jenny not pictured)

**If you have not already stopped to admire the coffee table in reception, please do!**

This incredible piece of artwork was lovingly created over several months by the *Mosaic Group* (pictured above) of the Marlin Coast Neighbourhood Centre .



# ArmChair Yoga



HELLO and WELCOME! My name is Rike Kullack, and I am delighted to provide two Monday ArmChair Yoga Classes at Marlin Coast Neighbourhood Centre.

**Due to popular demand, I am offering an additional ArmChair Yoga Class**

**What to expect and a little about myself:**

## BREATH, MOVEMENT, RELAXATION

My aim is to provide a safe supportive and inclusive environment for people of all abilities to participate without judgement or competition.

My ArmChair Yoga class combines principles of Yoga, Qigong and Left/ Right Brain Strengthening sequences to support and allow you to live your best life.

Each week I will guide you through your Practice to maintain adequate mobility, strength, balance and wellbeing, at your own pace.....and have fun!

**Yoga** Breathing Techniques, Asanas/Poses (modified), Meditation

**Qigong:** Tapping, (medical qigong) including slow and strengthening Flow Sequences

**Brain Enhancement:** Left/Right Brain exercises, sequences to boost Memory.

**You are invited to join our wonderful Armchair Yoga classes**

- **Monday 9:30 to 10:30am @ Marlin Coast Neighbourhood Centre**
- **Monday 11 to 12noon @Marlin Coast Neighbourhood Centre**

**Namaste.** Rike

(m) 0401164 202

(e) rikechairyoga@gmail.com

**Tuesdays & Thursdays**  
at the Marlin Coast  
Neighbourhood Centre  
from 9am

**FREE BREAD!**

205 REED ROAD  
TRINITY PARK

## Social Media

Give us a thumbs-up  
to stay connected.



visit us at -  
**www.mcnc.org.au**

Marlin Coast Neighbourhood Centre

**COMMUNITY CUPPA**  
it's all about connecting  
bring your craft...or just a smile for a morning of connecting  
over a cuppa and some cake

**FRIDAYS**  
10am to 12pm

Marlin Coast Neighbourhood Centre  
205 Reed Road, Trinity Park  
p: 4055 6440 w: mcnc.org.au

**EVERYONE IS WELCOME!**  
a cup of tea is an excuse to share great thoughts with great minds



## **Iris would stop breathing 66 times per hour, now she knows why**

Iris Herraman, 86, was shocked to find out her dry mouth was a result of chronic sleep apnoea and she'd stop breathing dozens of times while in the land of nod. She shares her story while pharmacists call upon women to not put up with a rubbish night's sleep and seek help.

"I was just so shocked that, you know, my sleep was so bad," she said.

The Sleep Health Foundation said up to 54 per cent of older people have sleep apnoea, up to 11 per cent have arms and legs that move involuntarily when in bed, and up to 60 per cent had insomnia for more than three months.

Mrs Herraman of Adelaide, had noticed she had a dry mouth when she woke up each morning for at least a year, but put it down to getting older.

"I could hardly swallow, my mouth was so dry," she said.

Mrs Herraman brought her symptoms up casually with her doctor, who then suggested she get checked for sleep apnoea.

After having the 24-hour test and having "slept with all the equipment on", the results came back that her sleep apnoea was "absolutely chronic".

Mrs Herraman now wears a sleep apnoea mask every night, which found that she was stopping breathing 66 times per hour when she started using it, but had dropped to 2.5 times per hour when *The Senior* spoke to her in early April.

"My quality of sleep is amazing, considering what it was. I may wake up once during the night, but go straight back to sleep," she said.

Mrs Herraman is fit and active, and goes to bed at 10.30pm, staying up reading for half an hour before turning over to sleep.

"If you're waking up numerous times during the night or tossing and turning, [people] probably think that it's part of getting old, but it doesn't have to be... because there's so much help out there," she said.

National Pharmacies health services administrator Ashleigh Mingorance said while sleep apnoea is often associated with older, overweight men, women might not realise they are at risk too.

"Women, in particular, are at risk of undiagnosed sleep disorders, such as sleep apnoea, because many attribute their fatigue to factors like menopause or the demands of being a working mum, not realising that these symptoms may point to a more serious underlying issue," she said.

Ms Mingorance said daylight savings can also affect people's body clocks, negatively impacting their sleep quality and quantity.

Foundation chief executive officer Dr Moira Junge had previously told *The Senior* people's sleeping patterns naturally make them sleepier and wake up earlier as they age, and encouraged people to get sunlight during the day and be mindful of downlighting, let alone electronic devices, at night.

She said to make sure people ate "colour meals" and exercise where possible - even two minutes was a benefit.

Dr Garun Hamilton, President of the Australasian Sleep Association, said sleeping within a temperature of 15-20 degrees Celsius is ideal.

## Nanette Hickenbotham - Volunteer

Nanette is one of our longest serving volunteers at the Marlin Coast Neighbourhood Centre. You have most likely seen Nan at the Centre when she does one of her many regular visits for attendance at Management Committee meetings, liaison with staff, and administrative commitments. She has been a committed President, Vice-President, Secretary, and Committee member for many years – actually, for more than a decade. Her commitment and enthusiasm for the activities of the Marlin Coast Neighbourhood Centre knows no bounds. We are so lucky to have her!

In the words of Nan — *“There is a great deal of satisfaction in volunteering in all sorts of ways. I started teaching swimming to children when I was still at school in about 1958, and then also did a campaign to teach adults to swim.*

*Later I had twenty years of helping people, again in the swimming pool, who needed to regain mobility because of injury or disability.*

*I am currently President of the Marlin Coast Neighbourhood Centre and also help out at the Salvation Army store several days a week.*

*It is a lovely feeling to know you are helping others.”*




**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](http://www.liveslivedwell.org.au) 1300 727 957

**AUSTRALIAN CARERS GUIDE**

SUPPORT, GUIDANCE & ADVICE FOR TODAY'S PRIMARY CARERS



Everything you need to know about caring for your elderly loved one

Click to claim your **FREE** digital subscription!



Helping Queensland seniors and people with disability speak up for their rights and needs.

**1800 818 338**



Council on the Ageing  
**Queensland**



## Do you need support to understand Aged Care?

Kate from Council on the Ageing will be visiting:

**Marlin Coast Neighbourhood Centre**

**Tuesday 13 May**

**Drop in anytime between 9.00 am to 12.00 pm**  
**No booking required**

**For more info: 1800 716 696**

**This program is no cost to seniors and is independent of any service provider**

Available for older people in the Cairns Local Government Area. This care finder service is supported by funding from the Northern Queensland Primary Health Network (NQPHN) through the Australian Government's PHN Program



## Greetings from Cairns Libraries

We have a bumper month of May planned in our libraries with some new and interesting events.

Did you know that **World Laughter Day** is celebrated on the first Sunday in May? Laughter is a simple and affordable anecdote to combat life's stresses, and your library is a rich resource of laughter-inducing material. Try *I'd Rather Not*, a dry and witty memoir by one of Australia's funniest writers Robert Skinner. Or enjoy a humorous view of parenting with Clint Edward's *Father-ish – laugh out loud tales from a dad trying not to ruin his kids*. If you fancy political satire, look at *The Speech Writer* by Martin McKenzie-Murray. Australian humour writing is a recognised genre, included as a category in two national literary awards. Ask your friendly library staff for humour and comedy recommendations!

Do you, or someone you know, have trouble getting to the library? Our Home Library service may be able to assist. Give us a call or drop in to the library if you would like to know more.

Looking for something new to try in May? Get a taste of classical music at City Library on Friday 16<sup>th</sup> May with our local string quartet, **Strings of the North**. These talented local musicians will treat you to an international chamber music experience with works by Dvorak, Elgar, and the Australian composer Alice Chance. Starting at 11am, no bookings required.

For something creative, come and try the craft of bookbinding. Learn basic stitching techniques to make your own handmade notebook. This introductory class will run once each at Manunda, Stratford, and City Libraries. Check out our website for days and times.

For something arty, have you ever wanted to see and touch works of art from the **National Gallery of Australia**? Two National Gallery Art Cases will tour our libraries in May. Each case holds a curated collection of sculptures that you can touch, hold, and learn about right there in the library. The "Red" case is themed on the Body, featuring artworks that invite you to reflect on human form and expression. The "Orange" case is themed on Form and Function, showcasing pieces that blend art and purpose. The cases will be visiting Gordonvale, Earlville and Smithfield Libraries... see our website for times and days.

May is also bringing author talks to our libraries! Meet ward winning columnist, author, broadcaster and social commentator **Jane Caro** on Friday 9<sup>th</sup> May at City Library. Jane will introduce her latest mystery thriller, *Lyrebird*. Join us at 4pm in the City Library meeting room... no bookings required.

Finally, we are once again partnering with the **Cairns Tropical Writer's Festival** to bring you a four livestream session of the Sydney Writer's Festival Live & Local program. Sessions run on 22<sup>nd</sup> and 23<sup>rd</sup> May from our Stratford Library Meeting Room... check out our website for more details!

That's a wrap for May... plenty to do at your local library!



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

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





# THE WEEK AT A GLANCE

MONDAY	TUESDAY	WEDNESDAY
<p><b>Armchair Yoga</b> Gentle exercise 9.30am—10.30am 11.00—12 noon Ph: Rike 0401 164 202 \$10 per person</p> <p><b>Cairns Early Years Learning Centre</b> “Move Baby Move” 1pm — 2.00pm (during school terms) Ph: 4034 6800</p>	<p><b>Line Dancing</b> 9.30am — 10.30am Member \$3 Non-Member \$5 Ph: 4055 6440</p> <p><b>Tuesday Lunch</b> Guest Speakers, Activities and Lunch from 10.30am. Member \$10 Non-Member \$12 Ph: 4055 6440</p>	<p><b>Bridge</b> Social Bridge for the experienced player. 9.30am—12 noon Member \$3 Non-Member \$5 Ph: 4055 6440</p> <p><b>Playtime</b> Each Wednesday morning 9.00am — 11.30am for families with children under school age. Free. Phone 4055 6440</p> <p><b>Shed Mosaics</b> 12.30pm — 3.30pm Member \$3 Non-Member \$5 Ph: 4055 6440</p>
<p><b>Alcoholics Anonymous</b> 5.50pm — 7.10pm Ph: 0487 192 938</p>		

**VENUE HIRE** The Marlin Coast Neighbourhood Centre (MCNC) has wonderful air-conditioned facilities for hire – large function rooms, kitchen facilities, 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, Family Party, or for an ongoing regular activity—club or church meetings, craft, sporting and/or leisure groups.

# THE WEEK AT A GLANCE

THURSDAY	FRI DAY	SATURDAY/SUNDAY
<p><b>Community Garden</b> Morning from 9am Ph: 4055 6440 Free Morning Tea</p> <p><b>Fitness for Seniors</b> 9.30—10.30am      \$10 pp</p> <p><b>Book Club</b> First Thursday of the month 10.30am to 12 noon Member \$3 Non-Member \$5 Phone 4055 6440</p> <p><b>Canasta</b> Card playing group activity. 1pm—4pm Ph: Barb 0408 609 618</p> <hr/> <p><b>Man Kind Project Australia</b> Support group for all kinds of men. 7 – 10 pm 2nd &amp; 4th Thursday of month. Ph: 0421 901 202</p> <p><b>Toastmasters Club</b> 1st and 3rd Thursday of each month 7 —9 pm Ph: 0401 585 767</p>	<p><b>Community Cuppa</b> 10am—12 noon It's all about connecting! Bring your craft...or just a smile for a morning of connecting over a cuppa and some cake. Everyone is welcome. Free!</p>	<p><b>SATURDAY</b></p> <p>Venue Hire Available</p>
		<p><b>SUNDAY</b></p> <p><b>Trinity Baptist Church</b> 9.30am—1.00pm 4.30pm—8.00pm Ph: Steve 0407 127 204</p>

Marlin Coast Neighbourhood Centre Inc.

Office Hours: Monday - Thursday 9am - 4pm      Fridays 9am - 1pm

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 Treaty, Aboriginal and Torres Strait Islander Partnerships, Communities and the Arts*.