

NEIGHBOURHOOD NEWS

AUGUST 2025



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

www.mcnc.org.au

MONDAY

Armchair Yoga: Gentle exercise \$10 pp

9.30 - 10.30am and 11 - 12 noon

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.

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 11am - 12.30pm. 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 - 10pm Ph: 0421 901 202

FRIDAY

Community Cuppa It's all about connecting.

10am—12 noon All are welcome. Free!

SATURDAY

High Fire Ministry Church meeting 4.30—6.30pm

Ph: 0428 884 286

SUNDAY

Trinity Baptist Church: Religious Service

9.30—1pm and 4.30 - 8pm Ph: 0407 127 204

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.



Supporting the community since 1990

Old is Beautiful

Building respect and celebrating ageing.

You are invited to participate in Old is Beautiful Cairns!

ADA Australia calling for people aged 65+ to participate in a morning workshop and photo session. Together we will explore agism and have photos taken by a professional photographer that celebrate our age.

Old is Beautiful is a national project coming to Cairns. The project aims to combat ageism and build respect for older people through powerful black and white photographs and messages about what makes older people beautiful.

Photographs will be taken by a professional photographer, and participants will be given a copy, with some images being exhibited publicly.

Date: Thursday 7th August

Location: Botanic Gardens Visitor Centre

If you are keen to take part or know more, please contact Matilda Marsh on 07 3637 6037 or email your details to mmarsh@adaaustralia.com.au

More information on the project:
www.celebrateageing.com/beautiful

The #OldIsBeautiful project is an initiative of Celebrate Ageing Ltd, a charity combatting ageism and building respect for older people. And brought to Queensland by ADA Australia.



**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:

August 5: Matthew Doyle, Senior Home Maintenance Officer, St Johns
August 12: Bingo with Gail
August 19: Over 50s CPR Training
August 26: Cultural Day—Iceland

August 5	August 12	August 19	August 26	August 26 cont.
 BBQ Matthew Doyle Senior Home Maintenance Officer St. Johns 	 Bingo with Gail	OVER 50'S CPR TRAINING with Wayne First Aid in Cairns 	Birthdays  Pat—3/8 Janice – 6/8 Elsa – 7/8 Judy H – 14/8 Ishbel 15/8 Vee – 16/8 Dee – 18/8 Laurie – 19/8 Di – 25/8 Liz - 26/8 Robyn – 27/8	 Cultural Day Iceland
September 2	September 9	September 16	September 23	September 30
 BBQ Neil James Disaster Management Unit Disaster preparedness for seniors 	 Women's Health Week	Where am I? 	 Cultural Day The Netherlands	Birthdays  Dorothy - 22/9 Rhonda - 26/9 Games & Gossip 

TAX HELP IS BACK

Need assistance completing your tax return? The Australian Taxation Office (ATO) can help.

The ATO's community-based Tax Help program is a free and confidential service open to people earning \$70,000 or less each year.

From mid-July to the end of October, ATO-trained volunteers can help you lodge your return, claim a refund of franking credits, submit a non-lodgement advice or lodge an amendment. They can also help you create a myGov account and link to the ATO.

Tax Help volunteers are available in person at Tax Help centres across Australia, online and by phone, so you can get help no matter where you are located.

For more information about the Tax Help program, visit ato.gov.au/taxhelp or call 13 28 61.

Tax Help at Marlin Coast Neighbourhood Centre:

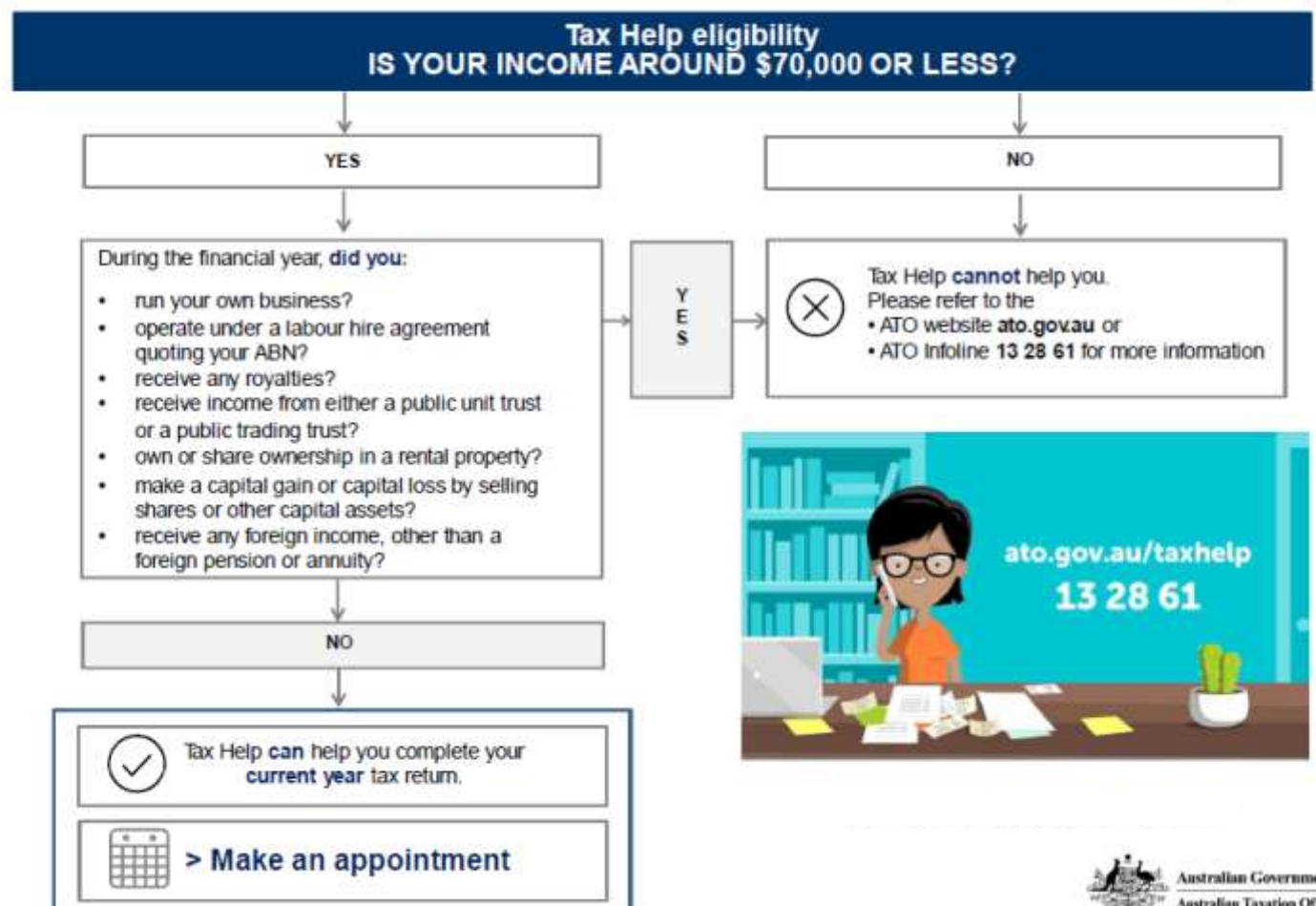
August to October

Book your Appointment: 4055 6440

205 Reed Road, Trinity Park

Use the below flow chart to determine Tax Help eligibility

ato.gov.au/taxhelp



Top strategies for mental resilience

An article from Mental Health First Aid

One powerful strategy for enhancing mental resilience is embracing a growth mindset, which involves seeing challenges as opportunities to learn and grow.

In a world filled with uncertainties and challenges, fostering a resilient mindset can be a game-changer, empowering individuals to navigate difficulties with grace and emerge stronger on the other side.



What is mental resilience?

Mental resilience is the ability to bounce back from adversity, stressful events and misfortune by adapting positively to life's challenges. There is evidence to suggest that resilience can positively impact mental health outcomes.

A study conducted with Australian adolescents during the COVID-19 pandemic reported that teens with higher self-reported resilience showed higher adaptability in the face of adversity, and lower psychological distress levels than their counterparts. Attributes like optimism, self-esteem, and self-efficacy have positive influence in early developmental years and can foster a resilient climate for future growth.

Mental resilience involves cultivating a mindset that views setbacks as opportunities for growth rather than impossible obstacles. In the face of uncertainty or challenges, a resilient mindset becomes a valuable asset, enabling individuals to find inner strength while maintaining emotional well-being.

How can I become more mentally resilient?

Cultivating a growth mindset

One powerful strategy for enhancing mental resilience is embracing a growth mindset. A growth mindset involves seeing challenges as opportunities to learn and grow. Rather than viewing our abilities as fixed, individuals with a growth mindset believe in the potential for improvement through dedication and hard work.

Some strategies include:

- Considering challenges as stepping stones to personal and professional development
- Embracing the idea that setbacks are not failures, but rather opportunities to learn valuable lessons that can contribute to future success.

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FNQ DEMENTIA ALLIANCE MORNING TEA & SOCIAL ACTIVITIES

Supporting people living with dementia, their carers and families by providing social engagement opportunities in a dementia-friendly space.

Try lawn bowling on the real green with certified volunteer coaches, discover your creativity with art teacher, join in brain games, or just enjoy chatting over delicious morning tea!

**Morning tea kindly funded by Michael Healy, MP.*



**2ND TUESDAY
OF THE MONTH**

**JULY 8
AUGUST 12
SEPTEMBER 9**

10AM - 12PM
(BOWLS FROM 9:30AM)

COMMUNITY MEMBERS
AND VOLUNTEERS
WELCOME

GOLD COIN DONATION

PLEASE RSVP
BY PHONE OR EMAIL

FNQ DEMENTIA ALLIANCE

Edge Hill Cairns Bowls Club
181 Woodward Street, Edge Hill

Phone: 0456 369 975

Email: dementiafriends@edgehillbowls.com.au

[facebook.com/
FNQDementiaAlliance](https://facebook.com/FNQDementiaAlliance)

[facebook.com/groups/
fnqdementiaalliance](https://facebook.com/groups/fnqdementiaalliance)

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Practicing mindfulness

Mindfulness is another key component of building mental resilience. This practice involves being fully present in the moment, without judgement. In a fast-paced world, where stress and anxiety are prevalent, mindfulness can serve as an anchor, helping individuals stay grounded amid chaos.

Incorporating mindfulness into your routine can lead to increased emotional resilience and a more positive outlook. It can be as simple as taking a few minutes each day to engage in mindfulness exercises, such as yoga, guided meditation, or deep breathing. These practices not only promote mental clarity but also create a buffer against the stressors of daily life.

Developing self-compassion

In the pursuit of resilience, it's crucial to extend the same kindness to ourselves that we readily offer to others. Self-compassion involves treating yourself with understanding and empathy, especially during challenging times.

Non-judgemental listening is at the heart of all mental health first-aid conversations and is an important tool to help you develop your own self-compassion. Studies suggest that higher levels of self-compassion are linked to increased feelings of happiness, optimism, curiosity and connectedness, as well as decreased anxiety, depression, rumination and fear of failure.

Try extending compassion to yourself by:

- Avoiding harsh self-criticism and adopting a more compassionate inner dialogue
- Acknowledging your feelings without judgement in challenging moments

Treating yourself with the same warmth and support you would offer a friend or colleague going through a tough time. This practice not only enhances emotional well-being but also strengthens your ability to bounce back from setbacks.

Setting realistic goals

Resilience often thrives when coupled with purpose and direction. We can often put tremendous pressure on ourselves to make drastic changes within rigid timeframes, such as having New Year's resolutions.

Setting realistic goals may mean:

- Starting with setting realistic and achievable goals, then breaking these down into manageable steps. Whether personal or professional, these goals should challenge you without overwhelming your capacity for growth.
- Celebrating the small victories along the way, reinforcing your sense of accomplishment and resilience.

Embracing change

Change is inevitable, and a resilient mindset involves embracing it rather than resisting.

Challenge yourself to view change as an opportunity for growth and adaptation. Whether it's a career shift, a personal transformation or a change in your circumstances, approach change with an open mind and a willingness to learn or grow.

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When to seek professional advice Getting more resilient takes time and practice. If you don't feel you're making progress or you don't know where to start, talk with a mental health professional. With guidance, you can improve your resilience and mental well-being.

Resilience strengthens our aptitude to take on life's challenges. By strengthening our resilience, we can empower ourselves to face the uncertainties of the future with curiosity and confidence, turning each obstacle into a stepping stone towards a more resilient and fulfilling life.

As we embark on a new year, consider making a commitment to cultivate a resilient mindset. By adopting these strategies, such as embracing challenges as opportunities for growth, practicing mindfulness, extending self-compassion, building a strong support system, setting realistic goals, and welcome change with open arms, we can foster a stronger sense of resilience for the year ahead.

**Make Every
Conversation
Matter**



**MENTAL HEALTH
FIRST AID**
For Anyone. For Everyone.

#MHFADay

National Aboriginal and Torres Strait Islander
CHILDREN'S DAY

**4 AUG
UST**





BREE JAMES MP
MEMBER FOR BARRON RIVER



It's been a huge month across the Barron River electorate with the Cairns Show and other local events, Ministerial visits, and some fantastic announcements that are set to make a real difference in our community.

I'm excited to share that \$157,000 in Community Grants have been awarded to local organisations who are doing outstanding work across our region.

Congratulations to the Cairns & District Pickleball Club, Cairns Baseball League Inc, Cairns Hindu Samaj Inc, Cairns Pirates Touch Football Association, Drum Infinity, Cairns Wake Park, FNQ Health and Endurance Sports Inc, and Hekili Outrigger Canoe Club.

In health news, families across Far North Queensland will soon benefit from a major expansion of pediatric cardiology services, a cause for which I've been passionately advocating. Access to specialist care close to home is life-changing for families, and this is a huge win for our region.

I also had the opportunity to meet with the Premier, FNQ Legacy, and veterans and their families to discuss the proposed FNQ Legacy House. Thank you to everyone who supported the petition. I'll continue to back this important project every step of the way.

On a personal note, as a lifelong muso, I've been raising concerns about the impact of current liquor licensing laws on our live music scene. Unrealistic decibel limits and costly red tape are making it harder for venues to host gigs and for musicians to perform. That's why I've launched a petition to reform the Liquor Act 1992, calling for common-sense changes that support local live music while still protecting community amenities. Thank you to everyone who came along to last month's community meeting, and a special shoutout to Krisztina Jahshan and the Yorkeys Knob Boating Club for hosting us. Head to my website – bree4barronriver.com.au - to sign.

Until next month,

Member for Barron River

Tenancy 2.2, 2 Chelsea Lane,
Redlynch QLD 4870

P: 07 4229 0100

E: barron.river@parliament.qld.gov.au



Council on the Ageing **Queensland**



Do you need support to understand Aged Care?

Council on the Ageing will be visiting:

Marlin Coast Neighbourhood Centre

Tuesday 12 August

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

Now that school holidays are finished, our regular children's programming recommences at all our southern branches. Check out our Cairns Libraries website, Facebook page, or grab a What's On Booklet to see our weekly offerings throughout our eight library branches.

Have you heard about the Positive Ageing Expo to be held at the Cairns Performing Arts Centre on Thursday 14th August? There will be live entertainment, a sit-down lunch, a community services expo all aimed at seniors. And the best thing is, it's absolutely free! Reserve your free ticket by calling Ticketlink on 1 300 855 835, or online at www.cairns.qld.gov.au/ticketlink. Cairns Libraries will have an information booth at the community service expo, so make sure you come and say hello!

Did you know your local library is a designated collection point for old mobile phones and household batteries? These items should never be put in your household rubbish due to risk of fire. So rather than put them in your 'junk drawer', drop into your local library where they can be safely and securely recycled. Any data left on your phone is safe because it will be completely destroyed in the recycling process.

August is Multicultural Queensland Month where we recognise and celebrate the rich cultural diversity of Queenslanders. We are collaborating with Centacare Multicultural Services to provide three Human Library events, where real people become human 'books,' sharing their personal powerful stories. With one event each at Smithfield, Manunda, and Earlville Library, there is sure to be a session near you. Check out our website or drop into your local branch for more details, and while you're there find out about the other great multicultural events happening in our libraries.

For anyone interested in gardening, our Tropical Gardening Circle will be running at Earlville Library on the second Monday of each month from August to December. Meet with other gardening enthusiasts, share ideas, and talk all things gardening. Beginner to experienced gardeners are welcome.

Happy reading, listening and viewing for the month ...

We look forward to seeing you soon at your local library!



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

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





Energy4Seniors

Reduce your cost of living: information and advice about energy-related expenses



Learn about available financial assistance, including concessions, rebates, and hardship programs, along with services of the Energy and Water Ombudsman.



Discover valuable tips and ideas to boost your home's energy efficiency and help manage your energy bills.

Smithfield Library
Thursday 7 August
11am



Garden News...

The garden is looking lovely and we are all enjoying checking to see what has grown and what is ready to pick, as well as what didn't quite make it. We have among our various tomato varieties, a *mystery heirloom* which has proven to be a wonderful producer—it has yellow golf ball size tomatoes and the vine is heavy with fruit. We also have the sweetest little tomato called *Jelly Bean* and this delicious fruit is just like little yellow jelly beans. Another bed is being renovated to bring it back to full production. All in all we are very pleased with the results of our hard work.

Frankie, our frog was not in residence this week but the bees have been very busy once the sun came out. *Willy Wagtail* waits for the compost lid to be removed to catch a morsel or two!

We have the blue pea flower called *Asian Pidgeon Wing*; they have the most beautiful blue edible flowers, which also make a vibrant blue tea. The tea is great for the skin and hair as well as an anti-oxidant, and anti-inflammatory.



Happy gardening everyone!

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



Marlin Coast Neighbourhood Centre has collaborated with Smithfield Childcare Centre.

Angela Dillon, Assistant Director and Educational leader has reached out to introduce a food donation bin to their Childcare Centre. Parents can donate non-perishable goods to our ER pantry through the Centre.

It is a great opportunity for the local community to understand a little of what we do and support their local Community in times of hardship. In the month of June, the Centre donated two bags of non-perishable items. Please support The Smithfield Child Care Centre located in Cheviot Street in Smithfield who is so generously supporting our local Community here on the Northern Beaches of Cairns through the Marlin Coast Neighbourhood Centres Emergency Relief program.



Search is on to reunite war medal with decorated soldier's family!

Dog walker unearths mysterious WWI find

An article by Tim Little of the Cairns Post

A mysterious World War I medal found in the bush has sparked a hunt to find its owner and uncover the lost history of an Anzac.

The silver medallion awarded to a Cooktown-born veteran was uncovered in an embankment last month but efforts to find a next of kin have proved unsuccessful.

Diana Pettersen was walking her dog on May 25 when an unusual glimmer caught her eye.

"It was half buried. I don't know how long it had been there because I didn't have to dig," she said.

"I could tell it looked a bit like a 20 cent piece, but it was different and it was half covered. So that's when I went down there and fished it out from underneath some leaves and dirt and stuff and went, "wow, what is this?"

Ms Pettersen had stumbled upon an incredible find.

After some sleuthing, and a chance meeting with a local historian, she found the prize belonged to John Francis Lambert, a horse trainer born in Far North Queensland who lived in regional Victoria.

"People were asking me if it was a real or fake and said if it was real there would be information around the rim," she said.

"So I put the glasses on and looked around the rim and went, holy cow. There's all these specific details. Somebody went to war, I don't know the details of it, where it's come from, but I'm really curious now."

Details surrounding John's life are murky but records from the National Archives of Australia gave a veiled insight.

Enlisted in March 1917, John joined the 11th Light Horse Regiment and embarked from Sydney aboard HMAT Port Sydney A15 on May 9 and arrived in Suez on June 20.

After operations across Egypt, John contracted malaria in 1918 and was medically discharged in October 1919.

It is understood that Mr Lamberton may have changed his name to *Lindermen* following the war and worked in Winton.

Upon his completion, the soldier was awarded the 1914-1915 star Victory medal and the British war medal. John's full service history is largely unknown, but his regiment played a pivotal part in defending the Suez Canal, suppressing an Egyptian revolt and warding off Turkish advances in Palestine. Despite suffering fewer casualties than those on the Western Front, strict quarantine requirements and high transport costs meant that cavalry suffered greatly, with only one horse named Sandy returning home across all light horse regiments.

Ms Pettersen has enjoyed the mystery but wants to reunite the lost award with his family.

"It's significant and it's important to somebody" she said. I would want to cherish it and keep it in a very special spot. Because that's something that can be handed down the generations. I definitely want it to go to the family and I'd love to part of the process.

Anyone with information should contact:
timothy.little@news.com.au



THE WEEK AT A GLANCE

MONDAY	TUESDAY	WEDNESDAY
<p>Armchair Yoga Gentle exercise</p> <ul style="list-style-type: none"> 9.30am—10.30am 11am—12 noon <p>Ph: Rike 0401 164 202 \$10 per person</p> <p>Cairns Early Years Learning Centre “Move Baby Move” 1pm — 2pm (during school terms) Ph: 4034 6800</p>	<p>Line Dancing 9.30am — 10.30am Member \$3 Non-Member \$5 Ph: 4055 6440</p> <p>Tuesday Lunch Guest Speakers, Activities and Lunch from 10.30am. Member \$10 Non-Member \$12 Ph: 4055 6440</p>	<p>Playtime Each Wednesday morning 9am — 11.30am for families with children under school age. Free. Phone 4055 6440</p> <p>Shed Mosaics 12.30pm — 3.30pm Member \$3 Non-Member \$5 Ph: 4055 6440</p>
<p>Alcoholics Anonymous 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>Community Garden Morning from 9am Ph: 4055 6440 Free Morning Tea</p> <p>Fitness for Seniors 9.30—10.30am \$10 pp</p> <p>Book Club First Thursday of the month 11am to 12.30pm Member \$3 Non-Member \$5 Phone 4055 6440</p> <p>Canasta Card playing group activity. 1pm—4pm Ph: Barb 0408 609 618</p> <hr/> <p>Toastmasters Club 1st and 3rd Thursday of each month 7 —9 pm Ph: 0401 585 767</p> <p>Man Kind Project Australia Support group for all kinds of men. 7 – 10 pm 2nd & 4th Thursday of month. Ph: 0421 901 202</p>	<p>Community Cuppa 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>SATURDAY High Fire Ministries Church service 4.30pm —6.30pm Ph: 0428 884 286</p>
		<p>SUNDAY Trinity Baptist Church 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*.