

NEIGHBOURHOOD NEWS SEPTEMBER 2025



HAPPY Father's Day



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!

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

COURAGE

Courage is the spark that helps us face life's challenges head on. But being courageous is not simply about big heroic gestures, it's about staying true to yourself, when things get hard.

The ancient Greek philosopher Aristotle considered courage to be a balance—steering between rashness and cowardice. A truly courageous person is one that chooses to act wisely, not impulsively while still being brave enough to take risks when things matter. For Aristotle, courage was an important virtue in a meaningful life.

For contemporary philosopher, Christa Anbeek, courage is not just about fortitude but also about embracing “the courage to be vulnerable” which involves recognising our fundamental dependence on others.



WHY DOES COURAGE MATTER

Courage is crucial in ethics because it empowers us to act in alignment with our values and principles, even in the face of adversity or opposition.

Exercising courage has a deep connection to resilience. Research shows that when we face our fears, we become stronger and more capable of handling challenges in the future. Whether it's standing up for a cause, learning a new skill, or pushing through a tough time, every act of courage helps us grow.

FACE A SMALL FEAR

Think about a small moment in your life where courage can make a difference. It doesn't have to be monumental. Maybe it's speaking in a meeting, or trying something new, or engaging in a conversation you've perhaps been avoiding.

Once you've chosen your opportunity, choose a specific actionable step to focus on. For example—if you're nervous about speaking up in a meeting, plan one point or idea you'd like to contribute. Remember, courage does not mean the absence of fear—it means acting despite it. Before you start, pause and perhaps take a few deep breaths to centre yourself.

REFLECTION How did it feel to take your one courageous step?
What fears or worries came up, and how did you handle them?
Did the outcome match your expectation?

(taken from ethics.org.au)

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:

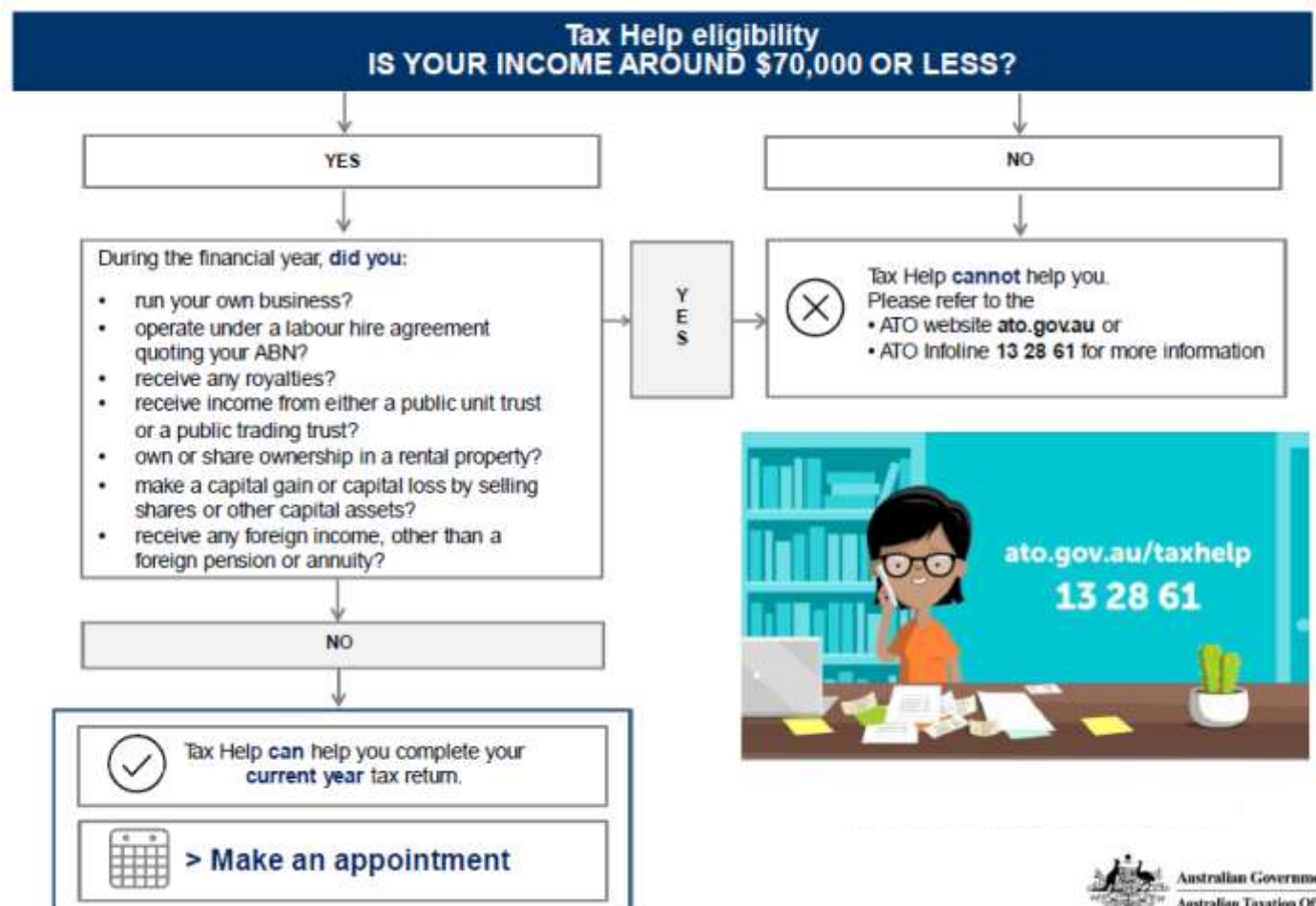
September to October

Book your Appointment: 4055 6440

205 Reed Road, Trinity Park

Use the below flow chart to determine Tax Help eligibility

ato.gov.au/taxhelp



**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:

September 2: Neil James, Disaster Preparedness for Seniors
September 9: Women's Health Week
September 16: Where Am I?
September 23: Cultural Day—Iceland
September 30: Games & Gossip, and Birthdays

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 Iceland 	Birthdays Dorothy - 22/9 Rhonda - 26/9  Games and Gossip 
October 7	October 14	October 21	October 28	
 BBQ Dementia Awareness 	 Celebrations with Nicky Jurd	 AGM Free Lunch following for all registered members attending the meeting 11.30 am	MCNC Seniors Month Bus Trip 	

Professor reveals 4 things the happiest people do every day

The happiest people around don't just stumble into a state of joy by accident - they build it by design and with intention. That's according to author and social scientist Arthur C. Brooks, anyway. He says that lasting happiness is less about chasing fleeting pleasures and more about tending to four essential areas each and every day. Each pillar he names brings its own kind of mental and spiritual nourishment. And together they create a balanced, meaningful - and most importantly - happy life!



Neglecting any one of these areas can quietly drain joy from our daily living. While nurturing all four, Brooks claims, simultaneously leads to a richer, more resilient sense of wellbeing. Brooks' approach is all about emphasising attention, not distraction. And meaning, not mere comfort. It's a philosophy that invites people to live with depth - by keeping what matters most at the centre of their daily choices. Here are the four main tenets he shared during an appearance on Fox News to discuss his new book 'The Happiness Files', which he says - if attended to every single day - should lead to an uptick in your happiness levels...

1. Family

Family is an *almost* irreplaceable source of belonging and unconditional love to most of us. It's often the anchor that keeps us grounded when life shifts unexpectedly. Strong family bonds create a foundation of trust and support, where shared history and mutual care provide both comfort and strength. Investing time and presence here pays dividends in resilience and joy.



2. Friendship

True friendship is built on mutual affection, not utility. It's a relationship where love, trust and shared joy are ends in themselves. These connections enrich life in ways that material success just can't, offering laughter in good times and a steady presence, reassurance, guidance and a shoulder to cry on in hard ones. Friendships like this don't just happen - they grow through consistent care and reciprocity. Built and nurtured properly, good friendship groups can operate just like families, with all the enrichment and positives that come with them.



3. Work

Work can - and should - be more than just a salary. It's an arena for purpose and service, if you treat it as such. After all, we all need a purpose in life. Something to aim for and achieve. Work can be tedious and the means to an end, of course it can. But it can also be the place where effort meets achievement. Where contributing to something larger than yourself can bring deep satisfaction. The happiest workers see their roles not only as means of earning a living but also as opportunities to grow, help others and leave a mark on the world.



4. Transcendence

This is the element that reminds you how small you are in the grand scheme of things, whether it's religious faith, a life philosophy, or just - the awe of nature's beauty. It offers perspective, quietens down the ego and brings a sense of connection to something that's greater than ourselves. In moments of difficulty, this transcendence can become something of a compass, helping to frame struggles within a larger, more hopeful context and narrative



'One of the things people get wrong is that they think that happiness is just a feeling that comes and goes. It's not true.' Brooks says. 'Happiness and feelings are related, but kind of like how the smell of your turkey and your Thanksgiving are related - the turkey and the smell are not the same thing. Your feelings are not your happiness. Your happiness is more tangible. It's about your enjoyment of life, your satisfaction with your accomplishments and the sense of meaning that you get in your life' .

Brooks has a tangible piece of advice to a quick fix when it comes to improving our happiness and family relationships: ditch our phones. Not completely, but he says we need to cut down our time spent on them, especially in the company of our families. 'Devices are highly addictive and actually take us away from real family relationships. We are ignoring our families while we are using them. We need to take back the meaning in our lives by actually putting down our phones and only pick them back up at certain times',

Brooks' message is actually pretty straightforward, really. Happiness isn't a passive state, but the product of deliberate investment in what truly matters in life. By honouring the transcendent, cherishing family, cultivating friendships and approaching work with purpose, life becomes fuller, more stable and much more rewarding. The secret isn't in chasing joy, but in tending the sources that make it flourish. It may take a little work, but when the reward is contentment and joy? It's worth the effort, surely!





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

facebook.com/groups/
fnqdementiaalliance



BREE JAMES MP
MEMBER FOR BARRON RIVER



I'm thrilled to share some exciting news, Marlin Coast Neighbourhood Centre has been awarded a Skill Up, Move Up grant of \$186,700 through the Skilling Queenslanders for Work program! Last month I surprised the team with the news, and it was definitely the highlight of my month.

This is well-earned recognition of the incredible work the team Prue, Philippa, Allison and the whole crew do every day to support our local community. The funding will go directly toward helping adult job seekers gain valuable skills and experience in two of the most in-demand sectors: aged care and disability support. These are life-changing career pathways that not only provide meaningful work but are also vital to meeting the needs of our growing community.

Another major announcement for the Northern Beaches region is that Trinity Beach State School will be receiving a new fence. Anyone who has seen their current fence will understand why this is needed for the safety of the community and the students. Over the past ten months I have met with staff and the P&C several times about the situation, kids climbing over the fence, outsiders breaking in, damaging property, stealing school items, and leaving litter scattered across the grounds. I've written to the Minister repeatedly, pushing for urgent action. That persistence has paid off. The announcement of a new fence is a huge win, not just for me, but for the dedicated staff who have fought alongside me, the P&C, the school, and the wider community. Special thanks go to former Principal Dan Hollis and current Principal Narinder Singh and their P&C for their leadership and support.

On the health front, the Crisafulli Government has introduced advanced ZOLL X-Series defibrillators across Far North Queensland. Funded through a \$1 billion investment in the Queensland Ambulance Service, these devices provide real-time patient data—such as heart rhythms, blood pressure, and oxygen levels—to Brisbane specialists. With 97% of local paramedics trained, this initiative aims to improve survival rates in rural and remote areas. Statewide rollout is expected by September 30, 2025.

New data shows crime is down across the state in the first seven months of the year compared to the same period last year, with break-ins down 10%, stolen cars down 3%, and robbery down 13%. But we still have a very long way to go with reducing crime in FNQ.

Mid-August, our government invested in the largest surge of police deployment into Cairns. This dedicated crime offensive is harnessing the capabilities of the state flying squad, Traffic Taskforce, the Public Safety Response team, and the local police to target serious repeat offenders. This is the largest and most focused policing effort for youth crime in the state's history. Our government will continue to take action until victim numbers decrease in FNQ, and I won't stop shining a light on these issues, so they stay on the agenda.

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



Garden News...

It's still very pleasant in our garden—the weather has been very kind.

We have been given a beautiful Elkhorn plant that has been mounted high up in the large mango tree and so far it's looking happy.

Our rosella bushes have been pruned and fertilised to revitalise them and they have given us beautiful fruit to share and to make tea or jam.

The purple king climbing bean has been a very good producer and we've all enjoyed the tasty beans! It is finally coming to the end of production.

This season we planted fennel and so far they are growing well. Fennel is lovely shaved into coleslaw and salad.

Frankie the frog has been away from home a lot in the past few weeks— looking for water during this dry weather.

The bees have been very busy with lots of flowers to keep them happy.

Did you know Lemon Balm makes a lovely tea. It improves mood, reduces insomnia, reduces stress and helps blood pressure. It's very nice warm or with ice.

Happy Gardening!



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

**FREE
BREAD!**



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



1800 951 971

support@liveup.org.au

LiveUpAus

Qstars Funded by **Queensland Government**
QLD STATEWIDE TENANT ADVICE AND REFERRAL SERVICE

Need tenancy advice?

QSTARS is a free independent advice and referral service for all Queensland renters. Phone the statewide advice number **1300 744 263**.

Hours: 9am – 5pm Monday – Friday

Evening advice- 5pm -7pm Tuesday and Wednesday

Please note that we often experience a high volume of calls and you may receive a busy tone or busy message. Please keep trying.

QSTARS may assist you with:

- Advice and assistance to understand your tenancy rights and responsibilities
- Support to resolve your tenancy issue
- Advocacy support to talk to your lessor or agent
- Help to write a letter or fill in tenancy forms
- Help to attend or prepare for a QCAT tenancy tribunal hearing
- Referral to other services if needed

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 9 September

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,



Do you have a skill or talent you would like to share with your community? We would love to hear from you! Cairns Libraries is always interested to speak with people who can teach a skill or share information. Maybe you can teach a craft or deliver a workshop on your special interest. Get in touch with us and let us know! Drop into your local branch and speak to the friendly staff, send us an email at cairnslibraries@cairns.qld.gov.au, or fill out an Expression of Interest form on our website here: [Event Facilitators Request - Cairns Library](#).

Speaking of new skills, take an opportunity on Thursday 4th September to learn podcasting. This free workshop with Arts Nexus will teach audio editing, sound production, and skills to share your voice with confidence. No bookings required, everyone welcome at the City Library Meeting Room, 3pm – 5pm.

With warmer weather coming, you may find yourself reaching for your air conditioner. You can save money on your power bills by attending our next Energy 4 Seniors session at Manunda Library on Thursday 4th September, 11am. Understand your electricity bill, choose a better plan, and learn about the Smart Meter roll out. Energy 4 Seniors is a free statewide community education program helping seniors to save money on their electricity bill.

Do you, or someone you know, need assistance to access Aged Care Services? Drop into City Library on Thursday 25th September, 10am to visit with the friendly staff from ADA Link. Perfect for seniors experiencing challenges due to ageing, health, finances, or social isolation. No bookings required, drop in anytime between 10am and noon. Running on the fourth Thursday of every month, provided in partnership with Aged and Disability Advocacy Australia.

If you are looking for some Crime writing recommendations, check out the Sydney Crime Writers Festival Danger Award shortlist. Go to www.badsydney.com and click on the 'vote' button to see the list. Most of the listed books are available from Cairns Libraries in both book and eBook form, so you too can sample some of the best crime writing by new and bestselling authors. You can even cast your vote to be part of the People's Choice award, or just use the list to find your next best read!

Finally, Smithfield Library is being renovated to enhance its facilities and better serve the community's evolving needs. The renovation aims to modernise the library space, making it more accessible, functional and inviting for everyone. To enable renovation, Smithfield Library is temporarily closed from 1st September, with a planned reopening in May 2026. During the time our customers are encouraged to explore our comprehensive eLibrary (online books, audiobooks, movies, magazines, newspapers and more), or to visit our other library branches. If you have any questions about library services or the Smithfield Library renovation, please contact any one of our other library locations.



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



The Story of the Two Wolves

An old Cherokee Indian chief was teaching his grandson about life.

"A fight is going on inside me," he told the young boy, "A fight between two wolves. One is evil, full of anger, sorrow, regret, greed, self-pity and false pride. The other is good, full of joy, peace, love, humility, kindness and faith."

"This same fight is going on inside of you, grandson...and inside of every other person on the face of this earth."

The grandson ponders this for a moment and then asks, "Grandfather, which wolf will win?"

The old man smiled and simply said, "The one you feed."



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 1300 727 957

ADA
 Australia
Your aged and disability advocates

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

1800 818 338

**Vision
 i
 mpaired
 Support group**

**** MEETS MONTHLY ****

- Information
- Understanding
- Handy Hints
- Lunch & Laughs

Contact:
 Pam: 4038 3366
 Beth: 4038 3958
 Helen: 0408 772 298

**Are you experiencing
 gambling related distress?**

**We offer free
 support.**

Contact us

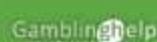
Monday - Friday
 8:30am - 4:30pm
 07 4050 4988

Out of hours
 1800 658 858

Learn more



gamblinghelp.org.au



THE WEEK AT A GLANCE

MONDAY	TUESDAY	WEDNESDAY
Armchair Yoga Gentle exercise 9.30am—10.30am 11am—12 noon Ph: Rike 0401 164 202 \$10 per person Cairns Early Years Learning Centre “Move Baby Move” 1pm — 2pm (during school terms) Ph: 4034 6800	Line Dancing 9.30am — 10.30am Member \$3 Non-Member \$5 Ph: 4055 6440 Tuesday Lunch Guest Speakers, Activities and Lunch from 10.30am. Member \$10 Non-Member \$12 Ph: 4055 6440	Playtime Each Wednesday morning 9am — 11.30am for families with children under school age. Free. Phone 4055 6440 Shed Mosaics 12.30pm — 3.30pm Member \$3 Non-Member \$5 Ph: 4055 6440
Alcoholics Anonymous 5.50pm — 7.10pm Ph: 0487 192 938		

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	FRIDAY	SATURDAY/SUNDAY
Community Garden Morning from 9am Ph: 4055 6440 Free Morning Tea Fitness for Seniors 9.30—10.30am \$10 pp Book Club First Thursday of the month 11am to 12.30pm Member \$3 Non-Member \$5 Phone 4055 6440 Canasta Card playing group activity. 1pm—4pm Ph: Barb 0408 609 618	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!	SATURDAY
Toastmasters Club 1st and 3rd Thursday of each month 7 —9 pm Ph: 0401 585 767 Man Kind Project Australia Support group for all kinds of men. 7 – 10 pm 2nd & 4th Thursday of month. Ph: 0421 901 202		SUNDAY Trinity Baptist Church 9.30am—1.00pm 4.30pm—8.00pm Ph: Steve 0407 127 204

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*.