



Sarina Tourist Arts and Crafts Centre

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RED HOT: The Red Hat Belles of Sarina at a luncheon. Back from left Jenny Price, Gayle Tomerini, Marion Brown, Annette Smith, Del Pattinson, Di Proctor, Dulcie Christensen, Heather Ruddell, Mary Whitaker, Judy Mackay, Daphne Pengelly, Pamela Robertson; front row Esma Ashwin, Dot Wills, Evelyn Payne, Sheila Hegarty.

Hatters red hot for October

A STRIKING display of red and purple is greeting visitors this month at the Sarina Arts and Crafts Centre.

The display features the Red Hat Society, described as an “international disorganisation” by the Queen of the Red Hat Belles of Sarina, Mary Whitaker.

She said the society was formed in America over 20 years ago to embrace the aims of forming friendships and enjoyment of life - and having fun doing so.

Sarina has two groups, the Red Hat Jewels and Red Hat Belles, formed for more than 10 years.

Mackay has seven Red Hat groups from Seaforth to Sarina and up the Pioneer Valley where the latest group has recently been formed.

A wide range of ‘Red Hat’ items are on display at the Craft Centre, ranging from handmade bags and hats to scarves, brooches, necklaces made from red and purple buttons, purses, spectacle cases, handbag size tissue pouches and hand painted coasters.

SARINA ARTS AND CRAFTS NEWSLETTER, OCTOBER 2019



Red Hatters is the theme for the month of October at the Sarina Arts and Crafts Centre.

“The main aim of the Red Hat events is having fun and enjoying life after 50,” Mary said.

“Usually we meet once a month for a lunch, outing or attend a function like movies, morning teas, op shopping, bus trips or theatre event.

“Some groups have a second event each month which is a coffee morning to celebrate the members’ birthdays.

“Fund raising is not usually done but support can be given to the community if groups wish.”

Those over the age of 50 are Red Hatters wearing red hats with purple outfits and under 50s are Pink Hatters in pink and lavender.

Ladies wishing to join the fun can get information on the Red Hat Society web page and the Australian matildarose2.com site for contacts for local groups.

The Sarina Arts and Crafts Centre is open seven days a week.



Phyllis Wallace of Sarina was all smiles after winning the \$100 cash prize.

Markets in twilight

A \$100 cash prize featured at what could be the last of the Sarina Arts and Crafts Twilight Markets in September.

The Arts and Crafts board has decided not to hold the markets for the remainder of the year, and will review the decision in 2020.



The Thursday night markets were revived last year, but low attendances by stallholders has made them unviable.

Serving up the coffee

Megan Gablonski, centre, with customers Jennifer Costello and Dulcie Christensen who grabbed a cup of coffee at her van at the Sarina Arts and Crafts Centre Black Friday markets on Friday, September 13.



WE'RE HAPPY: Sarina Arts and Crafts Centre volunteers show their happy faces.

Happy faces make our visitors smile

WHETHER you call it a grin, smirk, beam or smile, there's no denying the feel-good power of this happy facial expression. We are born with the ability to smile, yet as we age, we smile less often.

Research shows that children smile an average of 400 times per day, compared to the average happy adult who smiles 40-50 times per day and the typical adult who smiles only 20 times per day.

Why is smiling important? Smiling not only offers a mood boost but helps our bodies release cortisol and endorphins that provide numerous health benefits, including:

- Reduced blood pressure
- Increased endurance
- Reduced pain
- Reduced stress
- Strengthened immune system

Furthermore, studies show that people who smile appear more likeable, courteous and competent. Smilers tend to be more productive at work and make more money.

Want to increase your daily smile average to take advantage of these benefits? The first step is easy, start your day with a smile.

Smiling is contagious, and when we smile we activate neurons in the brain that fire a synchronizing feature. You'll notice that one smile will lead to additional smiles not just for you, but for those around you.

While it's not compulsory, a genuine happy smile to welcome visitors to the Sarina Arts and Crafts Centre will spread all these benefits.



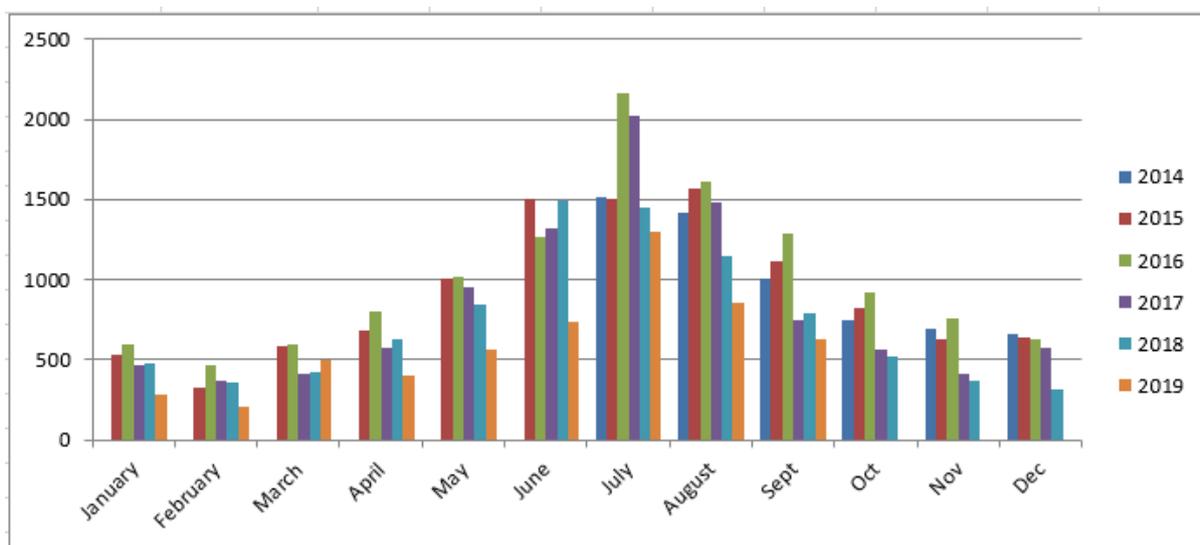
Opening hours revert to summer time

OPENING hours at the Sarina Arts and Crafts Centre will revert to summer times from November 1.

The Arts and Crafts board decided at its last meeting to change operating hours from November 1 to 10am-3pm Monday to Saturday, and 10am to 1pm on Sundays. The centre will close on public holidays.

The change of times means there will be only one shift of two volunteers each day, instead of the current two shifts of 9am-1pm and 1pm-5pm.

A new roster will be distributed ahead of the changeover. The opening hours will be reviewed next year.



	2014	2015	2016	2017	2018	2019
January		535	598	467	474	283
February		326	464	373	358	211
March		582	596	414	426	495
April		687	798	571	631	404
May		1001	1015	954	839	564
June		1500	1270	1317	1488	738
July	1511	1501	2168	2026	1446	1301
August	1414	1565	1614	1483	1145	850
Sept	1005	1115	1283	751	793	630
Oct	745	817	918	558	517	
Nov	688	623	754	416	368	
Dec	656	638	626	570	318	
Totals		10890	12104	9900	8803	5476

Visitors for September

A TOTAL of 630 visitors were logged at the Sarina Arts and Craft Centre during September.

The accompanying chart and table show the visitor numbers since 2014.