

MAY  
26

Office Hours:  
Monday - Friday  
8am - 4pm  
Ph.: 07 4758 1506  
M.: 0418 539 032  
info@micare.org.au  
www.micare.org.au  
MI Care Centre:  
7 Apjohn Street  
Horseshoe Bay



MI Care  
Magnetic Island Community Care



TALK TO US

0418 539 032

*we now have a dedicated  
office mobile for when the  
landline is not working*

## WELCOME TO MI CARE'S MAY NEWSLETTER

May arrives with a real sense of momentum for MI Care. After **months of steady, careful work**, we are beginning to see the shape of a stronger, clearer, more confident organisation emerging – one built on transparency, community trust, and shared purpose.

A major milestone this month was our **Special General Meeting**, where members **unanimously voted** to adopt **MI Care's new Constitution**. This was not just a formality; it was a defining moment. The new Constitution gives us modern governance, clearer processes, and a framework that supports the direction we are heading. My thanks to everyone who attended, asked questions, and helped bring this important piece of work across the line. Our **Management Committee** continues to settle into a grounded, collaborative rhythm. Each meeting feels more structured and aligned, and that stability is already flowing into our planning, communication, and day-to-day operations.

At that same meeting, the **Committee also formally resolved** that I will hold the **dual roles of President and Manager of MI Care**. This decision reflects the practical reality of our volunteer-led model and ensures that our governance and operations remain aligned, steady, and responsive as we continue this period of renewal.



# FROM MY DESK - MAY REFLECTIONS

**I have taken on the Manager role because MI Care requires consistent, hands-on operational leadership during this rebuilding phase. With only one employed staff member and all other roles delivered by volunteers, the day-to-day management of programs, facilities, communications, compliance, and community engagement must be anchored by someone who can provide structure, continuity, and accountability.**

We've also been working intensively on the **RACQ Resilient Energy Centre** grant application. Gathering the technical history of our solar system, confirming the condition of our infrastructure, and documenting the building's suitability has been detailed work – but it's also been energising. It positions MI Care not just to maintain what we have, but to become a place of resilience and support for the whole island during outages and emergencies.

Our programs continue to grow in strength and spirit. **Helen Taylor's Zumba GOLD – any way you like it** has become a standout offering, welcoming people to move in the way that suits them best. **Deb Jeacle's Thursday exercise classes** are building a loyal following, and our social activities – from **Tuesday Club on a Friday** to the **Wash & Blow-Dry Fundraiser** – are helping people reconnect and feel part of something again.

Behind the scenes, we're continuing the quieter but essential work: **updating policies, refining our website, improving our noticeboard, and strengthening our communication** with members. These are the foundations that make an organisation dependable.

Thank you to every volunteer, every member who shows up, and every neighbour who lends a hand. MI Care is a community organisation in the truest sense – shaped by many hands, guided by shared values, and strengthened by the simple act of showing up for one another.

Wishing you a steady, connected, and hopeful May.

Phill Stephenson

President / Acting Manager

Magnetic Island Community Care

With care and community,



# INTERNET CAFE

## Our Internet Café Welcomes **Two Volunteer Guides**

**Anna Salleh**  
Volunteer Guide

Tuesdays  
Afternoons

**Helen Foulkes**  
Volunteer Guide

Thursdays  
Mornings



Email Help



Scan & Print



Internet Searches



Device Tips

One-on-One Support ♦ Easy Booking

Starting Mid-May – Gold Coin Donation



**MI Care**  
Community Caring

## **OUR INTERNET CAFÉ WELCOMES TWO VOLUNTEER GUIDES: ANNA SALLEH & HELEN FOULKES**

**We're pleased to share that our Internet Café now has two Volunteer Guides, Anna Salleh and Helen Foulkes, offering the same friendly, practical digital support – just on different days and at different times. This gives members more choice, more flexibility, and more opportunities to get the help they need.**

# INTERNET CAFE

## What Anna and Helen Can Help With

Both instructors provide one-on-one guidance with everyday technology, including:

- using email safely and confidently
- scanning and saving documents
- printing forms, tickets, and important information
- completing successful and reliable internet searches
- navigating websites and online services
- understanding basic device settings and online forms

Their patient, step-by-step approach makes the Internet Café a welcoming space for beginners and for anyone who simply needs a little reassurance.

## Two Separate Booking Times

To make access easier, the Internet Café will now offer two bookable time slots, each led by one of our Volunteer Guides:

- One session with Anna
- One session with Helen

Because they offer the same support, members can simply choose the day and time that suits them best.

## Starting Mid-May – For a Simple Gold Coin Donation

These personalised support sessions will begin in mid-May, and will be available for a simple Gold Coin Donation. This keeps the service accessible to everyone while helping MI Care cover basic costs and continue offering practical community support.

We are grateful to both Anna and Helen for sharing their skills, time, and patience with MI Care. Their contribution strengthens the Internet Café as a reliable, accessible service for our community – ensuring no one is left behind as everyday life becomes increasingly digital.

# CUBAN RHYTHMS

## *Cuban Rhythms Bring Sunshine to Tuesday Club on a Friday*



Our Social Club gathering last month was alive with colour, rhythm, and laughter as Christina joined us for a special guest session of Cuban-inspired movement and dance.

Christina — a movement educator and wellness facilitator with over 25 years of experience — led a vibrant, interactive demonstration that had everyone smiling and moving. Her approach was gentle yet energising, inviting each person to participate in their own way and discover the joy of rhythm and flow. Members were encouraged to join in, try a few steps, and feel the uplifting spirit of Cuban dance.

The session wasn't just a performance; it was an introduction to the classes Christina hopes to offer at the MI Care Community Hub. These classes will focus on mobility, confidence, and connection — helping participants feel more at home in their bodies while enjoying music and movement together.

Following the event, members were invited to share their Expression of Interest in attending regular classes with Christina.

Proposed pricing is \$10 for MI Care members and \$15 for non-members, keeping the sessions accessible while supporting our community programs.

The feedback from the day was overwhelmingly positive — many described it as “refreshing,” “fun,” and “a wonderful way to start the weekend.” Christina’s warmth and enthusiasm made everyone feel included, and her teaching style perfectly complements MI Care’s focus on wellbeing and connection.

If you missed the session but would like to register your interest, please contact the office or speak to one of our volunteers. We look forward to seeing these classes come to life at the Community Hub soon!

# POETRY SLAM



## Lissy Loushay's Poetry Slam – A Raging Success!

What a day at the MI Care Community Hub!

Friday's Tuesday Club on a Friday started a little later – 11.30 am instead of 10.00 am – so everyone could roll straight into Lissy Loushay's Poetry Slam at 12.30 pm, and wow, did it pay off!

The Hub was buzzing with creativity, laughter, and heartfelt words as Lissy worked her emcee magic. From seasoned poets to first-time readers, voices of all ages filled the space with rhythm, resonance, and connection. And yes – Baby Max stole the show again with his spontaneous commentary and irresistible charm!

A huge thank-you to everyone who joined in, listened, and shared. And let's not forget Phill's legendary ANZAC Biscuit Slice – a total hit with the crowd and the perfect sweet finish to a beautiful afternoon.

Community, creativity, and a touch of baby giggles – that's MI Care at its best. See you at the next Poetry Slam – last Friday of every month, 12.30 pm – 2.00 pm,

MI Care Community Hub, 7 Apjohn Street, Horseshoe Bay.

# HELEN TAYLOR



**MI Care**  
Magnetic Island Community Care

*Stronger Together,  
Better Every Day*



SUPPORT



CONNECTION



WELLBEING

Proudly supporting our Magnetic Island community

“From the bustling streets of Essex to the tropical shores of Magnetic Island, my journey is a testament to resilience, reinvention, and the power of finding where I truly belong.

Born and raised in Essex, UK, I dedicated two decades to public service as a Police Officer. Alongside a demanding career, I raised four children, eventually making the life-changing decision to relocate my family to Australia in 2007.

The year 2012 marked a major professional pivot for me. Trading the uniform for a whistle and sneakers, I trained as a swim teacher and fitness instructor, beginning a new chapter focused on health and movement. My life as a military wife eventually brought me to Townsville in 2016, where I continued to hone my expertise in the wellness industry.

In 2018, my personal journey took a new turn, leading me to Magnetic Island in 2022 with my new partner. It was here, amidst the island’s natural beauty, that my professional vision truly flourished. I expanded my own fitness business, specialising in aquatic fitness, dance, and strength training. I am especially passionate about encouraging the older generation to maintain their strength and movement, helping them stay active and independent.

I have been fortunate to find a second home in MI Care. I owe a great deal of thanks to the current CEO, Phill Stephenson, who has breathed new life into the community facilities. His leadership has ensured that everyone—young and old—feels truly welcome and included. More than just a business, this venture has allowed me to find my true community, helping others find joy in movement while embracing the island lifestyle I now call home.

Further details regarding class times and locations can be obtained directly from MI Care.”

# BIGGEST MORNING TEA



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

**MI CARE TO HOST A “BIGGEST MORNING  
TEA” – FRIDAY 22 MAY 10-12 PM**

**Please RSVP us for catering purposes**

**MI CARE IS PROUD TO BE JOINING THOUSANDS  
OF COMMUNITY GROUPS ACROSS AUSTRALIA IN  
SUPPORTING THE CANCER COUNCIL'S BIGGEST  
MORNING TEA. ON FRIDA 22 MAY, OUR  
COMMUNITY HUB WILL OPEN ITS DOORS FOR A  
SPECIAL MORNING OF CONNECTION,  
GENEROSITY, AND SHARED PURPOSE – ALL  
WHILE RAISING FUNDS FOR A CAUSE THAT  
TOUCHES SO MANY LIVES.**

# BIGGEST MORNING TEA

The Biggest Morning Tea is a simple idea with a powerful impact: people coming together over a cuppa to help fund cancer research, prevention programs, and vital support services. For MI Care, it's also an opportunity to strengthen the sense of community that sits at the heart of everything we do.

Our morning will include:

- a welcoming morning tea with homemade treats
- a relaxed, friendly space to gather with neighbours and friends
- opportunities to donate in support of the Cancer Council
- a few light activities to keep the morning lively and enjoyable

Whether you're a regular at MI Care or someone who simply wants to support a meaningful cause, we invite you to come along, share a cuppa, and be part of something bigger.

Every contribution – large or small – helps the Cancer Council continue its vital work, and your presence helps strengthen the community spirit that makes MI Care such a special place.

We look forward to welcoming you on Friday 22 May for a warm, generous, and hopeful morning together.

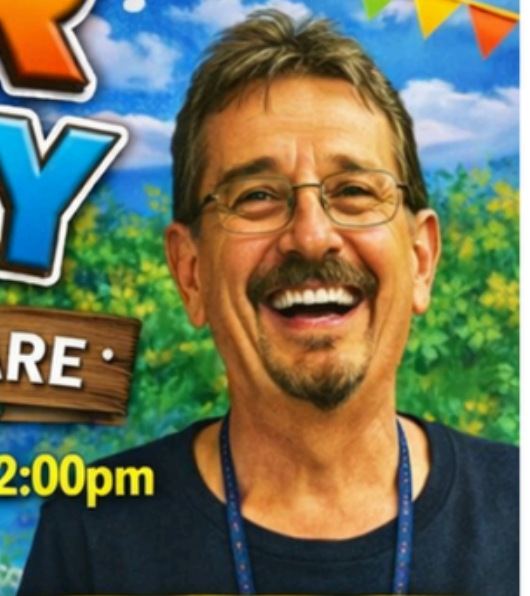
# SUPER FUN DAY

FUNDRAISER AT MI CARE

Saturday 9 May • 10:00am - 2:00pm



Live Music  
Greg Simpson!



Ken Jones  
Art Sale & Demo

Face Paints!



Helen Taylor's  
Zumba GOLD Class



Raffle Tickets!

Potted Plant  
SALE!  
\$5 Small • \$10 Large



SUPER SAUSAGE SIZZLE!

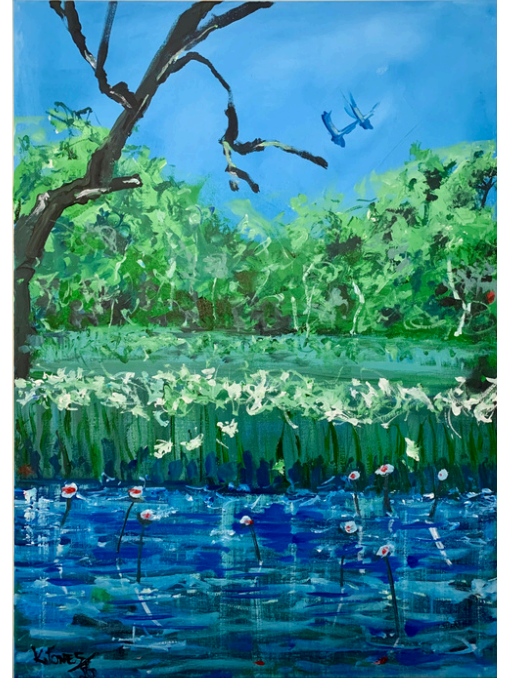
Sausages supplied by BUTCHER 2 GO



# ARTWORK DONATION

## A Special Artwork Donated for MI Care's Super Fun Day Fundraiser

Visitors to the MI Care Community Hub will instantly recognise the vibrant, expressive style of this beautiful landscape painting – a new original work generously created and donated by **Ken Jones**, facilitator of our Monday Art Classes.



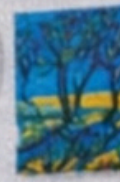
Ken's piece captures the tranquillity and colour of the natural world with his signature blend of bold brushstrokes, layered texture, and luminous blues and greens. The scene draws the eye from the reflective water in the foreground to the lush reeds and trees beyond, with two bright blue birds lifting the whole composition into a moment of quiet joy. It's a painting that feels alive – full of movement, light, and the gentle energy that Ken brings to every class he leads.

This artwork will be featured as part of our **Super Fun Day Fundraiser** on **Saturday 9 May from 10.00am**, where it will help raise vital funds for MI Care's community programs. Ken's ongoing generosity – both in his teaching and in his contributions to our events – continues to enrich the creative life of our Hub and inspire everyone who joins his Monday sessions.

We extend our heartfelt thanks to Ken for this stunning donation and for the spirit of creativity, kindness, and community he brings to MI Care.



Magnetic Island outside of the artist's studio at The Doll and Shude in North Ward.



“The brilliant inks just drip beautifully in the humidity of the island.”



## Dripping With Soul

By Bettina Warburton

Teachers once advised Jan Malkin to skip art classes, saying she hadn't followed the traditional senior school path. That only strengthened her resolve. Today, her vibrant mixed-media works at The Drill Hall Studio prove how wrong those experts were.

Her latest exhibition, *Latitude 19*, is a deeply personal tribute to life on Magnetic Island. Malkin's creative journey began in Yorkshire, where childhood drawings filled wallpaper boxes and earned her a packet of Penguin biscuits at age eight.

She builds her paintings through constant “What if?” experimentation — layering sawdust, sand, pebbles, soil, and even kitchen scraps to add dimension.

Her background in wood, clay, and plaster gives her a carver's eye for shapes and shadows.

She builds her paintings through constant “What if?” experimentation — layering sawdust, sand, pebbles, soil, and even kitchen scraps to add dimension. Her background in wood, clay, and plaster gives her a carver's eye for shapes and shadows.

“The brilliant inks just drip beautifully in the humidity of the island,” she told NQ Weekend.

“They have a life of their own, so I just go with the flow.”

Moving from England's diluted light to Queensland's vivid tropics transformed her palette. Yet she still finds beauty in misty seasons that recall her hiking days in Cumbria.

The exhibition title *Latitude 19* came from a sailor's remark and nods to the former Amaroo Resort. It anchors an artist whose life has spanned roles as teacher, counsellor, foster parent, and natural-health

The exhibition title *Latitude 19* came from a sailor's remark and nods to the former Amaroo Resort. It anchors an artist whose life has spanned roles as teacher, counsellor, foster parent, and natural-health practitioner.

For Malkin, the island's soul “is invisible, hidden in the colours of the depths, in the curlew's eye, in the mist on the hill and the curl of golden cane leaf.”

Her philosophy: mistakes are beginnings, not failures.

Her advice to aspiring artists: experiment and play.

# ANZAC DAY

## ANOTHER TIME-HONOURED TRADITION RESTORED TO MI CARE ANZAC Day Dawn Service at Alma Bay

Magnetic Island gathered in the soft light of dawn this morning for a truly moving ANZAC Day Service at Alma Bay. The stillness, the sea breeze, and the quiet strength of our community created a moment of deep reflection and shared remembrance.

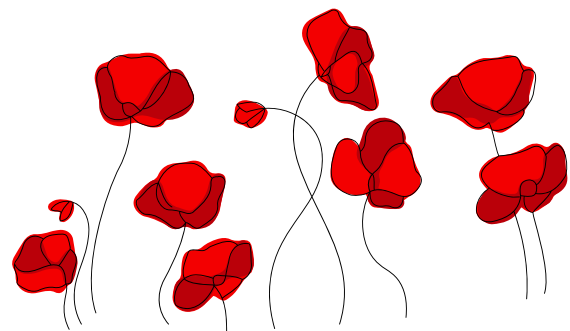
This year carried special significance for MI Care. After several years without a formal presence at the Dawn Service, our long-standing tradition was restored as MI Care once again laid a wreath on behalf of our members, volunteers, and the wider island community. I was deeply honoured to lay the wreath on MI Care's behalf. Standing there in the quiet of the morning, surrounded by our community, felt like a meaningful step forward — a moment that acknowledged our past, reaffirmed our values, and symbolised MI Care's renewed commitment to serving and honouring our island.

A heartfelt thank you goes to Magnetic Island State School. Their students sang with such clarity and heart that their voices seemed to carry across the bay itself. It was a proud moment for families, teachers, and our whole island community — a reminder of how remembrance is passed gently from one generation to the next.

We also acknowledge the Magnetic Island RSL Sub-Branch, veterans, volunteers, families, and the many community members who gathered before sunrise. Their presence and dedication ensure that this important tradition remains strong on our island.

MI Care was honoured to stand among you once again.

Lest we forget.



# DGR Status

## What DGR status means for MI Care

MI Care is officially endorsed by the Australian Taxation Office as a Deductible Gift Recipient (DGR).

This endorsement confirms that we meet national standards for governance, transparency, and public benefit – the same standards applied to Australia’s leading charities.

Under the Income Tax Assessment Act 1997, DGR-endorsed organisations can receive gifts and bequests that donors may claim as tax deductions when lodging their returns. This recognition strengthens MI Care’s ability to attract philanthropic support and ensures that every contribution directly benefits Magnetic Island residents through our social, wellbeing, and community programs.

## Why it matters for our community

Being DGR-approved opens doors to:

- **Tax-deductible giving** – individuals, families, and businesses can claim donations of \$2 or more.
- **Bequests and gifts in wills** – supporters can leave a lasting legacy to MI Care.
- **Access to philanthropic grants** – many foundations and corporate funds require DGR endorsement before awarding support.
- **Confidence and accountability** – donors know their gifts are managed under strict national charity guidelines.

Recent reforms to Australia’s DGR framework have made it easier for community charities like MI Care to receive direct support from private ancillary funds and foundations, removing barriers that once limited grassroots organisations. These changes are part of a national effort to double philanthropic giving by 2030, recognising the vital role of local charities in social wellbeing.

## How to give

Every gift helps MI Care continue providing essential services, social programs, and compassionate assistance across Magnetic Island.

Donations can be made directly to our bank account:

BSB: 654000

Account Number: 64124334

Please include your name in the reference field if you’d like a receipt for tax purposes.



Gifts Can Be Made to  
MI Care’s Bank Account:

**BSB: 654000**

**Account Number:**

**64124334**

A message from the Committee

“DGR endorsement isn’t just a tax status – it’s a statement of trust. It tells our community that MI Care operates with integrity, transparency, and a genuine commitment to public benefit. Every donation, large or small, helps us build a stronger, more connected island.”

# WHO'S WHO AT MI CARE

## MANAGEMENT COMMITTEE

**PRESIDENT:** Phill Stephenson

**VICE PRESIDENT:** Helen Mowat

**TREASURER:** Phil Landon

## GENERAL COMMITTEE MEMBERS:

Simone Wall,

Monique Taylor

**SECRETARY:** Margaret Marty

**PH:** 4758 1506

**MOBILE:** 0418 539 032

**EMAIL:** [info@micare.org.au](mailto:info@micare.org.au)

## MI CARE bank details

**QCCU**

**Account Number:** 41518892

**BSB:** 654 000



**HALF-PRICE  
MEMBERSHIP OFFER**  
**\$7.50**

Sparks a Wave of  
Interest-  
and Phone Calls!

Please contact the office  
for more information.



**Gifts Can Be Made to  
MI Care's Bank Account:**

**BSB: 654000**

**Account Number:  
64124334**

Please include your surname when making  
payment for MEMBERSHIP to MI Care!

MON

TUE

WED

THU

FRI

# MAY

1  
\*Tuesday on  
Friday Club  
10-12pm @ MI  
Care Centre

4  
\*OFFICE  
CLOSED

HAPPY  
**LABOUR**  
DAY

5  
\*Helen's  
Zumba GOLD  
9.30-10.30am  
@ MI Care  
Centre

6  
\*Helen's Chair  
Strength &  
Stretches 11-  
12pm @ MI  
Care Centre

7  
\*Deb's  
STRENGTH  
9&10am  
@ MI Care  
Centre

8  
\*Tuesday on  
Friday Club  
10-12pm @ MI  
Care Centre

**9TH MAY**  
\* **FUNDRAISER**  
**10-2PM @**  
**MICARE**  
**CENTRE**

11  
\*Helen's Aqua  
Aerobics at the  
School Pool NB  
10-11am  
\*Ken's ART  
12.30-3pm  
@ MI Care  
Centre

12  
\*Helen's  
Zumba GOLD  
9.30-10.30am  
@ MI Care  
Centre

13  
\*Helen's Chair  
Strength &  
Stretches 11-  
12pm @ MI  
Care Centre

14  
\*Deb's  
STRENGTH  
9&10am  
@ MI Care  
Centre

15  
\*Tuesday on  
Friday Club  
10-12pm @ MI  
Care Centre

18  
\*Helen's Aqua  
Aerobics at the  
School Pool NB  
10-11am  
\*Ken's ART  
12.30-3pm  
@ MI Care  
Centre

19  
\*Helen's  
Zumba GOLD  
9.30-10.30am  
@ MI Care  
Centre

20  
\*Helen's Chair  
Strength &  
Stretches 11-  
12pm @ MI  
Care Centre

21  
\*Deb's  
STRENGTH  
9&10am  
@ MI Care  
Centre

22  
\*Biggest  
Morning Tea  
10-12pm @ MI  
Care Centre

25  
\*Helen's Aqua  
Aerobics at the  
School Pool NB  
10-11am  
\*Ken's ART  
12.30-3pm  
@ MI Care  
Centre

26  
\*Helen's  
Zumba GOLD  
9.30-10.30am  
@ MI Care  
Centre

27  
\*Helen's Chair  
Strength &  
Stretches 11-  
12pm @ MI  
Care Centre

28  
\*Deb's  
STRENGTH  
9&10am  
@ MI Care  
Centre

29  
\*Lissy's  
Loushay Poetry  
Slam 12.30-  
2pm @ MI Care  
Centre