



We acknowledge the people of the Bundjalung Nation. We pay respect to their cultures, and acknowledge their strong and continuing connection to their land and waters. Bundjalung Country; always was, always will be.



Looking
up...



our newsletter

Drift is produced at
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What's on at the centre



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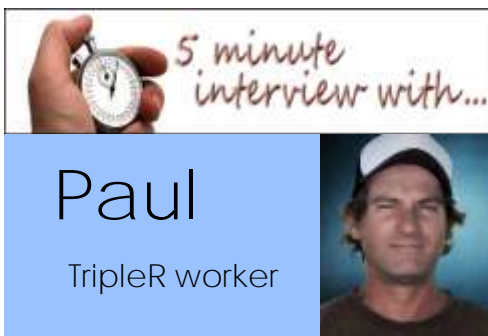
Looking up...

In this issue of *Drift*, you'll find an informative article by *Drift* reporter Emma Peel on the Glossy Black-Cockatoo, with tips on how you can help this endangered bird to survive, and you'll learn about the Pacific baza, or crested hawk, the symbol for PBNC's bush tucker trail, which is due to open just before Christmas.

We welcome the following volunteers to PBNC: Jenny F and Catherine (Cat) - session leaders PlayTime Group (Mondays); Gina T - Opp Shop; Marcel - Secondhand Furniture/Men's Shed; and Michael W - Tech Centre and Markets.

Take time to visit PBNC's book stall, now open on Wednesdays at the centre as well as on Fridays, market Sundays and alternate Thursdays. TripleR worker Paul (see interview below) has taken on this task, continuing with the work begun by Jim Rae, who sadly passed away last year.

To get you in the spirit for the festive season, *Christmas Carols at the Pantry* will be held in December for all community members, while all PBNC workers, paid and unpaid, are asked to get ready for PBNC's famous Christmas Party! Read more about these events on Page18.



What famous person would you choose to spend an evening with and why?

Drew (Tech Centre)- just to pin him down! He is always busy and I never seem to be able to speak to him for long enough.

What is your favourite food?

Any pasta dish.

Do you have a favourite book or author?

I don't have any particular favourites. However, I find any autobiography interesting to read.

What does PBNC mean to you?

It's a coming together of the community; showing how everyone cares for each other - as we should do in the outside world.

Do you have a favourite movie?

Blazing Saddles starring Gene Wilder - from the 70s

If you could travel to anywhere in the world, where - and why?

It would be Italy because of the incredible coastline and it would be a beautiful place to visit.

Whom do you most admire and why?

Brian Eno. Rock and Roll producer and creative musician who was in the band Roxy Music.



Annual General Meeting

PBNC's Annual General Meeting was held on 20 October, 2015 in the Reef Room at 6.10pm. Eighteen members attended, with apologies received from 51. All attendees were given a copy of PBNC's comprehensive and well-presented Annual Report.

Last year's minutes were read by Management Committee secretary Chris Warner and the Annual Report for 2014/2015 was presented by PBNC manager Angela, who thanked everyone and spoke of how, due to the contribution of all PBNC workers, the centre had managed to weather severe funding cutbacks for the time being...

President Rhonda James read out her report in which she thanked Angela, Management Committee members and all PBNC workers, including paid staff and volunteers, for their support and contributions towards PBNC operations during 2014/2015 financial year.

Election results: Management Committee Members for 2015/2016:

President:	Rhonda James
Vice President:	Amanda Bauer Bradley-Fish
Public Officer:	Peter Wilkins
Secretary:	Christine Warner
Treasurer:	Lorelle Cross
Ordinary Member:	Doug Butterfield
Ordinary Member:	Russel Sherwood
Ordinary Member:	Ashlea Miller

Public Officer Peter, Treasurer Lorelle and Ordinary Member Ashlea were all newly elected to the team and were warmly welcomed. Rob Ottery left his position as treasurer after many years, during which time he took excellent care of PBNC's fiscal matters. Also departing were Bernie Weatherall and Len Greer. All will be very much missed in their positions but remain as volunteers with PBNC.

Julie Watson proposed that PBNC continue to employ the services of Geoff Dobb and Associates as its auditors; Chris seconded the motion and it was carried by all. Rhonda, Julie and Angela all acknowledged that Geoff does a great job of auditing PBNC at very reasonable rates, and thanked him for his work. The meeting closed at 7.10pm, when those present mingled and enjoyed refreshments and a chat.

Pacific Baza spreads its wings

The Pacific Baza or crested hawk (*Aviceda subcristata*) has spread its wings at the rear of PBNC. As part of the TripleR project, participants have created a bush tucker trail – aptly named the Baza Trail - which follows the outline of the bird.

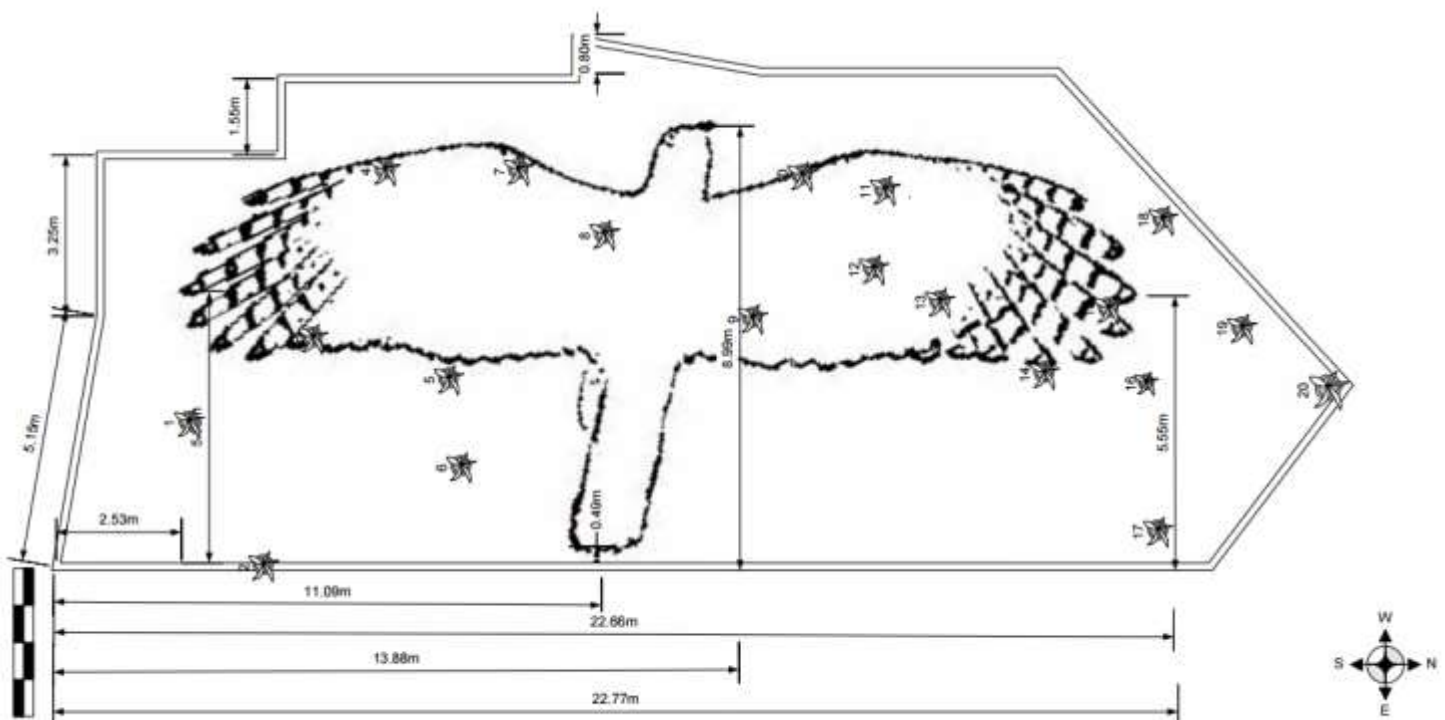
The suggestion of the crested hawk as the symbol for the bush tucker trail came from Cath who, along with partner Magpie, an Aboriginal authority on the area, has liaised closely with PBNC over many years. Cath mentioned seeing the hawk roosting in the tall trees behind PBNC. The bush tucker team liked the idea, and the team's creative consultant, Paul, came up with the idea of making a garden in the shape of the bird with outstretched wings.

Horticulturist and artist Corey sprayed the outline onto the 245 square metre site. Other members came up with a list of suitable local bush tucker plants (in consultation with Cath and Magpie); provided the landscaping plan; and plants were purchased, planted, mulched, and watered thoroughly during initial establishment. So far there have been no plant losses.

The area planted out to bush tucker already contained more than a dozen tall trees, some of which were planted by students of Pottsville Primary School, which previously inhabited PBNC's present site. The trees provided shade but the ground beneath was bare. It is envisaged that now an understorey has been planted and paths created, it will be a more attractive place for both people and wildlife to enjoy, and even feast on some bush tucker occasionally!



Corey mapping out the trail



About the Pacific Baza

From Wikipedia, the free encyclopedia

The Pacific Baza is a slender, medium-sized hawk distinguishable by its crest. Its upperside is mainly dark brown, with a grey head and yellow eyes. It is conspicuously barred white and dark brown on the breast and on the underside of the tail and flight feathers.

Females are slightly larger than males.

It is found in coastal and subcoastal areas of northern and eastern Australia, Wallacea, New Guinea and adjacent islands.

The Pacific Baza has a particular hunting behaviour. When potential food is spotted in the treetops from above, the Pacific Baza lifts its wings into a distinctive V shape and dives briskly into the canopy to devour its prey. It feeds on stick insects (especially when breeding) as well as other large insects, tree frogs, lizards, small birds and fruit. It nests high in forest and woodland trees, with a clutch size of two to four eggs.



TripleR repurposing update

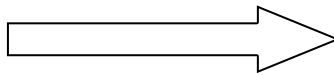
The computer repurposing arm of the TripleR project continues to power along, with five second hand computers now having been totally refurbished with new and recycled hardware, the latest operating system and applications.

One computer has already been given a new home and from all reports it has proved to be a welcome addition to the family, being used for education and entertainment for three young children and their mother.

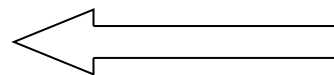
Repurposing computers: TripleR workers give old and discarded computers another lease of life. The group's supervisors are Drew and Danny, co-coordinators of PBNC's Technology Centre. Danny, also a specialist technician, has reported that they have just completed their first repurposed computers. To do this, the workers sort through donated stock and test for faults, catalogue and store suitable components, source other replacement parts if needed and then rebuild the computer to fully functional units ready for distribution free of charge to community members on low incomes. Other tasks the workers may do are reception and customer service and tutoring.



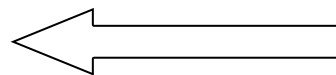
Memory being replaced



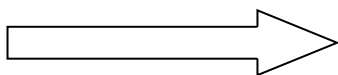
Keyboard being replaced



These are just some of the components That are checked and refurbished or Replaced.



And here is the finished product waiting For a new home.





Boom in Boomerang Bags

by PBNC worker Lorelle

Tuesday 27 October was Launch Day for Boomerang Bags at The Old Pottsville Store, thanks to the support and enthusiasm of store owner, Tania. The women and the students involved were excited to reach the day when they could finally showcase the Boomerang Bags to the Pottsville community.

After 14 weeks of sewing, PBNC's Boomerang Bag project came to fruition due to the work of a group of dedicated women with assistance from Year 6 students and their teacher, Sonia, from Pottsville Beach Public School. Sonia instigated the project and the group has made, at last count, 680 Boomerang Bags.

On Launch Day, the students arrived at PBNC early to meet the sewing bee ladies, eager to get the show on the road. They had morning tea and then were set up with work stations in the courtyard to enable them to stamp more pockets to be sewn onto the bags. Their behaviour and enthusiasm was exceptional. Jordyn and Nicole from the Boomerang Bag

outlet at Burleigh Heads arrived at PBNC with cameras in hand to capture the day, and a journalist from Tweed Daily News also attended and will be compiling a story of our project. Jordyn and Nicole commented that they have had no other community involved with the production of boomerang bags that has produced as many bags as our group and students have in such a short period.

It was then time to venture down to the store to deliver the Boomerang Bags and launch the project. The group walked from PBNC to The Old Pottsville Store, with the students carrying the boomerang bags ready to display in the store. The students hung the bags on a hatstand in the store and additional bags were left with the store so that the stand can be topped up daily as bags are utilised by the community. Tania said that her children have been given the job of topping up the bags each afternoon after school. A donation box was placed on the store counter to enable customers to make a gold coin donation towards this ongoing project, if they wish. The funds received will be used to purchase calico to make pockets for the bags and cottons to sew the bags.

It will be very exciting to see our Boomerang Bags out in the community, achieving the outcome for which the project was designed - to make our community less dependent on plastic bags, thus reducing waste and reducing dangers to our wildlife and marine life. We look forward to reaching our final goal of 1000 bags in the weeks to come ■

Saving the Glossy Black-Cockatoo

by Emma Peel

Several species of cockatoo such as yellow-tailed black-cockatoos, galahs, corellas and sulphur-crested cockatoos can be found in the **Tweed Valley's nature reserves and bushland**, but one of the rarest is the glossy black-cockatoo.

Glossy Black-Cockatoos are one of the more threatened species of cockatoo in Australia and are listed as vulnerable under both QLD and NSW legislation. Glossy Blacks are located mainly in the south-eastern corner of Queensland, eastern and northern New South Wales. They are known to have a life span that can exceed 30 years. South East Queensland and Northern NSW is an important stronghold area for the species as this area plays a special role in connecting the northern and the southern populations. All species of birds are an **integral part in the ecosystem's nutrient cycles and seed distribution**.

The glossy black-cockatoo is around 46-50 cm long and is generally smaller than other black-cockatoos. It is a brownish-black colour and has a small crest. There are some distinct differences in appearance between male and female birds. The male can be identified by the browner colour on the head and underparts and by bright red panels in the black tail. The female has a



wider tail which is red to reddish-yellow, barred with black. The female may also have yellow markings around the head.

These beautiful birds have a very restricted diet, feeding only on the seeds in cones of she-oaks and only on selected trees, the Forest She-Oak and Black She-Oak, and in our area the Coastal She-Oak (or Horse-Tail She-Oak). They can fly more than 10km to feeding areas and will return to the same food tree time and time again, often ignoring nearby trees that are full of cones, but these patterns of feeding are poorly understood.

These birds are among the friendliest known, with a beautiful, gentle nature. They are not easily disturbed when feeding, making it an amazing experience to sit and **watch them if you're lucky enough to find some**. They will sit quietly, the only noise being the soft sound of cracking cones - people often do not even realise they are there.

(continued...)

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Breeding occurs only every two years, with a single egg being laid between late January to early June and a nestling period of up to 90 days (longer than any other cockatoo species). The Glossy Black-Cockatoo mates for life, with pairs maintaining their bond all year round. The female prepares the nest hollow and incubates the eggs, only leaving the nest to feed herself after the newly hatched nestling is a week old. Males feed the female and nestling throughout the incubation and brooding period. Once fledged, the young bird is fed by both parents for up to four months and is dependent on the parents for at least 12 months or sometimes right up until the next breeding season. Hollow-bearing trees such as eucalyptus and other larger tree species are needed for this breeding cycle, emphasising the need to retain and protect other trees just as much as the food trees.


Most problems for Glossy Blacks are directly linked to humans, due to developmental clearing causing loss of food trees and hollow trees for nesting, making these birds a listed threatened species. It is hoped to turn this around with more education, perseverance and conservation strategies.

Another major contributor to loss of habitat is changes to patterns of bushfires in eastern Australia since European

settlement. Casuarina trees are very fire-sensitive and easily killed in an intense fire.

Large dead trees where the birds nest may also be destroyed in a fire. Tweed Shire Council is already implementing strategies to protect the Glossy Black-Cockatoo, such as retaining existing protected networks of bushland including national parks, nature reserves and coastal reserves, along with privately owned land. New and future projects and developments are assessed and monitored using legislation such as the Tree Preservation Order, The Threatened Species Conservation Act 1995 and Nature Conservation Act 1992 to ensure conservation of the species continues.

The Glossy Black Conservancy is an organisation essential to saving the Glossy Black Cockatoo. Government agencies, private sectors and the community are crucial stakeholders that the Conservancy aims to collaborate with to conserve the Glossy Black-Cockatoo across South-East Queensland. The specific aims of the Conservancy outlined in 2006 were to:


-  Coordinate the assessment of Glossy Black-Cockatoo resources across local government areas in South-East Queensland.


-  Engage with the community to assist in record collection.

(continued...)



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 Manage a central database of Glossy Black-Cockatoo records which can be accessed by government agencies.

 Continue research aimed at increasing current knowledge of the species' use of vegetation, attachment to individual feed trees, requirement for nesting hollows both every day and seasonal, with a priority to map vital resources for Glossy Black-Cockatoo across South-East Queensland and northern New South Wales.

 Develop a Regional Management Plan for Glossy Black-Cockatoo

The Glossy Black Conservancy initiated Glossy Black-Cockatoo Birding Days in 2009. The objective of this census is to gain a better understanding of the Glossy Black-Cockatoo distribution, habitat use and population over time. The surveys are intended to provide the foundations for a long-term monitoring program that in time will be able to assess trends or changes in the population. These ongoing efforts will also provide valuable information for determining areas that are heavily frequented by the birds, but also those that might be important refuge areas.

The Birding Day efforts rely heavily on the assistance of local communities and members of the public who have an interest in Glossy Black-Cockatoo. Observations and records from the general public make an important contribution to furthering our understanding of the Glossy Black-Cockatoo.

A number of regional councils and Glossy Black Conservancy partners are involved with the coordination of the Birding Days. Regional coordinators oversee the recruitment and deployment of volunteer observers within their regions.

If you are interested in participating in the surveys you can register by contacting **Tweed Shire Council's representative** for conservancy, Marama Hopkins. Her role is to assist with biodiversity planning, project planning, and assessing developments on

the basis of conservation and protection of native wildlife in the Tweed. Primarily, her work in our area is focused on Koalas and the Glossy Black Cockatoo.

To assist me with this article, I spoke to Marama Hopkins who provided me with some great facts and information on the Glossy Black-Cockatoo. Marama expressed some very important reasons why we need to protect this special bird and what strategies are already in place.


Marama explained that there is a huge appreciation for all volunteers who attend Birding Days as this is a crucial part of the conservation process. For the 2015 birding day, 24 volunteers from the Tweed took part and they contributed 11 sightings of birds on the day, which Marama says is a great result.


(continued...)




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Ways in which Tweed residents can aid conservation efforts:

 Conserve and protect existing large hollow-bearing tree habitats for breeding and feeding trees

 Plant she-oak casuarina varieties around your property


 Encourage regeneration and re-establish stands of casuarinas and eucalypts. Casuarinas and other suitable trees can also be planted in rural areas and on urban fringes to provide feeding habitat and breeding sites


 Attend community tree planting days


 Get involved with local action groups such as Our 490.


 Attend birding days to learn about the birds and go counting in groups to assist with ongoing population monitoring.


For more details, contact Marama Hopkins of Tweed Shire Council on 02 6670 2787 or email mhopkins@tweed.nsw.gov.au Or for Gold Coast Shire, contact Guy Castley on 07 5552 8918 or email g.castley@griffith.edu.au


 Have your own birding days and report your sightings to the glossy black conservancy website.

 Consider using fallen, dry, green wood as an alternative to cutting down dead trees for firewood, as these dead trees can be breeding hollows too.

 Allocate safe areas for wood collection on your property that won't affect the glossy blacks.

 Watch out for suspicious situations and behaviours which may indicate illegal trapping or poaching. If you suspect any illegal activities, make a report to the NSW Environment Protection Authority on 131555.

 If you find an injured or displaced glossy black-cockatoo, contact Tweed Valley Wildlife Carers on 02 6672 4789 as soon as possible, or National Parks and Wildlife Services Tweed Office on 02 6670 8600

 Don't let your pets wander unsupervised at night. Domestic dogs and cats can kill glossy black-cockatoos. For any advice on wild animals, call WIRES (NSW Wildlife Information, Rescue and Education Service Inc) on 1300 094737.

References:

<http://www.glossyblack.org.au/index.html>

<http://www.environment.nsw.gov.au/animals/GlossyBlackCockatoos.htm>

<http://www.glossyblack.org.au/pdf/GBC%20C-GUIDEL%20published.pdf>

<http://www.environment.nsw.gov.au/wildlifelicences/RehabFaunaContact.htm>

<http://www.wires.org.au/>

<http://www.tweed.nsw.gov.au/>

<http://www.environment.nsw.gov.au/contact/>

<http://our490.com/>

<http://www.birdlife.org.au/>

<http://www.australiangeographic.com.au/topics/wildlife/2011/08/australias-wildlife-blackmarket-trade/>





Corey

Corey is a key member of the bush regeneration team, which is part of the TripleR work experience project running till February at PBNC. Corey's team has created the bush tucker trail, called the Baza Trail, on the site behind the Dunecare shed and Beachbreak, at the rear of PBNC.

Corey is a local man, part of a big extended family, and currently lives in the family home at Kingscliff. He is a qualified horticulturist and has had a varied working life, including farm labouring and team supervision, bush regeneration, landscaping and interstate furniture removal.

"My dream job would be to be sponsored by a company to fish forever!" said Corey, who is passionate about fishing. He's a keen member of the Tweed Fishing Club and, just this month, went on a fishing club holiday to South Ballina, where his catches included a giant jewfish (see photo). Being a very energetic and enthusiastic person, Corey has hobbies which he finds calming, such as fishing. Another hobby is painting, and he is an excellent artist who has donated one of his paintings to PBNC (it can be viewed in the Sandpiper Room) and contributed both artistically and physically to the creation of the trail.

Since coming to PBNC, Corey said his self-esteem and self-confidence have increased greatly. His plant knowledge has also increased, especially his knowledge of local native plants, including bush tucker plants. One area into which Corey said he did not expect to enter is that of computers. Corey credits overcoming his fear of computers to being mentored by other participants, to the stage where he is now assisting to create a website for the Baza Trail, where people will be able to read the story of the trail and find out about the trail's bush tucker plants and their uses.

"I look forward to my work days at PBNC," said Corey. "It's a happy environment and I have found everyone at the centre to be very helpful and supportive, and that makes my work enjoyable. It's been great to be part of the creation of the Baza Trail." ■



Pottsville Beach Neighbourhood Centre's PlayTime Group welcomes everyone: families from diverse backgrounds, Aboriginal families, families with disabilities and multigenerational families. PlayTime Group brings people together regardless of gender, race, religion or cultural or linguistic backgrounds.

Anyone caring for children too young for school – including mothers, fathers, family day care workers, grandparents, nannies, young parents, older parents, single parents and same sex parents, aunts and uncles can come to Playtime Group.

Children at PlayTime Group learn about their world through play with parents and carers as their first teachers. Everyone is involved in the planning and running of the sessions. This includes set up and pack up procedures; play activities and experiences; managing expectations of behavior; and how to deal with conflict if it arises, sharing cultural experiences and making PlayTime Group fun for everyone.

PlayTime Group runs during school terms on...

Mondays and Thursdays from 9:30am to 11:30am.

The activity is located in the...

Sandbar Room at Pottsville Beach Neighbourhood Centre,
10B-12A Elizabeth Street, Pottsville Beach.

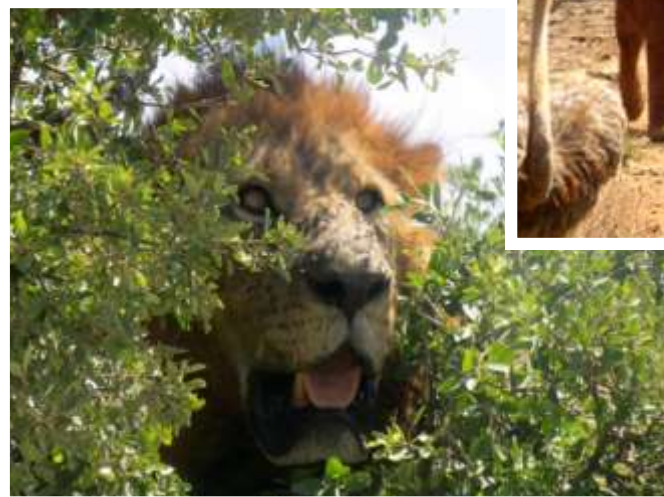
Phone PBNC on 02 6676 4555 if you would like to know more.

Into Africa

by **Drift's** travelling correspondent Laurel (pictured right)

I have recently returned from a six week camping trip, travelling by truck through East and South Africa. This was my second visit to this fascinating continent and hopefully not my last. The highlight for me was a trek into the jungle in Uganda where I was privileged to spend an hour with the beautiful mountain gorillas which were once endangered because of poaching. Thankfully this practice has been halted, with many of the poachers now acting as porters to those lucky enough to have such a great experience. Once a year, all the gorillas born in the previous twelve months are named and I was fortunate enough to attend the baby gorilla naming ceremony, a popular event attended by the president of Uganda.





All you need is ...Peace Love & Pizza

By Emma Peel

Peace Love & Pizza is a new Pottsville business owned and operated by local mum Jamie McDonald who has a consuming passion for amazing food, local produce and community spirit.

Jamie has always enjoyed food and cooking but explains that, in recent years, she was pleasantly surprised to learn that other people really enjoyed her food too. With the support and encouragement of friends, Jamie decided it was time to take it to the next level. The renovations began in May with most of the work completed by Jamie herself. After a lot of hard work and perseverance, the doors opened in September.

Peace Love & Pizza is a gourmet pizza shop with a relaxed, happy atmosphere where everything is made with love. All ingredients are carefully selected on the basis of local origin, organic/spray free (where possible) and hormone free/cruelty free meats. With almost a serve of veggies in every dish, this is the perfect way to make a healthier choice of delicious take away pizza!

The takeaway menu is impressive and **showcases Jamie's creativity and passion** for food such as pizzas (including her mouth-watering dessert pizzas), pastas and salads. Peace Love and Pizza caters for everyone, including people who look for gluten free, vegetarian and vegan food.

The shop has an amazing team of staff who really enjoy being at work and are great at what they do. Jamie explains that her staff are treated well, making them want to come to work, where they get enjoyment from making quality food.

Peace Love & Pizza is a proud supporter of community activities and sponsorships. Jamie said she feels this is a very important part of owning a local business and she looks forward to more community involvement. The shop recently sponsored teen suicide prevention, facilitated a local school competition with pizza prizes and is now looking at sponsoring juniors at Kingscliff Boxing Stables in Casuarina.



The shop has been open just over a month but already the community response, support and encouragement has been incredible. The majority of feedback from customers regarding food and service at Peace Love and Pizza has been very positive. Jamie said she is also open to neutral or negative feedback because this is how the business can continue to grow and improve, ensuring that every customer has an

enjoyable overall experience.

It was great to see such a child-friendly, affordable, community-oriented business with happy, friendly staff and fresh, good quality takeaway food.

After all this talk about pizza, I had to try some. Being vegetarian, I chose the Vego Pizza which was divine; house-made Napoli, char-grilled vegetables, crunchy pine nuts, feta, mozzarella and parmesan, topped with pesto.

The business is located at Shop 2, 28-40 Overall Drive in the Pottsville Waters shopping centre.

Opening hours are...

Monday to Thursday 4pm till late
Friday to Sunday 12 noon till late

(pick up only Monday to Wednesday; deliveries available Thursday to Sunday).

For more information and menus check out

www.peaceloveandpizza.com.au

To make an order phone the shop on:
02 6676 4366

Carob Fudge

by PBNC worker Niki



Method:

1. Slowly melt the carob buttons in a saucepan on low heat while mixing
2. Once carob has melted add vanilla essence
3. Then add condensed milk and mix ingredients together
4. Line an oven tin with baking paper
5. Pour carob fudge in tin and put in fridge with foil over the top to cool

Ingredients:

- 375g carob buttons
- 1 teaspoon vanilla essence
- 1 can condensed milk

Carob is native to the eastern Mediterranean where it has been in cultivation for at least 4000 years. The plant was well known to the ancient Greeks, who planted seeds in Greece and Italy. This plant is also called St. John's bread or locust bean because the pods were once thought to have been the "locusts" that were eaten by John the Baptist in the Wilderness.

Seeds were used to weigh gold, hence the word "carat." We know carob mostly because the pods are ground into a flour that is a cocoa substitute.

Although this product has a slightly different taste than chocolate, it has only one third the calories; is virtually fat-free (chocolate is half fat); is rich in pectin; is non-allergenic; has abundant protein and has no oxalic acid, which interferes with absorption of calcium.

There are several putative medicinal uses of the plant, and singers formerly chewed the pod husks in the belief that this clears the throat and voice.

Most carob used in this country comes from the Mediterranean region, especially Sicily, Cyprus, Malta, Spain, southern Sardinia, and Italy along the Adriatic Sea.

The fruits of the carob tree can be eaten either green or after having been processed. Carob powder has a number of advantages over cocoa powder and as such is often used to make what has come to be known as 'healthy chocolate'.

Carob has excellent nutritional value. Along with up to 80% protein, it contains Magnesium, Calcium, Iron, Phosphorus, Potassium Manganese, Barium, Copper, Nickel and the vitamins A, B, B2, B3, and D. It has medicinal uses including the treatment of coughs and diarrhoea.

This Mediterranean plant is a legume, evergreen and a beautiful shade tree that takes 20 years to reach its full height, which is 50ft (over 15m) high. In places like Egypt, where the water is mainly underground and the long tap root has allowed the carob trees to survive.

The tree takes up to 8 years to produce a crop of pods, 15 years to produce a commercial size crop, but by 20 years can produce up to a tonne in one season. It will continue to produce for up to 200 years and only the female trees in the wild, produce pods.

Source <http://www.carobana.com.au/carob.html>

Party time!

It's Christmas time again and PBNC revellers are getting ready to party!

PBNC's Christmas Party will be held at Pottsville Beach Sports Club on Monday, December 7 from 6pm.

Invitations will be sent out to all PBNC workers.

Please remember to RSVP by Wednesday, November 25 so that catering arrangements for the party can be finalised.

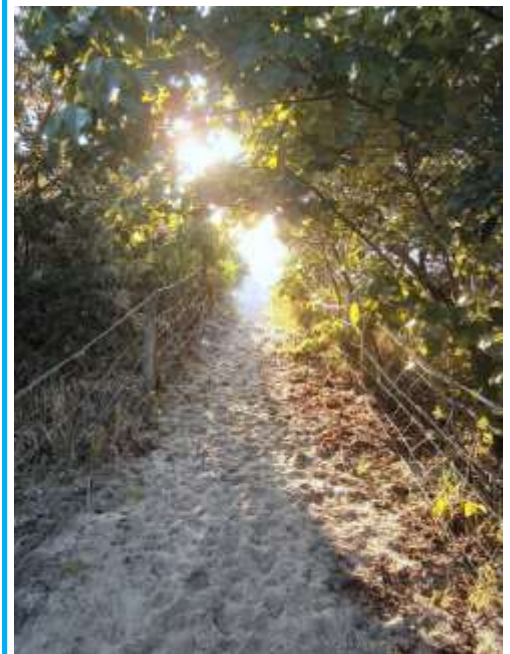


Pottsville Community Dune Care

Would you like to learn about the local coastal vegetation, do some light exercise, have fun and meet like-minded people from your community? Are you available 7am to 8:30am Monday mornings to plant trees, remove weeds and pick up rubbish from the dunes at Pottsville? Come and join the group of dedicated volunteers who are working in conjunction with Tweed Shire Council to help maintain the health and biodiversity of our local coastal environment.

For more information please contact Bill Hoskins.

Email: bhoskins@live.com.au



Christmas Carols At The Pantry

Special Guest Performer
Phil Guest

Wednesday December 16, 2015

9.30am - 11.00am (NSW time)

Beachside Community Pantry

Pottsville Beach Neighbourhood Centre, Pottsville

Free: Sausage Sizzle, Morning Tea, Face Painting for the Kids

Enquiries Phone 02 6676 4536
or email office@beachsidechurch.org.au



Monday

Technology Centre
9am - 4pm

Opp Shop
9am - 4pm

Toy Library
9.30am - 12.30pm



PlayTime Group
Sandbar Room
9.30am - 11.30pm
(school terms)

Tuesday

Technology Centre
9am - 5pm

Opp Shop
9am - 1pm

Toy Library
9.30am - 12.30pm

Get Fit, Keep Fit
Sandbar Room
9.00am - 10.15am

Scrabble
Starfish Room
10am - 12pm

Art and Play
Coral Bay Room
10am - 11am
(school terms)

Meditation with Robyn
Sandbar Room
1.30 - 2.30pm
Phone Robyn
0427 212 210

Wednesday

Technology Centre
9am - 5pm

Opp Shop
9am - 1pm

Toy Library
9.30am - 12.30pm

Diabetes Support Group
(1st Wed each month)
Reef Room
2 - 4pm
Phone Ruth (02) 6676 0411

PBNC Home Educating Group (each Wed except 1st Wed each month)
Sandbar Room
1 - 4pm (school terms)
Phone Kym 0401 078899

Thursday

Technology Centre
9am - 5pm

Opp Shop
9am - 1pm

Toy Library
9.30am - 12.30pm



Furniture Shop
9am - 1pm

PlayTime Group
Sandbar Room
9.30am - 11.30am
(school terms)

Stretch Your Mind
Reef Room
12.30 - 2.30pm

Friday

Technology Centre
9am - 1pm

Opp Shop
9am - 4pm

Toy Library
9.30am - 12.30pm

Furniture Shop
9am - 1pm

Get Fit, Keep Fit
Sandbar Room
9.00 - 10.15am

Pottsville Toddler Tunes & Stories
Sandbar Room
10.45am - 12pm (school terms)

Wordsflow
Sandbar Room
12.30 - 3.30pm (school terms)
Phone Cheryl
0412 455 707

Saturday

Opp Shop
9am - 1pm

Aspergers Support Groups
Side by Side (1pm first Sat of month) & **GameOn** (1pm 3rd Sat of month) - School terms only
Phone **Deb or Terry**
(02) 6676 0483

Sunday

PBNC Markets, Opp Shop, Furniture Shop, Trash & Treasure (7am - 1pm) and **Community BBQ** - 1st & 3rd Sun each month.

Next markets (2015):

Nov 15

Dec 6 & 20

Regular Services & Programs

PBNC ADMINISTRATION

Monday to Friday 9.00am - 4.00pm

BRIGHTER FUTURES

Monday to Friday 9.00am - 5.00pm

DHS (CENTRELINK)

Monday to Friday 8.30am - 1.30pm

DIABETES SUPPORT GROUP

1st Wednesday each month 2pm - 4pm - Reef Room
Ph: Ruth (02) 6676 0411

MEN'S SHED AND SECONDHAND FURNITURE SHOP

Thursday/Friday 9am - 1pm; Market Sunday 7am - 1pm

GET FIT, KEEP FIT

Sandbar Room - Gentle exercise for Seniors
Tuesday 9.00 - 10.15am, Friday 9.00 - 10.15am

OPP SHOP

Monday & Friday 9am - 4pm
Tue, Wed, Thu, Sat 9am - 1pm
Market Sunday 7am - 1pm

PBNC TECHNOLOGY CENTRE

Computer Lessons, Internet Access and Equipment Servicing

Monday 9am - 4pm
Tues, Wed, Thu 9am - 5pm
Friday 9am - 1pm

POTTSVILLE PLAYTIME GROUP

Sandbar Room
Monday & Thursday 9.30am - 11.30am (school terms)

ART AND PLAY

Coral Bay Room (next to Reef Room) Tuesday 10 - 11am,
(school terms)

COUNSELLORS

Counselling by appointment most days. Contact Admin for more details.

MEDITATION WITH ROBYN

Sandbar Room - Tuesday 1.30 - 2.30pm

STRETCH-YOUR-MIND

Reef Room - Thursday 12.30 - 2.30pm

TOY LIBRARY

Monday to Friday 9.30am - 12.30pm

WORDSFLOW

Sandbar Room - Friday 12.30 - 3.00pm (school terms)

SCRABBLE

Tuesday 10am - 12pm

TODDLER TUNES AND STORIES

Sandbar Room - Friday 10.45 - 11.45am (school terms)



Australian Government
Department of Human Services



centrelink

medicare

child support

DHS (Centrelink) Agency

Monday to Friday
8.30am - 1.30pm

Applications to join our association are always welcome - just ask for an application form from one of the friendly front desk crew or call PBNC 02 6676 4555

Consortium of Neighbourhood Centres



Brighter Futures North Coast (CONC)
A regional child and family support program

Monday to Friday 9am - 5pm
Upper Level Admin Building
Ph 02 6676 2277

Side by Side (SbS), GameON (GO), LEGO Time & Home Educating Support Group are PBNC's social support groups for children & young people with Aspergers & their parents/carers.

SbS - 1st Sat each month 1pm - 4pm
GO - 3rd Sat each month 1pm - 4pm
Ph Deb or Terry - 02 6676 0483.

LEGO Time 3.30-5.30pm Fridays -
Ph Emma-Lea 0434 790969.

Home Educating Support Group
1-4pm Weds
(except 1st Wed each month)

School terms only

Ph Kym 0401 078899.



beachsidecommunicare

Community Pantry
every Wednesday 10am - 12pm
Coral Bay Room

Contact PBNC Admin Office
for more details or bookings
(02) 6676 4555

or visit the website

www.pottsvillebeachnc.org.au