



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.

planting the seeds at PBNC...



Photo by Laurel

Jacob (12), son of bush tucker trail participant Corey, carefully plants an acacia along the trail, which sits at the rear of PBNC between Phillip St Reserve and the centre. Corey and other trail participants can be seen in the background planting a native raspberry.

Part of PBNC's TripleR work experience program which ended in February, the trail is an attractive, cool and shady place for native bush tucker plants to flourish and a quiet place for people, birds and animals to enjoy.



our newsletter

Drift is produced at
Pottsville Beach
Neighbourhood Centre,
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The start of a new year is always a busy time for everyone at PBNC. So much of what we do is reliant on valuable assistance from volunteers and key workers, as well as funds raised by our social enterprises and/or from external grants we have received. This year is no exception.

We have completed an implementation plan for additional creative arts activities designed especially for families participating in our Side by Side group (SbS is for families with children on the autism spectrum). This arts-based enrichment program is made possible through funds received from Regional Communities. It will enable workshops by an highly acclaimed, local artist, Barb Suttie as well as arts-based activities by SbS co-facilitator, Cath, as part of the usual group sessions' format. Cath is being joined this year by co-facilitator, Belinda, to assist with running each of these enjoyable group sessions which occur on the 1st

and 3rd Saturday of each month. Both are very excited about the prospect of including yet more families in SbS activities this year.

Program planning included reassessing and, in some cases, concluding a few activities that were available last year. This has come about through the departure of a very valuable honorary facilitator, Emma-Lea, who, with her family, has relocated to the Taree region (see page 4). We will miss Emma-Lea's incredibly welcoming smile, her creativity and friendly, inclusive practices as she was critical in the delivery of Art and Play, Lego Time, and Home Educators Group. However, most families who participated in these activities have taken up places in existing family-friendly programs at PBNC.

For news on program changes or additions to our existing suite of community activities, stay tuned to this space, our facebook page and website.

Angela

For all back issues of Drift visit the PBNC website <http://www.pottsvillebeachnc.org.au/>

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What's on at PBNC



5 minute interview with...

Peter

Markets/Cleaning/
Workshop



Do you have a favourite movie?
'One Flew Over the Cuckoo's Nest' –
 starring Jack Nicholson.

If you could travel to anywhere in the world, where - and why?
 Italy, definitely. Annette and I loved it there; especially the wonderful Italian hospitality and the food was out of this world. We stayed in an old monastery which was interesting.

What is your favourite food?
 Pork, pork and more pork....just love any part of a pig!!

Do you have a favourite book or author?
 I don't read many novels. However, I enjoy reading sports articles.

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

Paul Keating sticks in my mind for being so inventive regarding implementing compulsory superannuation payments for employers. I'm not sure if the current regulations reflect the original intentions!

Whom do you most admire and why?

Bill Kelty. Mr Kelty was a member of the Labour Party's union movement during Keating's time. The man was a brilliant orator who spoke 'off the cuff' and during one sitting could bring the conversation back around and remember comments made and who made them.

What does PBNC mean to you?
 It gives me a sense of community or belonging. Without volunteering at PBNC, Annette and I would never have settled in so well here at Pottsville or made such good friends.

 **facebook**
 "Like" us on facebook
www.facebook.com/pbncinc



Robin 'Rob' Ottery

PBNC treasurer and long term volunteer Rob Ottery passed away in February this year. Here PBNC manager Angela shares the following words from her tribute at his funeral.

In August 2004, Rob and Pat Ottery came to PBNC seeking volunteer opportunities after winding up a busy commuting lifestyle between Tweed and Pottsville. Though they had lived in Pottsville for many years, they wanted to connect more with their community. I interviewed and inducted them - knowing in the first few minutes that we'd hit the motherlode! Not only were they friendly and enthusiastic with valuable skillsets, they were keen to work on weekends when we held the markets! That was so long ago now, and many jobs have since been diligently undertaken by this dynamic duo

Rob was a great story-teller and an intent listener. These attributes came in very handy during times where clever solutions to wicked problems were necessary. His ability to provide calm, measured and wise responses, at times when we seemed to be bobbing about in rough seas, was uncanny. He had a presence that instilled quiet confidence and optimism in those around him.

He was so generous with his time in supporting the diverse requirements of a busy neighbourhood centre - whether it be with participating in planning and governance

tasks, mentoring others, or providing practical hands-on assistance. He even shared his abundance of surplus produce from his and Pat's property with the community pantry.

His support and guidance via the finance sub-committees over the years was legendary and greatly appreciated, and his fiscally responsible recommendations were greatly respected by his colleagues on the management committee.

Rob was a progressive thinker - a staunch supporter of gender equality with a keen sense of fairness. He respected diverse views and perspectives and believed (correctly!) that women were equal to men. And we all know that beside every great man is an equally great woman. Rob and Pat were such a tight-knit duo. We were so lucky to witness how they respected each other and the pride they took in sharing news about their ever **growing family with their relatively 'new'** extended PBNC family.

There are so many more stories to tell about Rob. He worked with so many women and men at PBNC, and also serviced his community in such a friendly way that has left an indelible mark in our hearts. When I ask people what comes to mind when they think **of Rob, they immediately relax and smile. It's** then you know that we were all blessed to be in such fine company ■

Farewell to Emma-Lee, Don and Karen



Emma-Lea

Emma-Lea facilitated PBNC activities Art and Play and Lego Time, assisted by her children Bowie and Oceana. These activities have ceased since her departure, and many families and children will be missing the joy of attending them. Emma-Lea's creativity and her willingness to share her passion will be greatly missed. The family is moving to Taree where Emma-Lea's husband is taking up a new job.

(continued...)

New Parents Group

An informal group who
meet on Mondays from
10am-12noon

For babies 0-6 months

A great way to meet other
new parents

Are you new to the area
or have a limited
support network?

Do you want to get out of
the house for an hour or so?

We have a Child and
Family Health Nurse
on hand to answer your
questions about:

*New parenthood

*Normal growth and
development

*Breast feeding

***Sleep/settling...**

Other health professionals
will visit occasionally for:

*Nutrition

***Women's health**

*Speech development

& more

Where:

Pottsville HealthOne
(Group Room)

Elizabeth St Pottsville

Ph: (02) 6670 4900

Don

Don left his volunteer role with PBNC after almost 14 years. Don's volunteer positions were diverse - including maintenance (grounds and buildings), furniture pick-ups and deliveries, bbq cooking and governance... the list goes on and on... He dedicated his time to ensure PBNC flourished, and he will be greatly missed by our community including those with whom he worked.



Karen

Karen (pictured above, front left) joined the PBNC team as Community Capacity Worker in 2012 and worked over many areas including PBNC's children's activities, PlayTime Group and Toy Library. Karen also worked on the centre's Emergency Relief program. She was a stickler for detail and, among many other attributes, she will be missed for that and her ready laughter and quirky fashion sense (she claims to have secured her new job because of her purple hair!) In January, PBNC workers gathered to farewell Karen (see pic above right). Karen leaves PBNC to take up a fulltime job with On Track Community Programs at Tweed Heads.







FALLS FESTIVAL 2016 by Rosemary Beard

2016 may well turn out to be the year of the unexpected. In 2014, I planned 2015 to within an inch of my life, job, and friends. The lesson from that was that life happens no matter what your plans, and the road may well lead to paths that were not intended. Which just goes to show that as much as we humans like to believe we are in control, there is something else at work.

Come December 2015 there was not a plan in sight. There were visitors coming for Christmas, a vague plan for the day and no idea what was happening after that.

Many people may not be aware of the role that festivals play in bringing communities together both through the music and the financial contributions they make to the areas where they are held. The [Falls Festival](#) is one of the festivals that contribute to the local area.

The contribution is not only through the revenue raised by having the festival; it is also in donations to local community groups. In appreciation of the community hosting the [Falls Festival](#), one dollar from every ticket sold goes towards local community projects that benefit the residents in local towns. Some other local beneficiaries have been [Byron Community Centre](#), [Brunswick Visitors Centre](#) and [Crabbes Creek Community Hall](#). In

total \$340,000 has been donated to the regions where the Falls Festival is held.

[Pottsville Beach Neighbourhood Centre](#) has been a recipient in the past and this year they were granted 10 passes for volunteers to attend the festival.

Then there is the unexpected. My involvement with [Pottsville Beach Neighbourhood Centre](#) (PBNC) has been sporadic over several years - mainly assisting with funding applications to support programs for seniors and healthy ageing and developing promotional materials for their vibrant community arts, crafts and produce markets. When I first met the manager, Angela, in 2004, I was drawn to her energy, motivation, and clear sense of what [PBNC](#) could be. It was exciting, inspirational and the centre is now the vibrant hub of its community. The centre received the [Tweed Shire Access and Inclusion Award](#) for its work and community involvement in December 2015. The idea that our contribution to the centre would be recognised, by being the recipients of tickets to the festival, was very humbling and greatly appreciated, as attending this festival has been a bit of a dream.

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The lineup was exceptional, with many bands that I had vaguely heard of and some well know 'veteran' performers. Paul Kelly and the Merri Souls and Gary Clarke Jnr were going to be a highlight; the art elements of the festival would be intriguing, and the younger acts would be interesting to see. The age of the crowd was a concern as we were well past our prime festival days and Falls is billed as an 18 -35 event.

An article on the [ABC](#) had the Festival Director, Brandon Saul, describing the crowd as 'disappointingly well behaved'. Late night drums were nowhere to be heard; loud partying in the campground was not evident. One person yelled at a group of loud talkers, to keep quiet (ok, they said shut up) and they did so immediately - and it was only midnight - behaviour that is unheard of at most other events.

That is not to say that the crowd were dull, the festival boring or the sense of fun in any way diminished. The vibe was positive, happy, and exuberant. We did not see any evidence of negative behaviour or attitudes anywhere.

The crowd welcomed their 'mum and dad' commenting that they were glad we came and asked us for advice. In an effort to shock 'the olds', we were offered all kinds of things with very strange names, which we politely declined (and later looked up on Google - ha ha). When we sat down, people would join us and show genuine interest and curiosity about what we were doing at Falls. Having cameras also helped to ease the initial discomfort.

The Arts Village provided great entertainment outside of the music and a great cooling chill zone. There was always a buzz with the artistic director, [Jodee Mundy](#), continually on the search for volunteers to be included in the street parade on Sunday. Here music rehearsal was happening, masks, and gigantic animals being



created as crowds cued for the 15 minute stand-up comedy acts. Lola's Bar provided some folk acts for the festival including [The Button Collective](#) - a local favourite.

The inclusion of a wedding in the Petite Theatre also added romance to the festival - and a link back to the unexpected as the celebrant was a member of the local Pottsville community, who happened to be on hand to assist with the nuptials (with legalities attended to later).

The rings were made at the festival, the dress found hanging on a fence, and a spontaneous decision made at the festival brought together the entire 'village' to create a very memorable experience. The couple also participated in the street parade to celebrate.

Favourite festival song had to be [Dumb Things by Paul Kelly](#) and the Merri Makers, because you have to acknowledge the legend, followed very quickly by [Parlez Vous Francais by Art Vs Science](#).

My moment of awe was when we were walking past the Merch Tent on our usual lap of the site and found the Merri Makers signing. Paul Kelly gives a lot of magic to people but I have rarely seen him giving autographs. People weren't pushing or shoving by this stage.

However one girl was obviously overwhelmed, and I nearly missed my opportunity to have a boxed collection signed by consoling her. I did miss the opportunity to touch him.

Talking to [Vika Bull](#) about her *At Last* project was fantastic and being in the presence of [Dan Sultan](#) will always thrill me.

Outside of the music there were a lot of activities such as Palm Springs - a water park with slides, misting tents, giant games and a life-size foosball area.

We left the festival with a new sense of hope, hearts full of joy and gratitude and a lot of new music to add to our collection. Many thanks to Pottsville Neighbourhood Centre and The Falls Music and Art Festival for this fantastic opportunity ■



Welcome to new workers

Paul

Art Enthusiasts
Workshop

Jo

Garden
Opp Shop

Gina

Opp Shop

Janice & Bill

Market Sundays
For PCA

Bronwyn

Boomerang Bags/
Opp Shop

Maddison

PlayTime Group

Tania

PlayTime Group

Luke

Opp Shop/
Maintenance

Christine

Admin/
Tech Centre

Barb

Boomerang Bags
Opp Shop

Geraldine

Opp Shop

Norman

Second-Hand Furniture

Carl

Tech Centre

Desiree

Tech Centre

Glen

Tech Centre

Kathryn

Boomerang Bags

Carol

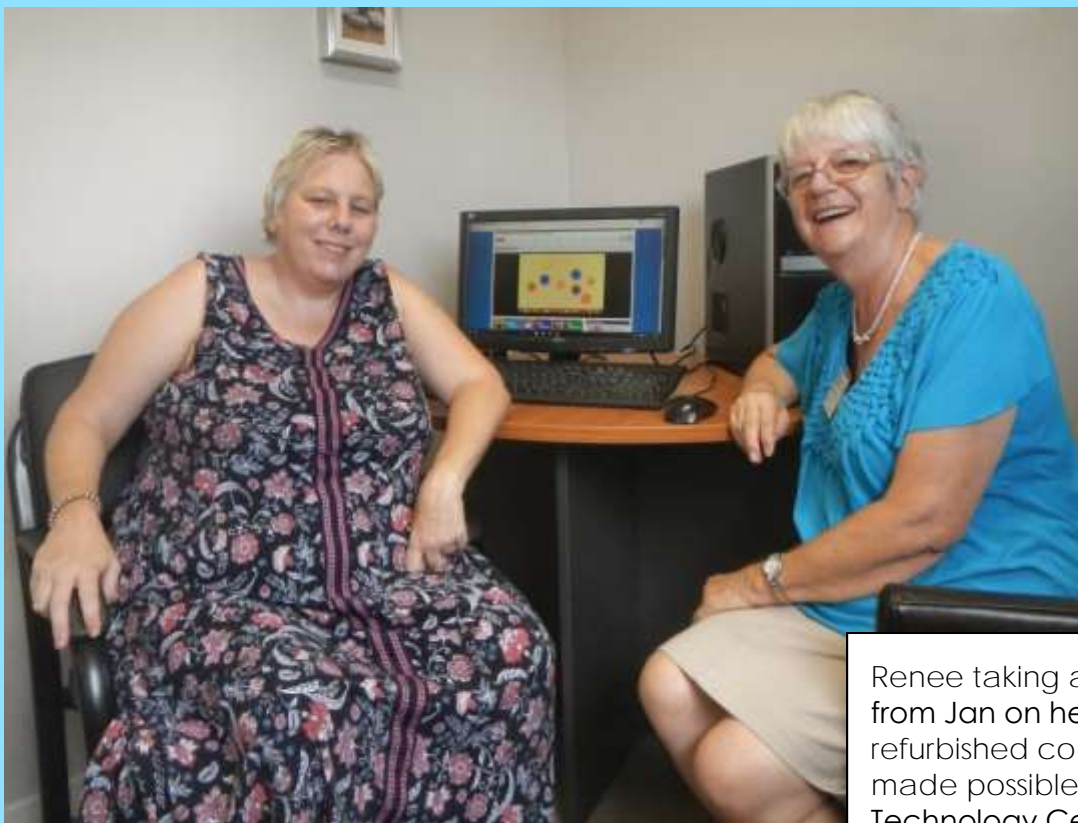
Market Sundays
Community BBQ

Maria

Tech Centre

Cath

Emergency Relief



Renee taking a lesson from Jan on her 'new' refurbished computer made possible by our Technology Centre's repurposed computer components, as part of PBNC's RRR Project. Feb 11, 2016.



Always resourceful and never deterred, Opp Shop workers sort clothing outside during internal repairs to the Opp Shop.



PBNC presents Cabarita Pottsville Lions Club with an Appreciation Certificate to acknowledge their donations for families receiving support through Brighter Futures.



PBNC presents Appreciation Certificates to the Coppin English family for their dedication and support towards families in the Side by Side suite of programs. Deb and Terry, pictured with Angela, receiving their certificates, were instigators of Side by Side after first establishing the Home Educators support group back in 2006. In this time, they created the Northern Rivers AS Network and developed supportive environments and activities for families on the autism spectrum, in partnership with PBNC.



Friends of the Pound Save a Life!

PBNC worker Mandy with Marilyn, Ben, Kane and Cody are pictured above selling raffle tickets in the Tweed City Mall. The raffle is raising money for Friends of the Pound to keep the Murwillumbah pound open, and will assist with vet bills, vaccinations, rehoming, foster carers and other ongoing costs.

The raffle will continue until all three thousand tickets are sold.

Prizes are a 2015 Hyundai Accent and a Hyundai from James Frizelle.

Tickets can be purchased from Lee or Jo at PBNC.



Patch, also known as Charlie, is a six-year - old Burmese looking for a permanent home through Friends Of the Pound.

He is a good natured cat and is very affectionate and playful. He would love a home where there are no other animals.

If you would like more information about Patch, please contact Sonia Trichter, feline coordinator of Friends of the Pound on 0439 766 243.



It's time to play
at PlayTime Group!





PlayTime Group
Mondays and Thursdays
(School terms)
9.30am to 11.30am
Sandbar Room





Mr Kosal

By Kat - a worker with Beachside Communicare Pantry (held Wednesdays at PBNC)

Life can take you on such wonderful journeys, and mine took me to a beautiful place called Siem Reap in Cambodia.

I was taken aback with the beauty and friendliness of this forgotten part of the world, war-torn and fragile, yet majestic and friendly to the common tourist. I felt so privileged to get to know so many Khmer people, if only for a short time.

Three months slipped by so fast and every day was packed with the laughter of children and the smells of the city - some very unpleasant, some I just wanted to bottle and bring home with me.

Helping others became the very forefront of my time in Cambodia. People and families with so little, yet all smiling and laughing happily together in one room shanties. I thought about the things that filled my life. My family, money, my car and all my possessions, and other than family it all seemed worthless there and then.

I met a courageous man. His name is Mr Kosal. With him were his wife Hym and 10 year old daughter Straypec (pictured below). Mr Kosal has lost so many parts of his body through war injuries yet he still manages to go to work seven days a week and provide shelter and food for his family. Mr Kosal sells

magazines and tour guide books in Siem Reap to make a living. His average wage is US\$30 per month. It's so commendable and this is when I decided to help Mr Kosal and his family. This has progressed from helping the Kosal Family to helping

many whenever possible through donations from family and friends.

My friend Rick Garson and I have now re-housed the Kosal Family and put his daughter into English School through donations. Rick is also setting up well toilets and showers in some of the villages, putting children into English lessons and buying bikes so children can ride to school.

Please look at the link below to see the ongoing work that's being achieved....

<https://www.facebook.com/kosalfamily/>



Warrigal greens

diary of ship's botanist Joseph Banks. Banks took some seeds back with him to Kew Gardens in 1771, making them the first Australian food plant to be cultivated abroad. Later, they also made their way to France, where they were renamed French spinach.

Warrigal greens (*Tetragonia tetragonioides*) have always formed an important part of bush tucker for Aboriginal people, and the greens are now being discovered by the rest of the world.

The greens, also known as Botany Bay greens, native spinach or New Zealand spinach, are today one of the better known of our edible native plants. Food foragers and gardeners have appreciated it for its accessibility and ability to thrive on neglect. Now chefs and the non-gardening public are catching on to Australia's own native spinach; a hardier and tastier version of its English cousin.

It is the oval- or diamond-shaped leaves of this sprawling shrub that are eaten. They must always be blanched before being eaten, as the leaves contain oxalates which can have adverse effects. Blanch in boiling water for around 10-15 seconds, remove and refresh under cold water. The good news is that warrigal greens are naturally very high in antioxidants. In fact, James Cook took them on voyages to prevent scurvy among his crew.

The final meal taken on board the Endeavour after it left Botany Bay was skate and warrigal greens, according to the

The plant is high in fibre, has sedative properties and may assist in ulcer prevention.

Neil Perry, Kylie Kwong and Simon Bryant started using warrigal greens in the early 2000s. Kwong uses it in stir-fries or chops it finely and mixes it with black fungus and ginger to use in dumplings at her Sydney restaurant, *Billy Kwong*. Bryant has remained a steadfast advocate of the native spinach too, even growing the greens at home. "I use them in Asian stir-fries as the leaf is much more hardy and handles the heat better than spinach," he says. "I also use them in pestos, in salads and basically as a spinach substitute."

While the taste will be familiar to spinach-lovers, Bryant reckons warrigal greens have more complex flavour notes.

"They start with a herbivorous grassy taste and develop a few metallic bitter end notes

as you chew which gives an interesting finish to a dish," he says. "They are a water-wise native Australian plant which grows here so much easier than spinach: they self-seed, so no matter how much love you don't give them, they will grow right back."

As well as sautéing or stir-frying, try warrigal greens with feta in a pie or quiche, or blanch then use as you would regular spinach for an antioxidant-packed green smoothie. Or maybe even have a go at an updated version of the Endeavour crew's final Australian meal, substituting skate (on the at-risk of being overfished red list) with a nice bit of trevally.

Warrigal greens can be
found in PBNC's
bush tucker garden



NSW SENIORS FESTIVAL

Community Partner

Grow Young

An attitude. A state of mind. To learn. To be free. To be inspired.



The Dynamic Team at the Tech Centre presents...

Seniors Healthy and Appy

WHAT:

Education and demonstration using free **'health apps' on smart phones and tablets**

PARTICIPANTS: (bookings essential)

Seniors

WHEN:

April 2016

Tuesday 5th and

Thursday 7th

9.30am - 11.30am

WHERE:

Reef Room @ Pottsville Beach
Neighbourhood Centre,
12A Elizabeth St, Pottsville
02 6676 4555

Use your smart phone or tablet to improve your health.

Your smartphone or tablet can measure your heart rate, track your steps and improve your diet. Come and learn how!

With the prevalence of smart devices, seniors will learn how to search, install and best manage their chosen health apps whilst understanding and maintaining their online privacy.

On the day a guest health professional will also give an informative talk focusing on health and fitness for seniors.

This FREE program will cater to about 40 participants (20 per two-hour session) delivered by trained PBNC facilitators and volunteers. A guided tour of the Technology Centre and other PBNC activities will be included.

For more information or to book a place, phone Pottsville Beach Neighbourhood Centre on 02 6676 4555.

Seniors Healthy and Appy is an initiative of PBNC and is funded by NSW Department of Families and Community Services ■



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



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)
School terms only
Phone **Belinda**
0404 249 869

Sunday

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

Next markets (2016):

Mar		20
Apr	3 &	17
May	1 &	15
Jun	5 &	19

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),
Support Group

is PBNC's holistic
family support group
for all family members with
children on the
autism spectrum

When: 1st and 3rd Saturday
each month 1pm - 4pm

Ph Belinda
0404 249 869

 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