



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.



In this issue, you will see that the PBNC Drift team has begun stepping out into the community, interviewing business owners (see pages 20, 21, 22) and bringing news from other parts of the shire (see Emma Peel's pages 14 & 15). It's all part of PBNC's focus on "turning outwards": having community conversations and learning of shared aspirations so we can work together to identify issues and begin a process of community action, whereby we all become involved and stronger.



our newsletter

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Message from Angela...

One of the really great things about being immersed in community development work is when you have the opportunity to attend inspiring conferences like the *Our Community – Communities In Control Conference*, held in May each year, in Melbourne. If you are invested in community work, don't let the prospect of Melbourne's four-seasons-in-one-day weather put you off, and start preparing for CIC 2016!

I have attended a few now and would have to say that the 2015 conference titled *Think Differently – Ideas That Change Communities*, did have me thinking differently on many varied levels.

The Welcome to Country was performed by Auntie Joy Murphy Wandin AO, senior Wurundjeri elder, whom I have witnessed welcoming viewers to the Indigenous

Round AFL match between Essendon and Richmond each year, in her own inclusive style.

Each presenter expressed interesting views and proffered thought-provoking questions for us to ponder. For me, standout presenters were Clementine Ford – a fearless equal rights campaigner, author, and social commentator; Christine Anu – an Aria Award winning singer/songwriter and collaborator; and Dr Gregory Phillips – an Aboriginal anthropologist, lecturer in Aboriginal health at Monash University and Executive Director at ABSTARR Consulting. The conference's Day One program introduced Clementine Ford's presentation thus:

"If women are to gain power over their own lives, men must lose power. That's fair. Men can't be expected to like it. That's tough. If we want to be really fair and balanced, men should spend the next 4000 years as the household property of women and

(continued)

- 1 Cover: Stepping out
- 2 Index, Message from Angela
5 min. interview - Linda W
- 3, 4 Message from
Angela (continued)
- 5 NAIDOC Week
- 6 to 8 Soup Day 2015
- 9 Certificates of Appreciation

For all back issues of Drift visit the PBNC website www.pottsvillebeachnc.org.au

- 10 Progressing with POD
- 11 to 13 Tech Centre tips and info
- 14, 15 Youth Initiative with Emma
- 16 Mindfulness with Heart
- 17 Valuable Connections
with Jan W
- 18 Boswell, Tax Help, new
volunteers
- 19 Archaeological dig
- 20 Henna Kitchen
- 21 Pottsville General Store
- 22 IGA Pottsville, Caldera
Restaurant
- 23, 24 **What's on at the centre**



5 minute
interview with...

Linda W

Tech Centre
& Op Shop



Do you have a favourite book or author?

Jessica by Bryce Courtenay.

Do you have a favourite movie?
 Shawshank Redemption, An
 Affair to Remember, Bridesmaids.
 I like all genres but not sci-fi.

Whom do you most admire and why?

Sophia Loren for her elegance and sophistication.

If you could travel to anywhere in the world, where - and why?
 Hawaii. My daughter Rebecca has been there twice and raved about it especially the Pearl Harbour exhibition which blew her away.

What is your favourite food?
 Italian.

What famous person would you choose to spend an evening with and why?
 Don Henley and all the Eagles.

What does PBNC mean to you?
 Friendship, helping people and being able to still learn things, especially at the Tech Centre.



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www.facebook.com/pbncinc

Drift Team

Lily, Tony, Chris, Emma, Byron, Angela, Jan W, Laurel W

(...continued)

get the vote sometime around the year 5916 (equal pay could take a little longer). Then they get to complain. Clementine is a forward thinking social commentator and a prominent writer and feminist. She has previously worked as a policy officer for YWCA and as a media advisor in a state political campaign. Currently writing for Fairfax, appearing in The Age and Daily Life as well as frequent appearances on ABC radio, Clementine knows that she is hitting the right spot when Andrew Bolt calls her "just some feminist with bared tattoos".

Clementine's insight provides an indispensable, spirited and eloquent voice for equality."

Clementine Ford struggled to stand at the podium with her crutches and papers, while nursing a broken leg in a moon boot: an injury she sustained through a recent roller derby challenge - but stand and deliver, she did! She's such a trooper! Clementine's speech was titled *Empowerment is a Zero Sum Game*. In this speech, Clementine's contentions were made very clear. An excerpt is included here:

Christine Anu



"...It's actually part and parcel of the hard and challenging work of redressing the imbalance of power that privileges certain people over others, and creates such a foundational structure for inequality to proliferate in all its guises. If you are holding onto power while pretending to advocate for equality, you are part of the problem. If you are speaking for the marginalised when you enjoy power and privilege over them and refusing to let them speak for themselves, you are part of the problem. If you refuse to address the ways in which you benefit from other people's oppression, preferring instead to talk about equality as if it's a matter of simply giving people a hand up to the platform on which you stand, you are part of the problem.

"And these are again the hard and uncomfortable truths that we need to face, especially those of us who enjoy an intersection of those privileges and the associated power. For true equality and liberation to be possible we have to be willing to sacrifice that which gives us power. It is necessary to address the representation of people in power, not just according to their gender, but also according to their race, sexuality, able bodied-ness and gender identity..."

And, as if this first day wasn't enough, on the second day, National Sorry Day, participants were treated to experiencing Christine Anu's opening performance.

Christine Anu mesmerised her audience with sublime performances of *My Island Home* in her Islander language as well as in English, accompanied only by an acoustic guitarist called Ramsay. Christine described her ancestral heritage as being from Saibai Island and Mabuiag Island of the Kalau Kawau Ya and Kalau Lagau Ya language groups in Queensland Torres Strait. Christine gave some background on how she obtained the song that was to become her iconic, APRA-award-winning-song and part of her platinum first album. Christine explained that this song encapsulates how her home never leaves her heart and mind, no matter where she is in the world. It was fitting for Christine to perform on National Sorry Day and she said the following about what this day means to her...

Clementine Ford



(continued....)

(...continued)

"...I just wanted to say something about National Sorry Day. I was born three years after the 1967 Referendum, and was 22 and a graduating student when I danced in the ceremony as part of Paul Keating's 1992 reconciliation speech in Redfern, Sydney. From then 'til now, a few great people have said many great things, and for my many Aboriginal brothers and sisters and their families whom I've grown up with who've suffered because of past government policies, Sorry Day acknowledges every signature and vote for our Referendum, every positive word uttered in meaningful dialogue, every footstep on the reconciliation journey, every door opened for self-determination, every song sung and singing the stories of our healing.

"I'm reminded that we have come a long way and that there's always more that can be done by all of us together to change our conversation and heal the past. I believe there is no better way to heal than through the power of music. I want us to remember our shared turbulent past, yet also look forward to a better shared future."

Christine's profound words and exquisite singing triggered goosebumps all round and moved many to produce silent, trickling tears – the kind you experience when you hear something so incredibly beautiful and resonating that it will stay with you always.



Dr Gregory Phillips gave his powerful presentation exploring his notion of An Aboriginal Australian Republic. The conference program introduced his presentation in this way:

"Aboriginal and Torres Strait Islander peoples are often thought of as charity cases, problems, sick, drunk, mad, abusers, violent and 'disadvantaged'. Apparently they need to be 'included', 'protected', 'assimilated', 'empowered' or 'brought up to the standards' of others, according to white benevolence. In this presentation,

Gregory proposed a radical shift in thinking – Aboriginal and Torres Strait Islander Peoples are in fact at the forefront of global social and environmental sustainability, intellectual prowess, artistic meaning and creative beauty. What can other Australians learn from them? What is an Australian? Who is sovereign in Australia? How might we build a Republic we can be proud of? What is the vision for this great southern land? Gregory is a medical anthropologist with a PhD in psychology and a master's degree in medical science. He has 20 years' experience working in healing, alcohol and other drug abuse, youth empowerment, medical education and health workforce.



Dr Gregory Phillips

Amongst many other initiatives, Gregory developed an accredited Indigenous health curriculum for all medical schools in Australia and New Zealand, founded the Leaders in Indigenous Medical Education Network and co-wrote a national Indigenous health workforce strategy. He is currently Executive Director of ABSTARR Consulting, and a Research Fellow at the Baker IDI Heart and Diabetes Institute."

Space constraints with *Drift* do not allow me to adequately cover the deep impact that Dr Phillips' presentation made on my way of thinking about and feelings for Aboriginal Australia. And I know that my words will never do justice to his thoughtful, considered and intelligent insights. I think his speech should be mandatory viewing for people young and old, from all walks of life and backgrounds. After seeing his presentation, you may also understand why I would very happily vote him into the position of Australia's first, First Nations' President!

You can view Dr Phillips' presentation and those of all other presenters (in Powerpoint, transcript, audio and video formats) here:

www.ourcommunity.com.au/cic2015

NAIDOC Week

Celebrations are held across Australia each July to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

NAIDOC is celebrated not only in Indigenous communities, but by Australians from all walks of life. The week is a great opportunity to participate in a range of activities and to support your local Aboriginal and Torres Strait Islander community.

NAIDOC originally stood for 'National Aborigines and Islanders Day Observance Committee'. This committee was once responsible for organising national activities during NAIDOC Week and its acronym has since become the name of the week itself. Local community celebrations during NAIDOC Week are encouraged and often

organised by communities, government agencies, local councils, schools and workplaces. For many years, the Australian Government has supported national NAIDOC celebrations as well as providing funding grants through the Regional Network to fund local celebrations.

We all Stand on Sacred Ground:
Learn, Respect & Celebrate

5 - 12 JULY 2015

The program below outlines NAIDOC Week activities in the Tweed shire.

Source: www.naidoc.org.au



Tweed Heads NAIDOC Week Celebrations

5th July to 10th July 2015

All Welcome Enquiries 075524 2275 or 0756361 763



DATE	TIMES	VENUE	ADDRESS
SUNDAY 5th JULY			
o FLAG RAISING CEREMONY	9:30am – 10:30am	Minjungbal Museum	Cnr Kirkwood Road, South Tweed
o CHURCH SERVICES	10:30am – 12:00pm	Minjungbal Museum	Cnr Kirkwood Road, South Tweed
MONDAY 6th JULY			
o CULTURAL DAY	9:30am – 3:00pm	Minjungbal Museum	Cnr Kirkwood Road, South Tweed
o CURRY NIGHT	6:00pm – 9:00pm	Minjungbal Museum	Cnr Kirkwood Road, South Tweed
TUESDAY 7th JULY			
o HALL OF FAME INDUCTION	9:30am – 11:00am	Minjungbal Museum	Cnr Kirkwood Road, South Tweed
o MORNING TEA	11:00am	Minjungbal Museum	Cnr Kirkwood Road, South Tweed
WEDNESDAY 8th JULY			
o SPORTS DAY & HEALTH EXPO	8:30am – 4:00pm	Arkininstall Park	Cnr Heffron St, South Tweed
o TOUCH COMP	10:00am – 4:00pm		
THURSDAY 9th JULY			
o Children's SALT WATER DAY	10:00pm – 2:00pm	Cudgen Creek PCYC	Cudgen Creek Recreation Street, Tweed Heads
o DISCO Fancy Dress (15yrs & under)	6:00pm – 9:00pm		
FRIDAY 10th JULY			
o NAIDOC STREET MARCH	10:00am – 11:00am	Civic Centre, Tweed Heads	Brett Street, Tweed Heads
o CORROBORREE in the PARK	11:00am – 12:30pm		Boundary Street, Tweed Heads
o NAIDOC DINNER DANCE (17 & over)	6:30pm – 12:00am	Jack Evans Boatharbour Civic Centre, Tweed Heads	Brett Street, Tweed Heads Twin Towns Services Club

We all Stand on Sacred Ground: Learn, Respect & Celebrate

Tweed Heads NAIDOC Week 2015 is Proudly Sponsored by:

Tweed Aboriginal Co-operative, Tweed Byron LALC, Canowindra, Tweed Aboriginal Corporation for Sport, Aboriginal Home-Care, Bugalwena Health, Bugalwena GP, Medicare Local, Department of Prime Minister & Cabinet, Tweed Shire Council, First Sun, Tursa, New Horizons, NSW Police Tweed Byron Local Area Command, PCYC, The Family Centre



Soup Day 2015







Our kitchens rule

- Thank you to the staff for making all the delicious soup





**Jan Barnes
15 years**



**Clive and Jan Cramb
15 years**

Award Presentations



**Rhonda James
15 years**



**Penny Henderson
5 years**



**Russel Sherwood
5 years**



**Ngaire McCluskey
5 years**

As part of Volunteer Appreciation Day (Soup Day) and PBNC's 15th Birthday celebrations, Drew and Julie (pictured above top left with Jan Barnes) presented these long term PBNC workers with their Certificates of Appreciation for five, ten or 15 years' service with the centre.



**Wendy and David Marshall
15 years**

Progressing with POD

for children, in a simple, clear way. Luke has been picking up more and more casual teaching work since being at the centre and it was only a matter of time till he got more permanent work," said Danny, adding "We don't want to lose him!"



Volunteering at the Tech Centre, where Luke trained people in the use of computer programs, has been just like real work, said Luke. "PBNC is a good place to work - it's very professional and the people there are great to work with. PBNC is the perfect community hub, providing services not available in most towns in the Tweed shire."

Having been born and raised in Pottsville, Luke was a little apprehensive about the cold weather in Tenterfield but said he had experienced a similar climate when he completed a six week term in Crookwell in 2013. "You get used to it!" he said.

Pottsville Beach Neighbourhood Centre Open Doors (POD) participant Luke has just scored a job after five **months' work experience with POD as** a tutor at the Tech Centre.

Luke has his Bachelor of Education (Primary) and has been looking for work as a teacher. In June, he will begin a six-month period of teaching at The Sir Henry Parkes Memorial Primary School, Tenterfield, with the possibility of an extension.

"PBNC has helped me to get better references – Danny and Drew (Tech Centre coordinators) provided them – and I believe this helped me to get the job. I have learnt much more technologically, especially about Apple products, which I previously knew little about," said Luke.

"Luke's progress at the Tech Centre has been very impressive," said Danny. "He can explain complex ideas, such as cyber safety

In other POD news: Dan has moved on to a job at the Night Owl supermarket in Pottsville; Liam has gained work with a bush regeneration business in the shire, and Raelle continues to enjoy her job at The Coffee Club, Cabarita Beach.

Daniel continues to work with Danny servicing computers at the Tech Centre. Danny said Daniel is very good at his work and "we'd love him to stay!" However, Daniel is learning more and more each day and Danny believes it won't be long before he, too, gets paid work. Elijah continues his work experience at PBNC's Opp Shop while searching for work in his chosen field of accountancy.

PBNC is currently developing a project to comply with the Federal Government's new guidelines in relation to mutual obligation participation, and is very hopeful of hosting another six-month project soon ■



TECHNOLOGY MADE SIMPLE



PBNC Technology Centre

Help your kids to use technology safely

In this issue:

- Top 10 tips for staying safe online
- Top 10 tips for mobile phone safety
- Setting up a computer for kids to use safely
- Useful links and resources



Safety for children and young people on the internet is front page news and we need to do all we can to ensure that young people and their parents or carers are informed on how to ensure the internet is a safe experience.

Technology is opening new opportunities for everyone, promoting creativity and effective learning. Children and young people are using the internet more and more, and -from an earlier age. The internet is more accessible than ever before; last year 70% of Australian children and young people downloaded or streamed video content from their mobile devices (Australian Government figures).

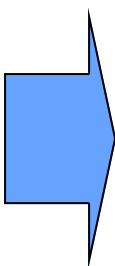
To use technology effectively requires awareness of both the benefits and the risks. This has created a world which can be fun and exciting, as well as providing potential dangers and harm. It is important that parents/carers and young people are aware of these risks and of the steps they can take to minimise them.

At PBNC's Technology Centre, we can show you how to set up a computer for kids to use safely using the tools already built into Windows. If you prefer, we can set it up for you and provide a range of resources to help you ensure your kids stay safe when using the internet. See the article later in this issue.

Top 10 tips for staying safe online



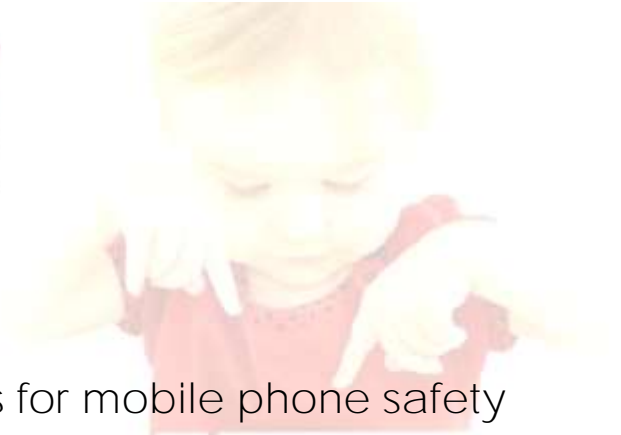
**For
Young
Kids**



- 1) Don't post any personal information online, such as your address, email address or mobile number.
- 2) Think carefully before posting pictures or videos of yourself. **Once you've put a picture of yourself online, most people can see it and may be able to download it - it's no longer just yours.**
- 3) Keep your privacy settings as high as possible.
- 4) Never give out your passwords.
- 5) Don't befriend people you don't know.
- 6) Don't meet up with people you've met online. Speak to your parent or carer about people suggesting you do.
- 7) Remember that not everyone online is who they say they are.
- 8) Think carefully about what you say before you post something online.
- 9) Respect other people's views, even if you don't agree with them - there's no need to be rude.
- 10) If you see something online that makes you feel uncomfortable, unsafe or worried, leave the website, turn off your computer if you want to and tell a trusted adult immediately.



TECHNOLOGY MADE SIMPLE



Top 10 tips for mobile phone safety

- 1) Remember, if you are being bullied it isn't your fault and there is nothing so awful that you can't speak to someone about it. Talk to a trusted adult at home or at school.
- 2) Don't reply to any nasty messages you receive.
- 3) Don't reply to a text from someone you don't know.
- 4) Keep the messages you have been sent so you can show them to a trusted adult and make a note of the time and date of the messages or calls you receive.
- 5) Don't answer calls from withheld numbers or numbers you don't recognise; let it go to voice mail.
- 6) Block numbers from people who are sending you nasty messages.
- 7) If you are bullied repeatedly you can change your number.
- 8) Don't give your mobile number to someone you don't know.
- 9) Don't send pictures to someone you don't know.
- 10) If the problem is serious you can report it to the police, or tell a trusted adult immediately.

You can use the following links below to obtain further information.

If you are viewing this newsletter on your computer or tablet, you can click on any of the links or buttons below to go directly to the web page.

If you are reading a printed copy, type the address into the address bar at the top of your browser (Internet Explorer, Chrome or Firefox).

www.cybersmart.gov.au/Teens.aspx

www.cybersmart.gov.au/Kids.aspx

www.cybersmart.gov.au/young%20kids/online-safety.aspx

www.cybersmart.gov.au/default.aspx

www.bravehearts.org.au/pages/keeping-safe-online.php



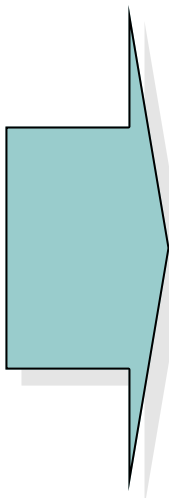
[Cybersafety help button](#)



The [Cybersafety Help Button](#) provides internet users, particularly children and young people, with easy online access to cyber safety information and assistance available in Australia.

The help button is a free application that is easily downloaded onto personal computers, mobile devices and school and library networks.

Useful links for further information





TECHNOLOGY MADE SIMPLE



To set up a child's account in Windows 8:
(you must be an Administrator on the computer)

In the search box, type in "PC SETTINGS"

Click on "ACCOUNTS"

Click on "OTHER ACCOUNTS"

Click on "ADD AN ACCOUNT"

Click on "ADD A CHILD'S ACCOUNT"

Click on "ADD A CHILD'S ACCOUNT WITHOUT EMAIL"

Type in a user name for the child (family safety will be turned on by default)

If you set a password make sure it's easy for your child to remember

Click on "NEXT"

The child's account will now be set up and ready to use.

NOTE: For Windows 8, you will need to have a Microsoft account to use the family safety features which give you complete control over what your child can see and do on the computer and the internet.

You will also be able to control when your child can access the computer.

You can also control what games your child can play, based on their content rating.



To set up a child's account in Windows 7:

(you must be an Administrator on the computer)

In the start menu click on "CONTROL PANEL"

Click on "USER ACCOUNTS"

Click on "MANAGE ANOTHER ACCOUNT"

Click on "ADD AN ACCOUNT"

Click on "CREATE A NEW ACCOUNT"

Type in the child's name and click "CREATE ACCOUNT"

Click on the child's account; then click on "SET UP PARENTAL CONTROLS"

Click on the child's account.

In the new window that opens, you can control what your child can see and do on the computer and the internet.

You will also be able to control when your child can access the computer.

You can also control what games your child can play, based on their content rating.



If you need help with any of the above steps, pop into **PBNC's Tech Centre**, where one of our volunteer tutors will assist you.

Alternatively, if you book your computer into the Tech Centre, we can set this up for you and also provide a range of free age-appropriate educational software and links to good educational websites.

Setting up children's accounts on Windows computers



EVENT: Youth Initiative

Interviewer: Emma Peel

Interviewee: Leif Morris

What's your name and what's the name of your event?

My name is Leif Morris, and the event is *Youth Initiative* by Tweed Creative and Peace by Piece Music.

When and where is your event held?

It's held on the third Friday of each month at Tweed Creative Studios, 1/19 Buchanan St, Murwillumbah.

It's a not-for-profit event, with FREE entry (donations welcomed to help cover costs). It starts at 7pm and finishes about 9.30pm and there's a free sausage sizzle and light refreshments available – NO alcohol.

Please name any relevant qualifications you have.

I have 17 years' experience in the music industry and I'm a youth worker, father and husband.

What is your event about?

The event is designed to give our youth of the region a chance to play and watch music in a safe and fun environment. We are seeking young bands to come and play their music and hone their live performance skills with the support of experienced musicians, friends and family. Our nights are very relaxed and are really about having a good time and creating community. We encourage families, youth and adults alike to come along and show these great young musicians our support. We are always keen for new bands and musicians to come, and

How and when did the concept of your event first become an idea and how did it come to fruition?

Working with youth is my passion, as well as sharing the joy of music. My youth work background and work within the community services sector keeps me aware of the lack of resources and funding available to communities

to create these types of events. I believe in the power of small groups and also the effectiveness of grass roots ideas being run effectively with great outcomes.

Our Tweed Coast region is full of amazing people who are genuinely interested in living in a better world that is full of laughter and love. The more people I meet in the local and wider community the more I want to be involved and share any skills or time that I can. I believe Pottsville and Caba have great communities that can really shine. The reason this event came about is due to the lack of youth related music events in our area. It seems that the area between Byron and the Gold Coast can use events like these.

How long have you been running your event?

Our youth nights are brand new events, with the first two nights a great success, having about 30 kids come down.

encourage any young musos to get in touch and book a spot. Our network is slowly growing, and we are so grateful for the support of the Cabarita Youth Service which brings a minibus full of Caba and Potty kids over to our events.

What role do you play?

My role is shared with Chana Waters of Tweed Creative

Studios. We both share ideas and organise the promo, the bands and donations from businesses in the area to help keep the event running and growing for long term sustainability.

What do you aim to achieve - what are your goals?

I would love to keep these types of events alive all throughout our region. Creating community and culture for our young people in Pottsville is where I am looking in the near future. There isn't a lot for our kids and youth here, and the population is ever-expanding. With a bit of luck and help from the community, I am hoping we can start running some activities and music nights in the coming months. The drumming circle is a great asset to our community and I hope to build on that with the help of anyone in the community who would like to get on board and start brainstorming.

Yes! We are getting great feedback and receiving calls from people wanting to help out. It's great. We have had a couple of articles in local papers and are being supported by

So far, are you having a good community response?

the musos in the area as well. It's great to see and be a part of. A lot of generous people are willing to give support.

Is your event self-funded? If not, what sources of funding does your event have?

It's completely run by volunteers and from donations. We ask for a donation at our

events, but we don't expect anything. Over time we will hopefully get some local businesses involved to possibly help out with things we need here and there. Chana Waters has donated her time and venue, as well as the sound equipment to use for the events. We have food donated for barbeques and been given some discounts for an outside fire gas heater. It's really grass roots, bare bones - just like most community events, we do it for the love.

Yes, definitely. Having kids here and socialising, dancing, hanging out, not on computers, not getting into trouble, it's all a win.

So far, do you feel you are achieving your goals?

If you could pick three positive experiences or activities so far what would they be?

Positive experiences would be the community gathering, the shared love and respect, the enthusiasm shown by the youth to get out and enjoy themselves.

What is your favourite thing about your event?

My fav thing is definitely seeing these young musicians giving their all and getting lost in the

music. It's inspiring. Then to see the kids having a dance and smiling, having fun in a safe, non-alcohol-related environment, is just awesome. I love it.

If money was no object, what is the one thing you would really love to be able to do for your event?

Maybe if we had a couple of buses, we could provide a transport service. That would help a lot. Transport is one of the main issues for our youth.

The next event is on Friday July 17th. If you have any queries about Youth Initiative or you would like to participate in some way, phone Tweed Creative Studios on (02) 6672 5556.

Mindfulness with Heart

is a FREE meditation course suitable for beginners or those more advanced. In the weekly sessions, we will be learning and using basic meditation practices to help bring more awareness and compassion into our lives and, by the end of the ten-week course, all participants will have the knowledge to meditate on their own. Meditation has many proven benefits, including decreased stress, depression, anxiety, pain and insomnia, and an improved quality of life.

Robyn, the course facilitator, is a qualified massage therapist who is experienced in meditation techniques and their benefits. Robyn has been volunteering at Pottsville Beach Neighbourhood Centre for more than a year, donating her time, skills and learning to workers at the busy centre so that they can be refreshed and reinvigorated.

Mindfulness with Heart will be held every Thursday from July 16 to September 17, 1.30pm till 3pm in Pottsville Beach Neighbourhood Centre's Sandbar Room. Whether you've tried meditation before or not, come along and give it a go. If you'd like to find out more, ring Robyn on 0427 212 210, or just be there at the next session. You will be very welcome ■



Mindfulness with Heart

WHAT?
A **FREE** meditation course suitable for beginners to advanced

WHERE?
Sandbar Room, Pottsville Beach Neighbourhood Centre,
10B-12A Elizabeth St, Pottsville

WHEN?
Every Thursday, 1:30pm till 3:00pm, from July 16 to September 17, 2015

WHY?
Meditation has many proven benefits, including decreasing stress, depression, anxiety, pain and insomnia, and improving quality of life.

To find out more, ring **Robyn** on **0427 212 210**, or just be there at the next session. You will be very welcome.

Valuable connections

By admin worker Jan W

Having a background of working with children, I was recently asked to assist in the following two instances at PBNC. My first assignment was to assist a group of young children within the program, *Wrapped in Angels*, (provided by Cara House) which caters for children and families who have experienced child abuse, violence and trauma. The program assists them to tap into their own resilience to look at how they have managed to survive in the face of adversity.

Six children were involved in the project, held weekly at PBNC for nine weeks with two-hour sessions late in the afternoon. Each child created an individual blanket that represented love, protection, warmth and safety for themselves. Their angels included butterflies, dogs, snowflakes, beads and fish. The children planned the design of their blanket and pinned on their chosen motifs ready to be sewn. Some of the special angels were sewn on by the children, while I used the sewing machine to stitch on many of the larger ones, sometimes with the child assisting me to work the sewing machine.

The blankets brought a sense of pride, love and security to the children. They were so proud when they were complete and explained to everyone how their particular angel would help them.

By the end of the program, the children had developed into a cohesive group and formed friendships with each other. This was evident in the manner in which they played with each other and helped each other when it was needed.

For more information about Wrapped In Angels see: carahouse.com.au/wrapped-angels

Currently I assist Renee, a woman living with intellectual impairment, with her technology skills. Our weekly sessions, just prior to when Renee commences her shift at PBNC's Op Shop, have evolved so that, as well as working with her Ipad, we have learnt a little French, some Auslan signs and are now in the process of knitting a scarf. We enjoy our sessions together and much information about each other's lives passes between the two of us. Renee likes to write to some actors and actresses whom she watches on television – either to ask questions or to let them know that she is not happy with their behaviour, and together we compose letters and she types them into her Ipad. Between the two of us, we have discovered some great games and puzzles that are free to download to the Ipad, and we have had plenty of fun playing them together ■





Boswell finds a foster home

by PBNC worker Laurel

Boswell is a 10-year-old Jack Russell who has come to me through the Friends of the Pound as a foster dog. Initially I discovered the possibility of fostering dogs and cats through Lee (Friends of the Pound secretary) also PBNC's Centrelink Agent and Markets Coordinator, who, once I had decided that I would like to foster, passed my details on to Pam (dogs) and Sonia (cats) who both contacted me immediately. Pam brought Boswell to my home. FoP cover the cost of vets, medications, food, bedding, toys etc.

I have only had Boswell for a short time but he has settled in really well. He is very good natured, and a great companion. He is excellent with children and really loves to be around people generally.

Fostering suits me very well, as I travel quite often and this is a great way to have a pet without the worry of having to find someone to look after one when I go away. Friends of the Pound are currently trying to find a permanent home for Boswell.

If you think fostering is something that you would like to do, you may contact Pam Price (cats) on 0421 017 461 or Sonia Trichter on 0439 766 243.

Tax Help at PBNC

Pottsville Beach Neighbourhood Centre (PBNC) is again offering FREE Tax Help. Until the end of October, the centre's qualified volunteers, Garry and Dave, will assist people to complete their tax returns for 2014-2015. If your tax affairs are simple and you earn approximately \$50,000 a year or less, you could be eligible for this assistance.

You will need a MyGov account – if you don't already have an account, you can register for one at PBNC's Centrelink Agency.

Tax Help will be delivered from PBNC's Technology Centre, Elizabeth St, Pottsville.

Bookings can be made from Monday, July 20

- phone Pottsville Beach Neighbourhood Centre on (02) 6676 4555 or see PBNC's facebook site

www.facebook.com/pbncinc

Welcome to new PBNC workers

Niki	Admin and Tech Centre. Niki has been volunteering on and off at PBNC since 2001.
Christiaan	Pottsville Open Doors Project (POD) - Maintenance
John W	Markets
Lester	Markets
Oriana	PlayTime Group
Helen	PlayTime Group
Vanessa	Toddler Tunes and Stories Facilitator

Archaeological dig at Pottsville!

A mini dig for mini archaeologists took place at Pottsville Neighbourhood Centre in May as part of National Archaeology Week. More than 40 adults and children attended the event, a partnership between PBNC and locally-based archaeology company Virtus Heritage.

The activity, aimed to give toddlers and preschool-aged children a taste of the excitement of the world of archaeology, was held in conjunction with PBNC's Toddler Tunes and Stories.

Unfortunately illness struck local Yugambah man Magpie, who was to perform Indigenous songs and dances. However, toddlers were unfazed and under the guidance of archaeologists with Virtus Heritage Julian Travaglia, Chris Jennings and Emma St-Pierre, the dig was soon underway with a sandpit full of eager, hopeful diggers who all uncovered one or more 'artefacts' to take home.

After their turn at the dig, children coloured in Dora the Explorer and her cousin Diego, had fun with the play equipment and joined in musical activities with Toddler Tunes and Stories facilitators Michelle, Debbie and Melanie.

"I loved it," said Elisha Cantwell who attended with her two-year-old daughter, Violet. "It was a fun and interactive experience encouraging outdoor play and learning." The kids really dug the dig morning! So much so that the organisers hope to hold similar events during Toddler Tunes and Stories in the future.

To find out more, visit the following websites:

Virtus Heritage - www.virtusheritage.com.au
National Archaeology Week - www.archaeologyweek.com
Pottsville Beach Neighbourhood Centre - www.pottsvillebeachnc.org.au





hennacoffee

Henna Kitchen opened its doors at Pottsville four months ago and the cafe has been welcomed by residents and visitors as the place to go for great tea and coffee and deliciously spiced Middle Eastern food. It offers yet another alternative to Pottsville's string of varied cuisines, including Thai, Indian, Chinese, Japanese, Mexican and Australian. *Henna* is quickly becoming renowned for its fare, with customers coming from as far away as Byron Bay and Brisbane. A recent famous visitor from Sydney was Archibald Prize winner Tim Storrier who dropped in, having heard all about *Henna* from a friend in Sydney.

Henna aims to have a low impact on the environment and other local businesses. Free Trade coffee is served and the dishes on offer are made from locally sourced produce where possible. The focus is on the coffee, a high end blend roasted to suit the market. The coffee is aged and brewed using methods of pre infusion and swing to achieve the best outcome in flavour and texture for the customer.

Twelve local people are employed at *Henna* and all the beautiful renovation work has been carried out by local tradespeople using locally sourced materials, meaning business dollars stay within the community.

PBNC hopes to be involved with *Henna Kitchen* in future community consultations as we continue the process of 'looking outward' to find ways in which we can all work together to strengthen and enrich our community.

Pottsville General Store



Tania Cahill is the new owner of Pottsville General Store. Tania, husband Andrew and their children, Jack and Lauren, have lived at Black Rocks for 13 years and took over the store three months ago.

Tania was previously an office administration and bookkeeper working in Tweed. For many years she also helped her husband to manage the family surveying business from home and did the bookkeeping at Pottsville Community Preschool.

Tania says she has been aware of PBNC ever since she first arrived in the area. She knows that PBNC has an op shop/furniture sales and a technology centre, and also runs the markets, has a Centrelink agency and provides many varied services, referrals and lots more. She finds the new admin building very impressive.

Running the General Store at Pottsville has changed Tania's life. She finds it great to be working so close to home and the children can be involved in the business too. Having lived in the area so long, Tania knows many people, and also really enjoys meeting newcomers over the counter at the store.

Tania has been very involved in sport from an early age. She used to play softball for many years, and was on the committee then became President of the Tweed Coast Raiders Junior Rugby League club for four years. "My time there was very full on; but also very rewarding," said Tania. She currently coaches her daughter's Saturday netball team with the Kingscliff Netball club (under 15s). Going to the beach is a favourite activity for Tania and her family, and she also enjoys watching all types of sports on TV.

As a resident and business owner at Pottsville, Tania said she would be happy to be involved with PBNC in future community consultations. Tania likes Pottsville because "it's quiet, friendly and slow paced". However, she does have concerns that, as the population grows, the town will lose that 'village' feel.

"PBNC is such an asset to the community and it supports local businesses. It is very necessary for us all to support local businesses so we can all survive together," she said ■

IGA Pottsville

Steve Walsh and Elisha McDermott purchased IGA Pottsville on May 15 after a **year's search. They had been looking for an IGA store close to their home on the Sunshine Coast, and wanted something in a beautiful location on the beach.**

"That's why we moved to Pottsville," said Elisha. "It's a beautiful location, great beaches, friendly community, and close to Byron and the Gold Coast."



Steve is a professional international rugby referee, while Elisha has a background in property management. Hobbies are gym and the beach, and their work! Steve and Elisha are experiencing lots of changes to their lives with their new business and are very busy at the moment. PBNC hopes to catch up with them again when they become more settled in their new home and business.

Caldera Restaurant

The Caldera Restaurant at Kingscliff TAFE Campus is a great place to go if you are looking for quality dining at reasonable prices. And while you are enjoying your dining experience, you will also be providing TAFE students with the opportunity for practical training while they cater for lunch, dinner and functions in a realistic hospitality environment.

The restaurant is open to the public when practical training takes place. The next lunch dates are Thursday September 3rd, 10th and 17th; Thursday October 8th, 15th, 22nd and 29th, and Thursday November 5th. Doors open promptly at 11.45am for 12noon start, with two courses being served for \$15.

Dinner dates are Tuesday August 11th, 18th and 25th; Tuesday September 1st, 8th and 15th; Tuesday October 6th, 13th, 20th and 27th, and Tuesday November 10th and 17th.

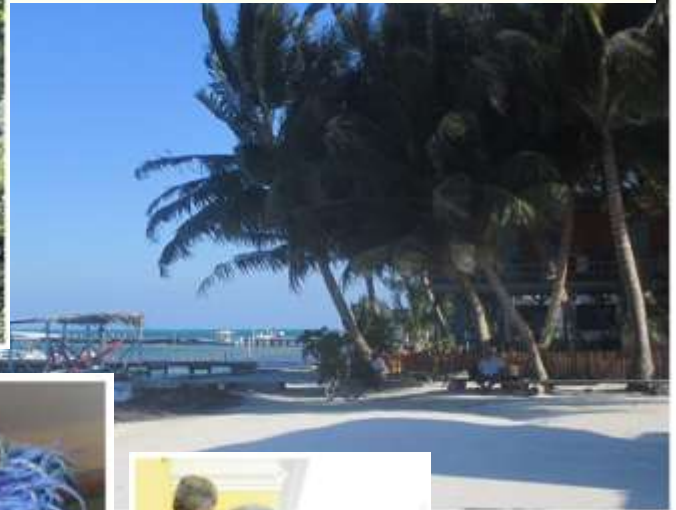


Dinner will consist of three courses, with three choices for each, for \$30.

Doors will open at 6.30pm for 6.45pm start.

Full bar service is available for both lunch and dinner (no BYO).

Reservations are essential - phone (02) 6674 7242 to book.



Central America

“Hanging” with PBNC
worker and intrepid
traveller Laurel
(pictured right)



Richmond Tweed Regional Library- Mobile Library Timetable

TWEED SHIRE BRANCH LIBRARIES OPENING HOURS

July to December 2015

(*ns = no service on this day)

BILAMBIL HEIGHTS (shops): Mondays 2.30 - 4pm: Jul 13 & 27; Aug 10 & 24; Sep 7 & 21; Oct ns & 19; Nov 2, 16 & 30; Dec 14 & ns

BOGANGAR (shops) cnr Hastings & Clothiers Ck Rd: Mondays 9.45 - 11.15am: Jul 13 & 27; Aug 10 & 24; Sep 7 & 21; Oct ns & 19; Nov 2, 16 & 30; Dec 14 & ns

BURRINGBAR (shops): Wednesdays 2.30 - 4pm: Jul 1, 15 & 29; Aug 12 & 26; Sep 9 & 23; Oct 7 & 21; Nov 4 & 18; Dec 2, 16 & ns

FINGAL HEAD (store): Mondays 12 - 12.30pm: Jul 13 & 27; Aug 10 & 24; Sep 7 & 21; Oct ns & 19; Nov 2, 16 & 30; Dec 14 & ns

KINGSCLIFF (02) 6674 1607 Turnock Street: Mon, Tues, Thurs, & Fri 9.30am - 5pm; Wednesday 9.30am - 7pm; Saturday 9am - 12noon

MURWILLUMBAH (02) 6670 2427 Civic Centre, Tumbulgum Road: Mon, Tues, Wed & Friday 9.30am - 6pm; Thursday 9.30am - 7.30pm; Saturday 9am - 3.30pm

POTTSVILLE (Philip Street) Fridays 9.45am - 12noon and 1pm - 3.30pm

TWEED HEADS (07) 5569 3150 Civic Centre, Brett Street: Mon to Thurs 9.30am - 5.00pm; Friday 9.30am - 7pm; Saturday 9am - 12noon

TYALGUM (school): Wednesdays 11am - 12.15pm: Jul 1, 15 & 29; Aug 12 & 26; Sep 9 & 23; Oct 7 & 21; Nov 4 & 18; Dec 2, 16 & ns

For further information about mobile library opening hours, including those within the Richmond shire, phone RTRL Headquarters, Goonellabah on (02) 6625 5100, or the following regional branches: ALSTONVILLE 6628 5527; BALLINA 6686 2831; BRUNSWICK HEADS 6685 1816; BYRON BAY 6685 8540; GOONELLABAH 6625 1235; LENNOX HEAD 6687 639; LISMORE 6621 2464; or MULLUMBIMBY 6684 2992 or visit the website

www.rtrl.nsw.gov.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)

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

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

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)

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

LEGO Time
Sandbar Room
3.30pm - 5.30pm
(school terms)
Phone
Emma-Lea
0434 790969



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

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):

July	19
Aug	2 & 16
Sept	6 & 20
Oct	4 & 18

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.

TAX HELP

(Seasonal) July to October

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.



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