



We respectfully acknowledge the traditional custodians of the land on which our centre stands, the Bundjalung nation.

# Celebrating play-based learning at PBNC

**Tweed Coast Toy Library  
10 years strong!**



Cover artwork by Emma-Lea Fisher



## our newsletter

*Drift* is produced at  
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### Production team:

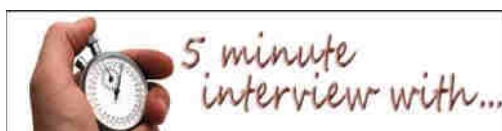
Tony, Angela, Lily,  
Chris W and Cathy M

## Message from Angela

PBNC is about to sail into uncertain government-funding-waters, again, at the end of this year. PBNC has never received recurrent (also known as renewable) funding at a State or Federal level. We have managed to get by with continued term-limited funding from the Commonwealth Department of Families, Housing, Community Services, and Indigenous Affairs (FaHCSIA), largely based on the outstanding results we

achieve for our rapidly changing community, and the partnerships we have developed, as well as being able to contribute self-generated funds, to grow and maintain our programs, from our social enterprises.

Sweeping changes to the way in which community and social services funding will be administered by the new Commonwealth Department of Social Services (which has now absorbed FaHCSIA) will mean that PBNC will no longer be funded for the overall coordination and facilitation of its activities.



## Garry C

Tech Centre/  
Admin Volunteer



### What is your favourite food?

Hot traditional Christmas lunch with all the trimmings - turkey, ham, roast pork, lots of vegies and, of course, Christmas Pudding with brandy sauce.

### Do you have a favourite book or author?

The fantasy series *The Wheel of Time* - all about wizards and sorcerers. There are 14 books in the series by author Robert Jordan.

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

Italian-born Giacomo Agostini - most successful motorcycle racer ever. He won more grand prix than anyone in history (122 in total) and 15 world championship titles.

### Whom do you most admire and why?

Mick Doohan - the best Australian motorcycle GP racer. I admire him because of his achievements; five times Moto GP World Champion 1994 - 1998; holds four world records. Unfortunately, he was badly injured during a race in Holland.

### Do you have a favourite movie?

*The Bridge Over The River Kwai* starring Alec Guinness.

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

Tuolumne Meadow in Yosemite (pronounced y-o-s-e-m-i-t-y) National Park east of San Francisco - I have been there but would love to go back...it's a stunning and cathartic place to visit. Lots of bubbling brooks and in winter the whole area is covered in snow - amazing!

### What does PBNC mean to you?

It's a place where I can contribute to the community and that gives me a sense of accomplishment. I enjoy assisting novices to use a computer - their achievements are my achievements.

(cont. from page 2)

The current PBNC Coordination Project is funded very modestly at a federal level until 31 December, 2014. These funds go towards subsidising salaries for two key workers (management – one full time position; and community capacity/finance – part time positions), insurances (public liability, directors, professional indemnity, volunteer personal accident, and general business), partnership development, integration of services within the service network, staff support and supervision, and some project consumables. When you see the number of early intervention and prevention programs, and socially inclusive services and activities currently available at PBNC, the community partnerships, and the number of occasions of service achieved, we show exceptional value for government dollars.

We are able to offer a diversity of services, programs and events due to this government core funding combined with our social enterprise income. The social enterprise income (derived from Markets, Opportunity Shop, Men's Shed/Second-hand Furniture Store, Community BBQs, Trash and Treasure, and the Technology Centre) is used to enable the delivery of otherwise unfunded, home-grown and community-driven activities, like:

- PlayTime Group
- Toddler Tunes and Stories
- Side by Side Asperger Social Support Program – including SbS (for primary school age children and their carers), GameOn (secondary), LEGO Time (primary) and Home Educators (primary and secondary)
- Parenting skills courses, education sessions and seminars
- Information, Referral and Advocacy Service
- Volunteer recruitment, induction, support and training program
- Pottsville Counselling
- Personal growth programs
- Budget education sessions
- Emergency relief (through our Opportunity Shop and Men's Shed)
- Welcome to Pottsville Kit

- Drift newsletter
- An outreach base for many organisations who deliver services to the whole Tweed Shire, including the Brighter Futures Early Intervention Program
- A managed complex with many spaces for community use and education
- Personal growth, health and fitness programs
- A base for the University of the 3<sup>rd</sup> Age (U3A) Tweed Coast to deliver four weekly activities

Our self-generated funds also cover our corporate overheads (some staff salaries and on-costs, utilities, human resource management, asset management, consumables, session facilitators, etc), not presently covered by government funding.

We are close to capacity with the number of activities that can be effectively managed and accommodated, and we know our popularity and diversity is largely due to the outstanding contributions from hundreds of workers (mostly unpaid and some paid), community partners – including Tweed Shire Council - and generosity from our community.

We want to keep up this great community work and we also know that, while we work very hard towards self-sustainability, we need to continue to be supported by all spheres of government in doing so. In the coming weeks and months, I will be working with our Consortium of Neighbourhood Centres' members (CONC), and community partners, in an endeavour to enable PBNC to continue to operate with the same or increased capacity to achieve positive results for our communities ■



# Another Soup-er Afternoon

PBNC held its popular Volunteer Appreciation Soup Afternoon in May, during Neighbourhood Centre Week and the coinciding National Volunteers Week. This successful annual event has been held at the centre for the past three years. On this day, paid staff members provide their signature soups and become 'volunteers', serving PBNC volunteers who become 'guests'.

This year the weather was once again perfect and the crowd sat in the courtyard enjoying a selection of delicious and varied soups, including soups from Morocco, Thailand, Italy, England and Ireland. Soup is served up in cups, with crusty bread provided for the important "mopping up", and all ingredients are listed for those who have dietary restrictions or preferences.

Approximately 80 staff and volunteers mingled, laughed and chatted about the soups "and other things", and got to learn a little more about each other. Volunteers who had clocked up five or ten years were presented with certificates of appreciation. Five Year recipients were Bill and Edna Hallett, Drew Stevenson, Marilyn Gorter, Peter Howell, Peter Szafranek and Yoshi Noai, while Ten Year recipients were Arthur Rawlinson, Barbara Sales, Dane McNamara and Faye Sweeney ■





Soup-er



friends



# Big Day Out

It was a big day out for Manager Angela and Public Officer/*Drift* worker Lily on Tuesday May 20, when they attended a Probus meeting, a Fair Trading seminar and the monthly PBNC Management Committee meeting all on the same day.

The first appointment was the Probus meeting. PBNC Admin worker Jan H had invited Angela to speak at the meeting, which was held at Tricare in Hastings Point. About forty people attended, including several PBNC workers. Angela presented two videos. The first, *Essence of Community*, filmed at neighbourhood centres including Pottsville, Mullumbimby and Nimbin, gave viewers an idea of what it is like within the centres. The second explained what social enterprises are. Angela concluded her talk with a PBNC PowerPoint presentation which detailed the facilities, services and activities available at the centre, largely due to PBNC's income streams via its social enterprises. During this presentation, Lily spoke about *Drift*, its purpose to inform PBNC workers, and the joy it gives to both those on the *Drift* team who create it, and those who read it. Copies of the newsletter were passed around and attendees were encouraged to visit [www.pottsvillebeachnc.org.au](http://www.pottsvillebeachnc.org.au) to access past and future newsletters, and other information of



interest. The presentation was very well received, with people coming forward afterwards with compliments and enquiries about the centre, and its newsletter.

The second appointment was the Fair Trading information seminar on Incorporated Associations, held at South Tweed Bowls Club. Information was clearly and concisely presented legislative changes and requirements, and ways to support good governance. It was pleasing to note that PBNC complies with these requirements. Angela and Lily were able to bring back information to share with committee members at the PBNC Management Committee meeting that night which, coincidentally and fortunately after the big day out, was very straightforward, positive and relatively brief!



# Our Stories, Our Way, Everyday



**Local Goodjingburra storyteller and artist, Magpie, and his stories will feature in an upcoming documentary to appear on NITV's series *Our Stories Our way Everyday* later this year.**

Susie Forster of Byron Bay Multi Media company and Dale Simone Roberts recently got together with Magpie to discuss a long time vision that he has had to make a documentary. A grant was secured to create a short documentary for the series, with the theme threading through the clip being love of water, and Magpie sharing many wonderful stories along the way.

One of the great moments of filming was flying a camera drone (small helicopter) over a stone fish trap that Magpie has painted, said Dale. The painting, *Cudgera Stone Fishtrap*, hangs in the reception area of PBNC's administration building. The clip will show, from an eagle eye view, the place in the estuary where the trap once brought in plenty of food for the local mob, and then the camera will merge down into Magpie's painting where he will tell the stories of the fish trap times.

As part of the clip, Dale and the crew visited PBNC to interview Magpie in front of his painting. Dale said the centre was very welcoming and she thanked PBNC workers for supporting the venture and being so helpful.

The intention of the film is to honour Magpie for all his beautiful artwork, his generous nature in sharing of stories and much more, said Dale.

NITV Channel Manager Tanya Denning had this to say about the upcoming series.

"Last year NITV created a landmark series of mini documentaries broadcasted week nights from 6.30pm and on weekends at 7pm, creating digital song-lines to share stories of our life, our history, our elders, our communities, our events, our youth and our cultures. The second series will continue to give an opportunity for production of work from our Regional, Remote and Emerging sectors. NITV will commission a further 120 works for its 2014 season. NITV is proud to provide this opportunity to emerging Indigenous storytellers from regional and remote areas to tell the yarns that matter to them, about their unique cultures and communities. Aboriginal and Torres Strait Islander people have the opportunity to produce up to six stories from the diverse communities that make up Australia, revolving around the six themes."

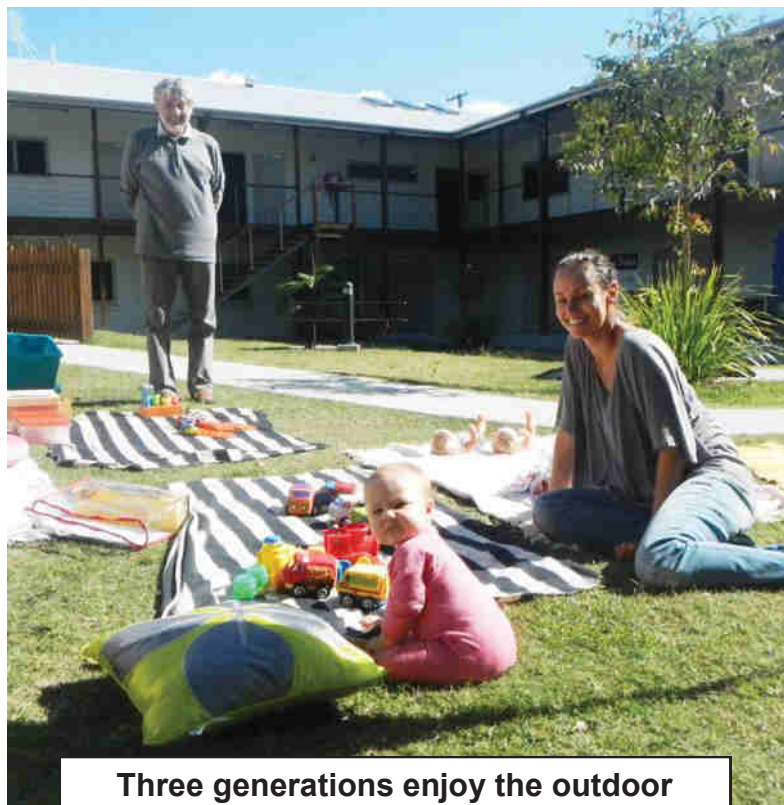
*Our Stories, Our Way, Everyday*

NITV (pronounced "native"), Monday to Friday 6.30pm, Saturdays 7pm

Source: NITV website [www.nitv.org.au](http://www.nitv.org.au)

# Toy Library 10th Birthday Celebrations

**PBNC's Tweed Coast Toy Library provides a free lending service of toys, puzzles, games and construction sets which help to develop thinking and fine motor skills in toddlers and children up to 8 years.**



**Three generations enjoy the outdoor Toy Library Open Day**

To celebrate our Toy Library's 10<sup>th</sup> Birthday, two Open Days took place in May during Neighbourhood Centre Week. Community Capacity Worker Karen Hodder facilitated the open days, which attracted 44 participants and included interactive displays of toys in the courtyard area of PBNC

and in the Reef Room. The event was open to all families and their carers, workers at the centre, and family and friends from PlayTime Group, Art and Play, Toddler Tunes and Stories, SbS and Brighter Futures.

A welcoming environment was created with picnic blankets, toys, flags, balloons and streamers, with refreshments including delicious fresh fruit. Information and resources on display included flyers for the various activities and Welcome to Pottsville Kits, and workers chatted with and assisted families with Toy Library membership applications and Families NSW surveys. (PBNC's Toy Library is funded by NSW Family and Community Services.)

Many workers at PBNC helped set up, pack up and facilitate the running of the sessions while Emma-Lea Fisher, graphic designer and

Art and Play facilitator, designed the lovely poster (featured on our cover) for the event.

Babies and children had a great time playing with the many toys, puzzles and activities set out for them ■

**Lando**



**Mason**



# Toddler Tunes and Stories

Local parents Michelle and Anthony Walker first approached PBNC to start up a music-based toddler and carer group after attending sessions with a group at Banora Point. The proposal had a lot of merit and was backed up by other parents/carers identifying a need for a group that was 'free to attend' and included elements of positive

These days, Toddler Tunes and Stories is attended by approximately 18 children, with at least one parent or carer for each child. The sessions cater for babies, toddlers and children up to six years old. The aim of the group is to ensure that children and their carers experience fun with music through playing instruments and dance and drama related activities. Children have the opportunity to develop language skills and explore their imagination by participating in all elements of the session, including the 'big book' story time. Each session has a different theme e.g. teddy bears, indigenous peoples, marine environments.

Anthony (father of five and a teacher's aide trainee) and the group's current co-facilitator, Deb (a mother, who holds qualifications in Children's Services and Community Services), say they love running Toddler Tunes and Stories because of the enjoyment that it brings to family groups. Tears are only shed at the end of each session when parents say it's time to leave. Anthony said that some carers have expressed how important they feel it is for children without male influences at



play in parenting. The group, called Toddler Tunes (complete with willing facilitators and participants, and a range of child friendly musical instruments, scarves and cds), commenced in 2005.

It wasn't long before other elements were introduced to the group, primarily associated with early literacy. PBNC was very lucky to have another helper, Ryl, to provide live music and story books created especially for this enhanced activity known as Toddler Tunes and Stories.

Ryl, as PBNC's resident elder and quasi-granny, enthralled children with her tales of the South Sea Islands and other faraway places, and it was a tremendous loss to the group when she passed away in 2011.

home to have the opportunity to interact with a trusted male through play-based activities. Deb says being part of the group has built up her self-confidence. She loves being around babies and small children and talking to the mums, dads and carers. Anthony and Deb's friendly and inviting manner makes Toddler Tunes and Stories a welcoming experience for everyone, especially newcomers.

So if you like having fun with your little ones – singing, dancing, reading or just being silly – come along and join the group.

The group meets in PBNC's Sandbar room every Friday from 10.45-11.45am during NSW school terms. Phone PBNC on (02) 6676 4555 or visit the website....

[www.pottsvillebeachnc.org.au](http://www.pottsvillebeachnc.org.au)

....to find out more ■

# Counselling at Pottsville Beach Neighbourhood Centre

Five counsellors offer their services to the community from rooms at PBNC. One of those counsellors, Lesley, had the following to say about counselling at the centre.

**“The opportunity for individuals and families to access affordable (bulk billed) psychology services, close to home and within a friendly ‘non-clinical’ environment is priceless. Without the support of Pottsville Beach Neighbourhood Centre and its skilled team of staff and volunteers, this situation may not be available to local residents. PBNC is a child friendly and professionally receptive place to attend. Furthermore, the good work that the centre does to gather and collate information about activities, services and community events allows clients to be self directed or have helpful assistance to participate in local events. There is always something new to be discovered at the centre, which ensures that counselled clients can be informed of ways to maintain their wellbeing through community connections. PBNC is a truly fabulous environment for practitioners, clients and their families.”**

To find out more about counselling at the centre, ring PBNC on 6676 4555 or check the website [www.pottsvillebeachnc.org.au](http://www.pottsvillebeachnc.org.au)

Here are the stories of three counsellors who offer their services at PBNC.

## Meg

**I have worked as a Medicare psychologist and a volunteer counsellor at PBNC since early 2010 when I first moved down from Brisbane.**

I was born in Africa and have experienced civil unrest and war. I have had machine guns pointed at me at roadblocks and once a guerilla fighter tried to hijack my car. I quickly locked the door and drove off. Luckily the engine was running. We came to Australia in 1988 with our children to escape racism and violence.

I now live in Kingscliff, Northern New South Wales. I have worked as a psychologist in Brisbane and on the Tweed Coast, in prisons, mental health clinics and homeless centres, as well as working for 20 years in private practice.

I am interested in trauma, anxiety and depression. I am particularly interested in the trauma of incarceration and ways to prevent disadvantaged people from being further disadvantaged by the stigma of prison. I am also interested in child abuse as most prisoners are survivors of physical and sexual abuse in childhood.

I am currently working on a PhD with the title *Risk, Offending Behaviour and Young People in the Cook Islands: A Study of Cultural Resilience*. I also write opinion pieces for Queensland newspapers and take care of my grandchildren and their pets, a dog, a cat and a snake. When I can, I love to travel and I love music and Indigenous art.

I discovered PBNC while looking for other psychologists working in Pottsville. The wonderful, friendly, helpful manager, staff and volunteers at PBNC have made it possible for me to see people who have needed support or assistance at short notice and at odd hours. PBNC provides a great service to the people of the Pottsville area.

## Lesley

**Lesley sees clients at PBNC on Tuesdays. She is a psychologist who provides focused psychological interventions to those people who have a mental health care plan from their GP, enabling them to be bulk billed (meaning the service is open to a wider range of clients).**

Among other places, Lesley has worked in community mental health services in South Australia. She facilitated the Community Link Project, assisting people with chronic mental health conditions such as schizophrenia and anxiety to participate in community activities. She has also worked at a Neighbourhood Centre on the Gold Coast providing family supports and interventions, where she learnt that she enjoyed the non-clinical settings of neighbourhood

centres. Living in Pottsville for ten years (prior to her present home at Banora Point) gave Lesley links with local GPs and PBNC, and this is what eventually brought Lesley to our doors.

Lesley says she always gets a nice feeling when coming to work at PBNC: that she is coming to a cared for, and caring, environment, where she is well supported by both staff and volunteers. She feels PBNC is a friendly social place without the coldness often associated with clinics. At the same time, the service offered to clients is actually a very private service where confidentiality is a prime concern. The constant flow of people for various activities at the centre means that clients are not identified, said Lesley.

She praised PBNC for being a progressive, exciting, engaged neighbourhood centre.

## Lucille

**Lucille, a psychologist, began counselling services at PBNC in February this year. This is Lucille's story.**

"I'm in my fifties, live in Murwillumbah, and have a couple of children who have children of their own and live nearby. I grew up on Lake Macquarie and have lived in quite a few places around NSW. The Northern Rivers area however, is my favourite. When I left school I worked as a Psychiatric Nurse

at Morisset Hospital and then later did General and Midwifery Nursing before starting training as a Psychologist in 1994.

Some of my training includes Eye Movement Desensitisation and Reprocessing (EMDR) which is a good therapy for trauma and anxiety. I am also interested in a range of mental health conditions especially depression, having experienced Post Natal Depression when I had my first child at 21.

For relaxation, I like reading, watching movies and swimming. My father was a swimming coach and I remember learning to swim at four years of age in an ocean pool that often had jelly blubbers and lice in it. I still like to swim in the ocean but forget it if there are any sea lice and head for the pool! I occasionally will go in an ocean swim although I worry about sharks. One swim I was really proud of finishing was in NZ - it was about 10 kms. I would really like to learn how to play an old guitar and have some cooking lessons.

I came to PBNC through a work colleague, who mentioned that there may be a vacancy at the centre. I fell in love with the building, the surroundings and the people who work and volunteer there. There is a sense of community and connection. I tell my friends that PBNC is a good place to come to, and I can honestly say that it is one of the nicest places that I have ever worked ■

## Free help at Tax Time

Pottsville Beach Neighbourhood Centre (PBNC) is again offering a **FREE** Tax Help confidential service.

Starting in July and continuing till October, the centre's experienced Tax Help volunteers, **Dave** and **Garry** (who are fully trained, accredited and supported by the Australian Tax Office and PBNC), are available on Tuesdays and Fridays to assist people with completing their tax returns for 2013/2014.

If your tax affairs are simple and you earn less than \$50,000 a year, you could be eligible for this assistance. Appointments will take place in a private office in PBNC's Technology Centre in Elizabeth St, Pottsville.

For more information or to make a booking, ring Pottsville Beach Neighbourhood Centre on **(02) 6676 4555** after 1<sup>st</sup> July.

A horse called Trigger is providing one of PBNC's well-known workers with the motivation to lose weight.

# Horse triggers weight loss

Each volunteer day Kylie catches the bus or rides her bike to PBNC and back from the Cabarita unit she shares with her two cats. From her position on the Opp Shop verandah she chops up rags to be used by local mechanics (the rags coming from items deemed unsuitable for sale). Kylie has been volunteering at PBNC for more than six years and over that time has battled with her weight, and, following medical advice and sensible eating patterns, she has been able to lose an impressive amount. Some weight returned but now Kylie has a new motivator on her weight loss journey, a 24-year-old horse called Trigger.

Trigger is one of several rescued horses which would otherwise be put down at the end of a racing career. Kylie visits Trigger in his paddock with the other rescued horses, feeds him and sees all is well with him. Her aim is to be a suitable weight to ride Trigger. To reach this aim, Kylie has been on a healthy eating regime which has seen her lose more than 30kgs, with a little way to go before she can ride Trigger. Conversely, Trigger must put on weight, which he is doing.

Kylie says horses are her great passion, and she also enjoys shopping and reading. She also looks forward to her volunteer days at PBNC, saying these days are “**something to look forward to**”. Kylie said that, because of her work at the centre, she now feels more comfortable with people; is able to talk more confidently and has made many friends.

Kylie is looking very fit and trim and is providing a great example of what determination and motivation, in the form of a horse called Trigger, can achieve ■

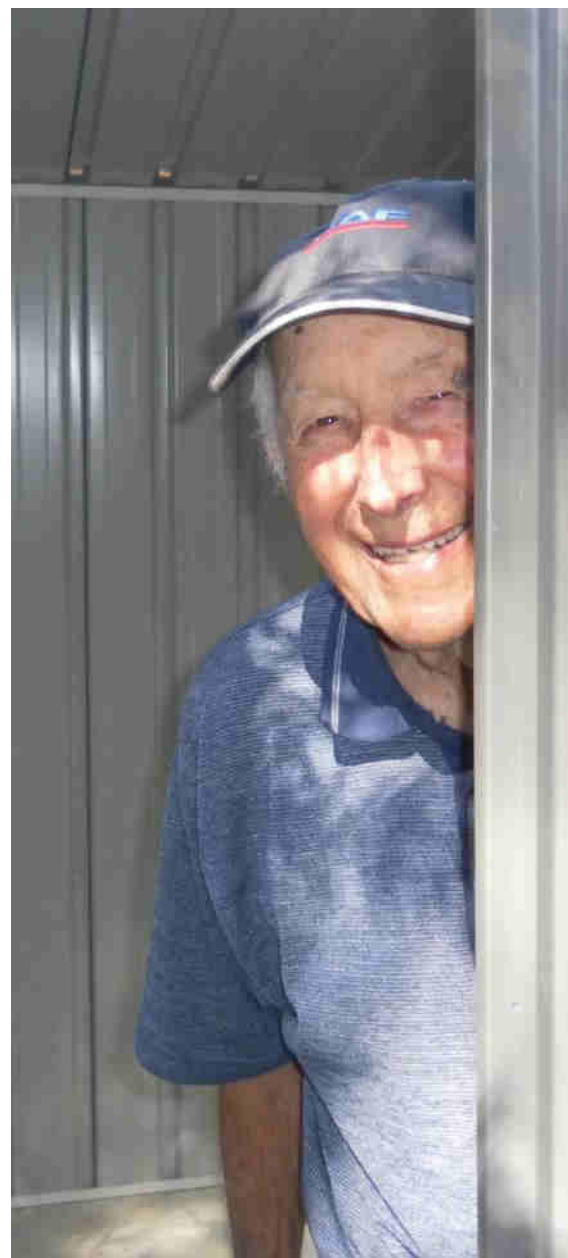


# Bill

**A great milestone was celebrated in May when Bill, a team leader with the Men's Shed/Second-hand Furniture Store, turned 92! Bill is still very actively engaged in his role, as these photos prove.**

As part of a team, Bill moves bags on trolleys, brings out and puts back items for the market's popular Trash and Treasure stall, and sorts, cleans and fixes incoming donated items, including toys and furniture. He also replaces watch batteries for both volunteers and customers. Bill is a great salesman and showman and is definitely one of the stars of the Sunday markets.

Bill has been volunteering (along with his wife Edna, 89, who works in the Opp Shop) since 2008. He is part of PBNC's biggest family of workers, which, as well as Bill



and Edna, includes daughter Julie (Finance Worker/Volunteer Support Worker); another daughter, Marilyn (Opp Shop/Markets) and her husband Peter W (Men's Shed/Furniture Crew and WHS trainer), and grand-daughter Sheri (Front Desk relief).

Bill is a great inspiration to everyone who meets him and is a wonderful advertisement for the benefits of volunteering at PBNC. Bill says he loves coming to PBNC with his wife Edna. "It is a safe, secure, friendly place and I enjoy interacting with all the customers and workers, said Bill. "Everyone seems to get along, and I have never had any problems." ■

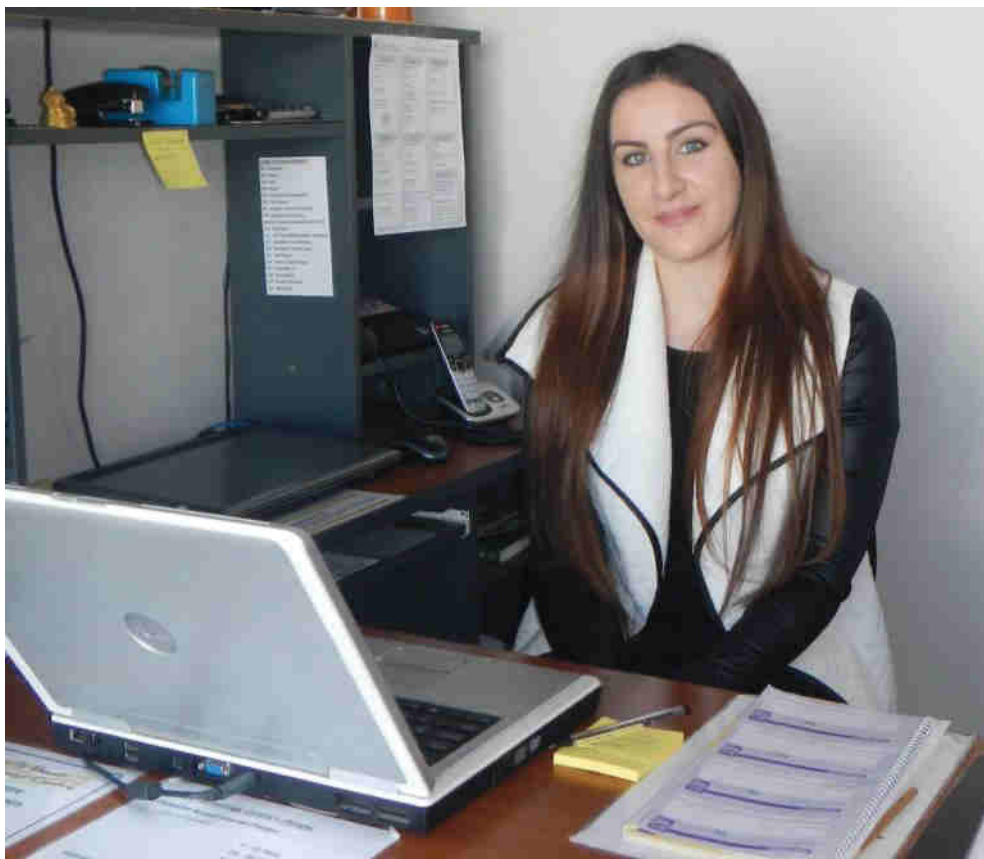
# Ebony

**One of PBNC's youngest volunteers is 23-year-old Ebony who has been with the centre since February this year, sharing her time between Admin and the Tech Centre.**

Ebony joined PBNC to develop front desk reception and administration skills, which she hopes will be a great help when she gets a job and, one day, her own business.

At PBNC Ebony's professional appearance and competent, friendly manner were quickly recognised and utilised and, as well as performing routine admin and reception tasks, Ebony was soon assisting with special events such as the Toy Library Open Days and the photo workshop *Image Imagination*, where she welcomed and registered participants.

Ebony was born in Tamworth and went to



school in Gunnedah. While growing up, she enjoyed Tae Kwon Do, achieving the Red Belt level (just below Black Belt) and winning trophies in competitions. She was also an active member of a drama group during her school years. On leaving school, she moved to the Sunshine Coast and completed a beauty therapy course. She and her partner moved to the Northern Rivers in the hope she could get into the Beauty Therapy industry here. However, this has proved difficult and so Ebony is returning in July to the Sunshine Coast, where she hopes there will be more opportunities for her,

with her newly increased levels of customer service and admin skills.

Since working at PBNC she has regained confidence in herself and her abilities, Ebony said, adding that she has learnt good communication skills, met some interesting people, and enjoyed listening to everyone's stories and mixing with all age groups. She has her heart set on one day owning her own beauty salon, specialising in all to do with eyes and eyebrows - the windows to the soul, she says.

PBNC workers will miss you, Ebony, and wish that all your dreams for the future come true ■

# 1-2-3 Magic and Emotion Coaching

1-2-3 Magic and Emotion Coaching is a popular parenting program for parents and carers of children aged 2-12 years held regularly at PBNC. It is a short, down-to-earth program consisting of three free sessions for those who wish to strengthen family bonds and build parenting skills. Parents and carers are provided with knowledge, skills and strategies to assist them in their parenting role. The last course was held in May and June in the Reef Room at PBNC. Here's what one happy grandmother had to say about the program.

## Testimonial

"My daughter and I recently attended the 123 Magic and Emotion Coaching course at PBNC. We regularly look after my two grandchildren (aged 4 and 2), so we wanted to learn some ways of handling challenging behaviours. This course was very informative and I only wish it was around when I had my own children at home, as I am sure I would have been a better parent. The course delivered wonderful information for my daughter who will be able to use what she has learnt when she has children herself. How lucky we were to have learnt all these new skills and strategies at no cost, in the comfort and privacy of the neighbourhood centre's training room - and at time (evenings) that we could both attend as we work during the day!

The whole course was really valuable and the facilitators were skilled in encouraging us to participate and ask questions. Some valuable tips were:

- It's about establishing a fair signalling system and boundary setting that are understood by children – the skills learnt allow parents and carers to develop ways to communicate effectively and age-appropriately.
- Pattern changing will be hard for a start, but worth it over time.
- Time out – when done, don't mention it again – start afresh.
- Choose your battles – there is so much behaviour you can easily let go as 'annoying , but minor' - and definitely not worth having a battle over it.
- Kids are not little adults – they will turn off after a short while if you use too much talk (as stated in the course, they will become lost 'in a sea of blah, blah, blah') and/or too much emotion will end in tears and unsettle everyone.
- 123 Magic and Emotion Coaching techniques gives you time to settle – time to allow your child to self-regulate, which also gives you time to self-regulate too!
- Guided emotion coaching enables parents and carers to model empathy, and enables children to express themselves in ways that can be understood

I would highly recommend this course to others especially parents, grandparents, aunts, uncles and any adult who cares for young children." ■



**Sheron Young from the Computer Association Tweed Seniors (CATS) with PBNC Community Capacity Worker Drew**

## CATS donate computers

The Computer Association Tweed Seniors (CATS) recently began distributing CATS equipment as part of their winding-up process. PBNC was fortunate to receive from CATS four Windows computers and two laser printers, along with network routers and leads for use in our Tech Centre.

The referral came from a satisfied Tech Centre customer, Susie, who thought about PBNC when CATS needed to donate their equipment - a big thank you from all of us at PBNC.

There is another good news story to come from this. One of PBNC's hard-working volunteers desperately needed a replacement computer at home for his daughter to complete her senior schooling, and also for himself in order to complete his own online tertiary studies. The family has received one of the donated computers and are very grateful for the generosity of CATS and PBNC ■

# Terry Gray

## Community Garden

**Terry, who joined PBNC in May this year, brings a further wealth of knowledge and experience to PBNC's Community Garden team.**

Terry grew up in Maroubra Beach, moved to Kingscliff in 2008 and now lives at Wooyung. "I wanted to live a more community-oriented lifestyle and enjoy growing my own food whilst breathing fresh air," he said.

A qualified permaculturalist, experienced in site management, Terry is also a Daily Volunteer

Coordinator at Mullumbimby Community Garden. His special interests are many. In the gardening realm, he is interested in seed saving, worm farms, compost, biodynamics and bio-char. For relaxation, he enjoys surfing, fishing, bike riding, doing crosswords and playing the guitar.

Terry came to PBNC because he wanted to give something back to his community. He says he has met some really nice people and gained a sense of belonging. "I'm just enjoying my time in the garden and getting to practise what I have spent the past few years learning about, said Terry, adding, "PBNC is a perfect example of what every town needs. There really is something for everyone to get involved in." ■



**Terry mulches the front garden at PBNC**



# PBNC Community Garden Update

By Terry Gray

**Hi and welcome to our gardening column. The garden is maintained by a core group of volunteers, including Doug, John, Rob, Yoshi, and Nick. These guys have done a magnificent job of getting it to its present state.**

I have been involved with the garden for the past couple of months. My experience includes Site Management and Volunteer co-ordinator at Mullumbimby Community Garden, where I am still involved. Recently I completed a Certificate III in Permaculture after a few years of study and am happy to pass on what I have learnt to those keen on growing their own food and I am always open to learning more.

## What's growing now

Tomatoes, kohlrabi, broccoli, beetroot, beans, lettuce, artichoke, passionfruit and parsley are doing well. There are a number of citrus trees like kaffir lime and lemons growing. Paw paws have recently been planted also.

Some plants are suffering under the attack of aphids and these have been treated with an organic insecticide to deter the pests. Ideally we will have some more flowering plants to attract the beneficial insects that feed on these bugs.

We have done a pH test on all the beds and they all have returned a reading of a pH of 6 – 7. Also being undertaken is a site assessment and bed layout, creating a written history of what is growing in what bed and what it can be replaced with next season. One issue that has come up for us is that the poinciana tree on the eastern boundary is blocking a lot of our morning sun and could do with a pruning to allow more light in.

## What to plant now.

**Veg:** Asparagus crowns, beetroot, borage, beans, broccoli, cabbage, carrot, celery, chervil, chicory, Chinese cabbage, coriander, cress, dill, endive, fennel, garlic, kale, lettuce, parsnip, peas, radish, rainbow chard, rocket, shallots, silverbeet, spinach and tomatoes.

**Fruit:** Avocado, black sapote, custard apple, lemon, lime, macadamia, mandarin and oranges.

Gardening is great therapy and you get tomatoes!

\*To enquire about participating in the community garden, phone PBNC on 6676 4555.



# Tie dye workshop works!

**Side by Side Asperger Social Support Groups have been extending their activities. As well as Side by Side for primary age children and GameOn, a teen gaming group, SbS has broadened its appeal to teens with a Tie Dye Workshop.**

Run by textile and design teacher, Ursula, the workshop was a great success and proved equally popular with teens and parents. By far the hardest group to reach has been teenage girls who, at such a vulnerable stage of their development, do not want to be seen as different to others. It is hoped Ursula's textile works will attract more teen girls to the groups.

There will be a 'revamping' workshop next month and given the hugely positive response to the tie dye workshop, this will, hopefully, become an ongoing program.

Another program added to SbS's suite of activities is LEGO Time. Emma-Lea, who also coordinates Art and Play, has started LEGO Time for primary age children on the spectrum, as LEGO has proved to be of great benefit to those on the spectrum.

Aspergers Syndrome is characterised by social difficulties. Side by Side was formed in response to comments heard at support groups such as "My child has no friends. My child never gets invited to parties." By forming groups around common interests it is hoped the loneliness and despair experienced by some young people on the spectrum can be addressed. In our Asperger social support groups, young people will find others like themselves and know that they are not alone in their experience of the world.

The social difficulties of Aspergers can make schooling a minefield for families with children on the spectrum. Sensory difficulties and problems with navigating the social

landscape of school can lead to poor academic performance. Difficulties understanding what is appropriate socially can make spectrum children easy prey for bullies. For some, school life can become a misery. These difficulties have led some families to withdraw their children from school and educate at home – either through

distance education or home schooling. A group of parents is now coming together co-ordinated by Kim, a home educating parent, to form an Asperger Home Educating Support Group. The group aims to share resources and support families who have taken on this role.

Side by Side Asperger Social Support Groups are PBNC programs, funded by social enterprise income and made possible by the work of PBNC staff and volunteers ■



# Lilian

Lilian Harmond, a regular PBNC visitor and customer, last appeared in *Drift's* Mar/April 2013 issue, where this story was told.

"Lilian never had pictures of her parents at home in Jakarta as a child. Recently she discovered why. Her parents owned a gold shop and when the Second World War occurred, her father buried all the family's treasures, including the gold and the family photos. When the war finished, her father found that the treasures, including photos, had been dug up and stolen. "

PBNC graphic artist Tony worked on two small, blurred old photos Lilian had, one of her father and one of her mother (shown below), and he merged them together and enhanced them so Lilian was able to have a good quality photo of her parents.



Now Lilian has told workers at PBNC her good news story on the job seeking trail. Lilian settled in Sydney about 40 years ago and relocated to Pottsville with her husband after her jobs in Sydney in banking and the library ceased. She searched for work for four months and then enrolled at Kingscliff TAFE, where she was successful in gaining Certificate 3 in Aged Care.

Lilian also volunteered in the kitchen at Lifebridge, which provides services to frail aged and those with dementia and did work experience at Wommin Bay Aged Care. On gaining her certificate, she put her name down for Bupa Aged Care (previously



Seabreeze Community Aged Care) and one week later got the call that she had a position there in hospitality, assisting with catering to 150 people, many with different dietary requirements. She is now undertaking her three month probationary period with Bupa, and says she loves the job.

The services available at PBNC had been a great help to her in getting the job, connecting her with the community and keeping her relaxed, said Lilian. The trainers at the Technology Centre, especially Pam and Morgan, have been "lovely and very helpful", assisting her to prepare her resume and helping prepare TAFE assignments, said Lilian, adding that she chose to use the computers at the Technology Centre rather than her home computer because they were better and help was on hand when she needed it.

Lilian said she finds coming to PBNC very relaxing for her and she enjoys coming to the Op Shop and chatting to the workers there. Lilian also loves art and often pops into the centre to print out art pieces, some for use in her assignments and some for her own pleasure and relaxation, and PBNC workers are always on hand to assist with the sometimes quite complex printing that she wants to do. Lilian says that her visits to PBNC, as well as being helpful, are very therapeutic for her. ■

# Wordsflow

**The five minute, random subject mix, spontaneous writing fling.**

Each Friday, after we've discussed our writing week and critiqued or just listened to each others' works, we do "Timed Writing Exercises". We select a three part prompt from our book and write without stopping or editing for five minutes. The point is to set the "muse" free. The following are a few from the last few weeks, but they're a little rough around the edges because they're not edited! Why not come and join us? Fridays between 12.30 - 3.15pm.

***Despite a disapproving family, a pregnant astronaut befriends a life like android.***

"You could have been on the moon by now, floating in front of the whole world. Your bank balance would have more zeros than we've ever seen. Instead you are holed up in your utility room, hiding your bulky mass away from the world, eating chicken chips and drinking milkshakes! To add insult to injury your chosen partner appears to have a mechanical heart which beeps instead of beats! You'll never find a new partner to warmly hold and love you by behaving that way."

Andrea's mother took a breath. Andrea fiddled with the length of yarn connected to the knitting she had created. Her eyes gazed approvingly at the shape of the baby jacket.

"Look Mum, she can wear this in winter when she's three months old." Andrea stroked her tummy.

Her mother stared at her with a hard set mouth. "And who is going to provide for her?" she demanded.

"I have a state pension and a generous release payment. I may not have made it to the moon, but fifteen years work counts for a lot, and Mum I am much happier now."

"But why choose the android?"

"Simple: he's faithful, polite, and has no diseases."

**... Amber Alley**

***After receiving a life-changing prophecy an out-of-work writer has a showdown with a sheriff.***

"You will come into a small fortune. But I see that you must be there by nightfall," the gypsy with the orange hair said.

"Where by nightfall?"

"No," She corrected, "*there* by nightfall."

He took a deep breath. Yes, but *where* do I have to be?"

"Ahh..." she said studying the crystal ball intently. "The spirits are being a little vague... there's something... wait..."

She reached a long red nailed hand out and pushed the donation bowl towards him. He pulled out his wallet and threw a note onto the plate. The woman looked over her lashes long enough to make out the denomination. She looked back at the ball.

"Ahh... yes, it's becoming clearer. You need to be at the Courthouse by six o'clock, and you'll receive riches beyond imagining."

"Our courthouse?" He looked at his watch. "But it's already a quarter past five. Damn."

He raced from the room and into his car. He burned rubber getting out of the car park and careened down the street, and straight through a red light.

"Let me stop you there," the policeman said raising his hand. "Do you really expect me to believe this rubbish. Even if it was true, you'd still be up for a fine for running the red light. Not to mention dangerous driving, and I suspect, driving under the influence."

"Look officer, book me for anything you want, just let me get to the courthouse by six o'clock."

"No problem there. You'll be at the courthouse in no time. He cuffed him and helped him into the back of his car. "That's exactly where we're going."

As they drove down the street, the man caught sight of the town clock. It was a minute to six. He'd never make it.

**... Cheryl Brown**

***Ignoring the advice of friends, a world weary intelligence agent breaks into a prison.***

He did but see her face passing by and yet he'd love her 'till he died. Or some such rubbish like that. The guy was related to old Bob Menzies after all. That's why he spoke like that. The point is, did he think like that? Apparently so because he ignored the advice of friends and broke into a prison. He was world weary having seen enough horrors of life in his intelligence work. Now all he wanted was love. The trouble was he was looking for love in all the wrong places, that is, in a prison.

... **Hebe de Souza**

***A thousand years from now an identical twin is mistaken for royalty.***

There were two girls. They were identical twins. Their mum was very proud of them.

They lived near the royal palace. So, one day one of the twins went there, crept in and dressed up in a beautiful gown.

When suddenly the queen came in and thought it was her daughter. She gave her everything she asked for. When she told her twin sister, the next day they swapped places.

This went on for a while till they got caught  
But they had fun.

... **Brenda Mobsby**

***Ignoring the advice of friends a world weary intelligence agent breaks into a prison.***

"Tim," Frank whispered into the dark cell. "Timothy Gates."

"What do ya want? At this time of night?" a large man said, as his face suddenly appeared near Frank's.

Frank yelped and jumped back from the bars.

"I'm looking for my... I guess you could call him an old friend. Timothy Gates, should be in this cell."

"He isn't here," the large man said.

"Should be 'ere but he attacked a guard last night because his food wasn't up to scratch or some shit and now they put him in solitary confinement."

"You've got to be kidding me." Frank massaged his temple with his left hand. "Only Tim would do something like that."

"Mate you think he's an odd one - what about you breaking into a prison," the large man said.

"We used to work together and I need some information from him for a case."

"Isn't he the one who betrayed the government?"

... **Ashlea Miller**

## **Harrisons**

There was a cake shop in our town. And it was called Harrisons.

On Fridays when we went to town, I looked into the shop window and drooled. Cream puffs, the size of a man's fist, filled with fresh cream and sprinkled with icing sugar. No flash names like profiteroles and eclairs back then in the late war years.

There was a variety of sponge cakes, high and soft and eggy with none of the artificial tastes that we know from today. Chocolate sponges, ginger sponges, honey sponges, and plain old vanilla sponges, all filled with fresh cream and sprinkled with icing sugar. Not the vanilla sponges though. They were topped with passionfruit icing. All just the way sponge cakes should be.

Little tarts in shortcrust pastry. Jam tarts, butterscotch tarts and lemon butter tarts.

It was hard for a small child to make decisions, but I always settled on a puffed pastry, heart shaped delicacy topped with passionfruit or pink icing.

They made meat pies, filled with mince and topped with a light crust and their egg and lettuce sandwiches had to be tasted to be believed.

Over the next twenty years or so, I sampled most of their wares.

Their wood tables were scrubbed to whiteness, with chairs to match.

Yes, over the years I sampled everything and nothing varied from the tried and true favourites.

I left our town, and on every homecoming looked forward to visiting my favourite shop in the world.

Then one day Harrisons was gone. Just like that. Gone and never to be replaced. All in the name of retirement and progress.

Sometimes I dream that I am about to bite into one of their famous cream puffs, but wake up before I can taste it. How very disappointing that is.

I think about the days when preservatives were virtually unknown, and everything was fresh and tasty.

I still miss Harrisons when I return to our town.

...**Nan Doyle**

# An offer from Robyn

Hi, my name is Robyn. I made the sea change from Bendigo to Pottsville in 2012 with my husband, Greg, to be closer to our family who were living in the area. We love the great lifestyle that Pottsville offers and are very grateful to be living in such a beautiful environment and friendly community. I'm really happy to have been accepted as a volunteer with PBNC. Having been involved in community work, both professionally and as a volunteer over the past 20 years - it was something I have missed since relocating.

Coming from a nursing background, I developed an interest in natural therapies and began a



career in Holistic Healing and Massage in 1994, and also worked as a Disability and Mental Health Support Worker. I was very fortunate to be able to combine these skills, working with a broad range of community and welfare groups such as Victims of Crime, Young Mums' Mental Health and Youth Drug and Alcohol Rehabilitation; and facilitating a weekly relaxation group for adults with intellectual disabilities. I also had the privilege of becoming a volunteer palliative care support worker, offering massage and meditation to community and hospice patients for many years.

I'm really looking forward to offering some massage to the generous, hard-working volunteers at PBNC and look forward to getting to know you. The relaxing 20 minute treatment includes an aromatherapy foot soak followed by a foot massage. If you are a PBNC volunteer interested in a FREE massage (on a Tuesday between 1pm and 3pm), ring the centre on **6676 4555** and book yourself in.

In the meantime, if you see me around town say hi, I'm always ready for a chat! ■

# Peter O'Donnell Solicitor

## POD's Story

"I will begin working from PBNC this year as a private solicitor offering pro bono (free) legal advice in Civil Law matters including Victims Compensation. As well as this work, I volunteer at PBNC's markets, (previously as a volunteer with Cabarita Beach SLSC and currently with Cabarita Pottsville Lions Club).

I was born and raised in Boorowa, NSW and went to school in Busby near Liverpool. In 1984 I transferred to Murwillumbah with the RTA as a construction labourer and moved to Bogangar, in 1985. My girlfriend moved here the following year, and in 1996 we were blessed with our son who is now in year 12 and going to University next year.

I began my career training as a solicitor with Anderson's Solicitors Brisbane. I was employed as



a Litigation Solicitor with Egan Simpson Solicitors Murwillumbah and was admitted to Practice in NSW and, in 2008, to the High Court. I also worked for Law Access NSW in 2012 as Civil Lawyer. In May 2014, I commenced my own mobile legal practice trading as 'Peter O'Donnell Solicitor'.

I am a NSW Legal Aid Panel Solicitor in Family/Criminal Law. I can prepare Divorce Applications/ draft Consent Orders and represent people in

Local Court Traffic/Drink Drive matters. I can provide Civil Law advice and draft Wills, Power of Attorney, Enduring Guardian and Advanced Health Care Directives.

In my time at PBNC, I have enjoyed meeting new people and sharing their life experiences. To me, PBNC is about a conceptual philosophy where people can work together in a productive and meaningful way.

If I can assist you, please contact me on **0400 042 192**. I am mobile and can come to you."

**Monday**

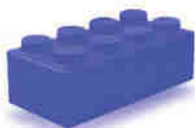
**Technology Centre**  
9am - 4pm

**Opp Shop**  
9am - 4pm

**Toy Library**  
9.30am - 12.30pm

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

**LEGO Time**  
Sandbar Room  
3.30pm - 5.30pm  
(school terms)



**Tuesday**

**Technology Centre**  
9am - 5pm

**Opp Shop**  
9am - 1pm

**Toy Library**  
9.30am - 12.30pm

**Get Fit, Keep Fit**  
Sandbar Room  
9.15am - 10.15am

**Scrabble**  
Starfish Room  
10am - 12pm

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

**Wednesday**

**Technology Centre**  
9am - 5pm

**Opp Shop**  
9am - 1pm

**Toy Library**  
9.30am - 12.30pm

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

**PBNC Home Educators**  
(excludes 1st Wed of  
each month)  
Sandbar Room  
1 - 4pm  
(school terms)

**Thursday**

**Technology Centre**  
9am - 5pm

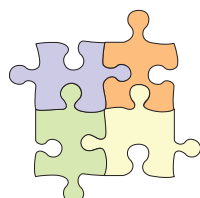
**Opp Shop**  
9am - 1pm

**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



**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  
9.15 - 10.15am

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

**Wordsflow**  
Sandbar Room  
12.30 - 3.15pm  
(school terms)

**Saturday**

**Opp Shop**  
9am - 1pm

**Side by Side**  
Aspergers Support Group -  
From 1pm  
Ph: Deb or Terry on  
(02) 6676 0483

**Sunday**

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

**Next markets (2014):**

<b>Jul 6 &amp; 20</b>	<b>Oct 5 &amp; 19</b>
<b>Aug 3 &amp; 17</b>	<b>Nov 2 &amp; 16</b>
<b>Sep 7 &amp; 21</b>	<b>Dec 7 &amp; 21</b>

## 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 9.15 - 10.15am, Friday 9.15 - 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 - See ad on page 11

### 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 - 3.15pm (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 Early Intervention Program

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

## Side by Side (SbS) & Game ON (GO)

are social support groups for children and young people with Aspergers, and their parents or carers. SbS meets during school terms from 1pm on the first Saturday of each month. GO meets on the third Saturday of each month during school terms. Contact **Debbie** or **Terry** on **02 6676 0483** for more details.

Tweed Coast U3A conducts classes at PBNC e.g. *Quilting, Booklovers, Gardening, Art, Cryptic Crosswords.*  
Ph 07 5523 3901

Email: [tweedcoastu3a@gmail.com](mailto:tweedcoastu3a@gmail.com)



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

**Contact PBNC Admin Office**  
**for more details or bookings**  
**(02) 6676 4555**  
**or visit the website**  
**[www.pottsvillebeachnc.org.au](http://www.pottsvillebeachnc.org.au)**