



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



# GAMEON

**Side By Side and GameOn are two support groups for Aspergers children and teens, and their parents and carers.**

For the full story see page 2



## our newsletter

Drift is produced at

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### Production team:

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## Side by Side, it's GameOn!

*Side by Side* Asperger Family Support group is a social support group for school-aged Asperger children and adolescents looking for social interaction, and their families or carers. The group meets at PBNC on the first and third Saturday of each month. Attendance is free, and new participants are welcome.

One of the biggest challenges faced by *Side by Side* had been attracting teenagers to the group. With recent funding from the NSW ClubGRANTS, the group purchased equipment to establish a teen and parent computer gaming group – *GameOn*. In ten months, attendance in the teen group has risen from three to thirteen families. At the last meeting there were 35 participants – 20 gamers and their families. *GameOn* has become very popular, and the

To learn more, phone Debbie or Terry on 02 6676 0483, or visit the website

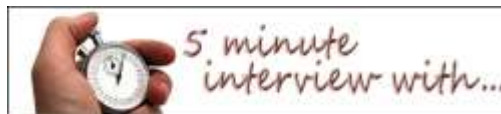
<http://northernriversasnetwork.wordpress.com/pottsville-aspie-school-kids-social-group/>

teens who attend also come to the mixed age

*Side by Side* group and set up their computers, making a combined *Side by Side* and *GameOn* Group.

Combining the two groups has enabled parents and teenagers to meet twice a month instead of monthly. "All their friends are here... they love coming here. We want this to happen more often - there is nothing available for teens who are on the spectrum," said one parent. For some families, the groups remain their main, or only, social engagements for the month. Participants journey from past Ballina to the south, to over the NSW/Qld border.

If updating your computer, gaming equipment or games, please consider donating your old ones to the group so more teens will have the chance to participate. ■



### Do you have a favourite movie?

Yes, **Willy Wonka and the Chocolate Factory**.

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

The late **Bryce Courtney**. I do read a lot of books and take advantage of the 'borrow/return' policy in the Op Shop.

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

**Johnny Depp**. He is such a good actor and has played many different roles with such ease - and of course he is drop dead gorgeous!!!

### What is your favourite food?

I don't have a sweet tooth so savoury is my favourite. My

number one dinner is '**Homemade Cornish Pastie**' with lashings of gravy.

### Whom do you most admire and why?

There have been many people I have admired over the years but I have to say that I most admire **people who work with disabled children**. They are so dedicated and make this world a better place.

### If you could travel to anywhere in the world where would it be and why?

I have always wanted to visit **Egypt** to see the pyramids and also **Africa** to see animals such as elephants, giraffes and lions in their own habitat.

### What does PBNC mean to you?

Working here as a volunteer means a lot to me. Being on the Front Desk is so interesting and it is rewarding to know I'm helping the community in a small way. Everyone is so friendly and helpful and I have been lucky to have made many special friends.



# A lesson in Lasso

A group of PBNC workers received a lesson in lassoing at the Tech Centre recently. Lasso is a program created and developed by Çan Jasmut and his team at LCSA, the Local Community Services Association located in Sydney.

Designed to capture data and not animals, Lasso is a clever computer tool that is user friendly. It is hoped that centre workers will adapt quickly to this new tool, which Çan says is good for even those with basic computer skills. An easy system of graphics is used to record data.

Lasso is a great tool for use in areas where workers are interacting with the public, such



as reception areas, Çan said, and will be used instead of the paper sheets on which the centre's statistics are currently written. Lasso accumulates data and will assist PBNC and other community centres to access funding by providing statistics in the language required by funding bodies. The statistics gathered

will also be valuable as part of the regional and State statistics.

**The program will be implemented at PBNC from July 1, 2013.**

Lasso is a program driven by funding from the Community Builders Area Assistance Scheme ■

## Tech-In for Seniors (TIS) is coming your way...

*Tech-In for Seniors* is a PBNC initiative funded under the Federal Government's **Productive Ageing through Community Education (PAAtCE) Program**, and it's coming to the centre in July.

The program will run until late April 2014. It aims to encourage those over 60 to engage with their community, build knowledge and up-skill in digital communication technologies.

*Tech-In for Seniors* will cater to people from diverse backgrounds and abilities. PBNC's experienced trainers, Drew and Pam, will facilitate the program, affording access to computers, tablets and smart phones each Monday.



Participants will learn how to make the most of this new and rapidly changing technology-based environment, whilst having fun! Free 1 hour lessons

will start in July and participants will be encouraged to bring along their own equipment, or use the centre's many resources.

PBNC is a perfect fit for this program: while participating in *Tech-In for Seniors* at the Technology Centre, seniors will

also learn of all the other activities and opportunities available at the centre which assist in healthy, productive ageing. The Tweed area has one of the largest over 60s population in NSW, with almost 30% of the population being over 60, and many seniors already volunteering at PBNC and participating in its activities. It has been proven that to enjoy healthy ageing, people need to step out of their comfort zones and learn something new.

*Tech-In for Seniors* will provide the ideal

opportunity to do this. In fact, this is one time when it is good to 'get into a TIS'! You can ring PBNC now to register your interest and secure a place in this FREE program which offers one-to-one tuition in the areas that interest you most. ■



# SOUPERB

## Volunteer Appreciation Afternoon

Staff once again were able to demonstrate their *souperior* culinary skills at this year's Volunteer Appreciation Afternoon held on Thursday, May 9 in the *souperb* setting of the centre's courtyard.

In a show of *souper*natural organisation and goodwill, staff demonstrated their *souper*-making *souper*powers by creating and serving a *souperior* selection of *soups*, coming close to *souper*ceding their *souper*dooper selection from last year, becoming *souper*stars of the Masterchef *souper* kitchen. The crowd of nearly 100 volunteers was spoilt and waited upon by the staff, who filled cups with their creations.

*Soups* on offer were from Angela (**Thai Pumpkin and Sweet Potato Soup**), Jo (**Moroccan Chicken**), Chris (**Cauliflower and Cheese**), Tony (**Rustic Tomato and Basil**), Drew and Erin (**Seafood Chowder**), Julie (**Choko; Chicken and Sweet Corn**), Ken (**Scotch Broth**), Nyree (**Pumpkin Soup**), and Jane (**Leek and Potato**).

All were eagerly tasted, tested and consumed to the last *souper*çon, mopped up with French bread or garlic bread. None was *souper*fluous and - due to the centre's No Alcohol policy - no-one was in the *souper* and no-one was *souper*ine by the end of the afternoon, despite everyone being very *souper*ed up.

Before the *soups*, the crowd enjoyed some *souper* riddles prepared by staff.

There are simply not enough *souper*latives to describe this wonderful afternoon. Feedback from many volunteers after the event was that they had yet another *souper* afternoon ■









# SOUPER

## SELECTION OF SOUPS

There's nothing quite like a bowl of delicious, steaming soup to warm you up on a winter's night, or to bring to work for a tasty, sustaining lunch that's also very economical. Here's a sample of some of the healthy, nourishing soups prepared and served by staff for volunteers at the Volunteers Appreciation Afternoon in May.

### Cauliflower Soup

- from Christine B

#### Ingredients:

50g butter  
 1 brown onion finely chopped  
 2kg cauliflower cut into florets  
 1.5 litres chicken or vegetable stock  
 1 tin of light evaporated milk or a cup of thin cream  
 Salt and ground white pepper to taste

#### Method:

**Melt butter** in a large saucepan over medium heat till foaming.

**Add chopped onion** and cook, stirring for 5 minutes or until onion softens.

**Add cauliflower florets** and stock; bring to boil; then reduce heat and cook uncovered, stirring occasionally for 15-20 minutes or until cauliflower is tender.

**Remove from heat** and let stand to cool slightly (approx. 10 minutes).

**Place half the mixture** in a blender and process till smooth; repeat for remaining mixture.



**Place in saucepan**, add the cream or evaporated milk and stir over low heat.

**Season to taste** with salt and pepper. More cream can be added to individual serves if desired.

This soup can be made one day ahead. If doing so, do not add evaporated milk or cream until ready to reheat and serve. **Serves 6.**



# Rustic Italian Tomato & Basil Soup

- from Tony

For this soup, Tony used fresh herbs from his home garden. Basil has been particularly plentiful this year and the basil from Tony's garden has an aniseedy taste, adding a distinctive touch to his soup at the Volunteer Appreciation Afternoon.

## Ingredients:

450g capsicum or bell pepper strips  
 1 can no-salt diced tomatoes, undrained  
 1 3/4 cups chicken broth  
 1/2 can no-salt-added navy or cannellini beans, rinsed and drained  
 3 tablespoons chopped fresh basil  
 2 tablespoons chopped fresh parsley  
 1 tablespoon balsamic vinegar  
 1 medium garlic clove, minced  
 1/2 teaspoon dried oregano, crumbled  
 1/8 to 1/4 teaspoon chilli powder  
 1 tablespoon olive oil (extra virgin preferred)  
 1/4 teaspoon salt



## Method:

**In a food processor** or blender or by hand in a bowl, process the bell pepper strips, tomatoes with liquid, broth, beans, basil, parsley, vinegar, garlic, oregano, and chilli powder until slightly chunky or smooth. Pour into a large saucepan.

**Bring to a boil** over high heat.

**Reduce the heat** and simmer, covered, for 20 minutes, or until the flavours are blended.

**Remove from the heat.** Stir in the oil and salt.

**Serves 4.**





# Moroccan Soup

- from Jo



Jo's Moroccan Soup is a variation on Harira, a chickpea and lentil soup to which Jo added chicken.

Harira is the generic term for a soup full of pulses – chickpeas, lentils or beans- with little meat,

few vegies and plenty of herbs and spices. Every day during the holy month of Ramadan, when Muslims fast between sunrise and sunset, the smell of this soup permeates the streets as each household prepares its own version to be eaten when the sound of the cannon signals the breaking of the fast.

## Ingredients:

**1 kg chicken thighs**  
**2 large onions, chopped coarsely**  
**200g chickpeas, soaked overnight**  
**150g large brown lentils, rinsed**  
**500g ripe tomatoes, peeled and chopped**  
**4 celery stalks, diced, some leaves**  
**1 tblsp tomato paste**  
**1 tsp black pepper**  
**1 tsp ground ginger**  
**2 cinnamon sticks**  
**½ tsp saffron threads or powder, or 1 tsp turmeric**  
**Salt**  
**Juice of 1 lemon**  
**100g coriander, chopped**  
**Large bunch flat-leave parsley, chopped**  
**3 litres stock**  
**3 lemons, cut into quarters, and dates (optional)**

## Method:

**Fry** chopped chicken; add onions and drained chickpeas.

**Cover with 3 litres stock**, bring to the boil and return to simmer.

**Add** drained lentils, tomatoes, celery (including some leaves), tomato paste, pepper, ginger, cinnamon, and saffron or turmeric.

**Simmer for 20 minutes**, adding water if level drops and salt when lentils begin to soften.

**Add** lemon juice, coriander and parsley and simmer a further 10 minutes.

**Serve** with lemon wedges and dates if desired.

**Serves 10.**





## Scotch Broth

- from Ken

Scotch Broth is a delicious, satisfying soup which originated in Scotland and is now enjoyed all over the world. The main ingredients are stewing or braising cuts of meat, root vegetables and dried pulses (most often split peas and red lentils) and barley. Cabbage and leeks may be added shortly before serving to preserve their texture, colour and flavours. The proportions and ingredients vary according to the recipe or availability.



### Ingredients:

Ham hock or bacon bone (or other stewing cut of meat)  
 Bacon pieces  
 Carrots  
 Onions  
 Potatoes  
 Celery  
 Turnips  
 Parsnips  
 1 packet soup mix (peas, barley and lentils)  
 Water

### Method:

**Chop up** all the vegies coarsely and grate one carrot.  
**Put the cut vegies** and grated carrot into a large pot with the soup mix and as much water as desired.  
**Simmer** for about 2 hours and enjoy!



**Bogangar Public  
 School**

Do you enjoy talking to others about your career?

Primary school students benefit from hearing about the wide variety of opportunities available to them, and inspiring kids at a young age can help them to stay on track.

With this in mind, **Bogangar Public School** is having a careers market day on **Thursday, August 22**, where students and parents will be given the chance to explore a wide range of careers and trades.

If you volunteer at **Pottsville Beach Neighbourhood Centre** and would like to contribute to the day by talking about your career, contact **Anne Bowden** on **6670 2333** for further information. ■



## Long term workers (unpaid and paid) contributions recognized

In a ceremony at the recent Volunteers Appreciation Afternoon, certificates of appreciation were presented to the following people who have worked at the centre for the last five or ten years:



### Five years:

Anne Taylor, Barbara Jordan, Dick Miller, Kylie McKenzie, Val Dudley, Tom Nolan, Christine Ivanusic, Sue Cairnduff, Kathy Cherry, and Dave Newman.

### Ten years:

Connie Morris, Jo Frater, Angela Maxwell, Jacquilynne Dixon, Lorraine McCaughey, Lorraine Stanley, Karen Stanford.

Special presentations also went to **Clive and Jan Cramb** for their particular dedication during the recent makeovers at the Opp Shop and Tech Centre and **Dave Newman** for his ongoing commitment to the Tax Help program.





## Community Pantry turns one!

Community Pantry volunteers and customers, alongside PBNC workers and other members of the community, celebrated the pantry's first birthday on Wednesday, June 5 in the centre's balloon-festooned courtyard.

Pastors Alan and Vanie Pillay and their great team of volunteers organise the Beachside Church Communicare Community Pantry, which



provides groceries at reduced prices to those who are having financial difficulties. Pastor Alan opened the event with a prayer and some inspirational words. He said one simple thought motivates all their actions: **"We cannot do everything but we can do something."** The pantry serves approximately 55 people per week. Alan said that this service is estimated to save each person about \$20 per week, which amounts to a benefit of approximately \$57,000 to disadvantaged families in the last twelve months. Alan thanked all those who contributed to the program, and gave a special

thanks to O'Connors Carrying Service of Murwillumbah, whose trucks pick up and deliver produce from Brisbane to Pottsville Beach each week free of charge.

PBNC manager Angela said it has been shown at the centre that people in the community are suffering mortgage and rental stress, and now this is reaching to food stress. Angela acknowledged the wonderful work done by pantry volunteers to address this stress. Angela said the pantry was a suitable fit at PBNC, nestled as it does near the opportunity shop, men's shed, community gardens and other community-based activities.

Tweed Shire Mayor Barry Longland also spoke of the benefits of the work done by Beachside Church, and the need for this work.

Coordinator Narelle then cut the huge cream and strawberry sponge and the crowd enjoyed a cuppa and a chat, before business commenced as usual at the wonderful **Beachside Church Community Pantry**. The Pantry is open **every Wednesday, from 10am till 12pm**, downstairs in the Coral Bay Room at Pottsville Beach Neighbourhood Centre. Anyone experiencing financial stress

may take advantage of this great community service to do their weekly grocery shopping.

### Contributors:

**Beachside Church** (10% of weekly offering goes to fund the program)

**Pottsville Beach**

**Neighbourhood Centre**

**Tweed Shire Council**

**IGA Pottsville**

**OHS Health & Safety Pty Ltd**

**Murwillumbah Truck Centre**

**O'Connors Carrying Service**

**Mark Eglington** (farmer with fresh local produce)

**NORTEC Ltd**

**Food Bank Australia**





# WordsFlow

Some of us at WordsFlow like to play with Japanese short-form poetry.

Here are some examples by Rosemary Nissen-Wade which we hope you will enjoy.

## Five three-line haiku:

stray duck in traffic  
I pray  
for a flying leap

her feet skip and lift  
with the tug  
of her red balloon

big thunder cracks  
right over us  
ah, cool change

children play loudly  
in the doctor's waiting room  
the old sit silent

Cold Sunday.  
I miss  
my husband.

## A one-line haiku:

a lone sandal shuffles in the tide

## and one tanka:

rainfall night  
the cats curled in armchairs  
you in bed  
falling into dreams  
of cats and rain

# Women's Circle

## New facilitator for meditation group

PBNC's Women's Circle Guided Meditation has recommenced under the guidance of Amber Alley, a highly skilled and experienced facilitator with qualifications in areas including adult education and training, fitness and Chi Gong. She is also a writer.

"In our group, we will enjoy the support of sharing, with plenty of smiles, laughter and peaceful times, and we'll be looking at various forms of meditation and healing techniques. We welcome all women," Amber said.

The Women's Circle Guided Meditation is now held **weekly** on Mondays from 1pm till 2.30pm in the Sandbar Room at PBNC. Participants sit in chairs or lie on the floor - bring what you need for comfort. The group enjoys a cuppa (tea and coffee provided) after the meditation, so bring fruit or a plate to share there if you wish. A gold coin donation helps cover costs.

**For more details, ring PBNC on 6676 4555.**



## Rewards for PBNC

**Did you know you can reward PBNC when you shop at Pottsville IGA?**

By producing your rewards card each time you shop at IGA Pottsville, your reward points will be awarded to PBNC. You can ask for a rewards card at IGA or get one from the Front Desk at the centre.

If all our volunteers produced their rewards cards at IGA, it would add up to a substantial contribution to the centre.





# PBNC's

# TOY LIBRARY



The Toy Library provides children from one to seven years old with educational toys focused on, and designed to improve, thinking and fine motor skills. There is a multitude of puzzles, games, construction sets and instruments. One example is *The Happy Architect*, which has 28 wooden pieces that can be fitted together to form an entire town.

The Toy Library is a free service and parents/carers can become members by coming in to see the PBNC Front Desk workers in the admin building and registering their membership. Opportunity Shop volunteers will then assist members to borrow items. Members may borrow a toy for two weeks, return it and borrow another one, keeping children entertained and educationally stimulated.

The Toy Library is available to all Tweed Coast families. Located next to the Opportunity Shop at PBNC, 12A Elizabeth Street Pottsville Beach, it operates Monday to Friday from 9.30am to 12.30pm. For more information, call 02 6676 4555. The Toy Library is made possible through funding from Families NSW (Department of Community Services).



**what's on at the centre**

<b>PBNC ADMINISTRATION</b>	
Monday to Friday 8.30am - 1.30pm	
<b>DIABETES SUPPORT GROUP</b>	
with Ruth - Reef Room First Wed each month 2 - 4pm	
<b>GET FIT, KEEP FIT</b>	
Sandbar Room Tues 9.15 - 10.15am, Fri 9.15 - 10.15am	
<b>OPP SHOP</b>	
Monday & Friday	9am - 4pm
Tues, Wed, Thurs	9am - 1pm
Saturday	9am - 1pm
Market Sunday	7am - 1pm
<b>POTTSVILLE PLAYTIME GROUP</b>	
Sandbar Room	
Monday	9.30am - 11.30am
Thursday	9.30am - 11.30am
<b>PBNC TECHNOLOGY CENTRE</b> <i>Computer Lessons &amp; Internet Access</i>	
Sandbar Room Tues 9.15 - 10.15am, Fri 9.15 - 10.15am	
<b>ART AND PLAY</b>	
with Emma-Lea - Coral Bay (next to the Reef Room) Tuesday 10 - 11am Ph. Emma Lea <b>0434 790 969</b>	
<b>STRETCH-YOUR-MIND</b>	
Thursday 12.30 - 2.30pm	
<b>TOY LIBRARY</b>	
Monday to Friday 9:30am - 12:30pm	
<b>WORDSFLOW</b>	
with Rosemary Nissen Wade Sandbar Room Friday 12.30 - 3.15pm (in school term)	
<b>SCRABBLE</b>	
Tuesday 10am - 12 noon	
<b>UFO CRAFT GROUP</b>	
with Clair - Reef Room Thursday 9.30am - 3.15pm	
<b>Contact Administration Office for more details or bookings (02) 6676 4555.</b>	

**Centrelink Agency**  
Monday to Friday  
8.30am to 1.30pm

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

**Side by Side** is a social support group for children and young people with Aspergers and their parents or carers. The group meets during school terms from 1pm on the first Saturday of each month for combined primary and secondary school age, and the third Saturday each month for teens. Contact Debbie or Terry on 6676 0483 for more details

<b>Monday</b>	<b>Wednesday</b>	<b>Friday</b>
<p><b>Technology Centre</b> 9am-1pm</p> <p><b>Pottsville PlayTime</b> Sandbar Room 9.30am-11.30pm</p> <p><b>Toy Library</b> 9.30am-12.30pm</p>	<p><b>Technology Centre</b> 9am-5pm</p> <p><b>Toy Library</b> 9.30am-12.30pm</p> <p><b>Diabetes Support Group</b> with Ruth (1st Wed each month) Reef Room 2-4pm</p>	<p><b>Technology Centre</b> 9am-1pm</p> <p><b>Get Fit, Keep Fit</b> Sandbar Room 9.15-10.15am</p> <p><b>Toy Library</b> 9.30am-12.30pm</p> <p><b>Pottsville Toddler Tunes &amp; Stories</b> Sandbar Room 10.45am-12pm (in school term)</p> <p><b>Wordsflow</b> with Rosemary Nissen Wade Sandbar Room 12.30-3.15pm (in school term)</p>
<b>Tuesday</b>	<b>Thursday</b>	<b>Saturday</b>
<p><b>Technology Centre</b> 9am-5pm</p> <p><b>Get Fit, Keep Fit</b> Sandbar Room 9.15am - 10.15am</p> <p><b>Toy Library</b> 9.30am - 12.30pm</p> <p><b>Scrabble</b> 10am - 12noon</p>	<p><b>Technology Centre</b> 9am-5pm</p> <p><b>Pottsville Playtime</b> Sandbar Room 9.30am-11.30am</p> <p><b>Stretch Your Mind</b> Reef Room 12.30-2.30pm</p> <p><b>Toy Library</b> 9.30am-12.30pm</p> <p><b>UFO Craft Group</b> Reef Room 9.30am-11.30am</p>	<p><b>Opp Shop</b> 9am-1pm</p> <p><b>Side by Side</b> Aspergers Support Group - 1pm See ad above</p>
<b>Sunday</b>		
<p>Tweed Coast U3A conducts classes at PBNC e.g. <b>Quilting, Booklovers, Gardening, Art &amp; Cryptic Crosswords.</b> Ph PBNC (02) 66 764555 or email <a href="mailto:admin@pottsbnc.ngo.org.au">admin@pottsbnc.ngo.org.au</a></p> <p>Women's Circle Guided Meditation Mondays 1pm till 2.30pm Sandbar Room, PBNC Ph PBNC 6676 4555 for details</p>		
<p><b>Pottsville Beach Markets, Opp Shop</b> (7am-1pm) &amp; <b>Community BBQ</b> - first &amp; third Sunday each month <b>Next markets</b> July 7 &amp; 21, Aug 4 &amp; 18, Sep 1 &amp; 15</p>		

