



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



See story
page 6



our newsletter

Drift is produced at
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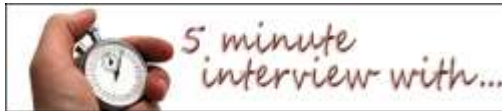
Production team:

Tony Crockett, Angela Maxwell,
 Lily Crockett, Chris Warner



Attendees at the LCSA conference (see story page 4) were given the opportunity to randomly pick a calligraphy symbol, painted by Mr Shen, to take back to their neighbourhood centre. Lily is pictured here with the symbol she chose for Pottsville Beach Neighbourhood Centre. Later the meanings of the symbols were translated, with PBNC's symbol meaning "longevity".

PBNC's funding is term-limited. This funding is never guaranteed and, as there has just been a change of government, the future of this funding is even more tenuous. PBNC hopes that this symbol represents the centre's longevity, with (hopefully) continued funding and also the longevity of its 200+ volunteers who are productively ageing!



Dane

Market Coordinator's
 Assistant

Do you have a favourite movie?
Yes, Fast and Furious 6 - with Vin Diesel and Paul Walker.

Do you have a favourite book and/or author?
I don't read books very much but a favourite is Witness - made into a movie starring Harrison Ford.

What famous person would you choose to spend an evening with and why?
 (no hesitation here for Dane)...
Megan Gale (model, fashion designer and actress). It would be a very interesting evening!

Chicken Parmigiana...Dane's speciality with 'secret ingredients'.

Whom do you most admire and why?

Justin Timberlake. His career has been so diverse...he has appeared in movies, he is a great singer and he has done voice overs in The Simpsons.

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

It would be America, especially Las Vegas and Los Angeles. I and my friend Alan are ten pin bowling enthusiasts and have watched ten pin bowling from both locations on Channel 44.

What does PBNC mean to you?

I have volunteered for nine years at PBNC and it makes me feel part of the community, plus I have a lot of friends here. I still volunteer at the Sunday Markets in a security officer role.

Tech-In for Seniors - TIS here!

If you're a senior struggling to keep up with the latest technology, TIS (Tech-In for Seniors) might be just what you're looking for to update your computer skills.

Running currently at PBNC, the program offers FREE one-hour lessons to those over 60, encouraging them to engage with their community and increase their knowledge and skills, especially in digital communication technologies.

It caters for people from diverse backgrounds and abilities.



Drew and Pam, PBNC's experienced trainers, run the program, assisting participants to **access computers, tablets and smart phones** each Monday, and other days by special arrangement with dedicated volunteer tutors. Participants learn how to make the most of this new and rapidly changing technology while having fun. They may bring along their own equipment or use the centre's many resources.

While participating in TIS 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 populations in NSW, with almost 30% of the population being over 60, and many seniors already volunteer at PBNC and participate 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. TIS provides 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 on 0266 764555 to secure a place or to find out more about this FREE program.

Tech-In For Seniors is a PBNC initiative funded under the Federal Government's *Productive Ageing through Community Education (PAatCE) Program*.



Communities Shaping the Future

2013 Local Community Services Association (LCSA) Annual Conference

The latest LCSA Annual Conference was held at the end of August, and three members of PBNC, Manager Angela, Community Capacity Worker Drew and Vice President of the Management Committee Lily, flew to Sydney for the three-day event. LCSA is the peak body for all NSW Neighbourhood Centres and Community Centres.



The conference is a mine of information and inspiration for community workers and offers a wide variety of wonderful workshops. This year PBNC hosted a very popular workshop on social enterprises. PBNC has a range of social enterprises to draw from – the Technology Centre, Markets, Opp Shop and Community Barbeques – these being activities which raise income for the centre which is then used to provide activities, programs and services for our community.

Members of other centres were eager to learn how PBNC grew and continues to thrive while developing its own income stream. They watched videos and PowerPoint presentations showing volunteers at work at the centre and participated in creative activities to stimulate ideas for their own centres. Our newsletter Drift was presented and copies circulated to demonstrate how the

newsletter works as an inspirational momentum maintainer and marketing tool while providing evidence to funding bodies such as Commonwealth Department of FaHCSIA (Families and Housing, Community Services and Indigenous Affairs). Key speakers at the conference ranged from Mr Shen, an outstanding and progressive community leader from China, to Mick Gooda, Aboriginal and Torres Strait Islander Social Justice Commissioner and a descendant of the Gangulu people of Central Queensland, who gave a very moving closing address, which included reading



poems by Oodgeroo Noonuccal (Kath Walker), "My Son" and "Song of Hope". Mick advocates for the recognition of the rights of Aboriginal and Torres Strait Islander peoples and seeks to promote respect and understanding of these rights among the broader Australian community. He encouraged everyone to be actively involved in promoting and including Aboriginal people and culture in our idea of what represents Australia.



Mr Shen spoke on "communities which pursue happiness and harmony", and told of the model town of Jinshan, which is built to encourage togetherness, cultural richness, environmental awareness and enjoyment. As well as being a community leader, Mr Shen is also an artist, poet, songwriter and dancer who displayed all these skills during his address, and had his audience up and dancing by the end of his presentation.



PBNC's trio of representatives brought back valuable information from workshops they attended and from conference speakers, and also enjoyed networking with workers from other centres. Feedback was that this conference keeps getting better and better each year, and thanks must go to LCSA and conference organisers for this fabulous opportunity to learn while having fun.





PBNC gardeners have spent months during autumn and winter preparing the community garden for the growing season.

They have built garden beds and, with help from workers from the Men's Shed workers and the maintenance crew, erected trellises and laid a slab for the new garden shed. The beds have been planted out with a variety of seeds and seedlings, resulting this spring in a rich harvest of **lettuce, radishes, carrots, beans, beetroot and other delicious edible plants.**

Passionfruit vines are climbing the trellis between HealthOne and the garden, providing privacy, a windbreak and a backdrop to the garden.

Pawpaws line the fence between the garden and PlayTime Group's playground, and a variety of unusual and exotic edible plants may be found scattered around, such as the **curry tree**, whose leaves may be used in a curry or just thrown, stem and all, into rice as it cooks, imparting a delicate curry flavour to the rice. There's also a large **lemon myrtle bush** near the Sandbar Room - its leaves will give a beautiful lemony flavour to your cooking and are used to make tea, as are the leaves of the **lemon grass** also to be found in the

patch where the children can plant seeds and seedlings, watch them grow, and help harvest and eat them.

Other produce from the garden is harvested by the gardeners and distributed to PBNC volunteers. The gardeners enjoy talking to people about the garden so come, check it out and sample some produce. You may even be inspired to volunteer there!



Narelle (Community Pantry) accepts produce from John of the gardening crew



Productive PBNC workers

Pictured above (left to right) - **Mauveen** (reception), **Danny** (computer servicing) and **Jack** (reception), at work in the Tech Centre.

Pictured right—members of the sausage sizzle team raising funds for the centre through the Community Barbeque at PBNC’s popular local markets, and the market crew who work together to run the markets, held on the first and third Sunday of each month.

Pictured below - clockwise from left - **Doug**, **Tim** and **Yoshi** stand in front of the slab put down for the new garden shed; **Russell** pushes the barrow; **Russell, Don, Bill and Tim** (with his dog **Buddha**) prepare for the slab, and **Peter S** and **Buddha** level the slab.





Women's Wetland Walk

PBNC offered a wetlands walk for women last month as part of its Women's Circle program and six women participated. Located on the Coast Road at Pottsville Beach between two arms of Cudgera Creek, the Pottsville Bicentennial Environment Park contains fresh and saltwater wetlands, coastal eucalypt forest, heath and rainforest. There are walking trails, a large grassed area, free electric barbecues, drinking water, picnic tables and amenities block. Several tracks lead through the diverse areas and visitors may see animals such as fruit bats, koalas and echidnas and many varieties of birds including ospreys, eagles and wrens. The group took a one-hour walk through the wetlands, enjoying the peace and quiet and learning as they went. President of the centre's management committee, Rhonda James, (pictured top left) guided the walk.



the walk. Rhonda has been active in preserving much of the Tweed Coast's wetlands for the protection of its endangered flora and fauna and for the human community to learn from and enjoy. Because of the success of this walk, PBNC will be working towards offering the experience regularly. If you are interested, ask at the Front Desk in PBNC's main admin building, or ring PBNC on 6676 4555. Wear appropriate clothing (including a hat); cover as much of the body as possible, and bring some insect repellent along. If you want to explore the park on your own, turn left at the sign just after Pottsville Beach Sports Club on the Tweed Coast Road travelling north and follow the road to the park.





Great gift of knitted creations

PBNC workers had a great surprise last month when Leseera Kai turned up with a huge box overflowing with bright, beautiful, knitted clothes for children.

Leseera is the mother of the centre's newest community capacity worker, John Castner, who has taken on many tasks to ensure smooth day-to-day running of operations at the centre. Leseera is the contact person for an anonymous group of Tweed knitters who knit because they love it. These knitters wanted to donate their knitting to people who needed the items, and Leseera suggested donating them to PBNC.

Chris and Ken, of PBNC's Brighter Futures, which delivers services to families in need, were very happy to accept all the stunning creations.



If you have any knitting you'd like to donate to people in need, or if you would like to start up your own local knitting group, give **Leseera** a call on **0266 762 537** or email her at tranquilpool@rocketmail.com

Volunteering opportunities

The Blind and Vision Impaired Group (Far North Coast) is seeking volunteers. This dynamic social club offers social days, assistance with shopping and other services to all sight-impaired people.

The group currently needs an assistant secretary (1-2 hours per month), a newsletter editor (2 hours per month) and an audio news reader (2 hours per month).

Meetings are held on the first Wednesday of every month at All Saints Anglican Church in Riverview St, Murwillumbah.

If you have the time and willingness to enjoy supporting these wonderful people, phone Dede on (02) 6672 4748 or 0410 371 751. She would love to hear from you.



Tax help

Free help at Tax Time
Pottsville Beach Neighbourhood
Centre is again offering
FREE Tax Help.

The centre's experienced Tax Help volunteers, Dave and Michael, are available on Tuesdays and Wednesdays to assist people with completing their tax returns for 2012/2013. Tax Help is being delivered from a newly refurbished office at the Tech Centre. If your tax affairs are simple and you earn less than \$50,000 a year, you could be eligible for this assistance. For more information or to make a booking, ring Pottsville Beach Neighbourhood Centre on (02) 6676 4555.



Important safety news to help save lives

PBNC was recently successful in its grant proposal to purchase an Automated External Defibrillator (AED) under the Commonwealth Government’s Department of Families, Housing, Community Services and Indigenous Affairs Volunteer Equipment 2013 Grants Program. The AED is for use when the patient is unconscious, unresponsive and not breathing. Immediate application of an AED saves lives: within 5 mins = 70% survival.

The defibrillator is located in a glass-fronted box (the safety station) on the bench behind the front desk in the main admin building (look for the AED sign). If you need to use it, first follow the resuscitation chart (pictured below right) and displayed on the wall to the right of the defibrillator (and in all admin buildings). Then go to the admin safety station and follow the clear and easy instructions for using the defibrillator, which will electronically talk you through the process of its use.



APPLY FIRST AID Northern Rivers		RESUSCITATION CHART
D	DANGER	Scene Safety <i>yourself, others & victim</i>
R	R ESPONSE	Is the casualty conscious? <i>talk and touch</i>
S	S END FOR HELP	If unconscious call 000 For help
A	A IRWAY	Open Airway <i>Look for signs of life</i>
B	B REATHING	Check for breathing <i>Look, listen & feel</i> For 10 seconds
C	C OMPRESSIONS	30 chest compressions <i>2 per second, 1/3 of chest</i> Followed by 2 rescue breaths
D	D EFIBRILLATION	Attach AED (Defib) <i>Attach ASAP and follow voice prompts</i>
NO SIGNS OF LIFE Unresponsive, Unconscious, Not breathing normally		
<small>Readme and leaflet. This first aid chart is not a replacement for any training in any aspect of the information contained in this chart. This resuscitation chart does not replace training with an accredited training organisation.</small>		
Phone: 0421761095 Email: Holger@applyfirstaidnr.com.au Web: www.applyfirstaidnorthernrivers.com.au		



Two of PBNC’s longterm volunteers were recently presented with their Certificates of Appreciation for their work at the centre over the past five years.

Sue Cairnduff and Pauline Roberts missed out on the Volunteer Appreciation soup afternoon where certificates were presented and therefore missed out on appearing in Drift with other award recipients. For the last five years, Sue has volunteered with the markets where she is an

important and valued member of the onsite market crew, while Pauline has provided invaluable assistance to the Tech Centre, where she volunteers as receptionist and trainer, assisting people to develop their computer skills, and also assists at the Front Desk in the Admin building.

PBNC Christmas Party expressions of interest

Building on the outstanding success of last year’s Christmas party entertainment, expressions of interest are now being sought for performers for this year’s extravaganza.

There will be two items on the program. dance steps (costumes provided).

The other song is by the Troggs and participants will wear animal masks whilst doing some basic dance moves. (Masks will be provided and will give you a disguise so that no one recognises you.) Maree Mackie, who volunteers in Admin at PBNC, will direct the choreography.

If you are keen to participate, write your name and details on the “expressions of interest” forms located in the Op Shop or at the sign-on book in the main building.



Maree Mackie
- Producer/Director PBNC Christmas party





Women's Self Healing and Stress Management

- a workshop for women

Are you a woman who is always saying 'I don't have time?' If so, do yourself a favour and make the time to attend *Women's Self Healing and Stress Management*, a special workshop presented by Pottsville Beach Neighbourhood Centre.

The morning is offered by Amber Alley, facilitator of PBNC's Women's Circle Meditation Group. Amber has a background in Natural Therapies and Adult Education, and brings years of knowledge and experience from these areas to her work.

In just a few hours, you will learn ways to reduce stress and promote good health and wellbeing. You'll practise visualisations and internal journeys to focus the mind, learn simple self massage techniques and you'll also learn some Chi Gong moves. This gentle Oriental movement system retrains 'hurry habits' to calm and ease the mind and body,

with a focus on simple relaxation techniques using the breath. Another fun part of the workshop will be some simple art therapy exercises for self expression and finding the key to your story.

The workshop will be held in the Sandbar Room at Pottsville Beach Neighbourhood Centre on Saturday, October 19 from 9am until 12pm. Bring some fruit, a cushion, a yoga mat or blanket, pen and paper, and wear loose, comfortable clothing. After the workshop you may choose to stay with the group for a shared lunch in the park or eat at a cafe nearby. Cost is by donation.

For bookings and enquiries, ring PBNC on (02) 6676 4555, or ask to fill in the Expression of Interest form at the Front Desk in the centre's main admin building.

what's on at the centre

PBNC ADMINISTRATION

Monday to Friday 8.30am - 1.30pm

DIABETES SUPPORT GROUP

with Ruth - Reef Room
First Wed each month 2 - 4pm

GET FIT, KEEP FIT

Sandbar Room
Tues 9.15 - 10.15am, Fri 9.15 - 10.15am

OPP SHOP

Monday & Friday	9am - 4pm
Tues, Wed, Thurs	9am - 1pm
Saturday	9am - 1pm
Market Sunday	7am - 1pm

POTTSVILLE PLAYTIME GROUP

Sandbar Room
Monday 9.30am - 11.30am
Thursday 9.30am - 11.30am

PBNC TECHNOLOGY CENTRE

Computer Lessons & Internet Access

Sandbar Room
Tues 9.15 - 10.15am, Fri 9.15 - 10.15am

ART AND PLAY

with Emma-Lea - Coral Bay
(next to the Reef Room)
Tuesday 10 - 11am
Ph. Emma Lea **0434 790 969**

STRETCH-YOUR-MIND

Thursday 12.30 - 2.30pm

TOY LIBRARY

Monday to Friday
9:30am - 12:30pm

WORDSFLOW

with Rosemary Nissen Wade
Sandbar Room
Friday 12.30 - 3.15pm
(in school term)

SCRABBLE

Tuesday 10am - 12 noon

UFO CRAFT GROUP

with Clair - Reef Room
Thursday 9.30am - 3.15pm

Contact Administration Office
for more details or bookings
(02) 6676 4555.

DHS (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

Monday

Technology Centre
9am-1pm
Pottsville PlayTime
Sandbar Room
9.30am-11.30pm
Toy Library
9.30am-12.30pm

Wednesday

Technology Centre
9am-5pm
Toy Library
9.30am-12.30pm
Diabetes Support Group with Ruth
(1st Wed each month)
Reef Room 2-4pm

Friday

Technology Centre
9am-1pm
Get Fit, Keep Fit
Sandbar Room
9.15-10.15am
Toy Library
9.30am-12.30pm
Pottsville Toddler Tunes & Stories
Sandbar Room
10.45am-12pm
(in school term)

Tuesday

Technology Centre
9am-5pm
Get Fit, Keep Fit
Sandbar Room
9.15am - 10.15am
Toy Library
9.30am - 12.30pm
Scrabble
10am - 12noon

Thursday

Technology Centre
9am-5pm
Pottsville Playtime
Sandbar Room
9.30am-11.30am
Stretch Your Mind
Reef Room
12.30-2.30pm
Toy Library
9.30am-12.30pm
UFO Craft Group
Reef Room
9.30am-11.30am

Saturday

Opp Shop 9am-1pm
Side by Side
Aspergers Support Group - 1pm
See ad above

Sunday

Pottsville Beach Markets, Opp Shop (7am-1pm) & **Community BBQ** - first & third Sunday each month
Next markets Sep 15, Oct 6 & 20, Nov 3 & 17, Dec 1 & 15.

DANCING WITH NIKKI Freestyle dance classes for pre-schoolers to adults - \$5 per lesson. Contact Nikki on **0417 036 609**

Tweed Coast U3A conducts classes at PBNC e.g. **Quilting, Booklovers, Gardening, Art & Cryptic Crosswords**. Ph PBNC (02) 66 764555 or email admin@pottsbnc.ngo.org.au

Women's Circle Guided Meditation
Mondays 1pm till 2.30pm
Sandbar Room, PBNC
Ph **PBNC 6676 4555** for details

