



We acknowledge the people of the Bundjalung Nation. We pay respect to their cultures, and acknowledge their strong and continuing connection to their land and waters. Bundjalung Country; always was, always will be.

opening doors...





our newsletter

Drift is produced at
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 Neighbourhood Centre,
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- 1 Cover: Opening doors
- 2 Index, Opening doors, 5 min. interview - Tony
- 3 Neighbourhood Centre Week & Soup Day
- 4,5 POD project
- 6 to 9 2015 Tweed Enduro
- 10,11 Littoral Rainforest Regeneration Project

Opening doors at PBNC

□ Pottsville Beach Neighbourhood Centre Open Doors (POD) is a new initiative trialled at PBNC in association with Nortec Ltd. The program provides work experience for a group of young people, and it has proven to be more enriching and rewarding than expected for all parties involved. Participants said it was good to be part of a group rather than alone. They were able to share their fears and successes, support each other, share knowledge and learn new ways of communicating, carrying out work tasks and working cooperatively. The program is already opening doors for participants, with one, Raelle, moving on to paid work and others getting the confidence and inspiration needed to be successful in their search for employment.

□ Many other doors opened at PBNC during the past two months, with the centre participating in the inaugural Tweed Coast Enduro, providing volunteers to run drink stations, opening the centre's grounds and organising a mini market. □ PBNC's community garden gate is now open from 9am till 4pm each day, and a path is being created through the littoral rainforest at the rear of the grounds to encourage people to wander through. □ Minds were opened with the start of Meditation with Robyn, □ and the doors to our local area opened to welcome refugees through the Pottsville Refugee Support Group, while □ doors to the past will open for little ones with activities to take place during Toddler Tunes and Stories for National Archaeology Week. You can read all these stories and more in this issue...just start opening the pages!

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

- 12,13 Pottsville Beach Drumming Circle
- 14,15 Give a Grid
- 16 1-2-3 Magic and Emotion Coaching
- 17 Travellers Page
- 18 Rise Like a Kite Life Coaching
- 19 Close the Gap
- 20 ANZAC Day ceremony
- 21 Pottsville Refugee Support Group, Archaeology Week
- 22 **Bill's 93rd birthday**
- 23,24 **What's on at the centre**



Do you have a favourite book or author?
Book of Evidence by John Banville. Beautifully written in the first person about a hapless felon's descent into desperation.

Do you have a favourite movie?
Inherit the Wind. Courtroom drama about the prosecution of the teaching of evolution in a school in the 1920s - a debate that, amazingly, still rages.


If you could travel to anywhere in the world, where - and why?
I only go to Tahiti. I've been twice and I would go again - the most beautiful place and people.

Whom do you most admire and why?
Mark Latham. One of the last true Labor idealists. A dying breed.

What famous person would you choose to spend an evening with and why?
Barry Humphries. That would be a wonderful evening of wit and entertainment.

What does PBNC mean to you?
The centre has provided me with the perfect place of employment. I learn something new every day and I am constantly building my skills. I actually enjoy going to work which is a first for me.

What is your favourite food?
Traditional baked lamb with all the trimmings.

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

Hear the voice of the community!

That's the theme for this year's Neighbourhood Centre Week, held in May each year. It's about how we engage with all the voices in our community. That way we can gain an in-depth understanding of community aspirations and concerns and what people believe they can do about them. Gaining local community knowledge is valuable because it identifies key issues, uncovers a sense of common purpose, enables us to set realistic goals and do work that is relevant and has greater impact. The theme reinforces our direction for this year at PBNC - looking outwards and opening doors and minds to new possibilities and partnerships.

To celebrate Neighbourhood Centre Week and Volunteers Week, which occur simultaneously each year, PBNC is retaining the very popular tradition of Soup Day, the Volunteer Appreciation Event where staff show their appreciation of volunteers by preparing and serving a delicious and healthy range of soups.

This year the soup lunch will take place from 1.30pm till 4.30pm in the courtyard of PBNC on Thursday 14 May.

PBNC volunteers wishing to attend the Soup Day are asked to RSVP at **PBNC's Front Desk** or email

julie@pbnc.org.au

by Friday 8 May, and staff are urged to begin getting inspired about their soup creations!



The Pottsville Beach Neighbourhood Centre Open Doors (POD) project came into being through adversity, as do many successful creations.

Recently the Commonwealth Dept. Social Services' Community Investment Program funding, which had previously enabled PBNC to support volunteers, ceased. This meant that the centre could no longer cover the costs involved in training any new volunteers. Fortunately an arrangement was reached with Nortec Ltd. where it was agreed that Nortec Ltd would

provide financial support for PBNC based on each work experience volunteer accepted under the POD project. The name POD was created by PBNC and a team was accepted by the centre in February this year. The project will initially run for six months and we are all hopeful of it rolling over for another six months.

POD participants include Raelle, Melanie, Daniel, Elijah, Dan, Luke, and Liam.

Here, briefly, are their stories.



Liam is a Cabarita Beach local who attended Pottsville Beach Primary School when it was located at PBNC's current site. Liam said he loves the area as it encompasses bush and beach, both his passions.

A qualified bush regenerator, Liam has five years' experience in that area. His interest in the field started when, at 10 years old, he began accompanying his parents on their regeneration work at Cudgen Nature Reserve.

Liam

Liam is also passionate about plant identification and much of his work at PBNC has involved identifying species

in the centre's strip of littoral rainforest (see story page 10). The Littoral Rainforest Regeneration Project developed during Liam's time as a POD participant as it offered the opportunity to use his skills in an area he loves. Liam also helps out at PBNC's markets.

Having gone to school at the site of PBNC, Liam said it has been great to know it is being used for a community hub. "It's the glue keeping the community together," Liam said. "Being at PBNC has given me community spirit and a pride in myself and the local area."



Luke

Luke has lived in Pottsville all his life, and his parents still live here and work locally. He attended kindergarten in Pottsville at the present site of PBNC, before moving to the school's new location. His secondary schooling was at Kingscliff High School, where Luke enjoyed creative subjects, progressing to Southern Cross University and a Bachelor of Education – Primary. Luke is looking for work teaching in either music, art or the information technology areas, and he currently tutors primary-school-age children in literacy and numeracy after school each week.

Luke likes to create desktop backgrounds using Photoshop and has travelled extensively. He would like to do another cruise with friends in the future. He is also a keen musician who plays the piano and is learning to play the saxophone. If you want to check out Luke's musical talent, search *Pearcinator* on YouTube.

At PBNC, Luke tutors people in new technologies. He says that he enjoys his volunteer work, helping adults to learn new things. It makes him feel useful, rather than sitting at home feeling frustrated looking for suitable work positions. Luke loves being community minded and helping to teach people.

Melanie said she found the induction very helpful and a good insight into PBNC's many facilities and services. She works in the Op Shop, where she enjoys sorting clothing. "The op shop volunteers were very helpful and friendly," said Melanie. She thinks it is great that PBNC is a not-for-profit organisation providing opportunities for local residents to obtain clothing and furniture at very low prices compared to other organisations in the area. Melanie is also another of the friendly faces at the Front Desk, and assists with PBNC's Toddler Tunes and Stories. She said she really enjoys her experience with Toddler Tunes and likes the fact that children are encouraged to be as expressive as they want to be. Melanie added that, although she has previous experience in child care, she will take away lots of great ideas for any future work with children.



Melanie



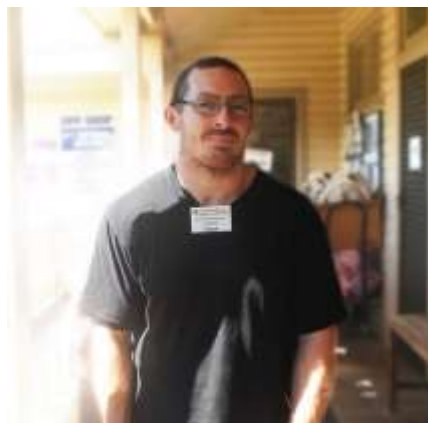
Raelle

Raelle was one of the smiling faces on PBNC's Front Desk and also assisted with Toddler Tunes and Stories. While at the centre, Raelle transformed (as many of the participants did) from an apparently quiet, timid person to a bubbly, confident one. Unfortunately for PBNC, this transformation may have been part of the reason Raelle is no longer with the centre, having moved on to paid work at The Coffee Club in Cabarita.

Raelle said she loved working at PBNC and hopes to come back for a volunteer shift or two. Meanwhile, if you are having a cuppa at The Coffee Club, be sure to say hi to Raelle.

Daniel

Daniel was born at Tweed Heads, has lived in many places throughout the Tweed and now lives at Cabarita with his nan and pop. He spent several years at Currumbin Primary and attended Kingscliff High School. He has worked at Hungry Jacks and was also an apprentice greenkeeper at Pottsville Beach Sports Club. Daniel has gained his Certificate 11 in Warehousing and Operations. The theory he did online and the practical section was completed at Coles where he worked in 2014. Daniel enjoys video games and loves reading Manga, Japanese comic books. His sister lives in Banora Point and Daniel likes spending time with her and his niece and nephew - spending time with his family is important to him. Daniel drives his nan to work at PBNC three days a week and often gives another volunteer a lift as well. Daniel loves his nan's cooking, especially her delicious potato bake. He also goes with his pop every fortnight to Tweed City to do the shopping. It was through his nan that Daniel first visited PBNC and before long he was volunteering in the Information Technology section. He really likes working here two days a week as it gets him out of the house and provides him with experience. He says that he has learnt a lot, under **Danny's guidance, since starting here** in February this year. His jobs include repairing computers, sorting through items to see what is needed and working on the front desk. Daniel thinks that PBNC is a very friendly place to work.



Elijah

Elijah works at PBNC's Op Shop. He was previously a volunteer in the Op Shop and he found that being familiar with the day-to-day tasks there helped him fit back in well when he returned as a POD participant.

Elijah said he was very impressed with the group induction for POD volunteers. He found the information given regarding WHS procedures very helpful and he learnt not only what to do, but who to ask for help or guidance when working in the Op Shop.

Elijah is interested in business and has just successfully completed an Advanced Diploma in Accounting.

Dan

Dan works in the Tech Centre, the Second Hand Furniture Store and helps out at the Markets. He is another POD participant who appears to have been transformed during the course of the project. Dan said that it was great to have some choices about which areas to volunteer in and what tasks to learn. He said he now felt much more confident and had some exciting new ideas about different ways and areas in which he could work. PBNC has great facilities and resources and all the workers, especially the men in the furniture team, are very friendly and helpful, Dan said.



Pictured are (L-R) Daniel (POD), Danny (Tech Centre), Matthew Dean from IntegratelT, Dan (POD) and Drew (Tech Centre). Matthew donates used computers and other equipment to PBNC's Tech Centre. Matthew is pictured receiving his Certificate of Appreciation from the centre.



2015 Tweed Enduro

Pottsville Beach Neighbourhood Centre grounds and the bordering Philip Street Reserve were packed with people attending the inaugural 2015 Tweed Coast Enduro, which took place on Sunday 29 March.

The Tweed Coast Enduro triathlon consisted of swim, cycle and run courses, with hundreds of participants coming from all over Australia.

It offered racing on a long course consisting of a 1.9km swim/90km cycle/21.1km run for individuals in social (entry level) or competitive age groups; and teams in either the tag or group of mates format.

Contestants swam down Mooball Creek, and cycled and ran along Tweed Coast Road in the beautiful surroundings of Pottsville Beach and the hinterland.

PBNC liaised with organisers QSM Sports for more than a year and was chosen as one of the Enduro's charities of choice, along with Cabarita Surf Life Saving Club. Other stakeholders included Destination Tweed, Tweed Coast Holiday Parks, New South Wales Police, and Tweed Shire Council, and local schools.

"The community of Pottsville must be one of the keenest to attract and build a major event that profiles its beautiful coastline,

hinterland and facilities. The leadership shown through the Pottsville Beach Neighbourhood Centre ensures we integrate and assimilate with both local residents and commercial businesses," said Race Director Mike Crawley.



PBNC volunteers ran water stations, assisted with a mini-market at the Philip St reserve, staffed the ever popular Opp Shop and cooked up PBNC's famous sausage sizzle. On display in the centre's main administration building were maps and other general information. Volunteers were enthusiastic about the day, saying they enjoyed the excitement of the event and the interaction with other groups. "We had such a fun day we would definitely do it again!" said Mandy, who staffed a water station with friends (for Mandy's report see next page).

For the event, the 'Potty Dollar' program was developed with local shop owners to promote a 'buy local' initiative.

For more event details visit <http://www.tweedenduro.com.au/>



My Tweed Coast Enduro 2015 experience

by PBNC worker Mandy

Our team of five, Laurie, Lynda, Sandy, Denis and I, signed on for the inaugural Tweed Coast Enduro at 8am on a fine Saturday morning in March. We operated the water station near our home on Overall Drive, where the lead runners were already appearing, very hot sweaty and thirsty.

The course lay along Overall Drive before diverting behind our property. Then competitors ran along the path up to Black Rocks Bridge and did a U turn before running back along Overall Drive. This 7km circuit was repeated three times by the runners. A group of about ten extra people, including neighbours and passers-by, also came to help us hand out water to the runners.

Sandy had brought along her iPod speaker with some great music to inspire the runners and the volunteers and we had a ball singing and filling water cups, handing them out to very grateful runners who said we had the best water station. We had lots of fun giving the runners names rhyming with their register number and

time and again, various runners thanked us for being there for them. We even had one of those crazy moments when hosing down a female runner from Coffs Harbour who turned out to be a school teacher who had

taught Sandy's nephew and niece!

The time flew by with no time to have a snack or lunch break. Lynda was fabulous, always on the run herself, picking up used plastic cups and replacing full cups of water for Denis and Laurie to hand out to the runners, while Sandy and I continually refilled and washed cups and provided electrolytes to some runners.

At 3pm we cleaned up the rubbish and packed up. After cleaning the owner's driveway where we had set up and clearing the road of plastic cups, we collapsed at our place, put our feet up, drank a few cold beers and chilled wine with some nibbly and discussed the day.

We all agreed we had such a fun day we would definitely do it again!





Littoral Rainforest Regeneration Project (LRRP) **By PBNC worker Lily**

PBNC has a small strip of littoral (shoreline) rainforest behind the Dunecare (Poole's) Shed. Work first began on this strip in March, as this was a shady place to work in the heat of the day, and gradually it has emerged as a valuable strip of littoral rainforest on which to undertake a regeneration project.

Several PBNC workers, including the gardening team and outdoor maintenance team, have been involved in fencing off the area, placing coppice logs around the perimeter, making paths and mulching. Pottsville Beach Neighbourhood Centre Open Doors Project (POD) worker Liam has been involved in identifying and eliminating weeds and assisting in the identification of the well-established trees there and the various saplings springing up, and I have been supporting him in his work. Stakes will be placed near the trees showing both their botanical and common names and people will be able to wander along the path and educate themselves about the plants of the littoral rainforest.





Pictured are Pottsville Dunecare volunteers (back row L-R): Ann, Kathy, Ron, Carol, Barry, Rita; foreground: Bill



Len and Betty Greer returned to say farewell – they are relocating to Brisbane to be closer to family. Len and Betty have been involved with PBNC for 15 years, since its inception in 2000.

In April, I caught up with the Pottsville Dunecare group who invited me to share morning tea with them. They were very interested and supportive of the project. Past PBNC vice president Len Greer visited recently with his wife, Betty, to say their farewells to PBNC. While at the centre, Betty told me that, when Pottsville Primary School inhabited the current PBNC site, the pupils planted several of the trees behind the shed. PBNC Management Committee President Rhonda James said that each family had their 'own' tree, for which they were responsible. The result of their work is that we now have a beautiful rainforest at the rear of the grounds where we can go to meditate, replenish our energy, cool off, and learn about the native plants which were once prevalent along our coastline.

By Emma Peel

A group of Pottsville locals inspired by drumming events in Byron Bay and Burleigh decided that something similar was needed in Pottsville. Thus The Pottsville Beach Drumming Circle was born.

Drumming does not require advanced physical abilities or specialised talents. It does not require participants to read music or understand music theory. Drumming, even a simple pattern, offers benefits to a huge range of people. It is a universal language transcending gender, race, age, and nationality. In fact, nearly every culture on earth has some form of drumming tradition.

Some benefits of drumming include: lowering blood pressure, relieving stress, boosting the immune system, increasing spiritual awareness, producing a deeper self-awareness and connectedness with others, connecting with natural rhythms, and reducing negative feelings and emotional trauma. Group drumming and drum therapy is also currently being used for people with brain injuries or impairment, physical injuries, arthritis, addictions, and more. Studies are finding numerous health benefits from drumming for people with these conditions.

Pottsville Beach Drumming Circle





The Pottsville Beach Drumming Circle invites this community and surrounds to get together and drum regularly to create a group consciousness, and for people of all ages to enjoy the opportunity to make enjoyable groovy beats together, outside and in the sunshine.

With the support of many new friends, we have now been actively meeting for almost two years. We are so grateful to the community for showing their support and we hope to continue to provide this great free activity for many years to come.

Some exciting changes are happening for the Pottsville Drumming Circle. We will now be meeting in Ambrose Brown Park from 10am on the 1st and 3rd Sunday of each month (same Sundays as the Pottsville Markets).

All experience levels are most welcome. We also have an exciting monthly jam happening with Caba Creative and this will be held at Norries Headland, Cabarita. Please see timetable middle right.

Norries Headland			Ambrose Brown Park	
APR 26 2pm autumn	MAY 3 10am autumn	MAY 17 10am autumn	MAY 24 2pm autumn	JUN 7 10am winter
JUN 21 10am winter	JUN 28 2pm winter	JUL 5 10am winter	JUL 19 10am winter	JUL 26 2pm winter
AUG 2 10am winter	AUG 16 10am winter	AUG 23 2pm winter	SEP 6 10am spring	SEP 20 10am spring
SEP 27 2pm spring	OCT 4 5pm spring	OCT 18 5pm spring	OCT 25 5pm spring	NOV 1 5pm spring
NOV 15 5pm spring	NOV 22 5pm spring	DEC 6 5pm summer	DEC 20 5pm summer	DEC 27 5pm summer



To find out more, email Emma at pottsvillebeachdrummingcircle@yahoo.com.au or see the facebook site <https://www.facebook.com/pottsvilledrummingcircle>

Give a Grid

Andrea Pape from ACOSS (Australian Council of Social Services) visited PBNC recently and spoke to manager Angela to find out how energy efficient design and a resourceful community have made the centre a landmark for sustainability in the region.

“We are featuring stories and snippets from community services around Australia to inspire other organisations to have a crack at energy efficiency (and other sustainability actions),” said Andrea.

The following is an abbreviated version of her article. For the complete article including further information on Give a Grid, click [Andrea's link](#)

WHY IS EFFICIENCY SUCH A BIG FOCUS AT THIS CENTRE?

Angela: “With such constrained funding, efficiency has always been really important for us and we see energy efficiency as a natural extension of what we do. We engage over 260 volunteers, but have only enough funding for 11 staff (equal to 4 full time positions), so we’ve had to take a really resourceful approach to everything we do. We’ve just had a major Commonwealth funding cut so now, more than ever, we are trying to minimize costs as we want to continue providing valuable services within our community.

“Energy efficiency and renewables have helped us to keep energy costs down so that

we can channel much of our resources into supporting our community. Our site is also an important demonstration site, and through our food, clothing recycling and energy management we help people to learn how to become more resilient and resourceful.”

TELL US ABOUT YOUR PROJECTS...

“We’re on the North Coast of NSW and it gets pretty hot here. For over a decade, we raised



funds from within our local community to go towards a new central building and we were fairly hands on with the design to make sure that this building suited our needs and our local climate. We were very happy to receive capital works’ funding from state and local governments and benefited greatly from in-kind support from local professionals and tradespeople, including an architect, engineers, a landscape architect, conservationists, horticulturists, ceramic tilers, carpenters, electricians, and many others who helped us to design a building.”

“We put in high ceilings and operable skylights to help vent hot air outside the building, as well as ensuring wrap around verandahs, grounds and gardens created shady regions

from which to draw cooler air into the building. We also installed insulation in the ceiling and walls to keep radiant heat out of the occupied space. We installed solar hot water to keep water heating costs down, and installed two large solar power arrays to generate our own electricity.”

(continued next page...)

(...continued)

WHAT ELSE ARE YOU GUYS DOING IN SUSTAINABILITY?

“Sustainability is a natural part of everything we do here. Through our op shop we recycle a lot of clothes, shoes, books, toys, manchester and household items. We also have a men’s shed where volunteers pick up donated furniture and household items, clean them, fix or refurbish them and present them for sale. We have trained our local blokes so that they can test and tag portable electrical appliances so they can be re-used. We have a technology centre where donated IT items are repaired, tested and re-used.

“We have a community garden on our site, and surplus produce from the garden is donated to the Community Pantry pop-up shop which services people on low incomes. We harvest and save water through the use of large capacity water tanks (courtesy of a Commonwealth sustainability grant) which are plumbed into our laundry and toilets and provide a source for irrigating our community garden. Sustainability is about exchanging practical skills and building resilience to future shocks, and our centre provides a space where people of all ages can connect and exchange useful skills to help them in their daily life.”

HOW DID YOU FIND FUNDING FOR YOUR SUSTAINABILITY PROJECTS?

“From the start we knew we needed to operate under a social enterprise model, as the centre has never received renewable government funding. We are reliant on the generosity of our community in terms of volunteering in all areas, donating items and purchasing stock. The opp shop and men’s shed activities have been key to our operations and the technology centre is increasing our capacity and sustainability by providing a service for people seeking low cost maintenance and repairs to their own IT equipment or are in the market for purchasing low cost, re-conditioned equipment for their use.

“We also run the local arts, crafts and produce markets which enable us to promote homemade, grown and baked products as well as boosting tourism and local business trade. Every day we hear how people benefit from our low cost, recycled and re-purposed items and we feel very satisfied that our operations assist many people of all ages and stages, while showing how to tread more lightly on our planet.”■





1-2-3 MAGIC® & EMOTION COACHING PARENT COURSE

Learn to manage difficult behavior in children 2-12 years old

A FREE three-session program for parents and carers
at **Pottsville Beach Neighbourhood Centre (PBNC)**

10b to 12a Elizabeth Street Pottsville (in the Reef Room, under the main building)
on **28 May, 4 June and 11 June 2015** at **6pm to 8pm.**

Learn:

- ✓ How to discipline without arguing, yelling or smacking
- ✓ How to sort behaviour
- ✓ How to handle challenging and testing behaviour
- ✓ Choosing your strategy, the three choices
- ✓ Using emotion coaching to encourage good behaviour
- ✓ 7 tactics for encouraging good behaviour

☞ **Participants receive a
1-2-3 Magic & Emotion Coaching
Parent Workbook**

What people are saying...

"What a relief to come across a program that preserves the dignity of the child, maintains the self control of both the parent and the child and is actually easy to remember"

"It was so easy to put into practice and has made a difference already - much more harmony at home!"

Who is running it?

Pottsville Beach Neighbourhood Centre is running this course with funds made possible from a donation by The Falls Music and Arts Festival.

Presenters are experienced and have completed Parentshop's 1-2-3 Magic® & Emotion Coaching practitioner training.

Couples are encouraged to attend together. Grandparents and extended family members are welcome too. Limited child-minding spaces are available – bookings are essential.

To register your place or gain more information contact:



Angela or Karen at PBNC on **02 6676 4555**

- An end to the arguing and yelling!
- It saved our lives
- Simple, sane, effective

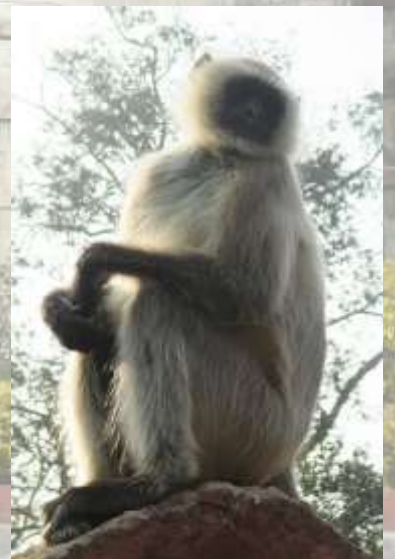
This course is being run by Parentshop® licensed practitioners. www.parentshop.com.au

Travellers Page

Images of India



PBNC Admin and Op Shop worker Laurel W (pictured on the right riding a camel) took these beautiful photos on her recent trip to India.





*Rise like
a kite
and
face the
wind!*



**“Rise like a kite and
face the wind...”**

says Lesley Sayers, a trained and experienced Life Coach who is offering her coaching services FREE to any interested PBNC folk.

Coaching is a technique of questioning that explores where the individual is now in their lives, where they want to be, what choices they have available to them to close this gap and most importantly – what they will commit to from these choices.

Acting as a catalyst for transformation through questioning, coaching occasionally challenges the strategies, beliefs and choices the individual makes in their lives for self improvement. It reassesses how we think and why we think a certain way. It is about determining the meaning we give to the events in our lives and how this meaning impacts on the quality of our lives.

Professional coaching is an ongoing professional relationship that helps to produce extraordinary results in people’s lives, careers, businesses or organisations. Through the process of coaching, clients deepen their learning, improve their performance, and enhance their quality of life.

Lesley will have limited FREE spaces available so if you wish to take up this great offer, phone her soon at P&T Coaching on (02) 6684 5203 or Mobile 0419 845 203; or email: sayerslesley@yahoo.com.au



**PBNC crew campaigning for change in raising awareness.
Left to right; Geri, Annette, Jill, Gina, Mandy, Chris, Jo and Ken.**

Close the Gap

Most Australians enjoy one of the highest life expectancies of any country in the world — but this is not true for Aboriginal and Torres Strait Islander people. Indigenous Australians can expect to live 10–17 years less than other Australians. Babies born to Aboriginal mothers die at more than twice the rate of other Australian babies, and Aboriginal and Torres Strait Islander people experience higher rates of preventable illnesses such as heart disease, kidney disease and diabetes.

The mortality rates for Indigenous Australians is on par with some of the world's most impoverished nations. The United Nations Report, *The State of the World's Indigenous Peoples* (2009) indicated Australia and Nepal have the world's worst life expectancy gaps between Indigenous and non-Indigenous people.

The Close the Gap campaign was launched by Cathy Freeman and Ian Thorpe in 2006. Much has been achieved since then, with these outcomes including a commitment by government and all major political parties to take action through the formal signing of the Statement of Intent; allocation of additional health funding through COAG; and a stated intention to work in partnership with Indigenous health organisations and communities.

This is just the beginning. Change will take a generation. Sustained action by Federal and State Governments is needed and your help is called for to make this happen. To see how you can assist to close the gap, visit the website

www.oxfam.org.au/closethegap

Source: www.oxfam.org.au/closethegap

ANZAC Day Centenary Commemorations

A large crowd turned up at Pottsville to commemorate ANZAC Day Centenary. The march to the cenotaph at ANZAC Park was led by the catafalque party from the 41st Battalion at Lismore, followed by the piper and naval cadet drumming corps. Then came the main body of the march, followed by Pottsville Beach Public School, who later sang the National Anthem, and St Ambrose Catholic Primary School. After the ceremony, participants adjourned to Pottsville Beach Sports Club for breakfast.

Long term PBNB worker Clive (pictured top right wearing beret) was very involved in organising and participating in this local event.



Pottsville Refugee Support Group (PRSG)

In mid-April a second successful meeting was held by this newly formed group, whose aim is to make refugees welcome to Australia, especially to our beautiful area. Everyone present enjoyed *Mary Meets Mohammed*. The film is a lovely and heart-warming depiction of the changes Mary goes through as she progresses from fear and prejudice to affection and love for Mohammed, the Hazara refugee from Afghanistan whom she met through her local knitting group.



The group was lucky to have Carolina Caliaba from Brisbane's Refugee Action Collective in attendance, and she spoke very eloquently about her experience as an activist. Her knowledge of the details of current refugee policies was a very helpful contribution to the meeting.

Several people indicated their willingness to help out with future friendship visits by refugees, with some expressing interest in joining the committee.

If you would like to support this group or just find out more, phone

Jeanne or Caroline on (02) 6676 1000;

Fran or Neil on (02) 6676 3265;

Jo on (02) 6676 2016,

or email pottsville.r.s.g@gmail.com

Attention budding archaeologists!



National Archaeology Week takes place in the second week of May, and to celebrate the occasion a local archaeology company, Virtus Heritage, in partnership with PBNC, is presenting an event on Friday 15 May at the centre in Elizabeth St, Pottsville. Aimed at toddlers and preschool-aged children, the event will occur as part of PBNC's *Toddler Tunes and Stories*, held from 10.45am till 11.30am.

Organisers are hoping for fine weather so that activities can take place in the playground next to the Sandbar Room, which will provide an alternative venue in the case of bad weather, and provide a chill-out space for parents, carers and children wanting a bit of quiet time. Local Yugambah man Magpie will be performing songs and dances and telling stories; there will be art and craft activities, and Principal Archaeologist Mary-Jean Sutton and Senior Archaeologist Julian Travaglia of Virtus Heritage will help budding archaeologists dig for artefacts in the sandpit.

Due to various dietary preferences and restrictions, food and drink won't be available so please bring refreshments for yourself and your children.

Drift Production Team - Angela, Lily, Tony, Chris, Jan W, Emma and Byron.

Thanks to PBNC workers Laurel W for her images of India, Mandy for her article on the Tweed Enduro and Clive for his ANZAC Day contribution, and all those who take photos as needed.



Long term worker Bill celebrated his 93rd birthday in April. Bill is pictured here with PBNC Finance Worker / Volunteer Coordinator (and his daughter) Julie at PBNC's Front Desk. Bill is an active member and team leader of PBNC's second hand furniture store.

Monday

Technology Centre
9am - 4pm

Opp Shop
9am - 4pm

Toy Library
9.30am - 12.30pm



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

Tuesday

Technology Centre
9am - 5pm

Opp Shop
9am - 1pm

Toy Library
9.30am - 12.30pm

Get Fit, Keep Fit
Sandbar Room
9.00am - 10.15am

Scrabble
Starfish Room
10am - 12pm

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

Wednesday

Technology Centre
9am - 5pm

Opp Shop
9am - 1pm

Toy Library
9.30am - 12.30pm

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

PBNC Home Educating Group (each Wed except 1st Wed each month)
Sandbar Room
1 - 4pm (school terms)
Phone Kym 0401 078899

Friday

Technology Centre
9am - 1pm

Opp Shop
9am - 4pm

Toy Library
9.30am - 12.30pm

Furniture Shop
9am - 1pm

Get Fit, Keep Fit
Sandbar Room
9.00 - 10.15am

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

Wordsflow
Sandbar Room
12.30 - 3.30pm (school terms)
Phone Cheryl
0412 455 707

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



Saturday

Opp Shop
9am - 1pm

Aspergers Support Groups Side by Side (1pm first Sat of month) & **GameOn** (1pm 3rd Sat of month) - School terms only
Phone Deb or Terry
(02) 6676 0483

Sunday

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

Next markets (2015):

May	17
June	7 & 21
July	5 & 19
Aug	2 & 16

Regular Services & Programs	
PBNC ADMINISTRATION	
Monday to Friday 9.00am - 4.00pm	
BRIGHTER FUTURES	
Monday to Friday 9.00am - 5.00pm	
DHS (CENTRELINK)	
Monday to Friday 8.30am - 1.30pm	
DIABETES SUPPORT GROUP	
1st Wednesday each month 2pm - 4pm - Reef Room Ph: Ruth (02) 6676 0411	
MEN'S SHED AND SECONDHAND FURNITURE SHOP	
Thursday/Friday 9am - 1pm; Market Sunday 7am - 1pm	
GET FIT, KEEP FIT	
Sandbar Room - Gentle exercise for Seniors Tuesday 9.00 - 10.15am, Friday 9.00 - 10.15am	
OPP SHOP	
Monday & Friday	9am - 4pm
Tue, Wed, Thu, Sat	9am - 1pm
Market Sunday	7am - 1pm
PBNC TECHNOLOGY CENTRE Computer Lessons, Internet Access and Equipment Servicing	
Monday	9am - 4pm
Tues, Wed, Thu	9am - 5pm
Friday	9am - 1pm
POTTSVILLE PLAYTIME GROUP	
Sandbar Room Monday & Thursday 9.30am - 11.30am (school terms)	
ART AND PLAY	
Coral Bay Room (next to Reef Room) Tuesday 10 - 11am, (school terms)	
COUNSELLORS	
Counselling by appointment most days. Contact Admin for more details.	
TAX HELP	
(Seasonal) July to October	
STRETCH-YOUR-MIND	
Reef Room - Thursday 12.30 - 2.30pm	
TOY LIBRARY	
Monday to Friday 9:30am - 12:30pm	
WORDSFLOW	
Sandbar Room - Friday 12.30 - 3.00pm (school terms)	
SCRABBLE	
Tuesday 10am - 12pm	
TODDLER TUNES AND STORIES	
Sandbar Room - Friday 10.45 - 11.45am (school terms)	



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



Brighter Futures North Coast (CONC)
A regional child and family support program
Monday to Friday 9am - 5pm
Upper Level Admin Building
Ph 02 6676 2277

Side by Side (SbS), GameON (GO), LEGO Time & Home Educating Support Group are PBNC's social support groups for children & young people with Aspergers & their parents/carers.

SbS - 1st Sat each month 1pm - GO - 3rd Sat each month 1pm - Ph Deb or Terry - 02 6676 0483.

LEGO Time 3.30-5.30pm Fridays - Ph Emma-Lea 0434 790969.

Home Educating Support Group 1-4pm Weds (except 1st Wed each month) School terms only Ph Kym 0401 078899.



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

Contact PBNC Admin Office for more details or bookings (02) 6676 4555 or visit the website www.pottsvillebeachnc.org.au