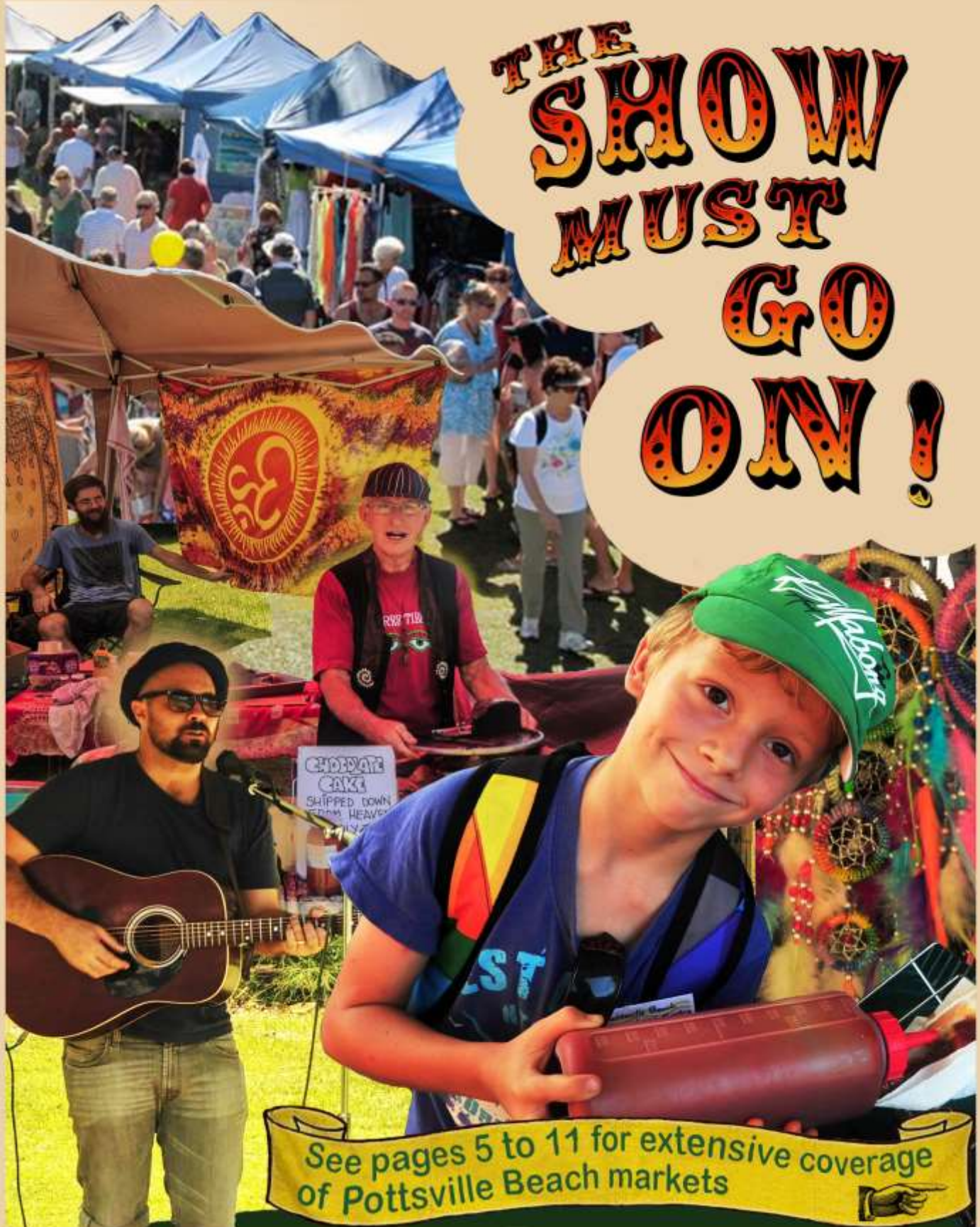




We acknowledge the people of the Bundjalung Nation. We pay respect to their cultures, and acknowledge their strong and continuing connection to their land and waters. Bundjalung Country; always was, always will be.



**THE
SHOW
MUST
GO
ON!**

See pages 5 to 11 for extensive coverage of Pottsville Beach markets



our newsletter

Drift is produced at
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- 2 Index, 5 min. interview - Cheryl
- 3 NSW Seniors Week
- 4 Just another Market Sunday
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This year presents challenges for PBNC, especially in keeping up momentum that has been built over many years of dedicated **work. But, as Drift's cover suggests, "The Show Must Go On", and so it shall.**

However, one big challenge for us is to cover a large shortfall in our operating budget, brought about by the cessation of PBNC's Community Investment Program (CIP) funding from the C'th Dept of Social Services (DSS) which ended on February 27, 2015. The CIP wound up as part of DSS funding reforms, and, sadly for PBNC, this signalled the end to our core funding. Also, unfortunately for us (and PBNC's children and parenting support capacity), our DSS funding application to provide such activities was unsuccessful. PBNC's lack of success in this latest funding round (under 'New Ways of Working with DSS') is echoed in other local, not-for-profit organisations. The net effect is

that slashing funds in this manner will have a seriously detrimental effect on services in place for people experiencing disadvantage within our region.

PBNC's CIP funding has been crucial in our ability to plan, develop, implement and evaluate innovative, community-driven activities for widespread community benefit. The key to continuing to provide appropriate and adequate community-strengthening activities will be in attracting substitute funding and/or increasing income from our social enterprises. Both options will be difficult to achieve. Nevertheless, PBNC will do everything in its power to keep rolling along positively.

We are so fortunate to have such a wealth of contributors – volunteers, staff and community – to assist us reach our goals. Thank you!

Angela



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

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Cover:
 PBNC's vibrant market with cadet reporter Byron enjoying a snag



Do you have a favourite book or author?

I really like John Grisham mysteries and another author called Lee Child (Jim Grant) a British thriller writer.

Do you have a favourite movie?

Pretty Woman starring Julia Roberts and Richard Gere and *Gone With The Wind* starring Vivian Leigh and Olivia de Havilland.

What is your favourite food?

Definitely fish and chips – my absolute favourite (like Lady Diana!). I have eaten them far and wide across Australia.

Whom do you most admire and why?

Without hesitation my husband. We met when I was 19; I admired him then and I admire him now.

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

The Isle of Man, an island between the UK and Ireland. My husband was born there and it would be great to go and explore the island.

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

It would be a very dear friend of mine who lives in Melbourne. We grew up together but sadly these days we don't see each other as often as we would like.

What does PBNC mean to you?

It makes me happy to work here. Long term friendships made are important and the sense of helping the community.

Be inspired!

The theme for this year's NSW

Seniors Week is *Be Inspired* and **it's all about encouraging greater** effort, enthusiasm and creativity, with a focus on self expression.

To inspire seniors, PBNC's Tech Centre is running a very exciting program during NSW Seniors Week, running from Saturday, March 14 to Sunday, March 22. The program is called *SEND IT* – Seniors Exploring New Directions in IT (internet technology).

SEND IT consists of FREE, individually tailored, one-to-one, hourly sessions for seniors on a communication device of their choice: computer, laptop, tablet, mobile phone, smart phone, e-reader, across Apple, Microsoft and Google (Android) digital platforms. The tutors are specially trained, experienced educators at Pottsville Beach Neighbourhood Centre's Technology Centre in Elizabeth St, Pottsville.

Free sessions will be held on Tuesday, March 17 and Wednesday, March 18 between 10am and 3pm. **BOOKINGS ARE ESSENTIAL** - contact PBNC on 02 6676 4555 to make a booking.

NSW SENIORS WEEK

Grants Program

NSW Seniors Week is the largest festival for seniors in the Southern Hemisphere. During the week, government, community and commercial organisations hold hundreds of events across the state, encompassing art, sport, music, entertainment, technology, recreation, health, good nutrition and more. The events cater to people over 60, Aboriginal and Torres Strait Islanders over 50, and those over 50 who have a lifelong disability.

2015 NSW Seniors Week is presented by the Department of Family and Community Services (FACS).

“Just another Market Sunday...”

Much 'behind the scenes' work takes place before, during and after market days to ensure the smooth running of PBNC's Pottsville Beach Markets. All new stall holder enquiries are handled by coordinator Lee Robertson, who determines if the markets need what the stall holder is offering. There are council rules set down for market stall products and PBNC must abide by them. Each stall holder has to fit strict criteria determined by Lee and PBNC's Market Committee, with priority given to local producers. The centre has a set of guidelines and rules of participation for market stall holders and a copy is given to all new stall holders. Market information can be found on the centre's website

www.pottsvillebeachnc.org.au

There are two types of stall holders - casual and permanent. Casual stall holders need to ring and confirm a site any time onwards from the Monday after each Sunday market. Permanent holders have sites aside for every market day and if they don't attend (without notice) they have to pay a fee. The guidelines and rules for participation for Pottsville Beach market participation state that non-attendance fees apply to any stallholder, permanent or casual, who does not give prior notice of non-attendance. All permanent stall holders are automatically given a site at each market unless they advise otherwise. Casual stall holders must contact the PBNC Administration office to confirm a site at any market. Due to the site's size, PBNC has restrictions on the number and placement of market sites. Once all sites are filled, a waiting list is created. Each stall holder pays a modest stall fee which differs depending on whether the stall holder has their own Public Liability Insurance.

Volunteers put up and take down market signs at certain locations before and after each market. At each market there are at least six regular volunteers and two people from a local community group who assist the market coordinator on the day.

On each market day, the coordinator and volunteers arrive on site at 6am to set up their on-site office tent and begin to meet and greet stall holders, accept stall fees and direct the stall holders to their allocated sites, and deal with the many inquiries directed to them during the day. PBNC's Opp Shop and Secondhand Furniture/Trash and Treasure stalls are always open and a sausage sizzle is cooked by volunteers. At the end of each market day, PBNC's market cleaner ensures that the site is cleared for the next use.

“The markets are always a busy, eventful and informative experience for PBNC's wonderful market volunteers and me,” said coordinator Lee. “Events include locals dropping by our on-site office for a chat; market patrons providing us with positive feedback regarding their market experience; assisting families to track down a misplaced child; plus numerous general inquiries about sites, stall holders, and so on.”

“Our 'Welcome to Pottsville' kits are very popular and require replenishing after each market,” continued Lee. “Lost or claimed property includes keys, purses and wallets, which we often successfully re-unite with their relieved owners. Then there is the odd ambulance called for un-well patrons - luckily only three have been needed over the past 12 years. At each market we allow for a certain number of community stalls such as SES, Friends of the Pound, Tweed Valley Relay for Life, Uniting Church, Tweed River War Widows, Lions Club Cabarita/Pottsville, and YMCA.” PBNC also has very generous community partnership schemes which ensure market donations (money and in-kind value) are distributed to other local not-for-profit organisations and groups.

Among other factors, the success of each market depends on weather, school holidays (NSW and QLD) and the number of stalls. PBNC has held a council licence for the Pottsville Beach Markets for the past 12 years. Each term lasts three years – then the markets are up for tender again and PBNC has to re-apply, which the centre will be doing this year ■



A

meander through the markets

With Drift's Emma Peel
and
cadet reporter
Byron

We walk into Pottsville Beach Markets and the first thing I notice is gorgeous colour all around me. In each stall I see so many different and unique items - **I'm excited and not sure where to start...**

The clothing I see is handcrafted or hand dyed and looks made with love. There's a mix of pleasant smells wafting by; I can smell delicious food somewhere ahead and there is the scent of fresh fruit and incense. There's a bustling flow of happy, friendly people going about their morning routines and, as I piggy-back my son Byron down one side of the market, the sunshine feels gorgeous and warm on my skin and the crisp, morning sea breeze on my cheeks is a refreshing reminder that we are blessed to be in paradise.

My name is Emma Peel and I am a mum; a volunteer for Pottsville Beach Neighbourhood Centre's magazine, *Drift*; a volunteer for the Cabarita Youth Service and facilitator for the Pottsville Beach Drumming Circle. Following my recent student placement at PBNC, and having completed my TAFE certificate, I asked Angela if I could stay on as a volunteer. I was invited to be a part of the *Drift* production team and to attend the next meeting. The meeting was held during the school holidays so my seven-year-old son Byron was present, quietly playing his gaming device next to me. Byron, being a bright and inquisitive child, soon became more involved in the meeting than the game he was playing. He began chiming in with questions like "what are quotes please, Angela?" or "what is funding?" Finally Byron said to everyone at the table that his favourite part about the markets is going up to the neighbourhood centre and getting a sausage from the sausage sizzle because they are cheap and really yum. "I like barbeque sauce and onion too," he added.

Well that was it; the *Drift* team members Angela, Tony, Lily and Chris were so delighted by Byron that they asked him to be a member of the *Drift* team. Byron was so happy about his new volunteer position that he announced it with pride to anyone who would listen.

(continued...)





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The first task for Byron and me was to promote the Pottsville Markets. For twelve years, PBNC, through the Market Sub-committee and Coordinator Lee have led a dedicated group of volunteers to keep the markets running smoothly. The markets are an important source of funding for PBNC, allowing them to continue providing support, activities, facilities and programs for community benefit.

Since moving to Pottsville, Byron and I have attended the markets twice a month to do our shopping. We love the fresh local fruit and veggies; we buy seedlings for our garden, and sometimes clothing or accessories, and we have both had a good jump on the jumping castle, but most importantly, Byron gets his sausage sandwich from the PBNC sausage sizzle!

Byron and I began our Drift assignment at the markets on Sunday, February 1, with a visit to Giselle Somerville's stall. Giselle makes and sells homemade jams, pickles, chutneys and relish. She says the Pottsville market is the only one she attends and she appreciates the fact that she gets a permanent site with reasonable rates. "It's very friendly and overall a better market than others," she continued, adding that she regularly finds amazing gifts for her grandkids at the markets. Giselle really likes the local fruit and veg stalls and says that all the stall holders support each other.



We move on to Peter Thompson's stall, where he sells clothing, jewellery and accessories. Peter says he has been attending the Pottsville Market long before PBNC took over management and has greatly relied on the market to make his living. He says Pottsville is the best market he has ever attended and he always attends twice a month because it is very close to home; the parking is very easy; the rates are very affordable; the grounds are flat and maintained well and the management and volunteers do an amazing job running the market. Peter mentioned volunteer Dane, saying that Dane does a fantastic job, is always friendly and ready for a chat.

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Next we come across The National Party stall, and see Matthew Fraser, President of Tweed Business Chamber, handing out balloons with his wife, Paula. Matthew says he enjoys a Byron Beans coffee, a cookie from *Love A Cookie* or some fudge from *Mum's Fudge*. His favourite stalls are those where you see creativity and passion, such as where someone has handcrafted something themselves or created delicious, homemade foods, taking a great idea right through to packaging and marketing. He feels that the Pottsville market really stands out because of the atmosphere, the incredible location and the friendly people.



Next, Byron and I chat with Geoff Provest - State Member for Tweed for a few minutes. Geoff is enjoying the morning sunshine with his partner Niki, chatting with local market goers. He says he has always been a supporter of the Pottsville Markets and enjoys attending whenever he can. He believes the markets are important for Pottsville as they give the opportunity for people to interact as a community and provide a fantastic platform for artistic members of the



community to showcase their handmade creations. The market helps to boost the local economy, he says, with many tourists enjoying the markets while on holiday. This creates local jobs and provides a significant income stream for some community members, making it "a great way for locals to support locals". Geoff really loves the fresh local herbs, and appreciates handmade creations, such as the incredible-looking wooden chopping boards he had seen today, while his partner Niki said she really loved watching the candle making.



(continued...)



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After chatting with several other stall holders and market goes, I find I now have a hungry little boy. So we head up to the grounds of PBNC.

At the neighbourhood centre, we meander through the trash and treasure area and the Opp Shop, where many others are also casually browsing to see what special treasures they might find. I almost always get a gorgeous treasure for a bargain price here. Byron takes his \$2.50 pocket money and makes a beeline for the sausage sizzle. As always, he asks for a sausage in bread with barbeque sauce and onion because "this is so, so yum and my favourite," he says. We sit down under the shade at a nearby picnic table to relax while Byron devours his well-earned brunch.

(continued...)





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As we stroll back toward the market ground, laughter is coming from a nearby stall and I find Ken Hardy and his friends and family sitting around a beautiful, hand-crafted table. They are sharing a laugh and also enjoying the shade. Ken explains that he has had a stall here since before PBNC began managing the markets and so far, everything has been fantastic. "It's an easy market because it's home base for us, everyone is friendly and the market is managed really well. I don't think any other market compares to Pottsville as it is the best, friendliest and most lovely location," said Ken. I am about to eat when I see a friend and her kids bouncing along towards me. We eat together at the samosa stall and spend a few minutes catching up. This is another reason why I love coming here myself - I get to connect with people I know.

(continued...)





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Checking in with the PBNC Market Volunteer HQ, we have a quick chat to market volunteers Marcella and Kathy.

They both agree that the best part about the markets for them is the social aspect and the long term friendships created from volunteering together here. "The markets have a really great atmosphere - all the stall holders are happy, friendly, helpful and usually easy to do business with," Marcella said. Kathy added that patrons often seek out the volunteers personally to make sure they know just how much they have enjoyed their day at the market.

(continued...)





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We see another friend out for the day with her kids and their friends, enjoying the sunshine and fresh air. Layla, 10, and Duska, 11, are two local girls who are enthusiastic about all the nice clothes they love to look at or buy here. They are happy that it isn't too expensive. "I really like the jumping castle and craft stuff they do in there too," Layla says, and Duska adds: "I like the jumping castle and the music."



At this point, Byron and I say goodbye to the markets for the day. The people we have spoken to have been a pleasure to talk with and everyone seems to love it here. Being a local myself, I completely see why. There is so much positivity here and what a beautiful, sunny day we have had. I **can't think of any other place I would rather be** on a Sunday morning.



PBNC Technology Centre

Welcome to the first of a series of articles on PBNC's Tech Centre

Who we are

We are the Pottsville Beach Community Centre Tech Centre Team (just call us PBNCTC).

Contact us at danny@pbnc.org.au or call us on 02 66766 4555.

You are always welcome to pop in for a chat with one of our friendly tutors, or contact us regarding any technology issues you may be having.

This is our team - all volunteers - *Diana, Garry, Linda, Dave N, Chris M, Anne, Pauline, Marilyn, Morgan, Sheri, Brenda, Mauveen, Helen, Julie A, Danny (coordinator)*.

These are the people who make it all happen, along with joint coordinator Drew Stevenson, who has kept this thing alive for a long time pretty much on his own.

What we do

We provide one on one tuition at \$5 per hour; repair and upgrade services for all consumer technology items whether it be a laptop, a desktop, a smartphone, a tablet (Android, Microsoft or Apple) or even a smart TV; and facilitate people's use of the computers, printers and scanners available at the Tech Centre.

Why we do it

We are part of Pottsville Beach Neighbourhood Centre, a non-profit organisation that aims to build a stronger, safer, more connected community.

Our core values

Pottsville Beach Neighbourhood Centre Inc. (PBNC) is a not-for-profit community based organisation. In partnership with the Tweed Coast community and others, we provide services and support based on identified need to improve the quality of life of the community. We have a priority focus on the needs of those who are socially and economically disadvantaged.

A few weeks ago I was with a customer helping them to change internet providers when Drew said something that really struck a chord with me and, in one small sentence, encapsulated everything that we are about.

What Drew said was:

“Our bottom line is the person, not the dollar.”



Apps of the month

These are some of my favourite apps for smartphones and tablets.



[Android Assistant](#)

If you use an android phone or tablet check this one out. I use it daily.

It has heaps of tools and useful functions but when you start it there is one option called "Quick boost" which you should use daily. It will free up memory and significantly speed up your device.



[Photo Synth](#)

I did a bit of a double-take on seeing Microsoft's name attached to this, not least given the lack of a price-tag. But PhotoSynth is a really great panorama app; it's user-friendly and fun to use, especially when watching your panoramas take shape while you capture them. (The iOS Camera app also has a panorama mode, but Photosynth's more flexible and works with older devices.)



[Transfer my Data](#)

If you are new to Windows Phone and are coming from (almost) any other phone, this app is a must. It'll copy all of your contacts from your old phone to your new one in no time.

Transfer my Data is a quick and easy way of copying contacts from almost any phone (Symbian, Android, iOS, BlackBerry, Windows Phone and others) to your new Windows Phone using Bluetooth. Some phones may also be capable of transferring text messages and pictures, including many Lumia phones. Transfer my Data copies all your contacts into the Windows Phone People Hub, from where it's easy to call, mail, chat or follow friends on your favourite social network. On supported phones, contacts and messages can also be transferred to and from an SD card.

One on one tutoring

We have a team of friendly, knowledgeable tutors who collectively have an enormous range of skills covering just about every aspect of technology. Whether it's transferring photos from your phone and emailing them to your family and friends; setting up your own web site or coming to grips with Facebook, Twitter and other social networking platforms. Or perhaps you just want to learn how to organise your files and documents and stay safe and secure when using the internet.

We can help you do all of this and much more.

When you book in for a lesson, you will be matched with a tutor who is skilled and passionate in the area you want to learn about.



Lessons cost \$5 per hour.

To book, contact the Tech Centre reception on 02 6676 4555 or just pop in.



Tip of the month

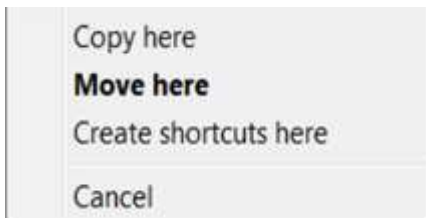
What is the difference between the left-click and the right-click?

The basic difference is that the left-click carries out some specific action while the right-click presents a menu of possibilities for action. The left-click action is predefined whereas the right-click provides choices. The table below makes this clearer.

Table I. Explanation of various mouse actions within Windows		
Mouse button	Action	Function
Left	Single-click	Selects something, usually a file, as a target for some action to come next. On some systems, the setting is changed to make the single-click the same as on the Internet.
Left	Double-click	Causes an action to be carried out, such as opening a file. Note: The Internet is different. For example, clicking once on a link in a browser is sufficient to open the link.
Right	Single-click	Brings up a list of possible actions for an object. Any actions on the list must be clicked again (right or left) before they actually occur.
Right	Double-click	Has no separate meaning

Right-click drag-and-drop

One of my favourite examples of the difference between the right and left-click is the common operation for moving or copying objects where the mouse is used to drag the object from one place and then drop it in a new location.



Most people use the left-click for this operation but the right-click can also be used for drag-and-drop and is more versatile.

When you drag and drop a file with the left-click, the result varies. A shortcut may be created or the file may be copied or it may be moved. It depends on the circumstances. That is fine, if you remember which action takes place when.

Instead, I prefer to use the right-click to drag and drop. In this case you first get a context menu like the one shown above left. This allows you to choose the operation that you had in mind.

The Context or Shortcut menu

The choices available in a right-click action are presented in a window called a context menu. It is also sometimes called a shortcut menu. The terms are interchangeable but I prefer the name "context menu".

How to make the context menu work for you is explored in the following articles:

[Basics of the right-click context menu](#)

[How to customize the right-click context menu](#)

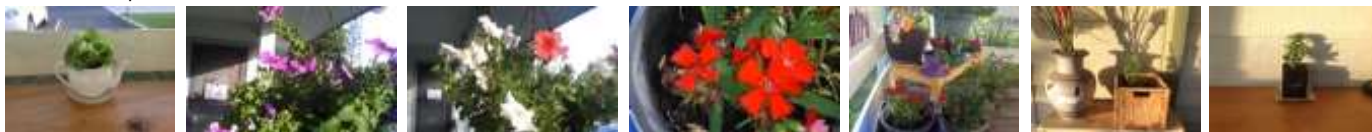
[How to take advantage of the Send-to feature of the context menu](#)

[Secrets of context menu properties sheets](#)

Read these articles and you will be a better and savvier PC user.



OK - the plants and flowers:



Many people have asked me why all the plants and flowers at the Tech Centre.

There are two aspects to this.

1. I have my head buried in computers and technology all day long. So for me it is a bit of a ying and yang thing. To help things grow, to feed them chopped up banana skins every Monday morning (full of potassium) - this helps me chill out and relax.
2. Many of our customers are embracing technology for the first time in their lives - **maybe it's because the grandkids gave them a new smartphone, or perhaps they just decided to bite the bullet and buy a new laptop.** It can be a bit intimidating coming in for your first lesson and the flowers just make it a bit more welcoming and show that even geeks and tech heads enjoy nature as well!

PBNC Technology Centre general computer service



We can help you go from this
To this



When you let us service your computer, we will do at least the following (and often more).

- ☒ Install and or update Anti-Virus software and do a full system scan (1-4 hours)
- ☒ Install and or update Anti-Malware software and do a full system scan (1 -3 hours)
- ☒ Install and or update Anti-Spyware software and do full a system scan (1-3 hours)
- ☒ Check for and install Microsoft Updates repairing Microsoft update if required
- ☒ Remove temporary and junk files many of which are not cleaned up automatically
- ☒ Remove browser hijackers (responsible for pop up ads, changing your home page and slowing down your internet access).
- ☒ Install and or update C Cleaner software and do full registry scan & fix, remove non required programs from starting up automatically which slow down your computer
- ☒ Stop unnecessary services from starting automatically consuming resources and slowing down your computer. (Every Windows computer has at least 200 services and programs running in the background many of which are only required in special circumstances).
- ☒ Clean computer case & screen, address any other issues found or highlighted by you
- ☒ Provide you with 9 short video tutorials which will show you in layman's terms how to keep yourself and your family safe on-line.
- ☒ Provide you with technical support via email or phone after your service.

We will also advise you of any other hardware or software issues found during the servicing and discuss your options for addressing them. And now the really good bit - for a qualified technician spending a minimum of 4.5 hours on your computer (often much more) it will cost you between \$30 and \$60!

And the really really good bit – **If we don't fix it we don't charge you 😊**

Ask our volunteers at reception to book in your computer

We love to get feedback from our customers, so if you have any ideas on how we can improve our services or anything you would like to see covered in the next issue, please do not hesitate to contact us.

Regards, Danny, Drew and the Tech Centre team

A place to play

Pottsville Beach Neighbourhood Centre (PBNC) invites parents and carers of pre-school age children to participate in the centre's PlayTime Group (PTG). The group is for babies and young children from birth to 6 years old, with parents and carers participating and being involved in their child's experience of the world. It is a place for children to play, grow, make friends and have fun and also a place for parents and carers to network and socialise.

PlayTime Group is held in PBNC's Sandbar Room, a spacious activity room with an outdoor, shaded playground. Daily sessions are generally based on free play, where parents and carers set up various 'play stations' using PTG's extensive selection of toys and equipment such as dress-ups, cars, farm sets and computer/office equipment inside; and cars, street signs, cubby house or gym mats outside.

Interested families are welcome to visit PlayTime Group twice as visitors to see if they wish to become members. There is a minimal fee of \$3 per family per session and an annual membership fee of \$20 per family, which helps cover the cost associated with running the group.

PlayTime Group is a community led initiative run jointly by PBNC and PlayTime Group parents and carers. PBNC provides administrative support and PTG members lead all activities.

There are two sessions a week during school terms, one on Monday and one on Thursday from 9.30am till 11.30am.

To find out more, drop into the centre at 10B-12A Elizabeth St Pottsville Beach, ring Pottsville Beach Neighbourhood Centre on 02 6676 4555 or email

pbncplaytimegroup@gmail.com You may also visit and 'like' PlayTime Group on Facebook at *PBNC PlayTime Group* or visit the website www.pottsvillebeachnc.org.au





1-2-3 Magic and Emotion Coaching

'magical' benefits for families

1-2-3 Magic and Emotion Coaching, a popular parenting program for parents and carers of children aged 2-12 years is being held again at Pottsville Beach Neighbourhood Centre. This short, down to earth program is for those who wish to strengthen family bonds and build parenting skills.

The program consists of three (3) **FREE** sessions.

Parents and carers are provided with knowledge, skills and strategies to assist them in their parenting role. Each meeting will teach key ideas about children's abilities, the common problems parents and carers face and effective ways to make parenting as enjoyable as possible.

To find out more about the program or book a place, call **Angela** or **Karen** at the centre on **02 6676 4555** or email admin@pottsbnc.ngo.au

Couples are encouraged to attend together. Grandparents and extended family members are welcome too.

If you don't have child-minding arrangements in place, there are limited child-minding places available on site - please discuss your needs when booking.

For more information on the centre and this program, visit www.pottsvillebeachnc.org.au



Cabarita Youth Service (CYS)

A student, recently on placement with PBNC and now a contributor to *Drift*, Emma Peel also volunteers at Cabarita Youth Service (CYS), which has just obtained a temporary home at 29 Tweed Coast Road, Bogangar. Emma recently conducted an interview with CYS youth worker Chris Hitchcock, and the following article is based on this interview.

Cabarita Youth Service is a not-for-profit, community-based organisation providing activities and support to local youth. It offers diverse, meaningful activities and excursions to boys and girls of various ages. CYS's recent, massive school holiday program was extensively supported by community members, with activities including boxing with Nick; barista training with Café Mod; the Creative Cave with Cara; girls-only gym classes; and girls-only days with activities like nail painting, beauty therapy, hair, makeup and massage. Excursions included Flip Out Tweed; Ballina water slide; water sports days at the creek; barbeque and sports at Norries Headland and skate park safaris.

The centre is open every day during the school holidays for kids to come in and enjoy the Xbox, Playstation3 and assorted games; or chill out on the couches, play some ping pong, watch a surf movie, read some magazines, play a musical instrument, play a board game or listen to music on the stereo, with all these items generously donated by local community members and businesses.

CYS has a management committee, a youth worker, TAFE students and other volunteers who all contribute to the running of the service. All committee members, staff and volunteers must have a Working with Children clearance.

The youth service has been active for approximately five years, and was formed as a result of the community identifying issues occurring increasingly within the youth of the community, such as vandalism, wilful damage, anti-social behaviour, theft and graffiti, said Chris. CYS was created to provide activities to help curb these behaviours, and provide a referral point to other services if needed.

(continued...)





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Chris spoke of the challenge for the youth centre to **get continuous funding**. "Our best source of funding is our main benefactor and supporter, Cabarita Beach Bowls & Sports Club, which has for years been a huge supporter of our service and what we are trying to achieve by giving us ongoing support, such as community grants," Chris said.

Other sources of funding include fundraising activities and the overwhelming support from the community, some giving generous donations with the clear message of the need for a youth service. Because of all this, CYS now has temporary premises to trial a youth centre.

Chris reported that the utilisation of the Youth Centre and its holiday programs had been astronomical and the level of participation amazing, strongly confirming the need for this service in Cabarita, and all without government funding. "My favourite thing is simply to have this opportunity to be here and to be involved in such a great community in such a special way. I feel really blessed to be part of it and to be able to provide a service that is so meaningful and has already shown that it can make a huge difference, firstly to our youth but also to the Cabarita community and surrounds as a whole," said Chris.

Many young people come to the centre not knowing anyone, Chris said. "They arrive here shy and within half an hour they are feeling accepted and beaming - they have made new friends. They express that they are now looking forward to going to school and catching up with friends they have made here and quite often at the end of the day, they don't want to leave the centre."

Chris said he would love CYS to be able to secure the premises for the long term, ensuring sufficient hours for a dedicated youth worker and a budget that allows the centre to offer meaningful and heavily subsidised activities.

"I feel it is important to have these subsidised activities so we can keep everything either free or low cost to provide these activities to families that really need it, so that everyone has access to the service," Chris concluded.

For more information about Cabarita Youth Service or to enquire about its activities, visit the website <http://www.cabaritayouthservice.org>; like us at www.facebook.com/cabaritayouthservice or contact Chris on 0423 872 870 or email him at Chris.hitchcock5150@gmail.com

Jim

Jim began volunteering at the centre in 2011 and has become a well-known **figure at PBNC's Trash and Treasure** stalls, including the very popular book stall. He works on Thursdays, Fridays and Market Sundays.

A fitter and welder by trade, Jim worked in the lift industry with another PBNC worker and good friend, Russel, in the seventies. Tragically, in 1974, Jim's car was hit by a drunken driver near Ocean Shores. Jim was in a coma for 10 days and his friend and passenger died as a result of her injuries. Now in his sixties, he has been unable to work in a professional capacity since the accident, but has kept himself busy and has slowly improved his brain functioning to the point where he has been told it is now equal to that of a younger man.

Working at the centre has been very beneficial for him, said Jim. "It's a good place, a good team and they're all good blokes," he commented. He said PBNC was a place where he feels he can help people. Jim has found it has been great for him to mix with so many people all the time, especially at the markets, where the trash and treasure, book stall, sausage sizzle and opp shop attract many market goers to the grounds of PBNC. Jim said he enjoyed talking to many people from diverse backgrounds and he looked forward to his work days at the centre.

Away from the centre, he enjoys fishing and going on holidays. Jim is holidaying with his wife, Carol, in Thailand soon, where they will be visiting his son who works for a diving company in Kosa Mui.

Something that upsets Jim is when people dump furniture and other household items in PBNC grounds. Many of the items get wet and become useless, while others, such as huge tables and lounge suites, are hard to lift, he said.



If you have suitable items you wish to donate, please bring them to PBNC between 9am and 1pm on a Thursday or Friday morning (when there are workers here to move the items); or ring PBNC's Front Desk team who will arrange for our pickup team to come, assess them and bring them to PBNC if they are in saleable order or can be renovated or repaired by the Men's Shed/Second hand Furniture team.

Following these procedures ensures that your donated items will form a very important part of PBNC's income source and go towards making our community stronger. And you'll be making Jim a happy man!

Supporting refugees: new group to launch in Pottsville

The suffering of asylum seekers, particularly children, in detention has inspired several Pottsville residents to form a group offering friendship and support to asylum seekers and refugees.

The Pottsville Refugee Support Group (PRSG) will hold an introductory public meeting and community awareness-raising event on Sunday, March 15, 3pm till 5pm, in the Reef Room (downstairs) at Pottsville Beach Neighbourhood Centre (PBNC), 10A-12B Elisabeth St, Pottsville.

The Pottsville Refugee Support Group (PRSG) began as a steering committee in July 2014. They were motivated to begin their own group after attending a fund-raising documentary film shown by the Uki Refugee Project, at the Regent Cinema in Murwillumbah in July 2014.

The group has developed a partnership arrangement with PBNC to help raise community awareness of refugee issues. The partnership will also facilitate fund-raising efforts to support refugees with their

basic needs, and assist PRSG to organise friendship visits for refugees to Pottsville and the Tweed Coast.

At the March launch, an information session will be presented by Ms Rebecca Lim, Community Engagement Coordinator at the Romero Centre in Brisbane. Rebecca's commitment to refugees was recognised by the United Nations Association for Australia in 2014, which presented her with an award for her contribution and dedication to raising awareness and promoting human rights for asylum seekers in Australia and overseas.

There will be a short DVD, produced by five young people from refugee backgrounds who have settled in Brisbane. Their stories speak about the brutality and futility of war, exile, new beginnings, and the way access to education affects the human spirit. Rebecca will also explain the work of the Romero Centre - a refugee and asylum seeker support service - and answer questions about refugee policies, her work as a Migration Officer and her visits to the detention centre on Manus Island. Rebecca will be accompanied by some of the refugees who access the services at the Romero Centre, and they will participate in discussions with members of the Pottsville community. Light refreshments will follow the presentation.

For further information, contact the Pottsville Refugee Support Group on (02) 6676 3265 or (02) 6676 100.

* A gold coin donation would be appreciated, with proceeds to the Romero Centre



Pottsville Refugee Support Group

Promoting community awareness, assistance and support for asylum seekers and refugees

All aboard the 5:2 ship!

The PBNC-based 5:2 ship set sail from PBNC in February and its passengers are on the way to a slimmer, healthier self! Visit <http://thefastdiet.co.uk/> for some background on this healthy lifestyle concept, made famous by Dr Michael Mosely, a journalist and medic from the UK. Michael says, "The 5:2 is not a prescriptive diet. Everyone has to find their own way to stick to it. That could mean two fast days in a row, or more intensely fasting 3:4 some weeks. Some people like to eat a boiled egg in the morning!" – sans soldiers, of course – "others go through the day on black coffee and lots of water until early evening when they spend all their calories on one meal. Experiment till you find what works for you."

For PBNC's maiden voyage on the good ship SS 5:2, members fast two days a week (light eating up to 500 calories for females

and 600 calories for males) and eat normally (well – maybe a little healthier!) for the other five days. There are about 12 members on deck already, said PBNC admin worker and captain, Annette. Members support each other to eat more healthily, get through the fast days more easily, and share tips, meal plans and recipes.

At the following website, you'll find calorie-counted, tasty recipes and ideas for breakfast, lunch, dinner and snacks so you can piece together a 500 calorie meal plan that suits you for your fast days, or eat them on your normal days for a light and healthy meal.

<http://www.goodtoknow.co.uk/recipes/538311/5-2-diet-meal-plans-what-to-eat-for-500-calorie-fast-days#owbPaoHHsT8Sw25W.99>

To find out more about 5:2 membership, email Captain Annette at annetteevlynwilkins@gmail.com or ring Annette at PBNC on 6676 4555 on Wednesdays or Fridays.





PBNC has been involved in discussions with the organisers of the inaugural 2015 Tweed Coast Enduro (a long course triathlon) for almost a year now. PBNC's contributions have grown from providing a space to meet, to sharing local knowledge, contacts and networking to promoting and participating on the day. PBNC is very happy to support events which provide opportunities for locals and visitors to gather and participate on any level, and which also have the potential for boosting our local economy and showcasing our beautiful Pottsville Beach environs.

We hope the weather is kind and people feel compelled to compete, volunteer, spectate, provide a service, or shop at the mini market and PBNC's adjoining community barbeque and Opp

Shop. The event will be based on the Philip Street reserve, with the Swim, Cycle and Run courses set within our appealing locale.

Here's hoping the event, to be held on Sunday, March 29 is a huge success for all those who have contributed so much time and expertise in planning it. And, naturally, we're thrilled that the organisers have chosen PBNC as the charity of choice! Please contact Clive if you'd like to volunteer on the day: 02 6676 2230

For more event details visit <http://www.tweedenduro.com.au/> and read a copy of an open letter to residents and businesses, written by QSM Sports Race Director, Mike Crawley below.

Hello Residents and Local Businesses,

2 March, 2015

I would like to further share information regarding the first Tweed Coast Enduro Triathlon on Sunday 29 March 2015.

The Tweed Coast Enduro is a long course, distance triathlon event (1.9km swim, 90km cycle and 21.1km run) that will complete the cornerstone of Tweed's multisport offering. The Enduro continues the fine tradition of delivering simple, enjoyable, well-executed events in wonderful locations.

Our 'Potty Dollar' program is being developed with the local shop owners to promote 'buy local', and thanks to Vicki from Inspire Health for all the door to door discussions.

Together with our supporting partners including Destination Tweed, Tweed Coast Holiday Parks, New South Wales Police, and Tweed Shire Council, we will work to deliver a valuable economic and socially responsible project with perennial gains to all stakeholders.

The Tweed Coast Enduro race model would not be viable without the inclusion of additional stakeholders such as the schools in Pottsville and Cabarita Beach Surf Life Saving Club, who will each contribute their expertise and labour, receiving proceeds in return for their assistance.

The long distance triathlon will attract about 420 participants and the kids' / social aquathon is expected to attract 20 competitors, plus an estimated 500 supporters. Based on our past experience, we anticipate that most competitors will be coming from Queensland, the Tweed, Sydney and regional areas. We are hopeful a vast majority will stay locally and, already, we know of a good number of bookings in holiday parks, apartments, etc. As a further incentive to support the local businesses we are providing 'Potty Dollar' vouchers to all competitors which will be used locally in participating shops, etc.

The Pottsville community is very concerned about protecting their environment and we are working hard to have the smallest footprint possible. A public discussion is planned shortly for those interested, and a further letterbox drop will be completed in a few weeks. The Pottsville Beach Neighbourhood Centre will also shortly have on display, in the main administration building, maps and other general information for your reference.

If your community organisation wishes to support the event and perhaps raise some funds, or attend the event with a display, etc., we would welcome your enquiry.

Our event charity was announced over the weekend and we are proud to support the valuable community programs of Pottsville Beach Neighbourhood Centre.

If we can assist further, please don't hesitate to call me on 0402 226 333. The staff and local crews, volunteers and community groups supporting the Enduro look forward to making this a valuable project for the beautiful Pottsville Beach.

Please follow the links to see the course maps www.tweedenduro.com.au

Kind regards,
Mike Crawley



Meditation with Robyn

Meditation with Robyn is a ten-week course of meditation based on Buddhist techniques. The meditation practices will be done sitting – you may bring a mat to sit on or use the chairs available.

Bring a bottle of water, a shawl or blanket and a cushion. A gold coin donation helps to cover costs.

This PBNC-based activity will take place in the Sandbar Room at Pottsville Beach

Neighbourhood Centre, 10B-12A Elizabeth St, Pottsville, every Thursday from 1.30pm till 3pm, from April 23 until June 25.

For more information or to book a place, ring PBNC on (02) 6676 4555.



Welcome to our new volunteers...

General -

Duncan (started 27/2/15) - gardens, markets

PBNC's Open Doors Project
(Work For The Dole activity) -

Luke (started 6/2/15),

Daniel (started 9/2/15)

Dan (started 19/2/15) - Tech Centre;

Liam and Brendan (started 27/2/15) – gardens, markets (Sausage Sizzle, Trash 'n Treasure, Furniture Shop and assisting market coordinator Lee);

Kaiya and Melanie (started 21/2/15) – Toddler Tunes and Stories and Opp Shop.



Prepared earlier by gardener John N. and consumed later by satisfied recipient!

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



Thursday

Technology Centre
9am - 5pm

Opp Shop
9am - 1pm

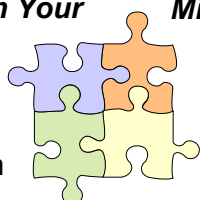
Toy Library
9.30am - 12.30pm

Furniture Shop
9am - 1pm

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

Stretch Your Mind

Reef Room
12.30 - 2.30pm



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):

Mar	15
Apr	5 19
May	3 17

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)

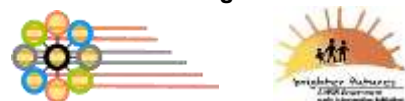


DHS (Centrelink) Agency

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

Consortium of Neighbourhood Centres



Brighter Futures North Coast (CONC)
A regional child and family support program

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

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

SbS - 1st Sat each month 1pm -
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