



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

Neighbourhood Centre Week

**B**eing May 12-18



**B**elonging

**B**ecoming

**“PBNC is my lifeline,”**

says May Tibbett, 83, pictured above receiving her graduation certificate from the recent Tech-In for Seniors (TIS) program . . . see page 8 for May’s story.

Neighbourhood Centre Week coincides with National Volunteer Week, and PBNC will celebrate both events at its May 15 Volunteer Appreciation Afternoon ...see page 3 for story.



## our newsletter

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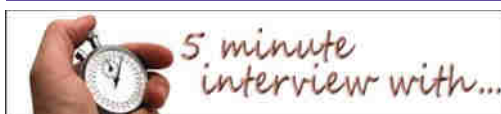
## Message from the Drift team

This issue celebrates Neighbourhood Centre Week and National Volunteers Week, held from May 12 to May 18.

As part of this celebration, the Drift team has been working extra hard to bring you even more stories and photos of PBNC's workers, and our special cover highlights the theme of Neighbourhood Centre Week - **Being, Belonging, Becoming**.

From all these stories comes a similar message - that people participating at the centre in any capacity - be it as staff, volunteer or program participant - feel more confident, more valued and more part of their community through their participation in our centre - **being** themselves, **belonging** to a workplace and a community, and **becoming** really amazing!

Happy reading from the Drift team, Angela, Tony, Chris W, Lily, and new member Cathy, who designed the cover of this issue. ■



### Mandy

Admin & Management  
 Committee volunteer



**Do you have a favourite movie?**  
 Lots of favourite movies, but to name just one - **Avatar**.

**Do you have a favourite book or author?**  
 At the moment my favourite author is **Judy Nunn** - she incorporates fiction with Australian history.

**What famous person would you choose to spend an evening with and why?**  
**Barack Obama** - he is such a visionary, as well as being articulate and progressive. He meets the people's needs, wishes and hopes and has everyone's best interests at heart.

**Whom do you most admire and why?**

**My son Liam**. He battled with childhood illnesses; he has a strong positive outlook on life and has received numerous merits/awards from charities for his extensive volunteering work.

**What is your favourite food?**  
**Mexican food**. It has so much flavour and spices.

**If you could travel to anywhere in the world, where - and why?**  
**Victoria Falls in Africa**. I would like to stand on the edge and feel the mist and power!

**What does PBNC mean to you?**  
 Working as a volunteer has given me insight into the community's potential to develop and for PBNC to become one of the best neighbourhood centres in the Northern Rivers. It's given me an outlet where I can use my skills and meet the locals .

#### Production team:

Tony, Angela, Lily,  
 Chris W and Cathy M

**Each year Neighbourhood Centre Week coincides with National Volunteer Week. This year the events will be celebrated from Monday, May 12 till Sunday, May 18.**

**The theme of Neighbourhood Centre Week 2014 is *Being, Belonging, Becoming*, a theme highlighting particular strengths of neighbourhood centres.**

# Being

Neighbourhood centres have always been places where those who come can "be themselves". Neighbourhood centre participants are not reduced to being consumers of services; they are citizens; they are the subjects of their own lives. They have strengths which can be built on and developed; they are far, far more than a bundle of complex problems that need to be "impacted" by services.

# Belonging

A neighbourhood centre is a focus of community, particularly for those who are socially isolated or who struggle to fit in. People discover, or rediscover, their strengths in community and find they can make a meaningful contribution. People develop as citizens in community, they discover their own voice. They move from being the recipients of help to genuine participants in making a better world for everyone.

# Becoming

Neighbourhood centres are places where many, many people have started, or resumed, the journey towards reaching their full potential. When you experience acceptance and can be yourself; when you move out of isolation and join your strength to that of others in community; when you have a place where you know you belong; your life can flourish - you can become - **amazing!**

**To celebrate both events, PBNC holds its annual Volunteer Appreciation Afternoon in the form of a soup kitchen, where staff create beautiful soups and wait on volunteers. This has turned out to be a very popular occasion which has converted many non-soup-lovers, with soup temptations such as Rustic Italian Tomato and Basil, Thai Pumpkin and Sweet Potato, and Moroccan Chicken.**

**PBNC's Volunteer Appreciation Afternoon will be held in the centre's courtyard on Thursday, May 15, with soup served from the Coral Bay Room.**





# Introducing PBNC's Management Committee 2013 - 2014

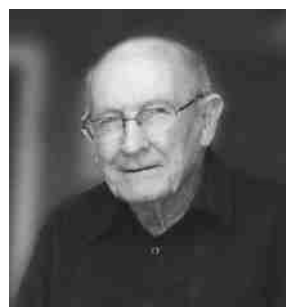
Pottsville Beach Neighbourhood Centre Management Committee consists of President **Rhonda James**, Vice President **Len Greer**, Secretary **Chris Warner**, Treasurer **Rob Ottery**, Public Officer **Lily Crockett**, and Ordinary Members **Len Greer**, **Peter Howell** and **Amanda Bauer Bradley-Fish**. Here they tell you a little about themselves and what drives them. You can see their passion for PBNC, our community and the Tweed shining through.



## **Rhonda James - President**

Being on PBNC's Management Committee for the past 14 years is a dream come true. The transformation of the disused Old Pottsville School into a restored, functioning community facility resulting in a brand new building is a credit to volunteers and staff who contributed so much. The original school buildings are also special as they bring back fond memories of when our two boys attended the school.

My interests, as a Pottsville resident (really Cudgera) for 37 years, include the provision and support of community facilities, the community having a voice in decision-making and the conservation of our diverse natural environment on the Tweed coast. Current work commitments (and passions) are operating a bush regeneration business, farming and teaching Conservation Land Management at TAFE.



## **Len Greer - Vice President**

I have lived in Pottsville for 27 years and been on PBNC's Management Committee for the last two years. I believe that Pottsville Beach Neighbourhood Centre fills an important role in the community and is the result of the accumulation of many people's input. I enjoy having a part in that input.



## **Chris Warner - Secretary**

I began volunteering at PBNC in February 2012. I was born in the UK, migrated to Australia in 1982, and lived near Manly on Sydney's northern beaches until three years ago, when my husband, Ray, and I relocated to Pottsville.

In Sydney I worked for 28 years for Fuji Film, where I was Quality and Environmental Systems Manager. I came to PBNC because I wanted to do something in, and for, the community, and wanted to put my work skills to use. As well as being on the management committee, I work in Admin and on the Drift newsletter production team.

Through PBNC, I have made many friends, met many wonderful people and experienced "village life".



## **Rob Ottery - Treasurer**

My wife, Pat, and I have lived 2km from Pottsville for the last 25 years. We joined PBNC in 2004 and found volunteering a great way to meet other locals. I joined the management committee in the same year and, with a background in banking, soon became Treasurer. I also test and tag donations of electrical appliances prior to sale. I have seen huge growth at PBNC, culminating in the opening of our wonderful new building.

Away from PBNC, I enjoy looking after our property and taking trips in our motor home. When returning from a trip it's always good to look up the Tweed Valley to Mount Warning and say we are home.



### **Lily Crockett - Public Officer**

I joined PBNC as Media Liaison Volunteer in July 2011 and joined the management committee soon after, having previously worked on Murwillumbah Community Centre's management committee for nine years. I enjoy helping to create the bigger picture, and am proud to have been part of the process whereby both centres progressed to large, new premises.

My working background is in community services, horticulture and the media, and I get to indulge myself in all three in my volunteer work at the centre.

My other passions (apart from PBNC and my family) are caring for the environment and learning about and promoting Aboriginal culture and other cultures. I love gardening, walking, swimming, sailing on Cudgen Lake and living between the mountains and the sea.



### **Amanda Bauer Bradley-Fish - Ordinary Member**

My husband and I moved to Pottsville in 2011. Prior to that, I lived and worked in Avalon Beach, Byron Bay and the Gold Coast, but my heart belongs to the Northern Rivers and the keeper of this beautiful part of Australia, Wollumbin/Mt Warning.

Past employment includes working in high care disabilities, aged care, banking, and as a hotel publican for five years west of Brisbane. Currently I assist my husband in his business as a town planner and I am also involved in various recreation groups.

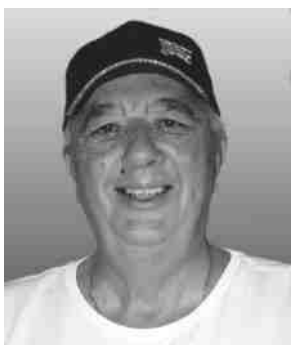
I am very impressed with how professionally PBNC is run and how the heart of the community's needs is its focus. Many dedicated volunteers and staff work towards future growth - developing wholesome connections with young families, retirees and the general public; assisting new residents and tourists; or just chatting to locals popping in for updates on what's happening in the area. I was keen to become a volunteer at PBNC and am now proud to be on the management committee. Being part of PBNC is fulfilling and rewarding - being involved in the present and future of PBNC and Pottsville.



### **Peter Howell - Ordinary Member**

I moved to Pottsville eight years ago and began volunteering in 2008, working at the markets and then making use of my plumbing background to do plumbing jobs around the centre. I have been on the Management Committee for three years.

I enjoy working at PBNC where I have made many friends. I believe the centre is a much-needed addition to Pottsville and a very worthwhile cause. My hobbies are bike riding, woodwork and paddle skiing.



### **Bernie Weatherall - Ordinary Member**

I was born, raised and lived in Sydney, where I worked in banking for more than 38 years. However my family has a long history with the Northern Rivers region, especially particular the Tweed, dating back to 1911. My wife Linda and I moved to Pottsville in March 2005, followed by our daughter two years later.

My association with PBNC began in September 2010 when Linda and I became volunteers and Association members. Meeting new people and making friends has been an integral part of our volunteering experience with PBNC. I have worked in the Tech Centre but the majority of my time has been spent in Administration, where I assist with banking and on the Front Desk. In my short time with PBNC I have gained an understanding of its history and witnessed major changes to the centre, in particular our new administration building.



# Department of Human Services (DHS) Agent and Access Point

Jo, Lee and Drew are employed by Pottsville Beach Neighbourhood Centre as Agents in its DHS **Agent and Access Point** - AAP (formerly the Centrelink Agency). PBNC was selected to deliver an enhanced agency to deal with all enquiries and provide assistance in relation to numerous Department Agencies, ie Centrelink, Medicare, Child Support, Australian Hearing and Commonwealth Rehabilitation Service. PBNC's popular AAP may assist more than 30 people a day.

**"I find it a very rewarding occupation,"** said Jo, adding that the agents see a varied and interesting group of customers each day.

Lee said, **"My work is rewarding because I get to see the difference our service makes in people who have limited resources and transport options. For example, they can come in and use our telephone instead of chewing through their own credit and they don't have to travel to Tweed or elsewhere when they have no money for petrol or don't have a vehicle and can't afford the bus fare."**

**"I enjoy my role: getting to know people and becoming more aware of and assisting with issues my community faces,"** said Drew.

A recent welcome addition to the team is Mitch, Indigenous Specialist Officer and Community Engagement Officer for DHS from Tweed to Byron Bay. Mitch comes to PBNC's agency each Wednesday to assist with enquiries. **"My interactions with the community and the staff at PBNC make Wednesday mornings a highlight of my week!"** said Mitch.

**Access Points** provide free self-help facilities where DHS customers can conduct their business with the Department. Some facilities offered are: providing information products, forms and brochures; access to a telephone for Department related business; Medicare phone claiming capability and reply paid envelopes for customers to forward receipts to support claims; and fax/ photocopying facilities for customers to forward material to the Department or for other related uses, such as faxing a job resume. Access Point staff can also sight and photocopy Proof of Identity documents for Centrelink (only) customers so that the customer does not have to send their original documents in the mail to support their claims. More than 90 Access Points throughout Australia now also provide access to an Internet-enabled computer so that customers can utilise the Department and other government-related online services.

**Agents** are established in communities which require a more significant Department presence than that provided through an Access Point. In addition to providing the same facilities and services as an Access Point, an Agent provides a face-to-face information service to the community and an Internet enabled computer and printer for customers to conduct their Department related business. The services provided also include access to the Department's self-service products, eg Internet for online service and automated telephone systems; accepting Centrelink claim forms and documentation required to be lodged; and responding to customer enquiries and providing assistance, guidance or referral as appropriate. Agents are not departmental staff and cannot make any payments or decisions about payments; review, assess or vary payments or issue Electronic Banking Transfers, Medicare Cards or Health Care cards.

**PBNC's Agent and Access Point is open from 8.30am to 1.30pm, Monday to Friday.**

**Source:** <http://www.humanservices.gov.au/customer/services/centrelink/agents-and-access-points>

# Image Imagination



A very special program was presented by PBNC last month. **Image Imagination** is an initiative of Drew and Tony, who designed the program to stimulate the imagination of aspiring photographers and those interested in filing and archiving photos. Thirty-eight people attended the event, which was split into two sessions, morning and afternoon. Tony shared many tricks and tips on how to repair and enhance old and new photos, using examples from his family photo album. Participants were given a sheet containing many helpful links to free programs, tutorials and videos and seniors were able to continue their learning through two free individual sessions at the Tech Centre.

A surprise addition to the day was an inspirational talk by **Viv Mehes**, a renowned documentary photographer who was visiting from Melbourne. Viv has recently completed a book ***Spirit of the Spine*** which documents the stories of survivors of the devastating 2009 bushfires in the Dandenongs. For this task, Viv interviewed and photographed 31 people. She spoke of photographing a series, the importance of captions in telling a story, and being mindful of what you want to say when you take a photo. She also showed an example of how to make a simple booklet with text and photos using the computer program *Blurb*.

Feedback from the day has been very positive and the Tech Centre has since been booked out to accommodate these eager photographers. It is hoped that some outcomes will be that many more new photos will be taken with imagination and many old photos, previously unseen and destined for the scrap heap, will be restored and preserved, enabling future generations to see through a window into the past. ■



# May

May, our cover girl, has been using the Tech Centre facilities longer than any other person – she has been participating in training and availing herself of the resources there for more than six years. She has learnt to email, Skype, use Facebook, upload and enhance photos, and also reads and watches the news on her computer, among many other technological skills.

If you are at the Tech Centre, or close by, you'll hear May coming. Well groomed, outgoing, generous and with a great sense of humour, May arrives full of laughter with her red tartan (she hails from Glasgow!) shopping trolley containing, among other things, her laptop and a cake to share with everyone for afternoon tea. She has just driven along the highway from her home at Ocean Shores, as she does every week rain, hail or shine. May said she loves the highway and she drives everywhere all the time – Tweed Heads, Byron Bay, Coolangatta – anywhere – except at night – the reflections are too much.

And a further amazing fact about May – she is 83! She is very fit and takes no medication (she knows she is fortunate in her ongoing good health).

May's husband Fred is 91 - she says he is wonderful and also pretty healthy and independent (they each have their own car). They have two daughters and a son, and currently have one daughter and her son, their grandson, living with them. May's good friend is a woman 14 years younger than she is – they laugh all the time, says May.

Before her married life, May had a wonderful job. She was sponsored by the Public Service Board to work in School Medical Services in Sydney, where she typed up reports for departments such as Hearing, Asthma and Child Guidance. She

loved the job and loved working in Sydney, being particularly fascinated by the food available there, especially the fancy cakes and ham and pickled onion sandwiches she would eat for lunch every day.

May's hobbies in the past were water skiing and golf – now it's computer technology of course. She would like to learn all there is to know about computers and seems to be well on the path to that goal, having just received a certificate for outstanding technical performance at the recent Tech-In for Seniors graduation ceremony (see front cover).

“I'd be lost without the Tech Centre”

“I'd be lost without the Tech Centre,” says May, adding that she relies on it and has found “the workers

there have always been lovely” and “never talked down to her”. Coordinator Drew is tops, according to May, and she has a great relationship with her present trainer Morgan, who said she was good fun to train, enthusiastic and very friendly. May remembers “the good old days” too, when Julie facilitated and Tom trained her, and people came in with freshly baked cakes to have, with plenty of laughter, after their lessons.

Training at the Tech Centre has given May increased confidence. She feels “with it”; doesn't feel “left behind” or “an old lady”. “PBNC has been a lifeline,” May added. She gets on Facebook and sees what her friends from PBNC and elsewhere are up to. “I feel very fortunate,” said May.

So if you hear a broad Glaswegian accent and glimpse a fast-moving, red tartan shopping trolley driven by a well-dressed, nimble woman, stop and say hello to May, our much loved super computer nerd and longest attending Tech Centre participant! ■



# Danny

## Danny volunteers at the Tech Centre as a computer technician servicing computers.

Danny was born in Glasgow, Scotland and spent his first 20 years there. He has travelled all over Europe and Asia, and still has an unfulfilled wish to go to South America. Danny lived in the south of Greece and surrounding islands for four years, and has an intriguing story to tell from this time, during which he lived in a cave. Apparently when Greece was occupied by the Germans during the Second World War, they excavated the caves for their own use. In the 60s, the caves became very popular with hippies. Other residents of the caves were Jimmy Hendrix, Jim Morrison and Janis Joplin. "Living in the caves of Crete was such an amazing time; people actually went there to get away from everything and cleanse themselves," Danny said.

While living in Crete, Danny met an Aussie girl. They returned to Australia, married and had three children, Daniel, Jade and Amber (no grandchildren yet!)

Danny has had various jobs over the years, from ship's instrument maker in Scotland to bookmaker in a TAB. In his early days in Australia, Danny worked in a factory making Teflon and then in the office (where his interest in working with computers began). After this period, Danny and three mates started their own

mechanical seal business. The business grew but Danny sold out six years ago and moved to Pottsville. He had spent many holidays here and knew it was where he wanted to live eventually. He became interested in gardening, and bought a property at Cudgera. However the property became too much to maintain and it was eventually sold. Then Danny bumped into Drew who told him

PBNC was looking for a volunteer to repair and also to rebuild computers. This was about 10 months ago and since then Danny has been volunteering in the Tech Centre.

Danny's hobbies are bush walking, canoeing on the creek at Pottsville, reading and anything to do with music. He has played snooker for Scotland but these days he is satisfied

playing pool at home.

Asked what PBNC meant to him, Danny replied: "I feel more a part of my community and am much more confident of my abilities and I think I get more than I give from volunteering! It is really satisfying when the public show appreciation for what I have been able to do for them with regard to computer repairs etc. Very rewarding...." ■





### Yoshi

Yoshi and his wife Tokie visited Australia from Japan 35 years ago. They loved the country, especially the Northern Rivers, and moved here, initially living in Nimbin. They soon purchased 10 acres, with two creeks flowing through the property, at Upper Burringbar. They built their own home, established a vegie garden and orchard, kept a few chooks and raised their family of three boys.

Yoshi has done fine woodworking for most of his life. He makes furniture and enjoys creating sculptures. He has always had an interest in gardening and four years ago chanced to discover PBNC and the

# In the garden



opportunity to volunteer as a gardener and grounds maintenance person. People at the centre are very friendly, Yoshi said, and it makes a good change for him to be by the sea on his volunteering days. He enjoys the healthy lifestyle, working without pressure, and said he enjoys being able to “**think by myself**”. He has a good relationship with the other gardeners and learns a lot from them, as co-worker Doug is a keen and very knowledgeable gardener and John, another co-worker, is an experienced builder.

The gardening team has grown to include Yoshi, Doug, John, Nick, Bryan and Rob. They have assisted with many improvements, including garden bed construction and maintenance, paving, fencing, and the erection of a new garden shed, fence and gate. They battle vandalism and just keep going, planting with each season and resting and replenishing the soil as needed.

Anyone wishing to participate by working in the community garden can contact PBNC's Front Desk on **02 6676 4555**.





# Doug

**Doug has been a volunteer gardener at PBNC for the past four years. In this time, he has been a key worker in the development of the centre's community garden.**

Born in Melbourne, Doug spent 20 years working on dairy farms in North East Victoria. Although he was not brought up in a farming family, while still at school Doug used to get up at 4am each morning to help a neighbour on a nearby farm, due to their family problems. During this time he often missed the school bus and had to walk to school.

Following his years of farming, Doug studied Accountancy at Albury Technical College (which would eventually lead Doug to gain a Bachelor of Business, majoring in Accounting, through Griffith University). Doug travelled around NSW, ACT and Victoria working in the baking industry for a privately owned group, going from bakery to bakery over the next 10 years.

Doug married Anna in 1985 and he and Anna moved to Canberra, where he worked in the electrical wholesale and retail industry, again as an accountant. During his time in Canberra, Doug was involved in providing quotes for lighting in the (then) new Parliament House, and in preparing software for the soon-to-be introduced GST.

From Canberra, Doug and Anna moved to Brisbane to enable Doug to pursue the next stage of his career; working in Papua New Guinea. The year was 1990 and, with a three-year contract under his belt, he was employed as Company Secretary for ISUZU and LANDROVER groups in PNG. Doug commented that "all young Australians should get out of Australia to see how the other half live; it would make them appreciate what a great life they have in Australia."

After this, Doug and Anna returned to Australia

and lived in Yatala in Queensland, where Doug was employed as Bursar/Director in a private educational college. Next was a job as General Manager of a building hardware group in Brisbane, then Chief Executive Officer of a pharmacy group and finally, before retirement, Finance Manager in the citrus industry in Central Queensland.

In between Doug's numerous jobs and over a 20-year period, he and Anna holidayed in Pottsville every opportunity they could get, so it was inevitable they came to live here when Doug retired. That was four years ago and they both have not looked back. Doug can't remember exactly how he and Anna got into volunteering but he says it was probably when they were having 'a sticky beak' in the Op Shop. They asked a few volunteers what PBNC was all about and then organised a meeting with Julie to discuss volunteering in the gardens. Besides working in the gardens and Op shop, Doug assists Anna to facilitate PBNC's Scrabble group. Over the years Anna has been responsible for setting up several



Scrabble groups and, at one time, was runner-up in Queensland's Scrabble competition group.

Parallel to his working career, Doug was a professional musician for some 50 years, playing electric guitar in lots of bands, singing and playing any instrument as needed. Doug's favourite music eras are the 50s, 60s and 70s. He helped teach the famous singer Lee Kernaghan how to play the guitar; played in bands with Lee and Lee's brother and, to this day, they all still keep in touch. Doug has also recorded an album on which he plays guitar and sings. For relaxation, as well as music, Doug loves sea fishing. "I have a beach driving permit so can drive along any of the Tweed beaches and get that peace and quiet we all need from time to time."

Asked what PBNC meant to him, Doug replied: "It has given me a sense of belonging - I'm able to use my skills and it has given Anna and me the opportunity to meet people and socialise." ■

# The Go-Betweens

**A special team at PBNC deal with the movement of donated goods, which increase in number day by day as the centre and the surrounding population grow and the community learns more about the existence of the centre and the services it offers.**

When people drop off their donated items, this designated team of six receives the goods, ferries them to their place of assessment, storage or repair (when needed), or takes them to the Opp Shop, Furniture Shop/ Men's Shed, where the items will be cleaned, sorted, fixed and displayed for sale to PBNC clients and other customers. The money raised from these goods forms an important part of the centre's self-funding through social enterprises, and is returned to the community by assisting to sustain and improve PBNC and its facilities and programs.

Moving goods is where the trolley team, or "go-betweens" come in. Dick, Lawrence and Peter L are the 'old hands' at the job, and are passing on the benefit of their knowledge and skills to John C and Elijah, who came on board in 2013, and the latest addition to the team, Dave.

John began volunteering with PBNC late in 2012. He seems to have found his niche at the centre and his role has gradually expanded to include paid work as a Community Capacity Worker. Prior to coming to the centre, John spent most days at home doing housework, whereas he now spends most days at the centre. He enjoys having more financial independence and loves meeting people, as he does in his work, including dealing with many room hire clients. He said that, since joining PBNC, **"life has changed – life is good"**.

The latest addition to the team is Dave, who started volunteering in January this year and is progressing well in his role. Dave worked as an orderly at a hospital in Victoria for ten years, but had to give up his work due to health issues. He has Huntington's Disease, an hereditary neurodegenerative disease. Dave said the symptoms were controlled better now due to more effective medication.



Dave and John get ready for work

Dave first visited the centre with his sister, who suggested he volunteer here. He said the decision to volunteer at PBNC was great in a number of ways. He finds everyone very friendly and the working conditions good. He added that his work kept his mind occupied on Wednesdays and Thursdays (his volunteer days) and **"it's worthwhile getting out of bed"**.

Elijah is another valuable member of the trolley team who is fulfilling a vital role in maintaining the flow of donated items to various areas around the centre.

It's very fortunate that the team has doubled in size over the last two years, as due to the huge amount of donated goods received (especially over the past year), the team of six is needed to continually move items to the appropriate places. PBNC is very thankful to the community for being so generous and very thankful to all the volunteers, including the Go-Betweens, who keep donations flowing back to the community. ■





# Ken

**Hi, I'm Ken Johnson. I am a Family Development Worker with Brighter Futures (Far North Coast CONC), working from the outreach agency based at PBNC. I began working with the Brighter Futures outreach team on May 29, 2012.**

I was born in the small town of Moree, in north western NSW, the eldest of five children. I am a proud Aboriginal man and come from the Kamilaroi nation of NSW. The first year of my life was spent in Moree and then we moved to the Caroon Walhallow mission, where my mother grew up. The mission is only small and it still remains part of the small community in this farming area. It is situated about 70 kilometres west of the Tamworth. We lived on the mission until I was twelve, when my family moved to the township of Quirindi, where I completed my schooling, graduating in 1983. After school, I was successful in gaining employment with the State Rail Authority of NSW as a Junior Station Assistant at the Werris Creek depot. I completed various Safe Working Courses and was then able to apply for other positions within the Rail organisation, which led me to become a Safe Working Officer.

In 1992 I moved to Sydney to take up a position as Electric Train Guard at Flemington and then Penrith. My career as an Electric Train Guard was ongoing until 2004 when I and my family moved to the beautiful suburb of Banora



Point. I also worked in a position as Senior Foster and Kinship worker for five years in the Queensland Child Protection sector in the Gold Coast region before I took up my current position as Family Development Worker with Brighter Futures. I have worked in other jobs along the way, but I have found a passion for working with families to support them and to help them find a better way of living.

My professional experiences come from my working life; the important positions I have held over the years and the knowledge I have been so lucky to gain during this time. I have also gained professional experience by being involved in a lot of sporting teams and clubs. The friendships and partnerships I have made whilst being involved with these organisations have taught me some of the most important experiences, ones that will remain with me for the rest of my life. I am a very keen sportsperson who not only loves

to play sport, but loves to watch and support teams in various sports, especially NRL, where I support the mighty Sydney Roosters with passion.

Since being at PBNC I have made lots of new friends in both my working relationships and the community in general. I take my hat off to all the centre's staff and volunteers involved in keeping the place running smoothly and looking so beautiful. It is a pleasure to come to work and to be involved with this huge team. PBNC is a great place to work and the location is second to none. I think I will never find a better place to work, or be involved with such a great team. I think the whole of the Pottsville community and surrounding areas really understand the importance of having such a great facility and the resources that come with it. This is evident from the smiles you see on people's faces and the satisfaction they display every time they visit the centre. ■

# Stretch Your Mind!

## 10 years young!

Social, enjoyable, and mentally stimulating  
We meet each Thursday 12.30 till 2.30pm, in the Reef Room



### Meet some of our members...

#### **Mollie (SYM member for 10 years)**

“I attended the first SYM meeting in 2004. I describe myself as a ‘groupie’ whose values are tremendous. We accept each other as we are. We all give to the group. We can take strength from the group – it’s also a fun thing to be in.

**“A decade of delightful, delicious and d’lovely ‘doings’,  
Delicately deploying with great dexterity,  
Delightfully delivering details and debating with decorum,  
We are dependable, devoted and have decreed to carry on  
Denying old age.”**

#### **John (Mollie’s husband - SYM member for 10 years)**

“After a decade of delicate deliverance from the natural

decreasing brain facilities as we grow older, we have become debonair, debating, dashing diehards, delving into demonic puzzles with determination and dependable depth of demonstrable delivery. Undaunted by the passing of time, we are determined to defy another decade of deterioration.”

**Don –  
member for 8 years**

I am the Project Officer for the Pottsville Community Association. I was successful in getting Tweed Shire Council to purchase the section of the old school site at Pottsville housing all the school buildings. The council authorised us to decide on how it might be utilised and organise its development. The decision was for a community centre and the very successful Pottsville Beach Neighbourhood Centre was established. I have used many of the centre's excellent facilities and currently attend the Stretch Your Mind group, whose members have just celebrated its 10<sup>th</sup> Anniversary.

**Toni – member for 6 months**

I have been a widow for almost 50 years. I have a son and a daughter, six grandkids and four great grandkids, three of whom I babysit two to three days a week. I love it, but I was badly in need of mature adult conversation etc. So when I came upon the PBNC group, SYM, (consisting of both men and women), I welcomed it with open arms.

Now I look forward to my Thursdays with SYM. It's my favourite day of the week.

**Pat – member for 9 years**

Nine years ago I was talking to a beach-walking friend who told me about SYM. The following week I joined the group and met many nice people who are still my friends to this day. Not all are the same – some have left and more have joined. It is a day I look forward to each week.

Each year I take about two to three months off and go travelling on my own, usually during the winter. I head north towards Cairns, then sometimes further north or maybe west. I love the northern part of our country. I camp, sleeping in my car; travel on mostly dirt roads - more interesting and very little traffic, maybe three or four vehicles a morning.

The countryside is lovely. Often I meet my brother at a lagoon or river and we go fishing for a week or two, catching mainly barramundi, delicious to eat when fresh caught.

The lagoon is covered with beautiful waterlilies and much birdlife. My favourites are the lovely brolgas – I watch their stately walk through the bush or in flight along the lagoon in the mornings or evenings.

When I leave there, I head towards Katherine and across to Broome.

Then I slowly head south, turn east across the Nullarbor and finally head towards home to family and my Thursdays with SYM and all my friends, the enjoyable luncheons and the mind exercises we do.

**Jane - Community Capacity Worker  
and SYM Facilitator**

To have fun is our main aim at SYM. Rather than compete, we help each other to understand and complete brain teasers, word games and quizzes. We enjoy socialising and eating together (we all bring a plate to share) and always celebrate birthdays.

Everyone brings something to the group – the artist, the poet, the adventurer, the joker, the language lover, the mathematician – but most of all, we enjoy ourselves!

New members are always welcome - to find out more phone PBNC on (02) 6676 4555.

**Eleanor – member for 2½ years**

After moving to Pottsville from Tamworth, I was looking for something of interest in the community. A friend suggested that I try *Stretch Your Mind* (SYM). After giving it a go, I now look forward to our weekly get-togethers with such a great group of people. We tackle puzzles, endeavouring of course to stretch our minds, and occasionally do mild exercise to limber up.







# 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.

The sessions will be held at **6pm - 8pm** on Wednesday evenings **21 May, 28 May and 4 June 2014** at **Pottsville Beach Neighbourhood Centre (Reef Room), 12A Elizabeth St, Pottsville Beach.**

If you are interested in attending, please call **Angela** or **Karen** on **02 6676 4555** or email [admin@pottsbnc.ngo.au](mailto:admin@pottsbnc.ngo.au) to register and confirm your place.

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





# HAPPY BIRTHDAY, TOY LIBRARY!

**PBNC's Toy Library turned 10 in January this year.**

It was way back in January 2004 when PBNC was able to offer Toy Library services for the first time to Tweed Coast residents. The Toy Library has grown since then and now consists of more than 200 members and over 500 toys.

To celebrate this amazing milestone, PBNC invites you to the Toy Library Open Days on **Monday, May 12 and Tuesday, May 13, from 10.30am till 12.30pm**, when a wide range of toys will be on display in the centre's courtyard. This will form part of PBNC's Neighbourhood Centre Week and National Volunteer Week celebrations.

Thanks to the assistance of PBNC workers, the Toy Library has had an overhaul, including a spring clean and the addition of new toys. A wide range of educational toys, puzzles, games and equipment suitable for children from 12 months to 7 years is available. Items may be borrowed for up to two weeks. The focus of the toys is on improving thinking and the development of fine motor skills. Toys are designed for supported play between children and parents, enabling parents to be teachers and children to learn through play. The following is a testimonial from a regular Toy Library user.

**"I have used the Pottsville Toy Library fortnightly for over a year now. This service is absolutely fantastic and an advantage to all who use it. The children love having a 'new' toy or toys to play with – the toys are**

**TOY LIBRARY  
OPEN DAY**

Neighbourhood Centre and  
National Volunteer Week  
Mon 12th, Tues 13th  
May 2014  
10.30am to 12.30pm

**10th BIRTHDAY**

All families/carers welcome to celebrate the Toy Library 10th Birthday

**WHO:** Pottsville Beach Neighbourhood Centre, Phone:6676 4555  
**WHERE:** 12a Elizabeth Street, Pottsville PBNC courtyard, Beachbreak and Reef room  
**WHAT:** PBNC invites you to the toy library open day where there will be an interactive toy display, Playtime group Monday 12th, and Art and Play Tuesday 13th.

The Toy Library is free to join and open to all families on the Tweed Coast

Pottsville Beach  
Neighbourhood Centre

**educational and I use them to build the many developmental skills children need to learn and grow. Love, love, love the Toy Library and whole heartedly recommend this service to everyone." - Rowena, In-home Educator.**

Membership of the Toy Library is **FREE** and the library is open to all Tweed Coast families, including parents, grandparents and carers. Opening hours are Monday to Friday 9.30am to 12.30pm at PBNC's administration office, where workers are available to assist with enquiries about the Toy Library or other child-focused activities at PBNC or in the wider community. ■

# Celebrating People Power at PBNC



## Take control of your finances

Taking control of your finances need not cost you anything. Pottsville Beach Neighbourhood Centre is trialling a new service designed to assist you to take control of your money, and it's **FREE!** The service consists of a one-on-one Money Management session with a trained

Budget Educator, who will work with you to set up your Personal Money Plan and Spending Diary; set short and long-term goals; devise an Action Plan and learn tips to save money, including helpful hints to solve spending leaks and advice on maintaining your new relationship with money.

For more information call **Karen at PBNC on 02 6676 4555.**



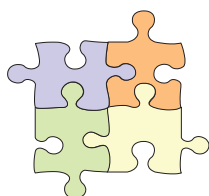
**Monday**

**Technology Centre**  
9am - 4pm

**Opp Shop**  
9am - 4pm

**Toy Library**  
9.30am - 12.30pm

**PlayTime Group**  
Sandbar Room  
9.30am - 11.30pm


**Tuesday**

**Technology Centre**  
9am - 5pm

**Opp Shop**  
9am - 1pm

**Toy Library**  
9.30am - 12.30pm

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

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

**Art and Play**  
Coral Bay Room  
10am - 11am

**Wednesday**

**Technology Centre**  
9am - 5pm

**Opp Shop**  
9am - 1pm

**Toy Library**  
9.30am - 12.30pm

**Diabetes Support Group** with  
Ruth  
(1st Wed each month)  
Reef Room 2 - 4pm

**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

**Stretch Your Mind**  
Reef Room  
12.30 - 2.30pm

**UFO Craft Group**  
Starfish Room  
9.30am - 11.30am

**Friday**

**Technology Centre**  
9am - 1pm

**Opp Shop**  
9am - 4pm

**Toy Library**  
9.30am - 12.30pm

**Furniture Shop**  
9am - 1pm

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

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

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

**Saturday**

**Opp Shop**  
9am - 1pm

**Side by Side**  
Aspergers Support Group -  
1st & 3rd Saturday  
from 1pm  
(see ad over page)

**Sunday**

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

**Next markets (2014):**

<b>May 4 &amp; 18</b>	<b>Sep 7 &amp; 21</b>
<b>Jun 1 &amp; 15</b>	<b>Oct 5 &amp; 19</b>
<b>Jul 6 &amp; 20</b>	<b>Nov 2 &amp; 16</b>
<b>Aug 3 &amp; 17</b>	<b>Dec 7 &amp; 21</b>



### Regular Services & Programs

<b>PBNC ADMINISTRATION</b>
Monday to Friday 9.00am - 4.00pm
<b>DHS (CENTRELINK)</b>
Monday to Friday 8.30am - 1.30pm
<b>DIABETES SUPPORT GROUP</b>
Reef Room 1st Wed each month 2pm - 4pm
<b>MEN'S SHED AND SECONDHAND FURNITURE SHOP</b>
Thu/Fri 9am-1pm; Market Sun 7am-1pm
<b>GET FIT, KEEP FIT</b>
Sandbar Room - Gentle exercise for Seniors Tue 9.15 - 10.15am, Fri 9.15 - 10.15am
<b>OPP SHOP</b>
Monday & Friday 9am - 4pm Tue, Wed, Thu, Sat 9am - 1pm Market Sunday 7am - 1pm
<b>PBNC TECHNOLOGY CENTRE</b> Computer Lessons, Internet Access and Equipment Servicing
Monday 9am - 4pm Tues, Wed, Thu 9am - 5pm Friday 9am - 1pm
<b>POTTSVILLE PLAYTIME GROUP</b>
Sandbar Room Monday & Thursday 9.30am - 11.30am
<b>ART AND PLAY</b>
Coral Bay Room (next to Reef Room) Tuesday 10 - 11am Ph. Emma Lea <b>0434 790 969</b>
<b>STRETCH-YOUR-MIND</b>
Reef Room - Thursday 12.30 - 2.30pm
<b>TOY LIBRARY</b>
Monday to Friday 9:30am - 12:30pm
<b>WORDSFLOW</b>
Sandbar Room - Fri 12.30 - 3.15pm (school terms)
<b>SCRABBLE</b>
Starfish Room - Tuesday 10am - 12pm
<b>UFO CRAFT GROUP</b>
Starfish Room - Thu 9:30 - 11:30am
<b>TODDLER TUNES AND STORIES</b>
Sandbar Room - Friday 10.45 - 11.45 (school terms)



Australian Government  
Department of Human Services



centrelink

medicare  
child support

### DHS (Centrelink) Agency

Monday to Friday  
8.30am - 1.30pm

Applications to join our association are always welcome - just ask for an application form from one of the friendly front desk crew or call **PBNC 02 6676 4555**

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

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

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

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

 beachsidecommunicare

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



### DANCING WITH NIKKI

Freestyle dance classes for pre-schoolers.  
Contact **Nikki** on **0417 036 609**

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