



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



*And the lightning strikes the highest mountain....*

This spectacular photo shows lightning striking Wollumbin/Mt Warning recently. It was taken by Tony of the Drift team from a vantage point near Uki. The following is an Aboriginal dreamtime story of Wollumbin, said to be Warrior Chief of the mountain.

The spirits of the mountains were warriors. The wounds they received in battles can be seen as scars on the side of the mountain and the thunder and lightning are the effects of their battles. When you look toward Wollumbin from the north, you can see the face of the Warrior Chief in the mountain's outline.

Source: Marilyn McPherson, courtesy of Minjungbal Aboriginal Cultural Centre



our newsletter

Drift is produced at  
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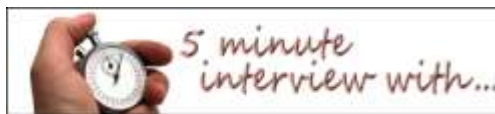
## Message from the Drift Production Team

The Drift team has been working on a new look for the newsletter. The cover banner received a makeover and there are banners for the Outdoor Maintenance, Admin, Tech Centre, Opp Shop,

Gardening, Brighter Futures, Centrelink Agency and Markets. We hope to bring you news from most areas each issue, so if you have news you would like included, let your team leader know, or bring it directly to Chris W, Lily or Tony at the main office. Happy reading!



It was sad to see this magnificent eucalypt come down in the recent storm. The tree was suffering from dieback and was completely removed. It will be replaced by two olive trees, which the children and others using the centre's playground can watch grow and fruit.



John -

outdoor maintenance



**Whom do you admire most?**  
 People who work with cancer patients and if I was to win lots of money I would donate to kids' cancer.

**If you could travel to any country, where would it be and why?**  
 I have never been outside of Australia but would like to see Canada. I have seen pictures and it looks very nice. The scenery and the bears would be lovely to see.

**What is your favourite food?**  
 Rump steak with Steak Diane sauce (Mum's specialty).

**What does working at PBNC mean to you?**  
 It's given me the chance to meet people and feel part of a team and the community. I am very fond of the Opp Shop ladies...they would be lost without me on Wednesday, Friday and Saturday!

**Do you have a favourite movie?**  
 I have heaps of DVDs but my favourite is probably **The Fifth Element** with Bruce Willis (he saves the world).

**Do you have a favourite book or author?**  
 I seldom read but I used to play cricket so I am interested in articles/magazines about that.

**What famous person would you choose to spend an evening with, and why?**  
 Definitely **Britney Spears**. I am a big fan and have lots of her DVDs, CDs, posters etc. She has had an interesting life and as far as I'm concerned "she is great".



## Gardening

# The green-fingered team...

a contribution from student on placement, Michelle O'Brien

The beautiful grounds and gardens of Pottsville Beach Neighbourhood Centre are maintained and developed by Doug, Yoshi, Bill, Colin, John and Lawrence an amazing team of green-fingered gardeners. Doug and Yoshi care for the community garden; Colin and John maintain the general area; Bill waters the whole grounds regularly; while Lawrence focuses on the playground area.

Connecting with nature is where the gardeners feel fulfilled, and they all enjoy the garden and nurturing its growth. Working out of their base in Storeroom 3, they work individually and collectively to keep the grounds clean, tidy, lush and weed free. This busy team works hard to maintain the many garden beds and lawns spread across the centre grounds.

One of the hidden features of the gardening team's achievements for the community centre is the Community Garden, situated behind the Sandbar Room. Anyone who takes the time to walk around the well laid out, wooden-edged garden beds filled with vegetables will see the love and care poured into the project by Yoshi and Doug. One project just completed is the raised herb garden at the Phillip St entrance, where rocket, bush basil, parsley, coriander and cherry tomatoes are flourishing.

The aim and vision of the community garden is to supply produce for members of the community to harvest, and a box containing the fruits of their labour can often be found at the Front Desk. There is also a special garden bed marked for children and the gardeners would love to see parents encouraging their children to be part of this project.

With the community being the focus of the garden project, the gardening team extends an invitation to anyone who would like to take part to come on a Wednesday or Thursday to lend a hand with weeding and general maintenance. Donations are gratefully accepted of good quality soil, manure and other fertilisers, and seedlings which will add to the ongoing success of this enriching project.

Anyone wishing to contribute to the success of the community garden may see Yoshi or Doug at the garden on Wednesdays or Thursdays, or ring the centre on 6676 4555.



# Opp Shop

PBNC's Opp Shop is very popular and offers some great bargains, thanks to the generosity of the public who donate goods and the hard work and expertise of Opp Shop workers.

The Opp Shop is run entirely by volunteers and is open nearly every day (see back page program for

opening hours). Workers happily perform a wide range of tasks, from sorting, washing and ironing to displaying and selling goods.

Pictured are some of the friendly faces at the Opp Shop. Come in and say hello - you may even pick up a bargain!





## Maintenance



### Men At Work...

If you feel you need to lighten your load and have a good laugh, visit the men who make up the maintenance crew in the centre's Men's Shed.

These interesting men are always up for a friendly chat when you set foot in their domain. It is definitely a prerequisite for joining the ranks of this united team to have a good sense of humour and have time on your hands to hear a good yarn.

These men work well as a team,

picking up donated goods throughout the community, delivering sold items, carrying out repairs and displaying items for sale in an organised, eye-catching way.

Marilyn and Pete W drive down from the Sunshine Coast every fortnight, and Pete also works in the men's shed on Thursdays and Fridays and helps out at the Markets (held on the first and third Sunday of each month).

The maintenance crew come from a broad range of working backgrounds and their experience and talents ensure a

productive, efficient arm of PBNC. The men have a wealth of experience between them in areas such as boat building, the building industry, transport and trucking, business management (including restructuring companies), bank management, and mechanics.... they even have a war hero in their midst.

**Pictured above are some of the maintenance crew, and below are Peter H and Don at work on Ryl's Garden.**

**The maintenance team has also been busy in the garden, creating new raised beds near the canteen. The borders of these beds provide seating for people visiting PBNC, especially on busy market days when the sausage sizzle operates outside the canteen. The new beds and a screen beside the toilet block were built and painted by Don, Peter H, Dave, Russell and Clive. This new garden area is dedicated to beloved volunteer Ryl, who passed away last year, and is known as Ryl's Garden.**



## Test and Tag

Peter H and Ron received their Test and Tag certificates in November last year. The certificate qualifies them to test all incoming electrical equipment to see if it is fit for sale.

Peter H and Ron ensure that electrical equipment is working and is not faulty. Russell is another worker who is qualified to test and tag.

Many electrical goods are donated to PBNC. Without the testing and tagging, these items could not be legally sold - and if sold, could pose a danger to the buyer. Therefore all these electrical items would be destined for the scrap heap, and PBNC would be

unable to accept them. With testing and tagging, the centre is able to offer electrical equipment in good working order for sale at very reasonable prices, ensuring that families in need, along with the general public, are able to purchase electrical goods which make life a little easier.



## Centrelink



Do you know there is a Centrelink agency located at PBNC?

PBNC employees Drew, Jo and Lee are Centrelink agents based at the centre. They are happy to assist you to conduct your Centrelink business by facilitating access to appropriate services or activities.

They can also answer general questions, arrange referrals for various types of assistance and help you to complete forms. At this agency you are able to lodge your forms, obtain a selection of forms and access the computer to search for

jobs and appropriate information sites.

'Self help' facilities available include computer/internet access, photo-copier, fax and phones. This can be of major assistance to those who do not have a 'land-line'. An added advantage is that you don't have to travel into Tweed, Murwillumbah or Brunswick Heads to do your Centrelink business.

The agency's hours are Monday to Friday from 8.30am to 1.30pm, and the office is located in the Administration Building at the Pottsville Beach Neighbourhood Centre.

Come in and have a chat to the agents to find out more.

For further information about Centrelink and other services you can visit the Australian Government Department of Human Services at their website

[www.humanservices.gov.au](http://www.humanservices.gov.au)



Tech Centre

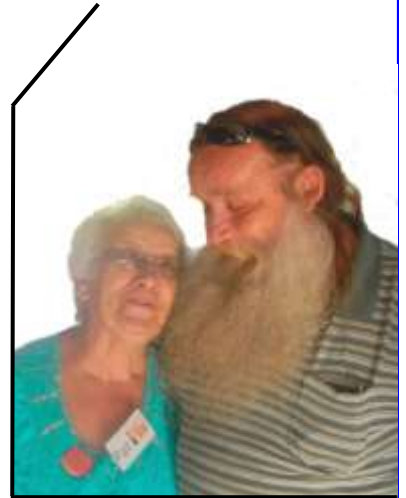
# Pat's a Corke-r

One of the most gregarious, generous and glamorous workers at the Tech Centre is Pat Corke - she's a corker! Pat makes everyone feel welcome and always has a big hug for co-workers. She's a great cook and caterer, providing plenty of tasty food at weekly afternoon teas and special occasions. Ever ready for a laugh, Pat has time for everyone. She is like a mother of the Tech Centre but also appreciates

and includes everyone at PBNC, according to Drew, coordinator of the Tech Centre and a great fan of Pat's cooking. Pat has said that part of her happiness comes from working at PBNC. She looks forward to coming to work and plays a

valuable role as receptionist (and caterer!) at the Tech Centre. Pat's husband, John, is very supportive of his wonderful, warm wife and often visits to partake of the companionship and Pat's delicious catering at various events (such as Pat's 70th birthday party last year - see photos).

So here's to you, Pat, and we all look forward to your next birthday party!

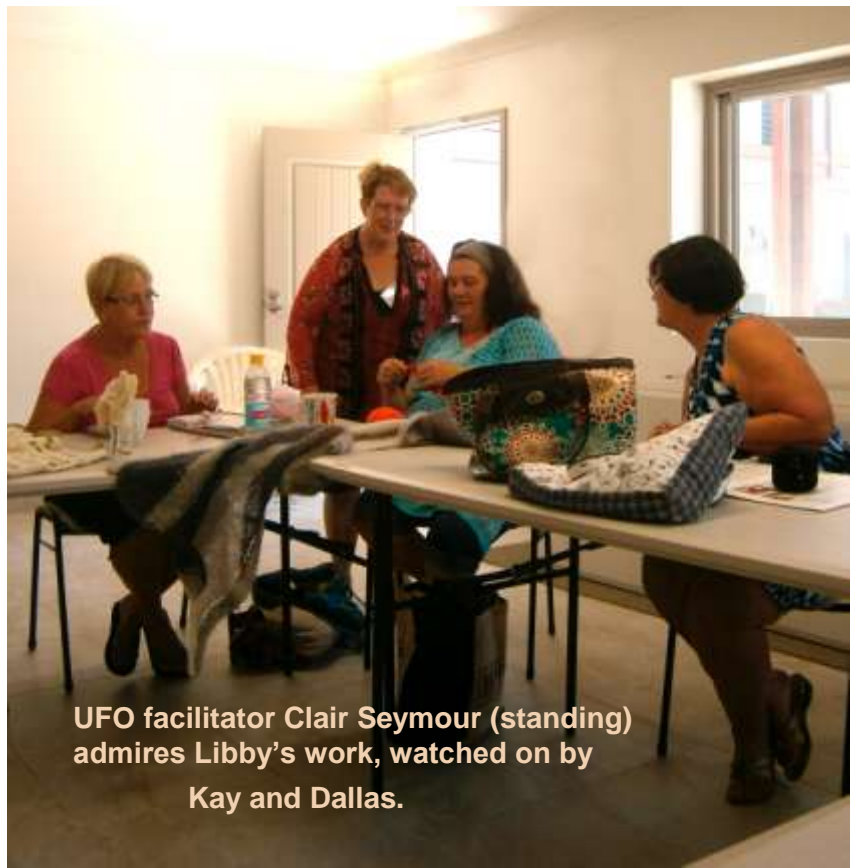


## Another UFO sighting at PBNC

A friendly and inspiring craft group, UFO (UnFinished Objects), has begun meeting again at Pottsville Beach Neighbourhood Centre after the holiday break.

Established last year by Clair Seymour, this group is the place to be if you have an unfinished project you wish to complete, want to pass on craft skills or learn new ones, or just do your craftwork amongst friends.

“We encourage fun and the sharing of knowledge, and are open for everyone to enjoy,” said Clair. “Come and have a cuppa and see what others are doing. We meet each week on Thursday mornings from 9.30am till 11.30am in the Reef Room at Pottsville Beach Neighbourhood Centre.” You can phone Clair on (02) 6677 7449 or PBNC on (02) 6676 4555 to learn more about this group.



UFO facilitator Clair Seymour (standing) admires Libby's work, watched on by Kay and Dallas.



## Women's Circle Guided Meditation

Guided meditation sessions are being offered again this year at PBNC. “It doesn't matter if you have never meditated before,” said Michelle, the group's facilitator. “Because the session is guided, you just relax, allowing yourself to follow direction and enjoy the experience and the benefits. It is also a wonderful opportunity to meet new people.” Michelle says the benefits of regular practice are life changing, greatly reducing stress and

anxiety levels. She writes her own meditations, using a different theme each time.

The group meets every second and fourth Monday of each month in the Sandbar Room at Pottsville Beach Neighbourhood Centre from 1pm till 2.30pm, to be guided through a session followed by refreshments. This month's sessions will be held on Monday 11<sup>th</sup> and 25<sup>th</sup> March. Participants may give a gold coin

donation towards costs, and are asked to bring a savoury or sweet to share for afternoon tea. Coffee and tea are provided. If you would like to lie down for the sessions, the floor is carpeted, but you will need to bring yoga mats, cushions and blankets for comfort. Chairs are available if you prefer to be seated. Ring Michelle 0439 064813 or Lily (Pottsville Beach Neighbourhood Centre) on 0266 764555 to find out more.



# Computer In Your Pocket

Seniors Week is fast approaching and it's at this time of the year that seniors get the limelight.

From March 17 until March 24, there will be a fabulous local program full of all sorts of activities from dancing to computer literacy.

As part of this exciting week's itinerary, Pottsville Beach Neighbourhood Centre (PBNC) is presenting three FREE morning sessions to acquaint seniors with smart phones and tablets.

Facilitator Drew Stevenson has designed *Computer In Your Pocket*, an innovative program which guides seniors painlessly through the use

of smart phones and tablets (ie iPads etc) with other topics also covered such as safe practices in social networking and information technology.

The language will be explained and participants will be guided in the use of touch screens and navigating and manipulating on-screen data. They will also learn how to store contacts, make phone calls, send text messages, browse the web and take and send photos and videos.

The sessions will take place at Pottsville Beach Neighbourhood Centre's Tech Centre on Monday,



March 18, Tuesday March 19 and Wednesday March 20 from 10am till 12 noon. The maximum for each session is ten people, so come on, get with the program and book now by phoning the centre on...

0266 764555 or email  
admin@pottsbnc.ngo.org.au

**NSW Seniors WEEK**  
17-24 March 2013  
www.nswseniorsweek.com.au

**Live Life!**

## Want to lend a hand working with model trains?



Is someone able to help set up and build model railway tracks (HO gauge)? The tracks can be set up any day including weekends. All the equipment will be supplied.

Dirk, who has a disability, lives at Seabreeze Community Aged Care at Pottsville and is looking for assistance with his project.

The person or people who are interested will need a police check.

If you wish to assist Dirk or just need more details, ring his wife, Jenny Schroor, on

**(02) 6672 8517 or  
0419 177 809.**

## WordsFlow

Nan Doyle, a member of PBNC's Wordsflow writers' group, has just been published again. Her story "The Miracle" appears in **Hitler Did It**, the latest Editor's Choice Anthology from Stringybark. It contains short stories from the Stringybark Short Story Awards as well as a few extra stories the editors liked.

**Hitler Did It** has now been published on Smashwords:  
<https://www.smashwords.com/books/view/281074> and can also be accessed from the Bookshop:  
[http://www.stringybarkstories.net/The\\_Stringybark\\_Short\\_Story\\_Award/Bookshop.html](http://www.stringybarkstories.net/The_Stringybark_Short_Story_Award/Bookshop.html)

Please also take a moment to review **Hitler Did It** on the Smashwords page if you purchase an e-copy, as reviews are very important in encouraging sales.

**what's on at the centre**

**PBNC ADMINISTRATION**

Monday to Friday 8.30am - 1.30pm

**DIABETES SUPPORT GROUP**

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

**GET FIT, KEEP FIT**

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

**OPP SHOP**

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

**POTTSVILLE PLAYTIME GROUP**

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

**PBNC TECHNOLOGY CENTRE  
COMPUTER LESSONS &  
INTERNET ACCESS**

|                  |           |
|------------------|-----------|
| Monday & Friday  | 9am - 1pm |
| Tues, Wed, Thurs | 9am - 5pm |

**ART AND PLAY**

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

**STRETCH-YOUR-MIND**

Thursday 12.30 - 2.30pm

**TOY LIBRARY**

Monday to Friday  
9.30am - 12.30pm

**WORDSFLOW**

with Rosemary Nissen Wade  
Sandbar Room  
Friday 12.30 - 3.15pm

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

**Centrelink  
Agency**

Monday to Friday  
8.30am to 1.30pm

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

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

|   |  |   |
|---|--|---|
| <b>Monday</b>   | <b>Wednesday</b>   | <b>Friday</b>   |
| <p><b>Technology Centre</b><br/>9am-1pm</p> <p><b>Pottsville PlayTime</b><br/>Sandbar Room<br/>9.30am-11.30pm</p> <p><b>Toy Library</b><br/>9.30am-12.30pm</p>  | <p><b>Technology Centre</b><br/>9am-5pm</p> <p><b>Toy Library</b><br/>9.30am-12.30pm</p> <p><b>Diabetes Support Group</b> with Ruth<br/>(1st Wed each month)<br/>Reef Room 2-4pm</p>   | <p><b>Technology Centre</b><br/>9am-1pm</p> <p><b>Get Fit, Keep Fit</b><br/>Sandbar Room<br/>9.15-10.15am</p> <p><b>Toy Library</b><br/>9.30am-12.30pm</p> <p><b>Pottsville Toddler Tunes &amp; Stories</b><br/>Sandbar Room<br/>10.45am-12pm<br/>(in school term)</p> <p><b>Wordsflow</b> with Rosemary Nissen Wade<br/>Sandbar Room<br/>12.30-3.15pm<br/>(in school term)</p> |
| <b>Tuesday</b>  | <b>Thursday</b>  | <b>Saturday</b>   |
| <p><b>Technology Centre</b><br/>9am-5pm</p> <p><b>Get Fit, Keep Fit</b><br/>Sandbar Room<br/>9.15am - 10.15am</p> <p><b>Toy Library</b><br/>9.30am - 12.30pm</p> <p><b>Scrabble</b><br/>10am - 12noon</p>                           | <p><b>Technology Centre</b><br/>9am-5pm</p> <p><b>Pottsville Playtime</b><br/>Sandbar Room<br/>9.30am-11.30am</p> <p><b>Stretch Your Mind</b><br/>Reef Room<br/>12.30-2.30pm</p> <p><b>Toy Library</b><br/>9.30am-12.30pm</p> <p><b>UFO Craft Group</b><br/>Reef Room<br/>9.30am-11.30am</p> | <p><b>Opp Shop</b> 9am-1pm</p> <p><b>Side by Side</b><br/>Aspergers Support Group - 1pm<br/>See ad above</p>  |
| <p><b>DANCING WITH NIKKI</b> Freestyle dance classes for pre-schoolers to adults - \$5 per lesson. Contact <b>Nikki</b> on <b>0417 036 609</b></p>  |  | <b>Sunday</b>   |
| <p>Tweed Coast U3A conducts classes at PBNC e.g. <b>Quilting, Booklovers, Gardening, Art &amp; Cryptic Crosswords.</b> Ph PBNC (02) 66 764555 or email <a href="mailto:admin@pottsbnc.ngo.org.au">admin@pottsbnc.ngo.org.au</a></p> |  | <p><b>Pottsville Beach Markets, Opp Shop</b> (7am-1pm) &amp; <b>Community BBQ</b> - first &amp; third Sunday each month<br/><b>Next markets</b><br/>March 3 &amp; 17<br/>April 7 &amp; 21</p>   |
| <p style="text-align: center;"><b>WOMEN'S CIRCLE</b> Meditation<br/>2nd &amp; 4th Monday each month, 1-2.30pm<br/>Phone Lily <b>6676 4555</b><br/>or Michelle <b>0439 064 813</b></p>   |  |   |

