

a publication for workers & supporters of Pottsville Beach Neighbourhood Centre



Cudgera Stone Fishtrap

This painting, an aerial view of Hastings Point, was done by local Goodjingburra artist, Magpie. The painting hangs on the wall in the children’s corner of the reception area in PBNC’s new administration building.

This is the story of the fishtrap....

“The older men wait beside the stone fishtrap armed with pronged fishing spears. On low tide, special leaves are crushed and placed amongst the rocks. The incoming tide then spreads the sap through the water. The fish will always swim away from the sap into the cleaner water of the stone fishtrap. The younger boys on the opposite side of the creek help out by tapping the water with sticks to shepherd the fish into the fishtrap. This is in the season of the teatree flower.”

- Magpie

FIND ME!

Find the following plants, birds, animals and fish hidden somewhere in the painting.

PLANTS

- Cotton Tree (fibre)
- Blue Fig (fibre/food)
- Coastal Banksia (candle)
- Coastal Wattle (fibre/ weapons/food/medicine)
- Pandanus Palm (fibre/ food/toys)
- Bungalu Palm (fibre)
- Cunjevoi (medicine)
- Midyim (food)
- Crows Nest Fern
- Headache Vine (food/medicine)

BIRDS/ANIMALS/FISH

- Pelican
- Scrub Turkey
- Rainbow Lorikeet
- Porcupine
- Goanna
- Snake
- Swamp Wallaby
- Silver Bream
- Black Bream
- Flathead
- Octopus
- Dolphin



our newsletter

Drift is produced at
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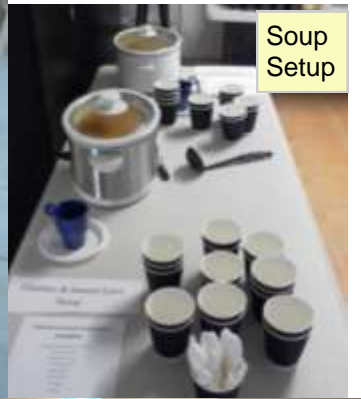
**Lily Crockett, Angela Maxwell
Tony Crockett, Chris Warner**



Anticipation -
L-R: Sharon, Lily,
Jan B, Nyree, Pat,
Robyn, Janice and
Kylie



Soup
Setup



Angela prepares
Sheri for a game of
Celebrity Heads



Brothers in Arms Don and Rob...
or is it Rob and Don?



Julie cares for soup overdose victim Drew

Souper afternoon

Volunteers enjoyed being spoilt by paid workers at the centre's Volunteer Appreciation Afternoon held last month, when staff created for them a range of delicious soups, served with crusty bread.

Any non-soup-lovers present seemed to be quickly converted as they made their selections from Thai pumpkin soup (Angela); Moroccan red lentil and tomato (Jo); chicken and sweet corn (Drew and Erin); pea and ham (Pat O); choko, and potato and leek (Julie); and chicken and vegies (Lee).

The soups were followed by an exotic array of desserts provided by those volunteers who were invited as caterers because of their outstanding culinary skills!

The downstairs outdoor area was once again utilised, seating more than 70 people at ten tables under the annexe.



Chris and Erin looking for soup



5 minute interview with...

Lily

Project worker and Admin volunteer



Do you have a favourite movie?

The Life Aquatic. Quirky, funny and touching

Do you have a favourite book or writer?

The Magus, by John Fowles

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

Neil Young - because he's a great musician and I love him

Whom do you most admire?

Bob Brown - for his intelligence, humility, integrity and sense of humour

If you could travel to any country, where would it be and why?

Elcho Island - To experience the Aboriginal culture there

What is your favourite food?

Lebanese



Volunteers, your help is needed

Dear friends, we need more contributions to *Drift*, so please put your thinking caps on. Some suggestions are: In 120 words or less, tell us about your best or worst holiday! funny incident! advise milestone birthdays/ anniversaries/births etc.

We would also love to hear if you have any suggestions for *Drift*.

Have a chat to Chris at the front desk or email Lily at lilypbnc@gmail.com



PBNC's three-generation family of workers (paid and unpaid) attended a wedding on Saturday, June 26 in the beautiful rural setting of Coolibah Downs, Nerang. Volunteer Support and Finance Worker Julie, daughter Sheri (Admin) - with fiancé Ian, father Bill (Outdoor Maintenance), mother Edna (Op Shop), sister Marilyn (Op Shop), and brother-in-law Pete W (Outdoor Maintenance) celebrated the wedding of Julie's son, Matt to Rachael. Marilyn and Pete drive from Caloundra every fortnight to see their parents and to volunteer at PBNC, making them our furthest travelling workers.



Pictured are Rachel and Matt (centre) with baby Aliyah, Julie (far left) and Sheri (far right).

PBNC gives a warm welcome to new volunteers Peter L (Outdoor Maintenance); Kellie (Admin); Natalie, Kylie, Misty, and Belinda (Playtime Group); and Liz (Stretch Your Mind). The centre also welcomes new worker Karen Hodder and new trainee, Tahana Binge.

Karen comes to the centre from Mullumbimby Neighbourhood Centre, where she is currently the President of their Management Committee.

Tahana lives locally and is a trainee with the Regional Aboriginal Program for Trainees (RAPT), based at the Ballina and District Community Services Association (BDCSA).

Tahana will be training with both Pottsville and Mullumbimby Neighbourhood Centres for the next 12 months and Karen, in her role as PBNC Community Capacity Worker, will be mentoring and supporting Tahana in her work as a Community Services Access Worker trainee.



Community Pantry - Beachside Church and Communicare

Vanie and Alan and a team of dedicated volunteers from the Beachside Church, Pottsville, held the first session of the church's Community Pantry at PBNC on Wednesday, May 30.

Those on a Centrelink payment, or anyone in financial crisis, can access the pantry, which stocks a wide range of groceries from dry goods to fresh produce.

The Community Pantry is open each Wednesday from 10am till 12noon, downstairs in the Coral Bay Room at Pottsville Beach Neighbourhood Centre.



**First day for the Pantry
Anna, Pat, Vanie, Lyn (front), Annette and
Narelle proudly display the pantry sign**

FRIENDS OF THE POUND POSITION



Friends Of The Pound are looking for a secretary. This is a volunteer position.

For further information please contact...

Carol Hayden
Volunteer Administration Officer
NORTEC Volunteering
Ph: 02 6672 8288
Fax: 02 6672 6624
Email: volunteering@nortecld.com.au
Web: www.nortecld.com.au

Keeping it real

Keeping It Real is a program for young people aged between 14 to 17 years old. If you fit the bill and have nothing to do these school hols, and are looking for something different, come along and check out what this program offers.

You'll learn new skills, meet new people and, best of all, have fun doing it. Some topics covered are employment skills, cooking, nutrition and fitness, and staying safe. The week-long course will finish with a flourish, with a life skills race (around Tweed and the Gold Coast) which includes the Sling Shoot and high ropes course

Keeping It Real is presented by Jason Taylor, of St Joseph's Youth Service, and is a partnership between St Joseph's Youth Service and Pottsville Beach Neighbourhood Centre.

To find out more, contact **Jason** on **(07) 5589 1800**.



Parenting Issues: Teens on the Spectrum

An informal chat with Debra Tew

(Family & Relationship Counsellor / Autism Gold Coast Co-ordinator)

Thursday 14th June 2012

10:00 am - 12:00 pm



The Reef Room
Pottsville Beach Neighbourhood Centre
12a Elizabeth St
Pottsville Beach

Bring along your parenting issues for a discussion and problem solving morning.

If you will be attending, please let Debbie Coppen know at northernriversnetwork@gmail.com or phone 6676 0483

Northern Rivers AS Network
Support Groups for Autism and Asperger
www.northernriversnetwork.wordpress.com



POSITIVE AWARENESS WORKSHOP

This program offers meditation and other activities and provides information on the types of thoughts we generate.

The workshops will be held at Pottsville Beach Neighbourhood Centre, 12a Elizabeth Street, Pottsville Beach, NSW on Wednesdays from June 27 to July 18 from 10.30am to 12noon.

Session One

The Power of Awareness

Session Two

Appreciating our Awareness

Session Three

Inner Power

Session Four

The Real Me

This is a FREE program presented by Brahma Kumaris of the Gold Coast. For bookings and more information phone

02 6676 4555 or email

goldcoast@au.bkwsu.org, or

visit www.bkwsu.org.au



Roast cabbage wedges

Sometimes all you need to do with vegetables is roast them. This winter green cabbage is delicious when simply roasted as it has a slight crunch and is naturally sweet - serve alongside your Sunday lunch.

Serves: 4-8 **Prep time:** 15 mins **Cooking time:** 30 mins

Calories: 72 **Fat:** 6g **Saturated fat:** 1g

Ingredients

1 small winter green cabbage, cut into 8 wedges, core trimmed
4-5 tbsp olive oil
1 tbsp caraway, or cumin, seeds
Salt and freshly ground black pepper
1 large lemon, cut into 4 wedges

Method

Set the oven to 220°C/425°F/Gas Mark 7. Brush the cabbage wedges all over with oil. Put them on a baking tray. Sprinkle with the seeds and season well. Add the lemon wedges. Roast for about 25-30 mins, turning them over halfway through cooking. Squeeze lemon juice over before serving.

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	
LIGHT AEROBICS	
with Vera - Sandbar Room Tues 9.15 - 10.15am, Fri 9.15 -10.15am	
OPP SHOP	
Monday	9am - 4pm
Tuesday	9am - 1pm
Wednesday	9am - 1pm
Thursday	9am - 1pm
Friday	9am - 4pm
Saturday	9am - 1pm
Market Sundays	7am - 1pm
POTTSVILLE PLAYTIME	
Sandbar Room	
Monday	10am - 12pm
Tuesday	10.30am - 12.30pm
Thursday	10am - 12pm
PBNC TECHNOLOGY CENTRE COMPUTER LESSONS & INTERNET ACCESS	
Monday	9am - 1pm
Tuesday	9am - 5pm
Wednesday	9am - 6pm
Thursday	9am - 5pm
Friday	9am - 5pm
YOGA WITH JESS	
Reef Room / Sandbar Room) Wednesday - Ph Jess 0468 348 015 for times and more details	
S - T - R - E - T - C - H YOUR MIND	
with Adam Thursday 12.30 - 2.30pm	
TOY LIBRARY (FREE)	
Monday to Friday 9:30am - 12:30pm	
WORDSFLOW	
Rosemary Nissan Wade Sandbar Room Friday 12.30 - 3pm	
Contact Administration Office for more details or bookings (02) 6676 4555.	

Centrelink Agency
Monday to Friday
8.30am to 1.30pm

Association membership fees for 2013 are now due. If you have not received your renewal, please contact the Admin office in person or phone 6676 4555.

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

Monday		
<p>Technology Centre 9am-1pm Pottsville PlayTime Sandbar Room 10am-12pm Toy Library 9.30am-12.30pm</p>		
Tuesday		
<p>Technology Centre 9am-5pm Light Aerobics with Vera Sandbar Room 9.15-10.15am Pottsville PlayTime Sandbar Room 10.30am-12.30pm Toy Library 9.30am-12.30pm Scrabble with Doug & Annie 10am - 12noon</p>		
Wednesday		
<p>Technology Centre 9am-6pm Toy Library 9.30am-12.30pm Diabetes Support Group with Ruth (1st Wed each month) Reef Room 2-4pm</p>		
Thursday		
<p>Technology Centre 9am-5pm Pottsville Playtime Sandbar Room 10am-12pm Stretch Your Mind 12.30-2.30pm Toy Library 9.30am-12.30pm</p>		
Friday		
<p>Technology Centre 9am-5pm Light Aerobics with Vera Sandbar Room 9.15-10.15am Toy Library 9.30am-12.30pm Pottsville Toddler Tunes & Stories Sandbar Room 10.30am-12pm (during school term) WordsFlow with Rosemary Nissan Wade Sandbar Room 12.30-3pm</p>		
Saturday		
<p>Opp Shop 9am-1pm</p>		
Sunday		
<p>Pottsville Beach Markets, Opp Shop (7am-1pm) & Community Barbeque First & third Sunday each month</p>		
<p>Market dates (June, July, August) June 3rd & 17th July 1st & 15th August 5th & 19th</p>		



DANCING WITH NIKKI
High energy freestyle dance classes for pre-schoolers to adults - it only costs \$5 per lesson. For more info and class times, contact Nikki on **0417 036 609**.

Tweed Coast U3A conducts several classes at PBNC including Quilting, Booklovers and Botany For Inquisitive Gardeners. For more details, phone **0466 355905** or email **tweedcoastu3a@gmail.com**