


 Drift

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

A decade of dedication



Two long term volunteers were recently recognised for their constant and valuable contribution to PBNC of their time, skills and smiles.

Don and June (pictured above) were recently presented with Certificates of Appreciation for ten years of dedicated service to PBNC.

Don works tirelessly as team leader in the Furniture and Outdoor Maintenance crew, while June is a stalwart at the Opp Shop.

“It’s people like Don and June who make Pottsville Beach Neighbourhood Centre the vibrant, thriving centre it is today,” said manager Angela.

Don and June were asked about their experiences during their ten years at the centre. June said she enjoyed talking with so many diverse people, and had struck up great friendships with both customers and co-workers. It was wonderful to work with a team of people who all get on and don’t have any work problems, she added. “I enjoy the social activity at the centre very much, and being able to utilise my skills as a handyman,” said Don. ■



our newsletter

Drift is produced at
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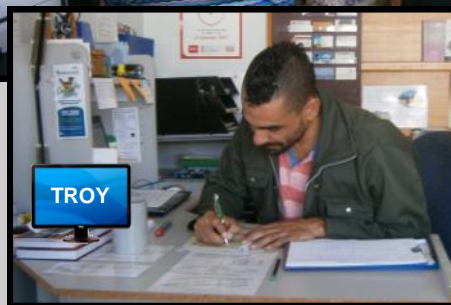
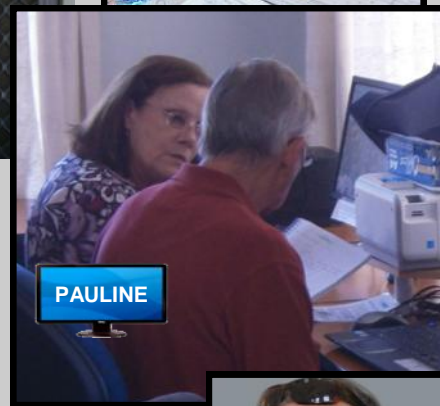
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What's On At The Centre

Production team:
Lily Crockett, Angela Maxwell,
Tony Crockett, Chris Warner,
Michelle O'Brien



SPOTLIGHT ON THE TECH CENTRE



PBNC's Technology Centre has been open to the community for nine years, offering internet access, printing and scanning facilities, and tutoring in a wide range of subjects, all for a minimal charge. Affordable and specialised computer servicing and trouble shooting by experienced and reliable technicians is also available, and the staff (see above for some Tech Centre workers) are friendly, skilled and helpful. If you have a particular topic you'd like to

learn about, just ask and a class may be organised. "The Tech Centre is a great place," said Drew, who shares, with Tom, coordination tasks. "It has a great atmosphere and we have lots of fun. It's a wonderful place to come for all your computer needs." The Technology Centre is open Monday and Friday from 9am till 1pm, and all day Tuesday, Wednesday and Thursday. Drop in soon and see how the Tech Centre can assist you. ■



5 minute
interview with...

Yoshi

Community garden /
grounds maintenance



Do you have a favourite movie?

Yes, I like science fiction movies relating to the past and the present.

Do you have a favourite book or author? Well, I usually read books written in Japanese and my favourite subjects are **non-fiction and autobiographies**.

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

The person I would choose would be the No 1 soccer player in the world **Lionel Messi** who plays for Barcelona, because he is incredibly talented and 'short' like me (chuckles).

Whom do you admire most?

Isamu Noguchi: Isamu died in 1986/87 at the age of 85. He was a famous Japanese/American sculptor (in stone), extremely talented with a very nice personality.

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

Japan and N.Z.: I was brought up with a strong American influence and feel I missed out on certain aspects of Japanese culture, so I'd like to go back and see the countryside and visit places of interest. With regard to NZ, I have heard so many say it's a beautiful place that I would like to go there and see for myself.

What is your favourite food?

I like to eat healthily so the foods I prefer are soya bean products such as **tofu**. I drink **soya milk** and enjoy **fresh fruit and vegetables**.

NEW GROUPS FLOURISH AT PBNC



UFO sighting at PBNC

Reports of UFO sightings have been filtering from PBNC, as Clair Seymour successfully launched her UFO (UnFinished Objects) craft group in August. If you have an unfinished jumper still on the knitting needles, a half-embroidered tablecloth, or yet-to-be-completed rug or tapestry, this self help group could well be for you. Clair Seymour, a very creative craftswoman with a teaching and nursing background, had the idea to gather together people who had begun a craft project but not completed it. Clair can weave, felt, knit and crochet and is happy to share these skills.

Eight enthusiastic craftspeople

attended the first session, with some saying they had learnt a new skill or solved a problem already. There was lots of animated conversation and the promise of homebaked cakes next week.

"The program will help to get people out of the house, share skills and learn new skills to pass on to other generations," said Clair.

The UFO Craft Group is open to all, including men and people with disabilities. The group meets on **Thursday mornings** in the **Reef Room** at PBNC from **9.30 till 11.30am**. Phone Clair Seymour **(02) 6677 7449** or PBNC **(02) 6676 4555** to learn more about this exciting group.



Playing with words

Do you enjoy playing with words? Love Scrabble or want to learn? Anna and Doug host the Scrabble Group at Pottsville Beach Neighbourhood Centre from 10am every Tuesday. The group meets in the Star Fish room (boardroom, upstairs) and currently consists of about six players, but would love to welcome more. Players at all levels are welcome.

To enquire about the Scrabble Group, phone the centre on **(02) 6676 4555** or Anna on **0449 213503**

PARENT to PARENT

A FREE SEMINAR

Parents of **autism spectrum** families tell of services they have found helpful.

Services to be covered include:

BDCSA's Intensive Family Support Service

Brighter Futures

Your Choice Respite Funding

Art classes for kids on the spectrum

Tippy Toes Play Connect Playgroup

LifeBridge East Inc.

Aspect's Satellite School Classes

On Track Community Programs

Commonwealth Respite

Ability Inc. Advocacy Service

Interrelate Counselling

Aspect's Programs

Support groups

Service providers will be present to answer questions. Lunch will be provided.

Wednesday 24th October, 2012 9.30am - 2.30pm Sign in from 9.15am
Sandbar Room, Pottsville Beach Neighbourhood Centre, 12a Elizabeth St, Pottsville Beach

Phone the Neighbourhood Centre for bookings on (02) 6676 4555

Works like *Magic!*

Pottsville Beach Neighbourhood Centre (PBNC) is again presenting *1-2-3 Magic and Emotion Coaching*, a popular parenting program for carers of children 2-12yrs, to strengthen family relationships.

This three-session program encourages parents to use simple "Stop" and "Start" strategies consistently.

The program aims to assist parents/carers to stop poor behaviour, start positive behaviour, avoid shouting and arguing, and understand the nature of fair discipline.

Sessions will take place in the Reef Room at the centre (12A Elizabeth St,

Pottsville Beach) on Monday, November 19 and 26 and December 3, 2012, from 6.30pm to 8.30pm.

Couples are encouraged to attend together. Limited child-minding places are available for children from families who do not have alternative child-minding arrangements in place.

Please discuss your needs when making your booking. Bookings are essential. Contact Angela or Julie on (02) 6676 4555 or email

admin@pottsbnc.ngo.org.au to register and confirm your place.

All sessions are FREE

Work and Development Orders (WDO)

Pottsville Beach Neighbourhood Centre is an approved sponsor organisation for the Work and Development Order Program (WDO). WDOs are made by the NSW State Debt Recovery Office (SDRO) in relation to outstanding fines.

The primary aim of the scheme is to provide a non-monetary way for people to reduce their debt. Those who are experiencing economic hardship or have barriers to employment such as mental or cognitive impairment, addiction or homelessness can volunteer at the centre as participants under the scheme to reduce their fine debt.

Other benefits of the program are the building of a person's existing skills, the development of confidence and improvement of self esteem.

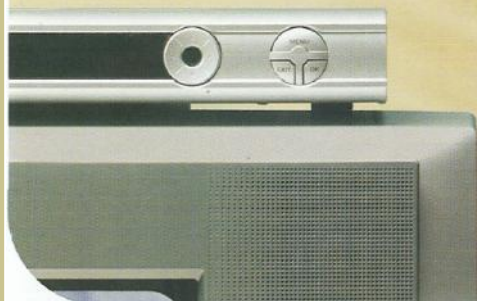
The scheme gives participants the opportunity to become familiar with service supports and networks within the community.

For Work and Development Order enquiries, contact Angela or Drew at PBNC on (02) 6676 4555 or visit the website www.sdronsw.gov.au

Do you need
help to get

READY

for digital TV?



Digital TV will begin on **November 27**, when the analogue TV signal ceases.

For anyone who wants to be prepared and informed about these changes, Pottsville Beach Neighbourhood Centre is holding a free information session.

Alex Grantham, Digital Switchover Liaison Officer, will be speaking about the changeover, and what it will mean for you, on **Wednesday, October 10**, from **2pm till 3pm** in the centre's **Sandbar Room**.

This session is open to all, including anyone with any questions regarding TV technology.

To book a place, drop in to the centre or phone PBNC's Front Desk on (02) 6676 4555.

Help PBNC's PlayTime Group

Parent Direct and Chalk deliver a wide range of exclusive, branded toys which inspire creativity, learning and family fun at unbeatable prices. There is something for everyone, with toys and clothes suitable for babies to teenagers.

Just complete the order forms in the middle of the catalogue and return them with your payment. Your orders will then be sent to Parent Direct and Chalk, where they will be packaged, labelled and promptly sent to PBNC for you to collect.

For the centre's efforts, Parent Direct or Chalk issues a fundraising voucher for 20% of the value of orders. These vouchers are used to buy much needed resources for Pottsville Beach Neighbourhood Centre's play group, PlayTime. If enough orders are collected, PlayTime will receive a fantastic Educational Game Pack worth over \$500!

Ask for your kit at PBNC's Front Desk or phone the centre on 6676 4555.



**Pottsville Beach
Neighbourhood Centre**

*Linking People and Strengthening
Our Community*

Old School Buildings, 12a Elizabeth St, Pottsville Beach

Notice of Annual General Meeting

Tuesday Nov 20th, 2012
starting 6.30pm
Reef Room

Everyone welcome
Light refreshments

To RSVP by Nov 13th, 2012 -
phone (02) 6676 4555 or email
admin@pottsbnc.ngo.org.au

Cheryl Sends Her Apologies

By Eddie Blatt
(June, 2011)



A word is not the same with one writer as with another. One tears it from his guts. The other pulls it out of his overcoat pocket.

---- Charles Peguy ----

I'm a person disinclined to work or exertion, which, according to Webster's dictionary, defines me as lazy. So when I drove to my writers' group the other day and saw Dinah, a fellow writer, drive into the car space closest to the meeting room, I nearly spat the dummy. I would have to walk an extra twenty metres (forty if you count the return journey), a task requiring an effort sufficient to raise an embarrassing sweat, especially if it rained and I needed to break into a gallop in order to avoid getting wet. Webster's dictionary had been vindicated.

"That's my spot," I joked to her after getting out of the car and walking the 20 metres to where she was parked.

"Yeah? What makes it your spot?" she replied.

"Because I always park here."

"Not always, chooky."

We both laughed as we made our way past the buildings under construction and towards the meeting room. Before we got to the door, Dinah turned to me.

"Cheryl sends her apologies. She's not feeling well today and has decided to stay home."

Cheryl is a woman with an infectious laugh who occasionally

reads other members' pieces due to the strong projection of her voice, an attribute she cultivated while performing and directing theatrical productions. Cheryl writes prose like a well-seasoned jazz guitarist plays his instrument, with unflinching verve and an uncanny ability to thread together motifs plucked out of the ether. Her responses to the five-minute writing exercises around prompts, which we undertake each week, attest to the name of our little writers' group, Wordsflow. The ease with which Cheryl's words flow is in stark contrast to my intolerably convoluted prose, most of which ends up gathering dust in a filing cabinet or being flung into a rubbish bin.

Wordsflow meets each week for three hours on a Friday afternoon. At fifty-six years of age, I'm the second youngest of the troupe - just in front of Cheryl - and one of only two males. Our fearless leader, Rosemary, is a writer equally adept at poetry as she is with prose. She's particularly interested in a form of Japanese verse known as 'Haiku'.

Unfortunately, I can't tell the difference between simple parametric attributes such as iambic pentameters and accentual-syllabic verses, or, come to think of it, even dialectical constructed sonnets and anapest literary terms, so I'm particularly adrift when trying to understand Haikus. Which isn't saying much, given understanding most things these days is quite a daunting prospect for me. In response to Rosemary's poetry readings, I usually smile and make positive grunting sounds, feigning at least comprehension.

Our other resident poet, Jan, creates what I would nominally call 'modern' poetry. Each word or phrase is like a splash of paint on a piece of canvas, something akin in the art world to Jackson Pollock's 'Blue Poles', or perhaps Picasso's eccentric cubist geometry in paintings like his 'femme en pleurs'. I've been told by reliable sources that such works of art

WordsFlow

WordsFlow is a local group for people who share a love of writing. Writers in all genres participate, from beginners to the experienced, hobbyists to the 'serious'. They give feedback on each other's work but are not destructive, and they have a lot of fun. The group, which meets at Pottsville Beach Neighbourhood Centre each school term, is facilitated by poet and blogger Rosemary Nissen-Wade and has been meeting for six years, with some members attending since its beginning. The writers gather in the Sandbar Room on Fridays from 12.30 to 3.15pm.

You can see more of their work at the *WordsFlow* blog:

<http://wordsflowwriters.blogspot.com.au/>

cannot be fully appreciated by the left-brain, a place my brain naturally, and regrettably inhabits most of my waking life. Thus, I rarely make comments about Jan's poetry either. I do take refuge, however, in my ability to write nifty jingles, a talent my year-seven teacher once told me could develop into a promising career in advertising (that is, if I first got over my laziness).

There is only one rule to be obeyed at all times in our meetings. No self-negating or critical comments are to precede one's readings; like, 'This isn't very good', or 'I don't know if it's worth reading'. Using swear words, on the other hand, is not only tolerated, it is actively encouraged. And when it comes to profanities, we invariably turn to Nan, our irreverent muse and master of coarse language. The number of 'f' words appearing in some of her stories would make a Redfern pub

crawler blush, while her stories of god conversing with the devil would offend all but the most atheistic of people. Nan's outpourings are presented with a wit and in a vernacular that transforms even the most mundane of stories into a unique experience of Australiana. When she does drop the cussing she still writes terrific prose - as well as very touching poems in a rhyming style that even I appreciate.

Nan's friend Anne rounds off the holy trinity of JAN - Jan, Anne and Nan - an acronym I used when I first joined Wordsflow in order to remember their names. The three of them would sit next to each other every meeting in the same order on the opposite side of the table. For someone like me with a memory comparable to a leaking tap, I was grateful for their compliance with the seating arrangements. Anne's writings are pithy, mixing the sweet with the sour, tastes somewhat reminiscent in culinary terms of a popular Chinese pork dish. I have often envisaged her writing a weekly column for a magazine or newspaper on the vagaries of the human condition. Her acerbic prose would sharpen even the bluntest of minds.

Like many writers' groups, Wordsflow hosts a variety of writing styles and genres. When it comes to descriptive prose, Bronwyn shines. Bron's writings are elegant and sophisticated, qualities that are matched by the clear and concise manner in which she reads her pieces. From stories of the outback to unrequited young love, Bron vividly takes the reader into the heart of each scene. One can smell the flowers, walk the streets, and feel the tension in the faces of her protagonists. In contrast, Dinah - whose car inhabits my parking spot - occupies the position on the spectrum of writing styles

associated with comedy and the new-age. (She may not be so jolly, or spiritually uplifted, when she discovers her car has four flat tyres.) From fun to faeries, from the amusing to the entertaining, Dinah's pieces capture the intrinsic humour of the silly and the playful. Green frogs dance the watusi on ponds while garden gnomes keep watch behind trees and shrubbery. The on-going difficulties Dinah encounters when reading her own shorthand, however, are amusing incidents in and of themselves, and could form the basis of many a funny skit! The other male member of our group is Andrew, who, like me, is writing a memoir. Andrew is Rosemary's husband. Together they form the group's dynamic duo, somewhat reminiscent of TVs Ozzie and Harriet of The Nelson family in the 50s, or the equivalent 90s version, Scully and Mulder of the X-files. Andrew is as adept at writing fiction as he is with children's stories. His impish grin and soft temperament belie a power that emanates from his pen, adding credence to the saying that the pen is indeed mightier than the sword.


Rounding off the regular attendees of Wordsflow is Marie, an ex-schoolteacher, whose pieces radiate with beguiling charm. Whether it's stories of her family or entries in her daily journal, the warmth of Marie's prose is like drinking a warm cup of milk chocolate on a cold day while eating chocolate cake - with chocolate icing on top, of course. It's all wonderful.

Wordsflow is a committed group of writers who enjoy each other's company in a free and non-judgemental environment. We joke at the mysterious appearance

of words before us each week, and we laugh at our fears and misgivings as we each navigate solo journeys through life's adventures.

Thus, when someone sends their apologies, it feels as if an essential part of the whole has been absented, like a missing limb. With Cheryl, there is an added dimension to the ensuing disappointment. Cheryl has been diagnosed with cancer and is in the midst of a stirring confrontation with the life-threatening illness. It is much to my relief that she is winning the encounter, and I'm sure every member of Wordsflow sends her their well-wishes. Continually.

To quote Henry Miller, *'Life moves on, whether we act as cowards or heroes. Life has no other discipline to impose, if we would but realize it, than to accept life unquestioningly. Everything we shut our eyes to, everything we run away from, everything we deny, denigrate or despise, serves to defeat us in the end. What seems nasty, painful, evil, can become a source of beauty, joy, and strength, if faced with an open mind. Every moment is a golden one for him who has the vision to recognize it as such.'*



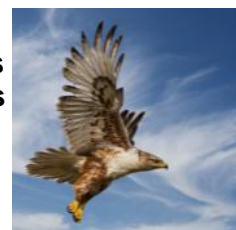
This piece was
inspired by Cheryl
and is dedicated
to her.

Postscript

With the very recent passing of
Andrew

We rejoice in his
eternal lightness
of being free...

with love,
PBNC Team



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 - 5pm
Thursday	9am - 5pm
Friday	9am - 1pm

ART AND PLAY

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

S - T - R - E - T - C - H YOUR MIND

with Adam
Thursday 12.30 - 2.30pm

TOY LIBRARY

Monday to Friday
9:30am - 12:30pm

WORDSFLOW

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

Monday

Technology Centre
9am-1pm
Pottsville PlayTime
Sandbar Room
10am-12pm
Toy Library
9.30am-12.30pm

Tuesday

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

Wednesday

Technology Centre
9am-5pm
Toy Library
9.30am-12.30pm
Diabetes Support Group with Ruth
(1st Wed each month)
Reef Room 2-4pm

Thursday

Technology Centre
9am-5pm
Pottsville Playtime
Sandbar Room
10am-12pm
Stretch Your Mind
Reef Room
12.30-2.30pm
Toy Library
9.30am-12.30pm
UFO Craft Group
Reef Room
9.30am-11.30am

Friday

Technology Centre
9am-1pm
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 Nissen-Wade
Sandbar Room
12.30-3.15pm

Saturday

Opp Shop 9am-1pm

Sunday

Pottsville Beach Markets, Opp Shop (7am-1pm) & **Community BBQ** - First & third Sunday each month

Market dates
(Sept, Oct, Nov)
Sept 2nd & 16th
Oct 7th & 21st
Nov 4th & 18th
Dec 2nd & 16th

DANCING WITH NIKKI Freestyle dance classes for pre-schoolers to adults - \$5 per lesson. Contact Nikki on 0417 036 609

Tweed Coast U3A classes at PBNC include **Quilting, Booklovers & Botany For Inquisitive Gardeners**. Ph 0466 355905 or email tweedcoastu3a@gmail.com

WOMEN'S CIRCLE

Guided meditation Oct 11th & 25th
Ph Michelle 0439 064813
or Lily (PBNC) 6676 4555

