

You Have A Friend Inc



P.O.Box 637, Tweed Heads, NSW 2485

Our website

www.youhaveafriend.org.au

Issue 1 - December 2008

Hello to Everyone and welcome to our first official Newsletter!

As I reflect on our first seven months of operation as a not for profit organisation, I never cease to be amazed by our many wonderful volunteers whose love, sincerity and conviction goes largely unnoticed. At the time of writing we have 26 dedicated active members with new volunteers joining on a regular basis. Without our volunteers, our goal of supporting the marginalised and those less fortunate would not be possible.

On 8th May we began our very successful weekly BBQ Lunch at Murwillumbah. 6th July we began our regular Sunday brekkie in Budd Park, Murwillumbah and then on the 12th October saw us serving our 1st brekkie in Coolangatta. We now average 90 meals a week for our wonderful friends.

Sincere thank you to our many generous sponsors who provide regular support for our weekly BBQs and breakfasts, office services and not forgetting the wholesome weekly collections organised by the primary school students at St. James Primary in Banora Point. Thank you also those who have responded to our mail out with your most generous donations of both prayer and financial support.



I can state with absolute certainty our meals are a genuine source of nourishment and a place where our friends feel safe and comfortable as they get to know we are there for them. Often they confide in us requesting our help in the many issues that are troubling them. Issues the average person is not

aware of. Although meals are of importance, I also know the love and genuine concern shown to our friends by our volunteers, our many sponsors and donors is so special and spiritual and means so much to them.

Over the last seven months, not only have we provided food, love and emotional support, but have also been responsible for assisting youths as young as 14 who have become abandoned and living on the streets. We have also helped in sourcing accommodation

Please visit us at: www.youhaveafriend.org.au

for some of our friends with nowhere to live or living in their cars and assisting them with their fines as they try and survive in an area with very little affordable accommodation and also laws that are not always favorable to those less fortunate than ourselves and laws geared to supporting the holiday trade and visitors. Special thanks to our more youthful, very active volunteers, Emma and Caitlin who did a wonderful job in organising and running the Gulu Walk in the Tweed to fundraise for abandoned children in war torn Uganda. They raised \$1025 for this magnificent cause. Truly outstanding effort.



What does 2009 hold for us? We will continue to support our friends, suppliers and volunteers in whatever way necessary. It is our intention to set up an active Youth Group to work with us in understanding life and family life in its many forms of hurt and joy. We also intend advocating for more affordable accommodation and fairer laws in the area. We are desperately fund raising to purchase a van to assist us with our current outreaches and also support us as we move to areas where we know people are in need of our love and support.

So, the Board members and I sincerely wish our many wonderful volunteers, sponsors and friends that we meet each week, a most joyous and holy Christmas and New Year and may God bless and keep you and your families safe in the future.

John Lee, President ~You Have A Friend.



Please think about our friends this Christmas, light a special candle at your Christmas dinner table and tell your family it is in honour of someone whose Christmas may not be as happy as yours....

Please visit us at:
www.youhaveafriend.org.au



**What do WE
NEED Most ??**

A Van

This is our most pressing need to assist with transportation for our volunteers and supplies to outreaches we attend each week in the Tweed District.

The estimated cost of a reliable secondhand van that would be suitably equipped, will be in the region of \$25,000

Please consider supporting or donating to our "Van Fund" and we will add you to the sponsorship list on our van.

Visit our website to register and for more information.

You Have A Young Friend Inc

Get to know your friends!

Introducing Emma !!

Why did you get involved with YHAF?

I got involved because I wasn't old enough to go out on the night outreaches, so I thought doing brekkies would be just as good.

What surprises you?

I am always surprised because everyone is so nice, grateful and well mannered. It makes it a pleasure to always come back!

What is your best memory?

My best memory is from one of the brekkies, some of our friends were sitting playing music and singing, drums, guitars etc., and they accepted me to join in an play drums with them, it was awesome!

What disappoints you?

That we haven't raised enough for a van, but we haven't given up yet!!

Tell us something just from you?

This organisation is a great selfless way to meet some amazing people and also give a helping hand.

What are some of the things you would like to happen for YHAF in 2009?

Get a van!

Get some housing for the people who are on the street

Raise more awareness

Get more volunteers

We met a young kid who was 14 and on the street – so to minimise the amount of young people that are at risk would be good.

And Introducing..... Caitlin!!

Why did you get involved with YHAF?

Mainly to give back to the community and to be able to do something good for others.

What surprises you?

That a lot of the people aren't technically homeless, they just want to be around others.

What is your best memory?

Duelling eggs over a morning barbie with Emma!

What disappoints you?

That when there is food left over, it means that someone who doesn't know about the outreach has missed a great brekkie with good friends.

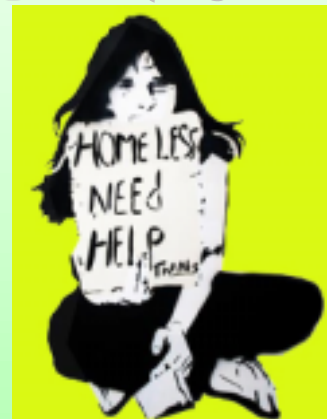
What are some of the things you would like to happen for YHAF in 2009?

Mainly that more people get to know about the outreach, both patrons and future volunteers.

'You Have A Friends' young members raised over \$1,000 to help the abandoned children in Uganda in the 2008 "GuluWalk"
Next year we hope to 'raise our voices' and even more awareness to the injustices inflicted on many young people locally and world wide. Stay tuned for upcoming events.



EMMA



GULU WALK



CAITLIN

**From the Heart !
You have a Friend Breakfasts
A volunteers perspective**

What a better way to start the day; out in the fresh air, good food, great laughs around the barbie, mixing with people who have a passion for life, others and the environment! Oh and that is just for me, apparently there are others there who appreciate it more!!

Since joining John on his "You have a Friend" adventure I have had the privilege to meet others that sometimes just need a hand up, not always a hand out; and to meet other wonderful people who are interested in assisting in helping others less fortunate. That old saying when we help others sometimes it is us who receive the greatest benefit! For me it couldn't be truer. Take care John, Robyn and all the others volunteers; it is a privilege to know you!!



God bless you all
and seasons cheers
Bernadette



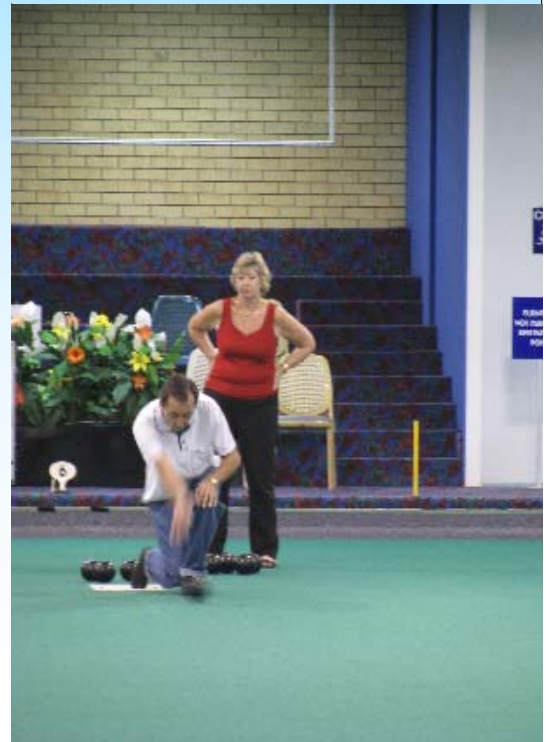
Get involved

**YOU HAVE A FRIEND CHRISTMAS SOCIAL
BOWLING NIGHT**

A night of strength and heroics. A night of teamwork yet a battle of every man for him self. But a night of hardcore **ACTION**. What must be said is John Lee puts on a smashing evening of lawn bowls. Caitlin and I weren't the subtlest pair on the field amongst you aging beauties, nor did we act close to 15 and 16 (more like 5 & 6). All that can be said is that this slow pacing game involved a lot more skill than just our awesomeness. Yet in the heat of the moment the game can really get a little suspenseful. After a little training from the Tweed Heads Bowls Club professionals we were ready for a raucous competition from some of You Have A Friend's top bowlers. In the utter simplest terms, everyone came prepared to have their balls smashed out of the field by yours truly. Round one goes to Emma! Followed by round two going to Donna! Ahh, the Walsh's sure had this game all wrapped up. Thanks does go out to John for making sure our amazing skills weren't to be taken home empty handed. Thanks for supplying me with the under-aged booze (which I did donate to my family for the festive season). I must say mum and I truly did have a knocker of a night.

Emma (16)

Special thanks must also go out to the Tweed Bowls Club for all their ongoing support.



If you would like to **"get involved"** with our charity and have some fun and meet some wonderful and unique people along the way.... we have a number of ways you can assist. Street outreach, Court Assistance, School Outreach, Fund Raising, Crafting plus many other ways. Contact us and we will be only too happy to welcome and assist you.

Please visit us at: www.youhaveafriend.org.au

Murwillumbah Thursday BBQ Lunch

On 8th May 2008, we started our first lunch in conjunction with the Murwillumbah Community Centre located in Knox Park. Initially, I was not sure whether a lunchtime Barbie would be a success, but it was soon clear how rewarding and so much fun this was. The simple act of kicking a footie around the park with some of the kids from the skate park while our dedicated team of vollies and helpers quickly set the tables, cut up the salads and simply connected with each other. At times as many as 50 men, women and children turn up to join us.

I cannot thank enough Wendy and her wonderful team of volunteers who provide us such a friendly and homely atmosphere and allow us to use their kitchen, utensils, fridges and gas. A very big thank you to our local Murwillumbah sponsors who provide sausages, fruit and vegetables each week and also thank you to our dedicated team who spend time each Thursday collecting the supplies and doing the cooking and supervising. Without you, this wonderful event may not be possible.

If only the world and our governments could realise that "homelessness" is not simply a roof over ones head, but a smile, an act of love and kindness and as amazing as it may seem, these acts costs not a cent.

God Bless and thank you to all who make our wonderful BBQ Lunch event such a happy and joyous place to be each Thursday.



Murwillumbah Sunday Brekkie.

Our Murwillumbah Brekkie is now an accepted event with regular patrons and a dedicated team of vollies who give up their time each Sunday to leave the comfort of their beds and travel to Budd Park alongside the beautiful Tweed River in Murwillumbah. Once there, it's out with the food, quickly the benches have tablecloths and flasks of tea and coffee are provided as the "Barbie" is fired up and our team begins cooking sausages, eggs, tomatoes & onions while another vollie immediately starts the toast and others simply mingle with our friends.

Our friends have come to know we are there each Sunday for them and numbers vary, but the love they pass back to us in their own way is impossible for this writer to explain except to say there is a definite amazing spiritual connection. At different times each of us have experienced a most beautiful peace and calm that we know cannot be achieved in today's maddening world of hast and bustle. It is so special in the quiet of the morning, with very little traffic crossing the bridge, birds singing and our friends who finally move off leaving us with a sincere *"thank you, I couldn't eat any more"*. That for me is one of the greatest ways to start our Sunday and the rest of the week, just knowing through this simple act of sharing a "brekkie", we have made a difference to someone's life.



Coolangatta Sunday Brekkie

Our Sunday Breakfasts have now been up and running for 5 months. It is hard to believe just how far we have come as a team from our humble beginnings in the middle of winter! The early days presented us with quite a challenge as the icy wind tried it's hardest to blow off our table cloths and we struggled (sometimes in vain) to get a teaspoon of coffee into a cup before the wind blew it away! As a team we grew from strength to strength, and each week all of us came away feeling like we had achieved a little bit more. To see the real appreciation on our friend's faces when we turned up every Sunday morning, and the true gratitude they showed for the simple conversation and warm meal, made everything worthwhile and gave us the encouragement to keep going.

There have been many uplifting and memorable moments over the past five months. Watching one of our more reclusive friends grow from not being able to approach the group and participate in conversation to now being there every week, not too shy to enjoy a meal and share a joke, gives us all a deep fulfillment which is hard to describe.

Today, we have many regular 'friends' who join us each week, all of us having formed new friendships with different people and all of us experiencing our own true personal growth along the way.





HOW BIG WILL YOUR ENVIRONMENTAL FOOTPRINT BE THIS CHRISTMAS ??



Why not give the environment a present this Christmas?

You can save water, energy and precious resources by simply rethinking our usual excessive approach to the festive season and adopting a more earth friendly way. In times of climate change and global warming our planet will be grateful for your contribution. You can live the **spirit of Christmas** without it costing the earth. Australians are expected to spend millions of dollars in the lead up to the festive season and making the right choice is essential to becoming more sustainable. You can save money and help the environment at the same time.

The facts..... The amount of waste that goes to landfill over the festive season is higher than any other time of the year and much of this increase in waste is packaging, that in many cases, can be avoided, reused or recycled. Creating the packaging itself uses excessive water, energy and forest resources. Just transporting the goods to you wastes valuable resources.

Food production and consumption is 28 per cent of the average household's greenhouse gas pollution and represents nearly half the waste you send to landfill (ACF Consuming Australia 2007).

In 2004, Australians threw away **\$5.3 billion of food**, equivalent to one tonne per household per year. **That is more than 13 times the amount Australian households donated to overseas aid agencies in 2003 which was just \$386 million.** It's also more than what was spent on universities and roads in the same year (The Australia Institute).

Australians are also among the **highest consumers of electronics** in the world with an estimated 1.6million computers going into landfill in 2006, another 7.1million in storage and only half a million recycled. ("Advancing Australia" report from the Department of Communications, Information Technology and the Arts)

If the rest of the world followed Australia's lead and banned incandescent bulbs, we'd save enough electricity to shut 270 coal-fired power stations! (Planet Ark)

For an interesting alternative Christmas Gift idea - follow any of these links, you will be giving two gifts in one!

Aussies For Orphans: <http://www.aussiesfororphans.org/>

Wildlife Trust – fostering orphaned elephants <http://www.sheldrickwildlifetrust.org/asp/fostering.asp>

Thailand Orphanage Trust: http://shop.pattayaorphanage.org.uk/greeting-cards/christmas-joy/prod_20.html

Unicef: <http://www.unicef.com.au/Donate-Appeals-Detail.asp?AppealID=44>

<http://www.unicef.com.au/CardsAndGifts.asp> <http://www.charity-gifts.org/unicef-shop.php>

Save A Rainforest: <http://www.rainforestrescue.org.au/ourprojects/save-a-rainforest.html>

Gorilla Trust Fund: <http://www.hsi.org.au/?catID=175>

Save a Tiger Fund: <http://www.savethetigerfund.org/AM/Template.cfm?Section=Home1>

'You Have a Friend' would like to take this opportunity to wish everyone a very **Happy, Healthy and Holy Christmas**, please keep our friends in your thoughts during this time of family and friendship.



We look forward to keeping you informed on how this valuable outreach is progressing in our next newsletter.



For the freshest fruit and vegies on the Tweed – call into.....



Farmer Charlies Fruit Market

(Pacific Highway, Tweed Heads – opp Shell Servo...ph:55993677)

Consider Advertising With Us

You Have A Friend is a non-profit organisation reliant on the support of the public and business community. You can contribute by donating directly by cheque to us, or direct debit. You may consider advertising with us. Simply visit our website for more information.

- Sponsor a Webpage
- Advertise in our Newsletter
- Advertise in our calendar
- Support one of our major events
- Pay a month's fuel supply
- Pay a telephone bill
- Donate towards our insurance bill
- Donate to our "Van Fund"

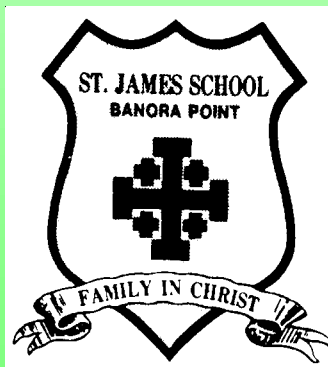
Visit our website
www.youhaveafriend.org.au to
register and for more information.

Thank you for supporting

You Have A Friend Inc



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**St James
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Doyle Drive,
Banora Point
Ph: 55249404**



**St Joseph's
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Milt Crompton Butchery –
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The Muffin Break - Coolangatta
Tweed Heads Bowls Club –
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Mick & Mary Loades Butchery
Southern Cross Organic Butchery
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J & B Meats
Tweed Fruit Exchange
Fruit Barn - Newmans Service Station
Singh's Fruit Shop
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Murwillumbah



"You Have A Friend Inc." Registered Charity Inc. INC9889330.

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