

YOU HAVE A FRIEND INC



ISSUE 5 ~ January 2010

P.O.Box 637, Tweed Heads, NSW 2485
Our website www.youhaveafriend.org.au

Imagine only having contact with people who are paid to have contact with you.....this is chronic homelessness.....Think about it.....

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**NEWS
FLASH**



Chinderah Outreach is born! ~ Thank you to the Sisters of Charity Foundation





From The President!

As I write this report and reflect on "You Have A Friends" achievement's over the last three months,

I am filled with much satisfaction and pride. For our friends we provided two wonderful Christmas lunches in Murwillumbah and Coolangatta. In Chinderah over Christmas, we supplied food hampers to 28 caravans. Our Sunday Chinderah breakfast is now a regular event. There was also much excitement and pride as we finally took delivery of the charity's first van. Pride in the fact our volunteers

raised the majority of necessary funds for the van. A number of local schools still provide wonderful support with students and teachers outreaching on the streets, collecting tinned food and fundraising for us. During the school Christmas holidays, thanks to the generosity of many Tweed locals, we continued supplying hampers of tinned food to our friends. As always, our major sponsors are totally committed and we cannot thank them enough for their support. Last but by no means least the charity would not function, were it not for our wonderful volunteers who support our friends in the Tweed district of Australia.

Throughout the week "You Have A Friend" provides over 200 meals at breakfast, lunch and evening meals in Coolangatta, Chinderah and Murwillumbah. Our latest outreach in Chinderah would not be possible at this stage were it not for the wonderful support from the Sisters of Charity Foundation Ltd. They have agreed to sponsor us the full cost of the Chinderah outreach for one year. For this we and our friends are truly grateful.

Many businesses have unselfishly donated finance and supplies over the important months of the Christmas season. Special thanks to our major sponsor Brisbane Star Cruises who supports us with regular donations, assisted us with purchase of our van

and provided a most memorable cruise over Christmas for our very worthy volunteers. We thank the Department of Families, Housing, Community Services and Indigenous Affairs for their grant to assist volunteers in charities such as ours. Some of our volunteers travel over 80 kilometres to each outreach and assistance with fuel will not go astray. Last but not least, a very special thank you to all in the Tweed district who donated food and finances during the festive season. We will be using our new van to outreach and distribute the hampers to our friends in the area.



On 2nd December we proudly took delivery of "Our Van". The purchase of the van provided a great sense of achievement within the charity. Most of the finances were obtained through the fundraising efforts and hard work of many volunteers who sold chocolate frogs, sought donations and assisted in whatever way possible to raise the necessary finance. We now have our very own "You Have A Friend" van proudly displayed in the Tweed district as we outreach and support our friends in need.

Local schools still provide a wonderful support service. Three primary schools, St. Josephs (Tweed Heads), St. James (Banora Point) and St. Anthony's (Kingscliff) each week collect tinned food for our friend's hampers. Year 11 and 12 students from St. Josephs (Banora) and Mt. St. Patricks (Murwillumbah) regularly join us on the streets. Year 10 students at St. Josephs (Banora) support our global Make Poverty History cause. All students fulfil a wonderful role in supporting the marginalised, homeless and less fortunate people in the district.

Finally, mention must be made of the many volunteers who unselfishly give of their time. We currently have 48 active volunteers. Many rise early on a Sunday, or assist at night, or are involved in collecting supplies, cooking meals, outreaching, attend meetings, and most of all support our friends. It is such little unselfish acts that are so important in helping restore our friend's self confidence and providing them a true belief that they are loved, are special and that someone cares for them.

To our sponsors, students, locals, volunteers and friends, may God bless you and your families and I wish you all a healthy and happy 2010.

John Lee, President ~ You Have A Friend.



Chinderah Outreach is Born!

Thank you Sisters of Charity Foundation.



Early one cold, wet winter morning in 2009, I stood on the banks of the beautiful Tweed River with the majestic Mt. Warning in the distance and confirmed the rumours or "street talk" I had heard. That is, there are many invisible people in the Chinderah district of the Tweed, who desperately need assistance. Oblivious to their plight, thousands of vehicles pass each day on the M1, just a few hundred meters away. Trees and barriers shield the leaky caravans many are forced to live in. Not all the homes and caravans in this beautiful area need assistance and most Parks are well maintained and supported. But if one looks deeply, there are many with no prospect of a job. Some have very little finance with barely enough to survive from day to day. Most have no vehicles or immediate family and rely on shared transport or public transport to reach the Tweed. Many as we have found have no one to talk to and many are old and sick. It is no secret developers are only too keen to cover that beautiful stretch of the riverbank with resorts and luxury units. Should that happen - where to go then for our friends who simply now want a shelter over their heads and this they call "Home".

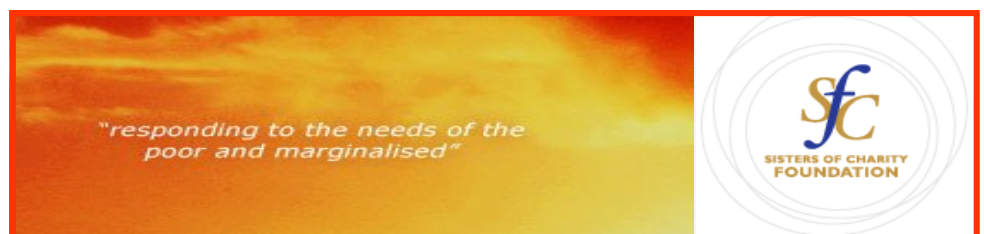
I knew then on that winter's day, "You Have A Friend" needed to immediately start a breakfast in the area. The same type of breakfast we provide our friends in Coolangatta and Murwillumbah each Sunday. It is regular meals, friendship, love and care, that does so much for those needing support. But there was a catch. Each outreach needs funding for setup and ongoing costs. We need portable gas BBQs as well as tables, cooking utensils, sauces and much more. Then there are regular ongoing costs for such things as disposable plates, cups, bowls and eating utensils. Naturally our standard breakfasts of fruit salad, cereal, sausages, eggs, toast, tea, coffee and juice also need funding each week. There are on average 20 – 40 people per breakfast each week.

Being a totally not for profit organisation, unless we provide the funding or obtain a sponsor to support us and our friends, it appeared we would not achieve this. One of our volunteers told me of a wonderful organisation who does support and sponsor just such causes - "The Sisters of Charity Foundation". I completed application forms and on 17th November 2009, to our immense delight, we were notified by the Foundation, they would fund us the full amount for the Chinderah outreach for one year. I cannot tell you the excitement amongst the volunteers of the charity.

Who is this wonderful foundation? In 1815 Mary Aikenhead founded the Sisters of Charity in Ireland. Their ministry was to serve the poor in their homes and especially those who were sick. In 1838 five Sisters came to Australia and their first ministry was to the convict women in the Female Factory at Parramatta. From these beginnings the Sisters of Charity have continued to answer the call to minister in schools, hospitals, prisons and social welfare activities in the wider community. Today with their colleagues they endeavour to respond as Mary Aikenhead did to the emerging needs of the poor and marginalised. Working in many parts of Australia and the Pacific the Sisters are committed to the alleviation of poverty, loneliness, suffering, ignorance and oppression in today's world. <http://www.sistersofcharityfoundation.com.au/>

It is almost eerie as to how aligned "You Have A Friend's" goals and aims are with those of the Foundation. On behalf of our many friends in the Chinderah caravan parks and area, as well as all our volunteers, we sincerely thank the Sisters of Charity Foundation for their wonderful support in enabling the start up and support of the Chinderah outreach in 2010.

John Lee



NEW OUTREACH STARTS!

For the past two Sundays I have spent my mornings on the banks of Chinderah looking out at the sparkling water, clear skies and the occasional eager fisherman. I've also indulged in some delicious freshly made fruit salad and have begun to make new friends. Yes, I am one of the people helping out with the new Chinderah outreach.

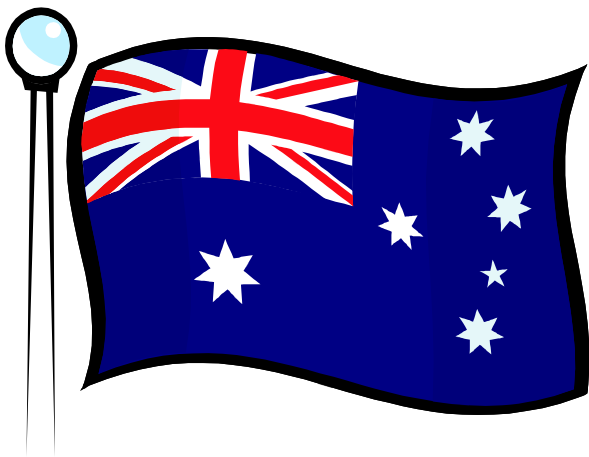
Although the Sunday morning breakfasts are very new (only two done so far) I'm surprised at the numbers we are

already getting, a dozen or so each week. The people we serve are really friendly and appreciative that we're giving them a free meal. Of course what they don't realise is that those that serve, including myself, are given so much back by their smiles and the knowledge that we can help and together make a difference. Our first week Graeme, a new vollee, had the task of kneeling while cooking due to John forgetting the legs of the BBQ, I'm hoping a photo was taken of that! Of course, it's all new and fun and exciting to be a part of a new adventure with You Have A Friend.

~ Jodie.



Australia Day at Coolangatta Outreach.



It doesn't have to be BIG to make an impact on our friends. Davina and her team proved this at Coolangatta recently WHEN Australia Day was observed at the January 24 Sunday Brekky.

The venue was decorated with Aussie Flags of various sizes when it was transformed into a sea of colour of Blue, Red and White. Aussie Flags were poked into every place possible. This set a cheerful tone for the morning and promoted a variety of conversational topics from changing the National Anthem to adding kiwis to the stars on the National Flag! I wonder who suggested that one! After the usual healthy breakfast and with a cheerful Happy Australia Day greeting our friends were

presented with two finger Lamingtons on a serviette. A great morning was had by all and it was a fitting start for our friends part in the Australia Day celebrations.

Homeless!

We cannot judge as we know not their circumstances.

I have yet to meet a person who has freely chosen to live a homeless life on the streets. A life of sleeping rough, hungry and cold, with little human contact, no job and seemingly no chance of escaping this dangerous miserable life. A vast majority of the people we support are not drug addicts, alcoholics or people with no intention of helping themselves. Family breakdown, domestic violence, gambling, lack of work, loss of self confidence and esteem are one of the worst forms of human mental destruction. And yet the answers are so simple – love, care and kindness.

Family breakdown is a major cause of homelessness and misery. It is the children who suffer the most at these times. In many cases this is the start of a life drifting from shelter to shelter, couch surfing, seedy bars or a life of crime and living on the streets. At a critical time in these children's developing lives, the true meaning of life and morals is not taught them. The harshness of a street life is an existence the majority of society shuns and frowns upon. Late at night and on the streets, there is no room for weakness. I have met boys and girls as young as 14 living rough on the streets. And what is the reason for their running from home? It is often the abuse by de facto parents or partners, marriage breakdown and separation that drives the child from the safe place they once called home. On the streets at such a tender age, children cannot legally access an adult shelter or motel. Often the authorities who locate such children simply return them home to their abuse once more. A child or young person on the streets matures and hardens quickly and in their circumstances, their belief and faith in adults, the law and religion, is very different to that held by most other children. Street life and survival is a way of life most people cannot imagine and it is only these young people's cunning and street smarts that get them through. There are always the drug pushers looking for new clients. Clients they can addict and turn into couriers, pushers or a life of prostitution. I am unable to truly imagine and describe the loneliness and fear a child experiences on the streets alone at night. Sadly though, that is often preferable to the life they are running from. Many an adult we meet living a life of loneliness started their street life in just such a way.

Domestic violence is another major cause of homelessness. Often the only choice for abused women is to take the children and whatever is at hand and flee the home. And then police and courts become involved. In many cases this is the start of a life hiding from abusive partners search for them often ignoring court orders. So begins the woman and children's life of fear and moving from place to place, sometimes sleeping in cars, on couches in barns or sheds. If in their flight from the violence, leases are broken, or accommodation destroyed, it is often the woman and children who are then no longer eligible for rental accommodation. At such times mothers stand a good chance of losing their children to the authorities. To avoid sibling confiscation mothers may start a life on the run and one of lies, constantly moving and abandoning welfare payments to remain anonymous.

Gambling addiction is a major cause of misery and homelessness. Billions of dollars in taxes are raised from the gambling society and it is not in government's interest to halt this devastating form of abuse. For many lonely men and women poker machines, horse racing, sporting events and so forth are simply a means of escaping their sad and lonely lives. Soon they are addicted and it is not long before housekeeping money and jobs are lost. Many on the streets have lost everything through gambling. Homes, families, jobs, cars and now they live from dole check to dole check sleeping under bridges and buildings. No support, no one to talk to except the beckoning from the clubs and casinos who welcome them day and night as their dole checks disappear down the slots. Often this is the only means of escaping the weather, to get a cheap meal



and perhaps a little company while they wait for the day to pass. It is not just clubs and casinos that beckon gamblers. All major television sports display regular betting odds enticing betting on results. It is so simple to open a telephone account linking it to a credit card or bank account and then betting directly from one's lounge, while watching television. While underage children are not permitted into casinos and clubs, watching parents betting from their lounge and even in some cases doing so themselves, is quite acceptable by governments and authorities. Is this not teaching children it is perfectly natural to gamble on sporting events with no regard to the consequences - until it is too late?

Obtaining a unit for many on the breadline is not easy. Most rental accommodation in the Tweed district is above the cost of the dole. If one is lucky to obtain accommodation, hundreds of dollars must be paid in advance for the bond and rent. For many, this is simply not possible. A choice is to share with others who may not always be best of character or accept a life on the streets until they obtain a job. Obtaining work without accommodation is almost impossible. It is a fact, many jobs are well sought after and with no permanent address, you will remain unemployed. Sadly though, if one does not have a job, often real estate agents will not rent you accommodation.

Without accommodation, transport, work, family, money, food and failing health, eventually some question the need to continue this life of misery. In their loneliness and isolation, often it is alcohol or drugs which removes the pain and despair for a time. Alcoholism (dipsomania) is a genetic disease affecting one in seven people. It is not discriminatory and affects men and women from all walks of life, doctors, religious, popes, lawyers, labourers etc. It is also a medical fact many children are born addicted to drugs. During pregnancy, their mothers may have inadvertently been the cause through the use of medically prescribed or illegal drugs.

There is hope in the Tweed District. We cannot fix all problems and never will. The loss of one's self esteem, hope, confidence and living with constant hunger is one of the saddest forms of human misery known. Simply to know someone loves and cares for your wellbeing is often the start of a wonderful relationship and the means back to society. Our volunteers, suppliers, students and so many people in the Tweed district have such caring hearts. It is these caring and loving people who help in many ways to form the trust so necessary in guiding our friends back into society. As my wonderful father always said, "There but for the grace of God, go I". We cannot judge others as we simply do not know their circumstance and may never know it.

Just be there for them and know we are all part of God's Great Plan.

END HOMELESSNESS

Saint Theresa's Prayer

May today there be peace within.

May you trust God that you are exactly where you
are meant to be..

May you not forget the infinite possibilities
that are born of faith.

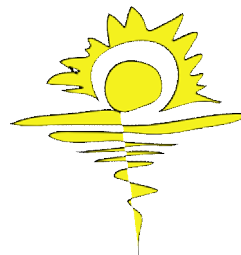
May you use those gifts that
you have received, and pass on the love
that has been given to you.

May you be content knowing
you are a child of God..

Let this presence settle into your bones,
and allow your soul the freedom to sing,

Dance, praise and love.

It is there for each and every one of us.



People Like You make the World a Beautiful Place

It's been said that life is
like a garden,

Every small work of
kindness and every

thoughtful gesture is like a tiny seed,
and when you plant these seeds,
wonderful things can happen.

Smiles appear, dreams blossom,
and love takes root and grows.

Before you know it,
happiness is all around you.

It takes a lot of care and effort
to tend the garden of life,

but you're one of those people
who have a special gift for it.

Hold on to that gift,
because people like you make the world
a more beautiful place.

YOU HAVE A FRIEND INC

Always busy, we caught up with a few of 'You Have a Friends' young supporters to see what they have been up to over the Christmas break.

'You Have a Friend' supporter Ben has had some successful results for Rowing recently. Ben won the under 16 division in single sculls, and placed 3rd with his team-mate Joel in the U/16 double sculls in the Qld State Titles held in Bundaberg just before Christmas.

Over the past weekend Ben competed in the Northern Rivers Age Championships which were held in Grafton ~ he won the under 17 single scull division, and again with his team-mate Joel won the U/17 double scull.

Ben heads off to compete in the Australian Rowing Championships at Lake Nagambie in Victoria from the 1st ~ 7th March where he will compete for the Australian U/17 title, he and Joel will also compete for the U/17 double scull title. Ben plans to add www.youhaveafriend.org.au to his boat to help raise awareness of homelessness in our area.

The training schedule is hectic, with 8 sessions per week and a 55 km bike ride on a Saturday morning just to mix things up abit!

Over the Christmas he had a well earned break which gave him a chance to come and help out at one of our Murwillumbah brekkies, where he has a few good supporters, in particular one of our brekkie friends Kev gives him some great diet and exercise tips to help keep him in winning form, **GO BEN!**



'You Have a Friend' reporter and brekkie helper Emma ~ over the break has been working part time, and taken a trip down near Sydney, where she was lucky enough to visit a major reptile park after having completed a course in Hepetology (Reptile handling) ~ she has now decided that when she completes year 12 this year a career working with reptiles is where she wants to go! Emma has just started her collection with a Diamond Python (named Avris) and is in the process of getting a Ridge Tailed Monitor ~ who will be named Gomez! So definitely her house has become an interesting place!

The friends on the street are not far from Emma's thoughts, and she often catches up with a few familiar people out and about. This year her Year 12 major for Society and Culture will be a study on Homelessness and in particular the Tweed District, so we will look forward to seeing what she learns during this research. (Pictured is Emma with a Diamond Python)



"To be depressed is to be lonely; to have a friend is to be happy..."

Jillian Roberts Award

Jillian Roberts is a student from Mount St. Patrick's College in Murwillumbah. For the last two years she has been closely involved with our Student Street Outreach at Murwillumbah. Each Tuesday night students and teachers assist us in providing food, drinks, love and friendship to our friends in Murwillumbah. Jillian has now completed her high school and will attend University of Queensland studying Arts and Science. In 2009, Jillian received "The Best All Round Student" Award at her school. She entered a Caltex national writing competition. If she won, she received a \$1000 award for her selected charity. Below is her winning essay and we sincerely thank you Jillian for choosing "You Have A Friend" and writing of your experiences with us. We all wish you the very best for your future and when in Murwillumbah, please join us again. You will always know where we are.



We All Need A Friend.

We have all heard the saying 'do not judge a book by its cover'. Yet we as humans do it every day. It is a simple survival instinct preventing us from ending up in unfavourable and dangerous situations by avoiding the dark alley, as well as letting us seek those things that we find most attractive at first glance, ultimately to find pleasure through reading that great book.

However this 'instinct' has resulted in humans becoming a very judgemental population. Unfortunately this can negatively affect minority groups and the underprivileged in the community as we are brought up prejudiced against these people forming judgments from preconceived ideas before ever really getting to know anything about them. Few people could say they have walked past a homeless person without doing exactly this.

The first time I volunteered for 'You Have a Friend' I was incredibly nervous. I knew very little about the people who lived on the streets, how was I meant to relate to someone with such a different life to myself? However volunteering immediately caused a dramatic change in this attitude. These people are just like you and I, only through some unfortunate circumstance they do not have a place to live. Some of the smartest people I know live on the streets teaching me so much, from the names of constellations and how to cut diamonds as well as to feel compassion and see the simple

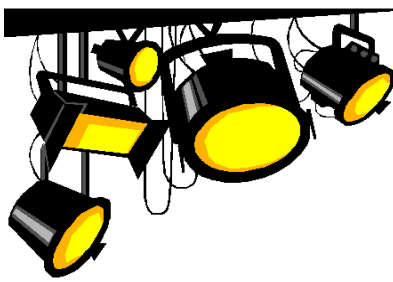
pleasures in life. In today's climate we know more and think less however making these new friends challenges us to really think about how we judge those around us, how good we have it and how small acts of kindness can really change someone's life.

'You Have a Friend' has really opened my eyes and allowed me to see society in an extremely different light. I now see people on the street and feel only empathy and loss rather than resentment. There are always so many sides to a story. One honest mistake can set bright people out on the street. While some people never are given the opportunity to make mistakes and are victims of circumstance from birth.

'You Have a Friend' provides clothing, food, coffee and tea and other basic services and necessities for homeless people in the community. Similarly love and support is given to the marginalised of society so that they feel valued. We currently offer these services from our outreach centres and street outreaches, however to further our support of the marginalised and homeless 'You Have a Friend' is trying to buy a van to allow for service in more rural areas. 'You Have a Friend' is a not for profit organisation relying solely on donations and fundraising and whilst over half of the money for a van was raised in 2009, a \$1000 sponsorship would bring us so much closer to this goal leading to a greater assistance of those in need in country areas. Everyone could use a friend.

"A Friend is someone who knows all about you and loves you anyway!!!"

From back storeroom to Centre Stage



It all started last year when I was asked to lead a team for

Sunday Breakfast in Coolangatta.

Wow! I didn't really know what I was doing or how I should go about doing it. So I started by making a list of everything that needs to be taken out for a brekkie. I made the list from the stores which were all crammed into the back storeroom of the church hall.

I have to admit I remember being very nervous on those early Sunday mornings as there was a lot to remember and I didn't want to forget anything. Anyway, Peter and Garry were very supportive and said they thought that the breakfast went very well. And so I was encouraged.

One more Sunday of lists, stress and strain and my 'creative' mind kicked in. After that there was no stopping me.

More lists and labels –

The caddies started to get colour coded and labeled. Lists of contents appeared on the food boxes. The clothes were sorted, bagged and very clearly marked. Then Lo and behold! Robert (the very generous parish General Assistant) and his helpers Mitchell & Ben moved us from the cluttered back storeroom to the very spacious Centre Stage! Now there is a place for everything, and access to all resources, supplies and donations is very easy indeed.

In a phrase – We have gone from Sunday morning 'nightmare' to Sunday morning bliss!

HOW CHOCCHIE FROGS BROUGHT A VAN!

Who could have imagined that a simple suggestion of running a fundraiser through a Cadbury chocolate frog drive could result in a few thousand dollars of profit? Well! That's what happened! It was nearly enough to completely fund YHAF's first van!



Dorothy coordinated the fundraiser. No one was safe within her radar. Everyone within cooey was asked to sell (or buy) the chocolates and we all know that chocolates sell themselves, so they disappeared like the proverbial 'hot cakes'! The chocolate drive lasted about seven months and raised over \$3000, making the van purchase possible. What a great result!

Our thanks to everyone involved: the deliverers; the collectors; the sellers and the buyers which included college students, churchgoers, volunteers and local businesses selling the chocolates over the counter.

If you don't feel you have been a part of this profitable fundraiser, don't worry. As soon as the weather cools, the chocolate drive will start again and will last until October or November when the weather warms up again.



This is it!



Thursdays at Murwillumbah!

Our BBQ on Thursdays at the Community Centre, Knox Park, Murwillumbah has been fortunate to have the ever presence of an English gentleman who has become the backbone of the "cooking brigade". John Stevens has been the regular team member of YHAF Thursday BBQ for these past 9 months. He is fastidious with his sausage impaling and turning; his onion tossing and caramelising: and his decisive apportioning of the fare to our patrons ..."say 'thank you' Dave". He has learnt to hide the cooking oil from Tamanegi (onion) Phil whose liberal oil inundation of the sweet potato, potato and aubergine has gained notoriety. Norm has christened him "The Sheik". John, having just had his 88th birthday, recounts quite vividly of a two weeks' past Thursday (4/2) when a certain blow-in "helper"!!!!???? from Tweed Heads' way funnily also known as John began his 'assisting' role at the BBQ "not with a bang(er) but with a whimper" (apologies to T.S.Eliot). It seems that the "helper" cannot help to socialise so much so that the BBQ-ing pales into insignificance. Gentleman John does concede that "helper" John did offer to put the BBQ away at the end of lunch!!!. Of course he was overjoyed with the offer after sweating alone over the hotplate. Nonetheless, it is important for the patrons to have such a willing and empathetic ear.



Tamanegi Phil still brings his acid repartee to the proceedings and when absent dull conversation reigns. But then we have Margaret to revive our drooping spirits with her inimitable charm and willingness to get stuck into the work whether slicing, grating or preparing the fruit bowls. Dave

"will you be there?" still is maintaining his healthy appetite always with the proviso "nothing too spicy now". Vicki still presents a "saucily" adorned slice of bread ready to welcome the chicken schnitzel or snag.

Janine is our latest vollie and performs the preparation tasks and chatting with aplomb. Our "old" hands Ursula and Barbara continue to maintain their empathetic approach to all patrons catering not only to their gastronomic needs but also to their emotional and communicative requirements as well. Norm and Mary are on long service leave on Thailand for 7 weeks- no doubt doing some cropping in the Golden Triangle.

One must mention the assistance that Colleen (of the Community Centre) provides. Her charm and cheerful manner add warmth to our tasks.

PS. Even though he is master at being able to "bucket" us hard workers who sweat and toil in the sun cooking and preparing meals, mention should be made of the wonderful work our Chris does. He is always there if not working and collects rolls on Tuesday nights to help make the BBQ such a great time. Thank you Chris for all you do.

Tribute to Mick

On the night of 15th December 2009, one of our friends, Mick (early 40s) passed away in Murwillumbah. He died with his partner Kim alongside him. I will always remember the love the two had for each other. Two souls struggling with lives many do not understand and judge harshly. It will always be a privilege to know I spent Mick's last few hours with him and Kim on the streets of Murwillumbah at our outreach, chatting and laughing, sharing a cuppa and sending them on their way back to their "street home" with blankets and food. May God Bless and keep you Mick and may God guide Kim on her journey here on earth until the day you are once more united. ~ John

Our Christmas ~ 2009



Christmas is one of our major events and Christmas 2009 was certainly no exception. This year we funded our own Christmas lunches with donations of food items which allowed us to present to all who attended our Christmas lunches, beautifully packed and presented hampers. On 13th December, we held our Murwillumbah Christmas Lunch at the local Murwillumbah Community Centre and thank Wendy and her staff for providing the location. This was a great turnout with over 60 meals provided to our friends and families from the area. Our Coolangatta Christmas Lunch was held a week later and once more over 50 people attended. One of the memorable moments was the visit from the thinnest Santa in the world. Either that or Mrs Clause has him on a wonderful diet. Although our Chinderah outreach had not officially stated, we did provide 28 hampers for people who now regularly attend our Chinderah outreach. This so brightened their season as none of those people expected anything by way of the wonderfully prepared Christmas hampers. Our Christmas hampers need mention in that they were lovingly packed by many of our volunteers who spent time making sure everything was beautifully wrapped and sealed. The wonderful students at St. Joseph's College, not only provided many items for the hampers, but handmade Christmas cards which gave so much pleasure to each person who received one. All in all, our Christmases were a wonderful and memorable occasion with many volunteers, students, locals and suppliers supporting us in many ways and we know our friends greatly appreciated your efforts.

**Brisbane Star
Cruises**

On the 20th December, our most loyal sponsor the Brisbane Star Cruises provided our wonderful volunteers and their families a most memorable three hour cruise around the city of Brisbane. We hired a bus for travel from Tweed Heads and the 50 plus volunteers and family just kicked back cruising the Brisbane River. Thank you Darren, Sally and Dale from the Brisbane Star Cruises who gave us a wonderful time and a great way to start our Christmas break.

YHAF at Tweed Heads Court

We have been very busy this year at the Court outreach, making innumerable cups of tea and coffee and selling our sandwiches, chocolates and soft drinks. We have been happy to finish our 'shift' at 1pm as the court has had so much to do that the officials have been continuing until 6 or 7pm! We have restructured many of our operations and procedures over the last few months and watch for a far more active "court outreach" soon. Thanks to the many ideas Lorraine has and her now running the courts for us, I know we are in great hands.

We also sadly say farewell to Nancy Forster who has been a stalwart on many Tuesdays for more than a year. Nancy is moving closer to her family and will be missed by many voluntary organisations and people here on the Tweed. Many thanks, Nancy, for your valuable contribution to YHAF, and best wishes for the future. Welcome to Val and Helen who will take over Tuesdays this year.

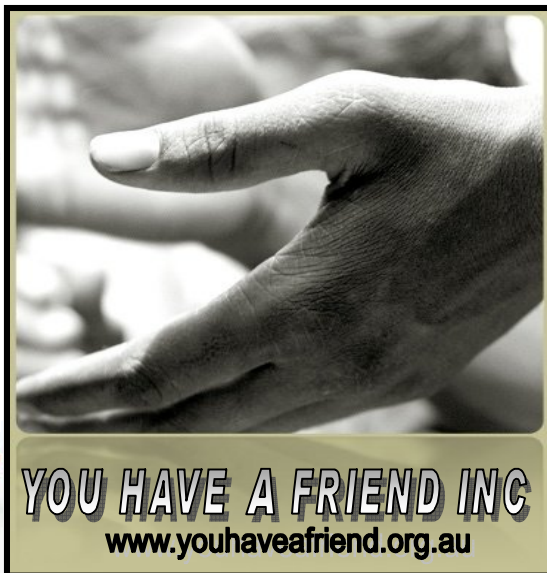


Thanks Nancy from all at "You Have A Friend" for your dedication and support.

2008 - 2010

Thank you for supporting

YOU HAVE A FRIEND INC



Thank you
for your support!

St Joseph's Parish
Thomson & Frances St
Tweed Heads
Ph: 0755367522

St Joseph's College
Ph: 07 55249002

St Joseph's Primary
Ph: 07 55362519

St James Primary
Ph: 07 55249404

St Anthony's Primary
Ph: 02 66741368

Mt St Patrick College
Ph: 02 66722340



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"



I would like to support 'You Have A Friend' with a donation.



NAME: _____

ADDRESS: _____

Please post donations to ~ P.O.Box 637, Tweed Heads, NSW 2485
(A Tax Receipt will be forwarded to you)

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

Brisbane Star Cruises



Thank you to our Sponsors for your loyal support

Coolangatta/Tweed Sponsors

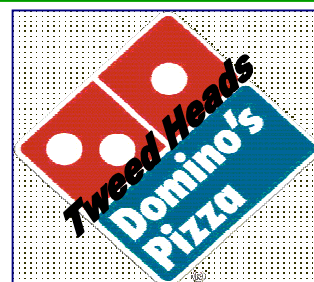
Coolangatta Pies - Coolangatta
Dominoes Pizzas – Sth Tweed Hds
Milt Crompton Butchery –
The Muffin Break - Coolangatta
FDB'S Tweed Heads

Murwillumbah Sponsors

The Fruit Barn -Tweed Valley Way
Vijay Lashand's Fruit Stall
Tweed Valley Way
Southern Cross Meats
A & B's Butchery
Jim Grant's Butchery
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Spar Supermarket
Tweed Fruit Exchange
Austral Cafe
Murwillumbah Bakery

Other Major Sponsors

Brisbane Star Cruises
Sisters of Charity Foundation,
Department of Families, Housing, Community Services and Indigenous Affairs
Murwillumbah Central Rotary Club
Rotary Club of Murwillumbah
Rotary Club of Mt Warning AM
Soroptimist International



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

"You Have A Friend Inc." Deductible Gift Recipient Status.

Bank Details: Suncorp Metway ~ Account Name: Fundraising Account

Branch: Tweed Heads Bank Detail: BSB 484799,

Account No: 029894926

You Have a Friend

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

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