

BOWRAVILLE COMMUNITY NEWS



The Bowraville Community News is produced by
the Bowraville Technology Centre
and printed by Bowraville Central School



OCTOBER 2014 - ISSUE 123

FREE

CIRCULATION 300

POSTCODE 2449

Carers Week 2014

12th October to 18th October

Carers Week 2014 is a national celebration of the 2.7 million (12% of the population) unpaid carers in our community who care for a family member or friend. Carers are the cornerstone of Australia's mental health, aged, disability and palliative care systems. Their amazing effort is collectively worth around \$40 billion.

Carers are people who **provide unpaid care and support to family members and friends** who have a disability, mental illness, chronic condition, terminal illness, an alcohol or other drug related issue or who are frail aged. Carers can be husbands, wives, children, friends, grandparents, employers or employees. There are **well over 300,000 carers aged under 24 years in Australia**. Chances are you personally are a carer, need a carer or know a carer.

There are many people in Australia who provide care and do not recognise themselves as carers. This means that these people are not currently accessing the services and supports that are available to them. Raising awareness of carers and carer issues is therefore paramount.

Anyone at any time can become a carer. Carers Week is an opportunity to educate and raise awareness among all Australians about the diversity of carers and their caring roles. Carers make an enormous contribution to our communities as well as our national economy.

Carers are an integral part of Australia's health system and are the foundation of our aged, disability, palliative and community care systems. Caring may include help and support in any of the daily activities of the person being cared for. It may include physical and personal care and assistance such as dressing, lifting, showering, feeding or providing transport. Commonly, carers are responsible for the management of medications. Carers provide emotional, social or financial support. Caring may also involve helping the person they are caring for to be organised, reminding them to attend appointments and dealing with emergencies.

Carers come from all walks of life and cultural backgrounds, and provide care for a variety of reasons. Even some of the most famous people in history have been carers - **Albert Einstein** cared for his wife Elsa; **Queen Victoria** juggled ruling a Commonwealth and caring for her chronically ill husband, Albert (though being a queen she probably had more help than most carers). **Eleanor Roosevelt** cared for her husband, US President Franklin D. Roosevelt when he became ill and paralysed from the waist down; poet **Emily Dickinson** had a life which was far from glamorous - in her early 20s she became her mother's carer when she became chronically ill and unable to move from her bed, Emily rarely left the house and she was a carer for some 30 years.

Caring can happen to anyone, at any time. Chances are that you or someone you know is a carer, or will be one day.

There is a Carers Association in every state and territory which offers services and supports for the diversity of carers in Australia. More on page 18.



BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 300 COPIES

Newsletter is also available online at:
www.bowraville.nsw.au/bowraville-newsletter

STANDARD ADVERTISING CHARGES:

Bowraville Community News is produced every month, except January. Annual subscriptions includes 11 issues.

90 x 90mm (1/6 page)	\$6 issue/\$60 year
90 x 180mm (1/3 page)	\$10 issue/\$100 year
Half page (or 1 column)	\$15 issue/\$150 year
Full page (or back cover)	\$20 issue/\$200 year
BTC develop advertisement	\$5 as required.

DEADLINE for copy for the **NOVEMBER** issue IS:

5:00PM

21st OCTOBER 2014

All contributions and advertisements for the next issue of the Bowraville Community News are due:

by e-mail, fax or hand in at the front counter at:

BOWRAVILLE TECHNOLOGY CENTRE
39 High Street, Bowraville NSW 2449
Telephone: 6564 7420
Facsimile: 6564 7520
E-mail: admin@bctc.com.au

DISCLAIMER

Bowraville Community News reserves the right to alter, omit or change classifications and advertisements — Furthermore, the Bowraville Community News does not endorse or promote products or services contained in the newsletter.

While every care is exercised, the views and or opinions expressed in this newsletter within editorial articles do not necessarily represent the views and or opinions of the Bowraville Technology Centre or any other organisation associated with the production of the Bowraville Community News.

Bowraville Technology Centre

Open 9.30am to 4.00pm

Weekdays

Internet Services

Is available at the BTC on our computers, your laptop, tablet or smart phone. Printing is extra and cost depends on the amount of pages printed.

- ◆ Ten Minutes — \$1.00
- ◆ One Hour — \$5.00
- ◆ All day High Users Pass — \$15.00

Photocopying Services — We are now able to photocopy/print in A3 colour, print large banners.

Facility Hire

Main Computer Room — Up to 6 computers plus trainer's computer or access port for laptop or another PC. Data projector (if required) - connected to trainer's PC. Whiteboard (if required). High speed internet access -8mb ADSL. Full HD TV connected to network.

Per hour - \$20.00. Half day (4 hours) - \$60.00

Full day up to 8 hours - \$100.00

Small office or Computer Room — Includes high speed internet access and access to up to 2 computers.

Per hour - \$7.50. Half day (4 hours) - \$25.00.

Full day - up to 8 hours \$40.00.

Other costs — As per standard rates for printing - 20c per A4 page black and white, other options available.

Tea/Coffee \$2.50 - per person/day or part thereof.

Bowraville Technology Centre

Now offers access to

Mac as well as PCs

Full Adobe Suite - Photoshop and Dreamweaver on both

Mac and Windows platforms.

We also have Windows 8 - FREE 10 Min. Trial

Bowraville Technology Centre

39 High St, Bowraville Ph. 02 6564 7420

Open 9.30 to 4pm Weekdays

Email: admin@bctc.com.au

- Centrelink Access Point
 - Computer Training ■ Internet Access
 - Equipment Hire ■ Media Sales
 - Photocopying
 - Laminating ■ Photo Printing
 - Music Conversion to CD Format
- Volunteers Welcome*

Bowraville and District Garden Club

Members travelled to the Zone Day in August and guest speaker Elizabeth Swane gave her best tips for gardeners:-

- Always prepare your soil before you buy a plant
- If potting only use the best potting mix
- Mulch, never more than 2 inches
- Water plants less
- Do your homework. Look around and see what grows best in your locality
- Use your local nurseries and ask for advice if needed

Our September meeting saw us admiring Barbara Well's lovely garden. All were impressed with her healthy roses. Pat Hillery shared some plant wisdom from her little book about "Extraordinary Uses for Every Day Things"

Three that I am using are:-

1. Put ash around Hydrangeas;
2. Used tea bags placed over drainage layer when potting up and
3. Spray bird droppings on outside furniture with full strength apple cider vinegar. More next month.

October will see us travel to Nambucca to the home of Elizabeth Irvine on the usual 2nd Saturday of the month. Bring a mug, chair and your lunch as after the meeting we will visit the nursery and have a picnic. Contact number 65647039.

Bowraville United Hospital Auxiliary (UHA)

October will be a busy month for our members with street stalls on Wednesday 15th to Friday 17th then over to the Recreation Club on Saturday for our annual Sports Day. Please show your support by buying a raffle ticket or by a donation and participating in bowls or golf. All funds purchase equipment for Macksville Hospital. Café volunteers will attend the WH&S workshop on 7th and the final Café meeting for 2014 on Friday 17th October - both at the chapel commencing at 10am. Treasurer Dee's home is the venue for our next fund raiser

which will be a Melbourne Cup Day with entertainment, games, sweeps, raffles, trading table and a luncheon commencing at midday. A Melbourne Cup Ladies Day is not complete without a hat competition but these have to come from an Op Shop!

Bowraville Film Society

Our postponed AGM was held in September, with results next edition. We have been in operation since the theatre opened. Originally films were shown in the foyer and screened onto the wall. When we became more formal Lisa Milner was the president for 5 years, followed by our present president, Cindy Malsem (also of 5 years) who is leaving the district. Thank you Cindy for your enthusiasm and leadership. October will see us enjoying a 2012 French film, 'Therese Desqueyrou.'

Bowraville Recreation Club

Hottest news from the Rec Club is the introduction of our chef Charmaine who has come with a lot of new ideas. There is a self-service bar when Charmaine is not in the club. In a cosy corner there is a lounge with TV and toys, just great for the children. In addition to the usual Midday Bistro and Friday Night Dinners you can now have a variety of breakfast meals on a Sunday. Charmaine will also cater for private events.

On the sporting field women golfers have had a great season. Due to lack of players the first match was forfeited but they have won every game up to the last match which was lost and the comp ended in a draw and necessitated a play-off which unfortunately we lost on the last hole. Congratulations to all our pennant players.

Men golfers completed their championships with the A Grade winner being Gary Nugent, B Grade winner was Brian Flint and C Grade was Mike Oldham.

Men bowlers continue with their various championships. Hopefully all our golfers and bowlers will participate in the Macksville Hospital Sports Day.

Uniting Church Op Shop

Over the past couple of weeks our Op Shop, at the far end of George Street, Bowraville has really come alive. We welcome a group of new volunteers who are working hard to revamp the shop.

With the extra help we will be able to open Tuesday, Wednesday and Thursday from 9am to 3pm.

Volunteers are welcome so if you have a few hours to spare just call at the Op Shop and put your name on the roster.

Furniture and all donations are greatly appreciated. If you require furniture to be collected contact Jim Wilson on 6564 7670 or 0416 631 627 or Mavis Ward on 6569 6137

Join the Bowraville Film Society

The Bowraville Theatre's Film Society is a sub-group of the Bowraville Arts Council (BAC) and for membership of both the BAC and the Film Society

BOWRAVILLE PHARMACY

31 HIGH ST BOWRAVILLE

PH: 6564 7925

FAX: 6564 7364

Monday to Friday 8.45am - 5.30pm

Saturday 8.45am - 12 noon

Prescriptions and Professional Advice
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Pharmacist

KERRIE SAVINS



Weekly Activities

MONDAY

ZUMBA 6 P.M. GRANTS HALL ALL WELCOME
SQUASH 6pm at Recreation Club.
DANCING 4pm at Bowraville Recreation Club
SENIOR CITIZENS 10.30am meeting every third Monday of the month at the Coachhouse Inn.
FREE POKER 5pm at Bowraville Recreation Club

TUESDAY

BUSH LEADLIGHT WORKSHOPS 10am-12noon
Cost 5 per person. Contact Deb Selby 6564-7033
AL-ANON 10.30 am at Catholic Church, Nambucca,
WEEKLY RELAXATION AND MEDITATION
8.30am-9.30am Bowraville Healthcare Centre
CAROomba DANCE FITNESS 1.30 Bowraville Recreation Club
FREE POKER 6.30PM registration
BINGO 11am Bowraville Recreation Club
TABLE TENNIS 6pm at Grants Hall

WEDNESDAY

ZUMBA 110.00 a.m. Grants Hall all welcome
BOWLS, Ladies 10am at Bowraville Recreation Club
AL-ANON 7.30pm at Macksville Neighborhood Centre
YOGA 10am at Missabotti Hall
MEAT RAFFLE DRAW 6.30PM pm Bowraville Ex Services Club



THURSDAY

COMMUNITY GARDENS 9am to 1pm Gardening Q&A, swap contact Greg Field 0448869545
PLAYGROUPO at Bowraville Central School 10 am—1 pm
Contact Steven Hayes 65648737
WALK-A-BLOCK 9am at the Bank, Ph. 6564 7677.
GOLF Ladies 18 Hole, 9am at Recreation Club
BINGO 11am, FREE POOL 6.00pm to close at Bowraville Ex-Services Club
BOWLS 1pm Men's Social at Bowraville Recreation Club
DARTS 7pm Social at Bowraville Ex Services Club

FRIDAY

POTTERY at Phoenix Pottery Studio, 9.30am -3pm. Contact Judi Belbin on 6568 9105.
RAFFLE & MEMBER DRAW 6.30PM at Bowraville Ex Services Club
NGARRWA HEALTHY FAMILIES GROUP 10am -2.30pm
Contact: Jo Davidson 0419 634 842
FRIDAY RAFFLE and MEMBERS DRAW Bowraville Recreation Club plus Bistro
LIGHTNING PAIRS BOWLS 6pm, November to April
Bowraville Recreation Club



SATURDAY

GOLF Men's 9am at Recreation Club
BOWRA COUNTRY MARKETS 8am – Noon Bowraville Community Centre, Call Jim 65647670 2nd and 4th Saturdays every month
BOWLS 1.30pm Mixed Social at Recreation Club.
FREE POKER 2pm Bowraville Recreation Club

SUNDAY

EUCHRE 1st, 3rd, 5th Sunday 10am at Bowraville Ex Services Club
AL-ANON 8 pm Salvation Army Macksville



TECHNO CLUB OPEN TO EVERYONE

The **Techno Club** is open to anyone who would like to learn more about technology – computers/internet, mobile phones, emailing, social media, using digital photography in conjunction with computers, assistance with using your home computer, ipads, tablets, etc.

The **Techno Club**, run by Mark, holds a workshop on Thursdays from 10.30am to 11.30am. The workshop costs \$5 for the hour but students are very welcome to stay on and practice their new skills at our usual low rates.

We are open to your ideas and interests.

Come in and let us know what you want to learn, then enjoy your class in a relaxed setting and surprise yourself and your friends with your newfound Techno confidence.



You can also ring the BTC on

Special offer to community groups

Save on paper and ink!
Email your poster and we will place it on our big screen TV for only \$1.00.
Your poster will remain on the big screen until your event or promotion has finished.

Continued from Page 3

you have the option of viewing 15 foreign and art house films for no further cost. For Film Society screenings see Page 7.

Friends of Grassy Park

Every Friday the Friends of Grassy Park meet at 7am to water and weed the newly planted shrubs that will beautify the park. The more waterers and weeders the merrier. Enquiries to 6564 7908.

C3 Food Hub at Nambucca Heads

Helping you put a meal on your table. Anyone holding a Health Care Card or Pension Card can access this service. From 10am to 12pm a selection of non perishable food products will be on sale as well as other items found on the shopping list. All perishables such as bread, vegies and fruit are free. There is a wide selection from which to choose and this will vary each week. Access Fee: \$10 for 11 items; \$20 for 22 items. Contact 6568-1647.

Gold Coin Donation Class

On Wednesdays from 5pm til 6pm you can enjoy Pilates with Sally (6568 2185) at the Anglican Church Hall, opposite the High School. Sponsored by Dr Guard at Bowraville Health Care.

Playgroup at Tallowood Steiner School

Tallowood Playgroup is held every Friday (except in school holidays) from 9am to 11am. Based on Rudolf Steiner's values including early childhood stages of readiness, parent support and an environmentally sustainable foundation.

Inside play-space is designed for imaginative play without over-stimulation and outdoor play is designed to create group play and encourage appreciation of natural settings. For more information ring the school on (02)6564-7224, speak to Camilla on 0438 868 742 or come along to Tallowood School at 220 Bellingen Road, Bowraville.

Bowraville Playgroup

Located at Bowraville Central School the Bowraville Playgroup meets every Thursday from 10am to 1pm and is open to all parents and carers with children aged 0 and 5 years.

We engage in fun activities in a safe, family environment. Activities include craft, painting, dancing, bread-making and free play. For more information, contact Stephen Hayes on 6564 8737 or Danielle Ryan on 6564 8619.

If you have something **HAPPENING IN BOWRA** that you want others to know about, send an email to:
admin@bctc.com.au

BOWRAVILLE HEALTHCARE CENTRE

Dr Edwina Guard MBChB BSc FRACGP

29a High Street Bowraville

Ph: 6564 7555 Fax: 6564 7505

Email: edwinaguard@yahoo.com.au

Surgery Hours

Mon to Thurs 9am – 6pm

Fri 9am – 4pm

Sat by Appointment

Laverty Pathology

Mon to Fri 9am – 1pm

Psychologists by Appt

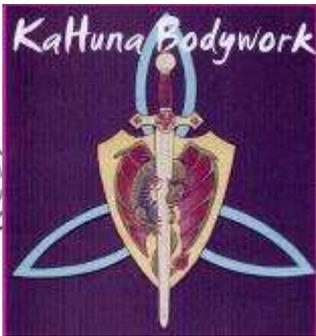
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4/11

4/11

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Ann Caldwell
Mob: 0412 248 044

SECRETARY
Mark Scott
Mob: 0428 527 545

Email: bli-
on34@yahoo.com.au

PO Box 23
Bowraville NSW 2449

4/11

Local Classifieds

PHONE: 6564 7420

Classifieds cost ~ \$3 per 20 words or less.

FOR SALE

ROUND BALES OF MULCH HAY. Pick up only - \$50 each. Contact Colin 0419 492 540.

PUBLIC NOTICE

THE GARAGE SALE TRAIL

SATURDAY, OCTOBER 25TH

MidCoast Waste Services is proud to be part of the **Garage Sale Trail** on 25th October. The Garage Sale Trail is a national program about sustainability, community and creativity. By organising communities around Australia to hold garage sales on the same day we aim to promote reuse, reduce waste to landfill, enable new neighbourly connections, provide a platform for fundraising, inspire creativity and stimulate local economies.

Midcoast Waste encourage people to take the opportunity to declutter remembering that 'one person's trash is...

See Page 16 for more information.

DEADLINE FOR OCTOBER ISSUE:

All contributions and advertising, including the Local Classifieds, must be received before the deadline closes at:
5PM, 21st OCTOBER, 2014.

Bowraville & District Ex-Services Club 6564-7304



Takeaway available
Lunch - Wednesday to Sunday
from 12noon to 2pm

Dinner - Tuesday to Sunday
from 5.00pm to 8.30pm

6564-8898



HAPPY HOUR Monday & Tuesday 5-6pm

All Schooners \$3.50 Thursday 5-8pm

POOL TABLE \$1 per game



4/11

Bowraville Folk Museum

High Street, Bowraville

Phone/Fax: 6564-8200

MONDAY-FRIDAY 10am-3pm

WEEKENDS 10am-1pm

PUBLIC HOLIDAYS 10am-3pm

email: bowravillefolkmuseum@gmail.com
twitter.com/bowravillefolk

~ Groups by appointment ~

4/11

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OCTOBER PROGRAMMING at the

BOWRAVILLE THEATRE

Saturday 4th October at 2pm - The Valley Performers will present a comedy by Michael and Susan Parker and directed by Ruth Stuart. Entitled 'Sin, Sex and the CIA', it's steamy, fiery and riotous. If you have visited previous productions you'll know you're in for a treat. Show commences at 2pm, doors open at 1pm and Cafe will be open.

Saturday 4th October at 7.30pm - The Valley Performers will repeat their presentation of this very funny play so you have the chance of enjoying this at a time suitable to yourself. If you can't make either of these shows you have another chance the following day.

Sunday 5th October at 2pm - The Valley Performers will repeat their presentation of 'Sin, Sex and the CIA'. Doors will open one hour before each show and tickets can be obtained at the Theatre Box Office \$20 and \$15 concession. To book in advance visit www.tickethost.com.au or you can purchase tickets at Scotts Head Liquor Store, Mad Hatter's Tea Garden, Bowraville, Matilda Street Gallery, Macksville, Helloworld Travel in Nambucca Heads.

Friday, Saturday and Sunday 17th, 18th and 19th October at 7.30pm - At the Nambucca Entertainment Centre the Valley Performers will again perform 'Sin, Sex and the CIA'.

Entry is still \$20 and concession \$15. And tickets are available at the outlets shown above. Doors will open one hour before the show and a complimentary glass of wine with cheese will be served 20 minutes prior to curtain.

Saturday 18th October at 2pm - The Bowraville Theatre will again be showing our old Westerns, starting with a Superman Adventure called 'Magnetic Telescope', followed by an episode of 'Sergeant Preston of the Yukon', called 'Goneaway Creek', then 'Trapped' - the 10th episode of 'Zorro'. After a short interval the main feature we have is 'Trailing Double Trouble', the second film in the 'Range Busters' series, starring Ray Corrigan, John King and Max Tehune. It's a very full-on program and all for the sum of \$5. This has got to be the best value in town so come and join us. Doors open one hour before the show.

Saturday and Sunday, 25th & 26th October at 2pm - The Bowraville Theatre Singers will entertain us with their beautiful singing but this time we have our very own patron, Simon Tedeschi, performing on the 'very grand' piano. It is always a special occasion for us at the theatre to listen to Simon play and this time he will be joined by Glenn Heidrich, a world renowned musician. What a treat we have in store. We are so lucky in this valley to be able to have this talent come to us and for us to enjoy. Tickets for this concert are \$35 and \$30 concession, or if you book a party of ten you will receive one extra ticket. Don't forget the concert will be performed on both Saturday and Sunday at 2pm. Any enquiries please ring Bowraville Theatre on 65647808.

Saturday 25th October at 7pm The Film Society will be screening 'Therese Desqueyroux', a drama made in France in 2012, about an unhappily married woman struggling to break free from social pressures. Doors open at 6pm, join members and socialise, new people are always made welcome.

- Dorothy Evans, President, Bowraville Theatre Players

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4/11

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E mail: letstalkhair3@bigpond.com

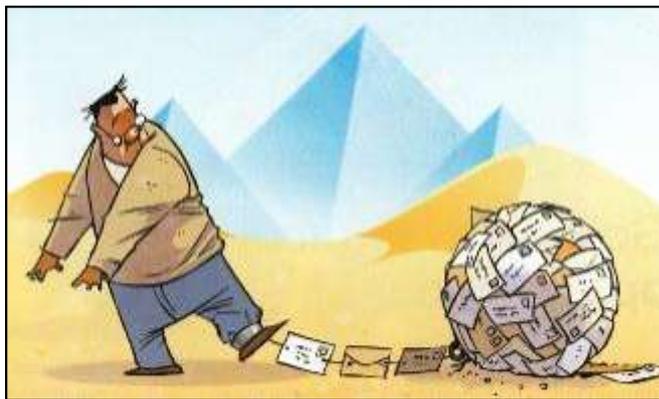
4/11

Chain letters and pyramid scams

Chain letters and pyramid schemes promise a large financial return for a relatively small cost. Pyramid schemes are illegal and very risky — and can cost you a lot of money.

What to look for

In a typical **pyramid scheme** unsuspecting investors are encouraged to pay large up-front joining or membership fees to participate in money-making ventures. The only way for you to ever recover any money is to convince other people to join and to part with their money as well. People are often persuaded to join by family members or friends but there is no guarantee that you will recoup your initial investment.



Although pyramid schemes are often cleverly disguised, they make money by recruiting people rather than by selling a legitimate product or providing a service. Pyramid schemes inevitably collapse and you will lose your money.

In Australia it is a crime to promote a pyramid scheme or even to participate in one.

Be cautious but do not be discouraged from carefully researching other business opportunities based on commissions. There are many legitimate multi-level marketing opportunities where you can legally earn an income from selling genuine products or services.

Chain letters operate in a similar manner—you will be asked to send a small amount of money or a particular gift to everyone listed in the letter. You then put your name on the bottom of the list and send out copies of the letter to as many people as you can. The letter claims that by doing this you will receive a large amount of money or a gift in a short space of time.

In a chain letter scam you lose your money in two ways: first, you send money to the scammers who sent you the letter; second, you waste a lot of money on postage and photocopying.

PROTECT YOURSELF

REMEMBER: Chain letters and pyramid schemes may be sent to you from family members and people you trust—they might not know that they could be illegal or that they are involved in a scam.

CAUTION: Never commit to anything at high-pressure meetings or seminars.

THINK: Don't make any decisions without doing your homework—research the offer being made and seek independent advice before making a decision.

INVESTIGATE: Do some research on all business opportunities that interest you.

ASK YOURSELF: If I am not selling a genuine product or service, is participation in this activity legal?

Bowraville Chamber of Commerce and Industry Inc

OCTOBER 2014

The World Rally Championship is confirmed for the next 3 years

Good news Bowraville!

Following on from the success of this year's event, Rally Australia has confirmed that the rally will be here for the next 3 years.

This gives our community time to plan ahead to make next year even bigger and better.

Tell your friends and relatives to plan a visit to Bowraville next September.

Check out the Rally Australia Web Site and the Bowraville Chamber of Commerce and Industry page on Facebook for more information and breaking news.

Opposite - Some pictures from the refuel area

Next Chamber meeting

The next meeting of the Bowraville Chamber of Commerce and Industry Inc. will be announced on the Chamber Facebook page as well as on the Bowraville Technology Centre TV notice board in High Street.

This meeting will be looking at the implications of changes to the event management policy from Nambucca Shire Council. These changes are aimed at making event planning an easier process to go through and local chambers will have a role in the process.

We also look forward to some exciting news including late night trading and markets in the lead up to Christmas.

Bowraville Chamber of Commerce and Industry Inc.

M: 0428527545

Email: chamber@bowraville.nsw.au



LOCAL MARKET CALENDAR

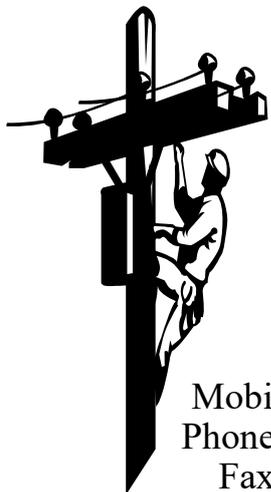
DAY OF MONTH	LOCATION AND CONTACT DETAILS
2nd&4th Saturday	Bowraville Country Markets 8am-12:30pm, Bowra Community Centre. Contact: 6564 7670 Macksville Producers Market. Riverbank Park Contact 65683844 Bellingen Organic Produce Markets, Bellingen Showground. Contact: 6655-8720
1st Saturday	Bi-Monthly in even months - Valla Beach Community Markets. Contact Gary 0411 038 654 Dorrigo Showground 8am to 1pm. Contacts: 6657-1424, 6657-1424 or 6657-2243 Kempsey Showground. Contact 0413 335 363 Coffs Harbour Showground. Contact 0422 057 125 Glenreagh Country Markets, Recreation Ground. Contact: 6649-2008
2nd Saturday	South West Rocks – Horseshoe Bay. Contact 0427 788 767 Kempsey Growers Market, Services Club Park. Contact: 6561-5223 or 0407 957 319 Woolgoolga Beach Trust Markets. Beach Reserve. Contact: 6654-1785
3rd Saturday	Bellingen Markets, Playing Fields. Contact: 6655 2151
4th Saturday	Sawtell Community Markets, First Avenue, Sawtell. Contact: 6653-3179
Every Sunday	Coffs Jetty Market – 6652 3813. Harbourside Markets, Coffs Harbour. Contact 0407 661 990
Last Sunday	Bi-Monthly in even months - Eungai's Unkya Reserve, Pacific H'way Eungai. Contact: 6569-7814
1st Sunday	Coffs Harbour Lions Club Car Boot Markets, Jetty Foreshore. Contact 0417 704 588 Port Macquarie Art Markets Maritime Museum. Contact Necia 0401 526 936 Hub and Pub Market, Taylors Arm Pub, 9am-1.00pm. Contact: 6564-2040
2nd Sunday	Plaza Market, Pacific Highway Nambucca Heads. Contact: 6568-6221

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ELECTRICAL SERVICES

Domestic Commercial Industrial Rural



LIC No: EC 38796

*“Contact
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Fax: (02) 6564 8125
lescraggselectrical@bigpond.com

4/11

BOWRA HOTEL

OPEN 10AM - MIDNIGHT

BISTRO

LUNCH and DINNER
Thursday, Friday and Saturday
11:30am - 2:00pm and 6pm - 8pm

LUNCH & DINNER
Sunday
11:30am - 2:00pm and 5.30pm - 8pm

Enjoy the country charm of the streetscape as you
Wine & Dine on the verandah

33 HIGH STREET, BOWRAVILLE
Ph.6564 7041 Fax. 6564 8471

4/11

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- Replacing fly screens

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Café

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9:30 am until 2:00 pm or by appointment
Phone: 6564 7677



Morning Tea: Coffee & Cake Specials

Lunch: Sandwiches, Wraps, Burgers, 'Special of the Day'
Dietician approved choices

Catering

menu

Sandwich, Wrap or Roll Platter

Locally baked bread with selection of fresh fillings

Hot Savoury Platter

Mini pies, sausage rolls, spring rolls

Scone Platter

Sweet - with jam and cream or Savoury

Cheese Plate

Fruit Platter

Fresh seasonal fruit

Sweets

Home made slices and cakes

Other: Roasts, Soups or your choice

Orders must be in by noon the day before



88 High St BOWRAVILLE
Phone: 6564 7677
e-Mail: admin@nvp.org.au

Supporting us helps us support people with disabilities in the Valley

Phoenix Gallery & Treasures

Bowraville

Money spent in the Valley, stays in the Valley

THE STORE FOR BETTER BARGAINS



By purchasing goods from Phoenix Gallery & Treasures, you are supporting a local charity, getting a bargain and reducing the resources required to satisfy your needs.



Open Monday to Saturday

Phone: 6564 7677



Supporting us helps us support people with disabilities in the Nambucca Valley

Where did that saying come from?

To Give Someone the Cold Shoulder . . . Perhaps there is nothing more to the phrase than the idea of a cold, unwelcoming response, a shouldering aside of friendly approaches. But there is a common theory that the *cold shoulder* refers to a cold shoulder of lamb. A house guest who has overstayed his welcome, or an uninvited dinner guest, might formerly be served a dish of cold mutton instead of the hot roast he might have hoped for. This inhospitable gesture was intended as a hint that the guest was out of favour and would do best not to return. In the finely tuned language of manners in upper-middle class 19th century society, then, to *give someone the cold shoulder* was in effect to banish him from your household's social circle.

Bowra Post & Collectables

27 High Street, Bowraville ♦ Telephone: 6564-7169

Monday to Friday 9am-5pm ♦ Saturday 9am-12noon

BANKING FACILITIES – Agents for CBA, NAB, ST George + various Credit Unions (not BCU)
(check with your Bank for charges)

PAY YOUR BILLS - Electricity, Phone, Gas, Traffic Fines and more

COUNTRY LINK - Book your tickets by phone then pick up here at Bowra Post Office

DRY CLEANING AGENT – Drop off and Pick up

Become a V.I.P Customer - Spend \$30 or more in the Giftware (ex Aust Post stock) and receive a free coffee at

The Mad Hatters Tea Garden

Monday-Friday 9am-5pm ♦ Saturday 9am-3pm ♦ Sunday 10am-2pm

Private bookings until 8pm daily

Telephone: 6564-7631

Gluten free and Dairy Free Food available

Get a Mad Hatters Coffee Card and receive a free coffee after every six coffees purchased.

4/11

Eczema awareness

Eczema (atopic dermatitis) is a recurring, non-infectious, inflammatory skin condition affecting one in three Australasians at some stage in their lives. The condition is most common in people with a family history of an atopic disorder, including asthma or hay fever.

Atopic eczema is the most common form of the disease among Australasians and with this, the skin becomes red, dry, itchy and scaly. In severe cases the skin may weep, bleed and crust over causing the sufferer great discomfort. Sometimes the skin may become infected. The condition can also flare and subside for no apparent reason.

Although eczema affects all ages it usually appears in early childhood (in babies between two-to-six months of age) and disappears when the sufferer is about six years of age. In fact, more than half of all eczema sufferers show signs within their first 12 months of life and 20 per cent of people develop eczema before the age of five. Most children grow out of the condition but a small percentage may experience severe eczema into adulthood. The condition can not only affect the individual sufferer but also their family and friends. Adult onset eczema is often difficult to treat and may be caused by other factors such as medications.

The causes of eczema are broken down into internal and external factors.

The internal factors can include a family history of eczema, asthma or hay fever (the strongest predictor) - if both parents have eczema there is an 80 per cent chance that their children will too; particular food and alcohol (dairy and wheat products, citrus fruits, eggs, nuts, seafood, chemical food additives, preservatives and colourings); and stress.

The external factors are usually broken down into irritants - tobacco smoke, chemicals, weather (hot and humid or cold and dry conditions) and air conditioning or overheating; and allergens - house dust mites, moulds, grasses, plant pollens, foods, pets and clothing, soaps, shampoos and washing powders, cosmetics and toiletries.

We have all probably seen the symptoms of eczema and how distressing they can be especially in young children. These symptoms include moderate-to-severely itching skin (this symptom separates eczema from other skin rashes), recurring rash - dry, red, patchy or cracked skin. In infants and toddlers the rash usually appears on the face, elbows or knees. In older children and adults the rash appears less often on the face and more commonly on the hands, neck, inner elbows, backs of the knees and ankles. In addition or separately there may be rough, "leathery," thick skin or lesions which may be infected by bacteria or viruses.

However, there are many things that can be done to avoid an eczema outbreak and your pharmacist can provide a lot of advice in this area. Most importantly, the skin should be kept moist by avoiding soap and applying a daily moisturiser.

Other ways to prevent an outbreak include:

- Wear 100 per cent cotton or soft fabrics - avoid rough, scratchy fibres and tight clothing
- Using rubber gloves with cotton liners
- Have lukewarm baths and showers using a non-soap cleanser or hypoallergenic bath oil
- Gently patting, not rubbing, the skin dry with a soft towel
- Apply a moisturiser within three minutes after bathing to "lock in" the moisture
- When possible, avoiding rapid changes of temperature and activities that raise a sweat
- Removing carpets and rugs from your house (if possible) and keep pets outside
- Ventilate the house as often as possible
- Avoid stuffed toys which harbour dust mites
- Change bed linen regularly using specialized dust mite prevention covers
- Reduce daily stress

Your local Self Care pharmacist can give you more information about eczema.

Your local Self Care pharmacy also has a range of fact cards covering Eczema & Dermatitis.

BOWRAVILLE PHARMACY

31 HIGH STREET, BOWRAVILLE

PHONE: 6564 7925 or FAX: 6564 7364

Monday to Friday 8.45am - 5.30pm Saturday 8.45am - 12 Noon





Bowraville Lions Club Inc News Bulletin

OCTOBER 2014



LIONS AT WORK

This time of year is a busy one for the Bowraville Lions Club with lots of BBQs and street stalls. This has included the World Rally BBQ, the Junior League Presentation Day BBQ at the Racecourse and a BBQ at Woolworths in Macksville. Other duties for the month include the Racecourse clean-up after the Bowra Cup Day.



LIONS HELP

The Bowraville Lion Club are dedicated to help our community through BBQ's, raffles, clean-ups and other assistance. We need your help to provide the best assistance we can by letting our club know by writing or email at least a month in advance.

Lions Club of Bowraville Inc.
PO Box 23 Bowraville 2449
blion34@yahoo.com

LIONS RECYCLE FOR LIFE

You can help improve sight for poor people throughout the world, who are in need of spectacles, by bringing in your old glasses to the Bowraville Chemist Shop. The spectacles are sorted and cleaned before being labeled and prepared for dispatch in graded groups. The program distributes the spectacles at no expense or obligation on the recipient.



PLEASE SAVE YOUR USED STAMPS

The Lions Club of Bowraville is collecting and bundling used stamps which are sold at auction. The proceeds are donated to the Lions Children Mobility Foundation that helps fund the famous Harte walker that allows children with Cerebral Palsy to move around. Please keep your used stamps and drop them off at the Bowraville Post Office.



LIONS CLUB MEMBERSHIP

There is a level of membership to suit your time and interests.

For example, did you know that as an associate member you can help out at any of the Lions activities that interest you without the need to attend every meeting? Membership fees are surprisingly low and can be paid either yearly or 1/2 yearly.

How do I Join?

Contact the President or the Secretary or ask any Lions Club member for more information and a free invitation to join us for a dinner meeting .

President: Ann Caldwell 0412 248 044
Secretary: Mark Scott 0428 527 545

Gardens, Gardening and Gardeners

Some of the best natural ways to kill weeds

BY HAND - Sure it's time consuming but if you are vigilant this traditional method is one of the best ways to ensure a weed won't be coming back. Wear gardening gloves and use a claw or sharp trowel to help you loosen the weed from the soil first. As you pull it out by the root beware of inadvertently transferring the seeds somewhere else.

MULCH - There are many different types and colours of mulch available and using it in your garden can keep weeds away. Not only does it protect against weed seeds coming into contact with soil, it also keeps sunlight from reaching any potential seeds that are already underground so they won't have the chance to sprout. Plus, it retains moisture and breaks down to enrich your soil too!

NEWSPAPER - Good for killing weeds – and for recycling – adding a layer of newspaper to your garden can help smother existing weeds and prevent new ones from growing. Wet your soil and lay down your newspaper, wetting it thoroughly again before covering it with mulch. This will not only ensure no sunlight reaches weed seeds, it'll also encourage earthworms to come and stay – and they're great for your garden!

BOILING WATER - Scalding hot water will get rid of weeds, though ones with particularly long roots may take a few applications before they stop coming back. Simply grab your kettle off the stove and pour a stream of boiling water carefully on the crown of each

unwanted plant. Ensure you don't get burned in the process - wear long pants and closed-in shoes.

VINEGAR - Applying vinegar to weeds using a spray bottle or brush will prevent them from growing, however, vinegar can kill your plants too. Therefore it's important to use this method when there's little wind to ensure the vinegar is used on the weed only – not your garden plants. Keep in mind that vinegar's weed-killing properties are activated by the sun so try this method on a bright, sunny day.

HOMEMADE HERBICIDAL SOAP - If vinegar isn't strong enough to keep weeds at bay, try mixing it with sale and dish soap. Using equal parts of each, put the mixture in a spray bottle and apply it to those stubborn weeds. However, it's best to use this method on days with little wind as this mixture will kill any plant it touches. Use it with care!

CORNMEAL - Cornmeal will keep any seed from germinating – and that includes weeds. However, you won't want to try sprinkling it in your garden until you've finished planting seeds for the year and your other plants or vegetables are established. Otherwise you'll be stopping their growth too!

It is possible to get rid of weeds naturally and keep them from coming back without the use of harmful chemicals. Try one or two of the methods we've shared in our list to keep weeds from appearing in your beautiful garden!

What to plant in October . . .

Plant in Garden: Beans, beetroot, carrots, chives, cucumber, ginger, lettuce, potatoes, pumpkins, silverbeet, sweet corn, sweet potato/kumara, turnips.

Plant out Seedlings: Basil, cabbage, capsicum, celery, eggplant, tomatoes, zucchini.

- from www.gardenate.com



Norco Rural has a full range of garden supplies to suit your needs.

Fertilisers need to be selected according to the nutritional requirements of the soil and the plants being grown, as well as the form and contents of the fertiliser itself.

Call in to Norco and speak to Glen, Garry or Paul who will be happy to assist you choose the correct products for your garden.

For the home garden or big acre farming . . .

**SEEDS - POTTING MIXES - COMPOST - FERTILISERS
SOIL & WATER CONDITIONERS - MULCHES
ORGANIC GARDENING SUPPLIES**



Norco Rural carries a large range of products for pasture, cropping, horticulture and gardening applications from a wide variety of well known brands.

51 CARBIN STREET, BOWRAVILLE - 6564 8648

4/11



BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

These reviews are of books currently in our Book Nook.

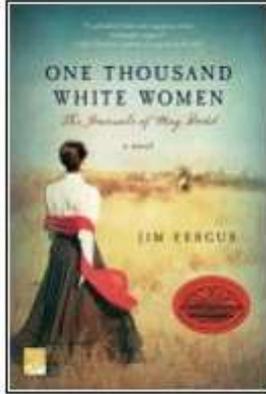
They move out fast so be quick if one interests you.

One Thousand White Women - The Journals of May Dodd

by *Jim Fergus*

This novel won the 1999 Fiction of The Year Award by Mountains and Plains Booksellers Association.

“One Thousand White Women” is based, very loosely, on an actual historical event and evolves with both real and fictional characters. The basic premise of this novel (set in the late 1870s) is that the Cheyenne Indians are shrinking in number and are looking for a way to assimilate into white society.



The chief, Little Wolf, approaches the president with the proposal to trade 1000 white women for 1000 horses – an offer which is refused.

Eventually the government accepts the offer, in secret, as they realise it would be to their advantage (they want the land) so they initiate the “Brides for Indians” program. They require healthy women who are of child bearing age but as the scheme is secret, they only offer the deal to women in asylums, prisons and other institutions.

Mary Dodd is a woman born into a wealthy family who fell in love with a man ‘beneath’ her and had two children out of wedlock. Her actions and behaviour upset her family so much they had her committed to a mental asylum and had her children taken away. She joins the “Brides for Indians” program as it appears to be the only way out of her miserable incarceration.

The story is presented to us in diary entry format by Mary. What follows is the extraordinary story of Mary and her fellow ‘white brides’; their marriages and romances, Mary’s love of an army captain, the difficulties of moving from one culture to another and the ensuing conflict between the two worlds.

Out of interest I ‘Googled’ “One Thousand White Women” and found the widest spectrum of readers’ opinions – some thought it badly written, insulting to white women, historically inaccurate and full of clichés and others found it delightful and a great read. The author, Jim Fergus, doesn’t intend it to be factual. He has let his imagination run wild and penned a pleasantly easy read. I enjoyed it as being so different in both content and style. Have a go with this one!

Never Saw It Coming

by *Linwood Barclay*

This novel is short and full of suspense. The main character, Keisha Ceylon, is a psychic...or that’s what she tells people. She makes a living by scamming others – she watches the news for stories where people have gone missing and which might lead her to meeting the distraught family and offering her ‘insights and visions’.

Her latest ‘victim’ is a man whose wife disappeared and has done a TV appeal with his pregnant, unmarried daughter beside him. Keisha decides to pay the man a visit but things don’t go to plan. He is very sceptical (as most of her clients initially are) and even hostile towards her. She doesn’t know it but her ‘visions’ are too close to the truth thereby putting herself in danger.

I couldn’t help but feel drawn to Keisha because of her personal situation but she is a manipulative piece of work with common sense overruled by the need to make a living...never mind the fact that there are more honest ways to earn a wage.

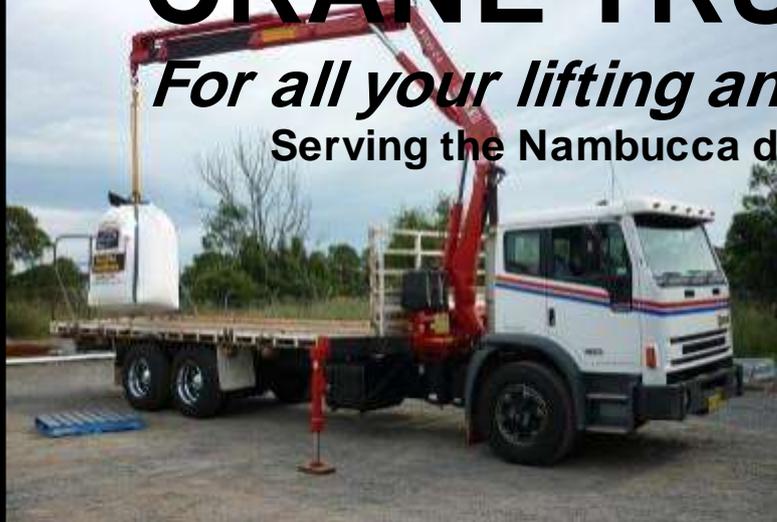
“Never Saw It Coming” is a short novel and an easy read.

- These books reviewed by *BTC Volunteer, Raewyn.*

CRANE TRUCK HIRE

For all your lifting and shifting needs

Serving the Nambucca district and beyond



WAYNE NOBLE

Telephone: 6564 7528

Mobile: 0427 653 312

7 DAYS

GARAGE SALE TRAIL - SATURDAY 25 OCTOBER 2014

Have you been putting off having that Garage Sale because it is too hard to organise? Then Garage Sale Trail may be the answer. On Saturday 25 October communities around Australia will join forces promote reuse and waste education, reduce waste to landfill, help build community spirit and provide a platform for community fundraising.

Garage Sale Trail is a not-for-profit organisation that works with Local and State Governments and the community and by co-ordinating the Garage Sale Trail program. It is free for participants to take part. All they need to do is register their garage sale on www.garagesaletrail.com.au. Sellers can register their garage sales and buyers can use the website or a smart phone to browse items and sales before and on the day.

Volunteers and community groups wanting to participate in the Garage Sale Trail **MUST REGISTER DIRECT WITH GARAGE SALE TRAIL** by visiting www.garagesaletrail.com.au prior to the day.

Register Now!

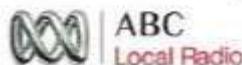
garagesaletrail.com.au

The Garage Sale Trail

Saturday 25th October

NAMBUCCA VALLEY
NAMBUCCA SHIRE COUNCIL

ONE BIG DAY OF BUYING, SELLING
& Old School SOCIAL NETWORKING



"This program is supported by the NSW EPA Waste Less, Recycle More initiative funded from the waste levy"

2NVR 105.9FM Your Community Radio National Finalists AGAIN



The team at 2NVR, Nambucca Valley Radio 105.9fm is very excited, and rightly so. They are finalists in the 2014 national Voxie awards in the category of 'Outstanding Small Station'. These awards are judged by experts in the Community Radio sector at the Community Broadcasting Association of Australia, CBAA. 2NVR is one of 4 finalists; submissions must meet strict criteria and for this category it includes having an annual budget under \$200,000. 2NVR manages on under \$30,000 per year so the station is punching way above its weight. The 2NVR entry included a written submission, an 80 minute audio CD and a one hour movie on DVD. In the past year, 2NVR has endeavoured to encourage more youth involvement, reach out to the community, provide live performance opportunities to local artists and improve volunteer facilities. The volunteer base has increased; there are now 49 presenters and many supporters, sponsors and listeners helping to keep the radio on air.

2NVR is no stranger to the Voxie awards, having won 4 in the past 3 years, including 'Outstanding Small Station' in 2011 and 2013, plus having been finalists in several categories numerous times. Some of the community radio volunteers will head to Adelaide, at their own cost, in November for the conference and the announcement of the winners.

The 2NVR team has recently been out and about in the Outside Broadcast van, attending Funkya@Unkya, The World Rally Championship in Bowraville and the opening of the new cycle path at Nambucca Plaza. We are now looking forward to attending the 2nd Nambucca River Festival.

Studio 3 Live in September was a great success with the audience being entertained by foot stomping Celtic band, Headland. **The next Studio 3 Live event will be on Friday October 17, 6-8pm** with the delightful Kym Pitman, BYO and a plate of food to share at this family friendly, free event.

With pure and haunting voice, Kym's songs tell stories of Australia's expansive landscapes and evoke a deep sense of ecological connection.

Kym has a special place amongst Australian singer songwriters. Her unique, gently commanding fusion of lyric, voice and musical imagery inspires an enlivened sense of presence and emotional recognition of human experience and wild landscape.

Born in South Australia, Kym's youth was spent exploring South Australia's semi-arid landscapes and her music has always been close to the land. She began performing as a singer songwriter in Adelaide's music bars and cafes as a teenager in the early eighties. Later moving to Bellingen she has recorded three albums and performed extensively on Australia's festival circuit. Kym has won awards for her songs through the Australasian Song Writing Awards and North Coast Industry Awards. As a multi instrumentalist, playing guitar, fiddle, viola and banjo, Kym's enchanting performances are a poignant journey rambling evocatively between coast, desert, gorge and tableland. She inspires hope and leaves her audiences moved and uplifted. See Kym at 2NVR, 834, Rodeo Drive, Tewinga on October 17. Everyone is welcome.



3/11

FIREWOOD, CHOPPING BLOCKS, KINDLING, LANDSCAPE SUPPLIES

STONE, DRAINAGE STONE, SAND, BRICKY SAND
CRUSHERDUST, ROAD BASE, MULCH, GARDEN BLEND
DRIVEWAY REPAIRS

Pick up or Deliver
Mini Tipper



1 Paulownia Place, Bowraville 2449 Phone Bruce on 0488 138 638

Carers Week 2014

Quick statistics

- w2.7 million unpaid carers in Australia
- wmore than 770,000 carers are primary carers
- w300,000 carers are under the age of 24
- w150,000 carers are under the age of 18
- wover 1.5 million carers are of working age (18-64)
- w31,600 Indigenous carers are over the age of 15
- w620,000 carers were born outside Australia
- w366,700 carers were born in non-English speaking countries
- w520,000 carers are over 65 years of age
- wthe estimated annual replacement value of care provided in 2012 is over \$40.9 billion
- wit is estimated that carers provided 1.32 billion hours of unpaid care in 2010, with productivity loss estimated at \$6.5 billion
- wOn average, carers spend approximately 40 hours per week providing care. It is estimated that carers of someone with a mental illness spend, on average, 104 hours per week in the caring role.

For more information on carers or caring go to:

www.humanservices.gov.au/customer/services/centrelink/carers-allowance

www.health.gov.au

www.carersaustralia.com.au

Or call

Nambucca Valley
Carer Connect
on 6568-9802



*Nginyaala garla-ngarraynggi waw guuyunga jurruya
jalumbaw,gilli waw.*

We would like to pay our respect to Elders past and present.

"Ngiyaa Nyaaga mangga carrunda bambuurr ngaljarri
MiiMi information

SERVICES

MONDAY

INTERRELATE Counseling Services



Contact **Interrelate** for an appointment
6659 4150

Everyone is welcome.

WEDNESDAY

BABY HEALTH CLINIC

9.30am to 12.30pm

All Mum's and Bubs Welcome



FAMILY LAW ADVICE

1st and 3rd Wednesday of the Month

10 - 11.30

Bookings Preferred

6651 7899

THURSDAY

LEGAL AID

10am - 12pm

1st and 3rd Thursday of the month

Bookings Preferred

6651 7899



MiiMi Aboriginal Corporation
90 High Street
Bowraville

Phone 02 6564 8855

Fax 02 6564 8844

Email: admin@miimi.org.au

Website: miimi.org.au



Day Programs

Nambucca Valley Phoenix provides a range of day program services individually tailored to promote learning, skill development, education and recreation.

We focus on a person centred model of support that recognises an individual's unique gifts and talents, delivering personalised and positive outcomes for individuals and families.

Nambucca Valley Phoenix provides a wide range of services, including:

- Education
- Cultural excursions
- Therapy
- Respite
- Day programs
- Transition to work

Assistance with administering individual funding packages

Services are delivered by dedicated and highly trained staff, including: teachers, therapists, community health professionals and educators. Call and speak to our friendly staff to discuss your needs.



Nambucca Valley Phoenix
Phone: 6564 7677



Life Choices & Active Ageing Programs

The Life Choices & Active Ageing Programs are person centered which means the participant and their family or advocate have control over the important decisions affecting their lives. An individual plan is designed outlining their goals, with regular review to monitor progress and participant satisfaction.

Ageing, Disability and Home Care (ADHC) decides & assesses who is eligible. Often a case by case, flexible & tailored approach may be required to address individual needs, goals & extraordinary circumstances

The Life Choices & Active Ageing programs focus on skill development, continued education and community participation. Life Choices is for people aged 25-54 and Active Ageing for people aged 55-64, personalised programs may include:

- Leisure and recreation activities
- Activities targeted to pursue individual interests
- Service options to meet increasing medical and support needs
- Community inclusion and participation, including accessing services for the elderly
- Assistance to build and maintain support networks
- Assistance with administering individual funding packages



Nambucca Valley Phoenix
Phone: 6564 7677

Community Participation Program



The Community Participation (CP) program assists young adults with a disability to develop skills to access available community supports.

Each service is tailored so that people can reach their goals, increase their independence and actively participate in their community. The program is for school leavers with moderate to high needs of support or has been approved to transfer from the Transition to Work Program.

CP is person centered which means important decisions affecting their lives are controlled by the participant and their family/advocate. An individual plan is designed outlining their goals with regular reviews to monitor progress and participant satisfaction. Activities may include:

- Community Based Activities
- Therapy and Numeracy
- Living Skills
- Arts and Craft
- Computers
- Leisure Activities and Excursions

Transition to Work Program

Transition To Work prepares people with a disability for employment or further education.

Through this program, Nambucca Valley Phoenix supports young adults by equipping them with the necessary skills to secure and maintain ongoing employment. This may include: assistance with enrolment, skill development, accredited training, self advocacy assistance, social and communication skill development.

We can help plan a package to suit your needs. Call today!

Nambucca Valley Phoenix
Phone: 6564 7677



Bowraville Harvest Faith Family Church

A Word of Faith Pentecostal Church

Church Services

Friday Evenings - 7.00pm
Sunday Mornings - 9.30am

Prayer Meetings

Friday Evenings - 6.00pm
Sunday Mornings - 9.00am
Tue, Wed, Thurs, Fri - 9.00am to 10.00am

Faith Link Groups

Wednesday Evenings - Mixed at 7.00pm
Thursday Mornings - Ladies at 10.00am
Ladies Coffee Club - meets on the 4th
Saturday of the month at 10.00am
Men's Breakfast Club - meets on the 2nd
Saturday of the month at 7.30am

Book Shop and Office Hours

Before and after Services 1/2 hour
Tuesday - Thursday 9am - 3.00pm
Friday 9am - 5.00pm

Ministry Training School

*Enquiries and applications are invited
for the commencement of the
Ministry Training School for 2015.*

Counselling is available by appointment. **Anyone is welcome** to come and get to know us. As the Pastor of the Church, I would personally like the opportunity to share the great and wonderful redeeming love of God with you. **The Word of God is powerful and able to help you** in any situation in life as you come to know it, understand it, and live it. **We are here to help you** with all of that. **For any further enquiries** please feel free to contact me using the information below.

Pastor: Rev. Tom Fairhall
Address of Church and Office:
48 High Street
Bowraville 2449

Phone: 02 6564-8656
Mob: 0428 682 870
email: bhffc2012@gmail.com



2/11



Money Matters for people on Low Incomes

Nambucca Valley Community Services Council Inc. is committed to keeping our community informed about potential pitfalls. Two very expensive types of credit are Payday Loans and Rental Schemes.

Payday Loans are used for basic living costs when times are tough but they are often hard to repay with interest rates up to 400%

When looking to the "deals" that Rent-to-Buy or Rental Schemes offer, typically a customer pays 3 to 4 times the value of the item that they sign up for.

For example:

RENTING 420L Kelvinator fridge
\$21.95/week over 3 years
= **A whopping \$3,424**

With NO guarantee of ownership at the end of the contract!

PURCHASE Same fridge through the
No Interest Loan Scheme (NILS)
\$14.50/week over 1 year
= **Only \$745**

And you OWN it from the start!!!

If you know someone in financial trouble, it is always a good idea for them to talk to a financial counsellor before getting into an expensive contract. A local Financial Counsellor can come to local town by appointment - Phone 1300 662 540

Other Options include:

- ◆ No Interest Loans (NILS) for essential household items - call 6568 2522.
- ◆ Energy vouchers
- ◆ Payment arrangements on bills
- ◆ Hardship arrangements for credit cards and other debts.

Please contact Moira Balmain - No Interest Loan Scheme Coordinator on 6568 2522, or Francine White - Financial Counsellor on 1300 662 520 for further information.

Bowraville Central School News

Meal And Music Night 2014 was a night of many firsts and a few lasts.

In early September Bowraville Central School once again held its very popular food, music and performance night.

The night started with tasty snacks of Calzones, cheese and ham toasties, muffins and milkshakes prepared by the Year 11 Hospitality students with help from younger students, Jamie-Lee Mackaway and Kalysia Gill. It was wonderful to see the great tradition of food and fun continuing under the supervision of Miss McPherson.

The entertainment started off strongly with seasoned performers Angus Smith, on trombone and Sam Goodwin on keyboard, performing the classic melody of Danny Boy. Quality performances continued with many strong acts following, punctuated by witty commentary from the nights host, Pyria Grace.

Notable firsts for the night were performances by the BCS choir, a monologue of 'Alice in Wonderland' by Keeley Finlay and vocal soloist Martikka Hunter. Saving the best for last was the critically acclaimed performance from graduating seniors Sam Shields and Tegan Simon with their unplugged rendition of 'Sweet Child O'Mine'

A strong crowd of over one hundred cheered the night on and soaked up the entertainment, with many expressing their excitement and anticipation of seeing new student performances in the future.



*Outgoing School Captain
Sam Shields*

Year 6 Into Year 7 Transition Day

*Michaela Jones, Haley Finlay
and Chloe Wilson.*



Bowraville Central Year 6 students, along with a number of Year 6 students from around the valley, spent a day 'tasting' high school.

Students had sessions in the Food Technology Room, Science Lab, and the Wood/Metal Room. This was followed by a trip to the school farm to interact with the animals.

The students' parents attended a forum at the end of the day where they were served food that had been prepared by their Year 6 child earlier on.

All students had a fabulous time. One participant was overheard saying "it was the best day ever!!"

Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Spring 2014								
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	FM in the AM The Bishop 	Dano's Brecky Show Daniel Gosson & Hil The Robot 	Cackleberries Kel, Ros, & Dallas 	FM in the AM The Bishop 	Green Eggs On Toast Laurie Westbury 	Rise N Shine Ron Hawkins "Saltwater People" at 7:30 am 	Beam Me Up Scotty 	6 AM
7 AM	A morning music mix to put a spring in your step — off the cuff	High-paced cacophony to get those feet shufflin'!	Organised mayhem & madness	A morning music mix to put a spring in your step — off the cuff	Mixtapes into travel guide, news, gig guide, movies, local news	Music, news, and views to kick-start your weekend	Sunday Music Mix	7 AM
8 AM	Classic Hits & Jukebox Paul Rowe 	Global Mosaic Pieter 	Our Kind of Music Dallas Dent 	Under The Singing Tree Poppa 	Tones of Clairessence Claire Watt-Powell 	Sabor Latino Eddie - Tell others to listen online Aussie & World Music from the Latino world 	Country Highway Dave Wareing Country music classics to latest releases and comedy 	8 AM
9 AM	Great Rock 'n' Roll 1950s-2010s	A weekly musical trip through the world	Easy Listening	Talk Of The Town Cen Wrobel 	Turning Pages Elizabeth Newman Books, authors and the music that moves them 	The Sports Show Dallas and Trickiv 	Classical Corner Noel Robertson 	9 AM
10 AM	Baby Boomers Donna Collins 	Infopinion Richard Laxton 	Jazz Azz I Like It Heather Heywood 	See what's going down! All things local	Outback Outlaws Paul Rowe 	Maggie's Mix Margaret Duffus 	Music From The Past 1000 Years	10 AM
11 AM	The Weekly Fix Paul Weekey 	The Phoenix Crew Selected music & madness	Rosemary's Allsorts With Rosemary Bateman Relaxing, popular music	Simmo's Country John Simpson 	Jellyfish Sky 	Soundbite Slavomir Stokan Aussie new and old...	Dano's Mixed Grill Daniel Gosson A tasty mix of anything and everything to spice up your Sunday and	11 AM
Midday	The Red Bag Show Patricia Roberts 	Bible reflections, Gospel, & Australiana	The Business Kai — modern or music	Thursday Country Trickiv 	Jellyfish & Jollyfish Sky & Nuke 	Live Delay Live Music Roundup with Josh	Jack's Tracks Jack 	Midday
1 PM	Tune in to find out what's inside	Creative Corner Beverly Gibbs	CJ The DJ Cen Wrobel 	Nambucca Valley Roundup - Ron & Nash	Rhino On The Radio 3rd Friday of the month Live artists & studio audience Studio 3	A Jazz Hour Barry O'Sullivan 	All the tracks with Jack Tune in!	1 PM
2 PM	Nambucca Valley Roundup - Ron Hawkins	Nambucca Valley Roundup - Beverly Gibbs	Nambucca Valley Roundup - Cen Wrobel	Highway Blues Retro 66 From Janice Joplin to The Backstreet Boys.	Friday Night Rock Show Todd Wills 	Top Of The Pops From the BBC	Recycled Radio With Retro Fantastic retro music	2 PM
3 PM	Reggae Mixtape With Filzroy 	Texas Flood Neil Green 	Phillinn With Phil 	Jeff's Junk Jeff Mills 	Friday Night Rock Show Todd Wills 	Imagine This Old Time Radio Theatre - Nuke	Booth's Drum With Captain Steve 	3 PM
4 PM	Music outside the usual	The best music of all time, all the time	Ants Rocks Anthony Gansley 	BBC Overnight BBC Overnight	Overnight till 6:30 am	The AntisF Radio Show Science Fiction Stories - Nuke	Science & Reason With the Jollyfish Free Thought Radio A Week In Science Diffusion Science Radio Lost In Science	4 PM
5 PM	Listen.NOW! Malcolm McDonald Presents AMRAP Aussie music releases and more 	Till 11:00pm BBC Overnight	Solid Rock	BBC Overnight BBC Overnight	Overnight till 6:30 am	Saturday Night Gold Classic 60s from the 50s, 60s & 70s 		5 PM
6 PM								6 PM
7 PM								7 PM
8 PM								8 PM
9 PM								9 PM
10 PM								10 PM

2NVR — "Most Outstanding Small Station In Australia" CBAA Voice Award Winner, 2011 & 2013.
 2NVR — Australia Day Award 2012 for "Service to the Nambucca Valley Community".
 National news and weather is broadcast each weekday at 7am, 8am, 9am, Midday, 6pm, and 7pm
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