



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



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Bowraville Community News

CIRCULATION = 300 COPIES Newsletter is also available online at: www.bowraville.nsw.au/bowraville-newsletter

<u>NEW 2015/16</u> ADVERTISING CHARGES:

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

- 90 x 90mm (1/6 page) 90 x 180mm (1/3 page) Half page (or 1 column) Full page (or back cover)
- \$8 issue/\$80 year \$15 issue/\$150 year \$18 issue/\$180 year \$25 issue/\$250 year
- DEADLINE for copy for the OCTOBER 2015 issue IS: 5:00pm 22nd SEPTEMBER 2015

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.



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 –14mb 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

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

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 - 30c per A4 page black and white, other options available.

"Like us on



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

WHAT'S HAPPENING IN BOWRA — WHAT'S HAPPENING IN BOWRA

Friday Friendship

An easy, light-hearted friendship group which meets to share meditation, social chats, enjoy crafts and discussions of various topics. Friday Friendship focuses on lightness and caring. BYO lunch with tea and coffee available. All welcome—it's every Friday 11am to 2pm. No obligation to be there for 3 hours but a need to respect group meditation time of 11.30am to 12noon. This is intended as a not for profit event but a gold coin donation, if you can afford it, would be appreciated to cover refreshments, printing and craft supplies. Any surplus monies will be donated to a local cause.

Located at: 35 Bowra Street, Bowraville. Contact: 6564 7908 or 0400 828 471.

Bowraville Uniting Church Opportunity Shop

Located at 33 George Street, the Op Shop is open Tuesdays, Wednesdays, Thursdays and Fridays 9am-3pm and Saturdays from 9am-12 noon.

We are very happy with the progress our Op Shop has made over the past twelve months. We have a very reliable team of over 20 volunteers who work on a monthly roster.

From the beginning of July we will be open Tuesday, Wednesday, Thursday plus Fridays and then we work half a day on Saturday.

We have a large range of furniture, tested electrical equipment, bric-a-brac and a huge amount of good quality clothing including warm under gear.

Our shop is at the far eastern end of George Street, next to the Uniting Church. We are pleased to accept any donations and purchases can be delivered locally. Mavis Ward (church secretary) 6568-2451.

Bowra Access Bus (more info on page 18)

Coffs Harbour, Bellingen and Nambucca Community Transport is now offering a community access bus in the Bowraville area.

This is a door-to-door service that will bring you into



Nambucca Town Centre for \$2. The bus runs every second Friday and pick-ups will start from 8.30am and will return at 2pm from Nambucca Heads.

Seats are limited and childcare restraints can be fitted if required - when booking your seat please give pick-up address, if you require child restraints, age of child/children and contact details.

To book a seat or for any further information please ring Community Transport on 6568 3250.

If you catch the Bowra Access Bus then you can be dropped off at the **C3 Food Hub**, located at the Community Centre, Corner of Ridge Street and Creek Street Nambucca Heads (down behind the Police Station) - see following listing for details.

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.

Hot Chocolate Talk

Every 1st Saturday of the month at 2pm there is a ladies group at the Mad Hatters Tea Garden in High Street, Bowraville (next to the post office). We have speakers, about different themes, who are interesting for women of every age. We also have some live music, singers, guitar or flute etc. This group is supported by the Christian Life Centre (Nambucca Heads) so we also have religious themes but every lady is welcomed. Hot Chocolate Talk is an opportunity to meet new ladies from the area - to have a chat, a cuppa and make new friends. The cost is a hot chocolate or whatever you

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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 Sukin Natural Skincare Designer Brand make-up range

Pharmacist KERRIE SAVINS

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<u>Weekly Activities</u>

<u>MONDAY</u>

SENIOR CITIZENS 10.30am every third Monday at the Coachhouse Inn. Geoff Chittick on 6568 5033 FREE POOL 6.00pm to close at Bowraville Ex-Services Club (6564 7304)

<u>TUESDAY</u>

AL-ANON 10.30 am at rear and under Catholic Church, Mann Street, Nambucca Heads (6568 6642) FREE POOL 6.00pm to close at Bowraville Ex-Services Club (6564 7304)

<u>WEDNESDAY</u>

BOWLS, Ladies 10am at Bowraville Recreation Club (6564 7349)

ÀL-ANON 12noon at rear of Salvation Army Hall in Macksville, entrance is Nambucca Street (6568 2305) MEAT RAFFLE DRAW 6.30pm pm Bowraville Ex-Services Club (6564 7304)

<u>THURSDAY</u>

COMMUNITY GARDENS 9am to 1pm Gardening Q&A, swap contact Greg Field on 0448869545

PLAYGROUP at Bowraville Central School 10am-1pm Contact Lori Wilson on 6564 8256.

GOLF Ladies 18 Hole, 9am Bowraville Recreation Club (6564 7349)

BINGO 11am Bowraville Ex-Services Club (6564 7304) BOWLS 1pm Men's Social at Bowraville Recreation Club (6564 7349)

DARTS 7pm Social at Bowraville Ex-Services Club (6564 7304)

<u>FRIDAY</u>

POTTERY at Phoenix Pottery Studio, 9.30am-3pm. Contact Judi Belbin on (6568 9105).

RAFFLE & MEMBER DRAW 6.30pm at Bowraville Ex-Services Club (6564 7304)

FRIDAY RAFFLÈ and MEMBERS DRAW Bowraville Recreation Club plus Bistro (6564 7349)

<u>SATURDAY</u>

GOLF Men's 9am at Bowraville Recreation Club (6564 7349)

BOWRA COUNTRY MARKETS (2nd and 4th Saturdays) 8am – Noon Bowraville Community Centre. For as stall or more info call Jim on 6564 7670

BOWLS 1.30pm Mixed Social at Bowraville Recreation Club (6564 7349)

FREE POKER 2pm Bowraville Recreation Club (6564 7349)

<u>SUNDAY</u>

EUCHRE 1st, 3rd, 5th Sunday 10am at Bowraville Ex-Services Club (6564 7304).

AL-ANON 8pm at rear of Salvation Army Hall in Macksville, entrance is Nambucca Street (6568 2305) FREE POOL 6.00pm to close at Bowraville Ex-Services Club (6564 7304).

ACTIVITIES ORGANISERS

Please note: It is your responsibility to keep Weekly Activities information current and to inform us of any change. Only activities with a contact number will be listed.

TECHNO CLUB OPEN TO EVERYONE

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

If you require computer servicing or issues, you need to make a booking and there will be a minimum fee of \$25.

Absolute beginners are most welcome!

Techno Club: Tuesdays from 2.00 -3.00pm with Graeme and Thursdays from 10.30 to 11.30am and from 1.30 -2.30pm with Mark

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.

For technical issues please , contact BTC for an afternoon booking.



You can also ring the Bowraville Technology Centre 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.

WHAT'S HAPPENING IN BOWRA — WHAT'S HAPPENING IN BOWRA

From page 3

like to order. Like to know more - call Christine on 6564-7160.

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

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 to 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 Lori Wilson on 6564 8256 or Danielle Ryan on 6564 8619.



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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 Physiotherapy by Appt

<u>Proud sponsors of:</u> Pilates with Tamara Urquhart Yoga with Gaye Bushell Dancing with Carmen Noble

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BOWRAVILLE COMMUNITY NEWS - September 2015 (ISSUE 133)

~ ~ FOR YOUR INFORMATION ~ FOR YOUR INFORMATION ~ ~

Where would you like to go?



This is the question Coffs Harbour, Bellingen & Nambucca Community Transport is asking you.

Community Transport provide transport for the frail, aged, people with disabilities and their carers and those who are transport disadvantaged. Community Transport is a not for profit organisation passionate about helping people maintain their independence & ability to stay connected with our community. They do this by providing flexible transport solutions to meet individual's needs.

Contact : Coffs Harbour – 6651 1137, Bellingen - 6655 2666 Nambucca Heads – 6568 3250.



PLUMBER

Terry and Wendy O'Reilly Plumbing Services

u Drainage u Roof Plumbing u Gas Fitting



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Discount for Pensioners

Licence No. 208892C

Phone: 0428 525 682

BOWRAVILLE COMMUNITY NEWS — September 2015 (ISSUE 133)



Sunday the 16th August at 2pm - We - Dorothy Evans, Publicity, Bowraville Theatre.

Saturday, 22nd August – The - Marion Syratt, Publicity, Bowraville Film Society.

On the last Thursday of every month our delightful Hospitality Students from Bowraville Central School open our Theatre Cafe and serve tea, coffee, snacks and light lunches. They are open for service from 9.30am until 12.30pm. They would love to see you, so why not make that your morning break?





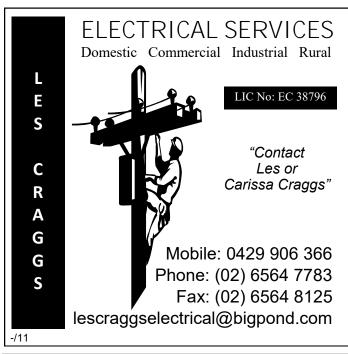
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G ift Vouchers and Hairjam G ift Packs available.

Open Tuesdays to Fridays Saturdays by appointment Beautician A vailable Thursdays from 9.00am Shellac Polish available Cnr of Belmore and High Streets, Bowraville. E stablished Fourteen Years by Kylle Blanch in Bowraville. Phone: 65647675

E mail: letstalkhair3@bigpond.com

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										







Many thanks to the people who donated these 2 titles and all the other varied and wonderful books which have come to our Book Nook

The Shadow of the Wind

by Carlos Ruiz Zafon

Carlos Ruiz Zafon is Spanish and "The Shadow of the Wind" was on the bestseller list in Spain for two years and was also a number one bestseller in Germany. It is yet another great novel!!

It took me a while to get through Zafon's story – more so because I needed to apply myself, a greater level of concentration was required.

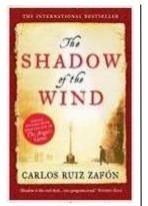
The main character is Daniel Sempere, the son of a bookseller. The setting is Barcelona in 1945.

When Daniel is old enough his father takes him to the secret Cemetery of Forgotten Books where he must choose a single book, promise to take care of it and keep it alive always. Daniel is drawn to and selects "The Shadow of the Wind".

He reads the book, becomes completely bewitched by it and obsessive about finding out all he can of the author Julian Carax. Soon Daniel's life becomes filled with discoveries about love and obsession, art and life, secrets and danger and how they are entangled within the shadow world of books.

Along the way he 'adopts', Fermin Romero de Torres, a tramp he meets on the streets of Barcelona, takes him home to his father whom Daniel coerces into giving de Torres a job in the bookstore and there begins the deepest of friendships.

"The Shadow of the Wind" is a love story, a thriller, a novel with many twists and turns (hence the having to



concentrate so hard!!) and hopefully it will capture you as it did me.

Theodore Boone by John Grisham

This is relatively short story and a quick read. It's part of a series but I was unaware of this until the end of the novel and don't think it really matters anyway. However, I enjoyed it so much I feel as though I need to read the first one, to learn the origin of young Theodore Boone.

Theodore is thirteen years old, the only child of lawyer parents. His mother is a court practicing lawyer and his dad spends most of his time in his office doing real estate law. They spend a lot quality time with Theo, at least one of them attending his school debates and both taking an interest in everything in his life. Theo, as he prefers to be called, spends most afternoons after school at his parents' office where he indulges his interest in law and justice and appears to have free reign (within reason – no snooping allowed!) including his own little 'office'. Their parenting style appeals to me!

His friend Hardie Quinn approaches him one day with the worry that his grandparents' home is about to be bulldozed and the land taken to make way for a bypass that many in the town regard as a complete waste of money and a detriment to the community and environment. Hardie enlists Theo's help and when Theo stumbles on a secret (that he has no right to know of) about the corrupt men behind the bypass plan, they soon embark on a strategy to keep the developers from going ahead.

Most enjoyable!

- These books reviewed by BTC Volunteer, Raewyn.

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, Westpac + 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 - 2pm

• Sunday 10am - 2pm (closed last Sunday of each month) • 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. MONTHLY MYSTERY GIFT DRAW

2NVR crew celebrate combined birthdays

Friends, family and colleagues recently gathered with some well known voices from our local radio station to celebrate a week where 4 presenters had birthdays on 4 consecutive days.

Dallas Dent and Heather Heywood, the senior members of the crew, reminisced about their fun times at the station which began at a studio in Bowraville before new premises were acquired at Tewinga because of expansion. Donna Collins' and Sky Fewing's memories were of more recent times and community activities.

A large black forest cake with 4 candles representing each person's birthday was made by Heather and all the guests enjoyed the home made cooking.

Pictured from left to right: Dallas Dent, Donna Collins, Sky Fewings and Heather Heywood.



Chiropractic Centre opens in Bowraville

70 High Street next door to Aunt Emily Craft Centre (verandah entrance)





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Phone 6564 8296

Hours Monday, Wednesday, Friday 10.00am - 5.30pm

Non-force practitioner - No back cracking

*Nutri-Energetic System Practitioner

*Allergy / Food Intolerance

*All Health Fund rebates

*Posture Analysis



Bowraville Lions Club Inc News Bulletin August 2015





Gardens, Gardening and Gardeners

Spice up your Garden

There's no need to wait for spices to arrive via ancient trade routes, you can grow your own and savour the heady fragrance and flavours of a fresh harvest.

For 2000 years spices were rare and exotic goods, brought through Asia via dangerous inland routes along with cargoes of silks, aromatics and precious stones, literally from the other side of the world. By the time these spices had reached the eastern Mediterranean port of Antioch in Turkey and had been carried still further by ship to Europe they were expensive and prized.

The spices brought back throughout history were probably no worse in quality than the desiccated powders and seeds stacked in rows of identical jars on supermarket shelves, a pale imitation of the complex aromas and richer flavours of freshly harvested plants and seeds. However, many spices are now readily available as living plants or seed so home gardeners can grow and harvest the real thing these days - freshly grated roots, seeds still fragrant with volatile oils and leaves which don't crumble at a touch into a greyish dust.

Gingers

The ginger family includes around 20 species with edible, pungent leaves or fruits although most are best known for the taste of their thick and fleshy underground rhizomes. All gingers need protection from the hottest sun, preferably by the shade of other plants to ensure humidity remains moderately high, while the roots are maturing. Rhizomes suitable for planting are available from greengrocers; choose thick -skinned pieces with paler, swollen, growing tips.

Turmeric (Curcuma longa)

Turmeric is closely related to ginger though its stems are shorter and the leaves are broader and the much smaller rhizomes resemble some kind of orange grub. These are dried and powdered to make the familiar

yellow spice, valued more as a food colouring than for its flavour. The roots are more potent and should be used in smaller quantities.

Galangal (Alpinia galanga)

Galangal is the most cold-tolerant of the edible gingers. Potted plants can be grown outdoors as long as they are moved to more sheltered spots during winter to protect them from frosts and cold, wet soils. The taste of galangal is reminiscent of ginger but more subtle with a lighter and fruitier aroma.

Cardamom (Elettaria cardamomum)

Cardamom is also a ginger but is grown for its fragrant fruits with overtones of eucalyptus. The freshly harvested pods are sweetly pungent but lose most of their volatile essences once ground or dried. Cardamom is almost as cold-tolerant as galangal but will only flower and set fruit in tropical and subtropical conditions.

Cinnamon (Cinnamomum verum)

Cinnamon is becoming increasingly available in warmer climates and can be harvested even from a large potted plant. In ancient times this was the fragrance of divine worship, as well as a sensual luxury, but it is now mostly used as an aromatic, spicy addition to cakes and other confectionery.

Cumin and other annual spices

Many of the common herbs of cooler climates also produce seeds that are used as spices, including coriander, fennel, dill, caraway, anise, cumin and black cumin. Not all of them are easy to grow; coriander needs cooler conditions or it will run to seed too quickly while still very small, while others are slow and tricky to germinate although they may crop readily enough once growing.

- www.abc.net.au





Bowraville Chamber of Commerce and Industry Inc

AUGUST 2015



Get ready to Rally Bowraville Saturday 12th September

The WRC are back bigger and better then ever and will be in Bowraville from 11am to 6pm this year.

Markets, Lions BBQ, Tyre Change competition, Rally Shop

Applications for market stalls are now open for only \$25 per site. These are limited so contact Chamber to ensure you can grab a good site. Phone 0428 527545

Bowraville Lions Club Community Tyre Change Competition

Corner of High Street and Belmore Street Heats start from 11.30am and the finals from 5p Entry only \$5.00



Prizes include Rally Merchandise and Norco Gift vouchers 1st prize presented by a leading WRC driver Entry open to anyone over the age of 16

For full details and entry forms contact the Bowraville Lions Club Mobile: 0428 527 545



Dave Recklies Electrical 3564 North Arm Road, Bowraville IDomestic ICommercial and Industrial IRefrigeration IAir-conditioning ISolar 0412 742 479 or 02 65644085 davidrecklies@bigpond.com Owner Operator with 20years experience "ARCtick No. AU26454"

Desert Power Pty.Ltd trading as

New haircutting service will come to your home

Wendy Campbell from Wendy's Coiffure (in Nambucca Heads) is now doing home visits and is available for haircutting in the Bowraville area for people who are housebound.

Wendy lives in Bowraville and would be pleased to receive your call for a booking to arrange an appointment.

Wendy, who has been a hairdresser for many years has just added this service to her business and is looking forward to catching up with old friends as well as making the acquaintance of new customers.

Call Wendy on 6568 6146



Insured ABN 87 009 289 943

BOWRAVILLE COMMUNITY NEWS — August 2015 (ISSUE 132)

Bowraville

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Phone 02 6564 8855

Email: admin@miimi.org.au Website: miimi.org.au

WHAT'S HAPPENING IN BOWRA

FUNDRAISER FOR AGENTS HILL HALL

Bowra Hotel

Sunday 20th August at 2pm

Gourmet Sausage Sizzle,

Live Music and Raffles.

Proceeds to go the upgrade and repairs of Argents Hill Hall

From page 5



Specialising in . . .

- Ladies and men's cuts
- * Style cuts
- * Colouring
- Body waves
- Facial waxing and tinting
- Body waxing
- Shellac nails
- Ear and nose piercing
- Wedding & Formal hair and make up

Discounts for seniors

Shop 5/28 Ridge Street Nambucca Heads Opposite the Library Phone 65 686 146







"You've got Buckley's" - Where did that saying come from?

William Buckley (1780 to 30 January, 1856) was an English convict who was transported to Australia. He escaped from captivity and was given up for dead. He was found close to death by aboriginals who cared for him because they believed he was the ghost of the much loved leader. He lived with the aboriginals who cared him for many years but became tired of the constant fighting.

Buckley's improbable survival is believed by many Australians to be the source of the vernacular phrase "you've got Buckley's or none" (or simply "you've got Buckley's"), which means "no chance", or "it's as good as impossible".



MEDIA RELEASE NAMBUCCA SHIRE COUNCIL

NAMBUCCA SHIRE CYCLEWAY PLAN REVIEW DRAFT AVAILABLE FOR COMMENT

Nambucca Shire Council has a draft review of its current cycleway plan out for public comment until 18 September 2015. The consultation period has been extended.

The current plan dates from 2010 and Council decided that a five-year review was due given changes associated with the construction of the new Pacific Highway and the growth in cycling for recreation, transport and tourism over the last few years.

Council is keen to hear from the community about what the priorities should be for cycleways, keeping in mind the limited resources available to Council to construct the infrastructure.

It is intended that the adopted plan will set the priorities for funding through developer contributions and grant assistance.

The draft review is available on Council's website at <u>www.nambucca.nsw.gov.au</u> under the "Documents on Exhibition" tab.

Submissions should be in writing, either in a letter addressed to the General Manager or via email <u>council@nambucca.nsw.gov.au</u> and should be submitted by 18 September.

For further information about the review, contact Keith Williams, Manager Technical Services, on 6568 0237 or via email <u>keith.williams@nambucca.nsw.gov.au</u>





Garden Gala & Markets



Free Entry

Sat. 29th August - 8am

Macksville Showgrounds



Lucky Gate Prizes

Proudly supporting the Macksville & District Hospital

Plants

*Natives & Exotics *Citrus *Seedlings *Roses *Broms *Subtropical plants *Succulents *Daylillies *Hippies & much, much more!

Music

Live music by easy listening group DKD + Radio Station 2NVR

Local Produce

*Fruit & Veg *Honey *Jams *Pecans *Macadamias *Buffalo Products *Gourmet Foods *Ginger Beer *Condiments

Competition

Flower Show & Competition + Art Exhibition

Arts & Crafts

*Jewellery *Leather Goods *Kids & Adults Clothing *Dog Supplies *Glassware *Soaps *Silk Paintings *Bric-a-brac *Candles & Incense *Bamboo Pillows

Refreshments

Food & Drinks + Ice-cream Fairy Floss Popcorn

Kids Fun

- *Pony rides
- *Carnival rides
- *Sand Modelling

*Junior Poultry Show, Exhibition & Sale

Maintenance

Bring along any ▲Garden Tools ▲Trade Tools ▲Kitchen Tools requiring Sharpening

Creative Workshops

9.00am - Fabulous Flora Art Displays by Steve McLaughlan 10.30am - Get Ready for Spring with Julie Worland (Total Gardens) 12 o'clock - Bush Tucker Treats with Clayton Donovan

So come and enjoy a great family day out!

For further enquiries or bookings phone May Harris on 65686285

How Happiness can Grow Your Memory

As if feeling grumpy wasn't a drag enough unto itself, scientists have discovered yet another drawback to a negative mood; it can handicap your brain's ability to record new memories. What's more, bad moods can trigger the calling forth of negative experiences from your past, a neuroscientific phenomenon known as 'mood congruence'.

Senior Lecturer in Psychology at Central Queensland University Talitha Best explains: "Mood and memory share overlapping neural networks and brain regions, so changes in mood can be accompanied by reduced cognitive speed and processes."

The upside is that the opposite also holds true. When good vibes flow your brain receives a boost. "This has positive effects on cognitive abilities such as memory, planning, organising and decision making. Encoding information, flexibility and innovative thinking processes are enhanced," Best says.

Try these tips for a good mood and to strengthen your memory: 1. Melt stress with meditation - stress activates the release of the hormone cortisol, which interferes with neural growth, learning and your physical health. This has a big implication for an aging population: use it or lose it – which applies to the brain as well as other aspects of life.

2. Solidify healthy habits - a consistently nutritious diet is like fertiliser for the brain. It's not so much about what or how much, but rather the habitual pattern of fruit, vegetable and nut intake across the mid-life that is related to better brain health in older adulthood. Steer clear of high-fat and highly refined carbohydrates, too. These foods are linked to brain tissue shrinkage in older adulthood.

3. Make yourself available - staying socially connected gives your grey matter a boost, so make time for catch-ups. Social connection, interaction and emotional attachment are important for supporting neural connections in regions of the brain related to memory performance.

-www.blackmores.com.au/brain-health/happiness-and-memory



Nambucca Valley Phoenix is having a



Fundraising Street Stall

Friday 4th September In Front of IGA Bowraville

Time: 10am-2pm

Just in Time for Father's Day! Grab a bargain!



Tel 6564 7677 for details

Any donations gratefully accepted to help support our day.

Thinking about downloading Windows 10???

In August the Bowraville Technology Centre will be holding a Windows 10 Download (it's over 3gb!) and Familiarisation Session.

There will be a cost to attend and access the download.

If you would like to attend this session give us a call on

6564 7420 and register your name.

Date, time and cost yet to be decided.

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

Faith Link Groups

Wednesday Evenings Mixed at 7.00pm

Thursday Mornings Ladies at 10.00am

Ministry Training School

Enquiries and applications are invited for the commencement of the Ministry Training School for 2016.

For any further enquiries

please feel free to contact me using the information below.

Pastor: Rev. Tom Fairhall



Address of Church & Office: 48 High Street Bowraville 2449

Phone: 02 6564-8656 Mob: 0428 682 870

email: bhffc2012@gmail.com

Tech talk . . .

Tech nostalgia: The top 10 innovations of the 2000s

Amazing how familiar and indispensable these all seem already. <u>http://www.techrepublic.com/pictures/</u>tech-nostalgia-the-top-10-innovations-of-the-2000s

Free e-book - the Big Social Media Guide for Non-profits

This comprehensive guide to Facebook, Twitter, Vine, Instagram, Pinterest, Google+ and LinkedIn has been written especially for nonprofits. You have to register and fill in a form to download. <u>http://go.classy.org/guide-social-mediafor-nonprofits-blog</u>

Someone Tapping into Your Wireless? This little article is an easy guide to making sure your wireless internet is not being used by others. <u>http://coopsys.net/downloads/</u> infobulletin_may15.htm#b3

Tips for Avoiding Downloading Malware Keep needing malware removed? This link could be useful for helping to learn what you are doing to keep getting infected. <u>http://</u>

www.ghacks.net/2015/05/22/reduce-the-risk-ofdownloading-windows-malware-on-the-internet/

Buy Safely Online with Privacy/Security A good site for online purchasers entering the world of online commerce for the first time. <u>http://</u> <u>www.makeuseof.com/tag/safely-buy-online-privacy-</u> <u>security/</u>

Free: WordPress Beginner Course Ghacks has a free, 90 minute course on setting up a Wordpress website orblog. <u>https://deals.ghacks.net/</u> sales/free-beginner-wordpress-online-tutorial

- CTCA Connect Weekly



Bowraville NSW 2449

-/11

Bowraville Central School News



Secondary School Leadership Program at Parliament House Sydney

Last term school leaders, Liam Madden and Bryce Sisa, attended the 2015 Secondary Schools Leadership Program at Parliament House in Sydney. Nudging shoulders with His Excellency General, The Honourable David Hurley and his wife Linda, were one of the many highlights of the day.

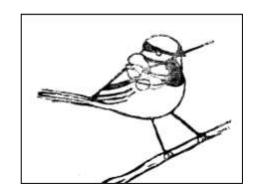
The boys witnessed parliament in session in both houses followed by meeting their electorate representative Melinda Pavey. The second part of the program consisted of a scenic stroll through the botanic gardens, a full tour of Government House and leadership advice from the Governor himself.

The boys represented Bowraville Central School admirably in the big city. It was a memorable day enjoyed by all but particularly for Liam Madden as a first time flyer.

Talented Artist

"Fairy Wren" is the title of Year 10 student, Sara Johnstone's ink on card print. Sara has been chosen as a finalist for the Silk Cut Lino Print awards Australia wide. Her work will be displayed in Victoria where selection of the winner will be decided by a distinct panel of judges. First prize is \$2500 for the Art Department. Congratulations Sara.





Sara and her silk cut lino print, *"Fairy Wren".*

)	Time	6 AM	x 7 AM	ay 8 AM	oy 9 AM	10 AM	er 11 AM	1000 Midday	International The PM	your 2 PM	Q 3PM	ack 4 PM	p 5 PM	6 PM	7 PM	8 PM	M 8 PM	10 PM
15	Sunday	Beam Me Up	Sunday Music Mix	Country Highway Dave Wareing	Dave Warning Country music classics to latest miseases and comedy		Classical Corner Noel Robertson		Dano's Mixed Grill Dariel Gosson A tasty mix of anything and everything to spice up your Sunday arvo		Jack's Tracks Jack	All the tracks with Jack Tune Inf That's A Wrap Dallas, Donna, Trickivic		Local sports results and in-depth analysis Booth's Drum With Captain Steve		Science & Reason With the Johnsh Free Thought Radio A Week In Science Radio Load to Science Radio Load to Science Radio		A Week In Science Diffusion Science Re Last In Science
- Program Guide - Winter 2015	Saturday	Rise N Shine Ron Hawkins "Satwater People" at 7:30 am Q Music. nows. and views to kick-start your weekend		Sabor Latino Edde - Tell others to listen online Aussie & World	Music from the Latino work! Chart to request	The Sports Show Datas and Trickivic Maggie's Mix Maggier Duffus		All the music you love to hear Soundbite Stavonic Skokan		Two For The Money Paul & Rachel Burns Modic, fun & banter		Phase Out With Faye Faye Aspicits		Imagine This & The AntipodeanSF Radio Show	Saturday Night Gold Classic 435 from the 50s. 60s & 70s			
Program Gui	Friday	Off The Cuff Radio Kal Behop Kal Behop Lively Ineaktast radio with a Lively Ineaktast radio with a		Just For You Carola Semions	Easy listering & All That Jacz	Tones of Clairessense Claire Watt-Powel	Outback Outlaws Paul Rose		Old and new country music	TGIF Sayzie	Jellyfish & Jollyfish Siyzie & Nuke	Jollyfish Ellike	RenOnTheRado	And Procon The Rando Or 3rd Friday of the month Studio 3 Live artists & studio autience Friday Night Rock		Toola Wills		
MI S.COL	Thursday	FM in the AM Dave McCroy	FM in the AM Dave McCroy A morning music mix to put a spring in your step		Under The Stinging Tree Poppa	T	Turning Pages Eizabeth Nexman Books, authors and the music that moves them		Simmo's Country John Senpson	Simmo's Country Join Simpson		Thursday Country		Nambucca Valley Roundup - Nath Raymond	Highway Blues Ratro 66 From Janice Jopin to The Backsfort		Jeff's Junk Jeff Mills	BBC Overviour
Radio Nambucca - 2NVR -	Wednesday	Off The Cuff Radio Karl Bishop A light 'n' breezy breaktest with the Bishop			Our Kind of Music Dallas Dent	₩.	Easy Listening	Jazz Azz I Like It Heather Heywood	A mix of jazz with kitza Oz	Rosemary's Allsorts With Rosemary Bateman	Relating, popular music	The Business Young local voices	CJ The DJ Ceri Wrobel	Nambucca Valley Roundup - Cerl Wrobel	Viel Philliph	Iver Australian Blues and Folk/Rock	Ants Rocks Authory Gamsey	Solid Rook
	Tuesday	Dano's Brecky Show Daniel Gosson & Hai The Robot		Global Mosaic Please State A weekly musical top through the world		Infopinion Richard Ladon	Infopinion Richard Ladon		Nothin' But The Blues The Colonel	Rob's Roving Robbie Handcock	Bible reflections, Gospel & Australiana History Valley Beverly Gibbs		Nambucca Valley Roundup - Bevery Gibbs	Texas Flood Nell Green The best music of all time, all the time		Tall 11:00pm		
E	Monday	FM in the AM Dave McCrory		A morning music mix to put a spring in your step	Classic Hits	Great Rock 'n' Roll 1950s-2010s	Baby Boomers Doma Colins	٢	The Weekley Fix Paul Weekley	5	The Red Bag Show Patricia Roberts		Tune in to find out what's inside	Nambucca Valley Roundup - Ron Hawkins	Reggae Mixtape With Fitzroy	Music outside the usual	In The Mood Ekzabeth	CRN Overnight
1	Time	6 AM	7 AM	8 AM	9 AM	10 AM	11 AM	Midday	1 PM	2 PM	3 PM	4 PM	5 PM	6 PM	7 PM	8 PM	MH 6	10 PM