

# BOWRAVILLE COMMUNITY NEWS



The Bowraville Community News is produced by  
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[www.bowraville.nsw.au](http://www.bowraville.nsw.au)



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## Top 10 Tips: Buying Christmas Gifts Online

Stuck for Christmas gift ideas? If you don't do it right online Christmas shopping can be a stressful and costly exercise! With the right planning, however, it can be a time and money-saving blessing. For stress-free festive season shopping, read through the tips below.



### 1. Know your budget

Avoid January credit card bill shock by setting a budget for your Christmas shopping and think about how much you want to spend on each person you want to buy for.

### 2. Make a list

Once you have your budget sorted start jotting down ideas to help you narrow down the right Christmas gift for each person. What are their favourite things? What do they enjoy doing? Remember, you may think that socks and undies are 'practical' but if you want to show you care then put a bit more thought into what sort of personalised gift might create that genuine "Wow!" reaction on Christmas Day.

### 3. Start early

Not only does this help avoid last-minute desperate decisions, you can often pick up a bargain. You will also have more to choose from if you start early as online retailers can sell out of many items as Christmas Day gets closer. There's nothing more frustrating than finding the perfect Christmas gift idea for that special someone and then seeing the words "Sold Out".

### 4. Shop smart

When ordering anything online check product reviews on retailer websites or via Google. Watch out for fake or imitation products. You generally get what you pay for and if it looks too good to be true, it probably is. Also remember to include shipping costs and changing rate of the Aussie dollar when comparing prices. Many retailers offer free shipping but inflate product prices to offset shipping costs. Make sure you're comparing apples with apples!

### 5. Shop safe

Don't buy from a site that doesn't have a secure server to encrypt your payment details. Look for the padlock icon in the address bar of your browser and the additional "s" (which stands for secure) at the end of the traditional 'http' in the address bar. 'https' tells you that security is in place and gives additional peace of mind. Avoid buying from sites that don't have any contact details or only list a PO Box. You can also use PayPal if you are not comfortable entering your credit card details on a particular website.

### 6. Customer service

This is one of the less obvious aspects of online retail but also one of the biggest sources of frustration for online shoppers. Look for websites that have an obvious focus on customer service, both before the sale AND after. In terms of pre-sales service features like 'click-to-chat' are being offered by some retailers in an attempt to bring the online shopping experience closer to what would occur in a traditional 'bricks and mortar' retail store. When it comes to after sales service check for testimonials from previous customers and consider searching online forums to look for a pattern of negative experiences. You want to know that if you have any issues with the product you will be looked after rather than given the cold shoulder.

### 7. Delivery options

Check to see what delivery options are available, whether they meet your requirements and what the cost impact of each option is. If the delivery is via courier will you be home when the courier arrives? Can you provide the courier with 'Authority to leave' the package if you are not home when they arrive? What tracking options are available?

*Continued on Page 19*

## Top 10 Tips: Buying Christmas Gifts Online

*Continued from Page 1*



## BOWRAVILLE COMMUNITY NEWS

### CIRCULATION = 300 COPIES

Newsletter is also available online at:

[www.bowraville.nsw.au/bowraville-newsletter](http://www.bowraville.nsw.au/bowraville-newsletter)

### NEW 2015/16 ADVERTISING CHARGES:

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Annual subscriptions includes 11 issues.

90 x 90mm (1/6 page)	\$8 issue/\$80 year
90 x 180mm (1/3 page)	\$15 issue/\$150 year
Half page (or 1 column)	\$18 issue/\$180 year
Full page (or back cover)	\$25 issue/\$250 year

DEADLINE for copy for  
the FEBRUARY 2016  
issue IS: 5:00PM  
19TH JANUARY 2016

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](mailto:admin@bctc.com.au)

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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 -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.

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## ***Bowraville Technology Centre***

**39 High St, Bowraville Ph. 02 6564 7420**

**Open 9.30 to 4pm Weekdays**

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- Centrelink Access Point
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**Book Launch “The Evolution of Community”**

at the Bowraville Theatre  
on Friday, 4<sup>th</sup> December at 4pm

**Bowraville Kids Xmas Party 2016**

Wednesday, 16th December  
Starting at 3pm in High Street  
Movie at 3.30pm Troppo Bob at 5pm  
SANTA at 6pm.

**Phil Hughes Memorial Race Day**

The Nambucca River Jockey Club will be holding the Phil Hughes Memorial Race Day on Saturday, 26th December.

**Bowraville Garden Club**

Our AGM was held in November and the previous executive was re-elected. We welcomed new members Dee Hunter and Susie Bowen and all members, except one who was overseas, were present. Members dressed in many shades from lilac to mauve enjoyed a pleasant day viewing the lovely garden of member Myffie Coady followed by morning tea and friendship. We all left with bags of cuttings from the garden or items from our sale table. We meet again on the second Saturday of December for our Annual Christmas Celebration, this year to be held at the Nambucca Golf Club. Contact Barbara on 65647039. The motto of the Garden Club is “Friendship through Garden” and our poetess provided the perfect poem for the day - and we’d like to share it . . .

*When I feel a bit lonely or just a bit low  
To lighten my spirits, out gardening I go  
It's a garden of friendship each plant that I tend  
Reminds me of someone, and each one a friend  
When I gaze on the beauty, friend's faces I see  
And think of the plants they have given me  
The bulbs and the seedlings, the cuttings and all  
If it wasn't for friends I'd have no garden at all*

*In my garden of friendship midst colour and scent  
My friends are all with me and I am content.*

Just a PS to this poem - we do love to visit nurseries to add to our collections.

**Bowraville Hospital Auxiliary (UHA)**

Treasurer Dee Hunter and Secretary Isabelle Hooper who received the honour of life membership to the UHA travelled to Wagga for the state conference. Resolutions were passed referring to better procedures for discharging patients, palliative care mental illness and chaplaincy in hospitals. Some of the statistics were amazing - close to six million dollars was donated to hospitals in NSW and hours volunteered were the equivalent to full time jobs for 530 employees. So congratulations to all our Bowra volunteers. Over 20 volunteers and guests travelled to Gladstone to celebrate the end of a very successful year. Our next meeting will be the usual 4<sup>th</sup> Friday in February.

**Bowraville Recreation Club**

The Annual meeting of the Rec Club was held in November. Seven members filled the board positions and Darryl Hughes accepted the role of President. Thanks and congratulations to all. To make this wonderful club even more viable we need more member participation in all activities. Volunteer work around the club has been a great help. Greens have been cored and sanded. Vet golfers love coming to Bowra to enjoy our well known hospitality. Women golfers concluded their comps with the yearly medal round. Nine holes will continue until the beginning of our next season. Women bowlers have changed their day to Thursday so this will complement the Social Bowls also held on that day. Twilight bowls continues on Friday. Women golfers and bowlers combine on Wednesday, 9<sup>th</sup> December for yearly presentations and follow with a Christmas

*Continued on Page 5*

# 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

# BOWRAVILLE PHARMACY

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## Weekly Activities

### MONDAY

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)

### TUESDAY

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)

### WEDNESDAY

BOWLS, Ladies 10am at Bowraville Recreation Club (6564 7349)  
AL-ANON 7.30pm 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)

### THURSDAY

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)

### 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 (6564 7304)  
FRIDAY RAFFLE and MEMBERS DRAW Bowraville Recreation Club plus Bistro (6564 7349)

### SATURDAY

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)

### SUNDAY

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 **anyone** 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 your computer requires servicing or has issues, you need to make a booking and there will be a minimum fee of \$25.

**Absolute beginners are most welcome!**

### **TECHNO CLUB**

**TUESDAYS 2.00 - 3.00pm**

with **Graeme** and

**THURSDAYS 10.30 - 11.30am**  
and **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**

### **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.

From page 3

Celebration Luncheon. Phone the Rec Club on 65647349 for details of club competitions.

### 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 would be appreciated to cover refreshments, printing and craft supplies. Surplus monies will be donated to a local cause.

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

### 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

*Continued on Page 15*

## 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

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*Dancing with Carmen Noble*

4/11

**PSST!** There's a rumour going 'round that  
Santa's coming to town!

*Pit stop at the*  
**Argents Hill Hall Christmas Party**  
*Saturday, 12<sup>th</sup> December at 6pm*

So spread the word and don't be shy, come along for  
Santa, food, music, treats for the kids, raffle prizes and  
a catch up with new and seasoned friends.

***Enjoy the evening with us - see you there!***

All proceeds will go towards improving Argents Hill Hall for the community

Alcohol not supplied – B.Y.O



1/1

### Ongoing woes of the Data Retention Act

A mounting body of evidence that compensation will go nowhere near covering the ISPs costs has fanned calls from Internet Australia for an early review of the Data Retention Act, citing the problematic implementation process and the ongoing uncertainty surrounding key provisions.

<http://www.itwire.com/government-tech-news/technology-regulation/70040-diluted-data-retention-compensation-sparks-isp-outrage>

### Regional Telecommunications Review

Among the findings of this important review is that "Regional Australians have a higher dependency on mobiles than their urban counterparts because of the broader geographic range within which many conduct their working and everyday lives". It also recommends "the development of a new safeguard in the form of a Consumer Communication Standard for voice and data which would provide technology neutral standards in terms of availability, accessibility, affordability, performance and reliability". See a summary of its recommendations at <http://www.itwire.com/it-industry-news/telecoms-and-nbn/70014-regional-australia-needs-urgent-nbn-attention-report>, or the full report at <http://www.rtrc.gov.au/issues-paper/>

### Regional Australia is being left behind

Vodafone Chief Executive Officer has given a speech saying "Currently in Australia we have two classes of mobile customers – those with access to coverage and choice of provider in metropolitan areas and those without in many regional and rural areas." He says that the introduction of 5G in the next five years will mean a whole new world of communication but past policy decisions which have led to a lack of competition in regional markets are causing a significant drain on the economy.

<http://www.itwire.com/it-industry-news/telecoms-and-nbn/69986-vodafone-decries-lack-of-competition-digital->

[future-threatened](#)

### Data limits on next year's Long-Term

**Satellite Service** NBN company has proposed a fair use policy where satellite users would be able to access plans with a maximum of 150GB of data per month over the LTSS, the vast majority of it only between 1am and 7 am. 150 GB sounds like heaven now but remember when a 1 GB harddrive seemed huge? <https://delimiter.com.au/2015/10/26/nbn-co-sets-150gb-cap-on-long-term-satellite-access/>

### National Broadband Network's planned construction and ready for service dates

NBN has released its three year construction plan at <http://www.nbnco.com.au/learn-about-the-nbn/three-year-construction-plan.html?cid=vanity:3yearplan>.

Delimiter has gone further and released a controversial document showing NBN Co's planned fibre rollout and the dates it comes into service. <https://delimiter.com.au/2015/10/21/delimiter-releases-nbn-ready-for-service-info/>

### Internet Australia's response to the NBN

**three-year plan** In their media release welcoming the NBN three-year plan, they specifically refer to the benefits for rural and regional communities. "This three year plan will promote certainty, especially in regional and rural areas and allow local councils to better develop economic and social strategies around broadband infrastructure. It's as much about reach as speed. Both are critical to the sustainability of regional and rural communities".

<https://www.internet.org.au/docs/media/427-16-october-2015-news-release-internet-australia-responds-to-nbn-plan-renews-call-for-a-digital-future-forum-for-immediate-use/file>

**Bowraville & District Ex-Services Club**  
**6564-7304**



**Takeaway available**  
**Lunch - Wednesday to Sunday**  
**from 12noon to 2pm**  
**Dinner - Wednesday to Sunday**  
**from 5.00pm to 8.00pm**  
**6564-8898**

HAPPY HOUR Monday & Tuesday 4-6pm  
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POOL TABLE \$1 per game



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**DECEMBER PROGRAM at the**

# BOWRAVILLE THEATRE

## **History of Nambucca Shire - book launch of 'The Evolution of Community'**

On Friday, 4<sup>th</sup> December at 4pm you are invited to the book launch of 'The Evolution of Community'. The story spans one hundred years of Nambucca Shire Council history. Beginning in 1915 when the Nambucca Valley split from what had been Bellinger Shire Council. Described as being a great read, full of surprises and bringing to the page many of the shire's pioneering families. The author, Carrolline Rhodes, describes the history as a living document illuminating the past and pointing the way to the Nambucca Valley's future. Places are limited for this event. Refreshments will be available. If you would like to attend please contact Ms. Monika Schuhmacher on 6560214 or email [monika.schuhmacher@nambucca.nsw.gov.au](mailto:monika.schuhmacher@nambucca.nsw.gov.au)

- Dorothy Evans, Publicity.

## **Bowraville Film Society**

**Saturday, 19th December - DOUBLE FEATURE COMEDY**

**4.30pm - "Dinner for One – Same Procedure as Last Year" (1963) German Comedy**

An older lady is having a birthday again and has invited four guests. The only problem is the four passed away long ago and so the butler has to step in and help. He does a very good job and it seems that he also did a very good job for all the four guests after the dinner.

**INTERMISSION – BYO food and drinks to share.**

**5.30pm (note time change) - "The Dish" (2001) Australian Drama Comedy**

As American astronauts prepare to make one giant leap for mankind a small Australian town stumbles through its own small steps to help. In the summer of 1969 Cliff Buxton (Sam Neill) leads a team of scientists overseeing the operations of one of the world's largest radio telescope dishes nestled in a New South Wales community of sheep farmers. Buxton and his crew are asked if they will allow their telescope's dish to be used as a backup receiver for the television transmission from the moon should the main receiver in California fail. Buxton and his men are more than happy to help and the village is agog as they gear up for their own small part in one of the world's greatest adventures. When a change in Apollo 11's schedule means the Australian dish will have to pick up the vital broadcast from the moon, Cliff, Mitch and Al must put aside their differences to pull the show together.

**Membership of Bowraville Film Society is \$28 per year + \$22 for membership of Bowraville Arts Council.**

**This gets you 24 films - 12 double features each year for only \$50.**

- Marion Syrratt, Publicity, Bowraville Film Society.

## **Bowraville Kinesiology**

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4/11



# MARKETS CALENDAR

DAY OF MONTH	MARKET LOCATION and TIMES	CONTACT DETAILS
<b>THURSDAY</b> Every Thursday	Coffs Coast Growers Market, City Square, Harbour Dr. from 8am to 2pm	6648 4087
<b>FRIDAY</b> 1 <sup>st</sup> , 3 <sup>rd</sup> & 5 <sup>th</sup>	<b>BELLOPY ORGANIC FARMERS MARKET</b> from 8am to 1.30pm The largest 100% organic market in NSW. Bellingen Showground	0415 525 903
<b>SATURDAYS</b> 1 <sup>st</sup> Sat ( <i>bi-monthly even months</i> )	<b>VALLA BEACH COMMUNITY MARKET</b> from 8am to 1pm	6569 5410
1 <sup>st</sup>	Kempsey Riverside Markets, Riverside Park from 8am to 1pm	0456 658 979
1 <sup>st</sup> & 4 <sup>th</sup>	Marine Rescue Charity Market, Woolgoolga Beach from 8am	6654 0447
2 <sup>nd</sup>	South West Rocks Market, Horseshoe Bay Reserve from 8am to 12 noon	6562 6671
2 <sup>ND</sup> & 4 <sup>TH</sup>	<b>BOWRAVILLE COUNTRY MARKET</b> Bowraville Pioneer Centre from 8am to noon	6564 7670 6564 7419
2 <sup>ND</sup> & 4 <sup>TH</sup>	<b>BELLINGEN NATURAL PRODUCE MARKET</b> from 8am to 1pm Bellingen Showground	6655 1279
3 <sup>rd</sup>	<b>BELLINGEN COUNTRY MARKET</b> , Bellingen Park from 8am to 3pm	6655 2151
4 <sup>TH</sup>	Gladstone Trash & Treasure Market - 8.30am to Noon	6567 4203
<b>SUNDAYS</b>		
Every Sunday	<b>MACKSVILLE PRODUCERS MARKET</b> , Riverbank Park	6568 3844
Every Sunday	Coffs Harbour Markets, Jetting Shopping Village from 8am to 2pm	6652 3813
Every Sunday	Harbourside Markets, Coffs Jetty Foreshore from 8am to 2pm	0407 661 990
1 <sup>st</sup>	Coffs Harbour Lions Boot Markets, Coffs Jetty Foreshore 7am to 1pm	0417 704 588
2 <sup>nd</sup>	Plaza Market, Nambucca Heads Plaza from 8am to 1pm	6568 9655
3 <sup>rd</sup>	Gladstone Community Market, Memorial Park from 9am to 1pm	0499 155 312
Last Sunday ( <i>bi-monthly even months</i> )	<b>FUNKYA @ UNKYA MARKETS</b> from 8am to 2pm Unkya Reserve, Eungai	0425 205 737

## Steep & Heavy Mowing



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3/11

# BOWRA HOTEL

OPEN 10AM - MIDNIGHT

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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





# BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

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 ....

## Sisters of Mercy by Caroline Overington

I'm not sure that this novel is extraordinary but it is a good story and I really enjoyed the way in which it was written.

*Sisters of Mercy* is told to us by a criminal reporter, Jack Fawcett. He investigates the disappearance of Agnes, an English grandmother, whom for most of her life thought she was an orphan with no family.

Snow Delaney, born and living in Australia, finds out about Agnes's existence from her father's will. Not only that but in order to inherit (from what turns out to be a very large estate), she must actually meet Agnes which is something she absolutely has no interest in doing.

Snow is not excited, at all, about having family whereas Agnes is tickled pink to discover the true story of her parents, find out she has a sister and can't wait to meet Snow. Agnes has no interest in an inheritance – she just wants to meet her sister.

Snow goes to prison and Agnes goes missing. From prison Snow begins a written dialogue with Jack, frustrated with what he writes about her in the papers and keen to protest her innocence.

Caroline Overington's novel is a to-ing and fro-ing between Jack's narrative and Snow's letters and through this, the reader learns about Snow; things fall into place and we start to see a bigger picture emerge.

## The Girl On The Train

by Paul Hawkins

The tale is skilfully split between three women whose lives interlink tragically: Rachel (the main character), Megan and Anna. We first meet 32 year old Rachel on the commute home from London, just

another tired worker on her way back to the suburbs. The journey takes Rachel along the backs of houses on the street where she used to live. Unable to look at number 23, her old home, where ex-husband Tom now lives with new wife Anna, she focuses instead on number 15. She has become obsessed with the beautiful young couple living there whom she names Jess and Jason. Rachel looks out for the pair every day daydreaming about their perfect lives. Until one day she sees something in their garden that startles her and when she reads in the paper that "Jess" – who is really called Megan – has vanished, she decides to tip off the police.

But Rachel is prone to blackouts, irrationality and drunk dialling and the police dismiss her. Rachel is not just weak, occasionally spiteful and self-pitying but a bit of a sad sack compared with vibrant Megan and glossy, sexy Anna, who glories in her victory over her predecessor.

The more Rachel discovers about the missing Megan the less she likes her. Scott, the apparently grieving husband, is likewise more slippery than his charming manner indicates. Anna, too, comes to seem less like an innocent victim and more like a vindictive troublemaker. Tom is a nice guy driven to distraction by his batty ex-wife but is there something disquieting lurking beneath his calm surface?

- 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

4/11

# Simple Tips for Healthy Eyes

Your eyes are an important part of your health. There are many things you can do to keep them healthy and make sure you are seeing your best. Follow these simple steps for maintaining healthy eyes well into your golden years.



**Have a comprehensive dilated eye exam.** You might think your vision is fine or that your eyes are healthy but visiting your eye care professional for a comprehensive dilated eye exam is the only way to really be sure. When it comes to common vision problems some people don't realize they could see better with glasses or contact lenses. In addition, many common eye diseases such as glaucoma, diabetic eye disease and age-related macular degeneration often have no warning signs. A dilated eye exam is the only way to detect these diseases in their early stages.

During a comprehensive dilated eye exam, your eye care professional places drops in your eyes to dilate, or widen the pupil to allow more light to enter the eye the same way an open door lets more light into a dark room. This enables your eye care professional to get a good look at the back of the eyes and examine them for any signs of damage or disease. Your eye care professional is the only one who can determine if your eyes are healthy and if you're seeing your best.

**Know your family's eye health history.** Talk to your family members about their eye health history. It's important to know if anyone has been diagnosed with a disease or condition since many are hereditary. This will help to determine if you are at higher risk for developing an eye disease or condition.

**Eat right to protect your sight.** You've heard carrots are good for your eyes but eating a diet rich in fruits and vegetables, particularly dark leafy greens such as spinach, kale, or collard greens is important for keeping your eyes healthy too. Research has also shown there are eye health benefits from eating fish high in omega-3 fatty acids such as salmon, tuna, and halibut.

**Maintain a healthy weight.** Being overweight or obese increases your risk of developing diabetes and other systemic conditions. Obesity can lead to vision loss, such as diabetic eye disease or glaucoma. If you are having trouble maintaining a healthy weight talk to your doctor.

**Wear protective eyewear.** Wear protective eyewear when playing sports or doing activities around the home. Protective eyewear includes safety glasses and goggles, safety shields and eye guards specially designed to provide the correct protection for a certain activity. Most protective eyewear lenses are made of polycarbonate which is 10 times stronger than other plastics. Many eye care providers sell protective eyewear as do pharmacies and sporting goods stores.

**Quit smoking or never start.** Smoking is as bad for your eyes as it is for the rest of your body. Research has linked smoking to an increased risk of developing age-related macular degeneration, cataract and optic nerve damage, all of which can lead to blindness.

**Be cool and wear your shades.** Sunglasses are a great fashion accessory but their most important job is to protect your eyes from the sun's ultraviolet rays. When purchasing sunglasses look for ones that block out 99 to 100 percent of both UV-A and UV-B radiation.

**Give your eyes a rest.** If you spend a lot of time at the computer or focusing on any one thing you sometimes forget to blink and your eyes can get fatigued. Try the 20-20-20 rule: Every 20 minutes look away about 20 feet in front of you for 20 seconds. This can help reduce eyestrain.

**Clean your hands and your contact lenses properly.** To avoid the risk of infection always wash your hands thoroughly before putting in or taking out your contact lenses. Make sure to disinfect contact lenses as instructed and replace them as appropriate.

**Practice workplace eye safety.** Employers are required to provide a safe work environment. When protective eyewear is required as a part of your job make a habit of wearing the appropriate type at all times and encourage your co-workers to do the same.

- National Eye Institute

**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



## Letters to Santa



Lion Louise of the Bowraville Lions Club is busy collecting letters to Santa.

A special letter box is set up at Bowra Post and Collectables in High St to ensure speedy delivery of the letters to the North Pole.

Each child who writes a letter will receive a personal letter from Santa.

Please include your address so Santa knows your current location to reply in time for Christmas.

This is a free service and no stamp is required.



A project of the Bowraville Lions club Inc.

*Wishing the Bowraville Community a very  
Happy Christmas*



## LIONS CHRISTMAS RAFFLE



Each Friday leading up to Christmas the Lions will be holding a raffle and also have delicious cakes for sale outside the Tech Centre in High Street.

The draw will take place on Christmas Eve, Thursday 24<sup>th</sup> December at 12 noon.

## 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.



**Australian Lions Children's Mobility Foundation**

"Walk with Pride"  
Australia, Papua New Guinea, Norfolk Island

## 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 - 0412248044**  
**Secretary: Louise Richards - 0437066963**



## *Work out in your Green Gym*

We're always being told to eat more fruit and veggies and get more exercise with this diet or that exercise program. If the thought of donning the Lycra and heading to the gym has you reaching for the chocolate cake, what about green gym? Get out into your sustainable garden for your daily workout.

Sustainable gardening is not only good for the planet; it's good for your health. There are more and more people using their gardens and growing fruit and veggies to help manage chronic diseases such as Type 2 Diabetes.

Think about all the weeding, digging, mulching, planting, and raking you can do in your garden. Wow, what a workout. Not only that, your sustainable garden is a great mood booster so it's good for your mental health as well.

*Make December your month to start your Green Gym Workouts . . .*

Herbs are not only great to grow, they're great for you! Get out and plant some basil, parsley, coriander, thyme and rosemary. Don't forget to mulch them well. Good for your plants and helps you to burn some extra calories.

Get into the veggie patch and plant lettuce, silver beet, climbing beans, zucchini, pumpkin, carrot and beetroot. Don't forget there's still time to get your tomatoes in.

Need to eat more fruit? Plant passionfruit, pawpaw, pineapples and for a potassium hit, some bananas.

Don't forget flowers for the bees: marigolds, verbena, petunias, cosmos, sunflowers and dianthus. They'll not only add colour and interest to your patch, the beneficial insects will love them.

Your patch looking a bit tired? A green manure crop could be the lift it needs. At this time of year, try millet, lablab or cow pea. Your soil will be alive and nutritious, next season's veggies will love you.

Another great job to give you and your patch a good workout is to top up the mulch on all your garden beds. Make sure you choose sustainable, low environmental impact mulch that'll enrich your soil as it breaks down.

How about making some shade cloth tents? They don't have to elaborate, just a simple, moveable structure that you can pop over the top of some of the sun sensitive veggies as it gets hotter.

Have a good look at your grafted fruit trees, if they're sending up shoots below the graft, cut them off. You don't want the rootstock taking over your precious fruit trees.

Weeding is a great workout so get out there and pull them out before they take over.

*- Sustainable Gardening Aust.*

*Norco Rural  
has a full range  
of garden supplies  
to suit all 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  
Glenn, Garry or Paul.  
They 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**



**Merry  
Christmas  
and a Happy New Year**

***Please stay safe  
on our roads***

**Shop Local**

Don't forget to shop in  
Bowraville for your Christmas  
presents.

Avoid the traffic jams, traffic  
delays and the parking fines.

Our local shops have a great  
range of gifts, post cards,  
local art, crafts,  
produce and stocking fillers.

Take the time to browse our  
wonderful shops and galleries  
and you may just find that  
unusual or different gift idea  
along with some great bargains!



## Chamber AGM

The AGM was held on Tuesday 24th  
December at the Ex Services Club.  
A new committee was voted in at this  
meeting and is as follows:

President: Mark Scott

Vice President: Max Duncan

Treasure: Wendy Cole

Secretary: Cherie O'Donohue

Tidy Towns committee: Robyne

McGinley, Mark Scott

Public Officer: Cherie O'Donohue

After many years of loyal service to the  
Bowraville community Jeff Mott  
tendered his resignation from the  
events committee so he can travel the  
countryside with his wife Lynne and  
spend more time with his family.

We would like to thank Jeff for his  
fantastic work encouraging car clubs  
to visit Bowraville and producing  
a guide and hosting the  
historical walks around Bowraville.

## Next Chamber meeting

Due to the Australia Day Public  
holiday, the next meeting of the  
Bowraville Chamber of Commerce and  
Industry Inc. will be on Monday, 30th  
January at 5.30pm at the Bowraville  
Ex-Services Club in High Street.

*See chamber web site for more details  
and also the BTC TV notice board.*



*Ngiyaala garla-ngarraynggi waw guuyunga jurruya jalumbaw.giili waw.*

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

*"Ngiyaa Nyaaga mangga darrunda bambuurr ngaljarri barrmarranygu yilaami,manggagirr maana darrunda guunu julgaaganybiin.gu."*

"We aspire to facilitate change for generations to come, towards an improvement in life for ALL Australians."

## MiiMi Information

# SERVICES

### MONDAY

#### INTERRELATE Counseling Services



Contact **Interrelate** for an appointment  
6659 4150 *Everyone is welcome.*

### TUESDAY

New Horizons - 5632 4804  
Wesley Youth Accommodation - 6652 7124

### HEALTH CLINIC

9.30am - 12.30pm

*All Mum's and Bubs Welcome*

#### FAMILY LAW ADVICE

1st & 3rd Wednesday of the Month

10am - 11.30am

*Bookings Preferred 6651 7899*



### LEGAL AID

10am - 12pm

1st and 3rd Thursday of the month

*Bookings Preferred 6651 7899*



Fortnightly Financial Counselling

10am - 11am

*Bookings preferred 1300 662 540*



**MiiMi Aboriginal Corporation**  
90 High Street  
Bowraville

Phone 02 6564 8855  
Email: [admin@miimi.org.au](mailto:admin@miimi.org.au)  
Website: [miimi.org.au](http://miimi.org.au)

4/11



## Cacti & Succulents

NURSERY & GARDENS

Bellingen Rd, Bowraville 2449  
Mobile: 0459 482 474  
Ph: (02) 6564 8591

1/F

### PRE XMAS SALE

*Give or have something unique in a recycled container or just a potted plant.*

FLOWERS AVAILABLE

*Desert Power Pty.Ltd trading as*

## Dave Recklies Electrical

3564 North Arm Road, Bowraville

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7/11

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*With*

# AVAN

*Nambucca Valley*

MINI MOVE SPECIALIST

HIRE

A MAN WITH A VAN



6564 8375 or 0458 990 904

9/11

Insured ABN 87 009 289 943



## WHAT'S HAPPENING IN BOWRA

From page 5

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 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.

### Gold Coin Donation Class

On Wednesdays from 5pm to 6pm you can enjoy Pilates with Andrew or Tamara (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 9.30 to 11.30am. Based on

Continued on Page 18



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



5/11

# Bowra Laundromat

Cnr High & Belmore Streets

NEW Token Operated Washing  
Machines & Driers.

Tokens available at Pub and Newsagent  
Commercial Washers and Dryers  
Enquiries: ph 6564 7401



4/11

**NAMBUCCA VALLEY  
PHOENIX LTD**

*An Australia Disability  
Enterprise (ADE) offering  
a supported workplace*

**Property Maintenance**

*If you are on a package check what NDIS funded household  
tasks you are covered for and find out how we can help you*

**Work Crew**

- Assistance in domestic tasks
- End of lease clean
- Rental & home repairs
- Lawn mowing
- Garden maintenance
- Building maintenance
- Furniture assembly
- Rubbish removal
- Solo bin cleaning
- Gutters cleaned
- Driveway cleaning
- Repairs and painting
- Replacing fly screens

*no job too big or small*



*Money spent in the valley...  
stays in the valley*

**P: 02 6564 7677**

**Café**

Open Monday to Friday

9:30 am until 2:00 pm or by appointment

Phone: 6564 7677



*Morning Tea: Coffee & Cake Special*

*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**

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*

*Phoenix Treasures Op Shop is currently looking for volunteers to help out in the Op Shop for either a full day or just half. Any help would be greatly appreciated!*

**“What do you think it is, Bush Week?” - Where did that saying come from?**

Yes, there was a Bush Week in Sydney after World War 1 which had the aim of promoting the lifestyle and opportunities in country NSW (significant, with thousands of ex-servicemen being offered soldier settlement land grants) but it was too close to the Sydney Easter Show in both scheduling and style and consequently despite extensive promotion, flopped badly. “What do you think it is, Bush Week?” began to be used to refer to a silly time when common sense was ignored.

In the 1940s, that great spreader of slang, universal military service, spread the usage Australia wide.

*- Sydney Morning Herald.*



5/11

**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



## 2NVR 105.9fm News

The Community Broadcasting Association of Australia, CBAA, Conference was held in Terrigal, on November 14<sup>th</sup>, where the annual award Voxie winners were announced at a Gala Dinner.

2NVR was once again a finalist in the category of 'Most Outstanding Small Station' as we have been every year since entering in 2010. We were not the winner this year but very proud to be recognised as a national finalist by the CBAA.

2NVR Presenter, Ceri Wrobel, was invited to present a workshop on the successful Regional Radio Conference hosted by 2NVR at Valla Beach Resort in March this year.

Nambucca Valley Radio, your Community Radio Station held its AGM on November 7<sup>th</sup> and we are pleased to announce our new committee and wish them well for the coming year: President-Steve Ryan, Vice President-Skye Fewing, Secretary - Ion Newcombe and Treasurer-Vicki Melouney. General Committee Members: Ian Bailey, Elizabeth Newman, Phil Whitney & Slavomir Skokan.

2NVR recently hosted a 2 day training workshop on Outside Broadcasts by former ABC Presenter, Martin Corben. The training was a great success and very inspiring. Look out for 2NVR volunteers at events around the valley in the coming months, swing by and say hello.

2NVR invites you to attend our next live Gig, in the form of 'Studio 3 Live' at 834, Rodeo Drive, Tewinga. It is also broadcast live on 2NVR 105.9FM, 6-8pm on the third Friday of every month and we stream live to your device via [www.2nvr.org.au](http://www.2nvr.org.au). Everyone is welcome, BYO refreshments; food will be available for sale.

**Friday, December 18<sup>th</sup> from 6 to 8pm** – Outstanding local Blues band, Glenn Heath and the Deep Blue Sea. This will also be the 2NVR Christmas Party and we would love you to join us under the mistletoe.

**Friday, January 15<sup>th</sup> from 6 to 8pm** – Well known, talented locals, Keith and Cliff Pagett will be entertaining us so do come along.



# CRANE TRUCK HIRE

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Serving the Nambucca district and beyond



Call:  
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**6564 7528**

Mobile:  
**0427 653 312**

**7 DAYS**

4/11



## Council approves shooting range at Missabotti

On 29/10/2015 Nambucca Shire Council granted consent for the Nambucca Valley Pistol Club (NVPC) to construct a 25-bay shooting range in the Shire's drinking water catchment zone at Missabotti.

Many locals are asking "how did this happen"?

The previous site of the NVPC at Gumma is now **classified as a contaminated site**. With 30 years of shooting and no environmental management plan undertaken, a high level of lead deposits are corroding into the water table. Now the NVPC have been given consent to build again - in our water catchment zone.

Council, with no conditions to clean up the old site first, have granted this.

This development has the potential to affect the health of all people, young and old for future generations to come. **Lead is particularly toxic to children.**

There is a majority of local Missabotti residents who oppose this development and the social and environmental impact it will have. The noise impact assessment of repeated gunfire was offensive to many residents several kms away.

Submissions received by Council were 52 opposed and only 2 in support. Additionally a petition was presented with nearly 1000 signatures, objecting to this development.

Nambucca Shire Council appears to have failed to hear the concerns of the residents and has shown a standard of disregard for the community.

We must remind the council who it is they work for and that they are accountable for their decisions.

The deciding councillors who granted approval for this are: **Rhonda Hoban (mayor), John Ainsworth, Brian Finlayson, Kim MacDonald, Bob Morrison and Elaine South.**

The role of a Councillor is to represent the interests of residents and ratepayers; clearly they have not taken notice of our concerns.

**Any persons who have a concern about this are encouraged to attend an action group meeting at the Missabotti Hall on Saturday, 12<sup>th</sup> of December at 10am.**

*-(Name supplied).*

## WHAT'S HAPPENING IN BOWRA

*From page 15*

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 (02)6564-7224, speak to Camilla on 0438 868 742 or come along to Tallowood School at 220 Bellingen Road, Bowraville.

### **Bowraville Uniting Church Op Shop.**

The congregation at the Bowraville Uniting Church is enjoying our monthly service held at 2pm on the second Sunday of each month. The Op Shop is proving to be very successful and is open daily from Tuesday to Friday (9am -3pm) and again on Saturday morning. Contact 6568 2451.

### **Bowraville Playgroup**

Bowraville Play-group meets at Bowraville Central School 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. Contact Lori Wilson on 6564 8256 or Danielle Ryan on 6564 8619.

*Attention Bowraville residents . . .*

*Use it or we'll lose it!*

**Coffs Harbour, Bellingen & Nambucca Community Transport offers a COMMUNITY ACCESS BUS in the Bowraville area.**

This is a door-to-door service bringing you into Nambucca Town Centre for \$2. The bus runs every second Friday and pick-ups start from 8.30am and return at 2pm from Nambucca Heads.

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

**COFFS HARBOUR, BELLINGEN & NAMBUCCA**

**COMMUNITY TRANSPORT**

# Beautiful Town, Generous People

## Dr Guard's Christmas Party for Bowraville Kids in High Street, Bowraville

Wednesday, 16th December beginning at 3pm

Each year Dr Guard and her staff go all out to give the kids of Bowraville a Christmas Street Party to remember.

There are organised games, face painting, a visit by Troppos Bob . . . and of course, Santa comes complete with presents for everyone.

There's food and fun and a children's film is screened at the Bowra Theatre. This is a task which takes many months to pull together and one that is looked forward to and enjoyed by everyone.

## Bowra Kids Xmas Party 2015 Wednesday, 16th December

**Starting:** 3.00pm **Where:** High Street,  
Bowraville

**Movie:** "Home" (PG) - 3.30pm

**Face Painting:** 3.00 - 5.00pm **Troppo Bob:** 5.00pm

**SANTA:** 6.00pm

*There will also be Pop Corn, Fairy Floss and a Bungee Run*

**FREE SAUSAGE SIZZLE**

If you have any inquiries please contact



### 8. Returns

Although we all hope that we choose the right Christmas gift idea for each person it doesn't always turn out that way so consider the returns policy of the website before buying. How flexible will they be and what are the conditions associated with the return of any items? Is there a refund or exchange policy?

### 9. Gift vouchers

Although some may consider gift vouchers as the lazy option others prefer them because the recipient gets to pick something they really want rather than something you think they wanted. Gift vouchers also allow the recipient to take advantage of post-Christmas sale prices. But if you're concerned that a voucher is boring consider making your gift purchases here in Bowraville. This shows you have put some thought into it rather than just picking up a generic voucher from a not-so-local shopping centre.

### 10. Have fun!

Enjoy the convenience of having immediate and anytime access to so many great retailers online. Gone are the days of car park rage and bustling crowds at the local shopping centre. If you plan ahead (as per tips 1, 2 and 3 above) you can pick up some great Christmas gift ideas at great prices, stress free! Finally, enjoy the moment on Christmas Day when your family and friends open their gifts and appreciate the effort and thought you put into choosing something special and personal for them.



## Earthworks and Excavations, Slashing & Acreage Mowing

Covering all needs for  
Residential & Commercial  
**Bowraville and Surrounds**

Full range of machinery and  
attachments to get your job done.

Operator – Timothy Becker  
Call 0407 43 66 48

1/11



## Pool Safety Signs available at the BTC

Council are commencing  
inspection of residential  
swimming pools and all pool  
owners are required to display a  
CPR sign.

**At the Bowraville Technology  
Centre we have laminated,  
colour, A3 sign for just \$5.**

## More Materials You Can Recycle

Collect all the soft ('scrunchable') plastics that  
you can't recycle at home including:

- Plastic shopping bags
- Bread, rice and pasta bags
- Biscuit packets and trays
- Frozen food bags
- Confectionery (lollie) packets
- Newspaper wrap
- Bubble wrap
- Dry cleaning bags
- Old green (and other re-usable)  
bags



Then drop them into the REDcycle Collection  
Bin at selected Coles and Woolworths/  
Safeways stores.



You are invited to  
*"Festivities and Good Cheer"*  
on Sunday, 20th December  
from 12noon 'til 3pm at the  
*Missabotti Hall Christmas Party.*

BBQ, Cold Beverages and  
tea and coffee available.  
BYO and a plate of something yummy  
to share !

On behalf of the Missabotti Hall Committee and  
the Missabotti Rural Fire Service.

RSVP to:  
Diana: 6564 7142(Sec.) Nadja: 6564 7427(Sec.)  
Like us on facebook



1/1

## Bowraville Chiropractic Centre

70 High Street

Ph: 6564 8296 or 0476 912 149

Office hours: Mon, Wed, Fri or by appointment

Fees:

First visit: \$55

Subsequent visit: \$40

Subsequent visit concession: \$30

All fees claimable with private health insurance



1/1

## Guided Meditation Group Class – Weekly on Tuesdays

Bowraville - 7pm evenings on Tuesdays  
for 1 hour .

Guided Meditation experience and social meeting.

**Creative Visualisation in Meditation  
provides a pressure-free environment to  
relax, unwind and switch-off before  
re-charging your peace battery ☺**

Small class - \$10 per person.  
Please book with Joanna on 0402 505 210  
website: joannabecker.com.au

1/11



# How to avoid overeating on Christmas Day

*Worried about bingeing on Christmas Day? Fear not, here are four top tips to curb those cravings.*

## 1. Start eating early

The single best way to prevent overeating on Christmas Day is simple. Have a healthy and filling breakfast Christmas morning to ensure you don't become ravenously hungry and minimise the likelihood of eating everything in sight.

**BEST PRACTICE:** Two poached eggs with steamed spinach, grilled mushrooms and tomatoes and a slice of wholegrain toast with a smear of avocado.

OR

**EAT WHAT YOU LIKE:**

Take a small plate and fill it with healthy options you will enjoy, along with one or two truly decadent items and stop at that one plate.

## 2. Count plates, not calories

At Christmas lunch it's not the amount of food you eat but the energy density of your choices that counts. The key is not to restrict yourself to the blandest options but to combine reasonable portions of your favourite energy-dense foods with tasty foods lower in energy (eg: salad).

**BEST PRACTICE:** Fill half your plate with non-starchy vegetables like broccoli, carrot, asparagus, salad, mushrooms, cauliflower and zucchini. These vegetables are low in calories and will fill you up with great nutrition. Keep your main protein, such as turkey or ham, to a quarter of the plate and choose skin-free options (that does mean removing the pork crackling). To jazz it up add a smear of cranberry sauce or teaspoon of gravy.

OR

**EAT WHAT YOU LIKE:**

Feel free to heed the call of the roast potatoes but keep these and other starchy vegies – think corn on the cob and peas – to a quarter of the plate.

## 3. Freeze Leftovers

Christmas comes but once a year, but then there's Boxing Day. And if you skip brekkie, by lunchtime a toasted turkey sanga and squashed fruitcake are going to look good. That's not the problem; it's the three bowls of Christmas nibbles you eat while you wait for the microwave that spell trouble.

**BEST PRACTICE:** The key to preventing Boxing Day overeating is to freeze some leftovers rather than leaving them ready-to-eat in the fridge.

OR

**EAT WHAT YOU LIKE:**

Don't eat yesterday's food for the hell of it or out of fear of wasting it. Instead, turn unloved portions into fresh meals. Create healthy soups with leftover meats and freeze them for another day.

## 4. Switch your choices

The second Christmas lunch (dinner) can be a doozy. Sure, you'd rather play with the new games with your sister-in-law's only child than eat another thing but the family won't take no for an answer. Result? You end up picking at things you don't particularly like or enjoy and before you know it you've clocked up the calorie equivalent of a second main meal.

**BEST PRACTICE:** If you can't get around eating between Christmas lunch and dinner (or if you feel like eating again), consume foods that don't provide the body with too much energy that probably won't get used. Choose different foods in round two than round one. Limit your carbohydrates on Christmas evening and instead go for non-starchy vegetables and lean protein, think a large salad and some seafood/lean ham or cold meats.

**EAT WHAT YOU LIKE:**

Eat mindfully and savour the pleasure factor, treat lunch 2 as dessert. If you really want trifle, then have it but have a small serve and eat it slowly. Hot tip? Set a goal of "being the last person to finish dessert because you ate it slowly and savoured it."



## 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 4/11

email: bhffc2012@gmail.com



## LIONS CLUB

SUPPORTING OUR COMMUNITY



**We Serve**

### PRESIDENT

Ann Caldwell  
Mob: 0412 248 044

### SECRETARY

Louise Richards  
Mob: 0437 755 186

Email: bli-  
on34@yahoo.com.au

**PO Box 23  
Bowraville NSW 2449**

4/11

## ~ TECHNO OVERLOAD ~

### Facebook's new search is a bit scary

Facebook has just announced an update to its search tool that lets users search for anything that has been posted to "public". It's useful - it means you can find posts you remember seeing but don't remember when or where, you can search for posts about things you are interested in even if none of your friends have posted about them, it gives you suggestions as you type, personalized based on your activities on Facebook, recent events and the friends you have on the site. But it is also a bit scary.

It means I can search for, and find, posts about people who are not on my Friends list. It makes FB stalking a whole new ball game. If you don't want everything you have ever posted publicly to be available via search, go to the Privacy Settings and Tools page, under "who can see my stuff" you can click on the "Limit Past Posts" link and then on the limit button that is displayed afterwards. This will change the visibility of any "public" or "friends of friends" posts from your whole past FB feed to "friends". <http://search.fb.com/>

### Domestic Violence SmartSafe Site

This site has been developed by the Domestic Violence Resource Centre to help people understand and deal with technology-facilitated abuse. It aims to support education and awareness around the positive use of technology for those experiencing violence. It has legal and technology info about issues like stalking, revenge porn, threats, and agencies and resources for support. <http://www.smartsafe.org.au/>

### Community Disaster Preparedness

With summer on the doorstep this is a good time to plan and prepare. The Red Cross has a free downloadable RediPlan that, like the [RFS Fire Plan](#), is designed to help people be prepared. They also advise that Red Cross has presenters who can give training sessions. You could invite a Red Cross presenter and follow up with a series of sessions for your community on being disaster ready. <http://www.redcross.org.au/misc/prepare.aspx>

### One for Rural Women

National Women's Rural Coalition also has a program for rural women called "Weather the Storm". They have available a very complete and comprehensive kit with a step-by-step guide to planning and delivering the program along with handouts and presentations. <http://www.nrwc.com.au/Projects/WeatherTheStorm.aspx>

### Beware of Cryptowall 3

This is nasty ransomware and Australians are world leaders in being victims of it. <http://www.itwire.com/business-it-news/security/70150-cryptowall-v3-coming-%E2%80%93-more-ransomware>

- CTCA Connect Weekly Newsletter

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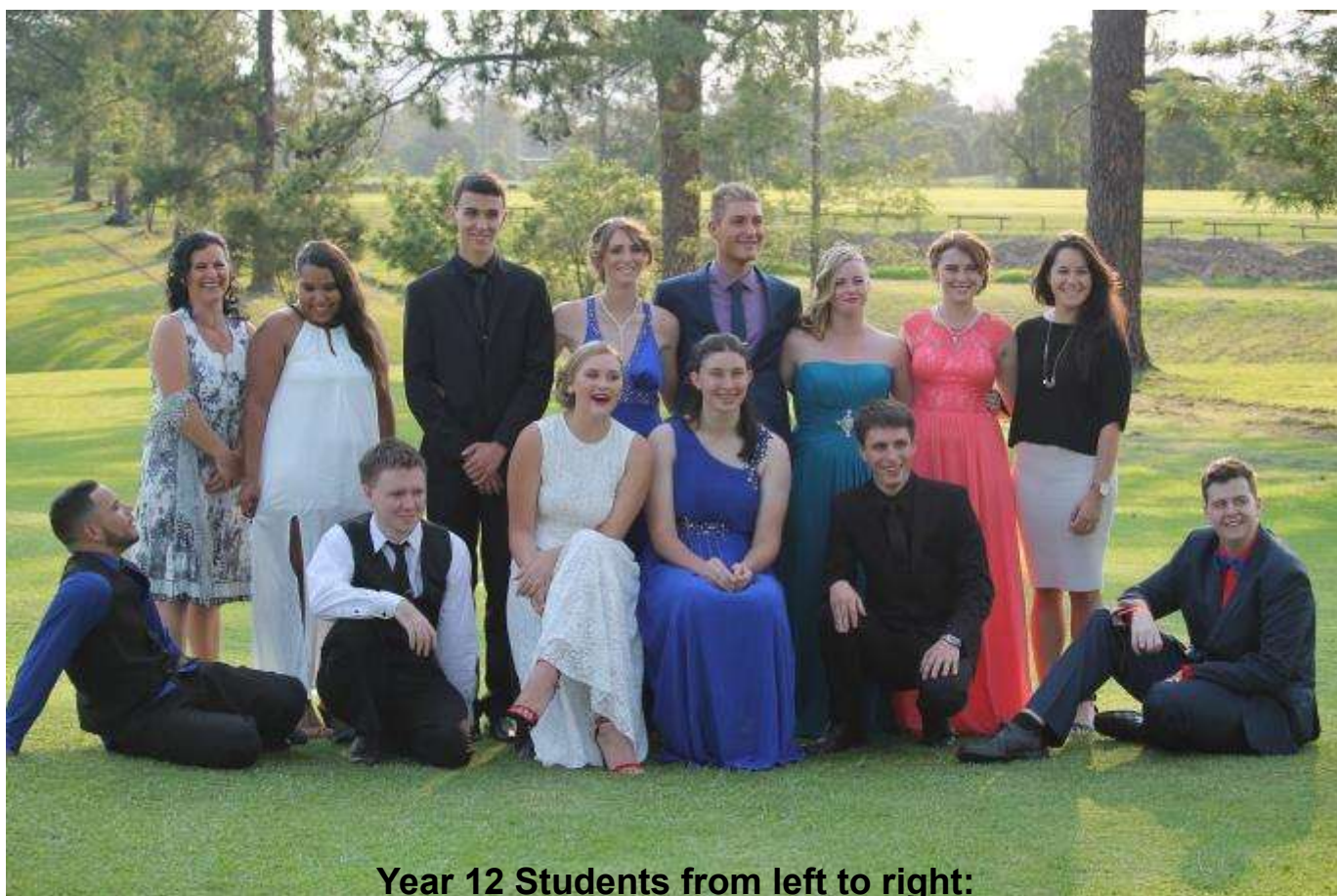
# **Bowraville Central School News**

## **Year 12 Formal Graduation Dinner**

Another wonderful community achievement was the Year 12 Formal on Thursday, 19<sup>th</sup> September 2015.

Congratulations to all students. It was a beautiful evening shared with staff and families; once again this year celebrating the fact that as a whole school community we have enabled another fine group of young men and women to achieve great things in preparation for the future of their choosing.

Many of the students completed all their schooling at Bowraville Central School having commenced Kindergarten in 2003.



**Year 12 Students from left to right:**

*Back Row:* Sharon Atkins, Adrienne West, Zach Marshall, Zara Simon, Mackenzie Boorer, Rebecca Barber, Selina Richards, Sally McPherson (Year Advisor),

*Front Row:* Nesta Walker, Aidan Noble, Aleysha-Jane Whitelaw, Ashley Richards, Bryce Sisa and Liam Madden.





# Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Summer 2015–2016

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	FM in the AM Dave McCrory 	Dano's Brecky Show Daniel Gosson & Hal The Robot 	Off The Cuff Radio The Fare Maiden joins The Bishop 	FM in the AM Dave McCrory 	Off The Cuff Radio Karl Bishop 	FM in the AM Dave McCrory 	Beam Me Up Scotty 	6 AM
7 AM	A morning music mix to put a spring in your step	High-paced capcphony to get those feet shufflin'!	Music and conversation with a mediaeval twist into the now...	A morning music mix to put a spring in your step	The Bishop's top 20 with a recipe or two for this weekend	A morning music mix to put a spring in your step	Sunday Music Mix	7 AM
8 AM	Classic Hits & Jukebox Paul Rowe 	Global Mosaic Fleier 	Our Kind of Music Dallas Dent 	Under The Stinging Tree Poppa 	Talk Of The Town Ceri Wrobel 	Sabor Latino Eddie - Tell others to listen Request Lafino World Music 2nvr.org.au/ChaffLafino Or phone 02 6564 7777 Share with friends...	Becoming Country 	8 AM
9 AM	Great Rock 'n' Roll 1950s-2010s	A weekly musical trip through the world	Easy Listening	Turning Pages Elizabeth Newman Books, authors and the music that moves them	Tones of Clairresence Claire Watt-Powell 	The Sports Show Dallas and Tricivik 	Classical Corner Music from the past 1000 years Alternates weekly with The Lively Arts Music & spoken word from film, TV, theatre & radio Noel Robertson	9 AM
10 AM	Baby Boomers Dorria Collins 	Infopinion Richard Laxton 	Jazz Azz I Like It Heather Heywood 	Simmo's Country John Simpson 	Outback Outlaws Paul Rowe 	Maggie's Mix Margaret Duffus 	Dano's Mixed Grill Daniel Gosson A tasty mix of anything and everything to spice up your Sunday arvo	10 AM
11 AM	The Weekly Fix Paul Weekley 	The Phoenix Crew Selected music & madness	A mix of jazz with tozza Oz	Aussie country music at its best	Get Funky Friday with Slycye 	Phase Out With Faye Faye Aspiotta 	Jack's Tracks Jack 	11 AM
Noon	Drive Home Scotty 	Flashback Rob Davidson 	The Business Young local voices	Thursday Country 	Rhino On The Radio 	Two For The Money Paul & Rachel Blums Music, fun & banter	All the tracks with Jack Tune in!	Noon
1 PM	Drive Home Scotty 	60s to 80s Rock and Country	CJ The DJ Ceri Wrobel 	Nambucca Valley Roundup - Retro	Switching to Studio 3 from 6pm-8pm on the 3rd Friday of each month for live artists & studio audience	The Juice The Jollyfish 	That's A Wrap Dallas, Donna, Tricivik Local sports results and in-depth analysis	1 PM
2 PM	Youth Music Program Toby Frost & Lea Gillard	Nambucca Valley Roundup - Ron Hawkins	Nambucca Valley Roundup - Ceri Wrobel	Highway Blues Retro 	The Friday Night Rock Show Todd Mills 	Imagine This & The AntipodeanSF Radio	Booth's Drum With Captain Steve 	2 PM
3 PM	Reggae Mixtape With Fitzroy 	Texas Flood Neil Green 	Phillirin With Phil 	When Only The BEST BLUES Will Do	The Friday Night Rock Show Todd Mills 	Imagine This & The AntipodeanSF Radio	Booth's Drum With Captain Steve 	3 PM
4 PM	Music outside the usual	The best music of all time, all the time	New Australian Blues and Indie/Folk/Rock	Jeff's Junk Jeff Mills 	Continues overnight	Continues overnight	Science & Reason With The Jollyfish Free Thought Radio, A Week In Science, Diffusion Science Radio, Lost In Science, CRN overnight	4 PM
5 PM	Juggling Mondays Juggler's choice Music mix 	Till 11:00pm	Solid Rock	Music Mix Continues Overnight	Continues overnight	Continues overnight	Continues overnight	5 PM
6 PM	CRN Overnight	BBC Overnight	Music Mix Continues Overnight	BBC Overnight	Continues overnight	Continues overnight	Continues overnight	6 PM
7 PM	CRN Overnight	BBC Overnight	Music Mix Continues Overnight	BBC Overnight	Continues overnight	Continues overnight	Continues overnight	7 PM
8 PM	CRN Overnight	BBC Overnight	Music Mix Continues Overnight	BBC Overnight	Continues overnight	Continues overnight	Continues overnight	8 PM
9 PM	CRN Overnight	BBC Overnight	Music Mix Continues Overnight	BBC Overnight	Continues overnight	Continues overnight	Continues overnight	9 PM
10 PM	CRN Overnight	BBC Overnight	Music Mix Continues Overnight	BBC Overnight	Continues overnight	Continues overnight	Continues overnight	10 PM

2NVR — "Most Outstanding Small Station in Australia" CSAA Voice Award Winner, 2011 & 2013  
 2NVR — Australia Day Award 2012 for "Service to the Nambucca Valley Community"

The Best Little Station In The Nation

National news and weather is broadcast each weekday at 7am, 8am, 9am, Noon, 6pm, and 7pm  
 Tewaringa studio and office: 02 6564 7777 email: admin@2nvr.org.au