

Bowraville Community News



Bowraville Community News is produced by the Bowraville Technology Centre.
39 High Street, Bowraville 2449. Tel: 6564-7420
admin@bctc.com.au www.bowraville.nsw.au



AUGUST 2018 ~ ISSUE #165 FREE CIRCULATION 400 POSTCODE 2449

Don't Get Scammed!

Beware of fake myGov/ Medicare email

SCAM ALERT

What's happened?

Scammers have set up a clone of the myGov website to trick you into sharing your login and bank account details.

The scam starts with a *phishing email that looks like it is from Medicare, asking you to update your Electronic Funds Transfer (EFT) details so you can start receiving payments for Medicare benefits and claims.

If you click on the link in the email you are taken to a replica of the real myGov website. You'll note the URL includes **'.net'** instead of **'.gov.au'** which is an indication the website is not a legitimate Australian Government domain!

If you input your login details you are directed to also enter your secret security question and answer before you're taken to the fake Medicare website to input your bank account details.

These emails and web pages feature myGov and Medicare design and branding making them appear legitimate.

Remember, clicking on the link and sharing your details gives these scammers access to your personal information which they then use to steal your money and identity!

How do I stay safe?

Email continues to be a popular method for criminals hoping to trick you into handing over your money or personal information.

There are some simple steps you can take to avoid an email scam:

- Do not click on links in emails or text messages claiming to be from myGov or Medicare. myGov will never send you a text, email or attachment with hyperlinks or web addresses.
- Don't open messages if you don't know the sender or if you're not expecting them.
- Be suspicious of messages that aren't addressed directly to you or don't use your correct name.
- Login to your official myGov account by typing the web address into your browser, to check your inbox for any legitimate emails from Medicare.
- You can also contact the organisation separately to check if they have sent the message. Do not use the phone number on the suspicious message.

If you are concerned that your personal information has been compromised and misused you can contact Australia's National Identity and Cyber Support Service, IDCare or use their free Cyber First Aid Kit at www.idcare.org or phone 1300 432 273.

If you have been a victim of a cybercrime, such as fraud, report it to the Australian Cybercrime Online Reporting Network (ACORN).

More information - *How to protect yourself from email scams on page 6.*

BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 400 COPIES

Newsletter is also available online at:

www.bowraville.nsw.au/bowraville-newsletter

2018 ADVERTISING CHARGES:

Bowraville Community News is produced every month, except January.

Annual subscriptions includes 11 issues.

90 x 90mm (1/6 page)	\$10 issue/\$100 year
90 x 180mm (1/3 page)	\$18 issue/\$180 year
Half page (or 1 column)	\$20 issue/\$200 year
Full page (or back cover)	\$25 issue/\$250 year

DEADLINE FOR COPY FOR

THE SEPTEMBER 2018

ISSUE IS: 4:00PM

21st AUGUST 2018

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

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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 8 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



search for CTCABowra”

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

Missabotti Hall AGM

Will be held on Sunday, 5th August at 10am in the Missabotti Hall. Volunteers are always needed to keep the hall running – so please come along – everyone is welcome to attend.

The Bowraville Big Burlesque Bash

On Saturday, August 25th the Bowraville Theatre will host an amazing night of quality Burlesque FOR ONE NIGHT ONLY.

Miss Burlesque Sydney will headline a star studded cast featuring Australia's finest Burlesque, Boylesque and Cabaret talent.

Tickets: \$25 from Bowraville Theatre or \$20 online

https://www.stickytickets.com.au/71089/bowraville_big_burlesque_bash.aspx

Bowraville Shopping Bus

If you are in Bowraville and you need to get to Coffs Harbour or somewhere outside of Bowra to do your shopping, let us know, the Community Transport Company has buses available so you can get to the shops. Call Lulu Jarrett on 0498 714 334 for more information.

BowraMacksville UHA

Results of our AGM to be held on 27th July will be in the next newsletter. Our annual Hospital Sports Day will be held at Bowraville Recreation Club on Saturday 1st September. We have asked men golfers to schedule a Stableford instead of the usual Medley Stroke. Bowlers will advertise their program so check the boards. In conjunction we will have a Father's Day raffle with the main prize being a hamper. As our hospital Coffee Shop celebrates its 10th birthday in September we've planned an afternoon tea at Macksville RSL on 22nd September at 2pm to celebrate so please claim this date and come and

join us. Entertainment, raffles and trading tables will be there as well as a delicious afternoon tea. We will also be launching our Recipe Book2. As part of this celebration we are collecting photos and stories etc. relating to both UHA and the hospitals we have supported since 1950 plus any other interesting memorabilia that we can copy and return. Has anyone a photo of Sister Coulter, previous matrons or midwives of our 3 Bowra Hospitals?

Garden Club

July's spell of clear sunny winter days saw our group travel to Stuarts Point where we visited 2 gardens, had a coffee tasting and visited a gallery of beautiful fabric wall decorations and woodwork. In between we enjoyed a delicious lunch at a local restaurant. In August we will visit a Bowraville garden - call 6564-7039 for details or if you would like to join us. Six members attended the Zone Day hosted by the Nambucca Club on 28th July. Members are potting up plants in preparation for our Morning Tea Garden Party in October to celebrate National Garden Week.

Bowraville Seniors

Rally, rally if you are a Bowraville Senior! In the last year we have lost 10 members and now have only 8 financial. Long time member Margaret Richards recalled that 20 years ago there were over 50 members. We meet at the Coach House Inn at 10.30 on the 3rd Monday of the month for coffee, a short meeting and friendship. Last month we changed the routines to farewell Secretary Lou Richards and husband Ted with an afternoon tea. August we look forward to guest speaker Karly Lane our local author and business woman to chat with us and in September we plan to embark on our postponed trip to Port Macquarie. Contact Ruth 6564-8243.

Bowraville Recreation Club

The Rec Club will host the Annual Hospital Sports

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: twitter.com/bowravillefolk

~ Groups by appointment ~

6/11

Frank Partridge VC Military Museum

Named in honour of Frank Partridge - the youngest and last Australian recipient of the Victoria Cross in WW2.

The museum houses a fantastic collection of military memorabilia and artefacts including uniforms, medals, weapons, vehicles and much more.

This museum is a 'must see'.

Open Monday - Friday 10am to 3pm
Saturday & Sunday 10am - 12 noon
or by appointment.

Admission by Gold Coin Donation.

29 High Street, Bowraville 6564-7056
enquiries@militarymuseum.org.au

4/11

Weekly Activities

MONDAY

COMMUNITY GARDENS 9am to 12noon. Growing food, sharing seeds, cuttings, experience, laughter and stories. Contact Gai Nowland (0438 716 026).

SENIOR CITIZENS 10.30am every third Monday at the Coachhouse Inn. Geoff Chittick on 6568 5033

FREE POOL All day at Bowra Ex-Services Club (6564 7304)

TUESDAY

LINE DANCING 6.30-7.30pm Pioneer Community Centre, 70 High Street, Bowraville. (6564 7791)

AL-ANON 10.30 am at rear and under Catholic Church, Mann Street, Nambucca Heads (6568 7449).

FREE POOL All day at Bowra Ex-Services Club (6564 7304)

WEDNESDAY

Boomerang Bags Sewing Bee, 10am-3pm, Pioneer Community Centre, 70 High St, Bowraville. (6564 708)

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

AL-ANON 7.30pm at Salvation Army Hall in Macksville, use rear entrance. Michael Watson (0499 106 261)

MEMBER'S DRAW & MEAT RAFFLE 6.30pm pm

Bowraville Ex-Services Club (6564 7304)

FREE POOL All day at Bowra Ex-Services Club (6564 7304)

THURSDAY

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)

FREE POOL All day at Bowra Ex-Services Club (6564 7304)

FRIDAY

COMMUNITY GARDENS 9am to 12noon. Growing food, sharing seeds, cuttings, experience, laughter and stories. Contact Gai Nowland (0438 716 026).

PLAYGROUP at Bowraville Central School 9.30am-12pm Contact Danielle Ryan on 6564 8619.

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

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

FREE POOL All day at Bowraville Ex-Services Club (6564 7304)

SATURDAY

BOWRA COUNTRY MARKETS (2nd and 4th Saturdays) 8am – Noon. Pioneer Community Centre Bowraville. For bookings and enquiries call 6564 7908 or 0400 828 471.

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

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

FREE POOL All day at Bowraville Ex-Services Club (6564 7304)

FREE POOL All day at Bowraville Ex-Services Club (6564 7304)

SUNDAY

FREE POOL All day 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 LESSONS OPEN TO EVERYONE

The **Technology Centre** 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 LESSONS

No official classes running at this time so contact the BTC to arrange a suitable time for assistance.

The lesson 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
6564-7420**



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

Day of Bowls and Golf on Saturday 1st September. The freshly painted club house has been admired by all. Surrounds have been tidied up on the golf course and the garden bank beside the bowls green is a joy to see. For spectators and players there are lots of chairs and tables on our north facing verandah so come and enjoy these facilities. Lyn McKay reports that the club is going very well due to the wonderful volunteer support. Bowls Pennants finished with 4s doing OK. The Classic Bowls Triples event is also coming up soon. Check the board for all bowls information. Ladies Golf Pennant Team play Coffs Harbour at Bellingen on 20th August. If you have any old photos of players, event etc. relating to the club, Moira would love to add them to our collection.

Line Dancing

Beginners class on Tuesday evenings from 6.30 to 7.30pm at the Bowraville Community Centre in High Street. Cost \$7 per week (plus \$7 per year to join BCDAL for insurance cover). For information contact Rhonda on 6564-7791.

St Jimmy's Kitchen

A free meal for the community on the second Thursday of the month from 5:30 to 7:00pm in the Anglican Church Hall in Young Street. Dietary needs taken into consideration. All welcome.

Macksville/Bowraville Uniting Church

Service for the combined Bowraville and Macksville Uniting Church at Bowraville is held on the second Sunday of each month. Macksville Uniting Church is closed and the Macksville congregation join with the Bowraville folk to worship at 10.30am.

Bellingen Uniting Church has kindly donated a Yamaha Organ to use in the Bowraville Church and this should be ready for our next service on

8th July. The service will be conducted by Ken Smith from South West Rocks and a friend has offered to play the organ on that Sunday. If there is a talented organist who could play once a month at Bowraville this would be greatly appreciated.

Macksville/Bowraville Uniting Church Op Shop

The Op Shop is operating very successfully and we thank all those volunteers who come along and help with the sorting of clothing and organising donated furniture and electrical items, all of which are electrically tested. The winter clothing is on display and has proved a great benefit to many people with the onset of the cold weather.

We have over 20 volunteers come along at various times each month to work in different departments BUT we desperately need a couple of WILLING AND ABLE MEN who would be available on Wednesday mornings to help collect and deliver furniture. We have a truck but need help with loading and unloading. If you are interested please ring Mavis on 6568-2451.

Nambucca Valley Community Church Food Hub

Anyone holding a Health Care Card or Pension Card can access this service. From 9.30am to 12pm non perishable food products will be on sale as well as other products. All perishables such as bread, vegies and fruit are free. Fee: \$10 for 11 items; \$20 for 22 items. Contact 6568-1647 or 0431 947 799.

Nambucca Valley Community Church

Sunday Church Service at 9.30am, Sunday School 10.15am and Prayer Group at 5pm. Women's Fellowship held at 10am each Wednesday. Youth Group is held each Friday for 12-18 year olds from 6 to 8pm. Phone David Bossard 0427 231 040. Food Hub is run by this church. Senior Pastor is David Bossard. This is a vibrant inter-generational church serving the whole Valley as its name suggests.

Continued on Page 8

Coronation Kennels & Cattery

"Where your pets are cared for like Kings and Queens"

180 Coronation Road, Congarinni North

(just two kms from Macksville)

PHONE: 02 6568-2018

Email: marcia@coronationkennelsandcattery.com.au

Website: www.coronationkennelsandcattery.com.au

We provide the following services:

Day Care - Check in 8am check out 4-6pm \$10 p/d

Sleepover - Check in 4-6pm check out 8-10am

\$15 p/n Cats - \$12 per day.

Long Term Budget -

1/2 price - BYO Food, Bedding and Kitty Litter.

Not available during school holidays



11/11

Short-term Accommodation

Small \$15 - Medium \$20 - Large \$22 - Cats \$12

BOWRAVILLE GIFT SHOP



LOCATED AT BOWRAVILLE POST OFFICE

27 HIGH STREET BOWRAVILLE

Monday to Friday: 9am - 5pm

PH: 02 65647169

4/11

Don't Get Scammed!

Email continues to be a popular medium for criminals hoping to target the unwary with scams, *phishing and **malicious software (malware). You need to know how to detect potentially suspicious messages and steps you can take to protect yourself.

There are potential risks involved in doing things online but by being aware of the threats and making smart choices you can reduce that risk.

How to protect yourself when using email

A number of different threats utilise email for their success including *malware, **phishing and different types of scams. But to some degree they all work the same way and rely on successfully exploiting the same human weaknesses. These threats work as follows:

1. You receive a message that contains an appeal or threat – the message tries to convince you to do something.
2. You assess the characteristics of the message, decide that the appeal is legitimate and take the requested action.

The action – which might be clicking a malicious link, opening a malicious file or sending sensitive information like credit card details – results in a negative consequence for you as the receiver of the message and some kind of illegitimate gain for the sender of the message.

Social engineering makes it harder to spot malicious emails

Malicious emails sometimes use a technique called 'social engineering' for their success. Social engineering is a way of manipulating people using misinformation. They use tricks to lower your natural defences against deception, for example by pretending to be from someone you trust or by making a highly attractive offer.

Criminals are getting better at social engineering and putting more time, effort and money towards researching targets to learn names, titles, responsibilities and any personal information they can find. Afterwards, the social engineer usually calls or sends an email with a believable, but made-up, story designed to convince the person to give them certain information.

Social media accounts provide rich information about events, conferences and travel destinations etc. which can be used to make an approach seem real and accurate. So consider what

SCAM ALERT

personal information you share online and learn how to use social media safely.

Note: Social networking sites typically allow you to choose who has access to see your personal details. Consider hiding your email account or changing the settings so that only people that you trust are able to see your details.

Protect yourself from malicious email – reduce spam

Electronic junk mail is commonly known as spam. These are electronic messages you haven't asked for that are sent to your email account, mobile phone number or instant messaging account.

The content of spam messages varies. Some messages promote legitimate products or services while others will attempt to trick you into following a link to a scam website where you will be asked to enter your bank account or credit card details.

The best way to protect yourself from malicious email is to stop it from reaching you. That way there's no chance it can influence you into doing something you might regret.

- Don't share your email address online unless you need to and consider setting up a separate email address just to use for online forms or shopping.
- As much as possible have separate email accounts for personal and business use.
- Use a spam filter to catch these messages before they get to your inbox. (Most modern email systems have reasonably effective spam filters to prevent spam appearing in your inbox. If you're not sure ask your internet service provider.)
- Delete spam messages without opening them.

Don't Get Scammed - continued on Page 27



AUGUST PROGRAM at the

BOWRAVILLE THEATRE

Sunday, 5th August from 1pm

Double Trouble - \$20

The duo "Double Trouble", John Warren and Peter Johnston, were support act for International artist Charlie Landsbrough as part of his Australian tour. Joining them will be Rozanne Muscat who teams up with the boys from time to time to deliver a truly enjoyable trio experience. Their repertoire includes Country, Country Rock, Rock & Roll and Old Time Dance.

Sunday, 12th August from 2pm

David Martucci in Concert - \$20

David ...*"eats, breathes and lives music"* ...which sees him spending 6 to 9 hours a day playing his custom made Graham Caldersmith guitar. He has performed throughout Australia, UK and Europe. Audiences can expect to be thrilled by his impeccable style and technique, slipping from tender to energetic pieces selected from his eclectic tastes including; Classical, Spanish, Brazilian choro, samba, bossa, South American, Jazz, Blues and Ragtime genres.

Sunday, 19th August from 2pm

MAMMA MIA 2 – HERE WE GO AGAIN

Musical/Romance

Tickets: Adults \$12. Conc. \$10. BAC/Child (under 15) \$8. Family \$30

Saturday, 25th August from 7.30pm

Big Burlesque Bash - \$25

Starring Ginger Foxx - *Miss Burlesque Sydney 2015 and 2018*

Plus a Stellar line-up of Australia's finest Burlesque and Boylesque Stars



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

What we have to offer . . .

TAB - Fox Sports

Keno - Gaming Machines

Pool Table - Daily Happy Hour

Bingo - Raffles

Members' Draws



HAPPY HOUR - All Schooners \$4.00
from 4pm to 6pm daily

FREE POOL Everyday



10/11

BOWRA HOTEL

OPEN 10AM - MIDNIGHT

**NEW
CHEF**

BISTRO

LUNCH and DINNER

Tuesday, Wednesday, Thursday,
Friday and Saturday

11:30am - 2:00pm and 6pm - 8pm

LUNCH & DINNER

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

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

33 HIGH STREET, BOWRAVILLE

Ph.6564 7041 Fax. 6564 8471

10/11

WHAT'S HAPPENING IN BOWRA

From page 5

Macksville Probus Club

Meeting at 9.30am at Macksville Ex-Services Club on the third Thursday of each month. Meetings consist of a speaker of interest in the community or an autobiography by a member. Margaret Cleary will be happy to answer any enquiries on 6568-5859. We are seeking new members to steer us into the future. \$10 for meeting and morning tea.

If you would like to let our readers know about a regular or upcoming community event, email your copy to: admin@bctc.com.au

Please note: It is the contributor's responsibility to keep the 'What's Happening in Bowra' information current and to inform us of any change.

Only activities with a contact number will be listed.

More Materials You Can Recycle

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

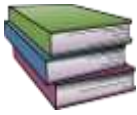
- Plastic shopping bags
- Bread, rice and pasta bags
- Biscuit packets and trays
- Frozen food bags
- Confectionery (lolly) packets
- Newspaper wrap
- Bubble wrap
- Dry cleaning bags
- Old green (and other re-usable) bags



Then drop them into the **REDCycle Collection Bins** located at the entry to most Coles and Woolworth stores.

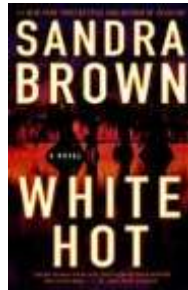
MARKETS CALENDAR

DAY OF MONTH	MARKET LOCATION and TIMES	CONTACT DETAILS
THURSDAY Every Thursday	Coffs Coast Growers Market, City Square, Harbour Dr. from 8am to 2pm	6648 4087
FRIDAY 1 st , 3 rd & 5 th	BELLOPY ORGANIC FARMERS MARKET from 8am to 1.30pm The largest 100% organic market in NSW. Bellingen Showground	0415 525 903
SATURDAYS 1 st Sat (bi-monthly even months)	VALLA BEACH COMMUNITY MARKET from 8am to 1pm	6569 5410
1 st	Kempsey Riverside Markets, Riverside Park from 8am to 1pm	0456 658 979
1 st & 4 th	Marine Rescue Charity Market, Woolgoolga Beach from 8am	6654 0447
2 nd	South West Rocks Market, Horseshoe Bay Reserve from 8am to 12 noon	6562 6671
2 ND & 4 TH	BOWRAVILLE COUNTRY MARKET Bowraville Pioneer Centre from 8am to noon	6564 7908 0400 828 471
2 ND & 4 TH	MACKSVILLE PRODUCERS MARKET , Riverbank Park	6568 3844
2 ND & 4 TH	BELLINGEN NATURAL PRODUCE MARKET from 8am to 1pm Bellingen Showground	6655 1279
3 rd	BELLINGEN COUNTRY MARKET , Bellingen Park from 8am to 3pm	6655 2151
4 TH	Gladstone Trash & Treasure Market - 8.30am to Noon	6567 4203
SUNDAYS		
Every Sunday	Coffs Harbour Markets, Jetty Shopping Village from 8am to 2pm	6652 3813
Every Sunday	Harbourside Markets, Coffs Jetty Foreshore from 8am to 2pm	0407 661 990
1 st	Coffs Harbour Lions Boot Markets, Coffs Jetty Foreshore 7am to 1pm	0417 704 588
2 nd	Plaza Market, Nambucca Heads Plaza from 8am to 1pm	6568 9655
3 rd	Gladstone Community Market, Memorial Park from 9am to 1pm	0499 155 312
Last Sunday (bi-monthly even months)	FUNKYA @ UNKYA MARKETS from 8am to 2pm Unkya Reserve, Eungai	0425 205 737



White Hot

by Sandra Brown



This novel is about a family who own a metal foundry business in a small southern town in Louisiana. Huff (the father) and his oldest son (Chris) run all aspects of the business ruthlessly. They care little about their underpaid employees who work long hours in the dangerous, noisy environment of a factory using old, poorly maintained machinery. The industry pretty much provides the only work in town and anyone who isn't employed there 'belongs' to Huff as he 'buys' off everyone he meets. Even those who do work for him do what they are told. Once he has his claws into a person there is no getting out.

Huff is helped along with this blackmail by Beck, their lawyer. He's a young man with ambitions, best friend to Chris and his opinion and input into running the business is highly valued in the family.....as Huff puts it, "like another son to me".

There is a younger son, Danny, and a daughter, Sayre, who escaped the family and small town the first chance she got, when she was little more than a teenager. Sayre never agreed with the way things are run both within the family and at work, she deplored Huff's manipulation and lack of conscience. She loathes Chris and although she cared about her youngest brother, she left and never looked back, moved to another state,

never acknowledged her ties to the family and went so far as to change her name.

Danny is found dead, apparently a suicide. Sayre returns to the town for Danny's funeral only because she felt guilty about not answering any of the calls Danny made to her in the previous days....what would have been the first contact between them in about 10 years.

Brown's basic theme to *White Hot* is interesting and plausible. I think the type of industry and factory is a perfect setting for the accidents that happen – very believable. Her characterisation of Huff and Chris, in particular, are also very realistic. Unfortunately, I think the kind of behaviour and industrial incidences Brown describes happen all too frequently worldwide and both the people who commit such terrible things and the accidents that occur go unchallenged for years with disastrous results all round. For me it contributes to *White Hot* being kind of gripping.

What I didn't enjoy was the romance that develops between Sayre and Beck. It's a bit "Mills and Boon-ish", way too predictable and although not exactly corny I felt it was too weak.....almost like another author wrote that part of the novel.

If you think you could bear the predictable romance and lack of strength to it, it could be a good read.

- This book read and reviewed by BTC Volunteer Raewyn.

Bowra Laundromat

Corner of High & Belmore Streets

Token Operated Washing Machines & Dryers.

Tokens available at Pub and Newsagent
Commercial Washers and Dryers

Enquiries: ph 6564 7401



We all take medicines but too often we take them for granted.
That's why it's important to be medicinewise.

Being medicinewise means getting the most out of your medicines.
The more you know the more you can maximise benefits and reduce any risks.

5 QUESTIONS

TO ASK YOUR DOCTOR OR OTHER HEALTH CARE PROVIDER BEFORE YOU GET ANY TEST, TREATMENT OR PROCEDURE

Some tests, treatments and procedures provide little benefit.
And in some cases, they may even cause harm.

Use the 5 questions to make sure you end up with the right amount of care — not too much and not too little.

1

DO I REALLY NEED THIS TEST, TREATMENT OR PROCEDURE?

Tests may help you and your doctor or other health care provider determine the problem. Treatments, such as medicines, and procedures may help to treat it.

2

WHAT ARE THE RISKS?

Will there be side effects to the test or treatment? What are the chances of getting results that aren't accurate? Could that lead to more testing, additional treatments or another procedure?

3

ARE THERE SIMPLER, SAFER OPTIONS?

Ask if there are alternative options to treatment that could work. Lifestyle changes, such as eating healthier foods or exercising more, can be safe and effective options.

4

WHAT HAPPENS IF I DON'T DO ANYTHING?

Ask if your condition might get worse — or better — if you don't have the test, treatment or procedure right away.

5

WHAT ARE THE COSTS?

Costs can be financial, emotional or a cost of your time. Where there is a cost to the community, is the cost reasonable or is there a cheaper alternative?

If you have questions about your medicines speak with your doctor, nurse or pharmacist.

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





RETURN UNWANTED MEDICINES TO PHARMACY FOR SAFE DISPOSAL

WHY? Storing expired or unwanted medicines in your home can be dangerous, and disposing of medicines inappropriately can damage the environment.



SIMPLY FOLLOW THESE 3 STEPS



READ
Go to your home medicine area. Read your medicine labels, checking expiry dates. Consider whether you need all your medicines.



REMOVE
Remove all expired and unwanted medicines from your home medicine area and place them in a bag or container.



RETURN
Return all your expired and unwanted medicines to your local pharmacy. Your pharmacist will put your medicines in a secure bin for safe disposal.

Bowraville Pharmacy

Here at Bowraville Pharmacy we are happy to offer our community the Webster Dosette Packs.

The Webster Dosette packs are sealed weekly calendar pack designed to help people take their medication correctly, according to their doctor's orders. All regular medication that needs to be taken each week is sealed within the blister compartments. The Webster Dosette packs are designed to be as simple as possible to help relieve the stress of managing regular medications.



First 4 weeks are **FREE!**

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



HEY BOWRA! Want to get fit?

We are looking for Bowraville residents to participate in a new fitness program at Macksville Aquatic & Fitness Centre.

Community Transport can provide transport to the centre for classes on Tuesday or Wednesday each week from 9am.

Call our co-coordinator to register your interest.

Valma Jarrett - 0498 714 334

COMMUNITY TRANSPORT
COFFS HARBOUR, BELLINGEN & NAMBUCCA

Dates in August

4-11 August - World Breastfeeding Week
To protect, promote and support breastfeeding as the best way to provide newborns with the nutrients they need.

6-14 August - Elvis Week
Fans gather in Memphis for a celebration of the music, movies and legacy of Elvis Presley.

8 August - Dying to Know Day
An annual day of action dedicated to bringing to life conversations and community actions around death, dying and bereavement.

11-19 August - National Science Week
National Science Week celebrates the contributions Australian Scientists have made to the world.

12 August - World Elephant Day
Bringing attention to the plight of Asian and African elephants.

12 August - International Youth Day
A reminder that investment in the world's youth will provide a better future for all.

18 August - Vietnam Veterans Day (Long Tan Day)
Communities throughout Australia remember the sacrifices made by our young men and women in a conflict that spanned a ten year period thus making it the longest war in which Australians participated.

19 August - World Humanitarian Day
To increase public awareness about humanitarian assistance activities worldwide and the importance of international cooperation in this regard as well as to honour all humanitarian and United Nations and associated personnel who have worked in the promotion of the humanitarian cause and those who have lost their lives in the cause of duty.

19 August - International Orangutan Day
This event is to help encourage the public to take action in preserving this amazing species, the most iconic victim of the palm oil industry.

23 August International Day for the Remembrance of the Slave Trade and Its Abolition
International Day for the Remembrance of the Slave Trade and its Abolition is intended to inscribe the tragedy of the transatlantic slave trade in the memory of all peoples.

20-26 August - Keep Australia Beautiful Week
The aim of the Keep Australia Beautiful campaign is to demonstrate easy ways to help the environment and also save money by making a few simple changes around the home and in their daily lives.

29 August - International Day against Nuclear Tests
To remind UN member states of the dangers of nuclear weapons and the hope that nuclear disarmament is possible.

30 August International Day of the Victims of Enforced Disappearances

Enforced disappearance has frequently been used as a strategy to spread terror within the society. The feeling of insecurity generated by this practice is not limited to the close relatives of the disappeared but also affects their communities and society as a whole. Enforced disappearance has become a global problem and is not restricted to a specific region of the world.

Making reusable shopping bags from pre-loved fabrics

by the community,

for the community.

Boomerang Bags Sewing Bees every Wednesday and sometimes on weekends from 10am to 3pm in the Pioneer Community Centre, 70 High Street.

Come for an hour...or 5! Sewing, pinning and ironing activities. Whatever help you can give is hugely appreciated. BYO lunch; tea / coffee provided. Social networking too.

Donations of fabrics also welcomed.

Enquiries: 6564 7908 marion.syratt@gmail.com

Facebook: Nambucca Valley Boomerang Bags



LIONS CLUB OF BOWRAVILLE INC.

SUPPORTING OUR COMMUNITY

PRESIDENT

Mark Scott

M: 0428527545

SECRETARY

Cherie O' Donohue

TREASURER

Greg Lamberth

Email:

bowraville@lionsdistrict201n1.org.au

PO Box 23 Bowraville NSW 2449



10/11



Bowraville Chamber of Commerce and Industry Inc

chamber@bowraville.nsw.au

AUGUST 2018

Murals and Sculptures for Bowraville

Chamber is pleased to announce that funding has been secured from Nambucca Shire Council for a series of murals and sculptures for Bowraville.

The first mural will be done shortly in High Street by Gumbaynggirr Artist, Brentyn Lugnan. Brentyn's stunning artwork can be viewed on his Facebook page — just google 'Designs by Brentyn'.



The sculptures and related artwork will commence later by other local artists and it is envisaged that some of the sculptures will be made from timber from the old Lanes Bridge as council has promised us that this timber will be made available for use in Bowraville.

UPCOMING EVENT

Burlesque comes to Bowraville

The Chamber is pleased to inform the community that the majestic Bowraville Theatre will host an amazing night of quality Burlesque FOR ONE NIGHT ONLY.

Saturday night August 25th 2018.

Miss Burlesque Sydney headlines a star studded cast featuring of Australia's finest Burlesque, Boylesque and Cabaret talent.

A sell out crowd is expected so get your tickets early to avoid disappointment.

This show is strictly 18, AUSLAN interpreted, wheelchair access.



Find us on
Facebook

Tickets \$20 online or \$25 from the venue

https://www.stickytickets.com.au/71089/bowraville_big_burlesque_bash.aspx

RECYCLING INITIATIVES

Part 3

Soft Scrunchable Plastic - exactly what happens to it?

Ok so hopefully we got a good start on our recycling initiatives during “**Plastic Free July**”. We all know plastic is a huge problem to us and our environment, we’ve watched the ABC programs like ‘War on Waste” and listened to the panel on “Q and A” discuss the issues and solutions, we try to do our bit for the environment and our children’s future.

Now single-use bags have been banned by the large supermarket chains and the good news is that other major stores will be following their lead in coming months but is that all?

It seems we can’t go for more than 10 minutes without handling something wrapped in plastic. Plastic packing covers everything we touch from our food, our dog feed to our new mattress; if it’s heat sealed, shrink wrapped or bubble wrapped it’s all wrapped in soft scrunchable plastic.

Through the REDcycle Program, Replas has partnered with companies, such as Coles and Woolworths, who have taken responsibility for the plastic waste they create. The soft plastic material collected through this program is recycled by Replas and turned into great sustainable products designed for outdoor use by the community.

Replas has been operating for more than 28 years and during that time has developed world leading technologies to reprocess Australia’s waste into robust recycled plastic products for outdoor use. These products offer a sustainable alternative to the unnecessary use of virgin materials and provide long-lasting solutions to customers. Replas’ plastic recycling leads to low maintenance products that are designed to last as Recycled plastic is resistant to termites, microorganisms and moisture, and will never split, rot, crack or need painting.



Replas is Australia’s leading mixed recycled plastic manufacturer, they are an Australian company, hiring Australians and making Recycled products from Australian recycled plastic waste. They provide a solution for plastic waste by delivering a range of over 200 quality cost effective and sustainable products using state-of-the-art machinery and robotics together with a focus on energy use as they only use 25% of the power that it takes to make virgin plastic. They do not wash the plastic when making it so there is no water used in the process and their products are made from approx. 97% recycled plastic with 3% colour additive and UV stabiliser.



Their range of products includes bollards, signage, outdoor furniture, fitness equipment and Enduroplank™/ Decking as well as products suitable for traffic control, parks and gardens and the utilities industry.

With plastic use on the rise, we need to create a sustainable community that reduces, re-uses and recycles plastics. Fortunately companies like Replas see our plastic waste as a valuable

Continued on Page 16



Ngambaga Bindarry Girrwa Community Services Aboriginal Corporation

ABN:19746606729

"Empowering Aboriginal and Torres Strait Islander communities to gain independence and inclusion through the deliver and support of culturally appropriate community services"

Ph: 02-6564 7559, Hrs: Mon to Fri 8:00am to 4:00pm,

Address: 1/53 High St, Bowraville,

Web: nbgcommunityservices.com.au

Email: admin@nbgs.com.au



CHSP & NRCP (In the Nambucca Valley)

- Outings & day trips
- Group Activities
- Meal Assistance
- Friendly telephone calls & visits
- Letter writing and other correspondence
- Assisted Transport
- Advocacy
- Communication with Carers
- Peer Support
- Referrals to other Agencies

Early Linker Program, Mid North Coast (Kempsey to Red Rock, Coffs Harbour)

- Respite for Carers
- Carer support – group day trips
- Young Carer
- Carer Information
- Carer Referrals
- Carer Counselling/Advocacy
- Transport
- Individual Carer Support/Plans
- Carers Week Activities
- Relaxation Days

The Coordinator will work with you and/or your Carer to a Care Plan to ensure that your care and support needs are met.

It's not uncommon for Carers to become exhausted and overwhelmed. That's why it's so important to take a break – called 'respite'. By taking time off you get a chance to look after your own physical and emotional needs.

Early Links is for:

An Early Linker will assist with:

- People with a disability aged 0-8 yrs and who are generally not accessing any specialist disability service
- Carers and families of people with a disability
- The community
- People wanting assistance to accessing community and mainstream services, knowledge, resources and opportunities in their communities
- "Every child, every opportunity"
- "Communities where every child participates and very family is respected"
- General development concerns
- Information and support for families to find out about their children's disability needs
- Identify concerns, set goals and development plans for the future
- Connecting with other parents, community and service providers
- Build confidence to achieve your goals
- Develop your existing support networks and create new networks
- Look at ways you can participate and be a part of your community.



Soft Scrunchable Plastic . . . exactly what happens to it? *Continued*

resource, and are part of making this world more sustainable.

It's just not good enough to recycle, we must then buy back the recycled items that are created to complete the cycle. In buying items made from our recycled waste we help sustain the industry to reuse plastic.

What is the environmental cost in not being involved in the circular economy? By re-thinking your selection and purchase to buying back recycled plastic products you become the true recycler.



How to make the perfect cup of tea

White, green and black varieties of tea come from the same plant, *Camellia sinensis*. To make the different varieties of tea, the fresh tea leaves undergo different levels of oxidation: a natural chemical reaction producing a variety of tastes and colour characteristics.



To make the perfect cup of tea you should generally use one heaped teaspoon of tea per cup of water.

Different teas have different brewing times and preferred temperatures.

White and green teas should be brewed at around 70°C, and black around 85°C. Steeping tea for too long or using boiling water will result in more tannins being released leading to a bitter and more astringent tea. The amino acids responsible for tea's flavour are released at lower temperatures.

There are two simple ways to make sure water is not too hot to lessen the quality of tea: either the kettle can be stopped just before boiling or pour boiling water into the tea cup or pot and allow it to cool a little before adding the tea.

White tea should be steeped for 1–3 minutes, green for 1–2 minutes and black tea either 45–60 seconds (without milk) or for a stronger, richer tea served with milk, 2–3 minutes.

Good-quality teas can be reused. They can be infused two to three times which will bring out different flavours and subtleties in each brew. The Chinese believe the second or third brew of good quality tea is often the best.

1/11



We're here to help

New Licensee of the BOWRAVILLE Post Office.

Servicing the local community with:

- ✔ Bill payment
- ✔ Bank@Post#
- ✔ Identification checks
- ✔ Travel essentials
- ✔ Prepaid mobile phones and recharge*
- ✔ Stamps and stationery – office and school
- ✔ Great gift ideas and much more

We also have PO Boxes available.*

Locations:
27 High Street
Bowraville NSW 2449

Come in and meet us. We are open:

Mon - Fri 9 AM - 5 PM
Sat Closed
Sun Closed



Pioneer Community Centre News

The Pioneer Community Centre is owned by the Bowraville community and managed by the Bowraville Community Development Association Incorporated (BCDAI). General meetings are held in the hall on the first Monday of the month at 5:45pm.



President: Dee Daley
Vice President: Bob Cruickshank
Treasurer: Todd Vercoe
Secretary: Marion Syrratt
0400 828 471 6564 7908
bcdainc@gmail.com
70 High Street Bowraville 2449

NATURAL SOAP-MAKING WORKSHOP



Saturday August 25th
1:30 to 3:30pm
(after the markets)

Learn how to make soap at home for yourself and for gifts and other useful soap related products.

\$10

Bookings essential:
Lyndall Townend

0427 695 663

lyndall.townend@bigpond.com

WANTED: HISTORY RESEARCH VOLUNTEER and OLD PHOTOS OF THE HALL

The Pioneer Community Centre is approximately 100 years old. Are there any history buffs out there who would like to do some further research ?

We do have some information but need to check the fine details.

We are also looking for any old photos of the hall or any photos of Emily Grace or her bridal gowns.

Would love to hear from you if you can help.

Bowra Country Market
Make it + Bake it + Grow it
Recycle it + Up-cycle it
8am - Noon
2nd + 4th Saturday every month!
Stall holder enquiries:
02 6564 7908
0400 828 471
bowra.country.markets@gmail.com
Pioneer Community Centre
70 High Street, BOWRAVILLE

POSITION VACANT MARKET MANAGER

Are you looking for a way to meet your volunteer hours for Centrelink? Or looking for a way to be an active part of your community? This may be your answer!

The markets operate twice monthly, on the 2nd & 4th Saturdays of every month, from 8am to 12 noon at the Pioneer Community Centre, 70 High Street, Bowraville.

You need to: open the hall for stall holders to set up, help them if needed, put up signage, liaise with the stallholders and pack up at the end of the market, including sweeping and mopping as required. You will be operating the cafe - making tea and coffee for sale to patrons (fundraising for the hall). There is also an opportunity for you to make sweets and savouries for sale on your own behalf.

You will also be pro-active in market publicity and will be reporting to the BCDAI managers of the Pioneer Community Centre.

Enquiries to:

bowra.country.markets@gmail.com
or 0400 828 471

VOTE FOR YOUR FAVOURITE COLOUR SCHEME

We are planning centenary celebrations for this fine old building and she needs a re-paint.

Cushie Design of Coffs Harbour has prepared 4 options for community voting. The main colour in each option is for the walls as part of the facade is pressed metal to look like stone blocks.

Please take the time to consider the options shown in the window display and then place your name, contact details and preferred combination of colours (1, 2, 3 or 4) in the hall mailbox that is built into the door to the right of the windows. Or contact us as per the details above.

Line Dancing

Beginners Class

Tuesdays

6.00pm to 7.00pm

Cost - \$7 per week
Plus \$7 per year to join BCDAI
Information: Please phone Rhonda 65647791



Sewing bees for Boomerang Bags are held every
WEDNESDAY 10am to 3pm

Please join us in making sustainable shopping bags from pre-loved fabrics to use in place of single-use plastic bags.

Donations of fabrics and volunteers are always welcome.
Phone Gai Nowland 0438 716 026

The edge on hedges

Choosing a hedging plant

When choosing a plant variety, consider the height and width you want the hedge to be at its final size and choose a plant variety which will match this. Consider the position of your hedge. Choose a sun loving plant for a hedge in a sunny position. For a low compact hedge, small leaf varieties are more suitable. Larger hedges can be more forgiving to larger leaf varieties.

How far apart to plant

Generally, apply the distance principle of 3 high x 1 apart - eg: for the desired hedge height of 3 metres, plant shrubs 1m apart. If you desire a hedge to join up earlier, plant at the ratio 2:1.

How to trim a hedge

Regular trimming is required to promote compact new growth and keep the shape of the hedge.

Always use a clean sharp set of pruners or secateurs. Sharp blades will cut the foliage and stems cleanly giving your hedge a cleaner trim and reduce the risk of plant diseases.

If practical, don't prune on the hottest of days or the coolest. Your hedge is more susceptible to the weather conditions after pruning.

If you want a straighter looking hedge. Mount a string line at each end of the hedge at the desired height to give you a guideline.

Most fine leaved hedges can be pruned with pruners but if your hedge has larger leaves use a pair of secateurs and trim by cutting the tall and wayward stems off first then continue with the smaller stems.

How to keep the hedge healthy

Constant pruning of hedges removes energy from the plant which will need to be replenished. Fertilise regularly with a controlled release fertiliser specially designed for your plant type for slow continued growth.

Slow release fertilisers will give your plants sustainable nutrition for longer so you won't be out in your garden pruning every weekend.

When establishing a new hedge, prepare the ground by digging into the existing soil a good quality organic fertiliser for complete nutrient uptake over many months or plant into a native plant specialty mix.

When to water your hedge

Refer to the watering requirements on your plant's label. While the hedge is growing fast into its shape water regularly to keep up with its growing pace. Slow watering down a little if you want to reduce the hedge growth or when hedge is established.

- aboutthegarden.com.au

*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**

10/11

Bowraville Bus Timetable

Departs

Bowraville Post Office 7.13am
Bowraville IGA 8.13am & 9.13am

Returns

Macksville to Bowraville 2.35pm
3.35pm
4.35pm

Last bus 5.25pm

Red Ticket — \$2.50 per day

Eligibility: Pension Card

busways Telephone: 6568-3012

IT HAPPENED in BOWRA

Shopping in Bowra - 1909

(Nambucca News (NSW 1909-1911)
Friday 17 December 1909)

George May is a well known businessman, and one whose name has been identified with this district for many years. Some ten years ago he entered into business as a storekeeper and remained with us in that capacity for a long time. Three years ago he departed from us but the potent attractions of the place lured him back again and now he is back in a bigger way than ever.

Since returning he has made substantial additions to his business premises and at the present time he has one of the smartest shops in Bowraville (probably at 62 High Street).

The festive season is upon us and this is reflected in every article that Mr. May is displaying. On one hand the condiments of the orthodox plum pudding whilst in other departments there are all the seasonable goods that an Australian summer demands.

Mr. May is one of the best judges of wine on the North Coast and his stock proves our words. He is prepared to sell wine (which by the bye is some of the best) in bulk or bottle and our advice to those who want a real good healthy drink is to buy from him.

Dr Paul Weekley

Research & Genealogy Officer Bowraville Folk Museum



Just Joking . . .

A guy walks into an auto shop and says, "I'd like a gas cap for my KIA."

The mechanic thinks for a few seconds then says, "OK, that seems like a fair trade."

Bowra StarBytes

Aries

Attention to an older family member is becoming necessary. Problems in a partnership will come to light and need attention. **You may not have the energy to tend to some domestic concerns.** A secret is revealed or something hidden comes to light.

Taurus

Your attention will be on work, fitness and routine matters this month. There will also be opportunities to smooth over **differences. It's a good time to release any pressure you might have on your love life and step back to take a breather.**

Gemini

A highly creative, romantic and playful month. You may be thinking of ways to make a business out of a hobby or creative pastime. You will require more time to think things through than usual. Some problems on the home front need ironing out.

Cancer

The need for reorganisation as well as increased structure to your household becomes apparent. Luckily you are in the mood for straightening out these matters and it feels good to have the energy to pay attention to this important area of your life.

Leo

You're communicating and enjoying sharing ideas and catching up with friends. You are interested in improving your skills and **expanding your mind. Go over everything carefully before making large purchases and other important financial decisions.**

Virgo

This is a good time to take in rather than push forward with new **plans. While it's not the right time to throw yourself into a new project you might want to formulate initial plans.** Pay special attention to what a partner or close friend has to say.

Libra

You are especially assertive this month, but at the same time, blessed with the ability to go after what you want without **ruffling anyone's feathers. A pleasurable time in many ways though you will be reminded of your responsibilities.**

Scorpio

Be especially mindful of your communications with friends and groups this month, as something said (or not said) could come back to haunt you. Focus on your social life and a bit less on responsibilities and work. A time of great creative energy.

Sagittarius

Friends are likely to turn to you for advice and you could easily find yourself in the middle! Some of you might begin a new love **relationship through a friend or networking efforts. Changes taking place now could bring you to a better place at a later date.**

Capricorn

Attention to your career is especially important with new responsibilities and challenges you need to be on top of your game. You are enjoying the limelight and finding that others are seeing you in a positive and competent light.

Aquarius

A time for rethinking and reviewing rather than moving forward with new plans and initiatives. Let others take the spotlight for a **while. Changes are on the horizon, it's a good time for tidying up and getting in touch with what you truly want from your life.**

Pisces

Whether it's about responsibilities, a promotion or simply a new attitude, now is the time to prove your worth. Financial matters can be a little stressful this month. A personal revelation can occur — **something that's been brewing finds expression now.**



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 barmarranygu yilaami,manggagirr maana darrunda guunu julgaaganybiin.gu.”

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

OUTREACH SERVICES

- Monday Counselling Services**
Interrelate 10am to 3pm
Miimi House
Phone: 6659-4150
- Tuesday New Horizons**
1st Tuesday of the month
Phone: 5632-4800
- Warrina Women’s & Children’s Refuge**
2nd and 4th Tuesdays
Phone: 6652-2400
- Wednesday Baby Health Clinic**
9:00am – 12noon
All Mums and bubs welcome
No appointments necessary.
- Thursday Community Corrections**
Weekly 12.30 to 3pm
Phone: 6561-3100
- Legal Aid**
1st and 3rd Thursday
10:00am to 12noon
Phone: 6641-7899

BOWRAVILLE COMMUNITY HEALTH SERVICES

Child and Family Counselling

Speech Pathologist

Paediatric Occupational Therapy

These services are available by apt. - 6656-7200

MiiMi is now an approved CSO Agency.

***Volunteers are always welcome
please come in and see us.***

Miimi House

90 High Street, Bowraville

Phone: 02 6564 8855

email: admin@miimi.org.au

We were simply classier ‘back in the day . . .’

There are so many ways in which our lives are better these days than they were decades ago. On the other hand, we are missing some of the finer things from back in the old days. It seems our clothes, manners and entertainments were just objectively classier back then!

Entertaining

The finest china was used, candles or fresh flowers adorned the table, as did cloth napkins. It was the pride of most women to pull out the stops for special occasions.

Clothing

Not just coats but hats and gloves used to be crucial to completing the perfect outfit regardless of the season. What we accessorise with today is not usually so graceful.

Shoes were very stylish

We might not miss the feeling of wearing heels everyday but there’s no denying that they looked incredibly stylish.

Hairstyles

Of course there is something to be said for natural hairstyles but there was a time when ladies’ hair in particular was just so incredibly beautiful and styled to perfection.

Men Wore Suits

Once required for some white collar jobs and for formal occasions you rarely see men in suits for other reasons these days. But once upon a time it was the norm, so much in fact that there were casual suits. Yes, tweed or corduroy suits were the less formal version of the suits that came to dominate clubs, bars, banks and dinner parties in the early part of the 20th century. Even some physical jobs required men to wear suits back then.

Ladies’ Toiletries

There are plenty of chic products on the market today but they usually cost an arm and a leg. Pharmacy beauty products, while certainly a luxury back in the day, were as elegant as anything a wealthy woman might have on her dressing table. Today it seems like a lot of what we’re sold is pretty cheaply made unless there are big bucks being exchanged.

Sit-down Dinners Every Night

Eating at the table is infinitely classier than eating in front of the TV – even weekday dinners were often more elegant than how most people eat today.

Manners

It seems people were more well-mannered and classier than they are today. We all love being around genuinely polite people, they make us feel comfortable, respected and valuable. It’s not that hard to do . . . Let’s all try to be more polite.

Unconventional and cost effective ways to stay warm.

Preheat your pyjamas

While you shower, put your pyjamas in the dryer to ensure that you have toasty warm clothing to change into as soon as you leave the warmth of the bathroom. For a slightly more affordable version, wrap your PJs in a hot water bottle or heat bag, not only will it heat your clothes but it will make your bed toasty warm too, just be sure to remove the hot water bottle from your bed before you settle down to sleep for the night.



Join the fan club

It might seem counter-productive but turning a fan on at the lowest setting will help circulate heat throughout the room. Don't knock it until you try it!

Hottie in the car

Dreading your chilly morning commute to work? Make your early start a little easier to stomach by putting hand warmers into your pockets or heat up a hot water bottle with warm water or a heat bag and put it on your lap as you drive.

Utilise bubble wrap

For those whose home insulation isn't up to scratch, a budget-friendly trick is to use bubble wrap to insulate your windows from the inside. To create the DIY double glazing, simply get some bubble wrap and use a product like blue-tac to hold it in place on your windows.

Make use of your curtains

Keep your house warmer for longer by making use of your curtains and the limited winter sun. To do this, open all of your curtains on a sunny morning and allow the house to soak up as much heat as possible during the day. As night falls, let your curtains act as an additional piece of insulation by

closing them at dusk and trapping heat inside the house.

Cuddle your pet

When in doubt, a great way to stay warm on a cold night is by sharing body heat. While snuggling up with your partner might make you a little bit warmer, cuddling a furry pet will heat you up a lot faster. The key to success with this hack is to cuddle up with the fluffiest animal possible, so try and find a friend with a Ragdoll cat or a St Bernard.

Go camping... indoors



Just because it's winter doesn't mean you can't go camping... well, as long as it's in the living room. For a warm night's sleep, fill up a tent with pillows and blankets, make

sure it's all zipped up and settle down for the night. The enclosed space will heat up by trapping the air and using your body warmth to make the space nice and cosy.

Redecorate

Positioning your favourite seat in front of the heater might feel great when you're sitting in it, but when you put furniture too close to a heating source you're actually stopping the hot air from circulating throughout the rest of the room. Fix this problem by repositioning your furniture and allowing the hot air to fill the whole room, rather than just absorbing it all up in one spot.

Get in the kitchen

There's nothing like a good soup or a roast to make you feel better on a cold winter's night. Cooking is an easy way to warm up the air in your home, while also providing you with something warm to eat at the same time.



BowraVILLE Post OFFICE

27 High Street, Bowraville ♦ Telephone: 6564-7169

Monday to Friday 9am-5pm

BANKING FACILITIES: Agents for CBA, NAB, St. George, Westpac, BCU and various other Credit Unions (check with your Bank for charges).

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

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Have you checked out the Bowraville Community Website?

www.bowraville.nsw.au

*You can get the monthly
Bowra Community News online,
local weather, community events
and more . . .*



Bowraville Community Website

NOTIFICATION OF BURNING OFF!

Rural residents of Nambucca Shire

You MUST notify the NSW Rural Fire Service on 6626-6860 and your neighbours 24 hours before you light a fire.

All year!

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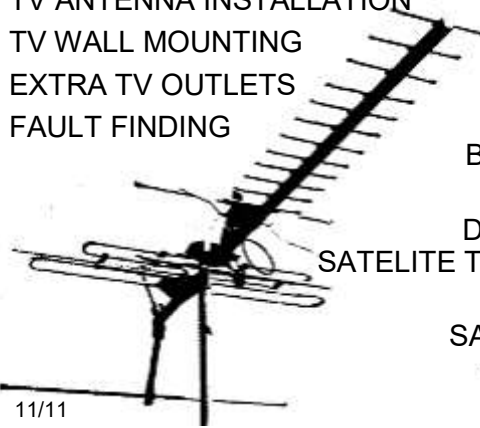
*Does your computer need servicing?
Is it going slow?
Do you suspect a virus?
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6/6

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11/11

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What is it about . . . *SUGAR*?

As in all things, humans are diverse and variable

Some of us like and seek out sugar more than others. This may be genetic. Or we may have learned it as we grew up. Or both.

For example, some of us like sugar in small doses; we can only eat a little before pushing the dessert plate away. While others like it a lot; the more we eat the more we want. The idea of “too much sugar” doesn’t compute.

Likewise, some of our bodies seem better suited to sugar than others.

For example, some of us can eat sugar all day long and feel fine. While others can only tolerate a little bit before our pancreas (which secretes insulin, a hormone that helps sugar get into the cells) tells us to knock it off.

In general, most of us like at least *some* sweetness.

We vary widely in all kinds of ways, including:

- How much carbohydrates we need to thrive or perform well.
- How well we digest, absorb, and use sugars, as well as how effectively and safely we store or dispose of the excess.
- How sugar affects our appetite, hunger, fullness, ability to stop eating it.
- How we feel about and behave around sugar.
- How sugar “spins our brain dials” and gives us a sense of reward.

It can’t be said “X amount of sugar is *always* best for everyone, all the time” or that “People should *never* eat any sugar.” It just doesn’t work that way.

- Some people might choose to cut out sugar completely.
- Some people might try to micromanage their intake down to the gram.
- Some people can just roll with a general “eat less-processed foods” guideline, and be fine.
- Some people do find that a low-sugar, low-carb diet works for them. While others thrive on high-carb diets.

That said, being aware of your sugar intake is probably a good idea.

What the science suggests:

- Sugars are basic biological molecules that our bodies use in many ways.
- Each person’s response to sugar (whether physiological or behavioral) will be a little different. This goes for carbohydrates in general too.
- Sugar is not a health food. But sugar *alone* doesn’t necessarily cause most chronic health problems like diabetes or cardiovascular diseases, which are multifactorial.
- Sugar is energy dense. If eaten in excess (like most foods), sugar can contribute to weight / fat gain.
- This weight / fat gain is probably mostly from the extra calories, not some special properties of sugars (or carbohydrates in general, or insulin).
- Some people find it hard to stop eating sugar / sweet foods. This may also contribute to weight / fat gain — again, because of the extra energy intake.
- We likely eat more sugar than we realize, since it’s hidden in so many food products.

For most people, cutting out sugar completely, trying to abide by rigid rules, or basing dietary decisions on fear, probably isn’t sustainable or realistic.

Ask yourself what works for you and what doesn’t

If you struggle with sugar (for instance, if it makes you feel ill, or you feel like you can’t eat sweet foods in appropriate amounts), then it’s probably not a good food for YOU.

Try experimenting with lowering your sugar intake gradually (for instance, by making simple substitutions like drinking water or seltzer instead of soda), and see what happens.

Look for foods that you love, and that love you back — that make you feel good and perform well, that give you sustained and long-lasting energy, that keep your moods level, and that keep you feeling “normal” as an eater.

- www.precisionnutrition.com

BOWRAVILLE STRONG FAMILIES

Women's Group



Join the Strong Families Women's Sewing and Craft Group held every Friday at the Nambucca Valley Phoenix Yurtz from 9.30am to 2.30pm. Lunch is included. Come and learn how to sew a bag or a dress with Jenny Sambrook or work on a craft project with Sasha Greenup.

Afternoon Sports



Want to learn how to play cricket, league, tennis or soccer? Training sessions and coaching is NOW available at Hennessey Tape Oval in Bowraville from 3.30pm - 5pm on Mondays. Ages 6 years and over are all invited. Come and join in the fun!

Men's Group



Strong Families host a Mens Outings each Thursday from 9.30am to 2.30pm. It's a chance for the local men to make a few friends, enjoy a social outing and a BBQ lunch. Each week local organisations interact with the group allowing for interaction and information to be given on local services. Contact Gary for transport and further information on 6564 7677 or 0499 002 141 if you would like to be involved.

Ph: 6564 7677
Mob: 0499 002 141
strongerfamilies@nvp.org.au



Bowraville Strong Families

National Standards for Disability Services certification
Registration number: DS/R61/0365
Nambucca Valley Phoenix acknowledges and pays due respect to the traditional custodians of the Nambucca Valley.

A Community Program
Funded by NSW Health through the Aboriginal Injury Prevention Program

Where would you like to go?



This is the question Coffs Harbour, Bellingen and 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.

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10/11

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10/11

DO YOU NEED HELP GETTING YOUR LICENCE?

Coffs Harbour, Bellingen & Nambucca Community Transport (CBNCT) is offering a new driver support program enabling participants to gain valuable life skills and independence.

The L to P's Program includes support from professional driver instructors and time behind the wheel with qualified volunteer mentors.

This program aims to help Learners gain their driving qualifications in an encouraging and safe environment.

Ongoing mentor support will be continued until participants have successfully obtained their license.

To be part of the L to P's program you must identify as Aboriginal or Torres Strait Islander and be a resident of Bowraville.

You also must hold a current Learners' Permit.

Please contact Jeffrey Blair on 0499 913 188
jeffblair@communitytransport.net.au

COMMUNITY TRANSPORT
COFFS HARBOUR, BELLINGEN & NAMBUCCA

www.communitytransport.net.au - 1300 812 504
info@communitytransport.net.au



New look coming for Bowraville Community News

The Community News as you know it, is about change - in keeping with our policy to keep

things as energy efficient as possible it has been decided (after a short survey of customers) to change the format of the newsletter to A5 size.

This will save on paper and printing costs as well as being an easier to handle size.

The first new-size issue will be the October issue - so let us know what you think - email us your comments on admin@bctc.com.au or drop in.



6/11

Bernard Laverty Funerals
24 hours 6568 1555
Monumental Masons & Florist
Speak to us about the benefits of Pre Paying



Don't Get Scammed! *Continued from page 6*

Other steps you can take to limit spam

- Before using your email address online, read the website privacy policy – it will tell you how they will use the personal information you provide.
- When you sign up for an online account or service be aware of default options to receive additional email about other products and services.

Be careful with the email that does get through to your inbox

Spammers and scammers can be clever though and some messages might still make it through to your inbox. To protect yourself from these malicious messages:

- Don't open messages if you don't know the sender or if you're not expecting them.
- Be suspicious of messages that aren't addressed directly to you or don't use your correct name.
- Don't reply to or forward chain letters you receive by email.
- Think carefully before clicking on any links or opening any attachments.
- If a message seems suspicious contact the person or business separately to check if they are likely to have sent the message. Use contact details you find through a legitimate source and not those contained in the suspicious message. Ask them to describe what the attachment or link is.
- Before you click a link (in an email or on social media, instant messages, other webpages or other means) hover over that link to see the actual web address it will take you to (usually shown at the bottom of the browser window). If you do not recognize or trust the address try searching for relevant key terms in a web browser. This way you can find the article, video or webpage without directly clicking on the suspicious link.

Ensure you have up-to-date anti-virus software installed on any device used to access email.

Protect your email accounts with two-step verification

Many web email service providers – like Google, Microsoft and Yahoo – provide two-step verification (also known as two-factor authentication) for extra security of account data.

How does it work? A two-step process is where a user must provide more than one type of proof that they are authorised before they can access an account. For example, you might need to provide a password as well as a second form of identification like a code sent to a mobile phone that is registered with your account.

SCAM ALERT

Two-step verification makes it more difficult for someone else to sign in to your email account. Even if someone finds your password they would be stopped from getting into your account unless they have the second form of identity. This security feature is also available for some other systems, for example, when banking online or accessing government services online such as through [myGov](#).

When possible we recommend you turn on two-step or two-factor authentication for your accounts.

Learn more

Use the following resources to learn more about protecting yourself when using email:

- [myGov security codes information](#)
- [SCAMWatch](#)
- [ACORN](#)
- [The little black book of scams](#)
- [Protecting yourself online - what everyone needs to know \(PDF 2.7 MB\)](#)

**Phishing is a way that criminals steal confidential information – such as online banking logins, credit card details, business login credentials, passwords/passphrases – by sending fraudulent messages (sometimes called 'lures'.*

***Malware (short for 'malicious software') is the term used to refer to any type of code or program that is used for a malicious purpose.*

- www.staysmartonline.gov.au

If you are concerned about a scam, identity theft or a computer problem . . .

**come into the
Bowraville Technology Centre**
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VIRUS REMOVAL ~ TRAINING COURSES
TECHNO CLUB ~ BOOK NOOK
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BOWRAVILLE TECHNOLOGY CENTRE
39 High Street, Bowraville
6564-7420
admin@bctc.com.au

Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Winter 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	2NVR Recycled Radio	2NVR Recycled Radio	Bubble N Squeak Linda & Michele <i>A family show with Christian themes.</i>	Under The Slingshot Poppa	Green Eggs on Toast Part 2 Lawrie McCoury Music, Movies, News, Weather Glig Guide Local Info	The Early Birds Faye & Zoe Australian Music- New and Classic Current Movie Review Local Events	Praise, Prayer and Pop With Linda and Michelle	6 AM
7 AM	Classic Hits & Jukebox Paul Rowe Great Rock n' Roll 1950s-2010s	Dyer's Loop With The Dyers Music to dye for, of course	Isn't it Romantic With Dallas Dent Crooners Easy Listening and Popular Ballads	Tones of Claressence Claire West-Powell	Talk Of The Town Cen Nobel See what's going down! All things local	Hair Of The Dog Mick Birtles Rock, Pop Covers and Music Trivia	2NVR Recycled Radio	7 AM
8 AM	Baby Boomers Donna Collins	Infopinion Richard Lenton	Jazz Azz I Like It Heather Heywood	Turning Pages Elizabeth Newman	Damo's Mixed Grill Daniel Gibson Where anything can happen and probably will.	Todays Country Rob Davidson	2NVR Recycled Radio	8 AM
9 AM	The Weekly Fox Paul Weekley	The Phoenix Crew Selected music & meanness	A mix of jazz with jazz Oz	Grace's Vibes With Grace McLeod Grace's special mix of music for your enjoyment.	Outback Outlaws Paul Rowe Old and new country music	Flashback Rob Davidson 60s to 80s Pop & Rock	2NVR Recycled Radio	9 AM
10 AM	2NVR Recycled Radio	Rob's Roving Robbie & Linda Bible reflections, Gospel & Australiana	Just For You Carole J. Simmons Followed by Karole's Delectable Music Sounds 2NVR SUBSCRIBE: PADS	2NVR Recycled Radio	Wind Down for the Weekend Su & The Crew	2NVR Recycled Radio	2NVR Recycled Radio	10 AM
11 AM	2NVR Recycled Radio	Jack's Tracks 2NVR Youth Radio with Jack All the tracks with Jack Tune in!	Sister Act Olivia & Sam	Thursday Country Trodvic	Volunteer Emergency Services Show - VZSS	Two For The Money Music, chat and a touch of banter with Paul and Rachel!	Classical Corner Music from the past 1000 years... sharpened weekly with The Lively Arts Music & spoken word from PT, theatre & more Noel Robertson	11 AM
Noon	2NVR Recycled Radio	Nambucca Valley Roundup - Elizabeth Newman	Nambucca Valley Roundup - Ben Walters	Nambucca Valley Roundup - Retro	Rhino On The Radio Switching to Studio 3 from 6pm-8pm on the 3rd Friday of each month for live artists & studio audience	Imagine This & The AntipodeanSF Radio Show	Classical Corner Music from the past 1000 years... sharpened weekly with The Lively Arts Music & spoken word from PT, theatre & more Noel Robertson	Noon
1 PM	2NVR Recycled Radio	Latest & Greatest Country Byron Edwards	Phillinn With Phil New Australian Blues and Indie/Folk/Rock	Highway Blues Retro When Only The BEST BLUES Will Do	The Friday Night Rock Show Todd Wills	Wofly Wofly @ 7pm	Classical Corner Music from the past 1000 years... sharpened weekly with The Lively Arts Music & spoken word from PT, theatre & more Noel Robertson	1 PM
2 PM	2NVR Recycled Radio	Soul into Rhyme With Matt Leibranat Whack up the bass and cop a wicked mix of hip hop and fully sick beats BBC World Service overnight	Ants Rocks Anthony Gansley Solid Rock	Jeff's Junk Jeff Mills	CRN continues overnight	Overnight Express overnight	Politics and the Environment With Michael Jones Music, politics and environmental issues	2 PM
3 PM	2NVR Recycled Radio	2NVR Recycled Radio	Ants Music Mix overnight	CRN overnight	CRN continues overnight	Overnight Express overnight	Politics and the Environment With Michael Jones Music, politics and environmental issues	3 PM
4 PM	2NVR Recycled Radio	2NVR Recycled Radio	Ants Music Mix overnight	CRN overnight	CRN continues overnight	Overnight Express overnight	Politics and the Environment With Michael Jones Music, politics and environmental issues	4 PM
5 PM	2NVR Recycled Radio	2NVR Recycled Radio	Ants Music Mix overnight	CRN overnight	CRN continues overnight	Overnight Express overnight	Politics and the Environment With Michael Jones Music, politics and environmental issues	5 PM
6 PM	2NVR Recycled Radio	2NVR Recycled Radio	Ants Music Mix overnight	CRN overnight	CRN continues overnight	Overnight Express overnight	Politics and the Environment With Michael Jones Music, politics and environmental issues	6 PM
7 PM	2NVR Recycled Radio	2NVR Recycled Radio	Ants Music Mix overnight	CRN overnight	CRN continues overnight	Overnight Express overnight	Politics and the Environment With Michael Jones Music, politics and environmental issues	7 PM
8 PM	2NVR Recycled Radio	2NVR Recycled Radio	Ants Music Mix overnight	CRN overnight	CRN continues overnight	Overnight Express overnight	Politics and the Environment With Michael Jones Music, politics and environmental issues	8 PM
9 PM	2NVR Recycled Radio	2NVR Recycled Radio	Ants Music Mix overnight	CRN overnight	CRN continues overnight	Overnight Express overnight	Politics and the Environment With Michael Jones Music, politics and environmental issues	9 PM
10 PM	2NVR Recycled Radio	2NVR Recycled Radio	Ants Music Mix overnight	CRN overnight	CRN continues overnight	Overnight Express overnight	Politics and the Environment With Michael Jones Music, politics and environmental issues	10 PM

2NVR — "Most Outstanding Small Station in Australia" CMAA Voice Award Winner, 2011 & 2013.
 2NVR — Australia Day Award 2012 for "Service to the Nambucca Valley Community".
 National news and weather is broadcast each weekday at 7am, 8am, 9am, 5pm, 6pm, and 7pm.
 Tellinga studio and office: 02 6564 7777 email: admin@2nvr.org.au
 The Best Little Station In The Nation