

B O W R A V I L L E

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 2019 ~ ISSUE #176 ~ FREE ~ CIRCULATION 400 ~ POSTCODE 2449

Visit Bowra's Big Day

Hosted by Bowraville Chamber of Commerce

SATURDAY, 10TH AUGUST

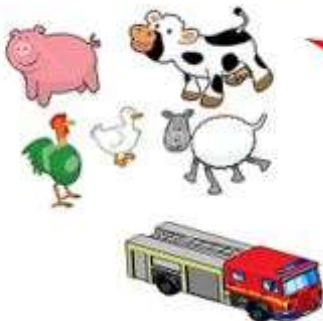
... Fun starts at 9am

Something for everyone in Bowraville



The main attractions will be located in the RSL car park at the corner of High and Bowra Streets. There will be a jumping castle, face painting, stalls, farmyard animals, entertainment, car clubs, Bowraville's Fire Engine. Buskers along High Street down to the Markets in the Community Hall.

Stroll down the main street of the Verandah Post town to look for a bargain while supporting our local shops; meet with friends for a coffee; enjoy some home-grown talent.



Special lunch
menu at RSL for
only \$10



The Bowraville Innovative Social Enterprise Precinct (BISEP)

A new social enterprise precinct in Bowraville is hoping to get their first ever community project up and going thanks to the My Community Project initiative.

Read more on page 13.

Turning
Milling
Welding
Repairs
Parts Made

FITTING TURNING

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0408 964 433

Steven Jeffries - 2 Park Street Bowraville 2449

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BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 400 COPIES

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

2019 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)	\$25 issue/\$250 year
Full page (or back cover)	\$35 issue/\$350 year

DEADLINE FOR COPY FOR

THE SEPTEMBER 2019

ISSUE IS: 4:00PM

TUESDAY, 20th AUGUST 2019

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.

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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*

Trash & Treasure Market

On Saturday 7th September from 9am-1pm a Trash & Treasure Market will be held in the Pioneer Community Centre. Come along, grab a bargain, enjoy a sausage sanga, cake and a cuppa. Or book a stall and get rid of some of your treasures! Stall fee per table is \$5 if you have insurance otherwise it's \$15. Bookings 6564-7908 or 0400 828 471.

MacksvilleBowraville Hospital Auxiliary

Our AGM held on 26th July will be reported next month. August sees us back into community fund raising. On Saturday 17th August the Annual Sports Day will be held at the Recreation Club with both bowls and golf comps. We would like to thank the Recreation Club members for their continual support and the local IGA who donated the goods for the raffle. This will be an in-house fundraiser as with Father's Day on 1st September our Annual Street Raffles will be held in Macksville and Bowraville with a possibility of a day at Nambucca Plaza. With a new banner to show just who we are and our support of Macksville and District Hospital we are hoping this effort will be a major fund raiser. As the new hospital building continues volunteers have been invited to view the simulated rooms in the old ambulance station where staff are being initiated into changes. One of our members also created 4 fiddle mats for the hospital as

requested by staff. These were greatly admired by all. If you would like to join this band of community aware volunteers contact Isabelle on 6564-7179.

Bowraville Garden Club

Due to circumstances the July's outing was cancelled. In August we plan to visit 2 local gardens if owners consider them ready. As an alternative we also have the Urunga trip. Our club has also been invited to attend a Bellingen Garden Club initiative. For more details 6564-7039.

Bowraville Seniors

To prove we are busy seniors, some of our members forgot that July commenced on a Monday and confused the 3rd and 4th, hence our meeting turned into a pleasant coffee morning on the verandah of the Coach House Inn. Next meeting will be on Monday 19th August at 10.30am, same venue. Suggestions for guest speakers and trips away are always appreciated.

Bowraville Race Course Art Group

Join this friendly group at the Bowraville Race Course every Tuesday from 9am till 12 noon. Experienced artists and beginners are all welcome. Bring any art materials you have and be prepared to try something new or you can just do your own thing. Help given if needed. All at no cost. Contact Margaret 6564-7325, Penny 6569-8106 or Elwin 6568-4552.

Continued on Page 5



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Turning - Milling - Welding - Repairs - Parts Made
Worn Shafts Re-Built - Aluminium & Stainless Welding
2 Park Street Bowraville 2449
www.fittingturningmachining.com.au

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).

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)

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

SUNDAY

FREE POOL All day 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 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

Line Dancing

Beginners, Tuesday from 6.30 to 7.30pm at the Bowraville Community Centre in High Street. Cost \$7 per week (plus \$7 per year to join BCDAI for insurance cover). Contact: Rhonda on 6564-7791.

St Jimmy's Kitchen

On the second Thursday of the month from 5:30 to 7:00pm in the Anglican Church Hall in Young Street meals are available for a donation. Dietary needs taken into consideration. All welcome.

Macksville/Bowraville Uniting Church

The Uniting Church has a monthly service shared by Macksville and Bowraville in the Bowraville. We usually have around 18-20 in attendance and local town folk are very welcome to come along and join in the service which starts at 10.30am and is conducted by Reverend Tom Fairhall from Bowraville and Reverend Ken Smith from South West Rocks on alternate months.

Macksville/Bowraville Uniting Church Op Shop

The Op Shop is functioning well and we thank those volunteers for their valuable help. Please note that we cannot accept donations of electrical items. On the bright side we will now be able to display more quality furniture in the shop. We would

appreciate help from any able-bodied volunteers. If you are interested in helping please call at the shop on Thursday or Friday. Contact: Mavis Ward 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.

Continued on Page 8

CRAIG BELLAMY@realty

YOUR NAMBUCCA VALLEY SPECIALIST

With 18yrs Real Estate success in the Nambucca Valley we have now set up our own agency.

We can offer competitive fees, creative marketing and the backing of one of the fastest growing agencies in Australia.

Craig is also the only local agent who lives in Bowraville and has extensive knowledge of the area.

9/11

CRAIG BELLAMY 0412 080 287

craigbellamy@atrealty.com.au
www.atrealty.com.au

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
Cats - \$14 per day.

Long Term Budget -

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

Not available during school holidays



Short-term Accommodation

Small \$15 - Medium \$20 - Large \$22 - Cats \$14

10/11

BOWRAVILLE GIFT SHOP



any occasion

LOCATED AT BOWRAVILLE POST OFFICE

27 HIGH STREET BOWRAVILLE

Monday to Friday: 9am - 5pm

PH: 02 6564-7169

3/11

5 ways 5G will change life in Australia

You may have heard that the new 5G mobile network will make our phones faster. But did you know it could also be the technology that brings us self-driving cars, remote surgery and smart cities?

5G mobile technology may well be the catalyst that ushers in a new wave of life-changing technologies. And it's right around the corner with the first commercial services set to become available in 2019. Here are five things to look forward to in the 5G future.

What is 5G?

4G and 5G are all network technologies that connect your phone to the internet. 5G is the newest but is still in testing and is yet to be commercially available. The major difference that we'll see between 4G and 5G technology is speed. At this stage it's difficult to get a firm grasp on real-world 5G speeds but, based on recent real-world trials it's thought it might be anywhere between 30x and 60x faster than 4G.

5G dummy devices

Experts believe once 5G becomes widely available the network's extreme speed and capacity could relegate much of our devices' computing from hardware to the cloud. What that could mean is the introduction of 'dummy devices' – phones, laptops, wearables and more with very little hardware but a lot of processing power – as long as they're connected to the network.

In the future it could be that the only limitation on what your smartphone or your smart watch or your smart milk carton can do is the availability of a 5G signal:



- ♦ Maybe you'll be able to ditch your laptop and just have a smartphone with a holoscreen that lets you get your work done anywhere.
- ♦ Maybe your smart watch will have the computational power to be your own personal doctor, monitoring your vital signs, communicating with the cloud and identifying patterns that could catch an illness in its early stages.
- ♦ Maybe one day your toothbrush will have artificial intelligence and will talk to you while you brush your teeth.

Not sure why you would want that last one, but the point is you could do it with 5G.

5G self-driving cars

We all know 5G is going to be fast. But the thing that is perhaps even more exciting about the new network is its low latency. Latency is basically the time information takes to get from a device to the wider internet and back again. The typical latency for a 4G network is around 60 milliseconds whereas a typical 5G latency could be as low as 1 millisecond.

That won't make much difference to what we do with our

Continued on Page 26



AUGUST PROGRAM at the

BOWRAVILLE THEATRE

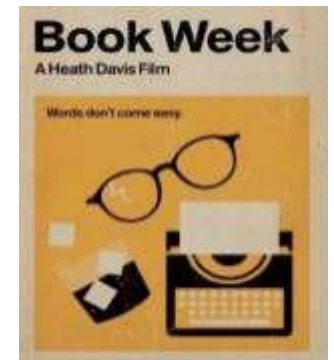
Sunday, August 4th at 2pm - RYUICHI SAKAMOTO: CODA

Sakamoto, who first found fame in 1978 with band Yellow Magic Orchestra is also a synth-pop pioneer, electronic experimenter, actor and performer whose sound has impacted genres from classical, electro and hip-hop. He's even composed Nokia ringtones. Followed here for 5 years, the film not only explores Sakamoto's musical voice, but his vocal activism - organising anti-nuclear performances and his personal life following a cancer diagnosis in 2014. Sakamoto is mesmerising, with a presence that lingers long after the curtain falls.



Sunday, August 18th at 2pm - BOOK WEEK

Jaded high school English teacher Nick Cutler (Alan Duke) is forced to re-evaluate his life when his novel is passed over for one of his students'. With the success of his previous published novel eight years ago now dwindled away, Cutler's boozy, somewhat degenerate lifestyle has him teaching disinterested students at Little Fields High School. So when a trendy publishing company takes interest in his new novel, potentially turning his life around, Cutler just needs to avoid sabotaging himself long enough to sign the book deal. Based on Davis' own experiences as a high school teacher and filmed in Katoomba and Western Sydney (featuring locals as extras). Book Week heralds a wry new voice in Australian comedy.



The Café opens 1/2 hour prior to doors opening.

Tickets: Adults \$14. Conc/Child (over 15) \$12. BAC Member/Child (under 15) \$10. Family \$35 (2 Adults, 2 Children under 14).



**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 \$4.50
from 5pm to 7pm daily**

FREE POOL Everyday

10/11

BOWRA HOTEL

OPEN 10AM - MIDNIGHT

BISTRO

WOOD-FIRED PIZZA Wed - Sun

LUNCH 11:30am-2:00pm Tues - Sun

DINNER 5.30pm - 8pm Tues - Sun

All menus available for takeaway

Regular Live Music

Holy Goat Coffee

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 — WHAT'S HAPPENING IN BOWRA

From page 5

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.

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.

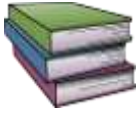
If you would like to let our readers know about a regular or upcoming community event email your copy to: admin@bctc.com.au

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.

MARKETS CALENDAR

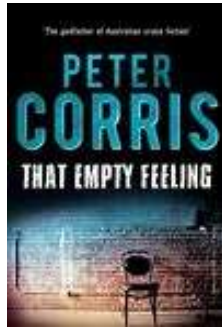
DAY OF MONTH	MARKET LOCATION and TIMES	CONTACT DETAILS
THURSDAY Every Thursday	Coffs Coast Growers Market, City Square, Harbour Dr. from 8am to 2pm	6648 4087
FRIDAY 1 st , 3 rd & 5 th	BELLOPY ORGANIC FARMERS MARKET from 8am to 1.30pm The largest 100% organic market in NSW. Bellingen Showground	0415 525 903
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 9am to 1pm	6564 7908 0400 828 471
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 Market - 8.30am to Noon	6567 4203
SUNDAYS		
Every Sunday	Uptown Markets, Castle Street, Coffs Harbour from 6am to 2pm	0434 482 926
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	0425 205 737
Last Sunday (bi-monthly even months)	FUNKYA @ UNKYA MARKETS from 8am to 1pm Unkya Reserve, Eungai	0425 205 737



That Empty Feeling

By Peter Corris

Hard-worn Sydney PI Cliff Hardy first trudged down that city's mean streets all the way back in 1980 in Peter Corris' *The Dying Trade*. In the almost thirty six years since, Hardy has been shot at many times, jailed at least twice, lost his license and regained it, solved lots of crimes, had a heart attack and been hit over the head more times than you can count.



In his last book ever (Peter Corris died in August 2018) Corris returns Hardy to the late 1980s. *That Empty Feeling* opens in the present day with Hardy half-heartedly reading the *Sydney Morning Herald*: turning to the obituaries Hardy sees the death notice for Ray Bartlett.

Bartlett was a 'colourful Sydney identity', which according to Hardy means "that he was a crook who had stayed out of gaol." Bartlett had hired Hardy to check on the bona fides of a young man, claiming to be Bartlett's son. Hardy had no sooner started his investigation when he found himself caught up in the violent ramifications of a

series of dodgy dealings involving international oil, corruption and murder.

That Empty Feeling is the 41st book in the series and Corris takes the reader on an enjoyable journey through the backstreets of 1980s Sydney when corporate capitalism was running riot and it was often difficult to tell the difference between businessmen and crooks.

This is a professional and entertaining story that quickly gathers interest as Hardy tries to untangle the various strands of the conspiracy, and in the process meets some shady characters and ably handles several violent encounters. As usual, the pacing is brisk and Corris smoothly mixes gunshots with sharp eyed descriptions of Sydney in the 1980s as the gentrification of the city began to take hold.

Interesting and enjoyable, it's nice to re-encounter the younger, less politically correct Hardy, who is better able to resolve issues in a more direct manner: "I took hold of his earring, twisted it and he yelped". The ending is slightly abrupt and unconvincing, but overall it is another well-crafted and thoroughly enjoyable Cliff Hardy adventure.

- Review by Jeff Popple - www.smh.com.au

BowraVILLE Post OFFICE

27 High Street, Bowraville ♦ Telephone: 6564-7169

Monday to Friday 9am-5pm

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

DRY CLEANING AGENT - Drop off and Pick up.

Browse our extensive range of collectables and giftware, bric-a-brac and greeting cards.

BE MEDICINE WISE EVERY DAY

Do you know the language of medicines?

Medicines are part of most people's lives, and having access to and understanding important information, and asking the right questions about medicines is the key to getting the most out of them, safely. This is why it is so important to get to know the language of medicines.

BE
Medicinewise
19-25 AUGUST WEEK 2019

How can you learn the language of medicines?

1. **Know** all the medicines you take and why you take them. Keeping an up-to-date medicines list is a great way to keep track of your medicines.
2. **Understand** the instructions for taking your medicines. Medicines only work if you are taking them properly, and you can only take them properly if you understand the instructions.
3. **Check** with your health professional before starting any new medicine. A health professional can help you balance the benefits of a medicine with any potential risks.
4. **Ask questions** if there is anything you don't understand about your medicines. Seeking information from a trusted source can help you get the most out of your medicines, safely.

Living with multiple medicines

Medicines can be harmful if they are not taken as directed, and may not work as effectively if they are not stored correctly. People who are taking a number of medicines need to be especially careful not to confuse them, particularly medicines that look alike and have names that sound similar.

For some people organising their medicines is simply a part of their life. For others, organising medicines is an unwelcome disruption.

Storing medicines using dose aids

Taking a number of medicines can mean there are a lot of packages, boxes and bottles of medicines to keep track of. Sometimes the number of boxes and bottles of medicines increases over time and can become difficult to manage. For some people, it begins to take too long to take their medicines; others found they were more likely to make mistakes with their medicines.

People who made the decision and use dose aids find them to be invaluable. This is particularly the case for those who use Webster-paks. These people were spending a lot of time and effort making sure they were taking their medicines correctly; some had used medication organisers that took a lot of time to fill. Switching to a Webster-pak eliminated these inconveniences.

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



New Range Savings at Bowraville Pharmacy

*Exciting new additions to the Jojoba Company range with
HUGE Savings
off the Recommended Retail Price*

Introducing the Ultimate Range!



Ultimate Youth Potion	RRP \$39.95	Our Price \$29.95
Ultimate Serum	RRP \$69.95	Our Price \$49.95
Ultimate Night Serum	RRP \$69.95	Our Price \$58.95
Ultimate Day Cream	RRP \$49.95	Our price \$39.95

Come in and grab yourself a BARGAIN!

BOWRAVILLE PHARMACY
31 HIGH STREET, BOWRAVILLE



Making reusable shopping bags from pre-loved fabrics



*by the community,
for the community.*

Boomerang Bags Sewing Bees 2nd & 4th Wednesdays from 9am to 4pm 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

N/C

LIONS CLUB OF BOWRAVILLE INC.

SUPPORTING OUR COMMUNITY

PRESIDENT

Mark Scott

M: 0428527545

SECRETARY

Cherie O' Donohue

TREASURER

Greg Lamberth



10/11



Email:

bowraville@lionsdistrict201n1.org.au

PO Box 23 Bowraville NSW 2449



It's your chance to pick your favourite projects



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VOTE NOW

Art Adventure Week: Inclusive Indigenous Mural Making at Bowraville Central School

mycommunityproject.service.nsw.gov.au or visit your nearest Service NSW centre

For more information call 13 77 88



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New Licensee of the BOWRAVILLE Post Office.

Servicing the local community with:

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- ✔ Identification checks
- ✔ Travel essentials
- ✔ Prepaid mobile phones and recharge*
- ✔ Stamps and stationery – office and school
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Locations:
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Bowraville NSW 2449

Come in and meet us. We are open:

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



10/11



About the Bowraville Innovative Social Enterprises Precinct (BISEP)



What will BISEP do?

BISEP will be a permanent, supportive place and resource for the Bowraville community, encouraging existing skills and industries, while inviting innovative enterprise ideas.

It aims to promote wellbeing through purposeful employment and community cohesion.

It aims to provide advice, create links to industry and expertise, facilitate community collaboration, build capacity and skills, and to encourage employment, enterprise and an improved Bowraville economy.



A brief history...

BISEP began with plans to build an agriculture and education precinct at the Bowraville Central School farm.

BISEP has since evolved into a more community-wide plan. It is now connecting, communicating and collaborating with the community to find out how a precinct might best serve the community's needs.



What is BISEP?

The Bowraville Innovative Social Enterprises Precinct (BISEP) will be a physical place - perhaps a building or small farm - where people can realise ideas and explore employment or collaborative opportunities in a welcoming and supportive environment.

BISEP will provide a place for industry, mentors, entrepreneurs and small, medium or large businesses to connect with job seekers, schools and school-leavers, agencies, TAFE, and other training providers. It will encourage employment opportunities, innovative and unconventional business ideas, skills development, community collaboration, and support and mentoring.



Who is BISEP for?

BISEP is for the Bowraville community; it aims to be inclusive of anyone who might benefit from or contribute to it, in any way. This may include school leavers, job seekers, small business owners, entrepreneurs or aspiring entrepreneurs, small, medium or large local employers, educators or schools.



Contact BISEP

Paul Nowland

paul@nowland.net.au

0412 889 550

Why didn't I think of that!

Uses for Rubber Bands

Open Jars

Use a thick rubber band to help open a jar with a stubborn lid. Place it around the perimeter of the lid and twist! The rubber band will increase the friction between your hand and the lid making it much easier to remove.

Keep Apples Fresh

Apple slices are a classic lunchbox snack, and a rubber band can help you keep them fresh! Slice up your apple, then “reassemble” the fruit. Wrap a rubber band around it to keep the slices in place and you’ll be able to enjoy perfectly fresh apple slices later on.

Protect Books

If you keep a book with you in your bag or purse you can use a rubber band to help protect it! Wrap a large rubber band or two around the outside of your book before putting it in your bag. The rubber band will keep the book closed which will help prevent the pages from getting bent or crushed while it’s in your bag.

Keep Ribbons Spooled

If you’re having trouble keeping ribbon on the spool where it belongs, grab a rubber band. Wrap the rubber band around the ribbon to secure the end, which will keep everything in place. No more unravelling ribbon or tangled messes!

Stop Slipping

Here’s a simple remedy to a slippery cutting board – rubber bands.

Grab two large rubber bands and wrap one around either end of your cutting board. The rubber bands will add friction to the bottom of your board so it won’t slip around. It’s an easy fix and it could save you from an unfortunate knife accident!

Keep Doors Open

Loop a rubber band around a doorknob so that it forms an “X” shape across the latch.



The band will keep the latch pressed in and keep the door open for you. This clever little trick can come in handy in a lot of scenarios, like if you’re making several trips in and out of the house, or if you’re trying not to disturb a sleeping baby (or a sleeping husband!)

Remove Stripped Screws

Removing a stripped screw can be a huge headache. Before you go to the hardware store for screw-removing equipment, try using a rubber band first!

Place a rubber band flat over the screw head, then press your screwdriver into the screw head. The rubber band will give your screwdriver enough extra grip that you can remove the screw without resorting to more drastic measures.

Improve Hangers

There are a few types of clothes that will not stay put on your average plastic hanger. But rather than splurge on fancy, non-slip hangers you can use rubber bands to “upgrade” your plastic hangers!

Just wrap one or two small rubber bands around both ends of your hanger. The rubber bands will “catch” your clothes, making it less likely that they’ll slip off.

Save Spoons

To keep a spoon or ladle from sliding down into a pot wrap a rubber band around the end of the handle. The rubber band will provide enough grip to keep the spoon from sliding all the way down.

- onegoodthingbyjillee.com



Bowraville Lions Club Inc

News Bulletin

AUGUST 2019



New Members

We are pleased to welcome two new members to our Lions Club, Mark Neal and Karen Heelis. They will be officially inducted into the Club at our next meeting this month.

Westpac Helicopter Donation



On Saturday morning the 3rd August the Bowraville Lions Club will be presenting a cheque for \$1000 to Westpac Rescue Helicopter Service volunteer fundraisers Richard and John, outside the IGA.
Our club and community appreciates this vital lifesaving service.

UPCOMING ACTIVITIES - Woodstock in the Valley



The Bowraville Lions Club will be selling popcorn, fairy floss and hotdogs at the Woodstock in the Valley Music Festival at the Macksville Showgrounds on Saturday 10th August. Come along and support this great event

MEETINGS

The Bowraville Lions Club invites you to come along to a dinner meeting to find out how you can help our community and make new friends. Meetings are held on the 3rd Wednesday of the month, 6.00pm start for dinner at 6.30pm at the dining room of the Bowra Hotel.

*Contact President Mark on 0428 527 545
or email mark.scott@lionsdistrict201n1.org.au*

BOWRA'S BIG DAY

Fun starts 9am

CAR
DISPLAYS

JUMPING
CASTLE

ENJOY A DAY IN BOWRA,
THERE'S SO MUCH TO
SEE AND DO!
SATURDAY 10TH AUGUST

MARKET
STALLS

KIDS
ACTIVITIES



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76 High Street, Bowraville
Telephone: 6564-7307
Website: www.iga.com.au

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Saturday 8am - 7.30pm Sunday 8am - 6.00pm

**Weekly specials through the store.*

**Check website for catalogue specials*

Change over at Let's Talk Hair and Beauty



As one door closes . . . on behalf of the Bowraville community we wish Kylie Blanch all the very best as she closes the door of her Bowraville hair and beauty salon and heads for new adventures as she moves to Port Macquarie to be with her family.

Kylie has been our local hairstyler for 21 years and has cut, blow dried and permed many heads in her time here. Kylie will be missed by her many clients in the valley.

Another door opens . . . as we welcome Jodie Hicks (nee Mulligan) who is also a Bowraville local. Jodie has been a hairdresser for 15 years and did her training at Macksville Hair Care. Jodie has just recently moved back to Bowraville and we wish her well in her new venture.

As Kyle and Jodie exchange scissors, all their loyal customers and friends wish them both, all the best for the future.

Coffs Harbour Optown Markets

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OPEN EVERY SUNDAY - 7AM to 2PM



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4/11

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

2/11

Recording Stories of Pride and Resilience

A new social enterprise precinct in Bowraville is hoping to get their first ever community project up and going, thanks to the My Community Project initiative.

The Bowraville Innovative Social Enterprise Precinct (BISEP) is a new organisation which aims to improve the quality of life for the people of Bowraville and the wider community, by building capacity to create meaningful engagement and employment opportunities.

If funded, the 'Yarn Up Bowra' project will bring back to life an unused radio studio for community members to record and preserve their stories. Upon completion of the studio renovation, children and young people will participate in a series of workshops to learn valuable and transferable skills in multimedia, communication, social interaction, interviewing, podcasting and music recording.

Mentored by an Aboriginal Project Worker, the youth of Bowraville will become the next generation of interviewers, hosting a community podcast aimed at breaking down barriers and building relationships of understanding between Aboriginal and non-Aboriginal community members.

Gumbaynggirr man, Bernard Kelly Edwards is also keen to utilise the space for private recordings as a healing tool for reducing the impact of inter-generational trauma and to preserve important yarns for future generations.

Recording and sharing stories of pride and resilience will have positive mental health outcomes for storytellers and listeners. 'Yarn Up Bowra' will provide a new outlet for creativity and learning, closing the generational gap and reducing cultural barriers. Marion Syratt from the Bowraville Community Development Association which is auspicing the project says "We are looking forward to the former radio station

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 ~

5/11

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

premises being used again, especially for such a positive project. This is a way forward for a broad cross-section of the Bowraville Community, uniting young and old, sharing truth towards healing the past, and up-skilling our future leaders”.



Community members in the Oxley electorate who would like to support the project can cast a vote for ‘Yarn Up Bowra: Discovering Stories of Pride and Resilience’ at <https://mycommunityproject.service.nsw.gov.au/projects>.

Supporters require a Service NSW account and a Medicare card number to vote. For more information or interviews, please contact Lucy Van Sambeek (Bowraville Innovative Social Enterprise Precinct) on 0417 927 657 or lucy@metaphoricallyspeaking.com.au



DEAR CUSTOMERS

The Community Transport Company is a non-profit organisation providing low-cost transport options for many.

From 1 July 2019, we will be increasing our passengers contributions.

Below outlines the cost based on the number of kilometres per return trip for some of our popular trips. In most cases the increase equates to less than \$2.

For other trip costs please contact us.

We try to keep our fares as low as possible for our customers. If you are having trouble paying your fare, please contact our service coordinators to discuss.

If you have any feedback or questions please contact us on 1300 812 504.

Some of our more popular trips including the price rise are outlined below:

- Coffs Harbour to Coffs Harbour \$13
- Toormina to Coffs Harbour \$16
- Woolgoolga to Coffs Harbour \$23
- Nambucca to Coffs Harbour \$26
- Bellingen to Coffs Harbour \$23
- Nambucca to Macksville \$16
- Macksville to Coffs Harbour \$32

Bowra Laundromat

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Tokens available at the Pub and IGA

Commercial Washers and Dryers

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Composting Coffee Grounds

Composting with coffee is a great way to make use of something that would otherwise end up taking up space in a landfill. Composting coffee grounds helps to add nitrogen to your compost pile. Composting coffee grounds is as easy as throwing the used coffee grounds onto your compost pile. Used coffee filters can be composted as well. If you will be adding used coffee grounds to your compost pile, keep in mind that they are considered green compost material and will need to be balanced with the addition of some brown compost material.



Coffee Grounds as Fertiliser

Used coffee grounds for gardening does not end with compost. Many people choose to place coffee grounds straight onto the soil and use it as a fertiliser. The thing to keep in mind is while coffee grounds add nitrogen to your compost they will not immediately add nitrogen to your soil.

The benefit of using coffee grounds as a fertiliser is that it adds organic material to the soil which improves drainage, water retention and aeration in the soil. Used coffee grounds will also help microorganisms beneficial to plant growth thrive as well as attract earthworms.

Many people feel that coffee grounds lower the pH (or raise the acid level) of soil, which is good for acid

Continued on Page 28

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as well as the form and contents
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10/11



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

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Web: nbgcommunityservices.com.au

Email: admin@nbgcs.com.au



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- Young Carer
- Carer Information
- Carer Referrals
- Carer Counselling/Advocacy
- Transport
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- 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 Linker Program, Mid North Coast (Kempsey to Red Rock, Coffs Harbour)

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
- 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

Early Links Mission:

"Every child, every opportunity"

Early Links Vision:

"Communities where every child participates and every family is respected"





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.”

OUTREACH SERVICES

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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**
9am – 12noon
All Mums and bubs welcome
Appointment necessary.
Community Corrections
Fortnightly 10am to 3pm
Phone: 6561-3100
- Thursday Legal Aid**
1st and 3rd Thursday
10am 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

Mirror, mirror on the wall who’s the brightest mammal of them all?

The ability to recognise yourself in a mirror is often used by developmental psychologists to measure intelligence and self-awareness. Dolphins pass the mirror test with flying colours! This skill is rare.

Besides humans, only bottlenose dolphins, elephants, chimpanzees, and magpies

have been shown to recognise themselves in a mirror.



Human children start showing signs of self-recognition at about 12 months at the earliest and chimpanzees at two years old. Dolphins recognise themselves in a mirror even earlier, at only seven months old.

Dolphins will inspect themselves and look at parts of their bodies in the mirror that they can’t usually see - such as inside their own mouths. They also muck about, twirling and posing in unusual ways, examining their own movements in the mirror. These behaviours indicate self-awareness of a highly intelligent species.

Humans first show self-directed behaviour in a mirror between 12 and 15 months of age. This firms up between 18 and 24 months of age.

These findings add a new layer to understanding factors that contribute across species and the evolution of intelligence in the animal world.

Research has shown that the emergence of mirror self-recognition in children is tied in with sensory and motor development and growing social and self-awareness, the researchers said.

- phys.org/news/2018-01-dolphins-humans-chimps-early-self-awareness

How many cups of coffee is too much per day?

That morning cup of coffee is essential for many people wanting to start the day off with a bit of a kick. But while the humble coffee may be a vital feature of the daily grind, how much is too much?



We've heard about the benefits of drinking coffee, that it's not as bad for you as commonly thought. We also know the downside of drinking too much coffee. But how much is too much? Now, a new Australian-led study has shed some light on how many cups of coffee you should be limiting yourself to each day.

Research from the University of South Australia reveals that drinking six or more coffees a day can be detrimental to your health, increasing your risk of heart disease by up to 22 per cent.

The study points out that in Australia, one in six people are affected by cardiovascular disease. It is a major cause of death with one person dying from the disease every 12 minutes. And, according to the World Health Organisation, **cardiovascular disease is the leading cause of death worldwide**, yet one of the most preventable.

Investigating the association of long-term coffee consumption and cardiovascular disease, University of SA researchers Dr Ang Zhou and Professor Elina Hyppönen of the Australian Centre for Precision Health say their research confirms the point at which excess caffeine can cause high blood pressure, a precursor to heart disease.

Using UK Biobank data of 347,077 participants aged 37-73 years, the study, explored the ability of the caffeine-metabolising gene (CYP1A2) to better process caffeine,

Continued on Page 27



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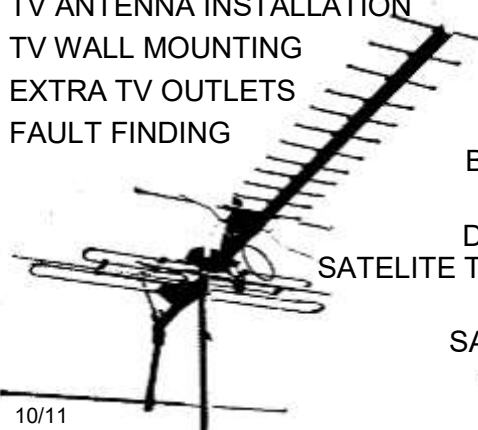
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Or it just won't work the way you want it to?*

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5 ways 5G will change life in Australia *Continued from Page 6*

devices now. But it'll bring the kind of speed and accuracy needed for a whole range of new technologies, including self-driving cars. Because when your car is receiving information from the cloud telling it the position of all the other cars on the road and what they're doing, the difference between 60 milliseconds and 1 millisecond is the difference between a happy passenger and a dead passenger.

Self-driving cars will be really important in the future because 5G's ability to stream video with higher resolution and frame rates will mean we'll be able to play with virtual reality on the go. There's no way we'll have time to be driving cars anymore.

5G smart world

As well as being a huge leap forward in terms of speed, the 5G network will have increased capacity, allowing for many more devices to connect to the network at the same time. Devices like your lightbulbs, your fridge, the street light outside your home and the traffic lights on your street.

With 5G, smart home and smart city technologies will be able to roll out on a massive scale. Smart home appliances already commercially available include light bulbs, home security and energy conservation devices you can control from your phone. We should soon see smart air conditioners that learn your habits and air temperature preferences, smart ovens that preheat themselves when you start a recipe and smart dishwashers that adjust their settings based on what you cooked.

Further down the line we expect to see smart food packaging, smart



clothing and even smart furniture. A smart milk carton might be able to tell an app on your phone when its contents are running low. A smart shoe might tell you when your soles have worn down. A smart chair might help you sit in the best position to get back support.

Smart city technologies, meanwhile, will control traffic lights, street lights, power and water supply, all from the cloud. Road sensors will monitor traffic flow, relay this information to cars in real-time and even adjust traffic light behaviour to help ease congestion. Street lights may adjust from low to high light using a motion sensor to conserve energy. Sensors monitoring air quality may even be able to help monitor pollution and help with the early detection of bushfires.

5G smaller world

5G's lower latency could also make it possible for us to remote operate machines performing complex tasks. Machines like robots performing life-saving surgery and mining vehicles doing whatever it is mining vehicles do. Imagine a surgeon in Sydney performing an operation on a patient in Coober Pedy or a driver in Perth remote-operating a truck in the Pilbara. That's possible with 5G.

What this means is a breaking down of

Continued on Page 30

How many cups of coffee is too much to drink a day?

Continued from Page 23

identifying increased risks of cardiovascular disease in line with coffee consumption and genetic variations.

“Most people would agree that if you drink a lot of coffee you might feel jittery, irritable or perhaps even nauseous – that’s because caffeine helps your body work faster and harder but it is also likely to suggest that you may have reached your limit for the time being . . .

In order to maintain a healthy heart and a healthy blood pressure, people must limit their coffees to **fewer than six cups a day** – based on our data six was the tipping point where caffeine started to negatively affect cardiovascular risk,” Prof Hyppönen says.

- www.mindfood.com/article/how-many-cups-of-coffee-is-too-much-to-drink-a-day

Your FREEDOM of CHOICE for your Health Care is Under Attack

The Medical Board of Australia is attempting to impose severe censorship of integrative and complementary medicine in Australia.

This includes:

- Vitamin and mineral supplements
- Bio-identical Compounded hormones
- Treatment for chronic diseases
- Treatment for autism and mental issues
- Treatment for mould-related illness
- Emerging treatments
- Many others which require coordination of care

It also aims to limit research activities in this area.

If you care about doctors and practitioners being able to make you aware of all your options and treat you in the way you want - go to the following website

www.integrativemedicinefreedomofchoice.com

Go here for information, ideas, actions.

Complete the simple form and click ‘SEND SUBMISSION’ to help stop this insidious attack on your health choices.

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N/C

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10/11

TRASH & TREASURE MARKET

Saturday 7 SEPTEMBER

9am - 1pm

Pioneer Community Centre, Bowraville

Come along & grab a bargain or 3

Enjoy a Sausage Sizzle; Cake & Cuppa

Why not book a stall, and get rid of some of your junk?!?!?

Bookings: 6564 7906 or 0400 525 471 or bcdsmc@gmail.com

Stall fees: \$5 per table (if you have insurance or are BCDM member), otherwise \$15

How did Mackay Park get its name?

In 1988 the Mackay family had a huge family reunion which was held in the park down by the river near Lanes Bridge.

The Mackay family put it to Council that the name of the park be Mackay Park and Council agreed.

2 cedar trees were planted in honour of the name change.

- From Margaret Ussher.

BTC LIBRARY - BOOK NOOK

From our Book Nook co-ordinator

The BTC and its readers really appreciate the book donations coming in from the community. Many thanks for these.

As readers are aware we have limited book shelves for display.

Unfortunately we also have minimal storage 'out the back' so we ask that donations are limited to books in very good condition and regarding non-fiction, we need to limit them to books that would be of interest to a wide range of readers.

We thank all those readers who are taking great care of the books and returning them to us in good condition.

- Volunteer Raewyn.

Using coffee grounds in your garden

Continued from Page 20

loving plants. But this is only true for unwashed coffee grounds. "Fresh coffee grounds are acidic. Used coffee grounds are neutral." If you rinse your used coffee grounds, they will have a near neutral pH of 6.5 and will not affect the acid levels of the soil. To use coffee grounds as fertiliser, work the coffee grounds into the soil around your plants. Leftover diluted coffee works well like this too.

Other uses for used coffee grounds in gardens

Coffee grounds can also be used in your garden for other things. Many gardeners like to use used coffee grounds as a mulch for their plants. Other uses for used coffee grounds include using it to keep slugs and snails away from plants. The theory is that the caffeine in the coffee grounds negatively affects these pests and so they avoid soil where the coffee grounds are found.

Some people also claim that used coffee grounds on the soil is a cat repellent and will keep cats from using your flower and veggie beds as a litter box.

You can also use coffee grounds as worm food if you do vermicomposting with a worm bin. Worms are very fond of coffee grounds.

Coffee grounds and gardening go together naturally. Whether you are composting with coffee grounds or using used coffee grounds around the yard, you will find that coffee can give your garden as much of a pick me up as it does for you.

- <https://www.gardeningknowhow.com>

The effect of Blue Light on your Sleep

Exposure to blue light before bed is bad for your sleep. Unfortunately, in our modern age of technology we're often exposed to a lot of blue light in the evenings from our overhead lighting as well as our TV, phone and computer screens. Even if you're spending a quiet evening at home reading you're still exposed to a lot of blue light either from your reading lamp or from the screen of your e-reader. Scientists are warning that we need to change our evening habits and avoid blue lights if we want to get a good night's sleep.



What is Blue Light?

Blue light, like the light coming from your phone or TV screen, is called "short-wavelength-enriched" light. This means it has a higher concentration of short light wavelengths like blues and purples. This light is important for our circadian or sleep and wake cycles and is present in sunlight. Blue light signals to our brain that it's daytime and helps our bodies wake up. While this is extremely important in the morning at night blue light can keep you awake by tricking your brain into thinking it's still daytime.

How does Blue Light Affect Sleep?

Blue light affects the production of the hormone melatonin which is critical for getting a good night's sleep. Naturally, melatonin is present throughout the day but begins to increase a few hours before bed and reaches peak levels around midnight. In the morning when the sun comes up your brain stops producing melatonin promoting wakefulness and signalling you to get up.

However, our lightbulbs and computer screens emit a lot of blue light and in the evening this can actually inhibit melatonin production keeping you awake long into the night and preventing you from feeling sleepy at bedtime. When our natural circadian rhythm is upset not only do we have trouble falling asleep and experience higher alertness before bed we'll also have less REM sleep at night, feel sleepier in the morning and have a harder time waking up.

The Importance of Sleep

When we think about being healthy we often focus on diet or exercise and overlook the importance of getting a good night's rest. The truth is you can have the healthiest diet in the world and go to the gym every day but if you're not getting adequate sleep you'll never be healthy. Sleep is critical for optimal health and wellbeing, protects organ function, keeps your heart strong and reduces your chances of diabetes and depression. Resting at night gives the body a chance to recuperate and have energy for the next day. Sadly, we're sleeping far less than we used to due in large part to all the light exposure in the evenings.

Reduce Blue Light Before Bed

To get a good night's sleep the best thing you can do is to reduce your blue

Continued on Page 31

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.

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

come into the

Bowraville Technology Centre

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~ TECH TALK ~ TECH TALK ~

Ways 5G will change life in Australia

Continued from Page 26

the barriers of distance. FIFO working may become a thing of the past. Regional Australians could have the same ease of access to advanced medical care as those living in big cities. The lower latency of 5G will allow increased complexity in remote controlled devices like drones which could help farmers monitor large outback properties. Planes fitted with 5G cell packs could act as mobile cell towers allowing 5G connectivity literally anywhere.

5G who even knows

The fact is, we don't know how many ways 5G might change life in the future, because no one's had a chance to play around with it yet. As with many technologies, the possibilities won't present themselves until the functionality is there.

So it's going to be a waiting game. But we won't have to wait too long. **Telstra** and **Optus** will both begin rolling out 5G networks in 2019 with **Vodafone** to follow in 2020. The 5G network won't be available everywhere right away. But by the time it is, you can bet our world will start to look very different.

- www.whistleout.com.au/MobilePhones/Guides/5-ways-5g-will-change-life-in-australia

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!

IT'S THE LAW.

The effect of Blue Light on your Sleep

Continued from Page 29

light exposure in the evenings. Install yellow or red lights in your house so that in the evenings you and your family aren't sitting under blue light. It's recommended that you turn off all electronic devices at least one hour before going to bed.

We know it can be hard to turn off all your digital devices but there are other ways of reducing blue light. Dimming the screen brightness on your devices reduces blue light, and there are many red filters you can place on your screen to

block blue light and help you fall asleep easily.



Many computers

come with

night-time settings, and you can set it to automatically apply red filters at a certain time of the evening to block harmful blue light. If you're reading an e-book instead of a print book, try reversing the print in the evenings, so the page is dark and the text is light, as this will greatly reduce the amount of blue light you'll be experiencing.

- <https://www.soundsleepmedical.com/blog/the-effects-of-blue-light-on-your-sleep/>

And of course there's an App . . .

If you have an **Android** smartphone or tablet you're in luck because there's a great **app** out there that's built to neutralise **blue light** coming from your device's screen, and it's called **Twilight**. The **app** allows you to set the colour temperature, intensity and screen dim to automatically **turn off** and on whenever you want.

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10/11

BOWRAVILLE CENTRAL SCHOOL

An invitation to families with children who may be starting Kindergarten in 2020.



Information Morning

Find out more about the great opportunities for your child and let them experience some hands on activities. Includes school tour.

Wednesday 14th August
In the Blue Bugs (Kindergarten) Room
10:00am to 11:30am

Morning tea provided

23 High St Bowraville 2449

Phone: 65647162 Email: bowraville-c.school@det.nsw.edu.au

www.bowraville-c.schools.nsw.edu.au

Facebook <https://www.facebook.com/bowravillecentralschool/>

BOWRAVILLE CENTRAL SCHOOL NEWS

NAIDOC Week Celebrations



NAIDOC celebrations included classroom activities, a whole school assembly followed by a delicious morning tea catered by our wonderful Hospitality students. A Sport and Cultural Day was also held at on the last day of term. St Marys students were invited to attend. Again Hospitality students provided catering including Bush Tucker. A staff versus students basketball game entertained all.



~ GIVE IT SOME THOUGHT ~

In which country will you find these mountains or mountain ranges?



1. Mt Everest
2. Mt Rushmore
3. Mt Etna
4. The Pyrenees
5. Mt Ruapehu
6. The Andes
7. The Matterhorn
8. Mt Aconcagua
9. Mt Fuji
10. Drakensberg Mountains



- Answers:
1. Himalayas, Nepal
 2. Keystone, South Dakota USA
 3. Sicily, Italy
 4. Between Spain and France
 5. North Island, New Zealand
 6. South America
 7. Alps bordering Switzerland and Italy
 8. The Andes – in Chile and the peak in Argentina
 9. Japan
 10. South Africa, Swaziland and Lesotho

BRAIN TEASER

How many words can you think of which are pronounced differently by capitalising the first letter?

Two examples are job - Job and polish - Polish.

PUZZLER

Quest: **Replace the question mark with the correct number.**

At first glance, it feels like these numbers have nothing in common, but there is a pattern to this brain teaser.

1	5	6	3
4	?	1	2
9	1	2	3
1	1	6	7

Just Joking!!!

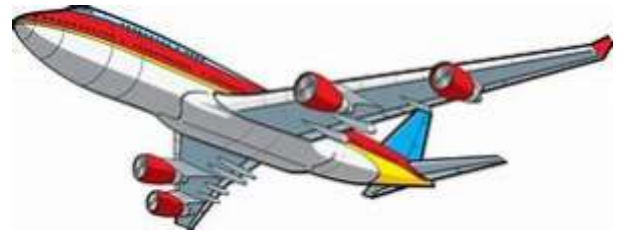


Two gold fish are in a tank. One looks at the other and says, "You know how to drive this thing?!"

Puzzle Answer: Correct number is '8'. All of the numbers in each row and column must add up to 15.

Qantas launches zero garbage flight

Qantas has trialled the world's first flight ever to produce no landfill waste as the airline embarks on a mission to cut out the use of 100 million plastic items from its planes by next year.



Andrew David, CEO of Qantas' domestic arm, said the airline currently produces the equivalent of "80 fully-laden Boeing 747 jumbos" per year in waste across its Qantas and Jetstar operations.

"Our cabin crews see this waste every day and they want it eliminated and increasingly our shareholders are demanding we do more to address our environmental footprint," Mr David said.

On a trial flight to Adelaide, customers found meal containers made out of biodegradable packaging made from sugar cane, cutlery made from crop starch and paper cups.

"These products will be turned into compost and used in gardens and farms across the country. Any plastic items such as bottles or any paper items will be collected and recycled," Mr David said.

A flight on this route normally produces around 34 kilograms of waste, contributing to 150 tonnes of waste annually.

The cost of switching to biodegradable materials won't be passed on to customers, Mr David explained. "We are prepared to make this investment and over the long term it will reduce our costs," he said.

Liz Hall, a passenger on the flight to Adelaide, said she hadn't been aware of the trial until she boarded the plane, but felt there was no change to the regular service. **"I think it is on the average Australian's mind how much goes into landfill," she said. "The biodegradable packets are a really good idea" she said.**

"It's funny we are doing it on a flight to South Australia because they are quite focused on recycling, including bottle returns," Ms Hall said.

Flight attendant Maddie Rowcliff said the amount of waste produced across a single flight was immense and staff were well aware of the environmental impact.

"We see how much waste there is physically every day and it is kind of sickening and we are already in an industry that is not very environmentally friendly," Ms Rowcliff said.

"The only thing we could be recycling on a normal flight is cups, cans, water bottles and newspapers that go into the green bags on flight, everything else would go into one bag" - and then off to landfill.

- www.msn.com

Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Winter 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	2NVR Music Mix	LET IT BE With Sean Norman Music and chat in the morning	Bubble N Squeak Linda & Michelle A family show with Christian themes.	Under The Stinging Tree Poppa	Green Eggs on Toast Part 2 Laurie Medbury Music, Movies, News, Weamer Gig Guide Local Info	2NVR Music Mix	Praise, Prayer & Pop With Linda & Michelle	6 AM
7 AM	Macca's Breakfast Club With Les McNabbon	Dyer's Loop With The Dyers Music to ogle for, of course	Isn't it Romantic With Dallas Dent Crooners Easy Listening Popular Ballads	Tones of Claressense Claire Watt-Powell	Talk Of The Town Ceri Wood See what's going down! All things local	The History Hour With Beverly Gibbs	Sunday Morning Music Mix	7 AM
8 AM	Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll 1950s-2010s	Infopinion Richard Lawton	In The Mood With Gary Bidden Easy Listening To Rock & Pop	Turning Pages Elizabeth Newman	Dano's Mixed Grill Daniel Gosson When anything can happen and probably will	Hair Of The Dog Mick Birkles Rock, Pop Covers and Music Trivia	JACINTA'S EASY LISTENING With Jacinta Sunderland	8 AM
9 AM	Baby Boomers Donna Collins	The Phoenix Crew Selected music & meanness An eclectic time with Richard	Just For You Carola J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	Grace's Vybres With Grace McLeod Grace's special mix of music for your enjoyment	Outback Outlaws Paul Rowe Old and new country music	Garage Noise With Sean Ambrose Alternative Music	Classical Corner Music from the past 1000 years... Always ready with The Lively Arts Music & books read from the TV, books & web Noel Robertson	9 AM
10 AM	The Weekley Fix Paul Westley	Rob's Roving Robbie & Linda Bible reflections, Gospel & Australiana	Just For You Carola J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	2NVR Music Mix	Wind Down for the Weekend Stu & The Crew	Today's Country With Rob Davidson	I Love the Seventies	10 AM
11 AM	BKE Show Bernard Kelly-Edwards Cultural Unity with Poetry, Community Yarns & Music 2NVR Multicultural Radio	Drive Thru With Jackie Edmunds Mix of 60s, 70s To current music	Just For You Carola J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	Thursdays Country Tricktrick	Volunteer Emergency Services Show — VESS	Aussie Flashback With Rob Davidson	What's On The Jukebox?	11 AM
Noon	Bowra Beats 2NVR Youth Radio with Grace	Nambucca Valley Roundup Paul or Rachel Burns	Just For You Carola J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	Nambucca Valley Roundup - Retro	Rhino On The Radio with Les McLenon	Two For The Money Music, chat and a touch of banter with Paul and Rachel	Where There's Smoke There's Fire Sean Norman & Tara Seriously good fun...	Noon
1 PM	Nambucca Valley Roundup Ben Walters	Country and Classic Hits With Bryon Edwards	Just For You Carola J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	Highway Blues With Retro When Only The BEST BLUES MAN DO	Rhino On The Radio with Les McLenon	The Saturday Groovers With Faye and Zoe Lots of fabulous new and old Australian Music to get your Saturday grooving	That's A Wrap Donna, Nigel, Mitch & Gary Local sports results and in-depth analysis	1 PM
2 PM	Reggae Mixtape With Fitzroy Music outside the usual 2NVR Multicultural Radio	Soul into Rhyme Matt Lebrant	Just For You Carola J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	Ant's Rock Anthony Gansley Solid Rock	The Friday Night Rock Show with Todd Wills	Imagine This The ANTIF Radio Show	Concussion 2NVR Youth Radio With Kian	2 PM
3 PM	Music Makers With Ian Gardner Mixed Music with Featured Artists	Whack up the bass and oop a woop Mixed mix of hip hop and fully sick tracks	Just For You Carola J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	Ant's Rock Anthony Gansley Solid Rock	Continues overnight	Wolffy Wolffy's music & requests	Prog Rock Playlist Rhino	3 PM
4 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Just For You Carola J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	2NVR Overnight Music Mix	Continues overnight	Overnight Express	The best of Progressive Rock	4 PM
5 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Just For You Carola J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	2NVR Overnight Music Mix	Continues overnight	Overnight	2NVR Overnight Music Mix	5 PM
6 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Just For You Carola J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	2NVR Overnight Music Mix	Continues overnight	Overnight	2NVR Overnight Music Mix	6 PM
7 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Just For You Carola J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	2NVR Overnight Music Mix	Continues overnight	Overnight	2NVR Overnight Music Mix	7 PM
8 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Just For You Carola J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	2NVR Overnight Music Mix	Continues overnight	Overnight	2NVR Overnight Music Mix	8 PM
9 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Just For You Carola J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	2NVR Overnight Music Mix	Continues overnight	Overnight	2NVR Overnight Music Mix	9 PM
10 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Just For You Carola J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	2NVR Overnight Music Mix	Continues overnight	Overnight	2NVR Overnight Music Mix	10 PM
11 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Just For You Carola J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	2NVR Overnight Music Mix	Continues overnight	Overnight	2NVR Overnight Music Mix	11 PM
Midnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Just For You Carola J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	2NVR Overnight Music Mix	Continues overnight	Overnight	2NVR Overnight Music Mix	Midnight

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