



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



FEBRUARY 2020 ~ ISSUE #181 ~ FREE ~ CIRCULATION 400 ~ POSTCODE 2449

Above and beyond the call . . . to assist bushfire ravaged locals

No one asked Mark and Cherie if they wanted to accept this mission, but on hearing how so many South Arm residents had lost everything to the devastating bushfires on Friday, 9th November 2019 they didn't hesitate

Mark's thoughts on hearing about those affected by the bushfires were "these families have lost everything, most have been accommodated, they've been supplied with clothing and food by different emergency services, funds have been allocated and emergency organisations are providing critical information as well as counselling - so what else do these people need?"

Water, was the answer!

And so began an ambitious plan for Bowraville Lions to supply households who had lost their water tanks to the fires with a new 23,000 litres water tank and 1,000 litres of water. This grand plan soon took on all the elements of an army maneuvers exercise.



Continued on Page 12

We want your bushfire stories - Go to page 13

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Milling
Welding
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BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 400 COPIES

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

2019/2020 ADVERTISING CHARGES:

Bowraville Community News is produced every month, except January.

Annual subscriptions includes 11 issues.

90 x 90mm (1/6 page) - \$11 issue/\$110 year

90 x 180mm (1/3 page) - \$20 issue/\$200 year

Half page (or 1 column) - \$27.50 issue/\$275 year

Full page (back cover) - \$38.50 issue/\$385 year

Front Cover (1 issue) - \$50

DEADLINE FOR COPY FOR

THE MARCH 2020

ISSUE IS: 4:00PM

TUESDAY, 18th FEBRUARY 2020

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

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.

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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*

Bowra Country Market

Saturday 8 February from 9 am to 12 noon. As usual there will be delicious treats from the cafe including exotic teas and filter coffee. And a range of local stalls including bric a brac and farm fresh eggs and honey...Arrange to meet your friends for a chat on the back deck and browse of the Saturday papers. All profits go to the Bowraville Community Development Association Incorporated.

Bowraville Race Course Art Group

Bowraville Race Course, Tuesdays from 9am till 12 noon. All welcome. Bring art materials and be ready to try something new. No cost. Call Margaret 6564-7325, Penny 6569-8106 or Elwin 6568-4552.

Line Dancing

Beginners, Tuesday from 6pm to 7pm at the Bowraville Community Centre in High Street. Cost \$7 per week (plus \$7 per year to join BCDAL for insurance cover). Contact: Rhonda on 6564-7791.

Bowraville Food Hub

Monday, Friday and Saturday from 9.30am till food is gone at the Anglican Church Hall, Young Street Bowraville.

St Jimmy's Kitchen

On the second Thursday of the month from 5:30-7:00pm in the Anglican Church Hall in Young St. meals are available for a donation. Dietary needs considered. All welcome.

Macksville/Bowraville Uniting Church

The Uniting Church has a monthly service shared by Macksville and Bowraville in 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. 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 -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.

Continued on Page 5



0408 964 433

Steven Jeffries

*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 6.00-7.00pm 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 BaAGS 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)

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.

Absolute beginners are most welcome!



Free Techno Lessons
Bookings essential

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

For technical issues contact BTC for a booking.

**You can 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

From Page 3

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.

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.

St. Jimmy's Christmas Tradition Continues

The St Jimmy's Christmas Crew once again put on a lovely Christmas lunch in the Anglican Hall on Christmas Day. There was music, raffles, a quiz, lucky door prizes and a gift from Santa. A good time was had by all.

There are many people deserving a thank you for their contributions. The Bowraville IGA and their staff were a big help on the day. The Nambucca Heads RSL, Nambucca Shire Council, Laverty's Funerals and Steven Grant made very generous donations. Many local organisations donated too. Thank you to Peter Thompson at the Bowraville Garage, The Bowraville Post Office, The RSL Sub-Branch of Bowraville, Melinda Pavey, The Lions Club of Bowraville, Mr Warwick Anderson and the Ex-Services Club of Bowraville. There were many private donations – thank you. Other businesses who contributed included the Reject Shop at the Plaza, Repco Nambucca, Woolworths Macksville, Bunnings Coffs Harbour, Norco Factory Raleigh, Officeworks Coffs Harbour and Macksville Quality Meats.

Last but not least thank you to the volunteers who worked so hard on the day!

We look forward to doing it all again this Christmas!!

CRAIG BELLAMY@realty

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3/11

BOWRAVILLE GIFT SHOP



any occasion

LOCATED AT BOWRAVILLE POST OFFICE
27 HIGH STREET BOWRAVILLE

Monday to Friday: 9am - 5pm
PH: 02 6564-7169

8/11

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

4/11

Can you charge your phone faster?

There are plenty of myths about ways you can get your phone to charge faster, but how many are true?

For example, putting your phone in airplane mode (or turning it off entirely) is often spruiked as a solution for a speedier charge. While this can top up your battery a little quicker, the difference is marginal.

Modern phones tend to use very little battery when in standby, so turning your phone off or switching to airplane mode won't have much effect on charging.

Conversely, actively using your phone while it's plugged in can slow down the rate at which it charges - especially if you're watching a video or playing a game. This isn't because using your phone throttles its charging speed, but because you're burning through battery at the same time.

How faster charging really works

The biggest factor that will determine how fast your phone charges is the power source. As a general rule of thumb, a wall charger will deliver a speedier charge than a USB port on your desktop PC or laptop. This is because a PC USB port only delivers 2.5W of power, while wall chargers typically deliver 5W at a minimum. As such, your computer would take at least twice as long to juice your phone when compared to the charger you get in your box.

However, not all wall chargers are made equal. The **iPhone XS**, for example, can fast charge at 15W, but the included wall charger delivers only 5W of power. Apple sells an optional 18W USB Type-C charger (for \$49) that will increase the charge speed of any fast charging capable iPhone (**iPhone 8** or newer), but you'll also need a USB Type-C to Lightning cable.

Most other phones - at least when it

comes to premium devices - include wall chargers capable of fast charging. This bundled wall plug will typically give you the fastest top-up.



It's worth noting that the amount of power used is regulated by your phone, so it will never draw more than it can handle. As such, buying a 30W wall charger, for example, won't magically increase your charging speed if your phone can't accept that much power.

In addition, fast charging tends to only be fast for the first 50% to 75%. After this stage, the speed of your charge tapers off a little.

Checking your charger's power

If you want to check how much power your wall plug can deliver, you'll typically find this information on the rear next to the pins. Some chargers will explicitly spell out their wattage, while others provide power information in the form of volts and amps. In the event of the latter, you'll need to do some maths.

Power (measured in watts) is equal to the current (measured in amps) multiplied by voltage (measured in volts). If the back of your charger says 4.5V 5A, it can deliver 22W. If it says 5V 1A, it's only a 5W charger. The same applies to Power Banks / Portable Batteries, although the location of this information will vary from device-to-device.

And if you want to check how much power your phone can slurp, the best option is checking the official spec sheet on the manufacturer's website, or on **GSM Arena**.

- www.whistleout.com.au



FEBRUARY PROGRAM at the

BOWRAVILLE THEATRE

Fisherman's Friends

Sunday, 2nd February 2020 @ 2pm

Based on a true story about Port Isaac's Fisherman's Friends, a group of Cornish fishermen from Port Isaac who were signed by Universal Records and achieved a top 10 hit with their debut album of traditional sea shanties.

A fast-living, cynical London music executive (Danny Mays) heads to a remote Cornish village on a stag weekend where he's pranked by his boss (Noel Clarke) into trying to sign a group of shanty singing fishermen (led by James Purefoy).



The Good Liar

Sunday, 16th February 2020 @ 2pm

Helen Mirren and Ian McKellen in The Good Liar - consummate con man Roy Courtnay has set his sights on his latest mark: the recently widowed Betty McLeish who is worth millions.

But this time, what should have been a simple swindle escalates into a cat-and-mouse game with the ultimate stakes.



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

4/11

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

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Wine & Dine on the verandah

33 HIGH STREET, BOWRAVILLE

Ph.6564 7041 Fax. 6564 8471

4/11



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 Beyond Blue Support Service
 every day from 3pm - 12am

If you'd prefer to talk to someone
 NOW, call us on [1300 22 4636](tel:1300224636).

We're available 24 hours a day by
 phone.

~ THANK YOU ~

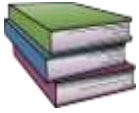
*A big thank you to the two
 doctors and the Bowraville
 Fighters who aided me on
 the street where I had my
 accident before I was flown
 to the Gold Coast University
 Hospital.*

*A very special thank you to
 all those who sent flowers,
 cards and all their good
 wishes.*

Many thanks, Ruth Grace.

MARKETS CALENDAR

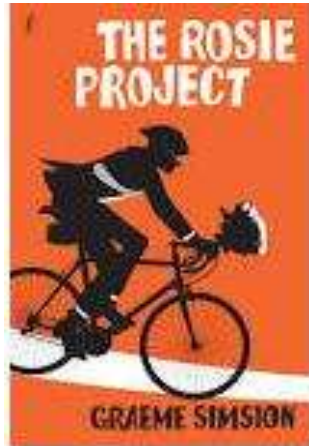
DAY OF MONTH	MARKET LOCATION and TIMES	CONTACT DETAILS
THURSDAY Every Thursday	Coffs Coast Growers Market, City Square, Harbour Dr. from 8am to 2pm	6648 4087
FRIDAY 1 st , 3 rd & 5 th	BELLOPY ORGANIC FARMERS MARKET from 8am to 1.30pm The largest 100% organic market in NSW. Bellingen Showground	0415 525 903
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	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



BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

The Rosie Project by Graeme Simison

Don Tillman, the narrator, is a professor of genetics. He's 39, obviously very intelligent, tall and in his own words, "Logically I should be attractive to a wide range of women".



He has no social life due to a serious lack of social skills. Friendships are rare – in fact he has only two, his colleague at a Melbourne university, Gene and his wife Claudia, a psychologist.

The author uses Don, an undiagnosed Asperger's type, to explore how a grown man might approach a romantic relationship. Gene and Claude try to help Don find love but as he doesn't understand the traditional dating norms all his efforts to date have resulted in negative experiences.

To choose a suitable wife, Don designs a detailed questionnaire that filters out

unpromising candidates: women who are unpunctual, overweight, vegetarian; who drink or smoke or have STDs. And then he meets Rosie, who fails on almost every score (except BMI and, one hopes, the STD criterion).

Although, on past form, it looks like there is no chance of love blossoming (viz. Don rejecting the advances of a sexy French nymphomaniac on the grounds of her drinking and smoking), when Rosie enlists Don's genetic expertise to help find her natural father, otherwise known as The Father Project, the two are thrown into an entertaining series of comic set pieces and occasionally life-threatening situations.

Warm-hearted and perfectly pitched, with profound themes that are worn lightly, this very enjoyable read promises to put Don Tillman on the comic literary map somewhere between Mr Pooter and Adrian Mole.

Through his battles to understand and empathise with other humans, Don teaches us to see the funny side of our own often incomprehensible behaviour – and to embrace the differently abled.

- Read and reviewed by Volunteer Raewyn.



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We are open:

Mon-Fri	9am-5pm
Sat	Closed
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Chemist's Own

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Chemist's Own

Decongestant

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THIS MONTHS FEATURED PRODUCT

3 Active Ingredients



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Direct antiviral effect

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Accelerates antibody production

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Esberitox is a herbal remedy that provides relief from the symptoms of the common cold while reducing to severity and duration.

The active ingredients help support the immune system and help maintain the body's resistance to common colds.

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31 HIGH STREET, BOWRAVILLE

PHONE: 6564 7925 or FAX: 6564 7364

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



Be prepared for snake bite



With our summer weather hotting up, snakes will be increasingly out and about.

It may be time to update your first aid supplies to include new snake bite approved bandages.

Setopress and AeroForm Premium snake bite bandages with continuous indicators are premium heavyweight conforming bandages. They are ideal for use with the Pressure Immobilisation Technique which is used for the treatment of all Australian Snake and Funnel Web Spider bites as well as Blue Ringed Octopus and Cone Shell stings.

Bowraville Pharmacy is now stocking AeroForm and Setopress Bandages in store.



From \$9.99

Unstretched
Note rectangular indicators

Stretched to correct tension
Note square indicators



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

Above and beyond the call . . .

Continued from Front page

To begin, a list was compiled of the property owners who were affected, then it was prioritised according to need and family situations. The list, which began at around 20 tanks had soon risen to more than 30 and is now inching toward 40!

Funding was supplied by Australian Lions Foundation, Lions Clubs International and 4 Lions clubs from Indonesia. The tanks were made and delivered by Camel Tanks in Dalby.



Before any tanks could be delivered volunteers spent their spare time going out to each property to ensure the truck delivering the tanks had safe vehicular passage, often through steep and burnt out access tracks.

An added dilemma was locating properties without the aid of property numbers as most mail boxes and fences had been burnt, this is where local knowledge came in.

Delivering the tanks to property owners was an emotional experience with most people being so grateful there were no words to express their feelings, most were found trying to

make some order amongst the devastation of their burnt out homes, sheds and cars.



There's a story of 5 men pushing a tank up a hill too steep for the truck to attempt and no-one wanting to watch in case they didn't succeed, another about a property owner doing a 16-point turn on the edge of a steep incline to get his tank into his remote piece of burnt out bush.

No doubt there are many more stories to do with this amazing endeavor but what runs through them all is the willingness of everyone to lend a hand and to make light of a catastrophic situation.

Huge thanks must go to Mark, Cherie, Brett, Lisa, Greg, Damo and Michael (all dedicated Lions), to Geoff and Graham for South Arm reconnaissance; to Raewyn and Marcell for scouting out Yarranbella and surrounding areas; to Camel Tanks in Dalby; truck drivers Tom and Jamie; to Lions Australia and International and to the many others who volunteered their time to make this mission possible.

We want your stories about the fires

. . . the good things and the bad things, our aim is to provide real information to government.

We are going to put the stories together and give a report to all levels of politicians and government so they get the ground level stories of the wonderful organisations that provided support in your time of need as well as the difficulties you faced in getting help.

We don't want names just the factual stories.

This includes your homes, your businesses and your farming enterprises and the impact the fires have had on you.

If we provide grass roots information from the community, then authorities can learn what is needed to address these catastrophic events in the future.

Just write down your facts and drop the information into the Bowraville Technology Centre

(Monday to Friday 9:30 to 4:00pm). admin@bctc.com.au

After the report has been finished by our Chamber of Commerce we will put an article in the Community News.

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

N/C

LIONS CLUB OF BOWRAVILLE INC.

SUPPORTING OUR COMMUNITY

PRESIDENT

Mark Scott
M: 0428527545

SECRETARY

Lisa Matters



4/11



Email:

bowraville@lionsdistrict201n1.org.au

PO Box 23 Bowraville NSW 2449

Residents and architects reconsider building designs following bushfires

More than 2,500 homes have been lost in Australia this bushfire season, resulting in architects and residents in bushfire affected communities reconsidering building designs.

The fate of a home in the path of bushfire depends on the wind, the topography, building materials and factors like the dryness of landscape.

CSIRO bushfire adaptation research leader Justin Leonard said there was no such thing as a fireproof house.

"It's almost impossible to imagine a house that doesn't contain combustible features," he said.

"We will always lean towards having combustible furniture, curtains and other features. After a fire event, it's really all of these internal furnishings and aspects of the house that burn — that form that extensively burnt pile of rubble.

"Even if you do everything you can to fireproof the house design itself, all you have to do is leave a window open, or open a door and you're not fireproof."

"A house and its performance in bushfire follows the weakest link principle," Mr Leonard said.

"You can do all these wonderful things with your design but if you miss one or two key details, more or less those weaknesses will determine how your house burns down."

Mr Leonard said there was no one solution because every landscape and situation was unique and we need to change the way we design our homes.

"Having large numbers of houses burn down during these fire events is neither a socially or environmentally acceptable outcome," he said.

There are different zones in fire prone areas, what zone your property is in determines the restrictions around your build. Building a fire resilient home could be expensive.

Melbourne architect Sheena Bagley helped design a house next to a New South Wales

national park, which fell within the highest bushfire danger building zone, called a 'flame zone'.



"With a 'flame zone' everything has to be considered. So we wrapped the house in firecrunch, which is fibre cement sheet, then we used a timber look cladding made out of aluminium," she said.

"There can be no space that can allow any ember to get in. Windows and any opening have to have a metal shutter.

"I would agree you can't say a house can be 100 per cent fireproof but it can be resilient. A 100 per cent fireproof



house might have to be basically a bunker."

While building a liveable, fireproof house has its challenges, what experts say is home designs will change with the frequency of bushfire events.

It will become more popular to have houses that are inherently resistant to bushfire, and when this happens you'll see the price become more realistic in the market.

- www.msn.com

*FireCrunch is an Australian owned and operated company which focuses on providing high quality and sustainable **fire-resistant building materials** for interior and exterior cladding in residential, commercial and all types of industrial and public buildings.*
- firecrunch.com.au



Bowraville Lions Club Inc News Bulletin

FEBRUARY 2020



The Bowraville Lions Club would like to thank all the people and organisations who have generously donated goods, clothing or their time to help the communities affected by the fires last November.

Thank you to HIPPY, the Sorell Lions Club of Tasmania, the Allen family and Christine Dyer for their generous donations to our club.

With these cash donations we have been able to provide the South Arm Hall with a water tank and pump as well as purchasing some laptops for those who lost them in the fires.

We have also delivered 20 water tanks with a further 27 on order for delivery over the next few weeks with funding from Lions Australia and Lions Clubs International to people who lost or had their water tanks damaged in the fires.



We will continue to work with the residents and the community to help address their needs as best we can.



Australian Lions Foundation Ltd
National Appeal - Bushfires
Every \$ Raised will go to the Community
"Helping Lions help their Community"
www.alf.lions.org.au



29th January - Chinese New Year 2020 - The White Metal Rat year

The year 2020 will be filled with interesting opportunities and people will want to take advantage of them in order to proceed fully into their future in a positive and affirmative way. During the year, how people handle change will be important. People who are able to roll with the changes that come their way will do very well and will be able to capitalise on the events that take place.



14th February - Valentine's Day *A day of romance*

Valentine greetings have been popular as far back as the Middle Ages, though written Valentine's didn't begin to appear until after 1400. The oldest known valentine still in existence today was a poem written in 1415 by Charles, Duke of Orleans, to his wife while he was imprisoned in the



Tower of London following his capture at the Battle of Agincourt. (The greeting is now part of the manuscript collection of the British Library in London, England.) Several years later, it is believed King Henry V hired a writer named John Lydgate to compose a valentine note to Catherine of Valois.

26th February - Ash Wednesday

The Ash Wednesday bushfires, known in South Australia as Ash Wednesday II, were a series of bushfires that occurred in south-eastern Australia on 16 February 1983, which was Ash Wednesday in the Christian calendar. Within twelve hours, more than 180 fires fanned by winds of up to 110 km/h caused widespread destruction across the states of Victoria and South Australia. Years of severe drought and extreme weather combined to create one of Australia's worst fire days in a century. The fires became the deadliest bushfire in Australian history until the Black Saturday bushfires in 2009.



Bowraville IGA Plus Liquor

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

Support your local supermarket

HOURS:

Monday to Friday 7am - 7.30pm
Saturday 8am - 7.30pm Sunday 8am - 6.00pm

**Weekly specials through the store.*

**Check website for catalogue specials*

Plant-based protein - What is it all about . . .

As people have become more aware of the effect food can have on their health and the need to support the environment there has been a shift away from traditional protein products and towards plant-based protein. Here are five reasons why.



ONE – FASTER ABSORPTION

Getting sufficient protein in your diet is essential for healthy muscle growth, repair and for optimal metabolic function. Eating adequate protein can also reduce your appetite and help you to shed fat without losing muscle. Your body's protein needs increase significantly when you exercise so plant-based proteins can be an excellent supplemental source if you are not getting enough protein in your regular diet. Plant-based proteins are bioavailable meaning that they are easily assimilated into the bloodstream and can therefore go to work straight away. This rapid absorption is of particular benefit in supporting the body during post-training recovery.

TWO – BETTER GUT HEALTH

Do you have digestive problems? If so, whey protein could be involved. Whey is the liquid which remains after milk has been curdled and drained and flatulence, diarrhoea, stomach pain and bloating are sometimes seen as side effects in those consuming it. People who have struggled with tummy troubles for years while taking whey protein have often reported noticing the difference when they swapped to plant-based protein. As almost all plant sources contain no allergens plant-based protein is gut-friendly and easily digested; plus, plant-based eating lowers chronic inflammation in the body, a factor which has been linked to many diseases.

THREE – LOSE THE LACTOSE

According to the National Institute of Health around 65 per cent of the human population has difficulty digesting lactose from birth which can have negative effects on health. Removing chemical ingredients, additives and irritants from the diet is the first step towards optimising health. Choosing plant-based protein eliminates the vast majority of these unnecessary ingredients and also minimises the bloating, wind and

Continued on Page 19

Coffs Harbour Optown Markets

Castle Street, Coffs Harbour

OPEN EVERY SUNDAY - 7AM to 2PM



*The Biggest, the Best & the Brightest
Market in Coffs Harbour*



ALL UNDER COVER

Fresh Fruit and Vegies - local Bananas and Asian Vegetables
Bric-a-Brac - Retro Computer Games - Leather Belts - Jeans & Shoes
Stamps and Coins - Seashells - Pet Supplies - Chess Sets
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HOT COFFEE, PIES and ASIAN FOOD



Enquiries phone Nicky on 6652-3813 or 0434-482-926



9/11

*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
Garry, Paul or Kirk.
They will be happy to assist you
choose the correct products
for your garden.*

*For the home garden
or big acre farming . . .*

SEEDS

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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.

What Is A Memory Garden: *Gardens for People with Alzheimer's and Dementia*



There are many studies on the benefits of gardening both for the mind and the body. Simply being outdoors and connecting with nature can have a clarifying and beneficial effect. People with dementia or Alzheimer's disease will glean a host of positive experiences from participating in the garden. Designing a memory garden for those affected by these debilitating conditions allows them to enjoy exercise and fresh air as well as stimulate the senses.

What is a Memory Garden?

Memory gardens stimulate patients living with memory loss. They can carry gentle reminders of past experiences and jog the memory as plant identification and care are highlighted. Gardens for people with Alzheimer's are also helpful for the caregivers, whose lives are also turned upside down and need a much deserved place of peace.

Alzheimer's friendly gardens have been scientifically shown to help heal body and mind as well as bring hope and engagement in the form of activities and participation. Patient care has evolved over the years and

Continued on page 20



**51 CARBIN
STREET
BOWRAVILLE
6564 8648**

4/11

Plant-based protein - What is it all about . . . Continued from page 17

inflammation which can result from consuming lactose. Plant-based protein is also far lower in cholesterol and sodium which are common in animal-sourced protein.

FOUR – PROMOTE GREENER LIVING

Plant-based living is beneficial for your health and the welfare of animals and also for the environment. Whey protein is a by-product of the dairy industry, which can take a toll on the environment, whereas plant-based protein powders use fewer natural resources and create fewer carbon emissions.

Joseph Poore, from the School of Geography and Environment, Oxford University, says: “A vegan diet is probably the single biggest way to reduce your impact on Planet Earth – not just greenhouse gases but global acidification, eutrophication, land use and water use. It’s more than cutting down on flights or buying an electric car.”

So, vegan is in! And it will stay in. It is not a passing fad; it is a selfless act of treating all living beings equally and with respect which in turn has a positive effect on our planet. Even if you are not vegan choosing plant-based protein will still benefit animals and the planet – so give yourself a pat on the back.

FIVE – SUPPORT CONSCIOUS CONSUMERISM

What do you know about the brands you buy? It’s time we all know more about the businesses we support, and decide whether they align with our core values as a member of society. Consider your food and lifestyle choices, the businesses you support, and the values they stand for. Every dollar you spend is a vote for what you stand for so choose reputable brands.

“Plant-based” is the latest hip buzzword and this means big business has quickly focused on the fact that there is money to be made by jumping into this emerging market. It also means that you will see many more protein companies offering a vegan option alongside their whey products. Unfortunately, if a company is more interested in financial gain than ethical progression, their focus may be accompanied by a blurred moral compass. Research the companies behind the products you buy and look for brands with strong ethics and genuine intentions. One great company that is leading the way with their progressive plant-based products is Prana On – they are 100 per cent Vegan Certified and their focus is solely on being better for your health, the animals and the planet.

- www.govita.com.au

Bowra Laundromat

Corner of High & Belmore Streets

Token Operated Washing Machines & Dryers.

Tokens available at the Pub and IGA

Commercial Washers and Dryers

Enquiries: ph 6564 7401



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

7/11

~ GARDENS & GARDENING ~

From page 18

now embraces both western and eastern
medicine in a holistic package. It has been
shown that just treating the body is not enough
of a stimulant in many situations and such is
the case with those suffering memory loss.

Gardens for people with dementia or
Alzheimer's can reduce negative feelings,
provide positive experiences, reduce stress and
help hold attention. It can be argued that any
garden has these capacities, but designing a
memory garden with such patients in mind
should include important elements such as
safety and features of interest.

Designing Alzheimer's friendly gardens

According to experts, gardens for people with
Alzheimer's should have several different
aspects. The first is health and safety. Avoiding
toxic plants, installing railings and providing
paths are all part of creating a safe
environment. Fences should be tall enough to
not be scaled and all footpaths non-slip. Paths
must be wide enough to accommodate
wheelchairs too.

Next, any safety features should be disguised to
prevent anxiety. Plant vines and taller trees to
screen gates and fences and enclose the space
in natural peacefulness. Maintenance must be
considered so that the place has no pitfalls,
drainage is adequate, and the pathways are safe
and easy to navigate.

Developing a garden that can be appreciated
from the indoors can also benefit patients with
memory loss. The elements of the garden
should include scents, colors, sounds, wildlife,
and perhaps even edibles. Who doesn't love a
lazy stroll that ends in a freshly picked apple or
ripe, red strawberry? These types of thoughtful
additions will create a holistic effect that
soothes the soul.

Remember to include benches for tired walkers
and an area of shade to prevent overheating. A
memory garden is very similar to any garden,
but a few special additions can help it become
more beneficial for those challenged by
memory loss and provide a beautiful, nurturing,
healing environment.

- www.gardeningknowhow.com

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 ~

10/11

FOOD HUB

Now at
**St James'
Church
Hall**



St James' Anglican Church - Bowraville

**Friday, Saturday
and Monday
9.30 till 11.00**

Everyone welcome

N/C



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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@nbgcs.com.au



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(In the Nambucca Valley)

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- Peer Support
- Referrals to other Agencies
- 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 Linker Program, Mid North Coast

(Kempsey to Red Rock, Coffs Harbour)

Early Links is for:

- 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

An Early Linker will assist with:

- 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

Early Links Mission:

"Every child, every opportunity"

Early Links Vision:

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

- 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 you community.



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
Phone: 6659-4150
- Tuesday** **New Horizons**
1st Tuesday of the month
10am to 12noon
Phone: 5632-4800
- Warrina Women's & Children's Refuge**
Every 2 weeks 10am to 12noon
Phone: 6652-2400
- Thursday** **Legal Aid**
1st and 3rd Thursday
10am to 12noon
Phone: 6641-7899
- Chess Connect**
Parent's Next
2nd and 4th Thursday
9am to 12noon
Phone: 1800 899 017

BOWRAVILLE COMMUNITY HEALTH SERVICES

Child and Family Counselling
Baby Health Clinic
Respiratory Nurse
Speech Pathologist
Paediatric Occupational Therapy

These services are available by apt. - 6656-7200

Every Thursday MiiMi offers free use of their washing machine and dryer but you must book on 6564 8855

MiiMi is an approved CSO and WDO 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

Why you should use 2020 in full

A warning has been doing the rounds advising people of the pitfalls of not writing the year 2020 in full on important financial documents and cheques.



The warning is that if you do not write the date in the format DD/MM/YYYY and instead use DD/MM/YY, unscrupulous people can take advantage of this. For example, you must write 31/01/2020 and not as 31/01/20. This is because it can be easily modify to 31/01/2000 or 31/01/2019.

Legal documents are validated from the date of issue and hence the date plays an important role in any notarised legal documents. Suppose, you get a rental agreement to sign dated 1/1/20 to 1/12/20. You might take it to be from a normal 12 month rental agreement but in such a case the year can be conveniently changed to represent a wrong year anytime and you may find yourself in trouble.

Hence, be careful signing any legal documents made during 2020 when it comes to writing the full date.

- economictimes.indiatimes.com

Just Joking . . .

A man and his wife were sitting in the living room and he said to her,
"Just so you know,
never want to live in a vegetative state,
dependent on some machine and fluids
from a bottle - if that ever happens,
just pull the plug."

His wife got up, unplugged the TV
and threw out all of his beer.

- amazingaustralia.com.au



Bowraville Chamber of Commerce and Industry Inc

Welcome to your new look Chamber for 2020.

We are pleased to announce the new Executive Members for this year are,

- President- Paul Nowland
- Vice President- Trudy Hayes
- Secretary- Brett Goodwin
- Treasurer- Craig Bellamy
- Public Officer- Lisa Matters
- Tidy Towns – Robyn McGinley

The January meeting was full of discussion concerning the Bowraville 3-Year Strategic Master Plan.

Any person/s interested in collaborating with the Chamber are invited to attend the February 4th meeting at the Bowraville Ex-Services Club at 5pm.

Did you know . . . Membership is only \$10 for non voting rights or \$40 for full voting privileges.

We encourage ALL businesses and non-professionals to join and have your say in how to make "Bowraville Bountiful Again"

All enquiries can be forwarded to: chamber@bowraville.nsw.au

Lisa Matters, BCOC, Public Officer.



Bernard Laverty Funerals

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Monumental Masons & Florist

Speak to us about the benefits of Pre Paying

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 REPAIRS, SERVICING
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WAYNE NOBLE

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7 DAYS

4/11

Support Bowra Tradies
- Keep it Local -



Does your computer need servicing?

Is it going slow?

Do you suspect a virus?

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

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admin@bctc.com.au

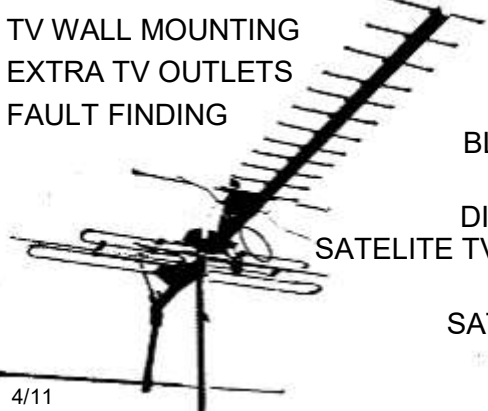
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Owner Operator with 20years experience

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6/6

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Residential & Commercial
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Lawn/Acreage Mowing

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Call Dave Today!
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Heatstroke and heat exhaustion

Heatwaves can kill, so learn how to stay cool in hot weather and watch for the signs and symptoms of heat exhaustion and heat stroke.

Be aware - the risk of heat related illness increases with young children and the elderly, pregnancy and those taking certain medications.

Here's what to look for and what you can do to help.

What is heat exhaustion?

Heat exhaustion happens when someone becomes dehydrated due to fluid loss from a hot environment and/or excessive physical activity

Heat exhaustion signs and symptoms

- Headache
- Body temperature less than 40 degrees Celsius
- Muscle cramps
- Exhaustion and general weakness.
- Nausea and/or vomiting.
- Dizzy spells.
- Pale, cool, clammy skin at first, becoming flushed and red later.
- A rapid, weak pulse

Heat exhaustion treatment

- Help the person to lie down at total rest in a cool or shady area to monitor
- Remove excessive clothing and loosen any tight clothing
- Cool by fanning and moisten skin if possible
- If fully alert and responsive, give them frequent small drinks of water
- If muscle cramps occur, gently stretch the affected muscles to ease pain
- If unresponsive, place in the recovery position.
- If the person is unable to drink, vomiting, unresponsive, or does not improve call 000 for an ambulance.
- Prepare to give CPR if necessary.

What is heat stroke?

Heat stroke is a life-threatening emergency and can cause a person to collapse or fall unconscious. Heat stroke is more serious and means the body is no longer able to regulate its temperature by cooling the skin's surface by sweating. The internal body temperature rises, and organ damage can occur.

Heat stroke signs and symptoms

- Typically no longer sweating.
- Red, hot and dry skin.
- A body temperature over 40°C.
- A rapid, strong pulse.
- Rapid, noisy breathing.
- Irrational or aggressive behaviour.
- Deterioration of the conscious state.

Heat stroke treatment

- Call 000 for an ambulance immediately
- Cool the person using wet towels or a wet sheet with a fan directed across the surface.
- If ice packs are available wrap them in towels and place around the neck, groin and armpits.
- If shivering occurs reduce active cooling.
- Monitor the person continually
- If unresponsive or not alert, place in the recovery position.
- Prepare to give CPR if necessary.



- www.redcross.org.au

An exciting start for new Nambucca Valley Phoenix Board

The Nambucca Valley Phoenix has a brand new and experienced board of directors, volunteering their time to take on the next phase of Phoenix. As new Chair, Tony Bennett said 'The wider world may go berserk but it is community that keeps us together. Phoenix has community at its heart and soul. We are aiming to keep it that way.'



The new Phoenix Board members are; L to R; Lori Wilson (Director), Julia Morrell (Director-Secretary), Kerry Lampe (Director), Sue Smoothy (Director Vice-Chairperson & Treasurer) and Tony Bennett (Director-Chairperson).



'The board members have diverse skills and experiences in community organisations, and I envisage the Phoenix being able to create positive community links that will benefit both the youth of our area, as well as our general community. I'm excited for the challenge' said Lori Wilson.

The new board members have long local histories, and are already planning for the Phoenix's next phase. They see opportunities in; education, cultural experiences, retail and employment for the Bowraville community.

The current board would like to thank the Phoenix members who voted them in, as well as thanking the previous board for their hard work. The new board welcomes suggestions and ideas from members, as they also invite new applications for Phoenix membership. Further, the new Phoenix board is open to ideas and community concepts from all of the community more broadly.

For further information, enquiries about membership, volunteering and your ideas for the future Phoenix, send Julia Morrell an email at julia@nvp.org.au

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 . . .***

**Historic
St James Anglican Church
High St Bowraville**

**Service each
Sunday
@ 10am**



*Baptisms, weddings and
funerals can be arranged
by phoning 6568-9029*

1/11

25th February - Pancake Day 2020

Shrove Tuesday is known as Pancake Day in Australia. **Tuesday, February 25, 2020.** Many Australians make and share pancakes on Shrove Tuesday.

Pancake Day or Shrove Tuesday, is the last day to eat all the luxury foods in the pantry before the start of Lent, which is a time of abstinence and reflection in the 40 days before Easter.

These foods included flour, eggs and dairy products, which when combined, make those always popular and delicious pancakes!



*Come and share some
pancakes and have some
fun with us.*

Pancake Day

25th February, 2020 from 5pm

St James Hall,
Young Street,

Entry by donation.



1/1

“Blokes Breaky”

1st February at 7.30am
Cost \$5.00 All
blokes welcome.

~ ~ ~ ~ ~

Next St Jimmy’s Kitchen

13th February at 5pm
in the
St James Church Hall

All welcome to join us.

1/11

**4 SIMPLE STEPS
to making your Bush Fire Survival Plan**

Preparing for a bush fire is easier than you think.

It’s your responsibility to prepare yourself, your home and your family.



1. DISCUSS
what to do if a
bush fire
threatens your
home.



2. PREPARE
your home and
get it ready for
bush fire
season.



3. KNOW
the bush
fire alert
levels.



4. KEEP
all the bush fire
information numbers,
websites & the smart
phone app.

Scouting out delivery of those Lions water tanks

On Sat 4 January I had the pleasure of being the “tour guide” for Mark Scott and Brett Goodwin, from Bowraville Lions, in my neck of the woods ‘over the hill’ from Bowraville and South Arm. Yes, Williams Hill that is. These guys needed someone who knew the area to help them locate the properties and addresses for people unfortunate enough to have been on the receiving end of November’s disastrous fire which destroyed, among other things, their water tanks.

I don’t know the full history behind this task they set themselves but all for community good and fantastically well done I say (also to those others in Lions who also had input) to the planning, generous unpaid time given, logistics and all that other stuff that goes into such a terrific venture.

I was up early, met the boys at 7am to beat the heat and directed Brett, driving his own vehicle, around my neighbourhood – half of that being on some of our not so wonderful rural ‘goat track’ roads with which many of you are familiar. Off the sealed road the terrain isn’t great for driving and now it’s bare. There’s no ground cover of any sort, erosion is already evident, there are holes where stumps have burned down into the ground, overhead trees are not safe; the forests are decimated and see-through so that sense of security that one usually has when there are tall trees towering up from the deep drops on the downside of the hills no longer exists and it makes one feel quite vulnerable in a vehicle when high up on a skinny little one-lane dirt road.

We went to several properties over the course of a couple of hot, humid hours; spoke to landowners and tenants if there were any present who, despite their awful stories, were being as resilient as possible and managing under some very tricky conditions. Mark and Brett had a checklist of things to look out for and accessibility for a truck with trailer, loaded up with enormous water tanks, was included.

So on Sat 11 January ‘tank delivery day’ it was a bit like a repeat performance except Mark had a different Lions member in tow, Michael Diesel, and was followed by the water tank truck. This was driven by Tom, amazingly adept at maneuvering that truck and trailer, and parked up in the cab next to him was another helper....like myself, a fire affected person who had also lost a water tank. He too was keen to do his bit in helping others get back on their feet and on that day it meant putting hands to tanks to roll them off the truck or trailer then edge them into a secure position on the properties.

So it wasn’t all sitting in a nice air-con office for the Lions guys; they were doing grunt work as well.....over and above the hugely generous efforts they have already put in for the greater community for whom they have so much empathy. Thank you Mark, Brett and co.

Tips to stay hydrated on hot days

If you get too hot and haven't consumed enough water, you're opening yourself up to things like heat stroke, heat exhaustion, or even smaller issues like cramps or a heat rash.

Here are a few tips on how to bring more water into your life.

Carry a Water Bottle Around

Just having water available all the time will likely increase how much of it you consume. Aim to have a full water bottle by your side at all times and sip on it whatever you start to get thirsty.

Eat Hydrating Foods

There are a number of different foods that can also boost your hydration thanks to their water content. Some big ones include watermelon, strawberries, apples, oranges, corn and broccoli.

Order Water at Restaurants

When you go out to eat order a glass of water. That's not to say you can't also have another beverage but make yourself drink water alongside it. Similar to the water bottle idea, if you have a glass of water on the table, you're much more likely to drink it.

Make Flavored Water

Water, especially when you're drinking it constantly, can become boring. Spice up your water routine by making flavoured water. You could try those flavoured water packets or some of the flavours suggested on the next page.

Set an Alarm

If you have trouble remembering to drink water try setting an alarm on your phone to remind you to fill up your water bottle every few hours. The alarm will ensure you fill up your empty bottle or be a reminder to drink more water if your bottle is still full.

- www.lifehacker.com.au

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Make drinking water more appealing

Do you drink enough water? Chances are you don't, because research indicates that around 75 per cent of Australians are chronically dehydrated.

Even mild dehydration can cause side effects that interfere with our daily lives. For example, not drinking enough water can lead to fatigue, headaches, irritability and constipation.

Many people don't drink water because they don't like the taste of it. So here a few easy ways to put the zing back into the humble glass of water.

1. Add fruit

Adding fruit is one of the quickest and easiest ways to add flavour to your water. Add a squeeze of fruit juice, or fill your water jug with sliced fruit and refrigerate. Try mashing up berries and topping with sparkling water and ice-cubes or freeze slices of fruit and use them as ice-cubes.

Fruit turns plain water into a refreshing treat on a hot summer's day.

2. Make tea

There are a range of different herbal teas and blends on the market; blends to relax you and blends to invigorate you. Experiment with a few to discover which flavour works for you. Drink it hot or refrigerate and add ice to make iced tea.

3. Add herbs

Herbs can pack a punch and so can be a perfect addition to a jug of ice-cold water. Mint or lemon thyme is very refreshing. Or leave crushed basil or coriander leaves to infuse overnight? Ginger and lemongrass are worth a try also.

4. Try veggies

You may be surprised at how much flavour veggies can give your glass of water. Slices of cucumber can add subtle flair as can veggies like celery or tomato. You can even keep the water you used to boil veggies and refrigerate overnight for a vitamin-packed flavour sensation.

5. Add flowers

Pretty flowers can make a lovely addition to any dish, including water! Adding rose petals or lavender can turn a boring glass of water into a luxurious, soothing drink.

6. Mix diet drinks

Don't forget a splash of diet cordial or diet soft drink can add a bit of extra flavour without too many calories. There's such a wide variety of flavours available so you're bound to find something you love.

7. Add essences

Essences are not just for cooking. Adding lemon, coconut or even orange essence to your glass of water can really ramp things up. Essences and flavourings are available in the baking section of your supermarket.

With a bit of imagination, you can turn a plain glass of water into a taste sensation and more importantly quench that thirst!

Coming to terms with losing everything to fire

My husband and I were among the many who lost their home and possessions in the Kian Road bushfire on the 8th November 2019.

These fires have been a disaster that have left many people traumatised from experiencing the event, especially if they stayed to fight the wall of flame.

Our local fire brigades stepped up to the mark and helped to save as much as they were able with helicopters dropping water to support people fighting fires and guiding others out of the smoke and flames.

From my own experience I have found a lot of love and support from family and friends. With local community organisations as well as individuals providing relief in all sorts of ways. The council and state government have aided those who lost their homes and especially those uninsured. I see Blazeaid's work all along South Arm where we lived and what a wonderful job these volunteers are doing. There are so many to thank and praise for their good deeds.

There has been much paperwork to do and phone calls to make to access monetary support, which has been gratefully received. Sometimes it all seems overwhelming.

We are at a stage now where we can start planning what we want to rebuild, but again there are many decisions to make and a DA to provide to Council. We were fortunate to get our asbestos free certificate so we could begin our clean up.

We can take comfort from staying with family which has been most helpful for us, others not so fortunate are living in tents and other temporary arrangements. There has been a disaster hub located in the South Arm Hall, providing us with additional clothes, personal care products, food and emotional support, all donated.

The loss of our home has affected us in many ways, financially and emotionally. Feelings of sorrow, anger and frustration at times occur, but eventually we will move on. We miss our home, but we spend a good amount of time there cleaning up and sorting through what remains, not a great deal. We are lucky to have two tanks survive and two small sheds remaining. This could sound a bit like a Monty Python skit if you know the one I mean.

Our greatest sorrow was the loss of a friend who died due to the fire. We will miss him in our lives.

In recent trips out to our place we have seen some of the bush starting to regenerate and we have a small green area at our place amongst the ash and dust that gives us some small comfort. The rain we have had has helped but I would like more please before we start to rebuild.

There have been news reports on all the media about the billions of dollars being raised for the fires in Australia for those who have lost their homes, I hope this money finds its way to all those in need, including our wildlife, farm animals and infrastructure such as roads and bridges to help normalise peoples lives, if that is possible.

Best wishes and healing to all affected – Alba Sky.

Free mental health support for people affected by the bushfires...

healthy
minds

**Call Healthy Minds
1300 160 339**

between 8.30am - 5pm
Monday to Friday.

No referral needed.

Free face-to-face or telephone counselling services with a mental health practitioner, such as a psychologist or mental health social worker, will provide people with strategies and techniques to manage their mental health

Healthy Minds services are available across the north coast of NSW.



If you're a Mid North Coast or Northern NSW residents who has been affected by the bushfires, you are being encouraged to access free mental health support via the local Healthy Minds program.

The stress of experiencing something such as a bushfire can leave people at a higher risk of developing depression or anxiety, even if they are not directly dealing with loss of property and/or possessions.

"At North Coast PHN, we are coordinating a mental health response that includes widening the eligibility criteria for the Healthy Minds program. Persons affected by the local fires can now book in for free face-to-face Healthy Minds counselling services and do not require a referral from their GP to commence supports."

Julie Sturgess, North Coast PHN

Please note, Healthy Minds is for people experiencing mild to moderate mental health concerns and is not a crisis service. If you require immediate support, please contact Lifeline on 13 11 14 or Beyond Blue on 1300 22 4636. For children under 12 years, call the Kids Helpline on 1800 551 800. In an emergency, please call 000 or go to your nearest hospital emergency department.

The intake for Healthy Minds is now being managed by Neami National through their Connect to Wellbeing North Coast program. Connect to Wellbeing North Coast has been made possible by funding from North Coast Primary Health Network.





SENIORS WEEK PROGRAM PIONEER COMMUNITY CENTRE BOWRAVILLE 70 HIGH ST BOWRAVILLE

Sat 22 Feb	Sun 23 Feb	Mon 24 Feb	Tues 25 Feb	Wed 26 Feb	Thurs 27 Feb	Friday 28 Feb	Sat 29 Feb
12 noon ULYSSES Motorbike group Sausage Sizzle Meet n Greet / Show n Shine 2pm – 5pm GAMES ARVO With Phillida Tesselates, Scrabble, Jig saws, Cards, etc	9am - Quakers meeting 11am Feldenkrais with Tom 2pm POETRY With Sue, Michael & more	3pm Yoga with Gaye 5pm Line Dancing for beginners – learn some basic steps 6pm – normal Line Dancing class	CHOIR 4 – 6pm	HEALTH & WELLBEING TALKS Presentations from Lifetime Connect, Karen Baily Herb Grower NSW Health Local Travel Agent MORNING TEA or LUNCHEON	GET CRAFTY Jen – card making Stacey - Rock painting Dee - Jewellery Neil - Simple loom making Jill – Stampin' Up cards	9am QiGong 10am Yoga with Leonie
OLD SCHOOL PHOTOS	OLD SCHOOL PHOTOS	OLD SCHOOL PHOTOS	OLD SCHOOL PHOTOS	OLD SCHOOL PHOTOS	OLD SCHOOL PHOTOS	OLD SCHOOL PHOTOS

This Program is a "WORK IN PROGRESS", so subject to change. Check in the window of the Pioneer Community Centre or on Facebook for the latest times and program.

AL-ANON FAMILY GROUPS

Hope for Families and Friends of Alcoholics

If someone in your family has a drinking problem you can see what it is doing to them.

Can you see what it is doing to you? Come to our weekly meeting on

Tuesday at 10.30am

Rear, under Catholic Church, Mann Street, Nambucca Heads.

1300 ALANON www.al-anon.alateen.org/australia

NSW RURAL FIRE SERVICE . . .

STRONGLY RECOMMENDS that everyone in your home has a conversation about exactly what they'll do in a bush fire. It should take just 20 minutes.

Use our discussion guide at www.rfs.nsw.gov.au/__data/assets/pdf_file/0017/2933/BushFireSurvivalPlan.pdf

Many households find that having a discussion over dinner works best as everybody is together and focused.

Bush Fire Recovery Information

Solar Panels



Are fire damaged solar panels dangerous to my health?

Solar Photovoltaic (PV), or solar panels, are manufactured using hazardous materials, such as toxic metals, sulfuric acid and phosphine gas.

They should be handled and disposed of with appropriate precautions and protective equipment for the hazardous material.

While the sun is out, your solar PV system is generating electricity. Always treat the system and associated wires as live.

Can my solar panels be recycled?

No. There is no current recycling process available for fire damaged solar panels.

Can I just dispose of the damaged panels on my property?

No. They cannot be dumped on property or stored in landfills without protections against contamination. Toxic metals and chemicals can leak out into soil and ground water supplies.

What should I do when I return to my property?

If you followed the shutdown procedure prior to departing your property DO NOT attempt to turn the system back on until checked by an electrician and determined as safe.

If you did not turn off the system prior to departing the property take care with PV equipment or structures which may have fire damage. Even if the network supply is disrupted or switched off the equipment and associated wiring may still be live.

- Stay away from the solar panels and wiring until assessed as safe;
- Contact a licensed electrician to check the system and declare it safe;
- If the system has a battery bank disconnect the battery cells following the providers disconnection advice. Only do this if it is safe to do so.

Can I clean up around the solar panels prior to them being declared safe?

It is recommended that any clean-up work around solar panels is not done until it has been declared safe by a licensed electrician.

Even if the network supply is turned off, PV systems and associated wiring may still be live; systems will continue to produce voltage during the day.

For further information:

Check your local council's website for more information on recovery and the collection and disposal of waste on your property.

Like to volunteer at the Bowraville Technology Centre?

If you have an interest in computers or what they can do, by volunteering one day a week, you can improve the skills you have and learn a whole lot more.

Call Mark on 6564-7420 to find out more.

Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Summer 2019/20

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time	
6 AM	2NVR Music Mix	Drive Thru With Jackie Edmunds Mix of 60s, 70s to current music	Breakfast Juice NIKE Fresh-squeezed eclectic music and a little comedy. Turn up the volume!	Under The Stinging Tree Poppa	2NVR Music Mix	2NVR Music Mix	Praise, Prayer & Pop With Linda & Michele	6 AM	
7 AM	Macca's Breakfast Club With Les McLanlon	Dyer's Loop With The Dyers Music to dye 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 Cen Wood See what's going down! All things local	The Weird Desk With Michael Morgan When the going gets weird, the weird turns pro.	Jacinta's Easy Listening With Jacinta Sunderland	7 AM	
8 AM	Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll 1950s-2010s	Infopinion Richard Laxton An eclectic time with Richard (Returning January 2020)	Lunch with Gazza With Gary Eizen Easy Listening To Rock & Pop	Turning Pages Elizabeth Newman	Dano's Mixed Grill Daniel Gosson What's anything can happen and probably won't	Flashback With Rob Davidson	Classical Corner Music from the past 1000 years... Always ready with The Lively Arts Music & books from Am, Tr, Asia & more	Sunday Morning Music Mix	8 AM
9 AM	Baby Boomers Donna Collins	Rob's Roving Robbie & Linda Sible reflections, Gospel & Australian	Just For You Carola J. Simmons Reviewed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	School's In & A Cuppa with Macca With Les McLanlon	Outback Outlaws Paul Rowe Old and new country music	Pop & Rock	Classical Corner Music from the past 1000 years... Always ready with The Lively Arts Music & books from Am, Tr, Asia & more	9 AM	
10 AM	The Weekley Fix Paul Westley	Living In The 60s With Roy Launder	Sister Act Olivia & Sam	Thursdays Country Trickitic	Wind Down for the Weekend with Stu & The Crew	Garage Noise With Sean Ambrose Alternative Music	I Love The Seventies	10 AM	
11 AM	BKE Show Bernard Kelly-Edwards Cultural Unity with Poetry, Community Yams & Music 2NVR Multicultural Radio	Dancing Through The Decades With Fred Settlers	Flashback Featured Artist With Rob Davidson	Nambucca Valley Roundup Retro	Rhino On The Radio Rhino	Saturday Magazine With Rachel Burns	Living In The 60s With Roy Launder	11 AM	
Noon	Bowra Beats 2NVR Youth Radio With Grace	Country and Classic Hits With Bryon Edwards	After Hours With Fred Settlers	Highway Blues With Retro When Only The BEST BLUES Will Do	Two For The Money (Music, chat and a touch of banter with Paul and Rachel)	That's A Wrap Donna, Nigel, Mitch & Gary	Local sports results and in-depth analysis.	Noon	
1 PM	Hinterland Ben Walters	Soul into Rhyme Matt Lebrant	Ant's Rock Anthony Gamsey Solid Rock	Jeff's Junk Jeff Mills	Saturday Night Specials Saturday Two hours of some artists in concert	Imagine This & The ARTIST Radio Show	Prog Rock Playlist Rhino	1 PM	
2 PM	Reggae Mixtape With Fitzroy Music outside the usual 2NVR Multicultural Radio	Mixed music with featured Artists	Ant's Rock Overnight	2NVR Overnight Music Mix	The Friday Night Rock Show with Todd Wills	Wolffy Wolffy's music & requests	The best of Progressive Rock	2 PM	
3 PM	2NVR Overnight Music Mix	Whack up the bass and cop a wicked mix of hip hop and fully sick tracks	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Continues overnight	Overnight Express	2NVR Overnight Music Mix	3 PM	
4 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Continues overnight	Overnight Express	2NVR Overnight Music Mix	4 PM	
5 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Continues overnight	Overnight Express	2NVR Overnight Music Mix	5 PM	
6 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Continues overnight	Overnight Express	2NVR Overnight Music Mix	6 PM	
7 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Continues overnight	Overnight Express	2NVR Overnight Music Mix	7 PM	
8 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Continues overnight	Overnight Express	2NVR Overnight Music Mix	8 PM	
9 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Continues overnight	Overnight Express	2NVR Overnight Music Mix	9 PM	
10 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Continues overnight	Overnight Express	2NVR Overnight Music Mix	10 PM	
11 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Continues overnight	Overnight Express	2NVR Overnight Music Mix	11 PM	
Midnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Continues overnight	Overnight Express	2NVR Overnight Music Mix	Midnight	

National Radio News is broadcast each weekday at 6am, 7am, 8am, 9am, Noon, and 6pm. 2NVR — Multiple Award Winner. Tewings studio and office: 02 6564 7777 email: admin@2nvr.org.au The Best Little Station in The Na-