

Bowraville Community News



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



JUNE 2018 ~ ISSUE #163 FREE CIRCULATION 400 POSTCODE 2449

TRASH & TREASURE MARKET

Saturday JUNE 2nd, 2018

9am - 1pm

Pioneer Community Centre, Bowraville

Come along & grab a bargain or 3

Enjoy a Sausage sizzle or Cake & Cuppa

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

Bookings: 6564 7908 or 0400 828 471 or bcdainc@gmail.com

Stall set up time 7 - 9am

Stall fees: \$5 per table if you have insurance, otherwise \$12

BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 400 COPIES

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

2018 ADVERTISING CHARGES:

Bowraville Community News is produced every month, except January.

Annual subscriptions includes 11 issues.

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

DEADLINE FOR COPY FOR

THE JULY 2018
ISSUE IS: 4:00PM
19th JUNE 2018

All contributions and advertisements for the next issue of the Bowraville Community News are due:

by e-mail, fax or hand in at the front counter at:

BOWRAVILLE TECHNOLOGY CENTRE
39 High Street, Bowraville NSW 2449
Telephone: 6564 7420
Facsimile: 6564 7520
e-mail: admin@bctc.com.au

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While every care is exercised, the views and or opinions expressed in this newsletter within editorial articles do not necessarily represent the views and or opinions of the Bowraville Technology Centre or any other organisation associated with the production of the Bowraville Community News.

Bowraville Technology Centre

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

Internet Access: Using our large screen computers (or your laptop, tablet or smart phone.)

- ◆ Ten Minutes - \$1.00
- ◆ One Hour - \$5.00
- ◆ All day High Users Pass - \$15.00

Photocopying & Printing - On A4, A3 or large banners in black & white or colour. A4 black & white starts at 30c per page, discounts for quantities.

Facility Hire with High speed internet access:

Main Computer Room - Up to 8 computers plus trainer's computer or access port for laptop. Data projector (if required) - connected to trainer's PC. Whiteboard (if required). Full HD TV 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 up to 2 computers and High speed internet access.
Per hour - \$7.50. Half day (4 hours) - \$25.00.
Full day - up to 8 hours \$40.00.



FOR SALE

**JBL SPYRO SPEAKER +
SUB (2.1) SUBWOOFER +
2 SPEAKERS \$50 ONO**

White, Lightly USED - NOT NEW. Great Looking + excellent condition, Works with Windows, Mac & MacBook, can also be connected to your Android Tablet, Phone, iPhone or iPod. Compression technology developed by JBL provides a high quality sound system giving out a rich sound with a deep bass & crisp clean high notes. Come to the Bowraville Technology Centre for a demo. Telephone 6564 7420 - Ask for Mark (Mondays, Tuesdays & Thursdays)

Bowraville Shopping Bus

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

BowraMacksville UHA

UHA volunteers have attended several meetings in regard to the final interior design, fittings etc. of the planned coffee shop in the new hospital. This will complete our involvement as the next step in the long process of the planning will be the calling of tenders. We are yet to give our coffee shop an official name as requested but a survey sent to all volunteers came back with numerous ideas with most popular to be voted on. A very successful volunteer's day was held in May when we were able to meet and greet other volunteers as well as enjoy a delicious luncheon. The next coffee shop meeting will be held at the hospital chapel on Friday 8th June 10am. The next branch meeting will be at Bowraville Recreation Club on Friday 29th June 9.30 for a cuppa and meeting to commence at 10am. We would like to thank all who helped in any way to make our recent Mother's Day stalls such a success. Over \$1750 was raised and this with Nambucca Heads UHA help will go towards the purchase of a portable Ultra Sound which hospital reps informed us was a potential lifesaving piece of equipment to be put to immediate use. Winners of raffle prizes were Eugene Anderson, Charmain Grace and Jill Fuller. Our next big hospital request is for a Bladder Scan. If you would like to help us in any way to purchase this by donations or joining the UHA band of volunteers contact Isabelle 6564-7179, Dee 6569-4770 or Heather 6568-280.7 As you can see from our phone numbers volunteers come from all over the Nambucca Valley.

Bowraville Garden Club

The glorious autumn weather was enjoyed by all when we visited Zone Coordinator Marion Watts South Arm garden. We were appreciative of the delicious morning tea, a stroll through the garden when we came away with the usual cuttings, lemons and for one, a can of worms for her worm farm. So a big thanks to Marion and Brian for their invitation. June will see us visit Elizabeth Irvine's garden then a visit to Farrington Village and finally on to the Golf Club for lunch. The following Monday we will travel to SWR Garden Club where we have been invited to attend their Mad Hatter's Meeting Day. To those who are going please participate with some kind of head gear. Garden Club meets on the 2nd Saturday of the month. We welcome new members. Contact Barbara 6564-7039.

Bowraville Seniors

Our May meeting was hosting the Biggest Morning Tea when we raised close to \$300 for cancer research. Thank you to all who participated. Our raffles were won by Keith Townley and Raelene Holland. An interesting side-light to the day was the participation of two visiting young men from Austria and the Czech Republic and we called on them to draw the raffles. Not only were they very impressed by our Folk museum, one of the best they had seen in their travels, but they also entertained on the piano. For our next meeting day on Monday 18th June we are planning a bus trip to Port Macquarie's Billabong Park and then on to Wauchope for lunch. As we will have spare seats Bowraville Seniors are inviting anyone interested to join us. This will also be a farewell to our secretary Lou and Ted Richards our bus driver who are leaving Bowraville. If we cannot fill the bus this will be a car trip for members only. Contact Ruth Grace 6564-8243 for more information.

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Bowraville Folk Museum

High Street, Bowraville

Phone/Fax: 6564-8200

MONDAY-FRIDAY 10am-3pm

WEEKENDS 10am-1pm

PUBLIC HOLIDAYS 10am-3pm

email: bowravillefolkmuseum@gmail.com

twitter.com/bowravillefolk

~ Groups by appointment ~

4/11

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

Weekly Activities

MONDAY

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

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

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

TUESDAY

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

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

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

WEDNESDAY

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

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

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

MEMBER'S DRAW & MEAT RAFFLE 6.30pm pm

Bowraville Ex-Services Club (6564 7304)

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

THURSDAY

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

BINGO 11am Bowraville Ex-Services Club (6564 7304)

BOWLS 1pm Men's Social at Bowraville Recreation Club (6564 7349)

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

FRIDAY

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

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

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

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

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

SATURDAY

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

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

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

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

SUNDAY

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

EXPRESSION SESSIONS every 2nd Sunday from 3pm. Bowraville Recreation Club (0427 414 616)



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.

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Bowraville Recreation Club.

Latest innovation at the club is the opening of the Bistro on Saturday, with meat raffles and a member's draw. For the other days a pie warmer is in operation and Thursday players appreciate the fresh sandwiches available. Volunteers continue to maintain bowls greens and the golf course. Some trees have been removed that were shading greens and the bank behind the 5th green has been made more mower friendly by using dredging material from the dam. Women golfers recently held club championships and gross winner was Eliza McNally and net Evelyn Usher. Women golfers 2018 Open Day will be held on Friday 22nd June with a 9am hit off. Visiting golfers look forward to the soup made by members and the variety of slices for which Bowraville is renowned. This is to be a 2 person Ambrose and has been sponsored by Nambucca Plumbing so a big thank you to Brett for such generous support. Pennants for both bowlers and golfers continue and all our social players and comp players are enjoying the cooler weather. Besides a great place to walk your dog or just take your daily exercise the course is used for the School's Cross country event which takes place on the 5th. Visiting golfers and bowlers have booked in during June. Vets will be held on 19th June. Contact 6564-7349.

Line Dancing

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

St Jimmy's Kitchen

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

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BOWRAVILLE GIFT SHOP



any occasion

LOCATED AT BOWRAVILLE POST OFFICE
27 HIGH STREET BOWRAVILLE
PH: 02 65647169

3/11

BOWRAVILLE HEALTHCARE CENTRE

Dr Edwina Guard MBChB BSc FRACGP

IMPORTANT NOTICE

Dr Guard has closed her surgery in High Street, Bowraville and moved to new premises in Princess Street, Macksville. For those who cannot travel due to age and disabilities she now offers home visits. Please be kind to the office girls while they transition to the new surgery.

5/11

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

Long Term Budget -
 1/2 price - BYO Food, Bedding and Kitty Litter.
 Not available during school holidays



9/11

Short-term Accommodation
 Small \$15 - Medium \$20 - Large \$22 - Cats \$12

Recycling all that Space Junk!!!

One of our sadder legacies from nearly six decades of space exploration is a chain of orbital debris surrounding Earth. Some pieces are as small as flecks of paint while others are the corpses of dead satellites long out of fuel.

NASA estimates that more than a half-million fragments are out there, occasionally posing threats to the International Space Station (ISS) or satellites. Collisions have happened before and will very likely happen again.

While space junk is a well-known problem the ideas for dealing with it always run into one problem: economic support. That's why Tom Markusic, the CEO of space start-up company Firefly Space Systems, proposes to recycle some of the dead space satellites for missions to Mars.

Upon realising that nuts, bolts and electronics are all things that a Mars colony would need Markusic proposes that spacecraft could tow the dead satellites out of Earth orbit using solar electric propelled tugs, to reduce fuel costs. These tugs would head over to Phobos, a moon of Mars, for humans to disassemble and use the raw materials. He estimates there are several hundred dead satellites he could use, already in space. As these space junk components are already in space there's no launch costs associated with launching this material from the Earth's surface.

"They could be reassembled and reconfigured into the types of hardware that our pathfinder missions, our human missions, will need out there at Mars," Markusic says. He compares it to dumping a bucket of Lego and reassembling it and adds that the challenge of reassembly from existing diagrams could even be transformed to college competitions or other means to gain awareness.

The question, of course, is who would pay for such a scheme. Many companies have proposed dealing with the space junk but as there's no jurisdiction and no immediate threat there's always a problem with finding funds.

"The space junk problem is a bit like global warming - getting governments to agree to fund such activities is difficult," said Jason Forshaw, a research fellow at the University of Surrey who is on the United Kingdom's RemoveDEBRIS mission. Expected to launch

next year from the ISS it would test out harpoons, nets and sails to take out space debris.

"We are trying to raise awareness that space is part of the Earth's environment - space also needs cleaning and the longer we take to address this issue, the worse it will become," Forshaw said suggesting perhaps an intergovernmental organisation could take on the responsibility. With 7,000 tons of junk in space Forshaw said he believes there is potential for many technologies to take them out.

Markusic said he is confident government entities would be interested in paying to clean out the debris if there is a good reason behind it. But before heading for Mars he needs to raise funds for a rocket that would let his start-up company enter the launch market. Called Firefly Alpha it's supposed to launch light satellites (less than 1,000 kg) into space with some CubeSats (a miniaturised satellite for space research that is made up of multiples of 10×10×11.35 cm cubic units) for third parties potentially riding along to gain more revenue.

One thing in Markusic's favour is that most satellites have standard parts to which they once attached to a rocket. This means that even if a satellite was not designed to be towed out to Mars, as long as the towing spacecraft uses a similar attachment, it's possible to send it out. Another entity that plans to take advantage of these standard attachments is DARPA (Defense Advanced Research Projects Agency) the advanced research branch of the US Department of Defense.

DARPA's program, which could fly as early as 2021, proposes four ways in which these dead satellites could be serviced with a robotic spacecraft. It could dock and do ultra-close inspection, push satellites into a different orbit, do repairs (such as untangling a snarled solar panel) or even attach new sensors to the satellite to breathe new life into it.

"DARPA is now soliciting a commercial partner to help it target satellites in geosynchronous orbit which include 50 or 60 U.S. government satellites", said Gordon Roesler, a program manager at DARPA for Robotic Servicing of Geosynchronous Satellites (RSGS).

<https://www.seeker.com/space-junk-debris-recycle-mars-exploration-satellites-2085063955.html>



JUNE PROGRAM at the

BOWRAVILLE THEATRE

Sweet Country - Sunday, 3rd June from 2pm

Sam, a middle-aged Aboriginal man works for a preacher in the Australian outback. When Harry, a bitter war veteran, moves into a neighbouring outpost the preacher sends Sam to help Harry renovate his cattle yards. But Sam's relationship with the cruel and ill-tempered Harry quickly deteriorates. As a result Sam becomes a wanted criminal for the murder of a white man, and is forced to flee with his wife across the deadly outback through glorious but harsh desert country.

Stars: Hamiton Morris, Bryan Brown and Sam Neill

Rated: R

Doors and Café open 1/2 hour before screening.

Complementary tea and coffee.

Prices: Adults \$12, Concession: \$10, BAC/Child under 14: \$8, Family: \$30.



Breath - Sunday, 17th June from 2pm

Based on Tim Winton's award-winning and international bestselling novel set in mid-70s coastal Australia. Two teenage boys, hungry for discovery, form an unlikely friendship with a mysterious older adventurer who pushes them to take risks that will have a lasting and profound impact on their lives.

Stars: Simon Baker, Elizabeth Debicki, Richard Roxburgh, Rachael Black

Rated: NR

Doors and Café open 1/2 hour before screening.

Complementary tea and coffee.

Prices: Adults \$12, Concession: \$10, BAC/Child under 14: \$8, Family: \$30.



Burlesque Classes from 6pm - Mondays and Thursdays

At Bowraville Theatre

Come along and learn the classic art of vintage burlesque with well known burlesque personality Sofonda Blackmen.



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

What we have to offer . . .

TAB - Fox Sports

Keno - Gaming Machines

Pool Table - Daily Happy Hour

Bingo - Raffles

Members' Draws



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

POOL TABLE \$1 per game



BOWRA HOTEL

OPEN 10AM - MIDNIGHT

**NEW
CHEF**

BISTRO

LUNCH and DINNER

Tuesday, Wednesday, Thursday,
Friday and Saturday

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

LUNCH & DINNER

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

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

33 HIGH STREET, BOWRAVILLE

Ph.6564 7041 Fax. 6564 8471

8/11

8/11

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

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needs taken into consideration. All welcome.

Gold Coin Donation Pilates Class

On Wednesdays from 5pm to 6pm you can enjoy Pilates with Andrew or Tamara (6568 2185) at the Anglican Church Hall opposite the High School. Sponsored by Dr Guard at Bowraville Health Care.

Macksville/Bowraville Uniting Church

There is to be a change in the service time for the Uniting Church at Bowraville. The service will still be held on the second Sunday of each month but the time has been changed to a morning service at 10.30am. On the second Sunday morning the Uniting Church in Macksville will be closed and our Macksville congregation will join to worship with the Bowraville folk at 10.30am. We are hoping this will suit more people. All are most welcome to attend.

Macksville/Bowraville Uniting Church Op Shop

The Op Shop is keeping us busy with the bags of clothing for \$5. We have some stunning summer clothes on display. The furniture shop has some lovely new donations.

Thank you to all who give so generously to our Op Shop and volunteers who come along each week. We have a pick up/delivery service each Wednesday.

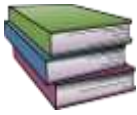
Nambucca Valley Community Church Food Hub

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.

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MARKETS CALENDAR

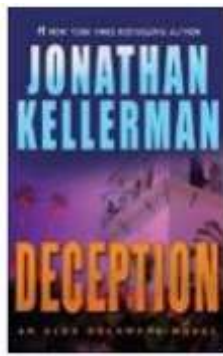
DAY OF MONTH	MARKET LOCATION and TIMES	CONTACT DETAILS
THURSDAY Every Thursday	Coffs Coast Growers Market, City Square, Harbour Dr. from 8am to 2pm	6648 4087
FRIDAY 1 st , 3 rd & 5 th	BELLOPY ORGANIC FARMERS MARKET from 8am to 1.30pm The largest 100% organic market in NSW. Bellingen Showground	0415 525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



Deception

by Jonathan Kellerman

Deception is another Milo Sturgis/Alex Cross murder mystery. For those of you not familiar with this pair, Milo Sturgis is an overweight, gay, loner homicide detective with the LAPD (with few friends but plenty of acquaintances who respect his skills and are more than willing to assist him), with sometimes unusual methods and a higher than average solve rate (which kind of secures his tenuous position in the 'department'). Alex Cross is a longtime friend of Milo's; a psychologist frequently used by the LAPD (mostly dragged in by Milo and not approved by the 'department' or sometimes dragged in by Milo with the reluctant permission of his superiors) for insights into criminal behavior and profiling.



A prestigious LA Prep School teacher is found dead; near her body is a DVD she has recorded, describing 18 months of physical and mental abuse at the hands of three sadistic tormentors.... fellow colleagues of all things.

Allegations of rape, assault and possibly murder at this famous institution are difficult to ascertain as staff are reluctant to assist and those that are forced to don't part with the truth willingly or at all. It is a school whereby 99% of the students come from wealthy, powerful families who are also reluctant to help – either in denial about their kids or not wishing to have reputations tarnished. With every parent aspiring that their young adult come away from the Prep School with a ticket to one of the most elite

universities they feel there is a great deal to protect.

Throw into the mix that Milo's boss has a son attending the Prep School. Politics and power; direction from on high for Milo to proceed 'softly, softly' (which of course he doesn't even try to manage) he and Alex uncover some dark and dirty secrets amongst LA's elite.

Milo and Alex dig around amongst the privileged in the wealthiest neighbourhoods and at the school; they follow all the leads no matter the intriguing twists and turns including a couple of anonymous tips and tracking down an unpopular scholarship student whom apparently the deceased was afraid of.... the brightest and the elite turn brutal when threatened.

I enjoy Jonathon Kellerman's novels and this was no exception. Of course, justice is found in the end but the journey was neither straightforward nor easy.

- This book read and reviewed by BTC Volunteer Raewyn.

Dawn - One Hell of a Life

by Dawn Fraser

A story of both the athlete and the woman. Dawn tells the full account of how her glittering swimming career was cut brutally short after triumph in Tokyo and her clash with rigid authority.

She describes the impact the ten-year ban had on her marriage and the years that followed as a single parent trying to scrape a living together in obscurity before her triumphant come-back.

Dawn's recollections of her many roles and adventures at the Olympic Games over four decades are a fascinating insight into what goes on behind the scenes at what she describes as 'the biggest and the best competition in the world'.

- From the book's jacket.

Bowra Laundromat

Corner of High & Belmore Streets

Token Operated Washing Machines & Dryers.

Tokens available at Pub and Newsagent
Commercial Washers and Dryers

Enquiries: ph 6564 7401



The Facts about INCONTINENCE

Staying Continent

Healthy bladder and bowel habits can help you avoid bladder and bowel control problems such as incontinence. Incontinence can have a major impact on your quality of life. If you or someone you know is affected by incontinence it's important to remember that:

- *You're not alone - 5 million Australians are affected by incontinence.*
- *It affects both men and women regardless of your age or background.*
- *It can be treated, managed and in many cases cured.*
- *There are many avenues of help with incontinence available.*

What is Incontinence?

Incontinence is a term that describes any accidental or involuntary loss of urine from the bladder (urinary incontinence) or bowel motion, faeces or wind from the bowel (faecal or bowel incontinence).

Incontinence is a widespread condition that ranges in severity from 'just a small leak' to complete loss of bladder or bowel control. In fact, over 4.8 million Australians have bladder or bowel control problems for a variety of reasons. Incontinence can be treated and managed. In many cases it can also be cured.

Seek help

The first step is to talk to your doctor or contact the National Continence Helpline on 1800 330 066. The National Continence Helpline is staffed by a team of continence nurse advisors who offer free information, advice and support and can provide you with a wide range of information resources and referrals to local services.

Urinary incontinence

Urinary incontinence (or poor bladder control) is a common condition that is commonly associated with pregnancy, childbirth, menopause or a range of chronic conditions such as asthma, diabetes or arthritis.

Poor bladder control can range from the occasional leak when you laugh, cough or exercise to the complete inability to control your bladder which may cause you to completely wet yourself. Other symptoms you may experience include the constant need to urgently or frequently visit the toilet, associated with 'accidents'.

There are different types of incontinence with a number of possible causes. The following are the most common: stress incontinence, urge incontinence, incontinence associated with chronic retention and functional incontinence.

Urinary incontinence can be caused by many things, but can be treated, better managed and in many cases cured. For this reason it is important to talk to your doctor or a continence advisor about your symptoms in order to get on top of them.

Faecal incontinence

People with poor bowel control or faecal incontinence have difficulty controlling their bowels. This may mean you pass faeces or stools at the wrong time or in the wrong place. You may also find you pass wind when you don't mean to or experience staining of your underwear.

About one in 20 people experience poor bowel control. It is more common as you get older but a lot of young people also have poor bowel control. Many people with poor bowel control also have poor bladder control (wetting themselves).

Faecal incontinence can have a number of possible causes. The following are the most common: weak back passage muscles due to having babies, getting older, some types of surgery or radiation therapy, constipation or severe diarrhoea.

- www.continence.org.au

See *Ways to Prevent Incontinence* on page 22

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



Winter Is Coming!

And its time to step up your moisturising routine.

The winter months can wreak havoc with your skin making it itchy, flakey, tight and sensitive. These are all symptoms of **dry skin** brought on by the colder weather, low humidity, heaters or fires in the home, hot showers and many other factors.

Implementing a good skin care routine or modifying your existing one is a must to keep your skin glowing and full of moisture in these harsh conditions. Skin needs extra moisture during the winter and the best thing you can use is an oil to super-hydrate and protect the skin. Coconut or avocado for the body and a natural oil such as rosehip, jojoba or one of the many wonderful combinations available for the face. If oils aren't your thing use a good thick night cream at bed time and a hydrating day cream with SPF for day wear.

Switching to a warm shower rather than a steaming hot one is also a good idea and moisturise immediately afterwards - applying moisture to damp skin helps seal that dampness into the skin. Keep a bottle near the bathtub, shower stall and at every sink and use liberally every time you wash.

Heaters and fires dry out the air in our homes so using a humidifier, especially in your bedroom, to replace the moisture in the air is a good idea.

We tend to drink less water in the winter because we turn to hot drinks like cocoa and tea but don't forget that your skin needs hydration from the inside out. A little warm water with lemon juice can be very refreshing and hydrating at the same time.

BOWRAVILLE PHARMACY

31 HIGH STREET, BOWRAVILLE

PHONE: 6564 7925 or FAX: 6564 7364

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



HEY BOWRA! Want to get fit?

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

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

Call our co-coordinator to register your interest.

Valma Jarrett - 0498 714 334

COMMUNITY TRANSPORT
COFFS HARBOUR, BELLINGEN & NAMBUCCA

Making reusable shopping bags from pre-loved fabrics

by the community,
for the community.

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

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

Donations of fabrics also welcomed.

Enquiries: 6564 7908 marion.syratt@gmail.com

Facebook: Nambucca Valley Boomerang Bags



LIONS CLUB

SUPPORTING OUR COMMUNITY



We Serve

PRESIDENT
Ted Richards
H: 6564 8815

Email: blion34@yahoo.com.au

PO Box 23
Bowraville NSW 2449

Bulky goods collection information for the Nambucca Shire

Council has had on its website for the last few months that all information regarding dates of collection will be published in the local paper in early 2018.

But don't worry, you haven't missed it, because it hasn't happened.

In March council staff said that "education material will be printed and mailed out to all properties by early to mid-April relating to the new service by Council's waste collection contractor." But if you're wondering why you haven't received your letter yet you're not the only one. It hasn't happened either.

Many have been wondering if the collection service is indeed going to happen at all.

The Guardian News asked Dr Google and found what you've all been waiting to hear.

Collections will have started at the end of May with council areas being split into 10 individual zones. The collection will service one zone per week, meaning the collections will wrap up on July 30.

Below are zones which are most likely to be of interest to Bowraville residents.

- **Newee Creek, Wirrimbi, Tewinga: Monday, July 16**
- **Congarinni North: Monday, July 16**
- **Bowraville: Monday, July 16**

Just a reminder to everyone to stack your unwanted goods in a neat 3x3m cube no earlier than the weekend before your allocated pickup day.

And for those residents in rural areas which don't receive a kerbside bin collection service one 3m cubed tipping voucher will be provided upon request from the Coffs Coast Waste Services. Contact 1800-265-495 to request the voucher. Residents are to present the voucher to the weighbridge operator at the waste facility upon entry to the facility.

For those unsure about what they can and can't dispose of in the collection service here's a handy list:

Acceptable Items:

Bulky Household items – hot water system, bikes, ironing boards, toys, etc; White goods – Fridges, freezers, washing machines, stoves, dryers, etc. - these are free to drop off at the Englands Road Waste Facility AT ANY TIME; Small electrical appliances – televisions, toasters, etc. - these are free to drop off at the Englands Road Waste Facility AT ANY TIME; Mattresses; Furniture – bed bases, couch, table, etc; Carpet / linoleum (max. 1.5m in length, 50kg weight); Metal guttering, aluminium frames (max. 1.5m length)

Unacceptable Items:

Soil, sand, rocks; Hazardous materials – gas bottles, chemicals, paints, oils, asbestos, fibro, etc; Building materials – concrete, bricks, roofing materials, fencing wire, etc; Gas cylinders and flares, oil heaters; General household garbage; Green waste; Glass, mirrors; Car batteries, car parts, tyres.

If you require further information, please call the Coffs Coast Waste Services Hotline on 1800 265-495.

More information for other zones can be found at <http://www.handybinwaste.com.au/domestic/collection-calendars.htm>

- Adapted from the Guardian News article by Mel Davis on May 7, 2018

Out and About in Bowra

Penny Lane Tack & Apparel

41 High Street Bowraville Opened on 21st May
Well known local author Karly Lane decided to incorporate her love of horses with a much needed outlet in her beloved Bowraville. Karly who owns horses was tired of having to drive to Coffs or buy her tack online is filling a much needed niche in town by selling horse **tack, country riding apparel, fashion, children's wear,** books and giftware. Penny Lane is located in the old **newsagency shop adjacent to Murphy's coffee lounge** which a great spot to sit for a coffee after some retail therapy. Open 6 days a week from 9am to 3pm Monday to Friday and 9am to 12:30pm on Saturday.

Bellingen Readers & Writers Festival

June Long weekend Friday 8th to Sunday 10th June
The Bellingen Readers and Writers Festival is unique **among Australian writers' festivals in being situated in** the magnificent natural environs of the Bellinger River and Dorrigo World Heritage rainforest. The program focuses exclusively on Australian writers to showcase the diversity of talent in this country.
info@bellingenwritersfestival.com.au
www.bellingenwritersfestival.com.au
trybooking.com/357795

Identification of Native Australian Rainforest Plants

Tuesday 5th June 2018 9am to 3:30pm at Nambucca Community and Arts Centre, Ridge Street Nambucca.
Join Gwen Harden, co-author of Rainforest Plants of Australia to learn how to identify native rainforest plants. Gwen will use her new app which helps users identify over 1140 species of rainforest trees, shrubs and **climbing plants. If you're not app-savvy** copies of the rainforest plant identification book will be available to use. RSVP on: 6564-7838 or email:
admin@nvlandcare.org.au NVLCI will provide lunch

Declutter Workshop

Saturday 23rd June 2018 at Bowraville Pioneer Community Centre High Street Bowraville.
Are you surrounded by clutter? Less is more! Declutter your life. Learn how to declutter your home (and your life) so you have more space for things that matter. Afternoon tea provided. To book email cdainc@gmail.com or call 0400 828 471

Beeswax Wraps Workshop

Saturday 28th July 2018, 1:30 to 3:30pm at Pioneer Community Centre, High Street Bowraville.
Learn to make your own bees wax wraps and keep your food fresh and plastic free! \$20 per person, This Includes the workshop and 3 wraps to take home. Bookings are essential, payment required at time of booking www.midwaste.org.au/bee-wax-wrap-workshop

Dates in June

3rd - Mabo Day celebrates the 1992 High Court decision that ruled in favour of Eddie Koiki Mabo and other claimants that their people had occupied the island of Mer in the Torres Strait prior to the arrival of the British. This historic decision effectively recognised the existence of Native Title rights and rejected the concept of 'Terra Nullius', which claimed Australia was a land belonging to no-one prior to British occupation.

5th - World Environment Day

The theme for 2018, "Beat Plastic Pollution," is a call to action for all of us to combat one of the great environmental challenges of our time. It invites us to consider making changes in our everyday lives to reduce the heavy burden of plastic pollution on our natural places, our wildlife and our own health.

8th - World Oceans Day

An annual observation to help protect and conserve the world's oceans. The ocean provides us with many resources and services including oxygen, climate regulation, food sources, medicine and more.

15th - World Elder Abuse Awareness Day

Highlights a global social issue which affects the health and human rights of millions of older persons around the world and an issue which deserves the attention of the international community.

17th - World Combat

Desertification - Desertification is an increasing ecological problem. It occurs when previously fertile land becomes desert through deforestation, drought or improper agriculture.

20th - Red Apple Day

A highlight of Bowel Cancer Awareness Month when Australians are encouraged to support the vital work of Bowel Cancer Australia through the purchase of a Bowel Cancer Awareness Ribbon.

20th - World Refugee Day

Commemorates the strength, courage and perseverance of millions of refugees. It also marks a key moment for the public to show support for families forced to flee their homes and countries.

29th - Red Nose Day is the national fundraising event for SIDS and Kids providing critical funding for a 24-hour bereavement support service, community education to reduce incidents of SIDS and fatal sleeping accidents and research into areas such as SIDS and stillbirth.

How to live to 120 years old

Scientists believe that in years to come, more people will live to celebrate their 120th birthday. What are the secrets of living long and well?

Some of the world's leading researchers say the time is fast approaching when more and more men and women will live well past 100 years.

The UK's Longevity Science Panel believes while it will be some time before a single anti-ageing drug will be available – there's no magic bullet on the horizon – there are things we can do now to live better for longer.

Play tennis and swim

A British study of 80,000 men and women found those who lived longest shared some common interests, such as playing tennis. People who played regularly had a 47 per cent lower risk of dying than people who didn't step on to the tennis court.

Swimmers also lived longer – they were 41 per cent less likely to die from heart disease and stroke than people who stayed out of the water.

Fast regularly

Intermittent fasting means that for a certain number of hours or days a week you eat less and then return to a balanced diet before fasting again.

British scientist Dr Michael Mosley, creator of the 5:2 Diet, is a fan of fasting. Dr Mosley says the benefits for living longer are that it helps weight control, improves blood pressure and cholesterol level and improves insulin sensitivity which is important to avoid diabetes.

Take statins if your GP says you need them

About 2.2 million Australians take statins that lower cholesterol and help prevent heart attacks and strokes. Statins have sometimes been controversial with concerns about side effects such as muscle aches.

But a Stanford University study says people with hardened arteries who take higher-strength statins are 40 per cent less likely to die than people at risk of heart disease who don't take the drug.



Have a coffee

People who have a coffee a day, caffeinated or decaffeinated, are 12 per cent less likely to die prematurely than non-coffee drinkers. They have less risk of heart disease, cancer, stroke, diabetes and kidney disease with the risk dropping by 18 per cent with two or three daily coffees.

Coffee contains a blend of antioxidants that may help fight disease.

Get married

Marrieds have a five per cent lower risk of cardiovascular disease than those who are single and researchers think this is because marriage brings emotional and physical support, so people take better care of themselves.

"Married people can look after each other, making sure their spouse eats healthy, exercises regularly and takes medication as prescribed," says Dr Jeffrey Berger, a US cardiologist and researcher. Being married also seems to boost mental health with lower rates of depression and Alzheimer's disease.

Have children

Sometimes it may feel like children are driving you to an early grave, but Swedish research suggests the opposite. At the age of 60 men with children can expect to live almost two years longer than men without children and mothers outlive women without children by about 18 months.

Researchers think this is because as parents get older their children step in and help them to better manage the challenges that come with ageing.

- www.houseofwellness.com.au

WHAT'S HAPPENING IN BOWRA

From page 8

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.

HISTORY RESEARCH VOLUNTEER WANTED

The Pioneer Community Centre has either recently turned 100, or is about to !!
Are there any history buffs out there who would like to do some further research please?
We do have some information but need to check the fine details.
A lot is known of the history and use of the building but we do not know when it was first built.

Enquiries to: 6564 7908 or 0400 828 471 or bcdainc@gmail.com

The Mandarin Bend Certified Organic Farm



Our online farm shop is now open every Friday 10am – Monday 3pm.

Jump online and choose from a diverse range

of seasonal, organic produce grown on our farm in Girralong. Pick up your order at Colour Cloth Clay (64 High St) every Tuesday afternoon.

Mailbox delivery is available for North Arm Road customers.

www.themandarinbend.com

Facebook: The Mandarin Bend

1/1

Science explains why you hear one word and not the other

Recently the internet broke out into an all-consuming debate dividing people into two camps: those who heard "Laurel" and those who heard "Yanny" when listening to a YouTube video.

One group was adamant that the voice in the audio clip was saying, "Yanny." The other group would bet their firstborn the voice was saying "Laurel."

The original word on Vocabulary.com is "Laurel".

Poppy Crum, chief scientist at Dolby Laboratories, said a number of things are causing the divide in the great Yanny/Laurel debate. First, there's a simple explanation as to why some people hear "Yanny" and some people hear "Laurel."

"People who hear high/mid-high frequency more strongly will hear "Yanny", Crum said. "The perception of 'Laurel' is experienced when the lower frequency information is dominant in the experience."

But there are other reasons. Human beings perceive sound differently on a physiological level. This can be attributed to age, gender and other personal demographics that determine how we hear sound. Additionally, external elements like language and dialect can create biases in interpreting sound that change the perceptions in different people.

This is why two people could be sitting together listening to one device and still hear different things.

"We each have a different cookie cutter in how our brain is interpreting this information which influence how we hear things differently than another person," Crum said.

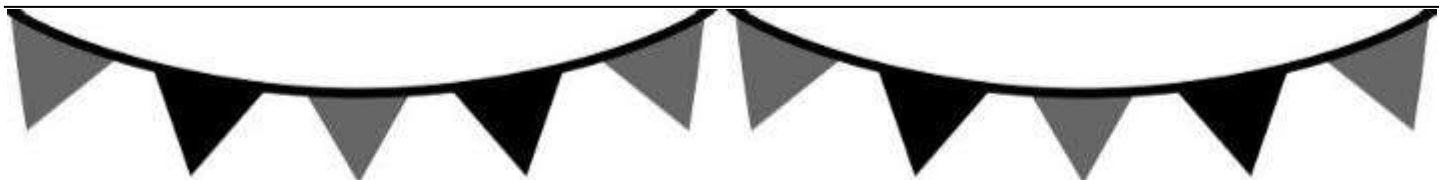
But the final piece of the puzzle is how the human brain categorises sound and language. Crum said the human brain puts sounds into categorical boxes especially when it comes to language.

"You could imagine a situation - if every subtlety of how someone pronounces a vowel, if you had to get it just right, that would be really unproductive," Crum said. "Instead, you can have a lot of sounds that are very similar and our brain wants to homogenise them more than they might be at a fundamental stimulus level and something like that has happened here."

As for where Crum falls in the Yanny/Laurel debate?

"I hear Yanny all the time even though I know it's the wrong word but that's my perceptual reality," she said. "It is what it is."

- www.nbcnews.com/news/weird-news



Argents Hill Hall presents

Bake 'n' Roll

A friendly community brew and cook off



24TH JUNE - 12PM



Three categories:

- Savoury
- Sweets
- Home brews



Not a brewer or cook? Come taste the entries and vote for the best!

Entries close on 13/6/18

Call Denise on 65644007 or email ksimuong@gmail.com to register.

Winners for each category voted by the public with great prizes.

\$10 entry charge to taste the best dishes and brews in the valley – free entry for kids under 10 years old.

Tasting will commence at 12.30 on the dot - don't be late!

Varied Holdings (DJ) will be spinning the finest tunes.

For more information visit the Argents Hill Hall

Facebook Page or call Denise.

Unlicensed event - BYO. All proceeds will go towards improving Argents Hill Hall for the community

Bowraville Chamber of Commerce and Industry Inc

chamber@bowraville.nsw.au

JUNE 2018

COMMUNITY MEETINGS CONCERNING LANES BRIDGE

3pm and 6pm

Wednesday June 6th
at the Bowraville Theatre

Council representatives will hold these information sessions regarding the bridge replacement.

This is everyone's opportunity to find out exactly what is being planned

and to have input into the plans and process so come along and be informed and heard.

Lanes Bridge Update

The existing Lanes Bridge is a timber bridge that is over 90 years old and the last major rehabilitation of the bridge took place over 26 years ago. The bridge is closed approximately 16 days each year due to flooding which covers the bridge and further degrades the state of the already dilapidated infrastructure.

The Bowraville Chamber is pleased with the decision by the Nambucca Shire Council to vote in favour of option 3 for the Lanes Bridge replacement.

This results in the new bridge partially overlapping the existing bridge which allows for a single lane of traffic on the existing bridge to remain open for the majority of the construction process whilst minimising the complexity of the road geometry.

Minor disruptions to traffic will be necessary to conduct key phases in the bridge building process, such as craning in large beams.

The extent of these disruptions will be highly dependent on the final design of the bridge which cannot be conducted until the layout of the bridge is determined.

It is expected that the bridge will need to be closed for a maximum of 2 to 3 days at a time, and this is likely to occur 2 or 3 times during the bridge construction process.

If the detailed design of the bridge allows, these closures could be limited to construction work hours (7:00am – 6:00pm).

It should be noted that temporary bridge closures are inevitable regardless of the geometry of the new bridge.

The recommended bridge geometry encompasses:

- Replacing existing bridge with a concrete bridge.

- Horizontal alignment of the bridge moved between 6.51m upstream of the existing bridge alignment (ie. new bridge is partially over the existing deck).
- Bridge deck raised by 1.75m to RL 7.9m AHD to achieve approximately 1 in 1 year flood immunity.

The new bridge is to be built using a mixture of precast and pour-in-situ concrete elements, namely:

- Bored concrete piles with steel encasement
- Precast concrete beams, abutments and headstocks
- Pour-in-situ decking slab
- Precast concrete parapet / jersey kerb

2018 Volkswagen Spectacular

The VW's are coming back to the valley and will be based at the Macksville Oval from Sunday 29th July to Monday 6th August.

They will be visiting Bowraville on Monday, 30th July and will arrive by 4pm in time to enjoy a movie at the theatre followed by dinner at the Bowra Pub.

Come down to High Street and see these iconic vehicles as they celebrate 50 Years of Country Buggy.

For the full program visit their web site:
<http://volkswagenspectacular.com>

Garden for an all-natural high

Just as Buddhist Zen gardens have been used for hundreds of years as places of meditation so too can your backyard or balcony become a place for you to practice quiet reflection and master the art of focusing your thoughts.

We know that being outdoors in fresh air, focusing on a task in the present, getting our hands dirty and watching something we planted grow is great for our physical and mental health and here's why.

Soil releases serotonin

Getting your hands dirty in the garden has been scientifically proven to increase serotonin levels through contact with soil and specific soil bacteria. Serotonin is a happy chemical that helps fight depression and boosts your immune system.

Decreased cortisol levels

Setting your mind to a gardening task such as planting herbs in pots allows you to focus your mind on the moment, engage in the natural world and reduce your stress levels.

Research conducted on allotment gardeners found that - following a period of short-term stress - gardening helped significantly decrease their cortisol levels and boost positivity.

An all-natural high

Growing your own food in the garden or on your windowsill releases a chemical called dopamine which activates a state of mild euphoria. Dopamine is the same chemical that is released when you notice your Instagram or Facebook post getting lots of 'likes' - but it's also triggered when you harvest, smell and watch fruit and veggies grow.

Incidental exercise

Weeding, planting, mowing, pruning and digging can really work up a sweat and burn calories making gardening an effective form of exercise. Physical activity has many stress-relieving benefits; pumping up your endorphins, helping you to sleep better and focusing your mind.

Unite the family

An easy way to get into the garden and involve your family is to start a communal veggie patch. When you share the sowing, growing and harvesting process with others there's a fantastic sense of shared pride when it comes time to incorporate your harvest into a family meal.

And you don't need to have a backyard to reap the rewards of gardening. The same benefits can be enjoyed whether you have an acre or small patio.

*Norco Rural
has a full range
of garden supplies
to suit all your needs.*

*Fertilisers need to be selected
according to the nutritional
requirements of the soil and the
plants being grown,
as well as the form and contents
of the fertiliser itself.*

*Call in to Norco and speak to
Glenn, Garry or Paul.
They will be happy to assist you
choose the correct products
for your garden.*

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

SEEDS

POTTING MIXES

COMPOST

FERTILISERS

**SOIL & WATER
CONDITIONERS**

MULCHES

**ORGANIC GARDENING
SUPPLIES**

Norco Rural carries a large range of products for pasture, cropping, horticulture and gardening applications from a wide variety of well known brands.



**51 CARBIN
STREET
BOWRAVILLE
6564 8648**

8/11

Bees Wax Wraps making workshop

Learn how to make your own beeswax wraps and keep your food fresh and plastic free! Nambucca Shire Council, in partnership with MIDWASTE, are running a Bees Wax Wrap making workshop at the Pioneer Community Centre in Bowraville to teach people how to make, use and care for beeswax wraps and kick the single-use plastic habit while keeping food fresh.

If you want to kick the single-use disposable plastic habit then homemade beeswax wraps are a great alternative. You can use them in the place of cling wrap to cover food and keep it fresh plus they're reusable and can easily be refreshed if the wax starts to wear. They can be used for wrapping veggies, sandwiches, baked goods and small snacks or to cover leftovers in the fridge.

Come along to a workshop and learn how to make, use and care for beeswax wraps. \$20 Per Person, Includes workshop & 3 wraps to take home.

The Bees Wax Wraps workshop is on Saturday 28th July, 1.30-3.30pm Pioneer Community Centre, High Street, Bowraville. Bookings are essential online at www.midwaste.org.au/bee-wax-wrap-workshop



IT HAPPENED in BOWRA in 1902

The plague in BOWRAVILLE

That dreaded messenger of death bubonic plague made its appearance here a few weeks ago. The victim, Mr. Victor Bradley, had been on a visit to Sydney and immediately on his return symptoms of a suspicious nature manifested themselves and Dr Lancaster, who had been called in, pronounced the case to be one of plague. Dr Bagot who subsequently had full charge supported this view.

Health authorities in Sydney made arrangements for the dispatch of a nurse and Nurse Sherwood from Little Bay Hospital was promptly on the scene and ably assisted by Mrs McKay at whose house the patient is staying, did everything possible to arrest the progress of the disease.

Several policemen from Sydney, under the direction of Inspector Parker of Kempsey and Senior-constable Reynolds of Bowra, strictly guarded the house of Mrs McKay. Mr. Bradley went through the full course of the fever and was making rapid progress towards recovery until a few days ago when a change for the worse took place due, the doctor says, to constitutional weakness.

The Catholic Press Saturday 14 June 1902.

Dr Paul Weekley

Bowra StarBytes

Aries

You may be pulled in different directions and you'll need to be both flexible and quick. Income should be good although the inclination to spend is strong. Your powers of persuasion are **running high, you will very effectively "sell" your ideas.**

Taurus

A month of opportunity - **avoid trying to "do it all" too soon and too quickly.** Instead focus on one or two opportunities or projects. A strong month for good luck with money matters. You are also moving forward emotionally.

Gemini

You could be reinventing yourself in some significant manner with a new look or a new way of approaching the world. Close personal relationships come into strong focus and require special attention. Tend to the needs of a partner now.

Cancer

You are likely to have a need for time to yourself and extra rest. You need a break from a hectic pace and from the critical eyes of others. Friendships that allow you the freedom to be yourself can be especially pleasant and refreshing.

Leo

Recognition for what you do and how well you do will be forthcoming. Career matters remain a strong focus and you are also branching out and networking. Brimming with ideas about where you want your life to go, your enthusiasm is infectious.

Virgo

You have the right attitude to meet challenges confidently. Be flexible in your expectations of others and treat any changes as chances to grow and improve. You may want to improve your domestic life, making changes that create more space.

Libra

You are seeking new experiences and exposure to broader ideas. While you may feel restless at times you are bound to find ways to expand your mind. Energy levels will increase and less resistance will be encountered from now on.

Scorpio

You are likely to derive much pleasure from a partnership and new people you meet will enliven your social life. By giving **more freedom to a special someone in your life you'll enjoy a** stronger sense of personal fulfilment.

Sagittarius

Be willing to listen to and support a friend. Socially, people are seeing you in a positive light. There is likely to be much going on with emotions tending to run high and some level of drama in your relationships. Avoid taking on too much at once.

Capricorn

Your focus needs to be on work and health matters, and while there can be an especially hectic pace and changes to contend with, **it's likely to be a successful period overall.** New inspirations will come through people you meet.

Aquarius

You are ready to have some fun. Fortunately cosmic energy is ripe for providing you with the right circumstances under which to really enjoy and express yourself. You are entering a cycle which brings more joy and pleasure to your domestic life.

Pisces

Improvements to your home life will be successful and you're likely to want to entertain or do some redecorating. New opportunities to learn and new interests are likely to round out your days well, bringing more satisfaction to your life.



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

- Monday Counselling Services**
Interrelate 10am to 3pm
Miimi House
Phone: 6659-4150
- Tuesday New Horizons**
1st Tuesday of the month
Phone: 5632-4800
- Warrina Women’s & Children’s Refuge**
2nd and 4th Tuesdays
Phone: 6652-2400
- Wednesday Baby Health Clinic**
All Mums and bubs welcome
By appointment only.
- Wednesday Community Corrections Fortnightly** 10am to 3pm
Phone: 6561-3100
- Thursday Legal Aid**
1st and 3rd Thursday
10:00am to 12noon
Phone: 6641-7899

BOWRAVILLE COMMUNITY HEALTH SERVICES

Child and Family Counselling

Speech Pathologist

Paediatric Occupational Therapy

These services are available by apt. - 6656-7200

MiiMi is now an approved CSO Agency.

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

Miimi House
90 High Street, Bowraville

Phone: 02 6564 8855

email: admin@miimi.org.au



COMMUNITY INFORMATION DAYS

Beginning in **June, 2018**
COMMUNITY INFORMATION DAYS
are being held on the
FIRST FRIDAY of EVERY MONTH
at the **Pioneer Community Centre**
70 High Street, BOWRAVILLE
from **10am to 2pm**

This is a way to find out about Community Groups in your area and also ask questions of various Government Departments and non-Government organisations. As the programme develops we will display it in the window of the Community Centre.

Please contact us if your group or organisation would like to be a part of one of these Community Information Days – this is your opportunity to speak to the Bowraville Community about what you do.

Bowraville Community Development Association Incorporated

bcdainc@gmail.com

6564 7908 or 0400 828 471

Friday 1 June — Friday 6 July
Friday 3 August — Friday 7 September
Friday 5 October — Friday 2 November



Ngambaga Bindarry Girrwa Community Services Aboriginal Corporation

ABN:19746606729

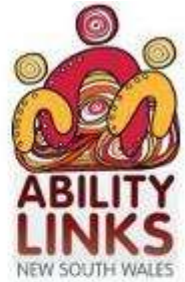
"Empowering Aboriginal and Torres Strait Islander communities to gain independence and inclusion through the deliver and support of culturally appropriate community services"

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

Address: 1/53 High St, Bowraville,

Web: nbgscommunityservices.com.au

Email: admin@nbgs.com.au



CHSP & NRCP (In the Nambucca Valley)

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

Early Links Mission:

"Every child, every opportunity"

Early Links Vision:

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

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
- 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.

1/11

BowraVILLE Post OFFICE

27 High Street, Bowraville ♦ Telephone: 6564-7169

Monday to Friday 9am-5pm ♦ Saturday 9am-12noon

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

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

DRY CLEANING AGENT – *Drop off and Pick up.*

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

6/11

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 . . .*



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.

CRANE TRUCK HIRE

For all your lifting and shifting needs

Serving the Nambucca district and beyond



Call:
WAYNE NOBLE

Telephone:
6564 7528

Mobile:
0427 653 312

7 DAYS

7/11

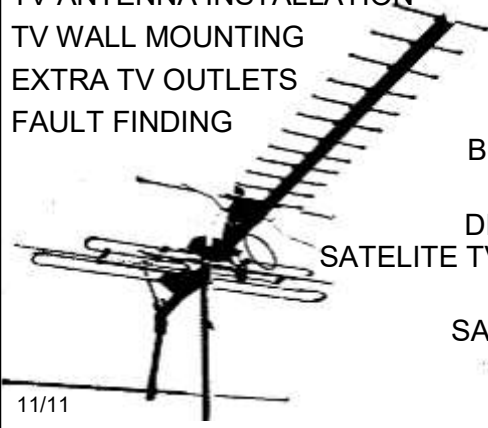
Does your computer need servicing?
Is it going slow?
Do you suspect a virus?
Or it just won't work the way you want it to?

Come into the BOWRAVILLE TECHNOLOGY CENTRE

39 High Street, Bowraville
6564-7420
admin@bctc.com.au

INTEGRITY ANTENNAS

TV ANTENNA INSTALLATION
TV WALL MOUNTING
EXTRA TV OUTLETS
FAULT FINDING



BLACK SPOT AREAS
DIGITAL TV & SATELITE TV SYSTEMS
CHRISTIAN SATELLITE TV

11/11

FREE ON-SITE VISITS

Fully Insured local Bowraville Technician
Phone: 6564-4175 or 0408 077 138

AMAN
With
AVAN
Nambucca Valley

MINI MOVE SPECIALIST
HIRE
A MAN WITH A VAN



Phone Mick after 6pm
6564 8375 OR **0458 990 904**
Leave a message on

8/11 Insured ABN 87 009 289 943

Desert Power Pty.Ltd trading as

Dave Recklies Electrical

3546 North Arm Road, Bowraville

Domestic
Commercial and Industrial



Refrigeration
Air-conditioning
Solar



0412 742 479 or 02 65644085

davidrecklies@bigpond.com
Owner Operator with 20years experience
"ARctick No. AU26454"

8/11

PEST CONTROL

Richard (Dick) Hicks

0488 359 060
6564 7486

Ring for a FREE quote

Accredited and Insured

4/6

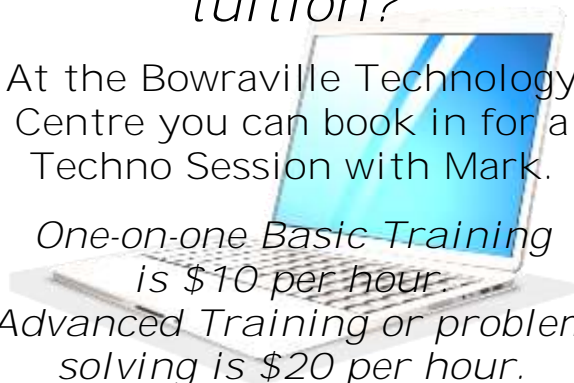
Do you need one-on-one computer skills tuition?

At the Bowraville Technology Centre you can book in for a Techno Session with Mark.

One-on-one Basic Training is \$10 per hour.

Advanced Training or problem solving is \$20 per hour.

Call 6564-7420 and book your session now.



Ways to prevent INCONTINENCE

In many cases incontinence can be prevented by adopting healthy diet and lifestyle habits. Here are some simple steps that can be incorporated into your daily life to help prevent urinary incontinence and faecal incontinence.

Drink well

- Aim to drink 6-8 cups (1.5 - 2 litres) of fluid per day unless otherwise advised by your doctor
- Spread your drinks evenly throughout the day
- Drink more fluids (preferably water) if the weather is hot or if you are exercising.
- Cut down on alcohol, fizzy drinks and drinks that have caffeine in them as they irritate the bladder.

Tip: Don't reduce your fluid intake if you have a bladder control problem, as this will concentrate your urine and make the problem worse.

Eat a healthy diet

- Eat plenty of fibre which improves bowel function by absorbing water and adding bulk to your bowel motions (poo). Bulky stools keep things moving through your bowel to avoid constipation. Fibre is found in foods such as multi grain or whole grain breads, cereals and cereal products, fruit, vegetables, legumes, nuts and seeds.

- Eat 2 servings of fruit, 5 servings of vegetables and 5 servings of cereals and breads each day.

Tip: A high fibre diet means you need to drink plenty of fluid as the fibre needs water in order to bulk up your bowel motions.

Lead a positive lifestyle

- Maintain an ideal body weight with a Body Mass Index (BMI) of 25 or less. Excess body fat strains the pelvic floor and can lead to bladder and bowel control problems. Speak to your doctor or qualified dietitian for more information about safe ways to lose weight.

- Stop smoking. Chronic (long-term) coughing associated with smoking can weaken the muscles of your pelvic floor and lead to bladder and bowel control problems.

Tip: Talk to your doctor or pharmacist for information on quitting smoking and managing a chronic cough. You can also contact the Quitline on 131 848 to get information or advice about a smoking cessation plan.

Get active

- Aim to exercise for 30 minutes most days. Exercise stimulates movement of the bowel and even gentle exercise like walking helps.

- Do your pelvic floor muscle exercises regularly. Obesity, pregnancy, childbirth, regular heavy lifting and a chronic cough can weaken the pelvic floor, but you can strengthen these muscles with specific exercises.

Practice good toilet habits

- Go to the toilet when you get the urge to open your bowels as this is the most effective time to completely empty your bowels. Most people get the urge first thing in the morning or following a meal when eating has stimulated the bowel.

- Get into the correct sitting position on the toilet. Sit on the toilet, elbows on knees, lean forward and support feet with a footstool. This helps to fully relax your pelvic floor and sphincter muscles. Bulge out your tummy, relax your back passage and let go (don't hold your breath or strain). When you have finished firmly draw up your back passage.



- Avoid constipation as this affects bladder and bowel function. If you often strain to move your bowels the pelvic floor stretches and weakens over time.

- Don't get into the habit of going to the toilet 'just in case' - only go when you need to.

- Visit your doctor as soon as you suspect a urinary tract infection.

Get help

Seek help for bladder and bowel problems as the symptoms will not go away on their own and may worsen over time. For further information speak to your doctor or a continence nurse advisor on the National Continence Helpline on 1800 33 00 66.

- www.continence.org.au

BOWRAVILLE STRONG FAMILIES

Women's Group



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

Afternoon Sports



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

Men's Group



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

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



Bowraville Strong Families

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

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

Where would you like to go?



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

Community Transport provide transport for the frail, aged, people with disabilities and their carers and those who are transport disadvantaged.

Community Transport is a not for profit organisation passionate about helping people maintain their independence & ability to stay connected with our community. They do this by providing flexible transport solutions to meet individual's needs.

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

Bowraville Kinesiology
for your

EMOTIONAL, MENTAL, PHYSICAL and SPIRITUAL WELLBEING

35 Bowra Street, Bowraville
02 6564 7908 or 0400 828 471

marion.syratt@gmail.com
blueskyhealing.wordpress.com

8/11

BOWRAVILLE PHARMACY

31 HIGH ST BOWRAVILLE
PH: 6564 7925
FAX: 6564 7364

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

Prescriptions and Professional Advice
Moo Goo Natural Skincare
Designer Brand make-up range

Pharmacist
KERRIE SAVINS



8/11

DO YOU NEED HELP GETTING YOUR LICENCE?

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

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

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

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

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

You also must hold a current Learners' Permit.

Please contact Jeffrey Blair on 0408 977 101
jeffblair@communitytransport.net.au

COMMUNITY TRANSPORT
COFFS HARBOUR, BELLINGEN & NAMBUCCA

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



bees wax wraps workshop

Learn how to make your own bees wax wraps and keep your food fresh and plastic free!

Saturday 28th of July, 1.30 – 3.30pm

Pioneer Community Centre, High Street, Bowraville

\$20 Per Person, Includes workshop & 3 wraps to take home

Bookings essential - Click here
Payment required at time of booking

MIDWASTE
Central Coast Council

NEW SOUTH WALES
EPA

NAMBUCCA
Council



4/11

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



NEW RECYCLING INITIATIVES

RECYCLING AND REUSE IN NSW— Through Waste Less, Recycle More funding, programs and services the EPA is working hard to make it easier for you to recycle your plastic or glass bottles and aluminium cans in NSW. Now we have the **“RETURN AND EARN CONTAINER DEPOSIT SCHEME”**

What exactly is the RETURN and EARN NSW container deposit scheme?

This is the largest litter reduction scheme introduced in NSW, started 1st December 2017 as part of the Premier’s goal is to reduce the volume of litter in NSW by 40% by 2020.

WHY DRINK CONTAINERS? Drink containers make up 44% of the volume of all litter! That’s 160 million drink containers littered in NSW every year that can be removed, reused and return cash to you.

WHAT CAN I RETURN?

Most 150ml to 3 litre drink containers are eligible for a 10c per refund just like similar schemes in South Australia and the Northern Territory. Large plastic soft drink bottles, plastic water bottles, soft drink cans, beer or cider cans and bottles. Containers must be **EMPTY / UNCRUSHED / UNBROKEN** and **HAVE THEIR ORIGINAL LABEL ATTACHED**.

WHAT CONTAINERS ARE NOT ELIGIBLE?

Plain milk (or milk substitute), flavoured milk, pure fruit/vegetable juice in containers of 1 litre or more, casks of wine or water, glass containers for wine or spirits, containers for cordials and concentrated fruit/vegetable juices, registered health tonics.

THERE ARE FOUR TYPES OF COLLECTION POINTS:

REVERSE VENDING MACHINES (RVM)

These are the opposite to a drink vending machine - the container is scanned to verify its eligibility and you receive a refund. These are ideal for quickly redeeming up to 500 containers at a time. They are open 7am to 10pm and there are 3 ways to receive your refund:

1. By an electronic funds transfer into a registered PayPal account after scanning the myTOMRA app on your smart phone.
2. By electing to donate your refund to one of the charities listed on the machine’s screen (*charities and groups who want to apply can register via return and earn website)
3. By collecting a retail refund voucher that you can exchange for cash or in-store credit at the retail partner listed on the voucher.

OVER THE COUNTER COLLECTION POINTS

These are best suited for redeeming small numbers of containers, between 50 and 100 containers (some may have a redemption maximum so call **1800 290 691** to check). These are typically located at retail or shopfronts where you can exchange your empty eligible containers with the person behind the counter for a cash refund.

AUTOMATED DEPOTS

These are best suited for redeeming large volumes of 500 or more containers through mechanical scanning and counting. They are typically located at larger facilities where you can drive in a car or box trailer to redeem empty, eligible containers for cash or EFT. Donations and digital refunds are not available here.

DONATION STATIONS

These work the same way as reverse vending machines however vouchers and digital refunds are not available to the user. Refunds can only be donated to one of the charities shown on the machine’s screen.

LOCAL COLLECTION POINTS ARE AT:

NAMBUCCA HEADS SPORTS RECREATION PARK – Reverse Vending Machine

Monday to Sunday 7am to 10pm - Coronation Park, 24 Short Street Nambucca Heads, NSW, 2448

NAMBUCCA SHIRE COUNCIL MACKSVILLE – Reverse Vending Machine

Monday to Sunday 7am to 10pm - Walter Munroe Place, Macksville, NSW, 2447

SAWTELL HOTEL – Over the counter

Monday to Sunday 10am to 10pm – 55 First Avenue, Sawtell, NSW, 2452

HOEY MOEY HOTEL - Reverse Vending Machine

84 Ocean Parade, Coffs Harbour, NSW, 2450

SNSW COFFS HARBOUR – Donation Station – 32-34 Gordon Street, Coffs Harbour, NSW, 2450

COFFS CONTAINER RETURN – Automated Depot – 313 Pacific Highway, Coffs Harbour, NSW, 2450

WHO DO I CALL IF I HAVE A PROBLEM WITH A COLLECTION POINT?

Network operator of TOMRA Cleanaway is responsible for managing collection points, contact: **1800 290 691**

For more information and updates www.epa.nsw.gov.au and www.returnandearn.org.au

REFUSE *bad packaging* RECYCLE *what you can* REUSE *what you can*



Macksville - Bowraville - Macksville via Rodeo Dr
Macksville - Bowraville - Macksville via Wilson Dr
 Includes connecting services to/from Nambucca Heads & Coffs Harbour



Monday to Friday

map ref	Route number	357R am	357W am	357R am	357R am	357R pm	357R pm	357W pm	357W pm
1	Connecting bus departs Coffs Harbour (Park Beach Plaza)	1.50	\$2.50	3.50
30	Connecting bus departs Nambucca Heads (Opp. Centrelink)	2.04	3.08	\$4.15	5.05
35	Connecting bus departs Nambucca Heads (Nambucca Plaza)	2.17	3.13	\$4.20	5.10
39	Connecting bus arrives Macksville (Swimming Pool)	2.29	3.26	\$4.32	5.22
37	Macksville (Post Office)	6.53	\$7.53	\$8.43	H8.53	\$2.35	3.35	\$4.35	5.25
40	Wirrimbi (Rodeo Dr & Wirrimbi Rd)	6.59	\$8.49	H8.59	\$2.41	3.41
43	Congarinni North (Wilson Dr & Congarinni Rd North)	\$8.09	\$4.51	5.41
41	Bowraville (Post Office)	7.13	3.55
map ref	Continues as	357W	357R	357R	357R	357R	357W	357R	357R
42	Bowraville (IGA)	\$8.13	\$9.13	H9.13	\$2.55	\$4.55	5.45
43	Congarinni North (Wilson Dr & Congarinni Rd North)	7.17	3.59
40	Wirrimbi (Rodeo Dr & Wirrimbi Rd)	\$8.27	\$9.27	H9.27	\$3.20	\$5.09	5.59
37	Macksville	7.33	\$8.38	\$9.35	H9.35	\$3.28	4.17	\$5.17	6.07
37	Connecting bus departs Macksville (Post Office)	7.38	9.38	9.38
35	Connecting bus arrives Nambucca Heads (Nambucca Plaza)	7.47	9.47	9.47
43	Connecting bus arrives Nambucca Heads (Police Station)	7.53	9.53	9.53
1	Connecting bus arrives Coffs Harbour (Park Beach Plaza)	9.14	11.14	11.14

Explanations

H - Bus runs public school holidays only.
 S - Bus runs public school days only.

see pages 18-19 for route map



Macksville - Bowraville - Macksville via Rodeo Dr
Macksville - Bowraville - Macksville via Wilson Dr
 Includes connecting services to/from Nambucca Heads & Coffs Harbour



Saturday

map ref	Route number	357R am	357W pm
1	Connecting bus departs Coffs Harbour (Park Beach Plaza)	2.50
30	Connecting bus departs Nambucca Heads (Opp. Centrelink)	4.02
35	Connecting bus departs Nambucca Heads (Nambucca Plaza)	4.07
39	Connecting bus arrives Macksville (Swimming Pool)	4.19
37	Macksville (Post Office)	7.31	4.21
40	Wirrimbi (Rodeo Dr & Wirrimbi Rd)	7.37
43	Congarinni North (Wilson Dr & Congarinni Rd North)	4.37
41	Bowraville (Post Office)	7.51
map ref	Continues as	357W	357R
42	Bowraville (IGA)	4.41
43	Congarinni North (Wilson Dr & Congarinni Rd North)	7.55
40	Wirrimbi (Rodeo Dr & Wirrimbi Rd)	4.55
37	Macksville	8.13	5.03
37	Connecting bus departs Macksville (Post Office)	8.15
35	Connecting bus arrives Nambucca Heads (Nambucca Plaza)	8.24
43	Connecting bus arrives Nambucca Heads (Police Station)	8.30
1	Connecting bus arrives Coffs Harbour (Park Beach Plaza)	9.44



Weekends

Routes 357R & 357W do not operate on Sundays & Public Holidays.

Journeys operated by an easy access bus (see note on page 1).

For full details of 358 Nambucca Heads services, please see page 6
 For full details of 360M Coffs Harbour services, please see page 14

Bowraville Central School News



Friday saw our students participate in our annual Cross Country Carnival held at the Hennessy Tape Oval. Under clear skies the first half of the event had runners struggling in the heat of above-average temperatures. Luckily, for the second half, the clouds moved in and temperature and breeze made running a lot easier.

Although the event was a competition with representative positions up for grabs it was also a social event with plenty of team competition house points given out to students who gained a place and points allocated to those who did not run competitively but did participate.



Congratulations to Chyenne Cameron who placed 1st in Parader Senior (15 years and over) Champion Parader overall and Toria Kete who placed 1st in Parader Junior (11 to 14 years).

Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Winter 2018								
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	2NVR Recycled Radio	2NVR Recycled Radio	Bubble N Squeak Linda & Michelle 	Under The Singing Tree Poppa 	Green Eggs on Toast Part 2 Laurie Medbury Music, Movies News, Weather Glg Guide Local Info	The Early Birds Faye Aspiotis & Zoe Aspiotis Australian Music New and Classic Current Movie Review Local Events 	Praise, Prayer and Pop With Linda and Michelle 	6 AM
7 AM			A family show with Christian themes	Tones of Clairseance Cerie Webb-Powell 	See what's going down! All things local	Hair Of The Dog Mix Birtles Rock, Pop Covers and Music Trivia 	2NVR Recycled Radio	7 AM
8 AM	Classic Hits & Jukebox Paul Rowe 	Dyer's Loop With The Dyers 	Isn't It Romantic With Dallas Dent Crooners Easy Listening and Popular Salads	Turning Pages Elizabeth Newman 	Talk Of The Town Ceri Wrobel 	2NVR Recycled Radio	8 AM	
9 AM	Great Rock 'n' Roll 1950s-2010s	Infopinion Richard Linton 	Jazz Azz I Like It Heather Heywood 	Grace's Vybies With Grace McLeod Grace's special mix of music for your enjoyment.	Dano's Mixed Grill Daniel Gosson Where anything can happen and probably will!	2NVR Recycled Radio	9 AM	
10 AM	Baby Boomers Donna Collins 	The Phoenix Crew Selected music & madness	Rob's Roving Robbie & Linda 	Recycled Radio 	Outback Outlaws Paul Rowe 	2NVR Recycled Radio	10 AM	
11 AM	The Weekley Fox Paul Weekley 	Rob's Roving Robbie & Linda 	Just For You Carole J. Simmons Karaoke's Deonche Music Showcase 2NVR Multicultural Jazz	Thursday Country Trishvic 	Wind Down for the Weekend Su & The Circle 	2NVR Recycled Radio	11 AM	
Noon	Play It Loud Sky Fevings Upbeat Music Aussie Artists 	Jack's Tracks 2NVR Youth Radio with Jack All the tracks with Jack Tune in!	Sister Act Olivia & Sam 	Nambucca Valley Roundup - Retro 	Rhino On The Radio 	2NVR Recycled Radio	Noon	
1 PM	Bowra Beats 2NVR Youth Radio with Greoz	Nambucca Valley Roundup - Ben Walters	Phillinn With Phil New Australian Blues and Indie/Folk/Rock	Highway Blues Retro When Only The BEST BLUES Will Do	2NVR Recycled Radio	2NVR Recycled Radio	1 PM	
2 PM	Nambucca Valley Roundup Paul or Satche Burns	Latest & Greatest Country Bryan Edwards 	Ants Rocks Anthony Gansley Solid Rock 	Jeff's Junk Jeff Mills 	2NVR Recycled Radio	2NVR Recycled Radio	2 PM	
3 PM	Reggae Mixtape With Fitzroy Music outside the usual	Prog Rock Playlat Rhino 58 midnight The best of Progressive Rock BBC World Service overnight	Ants Music Mix overnight	CRN overnight	2NVR Recycled Radio	2NVR Recycled Radio	3 PM	
4 PM	Feel Good Variety Dennis Rutherford 	CRN overnight	CRN overnight	CRN overnight	2NVR Recycled Radio	2NVR Recycled Radio	4 PM	
5 PM	CRN overnight	CRN overnight	CRN overnight	CRN overnight	2NVR Recycled Radio	2NVR Recycled Radio	5 PM	
6 PM	CRN overnight	CRN overnight	CRN overnight	CRN overnight	2NVR Recycled Radio	2NVR Recycled Radio	6 PM	
7 PM	CRN overnight	CRN overnight	CRN overnight	CRN overnight	2NVR Recycled Radio	2NVR Recycled Radio	7 PM	
8 PM	CRN overnight	CRN overnight	CRN overnight	CRN overnight	2NVR Recycled Radio	2NVR Recycled Radio	8 PM	
9 PM	CRN overnight	CRN overnight	CRN overnight	CRN overnight	2NVR Recycled Radio	2NVR Recycled Radio	9 PM	
10 PM	CRN overnight	CRN overnight	CRN overnight	CRN overnight	2NVR Recycled Radio	2NVR Recycled Radio	10 PM	

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