

# 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



**MARCH 2018 ~ ISSUE #160**

**FREE**

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## ***What we can do for you at the Bowraville Technology Centre***

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■ **Computer Training**

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■ **Media Sales**

### **THE BOWRAVILLE TECHNOLOGY CENTRE**

**39 High Street, Bowraville**

**Telephone: 02 6564 7420**

**Open: 9.30 to 4pm Weekdays**

**Email: admin@bctc.com.au**

**Website: Bowraville.nsw.au**

***New volunteers always welcome***

# BOWRAVILLE COMMUNITY NEWS

**CIRCULATION = 400 COPIES**

Newsletter is also available online at:

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

## **2018 ADVERTISING CHARGES:**

Bowraville Community News is produced every month, except January.

Annual subscriptions includes 11 issues.

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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 APRIL 2018**

**ISSUE IS: 4:00PM**

**20th MARCH 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](mailto:admin@bctc.com.au)

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

# ***Bowraville Technology Centre***

**Open 9.30am to 4.00pm Weekdays**

## **Internet Services**

Is available at the BTC on our computers, your laptop, tablet or smart phone. Printing is extra and cost depends on the amount of pages printed.

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

**Photocopying Services** — We are now able to photocopy/print in A3 colour & print large banners.

## **Facility Hire**

**Main Computer Room** — Up to 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](mailto: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*

## 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 BCDAI for insurance cover). For information contact Rhonda on 6564-7791.

## Bowraville Garden Club

15 members enjoyed fellowship and morning tea before commencing the first meeting for 2018. Our Garden Club meets on the 2<sup>nd</sup> Saturday of each month. Contact Barbara on 6564-7039 if you would like to join this friendly group. Gardening expertise is not necessary. Our March outing will be to the Coffs Harbour Marine Park, meeting there at 11am. A few dedicated gardeners will visit the Bellingen Autumn fair before travelling on to Coffs. We will then have lunch and continue on to other locations. Members are invited by Talarm Garden Club to their meeting on the 6<sup>th</sup> March where general, garden escapee, and identification of weeds brought along will be a feature of the day. We also have extra days planned for April and May. In May also some of our members are visiting the Grafton district for a special gardening event. Some members completed our first meeting by visiting Rod Graham's bromeliad garden where we are always **inclined** to add to our own collection.

## BowraMacksville UHA

The first branch meeting of the UHA was held at the Recreation Club on Friday 23<sup>rd</sup> February. Topic of interest was the latest developments in the planning of our new hospital. Executive have attended 3 meetings so far this year and our treasurer and Regional Representative, Dee Hunter also included a Sydney trip to attend the first 2018 Central Committee Meeting. Our region's Zone Day will be held at the Urunga Golf Club and hosted by Bellingen UHA on Thursday 29<sup>th</sup> March. Some time was spent on planning our fund raising for 2018.

First off will be Crazy Whist, combining with Autumn Lodge Auxiliary, to be held on the 4<sup>th</sup> Friday at Daisy Cottage. This is a fun day to support both organisations. Our first big raffle will centre on Mother's Day, when tickets will be sold in both towns. If you see us please support our hospital. We have recently purchased chairs to the value of \$21,000 and the hospital has now put on their wish list an emergency ultra sound also valued at over \$20,000. The hospital Coffee Shop is the main fund raiser for the hospital. With the hospital having more operation days our clientele has increased and we have also been called on to do extra hospital catering. If you would like to join this band of volunteers contact the secretary, Margaret Mottley on 6564-7318 or membership secretary, Heather Edwards on 6568-4428. In February the hospital welcomed new doctors with a morning tea and the Health Centre in Bowraville was officially opened.

## Bowraville Seniors

Bowraville Seniors commenced the year with the AGM when present executive were returned - Geoff Chittick - President, Louise Richards - Secretary and Ruth Grace - Treasurer. Our thanks go to our auditor Perry McNally. Our first guest speaker for 2018 was Maryann Anderson from the NSW Health Program, "Get Healthy and Coaching Service". Subjects included How to form a Walking Group, the Stepping On Program, losing weight, healthy nutrition and other health subjects. Contact 1300 806 258 if you are interested in keeping healthy and participating in the personalised Get Healthy program. There is funding and coaching for these services available to those over 65 and aboriginals over 45. Maryann also promoted the Future Health Champions Day at the Central School on Friday 9<sup>th</sup> March 10am till 2pm. Brochures are available at the new Health Centre. For more information Maryann's

*Continued on Page 5*

# Bowraville Folk Museum

High Street, Bowraville

Phone/Fax: 6564-8200

MONDAY-FRIDAY 10am-3pm

WEEKENDS 10am-1pm

PUBLIC HOLIDAYS 10am-3pm

email: [bowravillefolkmuseum@gmail.com](mailto:bowravillefolkmuseum@gmail.com)  
twitter: [twitter.com/bowravillefolk](https://twitter.com/bowravillefolk)

~ Groups by appointment ~

2/11

## 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](mailto:enquiries@militarymuseum.org.au)

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## 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 Bowraville Ex-Services Club (6564 7304)

### TUESDAY

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

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

### WEDNESDAY

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 Bowraville 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 Bowraville 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.



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

From Page 3

contact number is (02)6691-1892. Following on from this interesting talk which motivated us to be a bit more active, the general meeting was held. Our first suggestion for a guest speaker for March was to invite an ambulance officer, this to be confirmed. Seniors meet on the 3<sup>rd</sup> Monday of the month, enjoy fellowship and coffee at the Coach House Inn where we also invite a guest speaker or decide on a bus trip. All are very welcome

### Bowraville Recreation Club

We have great sporting facilities in Bowraville but generally under used. If you think you might like to try golf or bowls we have golf sticks and bowls available. Golf carts can be hired \$12 for nine holes. If you are a little more active squash is also available and we do have racquets if you would like to give it a go. There is a variety of membership options available and non-members are invited to play at a very reasonable cost. The tennis courts would love some TLC and Hennessy and Tape Park has many uses. The proposed plan for the redevelopment of the sporting fields is creating a lot of interest. Depending on volunteers, painting of the present clubhouse is planned. The big bowling green is looking great and play on it will soon commence. There has also been a call for suitable plants for present and future gardens. Volunteers are maintaining the golf course with many hours of work - thank you members. February saw a successful Vets Golf Day and the inaugural Macksville Bowraville Challenge where a team of 3 played an ambrose and then fronted up to the bowling green to continue the contest. President Jim hopes there will be a return visit later in the year. Moira Welch would like expressions of interest in reforming the Friday Ratpack.- founder and president was long-time resident Kevin Eldridge who promoted the Ratpack club shirt and rat emblem. This social group was a group of golfers of the 1980s who played 9 holes and finished with a BBQ on many occasions. Their goings on are well remembered and are part of our history. If you are available for pennants inform Jim or Noel. There are social groups out on several days of the week and the chook run of nine holes can be played anytime, finalized each Thursday. For Club news get the Rec Club Weekly newsletter online or

Continued on Page 16

### Coronation Kennels & Cattery

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180 Coronation Road, Congarinni North  
(just two kms from Macksville)

PHONE: 02 6568-2018

Email: [marcia@coronationkennelsandcattery.com.au](mailto:marcia@coronationkennelsandcattery.com.au)

Website: [www.coronationkennelsandcattery.com.au](http://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

#### Short-term Accommodation

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



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

*Please note: It is the contributor's responsibility to keep the 'What's Happening in Bowra' information current and to inform us of any change. Only activities with a contact number will be listed.*

## BOWRAVILLE HEALTHCARE CENTRE

Dr Edwina Guard MBChB BSc FRACGP

29a High Street Bowraville

Ph: 0448 161 192 or 0484 136 118

Fax: 8322 8095

email: [edwinaguard@yahoo.com.au](mailto:edwinaguard@yahoo.com.au)

### Surgery Hours

Tue to Thurs 9am – 6pm

Fri 9am – 4pm

Sat by Appointment

Laverty Pathology

Mon to Fri 9am – 1pm

Psychologists  
by Appointment  
Physiotherapy  
by Appointment

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2/11

# Cloud Storage and how it Works



## Cloud Background

It seems that everyone with a computer spends a lot of time acquiring data and then trying to find a way to store it.

For some computer owners, finding enough storage space to hold all the data they've acquired is a real challenge. Some people invest in larger hard drives. Others prefer external storage devices like external hard drives, thumb drives or compact discs. Desperate computer owners might delete entire folders worth of old files in order to make space for new information. But some are choosing to rely on a growing trend: **cloud storage**.

While cloud storage sounds like it has something to do with weather fronts and storm systems, it really refers to saving data to an off-site storage system maintained by a third party. Instead of storing information to your computer's hard drive or other local storage device, you save it to a remote database. The Internet provides the connection between your computer and the database.

On the surface, cloud storage has several advantages over traditional data storage. For example, if you store your data on a cloud storage system, you'll be able to get to that data from any location that has Internet access. You wouldn't need to carry around a physical storage device or use the same computer to save and retrieve your information. With the right storage system, you could even allow other people to access the data, turning a personal project into a collaborative effort.

## Who Owns the Stored Data ?

One issue that information experts, computer scientists and entrepreneurs debate is the concept of data ownership. Who owns the data stored in a cloud system? Does it belong to the client who originally saved the data to the hardware? Does

it belong to the company that owns the physical equipment storing the data? What happens if a client goes out of business? Can a cloud storage host delete the former client's data? Opinions vary on these issues.

<https://shows.howstuffworks.com/techstuff/how-cloud-computing-works.htm>

## What is 'The Cloud'? And how does it work?

Four little words that say so much yet cause so much confusion - "It's in the cloud".

Cloud computing is something most people do but often with little comprehension of what they are actually doing.

When the US government started to get confused about the term "cloud computing" and what it meant, it ordered the National Institute of Standards and Technology to define it.

It came up with this: "cloud computing can and does mean different things to different people."

Well, that clears things up then, in a cloudy way.

"Cloud computing" is something we hear about every day. In fact, there are about 48 million times someone has said it on the web, according to Google. Possibly, quite a number of those occasions were sentences that began with "what the hell is...", and "what the bloody hell is ...". The Australian Communications and Media Authority recently released a report into cloud computing in Australia that found that nearly 14 million people in Australia aged 18 years and older had actively used cloud computer services in the past six months. That's about 80 per cent of the adult population.

For a country famous for its early adoption of technology, that might not seem surprising. Yet it's a fact that would surprise some of those 14 million people we're talking about.

*To be continued next month*

- [www.news.com.au](http://www.news.com.au)



**MARCH PROGRAM at the**

# BOWRAVILLE THEATRE

Sunday, 18th March at 2pm

## All the Money in the World (MA15+)

The story of the kidnapping of 16-year-old John Paul Getty III and the desperate attempt by his devoted mother to convince his billionaire grandfather Jean Paul Getty to pay the ransom.

Director: Ridley Scott

Writers: David Scarpa, John Pearson (based on the book by John Pearson - Painfully Rich)

Stars: Michelle Williams, Christopher Plummer, Mark Wahlberg

Doors and Café open 1/2 hour before screening. Complementary tea and coffee.

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



# THIS ENDS UP WHERE WE SWIM!

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from 4pm to 6pm daily**

**POOL TABLE \$1 per game**



5/11

## BOWRA HOTEL

OPEN 10AM - MIDNIGHT

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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  
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33 HIGH STREET, BOWRAVILLE

Ph.6564 7041 Fax. 6564 8471

5/11

# MARKETS CALENDAR

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

## Keep Bowraville Beautiful

Do you remember the Keep Australia Beautiful (KAB) campaign? It started in the 1970s to inspire us Aussies to take better care of our local environment.

The campaign was (and still is) a crusade against litter. And the Tidy Towns competition was the biggest date on the calendar.

Fifty years on and towns still battle it out each year for the crown of tidiest town. A town's main street is where litter is most obvious, and most of that litter is cigarette butts.

According to a recent KAB report, cigarette butts account for almost two-thirds of all litter.

The Bowraville Community Development Association Incorporated (BCDAI) wants to help reduce the number of cigarette butts on High Street (that end up in the creek).

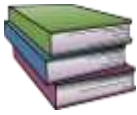
To do this it has embraced the NSW Smoke-free Environment Act 2000. What does this mean? The main part of the law that affects High Street is smoking on the footpath.

Under the law, smoking is not allowed within four metres from the door of any public building. That applies to all the shops and businesses on High Street.

You can help Keep Bowra Beautiful by binning (not dropping) your butts and respecting the law that exists for everyone.

You can read about how cigarette butts affect our environment here - [http://www.cleanup.org.au/files/clean\\_up\\_australia\\_cigarette\\_butts\\_factsheet.pdf](http://www.cleanup.org.au/files/clean_up_australia_cigarette_butts_factsheet.pdf)





## The Memory Collector

by Meg Gardiner

Jo Beckett is a Forensic Psychiatrist – you may have met her previously in other Meg Gardiner’s novels. Her field of work is usually investigating whether a person’s death is natural, accidental, suicide or homicide. In the “*Memory Collector*” Beckett is called in to do a psychological autopsy on a living person, Ian Kanan, who has memory problems. He has perfect long term memory but something has happened to him so that within 5 minutes he loses recall of everything within that time span. This cycle repeats and repeats.

Beckett realizes very quickly, upon meeting Kanan, that something is seriously amiss and she needs to know, not so much what is wrong but what is actually causing it. Kanan, whose job and working history is hazy at first, has been infected with something; he’s got enigmatic writing on his arm; he’s obviously hunting someone down; he’s clearly an intelligent man; physically in superb shape and with skills most people can’t imagine (ones that aren’t learned by the average Joe on the street). Turns out Ian Kanan is ex-special forces, is a ‘fixer’ of sorts...keeping bigwigs out of trouble in countries where that’s hard to do..... a contractor...a bit of a mercenary maybe. So all in all a capable and potentially dangerous man.

There are a bunch of other important characters – the best friend and cop, Tang; Kanan’s wife Misty and son Seth; the guy Kanan worked for, Shepard, and his right hand (wo)man, Calder. A couple of nasty thugs and even one wannabe thug; Gabe, the guy Beckett is dating, who happens to also be in one of those difficult to describe jobs where much is secret and his

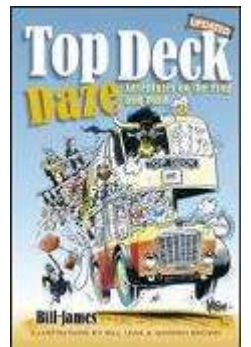
life can be at risk; a few more cops and Tina, Beckett’s sister. Oh, I’d better mention Jo’s neighbor Ferd and his pet monkey since they too have a part to play in the unfolding of events.

There are some car chases, a kidnapping, lots of threats, real violence, a break-in, an impersonation, a developing romance, a woman’s obsession with a man who has no interest in her, a man’s obsession and loyalty to the family he loves above all other things and of course, an experiment gone wrong, betrayal and the greed of mankind that follows when money can be made from such a thing.

- This book read and reviewed by BTC Volunteer Raewyn

## Top Deck Daze by Bill James

This is the hilarious, true story of how Graham ‘Screw’ Turner established a bus touring company using old converted double-decker buses. From humble beginnings in 1973 London, Screw, together with a gang of colonial larrikins, builds up a 100-strong fleet of ‘deckers’.



Crazy antics follow as the larrikins lead their unsuspecting punters on riotous escapades to far flung exotic corners of the world.

The chaos that was Top Deck Travel laid the foundation for the Flight Centre. Screw, through his dogged determination builds the company into a hugely successful, multi-million dollar travel empire.

Graham ‘Screws’ Turner is currently one of Australia’s wealthiest men and CEO of Flight Centre.

- Review from the book’s jacket.

# Bowra Laundromat

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# Parkinson's Disease



## Description

Parkinson's disease is a progressive, degenerative neurological condition that affects the control of body movements. It causes trembling in the hands, arms, legs, jaw and face; rigidity or stiffness of the limbs or trunk; slowness of body movements; unstable posture and difficulty in walking. Early symptoms are subtle and occur gradually.

It happens when the neurons (nerve cells) that normally produce dopamine in the brain gradually die. The death of these cells leads to abnormally low levels of dopamine, a chemical which helps relay messages between areas of the brain that control body movement. Low levels of dopamine give rise to difficulty in controlling muscle tension and muscle movement, both at rest and during periods of activity.

Parkinson's disease currently affects about 40,000 Australians. Approximately one to two people per 1,000 are estimated to have the disorder with the incidence increasing to one in 100 of people over the age of 60. It is slightly more common in men than in women.

So far, scientists have not determined the reason why some people develop Parkinson's disease and others do not. Suggested causes include environmental factors such as pesticides, toxins and chemicals; genetic factors (although the disease appears to be inherited in only a small percentage of cases) and head trauma.

## Treatment

A variety of medications enable the disease to be managed and provide dramatic relief from the symptoms. In some cases surgery is an appropriate treatment. Some doctors recommend multi-disciplinary treatment by physiotherapists, dietitians and counsellors. No two people will experience the condition in the same way so management will vary.

## Prognosis

Parkinson's disease is a chronic, progressive illness and no drug can prevent the progression of the disease.

## Further Information and Support

<http://brainfoundation.org.au/disorders/parkinsons-disease>

### **Nambucca Valley Parkinson Support Group (NVPSG)**

Meetings are held monthly at Macksville Uniting Church at 10am - come in at 9:30 for a cuppa and a chat.

We have a Parkinson nurse, Vince Carroll who works with Parkinson Specialists and gives support to sufferers.

The meetings give support to each other and visiting community speakers give information to the group.

People with Parkinson and their families are welcome to join us, as is anyone who is interested.

For more information you can contact Robbie on 0427 109 114

**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







# Quality Orthopaedic Support Products

110 year-old French owned and Manufactured products

European leader in Healthcare Products

3D knit braces

Anatomical Fit

Breathable

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Better patient outcomes

Brace supports with compression ratings

High quality orthopaedic supports specifically designed to provide therapeutic solutions for patients' specific clinical requirements.

Supported by clinical evidence regarding the specific Compression and injury specificity.

Thuasne is a European leader in healthcare products and services, with a long history and expertise in the production of medical textile products. Thuasne's number one priority is to help people suffering from musculoskeletal problems to remain fully mobile and independent.

In collaboration with experts in orthopaedics, the Thuasne team of researchers, engineers, technicians and designers have developed innovative and effective orthopaedic aids under the 'ORTHOCARE' brand.

*New to Bowraville Pharmacy*



**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](mailto: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](mailto:blion34@yahoo.com.au)

**PO Box 23**  
**Bowraville NSW 2449**

## \$\$\$ CASH ADS \$\$\$

For a flat \$5 fee your 3 line Ad will appear in the BCNews, on the Bowraville Technology Centre's web site as well as the front window TV.

For and extra \$5 you can include a picture.  
**Ring 6564-7240 or email [admin@bctc.com.au](mailto:admin@bctc.com.au)**

### WANTED

**HORSE HAIR** - manes, tails, trimmings.  
Mob: 0474 378 447

### FREE STUFF

**SQUASH RACKET** - hardly used.  
Tel: 6564 7420

### FOR SALE

**WEANER PIGS** \$85 each. **LAMBS** - 6 months old \$100 ea. Mob: 0448 547 769

**BAMBOO SHEETING** 3000mm x 1200mm woven pattern - some sheets are marked but can be painted or stained easily. Text 0414 523 407.

**2 x SET OF 3 WHITE MELAMINE DRAWERS** on metal sliders with smart contemporary chrome handles \$30 each or \$50 for the pair.

**4x4 MAGAZINES** from 1980s to 2000. 50c each. Good condition. Text only 0400 311 519.

### POP UP SHOP

**New, Used, Recycled, Upcycled**

Clothing, Homewares, Cane, Furniture, CD's, DVD's, Toys, Gifts & Stuff!

Something for everyone Friday's from noon and Saturday's from 9am. 62 High Street Bowraville

### FOR HIRE

**COMPUTER ROOM** — Up to 8 computers plus access port for trainer's laptop or another PC. Data projector to connect to trainer's PC. Whiteboard. High speed internet access -14mb ADSL. HD TV can be connected to network. Per hour - \$20, half day (4 hours) - \$60. Full day up to 8 hours - \$100. 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 4 computers. Per hour - \$7.50, half day (4 hours) - \$25. Full day - up to 8 hours \$40. Tel: 6564 7420 or email: [admin@bctc.com.au](mailto:admin@bctc.com.au)

**THE PIONEER COMMUNITY CENTRE**, 70 High Street, Bowraville has Arcus fittings on 3 walls for display of art-works (also 2 x glass display cabinets)

*Local artists and art groups are invited to hire the main hall for exhibition space.*

Contact us to discuss your needs and ideas:  
[bcdainc@gmail.com](mailto:bcdainc@gmail.com) 6564 7908 0400 828 471





# Bowraville Lions Club Inc News Bulletin

March 2018



## WHERE THERE'S A NEED THERE'S A LION



All funds raised by Lions Clubs go directly to the people and organisations we support.



#morethansausages

Join the Club at [lionsclubs.org.au](http://lionsclubs.org.au)

**Members urgently needed or the Bowraville Lions Club will have to close at the end of March. Phone 0428527545 for more details.**

## Autumn is the best time for planting Australian natives

WE CAN plant Australian trees and shrubs at any time of the year but autumn is the best time of all. The soil still contains sufficient warmth and, more importantly, a relatively moist winter lies ahead.

This allows these plants to begin growing straight away. They continue to do so slowly right through the coldest months.

In spring warmer conditions and increasing daylight hours stimulate powerful new growth usually without any further need for watering. So they never look back.

This is another advantage of growing Australian plants. Those selected for gardens are not only incredibly beautiful but have an extraordinary resistance to drought conditions.

Many, especially some of the most attractive bottlebrushes such as melaleuca and callistemon, will continue to thrive despite heavy soils, wet, chilly winters and bone dry summers.

Almost all Australian plants have a low need for fertilisers. A huge range can grow with remarkable vigour in highly-impoverished soils where few exotic plants would survive.

The secret of success with Australian plants is to avoid any mollycoddling right from the start.

The best plants to buy are small ones usually available in tubes or small, extra-long containers. Long pots allow Australian plant seedlings to send down roots deeply. This is how they survive our fairly harsh, dry climate in the wild.

If the garden soil is dry give it a good, deep soaking a day or so before planting.

Make sure the plants go in at the same level as containers. In fact it is always better to plant slightly shallowly rather than too deeply.

*However, a warning . . .*

Almost all Australian plants burn easily and some may dramatically burst into flame if ignited by windblown embers.

In fact many are "fire followers" and have long depended on occasional bushfires to help release seeds and assist germination.

This susceptibility to fire is why it is best to avoid planting Australian plants too close to homes and other buildings.

The good news is that once they become established they attract a huge variety of native birds - and birds are the greatest and most efficient pest controllers of all.

*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**

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# What is it about . . . Tattoos?

*In the past Tattoos in Australia were just for the young and the rebellious. These days you'd have to live under a rock not to notice an increasing number of 'inked' Australians and a vibrant growing community of tattoo artists (and tattoo removal clinics).*

*Love them or hate them, there's no denying that tattoos have a fascinating history. It is believed tattooing stemmed from a form of healing similar to acupuncture and evolved into the art form it is today.*

*When it was introduced into the Western world, it was mainly popular among sailors but gained popularity in the 1970's. No longer as a form of rebellion, the art of tattooing become more widely accepted than ever.*



*Whether you have a tattoo or not here are some facts about tattoos you find interesting.*

1. The oldest known tattooed human skin to date is found on the body of Otzi the Iceman, who was estimated to have lived between 3370 and 3100BS BC. His body was found in the Alps and had 61 tattoos of simple dots and lines using carbon ink.
2. In 1891 the first electric tattoo machine was invented and patented by Samuel O'Reilly. The tattoo gun stemmed from Edison's electric pen when O'Reilly added needles and an ink reservoir.
3. A tattoo gun can puncture the skin between 50 and 3,000 times per minute, penetrating the skin about one millimeter deep in the skin to the dermis.
4. 58% of women have at least one tattoo. While only 41% of men have one. However, women are twice as likely to get their tattoos removed as men.
5. One of the oldest recorded tattoo ink recipes consists of Egyptian pine bark, corroded bronze, vinegar, vitriol, leek juice and insect eggs.
6. The word "tattoo" is one of the most misspelled words in the English language. It is commonly spelt as "tatoo".
7. Gregory Paul McLaren holds the Guinness World Record for being the most tattooed person. He is 99.9% covered, including the inside of his eyelids, mouths and ears.
8. The world's richest tattoo artist is Scott Campbell, who charges \$1,000 for the first hour and only works on the weekends.
9. In 2005, Kimberly Smith tattooed "GoldenPalace.com" on her forehead to pay for her son's tuition, making her the first person to have a tattoo for advertising purposes.
10. Tattooing is illegal in three countries: Iran, Turkey and the United Arab Emirates.
11. The record for the longest tattoo session is 56 hours and 30 minutes. The artist, Krzysztof Barnas, finished 11 tattoos and he was only allowed 5 minutes after every hour to rest.
12. 23% of people regret their tattoo, with the biggest regret being a tattooed name.
13. When starting an apprenticeship, aspiring tattoo artists usually practice on fruit. Grapefruit, oranges, and lemons are the closest texture to human skin.
14. Unsanitary tattooing practices can transmit diseases such as syphilis, hepatitis B and HIV; however, there has yet to be an actual case of HIV being transmitted via a tattoo application.
15. Tattoo numbing cream helps with pain, however it may disturb the inking process on the skin and affect the visual result of the design because it can make the skin swell and deform.
16. The part of the body tattooed the most among woman is the ankle area. Among men, the most common spot is the arm.
17. New Zealanders are the most tattooed people in the world. This is mostly due to the island's Maori people who still get traditional Polynesian tattoos.





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

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

*“Ngiyaa Nyaaga mangga darrunda bambuurr ngaljarri barmarranygu yilaami,manggagirr maana darrunda guunu julgaaganybiin.gu.”*

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

## OUTREACH SERVICES

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

## WHAT’S HAPPENING IN BOWRA

*From page 5*

in the clubhouse. Bowling events are well advertised on the notice board. More championships are coming up and pennants being discussed. The list of new golf rules are being discussed and evaluated - see your captains for more info. Women golfers commenced the year with a nine hole comp and will continue till March when the first pennant matches get underway. A group of 35 Queensland bowlers visited the Club and more social groups are booked for March. The Recreation Club is available for meetings and private functions. If needed, a caterer can be provided. The directors can say with a happy smile - the club is going well! Contact 6564-7349

### **Bowraville Community Garden**

Visit the garden at you leisure. A band of dedicated gardeners meet Monday and Friday to plant, weed, harvest and have a good yarn.

### **St Jimmy’s Kitchen**

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

### **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.

### **Bowraville Playgroup**

Bowraville Play-group meets at Bowraville Central School every Friday from 9.30am to 12midday and is open to all parents and carers with children aged 0 to school age. We engage in fun activities in a safe, family environment. Contact: Danielle Ryan 6564-8619 or Jane Thomasson 0474 325 337.

### **Macksville/Bowraville Uniting Church**

The Uniting Church Op shop at Bowraville is operating in a very successful manner and we wish to thank our 22 volunteers who turn up regularly to follow their rostered duties. The Op Shop is open Tuesday, Wednesday, Thursday and Friday 9.00am – 3 pm and for three hours on Saturday morning and deliveries and pick-ups take place on Wednesdays. If you require a pick-up for clean, good quality donations of furniture please ring Mary Ode on 6568-7485. We thank those who make donations to our shop and our volunteers for their continued support.



# Bowraville Central School News

## SRC Induction Ceremony

On Tuesday the 20<sup>th</sup> February, we saw our Captains, Vice Captains and Student Representatives inducted.

This Ceremony highlights the values we place on student leadership within our school. We include mentors who may be parents, carers or a really good friend who will support them and our school with the values we hold high.

I would like to thank our student leaders' support people for taking the time and coming and joining in celebrating this amazing event.

-----  
*Megan Johnstone (below left) at the Shape 2017 exhibition at the Powerhouse Museum in Sydney. She was selected from over 1800 students to display her Major Textiles Project at the exhibition.*



## 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.*

Have you checked out the Bowraville Community Website?

**[www.bowraville.nsw.au](http://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**

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Mobile:  
**0427 653 312**

**7 DAYS**

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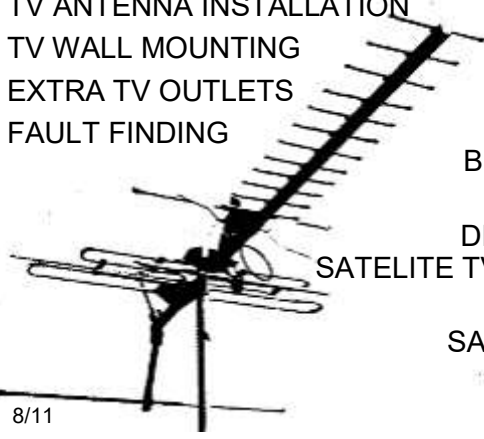
Does your computer need servicing?  
Is it going slow?  
Do you suspect a virus?  
Or it just won't work the way you want it to?

**Come into the BOWRAVILLE TECHNOLOGY CENTRE**

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

**INTEGRITY ANTENNAS**

TV ANTENNA INSTALLATION  
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BLACK SPOT AREAS  
DIGITAL TV & SATELITE TV SYSTEMS  
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**AMAN**  
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**AVAN**  
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MINI MOVE SPECIALIST  
HIRE  
A MAN WITH A VAN



Phone Mick after 6pm  
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Domestic  
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Ring for a FREE quote

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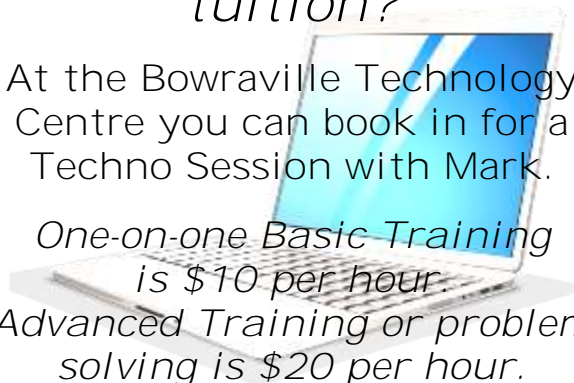
*Do you need one-on-one computer skills tuition?*

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.





# *Why growing up in greener areas is good for our children*

Urbanization is rapidly increasing and it is said that by 2050 more than 65 percent of the world's population will live in urban areas.

Urban areas are characterised by non-natural features and lack greenspaces and access to natural environments.

We know that being able to spend time in our gardens and access parks and forests close to where we live is beneficial for us – physically, mentally and psychologically.

But what about schoolchildren?

They spend most of their time in school and some schools are surrounded by greenspaces while others are not.

A previous study called the BREATHE project involving 2593 school going children from the ages of 7 and 10 found that exposure to green spaces during the 12 month of the study, resulted in a greater increase in working memory and a greater reduction in inattentiveness than children who attended school with less surrounding green spaces.

According to the Biophilia hypothesis humans have an evolutionary bond to nature and that contact with nature, including green spaces, has a crucial role in brain development in children.

Scientists from the Barcelona Institute for Global Health, a centre supported by the “la Caixa” Foundation, in collaboration with the Hospital del Mar (Spain) and the UCLA Fielding School of Public Health went on to explore the viability of this hypothesis.

The study was conducted on a sub group from the BREATHE project and included 253 school children. Lifelong exposure to residential greenspaces from birth up to the end of the study was calculated using satellite-based information.

The brains of the children were scanned to ascertain changes in their brain anatomy using high resolution MRI images and attentiveness and working memory was evaluated through computerised tests.

The researchers found that early exposure to greenspaces in the life of the children led to positive structural changes in the brain.

This study was the first of its kind to associate long term exposure to greenspaces and structural changes in the brain.

According to the results, long term exposure to green spaces resulted in larger volumes of white and grey matter in certain areas of the brain with a distinct overlapping in those areas of the brain responsible for higher scores in cognitive tests.

In addition, peak volumes in these clusters associated with greenness also predicted better working memory and reduced inattentiveness.

Exposure to greenery and nature has definite benefits for the brain as shown by this study and it adds to a growing body of evidence that early life exposure to greens spaces even in an urban setting has lasting effects on the brain, on health and our wellbeing.

The evidence is there for city planners to incorporate more green spaces and access to natural environment so that we can build urban areas that are sustainable and beneficial to the human race.

In the meantime, get your kids moving and spending more time exploring the outdoors.

- [wellbeing.com.au](http://wellbeing.com.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

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## 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**



5/11

## EXPRESSIONS OF INTEREST

are invited from people needing to meet volunteer requirements for Centrelink purposes, at the Pioneer Community Centre, 70 High Street, BOWRAVILLE.

The Bowraville Community Development Association Incorporated (BCDAI) is registered with Centrelink for volunteer hours.

Possible tasks can be sewing, pinning and ironing for Boomerang Bags (a sub-committee of BCDAl), clearing the backyard, planting and maintaining a garden in the backyard, operating the cafe at the twice-monthly markets, minor maintenance work and cleaning, etc in the hall, grant research and applications. Other duties could also be possible – your suggestions are welcome.

Please submit your resume to:

[bcdainc@gmail.com](mailto:bcdainc@gmail.com), or

70 High Street, BOWRAVILLE, 2449.

Enquiries: 6564 7908 or 0400 828 471

## COMMUNITY INFORMATION DAYS

Beginning in May, 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](mailto:bcdainc@gmail.com)  
6564 7908 or 0400 828 471

Friday 4 May — Friday 1 June — Friday 6 July  
Friday 3 August — Friday 7 September  
Friday 5 October — Friday 2 November

## PHOENIX ART TREASURES

• NEW & PRE-LOVED GOODS • LOCAL ARTISTS

*Open Monday to Friday*

9:30am - 2:30pm • 51 HIGH ST BOWRAVILLE

**THANKS!**  
by supporting us  
you are helping to employ  
people with a disability

## WORK CREW

• LAWNS • GARDEN MAINTENANCE  
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## PHOENIX BANK CAFE

- EAT IN OR TAKEAWAY
- CATERING
- FREE DELIVERIES\*
- \$7.50 COFFEE & CAKE
- \$10 LUNCH & DRINK

*Open Monday to Thursday*

9:30am - 2:30pm

\*Bowraville only

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# 6564 7677

CALL US TODAY!

 **NAMBUCCA VALLEY**  
**PHOENIX**  
community support services



## Out and About in Bowra

*Seems there has been a few changes happening on the northern end of High Street, its exciting to see new business opening and we wish them well in their endeavours.*

### BOWRA TAKE AWAY

Changed hands in December and has undergone a major spruce up. New owners Katie and Leroy are well known to the local community and many are talking about their kebabs which have become a town favourite. Drop in and try one for yourself.

### BOWRAVILLE MECHANICS

Has been sold to Peter who is known to many locals as he previously ran the Macksville auto parts shop.

Peter has been busy cleaning up the old garage and getting ready to open.

### COLOUR CLOTH & CLAY — *Artist Collective @ 64 High Street.*

Have brought together a group of like minded souls in an Artist Collective and are about to re-open in March starting with 3 days a week - Thursday to Saturday with locally crafted hand made goodies.

Presently they are open Tuesday afternoon for local Organic Food Box pick ups.

### QUIRK, STRANGENESS & CHARM — *A Pop up Shop @ 62 High Street.*

Here today gone tomorrow — Recycled, Upcycled, New and Used Furniture, Toys, **Clothing, Homewares, CD's, DVD's and Bric-a-Brac, there's something here for everyone.** Open just 2 days a week - Friday from noon till 5 or 6pm then Saturday from 9am till 3pm.

### JACARANDA HILL ORGANIC FOOD STALL — *North Arm Road*

Just out of town along North Arm Road Eddie and Karen Booth have the best local **stall around. Eddie's dad has built the new stall with wide shelves full of cane baskets, a fridge for fragile produce in hot weather and the street library has moved inside. A little white dresser is there for locals to seed swap as Karen knows gardeners like to share. There's recycled bags and an honesty box. If there's something more you'd like, make a note in the book on the counter.** So drop in, have a look, pick up some local fresh produce, a book to read and swap some seeds.

## Bowra StarBytes

### Aries

You are regaining your confidence and while the changes may not be dramatic they definitely indicate that you are moving forward. You have been more introspective and are building towards a rather exciting time in your life.

### Taurus

Friendships are especially important to you and you will be meeting new people and enjoying their company. In the next few months you will be pouring a lot of energy into your home and family; see to it that confusing matters are sorted out.

### Gemini

Pleasantly surprising events are happening in your life right now. A friendship is becoming clearer and less complicated. You are ironing out your differences. Wonderful interactions with friends and lovers this month help to lift your spirits.

### Cancer

Practical matters including finances are beginning to clear up as you are put confusing situations and insecurities behind you. You are making beneficial connections and finding it easy to take problems in your stride. Stay focused.

### Leo

You are regaining confidence and figuring out what it is you want. Personal plans are beginning to move forward and your decision-making ability is now back on track. The people in your life are generous with their time and energy.

### Virgo

Whether it's about reconciliation, fixing problems, enhancing a partnership or attracting a new relationship the cosmos is helping. Complications will begin to disappear and you will begin to see some real progress. Remember to be grateful.

### Libra

Many of you are living up to your New Year's resolutions and paying more attention to health and fitness. Changes are in the air and you will thoroughly enjoy the increased clarity. Situations in your life are becoming more straightforward.

### Scorpio

After months of delays, stalled plans and perhaps a lack of enthusiasm you are starting to regain confidence, passion and interest. Prepare yourself for a busy and active life in the next few months but find time for recreation also.

### Sagittarius

A very pleasing and heart-warming time as life becomes clearer and you rebuild your faith and confidence in people. Home life has become rewarding since deciding to give back and take the time to make family feel special.

### Capricorn

You are feeling empowered and productive with energy to spare. Family and domestic conditions improve as do your finances. Much pleasure is derived from family and home life, even if the pressures of work still call you!

### Aquarius

Focus continues to be on finances, possessions, comfort, and practical matters. March is a strong month for taking charge of your finances, creative projects and hobbies. A special relationship will begin to regain momentum.

### Pisces

March is an energizing month. You are getting into a more practical routine that helps you to feel grounded and enthusiastic about the future. Time to shed unproductive or unhealthy attitudes that have been weighing you down.

## 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](mailto:jeffblair@communitytransport.net.au)

**COMMUNITY TRANSPORT**  
COFFS HARBOUR, BELLINGEN & NAMBUCCA

[www.communitytransport.net.au](http://www.communitytransport.net.au) - 1300 812 504  
[info@communitytransport.net.au](mailto:info@communitytransport.net.au)

## WHAT'S HAPPENING IN BOWRA

From page 16

### Nambucca Valley Community Church Food Hub

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

### Nambucca Valley Community Church

Sunday Church Service at 9.30am, Sunday School 10.15am and Prayer Group at 5pm. Women's Fellowship held at 10am each Wednesday. Youth Group is held each Friday for 12-18 year olds from 6-8pm. 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.

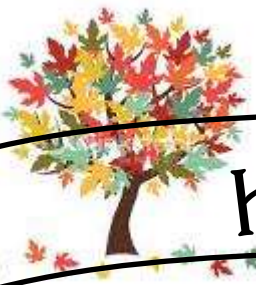


2/11

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







# Karen's TRIVIA for March

Many happy returns to all who are celebrating their birthday in March .



Famous Pisceans and Arians include :

**Michelangelo**

- 6 March 1457

**Vincent van Gogh**

- 30 March 1853

**Albert Einstein**

- 14 March 1879

**Michael Caine**

- 14 March 1933

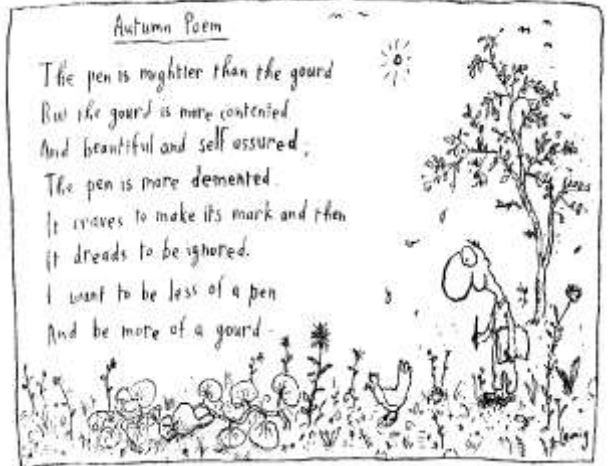
**Eric Clapton**

- 30 March 1945;

**Keira Knightley**

- 26 Mar 1985;

The daffodil and jonquil are the traditional flowers for March. The daffodil stands for unequalled love and the jonquil signifies a desire for affection to be returned. It also conveys sympathy. The birthstone is Aquamarine. It has long been a symbol of youth, health and hope.



## March Historical Events

**19 Mar 2003:** The US launched an attack against Iraq to topple dictator Saddam Hussein from power.

**24 Mar 1989:** The oil tanker *Exxon Valdez* ran aground in Prince William Sound off Alaska, spilling 11 million gallons of oil over 45 miles of coastline.

**27 Mar 1977:** The worst accident in the history of civil aviation occurred as two Boeing 747 jets collided on the ground in the Canary Islands, killing 570 people.

**25 Mar 1807:** The British Parliament abolished the slave trade following a long campaign against it by Quakers and others.

**March 1788:** Capt. Phillip issued the first government conservation order: that no trees should be cut down within 50 feet (15 metres) of the stream that ran into Sydney Cove.

## Don't Forget...

### St Patrick's Day

on Saturday, March 17th.

St. Patrick's Day is a cultural and religious celebration in observance of the death of St Patrick, the patron saint of Ireland.



*Easter comes early this year with*  
**GOOD FRIDAY**  
on 30th March

## Did you Know?

In Irish folklore, when the Milesians, that mythical race described by an 11th century scholar in Lebor Gabala Erenn (The Book of Invasions), came to Ireland they banished the natives to the underground and they became Sidhe, the fairy folk, who live underground and sometimes reside in certain trees or bushes, usually of the hawthorn variety. You don't want to disturb the fairy folk or you might bring some kind of misfortune on yourself. Cutting down one of those fairy trees would certainly disturb them. The Irish would go out of their way not to do that. That's why you might see a lone tree in the middle of a farmer's field, the base piled up with stones just to be sure one did not accidentally bump into it. You might also see a road or even a highway routed around such a tree. It's probably best not to mention the trees to the people who plough around them, and it's believed that the fairies themselves do not appreciate being called by that name. Refer to them as the wee folk, please, if you must bring up the topic at all.

- From a post by Cindy Thomson, in *Ireland, Culture & Customs*.



**The word March comes from Martius, the first month of the earliest Roman calendar. It was named after Mars, the Roman god of war, who was also regarded as a guardian of agriculture and an ancestor of the Roman people through his sons Romulus and Remus.**

Compiled by Karen Bindoff

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# Lanes Bridge stories have locals rattled

After a flurry of Facebook activity across the Nambucca, the old WWII adage that ‘loose lips sink ships’ could be applied just as well to bridges.

The Valley seems to have gotten itself into a tizzy over the logistics of the proposed Lanes Bridge replacement after a local television news network erroneously reported that the bridge was scheduled to close for at least three months while the replacement is installed.

Like a spark to tinder, the rumour wildfire grew.

A post shared across several Facebook groups even advised that the bridge was due to be closed from July onwards.

But mayor Rhonda Hoban and council general manager Michael Coulter have both said there couldn't possibly be any legitimacy to the rumours, nor the news report, because the matter is yet to be reported to council.

“Council staff have not completed the development of costed options for the bridge replacement,” Mr Coulter said.

“No costed options have been put to me let alone the elected council. And even when costed options are put to the elected council what would follow would be a process of community consultation (assuming there was any temporary change in service levels).”

Council staff have been hunting for designs and options and costing them since the second round of funding was announced in December last year.

“It's my expectation that a report will come to council before the end of the financial year,” Cr Hoban said.

“And I don't usually presume to speak for other councillors, but I think I know them all well enough now to say that they would not make a decision of this magnitude until they were sure they had all the relevant information before them.”

- *From the Guardian News (21st Feb 2018)*

Read more from the Bowraville Chamber of Commerce on next page.



## SALTWATER NARRATIVE PRACTICE

**Independent, confidential support for Aboriginal people and their families in Bowraville.**

Sometimes it can be helpful to yarn with someone about the problems in our lives, when they get in the way of how we'd prefer things to be. As a small, independent practice, we are offering a FREE service exclusive to Bowraville. Our Aboriginal practitioner is committed to working alongside families, in ways they decide is best for them. We can talk about many things, for example: healing from trauma, grief and loss, family relationships, parenting, children and young people, and responding to family violence (in a way that doesn't expect you to separate – that's your choice to make).

Our mob, our ways. You don't need a referral – simply call, text, or pop in.

10am-4pm Tuesdays,  
Wednesdays and Thursdays

Office at 43 High Street,  
Bowraville

Call or text 0447 009 355  
for information or an appointment

Outreach and home visit  
service available

Qualified Aboriginal  
Narrative Therapist

FOR: Families - Women - Men  
Young people - Children

## **Bowraville Chamber of Commerce and Industry Inc**

**chamber@bowraville.nsw.au**

**March 2018**

### **Lanes Bridge**

The main item on the agenda at the Chamber meeting held on Tuesday 27th February was the news about Lanes Bridge.

A local television news network had reported that the bridge is scheduled to close for at least three months whilst the new bridge is built. Postings on Social Media such as Facebook even stated that this would occur in July.



However it was clarified at the meeting that council staff had not completed development of costed options for the bridge replacement yet.

On the 21st February the Nambucca Guardian News reported that the General Manager, Michael Coulter had stated that “No costed options have been put to me let alone the elected council. Even when costed options are put to the elected council what would follow would be a process of community consultation (assuming there was any temporary change in service levels).”

The chamber have resolved to kept informed about the plans for the bridge and lobby council to provide a temporary bridge when the community consultation takes place. It is not acceptable that people on the other side of the bridge are cut off from Bowraville and have to travel via Macksville to get here.

**Next meeting:  
Tuesday 27th March, 5.30pm at the Ex Service Club**





# Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Autumn 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	2NVR Recycled Radio	2NVR Recycled Radio	Bubble N Squeak Linda & Michelle A family show with Christian themes.	Under The Stinging Tree Poppa	Green Eggs on Toast Part 2 Laurie Macbry Music, Movies News, Weather Gig Guide Local Info	The Early Birds Faye Aspritt & Zoe Aspritt Australian Music New and Classic Current Movie Review Local Events	2NVR Recycled Radio	6 AM
7 AM	Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll 1940s-2010s	Isn't It Romantic With Dallas Dent Crooners Easy Listening and Popular Ballads	Dyer's Loop With The Dyers Music to dye for, of course	Tones of Claressense Claire West-Powell	Talk Of The Town Cen Wirbel See what's going down! All things local	Hair Of The Dog Mick Birdies Rock, Pop Covers and Music Trivia	2NVR Recycled Radio	7 AM
8 AM	Baby Boomers Donna Collins	Infopinion Richard Laxton	2NVR Recycled Radio	Turning Pages Elizabeth Newman	Dano's Mixed Grill Daniel Gosson Whatever you're going to eat and probably will!	Happy Hour Michelle Smith-Dod Set of music Happy & Healthy 2 Hours	2NVR Recycled Radio	8 AM
9 AM	The Weekly Fix Paul Weekley	The Phoenix Crew Selected music & madness	Jazz Azz I Like It Heather Heywood	Grace's Vibes With Grace McLeod Grace's special mix of music for your enjoyment.	Outback Outlaws Paul Rowe Old and new country music	Concussion 2NVR Youth Radio With Kean, Noah & Aedon	Classical Corner Music from the past 1000 years. Alternates weekly with The Lively Arts	9 AM
10 AM	Play It Loud Sky Fewings Upbeat Music Aussie Artists	Rob's Roving Robbie & Linda Bible reflections, Gospel & Australiana	Just For You Carol J. Simmons Followed by Karala's Destiche Mark Strada 2NVR Music/Book Club	2NVR Recycled Radio	Wind Down for the Weekend Su & The Crew	Two For The Money Music, chat and a touch of banter with Paul and Rachel!	The Lively Arts Music & spoken word from film, TV, theatre & radio Noel Robertson	10 AM
11 AM	Bowra Beats 2NVR Youth Radio with Grace	Jack's Tracks 2NVR Youth Radio with Jack All the tracks with Jack Tune in!	Sister Act Olivia & Sam	Thursdays Country Trevvic	Rhino On The Radio Switching to Studio 3 from 6pm-9pm on the 1st Friday of each month for live artists & studio audience	Imagine This & The AntipodeanSF Radio Show	Politics and the Environment With Louise Jones Music, political and environmental issues.	11 AM
Noon	2NVR Recycled Radio	Latest & Greatest Country Bryon Edwards	Nambucca Valley Roundup - Ben Walters	Nambucca Valley Roundup - Retro	The Friday Night Rock Show Todd Mills	White Line Fever All Nolen All that trucker/ good music	Flashback Rob Davidson	Noon
1 PM	2NVR Recycled Radio	Prog Rock Playlist Rhino @ midnight The best of Progressive Rock BBC World Service overnight	Ants Rocks Anthony Gamzey Solid Rock	When Only The BEST BLUES Will Do Jeff Mills	CRN Overnight	Wolffy Wolffy all 11pm	That's A Wrap Donna, Tom & Mitch Local sports results and in-depth analysis	1 PM
2 PM	2NVR Recycled Radio	2NVR Recycled Radio	Ants Music Mix overnight	CRN overnight	FMNS Overnight	Overnight Express overnight	Local sports results and in-depth analysis	2 PM
3 PM	2NVR Recycled Radio	2NVR Recycled Radio	Ants Music Mix overnight	CRN overnight	FMNS Overnight	Overnight Express overnight	Local sports results and in-depth analysis	3 PM
4 PM	2NVR Recycled Radio	2NVR Recycled Radio	Ants Music Mix overnight	CRN overnight	FMNS Overnight	Overnight Express overnight	Local sports results and in-depth analysis	4 PM
5 PM	2NVR Recycled Radio	2NVR Recycled Radio	Ants Music Mix overnight	CRN overnight	FMNS Overnight	Overnight Express overnight	Local sports results and in-depth analysis	5 PM
6 PM	2NVR Recycled Radio	2NVR Recycled Radio	Ants Music Mix overnight	CRN overnight	FMNS Overnight	Overnight Express overnight	Local sports results and in-depth analysis	6 PM
7 PM	2NVR Recycled Radio	2NVR Recycled Radio	Ants Music Mix overnight	CRN overnight	FMNS Overnight	Overnight Express overnight	Local sports results and in-depth analysis	7 PM
8 PM	2NVR Recycled Radio	2NVR Recycled Radio	Ants Music Mix overnight	CRN overnight	FMNS Overnight	Overnight Express overnight	Local sports results and in-depth analysis	8 PM
9 PM	2NVR Recycled Radio	2NVR Recycled Radio	Ants Music Mix overnight	CRN overnight	FMNS Overnight	Overnight Express overnight	Local sports results and in-depth analysis	9 PM
10 PM	2NVR Recycled Radio	2NVR Recycled Radio	Ants Music Mix overnight	CRN overnight	FMNS Overnight	Overnight Express overnight	Local sports results and in-depth analysis	10 PM

2NVR — "Most Outstanding Small Station In Australia" CBAA Voice Award Winner, 2011 & 2013.  
 2NVR — Australia Day Award 2012 for "Service to the Nambucca Valley Community".  
 National news and weather is broadcast each weekday at 7am, 8am, 9am, 10am, 11am, 12pm, 1pm, 2pm, 3pm, 4pm, 5pm, 6pm, 7pm  
 Tewings studio and office: 02 6564 7777 email: admin@2nvr.org.au

The Best Little  
Station In The Nation