

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 2019 ~ ISSUE #171 ~ FREE ~ CIRCULATION 400 ~ POSTCODE 2449

Lanes Bridge progresses

Significant progress has been made with the bridge structure itself now constructed with the piles, abutments, girders and headstocks in place.

Construction of the road approaches which include the wing walls at the approach slabs at each of the abutments is now complete and the installation of the culverts on the northern side of Rodeo Drive and a realignment of the water main at the location of the culverts is nearing completion.

There is a proposed improved service level associated with the raising of the bridge deck by 1.75m, which increases the flood immunity for the community.

At present all work has been undertaken in-house and tenders let for works outside the scope of Council's bridge team.

It is anticipated that the bridge and associated road works will be completed by April 2019 (weather permitting).

- from report by Paul Gallagher, Assistant General Manager - Engineering Services



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BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 400 COPIES

Newsletter is also available online at:

www.bowraville.nsw.au/bowraville-newsletter

2019 ADVERTISING CHARGES:

Bowraville Community News is produced every month, except January.

Annual subscriptions includes 11 issues.

90 x 90mm (1/6 page)	\$10 issue/\$100 year
90 x 180mm (1/3 page)	\$18 issue/\$180 year
Half page (or 1 column)	\$25 issue/\$250 year
Full page (or back cover)	\$35 issue/\$350 year

DEADLINE FOR COPY FOR

THE APRIL 2019

ISSUE IS: 4:00PM

TUESDAY, 19th MARCH 2019

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

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

BOWRAVILLE TECHNOLOGY CENTRE

39 High Street, Bowraville NSW 2449

Telephone: 6564 7420

Facsimile: 6564 7520

e-mail: admin@bctc.com.au

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

Bowraville Technology Centre

Open 9.30am to 4.00pm Weekdays

Internet Services

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

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

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

Facility Hire

Main Computer Room — Up to 8 computers plus trainer's computer or access port for laptop or another PC. Data projector (if required) - connected to trainer's PC. Whiteboard (if required). High speed internet access -14mb ADSL. Full HD TV connected to network.

Per hour - \$20.00. Half day (4 hours) - \$60.00

Full day up to 8 hours - \$100.00

Tea/Coffee \$2.50 - per person/day or part thereof.

Small office or Computer Room — Includes high speed internet access and access to up to 2 computers.

Per hour - \$7.50. Half day (4 hours) - \$25.00.

Full day - up to 8 hours \$40.00.

Other costs — As per standard rates for printing - 30c per A4 page black and white, other options available.

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Bowraville Technology Centre

39 High St, Bowraville Ph. 02 6564 7420

Open 9.30 to 4pm Weekdays

Email: admin@bctc.com.au

- Centrelink Access Point
 - Computer Training ■ Internet Access
 - Equipment Hire ■ Media Sales
 - Photocopying
 - Laminating ■ Photo Printing
 - Music Conversion to CD Format
- Volunteers Welcome*

**Jaanyмили Bawrunга Bowraville
Community Reference Group**

Join us at Bowraville Community Health Centre, 43 High Street, Bowraville in the back meeting room at 3.30-5.00pm on Tuesday, 19th March. Be part of the conversations for the Bowraville community. Afternoon tea will be provided. For more information contact Penny Stadhams on 0477 721 165.

Pancake Luncheon - Shrove Tuesday

On Tuesday 5th March from 12noon to 1.30pm in the St. James Church Hall a pancake luncheon will be held. Come along and bring a friend or two for pancakes with savoury and sweet fillings and toppings. \$10 per person.

United Hospital Auxiliary

Our first meeting for 2019 was held on the 25th Feb so a report of that will be next month. Our agenda includes fund raising for the year and implementation of the Healthy Choice Program initiated by NSW Health. We now plan to have 75% of saleable goods deemed healthy in the Hospital Coffee Shop. We would like to thank the Macksville Show Committee for a donation of \$1500 which will go towards the purchase of a fibrillator costing \$32,000 for general use in the hospital. Members continue to attend special meetings in regard to the new hospital and will also attend the UHA Zone Day at

Wauchope on Monday 25th March. Hospital update - the access road to the hospital is near completion and the ground flattened for the building, hopefully to commence in a few months. Two simulated rooms will be built in the present old ambulance house for comments from all concerned. Coffs Harbour's redevelopment will also get underway this year and promises to double or triple all services. When completed it is expected 90% of all procedures will be available at the hospital and continuing to 95% soon after. The UHA works exclusively to provide equipment for Macksville Hospital. Please consider joining this group of committed valley residents. Contact Heather 6568-2807 or Isabelle 6564-7179.

Bowraville Garden Club

Bowraville Garden Club meets on the 2nd Saturday of each month. February saw us at the Bowra Theatre where we planned the year's outings. The trading table was well stocked. Our Show & Tell segment provided a lot of discussion and information. One attraction was a large bunya pine which produced a lot of info on its use as a food. A beautiful bunch of roses had us discussing rose culture and some unusual flowers filled us with admiration. Next month we have a special celebration as it is our 25th Birthday so we are celebrating with a visit to a beautiful garden setting at Valla Rural.

Continued on Page 5



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Steven Jeffries

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2 Park Street Bowraville 2449

www.fittingturningmachining.com.au

Weekly Activities

MONDAY

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

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

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

TUESDAY

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

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

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

WEDNESDAY

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

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

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

MEMBER'S DRAW & MEAT RAFFLE 6.30pm pm

Bowraville Ex-Services Club (6564 7304)

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

THURSDAY

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

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

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

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

FRIDAY

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

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

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

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

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

SATURDAY

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

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

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

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

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

SUNDAY

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



ACTIVITIES ORGANISERS

Please note: It is your responsibility to keep Weekly Activities information current and to inform us of any change. Only activities with a contact number will be listed.

TECHNO LESSONS OPEN TO EVERYONE

The **Technology Centre** is open to **anyone** who would like to learn more about technology – computers/internet, mobile phones, emailing, social media, using digital photography with computers, assistance with using your home computer, ipads, tablets, etc.

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

Absolute beginners are most welcome!

TECHNO LESSONS

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

The lesson costs \$5 for the hour but students are very welcome to stay on and practice their new skills at our usual low rates.

For technical issues please contact BTC for an afternoon booking.

**You can also ring the
Bowraville Technology
Centre on
6564-7420**



Special offer to community groups

Save on paper and ink!

Email your poster and we will place it on our big screen TV for only \$1.00.

Your poster will remain on the big screen until your event or promotion has finished.

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

From Page 3

Bowraville Seniors

A small group of Bowra Seniors met at the Coach House Inn for the AGM and first meeting for 2019. Long term President Geoff Chittick and Treasurer Ruth Grace accepted re-nomination. Isabelle Hooper took on the job as secretary, a position vacant since last July. Next meeting we hope to finalise our delayed bus trip to Port Macquarie. If you are a senior please consider joining our group which meets monthly on the 3rd Monday at 10.30am. Whether we are on a bus trip, listening to a guest speaker or just socialising on the verandah of the Coach House Inn it's a chance for locals to get together in a friendly social environment.

Bowraville Recreation Club

Newspapers and TV have recently reported the closure of golf courses throughout the country but Bowraville is travelling well with all the help given by volunteers. Men golfers and bowlers are calling for names for pennant matches. Women golfers commenced competition with a nine hole stableford and will continue in this format during February starting from 7.30pm. March will see the commencement of 18 holes. Women's pennants get underway with the first match at Bowraville on 25th March which will be a bye for Bowra. Bowlers continue with good

roll ups. Come along to the Saturday Bare Foot Bowls Family Event from 5pm to 7pm - names by 4.30pm. All welcome. Bowraville Recreation Club is a great venue for meetings and celebrations. Contact 6564-7349.

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.

Continued on Page 8

CRAIG BELLAMY@realty

YOUR NAMBUCCA VALLEY SPECIALIST

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

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

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

4/11

CRAIG BELLAMY 0412 080 287

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

Coronation Kennels & Cattery

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

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

PHONE: 02 6568-2018

Email: marcia@coronationkennelsandcattery.com.au

Website: www.coronationkennelsandcattery.com.au

We provide the following services:

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

Sleepover - Check in 4-6pm check out 8-10am
Cats - \$14 per day.

Long Term Budget -

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

Not available during school holidays



Short-term Accommodation

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

5/11

BOWRAVILLE GIFT SHOP



any occasion

LOCATED AT BOWRAVILLE POST OFFICE

27 HIGH STREET BOWRAVILLE

Monday to Friday: 9am - 5pm

PH: 02 6564-7169

10/11

Protecting your privacy on Facebook and Google

If you want to be as private as possible on Facebook or Google, or learn which data is stored about you, here's a guide to some of the platforms' key privacy features along with a few tips.



Facebook

- To limit what Facebook collects about you, you can choose not to log onto other sites and providers with your Facebook password and consider whether you want the information you are about to post to be collected by Facebook.
- Facebook lets you access information about your activity on the site, but it will only show the data you've provided rather than exactly what's been collected, how it's used, and who it's been shared with.
- You can also request a file that will show more of the data Facebook has on you, including a list of ad topics that have been based on your likes and behaviours, a list of Ads History showing every ad you've clicked on, and a list of advertisers with contact information.
- You can edit the privacy settings for Facebook-based apps and games, though this may affect whether you can still use the app or game.
- *But be forewarned:* if you delete your Facebook data you won't be able to log in services that you have previously accessed with your Facebook login.
- If you're not a Facebook user, you may be surprised to know that Facebook also collects data on you. The company claims people who don't have a Facebook account can access the data it holds about you by downloading and submitting a data access form.

Google

Google Chrome privacy controls let you delete your browsing history and clear cookies and site data, and Google account settings let you see which apps have access to your account and check your privacy status (such as location services).

- You can delete your Google activity history by going to myactivity.google.com when you're logged in.
- You can also reject Google's offer to store your passwords on other sites and decline to provide your location when asked.
- You can decline to allow Google to access the photos you take on your smartphone and alter settings on apps to reduce what Google can access.
- **But** if your employer uses Gmail, all of your sent and received emails, including attachments, as well as your calendar and contacts, are accessible by Google whether or not you've given consent.
- Google Dashboard and Google Takeout let you view and manage the information Google has collected on you.



MARCH PROGRAM at the

BOWRAVILLE THEATRE

Thursday, 7th March @ 7.30pm

The Merger - Once upon a time, Troy Carrington (Damian Callinan) was an Aussie Rules legend. But that was twenty years ago before his accident and before his grassroots activism made him less than popular with many of the locals. Now living almost a reclusive life in Godgy Creek the small town he grew up in, he never wants to think about footy again. But when Angie (Kate Mulvany) approaches him to save their beloved Bodgy Creek Roosters, Troy knows he needs to step up. An upbeat and uproarious Aussie comedy about footy, life in the country and the power of communities to overcome small-mindedness.



Sunday, 17th March @ 2pm

The Backtrack Boys - A group of troubled boys are on a perilous course towards jail until they meet up with the rough talking, free-wheeling cowboy, Bernie Shakeshaft and hit the road with his legendary dog jumping team. This observational documentary, filmed over two years, follows boys in a youth program that Bernie runs from a shed on the outskirts of rural Armidale. On the road, the boys find their voice, make great friendships and the dogs become national champions.



This inspiring coming of age story reveals the challenges and triumphs these boys face as they try to find their place in the world and the dogs that help tame their wild ways.

Café open 1 hours prior to doors opening.

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



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

What we have to offer . . .

TAB - Fox Sports

Keno - Gaming Machines

Pool Table - Daily Happy Hour

Bingo - Raffles

Members' Draws



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

FREE POOL Everyday



5/11

BOWRA HOTEL

OPEN 10AM - MIDNIGHT

BISTRO

WOOD-FIRED PIZZA Wed - Sun

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

DINNER 5.30pm - 8pm Tues - Sun

All menus available for takeaway

Regular Live Music

Holy Goat Coffee

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

33 HIGH STREET, BOWRAVILLE

Ph.6564 7041 Fax. 6564 8471

5/11

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

From page 5

Bowraville Race Course Art Group

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

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.

St Jimmy's Kitchen

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

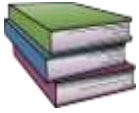
Macksville/Bowraville Uniting Church

A church service is held on the second Sunday of each month in our church at Bowraville at 10.30am. This is combined with the Uniting Church congregation from Macksville and is enjoyed by

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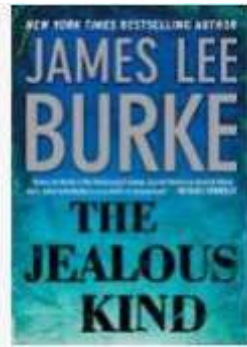
MARKETS CALENDAR

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	Uptown Markets, Castle Street, Coffs Harbour from 6am to 2pm	0434 482 926
Every Sunday	Harbourside Markets, Coffs Jetty Foreshore from 8am to 2pm	0407 661 990
1 st	Coffs Harbour Lions Boot Markets, Coffs Jetty Foreshore 7am to 1pm	0417 704 588
2 nd	Plaza Market, Nambucca Heads Plaza from 8am to 1pm	6568 9655
3 rd	Gladstone Community Market, Memorial Park from 9am to 1pm	0425 205 737
Last Sunday (bi-monthly even months)	FUNKYA @ UNKYA MARKETS from 8am to 1pm Unkya Reserve, Eungai	0425 205 737



The Jealous Kind

by James Lee Burke



This novel, set in Houston in the summer of 1952, has a very twisted plot, many characters and lots of violence.

1950s Houston, USA is a time of souped up cars, drive-in restaurants, mob rule, blues and jazz music and also when there is a right and wrong 'side of the track'; ethnic groups who are unaccepted by the mainstream and don't get along with each other; little excuse needed for violent interaction; a shortage of jobs and low wages; a distinct division between those with an education and those without.

The main character, seventeen year old Aaron Holland Broussard, intervenes in an argument between the very beautiful, teenage Valerie Epstein and her slightly older boyfriend Grady Harrelson. Valerie dumps Grady on the spot and the Aaron's life changes forever.

Grady, a nasty spoilt kid with a rich father and both with unsavoury friends, cannot let this go and wants Aaron punished.

It seems that most of the teenagers, including Aaron's best friend Saber,

come from dysfunctional families – mothers with psychological problems, fathers who fought in wars and each now handling their own personal aftermath in whatever way they can (often involving too much alcohol), violent and/or mob connected relatives, strict parents, violent parents, secretive parents - some with twisted minds and deviant behaviours. At least one of the school teachers is a fairly nasty piece of work; some of the local cops are corrupt and cannot be relied upon to do their job....

In such an unstable environment, while Aaron is experiencing his first love, it is no surprise that when he discovers he's been drawn into something much larger than a disagreement between 2 teenage lads, involving not just Grady and his mob connected mate, Vick Atlas, but drugs, money, murder..... he also learns who he can and cannot trust and that ultimately he must rely on himself.

I enjoyed this very 'busy' novel – there is a lot going on and many twists and turns. I found it a little difficult to believe that a 17 year old could have thought processes like Aaron and that he could be so resourceful but perhaps that's what made this novel (for me anyway) so different to many of those in this genre.

- This book read and reviewed by BTC Volunteer Raewyn.

Like to volunteer at the Bowraville Technology Centre?

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

Call Mark on 6564-7420 to find out more.

What is a Headache?

Headache is one of the most common symptoms experienced by humans. In fact, it is quite unusual not to have at least an occasional headache. Why some people never experience headache is not known.



Headaches are usually harmless but can create concern about their origin. Very occasionally headaches are a pointer to a serious disease such as brain tumour or stroke. This is why many people seek advice from their doctors and, in some cases, are referred to specialist neurologists.

A great deal of research has been directed at determining the mechanisms responsible for the production of the pain of headache. While the brain is itself insensitive to pain, its covering membranes and its larger blood vessels are richly supplied by nerve fibres capable of transmitting the experience of pain. Most of the other structures within the head and upper neck, e.g., eyes, ears, nasal sinuses, skin, muscle, joints and arteries are also exquisitely pain sensitive.

This means that disorders in any of these structures may be experienced as a form of headache. The pain is produced through irritation of these structures via mechanical, chemical or inflammatory mechanisms and pain sensitive nerve fibres send a 'pain' message back to the brain. The brain can't always tell where the pain message originated which is why it is sometimes difficult to pinpoint the exact cause of a headache.

Diagnosing headache involves differentiating between the most common forms of headache and those that may indicate an underlying illness. The types of headache can be categorised in various ways. One method is as follows:

- 'Normal' headaches such as goggle headache (excessive nerve stimulation), ice-cream headache, hot-dog headache (food reaction), Chinese restaurant syndrome (reaction to MSG), hangover, marijuana headache, fasting headache, rebound headache, exercise headaches, coital headaches, cough headache and mountain sickness.
- Recurring headaches include tension-type headache, migraine and cluster headache.
- 'Nerve' headaches ie produced by direct irritation or compression of the nerves supplying the head, face, or neck such as trigeminal neuralgia, glossopharyngeal neuralgia, neuralgia after shingles, atypical face pain, pain from the eye, sinusitis, head pain caused by teeth, temporomandibular joint dysfunction, and neck headache
- Muscle-contraction headaches.
- Medication-misuse headaches.
- Head injury headache
- Serious causes of headache such as hydrocephalus, sub-arachnoid haemorrhage, meningitis, encephalitis, brain tumour, cerebral oedema, high blood pressure, stroke, temporal arteritis and benign intracranial hypertension.

As there are so many types of headache and as headache affects each person differently, it is important that you consult your doctor.

- headacheaustralia.org.au

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





Got a skin problem?

MooGoo has solutions.

Good for you.

Good for the environment.



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



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

Bridging the urban/rural divide with Land for Wildlife and Habitat for Wildlife



Land for Wildlife is a voluntary property registration scheme for rural landholders with half a hectare or more of native bushland. It aims to assist landholders to maintain wildlife habitats on their land. Registration is free and non-binding. The good faith agreement between the Community Environment Network (CEN) and landholders does not change the legal status of property and all information is confidential.



Habitat for Wildlife Online is a program available for urban for rural landholders and renters who are interested in the conservation of wildlife but who may not have a large bushland remnant on their property.

Smaller holdings can provide safe havens for wildlife moving between larger bushland areas. For a small fee, registrants will receive a membership certificate, a small HFW sign, a resource kit and a newsletter for two years.

For more information:

- ♦ www.cen.org.au/CEN-projects/habitat-for-wildlife
- ♦ www.cen.org.au/habitat-for-wildlife/fact-sheets7.html
- ♦ <http://cen.org.au/land-for-wildlife>

LIONS CLUB OF BOWRAVILLE INC. SUPPORTING OUR COMMUNITY

PRESIDENT

Mark Scott

M: 0428527545

SECRETARY

Cherie O' Donohue

TREASURER

Greg Lamberth

Email:

bowraville@lionsdistrict201n1.org.au

PO Box 23 Bowraville NSW 2449



5/11



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 . . .*



Bowraville Community Website

Bowraville Chamber of Commerce and Industry Inc

chamber@bowraville.nsw.au

MARCH 2019

Our first big event of the year was the Meet & Greet held on Thursday evening February 7. We were extremely pleased with the response from the community. Based on a survey form handed around on the night, many people offered suggestions for much needed services and recreational facilities for Bowra.

The Great Koala National Park public meeting held at the theatre and hosted by Chamber was a huge success. This was our second event for the year and over 130 members of the community attended.

Our first meeting for 2019 was held on Tuesday 26 February. It was great to see new faces present. We were fortunate to have Michael Coulter, General Manager of Nambucca Shire Council, as our guest speaker. Michael offered positive support to the Chamber, noting and agreeing to look into numerous issues brought up at the meeting.

Items from our survey such as parking issues, meeting times, High Street beautification and RV sites were raised promoting some lively and informative

discussion. Logan from Landcare spoke about the projects that have been going on in the background in regard to river restoration and river access.

We are aware there are many local community groups keen to promote our town. We are encouraging each of these groups to nominate a representative to join the Chamber, thus giving them voting rights at the monthly meetings. Being a member of the Bowra Chamber gives each group a much louder voice and access to local government sources.

Make your Chamber powerful by working together.

The President.

2019 Committee Members

President	Gay Larkin
Vice President	Max Duncan
Secretary	Karly Lane
Treasurer	Phillida Hartley
Tidy Town Officer	Robynne McGinley
Public Officer	Cherie O'Donohue



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Come in and meet us. We are open:

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5/11

Funny moments in Australian history

In his novel *Error Australis*, Ben Pobjie brings to life the most comical characters and cock-ups of Australia's past.

History, let's be blunt, is hilarious - it's hilarious for the same reason life itself is hilarious: it's filled with weirdos and idiots screwing everything up in the worst ways possible.

But the beauty of history as a comedic resource is that it all happened ages ago.

Many people believe that Australian history is a boring and colourless saga and that our nation lacks historical periods or events with the rich humorous potential of, say, the English Civil War, or the Spanish Inquisition.

Yet a closer examination of the figures of our past will show that, to the contrary, Australia's history is the funniest thing that ever happened to this country. Following is an example of one of the funniest moments in Australian history . . .

The Emu War

Australia cannot lay claim to any great empires or epic conquests, but we do have one distinction that no other nation on Earth can boast: we are the only country in history to lose a war to birds.



In 1932, the farmers of Western Australia, fed up with the 20,000 emus that kept dropping in to their farms to eat all their crops, went to defence minister Sir George Pearce to demand he take action to safeguard the precious wheat of the Campion region.

Pearce, a man who knew the value of a show of strength, decided that what the emus needed was a hefty dose of good old-fashioned military might.

And so Major GPW Meredith of the Royal Australian Artillery was sent, along with two soldiers, two Lewis guns, and 10,000 bullets, into the scrubland to show the emus just who was the more highly-evolved species.

Almost immediately the expedition ran into trouble. The soldiers attempted to herd the emus into a suitable place in which to mow them down en-masse, but the birds, well-trained in guerrilla tactics, continually split into small groups and ran off in different directions, making it damnably difficult for the guns to draw a bead on them. Also, the guns jammed.

Also, when the guns worked, and when an emu stood still long enough to shoot at, they proved resistant to bullets to an unsettling degree. Meredith wrote:

If we had a military division with the bullet-carrying capacity of these birds it would face any army in the world. They can face machine guns with the invulnerability of tanks.

The soldiers retreated, weary and sick of the sight of feathers. Meredith's official report noted, optimistically, that his men had suffered no casualties. The emus' report noted that humans were slow-moving and stupid.

The House of Representatives debated the matter and questions were asked of the minister regarding whether medals were to be awarded for survivors of the campaign.

The question of why, blessed as we are with a native animal that is essentially a cross between an armoured car and a velociraptor, our military has not taken advantage by training emus for combat duty in the ADF, remains unanswered to this day.

- *From Error Australis* by Ben Pobjie.



Bowraville Lions Club Inc News Bulletin

MARCH 2019



Stamps for Hart Walkers

Thank you to all the people who have saved their stamps for our Lions Club. These stamps go to auction and the funds raised are used to purchase Hart Walkers for children who have difficulty walking.

Stamps can be dropped off at the Bowraville Technology Centre for collection.

Many Australian children cannot walk due to medical conditions like cerebral palsy. They can't run or jump or play like other kids. Often they're stuck low in a chair and can't even talk eye-to-eye.

However, by facilitating the funding of specialised walking devices, the Australian Lions Children's Mobility Foundation (ALCMF) helps get them out of their wheel chairs and onto their feet, empowering each child to reach his or her potential.



Lions Recycle for Sight Australia

Lions Recycle for Sight Australia is part of the Lions Clubs International Worldwide Eyeglass Recycling Program, headquartered in Queensland and operating throughout Australia and overseas. The program cleans, grades and labels 450,000 pair annually of used spectacles and sunglasses.

Over the 26 years that the Australian program has operated, the program, has delivered over 7 million pair of refurbished quality spectacles to men, women and children in need and without the financial capacity to purchase even the cheapest pair, to many countries in Africa, Europe, Middle East, Indian Sub- continent, East Asia, and the Far East, China, the countries of the Pacific Rim and Southern Asia and Oceania.

Glasses can be left at the Bowraville Pharmacy in High St Bowraville for collection.

MEETINGS

The Bowraville Lions Club invites you to come along to a dinner meeting to find out how you can help our community and make new friends. They are held on the 3rd Wednesday of the month, 6.30pm at the dining room of the Bowra Hotel. Phone Mark on 0428 527 545 or email mark.scott@lionsdistrict201n1.org.au

Continued from Page 8

all. Rev. Jason Jon from Bellingen will conduct our next service on Sunday, 9th September and all are very welcome.

Macksville/Bowraville Uniting Church Op Shop

We still have a good collection of summer clothing - women's, men's and children's - including swimwear. The furniture hall is also well stocked and we have a stand of fancy dress clothing.

A big thank you to our volunteers who come into work on a regular basis and to our customers who come along to buy our goodies. Ring 0410 033 635 for details.

Nambucca Valley Community Church Food Hub

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

Nambucca Valley Community Church

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

Macksville Probus Club

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

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

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

Only activities with a contact number will be listed.

TO SWAP

STANHOPEA ORCHIDS

I have Stanhopea orchid 'Tigrina', a heavily scented tiger-spotted variety of Stanhopea and would like to swap for another variety.

If you have another variety and would like to swap, please email me - wendy@bowraville.nsw.au and I will get back to you ASAP or call into the BTC on Wednesdays and ask for Wendy.



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.

HARMONY DAY 21st March 2019



Harmony Day is a day to celebrate Australian multiculturalism, based on the successful integration of migrants into our community.

Australia is the most successful multicultural country on earth and we should celebrate this and work to maintain it.

Harmony Day is about inclusiveness, respect and belonging for all Australians, regardless of cultural or linguistic background, united by a set of core Australian values.

Held every year on 21 March. The Day coincides with the United Nations International Day for the Elimination of Racial Discrimination.

Since 1999, more than 70,000 Harmony Day events have been held in childcare centres, schools, community groups, churches, businesses and federal, state and local government agencies across Australia.

How to celebrate?

You can get together with friends and family, at schools, workplaces and our

wider communities to celebrate our diversity on and beyond 21 March.

Wear orange

Orange is the colour chosen to represent Harmony Day. Traditionally, orange signifies social communication and meaningful conversations. It also relates to the freedom of ideas and encouragement of mutual respect. Choose to wear something orange on 21 March to show support for cultural diversity and an inclusive Australia.

Our cultural diversity

Australia is a vibrant and multicultural country — from the oldest continuous culture of our first Australians to the cultures of our newest arrivals from around the world.

Our cultural diversity is one of our greatest strengths and is at the heart of who we are. It makes Australia a great place to live.

An integrated multicultural Australia is an integral part of our national identity.

Continued on Page 29

BowraVILLE Post OFFICE

27 High Street, Bowraville ♦ Telephone: 6564-7169

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-/11



Has your washing machine broken down, dirty clothes piling up because of bad weather?

Problem solved! Book a time and have a cuppa while you wash and dry your own clothes with FREE washing and drying facilities provided by MiiMi House (including washing powder).

When: Every Thursday (commencing 7th February, 2019)

Where: MiiMi House, 90 High St., Bowraville

Time Slots Available: 9:00am to 11:00am

YOU MUST RING MIIMI ON (02) 65 64 8855 TO BOOK YOUR TIME SLOT

This project funded by ETC Community Support Fund



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 ~

1/11

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

10/11

Bowraville Bus Timetable

Departs	
Bowraville Post Office	7.13am
Bowraville IGA	8.13am & 9.13am
Returns	
Macksville to Bowraville	2.35pm
	3.35pm
	4.35pm
<i>Last bus</i>	5.25pm

Red Ticket — \$2.50 per day
Eligibility: Pension Card

busways Telephone: 6568-3012

The things you can do with . . .

TOOTHPASTE!!!

Toothpaste will keep your smile in great shape but it's also pretty handy in cleaning up around the house.

Mark Nail or Screw Placement

Toothpaste can help when hanging a picture. Place a small dab of toothpaste on the hanger and then press it against the template once it's on the wall. Remove the frame and the spot of toothpaste will mark the nail's placement.

Clean Refrigerator Seals

If toothpaste can whiten your teeth, it should be able to brighten the seal on your refrigerator. A toothbrush will help you clean those spots on the gasket seal.

Buff Auto Scratches

The abrasive properties of toothpaste provide a perfect quick fix to buff out small scratches on vehicles.

DVD and CD Cleaner

If you have a DVD or a CD that skips tracks, make it sparkle with toothpaste. The toothpaste will help to smooth out the scratches and make that disc run.

Clear Up Coffee Rings

If you have a coffee stain on your table a little dab of toothpaste can get that stain out, just like coffee stains on your teeth.

Crayon Mark Eliminator

Crayons are great when used appropriately but when your wall gets used as a canvas fight back with that fluoride-filled tube of toothpaste. Smear some on the wall and rub with a damp cloth to remove the crayon marks.

Iron Cleaner

An old iron can accumulate stains through years of use but an old toothbrush and toothpaste can breathe some new life into that iron by removing the stains.

Polish Chrome

Toothpaste can eliminate water spots in the bathroom, kitchen or shine your bike.

- www.familyhandyman.com

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Quick Guide for Gardening by Moon Phases

Just as the gravitational forces of the moon pull the tides of the ocean, they also affect the more subtle bodies of water - the moisture level in the soil, and all living matter. Lunar gardening mostly relates to the ebb and flow of the moisture levels in the soil and plants.

In the lunar cycle, the moon moves through the zodiac in approximately twenty nine days. Each zodiac sign relates to one of the four elements: fire, earth, air and water.

Over many generations, lunar observers and gardeners noted that different parts of plants seemed to relate to these natural elements - generally speaking: Root system relates to the Earth element; Leaves to Water; Flowers to Air and Fruit/Seeds to Fire.

The Lunar Cycle, measured from New Moon to New Moon, consists of four main phases, each around 7 days. There are two 'waxing' or increasing in light phases from New to Full, and two 'waning' or shrinking phases after Full Moon to the next New Moon.

The general principles of gardening by the moon phases was determined by the first crop growing farmers by observation, experience, success and failure.

- ♦ **From new moon (visible sliver) to 1st quarter** - plant leaf varieties, both edible and grown specifically for their leaves.
- ♦ **1st Quarter to Full Moon** - sow/plant fruit and flower crops varieties with internal seeds that produce fruit above ground; e.g. marrows, melons, tomatoes, beans, deciduous fruits.
- ♦ **Full Moon to Last Quarter** - plant root crops and bulbs, divide bulbs and corms, plant and transplant trees/shrubs with wide root systems.
- ♦ **Last Quarter** is ideal for composting, fertilising, irrigation on fertile days and removing undergrowth, weeds, pests and general garden cleanup.



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*Fertilisers need to be selected
according to the nutritional
requirements of the soil and the
plants being grown,
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for your garden.*

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

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ORGANIC GARDENING
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5/11



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All you need is a full licence and a couple of hours a week.

If you're interested in sharing your skills and giving back to your community, we'd love to hear from you.

Get in touch.

1800 864 846
ask@uniting.org
uniting.org

Harlan Cooper
120 Countdown Coordinator
hacooper@uniting.org
M 0466 013 067

Nambucca Valley
Children, Young People & Families
44 Ridge Street
Nambucca NSW 2448

Uniting



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**
9am – 12noon
All Mums and bubs welcome
Appointment necessary.
- Community Corrections**
Fortnightly 10am to 3pm
Phone: 6561-3100
- Thursday Legal Aid**
1st and 3rd Thursday
10am to 12noon
Phone: 6641-7899

BOWRAVILLE COMMUNITY HEALTH SERVICES

Child and Family Counselling

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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

What is a ‘contronym’?

Some words are just weird. You think you're using them correctly, but then there's that moment of doubt. Does that word mean something else entirely? One of the ironies of the English language is that occasionally, both meanings are correct — even if they're wildly different.

A contronym (also called a contranym or an autoantonym) is a word with two meanings that happen to be the opposite of each other.

Below are some everyday examples:

Bolt - To separate by fleeing or to hold together

Bound - Going toward a destination or restrained from moving

Buckle - To fasten together (with a buckle) or to bend or collapse from pressure

Cleave - To adhere firmly and closely or to split apart

Clip - To fasten (as with a paperclip) or to detach with shears (clipping hair or hedges)

Custom - A common practice or a specially made item

Dust - To cover with a fine power or to clean by brushing or removing dust

Enjoin - To order someone to do something or to prohibit someone from doing something

Fast - Firmly fixed and unmoving or able to move rapidly

Garnish - To add decorative touches (to food or drink) or to take from (as in wages)

Handicap - An advantage given to equalize chances of winning (as in golf) or a disadvantage that makes equality difficult

Left - Departed or remained behind

Sanction - To boycott or to approve

Screen - To hide or to show (a movie)

Resign - Meaning to quit or meaning to sign up again.

- mentalfloss.com



Ngambaga Bindarray Girrwa Community Services Aboriginal Corporation

ABN:19746606729

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

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

Address: 1/53 High St, Bowraville,

Web: nbgcommunityservices.com.au

Email: admin@nbgcs.com.au



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- 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.



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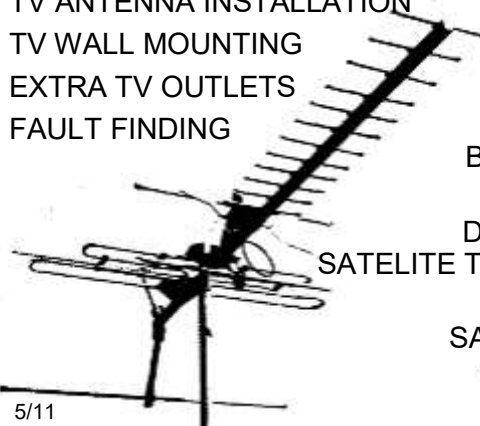
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Diet drinks ‘increase risk of stroke and heart disease’

Two or more diet drinks a day increase the risk of stroke, heart disease and the likelihood of an early death – especially in older women – new research suggests.



A new study by the American Heart Association and American Stroke Association suggests that the risks associated with drinking two or more diet drinks a day – stroke and heart disease – were highest for women with no history of heart disease or diabetes and women who were obese or African-American.

The study involving more than 80,000 women found that drinking two or more diet drinks a day – including fizzy drinks and fruit-based diet drinks – increased the risk of stroke by 23%.

Compared with women who consumed diet drinks less than once a week or not at all, women who consumed two or more artificially-sweetened drinks per day were also 29% more likely to develop heart disease and 16% more likely to die from any cause.

Dr Yasmin Mossavar-Rahmani, lead author of the study at the Albert Einstein College of Medicine in the Bronx, New York says: “Many well-meaning people, especially those who are overweight or obese, drink low-calorie sweetened drinks to cut calories in their diet.

“Our research and other observational studies have shown that artificially sweetened beverages may not be harmless and high consumption is associated with a higher risk of stroke and heart disease.”

Previous research has shown a link between diet beverages and stroke, dementia, Type 2 diabetes, obesity and metabolic syndrome, which can lead to heart disease and diabetes.

The authors stressed that the study found a link but could not prove that diet drinks cause stroke and heart problems.

Dr Rachel Johnson, professor of nutrition emeritus at the University of Vermont and chairwoman of the writing group for the American Heart Association’s science advisory, Low-Calorie Sweetened Beverages And Cardiometabolic Health, told the *Press Association*: “Unfortunately, current research simply does not provide enough evidence to distinguish between the effects of different low-calorie sweeteners on heart and brain health.

“This study adds to the evidence that limiting use of diet beverages is the most prudent thing to do for your health.”

- www.wellbeing.com.au



Nambucca Valley Phoenix and LiveBetter Community Services have now merged as one and are providing additional services to the Nambucca Valley.

With offices in Nambucca, Bowraville and Macksville LiveBetter provides a diverse range of services in disability, community services, aged care, child and family services, home modifications and community transport

Aged Care

Commonwealth Home Support (CHSP) is for people over the age of 65 or 50 years and over for Aboriginal people. If you need help finding out if you are eligible or need help to register for services, call us on 1800 580 580. Support can be provided in the home or in the community depending on your needs.

Home Modifications

If you have a myagedcare package or funded under the NDIS you may be eligible for modifications to your home or help in the garden. Call us on 1800 580 580 to find out how we can help you.

BOWRAVILLE STRONG FAMILIES

Men's Group

Strong Families host a Men's Outing 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 11 if you would like to be involved.

Support Groups

Call us to find out what programs are currently being offered or if you need help to access support for domestic and family violence give us a call or drop in to speak to our staff.

PH: 6564-7677 MOB: 0499 002 141
strongerfamilies@nvp.org.au



Bowraville Strong Families

National Standards for Disability Services certification
 Registration number: DSWR610365
 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

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F/11

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Pharmacist
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Residents invited to have their say on household recycling in NSW

Residents across NSW are being asked to take part in a landmark recycling survey amid the deepening recycling crisis.

The survey has been launched as part of Local Government NSW's *Save our Recycling* campaign which calls for a state-wide approach to recycling which will allow us to collect, process and reuse recyclable material here in NSW.

LGNSW President Linda Scott said the survey was a pertinent opportunity for residents to share their attitudes towards recycling and play an active role in combating the current recycling crisis enveloping NSW.

"Until recently, our recycling system relied heavily on the export of recycling to countries that have invested in the facilities to reprocess it, such as China and Malaysia," Councillor Scott said.

"These countries are now winding back the amount of recycling they will accept which means we urgently need to come up with a new solution for waste management here in NSW," she said.

Survey participants will be asked a series of questions on their attitudes towards recycling, their individual recycling behaviours and their knowledge of NSW's current recycling system.

"Across NSW we have already observed huge public support for recycling because it is a practical measure that helps the environment," Councillor Scott said.

"All over the state, local residents are doing their part to recycle, whether it be checking what goes into their recycling bins, kick-starting a composting regime or being resourceful and reusing some household items.

"This survey will allow us to gain deeper insights into what motivates people to recycle and will enhance our calls on the state government to come up with a practical, long-term solution to waste management."

In addition to behavioural and attitudinal questions, the survey also asks participants a series of questions on the NSW Government's Waste Levy.

The NSW government collected \$727 million in 2017-18 from industry, businesses and local government through the Waste Levy, with \$300 million of that paid by councils.

"Currently, only about 18 per cent of the \$300 million paid by councils to the state government is reinvested into local recycling and waste management, with the rest disappearing into government coffers," Councillor Scott said.

"This survey is a really important opportunity for local residents to have their say on recycling and to help shape the future of recycling in NSW."

Survey can be accessed at: <https://saveourrecycling.com.au/survey/>

MEDIA CONTACT: Bronte Kerr, 0411 676 269

HARMONY DAY

Continued from Page 17



All people who migrate to Australia bring with them some of their own cultural and religious traditions, as well as taking on many new traditions. Collectively, these traditions have enriched our nation.

Some Facts and Figures:

- One in four of Australia's 22 million people were born overseas; 46 per cent have at least one parent who was born overseas; and nearly 20 per cent of Australians speak a language other than English at home.
- Apart from English, the most common languages spoken in Australia are Mandarin, Arabic, Cantonese, Vietnamese, Italian, Greek, Tagalog/Filipino, Hindi, Spanish and Punjabi.
- More than 70 Indigenous languages are spoken in Australia.
- We identify with over 300 ancestries.
- Since 1945, more than 7.5 million people have migrated to Australia.
- 85 per cent of Australians agree multiculturalism has been good for Australia.
- In 2013, overseas migration represented 60 per cent of Australia's population growth.
- People born in the United Kingdom continue to be the largest group of overseas-born residents (5.3 per cent), followed by New Zealand (2.6 per cent), China (1.8 per cent), India (1.6 per cent) and Vietnam (0.9 per cent). In 2013-14, 163 017 people from more than 190 countries were approved to become Australian citizens.
- Migrants make an enormous contribution to Australia's economy and provide an estimated fiscal benefit of over 10 billion dollars in their first ten years of settlement.
- www.humanrights.gov.au and - www.harmony.gov.au



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lifetimeconnect.org.au



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Australian Taxation Office

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- ◆ Are your tax affairs simple?
- ◆ Do you earn around \$60,000 or less?

◆ To find our more contact the ATO on 13 28 61 or you can make an appointment to see a Tax Help volunteer at the Bowraville Technology Centre by calling 6564 7420

Tax Help is a network of ATO-trained and accredited community volunteers who provide a free and confidential service to help people complete their tax returns online using myTax.



BOWRAVILLE CENTRAL SCHOOL NEWS

Kindergarten 2019

Kindergarten teacher, Ms McKenzie, has welcomed a wonderful group of eager students to the BCS family.



Darius Brown and Matthew Stadhams



Arelho Miller, Scarlett Adams, Poppy Welch, Mikayla Goldspring, Magenta Bailey and Luka Smith-Farrell



Poppy Welch and Randall Green



Daniella West, William West, Luka Smith-Farrell, Tonilla Buchanan and Mikayla Goldspring

Year 7 - 'Ready to Learn'

Going from primary to high school is a significant step in a student's life. However, at Bowraville Central School the transition is a little smoother as Year 6 students can move on to High School at the same campus. This term half of the group are studying Digital Technology entering the wonderful world of coding using 'Arduino' technology to build an alarm system. The other group are also undertaking Mandatory Technology, learning Computer Aided Drawing (CAD).

Year Advisor, Sally McPherson, said Year 7 can also look forward to an outdoor education camp later in the term. At camp students will have the opportunity to explore recreational/ outdoor activities in a local region and engage in practical problem solving.

In their tutorial class Ms McPherson explained about 'Positive Behaviour for Learning' (PBL) that is implemented over the whole school. This term the focus is 'Ready to Learn'.



Year 7 students Maddy Williamson-Roe, Reeion Jarrett and Taya Rouse

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

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	2NVR Recycled Radio	LET IT BE With Sean Norman Music and chat chat in the morning.	Bubble N Squeak Linda & Michele A family show with Christian themes.	Under The Stinging Tree Poppa	Green Eggs on Toast Part 2 Larvine Medbury Music, Movies, News, Weather Gig Guide Local Info	In The Mood With Gary Eiden Easy Listening To Rock & Pop	Praise, Prayer & Pop With Linda & Michelle	6 AM
7 AM	Macca's Breakfast Club With Les McMahon	Dyer's Loop With The Dyers Music to dye for, of course	Isn't it Romantic With Dallas Dent Crooners Easy Listening Popular Ballads	Tones of Claressense Claire Watt-Powell	Talk Of The Town Cen Wood See what's going down! All things local	The History Hour With Beverly Gibbs	Sunday Morning Music Mix	7 AM
8 AM	Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll 1950s-2010s	Infopinion Richard Laxton An eclectic time with Richard	Jazz Azz I Like It Hesner Heywood A mix of jazz with lotsa Oz	Turning Pages Elizabeth Newman Grace's special mix of music for your enjoyment	Dano's Mixed Grill Daniel Gosson What's anyone can happen and probably will	Hair Of The Dog Mick Birdes Rock, Pop Covers and Music Trivia	JACINTA'S EASY LISTENING With Jacinta Standerland	8 AM
9 AM	Baby Boomers Donna Collins	The Phoenix Crew Selected music & madness	Just For You Carole J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	Fallen Angel With Sean Norman Music & Talk Back	Outback Outlaws Paul Rowe Old and new country music	Garage Noise With Sean Ambrose Alternative Music	Classical Corner Music from the past 1000 years... Always a weekly job The Lively Arts Music & spoken word from 6m, 7c, 800s & 900s Noel Robertson	9 AM
10 AM	The Westley Fix Paul Westley	Rob's Roving Robbie & Linda Bible reflections, Gospel & Australiana	Just For You Carole J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	Thursdays Country Trickitic	Wind Down for the Weekend Stu & The Crew	Today's Country Rob Davidson	Classical Corner Music from the past 1000 years... Always a weekly job The Lively Arts Music & spoken word from 6m, 7c, 800s & 900s Noel Robertson	10 AM
11 AM	Bike Show Bernard Kelly-Edwards Cultural Unity with Poetry, Community Yams & Music 2NVR Multicultural Radio	Drive Through With Jackie Edmunds Mix of 60s, 70s To current music	Just For You Carole J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	Thursdays Country Trickitic	Volunteer Emergency Services Show — VESS	Flashback Rob Davidson 60s to '80s Pop & Rock	Classical Corner Music from the past 1000 years... Always a weekly job The Lively Arts Music & spoken word from 6m, 7c, 800s & 900s Noel Robertson	11 AM
Noon	Bowra Beats 2NVR Youth Radio with Grace	Nambucca Valley Roundup Elizabeth Newman	Just For You Carole J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	Thursdays Country Trickitic	Rhino On The Radio Rhino Music, chat and a touch of banter with Paul and Rachel	Two For The Money Music, chat and a touch of banter with Paul and Rachel	Classical Corner Music from the past 1000 years... Always a weekly job The Lively Arts Music & spoken word from 6m, 7c, 800s & 900s Noel Robertson	Noon
1 PM	The Westley Fix Paul Westley	The Phoenix Crew Selected music & madness	Just For You Carole J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	Fallen Angel With Sean Norman Music & Talk Back	Wind Down for the Weekend Stu & The Crew	Today's Country Rob Davidson	Classical Corner Music from the past 1000 years... Always a weekly job The Lively Arts Music & spoken word from 6m, 7c, 800s & 900s Noel Robertson	1 PM
2 PM	Bike Show Bernard Kelly-Edwards Cultural Unity with Poetry, Community Yams & Music 2NVR Multicultural Radio	Drive Through With Jackie Edmunds Mix of 60s, 70s To current music	Just For You Carole J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	Fallen Angel With Sean Norman Music & Talk Back	Volunteer Emergency Services Show — VESS	Flashback Rob Davidson 60s to '80s Pop & Rock	Classical Corner Music from the past 1000 years... Always a weekly job The Lively Arts Music & spoken word from 6m, 7c, 800s & 900s Noel Robertson	2 PM
3 PM	Bowra Beats 2NVR Youth Radio with Grace	Nambucca Valley Roundup Elizabeth Newman	Just For You Carole J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	Thursdays Country Trickitic	Rhino On The Radio Rhino Music, chat and a touch of banter with Paul and Rachel	Two For The Money Music, chat and a touch of banter with Paul and Rachel	Classical Corner Music from the past 1000 years... Always a weekly job The Lively Arts Music & spoken word from 6m, 7c, 800s & 900s Noel Robertson	3 PM
4 PM	The Westley Fix Paul Westley	The Phoenix Crew Selected music & madness	Just For You Carole J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	Fallen Angel With Sean Norman Music & Talk Back	Wind Down for the Weekend Stu & The Crew	Today's Country Rob Davidson	Classical Corner Music from the past 1000 years... Always a weekly job The Lively Arts Music & spoken word from 6m, 7c, 800s & 900s Noel Robertson	4 PM
5 PM	Bike Show Bernard Kelly-Edwards Cultural Unity with Poetry, Community Yams & Music 2NVR Multicultural Radio	Drive Through With Jackie Edmunds Mix of 60s, 70s To current music	Just For You Carole J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	Fallen Angel With Sean Norman Music & Talk Back	Volunteer Emergency Services Show — VESS	Flashback Rob Davidson 60s to '80s Pop & Rock	Classical Corner Music from the past 1000 years... Always a weekly job The Lively Arts Music & spoken word from 6m, 7c, 800s & 900s Noel Robertson	5 PM
6 PM	Bowra Beats 2NVR Youth Radio with Grace	Nambucca Valley Roundup Elizabeth Newman	Just For You Carole J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	Thursdays Country Trickitic	Rhino On The Radio Rhino Music, chat and a touch of banter with Paul and Rachel	Two For The Money Music, chat and a touch of banter with Paul and Rachel	Classical Corner Music from the past 1000 years... Always a weekly job The Lively Arts Music & spoken word from 6m, 7c, 800s & 900s Noel Robertson	6 PM
7 PM	Reggae Mixtape With Fitzroy Music outside the usual 2NVR Multicultural Radio	Country and Classic Hits With Bryon Edwards	Just For You Carole J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	Fallen Angel With Sean Norman Music & Talk Back	Wind Down for the Weekend Stu & The Crew	Today's Country Rob Davidson	Classical Corner Music from the past 1000 years... Always a weekly job The Lively Arts Music & spoken word from 6m, 7c, 800s & 900s Noel Robertson	7 PM
8 PM	Classic Album Collection With Steve Ryan	Soul into Rhyme Matt Lebrandt Whack up the bass and oop a wicked mix of hip hop and fully sock tracks	Just For You Carole J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	Fallen Angel With Sean Norman Music & Talk Back	Volunteer Emergency Services Show — VESS	Flashback Rob Davidson 60s to '80s Pop & Rock	Classical Corner Music from the past 1000 years... Always a weekly job The Lively Arts Music & spoken word from 6m, 7c, 800s & 900s Noel Robertson	8 PM
9 PM	Reggae Mixtape With Fitzroy Music outside the usual 2NVR Multicultural Radio	Country and Classic Hits With Bryon Edwards	Just For You Carole J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	Fallen Angel With Sean Norman Music & Talk Back	Wind Down for the Weekend Stu & The Crew	Today's Country Rob Davidson	Classical Corner Music from the past 1000 years... Always a weekly job The Lively Arts Music & spoken word from 6m, 7c, 800s & 900s Noel Robertson	9 PM
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Midnight	Classic Album Collection With Steve Ryan	Soul into Rhyme Matt Lebrandt Whack up the bass and oop a wicked mix of hip hop and fully sock tracks	Just For You Carole J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	Fallen Angel With Sean Norman Music & Talk Back	Volunteer Emergency Services Show — VESS	Flashback Rob Davidson 60s to '80s Pop & Rock	Classical Corner Music from the past 1000 years... Always a weekly job The Lively Arts Music & spoken word from 6m, 7c, 800s & 900s Noel Robertson	Midnight

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