

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



NOVEMBER 2019 ~ ISSUE #179 ~ FREE ~ CIRCULATION 400 ~ POSTCODE 2449

KABNSW Sustainable Communities Tidy Towns Awards -



*Congratulations to Bowraville and to all
the winners including Josh Callaway
from Bowraville Central School.*



2019 Sustainable Communities
Tidy Town Overall Awards
Population Category A
FINALIST

BOWRAVILLE

Young Legend's Environment Award
Population Category A
WINNER

JOSH CALLAWAY
Bowraville

Coastal and Waterways Protection Award
Population Category A
WINNER

RESTORING SOUTH CREEK
Bowraville

Habitat and Wildlife Conservation Award
Population Category A
WINNER

NATIVE BEES FOR OUR FUTURE
Bowraville

Waste Less, Recycle More
Waste Minimisation Award
Population Category A
HIGHLY COMMENDED

BOWRAVILLE COMMUNITY NEWS
Bowraville

*Congratulations to Murrurundi -
who were the overall winners of
the Tidy Town Awards,
with Bowraville being the
runner-up.*

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BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 400 COPIES

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

2019/2020 ADVERTISING CHARGES:

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Annual subscriptions includes 11 issues.

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

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

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

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

Front Cover (1 issue) - \$50

DEADLINE FOR COPY FOR

THE DECEMBER 2019

ISSUE IS: 4:00PM

TUESDAY, 19th NOVEMBER 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

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*

BowraMacksville Hospital Auxiliary

Over 20 volunteers attended our September meeting at the Rec Club and we welcomed 2 new members, bringing our membership to 49. Five members will attend the Annual State Conference at Port Macquarie. We have nominated 2 days in November for selling raffle tickets for the Gala Garden Day when all profit from the raffle goes to the UHA. Due to this commitment we will leave our Christmas raffle till December. In only 4 weeks recycling hospital water bottles has netted us around \$147. By November 2nd it is hoped all coffee shop volunteers will have attended the training courses concentrating on mandatory Work Place, Health and Food Safety regulations. All members are asked to be free for December 6th for our Annual Christmas function.

Garden Club

Due to unforeseen circumstances we cancelled our bus trip to Port Macquarie and took private cars. Over the last month we have visited 3 local gardens, all different and a credit to the owners. Our AGM will be held at the home of Dee Hunter with a 10 am start on Saturday 9th November with morning tea, meeting and a light luncheon. We will have the usual raffle and trading table. Our October meeting saw us come home with our terrariums made under the guidance of tutor, Wendy.

Bowraville Seniors

Our small group meets the 3rd Friday of each month. Due to so many of our members going on bus trips in December our Christmas function will be held in November with December and January in recess.

Recreation Club

The grant for the New Sporting Hub has been approved for three million dollars and Nambucca Council has contributed \$700.000 which will build a car park, children's playground and other facilities. Golf NSW and the golf committee will be organising the new set out of the golf course as the present 6th and 7th fairways will not be in use. New covered bowls greens are to be next to the club house situated on the previous 6th fairway - beside the present football field. Most bowls championships are completed or will be this month - A Grade Men's Geoff McKay, Ladies Chris Dawson. B Grade Men's Garry Towner and Ladies Triples Chris Dawson, Lyn McKay and Beth Mitchell. Congratulations to all. On the golf course a special thank you to Bill Jarret who helps keep the course tidy and clear of pine cones. Women golfers held their Foursomes Championship with Kerrie Jackson and Evelyn Usher the winners. Over 50 players participated in the Pennants Foursomes with carts borrowed from around the district to help out. Men's golf has seen a few eagles and holes in one to celebrate with many

Continued on Page 5



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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 Bowra Ex-Services Club (6564 7304)

TUESDAY

LINE DANCING 6.00-7.00pm Pioneer Community Centre, 70 High Street, Bowraville. (6564 7791)

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

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

WEDNESDAY

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

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

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

MEMBER'S DRAW & MEAT RAFFLE 6.30pm pm

Bowraville Ex-Services Club (6564 7304)

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

THURSDAY

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

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

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

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

FRIDAY

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

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

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

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

SATURDAY

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

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

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

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

SUNDAY

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



ACTIVITIES ORGANISERS

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

TECHNO LESSONS OPEN TO EVERYONE

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

Absolute beginners are most welcome!



Free Techno Lessons
Bookings essential

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

For technical issues contact BTC for a booking.

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

Special offer to community groups

Save on paper and ink!

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

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

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

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good scores also reordered. The older players love to have a gross score less than their age. Contact 6564-7349.

Bowraville Race Course Art Group

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

Line Dancing

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

Bowraville Food Hub

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

St Jimmy's Kitchen

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

Macksville/Bowraville Uniting Church

The Uniting Church has a monthly service shared by Macksville and Bowraville in Bowraville. We usually have around 18-20 in attendance and local town folk are very

welcome to come along and join in the service which starts at 10.30am and is conducted by Reverend Tom Fairhall from Bowraville and Reverend Ken Smith from South West Rocks on alternate months.

Macksville/Bowraville Uniting Church Op Shop

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

Continued on Page 8

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1/11

Coronation Kennels & Cattery

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180 Coronation Road, Congarinni North
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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

2/11

BOWRAVILLE GIFT SHOP



any occasion

LOCATED AT BOWRAVILLE POST OFFICE

27 HIGH STREET BOWRAVILLE

Monday to Friday: 9am - 5pm

PH: 02 6564-7169

6/11

Scams directed at older Australians



Often older Australians have more money and accumulated wealth than younger people making them an attractive target for a scammer. Scammers will also scour dating sites and social media for older Australians who have recently divorced or lost a long term partner, taking advantage of their inexperience with these sites and their often vulnerable emotional state.

Older Australians may also be seen by scammers as generally less internet and computer savvy or familiar with new technology.

A common scam targeting older Australians is the Door-to-Door and Home Maintenance scams

While many legitimate businesses sell things door-to-door scammers also use this approach. These types of scams generally involve promoting goods and services that are of poor quality or not delivered at all.

Scammers may try and sell you gardening or roofing services and then bill you for additional work that you did not agree to. Sometimes they may pretend to conduct a survey so they can get your personal details or to disguise their sales pitch until they have been talking to you for a while.

Some of the warning signs you may be dealing with a scammer include:

- they visit late at night or visit you again after you have said 'no'
- they don't show you any identification or give you any contact information, written quotes or receipts
- they might demand that you decide to accept their offer on the spot
- you may be asked for a deposit or full payment and can only pay by cash or credit card
- they fail to tell you about your legal rights including rights to a cooling-off period.

For more information about your rights and protections when approached by a door-to-door salesperson see: Telemarketing & door-to-door sales - www.accc.gov.au/consumers/sales-delivery/telemarketing-door-to-door-sales

Protect yourself

- Don't be pressured into making a decision. Scammers often try to create a sense of urgency through short deadlines, fake emergencies or threats of legal action.
- Be suspicious of requests for money – even if they sound or look official. Government departments will never contact you asking for money upfront in order to claim a rebate.
- Scammers will often ask you to use an unusual payment method including preloaded debit cards, gift cards, iTunes cards or virtual currency such as Bitcoin.
- Verify the identity of the contact by calling the relevant organisation directly – find them through an independent source such as a phone book or online search. Do **not** use the contact details provided in the message sent to you.
- Don't respond to phone calls or emails offering financial advice or opportunities – just hang up or delete the email.
- Always do your own research before you invest money and check the company or scheme is licensed on ASIC's MoneySmart website - www.moneysmart.gov.au
- Be wary of people you meet on social media or online dating sites who, after just a few contacts, profess strong feelings for you and try to move you away from the site and communicate via chat or email.



NOVEMBER PROGRAM at the

BOWRAVILLE THEATRE

Sunday, 10th November at 2pm - 2 Shades of Grey

Be entertained with nostalgic music made famous by: Glenn Miller, The Everly Bros, Doris Day and many others. Along with a big dollop of nostalgia we include a dash of humour and a sprinkle of romance. **Tickets:** \$25 - Purchase at Theatre Box Office.

Sunday, 17th November at 2pm - A Choral Extravaganza

This concert will feature the children's choir 'Valla Voices' and our very own Bowraville Theatre Singers. The concert, aside from bringing this terrific local children's choir to our local community, will be a fundraiser for the Bowraville Theatre and for Valla Voices to help fund a proposed trip to Europe in 2021.

Tickets: \$15 - Online bookings @ tickethost.com.au - Purchase at Theatre Box Office - Phone 6564 7279

Friday, 22nd November at 7pm - Aine Tyrell and Emily Wurraramara

A unique and stunning double bill of powerful and inspiring performers. These women have shared bills and festivals across Australia and Ireland together. They are passionate women of the sea. They both sing and speak from the heart singing anthems for humanity and social justice as well as writing songs that speak to your heart.

Tickets: \$25 Purchase at Theatre Box Office or Stickytickets (<https://stickytickets.com.au/WPBCO>).

Sunday, 24th November at 2pm - Bellingen Youth Orchestra - From Tuscany in Spring

This is Vivaldi in all his musical ingenuity, the best known of his works - imagine closing your eyes and being taken away with musical imagery of flowing creeks, singing birds, a shepherd and his barking dog, buzzing flies, storms, drunken dancers, frozen landscapes and warm winter fires.

Tickets: \$25 Adults, \$18 concession / pension / students children under 12 Free

Purchase at the Theatre Box Office / Bellingen Visitor Centre or online [www. Stickytickets.com.au](http://www.Stickytickets.com.au) (<https://stickytickets.com.au/CAPAT>)



Bowraville & District Ex-Services Club 6564-7304

What we have to offer . . .

TAB - Fox Sports

Keno - Gaming Machines

Pool Table - Daily Happy Hour

Bingo - Raffles

Members' Draws



HAPPY HOUR - All Schooners \$4.50
from 5pm to 7pm daily

FREE POOL Everyday

2/11

BOWRA HOTEL

OPEN 10AM - MIDNIGHT

BISTRO

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

DINNER 5.30pm - 8pm Tues - Sun

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Regular Live Music

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33 HIGH STREET, BOWRAVILLE

Ph.6564 7041 Fax. 6564 8471

2/11

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

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helping please call at the shop on Thursday or Friday. Contact: Mavis Ward 6568-2451.

Nambucca Valley Community Church Food Hub

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

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

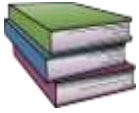
Wednesday. Youth Group is held each Friday for 12-18 year olds from 6 to 8pm. Phone David Bossard 0427 231 040. Food Hub is run by this church. Senior Pastor is David Bossard. This is a vibrant inter-generational church serving the whole Valley as its name suggests.

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.

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 (<i>bi-monthly even months</i>) | VALLA BEACH COMMUNITY MARKET from 8am to 1pm | 6569 5410 |
| 1 st | Kempsey Riverside Markets, Riverside Park from 8am to 1pm | 0456 658 979 |
| 1 st & 4 th | Marine Rescue Charity Market, Woolgoolga Beach from 8am | 6654 0447 |
| 2 nd | South West Rocks Market, Horseshoe Bay Reserve from 8am to 12 noon | 6562 6671 |
| 2 ND & 4 TH | BOWRAVILLE COUNTRY MARKET Bowraville Pioneer Centre from 9am to 1pm | 6564 7908 0400 828 471 |
| 2 ND & 4 TH | BELLINGEN NATURAL PRODUCE MARKET from 8am to 1pm Bellingen Showground | 6655 1279 |
| 3 rd | BELLINGEN COUNTRY MARKET , Bellingen Park from 8am to 3pm | 6655 2151 |
| 4 TH | Gladstone Market - 8.30am to Noon | 6567 4203 |
| SUNDAYS | | |
| Every Sunday | Uptown Markets, Castle Street, Coffs Harbour from 6am to 2pm | 0434 482 926 |
| Every Sunday | Harbourside Markets, Coffs Jetty Foreshore from 8am to 2pm | 0407 661 990 |
| 1 st | Coffs Harbour Lions Boot Markets, Coffs Jetty Foreshore 7am to 1pm | 0417 704 588 |
| 2 nd | Plaza Market, Nambucca Heads Plaza from 8am to 1pm | 6568 9655 |
| 3 rd | Gladstone Community Market, Memorial Park from 9am to 1pm | 0425 205 737 |
| Last Sunday (<i>bi-monthly even months</i>) | FUNKYA @ UNKYA MARKETS from 8am to 1pm Unkya Reserve, Eungai | 0425 205 737 |

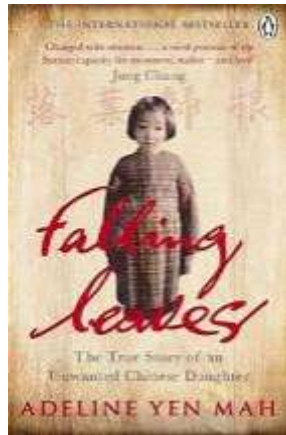


BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

Falling Leaves

By Adeline Yen Mah

This is the true story of an unwanted Chinese daughter. The tale begins in the early 1900s and unfolds with a great deal of Chinese history – without it the reader would have a less clear picture of the culture and what contributes to the concept of not wanting one’s children.



Adeline recounts her family story which is an extremely painful one for her. She bore the brunt of blame for her mother dying shortly after her birth. Not too long after this event her father, well known for his ‘midas touch’, married a much younger, attractive but much less pleasant woman. They had 2 children of their own to add to the 5 already in the family.

Adeline’s life, and that of her 4 siblings, took a dramatic downward turn with the arrival of the vicious,

greedy stepmother and she tells of physical and emotional torture suffered by all the children but more so by herself. The abuse and neglect by both parents is appalling and the financial hardships they forced upon the children is difficult to fathom given they were such an affluent family. The mean-ness of them extended to her grandparent, mother’s sister and other older relatives and even friends.

Adeline does, however, have a successful, professional adult life with a wonderful partner by her side.

The true account of those politically changing times where many Chinese suffered at the hands of the government and other regimes was interesting (but awful) to read of. To narrow down to the way one particular wealthy family behaved, personally and professionally, during that time was also rather hard to take.

Falling Leaves is an emotional challenging story but one I feel is worth reading.

Read and reviewed by Volunteer Raewyn.

BowraVILLE Post OFFICE

27 High Street, Bowraville ♦ Telephone: 6564-7169

Monday to Friday 9am-5pm

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

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Be Antibiotic Aware

Antibiotic Awareness Week – 18th - 24th November 2019



What is antibiotic resistance?

Antibiotic resistance is the ability of a micro-organism (such as bacteria) to stop an antibiotic from working effectively. Whilst antibiotics have the potential to treat infections use of antibiotics can also contribute to the problem of antibiotic resistance.

Why is antibiotic resistance such a concern?

Antibiotics are lifesaving medications but only if they work against the organism causing infection.

Antimicrobial resistance may impact on life saving health care, such as cancer treatments or organ transplants, as antibiotics will not be effective to prevent infections that are commonly associated with these procedures. Antimicrobial resistance is already affecting the care of patients now and current trends indicate this will have an increasing impact over time.

The World Health Organisation has described antibiotic resistance as one of the greatest threats to human and animal health as well as food and agriculture.

Why is the correct use of antibiotics important?

Unlike other medications the development of antibiotic resistance from the over use of antibiotics can affect not only the patient needing treatment now but also future patients and the wider community. Antibiotic use inevitably leads to resistance but overuse of antibiotics has accelerated this process. Some antibiotics are no longer able to be used to treat infections.

It is important to take antibiotics as prescribed by doctors and not to **pressure doctors for antibiotics if they feel they won't help your situation.** Saving antibiotic prescriptions for later or taking someone else's can mean you aren't getting the right antibiotic at the right dose for your needs.

Can't we just develop new, stronger antibiotics?

The development of new antibiotics is challenging, expensive, and takes a long time to deliver to market. Because of this the number of new antibiotics has been decreasing over time.

What can be done now?

We must ensure that antibiotics are only taken when they are absolutely needed, in the most appropriate way for the shortest period of time. It is an issue that demands action on every level from individuals, governments and major organisations around the world. Without urgent action infections and minor injuries could once again become fatal.

- www.safetyandquality.gov.au/our-work/antimicrobial-stewardship/antibiotic-awareness-week

BOWRAVILLE PHARMACY

31 HIGH STREET, BOWRAVILLE

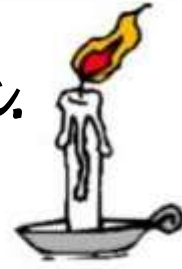
PHONE: 6564 7925 or FAX: 6564 7364

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





Don't be left in the dark.



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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





Bowra Food Hub is changing!

The previous Bowraville Food Hub has undergone a few changes in recent weeks. From now on it will be known as the St Jimmy's Bowra Food Hub to be overseen by the Nambucca Anglican Parish and will be coordinated by local Bowraville volunteers.

You will see the same familiar, smiling faces but now they will be distributing the food from the Anglican Hall in Young Street.

The food hub has been running under different banners in different locations for a long time now and as St Jimmy's Food Hub it will gain some stability in its location and day to day running.

The organisers of the hub have plans to expand its offering in the future to include more items such as fruit, vegetables and non-perishables. At the moment it distributes mostly bread and some fresh produce for free. It operates on Mondays, Fridays and Saturdays starting at 9.30am until the food is gone. All are welcome.

The hub will join with the other St Jimmy's projects such as the monthly community dinner, the Seniors Christmas Dinner and the Christmas Day Lunch. If you would like to join in any or all of these, please come down to the hall and say hello. We would love to see you!

LIONS CLUB OF BOWRAVILLE INC.

SUPPORTING OUR COMMUNITY

PRESIDENT

Mark Scott
M: 0428527545

SECRETARY

Lisa Matters



2/11



Email:

bowraville@lionsdistrict201n1.org.au
PO Box 23 Bowraville NSW 2449



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



2/11



Bowraville food hub has moved!

We are now at the
Anglican Church hall
Young street, Bowraville.

Monday, Fridays & Saturdays
from 9:30am.



Concerns mobile phones are 'listening in' to our conversations

Have you ever spoken about something only to find a spookily relevant advertisement pop up on social media days later?

You're not alone - Aussies are fearing phones are listening to their conversations.

This is one of the key takeaway issues from the 2019 Unisys Security Index Research released recently with 41 per cent of respondents saying they have received social media posts about a topic they had talked about out loud.

There's also concern smart devices like Google Home and Amazon Alexa are listening too, with 26 per cent of those surveyed reporting their device had started asking questions even when they have been turned off. At least half of people who experienced these situations say that it concerns them, the research says.



Unisys Asia Pacific security services director Ashwin Pal said the report suggests Australians find this behaviour unacceptable and even he's been spooked by his devices listening in.

"Recently I hadn't turned Siri on and it asked for more information about what I was talking about. That personally freaked me out," Mr Pal said. "Consumers need to be aware about what's going on, make sure you know what your device is doing and if you aren't comfortable turn it off." He said organisations have taken steps to ensure more privacy features - but it's up to consumers to be aware of what conditions they are exposed to when they download phone apps and accept terms and conditions.



Mr Pal added due to the significant revenue organisations make from mining and selling personal data its likely data collection will continue to grow. The research also revealed that of the three other Asia Pacific countries surveyed Australians are the most wary of their data being collected. More than a third of Australians (38 per cent) say there is no acceptable situation to collect data from smartphones and wearable devices

compared to New Zealand with 36 per cent, the Philippines at 20 per cent and Malaysia at 14 per cent.

Despite concerns about data collection there are instances where Australians feel comfortable with it.

Of those surveyed, 41 per cent said they would be okay with the government collecting information that could identify who is near a disaster, such as a cyclone.

Though they are less likely to support the government using their travel patterns to plan for roads and infrastructure with only 19 per cent being okay with sharing their information.

- www.news.com.au



Bowraville Lions Club Inc News Bulletin

NOVEMBER 2019



The Bowraville Lions Club were pleased to help with the free BBQ for the BBQ&A held by the Bowraville Technology Centre on Thursday 17th October. We had a visit from the 2nd International Vice President Lion, Brian Sheehan and his wife, Lori who were here to attend the District Convention at Nambucca Heads.

The Bowraville Lions also cooked breakfast for the international and national visitors at the convention on Saturday 19th October outside the Nambucca Heads RSL Club.

Coming up in November we will be doing the catering at Simpsons Ridge spectators' site for the World Rally on Saturday 16th November. This is our major fundraiser of the year and we are looking forward to catering for all the fans from all over the world.

'More than just a sausage sandwich'

The Bowraville Lions Club were pleased to provide financial assistance for Josh Callaway to attend the KABNSW Sustainable Communities Tidy Towns Awards at Cessnock. Congratulations to Josh in winning the Young Legend's Environmental Achievement Award.



The Bowraville Lions Club meet on the 3rd Wednesday of the month at the Bowraville Hotel from 6.30pm. Contact the club on M: 0428 527 545 (Mark Scott, President).

Continued from Page 6

- Be suspicious of unexpected emails or letters advising you how to claim an inheritance or competition prize. Never give out your personal details but seek advice from an independent professional.

Be aware of and understand your consumer rights - www.accc.gov.au/consumers/consumer-rights-guarantees

Have you been scammed?

We encourage you to report scams to the ACCC via the report a scam website at www.scamwatch.gov.au/report-a-scam

This helps us to warn people about current scams, monitor trends and disrupt scams where possible. Please include details of the scam contact you received, for example, email or screenshot.

Guidance is also provided on - www.scamwatch.gov.au/get-help/where-to-get-help

More information:

Protect yourself from scams - There are steps you can take to keep safe from scams.

Be connected

www.beconnected.esafety.gov.au is a new digital literacy program for older Australians to help them increase their online confidence, skills and safety.

Online resources

www.scamwatch.gov.au/about-scamwatch/tools-resources/online-resources - Stay one step ahead of scammers by signing up for radar alert emails - www.scamwatch.gov.au/news/subscribe-to-scam-alert-emails and following us on Twitter.

- www.scamwatch.gov.au/get-help/advice-for-older-australians



Bowraville IGA Plus Liquor

76 High Street, Bowraville

Telephone: 6564-7307

Website: www.iga.com.au

Support your local supermarket

HOURS:

Monday to Friday 7am - 7.30pm

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

**Weekly specials through the store.*

**Check website for catalogue specials*



Bowraville Chamber of Commerce and Industry Inc

The Bowraville Chamber of Commerce is an influential voice heard by Nambucca Shire Council. As membership grows so will the authority of the Chamber and the impact for our town. Full membership is open to all at \$40 per year.

The Chamber lobbied Council for marked parking in High Street which has now happened and to maintain public toilet/amenities availability in both McKay and Grassy Parks. Chamber is also seeking to begin a process with Council to undertake a Master Plan for High Street which could possibly include street crossing infrastructure, seating, places to engage with our history and the creation of much needed summer shade.

The Chamber is continuing with our street art project in Bowraville. Last year the NSC granted a number of areas in the valley funding for such a venture. To date only part of the funding has been utilised. It is Chamber's desire that our local artists contribute to this project and we are seeking submissions from the many artists who reside in and around Bowraville. The final decision will be based on a community vote and in accordance with the current National Association for Visual Arts Code of Practice.

The Chamber will hold its AGM on Monday 25th November commencing at 6.30pm, at the Pioneer Community Centre. All elected Executive Committee positions will be vacated prior to the elections. Current members and interested folk are encouraged to attend and participate in shaping the future Bowraville.

The **Tidy Towns Awards** are on again! Hopefully Bowraville will again be successful with some of these awards. The presentation will be held in Cessnock on 2nd November. This year Bowraville's Logan Zingus, Nambucca Valley Landcare, has been asked to give a presentation on the restoration of the South Arm of the river.

More great news; our Josh Callaway who attends Bowraville Central School, has been chosen as a finalist in the '**Young Achievers Award**' for NSW. The Chamber congratulates Josh on this nomination.

We look forward to seeing you at the November AGM.

The President

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



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

5/11

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 ~

8/11

Bowraville Bus Timetable

Departs

Bowraville Post Office 7.13am

Bowraville IGA 8.13am & 9.13am

Returns

Macksville to Bowraville 2.35pm

3.35pm

4.35pm

Last bus 5.25pm

Red Ticket — \$2.50 per day

Eligibility: Pension Card

busways Telephone: 6568-3012

N/C

Foods You Can Regrow from Scraps

If you've got the patience for it, regrowing food can be fun and save you money over time!

An important note: If you're planning to regrow food from store-bought produce, you'll almost always get better results from using organically-grown produce, rather than conventionally-grown. Some conventionally-grown produce is treated so that it won't sprout again, which makes further growth impossible.

Celery, Lettuce, Cabbage, Leeks, Fennel and Onions

All of these vegetables can be regrown from the root end. Simply remove the root end of the vegetable, and place it root-side down in a shallow dish of water for about a week. Change out the water every couple of days as necessary and be sure to not let it dry out. After several days in the water new roots should be forming underneath and the top should show signs of new growth from the centre.



At this point transfer your plant into the ground, or into a 10-inch pot filled one inch from the top with potting soil. (Make sure to choose a pot that allows for drainage.) Place the plant into the soil, far enough down so that only the new growth is above the surface. Keep the plant damp, but not saturated, and in a month or two you should see significant growth!

Celery and lettuce can be harvested little-by-little as needed. Onions can be harvested at the

Continued on Page 20

An Obscure NSW Road Rule You're Possibly Breaking



Who hasn't been driving in a car before suddenly remembering that you may have left the stove on? In your rush, you do a U-turn, drive back home and barely even park properly, leaving your engine running in your haste to get inside and prevent your house from burning down. Thankfully, everything is in the clear so you drive back to your previous destination feeling relieved. Turns out however that in your rush to protect your property you may have broken regulation 213 of the Road Rules.

Regulation 213 of the Road Rules provides that:

“If the driver will be over 3 metres from the closest part of the vehicle, the driver must switch off the engine before leaving the vehicle.”

“If the driver will be over 3 metres from the closest part of the vehicle and there is no-one left in the vehicle, the driver must:

- (a) If the windows of the vehicle can be secured - secure the windows immediately before leaving the vehicle, and
- (b) If the doors of the vehicle can be locked - lock the doors immediately after leaving the vehicle.”

The rule clarifies that a window is considered “secured” even if it is open, by up to 2cm. As ridiculous as regulation 213 may appear, breach of the rule can come with a penalty of up to \$2,200.

Road Rules 2014 (NSW) provides hundreds of rules that cover every aspect of the road including angled parking, how to make turns, and rules for pedestrians. Most other states and territories have an equivalent to the Road Rules 2014 (NSW) which include similar, if not the same, regulations. Find all the regulations applicable in NSW at http://classic.austlii.edu.au/au/legis/nsw/consol_reg/rr2014104/.

- www.freedmangopalanlegal.com.au

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Token Operated Washing Machines & Dryers.

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Commercial Washers and Dryers

Enquiries: ph 6564 7401



Foods You Can Regrow from Scraps Continued from Page 18

green onion stage or allowed to grow into mature onions.

Garlic – Potatoes

If you've had garlic or potatoes start to sprout before you've been able to use them you don't have to throw them away! A whole head of garlic can be grown by planting a single, unpeeled clove pointy-side up in the ground or in a pot. Harvest your garlic by pulling up the entire plant when the leaves start to yellow and die.



Similarly, a potato can yield one, two, or even three whole plants of potatoes, depending on its size. If it's small plant it whole, a couple inches deep in the ground, or in a large, tall pot. A medium-size potato can be divided into smaller pieces but ensure each piece has at least one or two "eyes" on it. Potatoes can be dug up and eaten as small "new" potatoes or they can be allowed to fully mature before harvest.

Basil

Basil can easily be propagated from cuttings. Take a 3-4" stem of basil and remove any lower leaves, keeping only the top-most leaves. Place the basil stem in a small dish of water by a sunny window for about 2 weeks, changing the water every couple of days. By this time, the roots of your basil stem should be long enough to be able to transplant it into a small seed cup with some potting soil. If your seed cup is biodegradable, you can plant it directly into the ground or your container of choice once the plant is a few inches taller.



- www.onegoodthingbyjillee.com

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

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

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

For the home garden or big acre farming . . .

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2/11



Ngambaga Bindarry Girrwa Community Services Aboriginal Corporation

ABN:19746606729

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

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

Address: 1/53 High St, Bowraville,

Web: nbgcommunityservices.com.au

Email: admin@nbgcs.com.au



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(In the Nambucca Valley)

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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: An Early Linker will assist with:

- People with a disability aged 0-8 yrs and who are generally not accessing any specialist disability service
- Carers and families of people with a disability
- The community
- People wanting assistance to accessing community and mainstream services, knowledge, resources and opportunities in their communities
- General development concerns
- Information and support for families to find out about their children's disability needs
- Identify concerns, set goals and development plans for the future
- Connecting with other parents, community and service providers

Early Links Mission:

"Every child, every opportunity"

Early Links Vision:

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

- Build confidence to achieve your goals
- Develop your existing support networks and create new networks
- Look at ways you can participate and be a part of you community.





Ngiyaala garla-ngarraynggi waw guuyunga jurruya jalumbaw,giili waw.
We would like to pay our respect to Elders past and present.

"Ngiyaa Nyaaga mangga darrunda bambuurr ngaljarri barmarranygu yilaami,manggagirr maana darrunda guunu julgaaganybiin.gu."
"We aspire to facilitate change for generations to come, towards an improvement in life for ALL Australians."

OUTREACH SERVICES

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

BOWRAVILLE COMMUNITY HEALTH SERVICES

Child and Family Counselling
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These services are available by apt. - 6656-7200

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MiiMi is an approved CSO and WDO Agency.

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

Miimi House
90 High Street, Bowraville
Phone: 02 6564 8855
email: admin@miimi.org.au

IT HAPPENED in BOWRA Bowra's own Hospital News 1907, 1913, 1950 & 1951

Bowraville Folk Museum News

With the new hospital under construction at Macksville it is interesting to look at the beginnings of a hospital in Bowraville.....

"Dr. Thomas was called away to Missabotti last Friday night to attend a case of snakebite. A young son of Mr. James Mackay was bitten by a death-adder. The doctor lost no time in getting to the patient, and succeeded after the usual treatment in saving him from death. The new doctor is creating a favourable impression among the residents. He intends establishing a private hospital in Bowraville, and has come to stay. More power to him! (*The Raleigh Sun (Bellinger on Friday 25 October 1907).*)

Over the next decade or so the private hospital nearly closed but in November 1913 it was reported that "Dr. Steele secured the services of Miss Bullock to take command of the private hospital. Miss Bullock has had extensive experience in Europe as well as Australia. (*Nambucca and Bellinger News Friday 21 November 1913).*)

There were fears again in the early 1950's that the hospital would close. Alarmed locals organised a deputation to the Minister of Health to request that the hospital be taken over by the hospital commission. (*Macleay Argus Friday 17 February 1950*).

The deputation succeeded in securing the continuation of the hospital as an auxiliary to the Nambucca District Memorial Hospital in Macksville. An officer of the Commission, Mr. J. Middleton, visited Bowraville and confirmed that the hospital should carry on. (*Macleay Argus, Kempsey, Friday 24 February 1951*)

International Dates in November

10 – 17 Nov 2019 Pollinator Week – Acknowledgement of our important and unique insect pollinators. A designated week to come together to raise awareness of the importance of pollinators and support their needs.



11 Nov 2019 Remembrance Day - This day marks the anniversary of the armistice which ended the First World War (1914–18). We observe one minute's silence at 11am in memory of the millions who died or suffered in all wars and armed conflicts.

12-18 Nov 2019 National Recycle Week - This highly regarded annual campaign continues to educate and stimulate behaviour change by promoting kerbside, industrial and community recycling initiatives.

16 Nov 2019 International Day for Tolerance – Encouraging tolerance as a way of life based on mutual understanding and respect for others, and on the belief that global diversity is to be embraced, not feared.

19 Nov 2019 International Men's Day - International Men's Day encourages men to teach the boys in their lives the values, character and responsibilities of being a man.

21 Nov 2019 World Fisheries Day - A reminder that we must focus on changing the way the world manages global fisheries to ensure sustainable stocks and healthy oceans ecosystems.

25 Nov 2019 White Ribbon Day - International Day for the Elimination of Violence against Women.



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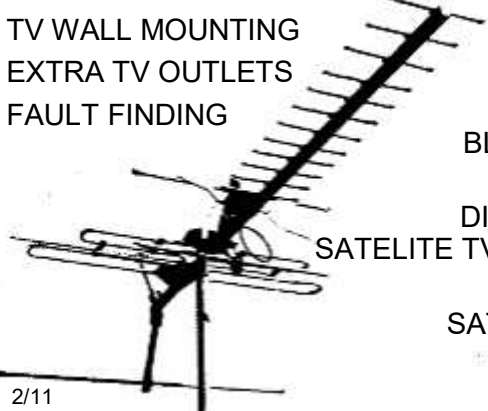
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**Historic St James Anglican Church
High St Bowraville**

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weddings and
funerals
arranged by
phoning 6568-9029*



Next "Blokes Breaky"
is 7th December at 7.30am
Cost \$5.00 All blokes welcome.

Next St Jimmy's Kitchen
5.30pm -14th November in St James Hall
All welcome to join us.

3/4

**St Jimmy's
Christmas Lunch**

Christmas Day
@ 11.0'clock

*Homemade
Baked Dinner,
Christmas Pudding*

St James Anglican
Church Hall

Everyone welcome

3/4

FOOD HUB

**Now at
St James'
Church
Hall**



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

Everyone welcome

2/2

NAMBUCA VALLEY LANDCARE AND MACLEAY LANDCARE

EUCALYPTUS IDENTIFICATION WORKSHOP

Have you ever wondered how to find the name of your favourite gum tree?

LEARN HOW TO IDENTIFY LOCAL EUCALYPTUS TREES

Join Ross and Jan Macleay, botanist, author and educators, for a practical learning session on how to identify local eucalyptus in a beautiful bush setting. Light refreshments provided.

Friday 8 November 2019 9:30AM-2:00 PM
Meet at the Grassy Head Volunteer Nursery
Reserve Road, Grassy Head (past the caravan park)

Cost: Free
RSVP: 6564 7838
admin@nvlandcare.org.au
Please wear a hat, boots and long pants

This project is supported by the NSW Environmental Trust Recovery and Rehabilitation Program and the Nambucca Shire Council Environmental Levy.

BTC LIBRARY - BOOK NOOK

From our Book Nook co-ordinator

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

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

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

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

- Volunteer Raewyn.

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

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39 High Street, Bowraville

6564-7420 admin@bctc.com.au

Day of the Dead – November 1 and 2 Is a Celebration of Life

Day of the Dead is an interesting holiday celebrated in central and southern Mexico during the days of November 1st and 2nd. Even though this coincides with the Catholic holiday called All Soul's and All Saint's Day the indigenous people have combined this with their own ancient beliefs of honouring their deceased loved ones.



They believe the gates of heaven are opened at midnight on October 31st and the spirits of all deceased children (*angelitos*) are allowed to reunite with their families for 24 hours. On November 2nd the spirits of the adults come down to enjoy the festivities that are prepared for them. On the afternoon of November 2nd the festivities are taken to the cemetery. People clean tombs, play cards, listen to the village band and reminisce about their loved ones.

The two-day festival stems from the continuation of ancient Aztec rituals meant to honour those who had died. During the festival people are encouraged to gather and pray to help those who have departed on their spiritual paths.

During the festival, families and communities gather to hold vigils and parties in honour of those they've lost. They decorate altars to commemorate the deceased, often decorating those altars with the deceased's favourite foods or personal items, with the hopes that spirits will bless the loved ones.

It's not Halloween and it's not supposed to scare anyone!

Festival celebrators tend to believe that death is something that should be celebrated in a lively way and not something to be afraid of.

The serious tone of Day of the Dead is accompanied by rich and colourful decorations. The carnivalesque atmosphere and the sugar skulls are a representation of the belief that death is simply a continuation of the life cycle.

The Mexican festivities are by far the best known but Mexican communities in America and South America also take the time to celebrate death each year.

In the Philippines, families are known to spend the night in graveyards playing cards and drinking.

The festival is also celebrated in Brazil, Ecuador, and Belize. Those individual celebrations tend to have their own small variations on the celebration as a whole.

The colours of the skull and face paints have specific meanings

Yellow represents sun and unity because - under the sun - we are all the same.

White is used to depict the spirit and purity.

Red represents life or, more specifically the blood of life.

Purple represents the understandable mourning that is felt by those who have lost loved ones.

Pink signifies happiness.

Flowers, butterflies, and skulls are symbols

The scent of the Marigold is thought to help lead spirits back from the cemetery to their family homes. Monarch butterflies are thought to represent the soul of the departed. Sugar skulls aren't morbid, they're a representation of the cyclical nature of life as we know it.



Argents Hill Hall presents...

100 YEAR CELEBRATION & CHRISTMAS PARTY!

Sunday 1/12/19 1pm - 6pm

To celebrate this milestone we will be throwing a party with a two course late lunch, a free drink on arrival, performances by local musicians, a visit by Santa himself, a raffle and fashion show!

The meal will feature produce grown by local farms, meats cooked over hickory charcoal and a range of mouthwatering desserts. All dietary requirements can be catered for. There will be a bar (cash only) for purchasing affordable beer wine, bubbles and soft drinks. *This is a not a BYO event.*

\$30 adults, \$10 kids (6-18yrs), free for kids 5 & under.
Family tickets available.

Tickets must be pre-purchased for catering purposes.

Tickets can be purchased online or at Colour, Cloth, Clay
(64 High Street, Bowraville)

To purchase tickets or get further information visit the Argents Hill Hall Facebook page or email themandarinbend@gmail.com for more details.

Please bring a small gift (under \$10) for your child & place under the Christmas tree so that Santa can gift to your child.

The money raised for this event will go towards commissioning a local artist to create a colourful mural inside the hall to commemorate 100 years!

2/2

Keep an eye out: Why screen-time is bad for your eyes

Chronic eye conditions and dry eye disease are on the rise in Australia and are one of the most common reasons people see an optometrist.

However, many people are in the dark when it comes to the importance of regular eye hygiene. We chat with an expert who offers advice on how you can better care for your eyes.



“Why do you brush and floss your teeth? Not just because your parents taught you to - you’re preventing serious dental disease that can be crippling - both physically and financially. So, why do people often wait until something goes wrong with their eyes before taking care of them?” says Optometrist Jim Kokkinakis from The Eye Practice in Sydney.

Continued on Page 31



HIPPY is a **FREE** parenting and School Readiness program available for all families with a 4 year old child that live in the Nambucca Valley.

We come to you and we work with you through activities and educational games designed to empower you in your parenting and in getting your child ready for school.

If you would like some support with your 4-year-old child and live in the Nambucca Valley, please contact us.

For further information and/or Enrolment please call Nadia Farrah on 0457 160 138 or email hippycoordinator@miimi.org.au

We are now taking enrolments for 2020

HIPPY provides opportunities for employment and training. We understand the importance of your privacy and confidentiality. Home Interaction Program for Parents and Youngsters is funded by the Australian Government through the Department of Social Services. The Brotherhood of St Laurence holds the licence to operate HIPPY in Australia.

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2/11

How rare are double rainbows?

If seeing a rainbow sends a thrill down your spine then seeing two deserves twice the excitement. The world is full of rare and astonishing things but a double rainbow is not one of them.

That doesn't mean double rainbows aren't double cool or double pretty or double awe-inspiring - they are. But they're not actually rare — something you may yourself have suspected if you've seen a couple of double rainbows in your lifetime.



How double rainbows are formed and why their formation isn't that unusual.

Rainbows "happen" when the sun hits a raindrop. The light bends (or refracts) when it hits the drop, reflects off the back of the drop and then bends again as it leaves the drop. In a process called dispersion longer wavelengths (those we see as red) bend less than shorter (blue) ones. That's why red is at the top of the rainbow in that longer, lazier arch and blue is at the bottom in a shorter, tighter one.

A double rainbow occurs when the light is reflected twice in the drop. It means you can see two different reflections coming from different angles. This leads to something that is actually really cool - instead of seeing red at the top and blue at the bottom like a regular ho-hum rainbow, the secondary rainbow (which is higher and lighter in colour than the primary) has the colours reversed. Vib G. Yor - not the same ring as Roy G. Biv! A much rarer phenomenon is called a "twinned" rainbow. That's when two separate arcs break off from the same primary base. Researchers from Disney were trying to find a way to simulate and animate rainbows better and stumbled upon the idea that raindrops of different shapes or sizes (usually from two rain showers combining) lead to twinned rainbows.

- www.science.howstuffworks.com

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

Preparing for a bush fire is easier than you think.

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

Follow these 4 simple steps to get ready for a bush fire:



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



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



3. KNOW
the bush fire alert levels.



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

Why screen-time is bad for your eyes Continued from Page 29

Dr Kokkinakis says that good eye health is often ignored. “Too much screen time on electronic devices, exposure to air conditioning and using make-up that has become contaminated are some common mistakes. Dismissing symptoms such as dry, burning or red eyes can lead to the development of larger issues that can end up becoming costly to treat.

Symptoms to be aware of include:

- dry, itchy or red eyes
- the feeling of a ‘foreign body’ or sand in the eye
- crusting of eyelashes (particularly on awakening); flaking of the skin around the eyelids
- burning or excessive watering of the eye
- sensitivity to light; blurred vision

What leads people to suffer from dry, burning or red eyes?

These symptoms are usually multifactorial. Generally though excessive use of digital devices used in air-conditioned offices is a major contributor.

Are these symptoms seasonal and related to allergies?

These symptoms can be associated with allergies. Allergies will typically cause itchy eyes though. Allergic eyes usually will respond to cold compresses and preservative free anti-allergy drops, whereas dry eyes need more help.

What impact is our screen-time having on our eye health?

Screen time is having an enormous impact on not just our eye health but also our general health. It seems to be causing a greater prevalence of dry eyes, myopia (short-sightedness), poor posture, which then leads to musculoskeletal imbalances, and even an epidemic of Vitamin D deficiency due to lack of outdoor activity.

How does one go about good eye health, is there a specific regimen to follow?

Now that we are heavily entrenched in the digital age we need to understand that looking after eyes is more important than ever. A specific regimen to follow includes:

- Eating a balanced healthy diet that includes green leafed vegetables will support the metabolic demand of the retina and possibly avert age related macular degeneration.
- Try and obtain as much out-door activity as possible, leaving the mobile phone at home.
- When staring at a digital devices be conscious of continual blinking.
- Lubricating our eyes as required, but no more frequently than twice a day with preservative-free drops.
- Keeping our eyelids and eye lashes clean with preservative-free eyelid wipes. This is not dissimilar to brushing and flossing our teeth.

Other than rest or sleep how do we give our eyes some downtime?

This is easy. Get outdoors, enjoy the scenery while getting some exercise. Dramatically reducing social media interaction will go a long way to helping our eyes.



~ GIVE IT SOME THOUGHT ~

In which country will you find these birds?



- 1) Quetzal
- 2) Cassowary
- 3) Tufted Puffin
- 4) Golden Pheasant
- 5) Frigatebird
- 6) Kakapo
- 7) Tawny Frogmouth
- 8) Bird of Paradise
- 9) Blue Footed Booby
- 10) Californian Condor
- 11) Bee Hummingbird
- 12) Scarlet Ibis



- 1) Guatemala and parts of Mexico
- 2) Northern Australia
- 3) Alaska to California, USA
- 4) Southern China
- 5) Across tropical and subtropical oceans
- 6) New Zealand
- 7) Australia
- 8) Eastern Indonesia and Papua New Guinea
- 9) Pacific seas of Central and South America
- 10) USA and Mexico
- 11) Cuba
- 12) South American and Caribbean Islands

BRAIN TEASER

Before Mt. Everest was discovered, which was the highest mountain in the world?

Answer: Mt. Everest. It just wasn't discovered yet.

SUDOKU - Medium

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| | | 1 | 5 | | | | |
| | 8 | | | | 3 | 1 | 4 |
| | 4 | | | 8 | | | 3 |
| | 7 | | | 5 | | | 8 |
| | | 6 | 9 | | 8 | 3 | |
| 3 | | | | 2 | | | 5 |
| 5 | | | | 7 | | | 1 |
| | 2 | 7 | 1 | | | | 9 |
| | | | | | 4 | 5 | |

JUST JOKING

A man was telling his friend that he'd been trying to get into shape doing 20 sit-ups each morning.

"That doesn't sound like a lot but you can only hit the snooze alarm so many times".

Success in creating AI (artificial intelligence) would be the biggest event in human history. Unfortunately, it might also be the last, unless we learn how to avoid the risks.

- **Stephen Hawking**

Ways to reduce your use!

It's important to take care of the environment and do our part when it comes to creatively saving energy, water and our limited resources.

Below is a list of small things that you can do to make a difference every day.

Buy a reusable water bottle. Large amounts of non-renewable resources go into the production of disposable bottles, it takes energy to transport the bottles and a very small amount of the bottles end up getting recycled.

Keep a pile of old envelopes and used paper for shopping lists and little notes. To save energy and space in landfills, consider purchasing recycled paper. Better yet, use your phone to make lists!

Instead of using your heating and cooling system, consider using your windows to regulate the temperature first!



Buying local produce is better for the environment because energy isn't being wasted to transport the produce. You're also supporting the local economy while eating flavourful, seasonal produce at the peak of ripeness! Try vegetarian recipes, because avoiding meat can save tons of energy.

Don't waste paper when it comes to paying bills, it's easier and better for the environment to pay online! Many companies offer online bill pay and some of them give a discount.

Instead of using and throwing away paper towels use washable linens and towels.

Save fuel, avoid contributing to pollution and get some fresh air by making an effort to walk and ride your bike when you can. Public transport and carpooling are good options, too!

Don't forget to turn off the water while you brush your teeth! A family of four can save 900 litres of water in a week simply by turning off the water while brushing.

Washing laundry on a cold cycle is more energy-efficient, so wash on cold whenever you can. 90% of the energy used by a washing machine is dedicated to heating the water! Cold water will get your clothes just as clean unless you're dealing with an oily stain.

Using reusable shopping bags can make big difference! For one thing, the petroleum used to make just 14 plastic bags can power a car for 1/5kms. Plastic bags contribute to massive trash islands in the ocean while posing a serious threat to wildlife.



You'll save energy and money on your electricity bill by switching to more energy-efficient bulbs and remember to turn off the lights when you leave the room!

Commercial carwashes have the very best methods for saving water, so go to a carwash instead of doing it yourself. You'll use about half the water you would in your own yard, and the rinse water will be properly disposed of. This is important because the rinse water could be contaminated with heavy metals, motor oils, and residue from exhaust fumes. When you wash the car at home the water goes into storm drains which lead to rivers and to wildlife.

Become obsessive about recycling and help reduce pollution, reduce greenhouse gas emissions, reduce logging and other wildlife habitat destruction.

- www.onegoodthingbyjilllee.com

COMMUNITY NOTICEBOARD ~ COMMUNITY NOTICEBOARD



Learn to make a Melon Basket - All Materials Included
If you have some anything special you would like to add or weave with please bring it along
Pioneer Community Centre, 70 High Street Bowraville
Sunday November 3rd 9am - 2pm
\$60 per person Fruit & snacks provided
Bookings essential: Marion 0400828471 or Melissa 0432364078



AGM for the Management of the Bowraville Pioneer Community Centre is to be held on **Monday 2 December at 5:00pm.** (Next General meeting Mon Nov 4)
Enquiries to: Secretary bcdainc@gmail.com or 0400 828 471 or 6564 7908
The Bowraville Pioneer Community Centre is owned by the community, managed by BCDAl (Bowraville Community Development Association Incorporated), and is for the use of the whole community
We welcome people who would like to become part of the team to move BCDAl forward in 2020.

Seeking expressions of interest in singing in and supporting our choir
Welcoming people to joyfully sing with our choir
Connecting, inspiring and transforming our community



<https://www.creativityaustralia.org.au/what-we-do/about-us/>
Marion Syratt 0400 828 471 marion.syratt@gmail.com o
Sue Smoothy 0427 414 616 sue.smoothy@hotmail.com

Leap into Bowraville - NSW SENIORS FESTIVAL 2020

BCDAI has been granted funding to showcase local community groups and activities at the Pioneer Community Centre in Bowraville for the week 22 – 29 February 2020.

This is an invitation to your community group to participate in a week of activities as part of the NSW Seniors Festival.

More details in the December issue of Bowraville Community News. In the meantime please get in touch so we can start planning this event so that your group makes the most of this opportunity.

Marion Syratt: 6564 7908 0400 828 471 bcdainc@gmail.com



AL-ANON FAMILY GROUPS

Hope for Families and Friends of Alcoholics

If someone in your family has a drinking problem you can see what it is doing to them. *Can you see what it is doing to you?* Come to our weekly meeting on **Tuesday at 10.30am - Rear & under Catholic Church, Mann Nambucca Heads.**
1300 ALANON www.al-anon.alateen.org/australia

NSW RURAL FIRE SERVICE . . .

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

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

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

BOWRAVILLE CENTRAL SCHOOL NEWS

Bowraville Central School Students and Staff raise funds for Bush Fire Victims

Students and staff fundraised for their neighbours in the recent bush fire ravaged areas in the Dorrigo region. Principal, Dave Taylor, had earlier put out the call for donations from the community to help those impacted. Gifts of fencing material, farming equipment, non-perishable food items and games and toys were among the donated items. Some of our junior students were thoughtful enough to donate their own toys to lift the spirits of the children who have had a very traumatic time. Offers of trailers and assistance to get the goods to those who needed them also came rolling in.

To add to this the Student Representative Council (SRC) organised a 'mufti' day on 19th September where a gold coin donation allowed students and staff to come to school dressed as farmers, emergency workers or anything pertaining to the bush fire stricken region. The students baked ANZAC biscuits which they sold at lunchtime along with sausage sandwiches and milkshakes. A whopping \$1000 was raised on the mufti day and this was used to purchase feed for livestock. Two vehicles of donations were driven 'up the mountain' by Dave Taylor and Assistant Principal, Owen Rushton.



Mawaa Greenup, Jade Judd and Grace Gregory with School Learning Support Officer, Bonni Sambrook.

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

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Time |
|----------|--|---|--|---|--|---|--|----------|
| 6 AM | 2NVR Music Mix | 2NVR Music Mix | Breakfast Juice NUKE Fresh-squeezed eclectic music and a little comedy. Turn up the volume! | Under The Singing Tree Poppa | Green Eggs on Toast Part 2 Lavinie Medbury Music, MOVIES News, Weather Gig Guide Local Info | 2NVR Music Mix | Praise, Prayer & Pop With Linda & Michelle | 6 AM |
| 7 AM | Macca's Breakfast Club With Les McLanlon | Let It Be With Sean Norman Music and chat in the morning | Isn't It Romantic With Dallas Dent | Tones of Claressense Claire West-Powell | Talk Of The Town Cen Wrobel See what's going down! All things local! | | Sunday Morning Music Mix | 7 AM |
| 8 AM | Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll 1950s-2010s | Dyer's Loop With The Dyers Music to oye for, of course | Crooners Easy Listening Popular Ballads | Turning Pages Elizabeth Newman | Dano's Mixed Grill Daniel Gosson Where anything can happen and probably won't | Hair Of The Dog Mick Birdies Rock, Pop Covers and Music Trivia | Jacinta's Easy Listening With Jacinta Sundstrand | 8 AM |
| 9 AM | Baby Boomers Donna Collins | Infopinion Richard Laxon | Lunch with Gazza With Gary Biden Easy Listening To Rock & Pop | Grace's Vybes With Grace McLeod Grace's special mix of music for your enjoyment | Outback Outlaws Paul Rowe Old and new country music | Garage Noise With Sean Ambrose | Classical Corner Music from the past 1000 years... Alternative weekly with The Lively Arts Music & spoken word from the TV, theatre & radio | 9 AM |
| 10 AM | The Weekly Fix Paul Westley | Rock On James, Olivia & Sam | Just For You Carole J. Simmons Reviewed by Karol's Deutsche Musik Stunde 2NVR Multicultural Radio | A Cuppa with Macca | Wind Down for the Weekend Stu & The Crew | Today's Country Rob Davidson | I Love The Seventies | 10 AM |
| 11 AM | BKE Show Bernant Kelly-Edwards Cultural Unity with Poetry, Community Yarns & Music 2NVR Multicultural Radio | Rob's Roving Robbie & Linda Bible reflections Gospel & Australiana | Sister Act Olivia & Sam | Thursday Country Tricki-lic | Volunteer Emergency Services Show — VESS | Aussie Flashback Rob Davidson All Aussie Pop & Rock | Where There's Smoke There's Fire Sean Norman Sensou & Tera Seriously good fun... | 11 AM |
| Noon | | Drive Thru With Jackie Edmunds Mix of 60s, 70s to current music | Nambucca Valley Roundup Elizabeth Newman | Highway Blues With Retro When Only The BEST BLUES WRT DO | Rhino On The Radio & Detention with Les McLanlon Starting in Studio 3 from 6pm-8pm on the 3rd Friday of each month. | Two For The Money Music, chat and a touch of banter with Paul and Rachel | That's A Wrap Donna, Nigel, Mitch & Gary Local sports results and in-depth analysis | Noon |
| 1 PM | | Nambucca Valley Roundup Paul & Rachel Burns | Feel Good Variety Dennis Rutherford Great music & comedy | Jeff's Junk Jeff Mills | | Saturday Night Specials Two hours of terrific entertainment in concert | Concussion 2NVR Youth Radio With Klan | 1 PM |
| 2 PM | | Country and Classic Hits With Bryon Edwards | Ant's Rock Anthony Gamsey Solid Rock | 2NVR Overnight Music Mix | Continues overnight | Imagine This & The AntSF Radio Show | Prog Rock Playlist Ritmo | 2 PM |
| 3 PM | | Soul into Rhytm Matt Lebrandt Whack up the bass and cop a wicked mix of hip hop and fully sock tracks | Ant's Rock Anthony Gamsey Solid Rock | 2NVR Overnight Music Mix | | Wolffy Wolffy's music & requests | The Best of Progressive Rock | 3 PM |
| 4 PM | | Music Makers With Yen Mixed music with featured Artists | Ant's Rock Anthony Gamsey Solid Rock | 2NVR Overnight Music Mix | | Overnight Express | | 4 PM |
| 5 PM | | | Ant's Rock Anthony Gamsey Solid Rock | 2NVR Overnight Music Mix | | Overnight | | 5 PM |
| 6 PM | | | Ant's Rock Anthony Gamsey Solid Rock | 2NVR Overnight Music Mix | | Overnight | | 6 PM |
| 7 PM | | | Ant's Rock Anthony Gamsey Solid Rock | 2NVR Overnight Music Mix | | Overnight | | 7 PM |
| 8 PM | | | Ant's Rock Anthony Gamsey Solid Rock | 2NVR Overnight Music Mix | | Overnight | | 8 PM |
| 9 PM | | | Ant's Rock Anthony Gamsey Solid Rock | 2NVR Overnight Music Mix | | Overnight | | 9 PM |
| 10 PM | | | Ant's Rock Anthony Gamsey Solid Rock | 2NVR Overnight Music Mix | | Overnight | | 10 PM |
| 11 PM | | | Ant's Rock Anthony Gamsey Solid Rock | 2NVR Overnight Music Mix | | Overnight | | 11 PM |
| Midnight | | | Ant's Rock Anthony Gamsey Solid Rock | 2NVR Overnight Music Mix | | Overnight | | Midnight |

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