

B O W R A V I L L E

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



OCTOBER 2019 ~ ISSUE #178 ~ FREE ~ CIRCULATION 400 ~ POSTCODE 2449



BBQ&A

The Bowraville Community is invited to a free BBQ&A day on Thursday 17th October between 11am -2pm at the Bowraville Community Technology Centre.



Come along and enjoy a free sausage sizzle and feel free to ask any technical questions you may have.



Find out how the Bowraville Community Technology Centre can help you with a full range of technical services.

This is a free event



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BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 400 COPIES

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

2019/2020 ADVERTISING CHARGES:

Bowraville Community News is produced every month, except January.

Annual subscriptions includes 11 issues.

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

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

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

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

Front Cover (1 issue) - \$50

DEADLINE FOR COPY FOR

THE NOVEMBER 2019

ISSUE IS: 4:00PM

TUESDAY, 22nd OCTOBER 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

DISCLAIMER

Bowraville Community News reserves the right to alter, omit or change classifications and advertisements —Furthermore, the Bowraville Community News does not endorse or promote products or services contained in the newsletter.

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.

“Like us on



search for CTCABowra”

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*

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, 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.

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 the 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 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-

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FITTING TURNING MACHINING
0408 964 433
Steven Jeffries
Turning - Milling - Welding - Repairs - Parts Made
Worn Shafts Re-Built - Aluminium & Stainless Welding
2 Park Street Bowraville 2449
www.fittingturningmachining.com.au

Weekly Activities

MONDAY

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

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

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

TUESDAY

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

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

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

WEDNESDAY

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

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

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

MEMBER'S DRAW & MEAT RAFFLE 6.30pm pm

Bowraville Ex-Services Club (6564 7304)

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

THURSDAY

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

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

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

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

FRIDAY

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

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

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

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

SATURDAY

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

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

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

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

SUNDAY

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



ACTIVITIES ORGANISERS

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

TECHNO LESSONS OPEN TO EVERYONE

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

Absolute beginners are most welcome!



Free Techno Lessons
Bookings essential

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

For technical issues contact BTC for a booking.

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

Special offer to community groups

Save on paper and ink!

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

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

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

From Page 3

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.

Hospital Auxillary

A big thank you to all who supported our Fathers Day raffle. Prizes went to Bowra, Newee Creek and Macksville residents so shared around the Valley. Look out for our fabulous Christmas raffle. Some volunteers visited the new hospital site to see the latest developments when 2 beams were on show and then placed ready for the roof, all visible from the highway and with our dry weather all on track for a 2020 completion. Some misinformation to correct! The car park is on the same level as the hospital and it is a 42 bed building. The hospital coffee shop will be holding 3 mandatory training sessions to update all on correct food handling and other procedures relevant to the coffee shop. If you would like to join us contact our membership officer Heather

0403 800 262. Our September meeting was held on the 27th so a report will be given next month.

Bowraville Garden Club

A very pleasant morning in September saw us admiring Barbara Well's garden and as usual we came away with cuttings. As this was also a sharing day a variety of plants and cuttings were on show for all to share. A special extra day was held on the 28th to visit another local garden and then on to Macksville for lunch. Our October meeting will see us making a terrarium under the tutelage of our guest

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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.

11/11

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

1/11

BOWRAVILLE GIFT SHOP



LOCATED AT BOWRAVILLE POST OFFICE

27 HIGH STREET BOWRAVILLE

Monday to Friday: 9am - 5pm

PH: 02 6564-7169

5/11

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!



OCTOBER PROGRAM at the

BOWRAVILLE THEATRE

DANGER CLOSE - Sunday, 6th October at 2pm

The Battle of Long Tan In August 1966, in a Vietnamese rubber plantation called Long Tan, 108 young and inexperienced Australian and New Zealand soldiers are fighting for their lives against 2500 North Vietnamese and Viet Cong soldiers.



PALM BEACH - Sunday, 16th October at 2pm



A group of lifelong friends reunite in idyllic Palm Beach, Sydney, in this Australian drama directed by Rachel Ward. Stars Bryan Brown, Sam Neill, Greta Scacchi and Richard E. Grant.

Reunited to celebrate a special birthday, the good times are set to roll. But tensions mount as secrets are slowly unearthed.

The Café opens 1/2 hour prior to doors opening.

Tickets: Adults \$14. Conc/Child (over 15) \$12. BAC Member/Child (under 15) \$10. Family \$35 (2 Adults, 2 Children under 14).



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

What we have to offer . . .

TAB - Fox Sports

Keno - Gaming Machines

Pool Table - Daily Happy Hour

Bingo - Raffles

Members' Draws



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

FREE POOL Everyday

1/11

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

1/11

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

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speaker Wendy First we will visit Margaret's garden and then on to Barbara's for the lessons. The garden Club will provide special potting mix, charcoal and sphagnum moss so members will need to bring container pebbles ,gravel etc. The club will also provide a light luncheon On the 19th our planned bus trip will take us to Port Macquarie with Morning tea at Riccardos and then on to the historic Douglas Vale Historic Homestead , vineyards and Market day at Port.

Welcome also to our new member Gaye
Contact Barbara 65647039.

Bowraville Seniors

A small group met at the Coach house Inn enjoying a cup of coffee and other delights before holding a short meeting and catching up on Bowra news. We decided to hold our Christmas function in November. Best wishes go to Geoff, Ruth and Faye. Condolences were sent to the family of former member Bob Pike.

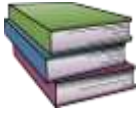
Recreation Club

The Rec Club AGM was held on 12th and all directors' positions filled The Men's Open day saw 5 women front up to join the field with Julee Townsend coming

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MARKETS CALENDAR

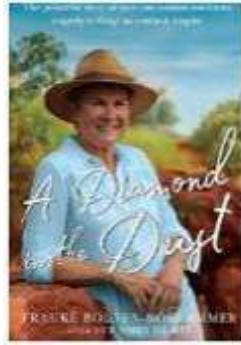
DAY OF MONTH	MARKET LOCATION and TIMES	CONTACT DETAILS
THURSDAY Every Thursday	Coffs Coast Growers Market, City Square, Harbour Dr. from 8am to 2pm	6648 4087
FRIDAY 1 st , 3 rd & 5 th	BELLOPY ORGANIC FARMERS MARKET from 8am to 1.30pm The largest 100% organic market in NSW. Bellingen Showground	0415 525 903
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 9am to 1pm	6564 7908 0400 828 471
2 ND & 4 TH	BELLINGEN NATURAL PRODUCE MARKET from 8am to 1pm Bellingen Showground	6655 1279
3 rd	BELLINGEN COUNTRY MARKET , Bellingen Park from 8am to 3pm	6655 2151
4 TH	Gladstone Market - 8.30am to Noon	6567 4203
SUNDAYS		
Every Sunday	Uptown Markets, Castle Street, Coffs Harbour from 6am to 2pm	0434 482 926
Every Sunday	Harbourside Markets, Coffs Jetty Foreshore from 8am to 2pm	0407 661 990
1 st	Coffs Harbour Lions Boot Markets, Coffs Jetty Foreshore 7am to 1pm	0417 704 588
2 nd	Plaza Market, Nambucca Heads Plaza from 8am to 1pm	6568 9655
3 rd	Gladstone Community Market, Memorial Park from 9am to 1pm	0425 205 737
Last Sunday (bi-monthly even months)	FUNKYA @ UNKYA MARKETS from 8am to 1pm Unkya Reserve, Eungai	0425 205 737



BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

A Diamond in the Dust

By Frauke Bolten-Boshammer
with Sue Smethurst



This true story was given to me by a friend so I felt a little obligated to read it..... and it's now a donation to the BTC Book Nook.

A Diamond in the Dust is a terrific true story of love and tragedy, grit and determination in the eye of hardship, travel and adventure from Germany to Africa, finally ending in Kununnurra, in the Kimberleys, Australia.

Frauke narrates her own story of young love, marriage and farming in Germany; travel with her husband to Africa, learning and developing new farming practices there; back to Germany then coming to Australia, in 1981, to follow her husband's dream (quite clearly NOT her dream) to continue with his agricultural vision for farming. Their beginnings at Kununnurra were difficult as they faced the unpredictable Australian climate

and tough landscape, the farm constantly requiring financial input, the smallness of their community, a growing family and, despite her love of sunshine, Frauke's general unhappiness and homesickness for Germany. Life took a sharp downhill turn when, three years after their arrival, her husband took his own life and Frauke was left to manage on her own.

A Diamond in the Dust follows Frauke's journey from farmer's wife to a business in diamonds. Twenty six years after selling her first necklace off the back porch, her business Kimberley Fine Diamonds, is now home to one of the world's largest collections of Argyle pink diamonds. Frauke is credited for not only pioneering an industry but also for putting the tiny outback town of Kununnurra on the map.

I enjoyed Frauke's story... it reaches the heart. Her life was touched by personal tragedy more than once but she is a strong woman who had ideas, vision and perseverance. This book is interesting and well worth the read.

- 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).

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

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

Human Tick-Borne Diseases in Australia

There are 17 human-biting ticks known in Australia. The bites of three can cause paralysis, inflammation and severe local and systemic reactions in humans. Six of the 17 may transmit bacterial pathogens which cause Q fever, Queensland tick typhus (QTT), Flinders Island spotted fever (FISF) and Australian spotted fever (ASF). It is also believed that babesiosis (a disease of cattle and other livestock) can be transmitted by ticks to humans in Australia. Another six ticks may play active roles in transmission of other pathogens that already exist or could potentially be introduced into Australia.

An increase in the incidence of tick-borne infections of human may be observed in the future due to changes in demography, climate change and increase in travel and shipments and even migratory patterns of birds or other animals. Moreover, the geographical conditions of Australia are favourable for many exotic ticks which may become endemic to Australia given an opportunity.

There are some human pathogens that are not currently present in Australia but can be transmitted by some human-biting ticks found in Australia if they enter and establish in this country. Despite these threats, our knowledge of Australian ticks and tick-borne diseases is in its infancy.

Background

Ticks and mosquitoes are recognised as the most important vectors in the transmission of bacterial and viral pathogens to humans and animals worldwide. Ticks show marked genetic diversity with numerous species being mainly found in three families. They can feed on various hosts and transmit or receive pathogenic bacteria, helminths, protozoa and viruses to/from their host animals and humans. Although most studies have found that ticks and tick-borne illnesses are often limited to specific geographical regions they may potentially be found anywhere in the world. International travel from endemic regions to non-endemic regions by people, animals and cargo can transport ticks. Whilst tick bites in Australia potentially can cause various diseases including bacterial and viral infections, paralysis, allergies, autoimmune disorders, post-infection fatigue and allegedly poorly quantified illnesses the exact incidence of tick-borne disease in Australia is unknown. - www.frontiersin.org

What are ticks and where do they live?

Ticks are blood-feeding parasites that are often found in tall grass where they will wait to attach to a passing host such as humans or dogs. Ticks can be found in most wooded or forested regions throughout the world and will often latch on to shoes or clothes and then work their way up your clothing until they find a prime piece of exposed skin. When they find exposed skin they will use their cutting mandibles to cut your skin and insert their feeding tube to feed on your blood; often inserting a small amount of natural anaesthetic simultaneously, which is why many people do not remember a tick bite.

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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



October specials at Bowraville Pharmacy

“Freeze Your Ticks off!” With Tick Tox!



ABOUT TICK TOX

What is it?

Tick Tox is a new Australian device that is designed to instantaneously kill ticks by snap freezing. It kills ticks on people and pets.

We have designed Tick Tox to fit with outdoor life so it is easily carried in a pocket, purse or backpack and it is a must for your first aid kit.

Just ONE can of Tick Tox will kill more than 40 ticks. And it kills leeches too!

Come in and get yours today at **Bowraville Pharmacy!**
Special introductory price of \$12.95!
Saving \$5 off the regular retail price!



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 2nd & 4th Wednesdays from 9am to 4pm in the Pioneer Community Centre, 70 High Street.

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

Donations of fabrics also welcomed.

Enquiries: 6564 7908 marion.syratt@gmail.com

Facebook: Nambucca Valley Boomerang Bags

N/C

LIONS CLUB OF BOWRAVILLE INC.

SUPPORTING OUR COMMUNITY

PRESIDENT

Mark Scott
M: 0428527545

SECRETARY

Lisa Matters

Email:



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



Home Interaction Program for Parents and Youngsters

HIPPY is a **FREE** parenting and School Readiness program available for all families 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.



We're here to help

Servicing the local community with:

- Bill payment
- Bank@Post#
- Identification checks
- Travel essentials
- Prepaid mobile phones and recharge*
- Stamps and stationery – office and school
- Great gift ideas and much more

We also have PO Boxes available.*

Locations:
27 High Street
Bowraville NSW 2449

Come in and meet us. We are open:

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



1/11

IT'S BUSHFIRE SEASON

Preparing your home

DO YOU KNOW YOUR RISK?

Where you live is one of the things that determines if both you and your home are at risk of bush fire and what kind of fire you might experience.

Think about the area you live in:

If you live in an area that's close to or surrounded by bush you're at risk.

Bush fires can be hot, intense and throw burning embers towards your home.



BUSH

If you live in an area that's close to or surrounded by bush you're at risk. Bush fires can be hot, intense and throw burning embers towards your home.



GRASSLANDS

If you live in an area where grasslands meet built up areas or homes, you're at risk. Grass fires can start easily and spread quickly.



COASTAL

If you live along the coast near scrub, you're at risk. Fires in coastal scrub can be hot and move fast.



PADDOCKS

If you live on a farm or near paddocks, you are at risk. Fires can spread quickly over great distances.



ON A HILL

If you live at the top of a hill, you're at risk. Fires travel uphill faster. For every 10 degrees of slope, the fire can double in speed.

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IT'S A FACT

Around 90 percent of homes destroyed in a bush fire are lost because of burning embers.

Embers can travel many kilometres from the fire, so even if you're a few blocks back from the bush you may be at risk.

Bush Fire Household Risk Assessment Tool assessmyrisk.rfs.nsw.gov.au

10 simple habits that encourage healthy eating

When it comes to deciding what to cook and eat, many of us can get overwhelmed quickly. Good food should be easy.

It's about keeping things simple so we can make the best food choices throughout the day — quickly and affordably.

Instead of a rule book on what not to eat, follow these guiding principles to help you live well and feel great.

1. Fresh food, not processed

A fail-safe way to eat well is to choose whole foods over products.

This doesn't mean we need to make absolutely everything from scratch, but choosing more fresh foods and fewer packaged ones will go a long way to improving our nutrition.

Fresh foods generally are higher in micronutrients and fibre, and help to avoid hidden fats, sugar and salt.

2. Start with vegetables

Get used to filling plates with at least 50 per cent vegetables, as eating more vegetables is one of the best things we can do for our health.

Work out which vegetables you love and enjoy these regularly rather than trying to eat them all, and pile plates high with veggies first when serving.

When it comes to snacking, cut and store vegetables to make them an easier choice.

3. Embrace diversity

Eating a wide range of vegetables, fruit, nuts, seeds and pulses provides a wide range of vitamins and minerals.

By eating a range of foods, you don't need to worry about missing individual nutrients.

Embracing diversity in what we eat means we're also less likely to need expensive extra nutrition supplements.

4. Avoid added sugar

Ditching 'free sugars' — those added to products or concentrated in products either by the consumer or the manufacturer, is a great step towards good health.

A few simple ways to quickly avoid sugar



is to say 'no' to sugary drinks and eat whole fruits rather than choosing juices.

It's important to learn the many other names for sugar on labels, such as fruit juice concentrate or glucose and question healthy claims on packaged foods, they're usually trying to distract you from reading the nutrient label.

Be okay with sugar sometimes - *we all needs a little sweetness in life.*

5. Be smart about fats

While fats have had a bad rap in the past, healthy omega-3 and omega-6 fats are essential to our health — supporting our cell membranes, brain development and heart health.

Our bodies don't make these fats; they're only available through our diet so it's important to choose the right foods.

Oily fish such as salmon and tuna, avocados, nuts and seeds (such as chia seeds, pine nuts, walnuts, almonds, pumpkin seeds and cashews) will do the trick.

6. Cook and eat with the ones you love

Science proves that eating with others results in us eating less and maybe even better.

Dining with friends and family tends to

Continued on Page 22



Bowraville Lions Club Inc

News Bulletin

OCTOBER 2019



Lions District 201N1 Convention 2019

Nambucca Heads 18th –20th October

The Lions Clubs of our district are holding their yearly convention at the Nambucca Heads at the Nambucca Heads RSL from Friday the 18th October to Sunday 20th October.

There are a total of 62 Lions Clubs, 4 Lioness Clubs and 6 Leo Clubs in District 201N1 which encompasses Collarenebri, Moree, Ashford and Iluka to the North, then down the east coast to twin towns of Forster and Tuncurry, then across to Murrurundi and as far as Collarenebri and Premer in the West.

The Bowraville Lions Club will have a BBQ at the front of the Nambucca Heads RSL from 7am on Saturday 19th October with sausage sandwiches for only \$2, egg and bacon rolls for \$5 and a big breakfast for only \$10.

Public Invite

We are expecting visitors from interstate and overseas and the local community are also invited to come along and support our clubs. There will be exhibitions booths with information on Lions Projects and a range of merchandise supporting many community, state, national and international appeals.



8 Ways Walking Changes Your Brain for the Better, According to Science

Walking is something you probably do on a daily basis without a second thought, whether while completing chores around the house or commuting to work, making it one of the most underestimated forms of exercise. However, science has shown time and again that simply walking can boost both your physical and mental health.

The best part is, your walk doesn't have to eat up two hours of your time or be a strenuous hike to feel the positive impact walking can have on your body and brain. Walking is known to have fantastic physical health benefits, but even a twenty minute walk can also provide a big boost to your mental health, as you walk, your whole body wakes up, especially your mind.

All you need is 30 spare minutes in your schedule to get the benefits of walking. According to science, this is how even a 20 to 30 minute walk can change your brain for the better.

1. It Lowers Your Risk of Developing Depression

If you needed some motivation to lace up your sneakers, do it for your mental health: A study review by King's College of London found that exercising for just twenty minutes a day could cut your risk of developing depression by a third. The review determined that any kind of "moderate aerobic activity, such as cycling or brisk walking," could boost your brain health.

Continued on Page 18



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HOURS:

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

**Weekly specials through the store.*

**Check website for catalogue specials*

6/11

Bowraville Chamber of Commerce and Industry Inc

MEDIA RELEASE

NAMBUCCA SHIRE COUNCIL

Water Restrictions

Given the prolonged dry spell the Council has received a number of enquiries regarding the water restrictions which apply to the Nambucca local government area.

At this stage the Council has not increased the level of water restrictions and they remain at the base, permanent conservation level of no unattended hoses between the hours of 9.00am and 4.00pm. Council has designated field officers for the purpose of detecting breaches of water restrictions. The penalty for a first offence is \$220.

Council's Mayor, Rhonda Hoban said that, "Council staff continue to monitor the flow in the Nambucca River which is still holding just above the 95th percentile flow for the month (ie the flow which is exceeded 95% of the time for that particular month)".

"If the river level drops below this flow rate the Council will cease pumping from the Nambucca River and take its reticulated water from the 5,000ML Bowra Dam which is close to full capacity. The 5,000ML capacity of Bowra Dam compares to the Nambucca Valley's yearly consumption of around 1,500ML. Therefore we are fortunate in having considerable capacity to deal with a prolonged drought", she said.

A further assessment of the appropriate water restrictions and usage will be made if and when the Council ceases pumping from the Nambucca River and commences to use its off river water storage.

"Regardless of the level of water restrictions the Council advocates that all residents take sensible water conservation measures to reduce demand to save this precious resource and at the same time reduce their water bills. Measures like AAA rated shower roses; only using the full flush on the toilet when needed; turning the tap off when brushing your teeth or shaving; only operating a fully loaded dishwasher; and checking for leaks are all simple measures which can save a lot of water", she said

.../Ends

For enquiries please contact the Mayor, Councillor Rhonda Hoban OAM on 6569 5556 or 0408 661 412.

MICHAEL COULTER,
GENERAL MANAGER

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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

4/11

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 ~

7/11

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

Walking Changes Your Brain for the Better from Page 16

2. It Improves Your Overall Cognitive Functioning

Harvard Health reported that several studies have discovered that just twenty to thirty minutes of daily aerobic exercise improved overall cognitive function. Study participants who completed aerobic activities such as walking, performed better on tests and had a quicker and more accurate reaction time.

3. Walking Releases Endorphins

Like all forms of exercise, walking encourages your brain to release endorphins - a neurochemical that boosts your mental health, decreases your sensitivity to stress and pain and can even make you feel euphoric. A 2018 survey conducted in the U.K. found that it took women a mere ten minutes of exercise to feel this "rush" of mood-boosting endorphins.



The Independent reported "Becoming consistent with your walking routine is also a great morale booster. You can't help but feel proud of yourself when you conquer your daily goal - which, in turn, inspires you to keep the streak alive the next day and so on. Those success-based endorphins will empower you in other areas of your life both personally and professionally."

4. It Also Releases the Protein BDNF

Science Daily explains that Brain-Derived Neurotrophic Factor, aka, BDNF, is a protein that is "essential for neuronal development and survival, synaptic plasticity and cognitive function." Simply put, it's extremely important to your brain health, and dysregulation of BDNF is actually associated with neurodegenerative disorders, such as Alzheimer's Disease. As one study published in January found, walking for thirty minutes at a "moderate

Continued from Page 31

3Wyz Wimmin at South Arm Hall

South Arm Hall will be the venue for 3Wyz Wimmin's production of 'Up Close & Personal' at 2.00 pm on Sunday 20 October 2019. The box office will benefit the hall and tickets at \$20 each will be on sale from mid-September at Bowraville Community Technology Centre (6564 7420) and at Matilda Street Gallery in Macksville (6568 4433). Refreshments will be served but please note that EFTPOS is not available for ticket sales.

This production has adult themes and can be described as trail-blazing theatre. It features a collection of monologues that range from laugh-out-loud to the macabre. One of the scripts won 'Best New Script' and 'Audience Choice Award' at Newcastle's Micro Theatre Festival this year, and two others are short-listed for production in Melbourne in November.



It is 3Wyz Wimmin's aim to take theatre to the people and to benefit the community, so come along to be thoroughly entertained and to support South Arm Hall. See you there.



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Garden Tips and Tricks

1. Paint the handles of your gardens tools a bright, color other than green to help you find them amongst your plants. You can also keep a mailbox in your garden for easy tool storage.

2. Compost needs time to integrate and stabilize in the soil. Apply two to three weeks prior to planting.

3. Do you like climbing vegetables but don't have the room? Train your melons, squash and cucumbers onto a vertical trellis or fence. Saves space and looks pretty too.

4. Garden vegetables that become over-ripe are an easy target for some pests. Remove them as soon as possible to avoid detection.

5. When transplanting tomatoes, cover the stem with soil all the way up to the first set of leaves. This greatly encourages root growth, making a stronger, healthier plant.



6. Companion planting is an excellent way to improve your garden. Some plants replenish nutrients lost by another one, and some combinations effectively keep pests away.

7. A vertical garden is perfect if you have a small courtyard, limited outdoor space or a small but sunny area you want to take advantage of. All you need is a bare wall, fence or space to establish a post for an upright living sculpture.

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1/11



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

Address: 1/53 High St, Bowraville,

Web: nbgcommunityservices.com.au

Email: admin@nbgcs.com.au



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- 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
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

Speech Pathologist

Paediatric Occupational Therapy

These services are available by apt. - 6656-7200

MiiMi is now an approved CSO Agency.

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

Miimi House

90 High Street, Bowraville

Phone: 02 6564 8855

email: admin@miimi.org.au

Healthy Eating Habits

Continued from Page 14

slow down our eating, allowing our stomach to send a message to our brain when we are full.

It also offers an opportunity to connect and check in with loved ones, supporting mental wellbeing and overall happiness.

7. Keep an eye on portions

Even when eating well, eating too much will hinder your health. Serve smaller portions, use smaller plates, go slow and do mindful checks on your appetite.

If the plate is still looking a little light on, opt for more veggies instead of adding more pasta, rice or meat to the plate.

8. Halt the salt

Much of our salt intake is accounted for in processed products including snack foods, fast foods, prepared sauces and processed meats.

Live by the principal of ‘whole foods over processed’. Check the nutrition panel of processed foods and aim for less than 120mg of sodium per 100g.

9. Choose water

Drinking water assists all bodily functions. It's filling, hydrating and helps with concentration and focus.

It's one of the easiest and cheapest things we can do for our health.

Start each morning with two glasses of water, enjoy water with each meal, and invest in a reusable water bottle so water is always handy.

10. With alcohol, less is more

Alcohol is associated with increased risks of a number of cancers, heart disease, mental illness and more.

If you've heard that a glass or two of red wine is actually good for us, this is sadly not true, with science generally stating that no level of drinking is safe.

To keep it simple and balanced, a good rule of thumb is to keep most days alcohol-free.

- www.abc.net.au/life/simple-habits-that-encourage-healthy-eating

Bowraville Folk Museum News

With the new hospital under construction at Macksville it may be 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 favorable 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, NSW : 1898 - 1918) Friday 25 October 1907).

Over the next decade or so other the hospital nearly closed but In November 1913 it was reported that " Dr. Steele secured the services Miss Bullock, to take command of his private hospital and that institution will be reopened immediately. Miss Bullock has had extensive experience in Europe as well as Australia.(Nambucca and Bellinger News Friday 21 November 1913). There was fear in the early 1950's that the hospital would close. Alarmed locals organized 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)

The Bowraville Folk Museum AGM will be held on October 21 at 10 am at the Museum



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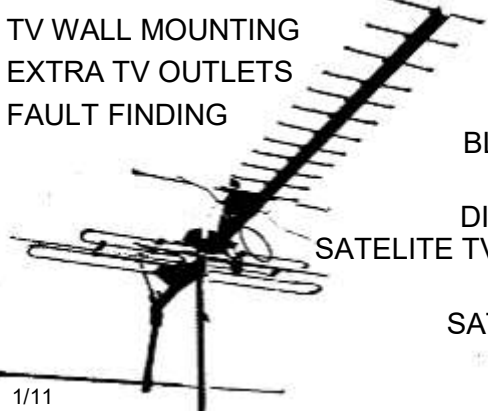
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Next "Blokes Breaky"

is 5th October at 7.30am

Cost \$5.00 All blokes welcome.

Next St Jimmy's Kitchen

5pm -10th October in St James Hall

All welcome to join us.

2/4

Fabulous Country Cousins

Vanessa Sanger, Barry Noble & Lach McKay

will entertain you



**19th October - 1 pm to 5 pm
at Bowraville Central School**

Presale tickets from Bowraville
Pharmacy and School

Adults \$15 & School Students \$5

School canteen open for light snacks & drinks.

All proceeds to Jimmys Kitchen Hall upgrade.

2/4

COMMUNITY NOTICEBOARD ~ COMMUNITY NOTICEBOARD

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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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.

Is your smartphone use affecting your children?

Emerging trends in digital technologies such as smart phones, tablets and wearable communication devices are becoming the norm for a majority of families.

Parents and children alike seem to be addicted to their devices.

While studies have been showing us how the use of digital devices affect adults, more studies have shown us how excessive use of digital devices impact children's health and wellbeing. But few studies have shown us how parental use of digital devices affect children and their behaviour.



Researchers from the University of Michigan C.S. Mott Children's Hospital (Mott) in Ann Arbor, and Illinois State University in Normal set out to examine this.

Previous studies have found a correlation between parental technology use and poor parent-child interaction, but for the first time, this study examines the effect on child behaviour.

The interference cause by technology on parent-child relation is coined as "technofence" by one of the researchers. Such interference may occur during face-to-face conversations or during routines such as mealtimes and playtimes. It refers to the perception of interruption one feels when another person interacts with digital technology during their time together and has even affected adult romantic relationships leading to conflict and poorer relationship satisfaction.

To examine the relationship between "technofence" and child behaviour, the researchers examined reports from 170 two-parent U.S. families, whose children were just over 3 years old, on average.

The researchers assessed parent digital technology use using a three-item self-report scale adapted from prior studies of problematic mobile phone use while perceived "technofence" in the mother/child relationship and in the father/child relationship was assessed through mother and father self-reports.

The researchers asked parents about the use of various digital devices and looked to see how these devices interrupted time spent with the family – from checking texts during dinner and playtime and other activities to conversations parents engage in with their children.

Parents were also asked to rate their children's behaviour over the past two months and to report the numbers of times their children sulked, whined,

Continued on Page 34

Advice for older Australians

Scams target people of all ages and backgrounds, however, some scams are more likely to target older people.

Why older Australians are at risk

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.

Common scams targeting older Australians

Dating and romance

Scammers take advantage of people looking for romantic partners, often via dating websites, apps or social media by pretending to be prospective companions. They play on emotional triggers to get you to provide money, gifts or personal details.

Investment scams

Investment scams involve getting you or your business to part with money on the promise of a questionable financial opportunity.

Unexpected prize and lottery scams

Unexpected prize and lottery scams work by asking you to pay some sort of fee in order to claim your prize or winnings from a competition or lottery you never entered.

Inheritance scams

These scams offer you the false promise of an inheritance to trick you into parting with your money or sharing your bank or credit card details.

Rebate scams

Rebate scams try to convince you that you are entitled to a rebate or reimbursement from the government, a bank or trusted organisation.

Come into the Bowraville Technology Centre for . . .

Free Advice and Help on how to avoid these scams.

BOWRAVILLE TECHNOLOGY CENTRE

39 High Street, Bowraville ~ 6564-7420

A weird and wacky cure for dry, cracked heels!

*Sometimes the wackiest ideas end up being the most effective,
and that is definitely the case with this foot soak!*

This Listerine and vinegar foot soak really works! After a 15 minute soak and a bit of scrubbing, feet and most importantly, heels are much softer and smoother! Continued use of this foot soak should help prevent more painful cracks from forming.

Here's everything you need to know so you can give it a try!

Note: The recipe below makes one litre of foot soak mixture. You may want to double, triple, or quadruple the amounts in the recipe depending on the size of your foot bath.

Listerine & Vinegar Foot Soak

Ingredients: 1 cup Original Listerine (or other yellow antiseptic mouthwash*)
1 cup vinegar
2 cups warm water

**Note: Any kind of mouthwash will work for this purpose, but the blue or green ones have a tendency to stain. The stain fades but to avoid staining use a yellow mouthwash.*

Directions: Add all ingredients to a foot bath. Soak your feet for 10 to 15 minutes then use a foot file, pumice stone, or a scrubby sponge to help slough off the softened dead skin. The result will be soft smooth heels.

-www.onegoodthingbyjillee.com

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6564-7246

Your FREEDOM of CHOICE for your Health Care is Under Attack

The Medical Board of Australia is attempting to impose severe censorship of integrative and complementary medicine in Australia.

This includes:

- Vitamin and mineral supplements
 - Bio-identical Compounded hormones
 - Treatment for chronic diseases
 - Treatment for autism and mental issues
 - Treatment for mould-related illness
 - Emerging treatments
 - Many others which require coordination of care
- It also aims to limit research activities in this area.

If you care about doctors and practitioners being able to make you aware of all your options and treat you in the way you want - go to the following website

www.integrativemedicinefreedomofchoice.com

Go here for information, ideas, actions.

Complete the simple form and click 'SEND SUBMISSION' to help stop this insidious attack on your health choices.

N/C

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1/11

Toilets Matter



Note: the main toilets in town outside IGA are not being considered for change and, in conjunction with the new playground, there is a funded upgrade of the amenities at the football/tennis court area.

On 29 August the Nambucca Shire Council voted to remove two toilet blocks in Bowraville. One is the brick Lion's one at Grassy Park high above the river; the other is the elevated one in McKay Park just over Lanes Bridge as you enter town. This in spite of strong objections from the Chamber of Commerce and community members to such an action.

In less than 3 days before the next Council meeting on 12 September over 200 signatures were collected in the town centre supporting rescinding this motion. Two locals also spoke for this at the meeting and the Council unanimously voted to withdraw this decision, with the future of the toilets becoming dependent on Council investigation of other options.

It is likely that the Lions Club will become involved in the maintenance of the Grassy Park toilets they raised money to build. Great news as they may be important with the restoration by a grant from NSW Boating Now of the small boat ramp nearby; the Central School is interested in canoeing from here.

The situation of the other toilet is more complex and the Mayor has asked to explore non-flood zone toilet locations nearby. If the present toilet remains it certainly needs to be made accessible for disabled people. It seems that if some of the excess fill from the bridge building was used it would be possible to make a ramp from near the road up to the toilet landing.

There may also need to be some changes to the landing and cubicle itself. With sensitive landscaping and creative design this could be an appealing sight for people entering our town over the bridge and an important part of the revamped park and improved water hole being planned. A fantastic asset!!!

Watch this space - we will aim to keep you informed on this and other issues.

Phillida for GoBowra!

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.

Walking Changes Your Brain for the Better *from Page 18*

intensity" increased the production of BDNF in the brains of post-stroke patients. So, walking at a quicker pace could be a key element to maintaining a healthy mind.

5. It Helps With Mental And Physical Fatigue

A 2008 study conducted at the University of Georgia found that just twenty minutes of low intensity exercise, like walking, can dramatically decrease fatigue. In fact, study participants that exercised for twenty minutes at a low intensity level, three times a week, reported a 65 percent reduction in their fatigue levels.



6. It Strengthens Your Hippocampus

If you struggle with memory problems and forgetfulness, walking may be one way to clear up the cognitive haze: As NPR reported, going for a walk, even briefly, can increase the size of your hippocampus — the region of your brain that plays a critical role in forming and storing memories, as well as the associated feelings that go along with those memories.

7. It Improves Creativity

Stuck on an important paper or project? Moving may be the cure to your creative rut. Blozy says that, even after twenty minutes of walking, "You become more creative and think more sharply, which is why it's the perfect antidote for writer's block." A Stanford study published in 2014 confirmed this, finding that walking increased a person's "creative output" by an average of 60 percent.

8. Walking Increases Blood Flow In Your Brain

CBS News reported in 2017 that a recent study discovered twenty minutes of walking increased cerebral blood flow. And, like with any major organ, increasing circulation is super important to the health of both your brain and body. As the website Brain MD Health explained, blood flow helps to bring "nutrients to your cells, and takes away toxins."

Walking may not make you break a sweat like running or a pilates class does, but that doesn't mean it's a less effective workout. Taking a twenty-minute walk around your neighbourhood or the closest park, or opting to walk instead of riding the bus on your way home from work, will keep your brain healthy in the long run.

- www.bustle.com

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

Continued from Page 8

second to Jim Armes. Catering was done by Women Golfers. Members are reminded the 100 sheet is in operation so try your luck. Bowls championships in singles and triples are completed. So far booked in for October—Over 50's bowls on 8th, October, Golf Vets on 15th and the Women's Pennant Foursomes on 28th when once a again women golfers will cater for our visitors from all over the mid North Coast . The final round of Women's' pennants will be held on 30th September . Bellinghen is the outright winner

but 3 teams including Bowra are tying for second so best of luck when you play Coffs at NH.

A VERY BIG THANK YOU to the person who found the post office parcel on the side of the road and returned it to the post office for redelivery after having been inadvertently left on the roof of a very forgetful careless Bowraville golfer, Yes the parcel was full of golf balls So thank you again !

~ GIVE IT SOME THOUGHT ~

General Australian Knowledge



1. How many countries are larger than Australia?
2. Australia has the **world's largest sand island**. What is its name?
3. In what year was Advance Australia Fair proclaimed as the national anthem by the Governor-General?
4. Do all states/territories have the same blood alcohol limit for non-probationary drivers?
5. What animal is on the Western Australia flag?
6. In what city did the Commonwealth Parliament first sit?
7. What animal featured on the 2 cent coin?
8. Who is the only person to have been awarded both the Australian of the Year and Young Australian of the Year titles?
9. Who is on the front of the current issue \$100 note?

- Answers
1. Five (Australia is the sixth largest country: Russia, Canada, China, USA, Brazil)
 2. Fraser Island
 3. 1984
 4. Yes
 5. Black swan
 6. Melbourne
 7. Frilled neck lizard
 8. Cathy Freeman
 9. Dame Nellie Melba

BRAIN TEASER

What occurs once in every minute, twice in every moment, yet never in a thousand years?

Answer: The letter m

SUDOKU Medium

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

Son to his father as they watch television: *"Dad, tell me again how when you were a kid you had to walk all the way across the room to change the channel."*



There is a saying that if you get something for free, you should know that you're the product. It was never more true than in the case of Facebook and Gmail and YouTube. You get free social-media services and you get free funny cat videos. In exchange you give up the most valuable asset you have which is your personal data.

- Yuval Noah Harari

Can Australia become the next circular economy?



As the global economy prepares for 9.8 billion people by 2050, it's clear our linear economy is reaching the end of its life. Global economic leaders are now planning for a world circular economy to decouple economic growth from resource use.

It's no secret our global over-consumption economy will come to the end of its life and we need a Plan B.

Currently, our economy is built on single use "take, make and dispose" principles involving extracting resources, making products, using them once or only a short time, then disposing of them.

A circular economy keeps products and materials in use in the market longer, through sharing, repairing and reusing. It is about changing the way we produce, assemble, sell and use products to minimise waste and to reduce our environmental impact. It is about valuing our resources, by getting as much use out of products and materials as possible and reducing the amount of waste we generate.

In 2015, the *World Resources Forum Asia Pacific* held in Sydney estimated the value of a circular economy to Australia could be around AU\$26 billion per year by 2025. More work is underway now to quantify the Australian opportunity, but if the European (\$AUD2.9 trillion) and China (\$AUD15 trillion) opportunities are any indication, it will not be insignificant.

Circular businesses are highly profitable. Sharing and reuse significantly extends the market value of products, keeping them in the market longer, creating jobs, value and multiple new revenue streams. Australia is already experiencing this transition as new sharing and reuse business models enter the market.

Yet Australia's infrastructure and services remain wedded to centralised business models that are up to 75 years old, and promote a linear, throwaway and flush-and-forget approach to resources. This "business as usual" is supported by outdated policy, legislation, regulation and tariff structures.

To transition will require market reshaping and regulatory, policy and tariff changes that take into account the inherent and hidden costs of linear solutions along with the value of circularity.

Like redefining waste to be a resource, placing a value on removing vehicles from the road, preserving drinking water and reducing fossil dependent fuels.

We also need urgent research and leadership from the federal government and state treasuries to build on the work of the states in embedding circular economy policy into financial policy.

Our Aussie states are making a great start and with them some visionary councils.

If Australia is to become a circular superpower, urgent research is required by our federal government working with COAG and state treasuries to value and catalyse this transformation before we are left behind.

Transitioning to a circular economy is inevitable, but winning solutions will not be created using old ways of doing things, they really do require change and harnessing innovation, new businesses and private and public sector collaboration.

Australia cannot grow sustainably by taking the same linear approach to infrastructure, products and services it has taken for the past 75 to 100 years. We need some new solutions ASAP.

Lisa McLean is chief executive officer of [Open Cities](http://www.thefifthstate.com.au). www.thefifthstate.com.au

Is your smartphone use affecting your children

Continued from Page 27

showed signs of hyperactivity, were irritable and became easily frustrated.

After adjusting for various factors such as stress and depression in parents including income levels, level of education and quality of co-parenting, the study found that parents admitted that technology interfered with their interaction with children at least once a day.

Overall, most parents admitted that technology routinely interrupted their interactions with their children, at least once every day.

17 per cent of participants reported that “technoferece” occurred 1 time, 24 per cent reported 2 times, and 48 per cent reported 3 or more times of “technoferece” on a typical day.

Only 11 per cent of the parents said that “technoferece” did not occur.

The study further revealed that even low amount of “technoferece” correlated with higher child behaviour issues such as oversensitivity, irritability, hyperactivity, whining and more child screen time.

The findings of this study draws light on growing dysfunctional relationships between parents and their children due to technology use and while parents may find it relaxing to get on their smartphones or tablets during family time, it is affecting children and how they feel and behave.

Perhaps parents need to set “no screen times” during which they can focus completely on their children and give them the time and attention they need to grow healthily and happily.

- wellbeing.com.au

Ticks in Australia

Continued from Page 10

Lyme disease

Currently research is underway in Australia to isolate exactly the type of tick and the specific bacteria that is causing Lyme disease here (there are at least 14 different types of bacteria that cause Lyme disease identified worldwide).

Most of the ticks that infect people with Lyme disease are in the nymph or immature stage of development and are about the size of a poppy seed.



This is a nymph tick – its bite is often missed, because it is so small.



This is an engorged adult tick – after it has fed.

Ticks have been found on every continent on earth, except Antarctica. There are certain places in Australia that are known Lyme disease tick hot spots - such as around Coffs Harbour, in the northern beaches area of Sydney, the Western suburbs of Sydney and the South Coast of NSW.

-www.lymedisease.org.au

BOWRAVILLE CENTRAL SCHOOL NEWS

Gold at Central Schools Knockout in Dubbo

Bowraville had 5 teams (Boys Bowls, the 16 Years Boys Touch, the Open Boys Touch, the 16 Years Girls Netball and the Open Girls Netball) qualify to compete at the State Central Schools Knockout finals in Dubbo during the week commencing 26th August.

Bowraville Central finished 3rd in their pool for the Bowls, then won the play off against the other team that came 3rd to finish 5th overall. The 16 Years Boys Touch only had 8 players so were up against it from the start. They came 3rd overall and considering the winning teams had up to 12 and 13 available players it was a fantastic outcome. The side was captained and led beautifully all day by O'Shay Tyerman.

The Boys Open Touch team (the 8 players from the 16's plus Simon Walker, Clay Perkins and Tyrell West) got off to a slow start with a loss to Coolamon but found their feet to win the next 2 games. The boys had to win one more game against Woodenbong to force a countback against Boorowa and Coolah. A nervous wait ended with Bowraville announced the winners and would take the GOLD. BCS player Simon Walker was awarded Most Valuable Player for the day. Coach Richard Clarke couldn't have been more proud of the boys' efforts.

Our netballers (who like the boys, were mainly the same players in both sides) only managed to win one game. Coach, Trish Reinten, was however full of praise for the girls' behaviour and sportsmanship and expressed pride at Chenai Jarrett-Duroux' maturity as captain for the Under 16's. Special mention also to all round sports woman, Year 12 student Wurinda Gill, who shone in her last appearance at Dubbo.



Opens Boys Touch Team – Gold Medal Winners.
Most Valuable Player, Simon Walker is in the white shirt in front row.

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 crit 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 Music Bands 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 Bernard Kelly-Edwards Cultural Unity with Poetry, Community Yarns & Music 2NVR Multicultural Radio	Rob's Roving Robbie & Linda Bible reflections Gospel & Australiana	Siater Act Olivia & Sam	Thursday Country Tricki-vic	Volunteer Emergency Services Show — VESS	Aussie Flashback Rob Davidson All Aussie Pop & Rock	Where There's Smoke There's Fire Sean Norman & Tara 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 WR DO	Rhino On The Radio & Deterioration with Les McLanlon Saturday is 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		Country and Classic Hits With Bryon Edwards	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		Soul into Rhythm Matt Leibrandt	Ant's Rock Anthony Gamsey Solid Rock	2NVR Overnight Music Mix	Continues overnight	Imagine This & The Ant5F Radio Show	Prog Rock Playlist Ritmo	2 PM
3 PM		Whack up the bass and cop a wicked mix of hip hop and fully sock tracks	Ant's Rock Overnight				The Best of Progressive Rock	3 PM
4 PM								4 PM
5 PM								5 PM
6 PM								6 PM
7 PM								7 PM
8 PM								8 PM
9 PM								9 PM
10 PM								10 PM
11 PM								11 PM
Midnight								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