

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



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## Bowraville Community Technology Centre

*A non profit community technology service offering the community of Bowraville and the Nambucca Valley low cost services for home, office and small businesses.*

### NBN Internet access at community rates



Complete Office Services including colour laser printing, scanning, email access and much more.

*No need to drive to Coffs.*

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# BOWRAVILLE COMMUNITY NEWS

**CIRCULATION = 400 COPIES**

Newsletter is also available online at:  
[www.bowraville.nsw.au/bowraville-newsletter](http://www.bowraville.nsw.au/bowraville-newsletter)

## **2019/2020 ADVERTISING CHARGES:**

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

Front Cover (1 issue) - \$50

## **DEADLINE FOR COPY FOR**

**THE OCTOBER 2019**

**ISSUE IS: 4:00PM**

**TUESDAY, 17th SEPT 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](mailto:admin@bctc.com.au)

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

# ***Bowraville Technology Centre***

**Open 9.30am to 4.00pm Weekdays**

## **Internet Services**

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

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

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

## **Facility Hire**

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

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

Full day up to 8 hours - \$100.00

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

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

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

Full day - up to 8 hours \$40.00.

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

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# ***Bowraville Technology Centre***

**39 High St, Bowraville Ph. 02 6564 7420**

**Open 9.30 to 4pm Weekdays**

**Email: [admin@bctc.com.au](mailto:admin@bctc.com.au)**

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

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

### **BowraMacksville Hospital Auxiliary**

A group of volunteers attended the Mid North Coast Health District Volunteer Day at South West Rocks. A fact sheet for the last financial year showed that equipment to the value of \$555,000 was donated and 560 volunteers gave more than 103,000 volunteer hours in support of patients and staff. Of interest to Nambucca Valley residents is that the \$73 million new Macksville Hospital will be completed mid-2020.

Nambucca's Health1 Service is getting a 2 million extension and the 3.5 million development of the old Blackman building in Bowraville will soon be underway as a Health1. Of special interest in the new hospital will be the rooms allocated to the Tressillian service (see story on page 16). Of major concern is the increase in the use of all hospital emergency departments rising annually by over 10%.

While our Auxiliary concentrates on fund raising, the Pink Ladies and similar groups are greatly involved in staff and patient support including driving buggies to get visitors around the car parks. Parking is a problem in most hospitals but for our new hospital there will be over a 150 free spaces. The day continued with informal get-togethers and later indoor bowls. All volunteers came away feeling appreciated, respected and part of the LHD (Local Health District) family. Our next meeting is Friday

27<sup>th</sup> September at 10am at the Bowra Rec Club. If you would like to be part of this Health Family contact Heather Edwards on 0403 800262.

### **Bowraville Seniors**

Due to the illness of President Geoff and absence of Treasurer Ruth, the August meeting was cancelled.

### **Bowraville Recreation Club**

The Rec Club hosted the Annual Bowls and Golf Sports Day when over \$700 was gifted to the UHA who would like to thank all involved. Of special mention is our local IGA who donated the major raffle prize. September will be a busy month as warmer weather will see the grass growing along with weeds and other grass problems, so a big thank you to all our volunteers.

Bowls Championships are nearly completed the Men's Open Day is set for the 8<sup>th</sup> September. Of special importance is the AGM of the Club on Saturday 14<sup>th</sup>. The local Netball Association will hold their presentations on the 15<sup>th</sup> and AGM on the 22<sup>nd</sup>.

The club always welcomes social players and the 20<sup>th</sup> will see Lake Cathie golfers enjoying our hospitality. The Club is also a great venue for private functions and meetings.

The Hospital Auxiliary will hold their bi-monthly meeting on Friday 27<sup>th</sup> at 10am.

*Continued on Page 5*

**FITTING TURNING  
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**Steven Jeffries**

*Turning - Milling - Welding - Repairs - Parts Made  
Worn Shafts Re-Built - Aluminium & Stainless Welding*

2 Park Street Bowraville 2449

[www.fittingturningmachining.com.au](http://www.fittingturningmachining.com.au)

7/11



## Weekly Activities

### MONDAY

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

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

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

### TUESDAY

LINE DANCING 6.00-7.00pm 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)

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

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

### SUNDAY

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



#### **ACTIVITIES ORGANISERS**

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

## **TECHNO LESSONS OPEN TO EVERYONE**

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

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

***Absolute beginners are most welcome!***

### **TECHNO LESSONS**

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

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

**For technical issues** please contact BTC for an afternoon booking.

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



#### **Special offer to community groups**

Save on paper and ink!

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

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

From Page 3

## Bowraville Garden Club

In August members of the Garden Club visited Urunga which included the Honey Place, The Wetlands, The Winery and a lovely private garden where we were also introduced to the delights of terrariums. As a result, at our October meeting we will be tutored on the finer arts of terrarium production. September will see us visiting the garden of Barbara Wells where we will have a swap day, trading table and raffle. On 28<sup>th</sup> we plan an extra special day visiting local gardens. Contact Barbara on 6564-3039.

## 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 BCDAI 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.

Continued on Page 8

## CRAIG BELLAMY@realty

### YOUR NAMBUCCA VALLEY SPECIALIST

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

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

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

10/11

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

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

We provide the following services:

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

**Sleepover** - Check in 4-6pm check out 8-10am  
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

11/11

## BOWRAVILLE GIFT SHOP



any occasion

LOCATED AT BOWRAVILLE POST OFFICE

27 HIGH STREET BOWRAVILLE

Monday to Friday: 9am - 5pm

PH: 02 6564-7169

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# SCAM - *Porting Fraud* - Stolen mobile numbers



Mobile number fraud occurs when a criminal steals your personal information to transfer your mobile phone number to them without your consent.

Your stolen mobile number can then be used to receive SMS verification codes, allowing the criminal to gain access to services such as your bank, email and social media accounts and other services.

*How can a mobile number be transferred and stolen without my consent?*

After illegally obtaining your personal information, criminals may steal mobile numbers by:

An unauthorised mobile number port - the criminal contacts a different phone company and pretends to be you, sets up an account and ports (transfers) your number.

A SIM Swap - the criminal contacts your existing phone company pretending to be you and requests a new SIM card that contains your number for use on their device.

*How can I tell if my mobile number has been stolen?*

If you unexpectedly find that you have lost phone coverage or reception on your mobile phone service it's possible that your mobile number has been stolen.

Signs may include:

- You are unable to make or receive calls or messages when you usually can
- Your mobile phone is showing 'SOS only', where reception bars usually appear.

If you're unsure contact your phone company to check your account or whether any network-related incidents may have caused the loss of service.



*What should I do if my mobile number has been stolen?*

Contact your mobile phone company and check whether your number was ported or transferred without your consent.

If your number was ported to another phone company request a reversal of the port.

If a SIM swap has occurred ask your phone company to deactivate the SIM card and provide you with a replacement.

Contact your bank urgently to alert it to the possibility of fraudulent activity. You may also consider changing your bank passwords.

Check your social media accounts for unusual activity and change your passwords.

Report any fraud to local police.

Report any cybercrime relating to identity theft and online fraud to the Australian Cybercrime Online Reporting Network.

Contact [IDCARE](#) on 1300 432 273 for support and free assistance for identity crime and cyber-related security.





**SEPTEMBER PROGRAM at the**

# BOWRAVILLE THEATRE

## **THE LION KING - Sunday, 1st September at 2pm**

Simba idolizes his father, King Mufasa, and takes to heart his own royal destiny on the plains of Africa. But not everyone in the kingdom celebrates the new cub's arrival. Scar, Mufasa's brother and former heir to the throne has plans of his own. The battle for Pride Rock is soon raging with betrayal, tragedy and drama, ultimately resulting in Simba's exile. Now, with help from a curious pair of newfound friends, Simba must figure out how to grow up and take back what is rightfully his.



## **YESTERDAY - Sunday, 15th September at 2pm**

Yesterday, everyone knew The Beatles. Today, only Jack remembers their songs. A struggling singer-songwriter in a tiny English seaside town whose dreams of fame are rapidly fading, despite the fierce devotion and support of his childhood best friend, Ellie. Then, after a freak bus accident during a mysterious global blackout, Jack wakes up to discover that The Beatles have never existed ... and he finds himself with a very complicated problem, indeed. Performing songs by the greatest band in history to a world that has never heard them, and with a little help from his steel-hearted American agent, Debra (Kate McKinnon), Jack's fame explodes. But as his star rises, he risks losing Ellie - the one person who always believed in him. With the door between his old life and his new closing Jack needs to get back to where he once belonged and prove that all you need is love.



**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**

11/11

## **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**

11/11

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

From page 5

## 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

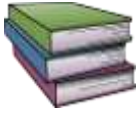
Sunday Church Service at 9.30am, Sunday School 10.15am and Prayer Group at 5pm. Women's Fellowship held at 10am each Wednesday. Youth Group is held each Friday for 12-18 year olds from 6 to 8pm. Phone David Bossard 0427 231 040. Food Hub is run by this church. Senior Pastor is David Bossard. This is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

Continued on Page 32

## MARKETS CALENDAR

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





# BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

## An Isolated Incident

*By Australian author, Emily Maguire*

It is a whodunit, set in a small town in Australia, except the “who did it” is not the main focus of the novel.

*An Isolated Incident* is pretty much all about Chris, a buxom bartender in her 30s working in one of the town’s pubs where she has been employed for years. Chris knows all the customers and most of the regular truckies who stop for the night on their long hauls through; she has few friends, is a bit of a tough cookie but reasonably popular and well liked and she has an ex-husband, Nate, who is an even tougher cookie but well respected and also well liked . Her much younger sister, 25 year old Bella Michaels, is completely different to Chris in almost every way.....appearance, personality, ideals and ethics, job etc but they’re extremely close despite these differences, often with Bella seemingly more like the responsible older sibling.

When Bella is brutally murdered Chris’ world falls apart. Due to the type of incident and Strathdee being such a small town the media descend on the town like a plague, the police have no leads, gossip

becomes rife and Chris plunges into despair, self-medicating with alcohol, as she tries to find answers and fend off reporters at the same time.

*An Isolated Incident* is described as “a psychological thriller about everyday violence” and it is exactly that but I would perhaps not use the term “thriller”. It is a realistic look into what probably really happens when such a crime occurs. The media’s obsession and persistence... maybe more so because the murdered girl was pretty and ‘perfect’; the type of personality it takes to be a reporter of the ‘news’ and how invasive and uncaring and dishonest they can be, how what they write can be so hurtful and damaging. The dynamics of a small town, how secrets are kept and the way gossip spreads like wildfire; how people are unsure of how to behave and what to say to the families of victims. How such a trauma affects, in this case, the sister of the murdered person; the ensuing physical and mental torture...lack of sleep, endless self-questioning, suspicion of almost everyone around, inability to think straight or even eat, depression, distrust, grief and (to quote the jacket) the myth of closure.

- Review by Jeff Popple - [www.smh.com.au](http://www.smh.com.au)

## 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.

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

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

## What is dementia?

Dementia describes a collection of symptoms that are caused by disorders affecting the brain. It is not one specific disease.

Dementia affects thinking, behaviour and the ability to perform everyday tasks. Brain function is affected enough to interfere with the person's normal social or working life.



## Who gets dementia?

Most people with dementia are older but it is important to remember that not all older people get dementia. It is not a normal part of ageing.

Dementia can happen to anybody but it is more common after the age of 65 years. People in their 40s and 50s can also have dementia.

## What causes dementia?

There are many different forms of dementia and each has its own causes.

The most common types of dementia are Alzheimer's disease, Vascular dementia, Parkinson's disease, Dementia with Lewy bodies, Fronto Temporal Lobar Degeneration (FTLD), Huntington's disease, Alcohol related dementia (Korsakoff's syndrome) and Creutzfeldt-Jacob disease.

## Is it dementia?

There are a number of conditions that produce symptoms similar to dementia. These include some vitamin and hormone deficiencies, depression, medication clashes or overmedication, infections and brain tumours.

It is essential that a medical diagnosis is obtained at an early stage when symptoms first appear to ensure that a person who has a treatable condition is diagnosed and treated correctly.

If the symptoms are caused by dementia an early diagnosis will mean early access to support, information and medication should it be available.

## Can dementia be inherited?

This will depend on the cause of the dementia so it is important to have a firm medical diagnosis.

If you are concerned about the risk of inheriting dementia consult your doctor or contact Alzheimer's Australia to speak to a counsellor.

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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



# September deals at Bowraville Pharmacy



Buy 1 full priced Chemists own decongestant nasal spray and get a 10 pack Chemists own Loratadine tablets **HALF PRICE!**

*Come in during September and take advantage of our amazing Spring Allergy Deal!*

## DermaVeen® Sensitive Relief Eczema Ointment

Save 20% on dermaveen eczema ointment during September at Bowraville Pharmacy

*Specifically formulated for mild eczema, to offer symptomatic relief in 3 ways:*



Made in Australia!

**1) A glove-like protective shield forms over the skin to lock in moisture**

**2) Helps relieve itch and acute irritation**

**3) Moisture binding colloidal oatmeal rehydrates skin**

**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](mailto:marion.syratt@gmail.com)

Facebook: Nambucca Valley Boomerang Bags

N/C



Continued from Page 10

Most cases of dementia are not inherited.

## What are the early signs of dementia?

The early signs of dementia are very subtle and vague and may not be immediately obvious. Some common symptoms may include:

- Progressive, frequent memory loss
- Confusion
- Personality change
- Apathy and withdrawal
- Loss of ability to do everyday tasks.

## What can be done to help?

At present there is no prevention or cure for most forms of dementia. However, some medications have been found to reduce some symptoms. Support is vital for people with dementia. The help of families, friends and carers can make a positive difference to managing the condition. - [www.dementia.org.au](http://www.dementia.org.au)

## LIONS CLUB OF BOWRAVILLE INC.

SUPPORTING OUR COMMUNITY

### PRESIDENT

Mark Scott  
M: 0428527545

### SECRETARY

Cherie O' Donohue

### TREASURER

Greg Lamberth



11/11



Email:

[bowraville@lionsdistrict201n1.org.au](mailto:bowraville@lionsdistrict201n1.org.au)

PO Box 23 Bowraville NSW 2449

National Dementia Helpline  
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# Bowra's new Lanes Bridge officially open

For those residents who live on the Rodeo Drive side of the bridge the official opening of the new Lanes Bridge was an event to commemorate. On a **beautiful sunny winter's day onlookers including all the staff who had worked** on the bridge and interested locals gathered for this locally important event.

In school uniform and with happy smiles Bowraville Primary School children took centre stage on the bridge as the ceremony commenced. Uncle Martin was in charge of the smoking ceremony and welcomed all to country. Federal minister Pat Conaghan was first to speak followed by Mayor Rhonda Hoban who gave us the statistics, the cost and how it was funded and built by our local shire council bridge building team. There are still more bridges to replace in our shire and the success of Lanes Bridge has proved council has the skills.

Mayor Hoban reminisced about the 2009 floods when the deck of the bridge turned right angles to the pylons, but as the flood subsided, so did the bridge - showing how well it was constructed more than 90 years ago.

The official cutting of the ribbon was done by Mr Conaghan assisted by kindergarten children. Before everyone was invited to walk across the bridge, Rhonda told us the life span of the bridge would be more than 100 years, so this was a once in a life time experience.

As we crossed the bridge Bowra preschoolers hopped and skipped along with the crowd. Wearing distinctive Bowra Preschool vests they represented the younger generation who will have a long association with our new bridge.

*- By an interested and grateful Bowraville resident.*



# Funny moments in Australian history

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

## The Menzies Kisch-Off

The Egon Kisch affair was one of the jolliest bits of tomfoolery in Australian political history, hilarious mainly for the fact that it involved government policy so mind-blowingly and transparently moronic that one has to admire the sheer audacity of the federal government in being so unafraid of looking like idiots in public that they actually implemented it.



Egon Kisch was a communist and anti-war activist who had gained notoriety in Europe for opposing Hitler, a stance that though soon to gain widespread popularity, was in 1934 a prime example of the extremism the Lyons government wished to keep out of Australia.

Kisch planned to visit Australia to speak of his experiences under the Nazi regime, which gave the government the screaming irrits. They refused him entry, but Kisch circumvented the ban by the cunning tactic of leaping off his ship onto Station Pier and breaking his leg.

However, his belief that broken legs were grounds for entry was ill-founded, and he was returned to his ship. Kisch supporters took his case to the High Court and attorney-general Robert Menzies, the future prime minister, stated that we would determine who came to this country and the circumstances in which they come (a sentiment that would later inspire John Howard and then every Liberal and Labor MP in the country).

The surrealist humour of the government denying entry to a foreign intellectual for being too anti-Hitler was droll enough, but it got even better when the government, prevented from banning Kisch by the High Court, tried to exclude him via the Immigration Restriction Act, one of the most amusingly lunatic laws any country has ever passed.

The act stated that anyone who failed a dictation test in any European language could be excluded. Meaning, even if one of those disreputable foreigners were so underhanded as to learn English - i.e. the language Australians spoke - the government could prove their unsuitability to enter the country by proving their lack of fluency in, say, Portuguese or Romansch or any of the other languages that were totally irrelevant.

Kisch was a particularly difficult case, because he happened to be able to speak many European languages, being a widely-travelled and well-educated Jewish German Czech.

He passed the test in tongue after tongue, and the government was at its wit's end when the solution was found. Kisch was ordered to write the Lord's Prayer in





# Bowraville Lions Club Inc News Bulletin

SEPTEMBER 2019



## Update on Westpac Helicopter Donation

Due to a problem with their vehicle the Westpac Rescue Helicopter service volunteers, the "Tin Men" John and Dick were not able to travel to Bowraville to raise funds earlier

this month but they were able to join us for a dinner meeting on Wednesday August 21<sup>st</sup> at the Bowra Hotel where we presented them with a cheque for \$1000.



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## UPCOMING ACTIVITIES

**BBQ** – Bowraville PreSchool Saturday September 14<sup>th</sup>

**Weekly Raffle** – Thursday nights @ the Bowra Hotel 5pm to 6.30pm

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## MEETINGS

The Bowraville Lions Club invites you to come along to a dinner meeting to find out how you can help our community and make new friends. They are held on the 3rd Wednesday of the month, 6.00pm start for dinner at 6.30pm at the dining room of the Bowra Hotel.

*Contact President Mark on 0428 527 545 or email  
mark.scott@lionsdistrict201n1.org.au*

# The Tresillian Story

The Tresillian story began in 1918 with the formation of the Royal Society for the Welfare of Mothers and Babies at the Sydney Town Hall. The Society was a NSW government initiative sparked by soaring infant mortality rates and a shortage of health services for new mothers.

The need for intervention was exacerbated by the First World War, which left many young mothers widowed. In the same period 47,000 babies lost their lives through poverty, disease and lack of hygiene. The Society's primary aim back then was to make a difference to the high mortality rate of children under the age of five. In 1919 the Society was incorporated by an Act of Parliament in New South Wales. Then in 1921, Queen Mary became the Patron of the Society, until her death in March 1953. On 4th August 1954 Queen Elizabeth II, who had just visited Australia, became the Patron of the organisation.

The Society initially responded to the problem at home with a community education program for parents of small children.

In 1921, Dr Margaret Harper, the first Medical Director established an "Infant Welfare Training School at 2 Shaw Street, Petersham to educate Baby Health Centre nurses so they could be more effective in helping parents address basic problems such as a lack of hygiene and immunisation programs.

A baby clinic for parents also opened. The clinic at Petersham had been named "Tresillian" by the previous owners who originated from the village of the same name in Cornwall, England and from then on, the Royal Society for the Welfare of Mothers and Babies was referred to as "Tresillian".

With close to 100 years of invaluable service for young families across New South Wales, Tresillian has played an important and unique role in the history of New South Wales. With a range of services including parenting programs, counselling and one on one advice, designed to provide professional support for families with a baby, toddler or preschooler.

- [www.tresillian.org.au](http://www.tresillian.org.au)



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**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

### BOWRA'S BIG DAY

What a great day for Bowra at the recent market day. It was a positive and profitable day for business and non-profit institutions alike. It was a fun day for our community, young and old, as well as the visitors to our town.

The Bowra Chamber would like to thank the businesses and organisations that chose to advertise independently in the Guardian and Happynings in order to promote the day and in turn our town. It would be great to see the rest of our valued retail outlets who benefited from the work done by Chamber and fellow businesses, to join in the promotion next time. Let's keep up the momentum with more days such as this and let people know that Bowra is a place to visit.

In particular, Chamber thanks the Bowraville Ex-services Club for providing their land for use on the day. Their generosity assisted immensely in being able to organise the event in the time-frame available. Unfortunately the August winds were not kind to many exhibits, particularly the Jumping Castle and some other kid's entertainment, also many stall holders. They were forced to pack up or move down the hill out of the wind - as best as possible.

This day was organised by just two members of the Bowraville Chamber in a relatively short period of time. But look how many people we saw in town and in our shops. Imagine what could be achieved if we had more members.

*'Many hands make light work'*

### ATTENTION BOWRAVILLE BUSINESSES

Becoming a Chamber member is easy. Contact us by email at [chamber@bowraville.nsw.au](mailto:chamber@bowraville.nsw.au), Facebook or phone 0414 181 605. An annual membership of only \$40 entitles you to put forward ideas and vote on important issues that affect our town. A \$10 annual membership will allow you to be involved as much or as little as you like and be informed.

**The President**

## Coffs Harbour Optown Markets

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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

3/11



## Test and Tag

Electrical Equipment and  
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## Bowraville Folk Museum

High Street, Bowraville

Phone/Fax: 6564-8200

MONDAY-FRIDAY 10am-3pm

WEEKENDS 10am-1pm

PUBLIC HOLIDAYS 10am-3pm

email: bowravillefolkmuseum@gmail.com  
twitter.com/bowravillefolk

*~ Groups by appointment ~*

6/11

## 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

## The Menzies Kisch-Off

*Continued from Page 14*

Scottish Gaelic, a language noted for being spoken by almost nobody, including Scottish people such as the Scottish-raised immigration officer who tested him.

Kisch failed, and Menzies and Lyons high-fived.

The High Court rained on their parade by ruling Scottish Gaelic was not covered by the Act, and Kisch was allowed in: but history's annals had gained another sparkling chapter.

To be clear, Australia's government attempted to deny entry to an anti-Nazi activist by use of a law which blocked foreigners from visiting the country if they were unable to speak a language chosen by the government that was not the official, or even a commonly-spoken, language in Australia.

If that doesn't give you a good belly laugh, I don't know what will.

*Ben Pobjie is a writer, comedian and poet with no journalistic qualifications whatsoever. He has written for The Age, The Sydney Morning Herald, New Matilda, The Roar, and Crikey, among others.*

## New Macksville Hospital Update



You will soon be able to see the roof of the building, and the beam to be placed between the 2 floors will be on display before erection. This will be a 42 bed hospital.

Macksville's community has a set of unique health challenges, including chronic illness and complex health needs due to its significant aged and Aboriginal population.

The project will enhance patient care while improving ambulatory care and outpatient treatments including improved facilities in emergency, community health, operating theatres, maternity and inpatient units.

Many citizens have visited the prototype of the single room and double rooms in the old ambulance centre. Completion of the new hospital is on track for an Easter finish.

The NSW Lands Office will take over the old hospital when this is completed and the building will be offered initially to other government agencies.



### DEAR CUSTOMERS

The Community Transport Company is a non-profit organisation providing low-cost transport options for many.

From 1 July 2019, we will be increasing our passengers contributions.

Below outlines the cost based on the number of kilometres per return trip for some of our popular trips. In most cases the increase equates to less than \$2.

For other trip costs please contact us.

We try to keep our fares as low as possible for our customers. If you are having trouble paying your fare, please contact our service coordinators to discuss.

If you have any feedback or questions please contact us on 1300 812 504.

Some of our more popular trips including the price rise are outlined below:

Coffs Harbour to Coffs Harbour \$13

Toormina to Coffs Harbour \$16

Woolgoolga to Coffs Harbour \$23

Nambucca to Coffs Harbour \$26

Bellingen to Coffs Harbour \$23

Nambucca to Macksville \$16

Macksville to Coffs Harbour \$32

N/C

# Bowra Laundromat

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Enquiries: ph 6564 7401



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# Welcome Spring

There is so much ready to go, so plant some rocket, silverbeet, spring onions, Chinese cabbage, mizuna, lettuce, tatsoi, zucchini, pumpkin, leeks, capsicum, cucumber, eggplant, tomatoes and watermelon.

## *In the herb patch*

Plant some parsley, sweet basil, chamomile, dill, coriander, marjoram, oregano, catnip and thyme. Also try mint, but keep it in a pot, as it has a tendency to take over.

## *Feeling fruity?*

It's time to plant passionfruit, paw paw, avocados, banana, citrus and macadamias. If your tastes are a little more exotic, try putting in a guava... they're tough plants and the fruit is sensational!

## *A green manure crop*

Will add a boost of life and love to an overworked patch. At this time of year, try millet, lablab, amaranth or mung bean. This will improve your soil incredibly and you'll find it well worth the effort! Green manure crops like faba beans, barley, lupin, wheat or field peas are also good to go now.

## *Mulch now*

Top up mulch on your veggie patch, herb garden and ornamental flower beds. Choose a sustainable, low environmental impact mulch, one that will enrich your soil as it breaks down.



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## Ngambaga Bindarry Girrwa Community Services Aboriginal Corporation

ABN:19746606729

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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](http://nbgcommunityservices.com.au)

Email: [admin@nbgcs.com.au](mailto:admin@nbgcs.com.au)



## CHSP & NRCF (In the Nambucca Valley)

- Outings & day trips
- Group Activities
- Meal Assistance
- Friendly telephone calls & visits
- Letter writing and other correspondence
- Assisted Transport
- Advocacy
- Communication with Carers
- Peer Support
- Referrals to other Agencies
- Respite for Carers
- Carer support – group day trips
- Young Carer
- Carer Information
- Carer Referrals
- Carer Counselling/Advocacy
- Transport
- Individual Carer Support/Plans
- Carers Week Activities
- Relaxation Days

The Coordinator will work with you and/or your Carer to a Care Plan to ensure that your care and support needs are met.

It's not uncommon for Carers to become exhausted and overwhelmed. That's why it's so important to take a break – called 'respite'. By taking time off you get a chance to look after your own physical and emotional needs.

## Early Linker Program, Mid North Coast (Kempsey to Red Rock, Coffs Harbour)

- Early Links is for:**
- People with a disability aged 0-8 yrs and who are generally not accessing any specialist disability service
  - Carers and families of people with a disability
  - The community
  - People wanting assistance to accessing community and mainstream services, knowledge, resources and opportunities in their communities
- Early Links Mission:**
- "Every child, every opportunity"
- Early Links Vision:**
- "Communities where every child participates and every family is respected"
- An Early Linker will assist with:**
- General development concerns
  - Information and support for families to find out about their children's disability needs
  - Identify concerns, set goals and development plans for the future
  - Connecting with other parents, community and service providers
  - Build confidence to achieve your goals
  - Develop your existing support networks and create new networks
  - Look at ways you can participate and be a part of you community.





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

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

## OUTREACH SERVICES

- Monday Counselling Services**  
Interrelate 10am to 3pm  
Miimi House  
Phone: 6659-4150
- Tuesday New Horizons**  
1<sup>st</sup> Tuesday of the month  
Phone: 5632-4800
- Warrina Women’s & Children’s Refuge**  
2nd and 4th Tuesdays  
Phone: 6652-2400
- Wednesday Baby Health Clinic**  
9am – 12noon  
All Mums and bubs welcome  
Appointment necessary.
- Community Corrections**  
Fortnightly 10am to 3pm  
Phone: 6561-3100
- Thursday Legal Aid**  
1<sup>st</sup> and 3<sup>rd</sup> Thursday  
10am to 12noon  
Phone: 6641-7899

### BOWRAVILLE COMMUNITY HEALTH SERVICES

Child and Family Counselling

Speech Pathologist

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*These services are available by apt. - 6656-7200*

*MiiMi is now an approved CSO Agency.*

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

Miimi House

90 High Street, Bowraville

Phone: 02 6564 8855

email: [admin@miimi.org.au](mailto:admin@miimi.org.au)

# BowraMacksville Hospital Volunteers Saving Lives

The BowraMacksville Hospital Auxiliary has delivered a life-saving piece of medical equipment to Macksville District Hospital.

The volunteers have been fundraising for 12 months for a defibrillator, and this week presented the \$31,608 machine to the hospital’s Acting Deputy Director of Nursing, Anna Pascoe.

The Auxiliary’s President, Isabelle Hooper, said the fundraising goal had been a substantial target but she had always been confident the volunteers would reach it.

“Our volunteers work hard all year to ensure Macksville Hospital has what it needs to care for our community,” Ms Hooper said.

“Whether it’s our raffles in town or our coffee shop at the hospital, the commitment from the volunteers is amazing, and so too is the community’s response to our fundraising efforts.

“We couldn’t buy life-saving pieces of equipment such as the defibrillator if the Nambucca Valley didn’t support us. It’s a team effort, and we’re grateful we achieved our goal.

“All of those raffle tickets, sandwiches, coffees and treats helped us get there so a big thank you to those who stop by our raffle table at Woolworths and to those who visit us at the Carpark Café.”

Ms Pascoe was quick to praise the Auxiliary volunteers for the donation.

## BowraMacksville Hospital Volunteers Saving Lives

“The defibrillator is a piece of equipment we’ve been wanting for some time so it’s just wonderful to have it here at the hospital if someone experiences a cardiac arrest or stops breathing,” Ms Pascoe said.

“This important donation quite simply wouldn’t have happened without the Hospital Auxiliary volunteers. We are grateful for their support, year in and year out, and we are humbled to be working towards a common objective with such kind, generous people.”

The donation is the culmination of a busy 12 months for the Auxiliary that recently ended with the group’s annual general meeting, where Isabelle Hooper was returned as President, Dee Hunter was returned as Treasurer, and Margaret Mottley was returned as Secretary.



**JOANNA WALLFISCH**  
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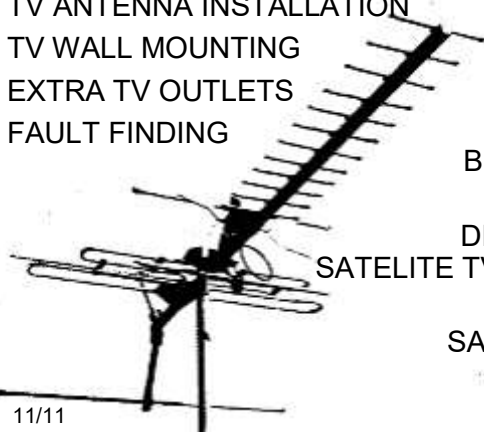
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# SCAM - Porting Fraud - *Continued from Page 6*

## *The rules*

The Telecommunications Consumer Protections Code (TCP Code) sets out the obligations on phone companies to get your consent and ensure any transfer request is from your or an authorised representative.

The Mobile Number Portability Code (MNP Code) sets out the processes phone companies must follow when porting your mobile number from one phone company to another.

The Telecommunications Numbering Plan 2015 (numbering plan) sets out the rules for number portability.

## *Who manages the rules?*

The rules in the TCP and MNP codes - including the authorisation process for porting - are developed and managed by the Communications Alliance (CA).

The ACMA carries out compliance and enforcement activities under the TCP Code, numbering plan and MNP Code.

The telecommunications industry through CA is working with the financial sector on new measures to improve customer security and help reduce mobile number fraud.

-[www.acma.gov.au](http://www.acma.gov.au) (Australian Communications and Media Authority)

## The little black book of scams

The best way to protect yourself is through awareness and education.

The Little Black Book of Scams is recognised internationally as an important tool for consumers and small businesses to learn about scams including:

- the most common scams to watch out for
- the different ways scammers can contact you
- the tools scammers use to trick you
- the warning signs
- how to protect yourself, and
- where you can find help.

Individuals and community organisations can place an order for hard copies of *The Little Black Book of Scams* by emailing [publishing.unit@acc.gov.au](mailto:publishing.unit@acc.gov.au) or you can contact the Infocentre on 1300 302 502. Deliveries only within Australia.

- [www.accc.gov.au](http://www.accc.gov.au)

## NEXT MONTH: **Advice for older Australians**

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



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**39 High Street, Bowraville ~ 6564-7420**



## Why do I cough when cleaning my ears?

It all comes down to your vagus – the long nerve that stretches from your brain to your torso, linking to the heart, lungs and other organs along the way. It touches the top of your ear, helps control your larynx and extends to your stomach and lower intestines. Appropriately, like the word “vagabond”, its name stems from the Latin for “wandering”.

The vagus nerve performs all sorts of essential functions that enable you to go about your day-to-day life, from talking to eating to breathing to peeing – and yes, controlling your cough reflex.

The particular section that extends to your ear canal is called Arnold’s nerve and it is responsible for processing the sense of touch. If anything finds its way into your ear, whether that is a cotton bud or a foreign body - it will stimulate Arnold’s nerve.

Bizarrely, this stimulation can also cause you to cough on cue. This is an example of a biological glitch or mix up. The brain gets confused and mistakes contact in the ear for something in the throat, prompting you to cough in a misguided attempt to remove the irritant.

"Arnold’s Nerve is a nerve that can carry touch sensation from the ear canal to the brain, however, because the nerve is connected to a nerve that goes to the throat, the brain may not know where the sensation is coming from, and interprets the sensation as something in the throat that needs to be coughed out," [Dr Erich Voigt](#), an otolaryngologist at NYU Langone Health, told IFLScience. - [www.iflscience.com](http://www.iflscience.com)

### BOWRAVILLE DENTAL SURGERY

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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](http://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

### BOWRAVILLE PHARMACY

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

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

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

Pharmacist  
KERRIE SAVINS



11/11

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

**Service each Sunday @ 10.am**

*Baptisms,  
weddings and  
funerals  
arranged by  
phoning 6568-9029*



**Next “Blokes Breaky”**

is 7<sup>th</sup> Sept at 7.30

Cost \$5.00 All blokes welcome.

**Next St Jimmy’s Kitchen**

5pm on 19<sup>th</sup> Sept in St James Hall

*All welcome to join us.*

1/4

***Fabulous Country Cousins***

Vanessa Sanger, Barry Noble & Lach McKay

*will entertain you*



**19<sup>th</sup> 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.

1/4

**COMMUNITY NOTICEBOARD ~ COMMUNITY NOTICEBOARD**

**TRASH &  
TREASURE  
MARKET**

**Saturday 7 SEPTEMBER**

**9am – 1pm**

**Pioneer Community Centre, Bowraville**

**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.*

*Dear Valued Customers,  
I would like to thank  
everyone for their  
patronage and beauty  
consultations at  
“Let’s Talk Hair  
& Beauty”  
over the past 14 years.*

*I have met lots of  
beautiful people and  
I will miss you all.*

*Many thanks,  
Tanya Clews (Beautician)*

# Make your home a happier place

*Spring time often acts as a universal reminder to clean up our lives, both physically in the home and mentally. A spring clean can do wonders to improve general wellbeing, liveability and even your mental health.*

*These simple steps will help you transform your home into a full-time happy place.*

## Declutter

Even some of the simplest acts like keeping your bedroom tidy can have the greatest effects on our wellbeing. According to the National Sleep Foundation in the US, those who routinely existed in a peaceful, clean and decluttered bedroom recorded higher levels of sleep compared to those who slept in a messy room.

Being organised gives you more time for the things you want to do - cooking, exercising, family time, taking a bath . . . 'you' time and that's very important to mental health..

## Go green

If you had any doubts about the true benefits of switching off and spending time in the great outdoors, science is now telling us to put those doubts to rest as getting back to nature is proving to have a profound effect on our health and sense of wellbeing.

But not everyone, especially city dwellers, has access to large, green spaces. In this case it is more important than ever to bring a bit of the outside . . . in.

Not only do indoor plants add a beautiful aesthetic but plants act to promote wellbeing and purify the air. Invest in these natural mood boosters by choosing plants that are specifically tailored to inside living, ie: limited or dappled sunlight.



## Keep it pure

We all like it when our home can smell like a freshly baked apple pie or a gardenia bush but when these scents are coming from artificial fragrances it can have a negative effect on our health. Chemicals such as phthalates, which are usually present in air fresheners, can cause migraines, headaches and hay fever-like symptoms. To avoid inhaling these unnecessary chemicals opt for natural products that are made using essential oils and fragrances. Or, even better, make your own by filling a spray bottle with water and a few drops of your favourite essential oils or herbs (think lavender and rosemary) and spray away!

## Embrace the sun

Does your house stay in the shadows for most of the day? Or are you lucky enough to enjoy sun-filled rooms throughout the day?

Either way, natural light does wonders for our mental health and general wellbeing. Maximise natural light by opening up windows, removing furniture if it's blocking the way and use light, natural drapes to allow the most amount of sun to enter.

If you live in a small apartment that doesn't get much sun, maximise what little you receive, by putting up mirrors and utilising the power of reflection to create the feeling of light in darker areas.

- [www.mindfood.com](http://www.mindfood.com)





**BOWRAVILLE  
CENTRAL SCHOOL**

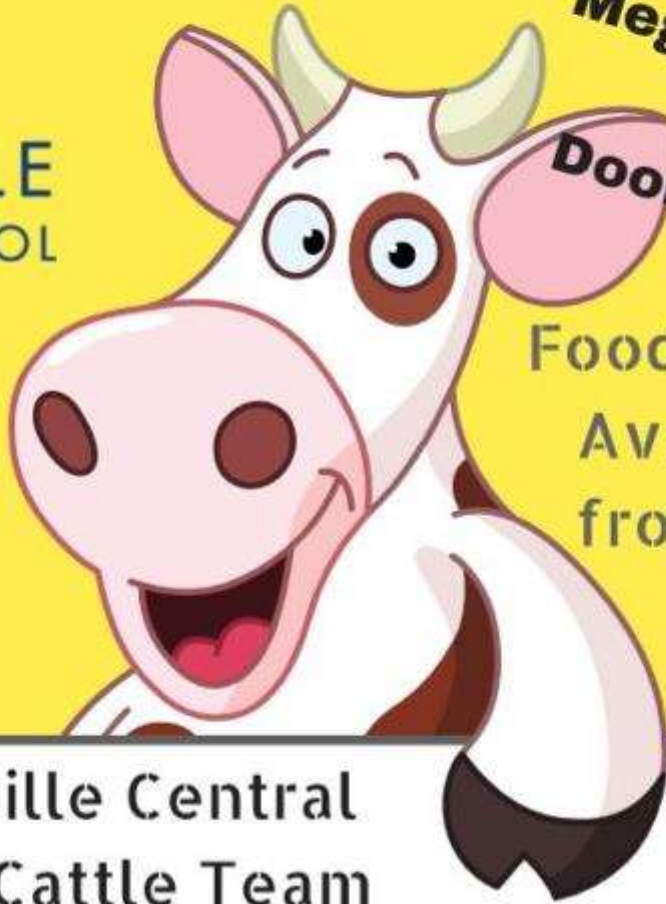
**Everyone Welcome**

**TUESDAY SEPTEMBER 24th**

**Mega Raffle  
&  
Door Prize**

**Food & Drink  
Available  
from 5pm**

**\$12 Adult  
\$6 Student**



**Bowraville Central  
School Cattle Team**

# **COWBOY BINGO**

**TUESDAY SEPTEMBER 24th**

**6PM - 9PM 20 GAMES**

**BOWRAVILLE CENTRAL SCHOOL HALL**

**PRIZES for BEST DRESSED Cowgirl or  
Cowboy**



# **BOWRAVILLE CENTRAL SCHOOL NEWS**



Secondary students, Simon Walker, Malcolm Noble, India Walker and Joven Walker all competed at the North Coast Area Athletics. Malcolm came second in Discus and Shot Put, Simon second in Shot Put, India second in Hurdles and Joven third in 100m sprint. Simon, Malcolm and India all qualified to compete in Sydney at the State Titles this month.



Nyokka West, Declan Rouse and Tarren Duckett all qualified at District level for the Mid North Coast Primary Athletics Carnival to be held in Coffs Harbour. Nyokka and Declan both are competing in the Shot Put and Tarren in the 1500m.

*Continued on Page 31.*



## More Materials You Can Recycle

Collect all the soft 'scrunchable' plastics that you can't recycle at home including:

- Plastic shopping bags
- Bread, rice and pasta bags
- Biscuit packets and trays
- Frozen food bags
- Confectionery (lolly) packets
- Newspaper wrap
- Bubble wrap
- Dry cleaning bags
- Old green (and other re-usable) bags



Then drop them into the **REDcycle Collection Bins** located at the entry to most Coles and Woolworth stores.

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

**come into the  
Bowraville Technology Centre**

INTERNET ACCESS ~ PHOTOCOPYING  
LAMINATING ~ SCANNING ~ BINDING  
TECHNOLOGY ASSISTANCE  
VIRUS REMOVAL ~ TRAINING COURSES  
TECHNO CLUB ~ BOOK NOOK  
~ CENTRELINE ACCESS ~

**BOWRAVILLE TECHNOLOGY CENTRE**

39 High Street, Bowraville

6564-7420

admin@bctc.com.au

## WHAT'S HAPPENING IN BOWRA

*From page 8*

### Macksville Probus Club

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

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

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

*Only activities with a contact number will be listed.*

Count your age by  
friends, not years.

Count your life by  
smiles, not tears.

*- John Lennon*

## 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.**



## Human trafficking and slavery is happening in Australia NOW!

We might not want to believe it, but human trafficking and slavery happens in Australia. Slavery is not an historical artefact, but a tragic reality for millions of people around the world, including in Australia.

The term 'modern slavery' has been used to contrast contemporary forms of slavery from historical slavery such as that seen during the transatlantic slave trade.

In practice, modern slavery is an umbrella term that is often used to describe human trafficking, slavery and slavery-like practices such as servitude, forced labour and forced marriage.

But slavery is timeless. It has always been about the commodification of the body of a man, woman or child, the theft of liberty and sometimes life.

Anti-Slavery Australia, at the University of Technology Sydney, started researching and assisting trafficked and enslaved people in Australia back in 2002. For over 17 years Anti-Slavery Australia has provided access to legal advice and assistance to hundreds of people who have experienced modern slavery.

In 2018 alone, Anti-Slavery Australia helped over 123 people who had been trafficked to or from Australia or had faced slavery-like conditions while in Australia, including forced marriage, servitude and forced labour.

But this is the tip of the iceberg. A report by the Australian Institute of Criminology estimates that one in five victims are detected, meaning cases that come to light are likely to be a small proportion of the scale of trafficking and slavery in Australia.

Vulnerable people of any background or status can be cruelly exploited. Some groups such as migrant workers or young people are more vulnerable than others.

So what does modern slavery look like in Australia?

Here are four real examples of the different kinds of exploitation seen at Anti-Slavery Australia and considered in Australian courts.

### **Slavery/domestic servitude**

In Australian law, slavery is defined as *"the condition of a person over whom any or all of the powers attaching to the right of ownership are exercised, including where such a condition results from a debt or contract made by the person"*.

Essentially, slavery is when a person is controlled as if they were mere property.

**Servitude** - Servitude is when a person does not consider themselves to be free to stop working or leave their workplace, because of threats, coercion or deception; and the person is significantly deprived of their personal freedom in their life outside of work.

**Forced labour** - Forced labour is when a person does not consider themselves free to stop working or to leave their workplace because of threats, coercion or deception.

**Forced marriage** - A forced marriage is when a person is married without freely and fully consenting because of either coercion, threat or deception. It could also be because they're incapable of understanding the nature and effect of a marriage ceremony, possibly because of their age or mental capacity.

A forced marriage is different from an arranged marriage or a sham marriage. The main difference is that there is consent in arranged and sham marriages.

To find additional information and confidential legal advice contact Anti-Slavery Australia [www.antislavery.org.au](http://www.antislavery.org.au). For information and advice on forced marriage see [www.mybluesky.org.au](http://www.mybluesky.org.au).

- [theconversation.com/human-trafficking-and-slavery-still-happen-in-australia-this-comic-explains-how-112294](http://theconversation.com/human-trafficking-and-slavery-still-happen-in-australia-this-comic-explains-how-112294)

# ~ GIVE IT SOME THOUGHT ~

Can you say "Hello" in another language . . . ?



- Kia Ora
- Ola
- Aloha
- Bonjour
- Yasou
- Guten Tag
- Ni Hao
- Namaste
- Shalom
- Selamat Siang
- Hola
- Sawasdee
- Merhaba
- Hallo
- Gidday



- Answers:
- Maori, New Zealand
  - Portuguese
  - Hawaiian
  - French
  - Greek
  - German
  - Chinese
  - Hindi/Nepali
  - Hebrew
  - Indonesian
  - Spanish
  - Thai
  - Turkish
  - Norwegian
  - Australian

## BRAIN TEASER

*When you have me, you immediately feel like sharing me. But, if you do share me, you don't have me.*

Answer: A secret

Guess the next three letters in the series.



Answer: I T S

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

## *Just Joking!!!*

*If you're waiting to be served in a restaurant, shouldn't you be called the waiter?*



You know you're getting old when you stop to tie your shoelaces and wonder what else you could do while you're down there.

- George Burns

## Recycle your soft, 'scrunchable' plastics in the REDcycle bins at our local supermarkets...

Coles and Woolworths supermarkets both have REDcycle bins in their foyers to collect soft plastic items for recycling. A Melbourne-based company RedPlas has been collecting and recycling soft plastics for a number of years now and turning them into products such as benches, signs, boardwalks and bollards. They collect plastics that cannot be recycled in our yellow bins and that would otherwise end up in landfill.

Items they want include bread bags, silver lined chip packets, clean cling wrap, frozen food and fresh produce bags, bubble wrap, plastic Australia Post satchels and zip lock bags to name just a few. But they DON'T WANT plastic bottles or containers, drinking straws, glass, polystyrene, paper or cardboard. The REDcycle website shows what plastics can be recycled through the REDcycle bins at Coles and Woolies. **Basically if it is soft plastic that can be scrunched up into a ball, it can go in the REDcycle bin.**

### What you can REDcycle

Biscuit packets (outer wrapper only)	Large sheets of plastic that furniture comes wrapped in (cut into A3 size pieces)
Bread bags (without the tie)	
Bubble wrap (large sheets cut into A3 size pieces)	Netting produce bags (metal clips removed)
Cat and dog food pouches (clean and dry)	Pasta bags
Cellophane from bunches of flowers (cut into A3 size pieces)	Plastic Australia Post satchels
Cereal box liners	Plastic carrier bags from all stores
Chip and cracker packets (silver lined)	Plastic film wrap from grocery items such as nappies and toilet paper
Chocolate and snack bar wrappers	Plastic sachets
Cling Wrap - free of food residue	Potting mix & compost bags - both plastic & woven polypropylene types (cut into A3 size pieces, free of as much product as possible)
Confectionery bags	Rice bags - both plastic & woven (if large, cut into A3 size pieces)
Dry pet food bags	Snap lock bags / zip lock bags
Fresh produce bags	Squeeze pouches with lid on (e.g. yogurt/baby food)
Frozen food bags	Wine bladders - clear plastic ones only
Green bags (Polypropylene Bags)	
Ice cream wrappers	
Newspaper and magazine wrap	



**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 will!	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 Karola'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 Bernard 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-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 WRT DO	Rhino On The Radio & Deterioration with Les McLanlon Saturday 3 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	Ant's Rock Anthony Gamsey Solid Rock		Saturday Night Specials Two hours of terrific extras 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	Ant's Rock Anthony Gamsey Solid Rock		Imagine This & The AntSF Radio Show	Prog Rock Playlist Rhino	2 PM
3 PM		Soul into Rhythm Matt Leibrandt		Ant's Rock Anthony Gamsey Solid Rock		Wolffy Wolffy's music & requests	The Best of Progressive Rock	3 PM
4 PM		Whack up the bass and cop a wicked mix of hip hop and fully sock tracks		Ant's Rock Anthony Gamsey Solid Rock		Overnight Express	The Best of Progressive Rock	4 PM
5 PM				Ant's Rock Anthony Gamsey Solid Rock		Overnight Express	The Best of Progressive Rock	5 PM
6 PM				Ant's Rock Anthony Gamsey Solid Rock		Overnight Express	The Best of Progressive Rock	6 PM
7 PM				Ant's Rock Anthony Gamsey Solid Rock		Overnight Express	The Best of Progressive Rock	7 PM
8 PM				Ant's Rock Anthony Gamsey Solid Rock		Overnight Express	The Best of Progressive Rock	8 PM
9 PM				Ant's Rock Anthony Gamsey Solid Rock		Overnight Express	The Best of Progressive Rock	9 PM
10 PM				Ant's Rock Anthony Gamsey Solid Rock		Overnight Express	The Best of Progressive Rock	10 PM
11 PM				Ant's Rock Anthony Gamsey Solid Rock		Overnight Express	The Best of Progressive Rock	11 PM
Midnight				Ant's Rock Anthony Gamsey Solid Rock		Overnight Express	The Best of Progressive Rock	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