

BOWRAVILLE COMMUNITY NEWS



The Bowraville Community News is produced by
the Bowraville Technology Centre
and printed by Bowraville Central School



FEBRUARY 2014 - ISSUE 115 FREE CIRCULATION 300 POSTCODE 2449

Let's Talk Hair - *let's talk about the new loca-*

Kylie Blanch has stopped talking about moving her hairdressing salon Let's Talk Hair and is now settling into her sparkly new premises. Diagonally across the intersection, from her former location next to the theatre, in the site previously occupied by Beyond Empathy, Kylie has created a whole new atmosphere and added comfort for her clients.

The new salon is bright, light and air-conditioned with an attractive outdoor deck area under construction which will include a water feature and chairs and tables for those clients who like to sit with a coffee while awaiting their appointment or after if they choose.

Kylie has been hairdressing in Bowraville for 16 years after studying and working in Sydney and finishing her studies in Coffs Harbour - this is the 4th move in Bowraville for Let's Talk Hair.

Kylie is open
for business

Tuesday to
Friday and on
Saturday by
appointment.

On Thursday
beautician Tanya
is available.

Same telephone
number 65647675

same email
letstalkhair3@bigpond.com
and Kylie's same happy
smile and courteous
attention to the needs of
her customers.



Pat hits 90 and is SO not out

Well known local identity Pat Hillary turned 90 recently but has no plans to slow down. Her name is synonymous with the Bowraville Folk Museum and she has been honoured accordingly. If Pat is at the Museum when you visit it's a fair bet you will be persuaded to have a go in the side saddle and wind up the gramophone.

Pat's tool of trade for many years was the chalk board. She trained at Armidale Teachers College during the war years and was first sent to Dorrigo as an 18 year old. She continues to have a keen love of sport, especially golf, and a passion to uncover and share Bowraville's history.

Pat has always had a strong desire for the accurate presentation of the town's history, especially the origin of its name. Many people from the town's past live on in our memory because of Pat – for example Jimmy Mullins, the 'infamous Irish mailman', whose mail bag still resides at the Museum. Pat's grasp of local family histories is a wonder and she has helped many to unearth their family's history in the valley.

Many Happy Returns Pat, from your many friends in the Valley.



*Bowra bags a swag of Australia Day 2014 Awards
See story on page 8*

BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 300 COPIES

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

STANDARD ADVERTISING CHARGES:

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90 x 90mm (1/6 page)	\$6 issue/\$60 year
90 x 180mm (1/3 page)	\$10 issue/\$100 year
Half page (or 1 column)	\$15 issue/\$150 year
Full page (or back cover)	\$20 issue/\$200 year
BTC develop advertisement	\$5 as required.

DEADLINE for copy for the **MARCH** issue IS:

5:00PM

19th february 2014

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

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

BOWRAVILLE TECHNOLOGY CENTRE
39 High Street, Bowraville NSW 2449
Telephone: 6564 7420
Facsimile: 6564 7520
E-mail: admin@bctc.com.au

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

Bowraville Technology Centre

Open 9.30am to 4.00pm

Weekdays

Internet Services

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

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

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

Facility Hire

Main Computer Room — Up to 6 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 -8mb 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

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 - 20c per A4 page black and white, other options available.

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

Bowraville Technology Centre

Now offers access to

Mac as well as PCs

Full Adobe Suite - Photoshop and Dreamweaver on both

Mac and Windows platforms.

We also have Windows 8 - FREE 10 Min. Trial

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*

Saturday Nostalgia at the Bowraville Theatre

If you are new to our district you might like to know about our 3rd Saturday of the month *Films of Yesteryear* at our wonderful theatre. The Bowraville Arts Council (BAC) is presenting 12 Westerns - serials and short films, as well as animated cartoons before the interval when you can purchase an ice cream and laugh about the odd things we've just seen. March will be the 5th of the 12 screenings and the film will star Randolph Scott. BAC volunteers run the show which starts at 2pm and costs \$5.

Women's Golf

For the first time (we think), in our golfing history Bowraville women golfers plan to commence yearly competition on the first Thursday in February instead of the usual March. This will give us extra practice for the 2014 pennants. At the close of last season we farewelled Janine who has moved to Queensland but we welcomed Cindi and Michelle. Our small band of golfers would love to see more on the course. Annual affiliation and membership is \$120 adjusted if you join mid-year and women pay \$12 for 18 holes competition. Our yearly program will be distributed at the first game.

Bowraville and District Garden Club

Business was underway in January when a committee meeting was held. We have many interesting ideas for 2014 always keeping in mind that our motto is 'Friendship through Gardens'. Our first general meeting will be held at the race course on Saturday 13th February at 10.30 am. As we are celebrating our 20th birthday on 12th March organisation for this special day will be paramount. Fun & Fellowship followed by morning tea and practice for our share of the entertainment. Contact number is 65647039 if you would like to join in with this happy band of out and about enthusiasts.

Bowraville Hospital Auxiliary

The next meeting of the Bowraville UHA will be held

Continued on Page 5



Free Computer Training for Seniors Monday 17th to Thursday 21st March

Monday 17th March

10.00am: Computer Basics
Windows, Apple and Android basics.

1.00pm: Digital Photography
Transferring pictures to your computer, photo software tips and tricks.

Tuesday 18th March

10.00am: Internet & PC Security
How to keep your computer safe from viruses and other nasties.

1.00pm: Tablets and iPads
Explore and compare the latest in handheld devices including the Nexus, Samsung Galaxy, Surface Pro and I pads.

Thursday 20th March

10.00am: eBooks
Explore and compare the latest in eBooks including the various Kindles, Kobo and the cheaper generic brands.

Call into the Bowraville Technology Centre to add your name to the Seniors Free Computer Training list or phone 65647420.



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
Sukin Natural Skincare
Designer Brand make-up range

Pharmacist
KERRIE SAVINS



Weekly Activities

MONDAY

ZUMBA 6 P.M. GRANTS HALL ALL WELCOME
SQUASH 6pm at Recreation Club.
DANCING 4pm at Bowraville Recreation Club
SENIOR CITIZENS 10.30am meeting every third Monday of the month, Bowraville Recreation Club
FREE POKER 5pm at Bowraville Recreation Club

TUESDAY

AL-ANON 10.30 am at Catholic Church, Nambucca,
WEEKLY RELAXATION AND MEDITATION
8.30am-9.30am Bowraville Healthcare Centre
CAROOMBA DANCE FITNESS 1.30 Bowraville Recreation Club
FREE POKER 6.30PM registration
BINGO 11am Bowraville Recreation Club
TABLE TENNIS 6pm at Grants Hall

WEDNESDAY

ZUMBA 11.00 a.m. Grants Hall all welcome
BOWLS, Ladies 10am at Bowraville Recreation Club
INTEGRAL YOGA 6.00—7.30pm Yoga On High, Bowraville
AL-ANON 7.30pm at Macksville Neighborhood Centre
YOGA 10am at Missabotti Hall
MEAT RAFFLE DRAW 6.30PM pm Bowraville Ex Services Club



THURSDAY

COMMUNITY GARDENS 9am to 1pm Gardening Q&A, swap contact Greg Field 0448869545
PLAYGROUP at Bowraville Central School 10 am—1 pm Contact Steven Hayes 65648737
WALK-A-BLOCK 9am at the Bank, Ph. 6564 7677.
GOLF Ladies 18 Hole, 9am at Recreation Club
BINGO 11am, FREE POOL 6.00pm to close at Bowraville Ex-Services Club
BOWLS 1pm Men's Social at Bowraville Recreation Club
DARTS 7pm Social at Bowraville Ex Services Club

FRIDAY

POTTERY at Phoenix Pottery Studio, 9.30am -3pm. Contact Judi Belbin on 6568 9105.
RAFFLE & MEMBER DRAW 6.30PM at Bowraville Ex Services Club
NGARRWA HEALTHY FAMILIES GROUP 10am -2.30pm
Contact: Jo Davidson 0419 634 842
FRIDAY RAFFLE and MEMBERS DRAW Bowraville Recreation Club plus Bistro
LIGHTNING PAIRS BOWLS 6pm, November to April Bowraville Recreation Club



SATURDAY

GOLF Men's 9am at Recreation Club
BOWRA COUNTRY MARKETS 8am – Noon Bowraville Community Centre, Call Jim 65647670 2nd and 4th Saturdays every month
BOWLS 1.30pm Mixed Social at Recreation Club.
FREE POKER 2pm Bowraville Recreation Club



SUNDAY

EUCHRE 1st, 3rd, 5th Sunday 10am at Bowraville Ex Services Club

TECHNO CLUB OPEN TO EVERYONE

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

The **Techno Club**, run by Mark, holds a workshop on Thursdays from 10.30am to 11.30am. The workshop costs \$5 for the hour but students are very welcome to stay on and practice their new skills at our usual low rates.

We are open to your ideas and interests.

Come in and let us know what you want to learn, then enjoy your class in a relaxed setting and surprise yourself and your friends with your newfound Techno confidence.



You can also ring the BTC on

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.

Continued from Page 3

at the Mad Hatter's Café on Friday 28th February, commencing at 1.30 pm. All ideas for fund raising in Bowraville will take a priority. Please check if you are to bring lucky door and raffle. After the Christmas break the hospital café is open for business. Since its opening in September 2009 the café has donated \$70,000 towards equipment to Macksville Hospital. Our roster clerk has put out a call for more volunteers. Training is available and you have the choice of committing to the monthly roster or being available as an emergency helper when the permanents are unavailable. Our other role is to staff the Hospital trolley. If you would like to become a valued volunteer visit the café or contact Bowraville 65647179 The next meeting of the café team will be on Friday 21st February at the chapel, commencing at 10am.

Bowraville Film Society

Commencing in January the Film Society has changed membership from January to December with adjustments for those who join during the year. The annual cost remains at \$28 with the option of viewing 15 films, chosen by members, plus Bowraville arts membership for \$22 which is due each August. If you would like to check us out your first visit is free. You may also bring along a visitor 3 times a year.

The theatre opens at 6pm for coffee, nibbles and fellowship with an earlier start for our double winter program. This year's program is available at the theatre.

They're racing at Bowraville

Macksville Ex-services Club Local Charity Day will be held on Saturday 15th March 2014. All funds raised on the day are donated to a local charity to be advised by the Macksville Ex-Services Club. The day is a five race program with full bar, food, TAB and bookmaker facilities. Private packages are available in the hospitality centre. Please telephone

Judy at Macksville Ex-Services Club or Nambucca River Jockey Club on 0438647385 for details and bookings. This is a great day out and a chance to help a local charity at the same time.

Join the Bowraville Film Society

If you are new to our district the Bowraville Theatre's Film Society is a sub-group of the Bowraville Arts Council (BAC) and for membership of both the BAC and the Film Society you have the option of viewing 15 foreign and art house films for no further cost. For Film Society screenings see Page 7.

Lock the Nambucca Valley

A strong community alliance opposing the threat of antimony mining in the Nambucca Valley 'Lock the Nambucca Valley' (LNV), are a cohesive and diverse group who are working together to develop and implement strategies to prevent destructive mining activities in our catchment. The proposed antimony mining in the headwaters of the Nambucca River threatens property rights and local

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BOWRAVILLE HEALTHCARE CENTRE

Dr Edwina Guard MBChB BSc FRACGP

29a High Street Bowraville

Ph: 6564 7555 Fax: 6564 7505

Email: edwinaguard@yahoo.com.au

Surgery Hours

Mon to Thurs 9am – 6pm

Fri 9am – 4pm

Sat by Appointment

Laverty Pathology

Mon to Fri 9am – 1pm

Psychologists by Appt

Physiotherapy by Appt

Proud sponsors of:

Pilates with Tamara Urquhart

Yoga with Gaye Bushell

Dancing with Carmen Noble



**Hawaiian Temple Style
Massage for Body, Mind & Spirit**

Full massage: 90mins \$80/2hrs plus \$100
Back only 1hr \$60

Contact Michele Ph: 0429 858 334

6/11

FOR SALE

- 2/3 Bedroom north-facing house on fully fenced 1/2 acre block.
- Polished wooden floorboards, solar hot water, gas stove, ceiling fan and slow combustion fire.
- Double length garage to rear lane access.
- Fabulous rural views from 3m verandah next to Nambucca River on flood-free block.
- Organic vegie garden and several fruit trees. Easy-care native gardens.
- Very quiet, private spot.

VIEW AFTER MIDDAY BY APPOINTMENT
\$250,000 Phone: 0423 741 291

2NVR 105.9FM

Your Community Radio in the Nambucca Valley

2NVR listeners have been enjoying fabulous nights of live entertainment with our monthly live show, 'Studio 3 Live'; this show received a national award nomination for 'Contribution to Australian Music'. It's a winner with the local artists & people who have come along to be part of the live studio audience. In December we celebrated Christmas with The Salvo Country Band in the studio and 2NVR also did an Outside Broadcast in Macksville at the Salvo's Carols by Candlelight. January brought Josh Needs to 'Studio 3 Live'. He is an amazing young guitarist, from South West Rocks, who has performed with Tommy Emmanuel & other famous guitarists, what a night that was.

2NVR is eagerly looking forward to the next 'Studio 3 Live' event when we will welcome 'Honey & Knives'. Bellingen based *Honey and Knives* marry the sweetness and beauty of life's possibilities with honesty blunt as a butter knife. Drawing together influences from folk, bluegrass, country and blues, *Honey and Knives* craft compelling, raw original music informed by love, loss, redemption and resignation.

Driven by the intricate, soaring vocal harmonies of front-women Toke and Jacquie, *Honey and Knives* compel you to listen closely. Toke sets the pace and tone on ukulele and Jacquie delivers atmospheric, captivating violin breaks. Adding texture and rhythm to the mix are the multi-instrumental Steve on banjo, mandolin and harmonica and Aaron on the steel string guitar.

Honey and Knives perform with passion and those who have seen them play will attest that this is a band with the ability to draw a crowd.

Come along & check out this exciting new band on Friday, Feb 21, 6pm-8pm at the 2NVR studios, 834, Rodeo Dr, Tewinga. BYO drinks & a plate of food to share. This is a free & family friendly event. Follow us on facebook or www.2nvr.org.au

Bowraville & District Ex-Services Club
6564-7304

KC's KITCHEN

- serving Australian meals -

\$7 Lunch and \$10 Everyday Specials
plus daily Blackboard specials

Homemade Desserts



Takeaway available

Tuesday to Sunday

Lunch from 12noon to 2pm

Dinner from 5.30pm to 8.00pm

6564-8898



HAPPY HOUR Monday & Tuesday 5-6pm

All Schooners \$3.50 Thursday 5-8pm

POOL TABLE \$1 per game

7/11



Bowraville Folk Museum

High Street, Bowraville

Phone/Fax: 6564-8200

MONDAY-FRIDAY 10am-3pm

WEEKENDS and

PUBLIC HOLIDAYS 10am-1pm

twitter.com/bowravillefolk

Groups by appointment.

7/11

Blue Sky Healing

Kinesiology . . .

and more . . .

for you.

Enquire about wellness packages.

35 Bowra Street, Bowraville

02 6564 7908 or 0400 828 471

marion.syratt@gmail.com

blueskyhealing.wordpress.com



Thursdays at Divine Soul Centre, Nambucca Heads

6/11



FEBRUARY PROGRAMMING at the

BOWRAVILLE THEATRE

Saturday 15th February at 2pm we will be showing our usual Saturday 'Arvo' Movie – this is a great afternoon's entertainment for adults and children alike. The first session includes a cartoon, the Zorro serial and other small sketches to entertain. This takes up the first part of the show and after a short break for snacks or ice cream treats we then move on to the main feature which this month stars Randolph Scott in 'Rage at Dawn'. This is a wonderful opportunity to take advantage of our fully air conditioned Theatre. Entry is \$5 and if booked at the Bowra Pub. You can partake of a meal and a drink beforehand for only \$12. Do join us and stay cool in excellent company. Doors open at 1pm.



Saturday 22nd February at 7pm the Film Society will be screening 'Headhunters' (2011 Norway). This is a thriller about Roger who is living a life of luxury beyond his means and stealing art to subsidise his expensive lifestyle. When his beautiful gallery owner wife introduces him to a former mercenary in possession of an extremely expensive painting, he decides to risk it all to get his hands on it and in doing so discovers something which makes him a hunted man. You may come along and for a small fee find out if this entertainment is to your liking and then become a bona fide member of the Film Society. Doors open one hour before the show.

The 3rd Thursday in March will see the return of our Hospitality Students from Bowraville Central School - come along and support them from 9.30am until 12.30pm when they will be serving coffee, tea, snacks and light lunches in the Theatre Café.

- Dorothy Evans, President, Bowraville Theatre Players.



LIONS CLUB

SUPPORTING OUR COMMUNITY



PRESIDENT

Mark Scott
Ph. (02) 6564-7897

SECRETARY

Kerrie Savins
Ph. (02) 6564-7925

b lion34@yahoo.com.au

PO Box 23
Bowraville NSW 2449

7/11

NAK
Haircare



Clarinis
Skincare

Open Tuesdays to Fridays

Saturdays by appointment

Beautician Available Thursdays from 9.00am

Shellac Polish available

Shop 3/74 High Street Bowraville

Established Fourteen Years by Kylie Blanch in Bowraville.

Phone: 65647675

E mail: letstalkhair3@bigpond.com

7/11

Open for business . . . *but where???*

Formation of the new Local Land Services (LLS) agency for NSW formed in January, replaces the 14 Livestock Health & Pest Authorities (LHPAs), 13 Catchment Management Authorities (CMAs) and the advisory services provided by the Department of Primary Industries (DPI). The agency will be run by local boards of elected and skills-based directors.

Local board nominations - Nominations for election as a LLS board member are now open. Nominations for elected board member positions close on 31 January 2014. Election results will be announced on 14 March 2014.

Enrol to vote - Only persons on the LLS electoral roll for the region will be eligible to vote. Ratepayers must enrol to vote by lodging an enrolment form to be eligible to vote in the 2014 LLS elections.

Ratepayers are encouraged to enrol and vote for their local board members. Check www.lls.nsw.gov.au for details and enrolment forms.

Enrolment closes 17 February 2014.

Enrolment forms have been sent out to each ratepayer displaying no forwarding address and no contact number but the LLS website asked that we submit forms to a Local Land Services office.

These LLS offices have been almost impossible to find both by Australia Post and ratepayers wanting to hand deliver their enrolment forms – consequently we have been advised that it would be best for North Coast region ratepayers to send their forms to the Grafton address which is Local Land Services, PO Box 618, Grafton NSW 2460. Tel: 1300 795 299.

Bowra bags a swag of Australia Day 2014 Awards

The Nambucca Shire Council Australia Day Awards presented on Australia Day at the Macksville RSL Club recognised the contribution to the community made by people from the Nambucca Valley.

Of the 21 recipients to receive the '*Services to the Community by an Individual*' award 7 are from Bowra and two, though not residing in Nambucca Heads have made a huge contribution to this community. Bowraville (and associated) recipients are Geoff Chittick, Kerry Grace, Dr Edwina Guard, George Hillier, Robynne McGinley, Kerrie Savins, Mark Scott, Bill Shepherd and Wendy Wedge.

The '*Junior Sports Team*' award was presented to the girls of the Bowraville Under 16 Netball Team - Zara Simon, Courtney McEwen, Brittney Edwards, Kalysia Gill, Antoinette Edwards, Megan Johnstone and Sara Johnstone.

Congratulations to all recipients.



Bowra Post & Collectables

27 High Street, Bowraville ♦ Telephone: 6564-7169

Monday to Friday 9am-5pm ♦ Saturday 9am-12noon

BANKING FACILITIES – Agents for CBA, NAB, ST George + various Credit Unions (not BCU)
(check with your Bank for charges)

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

COUNTRY LINK - Book your tickets by phone then pick up here at Bowra Post Office

DRY CLEANING AGENT – Drop off and Pick up

Become a V.I.P Customer - Spend \$30 or more in the Giftware (ex Aust Post stock) and receive a free coffee at

The Mad Hatters Tea Garden

Monday-Friday 9am-5pm ♦ Saturday 9am-3pm ♦ Sunday 10am-2pm

Private bookings until 8pm daily

Telephone: 6564-7631

Gluten free and Dairy Free Food available

Get a Mad Hatters Coffee Card and receive a free coffee after every six coffees purchased.

7/11

Bowraville Chamber of Commerce and Industry Inc

FEBRUARY 2014

Australia Day Awards 2014

The Nambucca Shire Council held the Australia Day Awards on Sunday 26th January at the Macksville Ex-Servicemen's Club. Forty five people received awards as well as several clubs and teams and 3 people became Australian Citizens. Congratulations to all who received an Australia Day Award. You can see the list of award recipients from Bowraville on the previous page.

Storm Season

Road conditions can change at any time. For emergency help in floods and storms, call the SES on 132 500. In life threatening emergencies, call 000. Council is continuously assessing the road conditions throughout the Shire and will update the MyRoadInfo site only when new information comes to hand.

[http://mia](http://mia.myradinfo.com.au/)  [myradinfo.com.au/](http://mia.myradinfo.com.au/)

Residents can report any problems experienced on roads to Council by telephoning Council on (02) 6568 2555 during business hours or Emergency After Hours on 0417 488 56

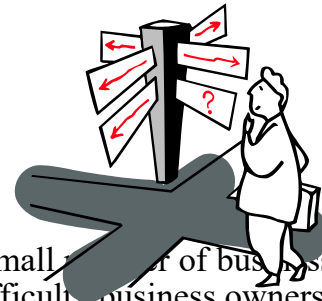
Listen to your local radio station 2NVR for the latest information on conditions in our area and you can also check the Bureau of Meteorology web site for the latest weather warnings and information . . . <http://www.bom.gov.au>

If you are planning a journey you can check the latest road information around the state on the RMS web site . . .

<http://livetraffic.rta.nsw.gov.au/>



What direction for the Chamber?



With the small number of businesses in town and the difficulty business owners have finding the time to be able to attend chamber meetings it poses some big questions for the Bowraville businesses and community.

In 2014 do we hold monthly meetings in the morning or evening or make the meetings less frequent or even hold them online?

The chamber needs your input and support. We will hold a special meeting at the Services Club on Tuesday 25th February at 6pm.

Come along and have your say in these important issues. Businesses will be sent out a questionnaire to be completed before the next meeting so we can accurately assess your thoughts, wishes and desires as to the future of chamber.

If you cannot attend you can email your comments to :

chamber@bowraville.nsw.au or post to Box 46 Bowraville NSW 2449



Membership is open to all businesses, community groups and individuals.

Contact Chamber

Vice President: Mark Scott M: 0428527545
Secretary: Joanne Parry BH: 65647304

Flying dogs over Bowowraville

We left Bowowraville on Friday 4th October, after our 14th session of Tim Tam's Doggy Music on 2NVR. Mike drove overnight to the Sheoake Shack at Fingal Heads where we had breakfast of eggs benedict, bacon and Turkish bread. It's also an art gallery which Mike began about fifteen years ago, I think. Andrea runs it now and she seemed to like me.

Mike put up a small tent between a lake and The Tweed but it soon blew over in the high wind because one of the cruddy struts was broken so we got another one which was fine.

After a couple of days we went further North to Sunshine Rise on the Sunshine Coast where Pip lives. She seemed nice but wanted to know a lot of personal stuff for some reason - but I'm extremely discrete about some matters.

Then one day Mike was nowhere to be found. Pip explained he'd flown to Europe, on the other side of the world, to see his children and grand-children.

I didn't know Mike could fly. Perhaps he'll show me how when he gets back and I'll show Boofhead and my other friends in Bowowraville.

Pip brushed me every day and took me for walks on the beach where I could chase around with other dogs for hours. Mike never used to brush me and walking on the golf course is his idea of exercise, though I think he's quite fit.

Then one night Mike came back and was obviously expecting me to be as pleased to see him as he was to see me. Well big deal! I had attached myself to Pip by then and Mike could take a running jump.

Next day we all went for a walk on the beach and Mike started loading the ute so it looked pretty much as if he was planning for us to leave and return south.

That was indeed what happened. I was sorry to leave Pip but could do without all that brushing and Mike gives me more to eat. As for flying, Mike says he went to Europe in an airliner and they don't allow dogs but he said maybe we'll take a trip in a hot-air balloon and fly over Bowowraville sometime.

- By Tim Tam (and Michael Rose) 2nd December, 2013.

WHAT'S HAPPENING IN BOWRA

Continued from Page 5

ecosystems. It poses a significant pollution threat to the entire river system and could affect river users, industries and our town water supply which all depend on a clean healthy catchment and river. For more information go to www.lockthenambuccavalleu.com.au or call LNV president Rudy Van Drie on 6564 2244.

Friends of Grassy Park

Every Friday the Friends of Grassy Park meet at 7am to water and weed the newly planted shrubs that will beautify the park. The more waterers and weeders the merrier. Enquiries to 6564 7908.

C3 Food Hub at Nambucca Heads

Helping you put a meal on your table. Anyone holding a Health Care Card or Pension Card can access this service. From 10am to 12pm a selection of non perishable food products will be on sale as well as other items found on the shopping list. All perishables such as bread, vegies and fruit are free. There is a wide selection from which to choose and this will vary each week. Access Fee: \$10 for 11 items; \$20 for 22 items. Contact 6568-1647.

Gold Coin Donation Class

On Wednesdays from 5 til 6pm you can enjoy Pilates with Tamara (0401 358 636).

Sponsored by Dr Guard at Bowraville Health Care.

Playgroup at Tallowood Steiner School

Tallowood Playgroup is held every Friday (except in school holidays) from 9am to 11am.

Based on Rudolf Steiner's values including early childhood stages of readiness, parent support and an environmentally sustainable foundation.

Inside play-space is designed for imaginative play without over-stimulation and outdoor play

is designed to create group play and encourage appreciation of natural settings. For more information ring the school on (02)6564-7224, speak to Camilla on 0438 868 742 or come along to Tallowood School at 220 Bellingin Road, Bowraville.



Bowraville Playgroup

Located at Bowraville Central School the Bowraville Playgroup meets every Thursday from 10am to 1pm and is open to all parents and carers with children aged 0 and 5 years.

We engage in fun activities in a safe, family environment. Activities include craft, painting, dancing, bread-making and free play. For more information, contact Stephen Hayes on 6564 8737 or Danielle Ryan on 6564 8619.



Beautiful Town, Beautiful People

Sue Smoothy

I moved into George Street, Bowraville in April 2005. After looking for somewhere close to the coast but with a country feel, I found Bowraville fit the criteria, and more! With the museums, the theatre, the Emporium, the wide streets, the friendly people and the wonderful feel of the main street, I knew Bowraville was the place for me.



I haven't seen much change around Bowraville in my time here, for which I'm grateful. Raised in the country, I appreciate smaller, quieter places with little worries about the congestion that larger towns can experience.

The number of venues and events run by volunteers, including the Bowraville Arts Council (with all the sub groups and the theatre itself), the museums, the halls, the sports clubs and the Lions Club, shows what a fabulous sense of community there is in Bowraville.

Having always had a passion for writing and music, I was happy to find the Writer's Group and the Choir. I've learned lots from the people in these groups and have been introduced to many talented musicians. Through these experiences I have overcome my anxieties and have developed writing and vocal skills.

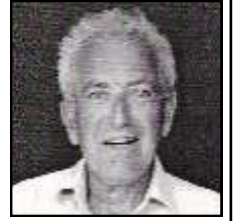
Singing these days with "The Smooth Hoares", my partner Brad Hoare and I (hence the band name) are the main vocalists. We perform with just one guitarist or up to a full line up of two guitars, bass and drums. Regardless of the line-up, I get to sing a number of my original songs, including one called "Jammin" which was written after a beautiful night of music, played in *Rimmo's* (Peter Rimmington) backyard.

Another original of mine is "Black Dog" - it's about depression, something I have experienced. I've seen many others trying to deal with this condition, including family, friends and clients and I've worked within the Community Services. Knowing how positive words can help I have compiled and written a book of positive quotes, one for each day of 2014. The book, titled "Aussie Words of Wisdom" contains words from "well known and not so well known Australians" and has been distributed to places as far away as Townsville and Melbourne and I plan to make this an annual publication.

As for Bowraville, I would like to see a few more tourists come into the area to help improve the economical situation of the town but not so many that the town loses its small town feel. I love Bowraville just as it is!

**Farewell
Michael Rose**

A memorial service was held on Monday, January 13th 2014 at Tewinga for Michael who died at Coffs Harbour Hospital on December 27th, 2013.



Fellow 2NVR Presenters, former partner Phillipa and friends from Bowraville met at the studios at Tewinga and proceeded to the river edge where each person spoke of memories they had of Michael before his ashes were scattered where he loved to fish with his dog Tim Tam.

Michael's memorial service was organised by Bob and Jan Cruickshank who were his friends, landlord and support since his arrival in Bowraville.

Michael was a colourful character seen often in Bowraville with his beloved four-footed friend. He will be missed around the town as he was often at the local on Thursday nights where he joined friends for dinner and made sure that Tim Tam (though not in attendance) would receive the same fare when he took her home a meal. His stories of the week's misadventures or a surprising new adventure on the horizon, kept his friends intrigued.

In his career days, Michael Rose was Senior Lecturer/Honorary Consultant at the University of London and a Haematologist.

During his later years he retired to Bowraville where he indulged in his love of painting, photography, fishing and writing and trained as a 2NVR Presenter.

Many listeners will miss Mike's often eccentric program where classical music coupled with stories of his life and pop culture intertwined, you never knew what was coming next - and of course it was the Tim Tam Show. He used to sign off the show with "Sergeant Pepper's Lonely Hearts Club Band" and it was fitting that it was played several times on air that day.

Tim Tam is being cared for by presenters from the station who are hoping to find a loving home for the 4yr old Kelpie.

- by Patricia Roberts and Ceri Wrobel

NB: Mike was tee'd up to be one of our *Beautiful People* but things did not work out the way we'd planned. Instead we've included this tribute to him because he was a beautiful person and his love of Bowraville was well known.

Mike's last 'Bowraville' article for the Community News is on the previous page.

LOCAL MARKET CALENDAR

DAY OF MONTH	LOCATION AND CONTACT DETAILS
2nd&4th Saturday	Bowraville Country Markets 8am-12:30pm, Bowra Community Centre. Contact: 6564 7670
	Macksville Producers Market. Riverbank Park Contact 65683844 Bellingen Organic Produce Markets, Bellingen Showground. Contact: 6655-8720
1st Saturday	Bi-Monthly in even months - Valla Beach Community Markets. Contact Gary 0411 038 654
	Dorrigo Showground 8am to 1pm. Contacts: 6657-1424, 6657-1424 or 6657-2243
	Kempsey Showground. Contact 0413 335 363
	Coffs Harbour Showground. Contact 0422 057 125
	Glenreagh Country Markets, Recreation Ground. Contact: 6649-2008
2nd Saturday	South West Rocks – Horseshoe Bay. Contact 0427 788 767
	Kempsey Growers Market, Services Club Park. Contact: 6561-5223 or 0407 957 319
	Woolgoolga Beach Trust Markets. Beach Reserve. Contact: 6654-1785
3rd Saturday	Bellingen Markets, Playing Fields. Contact: 6655 2151
4th Saturday	Sawtell Community Markets, First Avenue, Sawtell. Contact: 6653-3179
Every Sunday	Coffs Jetty Market – 6653 6771 and Woolworths Carpark Market. Contact: 6658-3081
	Harbourside Markets, Coffs Harbour. Contact 0407 661 990
Last Sunday	Bi-Monthly in even months - Eungai's Unkya Reserve, Pacific H'way Eungai. Contact: 6569-7814
1st Sunday	Coffs Harbour Lions Club Car Boot Markets, Jetty Foreshore. Contact 0417 704 588
	Port Macquarie Art Markets Maritime Museum. Contact Necia 0401 526 936
	Hub and Pub Market, Taylors Arm Pub, 9am-1.00pm. Contact: 6564-2040
2nd Sunday	Plaza Market, Pacific Highway Nambucca Heads. Contact: 6568-6221

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ELECTRICAL SERVICES

Domestic Commercial Industrial Rural

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Les or
Carissa Craggs”*

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Phone: (02) 6564 7783
Fax: (02) 6564 8125
lescraggselectrical@bigpond.com

7/11

BOWRA HOTEL

OPEN 10AM - MIDNIGHT

BISTRO

LUNCH and DINNER
Thursday, Friday and Saturday
11:30am - 2:00pm and 6pm - 8pm

LUNCH & DINNER
Sunday
11:30am - 2:00pm and 5.30pm - 8pm

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

33 HIGH STREET, BOWRAVILLE
Ph.6564 7041 Fax. 6564 8471

7/11



Bowraville Lions Club Inc News Bulletin

FEBRUARY 2013



BOWRAVILLE LIONS HELP OUT AT THE CHILDRENS CHRISTMAS PARTY 2013



On what was a very hot Friday afternoon, the Bowraville Lions Club cooked up sausages for the local children who enjoyed the Annual Street Party that Lady Lion Dr Guard and her staff put on every year.



Lion Alex and our local fire brigade helped to arrange a special visit from Santa who was greeted with much excitement by the children.

PLEASE SAVE YOUR USED STAMPS



The Lions Club of Bowraville is collecting and bundling used stamps which are sold at auction. The proceeds are donated to the Lions Children Mobility Foundation that helps fund the famous Harte walker that allows children with Cerebral Palsy to move around.



Australian Lions Children's Mobility Foundation

"Walk with Pride"
Australia, Papua New Guinea, Norfolk Island

Please keep your used stamps and drop them off at the Bowraville Post Office.

LIONS RECYCLE FOR LIFE

You can help improve sight for poor people throughout the world who are in need of spectacles by bringing in your old glasses to the Bowraville Chemist Shop. The spectacles are sorted and cleaned before being labeled and prepared for dispatch in graded groups. The program distributes the spectacles at no expense or obligation on the recipient.



LIONS CLUB MEMBERSHIP

There is a level of membership to suit your time and interests.

For example, did you know that as an associate member you can help out at any of the Lions activities that interest you without the need to attend every meeting? Membership fees are surprisingly low and can be paid either yearly or 1/2 yearly.

How do I Join?

Contact the President or the Secretary or ask any Lions Club member for more information and a free invitation to join us for a dinner meeting .

President:

Mark Scott 6564-7897

Secretary:

Kerry Savins 6564-8699

Gardens, Gardening and Gardeners

February garden action plan

! Protect capsicum, eggplant, zucchini, pumpkin and chilli from blossom end rot. Apply a sprinkling of dolomite and water in preferably before fruiting and water regularly while fruiting.

! Save rainwater as the wet season peaks. Clear gutters of leaves regularly and cover tank entry and exit points with mosquito-proof netting.

! Encourage juice, flavoursome fruit that is disease resistant by feeding plants with potash, applying at the recommended rate.

! Prevent nutritional disorders on flowers, herbs, fruit and vegies by watering the leaves with seaweed tonics.

! Stop compost smelling and turning sour by thoroughly mixing in some lime or dolomite.

! Harvest summer vegies and strawberries regularly to stimulate ongoing cropping.

! Watch for plants that may be drying out. Treat the soil with a wetting agent and apply mulch.

! Check hanging baskets daily. Water early in the day, especially when it's hot and windy.

! Use your time wisely - sometimes it's just not possible to do everything you want to do in the garden. If you're short of time but like your garden to look cared for, some fresh mulch, a few

Cool gardens tips for February

◆ Mulch, mulch and mulch . . . Will maintain a more even soil temperature, reduce water loss and keep the earthworms happy while they aerate the soil, decompose organic matter and leave behind their natural fertiliser.

◆ When building trellises to grow climbing vegies position them so they're pointing in a north/south direction as this will give the climbing plants (which will be facing east) a chance to enjoy some shade during the heat of late hot summer afternoons.

◆ Water plants deeply but less often forcing your plants to harden up early in the summer season which means they'll be more tolerant on days with extreme temperatures. This will also help your plants to survive without care during short periods when you may be away.

◆ Place a low, medium-sized container of water in the garden somewhere shady so native birds and lizards can come and shelter in safety while they have a drink.

◆ Pick all vegies and salad greens early in the morning on hot days.

◆ Potted plants, especially those in terracotta pots, are vulnerable to overheating. Lightly mulch and, where possible, position them out of hot western sun. Remember, standing potted plants in saucers of water encourages root rot and mosquito breeding. Instead, stand them in saucers filled with sand, and keep the sand moist. This ensures roots stay cool and plants remain healthy.

What to plant in February . . .

Plant in Garden: Beans, beetroot, capsicum, carrots, cucumbers, eggplant, lettuce, parsley, radish, silverbeet, sweet corn, turnips, zucchini.

Start in Seed Trays: Broccoli, leeks, onions.



- from www.gardenate.com

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

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

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

For the home garden or big acre farming . . .

**SEEDS - POTTING MIXES - COMPOST - FERTILISERS
SOIL & WATER CONDITIONERS - MULCHES
ORGANIC GARDENING SUPPLIES**



Norco Rural carries a large range of products for pasture, cropping, horticulture and gardening applications from a wide variety of well known brands.

51 CARBIN STREET, BOWRAVILLE - 6564 8648

7/11



BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

These reviews are of books currently in our Book Nook.

They move out fast so be quick it one interests

Diamond Dove by Adrian Hyland

What a great story this one is!

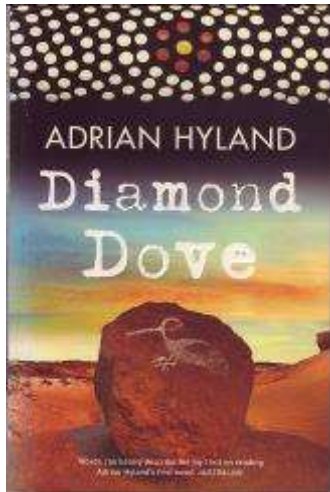
The main character is Emily Tempest – a young woman who never seems far from trouble. She’s full of gusto, she’s caring but she’s not shy. She’s educated (alho despite trying a few different subjects her uni courses were never completed), well travelled and got life experiences under her belt.

Emily is back at Moonlight Downs – the community where she grew up, half in the Aboriginal world, half in the white. Moonlight Downs is not what is used to be though and there is something ‘going on’. The father of her childhood and still best friend, Hazel, is murdered and mutilated. Emily immediately thinks an old enemy is the only suspect but true to her nature, she digs, asks questions and gets involved where perhaps she shouldn’t. Along the way we are introduced to other interesting characters, cross paths with tales of “dreamin”, visualise the harshness of dry outback and glimpse a time when there wasn’t much equality or empathy between Aboriginals and white men.

Diamond Dove is a mystery with a bit of drama, a homecoming to a difficult environment especially for a female, it’s a ‘whodunit’ with colourful but few pleasant characters.

The language might be a little confronting at times but it adds to making Diamond Dove seems more like a true story than the fiction it is.

Singing The Sadness by Reginald Hill



Joe Sixsmith is the central character in a number of novels by Reginald Hill. He is a redundant lathe operator turned private eye from the town of Luton in the UK.

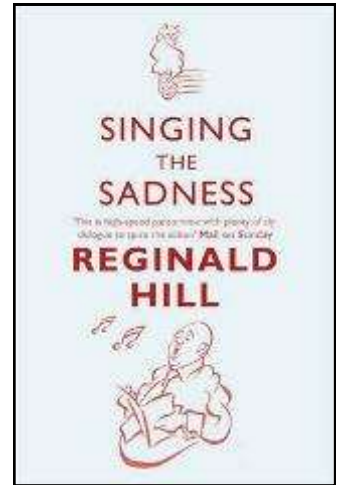
In this story Joe is a member of the Boyling Corner Choir. They have been invited to compete in a choral festival at Llanffugiol in Wales. What should be a pleasurable few days away turns into an adventure finding Llanffugiol is the first of their challenges.

From there, a completely unexpected series of events occurs starting with a house fire in which a mysterious woman is trapped. After Joe rescues her, he is then faced with a suspicious policeman, a patronizing headmaster, a drug dealing student, a gang of disaffected locals hell bent on sabotaging the singing festival for reasons of their own and a caretaker’s daughter, thrown into the mix.

Among the choir is Joe’s Aunt Mirabelle (a formidable woman), Beryl (his current love interest) and Merv (his friend and driver for the excursion).

The tale has a few twists and turns with Joe not giving up on finding the truth.

Singing the Sadness is an easy read. It’s quite interesting to learn where the title comes from – you’ll have to read to find out!

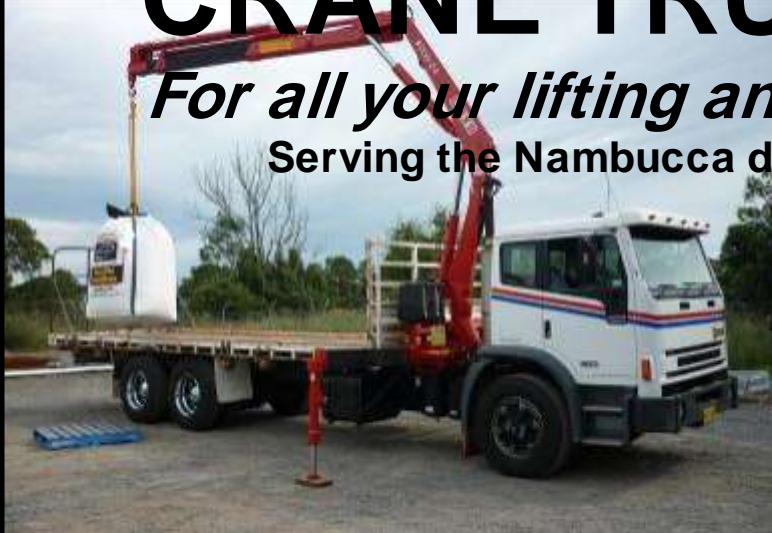


- Books reviewed by

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7 DAYS

7/11

Bowraville Harvest Faith Family Church

A Word of Faith Pentecostal Church

Church Services

Friday Evenings - 7.00pm
Sunday Mornings - 9.30am

Prayer Meetings

Friday Evenings - 6.00pm
Sunday Mornings - 9.00am
Mon, Wed, Thurs, Fri - 9.00am to 10.00am

Faith Link Groups

Wednesday Mornings - Ladies at 10.00am
Wednesday Evenings - Mixed at 7.00pm
Ladies Coffee Club - meets on the 4th
Saturday of the month at 10.00am

Book Shop and Office Hours

Before and after Services 1/2 hour
Monday 9.00am - 12.30pm
Wednesday - Thursday 9am - 12.30pm
Friday 9am - 5.00pm

Ministry Training School

*Enquiries and applications are invited
for the commencement of the
Ministry Training School for 2014.*

1st Semester starts Monday 3rd March

2nd Semester starts Monday 21st July

Each semester consists of 16 weeks.
Also available in correspondence form.

Anyone is welcome to come and get to know us. As the Pastor of the Church, I would personally like the opportunity to share the great and wonderful redeeming love of God with you. The Word of God is powerful and able to help you in any situation in life as you come to know it, understand it, and live it. We are here to help you with all of that. For any further enquiries please feel free to contact me using the information below.

Pastor: Rev. Tom Fairhall

Address of Church and Office

48 High Street
Bowraville 2449

Phone: 02 6564-8656

Mob: 0428 682 870

email: bhffc2012@gmail.com



Land for Wildlife in Nambucca



An opportunity currently exists for Nambucca Valley landholders to join up with the Land for Wildlife Program and enhance the biodiversity of their farm or property.

Nambucca Valley Landcare has received funding from the Catchment Management Authority, through Hastings Landcare, to offer the benefits of this program to landholders in the Nambucca Valley. You don't have to be a member of Landcare to be eligible - schools, public land and parks are eligible to apply.

If you have a minimum of 1/2 hectare of native vegetation and you would like some support and assistance to improve your wildlife habitat think about applying to join this scheme. Land for Wildlife is entirely voluntary and non-binding and can be integrated into your farming and lifestyle activities. And it is free. You may even want to talk to your neighbours about forming a wildlife corridor.

This current program is on offer to a limited number of landholders so the first Expression of Interest (EOI) forms to be received will be assessed first.

An Expression of Interest form is the first step and needs to be received by our office by the 7th March.

Don't miss out, contact Joy at Landcare 6564-7838 or tryan@nvlndcare.org.au

For more reading on Land for Wildlife go to the Community Environment Network website, the lead organisation in NSW for the Land for Wildlife program, at <http://www.cen.org.au/Land-for-Wildlife/> or the Land for Wildlife South east Queensland <http://www.lfwseq.org.au/> is also a good website.

- Joy Vanson, Nambucca Valley Landcare.

BOWRAVILLE FOLK MUSEUM

Members visit for free

Looking for Volunteer Opportunities

We are a registered Charitable Organisation and welcome your interest. A wide range of positions now available. Phone Bob on 6564 8200

Twenty five students attended the first school at Argents Hill in 1881 which was a marquee tent on a site cleared by local labour. According to Ernest Kelsey, the first school teacher was Miss Anna Appleton Taylor, who boarded with the Churchills. Later a school was built in 1882 on land donated by Allan Argent. It continued operating until 1946.



Photo of Argents Hill School 1906

Rules for Women Teachers ; 1915

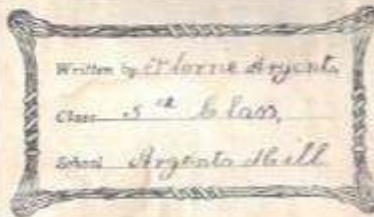
1. You will not marry during the term of contract.
2. You are not to keep company of men.
3. You must be home between the hours of 8pm and 6am unless attending a school function
4. You may not loiter down town in ice cream parlours.
5. You may not travel beyond the city limits without the permission of the chairman of the Board.
6. You may not ride in a carriage or automobile with any man unless he is your father or brother.
7. You may not smoke cigarettes
8. You may not dress in bright colours
9. You under no circumstances dye your hair.
10. You must wear at least two petticoats and your dresses must not be any shorter than two inches above the ankle.
11. To keep the school room clean, you must sweep the floor at least once daily, scrub the floor with hot soapy water at least once a week, clean the blackboard once a day and start the fire at 7am so that the room is warm when the children arrive.

BACK TO SCHOOL

Approximately 1918 - For the Children of our Pioneers

In this edition we would like to share a poem written by a 5th Class student at the Argents Hill School. Grand daughter of Pioneer, Allan Argent, featured in our December newsletter.

This poem is transcribed from the first entry in her text book



Buccrabindini Woes

It was in a place of solitude,
Where silence reigned supreme,
We found a hut deserted,
Midst trees and vines so green.

We found this hut in the confines,
Of Buccrabindini Antimony Mines,
Embracing not a single charm,
Two miles just from Dyer's farm.

The bark was off the roof,
The rain had fallen in,
But after patient labor,
We soon had settled in,

The windows too was smashed,
Of that we did not care,
We went to work and patched it,
With glass we had to spare.

Many a weary day we spent,
Mid hopes and constant dread,
Wondering if our labour,
Would pay our daily bread.

Twas a place to us of sorrow,
Diff'ring to any else we'd seen,
And we waited for the morrow,
Fearing what it would bring.

Our camp was dull and dreary,
Rats old and young were bad,
The fleas too in millions were,
Which well nigh drove us mad.

We got the water hot and cold,
And with it swept the floor,
But with all the trouble taken,
The flees came more and more.

We fought our very best you see,
But soon were conquered by the flees,
Whilst Ticks and Leeches did there best,
To drive us to Eternal rest

To Argent's Hill in haste we fled,
And there we must remain,
Until our Money we receive,
And thence to home again.

Flo Brown (nee Argent) 1908 - 1995



Bowraville Bus Service 1947



Phone: 6564 8200 * Open Monday - Friday 10am - 3pm * Sat & Sun 10 am - 1pm *



Nginyaala garla-ngarraynggi waw guuyunga jurruya jalumbaw,gilli waw.

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

"Ngiyaa Nyaaga mangga darrunda bambuur ngaljarri barmarranygu yilaami,manggagirr maana darrunda guunu jul-gaaganybiin.gu."

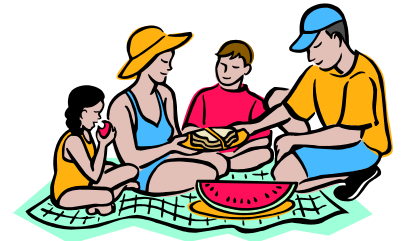
"We aspire to facilitate change for generations to come, towards an improvement in life for ALL Australians."

VISITING SERVICES

INTERRELATE FAMILY CENTRES

Offers counseling services for:

- *Children
- *Family Dispute Resolutions
- *Relationship Support Programs



Contact **Interrelate** for an appointment on: 6659-4150. Everyone is welcome.



LEGAL AID SERVICES

Legal Aid will be available fortnightly on Thursday mornings between 10am – 12pm.

Legal Aid deals with care and protection issues, wills, AVOs and all other legal issues.

Contact **Legal Aid** for an appointment on: 6562-1888

BABY HEALTH CLINIC

The Baby Health Clinic has relocated from the CWA Rooms to MiiMi House and is held on Wednesdays from 9.30am to 12.30pm.



MiiMi Aboriginal Corporation 90 High Street, Bowraville 2449 NSW
Contact details: Phone 02 6564 8855 Fax 02 6564 8844
Email: admin@miimi.org.au; Website: miimi.org.au



Safety Facts Inflatable or Portable Swimming Pools



What is an inflatable or portable swimming pool?

Inflatable or portable pools are pools which can be inflated or assembled as required.

How many children are injured when using an inflatable or portable swimming pool?

Drowning:

- Toddlers can drown in as little as 5 cm of water. Pools left unattended are a potential drowning hazard.
- Children may drown in small amounts of water collected in inflatable or portable pools as a result of rain or nearby sprinklers.

Electrocution

- Portable electrical pumps and filter systems can cause electrocution if not used properly.

Infection

- Children can become ill when pool water is left uncleaned for long periods of time.

How common are these injuries?

Drowning is a leading cause of death among children aged five years or less. From 2001-2006, an average of 11 drowning deaths occurred annually within NSW with a further 85 children hospitalised for near drowning (NSW CHO Report, 2008). This equates to 7-8 children being hospitalised for each child drowning death in this age group (NSW CHO Report, 2008). Of near drowning incidents, 5-20% of children will suffer some form of brain damage ranging from mild to severe (RLSSA NSW 2001).

Children aged less than five years of age have the highest drowning mortality rate of any age group. Between 2003 and 2007, 48 children aged under the age of five drowned in NSW, with approximately 50% of the drowning deaths occurring in swimming pools (Royal Life Saving NSW, 2007).

Is there a Law or an Australian Standard for inflatable or portable swimming pools?

The law in NSW states that all pools *able* to be filled with water to 300mm or more in depth, must be surrounded by a safety barrier separating the swimming pool from any residential building and any place adjoining the premises. Fences around pools must be designed, constructed, installed and maintained in accordance with the Australian Standard (AS 1926.1 – 2007).

The law also states that owners/occupiers of a property with a swimming pool that is able to be filled to 300mm or more in depth should:

- Maintain child-resistance barriers so they are effective.
- Ensure all doors and gates providing access to the swimming pool are kept securely closed at all times.
- Ensure that at all times a warning sign is displayed in the area near the pool. This sign should be clearly visible and contain approved resuscitation techniques.

Remember:

- Always read the labels on inflatable and portable swimming pools. Warning information can vary depending on the height of the pool.
- If using an electric pump, fit a Safety Switch to the house where the pool will be used. Check that the pump and filter have an electrical safety approval number or Regulatory Compliance Mark.
- Ask an electrician to install a suitable electrical power point near the pool so you don't have to use extension cords.
- For pools above 300mm in height, consult your council on fencing requirements and child-resistant barriers and display a warning sign with approved resuscitation techniques.
- Always supervise children in inflatable and portable swimming pools.
- Ensure the water is kept pure.
- Empty the pool and store it away from children when not in use.

What are they Spraying?

**AERIAL AEROSOL EMISSIONS RELEASED OVERHEAD.
NANO PARTICULATES INCLUDE
ALUMINIUM, BARIUM, SULPHUR HEXAFLUORIDE**

**WEATHER MODIFICATION PROGRAM
CONTINUED FUNDING INTO 2014**

...SEE THE STREAKS IN THE SKY, THE HAZE ON THE HORIZON...

THESE PERSISTENT CONTRAILS ARE DESIGNED TO LINGER IN THE SKY IN THE UPPER ATMOSPHERE TO COMBINE WITH NORMAL MOISTURE, CLOUDS AND VAPOUR TO CREATE A BLANKET EFFECT IN THE THEORY OF REDUCING GLOBAL WARMING. THESE NANO SIZED AEROSOLS ARE EVENTUALLY RELEASED BY RAIN ONTO THE EARTH AND INTO OUR WATERWAYS. THESE NANO PARTICULATES ALSO LODGE INTO OUR LUNGS.

**SEE DOCO. ON THE NET
“WHAT IN THE WORLD ARE THEY SPRAYING”**

AUSSIE SITE MUST SEE: www.bluenomore.com

**LOCAL & MAINSTREAM MEDIA IS GAGGED
FROM SPEAKING OUT**

(UNDER NATIONAL SECURITY LAWS)

NO PUBLIC DISCLOSURE ALLOWED

.... YOU TRY ASKING AND YOU'LL GET THE RUN AROUND

**THIS NOTICE WAS WRITTEN ON BEHALF OF ALL CONCERNED CITIZENS
AND PILOTS CONTRACTED
TO THE AUS/US AIRFORCE WHO WISH TO REMAIN ANONYMOUS**

It is hoped that in the near future a public information meeting will be held as there is a ground swell of interest by the public about what is going on above our heads!!

Steve Grey Ph. 66559676

How to Stay Healthy in the Heat

Drink plenty of water

- Drink plenty of water even if you do not feel thirsty – check the colour of your wee – it should be pale.
- If your doctor normally limits your fluids, check how much to drink during hot weather.
- Avoid alcoholic, hot or sugary drinks including tea and coffee (they can make dehydration worse).
- If you go outside, carry a bottle of water with you.
- Stock your fridge with cold water and freezer with ice.

Keep your body cool

- Drink cold drinks and eat smaller cold meals such as salads and fruit.
- Wear light coloured, loose fitting clothes made from natural fibres like cotton.
- Stay out of the sun.
- If you must go outside, apply sunscreen and wear a hat.
- Plan your day around the heat – avoid being outdoors between 11am and 5pm.
- Put wet towels or cool packs on your arms or neck or put your feet in cool water.
- Take cool showers or baths.
- Minimise physical activity, do all household chores early in the morning when it is coolest.

Keep your house cool

- Cool your house by closing windows, shutting curtains and blinds. Open windows at night to let in cool air.
- Use air-conditioning if you have it (make sure it's set to cool).
- If you don't have air-conditioning, spend time in a cool place like a library, shopping centre or cinema.
- Know which room in your house is the coolest (this will often be on the ground floor on the south side).
- If there is no power or you can't get to an air-conditioned space, stay in the coolest part of your house.
- Use your stove and oven as little as possible.

Take care of others

- Visit or telephone elderly friends, neighbours and relatives at least once a day.
- Check that they have water in the fridge.
- Encourage them to drink.
- Help them to find the coolest room in the house.
- Consider taking them to a cool place (e.g. shopping centre, library or cinema).
- Take care to keep children cool and get them to drink lots, as they often don't do this by themselves.
- Never leave babies, children or animals alone in a car even if the air-conditioner is on.

Have a plan

- Know who to call if you need help.
- Follow your doctor's advice if you have any medical conditions.
- If you feel unwell, seek medical advice from your doctor or nearest hospital.
- Know where to find your emergency kit in case of a power failure.
- Keep an eye on the weather forecast.
- Know what to do in case of a bushfire.

Information on bushfire preparedness is available from the [NSW Rural Fire Service](#)

Keep your food safe

- Make sure food that needs refrigeration is properly stored. Temperature in the fridge should be between 0°C and 5°C. Defrost foods in the fridge, not on the kitchen bench.
- If your fridge and freezer is affected by a power failure do not open the doors until power has returned.

After the heat has passed

- Continue to drink plenty of fluids so your body can get back in balance.
- Take time to rest and recover as coping with extremely hot weather can be very tiring.
- Go to your doctor if you feel unwell after the heat has passed.
- Open windows and doors to let your house cool down but don't compromise the security of your home.
- Contact family and friends to see if they have coped with the heat and if they now need help with anything.
- Think about how well you coped during this time of extreme heat and what, if anything, you would do differently next time.
- Make any changes in your home so it will be more comfortable for you during another time of extreme heat.

Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Summer 2013-14								
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	FM in the AM Dave McCrory	FM In The Am Dave McCrory	Cackleberries	FM in the AM Dave McCrory	Green Eggs On Toast Lawrie Medbury	Rise N Shine Ron Hawkins	Country Folk Around Australia Declan O'Callaghan	6 AM
7 AM	A morning music mix to put a spring in your step	A morning music mix to put a spring in your step	Organised mayhem and madness with Kai and Ros & Dallas	A morning music mix to put a spring in your step	Markets info, travel guide, news, gig guide, movies, local news	Music, news, and views to kick-start your weekend	CBAA	7 AM
8 AM	Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll 1960s-2010s	Global Mosaic Pfeifer A weekly musical trip through World	Our Kind of Music Easy Listening with Dallas Dent	Poppa Under The Singing Tree	The Friday Frolic Ceri Wrobel Launch into the weekend Great music, local info and "Chairroom"	Sabor Latino Ed Orrego	Country Highway Dave Wareing Country music classics to latest releases and comedy	8 AM
9 AM	Baby Boomers Donna Collins	Infopinion Richard Laxton	Jazz Azz I Like It Heather Heywood	Tones of Claressence Clare Wait-Powell	Turning Pages Elizabeth Newman Books, authors and the music that moves them	The Sports Show Dallas and Trickett Vic	Classical Corner Music from the past 1000 years... Alternate weekly with The Lively Arts	9 AM
10 AM	The Wesley Fix Paul Weekley	The Phoenix Crew Selected music & madness	A mix of jazz styles with pizza Oz	Simmo's Country John Simpson	Outback Outlaws Paul Rowe Old and new country music	Maggie's Mix Margaret Duffus	The Lively Arts Music & spoken word from film, TV, theatre & radio	10 AM
11 AM	The Red Bag Patricia Roberts	Phoenix Tony Bennet	The Business Kai & modern oz music	Thursdays Country Tricknic	Bring On The Weekend Tricknic	Soundbite Slavomir Skokan Aussie new and old...	Jack's Tracks All the tracks with Jack	11 AM
Midday	Shall We Dance Sue Lloyd	Rob's Roving Robbie Handcock	CJ The DJ Ceri Wrobel	Nambucca Valley Roundup Tricknic	Studio 3 1st & 3rd Fridays. Live artists & studio audience All Other Fridays Atrino	Electro-Lite DJ Raymond	History's Door Beverly Gibbs A walk through history with musical interludes	Midday
1 PM	Nambucca Valley Roundup - Ron Hawkins	Texas Flood Neil Green	Nambucca Valley Roundup - Con Wrobel	Greg's Place Greg Geisler	Friday Night Rock Show Todd Wills	Overnight Party Mix	Recycled Radio With Retro Fantastic retro music	1 PM
2 PM	Reggae Mixtape With Fitzroy	The best music of all time, all the time	Phillinn With Phil New Australian Blues and Folk/Rock	Evening entertainment at its best	Overnight Show	Nuke	Scientification Old time radio SciFi Fantasy and Horror, AntiSF Radio Show, Escape Pod, Free-Thought Radio	2 PM
3 PM	Listen NOW! Malcolm McDonald Presents AMRAP Aussie music releases and more	Till 11:00pm BBC Overnight	Ants Rocks Anthony Garmsey Solid Rock	Jeff's Junk Jeff Mills BBC Overnight	Overnight Show			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 to 6AM

2NVR — "Most Outstanding Small Station In Australia" CBAA Voice Award Winner, 2011 & 2013, & Australia Day Award 2012 for "Service to the Nambucca Valley Community"

National news and weather is broadcast each weekday at 7am, 8am, 9am, midday, 6pm, and 7pm

Tewinga studios: 02 6564 7922 email: admin@2nvr.org.au

The Best Little Station In The Nation