

# BOWRAVILLE COMMUNITY NEWS



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



**SEPTEMBER 2014 - ISSUE 122**

**FREE**

**CIRCULATION 300**

**POSTCODE 2449**

## *Bowraville Community Gardens hits the international stage!!!*

Our wonderful community gardens were recently displayed on a big screen at Harvard University in the USA. As you may know, the principal of Bowraville Central School, Malcolm McFarlane, won a scholarship from the Harvard Club of Australia and was chosen to speak in front of 190 other motivated principals from 15 other countries. A picture of our garden was shown and it was touted as one of the most beautiful community gardens on a world scale – well done Bowraville!

But we are only just beginning! Perhaps less than a 3<sup>rd</sup> of the way through our overall concept design, we have a long way to go. Imagine how beautiful they will be - even a community pizza oven is on the agenda! Although we do have very exciting leads on where the next funding may come from, we are determined that with or without funding we will see it through to completion. Every dollar counts and if you would like to donate a dollar or two it would be most welcome. There will be a donation box set up at the front desk of the Central School – be sure to leave a note with your donation if you would like it to be used for some specific purpose.

We've had a few encyclopaedias wander in to the gardens recently. Two of which (one called Don and another called Tom) are old school farmers that have been growing food in this valley for decades. They can both recall what the weather was doing in '68 and '55 or any other year like it was yesterday! They know heaps about growing food and judging by the beautifully manicured seeds that Tom donated to the seed exchange, they are masters at seed saving!

Another such visitor that had us all laughing has a Bachelor's Degree in 'Mastery of the Now'. But he is not yet 3 and I'm sure, as his parents would testify, a whole other story. Wonderful to see these three minds sharing the wooden bench, wisdom and mandarins!

We would love to meet an encyclopaedia (or two!) on native foods. We would like our native food section to be a jungle of food to sample and learn about. If anyone has the knowledge and time to nurture it you

are very welcome.

We also had a visit from Steve from the Bellingen community gardens, another excellent source of non-hybrid seedlings and seeds. If you're in Bello you may like to take the time to have a sticky beak. Thanks so much for the seedlings donated Steve; we look forward to the mutual support both our gardens can give each other.

Work has begun on an 'outdoor classroom/picnic area'. This will be an open space with grapes or kiwi fruit and/or passionfruit to give cooling shade in summer and warm sun in winter.

Thanks to all those who have donated anything from pots, seeds, plants, time, to sharing stories, cuppas, laughter and energy. Too many to mention!

The hero of the month has to be Laurel. Even though her car was wiped out by another, she still picked up some buckets to donate to the gardens! Thanks so much Laurel, above and beyond!

### **SEED EXCHANGE**

Many thanks to the Central School for donating a wonderful cabinet for our seed exchange. This will be immensely helpful in organising the collection.

A thousand thanks also to Tom who has donated some fantastic seeds this month;

including the rare yet sort after ox-heart tomato. These tomatoes can be as big as two fists and are soft skinned with a fabulous flavour. We are looking for some dedicated tomato growers and seed savers to propagate them and save the seeds. Instead of a rarity we would like to flood the community with these yummy tomatoes so that our children's children can taste the pleasure too. The shed is open between 9 and 1pm on Thursdays.

See you at the gardens!

**Contact:** Greg 0448 869 545 or Brad 0418 104 488



# BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 300 COPIES

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

## STANDARD ADVERTISING CHARGES:

Bowraville Community News is produced every month, except January. Annual subscriptions includes 11 issues.

|                           |                       |
|---------------------------|-----------------------|
| 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 **OCTBER** issue IS:

5:00PM

23rd SEPTEMBER 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](mailto:admin@bctc.com.au)

## DISCLAIMER

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

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

# **Bowraville Technology Centre**

**Open 9.30am to 4.00pm**

**Weekdays**

## **Internet Services**

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

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

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

## **Facility Hire**

**Main Computer Room** — Up to 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](mailto:admin@bctc.com.au)**

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

## Well Women Workshop

These FREE workshops will be from 10am to 2pm on Thursday 18th and Friday 19th September for Workshop 1 and Thursday 25th and Friday 26th September for Workshop 2. Activities will include making a cast of your breast/s or hands to paint and decorate. Tea, coffee and lunch provided. Come and hear some yarnning from Aboriginal and Torres Strait Islander women about looking after your breasts and what you can do. To register or to make an enquiry call 6564-8855.

## Bowraville United Hospital Auxiliary (UHA)

The Bowraville UHA Annual General Meeting was held recently. Elected were; President - Betty Allen, Secretary - Isabelle Hooper and Treasurer - Dee Hunter. Margaret Mottley is new to the executive as Vice President and Margaret and Rita Williams are our café representatives. District Representative Phillipa Passfield was present and informed all present of the help given to our state hospitals through their volunteering hours. We are so proud of the \$21,000 raised by this Auxiliary through local fund raising and the café. Our Sports Day has been cancelled for September as the day coincided with the Rally. However the Recreation Club has nominated 18<sup>th</sup> October as a potential date. We would like to pass on our condolences to the family of former patron Cyril Gorely who, with wife Enid was a regular with the hospital trolley.

## Bowraville and District Garden Club

A warm winter's day saw us gather at the home of Secretary Barbara for our August meeting. Guest speaker was Ann Novis who demonstrated silk scarf printing and her beautiful scarves on display tempted many to purchase. Perhaps in the future we will have a 'wear a scarf day'. Due to the Rally coming to Bowra on our nominated meeting date it was decided to hold the September meeting a week earlier on 6<sup>th</sup> September at the home of Treasurer Barb Wells. This is our annual Bring and Swap Day

when any garden paraphernalia can be shared with members. September will also see some of our members travel to Toowoomba with South West Rocks Garden Club. Welcome back to June Werner who has been OS since April but came home with beautiful photos of the flowers of Wales and England where Geraniums and Hydrangeas were outstanding. Some of our better photographers will participate in SWR Garden Club's annual photo competition.

## Bowraville Film Society

Next month we will bring news from our AGM. September sees us back to the one film commencing at 7pm, with doors opening at 6pm for coffee and fellowship. Set in USA this film has a musical back ground. Next year's programme is being compiled so members have your say.

## Bowraville Recreation Club

Bingo has not attracted enough participants so has been cancelled. The regular Bowls Championships are still in progress and Vonda's Cancer Support Day, as usual, was a great success and is held in memory of Sheree Fuller. Men's Golf Championships are planned also to commence in September. This will be 3 stroke rounds hopefully held over consecutive Saturdays. The Women Bowlers are hosting a Gala Day on 24<sup>th</sup> September - so if your bowls are getting dusty now is the time to give them a polish and enjoy a game. We have definitely settled on October 18<sup>th</sup> for the annual Hospital Sports Day. And now a little bit of bragging for Women's Golf. With only 10 playing members, 8 fronted up to the Golf Open Day when we had 33 participants. Six of the seven major trophies were won by Bowraville; Mas McNally took out the gross. Evelyn Usher won the A Grade and Marie McPherson won the B Grade. Kerrie Jackson, Sheila McKay and Isabelle Hooper were runners up in their division. A big thank you to major sponsors Patrick White's Chemist and Nambucca Heads Pro Shop and also our women golfers who generously donated trophies and delicious cooking which was enjoyed by all. In fact some of our visitors say they come especially for the food!

## Uniting Church Op Shop

Over the past couple of weeks our Op Shop, at the far end of George Street, Bowraville has really come alive. We welcome a group of new volunteers who are working hard to revamp the shop. With the extra help we will be able to open Tuesday, Wednesday and Thursday from 9am to 3pm. Volunteers are welcome so if you have a few hours to spare just call at the Op Shop and put your name on the roster. Furniture and all donations are greatly appreciated. If you require furniture to be collected contact Jim Wilson on 6564 7670 or 0416 631 627 or Mavis Ward on 6569 6137

## Join the Bowraville Film Society

The Bowraville Theatre's Film Society is a sub-

## 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  
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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 at the Coachhouse Inn.  
FREE POKER 5pm at Bowraville Recreation Club

### TUESDAY

BUSH LEADLIGHT WORKSHOPS 10am-12noon  
Cost 5 per person. Contact Deb Selby 6564-7033  
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 110.00 a.m. Grants Hall all welcome  
BOWLS, Ladies 10am at Bowraville Recreation Club  
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  
PLAYGROUPO 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  
AL-ANON 8 pm Salvation Army Macksville



## 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

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.

### 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 5pm til 6pm you can enjoy Pilates with Sally (6568 2185) at the Anglican Church Hall, opposite the High School. 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 Bellingen 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.

## 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

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# LIONS CLUB

SUPPORTING OUR COMMUNITY



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**PRESIDENT**  
Ann Caldwell  
Mob: 0412 248 044

**SECRETARY**  
Mark Scott  
Mob: 0428 527 545

Email: bli-  
on34@yahoo.com.au

**PO Box 23**  
**Bowraville NSW 2449**

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## Local Classifieds

PHONE: 6564 7420

*Classifieds cost ~ \$3 per 20 words or less.*

### FOR SALE

**ROUND BALES OF MULCH HAY.** Pick up only - \$50 each. Contact Colin 0419 492 540.

#### **DEADLINE FOR OCTOBER ISSUE:**

All contributions and advertising, including the Local Classifieds, must be received before the deadline closes at:  
**5PM, 23RD SEPTEMBER, 2013.**

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



**Takeaway available**  
**Lunch - Wednesday to Sunday**  
**from 12noon to 2pm**



**Dinner - Tuesday to Sunday**  
**from 5.00pm to 8.30pm**

**6564-8898**

HAPPY HOUR Monday & Tuesday 5-6pm

All Schooners \$3.50 Thursday 5-8pm

POOL TABLE \$1 per game



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## Try the Fit to Drive quiz

Want to know how good a driver you are? For many people who have held a licence for some time it is easy to forget the finer points of driving or not keep up with the latest road rules.

Take a quick quiz to measure your driving capacity. It is completely free and confidential and if by chance you get something wrong, you see the answer before you progress.

This is an enlightening exercise. It's interesting and not confronting and it has a few surprises - you may not score as highly as you'd expect!

Go to: <http://midcoastcommunities.org.au/our-services/fit-to-drive-quiz>

# 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 ~

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## Rentals/Purchase

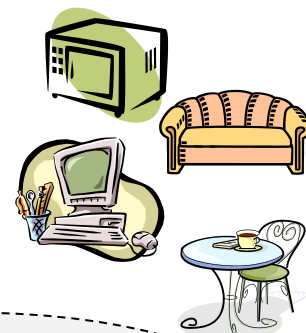
WHITE GOODS

FURNITURE

APPLIANCES

TECHNOLOGY

OUTDOOR ITEMS



*Deal with a local  
call Carmen on*

0428 654 716



## SEPTEMBER PROGRAMMING at the

# BOWRAVILLE THEATRE

**Saturday August 31st at 2pm** - The World Rally will be showing some historical films of Rallies. There will then be an interval and they will screen a complete film of Rally 2013 (approx. 50mins). The public are welcome to come along and enjoy for just a gold coin donation so please relive what you may have missed last year. Doors open one hour before the show and The Cafe will also be open in the interval for tea, coffee or snacks.



**Friday 19th September at 7pm** - We are delighted to welcome 'BAKOOMBA', Fode Mane's 10 piece Afrofusion band. This show is vibrant, energetic and infectious, showcasing Afrobeats, Reggae, Funk, Jazz, percussion and dance.

The support act is the Nambucca Drumming Group, proudly sponsored by Beyond Empathy. This is a very exciting show and you definitely need to bring your dancing shoes. The Cafe will once again be open, and doors will open one hour before the show. Tickets are \$17.00 at the door or visit [www.tickethost.com.au](http://www.tickethost.com.au) or call the Theatre on 65 647 808.

**Saturday 20th September at 2pm** - Your favourite old Westerns will resume screening at the Theatre. The cartoon 'Popeye the Sailor meets Sinbad the Sailor' starts the show. This is followed by the 'Adventures of Champion' and onto Episode 9 of 'Zorro'. After a short break the main feature is shown which is John Wayne and Gabby Hayes in 'Blue Steel'. You can view all this for the sum of \$5. A lovely way to spend Saturday afternoon reminiscing about when you saw these films many years ago. Come and join us.

**Saturday 27th September at 7pm** - The Film Society will be screening a film called 'Run Lola Run' (Germany 1998). This is an action film about a young woman in Germany who has twenty minutes to find and bring a 100,000 Deutschmarks to her boyfriend before he robs a supermarket, intriguing! Doors will open at 6pm so come along and have a cup of tea beforehand, meet members and learn more about the Film Society.

PLEASE NOTE: Re postponement of 'Circus Splendiferous' - rehearsals will start in the new year and final dates will be announced. Thank You for your patience.

*Please remember the Bowraville Central School Hospitality Students open our Cafe on the last Thursday of each month and serve Tea, Coffee, Snacks and Light Meals from 9.30am until 12.30pm.*

*- Dorothy Evans, President, Bowraville Theatre Players*

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**First Thursday of every month at  
Divine Soul Centre, Nambucca Heads.**

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E mail: [letstalkhair3@bigpond.com](mailto:letstalkhair3@bigpond.com)

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# SCAMS, SWINDLES, RORTS AND RIP-OFFS

*Be aware of the scams and take measures to protect yourself.*

## Money transfer requests

Money transfer scams are on the rise. Be very careful when someone offers you money to help transfer their funds. Once you send money to someone it can be very difficult, if not almost impossible, to get it back.

### What to look for

The **Nigerian scam** is one of the most complained about scams in Australia. Although many of these sorts of scams originate in Nigeria, similar scams have been started by scammers all over the world (particularly in other parts of West Africa and in Asia). These scams are increasingly referred to as '**advance fee fraud**'.

In the classic Nigerian scam you receive an email or letter from a scammer asking your help to transfer a large amount of money overseas.

You are then offered a share of the money if you agree to give them your bank account details to help with the transfer. They will then ask you to pay all kinds of taxes and fees before you can receive your 'reward'. You will never be sent any of the money and will lose the fees you paid.

Then there is the scam email that claims to be from a lawyer or bank representative advising that a long-lost relative of yours has died and left you a huge **inheritance**.



Scammers can tell such genuine sounding stories that you could be tricked into providing personal documents and bank account details so that you can confirm their identity and claim your inheritance.

The 'inheritance' is likely to be non-existent and as well as losing any money you might have paid to the scammer in fees and taxes, you could also risk having your identity stolen.

If you or your business is selling products or services online or through newspaper classifieds, you may be targeted by an **overpayment scam**.

In response to your advertisement you might receive a generous offer from a potential buyer and accept it. You receive payment by cheque or money order but the amount you receive is more than the agreed price. The buyer may tell you that the overpayment was simply a mistake or they may invent an excuse, such as extra money to cover delivery charges. If you are asked to refund the excess amount by money transfer, be suspicious. The scammer is hoping that you will transfer the refund before you discover that their cheque has bounced or their money order was phony. You will lose the transferred money as well as the item if you have already sent it.



## PROTECT YOURSELF

**REMEMBER:** If you have been approached by someone asking you to transfer money for them, make sure that it is from a legitimate source.

**CAUTION:** Never send money or give credit card or online account details to anyone you do not know and trust.

**THINK:** Don't accept a cheque or money order for payment for goods that is more than what you agreed upon. Send it back and ask the buyer to send you payment for the agreed amount before you deliver the goods or services.

**INVESTIGATE:** Examine the information on SCAMwatch ([www.scamwatch.gov.au](http://www.scamwatch.gov.au)) for information on how to protect yourself against money transfer scams.

**ASK YOURSELF:** Is it really safe to transfer money for someone you do not know?



## **Bowraville Chamber of Commerce and Industry Inc**

**SEPTEMBER 2014**

### **The World Rally Championship Bowraville September 13th**

High Street open all day to traffic  
(See local papers for local road closures  
and times)

#### **Country Markets from 8.00am**

*Come along and join in the fun of the 2MC  
live broadcast featuring the morning crew who  
will give away some great spot prizes donated  
from local businesses during the show*

#### **Welcome Ceremony - 9.15am**

*WRC Cars with Pit Stop viewing throughout  
the day*

#### **Lions Club BBQ**

*2NV live broadcast*

**Cafes, Clubs and Hotel open for snacks,  
meals and Refreshments.**

Official Merchandise on sale at the Bowraville  
Technology Centre

*Internet and printer access for tickets also  
available at the BTC*

### **Tidy Towns 2014**



The Bowraville Tidy Town committee, have been invited to attend the Award Ceremony at Nundle, last years Tidy Town Winner. This is exciting news and follows on from the success Bowraville has had over the past few years. We look forward to the outcome of the Awards this year.

The publicity and recognition to our town is invaluable in attracting tourists to Bowraville and also spotlights our town to the State and Federal Governments.

We can all do our bit to make our town appealing to visitors and tourists by not littering and keeping our streets clean and tidy.

Our museums and community organisations are run by a dedicated bunch of volunteers and we need your help to showcase our town.

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### **Honda Goldwings will be in Bowraville, Saturday, 6th September Mid Afternoon**

Come and see the Goldwings when they roar into to Bowraville. This is your chance to view these amazing machines in their different forms of bikes, trikes and sidecars .

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### **Next Chamber Meeting**

The next meeting of the Bowraville Chamber of Commerce and Industry Inc. will be held at 6pm on Tuesday, 23th September 2014.

This will also be our AGM.

*See chamber web site for more details of venue and also the BTC TV notice board.*



# LOCAL MARKET CALENDAR

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

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## ELECTRICAL SERVICES

Domestic Commercial Industrial Rural

LIC No: EC 38796



*“Contact  
Les or  
Carissa Craggs”*

Mobile: 0429 906 366  
Phone: (02) 6564 7783  
Fax: (02) 6564 8125  
[lescraggselectrical@bigpond.com](mailto:lescraggselectrical@bigpond.com)

3/11

# 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

3/11

# VACATION CARE FUN FOR CHILDREN DURING SCHOOL HOLIDAYS

Are you in need of care for your children over the school holidays? Nambucca Valley OOSH provides Vacation Care services in Macksville and Nambucca Heads for primary school- aged children of parents and carers who are working, studying, looking for work or requiring activities to prevent boredom. Both services will operate from Monday 22<sup>nd</sup> September to Friday 3<sup>rd</sup> October.

The program provides high quality care, sports, excursions, craft & fun! Hours of operation are from 8.00 am until 6.00 pm & fees start from \$9.09 per child per day (with Child Care Benefits & even less with Child Care Rebate)!

Our After School Care service operates at Frank Partridge VC Primary School Monday to Friday during school terms.

For information and bookings please phone Gail or Natalie at Family Services on 65681474 (weekdays) or email [vaccare@bigpond.com](mailto:vaccare@bigpond.com).

Bookings and enrolments are necessary before children attend.

## 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.**

3/11



## Health check a life saver

Local residents are being urged to take advantage of a quick, free and simple health check that could save your life.

During National Stroke Week, The Pharmacy Guild of Australia's New South Wales Branch will host health checks at participating pharmacies.

National Stroke Foundation Chief Executive Officer Dr Erin Lalor urged locals to make the most of the free checks.

"Take five minutes out of your day and get your numbers checked, it may save your life," Dr Lalor said.

Often known as the silent killer because there may be no symptoms, high blood pressure is a key risk factor for stroke. The only way to know your blood pressure is to have it checked.

"Nearly four million Australians over 25 have high blood pressure but many do not know it, putting their health and lives at risk," Dr Lalor said.

By checking blood pressure and completing a simple type 2 diabetes risk assessment questionnaire, pharmacists will be able to help identify people who may be at risk of stroke and related conditions. Those at risk will be referred to their doctor for advice on how to lower their risk and to stay healthy.

"One in six people will have a stroke in their lifetime. These people are you, your family, your friends, your colleagues. Yet only around half of Australians know the signs of stroke and one in 10 couldn't spot a stroke if it happened right in front of them," Dr Lalor said.

"Stroke is largely preventable and usually very simple to identify but most people simply don't know enough about it."

"Get involved this National Stroke Week and unite with us to help raise awareness of stroke and encourage all Australians to take action to reduce their risk of stroke."

Pharmacies across New South Wales will be conducting free health checks this National Stroke Week. Find the health check location nearest you at [www.strokefoundation.com.au/prevent-stroke/kynpharmacyfinder/](http://www.strokefoundation.com.au/prevent-stroke/kynpharmacyfinder/)

National Stroke Week runs from September 8 - 14. Stroke Week is an annual event that aims to raise awareness of stroke within the community and encourage all Australians to take action to prevent stroke. To find out more about National Stroke Week, health checks or to get involved visit [www.strokefoundation.com.au](http://www.strokefoundation.com.au) or phone: 1300194 196.

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

*Call into Bowraville Pharmacy and talk to the friendly girls about doing a simple health check which could save your life.*

**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





# Bowraville Lions Club Inc News Bulletin

SEPTEMBER 2014



## LIONS CAKE STALL AND BBQ SATURDAY 13<sup>TH</sup> SEPTEMBER

The Bowraville Lions Club will be holding a BBQ near the World Rally pit stop and 2MC Live Broadcast area in Belmore Street on the World Rally day, Saturday, September 13<sup>th</sup>.

Look out for the BBQ van near the corner of High Street. Come along and enjoy a sausage sandwich and grab a tray of delicious homemade cakes.

Your support will help our club raise money to support the needs of our local community as well as national and international causes through the network of Lions Clubs in Australia and throughout the world.

## LIONS HEARING DOGS

You can help make a difference to someone's life by helping to support the Lions Hearing Dogs program.

Lions hearing dogs have transformed the lives of hundreds of Australians. They give their owners the opportunity to become more independent and are loyal companions for many years. They have even saved lives!



Calendars and other merchandise can be purchased at the Mad Hatters Café, Bowraville Medical Centre and the Bowraville Pharmacy.

## 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.



## 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.

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



## 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: Ann Caldwell 0412 248 044**  
**Secretary: Mark Scott 0428 527 545**

# Gardens, Gardening and Gardeners

## Vegetables you've possibly never heard of

### Celeriac

This delicious root vegetable makes for a great seasonal alternative to the potato in the winter and is an excellent source of dietary fiber. Celeriac is also noteworthy among root vegetables in that it contains very little starch. So those looking to cut the starch from their diet can still enjoy all those "potato snacks" by replacing the potato with celeriac.

### Dulse

Seaweed found clinging to a shoreline might not be something that typically whets your appetite but you might be pleasantly surprised by dulse. Common in the North Atlantic, this vegetable-of-the-sea is called "söl" in Iceland and is served in everything from soup to casseroles. It is a rich source of vitamin B and fiber and a good source of vegetable protein. It has also traditionally been used to help prevent goiter, as it contains plenty of iodine.

### Fiddleheads

Fiddleheads look more like alien appendages than a vegetable but they are actually the furled fronds of a baby fern. One reason they're rare is that they are not cultivated — only harvested from the wild. Foraging for fiddleheads is also for experts only. Much like mushrooms, not all ferns are edible and some are poisonous. They are packed with nutrients and acclaimed for their succulent flavor. Fiddleheads are full of omega-3 fatty acids and fiber, and contain twice the antioxidant quality of blueberries.

### Garlic Scapes

You'll notice in early to mid-October that your garlic is sending up a stalk from the centre of the plant. The stalk is thicker than the leaves and is called the garlic scape. The scape, if left on the plant, will form a flower and then seed (you can eat those tiny seeds, using a garlic press is the best way to do that).

By cutting off the scape you are asking the plant to send all of its energy into increasing the bulb size rather than in putting energy toward flowers and seed. Since the bulb is what we eat it makes sense to cut the scape. Plus, scapes are delicious and can be used just like garlic but they are ready a month or two before the garlic bulb.

To cut your scape, wait until the center stalk completely forms and grows above the rest of the plant. As it grows up it will begin to curl or spiral upward. At that point, cut the stalk as far down as you can without cutting any leaves off.

### Kai-Lan

Sometimes referred to as "Chinese broccoli", kai-lan is a nutritious leafy green common in Cantonese cuisine. Its leaves make a delicious complement in salads and can be served in any meal that might otherwise include broccoli. In fact, the hybrid vegetable broccolini is a cross between broccoli and kai-lan.

*More unusual vegies another time.*

## What to plant in September . . .

**Plant in Garden:** Beans, beetroot, carrots, Chinese cabbage, chives, cucumber, lettuce, parsnips, potatoes, pumpkins, rhubarb, silverbeet, spring onions, sweet corn, sweet potato/kumara, turnips.

**Start in Seed Trays:** Cabbage, capsicum, celery, eggplant, tomatoes, zucchini.

**Plant out Seedlings:** Basil, leeks. - from [www.gardenate.com](http://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**



# BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

These reviews are of books currently in our Book Nook.

They move out fast so be quick if one interests you.

## Unstolen by Wendy Jean

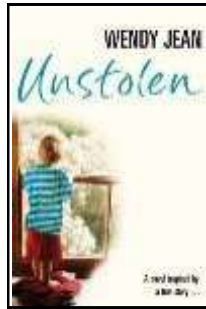
This novel was inspired by a true story – the abduction of a boy from a school playground in Canada in 1991.

The ‘unstolen’ is Bethany Fisher. She was only a baby when her brother Michael went missing at the age of four. Bethany never knew Michael but her mother’s unrelenting belief that one day he will come home, her stories about Michael and her subsequent unusual way of behaving as though he will walk in the door at any moment means that Bethany hears a lot about her brother as she grows up. She lives in his shadow.

Over protecting her and guarding her every move, “Mama” (as Bethany calls her) ensures Bethany completes her education at a young age, has few friends and often misses out on the usual experiences of child and teenage-hood.

Bethany is a girl who feels as though she doesn’t measure up, she has to be strong, stay safe, not express her opinions and do what is expected of her. Even though she is fed, clothed and educated, in many ways Bethany is neglected by her mother – there isn’t much affection going on, she is bombarded with “count yourself lucky” and “you should be grateful”, always overshadowed by the brother who isn’t there.

At twenty-something, with a four year old son, Bethany is suddenly faced with a mother who follows a strange man home from the supermarket, bludgeons him to death and remembers nothing of the incident.



I enjoyed this book – reading ‘the other side of the story’ so to speak, from the perspective of the sibling left behind. Yes, it’s a novel but what does one do to survive such a thing? What impact does this sort of tragedy have on a family? How does one cope with a mother who can’t let go of the past? What behaviours does one adopt? What small lies and what secrets abound?

~~~~~

For all you *Jodi Piccolt* fans, here is another spell binder.

**Second Glance** is a ghost story, set in a small New England town. When a plot of land is being developed in Vermont against the will of a local Native American tribe, very weird things begin to happen. Ross Wakeman, a paranormal investigator gets involved. He is a desperate drifter who has taken up ghost hunting in an effort to cross paths again with his fiancée, who died in a car crash eight years ago. Ross has yet to experience anything even remotely paranormal. Then he meets Lia....

As a seventy year old murder case is reopened, a shocking secret about a crime of passion long past is revealed.

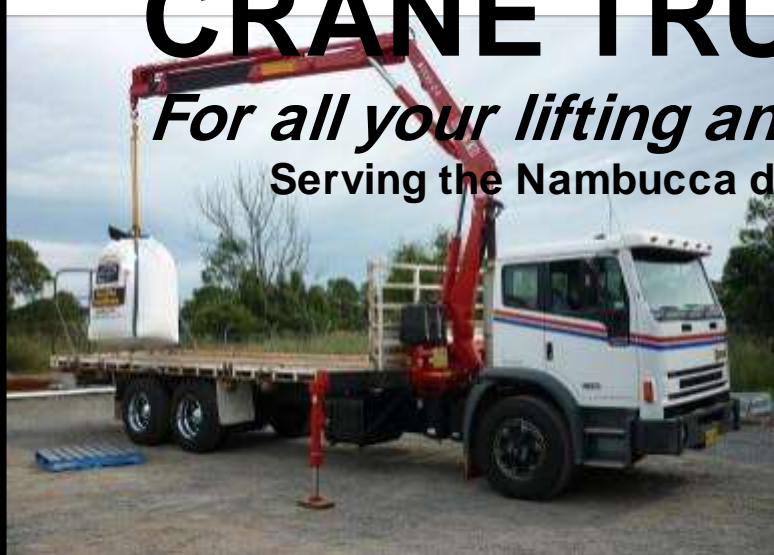
True to Piccolt’s form, her novel is about human interaction and the relationships we have; it’s about the different types and depth of love people experience; it’ about mystery and belief.

- This book review by BTC Volunteer, Raewyn.

# CRANE TRUCK HIRE

## For all your lifting and shifting needs

### Serving the Nambucca district and beyond



## WAYNE NOBLE

Telephone: 6564 7528

Mobile: 0427 653 312

7 DAYS

# Well Women Workshop

## FREE event

Activity: cast of your  
breast/s or hands to paint  
and decorate. Tea/coffee  
& Lunch provided

Come and hear some yarning from Aboriginal and Torres Strait Islander women about looking after your breasts and what you can do.

where: NV Phoenix 88 High St Bowraville

when: Workshop 1: Thur 18 & Fri 19 September

Workshop 2: Thur 25 & Fri 26 September

Workshops will be from 10 am to 2 pm each day

To register or make an inquiry call:

6564 8855



Australian Government

Cancer Australia

[canceraustralia.gov.au](http://canceraustralia.gov.au)

© Cancer Australia 2013



# Tallowood Steiner School News

Tallowood Steiner School is now taking enrolments for K-6 for 2015. Tallowood offers your child a creative and active education where students are involved in a broad range of learning activities that meet the needs of their particular age group. The Kinder Class One children experience a range of different activities over the course of each week. These include baking, painting, story and puppetry, creative play, music and an imaginative and artistic experience in literacy and numeracy. Throughout all the primary grades this artistic approach continues and children are enabled to achieve their personal best in all areas due to our small class sizes and the individual attention this enables. School tours are available upon request.

For further information please ring the Principal  
Sue Moran on 65647224 or 0413833448.



*Hello, my name is Vicki Fernance and I am a new face at MiiMi Aboriginal Corporation . . .*

You will see me over the coming weeks out and about so stop and say hi.

Did you know that MiiMi's has the following services outreaching here in Bowraville?



**Interrelate** here every Monday from 9 am until 12 pm  
Call 6659-4150 to book an appointment.

**Baby Health Clinic** is here every Wednesday from 9 until 12.30 pm – just call in..!

**Family Law Advice** staff are here 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of every month – 10-11.30 am  
Call 6651-7899 to book an appointment.

**Legal Aid** is here 1<sup>st</sup> and 3<sup>rd</sup> Thursday of every month from 10 am until 12 pm  
Call 6651-7899 to book an appointment.

Did you know that MiiMi Aboriginal Corporation is a registered Work Development Order organisation (WDO)? .....what does this mean.....? If you have a fine with the State Debt Recovery Office and cannot get your licence or learner's permit because of the fine or you have a large amount owing and to pay off would put you in financial hardship, you are able to come along to MiiMi's and we will help you work out a way to either do some volunteer work, attend TAFE, see a counsellor or other options to help you pay off your fine. Call in to MiiMi's and have a chat with staff about how we can help you pay these fines off and be debt free.

MiiMi's is working all the time to get other services to outreach to Bowraville so that community members are able to access here rather than having to travel to Coffs, Nambucca Heads, etc. There may be a new service outreaching soon so keep an eye out.....

**Come in anytime and talk to staff about how MiiMi's can help the community or you.**

**MiiMi's is open 9am – 4pm Monday to Friday and our phone number is 6564 8855.**

## 2NVR 105.9FM Your Community Radio

2NVR is very pleased to welcome 2 new Presenters to the team at Tewinga



studios, Captain Steve from the Salvo's will start his new show in the Spring season, 'Booth's Drum' on Saturdays 4-6pm. Don't miss 'Scotty' on a Sunday morning 6-8am with his show 'Beam Me Up'.

The next 'Studio 3 Live' event at 2NVR will be Friday 19 September when 'Headland' will be joining us for some wild jigs to get us dancing, check them out on facebook. <http://www.facebook.com/OzHeadland>

Headland is an Australian group based around Woolgoolga and Corindi Beach. They serve up a mix of traditional and more recent Irish songs, lively jigs and reels, original compositions and contemporary music.

Join us for this wonderful live event, bring the family and enjoy the free entertainment at 834, Rodeo Drive, Tewinga from 6-8pm. BYO and a plate of food to share, oh yes, and your dancing shoes.

The 2NVR AGM will be held at Tewinga, on Saturday 18 October at 11am, with a social BBQ to follow. All are welcome, BYO and a salad or dessert to share.

# 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  
Tue, Wed, Thurs, Fri - 9.00am to 10.00am

## Faith Link Groups

Wednesday Evenings - Mixed at 7.00pm  
Thursday Mornings - Ladies at 10.00am  
Ladies Coffee Club - meets on the 4th  
Saturday of the month at 10.00am  
Men's Breakfast Club - meets on the 2nd  
Saturday of the month at 7.30am

## Book Shop and Office Hours

Before and after Services 1/2 hour  
Tuesday - Thursday 9am - 3.00pm  
Friday 9am - 5.00pm

## Ministry Training School

*Enquiries and applications are invited  
for the commencement of the  
Ministry Training School for 2015.*

**Counselling is available** by appointment. **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



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

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

*"Ngiyaa Nyaaga mangga garrunda bambuurr ngaljami*  
**MiiMi information**

## SERVICES

### MONDAY

#### INTERRELATE Counseling Services

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



### WEDNESDAY

#### BABY HEALTH CLINIC

9.30am to 12.30pm

*All Mum's and Bubs Welcome*



#### FAMILY LAW ADVICE

1st and 3rd Wednesday of the Month  
10 - 11.30  
Bookings Preferred  
6651 7899

### THURSDAY

#### LEGAL AID

10am - 12pm  
1st and 3rd Thursday of the  
month  
*Bookings Preferred*  
6651 7899



**MiiMi Aboriginal Corporation**  
90 High Street  
Bowraville

Phone 02 6564 8855

Fax 02 6564 8844

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

Website: [miimi.org.au](http://miimi.org.au)


TBI

# Entertainment coming to Bowra and Bello

BONJOUR HOLIDAY PRESENTS

## HARRY MANX

THE 'OM SUITE OHM' TOUR AUG- SEPT 2014  
with CLAYTON DOLEY



Bellingen Memorial Hall  
"Om Suite Ohm" Tour  
Sunday 7 Sept. 2014 - 3PM  
All Tickets \$45 online at [Ticketebo](http://Ticketebo)  
[WWW.HARRYMANX.COM](http://WWW.HARRYMANX.COM)

# BAKOOINBA

FRI 19<sup>TH</sup> SEPT  
@BOWRAVILLE THEATRE

//FODE MANE'S  
TEN PIECE  
AFRO-FUSION  
BAND //

Vibrant, Infectious, Energetic!

AP

DOORS & CAFE OPEN FROM 6PM!!!  
|| SHOW STARTS 7PM ||||| High St Bowraville |||||

SUPPORT ACT | NAMBUCCA DRUMMING GROUP  
PROUDLY SUPPORTED BY "BEYOND EMPATHY"  
Tickets available: \$17@ the door ||||| OR visit [www.ticketebo.com.au](http://www.ticketebo.com.au) ||||| Bookings: 6564 7908 |||||

Afrobeats, Reggae, Funk, Jazz, Percussion, Dance

## COME and SEE the GOLDWINGS

when they come to Bowraville.

SATURDAY, 6<sup>TH</sup> SEPTEMBER, Mid Afternoon.



View these amazing  
machines . . .  
bikes, trikes and  
sidecars . . .  
and talk to their  
owners.

### Where did that saying come from?

**To Let the Cat Out of the Bag . . .** At markets or at county fairs in the old days, the customer had to be on guard against dishonest traders. A housewife, for instance, canting to buy a live piglet might apparently be offered a discount if she bought a 'prepacked' one, sight unseen—tied up in a small sack ready for carrying off home. This small sack was called a *poke* (related to pocket and pouch). Some unscrupulous traders reputedly tied a stray cat up in the sack instead. The purchaser, keen to inspect the piglet before actually buying it, would untie the sack . . . and *let the cat out of the bag*. The expression duly entered general use in the sense of 'to reveal a trick or secret'. It's likely that the phrase *to be sold a pup* has the same source.

# Bowraville-13th September, 2014



## Market Stalls available for Rally Day at a special price of only \$10 per stall holder.

*Numbers are strictly limited and preference  
will be give to local arts and crafts, produce,  
clothing and knick-knacks.*

**Please note:  
Stall holders must have their own insurance.**

**Contact Mark @ chamber on 0428 527 545  
or leave a message on Tel: 6564 7897**



2/11

**FIREWOOD, CHOPPING BLOCKS,  
KINDLING, LANDSCAPE SUPPLIES**

**STONE, DRAINAGE STONE, SAND, BRICKY SAND  
CRUSHERDUST, ROAD BASE, MULCH, GARDEN BLEND  
DRIVEWAY REPAIRS**

**Pick up or Deliver  
Mini Tipper**



**1 Paulownia Place, Bowraville 2449 Phone Bruce on 0488 138 638**

# Bowraville Central School News

## Education Week Award Night



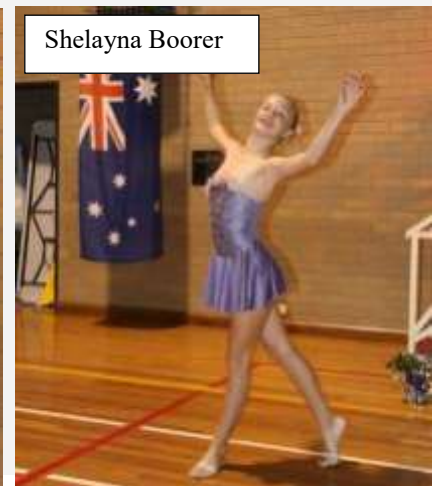
Hospitality Students Selina Richards and Zara Simon



Angus Smith & Sam Goodwin



Primary Choir



Shelayna Boorer

Bowraville Central School hosted the 'Valley 10' Award night on July 31<sup>st</sup> 2014. The night was a celebration of public schools across the valley. Ten local public schools each presented a student, staff and community member an award recognising their contribution to their school and to Public Education.

Bowraville students showcased their talents providing wonderful entertainment while the hospitality students catered for the large crowd. Recipients of the awards from Bowraville Central were the Community Garden Team (Community Award), Dominic King (Staff) and Year 12 Student Sam Shields received the student award.

BCS now on Facebook and Twitter  
We are excited to announce Bowraville Central School now has a Facebook and Twitter Community Information Page.

These social media sites have been created to provide information to the school community, as well as general community members.



URL <https://www.facebook.com/pages/Bowraville-Central-School/702036893202214>

<https://twitter.com/BowravilleCS>

| Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Spring 2014 |                                                         |                                                                |                                                     |                                                                          |                                                                                                    |                                                                   |                                                                                                                             |              |
|----------------------------------------------------------------|---------------------------------------------------------|----------------------------------------------------------------|-----------------------------------------------------|--------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|-------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|--------------|
| Time                                                           | Monday                                                  | Tuesday                                                        | Wednesday                                           | Thursday                                                                 | Friday                                                                                             | Saturday                                                          | Sunday                                                                                                                      | Time         |
| 6 AM                                                           | <b>FM in the AM</b><br>Dave McCarty                     | <b>Dano's Brecky Show</b><br>Daniel Gosson & Hal The Rocket    | <b>Cackleberries</b><br>Kel, Ros, & Dallas          | <b>FM in the AM</b><br>Dave McCarty                                      | <b>Green Eggs On Toast</b><br>Lawrie Hesbury                                                       | <b>Rise N Shine</b><br>Ron Hawkins                                | <b>Beam Me Up</b><br>Scotty                                                                                                 | 6 AM         |
| 7 AM                                                           | <i>A morning music mix to put a spring in your step</i> | <i>High-paced catchup to get those feet shufflin'!</i>         | <i>Organised mayhem &amp; madness</i>               | <i>A morning music mix to put a spring in your step. A morning spin!</i> | <i>Markets info, travel guide, news, gig guide, movies, local news</i>                             | <i>Music, news, and views to kick-start your weekend</i>          | <i>Sunday Music Mix</i>                                                                                                     | 7 AM         |
| 8 AM                                                           | <b>Classic Hits &amp; Jukebox</b><br>Paul Rowe          | <b>Global Mosaic</b><br>Pleier                                 | <b>Our Kind of Music</b><br>Dallas Dent             | <b>Under The Stinging Tree</b><br>Popea                                  | <b>Talk Of The Town</b><br>Cen Wobel                                                               | <b>Sabor Latino</b><br>Ed Omega                                   | <b>Country Highway</b><br>Dave Wareing                                                                                      | 8 AM         |
| 9 AM                                                           | <i>Great Rock 'n' Roll 1950s-2010s</i>                  | <i>A weekly musical trip through the world</i>                 | <i>Easy Listening</i>                               | <i>See what's going down! All things local</i>                           | <i>Books, authors and the music that moves them</i>                                                | <i>Music From The Latino World Miko A. Request</i>                | <i>Country music classics to latest releases and comedy</i>                                                                 | 9 AM         |
| 10 AM                                                          | <b>Baby Boomers</b><br>Donna Collins                    | <b>Infopinion</b><br>Richard Laxton                            | <b>Jazz, Azz I Like It</b><br>Heather Heywood       | <b>Tones of Clairssense</b><br>Claire West-Powell                        | <b>Outback Outlaws</b><br>Paul Rowe                                                                | <b>Maggie's Mix</b><br>Margaret Duffus                            | <b>Classical Corner</b><br>Noel Robertson                                                                                   | 10 AM        |
| 11 AM                                                          | <i>An eclectic time with Richard</i>                    | <i>The Phoenix Crew</i><br><i>Selected music &amp; madness</i> | <i>A mix of jazz with biza Oz</i>                   | <b>Simmo's Country</b><br>John Simpson                                   | <b>Outback Outlaws</b><br>Paul Rowe                                                                | <b>Soundbite</b><br>Savonar Skokan                                | <i>Music From The Past 1000 Years</i>                                                                                       | 11 AM        |
| Midday                                                         | <b>The Weekly Fix</b><br>Paul Weekly                    | <b>Phoenix</b><br>Tony Bennett                                 | <b>Rosemary's Allsorts</b><br>With Rosemary Bateman | <i>Aussie country music at its best</i>                                  | <b>Jellyfish</b><br>Sky                                                                            | <b>Booth's Drum</b><br>With Captain Steve                         | <b>Dano's Mixed Grill</b><br>Daniel Gosson                                                                                  | Midday       |
| 1 PM                                                           | <b>The Red Bag Show</b><br>With The Brinoo              | <b>Rob's Roving</b><br>Robbie Hancock                          | <b>The Business</b><br>Kai — modern oz music        | <b>Thursday Country</b>                                                  | <b>Jellyfish &amp; Jollyfish</b><br>Sky & Nuke                                                     | <b>Countryfolk Around Australia</b><br>Deidan O'Callaghan         | <i>A tasty mix of anything and everything to spice up your Sunday arvo</i>                                                  | 1 PM         |
| 2 PM                                                           | <i>Live &amp; Off The Cuff</i>                          | <b>Creative Corner</b><br>Beverly Gibbs                        | <b>CJ The DJ</b><br>Cen Wobel                       | <b>Highway Blues</b><br>Rebo                                             | <b>Jollyfish</b><br>Nuke                                                                           | <b>Friday Night Rock Show</b><br>Todd Willis                      | <b>Jack's Tracks</b><br>Jack                                                                                                | 2 PM         |
| 3 PM                                                           | <b>Nambucca Valley Roundup</b> - Ron Hawkins            | <b>Texas Flood</b><br>Neil Green                               | <b>Nambucca Valley Roundup</b> - Cen Wobel          | <b>From Janica Japan to The Backstabbers.</b>                            | <b>Rhino On The Radio</b><br>3rd Friday of the month<br>Live artists & studio audience<br>Studio 3 | <b>Saturday Night Gold</b><br>Classic 45s from the 50s, 60s & 70s | <i>All the tracks with Jack Tune in!</i>                                                                                    | 3 PM         |
| 4 PM                                                           | <b>Reggae Mixtape</b><br>With Fitzroy                   | <i>The best music of all time at the time</i>                  | <b>Phillim</b><br>With Phil                         | <b>Jeff's Junk</b><br>Jeff Mills                                         | <b>Overnight of 6:30 am</b>                                                                        |                                                                   | <b>Recycled Radio</b><br>With Retro<br>Fantasie retro music                                                                 | 4 PM         |
| 5 PM                                                           | <i>Music outside the usual</i>                          | <b>Listen.NOW!</b><br>Malcolm McDonald                         | <b>Ants Rocks</b><br>Anthony Gansley                | <b>BBC Overnight</b>                                                     |                                                                                                    |                                                                   | <i>Old time radio sd-6, fantasy and humor, The AntipodiansSF Radio Show, Escape Pod, Astronomy Cast, Free-Thought Radio</i> | 5 PM         |
| 6 PM                                                           | <b>Presenting AMRAP Aussie music releases and more</b>  |                                                                |                                                     |                                                                          |                                                                                                    |                                                                   | <i>With Nuke</i>                                                                                                            | 6 PM         |
| 7 PM                                                           |                                                         |                                                                |                                                     |                                                                          |                                                                                                    |                                                                   |                                                                                                                             | 7 PM         |
| 8 PM                                                           |                                                         |                                                                |                                                     |                                                                          |                                                                                                    |                                                                   |                                                                                                                             | 8 PM         |
| 9 PM                                                           |                                                         |                                                                |                                                     |                                                                          |                                                                                                    |                                                                   |                                                                                                                             | 9 PM         |
| 10 PM                                                          |                                                         |                                                                |                                                     |                                                                          |                                                                                                    |                                                                   |                                                                                                                             | 10 PM to 6AM |

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 Tewings studio: 02 6564 7922 email: admin@2nvr.org.au

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