

BOWRAVILLE COMMUNITY NEWS



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



NOVEMBER 2014 - ISSUE 124

FREE

CIRCULATION 300

POSTCODE 2449

Project Update



The new state
of business

Warrell Creek to Nambucca Heads Pacific Highway Upgrade

Roads and Maritime Services has engaged Pacifico, a Acciona and Ferrovial joint venture, to design and build the 20 kilometre Warrell Creek to Nambucca Heads Pacific Highway upgrade.

The project will involve upgrading the highway to a four lane divided road between the Allgobera deviation, south of Warrell Creek and Nambucca Heads, just south of the railway line.

North facing ramps at North Macksville

In response to representations from Nambucca Shire Council and the Macksville Chamber of Commerce, north facing ramps are proposed at North Macksville. This is in addition to the approved interchanges at Warrell Creek and Bald Hill Road south of Macksville.

The proposed ramps would include a northbound on-ramp onto the highway, a southbound off-ramp from the highway and a facility to enable emergency vehicles (including ambulances stationed at North Macksville) to travel north and south on the highway.

These ramps are not currently included in the approved Warrell Creek to Nambucca Heads project, so approval will need to be obtained before being built.

Roads and Maritime is looking into a number of options for the location of the ramps. Public comment on these options will be invited before a preferred location for the ramps is identified later this year.

An assessment of the potential environmental impacts of the preferred location of the ramps and proposed measures to mitigate these impacts will be displayed for public comment before planning approval for the proposal is sought.

Potential impacts to be assessed could include: traffic; noise and vibration; air quality; impacts on native plants and animals; impacts on flooding, drainage and groundwater; other relevant matters and cost and value for money. The display is planned for early 2015 with a decision on the ramps expected in mid-2015.

Early work

The project team has started preliminary work in

preparation for building the Warrell Creek to Nambucca Heads project in late 2014. Early work taking place over the next few months will include: clearing work and installation of boundary fencing; additional geotechnical investigations; establishment of a site compound and community display centre; heritage investigations; installation of erosion and sediment controls; house demolition and relocation; utility relocations; installation of at-house noise mitigation treatments; changes to speed limits and line marking on the existing highway to provide safe access to the project site and for motorists.

Information session

The project team will be holding information sessions in the near future to provide an opportunity for the community to meet the project team and ask questions about the project. These will be advertised closer to the date.

Contact the team

A temporary community display centre has been set up at 38 Balk Hill Road, south of Macksville. The display centre is open from Monday to Friday from 9am to 5pm (excluding public holidays).

For more information about the project please contact the community relations team on 1800 074 588, email: community@afjv.co.au, write to: PO Box 254, Macksville 2447 or go to www.rms.nsw.gov.au/pacific (Warrell Creek to Nambucca Heads).

If you would like to be added to the email database please email: community@afjv.com.au or phone the team on 1800 074 588.

BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 300 COPIES

Newsletter is also available online at:
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 **DECEMBER** issue IS:

5:00PM

18th NOVEMBER 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

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 -14mb ADSL. Full HD TV connected to network.

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

Full day up to 8 hours - \$100.00

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

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

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

Full day - up to 8 hours \$40.00.

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

"Like us on



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
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 - Equipment Hire ■ Media Sales
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 - Music Conversion to CD Format
- Volunteers Welcome*

Bowraville Recreation Club - golf and bowls

Women golfers held the Annual Foursomes in October. Winners were Evelyn Usher and Kerrie Jackson with Wendy Welsh and Maz McNally runner up. The net went to Sheila McKay and Marie McPherson. After the competition the AGM was held. President Evelyn Usher; Vice President Isabelle Hooper; Captain Moira Welch; Vice Captain Maz Mc Nally and Secretary Flo Flood were elected. Our pennants team finished the year in second place. Congratulations to all. The following week they were host to 40 players from South West Rocks. Men bowlers are still finishing championships and some are playing in the Seven's Comp. There is always a good roll up on Thursday and Friday nights for Barefoot Bowls commenced recently. Names to be in by 5.30 for a 6pm start and \$5 to play. This is a great family friendly game so come along and support the 'Rec'. Men golfers have commenced a novelty event on the 4th and 13th green for the longest putt holed in one stroke. The Bowraville Recreation Club's AGM will be held on Sunday 16th November.

Bowraville Garden Club - hints and scones!

Our October meeting was held at the home of Elizabeth Irvine. After the conclusion members used the mass of plants and greenery, brought along for the occasion, to show their talents at flower arranging and finished the day with a picnic at Bellwood. Our next meeting will be the AGM to be held at the home of Merran Marshall. The meeting will be followed by a luncheon. We were all sad to say farewell to member Christine Fry who is leaving the district.

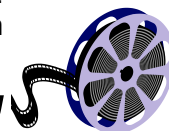
Our garden hint! Use Eco Fungi or Eco Oil for your roses. Triforte, a general purpose fertilizer is now available at Nambucca's nursery - the manufacturers choose specific



local nurseries to sell this wonderful product. The talking point of our meeting was the delicious scones made by our hostess - 125g butter, ½ cup sugar, beaten together. Add 4 eggs, 4 to 5 cups of SR flour and 2 cups cooked sweet potato and salt if you must. Heat oven to 250° and cook for 15 minutes. Serve with jam and cream, naturally!

Bowraville Film Society - join the film buffs

At time of printing our postponed AGM has not been held. Unless we can get an executive the Film Society is in danger of closing down. Our November Film is a 2008 French drama titled 'Summer Hours'.



Bowra Hospital Auxiliary - amazing fundraising

Bowraville UHA members wish to thank all who supported our fundraising in any way but special thanks go to Bowra Rec Club, Bananacoast Credit Union and Bowra businesses. Over 50 participants turned up for golf and bowls with visitors from Scotts Head and Macksville. \$1353 was raised and this goes towards the purchase of a Boundary Patient Trolley and Accu Vein Finder for Day Surgery costing over \$13,000. Bowraville UHA are proud to let supporters of our fund raising efforts know that in the last financial year over \$21,000 was given to the hospital to purchase equipment for the emergency, day and general departments. Raffle winners were Marlene Summerville, Bombo Ahearn, Pat Clough and Gaye Newman. Coming up is our Melbourne Cup Day and the next meeting on 28th November at 1.30pm at the home of secretary, Isabelle Hooper.

Pioneer Community Hall - AGM

The Annual General Meeting of the Pioneer Community Hall will be held at the hall at 5pm on Monday, December 8.

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-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

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

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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.

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

Continued from Page 3

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.



If you have something **HAPPENING IN BOWRA** that you want others to know about, send an email to: admin@bctc.com.au

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



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Massage for Body, Mind & Spirit**

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

Contact Michele Ph: 0429 858 334

5/11

LIONS CLUB

SUPPORTING OUR COMMUNITY



We Serve

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

5/11

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



5/11

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.

TWO MATCHING SINGLE PINE BEDS
with mattresses - \$100 the pair. Phone: 6564-7732

SOLID PINE CORNER CABINET - \$45
Phone: 6564-7732

COMPUTER DESK \$45 - Phone: 6564-7732

PUBLIC NOTICE

BOWRAVILLE HOSPITAL AUXILIARY

Would like to thank all those who supported us in any way to make our Annual Sports Day such a success \$1353 was raised and this will go towards the purchase of a Patient Trolley and Accu Vein Finder for Day Surgery the cost totalling over \$13,000.

Raffle Winners were Marlene Summerville, Bombo Ahearn, Pat Clough and Gaye Newman.

DEADLINE FOR DECEMBER ISSUE:

All contributions and advertising, including the Local Classifieds, must be received before the deadline closes at:

5PM, 18th NOVEMBER, 2014.

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 ~

5/11

PLUMBER

Terry and Wendy O'Reilly
Plumbing Services

u Drainage u Roof Plumbing
u Gas Fitting



Licence No.
208892C

Phone: 0428 525 682

2/11



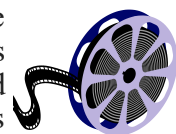
NOVEMBER PROGRAMMING at the

BOWRAVILLE THEATRE

Sunday 9th November at 2pm - The Theatre will be screening '*BREAKER MORANT - THE RETRIAL*'. This historic story was filmed at the actual locations in Africa, Australia and the United Kingdom, directed with careful attention to detail this is the Breaker Morant story as you have never heard or seen it before. When shown in Charters Towers where Morant earned his title as "The Breaker" and where the dramatic re-enactments were filmed the Theatre was packed with people in period costume and we would encourage our audience to do the same. This is being shown two days before Armistice Day, an apt time to screen this film and we would love you to join us. Entry is \$10 payable at the door or ring the Theatre office on 6564 7808. Doors will open at 1pm.

Saturday 15th November at 2pm - Usually this is when we screen our old Western Films but this is in discussion at the moment so please watch the Theatre windows for further information.

Saturday 22nd November at 7pm - The Film Society will be screening 'Summer Hours', a drama made in France in 2008. This is about two brothers and a sister who witness the disappearance of their childhood memories when they must relinquish the family belongings to ensure their deceased mother's succession. If you want to come along and see if you'd enjoy the monthly films, you are welcome for a nominal sum, they are very sociable evenings and cups of tea and coffee are always on the agenda - plus good company.



Friday 12th December at 6.30pm - At the St. James Church Hall in Young Street, Bowraville our good friends from Radio 2NVR are kindly assisting us to raise funds for our beautiful theatre with 'That's Entertainment!', a Trivia night about music, stage, films and famous faces. BYO drinks and nibbles. Supper will be available for a gold coin. This is definitely a FUN night. Your comperes are Kel and Ros with questions supplied by Donna. Our own ever willing helpers from the Theatre will be around to attend to your every need, a party night to take us into Christmas. Entry is \$5 and we look forward to you joining us.

Last Thursday of each month - Please don't forget our delightful Hospitality Students from Bowraville Central School open our Cafe at the Theatre on the last Thursday of the month. They serve tea, coffee, cakes and light lunches between 9.30am and 12.30pm and would love to serve you.

- Dorothy Evans, President, Bowraville Theatre Players.



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blueskyhealing.wordpress.com
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Divine Soul Centre, Nambucca Heads.

5/11

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Beautician A vailable T hursdays from 9.00am
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Phone: 65647675

E mail: letstalkhair3@bigpond.com

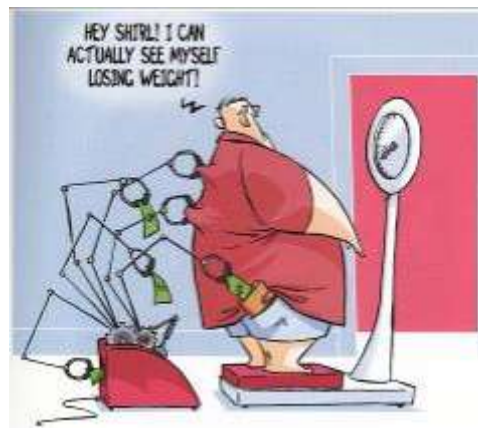
5/11

SCAMS, SWINDLES, RORTS AND RIP-OFFS

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

Health and medical scams

Medical scams prey on human suffering. They offer solutions where none exist or promise to simplify complex health treatments.



What to look for . . .

Miracle cure scams offer a range of products and services that can appear to be legitimate alternative medicines, usually promising quick and effective remedies for serious medical conditions.

The treatments claim to be effective against a very wide range of ailments and are often promoted using testimonials from people who have used the product or service and have been 'cured'.

Weight loss scams promise dramatic weight loss with little or no effort. This type of scam may involve an unusual or restrictive diet, revolutionary exercise or 'fat-busting' devices or breakthrough products such as pills, patches or creams. The products are promoted with the use of false claims such as 'lose 10 kilos in 10 days' or 'lose weight while you sleep' and often require large advance payments or that you enter into a long-term contract to participate in the program.

Fake online pharmacies use the internet and spam emails to offer drugs and medicine at very cheap prices and/or without the need for a prescription from a doctor. If you use such a service and you actually do receive the products that you order, there is no guarantee that they are the real thing.

There are legitimate online pharmacies. These businesses will have their full contact details listed on their website and will also require a valid prescription before they send out any medicine that requires one.

PROTECT YOURSELF

REMEMBER: There are no magic pills, miracle cures or safe options for rapid weight loss.

CAUTION: Never commit to anything under pressure.

THINK: Don't trust an unsubstantiated claim about medicines, supplements or other treatments. Consult your healthcare professional.

INVESTIGATE: Ask for published medical and research papers to support the claims made by the promoters.

ASK YOURSELF: If this really is a miracle cure, wouldn't your healthcare professional have told you about it?

MEDIA RELEASE

DATE 20/10/2014



Bowraville is a 2014 Tidy Towns Finalist

Bowraville has been announced as a finalist in one or more categories of this year's 2014 Tidy Towns – Sustainable Communities Awards.

Tidy Towns is the longest running of all Keep Australia Beautiful NSW's programs and is now in its 34th year. The program recognises the efforts of communities who protect, preserve and enhance local environments across regional NSW.

This year 43 towns across New South Wales entered the program, with a total of 174 submissions across 11 categories, which range from the Overall Tidy Town Award, Environmental Education Award, Litter Reduction Award, and more.

"Tidy Towns continues to provide communities across NSW with the opportunity to celebrate what makes their towns great, as well as their commitment to improving their towns," said Lyndall Holstein, Tidy Towns Program Manager.

"As in years gone by, every entrant in this year's program should be congratulated for the commitment they show to their communities."

Last year's NSW Overall Tidy Town, Nundle, will host the 2014 awards weekend from November 7 – 9. The weekend is a powerful networking opportunity for community and environmental groups, as well as local councils and community members. There will be tours and guided demonstrations and experiences, ensuring that all of NSW can appreciate the uniqueness and innovation of one of our state's most beautiful hidden gems.

"I would strongly encourage everyone to come along to Nundle," Holstein said.

"We have a great range of activities planned to showcase just why Nundle took out the coveted title last year."

The Bowraville community at large is welcome to attend the awards weekend in Nundle. More information and tickets are available via www.knswb.org.au.

The Bowraville Chamber of Commerce and Industry AGM will be held on Thursday 27th November at the Bowraville Technology Centre in High Street at 5pm.



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 – 6652 3813. 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



LIC No: EC 38796

*“Contact
Les or
Carissa Craggs”*

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

5/11

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

5/11





2014 BELLINGEN CUP

at BOWRAVILLE RACECOURSE
SATURDAY 29th NOVEMBER
 Gates Open 11.00am
 Entry: Adults \$8 Concession \$6 Under 16 FREE

FREE BUSES

NAMBUCCA HEADS POLICE STATION	11.15am
MACKSVILLE POST OFFICE	11.45am

Proudly supported by
 Diggers Tavern & Motel, Lucky 7 Convenience - Bellingen Providore,
 Wild Oats Wines, T&D Sinclair Carpentry & Joinery,
 Cellarbrations (Diggers Drive Thru Bottle Shop)








The Nambucca River Festival

NOV 29 & 30, 2014

LIVE MUSIC
 WATER EVENTS
 FOOD AND WINE
 CARNIVAL AND MARKETS
 MAGICAL LANTERNS
 RIVER CRUISES
 FUN FOR KIDS
 FIREWORKS

For More Information
 Visit www.nambuccariverfestival.com.au
 or call 08 1300 666 666

Admission:
 Adults \$10
 Concession \$8
 Kids under 16 \$6
 Family 2 adults 2 kids \$22
 Admission covers both days
 Gates open 10am both days
 No pets or alcohol in the grounds to the festival



JOIN THE CELEBRATION!

Where did that saying come from?

To Kick the Bucket . . . This odd way of referring to dying has perhaps nothing at all to do with a bucket of the kind used for carrying water etc. *Bucket* in the phrase *kick the bucket* is an obsolete word, borrowed from Old French, for the wooden beam or frame from which an animal to be slaughtered would jerk spasmodically in the throes of death and bang its feet against the beam—in other words, kick the bucket. But the familiar household bucket may, after all, feature in the origin of the phrase. An equally grisly theory derives *kick the bucket* from the supposed techniques of suicides. Someone attempting suicide by hanging might stand on an upturned bucket, fit his head into the noose and *kick the bucket* away.

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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.

5/11

Diabetes - The Silent Pandemic

Diabetes has been described as the silent pandemic. There are approximately 1.1 million Australians living with diabetes, and around 100,000 new diagnoses each year. An estimated 280 Australians develop diabetes each day. Indigenous Australians are three times more likely to have type 2 diabetes compared with non-Indigenous Australians.

There are also 'hidden' consequences of diabetes. Research shows that for every person diagnosed with diabetes, there is a carer who also 'lives' with the disease in a support role. This means that an estimated 2.2 million Australians are affected by diabetes every day.

The financial cost of type 2 diabetes is estimated at \$10.3 billion. Of this, carer costs are estimated at \$4.4 billion, productivity losses at \$4.1 billion, health system costs at \$1.1 billion and \$1.1 billion due to obesity.

A reduction in type 2 diabetes will result in cost savings for the health budget, increased participation and productivity in the workforce, and better health outcomes for Australians.

Worldwide, new data show that a staggering 350 million people are living with diabetes. In Australia, studies show that nearly one in four Australian adults either has diabetes or 'impaired glucose metabolism' which is associated with a substantial risk of diabetes and heart disease.

There is an urgent need to promote the issues surrounding this pandemic. The minds of the general public, of practitioners and researchers, of the media and politicians, should be focused on diabetes and related chronic diseases. There is also a need for increased understanding of the economic and societal issues of diabetes and its complications, including the escalating costs to individuals, families, workplaces, and governments.

Clearly diabetes is a serious health crisis, but it's not all bad news. Up to 58 percent of cases of type 2 diabetes can be prevented and good blood glucose control and maintaining a healthy lifestyle can significantly improve complications associated with diabetes.

World Diabetes Day is celebrated every year on November 14. The World Diabetes Day campaign, led by the International Diabetes Federation and its member associations, engages millions of people worldwide in diabetes advocacy and awareness. World Diabetes Day was created in 1991 in response to growing concerns about the escalating health threat that diabetes poses. World Diabetes Day became an official United Nations Day in 2007. The campaign keeps diabetes firmly in the public spotlight.

Weight management is an essential part of diabetes management. The resulting problems of obesity are well known - not only type 2 diabetes, but also cardiovascular (heart and blood vessel) disease, social exclusion and low self-esteem. Your local pharmacy is your health destination, so talk to them about how to lose weight.

There are many other things your local pharmacy can offer to help manage diabetes. A Diabetes MedsCheck provides an in-pharmacy review for people with diabetes. The review focuses on type 2 diabetes medicines management, monitoring devices, education and self-management. It aims to optimise use of medicine, blood glucose monitoring and blood glucose control. This is achieved through improved compliance with diabetes medicines as well as training and education.

In addition, you can get more information on diabetes and how to maintain a healthy weight from pharmacies around Australia providing the Pharmaceutical Society of Australia's Self Care health information. Self Care Fact Cards available from these pharmacies include topics such as Diabetes Type 1, Diabetes Type 2, Blood Glucose Monitoring as well as lifestyle topics such as Weight and Health.

Visit your local pharmacy on World Diabetes Day, November 14, and find out how they can help you manage your diabetes and general health.

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

NOVEMBER 2014



LIONS AT LARGE

The Lions Club of Bowraville are members of the largest service organisation in the world. Our district convention was held in Sawtell this year and was attended by some of our club members.

Apart from meeting other Lions from around the region we also heard from some very interesting guest speakers who spoke on a range of topics.

The most moving was a video played by guest speaker, Neil Currall who spoke about 'Trek4Kids' who raise money for the 'Make a Wish' program of the Starlight Foundation. The video told the story of 7 year old Sam who was born with Spina Bifida and his wish to go to SeaWorld. This was the first time Sam had something to look forward to, rather than another operation which he had gone through all his life. The joy and spirit of Sam was something to behold.

Another highlight was the presentation and talk by Anna Sydenham, a young lady with dwarfism. Anna competed recently in the Dwarf Games and won Gold, Silver and Bronze medals in a range of sports. Anna's positive outlook on life and confidence in public speaking was outstanding.

LETTERS TO SANTA

The Bowraville Lions Club's Christmas Elf is busy helping to collect letters for Santa. Each child receive a personal letter back from Santa but please get your children's letters posted in the special letter box at Bowra Post and Collectables in plenty of time for a reply back.



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.



Australian Lions Children's Mobility Foundation

"Walk with Pride"

Australia, Papua New Guinea, Norfolk Island

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

What are Heirloom and Heritage Plants?

Well, put simply, these are 'old school' vegies and flowering plants that have been handed down from one generation of gardeners and farmers to the next. There are suggestions that an heirloom plant is one that has been selected, bred and passed down because it was recognised for its superior qualities such as great flavour, pest and disease resistance, and suitability to local conditions.

For a plant to be classified as an heirloom it must be open-pollinated. Open-pollinated plants are those that have been pollinated by 'nature', either by wind, insects, birds or other natural circumstances and thus seeds produced, while regarded as 'true to form', are open to variation and genetic differences. This varies significantly from hybridised plants where parent plants are bred to encourage specific traits, like a particular colour or growth habit. Hybridized plants generally produce seed that is not viable (meaning it won't grow) or, if the seed is viable, the next generation of plants may lack vigour and prove to be a poor imitation of their parent plants.

There are loads of reasons to consider sticking a couple of heirloom flowers and vegies into your patch. Because heirloom vegies are open pollinated, gardeners can collect and save the seeds produced from their plants until next year, assured that they will grow 'true to type'. Saving seed of heirloom vegies from one season to the next also encourages desirable traits to develop over time including disease and drought resistance and better flavour. Speaking

of flavour, heirloom vegies taste better than commercially grown, shipped to the supermarket ones. Your tastebuds will thank you for it and the planet will also because growing heirloom vegies from seed is an awesome way to reduce your environmental footprint and you can choose to use less pesticides, fertilisers and other artificial inputs than generally used in commercially grown crops.

But the best reason to grow heirloom vegies may be this: they are so easy, great for beginners! Heirloom vegies don't rely on excessive inputs, don't need too much 'molly-coddling' and generally give you good value for money, providing greater yields over a longer period of time. How good is that? All this for the price of a packet of seeds!

Whether it's for health, financial or environmental reasons, turning even part of your backyard into a productive patch is incredibly rewarding, great for the planet and tasty as well!

So, this spring, why not seek out some open-pollinated, heritage seeds for your veggie patch and impress your friends and families with a tasty, good looking bit of history that's great for the planet!

Open pollinated, non-hybridised heritage seeds and even seedlings have become easier to track down, and many garden centres now stock a great range.

What to plant in November . . .

Plant in Garden: Beans, beetroot, carrots, chives, cucumber, ginger, lettuce, pumpkin, silverbeet, sweet corn, sweet potato/kumara,.

Plant out Seedlings: Basil, cabbage, capsicum, celery, eggplant, tomatoes, zucchini.

- 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

5/11



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.

A Painted House

by John Grisham

This story is told from the eyes of a seven year old boy, inspired by John Grisham's own childhood. The setting is rural Arkansas, September 1952 cotton picking season.

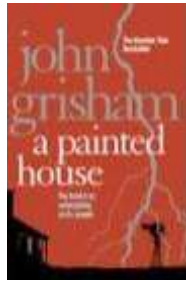
Luke Chandler is an only child, living with his parents and his father's parents on a property that struggles to provide a living for them. Luke's uncle, who is 19 and usually also lives on the farm, is away at war in Korea.

Cotton farms provide an opportunity for itinerant workers to earn an income and each year Luke's folks employ "hill people" and Mexicans to help them out with the harvest. Few farmers in the district actually own their farms outright, most of the houses are unpainted, everyone has a vegetable garden to provide for their own table, few people own cars and most transport is by truck or tractor with many having none of these.

The local town is small and is the hub of any social life with the cotton gin, the local store and the post office being the most frequented places.

For six weeks Luke's family and workers battle heat, fatigue, each other and eventually heavy rains to get the harvest in. As the time passes Luke sees and hears lots of things children his age shouldn't and he struggles to keep secrets that threaten many, including himself and change the lives of the Chandler family forever.

I was taken back in time, as Grisham made this story come to life and by the end of it the poverty, the



hardship and the characters all seemed so real. A Painted House really touched me.

Running With Scissors

by Augusten Burroughs

I cannot begin to prepare you for this extremely unusual story. At times it's so weird it's hard to perceive that it could be at all remotely true but..... Running with Scissors is the true story of a boy whose mother (a poet with grand delusions) gave him away to be raised by her very unorthodox psychiatrist. So at the age of twelve, Burroughs found himself living in the squalor of the doctor's dilapidated Victorian mansion with his bizarre family and befriending a pedophile who resided in the backyard shed. The story of an outlaw childhood where rules were unheard of and the Christmas tree stayed up all year round, where Valium was consumed like candy and if things got dull an electroshock-therapy machine could provide entertainment.

Burroughs story is funny in parts, harrowing and sordid in others. His childhood is full of experiences that a child should not have and ones that you will find difficult to read let alone believe. This account of an ordinary boy's survival under the most extraordinary circumstances is a most compelling read.

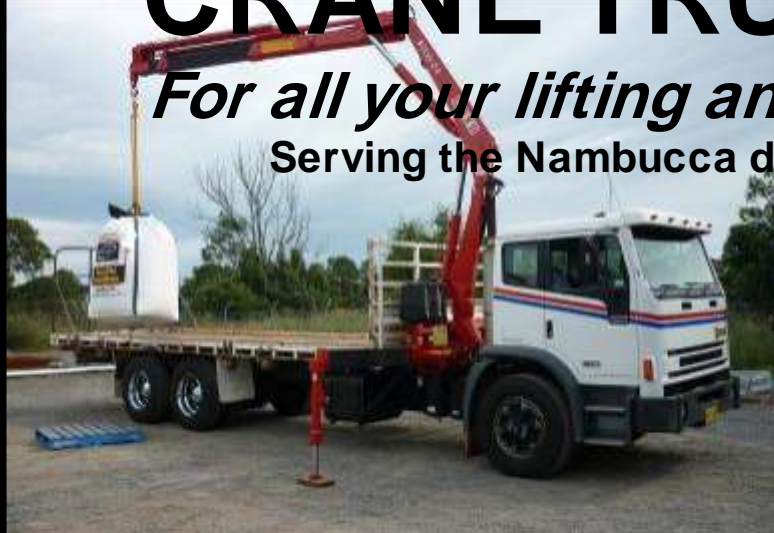
- These books reviewed by BTC Volunteer, Raewyn.



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7 DAYS

2NVR 105.9FM, Nambucca Valley Radio



As usual, life has been busy at your community radio station. Several of the dedicated 2NVR team will travel to Adelaide for the Community Broadcasting Association of Australia (CBAA) annual conference, November 7-9. There, they hope to gain valuable skills and have some fun with other 'Radio Heads'. They will also attend the Gala Dinner Awards night where 2NVR is, once again, a finalist for a national Voxie award; they have already won 4 of them in the past. This year 2NVR is a finalist for 'Most Outstanding Small Station'; 2NVR won this category last year and also in 2011, so fingers crossed for a trifecta!

The 2NVR AGM was held on October 18. The new committee consists of President - Ron Hawkins, Vice President - Ceri Wrobel, Secretary - Ion Newcombe, Treasurer - Donna Collins, Committee members - Dallas Dent, Beverly Gibbs, Elizabeth Newman and Steve Ryan. Good luck for the coming year and thank you to outgoing members, Tammy Truscott and Ian Bailey. Much has been achieved and there is plenty planned for the coming year.

The annual 2NVR awards were presented at the AGM; Ceri Wrobel received the 'Hitching Post Award' for 'Excellence in Radio' and Dallas Dent received the 'Golden Peg Award for 'Services Behind the Scenes'. Well done to Ceri and Dallas but congratulations to all presenters, members, sponsors and listeners for another successful year.

The October 'Studio 3 Live' event saw Kym Pitman and friends entertaining the live audience and listeners with her exquisite music and lyrics.

Previous 'Studio 3 Live' guests, 'Black Train' from Lismore have just released an album which was recorded live at 2NVR; it's called 2NVR-Black Train. 2NVR is thrilled to have facilitated this opportunity for the band, Black Train have declared it is their best album yet and had them ready to sell at Dorrigo Folk and Bluegrass Festival, where many of the Studio 3 guests were performing.

The next 'Studio 3 Live' event will see local legend, singer/songwriter Lea Gillard performing, as only she can do. Lea has been wowing audiences up and down the East Coast of Australia for many years. Partnering with Quenton Miles to form L&Q in the 90's opened up her song writing talent. They went on to perform and write 3 albums together. "Pecking Order", "Rocket to the Country" and "Zoja". "Mercy" is Lea's first solo album. Lea sings Blues/Rock/Roots/Soul music, with a powerful voice and stage presence that leaves her audiences spell bound; she has been likened to Janis Joplin, Tina Turner and Nina Simone.

Catch this wonderful opportunity on Friday, November 21, 6-8pm at 834, Rodeo Drive, Tewinga. This is a free, family friendly and delightfully intimate evening, BYO and a plate of food to share, or listen to 105.9FM or stream via www.2nvr.org.au

2NVR, thanks to Tricivic, is working in collaboration with John Logan Entertainment to organise, and benefit from, the 'Turn Up the Heat Tour' featuring Paul Costa with 'Baylou' and special guests, 'Georgia Fall' at Nambucca Heads RSL on Saturday, December 6. Tickets will be \$15 adult, \$10 children and \$35 per family ticket. Come and enjoy this excellent line up and help to support your community radio.

2NVR is also very pleased to be partnering with the Bowraville Theatre to assist their fund raising and to have some fun. On Friday the 12th December at 6.30 pm at St. James' Church Hall, Young Street, Bowraville, 'That's Entertainment', will be a Trivia night about Music, Stage, Films and Famous Faces. Your Comperes will be, 2NVR Presenters Kel and Ros, and questions supplied by 2NVR's, Donna. Entry is \$5, supper available for a gold coin, BYO nibbles and drinks.



Beautiful Town, Beautiful People

AAAH! Sunshine Suzie and Pineapple



A Bowraville couple have decided to share their experiences on how they have learned to manage their anxiety and get more out of life and stress less.

Anxiety can show in various ways: physical, psychological and behavioural and often times it is not recognized until something untoward happens and medical help is sought.

Unrealistic fears and worry, decrease in memory and concentration, or rapid heartbeat and stress, can often be an indicator of this condition especially in the workplace.

Sue Smoothy and Brad (Pineapple) Hoare have developed a fun program where they are taking their ideas out to the community to empower those who feel that they may be under pressure in everyday life, to cope within what seems to be a society overwhelmed with time constraints, expectations and negativity.

The seminars which are titled "AAAH! 3 Steps to Happiness", is available to anyone in the community and was trialed during October at venues along the Mid North Coast. The response so far has been favourable and the couple hope to extend the program to include business as well as community groups where anxiety has become a problem in the working environment.

People who would like to attend seminars in the future can email
admin@sunshinesuzie.com.au or mob:
0407 420 014 .

In Remembrance of Auntie Elaine

The passing of Elaine Walker (Auntie Elaine) on September 5th from a heart attack has been felt by many residents of Bowraville



A humble person Elaine worked tirelessly in the Indigenous community hoping the grief felt by the fractured community would be healed and a resolution found regarding the tragedy that has haunted the Mish since 1990.

Her dream was to see justice in all areas of life and for her people, encouraging them to remember their spirituality and connection to all things. She encouraged the younger ones to embrace everyone regardless of race or belief systems.

Auntie Elaine supported women in their efforts to reduce incidences of domestic violence, using education in the wider community and employing her role as an advocate at the Coffs Harbour Women's Refuge to enable them.

A large congregation of family, co-workers and friends attended her funeral held at St Mary's Church Bowraville where Father Paul conducted the service and Homily.

Elaine is survived by her 3 girls Karen, Lana and Kerry and her son Bobby.

Our condolences go to her children and extended families.



4/11

FIREWOOD, CHOPPING BLOCKS, KINDLING, LANDSCAPE SUPPLIES

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Herbal Teas for Your Wellbeing

Drinking herbal tea not only cuts down on your caffeine intake, but these brews also have some proven health benefits. Here are some of the most popular herbals teas and what they can do for you.

Bergamot - The citrus fruit is known as the main ingredient in Earl Grey tea but it has some other hidden talents. In the past this oil has been used to treat mild depression and digestion problems. Look for it in herbal blends rather than as a stand-alone tea.

Chamomile - One of the most common herbal brews, chamomile has many benefits. It soothes the stomach, and can be helpful for diarrhoea, nausea, reflux and abdominal cramps including period pain. If you are an anxious type, swapping coffee for chamomile tea is a good move.

Cinnamon - Not only is it a delicious ingredient in apple pie, cinnamon in herbal tea helps improve digestive problems too. Cinnamon is a warming tonic, wonderful for easing winter chills and for warming people who feel the cold.

Fennel - Don't let the distinctive liquorice flavour put you off. Fennel tea is often served with honey for indigestion. A weak form blended with chamomile flowers is great for babies with colic. To blend at home crush fennel seeds, pouring over boiling water and straining into a mug.

Ginger - Ginger is one of those wonderful plants that double as medicine and food. It's an excellent tummy tonic and great for nausea, diarrhoea, indigestion and cramping. Ginger is also a terrific circulation tonic and can help reduce stress and anxiety levels.

Hibiscus - Hibiscus flowers contain high levels of antioxidants, and in tea it is helpful for the inflammation of mucus membranes such as sore throats, gum disease, cystitis and has been said to reduce high blood pressure.

Juniper Berry - Juniper berries are used by herbalists in teas for urinary tract problems and especially as a diuretic. "The berries in a tea need to be boiled and can be mixed with other berries for assisting a healthy heart.

Lavender - Lavender seeds are used in tea to promote a feeling of calm but is quite strong and if taken as a single tea. It's always better used in combination with another tea.

Lemongrass - Another tea to aid digestion, lemongrass can assist with "bloating and flatulence" amongst other things. It can also be helpful for headaches and is good for nervous exhaustion.

Lemon Myrtle - If you're suffering with a winter cold or flu, this is the herbal brew for you. It has a tangy lemon flavour and can be mixed in any black tea. It can be used as a cleanser with other herbal teas and with Manuka honey is great for colds and flu.

Peppermint - Excellent for digestive problems, peppermint tea is also "good for snuffly colds". Sipping a cool peppermint tea can also help with the hot flushes of menopause, and is great to drink cold on a hot summer day.

Raspberry Leaf - This herbal brew is particularly good for pregnant women. Drinking raspberry leaf tea helps relieve morning sickness. And in later pregnancy it's said that two to three cups per day can lead to an easier delivery.

Sage - Even though sage tea is quite pungent to taste it's a perfect cure for the blues. It has an uplifting effect and is great during menopause and PMS.

Spearmint - Another tea to help us through a cold winter is spearmint tea, it's excellent for sinus and upper respiratory conditions and is especially delicious mixed with lemongrass.

Vervain - Vervain is loved by the French as a tea to calm the nervous system and is used by medical herbalists in tonics for anxiety and mild depression."



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Property Maintenance

If you are on a package check what NDIS funded household tasks you are covered for and find out how we can help you:

Work Crew

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- End of lease clean
- Rental & home repairs
- Lawn mowing
- Garden maintenance
- Building maintenance
- Furniture assembly
- Rubbish removal
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- Gutters cleaned
- Driveway cleaning
- Repairs and painting
- Replacing fly screens

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stays in the valley

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Morning Tea: Coffee & Cake Specials
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Dietician approved choices

Catering

menu

Sandwich, Wrap or Roll Platter

Locally baked bread with selection of fresh fillings

Hot Savoury Platter

Mini pies, sausage rolls, spring rolls

Scone Platter

Sweet - with jam and cream or Savoury

Cheese Plate

Fruit Platter

Fresh seasonal fruit

Sweets

Home made slices and cakes

Other: Roasts, Soups or your choice

Orders must be in by noon the day before



88 High St BOWRAVILLE
Phone: 6564 7677
e-Mail: admin@nvp.org.au

Supporting us helps us support people with disabilities in the Valley

Phoenix Gallery & Treasures

Bowraville

Money spent in the Valley, stays in the Valley

THE STORE FOR BETTER BARGAINS



By purchasing goods from Phoenix Gallery & Treasures, you are supporting a local charity, getting a bargain and reducing the resources required to satisfy your needs.



Open Monday to Saturday

Phone: 6564 7677



Supporting us helps us support people with disabilities in the Nambucca Valley

Phoenix Treasures Op Shop is currently

looking for volunteers to help out in the Op Shop for either a full day or just half. Any help would be greatly appreciated!

IMPORTANT AND URGENT INFORMATION FOR ALL RESIDENTS OF MISSABOTTI AND THE NAMBUCCA VALLEYS

SHOOTING RANGE PROPOSAL ***30 BAY / 7 DAYS-A-WEEK / PLUS FACILITIES***

Development Application 2014/0158
Lot 262DP Morans Road, Missabotti.

The DA and plans are available for public inspection at Council Chambers in Macksville from 8.30am - 4pm until 31st October.

For information contact: Daniel Walsh (Senior Town Planner) on 0428 716 633 or 65680259

Any person may make written submissions or objections in respect of the proposal.

Submissions can be made by:

Mail: Nambucca Shire Council, PO Box 177, Macksville, 2449 or Email: council@nambucca.nsw.gov.au

***Things to consider in submissions and objections:* Environmental Aspects Noise
Lead Pollution into Waterways Extra Traffic 7 Day Practice Facility Toilets etc.**



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

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

"Ngiyaa Nyaaga mangga carrunda 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



Ten Things you Might Not Know about Diabetes

1. About one third of all people with diabetes do not know they have the disease.
2. Type 2 diabetes often does not have any symptoms.
3. Only about five percent of all people with diabetes have type 1 diabetes.
4. If you are at risk, type 2 diabetes can be prevented with moderate weight loss (10–15 pounds) and 30 minutes of moderate physical activity (such as brisk walking) each day.
5. A meal plan for a person with diabetes isn't very different than that which is recommended for people without diabetes.
6. Diabetes is the leading cause of blindness in working-age adults.
7. People with diabetes are twice as likely to develop heart disease than someone without diabetes.
8. Good control of diabetes significantly reduces the risk of developing complications and prevents complications from getting worse.
9. Bariatric surgery can reduce the symptoms of diabetes in obese people.
10. Diabetes costs \$174 billion annually, including \$116 billion in direct medical expenses.



MiiMi Aboriginal Corporation
90 High Street
Bowraville

Phone 02 6564 8855

Fax 02 6564 8844

Email: admin@miimi.org.au

Website: miimi.org.au



Bush Fire and Your Home

PREPARE YOUR HOME AND PROPERTY FOR BUSH FIRES

These maintenance tips may help prevent burning embers destroying your house:

- Install metal gutter guards
- Repair damaged or missing tiles on the roof
- Install fine metal mesh screens on windows and doors
- Fit seals around doors and windows to eliminate gaps
- Enclose the areas under the house
- Repair or cover gaps in external walls
- Attach a fire sprinkler system to gutters

DID YOU KNOW
Not all homes can be defended - your safety is always the first priority.



Things to do around your house and garden:

- keep lawns short and gardens well maintained
- cut back trees and shrubs overhanging buildings
- clean up fallen leaves, twigs and debris around the property
- have hoses long enough to reach around your house
- if you have a pool, tank or dam, put a Static Water Supply (SWS) sign on your property entrance
- check that your insurance is adequate and up to date
- complete your Bush Fire Survival Plan available at www.rfs.nsw.gov.au.

In a bush fire many houses are destroyed through ember attack, when burning twigs and leaves carried by the wind land on or around the house. Even houses away from the direct path of the fire can be affected.

Look for the places embers could start fires - on the roof, under the floor and around windows and doors - and take action to prevent them.

PREPARE **ACT** **RECOVER** | BUSH FIRE INFORMATION LINE | 1800 678 737



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
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3/11



Money Matters for people on Low Incomes

Nambucca Valley Community Services Council Inc. is committed to keeping our community informed about potential pitfalls. Two very expensive types of credit are Payday Loans and Rental Schemes.

Payday Loans are used for basic living costs when times are tough but they are often hard to repay with interest rates up to 400%

When looking to the "deals" that Rent-to-Buy or Rental Schemes offer, typically a customer pays 3 to 4 times the value of the item that they sign up for.

For example:

RENTING 420L Kelvinator fridge
\$21.95/week over 3 years
= **A whopping \$3,424**

With NO guarantee of ownership at the end of the contract!

PURCHASE Same fridge through the
No Interest Loan Scheme (NILS)
\$14.50/week over 1 year
= **Only \$745**

And you OWN it from the start!!!

If you know someone in financial trouble, it is always a good idea for them to talk to a financial counsellor before getting into an expensive contract. A local Financial Counsellor can come to local town by appointment - Phone 1300 662 540

Other Options include:

- ◆ No Interest Loans (NILS) for essential household items - call 6568 2522.
- ◆ Energy vouchers
- ◆ Payment arrangements on bills
- ◆ Hardship arrangements for credit cards and other debts.

Please contact Moira Balmain - No Interest Loan Scheme Coordinator on 6568 2522, or Francine White - Financial Counsellor on 1300 662 520 for further information.

Bowraville Central School News

Coffs Coast Healthy Canteen Award Winner

Congratulations to all involved in our wonderful school canteen. We have just learned that the High School section of the Coffs Coast Healthy Canteen Awards was taken out by none other than the Bowraville Central School P&C Canteen! This is fabulous recognition of the enormous amount of work done over many years now in order to create healthy options for everyone at our school.

As a result, Canteen Manager, Alyson, and her team will receive a \$500 voucher from the Coffs Growers' Market plus a \$1,000 voucher from The Good Guys in Coffs Harbour. What a great achievement! Thanks also to Mrs Eve Riches (our wonderful Hospitality teacher) for her significant collaboration with the canteen and the submission of this competition application.

The win acknowledges the changes Alyson has made to the Canteen menu to increase "green" items and remove all 'red' foods. The green items are fresh foods low in fat, salt and sugar.

Alyson hopes to purchase a new freezer, cryovac machine, blender and food processor. These appliances will enable Alyson too preserve fresh produce from the School Ag farm and Community Garden as well as prepare healthy frappes, shakes and dips.

The Award also demonstrates our school's commitment to healthy lifestyle activities. Thanks to John Day for his enthusiasm in delivering the "Live Life Well" exercise program and the implementation of "Crunch and Sip".

It takes a whole school community to raise healthy, happy, well-educated young people who are ready too succeed in the 21st Century. This great news is further acknowledgment of our strides at Bowraville Central School towards this end.



Canteen Manager, Alyson Grace with student customer Tyson Atkins choosing his lunch from a tasty selection of 'green' foods.



Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Spring 2014

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	FM in the AM The Bishop 	Dano's Brecky Show Daniel Gosson & Hal The Robot 	Cackleberreries Kel, Ros, & Dallas 	FM in the AM The Bishop 	Green Eggs On Toast Laraine Medbury 	Rise N Shine Ron Hawkins "Sahwater People" at 7:30 am 	Beam Me Up Scooby 	6 AM
7 AM	A morning music mix to put a spring in your step - of the cat!	High-paced cacophony to get those feet shufflin'!	Organised mayhem & madness	A morning music mix to put a spring in your step - of the cat!	Markets info, travelguide, news, goguide, movies, local news	"Sahwater People" at 7:30 am	Sunday Music Mix	7 AM
8 AM	Classic Hits & Jukebox Paul Rowe <i>Great Rock 'n' Roll 1950s-2010s</i>	Global Mosaic Preter <i>A weekly musical trip through the world</i>	Our Kind of Music Dallas Dent 	Under The Stinging Tree Poppa 	Tones of Clairessense Claire Watt-Powell 	Sabor Latino Eddie - Tell others to listen online Aussie & World Music from the Latino world <i>Chat to request</i>	Country Highway Dave Wareing <i>Country music classics to latest releases and comedy</i>	8 AM
9 AM	Baby Boomers Donna Collins 	Infopinion Richard Lorton 	Easy Listening	Talk Of The Town Cen Wrobel 	Turning Pages Elizabeth Newman <i>Books, authors and the music that moves them</i>	The Sports Show Dallas and Trickovic	Classical Corner Noel Robertson 	9 AM
10 AM	The Weekley Fix Paul Weekley 	The Phoenix Crew <i>Selected music & madness</i>	Jazz Azz I Like It Heather Heywood 	See what's going down! All things local	Outback Outlaws Paul Rowe 	Maggie's Mix Margaret Duffus 	Music From The Past 1000 Years	10 AM
11 AM	The Red Bag Show Patricia Roberts 	Phoenix Tony Bennett 	Rosemary's Allsorts Wife Rosemary Bateman 	Simmo's Country John Simpson 	Jellyfish Sky 	Soundbite Sloamir Skolan <i>Aussie new and old...</i>	Dano's Mixed Grill Daniel Gosson <i>A tasty mix of anything and everything to spice up your Sunday am</i>	11 AM
Midday			The Business Kai — <i>modern oz music</i>	Thursday Country Trickovic 	Jellyfish & Jollyfish Sky & Nuke	Live Delay Live Music Roundup with Josh	Jack's Tracks Jack 	Midday
1 PM			CJ The DJ Cen Wrobel 	Nambucca Valley Roundup - Ron & Nesh	Rhino On The Radio <i>3rd Friday of the month Live artists & studio audience Studio 3</i>	A Jazz Hour Bary O'Sullivan 	Recycled Radio With Retro 	1 PM
2 PM			Nambucca Valley Roundup - Cen Wrobel	Highway Blues Reno 	Friday Night Rock Show Todd Wills 	Top Of The Pops From the BBC	With Retro <i>Fantastic retro music</i>	2 PM
3 PM			Phillinn With Phil <i>New Australian Blues and Folk/Rock</i>	Jeff's Junk Jeff Mills 	Imagine This Old Time Radio Theatre - Nuke	The AntisF Radio Show Science Fiction Stories - Nuke	Booth's Drum With Captain Steve 	3 PM
4 PM			Ants Rocks Anthony Gamsley <i>Solid Rock</i>	BBC Overnight BBC Overnight	The AntisF Radio Show Science Fiction Stories - Nuke	Saturday Night Gold Classic 45s from the 50s, 60s & 70s 	Science & Reason With the Jellyfish <i>Free Thought Radio A Week In Science Diffusion Science Radio Lost In Science</i>	4 PM
5 PM			Texas Flood Neil Green <i>The best music of all time all the time</i>					5 PM
6 PM			Till 11:00pm BBC Overnight					6 PM
7 PM								7 PM
8 PM								8 PM
9 PM								9 PM
10 PM								10 PM

2NVR — "Most Outstanding Small Station In Australia" CBAA Voice Award Winner, 2011 & 2013.
2NVR — 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
 Tewing studio: 02 6564 7922 email: admin@2nvr.org.au