

# BOWRAVILLE COMMUNITY NEWS



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

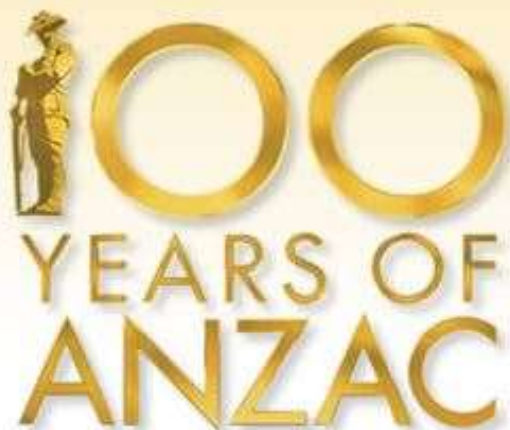


APRIL 2015 - ISSUE 128

FREE

CIRCULATION 300

POSTCODE 2449



THE SPIRIT  
LIVES  
2014 - 2018

NAMBUCCA VALLEY CENTENARY COMMITTEE

**25 April 2015**

## **ANZAC CENTENARY COMMEMORATIONS**

To be held in **Bowraville**

### **WHY BOWRAVILLE?**

Bowraville was the Nambucca Valley's main town in 1915. It is also where the first cenotaph was erected. The centenary of the Gallipoli Landings will take place in Bowraville for these reasons.

As the chair of the Nambucca Valley Centenary Committee, I cannot stress enough that this is a valley-wide commemoration.

Reading letters sent by service men and woman, I came across variations of this sentence time and time again: "I seen a few of the Nambucca boys today". Not a Macksville boy, not a Taylors Arm boy but a Nambucca boy. As far as we can tell, this feeling was unique and it shows what a close community we have always been and still are.

On this special day we hope that you and your families take the chance to show your respect for the men and women of this valley who gave so much so that we might enjoy freedom.

Graham Allen, Chair, NVCC

### **ANZAC CENTENARY COMMEMORATIONS**

**The March will commence at 10am at the Bowraville Ex-Services Club and proceed down High Street, terminating at the cenotaph.**

Places for those with restricted mobility will be available next to the Frank Partridge VC Military Museum, opposite the cenotaph.

*For more information plus free bus timetable see page 14.*

# 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 **may 2015** issue IS: 5:00PM **21ST APRIL 2015**

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

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

# **Bowraville Technology Centre**

**Open 9.30am to 4.00pm Weekdays**

## **Internet Services**

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

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

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

## **Facility Hire**

**Main Computer Room** — Up to 6 computers plus trainer's computer or access port for laptop or another PC. Data projector (if required) - connected to trainer's PC. Whiteboard (if required). High speed internet access –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](mailto:admin@bctc.com.au)**

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

**Bowraville Garden Club**

Members celebrated the coming of autumn in March with trips to Gumma and Dorrigo where we viewed some spectacular gardens and came home with cuttings and nursery plants. Our April meeting will be held at the home of member June Werner of Valla Beach at 10am on Saturday 11<sup>th</sup> April. Besides admiring the garden we will have as guest speaker Debbie from Forever Fabulous to give us some tips on how to wear a scarf. Colour for the day is blue and a trading table will be operating. An extra day has been organised for April 23<sup>rd</sup> when we will visit the seedbank at the Coffs Botanical Gardens and gardens at Bonville. Contact Barbara on 65647039.

**Bowraville Recreation Club**

April is a busy month for our bowlers. Grade 5 pennants continue throughout April except for Easter. The Club Annual "Fish Triples" will be held again on Good Friday. This day attracts many players and remember you do not have to be a bowler to participate. Kids are welcome. Also in April Men's Bowls Championships will start in Triples, Pairs and A and B Grade Singles. Every Thursday Jackpot Bowls is played at 1.30pm. Ladies Bowls are played every Wednesday. Women's Golf continues on Thursday at 9am - we hope with cooler weather more golfers will front up. Pennants commenced in March with the first match Coffs Harbour playing Urunga, next match will be at Woolgoolga when Bowra play Nambucca. Several members also are attending Open Days at local clubs. Men's Golf is seeing good scores on Saturday. Pennants has also started. March Vet's Comp players congratulated staff and volunteers on the state of the course.

**Bowraville United Hospital Auxiliary**

March was a fund raising month with raffles and Karly Lane's book launch. Bowraville's profit will go towards the purchase of chairs for the maternity and

day surgery units costing over \$7000. The next meeting will be held at the home of Secretary, Isabelle Hooper, on Friday 24<sup>th</sup> April. Members will travel to Dorrigo on 13<sup>th</sup> April to attend the North Eastern Health Area Zone Day. Executive members also attended a Clinical Services Plan Visionary Workshop organised by Macksville Hospital.

**Bowraville Film Society**

To celebrate the Centenary of Anzac Day the Film Society will show 2 films, the first at 5pm - 'The Remains of the Day', set in the 1930's when Nazi sentiments, pro and anti, preceded WWII. The second film is a documentary on Vivian Bullwinkel, a survivor of the Singapore massacre of WWII, who went on to become a much loved Australian icon. If you are a new member mandatory membership of the Arts Council will be half price and our treasurer may reduce the usual membership fee of \$28 per annum with no further cost.

**Bowraville Uniting Church Opportunity Shop**

Located at 33 George Street, the Op Shop is open Tuesdays, Wednesdays and Thursdays 9am-3pm and Saturday 9am-12 noon.

We have a large variety of quality clothing, bric-a-brac, tested electrical items and furniture — just ask if you are looking for something special as we have a large storage container in addition to our shop.

We have a layby system available for large furniture items and free delivery locally.

We take this opportunity to thank our community for their generous support and a big thank you to our many volunteers who come along each day to work in the shop.

**C3 Food Hub at Nambucca Heads**

Helping you put a meal on your table. Anyone holding a Health Care Card or Pension Card can

*Continued on Page 5*

**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 ~*

9/11

**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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**KERRIE SAVINS**



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## 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 11.00 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

PLAYGROUP at Bowraville Central School 10 am—1 pm

Contact Steven Hayes 65648737

WALK-A-BLOCK 9am at the Bank, Ph. 6564 7677.

GOLF Ladies 18 Hole, 9am at Recreation  
Club

BINGO 11am, FREE POOL 6.00pm to  
close at Bowraville Ex-Services Club

**BOWLS 1pm Men's Social at Bowraville  
Recreation Club**

DARTS 7pm Social at Bowraville Ex  
Services Club



### FRIDAY

POTTERY at Phoenix Pottery Studio, 9.30am-3pm.

Contact Judi Belbin on 6568 9105.

RAFFLE & MEMBER DRAW 6.30PM at Bowraville Ex  
Services Club

NGARRWA HEALTHY FAMILIES GROUP 10am –2.30pm

Contact: Jo Davidson 0419 634 842

FRIDAY RAFFLE and MEMBERS DRAW Bowraville  
Recreation Club plus Bistro

LIGHTNING PAIRS BOWLS 6pm, November to April  
Bowraville Recreation Club



### SATURDAY

GOLF Men's 9am at Recreation Club

BOWRA COUNTRY MARKETS 8am –

## **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 with computers, assistance with using your home computer, ipads, tablets, etc.

**Absolute beginners are most welcome!**

**Techno Club**, run by Mark, is on **Tuesdays from 1.30 to 2.30pm** and **Thursdays from 10.30 to 11.30am** and from **1.30 to 2.30pm**.

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**.

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



**You can also ring the  
Bowraville Technology Centre 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

From page 3

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.

### **Bowra Access Bus** (more info on page 18)

Coffs Harbour, Bellingen and Nambucca Community Transport is now offering a community access bus in the Bowraville area.

This is a door-to-door service that will bring you into Nambucca Town Centre for \$2. The bus runs every second Friday and pick-ups will start from 8.30am and will return at 2pm from Nambucca Heads.

Seats are limited and childcare restraints can be fitted if required - when booking your seat please give pick-up address, if you require child restraints, age of child/children and contact details.

**To book a seat or for any further information please ring Community Transport on 6568 3250.**

If you catch the Bowra Access Bus then you can be dropped off at the **C3 Food Hub**, located at the Community Centre, Corner of Ridge Street and Creek Street Nambucca Heads (down behind the Police Station) - see following listing for details.

### **Hot Chocolate Talk**

Every 1st Saturday of the month at 2pm there is a ladies group at the Mad Hatters Tea Garden in High Street, Bowraville (next to the post office). We have speakers, about different themes, who are interesting for women of every age. We also have some live music, singers, guitar or flute etc. This group is supported by the Christian Life Centre (Nambucca Heads) so we also have religious themes but every

lady is welcomed. Hot Chocolate Talk is an opportunity to meet new ladies from the area - to have a chat, a cuppa and make new friends. The cost is a hot chocolate or whatever you like to order. Like to know more - call Christine on 6564-7160.

### **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 Bowra Theatre program on page 7.

### **Bowraville Uniting Church**

Our next church service will be held as usual on the second Sunday in March (8th). We are fortunate to have our Northern Zone Minister, Lindsay Cullen to conduct this Communion Service for us. Anyone in our community is very welcome to join us.

Continued on Page 15

## 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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*Yoga with Gaye Bushell*

*Dancing with Carmen Noble*

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**Kaltuna Bodywork**

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

Contact Michele on 0429 858 334

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# Conference success for 2NVR 105.9FM

A wonderful weekend of learning, sharing of ideas, inspiration and fun was had at the Regional Community Radio Conference weekend, hosted by Nambucca Valley Radio March 20-22. Expert Guest speakers, from Sydney and Melbourne, delivered valuable information on career pathways, training, grant opportunities, programming and support available to community radio stations. Volunteers from other radio stations, from all over NSW and Queensland, attended creating a wonderful mix of skills and personalities; they had nothing but praise for the whole weekend of entertainment, information and food!

The 2NVR volunteers really turned it on, with so much preparation prior to the conference, including a working bee, catering planning and conference organisation. Friday 20 March launched the conference with 'Studio 3 Live' featuring Kalang band, didJital. Oh what a night that was, we danced our socks off. The visitors were stunned by the quality of the performance, our ability to broadcast a live show like this, the friendly atmosphere and the magnificent spread provided by our volunteers.

Saturday brought the fabulous conference day at Valla Beach Resort, opened with drumming from Kai Tipping and Otis Lyons. Much valuable networking and forging of friendships took place, those communication channels are now open and will assist 2NVR to bring you good quality radio with a local flavour. Taree and Great Lakes radio stations are keen to host another conference in future so the ball is now rolling.

Sunday event was held at the 2NVR studios with a magnificent brunch and studio tours, a chance for the Tech Heads to study the tech equipment and talk in language that nobody else understands!

Next Studio 3 Live will be on Friday April 17, 6-8pm, free event with live entertainment and broadcast on 105.9FM or streaming to your device. BYO refreshments. For another fun filled night 2NVR will welcome local trio Geoff Littlemore and the Icebreakers. The band is Blues based with a sprinkling of Country Rock; they put their own stamp on cover songs and will also showcase their originals. Geoff Littlemore is known for his passionate performances delivering lead vocals & lead guitar, backed up by John Black on Bass and backing vocals and Brett Barber on Drums and backing vocals. We're in for another big one folks! It's all happening at the 2NVR studios, 834, Rodeo Drive, Tewinga.

If you would like to be involved in the 'Best Little Station in the Nation', contact 6464 7777. Check out [www.2nvr.org.au](http://www.2nvr.org.au) or follow us on facebook.



didJital performing in Studio 3 Live



Crowd at Studio 3 Live, conference launch



Conference day at Valla Beach Resort



Sophia - 2BOB Radio Taree, Claire - 2NVR, Leslie - 2BOB Radio Taree and Ceri - 2NVR

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



**Takeaway available**  
**Lunch - Wednesday to Sunday**  
**from 12noon to 2pm**  
**Dinner - Wednesday to Sunday**  
**from 5.00pm to 8.00pm**  
**6564-8898**

HAPPY HOUR Monday & Tuesday 5-6pm  
All Schooners \$3.50 Thursday 5-8pm  
POOL TABLE \$1 per game

9/11

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## APRIL PROGRAM at the

# BOWRAVILLE THEATRE

*Dorothy Evans, Publicity, Bowraville Theatre.*

**Sunday 12th April at 2pm** we will be screening the film "Lego". A film, suitable for all ages, about a Puppet named Lego (voiceover by Chris Emmett) who is on a mission to save the world from an evil tyrant; a true to life story and one which will keep you very interested. This film has won many awards, don't miss it.

Entry is \$12, concession \$10 and students \$8. Café will be open and doors open 1pm.



**Saturday 25th April at 5pm** The Film Society will be screening a double feature. The first film will be "The Remains Of The Day". This is based on the novel by Kazuo Ishiguro and stars Anthony Hopkins, James Fox and Emma Thomson. The story is set in a prosperous British household of the 1930s; a family affair that turns into a sad situation.

The second film, **at 7pm**, is about Vivian Bullwinkel, an Australia heroine, who lived life to the full as a Second World War nursing sister, a POW, a survivor and a beloved matron. She pushed herself further and rose to become President of the Royal College of nursing, Australia. Vivian was one of the key figures to create university education for nurses.

Doors will open at 4pm. Please come and meet this happy group for a cup of tea or coffee and cakes to find out if you would like to join.

**Saturday and Sunday 2nd and 3rd May**, at 2pm each day, our delightful Bowraville Theatre Singers will be celebrating their 10th Anniversary, singing many songs you have loved for over a decade. Further information will be available in many outlets before that date. Keep the dates free and join in the celebrations.

**Saturday 27th May** we will be welcoming Chrissie Shaw to our theatre with her award winning how "Bijou". Keep this date free to enjoy a great performance. Chrissie has appeared on our stage before, to great acclaim, so watch out for further publicity about this delightful show.

**Notice to all community groups.....** Please contact the Chamber of Commerce if you plan to hold a street stall or BBQ as there are some new regulations from Nambucca Shire Council that we must comply with.

You can register your event at the Bowraville Technology Centre. Any enquiries 0428 527 545.

## Blue Sky Healing

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**marion.syratt@gmail.com  
blueskyhealing.wordpress.com**

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

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E stablished Fourteen Years by Kyle B lanch in Bowraville.

Phone: 65647675

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E mail: letstalkhair3@bigpond.com

# 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 - <b>Eungai's Unkya Reserve, Pacific H'way Eungai. Contact: 6569-7814</b>
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

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Les or  
Carissa Craggs”*

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

9/11

# 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

9/11





# BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

Many thanks to the people who donated these 2 titles and all the other varied and wonderful books which have come to our Book Nook ....

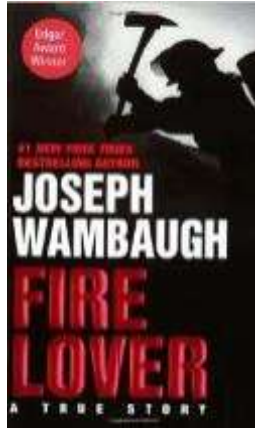
## Fire Lover - by Mark Wambaugh Winner of the 2003 Edgar Allan Poe Award for Best Fact Crime.

So, yes, this is a true story about fire events that took place in Southern California through the 1980s and 90s. However, it wasn't until early 2000 when the criminal investigation could be closed.

The worst fire under scrutiny was in a home improvement store which travelled so rapidly, intense and out of control that four people died, including a two year old boy. Strangely enough, at the same time two other suspicious fires began in nearby stores.

John Leonard Orr was a fire captain and of one of southern California's best-known and most respected arson investigators. This is his story. According to US government profilers Orr was "the most prolific American arsonist of the twentieth century".

Given that the man was a firefighter whose supposed role was to protect and preserve, the years of unexplainable fires, countless millions of dollars' worth of property damage, unusual fire 'coincidences', deaths, obsessive chasing of petty arsonists and petty criminals his behaviour is nothing short of bizarre.



This is quite an interesting story but there's a good deal of legal recount in the latter stages of the book, that although essential, I found a bit repetitive and tedious to get through.

If you enjoy true stories, have any connection to firefighting or are even interested in human behaviour this might a book for you.

## The Cutting Crew - by Steve Moseby

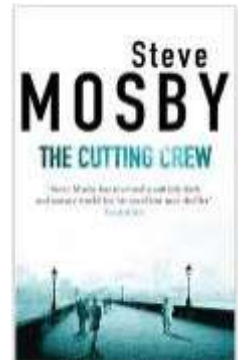
This is a bit of a gruesome thriller, verging on the edge of the dark side.

Set in a city full of corruption and decay, Martin is a policeman disillusioned with his world. After a dead girl goes unidentified for some time, her murder becomes everything that is wrong with the city, a city that is rumoured to be controlled by eight brothers.

Months on, Martin's friend and co-worker Sean disappears without trace. Martin, by then, is no longer working for the police and is astray, separated from everyone and everything. Unexplainably a note turns up from Sean forcing Martin back into an investigation he would rather leave behind.

It's a short, dark novel, requiring you to stretch your imagination.

- These books reviewed by BTC Volunteer, Raewyn.



## 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.

9/11

## Hay fever really gets up your nose

Hay fever is a term used to refer to allergic rhinitis. It is commonly caused by seasonal exposure to pollen. Allergic rhinitis can cause significant irritation and interference in a person's daily activities and considerably reduce quality of life.

Allergic rhinitis is one of the most common chronic respiratory conditions in Australia. It affects around 15% of Australians or 3.1 million people. Clearly then, hay fever is not a condition to be sneezed at.



Research has shown that most people inherit the tendency to suffer from hay fever.

If one parent has allergic rhinitis their child has about a 30% chance of experiencing hay fever. If both parents are sufferers then the risk shoots up to about 70%.

The signs and symptoms of hay fever develop as the result of the body's immune response. Substances, which would ordinarily cause no reaction in most people, may cause a severe allergic reaction in those who are hypersensitive to them.

At this time of year the most likely trigger factors (or allergens) include pollen and other windblown substances. But people can experience hay fever at any time. Another common trigger factor is exposure to dust mites. These microscopic animals live in their millions in pillows, sheets, blankets, doonas, curtains and carpets.

With the huge range of places where dust might be found it should be no surprise that many people sneeze and wheeze from breathing in dust mites. Similar year-round (or perennial) signs and symptoms can be caused by animal dander - the dead skin cells from our pets especially that of cats. In addition, mould spores, which are often found around the house, can cause allergic rhinitis.

Another problem is exposure to cigarette smoke which may increase sensitivity to allergies and consequently lead to a greater likelihood of developing hay fever.

Finally, occupational hazards such as working with wood dust, seed dust, textile dust, rubber latex, some chemicals and certain foods and spices may also increase the likelihood of becoming a hay fever sufferer.

But it's not all doom and gloom. Avoiding known trigger factors is the best way to avoid hay fever but that is not always possible. Hay fever can be very well managed with medicines, many of which are now available without a prescription.

When medicine is required the product choice will depend largely on the severity and frequency of signs and symptoms. For example, mild symptoms which occur for less than four days a week or less than four weeks at a time, often respond well to oral antihistamines available over-the-counter from your pharmacy.

If signs and symptoms persist or adversely affect sleep/work, school or leisure activities, then sometimes a stronger product is needed and intranasal corticosteroid sprays (Beconase, Rhinocort or Telnase) may be helpful. If very itchy eyes are a concern anti-allergy eye drops (Eyezep, Livostin or Zaditen) should be considered. An antihistamine spray (Azep or Atrovent) may be used when the nose is 'constantly dripping like a tap'.

Staff in your local pharmacy can assist with the selection of the most appropriate product(s). You can get even more detailed information on how best to manage allergic rhinitis from the Self Care Fact Card titled Hay Fever available from pharmacies providing the Pharmaceutical Society of Australia's Self Care health information.

**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

APRIL 2015



## BOWRAVILLE LIONS CLUB ACTIVITIES

### *BBQ at the Bowraville Dam Opening*



Saturday 28<sup>th</sup> February saw our club join forces with the Macksville and Nambucca Lions to hold a BBQ at the opening of the Bowraville Dam.



We appreciate the opportunity for fund raising that the Nambucca Shire Council gave us on this landmark day in the history of the valley.



Uncle Martin conducted a Welcome to Country and smoking ceremony to the official guests and the public with his usual enthusiasm.

## 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 into the Bowraville Pharmacy. 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.

## 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 which 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

## Wellbeing Gardening : Gardening for the Body, Mind and

Gardening is a very healthy hobby on so many levels. It's not just about filling our tummy either. There's a lot more to be had from a well designed garden than a tasty meal!

Studies show that gardening promotes physical health, mental health through relaxation and satisfaction and better nutrition.

### Gardening for the Body

The primary reason why people decided thousands of years ago to grow plants was to sustain their bodies. This is still a very valid reason today but there are many other reasons why gardening is beneficial to our physical health.

Some of these are: stress relief, exercise, brain health, nutrition, healing and immunity.

**Stress relief** - A study in the Netherlands indicated that gardening is better at relieving stress than other relaxing leisure activities. Two groups of people were required to complete a stressful task, one group did some gardening for 30 minutes while the other group did some reading indoors over the same time. The gardening group reported being in a better mood than the reading group and they also had lower levels of the stress hormone cortisol.

**Exercise** – The activity of gardening is also good for our bodies. It's healthy regular physical exercise which helps prevent heart disease, high blood pressure, obesity, adult-onset diabetes and osteoporosis. Researchers at Kansas State University already have shown that gardening can offer enough moderate physical activity to keep older adults in shape. This was confirmed when other researchers concluded that gardening is a great way for older adults to meet the physical activity recommendations set forth by the Centre for Disease Control and Prevention and the American College of Sports

Medicine.

**Brain health** – A study that followed people in their 60s and 70s, for up to 16 years, found that those who gardened regularly had a 36% lower risk of dementia than non-gardeners, even when a range of other health factors were taken into account.

**Nutrition** – Studies have shown that gardeners eat more fruits and vegetables than other people. The freshest food you can eat is the food you grow and when you have access to a garden filled with fruits and vegetables you're able to eat some of the healthiest food you can get! A European study found that people who consume more fruit and vegetables have a lower risk of dying from heart disease.

**Healing** – Interacting with nature also helps our bodies heal. A landmark study by Roger S. Ulrich, a pioneer in the field of therapeutic environments at Texas A&M University, published in the April 27 1984 issue of Science magazine that patients recovering from gallbladder surgery who looked out at a view of trees had significantly shorter hospital stays, fewer complaints and took less pain medication than those who looked out at a brick wall.

**Immunity** – In 2007, University of Colorado neuroscientist Christopher Lowry, then working at Bristol University in England, made a startling discovery. He found that certain strains of harmless soil-borne *Mycobacterium vaccae* sharply stimulated the human immune system. It's quite likely that exposure to soil bacteria plays an important role in developing a strong immune system.

*Next month:* Gardening for the Mind

- <http://www.sgaonline.org.au>

**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**

# Bowraville Chamber of Commerce and Industry Inc

**APRIL 2015**

## Anzac Day in Bowraville Saturday 25th April 2015

A group of dedicated volunteers have been working hard to plan this year's Anzac Day Parade, being the 100th Anniversary of the landing of troops at Gallipoli in 1915.



There will be the traditional dawn service followed by the main service starting at 10am.

*There is a large crowd expected this year and locals who intend viewing the parade are advised to arrive early and bring their own chairs and water bottles.*

## WRC and Hot Rods

This September will see lots of motor sport offerings with the return of the World Rally Championship on Saturday 12th September 2015. This year promises to be even bigger and better than last year with some surprises yet to be announced.



Two weeks later on Friday 25th September we will see the return of the Hot Rods to Bowraville with up to 250 of these spectacular cars expected in town. This will be a big day with some fun activities planned for the occasion. Everyone is invited to come take a look at these cars and enjoy a day in Bowraville. More details in the issues of the community news leading up to these dates.



## Bin It

*Take pride in our town and keep it litter free.*

Let us make Bowraville a truly tidy town for our visitors this Anzac Day.



## How can you help?

Use a bin.

Pick up any rubbish you see laying around. Pass the word around amongst your family and friends.

If you are a smoker use an ashtray - don't drop your butts on the ground or throw them out the car window.



**No Butts!**

*Heavy fines do Bin it in Bowraville V*

Roadside litter is one of the most unnecessary and preventable environmental problems.

By reporting littering from motor vehicles, you can help raise awareness, reduce clean-up costs and keep NSW clean.

Call 131 555

## Next Chamber meeting

The next meeting of the Bowraville Chamber of Commerce and Industry Inc will be held at 5pm at the BTC on Tuesday 14th April 2015.

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





*Ngiyaala garla-ngarraynggi waw guuyunga jurruya jalumbaw.giili waw.*

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

*"Ngiyaa Nyaaga mangga darrunda bambuurr ngaljarri barrmarranygu yilaami,manggagirr maana darrunda guunu julgaaganybiin.gu."*

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

## **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



NAMBUCCA VALLEY CENTENARY COMMITTEE

## **25 April 2015**

# **ANZAC CENTENARY COMMEMORATIONS**

To be held in **Bowraville**

## **Free Bus Service to Bowraville**

### **Timetable and Pick-up Points**

**You MUST book a seat**

#### **Route 1 - 1 bus**

Departs

8.30am Scotts Head Bowling Club

8.45am Stuarts Point Bowling Club

8.55am Eungai General Store

Arrives Bowraville 9.30am, Departs 11.30am

#### **Route 2 - 2 buses**

Departs

8.30am Macksville Ex-Services Club

Arrives Bowraville 9.30am, Departs 11.30am

#### **Route 3 - 2 buses**

Departs

8.30am Nambucca Heads RSL Club

Arrives Bowraville 9.30am, Departs 11.30am

#### **Route 4 - 1 bus**

Departs

8.30am Nambucca Heads Plaza

Arrives Bowraville 9.30am, Departs 11.30am

**YOU MUST BOOK A SEAT**

## **6564-7056**

# **AMAN** *With* **AVAN** *Nambucca Valley*

MINI MOVE SPECIALIST

HIRE

A MAN WITH A VAN



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2/11

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**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)

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

From page 5

### 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.

### 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.

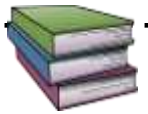
### Bowraville Playgroup

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 to 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.

### The Book Nook



Some of our readers will already have noticed the latest addition to the book nook — a new book shelf (at last!!). The larger books have been transferred to this and the rotating book stand now houses only the smaller and middle-sized novels.

We ask that if you cannot find space to replace your book **PLEASE DO NOT** put them on top of other books either on the wall book shelf or the rotating book stand.

This is a **Workplace Safety** issue. The counter staff will be happy to take them from you. Many thanks and happy reading!

~ NOW IT'S OPEN ~

# Bowra Laundromat

Cnr High & Belmore Streets

NEW token operated washing  
Machines and driers.



Tokens available at  
Bowra Pub and Bowra Newsagent

Enquiries: ph 6564 7401

3/3

**NAMBUCCA VALLEY PHOENIX LTD**

*An Australia Disability Enterprise (ADE) offering a supported workplace*

**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**

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

*no job too big or small*



*Money spent in the valley... stays in the valley*

**P: 02 6564 7677**

**Café**

Open Monday to Friday  
9:30 am until 2:00 pm or by appointment  
Phone: 6564 7677



*Morning Tea: Coffee & Cake Specials*  
*Lunch: Sandwiches, Wraps, Burgers, 'Special of the Day'*  
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

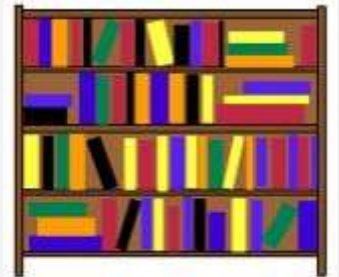
Phone: 6564 7677



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!*

*A huge THANK YOU to Cherie from the Mad Hatters Tea Garden for donating two very smart bookshelves to the BTC's Book Nook.*



8/11

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

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Pick up or Deliver  
Mini Tipper



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



# Beautiful Town, Interesting People



**Blew Maning**, *President, Frank Partridge VC Military Museum*

Blew is a leader, an inspirer, a boss and a worker. Fellow volunteers at the Museum are not sure how many other hats he wears - counsellor of troubled souls, negotiator with politicians of all levels, jack-of-all-trades and perhaps even chief conniver (in the nicest possible way).

He has been the instigator of the growth of the Military Museum since it was a small display in the Bowraville Folk Museum approximately 14 years ago.

In 2001 the Military Museum obtained its own premises and Blew, with the assistance of other dedicated volunteers, has worked tirelessly to ensure the museum exhibits are presented to the high standard.

Blew, by the example he sets, gets the best out of people. Go into the Museum at any time and you will find it a hive of activity usually with Blew at the centre of it or at least not too far away.

He is an unassuming man who does not ask you to anything he would not attempt himself. His speciality though is finding the right folk for each task and hence he encourages and persuades until his current goal is achieved.

Blew's adventures in life mean he is a very hard man to bluff, a few have tried, though less have succeeded. He is a very direct person so you quickly know where you stand.

Blew's mission for the Military Museum is to present displays, exhibitions, educational programs and publications that broaden the understanding and appreciation of the sacrifices made by our forefathers, service personnel and others in times of conflict. He works with friends, volunteers and other groups to enhance this mission and the goals of the Frank Partridge VC Military Museum.

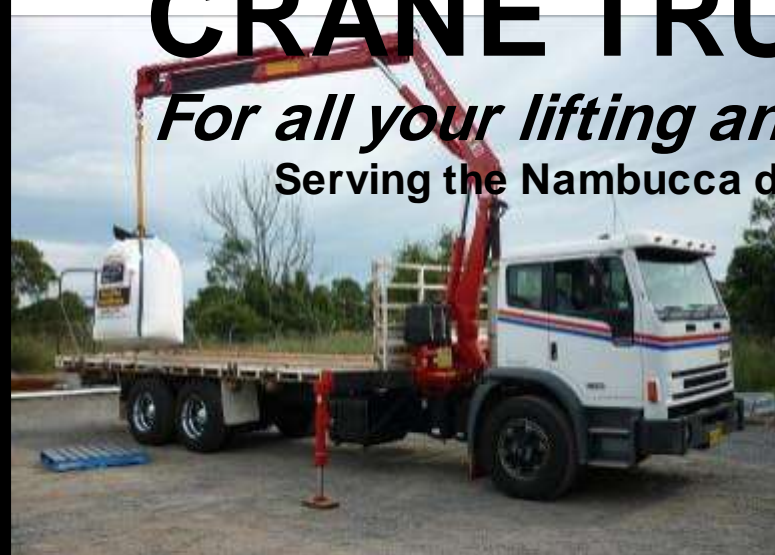
Blew is a humble man, he's a Vietnam Vet, a family man and a reluctant and embarrassed participant in this profile. Hence this information has been put together with the assistance of several museum volunteers but special thanks go to Anne for her contribution and insightful comments.



## CRANE TRUCK HIRE

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**Mobile: 0427 653 312**

**7 DAYS**

9/11

## Deebee launches 'THIRST' after 30 years of writing . .

At 19 years old Deebee taught himself to play the guitar and from the age of 21 he toured Australia in rock and pop bands. After attending the Wollongong Conservatorium of Music he worked for ten years as a professional musician playing at clubs, pubs, theatres, cruises and private functions in Sydney.

Now, having escaped Sydney to the hills of Buckrabendinni, Deebee has gathered all the half-finished songs he's been writing for 30 years, completed each song and began recording in his home studio and at Bellingin Records.

The Album is called THIRST. All the songs on the album are about an old fella who came to live with his family for a weekend when Deebee was in his late teens. He stayed the rest of his life. He was a mischievous Merchant Naval Officer who took having a rum at the end of the day to extreme. But his nature was infectious; he was both extremely funny and very sad all the time and had a huge impact on Deebee's life.

**The Album launch date is Saturday, 18<sup>th</sup> April at the Star Hotel** upstairs on the veranda from 7pm till 9pm. No cover charge, all welcome and guest musicians will make the night unforgettable.

**Then for one night only at the Matilda Street Art Gallery on Saturday 16<sup>th</sup> May at 6pm Deebee will present "THIRST - From Merchant Naval Officer to sea-sick sailor"** a one man stage show, part



concert, part storytelling with beautiful evocative visual images. Homage to a funny, sad, mischievous man.

Contacts: phone 0409 906 712 WEB:

[www.deebee.net.au](http://www.deebee.net.au) email: [d\\_bee1@bigpond.com](mailto:d_bee1@bigpond.com)

### Where did that saying come from?

To **MIND YOUR P's and Q's** . . . In the 17th century, pubs served beer in pints and quarts. If a patron was getting unruly, the bartender might warn them to mind their p's and q's.

Or it could have been jocular or possibly deadly serious advice to a barman not to confuse the letters *p* and *q* on the tally slate on which the letters stood for the *pints* and *quarts* consumed 'on tick' by the patrons.

Now the term simply means to mind your manners, drunk or not.



Attention Bowraville residents . . .

## Use it or we'll lose it!

**Coffs Harbour, Bellingen & Nambucca Community Transport offers a COMMUNITY ACCESS BUS in the Bowraville area.**

This is a door-to-door service bringing you into Nambucca Town Centre for \$2. The bus runs every second Friday and pick-ups start from 8.30am and return at 2pm from Nambucca Heads.

**To book a seat or for any further information please ring Community Transport on 6568 3250.**

COFFS HARBOUR, BELLINGEN & NAMBUCCA

# COMMUNITY TRANSPORT

# ANZAC DAY

2015



## Window Displays Centenary Tribute

To commemorate Bowraville and the Nambucca Valleys' contribution to WWI, a special display of photos from the Bowraville Folk Museum, showing some of the families involved as well as the relics of a battlefield, is giving us a brief snapshot of time.

The reproduced photograph of a family farewell at Macksville and enlisted recruits at Lanes Bridge have brought back memories for some of the older members of the community inspiring them to come into the museum with some of their stories.

A photo of Private Oscar Whalen, and his story as an emergency bearer attached to a Regimental Aid Post followed by his work in the community after his return from the war, is one of the photos along with Private Alexander Mottley, Private Henry Newman, and Private William Newman (who was the son of Joseph and Eliza Newman) and Private W J Tuck are featured in the display.

Photographs taken at the Villers-Bretonneux cemetery France where 779 Australians are interred are also displayed, showing the trenches while above the photo of the Tomb of the Unknown Soldier is the photo of an unknown Indigenous soldier from this area.

It is believed that up to 1000 Indigenous soldiers were recruited and fought with the other soldiers getting equal pay hoping that at the end of the war feelings of discrimination would change, however coming home they were unable to apply for land under soldier settlement schemes as returning men.

This year many Red Cross people will join the centenary of Gallipoli commemorations to pay tribute to their history of support to the Australian soldiers and prisoners of war.

A tin helmet with a bullet hole resting on a white cross completes the window display.

***“Lest We Forget”***

## 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



6/11

## Tech talk . . .

### Surprising Stats on Phishing

Researchers from Google and the University of California San Diego found that, on average, a stunning 14% of people who responded to a phishing email or message by going to a fake site went on to give the phisher their ID and password!

The best and most realistic phishing sites managed to trick 45% of visitors but even the really badly faked ones got 3% of visitors.

Unsurprisingly, with these stats, they say "Phishing is rapidly replacing self-replicating viruses as the dominant threat to your security online".

Most manual hijackings involve phishing, says Google. Bad guys send millions of messages designed to trick viewers into taking some action that gives the bad guys access to their accounts.

The original message often comes as an email, often from a friend who has themselves been scammed into providing their contacts but it can also be a text message, Tweet or Facebook notification. It links to a website that asks for login credentials or personal information or offers free download or check-up tests.

Way too many people take the bait. Read more at <http://askbobrankin.com/wow-surprising-stats-on-phishing.html>

### Jpeg, gif and png - Which and When?

Confused about jpeg, gif and png formats for photos? This infographic explains the differences, go to: <http://www.lifehacker.com.au/2014/12/learn-when-to-use-jpeg-gif-or-png-with-this-infographic/>

- CTCA Connect Weekly Newsletter

## LIONS CLUB

SUPPORTING OUR COMMUNITY



### 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**

9/11



# Bowraville Basketball

**Who: High School Girls and Boys Years 7 to 12**

**When: Thursday 16 April 2015**

**Where: Grants Hall High Street Bowraville**

**Time: Registration 9:30am (on day) start 10am Finish time 4:30pm**

## 3 on 3 competitions

- | Lunch and afternoon tea provided (free).
- | Three point and knock out shooting challenge.
- | Music playing all day.
- | Medals for 1<sup>st</sup> and 2<sup>nd</sup> placed teams.
- | Bring your own singlets (same colour) if you have your team organised, if not bibs provided.
- | If you are unable to form a team, we will put you into a team on the day.
- | Free Health advice from Ready Mob

*Delivered by Nambucca Shire Council in partnership with Ready Mob and other local community groups. For any further enquiries please contact  
**Reno French at Nambucca Shire Council on Tel: (02) 6568 2555.***



# Do you know what pesticides you're eating?



If you've ever wondered how many different kinds of pesticides are sprayed on conventionally grown produce you may be shocked to read a report recently released by the Environmental Working Group (EWG) in the United States.

The EWG is a non-profit organisation that specialises primarily in research and advocacy in three main areas - toxic chemicals and human health, farming and agricultural subsidies, and public lands and natural resources. The EWG has issued a Dirty Dozen list of produce with the highest pesticide residues as well as the "Clean Fifteen" - a list of produce least likely to hold pesticide residues. For the full report go to: <http://www.ewg.org/foodnews/summary.php>

Although the EWG's list is based on American data, similar farming practices are used here in Australia and the following is a list of which conventionally grown Australian produce to look out for. While the best way to eliminate exposure to harmful pesticides is to buy certified organic, biodynamic or organically grown produce, this may not always be possible. It is also important to note that "spray free" or "pesticide free" does not always mean that it is completely free from other pesticides which include herbicides, fungicides or insecticides. When you see the words "spray free" or "pesticide free" be sure to always ask what is meant by them and if any other form of pest or disease control has been applied to the soil or to that particular produce.

In Australia the following conventionally grown fruits and vegetables have been found to hold the highest pesticide residues. Many of these fruits are summer favourites and often available at the local farmers markets. We will list the fruit and vegetables together with the staggering number of pesticides detected on each one. Some safer alternatives to the fruit and vegetables listed include thicker skinned fruit such as watermelon, pineapple, bananas or citrus fruit or vegetables such as broccoli, onions and radishes.

1. Celery has no protective skin which makes it impossible to wash off the chemicals used on crops - 64 different chemicals were found on celery;
2. In conventional orchards 62 different pesticides are applied to Peaches;
3. 59 pesticides were detected in residue on Strawberries;
4. Apples are often grown with numerous poisons to kill a variety of pests, from fungi to insects. Tests have found 42 different pesticides as residue on apples. Scrubbing and peeling doesn't eliminate chemical residue completely so it's always best to buy organic apples;
5. Blueberries are also sprayed with a high number of 52 pesticides;
6. Nectarines have also been found with a shocking amount of 33 different types of pesticides;
7. Capsicums have thin skins that don't offer much of a barrier to pesticides and are often heavily sprayed with pesticides.
8. Spinach has been described as one of the most contaminated green leafy vegetable with as many as 48 different pesticides;
9. Kale is another green leafy vegetable which is laced with a high number of pesticides;
10. Cherries, even locally grown are not necessarily safe - tests found 42 different pesticides on cherries;
11. Potatoes have also been found with 37 different pesticides;
12. Grapes have very thin skins so no amount of washing or scrubbing will remove or eliminate pesticide residues especially with as many as 34 different pesticides found on their skin.

\*To find out more about the specific pesticides on these fruits and vegetables go to:  
<http://www.whatsonmyfood.org/index.jsp>

However, despite the research on the number of pesticide residues found on fruit and vegetables there is still much research being carried out to determine whether pesticide residues and the presence of organophosphates in our bodies directly impacts on our health. This has been a contentious issue amongst scientists, nutritionists and researchers for many years and an article in this month's Australian Organic News talks about some of these challenges: <http://austorganic.com/is-organic-better-for-us/>.

At Santos Organics, we believe that organic is best for many reasons and all of our fruit and vegetables are either certified organic or organically or biodynamically grown.

We often have specials on seasonal fruit and vegetables and love chatting about the organic farmers and where our produce is from so please come and see us for your fresh organic produce!

- [www.santosorganics.com.au](http://www.santosorganics.com.au)

**VoiceUp Australia, a project of the  
Coffs Harbour Neighbourhood Centre,  
is holding a Free Event at Miimi House.**

**We will be providing vital information for people and  
Services Providers to victims, including:**

- How to access counselling and financial support
- Understanding the rights of victims of crime
- Supporting victims through the criminal justice processes

**Highlight**

- An update on victims support – what's available, when and where

**Program**

- Information about Victims Services and how to support victims through the justice system
- Discussion of local issues and Q&A

**RSVP**

Call Miimi House on 0265648855 or Shelle Cowan on 0266443222 or email [chnvoiceup@gmail.com](mailto:chnvoiceup@gmail.com)

**Where and when**

Place: Miimi House, High St. Bowraville

Date: Thursday 23<sup>rd</sup> April 2015

Time: 2pm till 4pm.

*This is a FREE event and open to every person.  
Afternoon tea will be supplied.*



Proudly supported by PHaMs, Coffs Harbour and Grafton. PHaMs stands for Personal Helpers and Mentors and is a community Services Program delivered by Chess Employment, Vocational and Support Services.

Chess acknowledges the traditional owners of country throughout Australia and recognises their continuing connection to the land, waters and community. We pay our respect to them and their cultures and to Elders both past and present.

## *Bowra seniors enjoy lunch at Seniors Week Celebrations*



*A group of Bowraville Senior Citizens attended a morning tea and lunch on Thursday 19th March held at the Macksville Ex-Services Club to celebrate 'Making Connections' the theme of Seniors Week.*

*Mayor Hoban welcomed the seniors and announced the Nambucca Valley Senior Citizen of the Year as Mrs Marie Summerfield and guests were then entertained by 'The Persuaders' and the St Patrick's School Choir. Students from Macksville High School provided morning tea and lunch and special prizes given away during the morning for competitions.*

## **Youth Chill Out Space**

### **Macksville Show Saturday 18 April 4pm– 8pm**

Music, open microphone, information, free water and more in the marquee

### **Youth Voice at the Macksville Show To celebrate Youth Week 2015 – It Starts with Us**

Nambucca Shire Council in partnership with the Nambucca Valley Youth Centre is excited to again present the . . .

#### **Chill Out Space at the Macksville Show**

Lee Gillard, award winning local singer and song writer is working with young people, 1 on 1 and with groups through Youth Voice at the Nambucca Valley Youth Centre, who will show their talent and perform at the Chill Out Space at

the Macksville Show in on Saturday 18 April between 4 – 8pm.

There will also be an open microphone for any youth who just want have a go. There are prizes and giveaways; a range of information for youth, free water and more – all under the marquee.

For more information about Youth Voice, contact Lee Gillard at the Nambucca Youth Centre on 6568 7777 or just drop in.





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# Bowraville Central School News

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## *Primary Industry students muscle up*

On 17<sup>th</sup> March Year 11 and 12 Primary Industry students spent the day fencing at Taylors Arm. Fencing is a mandatory unit of their course.

The students were able to learn these valuable skills on a working property.

*Right:* Keeley Finlay and Brody Silvia

*Below:* Adrienne West

*Bottom right:* Shannon Dyer



Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Autumn 2015								
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	FM in the AM Dave McCrory	Dano's Brecky Show Daniel Gosson & Hal The Robot	Off The Cuff Radio Karl Bishop	FM in the AM Dave McCrory	Green Eggs On Toast Laurie McWherry	Rise N Shine Ron Hawkins	Beam Me Up Scotty	6 AM
7 AM	A morning music mix to put a spring in your step	High-paced cacophony to get those feet shuffling!	A light 'n breezy breakfast with the Bishop	A morning music mix to put a spring in your step	Markets into travel guide, news, gig guide, movies, local news	'Sawwater People' at 7:30 am	Sunday Music Mix	7 AM
8 AM	Classic Hits & Jukebox Paul Rowe	Global Mosaic Pieter	Our Kind of Music Dallas Dent	Under The Stinging Tree Poppa	Talk Of The Town Ceri Wrobel	Sabor Latino Eddie - Tell others to listen online Aussie & World Music from the Latino world	Country Highway Dave Wareing	8 AM
9 AM	Great Rock 'n' Roll 1960s-2010s	A weekly musical trip through the world	Easy Listening	Turning Pages Elizabeth Newman	See what's going down! All things local	Chat to request	Country music classics to latest releases and comedy	9 AM
10 AM	Baby Boomers Donna Collins	Infopinion Richard Laxton	Jazz Azz I Like It Heather Heywood	Simmo's Country John Simpson	Old and new country music	Margaret Duffus	Classical Corner Noel Robertson	10 AM
11 AM	The Weekly Fix Paul Weekley	The Phoenix Crew Selected music & madness	A mix of jazz with lotta Oz	Rosemary's Allsorts With Rosemary Bateman	Outback Outlaws Paul Rowe	Margaret Duffus	Music From The Past 1000 Years	11 AM
Midday	The Red Bag Show Patricia Roberts	Phoenix Tony Bennett	Rosemary's Allsorts With Rosemary Bateman	Relaxing, popular music	Old and new country music	Margaret Duffus	Dano's Mixed Grill Daniel Gosson	Midday
1 PM	Tune in to find out what's inside	Bible reflections, Gospel & Australiana	The Business Kai — modern oz music	Aussie country music at its best	Old and new country music	Margaret Duffus	A tasty mix of anything and everything to spice up your Sunday arvo	1 PM
2 PM	Nambucca Valley Roundup - Ron Hawkins	History Valley Beverly Gibbs	CJ The DJ Ceri Wrobel	Thursday Country Trickick	Jellyfish & Jollyfish Skye & Nuke	Margaret Duffus	Jack's Tracks Jack	2 PM
3 PM	Reggae Mixtape With Fitzroy	Nambucca Valley Roundup - Beverly Gibbs	Nambucca Valley Roundup - Ceri Wrobel	Highway Blues Retro	Jollyfish Nuke	Margaret Duffus	All the tracks with Jack Tune in!	3 PM
4 PM	Music outside the usual	Texas Flood Neil Green	Phallim With Phil	Nambucca Valley Roundup - Ron & Neah	Or Studio 3 Live artists & studio audience	Margaret Duffus	Dano's Timewarp With Dano!	4 PM
5 PM	In The Mood Elizabeth	The best music of all time, all the time	Nambucca Valley Roundup - Ceri Wrobel	From Janice Joplin to The Backstreet	Friday Night Rock Show Todd Wills	Margaret Duffus	Retro Music Adventure	5 PM
6 PM	Science & Reason With the Jollyfish	Till 11:00pm BBC Overnight	Ants Rocks Anthony Garmsey	Jeff's Junk Jeff Mills	Overnight all 6:30 am	Margaret Duffus	Booth's Drum With Captain Steve	6 PM
7 PM	Free Thought Radio A Week In Science		Solid Rock	BBC Overnight		Margaret Duffus	Science & Reason With the Jollyfish	7 PM
8 PM	Diffusion Science Radio Last In Science					Margaret Duffus	Free Thought Radio A Week In Science	8 PM
9 PM						Margaret Duffus	Diffusion Science Radio Last In Science	9 PM
10 PM						Margaret Duffus	Diffusion Science Radio Last In Science	10 PM