

BOWRAVILLE COMMUNITY NEWS



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



MAY 2015 - ISSUE 129

FREE

CIRCULATION 300

POSTCODE 2449

Celebrating 40 YEARS



This year Aunt Emily Craft Centre celebrates 40 years of trading.

40 years ago a group of dedicated men and women came together to renovate the building now known as the Pioneer Community Centre.

Included in the renovations was the formation of the area that is now the Aunt Emily Craft Centre which was then named in honour of Emily Grace who years previously had operated a draper's store.

The Aunt Emily Craft Centre has undergone many changes in the last 40 years but has always been a place where craftspeople of varied styles and materials could place their creations for sale.

Today's Aunt Emily Craft Centre has on offer knitwear for all ages, scarves, hats and shawls; embroidered towels, handmade fairies, dragons and unicorns; covers for teapots, eggs, hot water bottles, jugs and food; bookmarks, purses and bags.

Then there's the superb woodcraft . . . including chopping boards, serviette holders, tables, walking sticks and hobby horse.

There are t-shirts and dresses, mosaics and glass boxes, candle holders, leadlight mirrors, wind chimes, dream catchers and cushions, jewellery and cards.

Also available is Procion-dyed Fat Quarter quality quilting fabric and Procion-dyed children's dresses.

Aunt Emily Craft Centre is operated by volunteers and is open:-

Monday to Friday from 10am to 2pm

Saturday from 9am to 12 noon

Open Public Holidays

Telephone: 02 6564 7914 or 0407 117 624

GIFT CERTIFICATES \$10 \$15 \$20

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BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 300 COPIES

Newsletter is also available online at:

www.bowraville.nsw.au/bowraville-newsletter

STANDARD ADVERTISING CHARGES:

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

DEADLINE for copy for the JUNE 2015 issue IS: 5:00PM 19TH MAY 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

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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.

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Bowraville Technology Centre

39 High St, Bowraville Ph. 02 6564 7420

Open 9.30 to 4pm Weekdays

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 - Music Conversion to CD Format
- Volunteers Welcome*

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

Bowraville UHA

Thank you to all who supported our Easter fund raiser. Raffle winners were Dale Hawkins, Helen Ellis and Margaret Richards. Karly Lane's book launch was also a great success so the hospital will benefit with \$1000 plus going towards the purchase of hospital equipment. Following on from the initial hospital workshop UHA members attended a community meeting arranged by the hospital for Bowraville representatives to discuss their concerns, ideas etc. in relation to the hospital. Four members attended the Regional Conference at Dorrigo where Bowraville's treasurer, Dee Hunter, was elected Deputy Regional Representative. April's meeting saw members discussing the next event - Christmas in July, which will be held on 24th July. The Hospital Café is providing a wonderful service to the hospital. We do need more volunteers. Professional barista teaching is available or you might just like to do the food part. Contact Isabelle 6564-7179 or Heather 6568-2807.

Bowraville Garden Club

At our April meeting, besides admiring June's lovely garden, we were motivated to explore the various ways of dressing up our outfits with scarves. Due to many members' Mother Day commitments our May programme has been revised. Meeting at the Ex Serviceman's Club at 9.30am we will head to Nambucca Heads to attend the Orchid Show then on to Bellwood for our meeting. Colour for the month is white and the trading table will be in operation. Member Barry is bringing along tree ferns plus other plants from his garden and Marge will entertain us with her poem. Bring along your garden problems as someone just might have the solution. Next meeting is Saturday 9th May. Welcome to new member Julie. Contact Barbara 6564-7039.

Bowraville Recreation Club

The cooler months are here so all our sporting

activities seem more enjoyable. Women golfers have had 2 pennant games. Fields are small on competition days but our regulars turn up each Thursday. Captain Moira is off OS in May and President Ev will be out of action before she also heads OS. Best wishes to both. We will miss you. Men golfers are also playing pennants. It is hoped a few mixed pairs will do well in the Keno Comp. The nine hole Chook Run goes all week.

Bowlers are very busy. Grade 5 pennants continue at North Beach on May 2nd, West Coffs at home May 9th and the final game at Sawtell on 16th. You may not be the winners of the pennants this year Bowra but congratulations to all who participated.

Club championships in triples, pairs and singles in both B and A grade will commence after pennants finishes so please check the notice board for games that are set down. May 23rd will see the first of the annual Secretary v's President's Day. This is always a very popular event with fierce rivalry and lots of good prizes and raffles. Also, there is the usual Thursday Social Bowls Day. Women Bowler's meet each Wednesday. Check their board for notices. Squash courts are under-used, remember they are there for you also.

Bowraville Film Society

The Film Society will meet on Saturday 30th May and is under new management with President Myffie and her team. In May we have a double feature showing French films 'Monsieur Lazhar' and 'The Triplets of Belleville'. Come along with suggestions for the second half of the year. More information in Bowraville Theatre Program on page 7.

Nambucca Valley Toastmasters

Become more confident when speaking to others! Join the Nambucca Valley Toastmasters. Meetings are 2nd and 4th Tuesdays at 7pm in the Anglican

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 ~

10/11

BOWRAVILLE PHARMACY

31 HIGH ST BOWRAVILLE

PH: 6564 7925

FAX: 6564 7364

Monday to Friday 8.45am - 5.30pm

Saturday 8.45am - 12 noon

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10/11

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

Church Hall, 6 Matilda Street, Macksville. Toastmasters is a place where you develop and grow - both personally and professionally. You join a community of learners and in Toastmasters meetings we learn by doing. Whether you're an executive or a stay-at-home parent, a college student or a retiree, you will improve yourself; building skills to express yourself in a variety of situations. You'll open up a world of new possibilities: giving better work presentations; leading meetings and participating in them more confidently; speaking more smoothly off the cuff; even handling one-on-one interactions with family, friends and colleagues more positively.

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.

Thank you to our community for their generous support and 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 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



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

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

Contact Michele on 0429 858 334

10/11

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

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

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The truth about Australian Made labels

If you've ever wondered what is meant by common claims on Australian food products such as 'Product of', 'Grown in', or 'Made in' Australia, it can be very unclear and often confusing!

In Australia, statements about where food products have been made or grown are commonly found on product labels, packaging or in advertising and must follow strict labelling standards set out in the Food Standards Code which is administered by Food Standards Australia New Zealand (FSANZ). The Australian Competition and Consumer Commission (ACCC) also plays a role in ensuring that any claim or impression that is made about the country of origin is accurate and not misleading or deceptive.

So what do these terms actually mean?

If a food product is described as a 'Product of' and 'Grown in' Australia, it means that each significant ingredient or part of the product originated in Australia and almost all of the production processes also occurred in Australia. 'Product of' is often used for processed food and 'Grown in' is mostly used for fresh food. For example, if 'Product of Australia' appears on a packet of tofu, this means that the soybeans must have been grown and mostly processed in Australia. It follows that if a fruit or vegetable has been labeled 'Grown in' Australia, then it must have been completely grown in Australia.

If something is described as 'Made in' Australia, it means that the product was actually made (not just packed) in Australia and at least 50 per cent of the cost to produce the product was also incurred in Australia. However, these products may contain ingredients from other countries. A product with a 'Made in' or 'Manufactured in' Australia label

won't necessarily contain Australian ingredients.

Some companies use claims such as 'Made in' or 'Manufactured in' Australia 'from local and imported ingredients' on their products. However, this doesn't tell you what proportion of the ingredients are local and what proportion are imported. For example, if 'Made in Australia' appears on a jar of jam, this means the jam was made in Australia and at least half of the cost of making the jam was incurred in Australia. However it doesn't necessarily mean that the ingredients for the jam were grown or sourced in Australia.

Sometimes food labels contain logos, symbols or pictures such as the famous green and gold kangaroo logo, which indicates that the food is 'Australian Made', 'Australian Grown' or simply 'Australian' for export purposes. For this logo to be used, the product must still comply with the same labeling requirements set out above. Interestingly, the green and gold Australian logo was launched by Bob Hawke in 1986 to help Australian consumers identify Australian products.

Look out too for claims such as 'Proudly Australian owned' or '100% Australian owned'. These statements relate to the ownership of the company rather than where the product was made or where its ingredients come from. For more information on clear and accurate labeling, follow this link: <https://www.accc.gov.au/consumers/groceries/country-of-origin>

- www.santosorganics.com.au

Bowraville & District Ex-Services Club
6564-7304



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from 12noon to 2pm
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from 5.00pm to 8.00pm
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HAPPY HOUR Monday & Tuesday 5-6pm
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MAY PROGRAM at the

BOWRAVILLE THEATRE

Saturday and Sunday, 2nd and 3rd May at 2pm - Each day our ever popular Bowraville Theatre Singers will be celebrating their 10th Anniversary with a show called 'Encore'. They will sing and act all the music they have put in their previous shows and have had fun along the way. Their concerts are always full so make sure you come along on either Saturday or Sunday. Doors open at 1pm. Tickets are \$18, concession \$15. The café will be open for tea/coffee and light refreshments.

Saturday 9th May at 7.30pm - The Bowraville Theatre will hold a Gala Opening to celebrate the installation of Cinema Digital Equipment which will enhance viewing and sound. The film to be shown is the 'The Second Best Marigold Hotel', the theme for the evening will be Indian and we would love it if you dressed accordingly. Wine and canapés will be served and the food will have an Indian flavour. This is a wonderful event and everyone is most welcome. Tickets are \$15 inclusive, available at the door. Box office opens at 6.30pm.

Saturday 16th May at 7pm - The Theatre will be screening 'Sunday' a film directed and produced by Michelle Joy Lloyd and starring Dustin Clare and Camille Keenan. The story is about Eve and Charlie who are about to have a baby. After years of history and months of separation, Eve and Charlie have 24 hours to find their way forward. Set in Christchurch, New Zealand, one year after the earthquakes that devastated the city, 'Sunday' is a story like the city, one of past devastation and a chance at rebuilding. Doors will open at 6pm and entry is \$12, concession \$10 and BAC members \$8.

Saturday 23rd May at 7pm - Chrissie Shaw will bring her show 'Bijou' to our Theatre. This lady has performed previously, to great acclaim, at our Theatre. "Bijou" is a cabaret of secrets and seduction and transports us to a night in a cafe/bar in Paris in 1933. Chrissie is joined by pianist Alan Hicks to take us through the world of an ageing and very sensual woman. Doors open at 6pm and the cafe will be open for refreshments. Tickets are \$25, concession \$20 and are available at the door or on tickethost.com.

- Dorothy Evans, Publicity, Bowraville Theatre.

Bowraville Film Society for May - Saturday 30th May (Note changed from 4th Sat of month) Doors open 4pm. The first film, 'Monsieur Lazhar' will screen at 4.30pm; the second film 'The Triplets of Belleville' at 7pm. Please bring French themed nibbles to share. Film Society membership and fees apply. 'Monsieur Lazhar' (a Canadian French-language drama) - Is a tender and thoughtful portrait of a man with hidden grief and a compelling exploration of the teacher-student dynamic. 'The Triplets Of Belleville' is a French animation comedy - an odd but delightful charmer. A young boy, raised by his grandmother, in the French countryside is kidnapped by a group of Mafia gangsters. Along with her faithful companion his grandmother sets out to rescue her grandson.

- Marion Syratt, Bowraville Film Society.

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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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10/11

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LUNCH & DINNER
Sunday
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Ph.6564 7041 Fax. 6564 8471

10/11



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

Doctor Sleep - by Stephen King

It is an eon since I read a Stephen King novel and I really enjoyed this one. As usual it was a 'little' twisted with some supernatural thrown in for good measure.

Danny Torrence is the main character, not so likeable in the beginning of the novel as he is a heavy drinker who behaves badly and doesn't have much respect for anyone else let alone himself. He admits to some appalling acts. Early in the novel you learn that Danny is a haunted man - his frequent moving of home, job and state and the drinking, is essentially him running away from his past and escaping the present. I was beginning to have some sympathy for him.

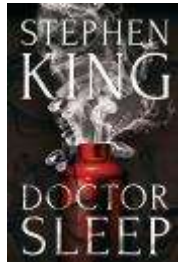
What's unusual about Danny is that he has something he refers to as the 'shining', a supernatural power that manifests in many different ways. He finally settles into a job at a nursing home where he uses his 'shining' power to help people pass on (in a kind way).

He meets a young girl, Abra Stone, who is a lovely child but from a very young age it is obvious to Abra's parents that she has unusual and sometimes frightening 'skills'. Her gift is attracting a group of paranormals who call themselves The True Knot. They look like harmless people devoted to travelling the country in their big recreational vehicles but are actually nasty, powerful leeches without conscience or feeling who live off the 'steam' that children with the 'shining' produce.

Abra has the brightest 'shining' that Danny has ever seen and when she becomes a target of The True Know he soon becomes involved in protecting and helping her.

The Pilot's Wife - by Anita Shreve

Kathryn Lyons lives in a New England town with her



teenage daughter Mattie and husband Jack, the pilot, whom she loves dearly. Their married life is not typical because of Jack's job - they sometimes spend long spells apart, when he is home their daily activities are topsy turvy, affected by his shift work and sometimes life for Kathryn is a little boring, at others completely exciting. When a late night visitor knocks at the door to inform Kathryn of a plane crash off the coast of Ireland and the death of Jack, nothing prepares her for what is to come.

A media frenzy ensues with Kathryn's house becoming swamped with reporters, the phone never stops ringing and she and Mattie take refuge in the house and loving care of her mother, Julia.

There are rumours about the plane crash and disturbing stories that Jack led a secret life. Having to answer questions from the authorities, cope with the pressure and presence of the media hounds, Kathryn, struggling with her grief and the desire to protect herself and Mattie, decides to learn the truth about Jack and what happened.

"The Pilot's Wife" is an interesting tale and could so easily be true. I don't think most people put much thought towards how difficult and stressful it would be to have their life swamped by media, constantly bombarded with tales and speculation, not knowing what's true and what's not and police questions on top of that..... at the same time being swallowed up by grief and the sensation of not having any answers to anything. Unless the reader has been in a similar situation this novel will provide a small window into the reality of such a tragedy.

- 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)

If you have a Westpac card you can now make deposits and withdrawals at the Bowra Post Office.
No need to drive to Nambucca anymore.

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

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Monday-Friday 9am-5pm ♦ Saturday 9am-3pm ♦ Sunday 10am-2pm ♦ Telephone: 6564-7631

Private bookings until 8pm daily

Gluten free and Dairy Free Food available

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

10/11

About myGov



myGov is a fast, simple way to access government services online.

A secure myGov account lets you link a range of Australian Government services with one username and password, all in one place.

When you create a myGov account, you'll benefit from the following features:

n **myGov Inbox** - a central and secure inbox where you can receive messages from:

- Medicare,
- Australian Taxation Office,
- Centrelink, and
- Child Support

Messages can include online letters, statements and other types of important information.

n **myGov Profile** - will allow you to make the most of new features, like the Update Your Details trial.

n **myGov Update Your Details trial** - you can update your home and postal address with Medicare, Centrelink and the Australian Taxation Office in a single transaction. Find out more about the Trial from the [Update Your Details information page](#).

n **myGov security codes** - with the enhanced security of the myGov security code, each time you sign in to myGov with your username and password, we will SMS a security code to your mobile phone which you must enter in to your myGov account to complete your sign in. Find out more about the myGov security codes from the [myGov security codes information page](#).

n **myGov Inbox forwarding trial** - we are running a trial with Australia Post's MyPost Digital Mailbox that lets you have copies of the messages you receive in your myGov Inbox forwarded to your myPost Digital Mailbox along with other mail like bills and statements.

n **A growing range of member services including:**

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- Australian JobSearch
- Personally Controlled eHealth Record
- Child Support
- Department of Veterans' Affairs
- National Disability Insurance Scheme

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To find out more, watch the following videos on our [YouTube channel](#)

- Take a tour
- Create an account
- Link a service

DONT FORGET MUM THIS MOTHERS DAY



COME IN AND SEE OUR GIFT RANGE AT

ROTARY BOWELSCAN Program will commence Saturday May 2

Bowelscan kits will be available at local pharmacies during month of May and will also be available at shopping centres at stands conducted by Rotarians for the first week in May.

Over 15,000 Australians are now diagnosed with Bowel Cancers each year and it is Australia's second biggest cancer killer.

Over 4000 of those diagnosed with bowel cancer will prove fatal.

Bowelscan kits are simple to use, highly accurate and require no diet or medication restrictions.

Tests are conducted in privacy of your own home, then placed in the envelope provided and posted to the testing laboratory.

They are not to be returned to local pharmacies.

All participants will be notified of their results as well as reported to your doctor.

People over age of 40 are strongly advised to undertake this simple procedure.

People of any age may participate.

Because of the Therapeutic Goods Authority (TGA) regulations we are legally not able to test 2014 Bowelscan kits.

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



Gardens, Gardening and Gardeners

Wellbeing Gardening : Gardening for the Body, Mind and

Gardening for the Spirit

Harvard naturalist and Pulitzer Prize winner Edward O. Wilson, who coined the term biophilia (love of living things) believes that Nature holds the key to health. He believes that we have an affinity for Nature because we are part of it and would prefer to look at flowers and grass rather than concrete or steel. As part of the natural world, we are connected to and restored by it.

A garden can also serve our higher needs, it can provide a harmonious space to relax, unwind, reflect and restore ourselves. It can serve as a place where we can appreciate the beauty, form and colours of Nature.

Gardening reconnects us to natural cycles which are the rhythm of life itself. When we spend time in the garden, we learn to slow down, and when we get absorbed in our activities, we lose sense of all time and space, we forget our daily worries and concern, and we lose ourselves in 'the zone', a blissful Zen state where we are totally immersed in our activities and that timeless moment.

According to Clare Cooper Marcus, MA, MCP, professor emerita from the University of California at Berkeley, and one of the founders of the field of environmental psychology, one of the reasons why Nature may be so successful at reducing stress is that it puts the mind in a state similar to meditation. When you engage Nature, you naturally stop thinking, obsessing and worrying. Your senses are awakened, which brings you into the present moment, and this has been shown to be very effective at reducing stress.

At the 1999 Culture, Health, and the Arts World Symposium in England beneficial effects of just even looking at nature were reported. In one study, conducted in Uppsala, Sweden, 160 postoperative



heart patients were asked to look at a landscape, an abstract art work, or no picture. Those who looked at the landscape had lower anxiety, required less pain medicine, and spent a day less in the hospital than the control group patients.

We can all reap these restorative benefits of Nature, all we need to do is plant a few flowers or herbs and enjoy Nature's gift to us!

In Conclusion

By creating a space where we can reconnect with Nature, we can provide ourselves with the means to heal our mind, body and spirit and a means heal the planet also. When we grow a garden, we grow life, which we care for, nurture and partake in.

- <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

Thousands turn out in Bowraville for Anzac Day commemorations



Congratulations to the Anzac Day committee on the smooth running of the Anzac day commemorations on Saturday, 25th April 2015.

It was great to see the locals who turned out to help with the set up of stands, marquees and seating, along with the massive turnout from the people of the Nambucca Valley which made it such a memorable day.

I think we can truly say that the spirit of the Anzacs is stronger then ever and we will not forget them.

IMPORTANT NOTICE

To: All community groups and organisations
From: The Bowraville Chamber of Commerce

Nambucca Shire Council have introduced a number of measure to streamline approvals for events, street stalls and fundraising activities.

Notification to chamber is required if your group intends to hold these types of activities in public spaces. You can advise chamber by email or phone.

email: chamber@bowraville.nsw.au
or Phone 0428 527 545





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

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

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

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

MiiMi Information

SERVICES

MONDAY

INTERRELATE Counseling Services



Contact **Interrelate** for an appointment
6659 4150

Everyone is welcome.

WEDNESDAY

BABY HEALTH CLINIC

9.30am to 12.30pm

All Mum's and Bubs Welcome



FAMILY LAW ADVICE

1st and 3rd Wednesday of the Month

10 - 11.30

Bookings Preferred

6651 7899

THURSDAY

LEGAL AID

10am - 12pm

1st and 3rd Thursday of the
month

Bookings Preferred

6651 7899



MiiMi Aboriginal Corporation
90 High Street
Bowraville

Phone 02 6564 8855

Fax 02 6564 8844

Email: admin@miimi.org.au

Website: miimi.org.au

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1/11



MISSABOTTI COMMUNITY HALL

90th Anniversary Celebrations
(1925-2015)

WANTED: Historical information, memorabilia and "tall tales"(!) relating to the heart of Missabotti, our Community Hall.

We invite you to share, contribute or participate and perform in our Open Day.

Currently planned for Sunday 4 October 10 - 4.

Contact: Diana 65647142 dtrilsbach@hotmail.com

Dawn 65647646 dawnkennedy@live.com.au

WE THANK YOU FOR YOUR
CONTRIBUTION TO THE
CELEBRATIONS!



1/3

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3/11

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

From page 5

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, on 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.

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.

We take English for granted but can you read the following sentences correctly the first time?

1. The bandage was wound around the wound.
2. The farm was used to produce produce.
3. The dump was so full it had to refuse more refuse.
4. He could lead if he could get the lead out.
5. I did not object to the object.
6. There was a row among the oarsman about how to row.
7. Upon seeing the tear in the painting I shed a tear.
8. I had to subject the subject to a series of tests.
9. They were too close to the door to close it.
10. A seamstress and a sewer fell down into the sewer line.

Bowra Laundromat

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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

- 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

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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 of 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!

Where did that saying come from - "The Whole Nine Yards - many origins it seems . .

- 1) "The Whole Nine Yards" originated with WWII aircraft .50 calibre 27 foot machine gun ammunition belts. It was common to say a pilot or gunner "gave 'em the whole nine yards" when they'd run out of ammunition.
- 2) Coined by the US Army Infantry School talking about the "three second rush" - how an Infantryman moves under fire - meaning one has three seconds to get up, run and fall back to earth....(then roll away from where he fell so the enemy can't just shoot at where he saw you fall). Now guess how far you were told you could rush/run in three seconds - that's right, nine yards. If the rush was to have any effect, one had to go "The Whole Nine Yards".
- 3) "The Whole Nine Yards" is a simple football term, urging the team to go for another first down.

- <http://www.phrases.org.uk/>



9/11

FIREWOOD, CHOPPING BLOCKS, KINDLING, LANDSCAPE SUPPLIES

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DRIVEWAY REPAIRS

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Mini Tipper



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

Beautiful Town, Beautiful People

Bowraville Colonial Quilters Celebrate 30 Years

Thousands of hand stitches and 30 years later, what started as an idea by Pam Hallaran who had recently moved to the area from Sydney became a long life hobby.

In May 1985, Pam hung a patchwork quilt in the window of the original Remnant Basket which was then situated in the now renovated Bowraville Theatre building, asking for people interested in forming a quilting group.

This request turned into a group of life long friends who enjoy sharing their quilting skills with others.

The history of quilting dates back to the 12th century and it's believed it was introduced into Europe by the Crusaders. Like the designs, patchwork and colour itself gives inspiration to many.

Quilts were used to raise funds to support the abolitionist movement during the American Civil War and to provide warmth and comfort to their soldiers. Russia holds the oldest example in existence of the art in the form of a quilted linen carpet which was found in a Mongolian cave and it's now kept in the Russian Academy of Sciences at St Petersburg.

Pam and Margo Schenken are two of the Bowraville Colonial Quilters who originally started with a group of nineteen ladies. However, with the passage of time the numbers have reduced to 5. The group started out at the Pioneer Centre Bowraville then moved up to the Pioneer Museum before moving to the CWA rooms Bowraville where they stayed for 20 years.

The intricate patterning and skills the ladies demonstrate through their handwork is inspiring to say the least, as the use of a sewing machine is minimal. For further information about the group and quilting Pam can be contacted on 6568 2737 or 0427 647 101.

- by Patricia Roberts



Pam and Margo with a sample of their quilting

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7 DAYS



10/11

Don't forget Mother's Day — Sunday, 10th May

The origin of Mother's Day goes back to the era of ancient Greek and Romans. But the roots of Mother's Day history can also be traced in UK where a Mothering Sunday was celebrated. The celebration of Mother's Day, as it is seen today is a recent phenomenon and not even a hundred years old.

Today Mother's day is celebrated across 46 countries (though on different dates) and is a hugely popular affair. Millions of people across the globe take the day as an opportunity to honour their mothers, thank them for their efforts in giving them life, raising them and being their constant support and well wisher.

Earliest History of Mothers Day

The earliest history of Mothers Day dates back to the ancient annual spring festival the Greeks dedicated to maternal goddesses. The Greeks used the occasion to honour Rhea, the mother of many deities of Greek mythology.

Ancient Romans, too, celebrated a festival, Hilaria, dedicated to Cybele, a mother goddess. It may be noted that ceremonies in honour of Cybele began some 250 years before Christ was born. The celebration made on the Ides of March by making offerings in the temple of Cybele lasted for three days and included parades, games and masquerades.

Early Christians celebrated a Mother's Day of sorts during the festival on the fourth Sunday of Lent in honour of the Virgin Mary, the Mother of Christ. In England the holiday was expanded to include all mothers. It was then called Mothering Sunday.

Recent History of Mothering Sunday

The more recent history of Mother's Day dates back to 1600s in England where Mothering Sunday was celebrated annually on the fourth Sunday of Lent (the 40 day period leading up to Easter) to honour mothers. After a prayer service in church to honour Virgin Mary, children brought gifts and flowers to pay tribute to their own mothers.



*to ALL Bowraville Mothers,
Grandmothers and Great Grandmothers.*

"Sleep tight" - Where did that saying come from?

"Sleep tight" is a very well-used phrase, it's common at bedtime to say the rhyme "good night, sleep tight, don't let the bedbugs bite".

There are several theories as to the origin of 'sleep tight'. One is that the phrase dates from the days when mattresses were supported by ropes which needed to be pulled tight to provide a well-sprung bed, a stable mattress and hopefully a good night's rest.

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



Local M.A.D.E.'s 'Rise Up Talent Quest' returns to BOWRAVILLE!!

Giving Local Talented Youth the opportunity to be Seen and Heard..!

Start Productions of the Mid North Coast have joined forces with local youth organisation Local M.A.D.E to produce the

2015 LOCAL Music.Arts.Dance.Extravaganza's 'Rise Up Talent Quest'

This year's 'Rise Up Talent Quest' winners will be rewarded with cash prizes and the support of local artist mentors. They will also have the opportunity to perform alongside many other high class local acts at this year's new Bello Winter Music Festival held 2nd - 5th July, 2015 throughout Bellingen town, a sister festival to the much loved Mullum Music Festival.

'Rise Up Talent Quest' will be held in three locations around the Mid North Coast area offering youth the opportunity to showcase their talents.

30th May 2015 – Dorrigo Old Gazette Theatre

6th June 2015 – Bowraville Theatre

20th June 2015 – Urunga Primary School

'Rise Up Talent Quest' originated to give local youth of these out-lying regions the opportunity to display their talents in the fields of music, arts and dance, striving to give not only the opportunity to showcase their artistic talents in a whole range of styles and perform on a 'real' stage in front of an appreciative audience, gain experience and exposure to local talent scouts, but also the chance to work along-side existing members at *Start Productions* and *Local M.A.D.E.*, and develop a whole wealth of knowledge and understanding of the entertainment industry. We urge the youth to be involved in all aspects of these events and encourage them to come on board and gain experience in a forever developing industry.

"Do you want to be Seen and Heard?"

Then here's your chance to Rise Up!"

We urge youth to get involved and enter QUICK! IT'S FREE. Performer application forms are available on our website, make sure you state which venue you would like to be performing at – www.localmade.net

These events are very popular for performers and audience alike and offer fantastic community integration and could not be the success they are without the generous support and funding through sponsors from local community organisations and businesses.



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



7/11

Tech talk . . .

Audio Books

LibriVox has thousands of books, fiction and non-fiction, some modern and many classics, read aloud by volunteers. Most are free. You can listen to them online or download to listen on your tablet or phone. (You can volunteer to read a book yourself and contribute to the project.) <https://librivox.org/>

Best Antivirus for 2015?

AV Comparatives publishes a report each year and gives out awards for the top rated programs. You can download the report from <http://www.av-comparatives.org/summary-reports/>. Of interest are Bitdefender Antivirus Free Edition, AVG Free Antivirus, Avira Free Antivirus, and Fortinet Forti Client - all in the awards and free.

Windows' Snipping Tool

Such a useful tool and it's there already, just fairly unknown. Take a screenshot of any part of your screen, in any kind of shape, and draw, highlight, annotate or caption it. www.maketecheasier.com/take-screenshots-using-windows-snipping-tool/

Parental Controls on Kids' Smartphones

Both Vodafone and Telstra have options for parents to limit when, and what, kids can access on their phones. They allow you to block certain sites, numbers or times of access while still keeping the phone's essential safety features available. Vodafone has Guardian app, free to download and works on Android phones connected to any Australian telco (you don't have to be a Vodafone customer to use it). http://www.vodafone.com/content/parents/howto-guidesvodafone_guardian_app.html. Telstra has Mobile Protect - free and accessed from its My Account portal <https://www.telstra.com.au/mobile-phones/extras/featureservices#telstra-mobile-protect>

- 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

10/11



Bowraville Lions Club Inc News Bulletin

MAY 2015



BOWRAVILLE LIONS CLUB ACTIVITIES

The Bowraville Lions Club was joined by the Macksville, Nambucca Heads and Valla Lions Club to assist with the Anzac Day commemorations in Bowraville on Saturday, 25th April 2015.



Pictured above is our oldest Lion member, Lion George Hillier, one of the last surviving Rats of Tobruk who participated in the Anzac Day march and commemorations.



Above is a picture of Lion George with Lion Bill Sheppard from Macksville Lions Club presenting wreaths at the cenotaph.

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

Bowraville Housing Support Hub

Support services are now available on Tuesdays to provide advice and support to meet your housing needs.

The Bowraville Housing hub may be able to assist you if . . .

- n Your tenancy is at risk
- n You have financial issues
- n You need to talk to someone confidentially about issues at home
- n You're homeless
- n You're having problems with your

The service is fully confidential and workers can either meet with you or discuss your situation over the phone.

You can also drop into the Phoenix building at 88 High Street on a Tuesday.

If you would like a worker to meet with you to discuss any housing and accommodation options please contact Michelle from Warrina information and resource centre on **0418 726 612**.

Services involved include . . .

Warrina Women's Information and Resource Centre
New Horizons and
Centrelink

Anzac Centenary Commemorations

Saturday, 25th April, 2015



Dawn Service Centenary at Bowraville

As dawn broke over Bowraville a larger gathering than usual arrived on a misty morning at the cenotaph to remember the 100th year of the Anzac and wreaths were laid by returned soldier Kevin Newman as well as other members of the community.

The last post and reveille was played with the traditional gun volley echoing throughout the town as people stood in silent reverie

Families, friends and returned soldiers gathered after the service at the Bowraville Hotel for the traditional rum toddy before journeying up to the Bowraville and District Ex Services Club where over 140 people enjoyed a hearty Anzac breakfast catered for by volunteers and the Ladies Auxiliary.

- Patricia Roberts





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 McWhirry 	Rise N Shine Ron Hawkins "Sawwater People" at 7:30 am 	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 shufflin'!	A light 'n' breezy breakfast with the Bishop	A morning music mix to put a spring in your step	Markets info, travel guides, news, gig guide, movies, local news	Music, news, and views to kick-start your weekend	Sunday Music Mix	7 AM
8 AM	Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll 1960s-2010s	Global Mosaic Pieter A weekly musical trip through the world	Our Kind of Music Dadies Dent 	Under The Stinging Tree Poppa 	Talk Of The Town Cen Wrobel See what's going down! All things local	Sabor Latino Eddie - Tell others to listen online Aussie & World Music from the Latino world Chat to request	Country Highway Dave Wareing Country music classics to latest releases and comedy 	8 AM
9 AM	Baby Boomers Donna Collins 	Infopinion Richard Laxton An eclectic time with Richard	Easy Listening	Turning Pages Elizabeth Newman Books, authors and the music that moves them	Tones of Clairensense Claire Watt-Powell 	The Sports Show Dadies and Trickick 	Classical Corner Noel Robertson Music From The Past 1000 Years	9 AM
10 AM	The Weekly Fix Paul Weekley 	The Phoenix Crew Selected music & madness	Jazz Azz I Like It Heather Heywood A mix of jazz with lotta Oz	Simmo's Country John Simpson 	Outback Outlaws Paul Rowe Old and new country music	Maggie's Mix Margaret Duffus 	Midday	10 AM
11 AM	The Red Bag Show Patricia Roberts 	Phoenix Tony Bennett Rob's Roving Robbie Hancock Bible reflections, Gospel & Australiana	Rosemary's Allsorts With Rosemary Bateman Relaxing, popular music	Simmo's Country John Simpson 	Outback Outlaws Paul Rowe Old and new country music	All the music you love to hear	Dano's Mixed Grill Daniel Gosson A tasty mix of anything and everything to spice up your Sunday arvo	11 AM
1 PM	Tune in to find out what's inside	History Valley Beverly Gibbs	The Business Kai — modern oz music	Thursday Country Trickick 	Jellyfish & Jollyfish Skyale & Nuke 	Soundbite Slavimir Shokan Aussie new and old...	Jack's Tracks Jack All the tracks with Jack Tune in!	1 PM
2 PM	Nambucca Valley Roundup - Ron Hawkins	Nambucca Valley Roundup - Beverly Gibbs	CJ The DJ Cen Wrobel	Nambucca Valley Roundup - Ron & Nash	Jollyfish Nuke 	A Jazz Hour Barry O'Sullivan	Dano's Timewarp With Dano! Retro Music Adventure	2 PM
3 PM	Reggae Mixtape With Fitzroy Music outside the usual	Texas Flood Neil Green The best music of all time, all the time	Nambucca Valley Roundup - Cen Wrobel	Highway Blues Retro From Janice Joplin to The Backsliders	Top Of The Pops From the BBC	Living In The 60s From CRW	Booth's Drum With Captain Steve 	3 PM
4 PM	In The Mood Elizabeth 	Till 11:00pm BBC Overnight	Ants Rocks Anthony Garmsey Solid Rock	Jeff's Junk Jeff Mills BBC Overnight	Friday Night Rock Show Todd Willis 	Imagine This and The AntipodeanSF Radio Show	Science & Reason With the Jollyfish Free Thought Radio A Week In Science Diffusion Science Radio Last In Science	4 PM
5 PM								5 PM
6 PM								6 PM
7 PM								7 PM
8 PM								8 PM
9 PM								9 PM
10 PM								10 PM

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
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