

BOWRAVILLE COMMUNITY NEWS



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



JUNE 2015 - ISSUE 130

FREE

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Nambucca Valley Landcare

Nambucca Valley Landcare (NVL) is still battling on despite much reduced funding. The Community Support budget has been severely slashed. This is the money that NVL uses to run the office, pay insurance, phone, run field days, do farm visits, organise the tree fair etc. NVL has received assistance from the Nambucca Shire Council in the form of cheap rent that has allowed it to keep the office open, albeit for reduced hours. To contact Nambucca Valley Landcare ring 6564-7838 and your call will be returned as soon as possible.

Landcare has been able to secure a number of grants that has enabled it to do targeted work in the valley.

Valla Swamp Sclerophyll Rehabilitation

Funded by NSW Environmental Trust to rehabilitate 16ha of coastal swamp listed as endangered ecological community. The project has been a resounding success due to the hard work of Generation Green, Nambucca Shire Council, National Parks, Valla Beach Dunecare and all volunteers. Thanks to all involved.

Missabotti Rehabilitation

This project, funded by North Coast Local Land Services, is finishing in June and was developed from the Borefields Plan and the Missabotti River Plan. The project contributed to the protection and restoration of stream bed and stream-bank structure in a critically important reach for the water supply of the Nambucca Valley. Missabotti has little rock to act as a bed control and limits the lateral migration of the creek. Human impacts have exacerbated this natural tendency. To have any impact on river health in the Nambucca, one must address the root cause of the degradation; bed lowering (nick point retreat) followed by channel widening. Until the bed degradation and bank collapse problem is dealt with, other management strategies will be very difficult, if not impossible, to implement in degraded parts of the catchment.

The project worked on 8 sites along the Missabotti and aimed to lift the bed level of parts of the system, raise the level of the ground water and increase the available supply of water to the Borefields pumping station.

Working with Nambucca Shire Council on a number of projects

Stuart Island

Council has received \$50,000 from OEHL for bank stabilisation on Stuart Island which is to be matched by Council's Environmental Levy. The project will address four (4) areas of bank instability and erosion on the island and provide artificial fish habitat in the form of reef balls in some areas. Nambucca Valley Landcare will be managing all construction works in relation to this project. A workplan, Review of Environmental Factors for the project, has been prepared and an application made to NSW Fisheries for a permit to do the works.

Bank Stabilisation Fish Habitat Grant

Council applied for a \$40,000 fish habitat grant (NSW Fisheries) to re-instate river bank in the Wirrimbi area. This project will require matching funds from Council's Environmental Levy. It will involve the use of material provided through RMS and Pacific Highway upgrade including root balls and timber pins.

Soil Conservation

Peter Corlis, ex CMA River Officer, is now working for Soil Conservation. NVL has been in discussion with Peter about NVL being the project managers for works in the Nambucca

Land for Wildlife

NVL has been fortunate to receive some funding in 2015 to assist any landholders interested in joining the Land for Wildlife program. This is a follow-on from last year when 11 landholders joined the program, conserving a total of 300 hectares of wildlife habitat in the Nambucca. Another 9 properties have applied this year. Anyone interested in learning more about conserving parts of their property call the office on 65647838.

Indian Myna Control

This has been taken over by Nambucca Shire Council who have contracted Tien Pham as the Indian Myna control officer. She will support anyone who would like to have a go at trapping these nuisance birds. She will lend traps, give bait for trapping and advice on the best way to trap them. Call Tien 0478601727.

BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 300 COPIES

Newsletter is also available online at:

www.bowraville.nsw.au/bowraville-newsletter

STANDARD ADVERTISING CHARGES:

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

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

DEADLINE for copy for the july 2015 issue IS: 5:00PM 19th june 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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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

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Bowraville and District Garden Club

Our May meeting saw us leave the Orchid Show with plants, flower arrangements and lots of advice. Congratulations to Margaret who won the prize for Champion Foliage plant. We continued on to Bellwood for morning tea and a short meeting. Instead of her usual poem, Madge told us about her war experiences as a child in France and the UK (to commemorate the end of WW2 in Europe). Member Elizabeth was thrilled to show us a seedling Adenium, better known as Desert Rose, which she had propagated from seeds obtained at the March meeting. For our June meeting members are asked to meet at the Ex-Services Club car park at 9am to car pool for a visit to Bellingen where we will visit various gardens. At the first, North Farm we will have morning tea then on to the township for a browse, byo lunch or visit one of the cafes. The following gardens are close to town. Colour for the day is orange, but we will not have any competitions. Contact 6564 7039.

Bowraville United Hospital Auxiliary (UHA)

Several Bowraville members have attended a series of health and community meetings organised by Macksville Hospital as our hospital, built in 1958 is to change to a 21st century health facility. This is an exciting time to be involved in the UHA and offer your ideas on what the community wishes to prioritise. Our next meeting will be Friday 26th June at the home of Secretary Isabelle -1.30pm start. The May meeting of the Hospital Café saw a good role up with new ideas and suggestions presented. We are always looking for more volunteers to work at the Café. Contact Isabelle on 6564 7179 or Heather on 6568 2807 or visit the Café for more information.

Bowraville Recreation Club

Women golfers will host the Mid Coast Pennants in

June but will have a bye so cannot take advantage of home knowledge. There are also Open Days at Macksville, Taree and Coffs in which members will participate. Pennants also continue for men golfers. A nine hole chook run, costing \$6, continues over the week. All the championship competitions continue for bowlers. Social Bowls is on Thursday afternoons. If you are considering bowls or golf as your sport golf sticks, left or right handed and bowls are available in the club. The old saying applies to this wonderful sporting facility "USE IT OR LOSE". Parents . . . why not encourage your children to get to know these sports.

Friday Friendship

An easy, light-hearted friendship group which meets to share meditation, social chats, enjoy crafts and discussions of various topics. Friday Friendship focuses on lightness and caring. BYO lunch with tea and coffee available. All welcome—it's every Friday 11am to 2pm. No obligation to be there for 3 hours but a need to respect group meditation time of 11.30am to 12noon. This is intended as a not for profit event but a gold coin donation, if you can afford it, would be appreciated to cover refreshments, printing and craft supplies. Any surplus monies will be donated to a local cause. Located at: 35 Bowra Street, Bowraville. Contact: 6564 7908 or 0400 828 471.

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

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 ~

11/11

BOWRAVILLE PHARMACY

31 HIGH ST BOWRAVILLE
PH: 6564 7925
FAX: 6564 7364

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Saturday 8.45am - 12 noon*

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Designer Brand make-up range

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11/11

Weekly Activities

MONDAY

SENIOR CITIZENS 10.30am every third Monday at the Coachhouse Inn. Geoff Chittick on 6568 5033
FREE POOL 6.00pm to close at Bowraville Ex-Services Club (6564 7304)

TUESDAY

AL-ANON 10.30 am at rear and under Catholic Church, Mann Street, Nambucca Heads (6568 6642)
FREE POOL 6.00pm to close at Bowraville Ex-Services Club (6564 7304)

WEDNESDAY

BOWLS, Ladies 10am at Bowraville Recreation Club (6564 7349)
AL-ANON 12noon at rear of Salvation Army Hall in Macksville, entrance is Nambucca Street (6568 2305)
MEAT RAFFLE DRAW 6.30pm pm Bowraville Ex-Services Club (6564 7304)

THURSDAY

COMMUNITY GARDENS 9am to 1pm Gardening Q&A, swap contact Greg Field on 0448869545
PLAYGROUP at Bowraville Central School 10am-1pm Contact Lori Wilson on 6564 8256.
GOLF Ladies 18 Hole, 9am Bowraville Recreation Club (6564 7349)
BINGO 11am Bowraville Ex-Services Club (6564 7304)
BOWLS 1pm Men's Social at Bowraville Recreation Club (6564 7349)
DARTS 7pm Social at Bowraville Ex-Services Club (6564 7304)

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 (6564 7304)
FRIDAY RAFFLE and MEMBERS DRAW Bowraville Recreation Club plus Bistro (6564 7349)

SATURDAY

GOLF Men's 9am at Bowraville Recreation Club (6564 7349)
BOWRA COUNTRY MARKETS (2nd and 4th Saturdays) 8am – Noon Bowraville Community Centre. For as stall or more info call Jim on 6564 7670
BOWLS 1.30pm Mixed Social at Bowraville Recreation Club (6564 7349)
FREE POKER 2pm Bowraville Recreation Club (6564 7349)

SUNDAY

EUCHRE 1st, 3rd, 5th Sunday 10am at Bowraville Ex-Services Club (6564 7304).
AL-ANON 8pm at rear of Salvation Army Hall in Macksville, entrance is Nambucca Street (6568 2305)
FREE POOL 6.00pm to close at Bowraville Ex-Services Club (6564 7304).

ACTIVITIES ORGANISERS

Please note: It is your responsibility to keep Weekly Activities information current and to inform us of any change. Only activities with a contact number will be listed.

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.

If you require computer servicing or issues, you need to make a booking and there will be a minimum fee of \$25.

Absolute beginners are most welcome!

Techno Club: Tuesdays from 2.00 - 3.00pm with Graeme and Thursdays from 10.30 to 11.30am and from 1.30 - 2.30pm with Mark

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

items and free delivery locally.

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.

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.

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 the Bowraville 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

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BOWRAVILLE HEALTHCARE CENTRE

Dr Edwina Guard MBChB BSc FRACGP

29a High Street Bowraville

Ph: 6564 7555 Fax: 6564 7505

email: edwinaguard@yahoo.com.au

Surgery Hours

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Sat by Appointment

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10/11



Kattuna Bodywork

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

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

Friday Friendship - Wellbeing through sharing

I wanted and needed an easy, light-hearted friendship group so I've decided to create one!

A group meditation is included because the positive energy shared is very powerful. Easy social chat times as well but silence is also valued.

An opportunity to sit and knit, either doing your own personal project or participating in one of the many charity projects around. My choice is knitting pouches for rescued native animals being cared for by W.I.R.E.S. and I have wool and needles from local op shops to share. Crochet or other crafts also welcome.

Another gentle pastime is colouring in mandalas, a meditative, stress-relieving pastime - or a drawing of your own choice or you might try journaling.

There may be the opportunity to hold discussions on various topics with a focus on health and stress reduction.

All Welcome. Every Friday 11am to 2pm. No obligation to be there for 3 hours but a need to respect the group meditation time of 11.30am to 12noon.

BYO lunch - tea and coffee available.

This is intended as a not for profit event but I do ask for a gold coin donation, if you can afford it, to cover refreshments, printing and craft supplies. Any surplus monies will be donated to a local cause.

Located at: 35 Bowra St., Bowraville
6564 7908 or 0400 828 471
Love and kindness – Marion



Bowraville & District Ex-Services Club
6564-7304



Takeaway available
Lunch - Wednesday to Sunday, from 12noon to 2pm
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HAPPY HOUR Monday & Tuesday 5-6pm
 All Schooners \$3.50 Thursday 5-8pm
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11/11

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8/11



JUNE PROGRAM at the

BOWRAVILLE THEATRE

Wednesday June, 3rd at 11am - The Bowraville Theatre Youth Group will be presenting their play 'Firebird', a Russian folk story for children and adults. Please come along and encourage the cast with their interpretation of a lovely tale. Doors will open at 10.30am and entry is \$8 for adults and \$5 for children. Tickets are available at the Box Office.



Saturday June 6th at 12pm until 4pm - LOCAL M.A.D.E.'s Rise Up Talent Quest returns to the Bowraville Theatre, a Music, Arts and Dance Extravaganza - winners will receive cash prizes and the opportunity to perform at the Bello Winter Music Festival held in July. The Quest will be held at three different venues so when applying state 'Bowraville'. Entry is free but you must complete an application form which is available from www.localmade.net This is made available through sponsors, local businesses and organisations.

Sunday June 7th at 2pm - The Bowraville Theatre Youth Group will repeat their performance of 'Firebird'. Doors will open at 1.30pm. Tickets available at the Box Office are \$8 for adults and \$5 for children.

Sunday June 14th at 2pm - The Bowraville Theatre will be screening a film titled '71'. This film is set against the backdrop of 'The troubles' in Ireland; a story of Gary Hook a British soldier whose troop has been sent to Ireland to investigate an incidence of violence. Jack O'Connell who plays this part begins his mission and many more characters appear during the ensuing weeks. While this film is a compelling 'edge of your seat' thriller, the innocence lost by your hero is also lost by those who antagonise him.

Saturday June 20th at 2pm - The Theatre will be showcasing 'The Great Ride' a performance by Carmel Charlton. This artiste brings her stories alive with her music, words and vocals - a delightful and heart-warming show. Watch our theatre window for more details later this month.

Sunday June 21st at 2.30pm - The delightful Coffs City Orchestra will bring their beautiful music to Bowraville. Music to suit all age groups played by all age groups the Coffs City Orchestra is a delight to listen to and a pleasure to watch. Posters will be displayed in the Theatre windows soon.

Sunday 28th June at 2pm - Heather Rose, a talented musician, will show silent films and play her music appropriate to what is showing on the screen. Entry will be \$18 or \$15 concession.

- Dorothy Evans, Publicity, Bowraville Theatre

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02 6564 7908 or 0400 828 471**

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blueskyhealing.wordpress.com**

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

11/11



Gift Vouchers and
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11/11

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 - Eungai's Unkya Reserve, Pacific H'way Eungai. Contact: 6569-7814
1st Sunday	Coffs Harbour Lions Club Car Boot Markets, Jetty Foreshore. Contact 0417 704 588 Port Macquarie Art Markets Maritime Museum. Contact Necia 0401 526 936 Hub and Pub Market, Taylors Arm Pub, 9am-1.00pm. Contact: 6564-2040
2nd Sunday	Plaza Market, Pacific Highway Nambucca Heads. Contact: 6568-6221

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ELECTRICAL SERVICES

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

11/11

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

11/11



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

Death Mask by Kathryn Fox

In this novel Kathryn Fox deals with the difficult issue of gang rape and sport. It begins with a woman who returns from her honeymoon with multiple sexually transmitted diseases when her rugby player husband has none. She denies having other sexual partners and the forensic physician, Dr Anya Crichton, who believes her, then embarks on an investigation.

The investigation results in a ground-breaking study that attracts international attention. Dr Crichton is invited to New York to address hundreds of US professional football players. During her stay in New York she is assisted by Ethan Rye, a private investigator.

Anya is asked to investigate when an alleged rape by some of these footy players occurs. What follows is an ugly insight into a culture of violence, sexual violence, drug abuse and 'boy's club' mentality. The entire football industry is at risk; politics, finance and power are major players; dishonesty and secrecy are the name of the game. Death Mask is quite readable – the theme is one that “gets my back up”, hence my decision to give it a whirl. It's worth reading if you can tolerate the violent aspects and the inkling you'll get that the statistics and data Dr Crichton quotes might actually be very close to reality.

Those who save us by Jenna Blum

The brutality of the Holocaust provides the setting for half of “Those who save us” - the half that is set during World War II. Anna Schlemmer was a young woman in Germany during World War II. She fell in love with a Jewish doctor, concealing him in her house until he was caught and sent to Buchenwald. They have a daughter, Trudy, who later assumes her father to be the Obersturmfuhrer (Nazi officer) with whom her mother was involved for years. Trudy was still a toddler when they were liberated by an American soldier.

Anna endured the abusive relationship with the Obersturmfuhrer in order to ensure her daughter's safety. Her continuing struggle with guilt and shame dominates the rest of her life. Anna has kept silent about her former life and refuses to discuss her past or Trudy's early childhood with her. As an adult Trudy becomes a professor of German history, her relationship with her mother is awkward, she is driven by guilt of her heritage (of which she is unsure) and starts to search into their past by way of a university project interviewing World War II survivors who were German citizens at that time.

Trudy has flashbacks but the only tangible evidence from that time is an old family photo showing Anna, Trudy and the Nazi officer. Whilst interviewing Trudy learns many disturbing things but eventually finds the truth.

This novel examines the guilt and shame of those who survived and how they continue to be affected by the horrors, even many decades later.

This book is not for the squeamish; there are many disturbing episodes involving Nazi brutality, yet how could a tale of this time be truly told without reference to these incidents? The reaction of the German civilians gives the reader a different perspective on the Holocaust. The suffering, and near-starvation of the German people is also highlighted, something that is not always recorded in Anglo-American histories.

“Those Who Save Us” forces the reader to look at the events of the Holocaust from a less usual perspective. The ending finally allows for hope.

- 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

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 ♦ 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.

11/11

Bowel cancer a deadly reality

We may live in the lucky country but in some areas we are not so lucky and bowel cancer is one of these.

According to Bowel Cancer Australia (www.bowelcanceraustralia.org) Australia has one of the highest rates of bowel cancer in the world. It is now the second most common type of newly diagnosed cancer in this country. This means about 14,400 Australians are told they have bowel cancer every year. It has become our second biggest cancer killer, after lung cancer, claiming the lives of around nearly 4,000 people yearly. Based on current trends 1 in 12 Australians will develop bowel cancer before age 85.

Both men and women are at risk of developing bowel cancer. The risk is greater if you:

Are aged 50 years and over.

Have had an inflammatory bowel disease such as Crohn's disease or ulcerative colitis.

Have previously had special types of polyps, called adenomas in the bowel.

Have a significant family history of bowel cancer polyps.

You are considered to have a significant family history of bowel cancer if a close relative (parent, brother, sister or child) developed bowel cancer at a young age (under 55 years) or if more than one relative on the same side of your family has had bowel cancer.

Most bowel cancers develop from non-cancerous growths of tissue called 'polyps'. Not all polyps become cancerous and if they are removed the risk of bowel cancer is reduced. If the cancer isn't treated the cancer can grow through the wall of the bowel and spread to the lymph nodes and to other parts of the body.

The good news is that bowel cancer is one of the most curable types of cancer if detected early. Early detection offers the best hope of reducing the number of Australians who die each year from bowel cancer. However, at the moment only about 40% of bowel cancers are detected early so we need to start becoming aware of the symptoms and act fast.

If bowel cancer is detected before it has spread beyond the bowel the chance of surviving for at least five years after diagnosis is around 90%, with most people able to return to their current lifestyle. However, most cases are detected at a later stage and so only 60% of people diagnosed with the disease survive five years.

This year we are celebrating Red Aussie Apple Day on June 18. This event encourages us to support the vital work of Bowel Cancer Australia through the purchase of a \$2 apple pin.



The 'apple pin' symbolises the bowel cancer message. A small hole in an apple is caused by a worm but if detected early and removed, the worm is unable to infect and kill the otherwise healthy apple. It's the same with people - if bowel cancer is detected early through screening it can be removed and people can continue to enjoy a healthy life.

Speaking to a health professional about any concerns you may have is important.

Your local Self Care pharmacy is your health destination. You can ask your pharmacist about bowel cancer screening test kits which are designed for people who do not have any obvious symptoms of the disease. The aim is to find any polyps or to detect cancer early when it is easier to treat and cure. The BowelScreen Australia test kits come complete with full instructions, a dedicated customer helpline, as well as an annual reminder service.

Your Self Care pharmacist can also give you more information about issues affecting your bowel. Every Self Care pharmacy has a range of informative Fact Cards including *Fibre and Bowel Health*.

BOWRAVILLE PHARMACY

31 HIGH STREET, BOWRAVILLE

PHONE: 6564 7925 or FAX: 6564 7364

Monday to Friday 8.45am - 5.30pm Saturday 8.45am - 12 Noon





Bowraville Lions Club Inc News Bulletin

JUNE 2015



BOWRAVILLE LIONS CLUB SURVEY

The Lions Club of Bowraville would like to know how best we can continue to serve the community of Bowraville.

There is a survey form available at the Bowraville Community Technology Centre and we invite the community to call in and fill out the survey which will only take a few minutes.

A link to an online survey will also be posted on the Bowraville Facebook page.

We are also looking for new members. Lions club members are men and women who strive to make a difference in their local community as well as in communities worldwide. Their volunteer efforts go beyond the support of vision care, to addressing unmet health and education needs worldwide.

To Join a Lions Club, is by Invitation, but applications are encouraged from all members of the community.

Membership is open to men and women over the age of 18 years and of good moral character and reputation.

Join Now!

HOW TO JOIN

Contact any Lions Club member for an invite to our monthly dinner meeting held at the Bowraville Hotel Dining room on the first Tuesday of each month at 6.30pm

You can also apply online.

<http://lionsclubs.org.au/join-lions/>

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, satisfaction and better nutrition.

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 to 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

Hot Rods are confirmed for a visit to Bowraville

Chamber is pleased to announce that the Hot Rods are confirmed for a visit to Bowraville on Friday 25th September 2015.

This will be a family day with 250 Hot Rods in Town and they will be bringing some Billy Carts with them for some local racing fun down High St.

Details of this event and local street closures will be announced in the August community newsletter as well as local radio.

Important notice to all community groups and organisations from the Bowraville Chamber of Commerce

Nambucca Shire Council have introduced a number of measures 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 Tel. 0428527545

Full details are available from the council web site.

You can reserve your raffle or fundraising day at the Bowraville Technology Centre at 39 High St Bowraville

Chamber Details

President: Mark Scott Secretary: Cherie O Donohue Treasurer: Wendy Cole

Public Officer: Colin Kemp

Contact chamber: chamber@bowraville.nsw.au





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

Desert Power Pty.Ltd trading as

Dave Recklies Electrical

3564 North Arm Road, Bowraville

Domestic

Commercial and Industrial

Refrigeration

Air-conditioning

Solar



0412 742 479 or 02 65644085

davidrecklies@bigpond.com

Owner Operator with 20years experience

"ARctick No. AU26454"

2/11



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!



2/3

Like us on Facebook

AMAN With AVAN Nambucca Valley

MINI MOVE SPECIALIST

HIRE

A MAN WITH A VAN



6564 8375 or 0458 990 904

Insured ABN 87 009 289 943

4/11

WHAT'S HAPPENING IN BOWRA

From page 5

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 Lori Wilson on 6564 8256 or Danielle Ryan on 6564 8619.



A brand new
BreastScreen
NSW mobile unit
will be in
BOWRAVILLE
9th-16th June

BOWRAVILLE EX-SERVICES CLUB CAR PARK

Screening mammograms are FREE and recommended every 2 years for women aged 50-74 years

Book a free appointment now

Call 13 20 50

Opening hours:

Tuesday 9th	7.50am - 4.50pm
Wednesday 10th	7.50am - 4.50pm
Thursday 11th	7.50am - 4.50pm
Tuesday 16th	7.50am - 4.50pm

Bowra Laundromat

Cnr High & Belmore Streets

**NEW Token Operated Washing
Machines & Dryers.**

Tokens available at Pub and Newsagent
Commercial Washers and Dryers
Enquiries: ph 6564 7401



1/11

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
- Sulo 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

Fresh seasonal fruit

Fruit Platter

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 Square Meal" - Where did that saying come from?

Nobody actually knows where this idiom came from though the expression, 'a square meal', is commonly thought to have originated from the Royal Navy's practice of serving meals on square wooden plates. Such plates did exist so that is a plausible story but there's no other evidence to support it. The Royal Navy's records and many thousands of ship's logs are still available and if the phrase came from that source it would surely have been recorded.

Another idea is more linguistic in nature: the use of 'square' to mean honest and straightforward goes back to at least the 16th century which makes sense as a 'square meal' refers to a healthy, hearty dinner.

The word square has many meanings, including 'proper, honest, straightforward' and that's the meaning in 'square meal'. This isn't a rectilinear meal on right-angled crockery but a good and satisfying meal.



10/11

FIREWOOD, CHOPPING BLOCKS, KINDLING, LANDSCAPE SUPPLIES

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

Pick up or Deliver
Mini Tipper



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

WANTED

HAVE YOU AN INTEREST IN THEATRE?

WE ARE LOOKING FOR ANYONE WITH AN INTEREST IN ANY ASPECT OF THEATRE

TO JOIN THE BOWRAVILLE THEATRE PLAYERS

So if you have always wanted to act, direct, make props, build or paint sets, do wardrobe or make-up, design posters or anything backstage - we would love to meet you.

We gladly welcome all ages - children and adults.

NO EXPERIENCE? DON'T WORRY WE WILL TEACH YOU . . .

OUR PAST PRODUCTIONS INCLUDE 'PETER PAN', 'SNOW WHITE', 'THE JUNGLE BOOK', 'ALICE IN WONDERLAND' AND 'THE WIZARD OF OZ'.

For more information please contact:

frances warren 6564 8388

Dorothy evans 6564 7828

or visit the Bowraville theatre players facebook page to leave a message.

Learn how to be more comfortable with

technology — Telstra's Connected Seniors program has been designed to help you learn about the internet, email, mobile phones and social networking.

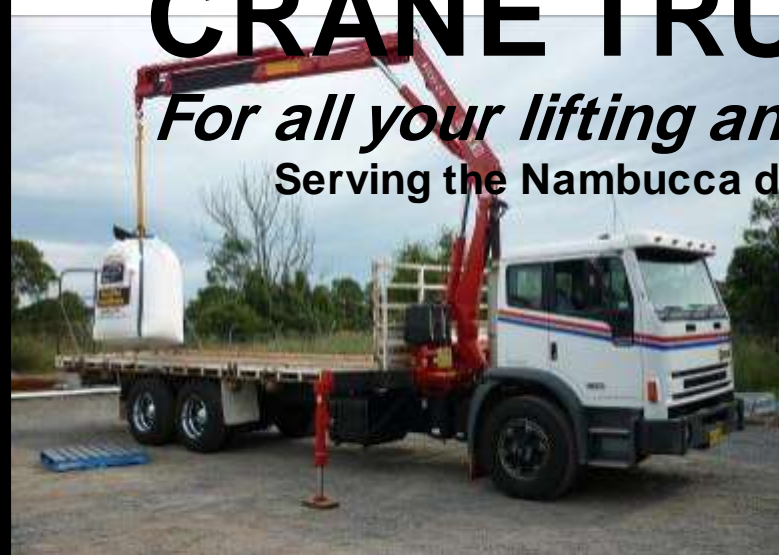
Telstra are making educational DVDs available through most local libraries plus Telstra also has short self-teach videos on their website - visit telstra.com/seniors



CRANE TRUCK HIRE

For all your lifting and shifting needs

Serving the Nambucca district and beyond



WAYNE NOBLE

Telephone: 6564 7528

Mobile: 0427 653 312

7 DAYS

Centrepay and the Deduction Statement helps you manage your money

Centrepay is a free service where we can deduct regular amounts from your Centrelink payments to pay bills and meet ongoing expenses such as rent, utilities, nursing home fees and medical expenses. These deductions are made directly from your Centrelink payments so you don't need to do anything. You can also keep track of your Centrepay deductions through your Deduction Statement.

On your Deduction Statement you can view your next regular payment, all the amounts being deducted from your payment and the money you'll have remaining. The statement can include some or all of the following:

- weekly payments (if you receive your payments weekly)
- Centrepay deductions
- participation penalty amounts and non-payment periods
- urgent and advance repayment amounts
- debt repayments
- child support payments
- tax deductions
- amounts directed to your Income Management account
- rent deductions as part of the Rent Deduction Scheme.

The easiest and quickest way to get your

Deduction Statement is to view and print it using the 'Request a Document' service from your Centrelink online account through myGov, or you can request it using phone self service by calling **136 240**.

If you don't have a Centrelink online account or a myGov account, visit:-
humanservices.gov.au/register

If you're unable to access your online account, our staff will be able to assist you with your Deduction Statement. Call us on **132 300** or visit your local service centre.

It's a good idea to check your Deduction Statement regularly to track deductions and make sure your financial arrangements are correct. Visit **humanservices.gov.au/deductionstatement** for more information and a step-by-step tutorial on how to request a Deduction Statement using your Centrelink online account.



From News for Seniors magazine - Department of Human Services

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

JUNE IS BOWEL CANCER AWARENESS MONTH

BOWEL CANCER - THE FACTS

1 IN 12 PEOPLE WILL DEVELOP BOWEL CANCER IN THEIR LIFETIME



JAN • FEB • MAR • APR • MAY • JUN

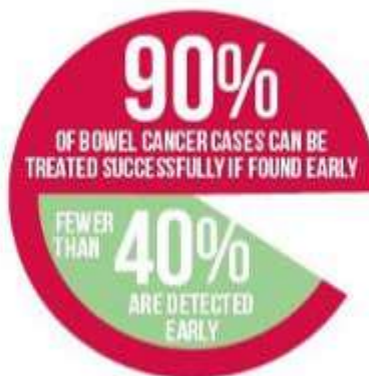
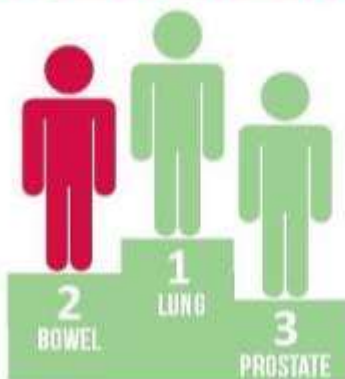
15,000

PEOPLE DIAGNOSED EACH YEAR

JUL • AUG • SEP • OCT • NOV • DEC

INCLUDING 1,000 UNDER THE AGE OF 50

2ND BIGGEST CANCER KILLER



BOWEL CANCER RISK INCREASES WITH AGE

50

SCREENING FROM AGE 50 EVERY 1-2 YEARS COULD SAVE YOUR LIFE

BOWELSCREEN
AUSTRALIA

BOWEL SYMPTOMS?
SEE YOUR GP

BLOOD IN THE BOWEL MOVEMENT

UNEXPLAINED WEIGHT LOSS

PERSISTENT CHANGE IN BOWEL HABIT

SEVERE ABDOMINAL PAIN



KNOW YOUR FAMILY MEDICAL HISTORY



FOR AROUND 25% OF ALL BOWEL CANCER CASES THERE IS A FAMILY HISTORY OR HEREDITARY CONTRIBUTION.



Bowel Cancer Australia



bowelcanceraustralia.org | 1800 555 494

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



Tech talk . . .

Find a Lost Android Phone

You can just type "find my phone" into Google and it will show a map with the location of your Android phone or tablet. I just tried it. I have location turned off on my tablet and it still found it. How does it do that? And is it scary or useful?

The Right Smartphone for a Senior

Lifehacker's recommendation is the Motorola Moto E, but scroll down to the comments for more ideas. <http://www.lifehacker.com.au/2015/04/ask-lh-whats-a-good-choice-of-smart-phone-for-a-senior-citizen/>

Smartphones and Kids

This infographic from MakeUseOf is especially useful for its explanation of some smartphone apps that are risky for young users. <http://www.makeuseof.com/tag/keep-your-kids-safe-when-theyre-using-a-smartphone/>

5 Tools to Extract Images From PDFs

A PDF brochure has a logo or image that you want for your website, blog or Facebook post. How to get it into a png or jpg format? MakeUseOf has some free tools. <http://www.makeuseof.com/tag/5-tools-extract-images-pdf-files/>

Handy Tip for Everyone

Hold down the Ctrl button on your keyboard and rotate the scroll wheel in the middle of your mouse. Go ahead, give it a try, now . . . on most computers this will magnify / shrink the size of websites. Rolling the mouse wheel up will make everything bigger, while rolling the mouse wheel down will have the opposite effect.

So next time you are having trouble reading small text on a website simply hold down control and use the scroll wheel. Pass this tip on to your friends.

- 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

11/11

8/11

Beautiful Town, Beautiful People

Margrit Rickenbach and Diana Trilsbach

Organising a fundraising for Nepal's Women and Children

When Margrit first approached me with the idea of a fundraising event to help the children and women particularly, in Nepal and the Himalayan earthquake devastated areas I thought this was a wonderful opportunity to show the generosity and compassion of our Nambucca Valley folk towards those families who have lost everything, especially their loved ones and friends, and are now in desperate need.



We thought to put a fundraising event into motion - an open day at the Missabotti Hall on Sunday, 21st June from 10am to 3pm or thereabouts.

Margrit, myself and others who are already involved in helping this cause are thinking that we could have raffles, an auction, entertainment, tasty snacks, soup, cakes, a sausage sizzle, tea and 'real' coffee for starters.

The Missabotti Hall kitchen is well equipped to provide platters, cutlery, serving equipment, pie-warmer, a bain-marie and there is also a large fridge. It is a spacious and user-friendly venue with disability access and will be celebrating its 90th anniversary later this year!

We welcome those willing to participate in any way with donations of goods for raffles or auction, 'bring-a-plate' food for sale, perform, busk or provide services for donations.....or just help out!

If you would like to participate in this effort to help families devastated by the earthquake in the Himalayas . . . we currently plan to make the beneficiary of this fundraiser the ROKPA Women's Workshop - www.rokpawomensworkshop.com

ROKPA is a non-political, non-religious charity, which has been working since 1980 to relieve suffering in some of the poorest parts of the world, often in areas where other charities have failed to get projects off the ground and where we are the only source of help. www.rokpauk.org/projectsnepal

Thank you

Any other ideas to help us make this event as successful as possible please contact

Margrit: 6564 7067 margritrickenbach@hotmail.com

Diana: 6564 7142 dtrilsbach@hotmail.com

"WHERE THERE IS LOVE, THERE IS LIFE"
- Mahatma Gandhi





Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Winter 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 	Off The Cuff Radio Karl Bishop 	Rise N Shine Ron Hawkins "Sabasat People" at 7:30 am 	Beam Me Up Scotty 	6 AM
7 AM	A morning music mix to put a spring in your step Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll 1950s-2010s 	High-paced cacophony to get those feet shufflin'? Global Mosaic Pieter A weekly musical trip through the world 	A fight 'n' breezy breakfast with the Bishop Our Kind of Music Dallas Dent 	Under The Stinging Tree Poppa 	Lively breakfast radio with a recipe or two for the weekend Just For You Carola Simmons 	Music, news, and views to kick-start your weekend Sabor Latino Eddie - Tell others to listen online Aussie & World Music from the Latino world Chef to request 	Country Highway Dave Wareing Country music classics to latest releases and comedy 	7 AM
8 AM								8 AM
9 AM								9 AM
10 AM								10 AM
11 AM								11 AM
Midday								Midday
1 PM								1 PM
2 PM								2 PM
3 PM								3 PM
4 PM								4 PM
5 PM								5 PM
6 PM								6 PM
7 PM								7 PM
8 PM								8 PM
9 PM								9 PM
10 PM								10 PM

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".

The Best Little Station In The Nation

National news and weather is broadcast each weekday at 7am, 8am, 9am, Midday, 6pm, and 7pm
 Tewings studio and office: 02 6564 7777 email: admin@2nvr.org.au