

# BOWRAVILLE COMMUNITY NEWS



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



JULY 2015 - ISSUE 131

FREE

CIRCULATION 300

POSTCODE 2449

## **Bowraville Technology Centre . . . when, why, how and NOW!**

Not so many years ago to visit Centrelink people had to go into Nambucca Heads and access to a computer and the Internet or get some technology help or have something photocopied was hard to come by.

In 2000 a group of Bowraville business people and local community members got together and decided to see if they could come up with a way to address this problem. At that time grants were available to service remote, under-privileged towns. Though Bowraville did not really fit the 'remote' model this enthusiastic group went ahead with applications and our local National Party member, Luke Hartsuyker, supported us in Parliament resulting in the group obtaining 2 grants; one from the State Government to set up a Community Technology Centre (CTC) and one from the Federal Government to acquire premises to run a Rural Transaction Centre (RTC). In September 2001 the Bowraville Technology Centre (BTC) became a registered entity and opened for business in a room in the building that is now Dr Guard's surgery. In 2002 the Banana Coast Credit Union (BCU) was looking to sell their building and it was decided to purchase the building with the Federal Government grant and encourage the BCU to remain open in Bowraville as part of the RTC services. On its purchase this building became the property of the community of Bowraville through the BTC so the more we use it the better.

The BTC is run by two part time workers and a group of seven volunteers. Its services, which started off as a computer and internet access centre, now include a Centrelink access point, an ATO assist point and offers a great variety of office services including printing, photocopying, faxing, laminating, banners, a Techo Club and most recently a Book Nook or Community Library where people can borrow and donate books. The BTC also produces this community newsletter which is printed by Bowraville Central School and manages the community web site at [bowraville.nsw.au](http://bowraville.nsw.au). It also does computer servicing including software cleanups.

The BTC has not received any government operational grant funding for over 12 years. The NSW Government recently declined to provide support funding to all similar centres across NSW. Times have been hard and the BTC has to charge for all its services except Centrelink and ATO assist although it does provide a lot of free technology advice and assistance to the community. The Board of the BTC, staff and volunteers, have battled to keep the Centre financially viable. The volunteers are what keeps the BTC functioning and the service available for all of Bowraville as we do not have the funds to pay full time employees. There were over 90 CTCs around NSW in 2004 - now they are reduced to 45 and they are all struggling to stay open.

So appreciate what we have in Bowraville and maybe even volunteer - you never know what extra skills you may pick up and you also get to meet and help many people from the community. By using the BTC and its services you help keep it open and available for a range of technology assistance.

*See page 17 for one of the BTC success stories.*



# BOWRAVILLE COMMUNITY NEWS

## CIRCULATION = 300 COPIES

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

## NEW 2015/16 ADVERTISING CHARGES:

Bowraville Community News is produced every month, except January.

Annual subscriptions includes 11 issues.

90 x 90mm (1/6 page)	\$8 issue/\$80 year
90 x 180mm (1/3 page)	\$15 issue/\$150 year
Half page (or 1 column)	\$18 issue/\$180 year
Full page (or back cover)	\$25 issue/\$250 year

DEADLINE for copy for  
the **AUGUST 2015**  
issue IS: 5:00PM  
**21st july 2015**

All contributions and advertisements for the next issue of the Bowraville Community News are due:

by e-mail, fax or hand in at the front counter at:

**BOWRAVILLE TECHNOLOGY CENTRE**

39 High Street, Bowraville NSW 2449

Telephone: 6564 7420

Facsimile: 6564 7520

e-mail: [admin@bctc.com.au](mailto:admin@bctc.com.au)

## DISCLAIMER

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

# **Bowraville Technology Centre**

**Open 9.30am to 4.00pm Weekdays**

## **Internet Services**

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

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

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

## **Facility Hire**

**Main Computer Room** — Up to 6 computers plus trainer's computer or access port for laptop or another PC. Data projector (if required) - connected to trainer's PC. Whiteboard (if required). High speed internet access -14mb ADSL. Full HD TV connected to network.

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

Full day up to 8 hours - \$100.00

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

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

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

Full day - up to 8 hours \$40.00.

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

*"Like us on*



# **Bowraville Technology Centre**

**39 High St, Bowraville Ph. 02 6564 7420**

**Open 9.30 to 4pm Weekdays**

**Email: [admin@bctc.com.au](mailto:admin@bctc.com.au)**

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

**Bowraville Recreation Club**

Bowraville women golfers hosted district pennants in June but as they had a bye did not have the advantage of home knowledge. Best of luck in July when you play Macksville at Urunga. Congratulations to the men golfer's pennant team who were the champions in their comp. Our Open Day will be held in August so we are hoping for dry weather. Darryl is trying to get a Wednesday golf comp going and Moira hopes to introduce in August, a 9-hole family event for each Sunday at \$6 per player or \$20 for a family. Bowls championships continue. Contact 6564-7349.

**Bowraville Garden Club**

Dodging showers, members visited 3 gardens in Bellingen in June and came home with the usual cuttings from generous gardeners. July will see us have a home day when we meet at Treasurer Barbara's home for our meeting and fellowship on 11<sup>th</sup> July at 10am. There will be all the usual competitions. Colour for the month is pink. Barry has offered to bring along some tree ferns for the trading table. Following the meeting there will be several gardening videos shown. Contact 6564-7039.

**Bowraville UHA**

Our June meeting was mainly spent organising our Volunteer's Day to be held at 10 Alexandria Drive on Friday 24<sup>th</sup> July from 11.30am. This will be preceded by our annual meeting at 10.30am when district representative Phillipa Passfield will be present. Our Volunteers Day will include Christmas in July festivities with a delicious luncheon and a demo from Debbie, owner of the dress shop Forever Fabulous. In between times you can walk around the lovely garden. Bowraville UHA's latest purchase for the Macksville Hospital includes a peacock blue recliner for day surgery at a cost of over \$6000.

As usual we are always hoping we can get more community members to work at the Hospital Café or man the trolley. The AGM for the Hospital Café will be held on Friday 7<sup>th</sup> August - please note the change of date. This will be followed by a general meeting. The next WH&S will be held at the chapel on 15<sup>th</sup> July commencing 10am and the next Barista course at the café on Saturday 18<sup>th</sup> July, commencing at 9am. For more information contact 6564-7179.

**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, Thursdays and Fridays 9am-3pm and Saturdays from 9am-12 noon. We are very happy with the progress our Op Shop has made over the past twelve months. We have a very reliable team of over 20 volunteers who work on a monthly roster. From the beginning of July we will be open Tuesday, Wednesday, Thursday plus Fridays and then we work half a day on Saturday. We have a large range of furniture, tested electrical

*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 ~*

**BOWRAVILLE PHARMACY**

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

*Monday to Friday 8.45am - 5.30pm  
Saturday 8.45am - 12 noon*

Prescriptions and Professional Advice  
Sukin Natural Skincare  
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*Pharmacist*  
**KERRIE SAVINS**



## 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

equipment, bric-a-brac and a huge amount of good quality clothing including warm under gear. Our shop is at the far eastern end of George Street, next to the Uniting Church. We are pleased to accept any donations and purchases can be delivered locally. Mavis Ward (church secretary) 6568-2451.

### **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

Continued on Page 15

## BOWRAVILLE HEALTHCARE CENTRE

Dr Edwina Guard MBChB BSc FRACGP

29a High Street Bowraville

Ph: 6564 7555 Fax: 6564 7505

email: edwinaguard@yahoo.com.au

### Surgery Hours

Mon to Thurs 9am – 6pm

Fri 9am – 4pm

Sat by Appointment

Laverty Pathology

Mon to Fri 9am – 1pm

Psychologists by Appt

Physiotherapy by Appt

Proud sponsors of:

*Pilates with Tamara Urquhart*

*Yoga with Gaye Bushell*

*Dancing with Carmen Noble*

11/11



**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

11/11

### Upcoming fire season...

Just a quick reminder . . . Despite the recent rains and current conditions, the fire season is not that far away and it doesn't take long for our environment to dry out.

Now is a great time to think about the things you could do regarding fire prevention. Clean out your gutters, check that your fire alarms have fresh batteries, make sure there aren't a lot of flammable items around your house eg: firewood and think about your fire escape plan, particularly if you live rurally.

The RFS website [www.rfs.nsw.gov.au](http://www.rfs.nsw.gov.au) has all the information you could need and if you are looking for the Bush Fire Survival Plan click on the "Prepare and Plan" tag.

### Where would you like to go?

This is the question Coffs Harbour, Bellingen & Nambucca Community Transport is asking you. Community Transport provide transport for the frail, aged, people with disabilities and their carers and those who are transport disadvantaged. Community Transport is a not for profit organisation passionate about helping people maintain their independence & ability to stay connected with our community. They do this by providing flexible transport solutions to meet individual's needs.

Contact their offices today:  
Coffs Harbour – 6651 1137,  
Bellingen - 6655 2666  
Nambucca Heads – 6568 3250.



Free problem waste

### drop-off open

A new Community Recycling Centre for paints, oils, batteries, gas bottles and other household problem wastes in Coffs Harbour is now open for business following a \$48,000 grant from the NSW Government's *Waste Less, Recycle More* initiative. Located at the Coffs Coast Resource Recovery Park, Englands Road, the Community Recycling Centre will be open between 7:30am and 5:00pm Monday to Friday and 8:00am to 4:00pm on weekends. The centre accepts the following problem wastes: water-based and oil-based paints, used motor and cooking oils, lead-acid and hand-held batteries, gas cylinders & fire extinguishers, conventional tube and compact fluorescent lamps, smoke detectors, e-waste and household chemicals.

### Scam alert: Calls from the "ATO" or "Australian Crime Commission"

This is a sophisticated scam in that to add credibility they get you to ring back on an (02) number (which then redirects to an overseas number). The scammers claim to be from the ATO or Australian Crime Commission and tell call recipients they face legal proceedings and need to make a payment. <http://www.asbc.gov.au/blog/scam-alert-ATO-call>

### Scam alert: Letter from South Africa

Legal looking letters are being posted from Africa informing of a possible inheritance if a certain amount of money is sent . . . Don't be caught. Though it looks legal is certainly is not. See an example at the Technology Centre!

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



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



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



-/11

## PLUMBER

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Plumbing Services

- u Drainage
- u Roof Plumbing
- u Gas Fitting



Discount for Pensioners

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208892C

Phone: 0428 525 682

9/11



**JULY PROGRAM at the**

# BOWRAVILLE THEATRE

**Sunday 12<sup>th</sup> July at 2pm** - In aid of The Wilderness Society the theatre will present two films – ‘The Sea and Me’ and ‘My Saltwater Sanctuary’. There will be a speaker in attendance and refreshments will be served. This will be a very interesting afternoon, please come along and enjoy. Tickets, at the Box Office, will be \$10. Doors open at 1pm.



**Sunday 19<sup>th</sup> July at 2pm** - We are delighted to present the film, ‘My Old Lady’, starring Kevin Kline and Maggie Smith. It’s a fascinating story directed by Israel Horovitz, is both dramatic and hilarious and a lovely story for a Sunday afternoon at the movies. Tickets at the Box Office are \$12, concession \$10, BAC members and children \$8. Doors open at 1pm.

**Sunday 26<sup>th</sup> July at 2pm** - There will be a Piano Recital by Dr. Roman Rudnytsky. This gentleman plays Greig, Chopin, Liszt and many other famous composers. A varied program and a delight to listen to. Watch the press for further information about his beautiful choice of music. Tickets are \$25 and concession is \$20 on sale at the Box Office or at Tickethost.com.au. Doors open at 1pm.

- Dorothy Evans, Publicity, Bowraville Theatre

## "NEPAL AT THE HALL - amazing result of fundraiser at the Missabotti Hall"

*"Namaste" and a very big THANK YOU for the support and generosity of all the folk from the Nambucca Valley and further afield who helped raise the most worthwhile amount of \$3,000 , dispatched to the destitute women and children of Nepal through the ROKPA organisation.*

*Rokpa is a Nepalese word meaning to serve, or to help and through the combined efforts of many individuals, businesses, locals and visitors from other areas in Australia, we have managed to fulfil this meaning in some small way.*

*There was so much good-will, good work, good music and good food that was conducive to a very productive fundraising atmosphere and light-hearted fun; though never forgetting the disaster and those affected in the Himalayas that we were supporting. Every little bit counts, and certainly the monies raised will enable action to be taken immediately 'where and when' short and long-term help is seriously needed.*

*We'd like to mention by name many who gave their time, generosity and positive energies to this appeal... however, the danger of overlooking/omitting someone or something is too risky.... you know who you are !*

*THANK YOU BEAUTIFUL PEOPLE - we all did it! From Margrit and Diana.*

## Blue Sky Healing

Kinesiology . . .

and more . . .

for you.

**Get well - Get happy**

**35 Bowra Street, Bowraville  
02 6564 7908 or 0400 828 471**

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

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

-/11



Gift Vouchers and  
Hairjam Gift Packs  
available.

Open Tuesdays to Fridays

Saturdays by appointment

Beautician Available Thursdays from 9.00am

Shellac Polish available

Cnr of Belmore and High Streets, Bowraville.

Established Fourteen Years by Kylie Blanch in Bowraville.

Phone: 65647675

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

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## ELECTRICAL SERVICES

Domestic Commercial Industrial Rural



LIC No: EC 38796

*“Contact  
Les or  
Carissa Craggs”*

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

# 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





# 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 ....

## Red Leaves by Paullina Simons

Red Leaves, in New England, USA, is the name of a home for young pregnant girls. Kristina, a 20 year old student attending university nearby, has a part-time job at Red Leaves.

She's tall, beautiful, intelligent and the most talented female basketballer at her uni. Her closest friends Albert, Connie and Jim are from privileged backgrounds and they all spend a lot of time together but their relationships are convoluted. For years they have studied and played together and have dated each other. Jim and Connie used to be an item, now Albert and Connie are together. Jim and Kristina have been together for 3 years but Jim appears cool and distant. Albert and Kristina have always had a very close relationship of which Connie is insanely jealous and insecure.

On campus, the naked body of Kristina is found frozen in a bank of snow where she has lain for some days. Why have her boyfriend and other two best friends not reported her missing?

Her death is a mystery. Her friends all appear to have secrets, from each other as well as the police.

Detective Spence O'Malley had met and been instantly attracted to Kristina the day before her death, even asking her for a date. His investigation uncovers a series of dark truths and threatens his own mental health and his job.

Lots of twists and turns in this one.

## The five people you meet in heaven by Mitch Albom

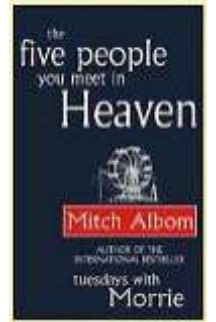


We all know we shouldn't judge a book by its cover but I can't help warning you that the cover of this book won't inspire you to pick it up let alone read the blurb on the back cover!

Having said that, it was a very interesting, enjoyable read – mostly because it is quite different to the main stream novel. There's no predicting what is going to happen (which I so enjoy!) and the chapters and characters connect together in interesting ways.

It's a short novel about Eddie, who on his 83<sup>rd</sup> birthday dies while trying to save a young girl in a tragic accident. He wakes up in the afterlife where he discovers heaven is not what he thought it would be. It turns out to be a place where your earthly life is explained to you by 5 people who were in it (not 5 you'd expect either). Apparently each of these 5 people had a role to play in the path of your life. Give it a try!

- These books reviewed by BTC Volunteer, Raewyn.



### The Book Nook

Some of our readers will already have noticed the latest addition to the book nook — 2 new book shelves. The larger books have been transferred to this and the rotating book stand now houses only the smaller and middle-sized novels.

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

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

## 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

## Love your Liver - World Hepatitis Day - 28th July

Globally, the impact of hepatitis B and hepatitis C is staggering. The World Health Organisation (WHO) estimates that about 400 million people have chronic viral hepatitis worldwide.

In Australia approximately 218,000 people are living with chronic hepatitis B and more than 226,000 Australians are living with chronic hepatitis C.

Hepatitis means inflammation of the liver – from any cause. Hepatitis C is transmitted via blood to blood contact and unlike other common hepatitis viruses A and B, there is no vaccine available to protect against hepatitis C. Prevention strategies, managing symptoms and reducing the risk of liver damage are critical.

The liver is our largest internal organ – and in some ways, the most complex.

There are many very good reasons why we should look after our liver but generally we do not treat it well. Instead, we constantly put it under stress, with alcohol being one of the worst offenders. Other medicines (including complementary and alternative medicines) and substances also have the potential to cause liver problems.

Love your Liver was launched in 2011 by Hepatitis Australia. It is a 5 year campaign with the long term aim of normalising viral hepatitis and portraying it as a health condition without moralising.

The Love your Liver campaign provides a safe and non-threatening platform to start conversations with the general public about viral hepatitis. Everyone has a liver and therefore potentially has some interest in liver health.

To look after the liver, a healthy diet is a high priority. You should build regular light to moderate exercise into your routine. Alcohol intake should be also limited and if you smoke, talk to your pharmacist for assistance to stop.

Special subsidised antiviral therapy is available under certain criteria for people with confirmed hepatitis C infection. However these medicines are potent with possible interactions and side effects. Talk to your pharmacist about antiviral therapy.

Muscle and joint pain and pain in the area of the liver is frequently a symptom of hepatitis C and the appropriate use of pain relievers needs to be considered. Paracetamol and non-steroidal anti-inflammatory pain relievers can be used (not exceeding the recommended doses and not in advanced liver disease). Heat packs and massage are also effective non-pharmacological options. Skin moisturisers, lubricating eye drops and saliva substitutes are also helpful to relieve the dryness caused by hepatitis C and you can find all of these products in pharmacies.

As we approach World Hepatitis Day on 28 July consider what changes you can make to improve the health of your liver. Your local pharmacy is your health destination and you can get more advice about hepatitis B and C from pharmacies delivering the Pharmaceutical Society of Australia's Self Care health information. Your Self Care pharmacy provides Fact Cards for *Alcohol*, *Staying a Non Smoker* and *Weight and Health*. Additionally, many pharmacies also offer services to assist people with quitting smoking and losing weight.



**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

JULY 2015



## Join a Lions Club near you and make a difference.

Interested in volunteering as a member or serving in a board vacancy in the not-for-profit sector?

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



One more member gives us **two more hands** to do service in our community, at home and internationally

Benefits of being a member include fellowship, good times, meeting people, building lasting friendships, service to the community, learning new skills, leadership and personal development.

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

## 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.



## Australian Lions Children's Mobility Foundation

"Walk with Pride"  
Australia, Papua New Guinea, Norfolk Island

## LIONS HEARING DOGS

The 2016 calendars are now available through the Mad Hatters Tea Garden at a cost of \$10 each.

Purchasing one of these calendars helps towards the training costs of the Hearing Dogs.



Our recruit was

latest "Fizz"

sourced from the Animal Welfare League SA and we think has all the right attributes to become a great Lions Hearing Dog.

## 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

## Winter . . . a great time to work in the garden

Winter is upon us and while it may seem easier to curl up on the couch with a cup of tea and a good book, it is the perfect time to get amongst it in the patch so don the boots and get to it . . .

- Time to plant some winter crops – think about some leeks, rocket, beetroot, celery, lettuce (oak leaf), broccoli, cabbage, carrots, cauliflower, onions, kale, kohlrabi, spinach and silverbeet.

- Pop in some coriander and chamomile... perfect for warming winter curries and cups of tea!

- Stick in some spuds - home grown is easy and incredibly rewarding. And don't forget about sweet potatoes, they are easy to grow and great to eat!

- There are a load of fruity favourites ready to go in including kiwifruits and figs! Remember that kiwi fruits need to cross pollinate so ensure you pick up one of each sex so that they can cross pollinate.

- Nuts, such as pecan, can also be planted. Beautiful trees in their own right, these nuts are number one in the garden!

- A seaweed tea or any low environmental impact liquid fertiliser is perfect for giving plants a kick start as they establish. Apply to the soil early in the morning and in the concentrations mentioned on the packet. Don't forget to give the fruit trees a bit of a feed as well.

- Much needed at this time of year is a bit of colour. Marigolds, lupins, pansies, violas, phlox, verbena and lavender (non-invasive varieties of course!). Popping these in around your veggies will give some colour and interest to the patch and act as beneficial insect attractors!

- Consider a green manure crop to add some life and love to an overworked patch. At this time of year try

millet, oats, lupins or field peas. This will improve your soil incredibly and, as a bit of forward planning, you'll find it well worth the effort!

- Water smarter at this time of year. Water first thing in the morning and instead of quickie irrigation, a nice, deep drink a couple of times a week is far more beneficial! Always check soil moisture before watering at this time of year....don't waste your precious drinking water if Mother Nature has already done all the hard work for you!



- Top up mulch on your veggie patches, herb gardens and ornamental beds, especially important for weed suppression at this time of year. A hot tip is to mulch after watering, to a depth of about 7cm. Keep mulch clear of plant stems especially young seedlings. Choose sustainable, low environmental impact mulch, one that will enrich your soil as it breaks down. Also look for one that has done the least amount of travel to get to you.

- Weeding is still needed at this time of year. Most plant growth has slowed down though so it will not have to happen as often. But it also means that it is also a time of year to try and remove as many competitors as possible before the weather starts warming up again.

-<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**

**World Rally Championship 2015**



The WRC is coming back and they love the Nambucca Valley tracks so there will be a lot more action in our area this year.

Businesses in Bowraville are invited to join in a competition for the best dressed windows and shop fronts.

All participants who enter the competition will go into the draw for a \$4000 tropical cruise as well and also receive a free WRC special stage pass! Entry forms and kits will be available from the Bowraville Technology Centre shortly.



Well here is your chance for fame and glory! Get a team together and start practicing now for Saturday 12th September when the World Rally comes to Bowraville. There will be a tyre changing competition and some great prizes presented by one of the top WRC drivers. More details and entry forms in next month's community newsletter

**Bin It**

Take pride in our town and keep it litter free. Let us make Bowraville a truly tidy town for our visitors .



**How can you help?**

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

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



**No Butts!**

*Heavy fine* **Bin it in Bowraville**

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

By reporting littering from motor vehicles, you can help raise awareness, reduce clean-up costs and keep NSW clean. Call 131 555

**Next Chamber meeting**

The next meeting of the Bowraville Chamber of Commerce and Industry Inc will be held at 6pm at the Bowraville Ex Services Club in High St on Tuesday 28th July 2015

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





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

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

*"Ngiyaa Nyaaga mangga darrunda bambuurr ngaljarri 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](mailto:admin@miimi.org.au)

Website: [miimi.org.au](http://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](mailto:davidrecklies@bigpond.com)

Owner Operator with 20years experience

"ARctick No. AU26454"

3/11



## 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](mailto:dtrilsbach@hotmail.com)

Dawn 65647646 [dawnkennedy@live.com.au](mailto:dawnkennedy@live.com.au)

WE THANK YOU FOR YOUR  
CONTRIBUTION TO THE  
CELEBRATIONS!



3/3

Like us on Facebook

# AMAN

With

# AVAN

Nambucca Valley

MINI MOVE SPECIALIST

HIRE

A MAN WITH A VAN



6564 8375 or 0458 990 904

5/11

Insured ABN 87 009 289 943

## WHAT'S HAPPENING IN BOWRA

From page 5

screenings see the 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 Lori Wilson on 6564 8256 or Danielle Ryan on 6564 8619.

## Lanterns being created for the next Nambucca River Festival

In the old Petrol Station on High Street in Bowraville something is happening.

The old garage is now the home for all your favourite lanterns (also called light sculptures) from the past two Nambucca River Festivals.

In the same room we are also working towards the next Festival. Claude Teyssier is in his element there and together with Margrit Rickenbach they work about 2-3 days a week in the old garage creating new light sculptures out of bamboo, gauze and paper.

Claude and Margrit are the creative genius behind the hugely popular Nambucca River Festival lanterns. When you see the sky-blue flag proclaiming RIVER FESTIVAL flying out the front then you know Claude and Margrit are hard at work. If you would like to have a look or maybe lend a hand or even learn how to make these special lanterns you will be made very welcome.

The 3rd Nambucca River Festival will be held on Saturday 28th and Sunday 29th November 2015 in River Street, Macksville.



# Bowra Laundromat

Cnr High & Belmore Streets

## NEW Token Operated Washing Machines & Driers.

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



-/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**
- 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!

**To "Peter Out" - Where did that saying come from?**

This phrase originated in the mining camps of North America in the 1840s. It seems very likely that 'peter' is a contraction of saltpetre - the chemical potassium nitrate from which explosives are made.

Gold-miners and silver-miners who used explosives or 'peter' to dislodge the ore would eventually accept that the precious vein of metal had been exhausted and that it was pointless setting off any more explosives . . . Hence the mine was *petered out*.



11/11

**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



# Beautiful Town, Determined People

## Clive Steer - former Technology Centre Volunteer

Clive began volunteering at the Bowra Technology Centre just on 12 months ago and has become a valued member of the team volunteering his time 3 days a week.

If you've interacted with him here at the centre you will have found that he is a quiet, helpful, unassuming man with a quirky sense of humour. But what probably wasn't quite so obvious is that Clive is a very determined man and he has used that determination to find employment.

In his spare moments at the BTC when not helping customers with their technology problems, Clive was continually perusing the internet looking at job vacancies and sending off applications for employment, even if it meant moving for the job . . . and his determination has paid off.

Clive has landed himself (paid) employment in a field he is interested in . . . in a location not too far from home . . . it's full time . . . and he can't stop smiling.

All of us at the BTC wish Clive all the very best, he certainly deserves this break and will be an asset to the company he is joining.

However, Clive's good news is not so good for us at the BTC - we'll need several new volunteers to fill his shoes!

If you would like to learn new skills, experience the latest technology and be part of an interesting and diverse team of volunteers please contact the centre on 6564 7420 or email [admin@bctc.com.au](mailto:admin@bctc.com.au) (volunteering at the BTC is a Centrelink approved activity).

Good luck Clive, it's been great working with you.

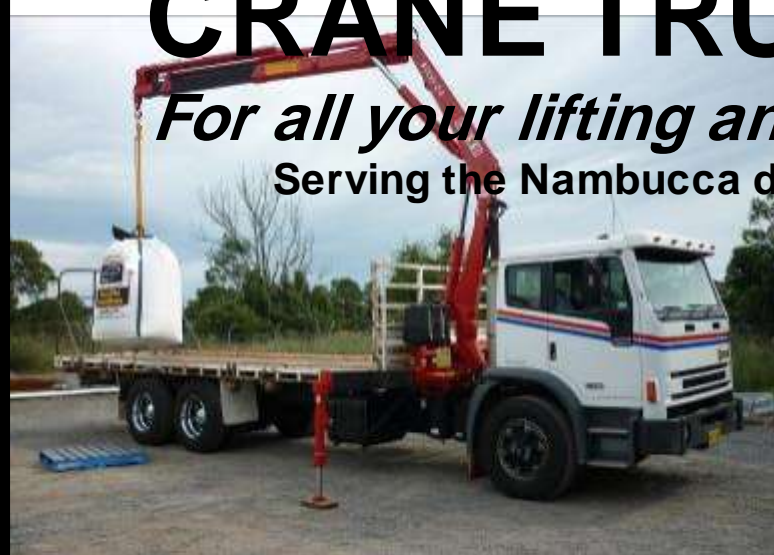
*NB: Clive is now one of several volunteers at the BTC who have gone on to find paid work using the skills learned and honed here at the Technology Centre over the last 10 years.*



## 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**

-/11

# FREE

## INTERRELATE

Provide Services That Strengthen And Support All The Relationships In Your Life, With Yourself, Partner, Family, Children And During Lives Hard Times.

Contact: (02) 6659 4150  
10am - 12pm Mondays

## NEW

## HORIZONS

Aims To Provide Support To Individuals And Communities To Enhance Wellbeing In A Variety Of Areas In Their Life

Contact: (02) 6691 8100  
10am-2pm Tuesdays

## LEGAL AID - FAMILY LAW

Legal Aid Lawyers Will Answer Your Questions On Family, Children And DoCs. Call To Make Appointment

Contact: (02) 6651 7899  
10am- 12pm Wednesdays

## HEALTH CLINIC

Bring In Your Bub Every Wednesday For A Check Up.

No Appointment Needed.

9am-12pm Wednesdays

## FINANCIAL

## COUNSELLING

Provide Support To People Who Are Experiencing Financial Distress.

Contact: 1300 662 540  
10am- 11am Fridays (fortnightly)

## WARRINA

Support Women In Obtaining And Sustaining Housing.

Support For Women And Family Violence.

Contact: (02) 6652 4000  
10am- 2pm Tuesdays (fortnightly)

# FREE

## LEGAL AID - CIVIL LAW

Legal Aid Lawyers Will Answer Your Questions on Debt, Housing, Centrelink and Fines. Appointments Preferred Or Drop in.

Contact: (02) 66551 7899  
10am-12pm Thursdays

## CORRECTIVE

## SERVICES

Aims To Deliver Professional Correctional Services And Programs To Reduce The Risk Of Re-offending.

Contact: (02) 6561 3100  
10am- 12pm Wednesdays

## WESLEY YOUTH

## ACCOMMODATION

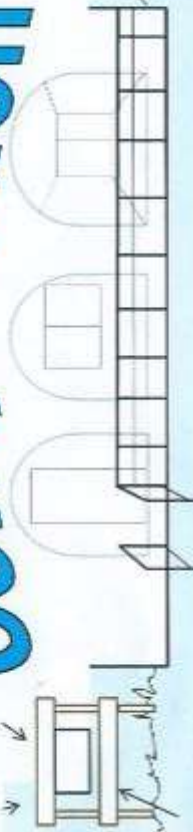
Provide Support To Young People Who Are Homeless Or At Risk Of Becoming Homeless.

Contact: (02) 6652 7124 Or 0427442135  
10am-2pm Tuesdays & Fridays

# Miimi House Art

# Competition

Your design here



Everyone is invited to join in the fun of creating culturally themed artwork. The winning artist will have the opportunity to paint the Miimi House noticeboard and win a \$50 gift voucher. This is a chance to have your artwork seen and appreciated by the Bowraville community and surrounding areas.

### Entry Requirements:

- Be aged between 12-17 years

### How to Enter:

- Submit a personalised design of your artwork on the page provided with name, age and contact information
- Hand entry into school or Miimi House front office
- Entries must be submitted before the 20.7.15
- Entry forms are available at Bowra Central School Office, Miimi house
- Contact: Wade Hunt - 0400 255 823 or (02) 6652 7124
- Vicki Fernance 0429 611822 or 6564 8855

### Ideas Include:

- Language
- Cultural themes
- Bright and Vibrant
- Inspirations



Be in it to win it

90 HIGH STREET, BOWRAVILLE • 02 6564 8855



## JULIE KOVENDY LIVE SHOW

With guests Deebee & Stef Edwards

Where: Nambucca Valley Radio (2NVR)

834 Rodeo Dr, Tewinga **FREE EVENT**

(Between Nambucca and Bowraville)

When: Friday, July the 17<sup>th</sup>

Time: 6-8 pm.

Bring a plate to share, BYO drinks

### Julie Kovendy Live Show

Next Studio 3 Live will be on Friday July 17, 6-8pm, this is a free event with live entertainment and broadcast on 105.9FM or streaming to your device.

July 17's Studio 3 Live 2NVR welcomes the Julie Kovendy Live Show with guest musicians Deebee and Stef Edwards.

Singer/songwriter Julie says "music has always been a big part of my life, whether I'm listening, dancing, writing or performing. My music doesn't reflect one particular genre, rather it is a fusion of several.

Studio 3 Live followers are in for another big show so come along and join us. Bring a plate of food to share and BYO refreshments.

It's all happening at the 2NVR Studios at 834 Rodeo Drive, Tewinga.

If you would like to be involved in the 'Best Little Station in the Nation', contact 6464 7777.

Check out [www.2nvr.org.au](http://www.2nvr.org.au) or follow us on facebook.



[www.juliekovendy.com](http://www.juliekovendy.com)

[jakovendy@hotmail.com](mailto:jakovendy@hotmail.com)

## WANTED

Old bottles  
 \$\$\$ Cash \$\$\$  
 paid by local collectors for  
 old bottles



Phone Greg: 0408 263 701  
 or Mick: 0408 939 863

1/2

## Thinking about downloading Windows 10???

In August the Bowraville Technology Centre will be holding a Windows 10 Download (it's over 3gb!) and Familiarisation Session.

There will be a cost to attend and access the download.

If you would like to attend this session give us a call on

6564 7420

and register your name.

*Date, time and cost yet to be decided.*

## 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 . . .

### Australian Local Hero Awards

Nominations are now open for 2016 Australian of the Year Awards, including the Local Hero Award to "acknowledge extraordinary contributions made by Australians in their local community". Nominations close 3 August 2015.

<http://www.australianoftheyear.gov.au>

### Country of Origin Labelling

The Department of Industry is currently running a survey about country of origin labelling for food. Since this is an important issue in rural communities, you may like to have your say. [http://](http://www.industry.gov.au/industry/IndustrySectors/FoodManufacturingIndustry/Pages/Country-of-Origin-Labelling.aspx)

[www.industry.gov.au/industry/IndustrySectors/FoodManufacturingIndustry/Pages/Country-of-Origin-Labelling.aspx](http://www.industry.gov.au/industry/IndustrySectors/FoodManufacturingIndustry/Pages/Country-of-Origin-Labelling.aspx)

### Parental Controls on Kids' Smartphones

Back in May we mentioned Vodafone's Guardian app and Telstra's Mobile Protect. Kid's Place is another option - a free download for Android. You can read and view at <http://www.ghacks.net/2015/05/26/kids-place-is-a-free-parental-control-application-for-android/>

### Google Cultural Institute

Virtual tours of art, history and wonders from museums, galleries and exhibitions around the world. There are some stunning treasures to explore.

<https://www.google.com/culturalinstitute/u/0/home>

### Internet of Things

It's one of those terms we hear bandied around, that the "internet of things" is going to be a paradigm shift. But what exactly is the internet of things? This infographic explains it nicely. [http://](http://www.informationisbeautiful.net/visualizations/the-internet-of-things-a-primer/)

[www.informationisbeautiful.net/visualizations/the-internet-of-things-a-primer/](http://www.informationisbeautiful.net/visualizations/the-internet-of-things-a-primer/)

Free e-book - the Big Social Media Guide

## LIONS CLUB

SUPPORTING OUR COMMUNITY



**We Serve**

### PRESIDENT

Ann Caldwell  
Mob: 0412 248 044

### SECRETARY

Mark Scott  
Mob: 0428 527 545

Email: bli-  
on34@yahoo.com.au

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

-/11

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# Bowraville Central School News

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## *Sydney Careers excursion*

Twenty students and two teachers from Bowraville Central School went on a Careers excursion to Sydney last week. We had visits to Sydney University, The NSW State Parliament, The Art Gallery, The Marriot Hotel, Sydney Harbour, Sydney Fish Markets, Manly Beach, National Art School, Whitehouse Design, Academy of Interactive Entertainment, and the big Careers Expo at the Sydney Showgrounds. This enabled the students to see the many different study, job and career options that can be found at these different institutions. They also travelled around Sydney using a number of



different public transport options like rail, bus, light rail and ferries. In addition the students had night time visits to see the Vivid Light Festival, the State of Origin and the movies. I believe this trip has been really beneficial to the student's careers development as it has given them a number of new options and opened their eyes to the opportunities that are available outside the district. I especially thank the Bowraville Lions Club for their kind donation that helped to make this trip possible for many of the students. Finally I would like to commend all the students who were immaculately behaved and were a credit to Bowraville Central School and my fellow teacher Di Smith for her assistance on this amazing excursion.

## *Schools Spectacular 2015 Success*

There was much excitement hearing that we will take part in **Schools Spectacular 2015**. This annual performing arts event at the Sydney Entertainment Centre involves hundreds of students and staff from Public Education across NSW. Thousands pack the audience each year and the performance has also become a significant television broadcast.

Congratulations to Shelayna Boorer (Yr 8), and Megan and Sara Johnstone (Yr 10) for being accepted into this prestigious event. Our trio will take their dancing skills to Sydney where I am sure they will both learn much and contribute an enormous amount. Thanks also



to Mr Briggs and Miss McPherson for your time and expertise with the audition application.

*This is another first for Bowraville Central School, where anything is possible.*

## *Athletics Carnival*

Congratulations to all students for making our 2015 Athletics Carnival such a positive day. Participation across all year groups was very high with many students going in every possible event. Thank you also to those parents and community members who were able to join us for this event. The weather was not ideal, but the Bowraville spirit was sparkling. Many thanks to all organising staff for another great collaborative effort.



# Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Winter 2015



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	<b>FM in the AM</b> Dave McCrory 	<b>Dano's Brecky Show</b> Daniel Gosson & Hal The Robot 	<b>Off The Cuff Radio</b> Karl Bishop 	<b>FM in the AM</b> Dave McCrory 	<b>Off The Cuff Radio</b> Karl Bishop 	<b>Rise N Shine</b> Ron Hawkins "Sabasat People" at 7:30 am 	<b>Beam Me Up</b> Scotty 	6 AM
7 AM	A morning music mix to put a spring in your step <b>Classic Hits &amp; Jukebox</b> Paul Rowe Great Rock 'n' Roll 1950s-2010s 	<b>High-paced cacophony to get those feet shufflin'?</b> <b>Global Mosaic</b> Pieter A weekly musical trip through the world 	<b>A fight 'n' breezy breakfast with the Bishop</b> <b>Our Kind of Music</b> Dallas Dent 	A morning music mix to put a spring in your step <b>Under The Stinging Tree</b> Poppa 	Lively breakfast radio with a recipe or two for the weekend <b>Just For You</b> Carola Simmons 	Music, news, and views to kick-start your weekend <b>Sabor Latino</b> Eddie - Tell others to listen online Aussie & World Music from the Latino world Chef to request 	<b>Country Highway</b> Dave Wareing Country music classics to latest releases and comedy 	7 AM
8 AM	<b>Baby Boomers</b> Donna Collins 	<b>Infopinion</b> Richard Lantton 	<b>Easy Listening</b> <b>Jazz Azz I Like It</b> Heather Heywood 	<b>Turning Pages</b> Elizabeth Newman Books, authors and the music that moves them 	<b>Tones of Claressence</b> Claire Watt-Powell 	<b>The Sports Show</b> Dallas and Trickivic 	<b>Classical Corner</b> Nobel Robertson 	8 AM
9 AM	<b>The Weekley Fix</b> Paul Weekley 	<b>Nothin' But The Blues</b> The Cobrel 	<b>A mix of jazz with lotta Oz</b> <b>Rosemary's Alisorts</b> With Rosemary Bateman 	<b>Simmo's Country</b> John Simpson 	All the music you love to hear <b>Soundbite</b> Slavomir Stokan Aussie new and old... 	<b>Maggie's Mix</b> Margaret Duffus 	<b>Dano's Mixed Grill</b> Daniel Gosson A tasty mix of anything and everything to spice up your Sunday arvo 	9 AM
10 AM	<b>The Red Bag Show</b> Patricia Roberts 	<b>Rob's Roving</b> Robbie Handcock Bible reflections, Gospel & Australiana 	<b>The Business</b> Young local voices 	<b>Thursday Country</b> 	<b>Outback Outlaws</b> Paul Rowe 	<b>Two For The Money</b> Paul & Rachel Burns Music, fun & banter 	<b>Jack's Tracks</b> Jack 	10 AM
11 AM	<b>Nambucca Valley Roundup - Ron Hawkins</b>	<b>History Valley</b> Beverly Gibbs 	<b>CJ The DJ</b> Ceri Wirbel 	<b>Nambucca Valley Roundup - Nash Raymond</b>	<b>Jellyfish &amp; Jollyfish</b> Skyze & Nuke 	<b>Phase Out With Faye</b> Faye Aspicitis 	<b>That's A Wrap</b> Dallas, Donna, Trickivic Local sports results and in-depth analysis 	11 AM
Midday	<b>Reggae Mixtape</b> With Fitzroy Music outside the usual 	<b>Nambucca Valley Roundup - Beverly Gibbs</b>	<b>Phillinn</b> With Phil Near Australian Blues and Folk/Rock 	<b>Highway Blues</b> Retro From Janice Joplin to The Backsliders 	<b>Friday Night Rock Show</b> Todd Wills 	<b>Double shots of Aussie music</b> Imagine This & The Antipodean/SF Radio Show 	<b>Booth's Drum</b> With Captain Steve 	Midday
1 PM	<b>In The Mood</b> Elizabeth 	<b>Texas Flood</b> Neil Green The best music of all time, all the time 	<b>Ants Rocks</b> Anthony Ganssey Solid Rock 	<b>Jeff's Junk</b> Jeff Mills 	<b>Overnight</b> BBC Overnight 	<b>Saturday Night Gold</b> Classic 45s from the 50s, 60s & 70s 	<b>Science &amp; Reason</b> With the Jollyfish Free Thought Radio A Week In Science Diffusion Science Radio Lost In Science 	1 PM
2 PM	<b>CRN Overnight</b>	<b>BBC Overnight</b>	<b>CRN Overnight</b>	<b>BBC Overnight</b>	<b>CRN Overnight</b>	<b>CRN Overnight</b>	<b>CRN Overnight</b>	2 PM
3 PM	<b>CRN Overnight</b>	<b>BBC Overnight</b>	<b>CRN Overnight</b>	<b>BBC Overnight</b>	<b>CRN Overnight</b>	<b>CRN Overnight</b>	<b>CRN Overnight</b>	3 PM
4 PM	<b>CRN Overnight</b>	<b>BBC Overnight</b>	<b>CRN Overnight</b>	<b>BBC Overnight</b>	<b>CRN Overnight</b>	<b>CRN Overnight</b>	<b>CRN Overnight</b>	4 PM
5 PM	<b>CRN Overnight</b>	<b>BBC Overnight</b>	<b>CRN Overnight</b>	<b>BBC Overnight</b>	<b>CRN Overnight</b>	<b>CRN Overnight</b>	<b>CRN Overnight</b>	5 PM
6 PM	<b>CRN Overnight</b>	<b>BBC Overnight</b>	<b>CRN Overnight</b>	<b>BBC Overnight</b>	<b>CRN Overnight</b>	<b>CRN Overnight</b>	<b>CRN Overnight</b>	6 PM
7 PM	<b>CRN Overnight</b>	<b>BBC Overnight</b>	<b>CRN Overnight</b>	<b>BBC Overnight</b>	<b>CRN Overnight</b>	<b>CRN Overnight</b>	<b>CRN Overnight</b>	7 PM
8 PM	<b>CRN Overnight</b>	<b>BBC Overnight</b>	<b>CRN Overnight</b>	<b>BBC Overnight</b>	<b>CRN Overnight</b>	<b>CRN Overnight</b>	<b>CRN Overnight</b>	8 PM
9 PM	<b>CRN Overnight</b>	<b>BBC Overnight</b>	<b>CRN Overnight</b>	<b>BBC Overnight</b>	<b>CRN Overnight</b>	<b>CRN Overnight</b>	<b>CRN Overnight</b>	9 PM
10 PM	<b>CRN Overnight</b>	<b>BBC Overnight</b>	<b>CRN Overnight</b>	<b>BBC Overnight</b>	<b>CRN Overnight</b>	<b>CRN Overnight</b>	<b>CRN Overnight</b>	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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**The Best Little Station In The Nation**