

# BOWRAVILLE COMMUNITY NEWS



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



SEPTEMBER 2015 - ISSUE 133

FREE

CIRCULATION 300

POSTCODE 2449

## Get ready to rally Bowraville! WRC, Hot Rods, Vintage and Veteran Cars



**Lions Club of Bowraville Inc**  
**Community Tyre Change Competition**  
**Gold Coin Entry Fee**  
*Heats from 11.30am and throughout the day*  
*Finals from 5pm*

1st Prize Men's and Women's \$100 + Rally Cap  
2nd Prize Men's and Women's \$50 + Rally Cap  
3rd Prize Men's and Women's – Norco Voucher

*A Lions Club Project — proudly supporting our community*  
*Entry open to anyone over the age of 16*  
*Entrants must register and agree to the terms and conditions*  
**Saturday 12th September**  
*Corner of High & Belmore Streets, Bowraville*

**GEOFF KING EASTLAND**



Bowraville Chamber of Commerce and Industry



**Community Billy Cart Competition**



**Friday, 25th September**  
**HIGH STREET EVENTS**  
*Hot Rods ~ Billy Carts ~ Market Stalls*  
*Pop Corn + Fairy Floss*  
**COOK STREET EVENTS**  
*Jumping Castle ~ Miniature Train Rides*

**Coffs Harbour Veteran and Vintage Car Club**  
*Visiting Bowraville on*  
**SUNDAY, 4TH OCTOBER ~ HIGH STREET**



**WRC Cars and Tyre Change Competition — Bowraville**  
**Saturday, September 12th**

**Hot Rods and Billy Cart Races – Friday, September 25th**

**Veteran and Vintage Cars — Sunday, October 4th**

# 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 **OCTOBER 2015**  
issue IS: 5:00PM  
**22nd SEPTEMBER 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 Hospital Auxiliary

At the Annual General Meeting all previous executive members were re-elected. The meeting was followed by a great social event under the guise of 'Christmas in July'. We welcomed hospital executives, our Regional Rep and other visitors; belonging to the UHA is not all about raising money, it's also a time to make new friends. Two of our members will travel to Wagga Wagga for the Annual Conference. Next meeting will be at the home of Secretary, Isabelle Hooper, on Friday 18<sup>th</sup> September, commencing at 1.30pm with afternoon tea to follow. Please note the change of date. Main topic will be organising our Annual Sports Day for 17<sup>th</sup> October, preceded by a week of raffle selling in High Street.

Congratulations to our executive again as they were elected to similar positions for the Macksville Hospital Café Management Committee. Margaret Mottley and Rita Williams are Café Reps. Bowraville UHA held a promotional table about the UHA, in conjunction with a trading table at the recent Garden Gala Day, in the hope of attracting more volunteers to the 3 Valley UHAs.

## Bowraville Garden Club

All members were saddened at the death of long time member Beryl Hillery. Beryl had enjoyed a very pleasant outing with garden club friends on the previous Saturday when we visited Nambucca gardens which included ex local boy Rod Graham's bromeliad garden. September will see us visit Elizabeth Irvine's garden when we will also show our talents at flower arranging. Bring along your own equipment and plants. Colour for the day is red and all competitions and trading table will be held.

The Garden Club meets on the second Saturday of each month, you can contact Barbara on 6564-7039.

## Bowraville Womens' Golf

Women golfers held their Annual Open Day in August with 35 golfers participating. Visitors took out the main trophies but Bowra members featured in the Runner Up and Novelty events. Once again Bowraville cooks excelled and their great reputation continues. Special thanks to Nambucca Plumbing and Steve Byrnes Golf Professional who sponsored the event and to all who helped in any way to make this such a special day. Welcome home to our President who has just returned from her big OS trip. Ideas are already being floated to make our October Hospital Charity Day a similar success.

## 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

*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 ~

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# BOWRAVILLE PHARMACY

31 HIGH ST BOWRAVILLE

PH: 6564 7925

FAX: 6564 7364

Monday to Friday 8.45am - 5.30pm

Saturday 8.45am - 12 noon

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KERRIE SAVINS



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## 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 7.30pm 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

work half a day on Saturday.

We have a large range of furniture, tested electrical 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.



**Kaltuna 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

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### **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

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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

Mon to Thurs 9am – 6pm

Fri 9am – 4pm

Sat by Appointment

Laverty Pathology

Mon to Fri 9am – 1pm

Psychologists by Appt

Physiotherapy by Appt

Proud sponsors of:

*Pilates with Tamara Urquhart*

*Yoga with Gaye Bushell*

*Dancing with Carmen Noble*

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Telcos do not have a good record ACCAN has just released the results of a survey that found that just under half of all telco consumers reported having a problem with their phone or internet provider in the last year. Imagine this statistic applied to any other consumer product! Over a third of those who had a problem complained to their provider and were dissatisfied with the response from the telco but the most revealing statistic is that less than 10% took their complaint further, most of them saying that they didn't think there was any point in doing so. Those are terrible numbers, telcos. <http://accan.org.au/news-items/media-releases/1072-complaint-fatigue-release>

**Telstra Air - a Nationwide Wi-Fi Network**  
They've had a pilot running for a while now, but this week Telstra's network of wifi hotspots officially launches. People with Telstra home broadband can access it free, customers of other networks have to buy a pass. <http://www.lifehacker.com.au/2015/06/telstras-nationwide-wi-fi-network-launches-on-tuesday/>

**Gmail's 'Undo Send' Button**  
Gmail has long offered "Undo send" in its Labs settings. It's a surprisingly useful little setting that gives you up to 30 seconds after you hit send to change your mind, if, for example, you realise you have sent to the wrong person or left out a crucial detail or made a faux pas. It has now graduated from Labs to its General Settings. Just head to Settings > General and scroll down to "Undo Send" to turn it on.

**Women's Money Toolkit**  
One for your bookmarks - ASIC has launched this free online set of tools designed to help women manage their finances. It includes things like parental leave information and superannuation calculators and supporting parent information. <https://www.moneysmart.gov.au/life-events-and-you/>

[women/womens-money-toolkit](#)

**Where is my Email?**

If you're a new computer user confused about where your email actually "is", this is an easy explanation of how email works, for Web-based, PC-based using POP3, and PC-based using IMAP accounts. <https://askleo.com/how-do-i-deal-with-one-email-account-on-two-machines/>

**Windows Reliability Monitor**

Hidden in Windows is a useful little tool called Reliability Monitor. Click the Start button and type "reliability" then select "View reliability history". You will get an interesting little graphic that shows application failures, Windows failures, warnings and information. It's a good place to start if a computer is playing up.

- CTCA Connect Weekly

**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 : Coffs Harbour – 6651 1137, Bellingen - 6655 2666 Nambucca Heads – 6568 3250.

**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



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## SEPTEMBER PROGRAM at the

# BOWRAVILLE THEATRE

**Sunday 20<sup>th</sup> September, 2pm** - The Theatre is delighted to screen 'What we did on our Holiday', a film made in the United Kingdom in 2014 about a family travelling to the Scottish Highlands to celebrate Doug's ailing father's birthday. The father is played by Billy Connolly. Doug, his son, is David Tennant and the wife Abi, played by Rosamund Pike, are not officially together but are doing this for his father, Gordie, who is nearing the end of his life. This is a farce that gets out of hand along the way and also when they finally arrive. It will keep you laughing and engrossed in this muddled family.

Doors Open at 1pm. Entry \$12, Concession \$10 and BAC Members \$8.

**THE FILM SOCIETY presents a DOUBLE FEATURE on Saturday, 26th September**

**At 4.30pm - "Gardening with Soul" (2013) Documentary**

"Gardening with Soul" is a feature length documentary following a year in the garden with 90-year-old Sister Loyola Galvin. Sister Loyola's optimism is infectious and it's fed every day by her love of gardening. Themes of faith, aging and compassion sit alongside the practicalities of community life, issues within the Catholic Church and the importance of good compost in this intimate, funny and moving portrait of a woman approaching the end of her life. *Runtime 1hr 36mins*

**Intermission – BYO Food and drinks to share**

**Then at 7.00pm - " Frida" (2002) Drama Romance**

"Frida" details Kahlo's affluent upbringing in Mexico City and her nurturing relationship with her traditional mother (Patricia Reyes Spindola) and philosophical father (Roger Rees). Having already suffered the crippling effects of polio Kahlo sustains further injuries when a city bus accident nearly ends her life. In her bed-ridden state the young artist produces dozens upon dozens of pieces; when she recovers she presents them to the legendary -- and legendarily temperamental -- Rivera (Alfred Molina) who takes her under his wing as an artist, a political revolutionary and, inevitably, a lover. Frida was directed by Julie Taymor whose Broadway production of "The Lion King" won her international acclaim.

**Sunday 27<sup>th</sup> September at 2pm** - The Bowraville Theatre is proud to present Narelle Evans in her show 'Rockabilly Women' paying tribute to the female pioneers of rock'n'roll. This talented singer will tell the story in music of ladies who, back many years ago, were considered vulgar and obscene. Narelle will be joined on stage by Jack Evans (guitar and vocals) ex Steve Prestwick and Cold Chisel, Chris Perry (Bass and Vocals) ex The Moods and the Jive Bombers and Antero Ceschin on drums, ex the Mighty Reapers. Tickets at the Box Office. Entry \$20 or book online at [www.stickytickets.com.au/25923](http://www.stickytickets.com.au/25923)

**Become a Member of the Film Society**

Reminder . . . your first visit to film society can be as a guest with no charge but do please make a donation for the food share table. The rules of the Film Society then require that you become a member which is \$22 for the whole year. For insurance purposes you are also required to become a member of the Bowraville Arts Council which is \$28 per year. This means that for \$50 per year you can see 12 double feature films. Terrific value!

- Marion Syratt, Publicity, Bowraville Film Society.

**On the last Thursday of every month our delightful Hospitality Students from Bowraville Central School open our Theatre Cafe and serve tea, coffee, snacks and light lunches. They are open for service from 9.30am until 12.30pm. They would love to see you so why not make that your morning break?**

# Blue Sky Healing

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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



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E mail: [letstalkhair3@bigpond.com](mailto:letstalkhair3@bigpond.com)

We can come to you . . . Mobile Hair & Beauty

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# LOCAL MARKET CALENDAR

DAY OF MONTH	LOCATION AND CONTACT DETAILS
2nd & 4th Saturday	Bowraville Country Markets 8am-12:30pm, Bowra Community Centre. Contact: 6564 7670 Macksville Producers Market. Riverbank Park Contact 65683844 Bellingen Organic Produce Markets, Bellingen Showground. Contact: 6655-8720
1st Saturday	Bi-Monthly in even months - Valla Beach Community Markets. Contact Gary 0411 038 654 Dorrigo Showground 8am to 1pm. Contacts: 6657-1424, 6657-1424 or 6657-2243 Kempsey Showground. Contact 0413 335 363 Coffs Harbour Showground. Contact 0422 057 125 Glenreagh Country Markets, Recreation Ground. Contact: 6649-2008
2nd Saturday	South West Rocks – Horseshoe Bay. Contact 0427 788 767 Kempsey Growers Market, Services Club Park. Contact: 6561-5223 or 0407 957 319 Woolgoolga Beach Trust Markets. Beach Reserve. Contact: 6654-1785
3rd Saturday	Bellingen Markets, Playing Fields. Contact: 6655 2151
4th Saturday	Sawtell Community Markets, First Avenue, Sawtell. Contact: 6653-3179
Every Sunday	Coffs Jetty Market – 6652 3813. Harbourside Markets, Coffs Harbour. Contact 0407 661 990
Last Sunday	Bi-Monthly in even months - <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

# BOWRA HOTEL

OPEN 10AM - MIDNIGHT

## BISTRO

LUNCH and DINNER  
Wednesday, 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 ....

## Broken Harbour by Tana French

This novel is a 'whodunit' and in places felt a little drawn out for my liking – the very in-depth conversations between the two detectives felt like too much information but at the same time the to-ing and fro-ing discussions are no doubt a huge part of how cops figure out who did what.

Mick Kennedy is the main Murder Detective. He has a high solve rate, he has a newbie detective, Richie, under his supervision and he is seriously well controlled, portraying confidence and an air of being in charge.

Broken Harbour is home to a new subdivision that has failed dismally – many of the houses haven't been finished and those that have, have many faults. Few of the houses are occupied and the residents of those are not happy. Pat, Jenny and their 2 children own one of the new houses but it appears to have a problem with some sort of animal getting into the attic space. From all accounts they are a happy couple, as in love as they were when they met as teenagers.

Pat and the two children end up dead; Jenny left for dead. Both of the adults have horrendous knife injuries and the house is splattered with blood. The children have been smothered. Whoever murdered them had access to the house.

Detective Kennedy spent his childhood holidays at Broken Harbour with mostly happy memories to show for it. It's a wild beautiful place to him; a lonely, desolate dump to others.

Now he has a horror to deal with and it is taking its toll.

## The Penance Room by Caroline Coffey

I cannot remember the last time I was moved to tears (at

the end) by a novel and I think this is a great story.

The setting is a large, old house in Broken Hill, now a nursing home. The occupants are mostly older foreigners, people who emigrated to Australia a long time ago either as children or as adults but are now living there because they have nowhere else to go or are in need of care. Each struggles with their day to day life because they are troubled by their pasts. The staff, also a mixture of nationalities, have ended up there for a myriad of reasons, all with their own stories to tell.

The house belongs to, and is run by, Emma and her husband and the story is told by their thirteen year old son Christopher. Deaf since childhood, his foot severed in an horrific accident, Christopher notices what others miss. Isolated and ignored, he is obsessed with helping these damaged souls find the peace they crave.

When Steve, a Master's Degree student, comes to hear the life experiences of the aging immigrant population as part of his research, each of the residents has to face their past and their stories are shared and felt by everyone. Christopher is very wrapped up in these stories, keen to understand why the people he cares about suffer as they do. He feels that they will be transformed by their 'confessions'.

But, will delving into the past be more damaging to the already fragile mental states of most of the residents? Will Emma, Christopher and his father wish that Steve had never appeared?

- 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, Westpac + various Credit Unions (not BCU)  
(check with your Bank for charges)

**PAY YOUR BILLS** - Electricity, Phone, Gas, Traffic Fines and more

**COUNTRY LINK** - Book your tickets by phone then pick up here at Bowra Post Office

**DRY CLEANING AGENT** – Drop off and Pick up

Become a V.I.P Customer - Spend \$30 or more in the Giftware (ex Aust Post stock) and receive a free coffee at ...

## The Mad Hatters Tea Garden

Monday-Friday 9am - 5pm ♦ Saturday 9am - 2pm

♦ Sunday 10am - 2pm (closed last Sunday of each month) ♦ Telephone: 6564-7631

Gluten free and Dairy Free Food available

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

MONTHLY MYSTERY GIFT DRAW

2/11

# National Stroke Week 14-20 September 2015

Take the challenge. **Be Aware. Live healthy. Get checked.**

National Stroke Week is about raising awareness to prevent stroke in Australia. The National Stroke Foundation encourages all Australians to:

- Be aware of what stroke is, how to recognise a stroke and what to do
- Live healthy to reduce the risk of stroke
- Get a regular health check

## How do you know if someone is having a stroke? Think... F.A.S.T.

### What are the signs of an impending stroke?

We have an easy way for everyone to recognise the signs of stroke: FAST

- Face – has the person's face drooped?
- Arms – can the person raise both arms?
- Speech – is their speech slurred?
- Time – call 000 immediately.

### How can stroke be prevented?

Eat well, keep a healthy weight, don't smoke, keep blood pressure down, exercise regularly and keep alcohol consumption to a minimum.



### What is a stroke?

- A stroke is the way we describe the blood supply to the brain being suddenly cut off.
- Blood travels to the brain in blood vessels, called arteries.
- This can happen in two ways: Blood can stop moving through the artery when it gets blocked by a clot or when the artery bursts.
- Brain cells can quickly die without the oxygen that the blood supplies.
- This is why it is so important to get to hospital immediately if you think you are having a stroke because it is possible there may be some cells that can survive if you are treated quickly.

### How does it affect people?

- Because the brain controls everything we do - the way we think, move, speak, eat – stroke can leave people with a wide range of physical and cognitive changes and disabilities.
- Some of the effects can include paralysis, speech and swallowing difficulties, problems with memory, hearing and eyesight – it all depends on where in the brain the stroke occurs and how severe it is.

### Who is at risk?

- Men or women – stroke can happen to anyone – it does not discriminate.
- Age group – risk factors increase with age but stroke occurs at all ages.

### What are some of the causes of stroke?

- There are many causes or risk factors, some are controllable and some are less so.
- Some of the causes within our control include high blood pressure, a family history of stroke, being overweight, smoking, high cholesterol, a high intake of alcohol and diabetes
- TIA, or mini-stroke, is also an indicator of a future stroke so it's important to know what it is and seek help immediately.

- National Stroke Foundation [www.strokefoundation.com.au](http://www.strokefoundation.com.au)

**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



coateshire



ROUND 10: FIA WORLD RALLY CHAMPIONSHIP



## Lions Club of Bowraville Inc



### Community Tyre Change Competition Gold Coin Entry Fee

*Heats from 11.30am and throughout the day*

*Finals from 5pm*

**1st Prize Men's and Women's \$100 + Rally Cap**

**2nd Prize Men's and Women's \$50 + Rally Cap**

**3rd Prize Men's and Women's – Norco Voucher**

*A Lions Club Project — proudly supporting our community*

*Entry open to anyone over the age of 16*

*Entrants must register and agree to the terms and conditions*

**Saturday 12th September**

**Corner of High & Belmore Streets, Bowraville**

**GEOFF KING EASTLAND**

# Gardens, Gardening and Gardeners

## 5 Flowers to Plant for Natural Pest Control

Companion planting, a practice used by organic and biodynamic gardeners, is the term given when one plants certain types of plants near each other because they are mutually beneficial. In the case of growing food in a garden plot there are a number of flowers you can plant for natural pest control. Toss out the pesticides (or wait, maybe you should contact the EPA to find out how to properly dispose of that toxic waste) and instead plant some attractive and aromatic flowers. Ah, that's biodynamic gardening for you.

### Borage

*What it is:* This annual produces star-shaped flowers and is wonderful used in herbal teas, tinctures and leafy green recipes.

*What it's good for:* Borage deters cabbage worms and can help all plants increase their disease resistance.

### Chrysanthemums

*What it is:* These popular flowers are common in flower arrangements as they come in a wide spectrum of colors.

*What it's good for:* Chrysanthemums contain a chemical called pyrethrin that's toxic to insects but safe for human and animal consumption. Aside from planting these colorful flowers around your garden bed you can also make a tea from the flowers and use it on root nematodes.

### Clover

*What it is:* This common ground cover grows as grass does, providing a thin, cohesive layer of green over the soil. There are over 300 varieties to choose from but the most popular is marked by small green clovers with tiny pink flowers.

*What it's good for:* Clover has been known to ward off pests completely when used as ground cover in garden beds. Plant it around cabbage to prevent cabbageworm and aphids from taking hold.

### Lavender

*What it is:* Known for its delicate, violet leaves and pleasing aroma, lavender is used in everything from potpourri to tea and baked goods to frosting.

*What it's good for:* Lavender not only repels pests in your garden it also smells (and looks) heavenly. It's used to repel most insects you'd want to keep out of the garden, particularly fleas, moths and mosquitoes.

### Marigolds

*What it is:* Marigolds are a popular garden flower as they are cheap to obtain and contain vibrant yellow/orange hues.

*What it's good for:* Plant the scented varieties of marigolds to deter pests. The French Marigold variety is recommended for keeping whiteflies away from tomatoes and they protect the health of the soil under the plants.

***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 & Community Billy Cart Competition**



**Friday, 25th September**

***Come along dressed up in a 'space theme'  
as your favourite alien***

**High Street events**  
***Hot Rods, Billy Carts, Market stalls***  
***Pop Corn, Fairy Floss***  
**Cook Street events**  
***Jumping Castle, Miniature Train Rides***



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

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

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

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

## MiiMi Information

# SERVICES

### MONDAY

#### INTERRELATE Counseling Services



Contact **Interrelate** for an appointment  
6659 4150 *Everyone is welcome.*

### TUESDAY

New Horizons - 5632 4804  
Wesley Youth Accommodation - 6652 7124

### HEALTH CLINIC

9.30am - 12.30pm

*All Mum's and Bubs Welcome*

#### FAMILY LAW ADVICE

1st & 3rd Wednesday of the Month

10am - 11.30am

*Bookings Preferred 6651 7899*



### LEGAL AID

10am - 12pm

1st and 3rd Thursday of the month

*Bookings Preferred 6651 7899*



Fortnightly Financial Counselling

10am - 11am

*Bookings preferred 1300 662 540*



**MiiMi Aboriginal Corporation**  
90 High Street  
Bowraville

Phone 02 6564 8855  
Email: [admin@miimi.org.au](mailto:admin@miimi.org.au)  
Website: [miimi.org.au](http://miimi.org.au)

1/11

*Desert Power Pty.Ltd trading as*

# Dave Recklies Electrical

3564 North Arm Road, Bowraville

Domestic

Commercial and Industrial

Refrigeration

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0412 742 479 or 02 65644085

[davidrecklies@bigpond.com](mailto:davidrecklies@bigpond.com)

Owner Operator with 20years experience

"ARCTick No. AU26454"

4/11

## 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.*

# 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

6/11

## WHAT'S HAPPENING IN BOWRA

From page 5

screenings see the Theatre program on page 7.

### Gold Coin Donation Class

On Wednesdays from 5pm to 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.



### Notice to all community groups

Please contact the Chamber of Commerce if you plan to hold a street stall or BBQ as there are some new regulations from Nambucca Shire Council that we must comply with. You can register your event at the Bowraville Technology Centre. Any enquiries 0428 527 545.



### Specialising in . . .

- ❖ Ladies and men's cuts
- ❖ Style cuts
- ❖ Colouring
- ❖ Body waves
- ❖ Facial waxing and tinting
- ❖ Body waxing
- ❖ Shellac nails
- ❖ Ear and nose piercing
- ❖ Wedding & Formal hair and make up

*Discounts for seniors*



Shop 5/28 Ridge Street  
Nambucca Heads  
Opposite the Library  
Phone 65 686 146



2/11

# 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



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**



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

**Café**

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



Morning Tea: Coffee & Cake Specials  
Lunch: Sandwiches, Wraps, Burgers, 'Special of the Day'  
Dietician approved choices.

**Catering**

**Menu**

- Sandwich, Wrap or Roll Platter**  
Locally baked bread with selection of fresh fillings
- Hot Savoury Platter**  
Mini pies, sausage rolls, spring rolls
- Scone Platter**  
Sweet - with jam and cream or Savoury
- Cheese Plate**
- Fruit Platter**  
Fresh seasonal fruit
- Sweets**  
Home made slices and cakes
- Other: Roasts, Soups or your choice**  
Orders must be in by noon the day before



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

Supporting us helps us support people with disabilities in the Valley

2/11

**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

**“To be Hoodwinked” - Where did that saying come from?**

Back in the 16th century, "wink" meant to firmly close the eyes, not the brief, jaunty wink we know today. To "hoodwink" someone was to literally blindfold them with a hood, often the sort used by executioners. Hoodwinking was also a tactic of thieves who would throw a hood over their victims' heads before robbing them. This literal sense of "hoodwinking" was joined in the 17th century by the metaphorical sense of "hoodwinking" we use today - to blind someone by trickery or deceit in order to take advantage of them.



2/11

**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



# MEDIA RELEASE

## NAMBUCCA SHIRE COUNCIL

### NAMBUCCA SHIRE CYCLEWAY PLAN REVIEW DRAFT AVAILABLE FOR COMMENT

Nambucca Shire Council has a draft review of its current cycleway plan out for public comment until 18 September 2015. The consultation period has been extended.

The current plan dates from 2010 and Council decided that a five-year review was due given changes associated with the construction of the new Pacific Highway and the growth in cycling for recreation, transport and tourism over the last few years.

Council is keen to hear from the community about what the priorities should be for cycleways, keeping in mind the limited resources available to Council to construct the infrastructure.

It is intended that the adopted plan will set the priorities for funding through developer contributions and grant assistance.

The draft review is available on Council's website at [www.nambucca.nsw.gov.au](http://www.nambucca.nsw.gov.au) under the "Documents on Exhibition" tab.

Submissions should be in writing, either in a letter addressed to the General Manager or via email [council@nambucca.nsw.gov.au](mailto:council@nambucca.nsw.gov.au) and should be submitted by 18 September.

For further information about the review, contact Keith Williams, Manager Technical Services, on 6568 0237 or via email [keith.williams@nambucca.nsw.gov.au](mailto:keith.williams@nambucca.nsw.gov.au)

# CRANE TRUCK HIRE

*For all your lifting and shifting needs*

Serving the Nambucca district and beyond



Call:  
**WAYNE NOBLE**

Telephone:  
**6564 7528**

Mobile:  
**0427 653 312**

**7 DAYS**

1/11

## *Volunteer Blew honoured for his efforts*

Blew Manning has been a tireless worker on behalf of Bowraville's Frank Partridge VC Military Museum for many years and just recently the Member for Cowper, Luke Hartsuyker and the Parliamentary Secretary for Defence, Darren Chester, presented Blew with a Certificate of Appreciation in recognition of his years of service to the museum and to ex-services men and women of the valley.

On acceptance of the Award Blew, who is president of the museum's committee, said the award was in reality for everyone who supported the museum and helped open its doors daily, saying, "I'm just the one who keeps the group together".

The Military Museum is recognised as one of the best military museums in the country and is supported by 150 members with about 20 active volunteers regularly working in the workshops and on the front desk.

Congratulations Blew on an award well deserved.



## *Bowra Newsagency's getting a facelift*



New proprietors Gay Larkin and her son Paul O'Neill are enduring the hammering and painting going on at the moment in their premises, knowing it's turning into reality the ideas and plans they have for their new enterprise.

Gay and Paul have been Bowraville residents for around 5 years and are enthusiastic about their new project.

Call in and say hello to Gay and Paul - you may need to duck around some ladders but hey, this is Bowraville!

## *It's official . . . it's the 'Bowra Dam'*

Council's biggest infrastructure project ever, the off river water storage area just out of Bowraville was completed in October 2014 and the ceremony marking the completion of the dam's construction was held in February this year and was opened by the Deputy Prime Minister, the Hon Warren Truss.

The Bowraville Off River Water Storage facility (as it has always been referred to) has now been officially named 'Bowra Dam'.

Bowra Dam is presently at 30% capacity and waiting for more rain. During filling Council is required to release a percentage of the runoff water from rainfall to Bowra Creek. Once the dam is 60% full all runoff water must be released. The dam is not expected to be completely filled until mid 2016.

When full the dam will make 4,680 megalitres of water available to shire residents and visitors and will insure



*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**

# Beautiful Town, Creative People

## Reborn Artist now in Bowraville

Reborning is the art of repainting a toy doll so it looks like a real baby. This is a hobby enjoyed by men and women all over the world has become an art form and business in its own right. Lovers of this art form are captivated by the realistic look and feel of the dolls which are so lifelike that they can invoke an emotional response for some which is similar to holding a real baby.

It started long ago with someone stripping the paint off a baby doll and repainting the doll to look more realistic. This art form has come a long way with some artists sculpting new soft vinyl kits to paint up. Before any work has been done a doll looks like lifeless plastic but after many hours of delicate work and painting these baby dolls can look so life like, that it is hard to tell that they are not a real baby.



Reborn artist Cynthia Hembling

### How I Reborn a Doll

Each doll is different but it takes between 20 and 40 thin layers of paint with each individual layer being baked in a small oven to set before applying the next layer. This is required to give the dolls their realism and uniqueness, with little capillaries and veins, mottling in their skin, birthmarks and even little scratches that babies will do to themselves especially on photo days. Then comes layers of a special sealing coat (my secret) which I do to give the skin little pores.

Once the painting is completed it's time to give the doll some hair. I use high quality mohair because it is a natural fibre which has the fine feel and look of baby hair and it is available in the same natural colours as human hair. The mohair is put in one strand at a time with a felting needle as are the eyelashes and brows. Dolls can be asleep (eyes shut) or awake (eyes open). Awake dolls require realistic eyes (glass or plastic) to be inserted into the eye socket. Magnets are also set inside the doll to hold in place dummies or hair clips etc. Once completed the inside of the doll is sealed using waterproof glue.

The doll is now assembled with high quality fill and is weighted with glass beads to give a realistic feel to the doll, also inside is a powder scented pack to give the doll that new baby smell.

A good quality doll can take up to a month to complete and dolls can be tailor made with eye colour, hair colour and skin tones being requested by the purchaser.

All my dolls are sold with the following items.

Name Bracelet - 2 baby dummies - 2 sets of gender appropriate clothes and suitable baby nappies - Birth certificate with name date, time and weight - care instructions - and if a girl, hair bows.

**Check out Cynthia's work on her Facebook page at REBORN ARTIST CYNTHIA HEMBLING**



*From Cynthia Hembling's Baby Album . . .  
her Reborn dolls are so lifelike you expect them to wake up and give you a sleepy smile.*

# Healthy Eating Program



Dr Guard's Surgery 6564-7555

Fruit and Veggie Box \$20 (Miles Fruit Barn)

Meat Pack \$30 (Dangerous Dan's)

Free 2 Litre Milk with any order (Woolworths)



## FREE DELIVERY

1. Put money in the provided envelope with your order, Name and Address and Contact Number.  
(Envelopes available at surgery reception)
2. Give the envelope to reception by close of business on Tuesdays for delivery after lunch.
3. Wait for your delicious goodies to arrive.
4. Smile because you have made a healthy choice.

**NO MONEY - NO GOODIES**

*Any enquiries  
just give us a call on 6564-7555*

## MEDIA RELEASE

NAMBUCCA SHIRE COUNCIL

### CELEBRATE BIKE WEEK NSW on Sunday, 20th September

For the second year in a row Nambucca Shire Council is joining with Nambucca Plaza and local bike riding groups to host a cycling celebration on Sunday, 20th September with guided bike rides and other activities.

Supported by NSW Bike Week, the Nambucca Heads Bike Week event will include local cycling group volunteers conducting bike safety checks and prizes awarded for the best decorated bikes.

NSW Bike Week is an annual celebration of cycling, encouraging people from all walks of life to get on a bike and ride – for health, for transport, for fun. Information on bike rides in the local area and other cycling information will be available.

The event starts at 9.30am Sunday, 20th September at the Plaza Shopping Centre car park with bike safety checks. All bike riders must have helmets and ride-worthy bikes.

The best-decorated bike parade takes place at 9.45am with prizes donated by local businesses.

Rides will begin shortly after with three planned rides in the immediate area, including to Kingsworth Estate and back, through Kingsworth Estate and back through the forest at Jacks Ridge, and farther afield along Nambucca Heads' cycleways.

More information on these rides will be available on the day.

To find more information go to Council's website [www.nambucca.nsw.gov.au](http://www.nambucca.nsw.gov.au)

Children under 14 years of age must be accompanied by an adult.

For more information on the event, contact Michael Coulter on 6568 0200.



## And the Beat Goes On at 2NVR



2NVR 105.9fm, Nambucca Valley Radio is keen to announce the next artist for 'Studio 3 Live' on Friday 18<sup>th</sup> September, 6-8pm. If Country is what you like then you are going to love this: Country music singer/songwriter **Neil Douglas** (pictured below), will be entertaining 2NVR listeners and studio audience at 834 Rodeo Drive, Tewinga. Neil was born in Mildura, lives in Queensland but has strong family connections to Bowraville where he has a great support base. Adam Harvey encouraged Neil to record an album after hearing him busking at Tamworth. Neil was a Tamworth Star Maker finalist and has plenty of live shows under his belt and fancy buckle. So, get yourself down to the 2NVR studios for another great night of free entertainment; BYO refreshments and some nibblies to share, it's gonna be a hoe down! Or listen live on 105.9fm or streaming via [www.2nvr.org.au](http://www.2nvr.org.au)

2NVR would like to make a big welcome to our new Presenters: **Rob Davidson**, Tuesday 4-6pm 'Flash Back' 60's-80's Rock & Country - **Carola Simmons**, Wednesday 2-4pm, 'Just For You' easy listening & All that Jazz - **Rachel Burns**, Wednesday 4-5pm assists young local voices on 'The Business' - **Rachel & Paul Burns**, Saturday 4-6pm, 'Two for the Money' music, fun & banter - **Faye Aspiotis**, Saturday 6-8pm, 'Phase Out with Faye' Double Shots of Aussie Music. Faye has also kindly stepped in as the 2NVR Treasurer.

There are many ways to be involved in Community Radio - as a Presenter, working on Production, we always need more Tech Heads, administration, general maintenance and gardening; there are numerous aspects to running a radio station. Contact: Ceri Wrobel on 0458 772 096 to join the 2NVR team.





# Lions Club of Bowraville Inc



## **Peace Poster Contest – “Share Peace”** This is the theme of the **2015 -2016 International Peace Poster Contest**

Local students between the age of 11-13 are invited to visually depict their interpretation of the contest’s theme through a variety of mediums including charcoal, crayon, pencil and paint.

*Each poster is judged on originality, artistic merit and expression of the theme.*

Winning Posters advance through several judging levels; local, regional, national and international.

At the international level, judges will select one grand prize winner and 23 merit award winners.

*One international grand prize winner will receive a trip to an award ceremony where he/she will receive US\$5,000 and an award.*

Two family members and a Lions Club member will accompany the winner to the award ceremony.

**23 Merit Award winners will each receive US\$500 and a Certificate of Achievement.**

***Drop into the Bowra Pharmacy or to the Bowraville Technology Centre for entry forms or for more information***



Making our communities a better place to live, work and grow.

Our Sponsors





**If you are a young person and will be between the ages of 15 and 19 years of age as at 30th June, 2016, then you are eligible to enter Lions Youth of the Year.**

Through entering the program, which is now in its 50th year, you will have an unequalled opportunity to experience an interview situation in a friendly atmosphere and a chance to practice your public speaking skills.

### **Prizes / Awards**

*Prizes will be awarded to contestants at all levels throughout the Youth of the Year. Lions Australia will award all National Finalists, including the National winner, an organised group tour to a Lions International Youth Camp at Rotorua, New Zealand followed by a group tour to the National Winner's home state, a total of 16 days' duration during the summer holidays.*

*Each state winner will also receive \$500 spending money.*

**The National Winner will receive an overseas trip to a destination of choice to the value of \$4,000 plus \$1,000 spending money.**

**The Public Speaking Winner will receive a trip to a destination of choice to the value of \$2,000 plus \$500 spending money.**

Certificates of Recognition are awarded at all levels of judging for the overall heat winner and the public speaking winner.

***Drop into the Bowra Pharmacy or to the Bowraville Technology Centre for entry forms or for more information***



Proudly sponsored by



## 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

### Faith Link Groups

Wednesday Evenings  
Mixed at 7.00pm

Thursday Mornings  
Ladies at 10.00am

### Ministry Training School

*Enquiries and applications are invited  
for the commencement of the  
Ministry Training School for 2016.*

**For any further enquiries**  
please feel free to contact me  
using the information below.

Pastor: Rev. Tom Fairhall

Address of Church & Office:  
48 High Street  
Bowraville 2449

Phone: 02 6564-8656  
Mob: 0428 682 870

email: bhffc2012@gmail.com



## Tech talk . . .

Will the new site-blocking anti-piracy laws have collateral damage?

Independent and Greens senators voted against it, primarily on the grounds that it would not achieve the desired purpose and could have unintended consequences. A couple of good discussions of the new legislation can be accessed at <http://www.lifehacker.com.au/2015/06/why-blocking-torrent-sites-wont-curb-piracy/> and <http://www.smh.com.au/digital-life/digital-life-news/australian-senate-passes-controversial-antipiracy-websiteblocking-laws-20150622-ghuorh.html>.

Google will remove sexually explicit images from search results

The statement from Google says "So going forward, we'll honour requests from people to remove nude or sexually explicit images shared without their consent from Google Search results." A web form will be made available to request removal. <http://googlepublicpolicy.blogspot.com.au/2015/06/revenge-porn-and-search.html>

Windows 10 specs - how low can you go?

System requirements for Windows 10 are surprisingly low - you may be able to run it on computers with 1GB of memory 1GB on a 32-bit system and 2GB on a 64-bit system and a 1.66GHz processor. <http://www.techrepublic.com/article/windows-10-on-an-old-pc-when-it-comes-to-specs-how-low-can-you-go/>

Junkware Removal Tool

The task of removing toolbars or software that have been inadvertently installed is a fraught one. Malwarebytes has just bought Junkware Removal Tool with the intention of integrating it into its own software. Meantime, it is still available as a free download from <http://www.fosshub.com/Junkware-Removal-Tool.html>

- CTCA Connect Weekly

## LIONS CLUB

SUPPORTING OUR COMMUNITY



**We Serve**

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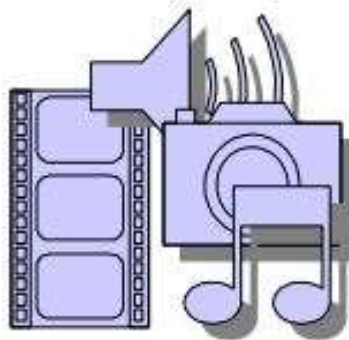


Sunday Expression Sessions  
 at Bowraville Rec Club from 4pm  
 2nd and 4th Sundays of the month  
 Starting 9th August



Children, Adults, Groups, Individuals  
 (Children MUST be accompanied by an adult)  
 Jugglers, Magicians, Singers, Musicians, Dancers,  
 Poets, Comedians are all welcome!

P.A., computer,  
 mics, mic and  
 music stands,  
 karaoke DVDs  
 will all be there.



Please call: Sue  
 0427 414616  
 or Kerry  
 0404 887 473 for  
 any enquiries.

You can bring your own backing music on flash  
 drive/USB stick or bring your own instrument.  
 There will be some instruments available for use.



**For individuals wanting to be recognized as individuals and not as just one of the many**

**Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Spring 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> The Far Maiden joins The Bishop	<b>FM in the AM</b> Dave McCrory	<b>Off The Cuff Radio</b> Karl Bishop	<b>FM in the AM</b> Dave McCrory	<b>Beam Me Up</b> Scotty	6 AM
7 AM	<b>Classic Hits &amp; Jukebox</b> Paul Rowe Great Rock 'n' Roll 1950s-2010s	<b>Global Mosaic</b> Pietzer A weekly musical trip through the world	<b>Our Kind of Music</b> Dallas Dent	<b>Under The Singing Tree</b> Poppa	<b>Talk Of The Town</b> Ceri Wrobel See what's going down! All things local	<b>Sabor Latino</b> Eddie - Tell others to listen online Aussie & World Music from the Latino world Chat 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 Laxton	<b>Easy Listening</b>	<b>Turning Pages</b> Elizabeth Newman Books, authors and the music that moves them	<b>Tones of Clairssense</b> Claire Watt-Powell	<b>The Sports Show</b> Dallas and Trickvic	<b>Classical Corner</b> Music from the past 1000 years. Alternate weekly with The Lively Arts Music & spoken word from film, TV, theatre & radio Noel Robertson	8 AM
9 AM	<b>The Weekly Fix</b> Paul Weekley	<b>The Phoenix Crew</b> Selected music & madness	<b>Jazz Azz I Like It</b> Heather Heywood	<b>Simmo's Country</b> John Simpson	<b>Outback Outlaws</b> Paul Rowe Old and new country music	<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>Drive Home</b> Scotty	<b>Rob's Roving</b> Robbie Handcock Bible reflections, Gospel & Australiana	<b>Just For You</b> Carola Simmons	<b>Thursdays Country</b>	<b>Funked Up Friday</b> with Skyzie Get you some goodness.	<b>Soundbite</b> Slavomir Sockan Aussie new and old...	<b>Jack's Tracks</b> Jack	10 AM
11 AM	<b>Nambucca Valley Roundup</b> Ron Hawkins	<b>Flashback</b> Rob Davidson '60s to '80s Rock and Country	<b>The Business</b> Young local voices	<b>Thursdays Country</b>	<b>Rhino On The Radio</b>	<b>Two For The Money</b> Paul & Rachel Burris Music, fun & banter	<b>That's A Wrap</b> Dallas, Donna, Trickvic Local sports results and in-depth analysis	11 AM
Noon	<b>Reggae Mixtape</b> With Fitzroy Music outside the usual	<b>Texas Flood</b> Neil Green The best music of all time, all the time	<b>CJ The DJ</b> Ceri Wrobel	<b>Highway Blues</b> Retro When Only The BEST BLUES Will Do	<b>The Friday Night Rock Show</b> Todd Wills	<b>Phase Out With Faye</b> Faye Aspicis Double shots of Aussie music	<b>Booth's Drum</b> With Captain Steve	Noon
1 PM	<b>Juggling Mondays</b> Juggler's choice Music mix	Till 11:00pm	<b>Ants Rocks</b> Anthony Garmsey Solid Rock	<b>Jeff's Junk</b> Jeff Mills	<b>The Friday Night Rock Show</b> Todd Wills	<b>Saturday Night Gold</b> Classic 45s with Allan Quinn 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. CRN overnight	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".  
 National news and weather is broadcast each weekday at 7am, 8am, 9am, Noon, 6pm, and 7pm  
 Tewing studio and office: 02 6564 7777 email: admin@2nvr.org.au