

BOWRAVILLE COMMUNITY NEWS



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



OCTOBER 2015 - ISSUE 134

FREE

CIRCULATION 300

POSTCODE 2449



Pictures by BTC volunteer Lachlan

Reminder

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



BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 300 COPIES

Newsletter is also available online at:
www.bowraville.nsw.au/bowraville-newsletter

NEW 2015/16 ADVERTISING CHARGES:

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Half page (or 1 column)	\$18 issue/\$180 year
Full page (or back cover)	\$25 issue/\$250 year

DEADLINE for copy for
the **NOVEMBER 2015**
issue IS: 5:00PM
27TH OCTOBER 2015

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

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

BOWRAVILLE TECHNOLOGY CENTRE

39 High Street, Bowraville NSW 2449

Telephone: 6564 7420

Facsimile: 6564 7520

e-mail: admin@bctc.com.au

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Bowraville Technology Centre

Open 9.30am to 4.00pm Weekdays

Internet Services

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

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

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

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

Full day - up to 8 hours \$40.00.

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

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39 High St, Bowraville Ph. 02 6564 7420

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Missabotti Hall turns 90

You are invited to celebrate the Missabotti Hall's 90th ANNIVERSARY on Sunday 4th October between 10am and 3pm. *"It will be a day to remember!"*

Reminisce with past and present displays, old and new friends and indulge in our delicious country cafe and lunchtime BBQ. Enjoy the music, entertainment, raffles and have some jolly old fashioned FUN!

Welcome and see how good the Hall and the gardens are looking at the age of 90!!

Bowra Recreation Club News

Heading the bulletin . . . from 2pm to 7pm on the 2nd and 4th Sundays there will be live entertainment at the club showing the talents of Sue Smoothery but all are invited to come along with instrument, voice or your special talent to showcase.

On Saturday 17th the Annual Hospital Charity Sports Day will be held when bowlers and golfers will show their support for the hospital. Women's Golf once more suffered a wet Thursday so that the completion of Club Championships were abandoned - Evelyn Usher, gross, and Moira Welch, net, were leading the field. Pennants 4 will be held on Monday 19th October. Men's Saturday Golf is seeing some great scores on the board. Causing a lot of interest is the latest novelty comp of nailing the longest putt on the 4th and 13th green. We are pleased to see a few women regularly turning up for the Saturday Comp. Women Bowlers held their special big day on 30th September. Thursday sees the bowling green in action with occasional bowls on Saturdays. 27th October will see the greens crowded when the Classic Triples are programmed. What a wonderful Sports Ground Bowraville has but it is sorely under-used. There is a cliché . . . Use it or you Lose it!

Bowraville Garden Club

With some members hemmed in by the World Rally,

sickness etc we cancelled the September meeting. Not to be daunted though, some travelled to Bellingen for their Plant Fair. As the Bellingen Rose Farm is having an Open Charity Day on our next meeting day we have made that our venue for the day. We will have a short meeting but no competitions for the day then a tour around Bello and lunch at one of the cafes.

Bowraville United Hospital Auxiliary (UHA)

Treasurer Dee Hunter, as the Community Health Rep, was invited to the Macksville Hospital meeting where Health Minister Jillian Skinner and Cowper member Melinda Pavey were present. The new hospital is still in the planning stages as both members reiterated that as the government wanted the best outcome this was not being hurried but it is hoped to be finished by 2019. Bowraville's next fund raiser is the Annual Golf and Bowls Charity Sports Day but we hope the whole community will support our trading table and raffles in the preceding week when we will be in High Street. The Recreation Club is joint sponsor of this event but we are still looking for a partner. Donations over \$2 are tax deductible. With local fund raising and hospital café proceeds we have asked the hospital for their latest 'wish list' so we will advertise our decisions at this fund raiser. Two of our members will be travelling to Wagga Wagga for the Annual Conference. If you would like to become part of this great volunteer team contact President Betty Allen 6564-4027 or Secretary Isabelle Hooper 6564-7179. Meetings are every second month. We have a band of dedicated volunteers who provide a wonderful service at the Café and some of our members man the hospital trolley. We also have quiet members who show their support in other ways.

Friday Friendship

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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Saturday 8.45am - 12 noon

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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

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, would be appreciated to cover refreshments, printing and craft supplies. Surplus monies will be donated to a local cause.

Located at: 35 Bowra Street, Bowraville. Contact: 6564 7908 or 0400 828 471.

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

Continued on Page 15

BOWRAVILLE HEALTHCARE CENTRE

Dr Edwina Guard MBChB BSc FRACGP

29a High Street Bowraville

Ph: 6564 7555 Fax: 6564 7505

email: edwinaguard@yahoo.com.au

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Contact Michele on 0429 858 334

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'enableme' - New online tool for NSW stroke survivors

One for your bookmarks - enable is a site designed for stroke survivors, combining accessibility features for vision, communication and mobility issues, and information, advice, support and connection for stroke survivors, carers and families. <https://enableme.org.au/>

NBN Satellite to launch 1 October

The first of the two NBN new satellites is due to launch 1st October. Connections to it won't be available till early next year, but speeds of 25mbps will be very welcome for rural subscribers currently chugging along at dial up speeds. <http://www.smh.com.au/technology/technology-news/nbns-sky-muster-satellite-gets-launch-date-20150813-giy5ec.html>

Windows 10 Guides

There are lots of guides and tips for Windows 10 starting to come out now. MakeUseOf has prepared a list of some good ones. <http://www.makeuseof.com/tag/free-windows-10-ebooks-information-material-prepare-upgrade/>

Microsoft Fix It - Slow running computer

This is a free tool that you download from Microsoft Support and run. It will automatically diagnose and look for things that might be slowing down or disrupting your computer's performance - things like power saver settings, multiple anti-virus programs running, unnecessary programs running at startup, not enough hard drive space, too many programs running in the background, data corruption or missing Windows updates or outdated drivers.

It's a good automated checklist of the "low hanging fruit" in making a computer run better. <https://support2.microsoft.com/kb/3064207/en-us?sd=rss&spid=16796>

Streaming services - get the full story

If you wonder why your internet slows right down at peak times, here's the reason - 2 million Australians now subscribe to streaming services for movies, TV, etc. This report tells you all about the options, prices, cautions and popularity. Just so we in rural NSW can know what we're missing. <http://www.itwire.com/your-it-news/entertainment/69095-omg-acma-says-2-million-aussies-have-svod-in-great-new-report>

- from CTCA Connect Weekly

Thinking about downloading Windows 10?

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

Cost is \$10 to attend the session and from \$20 to download it to your laptop.

Sessions will be held on Monday and Thursday mornings from 10.30am.

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 4-6pm

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POOL TABLE \$1 per game



2/11

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OCTOBER PROGRAM at the

BOWRAVILLE THEATRE

Saturday, 3rd October at 7.30pm - We will be presenting a Drag Show *'The Best of Both Worlds'* starring the fabulous Coco Canal, Cara Van Park, Charlotte the Harlot and Miss Kiwi Fruit Loop. Hosted by the Lovely Lola (aka Noel Robertson) the Performance will commence at 8pm, the Cafe will be open beforehand. Entry is \$25. Tickets can be purchased from Hello World Travel, Nambucca, or Harriet's Provisions, Macksville.

After the Show follow the girls up the street to Grant's Hall and enjoy a *'Hot Tropical Nights'* Dance Party with DJ James Kerr. Prizes for best dressed table and best costume.

BYO Everything. Tickets \$20. Phone Bowraville Theatre 6564-7808 or Rocky 0448 725 82 for further information.

Saturday, 10th October at 7pm - The Theatre will screen the film *'AMY'* the sad and true story of Amy Winehouse who was so talented and unfortunately died at such a young age. Doors will open at 6pm and entry is \$12, concession \$10 and BAC Members \$8. Come along and enjoy a complimentary tea or coffee before the show.

Sunday, 11th October at 2pm - The Theatre will again be screening *'AMY'*. Do come along and listen to the music which she loved writing and producing for her many fans the world over.

Doors will open at 1pm. Entry is \$12, concession \$10, BAC members \$8 and a family of four (2x2) \$25.

Complimentary tea or coffee is available in the Cafe to enjoy before the show begins.

Sunday, 18th October at 2pm - We are delighted to screen *'Last Cab to Darwin'*. This delightful Australian film has captured everyone's imagination with superb acting and wonderful scenes of the centre of Australia you may never get see. Save this date. Box Office opens at 1pm. Complimentary tea and coffee available.

Entry is \$12, concession \$10, BAC members \$8 and a Family of Four (2x2) \$25.

- Dorothy Evans

Bowraville Film Society for October:

~~Reminder that 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 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!~~

24th October at 4.30pm - DOUBLE FEATURE . . . "Cabaret"

A great opportunity to get dressed up to suit the occasion!

The intertwining of entertainment with social history marked a new step forward for the movie musical. Michael York plays a British writer who comes to Berlin in the early 1930s in hope of becoming a teacher. He makes the acquaintance of flamboyant American entertainer Sally Bowles, played by Liza Minnelli.

Sally works at the Kit Kat Klub, a George Grosz-like Berlin cabaret, where each night the smirking, androgynous Master of Ceremonies (Joel Grey) introduces a jazz-driven "girlie show" to his debauched audience.

Intermission – BYO Food and drinks to share

Followed at 7.00pm by a French film . . . to be advised

- Marion Syratt, Publicity, Bowraville Film Society.

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2/11



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LOCAL MARKET CALENDAR

DAY OF MONTH	LOCATION AND CONTACT DETAILS
2nd & 4th Saturday	Bowraville Country Markets 8am-12:30pm, Bowra Community Centre. Contact: 6564 7670 Macksville Producers Market. Riverbank Park Contact 65683844 Bellingen Organic Produce Markets, Bellingen Showground. Contact: 6655-8720
1st Saturday	Bi-Monthly in even months - Valla Beach Community Markets. Contact Gary 0411 038 654 Dorrigo Showground 8am to 1pm. Contacts: 6657-1424, 6657-1424 or 6657-2243 Kempsey Showground. Contact 0413 335 363 Coffs Harbour Showground. Contact 0422 057 125 Glenreagh Country Markets, Recreation Ground. Contact: 6649-2008
2nd Saturday	South West Rocks – Horseshoe Bay. Contact 0427 788 767 Kempsey Growers Market, Services Club Park. Contact: 6561-5223 or 0407 957 319 Woolgoolga Beach Trust Markets. Beach Reserve. Contact: 6654-1785
3rd Saturday	Bellingen Markets, Playing Fields. Contact: 6655 2151
4th Saturday	Sawtell Community Markets, First Avenue, Sawtell. Contact: 6653-3179
Every Sunday	Coffs Jetty Market – 6652 3813. Harbourside Markets, Coffs Harbour. Contact 0407 661 990
Last Sunday	Bi-Monthly in even months - Eungai's Unkya Reserve, Pacific H'way Eungai. Contact: 6569-7814
1st Sunday	Coffs Harbour Lions Club Car Boot Markets, Jetty Foreshore. Contact 0417 704 588 Port Macquarie Art Markets Maritime Museum. Contact Necia 0401 526 936 Hub and Pub Market, Taylors Arm Pub, 9am-1.00pm. Contact: 6564-2040
2nd Sunday	Plaza Market, Pacific Highway Nambucca Heads. Contact: 6568-6221



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Call Thomas – 0400 9500 01

1/11

BOWRA HOTEL

OPEN 10AM - MIDNIGHT

BISTRO
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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

2/11



BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

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

The Rosie Project by Graeme Simsion

Don Tillman, a 39 year old professor of genetics, is the narrator. He's tall, employed and obviously intelligent, so (in his own words) "Logically I should be attractive to a wide range of women". However, he has absolutely no social skills and friendships are rare – he has exactly two – Gene, his colleague at a Melbourne university and Gene's wife Claudia, a psychologist.

Simsion uses Don, an undiagnosed Asperger's type, to explore how a grown autistic man might approach a romantic relationship. Gene and Claudia try to help Don find a partner but given that he has no understanding of dating norms all his attempts result in negative experiences as they have in the past. Don hits on the idea of "The Wife Project" and designs a detailed questionnaire that filters out unpromising candidates: women who are unpunctual, overweight, vegetarian; who drink or smoke or have STDs.

Then he meets Rosie, who although beautiful and intelligent, fails on almost every score (except BMI and, one hopes, the STD criterion) thus appearing as an unpromising candidate. When Rosie enlists Don's genetic expertise to help find her natural father, otherwise known as The Father Project, the two are thrown into an entertaining series of events and occasionally life-threatening situations.

You can't help but feel for Don as he battles to understand and empathise with other humans. His beliefs and perceptions are challenged and he learns some unexpected things about himself, others and life. This is a



very enjoyable read.

The Night Listener - Armistead Maupin

Warning: This novel contains language, phrases and descriptions of behaviour that may offend some people.

Gabriel Noone is a writer whose audience is late night radio listeners. Over the years, his tales have taken him into the homes of millions. Noone is in the middle of a painful separation from his lover of ten years when a publisher sends him proofs of a remarkable book: the memoir of a sickly thirteen years old boy who suffered horrific sexual abuse at the hands of his parents.

The young lad, Pete, currently lives with his adoptive mother, Donna. He is also a huge fan of Noone's late night radio show. It is not long after Gabriel phones Pete, to offer encouragement through his illness, that Pete starts to treat Gabriel like the father he never had. Thus begins an unusual friendship that only grows deeper with time.

Outwardly Pete is a tough little character with "a mouth" on him. He is, sadly, mature beyond his years in a way that he shouldn't be. He is frank and open with Noone – they have conversations not very typical of a thirteen year old boy and middle aged man.

Unexpectedly Noone starts to have reservations about who Pete and Donna really are especially after Donna cancels a trip they had planned for Noone to visit Pete.

Gabriel is a man used to extending the truth, fabricating tales and harbouring illusions. He must face up to all the relationships in his life.

- These books reviewed by BTC Volunteer, Raewyn.

Bowra Post & Collectables

27 High Street, Bowraville ♦ Telephone: 6564-7169

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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

3/11

Keeping Bones Healthy

Looking after our bones is an important part of our health. It is important to be aware of bone health early on in life before diseases such as osteoporosis set in.

Osteoporosis means porous bones. This chronic condition occurs when our bones lose minerals, principally calcium, and the body can't replace the minerals quickly enough to keep the bones healthy. The result is bones becoming fragile and brittle causing them to break and crack more easily. All bones are at risk but the most common fractures occur in the spine, hip and wrist.



According to Osteoporosis Australia (www.osteoporosis.org.au) 7.5 million Australians have low bone density which puts them at risk of a bone fracture with serious, sometimes fatal, consequences. The message from Osteoporosis Australia is to know your bone density and stay fracture free. For more information visit the website www.howdenseareyou.org.au.

The statistics on osteoporosis are frightening. Every 5–6 minutes someone is admitted to an Australian hospital with a fracture as a result of osteoporosis. This is likely to increase to every 3–4 minutes within the next 10 years.

About 50% of people with one fracture due to osteoporosis will have another. The risk of future fractures rises with each new fracture – known as the 'cascade effect'. This 'cascade effect' means that women who have suffered a fracture in their spine are more than four times more likely to have another fracture within the next year compared to women who have never had an osteoporotic fracture. Osteoporosis is most common in postmenopausal women.

The challenge remains in identifying these fractures. Osteoporosis often presents no symptoms until a fracture occurs and often not diagnosed until after a person has experienced their first fracture. It is very important for anyone over 50, who experiences a fracture from a minor bump or fall, to be investigated to check if the fracture was caused by osteoporosis. It is estimated that two-thirds of fractures of the spine are not identified or treated despite the fact they nearly all cause pain. People can mistakenly believe that the symptoms of spine fractures – back pain, height loss or rounding of the spine – are just due to 'old age'.

Fractures can lead to chronic pain, disability, loss of independence and even premature death. Therefore preventing fractures and managing bone health is a priority for our health system.

For patients diagnosed with osteoporosis, loss of bone density may have taken place over many years. It takes time to re-build bone strength. Using the right medicine, in the right way, is critical for bone health.

In Australia medicine to treat osteoporosis has been prescribed for many years. Australians have benefited from the long-term use of osteoporosis medicines to slow bone density loss and reduce the risk of fracture. Your pharmacist is your medicines expert. Talk to your pharmacist if you have any questions or concerns about your medicine for osteoporosis, including dosage (how much), frequency (how often), mode of action (how it works), interactions with other medicines and even food!

Your local pharmacy is your health destination. Your pharmacist is there to provide advice, counselling and professional services along with dispensing prescription medicines and supplying non-prescription medicines. Speaking to your pharmacist about your medicines is a good way to ensure that you continue to get the maximum health benefits, including calcium and vitamin D supplementation, bone density testing and non-pharmacological strategies to reduce the risk or further impact of osteoporosis.

You can get more detailed information about looking after your bones and bone health from the Bowraville Pharmacy, where you can pick up an *Osteoporosis Fact Card*.

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



A BUSY MONTH FOR THE BOWRAVILLE LIONS CLUB

Our fund raising efforts were given a big boost with the World Rally Championship.

Our club did the catering with a BBQ at the Bakers Creek Spectator site on Friday 11th and in Bowraville on Saturday 12th.

We also ran a Tyre Change and it was a lot of fun. Thanks to Eastland Holden for supplying the car and to Rally Australia, Norco and the Ex-Services club for the prizes.



BBQ at Bakers Creek WRC Spectator Site.



Tyre Change competition, Bowraville.

HOT RODS, CAKES, POP CORN AND FAIRY FLOSS

Our new fairy floss and popcorn machines proved very popular with the children on Friday, 25th September when the Hot Rods visited Bowraville.

Our members also baked some delicious cakes and biscuits which were as usual very popular with our locals and visitors to Bowraville.



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 - 0412248044
Secretary: Louise Richards - 0437066963

~ **GARDENING & GARDENS** ~

Reducing the Spread of Weeds

"Garden plants are the biggest source of weeds in this country totalling 70% of Australia's combined agricultural, noxious and natural ecosystem weeds". A recent review of the literature and a survey of seed experts in Australia revealed that the ornamental plant trade and vehicle movement are the major pathways for weed spread. Thus the garden and nursery industry, as well as home gardeners, must take the blame for this problem which results in inhibition or even elimination of native plants and other species in natural areas.

What can gardeners do to avoid this?

When deciding on what plant species to include in your home gardens consider using plants without potential for 'weediness' especially if you live near areas of bushland, coast, rivers or creeks. There are many excellent alternatives to choose from and natural plant and animal communities may benefit from your actions. If you are not sure, visit www.weeds.org.au or <http://www.environment.gov.au/biodiversity/invasive/weeds/>

Strategies to prevent spread

We are often confronted with existing plants with weed potential but we might not want to rip them out especially if they are attractive. And as we look for natural methods of pest control we might want to attract beneficial insects into the garden by planting species that are known weeds in different parts of Australia. However, it is possible to have the benefits without the disadvantages:

- Choose sterile forms of species that set seed
- Consider replacing any environmental weeds in your garden with local plants or exotic plants that are not invasive
- Cut off old flower heads before they form berries or seedpods
- Contain self-seeding plants, such as coriander and fennel to a specific area of the garden
- Restrict the root growth of creeping or suckering species with root barriers i.e. metal sheeting dug 30 cm into the ground
- Grow aggressive creeping species, such as yarrow, in pots which have been lined with 2 layers of shade mesh or geofabric so that stolons and roots cannot escape
- Dispose of garden waste by composting or in the green waste collection
- Put particularly resistant species, such as kikuyu, in sealed plastic bags in the household garbage
- Avoid dumping weeds and prunings on vacant land, in waterways or the bush
- If you see someone dumping garden waste report it to your council
- Avoid transporting seeds or Australian plant material interstate or overseas, where it may become an environmental weed.

- www.sgaonline.org.au - Sustainable Gardening Australia

***Norco Rural
has a full range
of garden supplies
to suit all 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
Glenn, Garry or Paul.
They will be happy to assist you
choose the correct products
for your garden.***

***For the home garden
or big acre farming . . .***

SEEDS

POTTING MIXES

COMPOST

FERTILISERS

**SOIL & WATER
CONDITIONERS**

MULCHES

**ORGANIC GARDENING
SUPPLIES**

Norco Rural carries a large range of products for pasture, cropping, horticulture and gardening applications from a wide variety of well known brands.

51 CARBIN STREET

BOWRAVILLE

6564 8648



Bowraville is buzzing from the recent World Rally Championship, the Drag-Ens Hot Rods Club and the Coffs Harbour Veteran & Vintage Car Club visits to our town.

The weather was warm and sunny for the World Rally when it came to Bowraville on Saturday, 12th September and a good crowd turned out to see the cars. The late afternoon light fit out was popular with the crowd and it was great to see the WRC drivers chatting with the crowd.



The Drag-Ens Hot Rods brought a large crowd into Bowraville on Friday, 25th September and the Billy Cart races were a highlight of the day.



Bowraville Chamber of Commerce and Industry Inc
Email: chamber@bowraville.nsw.au



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

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

“Ngiyaa Nyaaga mangga darrunda bambuurr ngaljarri 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.”

MiMi 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



MiMi Aboriginal Corporation
90 High Street
Bowraville

Phone 02 6564 8855
Email: admin@miimi.org.au
Website: miimi.org.au

2/11

Desert Power Pty.Ltd trading as

Dave Recklies Electrical

3564 North Arm Road, Bowraville

Domestic

Commercial and Industrial



Refrigeration
Air-conditioning
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0412 742 479 or 02 65644085

davidrecklies@bigpond.com

Owner Operator with 20years experience

5/11

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YOU ARE INVITED TO
A DAY IN THE LIFE OF THE
MISSABOTTI HALL

90 years ON - AND still going strong
1925 - 2015

*Welcome to a day of celebration
and reminiscing on*

SUNDAY, 4th OCTOBER 10am to 3pm

CAFÉ ~ BBQ ~ LIGHT REFRESHMENTS ~ MUSIC



AMAN

With

AVAN

Nambucca Valley

MINI MOVE SPECIALIST
HIRE
A MAN WITH A VAN



6564 8375 or 0458 990 904

7/11

Insured ABN 87 009 289 943

WHAT'S HAPPENING IN BOWRA

From page 5

The Bowraville Theatre's Film Society is a sub-group of the Bowraville Arts Council (BAC) and for membership of both the BAC and the Film Society you have the option of viewing 15 foreign and art house films for no further cost. For Film Society screenings see the 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 (02)6564-7224, speak to Camilla on 0438 868 742 or come along to Tallowood School at 220 Bellingen Road, Bowraville.

Bowraville Uniting Church Op Shop.

The congregation at the Bowraville Uniting Church is enjoying our monthly service held at 2pm on the second Sunday of each month. The Op Shop is proving to be very successful and is open daily from Tuesday to Friday (9am-3pm) and again on Saturday morning. As a thanksgiving for the help that has been given to us by both the church folk and the local community we are planning a Special Musical Afternoon to be held from 3.30pm on Friday 16th October.

The band from Nambucca CLC will play and we'll join in singing some of old favourites. This will be followed by an Op Shop fashion parade, cuppa and free sausage sizzle. Both our summer clothing, bric-a

Continued on Page 18



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



3/11

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



2/11

**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
- Solo bin cleaning
- Gutters cleaned
- Driveway cleaning
- Repairs and painting
- Replacing fly screens

no job too big or small



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

P: 02 6564 7677

Café

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



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

Catering

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



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

*Supporting us helps us support people with
disabilities in the Valley*

**Phoenix Gallery
& Treasures**

Bowraville

Money spent in the Valley, stays in the Valley

THE STORE FOR BETTER BARGAINS



By purchasing goods from Phoenix Gallery & Treasures, you are supporting a local charity, getting a bargain and reducing the resources required to satisfy your needs.



Open Monday to Saturday

Phone: 6564 7677



*Supporting us helps us support people with
disabilities in the Nambucca Valley*

311

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!

“Bob’s Your Uncle” - Where did that saying come from?

'Bob's your uncle' is said to derive from the supposed nepotism of England's Lord Robert Cecil, 3rd Marquess of Salisbury, who appointed his favourite nephew, Arthur Balfour, to several political posts in the 1880s. Balfour went on to become Prime Minister after his uncle but his early political appointments were considered inappropriate as he had shown no prior interest in public work. It is unlikely that Arthur Balfour would ever have become a celebrated politician without the patronage of his influential uncle.

The link between an Uncle Bob who was Prime Minister and a 'Bob's your Uncle' passport to a cushy life is easy to make. The fact that the word 'nepotism' derives from 'nephew' makes the link seem all the more relevant.



3/11

**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

2NVR 105.9FM, your Community Radio Station, goes Latin

The 2NVR Outside Broadcast team had a ball at the World Rally in Bowraville. Listeners were kept up to date, as the event unfolded; Presenters interviewed Rally Drivers and various experts and provided music to entertain the Rally goers.



The October Studio 3 Live will get the hips swinging and the toes tapping with seductive, hot rhythms from Latin Ensemble, Fuego, which means FIRE!

The band comprises of El Salvadorian, Marco Antonio Morales on Tenor & Alto Sax, Jenni Willow on Keys, Daniel Sweed on Congas and lead vocalist and Cuban dance expert, Christine Monneron.

Together, they have collaborated on 'Latinizing' some popular old greats as well as playing some traditional Cuban & other Latin music. Come and find your Latin heartbeat!!

Join us for a wonderful evening of music and dance (no experience necessary) on Friday 16th October, 6-8pm, at the 2NVR Studios, 834, Rodeo Drive, Tewinga. BYO drinks and nibbles. 100% FREE or listen on your radio or stream via www.2nvr.org.au



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6564 7528

Mobile:
0427 653 312

7 DAYS

SOIL HEALTH and FERTILITY

with
LUDWIG MUELLER

View the results of soil remineralisation and soil health and productivity improvements on two local properties.

9:30am - 3:00pm.

BYO lunch. Morning tea provided



Wednesday 14th October

Utungan Hall, followed by a visit to Saul's dairy farm

Sunday 18th October

Millbank Hall, followed by a visit to Humphries' beef cattle property

For more information & to book, contact Hastings Landcare **65 864 465**



Building Resilience in our Soils
and Landscapes with funding
support from



Local Land
Services
North Coast

WHAT'S HAPPENING

From page 15

-brac, electrical and furniture shops will be open for your browsing with lots of specials after the fashion parade. Contact Mavis Ward on 6568 2451.

Notice to community groups
Please contact the Chamber of Commerce if you plan to hold a street stall or BBQ as there are regulations from Nambucca Shire Council that must be complied with. Register your event at Bowraville Technology Centre. Enquiries 0428 527 545

Bowraville Playgroup

Bowraville Play-group meets at Bowraville Central School 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. Contact Lori Wilson on 6564 8256 or Danielle Ryan on 6564 8619.

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

Nambucca River Festival Lanterns - Made in Bowra!

The 2015 Nambucca River Festival will be held in Macksville on 28th and 29th of November. This year's festival will see a couple of new ideas merge with the favourites from the first two festivals.

One big change will be the use of the new River Stage, currently being built on the existing jetty in River Street Macksville. The River Stage will be the focus of the festivals musical entertainment but people will be also able to watch the on water entertainment (like the high quality water ski show) from the same viewing point.

Another change this year will be the introduction of a band on the River Stage following the fireworks. This band will play lots of crowd favourites and it is hoped to create a "musical street party" atmosphere.

Central to the Saturday night program is the wonderful light sculpture lanterns created by local artists Claude Teyssier and Margrit Rickenbach with the help of many enthusiastic supporters from the community. The lanterns, which are carried on boats provided free of charge by the Nambucca Heads Offshore Fishing Club members, have become a defining feature of the Nambucca River Festival and 2015 has seen them move into their new home in the old service station in High Street Bowraville.

The old service station is a hive of activity most Tuesdays, Wednesdays and Thursdays from 10am until mid-afternoon with Claude and Margrit working with people from U3A, Phoenix, and Home School creating new light sculptures and renewing favourites from last year. New lanterns include a brolga, whale, sea turtle, flying fish, kangaroo and starfish.

A regular visitor and helper is Uncle Martin Ballangarry who has been a great supporter of the Nambucca River Festival since the start in 2013. Uncle Martin requested the brolga and has put a lot of time into it as this majestic bird comes to life.

The internal lighting of the lanterns is done using a wide range of different types of LED lights expertly wired up by volunteer electrical guru Mac Wilson from Valla. Much of the bamboo needed for constructing the lanterns frames is provided by the Yamstick Farm at Missabotti.

We love visitors so if you are passing please drop in for a chat or to watch these wonderful creatures grow and develop their own unique personality. If you are making a special trip to visit and want to check if there will be someone at the old garage please feel free to call Margrit on 65647067.



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*

DEXTER EXPO

**Saturday 17th & Sunday 18th OCTOBER
Macksville Showground**

All welcome.

The Dexter Expo is designed to give people as wide a view of the many advantages of Dexters as we can and some of the planned activities to date are:

SATURDAY, 17TH OCTOBER

7am Bush Poets Breakfast

Bush poets invited - good prize money. For more information call (02) 6564-8897

Expo opened by Nambucca Shire Mayor Junior Parades, Handlers and Judging

With help of a Dexter trained judge.

Lunch BBQ with Dexter beef.

Lots of information on Dexters with group displays and people to give talk to on the advantages of owning Dexter.

Cutting up a Dexter carcass by a local butcher
showing cuts and uses . . . free tasting with lots of information.

Cheese-making Demonstration DCAI AGM and Workshop

BREED DINNER SATURDAY NIGHT

Excellent guest speaker with overseas experience, Jordan Hoban is a well-known local to Macksville who now works for the DPI as a Meat Science Technical Officer. Jordan will be well worth listening to.

*North Coast Dexter Group invites anyone interested in attending to call
6564-7802 or 6564-8897 to make a booking.*

Bush poets invited - good prize money. For more information call (02) 6564-8897

Junior Handling and Judging

All schools and individuals invited. For more information call 6564-8897.

DEXTER CATTLE AUCTION - STUD & COMMERCIAL DEXTERS

Phone 6564-8897 for more information.

For more information about the Dexter Expo - contact:

Chris Clark: 02 6649-3718 email: Curroo@bigpond.com

Marion and Bryan Watts: 02 6564-8897 June and Kevin Owens 02 6564-7802

Kaye and Michael Clarke: 0400 240 714 / 0456 109 246 / 02 6655-0202

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 2/11

email: bhffc2012@gmail.com



LIONS CLUB

SUPPORTING OUR COMMUNITY



We Serve

PRESIDENT

Ann Caldwell
Mob: 0412 248 044

SECRETARY

Louise Richards
Mob: 0437 755 186

Email: bli-
on34@yahoo.com.au

PO Box 23
Bowraville NSW 2449

2/11

~ TECHNO OVERLOAD ~

Consumer info re Mobile phone repeaters: Mobile phone repeaters or boosters are widely advertised and popular in rural areas not only for mobile phones but also for those relying on mobile broadband in places where it is the only (albeit expensive) option. But boosters and repeaters are illegal, as this post from ACMA explains. <http://www.acma.gov.au/Citizen/Consumer-info/All-about-spectrum/High-risk-devices/mobile-phone-repeaters-information-for-consumers>

Training Resources - Techboomers.com This is currently probably the best tech training site. It is a free educational website that teaches older adults and other inexperienced Internet users with basic computer skills about websites that can help improve their quality of life. It has Internet 101 tutorials for real beginners, and tutorials for all the big web providers - Facebook, Gmail, Amazon, Skype, Instagram, E-bay, TED, Etsy etc - over 40 courses. Tutorials are great for self-paced study. It's paid for by sponsors so courses are free. Check it out. <https://techboomers.com/>
Fraudband!

A scathing opinion piece on IT Wire claims that the current government's version of the NBN will cost as much as Labor's all-fibre version - \$46 to \$56 billion - and be delivered no faster with the full rollout schedule now extended to 2020. Scroll down to the comments to see people who are following the issue weigh in. <http://www.itwire.com/it-industry-news/telecoms-and-nbn/69142-fraudband-coalition-nbn-to-cost-as-much-as-labor%E2%80%99s>

The National Map

The National Map is one for your bookmarks. It is a website for map-based access to spatial data from Australian government agencies. It has a huge amount of data, from Medicare offices to ADSL and Broadband availability. <http://nationalmap.gov.au/>

- from CTCA Connect Weekly

WANTED

Old/used Birthday Cards
(not Christmas) which will be
recycled into new cards
by a very creative craftperson.

Please drop into the BTC
marked: Attention Wendy.

THANK YOU

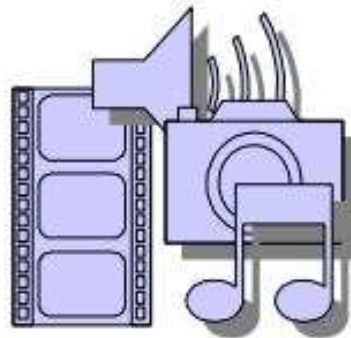


Sunday Expression Sessions
 at Bowraville Rec Club from 4pm
 2nd and 4th Sundays of the month
 Starting 9th August



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	FM in the AM Dave McCrory 	Dano's Brecky Show Daniel Gosson & Hal The Robot 	Off The Cuff Radio The Fair Maiden joins The Bishop 	FM in the AM Dave McCrory 	Off The Cuff Radio Karl Bishop 	FM in the AM Dave McCrory 	Beam Me Up Scotty 	6 AM
7 AM	A morning music mix to put a spring in your step Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll 1950s-2010s	Global Mosaic Pieter A weekly musical trip through the world	Our Kind of Music Dallas Dent 	Under The Singing Tree Poppa 	Talk Of The Town Ceri Wrobel See what's going down! All things local	Sabor Latino Eddie - Tell others to listen online Aussie & World Music from the Latino world Chat to request	Country Highway Dave Weirring Country music classics to latest releases and comedy 	7 AM
8 AM	Baby Boomers Donna Collins 	Infopinion Richard Laxton An eclectic time with Richard	Easy Listening 	Turning Pages Elizabeth Newman Books, authors and the music that moves them	The Sports Show Dallas and Trickivic 	Classical Corner Music from the past 1000 years. Alternates weekly with The Lively Arts 	Country Highway Dave Weirring Country music classics to latest releases and comedy 	8 AM
9 AM	The Weekly Fix Paul Weekley 	The Phoenix Crew Selected music & madness	Jazz Azz I Like It Heather Heywood A mix of jazz with lotza Oz	Simmo's Country John Simpson 	Maggie's Mix Margaret Duffus 	The Lively Arts Music & spoken word from film, TV, theatre & radio Noel Robertson	Country Highway Dave Weirring Country music classics to latest releases and comedy 	9 AM
10 AM	Drive Home Scotty 	Rob's Roving Robbie Handcock Bible reflections, Gospel & Australiana	Just For You Carola Simmons Easy listening & All That Jazz	Soundbite Slavomir Shokan Aussie new and old... 	The Sports Show Dallas and Trickivic 	Classical Corner Music from the past 1000 years. Alternates weekly with The Lively Arts 	Country Highway Dave Weirring Country music classics to latest releases and comedy 	10 AM
11 AM	Drive Home Scotty 	Flashback Rob Davidson '60s to '80s Rock and Country	The Business Young local voices 	Outback Outlaws Paul Rowe Old and new country music	The Sports Show Dallas and Trickivic 	Classical Corner Music from the past 1000 years. Alternates weekly with The Lively Arts 	Country Highway Dave Weirring Country music classics to latest releases and comedy 	11 AM
Noon	Nambucca Valley Roundup Ron Hawkins 	Texas Flood Neil Green The best music of all times, all the time	Nambucca Valley Roundup Nash Raymond 	Rhino On The Radio Switching to Studio 3 from 5pm-8pm on the 3rd Friday of each month for live artists & studio audience	The Sports Show Dallas and Trickivic 	Classical Corner Music from the past 1000 years. Alternates weekly with The Lively Arts 	Country Highway Dave Weirring Country music classics to latest releases and comedy 	Noon
1 PM	Reggae Mixtape With Fitzroy Music outside the usual	Ants Rocks Anthony Gamsey Solid Rock 	Highway Blues Retro When Only The BEST BLUES Will Do	The Friday Night Rock Show Todd Wills 	The Sports Show Dallas and Trickivic 	Classical Corner Music from the past 1000 years. Alternates weekly with The Lively Arts 	Country Highway Dave Weirring Country music classics to latest releases and comedy 	1 PM
2 PM	Juggling Mondays Juggler's choice Music mix CRW Overnight	Music outside the usual	Jeff's Junk Jeff Mills 	59C Overnight	The Sports Show Dallas and Trickivic 	Classical Corner Music from the past 1000 years. Alternates weekly with The Lively Arts 	Country Highway Dave Weirring Country music classics to latest releases and comedy 	2 PM
3 PM	Jack's Tracks Jack 	Ants Rocks Anthony Gamsey Solid Rock 	Music Mr. Continues Overnight	59C Overnight	The Sports Show Dallas and Trickivic 	Classical Corner Music from the past 1000 years. Alternates weekly with The Lively Arts 	Country Highway Dave Weirring Country music classics to latest releases and comedy 	3 PM
4 PM	Jack's Tracks Jack 	Ants Rocks Anthony Gamsey Solid Rock 	Music Mr. Continues Overnight	59C Overnight	The Sports Show Dallas and Trickivic 	Classical Corner Music from the past 1000 years. Alternates weekly with The Lively Arts 	Country Highway Dave Weirring Country music classics to latest releases and comedy 	4 PM
5 PM	Jack's Tracks Jack 	Ants Rocks Anthony Gamsey Solid Rock 	Music Mr. Continues Overnight	59C Overnight	The Sports Show Dallas and Trickivic 	Classical Corner Music from the past 1000 years. Alternates weekly with The Lively Arts 	Country Highway Dave Weirring Country music classics to latest releases and comedy 	5 PM
6 PM	Jack's Tracks Jack 	Ants Rocks Anthony Gamsey Solid Rock 	Music Mr. Continues Overnight	59C Overnight	The Sports Show Dallas and Trickivic 	Classical Corner Music from the past 1000 years. Alternates weekly with The Lively Arts 	Country Highway Dave Weirring Country music classics to latest releases and comedy 	6 PM
7 PM	Jack's Tracks Jack 	Ants Rocks Anthony Gamsey Solid Rock 	Music Mr. Continues Overnight	59C Overnight	The Sports Show Dallas and Trickivic 	Classical Corner Music from the past 1000 years. Alternates weekly with The Lively Arts 	Country Highway Dave Weirring Country music classics to latest releases and comedy 	7 PM
8 PM	Jack's Tracks Jack 	Ants Rocks Anthony Gamsey Solid Rock 	Music Mr. Continues Overnight	59C Overnight	The Sports Show Dallas and Trickivic 	Classical Corner Music from the past 1000 years. Alternates weekly with The Lively Arts 	Country Highway Dave Weirring Country music classics to latest releases and comedy 	8 PM
9 PM	Jack's Tracks Jack 	Ants Rocks Anthony Gamsey Solid Rock 	Music Mr. Continues Overnight	59C Overnight	The Sports Show Dallas and Trickivic 	Classical Corner Music from the past 1000 years. Alternates weekly with The Lively Arts 	Country Highway Dave Weirring Country music classics to latest releases and comedy 	9 PM
10 PM	Jack's Tracks Jack 	Ants Rocks Anthony Gamsey Solid Rock 	Music Mr. Continues Overnight	59C Overnight	The Sports Show Dallas and Trickivic 	Classical Corner Music from the past 1000 years. Alternates weekly with The Lively Arts 	Country Highway Dave Weirring Country music classics to latest releases and comedy 	10 PM

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