

BOWRAVILLE COMMUNITY NEWS



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



NOVEMBER 2015 - ISSUE 135

FREE

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Costa visits Bowra Community Garden



2ND Nov 2015



BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 300 COPIES

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Full page (or back cover)	\$25 issue/\$250 year

DEADLINE for copy for
the **decEMBER 2015**
issue IS: 5:00PM
24TH novEMBER 2015

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

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

BOWRAVILLE TECHNOLOGY CENTRE

39 High Street, Bowraville NSW 2449

Telephone: 6564 7420

Facsimile: 6564 7520

e-mail: admin@bctc.com.au

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Bowraville Technology Centre

Open 9.30am to 4.00pm Weekdays

Internet Services

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

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

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

Facility Hire

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

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Full day up to 8 hours - \$100.00

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

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

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

Full day - up to 8 hours \$40.00.

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

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Bowraville Technology Centre

39 High St, Bowraville Ph. 02 6564 7420

Open 9.30 to 4pm Weekdays

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- Volunteers Welcome*

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

Department of Human Services Bus

Coming to Bowraville
Monday, 23rd November 2015

Bellingen Cup

On 28th November Nambucca River Jockey Club will be hosting the Bellingen Cup at Bowraville Race Course.

Bowraville Theatre

Sunday, 8th November at 2pm

As part of the Coastal Festival the Wilderness Society will present their films 'The Sea and Me' and 'My Saltwater Sanctuary' with Justin Fields speaking about our oceans followed by Lyn Orrego from the Nambucca Valley Conservation Association who will speak about our Forests. The theme of the Festival is Conservation and Sustainability.

Bowra Rec Club

A big thank you goes out to the Recreation Club for their continued support in hosting the Annual Bowraville Hospital Charity Sports Day. The AGM of the Club will be held on Sunday 22nd November at 10.30am. Our under-used sporting facilities are the envy of many communities. The Bowraville Classic, a competition consisting of four sports – golf, bowls, tennis and cricket will be played on 1st November. Organised by the Macksville and District Rugby League Supporters Committee in conjunction with the Recreation Club a percentage of funds raised will go to local charity.

There have been some great scores on the golf course - November will see the women play for the yearly medal and members vie for the honour of their monthly medal. The longest putt competition is also a crowd-pleaser. Women Bowlers held a successful Gala Day and visited Sawtell in October. They would

love to see more turn up at Wednesday Comp for committed and social bowlers, Friday Barefoot or covered Twilight Bowls. Phone the Recreation Club on 65647349 for more information.

Bowraville Garden Club

October saw members travel to Bellingen where we spent a delightful morning admiring gardens at the Rose Patch and coming home with roses, hippeastrums and other plants. We continued on to Bellingen's Community Gardens which looked a little sad after the previous hot weather, then on to a favourite restaurant for lunch. Next month will be local as we visit Myffie's garden and admire her paintings. This will also include our AGM. Meeting commences at 10am. New members are always welcome - contact 65747039.

Bowraville Hospital Auxiliary

Once again we held a successful Sports Day. As mentioned above our heartfelt thanks go to the Recreation Club for being such a generous supporter. As the Rec Club's enthusiastic staff say to all playing members "You never know when you will need the hospital's facilities so please support the Ladies" (that's Bowraville UHA members). Thank you to the members of UHA who manned street stalls during the week. Winners of the raffles were 1st Dawn Hutchenson, 2nd June Trees, 3rd Gino, 4th Gary Towner, 5th Graham Keys and 6th Julie Townsend. The Game of Golf raffle sponsored by the Rec. Club was won by Chris Townsend.

Our next meeting will be on Friday 27th November and we will combine this with our end of year function. All members will be notified of the venue. Our Hospital Café held the final meeting for 2015 and Bowraville UHA, with Café profits and local fund raising, will donate \$13,000 towards the purchase of hospital equipment. Once again we are appealing to

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 ~

3/11

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3/11

Weekly Activities

MONDAY

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

TUESDAY

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

WEDNESDAY

BOWLS, Ladies 10am at Bowraville Recreation Club (6564 7349)
AL-ANON 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 2.00 - 3.00pm

with **Graeme** and

THURSDAYS 10.30 - 11.30am

and **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.

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

the community both men and women to join this team of dedicated volunteers - work at the café and know the satisfaction of providing our hospital with much need equipment. Training is available. Contact the Café Secretary Isabelle on 65647179 or President Betty on 65644027.

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, 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

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.

Gold Coin Donation Class

On Wednesdays from 5pm to 6pm you can enjoy Pilates with Andrew or Tamara (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

Continued on Page 15

BOWRAVILLE HEALTHCARE CENTRE

Dr Edwina Guard MBChB BSc FRACGP

29a High Street Bowraville

Ph: 6564 7555 Fax: 6564 7505

email: edwinaguard@yahoo.com.au

Surgery Hours

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Pilates with Tamara Urquhart

Yoga with Gaye Bushell

Dancing with Carmen Noble

3/11

Australia begins mass data retention under new law

Large amounts of telecommunications metadata must now be kept for two years by Australian telecommunications companies, under a new law which came into effect on 14th October 2015.

It covers data on who called or texted whom and for how long, as well as location, volume of data exchanged, device information and email IP data.

It also makes it much easier for authorities to access the records.

The new law has caused heated debate among Australians - some say the laws - an expansion of existing rules on what data can be retained - are justified, but others have raised concerns about civil liberties or potential flaws in the scheme.



Why was it implemented?

The bill was introduced to the Australian parliament when current Prime Minister Malcolm Turnbull was communications minister. He said then it was "critical" for security agencies and law enforcement, citing investigations into domestic terrorism.

What does it cover?

The government has stressed that the data retained is only "metadata" and does not include the content of calls and messages themselves.

The law also does not require firms to hold onto a web users' browsing history.

The authorities also point out that some of this data was already being retained by telecommunications companies albeit on an ad hoc basis.

Also, while Australian internet services are required to keep detailed records of almost everything about

an email or chat conversation apart from their content, foreign platforms, like Gmail, Hotmail, Facebook and Skype are exempt.

Internal email and telephone networks, such as those operated within companies and universities, are also exempt.

What are the concerns?

Opponents point out that, considered in entirety, such metadata paints a detailed picture of what people are doing even if the content of messages is not included.

- BBC WorldNews

Thinking about downloading Windows 10?

In the coming 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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3/11

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NOVEMBER PROGRAM at the

BOWRAVILLE THEATRE

Sunday, 8th November at 2pm - The Our Living Coast Festival will feature two films 'The Sea and Me' and 'My Saltwater Sanctuary' presented by Justin Field of the Wilderness Society. Lyn Orrego of the Nambucca Valley Conservation Association will then talk about our Forests. The theme of the Festival which is also being shown in Bellingen and Coffs Harbour is Conservation and Sustainability, a very special subject which is relevant to the whole community. Entry is by donation and the Theatre Cafe will be open for Tea, Coffee, and Snacks. Please come along and enjoy this presentation with people who passionately care about looking after our Wonderful Heritage.



Sunday, 15th November at 2pm - The Theatre will be screening 'Ricki and the Flash', a film starring Meryl Streep as Ricki Rendazzo singing in a cover band called The Flash. Ricki has divorced her husband and left her family for her music. Streep gets an urgent call from home and has to return to Indiana because her daughter Mamie Summer (Streep's actual daughter) is in trouble. This is a glimpse into other people's lives but it will also send you home singing.

Doors will open at 1pm. Entry is \$12, Concession \$10, BAC Members \$8 and a Family of 4 (2x2) \$25. Come along and enjoy a complimentary tea or coffee before the show.

Sunday, 29th November at 2pm - The Theatre will screen "A Walk in the Woods"

- Dorothy Evans, Publicity.

Bowraville Film Society

Saturday, 28th November - DOUBLE FEATURE

At 4.30pm - "Death in Venice" (1971) Drama.

Based on a novel by Thomas Mann, 'Death in Venice' stars Dirk Bogarde as a German composer who is terrified that he has lost all vestiges of humanity. While visiting Venice, Bogarde falls in love with a beautiful young boy (Bjorn Andresen). The relationship is ruined by Bogarde's obsession with the boy's youth and physical perfection.

Intermission - BYO Food and drinks to share

At 7pm - "Grand Budapest Hotel" (USA, 2014)

'The Grand Budapest Hotel' recounts the adventures of Gustave H, a legendary concierge at a famous European hotel between the wars, and Zero Moustafa, the lobby boy who becomes his trusted friend. The story involves the theft and recovery of a priceless Renaissance painting and the battle for an enormous family fortune.

Membership of Bowraville Film Society is \$28 per year + \$22 for membership of Bowraville Arts Council.

This gets you 24 films - 12 double features each year for only \$50.

- Marion Syratt, Publicity, Bowraville Film Society.

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3/11

MARKETS CALENDAR

DAY OF MONTH	MARKET LOCATION and TIMES	CONTACT DETAILS
THURSDAY Every Thursday	Coffs Coast Growers Market, City Square, Harbour Dr. from 8am to 2pm	6648 4087
FRIDAY 1 st , 3 rd & 5 th	BELLOPY ORGANIC FARMERS MARKET from 8am to 1.30pm The largest 100% organic market in NSW. Bellingen Showground	0415 525 903
SATURDAYS 1 st Sat (<i>bi-monthly even months</i>)	VALLA BEACH COMMUNITY MARKET from 8am to 1pm	6569 5410
1 st	Kempsey Riverside Markets, Riverside Park from 8am to 1pm	0456 658 979
1 st & 4 th	Marine Rescue Charity Market, Woolgoolga Beach from 8am	6654 0447
2 nd	South West Rocks Market, Horseshoe Bay Reserve from 8am to 12 noon	6562 6671
2 ND & 4 TH	BOWRAVILLE COUNTRY MARKET Bowraville Pioneer Centre from 8am to noon	6564 7670 6564 7419
2 ND & 4 TH	BELLINGEN NATURAL PRODUCE MARKET from 8am to 1pm Bellingen Showground	6655 1279
3 rd	BELLINGEN COUNTRY MARKET , Bellingen Park from 8am to 3pm	6655 2151
4 TH	Gladstone Trash & Treasure Market - 8.30am to Noon	6567 4203
SUNDAYS		
Every Sunday	MACKSVILLE PRODUCERS MARKET , Riverbank Park	6568 3844
Every Sunday	Coffs Harbour Markets, Jetting Shopping Village from 8am to 2pm	6652 3813
Every Sunday	Harbourside Markets, Coffs Jetty Foreshore from 8am to 2pm	0407 661 990
1 st	Coffs Harbour Lions Boot Markets, Coffs Jetty Foreshore 7am to 1pm	0417 704 588
2 nd	Plaza Market, Nambucca Heads Plaza from 8am to 1pm	6568 9655
3 rd	Gladstone Community Market, Memorial Park from 9am to 1pm	0499 155 312
Last Sunday (<i>bi-monthly even months</i>)	FUNKYA @ UNKYA MARKETS from 8am to 2pm Unkya Reserve, Eungai	0425 205 737



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2/11

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

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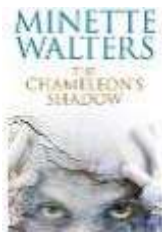
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BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

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 Chameleon's Shadow by Minette Walters



Lieutenant Acland arrives home from Iraq with severe head injuries and permanent facial disfigurement. He's an angry man, suffering from debilitating migraines and an aversion to being touched.

He appears to have incredible self control, rejects medication and prefers to suffer the pain. Underweight and unwell Acland discharges himself from hospital, mostly to get away from his overbearing mother, staff asking questions and an unexpected visit from his ex-girlfriend. He feels guilty about his two mates who died in the same incident that sent him home, prefers to be left alone with his mistrust of everyone and everything and moves to London with the idea of cutting all ties.

After reacting badly to another patron in a pub, Acland attracts the attention of, first, the Doctor part-owner of the pub and secondly, the police who are investigating three murders that appear to have been motivated by extreme rage. With his outbursts of anger, his disappearing acts, his loathing of all women, Acland seems like the perfect candidate for top of the police's list of suspects.

I enjoyed this book. I had empathy for Acland – coping with the traumas in his life would be hard enough but how does one cope with such severe changes in appearance as his facial disfigurement? It makes the reader think about those who return from war not quite as whole as when they left – both mentally and physically.

Minette Walters presents other interesting characters in this novel – twisted personalities, irritating behaviours, unqualified kindness and generosity.....

I was unable to predict the ending of this until very close

to it and even then, although I knew who had committed the murders, there was still an ugly twist to it.

The King of Torts by John Grisham

Oxford definition of "tort" – a wrongful act or a violation of a right (other than under contract) leading to a legal liability.

Clay Carter is a bright, young litigator with the Office of the Public Defender. He reluctantly takes the case of a young man who is charged with murder – a seemingly random street killing that the client cannot explain.

While Clay looks into the background of his client he discovers a conspiracy too ugly and too horrid to believe. He very quickly finds himself in the middle of a complex case against one of the largest pharmaceutical companies in the world.

He is successful and there begins a new life – he is instantly famous in the legal world, he has wealth beyond his wildest dreams, he rubs shoulders with the biggest of the big lawyers, he can afford his own home, he learns the trade of 'torts' and becomes king in this legal niche.

"The King of Torts" is a sort of rags-to-riches story (with a difference) and although not real, could very well be based upon a true incident – this type of thing happens in 'real life' which I found both scary and depressing. Clay is likeable, at least in the beginning, but his behaviour is morally questionable and his new friends and colleagues will really make you wonder about the legal profession. If you don't already have distrustful feelings towards pharmaceutical companies you probably will after reading this novel. Enjoyable, gripping, food for thought.

- 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

3/11

Diabetes & Good Health

10 steps to good health... what you can do

There are 10 positive steps you can take towards managing your diabetes and staying in good health. Some apply to your lifestyle; others are important check-ups which need to be done on a regular basis.



- Step 1** Be well. Stay as physically active in as many ways and as often as you can. Aim for a minimum of 30 minutes every day. Activity can be cumulative eg: 10+10+10 minutes. Why not join a group or a structured program such as water aerobics?
- Step 2** Eat well. Choose a variety of foods low in saturated fat and salt. High fibre foods are also recommended eg: wholegrain breads and cereals, legumes, fruit and vegetables. Eat less food (energy) than you use (burn) to reduce your body weight if you are overweight.
- Step 3** Test your blood glucose levels regularly. Blood glucose levels kept within recommended ranges will lower your risk of many diabetes complications. Between 4–10mmol/L for Type 1 Diabetes and 6–10mmol/L for Type 2 Diabetes are the ideal target ranges. However individual goals will vary depending on your age, other individual circumstances and what your doctor or qualified diabetes educator recommends is right for you.
- Step 4** If you smoke, STOP! Get help if needed. Talk to your doctor, call Quitline on 137 848 or visit the websites www.quit.org.au or www.icanquit.com.au.
- Step 5** If you drink alcohol, do so in moderation.
- Step 6** Keep track of your weight (and 'waist'). If overweight, even small amounts of weight loss can make a big difference to your general health and diabetes management. Ask your doctor or diabetes health team if this applies to you.
- Step 7** Have your doctor arrange for the recommended management and diabetes complication checks: Blood pressure every visit; blood glucose average (HbA1c) 3–6 monthly and cholesterol (lipid profile) and kidneys (microalbumin) every year. Ask your doctor if you have had your cycle of care.
- Step 8** Take care of your feet and look at them daily. Cut nails carefully (your registered podiatrist will show you how) and wear well-fitting supportive shoes. Have your feet checked by a health professional every six months and see a registered podiatrist every 12 months* for a thorough examination.
- Step 9** Have your eyes (retina) checked by an eye specialist or trained optometrist every 1–2 years* to check the blood vessels in the back of your eyes.
- Step 10** Live well and be well.

** Unless otherwise recommended.*



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



Letters to Sants



Once again Santa has enlisted the help of Lion Louise of the Bowraville Lions Club to collect letters to Santa.

A special letter box is set up at Bowra Post and Collectables in High St to ensure speedy delivery of the letters to the North Pole.

Each child who writes a letter will receive a personal letter from Santa.

Please include your address so Santa knows your current location to reply in time for Christmas.

This is a free service and no stamp is required.



A project of the Bowraville Lions club Inc.

LIONS RECYCLE FOR LIFE

You can help improve sight for poor people throughout the world who are in need of spectacles by bringing in your old glasses to the Bowraville Chemist Shop.

The spectacles are sorted and cleaned before being labeled and prepared for dispatch in graded groups.

The program distributes the spectacles at no expense or obligation on the recipient.

PLEASE SAVE YOUR USED STAMPS



The Lions Club of Bowraville is collecting and bundling used stamps which are sold at auction. The proceeds are donated to the Lions Children Mobility Foundation that helps fund the famous Harte walker that allows children with Cerebral Palsy to move around.



Australian Lions Children's Mobility Foundation
"Walk with Pride"
Australia, Papua New Guinea, Norfolk Island

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

Repotting *Cymbidium* Orchids

*Cymbidium*s like to have a pot full of roots so only repot them if the pot splits because of this or if the pot is clearly overcrowded with shoots hanging over the edge of the pot.

Repotting should be carried out during spring after flowering. If you repot at other times of the year you may damage new emerging flowering.



Repotting your *Cymbidium* is also a good chance to make sure your orchid has healthy roots and leaves. Remove the plant from the pot and carefully remove the compost around the roots.

Inspect the roots and cut away any damaged ones. If the mass of roots is too dense and tight you may care to cut through them.

Remove leafless pseudo-bulbs (a pseudo-bulb is a thickening at the base of the stem) and remove pseudo-bulbs with yellow leaves.

Discard pseudo-bulbs with no visible healthy roots.

Only repot into a larger pot if necessary. If you don't have a pot large enough for all of your pseudo-bulbs divide them into more than one pot, placing at least five pseudo-bulbs per pot.

Whatever pot you use, make sure it has plenty of drainage holes as allowing the pot to remain saturated for too long will cause root rot.

Use a firm, moisture-retaining, orchid compost. When topping up with compost the base of the pseudo-bulbs should be at, or just above the compost level.

When finished repotting, water well with an orchid fertiliser.

Caring for Cymbidium Orchids

During spring and summer they can be left in a shady corner of the garden with an occasional splash of water and a monthly liquid feed.

All year round they need humidity. A sprinkling of tepid water over the leaves in the mornings will help to achieve this.

In autumn bring them out into the sunshine as the flower spikes develop. Flower spikes can be supported with a small stake or left to arch over naturally.

Continue feeding fortnightly and enjoy the display as the buds unfurl.

- <http://careforyourorchids.com>

*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

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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

Coffs Veteran and Vintage Car Club pays a Visit

On Sunday, 4th October Bowraville took a step into the past when some beautiful old cars drove into town.

Club members enjoyed a guided walking tour of Bowraville.

Thanks to Jeff Mott for conducting these tours which are proving very popular with our visitors.



Next Chamber meeting

The next meeting of the Bowraville Chamber of Commerce and Industry Inc will be the AGM on

Tuesday, 10th November at 5pm
at the Bowraville Ex Services Club
in High Street.





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
Website: miimi.org.au

3/11

Prepare your PC for Windows 10

You can upgrade to Windows 10 free of charge if your computer is running Windows 7 or 8.1. The upgrade won't work, however, unless you're running the right version of your current operating system (OS). Windows 7 requires the Service Pack 1 (SP1) update. Check if it's installed by going to **Control Panel** → **System and Security** → **System**. Look for Service Pack 1 under the **Windows edition** subheading. If it's missing, connect to the internet, then go to **Control Panel** → **Windows Update** and click **Check for updates** to download. Windows 8 users must upgrade to 8.1 before downloading 10. Check your Windows edition by following the same steps as above for Windows 7 and if you haven't installed 8.1, click the **Store** tile in the **Start Menu** and download the update. Note that these updates are large and may take some time to download.

DON'T FORGET TO BACK UP YOUR PC BEFORE UPGRADING TO Windows 10

- Choice Computers (Nov.)

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HIRE

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8/11

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WHAT'S HAPPENING IN BOWRA

From page 5

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 Bellingin 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. Contact 6568 2451.

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.

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. Enq: 0428 527 545

Want to get your Learner's Permit?

Are you aged between 16 and 30 years? Are you Aboriginal or Torres Strait Islander? Do you want to get your Learner's Permit?

MiiMi Aboriginal Corporation is offering you the opportunity to get your Learner's Permit FREE!! If you have fines with State Debt

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**



4/11

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



3/11

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

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Café

Open Monday to Friday

9:30 am until 2:00 pm or by appointment

Phone: 6564 7677



Morning Tea: Coffee & Cake Special

Lunch: Sandwiches, Wraps, Burgers, 'Special of the Day'

Dietician approved choices

Catering

MENU

Sandwich, Wrap or Roll Platter

Locally baked bread with selection of fresh fillings

Hot Savoury Platter

Mini pies, sausage rolls, spring rolls

Scone Platter

Sweet - with jam and cream or Savoury

Cheese Plate

Fresh seasonal fruit

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

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

“To Double Cross someone” - Where did that saying come from?

Centuries ago, when illiteracy was common and a person was asked to sign a document, they'd do so by inserting an "X" in place of their signature - this was legal. However, the process was often done under pressure (at gunpoint) which meant that the signing party had no intention of honouring the terms of the contract.

Oral lore stated that if a cross was doubled (one written over the other), the first cross was voided thus nullifying the contract. So, to be double crossed was to be duped into a contract or a situation not honoured by the other party.



4/11

FIREWOOD, CHOPPING BLOCKS, KINDLING, LANDSCAPE SUPPLIES

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Pick up or Deliver
Mini Tipper



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

2NVR 105.9fm *Honing our Skills*

Outside Broadcasting (OB) is an exciting element of radio, for the listener and the radio crew. 2NVR has performed many OBs over the years including The World Rally in Bowraville, however, we can always improve on how we do things. 2NVR recently hosted a 2 day workshop on Outside Broadcast training at Tewinga. The course leader was Martin Corben, a former ABC Presenter and trainer. The course was funded by the Community Media Training Organisation, CMTO. Eleven 2NVR Presenters attended including some Presenters who are new to OBs. Skills were gained, friendships were formed, fun was had and inspiration abounded; all the things that you would wish for from a course.

2NVR attended the GT Falcon Show & Shine at Nambucca RSL on 31st October and is now planning an OB at the Nambucca River Festival. If you see the 2NVR crew out and about please swing by and say G'day to your Community Radio Presenters.

On 14th November some of the 2NVR members will attend the Community Broadcasting Association of Australia, CBAA conference and gala dinner in Terrigal where winners will be announced for the national Voxie awards. 2NVR is a finalist again this year as 'Outstanding Small Station'. 2NVR has been a finalist in this category for the past 5 years and we have won it twice so fingers crossed.

The next Studio 3 Live will be a real humdinger when country rock and blues comes to 2NVR in the shape of **Rod Dowsett** on **Friday November 20th**, 6-8pm at 834 Rodeo Drive, Tewinga. Rod is a talented singer/songwriter who entertains with his great sense of storytelling and humour in his song writing, plus his musical ability will keep your toes tapping. After several seasons of working at Kings Canyon, which has given him plenty of inspiration, Rod has bought a block of dirt near Bowraville and is heading home. Come along and enjoy the free entertainment and party atmosphere that is 'Studio 3 Live'. BYO drinks and a plate to share, all ages welcome. Listen live on 2NVR 105.9fm or stream via www.2nvr.org.au Studio phone 02 6564 7777.



Trickivic, Martin Corben (trainer) and Rachel Burns during OB training.



Rod Dowsett

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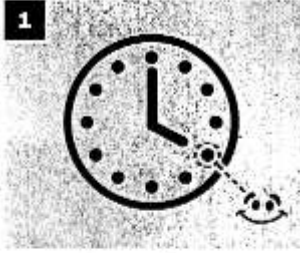
Telephone:
6564 7528

Mobile:
0427 653 312

7 DAYS

3/11

5 Ways to Feel Happier



1 Schedule Fun Activities

In a recent study people who intentionally created conditions in their day that were likely to bring about positive emotions – like gardening or seeing a friend – had more happy feelings and fewer symptoms of depression than those who didn't.



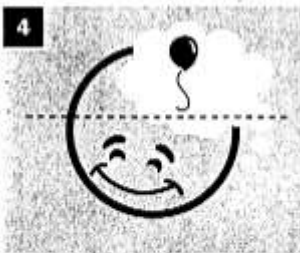
2 Shift your Perspective

When people are primed to think of their time as limited they want to feel serene happiness more than excited happiness. Past research suggests that when people value calm more, they seek out more relaxing activities.



3 Stay Present

In one study which had people listen to classical music, those who were told to try to feel as happy as possible ended up in worse moods than those who simply listened.



4 Lower your Expectations

Expecting big fun often leads to the opposite and that's what researchers found when they polled people before and after New Year's Eve. People who had elaborate plans thought they'd enjoy their night the most but they were in fact the most disappointed afterwards.



5 Savour Great Moments

Appreciate and relive those wonderful moments even after they're over. Research shows that absorbing yourself in a positive experience - 'savouring' – strongly predicts higher levels of happiness.

WHAT'S HAPPENING IN BOWRA

From page 15

Recovery, no worries, as by doing the program you are able to pay off your fines!!

The program, Driving Class L, will run over 4 weeks, 3 days per week. Lunch and all resources will be supplied, including 2 free Driving Lessons with a Driving Instructor.

An information and registration day will be held on Wednesday 4 November at MiiMi House, 90 High Street Bowraville. The program will commence on Monday 16 November at 10 am.

Places are limited so contact Vicki on 6564 8855 or call into MiiMi House and register your interest.

To whom it may concern

*Whoever 'borrowed' the
Technology Centre's
yellow recycle bin, from
out front of the premises,
on Friday morning
8th October . . .*

*Could you please return it?
No questions asked.*

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, Artistic People

Local Bowraville Artist Myffie Coady's next art exhibition
"THROUGH MY EYES"
will be at beautiful Gladstone!



Myffie Coady is an accomplished award winning Bowraville artist and recently won first prize in the Sawtell Annual Art Exhibition mixed media category.

Myffie's exhibition "THROUGH MY EYES" will be held at Macleay Valley Community Art Gallery at 5 Kinchela St Gladstone, from Wednesday 4th November to Sunday 15th November, 10.30am - 4.00pm daily.

The exhibition caps off a very successful and busy year for Myffie with three exhibitions and several commissions - the latest being of a Dexter Bull for the Macksville Dexter Expo! Passionate about the beauty of nature and wildlife, birds and unusual animals feature in many of her paintings.

A lover of the words of Nelson Mandela and Mahatma Ghandi, Myffie often includes their quotes in her popular Raven series paintings which will be on show.

The "THROUGH MY EYES" exhibition will showcase her amazing contemporary acrylic wildlife paintings as well as some pastel landscapes and inkworks. The title of the exhibition references the almost human-like eyes in her paintings.

This is a great opportunity to buy a special Christmas gift and visit the local cafes and shops in the village of Gladstone which is an approximately 40 minute drive from Bowraville. There is a sign post on the highway to Gladstone on your left as you travel south on the Pacific Highway.

Gladstone is becoming well known as an artistic village, is beautifully located on the Macleay River and well worth the drive.

Visit Myffie's exhibition, enjoy a riverside stroll and take in the heritage buildings, history and make some funky finds. You will have a great time exploring the village with its 19 beautifully preserved buildings, art galleries, specialty shops and cafes. There is also a great pub across the road from the riverside park. For those who enjoy boating and fishing there is a boat ramp ready for a great day out on the Macleay River exploring the local waterways.

Myffie can be contacted on 0437302146 email: anjuna@live.com.au Facebook : Myffie Coady Art

~ SCAM ALERT: MOBILE PHONE 'PORTING' ~

What is Mobile Phone Porting Fraud?

As more of us use our smart phones to access our bank accounts and conduct online transactions, fraudsters have been quick to exploit the banks' two stage SMS security mechanism which requires you to authenticate any transfers to an account you have not previously transacted with.

If you have changed your mobile service provider and kept the same number you would also have arranged 'phone porting' to your new supplier.

Fraudsters are increasingly employing mobile phone porting as a sophisticated new means to steal your mobile phone number, then instigate and intercept your bank's online verification code allowing them to transfer your account balance into their own.

Warning sign

Your mobile phone service stops working suddenly or you are notified of a change in provider.

What should you do?

- Immediately call your mobile phone provider to find out why your service is being transferred or is no longer working.

- If your service has been transferred, contact your bank(s) as soon as possible, advise them of this potential porting and have your bank discontinue your on-line SMS authorisation service until the situation has been rectified.

The Scam

Following is an example of how phone porting ID fraud is achieved:

Bob is a small business owner who was alarmed after receiving an unexpected call from his bank on his home phone. The bank's bad news was that his mortgage account had been accessed and \$45,000 stolen by fraudsters. He also learned that his mobile phone and the bank's SMS payment authentication system were used to complete the fraud.

Bob had assumed his money could not be transferred to an account he had not previously transacted with, without first entering the authentication code his bank always sent by SMS to his mobile as a secure way of verifying payments.

SMS verification is a popular form of two stage security authentication which most banks use to verify approval when a customer uses online banking to transfer significant amounts of money to an account that has not previously been transacted with.

When a customer creates a payment transfer to a new account, makes a large payment or purchases something from selected online shopping websites, the bank automatically sends an SMS verification code to the account holder's mobile number. The code is then entered by its recipient into online banking as a way of confirming that it is the bank's actual customer using their online banking service. Foolproof you would think, however, when fraudsters took the \$45,000 from Bob's account, they also had control of his mobile phone.

So how was it done?

In the days leading up to the fraud being committed Bob had received two unusual phone calls. The first was to Bob's office from a caller claiming to be a representative of the Australian Tax Office, simply confirming that Bob still worked at the company. Three days later a second call was received on his home number during the day when Bob was predictably at work. Bob's daughter answered the phone and without thinking twice provided her father's mobile number plus some basic personal information to this second caller who posed as one of Bob's clients trying to confirm arrangements for an urgent job.

The fraudsters used this information to contact Bob's mobile phone provider and request that his phone number be ported to a new device. If your online banking credentials have been compromised, scammers may transfer your phone number to another provider so they can receive security codes sent by your bank.

Now, armed with some basic banking details and Bob's phone number ported to their own mobile, the fraudsters accessed Bob's online banking service and requested that the \$45,000 deposited in his mortgage account be transferred to their own. Bob's bank then automatically sent an SMS verification code to Bob's ported mobile number allowing the fraudsters to simply enter the bank's authentication code as Bob's genuine online transaction confirmation.

Should you continue to use online banking?

We all appreciate the convenience of online banking however it must be stressed that even with the banks' SMS security process as a way to authenticate payments, the system is still reliant on your easily accessible mobile phone number. Therefore, remain vigilant in case your mobile phone service is disconnected suddenly or you are notified of a change of provider; this could signal that your phone number has been fraudulently ported.



9-15
November
2015



What a waste!

Australians are among the highest waste producers in the world. We generate almost 48 million tonnes of rubbish each year – that is about 2.1 tonnes from each of us. 40% of this rubbish is either being dumped in the environment or sent to landfill where it cannot be recycled.

Tonnes of problems

Waste of resources: All waste materials represent an investment of water, energy and natural resources, such as coal, oil or trees. Once waste goes to landfill, virgin material has to be taken from our environment to produce new products.

Loads of benefits

Recycling is the process by which waste materials are diverted from the waste stream, sorted and used to produce new products. Manufacturing new products using recycled materials requires far less energy, water and resources than using virgin materials. To reduce the impact of rubbish on our environment refuse, reuse or recycle a product.

Did you know?

- Every 10 tonnes of recyclable materials recovered is equivalent to taking 4 cars off the road permanently.
- Recycling one tonne of paper and cardboard saves 13 trees and 2.5 barrels of oil.
- Each aluminium can recycled saves enough electricity to run a TV for 3 hours.
- An individual who lets their daily newspaper go to landfill will cause 350 kgs of extra carbon dioxide a year.
- Don't put broken drink ware into your recycling bins. Just 5 grams of glass from drink ware is enough to contaminate an entire ton of recyclable glass.

Keep Plastic Bags Out of Your Recycling Bin

Rigid plastics like soft drink and milk bottles and butter, margarine and ice cream tubs are all easily recycled through the kerbside system. On the other hand, soft (or 'scrunchable') plastics cause significant problems at the recycling station for two reasons: first they contaminate the paper recycling stream; and second, they get caught in the conveyor belts and other machinery that sort the recycling. So equally important is to not wrap your rigid plastics in a bag - but rather use a bucket, box or another easy to transport container that you can take to the recycling bin.



Soft Plastics . . . *Scrunch and Recycle*

Soft plastics means more than just plastic shopping bags, it includes anything from bread bags to pasta packets, biscuit trays and the plastic windows in envelopes. These should never go in your home recycling bin as they can't be processed though most kerbside recycling collections. They are among the most common contaminant items found in Australian bins. It's easy to tell: if you can scrunch it - it's probably soft plastic and best left out of the bin.

You can set up a system in the kitchen that's easy to follow and reminds you to collect the soft plastics you use. One suggestion is to put the plastics straight into your reusable shopping bag so they are ready to go to the shop when you are.

Coles and Woolworths/Safeway Soft Plastic Recycling

This free program is made possible through the **Red Group** which has worked with the major supermarkets Coles and Woolworths/Safeway, the Australian Packaging Covenant and many of Australia's largest food manufacturers who together cover the cost of collecting, transporting and processing the plastic. The program is an extended producer responsibility scheme. The plastic is made into furniture for schools and kindergartens among other things.

What You Can Recycle

Collect all the soft ('scrunchable') plastics that you can't recycle at home including: plastic shopping bags; bread, rice and pasta bags; biscuit packets and trays; frozen food bags; confectionery (lolly) packets; newspaper wrap; bubble wrap; dry cleaning bags and old green (and other re-usable) bags - and drop them into the REDcycle collection bin at Coles and Woolworths/Safeway stores in most metropolitan stores.

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



3/11

~ TECHNO OVERLOAD ~

Where are we really at with NBN?

IT Wire has a really good article that lays out the state of play with NBN, written for people who are not IT professionals but do understand what is at stake. <http://www.itwire.com/governmenttech-news/government-tech-policy/69567-we-shouldn%E2%80%99t-stop-at-already-out-of-date-mtm>

The first NBN satellite is up!

Sky Muster has been launched from Guiana Space Centre in South America. It will provide broadband access to around 200,000 Australian homes and businesses, according to NBN, but not until midway through next year. It's predicted there will be an early improvement in services for rural and regional areas but that if there isn't some form of regulation applied it will quickly reach congestion again. <http://www.abc.net.au/news/2015-10-01/skymuster-launches-amid-concerns-internet-speeds-overpromised/6817998>

Akamai's State of the Internet Report

Akamai does a regular international comparison and in its latest report Australia has dropped another 4 places. It is now ranked 46th globally when it comes to average broadband speeds, behind countries such as South Korea, Hong Kong and Japan but also behind Thailand and New Zealand. It continues a downward trend that's been tracking for more than a decade and that some analysts predict will continue. <https://delimiter.com.au/2015/10/01/australia-will-be-at-bottom-of-broadband-ranking-for-many-years-to-come/>

Towards a Super Connected Australia

This report was commissioned by NBN and investigates the changes to lifestyles - the way people work, shop and access entertainment - that fast broadband will bring. You can download the summary, or the full report at <http://www.nbnco.com.au/corporateinformation/media-centre/media-releases/gennbn-australias-most-connected-generation-unveiled.html>

- from CTCA Connect Weekly

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

3/11



Cacti & Succulents

NURSERY & GARDENS

Bellingen Rd, Bowraville 2449
Mobile: 0459 482 474
Ph: (02) 6564 8591

PRE XMAS SALE

*Give or have something unique in a
recycled container or just a potted plant.*

FLOWERS AVAILABLE

Bowraville Central School News

Farewell Year 12

The Year 12 class of 2015 were guests of honour at the end of Term 3 whole school assembly. The graduating students were fondly farewelled by the Principal, Malcolm McFarlane, who acknowledged the students' unique individuality and told them how proud the school was of them. He wished them well for their final exams and future endeavours.

Year Advisor, Sally McPherson was unable to attend but sent a message of encouragement and praise. Zara Simon and Nesta Walker responded on behalf of Year 12 which was followed by a PowerPoint display compiled by the leaving students. Year 12 left the hall to wonderful applause from staff, fellow students, family and friends. They completed their final week with a breakfast on the last Friday of term and will attend a formal graduation dinner later in November.



Exuberant Year 12 Students — 2015

*Back row L to R: Aidan Noble, Liam Madden, Bryce Sisa, Mackenzie Boorer, Nesta Walker.
Front row L to R: Rebecca Barber, Selina Richards, Aleysha-Jane Whitelaw, Zara Simon, Adrienne West.*



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 McCroly 	Dano's Brecky Show Daniel Gosson & Hal The Robot 	Off The Cuff Radio The Fair Maiden joins The Bishop 	FM in the AM Dave McCroly 	Off The Cuff Radio Karl Bishop 	FM in the AM Dave McCroly 	Beam Me Up Scotty 	6 AM
7 AM	A morning music mix to put a spring in your step	High-paced cacophony to get those feet shufflin'!	Music and conversation with a medieval twist into the now...	A morning music mix to put a spring in your step	The Bishop's top 20 with a recipe or two for the weekend	A morning music mix to put a spring in your step	Sunday Music Mix	7 AM
8 AM	Classic Hits & Jukebox Paul Rowe 	Global Mosaic Pieter 	Our Kind of Music Dallas Dent 	Under The Singing Tree Poppa 	Talk Of The Town Ceri Virebel 	Sabor Latino Eddie - Tell others to listen online Aussie & World Music from the Latino world 	Country Highway Dave Waring Country music classics to latest releases and comedy 	8 AM
9 AM	Great Rock 'n' Roll 1950s-2010s	A weekly musical trip through the world	Easy Listening	Turning Pages Elizabeth Newman Books, authors and the music that moves them 	Tones of Claressense Claire West-Powell 	The Sports Show Dallas and Tricklic 	Classical Corner Music from the past 1000 years. Alternates weekly with The Lively Arts 	9 AM
10 AM	Baby Boomers Donna Collins 	Infopinion Richard Laxton 	Jazz Azz I Like It Heather Heywood 	Simmo's Country John Simpson 	Outback Outlaws Paul Rowe 	Maggie's Mix Margaret Duffus 	The Lively Arts Music & spoken word from film, TV, theatre & radio Noel Robertson	10 AM
11 AM	The Weekly Fix Paul Weekley 	The Phoenix Crew Selected music & madness 	A mix of jazz with extra Oz	Rob's Roving Robbie Handcock Bible reflections, Gospel & Australiana 	Funked Up Friday with Skye Old and new country music 	Soundbite Slovomir Stokan Aussie new and old...	Dano's Mixed Grill Daniel Gosson A tasty mix of anything and everything to spice up your Sunday arvo 	11 AM
Noon	Drive Home Scotty 	Bible reflections, Gospel & Australiana Flashback Rob Davidson 	Easy listening & All That Jazz	The Business Young local voices 	Rhino On The Radio Get you some goodness... 	Two For The Money Paul & Rachel Burns Music, fun & banter 	Jack's Tracks Jack All the tracks with Jack Tune in!	Noon
1 PM	Drive home with a mix from Scotty	'60s to '80s Rock and Country	The Business Young local voices	Thursdays Country at its best 	Rhino On The Radio Get you some goodness...	Two For The Money Paul & Rachel Burns Music, fun & banter	That's A Wrap Dallas, Donna, Trickovic Local sports results and in-depth analysis	1 PM
2 PM	Nambucca Valley Roundup - Ron Hawkins	Nambucca Valley Roundup - The team	Nambucca Valley Roundup - Ceri Virebel	Highway Blues Retro 66 When Only The BEST BLUES Will Do	The Friday Night Rock Show Todd Willis Continues overnight	Phase Out With Faye Faye Aspicis Double shots of Aussie music	Booth's Drum With Captain Steve 	2 PM
3 PM	Reggae Mixtape With Fitzroy Music outside the usual	Texas Flood Neil Green The best music of all time, all the time	Phillinn With Phil Have Australian Blues and Folk/Rock	Jeff's Junk Jeff Mills EBC Overnight	The Friday Night Rock Show Todd Willis Continues overnight	Phase Out With Faye Faye Aspicis Double shots of Aussie music	Science & Reason With The Jollyfish Free Thought Radio, A Week In Science, Diffusion Science Radio, Lost In Science, CRN overnight	3 PM
4 PM	Juggling Mondays Juggler's choice Music mix CRN Overnight	Till 11:00pm	Ants Rocks Anthony Gansley Solid Rock Music Mix Continues Overnight	Jeff's Junk Jeff Mills EBC Overnight	The Friday Night Rock Show Todd Willis Continues overnight	Phase Out With Faye Faye Aspicis Double shots of Aussie music	Science & Reason With The Jollyfish Free Thought Radio, A Week In Science, Diffusion Science Radio, Lost In Science, CRN overnight	4 PM
5 PM	Reggae Mixtape With Fitzroy Music outside the usual	Texas Flood Neil Green The best music of all time, all the time	Phillinn With Phil Have Australian Blues and Folk/Rock	Highway Blues Retro 66 When Only The BEST BLUES Will Do	The Friday Night Rock Show Todd Willis Continues overnight	Phase Out With Faye Faye Aspicis Double shots of Aussie music	Science & Reason With The Jollyfish Free Thought Radio, A Week In Science, Diffusion Science Radio, Lost In Science, CRN overnight	5 PM
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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, 5pm, and 7pm
 Tewinga studio and office: 02 6564 7777 email: admin@2nvr.org.au