

Bowraville Community News



Bowraville Community News is produced by the Bowraville Technology Centre.
39 High Street, Bowraville 2449. Tel: 6564-7420
admin@bctc.com.au www.bowraville.nsw.au



AUGUST 2017 ~ ISSUE #154 FREE CIRCULATION 350 POSTCODE 2449

Bowraville street art straight from the heart



The Bowraville Newsagency now has its own 'technicolour dreaming-coat'.

Local Gumbaynggirr man and professional artist Brentyn Lugnan was tasked by Michelle (Lulu) and Craig Jarrett, from the Roadmaps program, with painting the mural on the outside of the building.

The mural was designed from a Google Maps aerial view of the Nambucca River which has its roots in Bowraville and symbolically represents local family groups and their ancestors.

Street artist Brentyn Lugnan collaborated with up to 30 Bowraville kids to paint a piece that would reflect a sense of place and connection to country.

By involving the kids and teaching them the art of spraying, the organisers are hoping to instill a sense of pride and ownership in their town.

Gay Larkin and Paul O'Neill, owners of the Bowraville Newsagency, are also hoping that this pride translates into wiping out tagging graffiti which is starting to gain traction amongst some of the older kids in the town. Gay and Paul said they envisioned a mural on the shop wall which strongly represented the local culture when they bought the place two years ago.

The mural has already kicked off interest throughout the town for similar murals to be replicated on other businesses' walls.

The project was funded through the valley's Youth Space as part of the recommendations from the Parliamentary Inquiry.

"The distinctly youthful flavour of the project was important for the community of Bowraville to help it progress into the 21st Century and to signal that the future is bright and very colourful for the town of Bowraville. It is moving away from the hurt of the past and bringing Bowraville into a bright future," Lulu said.

The project is a step in the healing process of the town as part of recommendations from 2014 NSW Parliamentary Inquiry.

BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 300 COPIES

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

NEW 2016/17 ADVERTISING CHARGES:

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

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

DEADLINE FOR COPY FOR

THE SEPTEMBER 2017

ISSUE IS: 5:00PM

22nd AUGUST 2017

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

DISCLAIMER

Bowraville Community News reserves the right to alter, omit or change classifications and advertisements —Furthermore, the Bowraville Community News does not endorse or promote products or services contained in the newsletter.

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

Bowraville Technology Centre

Open 9.30am to 4.00pm Weekdays

Internet Services

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

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

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

Facility Hire

Main Computer Room — Up to 8 computers plus trainer's computer or access port for laptop or another PC. Data projector (if required) - connected to trainer's PC. Whiteboard (if required). High speed internet access -14mb ADSL. Full HD TV connected to network.

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

Full day up to 8 hours - \$100.00

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

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

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

Full day - up to 8 hours \$40.00.

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

“Like us on



search for CTCABowra”

Bowraville Technology Centre

39 High St, Bowraville Ph. 02 6564 7420

Open 9.30 to 4pm Weekdays

Email: admin@bctc.com.au

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

Bowraville Theatre Players AGM

The Annual General Meeting of the Bowraville Theatre Players will be held on Saturday, 5th August at 2pm at the Theatre. All interested parties are welcome to attend.

Bowraville Garden Club

Besides our planned July outings we were lucky to also include the South West Rocks markets so one of our members came away with a fur vest to inhibit the cold wind. Perhaps our final away trip for this year will be a visit to Bonville Bromeliads with lunch at a chosen venue. As an extra day outing members visited Rod Graham's Nambucca Heads Garden and the Urunga Walk Way then on to the Bowling Club for lunch. The next three months will see us enjoying members' gardens although a trip to Dorrigo might eventuate. A few cars will be travelling to Bellingen for their Annual Invitation Day and the Rose Patch is having a charity day in October to which some of us hope to visit. Kendall's Invitation Day will also see Bowraville gardeners meeting up with old friends. Contact Barbara 65647039

Bowraville Hospital Auxiliary

Results of our AGM and the first meeting of the newly formed Bowra/Macksville UHA will be in the next edition. Several of our members attended the farewell to Macksville Hospital employee Shirley Lamberth who has been a great help to the three Valley UHA's in her secretarial role. We hope to see Shirley behind the counter of the Coffee Shop after retirement. The Trolley Service is another appreciated UHA initiative. Our ancient trolley contains sweets, toiletries, reading materials etc. for patients to purchase but more importantly is the smile and conversation we have with patients. We need more helpers to man the roster and all we ask is an hour a month. Great idea to go with a friend and make it a social day out. UHA contact Isabelle 6564-7179 or Trolley contact Jan Tinson 0431 805

183. UHA Valley volunteers will be travelling to South West Rocks in August for a Volunteer Invitation Day where we will meet up with volunteers from the North Eastern Health District

Bowraville Recreation Club

Buck Buchanan has created a lot of interest with his innovative news sheet that you can find around the Club or on your computer. He includes results, coming events, a bit of humour and some history. Recent rain has delayed the finish of bowls championships so results will come next month along with how our bowlers finished in the state championships Grade 5. Classic Bowls triples were held on 30th July with a good field participating. On 8th August Golf vets will be held at Bowra and all hope the conditions will be much dryer than for July. Women Pennant golfers were once again victorious at Woolgoolga with 3 wins and 2 draws. They fronted up again to play Woolgoolga at Bellingen and had 3 wins and a draw. Next month will be a bye then the final match to follow. The weekly chook runs continue - \$8 for a nine hole game with the chance of a chook or voucher at the end. A great spectacle in July was the sight of over 30 motor homes and allied vehicles parked around the club, not able to get parking at Bellingen they visited Bowraville - loved our town, the conveniences and friendship from the club and will put us on the map as a town to visit. A big thank you to our volunteers who give so much time and effort to the facilities.

Bowraville Seniors

13 happy seniors turned up for the July meeting. Instead of a Christmas in July outing Bowraville Seniors opted for a Sunday visit to Urunga Bowling Club to participate in their mouthwatering smorgasbord. Raffles were won by Gale and Margaret. More suggestions were made for our September bus trip when we head north. The Clog

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: twitter.com/bowravillefolk**

~ Groups by appointment ~

9/11

Frank Partridge VC Military Museum

Named in honour of Frank Partridge - the youngest and last Australian recipient of the Victoria Cross in WW2.

The museum houses a fantastic collection of military memorabilia and artefacts including uniforms, medals, weapons, vehicles and much more.

This museum is a 'must see'.

Open Monday - Friday 10am to 3pm
Saturday & Sunday 10am - 12 noon
or by appointment.

Admission by Gold Coin Donation.

**29 High Street, Bowraville 6564-7056
enquiries@militarymuseum.org.au**

5/11

Weekly Activities

MONDAY

COMMUNITY GARDENS 9am to 12noon. Growing food, sharing seeds, cuttings, experience, laughter and stories. Contact Gai Nowland (0438 716 026).

SENIOR CITIZENS 10.30am every third Monday at the Coachhouse Inn. Geoff Chittick on 6568 5033

FREE POOL All day at Bowraville Ex-Services Club (6564 7304)



TUESDAY

AL-ANON 10.30 am at rear and under Catholic Church, Mann Street, Nambucca Heads (6568 7449).

LINE DANCING for Fun, Health and Wellbeing 6.30-7.30pm South Arm Hall (6564-8748)

FREE POOL All day at Bowraville Ex-Services Club (6564 7304)

WEDNESDAY

BOWLS, Ladies 10am at Bowraville Recreation Club (6564 7349)

AL-ANON 7.30pm at Salvation Army Hall in Macksville, use rear entrance. Michael Watson (0499 106 261)

MEAT RAFFLE DRAW 6.30pm pm Bowraville Ex-Services Club (6564 7304)

THURSDAY

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

PLAYGROUP at Bowraville Central School 9.30am-12pm Contact Danielle Ryan on 6564 8619.

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)

SATURDAY

BOWRA COUNTRY MARKETS (2nd and 4th Saturdays) 8am – Noon. Pioneer Community Centre Bowraville. For bookings and enquiries call 6564 7908 or 0400 828 471.

GOLF Men's 9am at Bowraville Recreation Club (6564 7349)

BOWLS 1.30pm Mixed Social at Bowraville Recreation Club (6564 7349)



SUNDAY

EUCHRE 1st, 3rd, 5th Sunday 10am at Bowraville Ex-Services Club (6564 7304).

FREE POOL All day Bowraville Ex-Services Club (6564 7304).

EXPRESSION SESSIONS every 2nd Sunday from 3pm. Bowraville Recreation Club (0427 414 616)

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

Absolute beginners are most welcome!

TECHNO CLUB

No official classes running at this time so contact the BTC to arrange a suitable time for assistance.

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
6564-7420**



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

Barn and Korora Lolly Shop have been added to the list of potential venues. Seniors meet at 11am at the Coach House Inn on 3rd Monday of each month.

Our Museums

Frank Partridge VC Military Museum

Planning is well under way for the Military Vehicle Muster which will be held at Bowraville Racecourse on the 2017 October long weekend. As well, this day will include a swap meet, off road events and Show and Shine. The inaugural event was held last year and those who attended really appreciated the vehicles on hand and the talents of the drivers. Event Program and Registration Forms will be available soon.

Bowraville Folk Museum

The museum is getting a fresh look with painting of the door sculptures and fences etc. The AGM will be held in August. If you would like to support the museum membership is \$5 and is due now. Towards the back of the museum is a display showing the many changes to Bowraville's High Street. This will probably never be completed as old hands still disagree on some of the positions especially as High Street has had several fires to complicate memories. The Museum also has a collection of articles for sale.

Hot Chocolate Talk

Are you lonely? Do you like to chat? Would you like to meet new friends? Well, come along to Hot Chocolate Talk every 1st Saturday of the month at 1pm in the Arena of Life Church at 48 High Street, Bowraville (opposite High School). You can meet with other ladies, enjoy music and talk about life issues concerning women of every age. You will be warmly welcomed - enjoy a free cuppa and cake. For further information call Christine on 6564-7160.

Gold Coin Donation Pilates 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 9.30 to 11.30am. Based on Rudolf Steiner's values including early childhood

Continued on Page 16

If you would like to let our readers know about a regular or upcoming community event, email your copy to: admin@bctc.com.au

Please note: It is the contributor's responsibility to keep the 'What's Happening in Bowra' information current and to inform us of any change. Only activities with a contact number will be listed.

BOWRAVILLE HEALTHCARE CENTRE

Dr Edwina Guard MBChB BSc FRACGP

29a High Street Bowraville

Ph: 6564 7555 Fax: 6564 7505

email: edwinaguard@yahoo.com.au

Surgery Hours

Mon to Thurs 9am – 6pm

Fri 9am – 4pm

Sat by Appointment

Laverty Pathology

Mon to Fri 9am – 1pm

Psychologists

by Appointment

Physiotherapy

by Appointment

Proud sponsors of:

Pilates and Yoga classes

BOWRAVILLE PHARMACY

31 HIGH ST BOWRAVILLE

PH: 6564 7925

FAX: 6564 7364

Monday to Friday 8.45am - 5.30pm

Saturday 8.45am - 12 noon

Prescriptions and Professional Advice

Sukin Natural Skincare

Designer Brand make-up range

Pharmacist

KERRIE SAVINS



10/11

6/11

Keeping the nasties at bay on the web #4

Scams, spam, ransomware, viruses, malware. The online threats seem to be everywhere – and growing. It can be baffling trying to keep abreast of the latest risks and knowing how to deal with them but there are a few basic rules that will go a long way to keeping you protected online. Here are the answers to common questions you might have when it comes to safely navigating the internet.

What are cookies?

Cookies are applications that recognise if a user is new to a site or is registered and has recorded preferences for certain content or settings. Login cookies identify your computer but there are also tracking cookies that record the websites you visit and collecting data on who you are, what you like and what you might be interested in as you move through the web from site to site.

Tracking cookies belong to third-party companies like advertisers and have a long timeline for expiry and gather your browsing habits to collect data on what sites you visit beyond the original website. Cookies can be removed although if you delete them all you'll lose some website customisation and preferences.

Chrome: Customise > Settings > Show advanced settings then under Privacy > 'Content settings' to block cookies, and 'All cookies and site data' to delete cookies.

Firefox: Tools > Options > Privacy tab and 'remove individual cookies'.

Internet Explorer: Gear icon > Internet options > Privacy > 'Advanced' for cookie settings.

Safari: Safari > Preferences > Privacy tab > Block cookies > from third parties and advertisers.

What can I do about spam?

Spam is electronic junk mail that has existed for nearly as long as we've been using email. Spam also comes in the guise of internet pop-ups, SMS/MMS, chat and telemarketing. Don't respond to spam email and never click on links in spam emails as they often include viruses and malware. If the email is from a genuine business click on the unsubscribe link but if it doesn't have an unsubscribe option contact the business to complain and to be removed from the mailing list.

Where possible protect your email address and mobile phone number to avoid it being harvested from forms and other places on the internet. Set up a free webmail account that you use for newsletters, online shopping, petitions and other general websites. Have a personal email address that you only use for personal and other trusted correspondence. If in doubt, check the privacy policy

on the website to see how it manages your details and whether email addresses are shared with third-party advertisers and marketers.

It's good practice to regularly download security updates and use security software that includes anti-spam filters to limit incoming spam. Regularly change passwords for webmail accounts and close old, inactive accounts to avoid having your email hacked and becoming an accidental spammer. Contact your internet service provider to check if it offers a spam filter with the email account that's included in your plan. If you use an email application such as Outlook be sure to use the spam filtering to collect suspicious emails.

See the Australian Communications and Media Authority (ACMA) spam guide and spam complaint form.

Moderate your activity online and monitor for signs of compromise

- Check your billing and account records carefully to detect signs of potential identity theft early.
- Be careful when signing up to mailing lists – spammers sometimes use the unsubscribe button to validate addresses.
- Only make online purchases from companies that have a clear privacy policy and secure payment pages. [Find more information about safe online banking and payments.](#)
- Think before you fill out online forms and be careful with whom and how you share your information. Ask yourself: do I really need to give my information to this site?
- Keep a record of what information you have given to whom.

- From www.choice.com.au

Techno Joke -

A computer technician got a call from a user.

The user told the technician his computer was not working.

After describing the problem in detail the tech concluded that the computer needed to be brought in to him for servicing.

He told the user to "unplug the power cord, bring it in here and I'll fix it for you."

About fifteen minutes later the user showed up at the technician's workshop with the power cord in hand!



AUGUST PROGRAM at the

BOWRAVILLE THEATRE

Sunday, 13th August at 2pm - *The Zookeepers Wife*

The Zookeeper's Wife tells the account of keepers of the Warsaw Zoo, Antonina and Jan Zabinski, who helped save hundreds of people and animals during the German invasion.

Doors open 1/2 hour before screening.

Complementary tea & coffee

Cafe open: ice creams, lollies, chips, drinks, popcorn etc.

Prices: Adults \$12, Concession: \$10, BAC/Child under 14: \$8,

Family: \$30



Help with premises urgently needed

The beautiful lanterns created by Claude Tessier, over recent years, have had a home in the old mechanics premises in Bowraville. The premises are going to become a mechanics premises again - which is good news for Bowraville but bad news for the lanterns.

The people of the Nambucca Valley have been able to appreciate these beautiful lanterns at the River Festivals in previous years and at the Bowraville Christmas Festival last year. It is hoped that they can be a highlight for Christmas celebrations across the valley at the end of this year.

A new home is urgently required for these beautiful structures.



If you can help out in any way, please contact Margrit Rickenbach on 6564 7067 or 0457 159 473. Many thanks.

Bowraville & District Ex-Services Club

6564-7304

Introducing . . . New Menu

"Keppy's Bistro"



Tuesday to Saturday



Lunch - 12noon to 2pm

Dinner - 6pm to 8pm



6564-7304

**HAPPY HOUR - All Schooners \$4.00
from 4pm to 6pm daily**

POOL TABLE \$1 per game



11/11

BOWRA HOTEL

OPEN 10AM - MIDNIGHT

NEW CHEF

BISTRO

LUNCH and DINNER

**Tuesday, Wednesday, Thursday,
Friday and Saturday**

11:30am - 2:00pm and 6pm - 8pm

LUNCH & DINNER

Sunday 11:30am-2:00pm and 5.30-8pm

Enjoy the country charm of the streetscape as you
Wine & Dine on the verandah

33 HIGH STREET, BOWRAVILLE

Ph.6564 7041 Fax. 6564 8471

11/11

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 (bi-monthly even months)	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 7908 0400 828 471
2 ND & 4 TH	MACKSVILLE PRODUCERS MARKET , Riverbank Park	6568 3844
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	Coffs Harbour Markets, Jetty 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 (bi-monthly even months)	FUNKYA @ UNKYA MARKETS from 8am to 2pm Unkya Reserve, Eungai	0425 205 737

Steep & Heavy Mowing



Call Thomas — 0400 9500 01

ABN: 166 744 14262

coffscoastslashing.com.au

7/11

Coronation Kennels & Cattery

"Where your pets are cared for like Kings and Queens"

180 Coronation Road, Congarinni North
(just two kms from Macksville)

PHONE: 02 6568-2018

Email: marcia@coronationkennelsandcattery.com.au

Website: www.coronationkennelsandcattery.com.au

We provide the following services:

Day Care - Check in 8am check out 4-6pm \$10 p/d

Sleepover - Check in 4-6pm check out 8-10am
\$15 p/n Cats - \$12 per day.

11/11

Long Term Budget -

1/2 price - BYO Food, Bedding and Kitty Litter.

Not available during school holidays

Weekend/ Short-term Special

Check in between 5.30-6pm bring your pet's tea with you and the fee is waived for that day.

Bookings MUST be for a minimum of 2 days.

Short-term Accommodation

Small \$15 - Medium \$20 - Large \$22 - Cats \$12





Burial Rites *By Hannah Kent*

The author of this novel was born in Adelaide in 1985. As a teenager she did a Rotary Exchange to Iceland which is where she first heard the story of Agnes Magnúsdóttir, the character on which Hannah's novel is based.

In northern Iceland, in 1829, Agnes Magnúsdóttir and two others are condemned to death for their parts in the brutal murder of two men. After being detained in terrible conditions and treated badly by all around her, Agnes is sent to wait out her final days on the farm of District Officer Jon Jónsson, his wife and their two daughters. The Jónsson family have no say about this and, horrified to have a murderess live with them, they ignore her completely except to give instructions as to the work she is to do on the property and in the house.

Given the rule of religion at that time, Agnes is expected to undergo Christian guidance and eventually requests Toti, the assistant reverend, to be appointed as her spiritual guardian. When he very quickly realizes she doesn't want religious guidance Toti feels compelled to try to understand Agnes so that he might salvage her soul. He visits the house regularly and conducts his discussions with Agnes in the small, falling apart earth house where the family are able to hear all.

Over time the family members relax their opinions of Agnes, begin to communicate with

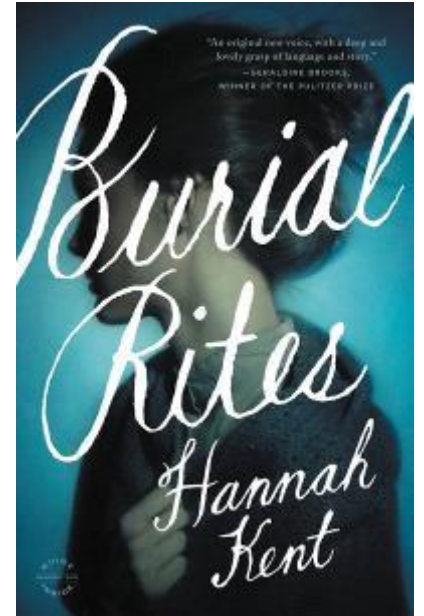
her and realize that all is not as they assumed.

I thoroughly enjoyed this novel and without giving too much away, did shed a few tears during the final pages.

Hannah Kent describes Iceland's landscape and dark winters well. She portrays the hardships of life on the land for people

living a life of poverty in 1829. The reader can't help but feel the misery of a life where every single day is a battle for warmth, food, companionship.....survival essentially.

You really can't help but feel for Agnes who, along with many other children at that time, endured a hard, loveless childhood. What followed was a difficult adult life whereby others made judgements and told stories about her wherever she went. How could Agnes be expected to have any hope when her life depends on those very 'stories'?



- This book read and 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, BCU and various other Credit Unions
(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

THE MAD HATTERS TEA GARDEN

♦ Monday-Friday 9am - 3.30pm ♦ Saturday 9am - 2pm

Whether it's a coffee and cake with friends or a light lunch with colleagues our quiet garden setting will add to the experience.

Telephone: 6564-7631

Gluten free and Dairy Free Food available.



Australian Government
Department of Health
 Therapeutic Goods Administration

Be Medicine Wise Week



Generic prescription medicines

Information for consumers

What is a generic medicine?

A generic medicine is an additional brand of an existing medicine. It contains the same active ingredient (the chemical that makes the medicine work) as the existing medicine.

Apart from containing the same active ingredient, generic brands also have to be 'bioequivalent'. That is, if you take the same dose of a generic medicine as an existing medicine, the same amount of active ingredient is absorbed by your body over the same period of time.

Bioequivalence is demonstrated by conducting a 'bioavailability' study in which volunteers (usually healthy) are given the original medicine and, on a separate day, the generic medicine. Blood samples are taken at different times, and the rate and extent of absorption of the active ingredient into the blood is compared between the generic and existing medicines.

Generic medicine containing the same active ingredient can be manufactured and sold by other companies once the patent for the existing brand has expired.

What we do when we authorise a generic prescription medicine for supply?

A generic prescription medicine is only allowed to be supplied in Australia if we consider that the evidence shows that the generic medicine is bioequivalent to the original medicine.

We look at the:

- consistency and quality of the manufacturing process for the medicine
- the quality of the ingredients and the final product

- the combination of ingredients used to make the final medicine product
- the safety information obtained from laboratory studies and clinical trials on the original medicine.

We also look at how long the active ingredient remains stable at particular temperatures—this is used to determine shelf life and recommended storage conditions for the medicine.

If necessary, we also make available information on the use of the generic prescription medicine, for example, warnings about using the product and drinking alcohol. These can be found in the Product Information and the Consumer Medicines Information, available from pharmacists and the TGA website.

Are generic prescription medicines effective?

A generic prescription medicine works in the same way as the existing medicine. What matters is the active ingredient, which is the same in the generic brands and the existing brand.

All medicines will have the same potential health benefits, and the same potential side effects. Some active ingredients are only effective for some patients and this will be the case whether you use the original or a generic medicine.



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



Be Medicine Wise Week

How do I know that generic prescription medicines are as safe as possible?

Generic prescription medicines meet the same standards of quality, safety and effectiveness as the original brand.

As with all medicines and medical devices the TGA continually monitors safety once they are on the market.

If you suspect you have experienced a problem with any medicine, including a generic medicine, please **report it to the TGA** <<http://www.tga.gov.au/safety/problem.htm#medicine>>

What about the difference in cost between generic prescription medicines and the original version?

The cost of a medicine is not considered by the TGA when deciding whether the medicine can be supplied in Australia. Our role is to ensure that generic prescription medicines are made to the same standard as original medicines.

All brands of the same medicine, regardless of price, have the same active ingredient and have been authorised for supply in Australia.

However, generic prescription medicines may be more affordable for consumers. You can ask your doctor to prescribe a generic medicine, or ask your pharmacist if they are able to supply you with a more affordable brand of the same medicine.

If they are the same, why do they sometimes look or taste different?

Although they work the same and have the same active ingredient, generic prescription medicines may not look the same as the original medicine. All medicines contain inactive ingredients (excipients) as well as active ingredient(s), and these inactive ingredients are often different in the generic medicine.

Inactive ingredients have a number of different functions, including providing colour and taste. Generic tablets or capsules can also be a different size or shape from the original medicine.

Please let your doctor or pharmacist know if you have any allergies – just in case the generic medicine contains the substances you are allergic to in the inactive ingredients.

More **information about inactive ingredients** is available from the NPS Medicinewise website.

You can find a list of the inactive ingredients in the **Consumer Medicine Information (CMI)** for most prescription medicines, which you can obtain from your pharmacist or **download from the TGA website**.

Is every prescription medicine available as a generic version?

No. The original medicine may be the only version available because the medicine is relatively new in the market.

Do I have to accept a generic medicine if it is offered?

No, you do not have to accept any medicine if it is offered to you; the choice is yours. Ask your GP or pharmacist if you have any questions or concerns about switching between brands of medicine.

There may be times when your doctor recommends you stick with one particular brand.

Read more about **when a different brand may not be an option** on the **NPS Medicinewise** website.

Links

Pharmaceutical Benefits Scheme <<http://www.pbs.gov.au/pbs/home>>

Good Manufacturing Practice <<http://www.tga.gov.au/industry/manuf-gmp-tg.htm>>

Report a problem to the TGA <<http://www.tga.gov.au/safety/problem.htm#medicine>>

NPS Medicinewise <<http://www.nps.org.au/topics/how-to-be-medicinewise/buying-medicines/generic-medicine-brands/other-ingredients-in-medicines>>

TGA Consumer Medicines Information <<http://www.tga.gov.au/consumers/information-medicines-cmi.htm>>

NPS Medicine finder <<http://www.nps.org.au/medicines>>



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



2NVR 105.9 FM - Nambucca Valley Radio finalist for 2017 Annual Broadcasting Awards



Nambucca Valley Radio is pleased to announce that the Nambucca Valley Roundup, 2NVR's local news program airing Monday to Thursday 6 to 7 p.m., is a finalist in the Community Broadcasting Association of Australia's 2017 annual awards. These awards celebrate excellence in community broadcasting. The Roundup is one of four finalists in the category of "Excellence in Spoken Word, News and Current Affairs Programming".

The Nambucca Valley Roundup has been Nambucca Valley Radio's flagship news program since 2NVR first went to air, 25 years ago. It encompasses a team of passionate reporters and presenters bringing local news stories that cannot be heard elsewhere.

Presenter Rachel Burns said, "This is wonderful recognition for all of the Roundup team who strive to present local news, events and council reports with a distinct Nambucca Valley focus. The field of entries was of extremely high quality and we are very proud of this result. The awards are the highest recognition of community radio in Australia with our volunteers trumping many stations with paid professionals and far greater resources."

The awards night will be held on the Gold Coast November 11 where the winner will be announced.

Media inquiries maybe directed to prburns@2NVR.org.au or phone Paul Burns on 0414242982



Nambucca Valley Roundup presenters, from left to right, Paul Burns, Ceri Wrobel, Carola J Simmons, Rachel Burns and Ron Hawkins.

LIONS CLUB

SUPPORTING OUR COMMUNITY



We Serve

PRESIDENT
Ted Richards

H: 6564 8815

Email: blion34@yahoo.com.au

PO Box 23
Bowraville NSW 2449

11/11

**Come into the
Bowraville Technology Centre**

**for . . . INTERNET ACCESS
PHOTOCOPYING ~ LAMINATING
SCANNING ~ BINDING
TECHNOLOGY ASSISTANCE
VIRUS REMOVAL
TRAINING COURSES
TECHNO CLUB ~ BOOK NOOK
~ CENTRELINK ACCESS ~**

BOWRAVILLE TECHNOLOGY CENTRE
39 High Street, Bowraville
6564-7420

admin@bctc.com.au



Bowraville Lions Club Inc News Bulletin



AUGUST 2017

LIONS CLUBS INTERNATIONAL

Lions are members of Lions Clubs International, a community service organisation dedicated to the idea that the men and women who live in a community are in the best position to know who needs help and why.

Local Clubs are part of the world's largest such organization, with 1.4 + million members in 46,000 Clubs, serving in more than 210 countries and areas. The association is both non-political and non-sectarian.

Bowraville Lions Club is in District 201N1 which encompasses Collarenebri, Moree, Ashford and Iluka to the North, then down the east coast to Forster Tuncurry, then across to Murrurundi and as far as Premer in the West.

Lions Club of Bowraville 2017-2018

President Ted Richards

Vice President Greg Lambeth

Secretary Louise Richards

Treasurer Mark Scott

LIONS CLUB RAFFLES

The Bowraville Lions will continue to hold their weekly raffle draw at the Bowra Pub each Thursday night through July.


Look out for our members in High St and later at the hotel. The draws will be held around 6.30pm and tickets are only \$1.00

1st Prize is a \$25 meat tray.

2nd prize is a \$20 voucher for use in participating businesses in Bowraville.

*3rd Prize is a six pack from the Bowra Hotel
New* Bonus 4th Prize is a breakfast meat tray.*

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

Please keep your used stamps and drop them off at the Bowraville Post Office.

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.

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 at any of the Lions activities that interest you without the need to attend every meeting?

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: Ted Richards

Secretary: Louise Richards

6564 8815

August activities in your garden

The big temptation in August is to believe that winter has finished, spring is just around the corner and summer crops can be planted with gay abandon. Don't kid yourself.



Early spring is typically the driest time of the year. It's often surprisingly warm and windy as well and the combination of these three factors - drought, heat and wind - spells trouble for vulnerable plants. Make sure you have access to adequate supplies of water before doing any planting, especially in late August.

August is a great month to start spring seedlings. Spinach, rocket, kale, bok choy, broccoli, and cabbage can be sown indoors or in a warm greenhouse, then planted out in the garden without fear of damage by late frosts. It's also time to finish planting bare rooted trees, shrubs and perennials while they are still in winter dormancy.

Why not try some lovely flowering plants in your patch as well, like nasturtium, petunias, marigolds (French) and celosia. These are great at attracting pollinators and beneficial insects to your patch. If planning on putting in some tomatoes next month prepare a bed now (your toms will thank you for it). Do this by popping in some organic compost, pelletised chook poo, a wee bit of water and applying a straw mulch. This bed will look awesome come September... and you will have the greatest tomatoes in the street!

Keen to try your hand at grafting? August is the ideal time to give it a go. The sap is rising, as the old saying goes, which means that plants grafted now "take" relatively quickly. The best plants to start with are apples and pears and the simplest techniques to master are the whip and tongue graft and the cleft graft (aka wedge). Stonefruit is a little bit trickier but still do-able for the amateur gardener. Note that citrus and other evergreens are usually grafted in early summer when the bark is "slipping". Have a look online for some great how-to videos.

*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**

11/11

Bypass Signage Plan Community Feedback for Bowraville



The Australian and NSW governments are jointly funding the \$830 million Warrell Creek to Nambucca Heads Pacific Highway upgrade linking the project to new Pacific Highway upgrade to the south and the Nambucca to Urunga upgrade in the north.

A proposed directional signage plan has been developed for the project following consultation with a number of key stakeholders. The signage layout includes all guide signs, approved tourist and advanced direction signs and all exit and reassurance signs.

The community is invited to provide feedback about the proposed directional signage plan until Monday, 14 August 2017.

Maps are on display at the Bowraville Community Technology Centre, 39 High Street, Bowraville. You can also visit the project website online.

www.rms.nsw.gov.au/projects/northern-nsw/warrell-creek-to-nambucca-heads/index.html

Warrell Creek to Nambucca Heads Pacific Highway upgrade



You can provide feedback on the proposed directional signage plan via:

Email: community@afjv.com.au

Post: Directional Signage, Warrell Creek to Nambucca Heads Pacific Highway upgrade project

PO Box 245

Macksville NSW 2447

If you require more information or have any questions about the plan, please call the project information line on 1800 074 588 (toll free).

The Hot Rods are coming back

The Drag-Ens Hot Rod Club will return to Bowraville on Friday 29th September.

Once again they will have the popular billy cart races down High St and there will be market stalls on the day.

This year the dress up theme is Mexican so get ready to dress up and for businesses to decorate their shops. Prizes will be given out.

Next Chamber meeting

The next meeting of the Bowraville Chamber of Commerce and Industry Inc will be held at 5.30pm on Tuesday 22nd August 2017 at the Ex Services Club in High St.

See the chamber facebook page for more details and also the BTC TV notice board



WHAT'S HAPPENING IN BOWRA

From Page 5

stages of readiness. For information ring (02) 6564-7224, speak to Camilla on 0438 868 742 or visit Tallwood School at 220 Bellingen Road, Bowraville.

Bowraville Uniting Church and Op Shop
Our services are held monthly at 2pm on the second Sunday. All are welcome.

The Op Shop is very successful and we would like to thank our volunteers who give willingly of their time. New volunteers always welcome. - *Mavis Ward*.

Bowraville Playgroup

Bowraville Play-group meets at Bowraville Central School every Friday from 9.30am to 12midday and is open to all parents and carers with children aged 0 to school age. We engage in fun activities in a safe, family environment. Contact: Danielle Ryan 6564-8619 or Jane Thomasson 0474 325 337.

Nambucca Valley Community Church Food Hub

Anyone holding a Health Care Card or Pension Card can access this service. From 9.30am to 12pm non perishable food products will be on sale as well as other products. All perishables such as bread, vegies and fruit are free. Fee: \$10 for 11 items; \$20 for 22 items. Contact 6568-1647 or 0431 947 799.

Nambucca Valley Community Church

Sunday Church Service at 9.30am, Sunday School 10.15am and Prayer Group at 5pm. Women's Fellowship held at 10am each Wednesday. Youth Group is held each Friday for 12-18 year olds from 6-8pm. Phone Keith Stage 0427 231 040. Food Hub is run by this church. Senior Pastor is Keith Stage.

Macksville Probus Club

Meeting at 9.30am at Macksville Ex-Services Club on the third Thursday of each month. Meetings consist of a speaker of interest in the community or an autobiography by a member. Margaret Cleary will be happy to answer any enquiries on 6568-5859. We are seeking new members to steer us into the future. \$10 for meeting and morning tea.

More Materials 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
- Old green (and other re-usable) bags



Then drop them into the RED cycle Collection Bin at selected Coles and Woolworths/Safeways stores.



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

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

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

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

FREE SERVICES

- Monday – Counselling Services**
Contact Interrelate — Ph: 6659 4150
Everyone Welcome.
- Tuesday Help with Accommodation**
1st Tuesday of the month
Contact New Horizons – Ph 5632 4804
- General Practitioner commences 13 June 2017 for monthly visits**
9:00am – 3:00pm
Bookings essential — Ph: 6564 8855
- Nurse commencing 13 June 2017 for weekly visits**
9:00am – 3:00pm
Bookings essential — Ph: 6564 8855
- Wednesday Baby Health Clinic**
9:00am – 12noon
All Mums and bubs welcome
No appointments necessary.
- Thursday Legal Aid**
1st and 3rd Thursday of the month
10:00am to 12noon — Ph: 6651 7899

Mid North Coast Local Health District

Located in MiiMi Training Room
at rear of MiiMi House

Monday – Friday

9:00am – 3:00pm

Commencing soon

Contact 6564 8855 for bookings

Need your Licence? Got Fines? No worries!

Register now for Driving Class L

This course is FREE, runs over 4 weeks in June 2017

Includes 2 FREE driving lessons with Rob Graham's Driving School. Contact 6564 8855 to register.

MiiMi is now an approved CSO Agency.

**Volunteers are always welcome
please come in and see us.**

90 High Street, Bowraville

Ph: 02 6564 8855

Email: admin@miimi.org.au

10/11

We'll learn to cope with plastic bag ban

Last month Woolworths and Coles supermarkets announced they would introduce a ban on free plastic bags over the next 12 months across all stores in Victoria, NSW and Western Australia.

You would think two of Australia's supermarket giants deciding to play their role in looking out for our planet would be welcomed by the majority of people but it doesn't take long to scroll through the comments on social media to see the public outcry.

"How will I carry all my groceries to the car?"

"What will I line my bins with?"

"How will I pick up dog poo?"

Perhaps take a look at South Australia, ACT and Tasmania where such a ban has been enforced for years. They seem to be doing just fine and have thought of alternative solutions. Aldi has also never had single-use plastic bags since opening stores in Australia in 2001 and it has never made people cry nor did it stop people from shopping there.



According to Clean Up Australia we dump more than 7000 plastic bags, that could be recycled into landfill, EVERY MINUTE with an estimated 50 million bags entering Australian litter streams each year. To put that into perspective, if you were to create a single sheet using the 50 million plastic bags, it would cover Melbourne's CBD.

In Canberra when the plastic bag ban was introduced the idea seemed absurd. After coming to terms with the fact that the world was not going to end everyone got on with it and adapted to the idea as it simply became part of routine.

Environmentally it's hard to fathom the idea of people still using single-use bags especially when you see people with one item in a bag or their groceries double-bagged. Five minutes of use really isn't worth the thousand years it takes for plastic to break down.

As with any kind of change the bag ban will take some getting used to but it is not difficult to keep a stack of recyclable bags or boxes in your car, plan grocery trips or not use bags altogether if buying a small number of items.

Hessian bags are much more durable and carry at least four times the amount of groceries as the flimsy single-use bags that break as you carry them home. They don't cut off the circulation to your hands and you can recycle them over and over again.

For those who worry about when they do a big grocery shop the option of bags will still be available at a small cost. The ban will encourage us all to bring our own, however, and the environment shouldn't pay the price for our forgetfulness and laziness.

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

An illustration of a man in a light blue shirt and dark trousers loading laundry into a white front-loading washing machine. A basket of laundry is on the floor next to the machine. The background is filled with colorful, bubbly patterns in shades of blue, green, and pink.

10/11

LEARN WHAT THE CHURCHES WONT OR DON'T HAVE THE UNDERSTANDING TO TELL YOU

A different kind of bible study using the bible and history to discover the answers to the harder questions.

Everyone is welcome to share ideas.

The way it's meant to be.

Real people in a casual relaxed atmosphere.

If this sounds like something you may be interested in please contact Mark on 0403 301 494.

9/11

"Study to show yourself approved by God, a worker needs not to be ashamed, rightly dividing the word of truth." 2 Tim 2:15

PEST CONTROL

Richard (Dick) Hicks

0488 359 060

6564 7486

Ring for a FREE quote

Accredited and Insured

2/6

CRANE TRUCK HIRE

For all your lifting and shifting needs

Serving the Nambucca district and beyond



Call:
WAYNE NOBLE

Telephone:
6564 7528

Mobile:
0427 653 312

7 DAYS

11/11



Just Joking

A doctor was talking to his car mechanic, "Your fee is several times more per hour than I get paid for medical care." "Yeah, but you see, doc, you always have the same model, it hasn't changed since Adam; but we have to keep up to date with new models coming every month."

PLUMBER

Terry and Wendy O'Reilly
Plumbing Services

- ◆ Drainage ◆ Roof Plumbing
- ◆ Gas Fitting



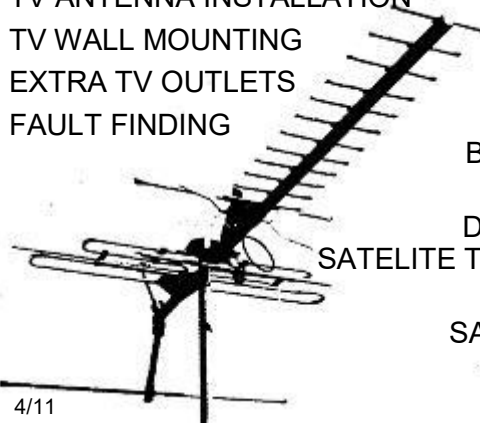
Licence No.
208892C

Phone: 0428 525 682

11/11

INTEGRITY ANTENNAS

- TV ANTENNA INSTALLATION
- TV WALL MOUNTING
- EXTRA TV OUTLETS
- FAULT FINDING



4/11

- BLACK SPOT AREAS
- DIGITAL TV & SATELITE TV SYSTEMS
- CHRISTIAN SATELLITE TV

FREE ON-SITE VISITS

Fully Insured local Bowraville Technician

Phone: 6564-4175 or 0408 077 138

AMAN *With* AVAN *Nambucca Valley*

MINI MOVE SPECIALIST

HIRE
A MAN WITH A VAN



6564 8375 or 0458 990 904

11/11

Insured ABN 87 009 289 943

Desert Power Pty.Ltd trading as

Dave Recklies Electrical

3546 North Arm Road, Bowraville

Domestic
Commercial and Industrial



Refrigeration
Air-conditioning
Solar



0412 742 479 or 02 65644085

davidrecklies@bigpond.com

Owner Operator with 20years experience

"ARctick No. AU26454"

11/11



FIREWOOD, CHOPPING BLOCKS, KINDLING, LANDSCAPE SUPPLIES

CLEAN UP & RUBBISH REMOVAL, POSITRAK WORK,
CONTRACT RIDE-ON MOWING

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



11/11

Talking about death is part of life!

Community group The Groundswell Project has spent the past eight years creating awareness about dying to help overcome reluctance to address the issue.

Dying to Know Day, held annually on 8 August, is a day dedicated to bringing to life conversations and community actions around death, dying and bereavement.

D2KDay, launched in 2013, has seen 285 events held and has sparked thousands of conversations around the topic. As part of their campaign the group has come up with 10 things people need to know about death.

- Make a plan. Fewer than five per cent of people have an end of life plan.
- Write a will. Only 55 per cent of people who die have a will.
- Tell someone what you want. Of those who know they are dying only 25 per cent will have spoken to their families about their wishes.
- Only 30 per cent of deaths are unexpected. Make a decision about how you want to die while you have time.
- Doctors don't die like the rest of us. They are more likely to die at home with less invasive intervention at the end of their lives.
- Earlier referral to palliative care means living longer with better quality of life.
- You don't need a funeral director. DIY funerals are now more popular.
- The majority of Australians choose cremation but there are alternatives including natural burial, burial at sea or donating your body for research.
- We don't grieve in stages. Only 10 per cent of mourners need professional support after a death.
- 60 per cent of people think we need to spend more time talking about death.

More information can be found at www.thegroundswellproject.com or www.dyingtoknowday.org



The art of being patient

Do you often feel there's simply not enough time to do everything you need to and want to in your life? Have you noticed that the pace of your life is faster than it used to be? Do you struggle to wait, without picking up your phone or looking for a distraction?

If you do you aren't alone. More and more people are struggling to manage the internal and external pressures of keeping up, staying ahead, moving quickly and achieving more in their careers and life. Patience is down and stress and overwhelm-ness are up.

We have been "sold" the idea that fast is best and that time needs to be "hacked" and our lives "fast-tracked". Advances in technology have removed the need to wait in so many areas of our lives; we now have instant downloads, same-day deliveries, text messaging and online grocery shopping. By seeking to "save" time, however, we have, in fact, sped up the pace of our lives.

This shift in pace has been accompanied by a shift in expectations. We don't just expect fast from others we also expect it from ourselves. In her book *Speed*, Stephanie Brown writes, "We literally have at our fingertips the tools to do so much more than we actually have the human capacity to do well, and it has created an impossible bind that leads to chronic stress and a sense of failure."

The expectation that nothing should take time means we have lost self-compassion around our own progress. We have raised the bar so high and in doing so also raised our stress levels. As we try to achieve more in less time, we live with stress on a day-to-day basis, increasing our risk of developing stress-related illnesses like obesity, heart disease, diabetes, depression, asthma and Alzheimer's disease. The fast life is undermining our health, happiness and lifestyles.

How can you shift the way you perceive time so you can relearn the art of patience and start to reap all the physical and mental benefits from embracing a slower pace of life? By challenging the assumption that fast is best, by focusing on what you have achieved and not always on what is still to be done, by being present, by simplifying life and by challenging yourself to wait, you can rewire your brain to feel more patient in your life.



BOWRAVILLE STRONG FAMILIES

Women's Group



Join the Strong Families Women's Sewing and Craft Group held every Friday at the Nambucca Valley Phoenix Yurtz from 9.30am to 2.30pm. Lunch is included. Come and learn how to sew a bag or a dress with Jenny Sambrook or work on a craft project with Sasha Greenup.

Teen Sports Training



Get ready for your upcoming School Athletics carnival with a little extra training and guidance from Hayden Strong. Sprint training takes place at Hennessey Tape Oval in Bowraville from 4pm – 5pm on Mondays. Kids from 12-17 years are all invited. Any parents are welcome to help out as well.

Men's Group



Starting Friday 2nd June Strong Families, in conjunction with Nambucca Valley Phoenix, will be hosting Men's Outings each Friday from 9.30am to 2.30pm. It's a chance for the local men to make a few friends and enjoy a game of pool at the club, go fishing or play golf. \$10 includes lunch and transport. Contact Hayden on 6564 7677 if you would like to be involved.

Ph: 6564 7677

Mob: 0499 002 141

strongerfamilies@nvp.org.au



Bowraville Strong Families

National Standards for Disability Services certification Registration number: DS/R61/0365 Nambucca Valley Phoenix acknowledges and pays due respect to the traditional custodians of the Nambucca Valley.

A Community Program
Funded by NSW Health through the Aboriginal Injury Prevention Program

11/11

Bowraville Harvest Faith Family Church

11/11

A Word of Faith Pentecostal Church

Church Services - Sunday Mornings - 9.30am

Prayer Meetings - 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 Ministry Training School for 2017.

Counselling is available by appointment.

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



Pastor: Rev. Tom Fairhall

Mob: 0428 682 870

email: bhffc2012@gmail.com

Bowraville Kinesiology

for your

EMOTIONAL, MENTAL, PHYSICAL and SPIRITUAL WELLBEING

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

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

11/11



Gift Vouchers and Hairjam Gift Packs available.

Open Tuesdays to Fridays, Saturdays by appointment

Beautician Available Thursdays from 9.00am

Shellac Polish available

Cnr of Belmore and High Streets, Bowraville.

Established Seventeen Years by Kylie Blanch in Bowraville.

Phone: 65647675

Email: letstalkhair3@bigpond.com

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

11/11

CASH ADS

FOR A DONATION

Wall TILES - Used and cleaned. These ex-kitchen tiles are a light mottled cream/brown with pale blue outer trim. Size is 22x15cm. We have 1 at Tech Centre to view.

ARE YOU REQUIRED TO VOLUNTEER?

Here at the Bowra Technology Centre we are mostly volunteers and we urgently need more.

Each day of the week we need to have 2 people here to assist with enquiries and to do technology jobs if the volunteer has the experience or is willing to learn.

Technology experience is not essential, we need people to man the front desk too.

If you are interested please call Mark (on Mon, Tue or Thurs) on 6564-7420.

Oils aren't the only things that ain't!

Some of us probably recall the 1988 Castrol advertising campaign, "Oils Ain't Oils", with Sol and his gangster friends – designed to introduce the motorist to 'man made' synthetic oils. Well oils aren't the only things that aren't what they appear to be but we'll begin with them.

Oils ain't Oils

In the early seventies synthetic oils became universally accepted as a proper substitute for oils which came out of the ground. Depending on the brand the actual make up of synthetic oils can vary considerably. Some brands even use very highly refined crude oil in their formula while others don't. Some use ethanol, a derivative from natural gas, and others use various chemicals in a laboratory controlled formula rather than the natural product that comes out of the ground.

Corn Flour is not made from Corn

Most "cornflour" in Australia is what in the US is called "cornstarch" and in the US cornstarch is *made* from corn while in Australia it is usually *made from wheat*. The US term corn starch is a better descriptor as it is the starch obtained from the inner endosperm of the wheat or maize kernel which makes up "cornflour".

Cotton Balls are no longer made from cotton

Unless you use an expensive organic brand most cotton balls aren't made of cotton. They're bleached, polyester fibers that contain a lot of chemicals.

Flushable Wipes are NOT to be flushed

Though they can be flushed down the toilet that is where the trouble begins. Flushable wipes do not disintegrate and have a tendency to matt together and cause blockages in sewerage pipelines and particularly in pumps.

A lead pencil does not contain lead – it contains graphite.

PHOENIX ART TREASURES
• NEW & PRE-LOVED GOODS • LOCAL ARTISTS
Open Monday to Friday
9:30am - 2:30pm • 51 HIGH ST BOWRAVILLE

THANKS!
by supporting us
you are helping to employ
people with a disability

WORK CREW
• LAWNS • GARDEN MAINTENANCE
• RUBBISH REMOVAL • CLEANING • REPAIRS

PHOENIX BANK CAFE
• EAT IN OR TAKEAWAY
• CATERING
• FREE DELIVERIES*
• \$7.50 COFFEE & CAKE
• \$10 LUNCH & DRINK
Open Monday to Thursday
9:30am - 2:30pm
Bowraville only

10/11

6564 7677

CALL US TODAY!



Karen's TRIVIA for August

Many happy returns to all who are celebrating their birthday in August.

Famous Leos include :

Napoleon Bonaparte - 15 August, 1769;
Herman Melville - 1 August 1819;
Mother Teresa - 26 August 1910;
Neil Armstrong - 5 August 1930;
Barack Obama - 4 August 1961 and
Chris Hemsworth - 11 August 1983



Birth flowers for August are the gladiolus and poppy. Birthstone is the peridot and sardonyx.



On frosty August mornings the paddock looking grey

But Cootamundra wattle help brighten up the day

They bloom when growth is dormant in Winter's coldest hours

The Cootamundra wattle laden with yellow flowers.

- From 'Cootamundra Wattle' by Francis Duggan

In August's Past

August 1st, 1944 - Anne Frank wrote her last entry in her diary.

August 2, 1939 - Albert Einstein wrote a letter to President Franklin D. Roosevelt concerning the possibility of atomic weapons.

August 3, 1492 - Christopher Columbus set sail from Spain with three ships, *Nina, Pinta and Santa Maria*.

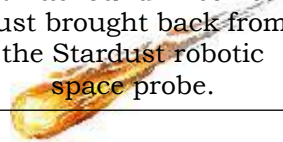
August 6, 1945 - The first atomic bomb was dropped on Hiroshima by the American B-29 bomber *Enola Gay*.

August 6, 1965 - The Voting Rights Act of 1965 was signed into law by President Lyndon B. Johnson. The Act suspended literacy, knowledge and character tests designed to keep African Americans from voting in the South.

August 13th, 1961 - The Berlin Wall came into existence.

Peridot is associated with prosperity and good fortune. The energy of these green stones also brings an increase of love and joy into your life. Since ancient times it has been believed to protect against evil, if worn.

Peridot is the gem variety of the mineral olivine, found in peridotite rock which forms deep inside the earth's mantle and is brought to the surface by volcanoes. In Hawaii, peridot symbolises the tears of Pele, the volcano goddess of fire, who controls the flow of lava. Some peridot is ancient and is also found in pallasite meteorites as remnants of our solar system's birth. In 2005, it was found in comet dust brought back from the Stardust robotic space probe.



Until recently abnormally large 'rogue waves' of up to 30m might be expected only once in every 30,000

years or so, according to scientists, so they could safely be classified alongside mermaids and sea monsters. According to satellite-based measurements, rogue waves do not only exist, they are relatively frequent. When scientists from the European Union's MAXWAVE project analysed 30,000 satellite images over a three-week period during 2003 they found 10 waves around the globe had reached 25 metres or more! *Source: BBC News*

Did you know... that the humble basket, in Egyptian art and writing, may have had the meaning of 'wholeness' or 'togetherness under heavenly rule'. The dead were sometimes placed in baskets and left to float away on the stream from which Isis would gather their scattered remains to knit them together again and place them in another basket just as she had done with the scattered limbs of Osiris.

When a basket holds fruit or wool it symbolises the women's quarters and their housework as well as fertility. Hence the basket became an attribute of many a goddess including Diana (Artemis) of Ephesus whose priestesses wore their hair dressed in the shape of baskets.



- Compiled by volunteer Karen Bindoff

August - Augustus - Emperor of Rome.

From the Latin augur meaning "consecrated by augury" or "auspicious".



DON'T FORGET National Science Week

12th to 20th August. Provides an opportunity to acknowledge the contributions of Australian scientists and encourages an interest in science.

This year's schools theme is *Future Earth*.

Bowraville Community Reference Group

The Bowraville Community Reference Group (CRG) was established in 2017 with governance to represent the Bowraville community's preferred outcomes of government service delivery and to provide a reference point for government agencies to consult on needs and the co-design of programs and targeted projects.

The CRG is represented by residents and organisations located in Bowraville within the Nambucca Local Government Area with the exception of government agencies funding projects related to this initiative. The CRG is made up of a Chairperson, Assistant Chair and members. Membership to the group is restricted to residents and persons employed in Bowraville and caps membership at one representative per organisation to ensure balance.

Current membership includes members from:

- Chamber of Commerce
- Recreation Club
- Ngambaga Bindarry Girwaa Community Services
- Miimi Aboriginal Corporation
- Bowraville Community Preschool
- Nambucca Valley Phoenix Community Services
- Roadmaps Youth Program
- Bowraville Local Aboriginal Land Council
- Bowraville Technology Centre
- St Mary's Primary School
- Bowraville Central School
- Nambucca Shire Council

The CRG meet monthly at various locations throughout Bowraville and have recently developed a Terms of Reference outlining their purpose and objectives. The group is meeting shortly to prioritise its goals and develop a program logic. A funding submission has been lodged under the Indigenous Advancement Strategy by Miimi Aboriginal Corporation, on behalf of the CRG. It is hoped that this funding will be granted and will look to employing three community members as Project Officers under the Solution Brokerage project.

The group will continue to update the community through this newsletter and other community channels.



Bernard Laverty Funerals
24 hours 65681555
Monumental Masons & Florist
'Speak to us about the benefits of Pre Paying'

9/11

The advertisement features a blue and white logo on the left, a central text block with contact details, and a photograph of a funeral home interior with a casket on a stand and rows of white chairs.

DISH IT UP & LET'S SHARE!

Bring on spring! Let's hang out & feast by bringing along a dish of tasty offerings to share

Argents Hill Hall Sunday 27th August 12 - 4pm

We are also inviting you to promote or share samples of your home-grown or homemade specialty goods.

Seasonal fruit & veg, dairy delights, condiments & pickles, seeds & plants, spreads & bottled sensations... the list goes on!

Foods of the world, meat-atarian, vegetarian, pescetarian, vegan, gluten free goods all welcome!

An ideal opportunity to reveal, showcase & network your goodies within a community spirited environment that appreciates backyard & culinary hub efforts

Want more information? Call Denise on 02 6564 4007

Bring your friends, family, neighbours & little ones

Use of B.B.Q. will be available on the day
Tea & coffee will be supplied
All other drinks - B.Y.O
Alcohol friendly



Special thanks to any gold coin donations that find their way in the Argent Hill Hall \$\$\$ stash ☺

Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Winter 2017								
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	Community Radio Network Good Morning Country National Radio News Rural Reports	Community Radio Network Recycled Radio With Rob Davidson	Bubble N Squeak Linda & Michelle A family show with Christian themes.	Lighten Up With Jolyfish	Tones of Clairessence Claire Watt-Powell	Rise & Shine With Ron Hawkins Information and music to kickstart your weekend.	Beam Me Up Scolly Sunday Music Mix	6 AM
7 AM	Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll 1950s-2010s	It Was His Kind of Music With Donna Collins Crooners Easy Listening Popular Ballads	Dyer's Loop With The Dyers Music to dye for, of course	Under The Stinging Tree Poppa	Talk Of The Town Ceri Wobel See what's going down! All things local	Hair Of The Dog Kim Smith & Mick Birfiles Rock, Pop Covers And Music Trivia	Good Sunday Morning With Faye Music Movie Reviews News Local Events	7 AM
8 AM	Baby Boomers Donna Collins	Infopinion Richard Lanton An eclectic time with Richard	Stella Bells 2NVR Youth Radio with Stella	Turning Pages Elizabeth Newman	RAOR Jeremy Alom Random Acts Of Radio	Learner Driver New Presenters	Classical Corner Music from the past 1000 years. Alternates weekly with The Lively Arts Music & spoken word from film, TV, theatre & radio Noel Robertson	8 AM
9 AM	The Weekley Fix Paul Weekley	The Phoenix Crew Selected music & madness	Today's Country With Rob Davidson First hour then Eighties Pop	Simmo's Country John Simpson	Outback Outlaws Paul Rowe Old and new country music	Maggie's Mix Margaret Duffus	Flashback Rock Five Decades Of Rock With Rob Davidson	9 AM
10 AM	Drive With Scotty Scotty Great Scotty Music	Rob's Roving Robbie & Linda Bible reflections, Gospel & Australiana	Just For You Carola J. Simmons Followed by Karola's Deutsche Musik-Strunde	Aussie country music at its best	Wind Down for the Weekend Stu & The Crew	Concussion 2NVR Youth Radio With Kean, Noah & Aedon	Flashback Rob Davidson '60s to '80s Pop & Rock	10 AM
11 AM	Bowra Beats 2NVR Youth Radio with Grace	Jack's Tracks 2NVR Youth Radio with Jack All the tracks with Jack Tune in!	Hinterland Ben Walters Soundbite Slovomir Skokan	Thursday Country Trilovic	Rhino On The Radio Switching to Studio 3 from 6pm-8pm on the 3rd Friday of each month for five artists & studio audience	Two For The Money Double the Fun with Paul and Rachel	That's A Wrap Donna, Tom & Mitch Local sports results and in-depth analysis	11 AM
Noon	Nambucca Valley Roundup - Rachel Burns	Nambucca Valley Roundup Carola J. Simmons	Nambucca Valley Roundup - Paul Burns	Highway Blues Retro When Only The BEST BLUES Will Do	The Friday Night Rock Show Todd Willis FNRS Continues overnight	Spirit in the Sky Non-stop heartfelt music Relax and enjoy	Booth's Drum With Captain Steve DRUM Local sports results and in-depth analysis	Noon
1 PM	Reggae Mixtape With Fitzroy Music outside the usual	Latest & Greatest Country Bryon Edwards	Phillinn With Phil New Australian Blues and Indie/Folk/Rock	Jeff's Junk Jeff Mills CRN overnight	The Friday Night Rock Show Todd Willis FNRS Continues overnight	Imagine This & The AntipodeanSF Radio Show	White Line Fever Arl Nolan All that trucker' good music CRN overnight	1 PM
2 PM	Juggling Mondays Juggler's choice Music mix CRN overnight	Prog Rock Playlist Reino till midnight The best of Progressive Rock BBC World Service overnight	Ants Rocks Anthony Garsey Solid Rock Ants' Music Mix overnight	Ants Rocks Anthony Garsey Solid Rock Ants' Music Mix overnight	CRN overnight	Wolffy Wolffyl 11pm Overnight Express overnight	White Line Fever Arl Nolan All that trucker' good music CRN overnight	2 PM
3 PM	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	3 PM
4 PM	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	4 PM
5 PM	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	5 PM
6 PM	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	6 PM
7 PM	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	7 PM
8 PM	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	8 PM
9 PM	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	9 PM
10 PM	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	10 PM

2NVR — "Most Outstanding Small Station in Australia" CBAA Voice Award Winner, 2011 & 2013.
 2NVR — Australia Day Award 2012 for "Service to the Nambucca Valley Community".
 National news and weather is broadcast each weekday at 7am, 8am, 9am, Noon, 6pm, and 7pm
 Tewinga studio and office: 02 6564 7777 email: admin@2nvr.org.au