

Bowraville Community News



The Bowraville Community News is produced by
the Bowraville Technology Centre and printed by Bowraville Central School.
www.bowraville.nsw.au



APRIL 2016 - ISSUE #139

FREE

CIRCULATION 350

POSTCODE 2449

NSW Seniors Festival

1st-10th April 2015

TECHNO SENIORS 2016

Bowraville Technology Centre

Free Courses for Seniors

Morning Courses begin @ 10am

INTRODUCTION TO WINDOWS 10

Monday, 4th April



MICROSOFT OFFICE - Publisher, Word & Excel

Tuesday, 5th April



INTRODUCTION TO DIGITAL PHOTOGRAPHY

Thursday, 7th April

Afternoon Courses begin @ 1pm



USING FITNESS MONITOR DEVICES - FIT BITS

Monday, 4th April

A GUIDE TO TABLETS and iPADS

Tuesday, 5th April



USING DIGITAL PHOTOGRAPHY SOFTWARE

Thursday, 7th April

NSW Seniors Festival

The 2016 NSW Seniors Festival will run from Friday 1st to Sunday 10th April.

As the festival now runs for longer than a week its name has been changed from NSW Seniors Week to NSW Seniors Festival.

Presented by the Department of Family and Community Services (FACS) NSW Seniors Festival is designed to thank, celebrate and recognise seniors for the role they play and the contributions they make to the NSW community.

Every year during NSW Seniors Festival government, community and commercial organisations hold hundreds of events across the state, encompassing art, sport, music, entertainment, technology, recreation, health, good nutrition and much more!

The NSW Seniors Festival is for people over 60, Aboriginal and Torres Strait Islanders over the age of 50 and people over 50 who have a lifelong disability.

The 2016 NSW Seniors Festival theme is *Grow Young* - it's about celebrating seniors for their energy, experience and unique ability to know who they are and what makes them happy.

No matter what your age it's never too late to grow - to learn, to laugh and to be inspired.

Bookings: BOWRAVILLE TECHNOLOGY CENTRE ~ 6564-7420



CTC @ Bowraville

BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 300 COPIES

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

NEW 2015/16 ADVERTISING CHARGES:

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

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

DEADLINE FOR COPY FOR

THE MAY 2016
ISSUE IS: 5:00PM
22ND APRIL 2016

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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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.

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Bowraville Technology Centre

39 High St, Bowraville Ph. 02 6564 7420

Open 9.30 to 4pm Weekdays

Email: admin@bctc.com.au

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 - Equipment Hire ■ Media Sales
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 - Laminating ■ Photo Printing
 - Music Conversion to CD Format
- Volunteers Welcome*

Bowraville and District Garden Club

March saw members off to Bellingen's Autumn Plant Fair then on to a local Café for lunch. For April, once again, we are travelling around the district. This time we visit a Bromeliad Garden at Valla Beach and hope fully visit other local gardens. We will meet at the Café at 10am. If you need transport phone Barbara on 65647039. Colour for the day is blue. New members are very welcome.

Bowraville Hospital Auxilliary (UHA)

After a meeting in Macksville to discuss and sign a new agreement for the running of the Coffee Shop by Macksville and Bowraville UHAs, the Bowraville executive had to return to Bowraville for their first meeting for 2016. Fundraising for this year was our main topic. An Easter Street Stall and Raffle, a Volunteer's Celebration Day in May, our postponed Garden Party probably the 2nd Saturday in September and our Spring Sports Day were put on our Agenda. The Bowraville Executive will travel to Wingham in April. We will have our eyes and ears open as our District Rep has asked us to hold the Zone Conference in Bowraville next year and we realise this will mean a lot of planning. We would like to extend a big thank you to members of Bowraville Garden Club who potted up plants for our stall and to all who supported the Auxilliary in any way. We took over \$500 to go towards the purchase of patient equipment. Winners of our Easter raffle were Barbara Wells, Phillip Hall, Ruth Grace and Heather.

Bowraville Recreation Club

Bowraville women golfers played their first Pennants match for the year and came home with a convincing win. Congratulations! Members have also travelled to Urunga and Frederickton for their special days. Women golfers have introduced the Longest Putt on the 7th and 18th greens and a Best Nine Comp. Bowling members are also playing Pennants with 3

matches to be played in April. A big thank you to all the volunteers who are turning up to lend a hand to improve the course.

Sunday Church Time in Bowraville

Anglican Church

- 10.30am - Cnr. High Street and Young Street.

Arena of Life Ministries

- 10.30am - Pioneer Community Centre.

Catholic Church

- 9.30am - 1st, 3rd & 5th Sundays - Carbin Street.

Harvest Faith Family Church

- 9.30am - 48 High Street.

Nambucca Community Church

- 9.30am - Cnr. Rodeo Drive and Wirrimbi Road.

Uniting Church

- 2pm - 2nd Sunday of each month - George Street.

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 - 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.

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, live music, singers, guitar or flute etc. This group is supported

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 ~

7/11

BOWRAVILLE PHARMACY

31 HIGH ST BOWRAVILLE

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FAX: 6564 7364

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Saturday 8.45am - 12 noon

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7/11

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)

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)

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).
EXPRESSION SESSIONS every 2nd and 4th Sunday, at 2pm. 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
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.



**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.

From page 3

by the Arena of Life Ministries (Bowraville) 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 9.30 to 11.30am. Based on Rudolf Steiner's values including early childhood stages of readiness, parent support and an environmentally sustainable foundation. Inside play-space is designed for imaginative play without over-stimulation and outdoor play is designed to create group play and encourage appreciation of natural settings. For more information ring (02)6564-7224, speak to Camilla on 0438 868 742 or come along to Tallowood School at 220 Bellingen Road, Bowraville.

Bowraville Uniting Church 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 are always welcome. - Mavis Ward

Continued on Page 12

Guided Meditation Group Class – Weekly on Tuesdays

Bowraville - 7pm evenings on Tuesdays for 1 hour .

Guided Meditation experience and social meeting.

Creative Visualisation in Meditation provides a pressure-free environment to relax, unwind and switch-off before re-charging your peace battery ☺

Small class - \$10 per person.
Please book with Joanna on 0402 505 210
website: joannabecker.com.au

4/11

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

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7/11

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Nambucca Valley Radio 2NVR 105.9FM



What a night!!! March 5th saw 2NVR celebrate their first "ENVIES" awards night and a great night was had by all who attended the Macksville Ex-Services Club for the event.

MCs Eve and Jack Sullivan opened the night with the presentation of the 20 years plus awards. The awards were presented, by Mayor Rhonda Hoban, to those who have served a continuous 20 years at the station whether as a presenter or off air support.

This award was extra special for Ed Orrego and Rob Turnell who have been with the station since its first transmission in 1984. Dallas Dent was the respondent on behalf of the 15 recipients thanking all who had attended and put the awards together.

Recipients were Rob Turnell, Ed Orrego, Dallas Dent, Heather Heywood, Dave Wareing, Dave McCrory, Laurie Medbury, John Simpson, Ron Hawkins, Richard Laxton, Roz O'Keefe, Kel Sussems, Neil Green, Kathy Walker (posthumous) and Jim Brooks (posthumous).

All of these names will be added to the new Roll of Honour board that was made by Stuart Holmes and The Macksville Mens Shed.

For the following awards all recipients were voted to receive these awards by their fellow presenters. The popular win was by Donna Collins for the Community Engagement Award for her work with three on Air shows, the Council Reports, the Anzac Day Special presentation and the running of the new and popular Studio 3 Cafe and Biggest Morning Tea fundraisers.

The Winners were - Paul Rowe - Hitching Post Award (Excellence in Radio); Daniel Gosson - Golden Peg Award (Services in support of 2NVR); Fay Aspiotis - Best New Show; Jack Sullivan - Youth Encouragement and Donna Collins - Community Engagement.



HIPPY = Home Interaction Program for Parents and Youngsters.

HIPPY is a two-year, home-based, early learning and parenting program for families with young children which empowers parents and carers to be their child's first teacher.

Families start HIPPY the year before their child starts school (usually around four years old) and continue during their first year of school.

HIPPY is a voluntary program and is free for families.

HIPPY Australia is happy to announce the role-out of the HIPPY program throughout the Nambucca Valley. HIPPY will very soon be available to all families living in the valley with a child four years of age.

For further information, enquiries or to enrol please contact HIPPY Coordinator:

Nadia Abraham on

Phone: 65648855

Mobile: 0457160138

Email: hippycoordinator@miimi.org.au

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

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APRIL PROGRAM at the

BOWRAVILLE THEATRE

Saturday 2nd April at 2pm - A Concert, 'COME FLY WITH ME', will be performed by the wonderful Bowraville Theatre Singers. Featuring the beautiful music and amazing choir trained and conducted by Lissa Tardiani. This will be an afternoon of fun and song so please come and join us. The doors will open at 1pm. The Theatre Cafe will be open and entry is \$15. Tickets at the door or online at www.tickethost.com.au Phone 6564 7279 for more information on Group Bookings – Group of 10 only \$140 with a bonus free ticket and reserved seating.

Sunday 3rd April at 2pm - The Bowraville Theatre Singers conducted by Lissa Tardiani will again perform the Concert 'COME FLY WITH ME' so if you can't make it on Saturday you will be able to see this wonderful show the following day. Entry is \$15 and the Theatre Cafe will be open - again you can book online at www.tickethost.com.au The same rule applies re Group Bookings, a Group of 10 only \$140 with one bonus ticket and reserved seating, please phone 6564 7279.

Sunday 10th April at 2pm - The Theatre is delighted to be screening 'THE LADY IN THE VAN' a 2015 British comedy written by Alan Bennett and starring Maggie Smith and Alex Jennings. It tells the true story of Mary Shepherd, an elderly woman, who lived in a dilapidated van on Bennett's driveway for 15 years. Entry is \$12, Concession \$10 and BAC members \$8 or a family of four (2x2) \$25. Tickets at the Box Office which will open at 1pm. Complimentary tea or coffee and a biscuit are available before the show so please enjoy.



Bowraville Film Society — Saturday, April 30th at 7pm - ME and ORSON WELLS

Doors open 6:30pm - Please bring along some delicious nibbles to share before the film begins.

After a chance encounter, theatre-loving teen Richard Samuels (Zac Efron) gets the opportunity of a lifetime when famed director Orson Welles (Christian McKay) gives him a small role in his 1937 production of "Julius Caesar." Unexpectedly thrust into the heady world of the stage, Richard finds himself surrounded by ambition, clashing egos and sheer brilliance.



About the Bowraville Film Society - Your first attendance is free and then to view future films you must be a member of both the Film Society and the Bowraville Arts Council. It is easy to join on the night. Current membership fees are \$28 p.a. for the Film Society and \$22 for the Arts Council, although these rates are under review. The programme for 2016 is a screening every month, on the last Saturday of every month (3rd Saturday for December), with a double feature in the cooler months which gives you 16 films for the whole year.

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7/11



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7/11

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 8742
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, 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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6/11

BOWRA HOTEL

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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
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33 HIGH STREET, BOWRAVILLE

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711



BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

Many thanks to the people who donated these 3 titles and all the other varied and wonderful books which have come to our Book Nook

Sing You Home by Jodie Piccoult

Once again Jodie Poccoult brings to the reader a number of 21st Century realities that will make you think about your beliefs and values.

"Sing You Home" has them all: relationships (of every type), fertility problems, miscarriage and IVF, stillbirth, religion, truth and honesty, the legal system, moral rights and wrongs, bullying, homosexuality.....

It's an intricately woven story about Zoe Baxter who has spent ten years trying to have a baby, with her husband Max, and finally, when at 7 months pregnant and looking like all her wishes will come true her baby dies and the marriage falls apart. After this painful event Zoe throws herself into her work as a music therapist, meets Vanessa, a school guidance counsellor, through the job and develops a friendship with her.

Zoe's relationship with Vanessa develops into love, much to Zoe's surprise. When they discuss having a child, Zoe approaches Max about using the remaining frozen embryos from their IVF program. Max, who used a great deal of alcohol to deal with his pain, had to move in with his brother Reid and his wife Liddy who also had been unable to have a baby. With his recent conversion to the Reid and Liddy's evangelical religion and church, Max decides, with the 'help' of a forceful pastor, to give the embryos to Liddy and Reid.

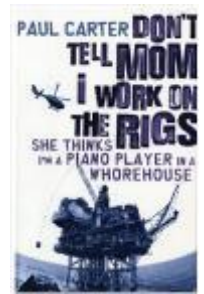


What follows is a struggle - legal, moral and ethical. The story feels very real. The intricacies of the various relationships feel very real. The issues definitely are.

I thoroughly enjoyed this story despite it being very painful in parts and some of the events raising my hackles at times. I enjoyed the way Jodie Piccoult wrote each chapter from a different character's point of view and the twists and turns en route to the ending.

Don't Tell Mum I Work on the Rigs - She Thinks I'm a Piano Player in a Whorehouse by Paul Carter

This is a real life recollection from Paul Carter, an Australian Rig Worker, of some of his more memorable 'moments' travelling the world on the job. He's Australian, as I said, and I'm sure you can tell by the title that he has a sense of humour and that perhaps his retelling of events is probably a bit raunchy in places and sprinkled liberally with swearwords.



If tales of drunkenness, pranks and cursing or misery (dysentery, death of co-workers and unsafe work environments) are not for you, don't bother reading this interesting, crazy and funny book. I guarantee you'll come away having a whole new respect for the people who work in a job you seldom ever think about.

These books read & 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.

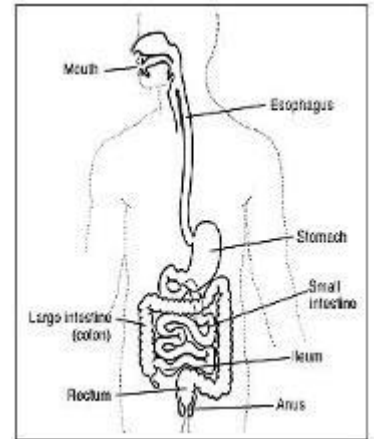
MONTHLY MYSTERY GIFT DRAW

7/11

Are your Bowels Feeling Irritable?

Do you feel that tummy troubles are taking over your life? Approximately 1 in 5 Australians live daily with medically diagnosed irritable bowel syndrome (IBS) and suffer with symptoms of bloating, constipation, diarrhoea and abdominal cramping. These uncomfortable and sometimes awkward symptoms may be preventing you from a variety of activities and keeping you from living the full and active life you deserve.

If you feel like your bowel habits dictate your social calendar Ethical Nutrients has a solution to help reduce the bad bloating, ghastly gas, disturbing diarrhoea and continuing constipation associated with medically diagnosed IBS. Having the right balance of healthy bacterial flora in your digestive system can help you maintain normal bowel function. Ethical Nutrients IBS Support contains an exclusive strain of probiotic that has been highly researched and found to be beneficial in reducing the symptoms of IBS such as bloating, pain, flatulence and constipation as well as helping to promote healthy digestive function.



Many IBS sufferers have observed that avoiding certain foods in their diet can significantly reduce their symptoms of IBS; and individuals with IBS who avoid these foods can greatly reduce symptoms such as bloating, diarrhoea and abdominal discomfort. FODMAPS – also known as Fermentable Oligosaccharides, Disaccharides, Monosaccharides and Polyols are hard to digest carbohydrates that can exacerbate symptoms of IBS. FODMAPS are a type of carbohydrate that is not broken down effectively during digestion and are poorly absorbed in the small intestine. When these partially digested foods enter the large intestine they begin to ferment and cause inflammation worsening IBS symptoms such as bloating and pain. Water retention in the gut may also cause changes in bowel motions and result in diarrhoea.

Researchers from Melbourne's Monash University have found that eating a diet that is low in certain carbohydrates (sugars) helped to alleviate symptoms in 75 percent of the IBS patients they treated. A low FODMAP diet is increasingly being advised by dietitians in the treatment of IBS but it must be done under the care and guidance of an accredited practising dietitian.

For most people with IBS a healthy lifestyle is the best way to improve symptoms. The following general advice about diet may help: eat regular meals – six small meals throughout the day may be better than two or three large ones; drink plenty of water; limit caffeinated drinks such as tea, coffee and energy drinks; cut down on foods rich in insoluble fibre, such as wholemeal bread, wholegrain rice and cereals containing bran. If you have diarrhoea, cut out the artificial sweetener sorbitol. This is used in some sugar-free sweets, drinks, and diet products. Psyllium supplements may help relieve constipation.

Regular exercise is a good way to help reduce your symptoms by helping to keep your bowel movements regular and reduce stress. If your symptoms are noticeably triggered by stress try stress management or relaxation techniques. Keeping a diary to compare your symptoms with life events may also be helpful. If you recognise that certain events trigger your symptoms it may be easier to deal with the problem that is causing the symptoms. If these self-help treatments don't work see your GP for advice. They can help you identify factors that may be making your IBS worse, and suggest other treatments.

Medicines: There are several non-prescription medicines available from your pharmacist that can relieve some of the symptoms of IBS, including anti-diarrhoea medicines – you should only take these as needed, not on a regular basis; **laxatives** – some bulk-forming and bowel-stimulating laxatives may help if you have constipation. Bulk-forming laxatives include psyllium-containing products. Bowel-stimulating laxatives such as **Senna** tend to be stronger. However, speak to your GP before using them routinely; **antispasmodic medicines** – these may help with stomach cramps and wind and include prescription and non-prescription medicines as well as natural preparations such as peppermint oil capsules; **probiotics** – these contain helpful bacteria and yeasts; **painkillers** – if you need to use painkillers try to use paracetamol as anti-inflammatory medicines such as ibuprofen (e.g. Nurofen) or aspirin may make your symptoms worse.

Always read the accompanying consumer medicines information leaflet and if you have any questions ask your pharmacist for advice.

Your GP may prescribe medicines for IBS. These include prescription-only versions of the medicines mentioned above. Sometimes low-dose antidepressants may be prescribed to help reduce the pain of IBS, even if you're not depressed.

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





BELLAMY SKINCARE

Now at Bowraville Pharmacy

We love our natural skincare at the Bowraville Pharmacy and it's a pleasure to be able to stock an item that is not only natural and kind to your skin but also **LOCALLY MADE!**

Craig and Annie of Bellamy Skincare have been developing a range of products that are of the highest quality, using natural products.

They wanted to develop a range of products that would suit all skin types, safe for every member of the family. The Bellamy range covers Moisturiser's, Body Custard and Buffalo Milk Soaps just to name a few...



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Ultra-Sensitive Face Moisturiser

Ultra-Sensitive Body Custard and more!

Not forgetting the Luxurious range of Buffalo Milk Soaps

BOWRAVILLE PHARMACY

Caring for our community

Monday to Friday
8.45 - 5.30
Saturday
8.45 - 12.00

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

7/11

WHAT'S HAPPENING IN BOWRA

From page 5

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.

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 non perishable food products will be on sale as well as other products. 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.

Nambucca Valley Community Church

The Church has a leadership team of six with Keith Stage the senior Pastor. Sunday services include church at 9.30am, Sunday School 10.15am and a 5pm prayer group. Men's Fellowship as advertised and Women's Fellowship is held at the Church at 10am each Wednesday. A Youth Group is held each Friday for 12 to 18 year olds, from 6pm to 8pm. For more information phone Keith Stage 0427 231 040. The Food Hub at Nambucca Heads is a community service organized by this church.

View Club

View stands for **V**oice, **I**nterest, **E**ducation, **W**omen. Members have a monthly meeting which also includes a luncheon, or for Evening Meetings dinner, and a guest speaker. All money raised goes to the Smith Family which includes the Learning for Life Program which supports disadvantaged children in their Education. In the Nambucca Valley there are 2 clubs, Nambucca Day held at the NH Bowling Club and Nambucca Evening held in the Blue Gum Lodge, Macksville. All clubs also have other meetings and social events. Both clubs welcome new members.

LIONS CLUB

SUPPORTING OUR COMMUNITY



PRESIDENT
Kerrie Savins
Mob: 0412 248 044

Email: blion34@yahoo.com.au

PO Box 23
Bowraville NSW 2449

7/11

If you have something
HAPPENING IN BOWRA
and want others to know about it
send an email to:
admin@bctc.com.au

FOR SALE

Toyota Hilux 1984

Good farm ute, not registered, goes well.
4WD, diesel, aluminium tray,
good tyres, high ground clearance.

\$3,500 or offer.

Contact: 0419 492 540



Bowraville Lions Club Inc News Bulletin



Seniors Week - Healthy Living Expo

Thursday 7th April 9am to 2pm
Pioneer Community Hall - High Street

Friday 8th April 9am to 2pm
Bowraville Recreation Club - South Arm Road

Cooking Demos - Taste the Food

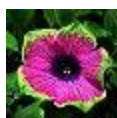
Morning Tea and Lunch - Free Tea and Coffee

Blood Sugar, Blood Pressure, Weight Checks

“Buy Healthy” Supermarket Tour

Talks by and Demonstrations on:

- Physiotherapist
 - Optometrist
 - Chiropractor
 - Pilates
 - Yoga
 - Mental Health
 - Palliative Care
 - Legal Aid
- United Hospital Auxiliary (UHA)
 - Be a JP
 - Aged Care
 - Carers
- Indigenous Aged Care
 - Meals On Wheels
 - Australia Hearing
 - Webster Packs
 - Mobility Aids



*Plant a Petunia with the Bowraville Gardening Club
Start a Craft Project
Play Bowls*



What to Plant in Autumn?

While autumn planting does not give the immediate gratification that planting in spring does it is an ideal time for planting many vegetables, trees and flowering plants. Autumn is when plants best establish their root systems so when spring arrives they are healthy, well established and ready to create a display of colour or offer fresh food for your table.

Vegetables

Early autumn is a great time for planting a number of seedlings that require a deep root system. Cauliflower, brussel sprouts, broccoli, spinach, silver beet and other brassica seedlings do especially well. Mix some dolomite and compost into the soil to give them nutrients for establishing themselves.

Root vegetables like potatoes, turnips, garlic, leeks and onions do well if planted in autumn. If you have some fresh garlic in your pantry just separate the cloves, plant them separately about 50mm deep and look for a fresh stock of garlic in the spring.

Most kinds of lettuce do well in autumn but to be on the safe side plant winter varieties from seedlings. Some of these include butterhead, oakleaf, cos and salad bowl. If you're in a frost free area autumn is a good time for planting sugar snap peas. The blossoms are sensitive to frost, though, so be careful when planting these.

Fruits

Autumn is not the best time for planting many fruit bearing bushes and trees but it the ideal time for some. If you like the idea of having fresh lemons, for example, plant a lemon tree in autumn for best results later on. Early autumn is ideal for getting passionfruit started and is one of the reasons why some home gardeners have such success with this delicious and versatile fruit while others seem to get nothing for their efforts.

Bulbs

Winter is the time of year when plants seem to go dormant. While not much activity is going on above ground, though, it is the time of year they focus on establishing their roots. This makes autumn the ideal time for planting flowering bulbs. Part of the beauty of planting bulbs is that they are almost guaranteed to blossom at least once as long as they get plenty of sun and regular watering.

Transplanting

Autumn is also a good time for transplanting bushes and trees. If you're establishing a garden go to your local nursery in March and choose the varieties you want. Ask the nursery attendant how best to plant them or get a professional gardener to help you. After that, just sit back and watch your garden grow.

- www.homeimprovementpages.com.au



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requirements of the soil and the
plants being grown,
as well as the form and contents
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They will be happy to assist you
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COMPOST

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**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**

7/11

Bowraville Chamber of Commerce and Industry Inc

chamber@bowraville.nsw.au

APRIL 2016

Representatives from The Bowraville Chamber have recently met with Council and also with the Hot Rods, VW and GT Car Clubs to discuss future visits to Bowraville and the Nambucca Valley.

These clubs have brought a considerable amount of visitors and money into the valley and they are seeking more support from Council and the Tourist Association.



The Car Clubs speak highly of Bowraville and the efforts made by Chamber to welcome the Car Clubs to our town.

The aim is to promote our town as a great place to visit, offering visitors and tourists a diverse range of attractions such as our museums, galleries, opportunity shops and the excellent range of dining experiences in our cafés and the hotel.

We look forward to seeing the Car Clubs back in Bowraville during 2016 and notices will be put out when they will be arriving.

Chamber is still waiting to hear back from Council regarding our submission for a Camping Ground at Lions Park based on the success of the revamped Gumma camping grounds.

We would like to see the Lions Park become a camping site in time for the visitors we expect in the second half of this year.



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

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

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

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

MiiMi Information

SERVICES

MONDAY

INTERRELATE Counseling Services



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

TUESDAY

New Horizons - 5632 4804
Wesley Youth Accommodation - 6652 7124

WEDNESDAY



BABY 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



THURSDAY

LEGAL AID

10am - 12pm

1st and 3rd Thursday of the month

Bookings Preferred 6651 7899



FRIDAY

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

6/11

Moloney Street Dog Attack

On Sunday morning, 13th March 2016 at 2am our little dog Peanut was dragged off the verandah and mauled to death by two dogs.

There was no noise leading up to the attack. We were awoken by his cries and there was nothing that could be done. Then two days later, on Tuesday night at 10pm, the next door neighbour's little dog was attacked in the same way – no noise – and was mauled to death.

Please keep your dogs locked up at night and check your yards.

- Doreen Flarrey

If you have any information about these vicious attacks or have had a similar experience call Police on 131 444; Nambucca Shire Rangers on 6568 2555 and notify Nambucca Shire Council of the incident.



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10/11

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11/11

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7 Ways to Keep Safe Online

We all worry about what we are downloading on to our computers from the internet and it is shocking to learn that many people get ripped off online simply by clicking on the wrong link. For example, a friend recently bought a well-known internet security application and then followed web links from a google search on how to install the software. He called the phone number for support from what appeared to be the internet security company's website. The support team then offered to assist him by controlling his computer. Shortly after they informed him there were hackers trying to steal his data and that his PC was infected. They then 'kindly' offered to fix the problem for \$300 when in fact the solution was a simple one – there was no problem in the first place!

This was not the well-known internet security company but an unscrupulous group of people, based in Australia, who had ensured their website ranked high in the google search results. It is therefore advisable to ask someone you know and trust e.g. a friend or relative or come into the Bowraville Technology Centre for advice if you are unsure what to do in a situation like this.

Here are seven suggestions to keep you safe online:

1. **Emails are a big source of infection.** Never click on a link in an email without checking where it will take you first. To do this hover your mouse cursor over the link without clicking and wait a second to allow you to review the full address. The link could be in an email from a friend whose computer is infected or it could appear to be from a well-known company. For example, the email might look like a legitimate email from Telstra but when you check the address it takes you somewhere completely different.

Continued on Page 20



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Mobile service for housebound

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



7/11

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



7/11

CAR BOOT MARKET at MISSABOTTI

The Missabotti Community Centre is holding a Car Boot Sale on **Sunday April 17th from 10am to 3pm.**

So now's the time to book your spot.



\$10 per vehicle or \$15 for undercover where spaces are limited, so first in first choice with a booking...

Tables and chairs will be available for a small fee.

CAFE open and BBQ happyning!!

Phone: Dawn 02 65647646
or Diana 02 65647142
or find us on Facebook to book your site.

2/2

Sort out all of those unwanted items and come along for a fun day.

~ ~ USING TECHNOLOGY ~ ~

Awesome Uses for your Mobile Phone Camera

I've reached the age where my arms aren't quite long enough to read the ingredients on most products - maybe a few of you have been there!



What I now do, to solve the problem, is to whip out the mobile phone, take a picture and then do the thumb and forefinger movement on the screen to enlarge the ridiculously tiny type. It's easy and works an absolute treat. Since then I've enlarged medicinal instructions, assembly instructions, the serial number on my computer and even the form guide! It's a really simple trick made possible by the fact that we all have quite a powerful camera in-built into our modern smart-phones. I, for example, am currently using a 5 year old Samsung Galaxy S2. Quite an old smartphone yet it packs an 8 megapixel camera which can comfortably expand a photo to A4 size without losing any picture quality.

In the spirit of this I've come up with some other interesting uses for mobile phone cameras you may not have thought of:

Grocery-Shopping aid: Before you go shopping take a photo of the inside of your fridge and the pantry as well for that matter. You can pull out the phone at the shop

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If you are on a package check what NDIS funded household tasks you are covered for and find out how we can help you

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End of lease clean
Rental & home repairs
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Gutters cleaned
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Money spent in the valley... stays in the valley

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Open Monday to Friday

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

Phone: 6564 7677



Morning Tea: Coffee & Cake Specials

Lunch: Sandwiches, Wraps, Burgers, 'Special of the Day'
Dietician approved choices

Catering

menu

Sandwich, Wrap or Roll Platter
Locally baked bread with selection of fresh fillings

Hot Savoury Platter
Mini pies, sausage rolls, spring rolls

Scone Platter
Sweet - with jam and cream or Savoury

Cheese Plate

Fruit Platter
Fresh seasonal fruit

Sweets

Home made slices and cakes

Other: Roasts, Soups or your choice

Orders must be in by noon the day before



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

Supporting us helps us support people with disabilities in the Valley

7/11

Phoenix Gallery & Treasures

Bowraville

Money spent in the Valley, stays in the Valley

THE STORE FOR BETTER BARGAINS



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



Open Monday to Saturday

Phone: 6564 7677



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

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

and zoom in to see just how much chilli sauce is left in the bottle, how many eggs are in the container or whether your sneaky husband ate the last of the Tim Tams. Or how about taking a photo of the recipe you've been planning to cook before you go shopping to make sure you pick up all of the ingredients? A quick look at the phone will make sure you don't forget to pick up the Chinese Five Spice.

Product Comparison: No matter how easy on-line shopping gets I still like to see and compare things I buy. We bought a new LED TV last week. You just don't realise how many different models and features there are on TVs these days. We were able to take a photo of the models we were interested in, with the price-tags, as we went from Bing Lee to Harvey Norman to the Good Guys to JB Hifi. This way we were certain we were comparing "apples with apples" and were getting the best price. All thanks to something I would have been carrying in my pocket anyway!

Insurance information: Normally you will have your mobile phone with you at all times. Why not take photos of your valuables you have at home - serial numbers of computers, electronic equipment, sports memorabilia and whatever else at your home. If the unthinkable happens and your items get stolen the conversation with the insurance company will be a lot easier if you can actually show them a picture of your genuine bat signed by Don Bradman or the

serial number of your premium sound system. It will even help you remember what you actually have. Many people have forgotten or not realised valuable items were missing until long after the insurance claim was made and that can be a nightmare.

Stuff you like: Ever been to someone's house and really liked the way the lounge room is set out or seen an item you thought would go brilliantly in your back room? All it takes to keep this in front of mind is to whip out the phone, take a quick snap and you can be assured of not forgetting those awesome cushions or clever use of space that would be perfect at your place.

Gift ideas: Every now and then you come across something at a shop and think, wow that would be perfect for hubby/wife/kids/others for their birthday or Christmas. This event might be 6 months away so the item is often forgotten well before the event and we end up buying socks. How about building up a little file in your camera phone of cool and unusual gifts to buy? You don't have to have anyone in mind when you see them. Simply snap a quick photo and move on. When Christmas or a birthday comes around, you'll have a ready-made list of gift ideas. We don't realise how much power we have inside our smart-phones. These are just 5 simple ideas from a device that we carry around all day every day. I bet you can come up with plenty of your own!

- by Peter Huxley

(director of Mobile Service Provider CMobile Pty Ltd.)

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7 DAYS

From page 17

2. Use a reputable web browser such as Chrome, Firefox, Safari or Internet Explorer (Edge as it is now known) and always keep them up to date. You can also use 'Add ons' to protect yourself such as adblocker. Pop ups informing you that you are unprotected or your PC is running slow, and to 'click here' to fix are usually a good indicator that you are about to make a big mistake! Always check the link before clicking on it even if they claim to be from a well-known brand. To do this hover your mouse over the link and wait for a few seconds to review the destination address.

3. Software Updates: Installing your operating systems updates regularly is the easiest way to keep secure and stay protected. Make sure that your computer's updates are set to automatic and that you restart your computer after they have been installed, no matter how much of a pain this may be at times! Also keep your computer's runtimes such as Java, Adobe flash and Silverlight up to date. When doing updates be aware of the amount of download allowance you have as they can be very large. If you are uncertain call into the Bowraville Technology Centre and do your bigger downloads from there.

4. Make sure your device has some reliable form of anti-virus running. For Windows 10 this is built in and free. Paid for programs offer other options you just need to choose a well known one.

5. Social media is very much about keeping in touch with family and friends and that includes grandchildren but be sure to run through your privacy settings and review what the public can see of your profile.

6. Your password is extremely important! Make sure you use a word or phrase that is between 8 to 14 characters in length which includes special characters and numbers. Try not to use the same password all

the time as this will allow access to all your accounts. Factor Authentication is now used by many financial institutions and is highly recommended. It works by having to enter your password and also having to enter a number from either a Secure token/key fob or an SMS to your phone.

7. Online payments. Many people shy away from buying things online but PayPal is a great and safe way to make purchases online. You don't have to keep entering your credit card details with different websites, you only have to trust one! When you want to buy something you just select PayPal as the payment method. Due to the increasing threat from cybercriminals it is important that you stay vigilant in order to protect your online privacy and security.

So the next time you get an email claiming that you have won the Ugandan online state lottery or a Nigerian prince is wanting to stash his millions in your bank account until he can exile himself, think!!! because if it sounds too good to be true, it is too good to be true!

For more information, see the Stay Smart Online Alert Service at www.communications.gov.au - a free service for Australian internet users which details recent online threats and how they can be managed. *by Jon Dawkins, an IT professional with over 25 year's experience working for large companies such a Microsoft and Ericsson.*

To learn more about using your computer come to **Bowra Technology Centre's TECHNO CLUB** Tuesday 2 - 3pm with Graeme and Thursday 10.30-11.30am & 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 - 6564 7420



7/11

FIREWOOD, CHOPPING BLOCKS, KINDLING, LANDSCAPE SUPPLIES

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Beautiful Town, Dedicated People

Dorothy Evans . . .

A True Lover of Life

Dorothy Evans is a testament to the adage that keeping active and involved in life keeps old age at bay. At the grand age of 89, and about to become a great-grandmother for the third time, Dorothy still works actively for the Bowraville Theatre, just as she has done for the past ten years. Her involvement actually pre-dates that by two years when the theatre was bought, cleaned up, renovated and brought back to being a working theatre after many years of neglect.



Dorothy still works tirelessly for the theatre and over the years has been involved in the production of pantomimes. She is currently the President of the Bowraville Theatre Players who are working on upcoming performances to be staged at the theatre. Dorothy enjoys the movies put on by the theatre but would like to see more live stage productions.

Dorothy remembers the theatre from its time as a fabric shop, run by Margaret Usher, and a place for the quilting group to meet. At this time the theatre was a shambles and full of rubbish. She has made many beautiful quilts over the years and always donated items for the quilt show and raffle which was held to raise money for the theatre. Initially seats were sold in the theatre as a way of funding the renovations and each person who bought a seat has a plaque on the back of it.

Dorothy had no previous theatre experience but did have organising skills learned while belonging to the Motor Home Club with her husband. She and her husband travelled extensively and one of her best memories is of going to stay with the Amish people in the USA (who make wonderful quilts).

Amazingly they did not come to live in Australia until they were retired but had previously bought a house on the central coast and had visited children in Australia during the years they lived in London. It was after visiting their children a few times that they decided to live here and later their move to the Bowraville area was prompted by their daughter, Ceri, buying a farm in the area. They loved this area and moved here from England twenty-five years ago.

Dorothy came from Wales originally but had lived in London with her husband and children for thirty years, managing a transport business. Sadly Dorothy's husband died eighteen years ago but she didn't want to give up then and says that she's enjoyed every minute of her life and is delighted to wake up every morning. Among the many other things that Dorothy does is the promotion of the Bowraville Theatre every Friday morning on ABC radio as part of Michael Spooner's programme.

Dorothy is a very well-known and well-loved personality in the Bowraville area and there are many people who will be very happy that she did not give up but has gone on being actively involved in the life of the community well into her old age. She feels very lucky and happy and would like to be remembered that way by people. She feels that hers has been a long life for someone who didn't come to Australia until she retired; a life of many changes. She is truly an inspiration.

Bowraville Central School News

In early March, Years 7 and 8 spent two nights camping at Hat Head as part of their Outdoor Program. Students participated in canoeing, bushwalking, swimming, snorkelling, stand up paddle boarding and fishing.



The camp was an excellent way for staff and students to mix in a social context giving students the chance to examine ways in which they relate to others in a group setting. Students engaged in practical problem solving activities i.e. organising a camping group which included planning and providing their own meals.



All participating students displayed great responsibility and teamwork. Our dedicated staff ensured a safe and happy learning experience beyond what is possible at school.



Bowra Bounty



ORGANIC GARLIC and PECANS *grown by Dawn and Terry*

Dawn Thornton and Terry Bates have again won the title for Australia's best pecans. Their operation is nestled between nature reserve and grazing properties where they have proven that growing pecans and garlic can not only be profitable but capable of yielding premium organic produce. With former professions in ecology and geology and working as environmental and business consultants Dawn and Terry decided to get into horticulture while they were young enough and still had the energy. They'd seen a lot of people start in their sixties and soon "run out of puff".

They started with the idea of herbs but soon realised that the climate was not suitable with too much rainfall to get good medicinal oil in herbs. Rather what they saw working well on other farms were pecans, macadamias, avocados in the right area and garlic. Originally they were looking anywhere between Taree and Tweed Heads and kept coming back to the area for holidays enjoying bush walking and being close to the beach. Having views was important, "some good soil and access to water". They had to do a fair bit of work to set the farm up. They put in a bore and got an irrigation licence, put in underground irrigation systems and planted pecans and garlic.



Dawn and Terry had good research skills having worked in environmental assessment and land restoration. They met in West Africa when working on an environmental assessment for a mining project and later formed a consultancy in Sydney. Dawn had been an ecologist, trained and practicing in the UK, and Terry was a geologist. Terry further developed his skills, with a masters degree in business management, whilst in Sydney and worked in economic development for a while. These skills and experiences positioned them both well for developing their operation. Neither Terry nor Dawn had much interest in livestock and with the size of the farms in the area they decided horticulture was much better value. Their professional background helped them plan and research into the things they were growing. They spent time working out costs, machinery needs and more importantly what their irrigation needs would be. They realised "very quickly" that "without irrigation you might as well not start".

One of the most valuable things that Terry and Dawn embarked on was a Water Wise course. Before planting anything they put in a bore and got a water licence to tap the underground water. They saw an asset and advantage that the ground water was underutilised in the area. It was very easy to get a licence compared to other parts of Australia. Once you secure your water no matter how dry it is you can still grow crops. They knew they'd need water for growing pecans and garlic and looked into the rules for getting a licence. Water Wise was a four day course in which they learnt about planning irrigation systems and working out how much water was needed to grow each crop specific to the region. This helped them design their own irrigation system tailored to their operation including how much water their plants would need and when. They had seen many people put crops in without water to their demise - "water is absolutely crucial."

Terry enjoys the physical work of farming and Dawn loves the opportunity to get outside. They both have done their fair share of office work and enjoy being able to take in the view and be present in this beautiful landscape. They also value being able to give something back to the natural environment by restoring areas of native vegetation and creek lines. Terry reflects on getting established as taking quite a few years of hard work but that is now paying off where they "do actually make a living out of the farm". Farming is probably the hardest in their work experience to make a living out of and they both feel a sense of achievement in accomplishing that.

They also like to produce a very high quality product. Their garlic consistently tops the wholesale market price and they have won the trophy for Australia's best pecans for six years running. They are very conscious of quality and take great care in the handling of their product. This is not just in growing and harvest but in post-harvest care including maintaining the right dry storage conditions such that the product does not taint. "Focus on quality gives you two things – better prices or if the market's got a glut you can get a sale when other people don't."

Dawn and Terry were interviewed and his story compiled by BTC Volunteer, Andrea Grant

Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Autumn 2016						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 AM	FM in the AM Dave McCrooy	Dano's Brecky Show Daniel Gosson & Hal The Robot	Texas Flood Neil Green The best breakfast music of all time all the time...	FM in the AM Dave McCrooy	TGIF Jollyfish	FM in the AM Dave McCrooy
7 AM	A morning music mix to put a spring in your step	High-paced cacophony to get those feet shufflin'!	Our Kind of Music Dallas Dent	A morning music mix to put a spring in your step	Breakfast pirate madness & new music releases	Beam Me Up Scotty Sunday Music Mix
8 AM	Classic Hits & Jukebox Paul Rowe	Global Mosaic Pieter	Easy Listening	Under The Singing Tree Poppa	Talk of The Town Rosemary Bateman	Country Highway Dave Wareing Country music classics to latest releases and comedy
9 AM	Great Rock 'n' Roll 1950s-2010s	A weekly musical trip through the world	Jazz Azz I Like It Heather Heywood	Turning Pages Elizabeth Heyman Books, authors and the music that moves them	See what's going down! All things local	Sabor Latino Eddie - Tell others to listen Request Latino World Music 2nvr.org.au, Chastelien Or phone 02 6564 7777 Share with friends...
10 AM	Baby Boomers Donna Collins	Infopinion Richard Landon	The Phoenix Crew Selected music & madness	Simmo's Country John Simpson	Tones of Claressense Claire Watt-Povell	Classical Corner Music from the past 1000 years Alternates weekly with The Lively Arts
11 AM	The Weekly Fix Paul Weekley	Rob's Roving Robbie Hancock	Just For You Carola Simmons	Aussie country music at its best	Outback Outlaws Paul Rowe	The Sports Show Dallas and Trickwix
Noon	Drive Home Scotty	Bible reflections, Gospel & Australiana	Stella Bells Music to rock your soul	Thursdays Country Trickwix	Get Funky Friday with Skyzie	Maggie's Mix Margaret Duffus
1 PM	Drive home with a mix from Scotty	Flashback Rob Davidson	Soundbite Slavomir Stokan	Nambucca Valley Roundup - Retro	Rhino On The Radio	Dano's Mixed Grill Daniel Gosson
2 PM	Youth Music Program Toby Frost & Lea Gillard	'60s to '80s Pop & Rock	Nambucca Valley Roundup - Cen Wobbel	Highway Blues Retro	Switching to Studio 3 from 6pm-8pm on the 3rd Friday of each month for live artists & studio audience	A tasty mix of anything and everything to spice up your Sunday arvo
3 PM	Nambucca Valley Roundup - Bev & Rachel	Latest & Greatest Country Bryon Edwards	Ants Rocks Anthony Gamsley	When Only The BEST BLUES Will Do	The Friday Night Rock Show Todd Wills	Jack's Tracks Jack
4 PM	Reggae Mixtape With Fitzroy	Music outside the usual	Solid Rock	Jeff's Junk Jeff Mills	Continues overnight	All the tracks with Jack Tune in!
5 PM	Juggling Mondays Juggler's choice Music mix	CRN Overnight	Music Mix: Continues Overnight	Continues Overnight	Continues overnight	That's A Wrap Dallas, Donna, Trickwix
6 PM	Continues overnight	Continues overnight	Continues Overnight	Continues Overnight	Continues overnight	Local sports results and in-depth analysis
7 PM	Continues overnight	Continues overnight	Continues Overnight	Continues Overnight	Continues overnight	Booth's Drum With Captain Steve
8 PM	Continues overnight	Continues overnight	Continues Overnight	Continues Overnight	Continues overnight	Science & Reason With The Jollyfish
9 PM	Continues overnight	Continues overnight	Continues Overnight	Continues Overnight	Continues overnight	Free Thought Radio, A Week In Science, Diffusion Science Radio, Lost In Science CRN overnight
10 PM	Continues overnight	Continues overnight	Continues Overnight	Continues Overnight	Continues overnight	Continues overnight

National news and weather is broadcast each weekday at 7am, 8am, 9am, Noon, 6pm, and 7pm
Tewonga studio and office: 02 6564 7777 email: admin@2nvr.org.au

The Best Little Station In The Nation

2NVR — "Most Outstanding Small Station In Australia" CEAA Voice Award Winner, 2011 & 2013.
2NVR — Australia Day Award 2012 for "Service to the Nambucca Valley Community".