

Bowraville Community News



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



AUGUST 2016 - ISSUE #143

FREE

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*Has Windows 10
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*Are Windows 10
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We are a non-profit community organisation servicing our local community.

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.

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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 2016

ISSUE IS: 5:00PM

23rd AUGUST 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.

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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

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Bowraville Garden Club

July saw the Garden Club visit Total Garden Nursery which is the only surviving small nursery in Coffs Harbour. We enjoyed a browse, made some purchases and then sat down for refreshments. We then continued on to the Coramba Pub where we were given VIP treatment by the Chef. We also had time to stroll around the village and then disperse to individual pursuits. An enjoyable day for all! As the Bi Annual Garden Club Zone Meeting at South West Rocks was programmed for August we held this space open until we knew who was attending. As only 3 members opted to go, the remainder are off to the Coffs Harbour Botanical Gardens, a glass making venue and other surprises. The Garden Club is liaising with Bowraville UHA with ideas for our joint venture ***Come and have a Cuppa and support our hospital.*** This will be held at the home of Barbara Furneyvall on the 10th September commencing at 10 am. We are potting up plants for sale and choosing favourites to display. Contact Barbara 6564 -7039

Bowraville Recreation Club

Our Women Pennant players once again came away with winning scores when they played Coffs Harbour at Bowraville. Their next match will be against Woolgoolga at Urunga - congratulations ladies with no losses so far. August 12th is our Open Day when we welcome players from our sister clubs. Our famous soup makers will be on show as we serve soup and equally appreciated slices. We have been told many times some golfers only come for the food. Men golfers continue Saturday Comp when women are also welcome, congratulations to Noel Mackay who had a recent hole in one on the short par 3 - this is every golfer's dream. July also saw the all the July birthday boys enjoy their usual celebration. Social play and the weekly chook run are always available. Men Bowlers are still in Championship mode - congratulations to Gino A grade and Chris B grade,

winners of the Singles. Be sure to check the board for times, results and any Saturday fixtures. Vision impaired golfers are booked in for the 29th August and the Vets will play the course on 23rd. Thursday social bowls attracts good fields. The Recreation Club is available for social events, recent events have been the UHA AGM, birthdays and the Music group who perform on Sunday afternoons.

Bowraville Hospital Auxiliary

Our AGM was held at the Recreation Club in July and all present executive were returned to office. Visitors present were regional Rep and Hospital staff. We are proud to announce that \$21,299 was gifted to the hospital for patient care equipment and an amazing number of 3,928 hours was given in UHA service this financial year. Bowraville members have held all positions at the Hospital Cafe, attended Zone and Regional Conferences, the Senior's Health Expo, held 2 very successful Volunteer Days, numerous street stalls and Sports day etc. Our membership is now close to 40, about a quarter are Bowraville residents, the others come from all over the Nambucca Valley. We also service the Hospital trolley. Thank you to all who have supported our Auxiliary in any way to have achieved such a successful year. If you would like to be a part of this team of volunteers contact Isabelle 6564-7179 or Betty 6564-4027. Our next major fund raiser is the ***Come and have a Cuppa*** in September, in October a stall at the Nambucca Heads Gala Day to promote the UHA and hopefully find more recruits for the Hospital Cafe and finally in November our delayed Hospital Sports Day. At our meetings Hospital Executives have kept us up to date with the Macksville Hospital redevelopment, so we know we are helping to provide a wonderful facility for our area.

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 ~

11/11

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31 HIGH ST BOWRAVILLE

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FAX: 6564 7364

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11/11

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)
YOGA 5.30-7pm at Bowraville Pioneer Community Hall

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
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

PLAYGROUPO 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

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

Nambucca River VIEW Club

Our Zone day was held at Nambucca Heads Ex-Servicemen's Club in July. The Nambucca River View Club executive team come from Bowraville, Nambucca Heads and Eungai with members coming from Valla Beach, Macksville, Bowraville and beyond. We aim to support the education of children from disadvantaged homes. Our first guest speaker at the Zone Day which includes 5 clubs was Deputy President from Head Office who gave an inspirational address of just how much VIEW supports such children, our voice in the local community and other aspects of VIEW. A second speaker was the Co-ordinator of Learning for Life. Our third speaker was a 23 year old university student who coming from a dysfunctional home, has been helped all along her education way by the Learning for Life Program and spoke of how it has changed her life. Of all money raised 86% goes to the children's support, the remainder in wages. As Nambucca River is a small club of just 24 members, our main source of income comes from our monthly luncheon held on the 4th Monday of each month (excluding December), and is held at the Bowling Club. We would love to welcome you to our VIEW Club. Contact Cynthia 6568-8551 View Clubs are part of the Smith Family Organization.

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

Continued on Page 12

Guided Meditation Group Class – Weekly on Tuesdays

Bowraville - 7pm evenings on Tuesdays for 1 hour .

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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

8/11

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

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LinkedIn breach affected 100+ million users
 A 2012 data breach that was thought to have exposed 6.5 million encrypted passwords for LinkedIn users instead likely impacted more than 117 million accounts, the company now says. In response, the business networking giant has once again forced a password reset for individual users thought to be impacted in the expanded breach.

The 2012 breach was first exposed when a hacker posted a list of some 6.5 million unique passwords to a popular forum where members volunteer or can be hired to hack complex passwords. Forum members managed to crack some the passwords, and eventually noticed that an inordinate number of the passwords they were able to crack contained some variation of "linkedin" in them.

LinkedIn responded by forcing a password reset on all 6.5 million of the impacted accounts but it stopped there. Recently reports surfaced about a sales thread on an online cybercrime bazaar in which the seller offered to sell 117 million records stolen in the 2012 breach.

To stay protected LinkedIn users should update their passwords on the site (and anywhere else they may have reused the same password online) and implement two-factor authentication - a feature that sends a security code to a user's phone upon login.
 - <http://www.smh.com.au/technology/consumer-security/linkedin>

Sophisticated scams

Think twice before you click on that link – it could hold your computer for ransom. Phishing scams are on the rise and cyber-criminals are combining them with other malicious techniques to extort more money and information from average users around the world. The latest scam combines phishing methods with malware which can restrict access to your computer until the hacker's demands are met.

During March 2016 93 percent of phishing scams were used to distribute ransomware, according to

new research from US-based phishing experts PhishMe. This is a notable shift from traditional phishing schemes where cyber criminals would attempt to extract information from individuals by posing as a representative from companies such as banks or energy companies.

PhishMe's report suggests that ransomware is used in addition to this to restrict access to the user's computer before demanding payment to "unlock" it. This type of attack has been around for some time and generally requires the user to click on a malicious link which then automatically downloads the ransomware.

How to avoid it

Malicious links are still the favoured method of distribution (JavaScript downloaders specifically) so you can protect yourself by: avoiding links that look suspicious and by keeping your anti-virus software up-to-date which gives your computer a better chance of blocking any malware that happens to get through.

Cyber-criminals also attach malware scripts to Microsoft Office documents so if you receive a Word file in an email for example do not download it unless you're certain that it's come from a trusted source.

Otherwise standard web-safety practices apply.

- <https://www.choice.com.au/electronics-and-technology/>

Romance and investment scams

Dating and romance scams often take place through online dating websites but scammers may also use social media or email to make contact. They have even been known to telephone their victims as a first introduction. These scams are also known as 'catfishing'.

Scammers typically create fake online profiles designed to lure you in. They may use a fictional name or falsely take on the identities of real, trusted people such as military personnel, aid workers or professionals working abroad.

Continued on Page 20

Bowraville & District Ex-Services Club
6564-7304

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11/11

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11/11



AUGUST PROGRAM at the

BOWRAVILLE THEATRE

Sunday, 7th August at 2pm - Whisky Tango Foxtrot

In 2002, cable news presenter Kim Barker (Tina Fry) decides to shake up the routine by taking a daring new assignment in Kabul, Afghanistan. Dislodged from her comfortable American lifestyle Barker finds herself in the middle of an out-of-control war zone. Luckily she meets Tanya Vanderpoal (Margot Robbie), a fellow journalist who takes the shell-shocked reporter under her wing. Amid the militants, warlords and nighttime partying Barker discovers the key to becoming a successful correspondent.

Cast: Tina Fey, Margot Robbie, Billy Bob Thornton, Christopher Abbott.

Sunday, 21st August at 2pm. - Alice Through the Looking Glass

After slipping through the mirror Alice (Mia Wasikowska) finds herself back in Underland with the White Queen (Anne Hathaway), the Cheshire Cat, the White Rabbit, Tweedledee and Tweedledum. Her friends tell her that the Mad Hatter (Jonny Depp) is in a funk over the loss of his family. Hoping to save his loved ones Alice steals the Chronosphere from Time (Sacha Baron Cohen) to travel into the past. *Cast: Johnny Depp, Mia Wasikowska, Anne Hathaway, Helena Bonham Carter.*



The doors open 1 hour before screening. Complimentary Tea & Coffee available.

Café open for Ice Cream, Drinks and Sweets etc.

Ticket Prices: Adults: \$12 Concession: \$10 BAC Members/Child \$8 Family \$25.

BOWRAVILLE FILM SOCIETY - BOWRAVILLE THEATRE

Saturday 27th August 5:00pm (doors open 4:30pm)

WINTER DOUBLE FEATURE

Please bring along some delicious nibbles to share during the intermission (approx 7pm)

Utopia is a 2013 documentary film written, produced and presented by **John Pilger** and directed by Pilger and Alan Lowery, which explores the experiences of Aboriginal Australians in modern Australia.

Samson and Delilah, a 2009 Australian film directed by **Warwick Thornton**, starring Rowan McNamara and Marissa Gibson, both young first time actors. Filmed in and around Alice Springs.

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. Current membership fees are \$28 p.a. for the Film Society and \$22 for the Arts Council. It is easy to join on the night.



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11/11



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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 (<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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10/11

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LUNCH & DINNER

Sunday

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33 HIGH STREET, BOWRAVILLE

Ph. 6564 7041 Fax. 6564 8471

11/11



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

The Reunion by Sue Walker

This story is about 7 teenagers; Danny, Carrie, Lydia, Alex, Isabella, Simon and Innes who meet and spend 1977 together in, what they refer to as, 'The Unit'. It is an experimental home in Edinburgh for the highly intelligent but seriously dysfunctional teenagers. The psychologists and nurses are Dr Laurie, Sarah, Anna and Ranj - In their experience this group of young teenagers is the most troubled and most difficult they have ever had to deal with.

Although over the years the seven teenagers don't meet up they do have written contact on one day of the year - the same day, year after year.

When Innes gets a message on her answering machine from Isabella, twenty-six years after they have left The Unit, she doesn't respond and then a few days later reads in the paper that Isabella has suicided. Innes's shock is compounded further when she hears that Danny too recently died in odd circumstances.

Something happened "way back when" that has terrible repercussions for everyone who resided and worked there. Sue Walker has written "The Reunion" in such a way that the reader is constantly to-ing and fro-ing between the present and the past with the latter varying from 26 years ago to anything in between.

The ending is very difficult to predict (which is good) but I found the chopping and changing between characters and alternating between past and present wasn't very smooth - made it a bit hard to keep up with who was doing what.

After Everest by Paul Little

Inside the Private World of Edmund Hillary

A fascinating exploration of the life of mountaineer and adventurer Edmund Hillary, penetrating beyond the legend to reveal a character of paradoxes.

Edmund Hillary is a world icon and a towering figure among adventurers. The interest in him and in his family's dedication to making a contribution to the welfare of the Nepalese people is well known. However, it is the drama of Sir Edmund's later years that throw light into the world of the private man: the death of his wife and daughter in an air crash, his remarriage to the widow of an old friend, and, finally, the falling out, after his own death, of his widow and his eldest son, Peter. All these stories of the Hillary legacy, and the many books written about his life, are about what he did, but this book explores who Edmund Hillary was and the many paradoxes of his character: the individualist who always worked with a team, the lonely boy who ended up loved by millions, the man who could be distant from his own children but is regarded as a surrogate father by thousands of Nepalese, and the left-leaning thinker who accepted the highest order of chivalry from Queen Elizabeth II. This is the story of the man behind the legend.

- These books read & reviewed by BTC Volunteer, Raewyn.

Easy Access Australia

by Bruce Cameron

This is a travel guide for people who require easier access, provision of facilities and accessible accommodation to anywhere and everywhere. This might be you if you use a wheelchair, if you push a pram, if you are less mobile than you used to be or maybe you have had surgery of some sort that has affected your mobility.

It covers the whole gamut from transport, equipment hire, medical care to the usual attractions including where to eat.

This book is available on request at the counter of the Technology Centre.

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

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THE MAD HATTERS TEA GARDEN

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

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

MONTHLY MYSTERY GIFT DRAW

11/11

Making wise choices about medicines

Do you know what to consider when making choices about medicines and talking with your doctor? Weigh up the pros and cons of taking a medicine and how to work with your health professional to make the right decisions for you.

Is this medicine right for me?

To get the best out of your medicines you need to understand them and to think about whether they are right for you.

How much do you want to be involved?

Some people want to be more involved in making decisions about their medicines than others. Some want to be very involved, do their own research and carefully weigh the benefits and risks of different treatments with their health professionals. Others prefer their health professionals to make the decisions for them. Either way it is important to speak up if you don't understand something or if you have concerns about your medicines.

It's *your* health and what you want is important!

You know your own health concerns, values and priorities better than anyone else. So feel confident to ask questions and discuss your wishes and concerns with your health professional.

How to be medicine-wise

Being medicine-wise will help you ask questions about medicines and medical tests and where to get trusted information. Having the right information will help you make better health decisions for you and those you care for.

Making wise choices

Being medicine-wise starts with making good choices about medicines. Sometimes it is very clear that you need a particular medicine but at other times the decision is not so straight forward. Making wise choices about medicines will help you ask questions and work with your health professional to make the best decision for you.

5 Steps to being medicine-wise

We all take medicines but too often we take them for granted.

Ask questions to get the information you need about medicines and make better informed decisions.

Know it's a medicine. Medicines don't just come on prescription — they include over-the-counter medicines from a pharmacy, supermarket or other store as well as herbal remedies, vitamins and other supplements.

Know the active ingredient. Active ingredients are what make your medicines work. If your pharmacist offers you an alternative brand of a prescription medicine you can be sure it will work the same way as your usual medicine.

Always follow instructions from your doctor or pharmacist and read the labels and packaging of your medicines carefully.

Keep track of all your medicines by using an NPS Medicines List. Your doctor, nurse or pharmacist can help you fill it in. Keep your Medicines List with you especially on visits to your doctor, pharmacist or to the hospital.

Managing your medicines

Managing your medicines well is a big part of being medicine-wise. As well as getting the most benefit from your medicines you can reduce your chances of mishaps that can cause side effects or interactions. Knowing the active ingredient and using a medicines list are two ways to help you take the right medicine at the right time.

Using a Medicines List and having a Home Medicines Review can also help you manage multiple medicines.

You can download **The Medicinewise Handbook** at:

www.nps.org.au/topics/how-to-be-medicinewise/be-medicinewise-handbook



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





Winter's still here!

Blankets and Scarves and Hats *OH MY!!!*

The winter months means rugging up with some warm fashion accessories like stylish and cosy winter scarves and hats or maybe even a poncho!

Come in and see what we have to offer; styles are changing all the time so we always have something new for you to see.

If you like snuggling up under a blanket we have you covered there with our newest range of throws and quilt cover sets by Anne Stokes!

And don't forget to take a look at our range of hot water bottles and hot wheat bags to keep your toes warm on those long cold nights.

Be winter smart as well as fashion smart - if the recent weather is anything to go by the end of winter may be sooner than we expected so you can be ready for next winter's chill before everyone else by purchasing your toasty gear now.

We hope to see you in store soon.
The Team at Bowraville Pharmacy



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



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

From page 5

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 1pm 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 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 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 Rd, 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

Bowraville Playgroup

Bowraville Playgroup 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. Each week, we engage in fun activities in a safe, family environment. Activities include craft, painting, dancing, music, cooking and free play. At the end of term, we either visit the Community Garden or go on an excursion further afield. Please contact Danielle Ryan on 6564 8619 or Jane Thomasson on 0474 325 337.

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

Continued on Page 19

LIONS CLUB

SUPPORTING OUR COMMUNITY



We Serve

PRESIDENT

Mark Scott
Mob: 0428 527 545

SECRETARY

Kerrie Savins
Mob: 0412 248 044

Email: blion34@yahoo.com.au

**PO Box 23
Bowraville NSW 2449**

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
Address of Church
and Office: 48 High Street
Bowraville 2449

Phone: 02 6564-8656
Mob: 0428 682 870
email:
bhffc2012@gmail.com



Bowraville Lions Club Inc News Bulletin

AUGUST 2016



ST. JIMMY'S KITCHEN

Named after St. James Anglican Church next door the kitchen is a combined effort of the local Anglican Church and the Lions Club of Bowraville.



Its aim is to provide food and fellowship for all and there is no cost to attend.

The food may include tasty crock pots of lamb, chicken, beef, vegetables and rice and the desert could be a yummy sticky date pudding or a delicious apple crumble - all served with ice cream.

The kitchen will run every second Thursday each month over winter. It starts at 5.30pm and ends at 7pm and is held at the Anglican Hall in Young Street, Bowraville

Everyone is welcome to come along and enjoy good food and company.



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 which helps fund the famous Harte walker that allows children with Cerebral Palsy to move around.



Australian Lions Children's Mobility Foundation

"Walk with Pride"

Australia, Papua New Guinea, Norfolk Island

LIONS CLUB MEMBERSHIP

There is a level of membership to suit your time and interests.

For example, did you know that as an associate member you can help out at any of the Lions activities that interest you without the need to attend every meeting?

Membership fees are surprisingly low and can be paid either yearly or 1/2 yearly.

How do I Join?

Contact the President or the Secretary or ask any Lions Club member for more information and a free invitation to join us for a dinner meeting.

President: Mark Scott 0428 527 545
Secretary: Kerrie Savins 0412 248 044

The Bowraville Lions Club now meets on the first Wednesday each month for dinner at the Bowra Hotel.

We also hold a business meeting on the third Wednesday of each month at the Bowra Hotel.

Lions Club raffle is held every Thursday night at the pub.

The Intelligence of Plants

There is now solid evidence the plants can and do respond to information in the rest of the world. The plant kingdom is a complex society in which members share information and subsequently respond in a way similar to how we do in human society but using different languages. Plants show a number of behaviours that appear to be more than just a simple stimulus and response but which involve communication both within and between plants. They respond to temperature, gravity, light, moisture, infections, concentrations of oxygen and carbon dioxide, predation, physical damage and touch.

Plants whose shoots are infected by disease release gases signaling the threat to nearby plants so stimulating them to strengthen their own chemical defenses.

Some plants have more complex “behaviours”. For example, some whose roots are being attacked release gaseous substances which attract nematodes which then kill the predator. Others interact with ants which protect them against attack by organisms which eat them, against disease and against competing plants.

Plants have also developed strategies to increase their reproductive chances. It was, in fact, Charles Darwin in the 1860s who wrote that plants had “responded” to the characteristics of birds and insects so that their reproductive organs were appropriately shaped to allow access for pollination - these pollinators were then “rewarded” with nectar which was attractive to those pollinators and essential to their diets.

Most of us are aware that members of the Fabaceae (legumes such as peas and beans) “domesticate” the *Rhizobium* bacteria in nodules on their roots in return for supply of nitrogen which the bacteria can fix from the atmosphere. It seems too, that the *Rhizobium* bacteria produce hormones, cytokinins and auxins which affect how the plant root behaves in growing to seek nutrients⁶.

Researchers are not claiming that plants have brains or can think rationally but that they communicate in many ways that have similarities to human communication and intelligence. We should understand this if we are to both care for plants and benefit from them.

These studies provide a scientific basis for companion planting where certain plants have been observed to protect others from predation or disease. It's not clear yet whether we might intentionally damage some plants, or plant sacrificial crops, in order that they alert others to strengthen their defences. But we should probably be gentle with the soil everywhere in gardens and forests so that the benefits of communication through mycorrhizal networks are not destroyed.

Perhaps even more interesting is how plants communicate through mycorrhizal networks. These are filaments of fungus that either penetrate the cells of plant roots, or sit on their surface. It is thought that 80 – 90% of plants have mycorrhizal associations and there are many tens of metres of filaments per gram of soil. These filamentous networks are better at absorbing water and nutrients than the plants themselves and thus they transport and exchange these compounds, increasing their absorption by plants up to 1000 fold.

- sgaonline.org.au

*Norco Rural
has a full range
of garden supplies
to suit all your needs.*

*Fertilisers need to be selected
according to the nutritional
requirements of the soil and the
plants being grown
as well as the form and contents
of the fertiliser itself.*

*Call in to Norco and speak to
Glenn, Garry or Paul.
They will be happy to assist you
choose the correct products
for your garden.*

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

SEEDS

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COMPOST

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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**

11/11

World Rally News



Tickets on sale via Ticketek



The World Rally Cars will be back in Bowraville on Saturday 19th November.

Course information and session times now online at www.rallyaustralia.com

The Car Clubs are coming

Over the next few months we will see the return of some great car clubs to Bowraville.

The first of these are the **VWs** in the last week of July.

See next issue for some great pictures or visit the chamber page on Facebook

Bowraville Chamber Committee

President: Mark Scott
Vice President: Max Duncan
Treasure: Wendy Cole
Secretary: Cherie O'Donohue
Tidy Towns Committee:
 Robynne McGinley, Mark Scott
Public Officer: Cherie O'Donohue
Contact Chamber: 0428527545 or email: chamber@bowraville.nsw.au

Chamber meetings

Membership is available to the Chamber for Businesses, Self Employed people and Community Organisations.

Anyone can also become a casual member of Chamber though this does not include voting rights.

However, anyone is welcome to come along and provide input and ideas that can have a positive impact on our town.

There are also special interest committees you can join.



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

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

"Ngiyaa Nyaaga mangga darrunda bambuurr ngaljarri barmarranygu yilaami,mangagirr 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 & Bubs welcome*

FAMILY LAW ADVICE

1st & 3rd Wednesdays 10am -11.30am
Bookings Preferred 6651 7899

THURSDAY LEGAL AID

1st and 3rd Thursday of the month
10am – 12pm

Bookings Preferred - 6651 7899

FRIDAY Fortnightly Financial Counseling 10am-11am *Bookings preferred - 1300 662*

Visiting Agencies - Wesley Youth Accommodation, Corrective Services, New Horizons, Interrelate Connect, Baby Health Clinic, Financial Councelling, Legal Air (appt only), Nambucca Valley Intervention and Speech Pathologist.

Driving Class L has commenced 5th-27th May with one more to deliver in June. Please call Michaela 6564 8855 for bookings.

The HIPPY Program will commence in June, please call Nadia on 6564 8855.

Volunteers are always welcome please come and see us.



MiiMi Aboriginal Corporation
90 High Street
Bowraville

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

9/11

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.

4/11

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



Desert Power Pty.Ltd trading as

Dave Recklies Electrical

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Owner Operator with 20years experience

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11/11

AMAN

With

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Nambucca Valley

MINI MOVE SPECIALIST

HIRE

A MAN WITH A VAN



6564 8375 or 0458 990 904

Insured ABN 87 009 289 943

11/11

It's Tax time again so be aware of those taxation scammers . . .

SCAM ALERT:

If you receive an email from the ATO from delayedreturn@ato.gov.au Do NOT open it.

To verify the legitimacy of a communication

You can check on any communication that you aren't sure about, or report a phone scam, by phoning us on 1800 008 540.

To report an unsolicited email

You can report unsolicited emails claiming to be from the ATO by forwarding the entire email to ReportEmailFraud@ato.gov.au.

Been a victim of a tax-related scam?

If you think you have been a victim of a tax-related scam, phone us on 1800 008 540 – do so immediately, because your personal details, including your TFN, may be compromised.

You should also contact your bank/financial institution as soon as possible if you provided your credit card details as part of the suspected scam.

Examples of tax-related scams

Scam emails, faxes, SMS and phone calls can look or sound very convincing. You can generally tell they're not genuine because they offer you an unexpected refund or grant and ask you to provide personal information, credit card information or money.

The Australian Taxation Office will never email you asking for personal or credit card details and you should never provide this information without being completely sure who you are dealing with.



Specialising in . . .

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

Discounts for seniors

Mobile service for housebound

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



10/11

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



10/11

Military Vehicle Muster Everything Military and More!

Swap Meet - Off Road Events - Show & Shine

On Friday, September 30th at 10am through to Sunday, October 2nd at 7pm the Frank Partridge VC Military Museum will be presenting a whole weekend of 'all-things-military' at the inaugural Military Vehicle Muster.

If you have an interest in, own, or are restoring any kind of military vehicle come and share your enthusiasm with others who share your passion. Display your vehicle, perhaps find hard-to-get parts at our Swap Meet, enter our Show and Shine event and drive your vehicle in our 'run'.

Free camping - open air, covered concrete floor, limited power sites at Bowraville Racecourse (basic shower facilities on site).

Catering will be limited on Friday and Saturday with full catering on Sunday.

Transport is available by free bus to and from racecourse camp-ground and the display area in Bowraville.

Overnight security at racecourse on Saturday night.

Named in honour of Frank Partridge the youngest and last Australian recipient of the Victoria Cross in WW2, the Frank Partridge VC Military Museum houses a fantastic collection of military memorabilia including military vehicles, uniforms, medals, weapons and so much more.



FIREWOOD, CHOPPING BLOCKS, KINDLING, LANDSCAPE SUPPLIES

**STONE, DRAINAGE STONE, SAND, BRICKY SAND
CRUSHERDUST, ROAD BASE, MULCH, GARDEN BLEND
DRIVEWAY REPAIRS**

**Pick up or Deliver
Mini Tipper**

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



11/11

WHAT'S HAPPENING IN BOWRA

From page 12

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.

Notice to all community groups

Please contact the Chamber of Commerce if you plan to hold a street stall or BBQ as there are some new regulations from Nambucca Shire Council

that must be complied with.

You can register your event at the Bowraville Technology Centre.

Any enquiries 0428 527 545.

www.bowraville.nsw.au

Has been announced a finalist in the 2016 Australian & New Zealand Internet Awards.



The Bowraville community website, www.bowraville.nsw.au is an entrant in the Innovation Award section.

The Initiatives Award is for Internet-related technologies making a contribution to the social outcomes of the community. It includes developing an online product focused on delivering a social benefit, promotion of new Internet-related technologies and to addressing a community or public need.

The ANZIAS are an annual event celebrating the achievements of organisations, businesses and individuals who excel in delivering accessible, innovative, informative and secure resources to a diverse and wide community on the Internet.

The manager of the Bowraville Technology Centre, Mark Scott will attend the presentation at a Gala Dinner in Melbourne at the end of August.

www.bowraville.nsw.au is co-ordinated by volunteers at the Bowraville Technology Centre.

The ANZIAS are a collaboration between auDA and InternetNZ.

CRANE TRUCK HIRE

For all your lifting and shifting needs

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Call:
WAYNE NOBLE

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6564 7528

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0427 653 312

7 DAYS

11/11

From page 6

Dating and romance scammers will express strong emotions for you in a relatively short period of time and will suggest you move the relationship away from the website to a more private channel such as phone, email or instant messaging. They often claim to be from Australia or another western country but travelling or working overseas.

Scammers go to great lengths to gain your interest and trust such as showering you with loving words, sharing 'personal information' and even sending you gifts. They may take months to build what feels like the romance of a lifetime and may even pretend to book flights to visit you but never actually come.

Once they have gained your trust and your defences are down they will ask you (either subtly or directly) for money, gifts or your banking/credit card details. They may also ask you to send pictures or videos of yourself possibly of an intimate nature.

Often the scammer will pretend to need the money for some sort of personal emergency. For example, they may claim to have a severely ill family member who requires immediate medical attention such as an expensive operation or they may claim financial hardship due to an unfortunate run of bad luck such as a failed business or mugging in the street. The scammer may also claim to want to travel to visit you but cannot afford it unless you are able to lend them money to cover flights or other travel expenses.

Sometimes the scammer will send you valuable items such as laptop computers and mobile phones and ask you to resend them somewhere. They will invent some reason why they need you to send the goods but this is just a way for them to cover up their criminal activity. Alternatively they may ask you to buy the goods yourself and send them somewhere. You might even be asked to accept money into your bank account and then transfer it to someone else.

Warning - the above scenarios are likely to be forms of money laundering which is a criminal offence. Never agree to transfer money for someone else.

Often the scammers tell you about a large amount of money or gold they need to transfer out of their country, offering you a share. They'll tell you they need your money to cover administrative fees or taxes.

Dating and romance scammers can also pose a risk to your personal safety as they are often part of international criminal networks. Scammers may attempt to lure their victims overseas, putting you in dangerous situations that can have tragic consequences.

Regardless of how you are scammed you could end up losing a lot of money. Online dating and romance scams cheat Australians out of millions every year. The money you send to scammers is almost always impossible to recover and, in addition, you may feel long-lasting emotional betrayal at the hands of someone you thought loved you.

NAMBUCCA VALLEY
PHOENIX WORKCREW
 community support services

No Job TOO BIG or too small

We offer the following services to any home, business or person.

- * Lawn mowing and garden maintenance
- * Rubbish removal
- * Sulo bin cleaning
- * Assistance in domestic tasks inc. cleaning, dusting, etc
- * End of lease cleaning
- * Furniture assembly
- * Repairs and Painting

**Call 6564 7677
for an obligation
free quote !**

PHOENIX ART TREASURES

The Phoenix Art Treasures is loaded with pre-loved goods, new products, furniture, electrical, bedding and more!

Donations can be made during opening hours or by phoning and arranging a pick up time.

**OPEN MONDAY TO FRIDAY
9AM-3PM**

**Located at the Top of Town
51 High Street Bowraville**

Looking for something unique to decorate your office? Fine examples of our artisans talents are displayed and available for purchase in the **Phoenix Gallery** located in the Phoenix Art Treasures building.

Volunteers are an integral part of our business, volunteering is a rewarding way to help our community and the people in it.

The store for better bargains.

11/11

NAMBUCCA VALLEY
PHOENIX
 community support services



OPEN MONDAY TO THURSDAY

Dine In or Pick Up at 88 High Street, or we offer FREE DELIVERY to your workplace in Bowraville

Phone 6564 7677

CAFE & CATERING

Cissy Cooper of Matildas restaurant is our kitchen chef assisting our talented employees to prepare and deliver morning tea and lunches.

Eat in or Takeaway

Choose from our daily specials at great prices or from our menu.

\$7.50 Coffee and Cake Special

\$10 Lunch w drink Special

Who would you be if you had no past?

Your hidden stories are creating your life

When you uncover them you will see
their threads have been woven
and tangled through all of
your life including:

your relationships
your health
your success
your creativity
and more

Learn to use energy to discover and
change these old stories that are
holding you back at DZAR's new
course The Story of You

Tuesday 23 August

7.00pm-9.00pm

Bowraville

\$30

limited spaces

Call 6564 8296, 0476 912 149

www.thepathofdzar.com/storyofyou



Second semester begins

After a successful Open Day last month, the second semester of U3A offers members more than 40 choices of courses and events, ranging from discussion groups, through health and lifestyle issues, to languages, music, dance, the arts and outdoor activities.

New this semester is Introduction to Ceramics at the Phoenix Centre in Bowraville. Other local activities are Lantern Making, Community Radio Training and Jin Shin Jyutsu.

For more details of these and all other course, go to www.u3a.com.au or email contact@u3a.com.au.

Also coming up on U3A's calendar is a presentation for members and the general public: -

'Fit for the Future'

Our mayor, Cr Rhonda Hoban, will talk about the future of Nambucca Shire Council now that it has been declared 'Fit' as part of the current reform process for local government.

This presentation is on Monday 15 August at the small hall of the Nambucca Community and Arts Centre commencing at 2pm. A entry charge of \$2 per person includes afternoon tea - all are welcome.

Bowraville Candidate - Caring for our Valley and our People

Bowraville resident Todd Vercoe is running as Councillor in the Local Government elections to be held on Saturday 10 September. Todd had a 30 year career in the Australian Army that included command of personnel from 8 nations on operational service in East Timor. After leaving the Army he managed and delivered training projects for an international engineering company and subsequently managed a 24/7 medical emergency response business based in George Street Sydney.

Todd has been actively following the activities of Council for some time and is keen to contribute to the effective running of Council. Having lived in a number of countries and in many locations around Australia, Todd believes that the Nambucca Valley is an exceptional place to live and will work to maximise the lifestyle benefits to all who live in the Valley.

He believes that we need to be prepared to make decisions now that will result in ongoing and long term benefits for all sectors of the community. Todd intends to apply the following principles if he is elected to serve our community:

Support for investment, but not at the expense of our environment or natural heritage, both of which underpin the attractions of living in the Valley and our tourist industry. This precludes any mining.

Support for the youth of the Valley in terms of educational, vocational and recreational/sporting opportunities.

Support for the Veteran and elderly communities of the Valley in terms of support services.

Maximising the community and commercial opportunities represented by the completion of the Pacific Highway bypass project. This needs to be embraced as an opportunity rather than a threat.

Todd is committed to transparency of governance and believes that elected representatives and Council staff have a responsibility to provide the best possible outcomes to the residents of the Nambucca Valley. He believes in wide consultation on all matters requiring Council decisions and will always have an ear for community concerns.

If you have any questions, please either chat to Todd on the street or email him at: votetonetoddvercoe@gmail.com.

Bowraville Central School News

Billabong Zoo Excursion

Students from Kindergarten to Year 6 travelled to Port Macquarie where they experienced a very exciting day at Billabong Zoo.

Zoo staff were very informative as they took us around the whole park. Interesting facts were learned about the animals which included kangaroos, koalas, reptiles, dingoes, cheetahs, red pandas, snow leopards, wombats, meerkats, penguins and many varieties of birds.

Some of the highlights included hand feeding kangaroos and wallabies and being able to pat them. The children (and staff) were lucky enough to touch lizards, snakes, a young crocodile and a dingo.

After a full morning of touring the park we finished our experience with the feeding of Shrek - a very large saltwater crocodile who put on a fantastic show for us.



Levi Fuller and Briana Harrison



Amethyst Grace, Ally Handley and Jarrah Silvia



Zachary Noble



Kalvin Buchanan-Close

SUE'S TRIVIA for August



August Flowers
Poppies and Gladiolas
Birthstone is Peridot

*Happy Birthday to
all our horses in
Bowraville*



Did you know?

August 2nd is Wattle Day. (Australia's floral emblem.)

Wattle is a yellow shrub or tree from the genus Acacia, of which there are 850 species in Australia.

Usually our Wattles begins to bloom, particularly in the tropical Eastern states by August.

For many of us Wattle heralds the coming of Spring and it adorns Australia's coat of arms.



August Bucket List . . .

- ◆ Fraser Island
- ◆ Litchfield National Park
- ◆ Cairns, Queensland
- ◆ Port Stephens NSW
- ◆ Uluru, NT



Happy Birthday to all in our community, for August.

Why not try some of the great take-away or eat-in cafes we have in town.

The food's "Yummy"



Boomerang Books . . .

Here at BTC's Book Nook you are welcome to borrow a few - curl-up in front of the fire and enjoy the winter reading weather.

DO YOU HAVE AN INTERESTING TID-BIT YOU WOULD LIKE TO PUT ON THIS PAGE?
COME IN AND SEE US, WE LOVE TO CHAT!

SCRAMBLED WORDS

- MSALRACE
- MSUK
- ECERFSKL
- ILPOLOPL



*When I see lovers names carved in a tree,
I don't think its sweet.
I just think its surprising
how many people bring a
knife on a date.*

Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Winter 2016						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 AM	FM in the AM Dave McCrory	Dano's Brecky Show Daniel Gosson & Hal The Robot	Texas Flood Neil Green	FM in the AM Dave McCrory	Tones of Clairessense Claire Watt-Powell	FM in the AM Dave McCrory
7 AM						
8 AM	Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll 1950s-2010s	Global Mosaic Pfeifer A weekly musical trip through the world	Our Kind of Music Dallas Dent	Under The Stinging Tree Poppa	Talk Of The Town Ceri Wiebel See what's going down! All things local	Country Highway Dave Wainling Country music classics to latest releases and comedy
9 AM	Baby Boomers Donna Collins	Infopinion Richard Laxton An eclectic time with Richard	Easy Listening	Turning Pages Elizabeth Newman Books, authors and the music that moves them	Lunch With Scotty Scotty	Maggie's Mix Margaret Duffus
10 AM	The Waeley Fix Paul Weekley	The Phoenix Crew Selected music & madness	Jazz Azz I Like It Heather Heywood A mix of jazz with Jetza Oz	Simmo's Country John Simpson	Outback Outlaws Paul Rowe Old and new country music	Classical Corner Music from the past 1000 years... Alternates weekly with The Lively Arts Music & spoken word from film, TV, theatre & radio Noel Robertson
11 AM						
NOON						
1 PM	Get Funky Skizze	Rob's Roving Robbie Hancock Bible reflections, Gospel & Australiana	Just For You Carola Simmons	The Men's Shed Show Stu & The Crew	Flashback Rock Rob Davidson Rock '60s bill now	Dano's Mixed Grill Daniel Gosson A tasty mix of anything and everything to spice up your Sunday arvo
2 PM						
3 PM	Youth Music Program Toby Frost & Lea Gillard	Jack's Tracks Jack All the tracks with Jack Tune in!	Stella Bells Music to rock your soul!	Rhino On The Radio	Two For The Money Paul & Rachel Burns Music, fun & banter	That's A Wrap Dallas, Donna, Trickivic Local sports results and in-depth analysis.
4 PM						
5 PM	Nambucca Valley Roundup - Rachel Burns	Nambucca Valley Roundup - Paul Burns	Soundbite Slavomir Stokan	Thursday Country Trickivic	Phase Out With Faye Faye Aspotis	Booth's Drum With Captain Steve
6 PM	Reggae Mixtape With Fitzroy	Latest & Greatest Country Bryon Edwards	Philinn With Phil New Australian Blues and Indie-Folk/Rock	Nambucca Valley Roundup - Retro	The Friday Night Rock Show Todd Willis	Science & Reason With The Jollyfish Free Thought Radio, A Week In Science, Diffusion Science Radio, Lost In Science CFRN overnight
7 PM	Juggling Mondays Juggler's choice Music mix	Prog Rock Playlist Rhino till midnight The best of Progressive Rock	Ants Rocks Anthony Gamsey Solid Rock	Highway Blues Retro When Only The BEST BLUES Will Do Jeff Mills		
8 PM						
9 PM						
10 PM						
10 PM to 6 AM						

2NVR — "Most Outstanding Small Station In Australia" CEAA Voxie 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, 9pm, and 7pm
 Tewinga studio and office: 02 6564 7777 email: admin@2nvr.org.au