

Bowraville Community News



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



DEC. 2016 / JAN. 2017 SSUE #147 FREE CIRCULATION 350 POSTCODE 2449

BOWRAVILLE

Christmas Festival

Free Event **Free Event**

Thursday 15th December 2016
High St Bowraville
3pm to 9.30pm
Kids Street Party
Visit from Santa and photos 

Twilight Market Stalls
Jumping Castle / Bungee Jump
Buskers, Music, Face Painting
Bowraville Lions Club Raffle
Hot Dogs, Popcorn and Fairy Floss

Laser Light Show

Magical Lanterns Display

Proudly brought to you by the Bowraville Chamber of Commerce and Industry Inc, the Bowraville Lions Club and the Bowraville HealthCare Centre with help from our fantastic volunteers



BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 300 COPIES

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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 FEBRUARY 2017 ISSUE IS: 5:00PM 17th JANUARY 2017

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

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

BOWRAVILLE TECHNOLOGY CENTRE
39 High Street, Bowraville NSW 2449
Telephone: 6564 7420
Facsimile: 6564 7520
e-mail: admin@bctc.com.au

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Bowraville Technology Centre

Open 9.30am to 4.00pm Weekdays

Internet Services

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

- ◆ Ten Minutes — \$1.00
- ◆ One Hour — \$5.00
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Bowraville UHA

Thank you to all who helped in any way to make our Sports Day such a success. Winners of our raffles were Rex Hart, Eunice Spear, Wendy Allen, Graeme Allen and Margaret Richards. Thanks also to the many who attended the funeral of Mary Noble, long time and much loved member of our Auxiliary, for their generous donation given in honour of Mary. Our next fund raiser will be in association with the book launch held by author Karly Lane at the Macksville Ex Servicemen's Club on Saturday 3rd December at 2pm. The date of the 2017 North East Health Region Zone Day which will be held at the Bowraville Recreation Club and hosted by Bowraville UHA will be Wednesday 22nd March when the state president and official guests plus visitors from the 11 UHA's in this region will be present. From the State Conference in October we should all be very proud of this statistic - combined donation of funds from the 3 Nambucca Valley UHAs to Macksville hospital was \$70,223 in the last financial year and the hours given to UHA activities, although not tabled, would be as generous. Our next general meeting will be Friday 24th February 2017.

Bowraville Garden Club

Our motto is "Friendship through gardens" and we welcome all who enjoy friendship through our activities which are mostly gardens but visiting a few nurseries and cafes on the way. Your garden or lack of it is your choice. We would love to see you next year. November's AGM saw the present executive of President Isabelle, Secretary Barbara F, and Treasurer Barbara W re-elected and Elizabeth Irvine accepted the role of Events Organizer with lots of input from all members. All those present expressed their delight in this year's activities. Our year

concludes with a Christmas luncheon on Saturday 10th December. Contact Barbara on 6564-7039.

Bowraville Recreation Club

Bowraville residents are very lucky to have such a great sporting complex so close to town and so easily accessible. A big thank you to all volunteers who are working on greens and other areas around the course. Members and directors were very generous in support of Bowraville UHAs annual Sports Day to raise funds for the purchase of equipment for Macksville Hospital. Women Golfers held a Celebration luncheon to commemorate their Pennants win where they won every match. The final comp will be on December 1st when we play for the yearly medal and conclude with a luncheon and presentation of awards and trophies. Congratulations to Club champion Flo Flood. Congratulations also to Kerrie Jackson and Joy Green, who representing Nambucca Heads will be in the playoff for the State 4 Ball Championship at Bonville. Women golfers will then go into recess till February when we hope Tuesday social golf will recommence. All other bowls and golf continue through the warmer months. Check the board for special events. The Club AGM was held on 29th November.

The Rec Club Christmas party will be held on Saturday 3rd from 6.30 with music by award winning artists (not sure what the award was) but come along and support this great sporting club

Bowraville Senior Clitizens

After various venues Bowraville Seniors now meet at the Coach House Inn on the 3rd Monday of each month at 11am and would love to see more of Bowraville's seniors join and enjoy each other's friendship. The club has as president well known

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
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~ Groups by appointment ~

3/11

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Weekly Activities

MONDAY

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

TUESDAY

AL-ANON 10.30 am at rear and under Catholic Church, Mann Street, Nambucca Heads (6568 6642)
FREE POOL 6.00pm to close at Bowraville Ex-Services Club (6564 7304)
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 info call Estelle 0458090178 or Dennia 0427912411
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

Geoff Chittick who will make all welcome. Contact person is Secretary Gail Stuart 6564-7674 and Ruth Grace looks after the finances. The final meeting will be the Christmas luncheon, tentatively booked at time of writing for 7th December and the first meeting for 2017 will be in February when we look forward to planning interesting outings and guest speakers as well as the usual friendly get together of our seniors.

Bowraville Connections - Stage 1

The deadline for having your say regarding the proposed Bowraville Community Recreation and Sports Precinct has been extended to 16 December. You can view the planned project by going to: http://www.nambucca.nsw.gov.au/cp_themes/default/page.asp?p=DOC-PCS-14-08-60 and do the survey at: <https://www.surveymonkey.com/r/Q7W3R3X>. Plans are also on display at the Bowraville Technology Centre's front desk.

The Phil Hughes Memorial Race Meeting

Nambucca River Jockey Club will be holding their bumper race meeting on Boxing Day - The Phil Hughes Memorial Race Meeting is a fabulous day out and a great Christmas/holiday catch up with family and friends.

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

Continued on Page 12

Guided Meditation Group Class – Weekly on Tuesdays

Bowraville - 7pm evenings on Tuesdays for 1 hour .

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website: joannabecker.com.au

11/11

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Dr Edwina Guard MBChB BSc FRACGP

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Ph: 6564 7555 Fax: 6564 7505

email: edwinaguard@yahoo.com.au

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Cloud computing explained

History has a way of repeating itself or so they say. But it may come as a surprise to find this old cliché applies to the history of computers. For the last three decades one trend in computing has been loud and clear - big, centralised, mainframe systems have been 'out' and personalised, power-to-the-people, do-it-yourself PCs have been 'in'. Before personal computers took off in the early 1980s if a company needed sales or payroll figures calculating in a hurry they would most likely have bought in "data-processing" services from another company with its own expensive computer systems specialised in number crunching; these days you can do the job just as easily on your desktop with off-the-shelf software. Or can you? In a striking throwback to the 1970s many companies are finding, once again, that buying in computer services makes more business sense than do-it-yourself. This new trend is called cloud computing and, not surprisingly, it's linked to the Internet's relentless rise. What is cloud computing? How does it work? Let's take a closer look!

What is cloud computing?

Cloud computing means that instead of all the computer hardware and software you're using on your desktop it's provided for you as a service by another company and accessed over the Internet, usually in a completely seamless way. Exactly where the hardware and software is located and how it all works doesn't matter to the user - it's just somewhere up in the nebulous "cloud" that the Internet represents.

Cloud computing is a buzzword that means different things to different people. For some it's a way of describing "outsourcing" of information technology; others use it to mean computing services provided over the Internet or a similar network and some define it as a bought-in computer service you use

which sits outside your firewall. However it's defined, it makes most sense when we look at some examples.

Simple examples of cloud computing

Most of us use cloud computing without realising it. When you sit at your PC and type a query into Google the computer on your desk isn't playing much part in finding the answers you need: it's no more than a messenger. The words you type are swiftly shuttled over the Net to one of Google's hundreds of thousands of clustered PCs which dig out your results and send them promptly back to you. When you do a Google search the real work in finding your answers might be done by a computer sitting in California, Dublin, Tokyo or Beijing; you don't know - and most likely you don't care!

The same applies to Web-based email. Once upon a time email was something you could only send and receive using a program running on your PC. Then Web-based services such as Hotmail came along and carried email off into the cloud. Now we're all used to the idea that emails can be stored and processed through a server in some remote part of the world, easily accessible from a Web browser wherever we happen to be.

Preparing documents over the Net is a newer example of cloud computing. Simply log onto a web-based service such as Google Documents and you can create a document, spreadsheet, presentation or whatever you like using Web-based software. Instead of typing your words into a program like Microsoft Word or OpenOffice, running on your computer,



Continued on Page 19

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DECEMBER PROGRAM at the

BOWRAVILLE THEATRE

Sunday, 11th December at 2pm — *Miss Peregrine's Home for Peculiar Children*

When his beloved grandfather leaves Jake clues to a mystery that spans different worlds and times, he finds a magical place known as Miss Peregrine's School for Peculiar Children. But the mystery and danger deepen as he gets to know the residents and learns about their special powers - and their terrifying enemies. Ultimately, Jake discovers that only his own special peculiarity can save his new friends. Based on the novel "Miss Peregrine's Home For Peculiar Children," written by Ransom Riggs.

Starring: *Eve Green, Asa Butterfield, Ella Purnell, Samuel L. Jackson and Judi Dench.*

Rated: PG-13 (for intense sequences of fantasy action/violence and peril)

Sunday 15th January 2017 at 2pm — *The Light Between Oceans*

Tom is a World War I veteran who maintains a lighthouse off the shore of Australia with his wife Isabel, a woman desperate to have a baby. Her prayers are answered when an infant washes up on shore in a rowboat. Tom thinks they should notify the authorities but ultimately gives in to Isabel's wish to keep the girl. Fate strikes again when the couple meets the child's biological mother on the mainland. Now, Tom and Isabel must make a decision that will forever affect the lives of four people.

Starring: *Alicia Vikander, Michael Fassbender, Rachel Weisz, Jack Thompson and Bryan Brown.*

Rated: PG-13 Drama/Romance

For both films — Doors open 1 hour before screening complimentary tea and coffee

Café will be open for confection items, drinks, ice cream etc.

Adults: \$12, Concession: \$10, BAC Member/Child: \$8, Family: \$25.

Bowraville Film Society presents . . .

SOUL KITCHEN — Saturday 17th December at 7pm (doors open 6.15pm)

Please bring along some delicious nibbles to share before the screening

Greek restaurateur Zinos (Adam Bousdoukos) can't seem to get a break. The girl he loves moves to China so he decides to leave his beloved diner in the hands of his brother, Ilias (Moritz Bleibtreu), who quickly gets in over his head.

THE READER — Saturday 28th JANUARY 2017 at 7pm (doors open 6.15pm)

Michael Berg (David Kross), a teen in postwar Germany, begins a passionate but clandestine affair with Hanna Schmitz (Kate Winslet) an older woman who enjoys having classic novels read to her. Then Hanna mysteriously disappears leaving Michael heartbroken and confused.

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 \$25 for the Arts Council. It is easy to join on the night.

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MARKETS CALENDAR

DAY OF MONTH	MARKET LOCATION and TIMES	CONTACT DETAILS
THURSDAY Every Thursday	Coffs Coast Growers Market, City Square, Harbour Dr. from 8am to 2pm	6648 4087
FRIDAY 1 st , 3 rd & 5 th	BELLOPY ORGANIC FARMERS MARKET from 8am to 1.30pm The largest 100% organic market in NSW. Bellingen Showground	0415 525 903
SATURDAYS 1 st Sat (bi-monthly even months)	VALLA BEACH COMMUNITY MARKET from 8am to 1pm	6569 5410
1 st	Kempsey Riverside Markets, Riverside Park from 8am to 1pm	0456 658 979
1 st & 4 th	Marine Rescue Charity Market, Woolgoolga Beach from 8am	6654 0447
2 nd	South West Rocks Market, Horseshoe Bay Reserve from 8am to 12 noon	6562 6671
2 ND & 4 TH	BOWRAVILLE COUNTRY MARKET Bowraville Pioneer Centre from 8am to noon	0458 090 178 0427 912 411
2 ND & 4 TH	MACKSVILLE PRODUCERS MARKET , Riverbank Park	6568 3844
2 ND & 4 TH	BELLINGEN NATURAL PRODUCE MARKET from 8am to 1pm Bellingen Showground	6655 1279
3 rd	BELLINGEN COUNTRY MARKET , Bellingen Park from 8am to 3pm	6655 2151
4 TH	Gladstone Trash & Treasure Market - 8.30am to Noon	6567 4203
SUNDAYS		
Every Sunday	Coffs Harbour Markets, Jetty Shopping Village from 8am to 2pm	6652 3813
Every Sunday	Harbourside Markets, Coffs Jetty Foreshore from 8am to 2pm	0407 661 990
1 st	Coffs Harbour Lions Boot Markets, Coffs Jetty Foreshore 7am to 1pm	0417 704 588
2 nd	Plaza Market, Nambucca Heads Plaza from 8am to 1pm	6568 9655
3 rd	Gladstone Community Market, Memorial Park from 9am to 1pm	0499 155 312
Last Sunday (bi-monthly even months)	FUNKYA @ UNKYA MARKETS from 8am to 2pm Unkya Reserve, Eungai	0425 205 737

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BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

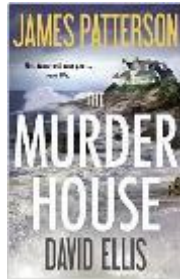
Many thanks to the people who donate all the varied and wonderful books which have come and continue come, to our very popular Book Nook



*Two holiday season
'Whodunnits' for your enjoyment*

Murder House

by James Patterson
and David Ellis



This story is set in the Hamptons in USA – home to the wealthy in their multi-million dollar mansions. Except the beautiful house at #7 Ocean Drive, right on the beachfront, hasn't been occupied for years. Terrible killings happened there in the past and they were never solved hence it being nicknamed "The Murder House". Locals stay away.

Detective Jenna Murphy has moved to the area to escape things in her past and to do damage control on her career with the help of an uncle in the local police force. Another murder in the house sees Jenna involved in the case but it isn't quite as open and shut as it first appears.

"Murder House" is a little typical of many novels in this genre – there's a senior staff member who doesn't have the best personality in the world and isn't keen on Jenna, there are a couple of suspects and the reader, of course, must try to figure out which one (if any) is the perpetrator and there's also a little romance and family business thrown in for good measure.

You know what you are getting but I enjoyed it all the same.

Love You Dead by Peter James

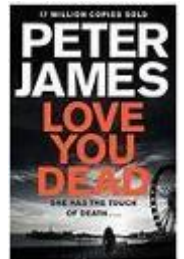
This one is a bit of a "black widow" type story – the lady in question is young, intelligent, seemingly cold blooded. Jodie Bentley seeks out ultra-wealthy, older men with the intent to wed them, kill them and inherit their wealth.

As a child Jodie was an 'ugly duckling' with an attractive, popular older sister with whom she could not compete. The entire family but particularly her father, constantly compared the girls, telling Jodie she was indeed ugly, wouldn't find anyone to love and wouldn't amount to anything.

Her dreams in life were simple – to be beautiful and rich. Both of these things were achieved – the first through plastic surgery and the latter something she constantly worked on. Finding rich men and getting them to marry her were not hard for Jodie; it's the getting rid of them afterwards that takes some skill.

The other main character in "Love You Dead" is Detective Superintendent Roy Grace – with a new wife and very young child he is a personable, likeable man. He has his own lot to deal with – a demanding job, a not-so-nice superior who'd love to have Grace kicked out, a missing ex-wife and now a 'black widow' operating in his city.

Again, I knew what to expect with this whodunnit – it was just a matter of sorting out who actually 'dunnit' – but with the twists and turns of the story I still enjoyed it.



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

BOWRA POST & COLLECTABLES

27 High Street, Bowraville ♦ Telephone: 6564-7169

Monday to Friday 9am-5pm ♦ Saturday 9am-12noon

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MONTHLY MYSTERY GIFT DRAW

4/11

Be Sun Smart this Summer

Australia has one of the highest rates of skin cancer in the world. Anyone can be at risk of developing skin cancer, though the risk increases as you get older.

The majority of skin cancers in Australia are caused by exposure to UV radiation in sunlight.

Sunburn

Sunburn has been associated with melanoma, the most deadly form of skin cancer.

In Australia almost 14% of adults, 24% of teenagers and 8% of children are sunburnt on summer weekends. Many people get sunburnt when they are taking part in water sports and activities at the beach or a pool, as well as when gardening at home or having a barbeque.

People are also sunburnt on cooler or overcast days when they mistakenly believe UV radiation is not as strong. This is untrue – you can still be sunburnt when the temperature is cool.

Sun exposure that doesn't result in burning can still cause damage to skin cells and increase your risk of developing skin cancer. Evidence suggests that regular exposure to UV radiation year after year can also lead to skin cancer.

Protect your skin

For best protection the Cancer Council recommends a combination of sun protection measures:

SLIP on some sun-protective clothing that covers as much skin as possible.

SLOP on broad spectrum, water resistant SPF30+ (or higher) sunscreen. Put it on 20 minutes before you go outdoors and every two hours afterwards. Sunscreen should never be used to extend the time you spend in the sun.

SLAP on a hat – broad brim or legionnaire style to protect your face, head, neck and ears.

SEEK shade.

SLIDE on some sunglasses – make sure they meet Australian Standards.

SunSmart UV alert

Ultraviolet (UV) radiation is the invisible killer that you can't see or feel. UV radiation can be high even on cool and overcast days. This means you can't rely on clear skies or high temperatures to determine when you need to protect yourself from the sun.

The SunSmart UV Alert is reported daily by the Bureau of Meteorology. The alert identifies times during the day when the UV level is 3 or above and sun protection is needed.

As well as appearing on the Bureau of Meteorology website, the alert is published in the weather section of daily newspapers, on Cancer Council Australia's home page and as an app for smartphones. You can download the SunSmart app for iOS or Android and keep track of the UV levels throughout the day.

Applying sunscreen

Apply sunscreen liberally – at least a teaspoon for each limb, front and back of the body, and half a teaspoon for the face, neck and ears. Most people don't apply enough sunscreen resulting in only 50-80% of the protection stated on the product.

Sun protection for young children and babies

It is important to ensure infants are well protected from the sun. Childhood sun exposure contributes significantly to your lifetime risk of skin cancer and babies' skin is sensitive and can burn easily. Plan daily activities to minimise time outside during the middle hours of the day during the summer period when UV levels are at their strongest.

Whenever UV Index levels reach three and above Cancer Council Australia recommends using a combination of sun protection measures, including to:

SLIP on clothing that covers as much of the infant's skin as possible.

SLOP on broad spectrum water resistant sunscreen with a sun protection factor (SPF) of 30 or above to any small areas of skin that cannot be protected by clothing.

SLAP on a broad-brim, bucket or legionnaire style hat so the infant's face, neck and ears are protected.

SEEK shade. Make use of any available full shade and provide shade for the infant's pram, stroller or play area.

SLIDE on some sunglasses, if practical, to protect the eyes.

There is no evidence that using sunscreen on babies is harmful although some babies may develop minor skin irritation. Try sunscreen milks or creams for sensitive skin which are less likely to irritate the skin. As with all products use of any sunscreen should cease if any unusual reaction occurs.



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





HAVEN'T FINISHED CHRISTMAS GIFT SHOPPING
YET? NO WORRIES—COME DOWN TO THE
BOWRAVILLE PHARMACY TO PICK OUT
THE PERFECT PRESENT FOR ANYONE!



NOT SURE WHAT THEY'D LIKE?
NO PROBLEM! WE'VE GOT GIFT CARDS
FOR ANY VALUE DESIRED.



DON'T WANT TO GET A TRADITIONAL GIFT?
WE HAVE FULLY TRAINED AND QUALIFIED STAFF
FOR NOSE, EAR AND CARTILAGE PIERCINGS
SO WHETHER IT'S THEIR 1ST OR 5TH
PIERCING, WE'VE GOT YOU COVERED.



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



Pool Safety Signs available at the BTC

Council are commencing inspection of residential swimming pools and all pool owners are required to display a CPR sign.

At the Bowraville Technology Centre we have laminated, colour, A3 sign for just \$5.

WHAT'S HAPPENING IN BOWRA



From page 5

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 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. 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-

Continued on Page 24

Where would you like to go?

This is the question Coffs Harbour, Bellingen and Nambucca Community Transport is asking you.



Community Transport provide transport for the frail, aged, people with disabilities and their carers and those who are transport disadvantaged.

Community Transport is a not for profit organisation passionate about helping people maintain their independence & ability to stay connected with our community. They do this by providing flexible transport solutions to meet individual's needs.

Contact : Coffs Harbour – 6651 1137, Bellingen - 6655 2666 Nambucca Heads – 6568 3250.

LIONS CLUB

SUPPORTING OUR COMMUNITY



We Serve

PRESIDENT
Mark Scott
Mob: 0428 527 545

Email: blion34@yahoo.com.au

PO Box 23
Bowraville NSW 2449

4/11

Bowraville Harvest Faith Family Church

4/11

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

Phone: 02 6564-8656
Mob: 0428 682 870
email:



Bowraville Lions Club Inc News Bulletin

DECEMBER 2016/JANUARY 2017



MERRY CHRISTMAS AND HAPPY NEW YEAR FROM THE BOWRAVILLE LIONS CLUB



WORLD CHAMPIONSHIP RALLY 2016



The Bowraville Lions Club members and helpers did the catering at the Bakers Creek Spectator site on Friday 18th November. It was a 6am early start to drive over Williams Hill to Bakers Creek. Once there we set up and were kept busy cooking bacon and eggs for hungry fans and officials who were already on the site.

Besides having a great view of the WRC cars roaring past we had a good day catering for the hungry fans. Our sausages and hot dogs also sold very well along with bottled water and soft drinks for the hot, dusty fans and officials. We finally finished up around 4pm when the roads were opened back up to the public and we could return home.

The next morning, Saturday 19th, we set up our tables in Bowraville and sold hot dogs, fairy floss and popcorn which were very popular with fans and locals alike.

Overall we raised over \$1000 which is great news for our communities.

We would like to thank Rally Australia for the opportunity they gave us to fundraise and we look forward to their return in 2017.

Letters to Santa



Once again Santa's elf, Louise Richards is helping Santa to reply to all the letters sent to him. You can find the special letter box outside the Bowraville Post Office.

Please remember to include a name and address to receive a reply from Santa.



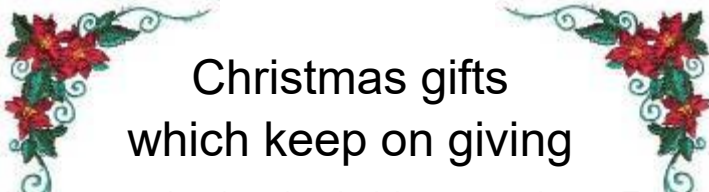
STREET PARTY DECEMBER 15TH

The Bowraville Lions Club is pleased to be helping with the Street Christmas Party in High Street on Thursday December 15th from 3pm.

Apart from cooking up the sausages for the kids party in the afternoon, look out for the hot dogs, popcorn and fairy floss we will be selling on the evening as well as holding the drawing of our Christmas Raffle at 9.15pm.

Look out for our raffle stall each Friday in December in the lead up to this special event.





Christmas gifts which keep on giving

Unless you've just landed here on planet Earth (and in that case, welcome!) you probably know and love Christmas!

It's a happy holiday in celebration of the birth of Jesus in the Christian tradition and remembers the Wise Men who brought gifts on that first Christmas.

Different Christian countries celebrate in slightly different ways but giving cool Christmas gifts and presents to your loved ones has become a central part of the tradition of Christmas and these days it's a very big deal!

So if you're looking for some unusual gift ideas, whether practical or just pretty, gardening gifts aren't just for the dedicated gardener.

It just could be that the very first plant given to a non-gardener is the start of a rewarding lifelong hobby. Anyone with a spot for a potted plant can also be given a decorative container or plant care products. And what better present for the men in your life than a good quality tool for the garden? At the other end of the spectrum you could pay to have someone's lawns mowed for a year!

You could also give a gift to the environment as well as to someone special by giving a collection of seeds (eg: poppies, sunflowers, sweet peas, cornflowers, flax and coriander) which added to the visual enjoyment of the flowers will also attract bees which in turn give back by pollinating about two thirds of our food crops.

The gift could also be as mundane as a bulk container of fertiliser or a few bales of mulch - both of which would be valued by the receiver and add to the frivolity at unwrapping time on Christmas day!

And don't forget your pets — Norco has treats for dogs, cats, horses, goats, sheep and of course cattle. They also have not so nice surprises for rats and mice!

So visit our local Norco store and check out the possibilities.



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

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

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

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

SEEDS

POTTING MIXES

COMPOST

FERTILISERS

**SOIL & WATER
CONDITIONERS**

MULCHES

**ORGANIC GARDENING
SUPPLIES**

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



**51 CARBIN
STREET
BOWRAVILLE
6564 8648**

4/11

Bowraville Chamber of Commerce and Industry Inc

chamber@bowraville.nsw.au

DECEMBER 2016/JANUARY 2017



Christmas Festival

Thursday 15th December

3pm Kids Party

*Lots of fun and giveaways
Visit from Santa*

6pm Night Festival

*Salvation Army Brass Band
Musicians
Lantern and Laser Display
Market Stalls
Lions Christmas Raffle
will be drawn at 9.15pm*

Bowraville Chamber

Committee wishes

everyone

*a Safe and Happy
Christmas and New Year*

Blue Star Awards

Bowraville and Nambucca Shire Council achieved a highly commended award for their entry in the Blue Star Awards held in Orange NSW last month.

We were a finalist in two categories in the Keep Australia Beautiful Blue Star Awards.

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 right.

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.

Contact Chamber

President: Mark Scott

M: 0428527545

chamber@bowraville.nsw.au




BOWRAVILLE
Christmas Festival
Free Event
Thursday 15th December 2016
High St Bowraville
3pm to 9.30pm
Kids Street Party
Visit from Santa and photos
Twilight Market Stalls
Jumping Castle / Bungee Jump
Buskers, Music, Face Painting
Bowraville Lions Club Raffle
Hot Dogs, Popcorn and Fairy Floss
Laser Light Show
Magical Lanterns Display
Proudly brought to you by the Bowraville Chamber of Commerce and Industry Inc, the Bowraville Lions Club and the Bowraville HealthCare Centre with help from our fantastic volunteers



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, manggagirr maana darrunda guunu julgaaganybiin.gu.”

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

FREE SERVICES

Monday Counselling Services
Contact Interrelate for appointment
Ph 66594150 Everyone Welcome

Tuesday Help with Accommodation
New Horizons - Ph 56324804
Wesley Youth Accommm - Ph 66527124

Wednesday Baby Health Clinic
9.00 am to 12 noon
All mums and bubs welcome
No appointment necessary

Thursday Legal Aid
1st and 3rd Thursday of the month
10am to 12pm
Ph 66517899

Need your Licence?

Register now for new Driving L Class
The course is FREE runs over 6 weeks.
Includes 2 FREE Driving lessons
Contact Ph 65648855

Hippy program

Tutoring for 4 year olds
Contact Nadia for further details
On 0457160138

Venue Hire

Large Training room with large outdoors area
Available 7 days/nights per week
Great for your next social event, training or crafters.
Contact 65648855
Email admin@miimi.org.au

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

90 High Street, Bowraville

PHONE 02/65648855

Email: admin@miimi.org.au

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

3546 North Arm Road, Bowraville

Domestic

Commercial and Industrial

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Solar



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davidrecklies@bigpond.com

Owner Operator with 20years experience

"ARCTick No. AU26454"

4/11

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With

AVAN

Nambucca Valley

MINI MOVE SPECIALIST

HIRE

A MAN WITH A VAN



6564 8375 or 0458 990 904

Insured ABN 87 009 289 943

0/0



2NVR Studio 3 Live



December's STUDIO 3 Live is full of Christmas cheer with the appearance of The Macksville Salvation Army Band on December 16th.

On their songs list not only will there be Christmas Songs but also songs from various genres and eras. The band is popular at this time of year and also at many festivals and markets they entertained at throughout the valley.

So pack a hamper full of Christmas goodies and your best carol singing voice and come along from 6pm till 8pm to our Studios at 834 Rodeo Drive Tewinga.

Our first STUDIO 3 LIVE for 2017, on January 20th, sees the return of the ever popular *FRAYMED* who at their last appearance blew the roof off and the plan is to do it again - as their bio says. *FRAYMED* are a power trio based out of Kempsey on the NSW Mid North Coast. They have deservedly garnered a reputation as a formidable live act and are a must see band. They perform a great mix of classic rock and power pop covers that appeal to a wide audience age group. In short, they are a guaranteed hit everywhere they perform. So mark the date on your Calendar.

Of course at both of these gigs there will be the regular Studio 3 Cafe or you can bring your own food for your enjoyment...

- Vickiree Melouney (Announcer, Public Officer):
Mobile 0499078413 2NVR-fm 105.9 Nambucca Valley Radio

Bulk-billed COUNSELLING on Wednesdays

(with pension or healthcare card and GP referral)

Where: Nambucca Valley Phoenix Building (Old Bank), Bowraville.

Email: coscoffs@gmail.com

Mobile: 0457 457 867

Accredited Mental Health Social Worker
(AMHSW)
Kimberlee Soule

Children, Families, Individuals.

"Remember that everyone you meet is afraid of something, loves something and has lost something." (Carl Rogers)

2/2

ACCOMMODATION

MATURE LODGER
REQUIRED

Preferably female.

Bowraville area.

4 Bedroom House.

**Phone: Alan
0458 170 246**

1/1P

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



4/11

The Bowraville Technology Centre would like to wish our Advertisers and Readers a very happy Christmas and a Safe and Prosperous New Year.



FIREWOOD, CHOPPING BLOCKS, KINDLING, LANDSCAPE SUPPLIES

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

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

**Pick up or Deliver
Mini Tipper**

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



4/11



Bernard Laverty Funerals

24 hours 65681555

Monumental Masons & Florist

'Speak to us about the benefits of Pre Paying'



3/11

From page 6

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

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

Everyone is welcome to share ideas.
The way it's meant to be.

Real people in a casual relaxed atmosphere.

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

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

3/11

you're using similar software running on a PC at one of Google's world-wide data centers. Like an email drafted on Hotmail the document you produce is stored remotely, on a Web server, so you can access it from any Internet-connected computer, anywhere in the world, any time you like. Do you know where it's stored? No! Do you care where it's stored? Again, no! Using a Web-based service like this means you're "contracting out" or "outsourcing" some of your computing needs to a company such as Google. They pay the cost of developing the software and keeping it up-to-date and they earn back the money to do this through advertising and other paid-for services.

Screenshot: Soundcloud – is an excellent example of a website (and mobile app) which uses cloud computing to good effect. Musicians and DJs upload their music which "followers" can listen to (or preview) for free through real-time streaming. You can build up a personal collection of tracks you like and access them from any device, anytime, anywhere. The music you listen to stays up in the cloud: in theory there is only ever one copy of every music file that's uploaded. Where is the music stored? No-one but Soundcloud needs to know - or care.

- Adapted from: <http://www.explainthatstuff.com>

In February's Bowra Community News we'll cover: Is cloud computing better for the environment?

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

CRANE TRUCK HIRE

For all your lifting and shifting needs

Serving the Nambucca district and beyond



Call:
WAYNE NOBLE

Telephone:
6564 7528

Mobile:
0427 653 312

7 DAYS



0/0

**Nature doesn't need people.
People need nature.**

That's the message of a celebrity-studded campaign by Conservation International "Nature Is Speaking." The aim is to raise awareness that people need nature in order to survive. The goal is simple: It's time to change the conversation about nature to focus on what we all have in common—our shared humanity.

The campaign features a series of short films voiced by some of the biggest names in Hollywood including Penélope Cruz, Harrison Ford, Edward Norton, Robert Redford, Julia Roberts, Reese Witherspoon, Morgan Freeman, Ian Somerhalder and Kevin Spacey. In the series Nature reveals serious misgivings about the way humans are treating the Earth from the viewpoint of a cast of characters — from Julia Roberts is Mother Nature to Harrison Ford is The Ocean and Kevin Spacey is The Rainforest.

You can watch these spellbinding films at <https://www.youtube.com/watch?v=rM6txLtoaoc> then link to them via your online posts to help spark the conversation.

YOU ARE INVITED!

To the **MISSABOTTI COMMUNITY HALL**
and
MISSABOTTI FIRE BRIGADE

**CHRISTMAS
PARTY
FUNDRAISER**

MISSABOTTI COMMUNITY HALL
SATURDAY 10TH DECEMBER @7PM

Dress: Christmas Theme

Tickets at the Door: \$5 entry per person-Kids are Free!

Bring a Plate to Share

Complimentary BBQ, tea, and coffee

Prizes, Raffle, and Santa for the kids!

Live Music by Local DJ

BYO Merriment ;)

**JOIN US FOR FUN AND CHEER IN SUPPORT OF
YOUR LOCAL COMMUNITY HALL AND
BUSH FIRE BRIGADE!**

NAMBUCCAVALLEY 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
9.30AM-2.30PM**

**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.

4/11



**NAMBUCCAVALLEY
PHOENIX**
community support services

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



**OPEN MONDAY TO THURSDAY
9.30am—2.30pm**

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

CAFE & CATERING



Sue's Christmas Trivia Special

CHRISTMAS WISH

May the gladness of
Christmas which is hope;
The spirit of Christmas
which is peace;
The heart of Christmas
which is love.
Be with you and yours.



“Didn’t You See Me?”

Legend has it that an elderly cobbler was visited in a dream by an angel on Christmas eve.

‘What is your wish?’ asked the angel ‘for it will surely be granted’.

The cobbler answered boldly: ‘Since I am too old now to travel to the House of God to worship the Christ Child Himself, I would like Him to visit my humble home.’

Next morning the cobbler waited expectantly for his heavenly guest. His first visitor was a child who had walked barefoot through the snow. The boy’s feet were crippled with the cold and the kindly old man found a new pair of boots which were just the right size. As the lad had no money, the cobbler gave him the boots and ushered him out with a warm smile while waiting for the angel to return.

Later on, a widow who had not collected her footwear came in. ‘With six children to feed and clothe, I have no money to pay for the repairs. Please sell them to cover your costs. I had to beg for food in the town.’ The cobbler pushed the shoes into her hands, together with a jar of nuts and said: ‘Please take them and have a wonderful Christmas with your family’, meanwhile he waited for the angel to return.

It was almost dark as he rose to close the door of his little workshop. Just then a weary traveller, seeking shelter and food for the night appeared at the door. The old man invited him in and shared the meal that he had prepared in his simple but misplaced faith, for the *Christ Child*. He made the stranger comfortable in a makeshift bed and retired for the night.

“Why didn’t You come, Lord? I waited all day.....”

The darkness was pierced by a warmth and brightness as a voice was heard:

“But I did come, and what a royal welcome you gave me!”

“For I was the child with the bleeding feet, and I was the widow who wept in the street, and I was the stranger who asked for shelter and a meal. What a beautiful Christmas time you had.”

THIS MONTH IN HISTORY

The first transatlantic radio signal is sent 1901

The ice cream cone is patented 1903

Worlds first heart transplant 1967

My husband “Ken’s” birthday 07.1952

Bombing of Pearl Harbour Dec 7

A bill to let women own property & manage money is rejected by NSW Legislative Assembly 1875

The Beatles first appeared on British TV 1962

Cyclone Tracy rips through Darwin 1974

1987 “The Simpsons Debut Show “

The Christians Celebrations of the Birth of Jesus



DECEMBER

Birth flower — *Holly Narcissus*
Meaning sweetness, self esteem and vanity.

Birthstone — *Blue Zircon Turquoise*

Colour — *White*





*Thank
You . . .*

To our advertisers
who support this
Newsletter making it
relevant and useful.
Your confidence in the
Bowraville Community
News is appreciated.

A very special, sincere thank
you to those who **supply us**
each month with
information about What's
Happening Bowraville . . .
*Isabelle, Barbara, Marion,
Sue, Trixie, Vickiree, Ion,
Megan, Jan, Dianna
and more.*

A Book Nook thank you must go
to *BTC* volunteer *Raewyn* who
manages our honesty library so well,
rotating books and keeping them neat.
Another thank you to all **those who**
continue to donate books to the
Book Nook and a special thank you to
the **man who brings in a bundle of new**
books every couple of weeks much
to our delight!

Thank You to Bowraville Central
School who **has printed this**
Newsletter for the past
decade but now, due to it's
size (*thanks to our advertisers,
contributors and readers*), have
said 'enough is enough', it's
getting too big for their copy
department to handle.

To our newest volunteer Sue for
the **great ideas on her Trivia**
page and for this month's
Christmas Trivia pages.
Also to her husband Ken for **his**
workmanship abilities.
*Keep an eye out for the Nativity
Scene he is busy working on
as we go to print.*

To Colin Kemp, our manager
here at the BTC for many
years, who has now retired.
Colin was one of the original
founders of the BTC and CEO
of the NSW CTC Association.
Colin, his vast knowledge and
calm, confident manner is
missed by all of us here at the
Bowra Technology Centre.

And last but certainly not least,
a huge **Thank You to our**
enthusiastic readers.
Your positive comments and
feedback is appreciated, as is
your continued readership of
our pretty amazing
(if we do say so ourselves),
Bowraville Community News.

Sue's Christmas Trivia Special

OUR AUSSIE CHRISTMAS

The most popular event of the Christmas season is Carols by Candlelight. People come together in the evening to light candles and sing Christmas carols outside. The stars shining above add to the sights and sounds of this wonderful outdoor concert.

Australian families love to do things outside. They love to swim, surf, sail and ride bicycles. They like to grill meals outdoors on the barbecue which they call the "the barbie".

Families decorate their homes with ferns, palm leaves and native flowers which bloom in summer such as Christmas bush and Christmas bellflower.

Christmas festivities begin in late November when schools and church groups present Nativity plays. They sing carols throughout the month of December.

After opening presents on Christmas morning the family sits down to breakfast together then many families attend a Christmas Church service.

On Christmas Eve in families that observe **Irish** traditions the father sets a large candle in a front window of the home to welcome Mary, Joseph and the Baby Jesus. The youngest child in the family lights the candle. The family goes to midnight mass and attends church on Christmas Day as well. Afterwards there are parties and festive visits.

Christmas Day is when families and close friends gather together from all over Australia. The highlight of the day is the holiday midday meal. Some families enjoy a traditional **British** Christmas dinner of roast turkey or ham and rich plum pudding doused in brandy and set aflame before it is brought to the table. The person who gets the favour baked inside will enjoy good luck all year round. Other families head for the backyard barbie to grill their Christmas dinner in the sunshine. Many families even go to the beach or to the countryside and enjoy a picnic of cold turkey or ham and a salad. Father Christmas has been known to show up in shorts to greet children at the beach on Christmas!

In **China** Christmas is called Sheng Dan Jieh, or Holy Birth Festival, and is celebrated with beautiful lanterns, flowers and red paper chains that symbolize happiness.

The day after Christmas, December 26th, is Boxing Day. Australians with British and Irish backgrounds leave small gifts for the postman, newspaper carrier and others to thank them for their services throughout the past year.

New Year's Eve is always a special time with celebration dinners, dances, and especially New Year's Eve parties.



Ultimate Christmas Quiz

- In Frosty the Snowman who bought Frosty back to life?*
- What made the Grinch so mean?*
- What is the biggest selling Christmas single of all time?*
- What was Scrooge's first name?*
- Name the 3 reindeer whose names begin with "D".*
- What colour is the Grinch?*
- How many pipers piping did my true love give to me?*
- What Christmas drink contains sugar, milk and eggs?*
- What Christmas carol has the words "Fa-la-la-la-la-la-la-la"?*
- What 3 characters sing "The Chipmunk song"?*
- What 1990 movie told of a boy's experience when 2 men break into his house at Christmas?*

DecktheHallsAlvinTheodoreandSimonHomeAlone
masEbenzerDasher donderDancerGreen1Eggnog-
SantacausHishaarwastwosizestwosmaIlWhitchehst-

Major December sporting events

The Christmas break is an opportunity for sports fans to enjoy two major sporting events.

December 26th is the opening day of the 'Boxing Day Test' between the Australian Cricket Team and an international touring side at the Melbourne Cricket Ground. This has been well attended since the first match in 1950 and watched by many others on television.

While in Sydney one of the world's most prestigious ocean races, the Sydney to Hobart Yacht Race, starts on Boxing Day, sailing from Sydney Harbour with a flotilla of hundreds of smaller local craft escorting them out of the heads.



Strong Families — at Phoenix DID YOU KNOW?

There are two types of AVOs:

- ♦ An AVO protecting a person from **domestic violence** is called an 'Apprehended Domestic Violence Order' or 'ADVO' - when violence is done by someone who you were, or are, in a domestic relationship with eg, a family member, husband or wife or partner. (or flat mate!)
- ♦ An AVO protecting a person from **personal violence** is called an 'Apprehended Personal Violence Order' or 'APVO'. Personal violence is violence done by someone like a neighbour, co-worker or friend.

An AVO can protect a person from:

- ♦ violence or threats of violence
- ♦ stalking
- ♦ intimidation
- ♦ harassment.

Information from:

http://www.lawaccess.nsw.gov.au/Pages/representing/lawassist_avo/lawassist_avo.aspx

Note: **An AVO does not stop the *protected person* contacting the *defendant*.

**Changes to an AVO can only be made by the court.

**It is up to the *defendant* to abide by the AVO even if the *protected person* says it is ok not to. AVOs are *court orders* and must be adhered to or the *defendant* risks *criminal charges*.

**Call in and see Sue –
if the blind is up where the Aboriginal flag is
in the window, she is likely in the office and
available.**

**Ph: 6564 7677, Mob: 0499 002 141 email:
strongerfamilies@nvp.org.au**

Facebook: <https://www.facebook.com/Strong-Families-Program-Bowraville-742820075786305/>

National Standards for Disability Services certification
Registration number: DS/R61/0365

Nambucca Valley Phoenix acknowledges and pays due
respect to the traditional custodians of the
Nambucca Valley



Bowraville Strong families



A Community Program

Funded by NSW Health through
the Aboriginal Injury Prevention
Program



3/11

WHAT'S HAPPENING IN BOWRA



From page 19

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

On Sunday 11th December Rev. Katharine Winter will be conducting our Christmas Service in the recently renovated United Church at Bowraville. The service will begin at 2pm and everyone is very welcome to come along and join in our Christmas Celebrations at 33 George Street, Bowraville.

The Op Shop has lots of Christmas goodies and decorations for sale and will be open until Friday 23rd December - then our dedicated staff will be having a well earned Christmas break until Tuesday 10th January 2017. We wish to thank them for their continuous support and also to thank those in the community for their ongoing donations to our shop. Merry Christmas and a Happy and Peaceful New Year to you all. - Mavis Ward

Bowraville Playgroup

Bowraville Play-group meets at Bowraville Central School every Friday from 9.30am to 12midday and is open to all parents and carers with children aged 0 to school age. 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. Contacts: Danielle Ryan 6564-8619 or Jane Thomasson 0474 325 337.

Nambucca Valley Community Church Food Hub

Helping you put a meal on your table. Anyone holding a Health Care Card or Pension Card can access this service. From 9.30am to 12pm non perishable food products will be on sale as well as other products. All perishables such as bread, vegies and fruit are free. There is a wide selection to choose from and this will vary each week. Access Fee: \$10 for 11 items; \$20 for 22 items. Contact 6568-1647 or 0431 947 799.

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 held at the Church at 10am each Wednesday. Youth Group is held each Friday for 12-18 year olds from 6-8pm. Phone Keith Stage 0427 231 040. The Food Hub at Nambucca Heads is a community service organised by this church.

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





Have a Totally Local Merry Christmas



Purchase your festive season supplies and gifts in Bowraville

It's the festive season once again – this is a time when, not so very long ago, time would be put into making Christmas lists for food and presents with the intent of buying these supplies and gifts from the local shops during the weeks leading up to Christmas.

Now we're more inclined to get into our vehicles and drive 60kms so we can race through the big-name stores the week before Christmas grabbing one of everything and hoping we haven't forgotten someone!

So, how about we try a different approach this Christmas?

Bowraville has plenty to offer when it comes to special gifts – it could be a gift voucher for a stylish new haircut or a luxurious facial at the hair salon or a wellness package from a local practitioner, it could be tickets to our local Theatre, a hamper made up of goodies from the supermarket or jewellery, perfume or skin care products you can find at the pharmacy and let's not forget chocolates – we are blessed with the most luscious choice of gifts made right here in Bowraville.

Let's challenge ourselves to actively seek out local small businesses (there are many more than those mentioned above) to make our purchases and really put some thought into the Christmas presents we buy for our loved ones this year.

When we spend our money at a locally owned business approximately 65% of that money stays in the local economy. If we spend that money at one of the big-name stores out of the area that amount drops to around 40% and if you buy on a big national website the amount drops all the way to 0%!! Buying online may save a few dollars but NOTHING will come back to your community to help pay for your child's education or the roads you drive on.



HIPPY: Home Interaction Program for Parents and Youngsters.

HIPPY is a two-year, home-based, early learning and parenting program for families with pre-school age children. HIPPY aims to support and empower 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 and all resources required are provided FREE for families.

When you enrol with HIPPY you are provided with activity books to do with your child as well as lots of resources and story books. You meet with your HIPPY tutor who encourages and supports you with the activities.

HIPPY also offers the parents opportunities for training; for example, this year we are offering all our HIPPY parents First Aid training for free.

HIPPY supports local service providers and business.

HIPPY is now taking enrolments for 2017 for families with children 4 years of age; going to school in 2018.

For further information, enquiries or to enrol please contact

HIPPY Coordinator: Nadia Abraham on

Phone: 65648855

Mobile: 0457160138

Email: hippycoordinator@miimi.org.au

Now taking enrolments for 2017; families with a child born in 2012 (going to school in 2018) and live in the Nambucca Valley are encouraged to contact us for more information and enrolment.

Cigarette Butts and Stormwater

When it rains, cigarette butts lying in our streets and gutters are carried via stormwater directly into our harbours, beaches and rivers. The chemicals contained in these butts and the butts themselves impact on our water quality and can be deadly to marine life.

The impact of cigarette butts on marine life:

Many people don't realise that when it rains, water flowing through our streets, down our drains and through our stormwater pipes ends up in our harbours, beaches and rivers.

Stormwater is not treated so all litter and cigarette butts carried by stormwater are dumped directly into these waterways. In fact, 95% of the litter on beaches comes from suburban streets through the stormwater system. This litter reduces water quality and potentially harms our precious marine life.⁴

Cigarette butts can take up to 12 months to break down in freshwater and up to 5 years to break down in seawater. Birds and aquatic animals can mistake the butts as food, resulting in serious digestive problems that may lead to death. Butts have been found in the stomachs of young birds, sea turtles and other marine creatures.⁴

Another serious concern is that toxic chemicals such as lead and cadmium, which are trapped in the cigarette filter, can leach out in water. Within just one hour of contact with water, the chemicals begin to leach into the aquatic environment and threaten the wellbeing of marine life.

Fines for cigarette litter:

- *Cigarette packet: \$60
 - *Unlit or extinguished cigarettes: \$60
 - *Lit cigarettes in dangerous circumstances e.g. in dry bush: \$375 for individuals or \$750 for corporations
 - *Any cigarette item deposited from a motor vehicle:
 - \$200 for individuals or \$400 for corporations
 - *Lit cigarette not covered by points above: \$200
- (Source NSW EPA 2001)

So what can I do?

Always dispose of cigarette butts responsibly. You can do this by using a Go Green Pocket Ashtray. The small, green ashtray fits easily into a pocket or handbag. The ashtrays are fire resistant and re-usable and can be purchased from any Coles or Bi-Lo supermarket.

Alternatively, you can reuse empty film canisters. Just drop the butt in, seal the airtight lid and shake the container. Don't grind the butt onto the plastic as it may melt.

Businesses and other organisations looking for permanent cigarette butt litter solutions can contact BUTTsOUT⁸ for a range of products.

You can also help to educate those around you such as friends, family and co-workers about the impacts of littering cigarette butts and encourage them not to litter.



References

- ¹ Cigarette Litter Org
www.cigarettelitter.org
- ² No Butts About it Litter Campaign
hometown.aol.com/teamstein/myhomepage/index.html
- ³ NSW Department of Environment and Conservation
www.dec.nsw.gov.au
- ⁴ EcoRecycle
www.ecorecycle.vic.gov.au
- ⁵ Keep Australia Beautiful – Victoria
www.kabv.org.au
- ⁶ Clean Up Australia 2005 Rubbish Report
www.cleanup.com.au
- ⁷ Victorian Litter Action Alliance
www.litter.vic.gov.au
- ⁸ BUTTsOUT
www.buttsout.net/australia
1300 308 382
- ⁹ Butt Littering Trust
www.buttlitteringtrust.org
- ¹⁰ Sydney City Council
www.cityofsydney.nsw.gov.au



CLEAN UP AUSTRALIA LIMITED
ABN 93 003 884 991

Level 1, 18 Bridge Road,
Glebe NSW 2037 AUSTRALIA
Tel: +61 2 9552 6177

Fax: +61 2 9552 4468
Email: cleanup@cleanup.com.au
Web: www.cleanup.com.au

Bowraville Central School News



The Wheelchair Sports NSW Roadshow visited Bowra Central during Week 6. The Roadshow is an exciting, informative and interactive display of wheelchair sports.

The presenter, Richard, gave a 20 minute talk on road safety and the consequences of taking risks on the road. Richard told the students that he was once “just like you” when he was a teenager, but through a mistake made on the road he is now in a wheelchair for the rest of his life. This had a powerful effect on the students.

The students then had a 40 minute game of wheelchair basketball to give them a taste of wheelchair sport (something they probably have never done before) plus an idea of what it is like to be in a wheelchair, if only for a short time.



Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Summer 2016							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6 AM	Breakfast Daniel Gosson & Hal The Robot Music to ease you into the day	Dano's Brecky Show Daniel Gosson & Hal The Robot High-paced catchup to get those feet shufflin'!	Bubble N Squeak Linda & Michelle Bubbling and squeaking music and entertainment	Mystery Breakfast The Shadow Knows Including the real-unreal news	Tones of Claressence Claire Watt-Powell	Off The Cuff Radio Kari Bishop Music and conversation with a mediaeval twist into the now...	Beam Me Up Scotty Sunday Music Mix
7 AM	Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll 1950s-2010s	Global Mosaic Pieter A weekly musical trip through the world	Our Kind of Music Dallas Dent Easy Listening	Under The Stinging Tree Poppe Including the real-unreal news	Talk Of The Town Ceri Webber See what's going down! All things local	Sabor Latino Invite others to listen & pick the music from Latino World Music. Streaming: 2nvr.org.au call: 02 6564 7777	Country Highway Dave Wareing Country music classics to latest releases and comedy
8 AM	Baby Boomers Dorna Collins	Infopinion Richard Laxton An eclectic time with Richard	Jazz Azz I Like It Heather Heywood A mix of jazz with Izza Oz	Calling All Angels Rachel Scotlock	RAOR Jeremy Alom Random Acts Of Radio	Maggie's Mix Margaret Duffus	Classical Corner Music from the past 1000 years. Alternates weekly with The Lively Arts Music & spoken word from film, TV, theatre & radio Noel Robertson
9 AM	The Weekley Fix Paul Weekley	Rob's Roving Robbie Hancock Bible reflections, Gospel & Australiana	Just For You Carola Simmons Easy listening & All That Jazz	Turning Pages Elizabeth Newman	Outback Outlaws Paul Rowe Old and new country music	Dano's Mixed Grill Daniel Gosson A tasty mix of anything and everything to spice up your Sunday arvo	Dano's Mixed Grill Daniel Gosson A tasty mix of anything and everything to spice up your Sunday arvo
10 AM	Drive With Scotty Scotty Great Scotty Music	Jack's Tracks Jack All the tracks with Jack Tuire 'n'	Stella Bells Music to rock your soul	Simmo's Country John Simpson Aussie country music at its best	The Men's Shed Show Stu & The Crew	Flashback Rob Davidson '60s to '80s Pop & Rock	Flashback Rob Davidson '60s to '80s Pop & Rock
11 AM	Bowra Beats Ben & Gracie	Nambucca Valley Roundup - Paul Burns	Soundbite Slavomir Skokan	Thursdays Country Trickovic	Rhino On The Radio Switching to Studio 3 from 6pm-8pm on the 3rd Friday of each month for live artists & studio audience	That's A Wrap Dallas, Donna, Trickovic Local sports results and in-depth analysis	That's A Wrap Dallas, Donna, Trickovic Local sports results and in-depth analysis
Noon	Nambucca Valley Roundup - Rachel Burns	Latest & Greatest Country Bryon Edwards	Nambucca Valley Roundup - Ron Hawkins	Nambucca Valley Roundup - Retro	The Friday Night Rock Show Todd Willis Continues overnight	Booth's Drum With Captain Steve	Booth's Drum With Captain Steve
1 PM	Reggae Mixtape With Fitzroy Music outside the usual	Prog Rock Playlist Rhino till midnight The best of Progressive Rock	Phillinn With Phil New Australian Blues and Indie/Folk/Rock	Highway Blues Retro When Only The BEST BLUES Will Do	The Friday Night Rock Show Todd Willis Continues overnight	Phase Out With Faye Faye Aspiotis Double shots of Aussie music	Phase Out With Faye Faye Aspiotis Double shots of Aussie music
2 PM	Juggling Mondays Juggler's choice Music mix	Ants Rocks Anthony Garnsey Solid Rock	Ants Rocks Anthony Garnsey Solid Rock	Jeff's Junk Jeff Mills BBC World Service overnight	The Friday Night Rock Show Todd Willis Continues overnight	Imagine This & The AntipodeanSF Radio Show Woolly Woolly till 11pm	Imagine This & The AntipodeanSF Radio Show Woolly Woolly till 11pm
3 PM	CRN overnight	CRN overnight	Ants music mix continues overnight	BBC World Service overnight	CRN overnight	Overnight Express overnight	Overnight Express overnight
4 PM	CRN overnight	CRN overnight	Ants music mix continues overnight	BBC World Service overnight	CRN overnight	Overnight Express overnight	Overnight Express overnight
5 PM	CRN overnight	CRN overnight	Ants music mix continues overnight	BBC World Service overnight	CRN overnight	Overnight Express overnight	Overnight Express overnight
6 PM	CRN overnight	CRN overnight	Ants music mix continues overnight	BBC World Service overnight	CRN overnight	Overnight Express overnight	Overnight Express overnight
7 PM	CRN overnight	CRN overnight	Ants music mix continues overnight	BBC World Service overnight	CRN overnight	Overnight Express overnight	Overnight Express overnight
8 PM	CRN overnight	CRN overnight	Ants music mix continues overnight	BBC World Service overnight	CRN overnight	Overnight Express overnight	Overnight Express overnight
9 PM	CRN overnight	CRN overnight	Ants music mix continues overnight	BBC World Service overnight	CRN overnight	Overnight Express overnight	Overnight Express overnight
10 PM	CRN overnight	CRN overnight	Ants music mix continues overnight	BBC World Service overnight	CRN overnight	Overnight Express overnight	Overnight Express overnight

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