

Bowraville Community News



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



DEC.2017/JAN.2018~ ISSUE #158 FREE CIRCULATION 350 POSTCODE 2449

*To all Bowravillians
and visitors to
Bowradise . . .
have an excellent
Christmas
and an exciting
and prosperous
New Year.*

BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 350 COPIES

Newsletter is also available online at:

www.bowraville.nsw.au/bowraville-newsletter

NEW 2017/18 **ADVERTISING CHARGES:**

Bowraville Community News is produced every month, except January.

Annual subscriptions includes 11 issues.

90 x 90mm (1/6 page)	\$10 issue/\$100 year
90 x 180mm (1/3 page)	\$18 issue/\$180 year
Half page (or 1 column)	\$20 issue/\$200 year
Full page (or back cover)	\$25 issue/\$250 year

DEADLINE FOR COPY FOR

THE FEBRUARY 2018

ISSUE IS: 4:00PM

23rd JANUARY 2018

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

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

BOWRAVILLE TECHNOLOGY CENTRE

39 High Street, Bowraville NSW 2449

Telephone: 6564 7420

Facsimile: 6564 7520

e-mail: admin@bctc.com.au

DISCLAIMER

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

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

Bowraville Technology Centre

Open 9.30am to 4.00pm Weekdays

Internet Services

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

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

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

Facility Hire

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

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

Full day up to 8 hours - \$100.00

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

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

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

Full day - up to 8 hours \$40.00.

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

“Like us on



search for CTCABowra”

Bowraville Technology Centre

39 High St, Bowraville Ph. 02 6564 7420

Open 9.30 to 4pm Weekdays

Email: admin@bctc.com.au

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

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

Missabotti Community Hall and Fire Brigade

Saturday 16th December from 6pm

Christmas Party/FUNraiser - at the Hall.

Join us for good cheer and support your local Hall and Bush Fire Brigade.

Christmas festivities, Santa and more.

MARK THIS DATE!!

Bowra Country Markets & Boomerang Bags

are both taking a festive season break. Last market for 2017 is Saturday Dec 9 - first Market for 2018 is Saturday Feb 10.

Last Boomerang Bags for 2017 is Wednesday Dec 7 and first Boomerang Bags for 2018 is Wednesday Feb 7. Enq Marion 6564-7908.

Bowraville Seniors

Bowra Seniors held their last meeting for the year in November but will meet again for a Christmas luncheon at the Bowra Hotel on Friday 15th December. Secretary Ruth will be in touch if plans change. The February meeting on the 3rd Monday, commencing at 11am, will also be the AGM. We already have a guest speaker invited for this meeting. A representative from North Coast Local Health District will talk about the benefits of walking and how to set up a walking group. There are other programs and grants available to keep us healthy. Please come along member or not. This should be interesting and motivating for everyone. If you are a Bowraville Senior come along to the Coach House Inn, have a cuppa, win the raffle and enjoy some friendship.

Bowraville Garden Club

Our November meeting, held at the home of member Dee Hunter, was the venue for our AGM and branch meeting. The present executives were re elected and all agreed we have had a happy social year with a variety of activities and 3 new members. There was stimulating discussion on plans for next year. As an

innovation members took ownership of various months and will plan outings and activities for that month. However keeping to tradition we will have our February meeting in an air conditioned venue. We also have plans for extra day activities. We welcome new members. Contact Barbara 6564-7039.

Bowra/Macksville Hospital Auxiliary

Our November meeting was held too late to include in this report. Three members attended the Annual State Conference where resolutions pertaining to health issues were discussed, reworded and later forwarded to the Ministry of Health. Our guest speakers included Linda Hurley, wife of NSW Governor General, and Patron, Bob Ansett and Andrew Abrahams of world rowing fame. Our next fund raiser is underway with raffle tickets for a bevy of prizes valued at over \$300 being sold in Bowraville and Macksville. This is a great chance to support your hospital. We have already been asked to provide a birthing unit valued at over \$30,000 for the new hospital. Members have been invited to attend hospital meetings to view the latest plans. An official announcement will be made when land acquisition is finalised and these plans will go on public show. We have already been informed as to where the coffee shop will be placed, its dimensions and asked our preferred colour. While the coffee shop and raffles are great fund raisers we want the Nambucca Valley Community to come up with other fund raising ideas. Bowraville Recreation Club started the ball rolling with its Hospital Charity day. Through fund raising and generous donations. Dorrigo UHA is closing in on their goal to raise \$50,000 to purchase special equipment for their hospital.

Bowraville Recreation Club

Bowraville Recreation Club held its AGM in November. We said farewell to present President

Continued on Page 5

Bowraville Folk Museum

High Street, Bowraville

Phone/Fax: 6564-8200

MONDAY-FRIDAY 10am-3pm

WEEKENDS 10am-1pm

PUBLIC HOLIDAYS 10am-3pm

email: bowravillefolkmuseum@gmail.com
twitter.com/bowravillefolk

~ Groups by appointment ~

11/11

Frank Partridge VC Military Museum

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

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

This museum is a 'must see'.

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

Admission by Gold Coin Donation.

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

9/11

Weekly Activities

MONDAY

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

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

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



TUESDAY

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

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

WEDNESDAY

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

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

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

THURSDAY

GOLF Ladies 18 Hole, 9am Bowraville Recreation Club (6564 7349)

BINGO 11am Bowraville Ex-Services Club (6564 7304)

BOWLS 1pm Men's Social at Bowraville Recreation Club (6564 7349)

DARTS 7pm Social at Bowraville Ex-Services Club (6564 7304)

FRIDAY

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

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

POTTERY at Phoenix Pottery Studio, 9.30am-3pm.

Contact Judi Belbin on (6568 9105).

RAFFLE & MEMBER DRAW 6.30pm at Bowraville Ex-Services Club (6564 7304)

SATURDAY

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

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

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



SUNDAY

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

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

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

ACTIVITIES ORGANISERS

Please note: It is your responsibility to keep Weekly Activities information current and to inform us of any change. Only activities with a contact number will be listed.

TECHNO LESSONS OPEN TO EVERYONE

The **Technology Centre** 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 LESSONS

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

The lesson costs \$5 for the hour but students are very welcome to stay on and practice their new skills at our usual low rates.

For technical issues please contact BTC for an afternoon booking.



**You can also ring the
Bowraville Technology
Centre on
6564-7420**

Special offer to community groups

Save on paper and ink!

Email your poster and we will place it on our big screen TV for only \$1.00.

Your poster will remain on the big screen until your event or promotion has finished.

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

From Page 3

Darryl Hughes and welcomed Peter Thompson in his place. Other directors included Jim Armes, Steve Johnson, Janine Fletcher, David Savin, Craig Doolan and Paul O'Neill. Congratulations and thanks to all. Lady golfers finished the year with a fun golf day and luncheon. Due to small fields neither Club nor Foursomes Championships were held this year but minor comps such as attendance, most birdies, most chip-ins and eclectic were handed out. President and Captain traveled to Wauchope to attend the AGM of the CNC where an annual report was given by each club stretching from Coffs to Bulhadelah. It was noted that most small clubs are not attracting new players and fields are diminishing as in Bowraville. Wednesday and Friday golfers provide all the humour for the weekly Rec Club Gossip Column (sorry Buck, now just what is the official title?). Saturday is the 18 hole competition day with women welcome to play. It is also very pleasing to see so many roll-ups social or comp on the bowling green. Check the board for times and results of competitions. The Christmas Party for all is to be on 16th December and there is a request for items for Christmas raffles. See Janine. Again, keep your eyes on the notice boards for all sport and social details in case of changes. There will be a working bee on the big green on 11th and 12th December. Mutti Day was started in the 90's when sometimes there would be over 100 players to eat the corn and potatoes and perhaps play not very serious golf and bowls. For 2018 the corn is growing well and the day sponsored by Norco, will be on Saturday 27th January. So come and celebrate Australia Day the Bowra way!

St Jimmy's Kitchen

A free meal for the community on the second Thursday of the month from 5:30 to 7:00pm in the Anglican Church Hall in Young Street. Dietary needs taken into consideration. All welcome.

Hot Chocolate Talk

Are you lonely? Do you like to chat? Would you like to meet new friends? Well, come along to Hot Chocolate Talk every 1st Saturday of the month at 1pm in the Arena of Life Church at 48 High Street, Bowraville (opposite High School). You can meet with other ladies, enjoy music and talk about life issues concerning women of every age. You will be

Continued on Page 20

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.

Long Term Budget -

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

Not available during school holidays

Short-term Accommodation

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



4/11

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

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

BOWRAVILLE HEALTHCARE CENTRE

Dr Edwina Guard MBChB BSc FRACGP

29a High Street Bowraville

Ph: 0448 161 192 Fax: 8322 8095

email: edwinaguard@yahoo.com.au

Surgery Hours

Mon to Thurs 9am – 6pm

Fri 9am – 4pm

Sat by Appointment

Laverty Pathology

Mon to Fri 9am – 1pm

Psychologists

by Appointment

Physiotherapy

by Appointment

Proud sponsors of:

Pilates and Yoga classes

10/11

Can an app boost your brainpower?

There's growing evidence that well-designed brain training apps can offer some benefits in preventing the normal decline that happens in the brain as we age. However, not all programs are created equal so before you commit your time and money to brain training, you need to know if the program has been assessed to provide genuine benefit.

Brain training and older people

If you decide you want to try a brain training program you should know that they work on the principle of brain neuroplasticity which is the brain's capacity to reconnect and rewire. Brain training apps can work by targeting the speed of brain processing, memory, the capacity for reasoning and executive functions such as high-level organising, planning, sequencing and regulating behaviour. When someone is suffering from frontotemporal dementia, for example, it can affect their executive functions.

Brain training and dementia

There is no cure for dementia and the disease affects more than 413,000 Australians. That number is going up each year so it's understandable that there is interest in the potential benefits of brain training but there's no magic bullet and more research is required to assess the potential for brain training programs to delay the onset of dementia.

There is no evidence that brain training apps will stall the onset of dementia according to these researchers and longitudinal studies that follow people over time would provide additional evidence about the effectiveness of brain training and cognitive disease.

How do the programs rate?

There's been plenty of hype and excitement about brain training but not a lot of solid scientific analysis to support the claims that they can improve the brain – until recently.

A team of researchers from Edith Cowan University closely examined 18 brain training programs and found that only seven had clinical trials or studies to support their claims of providing brain improvement in people over 50 years of age and the other 11 did not make it into the ratings. These programs were then rated for their effectiveness as level one, two or three depending on the supporting evidence.

The highest rating is level one and a program needed a minimum of two well-designed randomised controlled trials, one of which had to be of high quality to qualify. The brain training programs BrainHQ and Cognifit met the criteria for level one.

Level two required only one high-quality randomised controlled trial and Cogmed, BrainAge 2 and My Brain Trainer were classified in this category. At the lower end level three required only one moderate or

poorly designed randomised controlled trial and Dakim and Lumosity were in this category.

Tips to pick the most useful brain training program

Researchers from Edith Cowan University identified several important criteria that will help you choose a brain training program which is backed by clinical evidence that it's effective. In general, the advice is that brain training has the most benefit when it involves specific tasks that are designed to increase with levels of difficulty. We suggest you look for these criteria in a brain training program:

- Is it designed for healthy brain ageing, rehabilitation, learning and concentration?
- Check for links to studies or clinical trials that directly measure the impact of the program.
- Programs don't just have quotes about what it should do for brain improvement.
- The program is adaptive and engaging to encourage ongoing participation.
- Continuously challenging with levels of difficulty.
- Interactive through the audio and visual elements.
- Can set your own goals.
- Provides feedback about your progress.

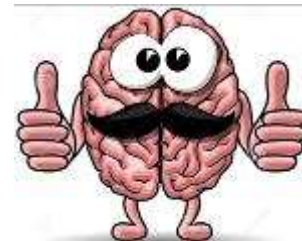
About BrainHQ and CogniFit

BrainHQ has free exercises that allow you to try the system before paying for full access. It works through a browser and there are also apps for iPhone and iPad. You can monitor your progress by seeing what you've completed each day and the level you've attained on each activity.

In all there are 29 exercises targeting attention, brain speed, memory, people skills, navigation and intelligence. You can design your own program of exercise or try them according to the BrainHQ's system. The free exercises are 'Target Tracker', which aims to improve attention, and 'Virtual Sweeps', which aims to improve brain speed. Target Tracker sets you the task of following one, two or three balls as they move through a group of balls to see if you can keep your focus on the designated objects. Virtual Sweeps asks you to tell if the pattern is moving inwards or outwards to speed up visual processing.

CogniFit has free exercises at cognifit.com/brain-games. The program can be used through a browser

Continued on page 16





JANUARY PROGRAM at the

BOWRAVILLE THEATRE

20th January 2018 at 7pm

The Greatest Showman

Inspired by the imagination of P. T. Barnum, *The Greatest Showman* is an original musical that celebrates the birth of show business and tells of a visionary who rose from nothing to create a spectacle that became a worldwide sensation.

Doors open 1/2 hour before screening.

Complementary tea and coffee.

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

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



Thank you Bowraville . . .

On behalf of Regional Development Australia Mid North Coast I sincerely thank and congratulate the community of Bowraville for hosting a stellar event, IGNITE MNC last week. From our awesome local hosts (and hostesses) to our set design extraordinaire, the local food outlets, museums, shops and of course the theatre and its volunteers, the community bound together to welcome over 200 guests to town and accommodate them in true Bowradise style.

IGNITE MNC aimed to bring together leaders of community, business and government in conversations about the key themes to collaborate, innovate and self-determine. The audience was delighted and I'm still receiving messages from inspired and appreciative folks who loved the day. Again my sincere thanks - *Kerry Grace*.



Bowraville & District Ex-Services Club

6564-7304

Introducing . . . New Menu

“Keppy’s Bistro”



**Tuesday to
Saturday**

Lunch - 12noon to 2pm

Dinner - 6pm to 8pm



6564-7304

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

POOL TABLE \$1 per game



3/11

BOWRA HOTEL

OPEN 10AM - MIDNIGHT

**NEW
CHEF**

BISTRO

LUNCH and DINNER

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

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

LUNCH & DINNER

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

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

33 HIGH STREET, BOWRAVILLE

Ph.6564 7041 Fax. 6564 8471

3/11

MARKETS CALENDAR

DAY OF MONTH	MARKET LOCATION and TIMES	CONTACT DETAILS
THURSDAY Every Thursday	Coffs Coast Growers Market, City Square, Harbour Dr. from 8am to 2pm	6648 4087
FRIDAY 1 st , 3 rd & 5 th	BELLOPY ORGANIC FARMERS MARKET from 8am to 1.30pm The largest 100% organic market in NSW. Bellingen Showground	0415 525 903
SATURDAYS 1 st Sat (bi-monthly even months)	VALLA BEACH COMMUNITY MARKET from 8am to 1pm	6569 5410
1 st	Kempsey Riverside Markets, Riverside Park from 8am to 1pm	0456 658 979
1 st & 4 th	Marine Rescue Charity Market, Woolgoolga Beach from 8am	6654 0447
2 nd	South West Rocks Market, Horseshoe Bay Reserve from 8am to 12 noon	6562 6671
2 ND & 4 TH	BOWRAVILLE COUNTRY MARKET Bowraville Pioneer Centre from 8am to noon	6564 7908 0400 828 471
2 ND & 4 TH	MACKSVILLE PRODUCERS MARKET , Riverbank Park	6568 3844
2 ND & 4 TH	BELLINGEN NATURAL PRODUCE MARKET from 8am to 1pm Bellingen Showground	6655 1279
3 rd	BELLINGEN COUNTRY MARKET , Bellingen Park from 8am to 3pm	6655 2151
4 TH	Gladstone Trash & Treasure Market - 8.30am to Noon	6567 4203
SUNDAYS		
Every Sunday	Coffs Harbour Markets, Jetty Shopping Village from 8am to 2pm	6652 3813
Every Sunday	Harbourside Markets, Coffs Jetty Foreshore from 8am to 2pm	0407 661 990
1 st	Coffs Harbour Lions Boot Markets, Coffs Jetty Foreshore 7am to 1pm	0417 704 588
2 nd	Plaza Market, Nambucca Heads Plaza from 8am to 1pm	6568 9655
3 rd	Gladstone Community Market, Memorial Park from 9am to 1pm	0499 155 312
Last Sunday (bi-monthly even months)	FUNKYA @ UNKYA MARKETS from 8am to 2pm Unkya Reserve, Eungai	0425 205 737



Volunteers to make Poppies

Knit, Crochet, Felt or Sew

Supporting the Australian War Memorial

~ All volunteers and poppy donations welcome ~

Come to: Pioneer Community Centre, Bowraville

Wednesday mornings 10:30am till 12:00noon (Except between 21st December & 31st January)

Drop Donations at:

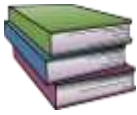
Uniting Church Bowraville or Op-Shop at Uniting Church Bowraville

For more details contact:

Rev. Kate on 1300 44 23 99

Email: poppies@greenmail.net

Or "Like" us on Facebook at: <https://www.facebook.com/RemembrancePoppies/>



Christmas holiday reading by Aussie authors

Bad Debts by Peter Temple

Meet Jack Irish, criminal lawyer, debt collector, football lover, turf watcher, trainee cabinetmaker and one of the best crime characters ever created.

When Jack receives a puzzling message from a jailed ex-client he's too deep in misery over Fitzroy's latest loss to take much notice. Next thing Jack knows, the ex-client's dead and he's been drawn into a life-threatening investigation involving high-level corruption, dark sexual secrets, shonky property deals and murder. With hitmen after him, shady expolicemen at every turn and the body count rising, Jack needs to find out what's going on—and fast.

The first novel, in the iconic Jack Irish series, *Bad Debts* was originally published in 1996 and won the Ned Kelly Award for Best First Novel. Peter Temple went on to win the Miles Franklin Award in 2010 for *Truth* as well many other awards and accolades both in Australia and internationally.

Secret Keeping for Beginners

by Maggie Alderson

Even the closest families have secrets ... it's when they are shared that things begin to change. The lives of three very different sisters collide in this witty new novel from bestselling author Maggie Alderson.

Recently divorced Rachel is juggling her new dream job in interior design PR with the demands of two young daughters. She's full of creative ideas but - even with a colourful childminder or two - some days she can't make it into the office in time and in matching shoes. Her life is balanced more precariously than she cares to admit.

Tessa, a talented muralist, is feeling flat. Her kids are growing up and she's feeling upstaged by her husband's new-found celebrity as the host of a reality TV fireplace restoration show. But everything turns on its head when she gets a surprise from her past.

Youngest sister Natasha leads a glamorous jet-setting life - she's one of Vogue's favourite make-up artists who regularly creates the looks for the biggest shows in Paris and Milan. Single and childless, she's been focused on her career - but when the lie she's concealed for years threatens to come to light, the truth will make her question everything.

Meanwhile their mother, Joy, a hippy vegetarian caterer, is carefully ignoring the letters that keep arriving at her door.

Into the mix comes Simon, Rachel's urbane boss, hiding secrets of his own. And everything lurking beneath the surface of this seemingly happy family is about to come out ...

The Golden Land by Di Morrissey

Natalie is a young Gold Coast mother with a loving husband, two small children and a happy lifestyle. While helping her mother move house she finds a little box containing a Burmese artefact.

When Natalie learns its unique history, through a letter left by her great-great uncle, it ignites an interest in its country of origin and her uncle's unfulfilled plans for this curio. Her investigations collide with her own dramatically changing circumstances and create a catalyst for a moral dilemma that challenges the core of her marriage as she finds herself immersed in two very different golden lands.

Bowra Laundromat

Corner of High & Belmore Streets

Token Operated Washing
Machines & Dryers.

Tokens available at Pub and Newsagent
Commercial Washers and Dryers

Enquiries: ph 6564 7401



☀ Be Skin Cancer Aware ☀

Protect your skin from sun damage

For best protection we recommend 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.

UV Index

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 UV Index 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 www.bom.gov.au/weather/uv the alert is published in the weather section of daily newspapers, on Cancer Council Australia's website www.cancer.org.au and as an app for smartphones.



Download the SunSmart app for iOS or Android keep track of the UV levels throughout the day.

Applying sunscreen

Sunscreen should be applied 20 minutes before exposure to UV in order to create the intended protective barrier. It should be applied liberally and evenly to clean and dry skin.

For an adult the recommended application is 5ml (approximately one teaspoon) for each arm, leg, body front, body back and face (including neck and ears). That equates to a total of 35ml (approximately seven teaspoons) for a full body application.

Sunscreen should always be reapplied at least every two hours, irrespective of the water resistance of the sunscreen. Swimming, sport, sweating and towel drying can reduce the effectiveness of the product so sunscreen should always be reapplied after these activities.

Sun protection and babies

It is important to ensure that babies are well protected from the sun. Childhood sun exposure contributes significantly to the lifetime risk of skin cancer and babies' skin can burn easily.

Cancer Council recommends keeping babies away from direct sunlight as much as possible when UV levels are 3 or above. Plan daily activities to ensure your baby is well protected from the sun and aim to minimise time outside when UV levels are at their strongest.

When this is not possible ensure your baby is protected from the sun by shade, protective clothing and a hat. Check the baby's clothing, hat and shade positioning regularly to ensure continued protection from UV.

The widespread use of sunscreen on babies under six months is not generally recommended.

Some parents may choose to use sunscreen occasionally on small parts of their baby's skin – if that's the case parents should be careful to choose a sunscreen that is suitable for babies - they may wish to seek the advice of a doctor or pharmacist. Sunscreens for babies usually use reflecting ingredients such as zinc and avoid ingredients and preservatives that may cause reactions in young skin. It's important to patch test first.



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



It's Christmas Time!

And if you haven't thought of that perfect gift yet or if you have unexpected guests drop in come and see us the **Bowraville Pharmacy** for all your gifting needs!

We have a wide variety of gifts for the whole Family!



We have ranges including Nateo and Mor. Perfumes to suite your special lady, fussy teenager and even colognes to make your man smell delicious!



We have water guns and beach toys to get the kids outdoor this summer, dolls and trucks to keep them diverted during rainy days.



We also do ear nose and cartilage piercings – a hit with teens and preteens!

And we offer gift certificates for that particularly hard to buy for loved one!

Come and see us at the Bowraville Pharmacy and we can help you select the perfect gift!

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



Glenn, Garry & Paul at
NORCO RURAL STORE
Bowraville, wish all their
valued customers a
Merry Christmas
and a Happy and Safe
New Year.

All the garden supplies you'll
need for your Chrissy Season.

*Thank You to our valued customers,
We will miss you all, wishing you a
Happy & Safe Christmas & Best
Wishes for a bright New Year
Best wishes also to Katie & Leroy
in taking over the*

Bowra Takeaway

from Lyn and her crew

Kylie & Tanya from

Let's Talk Hair

*wish all our lovely clients & friends a
Happy & Safe Christmas &
Best Wishes for a Happy & exciting
New Year*

*Gift vouchers are available for hairstyling
& beauty treatments.*

*As the new proprietors of
Bowraville Post Office
we wish all our customers
a Happy and Safe
Christmas and
Best Wishes for 2018.*

*We look forward to
meeting you all.*

Chris, Russ and Katrina.

Wishing everyone a very
Happy Christmas & a great
2018 from all of us at the
**COACH HOUSE
INN**

Come in & get your cheap
local honey & bananas
*We will be closed between
Christmas & New Year.*

Happy Christmas
*This year make a New Year
resolution to volunteer at
The Folk Museum*

*It's a gift which keeps on
giving..... enjoyment to you
& doing something good for your
Community.*

*Ranae wishes everyone a very
Sweet Christmas and
delectable New Year.*

Visit

Ranae's Chocolatique

*For a variety of Blissful
chocolates in gift boxes and tins,
and don't forget the Rocky Road*

BOWRAVILLE LIONS CLUB

Extends their best wishes to
the community for a
Merry Christmas & a
Happy New Year
Thanks for supporting the
Lions in 2017
***We'll be out there again in
2018.***

The Management and staff of the
BOWRA HOTEL
wish all their customers a
Merry Christmas and a
Happy New Year.

Bring your holiday visitors in for a
cool drink or a gourmet meal and
enjoy our new extended outdoor
dining area.

*Greetings from
Bowra News &
Coffee Lounge*

*Wishing all our customers a
wonderful Christmas and a
great New Year!*

Wishing everyone a
very Merry Christmas
from all the crew at
**BOWRAVILLE
PHARMACY**

and
all our very best wishes
for the coming year.



The staff at
**Miimi
Aboriginal
Corporation**

wish everyone
a
Healthy Christmas
and a
Safe and Happy 2018.


*We wish everyone a Merry Christmas
and a Happy New Year
from the Board Members and Staff of the
Bowraville Local Aboriginal Land Council.*



About us: The Bowraville Local Aboriginal Land Council is an organisation which aims to protect the interests and further the aspirations of its members and the broader Aboriginal community. We are the owners of 49 residential properties and four commercial properties with our registered office at 66 High Street, Bowraville.



**The Staff and Clients of
NAMBUCCA VALLEY
PHOENIX
and
PHOENIX TREASURES**
wish everyone
a Merry Christmas
and Happy New Year.



*Wishes for a Happy & Healthy
Christmas go out to our
unwavering suppliers of
local news & events.*

*Thanks for keeping us
informed of all the good
things that
occurred in our
community during 2017.*

*From the team at the
Bowra Technology Centre.*



*The Bowraville Technology Centre
wishes all its Advertisers and Readers
a very enjoyable Christmas and a safe and happy
New Year.*

*From Mark and the BTC Elves (volunteers) -
Robynne and Michael, Raewyn, Geoff,
Wendy, Karen, Ken and Karin.*

GoBowra! WANTS YOU & your ideas

We are a group of Bowraville locals who have come together to:

Promote and foster community involvement in the positive future of our town

And to work together with other organisations and groups to deliver and enhance opportunities for the community

Be part of this group:

- join the GoBowra! Facebook page <https://www.facebook.com/groups/678786952261968/>
- email us at gobowra2449@gmail.com
- come along to any of our meetings on the mornings of the Bowra Country Markets at the Pioneer Community Centre, 70 High Street Bowraville; that is, 10am on the second and fourth Saturday of each month (note: there will be no market in December or January)...Join the discussion.

Anyone who feels a strong connection to the town and its future is welcome - you don't have to live in town itself or even the surrounds.

An upcoming favourite event in Bowra is the **Christmas party** and this year the event is planned to be similar to last year with the gift giving, bands and giant lanterns but probably also with the addition of a **lantern parade** by school children and anyone else who would like to join in. If you would like to be involved please contact Erin (event planner) at Dr Guard's surgery or Karin (event co-ordinator) on 0414 523 407 (text for a call back).

GoBowra! members are interested in the proposed development of a **path from town to the skate park**. At this time the proposed route is from the side of the Chocolate Shop, down Belmore Street and over Adam Lane. It would then cross Belmore Street and follow the curb around to the fence at the side of the first house on Adam Street. It then passes along the side of that fence through some bush, across the gully and then around to the cleared area near the skate park. Probably the surface will be concrete.

After having walked the proposed route GoBowra! members had several suggestions

- 1 if the project is unable to be well completed within the present budget we thought it may be appropriate to stage the project and complete the bush section first
- 2 the area where the path ends is part of a natural small amphitheatre which in the current plan will become a bmx track rather than be left as a flexible resource for the whole community. We have concerns with this.
- 3 It is important to ensure that the path developed now is compatible for future developments for the Bowraville Recreation area and for the interest of the whole of the community... it accesses not only the preschool but areas which may be used by walkers, bike riders, birdwatchers and?, as well as by sporting groups.

This development is important for us all and we would love to hear from you. Please contact us on gobowra2449@gmail.com.

GoBowra! members are hoping to walk the route and discuss issues with the council engineer who has been very helpful.

As was reported in the October newsletter the Solution Brokerage process, aiming to improve ongoing resilience in Bowraville, was wound up on 20 October. The continuing Community Reference Group is targeting four key areas- holistic health, affordable housing, youth and education. The new health hub in the refurbished buildings opposite the top pub will initially have a drug and alcohol and a mental councillor. GoBowra! is hoping to become a part of this Community Reference Group.

We hope to hear from you soon with your ideas for our town.



Well, it's not about tents!

Camp Creative is a week of fun, family and discovery in beautiful Bellingen.

Immerse yourself in your passion or step out of your comfort zone and discover new exciting interests and maybe a new 'you'.

Bellingen opens its doors for this fantastic week where you can mix with people of widely differing interests and ages in a relaxing, creative, family atmosphere.

Enjoy all that Bellingen has to offer... plus so much more.

CAMP
CREATIVE

JANUARY 8-12
2018

What a great
way to start the
new year!

Rob & Michelle Stockton-Co-ordinators 02 6655 9326 info@campcreative.com.au www.campcreative.com.au

HEY BOWRA! Want to get fit?

We are looking for Bowraville residents to participate in a new fitness program at Macksville Aquatic & Fitness Centre.

Community Transport can provide transport to the centre for classes on Tuesday or Wednesday each week from 9am.

Call our co-coordinator to register your interest.

Valma Jarrett - 0498 714 334

COMMUNITY TRANSPORT
COFFS HARBOUR, BELLINGEN & NAMBUCCA

From page 6



and there are also iOS and Android apps. In the paid-for program your results are tracked to record the cognitive areas you've worked on and progress toward your goals.

The site offers optional 'cognitive assessments' such as concentration tests although some people may be uncomfortable with these and it notes that these are not 'medical diagnoses' but to assess a cognitive deficit or difficulty.

The system is grouped into adults and kids categories with apps that target 20 cognitive skills for improvement. In adults, for example, there is insomnia, memory, mental planning, stroke and driving focus. In kids, there is mental planning, ADHD, dyslexia, concentration and memory.

Each skill, such as concentration, is explained and the various training programs are shown as apps on the skill homepage for your account. You can get a 'cognitive profile' which is an overview of your skills ranking, progress and games completed. You can also take challenges with other people and link to apps such as RunKeeper to display physical exercise and sleep data.

- Adapted from choice.com.au article.

Making reusable shopping bags from pre-loved fabrics



by the community,
for the community.

Boomerang Bags Sewing Bees every Wednesday and sometimes on weekends from 10am to 3pm in the Pioneer Community Centre, 70 High Street.

Come for an hour...or 5! Sewing, pinning and ironing activities. Whatever help you can give is hugely appreciated. BYO lunch; tea / coffee provided. Social networking too.

Donations of fabrics also welcomed.

Enquiries: 6564 7908 marion.syratt@gmail.com

Facebook: Nambucca Valley Boomerang Bags

LIONS CLUB

SUPPORTING OUR COMMUNITY



We Serve

PRESIDENT

Ted Richards

H: 6564 8815

Email: blion34@yahoo.com.au

**PO Box 23
Bowraville NSW 2449**

Special Event Road Closure 3pm to 9pm Thursday, 14th December

**Closure on
High Street between
Belmore Street and
the northern end
of the
centre-island strip
(opposite the school).**



Bowraville Lions Club Inc News Bulletin

DECEMBER 2017



**MERRY CHRISTMAS AND A
HAPPY NEW YEAR
FROM THE
BOWRAVILLE LIONS CLUB**



WORLD CHAMPIONSHIP RALLY 2017

The Bowraville Lions Club members and helpers did the catering at the North Arm Spectator site on Saturday 18th November. It was an early start at 5am and the day did not look promising weather wise but the rain stopped by the time we arrived and setup. The morning started slowly cooking bacon and eggs mainly for the officials who were already on site plus a handful of fans. However the fans poured into the site for the afternoon session and we ended up running out of food and bread by the end of the day and finished up around 3pm.



We would like to thank Rally Australia for the opportunity they gave us to fundraise and we look forward to their return in 2018.

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.

BOWRA STREET PARTY *14TH DECEMBER*



The Bowraville Lions Club is pleased to be helping with the Christmas party in High Street on Thursday, December 14th from 3pm.

Look out for our raffle stall in High Street during the month of December in the lead up to Christmas.

Some great prizes on offer!

Bowraville Lions Club

President: Ted Richards
Secretary: Louise Richards
Tel: **6564-8815**

February in your Garden

As your summer crop is having a little bit of a last hoorah it's time to start preparing your garden for autumn planting. Below are some tips and ideas of what you can do now to ensure your patch is ready to go. Wait until the heat of the day is off and then spend some pleasant time in the garden.

Weeding

Weeding is a good job to do when you have a spare hour to so. It cuts down the competition between your tasty treats and space invaders plus it's very rewarding!

Mulching

Top up the mulch on your vegetable patches, herb gardens and ornamental beds. A hot summer tip is to mulch after watering to a depth of about 7cm. Keep mulch clear of plant stems especially young seedlings. Choose sustainable, low environmental impact mulch that will enrich your soil as it breaks down.

Planning

Time to think about what wonders you will whack into your patch come April. Preparing beds and plots now means that when autumn planting time rolls around your garden will be ready and waiting. Removing spent plants, clearing areas of weeds and topping up organic matter is an excellent February job. A nail rake, some good organic compost and lovely sustainable mulch is the perfect recipe for productive patches of the future.

Shade for your plants

On non-gardening days head out to the shed and construct a couple of shade cloth tents. They don't have to elaborate, just a simple, moveable structure you can place over the top of some of the sun sensitive veggies (like eggplant, capsicum and others) as the heat becomes more intense. Position these around where required especially on high UV days, windy days and during your holidays.

Watering

Water smarter at this time of year and always first thing in the morning. A good, deep watering a couple of times a week is far more beneficial than frequent, short waterings.

- 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

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**

3/11

Bowraville Chamber of Commerce and Industry Inc

chamber@bowraville.nsw.au

DECEMBER 2017



The Bowraville Chamber of Commerce and Industry wish everyone a Merry Christmas and a Happy New Year.

November was a busy month in Bowraville with the successful *Symposium Ignite MNC* being held at the Bowraville Theatre.



Thanks to Kerry Grace from Regional Development Australia for bringing this major event to Bowraville and showcasing our wonderful town.



Street Party and Lantern Festival
3pm to 9pm Thursday December 14th
Market Stalls, Lions BBQ, Buskers,
Drummers, Lantern Parade, Jumping Castle,
Ice Creams and much more.



WHAT'S HAPPENING IN BOWRA

From page 5

warmly welcomed - enjoy a free cuppa and cake. For further information call Christine on 6564-7160.

Gold Coin Donation Pilates Class

On Wednesdays from 5pm to 6pm you can enjoy Pilates with Andrew or Tamara (6568 2185) at the Anglican Church Hall opposite the High School. Sponsored by Dr Guard at Bowraville Health Care.

Bowraville Playgroup

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

Macksville/Bowraville Uniting Church

The Uniting Church Op shop at Bowraville is operating in a very successful manner and we wish to thank our 22 volunteers who turn up regularly to follow their rostered duties. We have been very saddened at the death of our organiser and friend Val McLeod but in honour of Val and her many years of service we will continue to work hard to make sure that the shop operates well.

The Op Shop is open Tuesday, Wednesday, Thursday and Friday 9.00am – 3 pm and for three hours on Saturday morning and deliveries and pick-ups take place on Wednesdays. If you require a pick-up for clean, good quality donations of furniture please ring Mary Ode on 65687485. We thank those who make donations to our shop and our volunteers for their continued support.

The Op Shop will close on Friday 22nd December and open again on Tuesday 8th January 2018.

Macksville/Bowraville Uniting Church

Christmas Service at Bowraville will be held on Sunday 10th December at 2.00 p.m. and will be conducted by Rev. Katharine Winter and be followed by a cup of tea or a cool drink. Members of the community are most welcome to come along and share the Christmas message.

For more details please ring Mavis on 65682451.

Nambucca Valley Community Church Food Hub

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

Nambucca Valley Community Church

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

Macksville Probus Club

Meeting at 9.30am at Macksville Ex-Services Club on the third Thursday of each month. Meetings



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

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

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

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

OUTREACH SERVICES

- Monday – Counselling Services**
Interrelate 1.00-200pm
Miimi House
Phone: 6659-4150
- Tuesday New Horizons**
1st Tuesday of the month
Phone: 5632-4800
- Warrina Women's & Children's Refuge**
2nd and 4th Tuesdays
Phone: 6652-2400
- Wednesday Baby Health Clinic**
9:00am – 12noon
All Mums and bubs welcome
No appointments necessary.
- Thursday Community Corrections**
Weekly 12.30-3.00pm
Phone: 6561-3100
- Legal Aid**
1st and 3rd Thursday
10:00am to 12noon
Phone: 6641-7899

BOWRAVILLE COMMUNITY HEALTH SERVICES

Child and Family Counselling

Speech Pathologist

Paediatric Occupational Therapy

These services are available by apt. - 6656-7200

MiiMi is now an approved CSO Agency.

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

Miimi House

90 High Street, Bowraville

Phone: 02 6564 8855

email: admin@miimi.org.au

DON'T MISS OUT!

Come along and see Bowraville artist Myffie Coady's solo art exhibition "*Drawn to Paint,*" currently on at the Macleay Valley Community Art Gallery, 5 Kinchela St Gladstone, NSW.

Open daily from 10.30am-4.00pm finishing on Sunday 10th December!



All paintings will be for sale along with cards, prints and 2018 calendars of her artworks

This is a great opportunity to buy a special Christmas gift and visit the local cafes and shops in the village of Gladstone which is an approximately 40 minutes drive from Bowraville. Take the turn off to South West Rocks from the freeway then onto Smithtown and across the river to Gladstone.

Website: www.myffiecoadyart.com facebook: Myffie Coady Art, Instagram: [myffiecoadyart](https://www.instagram.com/myffiecoadyart)

*Just
Joking*

A man was puzzled by the odd messages left on his answering machine. Day after day callers would leave their message then say 'Beep!' He discovered the reason for their strange behaviour when he listened to his recorded greeting. "Hi", it said. "I'm not in right now, so please leave a beep after the message."

BowraVILLE Post OFFICE

27 High Street, Bowraville ♦ Telephone: 6564-7169

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

BANKING FACILITIES: *Agents for CBA, NAB, St. George, Westpac, BCU and various other Credit Unions (check with your Bank for charges).*

PAY YOUR BILLS - *Electricity, Phone, Gas, Traffic Fines and more.*

DRY CLEANING AGENT – *Drop off and Pick up.*

Browse our extensive range of collectables and giftware, bric-a-brac and greeting cards.

1/11



BLUE DOG Landscape Supplies

Wirrimbi Road, Newee Creek NSW 2447



NAMBUCCA HEADS

Office: 6568 3593

Mob: 0419 111 012

kgaddes@bigpond.net.au

Mulch, Sand, Soil, Pebble, Rock, Gravel, Pine Bark

The Bowraville Technology Centre thanks Kevin Gaddes of Blue Dog Landscaping Supplies for the donation of road base to be used in the building of a much needed storage shed. The community benefits from the generosity of volunteers and the wonderful businesses that support us.

NOTIFICATION OF BURNING OFF!

Rural residents of Nambucca Shire

You MUST notify the NSW Rural Fire Service on 6626-6860 and your neighbours 24 hours before you light a fire.

All year!

IT'S THE LAW.

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

3/11

Bowra Tradies Bowra Tradies Bowra Tradies

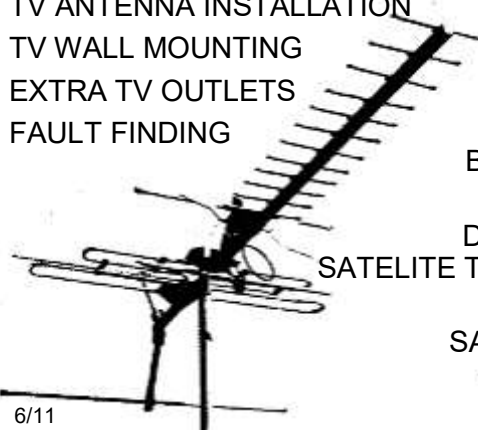
*Does your computer need servicing?
Is it going slow?
Do you suspect a virus?
Or it just won't work the way you want it to?*

**Come into the
BOWRAVILLE TECHNOLOGY
CENTRE**

**39 High Street, Bowraville
6564-7420
admin@bctc.com.au**

INTEGRITY ANTENNAS

TV ANTENNA INSTALLATION
TV WALL MOUNTING
EXTRA TV OUTLETS
FAULT FINDING



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

6/11

FREE ON-SITE VISITS

Fully Insured local Bowraville Technician

Phone: 6564-4175 or 0408 077 138

AMAN
With
AVAN
Nambucca Valley

MINI MOVE SPECIALIST
HIRE
A MAN WITH A VAN



Phone Mick after 6pm
6564 8375 OR **0458 990 904**

Leave a message on

3/11 Insured ABN 87 009 289 943

Desert Power Pty.Ltd trading as

Dave Recklies Electrical

3546 North Arm Road, Bowraville

Domestic
Commercial and Industrial



Refrigeration
Air-conditioning
Solar



0412 742 479 or 02 65644085

davidrecklies@bigpond.com

Owner Operator with 20years experience

"ARctick No. AU26454"

3/11

PEST CONTROL

Richard (Dick) Hicks

**0488 359 060
6564 7486**

Ring for a FREE quote

Accredited and Insured

5/6

Steep & Heavy
Mowing



Call Thomas — 0400 9500 01

ABN: 166 744 14262

coffscoastslashing.com.au

10/11

Bowra Tradies Bowra Tradies Bowra Tradies

Create a beautiful life?

What is a beautiful life?

One of the definitions of beauty in Merriam-Webster's dictionary is "the qualities in a person or a thing that give pleasure to the senses or the mind". When it comes to thinking about beauty in life, however, it comes from those moments when life feels good, when you feel loved, when you feel deeply on-purpose and when your senses are engaged and you feel happiness and pleasure – like seeing your child smile, seeing the ocean, achieving long-held goals, having a beautiful bunch of flowers on your kitchen table - the simple things.

A beautiful life means a deep sense of contentment, no rushing, no frantic busy mind. When you feel grounded and happy you can see the beauty around you and you make time to do the things you love: enjoying coffee in the sun, yoga, watching a stunning sunset, enjoying a hug from someone you love. In these moments of beauty the heart fills. You feel happy, blessed, excited, content and a deep sense of gratitude.

Awareness and gratitude

These moments of beauty are happening around you all the time if you're conscious and aware of them. It's not always the case that you pay attention though particularly when you've made your life busy. In his book *Capturing Mindfulness*, Matthew Johnstone writes: "This may come as a surprise to some but we are constantly surrounded by beauty and incredible moments. The problem is we're often too busy, self-absorbed and distracted to notice what is going on in front of us. If we train ourselves to become more aware of the present moment, the ordinary can become extraordinary."

It was cartoonist and poet Michael Leunig who so insightfully said, "Nothing can ever be loved at speed." By slowing down and appreciating the beauty that is all around you, you prime your brain to perceive yourself and the world in a way that is positive.

Are you doing the things that reconnect you with yourself and which leave you feeling

amazing? Do you make time to get into the garden, have a warm bath, go jogging, enjoy a cup of tea, sit in the sun and read the paper, go to a yoga class, meditate, journal, make art?

Life becomes truly beautiful when you make time for these activities in your life and when you begin to see the extraordinary in the ordinary. From this place of awareness you can move your mindset and outlook on life to a place of deep gratitude which has a profound flow-on effect to all areas of your life.

Studies have shown that feeling thankful for your life wires your brain for happiness and changes the way you see the world. In a recent article on INC.com, Jessica Stillman writes, "Practising gratitude seems to kick off a healthful, self-perpetuating cycle in your brain — counting your blessings now makes it easier to notice and count them later. And the more good you see in your life, the happier and more successful you're likely to be."

Living a beautiful life is about being intentional in what you focus on, what you make time to do but also what you choose to surround yourself with because your environment greatly affects your mindset.

Creating a beautiful life is about resisting the need to be busy and "productive" and the temptation to devalue the experiences that bring you joy and spark gratitude. It begins by moving through the world more slowly, stilling your mind so you can notice, feel, sense, taste and see the beauty that exists around you. Creating a beautiful life is the art and magic of turning the ordinary into the extraordinary.

3 steps to a beautiful life

Be aware. Slow down and take the time to observe, connect and reflect.

Be grateful. Focus on and be thankful for all the wonderful and beautiful things you have in your life.

Be free. Be intentional about what you surround yourself with and what you need to let go of. Have the courage to be you.

Adapted from universalwellnessmagazine.com article.

BOWRAVILLE STRONG FAMILIES

Women's Group



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

Afternoon Sports



Want to learn how to play cricket, league, tennis or soccer? Training sessions and coaching is NOW available at Hennessey Tape Oval in Bowraville from 3.30pm – 5pm on Mondays. Ages 6 years and over are all invited. Come and join in the fun!

Men's Group



Strong Families host a Mens Outings each Thursday from 9.30am to 2.30pm. It's a chance for the local men to make a few friends, enjoy a social outing and a BBQ lunch. Each week local organisations interact with the group allowing for interaction and information to be given on local services. Contact Gary for transport and further information on 6564 7677 or 0499 002 141 if you would like to be involved.

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



Bowraville Strong Families

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

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

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.

Bowraville Kinesiology
for your

EMOTIONAL, MENTAL, PHYSICAL and SPIRITUAL WELLBEING

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

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

3/11

BOWRAVILLE PHARMACY

31 HIGH ST BOWRAVILLE
PH: 6564 7925
FAX: 6564 7364

Monday to Friday 8.45am - 5.30pm
Saturday 8.45am - 12 noon

Prescriptions and Professional Advice
Moo Goo Natural Skincare
Designer Brand make-up range

Pharmacist
KERRIE SAVINS



3/11

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

LIFETIME CONNECT FAMILY SERVICES

6568 1474



PLAYGROUP

WEDNESDAY 10am - 12pm

During School Terms

BOWRAVILLE PRE-SCHOOL



CORONATION ST

BOWRAVILLE

From page 20

consist of a speaker of interest in the community or an autobiography by a member. Margaret Cleary will be happy to answer any enquiries on 6568-5859. We are seeking new members to steer us into the future. \$10 for meeting and morning tea.

XMAS POP UP SHOP

Quirk, Strangeness & Charm

Saturday

9th & 16th December

Recycled, Upcycled, Clothes, homewares, furniture, CD's, DVD's, toys, gifts & stuff! Something for everyone.

62 High Street Bowraville

PHOENIX ART TREASURES

• NEW & PRE-LOVED GOODS • LOCAL ARTISTS

Open Monday to Friday

9:30am - 2:30pm • 51 HIGH ST BOWRAVILLE

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

WORK CREW

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

PHOENIX BANK CAFE

- EAT IN OR TAKEAWAY
- CATERING
- FREE DELIVERIES*
- \$7.50 COFFEE & CAKE
- \$10 LUNCH & DRINK

Open Monday to Thursday

9:30am - 2:30pm

*Bowraville only

3/11

6564 7677

CALL US TODAY!



Karen's TRIVIA for December

Many happy returns to all Sagittarians or Capricorns who are celebrating their birthday in December. Famous Sagittarians & Capricorns include :



- Nostradamus** - 14 Dec 1503;
- Isaac Newton** - 25 Dec 1642;
- Ludwig van Beethoven** - 16 Dec 1770;
- Henri Matisse** - 31 Dec 1869;
- Miranda Otto** - 16 Dec 1967;
- Ricky Ponting** - 19 Dec 1963;
- Bill Collins** - 4 Dec 1934;
- Bob Hawke** - 9 Dec 1929;
- Keith Richards** - 18 Dec 1943;
- Rebecca Gibney** - 14 Dec 1964;
- Miranda Otto** - 16 Dec 1967;
- Steven Spielberg** - 18 Dec 1946;
- Brad Pitt** - 13 December 1963.

The Narcissus and Holly are the traditional flowers for December. The birthstones are Turquoise, Zircon, Tanzanite and Topaz.

Don't Forget...
Christmas Day - 25th December (as if we could!)



In Decembers Past

- 6 Dec, 1877** - Thomas Edison spoke the verse "Mary Had a Little Lamb" to demonstrate his newly invented phonograph.
- 1 Dec, 1919** - Lady Nancy Astor became the first woman in the British House of Commons.
- 14 Dec, 1962** - Mariner II space probe sent back information from Venus, the first ever received from another planet.
- 3 Dec, 1967** - The first successful heart transplant was performed by Dr. Christiaan Barnard in Cape Town, South Africa.
- 8 Dec, 1980** - John Lennon assassinated in New York.

The first recorded date of Christmas being celebrated on December 25th was in 336AD during the time of the Roman Emperor Constantine (the first Christian Roman Emperor). A few years later Pope Julius 1 officially declared that the birth of Jesus would be celebrated on the 25th December.

For all the pagans out there you can celebrate the Winter Solstice or the Summer Solstice in Australia.

If you are Jewish you can celebrate Hanukkah, the Festival of Lights

Night Before Christmas in Aussie land
Twas the night before Christmas; there wasn't a sound.
Not a possum was stirring; no-one was around.
We'd left on the table some tucker and beer,
Hoping that Santa Claus soon would be here;
We children were snuggled up safe in our beds,
While dreams of pavlova danced 'round in our heads;
And Mum in her nightie and Dad in his shorts,
Had just settled down to watch TV sports.
When outside the house a mad ruckus arose;
Loud squeaking and banging woke us from our doze.
We ran to the screen door, peeked cautiously out,
Snuck onto the deck, then let out a shout.
Guess what had woken us up from our snooze,
But a rusty old Ute pulled by eight mighty 'roos.
The cheerful man driving was giggling with glee,
And we both knew at once who this plump bloke must be.
Now, I'm telling the truth it's all dinky-di,
Those eight kangaroos fairly soared through the sky.
Santa leaned out the window to pull at the reins,
And encouraged the 'roos, by calling their names.
'Now, Kylie! Now, Kirsty! Now, Shazza and Shane!
On Kipper! On, Skipper! On, Bazza and Wayne!
Park up on that water tank. Grab a quick drink,
I'll scoot down the gum tree. Be back in a wink!
So up to the tank those eight kangaroos flew,
With the Ute full of toys and Santa Claus too.
He slid down the gum tree and jumped to the ground,
Then in through the window he sprang with a bound.
He had bright sunburned cheeks and a milky white beard.
A jolly old joker was how he appeared.
He wore red stubby shorts and old thongs on his feet,
And a hat of deep crimson as shade from the heat.
His eyes - bright as opals - Oh! How they twinkled!
And, like a goanna, his skin was quite wrinkled!
His shirt was stretched over a round bulging belly
Which shook when he moved, like a plate full of jelly.
A fat stack of prezzies he flung from his back.
And he looked like a swaggie unfastening his pack.
He spoke not a word but bent down on one knee,
To position our goodies beneath the yule tree.
Surfboard and footy-ball shapes for us two.
And for Dad, tongs to use on the new barbeque.
A mysterious package he left for our Mum,
Then he turned and he winked and he held up his thumb;
He strolled out on deck and his 'roos came on cue;
Flung his sack in the back and prepared to shoot through.
He bellowed out loud as they swooped past the gates...
MERRY CHRISTMAS to all, and goodonya, MATES!

-Author unknown

Compiled by Karen Bindoff

Originally the 10th month in the Roman calendar. From the word "decem" meaning tenth. When the Romans added January and February to the calendar it became the 12th month.

DO YOU NEED HELP GETTING YOUR LICENCE?

Coffs Harbour, Bellingen & Nambucca Community Transport (CBNCT) is offering a new driver support program enabling participants to gain valuable life skills and independence.

The L to P's Program includes support from professional driver instructors and time behind the wheel with qualified volunteer mentors.

This program aims to help Learners gain their driving qualifications in an encouraging and safe environment.

Ongoing mentor support will be continued, until participants have successfully obtained their license.

To be part of the L to P's program you must identify as Aboriginal or Torres Strait Islander and be a resident of Bowraville.

You also must hold a current Learners' Permit.

Please contact Jeffrey Blair on 0408 977 101
jeffblair@communitytransport.net.au

COMMUNITY TRANSPORT
COFFS HARBOUR, BELLINGEN & NAMBUCCA

www.communitytransport.net.au - 1300 812 504
info@communitytransport.net.au

South Arm Hall Committee
presents

Christmas Party 2017

South Arm Hall, 1039 South Arm Road,
will host a Christmas party on Saturday
23rd December 2017 at 5.30pm.

Santa will arrive at 6pm, and with the
arrival of all the new children in the
valley we hope there is a big turnout for
Santa.

This is a good time of the year to catch
up with the community and meet new
friends and neighbours, also an
opportunity to catch up with folks you
may not have
seen since last year.

There will be a BBQ, the cost is \$5.00 and
we ask that you bring a plate to share.

We look forward to you joining us.

ALL are Welcome.

Any queries please call
A nama 6564 7521 or Rhonda 6564 7190



Bernard Laverty Funerals

24 hours 65681555

Monumental Masons & Florist

'Speak to us about the benefits of Pre Paying'

11/11



Bowraville Central School News



Congratulations to Jannah Locke and Sally McPherson for receiving a World Teachers Day 2017 Certificate of Recognition

A group of 17 Agriculture students in Years 8, 9 and 10 travelled by bus out to Armidale to participate in a Precision Ag. field trip. Students were introduced to the newest technologies being used and developed in Australia.





December 18th 2017

Save the Date

Bowraville Community AWARDS

The Bowraville Community Awards is an opportunity to acknowledge the hard work of active members of the Bowraville community.

Sponsored by Secretary Carolyn McNally, this is an opportunity to acknowledge community members and government stakeholders involved throughout the Solution Brokerage journey, as well as other community champions.

Community and stakeholders are invited and encouraged to attend this event.

There are four award categories with a winner selected from both community and government, these are:

1. Achievement
2. Collaboration / innovation
3. Impact
4. Service

- Awards and prizes presented to all finalists
- Food and Drinks supplied
- Light entertainment



For further information regarding this event or for a nomination pack please contact solutionbrokerage@planning.nsw.gov.au or Phone (02) 9373 2831

VENUE: Bowraville Theatre
TIME: 4.30 to 6.00pm

St Jimmie's Kitchen

Would like to invite you to the

Bowraville Christmas Day Lunch

December 25

10am start (for helpers), 11am Morning Tea
and 12.30 lunch is served!

At the Anglican Church Hall,
Young Street, Bowraville

Everyone is welcome at this free community event, please join
us for fun, frivolity and Christmas Cheer!

RSVP (appreciated but not essential)

To: Bowraville Pharmacy 02 65647925 OR

Bowraville Health Care Centre

By 23.12.2017

Name _____ Phone _____

Name _____ Phone _____

Sponsored By

Bowraville Pharmacy

Bowraville Health Care Center

Bowraville Lions Club

Bowraville Anglican Church





Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Summer 2017/18



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	2NVR Recycled Radio	Tones of Clairssense Claire Watt-Powell	Bubble N Squeak Linda & Michelle A family show with Christian themes.	2NVR Recycled Radio	Green Eggs on Toast Part 2 Lawrie Medbury Music, Movies, News, Weather Gig Guide Local Info	The Early Birds Faye Aspicis Australian Music- New and Classic Current Movie Review Local Events Weather by Zoe	2NVR Recycled Radio	6 AM
7 AM	Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll 1950s-2010s	Ian't It Romantic With Dallas Dent Crooners Easy Listening Popular Ballads	Dyer's Loop With The Dyers Music to dye for, of course	Under The Singing Tree Poppa	Talk Of The Town Cen Wrobel See what's going down! All things local	Hair Of The Dog Kim Smith & Mick Birtles Rock, Pop Covers and Music Trivia	2NVR Recycled Radio	7 AM
8 AM	Baby Boomers Donna Collins	Infopinion Richard Laxton An eclectic time with Richard	Stella Bells 2NVR Youth Radio with Stella	Turning Pages Elizabeth Newman	The Festival Circuit Greg Geisler Music from Aussie festivals	Happy Hour Machella Smith	Classical Corner Music from the past 1000 years... Alternates weekly with The Lively Arts Music & spoken word from film, TV, theatre & radio Noel Robertson	8 AM
9 AM	The Weekly Fix Paul Weekley	The Phoenix Crew Selected music & madness	Jazz Azz I Like It Heather Heywood	Grace's Vybes With Grace McLeod	Outback Outlaws Paul Rowe Old and new country music	Concussion 2NVR Youth Radio With Kuan, Noah & Aedon	Flashback Rock Five Decades Of Rock With Rob Davidson	9 AM
10 AM	Play It Loud Sky Fewings Upbeat Music Aussie Artists	Rob's Roving Robbie & Linda Bible reflections, Gospel & Australian Jack's Tracks 2NVR Youth Radio with Jack All the tracks with Jack Tune in!	Just For You Carola J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	Simmo's Country John Simpson Aussie country music at its best	Wind Down for the Weekend Stu & The Crew	Two For The Money Double the Fun with Paul and Rachel	That's A Wrap Donna, Tom & Mitch Local sports results and in-depth analysis	10 AM
11 AM	Bowra Beats 2NVR Youth Radio with Grace	Nambucca Valley Roundup P or R Burns & Grace	Sister Act Olivia & Sam	Nambucca Valley Roundup - Retro	Rhino On The Radio Switching to Studio 3 from 5pm-8pm on the 3rd Friday of each month for live artists & studio audience	Imagine This & The AntipodeanSF Radio Show	White Line Fever Aif Nolan All that truckin' good music	11 AM
Noon	Reggae Mixtape With Fitzroy Music outside the usual	Latest & Greatest Country Bryon Edwards	Nambucca Valley Roundup - Ben Walters	Highway Blues Retro When Only The BEST BLUES Will Do	The Friday Night Rock Show Todd Wills FNRS Continues overnight	Wolfy Wolfy till 11pm	Playback Nuke's mix of Aussie & N.Z. music with Paul Gough and podcasts of Astronomy, Science and Free Thought. CRN overnight	Noon
1 PM	Prog Rock Playlist Retro till midnight The best of Progressive Rock BBC world service overnight	Ants Rocks Anthony Garnsey Solid Rock	Phyllinn With Phil New Australian Blues and Indie/Folk/Rock	Jeff's Junk Jeff Mills	CRN overnight	Overnight Express overnight	CRN overnight	1 PM
2 PM	2NVR Recycled Radio CRN overnight	Ants - Music Mix overnight	Ants Rocks Anthony Garnsey Solid Rock	Ants - Music Mix overnight	CRN overnight	Overnight Express overnight	CRN overnight	2 PM
3 PM	2NVR Recycled Radio CRN overnight	Ants - Music Mix overnight	Ants - Music Mix overnight	Ants - Music Mix overnight	CRN overnight	Overnight Express overnight	CRN overnight	3 PM
4 PM	2NVR Recycled Radio CRN overnight	Ants - Music Mix overnight	Ants - Music Mix overnight	Ants - Music Mix overnight	CRN overnight	Overnight Express overnight	CRN overnight	4 PM
5 PM	2NVR Recycled Radio CRN overnight	Ants - Music Mix overnight	Ants - Music Mix overnight	Ants - Music Mix overnight	CRN overnight	Overnight Express overnight	CRN overnight	5 PM
6 PM	2NVR Recycled Radio CRN overnight	Ants - Music Mix overnight	Ants - Music Mix overnight	Ants - Music Mix overnight	CRN overnight	Overnight Express overnight	CRN overnight	6 PM
7 PM	2NVR Recycled Radio CRN overnight	Ants - Music Mix overnight	Ants - Music Mix overnight	Ants - Music Mix overnight	CRN overnight	Overnight Express overnight	CRN overnight	7 PM
8 PM	2NVR Recycled Radio CRN overnight	Ants - Music Mix overnight	Ants - Music Mix overnight	Ants - Music Mix overnight	CRN overnight	Overnight Express overnight	CRN overnight	8 PM
9 PM	2NVR Recycled Radio CRN overnight	Ants - Music Mix overnight	Ants - Music Mix overnight	Ants - Music Mix overnight	CRN overnight	Overnight Express overnight	CRN overnight	9 PM
10 PM	2NVR Recycled Radio CRN overnight	Ants - Music Mix overnight	Ants - Music Mix overnight	Ants - Music Mix overnight	CRN overnight	Overnight Express overnight	CRN overnight	10 PM

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