

# Bowraville Community News



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



FEBRUARY 2017 ~ ISSUE #148

FREE

CIRCULATION 350

POSTCODE 2449

*Old News — but Good News*

## Christmas Party and Lanterns work their magic in Bowraville

Bowraville Healthcare Centre, in conjunction with a number of community groups, held the children's Christmas Party on 15<sup>th</sup> December starting in the afternoon and continuing on until 9:00 o'clock with a fantastic display of lanterns lining the main street along with a Lazer Light show.

Part of the main street was closed so that people could wander about and enjoy the spectacle and the free entertainment. The volunteers from the Lions Club and Chamber of Commerce manned the BBQ dishing out 400 free sausages as well as fairy floss, lots of drinks. Hot dogs were also available.

Children had a wonderful time on the jumping castle and drawing in chalk all over the street. Santa Claus, arriving on the firetruck, was mobbed and hopefully some of the wishes whispered to him by a delighted bunch of children came true on Christmas day; lots of photos were taken for future memories.

Everybody joined in the Christmas spirit with many businesses remaining open, market stalls, musicians entertaining the crowds and didgeridoos sounding in the twilight. Troppo Bob had magic tricks for the kids and many kids appeared in disguise with face paint - people from Macksville and Nambucca commented on how well behaved the children were. The crowds showed a truly festive spirit and the beautiful lanterns presented in all their glory and were treated with the respect that they deserved making the main street look like a fantasy world of animals.

The end of the night came with exhausted volunteers, very full waste bins and children organised into an 'emu pick' clearing the street of rubbish—all of which was cleared by council the next morning.

What a day and night it was thanks to all who enjoyed our great little town - come again next year. - BTC Volunteer, Robynne.



## What's NEW in Bowra

**Bowra Hotel's new Bistro chef, Jim Simon and his incredible team,** have tuned up the kitchen and patrons are once again enjoying the hearty fresh salads and wholesome meals which had become the Bistro's speciality.

**Bowra Post Office has a new product perfect for this summer weather - a DEET-free Sandfly and Mozzie Spray.** Call in for test spray.

**The Military Museum** has a new display of artefacts generated by **Australia's involvement in the Afghanistan War** from 2001 to the present.

**12 Nambucca Valley citizens received Australia Day Awards for their efforts in 2016.**

They are: *Ian Flarrey, May Harris, Connor Hoban, NESTA Walker, Ben Payne, Savannah Peterkin, Gloria Richardson, Macksville Men's Bowling Club No 6 Pennant Team, Cheryl Macourt, Neville Cooper, Elizabeth Gold, Kevin Holley, Tom and Kim Robbins and family, Rod and Jenny Urquhart, Bowraville Hospital Auxiliary, Max Ballard, Nellie Broadhead, Marlene Hennessey, Isabelle Hooper, Colin and Bev Jones, John Kent, Clyde Piggott, John Simpson and Peter Trisley.*

# BOWRAVILLE COMMUNITY NEWS

## CIRCULATION = 300 COPIES

Newsletter is also available online at:  
[www.bowraville.nsw.au/bowraville-newsletter](http://www.bowraville.nsw.au/bowraville-newsletter)

## NEW 2016/17 ADVERTISING CHARGES:

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

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

## DEADLINE FOR COPY FOR THE MARCH 2017 ISSUE IS: 5:00PM 21st FEBRUARY 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](mailto:admin@bctc.com.au)

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

# ***Bowraville Technology Centre***

**Open 9.30am to 4.00pm Weekdays**

### **Internet Services**

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

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

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

### **Facility Hire**

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

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

Full day up to 8 hours - \$100.00

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

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

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

Full day - up to 8 hours \$40.00.

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

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## ***Bowraville Technology Centre***

**39 High St, Bowraville Ph. 02 6564 7420**

**Open 9.30 to 4pm Weekdays**

**Email: [admin@bctc.com.au](mailto:admin@bctc.com.au)**

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## Bruce Flemming

### BRUCE FLEMMING

#### MEMORIAL FOR THE FLOWER MAN

On January 4th family, friends and green thumbs gathered at Bowraville Community Garden to honour the life and contribution of Bruce Flemming.



Known as the Flower Man, Bruce would regularly drive his electric scooter (with pirate flag) to the community garden to fill it with colour.

“Bruce was there right at the beginning when we started the gardens and he had a very different action to a lot of the people there who wanted to grow food and bush tucker”, his friend Brad Edge told the ABC.

“Bruce just wanted to grow flowers. He was a regular attendee and planted his flowers from seeds he grew himself. He was a bit of character especially when he started coming on his mobility scooter with the pirate flag.”

Last year Costa Georgiadis from Gardening Australia praised Bruce’s efforts for bringing the bees, birds and insects to the garden with his beautiful flowers.

*The sun shone for a somber quacker style memorial for Bruce.*

*Lots of lovely words.*

*When it was time, the rain came down.*

**R.I.P. Bruce.**

## Ann Caldwell

### ANN CALDWELL

#### A Memorial and Celebration of Ann’s Life

will be held at St. James Anglican Church on the corner of Young and High Streets, Bowraville on **February 4th at 2pm.**



*Afternoon tea will follow - please bring a plate of food and non alcoholic drinks. If you have any photos of Ann please bring them along to share.*

Ann Caldwell joined the Bowraville Lions Club with her husband Alex in 2011 after they moved to Bowraville, Ann had family connections in the Valley and together they found Bowraville a friendly, peaceful community. Both immersed themselves in the Lion’s activities and became hard working members in the community. Ann was always a willing cook and could be found helping on the cakes and raffle stalls and raising funds for good community work.

Ann endeared herself to all the Lions Clubs in the Valley and Zone 201N1, attending Zone meetings and picnics.

As a friend, neighbour and colleague Ann will be remembered as a person always willing to assist and as a true and helpful friend. Ann particularly enjoyed having a coffee with her friends and her little ‘Penny-dog’ while looking out over the back garden with all its wallabies.

## 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](mailto:bowravillefolkmuseum@gmail.com)  
twitter: [twitter.com/bowravillefolk](https://twitter.com/bowravillefolk)

*~ Groups by appointment ~*

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## BOWRAVILLE PHARMACY

**31 HIGH ST BOWRAVILLE**

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**FAX: 6564 7364**

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**KERRIE SAVINS**



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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 7449).  
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 in Nambucca Street (6568 7449).  
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

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

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).  
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.

**Recreation Club**

Bowlers and golfers continued Competition and Social games throughout the Festive season but February sees us all defying the last of the summer heat to commence our yearly programs. Women golfers commence on 2<sup>nd</sup> with a 9 hole competition and a meeting then into 18 hole comps commencing at 9am. The men's comp did not miss a day despite odd rainy and extremely hot Saturdays. A feature of January was the return of the much loved Mutti day when in years back we would have over a 100 golfers come to enjoy corn and potatoes (Jim thought it was mudeye but he's a newcomer). Social golf is always available with carts to hire if wanted. The squash court awaits more energetic players. Bowlers are having trials for pennants and social play continues on Thursdays. The Rec Club is also available for private functions. Contact 6563-6349.

**Garden Club**

We commenced the year with a committee meeting to discuss ideas for the year's program. Our first outing on the usual second Saturday of the month (11th February) will be to the Repton Raleigh area. This will include a general meeting so we can discuss our future visits. If you need transport please contact Barbara. Each month we will have a raffle, trading table and a show and tell - if you have something interesting from your garden or a problem or idea bring it along to share. However we will abandon our yearly competition and at the end of a year a special lucky draw for members will substitute the competition. At future meetings transport and attendance for the following month will also be organised. New members welcome. Contact 6564-7029.

**VIEW Club**

While Nambucca River View Club meets in Nambucca members come from all over the Valley and the executive is from Bowraville, Eungai, Valla and Nambucca. To showcase what View stands for a morning tea will be held at the Nambucca Bowling Club on Monday 13<sup>th</sup> February at 10.15 for 10.30 when anyone interested in joining the View Club can meet some of our members and be informed of how our efforts support the education of disadvantaged children. The next formal meeting will be held at the same venue on 27<sup>th</sup> February commencing at 11.30 to be followed by a luncheon and guest speaker who this month will be from the fire safety service. A raffle and trading table are also a part of the meeting procedure and we hope this year to have more social non meeting events.

**Bowraville UHA**

2017 is going to be a year to remember as we host our first Zone Day which will be held at the Bowraville Recreation Club on Wednesday 22<sup>nd</sup> March so all our energy will be on planning this special day when visitors will include the state president Linda Swales, Melinda Pavey, Rhonda Hoban, Jenny Zirkler and representatives from all the UHA clubs of the North East Health area. We want to showcase our special area. Our treasurer Dee, who is the Deputy Regional Representative of the North Eastern Health District, after the Zone Day will take on the role of acting Regional rep as the present rep will resign at the Zone Day. Congratulations Dee! Bowraville executive will meet with Macksville UHA to consider the 2 auxiliaries combining as one to serve our hospital. The Hospital Coffee Shop has been the most successful fund raiser for both auxiliaries but both towns plan to continue local fund raising. However, we still urgently

*Continued on Page 12*

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

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

**BOWRAVILLE  
HEALTHCARE  
CENTRE**

**Dr Edwina Guard** MBChB BSc FRACGP

29a High Street Bowraville

**Ph: 6564 7555 Fax: 6564 7505**

email: [edwinaguard@yahoo.com.au](mailto:edwinaguard@yahoo.com.au)

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## Is cloud computing better for the environment?

In theory, cloud computing is environmentally friendly because it uses fewer resources (servers, cooling systems and all the rest) and less energy if 10 people share an efficiently run, centralised, cloud-based system than if each of them run their own inefficient local system. In theory cloud computing should be a big win for the environment - in practice it's not quite so simple.

Ironically, given the way we've defined cloud computing, it matters where your cloud servers are located and how they're powered. If they're in data centers powered by coal, instead of cleaner fuels such as natural gas or (better still) renewable energy, the overall environmental impact could be worse than your current setup. There's been a lot of debate about the energy use of huge data centers partly thanks to Greenpeace highlighting the issue. In the United States, in particular, quite a few cloud (and web hosting) providers explicitly state whether their servers are powered by conventional or green energy and it's relatively easy to find carbon-neutral service providers.

When it comes to overall impact on the planet there's another issue to consider. If cloud services simply move things you would do in your own office or home to the cloud that's one thing; the environmental impact merely transfers elsewhere. But a lot of cloud and Internet-based services are encouraging us to use more computers and gadgets like iPads and iPhones for longer, spending more time online and doing more things that we didn't previously do.

Cloud computing makes it possible for cellphones to be smartphones and for tablets to do the sorts of things that we used to do on desktops but it also encourages us to do more and more things with those devices - in a virtuous circle. For example, if you buy a smartphone you don't simply do things on your phone that you used to do on your PC: you spend more time online overall, using apps and services that you previously wouldn't have used at all. Cloud computing has made mobile devices feasible so people bought them in large numbers, driving the development of more mobile apps and better mobile devices and so on.

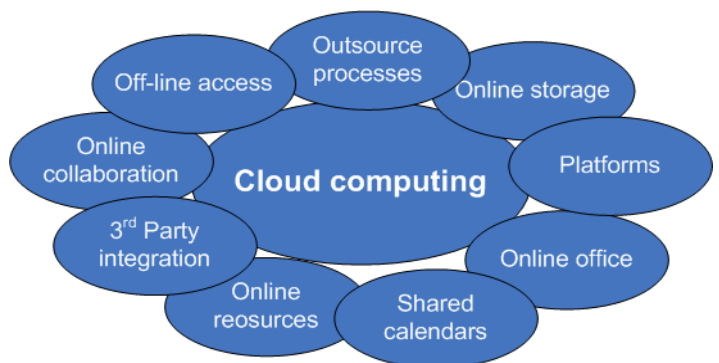
In that sense cloud computing is helping to increase global energy use and greenhouse gas emissions - so describing it as environmentally friendly is highly misleading. That was evident from a 2012 study by Datacenter Dynamics (DCD) Intelligence which showed that global energy use from data centers grew from 12 gigawatts (GW) in 2007 to 24GW in 2011 and predicted it would reach 43GW sometime in 2013.

However, a follow-up study revealed a significant slowing down of the rate of growth in cloud power consumption from 19 percent in 2011/2 to around 7 percent in 2013. Growing concerns about the impact of cloud computing have also prompted imaginative new solutions. Later in 2013, for example,

researchers at Trinity College Dublin and IBM announced they'd found a way to reduce cloud emissions by over 20 percent by using smart load balancing algorithms to spread out data processing between different data centers. Even so, with cloud computing predicted to become a \$5 trillion business by 2020, power consumption seems certain to go on increasing. Ultimately, for the global environment, the ever-increasing energy consumption is the one that matters. It's no good congratulating yourself on switching to diet Cola if you're drinking four times more of it than you used to. In 2016 Peter Judge of Datacenter Dynamics summed things up pithily: "No one talks much about total energy used by data centers because the figures you get for that are annoying, depressing and frustrating.... the truth is: data center power is out of control."

From Google searches to Facebook updates and super-convenient Hotmail most of us value the benefits of cloud computing very highly so the energy consumption of data centers is bound to increase and ensuring those big, power-hungry servers are fueled by green energy will become increasingly important in the years to come.

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



### Thinking about downloading **Windows 10?**

In the coming weeks the Bowraville Technology Centre will be holding a Windows 10 Download (it's over 3gb!) and Familiarisation Session.

*Cost is \$10 to attend the session and from \$20 to download it to your laptop.*

Sessions will be held on Monday and Thursday mornings from 10.30am.





**FEBRUARY PROGRAM at the**

# BOWRAVILLE THEATRE

**Showing in February — See Theatre window for dates and times**

## LION

Five year old Saroo gets lost on a train which takes him thousands of miles across India, away from home and family. Saroo must learn to survive alone in Kolkata before ultimately being adopted by an Australian couple.

Twenty five years later armed with only a handful of memories, his unwavering determination and a revolutionary technology known as Google Earth, he sets out to find his lost family and finally return to his first home.

Coming in March - *LA LA LAND*  
April - *RED DOG TRUE BLUE*  
May - *JASPER JONES*



Join in a webinar  
with Kerry Grace  
from RDA

# WEBINAR

Want to know more about the plans for Regional Development  
Australia – Mid North Coast in 2017?

Join Kerry Grace, CEO of RDA Mid North Coast for a live webinar  
on Tuesday, 7th February at 11:30am for approx 1 hour.

You can register at

<https://zoom.us/meeting/register/6ac300fca0c5a5bf7c24e00bf0acd2b8>



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# BOWRA HOTEL

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LUNCH and DINNER

Wednesday, Thursday, Friday and Saturday

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

LUNCH & DINNER

Sunday

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

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

**33 HIGH STREET, BOWRAVILLE**

Ph. 6564 7041 Fax. 6564 8471

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# MARKETS CALENDAR

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

## Steep & Heavy Mowing



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## Coronation Kennels & Cattery

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

**PHONE: 02 6568-2018**

Email: [marcia@coronationkennelsandcattery.com.au](mailto:marcia@coronationkennelsandcattery.com.au)

Website: [www.coronationkennelsandcattery.com.au](http://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.

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**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







# 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 ....

## For Dean Koontz fans, Ashley Bell will certainly satisfy you.

Bibi Blair is an intelligent, interesting, young woman in her twenties, engaged to a Navy SEAL and has a great relationship with her surfer/hippy-ish parents. Bibi is quite different to most women her age, not only in that she has a vivid imagination and is an author but also in that she really is an individual - does her own thing, rises to life's challenges, doesn't follow the norm.

After a sudden onset of unusual symptoms, affecting her movement and brain, Bibi is diagnosed with a rare cancer and given only one year to live.

Her answer to that news is, "We'll see".

Bibi meets Calida Butterfly; is convinced she escaped death so that she can save someone named Ashley Bell but who is Ashley Bell and what does she need saving from?

What follows is Bibi's obsession with finding Ashley Bell and the dangerous path she is led down to do so.

This novel has a few twists and turns and if you are like me it might take you a little while to figure out what is going on as the story veers from rational and sane and wanders into the mystical and otherworldly.

## Crazy Love You by Lisa Unger

Ian Paine is the talented graphic novelist of a very successful comic book series whose main characters are Fatboy and Priss. Ian Paine drinks a lot of alcohol. He takes a lot of drugs, mostly prescription or over-the-counter type ones although he has used almost all of the illegal ones as well. He works odd hours.

Ian Paine's mother is unwell, his father long gone. There are few people in his life but he is kept company by his very powerful imagination. His only real friend is Priss (fancy that - it's the same name as the female character of his comics!), whom he has known since he was about ten, living on the large family property bordering bushland miles away from New York city.

Ian's relationship with Priss is extremely close but even he realises it isn't a healthy one. When they were young he was not a popular kid, overweight and often bullied. Priss came to his rescue time after time. Unpleasant things happened to people who were not nice to Ian. As they have grown older Ian has struggled to keep his family secrets at bay and himself on the straight and narrow. Priss has grown angrier and more volatile.

When Ian meets Megan, a sweet, innocent whose job is childcare, Ian feels love which makes him want to be a better person, have a better life. He wants to have a normal relationship, marry and have children. Unfortunately Priss isn't so keen on that. She doesn't want change, it makes her angry and when Priss is angry, bad things happen.

I really enjoyed this novel; the twists and turns, trying to work out what was actually going on with Ian, who Priss really is, who Ian really is.....

I think this novel is possibly not so far from what some people experience in real life. It made me wonder about the human mind - how early life events can affect us, the ways it tries to protect us, how we are shaped by our experiences and reactions to them.

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

## BOWRA POST & COLLECTABLES

27 High Street, Bowraville ♦ Telephone: 6564-7169

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# Australia's Healthy Weight Week — 13th to 19th February 2017

As part of Australia's Healthy Weight Week Australian dietitians want to inspire all Aussies to cook at home more often to achieve a healthy weight. With many Australians aspiring to eat better in the New Year, the campaign aims to get people cooking at home more often. Research shows that people who prepare food at home are more likely to eat smaller portions and take in fewer kilojoules and less fat, salt and sugar. And in turn, this is more likely to result in a healthy weight.

## 10 TIPS TO IMPROVE YOUR EATING HABITS

1. **START A FOOD DIARY** - Writing down what you eat and drink will help you see problem areas.
2. **DITCH DIETING** - A diet has a start and an end date which means it's not sustainable long-term. Instead, try a 'one change at a time' approach. For example, try swapping a food you eat often to a healthier version (such as using natural milk for flavoured/sweetened milks), cooking one new healthy recipe each week or keeping week nights alcohol-free.
3. **EAT FRUIT AND VEGETABLES** - Add one more piece of fruit and one more serve of vegetables to your day. Build up to the recommended two pieces of fruit and five serves of vegetables (around three cups) every day.
4. **WAKE UP TO BREAKFAST EVERYDAY** - Breakfast eaters are more likely to maintain a healthy weight and less likely to re-gain lost weight. For a breakfast that will keep you feeling fuller for longer include a source of protein (such as a boiled egg or baked beans) and a low glycaemic index choice (like wholegrain toast or low-fat yoghurt) with breakfast.
5. **SHRINK PORTION SIZES** - Doing this at every meal is a sure-fire way to lower your energy (or kilojoule) intake. Fill half your plate with vegetables or salad, a quarter with lean meat, chicken or fish and a quarter with carbohydrate-rich foods (like pasta, rice, potato or bread). Try using smaller plates and bowls. Using a plate 25% smaller means you'll be eating 25% less food!
6. **TAKE CARE WITH TAKEAWAYS** - Healthy options on the run include a lean meat and salad wrap, grilled fish with salad (or a grilled fish and salad burger), sushi or tomato-based pasta dishes (such as with a napolitano sauce). If buying take-away opt for the smaller serve size and stick to a glass of water on the side!
7. **SWITCH TO HEALTHIER DRINKS** - Water and low-fat varieties of milk are the best choices. Swapping soft drink for water will save 694kJ. Have a glass or bottle of water close by at all times.
8. **GET MOVING** - Catch-up with a friend for a walk instead of over a coffee or take the steps at work instead of the lift. Work up to being active for at least 30 to 60 minutes each day. Make a plan at the start of the week for when you'll fit in your exercise.
9. **BE 'TREAT-WISE'** - If buying treats choose smaller serve sizes and have these in the house less often. Plan when you will have a treat – say once a week if you're looking to lose weight. Really enjoy your treat when you have it – eat it slowly and savour the flavour!
10. **MODERATE ALCOHOL INTAKE** - If you drink alcohol aim for at least two alcohol free days each week and keep the amounts you drink in check. A glass of wine will take 15 minutes of walking to burn off, a pre-mixed drink around three times as long! If drinking try a wine spritzer (wine with plain mineral water) light beer or ask for smaller glass. - <http://healthyweightweek.com.au>



## Take the Healthy Eating Quiz

The Healthy Eating Quiz is a general guide designed to help you rate how healthy your eating habits are. It will help to identify areas in which you are already eating a wide variety of foods and areas where you may be able to improve. At the end of the quiz you will receive a score with general feedback on your current eating patterns. It will also give you suggestions for ways to increase the variety of foods in your diet. You can do the quiz more than once. Come back and visit the quiz in a few weeks after you have tried the tips and see if your numbers improve.

Take the Healthy Eating Quiz at <http://www.healthyeatingquiz.com.au/>



**BOWRAVILLE PHARMACY**

**31 HIGH STREET, BOWRAVILLE**

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*Monday to Friday 8.45am - 5.30pm Saturday 8.45am - 12 Noon*





From page 5

need more volunteers to join this band of volunteers. A meet and greet will be held at the chapel on Friday, 17<sup>th</sup> February commencing at 2pm so please come along. Following afternoon tea there will be a discussion about the coffee shop, UHA procedures and hospital news, as hospital executives will be in attendance. Bowraville UHA's first meeting for 2017 will be held at the Bowraville Recreation Club on Friday, 24<sup>th</sup> February commencing at 10am. Please note change of venue and time.

## **Bowraville Seniors**

The next meeting of the Bowraville Seniors will be held at the Coach House on Monday, 20<sup>th</sup> February, commencing at 11am and is usually followed by most attendees having a light luncheon at one of Bowraville's eateries. As some senior clubs are folding we urgently want Bowraville Seniors to support this club. We organize occasional outings and fix many of the world's problems but friendship is the key objective.

## **Friday Friendship**

An easy, light-hearted friendship group which meets to share meditation, social chats, enjoy crafts and discussions of various topics. BYO lunch, tea and coffee available. Every Friday 11am - 2pm. Gold coin donation appreciated. 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. 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 Pilates Class**

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

## **Playgroup at Tallowood Steiner School**

Tallowood Playgroup is held every Friday (except in school holidays) from 9.30 to 11.30am. Based on Rudolf Steiner's values including early childhood stages

## **SENIORS WEEK 2017 3rd to 12th March**

### **Tech Savvy Seniors Classes coming up**

Senior's Week 2017 will once again see the Bowraville Technology Center present Tech Savvy Seniors training sessions.

Tech Savvy Seniors helps people learn how to access online information, web-sites and services in order to enhance their social engagement, interact and connect with friends and family and to be informed about what is happening in their community.

Having the ability to use technology makes a big difference in people's lives, helping them to stay connected and active.

Tech Savvy Seniors is a partnership between the NSW Government and Telstra which provides low cost or free training to older people across NSW.

**See the March issue of the Bowra Community News for more details of courses, dates and times.**

*Continued on Page 17*

# **LIONS CLUB**

**SUPPORTING OUR COMMUNITY**



**We Serve**

**PRESIDENT**  
Mark Scott  
Mob: 0428 527 545

Email: [blion34@yahoo.com.au](mailto:blion34@yahoo.com.au)

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[admin@bctc.com.au](mailto:admin@bctc.com.au)**



**Bowraville Lions Club Inc**  
**News Bulletin**  
**FEBRUARY 2017**



## **We urgently need new members and helpers**

---

Our club has sadly lost some of our most loved and valued members over the last few years and most of our club's older members and helpers are not well enough to continue volunteering their time with our fundraising activities.

Unless we can get some new members we will have to consider closing our club.

***Please help share the load  
and consider joining Lions.***

***Contact us on 0428 527 545 or leave your name  
and contact number at the  
Bowraville Technology Centre in High Street,  
Bowraville and we will give you a call.***

## February Gardening Tips

- It's still warm outside but there are some tasty treats you can plant out this month. Try silver beet, leeks, spring onions, brussels sprouts, bush beans, broccoli, cauliflower and celery... but wait until the end of the month.
- Lettuce is lovely at the end of February but if the days are still quite hot, consider protecting the seedlings under some shade cloth or a more established plant to protect the sensitive foliage from the sun.
- Still too hot for most herbs but lemongrass will take the heat if planted out now. Basil is happy to go in now as well so why not mix it up and try some purple, Thai and lemon basil as well as our old favourite, sweet basil.
- Why not try some flowering stuff in your garden patch as well, like nasturtium, verbena, petunias and marigolds. These plants are great at attracting pollinators and beneficial insects to your patch and they look great as well.
- Water smarter at this time of year and always first thing in the morning. A nice, deep drink a couple of times a week is far more beneficial than frequent, short watering.
- Consider a green manure crop to add some life and love to an overworked patch. At this time of year try lablab, cow pea, mung bean, soy bean and millet. This will improve your soil incredibly and for a bit of forward planning you'll find it well worth the effort!
- Want to save some money? Avocados are relatively expensive at the moment but in a few years time that won't worry you. Towards the tail end of February try planting an avocado tree or two.
- Weeding is a great job to do at this time of year. Cut down the competition between your tasty treats and these space invaders and tidy up your patch. It may sound tedious but it's incredibly rewarding!

**One thing that remains the same for all gardeners:** start out the year as you mean to go on and give your patch some much-needed love. So grab a cool beverage, slip, slop slap and spend some time under your favourite tree admiring your patch!



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**COMPOST**

**FERTILISERS**

**SOIL & WATER  
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5/11



## **Bowraville Chamber of Commerce and Industry Inc**

chamber@bowraville.nsw.au

**FEBRUARY 2017**

### **Chamber Plans for 2017**

We look forward to an exiting year ahead following on from the success of the Christmas Festival and Lantern Display last December.



An Easter Festival is being planned for April. Lantern workshops will be held in the lead up to this event and everyone is welcome to come along and learn how to make these wonderful lanterns and make it another special night for Bowraville.

### **Next Chamber Meeting**

Come along to our February meeting for more information and any ideas you have for our festivals and promoting Bowraville in general. The next meeting will be held at the Ex-Services Club in High St from 5.30pm on Tuesday 28th February.

### **Market Stalls and Buskers Wanted**

If you would like a market stall or you would like to sing or perform at our next festival please contact us on the number or email address below to reserve your spot.

### **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





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

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

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

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

## FREE SERVICES

- Monday Counselling Services**  
Contact Interrelate 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**  
1<sup>st</sup> and 3<sup>rd</sup> 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**

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**On 0457160138**

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**Email [admin@miimi.org.au](mailto: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](mailto:admin@miimi.org.au)**

0/0

## New Year VIEW:

Opportunity to support children in need  
with other local  
Nambucca Valley women

Nambucca River VIEW Club is encouraging women in the Nambucca area to welcome in the New Year by becoming a member and in doing so meet new friends and have the opportunity to give back to the community.

“Nambucca River VIEW Club is part of a network of 330 clubs throughout Australia,” said Isabelle Hooper, President. “Joining our VIEW Club is the perfect opportunity to meet regularly with other like-minded women, establish new friendships and help children in need,” added Cynthia Guyenette.

VIEW stands for Voice, Interests and Education of Women. It is one of Australia’s leading women’s volunteer organizations and supports the education of disadvantaged Aussie children through The Smith Family.

The role of VIEW in the community is underpinned by the support of The Smith Family - a national children’s charity that helps children in need with their education. Through VIEW’s work with the charity we are able to help make life-changing differences to local children and their families.

The Nambucca River VIEW Club hosts monthly meetings for members on the fourth Monday of each month.

We are always looking for women from all backgrounds and ages to join us and we look forward to welcoming some new faces at our next monthly meeting.

Anyone interested in becoming a member can call Cynthia on 6568 8551 or visit [www.view.org.au](http://www.view.org.au) for further information.

The next Nambucca River VIEW Club meeting will take place at Nambucca Bowls Club on 27<sup>th</sup> February at Nambucca Bowls Club, Nelson Street, Nambucca Heads at 11.30am for 12 noon.

**There will be a ‘welcome’ Morning Tea and information day on 13<sup>th</sup> February at 10.15am at Nambucca Bowls Club. Come along, have a cuppa and find out about VIEW!**

## DID YOU KNOW?

**Healthdirect Australia** provides a range of free health services on behalf of Australian Government including the After Hours GP Helpline, mental health and wellbeing services through mindhealthconnect, health information and a health services directory.

Tel: 1800 022 222 for 24 hour health advice.

**[www.healthdirect.gov.au](http://www.healthdirect.gov.au)**



## WHAT'S HAPPENING IN BOWRA

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of readiness. For 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. - Mavis Ward

### Bowraville Playgroup

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

### Nambucca Valley Community Church Food Hub

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

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. Keith Stage is senior Pastor.

## 2NVR Studio 3 Live



Second gig for 2017... is Valley favourite **RITCHIE GUDGEON** on February 17th from 6-8pm.

Many STUDIO 3 regulars will know Ritchie... as he is in high demand around the valley at our local venues and he has been known to do the occasional festival too. He is excited to be back at the 2NVR studios. Its been a long time between drinks...



This diverse solo acoustic performer cherishes his audience and the opportunity to play. His lyrics delivered and brought to life by the personality of his clear, beer-and-atmosphere lubricated voice, accompanied by well travelled fingers doing a rhythm sections job on his six-string. His songs spawn from ideas and themes evolving as intimate ballads, rock'n'roll tragedies, eccentric ditties and musically varied interpretations from an ocean of influences. Here are some tunes reflecting his experiences and imagination, bringing his form of art to a selected growing audience, embracing his song writing efforts. This skilled and talented singer/songwriter has been performing on and off stage with or without bands for most of his life.

**On March 10th at STUDIO 3 Live... we have local Guitarist Keith Pagget** who brings his own style of music and covers also on a return gig...

*Remember you can bring your own nibbles and drinks or for a donation you can buy a variety of delights from our Studio 3 Cafe.*

The 2NVR studios are located at 834 Rodeo Drive, Tewinga ... 8klms west of Macksville.

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**The most trusted professions in Australia: from most trusted to least**

- |                                   |                                |
|-----------------------------------|--------------------------------|
| 1. Nurses                         | 19. Business executives        |
| 2. Pharmacists                    | 20. Talk-back radio announcers |
| 3. Doctors                        | 21. Newspaper journalists      |
| 4. Engineers                      | 22. TV reporters               |
| 5. School teachers                | 23. Federal MPs                |
| 6. Dentists                       | 24. State MP                   |
| 7. Police                         | 25. Stockbrokers               |
| 8. High Court judges              | 26. Union leaders              |
| 9. State Supreme Court judges     | 27. Insurance brokers          |
| 10. University lecturers          | 28. Real estate agents         |
| 11. Accountants                   | 29. Advertising people         |
| 12. Public servants               | 30. Car salesmen               |
| 13. Lawyers                       |                                |
| 14. Ministers of Religion         | - Roy Morgan Research.         |
| 15. Public opinion pollsters      |                                |
| 16. Bank managers                 |                                |
| 17. Financial planners            |                                |
| 18. Directors of public companies |                                |



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If this sounds like something you may be interested in please contact

Mark on 0403 301 494.

4/11

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

**Notice to all community groups**

Please contact the Chamber of Commerce if you plan to hold a street stall or BBQ as there are regulations from Nambucca Shire Council that must be complied with.

Register your event at the Bowraville

Technology Centre. Enquiries to:

0428 527 545.

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# Plastic WAS so fantastic!

Before you read this take a look around you. What percentage of man-made objects do you see that do not contain plastic? As we can see plastic is an amazingly versatile and useful material. It is a necessity of modern production that has revolutionised our lives. Think of medical applications as an example, from prosthetic limbs to heart valves, plastic is there for us when we need it. It provides water through pipes to our home and is an immeasurably useful material for our modern existence.

But what happens now it's being used universally and often unnecessarily? We need to recognise the extreme environmental challenge we are currently faced with on this planet.

So, to what measure does plastic play a part in our current environmental crisis?

Well, for every plastic bottle made it takes a quarter of that bottle's volume in oil to produce. So as oil stocks dive and Australia's plastics recycling rate floats at around 15% are we doing enough to make our futures sustainable? Is a material produced from oil really the answer for our future? Our dependence on fossil fuels cannot last forever and new methods for simple actions such as drinking water when not at home must be looked at by all of us.

To understand the present, however, it's important to know a bit of history about plastic.

Plastic has been part of our lives since the late 1800's. It was first made from plant-based materials (cellulose) and coined as a saviour to the natural environment. It was promoted as the "material of a thousand uses" as it could be moulded into anything and therefore became a substitute for natural materials such as wood, coloured glass and metal. Although a breakthrough plastics' developmental timing couldn't have been worse – dependent on coal for production, the Great Depression followed by the First World War stifled its advancement.

More than 100 years later plastics have become less of a luxury and more depended upon. When you actually stop and have good look around they are everywhere.

From the plastic lining of packaged foods, the construction of electrical goods, to the materials in the clothes we wear it is clear we have become unaware of the impact of this 'forever lasting' material?

We now have plastic food and drink packaging leaching chemicals into our bodies that are directly linked to such diseases as obesity and cancer. There is also the issue of 5 trillion partially degraded pieces of plastic in our oceans carrying pollutants up the food chain and onto our plates. We could also add the colossal growth of landfills with more holes being dug and filled with consumer waste potentially affecting groundwater and soil.

*Continued on Page 24*

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*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.**

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**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  
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**CAFE & CATERING**



## Bowraville Solution Brokerage

On 16 September 2016 the Head of Aboriginal Affairs NSW, Mr Jason Adler, declared **Building Community Resilience in Bowraville (NSW)** for resolution as a Tier 3 Solution Brokerage issue. This declaration aims to address issues adversely impacting community resilience, cohesion, healing, social harmony and quality of life for the whole of the community in Bowraville. This declaration is unique in that this Solution Brokerage was declared for the whole of the Bowraville community. This whole of community approach gives a great opportunity for the community to drive the coordination of agency services to achieve good community outcomes.

### ***What does this mean for the community of Bowraville and what is Solution Brokerage?***

Solution Brokerage is the coordinated management of critical issues and opportunities to bring about improved outcomes in Aboriginal communities. The declaration has triggered government agencies across all levels of Government to engage with local non-government providers and community representatives to address issues adversely impacting on community resilience.

There is a three tiered approach to Solution Brokerage. A three tiered approach to solution brokerage has been adopted to enable tailored responses to the complexity and scale of the issue. Tier One will be local or place specific issues that will be addressed through engagement with Aboriginal communities and other local stakeholders. Tier Two issues will be more complex local or regional issues and addressed through regional governance mechanisms.

**Bowraville: building community resilience** has been declared as a Tier Three, major policy reform integration, extraordinary or state-wide issues or issues that require directed agency response.



*The Officer in Charge of the Solution Brokerage for Bowraville is **Carolyn McNally**.*

*Carolyn is the Secretary for the NSW Department of Planning and Environment. Carolyn has led a major transformation of planning over the last 3 years including planning for a number of new housing release areas, significant policy and legislative reforms and is overseeing a renewed focus on working more closely with industry and the community to make the NSW planning system more responsive.*

*Carolyn has a very strong public sector reform background and has worked extensively at a senior level in Government including the Commonwealth Government in roles such as head of Regional Services, head of Infrastructure and Deputy Director General in Transport for NSW.*

On 29th November 2016 a Bowraville Solution Brokerage Community BBQ was held at Grants Hall. Secretary for Family and Community Services, Mr Michael Coutts-Trotter, Secretary for Transport, Mr Tim Reardon and Associate Secretary Mr Andrew Tongue from Department of Prime Minister and Cabinet attended the BBQ. The BBQ was very well attended by the local community and representatives from across government and non-government services.

There were many issues and suggested solutions raised at the BBQ. From all reports the BBQ was a huge success and provided a great launch pad to tackle the concerns in Bowraville.

*Continued on Page 25*

## 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](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](mailto: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.



4/11

## Bowraville Harvest Faith Family Church

511

A Word of Faith Pentecostal Church

**Church Services** - Sunday Mornings - 9.30am

**Prayer Meetings** - Sunday Mornings - 9.00am

### Faith Link Groups

Wednesday Evenings - Mixed at 7.00pm

Thursday Mornings - Ladies at 10.00am

### Ministry Training School

Enquiries and applications are invited for the  
Ministry Training School for 2017.

**Counselling is available** by appointment.

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



Pastor: Rev. Tom Fairhall

Mob: 0428 682 870

email: [bhffc2012@gmail.com](mailto:bhffc2012@gmail.com)

# Bowraville Kinesiology

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5/11



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# True Wellbeing: For Animals and People

Safeguarding the welfare of animals leads to positive human outcomes, such as companion animals contributing to physical and mental health, healthy farm animals (dairy and beef cattle) linked to higher productivity as well as quality and nature and wildlife strengthening the vitality and resilience of communities. These links show that we need to treat animals better not just for their sake but also for ours. Therefore, when assessing the success of a policy, a program or even a country we need to use alternative indicators of wellbeing beyond economic growth to take into account what really matters to people and those indicators should include measures that take conservation and animal welfare into consideration for the benefit of human and animal wellbeing.



By considering the non-economic benefits of animals and nature we envision a widening scope of what matters to us. The presence, interaction with and care for animals in our midst has profound impacts on human wellbeing. What we measure affects how we choose to invest our resources; and if our measurements are flawed, decisions are distorted. By linking human and animal welfare we show that treating animals well is important not just for their sake but also for ours. If we want the happiness and wellbeing benefits that animals provide we must act to properly recognize their value and include that value in our policies.

Pet keeping is a widespread and well-accepted phenomenon in today's society. As a nation of self-confessed "animal lovers" the Australian public shares their home with over 4.2 million pet dogs and about 3.3 million cats. These companion animals can play an enormous role in their owners' lives. As well as providing a source of companionship, support and entertainment, there is now substantial evidence to suggest that such animals may be able to promote their owners' health.

Companion animals have powerful motivating effects on their owners' commitment to physical activity. This influence results in increased exercise and time outdoors especially for the elderly. Recognition that animals may be able to bolster our physical and psychological wellbeing has resulted in widespread application of animal-assisted activities and therapies for patients dealing with a range of physical, developmental and psychological issues. Animal-assisted therapy, in particular, uses animals to improve the physical, mental, social and/or cognitive functioning of a patient. Examples of the calming effect of animals have been seen in studies with patients with Alzheimer's disease and in children with Down's Syndrome and Autism spectrum disorders, among others. Patients with seizure dogs benefit with canine companions naturally alerting patients, providing stability, and, as some parents of patients reported, a reduction in symptoms.

Along with companion animals nature and wildlife play a role in human health. Along with the psychological benefits there are also physical benefits resulting from access to nature. For instance one report found that people with access to nearby natural settings are healthier than other individuals and greater exposure to green space can even reduce the mortality risk. Time spent outdoors can also protect against health issues resulting from low levels of vitamin D (like heart disease and diabetes) by increasing levels of this important vitamin. It can also reduce the symptoms resulting from Attention Deficit Hyperactivity Disorders.

Animals also contribute to improved health as trained Service or Assistance Dogs (or occasionally other species) for people with physical, sensory, psychiatric, intellectual or other disabilities. These animals help people accomplish tasks that would otherwise be extremely difficult or simply impossible. Examples of work or tasks include assisting individuals who are blind or have low vision with navigation, alerting those who are deaf or hard of hearing to the presence of people or sounds, providing non-violent protection or rescue work, pulling a wheelchair, assisting an individual during a seizure, alerting people to the presence of allergens, retrieving items such as medicine or the telephone, providing physical support and assistance with balance and stability to those with mobility disabilities, and helping people with psychiatric and neurological disabilities by preventing or interrupting impulsive or destructive behaviours.

Ecotherapy, or interaction with nature and wildlife in the broadest sense, helps patients and the effects can span from a boost in mood and self-confidence to stimulating physical activity.



So, if you're looking at your bottled water, computer or meal differently right now that's a good thing. We all need to start looking at plastic a little differently.

Thankfully new advances in the areas of 'Bio' plastics are making strong headway into the production of sustainable plastics and more and more organisations are opting for these more sustainable options. They are using everything from corn to prawns to develop a mass produced 100% naturally biodegradable plastic and fingers crossed it will be readily available in the next decade or so. Is that too long to wait? The answer is no but only if we all refuse plastic where ever possible.

So how can you be part of the change? We all need to put extensive pressure on the plastics industry. The easiest way to effect an industry is through economics. People's purchasing power drives markets that sustain industry. Put simply, if you want a better world, buy it.

- This article is a summary of an article by Waste Free Futures.



## Pasture and Grazing Management Course

Offered by the North Coast Local Land Services this three day course will be presented by Judi Earl and Lewis Kahn.

Judi has extensive experience in how grasslands and pastures respond to grazing and fertility management and is a widely respected speaker on these matters.

Lewis is the senior author of the definitive field guide to Recognising the Pasture Plants of the Slopes and Tablelands of NSW.

The course will likely be conducted from the Macksville Showground and will include a half day in the field assessing pastures.

Dates are 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> February, 2017. The course is free and morning and afternoon tea and lunch will be provided. Numbers are limited.

If you would like to register please do so by email to: [geoff.lemessurier@lls.nsw.gov.au](mailto:geoff.lemessurier@lls.nsw.gov.au)



Geoff LeMessurier  
Senior Land Services  
Officer  
North Coast Local Land  
Services  
[www.northcoast.lls.nsw.gov.au](http://www.northcoast.lls.nsw.gov.au)



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## Bowraville Solution Brokerage *continued from page 21*

The complete list of the Bowraville Solution Brokerage Community BBQ: Issues and Solutions can be found on the following pages, below are some of the key concerns raised:

- Culturally appropriate health services and programs for the community
- Limited public transport services that have led to a feeling of isolation
- Appropriate housing for multi-generational and growing families
- Education and training opportunities that lead to local economic pathways
- Aged care services and culturally appropriate facilities for Aboriginal elders
- Youth services and programs
- The number of children being removed who are not reconnected with family and the impact this has on family and community

A suggestion put forward is to allow students to use their school bus pass to get to Nambucca, Macksville and Coffs to access sport, leisure and job opportunities. This has now been resolved and a trial has begun with the endorsement of the Department of Transport.

On the 19th of January, the Bowraville Solution Brokerage Health Working Group met and to discuss the health related issues raised by the community at the BBQ. One recommendation to come out of the Parliamentary Enquiry was to establish two Mental Health specialists in Bowraville. The Mid North Coast Local health District has employed two new clinicians to work in Bowraville. The new staff will be providing services at Phoenix as a temporary measure until a more permanent site is made available.

A major issue raised regarding health was to re-establish a primary health care service within Bowraville. A local Aboriginal Health Service Delivery structure falls under this issue. A suitable building within Bowraville is being investigated to provide medical services for the community. Local, State and Federal health stakeholders are investigating the most appropriate pathway to achieve this goal.

A Bowraville Community Action Group is the process of being established to ensure that there is accountability back to the Bowraville community. The Terms of Reference and the governance arrangements will be workshopped in February, for more information on the development of the action group please contact [Kristy.Swain2@aboriginalaffairs.nsw.gov.au](mailto:Kristy.Swain2@aboriginalaffairs.nsw.gov.au) .



*Many in the community will know **Kristy Swain**.*

*Kristy is a Senior Project Officer with Aboriginal Affairs NSW. She has been working in the Solution Brokerage Bowraville Project Team since the declaration by the Head of Aboriginal Affairs in September 2016. Kristy has an extensive background in project and contract management and worked for many years in policy with the Department of Human Services. She assisted with the coordination and management of the Police Commissioner's visit to Bowraville in August 2016 and the community BBQ held in November 2016.*

As the Solution Brokerage progresses the team will aim to keep the community closely informed of general progress and achievements. We will accomplish this through community meetings, engagement and the Bowraville Community News.



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

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".  
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 Tewinga studio and office: 02 6564 7777 email: admin@2nvr.org.au