

Bowraville Community News



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the Bowraville Technology Centre and printed by Bowraville Central School.
www.bowraville.nsw.au



FEBRUARY 2016 - ISSUE 137

FREE

CIRCULATION 350

POSTCODE 2449

Wild storm rips through Bowraville



On Saturday 23rd January a severe storm hit Bowraville around 1.30pm and then continued on to Valla.



Buildings in Bowraville as well as some houses lost part of their roofs as the furious storm swept through the Nambucca Valley. Trees were uprooted, buildings damaged and debris was strewn everywhere you looked.

All this destruction happened in just 15 minutes.

The Bowraville Fire Brigade was quick on the scene and had assistance from Macksville and Kempsey Fire Brigades. They did a great job covering roofs and removing fallen trees around town later that afternoon and into the evening.

On Monday the Nambucca Shire Council went around cleaning up branches and leaves that were still lying on the roads around Bowraville.

Thankfully there was no loss of life and no reports of injuries.

BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 300 COPIES

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

NEW 2015/16 ADVERTISING CHARGES:

Bowraville Community News is produced every month, except January.

Annual subscriptions includes 11 issues.

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

DEADLINE FOR COPY FOR THE MARCH 2016 ISSUE IS: 5:00PM 16TH FEBRUARY 2016

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

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

BOWRAVILLE TECHNOLOGY CENTRE

39 High Street, Bowraville NSW 2449

Telephone: 6564 7420

Facsimile: 6564 7520

e-mail: admin@bctc.com.au

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

Bowraville Technology Centre

Open 9.30am to 4.00pm

Weekdays

Internet Services

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

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

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

Facility Hire

Main Computer Room — Up to 6 computers plus trainer's computer or access port for laptop or another PC. Data projector (if required) - connected to trainer's PC. Whiteboard (if required). High speed internet access -14mb ADSL. Full HD TV connected to network.

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

Full day up to 8 hours - \$100.00

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

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

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

Full day - up to 8 hours \$40.00.

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

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Bowraville Technology Centre

39 High St, Bowraville Ph. 02 6564 7420

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- Volunteers Welcome*

New Shop opening in High Street

Keep your eyes open for an exciting new shop opening on High Street this week, Colour Cloth Clay. Colour Cloth Clay is a creative space for artists to exhibit and sell products and share knowledge and skills. It showcases local art including clay jewellery, naturally dyed clothing, ochre artworks and hand-woven basketry. Pop in and say hi Wednesday to Saturday mornings 9:30-12:30. They will also be running a two part natural dye workshop on Saturdays the 5th and 12th March. Get in touch early to book your place for more information call Carly 0401738896.

Bowraville Racecourse

The next race meeting at the Bowraville Racecourse will be held on Saturday, 5th March 2016.

Bowraville Garden Club

This year we celebrate our 22nd year, meeting on the 2nd Saturday of each month, varying our meeting venue in Bowraville and beyond. A committee meeting was held in January to formulate this year's program which has not been finalised. Members will be notified of the venue for February. We welcome new members to this socially based garden club. Contact 6564 7039.

Bowraville Hospital Auxiliary (UHA)

All Bowra UHA members were thrilled to receive the Nambucca Australia Day Award for Service to the Community. This organisation commenced when the Bowraville Hospital closed and Macksville District Hospital was built to service the Nambucca community. Raffles street stalls and social events raised funds. The immediate past president and secretary each held office for over 30 years. Present members continue with these functions but now man the Hospital Car Park Café so that where once an annual gift to the hospital may have been \$2,000 now it is regularly over \$20,000. Once again we are

asking for volunteers to join this dedicated band of volunteers, training is available. Our next fundraiser will be a morning garden party at the home of well know Bowraville artist Myffie Coady who as past president of the Bowra Film Society and member of the Bowra Garden Club is happy to provide a venue for this fundraiser – thank you Myffie. Our next meeting will be at the home of Secretary Isabelle on Friday 26th February at 1.30pm with afternoon and fellowship to follow.

Bowraville Recreation Club

To start 2016 events, first congratulation go to all the volunteers who have given many hours to this facility over the summer.

Golf - Women golfers especially thank the Good Samaritan who is mowing their tees. New casual rates for golf are for nine holes, members \$8 and visitors \$10; and for 18 holes \$15. There is a weekly nine hole chook run open to all. Men golfers have continued through the summer with their Saturday competition where women are also welcome. Jim continues with his sausage sizzle and the Presso serves up a snack for those staying to socialise. Women Golfers commence their yearly competition on Thursday, 4th February with a 9 hole introduction followed by a general meeting then 18 holes from the next Thursday.

Bowls - Pennants comments in March so we all need the February practice. Good fields have been turning up for Thursday afternoon bowls and some novelty events have been planned. Foursomes Championships commenced late January. Bowlers are displaying a monthly calendar on the notice board inside and other relevant notices on the big outside blackboards so please check for bowls news. Lady bowlers have been in recess and have as yet not finalised their day of play. For any more

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 ~

5/11

BOWRAVILLE PHARMACY

31 HIGH ST BOWRAVILLE

PH: 6564 7925

FAX: 6564 7364

Monday to Friday 8.45am - 5.30pm

Saturday 8.45am - 12 noon

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5/11

Weekly Activities

MONDAY

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

TUESDAY

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

WEDNESDAY

BOWLS, Ladies 10am at Bowraville Recreation Club (6564 7349)
AL-ANON 7.30pm at rear of Salvation Army Hall in Macksville, entrance is Nambucca Street (6568 2305)
MEAT RAFFLE DRAW 6.30pm pm Bowraville Ex-Services Club (6564 7304)

THURSDAY

COMMUNITY GARDENS 9am to 1pm Gardening Q&A, swap contact Greg Field on 0448869545
PLAYGROUP at Bowraville Central School 10am-1pm Contact Lori Wilson on 6564 8256.
GOLF Ladies 18 Hole, 9am Bowraville Recreation Club (6564 7349)
BINGO 11am Bowraville Ex-Services Club (6564 7304)
BOWLS 1pm Men's Social at Bowraville Recreation Club (6564 7349)
DARTS 7pm Social at Bowraville Ex-Services Club (6564 7304)

FRIDAY

POTTERY at Phoenix Pottery Studio, 9.30am-3pm. Contact Judi Belbin on (6568 9105).
RAFFLE & MEMBER DRAW 6.30pm at Bowraville Ex-Services Club (6564 7304)
FRIDAY RAFFLE and MEMBERS DRAW Bowraville Recreation Club plus Bistro (6564 7349)

SATURDAY

GOLF Men's 9am at Bowraville Recreation Club (6564 7349)
BOWRA COUNTRY MARKETS (2nd and 4th Saturdays) 8am – Noon Bowraville Community Centre. For as stall or more info call Jim on 6564 7670
BOWLS 1.30pm Mixed Social at Bowraville Recreation Club (6564 7349)
FREE POKER 2pm Bowraville Recreation Club (6564 7349)

SUNDAY

EUCHRE 1st, 3rd, 5th Sunday 10am at Bowraville Ex-Services Club (6564 7304).
AL-ANON 8pm at rear of Salvation Army Hall in Macksville, entrance is Nambucca Street (6568 2305)
FREE POOL 6.00pm to close at Bowraville Ex-Services Club (6564 7304).

ACTIVITIES ORGANISERS

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

TECHNO CLUB OPEN TO EVERYONE

The **Techno Club** is open to **anyone** who would like to learn more about **technology** – computers/internet, mobile phones, emailing, social media, using digital photography with computers, assistance with using your home computer, ipads, tablets, etc.

If your computer requires servicing or has issues, you need to make a booking and there will be a minimum fee of \$25.

Absolute beginners are most welcome!

TECHNO CLUB
TUESDAYS 2.00 - 3.00pm
with **Graeme** and
THURSDAYS 10.30 - 11.30am
and **1.30 - 2.30pm** with **Mark**

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

For technical issues
please contact BTC for an
afternoon booking.

**You can also ring the
Bowraville Technology
Centre on**

6564-7420



Special offer to community groups

Save on paper and ink!
Email your poster and we will place it
on our big screen TV for only \$1.00.
Your poster will remain on the big
screen until your event or promotion
has finished.

From page 3

information contact the Recreation Club on 6564-7349.

Friday Friendship

An easy, light-hearted friendship group which meets to share meditation, social chats, enjoy crafts and discussions of various topics. Friday Friendship focuses on lightness and caring. BYO lunch with tea and coffee available. All welcome—it's every Friday 11am to 2pm. No obligation to be there for 3 hours but a need to respect group meditation time of 11.30am to 12noon. This is intended as a not for profit event but a gold coin donation would be appreciated to cover refreshments, printing and craft supplies. Surplus monies will be donated to a local cause.

Located at: 35 Bowra Street, Bowraville. Contact: 6564 7908 or 0400 828 471.

Bowra Access Bus *(more info on page 18)*

Coffs Harbour, Bellingen and Nambucca Community Transport is now offering a community access bus in the Bowraville area.

This is a door-to-door service that will bring you into Nambucca Town Centre for \$2. The bus runs every second Friday and pick-ups will start from 8.30am and will return at 2pm from Nambucca Heads.

Seats are limited and childcare restraints can be fitted if required - when booking your seat please give pick-up address, if you require child restraints, age of child/children and contact details.

To book a seat or for any further information please ring Community Transport on 6568 3250.

If you catch the Bowra Access Bus then you can be dropped off at the **C3 Food Hub**, located at the Community Centre, Corner of Ridge Street and Creek Street Nambucca Heads (down behind the Police Station) - see following listing for details.

C3 Food Hub at Nambucca Heads

Continued on Page 15

Guided Meditation Group Class – Weekly on Tuesdays

Bowraville - 7pm evenings on Tuesdays
for 1 hour .

Guided Meditation experience and social meeting.

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

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

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BOWRAVILLE

HEALTHCARE CENTRE

Dr Edwina Guard MBChB BSc FRACGP

29a High Street Bowraville

Ph: 6564 7555 Fax: 6564 7505

email: edwinaguard@yahoo.com.au

Surgery Hours

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BIRRR - 'Better Internet for Rural, Regional and Remote Australia'

This is a Facebook group that provides access to a fantastic range of tips, links, resources and contacts. <https://web.facebook.com/groups/BIRRR/>

Connecting online can help prevent social isolation in older people

The Conversation has an interesting item about how social networking can benefit older people. <http://theconversation.com/connecting-onlinecan-help-prevent-social-isolation-in-older-people-50314>

A Guide to Protecting Yourself from Online Harassment

A guide to managing your internet privacy - it's a good resource for people concerned about stalking, harassment and threats.

<http://www.kotaku.com.au/2015/01/how-to-protect-your-information-from-theinternet/> For a deeper guide go to <https://onlinesafety.feministfrequency.com/en/>

Better Internet for Rural, Regional and Remote Australia Survey

BIRRR is running a survey of internet availability for people in rural areas using mobile broadband (3G/4G/wireless/Next G) and Satellite connections (all types). At <http://www.tinyurl.com/BIRRRSurvey15>

Cybercrime cost Australians \$1.2 billion The numbers are stunning - four million Australian Internet users caught and the average cost 14 hours and \$325 per person dealing with the impact of cybercrime last year. The reasons too are stunning - people are still not using elementary cyber-safety procedures like using secure passwords or recognising phishing emails. [http://www.itwire.com/business-it-news/security/70453-cybercrime-costs-australians-a\\$12-billion-in-just-one-year](http://www.itwire.com/business-it-news/security/70453-cybercrime-costs-australians-a$12-billion-in-just-one-year)

Microsoft Digital Literacy Course - Free

This five module course takes someone from a complete computer beginner to capable of using all the everyday functions - computer basics, the internet, productivity programmes and computer security. It's online and self-paced. <https://alison.com/courses/MSDL-FULL>

NBN to provide extra 40,000 fixed wireless services to free up some satellite space

The new long term satellites are not even yet providing retail services and already there are concerns about capacity. Now NBN has announced that 40,000 premises in regional areas (but they haven't said where yet) will be shifted into fixed wireless <https://delimiter.com.au/2015/12/14/nbn-co-shifts-40k-premisesfrom-satellite-to-fixed-wireless/>

Training Resources – Photoshop

Adobe has a great range of tutorials on Photoshop for everyone from beginners to professionals. <https://helpx.adobe.com/photoshop/tutorials.html> If you want a quick tutorial that will get you started using the 12 most useful tools: <http://blog.hubspot.com/blog/tabid/6307/bid/34010/How-to-Use-Photoshop-The-Ultimate-Guide-for-the-Design-Impaired-Marketer.aspx>

Australian Communications and Media Authority warns Android users of malware

This malware, called Marcher, starts with a harmless looking SMS - you have unread incoming MMS message. To view the message please install Adobe Flash Player, click the link to continue. The malware collects your banking credentials and it is being reported as one of the top 5 at the moment. <http://acma.gov.au/theACMA/engage-blogs/engage-blogs/Cybersecurity/Dont-get-infected-by-Marcher-malware-targetting-Androiddevices>

Bowraville & District Ex-Services Club
6564-7304



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FEBRUARY PROGRAM at the

BOWRAVILLE THEATRE

Saturday, 13th February at 7pm — The Theatre is delighted to bring you **FLICKERFEST**. This is the first time for us to host this prestigious show so we are making it a very special evening. Our lovely Cafe and Wine bar will be available to our patrons so come along and view the programme we have chosen. We decided that the programme 'Best Australian Short Films' was most suitable for our audience and hope you will agree with our choice. The films to be shown are outlined on Bowraville Theatre Facebook page and also on our website bowravilletheatre.org.au.



FLICKERFEST select the best from hundreds of previously unseen films to give all those unknown writers a chance to showcase their work.

Please come along and bring your friends to enjoy the show and our **GALA** evening. We would love to see you. Entry is \$15 at the door. You can book by phoning the Theatre on 02 6564 7808.

- Dale Evans

Bowraville Film Society News

Saturday, 27th February Doors open at 6:30 for 7:00 screening. Please bring some delicious nibbles to share before the film begins.

A short Mickey Mouse film will be followed by **The Magic Christian** (1969) - Sir Guy Grand, the richest man in the world, adopts a homeless boy, Youngman. Together, they set out to prove that anyone - and anything - can be bought with money. Director: Joseph McGrath; Writers: Terry Southern and Joseph McGrath. Starring: Peter Sellers, Ringo Starr, Isabel Jeans.

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

- Marion Syratt.

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5/11

MARKETS CALENDAR

| DAY OF MONTH | MARKET LOCATION and TIMES | CONTACT DETAILS |
|--|---|-----------------|
| THURSDAY Every Thursday | Coffs Coast Growers Market, City Square, Harbour Dr. from 8am to 2pm | 6648 4087 |
| FRIDAY 1 st , 3 rd & 5 th | BELLOPY ORGANIC FARMERS MARKET from 8am to 1.30pm The largest 100% organic market in NSW. Bellingen Showground | 0415 525 903 |
| SATURDAYS 1 st Sat (<i>bi-monthly even months</i>) | VALLA BEACH COMMUNITY MARKET from 8am to 1pm | 6569 5410 |
| 1 st | Kempsey Riverside Markets, Riverside Park from 8am to 1pm | 0456 658 979 |
| 1 st & 4 th | Marine Rescue Charity Market, Woolgoolga Beach from 8am | 6654 0447 |
| 2 nd | South West Rocks Market, Horseshoe Bay Reserve from 8am to 12 noon | 6562 6671 |
| 2 ND & 4 TH | BOWRAVILLE COUNTRY MARKET Bowraville Pioneer Centre from 8am to noon | 6564 8742 |
| 2 ND & 4 TH | MACKSVILLE PRODUCERS MARKET , Riverbank Park | 6568 3844 |
| 2 ND & 4 TH | BELLINGEN NATURAL PRODUCE MARKET from 8am to 1pm Bellingen Showground | 6655 1279 |
| 3 rd | BELLINGEN COUNTRY MARKET , Bellingen Park from 8am to 3pm | 6655 2151 |
| 4 TH | Gladstone Trash & Treasure Market - 8.30am to Noon | 6567 4203 |
| SUNDAYS | | |
| Every Sunday | Coffs Harbour Markets, Jetting Shopping Village from 8am to 2pm | 6652 3813 |
| Every Sunday | Harbourside Markets, Coffs Jetty Foreshore from 8am to 2pm | 0407 661 990 |
| 1 st | Coffs Harbour Lions Boot Markets, Coffs Jetty Foreshore 7am to 1pm | 0417 704 588 |
| 2 nd | Plaza Market, Nambucca Heads Plaza from 8am to 1pm | 6568 9655 |
| 3 rd | Gladstone Community Market, Memorial Park from 9am to 1pm | 0499 155 312 |
| Last Sunday (<i>bi-monthly even months</i>) | FUNKYA @ UNKYA MARKETS from 8am to 2pm Unkya Reserve, Eungai | 0425 205 737 |

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4/11

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11:30am - 2:00pm and 6pm - 8pm
LUNCH & DINNER
Sunday
11:30am - 2:00pm and 5.30pm - 8pm

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33 HIGH STREET, BOWRAVILLE
Ph. 6564 7041 Fax. 6564 8471

5/11



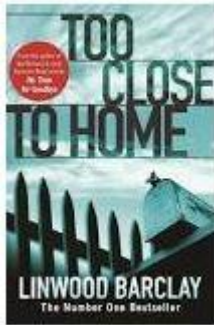
BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

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

Too Close To Home

by Linwood Barclay

Too Close to Home is about the murder of the Langley family who were neighbours and friends of the Cutter family. Derek Cutter and Adam Langley are teenage boys and good friends. When the Langley's leave for a holiday, Derek remains hiding in the house aiming to use it as a place to meet his girlfriend but before she arrives, someone else does and kills the entire family. For obvious reasons Derek doesn't tell anyone that he was there. As the police investigate the events and why they occurred, skeletons start to come out of the closet and secrets are revealed. It all traces back to a novel that was on a dead student's computer, given to Derek and Adam by the boy's mother. Quite a few twists and turns – I enjoyed it.



force and the fire investigation unit we meet O'Donnell, her police partner. Interspersed throughout the comings and goings of Reena's personal and work life are the thoughts of a psychotic, very angry, vengeful man who, unknown to Reena, has been keeping a careful eye on her year after year after year.

This is a 'whodunnit' based around the interesting and bewitching behaviour of fire, stir in some romance, add a murder or two and it's quite a bearable novel.

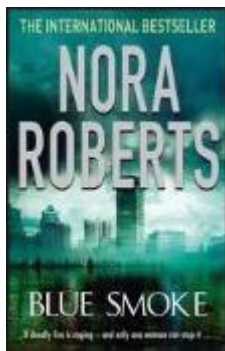
The Woods by Harlan Coben

I really enjoyed the twists and turns of this novel, thought I'd figured out where the plot was going and pleasantly discovered I couldn't predict it 100%. Paul Copeland is the county prosecutor for Essex. Twenty years previously his sister had been one of 4 teenagers who walked into the woods, at a summer camp, and didn't come out. Two bodies were found at the time but the remaining two were never seen again. Cope, as he is now known, is a widow, raising his 6 year old daughter alone. When a homicide victim is found with evidence linking him to Cope, things in Cope's life begin to unravel and buried secrets threaten the prosecutor's family. Cope has to decide what is better left hidden and what truths can be brought forward. He will have to decide whether to stand by his moral code or make decisions that challenge his ethics.



Blue Smoke by Nora Roberts

This novel starts with young eleven year old Reena Hale witnessing the destructive fire that burns down her parent's pizza restaurant. From that point on Reena knows she wants to be a fire investigator and goes about her education with that goal in mind. Along the way we get to know her mixed Anglo-Italian family (mostly Italian – stereotypically largely extended, close-knit, loud, affectionate etc). Her mentor from an early age is, Minton, the investigator of the pizza restaurant arson. As Reena progresses through study to entry into the police



- These books reviewed by BTC Volunteer, Raewyn.

BOWRA POST & COLLECTABLES

27 High Street, Bowraville ♦ Telephone: 6564-7169

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

BANKING FACILITIES – Agents for CBA, NAB, St. George, Westpac + various Credit Unions (not BCU)
(check with your Bank for charges)

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

COUNTRY LINK - Book your tickets by phone then pick up here at Bowra Post Office

DRY CLEANING AGENT – Drop off and Pick up

Become a V.I.P Customer - Spend \$30 or more in the Giftware (ex Aust Post stock) and receive a free coffee at ...

THE MAD HATTERS TEA GARDEN

Monday-Friday 9am - 5pm ♦ Saturday 9am - 2pm

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

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MONTHLY MYSTERY GIFT DRAW

5/11



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PHONE: 6564 7925 or FAX: 6564 7364

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





Bowraville Lions Club Inc News Bulletin



THANK YOU FROM THE BOWRAVILLE LIONS CLUB AND SANTA

The letters to Santa prove to be still popular with the children of Bowraville.

The Bowraville Lions Club look forward to offering this community service again next Christmas.

CHILDRENS STREET PARTY

The Christmas Street Party for children which was once again sponsored by Dr. Guard was a fantastic afternoon and kids and adults alike enjoyed the Lions Club Sausage Sizzle plus hot dogs and pop corn.

Our fairy floss machine has had some teething problems but we are getting this sorted out and look forward to having this available at future events.

VALLA FAIR 2016

The Valla Lions Club held their Annual Fair on Sunday 3rd January and invited the Bowraville Lions Club to come along with our pop corn and fairy floss machine as a fundraising project.

Despite problems with the fairy floss machine it was an enjoyable day and the popcorn proved very popular. Thanks to Nambucca Party Hire who have kindly offered to fix our fairy floss machine and make some improvements to it.



PLEASE SAVE YOUR USED STAMPS

The Lions Club of Bowraville is collecting and bundling used stamps which are sold at auction. The proceeds are donated to the Lions Children Mobility Foundation that helps fund the famous Harte walker that allows children with Cerebral Palsy to move around.



Australian Lions Children's Mobility Foundation
"Walk with Pride"
Australia, Papua New Guinea, Norfolk Island

LIONS CLUB MEMBERSHIP

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

For example, did you know that as an associate member you can help out at any of the Lions activities that interest you without the need to attend every meeting? Membership fees are surprisingly low and can be paid either yearly or 1/2 yearly.

How do I Join?

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

President: Kerrie Savins - 0412248044
Secretary: Louise Richards - 0437066963

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

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

Lions Club Raffle held each Thursday night at the Bowra Hotel.

Grow your own frogs

It's been eight years since the *Year of the Frog* was declared and a new international conservation action plan launched.



Back then 500 zoos around the world enlisted to take part in an amphibian "Noah's Ark" where most vulnerable species were moved to protected areas within aquariums and other institutions around the world to guarantee their future survival. Yet in 2015 the dramatic population decline of frogs continues with predictions that half of the world's species will be extinct in twenty years. It sounds an ominous note not just for all amphibians but the human species as well.

What a waste to lose these creatures that consume and help control insects and are themselves an important food source for birds, snakes and other organisms in the food web.

Frogs, researchers tell us, are 'bio-indicators' for the environment – they are especially sensitive to pollutants and pesticides and as a result they have fallen victim to pathogens including fungi, viruses and bacteria, wiping out entire populations.

What can gardeners do? By incorporating ponds it is gardeners who are in a position to restore and maintain a local population that once might have occupied uncultivated land. Since the 1980s frogs have disappeared fast from our suburbs - a direct consequence of habitat destruction, pollution, pesticide use and even artificial light (it attracts insects away from frog territory). We owe it to them to get back to basics and try to put water into our gardens.

A pond is not difficult to create - an extra large pot filled with water and a couple of water plants added with soon be the latest attraction in your garden for birds, bees and frogs.

Given the permeability of amphibian skin and their general sensitivity it goes without saying that for a pond to be a frog haven it is essential that your garden stays free of chemicals – products like Roundup and Zero (the commonly used herbicide glyphosate), malathion or carbaryl all greatly increase tadpole mortality. Slug pellets should be banned and won't be necessary anyway since frogs will eat up all available slugs.

And don't be impatient - frogs aren't meant to be shipped in, rather better to set up the right conditions perhaps even some shallow shelved areas where they can do their basking and they'll soon turn up.

- Sustainable Gardening Aust.

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**

5/11

The year ahead for Bowraville

The Bowraville Chamber is pushing ahead in plans for a camping ground in Bowraville.

Based on the success of the primitive camping ground at Gumma we would like to see a similar thing here in Bowraville to cater for the growing number of families and retirees looking for somewhere to park their caravans and camper vans for a night or two to enjoy our town.

The most favored site is the Lions Park in Park Street. This site already has toilets and a good area to park a van.

We have support from a caravan and camping club and we look forward to having this become a reality this year with help from Nambucca Shire Council.



bike track from Lanes Bridge to the Lions Park.

More information on this in the next newsletter.

Bowraville Chamber Committee

President: Mark Scott

Vice President: Max Duncan

Treasurer: Wendy Cole

Secretary: Cherie O'Donohue

Tidy Towns committee: Robyne McGinley and Mark Scott

Public Officer: Cherie O'Donohue

Contact Chamber M: 0428527545

chamber@bowraville.nsw.au



Chamber meetings

Due to the Australia Day holiday the regular meeting of the Chamber has been deferred until Tuesday, 9th February.

It will be held at the Bowraville Ex-Services Club in High Street from 5.30pm.

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.



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 barrmarranygu yilaami,manggagirr maana darrunda guunu julgaaganybiin.gu.”

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

MiiMi Information

SERVICES

MONDAY

INTERRELATE

Counseling Services



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

TUESDAY

New Horizons - 5632 4804

Wesley Youth Accommodation - 6652 7124

HEALTH CLINIC

9.30am - 12.30pm

All Mum's and Bubs Welcome

FAMILY LAW ADVICE

1st & 3rd Wednesday of the Month

10am - 11.30am

Bookings Preferred 6651 7899



LEGAL AID

10am – 12pm

1st and 3rd Thursday of the month

Bookings Preferred 6651 7899



Fortnightly Financial Counselling

10am - 11am

Bookings preferred 1300 662 540



MiiMi Aboriginal Corporation
90 High Street
Bowraville

Phone 02 6564 8855

Email: admin@miimi.org.au

Website: miimi.org.au

5/11

Desert Power Pty.Ltd trading as

Dave Recklies Electrical

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Commercial and Industrial



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davidrecklies@bigpond.com

Owner Operator with 20years experience

8/11

“ARCTick No. AU26454”

Pool Safety Signs available at the BTC

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

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

AMAN

With

AVAN

Nambucca Valley

MINI MOVE SPECIALIST

HIRE

A MAN WITH A VAN



6564 8375 or 0458 990 904

10/11

Insured ABN 87 009 289 943

WHAT'S HAPPENING IN BOWRA

From page 5

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

Hot Chocolate Talk

Every 1st Saturday of the month at 2pm there is a ladies group at the Mad Hatters Tea Garden in High Street, Bowraville (next to the post office). We have speakers, about different themes, who are interesting for women of every age. We also have some live music, singers, guitar or flute etc. This group is supported by the Christian Life Centre (Nambucca Heads) and the Arena of Life Ministries (Bowraville) so we also have religious themes but every lady is welcomed. Hot Chocolate Talk is an opportunity to meet new ladies from the area - to have a chat, a cuppa and make new friends. The cost is a hot chocolate or whatever you like to order. Like to know more - call Christine on 6564-7160.

Join the Bowraville Film Society

The Bowraville Theatre's Film Society is a sub-group of the Bowraville Arts Council (BAC) and for membership of both the BAC and the Film Society you have the option of viewing 15 foreign and art house films for no further cost.

Gold Coin Donation Class

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

Playgroup at Tallowood Steiner School

Tallowood Playgroup is held every Friday (except in

Continued on Page 18



Specialising in . . .

- ❖ Ladies and men's cuts
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- ❖ Colouring
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- ❖ Body waxing
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Discounts for seniors

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



6/11

Bowra Laundromat

Cnr High & Belmore Streets

**NEW Token Operated Washing
Machines & Driers.**

Tokens available at Pub and Newsagent

Commercial Washers and Dryers

Enquiries: ph 6564 7401



5/11

NSW Seniors WEEK

1st-10th April

TECHNO SENIORS 2016

Bowraville Technology Centre Free Courses for Seniors

| | |
|---|---|
| INTRODUCTION TO WINDOWS 10 Monday, 4th April @ 10am | SOCIAL MEDIA (Facebook) Monday, 4th April @ 1pm |
| MICROSOFT OFFICE - Publisher Word & Excel Tuesday, 5th April @ 10am | A GUIDE TO TABLETS and iPADS Tuesday, 5th March @ 1pm |
| INTRODUCTION TO DIGITAL PHOTOGRAPHY Thursday, 7th April @ 10am | HOW TO USE DIGITAL PHOTOGRAPHY SOFTWARE Thursday, 7th April @ 1pm |

Bookings: BOWRAVILLE TECHNOLOGY CENTRE ~ 6564-7420

NAMBUCCA VALLEY PHOENIX LTD

An Australia Disability Enterprise (ADE) offering a supported workplace

Property Maintenance

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

- Work Crew**
- Assistance in domestic tasks
 - End of lease clean
 - Rental & home repairs
 - Lawn mowing
 - Garden maintenance
 - Building maintenance
 - Furniture assembly
 - Rubbish removal
 - Sulo bin cleaning
 - Gutters cleaned
 - Driveway cleaning
 - Repairs and painting
 - Replacing fly screens

no job too big or small



Money spent in the valley... stays in the valley

P: 02 6564 7677

Café

Open Monday to Friday

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

Phone: 6564 7677



Morning Tea: Coffee & Cake Specials

Lunch: Sandwiches, Wraps, Burgers, 'Special of the Day'

Dietician approved choices

Catering

menu

Sandwich, Wrap or Roll Platter

Locally baked bread with selection of fresh fillings

Hot Savoury Platter

Mini pies, sausage rolls, spring rolls

Scone Platter

Sweet - with jam and cream or Savoury

Cheese Plate

Fruit Platter

Fresh seasonal fruit

Sweets

Home made slices and cakes

Other: Roasts, Soups or your choice

Orders must be in by noon the day before



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

Supporting us helps us support people with disabilities in the Valley

Phoenix Gallery & Treasures

Bowraville

Money spent in the Valley, stays in the Valley

THE STORE FOR BETTER BARGAINS



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



Open Monday to Saturday

Phone: 6564 7677



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

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

Nambucca Valley Radio, 2NVR 105.9FM

2NVR 105.9fm proudly announce the next 'Studio 3 Live' gig on Friday 19th February, 6-8pm at 834, Rodeo Drive, Tewinga: 'FRAYMED'

Fraymed formed, in Kempsey, as 3 Blind Mice in 2014. Having completed their first album in September 2015 they discovered another band of that name with released product in the UK so changed their name to Fraymed. The last 18 months of touring has seen the band pick up new fans at a constant rate while playing up and down the NSW Mid North Coast. The band has its sights set on Melbourne this year in order to try and win over Australia's cultural and artistic centre.

Touring and more touring in support of their album, "Out of the Fire", is what is in the band's immediate future in addition to writing for the next album.

The band consists of Mark Johnson (Guitar/Mandolin/Vocals), Peter Ball (Bass/Keyboard/Vocals) & Gary Habgood (Drums). Mark moved from Sydney with a hefty music CV including touring nationally with various show bands and performing with Dave Evans (ex AC/DC) and guitar legend Phil Emmanuel. Groove Master, Gary is also an ex Sydney boy where he played the music scene for decades with bands like 'On the Prowl' who were ex 'Ol 55'

Pete, a Kempsey boy, is the youngest but by no means less talented than his counter parts. He is a well known bass player & classically trained pianist, adding another dimension to the band.

Come on, pack some nibbles and something to drink and be part of the live studio audience, food also available for donation. Fabulous and free, local and live entertainment at Studio 3 Live. You can also listen to the show on 105.9fm or stream to your device via www.2nvr.org.au

2NVR new online Gig Guide

2NVR now has a gig guide on www.2nvr.org.au check it out and, while you are there, download your program guide, submit a community announcement and find out more about your community radio station. Follow us on facebook.com/radionambucca. If you would like to add a music gig to the 2NVR website, just email the details to calendar@2nvr.org.au



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7 DAYS

5/11

Lawsuits against Chemical Agriculture Product Producers Begin

Reuters reports that law firms throughout the U.S are gathering numerous plaintiffs who are alleging exposure to Monsanto's weedkiller Roundup has caused them cancer.

Farm workers from several states who have cancers of some sort, some of a similar nature, have started lawsuits claiming glyphosate a key ingredient in Roundup has caused them cancer. They further claim that Monsanto "falsified data" and "led a prolonged campaign of misinformation" to confuse the public.

Attorneys are citing strong evidence that links glyphosate to non-Hodgkin lymphoma and said they will likely collaborate as mass tort actions against Monsanto.

"We can prove that Monsanto knew about the dangers of glyphosate," said Michael McDivitt, whose Colorado-based law firm is putting together cases for 50 individuals. "There are a lot of studies showing glyphosate causes these cancers."

Roundup is used by farmers, homeowners and others around the globe and brought Monsanto \$4.8 billion in revenue in its fiscal 2015. But questions about Roundup's safety have dogged the company for years.

As people wake up to the fact that chemical agriculture is clearly not safe the good news is Monsanto is facing slumping earnings and has recently announced it will eliminate 12 percent of its workforce. Not good for workers but great for the health of people and the planet.

The good thing is Certified Organic products do not come with any worry about whether glyphosate was used. It is a banned product in organic farming therefore your body and the farmer who produces the food is safe from these harmful chemicals. Regular and consistent reviews of farm practices ensure our food is produced exactly the way nature intended.

Keep it safe and buy organic.

- santosorganics.com.au

WHAT'S HAPPENING IN BOWRA

From page 15

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

Bowraville Uniting Church and Op Shop

Our Christmas service was held on Sunday, 13th December and a very interesting address was given by David Allen. The next service will be on 14th February. Our services are held monthly at 2pm on the second Sunday. All are welcome.

The Op Shop has had a very successful year and we would like to thank our volunteers who give willingly of their time at the Op Shop. New volunteers are always welcome. The new year will see lots of great clothing, bric-a-brac and furniture for you to browse through. A happy new year to all. - Mavis Ward

Bowraville Playgroup

Bowraville Play-group meets at Bowraville Central School every Thursday from 10am to 1pm and is open to all parents and carers with children aged 0 to 5 years. We engage in fun activities in a safe, family environment. Activities include craft, painting, dancing, bread-making and free play.

Contact Lori Wilson on 6564 8256 or Danielle Ryan on 6564 8619.



6/11

FIREWOOD, CHOPPING BLOCKS, KINDLING, LANDSCAPE SUPPLIES

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

Pick up or Deliver
Mini Tipper



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

Beautiful Town, Beautiful People

Volunteer Extraordinaire

- Isabelle Hooper

As a member of the Bowraville branch of UHA for 23 years Isabelle has recently been honoured with the United Hospital Auxiliaries of NSW's highest award - Life Membership for her long-term and dedicated volunteering at Macksville District Hospital. She received her award at the 82nd Annual State Conference in Wagga Wagga late last year.

It is impossible to calculate the hours Isabelle has given to the UHA and Macksville Hospital over the years but it would have to be in the tens of thousands. She has been branch secretary since 2002 with the exception of one year, 2010, when she was branch president.

Isabelle initiated the Bowraville Annual Sports Day fundraiser and helped establish the very successful Café in the Macksville Hospital car park which last year made a profit of \$26,000 and is a significant contributor towards UHA donations to the hospital.

Fellow UHA members describe Isabelle as "a caring person who is loved by everyone she comes in contact with" - there were many more 'gushing' descriptions of Isabelle's qualities and she is embarrassed by these though they are non-the-less true. In typical Isabelle-style she says of herself that she "is actually very imperfect".

Isabelle is also a valued contributor to this community newsletter with her articles appearing in each issue keeping us informed of 'What's Happening in Bowra' regarding the UHA, Bowraville Garden Club and the Bowra Recreation Club.

Isabelle, her husband Don and three daughters moved to Bowraville in 1963 to dairy farm at South Arm and their fourth daughter Roslyn was born 6 weeks later. Isabelle resumed teaching in 1965, initially in the Secondary Department then moving to Year 1 and finally spent 11 years as a kindergarten teacher, totalling 22 years at Bowraville Central School. Isabelle had previously taught in the North West and Central Coast of NSW. She then went on to teach at the newly opened Bowraville Pre School for 5 years.

Don and Isabelle moved into Bowraville in 1968 so their daughters could attend Macksville High School and then out to their present home in Balance Tank Road in 1984. They now have 12 grandchildren.



Come into the Bowraville Technology Centre for . . .

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TECHNOLOGY ASSISTANCE ~ VIRUS REMOVAL

TRAINING COURSES ~ TECHNO CLUB

~ CENTRELINE ACCESS ~

BOWRAVILLE TECHNOLOGY CENTRE

39 High Street, Bowraville ~ 6564-7420

Bowraville Harvest Faith Family Church

A Word of Faith Pentecostal Church

Church Services

Friday Evenings - 7.00pm
Sunday Mornings - 9.30am

Prayer Meetings

Friday Evenings - 6.00pm
Sunday Mornings - 9.00am

Faith Link Groups

Wednesday Evenings
Mixed at 7.00pm
Thursday Mornings
Ladies at 10.00am

Ministry Training School

*Enquiries and applications are invited
for the commencement of the
Ministry Training School for 2016.*

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

Pastor: Rev. Tom Fairhall
Address of Church & Office:
48 High Street
Bowraville 2449
Phone: 02 6564-8656
Mob: 0428 682 870
email: bhffc2012@gmail.com

5/11



LIONS CLUB

SUPPORTING OUR COMMUNITY



We Serve

PRESIDENT

Kerrie Savins
Mob: 0412 248 044

SECRETARY

Louise Richards
Mob: 0437 066 963

Email: bli-
on34@yahoo.com.au

**PO Box 23
Bowraville NSW 2449**

5/11

Cash for Containers in NSW

Clean up our beaches and neighbourhoods

After more than a decade of campaigning, the fight for Cash for Containers has come down to a single choice – our model based on best practice systems around the world vs. Coca-Cola Amatil's model which only targets 3% of litter.

Now it's crunch time. The NSW Government recently released a 60-page community discussion paper asking the public which model they should pick. Coca-Cola and their allies will try to influence the Cash for Container submission process and the government's decision but if thousands of us take action we can drown them out with a flood of people power.

Watch the video, featuring Cash for Containers Ambassador Laura Wells, to hear why making a 2 minute submission on our easy to use template is the most important action you can take to help us beat Coke and win this campaign.

<<http://www.boomerangalliance.org.au/submission>>

The reason this is so important is because this is the one process that Coca-Cola Amatil's money can't influence - it's about genuine community voices. Their cash can't compete with our commitment.

We're closer than we've ever been to getting Cash for Containers in NSW and cleaning up our beaches and neighbourhoods once and for all; and building a bigger recycling industry. If we can get thousands of submissions from community members endorsing the Boomerang Alliance model, over Coca-Cola's, it will be virtually impossible for the Government to water down the policy under pressure from industry.

Can you make a submission today? It takes 2 minutes and will have a huge impact. Go to <<http://www.boomerangalliance.org.au/submission>>

Thank you for your commitment to making our world a better, cleaner place.

Jeff Angel - Boomerang Alliance.

P.S. Our community is stronger when we work together – share the submission page

<<http://www.boomerangalliance.org.au/submission>> with your friends and family so we can get as many people as possible involved.

Boomerang Alliance - 89 Devonshire St, Level 1, Surry Hills, NSW.

84% of Australians surveyed support a 10c refund on bottles and cans





Bowra Bounty



MACADAMIAS *grown by Colin and Marie Kemp*

Colin and Marie Kemp have been in the area for over 15 years now. Most readers would be familiar with Colin as the mastermind behind the Bowraville Community Technology Centre but he has another passion beyond sharing his knowledge of IT. When deciding where to move following a decision to leave the city life behind Marie and Colin had a small set of criteria: somewhere convenient to Sydney, with reasonable services and something that was affordable.



Bowraville fit the bill. The former dairy farms supplying cream to the local butter factory were just the type of set up that suited the Kemps' vision of their agribusiness venture. At first they started with olives but soon learnt that they were not best suited to the area. It was not long before they caught sight of an opportunity over the hill in Valla where small holdings of macadamias had been initiated by some enterprising developers. Colin reflected on what size operation could generate a viable income and decided that around 3 thousand trees would generate a reasonable yield.

He and Marie went about the hard yards of setting up their operation, knowing full well that it was more than a matter of just putting a tree in the ground. The trees had to be nurtured and cared for with an adequate supply of water and fertiliser, soil had to be tested and a good cover of grass was needed to protect the roots and prevent soil erosion. Furthermore Colin and Marie had to support themselves whilst the trees grew up to a reasonable yield bearing age.

They have now just about made it to their farming independence but acknowledge that the effort has been part love part endurance. Colin says what he most likes about farming is the sense of personal responsibility. He explains his farming philosophy as one of 'biological farming'. He has respect and value for the native environment and has maintained and planted native trees on his block, amongst other things, to maintain the presence of barn owls. The owls are his environmental asset against rats who are attracted to the nuts and other plant litter from macadamia processing.

The hard part, that Colin had not anticipated, was the regular mechanical repairs and maintenance of machinery. That's his least liked aspect of farming macadamias. He values the local network of support he has to help him maintain and repair his equipment, the invaluable kind of knowledge that comes from having to fix things yourself. There is also local help from neighbourhood contractor Eddie, who spreads fertiliser as well as provides valuable area feedback. Colin also values the support of his network of local macadamia growers and the Australian Macadamia Society that provides advice on growing and marketing the crop. It seems there is little that Colin regrets about venturing into farming and he holds great optimism for the future of agriculture in the region.

You can find Colin on farm harvesting macadamias from April to September; it's a long harvesting season but a lifestyle worth investing in if you can get yourself away from the outstanding rural view enjoyed from his property. He says viability is not just about having a lot of trees, it requires dedication in getting the ground work right, making sure you can operate as efficiently as possible and drawing on the resources of local networks.

One thing that challenges the future of Colin and Marie's operation is hotter temperatures posed by climate change. Macadamias do not cope well in excessive heat so he is focused on maintaining good mulching practice to keep trees healthy enough to withstand the heat.

- Colin and Marie were interviewed by BTC Volunteer, Andrea Grant.

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Time |
|-------|---|--|---|--|--|--|---|-------|
| 6 AM | FM in the AM Dave McCrory | Dano's Brecky Show Daniel Gosson & Hal The Robot | Off The Cuff Radio Music and conversation with a medieval twist into the now... | FM in the AM Dave McCrory | Off The Cuff Radio Karl Bishop The Bishop's top 20 with a recipe or two for the weekend | FM in the AM Dave McCrory | Beam Me Up Scotty Sunday Music Mix | 6 AM |
| 7 AM | Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll 1950s-2010s | Global Mosaic Pieter A weekly musical trip through the world | Our Kind of Music Dallas Dent Easy Listening | Under The Stinging Tree Poppa | Talk Of The Town Ceri Wrobel See what's going down! All things local | Sabor Latino Eddie - Tell others to listen Request Latino World Music 2nvr.org.au ChatListen Or phone 02 6564 7777 Share with friends... | Country Highway Dave Wareing Country music classics to latest releases and comedy | 7 AM |
| 8 AM | Baby Boomers Donna Collins The Weekly Fix Paul Weekley | Infopinion Richard Laxton An eclectic time with Richard | Jazz Azz I Like It Heather Heywood A mix of jazz with lotza Oz | Turning Pages Elizabeth Newman Books, authors and the music that moves them | Tones of Claressense Claire Watt-Powell | The Sports Show Dallas and Trickvic | 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 Weekley Fix Paul Weekley | The Phoenix Crew Selected music & madness | Just For You Carola Simmons Easy listening & All That Jazz | Outback Outlaws Paul Rowe Old and new country music | Phase Out With Faye Faye Aspiotis Double shots of Aussie music | Dano's Mixed Grill Daniel Gosson A tasty mix of anything and everything to spice up your Sunday arvo | 9 AM | |
| 10 AM | Drive Home Scotty Drive home with a mix from Scotty | Rob's Roving Robbie Hancock Bible reflections, Gospel & Australiana | The Business Young local voices | Simmo's Country John Simpson Aussie country music at its best | Get Funky Friday with Skyzle Get you some goodness... | Jack's Tracks Jack All the tracks with Jack Tune in! | 10 AM | |
| 11 AM | Youth Music Program Toby Frost & Lea Gillard | Flashback Rob Davidson '60s to '80s Rock and Country | CJ The DJ Ceri Wrobel | Thursday Country Trickvic | Rhino On The Radio Switching to Studio 3 from 6pm-8pm on the 3rd Friday of each month for five artists & studio audience | That's A Wrap Dallas, Donna, Trickvic Local sports results and in-depth analysis | 11 AM | |
| Noon | Nambucca Valley Roundup - Bev & Rachel | Nambucca Valley Roundup - Ron Hawkins | Nambucca Valley Roundup - Ceri Wrobel | Highway Blues Retro When Only The BEST BLUES Will Do | The Friday Night Rock Show Todd Wills Continues overnight | Booth's Drum With Captain Steve | 12 PM | |
| 1 PM | Reggae Mixtape With Fitzroy Music outside the usual | Latest & Greatest Country Bryon Edwards | Ants Rocks Anthony Gamsey Solid Rock Music Mix Continues Overnight | Jeff's Junk Jeff Mills BBC Overnight | Saturday Night Gold Classic 45s with Allan Quinn from the '50s, '60s & '70s Continues overnight | Science & Reason With The Jollyfish Free Thought Radio, A Week In Science, Diffusion Science Radio, Lost In Science. CRN overnight | 1 PM | |
| 2 PM | Juggling Mondays Juggler's choice Music mix CRW Overnight | Texas Flood Neil Green The Best music of all time all the time BBC Overnight | | | | | 2 PM | |
| 3 PM | | | | | | | | 3 PM |
| 4 PM | | | | | | | | 4 PM |
| 5 PM | | | | | | | | 5 PM |
| 6 PM | | | | | | | | 6 PM |
| 7 PM | | | | | | | | 7 PM |
| 8 PM | | | | | | | | 8 PM |
| 9 PM | | | | | | | | 9 PM |
| 10 PM | | | | | | | | 10 PM |

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