

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



JULY 2017 ~ ISSUE #153 FREE CIRCULATION 350 POSTCODE 2449

NAMBUCCA VALLEY COMMUNITY NAIDOC ACTIVITIES 2017

OUR LANGUAGE MATTERS - ALCOHOL FREE EVENTS
 Funded by Department of Prime Minister and Cabinet

								
SUNDAY 2/7/2017	MONDAY 3/7/2017	TUESDAY 4/7/2017	TUESDAY 4/7/2017	TUESDAY 4/7/2017	WEDNESDAY 5/7/2017	THURSDAY 6/7/2017	FRIDAY 7/7/2017	SATURDAY 8/7/2017
Community Mass	Community March	Men's Day	Women's Day	Kids Day	Morning Tea	Morning Tea & BBQ Lunch	Family Fun Day	
Venue: Stuart Island Nambucca Heads Time: 10:00am - 1:00pm  Lunch Provided No bus Pick Up for this event. For all other events see scheduled Bus attachment  Contact: Jeff Blair 0408977101 	Venue: Nambucca Heads RSL Club Time: 10:00am  Stuart Island Activities Lunch Provided Contact: Louise Robinson 65689281 NAMBUCCA HEADS LOCAL ABORIGINAL LAND COUNCIL 	Venue: Bowraville Recreational Club Time: 10:00- 2:00pm Haircuts, Massage Golf & Bowling  Lunch Provided Contact: Bill Kennedy 65 647559  	Venue: Ngurrula Aboriginal Corporation Time: 11.00am - 2:00pm Pampering & Art Activity Lunch Provided Contact: Beryl Wilson 0447665797 or Eva Roberts 0448203929 Ngurrula Ab Corp  Lindy Moffatt 65986800 	Venue: Allen Gillett Oval Macksville Football Fields Time: 10:00am - 2:00pm FREE KIDS ACTIVITIES WET WEATHER MACKSVILLE HIGH STADIUM Lunch Provided Contact: Elise Buchanan 0477335051  Health Mid North Coast Local Health District Contact: Clarissa Donovan 65682555 	Venue: Community Transport Office, Princess Street Macksville Time: 9.30am Contact: Jeff Blair 0408977101  Yarning Circle Venue: Murrumbidgee Language Centre Time: 2.00pm/6.00pm Afternoon Tea Provided Contact: Virginia Jarrett 0424019637 	Venue: Mimi House & Phoenix office High Street Bowraville Time: 10:00 am  Lunch Provided Contact: Melissa Fitzgerald 0285647677  	Venue: Bellwood Park Nambucca Heads Time: 10am-2pm Jumping Castle & Face Painting  Lunch Provided Contact: Beryl Wilson 0447665797 or Eva Roberts 0448203929 Ngurrula Ab Corp  Dave Cutmore 65986800 	   "NAIDOC WEEK" CLOSED Thank you all for participating in NAIDOC Celebrations 2017

NAIDOC stands for National Aborigines and Islanders Day Observance Committee. NAIDOC Week is a time to celebrate Aboriginal and Torres Strait Islander culture and an opportunity to recognise the contributions that Indigenous Australians make to our country and our society.

Bowraville Uniting Church

Centenary Celebrations
SUNDAY 9TH July, 2017
 10.30am Centenary Service
 12.00 noon Sausage Sizzle

-Meet with friends

-Enjoy the music of the Macksville Town Band

-See the church history photo slideshow

Donations to be shared between Macksville and District Hospital, Macksville Town Band and the Uniting Church

Please bring a chair, the service will be relayed outside.



BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 300 COPIES

Newsletter is also available online at:
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 AUGUST 2017

ISSUE IS: 5:00PM

23rd JULY 2017

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

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

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

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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

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

NAIDOC Week - 2nd July to 8th July

NAIDOC stands for National Aborigines and Islanders Day Observance Committee. NAIDOC Week is held in the first full week of July. It is a time to celebrate Aboriginal and Torres Strait Islander cultures and an opportunity to recognise the contributions that Indigenous Australians make to our country and our society.

Newcastle People's Chorus

The Newcastle People's Chorus is returning to Bowraville for one performance only on Saturday 15th July at the Bowra Hotel. The concert starts at 6pm. The Chorus has given more than 420 performances and sings regularly at folk festivals, clubs and pubs and have produced 3 CDs.

Bowraville Garden Club

Due to threatening bad weather it was decided to cancel June's outing to South west Rocks. So for July we will do all that we proposed for June. We have invites to Bellingen, Kendal and South West Rocks Garden Clubs over the next 2 months. Contact Barbara 65647039 for transport and cancellations

Bowraville Hospital Auxiliary

Bowraville's executive travelled to Panthers Port Macquarie to attend the Mid North Coast Local Health District 2017 Health Innovation Awards. Congratulations to Dee Hunter, Bowraville UHA treasurer and Regional Representative for UHA North Eastern Health District who won Volunteer of the Year Award. Congratulations also to Kath Bowman former Executive Officer of Macksville and Bellingen hospitals for Collaborative Leader of the Year. UHA volunteers were given a standing ovation when all UHA finalists were presented to the audience. Bowraville UHA held a very successful Volunteer Friendship day in June when all our Valley volunteers were congratulated by Health Officials for their fund raising and services to Health. In the last

financial year this amounted to over \$60,000. On the home front our last branch meeting was held in June and after Bowraville's AGM on 24th July we will become Bowra Macksville UHA. This meeting will be at the Recreation Club commencing 10am. A hospital rep will be present to address the meeting which will be followed by a light luncheon. To all those present please bring a plate of food to share.

Bowraville Seniors

Despite a lot of apologies 10 Bowra Seniors turned up to hear Phil Hannaford give those present a host of tips for senior drivers. He also emphasised the benefit of having a refresher course before going for renewal of licenses. Thank you Phil for your help and suggestions. Planning for July is in progress. If we can find a venue next month for a Christmas in July Feast we have bus and driver organised. All will be contacted and advised, otherwise it will be the usual meeting on the 3rd Monday 17th July.

Bowraville Community Garden

This small group of interested gardeners meets each Monday. With new vegetable beds weeded and ready broad beans, pea and beetroot are on their way to harvest. If you would like advice on your vegetable patch come and meet our gurus. Growing your own food has many benefits.

Bowraville Recreation Club

Women golfers held a successful Open Day in June when once again our cooks excelled themselves. 3 of our members won trophies and all golfers went home with a gift. Thank you to all who helped. Women golfers had a sunny day, however, the programmed Open Day for Men golfers, due to Saturday's rain and a wet course, was postponed till September. Hospital Sports Day will be 26th August. Bowls Championships continue although our inclement weather is delaying the process. Best wishes to all bowlers travelling to Soldiers Point for the Grade 5 Championships.

Continued on Page 5

Bowraville Folk Museum

High Street, Bowraville

Phone/Fax: 6564-8200

MONDAY-FRIDAY 10am-3pm

WEEKENDS 10am-1pm

PUBLIC HOLIDAYS 10am-3pm

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

~ Groups by appointment ~

8/11

Frank Partridge VC Military Museum

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

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

This museum is a 'must see'.

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

Admission by Gold Coin Donation.

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

4/11

Weekly Activities

MONDAY

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

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

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



TUESDAY

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

LINE DANCING for Fun, Health and Wellbeing 6.30-7.30pm South Arm Hall (6564-8748)

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

WEDNESDAY

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

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

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

THURSDAY

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

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

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

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

FRIDAY

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

POTTERY at Phoenix Pottery Studio, 9.30am-3pm. Contact Judi Belbin on (6568 9105).

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

SATURDAY

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

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

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



SUNDAY

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

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

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

ACTIVITIES ORGANISERS

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

TECHNO CLUB

Free courses in October

Register inside the BTC



The Bowraville Technology Centre will be running FREE computer courses for seniors in October



Digital Photography

Windows 10 tips and tricks

All about Smart Phones

Safe use of social media (Facebook etc)

Mental Health resources for seniors



Other course options by request

Come in and tell us what you would like

Drop into the Bowraville Technology Centre or call 6564 7420



Special offer to community groups

Save on paper and ink!

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

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

From Page 3

Nambucca Valley VIEW Club

Guest speaker for July will be our local member Melinda Pavey. If you would like to come as a guest contact President Isabelle Hooper on 6564-7179.

Hot Chocolate Talk

Are you lonely? Do you like to chat? Would you like to meet new friends? Well, come along to Hot Chocolate Talk every 1st Saturday of the month at 1pm in the Arena of Life Church at 48 High Street, Bowraville (opposite High School). You can meet with other ladies, enjoy music and talk about life issues concerning women of every age. You will be warmly welcomed - enjoy a free cuppa and cake. For further information call Christine on 6564-7160.

Gold Coin Donation Pilates Class

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

Playgroup at Tallowood Steiner School

Tallowood Playgroup is held every Friday (except in school holidays) from 9.30 to 11.30am. Based on Rudolf Steiner's values including early childhood stages of readiness. For information ring (02) 6564-7224, speak to Camilla on 0438 868 742 or visit Tallowood School at 220 Bellingin Road, Bowraville.

Bowraville Uniting Church and Op Shop

Our services are held monthly at 2pm on the second Sunday. All are welcome.

The Op Shop is very successful and we would like to thank our volunteers who give willingly of their time. New volunteers always welcome. - *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

Anyone holding a Health Care Card or Pension Card can access this service. From 9.30am to 12pm non

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BOWRAVILLE PHARMACY

31 HIGH ST BOWRAVILLE

PH: 6564 7925

FAX: 6564 7364

Monday to Friday 8.45am - 5.30pm

Saturday 8.45am - 12 noon

Prescriptions and Professional Advice

Sukin Natural Skincare

Designer Brand make-up range

Pharmacist

KERRIE SAVINS



9/11

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

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

BOWRAVILLE HEALTHCARE CENTRE

Dr Edwina Guard MBChB BSc FRACGP

29a High Street Bowraville

Ph: 6564 7555 Fax: 6564 7505

email: edwinaguard@yahoo.com.au

Surgery Hours

Mon to Thurs 9am – 6pm

Fri 9am – 4pm

Sat by Appointment

Laverty Pathology

Mon to Fri 9am – 1pm

Psychologists

by Appointment

Physiotherapy

by Appointment

Proud sponsors of:

Pilates and Yoga classes

5/11

Keeping the nasties at bay on the web #3

Scams, spam, ransomware, viruses, malware. The online threats seem to be everywhere – and growing. It can be baffling trying to keep abreast of the latest risks and knowing how to deal with them but there are a few basic rules that will go a long way to keeping you protected online. Here are the answers to common questions you might have when it comes to safely navigating the internet.

- From www.choice.com.au

How can I protect myself when using public Wi-Fi?

If you need to use public Wi-Fi be very careful about the kinds of transactions you're doing. Avoid all banking and financial transactions and check that 'https' or the padlock icon is showing on secure sites. To be extra cautious change your passwords after logging in to your accounts and set 'Forget network' in Wi-Fi settings to stop automatic logins to hotspots in the future.

If you're regularly using public Wi-Fi and have sensitive information to transmit use a mobile VPN. And be sure to keep your operating system updated and use up-to-date security software to avoid malware and viruses.

See which VPN services CHOICE recommends in our [VPN reviews](#).

How do I secure my home Wi-Fi?

Not securing your home wireless network is like leaving your front door wide open to any person. Make sure you set the highest encryption standard supported by your router and devices (WPA2 is the latest).

Always create your own Wi-Fi password using a phrase, made-up word or word and number combo (it helps if it is something you and those in your home can remember). Don't write down the password but if you must, don't say what it is for and don't place the note anywhere near the device for which it applies.

Finally, your network name should not be left as the default that comes with the router as this can easily give away the ISP or brand you use and it's easier to guess the default password. Don't identify your house or yourself in your wireless network name and don't make the network name and password similar.

How can I 'hide' online?

Are you concerned about the government's **metadata retention** regime? It stores personal details such as phone numbers, email addresses, time and location of communications while serious safeguards such as how the data will be stored and protected are

missing. The simplest way to protect yourself online is with a VPN that offers desktop and mobile browsing protection. If this isn't enough try email encryption, secure messaging with programs such as Signal for iPhone or TextSecure for texting and RedPhone for voice calls on Android.

Opera: Menu > Settings > Privacy & Security and select 'clear browsing data' and select items and time frame.

Internet Explorer: Star icon > Internet Options > Browsing history > Settings and select 'History' tab to remove history and 'Caches and databases' tab and Delete.

Safari: History > Clear History and choose how far back to remove browsing history.

How do I shop online safely?

If using a shopping site check that it has a padlock symbol in the browser bar before entering your personal and payment details. This is the quickest and easiest indicator that your information will be protected when transmitted to and from the website. We also suggest that you check the site has contact details in case anything goes wrong and you need to follow up.

If possible, when shopping online, it might be preferable to make purchases through PayPal rather than use your credit card/debit card directly. That way your card details won't be shared with the e-tailer.

- From www.choice.com.au

Techno Joke - 'aboutFace'

I've been trying to make friends outside of Facebook while applying the same principles. Therefore every day I walk down the street and tell passers-by what I have eaten, how I feel at the moment, what I have done the night before, what I will do later and with whom. I give them pictures of my family, my dog and of me gardening, taking things apart in the garage, watering the lawn, standing in front of landmarks, driving around town, having lunch and doing what anybody else does every day. I also listen to their conversations, give them the 'thumbs up' and tell them I like them. And it works just like Facebook! I already have four people following me: Two police officers, a private investigator and a psychiatrist.

- pricescope.com



JULY PROGRAM at the

BOWRAVILLE THEATRE

Sunday 9th July at 2pm - *Beauty and the Beast*

Belle (Emma Watson), a bright, beautiful and independent young woman, is taken prisoner by a beast (Dan Stevens) in its castle. Despite her fears she befriends the castle's enchanted staff and learns to look beyond the beast's hideous exterior allowing her to recognise the kind heart and soul of the true prince that hides on the inside.

Doors open 1/2 hour before screening.

Complementary tea & coffee

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

Prices: Adults \$12, Concession: \$10, BAC/Child under 14: \$8, Family: \$30 (2 Adults, 2 Child (under14))



Sunday 16th July 3-5pm - *Roman Rudnytsky*

The piano recital will feature works by Haydn, Beethoven, Prokofieff, Chopin and Liszt.

Roman Rudnytsky is an American concert pianist of Ukrainian background whose performances take him all over the world. Roman has played at the Sydney Opera House, many small country and outback towns in every state and in the NT, for many local arts councils, regional performing arts centers, at universities and as a soloist with several orchestras.

Tickets \$25.00 Latest CD's on sale. Doors open 2pm.

Light refreshments available.



DID YOU KNOW?

The Australian Securities and Investments Commission (ASIC) has published an online **Women's Money Toolkit** with tips and tools to help you manage your money and deal with life's ups and downs. ASIC developed the toolkit because women face unique financial challenges such as having less super than men, living longer and taking time out of paid work to care for others. Go to:

www.moneysmart.gov.au/life-events-and-you/women/womens-money-toolkit

Bowraville & District Ex-Services Club

6564-7304

Introducing . . . New Menu

"Keppy's Bistro"



Tuesday to Saturday



Lunch - 12noon to 2pm

Dinner - 6pm to 8pm



6564-7304

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

POOL TABLE \$1 per game



10/11

BOWRA HOTEL

OPEN 10AM - MIDNIGHT

NEW CHEF

BISTRO

LUNCH and DINNER

Tuesday, Wednesday, Thursday,

Friday and Saturday

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

LUNCH & DINNER

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

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

33 HIGH STREET, BOWRAVILLE

Ph.6564 7041 Fax. 6564 8471

10/11

MARKETS CALENDAR

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

Steep & Heavy Mowing



Call Thomas — 0400 9500 01

ABN: 166 744 14262

coffscoastslashing.com.au

6/11

Coronation Kennels & Cattery

"Where your pets are cared for like Kings and Queens"

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

PHONE: 02 6568-2018

Email: marcia@coronationkennelsandcattery.com.au

Website: www.coronationkennelsandcattery.com.au

We provide the following services:

Day Care - Check in 8am check out 4-6pm \$10 p/d

Sleepover - Check in 4-6pm check out 8-10am
\$15 p/n Cats - \$12 per day.

10/11

Long Term Budget -

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

Not available during school holidays

Weekend/ Short-term Special

Check in between 5.30-6pm bring your
pet's tea with you and the fee is waived for that day.

Bookings MUST be for a minimum of 2 days.

Short-term Accommodation

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





One Grave Too Many

by Beverley Connor

Dianne Fallon is a Forensic Anthropologist but is currently the Director of the River Trail Museum of Natural History in Georgia. It's a position that she hasn't held too long but she took it on when her predecessor died.

The museum is undergoing ongoing remodelling for new offices, workrooms and exhibits. Dianne is taking on new staff, from security to specialists, and is introducing new exhibits and arranging new displays. She is under pressure, from certain staff, to sell the building which makes no sense at all. She even receives unpleasant pressure from the mayor.

An old flame, Detective Frank Duncan, tracks her down because he needs her experience to help him with a bone he found in the woods. Struggling with painful personal memories and nightmares related to her past work Dianne is very reluctant to get involved but forensic anthropology is her love and what she does best so of course she accepts Frank's request.

Apart from the rekindling romance the lives of both of these characters seem to go downhill from there on in. Star, the teenage daughter of Frank's best friend goes missing; then before she is found the entire family is murdered; weird things start happening at the museum (unexplained doubling up of expensive orders for the museum, break-ins, offices and labs searched, etc); Star is found and arrested but her boyfriend is still nowhere to be found; masked men arrive at a dig obviously with malicious intent but are frightened off; Dianne is mugged more than once and it appears that the police are not interested at all..... in any of it. Then Frank is shot, almost fatally.

In between these events the author weaves the

intricacies of working and social relationships, mostly between Dianne and the people related to her work. Beverly Connor gives the reader an authentic feel for what goes on behind the scenes in a museum, the type of work involved, the skills of qualified people. There are some ex-spouses and step children, couples with secrets, greedy board members with grand designs for themselves, immoral real estate agents, friendships and loyalty between staff, betrayals from unexpected quarters and battles from expected ones, aggressive single minded police etc

After Frank's shooting his supportive brothers arrive on scene and guard his hospital room; Frank's police friends finally realise that Dianne and Frank are imagining things; Dianne's friends at the museum follow-up all her requests and begin to realise that everything is not as it should be.

Yep, *One Grave Too Many* is a whodunit but it is very different, the plot is intricate and the museum setting quite interesting. I enjoyed it.

Our Souls at Night by Kent Haruf

This is a most delightful short novel. It's about love, loneliness, growing old and friendship.

Addie Moore and Louis Waters are both older citizens and have been neighbours for years. They live quiet lives with solitary nights, barely crossing path with each other. One evening Addie goes to visit Louis with an idea.

This is the story of what happens next....but I am not going to tell you anymore.

For such a short novel it packs a great deal in!

Haruf has written a beautiful story and I'll be looking for this author again.

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

BOWRA POST & COLLECTABLES

27 High Street, Bowraville ♦ Telephone: 6564-7169

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

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

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

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

DRY CLEANING AGENT – Drop off and Pick up

THE MAD HATTERS TEA GARDEN

♦ Monday-Friday 9am - 3.30pm ♦ Saturday 9am - 2pm

Whether it's a coffee and cake with friends or a light lunch with colleagues our quiet garden setting will add to the experience.

Telephone: 6564-7631

Gluten free and Dairy Free Food available.

Are you getting enough sleep?

Don't take sleep for granted

Many people do not realize how important sleep is. Instead they may think of it as a waste of time. Time spent in bed asleep is time well spent. There are many very important things that the brain needs to do while asleep. These include forming memories and going through the day's events. Give it a chance to do these things by making sure that you spend enough time in bed.

Different people need different amounts of sleep. Eight and a quarter hours is the average for adults. Some people can cope very well with much less and some need much more every night.

We used to think that everything shuts down when we sleep but over the last 60 years scientists have discovered that our brains are very active while we sleep. In fact some parts of the brain use more oxygen and glucose while asleep than when awake.

The first three hours of sleep have the deepest stages of sleep (Slow Wave Sleep). Later in the night we have more of the sleep stage with vivid dreams (Rapid Eye Movement Sleep, REM sleep).

Sleep changes across the night in cycles of about 90 minutes. There is REM (dreaming) sleep in every cycle even if only for a short time. We also have very brief arousals many times across the night. We are not aware of most of these arousals and we forget most dreams.

The timing of our need for sleep is based on two things. The first is how long we have been awake. The second is our body clock. If we stay awake all night we will feel more tired at 4am than at 10am. Scientists call the time between 3am and 5am the 'dead zone'. It's when our body clock makes us 'dead' tired.

Some people cope with a lack of sleep much better than others. But everyone who is very sleepy loses concentration easily and experiences mood changes. The usual mood changes are feeling more depressed and irritable.

You cannot make yourself fall asleep – just like you can't digest your food faster. Sleep onset is not something we can control. We can only create the right conditions for sleep – both in our minds and in our environment.

Scientists don't yet understand exactly why we need sleep so badly. They believe it restores us physically and helps us organise things in our brain. We do know, however, that we can't live well without it. *Following are some things which do not encourage a good night's sleep.*

Too much caffeine, alcohol and sleeping tablets - caffeine in tea and coffee is a stimulant that prevents you sleeping well. Alcohol may make you drowsy but your sleep will be very restless. Sleeping tablets are OK occasionally but not regularly.

Shift work - many workers have shifts that keep changing. This makes it harder to get into a regular sleep pattern. Some people adjust to shift work better than others.

Jet lag - changing time zones can disturb the sleep pattern a lot. The internal body clock will readjust to the new zone but will take a few days.

Eating and drinking late - eating too close to bedtime can cause heartburn and discomfort in the chest. Avoid late meals. Any snack before bedtime should be small and light. Try to limit your fluids before bedtime so you don't have to get up to go to the toilet during the night.

Failing to wind down - exercising, computer games and TV can disturb sleep if too close to bedtime.

Stress - day to day living can be stressful. This can interfere with sleep. Give yourself a chance to relax and unwind before going to bed. Look at ways to make your life less stressful.

Sleep disorders - such as insomnia, sleep apnoea and restless legs can be very bad for your sleep and may not be recognized for years. See separate brochures on each of these at www.sleephealthfoundation.org.au

Other medical conditions and pregnancy - There are many other things that can disturb sleep. It could be a medical condition such as asthma or painful arthritis. Or it could be something psychological. The key here is find the causes and deal with them. Being pregnant can disturb your sleep especially in the final months. Leg cramps, discomfort in the chest and having to go to the toilet often all play a part in this.

Drug side effects - many over the counter and prescription drugs can disturb sleep. If you feel this may be the case talk to your doctor. There may be other options for you.

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PHONE: 6564 7925 or FAX: 6564 7364

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



At the Bowraville Pharmacy we don't believe in those old 'winter blues' so — to bring some colour into your winter we have . . .



YELLOW - Scarves
to keep you warm and cosy

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to help keep winter colds away



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are hard to beat on a cold night

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GREEN - 'Cheeki' eco Coffee Mugs
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RED - Fashion Handbags
just because you want one!

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DALLAS WALKER

GUMBAYNGGIRR LANGUAGE REVITALISATION

At the Muurrbay Aboriginal Language and Culture Co-Op, Dallas Walker plays a very important part in keeping the local Gumbaynggirr language alive, as head teacher, researcher and consultant.

Muurrbay functions as a regional language centre, dealing with both culture and language, and encompassing seven languages between the QLD border and the Hawkesbury River. They have published dictionaries for all the languages and are hoping to train people from each of the language groups in teaching techniques so that they can function independently. Muurrbay also helps organisations, government and non-government with wording for signage as well as any general translation tasks.

Dallas Walker says his main role is as head teacher, researcher and consultant for doing such things as signage work around the Nambucca Shire. His inspiration comes from the idea of his language living on for generations to come.

The Gumbaynggirr language is spoken from the Nambucca River to the Lower Clarence River and as far west as Guyra. There are three dialects—Northern, Northern Lowlands and Southern Gumbaynggirr. Dallas believes that if the language is lost then it's gone forever and then so is the culture and self-identity of his people. The language is taught through total immersion—only speaking Gumbaynggirr, Total Physical Response (TPR) activities, which are based on the co-ordination of language and physical movement, and teaching in schools and at Muurrbay. Also getting out into the community or just being with family are good ways to maintain the language.

The Certificate III Gumbaynggirr course is mainly open to people of Gumbaynggirr descent and Aboriginal Education Officers but anyone can enrol because the language has to be kept alive. Students in the Cert III Gumbaynggirr course are taught how to speak in language, learn the grammar and then be capable of teaching it within a cultural context. They should be able to “talk to” the language; in other words explain why “x” or “y” happens in a language sentence.

Dallas says that this language course opens up opportunities for graduates to find employment in schools and other places or even just teaching their kids at home which is where it should start. Dallas enjoys the satisfaction he gets from interacting with students, teaching what he has learned and knowing that he is keeping the language and culture alive.

Gumbaynggirr Yuludarla: Dreaming Stories from the East Coast was launched in February 2017. It is a collection of stories recorded by linguists as far back as the early 1900s, manuscripts written down by an American German by the name of Gerhardt Laves and also transcripts recorded in the 1960s and '70s. It took a team [of us] about five years to put it together.

Muurrbay has also published two main texts: the **Gumbaynggirr Dictionary and Grammar** and Collection of **Gumbaynggirr Dreaming Stories**. There is also a Gumbaynggirr Songbook.

You can visit the Muurrbay website at muurrbay.org.au or phone (02) 6569 4294. You can even visit them at 14 Bellwood Road, Nambucca Heads.

- With permission - Adapted from **Coffs Coast Focus** article of 3 May 2017.



LIONS CLUB

SUPPORTING OUR COMMUNITY



We Serve

PRESIDENT
Mark Scott
Mob: 0428 527 545

Email: blion34@yahoo.com.au

PO Box 23
Bowraville NSW 2449

10/11

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39 High Street, Bowraville
6564-7420

admin@bctc.com.au



Bowraville Lions Club Inc News Bulletin



JULY 2017

BOWRAVILLE LIONS CLUB CHANGEOVER - 25TH JUNE, 2017

On Sunday 25th June, the Bowraville Lions Club held their annual changeover ceremony over lunch at the Bowraville Ex Services Club.

Lions, partners and guests from Bowraville and our zone clubs were impressed with the knowledge about Lions International and the work of Lions around the world from the guest speaker, Mayor Rhonda Hoban.

After a delicious lunch our District Governor Lion, Mal Peters, introduced the new committee who accepted their positions and responsibilities.

The club looks forward to continuing serving the community and thank the people of Bowraville for their generous support.

Lions Club of Bowraville 2017-2018

President Ted Richards

Vice President Greg Lambeth

Secretary Louise Richards

Treasurer Mark Scott

LIONS CLUB RAFFLES

The Bowraville Lions will continue to hold their weekly raffle draw at the Bowra Pub each Thursday night through July.

Look out for our members in High Street and later at the hotel. The draws will be held around 6.30pm and tickets are only \$1.00 each.


1st Prize is a \$25 meat tray.

2nd prize is a \$20 voucher for use in participating businesses in Bowraville.

3rd Prize is a six pack from the Bowra Hotel.

New Bonus 4th Prize is a breakfast meat tray.*

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

Please keep your used stamps and drop them off at the Bowraville Post Office.

LIONS RECYCLE FOR LIFE



You can help improve sight for poor people throughout the world who are in need of spectacles by bringing in your old glasses to the Bowraville Chemist Shop. The spectacles are sorted and cleaned before being labeled and prepared for dispatch in graded groups. The program distributes the spectacles at no expense or obligation on the recipient.

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 at any of the Lions activities that interest you without the need to attend every meeting?

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: Ted Richards

Secretary: Louise Richards

6564 8815

July in the Garden

When you look outside this time of year the last thing you feel like doing is standing out in the cold, wet and windy weather. Don't let this put you off. There is so much to do in the garden and a lot more to do in the garden shed. Get off the couch and put on the thermals, the beanie, a coat and your gumboots and warm yourself up with some winter garden TLC.



The following is just a rough guide, you will find your situation varies from the above listing due to microclimates created in your garden - but the one thing that remains the same for all zones and regions is this: improve your soil by adding organic matter, mulch and no matter the season, we can all garden more sustainably all year round.

Tool Time

Why not head out to the shed and sharpen, clean, oil and maintain your garden tools. Sounds tedious but it's really rewarding and will save you cash in the long run. Practicing tool hygiene will prevent the spread of disease.

Mulch your beds

Top up mulch on your veggie patches, herb gardens and ornamental beds. Choose sustainable, low environmental impact mulch, one that will enrich your soil as it breaks down. If in the southern states try to avoid sugar cane as it would have a high carbon footprint due to transport.

Green Manure

Green manure crops are good to go now... improve that dormant veggie patch. In cooler to temperate areas you can use crops like faba beans or field peas and for warmer areas try mung beans. Remember to chop and drop them before they flower.

Pruning and Weeding

Pruning and weeding is a great job to do at this time of year. Deciduous fruit trees love a big old haircut now.... except your apricot!

In the garden

There's not too much happening in the veggie patch but you could try lettuce, celery, broad beans, Jerusalem artichokes (put them in a pot or they can take over), potato, garlic, radish and spinach. Also try some tasty winter treats like Chinese cabbage, rocket, silverbeet, mizuna, komatsuma and tatsoi.

In warmer areas pop in beans, sweet corn, leek, pumpkins, tomato and watermelon. In the herb patch plant some coriander, chamomile and nasturtiums.

Many ornamental and fruit trees are ready to plant now so try figs, pistachios, bare-rooted roses and vines (non-invasive of course).

*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 . . .*

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**51 CARBIN
STREET
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6564 8648**

10/11

Bowraville Chamber of Commerce and Industry Inc

chamber@bowraville.nsw.au

JULY 2017

Nambucca Valley Business Advisory Committee

Chamber is pleased to be represented on the recently formed Nambucca Valley Advisory Committee.

The committee will report to the General Manager of the Nambucca Shire Council.

The purpose is for businesses, industry groups, local chambers and the community to work together with the Nambucca Shire Council to:

- *Identify initiatives including, but not limited to, marketing, easier access and improved presentation — for the highway bypass and our future as a community.*
- *Identify opportunities for the future for the Nambucca Shire which are unique to the valley*
- *Advise and make recommendations to council on matters relating to business and development of the economy.*

Activities of the group will include:

- *Identifying and understanding the unique characteristics of each community within the valley and the valley as a whole.*
- *Identifying initiatives within the Nambucca Valley.*
- *Considering and engaging with the community during the process.*

Other activities of the group will include:

- *Prioritising initiatives based on the goals of the committee considering the value they bring to the whole community and the timeframe identified by the committee.*
- *Understanding what other committees and stakeholders exist within the community and to learn from existing initiatives, activities and past projects.*
- *Working together to identify resourcing opportunities.*
- *Celebrating activities and achievements.*

The committee will be driven by holistic values which supports the entire community and will represent the local community.

The committee will also take the history of the community into account and understand the way the broad community thinks, feels and acts.

The Nambucca Valley Advisory Committee meets monthly and chamber will keep the community informed as the projects take shape.

Next Chamber meeting

The next meeting of the Bowraville Chamber of Commerce and Industry Inc will be held at 5.30pm on Tuesday 25th July 2017 at the Ex Services Club in High Street.

See the chamber facebook page for more details and also the BTC TV notice board.





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.”

FREE SERVICES

- Monday – Counselling Services**
Contact Interrelate — Ph: 6659 4150
Everyone Welcome.
- Tuesday Help with Accommodation**
1st Tuesday of the month
Contact New Horizons – Ph 5632 4804
- General Practitioner commences 13 June 2017 for monthly visits**
9:00am – 3:00pm
Bookings essential — Ph: 6564 8855
- Nurse commencing 13 June 2017 for weekly visits**
9:00am – 3:00pm
Bookings essential — Ph: 6564 8855
- Wednesday Baby Health Clinic**
9:00am – 12noon
All Mums and bubs welcome
No appointments necessary.
- Thursday Legal Aid**
1st and 3rd Thursday of the month
10:00am to 12noon — Ph: 6651 7899

Mid North Coast Local Health District

Located in MiiMi Training Room
at rear of MiiMi House

Monday – Friday

9:00am – 3:00pm

Commencing soon

Contact 6564 8855 for bookings

Need your Licence? Got Fines? No worries!

Register now for Driving Class L

This course is FREE, runs over 4 weeks in June 2017

Includes 2 FREE driving lessons with Rob Graham’s Driving School. Contact 6564 8855 to register.

MiiMi is now an approved CSO Agency.

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

90 High Street, Bowraville

Ph: 02 6564 8855

Email: admin@miimi.org.au

9/11

Vale Timothy Ryan



1955 - 2017

Tim passed away surrounded by family on Saturday 24 June 2017. He is survived by his son, Bill Ryan.

Tim was a co-ordinator at Nambucca Valley Landcare for 19 years. Over this time Tim worked with countless landholders to improve the productivity and condition of our waterways, farmland and forests.

Tim’s honest, direct and flexible style allowed him to expand the reach and membership of Nambucca Valley Landcare making it one of the most successful Landcare groups in the state.

In the face of uncertain funding Tim lobbied and tirelessly persisted to secure resources and raise awareness to enhance and protect Nambucca’s vitally important natural resources.

Tim’s legacy will be continued by the members of Nambucca Valley Landcare who are dedicated to the sustainable management of our land and water for generations to come.

A memorial service for Tim was held at Scotts Head Surf Club on Friday 30th June.

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

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

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

Real people in a casual relaxed atmosphere.

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

8/11

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

From Page 5

perishable food products will be on sale as well as other products. All perishables such as bread, vegies and fruit are free. Fee: \$10 for 11 items; \$20 for 22 items. Contact 6568-1647 or 0431 947 799.

Nambucca Valley Community Church

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

Macksville Probus Club

Meeting at 9.30am at Macksville Ex-Services Club on the third Thursday of each month. Meetings consist of a speaker of interest in the community or an autobiography by a member. Morning tea provides time to socialise and enjoy the company of other members. Anyone wishing to attend our meeting will be made most welcome. Margaret Cleary will be happy to answer any enquiries on 6568-5859. We are seeking new members to steer us into the future. \$10 for meeting and morning tea.

Have you visited Bowraville's Museums recently?

FRANK PARTRIDGE VC MILITARY MUSEUM - From 1st July, for 3 months, a travelling display from the Australian National Maritime Museum will be featured at the Frank Partridge Military Museum. "War at Sea" draws on the personal accounts of WW1 Navy servicemen through diaries, mementoes, ships' logs and letters home - to tell the incredible stories of bravery and sacrifice amidst the drudgery of life at sea, patrolling, blockading and escorting troop ships. It also explores the

mystery surrounding the loss of Australia's first submarine AE1 and the role of the Royal Australian Bridging Train at Gallipoli in 1915. The display will be officially launched on Sunday 1st July, 2017.

BOWRAVILLE FOLK MUSEUM

The Museum has recently received grants for the purpose of restoring historical photos. The Museum would love to scan or copy any historical photos of High Street that you may have. Planning changes to the High Street streetscape is not new according to the June 1919 edition of the Nambucca and Bellinger News: Tuesday the Acting Engineer stated that by appointment he had met a deputation from the Bowraville Progress Association and discussed the carrying out of improvements to High Street, Bowraville. The plan favoured by the association being to break the uniformity of the street near Hammond & Wheatley's (Folk Museum Building) and change the width of formation from 77 feet to a width of 50ft with a sloping bank on each side, of 13ft. 6 inches wide. In reply to questions the Shire Clerk said that the only money available was from the Main Roads' vote. On the motion Mr. Connors the Acting Engineer was instructed to proceed with the first section of the work as soon as money was available and labour was procurable.

Nambucca and Bellinger News (NSW : 1911 - 1945) Friday 13 June 1919.

- Dr Paul Weekley, Research & Genealogy Officer
Bowraville Folk Museum

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7 DAYS

10/11



Bruce was telling a friend that he had just lost his job. "Why did the foreman fire you?" the friend asked in surprise.

"Oh," Bruce said, "you know how foremen are. They stand around with their hands in their pockets watching everybody else work."

"We all know that," replied his friend. "But why did he let you go?"

"Jealousy," answered Bruce. "All the other workers thought *I* was the foreman."

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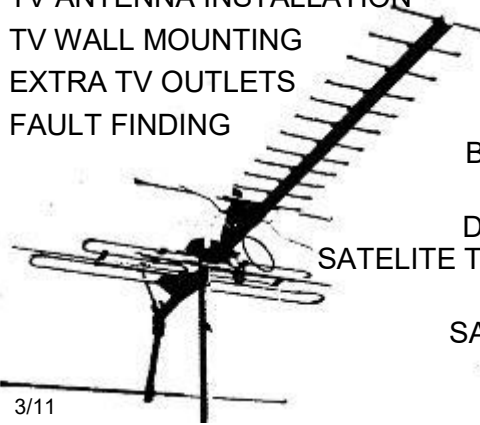
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1 Paulownia Place, Bowraville 2449

Phone Bruce on 0488 138 638



10/11

Bowraville Community Centre

In 2011 a Mission Statement was adopted by the Bowraville Community Development Association Incorporated (BCDAI) . In 2017, after many changes of membership, this Mission Statement still stands true. Earlier this year a new committee was elected and we has been working tirelessly towards this Mission Statement.

We have applied for a grant to install solar panels on the roof of the building and are researching for funding opportunities to further improve the facilities for the community.

A long time presence is the ever popular Aunt Emily's Craft Centre where visitors and locals find lots of locally made craft items.

The regular Bowra Country Market, currently held on the 2nd & 4th Saturdays of every month, are experiencing a rejuvenation. You can find cakes and jams, plants, local produce, crafts and a variety of bric-a-brac. New stall holders are very welcome and buskers too.

Boomerang Bags hold sewing bees every Wednesday making bags for the community from unwanted fabrics that would otherwise end up as landfill. This is a great socially inclusive initiative.

The main hall is available for regular and casual hire; at \$20 for first hour then \$10 per hour. There are quality fittings for displaying art works in gallery style. There are also 2 rooms upstairs available for rental. Lovely light-filled spaces, suitable for offices, training, workshop or meeting spaces.

And the back yard is calling out for keen gardeners! Plenty of space for someone or a small group of people to grow some vegetables and flowers for their own use or to sell at the markets

Please enquire to the BCDAI Secretary, Marion Syratt, on 6564 7908 or 0400 828 471 or bcdainc@gmail.com



Missabotti Hall ANNUAL GENERAL MEETING

~

**29th JULY
2017**

~

10AM

~

All welcome



Bernard Laverty Funerals

24 hours 65681555

Monumental Masons & Florist

'Speak to us about the benefits of Pre Paying'

8/11





BOWRAVILLE STRONG FAMILIES

Women's Group



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

Teen Sports Training



Get ready for your upcoming School Athletics carnival with a little extra training and guidance from Hayden Strong. Sprint training takes place at Hennessey Tape Oval in Bowraville from 4pm – 5pm on Mondays. Kids from 12-17 years are all invited. Any parents are welcome to help out as well.

Men's Group



Starting Friday 2nd June Strong Families, in conjunction with Nambucca Valley Phoenix, will be hosting Men's Outings each Friday from 9.30am to 2.30pm. It's a chance for the local men to make a few friends and enjoy a game of pool at the club, go fishing or play golf. \$10 includes lunch and transport. Contact Hayden on 6564 7677 if you would like to be involved.

Ph: 6564 7677

Mob: 0499 002 141

strongerfamilies@nvp.org.au



Bowraville Strong Families

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

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

10/11

Bowraville Harvest Faith Family Church

10/11

A Word of Faith Pentecostal Church

Church Services - Sunday Mornings - 9.30am

Prayer Meetings - Sunday Mornings - 9.00am

Faith Link Groups

Wednesday Evenings - Mixed at 7.00pm

Thursday Mornings - Ladies at 10.00am

Ministry Training School

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

Counselling is available by appointment.

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



Pastor: Rev. Tom Fairhall

Mob: 0428 682 870

email: bhffc2012@gmail.com

Bowraville Kinesiology

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10/11



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We can come to you ... Mobile Hair & Beauty

10/11

CASH ADS

WANTED

Private rental (2-3 bedrooms) in Bowraville by 44 year old working woman and quiet 13 year old boy. Phone 0429 021 840.

FOR A DONATION

Wall TILES - Used and cleaned. These ex-kitchen tiles are a light mottled cream/brown with pale blue outer trim. Size is 22x15cm. We have 1 at Tech Centre to view.

WE NEED YOU

Here at the Bowra Technology Centre we are mostly volunteers and we urgently need more.

Each day of the week we need to have 2 people here to assist with enquiries and to do technology jobs if the volunteer has the experience or is willing to learn.

Technology experience is not essential, we need people to man the front desk too.

If you are interested please call Mark (on Mon, Tue or Thurs) on 6564-7420.

Bowraville Central School wins Science and Engineering Challenge

Bowraville Central School turned the engineering world on its head when, in an against the odds triumph at an interschool challenge run by the University of Newcastle, it was announced the winner of the Science and Engineering Challenge at Kempsey.

The competition was open to schools across the Mid North Coast and was aimed at Year 10 students. But with a secondary school enrolment of just 130+, teacher Kerry Kete said they had to include some Year 8 and 9 students to form their team of 20.

"We've always had a strong science program with robotics and the like, but to win ... let's just say we were very excited," Kerry Kete.

Evidence of good things happening at Bowraville Central is that the school came second in the engineering challenge last year – and has gone one better this year.



The successful Bowraville Central team with the winners' plaque.

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Karen's TRIVIA for July



Many happy returns to all who are celebrating their birthday in July . .



Famous Cancerians include :
Tom Hanks - 9 July 1956
Malala Yousafzai - 12 July 1997
Dalai Lama - 6 July 1935
Nelson Mandela - 18 July 1918
Frida Kahlo - 6 July 1954
Henry Ford - 30 July 1863
Ringo Starr - 7 July 1940, and
Sandra Bullock - 26 July 1964.

Like applique on nothingness

Like adjectives in hype

Fallen bracts of the bougain-magenta-and-faded-villea

Eddy round the lee verandah

Like flowers still partying

When their dress has gone home.

From "Winter Winds" by Les Murray



The Delphinium (or Larkspur) and the Waterlily are the traditional flowers for July.

The Ruby is the birthstone for the Month of July.

In Julys Past

July 14, 1789

The fall of the Bastille; the French Revolution begins.

July 25, 1909

The world's first international aeroplane flight by Louis Bleriot, from France to Dover.

July 16, 1945

The experimental atomic bomb "Fat Boy" was set off in the New Mexico desert.

July 20, 1969

Apollo 11 astronaut Neil Armstrong took his first step on the moon.

DON'T FORGET...

National NAIDOC Week during the first full week of July.

NAIDOC

(National Aborigines and Islanders Day Observance Committee) is a celebration of Aboriginal and Torres Strait Islander cultures and an opportunity to recognise the contributions of Indigenous Australians in various fields.

This year's NAIDOC theme is 'Songlines: The living narrative of our nation'.

THAT'S FUNNY...

Heavy metal music and yoga may seem incompatible but one New York yoga instructor with a passion for 'metal' has mixed them together in a series of classes that help people relax and unleash their inner beast at the same time.



There may be a grain of truth in the old saying "Clear Moon, Frost Soon". When the weather is cold enough and without cloud cover the earth loses more heat, creating the ideal conditions for frost to form.

DID YOU KNOW?

Wind chill is calculated using a precise formula. Wind chill is actually calculated using a complicated equation devised by meteorologists.

For math nerds who'd like to test it at home the formula reads: $Wind\ Chill = 35.74 + 0.6215T - 35.75(V^{0.16}) + 0.4275T(V^{0.16})$.

Good luck!

- Compiled by volunteer Karen Bindoff



July - Julius Caesar named this month after himself and added it to the Roman calendar in the year 46 BC

Protect our Shire's sewer network

'Flushable' wipes NOT flushable!

Nambucca Shire Council is having to devote more resources and money to dealing with blockages related to flushable wipes. These wipes do not disintegrate and have a tendency to matt together and cause blockages in pipelines and particularly in pumps.

How can You Help?

The sewerage system is only designed to remove sewage, toilet tissue and wastewater from the kitchen, bathroom and laundry.

Therefore please dispose of the following items in your household garbage collection bin:-

- Flushable wipes
- Nappies
- Sanitary items
- Cotton Buds
- Dental floss
- Cigarette butts
- Rags
- Fats and Oils



'Flushable' wipes block pipes

The wipes market, and the uses for wipes, has exploded. A stroll down any supermarket aisle now reveals wet wipes for make-up removal, toddlers' noses, floor cleaning, toilet cleaning, toilet training and even (wait for it...) adult bums – promising to leave users "extra clean and fresh".

To make things even easier for us consumers we're told (on the packaging) that many of these wipes are now "flushable" which means rather than using the bin you can toss it into the toilet and flush it out of your life just like toilet paper.

But are flushable wipes really flushable?

Not according to Australia's water service providers who are spending an estimated \$15 million a year, and growing, to clear blockages they say are largely caused by wet wipes.

The competition regulator isn't too impressed either. It has announced impending court action against flushable wipes makers Kimberly-Clark Australia and Pental for making false or misleading claims by saying their products disintegrate as well as toilet paper.

"The ACCC alleges that the impression given by the representations which Kimberly-Clark and Pental each made about these products was that they were suitable to be flushed down household toilets in Australia, when this was not the case," ACCC Chairman Rod Sims says.

International standard on its way

As wastewater systems around the world struggle with flushable products there is light at the end of the clogged-up tunnel.

An international standard for products designed to be flushed down the toilet is expected to be completed soon. The standard will outline the tests that can be used to define if a product is able to be flushed as well as the appropriate labelling requirements.

In the meantime water utilities will continue trying to spread the word that, despite promises on the packaging and TV ads, flushing any kind of wipe down the toilet is a bad idea.

What can be flushed down the toilet?

There needs to be more education about what can go down the toilet. People often don't realise their toilet is not a rubbish bin. Just because it goes around the S bend doesn't mean 'out of sight out of mind'.

With the current lack of clarity about what is suitable to be flushed it's best to play it safe and only flush human waste and toilet paper. Other products are not acceptable because of their high potential to cause blockages, end up on our beaches and rivers, create sewage overflows and increase costs for sewage treatment and maintenance.

In other words, the only things safe to flush are the '3 Ps': poo, pee and paper (toilet paper, that is).

Our Youth Our Future



Solution Brokerage Roundtable



Carolyn McNally

Please join the discussion on Bowraville, young people and the future of your community.

This is an opportunity to provide direct feedback from a youth perspective around your community. It also provides an opportunity to help shape the development of leadership programs and inform how the government will respond to Bowraville through Solution Brokerage.

Session 1 will be facilitated by Secretary Carolyn McNally, *Officer in Charge of Solution Brokerage*.

It will involve a roundtable discussion and workshop with young people in the community aged 16-30 years old.

Session 2 will be facilitated by Adam Hansen, *AIME (Australian Indigenous Mentoring Experience)*.

This will involve young people aged 12-16 years old and include activities and discussions around leadership, mentoring and the understanding of young people and their goals in Bowraville.



Adam Hansen

When: Thursday, June 22nd 2017

Where: St Marys Primary School
Carbin Street, Bowraville

Time: Session 1: 11.30am - 1pm
Session 2: 1pm - 2.30pm

Lunch is provided

For further information contact:

solutionbrokerage@planning.nsw.gov.au

AIME

Australian Indigenous
Mentoring Experience



Planning &
Environment



Education
Aboriginal Affairs



 Bowraville Solution Brokerage

Simple ways you can save money

*Making small changes in your life can fatten your savings and help you budget better.
Follow these tips to save more money.*

Change one habit and save

Small changes can make a big difference to your bank balance. Change one thing you do regularly and you could save money. Some examples are:

- Give up drinking coffee or cut down on alcohol - it may sound scary but it will save you money and can have health benefits.
- Cancel your gym membership and walk to work instead.
- Make your lunch at home.
- Have people over for dinner rather than going out and ask everyone to bring a plate of food.
- Borrow books and DVDs from the library.
- Lock up your credit card for a month and only pay for things with cash.
- Get into the habit of checking your bank statements.
- Set a limit for birthday and Christmas presents or give homemade gifts.
- Share tools and equipment with your neighbours rather than each buying one of everything.
- Record your everyday expenses to work out where you can make changes.

Start saving with a friend

It can be harder to save money when the people around you are keen to spend. Try and find a friend who also wants to save money. You can share tips, enjoy cheap nights out and borrow from each other rather than buy new things. By cultivating good savings habits you can realise many of your dreams.

Finding savings on food, groceries

There are lots of ways to cut costs at the supermarket without going hungry or sacrificing quality. Saving money on food begins before you even set foot inside the shop or click on the supermarket's online order form.

Write a Shopping List - keep a writing pad and pen in the kitchen or keep your phone handy to type up a shopping list. Add to this list whenever you think of things you need. Remember to take it with you when you go shopping so you don't forget anything. Only buy what's on the list - this will make sticking to your budget easier.

Plan your meals in advance and add the ingredients to your shopping list. Create a menu based around items you already have in the pantry so you are using the food you've already got and buy fewer items.

Leave the kids at home - Ask a friend to mind your children and go shopping without them if you can. You'll have more time to compare prices and won't fall victim to 'pester power'. However, taking your kids to the supermarket from time to time can be a good way to teach them about money.

Don't shop when you're hungry - Eat a meal or snack before you go to the supermarket. When you are not hungry you tend to buy less food.

Set a budget for your shopping trip and use only cash - withdraw the cash from an ATM and only take this money with you when you go shopping. Don't take any other cash or cards with you so you can only spend what you have.

Buy in bulk - Cut larger portions of meat into smaller packages so you only use what you need and keep the others frozen to use later on.

Utilise leftovers - Cook a large batch of meals early in the week and freeze them to use as quick and easy leftovers. This can help avoid the last minute temptation of takeaways later in the week.

Shop less often - If you usually go shopping each week, try shopping once a fortnight. This will help get you into the habit of using all the food in your pantry before you buy more.

Buy generic - Swap brand names for generic products where you can. You probably won't taste the difference but the cost savings can really add up.

Check the specials - before reaching for your usual brand check if a cheaper alternative can replace it.

Try vegetarian meals - Meat can be very expensive so buy less of it and try making more meals without using it. Lentils and chick peas are healthy alternatives.

Cut down on junk food - There's nothing wrong with an occasional treat but buying chocolates, biscuits, chips and soft drinks each week will have an impact on your wallet as well as your waistline.

Check all supermarket shelves - Supermarkets carefully plan where they place products around the store. The items they promote are usually at eye-level so take the time to check the shelves above and below for any cheaper alternatives. This takes a little more work but it can make a big difference to your shopping bill.

Avoid impulse buys - Some grocery stores have special aisles with impulse buys that you would never think of buying unless you thought they were cheap and on sale. If you can't trust yourself to walk out of the store without purchasing a few of these avoid the aisle completely so you are not tempted to buy unnecessary items. Remember, just because they are cheap doesn't mean you need them.

-<https://www.moneysmart.gov.au/managing-your-money>

Bowraville Central School News

Our school is receiving 2 new 8-month old Red Poll heifers next week.

Their names are Carla and Leila and we are going to break them in in preparation for future shows.

They are great quality heifers and should do well for us.



The school had a very successful movie night with many families and community members attending. A big thank you to Jannelle Kreinberg and Ky Grace for the popcorn machine.

Congratulations to the Open Boys Touch Team on their runner up result at Inverell. They have now qualified along with the U16s for the State Championships to be held in Dubbo in August.

Year 7s went to Bellingen for an Aboriginal Cultural Emersion Day. They looked at language and storytelling through song and dance. The students enjoyed the experience greatly and participated really well.



Joven Walker breaking the 200m record held by D.Owens since 1987 26.52 sec.

Olivia Bateman Senior Secondary 800m

Kerry Jarrett Senior Secondary 100m & 200m

Joven's time was 26.18sec.

Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Winter 2017								
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	Community Radio Network Good Morning Country National Radio News Rural Reports	Community Radio Network Recycled Radio With Rob Davidson	Bubble N Squeak Linda & Michelle A family show with Christian themes.	Lighten Up With Jolyfish	Tones of Clairessence Claire Watt-Powell	Rise & Shine With Ron Hawkins Information and music to kickstart your weekend.	Beam Me Up Scolly Sunday Music Mix	6 AM
7 AM	Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll 1950s-2010s	It Was His Kind of Music With Donna Collins Crooners Easy Listening Popular Ballads	Dyer's Loop With The Dyers Music to dye for, of course	Under The Stinging Tree Poppa	Talk Of The Town Ceri Wobel See what's going down! All things local	Hair Of The Dog Kim Smith & Mick Birfiles Rock, Pop Covers And Music Trivia	Good Sunday Morning With Faye Music Movie Reviews News Local Events	7 AM
8 AM	Baby Boomers Donna Collins	Infopinion Richard Lanton	Stella Bells 2NVR Youth Radio with Stella	Turning Pages Elizabeth Newman	RAOR Jeremy Alom Random Acts Of Radio	Learner Driver New Presenters	Classical Corner Music from the past 1000 years. Alternates weekly with The Lively Arts	8 AM
9 AM	The Weekley Fix Paul Weekley	The Phoenix Crew Selected music & madness	Today's Country With Rob Davidson First hour then Eighties Pop	Simmo's Country John Simpson	Outback Outlaws Paul Rowe Old and new country music	Maggie's Mix Margaret Duffus	The Lively Arts Music & spoken word from film, TV, theatre & radio Noel Robertson	9 AM
10 AM	Drive With Scotty Scotty Great Scotty Music	Rob's Roving Robbie & Linda Bible reflections, Gospel & Australiana	Just For You Carola J. Simmons Followed by Karola's Deutsche Musik-Strunde	Wendy's Country Aussie country music at its best	Wind Down for the Weekend Stu & The Crew	Concussion 2NVR Youth Radio With Kean, Noah & Aedon	Flashback Rock Five Decades Of Rock With Rob Davidson	10 AM
11 AM	Bowra Beats 2NVR Youth Radio with Grace	Jack's Tracks 2NVR Youth Radio with Jack All the tracks with Jack Tune in!	Hinterland Ben Walters	Thursday Country Trilovic	Rhino On The Radio Switching to Studio 3 from 6pm-8pm on the 3rd Friday of each month for five artists & studio audience	Two For The Money Double the Fun with Paul and Rachel	Flashback Rob Davidson '60s to '80s Pop & Rock	11 AM
Noon	Nambucca Valley Roundup - Rachel Burns	Nambucca Valley Roundup Carola J. Simmons	Soundbite Sivomir Skokan	Nambucca Valley Roundup - Retro Trilovic	The Friday Night Rock Show Todd Willis FNRS Continues overnight	Spirit in the Sky Non-stop heartfelt music Relax and enjoy	That's A Wrap Donna, Tom & Mitch Local sports results and in-depth analysis	Noon
1 PM	Reggae Mixtape With Fitzroy Music outside the usual	Latest & Greatest Country Bryon Edwards	Phillinn With Phil New Australian Blues and Indie/Folk/Rock	Highway Blues Retro When Only The BEST BLUES Will Do	Imagine This & The AntipodeanSF Radio Show	Booth's Drum With Captain Steve DRUM	White Line Fever Arl Nolan All that trucker' good music	1 PM
2 PM	Juggling Mondays Juggler's choice Music mix	Prog Rock Playlist Reino till midnight	Ants Rocks Anthony Garsey Solid Rock	Jeff's Junk Jeff Mills CRN overnight	Wolffy Wolffy till 11pm Overnight Express overnight	White Line Fever Arl Nolan All that trucker' good music	CRN overnight	2 PM
3 PM	CRN overnight	The best of Progressive Rock	Ants' Music Mix overnight	CRN overnight	Overnight Express overnight	CRN overnight	CRN overnight	3 PM
4 PM	CRN overnight	BBC World Service overnight	Ants' Music Mix overnight	CRN overnight	Overnight Express overnight	Overnight Express overnight	CRN overnight	4 PM
5 PM	CRN overnight	BBC World Service overnight	Ants' Music Mix overnight	CRN overnight	Overnight Express overnight	Overnight Express overnight	CRN overnight	5 PM
6 PM	CRN overnight	BBC World Service overnight	Ants' Music Mix overnight	CRN overnight	Overnight Express overnight	Overnight Express overnight	CRN overnight	6 PM
7 PM	CRN overnight	BBC World Service overnight	Ants' Music Mix overnight	CRN overnight	Overnight Express overnight	Overnight Express overnight	CRN overnight	7 PM
8 PM	CRN overnight	BBC World Service overnight	Ants' Music Mix overnight	CRN overnight	Overnight Express overnight	Overnight Express overnight	CRN overnight	8 PM
9 PM	CRN overnight	BBC World Service overnight	Ants' Music Mix overnight	CRN overnight	Overnight Express overnight	Overnight Express overnight	CRN overnight	9 PM
10 PM	CRN overnight	BBC World Service overnight	Ants' Music Mix overnight	CRN overnight	Overnight Express overnight	Overnight Express overnight	CRN overnight	10 PM

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

The Best Little
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