

# 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



JUNE 2017 ~ ISSUE #152

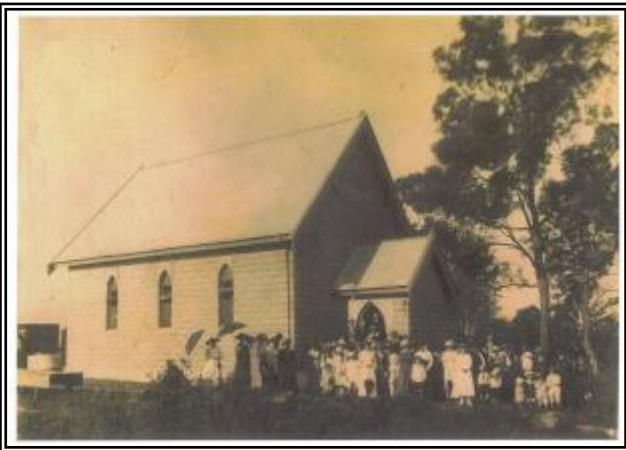
FREE

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POSTCODE 2449

## **Everything is GO! GO! GO! At the Uniting Church in Bowraville.**

On 9th July our Grand Old Church will be celebrating her 100th Birthday and during the past 12 months many improvements have been made to the church and grounds in readiness for this special event.



*You are invited to come and  
join us on  
Sunday, 9th July 2017  
for our celebratory  
Church Service at 10.30am*

The church service will be followed by a  
sausage sizzle and cuppa.

**Reverend Bob Richardson, a past minister of our church, will be conducting the service and we are hoping to have some other past clergy present to share their memories with us.**

The service will be relayed outside and seating will be provided in a large marquee. If you could bring your own chair it would be appreciated.

**We have a large collection of photos of days gone by but if you have any family photos taken at the church please ring Mavis on 6568-2451 and we will have them scanned and used on a photo slide show following the Sunday Service.**

The Macksville Town Band has agreed to play for us following the service and Donation Buckets will be passed around with the money shared between Macksville and District Hospital, Macksville Town Band and The Uniting Church.

**Reserve this special date - Sunday, 9th July 2017 and come along to the Uniting Church at 33 George Street, Bowraville for our Centenary Celebration.**

# BOWRAVILLE COMMUNITY NEWS

## CIRCULATION = 300 COPIES

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

## NEW 2016/17 ADVERTISING CHARGES:

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

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

## DEADLINE FOR COPY FOR

THE JULY 2017  
ISSUE IS: 5:00PM  
20th JUNE 2017

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

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

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

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

# ***Bowraville Technology Centre***

**Open 9.30am to 4.00pm Weekdays**

## **Internet Services**

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

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

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

## **Facility Hire**

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

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

Full day up to 8 hours - \$100.00

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

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

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

Full day - up to 8 hours \$40.00.

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

*“Like us on*



*search for CTCABowra”*

# ***Bowraville Technology Centre***

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

**Open 9.30 to 4pm Weekdays**

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

## Book Launch

Meet local author Rob Turnell on Sunday, 11<sup>th</sup> June at 3pm at the Bowraville Theatre for the launch of his book "Uncle Harry's Finger". Wine and nibbles will be provided.

## Boomerang Bag Sewing Bee

Every Wednesday at the Pioneer Community Centre Bowraville opposite the Post Office from 10am to 3pm Boomerang Bag sewing bees are being held.

Boomerang Bags are a sustainable alternative to single use plastic bags and are being made for the community, by the community, using pre-loved and spare fabrics donated by the community.

Sewing skills not required. Opportunity to learn. Ironers most welcome! Free. However donations towards hall hire, tea and coffee welcomed. Contact Marion on 6564 7908.

## 2NVR Studio 3 Live

Friday, 16th June will see us all being entertained by local duo *Lucy's Sky* so come along and be part of their live Studio Audience as they play their own music and covers.

*Lucy's Sky* is the combined effort of local female acoustic artists Ali Christopher and Alicia Parry. Together they have a great fan base and play regularly around the Nambucca Valley. Gig starts at 6pm at our Studios at 834 Rodeo Drive Tewinga .... and don't forget you can bring your own drinks and nibbles or for a donation you can have one of our tasty sausage sandwiches and tea, coffee and cakes...

## Bowraville Garden Club

At the May meeting we welcomed new member Kerri Anne and a revisit from Rob. What a happy day we had! The day started with a short meeting then a delicious morning tea and a stroll around Elizabeth's garden where we came away with the usual cuttings. We all admired her unusually coloured orchid

attached to a tree and her many salvias, then off to the Autumn Orchid Show where some of us could not resist adding to our collections. By this time we welcomed luncheon at one of the Nambucca Heads eateries followed by a visit to the Pelican Nursery. Not finished yet some of us went to visit another garden while others attended Karly Lane's book launch. June will see us on the road again. The Garden Club meets on the second Saturday of the month and new members are welcome. Contact Barbara on 6564 7039. President of Gardening Australia, George Hoad has designated the second week of October as Gardening Week so look forward to a special Bowraville event then.

## Bowraville Seniors

Bowraville seniors meet on the 3<sup>rd</sup> Monday of each month on the verandah of the Coach House Inn. Get a delicious coffee from the staff and settle in for a social event. In June our guest speaker will be Phil Hannaford who will give us some tips on driving better. If you are not a member you are invited to attend to hear what Phil has to present. May saw seniors attend the Cancer Biggest Morning Tea where over \$200 dollars was raised for cancer research. President Geoff won the main raffle and our other Geoff celebrated his 89<sup>th</sup> birthday.

## Bowraville UHA

Our next meeting on Friday 23<sup>rd</sup> June will be the last general meeting before we combine with Macksville Hospital Auxiliary - venue is Bowraville Recreation Club. Time 10am. At the May meeting, with support from Macksville, over \$30,000 was given to the Macksville Hospital for a variety of equipment. On 16<sup>th</sup> June at the home of Treasurer Dee Hunter, 10 Alexandra Drive Nambucca Heads, we are holding a Friendship Day when we hope all our Valley UHA volunteers will attend. There will be a linen display, raffles, trading table, lucky door

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

*~ Groups by appointment ~*

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## 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](mailto:enquiries@militarymuseum.org.au)**

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## 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 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**

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

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.

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

From Page 3

prizes, a guest speaker to talk on health issues and a delicious luncheon all for the cost of \$10. Time 11am. Friends of the UHA are also invited. Contact Isabelle 6564-7179 or Dee 6569-4770. RSVP by Friday 9<sup>th</sup> but late comers welcome.

## Bowraville Recreation Club

Headlines this month go to the Men's Bowls Pennant team, winners of Zone 5. All are busily honing their skills for the State Playoff at Soldiers Point. A strong contingent have booked in for this event on 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> of August. Bowraville has to be commended as they had one team while bigger clubs sported up to 4 teams. Congratulations men! Social Thursday Bowls continues to be well attended and great to see more ladies on the rinks. All championships continue. Lady golfers in their pennant matches had a win and a draw in May. Open day will be on Friday 2<sup>nd</sup> June and the men have also chosen June 18<sup>th</sup> for their Open Day. If the women golfers can round up enough players the championships will follow the open day. One of the Rec Club members is promoting a newsletter with a special box accepting news items. Some issues contain historical information about the club. Golf commenced in the 1920s and the present site of the clubhouse came together in the early 1950s. Members are reminded annual fees are due by 30<sup>th</sup> June.

## Bowraville Community Garden

Great to see residents using the amazing pizza oven! The trellis is well covered and passionfruit ripening. More vegetable beds have been prepared and peas and broad beans are newly planted. Broccoli, silver beet and cabbage will soon be ready to harvest. We welcome any one with free time to attack the nut grass and if you would like to take control of a bed come along on Mondays. Brad and Co are working on future strategies for the garden.

## 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

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

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

# BOWRAVILLE HEALTHCARE CENTRE

Dr Edwina Guard MBChB BSc FRACGP

29a High Street Bowraville

Ph: 6564 7555 Fax: 6564 7505

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

## 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**

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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



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## Keeping the nasties at bay on the web #2

*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.*

### How do I protect my children on social media?

Firstly talk to your children and explain that what goes on the web stays on the web and can have future social, academic and employment implications. Set boundaries for the type and amount of information they can share with others and get them to ask permission before uploading photos and videos.

Stay involved in your child's use of technologies by knowing the apps and websites they're using, who their online friends are and by having a copy of their passwords. Remind your child to create a 'safe' user name that does not indicate their gender, age, name or location. Insist that children and young teens have you as a friend on their social media accounts.

Familiarise yourself with privacy settings to limit their online information so that it can only be seen by friends on the social networking sites. Warn them never meet someone that they have met online without an adult in attendance or without your prior knowledge.

Encourage your child to be alert to people online who make them feel uncomfortable and to block them. They should report inappropriate contact to the website administrators. Don't forget to reassure your child that you won't block their internet access if they tell you that they are uncomfortable or worried about what has been said online.

### How do I protect myself against scams?

Won a lottery you didn't enter? How about an inheritance from someone you don't know or an unexpected windfall from the tax office?

Unfortunately, as we've moved more of our lives online, the scammers have joined in too looking for opportunities to trap people into sharing personal information or banking details. The first thing to do is sign up for alerts from **Stay Smart Online** so you're aware of the latest scam doing the rounds.

*Here are some other tips:*

- If it sounds too good to be true it usually is. Be very suspicious of prize and windfalls scams.
- If an email looks like it's from a government department, a utility service such as your electricity company, internet provider, financial

institution or a payment service such as PayPal, check the email address carefully. If in doubt ring the company and verify the address and the request.

- Don't respond to phone calls or email offers about financial advice or opportunities. Check an investment or financial company or scheme is licensed on the **ASIC website**, and check **Money Smart** for a list of companies you shouldn't deal with, and for other financial scams information.

- Scrutinise social media or online dating requests looking for money or help with a sad story, and never correspond outside of the platform and never provide financial details to someone you have never met.

- See **Scam Watch** for information on scams.

### How do I protect myself against malware and ransomware?

Be vigilant and aware, in the first instance, for anything that may be suspicious. Always verify emails from companies by checking the sender's address and calling the company to confirm the email address or other details in the email.

**Don't click** on suspicious emails, email attachments or links in emails.

**Check** the email is legitimate by hovering over the email in the inbox list and looking at the status bar to see if it is going to the place where the link says it should go. If the sender email address doesn't match the return address, delete and contact the company or sender to check and alert them.

**Always** run security software and keep it up to date for protection against the latest attacks.

**Be sure** to keep the operating system and applications up to date for all internet-connected devices to have the latest security patches. See the **ACMA mobile guide** for more on mobile operating systems.

**Be wary** when clicking on links that have been shortened as these can be a front for an illegitimate site, this is especially true for random tweets from people you don't know on Twitter.

- From [www.choice.com.au](http://www.choice.com.au)

More 'Keeping the Nasties at Bay on the Web' next month.

### Techno Joke . . .

Q: What did the baby digital watch say to the mummy analog watch?

A: "Look Mum, no hands!"



**JUNE PROGRAM at the**

# BOWRAVILLE THEATRE

Sunday, 11th June at 3pm

**Rob Turnell**

Invites you to the launch of his book *“Uncle Harry’s Finger”*  
at the Bowraville Theatre.  
Wine and nibbles on hand.  
*Hope to see you there.*

## *The Guardians of the Galaxy Vol 2*

Sunday, 18<sup>th</sup> June at 2pm

Peter Quill and his fellow Guardians are hired by a powerful alien race, the Sovereign, to protect their precious batteries from invaders. When it is discovered that Rocket has stolen the items they were sent to guard the Sovereign dispatch their armada to search for vengeance. As the Guardians try to escape the mystery of Peter's parentage is revealed. Rated PG-13 Run Time 2h.18m.



**Theatre Doors open 1/2 hour before screening of each movie.**

**Complementary tea and coffee.**

**Café open for ice cream, lollies, drinks etc.**

**PRICES: Adults \$12, Conc:\$10 BAC Members/Children under 14: \$8 Family: \$30 (2 Adults, 2 Children under 14)**



### *Long time coming . . .*

The judge was trying to change the mind of a woman filing for divorce. “You’re 92,” he said. “Your husband is 94”. You’ve been married for 73 years. Why give up now?”

“Our marriage has been on the rocks for quite a while,” the woman explained, “but we decided to wait until the children died.”

**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**



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# **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**

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# MARKETS CALENDAR

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

## Steep & Heavy Mowing



Call Thomas — 0400 9500 01

ABN: 166 744 14262

[coffscoastslashing.com.au](http://coffscoastslashing.com.au)

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## 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](mailto:marcia@coronationkennelsandcattery.com.au)

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

We provide the following services:

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

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

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**Long Term Budget -**

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

Not available during school holidays

**Weekend/ Short-term Special**

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

Bookings MUST be for a minimum of 2 days.

**Short-term Accommodation**

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







## These Things Hidden

by Heather Gudenkauf

Allison Glenn was the perfect student, the perfect athlete, the perfect daughter.... Linden Fall's golden girl.

Brynn Glenn is Allison's younger sister; not so perfect in looks, academic or sporting achievement, apparently not perfect enough for her parents either.

Christopher was Allison's ex-boyfriend when she was still at school.

Charm Tullia is Christopher's sister and was a classmate of Brynn's.

Reanne is Charm's not so charming mother with whom she has as little to do as possible.

Gus is one of Reanne's cast-offs. He is Charm's stepfather, she lives with him and is the person she loves most in the world. Olene is the owner and manager of a halfway house for women who have been recently released from prison. Olene and her place are the first haven for women to begin again.

Claire is married to Jonathon, is the adoptive mother of 5 year old Joshua and is the owner of a bookshop called Bookends and eventually Allison's employer.

The lives of all of these characters are entwined; some from way back when Allison was a high school student before being sent to jail for a terrible crime. The others only recently since Allison's release from prison 5 years earlier than expected.

There are lots of secrets, lots of pain, deep love, forgiveness, sadness...lots of twists in this novel. The two sisters hold the key to everything.

## Road to Paradise by Paullina Simons

I found the beginning of this novel extremely irritating mostly because I don't suffer fools gladly

and I certainly don't want to read about them. BUT since I write the book reviews and am trying to read a wide range of novels in order to vary the reviews, I decided to stick it out. And to be honest, after a few chapters, I did want to know what was going to happen to such annoying characters. Having said that, the novel irritated me right to the end. I think I'd recommend it anyway!

The main characters are 3 teenage girls; not all of whom you meet at once. Shelby, 18, orphaned young and being raised by a woman whom she thinks is totally unrelated to her is given a Shelby Mustang for her graduation by this woman. Fresh out of high school, Shelby's plan is to drive from one side of America to the other in order to find her missing mother. Ex-best friend Gina (and you never quite get the full-on, 100% reason why they are 'exes') of same age wants to go across country to California, to marry her boyfriend before he marries someone else, invites herself along. Reluctantly Shelby agrees.

The trip doesn't go at all to plan right from the beginning and then gets rapidly worse after Shelby picks up a young, female hitch hiker, Cindy, even though the girls agreed not to pick up hitch hikers.

Cindy has her own reasons for wanting to reach California or anywhere the girls are going, she's an interesting character with, apparently, few morals.

There's much distrust and betrayal and when someone nasty gets on their tail you can add quite a lot of fear to the mix.

Again, probably worth reading because despite being irritating (did I say that already?) 18 year olds don't normally have a lot of world experience and I could just see this whole thing happening in real life.

- This book read and reviewed by BTC Volunteer, Raewyn.

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# Whooping Cough



**IDENTIFY**



**PROTECT**



**PREVENT**

## *What is whooping cough?*

Whooping cough can be a life threatening infection in babies. Whooping cough in babies can lead to apnoea (pauses in normal breathing), pneumonia, feeding problems and weight loss, seizures, brain damage and in some cases, death. Older children and adults can get whooping cough too and pass it on to babies.

## *What are the symptoms?*

Whooping cough usually begins like a cold with a blocked or runny nose, tiredness, mild fever and a cough.

The cough gets worse and severe bouts of uncontrollable coughing can develop. Coughing bouts can be followed by vomiting, choking or taking a big gasping breath which causes a "whooping" sound. The cough can last for many weeks and can be worse at night.

Some newborns may not cough at all but they can stop breathing and turn blue. Some babies have difficulties feeding and can choke or gag.

Older children and adults may just have a cough that lasts for many weeks. They may not have the whoop.

## *How is it spread?*

Whooping cough is spread when an infectious person coughs bacteria into the air which can be inhaled by people nearby. If they are not treated early, people with whooping cough are infectious in the first three weeks of their illness.

Whooping cough spreads easily through families, childcare centres and at school.

## *Who is at risk?*

Anyone can get whooping cough. People living in the same household as someone with whooping cough are especially at risk.

Immunisation reduces the risk of infection but immunity fades over time. You can still get whooping cough even if you've been immunised.

## *How is it prevented?*

Whooping cough vaccines provide good protection from infection but immunity fades which means that boosters are needed.

## *Immunisation for babies*

Babies need to be immunised at 2 months, 4 months, 6 months and 18 months. The first dose can be given as early as 6 weeks of age.

Getting your baby vaccinated on time gives them some protection when they are most at risk of severe illness.

If your baby's vaccines are overdue, see your GP now to catch up.

## *Immunisation for older children*

A whooping cough booster is needed at 4 years of age.

Check if your child has been vaccinated. Look at their Blue Book, speak to your GP or ring the Australian Childhood Immunisation Register on 1800 653 809.

A second whooping cough booster is given in high school through the NSW School-based Vaccination Program.

- Continued on page 12

**BOWRAVILLE PHARMACY**

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**PHONE: 6564 7925 or FAX: 6564 7364**

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# Winter has Arrived!

*It's time to rug up with some of our warm, cozy and stylish hats and scarves!*



*Come get a hot water bottle to snuggle and see our new range of slippers to keep your toesies cozy!*



*Come on in and see what else we have to offer to help keep the winter cold at bay.*

**BOWRAVILLE PHARMACY**

**31 HIGH STREET, BOWRAVILLE**

**PHONE: 6564 7925 or FAX: 6564 7364**

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



# WHOOPING COUGH — IDENTIFY PROTECT PREVENT

Continued from page 10



**IDENTIFY**



**PROTECT**



**PREVENT**

## *Immunisation for adults*

A booster for adults is recommended for:

Women who are in the third trimester of pregnancy, preferably at 28 weeks gestation. Free vaccine is provided in NSW through GPs and hospital antenatal clinics.

Other adult household members, grandparents and carers of infants under 12 months of age.

Adults working with young children, especially health care and child care workers.

## *Being exposed*

If you have been exposed to someone with whooping cough early in their illness while they are infectious, watch out for symptoms and see your doctor if you get a new cough.

Some babies and some pregnant women need antibiotics to prevent whooping cough infection if they have had significant contact with an infectious person.

## *How is whooping cough diagnosed?*

Your doctor may ask about your symptoms and whether you've had any contact with whooping cough. If your doctor thinks you have whooping cough a swab from the back of the nose or throat can confirm the diagnosis.

## *How is it treated?*

Some babies may need treatment in hospital or in intensive care.

Antibiotics are used to treat whooping cough in the early stages and can help prevent spreading whooping cough to others. People who are not treated early with the right antibiotics can spread the infection in the first 3 weeks of their illness. After 5 days of antibiotics you are normally no longer infectious.

The cough often continues for many weeks despite antibiotics.

## *What is the public health response?*

Doctors and laboratories must confidentially notify cases of pertussis (whooping cough) to the local Public Health Unit. Public Health Unit staff can advise the best way to stop further spread.

Infectious children are restricted from going to pre-school and school. Unimmunised contacts may be excluded from child care unless they take the special antibiotics.

- NSW Health whooping cough campaign

For further information please call your local public health unit on 1300 066 055.

## LIONS CLUB

SUPPORTING OUR COMMUNITY



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# Bowraville Lions Club Inc News Bulletin



JUNE 2017



The Lions Australia 2017 National Convention was held in Hobart, the capital of Tasmania, Australia's smallest State from Friday, 5 May until Monday, 8 May 2017.

It was pleasing to see over 1600 delegates and partners from all over Australia gather to celebrate 100 years of Lions.

We also got to see Lions Hearing Dog Doug at work.

*Did you know that it costs \$30,000 to train a Lions Hearing Dog?*



The guest speakers highlighted the diverse range of international, national and local Lions Club projects.

Lions Clubs around Australia have donated more than \$100,000 to over 100 local projects as part of its Community 100 program.



## 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's Mobility Foundation which helps fund the famous Harte walker that allows children with Cerebral Palsy to move around.



## 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: Mark Scott 0428 527 545**

**The Bowraville Lions Club now meets on the first Wednesday each month for dinner at the Bowra Hotel.**

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

**Lions Club raffle is held every Thursday night at the pub.**

## Winter in the Garden

OK, it's official, winter is upon us. And while it may seem easier to curl up on the couch with a cup of tea and a good book it's the perfect time to get out and into the patch! There is a sense of hibernation for a lot of us but it's time to don the boots and get to it.

Time to plant some winter crops – think about some leeks, rocket, beetroot, celery, lettuce (oak leaf), broccoli, cabbage, carrots, cauliflower, onions, kale, kohlrabi, spinach and silverbeet.

Pop in some coriander and chamomile... perfect for warming winter curries and cups of tea!

Stick in some spuds (home grown is easy) and incredibly rewarding. Don't forget about sweet potatoes - they are great fun to grow as well!

There are a load of fruity favourites ready to go in including kiwifruits and figs! Remember that kiwi fruits need to cross pollinate so ensure you pick up one of each sex so that they can cross pollinate.

Nuts such as pistachio or pecan can also be planted. Beautiful trees in their own right these nuts are number one in the garden!

A seaweed tea, or any low environmental impact liquid fertiliser, is perfect for giving plants a kick start as they establish. Apply to the soil early in the morning and in the concentrations mentioned on the packet. Don't forget to give the fruit trees a bit of a feed as well (particularly paw paw).

Much appreciated at this time of year is colour: marigolds, lupins, pansies, violas, phlox, verbena and lavender (non-invasive varieties of course!). Popping these in around your veggies will give some colour and interest to the patch and act as beneficial insect attractors!

Consider a green manure crop to add some life and love to an overworked patch. At this time of year try millet, oats, lupins or field peas. This will improve your soil incredibly and, as a bit of forward planning, you'll find it well worth the effort!

Water smarter at this time of year. Water first thing in the morning and instead of quickie irrigation, a nice, deep drink a couple of times a week is far more beneficial! Always check soil moisture before watering at this time of year....don't waste your precious drinking water if Mother Nature has already done all the hard work for you!

Top up mulch on your veggie patches, herb gardens and ornamental beds especially important for weed suppression at this time of year. A hot tip is to mulch after watering to a depth of about 7cm. Keep mulch clear of plant stems especially young seedlings. Choose sustainable, low environmental impact mulch, one that will enrich your soil as it breaks down. Also look for one that has done the least amount of travel to get to you.

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6564 8648**

9/11

## Exciting news for Bowraville

Jill Ashley, Head Teacher at TAFE Macksville attended our chamber meeting on Tuesday night 23rd May to inform us about courses being offered in Bowraville.

### Courses

- Certificate 11 in Conservation and Land Management. Tuesdays
- Certificate 11 Creative Business. Bowraville Rec Club Mondays and Tuesdays.
- Certificate 11 Early Childhood Education and Care. Bowraville Tuesdays, Wednesdays and Thursdays
- **Free short courses to upskill our community. Saturday workshops. Transport provided from Bowraville to training delivered in engineering workshops Coffs Harbour Campus. These include welding courses for farmers and landowners.**

**For more information visit the Bowraville Technology Centre or contact Jill Ashley M: 0407 142293 Email: [jillian.ashley@tafensw.edu.au](mailto:jillian.ashley@tafensw.edu.au)**



## Nambucca Shire Business

### Advisory Committee

Chamber has been invited to join the Business Advisory Committee.

#### Purpose

To assist businesses within the Nambucca Valley prepare for the highway bypass by identifying a range of initiatives to support business including improved marketing, easier access, more pleasant public spaces as well as support for new investment.

### Meetings

The next meeting of the chamber of commerce will be on Tuesday 27th June @ 5.30pm at the Bowraville Ex Services Club in High Street from 5.30pm

#### Contact Chamber

President: Mark Scott

M: 0428527545

[chamber@bowraville.nsw.au](mailto:chamber@bowraville.nsw.au)

Membership is available to the Chamber for Businesses, Self Employed people and Community Organisations.

Meetings are held on the 4th Tuesday of the month from 5.30pm at the Bowraville Ex Services Club.





## WHAT'S HAPPENING IN BOWRA

From Page 5

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 Bellingen 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 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.



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**SOUTH ARM HALL**

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**COME JOIN US**

**Any questions ring: Robyn 65648748,  
Anama 65647521 or Alba 65647947**



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

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

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

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

## FREE SERVICES

- Monday – Counselling Services**  
Contact Interrelate — Ph: 6659 4150  
Everyone Welcome.
- Tuesday Help with Accommodation**  
1<sup>st</sup> 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**  
1<sup>st</sup> and 3<sup>rd</sup> 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](mailto:admin@miimi.org.au)

9/11



## Bowraville's Museums

*Have you visited our museums lately?*

### The Bowraville Folk Museum

commenced in 1970 and Penny Larkin, with help, has taken on the task of putting all the contents on a computer base. Pat Hillery, a longtime supporter of the museum, was regaling us with more stories at the Cancer Morning Tea. Of interest to some was the old boy's home demolished in the 1960's by the purchasers of the pre-named Hacienda Motel in Nambucca. Most of us thought this had been an orphanage but Pat said it was built for a boarding house for tradesmen when Bowraville had its first building boom and was later used as a residence. The bricks were made at a brickworks somewhere near John Townley's home. A few of the bricks helped to fill the drains of the present 3<sup>rd</sup> golf hole. This building was in George Street which has an amazing history. Pat told us there were once 7 churches and shops along the way.

### Frank Partridge VC Military Museum

was once part of the Folk Museum but it found a new home in what is now Dr Guard's rooms and later moved to the old Council Chambers. They have an ongoing raffle of figurines as a fund raiser and membership (or support) is \$5 per annum. For those interested they have a regularly updated Facebook page. The most recent addition to the museum is a closed cab 6x6 GMC 2.5 Ton Cargo Truck which was used extensively in WW11 and the Korean war - over 500,000 were purchased. The museum also has various items for sale.

*Both Museums welcome volunteers and support through membership.*

## Expanded health services available to Bowraville community

The Mid North Coast Local Health District (MNCLHD) has expanded its health services within Bowraville.

In addition to the existing services already being offered to the Bowraville community by the Local Health District, such as the baby clinic, there will be extra Child and Family Health Services located at MiiMi House in High Street.

Work has just started on renovating part of MiiMi House to build two consultation rooms from which expanded Allied Health and Child and Family Services will be provided.

This renovation work is expected to be completed within the next two months and appointments will be taken after that time. At the Phoenix building there are now mental health services (adult and youth) being provided by locally-based staff each weekday. To access these services please call 1800 011 511.

Drug and Alcohol counselling services also operate one day per week from Phoenix and can be accessed on 1300 662 263.

These enhancements at Bowraville are additional to all of the existing MNCLHD Mental Health and Drug and Alcohol services provided across the Nambucca Valley based out of the Macksville Community Health Centre.

Aboriginal Health staff also provide education and referrals to existing services at Bowraville, working very closely with other MNCLHD teams and community-based organisations.

# Bowra Laundromat

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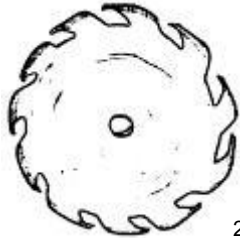


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If this sounds like something you may be interested in please contact  
Mark on 0403 301 494.

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

*"If you really think the environment is less important than the economy, try holding your breath while you count your money."*

*- Dr. Guy McPherson*

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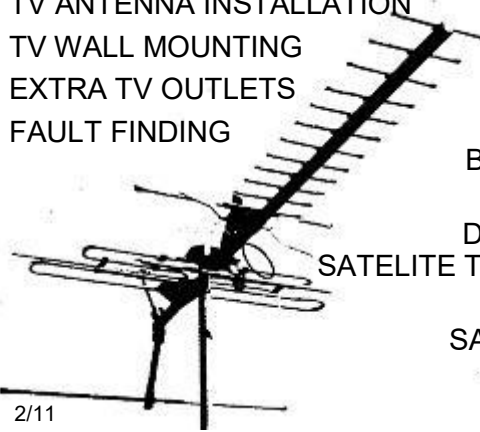
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## How pets bring people together

For many Australians a pet is an integral part of the family. There are an estimated 25 million pets in Australia with 39 per cent of the population owning dogs. Cats come in second at 29 per cent.

Just having a pet can lift our spirits, help us to relax and make us feel good about ourselves. Pets provide us with comfort and support and have been known to be beneficial for our physical and mental health as well. Yet, while pets have been identified as a direct source of companionship and support, their role as a catalyst for friendship and building social networks has not been investigated until now.

A total of 2692 people from four large cities were randomly selected to participate in a telephone survey. All participants were asked about getting to know other people in their neighbourhood and pet owners were asked additional questions, such as the type of pet or pets they owned and whether they had formed any friendships due to their pet.

This study also investigated the role of pets as facilitators for three dimensions of social relatedness: getting to know people, friendship formation and social support networks.

People with pets were more likely to get to know the people in their neighbourhood compared to non-pet owners.

Dogs were the more popular pets for bringing people together and creating friendships than other companion pets. About 40 per cent of the participants reported receiving some kind of social support (emotional, informational, appraisal, instrumental) through people they had met because of their pets.

The study suggests that companion pets can help facilitate many kinds of human social interactions among people in a neighbourhood setting which can range from forming friendships to providing vital emotional and practical support.

There is growing evidence to support the risk of mental illnesses due to isolation and conversely, evidence which shows that friendships and social support provides the protection needed against such isolation. As such, this study is valuable for providing insights into the important role pets play in developing a healthy neighbourhood.

Just another reason for you to get a pet!



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## 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

9/11

## Bowraville Harvest Faith Family Church

9/11

*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

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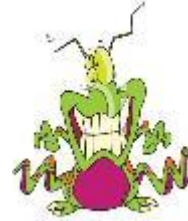
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9/11



## **WannaCry — Ransomware virus information and prevention tips**

The WannaCry virus is Ransomware which takes over a computer and blocks access to files on that computer, laptop or tablet. The virus then asks for a payment (ransom) to have the files unlocked. Files are locked progressively until you are completely locked out of your whole system.

To avoid getting this virus **do not** click embedded links in emails or on suspicious web sites.

There have been a number of very clever emails being sent out that look genuine. These can appear to come from power companies, banks, Paypal and the ATO to name a few.

### **DO NOT CLICK ON LINKS IN EMAILS!**

Also you must keep up with the latest updates from Microsoft. Windows 10 offers good protection and recent updates from Microsoft stop the virus in its tracks.

Finally back up your computer on a regular basis to an external hard drive.

If you happen to get this virus do not pay the ransom as you will not get an unlock key to recover your files. Shut the computer down immediately and consult a computer technician. If not - all your data, pictures and documents will be lost forever!

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# Karen's TRIVIA for JUNE

Many happy returns to all who are celebrating their birthday in June  
Famous Geminis include :



Henry Lawson 17 June 1867,  
Marilyn Monroe (1 June 1926),  
Paul McCartney (18 June 1942),  
Donald Trump (14 June 1946),  
Galarrwuy Yunupingu  
(30 June 1948) and  
Nicole Kidman (20 June 1967).

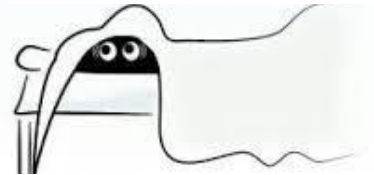


 Pearl & Alexandrite

The rose and the honeysuckle are the traditional flowers for June but maybe it should be the camellia in the southern hemisphere because they flower in winter. What do you think?

## Winter Haiku

*I wake, reluctant,  
Too cold to get  
out of bed  
But I need to pee.*



## In Junes Past

June 4, 1989-Chinese troops opened fire on unarmed protesters in Tiananmen Square.

June 6, 1944—D-Day landings in Normandy—the largest amphibious landing in history.

June 11, 1991—Mt Pinatubo in the Philippines erupted.

June 14, 1951—Univac 1, the world's first commercial electronic computer was unveiled in Philadelphia.

June 23, 1987 - Bob Hawke promises that “ no child will be living in poverty by the year 1990”.

**Don't Forget...**



The Winter Solstice on 21st June - the shortest day of the year.

*Celebrate Yule tide.*

The Druids believed that evergreen trees were symbols of everlasting life.

On the winter solstice these trees were decorated outside as cutting them down would have been unnecessarily destructive to the environment.



## THAT'S FUNNY...

*In Japan black cats are considered to be lucky and are often given as wedding presents in the form of ornamental black cats.*



According to wedding superstition snow on your wedding day is a sign of fertility and prosperity. Walking is thought to be the best way of getting to church as there's more chance of spotting lucky omens such as seeing a rainbow or meeting a black cat!



- Compiled by volunteer Karen Bindoff

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# Change your perspective of reality

*A lot of what you perceive as going on actually isn't.*

*So, be mindful of your thought, stop making excuses and you'll change your perspective of the world.*

Are you the kind of person who sees the glass half full or half empty? Do you experience life as a challenge to be endured or as an opportunity to grow? Let's say you go to a party with a couple of friends. The next morning you call one of them who proceeds to tell you how awful it was, that the music was terrible, the caterers got it all wrong, and the people were dull. You then call another friend who also accompanied you to the party and they tell you how much they enjoyed it and they even ask for the number of the caterers so they can use them at a future event! Is one of your friends lying? No actually, they are both right.

Swiss psychiatrist Carl Jung said that whatever you perceive in other people, situations, or events is simply a projection of yourself. That means that there is never a problem with a person, situation, or event; it's simply your perception of that person, situation or event. Your perception is coloured by your values, beliefs, culture, upbringing, language, memories, and experiences.

## ***Be mindful***

It's easy to miss something you are not looking for and it's an unfortunate fact that we often pay attention to what's wrong rather than what's right. For instance, maybe you get noticed when you are late for work but nobody seems to be aware all the times you've worked late.

So what are you looking for that's right in the world around you? Are you noticing and appreciating the positive behaviour of those you spend time with?

You can change the quality of your life by being mindful in everyday situations. As an example when you go to the supermarket do you look for the fruit and vegetables that are discoloured, over-ripe, and going off? Of course not, you pick the fruit and vegetables that are ripe, juicy, and tasty. So be a quality 'shopper' in your life and look for the best in everything!

## ***Your world is your mirror***

The late Steven Covey said, "*We do not see the world as the world is, we see the world as we are.*" So just for a moment, consider what your life looks like right now – Are you happy? Is it the way you want it?

Your outer world acts as a beautiful mirror to what you choose to think, and your outer world is a good indicator that you may need to change your thoughts.

Another example: A son had a challenging relationship with his father. He felt that his father was arrogant and controlling, so much so that he did not want his children to have anything to do with their grandfather. When it was suggested, that what he perceived and saw in his father was simply a reflection of himself, he was shocked to realise that he was behaving just like his father. By not allowing his sons to get to know their grandfather he was being arrogant and controlling - it was a huge wake-up call for the son.

When you push your problems away from yourself onto other people, events, and situations, you are also pushing away the solutions. It's just another form of making excuses. So stop making excuses, stop projecting it outside yourself. Bring the problem back inside, and there you can tackle it and change it.

Remember, a great deal of what you perceive as going on out there in the world actually isn't. You have the ability to change your perspective of your world as well as the people and situations in it.

- [www.livingnowmagazine.com.au](http://www.livingnowmagazine.com.au)



# **Bowraville Central School News**

## **Maths at the Top of the Hill**

Four Year 8 students took an early morning trip up to the University of New England in Armidale recently to muster their mathematical might against other Year 8 students across the north west of the state. 60 teams attended from all over - from Dubbo to Tenterfield to Wauchope and everywhere in between.

Ky Grace, Ruby Keller, Zahra Kete and Grace Walters looked the part and did the school proud. The students enjoyed a series of challenges and worked well as a team to communicate mathematical concepts and ideas. They even went head-to-head against 5 teams from other schools in a gruelling pattern finding contest.

The day finished with a tower building competition. Teams had to construct a free standing tower using only 15 sheets of paper and some sticky tape. Our team tried out ideas of cylinders and triangles and produced a respectable entry but winning entry was over 2 metres tall!

The day is always a great day out and an excellent opportunity to spend a whole day doing maths – every student’s dream!



*Ky Grace, Grace Walters, Zahra Kete and Ruby Keller.*



*Attempting a free standing tower.*

## **2017 Secondary Schools Student Leadership Program**

Sara and Megan Johnstone and Mrs Rushton attended the Leadership Program at Parliament House on 10th May.



*Sara Johnstone and Megan Johnstone with His Excellency, General The Honourable David Hurley, Governor of New South Wales.*



*Sara Johnstone, Mrs Helen Rushton and Megan Johnstone.*



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You can start this course anytime by calling Jill or going to the Rec Club Bowraville on a Monday or Tuesday.

### CONTACT US

Bowraville, Macksville, Nambucca

Jill Ashley

Email: [jillian.ashley@tafensw.edu.au](mailto:jillian.ashley@tafensw.edu.au)

Ph: 0407 142 293

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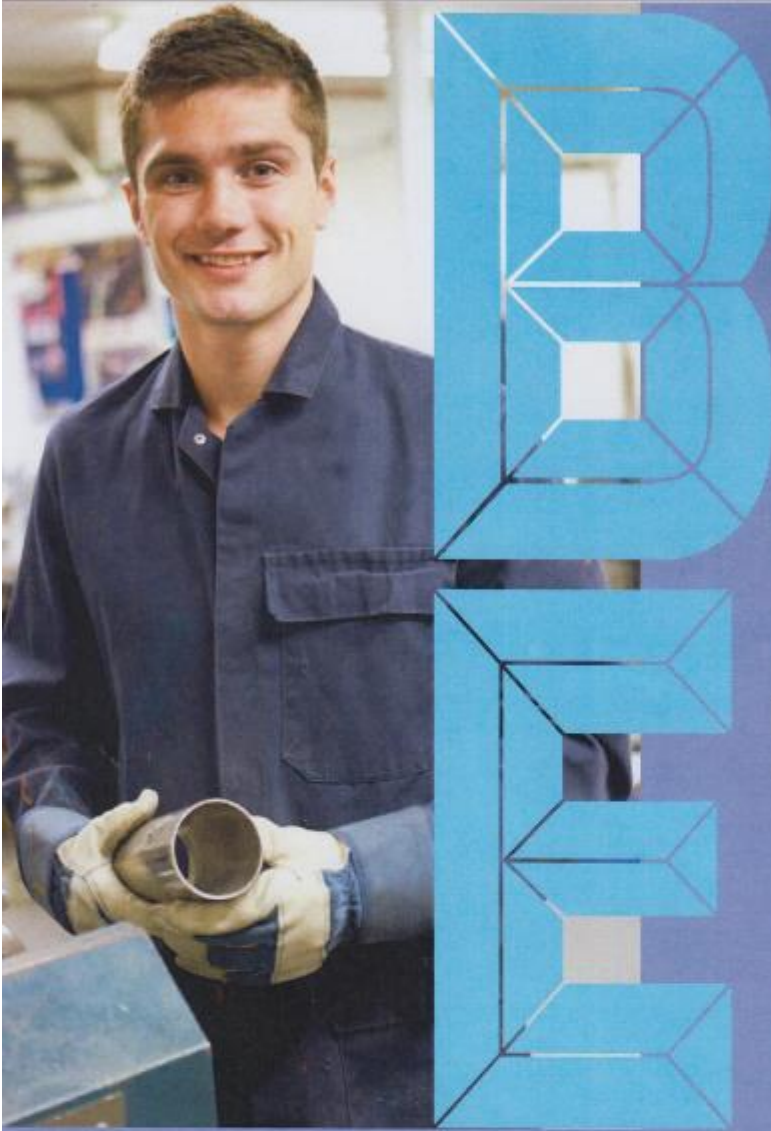
CALL 131 601

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Workshops:  
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### **CONTACT US**

**Bowraville, Macksville, Nambucca**

**Jill Ashley**

**Email: [jillian.ashley@tafensw.edu.au](mailto:jillian.ashley@tafensw.edu.au)**

**Ph: 0407 142 293**

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

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  
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