

Bowraville Community News



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



JULY 2016 - ISSUE #142

FREE

CIRCULATION 350

POSTCODE 2449



Stay out of harm - replace your smoke alarm

A smoke alarm can save lives. More than half of fatal home fires between 2000 and 2014 were in properties without a smoke alarm.

But simply having a smoke alarm is not enough. It must be working properly.

It's been 10 years since NSW mandatory smoke alarm legislation was passed. Since smoke alarm manufacturers strongly advise replacing them every 10 years, this year, Fire & Rescue NSW is urging residents to replace outdated smoke alarms with the latest photoelectric alarms.

Fire & Rescue NSW Commissioner, Greg Mullins is recommending that every house in NSW be fitted with the latest photoelectric smoke alarm. Photoelectric alarms provide faster warnings – and will keep you and your family safe for the next 10 years.

Photoelectric alarms are available at your local hardware store.

Photoelectric alarms are more effective at detecting the types of fires that are most likely to cause a home fire death: smouldering fires. They are also less likely than other alarms to go off when you are cooking or using the shower. They will say 'photoelectric' on the packet.

Fire & Rescue NSW is asking all NSW residents to REPLACE their smoke alarms. You could be saving you or your loved one's life.

If you need help checking or replacing the battery in your smoke alarm, contact your local fire station and ask about the Smoke Alarm and Battery Replacement (SABRE) program for seniors and people with disabilities.



Plan and Prepare - your bushfire strategy

Given the recent large bushfire at Missabotti it is a timely reminder for your house and property in Bowraville to be fire prepared. With so little rain in autumn and the more recent strong winds everything is extremely dry.

If your house is surrounded by bush you might like to consider having a bush fire survival plan—you can download one from the Rural Fire Service website. GO to the PLAN AND PREPARE tab.

Even if your property is not surrounded by bush you will find the plan helpful.

- Do you know what you do if there is a fire in your area?
- Do you have pets that need to be considered?
- What is your plan if there is a fire and you are not at home but your pets are?
- If your property is at risk during a fire have you planned where you will go if you leave?
- How will you get there?
- What will you take - glasses, medications, phone and charger, money etc?

If you have children or anyone who has compromised health residing with you a strategy for "in the event" is a really good idea.

When a fire comes, it is too late to make a plan!

There is also a list of 'things you can do' on the website to help you be prepared.

Find out more at www.fire.nsw.gov.au and follow @FRNSW on Twitter.

BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 300 COPIES

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

NEW 2015/16 ADVERTISING CHARGES:

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

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

DEADLINE FOR COPY FOR

THE AUGUST 2016

ISSUE IS: 5:00PM

19TH JULY 2016

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

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

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

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

Bowraville Technology Centre

Open 9.30am to 4.00pm Weekdays

Internet Services

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

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

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

Facility Hire

Main Computer Room — Up to 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

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Bowraville UHA

Our meeting on 24th June was all about planning for our next fund raising event which will be jointly sponsored by Bowraville Garden Club. We have chosen the 2nd Saturday of September which is the normal Garden Club meeting day so thank you Garden Club members for the day. We are naming this fund raiser "Come and have a Cuppa for our Hospital". Our main raffle prize will be a painting by Garden Club member Myffie Coady. Please put the date on your calendar - 10th September in the garden of Barbara Furneyvall's home. To swell the funds we will also have a street stall during the week and plant stall on Saturday. The June Coffee Shop meeting commenced with a very detailed information session on the latest developments in the construction of the new wing, how the present hospital will be used and new services that will be available. We appreciate the time hospital staff give to all UHA meetings. Notes taken from the meeting were shared at the branch meeting and all expressed their delight in hearing of what is planned. Our next meeting will be the AGM on 22nd July at the Recreation Club when we will also have in attendance hospital reps and our Regional UHA Representative. On 28th July Bowraville UHA executive will travel to Coffs Harbour as cheer squad for Mary Noble who is attending as a finalist in the Volunteer of the Year in the North Eastern Health Area. Mary has now retired from the Coffee Shop where her wonderful cooking and sense of humour was enjoyed by all.

Bowraville Garden Club

Our intrepid travelers enjoyed the sunny winter weather on the long awaited trip to the Buffalo Farm where a delicious meal was enjoyed by all. On the way we stopped at a local garden and came away with the usual cuttings that our gardening friends love to share. July, being the middle month of winter,

we decided we will celebrate Christmas in July at the Coramba Pub. On the way we have the choice of nurseries and another Bromeliad garden. Colour for this outing is green and also wear your name badge. Members are potting up plants for the UHA Special Day in September. New members are welcome. Contact Barbara 6564-7039.

Bowraville Recreation Club

Congratulations to Flo Flood who took out the Women Golf Championship Trophy and Jane Ackland who won the net over three 18 hole stroke events where every hit is counted. We can now return to our much preferred stableford competitions where it is permissible to pick up the ball if you have had your quota of hits. Our band of women golfers would love to see more on the golf course. Four of our regular golfers are close to 80 or well past. Men's golf fields vary in size but fellowship on the 19th hole compensates for the previous 18 holes. Men's Vets attracted over 40 players and all enjoy Bowraville's special brand of hospitality. Men's bowls competitions are still underway except for the Foursomes which saw Gino's team come home the champions. He was ably assisted by Andy, Bob and Roy. Thursday social bowls continues to attract a good field.

It is good to remember that the Rec Club is a great venue for private functions. Two such parties are booked in for July. A recent Health Information meeting hosted by Melinda Pavey was expected to attract between 10 to 20 and over 40 interested people turned up to hear about Macksville Hospital redevelopment and interest in developing the Club for other uses. We will hear more about such plans at a later date.

Friday Friendship

An easy, light-hearted friendship group which meets

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 ~

10/11

BOWRAVILLE PHARMACY

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FAX: 6564 7364

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10/11

Weekly Activities

MONDAY

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

TUESDAY

AL-ANON 10.30 am at rear and under Catholic Church, Mann Street, Nambucca Heads (6568 6642)
FREE POOL 6.00pm to close at Bowraville Ex-Services Club (6564 7304)
YOGA 5.30-7pm at Bowraville Pioneer Community Hall

WEDNESDAY

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

THURSDAY

COMMUNITY GARDENS 9am to 1pm Gardening Q&A, swap contact Greg Field on 0448869545
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

PLAYGROUPO at Bowraville Central School 9.30am-12pm
Contact Danielle Ryan on 6564 8619.
POTTERY at Phoenix Pottery Studio, 9.30am-3pm.
Contact Judi Belbin on (6568 9105).
RAFFLE & MEMBER DRAW 6.30pm at Bowraville Ex-Services Club (6564 7304)

SATURDAY

GOLF Men's 9am at Bowraville Recreation Club (6564 7349)
BOWRA COUNTRY MARKETS (2nd and 4th Saturdays) 8am – Noon Bowraville Community Centre. For as stall or more info call Jim on 6564 7670
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).
AL-ANON 8pm at rear of Salvation Army Hall in Macksville, entrance is Nambucca Street (6568 2305)
FREE POOL 6.00pm to close at Bowraville Ex-Services Club (6564 7304).
EXPRESSION SESSIONS every 2nd and 4th Sunday, at 2pm. Bowraville Recreation Club (0427 414 616)

ACTIVITIES ORGANISERS

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

TECHNO CLUB OPEN TO EVERYONE

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

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

Absolute beginners are most welcome!

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

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

For technical issues
please contact BTC for an
afternoon booking.



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

Special offer to community groups

Save on paper and ink!

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

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

From page 3

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

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

Hot Chocolate Talk

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

Join the Bowraville Film Society

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

Gold Coin Donation Class

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

Continued on Page 12

Guided Meditation Group Class – Weekly on Tuesdays

Bowraville - 7pm evenings on Tuesdays for 1 hour .

Guided Meditation experience and social meeting.

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

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

7/11

BOWRAVILLE HEALTHCARE CENTRE

Dr Edwina Guard MBChB BSc FRACGP

29a High Street Bowraville

Ph: 6564 7555 Fax: 6564 7505

email: edwinaguard@yahoo.com.au

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HP Notebook Computer Battery Safety Recall and Replacement Program

Product safety is a big deal, it is important that we are aware if one of the products we use or own is potentially faulty. For laptop users, fire hazards due to battery faults is a big concern. The following is from the HP website:-

“On June 14, 2016 HP announced a worldwide voluntary safety recall and replacement program in cooperation with various government regulatory agencies, for certain notebook computer batteries. The affected batteries were shipped with specific HP, Compaq, HP ProBook, HP ENVY, Compaq Presario, and HP Pavilion Notebook Computers sold worldwide from March 2013 through August 2015, and/or were sold as accessories or spares, or provided as replacements through Support. These batteries have the potential to overheat, posing a fire and burn hazard to customers.”

Go to the following link to check your battery OR you can bring the laptop into the Tech Centre and one of our staff can check on your behalf.
<https://h30686.www3.hp.com/?lang=en-US>

Wireless charging over distance the next big thing

US company Energous is developing wireless charging technology that can charge gadgets anywhere within a 30-foot radius of a charging dock or "power router".

As the amount of devices we carry around every day increases self-charging devices will change the way we live our lives.

Current mainstream wireless charging technology requires you to place your phone or

other device on a charging pad but Energous' solution means you could have your phone in your pocket in the next room and it would still charge. This technology, called WattUp, can charge up to 12 devices requiring 10 watts or less simultaneously.

The router sends a charging signal via radiofrequency, just like Wi-Fi to microchips embedded in compatible devices, and the microchips then convert the signal into DC power.

Energous claims that at a distance of five feet, four connected devices will charge as quickly as if they were plugged into a wall.

Tech giant Apple is also reportedly developing long-range wireless charging technology for its iPhones.

Nikola Labs argues the world is in the midst of a "war of waves" which will see rivalling developments in wireless charging technology "define what it means to live and work in the 21st century".

250,000 words - app terms & conditions!

The average consumer could easily find themselves having to read more than 250,000 words of app terms and conditions. For most people this is an impossible task and consumers are effectively giving mobile apps free rein to do almost whatever they want.

The Norwegian Consumer Council has downloaded the terms of service and privacy policies for apps that you would find on an "average" mobile. Together they exceed the New Testament in length and would take more than 24 hours to read out loud.

Continued on Page 20

Bowraville & District Ex-Services Club
6564-7304

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JULY PROGRAM at the

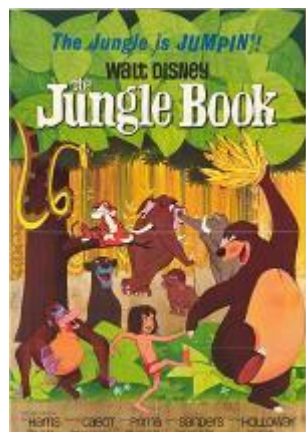
BOWRAVILLE THEATRE

Sunday 10th July at 2pm - Eye in the Sky

(Drama/Thriller 1h. 43min)

Complications arise when a Lieutenant General and a Colonel order a drone missile strike to take out a group of terrorists in Nairobi, Kenya.

Stars: *Helen Mirren, Alan Rickman, Arron Paul and Berkhad Abdi*



Sunday 24th July at 2pm - The Jungle

Book (Fantasy/Drama 1h.51min)

Raised by a family of wolves since birth, Mowgli must leave the only home he has ever known when the fearsome tiger unleashes his mighty roar, guided by a no-nonsense panther and a free-spirited bear.

The young boy meets an array of jungle animals including a slithery python and a smooth talking ape.

Along the way Mowgli learns valuable life lessons as his epic journey of self-discovery leads to fun and adventure.

**Doors open 1 hour before screening. Complimentary Tea and Coffee
Adults \$12, Concession \$10, BAC Member/Child \$8, Family \$25.**

The Bowraville Film Society presents . . .

A WINTER DOUBLE FEATURE

Saturday, 3rd July at 5pm - Doors open 4.30pm

Please bring along some delicious nibbles to share during the intermission (approx 7pm)

Frances Ha – 2013 - Frances (Greta Gerwig) goes from apartment to apartment in Brooklyn as she looks for a job and a stable partner.

Mrs Carey's Concert – 2011 – The true story of a high-school musical director who puts on a concert every five years at the Sydney Opera House and insists that all 1,200 girls participate in the performances.

Your first Film Society attendance is free, then to view future films you must be a member of both the Film Society and the Bowraville Arts Council. Current membership fees are \$28 p.a. for the Film Society and \$22 for the Arts Council. It's easy to join on the night.

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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 8742
2 ND & 4 TH	MACKSVILLE PRODUCERS MARKET , Riverbank Park	6568 3844
2 ND & 4 TH	BELLINGEN NATURAL PRODUCE MARKET from 8am to 1pm Bellingen Showground	6655 1279
3 rd	BELLINGEN COUNTRY MARKET , Bellingen Park from 8am to 3pm	6655 2151
4 TH	Gladstone Trash & Treasure Market - 8.30am to Noon	6567 4203
SUNDAYS		
Every Sunday	Coffs Harbour Markets, Jetting Shopping Village from 8am to 2pm	6652 3813
Every Sunday	Harbourside Markets, Coffs Jetty Foreshore from 8am to 2pm	0407 661 990
1 st	Coffs Harbour Lions Boot Markets, Coffs Jetty Foreshore 7am to 1pm	0417 704 588
2 nd	Plaza Market, Nambucca Heads Plaza from 8am to 1pm	6568 9655
3 rd	Gladstone Community Market, Memorial Park from 9am to 1pm	0499 155 312
Last Sunday (bi-monthly even months)	FUNKYA @ UNKYA MARKETS from 8am to 2pm Unkya Reserve, Eungai	0425 205 737

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9/11

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

LUNCH & DINNER

Sunday

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

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33 HIGH STREET, BOWRAVILLE

Ph. 6564 7041 Fax. 6564 8471

10/11



BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

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

Black Orchids by Gillian Slovo

The first part of this story is set in Ceylon (now Sri Lanka) in 1946. A young, English Evelyn meets a Sinhalese man, Emil, while on an outing with her sister Marjorie. The two girls live with their mother but are not in the wealthy white set of Ceylon society.



Emil comes from a wealthy Sinhalese family – he’s privileged, charming and quite daring. He often behaves in a way not quite appropriate to the family’s standing in society nor to expectations of the time. Evelyn starts dating Emil secretly but they eventually get engaged, much against their parents’ wishes and advice.

Despite loving Ceylon, Evelyn dreams of a life in England. Emil, Evelyn and their young son, Milton, eventually make the long journey, arriving in England in the early 1950s. It’s a place and time that has yet to accept a mixed racial couple or outsiders so life for Evelyn is not as she dreamed. Even though Emil is very successful and becomes very wealthy, nothing really improves especially as Emil refuses to let the racist attitudes of others affect him.

Unfortunately, Milton who is quite a bit darker than his honey-skinned father, is not so unaffected. His life experiences are not as happy as those of his much fairer sister.

Evelyn makes a mistake which costs her her marriage and contact with her children who grow up thinking she is dead.

I won’t tell you any more!

Having been to Sri Lanka I was reminded of the sultry warmth, lush growth, packed roads with no apparent road rules and life in general that Gillian Slovo so accurately describes despite being 60+ years on. However, for me the novel was a little ‘weak’ although I can’t exactly pinpoint why.

Don’t let this stop you from picking it up.

Addition by Tori Jordan

Grace Vandenburg is a teacher on leave from teaching due to her mental health issue. Grace counts. Everything. All the time. Often, what she counts affects the very next thing she is going to do, eg the number of poppy seeds on her slice of cake is the number of bites she must take to eat it.

For Grace, numbers make total sense to her; it’s numbers that have meaning; they hold the world together. Unfortunately counting everything inhibits her life – she has no social life, cannot work, her family can only call at a specific time on specific days, all the things she does take more time than they should.....

Grace meets Seamus O’Reilly who is lovely and likes her for who she is but he thinks she would be better off without the counting. He tries to help by encouraging Grace to re-enter counselling. As you can guess it has disastrous results.

This story was interesting but terribly annoying – the counting got to me!!! However, it’s a very good insight how a person’s mental health might deteriorate and how it affects them and everyone around them.

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

BOWRA POST & COLLECTABLES

27 High Street, Bowraville ♦ Telephone: 6564-7169

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

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

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

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MONTHLY MYSTERY GIFT DRAW

10/11

Understanding Chronic Pain

Most of us think of pain as a result of an injury or disease. We expect it will go away once we have medical treatment or the injury heals. For many people this is the case. However, for others, the pain doesn't go away. In some cases you can have pain even without an injury or obvious body damage. This ongoing type of pain is called chronic pain. It is estimated that one in three Australians live with chronic pain.

Acute or chronic pain - what's the difference?

Acute pain is usually short-term. It tends to be more associated with damage to the body and will usually go away after healing. Acute pain is a very important alarm system – it alerts us that some action is needed.

Chronic pain lasts longer, beyond the time you would expect an injury to heal. Chronic pain often does not indicate ongoing damage in our body – it's like the alarm has been left on and someone's turned the volume up.

The pain is less to do with an injury to body tissue and more to do with what's happening in our nervous system. Our nervous system can become sensitised and overactive so that we continue to feel pain, even without any ongoing tissue damage.

Everyone's experience of pain is different. Two people with the same injury, such as a sprained ankle, can have a very different pain experience.

This is because pain is complex – how we perceive pain involves an interaction between our mind and our body.

This interaction involves the nervous system and other factors such as genetics, culture, thoughts, previous pain experiences, stress and what was happening in our lives when the pain started.

Because chronic pain is complex there is no 'one size fits all' way of treating it. To be successful pain managers we may have to use a combination of things such as medications, exercise, diet, relaxation, thinking strategies and more. Over time you can turn down the volume of your pain.

More information to help you understand pain is available on the National Pain Week website - www.nationalpainweek.org.au

Chronic pain support

Living with chronic pain can be a very lonely thing. You may be feeling quite isolated and 'over it' and think that no one really understands your experience. You might even feel that people don't believe you. Many people tell us about these experiences.

Don't despair, you aren't crazy! And you aren't on your own either. Over the years many volunteers have strengthened us so that we can work towards greater community understanding about chronic pain.

Our mission is to reduce the unnecessary suffering and isolation caused by chronic pain in the Australian community.

Our vision is that no Australian living with persistent pain should suffer alone or without access to resources and information which help them effectively manage their pain in a manner promoting dignity and self-respect, regardless of age, gender, culture, belief, socio-economic or compensation status.

TRY OUR FORUM: Our online forum provides a safe place for those in the community who suffer chronic pain to talk with others who share their experience. Our moderators monitor the Forum, all of whom experience daily chronic pain. Because of this there is complete understanding of all who come into this supportive space. These moderators give constant feedback to the Board of Chronic Pain Australia so that the organisation remains grounded and in touch with those who suffer in the community but do not have a voice.

On our forum you will find:

- A place of support for those who suffer the isolation and stigma of chronic pain.
- A place where you will meet people like yourself and can get the moral support you need to validate your experience as you travel along your pain journey.
- A safe place where your voice can be heard & listened to.

To join the Chronic Pain Australia Forum go to: www.chronicpinaustralia.org.au

Once you've registered don't forget to check for the activation email. Then log in and start posting!



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



MINI ULTRA SONIC VAPORISER & BONUS MOTIVATION OIL

With USB connection for the ultimate ease of use.

Perfect for the home, office or travel.



Mini Ultra Sonic Vaporiser plus bonus Motivation Oil

The In Essence Mini Ultra Sonic Vaporiser contains a USB connection for the ultimate ease of use. Perfect for office, home and travel it is a safe, effective and pleasant way to use pure essential oils both therapeutically and for creating ambience.

Use with your bonus Motivation Oil for inspiration and direction.

Designed with ultra sonic wave technology this compact and versatile vaporiser works on the vibration of water rather than heat. Pure essential oil molecules are dispersed into the air in their purest form enhancing the effect of Aromatherapy.

The unit stays cool to touch as there is no heating element so it is safe for all the family.

Home Ambience - Create a fragrant and relaxing oasis...

Introducing In Essence's exquisite Home Ambience range of **Aromatic Candles**, **Aromatic Oil Blends**, **Room Sprays** and **Reeds**; designed to create a quiet, fragrant and relaxing oasis anywhere where time slows and your mind can escape to magical corners of the world you've only ever dreamed about.

The Aromatic Candles offer a beautiful way to scent the home, illuminate a room and create a relaxing or romantic ambience. Aromatic Oil Blends are perfect for vaporising in the home while Room Sprays allow these exquisite scents to be used in environments where a vaporiser might not be available. For a continuous aroma the Aromatic Reeds release their exquisite fragrance into the air all day long.

Choose from four exquisite 'Destination' aromas, each comprised of a beautiful blend of therapeutic pure essential oils, natural extracts and fine fragrance:

Lifestyle Blends - Scents of discovery...

Introducing the In Essence Lifestyle Blends range; a selection of 10 expertly pre-blended, 100% pure essential oil blends designed to form a perfect bouquet to evoke specific moods and states of mind.

From Relaxation to Motivation each blend has been chosen for its virtues and qualities and above all, chosen in combination to transport us into uncharted domains through our sense of smell.

Quick, easy and wonderfully aromatic Lifestyle Blends deliver the powerful effects of aromatherapy to suit virtually every mood, place and occasion.

DISCOVER THE PURE ESSENCE OF

HOME AMBIENCE

FOR THE ULTIMATE SENSORY ESCAPE

Discover the pure essence of

lifestyle blends

designed to support your every mood

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



Bowraville Harvest Faith Family Church

A Word of Faith Pentecostal Church

Church Services

Friday Evenings - 7.00pm
Sunday Mornings - 9.30am

Prayer Meetings

Friday Evenings - 6.00pm
Sunday Mornings - 9.00am

Faith Link Groups

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

Ministry Training School

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

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



Pastor: Rev. Tom Fairhall
Address of Church & Office:
48 High Street
Bowraville 2449 10/11
Phone: 02 6564-8656
Mob: 0428 682 870
email: bhffc2012@gmail.com

LIONS CLUB

SUPPORTING OUR COMMUNITY



PRESIDENT
Kerrie Savins
Mob: 0412 248 044

Email: blion34@yahoo.com.au

PO Box 23
Bowraville NSW 2449

10/11

WHAT'S HAPPENING IN BOWRA

From page 5

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, parent support and an environmentally sustainable foundation. Inside play-space is designed for imaginative play without over-stimulation and outdoor play is designed to create group play and encourage appreciation of natural settings. For more information ring (02)6564-7224, speak to Camilla on 0438 868 742 or come along to 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 are 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. Each week, we engage in fun activities in a safe, family environment. Activities include craft, painting, dancing, music, cooking and free play. At the end of term we either visit the Community Garden or go on an excursion further afield. Please contact Danielle Ryan on 6564 8619 or Jane Thomasson on 0474 325 337.

C3 Food Hub at Nambucca Heads

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

Nambucca Valley Community Church

The Church has a leadership team of six with Keith Stage the senior Pastor. Sunday services include church at 9.30am, Sunday School 10.15am and a 5pm prayer group. Men's Fellowship as advertised and Women's Fellowship is held at the Church at 10am each Wednesday. A Youth Group is held each Friday for 12 to 18 year olds, from 6pm to 8pm. For more information phone Keith

Continued on Page 19

FOR SALE

Toyota Hilux 1984

Good farm ute, not registered, goes well.
4WD, diesel, aluminium tray,
good tyres, high ground clearance.

\$2,500 or offer.

Contact: 0419 492 540



Bowraville Lions Club Inc News Bulletin

JULY 2016



ST. JIMMY'S KITCHEN

Named after St. James Anglican Church next door the kitchen is a combined effort of the local Anglican Church and the Lions Club of Bowraville.



Its aim is to provide food and fellowship for all and there is no cost to attend.

The food may include tasty crock pots of lamb, chicken, beef, vegetables and rice and the desert could be a yummy sticky date pudding or a delicious apple crumble - all served with ice cream.

The kitchen will run every second Thursday each month over winter. It starts at 5.30pm and ends at 7pm and is held at the Anglican Hall in Young Street, Bowraville

Everyone is welcome to come along and enjoy good food and company.



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 which helps fund the famous Harte walker that allows children with Cerebral Palsy to move around.



Australian Lions Children's Mobility Foundation

"Walk with Pride"

Australia, Papua New Guinea, Norfolk Island

LIONS CLUB MEMBERSHIP

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

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

How do I Join?

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

President: Kerrie Savins 0412 248 044

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 COMPANION PLANTING

Situating your vegetable plants next to the 'right friends' is a bit like socialising at a family gathering. Think about it, you're more likely to engage and have a good time with the people you like and have common interests with, than someone you just don't click with.

Vegetables are much the same so this Winter, give your vegetable plants a little social outing by planting them next to the 'right' friend.



aboutthegarden.com.au

*Norco Rural
has a full range
of garden supplies
to suit all your needs.*

Fertilisers need to be selected according to the nutritional requirements of the soil and the plants being grown, as well as the form and contents of the fertiliser itself.

Call in to Norco and speak to Glenn, Garry or Paul. They will be happy to assist you choose the correct products for your garden.

For the home garden or big acre farming . . .

- SEEDS**
- POTTING MIXES**
- COMPOST**
- FERTILISERS**
- SOIL & WATER CONDITIONERS**
- MULCHES**
- ORGANIC GARDENING SUPPLIES**

Norco Rural carries a large range of products for pasture, cropping, horticulture and gardening applications from a wide variety of well known brands.



**51 CARBIN
STREET
BOWRAVILLE
6564 8648**

10/11

World Rally News



Tickets will be on sale
via Ticketek from
1st July 2016



The World Rally Cars will be back
in Bowraville
on
Saturday, 19th November.



Bowraville Chamber Committee

President: Mark Scott
Vice President: Max Duncan
Treasure: Wendy Cole
Secretary: Cherie O'Donohue
Tidy Towns Committee:
Robynne McGinley, Mark Scott
Public Officer: Cherie O'Donohue
Contact Chamber: 0428527545 or
email: chamber@bowraville.nsw.au

Chamber meetings

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

Anyone can also become a casual
member of Chamber though this
does not include voting rights.

However, anyone is welcome to
come along and provide input and
ideas that can have a positive
impact on our town.

There are also special interest
committees you can join.



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

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

"Ngiyaa Nyaaga mangga darrunda bambuurr ngaljarri barmarranygu

yilaami,mangagirr maana darrunda guunu julgaaganybiin.gu."

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

MiMi Information

SERVICES

MONDAY INTERRELATE

Counseling Services

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

TUESDAY

New Horizons - 5632 4804

Wesley Youth Accommodation - 6652 7124

WEDNESDAY BABY HEALTH CLINIC

9.30am - 12.30pm *All Mum's & Bubs welcome*

FAMILY LAW ADVICE

1st & 3rd Wednesdays 10am -11.30am
Bookings Preferred 6651 7899

THURSDAY LEGAL AID

1st and 3rd Thursday of the month
10am – 12pm

Bookings Preferred - 6651 7899

FRIDAY Fortnightly Financial Counseling 10am-11am *Bookings preferred - 1300 662*

Visiting Agencies - Wesley Youth Accommodation, Corrective Services, New Horizons, Interrelate Connect, Baby Health Clinic, Financial Counselling, Legal Air (appt only), Nambucca Valley Intervention and Speech Pathologist.

Driving Class L has commenced 5th-27th May with one more to deliver in June. Please call Michaela 6564 8855 for bookings.

The HIPPY Program will commence in June, please call Nadia on 6564 8855.

Volunteers are always welcome please come and see us.



MiMi Aboriginal Corporation
90 High Street
Bowraville

Phone 02 6564 8855
Email: admin@miimi.org.au
Website: miimi.org.au

8/11

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.

3/11

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



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Owner Operator with 20years experience

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11/11

AMAN

With

AVAN

Nambucca Valley

MINI MOVE SPECIALIST

HIRE

A MAN WITH A VAN



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Insured ABN 87 009 289 943

11/11

Nambucca Valley Radio 2NVR 105.9fm



2NVR 105.9fm features former Bowraville local musician, GRAHAM HOWLE at the next 'Studio 3 Live' gig on Friday, July 15th.

Graham grew up in Bowraville and has great memories of his time here. He was one of the ones who moved away for work and his musical career was put on the back burner for a time.

In 2012 he was inspired to have another go at his music career with lyrics and ideas he had already penned.

Two years later he met with success when he was awarded 3rd place in the Australian Songwriting Awards then in 2014 he won the Queensland Country Music Champion of Champions.

In 2015 he was a CMAA Graduate and won the 2015 Norfolk Island and Trans-Tasman Most Outstanding Song of the Year, this then led to the release of his new album *Man with a Story* in 2016.

Graham is looking forward to his second home town gig with great excitement.

Studio 3 starts at 6pm and goes till 8pm. You can bring along your own refreshments or for a small donation try some of our STUDIO 3 Live Cafe delights. Studio 3 is streamed live to your device via www.2nvr.org.au or come along and be a part of the Studio 3 Live audience.

If you have something
HAPPENING IN BOWRA
and want others to know about it
send an email to:
admin@bctc.com.au



Specialising in . . .

- ❖ Ladies and men's cuts
- ❖ Style cuts
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- ❖ Facial waxing and tinting
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Discounts for seniors

Mobile service for housebound

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



9/11

Bowra Laundromat

Cnr High & Belmore Streets

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

Tokens available at Pub and Newsagent

Commercial Washers and Dryers

Enquiries: ph 6564 7401



9/11



Open Day
20th July, 2016

U3A Nambucca Valley is preparing for its second semester Open Day, to be held on Wednesday 20th July at the Nambucca Community and Arts Centre in Ridge Street, between 10am and noon.

Courses offered to U3A's 300 plus members cover a wide variety of topics and interests with more than 40 different choices.

Music, Dance and the Arts include ukulele, Scottish country dancing, photography, art appreciation, modern history and brand new courses in pottery and card-making. There are discussion groups on books, philosophical and political issues, language usage, ethics, Buddhism and more. If your interest is languages, U3A offers French, Italian and, for the first time, Spanish. For the technologically inclined there is the opportunity to perfect your skills in Windows 10 but if you prefer to be out doors you can choose to play golf, petanque, go fishing, sailing, kayaking or join the garden group. Even in Nambucca the sun doesn't always shine so there are plenty of indoor activities as well – mah-jong, qigong, strength and balance classes, lessons in nutrition and meditation and health and fitness sessions.

The full course list for the next semester will be published on U3A's website www.u3a.com.au in mid-July. If you are not a member and would like to know more, drop in on Open Day, where you can talk to course leaders and join U3A. The half yearly membership fee is just \$10 per person, and there is no extra cost for courses apart from a contribution to cover venue hire if applicable and the cost of materials for some courses.

U3A

NAMBUCCA VALLEY ASSOC. INC.
ABN 94 948 200 504

COURSE AND EVENTS

**SEMESTER TWO
AUGUST TO DECEMBER 2016**

OPEN DAY

WEDNESDAY 20 JULY 2016

10 am – 12 noon

**NAMBUCCA COMMUNITY AND
ARTS CENTRE**

Ridge Street, Nambucca Heads



**University of the Third Age
in the Nambucca Valley**

PO Box 101 Nambucca Heads NSW 2448

Email: contact@u3a.com.au

Website: www.u3a.com.au

1/3



10/11

FIREWOOD, CHOPPING BLOCKS, KINDLING, LANDSCAPE SUPPLIES

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



**Pick up or Deliver
Mini Tipper**



1 Paulownia Place, Bowraville 2449

Phone Bruce on 0488 138 638

Local Classifieds

PHONE: 6564 7420

Classifieds cost ~ \$3 per 20 words or less.

FREE

TILES: 210 floor tiles, 40cm x 40cm. Used but have been cleaned. Pale colours. Enq: 6569-6167.

FREE

GAS STOVE: Stand alone CHEF. Magic Chef Deluxe. White. Used but works. Clean and in good condition. Enq: 6569-6167

FOR SALE

TIPI: Large tepee (originally bought to live in). Unused. Quality canvas with inner liner. Needs poles. Has some exterior artwork. Was expensive so please enquire for price. Phone: 6569-6167.

FOR SALE

TOYOTA HILUX: 1984 good farm ute, not registered, goes well. 4WD diesel, aluminium tray, goodtyres, high ground clearance. \$2,500 ono. Contact: 0419 492 540.

FOUND

Mens sport watch found between roadway first tee. April '16. Contact Darrell Hughes on 0412759397.

DEADLINE FOR NEXT ISSUE:

All contributions and advertising, including the Local Classifieds, must be received before the deadline closes at: **4.30PM, 19th JULY, 2015.**

WHAT'S HAPPENING IN BOWRA

From page 12

Stage 0427 231 040. The Food Hub at Nambucca Heads is a community service organized by this church.

View Club

View stands for **V**oice, **I**nterest, **E**ducation, **W**omen. Members have a monthly meeting which also includes a luncheon, or for Evening Meetings dinner, and a guest speaker. All money raised goes to the Smith Family which includes the Learning for Life Program which supports disadvantaged children in their Education. In the Nambucca Valley there are 2 clubs, Nambucca Day held at the NH Bowling Club and Nambucca Evening held in the Blue Gum Lodge, Macksville. All clubs also have other meetings and social events. Both clubs welcome new members.

Notice to all community groups

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

You can register your event at the Bowraville Technology Centre.
Any enquiries 0428 527 545.

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Serving the Nambucca district and beyond



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0427 653 312

7 DAYS

10/11

From page 6

“The current state of terms and conditions for digital services is bordering on the absurd. Their scope, length and complexity mean it is virtually impossible to make good and informed decisions. Standards should most definitely be established for how terms, conditions and privacy statements are written and presented,” says Digital Policy Director Finn Myrstad at the Norwegian Consumer Council.

Windows 10 - Automatic Updates

When Microsoft releases a Windows 10 update files will automatically download by default which is a big change from past operating systems that provided greater control over download times.

This is useful on the one hand, as it ensures your desktop, mobile and other devices are safe from major vulnerabilities, but it fails to take individual user factors into account, such as bandwidth limits and data caps.

So be aware of your download limit as it can disappear very quickly.

Windows 10 - Privacy Practices

Criticism has been levelled at Microsoft’s privacy practices since the launch of Windows 10.

Mostly at the default settings which supposedly let Microsoft gather a broad range of personal data without clearly informing the user.

By default Windows 10 can gather a surprising amount including: information on your day-to-day desktop use, web activity which can help narrow down your interests and tastes(eg: movies and food), your location, personal data via app and software accounts and even the content of SMS messages.

Minecraft building up kids’ brain cells

Microsoft’s popular video game Minecraft, is said to help kids learn programming, science, math, art, languages and history.

Minecraft isn’t about bloody swords and burning rubber. It has no complex story lines or gorgeously rendered images of alien soldiers. Instead, it’s filled with people, animals, trees and buildings that look as if they were built from digital Legos. The Minecraft universe is made up of blocks representing materials such as dirt, trees, stone, ores and water.

When they move beyond the basics kids can let their imaginations run wild and a long the way, Minecraft’s young players learn things like computer coding, engineering, architecture, urban planning and math.

NAMBUCCA VALLEY PHOENIX LTD
An Australia Disability Enterprise (ADE) offering a supported workplace

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

Work Crew
Assistance in domestic tasks
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Furniture assembly
Rubbish removal
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no job too big or small



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

P: 02 6564 7677

Café

Open Monday to Friday
9:30 am until 2:00 pm or by appointment
Phone: 6564 7677



Morning Tea: Coffee & Cake Specials
Lunch: Sandwiches, Wraps, Burgers, 'Special of the Day'
Dietician approved choices

Catering

menu
Sandwich, Wrap or Roll Platter
Locally baked bread with selection of fresh fillings
Hot Savoury Platter
Mini pies, sausage rolls, spring rolls
Scone Platter
Sweet –with jam and cream or Savoury
Cheese Plate
Fruit Platter
Fresh seasonal fruit
Sweets
Home made slices and cakes
Other: Roasts, Soups or your choice
Orders must be in by noon the day before



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

Supporting us helps us support people with disabilities in the Valley

Phoenix Gallery & Treasures
Bowraville

Money spent in the Valley, stays in the Valley

THE STORE FOR BETTER BARGAINS



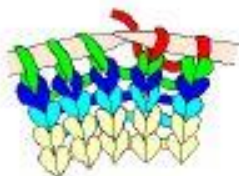
By purchasing goods from Phoenix Gallery & Treasures, you are supporting a local charity, getting a bargain and reducing the resources required to satisfy your needs.




Open Monday to Saturday
Phone: 6564 7677

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

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



Knit & Natter

Come along and enjoy the company of friends ... old and new while knitting or crocheting squares for a rug.

Wool will be provided.

Also needles or hooks if you don't have your own.



The finished rug will then be raffled in order to raise money for a charity of your choice.



For the price of a coffee, tea or hot chocolate, you will be able to spend an enjoyable couple of hours each week while doing something for our community.



The **Knit & Natter** sessions will be held every **Tuesday** starting around **10.30am** at **Murphy's Coffee Lounge** located in the **Bowra Newsagent**.

Seating is limited to approximately 12 per session, so if you are interested, gather your friends and contact Bowra News on **6564 7248** to book a place.



The first session is proposed for **Tuesday 28th June**.

Everyone welcome Please join in the fun!





Colour your Day

*Have fun with the new adult colouring craze.
Organise a group of friends or come along to meet new ones.*

*Each Wednesday starting around 10.30 am, come along to
Murphy's Coffee Lounge located in the Bowra Newsagent
sit and colour while enjoying the company of others.*

*For the price of a coffee, tea or hot chocolate
you can spend a couple of hours each week or whenever time allows,
discovering the artist in yourself, making new friends,
sharing some chatter and the latest Valley news.*

Colouring books and pencils will be supplied for all.

*Medical science maintains that the art of colouring may offer
a source of stress relief and provide a sense of calm and clarity,
something that we all need from time to time.*

And what to do with the completed art?

Why not laminate your masterpiece and use as a placemat (\$1.20 per A4 sheet)

*If you would like to be part of the fun, call Bowra News on 6564 7248
to book a place as seating will be limited.*

The first session is proposed for Wednesday 29th June.

Both ladies and gents are welcome.



Bowraville Central School News

Primary Students attend Health and Wellbeing Camp

Students from Years 3 to 6 had the opportunity to attend the Ritchie Donovan Health and Wellbeing Camp held at the Scotts Heads, Christian Youth Camp facilities. The focus over two days was on healthy lifestyle including healthy food and being active. A focus was also on friendships and respect while having fun.

Students walked the beach surveying the large seas and damage caused by the weekend's storm. Athletics skills at the oval gave students the opportunity to use superior equipment and benefit from Ritchie's coaching skills.

Intermixed with fun activities in the games room and an evening walk under torch light in search of "Brown Jacks" and Ghost Crabs saw the conclusion of the day.

An early rise and a walk to the top of the Headland via the beach gave everyone a healthy appetite. Fuelled up again we walked the Ritchie's training facilities again. This time we had a job to do and that was to participate in the official opening of the new Training classroom. As the dignitaries did their thing, Scotts Heads Students and Bowraville Central Students used the facilities and discovered a few friendships along the way.

After the ceremony concluded students returned back to camp and packed up before returning back to school.

Ritchie Donovan is a proud Gumbangirr man who loves passing on skills to all students. At Bowraville Central we are very lucky to have Ritchie work with our students each Monday in a sporting program. Students would no doubt agree two days with Ritchie is a highlight of the year.



Left to Right above: Eliza Van Den Broek, Frankie-Jay Danzey Russell, Madeline Williamson-Roe and Marliiya Laurie compete on the track.

Left: Derek Hall attempts the Long Jump while Cody Langham looks on.

Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Winter 2016						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 AM	FM in the AM Dave McCrory	Dano's Brecky Show Daniel Gosson & Hal The Robot	Texas Flood Neil Green	FM in the AM Dave McCrory	Tones of Clairessense Claire Watt-Powell	FM in the AM Dave McCrory
7 AM						
8 AM	Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll 1950s-2010s	Global Mosaic Pfeifer A weekly musical trip through the world	Our Kind of Music Dallas Dent	Under The Stinging Tree Poppa	Talk of The Town Ceri Wiebel See what's going down! All things local	Country Highway Dave Wainling Country music classics to latest releases and comedy
9 AM	Baby Boomers Donna Collins	Infopinion Richard Laxton	Easy Listening	Turning Pages Elizabeth Newman Books, authors and the music that moves them	Lunch With Scotty Scotty	Maggie's Mix Margaret Duffus
10 AM	The Waeley Fix Paul Weekley	The Phoenix Crew Selected music & madness	Jazz Azz I Like It Heather Heywood	Simmo's Country John Simpson	Outback Outlaws Paul Rowe	Classical Corner Music from the past 1000 years... Alternate weekly with The Lively Arts
11 AM						
NOON						
1 PM	Get Funky Skizze	Rob's Roving Robbie Hancock	Just For You Carola Simmonds			
2 PM						
3 PM	Youth Music Program Toby Frost & Lea Gillard	Jack's Tracks Jack	Stella Bells Music to rock your soul!	Thursdays Country at its best	Rhino On The Radio	Flashback Rob Davidson
4 PM						
5 PM	Nambucca Valley Roundup - Rachel Burns	Latest & Greatest Country Bryon Edwards	Philinn With Phil New Australian Blues and Indie-Folk/Rock	Highway Blues Reito	The Friday Night Rock Show Todd Willis	That's A Wrap Dallas, Donna, Trickivic Local sports results and in-depth analysis.
6 PM	Reggae Mixtape With Fitzroy	Prog Rock Playlist Rhino till midnight	Ants Rocks Anthony Gamsey	When Only The BEST BLUES Will Do	Wolfy Wolfy till 11pm	Booth's Drum With Captain Steve
7 PM	Juggling Mondays Juggler's choice Music mix	The best of Progressive Rock	Solid Rock	Jeff's Junk Jeff Mills	Saturday Night Gold overnight	Science & Reason With The Jollyfish Free Thought Radio, A Week In Science, Diffusion Science Radio, Lost In Science.
8 PM						
9 PM						
10 PM						
10 PM to 6AM						

2NVR — "Most Outstanding Small Station In Australia" CEAA Voxie 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, 9pm, and 7pm
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