

Bowraville Community News



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www.bowraville.nsw.au



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FREE

CIRCULATION 350

POSTCODE 2449

North and south, the highway's getting better all the time . . .

Nambucca Heads to Urunga upgrade



Motorists will notice a number of traffic changes during the coming months. Road users are reminded to stay aware, follow directions of traffic controllers and signage and drive to the conditions of the road.

Pacific Highway traffic has recently moved to a temporary roadway, east of the Nambucca Heads interchange to allow work on the new interchange to be completed.

Traffic on the Pacific Highway now travels over a new section of road near Cow Creek to enable the removal of the existing highway over the creek.

Changes will also be made around the Waterfall Way interchange. This section of the highway upgrade has been carefully staged to allow workers to build the intersection with minimal impact to traffic flow.

East West Road bridge

The intersection of East West Road and the Pacific Highway opened to traffic in December 2015, removing a detour which had been in place for 12 months. The new bridge provides a link from the existing Pacific Highway to East West Road and adjacent access roads.

When the new highway is open to traffic later this year, the existing Pacific Highway will be handed over to Council and will become a local road. Only local traffic will use the existing highway which will significantly reduce the amount of traffic travelling past the East West Road intersection. The local road will have a permanent speed limit of 90km/h allowing turning at the intersection to be made safely.

The intersection of Deep Creek Road and the Pacific Highway is now permanently closed to allow the new highway to be built in this area.

Eungai to Frederickton upgrade



The Eungai to Frederickton upgrade will provide 26.5 kilometres of four-lane divided road, including 20 new bridges, a new interchange at Stuarts Point Road and the installation of safe, modern rest areas on both sides of the highway at Cooks Lane, south of Barraganyatti.

The upgrade when complete will connect the Kempsey bypass to the existing four lane divided road north of Eungai Rail. The Frederickton to Eungai upgrade when complete will open up 40 kilometres of four-lane divided road with a speed limit of 110km/h.

This upgrade forms part of the 105 kilometres of upgrade under construction between Port Macquarie to Coffs Harbour. Some 48 kilometres of new four-lane divided road is expected to open during 2016, with the remaining 57 kilometres progressively opening in 2017, weather permitting.

The Frederickton to Eungai upgrade was opened to traffic in May.

The new traffic arrangements include: Opening 25km of new four-lane divided highway from the existing Frederickton interchange to the Stuarts Point interchange at a speed limit of 110km/h; Increasing the speed limit on the existing 14.5km Kempsey bypass from 100km/h to 110km/h; Between the new Stuarts Point interchange and the existing four-lane highway north of Eungai Rail, traffic on the new highway will be reduced to one lane in both directions, with a temporary speed limit of 80km/h to tie in to the existing four lane highway and allow temporary pavement to be removed and finishing work to be completed. This is expected to remain in place until August 2016, weather permitting.

For more information about the project please contact the community relations team on: Phone: 1800 800 612

BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 300 COPIES

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

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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 2016
ISSUE IS: 5:00PM
21st JUNE 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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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
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Bowraville Hospital Auxiliary

Bowraville UHA hosted a Friendship Day in May to celebrate Volunteers Week. Guests included volunteers from the 3 Valley UHAs, Macksville Hospital executives, Regional Representative of the UHA and our guest speaker, Janine Reed who enthused all volunteers with details of her many volunteering activities. Hospital staff followed with the latest information about the redevelopment of Macksville Hospital. Our Treasurer Dee, then presented Macksville Director of Nursing with a cheque for \$10,000 to cover the purchase of equipment for the hospital. This brings our 2015-16 fund raising to over \$20,000 for equipment. Following was a delicious luncheon then various activities designed to get everyone involved. Our next big fundraiser will be at a local garden on 10th September, which we're naming *COME AND HAVE A CUPPA AND SUPPORT OUR HOSPITAL* - There will be a trading table, raffles and morning tea. This will be jointly hosted by the Bowraville Garden Club so expect lots of plants for sale. Next meeting of Bowraville UHA will be at the home of the secretary. Contact 6564-7179.

Bowraville Garden Club

On a delightful, sunny day last month we visited the Butterfly House and Bromeliad Nursery at Bonville and came away with car loads of plants. We welcomed new member Carol Townley and guests Megan and Merrilyn. There were many photos taken of butterflies so bring them along for the June get together. We might make it a competition. Our next outing on Saturday, 11th June will be the long expected visit to the Buffalo Farm at Eungai where our resident artist hopes to get lots of photos for future paintings. However, we all expect to enjoy the exotic food on offer and visit other venues if available. Colour for the day is orange, wear your

name badge and if you have something interesting from your garden we would love to see it. Contact Barbara on 6564-7039.

Bowraville Recreation Club

Cooler weather has all our Rec Club sportsmen and women enjoying their sport just a little bit more with good fields showing up. Thursday bowls is very popular with both men and women showing their skills with the bowls. Championships in singles, pairs and triples for the men are underway. Check the board for all details. Pennants have finished but congratulations to all who competed. Saturday is competition day for men and women golfers but nine-holers compete in the weekly chook run. Our men's golf pennant team has had wins and losses. Women golfers commence their championships in June with 3 stroke rounds on consecutive Thursdays and have included a longest putt comp on the 7th and 16th in their competition. Women's Pennants for June will be at Bellingen, playing Urunga. Another reminder! We do have a squash court for those more energetic sports people. Annual fees are due by 30th June.

Friday Friendship

An easy, light-hearted friendship group which meets to share meditation, social chats, enjoy crafts and discussions of various topics. Friday Friendship focuses on lightness and caring. BYO lunch with tea and coffee available. All welcome—it's every Friday 11am - 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.

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 ~

9/11

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Weekly Activities

MONDAY

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

TUESDAY

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

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.

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.

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.

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6/11

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Robots . . .

the future of fast food

In the last month, China has introduced commercial jetpacks, security robots and hi-tech trash cans, all culminating in what promises to be the fast food restaurant of the future.



Inside Shanghai's National Exhibition and Convention Center is a KFC restaurant, decorated in classical Chinese -style, but designed to be completely digital!

The first digital change, and the most noticeable, is that your order will be taken by a voice-activated robot. Unfortunately named *Dumi*, this is a sophisticated automaton, capable of handling order changes, but not the English language.

It is hoped that *Dumi* improves his language skills before he's kicked out into the cold like his robotic waitress counterparts or forced to eke out a living as a millionaire's shopping assistant (see following stories).

Other digital changes allow you to pay for your order on your phone, using Alipay, Tenpay or Baidu Wallet . . . and here is where things get really far-out -- you can charge your phone without wires! If your phone is capable of wireless charging, you can place inside the charging area at your table, and then relax as you are serenaded by songs specially chosen by Baidu.

This new concept store is being called "Original+" because Joy Wat, CEO of KFC China, says it "combines both the company's "Original Recipe" chicken and innovative technologies."

The hope is that it will attract more young and hip customers to dine at China's favourite fast food chain. To seal the deal, KFC has hired heartthrob Lu Han (a Chinese Justin Beiber) to hang out with *Dumi*.

Unfortunately, while KFC is upgrading its infrastructure, decor and technology, the food remains the same.

Tuhao* shops with 8 robotic maids

In case people around him were having any doubts

about his incredible wealth, one tuhao went shopping escorted by eight robot servants.

Photos were taken showing the guy flanked by his squadron of robotic maids, and so as not to get exhausted, his servants carried his bags, coat, towel and water on trays. Fortunately, the entrance to the shopping mall was not a revolving door.

However, perhaps this wasn't such a costly operation after all. Earlier this month, the Chinese robot population suffered a round of mass firings from their jobs as waiters after they were found to be totally incompetent. Maybe these unemployed machines are looking for work where they can get it.



* A new term, tuhao, has become very popular on the Internet. The first syllable, tu, means uncouth and the second, hao, refers to bold or bullying. The combination tuhao was originally used to mean "local lords". But now it is being used as a term to mock China's nouveaux riches.

Chinese restaurant fires its robot staff

Employing robots and artificial intelligence in Chinese restaurants has turned out to be not such a smart idea after all, with some restaurants either closing down or firing their mechanical staff.

Continued on Page 20

Bowraville & District Ex-Services Club
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JUNE PROGRAM at the

BOWRAVILLE THEATRE

Sunday, 5th June at 2pm

THE DAUGHTER — A man who returns home to discover a long-buried family secret, and whose attempts to put things right threaten the lives of those he left home years before.

Staring: Sam Neill, Geoffrey Rush and Anna Torv.

Entry \$12, Concession \$10, BAC members \$8.

Theatre Café open 1 hour prior.



Sunday, 19th June at 2pm

FLORENCE FOSTER JENKINS — The story of Florence Foster Jenkins, a New York heiress who dreamed of becoming an opera singer, despite having a terrible singing voice.

Staring: Rebecca Ferguson, Meryl Streep and Hugh Grant.

Entry \$12, Concession \$10, BAC members \$8.

Theatre Café open 1 hour prior.

The Bowraville Film Society presents . . .

A WINTER DOUBLE FEATURE

BARBARA + THE KID WITH A BIKE

Saturday 25th June 5:00pm (doors open 4:45pm)

Barbara is a 2012 German drama film directed by Christian Petzold. An East German doctor in the 1980s is banished to a small country hospital.

The Kid With A Bike. Abandoned by his father, a young boy begins to act out in anger, despite the best efforts of his kind-hearted caretaker.



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

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MARKETS CALENDAR

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

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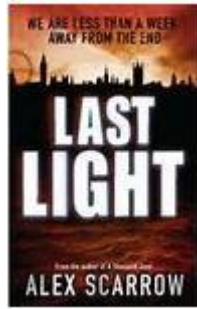


BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

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

Last Light by Alex Scarrow

First up, a quote from the Author's Note: "Last Light is a book I've wanted to, no, needed to write sincewell, since 9/11. It's not really a book about Peak Oil – that was merely the starting point for me. No, it's a book about how lazy and vulnerable we've allowed ourselves to become. How reliant on the system we are. How little responsibility we are prepared to take for our actions, for ourselves and for our children. Somewhere along the way, in the last two or three decades, we broke this society of ours; whether it was during Blair's tenure of power, or Thatcher's, I'm not sure. But somehow it got broken."



Last Light introduces us to Andy Sutherland, a civil engineer. His marriage to Jenny is in the process of falling apart; he's obsessed with his work relating to global oil resources and is currently stranded in Iraq with a bunch of British soldiers. The reason he's in Iraq is work and the reason he's stuck there is that a series of unusual, violent events around the world have brought a halt to global oil production.

Jenny and their two children are also caught away from home – Jenny, in another city where she has gone to apply for a job, Leona at university but currently 'hanging out' with a new boyfriend and Jacob, the youngest, is at primary school.

Society begins to spiral out of control within 24 hours and lawlessness becomes the only order of the day as people search for food and water; rioting, looting,

raping and murdering, general destruction and vandalism, yahooping for the fun of it.....

Whilst all this is going on someone is tracking down Leona with the intent to end her life. Question is, why? I found this an interesting novel with a convincing account of what will happen in our world if oil became unavailable overnight. Having said that I felt Scarrow has 'played down' how bad society would become under such circumstances. Maybe though, if he'd written in more detail the novel might have blown out to 500 pages! Or is it a case of us being so over-exposed to global threats, negativity, political corruption, greed, etc that we are desensitised. No matter which...this novel will certainly make you think.

The Escape by David Baldacci

I am a fan of David Baldacci's novels. Having said that, this one was rather hard to get through. The story line was ok – Military Investigator John Puller learns his older brother, Robert, (ex Air Force, expert in nuclear weaponry and cyber security) has escaped from the army's most secure prison in odd circumstances.

Of course John Puller decides to investigate, not knowing whether what Robert was accused, of and subsequently jailed for, is even true. Being in the armed forces his loyalties are tested – brother or his country?

Anyway, I'm off the subject a bit.....because this is an 'armed forces' story it is full of acronyms and I just found it difficult to keep track of what was what and who was who. If army-type stories are your thing, you might well enjoy *The Escape*.

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

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MONTHLY MYSTERY GIFT DRAW

9/11

Raising Bowel Cancer Awareness

June is BOWEL CANCER Awareness Month

Bowel Cancer Awareness Month is an annual initiative of Bowel Cancer Australia running throughout the month of June to raise awareness of a disease that claims the lives of 77 Australians every week.



Bowel cancer is the second most common type of newly diagnosed cancer in Australia affecting both men and women almost equally and is Australia's second biggest cancer killer after lung cancer.

Bowel Cancer Awareness Month has a positive message – *saving lives through early detection* – as bowel cancer is one of the most curable types of cancer if found early.

What is Bowel Cancer?

When your doctor talks about bowel cancer (also known as colorectal cancer) they are referring to cancer of the colon or rectum.

Bowel cancer is a malignant growth that develops most commonly in the lining of the large bowel. Most bowel cancers develop from tiny growths called 'polyps'. Not all polyps become cancerous.

Over time some polyps can become cancerous. Cancer can narrow and block the bowel or cause bleeding. In more advanced cases, the cancer can spread beyond the bowel to other organs.

As most bowel cancers start as polyps, all polyps should be removed to reduce your risk of developing the disease. Almost all polyps can be removed without an operation during the procedure of colonoscopy.

Once removed from the bowel, the polyp can no longer develop into cancer. Even if a polyp develops into cancer, in its early stages it can be cured by surgery.

Reducing Bowel Cancer Risk - Diet and Lifestyle

While no cancer is completely preventable, it is estimated that changes in diet and physical activity could reduce the incidence of bowel cancer by up to 75%.

There is . . .

Convincing evidence that higher levels of physical activity protect against colon (not rectal) cancer.

Convincing evidence that consumption of foods containing dietary fibre protect against bowel cancer.

Convincing evidence that consumption of red meat and processed meat are causes of bowel cancer.

Convincing evidence that body fatness and abdominal fatness are causes of bowel cancer.

Evidence that consumption of garlic, milk and calcium probably protect against bowel cancer.

Evidence that consumption of alcoholic drinks is a cause of bowel cancer is convincing for men and probably for women.



Bowel Cancer Australia provides a Nutrition Advisory Service.

For further information please call the Helpline on 1800 555 494 or visit bowelcanceraustralia.org/nutritionist

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



MAKEUP BY MOOGOO

*Natural ingredients
for
healthy skin*



TREAT A LOVED ONE TO A NATURAL SKIN CARE BUNDLE OR YOURSELF.



SELF-LOVE IS IMPORTANT TOO.



THIS IS THE ORIGINAL CREAM THAT STARTED IT ALL.



*Look, feel and smell
udderly fantastic!*



OUR FIRST AND LIGHTEST NATURAL REPAIR CREAM, WITH MILK PROTEIN FOR SKIN ELASTICITY.

MooGoo is an Australian company with an entire range of natural and gentle products made with effective ingredients and no gimmicks.

Come in to the Bowraville Pharmacy and ask the girls about MooGoo's range of natural products.



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MOOGOO
has helped herds of people.

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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
Phone: 02 6564-8656
Mob: 0428 682 870
email: bhffc2012@gmail.com

9/11

LIONS CLUB

SUPPORTING OUR COMMUNITY



PRESIDENT
Kerrie Savins
Mob: 0412 248 044

Email: blion34@yahoo.com.au

PO Box 23
Bowraville NSW 2449

9/11

WHAT'S HAPPENING IN BOWRA

From page 5

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

Continued on Page 21

Mystery Volunteer Identified

In the May issue of the Bowraville Community News we featured an interesting *Volunteer's Own Story* but omitted to name the volunteer and writer of the article.

The writer and volunteer was Raewyn Macky who also writes the Book Reviews, keeps our Book Nook library under control and does numerous other jobs here at the BTC.

Our apologies, Raewyn.

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

MAY - JUNE 2016



ST. JIMMY'S KITCHEN - OPENING DINNER -

The first St. Jimmy's Kitchen gathering was held on Thursday night the 12th May. The night was very successful with thirty eight attendees and more than enough food for all.

The food included tasty crock pots of lamb, chicken, beef, vegetables and rice.

Desert included a yummy sticky date pudding and a delicious apple crumble all served with ice cream.

St. Jimmy's Kitchen, named after St. James Anglican Church next door 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 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 0412248044

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.

Autumn Gardening tips . . .



There is still plenty of planting time left in this part of the world,

so pop in some Brussels sprouts, cabbage, cauliflower and broccoli. Peas and broad beans can also go in, as well as radish, turnips, parsnips, swedes and spinach.

It's time to get happy with herbs, so try some chamomile and lemon grass. You could give mint and lemon balm a go as well, but be careful to contain them as they can take over!

Why not try some lovely flowering stuff in your patch as well, like: cornflower, calendula, dianthus, pansies, viola, snapdragons, stock, ageratum and marigolds. These guys are great at attracting pollinators and beneficial insects to your patch, and the flowers look good as well.

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

Bare rooted fruit tree time is almost upon us, so start preparing beds for now.

Lots of lovely rich organic matter, a bit of moisture and some mulch will see the soil absolutely gorgeous by the time your trees are ready to go in!

Have a think about what tree varieties you are after, you may need to do some research into the best supplier. Especially if you are after a heirloom or unusual variety.

Top up mulch on your veggie patches, herb gardens and ornamental beds, especially important for weed suppression at this time of year. Mulch to a depth of about 7cm after watering the patch. Keep mulch clear of plant stems, especially young seedlings. Choose a low environmental impact mulch, that will enrich your soil as it breaks down.

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**

9/11

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

On Sunday May 1st the Harley Owners Group Mid North Coast visited Bowraville



For more pictures and chamber news visit the chamber page on Facebook

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,mangagarr maana darrunda guunu julgaaganybiin.gu."

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

MiiMi Information

SERVICES

MONDAY INTERRELATE

Counseling Services

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

TUESDAY

New Horizons - 5632 4804

Wesley Youth Accommodation - 6652 7124

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.



MiiMi Aboriginal Corporation
90 High Street
Bowraville

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

7/11

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.

2/11

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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11/11

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Nambucca Valley

MINI MOVE SPECIALIST

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A MAN WITH A VAN



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11/11

LAND FOR WILDLIFE 2016



Would you like to conserve wildlife habitat on your property?

The Land for Wildlife Project began in 2014 in the Nambucca Valley. A total of 21 property owners have joined up with the NSW Land for Wildlife which is coordinated by the Community Environment Network (CEN) on the Central Coast, in partnership with the NSW Government.

Nambucca Valley Landcare is now a Regional Provider, operating throughout the Nambucca catchment area.

What is Land for Wildlife?

'Land for Wildlife' is a voluntary property registration scheme that aims to assist landholders to maintain wildlife habitats on their land. Not all of your property needs to be in the agreement. Registration is free and non-binding. The good faith agreement between the CEN and land holders does not change the legal status of the properties, and information is confidential. Land for Wildlife is currently available in many local council areas throughout NSW, as well as many areas west of the dividing range.

Where can I find out more?

For further information or to obtain a LFW Expression of Interest form, please contact:

Joy van Son (LFW Project Officer)
Phone: 6564 7497 Email:
joyvanson@skymesh.com.au

OR

Nambucca Valley Landcare Phone: 6564 7838
Email: tryan@nvlandcare.org.au



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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**



8/11

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



8/11

Bowraville murders retrial now a step closer

The man suspected of the serial killings of three children could be sent back to court after the NSW Police commissioner late last month asked the state government to seek a retrial of the murders, which have gone unsolved for a generation.

A quarter-century after the three Aboriginal children disappeared from Bowraville, this application represents a potentially pivotal moment in their families' long campaign for justice over the deaths.

Commissioner Andrew Scipione signed and sent to the state's Attorney-General, Gabrielle Upton, a 150-page summary of the case, which argues there is overwhelming evidence demonstrating the presence of a predator in Bowraville when the killings took place. A further 18-volume brief of evidence demonstrating similarities between the killings, and alleging a local man is linked to each, has also been delivered.

Contained within the police submission is a sworn affidavit from lead detective Gary Jubelin, stating: "I have reasonable grounds to believe that Jay Thomas Hart is the person responsible for the murder of Colleen Walker, Evelyn Greenup and Clinton Speedy-Duroux together with the disposal of their bodies."

The three children, aged 16, four and 16 respectively, disappeared from Bowraville over a five month period between 1990 and 1991.

Mr Hart was subsequently found not guilty of killing Evelyn and Clinton during separate trials and continues to deny any role in the children's deaths.

The new police submission argues no jury has been provided with details of all three killings at the same time. It also states a reinvestigation of the case led by Detective Chief Inspector Jubelin means there is now evidence to justify asking the NSW Court of Criminal Appeal to consider ordering a retrial of the case.

New evidence includes that of two delivery drivers who said they saw a white man standing over the body of a black teenager on the road outside Bowraville on the morning Clinton disappeared. Re-examination of

other witnesses also led detectives to discount evidence they previously gave in court of seeing Evelyn on the day after police allege she was killed. Evidence from a forensic psychologist with the force's Behavioural Science Team argued all three murders were likely committed by the same person.

Legal advice received by the police states there is sufficient "fresh and compelling" evidence to justify a retrial under the Crimes (Appeal and Review) Act 2001. Ms Upton is expected to ask an independent person — probably a retired judge or senior prosecutor from another state — to decide whether to refer the case to the appeal court.

A 2014 parliamentary inquiry into the killings acknowledged "bias or conflict of interest, whether real or perceived" in the state government's past handling of the case.

Ms Upton has declined to say who the independent person would be, or how long would be allowed for the case review.

The NSW government has rrejected previous applications made by the victim's families or the police to refer the case to the appeal court. These included a 2010 application drawn up by lawyers from the private law firm Allens Arthur Robinson.

Christopher Barry QC, who provided pro bono legal advice at the time, arguing changes in the law warranted a referral to the appeal court, yesterday said the judges were best placed to decide the matter then and now.

"Recognising that the Attorney General and the Director of Public Prosecutions are independent public offices, I think there was a proper basis for making an application to the Court of Criminal Appeal. That would seem to be just a matter of ordinary decency ... given the very tragic nature of this whole case and the way in which I think the justice system has let these families down."

- Dan Box (Crime Reporter Sydney), *The Australian*, May 24th 2016



9/11

FIREWOOD, CHOPPING BLOCKS, KINDLING, LANDSCAPE SUPPLIES

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A tribute to Alan Samuels

I can see Dad now, shaking his head as I write this. 'Who is going to want to read about me? No one would even notice that I have gone'.

Since we lost dad on the 27th April, it has become very apparent that it is actually the complete opposite. Alan is very missed, and he was loved and respected by many past and present friends and colleagues.

Alan was born in England on the 30th May 1944.

He worked for Movietone News in the UK as a cameraman.



In 1968, my mum (Trish) had been visiting the UK from Australia when she was set up on a blind date with him. When mum headed home a couple of years later, Dad couldn't let her go and within a couple of months he had packed all his belongings and was headed for the northern beaches of Sydney.

When he arrived in Australia, Dad started working for ATN7 as a cameraman for the news department, working alongside a very young Mike Bailey (who later became the ABC weather man). This job took him to all sorts of places like India for Gandhi's wife's funeral and the America's Cup. The camera and its battery case in those days weighed an absolute ton but he would get out there for that perfect footage, even calmly hanging out of the news helicopter as it circled around the Sydney skyline. He was also one of the first to climb the Sydney Harbour Bridge....lugging that camera the whole way up!

Written recently by a former colleague 'He was one of a team that set the foundation for Seven News' current success'. 'A mentor to the next generation behind the camera.' 'A wonderful, kind and gentle soul, who had the admiration of so many people'.

After his Channel 7 days he went on to create his own TV Production company where he went from filming Japanese Tourists, to commercials, to Kylie Minogue and the Dalai Lama! In 2000 he filmed some of the Sydney Olympics - which we all thought was hilarious due to his complete lack of interest in sport! This footage won him his own Emmy Award, which was then delivered to the Bowraville post office for collection.

I remember the first time mum and dad told us they were moving to Bowraville. "Where?" My sister and I said! We soon realised the attraction. A beautiful historic town, and their new home was set amongst the rolling green hills with an overall sense of peace and quiet.

Alan helped to set up Verandah Post Films and got a grant for a camera for the Bowraville Theatre. With his knowledge of the camera he was soon recruited for technical advice and became 'Mr Fix it' for the theatre. He was President of the Arts Council and was in the office at least once a week. Alongside Merron, he also had a go at playing Barrista for the café in the theatre foyer.

Alan was also involved with live shows. When the Bowraville Theatre started showcasing their productions dad would be there filming and then he would spend hours editing and creating copies of the production.

Throughout my whole life Dad has had a camera in his hand. Capturing all those special occasions...birthdays, school band performances, Christmas and his 4 grandchildren. Dad produced many home movies and lovingly signed off on them all with 'Grandpa Productions'. He was so proud of his family. We really couldn't have asked for a better dad. We love and miss him so much. – *Emma Bowen (nee Samuels)*

From page 6

Two restaurants which made use of robotic waiters have closed down and a third which remains open has given all but one of the robots the sack.

Their human counterparts at the restaurant were full of complaints about their former colleagues. "The robots weren't able to carry soup or other food steady and they would frequently break down. The boss has decided never to use them again," said one employee.

It costs approximately 50,000 yuan to hire a robot worker and then several hundred yuan each month to cover electricity and repairs. While this amounts to a big saving compared to hiring a human employee, it looks like robots aren't ready to replace us just yet.

According to the boss, the only thing the robots were good for was getting customers through the door. "The robots can attract plenty of customers, but they definitely can't reduce the need for human labour."

Zhang Yun, vice-principal of Guangdong University of Technology, explained that while robots were excellent at improving productivity in the manufacturing industry where tasks are repetitive, they were unable to perform well in fields where frequent human interaction was necessary.

Is your job at threat from robots?

Claims made by an expert in artificial intelligence predict that in less than five years, office jobs will disappear

completely to the point where machines will replace humans.

The idea that robots will one day be able to do all low-skilled jobs is not new, but Andrew Anderson from UK artificial intelligence company, Celaton, said the pace of advance is much faster than originally thought.

Artificial intelligence, for example, can carry out labour intensive clerical tasks quickly and automatically, while the latest models are also capable of making decisions traditionally made by humans.

'The fact that a machine can not only carry out these tasks, but constantly learn how to do it better and faster, means clerical workers are no longer needed in the vast quantities they once were,' Mr Anderson said.

For example, a machine can recognise duplicate insurance claims by knowing it has seen a phone number or an address before.



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An Australia Disability Enterprise (ADE) offering a supported workplace

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

Work Crew
 Assistance in domestic tasks
 End of lease clean
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 Lawn mowing
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no job too big or small

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

P: 02 6564 7677

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!

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

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

WHAT'S HAPPENING IN BOWRA

From page 12

more information phone Keith 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.

Dorothy Evans



On Sunday (22nd May) well-known and much loved Bowraville resident Dorothy Evans, passed away.

Dorothy will be missed greatly by her family, but also by her fellow volunteers at the Bowraville Theatre where she was their dedicated publicity officer for many years.

Dorothy was the grand young age of 89 years.

WANTED TO BUY

OLD MAGAZINES - "Good Health", "Health & Fitness", "Weight Watchers" and "Women's Health" or any health related magazines.

Small or large quantities,
\$1 per magazine or negotiable.

Will come and pick them up or you can drop them off in Bowraville at my place, whatever suits.

Phone Philippa on 0429 021 840 or 6564 8538 and leave a message.

P1/1

CRANE TRUCK HIRE

For all your lifting and shifting needs

Serving the Nambucca district and beyond



Call:
WAYNE NOBLE

Telephone:
6564 7528

Mobile:
0427 653 312

7 DAYS

9/11

Using your Wood Heater correctly and responsibly



Smoke from wood heaters is a major cause of air pollution. In fact, during winter, wood heaters can produce up to seven times as much particle pollution as cars. Not only is a smoking fire wasting your money, but the air pollution it causes can also affect our health.

That's why we need to change the way we use our heaters.

Wood smoke contains a number of noxious gases (including carbon monoxide, oxides of nitrogen, and a range of organic compounds, some of which are toxic or carcinogenic) and fine particles, which go deep into the lungs.

Community concern

EPA community research has consistently found air quality is the second most important environmental issue to NSW residents, following water issues.

Wood smoke pollution from neighbouring chimneys is the source of many complaints to local councils throughout NSW.

Check you're using your heater correctly

Starting the fire

Always start the fire with small pieces of wood or kindling. When the fire is well established, add large pieces of wood gradually.

Stack wood loosely in your firebox, so plenty of air circulates around it, your fire will then burn hot and efficiently, rather than smoulder, which causes smoke and air pollution.

Maintaining the fire

Keep the flame lively and bright. Your fire should only smoke when you first light it and when you add extra fuel – and then only for a few minutes.

Open the air intake and flue for 5 minutes before and 20 minutes after every time you add fuel.

Keep enough air in the fire to maintain a flame. Don't let your heater smoulder overnight.

To reduce the build-up of soot and creosote, burn the fire fast for 1-2 hours every day the fire is lit.

Check the chimney

Check your chimney regularly to see how well your fire is burning. If there is smoke coming from the chimney, increase the air supply to your fire.

If the fire smokes for more than 10 minutes when you start it, or more than a minute when you add fuel, then there is a problem with the fuel, the operating method or both.

Clean the chimney, flue and baffles regularly

Check the flue, chimney and baffle regularly for a build-up of soot or creosote (a tar-like oily deposit.) This build up indicates the fire is not burning properly, and can cause chimney fires.

Clean the chimney, flue and baffle at the end of every winter.

Don't let your fire smoulder overnight

In winter, the highest concentrations of fine particles in the air occur after midnight. This suggests that most of fine particle pollution is caused by wood heaters left to smoulder overnight.

One of the worse things you can do is to dampen down your fire overnight.

Leaving your heater overnight at the minimum air setting with a full firebox generates very little heat and lots of smoke causing pollution outside and inside your home.

With the air intake closed, the fire is starved of oxygen and cannot burn properly.

Unless your heater is specifically designed for continuous operation (burning bright overnight), let it go out overnight. Rely on your home's insulation to hold in enough heat for the night. Spend money on insulation rather than fuel – it is better for the environment and your health.

If you have a new certified heater designed to burn overnight, follow the manufacturer's instructions carefully. Don't cram the firebox full. When the last load is put in, run the heater at maximum for half an hour, then adjust it to the overnight setting.

- <http://www.epa.nsw.gov.au/woodsmoke>

Bowraville Central School News

Year 9/10 Science & Engineering Challenge

Teamwork was the order of the day on Wednesday 18th May, when students from Years 9 & 10 travelled to Kempsey for the annual Science and Engineering Challenge. Catapult, bridge and hovercraft building were just a few of the activities that students participated in over the course of the day. Everyone took **Responsibility** for their challenges and demonstrated great **Resilience** by carrying on even though they were not able to compete in every challenge due to lack of numbers.

Students modelled **Respect** perfectly by graciously shaking hands and congratulating other competitors and despite all the odds managed to come home with a third place.

Congratulations to all involved, and thank you all for a great day!



Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Autumn 2016								
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	FM in the AM Dave McCrory	Dano's Brecky Show Daniel Gosson & Hal The Robot	Texas Flood Neil Green The best breakfast music of all time all the time...	FM in the AM Dave McCrory	TGIF Jollyfish	FM in the AM Dave McCrory	Beam Me Up Scotty	6 AM
7 AM	A morning music mix to put a spring in your step	High-paced cacophony to get those feet shufflin'!	Our Kind of Music Dallas Dent	Under The Stinging Tree Poppa	Breakfast pirate madness & new music releases	A morning music mix to put a spring in your step	Sunday Music Mix	7 AM
8 AM	Classic Hits & Jukebox Paul Rowe	Global Mosaic Pieter	Easy Listening Heather Heywood	Turning Pages Elizabeth Newman Books, authors and the music that moves them	Talk Of The Town Rosemary Balemin	Sabor Latino Eddie - Tell others to listen Request Latino World Music 2nvr.org.au Chat Listen Or phone 02 6564 7777 Share with friends...	Country Highway Dave Wareing Country music classics to latest releases and comedy	8 AM
9 AM	Great Rock 'n' Roll 1950s-2010s	Infopinion Richard Laxton	Jazz Azz I Like It Heather Heywood	Simmo's Country John Simpson	Tones of Clairessence Claire Watt-Powell	The Sports Show Dallas and Trickvic	Classical Corner Music from the past 1000 years Alternates weekly with The Lively Arts	9 AM
10 AM	Baby Boomers Donna Collins	The Phoenix Crew Selected music & madness	Just For You Carola Simmons	Rob's Roving Robbie Handcock	Outback Outlaws Paul Rowe	Maggie's Mix Margaret Duffus	The Lively Arts Music & spoken word from film, TV, theatre & radio Noel Robertson	10 AM
11 AM	The Weekley Fix Paul Weekley	Rob's Roving Bible reflections, Gospel & Australians	Stella Bells Music to rock your soul	Flashback Rob Davidson	Get Funky Friday with Skyzie	Phase Out With Faye Faye Aspiotis	Dano's Mixed Grill Daniel Gosson	11 AM
Noon	Drive Home Scotty	Flashback '60s to '80s Pop & Rock	Soundbite Slavomir Stokan	Nambucca Valley Roundup - Retro	Rhino On The Radio	Two For The Money Paul & Rachel Burns Music, fun & banter	Jack's Tracks Jack	Noon
1 PM	Youth Music Program Toby Frost & Lea Gillard	Nambucca Valley Roundup - Latest & Greatest Country Bryon Edwards	Nambucca Valley Roundup - Cen Wobel	Highway Blues Retro	Switching to Studio 3 from 6pm-8pm on the 3rd Friday of each month for live artists & studio audience	Living In The '60s From the CRN	That's A Wrap Dallas, Donna, Trickvic	1 PM
2 PM	Reggae Mixtape With Fitzroy	Phillinn With Phil	Ants Rocks Anthony Garmsey	Jeff's Junk Jeff Mills	The Friday Night Rock Show Todd Wills	Imagine This & The Antipodean SF Radio Show	Booth's Drum With Captain Steve	2 PM
3 PM	Juggling Mondays Juggler's choice Music mix	Solid Rock	Music Mix Continues Overnight	BEST BLUES Will Do	Continues overnight	Saturday Night Gold Classic 45s with Allan Quinn from the '50s, '60s & '70s	Science & Reason With The Jollyfish Free Thought Radio, A Week In Science, Diffusion Science Radio, Lost In Science. CRN overnight	3 PM
4 PM	CRN Overnight							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
 Tewonga studio and office: 02 6564 7777 email: admin@2nvr.org.au