

# Bowraville Community News



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



MAY 2017 ~ ISSUE #151

FREE

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The mobile unit  
is coming

To **Bowraville**  
Appointments available  
**Mid May 2017**



Call 13 20 50 to book  
your **free** screening  
mammogram

**13 20 50**

**20 minutes every 2 years  
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For women aged 50 to 74 years  
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# BOWRAVILLE COMMUNITY NEWS

## CIRCULATION = 300 COPIES

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

## NEW 2016/17 ADVERTISING CHARGES:

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

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

## DEADLINE FOR COPY FOR

THE JUNE 2017  
ISSUE IS: 5:00PM  
23rd MAY 2017

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

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

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

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

# ***Bowraville Technology Centre***

**Open 9.30am to 4.00pm Weekdays**

## **Internet Services**

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

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

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

## **Facility Hire**

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

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

Full day up to 8 hours - \$100.00

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

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

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

Full day - up to 8 hours \$40.00.

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

*"Like us on*



*search for CTCABowra"*

# ***Bowraville Technology Centre***

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

**Open 9.30 to 4pm Weekdays**

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

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

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

### Boomerang Bags Working Bee

We are holding our first Working Bee on Wednesday May 10, from 10am to 3pm, at the Pioneer Community Centre, 70 High Street Bowraville. Sewing, cutting, ironing, pinning, measuring, etc tasks . . . and social chit chat. Bring own lunch; simple morning tea provided. Donations of suitable fabrics appreciated; bring pins, scissors, etc. Enquiries to: Gai Nowland, 0438 716 026 or Marion Syrratt. Find us on Facebook: Nambucca Valley Boomerang Bags.

### Bowraville's Biggest Morning Tea

May is the month when concerned citizens think about cancer research. Once again Bowraville Seniors and the Folk Museum staff are combining to host this function. Meet at the museum at 10 am on Monday, 15th May. To help with catering we would appreciate participants bringing along a plate. There will be the usual raffles, trading table (homegrown fruit and vegetables, plants and any other saleable items welcome) and friendship for all. Gold coin donation.

### Bowraville Seniors

As the April meeting did not have a guest speaker we shared a few jokes and some balance exercises were presented. Future bus trips were discussed and the Coffs Harbour Aquarium and Porpoise Pool seemed to be the favourite option. As Bowraville Seniors are co-hosting the Biggest Morning Tea in May, President Geoff will inform those present of any business needed to be passed onto members.

### Bowraville Garden Club

After a few rainy weeks garden club members were happy in April to be out and about enjoying the sunny weather. The garden we visited in Woolgoolga was spread over an acre and included a variety of trees, shrubs and plants. Our hostess for the day served plates of much appreciated scones to supplement our offering for morning tea. We all

came away with cuttings and plants. We then had lunch at our hostess's favourite eatery and then on to the lookout and local art gallery. An extra outing later in the month was to the Bunker Gallery and the Botanic Gardens for lunch at their café. Our tour organiser had several options for our May outing on the usual 2<sup>nd</sup> Saturday so will email all with her final decision. Contact Barbara on 6564 7039.

### Bowraville Community Garden

Autumn has seen a lot of activity in the Community Garden with vegetable beds of broccoli, brussels sprouts, cabbage etc. being planted out, thanks to our gardener who diligently raises the seedlings. Our flower garden has been tidied up waiting for spring flowers. Dedicated gardeners meet each Monday and there is always weeding for willing workers who do not consider themselves to be gardeners extraordinaire. Of special interest in the Community Gardens is the stand of turmeric considered to be a great anti-oxidant and beneficial to arthritis sufferers.

### Bowraville UHA

Meetings have been held to facilitate the union of Bowraville and Macksville United Hospital Auxiliaries. Each will continue with individual fund raising till the end of June. Macksville will have a Mother's Day Raffle and the bi monthly Crazy Whist will continue. Bowraville will be holding a Friendship Day on Friday 16<sup>th</sup> June at the home of treasurer Dee Hunter, 10 Alexandra Drive Nambucca Heads. This will include a linen presentation, a delicious luncheon and friendship and fellowship for all. Cost \$10. There will be the usual trading table and raffles. Time 11am. If possible RSVP by Friday 9<sup>th</sup> June for catering purposes. We welcome friends and family to this event. Both UHA Auxiliaries have met to finalise the purchase of equipment to the value of over \$20,000 before the end of the financial year. The UHA Car Park Coffee Shop provides a wonderful

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## Bowraville Folk Museum

*High Street, Bowraville*

*Phone/Fax: 6564-8200*

**MONDAY-FRIDAY 10am-3pm**

**WEEKENDS 10am-1pm**

**PUBLIC HOLIDAYS 10am-3pm**

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

*~ Groups by appointment ~*

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## Frank Partridge VC Military Museum

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

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

***This museum is a 'must see'.***

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

*Admission by Gold Coin Donation.*

**29 High Street, Bowraville 6564-7056**  
**[enquiries@militarymuseum.org.au](mailto:enquiries@militarymuseum.org.au)**

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## Weekly Activities

### MONDAY

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

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

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



### TUESDAY

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

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

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

### WEDNESDAY

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

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

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

### THURSDAY

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

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

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

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

### FRIDAY

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

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

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

### SATURDAY

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

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

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



### SUNDAY

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

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

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

### **ACTIVITIES ORGANISERS**

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

## **TECHNO CLUB OPEN TO EVERYONE**

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

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

***Absolute beginners are most welcome!***

### **TECHNO CLUB**

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

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

**For technical issues** please contact BTC for an afternoon booking.

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



### **Special offer to community groups**

Save on paper and ink!

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

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

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

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service to our hospital and we urgently need more volunteers. Training is available and we only request one day a month. Contact Heather 6568 2807.

### Bowraville Recreation Club

Headlines this month go to Wayne Thomson who bowls regularly with Bowraville bowlers. Wayne who is in the totally blind category participated in the Blind Bowls World Championships held in Capetown, South Africa and came home with gold. Congratulations also to wife Lynne who is his bowls whisperer or director. If they get a few wins together the bowls pennant team will progress to greater glory. May will see Club Championships underway. Despite inclement weather Saturday golf continues with the more social golfers following up golf with a game of bowls. The men's pennant team plays on the 7<sup>th</sup> and Vets and over 50's will play on the 9<sup>th</sup>. A big thank you to the volunteers who give so much time to present the course for these events. Women Golfers have 2 pennant matches in May. The Recreation Club will be the venue for Bowraville Cross Country Racing on the 5<sup>th</sup> and Lismore on the 31<sup>st</sup> May. The Recreation Club is available for private functions. Someone's 50<sup>th</sup> is coming up! Muso's meet every second Sunday. The Club is available for social bowls and golf. Contact 6564 7349.

### Friday Friendship

An easy, light-hearted friendship group which meets to share meditation, social chats, enjoy crafts and discussions of various topics. BYO lunch, tea and coffee available. Every Friday 11.30am-1.30pm. Gold coin donation appreciated. Venue: 35 Bowra St, 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. 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. Call Christine 6564-7160.

### Gold Coin Donation Pilates Class

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

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## BOWRAVILLE PHARMACY

**31 HIGH ST BOWRAVILLE**

**PH: 6564 7925**

**FAX: 6564 7364**

*Monday to Friday 8.45am - 5.30pm*

*Saturday 8.45am - 12 noon*

Prescriptions and Professional Advice

Sukin Natural Skincare

Designer Brand make-up range

*Pharmacist*

**KERRIE SAVINS**



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

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

## BOWRAVILLE HEALTHCARE CENTRE

**Dr Edwina Guard** MBChB BSc FRACGP

29a High Street Bowraville

**Ph: 6564 7555 Fax: 6564 7505**

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

### **Surgery Hours**

Mon to Thurs 9am – 6pm

Fri 9am – 4pm

Sat by Appointment

### **Laverty Pathology**

Mon to Fri 9am – 1pm

### **Psychologists**

by Appointment

### **Physiotherapy**

by Appointment

### **Proud sponsors of:**

***Pilates and Yoga classes***

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## Keeping the nasties at bay on the web #1

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

### What security settings do I need for Internet Explorer?

We recommend the default security setting 'Medium-high'. It's safest for most websites and will prompt before downloading potentially unsafe content. If you opt for 'High' it will provide maximum security but disable some features and you may have trouble opening some files or visiting certain websites.

To check your setting open IE and click the Gear icon > Internet Options > Security and click Internet zone and move the slider to Medium-high.

### What can I do about spam?

Spam is electronic junk mail that has existed for nearly as long as we've been using email. Spam also comes in the guise of internet pop-ups, SMS/MMS, chat and telemarketing. Don't respond to spam email and never click on links in spam emails as they often include viruses and malware. If the email is from a genuine business, click on the unsubscribe link. If it doesn't have an unsubscribe option contact the business to complain and be removed from the mailing list.

Where possible protect your email address and mobile phone number to avoid it being harvested from forms and other places on the internet. Set up a free webmail account that you use for newsletters, online shopping, petitions and other general websites. Have a personal email address that you only use for personal and other trusted correspondence. If in doubt check the privacy policy on the website to see how it manages your details and whether email addresses are shared with third-party advertisers and marketers.

It's good practice to regularly download security updates and use security software that includes anti-spam filters to limit incoming spam. Regularly change passwords for webmail accounts and close old, inactive accounts to avoid having your email hacked and becoming an accidental spammer. Contact your internet service provider to check if it offers a spam filter with the email account that's included in your plan. If you use an email application such as Outlook be sure to use the spam filtering to collect suspicious emails.

See the **ACMA spam guide** and **spam complaint**

**form** at [www.acma.gov.au](http://www.acma.gov.au)

You could also check the antivirus products CHOICE recommends in their **security software reviews**.

### How can I protect my passwords?

Most of us have accounts with multiple online services such as Gmail, Facebook, eBay and Netflix and security experts insist that we use a unique password for each one. If one of these services is compromised and cyber criminals gain access to your passwords suddenly they can log in to your accounts. If you must use the same password always use variations and always be case sensitive and include numbers or special characters.

If you're worried about forgetting many different passwords then use a password manager. It will safely store passwords and will even help generate long, complex passwords that are safer but that you don't need to remember. If you're logging on in public always protect your screen and keyboard so they're not visible to others especially when on public transport for example.

Find out which products are recommend in the latest CHOICE **password manager reviews**.

### Can I get rid of my search history?

If you don't like the idea of your search history following you around the web, you can dispose of it and start again with a clean browser. To do this, you'll need to delete items such as cache, browsing history, logins and cookies.

**Chrome:** Customise > Settings > then under Privacy > Clear browsing data and choose some or all of the items.

*Continued on Page 22*

## Thinking about downloading Windows 10?

In the coming weeks the Bowraville Technology Centre will be holding a Windows 10 Download (it's over 3gb!) and Familiarisation Session.

*Cost is \$10 to attend the session and from \$20 to download it to your laptop.*

Sessions will be held on Monday and Thursday mornings from 10.30am.



**APRIL PROGRAM at the**

# BOWRAVILLE THEATRE

## Jasper Jones

**Saturday 20<sup>th</sup> May at 7pm and Sunday 21<sup>st</sup> May at 2pm.**

*JASPER JONES is a riveting and moving Australian coming of age story about Charlie Bucktin, a bookish boy of 14. On the night that Jasper Jones, the town's mixed race outcast, shows him the dead body of young Laura Wiseheart his life is changed forever.*

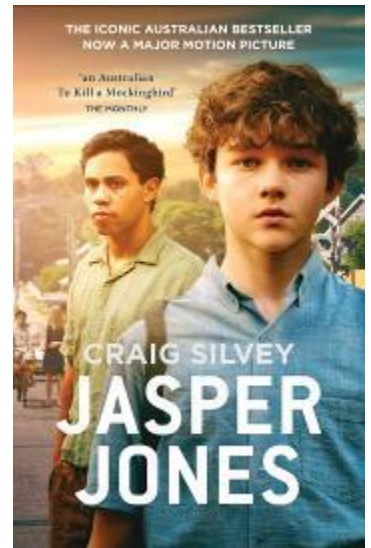
*Entrusted with this secret, and believing Jasper to be innocent, Charlie embarks on a dangerous journey to find the killer. Set over the scorching summer holidays of 1965 Charlie defeats the local racists, faces the break up of his parents and falls head over heels in love as he discovers what it means to be truly courageous.*

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

**Complementary tea and coffee.**

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

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



## It's a Joke!



## English for Dummies . . .

We take the English language for granted but if we explore its paradoxes we find that quicksand can work slowly, boxing rings are square and a guinea pig is neither from guinea nor is it a pig.

There is no egg in eggplant nor is there ham in hamburger; neither apple in pineapple. Sweetmeats are candies while sweetbreads, which aren't sweet, are meat.

Why is it that writers write but fingers don't fing? Grocers don't groce and hammers don't ham? If the plural of tooth is teeth, why isn't the plural of booth, beeth?

**Bowraville & District Ex-Services Club  
6564-7304**

**Introducing . . . New Menu**

## "Keppy's Bistro"



**Tuesday to  
Saturday**



**Lunch - 12noon to 2pm  
Dinner - 6pm to 8pm**



**6564-7304**

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

**POOL TABLE \$1 per game**



8/11

# BOWRA HOTEL

**OPEN 10AM - MIDNIGHT**

**NEW  
CHEF**

## BISTRO

**LUNCH and DINNER  
Tuesday, Wednesday, Thursday,  
Friday and Saturday  
11:30am - 2:00pm and 6pm - 8pm**

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

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

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

8/11

# MARKETS CALENDAR

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

## Steep & Heavy Mowing



Call Thomas — 0400 9500 01

ABN: 166 744 14262

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

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## Coronation Kennels & Cattery

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

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

**PHONE: 02 6568-2018**

Email: [marcia@coronationkennelsandcattery.com.au](mailto:marcia@coronationkennelsandcattery.com.au)

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

We provide the following services:

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

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

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**Long Term Budget -**

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

Not available during school holidays

**Weekend/ Short-term Special**

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

Bookings MUST be for a minimum of 2 days.

**Short-term Accommodation**

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







# BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

Quite some time ago a BTC reader requested that I write a book review for

## **Bittersweet** by Colleen

McCullough

So, to the person who made the request, here it is with my profuse apologies for taking so long to getting around to reading it!



This story is about two sets of twins, Edda and Grace and their half-sisters, Tufts and Kitty growing up in Australia in the 1920s; a time of laws and struggles, restraints and prejudices, especially for women.

Their loving father, Thomas Latimer is a reverend. His first wife died and Maude, his second wife and the mother of Tufts and Kitty, had a very strong influence on all their lives; however not a particularly positive or good influence. With only 20 months between the sets of twins they are very close knit.

Thomas Latimer used his influence as a board member of the Corunda Base Hospital to get his daughters nursing traineeships. It wasn't quite the path each girl had planned for herself but their lives expanded immediately for it. They moved out of home and into accommodation onsite at the hospital – away from Maude's oppressive behaviour and smothering of her favourite daughter Kitty.

The four girls worked hard and learned a great deal, both about nursing and the hospital as well as about themselves. Edda wished to become a doctor but couldn't see how it would happen; Tufts found working with Dr Liam Finucan in pathology interesting not to mention finding, in him, a very best friend; it is with no surprise that with Kitty's love of

working with children she ends up in the Children's Ward; while Grace, who struggled the most with nursing, just wanted to marry and have children of her own.

In 1929 Dr Charles Burdum arrived from London to become the new Superintendent of the hospital. Being "pommy" he struggled to fit in to Corunda life but with his wealth and influence he set about improving conditions at the hospital and the lives of nearly everyone he came into contact with, starting with his pursuit of Kitty whom he fell in love with on sight.

As the Depression moved across Australia, affecting everyone, Corunda was slightly protected by Dr Charles Burdum, a clever, insightful man with modern ideas, no prejudices and desire to help all.

Over time we see some of the girls marry; Grace does indeed have children; careers expand and change; and women, including these four, begin to have more opportunities and rights.

If you are a fan of historical novels *Bittersweet* might be one for you. It's an interesting story of four very different, well raised, independent women with very different life desires doing the best they can in the 1920s, when men still dominated every worthwhile employment role. It is interwoven with politics, society's expectations, the arrival and effect of the Depression and some interesting behaviours from all the characters.

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

*Many thanks to the people who donate all the varied and wonderful books which have come and continue to come, to our very popular Book Nook ....*

## **BOWRA POST & COLLECTABLES**

27 High Street, Bowraville ♦ Telephone: 6564-7169

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

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

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

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

**DRY CLEANING AGENT** – Drop off and Pick up

### **THE MAD HATTERS TEA GARDEN**

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

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

**Telephone: 6564-7631**

*Gluten free and Dairy Free Food available.*

## Seniors risking 'golden years' by not protecting against pneumonia

Almost two-in-three Australian seniors may be jeopardising their 'golden years' by not protecting against an often fatal lung infection, despite being at increased risk.

Lung Foundation Australia's 'Love Your Lungs at 65 Years Young' research released recently reveals 94 per cent of Australians aged 65 to 74 do not recognise age as a risk factor for pneumonia while fewer than half correctly understand vaccination can defend against pneumococcal pneumonia – a severe form of pneumonia caused by the bacterium *Streptococcus pneumoniae* responsible for 82 per cent of pneumonia cases among those aged 65 years and over.

While older Australians focus strongly on heart, skin and breast health they tend to ignore their lung health even though pneumonia-like illness (pneumonia and influenza) is among the top 10 contributing causes of death in Australia.

This Pneumonia Awareness Week (May 7-13) Lung Foundation Australia is urging all Australian seniors aged 65 and over who are considered 'at-risk' of contracting pneumonia, and those eligible for a five-year booster vaccine, to recognise its seriousness and protect against the infection.

Each year the number of new cases of pneumococcal pneumonia rises exponentially among those aged between 50 and 80 years. That's why it's imperative Australians celebrating their 'golden years' take advantage of recommended and government-funded vaccination against pneumococcal pneumonia as part of their general health plan.

Pneumococcal pneumonia should not be underestimated. Pneumococcal pneumonia is responsible for approximately 1.6 million deaths each year worldwide.

Even among those aged 65 and over with additional risk factors such as diabetes, chronic lung, heart or kidney disease, impaired immunity or being a smoker, Lung Foundation Australia research shows only 13 per cent of this age group recognise they are at high risk of contracting pneumococcal pneumonia.

As many as 44 per cent of Australians aged 65 to 74 cite the reason for not having the first pneumococcal pneumonia vaccination is because their doctor has not recommended it while 39 per cent know nothing about the booster vaccination or why it might be necessary.

This Pneumonia Awareness Week, Lung Foundation Australia is urging seniors to be aware of the seriousness of pneumonia and to 'Love Your Lungs at 65 Years Young', by protecting against this potentially life-threatening infection.

It's important for Australian seniors to understand that their age alone puts them at heightened risk of contracting pneumonia," said Lung Foundation Australia Director, Ms Heather Allan. "Australians aged 65 and over should talk to their doctor about how best to protect against pneumococcal pneumonia, including government-subsidised vaccination."

### About pneumonia, pneumococcal pneumonia and vaccination

Pneumonia is a potentially life-threatening infection that affects the lungs. The lungs are made up of small sacs which fill with air when a healthy person breathes. When a person has pneumonia these sacs fill with pus and fluid which makes breathing painful, causes cough and limits oxygen intake. Pneumonia may be caused by a virus, bacteria or fungi. Pneumococcal pneumonia, caused by the bacterium *Streptococcus pneumoniae*, is the only bacterial pneumonia for which vaccination is available.

The pneumococcal vaccine is listed on the National Immunisation Program (NIP) and funded under Immunise Australia for all Australians aged 65 and over, with many eligible for a second vaccination five years following their first dose.

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# How Can I Stay Well this Cold and Flu Season?

*Too busy to get sick this winter?*

*You've probably got far better things to do than lie around feeling like death, watching the pile of tissues next to you grow.*

*Here's a few immune tips to help you stay well this winter.*

How can you help support your immune function so you're less likely to succumb to colds?

**It all starts with a good defence! Try this three hit combo:**

## **Be PROactive with PRObiotics**

Your digestive system contains 70% of your immune system so supporting healthy immunity really does start in the gut. A trial of the strains in Inner Health Immune Booster for Adults showed that they may be effective at defending against the common cold and reducing the chance of catching another cold during winter. Taking just 1 capsule a day for 12 weeks may help boost immune function so you can fight winter colds more easily.

## **Get Some Immune Defence**

The herbs Andrographis, Echinacea and Siberian Ginseng have been used by multiple cultures for centuries to keep the immune system healthy throughout winter.

**Ethical Nutrients Immune Defence** brings these ingredients together and just 1 tablet daily will help support a healthy immune system. If you don't have time to get sick Immune Defence may provide the immune support to help you stay well this winter.

## **Give Your Immune System a C-UP**

For a lot of people **Vitamin C** is the go-to for immune system support - and for very good reason! Vitamin C is an essential nutrient for optimal immune function and may help you to fight off the latest cold or flu. **Ethical Nutrients Extra C Zingles** combines Vitamin C with another immune-essential (Zinc) to help keep your immune system firing. With chewable tablets in two delicious flavours taking them is easy – they even leave a tingle on your tongue!

-----

## **Getting Sick Often? Check Your Zinc Levels!**

Zinc is an essential mineral for good health and plays an important role in keeping your immune system strong. With **Ethical Nutrients Zinc Test** you can discover in seconds if you have a zinc deficiency.

**Ask your Pharmacist about taking a Zinc Test.**

If you do find you have low zinc levels **Ethical Nutrients Zinc Fix** provides an effective way to quickly replenish your zinc levels. This highly concentrated raspberry or orange flavoured zinc drink may also be used to assist a normal healthy immune system.

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RESERVE THIS SPECIAL DATE

**Sunday 9th July, 2017**

A day of great celebration will be held at the Uniting Church in Bowraville as the Grand Old Church will be celebrating her 100th Birthday.

*Everyone is welcome.*



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Anama 65647521 or Alba 65647947**

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**PRESIDENT  
Mark Scott  
Mob: 0428 527 545**

**Email: [blion34@yahoo.com.au](mailto:blion34@yahoo.com.au)**

**PO Box 23  
Bowraville NSW 2449**

8/11

**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. For information ring (02) 6564-7224, speak to Camilla on 0438 868 742 or visit Tallowood School at 220 Bellinghen Road, Bowraville.

**Bowraville Uniting Church and Op Shop**

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

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

**Bowraville Playgroup**

Bowraville Play-group meets at Bowraville Central School every Friday from 9.30am to 12midday and is open to all parents and carers with children aged 0 to school age. We engage in fun activities in a safe, family environment. Contact: Danielle Ryan 6564-8619 or Jane Thomasson 0474 325 337.

**Nambucca Valley Community Church Food Hub**

Anyone holding a Health Care Card or Pension Card can access this service. From 9.30am to 12pm non perishable food products will be on sale as well as other products. All perishables such as bread, vegies and fruit are free. Access Fee: \$10 for 11 items; \$20 for 22 items. Contact 6568-1647 or 0431 947 799.

**Nambucca Valley Community Church**

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

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



# Bowraville Lions Club Inc News Bulletin

MAY 2017



## ANZAC DAY BISCUITS



*Thank you to the wonderful staff at the Bowraville Pharmacy who baked lots of delicious Anzac Biscuits for the Lions Club fundraiser on Tuesday 25<sup>th</sup> April.*



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

This convention falls on the 100<sup>th</sup> year of Lions and members from the Bowraville Lions club will travel to the convention to represent our club at this special event.



## PLEASE SAVE YOUR USED STAMPS



The Lions Club of Bowraville is collecting and bundling used stamps which are sold at auction.

The proceeds are donated to the Lions Children's Mobility Foundation which helps fund the famous Harte walker that allows children with Cerebral Palsy to move around.



**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: Mark Scott 0428 527 545**

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

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

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

## Heirloom and Hybrid Horticulture

### *What are heirloom and heritage plants?*

Heirloom and heritage plants are 'old school' vegies and flowering plants that have been handed down from one generation of gardeners and farmers to the next. For a plant to be classified as an heirloom it must be open-pollinated - plants that have been pollinated by 'nature' either by wind, insects, birds or other natural circumstances and thus seeds produced, while regarded as 'true to form', are open to variation and genetic differences. This varies significantly from hybridised plants where parent plants are bred (generally by human intervention) to encourage specific traits like a particular colour or growth habit. Hybridized plants generally produce seed that is not viable (meaning it won't shoot) or if the seed is viable the next generation of plants may lack vigour and be a poor imitation of their parent plants.

### *The Hoo-Ha about Heirlooms*

Novelty factor aside there are loads of good reasons to consider sticking in a couple of heirloom flowers and vegies into your patch. For starters, because heirloom vegies are open pollinated, gardeners can collect and save the seeds produced from their plants until next year, assured that they will grow 'true to type'. Saving seed of heirloom vegies from one season to the next also encourages desirable traits to develop over time, including disease and drought resistance and better flavour. Speaking of flavour, heirloom vegies taste loads better than commercially grown shipped to the supermarket stuff. Your tastebuds will thank you for it!

The planet will thank you also because growing heirloom vegies from seed is a wonderful way to reduce your environmental footprint and you can choose to use less pesticides, fertilisers and other artificial inputs than generally used in commercially grown crops.

But the best reason to grow heirloom vegies may be this: they are dead easy even for beginner green thumbs! Heirloom vegies don't rely on excessive inputs, don't need too much 'molly-coddling' and generally give you amazing 'bang for your buck', providing greater yields over a longer period of time. How good is that? All this for the price of a packet of seeds!



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8/11

## Building Regional Australia Summit



The Bowraville Chamber was invited by Nambucca Shire Council to attend the Building Regional Australia Summit held at the Nambucca RSL from the 26th to the 28th April.

There were a number of quality speakers who shared ideas and information relevant for Regional Australia and small towns.

One such project that was presented to the audience was *Renew Newcastle*, which is a not for profit company established to find short and medium term uses for buildings in Newcastle's CBD that are currently vacant, disused, or awaiting redevelopment.

*Renew Newcastle* has been set up to clean up these buildings and get the city active and used again.

*Renew Newcastle* aims to find artists, cultural projects and community groups to use and maintain these buildings until they become commercially viable or are redeveloped.

Chamber will look at how this project might be adapted for the empty shops in Bowraville.

## Exciting news for Bowraville Businesses

Jill Ashley, Head teacher at TAFE Macksville will attend the next chamber meeting to inform us about some free short courses for Bowraville.

***These include welding courses for farmers and landowners.***

TAFE will bring these course to Bowraville and also provide free transport to other courses in Coffs Harbour.

Everyone is welcome to come along and find out about these exciting opportunities for our community.

The meeting will be held at the Bowraville Ex Services Club in High Street, Bowraville on Tuesday 24th May from 5.30pm

---

### Contact Chamber

President: Mark Scott

M: 0428 527 545

chamber@bowraville.nsw.au

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





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

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

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

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

## FREE SERVICES

**Monday Counselling Services**  
Contact Interrelate for appointment  
Ph 66594150 Everyone Welcome

**Tuesday Help with Accommodation**  
New Horizons - Ph 56324804  
Wesley Youth Accom - Ph 66527124

**Wednesday Baby Health Clinic**  
9.00 am to 12 noon  
All mums and bubs welcome  
No appointment necessary

**Thursday Legal Aid**  
1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month  
10am to 12pm  
Ph 66517899

### Need your Licence?

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**Email [admin@miimi.org.au](mailto:admin@miimi.org.au)**

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

**90 High Street, Bowraville**

**PHONE 02/65648855**

**Email: [admin@miimi.org.au](mailto:admin@miimi.org.au)**

## 'Golden triangle' of happiness: Study finds three simple things needed for a happy life

The latest instalment of one of Australia's largest wellbeing surveys has found that besides genetics, there are three simple indicators of a happy life.

Financial security, a sense of purpose in life, and good personal relationships make up the "golden triangle" of happiness.

The Australian Wellbeing Index has been conducted twice a year over the last 15 years and involves more than 60,000 participants.

But beyond the "golden triangle" of happiness, the researchers made some other surprising findings.

*Here are five more indicators of happiness according to the survey.*

### **Social media: Moderation is key**

While there was no difference in happiness between people who spent no time on social media, compared with those who spent over an hour a day, researchers said moderation appeared to be the key.

Those of us who used social media for just 30 minutes a day were the only group to report happiness above the normal range.

According to report author, Professor Robert Cummins of Deakin University, there has been a surprising and continuing spike in the levels of teenage contentment since 2007, the year that social media came of age.

"It may very well be the case that the social media is allowing them a sense of community, a sense of connection with one another which was much more difficult for them to achieve prior to that era," he said.

### **Dads happier, mums remain the same**

The report found fathers tended to be happier than men without children, but women's happiness stayed the same whether they had children or not.

The researchers said this could be because family was the greatest source of contentment and happiness for men throughout their lives, whereas women were able to maintain social connections beyond the family unit.

Not only that, but those parents who had regular contact with their mother and mother-in-law reported being happier overall.

### **What makes us happy?**

*Relationships:* Being part of an intimate relationship is the most vital component of wellbeing. Pets are no substitute for human beings.

*Financial control:* While money does not make us happy, a lack of it makes us miserable. Wellbeing rises up to about \$100,000 a year, at which point its healing power drops off dramatically.

*Sense of purpose:* People are happiest when they are



## Bowraville Strong Families Men's Group Yarn!

**Where:** Nambucca Valley Phoenix

**When:** May, 3<sup>rd</sup> 2017, 11am-1pm  
(LUNCH PROVIDED)

**Contact:** Hayden Strong for more info  
and catering purposes on 6564-7677 or  
drop in to Phoenix at 88 High St, Bowraville

**Email:** sfsupport@nvp.org.au

Ever wonder what happens at a  
Toastmasters meeting?

Toastmasters Open Meeting

**GETTING  
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**TUESDAY MAY 9, 6:45PM**

**MACKSVILLE EX-SERVICES CLUB  
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## Toast for Supper



One of the number one fears for people is a speaking in public. If this is you then you may like to learn some skills to be more relaxed when speaking to both small groups and large audiences.

Ever wondered what happens at a toastmasters meeting? Nambucca Valley Toastmasters is hosting a special combined meeting with Coffs Harbour Toastmasters to showcase some of the fun and learning that can be experienced at a Toastmasters meeting.

Visitors will be able to hear speakers from both Nambucca Valley and Coffs Harbour Toastmasters clubs and also hear evaluations of the speeches. There will also be the opportunity to participate in "Table Topics" where people can give an impromptu 1 to 2 minute speech on a given subject.

Everyone is welcome to join us on Tuesday evening, May 9, at the Macksville Ex-Services Club. 6:30pm for a 6:45pm start, finishing at approximately 8.30pm. Supper included.

Enquiries to: Vice President Public Relations  
Marion Syratt [marion.syratt@gmail.com](mailto:marion.syratt@gmail.com)

Tel: 6564 7908 Mob: 0400 828 471

Notification of attendance appreciated for catering purposes.

**Website:**

<http://8190.toastmastersclubs.org/>

**Find us on Facebook:**

Nambucca Valley Toastmasters  
Club 8190,  
District 90.



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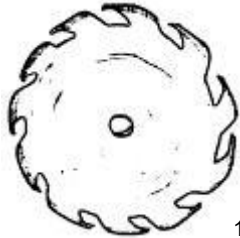
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## LEARN WHAT THE CHURCHES WONT OR DON'T HAVE THE UNDERSTANDING TO TELL YOU

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

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

Real people in a casual relaxed atmosphere.

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

6/11

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

## DID YOU KNOW?

Mother's Day was first celebrated in 1908, when Anna Jarvis held a memorial for her mother at St Andrew's Methodist Church in West Virginia. St Andrew's Methodist Church now holds the International Mother's Day Shrine. Her campaign to make "Mother's Day" a recognised day in the United States began in 1905, the year her mother. Anna Jarvis wanted to honor her mother by setting aside a day to honor all mothers, because she believed that they were "the person who has done more for you than anyone in the world". Mother's Day is not related to the Christian Mothering Sunday celebration (originally a commemoration of Mother Church, not motherhood). The tradition of giving gifts to mothers on Mother's Day in Australia was started by Janet Heyden, a resident of Leichhardt, Sydney, in 1924.

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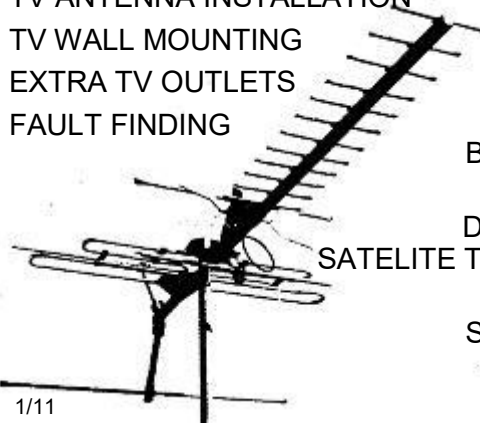
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## Develop a Healthier Body Image

Body image refers to the perception you have of your physical self, and the thoughts and feelings that are caused by your perception. A healthy body image is being comfortable and realising that there is more to you than just your physical appearance. Conversely, an unhealthy body image involves always thinking your body is unattractive, it can also sometimes make a person forget that they have value outside of what they look like.



An ongoing unhealthy body image is bad for general wellbeing and is also incredibly time consuming. Below are a few tips for improving your body image

1. Question media images - we are bombarded with images of unrealistic and unobtainable bodies; try not to compare yourself and remember often what you see on TV and online are not true depictions of real people.
2. Engage in positive self talk - if you mainly think negatively about yourself, you will feel bad most of the time. But if you mainly think positively about yourself, you will feel good more of the time.
3. Avoiding being critical of other people's bodies - negative attitudes are contagious.

Sustained unhealthy body image can be associated with illnesses that affect the mind and body such as body dysmorphic disorder, anorexia nervosa and binge eating. It's beneficial to be aware of negative body image and actively attempt to develop a healthier body image.

6/11

**Bernard Laverty Funerals**  
24 hours 65681555  
Monumental Masons & Florist  
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# Strong Families — at Phoenix DID YOU KNOW?

**May is Domestic and Family Violence Awareness month** and is a good time for us to think about our relationship with those closest to us.

Do we talk to them with love, care and respect? Do we treat them the way we would like to be treated?

It can be so easy to yell or snap at those we love particularly when we are tired or stressed. I'm sure we have all done it. I know I have. But when it becomes our regular style of communication and we use it to control or manipulate then the behaviour is considered Domestic Violence!

This also has a very negative affect on the energy of the home which can contribute to 'unwellness' – anxiety, tummy problems, headaches and more.

Paying attention to what we say, how we say it and the 'language' we use can then give us the chance to make some changes that could improve our relationship with others and in turn help us all to be happier and healthier! Give compliments – even to yourself! A good relationship with yourself is the basis to a good relationship with others.

~~~~~  
Strong Families women's Friday sewing group has changed to a **Women's Craft Group** and will now be held **9:30am to 2:30pm in the Seminar Room at the back of Phoenix.**

Bring your craft items and ideas along and Sasha will help where possible. Some supplies provided depending on cost.

**Call Sasha or Hayden 65647677 or text 0499002141**

**Ph: 6564 7677, Mob: 0499 002 141 email: [strongerfamilies@nvp.org.au](mailto:strongerfamilies@nvp.org.au)**

Facebook: <https://www.facebook.com/Strong-Families-Program-Bowraville-742820075786305/>

*National Standards for Disability Services certification  
Registration number: DS/R61/0365*

*Nambucca Valley Phoenix acknowledges and pays due respect to the traditional custodians of the Nambucca Valley.*



## Bowraville Strong families



### A Community Program

Funded by NSW Health through the Aboriginal Injury Prevention Program.



8/11

## Bowraville Harvest Faith Family Church

8/11

*A Word of Faith Pentecostal Church*

**Church Services - Sunday Mornings - 9.30am**

**Prayer Meetings - Sunday Mornings - 9.00am**

### Faith Link Groups

Wednesday Evenings - Mixed at 7.00pm

Thursday Mornings - Ladies at 10.00am

### Ministry Training School

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

**Counselling is available** by appointment.

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



Pastor: Rev. Tom Fairhall

Mob: 0428 682 870

email: [bhffc2012@gmail.com](mailto:bhffc2012@gmail.com)

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[blueskyhealing.wordpress.com](http://blueskyhealing.wordpress.com)

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8/11

## ~ TECH TALK ~ TECH TALK ~

From Page 6

### Keeping the nasties at bay #1

**Firefox:** Options > Privacy > and click 'clear your recent history' and select the time range and the items.

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

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

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

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

More 'Keeping the Nasties at Bay' next month.

### Techno Joke . . .

"When I was a youngster," complained the frustrated father, "I was disciplined by being sent to my room without supper. But my son has his own TV, phone, computer, CD and DVD player."

"So what do you do?" asked his friend.

"I send him to *my* room!"

From Page 16

### 'Golden triangle' of happiness: *Three simple things needed for a happy life*

active, and when they have a sense of purpose.

Volunteers are amongst the happiest people, though conscripts are not.

#### Resilient in face of ill health

Another surprising finding was that good health is a far less powerful predictor than expected.

Provided that declining health is slow, rather than traumatic, our in-built genetic resilience compensates for that and our general mood level stays the same.

#### Golden oldies the happiest

This may go part way to explaining why Australians over the age of 55 were the most contented group, while the least contented were informal carers of sick or disabled family members. Their general level of mood happiness came at the bottom of the index, along with prisoners and homeless children.

#### State of Happiness: Tasmania

Where we live in Australia has little impact on our happiness, although there are slight variances across the country. Tasmania came out as the happiest state.

Those of us who live in rural and regional areas tend to be the happiest Australians, suggesting that Tasmanians might be happiest because of the state's low population.

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9:30am - 2:30pm  
\*Bowraville only

7/11

**6564 7677**

CALL US TODAY!



# Karen's TRIVIA for May

Congratulations to all who are celebrating their birthday in May. Famous Taureans include Queen Elizabeth II (April 21 1926), William Shakespeare (April 23 1564), Renee Zellweger (April 25, 1969), Karl Marx (May 5 1818), George Clooney (May 6 1961), Mark Zuckerberg (May 14, 1984) and Cate Blanchett (May 14 1969).




An Autumn Greeting  
 "Come," said the Wind to the Leaves one day.  
 "Come over the meadow and we will play.  
 Put on your dresses of red and gold.  
 For summer is gone and the days grow cold."



**Did you know . . .**  
 the Mayday distress call was first used in 1923 and was the idea of Frederick Mockford a senior radio officer at Croydon Airport in London.  
 He had the idea for "mayday" because it sounded like the French word *m'aider*, which means "help me".

**In Mays Past**  
 The \$1 coin was issued to replace the \$1 note on 14 May 1984.  
 New Parliament House opened in Canberra on May 9, 1988.  
 The smallpox vaccine was developed by Dr Edward Jenner on 14 May 1796, reducing smallpox deaths in England by two-thirds within 18 months.  
 Amelia Earhart became the first woman to fly solo across the Atlantic on May 20 1932.  
 Alan Shepard became the first American in space, piloting spacecraft *Freedom 7* on May 5 1961.

**Don't Forget . .**  
  
 Mother's Day on Sunday May 14th.  
 Traditionally the chrysanthemum is the flower given to mothers on Mothers' Day because it is naturally in season during Autumn and ends in the letters "the mum".  
 ~~~~~  
 "Mothers hold their children's hands for a short while but their hearts forever"

**That's Funny**  
 In May 1606 Pedro de Queiros believed he had found the southern continent. He named it "La Australia del Espiritu Santo".  
 He was actually in Vanuatu!  
 According to an old Cornish superstition, it was unlucky to buy a new broom in May and so was washing a blanket.



*May . . . is the daughter of Atlas - Maia - the goddess of fertility*

# TRASH & TREASURE MARKET

**Saturday MAY 6<sup>th</sup>, 2017**

9am – 1pm

**Pioneer Community Centre, Bowraville**

**Come along & grab a bargain or 3**

**Enjoy a Sausage sizzle or Devonshire Tea**

***Why not book a stall, and get rid  
of some of your junk?!?!?***

Bookings: 6564 7908 or 0400 828 471 or [bcdainc@gmail.com](mailto:bcdainc@gmail.com)

**Stall set up time 7 – 9am**

**Stall fees: \$5 per table if you have insurance, otherwise \$10**

## Lachie's Home Assistance & Support

**Providing home assistance and support  
to the Nambucca Valley**

If you need help maintaining your home or property or even doing the day to day home duties then give me a call and let me help you.

Services provided include:

- Home assistance and support
- Professional commercial cleaning services
- Home, grounds and property maintenance
- Pressure cleaning
- Vinyl & Tile floor restoration
- Professional window cleaning services
- Painting
- If its not on the list then give me a call anyway

**Call Lachie on 0436 462 833 if you need a hand**

ABN: 33 264 640 943

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### Notice to all community groups

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

Register your event at the Bowraville Technology Centre. Enquiries to: 0428 527 545.



Hi. My name is Kelly and I'm a local agent for LJ Hooker in Nambucca Heads. When you entrust an agent with the sale of your property you expect they will sell your property in the shortest time for the best possible price. That's what you can look forward to when I am appointed to sell your property.

I have extensive knowledge of the local market and I am dedicated to achieving outstanding results for my clients.

If you are thinking about selling, now is the best time.

List or Lease your property with LJ Hooker before June 30 and go in the draw to win a brand new Kia Picanto. Local draw within our Grafton, Woolgoolga, Coffs Harbour, Urunga, Nambucca Heads and Macksville office.

Give me a call to have an obligation free appraisal today.



Contact me: Mob: 0422832566 Ph: 65685766

Email: [kwright.nambuccaheads@ljh.com.au](mailto:kwright.nambuccaheads@ljh.com.au)

Bowraville is my area so if you see me around please come say hi and if I can assist you in any way don't hesitate to ask.

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# Bowraville Solution Brokerage News

On the 20<sup>th</sup> March 2017 the community of Bowraville were invited to attend a community consultation meeting at the Bowraville Central School. The meeting was well attended by members of the community, locally based and outreach government organisations and representatives from all levels of Government. Once again the community members provided invaluable feedback to the Bowraville Solution Brokerage team..

At this meeting the Secretary, Ms Carolyn McNally, officially triggered Solution Brokerage, building whole of community resilience. So what does this mean for the community and the Solution Brokerage Team? From the communities perspective not much will change in the short term. There will still be some community engagement events and background work going on around and within community. For the whole of government, it formalises a time frame of six months and initiates the development of the Response Plan.

The Bowraville Solution Brokerage Response Plan is currently being developed for presentation to the community in September 2017. As part of the Solution Brokerage process the NSW Government requires agencies to actively participate in the response to the declared issue and, at times, lead activities in accordance with the approved Solution Brokerage Response Plan.

Solution Brokerage Response Plans must be approved by governance groups across government and most importantly the response plan is not finalized until the community governance group that has been developed for Bowraville approves of it formally. The Response Plan will set out agreed lines of authority, the responsibilities of cross-agency teams and resources.

The Response Plan will include but may not be limited to the following:

- A summary of the issue, desired outcomes, measure of success and a start and end date
- The program logic that informs how the agencies involved in the response plan work together to achieve desired outcomes.
- Actions, milestones, timelines, resources, responsibilities and
- Assigned cross-agency project team, roles and responsibilities, project reporting lines of authority and other resources

In June will be another visit by the Secretary. The Secretary will be in Bowraville on the 22<sup>nd</sup> of June. The focus for this trip is the voices of young people in Bowraville. This will involve a roundtable and workshops with young people about their goals for their community and how best Solution Brokerage can support these outcomes.

To have a Government representative at the senior level of the Secretary is a rare and exciting opportunity for the communities' young people to engage with. This provides the Secretary with direct views, concerns and hopes from Bowraville youth with regards to their community.

If you are a young person aged 16-30 years old that lives or works in the Bowraville community, you are invited to attend the upcoming roundtable.

For further information please email [solutionbrokerage@planning.nsw.gov.au](mailto:solutionbrokerage@planning.nsw.gov.au) or call Sam Johnson on 93732831 for further information.

Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Autumn 2017								
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	Community Radio Network Good Morning Country National Radio News Rural Reports	Dano's Brecky Show Daniel Gosson & Hal The Robot High-paced cacophony to get those feet shufflin'!	Bubbie N Squeak Linda & Michelle A family show with Christian themes.	Mystery Breakfast The Shadow Knows	Tones of Claire Claire Wait-Powell	Rise & Shine With Ron Hawkins Information and music to kickstart your weekend.	Beam Me Up Scotty Sunday Music Mix	6 AM
7 AM	Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll 1950s-2010s	Global Mosaic Pleier A weekly musical trip through the world	Dyer's Loop With The Dyers Music to dye for, of course	Under The Stinging Tree Poppa Including the real-unnal news	Talk Of The Town Cen Wrobel See what's going down! All things local	Learner Drivers Exciting New Presenters	Country Highway Dave Wareing Country music classics to latest releases and comedy	7 AM
8 AM	Baby Boomers Donna Collins	Infopinion Richard Laxton An eclectic time with Richard	Hinterland Ben Walters	Calling All Angels Rachel Scottlock	RAOR Jeremy Allom Random Acts Of Radio	History Patch With Beverly Gibbs	Classical Corner Music from the past 1000 years... Alternates weekly with The Lively Arts Music & spoken word from film, TV, theatre & radio Noel Robertson	8 AM
9 AM	The Weekley Fix Paul Weekley	The Phoenix Crew Selected music & madness	Jazz Azz I Like It Heather Heywood A mix of jazz with lotta Oz	Turning Pages Elizabeth Newman	Outback Outlaws Paul Rowe Old and new country music	Maggie's Mix Margaret Duffus	Dano's Mixed Grill Daniel Gosson A tasty mix of anything and everything to spice up your Sunday arvo	9 AM
10 AM	Drive With Scotty Scotty Great Scotty Music	Rob's Roving Robbie & Linda Bible reflections, Gospel & Australiana	Just For You Carola J. Simmons Easy listening & All That Jazz	Simmo's Country John Simpson Aussie country music at its best	Wind Down for the Weekend Stu & The Crew	Learner Drivers Exciting New Presenters	Flashback Rob Davidson '60s to '80s Pop & Rock	10 AM
11 AM	Bowra Beats 2NVR Youth Radio with Grace	Jack's Tracks 2NVR Youth Radio with Jack All the tracks with Jack Tune In!	Stella Bells 2NVR Youth Radio with Stella	Thursday Country Trickovic	Rhino On The Radio	Two For The Money Double the Fun with Paul and Rachel	That's A Wrap Dorna, Tom & Mitch Local sports results and in-depth analysis.	11 AM
Noon	Nambucca Valley Roundup - Rachel Burns	Nambucca Valley Roundup Carola J. Simmons	Nambucca Valley Roundup - Paul Burns	Nambucca Valley Roundup - Retro	Switching to Studio 3 from 6pm-8pm on the 3rd Friday of each month for live artists & studio audience	Phase Out With Faye Faye Aspiotis Double shots of Aussie music	Booth's Drum With Captain Steve Booth's Drum	Noon
1 PM	Reggae Mixtape With Fitzroy Music outside the usual	Latest & Greatest Country Bryon Edwards	Philtinn With Phil New Australian Blues and Indie/Folk/Rock	Highway Blues Retro When Only The BEST BLUES Will Do	The Friday Night Rock Show Todd Wills	Imagine This & The Antipodeans SF Radio Show	White Line Fever Ail Nolan All that truckin' good music	1 PM
2 PM	Juggling Mondays Juggler's choice Music mix	Prog Rock Playlist Reno Bill midnight The best of Progressive Rock	Ants Rocks Anthony Garnsey Solid Rock	Jeff's Junk Jeff Mills	Overnight Express overnight	Wolfy Wolfy Bill 11pm	CRN overnight	2 PM
3 PM	Nambucca Valley Roundup - Rachel Burns	Nambucca Valley Roundup Carola J. Simmons	Ants Music Mix overnight	CRN overnight	CRN overnight	Overnight Express overnight	CRN overnight	3 PM
4 PM	Reggae Mixtape With Fitzroy Music outside the usual	Latest & Greatest Country Bryon Edwards	Ants Music Mix overnight	CRN overnight	CRN overnight	Overnight Express overnight	CRN overnight	4 PM
5 PM	Juggling Mondays Juggler's choice Music mix	Prog Rock Playlist Reno Bill midnight The best of Progressive Rock	Ants Music Mix overnight	CRN overnight	CRN overnight	Overnight Express overnight	CRN overnight	5 PM
6 PM	Nambucca Valley Roundup - Rachel Burns	Nambucca Valley Roundup Carola J. Simmons	Ants Music Mix overnight	CRN overnight	CRN overnight	Overnight Express overnight	CRN overnight	6 PM
7 PM	Reggae Mixtape With Fitzroy Music outside the usual	Latest & Greatest Country Bryon Edwards	Ants Music Mix overnight	CRN overnight	CRN overnight	Overnight Express overnight	CRN overnight	7 PM
8 PM	Juggling Mondays Juggler's choice Music mix	Prog Rock Playlist Reno Bill midnight The best of Progressive Rock	Ants Music Mix overnight	CRN overnight	CRN overnight	Overnight Express overnight	CRN overnight	8 PM
9 PM	Nambucca Valley Roundup - Rachel Burns	Nambucca Valley Roundup Carola J. Simmons	Ants Music Mix overnight	CRN overnight	CRN overnight	Overnight Express overnight	CRN overnight	9 PM
10 PM	Reggae Mixtape With Fitzroy Music outside the usual	Latest & Greatest Country Bryon Edwards	Ants Music Mix overnight	CRN overnight	CRN overnight	Overnight Express overnight	CRN overnight	10 PM

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