

Bowraville Community News



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



MARCH 2016 - ISSUE 138

FREE

CIRCULATION 350

POSTCODE 2449

N^{SW} Seniors WEEK

1st-10th April

Focus on Health and Wellbeing

TECHNO SENIORS 2016

Bowraville Technology Centre

Free Courses for Seniors

Morning Courses begin @ 10am

Afternoon Courses begin @ 1pm

INTRODUCTION TO WINDOWS 10

Monday, 4th April



MICROSOFT OFFICE - Publisher, Word & Excel

Tuesday, 5th April



INTRODUCTION TO DIGITAL PHOTOGRAPHY

Thursday, 7th April



USING FITNESS MONITOR DEVICES - FIT BITS

Monday, 4th April



A GUIDE TO TABLETS and iPADS

Tuesday, 5th April



HOW TO USE DIGITAL PHOTOGRAPHY SOFTWARE

Thursday, 7th April



Bookings: BOWRAVILLE TECHNOLOGY CENTRE ~ 6564-7420



CTC @ Bowraville

BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 300 COPIES

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

NEW 2015/16 ADVERTISING CHARGES:

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

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

DEADLINE FOR COPY FOR

THE APRIL 2016
ISSUE IS: 5:00PM
22ND MARCH 2016

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

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

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

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

Bowraville Technology Centre

Open 9.30am to 4.00pm Weekdays

Internet Services

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

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

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

Facility Hire

Main Computer Room — Up to 6 computers plus trainer's computer or access port for laptop or another PC. Data projector (if required) - connected to trainer's PC. Whiteboard (if required). High speed internet access -14mb ADSL. Full HD TV connected to network.

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

Full day up to 8 hours - \$100.00

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

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

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

Full day - up to 8 hours \$40.00.

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

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 - Photocopying
 - Laminating ■ Photo Printing
 - Music Conversion to CD Format
- Volunteers Welcome*

**INVITATION to a meeting of
Nambucca Shire Council
At the Missabotti Community Hall
at 5pm on Thursday, 17th March 2016.**

The Council would be pleased to hear from any residents who may wish to raise matters concerning the Missabotti district. The first hour will be dedicated to a community forum.

Contact Monika Schuhmacher on 6568 0214 at least two days before the meeting to advise: your name, phone number and issues to be raised so the details can be accurately recorded in the Council Minutes. Light refreshments from 5 to 5.30pm.

Bowraville Recreation Club

Women Golfers continued their nine hole comp through February and settle into 18 hole comps in March. Much as we prefer a stableford, an 18 hole Stroke round is programmed for the 2nd Thursday of each month. In lieu of Runner Up we will have a Best Nine in Conjunction. March 14 will see our pennant's team play Bellingen at Nambucca Heads. Men continue with good fields and held a meeting at the end of February to elect a 2016 committee. All are enjoying the novelty of winning the longest putt on the 7th and 16th green. Women bowlers are now playing with the men on Thursday and will continue to participate in all District Gala events. It was great to see some of the Phoenix workers on the bowling green. A reminder! For social play members pay \$8 maximum, visitors pay \$10 for nine holes and \$15 for 18 holes. Carts are \$24 for 18 holes and \$12 for nine. Men's bowls will come under another heading.

Bowraville UHA

With successful advertising the Hospital Coffee Shop has 7 new volunteers. An informal Meet and Greet was held in February followed, a week later, by our

first Barista Training Course for 2016 and in March the first of 3 WH&S workshops by hospital staff will be held. While the Coffee Shop is our main fund raiser Bowraville UHA members are planning a Come and Have a Cuppa Fund Raiser in the garden of Myffie Coady's home in Rodeo Drive, Bowraville. Our original date coincided with the Macksville Show so more details next issue. Meetings are held every 2 months at member's homes from February and always include afternoon tea and fellowship. We wish to congratulate Mary Noble who has worked in the café since its commencement in 2008. Mary has decided to retire this year. Thank you Mary from all UHA members and Macksville Hospital staff.

Bowraville and District Garden Club

Our February meeting introduced our program for the next 6 months. We also welcomed new member Cheryl Summerville. March will see our intrepid travelers attend the Bellingen Autumn Plant Fair followed by a surprise venue visit and luncheon at one of the cafes. Meetings are held on the second Saturday of each month and the venue is advertised in local papers. Contact Barbara 6564-7039.

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.com/bowravillefolk**

~ Groups by appointment ~

6/11

BOWRAVILLE PHARMACY

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FAX: 6564 7364

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6/11

Weekly Activities

MONDAY

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

TUESDAY

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

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
PLAYGROUP at Bowraville Central School 10am-1pm Contact Lori Wilson on 6564 8256.
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

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)
FRIDAY RAFFLE and MEMBERS DRAW Bowraville Recreation Club plus Bistro (6564 7349)

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)
FREE POKER 2pm 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).

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 2pm 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. Supported by the Christian Life Centre (Nambucca Heads) and 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.

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

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

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BOWRAVILLE HEALTHCARE CENTRE

Dr Edwina Guard MBChB BSc FRACGP

29a High Street Bowraville

Ph: 6564 7555 Fax: 6564 7505

email: edwinaguard@yahoo.com.au

Surgery Hours

Mon to Thurs 9am – 6pm

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Sat by Appointment

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~ ~ **SCAM ALERT** ~ ~

Beware of Centrelink scammers

The Department of Human Services actively works to make sure their customers know about the growing threat of scams.

Centrelink has been alerted to a scam where the scammers have been knocking on people's doors claiming to be from the Department of Human Services. These scammers have been asking people to sign up for special training offers, taking photos of their personal information - such as passports, Customer Reference Numbers, birth certificates or driver's licences and using this information to steal their money and identity.

If someone comes to your door claiming to be from the Department of Human Services, Centrelink or Medicare ask to check their identification. It's important to know Centrelink won't ask you to provide personal information such as your passport, birth certificate or driver's licence.

Centrelink would give you notice if they were intending to visit you. If you're concerned write down the person's details from their identification, don't provide them with any information and phone the department on one of Centrelink's advertised phone numbers.

Protect yourself from scammers by doing the following:

- If someone comes to your door ask to see their identification. You don't have to let them in.
- If you're unsure contact the department on one of Centrelink's advertised phone numbers.
- If you feel threatened contact your local police.
- Warn your friends, family, colleagues and neighbours about the scam.
- Support those in the community who may be vulnerable.

Read more about scams at humanservices.gov.au/customer/information/scams



HIPPY = Home Interaction Program for Parents and Youngsters.

HIPPY is a two-year, home-based, early learning and parenting program for families with young children which empowers parents and carers to be their child's first teacher.

Families start HIPPY the year before their child starts school (usually around four years old) and continue during their first year of school.

HIPPY is a voluntary program and is free for families.

HIPPY Australia is happy to announce the role-out of the HIPPY program throughout the Nambucca Valley. HIPPY will very soon be available to all families living in the valley with a child four years of age.

For further information, enquiries or to enrol please contact HIPPY Coordinator:

Nadia Abraham on

Phone: 65648855

Mobile: 0457160138

Email: hippycoordinator@miimi.org.au

Bowraville & District Ex-Services Club 6564-7304



Takeaway available
Lunch - Wednesday to Sunday
from 12noon to 2pm

Dinner - Wednesday to Sunday
from 5.00pm to 8.00pm

6564-8898

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MARCH PROGRAM at the

BOWRAVILLE THEATRE



Sunday 6th March at 2pm - The Theatre will be screening the film 'CAROL' an adaptation of the novel "The Price of Salt", starring Cate Blanchett and Rooney Mara and listed as one of the year's best films. The story follows two women from different backgrounds that find themselves in a very unexpected love affair in 1950's New York. Just see how this unravels.

Entry is \$12, concession \$10 and BAC members \$8. Complimentary tea or coffee is available. Cafe is open for ice-cream, cold drinks and sweets. Doors open at 1pm.

Wednesday the 9th March at 10am - We are delighted to be bringing you once again The Bell Shakespeare players this year performing 'HAMLET – OUT OF JOINT' we always have a very receptive audience for these dedicated actors and actresses who not only perform for us but are excellent at answering questions afterwards and making clear the story they have always beautifully acted. The performance is for mostly senior students but members of the public are very welcome to attend, we would love you to join us. Entry at the box office is \$11.



Sunday 13th March at 2pm - The Theatre will present 'SUFFRAGETTES', the story of the foot soldiers of the early feminist movement who were forced underground to pursue a dangerous game of cat and mouse with an increasingly brutal state. Starring Carey Milligan, Helena Bonham Carter and Meryl Streep, these ladies were from the genteel educated classes and were willing to lose everything in their fight for equality. This is an eye opening and fierce drama inspired by the story of the women of the world, who inspired the World.

Entry is \$12, concession \$10, BAC members \$8. Complimentary tea or coffee. Cafe will be open for snacks. Doors open at 1pm.

Bowraville Film Society — Saturday March 26 at 7pm - "Across the Universe" (2007).

The songs of the Beatles provide the sonic framework for this musical tale of romance, war and peace. When young British worker Jude (Jim Sturgess) sets sail for the United States, in search of his father, he ends up meeting carefree college student Max (Joe Anderson) and his lovely sister, Lucy (Evan Rachel Wood), along with a cast of eccentric characters. As Jude and Lucy fall for each other their relationship is threatened by the social upheaval that accompanies the Vietnam War. Doors open 6.30pm for a 7pm start. Please bring yummy nibbles to share.

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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6/11



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6/11

MARKETS CALENDAR

DAY OF MONTH	MARKET LOCATION and TIMES	CONTACT DETAILS
THURSDAY Every Thursday	Coffs Coast Growers Market, City Square, Harbour Dr. from 8am to 2pm	6648 4087
FRIDAY 1 st , 3 rd & 5 th	BELLOPY ORGANIC FARMERS MARKET from 8am to 1.30pm The largest 100% organic market in NSW. Bellingen Showground	0415 525 903
SATURDAYS 1 st Sat (<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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5/11

BOWRA HOTEL

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BISTRO

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

LUNCH & DINNER

Sunday

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

6/11



BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

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

Something is Rotten

by Adam Sarafis

I decided to read this novel simply because it is written by a Kiwi and with the setting being Auckland, New Zealand I thought I might recognise a few places (which always makes it a bit more realistic).



I wasn't disappointed by the story.

Brent Taylor, a budding writer, dies a horrific death in the Auckland University Library. Despite it being almost impossible to have suicided that way, that's how the police write it off. Brent's friend, Jade, a sex worker, refuses to believe that it was suicide. She enlists the help of Sam, "a friend of a friend", to look into it.

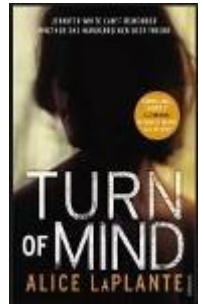
Sam used to be a government advisor on terrorism but quit that and took up work as a mechanic. He's not a happy man and it is with reluctance that he agrees to help. Not only does he find himself looking into Brent's death but also the disappearance of Brent's manuscript. This search takes him down a path of corruption and deceit. He enlists the help of a friend, Lynette Church, one of New Zealand's top journalists, who is currently researching dirty political dealings with major global implications and with ties to the Iraq War.

"Something Is Rotten" has a few twists and turns, events interconnect and all in all, is quite a nice little thriller.

Turn Of the Mind

by Alice LaPlante

This is an interesting but sad story about Dr Jennifer White who is a retired orthopaedic surgeon. She is suffering from dementia. In the early part of the novel Jennifer is aware that she has dementia and her life is changing – obviously we follow her path as this worsens with time.



Her neighbour, Amanda, a very close life-long friend, is found dead with four fingers surgically removed. Jennifer becomes prime suspect but she really doesn't know whether she did it. Jennifer tells us of her friendship with Amanda; not quite as it seemed to outsiders. They were both strong women, allies but adversaries as well.

As the investigation into the killing progresses Jennifer's relationships with her family (two grown children) and live-in carer intensify. A difficult situation all round as no-one seems to know whether the dementia is helping or hindering Jennifer from coming to the truth....or if she ever will.

The style in which "Turn Of Mind" is written is a refreshing change from the norm. I think nearly everyone now-a-days knows someone who has some form of dementia and for me, it rekindled the enigma of the diminishing ability of the brain, the thought processes for someone who is aware they have dementia and where it goes to from there.

This novel also gives the reader an opportunity to see how many people dementia touches - the ripple affect so to speak - and the varied ways in which this happens.

- These books reviewed by BTC Volunteer, Raewyn.

BOWRA POST & COLLECTABLES

27 High Street, Bowraville ♦ Telephone: 6564-7169

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

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

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

Become a V.I.P Customer - Spend \$30 or more in the Giftware (ex Aust Post stock) and receive a free coffee at ...

THE MAD HATTERS TEA GARDEN

Monday-Friday 9am - 5pm ♦ Saturday 9am - 2pm

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

Gluten free and Dairy Free Food available

Get a Mad Hatters Coffee Card and receive a free coffee after every six coffees purchased.

MONTHLY MYSTERY GIFT DRAW

6/11

Keeping your bones strong

While it is one of the most common conditions in Australia, Osteoporosis is often not well understood, even by those who are suffering from it.

It currently affects 1 in 3 women and 1 in 4 men over 65 and currently costs almost 3.5 billion dollars every year. Even with a steady presence about it in the media, numbers are still on the rise.

When you ask many people what the cause of Osteoporosis is, they will often say a lack of calcium. Although this is not incorrect, it is not the full answer and this is where a greater understanding would help.

Osteoporosis is actually a loss of bone mineral density, relative to the normal for your age. The calcium is an important part of the bone mineral density, but it is less than 60% of the makeup of the bone. So what else makes up the bone density?

First and most importantly is the bone matrix. Think of it like the scaffolding structure inside the bone. The calcium then binds to the matrix to provide it with rigidity. The bone matrix is made up of Collagen fibres (yes, similar to those people have injected into their lips), which are built from protein. Without a good bone matrix structure, the calcium has nothing to bind to and the bone will not be able to maintain its strength and density.

Second is water, which makes up to 10-20% percent of the bone and is critical for transporting minerals into the bone to keep it healthy.

And last is calcium, one of a number of minerals which are important to maintaining good bone health. One is phosphorous, which is a large component of the bone mineral complex, second to calcium. Others like Manganese, Zinc, Boron, Copper, Magnesium, Potassium and Silica are also required, though not to the same extent.

Having a good balanced diet and a good water intake are obviously key factors in preventing and managing Osteoporosis, but they are not the only factor. Bone is also a dynamic structure; it is constantly being broken down and rebuilt.

This is critical to keeping the bone strong and healthy. What occurs in the bone in Osteoporosis is more bone is being broken down than being rebuilt. Over time, this leads to the bone becoming weaker, frailer and fractures occurring.

With ageing we do see a natural decline in the amount of bone being built; hence you being compared against people of your own age for testing for bone density. When it is significantly more than what is considered normal, it is then classed as Osteoporosis.

One of the most effective ways to increase the amount of bone being built is resistance exercise. What this means is pushing, pulling or lifting movements beyond what you would normally do in day to day life.

When the stress of these movements is placed on the bone, the body reacts by laying down more bone to make them stronger. This doesn't happen quickly, in most cases 12 months is required to see positive improvements for the bone density. For those with Osteoporosis, who are looking at a strength program, it is recommended to seek professional advice.

For patients diagnosed with osteoporosis, loss of bone density may have taken place over many years. It takes time to re-build bone strength. Using the right medicine, in the right way, is critical for bone health.

In Australia, medicine to treat osteoporosis has been prescribed for many years. Australians have benefited from the long-term use of osteoporosis medicines to slow bone density loss and reduce the risk of fracture. Your pharmacist is your medicines expert. Talk to your pharmacist if you have any questions or concerns about your medication for osteoporosis, including dosage (how much), frequency (how often), mode of action (how it works), interactions with other medicines and even food!

Your local pharmacy is your health destination. Your pharmacist is there to provide advice, counselling and professional services along with dispensing prescription medicines and supplying non-prescription medicines. Speaking to your pharmacist about your medicines is a good way to ensure that you continue to get the maximum health benefits, including calcium and vitamin D supplementation, bone density testing, and non-pharmacological strategies to reduce the risk or further impact of osteoporosis.

You can get more detailed information about looking after your bones and bone health from pharmacies around Australia providing the Pharmaceutical Society of Australia's (PSA) Self Care health information, where you can pick up an Osteoporosis Fact Card.

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Bowraville Central School News

Annual Swimming Carnival

Warm weather and wonderful participation levels proved to make the annual swimming carnival a huge success on Monday 15th February. It was exciting to see the enthusiasm and support of the students and parents alike for those who competed.

The winning house and age champions will be announced at a school assembly later in the term however congratulations to Cedar House on winning the war cry. Well done to the students who made it through to compete at district level.



Students enjoying the warm weather and friendly competition at the Annual Swimming Carnival held at Macksville Aquatic Centre.



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

6/11

LIONS CLUB

SUPPORTING OUR COMMUNITY



PRESIDENT
Kerrie Savins
Mob: 0412 248 044

SECRETARY
Louise Richards
Mob: 0437 066 963

Email: blion34@yahoo.com.au

**PO Box 23
Bowraville NSW 2449**

6/11

WHAT'S HAPPENING IN BOWRA

From page 5

Bowraville Uniting Church and Op Shop

Our Christmas service was held on Sunday, 13th December and a very interesting address was given by David Allen. The next service will be on 14th February. Our services are held monthly at 2pm on the second Sunday. All are welcome.

The Op Shop has had a very successful year and we would like to thank our volunteers who give willingly of their time at the Op Shop. New volunteers are always welcome. The new year will see lots of great clothing, bric-a-brac and furniture for you to browse through. A happy new year to all. - Mavis Ward

Bowraville Playgroup

Bowraville Play-group meets at Bowraville Central School every Thursday from 10am to 1pm and is open to all parents and carers with children aged 0 to 5 years. We engage in fun activities in a safe, family environment. Activities include craft, painting, dancing, bread-making and free play. Contact Lori Wilson on 6564 8256 or Danielle Ryan on 6564 8619.

C3 Food Hub at Nambucca Heads

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

Nambucca Valley Community Church

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

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



Bowraville Lions Club Inc News Bulletin



LIONS HEARING DOGS

Lions hearing dogs have transformed the lives of hundreds of Australians. Hearing dogs alert their owners to sounds in the home by touching the owner with a paw—things like knocks on the door, a baby crying or the phone ringing. Most importantly, hearing dogs alert their owners to life-saving sounds like smoke alarms.

Hearing dogs not only offer safety, security and independence for the hearing impaired at home, they also give many the confidence to participate more fully in their community.



Hearing dogs are not just working dogs; they offer years of faithful and friendly companionship.

They are very special indeed.



Making our communities a better place to live, work and grow.

PLEASE SAVE YOUR USED STAMPS

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



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



Australian Lions Children's Mobility Foundation
"Walk with Pride"
Australia, Papua New Guinea, Norfolk Island

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
Secretary: Louise Richards - 0437066963

The Bowraville Lions Club meets on the first Tuesday of each month for dinner at the Bowra Hotel.

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

Lions Club Raffle held each Thursday night at the Bowra Hotel.

Gardening to avoid Greenhouse Gas Emissions

As our climate warms (it's official now!) and weather gets wilder, it seems appropriate to consider what extra actions gardeners can take to reduce emissions of the gases that are known to contribute to temperature rise.

Although increasing soil carbon is important it doesn't address ways of dealing with greenhouse gases that are talked about less often, namely, methane and nitrous oxide. Fortunately the approaches to reducing emissions of these gases also lead to better soil structure and fertility.

Methane

This gas, with the chemical formula CH₄, is worrisome because it is 25 times more potent than carbon dioxide in its global warming impact, weight for weight. However, it decays more rapidly in the atmosphere than carbon dioxide. It is produced naturally from wetlands and as a result of the digestive processes of ruminant animals. Gardeners may cause extra methane to be added to the atmosphere by some methods of composting, making weed 'tea', soil compaction and poor pond maintenance.

Composting

We all want compost but significant amounts of methane can be produced in the centre of compost heaps as material is broken down and the temperature rises. Methane production appears to be due to the density of the heap so that oxygen cannot penetrate and anaerobic microorganisms are favoured. To reduce this problem the heap needs to be well aerated. You can do this by:

- Making your own compost bin or bay out of material that lets air through eg: timber slats, logs or trellis or chicken wire.
- Building the heap with a wooden pallet as the base, giving some air space under the heap.
- Adding material such as straw which doesn't get compacted so easily. Add plenty of dried leaves, twigs and other fibrous materials in the heap. These are best added in layers with the amount of dry material about equal to the amount of wet/green.
- Including vertical aerating tubes as you build the heap. These can be made from tightly rolled chicken wire or PVC pipe with lots of holes drilled into it. Such devices have the added advantage of making it easy to get water into the centre of a heap which is drying out.
- Use a tumbling device with plenty of dry material.
- Engage in some physical exercise and turn the heap regularly. You can do this with a garden fork (easier than a shovel) but it can be backbreaking work. There are various compost turning tools available now, such as one which looks a bit like a large corkscrew. It twists down easily and then you can pull out a plug of material from further down the heap.

- Sustainable Gardening Aust.

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6/11

The VW's are coming back
Chamber is pleased to announce
that the VW car club will be
coming back to Bowraville in July
this year as part of the VW
Spectacular 2016.



The VW's will arrive here on
Tuesday 26th July around
lunchtime and the members will
be taken on a historical tour of
Bowraville.

On Friday 29th July the car club
members will come back to
Bowraville for a more leisurely
tour of the area.

Put these dates aside and come
along with your camera for some
great shots of these iconic cars
and a chat to the
friendly club members.



Bowraville Chamber Committee

President: Mark Scott

Vice President: Max Duncan

Treasurer: Wendy Cole

Secretary: Cherie O'Donohue

Tidy Towns committee: Robyne
McGinley and Mark Scott

Public Officer: Cherie O'Donohue

Contact Chamber M:
0428527545

chamber@bowraville.nsw.au



Chamber meetings

Membership to the Chamber is
available for businesses, self
employed people and community
organisations.

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

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.giili waw.

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

"Ngiyaa Nyaaga mangga darrunda bambuurr ngaljarri barrmarranygu yilaami,manggagirr maana darrunda guunu julgaaganybiin.gu."

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

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 and Bubs Welcome

FAMILY LAW ADVICE

1st & 3rd Wednesday of the Month

10am - 11.30am

Bookings Preferred 6651 7899



THURSDAY

LEGAL AID

10am - 12pm

1st and 3rd Thursday of the month

Bookings Preferred 6651 7899



FRIDAY

Fortnightly Financial Counselling
10am - 11am

Bookings preferred 1300 662 540



MiiMi Aboriginal Corporation
90 High Street
Bowraville

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

Nambucca Valley Radio 2NVR 105.9FM



On March 5th, 2NVR will be celebrating 20 years service by many of its presenters, some of whom have been with the station since its first transmission.

Also, some of our newer presenters deserve recognition for their great work at the station and because of this "THE ENVIES" were born.

The categories this year are Best New Show, Youth Encouragement and Community Engagement.

The station would like to extend an invitation for all supporters, sponsors and listeners to the event to be held at:

Macksville Ex Services Club
starting at 6.30pm

Cost is \$24 per person.

Contact Vicki Melouney for more information via email trickivic@2nvr.org.au. Information is also on our website www.2nvr.org.au

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What gets better with age?

Here's what young people don't know about getting old: life can be better. The third age is not all about decline and debility. It's also about liberation: not caring so much what people think of you, feeling freer to be yourself. With older years you can be less polite but also less competitive and more generous. Many things improve with age. We haven't talked enough about the gains.



The danger of government reports is that they usually re-enforce the image of older people as plagued by illness, frailty and dementia. In fact, for most of the 30-year stretch we call our older years, most people are doing well – though the last year or so of life can be bleak. But the upside of an ageing population is that we have millions of mature people who are better educated and generally healthier and wealthier than previous generations of the elderly. They've much to offer. They're a resource to be tapped.

How well we age depends a lot on our economic circumstances. The poverty, harsh working conditions and poor education of our younger years can exact an awful toll in old age. There is enormous variation in how people age.

Also getting older involves gains and losses. Just like being 20 was not unmitigated joy,

Continued on Page 20



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6/11

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6/11

When these things become a reality you know you're getting older.

- Everything hurts and what doesn't hurt, doesn't work.
- In a hostage situation you are likely to be released first.
- It takes longer to rest than it did to get tired.
- It takes twice as long to look half as good.
- The end of your tie doesn't come anywhere near the top of your pants.
- The pharmacist has become your new best friend.
- Getting lucky means you find your car in the parking lot.
- You and your teeth don't sleep together.
- You come to the conclusion that your worst enemy is gravity.
- You finally got your head together, now your body is falling apart.
- You know all the answers but nobody asks you the questions.
- You sing along with the elevator music.
- You wonder how you could be over the hill when you don't even remember being on top of it.
- Your secrets are safe with your friends because they can't remember them either.
- It takes two tries to get up from the couch.
- Your supply of brain cells is finally down to a manageable size.

CAR BOOT MARKET at MISSABOTTI

The Missabotti Community Centre is holding a Car Boot Sale on **Sunday April 17th from 10am to 3pm.**



So now's the time to book your spot.

\$10 per vehicle or \$15 for undercover where spaces are limited, so first in first choice with a booking...

Tables and chairs will be available for a small fee.

CAFE open and BBQ happyning!!

Phone: Dawn 02 65647646
or Diana 02 65647142
or find us on Facebook to book your site.

1/2

Sort out all of those unwanted items and come along for a fun day.

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Morning Tea: Coffee & Cake Specials
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Dietician approved choices

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



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

Supporting us helps us support people with disabilities in the Valley

6/11

Phoenix Gallery & Treasures

Bowraville

Money spent in the Valley, stays in the Valley

THE STORE FOR BETTER BARGAINS



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



Open Monday to Saturday
Phone: 6564 7677



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

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

Local student, Jack Sullivan Excels

Bowraville Central High School student Jack Sullivan was one of three state finalists who participated in the pilot Youth Frontiers Program held in the Oxley Division 2015.

A function was held at Parliament House Sydney on February 17th for the finalists and Jack attended with his parents Peter and Eve Sullivan from Buckra Bendinni for the awards that were presented by Minister John Ajaka.

Jack chose to build an interactive website for his project which is a one place stop for finding community gardens and parks in the Nambucca Valley for people to visit or use.

The NSW Government's Youth Frontiers mentoring program is an electoral based venture to promote leadership and civic engagement focusing on year 8 and 9 students with the capacity to benefit from a mentor.

The students who participated received 30 hours mentoring with a face to face component of 15 hours at their individual school that gave them the opportunity to build life skills, leadership and self-confidence and to undertake a community project of their own choosing from a list of 7 categories.

Fourteen students and their mentors were involved from Bowraville, Nambucca and Marksville High Schools which began in June last year culminating in a showcase held at the end of November.

The 2016 Youth Frontiers program is beginning in March in the area and volunteer mentors are being recruited to support the local school and youth in their area by sharing skill and wisdom.

Volunteers have full training and support from Youth Frontiers and those who may require assistance during their mentoring journey. Further information on the project can be obtained from Mel at 049 515 005.

- Story by Patricia Roberts



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7 DAYS

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International Day of Forests

- 21st March, 2016

March 21st is the United Nations' (UN) International Day of Forests which promotes the importance of forests and trees in our lives. The day addresses issues such as deforestation which accounts for 12 - 20 percent of the global greenhouse gas emissions contributing to global warming, according to the UN.

Forests cover about one third of the world's land mass. Roughly 1.6 billion people, including more than 2000 indigenous cultures, depend on forests for their livelihood. Forests are vital to the planet for many reasons, including: providing shelter for more than half of the terrestrial species of animals, plants and insects; contributing to the balance of oxygen, carbon dioxide and humidity in the air and protecting watersheds, which supply fresh water to rivers.

The UN first celebrated the International Day of Forests on March 21, 2013.

World Water Day - 22nd March, 2016

International World Water Day is held annually on 22 March as a means of focusing attention on the importance of freshwater and advocating for the sustainable management of freshwater resources.

Each year World Water Day highlights a specific aspect of freshwater. Under the theme 'Water and Jobs' the year 2016 provides an important opportunity to consolidate and build upon the previous World Water Days to highlight the two-way relationship between water and a decent workable agenda in the quest for sustainable development. It's a day to make a difference for the members of the global population who suffer from water related issues. It's a day to prepare for how we manage water in the future.

In 1993, the United Nations General Assembly designated 22 March as the first World Water Day. 22 years later World Water Day is celebrated around the world every year shining the spotlight on a different issue.

What gets better with age? *Continued from page 17*

rather a mix of angst and excitement so being post-60, 70 or 80 is a grab bag of advances and setbacks. The losses are well-known: the senior moment, the falls, the poorer eyesight and the health issues that accumulate faster past the 80th birthday when arthritis, osteoporosis and hypertension are normal.

But the gains are less well-known to the young. Emotional stability improves with age. Expertise deepens. Older adults typically report better marriages and less troubling relationships all round, according to a US study. Older people are more open to new ideas and less rigid than previously thought, other research indicates.

If old age is so awful why are older people generally happier than the young and middle-aged? The Australian Longitudinal Study on Women's Health has been following three age groups since 1996 and provides evidence that older people are less prone to depression and anxiety. "Women's mental health gets better as they age," Professor Julie Byles, who heads the study says. "It starts to deteriorate between the ages of 80 and 85 but it never returns to the level it was in their 40s." And thankfully it doesn't approach the levels of many in their 20s.

What's true of women is also true of men. Professor Laura Carstensen, director of Stanford University's Centre on Longevity, told the Wall Street Journal, "Contrary to the popular view that youth is the best time of life, the peak of emotional life may not occur until well into the seventh decade." Her research shows older people tend to see the good more than the bad; are less willing to tolerate the superficial; and value their deepest relationships more than ever.

An excellent Australian website - <http://healthtalkaustralia.org>—gives insight into how a diverse range of Australians experiences ageing. It's based on videoed interviews conducted by researchers from La Trobe, Monash and Sydney universities.

Continued on Page 21



7/11

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Beautiful Town, Legendary People

Rex Hart . . . "He's a legend"

That's the comment made by everyone who knows him.

Born and bred in Bondi, Rex came to Bowraville for a long weekend in 1979 . . . and stayed!

Growing up in Bondi, he was a Cub Scout then a Senior Scout and has fond memories of jamborees he attended and the capers he and his fellow scouts got up to. He worked at the Bondi Post Office for many years and still has friends from those days, though they are thinning out as the years go by.

When he first arrived in Bowraville, Rex lived upstairs at the Bowra Hotel for 5 or so years and spent 32 years helping out at the hotel. He began working behind the bar in 2011. He has worked with 4 publicans at the Bowra Hotel, first for Beryl Mackay, then Bombo Ahearn, then Wes Mackay and his most recent boss was Bernie Lawler from 2011. Rex continued to work behind the bar for Bernie but retired from his work at the Bowra Hotel in 2012.

Almost as soon as he arrived in Bowraville he started to do the scoring for the Bowraville Cricket club and has continued to do it for about 37 years except for 1 year when ill health, which led to numerous trips to hospital and several operations, prevented him from attending games.

After moving out of the pub he moved to a property on the South Arm Road where he stayed for around 15 years before moving back into town where he still lives.

Though not as spritely as he used to be Rex likes to be close to everything that's happening and to stay in touch with his many friends. He has a wonderful network of folks who care about him like Paul McNally who drives him to Coffs and Allen Ahearn who helps him out when needed and Margaret Takacs who assists with his grocery shopping. He in turn takes the papers to friends out of town and enjoys the opportunity to take a pleasant rural drive and bit of socialising.

Rex is a life member of the Eastern Suburbs Leagues Club where he was the official scorer from the age of 20 until he left for his 'long' weekend in Bowraville. He is also a life member of the Bowraville Cricket Club and Nambucca and Bellingen Cricket Association.

In 2013 Rex was awarded the Australia Day Award for Services to the Community by an Individual for his work with Cricket Club.

Rex is known and respected by young and old and yes Rex, you are a legend!



What gets better with age? *Continued from page 20*

What's clear is that physical decline is inevitable as we age. Even so, the Australian women's health study shows half the participants maintained a high level of physical health as they moved from their 70s into their 80s. They were still capable of walking a kilometre and hiking up a couple of flights of stairs.

But who's not worried about their brain? A lot of attention is focused on the region of the brain that controls working memory and does decline with age. We do become less adept at processing information quickly, or retrieving a name from our crowded memory bank. We mustn't conflate normal cognitive ageing with dementia. Much less publicity is given to the part of the brain that doesn't decline, that allows most of us to function well in the world through acquired knowledge and practical experience.

Yes, there are worrying issues with an ageing society because so many more older people are alive now than at any time in history. The numbers with dementia, as a result, are projected to be large. And the numbers in their 80s and 90s who will need some support mean this is no time to stint on services for the elderly.

But the other story needs to be told. With enough resources, life can become more enriching and rewarding as we get older. Ageism is bad. Ageing is not so bad at all.

- <http://adelehorin.com.au>

Connecting online can help prevent social isolation for older people

In Australia one-quarter of people aged 65 and above live alone. Some older people will be vulnerable to social isolation which occurs when people have limited opportunities for human contact and become disconnected from society.

Not all older people who live alone are socially isolated - and social isolation is certainly not limited to old age. But social isolation in old age is a significant concern. It is linked to a range of health problems and in extreme cases can lead to people growing old and dying alone.



There have been public calls to address social isolation. In Australia many aged care organisations and local councils offer social programs designed to help older people stay connected to others.

But for older people with limited mobility it can be difficult to take part in organised social activities and not everyone wants to invite strangers into their homes. For these people, social technologies can provide opportunities to stay connected to the world.

Older people and Social Technologies

Older people are going online at growing rates and social networking is no longer considered the domain of the young. But not all older people feel comfortable using social networking sites.

Sites such as Facebook can be confusing with too many functions, distractions and extraneous information. Some older people, meanwhile, fear a loss of privacy and malicious intent when communicating online.

Researchers at the University of Melbourne developed a prototype iPad application (app), 'Enmesh', to explore how social technologies can be used to help alleviate older people's experience of social isolation. The app was a simple social networking tool designed to be easy, fun and safe. Its simplicity meant it avoided many of the problems that make existing social networking tools difficult or unattractive for older adults.

Enmesh was used to share captioned photographs and messages within a closed group. The photographs then appeared on an interactive display on each person's iPad screen. This provided a safe and fun space for people to learn how to use the iPad's touchscreen and camera while also developing new friendships.

Several older adults, mostly aged in their 80s and 90s, took part in a series of studies to trial Enmesh. During the study they shared photographs and messages with other older adults, all strangers to each other at the start of the project.

Sharing photographs might seem like a simple and familiar form of communication to those of us who use social media every day but for these older people it was a revelation.

Many of the captioned photographs provided personal, poignant and sometimes humorous descriptions which illustrated how they felt about ageing. Others related to these experiences and felt they got to know each other through their photographs.

One of the older adults said the project gave her a sense of belonging to a group. She enjoyed sharing and seeing other people's photographs. They provided 'snippets' which gave her insight into people's lives, saying "It's lovely to have conversations. I don't have nearly enough as I rarely go out or have visitors. I love it when one of those things is possible but in the meantime this is a wonderful way of keeping in touch with folk."

Older adults who are socially isolated may have few opportunities to share information about their day-to-day lives. Photo-sharing with peers provides an important outlet for this communication.

Empowering Older People

Technological innovations for older people, such as emergency alarms and devices that monitor activity, are typically designed to compensate for frailty and provide peace of mind for family members.

While these innovations are important the Enmesh study has shown that technologies can offer powerful social opportunities for older people too.

As consumer technologies continue to advance there will be more opportunities to enhance older people's social worlds through technology. Alongside growing innovation we need to build capacity in the aged care workforce to ensure the aged care industry is mobilised to take advantage of new technologies.

- <http://www.theconversation.com>



Bowra Bounty



ORGANIC LYCHEES *grown by Evan Owen*

Evan, who grew up on a farm, sees himself as a practical person and 'terrible' at maths 'so something practical was the go'. As a South African, he was not cut for the military training of compulsory army conscription and would fail to impress his drill sergeant. The solution to a mould he didn't fit was to migrate to Australia and set up a farming operation together with his brother and father. In the mid-eighties they set out for growing fruit in the north coast of NSW. Initially they tried their luck in Murwillumbah and though rich volcanic soils were only a stone's throw away, the property they chose had clay soils which hampered the prospects of a thriving lychees or banana orchard.

They'd hit a run of bad luck. Evan's parents were involved in an accident and were badly hurt. He then fell into the role of family nurse. He sold the property and moved nearer to his brother who had set up a lychee farm at Missabotti. Evan felt happy with this decision. "I was very very lucky with the property because lychees can take a certain amount of frost but not a lot. So this is almost above frost level, its north east facing, there's a big dam. All worked out well there."

The thing he loves most about his occupation is improving the soil. Although he is not as fit as he once was, having the set back of polymyalgia, he recalls his motivation to build up the microbial population in his soil, attract the beneficial life and build the humus content of the soil. He says "every percent extra of humus in the soil holds vast amounts of water". Somehow water seems to adhere to humus but he's not sure how. He's also not sure why organically grown fruit has better properties. He thinks its not something that scientists can understand. Conventional fruit might have the same potassium and calcium levels but somehow organically grown fruit seems to have a better flavour. He thinks its the "sweetness" in the soil. He's not strictly resistant to the idea that conventionally grown fruit can be of high quality and has colleagues that have proven that for him. Nevertheless he still thinks there something that we don't yet know about organics. One thing that motivates Evan is being able to grow a "really good product, something that the punters like".

The thing that Evan most dislikes about farming is bad prices. He says if he weren't organic he'd get out of the market. He says conventional growers are planting something like eight thousand trees. "They are working at getting into mainland China and see themselves as becoming lychee barons". The problem is that this fruit then floods the local market, giving Coles and Woolies the opportunity to "control the price, because there's an oversupply". Organics are a safer bet as they're twice the price. The other thing he least likes about farming is having to be the "master of everything – labourer, mechanic, weather prophet". He says unlike second generation farmers he didn't have the equipment or the money to buy it. He had to start from scratch and didn't have appropriate tractors to do the work he needed. There's also the wait for production that makes life difficult. He had to work off-farm for many years, coming back on weekends just to keep up the ground maintenance.

For Evan the major challenge of the future is climate change, dealing with longer gaps between rainfall and coping with more intense rainfall when it does come. He also thinks that large farms being bought up by conglomerates and companies looking for investments are a challenge to the pricing of food. Although he says "I think we are fairly lucky in this area because we get a lot of localised rain". The other thing that concerns him is that too many chemical and pesticides are killing the soil. That's why he's taken the alternative path and tried to build up the humus in his soil. Greater microbiology and humus will help a soil cope "if this prediction comes along of further spaced weather events your soil can't handle it if there's no humus to hold that water for X amount of time". Another thing Evan has done to try and secure his future is to buy shares in an organic marketing company. They help sell his produce in the city markets. Meanwhile his friend Carl has been taking his produce into the local Bello Growers Market. Its tough trying to make ends meet when the price per kilo is offset by the cost of packaging, transport and picking fruit.

Evan was interviewed and his story compiled by BTC Volunteer, Andrea Grant



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 McCrooy	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 McCrooy	TGIF Jollyfish	FM in the AM Dave McCrooy	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	A morning music mix to put a spring in your step	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	Under The Singing Tree Poppa	Talk of The Town Rosemary Bateman	Sabor Latino Eddie - Tell others to listen Request Latino World Music 2nvr.org.au, Chastelien Or, phone 02 6564 7777. Share with friends...	Country Highway Dave Wareing	8 AM
9 AM	Great Rock 'n' Roll 1950s-2010s	A weekly musical trip through the world	Jazz Azz I Like It Heather Heywood	Turning Pages Elizabeth Heyman Books, authors and the music that moves them	Tones of Claressense Claire Watt-Povell	The Sports Show Dallas and Trickvic	Country music classics to latest releases and comedy	9 AM
10 AM	Baby Boomers Donna Collins	Infopinion Richard Landon	The Phoenix Crew Selected music & madness	Simmo's Country John Simpson	Outback Outlaws Paul Rowe	Maggie's Mix Margaret Duffus	Classical Corner Music from the past 1000 years. Alternates weekly with The Lively Arts	10 AM
11 AM	The Weekly Fix Paul Weekley	Rob's Roving Robbie Hancock	Just For You Carola Simmons	Aussie country music at its best	Get Funky Friday with Skyyze	Phase Out With Faye Faye Aspiotis	Music & spoken word from film, TV, theatre & radio Noel Robertson	11 AM
Noon	Drive Home Scotty	Bible reflections, Gospel & Australiana	Stella Bells Music to rock your soul	Thursday Country Tridonic	Rhino On The Radio	Two For The Money Paul & Rachel Burns	Dano's Mixed Grill Daniel Gosson	Noon
1 PM	Drive home with a mix from Scotty	'60s to '80s Pop & Rock	Soundbite Slavomir Stokan	Nambucca Valley Roundup - Retro	Switching to Studio 3 from 6pm-8pm on the 3rd Friday of each month for live artists & studio audience	Music, fun & banter	A tasty mix of anything and everything to spice up your Sunday arvo	1 PM
2 PM	Youth Music Program Toby Frost & Lea Gillard	Nambucca Valley Roundup - Ron Hawkins	Nambucca Valley Roundup - Cen Wobbel	Highway Blues Retro	The Friday Night Rock Show Todd Wills	Top Of The Pops From the BBC via CRN	Jack's Tracks Jack	2 PM
3 PM	Nambucca Valley Roundup - Bev & Rachel	Latest & Greatest Country Bryon Edwards	Ants Rocks Anthony Gamsley	When Only The BEST BLUES Will Do	Continues overnight	Living In The '60s From the CRN	That's A Wrap Dallas, Donna, Trickvic	3 PM
4 PM	Reggae Mixtape With Fitzroy	Music outside the usual	Solid Rock	Jeff's Junk Jeff Mills	Continues overnight	Imagine This & The AntipodeanSF Radio Show	Local sports results and in-depth analysis	4 PM
5 PM	Juggling Mondays Juggler's choice Music mix	CRN Overnight	Music Mix: Continues Overnight	BEST BLUES Will Do	Continues overnight	Saturday Night Gold Classic 45s with Allan Quinn from the '50s, '60s & '70s	Booth's Drum With Captain Steve	5 PM
6 PM	CRN Overnight	CRN Overnight	CRN Overnight	CRN Overnight	CRN Overnight	CRN Overnight	Science & Reason With The Jollyfish	6 PM
7 PM	CRN Overnight	CRN Overnight	CRN Overnight	CRN Overnight	CRN Overnight	CRN Overnight	Free Thought Radio, A Week In Science, Diffusion Science Radio, Lost In Science	7 PM
8 PM	CRN Overnight	CRN Overnight	CRN Overnight	CRN Overnight	CRN Overnight	CRN Overnight	CRN Overnight	8 PM
9 PM	CRN Overnight	CRN Overnight	CRN Overnight	CRN Overnight	CRN Overnight	CRN Overnight	CRN Overnight	9 PM
10 PM	CRN Overnight	CRN Overnight	CRN Overnight	CRN Overnight	CRN Overnight	CRN Overnight	CRN Overnight	10 PM

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