

# Bowraville Community News



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



MAY 2016 - ISSUE #140

FREE

CIRCULATION 350

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## *Give a huge round of applause for our PRICELESS Volunteers*

### NATIONAL VOLUNTEER WEEK 2016

is an annual celebration to  
acknowledge the generous  
contribution of our nation's  
volunteers.

With the theme *Give Happy,  
Live Happy*, we continue in  
2016 to celebrate and explore  
the research that shows  
volunteers live happier and  
healthier lives.

Volunteers are the lifeblood of  
our community and come from  
all walks of life. They are  
working people, students and  
professionals; they are young  
people and retirees.

They come from all sections of  
the community and from a  
variety of cultural, educational  
and religious backgrounds.

Volunteers make an  
extraordinary contribution, to  
Australian society, without  
being paid – not because they  
are worthless but because  
**they are PRICELESS.**

**GIVE HAPPY  
LIVE HAPPY**  
NATIONAL VOLUNTEER WEEK 9-15 MAY 2016

*Volunteers play a very important role in the operation of many community based organisations. Without their involvement either as committee members, workers or vocal supporters these organisations, in most cases, would not exist. In Bowraville the war museum and the folk museum rely totally on volunteers to operate while other organisations like the technology centre rely on volunteers to man the front desk, fix computers and generally do everything other than the back office tasks. Volunteers seem to work best when they have a definite role to play in the organisation and including them in the decisions on how the organisation operates or needs to change is vital to keeping them engaged and involved.*

*In a small community like Bowraville volunteers have lots of choice but also they are in high demand and being a volunteer does not suit everyone. Many volunteer to meet various government obligations but forcing people to volunteer to meet such obligations is often not a very workable situation for the volunteer or the organisation.*

*If you want to contribute to the community as a volunteer, then ask around. You will be surprised how many organisations want you.*

*- Read a Volunteer's own story on page 11.*



# 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 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 JUNE 2016  
ISSUE IS: 5:00PM  
24TH MAY 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](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)**

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**Bowraville Garden Club**

On a lovely sunny day in April members visiting Valla Beach where we were enthralled with Elaine's beautiful bromeliad garden and of course we came home with more to add to our collections. In May we hit the road again, this time to visit the Butterfly House, visit more gardens and a visit to a pottery. Remember to wear your name tag and our colour for May is white. Garden club members participated in the Senior's Health Expo and aided and abetted would-be gardeners as part of the keep healthy campaign. Gardening provides moderate exercise, social outings, reduces stress and is great for your well being. Contact Barbara on 65646039 if you would like to join us.

**Bowraville Hospital Auxiliary**

Three Bowraville UHA members travelled to Wingham to attend the 2016 Zone Day for our region where we were given the amazing statistics of how nearly 6000 NSW members contribute so many hours to raising funds for their health facilities. Hours spent were equivalent to 530 full time jobs, money raised was over \$ 11,300 and equipment purchased for hospitals valued at \$6,500. Two days later three members travelled to Kempsey to see firsthand the new hospital. To celebrate Volunteer's Week and specifically the Valley's UHA volunteers, Bowraville UHA is holding a Volunteer's Celebration Day at the home of our treasurer. This will include novelty events, a luncheon and guest speakers involved in the health industry. If you would like to join our team you can help your hospital in many ways - man the hospital trolley, work in the hospital coffee shop or provide assistance in other fund raising. Our members attended the recent Health Expo as a means of promoting UHA. Contact Isabelle on 6564-7179.

The next Hospital Coffee Shop meeting will be held

at the Hospital Chapel on Friday 6<sup>th</sup> May, commencing at 10am.

**Bowraville Recreation Club**

Golfer's president Jim is introducing novelty Sunday events. Saturday golf continues with good fields. Thanks again to all who help out on the golf course. Women's golf is under threat as we are finding it difficult to field a competition. Pennants will be played twice in May and if numbers do not increase this will be the last year of participating in this competition. Bowls pennants and championships continue. Check the big notice board for all events.

**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.

**Hot Chocolate Talk**

Every 1st Saturday of the month at 1pm there is a ladies group at the Mad Hatters Tea Garden in High Street, Bowraville (next to the post office). We have speakers, about different themes, who are interesting for women of every age, live music, singers, guitar or flute etc. This group is supported by the Arena of Life Ministries (Bowraville) so we also have religious themes but every lady is welcomed. Hot Chocolate Talk is an opportunity to

*Continued on Page 5*

**Bowraville Folk Museum**

*High Street, Bowraville*

*Phone/Fax: 6564-8200*

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

**WEEKENDS 10am-1pm**

**PUBLIC HOLIDAYS 10am-3pm**

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

*~ Groups by appointment ~*

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**BOWRAVILLE PHARMACY**

**31 HIGH ST BOWRAVILLE**

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**FAX: 6564 7364**

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## Weekly Activities

### MONDAY

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

### TUESDAY

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

### 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)

### SATURDAY

GOLF Men's 9am at Bowraville Recreation Club (6564 7349)  
BOWRA COUNTRY MARKETS (2nd and 4th Saturdays)  
8am – Noon Bowraville Community Centre. For as stall or more info call Jim on 6564 7670  
BOWLS 1.30pm Mixed Social at Bowraville Recreation Club (6564 7349)

### SUNDAY

EUCHRE 1st, 3rd, 5th Sunday 10am at Bowraville Ex-Services Club (6564 7304).  
AL-ANON 8pm at rear of Salvation Army Hall in Macksville, entrance is Nambucca Street (6568 2305)  
FREE POOL 6.00pm to close at Bowraville Ex-Services Club (6564 7304).  
EXPRESSION SESSIONS every 2nd and 4th Sunday, at 2pm. Bowraville Recreation Club (0427 414 616)

#### **ACTIVITIES ORGANISERS**

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

## **TECHNO CLUB OPEN TO EVERYONE**

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

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

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

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

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

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



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

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

Save on paper and ink!

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

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

From page 3

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.

### Bowraville Uniting Church and Op Shop

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

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

### Bowraville Playgroup

Bowraville Play-group meets at Bowraville Central School every Thursday from 10am to 1pm and is

Continued on Page 12

## 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

Fri 9am – 4pm

Sat by Appointment

### Laverty Pathology

Mon to Fri 9am – 1pm

**Psychologists** by Appointment

**Physiotherapy** by Appointment

### Proud sponsors of:

*Pilates with Tamara Urquhart*

*Yoga with Gaye Bushell*

*Dancing with Carmen Noble*

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## 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

5/11

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## Bigbelly® Solar Compactors

Bowraville's High Street rubbish bins have been replaced with Bigbelly Solar bins. These new, technologically advanced 'rubbish bins' use the combined features of solar power and compaction to deliver the most innovative waste management solution to our valley.



Progressively over the last 18 months Nambucca Shire Council has installed 39 Bigbelly 'smart bins' to the streets of Bowraville, Macksville and Nambucca Heads. The number of compactions in each bin is registered against computer software which is accessed to assist in the scheduling of services and the generation of reports. The Bigbelly bins will reduce collection frequency, reduce overflows and maintain a high level of waste management service to our towns.

The compactor works from the power of the sun which charges an internal 12 volt battery. As the rubbish fills up special sensors are triggered which activate the compactor resulting in up to five times more rubbish storage space. More rubbish storage space means fewer collection trips, lower costs and less emission.

## Bowra Technology Centre goes solar

Recently the technology centre (BTC) invested in a large 10kwh solar system for the building it owns at 39 High St (commonly known as the BCU building).

The BTC is a community based organisation and has owned the building since 2002 with a lease back of part of the premises to the BCU with signage rights

to BCU. This investment should see the electricity bill fall dramatically.

Those of you who comment, on the cool environment in summer and the warm environment in winter, you should see the size of the bill for that luxury! This a big financial commitment by the members of the managing committee to the future of the centre and the availability of its services to the community. To help the BTC to pay for the investment please use the centre for your technology based needs such as printing, copying, internet access and computer maintenance.

The BTC will be monitoring the solar system and will provide some updates in the future on the issues that arise and the viability of the investment to inform others who may be considering such a move.

## FOR SALE

### P.A. SYSTEM

Phonic 8 channel mixer, Phonic amp 350 watts per side, 2 x Peavey speakers,  
2 x Phonic speakers,  
Yamaha R1000 Reverb,  
Alesis S-150 EQ, all leads (in road case), 2 speaker stands cleaned, checked and bench tested.

**\$950ono**

1/1P

**Tel: 6569 0819 or 0487 029 717**

**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**



**HAPPY HOUR - All Schooners \$3.80**  
*from 4pm to 6pm daily*

**POOL TABLE \$1 per game**



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**MAY PROGRAM at the**

# BOWRAVILLE THEATRE

**Saturday 14th May at 7pm — JAN PRESTON**, the lively, toe-tapping pianist will be appearing at the theatre for your entertainment. Known as Australia's Queen of Boogie Piano, Jan Preston has a reputation as an astonishing piano player with a rich resonant voice who is a magnetic live performer. Jan captivates, moves and uplifts audiences around the world with her original songs, compositions and her mastery of boogie woogie. Tickets \$25/\$20 concession. For bookings phone the Theatre on 6564-7808.



**Sunday 22nd May at 2pm —** The theatre will screen the film '*SPOTLIGHT*', a highly controversial film about sexual interference by priests with young people within the Catholic Church. This film has been requested by members of the public to bring to the fore and uncover the truth, you are left to draw your own conclusions. Tickets at the Box Office from 1pm and then you can partake of our complimentary tea or coffee and a biscuit before the show. The usual entry fees apply - \$12, Concession \$10, BAC Members \$8 and a family of four (2x2) \$25. Doors open 1pm.



*The Bowraville Film Society presents . . .*

## **LAWRENCE of ARABIA**

**Saturday, 28th May at 5pm**

Doors open 4.45pm

*Bring along some delicious Arabian-style food to share during intermission and enjoy the opportunity to come dressed Arabian-style.*

We are now into our "Winter programming" which means an earlier start. This is a long film with an intermission. The following months will be two separate films with food in between.

*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 (3<sup>rd</sup> Saturday for December), with a double feature in the cooler months which gives you 16 films for the whole year.*



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# MARKETS CALENDAR

DAY OF MONTH	MARKET LOCATION and TIMES	CONTACT DETAILS
<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 8742
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, Jetting 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

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## BOWRA HOTEL

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

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# BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

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

## Web of Deceit by Katherine Howell

A man deliberately crashes his car into a power pole and then doesn't want to get out when help arrives.

Two situations run parallel in the ensuing story. The paramedics, Jane and Alex, who arrive at the scene, find a man very stressed, not about the accident but claiming someone is out to get him. Later in the day Jane and Alex attend an incident where a man has been found dead under a train in what might have been suicide. It is the same man. Questions arise. Interwoven into their professional activities Howell has created a little intrigue as we also learn about the private lives of Jane and Alex, delivered to the reader in dribs and drabs.

Ella Marconi and Murray Shakespeare are the police investigating the case. Ella shares Jane's doubts about the victim's death. The victim's boss tries to commit suicide after being questioned, a witness doesn't want to be interviewed, a woman is brutally beaten outside the front of Jane's house and Alex's daughter goes missing.

It seems like these events are related but no-one is sure how. On top of that Ella is dealing with a boss who seems to 'have it in' for her, is running the investigation his way, won't allow overtime and definitely not in any hurry to have it solved.

And again, Howell feeds us the private lives of Ella and Murray in dribs and drabs.

I enjoyed this novel – wanted to keep reading as much for discovering why the man drove his car into a pole as to see what was going to happen in each character's personal life.

## The White Tiger by Aravinda Adiga

This rather unusual tale is told to us by Munna, who goes by several other names including 'The White Tiger'. It starts when he's a young lad growing up with his siblings in a poverty stricken, lower caste family in India and progresses through to adulthood when he is a fairly successful businessman.

Munna doesn't want to spend his life at the bottom of the pile; doesn't want to end up like his father with the responsibilities of family drowning him and lack of decent employment. He's a thinker and a schemer and doesn't want to 'toe the line'.

He ends up being a driver (servant/general dogsbody) for an Indian man who has returned to India with his wife after living in America for long enough to have completely forgotten the ways of life in India.

Adiga writes very descriptively. It feels very real and having experienced India myself, I was reminded of the noise, pollution and filth, the bright colours amid the dirty browns, the crazy motorists, the corruption everywhere you turn, the lack of privacy and quiet, the skinny dogs and even skinnier labourers toiling under enormous, heavy loads..... I recalled the city of Varansi (The Baranas) and the Ganges and Adiga's telling of it is true to life.

I thoroughly enjoyed *The White Tiger*, both for the way Aravinda Adiga brought Munna to life (which was both quite funny and quite tragic) and for his honest descriptions of life in India. I recommend this novel; it's different and will let you peak into a lifestyle we will never experience first hand.

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

## BOWRA POST & COLLECTABLES

27 High Street, Bowraville ♦ Telephone: 6564-7169

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

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

**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

8/11

## *There is no cure for the common cold . . . . or the Flu*

When someone has a cold or flu the fluid from their nose, mouth and airways contains the infected virus. Colds and flu spread when this infected fluid passes to someone else (eg: by touch, coughing, or sneezing).

Colds spread easily especially between children who spend a lot of time together at childcare, school or the like. A cold is the most infectious in the first one or two days after symptoms develop.

Cold symptoms include:

- Runny and or blocked nose
- Sore throat; red, watery eyes
- Sneezing, coughing
- Mild fever, headache and tiredness.

Flu symptoms are similar to cold symptoms but are usually more severe and may also include:

- High fevers, sweating and shivering
- Aching muscles and joints
- Weakness and lethargy
- Loss of appetite, nausea and vomiting.

A flu injection will give protection against the flu. Vaccination before the flu season starts each year is recommended for all adults over 65 years of age and others at a higher risk of getting influenza.

There is no good time to get sick so no matter how busy you are take time to care for yourself.

Rest will help you recover sooner and reduce the risk of additional infections such as bacterial pneumonia, sinusitis or ear infection. Remember it usually takes 1-3 weeks for a cold or flu to run its course. When you feel better ease back into your routine slowly.

Drink plenty of fluids to help thin the mucus and prevent dehydration. Offer babies water between feeds. Sipping broth, herbal tea and other non-alcoholic liquids will also help.

Breathe in steam (eg: inhale steam over a bowl of hot water, vaporizers, showers and baths).

Blow nose gently and dispose of used tissue carefully. Mucus can be removed from a baby's nostrils with a bulb syringe - ask a pharmacist. Cover nose and mouth when coughing and sneezing, preferably with a tissue or in the bend of your elbow not your hand.

Wash hands regularly especially before cooking or eating and after blowing nose, coughing or sneezing.

If you smoke now is a good time to quit. Smoking irritates the throat and making you cough more. There are a variety of recourses to help you quit smoking for good.

A variety of no prescription medications can help relieve cold and flu symptoms but some should not be used by young children, pregnant or breast feeding woman or people with certain medical conditions (eg: diabetes, glaucoma, high blood pressure) and some can interfere with other medications. *Always ask your pharmacist for advice.*



**BOWRAVILLE PHARMACY**

**31 HIGH STREET, BOWRAVILLE**

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

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



# ~ ~ A VOLUNTEER'S OWN STORY ~ ~

## From the Bowra Technology Centre to Fighting Fires in Tasmania



North eastern Tasmania, in late February this year, was very dry. And I know this because I was there, for a short time, as a volunteer NSW rural fire fighter to assist with the huge fire that

had been burning since January and to give local fire fighters a chance to have a rest. Hundreds of others had been before me and many have gone after.

It was a privilege to be part of a fire crew selected to go to Tasmania. It certainly was an experience. Two long days of travel and 5 intended days of working on the fire-ground. However, Tasmanians got lucky and it rained! We were sent home a day early.

But I am getting ahead of myself..... let me set the picture. When we arrived it was to a large 'base camp' at Stanley's local sports ground. More little tents than you can imagine were erected around the perimeter of the field. At one end were the portable laundry, shower and toilet blocks. And a bit further afield were the queues of fire trucks and field vehicles, all taken care of by mechanics who worked while the fire fighters rested. The clubrooms were the dining room and meeting hall where we had our 'briefings'. There were some offices overtaken by staff who were "taking care of everything" that wasn't fire ground related - bedding and accommodation, dietary requirements, anything to do with the camp and fire-fighter needs. At the entrance to the dining hall was the kitchen area which was manned by the friendliest, most helpful chefs, food handlers and kitchen staff. Food was plentiful and tasty.

Each morning, after briefings, the crews and their Crew Leaders headed out to their trucks to start the long drive to their designated area of work. I was part of a 'Strike Team' in Cat 9 fire vehicles (like a mini fire truck - 2 seater 4WD with smaller water tank on the back) which were better suited to areas the larger fire trucks couldn't go. We drove through miles and miles and miles of burned forest. In places there weren't even any burned trees - the ground was black and totally clear of any vegetation. It was pretty depressing actually. There were stretches where fire had not reached the forest and that was a beautiful sight. After climbing and winding we stopped on a ridge to work on peat fires which I had not experienced before - it's not the same as hosing water onto burning grass or bush and out it goes!

Each morning we were reminded of the numbers of wasps and bees in the bush..... it was true! They were everywhere but I didn't think they were any more annoying than the dust - at least until it rained. Speaking of which, on the day when rain was in our favour everyone in my crew was still keen to do some work so our Strike Team Leader organised with appropriate people for us to help clear trees from a closed road. Ok, so not extinguishing fire but just another one of the many activities we can be involved in. It was wet, sweaty, gratifying work but unfortunately the rain got too heavy and we had to call it a day after about 3½ hours.

I'd not been a part of anything like this previously so it was an eye opener to see how such a huge event operated especially with continuous change, eg busloads of fire fighters arriving and leaving every day or even when it rained and wet tents and bedding became an issue. I have enormous respect for the people who worked the logistics of the camp let alone the management of everything not related to it. I won't go into that but you can imagine lots of different agencies working together eg. Forestry, National Parks, fire brigades from different states, Ambulance, Police, Council staff, etc.

I met 'firies' who had been to several large fires and I met other 'newbies'. Conversations were wide and varied - it wasn't all about the fires people had been to or the how great the food was (although there was quite a bit of that!).

So why do people volunteer to the Rural Fire Service? For me, it was accidental. I had no intention of doing anything like it; going to a fire was something too scary to contemplate but now, it's been 7½ years. I like doing something for my local community (and beyond, as it turns out) when needed. I like 'doing a course' and challenging my brain, I like learning from other firies who have way more experience than me and I like being able to use my new skills and knowledge. I like being able to assist and encourage others who are new to it. Most of the time I actually enjoy attending a fire and doing the physical job that we do. It gives me something worthwhile to do and keeps me out of mischief.

And being a volunteer fire fighter has led to being involved in RFS Community Engagement - which is another story for another day.

I have other voluntary jobs completely unrelated to NSW RFS where I engage my brain in ways different to everything else in my week. I get to use a whole variety of other skills and meet people I probably otherwise wouldn't - I meet a lot of other people volunteering their time in one way or another and not surprisingly, many of them are involved in more than one voluntary activity too.



## 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

8/11

## LIONS CLUB

SUPPORTING OUR COMMUNITY



**PRESIDENT**  
Kerrie Savins  
Mob: 0412 248 044

Email: blion34@yahoo.com.au

**PO Box 23**  
**Bowraville NSW 2449**

8/11

## WHAT'S HAPPENING IN BOWRA

*From page 5*

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.

### Notice to all community groups.....

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

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

## FOR SALE

### Toyota Hilux 1984

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

\$2,500 or offer.

**Contact: 0419 492 540**



# Bowraville Lions Club Inc News Bulletin

APRIL to MAY 2016



## CLUB ACTIVITIES

### Raffles

The Bowraville Lions Club has been busy with raffles for Easter and now Mother's Day. Thanks to Betty Munroe who has been selling tickets outside the Bowra Pharmacy. Keep a look out for the stand in the street. There are some great prizes to be won.

### Macksville Show

The Bowraville Lions once again manned the gate on the Friday and Saturday at the Macksville Show. The crowds were not put off by the occasional shower on Saturday night and enjoyed the events in the main arena as well as the spectacular rides.

### Healthy Living Expo

Seniors were invited to a free 2 day healthy living expo run by the Bowraville Lions Club during Seniors Week earlier this month. Thanks to Lions Edwina and Kerrie for the huge effort they made to run this event.

### Anzac Day 2016

On Anzac Day the Lions sold Anzac biscuits as a fundraiser that was very successful. Thanks to Trixie at the Bowra Pharmacy for her baking. The chocolate coated Anzac biscuits Trixie made were very popular.

## PLEASE SAVE YOUR USED STAMPS

The Lions Club of Bowraville is collecting and bundling used stamps which are sold at auction. The proceeds are donated to the Lions Children Mobility Foundation which helps fund the famous Harte walker that allows children with Cerebral Palsy to move around.



**Australian Lions Children's Mobility Foundation**

"Walk with Pride"

Australia, Papua New Guinea, Norfolk Island

## LIONS CLUB MEMBERSHIP

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

For example, did you know that as an associate member you can help out at any of the Lions activities that interest you without the need to attend every meeting?

Membership fees are surprisingly low and can be paid either yearly or 1/2 yearly.

### **How do I Join?**

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

**President: Kerrie Savins 0412248044**

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

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

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

## Autumn is the time to plant BULBS

One of the best things about bulbs is that they're a great investment! They're practically guaranteed to perform, at least in the first year, because each bulb comes complete with everything it needs to flower, stored inside. You may only buy, say twenty, but they have little offsets attached which develop into more bulbs so in a few years you'll have forty or sixty or even more. Before you rush out and buy your bulbs think about how you'll use them. You could go for a massed display (bulbs do look best planted in large numbers) or you could plant them in containers - that way you can bring them inside when they're flowering and then move them out of sight when the display is over. Think about the best varieties for your climate - some bulbs just don't do very well in warmer areas.



Bulbs which are easy to grow in many areas of Australia include freesias, jonquils, daffodils and bluebells.

Others, like tulips and hyacinths, are more suited to cool climates; they need a bit more attention but are well worth trying.

### Old favourites

**Jonquils** – one of the best bulbs for Australian conditions. Varieties include 'Erlicheer' which is beautifully perfumed, double and a lovely creamy colour. Old fashioned paper whites are single, white and perfumed and very easy to grow and so are the yellow flowered 'Soleil d'Or'.

**Daffodils** – there are many colours, shapes and forms but pure yellows are usually the easiest to grow. 'King Alfred' is a large, golden, early flowering daffodil which is best in colder areas. A similar daffodil for warmer areas like Sydney or Perth is 'Golden Lion'.

**Tulips** – these spectacular bulbs are at their best in cold climates (for example mountain districts or Tasmania.) In warmer areas they're less reliable but worth a try if you live in a cool micro-climate in a temperate area (Sydney to Perth and south). The key to success with tulips is to buy them in late summer or early autumn and put them in the crisper section of the fridge for six to eight weeks to simulate the cold European winter and then plant them in very early May for flowers in spring.

### Best look

Mass plantings of bulbs in groups or clumps in shallow containers or pots. For cut flowers, single hyacinths can be grown indoors in special hyacinth jars.

### Bulb planters

These take the work out of planting bulbs, especially if you're going for a massed effect and have thousands to put in! Several types are available.

### Getting started

Spring flowering bulbs are available at most nurseries, chain stores or supermarkets from late summer to autumn, many nurseries also have bulk bulbs for sale. They are also available by mail order from bulb specialists.

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

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

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

*For the home garden  
or big acre farming . . .*

**SEEDS**

**POTTING MIXES**

**COMPOST**

**FERTILISERS**

**SOIL & WATER  
CONDITIONERS**

**MULCHES**

**ORGANIC GARDENING  
SUPPLIES**

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



**51 CARBIN  
STREET  
BOWRAVILLE  
6564 8648**

8/11

## Funding for Bowraville

The chamber has written a letter of support for the Nambucca Shire Council's grant application for the Innovation for Community Impact (I4CI) funds under the Foundation for Rural and Regional Renewal.

The application will be for \$50,000 and in addition to this Council has committed an 'in kind' contribution.

The Bowraville community has identified the need to refurbish and renew the recreation areas in Bowraville and the town centre.

The findings of the 2015 youth survey supports this and further identifies that youth are keen to be involved in the development and implementation of such a project.

The target group for the application is Bowraville youth aged 12-25 years and disadvantaged families, with the involvement of mentors, non-government organisations and the whole of community.

Chamber looks forward to council being successful with this funding application and commencing this project for Bowraville.

## Bowraville Chamber Committee

*President:* Mark Scott

*Vice President:* Max Duncan

*Treasure:* Wendy Cole

*Secretary:* Cherie O'Donohue

*Tidy Towns Committee:*

Robyne McGinley, Mark Scott

*Public Officer:* Cherie O'Donohue

*Contact Chamber:* 0428527545 or  
email: chamber@bowraville.nsw.au

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## Chamber meetings

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

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

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

There are also special interest committees you can join.



*Ngiyaala garla-ngarraynggi waw guuyunga jurruya jalumbaw.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](mailto:admin@miimi.org.au)  
Website: [miimi.org.au](http://miimi.org.au)

6/11

## Coronation Kennels & Cattery

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

180 Coronation Road, Congarinni North

(just two kms from Macksville)

PHONE: 02 6568-2018

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

#### Long Term Budget -

Not available during school holidays  
1/2 price - BYO Food, Bedding and  
Kitty Litter.

#### 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



*Desert Power Pty.Ltd trading as*

## Dave Recklies Electrical

3564 North Arm Road, Bowraville

### Domestic

### Commercial and Industrial

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Owner Operator with 20years experience

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10/11

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# AVAN

*Nambucca Valley*

MINI MOVE SPECIALIST

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A MAN WITH A VAN



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11/11



## FREE FITBIT WORKSHOP

**Monday 23rd May  
from 10am to 11am  
at the Bowra Technology Centre**

Learn about Fitbit and other smart watches and how they can help you stay motivated and improve your health by tracking your daily activity, exercise, food, weight and quality of sleep.



**To book your place phone  
the Bowraville Technology  
Centre on  
6564-7420**

## Local Achievement Award for the Bowra Technology Centre

*The Bowraville  
Technology Centre  
was presented a  
Local Achievement  
Award for Services  
to Seniors.*

*The services  
included the recent  
free Techno  
Seniors classes as  
well as the ongoing  
Techno Club  
sessions.*



*Specialising in . . .*

- ❖ Ladies and men's cuts
- ❖ Style cuts
- ❖ Colouring
- ❖ Body waves
- ❖ Facial waxing and tinting
- ❖ Body waxing
- ❖ Shellac nails
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*Discounts for seniors*

***Mobile service for housebound***

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



7/11

# Bowra Laundromat

**Cnr High & Belmore Streets**

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

**Tokens available at Pub and Newsagent  
Commercial Washers and Dryers  
Enquiries: ph 6564 7401**



7/11



The mobile unit  
is coming

**Bowraville**  
Appointments available  
**Mid-May 2016**



Call 13 20 50 to book  
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mammogram

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20 minutes every 2 years  
could save your life

For women aged 50 to 74 years  
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# Beautiful Town, Passionate People

## Becky Trilsbach

### *... Passionate about Brumbies*

Becky has been a horsewoman since she was three years old but feels ashamed that she knew so little about Australia's own wild horses, the brumbies, until she had a change of career, became a vet nurse and started working with horse rescue and animal welfare in animal shelters in Brisbane. This interest in brumbies, combined with her urge to contribute her skills to causes which she feels passionate about, has led her down new roads, both figuratively and literally, and it was while she was working in animal rescue that she got the idea of a "long ride" as a means of raising funds for, and awareness of, these misunderstood horses which run wild in many parts of Australia.



Becky realised that most domestic horses didn't have the stamina to perform this long ride; that many are neglected and not in a good state but the idea of taking brumbies only formed in her mind after a "slow burn of a romanticised idea and investigation of the animal". It was after meeting an eccentric character calling himself "Medicine Crow" (real name Cedric) and hearing of his adventures that the idea of the brumby crystallized in her mind.

Becky initially wanted to get involved with brumbies in the Brisbane area but just felt more comfortable doing it in Missabotti where she grew up and is now back here for the long-term. She is very excited about this change from city life to the country lifestyle of her origins and feels that the brumbies are perfectly suited to this environment. She also feels it is an inspiring opportunity for her to raise awareness about the plight and potential of the brumby and to make sure we're approaching management of the herds "consciously" and to find solutions for Australia's approach to their management.

It was after she became aware of the brumby's situation, and the challenge that the Australian environment poses for them, that she saw how this environment has made them an intelligent and durable horse. In the wild they compete with native animals and stock for feed and public opinion (which Becky feels is based on ignorance) is often that they shouldn't be there at all. There is a big question about how to manage them, no plan and the management strategies vary from place to place. There have been calls to cull but since the Guy Fawkes' cull in the Dorrigo/Armidale region caused public outrage there has been a lobby to ban aerial culling. They are now managed by rounding-up and re-homing but animals that don't find a new home are turned into dog food. In the Northern Territory and Western Australia they are still culled.

Becky has brought three brumbies here from Alice Springs. As orphans of the dog-meat trade she wanted to give them the opportunity to represent their populations and "for people to see what is out there". They were found through "Save the Brumbies", a Bellingen organisation, and trucked here from Alice Springs with a huge effort and at an exorbitant expense. Two stallions and a pregnant mare had to be loaded onto the truck and driven to Missabotti. Becky's future goal is to ride them on the Bi-Centennial National Trail which starts in Cooktown and ends in Dover (Tasmania), a staggering 6,000 kms. This epic ride will take eighteen months and she is hoping to start in May next year.

Becky has always wanted to undertake a long journey of this nature and feels it will help her to slow down and be mindful. She wants to raise awareness about brumbies, to find an alternative purpose for them and to open up a conversation about their management. She needs to get the horses "gentled and handled" and for them to feel safe. She has already been able to sit on one of the brumbies so they are already becoming mellow.

Becky plans to get one more brumby and in the long term would love to run an equine-facilitated learning centre which also encompasses equine psychotherapy. She is very glad to be doing this in an area which is so beautiful and would like to highlight the area.

*Becky Trilsbach was interviewed and her story compiled by BTC Volunteer, Karen Bindoff.*

**ATTENTION: NORTH ARM & BUCKRA BENDINNI RESIDENTS**

**Are you sick of breathing smoke?**

If you are experiencing a problem with the constant smell of smouldering wood smoke or rubbish, please contact Nambucca Shire Council on 6568-2555. The more information gathered the quicker the source of the problem can be pinpointed.

Write to Nambucca Shire Council's General Manager, Michael Coulter giving details of locality, time, weather conditions and wind direction.

Action can be taken under the Clean Air Regulations and Waste Regulations.

1/1P



8/11

**FIREWOOD, CHOPPING BLOCKS, KINDLING, LANDSCAPE SUPPLIES**

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

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**Property Maintenance**

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

- Work Crew**
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*no job too big or small*



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

**P: 02 6564 7677**

**Café**

Open Monday to Friday

9:30 am until 2:00 pm or by appointment

Phone: 6564 7677



*Morning Tea: Coffee & Cake Specials*

*Lunch: Sandwiches, Wraps, Burgers, 'Special of the Day'*

*Dietician approved choices*

**Catering**

**menu**

**Sandwich, Wrap or Roll Platter**

Locally baked bread with selection of fresh fillings

**Hot Savoury Platter**

Mini pies, sausage rolls, spring rolls

**Scone Platter**

Sweet -with jam and cream or Savoury

**Cheese Plate**

**Fruit Platter**

Fresh seasonal fruit

**Sweets**

Home made slices and cakes

Other: Roasts, Soups or your choice

**Orders must be in by noon the day before**



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

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

8/11

**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!*

# ARGIE'S BARGIE MARKET DAY - ARGENTS HILL HALL!

North Arm Rd: 13km sealed road from Bowraville

Car boot and stalls

Saturday 28<sup>th</sup> May 9am to 2pm

If you love all things baked, made, grown & recycled then come along & snap up a bargain or 2 or more!

BBQ, tea, coffee & drinks available on the day

stallholder & car boot participants, to secure yourself a spot bookings are essential prior to the day

Buskers! We would love to hear from you  
2 spots available

For further information & bookings please call  
Denise on 02 6564 4007

All proceeds will go towards improving Argents Hill Hall for  
the community



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**7 DAYS**

Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Autumn 2016						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 AM	FM in the AM Dave McCrory	Dano's Brecky Show Daniel Gosson & Hal The Robot	Texas Flood Neil Green The best breakfast music of all time all the time...	FM in the AM Dave McCrory	TGIF Jollyfish	FM in the AM Dave McCrory
7 AM						
8 AM	A morning music mix to put a spring in your step	High-paced cacophony to get those feet shufflin'!		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
9 AM	Classic Hits & Jukebox Paul Rowe	Global Mosaic Pieter	Our Kind of Music Dallas Dent	Under The Stinging Tree Poppa	Talk Of The Town Rosemary Balemin	Sabor Latino Eddie - Tell others to listen Request Latino World Music 2nvr.org.au Chat Listen Or phone 02 6564 7777 Share with friends...
10 AM	Great Rock 'n' Roll 1950s-2010s	A weekly musical trip through the world			See what's going down! All things local	
11 AM	Baby Boomers Donna Collins	Infopinion Richard Laxton	Easy Listening	Turning Pages Elizabeth Newman Books, authors and the music that moves them	Tones of Claressence Claire Watt-Powell	The Sports Show Dallas and Trickvic
Noon		An eclectic time with Richard	Jazz Azz I Like It Heather Heywood	Simmo's Country John Simpson		Maggie's Mix Margaret Duffus
1 PM	The Weekly Fix Paul Weekley	The Phoenix Crew Selected music & madness			Outback Outlaws Paul Rowe	Dano's Mixed Grill Daniel Gosson
2 PM						A tasty mix of anything and everything to spice up your Sunday arvo
3 PM	Drive Home Scotty	Rob's Roving Robbie Handcock	Just For You Carola Simmons	Aussie country music at its best	Get Funky Friday with Skyzie	Jack's Tracks Jack
4 PM	Drive home with a mix from Scotty	Bible reflections, Gospel & Australians	Stella Bells Music to rock your soul	Thursday Country	Get you some goodness...	All the tracks with Jack Tune In!
5 PM	Youth Music Program Toby Frost & Lea Gillard	Flashback Rob Davidson	Soundbite Slavomir Stokan		Rhino On The Radio	That's A Wrap Dallas, Donna, Trickvic
6 PM	Nambucca Valley Roundup - Bev & Rachel	'60s to '80s Pop & Rock	Nambucca Valley Roundup - Cen Wobel	Nambucca Valley Roundup - Retro	Switching to Studio 3 from 6pm-8pm on the 3rd Friday of each month for live artists & studio audience	Local sports results and in-depth analysis
7 PM	Reggae Mixtape With Fitzroy	Nambucca Valley Roundup - Ron Hawkins	Phillinn With Phil	Highway Blues Retro	The Friday Night Rock Show Todd Wills	Booth's Drum With Captain Steve
8 PM	Music outside the usual	Latest & Greatest Country Bryon Edwards	New Australian Blues and Indie/Folk/Rock	When Only The BEST BLUES Will Do		Imagine This & The Antipodean SF Radio Show
9 PM	Juggling Mondays Juggler's choice Music mix	BBC Overnight	Ants Rocks Anthony Garmsey	Jeff's Junk Jeff Mills	Continues overnight	Saturday Night Gold Classic 45s with Allan Quinn from the '50s, '60s & '70s
10 PM	CRV Overnight		Solid Rock BBC Overnight		Continues overnight	Science & Reason With The Jollyfish Free Thought Radio, A Week in Science, Diffusion Science Radio, Lost in Science. CRV overnight

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