

Bowraville Community News



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the Bowraville Technology Centre and printed by Bowraville Central School.
www.bowraville.nsw.au



NOVEMBER 2016 - ISSUE #146

FREE

CIRCULATION 350

POSTCODE 2449



Kennards Hire Rally Australia FIA World Rally Championship Coffs Coast 17-20 November, 2016



In Bowraville on Saturday, 19th November *see details on Page 15*

SOME of the fastest drivers on the planet return to the Coffs Coast for Kennards Hire Rally Australia on 17-20 November 2016.

The 25th Rally Australia will be the 14th and final round of the FIA World Rally Championship (WRC) bringing a big contingent of drivers, teams, media, supporters and spectators from around world.

The three-day rally demands extreme skill, endurance and bravery of crews and gives spectators a thrilling up-close experience. The WRC is regarded as the most challenging series in international motorsport.

Millions of daily television viewers, in more than 140 countries will track stars such as triple World Champion Sebastien Ogier of France, New Zealand's Hayden Paddon, Mads Ostberg of Norway, Jari Matti Latvala of Finland and Stefan Lefebvre of France as they tackle more than 300 kms of competition stages to the north, south and west of the Coffs Harbour service headquarters.

Top Australian drivers also take part with contenders including one of the world's leading female rally pilots, 28-year-old Molly Taylor of Sydney, and Australian Champion Scott Pedder who is contesting the WRC2 category in Europe and at home.

Spectators can see the stars and cars up-close for free in Bowraville as they come down High Street from the refuel point in Cook Street so come along and bring your camera with you.

BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 300 COPIES

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

NEW 2015/16 ADVERTISING CHARGES:

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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 FEBRUARY 2017 ISSUE IS: 5:00PM 17th JANUARY 2017

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

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

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

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

Bowraville Technology Centre

Open 9.30am to 4.00pm Weekdays

Internet Services

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

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

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

Facility Hire

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

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

Full day up to 8 hours - \$100.00

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

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

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

Full day - up to 8 hours \$40.00.

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

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Bowraville Technology Centre

39 High St, Bowraville Ph. 02 6564 7420

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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 meet new ladies from the area - to have a chat, a cuppa and make new friends. The cost is a hot chocolate or whatever you like to order. Call Christine 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 Belling Road, Bowraville.

Bowraville Uniting Church and Op Shop

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

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

Bowraville Playgroup

Bowraville Play-group meets at Bowraville Central School every Friday from 9.30am to 12midday and is open to all parents and carers with children aged 0 to school age. Each week, we engage in fun activities in a safe, family environment. Activities include craft, painting, dancing, music, cooking and free play. At the end of term we either visit the Community Garden or go on an excursion further afield. Contacts: Danielle Ryan 6564-8619 or Jane Thomasson 0474 325 337.

C3 Food Hub at Nambucca Heads

Helping you put a meal on your table. Anyone holding a Health Care Card or Pension Card can access this service. From 10am to 12pm non perishable food products will be on sale as well as other products. All perishables such as bread, vegies

Continued on Page 5

Bowraville Folk Museum

High Street, Bowraville

Phone/Fax: 6564-8200

MONDAY-FRIDAY 10am-3pm

WEEKENDS 10am-1pm

PUBLIC HOLIDAYS 10am-3pm

email: bowravillefolkmuseum@gmail.com
twitter: twitter.com/bowravillefolk

~ Groups by appointment ~

3/11

BOWRAVILLE PHARMACY

31 HIGH ST BOWRAVILLE

PH: 6564 7925

FAX: 6564 7364

Monday to Friday 8.45am - 5.30pm

Saturday 8.45am - 12 noon

Prescriptions and Professional Advice

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3/11

Weekly Activities

MONDAY

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

TUESDAY

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

WEDNESDAY

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

THURSDAY

COMMUNITY GARDENS 9am to 1pm Gardening Q&A, swap contact Greg Field on 0448869545
GOLF Ladies 18 Hole, 9am Bowraville Recreation Club (6564 7349)
BINGO 11am Bowraville Ex-Services Club (6564 7304)
BOWLS 1pm Men's Social at Bowraville Recreation Club (6564 7349)
DARTS 7pm Social at Bowraville Ex-Services Club (6564 7304)

FRIDAY

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

SATURDAY

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 info call Estelle 0458090178 or Dennia 0427912411
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

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 held at the Church at 10am each Wednesday. Youth Group is held each Friday for 12-18 year olds from 6-8pm. Phone Keith Stage 0427 231 040. The Food Hub at Nambucca Heads is a community service organised by this church.

**BOWRAVILLE
HEALTHCARE CENTRE**

Dr Edwina Guard MBChB BSc FRACGP

29a High Street Bowraville

Ph: 6564 7555 Fax: 6564 7505

email: edwinaguard@yahoo.com.au

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Pilates with Tamara Urquhart

Yoga with Danielle Ryan

Dancing with Carmen Noble

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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
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Small class - \$10 per person.
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10/11

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10/11



Smart Cities . . . just a part of the Internet of Things

A **smart city** is an urban development vision to integrate multiple information and communication technology (ICT) and Internet of Things (IoT) solutions in a secure fashion to manage a city's assets – the city's assets include, but are not limited to, local departments' information systems, schools, libraries, transportation systems, hospitals, power plants, water supply networks, waste management, law enforcement, and other community services.

The goal of building a smart city is to improve quality of life by using urban informatics and technology to improve the efficiency of services and meet residents' needs. ICT allows city officials to interact directly with the community and the city infrastructure and to monitor what is happening in the city, how the city is evolving and how to enable a better quality of life. Through the use of sensors integrated with real-time monitoring systems data are collected from citizens and devices - then processed and analyzed. The information and knowledge gathered are keys to tackling inefficiency.

ICT is used to enhance quality, performance and interactivity of urban services, to reduce costs and resource consumption and to improve contact between citizens and government.—Smart city applications are developed with the goal of improving the management of urban flows and allowing for real time responses to challenges. A smart city may therefore be more prepared to respond to challenges than one with a simple 'transactional' relationship with its citizens. Yet the term itself remains unclear to its specifics and therefore open to many interpretations and subject.

Other terms that have been used for similar concepts include *cyberville*, *digital city*, *electronic communities*, *flexicity*, *information city*, *intelligent*

city, *knowledge-based city*, *MESH city*, *telecity*, *teletopia*, *Ubiquitous city*, *wired city*.

Sectors that have been developing smart city technology include government services, transport and traffic management, energy, health care, water, innovative urban agriculture and waste management.

Major technological, economic and environmental changes have generated interest in smart cities including climate change, economic restructuring, the move to online retail and entertainment, ageing populations, urban population growth and pressures on public finances. The European Union (EU) has devoted constant efforts to devising a strategy for achieving 'smart' urban growth for its metropolitan city-regions.

The EU has developed a range of programmes under 'Europe's Digital Agenda'. In 2010 it highlighted its focus on strengthening innovation and investment in ICT services for the purpose of improving public services and quality of life. Arup estimates that the global market for smart urban services will be \$400 billion per annum by 2020. Examples of Smart City technologies and programs have been implemented in the UK, Holland, Spain and Sweden. An important cluster of Smart City technological companies exists in Israel with Tel Aviv being awarded the World Smart City Award in 2014.

- From Wikipedia, the free encyclopedia



Bowraville & District Ex-Services Club
6564-7304

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NOVEMBER PROGRAM at the

BOWRAVILLE THEATRE

**On Saturday 5th and Sunday 6th November at 2pm
the Bowraville Theatre Singers**

invite you to

**The Reunion of the Choir of '66'
"The Song in Our Heart"**



Special Guests Shelayna Boorer (dance) and Steve Lawler (guitar)

Tickets \$15 from 1pm at the Box Office or at Tickethost.com.au

Group Bookings 65 647 279 - \$140 for 10 seats + 1 free ticket.

Bowraville Theatre has movies booked for:

Sunday 13th November at 2pm and Sunday 27th November at 2pm

Please watch the Theatre windows for further details of these movies.

Prices Adults \$12 Conc \$10 BAC Members/Child \$8 Family \$25.

The café will be open from 1pm for all events.

Bowraville Film Society presents . . . **The HUNDRED-FOOT JOURNEY**

Saturday 26th November 7pm (doors open 6.15pm)

Please bring along some delicious nibbles to share before the screening

Hassan Kadam (Manish Dayal) is an extraordinarily talented and largely self-taught culinary novice. When he and his family are displaced from their native India and settle in a quaint French village they decide to open an Indian eatery. However, Madame Mallory (Helen Mirren), proprietor of an acclaimed restaurant just 100 feet away, strongly objects. War erupts between the two establishments until Mallory recognises Kadam's impressive epicurean gifts and takes him under her wing.



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. Current membership fees are \$28 p.a. for the Film Society and \$25 for the Arts Council. It is easy to join on the night.

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2/11

MARKETS CALENDAR

DAY OF MONTH	MARKET LOCATION and TIMES	CONTACT DETAILS
THURSDAY Every Thursday	Coffs Coast Growers Market, City Square, Harbour Dr. from 8am to 2pm	6648 4087
FRIDAY 1 st , 3 rd & 5 th	BELLOPY ORGANIC FARMERS MARKET from 8am to 1.30pm The largest 100% organic market in NSW. Bellingen Showground	0415 525 903
SATURDAYS 1 st Sat (bi-monthly even months)	VALLA BEACH COMMUNITY MARKET from 8am to 1pm	6569 5410
1 st	Kempsey Riverside Markets, Riverside Park from 8am to 1pm	0456 658 979
1 st & 4 th	Marine Rescue Charity Market, Woolgoolga Beach from 8am	6654 0447
2 nd	South West Rocks Market, Horseshoe Bay Reserve from 8am to 12 noon	6562 6671
2 ND & 4 TH	BOWRAVILLE COUNTRY MARKET Bowraville Pioneer Centre from 8am to noon	0458 090 178 0427 912 411
2 ND & 4 TH	MACKSVILLE PRODUCERS MARKET , Riverbank Park	6568 3844
2 ND & 4 TH	BELLINGEN NATURAL PRODUCE MARKET from 8am to 1pm Bellingen Showground	6655 1279
3 rd	BELLINGEN COUNTRY MARKET , Bellingen Park from 8am to 3pm	6655 2151
4 TH	Gladstone Trash & Treasure Market - 8.30am to Noon	6567 4203
SUNDAYS		
Every Sunday	Coffs Harbour Markets, Jetting Shopping Village from 8am to 2pm	6652 3813
Every Sunday	Harbourside Markets, Coffs Jetty Foreshore from 8am to 2pm	0407 661 990
1 st	Coffs Harbour Lions Boot Markets, Coffs Jetty Foreshore 7am to 1pm	0417 704 588
2 nd	Plaza Market, Nambucca Heads Plaza from 8am to 1pm	6568 9655
3 rd	Gladstone Community Market, Memorial Park from 9am to 1pm	0499 155 312
Last Sunday (bi-monthly even months)	FUNKYA @ UNKYA MARKETS from 8am to 2pm Unkya Reserve, Eungai	0425 205 737

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

3/11



BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

Many thanks to the people who donate all the varied and wonderful books which have come to our Book Nook

Life Sentence by Judith Carter

Francis Harman is a Chief Superintendent, in her 50s verging on retiring. She has elderly parents who take up a great deal of her time and even more of her energy. In fact they are not particularly nice to her, are (and have always been) very demanding and quite demeaning. It turns out that Francis, although rather attractive, has always been treated as the oversized, 'ugly duckling' and continually compared to her much prettier, older sister.

Francis, or Fran as she prefers, also has way too much on her plate at work as she has been 'filling in' for another police member on top of her own duties. But she hasn't said anything to anyone about her workload, how tired she is from driving 200 km down to Devon to her disagreeable parents' dirty cottage every weekend, often only getting back in time to walk into work. On top of which she is suffering from menopausal flushes and bouts of tearfulness – usually at inappropriate moments.

There appears to be an attraction growing between Fran and her immediate boss and long term friend, Mark Turner, who very quickly realises what's going on in Fran's life (although he wonders why he didn't see it sooner).

Mark pulls strings and organises Fran to be in sole charge of a two year old case that has gone very cold so that she can lighten her workload, cope with her parents and try to balance the two while working out what she is going to do about the latter and her 'impending' retirement.

The cold case is a women, Elise, in a coma in hospital

for 2 years with the doctors pressing to turn off her life support. She was found in bushes, on the side of a road in an unsavoury area, severely beaten about the head and raped very badly. The police have got nowhere in the two years.

Alan Pitt, the man who found and tried to resuscitate Elise, visits her frequently in hospital and talks to her all the time. His behaviour is odd, to say the least.

Then a child, Rebecca, is abducted and Fran's focus has to shift very smartly to the current incident.

She has a gut feeling that the two events are related although she doesn't see how; she has a gut feeling that Alan Pitt is more than unusual and is somehow involved in Rebecca's abduction.

So Fran continues to work out what's going on in each of her cases, finally recruits her older sister to help out with her parents, becomes increasingly romantically involved with Mark (and may as well because the whole police department thinks they are together anyway), continues to mentor her protégé and struggles to remain calm with a new, young, rude superior brought in to temporarily cover the gap she had been filling for another.

I enjoyed this novel, not just for the 'whodunnit' aspect but because it was nice to read that romance still occurs for middle aged people, especially woman in the throes of menopause. It was nice to read Fran and Mark's personal doubts and thoughts whirling around in their heads as they try to figure out their attraction to the other, if the other is attracted to them and what to do about it.

- This book read and 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, BCU and various other Credit Unions
(check with your Bank for charges)

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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

3/11

Handle antibiotics with care



Antibiotic resistance — What is it and why is it a problem?

What is antibiotic resistance?

Antibiotic resistance happens when bacteria change to protect themselves from an antibiotic. They are then no longer sensitive to that antibiotic. When this happens antibiotics that previously would have killed the bacteria, or stopped them from multiplying, no longer work.

What causes antibiotic resistance?

The more antibiotics are used the more chances bacteria have to become resistant to them.

Major causes of antibiotic resistance include:

- Using antibiotics when they are not needed
- Not taking antibiotics at the doses and times that a doctor prescribes — this allows time for the bacteria in your system to become resistant.

Antibiotics are also often overused in animals (in veterinary medicine and in agriculture).

How does antibiotic resistance affect me?

Using antibiotics when you don't need them may mean that they won't work for you when you do need them in the future.

If you have an antibiotic-resistant bacterial infection:

- You will have the infection for longer
- You may be more likely to have complications of the infection
- You could remain infectious for longer and pass your infection to other people which increases the problem.

You can help prevent antibiotic resistance

Many people think that antibiotics can cure a cold or flu and will help to shorten their illness. This is not true because most respiratory tract infections are caused by viruses, so antibiotics won't have any effect.

You can prevent antibiotic resistance by:

- Understanding that most people don't need antibiotics for colds and flu because they are caused by viruses
- Telling your doctor you only want an antibiotic if it is really necessary
- Taking the right dose of your antibiotic at the right time, as prescribed by your doctor
- Taking your antibiotics for as long as your doctor tells you to
- Taking simple steps to avoid infections and prevent them from spreading.

Download a fact sheet at

http://www.nps.org.au/data/assets/pdf_file/0009/318879/NPSMW-antibiotic-resistance-the-facts.pdf

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





CHRISTMAS IS NEARLY HERE!



Looking for that perfect gift?

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Bowraville Pharmacy!*



*We stock an extensive range of
perfumes, jewellery, giftware and kid's toys . . .
and we are open Christmas eve! Perfect for the last
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*Gentleman let our staff help you select the
perfect gift for the special someone in your life.*



Come in, explore and let us help you out!

YES WE OFFER LAYBY!

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31 HIGH STREET, BOWRAVILLE

PHONE: 6564 7925 or FAX: 6564 7364

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



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Pool Safety Signs available at the BTC

Council are commencing inspection of residential swimming pools and all pool owners are required to display a CPR sign.

At the Bowraville Technology Centre we have laminated, colour, A3 sign for just \$5.

Where would you like to go?



This is the question Coffs Harbour, Bellingen and Nambucca Community Transport is asking you.

Community Transport provide transport for the frail, aged, people with disabilities and their carers and those who are transport disadvantaged.

Community Transport is a not for profit organisation passionate about helping people maintain their independence & ability to stay connected with our community. They do this by providing flexible transport solutions to meet individual's needs.

Contact : Coffs Harbour – 6651 1137, Bellingen - 6655 2666 Nambucca Heads – 6568 3250.

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LIONS CLUB

SUPPORTING OUR COMMUNITY



We Serve

PRESIDENT
Mark Scott
Mob: 0428 527 545

Email: blion34@yahoo.com.au

PO Box 23
Bowraville NSW 2449

3/11

Bowraville Harvest Faith Family Church

3/11

A Word of Faith Pentecostal Church

Church Services - Sunday Mornings - 9.30am

Prayer Meetings - Sunday Mornings - 9.00am

Faith Link Groups

Wednesday Evenings - Mixed at 7.00pm

Thursday Mornings - Ladies at 10.00am

Ministry Training School

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

Counselling is available by appointment.

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



Pastor: Rev. Tom Fairhall
Address of Church
and Office: 48 High Street

Phone: 02 6564-8656
Mob: 0428 682 870
email:



Bowraville Lions Club Inc News Bulletin

NOVEMBER 2016



ST. JIMMY'S KITCHEN



BBQ Season has started!!!

*Come and meet new friends,
catch up with old ones!*

Join us for a hearty meal.

When is it on?

Thursday, 10th November, 2016

Where is it?

**Anglican Church Hall
Young Street, Bowraville**

Time?

5.30pm to 7.00pm

NO CHARGE

*Brought to you by the Anglican Parish
Nambucca Heads
and the Bowraville Lions Club.*

**For further information, please call
the Church office on 6568 9029.**



How our dogs help

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.

Our 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.

LIONS CLUB MEMBERSHIP

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

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

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

How do I Join?

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

President: Mark Scott 0428 527 545

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

Watch out . . . bugs about!

After being dormant in winter many garden pests and bugs are now on the move. Here are six common garden pests to control.

Bronze orange bug

Watch out for these brightly coloured orange bugs on citrus trees and flowers. They suck the sap from young stems and damage new growth. They give off a bad smelling substance when threatened.

Azalea lace bug

Azalea lace bug (*Stephanitis pyrioides*) affects azaleas and rhododendrons. These tiny insects feed on the plant's sap causing unsightly mottling. In severe cases it causes leaf-drop or death of the plant. Check for early signs of it on the undersides of leaves in spring.

Mealy bug

These small, fuzzy, white insects distort new growth by sucking on the plants sap and the female's excretions cover leaves with a sticky honey-like substance that attracts ants which in turn provides the right conditions for sooty mould. With the onset of warm weather watch out for these insects on citrus, roses, indoor and outdoor ornamentals .

Citrus leaf miner

Citrus leaf miner (*Phyllocnistis citrella*) tunnels through the young leaves of citrus trees which creates silvery lines. Finally, it curls the leaf into a shelter and pupates within. This can severely distort the leaves but mature trees are not likely to be seriously damaged. Young trees may need some protection.

Snails & slugs

You will mostly see these slimy creatures early morning or at night.

Two-spotted mite

Two-spotted mite (*Tetranychus urticae*) affects ornamentals, fruit trees and some vegetables. Affected leaves have a mottled appearance or can be bronzed or shrivelled. Leave them to natural predators.

Homemade Garlic Spray

To make a large quantity of garlic spray follow this recipe:

- 500g crushed garlic
- 150-200mls liquid paraffin (just cover garlic)
- 2.5L water
- 150g pure soap

- Soak the garlic and paraffin together for 24 - 48 hours
- Add remaining ingredients and stir thoroughly
- Filter the mixture well (a piece of muslin or tea towel will suffice).
- Store in a glass container (flagon bottles or jars are excellent) away from sunlight.
- Dilute at the rate of 15-30mls of concentrate per 1L of water, depending on use.

Spray when pests are active; for instance, apply spray in the late afternoon or evenings for night-feeding pests.

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**

3/11

Bowraville Chamber of Commerce and Industry Inc

chamber@bowraville.nsw.au

NOVEMBER 2016

Kennards Hire Rally Australia FIA World Rally Championship Bowraville 19th November



Once again Bowraville will be the place to see the amazing World Rally Championship cars as they drive into Bowraville to refuel in Cook Street.

There will be market stalls in High Street and the Bowraville Lions Club will have their popular fairy floss, hot dogs and popcorn stalls.

Enjoy a tasty treat and coffee at one of our cafes and see the rally cars up close as they drive down High Street.

There'll be music at the Bowra Pub as well as a great new menu by new chef Liam Noble - so come along and enjoy a great day in beautiful Bowraville.

Bowraville Chamber Committee

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

Chamber meetings

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

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

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

There are also special interest committees you can join.

Meetings held 4th Tuesday each month 5.30pm @ the Ex-Services Club in High Street.





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 barmarranygu yilaami,manggagirr maana darrunda guunu julgaaganybiin.gu."

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

FREE SERVICES

Monday Counselling Services
Contact Interrelate for appointment
Ph 66594150 Everyone Welcome

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

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

Thursday Legal Aid
1st and 3rd Thursday of the month
10am to 12pm
Ph 66517899

Need your Licence?

Register now for new Driving L Class
The course is FREE runs over 6 weeks.
Includes 2 FREE Driving lessons
Contact Ph 65648855

Hippy program

Tutoring for 4 year olds
Contact Nadia for further details
On 0457160138

Venue Hire

Large Training room with large outdoors area
Available 7 days/nights per week
Great for your next social event, training or crafters.
Contact 65648855
Email admin@miimi.org.au

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

90 High Street, Bowraville

PHONE 02/65648855

Email: admin@miimi.org.au

Coronation Kennels & Cattery

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

180 Coronation Road, Congarinni North

(just two kms from Macksville)

PHONE: 02 6568-2018

Email: marcia@coronationkennelsandcattery.com.au

Website: www.coronationkennelsandcattery.com.au

We provide the following services:

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

Sleepover - Check in 4-6pm check out

8-10am \$15 p/n Cats - \$12 per day.

3/11

Long Term Budget -

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

Not available during school holidays

Weekend/ Short-term Special

Check in between 5.30-6pm bring your
pet's tea with you and the fee is waived
for that day. Bookings MUST be for a minimum of 2 days.

Short-term Accommodation

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



Desert Power Pty.Ltd trading as

Dave Recklies Electrical

3546 North Arm Road, Bowraville

Domestic

Commercial and Industrial

Refrigeration

Air-conditioning

Solar



0412 742 479 or 02 65644085

davidrecklies@bigpond.com

Owner Operator with 20years experience

"ARctick No. AU26454"

3/11

AMAN

With

AVAN

Nambucca Valley

MINI MOVE SPECIALIST

HIRE

A MAN WITH A VAN



6564 8375 or 0458 990 904

Insured ABN 87 009 289 943

0/0

0/0

Bowraville Connections — Stage 1 Community Recreation and Sports Precinct

What is it?

A concept for an intergenerational, multi-sport, recreation and leisure facility for the western side of Bowraville; which includes the area from the Preschool, through Hennessy-Tape Oval and amenities, to the Recreation Club.

The current precinct is disjointed and has isolated areas which discourage casual use of facilities. The community has expressed a desire to improve this area and Nambucca Shire Council is working on a response.

What is involved?

Improvements to, and enhancement of, existing facilities with some new construction in a staged approach. The concept includes a modern, central and safe children's playground and family picnic area with easy access and space for cultural storytelling; construction of pathways connecting town and schools with the existing sports facilities and Recreation Club; weed removal; landscaping and revegetation; drinking water stations; picnic tables and seating at the cricket nets.

Other work will include repairs to the skate park, stabilising the retaining wall near the Tiger's Clubhouse/ tennis courts and construction of a river access point. Conversion of 1 tennis court to basketball and construction of a BMX track introduces 2 new recreation options.

At the Recreation Club: new roof, internal improvements and refurbishment of the existing bowling greens.

Future development may include additional pathways, primitive camping area and more car parking.

How will we fund the project?

To make the impact needed a large amount of funding is required. Council has submitted an "Expression of Interest" to 2016-2017 NSW Clubs Grants for nearly \$1m. If successful we will be invited to make a formal application. Other sources of funding is welcomed and may be needed.

Where to from here?

Firstly this is a concept and the various components have not been tested for their logic or social, environmental and engineering viability. There may also be clear community reasons not to progress certain elements in their proposed location or at all. More careful scrutiny and community feedback will help refine the Plan.

Also, the Concept plan is a part of a possible future larger project to create improved connections across Bowraville eg from the Canoe Launch near Grassy park, around or across town to this western precinct. The plan should interest the community as it has the potential to incorporate strong environmental and social actions for Bowraville.

Have your say and give us your support – by 18 November 2016

Complete a Survey online <https://www.surveymonkey.com/r/Q7W3R3X>

View Plans at: http://www.nambucca.nsw.gov.au/cp_themes/default/page.asp?p=DOC-PCS-14-08-60 also at the Bowraville Technology Centre.

email: council@nambucca.nsw.gov.au

Coral Hutchinson, Nambucca Shire Council, Manager Community Development. 21 October 2016

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





ARGIE'S BARGIE MARKET DAY – ARGENTS HILL HALL!

North Arm Rd: 13km sealed road from Bowraville

LET'S MAKE IT ABOUT

PRODUCE, PLANTS & PRESSIES!

Sunday 20th November 9am to 2pm



Food, tea, coffee & drinks available on the day
stallholder, car booters & buskers, to secure yourself a spot
bookings are essential prior to the day

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

1/1

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

2NVR - Studio Live

On Friday, November 18th popular local country musician and storyteller Rod Dowsett will entertain. This is his return gig after spending the last 8 months in Kings Cannon in the Northern Territory entertaining overseas visitors.



Studio 3 Live starts at 6pm till 8pm. Bring along drinks and nibbles or for a small donation try the delights of Studio 3 Cafe.

If you can't make it to be part of our studio audience you can tune in or listen via our streaming link on our website www.2nvr.org.au



FIREWOOD, CHOPPING BLOCKS, KINDLING, LANDSCAPE SUPPLIES

CLEAN UP & RUBBISH REMOVAL, POSITRAK WORK,
CONTRACT RIDE-ON MOWING

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

Pick up or Deliver
Mini Tipper

1 Paulownia Place, Bowraville 2449
Phone Bruce on 0488 138 638



3/11

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

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

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

Real people in a casual relaxed atmosphere.

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

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

2/11

WHAT'S HAPPENING IN BOWRA

From page 12

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

Continued on Page 22

CRANE TRUCK HIRE

For all your lifting and shifting needs

Serving the Nambucca district and beyond



Call:
WAYNE NOBLE

Telephone:
6564 7528

Mobile:
0427 653 312

7 DAYS

0/0

When Collecting Becomes Hoarding

Collecting is something many people do as a hobby or just because they like to keep things that remind them of fond memories. People collect everything – from stamps to antiques, cards to their baby's first tooth.

But when does collecting become hoarding? This is a complex question and undoubtedly something that is subjective in many cases. However, for some people, the fact that they collect a lot of things can cause them a range of other problems that have a negative effect on their daily lives.

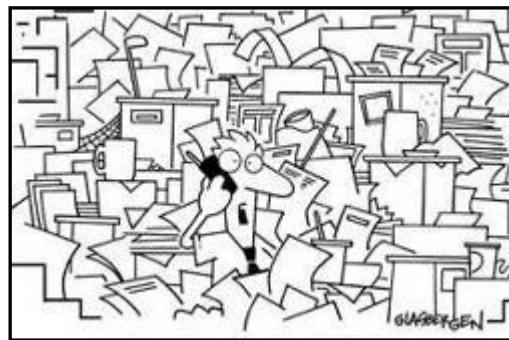
Hoarding is described as a disorder if someone collects too many things, have difficulty letting go or throwing out things that are no longer needed or wanted and if they have considerable problems with organisation. Often, people who hoard have difficulty moving around their home due to the amount of things they have accumulated inside it or even around the outside of their home. It can also create a situation where the person can no longer maintain their home and keep it clean.

People who hoard often report that they shop excessively in order to acquire more things. This can cause financial difficulties and relationship problems. This compulsive buying has been found to be associated with OCD and depression. Even though the person may be aware that they have too many things the thought of throwing things away, giving them away or recycling them is too difficult.

The accumulation of things throughout the home causes many problems and people who hoard have difficulty organising their home in a way that helps them to live a normal life. Often their home contains piles of things which contain both useful and worthless items together, making it difficult for them to find things and move around comfortably. The task of locating things that they do need becomes extremely time consuming.

The three C's is a simple way of looking at the stages of acquisition:

Clutter - Some people are disturbed by small amounts of disorganisation or disorder, others thrive in the midst of a 'creative mess'. What matters is: Are the things being used? And can the owner get rid of things easily?



Continued on Page 24

NAMBUCCAVALLEY PHOENIX WORKCREW
community support services

No Job TOO BIG or too small

We offer the following services to *any* home, business or person.

- * Lawn mowing and garden maintenance
- * Rubbish removal
- * Sulo bin cleaning
- * Assistance in domestic tasks inc. cleaning, dusting, etc
- * End of lease cleaning
- * Furniture assembly
- * Repairs and Painting

Call 6564 7677 for an obligation free quote !



PHOENIX ART TREASURES

The Phoenix Art Treasures is loaded with pre-loved goods, new products, furniture, electrical, bedding and more!

Donations can be made during opening hours or by phoning and arranging a pick up time.

OPEN MONDAY TO FRIDAY 9.30AM-2.30PM

Located at the Top of Town 51 High Street Bowraville

Looking for something unique to decorate your office? Fine examples of our artisans talents are displayed and available for purchase in the **Phoenix Gallery** located in the Phoenix Art Treasures building.

Volunteers are an integral part of our business, volunteering is a rewarding way to help our community and the people in it.

The store for better bargains.

3/11

NAMBUCCAVALLEY PHOENIX
community support services

Cissy Cooper of Matildas restaurant is our kitchen chef assisting our talented employees to prepare and deliver morning tea and lunches.

Eat in or Takeaway

Choose from our daily specials at great prices or from our menu.

\$7.50 Coffee and Cake Special

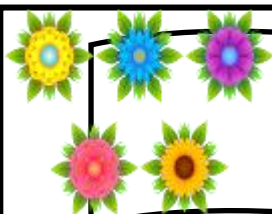
\$10 Lunch w drink Special



OPEN MONDAY TO THURSDAY 9.30am—2.30pm

Dine In or Pick Up at 88 High Street, or we offer FREE DELIVERY to your workplace in Bowraville

CAFE & CATERING



Sue's TRIVIA for November

SPRING



DID YOU KNOW

Aussie Music week begins on 2nd November. Keith Urban and Carrie Underwood National Tour starts 29/11/2016.

Looks a bit like the horse I had in the Melbourne Cup - will I never learn!!! So much fun to go into all the sweeps. A great Aussie tradition.



Never ever apologise for anything that makes you Happy.



NOVEMBER

Flower: Chrysanthemum which means compassion and secret love.

Birthstone: Topaz

Colour: Yellow

FUN AND LAUGHTER

- Tearing — a teacup stain
- Wattage — to ask someone their age
- Locust — inexpensive
- Fee — a giant's first word
- Formate — a gift to a partner
- Gross stupidity — 144 politicians
- Haggle — a small witch



"Dammit I'm Mad"
Spelt backwards is
"Dammit I'm Mad"

Let's get set to travel



Visit a classic outback cattle station on a Best Kings Canyon Day Trip from Ayers Rock.

Test your resolve on a Sydney Bridge Climb, walking up the heights of the city's iconic bridge.

Take a Blue Mountains Small-Group Day Trip from Sydney to see lesser-known sights. On a Blue Mountains Day Trip and River Cruise, escape the city for mountainous hiking trails and gaze out at the famous Three Sisters. To see Australian wildlife in its natural habitat, hang with koalas and kangaroos on a Blue Mountains Nature and Wildlife Day Tour from Sydney,


For a more in-depth look at the area Gold Coast with a theme park pass, good for Movie World, Sea World, and Wet n Wild.

My husband Ken and I decided to go for a drive out of Bowraville into the great blue yonder to do a little sight seeing and exploring - how great to see kids swimming at the river, grabbing a drink from the local shop and a picnic at the park. All the trees seem to be flowering and the birds where so prolific wherever we stopped. We had a great time and we sure do love this little town and the happy people of Bowraville.

"PLAY BALL"

1. Sit players in a circle, with balls.
2. On your signal everyone passes the ball to the person on the right, keeping the balls moving at all times.
3. If anyone drops their ball they're out but their ball remains in, making the game harder.

The winner is the last person out.



Like to learn to play the piano? Well, who wouldn't - Christine sure knows how to teach you to tickle the ivories.

Packing a bag for a German holiday? The trick is to learn a bit of the language first - Christine will gladly spare you some time and teach you the basics.

Very modest rates.

Give Christine a buzz on 6564-7160.



Mark Scott
you are a legend! You are so **on the move** for our town, thanks heaps for all your community spirit.

Yay!!! For all the books donated to the Bowraville Technology Centre's Book Nook. You're welcome to come in and browse through the interesting titles.



- What is the disease 'consumption' also known as?
- In economics what does CPI stand for?
- What is the female version of a boar?
- What is the most abundant metal on Earth?
- What do a kangaroo, anteater and seahorse have in common?
- What is the fastest animal on 2 legs, which can reach a speed of 60 miles a hour?

liberulosiscosumerpricelindexsowalminlumthieycarryyounginapouchostrich

Strong Families — at Phoenix DID YOU KNOW?

There are two types of AVOs:

- ♦ An AVO protecting a person from **domestic violence** is called an 'Apprehended Domestic Violence Order' or 'ADVO' - when violence is done by someone who you were or are in a domestic relationship with like a family member, husband/wife or partner. (or flat mate!)
- ♦ An AVO protecting a person from **personal violence** is called an 'Apprehended Personal Violence Order' or 'APVO'. Personal violence is violence done by someone like a neighbour, co-worker or friend.

An AVO can protect a person from:

- ♦ violence or threats of violence
- ♦ stalking
- ♦ intimidation
- ♦ harassment.

Information from:

http://www.lawaccess.nsw.gov.au/Pages/representing/lawassist_avo/lawassist_avo.aspx

Note: **An AVO does not stop the *protected person* contacting the *defendant*.

**Changes to an AVO can only be made by the court.

**It is up to the *defendant* to abide by the AVO even if the *protected person* says it is ok not to. AVOs are *court orders* and must be adhered to or the *defendant* risks *criminal charges*.

**Call in and see Sue –
if the blind is up where the Aboriginal flag is
in the window, she is likely in the office and
available.**

**Ph: 6564 7677, Mob: 0499 002 141 email:
strongerfamilies@nvp.org.au**

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

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

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



Bowraville Strong families



A Community Program

Funded by NSW Health through
the Aboriginal Injury Prevention
Program



2/11

WHAT'S HAPPENING IN BOWRA

From page 19

Notice to all community groups

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

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



In the interest of utilising a special asset, your Missabotti Community Centre, and continuing to provide an excellent venue for a variety of events for locals, friends and visitors to meet and enjoy themselves.... and with the festive season looming, please consider . . . **Hiring the MISSABOTTI COMMUNITY CENTRE** ^{1/1P}

FACILITIES AVAILABLE: Disability and user friendly, private country location.

Spacious performance auditorium/ballroom for any event with extensive outside undercover area, BBQ (gas) and 2 performance stages. Fenced tennis court (currently rough surface) – ideal safe play area and extra event space.

Fully equipped and functional large KITCHEN, electric stove/oven, big fridge, coffee machine (barista experience needed) next to Main Hall.

Tables, chairs, benches*. Tank water, solar power, ladies, gents and disabled toilets.

Ample parking. Beautifully maintained lawns and garden surrounds. Possible camping.

Only 15 mins from Bowraville on sealed road.
Telstra pay phone.

*Hire facilities include large shed space also.

Information and facilities on Nambucca Shire Council's website and Facebook – Missabotti Community Centre.

Bookings and Contact: Secretary: Diana 6564 7142
dtrilsbach@hotmail.com

Chairperson: Dawn 6564 7646

dawnkennedy@live.com.au

HIRE CHARGES: \$175 (24hrs) plus bond.

Per hour – POA. Application for Hire forms available.

Thank you from the Missabotti Hall Committee members

Myffie Coady's next art exhibition "Moments" will be at beautiful Gladstone from 1st November to 13th November

Myffie Coady, local multi-award winning artist from Bowraville, has had a very successful year, gaining four art prizes in our region - winning Most Popular Painting and gaining Second Prize for her painting "Wild Horses" at the Macksville Show's Art Exhibition and also gaining Second Prize for her painting "Melancholy" and Commended for her painting "Freedom", in the E.J Mantova Memorial Art Prize at the Bellingen Show. She is passionate about nature and is an accomplished portraitist.

Myffie's upcoming solo art exhibition "Moments", feature a series of contemporary acrylic paintings focusing on the connections between nature and moments in time. She finds inspiration in animal and human feelings and her paintings reflect this. Myffie says "Some moments we will always remember ...like a young child cuddling her kitten... I like to paint that moment and I love it when I see someone smile as they look at a painting. Then I know that the painting has evoked an emotional response."

The exhibition will be open daily from 1st to 13th November from 10.30 to 4.00pm.



The "Moments" exhibition will be held at the Macleay Valley Community Art Gallery at 5 Kinchela St Gladstone from 1st November to 13th November, 10.30am - 4.00pm daily.

This is a great opportunity to buy a special Christmas gift and visit the local cafes and shops in the village of Gladstone. Take the turn off to South West Rocks then onto Gladstone which is becoming well known as an artistic village in a beautiful location on the Macleay River.



Visit Myffie's exhibition, enjoy a riverside stroll and take in the heritage buildings, history and make some funky finds. You will have a great time exploring the village with its 19 beautifully preserved buildings, art galleries, specialty shops and cafes. There is also a great pub across the road from the riverside park. For those who enjoy boating and fishing there is a boat ramp ready for a great day out on the Macleay River exploring the local waterways.

Myffie can be contacted on 0437302146; email: anjuna@live.com.au;

facebook : Myffie Coady Art, Instagram: myffiecoadyart



Bernard Laverty Funerals

24 hours 65681555

Monumental Masons & Florist

'Speak to us about the benefits of Pre Paying'



When Collecting becomes Hoarding *continued from page 20*

Clots - Clots are when collections of clutter aren't used or moved for 6 months or more. The household still works, the rooms can still be entered and lived in but there are 'dead' places. Touching clots or moving them can provoke the same cries and panic that hoarders have when their things are touched or moved. *Examples:* a laundry pile that is never completely folded or put away; bags or boxes created after a sort out but have never made it out the door to the charity shop or the rubbish bin; collecting fabric for a quilt, cutting the first bits, then not touching it again for 5 years; unwanted purchases in their original packaging which have sat so long they can not be returned.

Clogs

Clogs are when clots all over the house become stuck to one another. For example a spare room can become a dumping ground - all the clots described above have been carried into the spare room and left. Eventually it is impossible to open the door or get into the room. The possessions are no longer being used. The person is now serving their things rather than the other way around.

Recovery

Primarily, treatment for hoarding involves cognitive-behavioural therapy (CBT) with similar aspects to that used to treat OCD. CBT has been shown to be successful in treating people who hoard with recovery rates reported to be up to 80%. Group therapy can also be helpful as this reduces feelings of isolation and shame associated with hoarding behaviours and can even help motivate the person to seek individual treatment. Group therapy can help people develop their own skills and understand the emotions and thoughts associated with their disorder. Self-help and peer-support groups such as on-line support groups can also be helpful in reducing feelings of isolation and help to increase the person's self-esteem through sharing stories and skills which are helpful in the recovery process.

Finding help

If you know someone who may have problems with hoarding you can call ARCVic's helpline on 9830 0533 or 1300 269 438 for information and referral.



into action with
Slashing

Bulk Lime and Chicken Litter spreading

Can also spread TNN, Super, Natramin, Urea etc.

Call Eddie on

0416 116 723

After hours

6564 8980

1/1

Please visit our website www.ebcontracting.com.au

EDDIE BOOTH CONTRACTING

Social Golf

FUN



FUN



FUN



GOLF

HIT AND GIGGLE

GOLF

(or more serious if you wish)

BABIES IN STROLLERS WELCOME



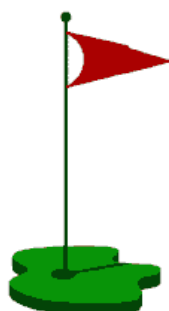
GOLF CLUBS AVAILABLE AT CLUB

WE ARE VERY FRIENDLY PEOPLE

To Start: RING GOLF CLUB on **6564 7348**

TUESDAY MORNING 9.30

COST \$10.00



Lions District Convention



At the district convention held in Taree on the weekend of 22nd and 23rd November, Bowraville Lions Club member Mark Scott was presented with a Helen Keller Fellowship Award for his dedicated service to the community. Mark is the district chairman for the Lions Hearing Dogs.

Macksville/Bowraville Uniting Church preparing for July 2017 Centenary Celebrations

Members of the congregation are very busy.

The grand old church building at the end of George Street has been cleaned outside and beautifully painted inside. The hall being used for the Op Shop has had alterations to the approaches to make it safe for the elderly and convenient for mums with prams to access the shop and several members have been busy planting a flower garden in the front of the church.

It is hoped that anyone with photos of church members from earlier times will contact us so copies may be added to our slide show to be used on Sunday 9th July. Hopefully there will be a large gathering of descendants and friends of the community as this celebration will be open to everyone.

The day will begin with a service conducted by Rev. Bob Richards who preached for several years in this church in the early 2000s. There will be several previous ministers attending on the day.

In the meantime our services continue to be held at 2pm on the second Tuesday of each month and the Op Shop has lots of summer clothing for sale. Don't forget to inspect our range of furniture items and tested electrics.

We thank all the community for their ongoing support and donations and especially those who willingly give of their time to help the shop.

Remember . . . Reserve the date:

9th July 2017 for our Celebrations next year.

- Contacts: Mavis 6568-2451 or June 6564-7012

Thank You, Thank You, Thank You

Recently Jane, a Missabotti resident, was the victim of a well-planned crime.

At around 9.30pm an intruder drove up her driveway, loaded her ride-on mower onto her father-in-law's trailer then hitched it up and drove off into the night.

By the time Jane, who was ill at the time, got up to see what was happening all she could see were tail lights disappearing into the distance.

The trailer was later found by police near the gravel pit at the Macksville turnoff near Wirrimbi.

When another Missabotti resident heard what had happened he did some fundraising from local businesses and friends and purchased and installed security lights around Jane's property.

Jane would like to sincerely thank the members of the community who donated and especially the person who did the collecting and installing of the security lighting (who does not want to be named) for their generosity.

Mary Noble turns 90

The 90th birthday celebrations for well-known South Arm personality Mary Noble, became a musical event when the Bowra Hotel was overtaken by musicians on the evening of Saturday 22nd October.

The gathering featured local musicians Barry Noble, Sharon Noble, Kerry Pyke, Lach McKay, Laurie Peninton and Shane Peninton.

Approximately 100 family and friends joined Mary for this happy occasion.

Happy birthday Mary.

Bulk-billed COUNSELLING on Friday's

*(for those with pension or healthcare card and
with GP referral)*

Where: Nambucca Valley Phoenix
Building (Old Bank), Bowraville.

Email: coscoffs@gmail.com

Mobile: 0457 457 867

**Accredited Mental Health Social Worker
(AMHSW)
Kimberlee Soule**

Children, adolescents, adults, parents.

***"When you look at a person, any person, remember
that everyone has a story. Everyone has gone
through something that has changed them."*** 1/1

Bowraville Central School News

2016 Year 12 students celebrated the end of their school years with a formal dinner on the delightful Bowra Hotel verandah on Thursday, 22nd September. The girls looked absolutely stunning in their gowns while the boys, too, looked very dapper. The dinner was catered for by the wonderful Bowra Hotel.

The Bowraville Central School Year 11 Hospitality class and their teacher, Mrs Eve Riches, spent the day preparing for the evening. The class showed great professionalism and commitment to the task. All involved did a fabulous job and worked at the venue from 9am until 10pm that evening. Tasks included setting tables, decorating, making canapés and pre-dinner drinks, serving guests, clearing up and closing down the venue. All these students gained a total of 12 hours work placement time for their portfolios which is a mandatory requirement for the completion of the Certificate 11 in Food and Beverage.

Many thanks must go to Mrs Riches, Year 11 Hospitality class, Year 12 Year Advisor, Mr Lynden Briggs and the marvellous Bowra Hotel staff for making it such a memorable evening.



Year 11 Hospitality Class preparing to serve dessert.



Callen and Lockie cutting the cake.



Lockie Whalen, Keeley Finlay, Ronald Walker and Callen Summerville.



Year 11 Hospitality Students:
Jye, Shaun and Gabby.

Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Spring 2016

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	The Codfish Ball Jollyfish + 	Dano's Brecky Show Daniel Gosson & Hal The Robot 	Texas Flood Neil Green 	Morning Cuppa Heather Heywood 	Tones of Claressense Claire Watt-Powell 	Off The Cuff Radio Karl Bishop Music and conversation with a medieval twist into the now... 	Beam Me Up Scotty 	6 AM
7 AM	Inevitable music & comedy Lighten up!	High-paced cacophony to get those feet shufflin'!	The best breakfast music of all time all the time...	Music to ease you into the day			Sunday Music Mix	7 AM
8 AM	Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll 1950s-2010s	Global Mosaic Pieter A weekly musical trip through the world	Our Kind of Music Dallas Dent 	Under The Stinging Tree Poppa 	Talk Of The Town Ceri Winobel See what's going down! All things local	Sabor Latino Invite others to listen & pick the music from Latino World Music. Streaming: 2nvr.org.au call: 02 6564 7777	Country Highway Dave Wareing Country music classics to latest releases and comedy	8 AM
9 AM	Baby Boomers Donna Collins 	Infopinion Richard Laxton 	Easy Listening	Turning Pages Elizabeth Newman Books, authors and the music that moves them 	Lunch With Scotty Scotty 	Maggie's Mix Margaret Duffus 	Classical Corner Music from the past 1000 years Alternates weekly with The Lively Arts Music & spoken word from Am, TV, theatre & radio Neil Robertson	9 AM
10 AM	The Weekley Fix Paul Weekley 	The Phoenix Crew Selected music & madness	Jazz Azz I Like It Heather Heywood 	Simmo's Country John Simson 	Outback Outlaws Paul Rowe Old and new country music	Flashback Rock Rob Davidson Rock, '60s fill now	Dano's Mixed Grill Daniel Gosson A tasty mix of anything and everything to spice up your Sunday arvo	10 AM
11 AM	Get Funky Skyzie Get you some goodness...	Jack's Tracks Jack All the tracks with Jack Tune in!	Stella Bells Music to rock your soul	Aussie country music at its best	The Men's Shed Show Shu & The Crew 	Two For The Money Paul & Rachel Burns Music, fun & banter	Flashback Rob Davidson Local sports results and in-depth analysis	11 AM
Noon	Youth Music Program Toby Frost & Lea Gillard	Nambucca Valley Roundup - Paul Burns	Soundbite Slavomir Skokan 	Thursday Country Trickin'	Rhino On The Radio Switching to Studio 3 from 6pm-8pm on the 3rd Friday of each month for live artists & studio audience	Phase Out With Faye Faye Aspiotis Double shots of Aussie music	That's A Wrap Dallas, Donna, Trickin'	Noon
1 PM	Nambucca Valley Roundup - Rachel Burns	Latest & Greatest Country Bryon Edwards 	Nambucca Valley Roundup - Ron Hawkins	Highway Blues Retro When Only The BEST BLUES Will Do	The Friday Night Rock Show Todd Willis Continues overnight	Imagine This & The Antipodean SF Radio Show Woify Woify till 11pm	Booth's Drum With Captain Steve	1 PM
2 PM	Reggae Mixtape With Fitzroy Music outside the usual	Prog Rock Playlist Rhino till midnight	Phillinn With Phil New Australian Blues and Indie/Folk/Rock	Jeff's Junk Jeff Mills BBC World Service overnight	Overnight Express overnight	Woify till 11pm	Science & Reason Compiled by the Jollyfish Free Thought Radio, A Week In Science, Diffusion Science Radio, Lost In Science CRN overnight	2 PM
3 PM	Juggling Mondays Juggler's choice Music mix	The best of Progressive Rock BBC World Service overnight	Ants Rocks Anthony Garmsey Solid Rock	BBC World Service overnight	Overnight Express overnight	Woify till 11pm	Science & Reason Compiled by the Jollyfish Free Thought Radio, A Week In Science, Diffusion Science Radio, Lost In Science CRN overnight	3 PM
4 PM	CRN overnight	CRN overnight	Ants' music mix continuous overnight	BBC World Service overnight	Overnight Express overnight	Woify till 11pm	Science & Reason Compiled by the Jollyfish Free Thought Radio, A Week In Science, Diffusion Science Radio, Lost In Science CRN overnight	4 PM
5 PM	CRN overnight	CRN overnight	Ants' music mix continuous overnight	BBC World Service overnight	Overnight Express overnight	Woify till 11pm	Science & Reason Compiled by the Jollyfish Free Thought Radio, A Week In Science, Diffusion Science Radio, Lost In Science CRN overnight	5 PM
6 PM	CRN overnight	CRN overnight	Ants' music mix continuous overnight	BBC World Service overnight	Overnight Express overnight	Woify till 11pm	Science & Reason Compiled by the Jollyfish Free Thought Radio, A Week In Science, Diffusion Science Radio, Lost In Science CRN overnight	6 PM
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10 PM	CRN overnight	CRN overnight	Ants' music mix continuous overnight	BBC World Service overnight	Overnight Express overnight	Woify till 11pm	Science & Reason Compiled by the Jollyfish Free Thought Radio, A Week In Science, Diffusion Science Radio, Lost In Science CRN overnight	10 PM

2NVR — "Most Outstanding Small Station in Australia" CBAA Voice Award Winner, 2011 & 2013.
 2NVR — Australia Day Award 2012 for "Service to the Nambucca Valley Community".
 National news and weather is broadcast each weekday at 7am, 8am, 9am, Noon, 5pm, and 7pm
 Tewonga studio and office: 02 6564 7777 email: admin@2nvr.org.au
The Best Little Station In The Nation