

Bowraville Community News



Bowraville Community News is produced by the Bowraville Technology Centre.
39 High Street, Bowraville 2449. Tel: 6564-7420
admin@bctc.com.au www.bowraville.nsw.au



NOVEMBER 2017 ~ ISSUE #157 FREE CIRCULATION 350 POSTCODE 2449



Ignite MNC

Igniting economic opportunities in the Mid North Coast
6 - 10 November | Symposium 8 November



IGNITE MNC is almost here.

IGNITE MNC is produced by Regional Development Australia, Mid North Coast. The organisation traditionally hosts events in the region's larger cities, however this year CEO Kerry Grace lobbied to have the event in Bowraville. And here we are...

The Symposium will take place in Bowraville on 8 November.

200 guests are expected for the event and all tickets will be pre-sold
(none will be available on the day).

Most of the event will take place in the Bowraville Theatre (9am-3.30pm), however there will be the **Links2Success Opportunity Hub** which will happen in Grants Hall from lunch time and there will be a BBQ for local people out the front of Grants Hall from 12.30pm-2pm on the day.

Want to know how you can get involved as a Bowraville local?
Locals can purchase tickets from Bowraville Newsagency - local rate is the early bird rate.

There are still a few places remaining for local hosts – what this means is wearing the event t-shirt and supporting the event to run smoothly on the day (e.g. ushering people to lunch venues, talking about Bowraville, helping guests to learn more about the local community). Hosts get a free ticket and lunch in exchange for their support and time. If you are interested in being a host contact Kerry via the details below.

From the Chamber's perspective please consider the following points:

On the day there will be extra traffic in town and parking will be in short supply, so if you can, avoid driving to town on the day or car pool.

We really want to give visitors a good impression of the town and hope they will return in the future.

All locals can help out here by showing what a friendly community we really are. It will be great for all shops to be open on the day. The more vibrant our community is, the more likely it will be that people will want to return.

For any further questions please contact Kerry directly via ceo@rdamnc.org.au
or phone 5525 1500

BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 300 COPIES

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

NEW 2017/18 ADVERTISING CHARGES:

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

90 x 90mm (1/6 page)	\$10 issue/\$100 year
90 x 180mm (1/3 page)	\$18 issue/\$180 year
Half page (or 1 column)	\$20 issue/\$200 year
Full page (or back cover)	\$25 issue/\$250 year

DEADLINE FOR COPY FOR THE DECEMBER 2017 ISSUE IS: 5:00PM 21st NOVEMBER 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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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

Open 9.30 to 4pm Weekdays

Email: admin@bctc.com.au

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

Festival of Small Halls

To be held on Saturday, 25th November this Festival will feature the winner of 'Valla Has Talent' held in October for local acoustic musicians, choirs and poets. The winner will be sharing the stage with American folk artist Vance Gilbert and Melbourne's Folk artist Liz Stringer. Tickets are limited and can be purchased for \$20 at The Headland Café, Valla Beach or online. Just go to the Festival of Small Halls website and follow the prompts to Qld Summer tour 2017-18, tickets etc. The Festival will also have the talented chefs from The Beachouse Providore at Valla Beach catering for the event - so please bring cash for some yummy street food. Doors open 6:30pm.

Boomerang Bags

Nambucca Valley Boomerang Bags sewing bees continue every Wednesday throughout November, 10am to 3pm at the Pioneer Community Centre, 70 High Street, Bowraville. We will be taking a break through the summer holiday season, and return in February. Boomerang Bags will be at a couple of markets in the district as well, if you want unique, environmentally friendly Christmas gifts - head to Nambucca Plaza Market on Sunday Nov 12, The Bowra Regional Writers' Expo at the Pioneer Community Centre on Sunday November 19 and the "Buy a Bale of Hay" / Karly Lane Book Launch Xmas Market at the Macksville Ex-Services Club, 11am to 3pm, Saturday, November 25. Enquiries 6464 7908

BCDAI (Bowraville Community Development Association Incorporated)

Managers of the Pioneer Community Centre at 70 High Street, Bowraville will be holding their AGM (Annual General Meeting) to elect new committee members on Monday December 4, following the General Meeting which commences at 5.45pm. All welcome. Enquiries: 6564 7908. bcdainc@gmail.com

BowraMacksville Hospital Auxiliary

The October meetings were cancelled due to executive attending State Conference at Tweed heads. Our band of new volunteers have settled well into coffee shop training and we now have most trolley days filled. To meet our new members a Meet and Greet Afternoon Tea will be held at the Chapel 2pm on Friday 10th November. This will be preceded by a coffee shop meeting commencing at 1pm. With Christmas in mind we have a selection of gifts to raffle, look for Macksville stalls on the 17th and 24th November and in High Street, Bowra in December. Our usual branch meeting will also be held at the Chapel on Friday 24th November commencing at 10pm. Recent advice from hospital executive informs us that planning for the new hospital is well under way. The first priority was to be sure the ground was suitable. Planned finish is for the end of 2020 and 73 million dollars are locked in for its completion.

Bowraville Garden Club

Only a small band of members visited the Bellingen Rose Garden as many were travelling NSW and interstate. The next meeting which will be our AGM will be held at the home of Dee Hunter and be followed by a luncheon. An extra day out was a visit to member Barbara's garden to admire her beautiful roses.

Bowraville Seniors

Due to the closure of our venue (the CoachHouse Inn) during October this was a chance to organise a bus trip, so off we went to The Marine Park at Coffs Harbour. The Aquarium suffered a flooding the previous night so we had limited access to all the displays. However a visit to this facility is recommended. Then on to the famous Korora Lolly Shop, the Cobana and the Clog Barn. Here we relaxed with a light luncheon followed by a demo of clog making. Seniors meet the 3rd Monday of the

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 ~

11/11

Frank Partridge VC Military Museum

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

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

This museum is a 'must see'.

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

Admission by Gold Coin Donation.

29 High Street, Bowraville 6564-7056
enquiries@militarymuseum.org.au

8/11

Weekly Activities

MONDAY

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

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

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



TUESDAY

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

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

WEDNESDAY

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

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

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

THURSDAY

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

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

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

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

FRIDAY

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

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

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

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

SATURDAY

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

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

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



SUNDAY

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

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

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

ACTIVITIES ORGANISERS

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

TECHNO LESSONS OPEN TO EVERYONE

The **Technology Centre** 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 LESSONS

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

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

For technical issues please contact BTC for an afternoon booking.

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



Special offer to community groups

Save on paper and ink!

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

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

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

From Page 3

month and would love to see more Bowraville Seniors join us for a time of friendship and a coffee.

Recreation Club

Our much appreciated rain event was great for growth in fairway grass and greens but interfered with our sport. During the month golf greens were cored and sanded resulting in some unusual scores. Bowling comps are still being played. The Club's AGM will be held on the 12th November. Moira Welch has put out a plea - who borrowed and did not return the Bingo machine? We would appreciate its return.

St Jimmy's Kitchen

A free meal for the community on the second Thursday of each month from 5:30 to 7:00pm in the Anglican Church Hall in Young Street. Dietary needs taken into consideration. All welcome.

Hot Chocolate Talk

Are you lonely? Do you like to chat? Would you like to meet new friends? Well, come along to Hot Chocolate Talk every 1st Saturday of the month at 1pm in the Arena of Life Church at 48 High Street, Bowraville (opposite High School). You can meet with other ladies, enjoy music and talk about life issues concerning women of every age. You will be warmly welcomed - enjoy a free cuppa and cake. For further information call Christine on 6564-7160.

Gold Coin Donation Pilates Class

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

Bowraville Uniting Church and Op Shop

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

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

Bowraville Playgroup

Bowraville Play-group meets at Bowraville Central

Continued on Page 26

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.

Long Term Budget -

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

Not available during school holidays

Short-term Accommodation

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



3/11

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

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

BOWRAVILLE HEALTHCARE CENTRE

Dr Edwina Guard MBChB BSc FRACGP

29a High Street Bowraville

Ph: 0448 161 192 Fax: 8322 8095

email: edwinaguard@yahoo.com.au

Surgery Hours

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Fri 9am – 4pm

Sat by Appointment

Laverty Pathology

Mon to Fri 9am – 1pm

Psychologists

by Appointment

Physiotherapy

by Appointment

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Pilates and Yoga classes

9/11

Protecting your privacy online #2

What a VPN won't do

With all this talk about how a VPN will secure your identity and protect you while online, it's worth noting what a VPN will not do:

It won't secure your home network connection. You still need to ensure your modem/router is securely connected to the internet. Make sure encryption is turned on (the WPA2 setting is best), and use a strong password to stop others accessing your network, using your data allowance by piggybacking on your connection and possibly even getting access to your private information.

It won't protect your computers from malware. A VPN is no replacement for properly installed and configured antivirus software on your computer. That should always be turned on and kept up to date. Though some VPN services include antivirus checking in their list of features, this should be seen as an extra level of protection and should not be relied on for general protection.

Hotspot danger

The explosive growth of public Wi-Fi hotspots is a boon for on-the-go consumers. It's also a boon for criminals who prey on unsuspecting customers using laptops and mobile devices with unprotected connections.

Free Wi-Fi is becoming commonplace at cafés, restaurants, public libraries, airports, schools, hotels and local businesses who see it as a way to entice and retain customers. Government and major telcos are getting on board as well. Telstra is constructing a massive national hotspot network and Optus plans to do the same.

This sounds great, but hackers can 'camp' at a popular Wi-Fi hotspot (or nearby within signal range) and 'sniff' your network traffic to see what you're doing. They can intercept any transmissions (i.e. email, web browsing) that are not encrypted, possibly gaining access to your passwords and other private information.

Never, for example, use banking websites or apps at a public Wi-Fi hotspot without a VPN. How likely is it that your information will be intercepted at a hotspot if you don't use a VPN? Who knows? But is it worth taking the risk? Definitely not.

VPNs and piracy

Isn't a VPN a piracy tool? The short answer is 'no'. The ongoing controversy around getting access to overseas streaming video content has put the spotlight on VPNs. Once the domain of business users and hackers, VPNs are now mainstream tools for everybody to use to protect themselves while online.

VPNs are often mentioned in the context of getting around geoblocking so you can watch legitimate commercial online content which is otherwise restricted from viewing in your geographical area. This content usually requires payment to access the service, but the provider might restrict its accessibility to certain countries. Popular examples of this are Netflix in the US and BBC in the UK.

Getting around geoblocking is not the same as piracy, in which copyrighted content is downloaded without payment. Like torrents, VPNs are legitimate internet tools but they can be used for legal or illegal purposes.

Using a VPN hides your IP address for all your net activities including browsing, email, instant messaging, VoIP (voice over IP) and so on.

Why hide your IP address?

A lot of online services know where you're connecting from as soon as you go online and they keep tabs on you from then on. This might add some convenience to your online shopping, social network posts or even web browsing, but you should have the right to opt out of this tracking when needed.

There are numerous other reasons for wanting to hide your IP address, including:

- hiding your geographical location for privacy reasons
- encrypting your information transferred over public wireless systems
- shopping overseas online, to get around location-based artificial price inflation
- preventing anybody from tracking your web browsing
- leaving no digital footprint of your identity, whereabouts and online activity
- getting around bans or blacklisting of your IP address
- getting around censorship filters and government snooping that in some countries can put you at risk of losing your job, your freedom or possibly even your life. A VPN can help you communicate with the rest of the world in a way that can't be tracked back to you.

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Techno Joke

Texting acronyms can stump even the best parents:

Mum: Your great-aunt just passed away. LOL.

Son: Why is that funny?

Mum: It's not funny - what do you mean?

Son: Mum, LOL means 'Laugh Out Loud'.

Mum: I thought it meant 'Lots of Love' - I have to call everyone back!



NOVEMBER PROGRAM at the

BOWRAVILLE THEATRE

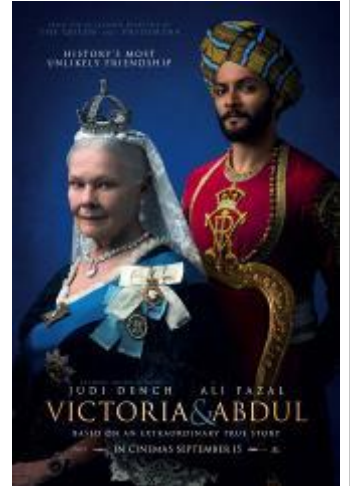
Saturday 11th at 7pm & Sunday 12th November at 2pm

Victoria & Abdul - Queen Victoria strikes up an unlikely friendship with a young Indian clerk named Abdul Karim.

Abdul Karim arrives from India to participate in Queen Victoria's golden jubilee. The young clerk is surprised to find favour with the Queen herself. As Victoria questions the constrictions of her long-held position the two forge an unlikely and devoted alliance that her household and inner circle try to destroy. As their friendship deepens the queen begins to see a changing world through new eyes joyfully reclaiming her humanity.

Adult \$12, Concession \$10, BAC Members/Children \$8, Family \$30

Doors open at 6.30 pm, join us for a complimentary cup of tea or coffee



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OPEN TO ANYONE WITH AN INTEREST

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CONTACT: Jill Ashley - Phone 0407 142 293

email: jillian.ashley@tafensw.edu.au

Bowraville & District Ex-Services Club

6564-7304

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“Keppy’s Bistro”



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Saturday**



Lunch - 12noon to 2pm

Dinner - 6pm to 8pm



6564-7304

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

POOL TABLE \$1 per game



2/11

BOWRA HOTEL

OPEN 10AM - MIDNIGHT

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CHEF

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Tuesday, Wednesday, Thursday,
Friday and Saturday

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

LUNCH & DINNER

Sunday 11:30am-2:00pm and 5.30-8pm

Enjoy the country charm of the streetscape as you
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33 HIGH STREET, BOWRAVILLE

Ph.6564 7041 Fax. 6564 8471

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	6564 7908 0400 828 471
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, Jetty 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

ProAg set to return as Mid North Coast region's premier primary industry field days

With the announcement of the return of ProAg field days – it is set to become NSW Mid North Coast region's premier primary industry event. Staged over two days, Friday and Saturday, 3 and 4 November, the Nambucca Valley based event held in Macksville NSW, is now conducting a call-out to exhibitors for 2017.

Group Manager, Kate Nugent said the overall optimistic outlook in Australian agriculture had encouraged agri-manufacturers and service providers from the eastern states of Australia to see the reinvention of ProAg in a very positive light. "I am certain we will also see a strong showing of interest from farmers and people on the land," she added.

ProAg field days will be staged at the Macksville Showground, on the outskirts of the town in the heart of the Nambucca Valley, one of Australia's most diversified farming regions.

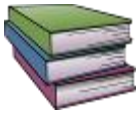
The event is designed to offer display, promotional and sales opportunities to all sectors, from farm machinery, tractors, tillage and irrigation equipment to pumps, power tools, homewares, health and everything in between.

ProAg began in 1984 and was later purchased by Rural Press Ltd, now Fairfax Media, Australasia's largest metropolitan, regional and rural publisher - and organiser and promoter of several fields days in Australia and New Zealand including the giant, Commonwealth Bank AgQuip in Gunnedah NSW.

With exciting plans in store for ProAg – this key event is poised to play a vital role in Australia's increasingly diverse industries.

For information to exhibit at ProAg field days, go to www.proagfielddays.com.au

For any other enquiries, please call the organisers, Fairfax Rural Events on 02 6768 5800.



BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

Matilda is Missing and I Came To Say Goodbye

by Caroline Overington

After reading the 'blurb' on the back cover of both of these novels I was dubious about reading them. Although they sounded interesting I thought they would be depressing given the subject matter was that of broken relationships and the effect on the children involved.

Having said that I think Caroline Overington did a very realistic job of writing novels based around these themes. Her characters are everyday people, struggling through everyday crises, suffering painful experiences and emotions, suffering through the legal system. These feel like true stories.

I enjoyed the way Overington's tales are told from the perspective of someone other than a main character but for whom it's still close and personal, particularly the first one as it makes the reader really think how such situations affect the wider family.

I Came To Say Goodbye is told by Med Atley, the caring father of Fat (not her real name but the nickname that stuck), his third child (2nd daughter) whom he raised alone from babyhood. When Fat reaches her teens she gets involved with an unsavoury character, Paul Haines, and her life heads rapidly downhill after that. Fat ends up pregnant, in an abusive relationship which she has no desire to get out of. Med stands by, observing from the outside, struggling not to interfere and finding himself part of a tragedy waiting to happen. And it does.

Matilda Is Missing is the story of a Softie and Garry. Softie dates Garry for the wrong reason, gets

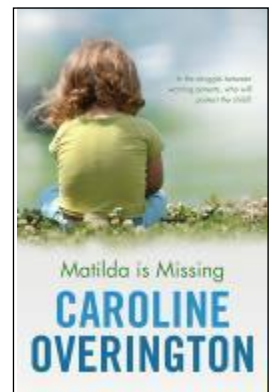
pregnant to Garry (unplanned) and marries him for several wrong reasons (she's feeling her age and the biological clock ticking and there is no partner in sight, she's feeling desperate about wanting a child, she wants a child within the family environment, she's not attracted to Garry and in fact doesn't even really like him, he's all wrong and embarrassing and doesn't measure up in any way, shape or form.....).

Garry really does love Softie. Their paths are not parallel at all.

Matilda is born and things worsen for Softie but Garry is overjoyed. It isn't long before Softie bails out, taking Matilda with her and then the fight is on.

This one is told by the "writer" friend of the judge who initially handled the family court case for Softie and Garry. When the judge dies his paperwork is sent to the writer who has to sort the whole thing out from scratch. Coincidentally he is experiencing a similar trauma in his own personal life as his son's wife has left him, taking the kids and banning the mother-in-law from seeing them.

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



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Antibiotic Resistance: The Facts

Overuse and misuse of antibiotics is increasing the problem of antibiotic resistance.

We are all part of the problem and the solution.

Read the facts that bust some common misconceptions about antibiotic use and antibiotic resistance.

Antibiotics don't work for all infections

Antibiotics only work on bacteria, not other infections like viruses that cause colds and flu. Taking an antibiotic when it's not needed will not make a significant difference to how you feel or how fast you recover. When you start to feel better it's usually because your immune system is doing the work to treat your infection.

Bacteria become resistant to antibiotics, not your body

Antibiotic resistance happens when bacteria change or mutate to protect themselves from an antibiotic. The more often antibiotics are used or taken incorrectly the more chance bacteria have to change and become resistant to them. This can make bacterial infections much harder to treat. Mutated bacteria can also pass their genes to other bacteria forming a new antibiotic resistant 'strain' of the bacteria.

Antibiotic resistance is already impacting our health

Antibiotic-resistant infections are not just seen in hospitals, agriculture and countries overseas, and they are not a problem to deal with in the future. Antibiotic resistance is already affecting individuals in the Australian community. Infection with antibiotic-resistant bacteria is associated with longer stays in hospital and a higher death rate. In Australia, the prevalence of multi-resistant bacteria (also known as 'superbugs') is increasing and more patients are getting staph infections that are resistant to multiple antibiotics. If you have an infection that is caused by bacteria which is resistant to antibiotics you are more likely to die from that infection.

Examples of bacteria in the community that have already developed resistance to a number of antibiotics include strains of Escherichia coli (E coli) that cause many urinary tract infections. 'Golden staph', a common cause of skin infections, is another example. Failure of the last-resort antibiotic treatment for the sexually transmitted infection gonorrhoea has occurred in Australia.

Green snot doesn't mean you need antibiotics

Coloured mucous or phlegm isn't always a sign of a bacterial infection and that also goes for other symptoms including cough, sore throat, earaches and fever. While some people with these symptoms will need antibiotics most people won't and will get better without antibiotics.

Green or yellow coloured snot can in fact be a sign that your immune system is fighting your infection and not that your illness is getting worse.

Sharing antibiotics and using leftovers can increase antibiotic resistance

When bacteria encounter an antibiotic, they adapt to protect themselves. There are actions that you can take to reduce the chance of resistance developing. Take the prescribed dose and complete the whole course of treatment prescribed by your doctor. Even if you are feeling better, taking the whole course reduces the chance that some bacteria will survive and become resistant. Don't share antibiotics with another person. This is important because the type of antibiotic may not be targeted to the bacteria causing their particular infection. Don't keep leftovers. The dose and amount leftover may not be enough to destroy a new infection – creating more opportunity for resistant bacteria to develop and multiply.

Antibiotic resistance can have personal consequences for you, your family and the community

If you or a member of your family develop an antibiotic-resistant infection you will have the infection for longer; you may be more likely to have complications from the infection and you could remain infectious for longer and pass your infection to other people. Antibiotic-resistant bacteria can persist in your body for as long as 12 months and may be passed on to family members or others in the community.

The drug pipeline for antibiotics is drying up

In the last 50 years only one antibiotic that works in a new way has been discovered and developed for use in humans. In 2015 media reported the discovery of a new class of antibiotics, called teixobactin, as a "breakthrough" and a "game-changer". However the new antibiotic has not yet even been tested in people.

Patients and doctors contribute to the problem

Reducing antibiotic resistance is everyone's responsibility. Patient expectations lead many general practitioners to prescribe antibiotics when they may not be effective - contributing to the growing problem of antibiotic resistance. More than half of GPs reported that they would prescribe antibiotics for an upper respiratory tract infection to meet patient expectations.

One fifth (20%) of consumers said they expect their doctor to prescribe antibiotics for a cold or flu. 17% of surveyed consumers ask their doctor to prescribe antibiotics. Some doctors don't believe their individual prescribing makes a

Continued on page 18

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



Allergy season is upon us!

Are you one of the three million Australian adults – 15 percent of our population– that struggle through spring and summer with watery eyes, running nose, itchy throat and the hallmark hay fever symptom, sneezing?

When people with hay fever are exposed to particular pollens, their body mistakenly thinks this is a threat and triggers an allergic reaction. Inflammatory cells quickly release mediators such as histamine and that's when the symptoms kick in.

In some people with hay fever, pollen allergens can trigger allergic symptoms in the lower airways as well as the nose, making it difficult to breathe. Under certain climatic conditions, such as after thunder storms, pollen allergy can trigger asthma attacks, even in those without a history of asthma.

Hay fever can have a profound effect on our ability to function normally and the problem seems to be getting worse.

How to manage your symptoms

A number of oral medications, nasal sprays and eye drops to treat hay fever are available over the counter at pharmacies. They work in different ways and have different pros and cons.

Antihistamines have been used to manage hay fever for decades and can be the first-line treatment for those with mild or occasional hay fever. When you can predict exposure to an allergen, such as when lawn mowing or going on a picnic in spring, taking an antihistamine before the exposure will provide better protection. They are also safe to use in the long term.

Antihistamines in general are good for itching, sneezing and watering symptoms, but do not relieve nasal blockage very well. Decongestant tablets and sprays can do this job, but they are limited to relieving symptoms only and do not resolve the underlying inflammation.

Overuse of decongestant nasal sprays can lead to longer-term problems with nasal blockage, so limit their use to a few days only.

For people with moderate to severe and persistent symptoms of hay fever, the most effective medications are the intranasal steroid sprays. These sprays have a “preventative” action and are most effective when use begins before the pollen season. If not, they will start relieving symptoms after a few days. The sprays must be used every day during the season to allow the best chance of success and to minimize side effects in the nose. They have also been shown to reduce allergic eye symptoms.

A number of people with hay fever will have troublesome eye symptoms, usually itching, watering and redness. If this isn't relieved with topical nasal sprays, topical antihistamine eye drops can be very effective.

Come in and have a chat with us about your allergies and see what the best method of prevention is for you!

Article credits University of Queensland

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



HEY BOWRA! Want to get fit?

We are looking for Bowraville residents to participate in a new fitness program at Macksville Aquatic & Fitness Centre.

Community Transport can provide transport to the centre for classes on Tuesday or Wednesday each week from 9am.

Call our co-coordinator to register your interest.

Valma Jarrett - 0498 714 334

COMMUNITY TRANSPORT
COFFS HARBOUR, BELLINGEN & NAMBUCCA

Making reusable shopping bags from pre-loved fabrics

by the community,
for the community.



Boomerang Bags Sewing Bees every Wednesday, and sometimes on weekends from 10am to 3pm in the Pioneer Community Centre, 70 High Street.

Come for an hour...or 5! Sewing, pinning and ironing activities. Whatever help you can give is hugely appreciated. BYO lunch; tea / coffee provided. Social networking too.

Donations of fabrics also welcomed.

Enquiries: 6564 7908 marion.syratt@gmail.com

Facebook: Nambucca Valley Boomerang Bags

LIONS CLUB

SUPPORTING OUR COMMUNITY



We Serve

PRESIDENT

Ted Richards

H: 6564 8815

Email: blion34@yahoo.com.au

**PO Box 23
Bowraville NSW 2449**

Protect your privacy online *continued from page 6*

What to look for in a VPN provider

Wide support via numerous servers in different countries.

Unlimited data transfers, with no excess data usage charges.

Unlimited reconnections, allowing you to connect as many times as you like.

Virtual location choice, allowing you to choose a specific virtual location – e.g. USA or UK.

Deep packet inspection protection, preventing the identification of VPN data in transit by third parties (e.g. government, hackers, ISPs) using deep packet inspection methods.

Multiple OS support Programs and apps for operating systems across computers and mobile devices, including Windows, Mac OS X, Linux, iOS, Android, Windows mobile.

Privacy policy Does the provider log and store any personally identifiable information about you? Providers may keep track of the number of connections to their servers and when they occur, for load-balancing and maintenance purposes, but shouldn't save logs of who you are and what you connected to. Check the provider's privacy policy carefully.

Online and/or phone support Responsive customer and technical support to provide quick and helpful solutions to any issues that arise, preferably 24/7 because problems can occur around the clock and support services could even be in a different time zone.

Where are you really?

It's when you see evidence of your location being recorded right in front of you that the realisation of how vulnerable you are really sinks in. But using a VPN can make it look like you are in another country, all at the click of a mouse button.

For example, instead of showing where you are really located say in Bowraville, you can appear to be in Paris, London, Frankfurt, the USA or wherever your VPN provider has servers.

-www.choice.com.au

Techno Joke

Bill Gates and the president of General Motors were having lunch. Gates boasted of the innovations his company had made. "If GM had kept up with technology the way Microsoft has, we'd all be driving \$25 cars that get 1,000kms per litre."

"I suppose that's true," the GM exec agreed. "But would you really want your car to crash twice a day?"



Bowraville Lions Club Inc News Bulletin



NOVEMBER 2017

LIONS CLUBS ACTIVITIES

Town Clock Repairs

The Bowraville Lions Club are pleased to have the repairs completed to our Town Clock faces and mechanisms. Thanks to the Nambucca Shire Council and the Bowraville Chamber of Commerce and Industry for their financial support for the repairs which cost over \$3,000.

IGNITE MNC Bowraville

Wednesday 8th November at Midday

The Lions Club will be supporting the upcoming symposium with a sausage sizzle in High Street. Come along and enjoy a delicious sausage sandwich during the lunchtime break.

World Rally Championship - Saturday November 18th North Arm Road

Our Lions members will have an early start to the day having to be on site before 5.15am. No doubt the officials and fans alike will be looking forward to our eggs and bacon and a cup of coffee before the action starts and a sausage or steak sandwich for lunch.

LIONS CLUB RAFFLES

The Bowraville Lions hold their weekly raffle draw at the Bowra Pub each Thursday night.

Look out for our members in High Street and later at the hotel. The draw will be held around 6.30pm and tickets are only \$1.00 each.




1st Prize is a \$25 meat tray.

2nd prize is a \$20 voucher for use in participating businesses in Bowraville.

**3rd Prize is a six pack from the Bowra Hotel
NEW . . .**

Bonus 4th Prize is a breakfast meat tray.

PLEASE SAVE YOUR USED STAMPS

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



Please keep your used stamps and drop them off at the Bowraville Post Office.

LIONS RECYCLE FOR LIFE



You can help improve sight for poor people throughout the world who are in need of spectacles by bringing in your old glasses to the Bowraville Chemist Shop. The spectacles are sorted and cleaned before being labeled and prepared for dispatch in graded groups. The program distributes the spectacles at no expense or obligation on the recipient.

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 at any of the Lions activities that interest you without the need to attend every meeting?

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: Ted Richards
Secretary: Louise Richards
6564 8815**

Turn gardening into a workout

We're always being told to eat more fruit and veggies and get more exercise or try this diet or that exercise program. If the thought of donning the Lycra and heading to the gym has you reaching for the chocolate cake, what about green gym? Get into your garden for your daily workout.

Gardening is not only good for the planet; it's good for your health. There are more and more people using their gardens and growing fruit and veggies to help manage chronic diseases such as type 2 diabetes.



Think about all the weeding, digging, mulching, planting, and raking you can do in your garden. Wow, what a workout. Not only that, being in a garden is a great mood booster, so it's good for your mental health as well.

Make November your month to start your green gym in your patch!

- Herbs are not only great to grow, they're great for you! Get out and plant some basil, parsley, coriander, thyme and rosemary. Don't forget to mulch them well. Good for your plants and helps you to burn some extra calories.
- Get into the veggie patch and plant lettuce, silver beet, climbing beans, zucchini, pumpkin, carrot and beetroot. Don't forget there's still time to get your tomatoes in.
- Garlic should be ready to harvest by now – look for leaves yellowing and beginning to die off.
- Need to eat more fruit? Plant passionfruit, pawpaw, pineapples and for a potassium hit, some bananas.
- How about adding some flowers to the garden: marigolds, verbena, petunias, cosmos, sunflowers and dianthus. They'll not only add colour and interest to your patch, the beneficial insects will love them.
- How about making some shade cloth tents. They don't have to be elaborate, just a simple, moveable structure that you can pop over the top of some of the sun sensitive veggies as it gets hotter. Think of it as slip, slop, slap for your plants! Don't forget to slip, slop, slap, seek and slide yourself.
- Weeding is a great workout so get out there and pull them out before they take over your patch.
- *Sustainable Gardening Australia - www.sgaonline.org.au*

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 . . .*

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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
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6564 8648**

2/11

Town Clock faces and mechanism repaired



On 21st October - a cold wet and windy Saturday morning the Town Clock faces and mechanism were refitted.

Insulation has been fitted into the tower but the whirly bird and cameras will be fitted at another date soon.

Mayor to address the community at the next chamber meeting

Mayor Rhonda Hoban will address the Bowraville community at the next chamber meeting concerning an application to the State Government to free up zoning restrictions for businesses in Bowraville. This important meeting will be held on Tuesday 28th November from 5.30pm at the Bowraville Ex-Service Club in High Street. Everyone is welcome to come along and find out what the issues are regarding zoning and how they can be addressed.

Major events for Bowraville in November



Ignite MNC

Igniting economic opportunities in the Mid North Coast
6 - 10 November | Symposium 8 November

WILD BY NATURE

KENNARDS HIRE RALLY AUSTRALIA // 16-19 NOV 2017

Bowraville ~ Saturday, 18th November



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.”

OUTREACH SERVICES

- Monday – Counselling Services**
Interrelate 1.00-200pm
Miimi House
Phone: 6659-4150
- Tuesday New Horizons**
1st Tuesday of the month
Phone: 5632-4800
- Warrina Women’s & Children’s Refuge**
2nd and 4th Tuesdays
Phone: 6652-2400
- Wednesday Baby Health Clinic**
9:00am – 12noon
All Mums and bubs welcome
No appointments necessary.
- Thursday Community Corrections**
Weekly 12.30-3.00pm
Phone: 6561-3100
- Legal Aid**
1st and 3rd Thursday
10:00am to 12noon
Phone: 6641-7899

BOWRAVILLE COMMUNITY HEALTH SERVICES

Child and Family Counselling

Speech Pathologist

Paediatric Occupational Therapy

These services are available by apt. - 6656-7200

MiiMi is now an approved CSO Agency.

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

Miimi House

90 High Street, Bowraville

Phone: 02 6564 8855

email: admin@miimi.org.au

1/11

GoBowra! WANTS YOU & your ideas

We are a group of Bowraville locals who have come together to:

Promote and foster community involvement in the positive future of our town

And to work together with other organisations and groups to deliver and enhance opportunities for the community

Be part of this group:

- join the GoBowra! Facebook page <https://www.facebook.com/groups/678786952261968/>

- email us at gobowra2449@gmail.com

- come along to any of our meetings on the mornings of the Bowra Country Markets at the Pioneer Community Centre, 70 High Street Bowraville; that is, 10am on the second and fourth Saturday of each month (but there will be no market on 23 December!)...Join the discussion.

Anyone who feels a strong connection to the town and its future is welcome - you don't have to live in town itself or even the surrounds.

At this time members of the group have undertaken to attend relevant meetings of local groups and report back issues and plans which may be of interest to the broader community. We would like this to be as wide a range as possible so if you have suggestions of organisations to consider or other information we would appreciate your letting us know.

We are aware of the community reference group, the Bowraville Chamber of Commerce, and the Nambucca Shire Council.

We will then aim to report this news in the Bowraville Community News, to post it on the GoBowra! Facebook page, and in the window of the Community Centre. We are also hoping to create a regular article in the Mid Coast Observer/ Nambucca Guardian News.

In addition to striving to provide relevant information to the broader community we are looking to provide forums on topics such as provision of shade on High Street, and visions for the Bowraville of 2050 - we want to facilitate discussion between interested groups, and individuals.

By acting as a conduit for information and as a community think-tank we hope to help the projects of other groups to the benefit of all - We are not another funded group but interested and concerned stakeholders in our collective future.

Your feedback and suggestions are welcomed.

Come along to the next GoBowra! gathering at the Pioneer Community Centre, 10am on 11 November or connect on the internet.

Beautiful Town, Creative People



Local artist Myffie Coady's next art exhibition *"Drawn to Paint"* will be at Gladstone from **28 November to 1 December.**

Myffie Coady is a local multi- award winning artist from Bowraville. She is passionate about nature and this year's solo art exhibition will feature landscapes from her travels, animals and people. Myffie often incorporates charcoal drawing into her paintings which gave her the idea for the name of this year's exhibition "Drawn to Paint".

Over the last 3 years Myffie has gained 8 art prizes with 2017 also being a very successful year for her! She has gained three art prizes in our region- most recently winning First prize in the Non-traditional section of the Nambucca Valley Art Exhibition for her painting "Fire on the Bluff" and also winning First Prize in the Drawing section of the Bellingen Show for her drawing "Sealed with a Kiss". She also gained a Highly Commended prize at the Macksville Show's Art Exhibition for her portrait painting "Serenity".



Come along and see Myffie's wide variety of contemporary acrylic paintings and charcoal drawings at the Macleay Valley Community Art Gallery, 5 Kinchela St Gladstone, NSW.

The exhibition will be open daily from Wednesday 28th November to Sunday 1st December 2017 from 10.30 to 4.00pm. All paintings will be for sale along with 2018 calendars and cards.

This is a great opportunity to buy a special Christmas gift and visit the local cafes and shops in the village of Gladstone which is an approximately 40 minutes drive from Bowraville. Take the turn off to South West Rocks then onto Smithtown and across the river to Gladstone

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.

Myffie's website is www.myffiecoadyart.com Facebook: Myffie Coady Art
Instagram: myffiecoadyart

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. 11/11

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

NOTIFICATION OF BURNING OFF!

Rural residents of Nambucca Shire.
You must notify the NSW Rural Fire Service on
6626-6860 and your neighbours
24 hours before you light a fire - all year!
IT'S THE LAW.

Antibiotic Resistance: The Facts

Continued from page 10

difference and some patients believe antibiotic resistance is an issue for future generations and therefore they won't bear the consequences.

The reality is that antibiotic resistance is already impacting individuals and is a growing problem in our community. We all need to take personal action to preserve antibiotics.

What you do as an individual has a real impact on antibiotic resistance

This is a problem we can have control over. Actions we take as individuals can make a difference, because the more antibiotics are used, the more chances bacteria have to become resistant to them. This will make bacterial infections much harder to treat.

There are five things you can pledge to do to reduce antibiotic resistance:

1. I will not ask for antibiotics for colds and the flu as they have no effect on viruses
2. I understand that antibiotics will not help me recover faster from a viral infection
3. I will only take antibiotics in the way they have been prescribed
4. I understand that it is possible to pass on antibiotic resistant bacteria to others
5. I will make a greater effort to prevent the spread of germs by practising good hygiene.

- www.nps.org.au

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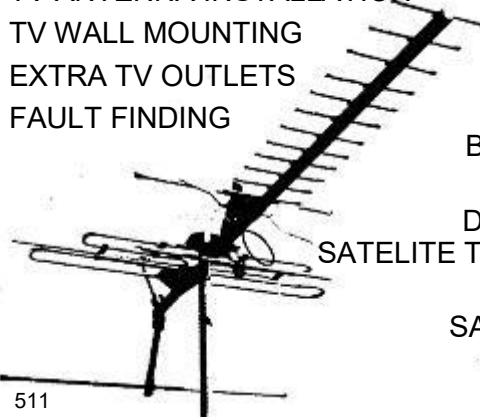
*Does your computer need servicing?
Is it going slow?
Do you suspect a virus?
Or it just won't work the way you want it to?*

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9/11

HEMP Australia's latest superfood

Hemp is the world's most nutritionally complete food source. No other natural resource on earth offers the commercial, economic and environmental potential of hemp.

Up until recently it wasn't legal to sell or market hemp as a food in Australia. But after acceptance of much scientific research, the Australian Government and food regulators have given it the green light so we can enjoy hemp's health benefits, as is done in most other countries around the world.

What the ancients knew, modern physicians and scientists have rediscovered. Cultures around the world have been cultivating, trading and celebrating industrial hemp with the earliest records dating back 8000 years to ancient China, where health benefits were first documented in the Chinese Pharmacopeia.

Hemp is rich in polyunsaturated fatty acids with the perfect omega ratio and contains less commonly-available stearidonic (SDA) and gamma linolenic acids (GLA), which fight inflammation and provide cardiovascular benefits. Hemp is also easily digested, is a complete source of protein with all nine essential amino acids, and contains cholesterol-fighting phytosterols, B vitamins (including folate) and minerals.

Hemp protein is superior to other plant-based protein sources including soy, rice and pea as it is a highly digestible, complete wholefood with a bioavailability rating of 98 per cent.

Hemp protein powder works well in smoothies, juice and yoghurt. It is non-allergen, gluten free, dairy, soy and lactose free. It's claimed a human could survive indefinitely on hemp protein and water alone as it contains everything the body needs to function.

Add the sustainability aspects of hemp, and the argument to use it as a pantry staple are compelling. One acre of hemp can produce 1000L of oil, 30 tonne of fibre and more medicine and biofuel than any plant in the history of the world.

Hemp was the most important plant on earth 200 years ago. According to historian Dr John Jiggins, during the Age of Sail, a global shortage of hemp crops motivated English Botanist Sir Joseph Banks, considered by many to be the 'Father of



Australia', to establish a hemp production colony in the South Pacific to fuel the British maritime expansion with ropes and sails made from its fibre.

Its hardy stalk fibres were critical in the establishment of the Australian nation with hemp seeds arriving in our country with the First Fleet in 1788. The head of the colony, Governor King, reported the Australian hemp was growing with 'utmost luxuriousness' and larger scale cultivation was encouraged with Government land, gifts and grants.

Hemp's emergence in the 20th century was plagued by a comprehensive propaganda campaign resulting in it being banned. Posing a threat to the new synthetic fabric nylon, hemp was bundled together in post-prohibition enforcement riddled with racial misnomers and bureaucratic misunderstandings in its relation to the cannabis plant. Hemp shares only the botanical name *Cannabis sativa* and looks similar but differs in chemical structure and preparation. Consumption of the seeds, oil or protein from hemp will not produce psychoactive effects, even in large amounts.

Cannabis consists of over 100 known cultivars, all unique in chemical structure. Cannabis also contains over 400 phytonutrients and 80 known cannabinoids, which according to numerous clinical trials, have compelling efficacy in medical applications. Cannabis strains rich in the psychoactive compound Delta-9 Tetrahydrocannabinol or THC has been shown to help increase the appetite of chemotherapy patients and inhibit cancer cell growth. Non-psychoactive cannabis preparations rich in other key compounds such as cannabidiol or CBD oil, have demonstrated effectiveness through clinical studies in treating neurological disorders such as intractable epilepsy. Note in Australia CBD is a schedule 4 prescription medicine.

In the wise words of pioneering entrepreneur Henry Ford "Why use up the forests which are centuries in the making, if we can get the equivalent of forest and mineral products in the annual growth of the hemp fields".

On November 12th 2017, hemp seed food and beverage products will be approved for legal sale and consumption in Australia and New Zealand.

-www.govita.com.au





BOWRAVILLE STRONG FAMILIES

Women's Group

Come along to the Bowraville Strong Families Women's Sewing and Craft Group held every Friday at the Nambucca Valley Phoenix Yurtz from 9.30am to 2.30pm.

This is a welcoming place to learn or share sewing and other craft skills, meet diverse women and children, and create community. Make or mend clothes and household items or gifts.

Equipment and most materials are provided.

Cost – Free, gold coin donation welcome

Lunch is included.

Aboriginal Support Worker

CONTRACT POSITION

Aboriginal Bowraville Aboriginal Injury Prevention Program

We are currently seeking a motivated and passionate person to join our team. As a Community Support Worker with NVP, you will provide support to Aboriginal Families in the Bowraville community. You will lead a team of stakeholders to deliver support programs to the community. The program will deliver prevention and early intervention programs around family violence, sexual assault and respectful relationships. The project partners will work together with the Aboriginal community to develop a culturally appropriate community awareness campaign to consolidate the whole of community program approach. The role provides professional and appropriate referral support to people seeking assistance.

In this role Aboriginality is a genuine occupational qualification and is authorised under section 14(d) of the Anti-Discrimination Act 1977.

Closes Friday 25th August 2017.

Ph: 6564 7677

Mob: 0499 002 141

strongerfamilies@nvp.org.au



Bowraville Strong Families

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.

A Community Program
Funded by NSW Health through the Aboriginal Injury Prevention Program

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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PLAYGROUP

WEDNESDAY 10am - 12pm

During School Terms

BOWRAVILLE PRE-SCHOOL

CORONATION ST

BOWRAVILLE



2NVR Studio 3 Live

Friday 17th November features "The Acoostasonix" from Arrawarra playing covers and original tracks. As usual things kick off at 6pm till 8pm and you can bring your own nibbles and drink or purchase something from our BBQ!... Hope to see you there at 834 Rodeo Drive, Tewinga.



2NVR AGM

The Annual General Meeting of Radio Nambucca - 2NVR will be held at the Tewinga Studios on Saturday 18th November commencing at 1.00pm with a BBQ to follow.

All are welcome.

Presenters wanted

Radio Nambucca is always looking for new "On-air" Presenters. If you would like to know more please contact the station on 6564 7777.

PHOENIX ART TREASURES

• NEW & PRE-LOVED GOODS • LOCAL ARTISTS

Open Monday to Friday

9:30am - 2:30pm • 51 HIGH ST BOWRAVILLE

THANKS!
by supporting us
you are helping to employ
people with a disability

WORK CREW

• LAWNS • GARDEN MAINTENANCE
• RUBBISH REMOVAL • CLEANING • REPAIRS

PHOENIX BANK CAFE

- EAT IN OR TAKEAWAY
- CATERING
- FREE DELIVERIES*
- \$7.50 COFFEE & CAKE
- \$10 LUNCH & DRINK

Open Monday to Thursday

9:30am - 2:30pm

*Bowraville only

211

6564 7677

CALL US TODAY!



Karen's TRIVIA for November



Many happy returns to all who are celebrating their birthday in November
Famous Scorpions and

Sagittarians include :

- James Cook** — 7 November 1728
- Claude Monet** — 14 November 1840
- Marie Curie** — 7 November 1867
- Winston Churchill** — 30 Nov 1874
- Tina Turner** — 26 November 1939
- Jimi Hendrix** — 27 November 1942
- Prince Charles** — 14 Nov 1948
- Dylan Moran** — 3 November 1971
- Leonardo DiCaprio** — 11 Nov 1974

In Novembers Past

November 11, 1854

The mining community of Ballarat gathers to vent its grievances against taxation without representation, a mass protest movement that would become the Eureka Stockade.

November 11, 1869

Aboriginal Protection Act enacted. This act deprived indigenous Australians of self-determination.

November 11, 1880

Ned Kelly hanged.

November 11, 1918, 11am

Armistice Day, or Remembrance Day as it has become known.

November 11, 1975

Gough Whitlam dismissed by Governor-General John Kerr.

November was the ninth month of the ancient Roman calendar. November retained its name (from the Latin *novem* meaning "nine") when January and February were added to the Roman calendar.



The Chrysanthemum is the traditional flower for November.

According to Feng Shui, they bring happiness and laughter into the house. They are one of the most widely cultivated flowers in the world.

November birthdays are associated with two gems; Citrine and Topaz.

The warm colour of Citrine is said to be a gift from the sun and it's believed to be a healing gemstone.

Topaz is most desired in its rich orange Imperial Topaz colour but it is found in a variety of rich colours like blue, pink and yellow.

Don't Forget...

Saturday,
11th November



Remembrance Day

Melbourne Cup Day is
Tuesday 7th November
Australia's most famous
Tuesday.

It's a day when the nation stops whatever it's doing to listen to the race call. At 3.10pm AEST, Australians everywhere stop for the Melbourne Cup.



Compiled by Karen Bindoff

The moon drained white by day
lifts from the hill
where the old pear-tree fallen in
storm
springs up in blossom still.
Women believe in the moon:
this branch I hold
is not more white and still than she
whose flower is ages old,
and so I carry home
flowers from the pear
that makes such obstinate
tokens still
for fruit it cannot bear.

- Judith Wright



THAT'S INTERESTING...

Dirty beige with grey-brown stain-like patches, Ming the clam was not much to look at. It did at least get a name, which is more than can be said for most molluscs. Estimated at 507 years old when scientists plucked it from the Icelandic seabed (and killed it) in 2006, the ocean quahog was the oldest known animal to have ever lived. In August 2016, researchers estimated a five-metre-long female Greenland shark had lived for 392 years, making it the longest-lived vertebrate. The mammalian lifespan record belongs to a bowhead whale, thought to have reached the grand old age of 211.

DID YOU KNOW THAT...

The reason the **equinoxes** and **solstices** don't always come on the same day is that Earth doesn't circle the sun in exactly 365 days. The first day of spring, the **vernal equinox**, has **12 hours of daylight** and **12 hours of darkness**. The term *vernal* is Latin for "spring" and *equinox* is Latin for "equal night". In spring, the Earth's axis is tilted toward the sun, increasing the number of daylight hours and bringing warmer weather. Before Spring was called Spring, it was called **Lent** in Old English. Starting in the 14th century, that time of year was called "springing time"—a reference to plants "springing" from the ground. In the 15th century this got shortened to "spring-time," and then further shortened in the 16th century to just "spring."

DO YOU NEED HELP GETTING YOUR LICENCE?

Coffs Harbour, Bellingen & Nambucca Community Transport (CBNCT) is offering a new driver support program enabling participants to gain valuable life skills and independence.

The L to P's Program includes support from professional driver instructors and time behind the wheel with qualified volunteer mentors.

This program aims to help Learners gain their driving qualifications in an encouraging and safe environment.

Ongoing mentor support will be continued, until participants have successfully obtained their license.

To be part of the L to P's program you must identify as Aboriginal or Torres Strait Islander and be a resident of Bowraville.

You also must hold a current Learners' Permit.

Please contact Jeffrey Blair on 0408 977 101
jeffblair@communitytransport.net.au

COMMUNITY TRANSPORT
COFFS HARBOUR, BELLINGEN & NAMBUCCA

www.communitytransport.net.au - 1300 812 504
info@communitytransport.net.au



Australian Government
Department of Human Services



Financial Information Service

Free seminars for your financial future

Aged Care Fees and Charges

- Types of Care - Community, Home Care, Residential
- Fees and charges based on your income and assets
- Options for the former home when in Residential Care and the impact on Aged Care fees, Pension payments
- Case studies and examples

Date: Thursday, 9 November 2017

Time: 3.00pm to 4.30pm

Venue: Nambucca Shire Library, Macksville Branch
Princess Street, Macksville

Car parking available

Bookings are essential: Phone: 136 357 or email

fis.seminar.bookings@humanservices.gov.au

OR Register at Macksville or Nambucca Heads Library



humanservices.gov.au



11/11

Bernard Laverty Funerals

24 hours 65681555

Monumental Masons & Florist

'Speak to us about the benefits of Pre Paying'



Bowraville Central School News

Nambucca Valley Shire Council has commissioned years 7 & 8 to make a series of ceramic tiles to be placed in the new Bowraville Skate Park being built. We made the flat tiles out of the clay first, then embossed or pressed in to the surface some designs or patterns and lastly we built up three dimensional shapes and objects to add on top. These were then dried before Bisque Firing them to harden them, before finally colouring with coloured gloss glazes and Glaze Firing to finish.



We wish Year 12 all the best with their exams and their future.

Bowraville Central School



Front row (L-R): Megan Johnstone, Courtney McEwen, Olivia Bateman, Kyiah Wilson, Sara Johnstone,
 Middle row: Austin Booth, Jyo Harris, Britzney Edwards, Lyleton Doolin, Shaun James, Dinnee Smith (Teacher),
 Back row: Jamie-Lee Mackaway, Ashleigh White, Laura Bennett, Kerry Jarrett, Kaysia Gill
 Absent: Rancee Woods.

Year 12





MEET LOCAL AUTHORS

(signed books available)

WORKSHOPS

Poetry & Book Readings
Second-hand Book Sale
Raffle & Refreshments

Sunday 19 November

9:30am to 4pm

Pioneer Community Centre
70 High St BOWRAVILLE

Enquiries: 6564 7908
bowra.writers.expo@gmail.com

From Page 5

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

Nambucca Valley Community Church Food Hub

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

Nambucca Valley Community Church

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

Macksville Probus Club

Meeting at 9.30am at Macksville Ex-Services Club on the third Thursday of each month. Meetings consist of a speaker of interest in the community or an autobiography by a member. Margaret Cleary will be happy to answer any enquiries on 6568-5859. We are seeking new members to steer us into the future. \$10 for meeting and morning tea.



JOLLY HO, HO, HO! COMING OUR WAY!



Argents Hill Hall, North Arm Rd

Saturday, 2nd December at 5pm — Santa arrives at 7pm

Please bring a child's gift valued up to \$10.00 so each child receives a gift from Santa in person

Christmas Raffle: Tickets \$2 each or 3 for \$5

Prizes: Assortment of Goodies just in time for Christmas

PLUS ENTRY TO A LUCKY DOOR PRIZE FOR ALL GOLD COIN DONATIONS!

APETISING FOOD WILL BE AVAILABLE FOR SALE

All welcome to bring a delicious dish to share

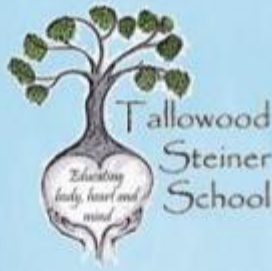
Come along for Santa, food, music, games for the kids, prizes & a catch up with new & seasoned friends

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

Enquiries: Denise 02 6564 4007

Unlicensed - B.Y.O





Tallowood Steiner School
220 Bellingen Road
Bowraville NSW 2449
(02) 6564 7224
www.tallowood.nsw.edu.au

ORIENTATION DAY

for 2018 Kinder/Class 1 and 2018 enrolments

Thursday 9th November, 9am until 11am

Tallowood Steiner School, Bowraville is holding our Annual orientation morning for new students beginning at the school in 2018.

Kinder/Class 1 students will have a morning session with our K/1 teacher Elise Everett.

Classes 2-6: Students beginning in the older years' classes are warmly invited to spend the morning in their future class groups. A parent information session and education talk will be conducted by the Principal while students are orienting in the classrooms.



Please ensure that your enrolment forms are completed and submitted to the office, prior to the Orientation Morning as places in some classes are limited for 2018.

For further information, contact the Principal, Sue Moran on 65647224 (office hours) or 0413833448 (AH).

Visit our Website for a comprehensive view of our school www.tallowood.nsw.edu.au

BE AMBITIOUS

WITH PRACTICAL SKILLS AND WORK EXPERIENCE

Have you ever thought about picking up some new skills? You could learn anything from landscaping to painting to computers. TAFE NSW Macksville are looking for people who want to 'Up Skill' in the Bowraville Community.

We want to hear from you! Tell us what you would like to learn by completing the short survey below.



Please tick the box next to the short course you would be interested in attending or add the courses you would like to do.

TRADES

- | | | |
|--------------------------------------|--|-------------------------------------|
| <input type="checkbox"/> Welding | <input type="checkbox"/> Stone Masonry | <input type="checkbox"/> White Card |
| <input type="checkbox"/> Concreting | <input type="checkbox"/> Mudbrick construction | <input type="checkbox"/> Handywoman |
| <input type="checkbox"/> Landscaping | <input type="checkbox"/> Rammed earth construction | <input type="checkbox"/> Handyman |
| <input type="checkbox"/> Paving | <input type="checkbox"/> Straw bale construction | |
| <input type="checkbox"/> Chainsaw | <input type="checkbox"/> Pergola construction | |

COMPUTERS

- | | | |
|--|---|--|
| <input type="checkbox"/> Basic computer skills | <input type="checkbox"/> Basic Powerpoint | <input type="checkbox"/> Buying and selling online |
| <input type="checkbox"/> Basic Word | <input type="checkbox"/> Facebook | <input type="checkbox"/> Marketing |
| <input type="checkbox"/> Basic Excel | <input type="checkbox"/> Instagram | |

ART AND CULTURE

- | | | |
|---------------------------------------|----------------------------------|-----------------------------------|
| <input type="checkbox"/> Painting | <input type="checkbox"/> Craft | <input type="checkbox"/> Dance |
| <input type="checkbox"/> Print making | <input type="checkbox"/> Pottery | <input type="checkbox"/> Language |
| <input type="checkbox"/> Upcycling | <input type="checkbox"/> Music | |

BUSINESS

- | | | |
|--|----------------------------------|--------------------------------------|
| <input type="checkbox"/> Business planning | <input type="checkbox"/> Payroll | <input type="checkbox"/> Recruitment |
| <input type="checkbox"/> BAS - GST | <input type="checkbox"/> MYOB | <input type="checkbox"/> Tendering |
| <input type="checkbox"/> Chart of Accountants (Assets, Liabilities, Equity, Income and Expenses) | | |

HORTICULTURE

- | | | |
|--------------------------------------|---|------------------------------------|
| <input type="checkbox"/> Worm farms | <input type="checkbox"/> Reticulation | <input type="checkbox"/> Chem Cert |
| <input type="checkbox"/> Shade house | <input type="checkbox"/> No-dig gardens | |

OTHER

- | | | |
|--------------------------------|--------------------------------|--------------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|--------------------------------|--------------------------------|--------------------------------|

What day would you prefer this training to be delivered?

- Monday Tuesday Wednesday Thursday Friday Saturday

**Please return your survey to Bowraville Post Office, TAFE NSW Macksville
or via email at jillian.ashely@tafensw.edu.au
for more information contact Jill Ashley on 6569-20005**

CHRISTMAS LUNCH

25TH DECEMBER (CHRISTMAS DAY!)

**BOWRAVILLE ANGLICAN CHURCH HALL
CORNER OF HIGH AND YOUNG STREETS, BOWRAVILLE**

Our annual Christmas dinner is happening again, we love holding this event for our community and hope to see you again and hopefully some new faces this year.

Come and join us for a scrumptious Christmas dinner with old friends and make some new ones while you are there.

Sing a carol if the mood strikes and enjoy some merriment with us on Christmas day.

If you would like to lend a hand please let us know.

Everyone is welcome and there is no charge!

Presented by

Bowraville Pharmacy and Bowraville Health Care Center.



Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Spring 2017

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	Monday Underway With Elizabeth Newman 	Tones of Clairseance Claire Watt-Powell 	Bubble N Squeak Linda & Michelle 	2NVR Recycled Radio 	Green Eggs on Toast Part 2 Laurie Medbury Music, Movies News, Weather Gig Guide Local Info	The Early Birds Faye Aspicis Australian Music- New and Classic Current Movie Review Local Events Weather by Zoe 	2NVR Recycled Radio 	6 AM
7 AM			A family show with Christian themes.	Under The Stinging Tree Poppa 	See what's going down! All things local	Hair Of The Dog Kim Smith & Mick Birtles Rock, Pop Covers and Music Trivia 		7 AM
8 AM			Dyer's Loop With The Dyers 	Turning Pages Elizabeth Newman 	Talk Of The Town Ceri Wobbel 			8 AM
9 AM	Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll 1950s-2010s 	Isn't It Romantic With Dallas Dent Coorters Easy Listening Popular Ballads 	Stella Bells 2NVR Youth Radio with Stella 	Grace's Vybes With Grace McLeod 	Egnytes Pop Playlist Rob Davidson 	Happy Hour Michelle Smith 	2NVR Recycled Radio 	9 AM
10 AM			Jazz Azz I Like It Heather Heywood 	Simmo's Country John Simpson 	Todays Country Rob Davidson 	Maggie's Mix Margaret Duffus 		10 AM
11 AM	Baby Boomers Donna Collins 	Infopinion Richard Laxton 	A mix of jazz with lotza Oz	Wind Down for the Weekend Stu & The Crew 	Outback Outlaws Paul Rowe 	Concussion 2NVR Youth Radio With Klean, Noah & Aedon 	Classical Corner Music from the past 1000 years. Alternates weekly with The Lively Arts Music & spoken word from film, TV, theatre & radio Noel Robertson 	11 AM
Noon			Just For You Carola J. Simmons Followed by Karola's Deutsche Musik Straade 2NVR Multicultural Radio 	Thursdays Country Trickivic 				Noon
1 PM	The Weekly Fix Paul Weekley 	The Phoenix Crew Selected music & madness	Sister Act Olivia & Sam 	Nambucca Valley Roundup - Retro 			Flashback Rock Five Decades Of Rock With Rob Davidson 	1 PM
2 PM			Hinterland Ben Walters 	Highway Blues Retro 				2 PM
3 PM	2NVR Recycled Radio 	Rob's Roving Robbie & Linda Bible reflections, Gospel & Australiana 	Nambucca Valley Roundup - Paul Burns 	When Only The BEST BLUES Will Do 				3 PM
4 PM			Latest & Greatest Country Byron Edwards 	Jeff's Junk Jeff Mills 				4 PM
5 PM	Bowra Beats 2NVR Youth Radio with Grace 	Jack's Tracks 2NVR Youth Radio with Jack All the tracks with Jack Tune in! 	Ants Rocks Anthony Gamsey Solid Rock 	CRN overnight				5 PM
6 PM	Nambucca Valley Roundup - Rachel Burns 	Nambucca Valley Roundup Carola Simmons 	Ants Music Mix overnight	CRN overnight				6 PM
7 PM	Reggae Mixtape With Fitzroy Music outside the usual 	Prog Rock Playlist Rhino Bill midnight The best of Progressive Rock BBC World Service overnight 						7 PM
8 PM	2NVR Recycled Radio 							8 PM
9 PM								9 PM
10 PM								10 PM

2NVR — "Most Outstanding Small Station in Australia" CBAVA 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
 Tewings studio and office: 02 6564 7777 email: admin@2nvr.org.au
The Best Little Station In The Nation