

Bowraville Community News



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



OCTOBER 2016 - ISSUE #145

FREE

CIRCULATION 350

POSTCODE 2449

Bowraville Fire and Rescue team undertake intense Technical Rescue Training



Your local fire brigade, Bowraville Fire and Rescue NSW, sits at the top of High Street where it can't be missed. There are currently 12 members attached to the station and 10 of them are undertaking Intense Technical Rescue Training. They are undertaking this upskilling to increase the rescue capability across Bowraville and the surrounding districts . . . which can only be of benefit to everyone who lives in the district and to all those who visit here as well.

Bowraville's dedicated firemen and women are 6 days into 12 days of this training schedule. They will undertake training in Road Crash Rescue, Complex Domestic and Industrial Rescue, Heavy Vehicle and Transport Rescue and Rope Access Rescue. To support the increase in capability, Bowraville Fire and Rescue have received a number of new rescue tools and equipment – state of the art equipment.

The training is being delivered on locations around Bowraville; as many local residents are aware the Road Crash Rescue training was completed in the vacant allotment in Cook Street with both day and night exercises occurring. The Heavy Vehicle and Transport training was completed at a local dairy farm.

Bowraville Fire and Rescue fire fighters will have completed their 12 days of training by the weekend of the World Rally in November.

Bowraville Fire and Rescue is integral to the safety and welfare of our town and surrounding areas. If anyone is interested in becoming a casual or part time fire fighter with Fire and Rescue NSW, Bowraville please contact Bowraville Station Commander Max Duncan on (02) 6564 7116 for an info pack or tour of the station. The positions are open to both male and female and the requirements are that you have a minimum of P1 Licence, live or reside within a reasonable distance to the Fire Station and have flexible availability to attend emergency incidents.



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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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 NOVEMBER 2016 ISSUE IS: 5:00PM 18th OCTOBER 2016

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

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

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

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

Bowraville Technology Centre

Open 9.30am to 4.00pm Weekdays

Internet Services

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

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

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

Facility Hire

Main Computer Room — Up to 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

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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 Garden Club

Despite the gloomy weather forecast we were blessed with a sunny day when the Garden Club hosted the UHA 'Come and have a Cuppa'. Secretary Barbara's garden was ablaze with colour and there was a great selection of plants potted up by members. October will see us heading south as we explore some of Kempsey's attractions. This will include a visit to the Slim Dusty Centre, lunch at Netherby House and visits to gardens. Those members not wishing to visit the Slim Dusty Centre have alternate plans. Contact 6564-7039.

Bowraville UHA

We wish to acknowledge the help given by Bowraville Garden Club members for their assistance in our latest fund raiser. Over \$1100 will go towards the purchase of equipment for the hospital. Our raffle winners were Gwen Bonser, Joy Peterson, Margaret Mottley, Roy Laverty and Sally Benson. Our next fund raiser will be in conjunction with Nambucca Heads Garden Club Gala Day when we will have cooking and plants for sale. However, our main aim on this day is to encourage the public to become part of the Nambucca Valley UHA team, where the 3 Auxiliaries work so hard to provide extra equipment for our hospital. We also want more volunteers to man the trolley for patient provisions. Two members will be travelling to Sydney for the Annual Conference.

Bowraville Recreation Club

Accolades this month to the Bowraville Golf Women's Pennant team who went through the competition undefeated. Congratulations ladies! Presentations will be made after the Foursomes Pennants on Monday 12th October. Players included Kerrie Jackson, Evelyn Usher, Wendy Welch, Flo Flood, Moira Welch, Sheila Mc Kay, Jane Ackland and a member from Dorriggo Club. Bowlers are

having good fields and Thursday social bowls continues to be very popular. Keep your eye on the notice board for coming events. Despite the weather men golfers held a successful open day in September. We will soon announce a date for the Annual Macksville Hospital Sports Day. As yet we do not have a sponsor for this day. For those with an interest in all aspects of music come along on 2nd and 4th Sundays for the Muso's gathering. Contact the Rec Club for further information 6564-7349.

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.

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 ~

2/11

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Weekly Activities

MONDAY

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

TUESDAY

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

PLAYGROUPO 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

Join the Bowraville Film Society

The Bowraville Theatre's Film Society is a sub-group of the Bowraville Arts Council (BAC) and for membership of both the BAC and the Film Society you have the option of viewing 15 foreign and art house films for no further cost.

Gold Coin Donation Class

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

Playgroup at Tallowood Steiner School

Tallowood Playgroup is held every Friday (except in school holidays) from 9.30 to 11.30am. Based on Rudolf Steiner's values including early childhood stages of readiness, parent support and an environmentally sustainable foundation. Inside play-space is designed for imaginative play without over-stimulation and outdoor play is designed to create group play and encourage appreciation of natural settings. For more information ring (02)6564-7224, speak to Camilla on 0438 868 742 or come along to Tallowood School at 220 Bellingen Road, Bowraville.

Bowraville Uniting Church and Op Shop

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

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

Bowraville Playgroup

Bowraville Play-group meets at Bowraville Central School every 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

Continued on Page 12

Guided Meditation Group Class – Weekly on Tuesdays

Bowraville - 7pm evenings on Tuesdays for 1 hour .

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

9/11

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Dr Edwina Guard MBChB BSc FRACGP

29a High Street Bowraville

Ph: 6564 7555 Fax: 6564 7505

email: edwinaguard@yahoo.com.au

Surgery Hours

Mon to Thurs 9am – 6pm

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Sat by Appointment

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What is the Internet of Things . . . and why does it matter?

The internet of things (or as it's also known, IoT) isn't new: tech companies and pundits have been discussing the idea for decades and the first internet-connected toaster was unveiled at a conference in 1989.

At its core IoT is simple: it's about connecting devices over the internet, letting them talk to us, applications and each other. The popular, if silly, example is the smart fridge: what if your fridge could tell you it was out of milk, texting you if its internal cameras saw there was none left or that the carton was past its use-by date?

Where it's most common, in Britain at least, is home heating and energy use – partially because the government is pushing energy companies to roll out smart meters. They have clever functions that let you turn on heating remotely, set it to turn down the temperature if it's a sunny day or even turn off when there's no-one home. Some can tell the latter with motion-sensing cameras or simply by seeing that your smartphone (and therefore you) has left the premises.

IoT is more than smart homes and connected appliances however. It scales up to include smart cities – think of connected traffic signals that monitor utility use or smart bins that signal when they need to be emptied – and industry with connected sensors for everything from tracking parts to monitoring crops.

Why does it matter?

There's a reason the government is encouraging energy companies to hand out smart meters: all that data and automated use is more efficient meaning we use less energy. Many areas of IoT show such benefits though some smart gadgets are more about whizz-bang effects than efficiency.

Is it safe? Can the internet of things be secured?

Everything new and shiny has its downside and security and privacy are the biggest challenges for IoT. All these devices and systems collect a lot of personal data about people – that smart meter knows when you're home and what electronics you use when you're there – and it's shared with other devices and held in databases by companies.

Security experts argue that not enough is being done to build security and privacy into IoT at these early stages and to prove their point have hacked a host of devices, from connected baby monitors to automated lighting and smart fridges, as well as city wide systems such as traffic signals. Hackers haven't, for the most part, put much attention to IoT; there's likely not enough people using connected appliances for an attack against them to be worth the effort but as ever, as soon as there's a financial benefit to hacking smart homes, there will be a cyber-criminal working away at it.

So the short answer is yes, IoT is relatively safe: users are not likely to face serious loss or damage because of a smart meter, any more than your home PC, at least. However, there's no guarantee and so far not enough is being done to ensure IoT isn't the next big hacking target.

How will the internet of things affect business and work?

This all depends on the industry: manufacturing is perhaps the furthest ahead in terms of IoT as it's useful for organising tools, machines and people and tracking where they are. Farmers have also been turning to connected sensors to monitor both crops and cattle in the hope of boosting production, efficiency and tracking the health of their herds.

The examples are endless, and all we can predict is

Continued on Page 20

Bowraville & District Ex-Services Club
6564-7304

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OCTOBER PROGRAM at the

BOWRAVILLE THEATRE

Sunday, 2nd October at 2pm – ABSOLUTLEY FABULOUS

Publicist Edina Monsoon and best friend, Patsy Stone, are still shopping, drinking and clubbing their way around London's trendiest hot spots. While attending an elite party they wind up knocking supermodel Kate Moss into the River Thames. Her untimely demise creates a media firestorm leading the paparazzi to relentlessly pursue the hapless duo. Seeking refuge the gals flee to the French Riviera where they hatch a plan to make their escape permanent and live the high life forever.

Doors and Café open 1 hour before screening. Complimentary Tea & Coffee

Adults: \$12. Concession: \$10. BAC Members \$8.

Sunday, October 9th at 2pm – FINDING DORY – School Holiday Movie

Dory (Ellen DeGeneres) is a wide-eyed, blue tang fish who suffers from memory loss every 10 seconds or so. The one thing she can remember is that she somehow became separated from her parents as a child. With help from her friends Nemo and Marlin, Dory embarks on an epic adventure to find them. Her journey brings her to the Marine Life Institute, a conservatory that houses diverse ocean species. Dory now knows that her family reunion will only happen if she can save mom and dad from captivity.

Doors and Café open 1 hour before screening. Complimentary Tea & Coffee.

Adult \$12. Concession \$10. Child/BAC Members \$8. Family \$25.

Sunday, October 23rd at 2pm – THE MAGNIFICENT SEVEN

This upcoming American western action film is a remake of the 1960 western film of the same name which in turn was a remake of the 1954 Japanese film Seven Samurai.

Stars: Denzel Washington, Chris Pratt, Ethan Hawke.

Doors and Café open 1 hour before screening. Complimentary Tea & Coffee.

Adult \$12. Concession \$10. BAC Members \$8. Family \$25.

The Bowraville Film Society presents . . . **ANIMAL KINGDOM**

Saturday 29thth October 7pm (doors open 6.15pm)

Please bring along some delicious nibbles to share before the screening

In this gritty Australian crime drama, young Joshua "J" Cody (James Frecheville) is taken in by his extended family after his mother dies of an overdose. This branch of the Cody clan, overseen by J's scheming grandmother, Janine (Jacki Weaver), is heavily involved in various criminal activities and they quickly indoctrinate the boy into their way of life.



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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MARKETS CALENDAR

DAY OF MONTH	MARKET LOCATION and TIMES	CONTACT DETAILS
THURSDAY Every Thursday	Coffs Coast Growers Market, City Square, Harbour Dr. from 8am to 2pm	6648 4087
FRIDAY 1 st , 3 rd & 5 th	BELLOPY ORGANIC FARMERS MARKET from 8am to 1.30pm The largest 100% organic market in NSW. Bellingen Showground	0415 525 903
SATURDAYS 1 st Sat (<i>bi-monthly even months</i>)	VALLA BEACH COMMUNITY MARKET from 8am to 1pm	6569 5410
1 st	Kempsey Riverside Markets, Riverside Park from 8am to 1pm	0456 658 979
1 st & 4 th	Marine Rescue Charity Market, Woolgoolga Beach from 8am	6654 0447
2 nd	South West Rocks Market, Horseshoe Bay Reserve from 8am to 12 noon	6562 6671
2 ND & 4 TH	BOWRAVILLE COUNTRY MARKET Bowraville Pioneer Centre from 8am to noon	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 (<i>bi-monthly even months</i>)	FUNKYA @ UNKYA MARKETS from 8am to 2pm Unkya Reserve, Eungai	0425 205 737

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11/11

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LUNCH & DINNER

Sunday

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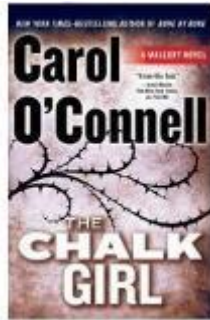


BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

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

The Chalk Girl by Carol O'Connell

Each chapter in this novel begins with a short paragraph from a boy named Ernest Nadler. As the novel progresses so does Ernest's recounting of the torment he suffered at the hands of others. The term 'bullying' doesn't begin to cover what this boy suffered. Very clearly he has been terrorised by other children.



A small, red haired child, Coco, appears in a park one day – alone, smiling, ok except for a spot or two of blood on her clothes and her story that it fell from the sky while she was looking for her uncle who turned himself into a tree. Strange child, strange story.

Until the body was found in a tree. And then 2 more. Kathy Mallory is a detective for NYPD. She's a bit of a wild one herself, with a tragic past (abandoned as a child), Mallory's coping mechanism is to become a loner, to isolate herself from emotional connections. She's damaged, completely unpredictable and brilliant; nicknamed "The Machine" for her relentless, often manipulative & coldblooded, pursuit of perps. It's her exceptional skills as a detective that allow her to keep her job – not her personality!

Given Mallory's own damaged childhood she sees something in this little red haired girl that she recognises.

Coco has Williams Syndrome, a disorder typified by elfin like features and a warm outgoing personality.

Craving human contact they will run up to perfect strangers for a hug; an instinctive trust in people (in stark contrast to Detective Mallory).

The Chalk Girl is about relationships between people; it's about murder, it's about the cruel ways in which people behave and what lengths people will go to cover up such things.

Salvation Creek an unexpected life

by Susan Duncan

Susan Duncan appeared to have it all. Editor of two top-selling women's magazines, a happy marriage, a jet setting lifestyle covering stories from New York to Greenland, the world was her oyster.

But when her beloved husband and brother die within three days of each other, her glittering life shatters. In shock she zips on her work face, climbs back into her high heels and soldiers on - until one morning eighteen months later, when she simply can't get out of bed.

Heartbreaking, funny and searingly honest, *Salvation Creek* is the story of a woman who found the courage not only to begin again but to beat the odds in her own battle for survival and find a new life - and love - in a tiny waterside idyll cut off from the outside world.

Combining all the sweeping, rollercoaster style of a bestselling novel with the very best - and most inspiring - human interest story, *Salvation Creek* is a tour-de-force that will stay with the reader long after turning the last page.

- These books 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)

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

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

DRY CLEANING AGENT – Drop off and Pick up

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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

HAY FEVER

Hay fever is the common name for allergic rhinitis.

It is an allergic reaction to allergens or triggers breathed in through the nose – this causes an immune response in the lining of the nose causing the nasal passages to become swollen and inflamed.

If you only have hay fever in spring and summer then the problem is usually pollen from grasses, weeds and trees. If you have it all year it's more likely to be house dust mite, animal dander (tiny scales shed from animal skin or hair) or mould spores.



The main symptoms of hay fever are:

- *Blocked Nose
- *Watery, Runny Nose
- *Sneezing
- *Itchy Nose
- *Watery Eyes
- *Bad Breath
- *Snoring



Hay fever can also cause headaches, swollen and itchy eyes and can affect your sense of smell.

Top tips for people with hay fever . . .

- 1) Find out what triggers your hay fever and try to avoid those allergens.
- 2) Corticosteroid nasal sprays are the most effective medicine for persistent hay fever or moderate to severe hay fever, that happens from time to time, especially if a blocked nose and mucus are the major problems. They need to be taken regularly to work properly.
- 3) Antihistamine tablets or spray are the most common choice for people with mild or occasional hay fever and help with a runny nose, sneezing, itching and eye symptoms but aren't so effective on a blocked nose.
- 4) People with severe hay fever probably need to take nasal sprays or antihistamine tablets long term.

- Information credit Asthma Australia



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



Bowraville Pharmacy

Caring for our Community

For All Your Pharmacy Needs

- *Prescriptions
- * Professional Services
- *Skin Care
- *Designer Brands Cosmetics
- *Homeopathic Ranges
- *Giftware
- *Ear, Nose and Cartilage Piercing

Opening Hours Mon-Fri 8.45am to 5.30pm Sat 8.45am to 12.00pm



Phone: 02 6564 7925 Fax: 02 6564 7364

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



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.

WHAT'S HAPPENING IN BOWRA

From page 5

the end of term we either visit the Community Garden or go on an excursion further afield. Please contact Danielle Ryan on 6564 8619 or Jane Thomasson on 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 and fruit are free. There is a wide selection from which to choose and this will vary each week. Access Fee: \$10 for 11 items; \$20 for 22 items. Contact 6568-1647.

Nambucca Valley Community Church

The Church has a leadership team of six with Keith Stage the senior Pastor. Sunday services include church at 9.30am, Sunday School 10.15am and a 5pm prayer group. Men's Fellowship as advertised and Women's Fellowship is held at the Church at 10am each Wednesday. A Youth Group is held each Friday for 12 to 18 year olds, from 6pm to 8pm. For more information phone Keith Stage 0427 231 040. The Food Hub at Nambucca Heads is a community service organized by this church.

View Club

View stands for **V**oice, **I**nterest, **E**ducation, **W**omen. Members have a monthly meeting which also includes a luncheon, or for Evening Meetings dinner, and a guest speaker. All money raised goes to the Smith Family which includes the Learning for Life Program which supports disadvantaged children in their Education. In the Nambucca Valley there are 2 clubs; Nambucca Day held at the NH Bowling Club and Nambucca Evening held in the Blue Gum Lodge, Macksville. All clubs also have other meetings and social events. Both clubs welcome new members.

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.



LIONS CLUB

SUPPORTING OUR COMMUNITY



We Serve

PRESIDENT
Mark Scott
Mob: 0428 527 545

SECRETARY
Kerrie Savins
Mob: 0412 248 044

Email: blion34@yahoo.com.au

**PO Box 23
Bowraville NSW 2449**

2/11

Bowraville Harvest Faith Family Church

2/11

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



OCTOBER 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, 13 October, 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.**



PLEASE SAVE YOUR USED STAMPS



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



Australian Lions Children's Mobility Foundation

"Walk with Pride"

Australia, Papua New Guinea, Norfolk Island

LIONS CLUB MEMBERSHIP

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

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

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

How do I Join?

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

President: Mark Scott 0428 527 545

Secretary: Kerrie Savins 0459 191 869

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

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

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

Indoor Plants: Hot or Not?

After getting something of a bad rap in the 1970's indoor plants are now becoming an important part of home decor. Here's why.

A Desire for Green

As our lives become increasingly urbanised people just want to have some more green in their lives. Many people don't have time to get out into the garden or don't even have a garden at all so indoor plants prove to be the next best thing. Having some living plants in the home actually perks you up and makes you feel better and less stressed.



Indoor Plants are Healthy

Another reason why indoor plants are starting to become popular again is the fact that they are healthy. That is, they help to combat the indoor air pollution that is becoming a huge problem in many homes and buildings. They take in the carbon dioxide and other nasties and expel fresh clean oxygen. In fact, having indoor plants can make your home and its occupants healthier.

New and Interesting Shapes

Indoor plants do tend to be one of those home decor items that go in and out of fashion and right now they're on the way back in because they are coming in newer and more interesting shapes. The containers housing the plants are coming in interesting, geometric shapes and gorgeous crackled or metallic finishes. The plants themselves have also moved towards being more structured so that they look more like living sculptures than plants.

Spa Retreats

As lives get busier people are seeking to have that 'retreat' feel in their home and what better way to do that than by creating a spa retreat in your bathroom? After all, there's nothing better than soaking in a tub at the end of a long day with candles burning and soft music playing. Add to the ambience with some plants strategically placed around the bathroom. Ferns do particularly well in the bathroom but most houseplants will do well.

Other plants to try are . . .

The **Peace Lily** *Spathyphyllum wallisii* has a beautiful large dark green shiny leaf and an elegant white flower. **Philodendron** *Philodendron* 'Xanadu' is a very compact cultivar that will grow for many years in lower light conditions.

The **Lady Palm** *Rhapis excelsa* is very slow growing but the dense display created by the basal shoots makes a decorative thicket of fan-shaped foliage. The plants do not like drying out and are not ideal in areas with air conditioners but if the air is humidified they will thrive. The **Madagascar dragon tree** *Dracaena marginata* is an upright branching plant that adapts well to indoor conditions.

In warmer months, when the plants are actively growing, it is beneficial to take plants outside for cleaning and fertilising. Granules of slow release fertiliser release the nutrients much faster in warmer conditions. Water-soluble fertilisers are best to use for indoor plants because they usually leave no odour.

*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**

2/11



Drag Ens WOW Bowraville once again!

100s of Drag Ens hot rods cruised into Bowraville on Friday, 30th September to the great enjoyment of many locals and visitors alike.

It was a lovely spring morning with warm sunshine, interesting stalls and a happy crowd strolling among the pampered hot rods, catching up with friends and chatting with hot rod owners.

The Billy Cart race was also a winner with dozens entering the race.



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,gili 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."

MiiMi Information

SERVICES

MONDAY INTERRELATE

Counseling Services

Contact **Interrelate** for an appointment
6659 4150 *Everyone is welcome.*

TUESDAY

New Horizons - 5632 4804

Wesley Youth Accommodation - 6652 7124

WEDNESDAY BABY HEALTH CLINIC

9.30am - 12.30pm *All Mum's & Bubs welcome*

FAMILY LAW ADVICE

1st & 3rd Wednesdays 10am -11.30am
Bookings Preferred 6651 7899

THURSDAY LEGAL AID

1st and 3rd Thursday of the month
10am – 12pm

Bookings Preferred - 6651 7899

FRIDAY Fortnightly Financial Counseling 10am-11am *Bookings preferred - 1300 662*

Visiting Agencies - Wesley Youth Accommodation, Corrective Services, New Horizons, Interrelate Connect, Baby Health Clinic, Financial Counselling, Legal Air (appointment only), Nambucca Valley Intervention and Speech Pathologist.

Driving Class L has commenced 5th - 27th May with one more to deliver in June. Please call Michaela on 6564 8855 for bookings.

The HIPPY Program will commence in June, please call Nadia on 6564 8855.

Volunteers are always welcome please come and see us.



MiiMi Aboriginal Corporation
90 High Street
Bowraville

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

11/11

Coronation Kennels & Cattery

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

180 Coronation Road, Congarinni North

(just two kms from Macksville)

PHONE: 02 6568-2018

Email: marcia@coronationkennelsandcattery.com.au

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.

2/11

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



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AMAN
With
AVAN
Nambucca Valley

MINI MOVE SPECIALIST

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A MAN WITH A VAN



6564 8375 or 0458 990 904

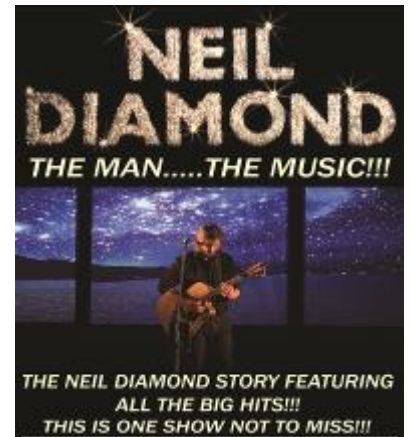
Insured ABN 87 009 289 943

11/11

NEIL DIAMOND – THE MAN...THE MUSIC!!!

We all know the hits – *Cracklin' Rosie*, *Cherry Cherry*, *Song Sung Blue*, *Red Red Wine* and many others. Neil Diamond has been loved by millions since he first burst onto the music scene with *Solitary Man* back in 1966. And now you have the opportunity to hear his story.

Neil Diamond – The Man, The Music is a tribute to the man himself presented by multi award winning singer/songwriter and entertainer Craig Stewart. The show has been in development over several years with audiences universally claiming “You close your eyes and you’d swear you were listening to Neil himself”.



Craig has now taken the show to a new level. Through the use of multiple projections, synchronised lighting, excerpts of interviews and of course the music itself ‘Neil Diamond – The Man – The Music’ follows the Neil Diamond story, from humble beginnings as a struggling young songwriter and notoriously nervous live performer through to worldwide recognition as a genuine musical superstar.

Multiple award winning singer/songwriter Craig Stewart, the show’s creator, was once described in a national music magazine as “one of the most listenable singers to emerge this century”. The article went on to say audiences will “be left wanting to hear more and more of this great entertainer”. With around two hours of Neil’s biggest hits on offer this is one show that fans of both Neil Diamond and Craig Stewart are sure to be raving about.

**Neil Diamond – The Man, The Music will be appearing at
SOUTH ARM COMMUNITY HALL on
SATURDAY 15TH OCTOBER, 2016, at 8PM.**

Tickets are just \$15 and can be purchased at the Bowraville Technology Centre in High Street Bowraville. If this is not convenient, contact Joan on 0407 659 130 or email joanrossington@bigpond.com to reserve tickets for collection on the night.

**LIMITED TICKETS AVAILABLE – GET IN EARLY TO RESERVE YOUR SEAT.
ALL PROCEEDS TO SOUTH ARM COMMUNITY HALL.**

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**



2/11

The Importance of Touch

The physical

Experiments in sensory deprivation have taken place with human volunteers. While physically confined they were deprived of audio and visual stimulation and temperature changes. Such deprivation of normal sensory input led their minds to wander. They entered a world of fantasy. They began to hallucinate. Extensive and intensive sensory deprivation is not healthy. As long as we have a body the world of sensory input is important to all of us.

Touch is probably the least explored of our senses yet it may be the most important to our well-being. Significantly enough there is a close relationship between our skin and our nervous system. In the early days in our mother's womb our body-to-be is composed of three sets of special cells. One set (mesoderm) will form our muscles and bones. Another set (endoderm) will form our inner organs such as the stomach, intestines and lungs. The third set (ectoderm) forms our skin and nervous system. Thus our skin arises from the same tissue as our brain.

The skin contains millions of sensory receptors. They are the doors through which the physical world enters our consciousness. All told we have five senses. The more obvious of these message receivers are our eyes, ears, nose and tongue.

Touch, the so-called fifth sense, may be the most complex. There are millions of sensory receptors in the skin; yet any one small square of skin is different from any other square. The number of pain, heat, cold and other touch detectors will vary from one spot to another. We can see this as the sensitivity of our fingertips exceeds that of the back of our thighs.

There are some four varieties of the strictly tactile sense of touch. They range from light touch to deep pressure to pain. Again, their distribution in the skin varies as to type and quantity. If you place two fingers 2cm to 5cm apart on someone's back, he or she may not be sure whether you have placed one finger or two. The human back has less light touch receptors than other skin areas. This is why patients are often very vague as to the exact spot of back pain.

Therapeutics

The use of the human hand for therapeutic purposes goes back to ancient Egyptian times. It is claimed that the Egyptians felt a therapeutic energy flowing from the fingertips. Modern day massage, digital acupressure and trigger point therapies are other hand techniques that strive to improve human health.

Tender loving care

Aside from the therapeutic nature of touching your body's sense of touch can be an avenue for you to help yourself. Stretching can be a tonic to certain touch receptors. A rocking chair is good for your nervous system as is a bath or shower, towelling yourself dry and brushing your hair. Applying deep pressure on cramped muscles will relax them.

A friendly hand on the shoulder during a crucial time is an uplifting and helpful gesture. Despair and tension can lock the shoulder muscles tight; massaging with the hands helps those muscles to relax.

Talking and exchanging ideas is good but friends and loved ones need more. They need the occasional physical touch generated from sincerity, genuineness and love. Get down on the living room floor occasionally and play with your children. Most animals follow their instincts and play with their young. It's fun and it's healthy.



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



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

1/11

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

Two local acts appearing at Studio Live



Studio 3 has local musician Jonny Mack appearing on Friday October 21st.

Jonny brings his own special style of music to our studios.

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



Studio 3 Live starts at 6pm till 8pm - bring along your 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



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7 DAYS

11/11

From page 6

that connected devices will likely creep into most businesses just the way computers and the web have. When the efficiencies are with tools or plants it's easy to appreciate the potential benefit but when it's office workers who are being squeezed for more productivity it could take on a bit of an unpleasant shade: imagine your security access card being used to track where you are in the building so your boss can tot up how much time you're spending in the kitchen making tea.

On the flip side a smart tea maker that knows just when you're in need of a cuppa could be very handy indeed.

What does the internet of things mean for healthcare?

Smart pills and connected monitoring patches are already available, highlighting the life-saving potential of IoT and many people are already strapping smartwatches or fitness bands to their wrists to track their steps or heartbeat while on a run.

There's a host of clever connected health ideas: Intel made a smart band that tracks how much patients with Parkinsons shake, collecting more accurate data than with paper and pen; Sonamba monitors daily activities of senior or ill people to watch for dangerous anomalies and people with heart disease can use AliveCore to detect abnormal heart rhythms. Healthcare is one area where more data has the potential to save lives by preventing disease,

monitoring it and by analysing it to create new treatments. However, our health is also one of the most sensitive areas of our lives so privacy and security will need a bit more preventative medicine first.

Is the internet of things real?

This is perhaps the best query being Googled about IoT: Is it real?

Surprisingly, it's tough to answer. Technology is full of marketing and hype – it's often difficult to decide early on whether an innovation is truly groundbreaking or not. After all, many tech pundits mocked the first iPhone.

But the internet of things is one of those wider ideas that isn't dependent on a single project or product. Smart fridges may well be the appliance of the future or could fall by the wayside, as too much tech for too little gain, but the idea of connected sensors and smart devices making decisions without our input will continue.

A decade from now everything could be connected or perhaps only bits and pieces with specific benefits, such as smart meters; and we may call it IoT, smart devices or not call it anything at all, the way smartphones have simply become phones.

No matter where it is or what we call it IoT is real – but what it will look like in the future is something even Google can't answer.

- theguardian.com

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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.



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

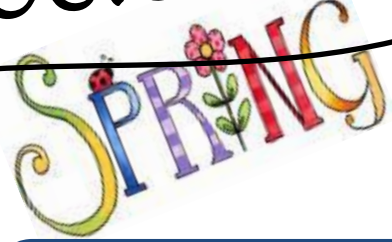


**OPEN MONDAY TO THURSDAY
9.30am—2.30pm**

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 October



*Living on Earth is expensive
but it does include a free trip
around the sun every year.*

*Congratulations to all who are
celebrating their birthday in
October.*

*Sharing this day
with you are
famous people like*



*Queen Elizabeth, Paul Hogan
and gospel singer Alan Jackson.
Judge Judy turns 73, Hillary
Clinton 68, Keith Urban 48, Guy
Sebastian 34 and Kim
Kardashian 35.*



*Thanks a lot to
Nambucca
Shire Council for our
great new bus shelter
in William Street - it
looks fantastic.*

*It's great to see so
many notices around
town in shop windows
promoting all the
good things
happening in our
community.*

*A big thank you for
the enthusiastic
attendance at the
Drag-Ens Hot Rods, I
had a great time.*



*A big "Yuk" to
those responsible
for the graffiti in
town, it really looks
ugly - if you truly like
ART let us know at
BTC and we'll find
some farm houses
that need their water
tanks painted!!!!*

Birth Flower - Calendula
Meaning - "Winning Grace"
Birthstone - Opal
Colour - Maroon

New slant on definitions

- Affront - opposite of aback.*
- Bark - a noise made by a tree.*
- Denial - a river in Egypt.*
- Enterprise - how a burglar breaks in.*
- Pompom - English twins in Australia.*
- Tree - Irish number that follows two.*
- Wattle - very small amount of electricity.*

In Octobers Past

*The Ned Kelly gang shot and
killed 3 policemen at Springbok
Creek, Victoria in 1878.*

*Inventor Thomas Edison died at
age 84 in 1931.*

*The BBC launched Monty
Python's Flying Circus in
Britain in 1969.*

*A meteorite exploded over the
Pacific Ocean in 1990.*

*Elizabeth Taylor married for the
8th time in 1991.*

*Dedication of the Australian
Vietnam Veterans' National
Memorial in Canberra - 1992.*

Questions to ponder . . .

- Why are things typed up and written down?*
- Why do we say bye-bye and not hi-hi?*
- Does a tea company have a coffee break?*
- Why is abbreviation such a long word?*
- What is the speed of dark?*
- At first if you don't succeed then sky diving is not for you.*

SCRAMBLED WORDS

NAWL	KRIPLERN3
PAT	EHO
THATPOOF	BRUSH
ERWLOFS	RATWE
EPASE	MROBO

Lawn, sprinkler, tap, hoe, footpath, shrub,
flowers, water, spade, broom.

Let's Talk Hair . . .

*I was chatting with Kylie at her salon and
WOW she sure knows a lot about her
products!*

*Feel free to drop on in, chat about styles
and discuss any hair problems you
may have.*



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



1/11

Understanding the rules about Roundabout



Approaching a roundabout - Drivers approaching a roundabout must use their indicator if they intend to turn left or right or make a U-turn at the roundabout. They must give other road users sufficient notice of their intent to turn.

Entering a roundabout - Drivers must slow or stop to give way to any vehicle already in the roundabout. Drivers must also continue to use their indicator if they intend to turn left, right or make a U-turn.

Turning left - Drivers must indicate left on approach and be travelling in the left-hand lane (unless there are road markings with other instructions), stay in the left lane and exit in the left lane.

Going straight ahead - There is no requirement for drivers to signal when approaching the roundabout if they are going straight ahead. Drivers may approach the roundabout from either the left or right lane (unless there are road markings with other instructions).

Turning right - Drivers must indicate right on approach and be travelling in the right-hand lane (unless there are road markings with other instructions).

Making a U-turn - When using a roundabout to make a U-turn drivers must approach in the right lane and signal right.

Changing lanes in a roundabout - Drivers may change lanes in a roundabout if they wish. The usual road rules for changing lanes apply. Drivers must use their indicator and give way to any vehicle in the lane they are entering.

Exiting a roundabout - Just like exiting any road drivers must signal left when leaving a roundabout if it is practical to do so and stop indicating as soon as they have exited the roundabout. When travelling straight ahead on a small single lane roundabout it may be impractical to indicate left when exiting.



All drivers are required to drive carefully and slow down or stop when there is a chance of a crash with another vehicle.

From: *Top 10 misunderstood road rules in NSW*

AN INVITATION IS EXTENDED TO INTERESTED MUSICIANS
*Nambucca District Band are the proud hosts of a
Brass & Percussion Workshop.*

WHEN: SATURDAY 29th October 2016

VENUE: Macksville Public School – 35 Wallace Street Macksville

TIME: Registration 9.00am.

Workshop will finish by 4.00pm (short concert at the conclusion).

WHAT TO BRING: Instruments, music stand, mutes.

COST: \$40.00 per adult - \$25.00 for school children. (Lunch included).

Closing dates for registrations is 14th October 2016

EXPERT TUITION:

This workshop is under the direction of Howard Taylor, conductor of Brisbane Excelsior, Australia's leading brass band and members/principals from his band.

Howard Taylor began playing through the Salvation Army in the South West of England. He progressed to become Principal Cornet of the Plymouth Exeter Hall Salvation Army Band and Youth Band conductor at the age of only 17. In 1985 he joined Championship Town Band of Cornwall and soon took up the position of Principal Cornet and Deputy Conductor. In 1993 he led them to three successive South West and Cornish Championships.

In 1997 Howard moved to New Zealand and later, in 2002, Australia. Howard has had numerous successes while working with various brass bands across both countries. Since being appointed Musical Director of Brisbane Excelsior Howard has led the band to Australian National A Grade Championship success in 2005, 2006, 2007, 2008, 2010, 2013, 2014 and 2016. The band also won New Zealand Championships in 2007 and 2008.

Howard assisted Prof. David King with the first ever National Australian Youth Band. Along with weekend workshops and adjudicating Howard has also been a playing member of the National Band of Australia.

For further information please email ndbbrassworkshop@hotmail.com or phone 02 65683921.



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Five Simple Steps to Increase Energy

A busy lifestyle is often the excuse used to avoid taking care of yourself. Being busy though needs energy to enjoy what you do. Plan to change one habit at a time with these simple steps so that you can work, rest and play with increased energy.

MORE WATER

One of the most common reasons people feel fatigued is dehydration. Drinking more water can boost energy levels and mood. Aim to drink 1 litre per 25kg of body weight per day.

TRY: Infuse water with cucumber, lemon and mint for a refreshing summery drink.

COMPLEX CARBOHYDRATE

Swap processed foods for whole grains, seeds and fresh vegetables.

These take longer for your body to break down so you feel fuller for longer.

TRY: Next time you feel that mid-afternoon slump, grab a handful of almonds, pepitas and sunflower seeds instead.

JUST BREATHE

Feeling tense? Take deep breaths into your belly, moving your diaphragm to instantly switch off your 'fight or flight' response. You'll feel calmer, giving you a fresh burst of energy for the rest of the day.

LOL

That's right, laugh out loud! Studies show laughter can reduce stress and anxiety and instantly increase energy levels.

TRY: Gathering a few of your friends and turn it into a fun night with a 'laughfest' and see who laughs loudest.

STRETCH IT OUT

If you've been sitting at your desk all day, get up and stretch to invigorate your body and increase blood and oxygen flow every 20-30 minutes.

TRY: Yoga after work for an energy and mood boost.



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Bowraville Central School News



Graduating Year 12 students from left to right:

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

YEAR 12 students celebrated finishing their school years by joining staff and family for a delightful goodbye brunch at school on Monday 19th September 2016.

Family members, school students and staff then attended the whole school assembly where the Year 12 Class was officially farewelled.

*Wishing Lockie, Keeley, Ronald and Callen all the very best
in the their future endeavours.*

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 An eclectic time with Richard	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...	Rob's Roving Robbie Hancock Bible reflections, Gospel & Australians	Just For You Carola Simmons A mix of jazz with lotta Oz	Aussie country music at its best	The Men's Shed Show Shu & The Crew Rhino On The Radio	Two For The Money Paul & Rachel Burns Music, fun & banter	Flashback Rob Davidson	11 AM
Noon	Youth Music Program Toby Frost & Lea Gillard	Jack's Tracks Jack All the tracks with Jack Tune in!	Stella Bells Music to rock your soul	Thursday Country Trickin'		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	Nambucca Valley Roundup - Paul Burns	Nambucca Valley Roundup - Ron Hawkins	Nambucca Valley Roundup - Retro	Switching to Studio 3 from 6pm-8pm on the 3rd Friday of each month for live artists & studio audience	Imagine This & The Antipodean SF Radio Show	Local sports results and in-depth analysis	1 PM
2 PM	Reggae Mixtape With Fitzroy Music outside the usual	Latest & Greatest Country Bryon Edwards	Phillinn With Phil New Australian Blues and Indie/Folk/Rock	Highway Blues Retro When Only The BEST BLUES Will Do	The Friday Night Rock Show Todd Willis Continues overnight	Woify Woify all 11pm	Booth's Drum With Captain Steve	2 PM
3 PM	Juggling Mondays Juggler's choice Music mix	Prog Rock Playlist Rhino till midnight	Ants Rocks Anthony Garmsey Solid Rock	Jeff's Junk Jeff Mills BBC World Service overnight	Overnight Express overnight	Overnight Express overnight	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	Continues overnight	Overnight Express overnight	CRN overnight	4 PM
5 PM	CRN overnight	CRN overnight	Ants' music mix continuous overnight	BBC World Service overnight	Continues overnight	Overnight Express overnight	CRN overnight	5 PM
6 PM	CRN overnight	CRN overnight	Ants' music mix continuous overnight	BBC World Service overnight	Continues overnight	Overnight Express overnight	CRN overnight	6 PM
7 PM	CRN overnight	CRN overnight	Ants' music mix continuous overnight	BBC World Service overnight	Continues overnight	Overnight Express overnight	CRN overnight	7 PM
8 PM	CRN overnight	CRN overnight	Ants' music mix continuous overnight	BBC World Service overnight	Continues overnight	Overnight Express overnight	CRN overnight	8 PM
9 PM	CRN overnight	CRN overnight	Ants' music mix continuous overnight	BBC World Service overnight	Continues overnight	Overnight Express overnight	CRN overnight	9 PM
10 PM	CRN overnight	CRN overnight	Ants' music mix continuous overnight	BBC World Service overnight	Continues overnight	Overnight Express overnight	CRN overnight	10 PM

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