

# 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



OCTOBER 2017 ~ ISSUE #156    FREE    CIRCULATION 350    POSTCODE 2449

## INNOVATE – COLLABORATE – SELF DETERMINE

*Are you ready for change in the Mid North Coast?*

Regional Development Australia, Mid North Coast is hosting a business and community event called **IGNITE MNC on Wednesday, 8th November 2017.**

**Ignite MNC** has been designed to stimulate new ideas in economic development, collaboration and innovative business practice throughout the region of the Mid North Coast (from Woolgoolga to Taree).

### SYMPOSIUM DAY IN BOWRAVILLE

**WEDNESDAY, 8TH NOVEMBER, AT THE BOWRAVILLE THEATRE**

Featuring a range of speakers including key note speaker, Todd Sampson. *Todd is the breakout star of the hit ABC show the Gruen Planet and a co-host on the Channel 10 news show, The Project. Todd is also the writer, producer and host of a discovery science documentary series called Redesign My Brain which won Documentary of the Year. The Financial Review and News Limited ranked Todd as one of the most influential executives in Australia.*



**Symposium Day in Bowraville** will also feature the Links2Success

Opportunity Hub, Telstra immersion session, a collection of market and information stands featuring the latest government grants, business support and advice, employee support and healthy workplace tips.

## SENIORS WEEK 2017

DISCOVER. IMAGINE. TOGETHER.

### Seniors Week Courses at Bowra Technology Centre

Monday, 16th @ 10.30am - Digital Photography

Tuesday, 17th @ 10.30am - Windows 10 Tips and Tricks

Wednesday, 18th @ 10.30am - Smart Phones

Thursday, 19th @ 10.30am - Mental Health Resources

Thursday, 19th @ 1.30pm - Social Networks and Internet Security

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



# WILD BY NATURE

RALLY AUSTRALIA  
BOWRAVILLE  
SAT. 18 NOVEMBER

# BOWRAVILLE COMMUNITY NEWS

## CIRCULATION = 300 COPIES

Newsletter is also available online at:  
[www.bowraville.nsw.au/bowraville-newsletter](http://www.bowraville.nsw.au/bowraville-newsletter)

## NEW 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 NOVEMBER 2017 ISSUE IS: 5:00PM 24th OCTOBER 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](mailto:admin@bctc.com.au)

### DISCLAIMER

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

# ***Bowraville Technology Centre***

**Open 9.30am to 4.00pm Weekdays**

### **Internet Services**

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

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

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

### **Facility Hire**

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

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

Full day up to 8 hours - \$100.00

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

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

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

Full day - up to 8 hours \$40.00.

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

*"Like us on*



*search for CTCABowra"*

## ***Bowraville Technology Centre***

**39 High St, Bowraville Ph. 02 6564 7420**

**Open 9.30 to 4pm Weekdays**

**Email: [admin@bctc.com.au](mailto:admin@bctc.com.au)**

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

## Carers Day Out Coffs Coast

Join Carers NSW Coffs Harbour for a free day of activities, information and fun.

**Where:** Boambee East Community Centre, Bruce King Dr, Boambee East.

**When:** Tuesday 17 October 2017, 10.00am – 2.00pm.

**Cost:** Free

**Register:** Register to attend Carers Day Out Coffs Coast by ringing Carers NSW Coffs Harbour on 02 6650 0512

*For more information:* juliep@carersnsw.org.au

## The Rainbow Ball

To be held on Saturday, 28th October at 7pm at Grants Hall in High Street, Bowraville. Tickets \$25 on sale at the Theatre, Let's Talk Hair, Hello World (NH) Harriet's Gourmet Provisions (M'ville) and from Rocky. It's BYO Everything! Music will be by James and Pani. There will be prizes for Best Costumes and Best Dancers. Dress 'Colourful' (Don't be boring!)

## Bowraville Garden Club

Members were thrilled to welcome 2 new Bowraville residents to their September meeting held at the home of Merron Marshall. Such a happy social day with lots of plant talk and a delightful luncheon the day was enjoyed by all. In lieu of an October meeting we will be travelling to Bellingen to visit the Rose Patch which also features hippeastrums and day lilies. An extra day will be held at the home of Barbara Wells on Saturday 28<sup>th</sup> October so that we can admire her roses before she trips off to Tasmania, this will also include morning tea with a 10am start. Zone co-coordinator Marion Watts has been invited to address the gathering. President of Garden Clubs Australia George Hoad, has instigated Garden Week in the second week of October this has motivated volunteers to give two of the town gardens a face lift. The clock garden also looked

after by club members is showing spring colour. Contact Barbara Furneyval on 6564-7039.

## BowraMacksville UHA

Our meeting held on 23<sup>rd</sup> September and our stall at the Garden Gala Day will be reported next newsletter. District Manager of Health Promotion will be visiting to advise on implementing the Health Food and Drink Framework as adopted by UHA at its Conference in 2016. This is named Healthy Choices and aims at reducing and/or eliminating sugary products in Hospital Kiosks. From recent publicity calling for more volunteers there were 9 positive replies and all are in training. We still have 2 vacancies on the hospital trolley roster. Of interest to Bowraville residents at the South West Rocks Volunteer Invitation Day we were advised that three and a half million dollars has been allocated for a medical centre now under construction. The October meeting planned to be held at the Macksville Chapel has been cancelled as most of the executive will be attending the State Conference or otherwise absent. We are researching the history of Bowra UHA. Does anyone remember when it commenced? Before or after Bowra's hospital closed. Macksville Hospital was officially opened in December 1958. 73million dollars has been allocated for the new hospital. Contact Isabelle on 6564-7179 if interested in becoming a volunteer.

## Bowraville Seniors

Bowraville Seniors meet at the Coach House Inn on the 3<sup>rd</sup> Monday of each month. At our September meeting we welcomed Darcy Flick and congratulated Margaret and Keith who were celebrating their 46<sup>th</sup> wedding Anniversary. As the Coach House will be closed on our next meeting day we have chosen that day for a mystery tour of Coffs Harbour. However the Clog Barn and a famous lolly shop seemed to be favourites. As there will be a few spare seats on 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.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**

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## 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

bus if you would like to join us contact Ruth Grace on 6564-8243. We welcomed guest speaker, a fairly new resident to Bowra, Gai to tell us how she has embraced Bowraville. Gai will be seen at the Community Gardens, The Wednesday Boomerang Bags Sewing day and Up Bowra meetings which are held on Bowra Market days. She gave an overview of these and stressed the social aspect of each. Members were very happy to purchase bags which are available at the Community Centre or various markets

### **Bowraville Recreation Club Meetings**

Meetings have been held at the Club to discuss the Concept and to form a steering committee in relation to grants now available through the sale of Poles and Wires by Parliament. Specifically for Regional NSW \$90 million has been allocated. The concept plan had been endorsed by Council who are prepared to help with the revised plan. Already the proposed BMX tracks and refurbishment of the Skate Park have been allocated funds from other grants. Some of the suggestions put forward include a walkway also for cycling from the IGA to Pre-school and around the golf course to link up with the one on South Arm road, repositioning of the Rec Club to be more centrally available to all sports, improving football facilities, basketball and netball court, undercover bowls, camping site, caravan site, BBQ area, even a gym and aged care facilities. If the grant is successful the Aboriginal Council would be happy to include an outdoor gym. Already in Bowraville there is a Community Reference Group however the steering committee formed is concerned with applying for this particular grant. The steering committee includes representatives from Netball, Bowra Central School, St Mary's School, Chamber of Commerce, Rec Club, Bowls, Golf, Junior Rugby League, Miimi, Cricket, Rugby Union and Preschool also wanted were representatives of Bowra youth. Should this grant be successful it is assumed completion would take time and more money, but the concept is there for a wonderful facility.

### **Bowraville Recreation Club**

Congratulations to Women Golfers who won the district pennants. Due to the dry conditions scores on the course have seen most players lose a few strokes

*Continued on Page 16*

### **Coronation Kennels & Cattery**

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

**180 Coronation Road, Congarinni North**

(just two kms from Macksville)

**PHONE: 02 6568-2018**

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

Website: [www.coronationkennelsandcattery.com.au](http://www.coronationkennelsandcattery.com.au)

*We provide the following services:*

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

**Sleepover** - Check in 4-6pm check out 8-10am

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

**Long Term Budget -**

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



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**If you would like to let our readers know about a regular or upcoming community event, email your copy to: [admin@bctc.com.au](mailto: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: 6564 7555 Fax: 6564 7505**

email: [edwinaguard@yahoo.com.au](mailto:edwinaguard@yahoo.com.au)

### **Surgery Hours**

Mon to Thurs 9am – 6pm

Fri 9am – 4pm

Sat by Appointment

### **Laverty Pathology**

Mon to Fri 9am – 1pm

### **Psychologists**

by Appointment

### **Physiotherapy**

by Appointment

**Proud sponsors of:**

***Pilates and Yoga classes***

8/11

## Protect your privacy online

One of the best ways to protect your privacy online is to use a VPN (virtual private network). A VPN gives your devices a private, secure internet connection so others can't see your information or location. It can also allow you to get around blocked overseas websites. You should use one when on a public Wi-Fi network.

There are times you really need to protect your online location and identity and secure your information. The onus is on you to keep your secrets, especially financial information, safe. A VPN (virtual private network), secures your computer's internet connection so all the data you send and receive is encrypted and hidden from prying eyes.

### Four reasons to use a VPN

- To protect against online identity theft while using a public Wi-Fi internet connection.
- To maintain your personal privacy by preventing others having access to your online activities, location or identity.
- To access content only available in other countries due to geoblocking. This can include, for example, watching online HULU or Netflix from outside the USA or BBC TV from outside the UK. Consumers should have the right to purchase overseas products and content without geographical restrictions.
- To get around "bandwidth throttling", which is when your ISP (internet service provider) detects and de-prioritises certain types of internet traffic, such as torrent downloads or streaming video, thus slowing down your connection. Turning on your VPN prevents the ISP detecting the type of information being transferred so you should regain normal speed. To test if you are being throttled, go to [www.measurementlab.net/tests](http://www.measurementlab.net/tests) and look for the tools under 'Transparency'.

### What will it cost?

There are free VPN services but if you want reliable download speeds, support, easy setup and the most features the cost of a paid VPN is well worth it. Most VPN services will generally cost anything from \$5 to \$15 per month for an individual (not business) user,

but choosing one based on the cheapest price is not the best way to go. While price can play a part in your final decision, where multiple services offer similar benefits, you need to look at how each provider meets your particular needs.

### How does it work?

You need an IP address to be on the internet. Your IP address is how other computers find you to send you information you request every time you use the internet for email, web browsing or any other online activity.

A surprising amount of information specific to you is gathered whenever you're online unless you take steps to prevent it. This includes your online identity, location, browsing and shopping habits, what sites you go to, what ads or links you click on and even what areas of the page you are looking at (people tend to hover their mouse-arrow in the region where they're focusing).

It's an online marketer's dream to have all this information about you and while it may offer some convenience for you, such as providing localised and related information that you may find handy, there's a potential dark side to all this information gathering – including highly targeted (and thus believable) online scams, fraud and even identity theft.

In a nutshell a VPN encrypts any information sent and received by your computer so that it can't be intercepted and decoded. It also routes your information through various servers so that it can't be traced back to you.

*More about VPNs next month.*

### Techno Joke -

When Jake plugged his flash drive into the computer at the library it didn't show up. He kept trying but nothing happened. As an IT person Jake knew he could figure this out. So he spent 15 minutes changing settings and inserting and removing the flash drive. Then the girl sitting next to Jake taps him on the shoulder and says, "You're plugged into my computer, not yours."



**OCTO BER PROGRAM at the**

# BOWRAVILLE THEATRE

Sunday - 8th October 3.00pm to 6.00pm  
**"Beautiful Music for Difficult Times"**

A musical afternoon with Marguerite Montes, featuring Peter Urquhart, Marie Montes and Louise Gore. Adults \$18 Child \$10 Conc. \$15 Family \$45



Sunday - 15th October at 2pm

**"Songs of Australia"** presented by the Bowraville Theatre Singers

Tickets at the Door \$15.00. Groups of 10 only \$140 with one free bonus ticket and reserve seating  
Phone 6564 7279.



**Doors open 1/2 hour before screening. Complementary tea & coffee.**

**Cafe open: ice creams, lollies, chips, drinks, popcorn etc.**

**Prices: Adults \$12, Concession: \$10, BAC/Child under 14: \$8, Family: \$30 (2 Adults, 2 Child (under14)).**

Sunday - 22nd October at 2pm

Annual General Meeting (AGM) of the Bowraville Arts Council (Bowraville Theatre).

## Response Plan for Bowraville to be presented

Over the past 12 months the Solution Brokerage team has engaged with the Bowraville community, working closely on coordinating an all-of-government response to community concerns. This engagement has been led by the Secretary of Planning and Environment NSW, Ms Carolyn McNally.

On the 20th of October 2017, the Secretary will return to Bowraville as the Officer-in-Charge for Solution Brokerage. During this visit, the Secretary will meet with community, local governance groups and visit sites of significance highlighted throughout the Solution Brokerage journey.

A Response Plan for Bowraville, developed through the Solution Brokerage project will be presented to community.

The Response Plan outlines the coordinated effort the government will undertake to commit to and invest in improving community resilience in Bowraville.

The presentation venue will be confirmed and promoted in Bowraville. All of community is welcome and encouraged to attend.

For further information please contact [solutionbrokerage@planning.nsw.gov.au](mailto:solutionbrokerage@planning.nsw.gov.au) or call 9373 2831.

**Bowraville & District Ex-Services Club  
6564-7304**

Introducing . . . New Menu

### **"Keppy's Bistro"**



**Tuesday to  
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**



1/11

## **BOWRA HOTEL**

**OPEN 10AM - MIDNIGHT**

**NEW  
CHEF**

### **BISTRO**

**LUNCH and DINNER  
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  
Wine & Dine on the verandah

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

1/11

# MARKETS CALENDAR

DAY OF MONTH	MARKET LOCATION and TIMES	CONTACT DETAILS
<b>THURSDAY</b> Every Thursday	Coffs Coast Growers Market, City Square, Harbour Dr. from 8am to 2pm	6648 4087
<b>FRIDAY</b> 1 <sup>st</sup> , 3 <sup>rd</sup> & 5 <sup>th</sup>	<b>BELLOPY ORGANIC FARMERS MARKET</b> from 8am to 1.30pm The largest 100% organic market in NSW. Bellingen Showground	0415 525 903
<b>SATURDAYS</b> 1 <sup>st</sup> Sat (bi-monthly even months)	<b>VALLA BEACH COMMUNITY MARKET</b> from 8am to 1pm	6569 5410
1 <sup>st</sup>	Kempsey Riverside Markets, Riverside Park from 8am to 1pm	0456 658 979
1 <sup>st</sup> & 4 <sup>th</sup>	Marine Rescue Charity Market, Woolgoolga Beach from 8am	6654 0447
2 <sup>nd</sup>	South West Rocks Market, Horseshoe Bay Reserve from 8am to 12 noon	6562 6671
2 <sup>ND</sup> & 4 <sup>TH</sup>	<b>BOWRAVILLE COUNTRY MARKET</b> Bowraville Pioneer Centre from 8am to noon	6564 7908 0400 828 471
2 <sup>ND</sup> & 4 <sup>TH</sup>	<b>MACKSVILLE PRODUCERS MARKET</b> , Riverbank Park	6568 3844
2 <sup>ND</sup> & 4 <sup>TH</sup>	<b>BELLINGEN NATURAL PRODUCE MARKET</b> from 8am to 1pm Bellingen Showground	6655 1279
3 <sup>rd</sup>	<b>BELLINGEN COUNTRY MARKET</b> , Bellingen Park from 8am to 3pm	6655 2151
4 <sup>TH</sup>	Gladstone Trash & Treasure Market - 8.30am to Noon	6567 4203
<b>SUNDAYS</b>		
Every Sunday	Coffs Harbour Markets, Jetty Shopping Village from 8am to 2pm	6652 3813
Every Sunday	Harbourside Markets, Coffs Jetty Foreshore from 8am to 2pm	0407 661 990
1 <sup>st</sup>	Coffs Harbour Lions Boot Markets, Coffs Jetty Foreshore 7am to 1pm	0417 704 588
2 <sup>nd</sup>	Plaza Market, Nambucca Heads Plaza from 8am to 1pm	6568 9655
3 <sup>rd</sup>	Gladstone Community Market, Memorial Park from 9am to 1pm	0499 155 312
Last Sunday (bi-monthly even months)	<b>FUNKYA @ UNKYA MARKETS</b> from 8am to 2pm Unkya Reserve, Eungai	0425 205 737

## National Carers Week - 15th to 21st October

There are over 2.8 million family and friend carers in Australia providing 36 million hours of care and support every week to a family member or friend who has a disability, mental illness, drug and/or alcohol dependency, chronic condition, terminal illness or who is frail.

The replacement value of that unpaid care is \$1.1 billion per week.

The theme for National Carers Week, *Carers Count*, highlights these figures.

By letting people know how many carers there are in Australia, the hours of care provided each week and the value of that care, *Carers Count* aims to raise awareness of the contribution made by carers.

### ~~~~~

## Carers Day Out Coffs Coast

*Join Carers NSW Coffs Harbour for a free day of activities, information and fun.*

**Where:** Boambee East Community Centre, Bruce King Dr, Boambee East NSW 2452

**When:** Tuesday 17 October 2017, 10.00am – 2.00pm

**Cost:** Free

**Register:** Register to attend Carers Day Out Coffs Coast by ringing Carers NSW Coffs Harbour on 02 6650 0512

*To find out more information please contact Julie on [juliep@carersnsw.org.au](mailto:juliep@carersnsw.org.au)*



# BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

*It's been a long time since I have picked up a hard back book..*

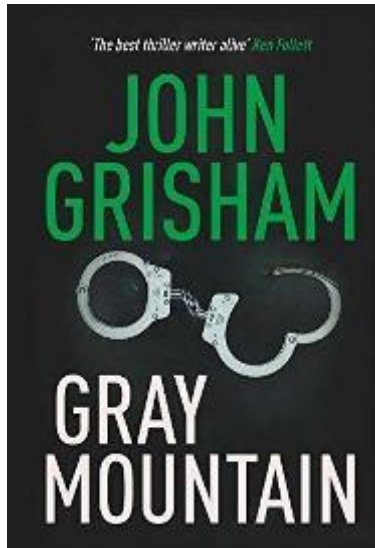
*... am not sure why but was glad I grabbed*

## Gray Mountain by John Grisham

This was written in 2014 but based a few years prior at the time of the housing/market crash, credit crisis and financial slump of America.

The main character is Samantha, a third year associate in New York's largest law firm. She is working 100 hours a week, has no social life and isn't really enjoying her life. When the financial woes hit her firm she, amongst many others, is basically sacked. Her offer from them is to do a year unpaid somewhere else in America and hopefully after that she'll get her job and old life back.

Samantha ends up as an unpaid intern at a legal aid clinic deep in small town Appalachia where the clients are all poor, the cases are mostly domestic incidents and nearly all related to the coal industry in one way or another. Samantha's job is completely different to anything she has experienced before and she has to deal with real



people, with real problems miles away from her fast paced, wealthy pre-existence.

The law is different and so are the people. Her boss, Mattie is a top woman. Her co-workers are great people and Samantha lives in a spare room at Annette's house. There is no night life. There is practically no social life. Mattie's nephew Donovan is also a lawyer but he deals with coal companies, corrupt lawyers of coal companies, corrupt medical and justice systems who are financially rewarded by the very same coal companies. Donovan's brother Jeff assists him with background research into cases and whatever else he is asked to do.

The story line is great, the characters very real. If even half of this novel is based on or around real characters and real incidences then it's pretty scary what the coal industry is doing in good old US of A. Apart from ruining land, vegetation and waterways their corrupt, illegal and amoral practices make people ill, keep them ill, force them into poverty and then do not support them when they know what they are doing causes a disease that kills people. The legal system supports clients who have the most money to throw at their lawyers and can buy whatever outcomes they want. There appears to be very little justice for the small guy despite the fact that there are free legal aid clinics out there trying to do their best by them.

A great read – very insightful.

*- This book read and reviewed by BTC Volunteer, Raewyn.*

# Bowra Laundromat

Corner of High & Belmore Streets

Token Operated Washing  
Machines & Driers.

Tokens available at Pub and Newsagent

Commercial Washers and Dryers

Enquiries: ph 6564 7401



# National Carers Week - 'Carers Count'

There are over 2.8 million family and friend carers in Australia providing 36 million hours of care and support every week to a family member or friend who has a disability, mental illness, drug and/or alcohol dependency, chronic condition, terminal illness or who is frail.

The replacement value of that unpaid care is \$1.1 billion per week.

The theme for National Carers Week, *Carers Count*, highlights these figures.

By letting people know how many carers there are in Australia, the hours of care provided each week and the value of that care, *Carers Count* aims to raise awareness of the contribution made by carers.

## The Impact of caring

*At some stage in our lives most of us will be, or will need, a carer. No matter who you care for taking on a caring role is a significant event that brings many challenges and rewards.*

### The rewards of caring

- People who care for a family member or friend say there are many rewards:
- The opportunity for personal growth and the development of new skills
- Proving to yourself that you can meet new challenges
- The satisfaction of knowing you have helped someone who needs you and that you have done the best you could to improve their quality of life
- Strengthening of relationship with the person you care for and knowing how much they appreciate your help
- Receiving the acknowledgement of your family and friends

### Challenges of caring

Caring can be very demanding and often restricts the lives of carers and their families.

Carers are often left to bear too much responsibility for the person they care for without enough support. Carers NSW advocates for practical reforms that will help protect carers from the problems too often associated with caring.

### Financial hardship

- 50% of primary carers are on a low income and many find it hard to cover living expenses, save money or build up superannuation
- The extra costs of caring can be enormous. Carers and their families often have to find money for extra expenses like heating and laundry, medicines, disability aids, health care and transport.

### Health and wellbeing

- Caring can be emotionally taxing and physically draining. Carers have the lowest wellbeing of any large group measured by the Australian Unity Wellbeing Index.
- Carers often ignore their own health and are 40 per cent more likely to suffer from a chronic health condition. Some health problems, like back problems, anxiety and depression can be directly linked to caring.
- Many carers are chronically tired and desperately need to refresh with just one night of unbroken sleep, a day off or an extended period with no caring responsibilities.

### Social isolation and relationships

- Many carers feel isolated, missing social opportunities associated with work, recreation and leisure activities.
- The demands of caring can leave little time for other family members or friends.
- Carers often have to deal with strong emotions, like anger, guilt, grief and distress that can spill into other relationships and cause conflict and frustration.

### Disadvantage

- Many carers miss out on important life opportunities, particularly for paid work, a career and education.
- Caring can take the freedom and spontaneity out of life.

[www.carersnsw.org.au](http://www.carersnsw.org.au)

**For information on *Carers Day Out Coffs Coast* see page 3**

**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**

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# 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**  
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## Making reusable shopping bags from pre-loved fabrics

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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](mailto: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](mailto:blion34@yahoo.com.au)

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

1/11

# Tallowood Steiner School

Tallowood Steiner School continues to offer a high quality, K-6 education service in the Nambucca Valley.

With around 45 students Tallowood embodies the best of a small, country school ethos with healthy peer learning and relationship building assisted by our mixed age classes. Tallowood has taken the Steiner foundation elements of artistic, active and dynamic learning within a rich and varied curriculum and adapted these elements to suit our mixed- age classes.

Our integrated curriculum covers all KLA's in a manner that is richly experiential and hands-on for our students. This year we have been delighted to welcome Elise Everett, from WA, as our new Kinder/class 1 teacher. Elise brings 30 years of teaching experience to our school and her vibrant program sees the students highly engaged in developing their foundational literacy and numeracy skills through her creative and artistic teaching methods.

Our approach across all grades is highly engaging and fosters enthusiasm for the learning process. At Tallowood children's social and emotion development is seen to be as important as their academic and cognitive development. Our school Virtues Program focuses on the development of a culture of character right across the whole school and supports our zero-tolerance of bullying policy and practices. For further information visit the school's website [www.tallowood.nsw.edu.au](http://www.tallowood.nsw.edu.au) or ring on 65647224 to speak with the Principal.





# Bowraville Lions Club Inc News Bulletin



OCTOBER 2017

## LIONS CLUBS ACTIVITIES

The Bowraville Lions Club had a busy day on Friday 29<sup>th</sup> September cooking hot dogs and making fairy floss and popcorn for the large crowds that came out to enjoy the Hot Rods and Bill Cart races in High Street.



## 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 Bowra Hotel.

The draws will be held around 6.30pm and tickets are only \$1.00 each.



**1st Prize** is a \$25 meat tray.

**2<sup>nd</sup> Prize** is a \$20 voucher for use in participating businesses in Bowraville.

**3<sup>rd</sup> Prize** is a six pack from the Bowra Hotel.

**New\* Bonus 4<sup>th</sup> 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

## Growing Green Manure

If you have a bit of space in your garden growing green manures or cover crops is a great way to improve soil fertility and add organic matter to your soil. They can also be used as weed suppressants and assist in the control of pest and diseases. So what are they, and where and when can you use them?

### What is green manure?

Green manures or cover crops describe a range of temporary, fast growing leafy plants which are sown from seed generally in autumn or spring, grown through the next few weeks or months (depending on the season) and then, just before they begin to flower and set seed, they are slashed and turned in to the soil or used as mulch for whatever's to be planted next.

### Why is it grown?

You might consider growing a green manure crop in a new garden area to suppress weeds, improve drainage, reduce compaction, stabilise the area to limit erosion and improve the soil before you put in permanent plantings. Green manure crops are often used in vegetable gardens, in beds or parts of beds which are given a break from vegetable production for a season to improve the soil and set the bed up for the next crop.

Vegetable gardeners might have some space to spare after the summer harvest and if you have a crop rotation system you could think of incorporating a green manure crop into the rotation.

### When to plant

In warmer areas plant in summer when you can rely on rainfall or are able to irrigate. If you live in a tropical area you can plant warm season crops throughout the year so long as there's moisture available.

### What plants to grow

Warm season crops are buckwheat, cowpea, French white millet, Japanese millet, lablab, marigolds, mung bean and soybean

### Benefits of Particular Plants

Different crops have different benefits and can be grown in combination. Seed sellers will often sell individual seed types and green manure mixes. Legumes, like lucerne, clover, beans and peas, fix nitrogen and make it available to whatever follows. Weed smotherers include lablab, cowpea, lucerne and buckwheat.

### Establishing your crop

It's usually as simple as choosing your seed mix, clearing the bed of weeds, broadcasting the seed and raking to cover. Most green manures need moisture to germinate and while they're growing so depending on rainfall you might need to water the seeds in when you sow them and to give them a hose as they grow.

*Continued on page 22*

*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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**COMPOST**

**FERTILISERS**

**SOIL & WATER  
CONDITIONERS**

**MULCHES**

**ORGANIC GARDENING  
SUPPLIES**

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**51 CARBIN  
STREET  
BOWRAVILLE  
6564 8648**

1/11

## Bowraville Chamber of Commerce and Industry Inc

chamber@bowraville.nsw.au

**OCTOBER 2017**

### A fantastic fun Friday in Bowraville

On Friday, 29th September the Drag-Ens brought their fantastic Hot Rods and Billy Carts to Bowraville. Large crowds enjoyed the spectacle of these Hot Rods lining High Street and the excitement of the Billy Carts racing down High Street.



### Town Clock repairs Saturday September 7th

On Saturday 7th September, the town clock will have repairs done to the mechanism and clock faces. Also a whirly bird will be fitted to keep temperatures down inside the structure. Finally new cameras will be installed in the tower. Thanks go to the Bowraville Lions Club, the Bowraville Chamber of Commerce and the Nambucca Shire Council for funding these much needed works.

### 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**

## WHAT'S HAPPENING IN BOWRA

From Page 5

which will be mourned when the rains come and the run disappears. AGM will be held in October. Rec Club will host Macksville Footballers when they have their end of Season BBQ and Sports events. On the 15<sup>th</sup> the 3 Bowls Open Pairs will be held. Championships are still to be finalised. Social Wednesday golf and Friday Chook run crowd provide a lot of news for the Club newsletter, South Arm members seem to prefer Thursday away from all that hilarity. The Bowra Rec Club is available for meetings and private functions; Remember Bowraville also has a Squash court. Contact 6564-7379.

### Bowraville Community Gardens

You now have 2 choices to help at the garden as some prefer Monday and others Friday. Vegetable patches are ready for spring planting and although we have had little rain, weeds continue to grow and need constant attention. A new development is the construction of an all-weather meeting space. The Brussel Sprouts were a bit of a disappointment but the broad beans are powering along to fruition. If flowers are your thing there is a space for you to show your talents.

### Bowraville Theatre Singers

For a wonderful Sunday afternoon of entertainment come to the Bowraville Theatre on Sunday 15<sup>th</sup> October and enjoy the singing and harmonies of this hard working group of Valley Songsters. Enjoy also the acoustics of this much appreciated venue. Previous performances have included such extras as the flute, violin and didgeridoo as accompaniments or as an individual performance. What will it be this time? The program is titled "Songs of Australia" and includes old favourites and some songs by modern composers. Concert commences at 2pm but the theatre will open at 1pm with the café operating. Tickets available at the theatre \$15. As this is a one-off performance only, please support our singers and our theatre. For other information and group bookings. Contact 6564-7279.

### 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



*Ngiyaala garla-ngarraynggi waw guuyunga jurruya jalumbaw,giili waw.*

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

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

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

## FREE SERVICES

- Monday – Counselling Services**  
Contact Interrelate — Ph: 6659 4150  
Everyone Welcome.
- Tuesday Help with Accommodation**  
1<sup>st</sup> Tuesday of the month  
Contact New Horizons – Ph 5632 4804
- General Practitioner commences 13 June 2017 for monthly visits**  
9:00am – 3:00pm  
Bookings essential — Ph: 6564 8855
- Nurse commencing 13 June 2017 for weekly visits**  
9:00am – 3:00pm  
Bookings essential — Ph: 6564 8855
- Wednesday Baby Health Clinic**  
9:00am – 12noon  
All Mums and bubs welcome  
No appointments necessary.
- Thursday Legal Aid**  
1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month  
10:00am to 12noon — Ph: 6651 7899

### Mid North Coast Local Health District

Located in MiiMi Training Room  
at rear of MiiMi House

Monday – Friday

9:00am – 3:00pm

Commencing soon

Contact 6564 8855 for bookings

### Need your Licence? Got Fines? No worries!

Register now for Driving Class L

This course is FREE, runs over 4 weeks in June 2017

Includes 2 FREE driving lessons with Rob Graham's Driving School. Contact 6564 8855 to register.

*MiiMi is now an approved CSO Agency.*

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

90 High Street, Bowraville

Ph: 02 6564 8855

Email: [admin@miimi.org.au](mailto:admin@miimi.org.au)

11/11

Continued on Page 26



## Bowraville Consumer Rights Open Day



**Friday 13 October 10am – 2pm**  
**Pioneer Community Centre**  
**70 High Street Bowraville**

### Free information sessions

10am	Shopping Rights and Scams Awareness
11am	Tenancy
12 noon	FREE Sausage sizzle BBQ lunch
12.30pm	Buying and running a car
1.15pm	Planning Ahead (retirement, funerals etc)

*For further information contact Pioneer Community Centre on 6564 7908 or  
Michela Beal from NSW Fair Trading on 0411 023 068*

Supporting local Communities

[www.fairtrading.nsw.gov.au](http://www.fairtrading.nsw.gov.au) 13 32 20



## 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 resident 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.**

## WE NEED YOU

The Technology Centre needs volunteers to keep the centre running and to provide the services we deliver. We are not Government funded and rely heavily on volunteers to be able to man the centre.

Volunteers get the opportunity to establish or improve their skills in office work, IT, digital photography, web site updates, publishing and many other computer related tasks.

If you are interested drop in and talk to Mark or phone the Bowraville Technology Centre on 6564 7420.

Technology experience is not essential, we need people to man the front desk too.

If you need to volunteer as part of your Mutual Obligation Requirements with Centrelink this could be the place for you.

## Volunteers

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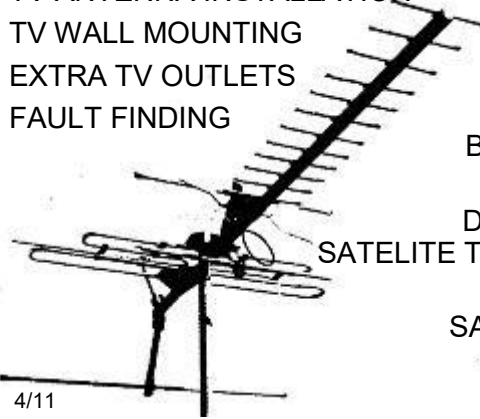
*Does your computer need servicing?  
Is it going slow?  
Do you suspect a virus?  
Or it just won't work the way you want it to?*

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admin@bctc.com.au**

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## Stress Management for Carers

The term 'stress management' means identifying what is causing stress in your life, then considering how stress is affecting you and what you can do about it. You can then plan ways to defuse tension or respond more effectively to difficult situations.

### Identify situations that stress you

We can't always put a stop to all of the stresses in our lives but it's important to learn to recognise the signs that you are feeling stressed. This way you can identify stresses you can address before it becomes overwhelming.

Following are some symptoms of stress to help you to learn to recognise when you are becoming stressed:

*Physical symptoms* - Having trouble sleeping, tiredness and fatigue; headaches and muscle tension; racing heart or sweating with no obvious cause; overeating or loss of appetite, weight loss or gain

*Psychological symptoms* - Feeling tense, impatient, resentful or irritable; lack of self-esteem; forgetfulness and indecision; feeling depressed, helpless, anxious or guilty; feeling negative about things, withdrawing from other people or from activities you normally enjoy; misuse of alcohol, drugs, tobacco or gambling

### Ways of dealing with stress

Below are some suggestions for ways of managing stress. Managing your stress calls for work towards change – changing the source of the stress as well as your reaction to it.

#### Change what you can

You may not be able to significantly change the demands of your caring role but you can look creatively at small changes which might help. For example you could ask a good friend or family member to help out.

#### Accept what you can't change

Focus on what you can do to make a difference and identify and accept the things you can't change. Stress can sometimes be reduced by changing how you react to it.

#### Identify your strengths and weaknesses

You may be very good at mediating arguments or at switching off worries and thinking about something else. Someone else in your family may be good at finding practical solutions to problems. Build coping strategies around the strengths in your family.

#### Learn skills to help you manage

Learn as much as you can about the condition of the person you are caring for and about techniques that can help you to manage your caring role better.

Good planning can help to balance your caring responsibilities better with the rest of your life.

#### Build resilience

Try to nurture traits that are common in people who respond well to change and adversity:

- Look at the funny side of things

*Continued on Page 24*

## Eating well is important for carers

Sometimes the demands of caring can make it difficult to focus on eating a variety of healthy foods and having a well-balanced diet.

Food and eating are an important part of the way we live our lives. A good diet will improve your physical health, give you the strength and stamina.

A relaxed meal with others will also improve your social and emotional wellbeing.

### Choose a balanced and varied diet

A well balanced diet includes all the nutrients our bodies need to function properly. It will include foods from each of the five major food groups:

- Cereals such as bread, cereals, rice, pasta and noodles, preferably wholegrain
- Vegetables and legumes
- Fruit
- Dairy products such as milk, yoghurt and cheese
- Lean meat, fish, poultry, eggs, nuts and legumes

Legumes, also known as pulses, include foods such as baked beans, chickpeas and lentils.

It is important to eat a variety of foods from each group. Each food group is rich in different types of nutrients and different foods within each group provide more of some nutrients than others.

Try to eat plenty of plant foods (vegetables, legumes, fruit, cereal, rice and pasta), moderate amounts of animal foods (meat, fish, poultry, eggs and dairy products) and small amounts of foods containing sugars, salt and oils.

### Read the labels

Take the time to read the Nutrition Information Panel on food products so you know what the food you are buying contains.

Look for products with lower kilojoule (energy - usually sugar) content and low in saturated fat, total fat and sodium (salt). Use the 'per 100g' column to compare different products so you can choose the healthier option.

### Drink plenty of water

You need fresh supplies of water every day for most of your body functions. You become dehydrated when the water content of your body becomes too low. Dehydration can cause headaches, weakness and tiredness. It can also lead to mood changes and cause you to react more slowly to things.

Try to drink six to eight 150 ml glasses of fluid every day including water, tea, juice and milk. Coffee and alcohol can contribute to dehydration so you should not count these drinks as part of your recommended daily intake.

### Exercise

Is important too as it not only gives a short break from caring but it energises the body and lifts the spirits. Just five minutes can make a difference.



## 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](mailto: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.

## Bowraville Kinesiology for your

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35 Bowra Street, Bowraville  
02 6564 7908 or 0400 828 471

[marion.syratt@gmail.com](mailto:marion.syratt@gmail.com)  
[blueskyhealing.wordpress.com](http://blueskyhealing.wordpress.com)

1/11

## BOWRAVILLE PHARMACY

31 HIGH ST BOWRAVILLE

PH: 6564 7925

FAX: 6564 7364

Monday to Friday 8.45am - 5.30pm

Saturday 8.45am - 12 noon

Prescriptions and Professional Advice

Moo Goo Natural Skincare

Designer Brand make-up range

Pharmacist

KERRIE SAVINS



1/11

from page 14

### Harvesting your Green Manure Crop

For maximum benefit harvest as your crop starts to flower – once the crop has fully flowered (and then set seed) the nitrogen content decreases and, if the plant goes to seed, you'll likely see it pop up all over the place next season. You can either dig the crop in or cut it and use it as mulch on the bed where it grew or around the garden. If you decide to dig the crop into the soil it will break down faster if you mow or chop it up a bit first. Allow 4 to 6 weeks after you dig the crop in before planting new seeds in the bed. If you need to plant seeds sooner use your green manure crop as a surface mulch.



### LIFETIME CONNECT FAMILY SERVICES

6568 1474



## PLAYGROUP

WEDNESDAY 10am - 12pm

During School Terms

BOWRAVILLE PRE-SCHOOL

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- CATERING
- FREE DELIVERIES\*
- \$7.50 COFFEE & CAKE
- \$10 LUNCH & DRINK

*Open Monday to Thursday*

9:30am - 2:30pm

\*Bowraville only

1/11

# 6564 7677

CALL US TODAY!



# Karen's TRIVIA for October



Many happy returns to all who are celebrating their birthday in October.

Famous Libras include :

- Oscar Wilde - 16 Oct 1854
- Pablo Picasso - 25 Oct 1881
- Chuck Berry - 18 Oct 1926
- John Cleese - 27 Oct 1939
- John Lennon - 9 Oct 1940
- Peter Jackson - 31 Oct 1961
- Guy Pearce - 5 Oct 1967
- Kate Winslet - 5 Oct 1975



*Birth flower for October is the Marigold & Cosmos.*

*Marigolds are known as the "Herb of the Sun".*

*Cosmos is a Greek word meaning harmony or balanced universe.*

*Birthstone is the tourmaline and opal. Opal is believed to bring beauty and happiness to the wearer and signifies hope.*



It's fun to see a fairy flutter  
Off a catkin boat,  
And wrap her fairy baby in  
A pussy willow coat;  
Oh, don't you love the fairies  
And their fairy babies, too? I do!  
And the round sun rolling by  
Heeding no such things as I.

From *Finding Fairies* by Marjorie Barrows

## In Octobers Past

- Oct 1, 1908 - Henry Ford's Model T went on sale for the first time.
- Oct 2, 1968 - California's Redwood National Park was established. Redwoods are the tallest of all trees.
- Oct 3, 1990 - After 45 years of Cold War division, East and West Germany were reunited as the Federal Republic of Germany.
- Oct 4, 1957 - The Space Age began as the Russians launched the first satellite into orbit - Sputnik I.
- Oct 6, 1927 - The first "talkie" opened in New York. *The Jazz Singer* starring Al Jolson was the first feature film using spoken dialogue.
- Oct 13, 1884 - Greenwich was established as the universal time from which standard times throughout the world are calculated.

*On October 16, 1793 Marie Antoinette, wife of Louis XVI of France, was beheaded during the Reign of Terror following the French Revolution. She had become the symbol of the people's hatred for the decadent monarchy when she had, according to legend, responded with the remark "Let them eat cake" when she was told her subjects had no bread. According to historians she probably never said those words. The story was first told about Marie-Therese, wife of Louis XIV, in 1660 and several other 18th century royals were also blamed for the remark. Marie-Therese had suggested that the French people eat "the crust of the pate". Marie Antoinette would no doubt have lost her head whatever she'd said!*

**THAT'S FUNNY...** In 1846 William John Thomas, who contributed the term *folklore* to the English language, commented that "belief in fairies is by no means extinct in England". He was not alone in his opinion for throughout the Victorian era advocates of fairy existence and investigators of elfin origins included numerous scientists, historians, theologians, artists and writers. Among them Sir Arthur Conan Doyle held the fairy faith in a remarkable "trickle up" of folk belief. In Ireland the poet WB Yeats reported endlessly on his interactions with the sidhe (Irish Fairies).



## **DID YOU KNOW THAT...**

The Welsh believed that if marigolds were not open early in the morning, then a storm was on the way. Marigolds have been used as love charms and incorporated into wedding garlands. Water made from marigolds was thought to induce psychic visions of fairies if rubbed on the eyelids. In some cultures marigold flowers have been added to pillows to encourage prophetic or psychic dreams.

Compiled by Karen Bindoff

*October - is the tenth month of the year in the Julian and Gregorian Calendars and the sixth month to have the length of 31 days.*

## Stress Management for Carers *from page 20*

- Build self-esteem and believe in your ability to cope
- Focus on good outcomes and experiences
- Accept unpleasantness, learn from it and move on

### **Practical strategies for reducing stress**

- Keep healthy. Eat well and exercise regularly
- Get a good night's sleep. Don't drink coffee or tea in the evening and explore ways to wind down before bed. Meditation, listening to music or reading can help if you have difficulty falling asleep.
- Find out what relaxes you and take regular time out to recharge. Try to do something that you enjoy every day and spend time with people who make you feel good about yourself.
- Take a stroll when you start to feel stressed – it can help restore your perspective
- Talk with family and friends about how you feel. Let off steam and encourage them to do the same. It may also help to talk with a professional counsellor
- Practise relaxation techniques. Close your eyes and breathe in slowly and deeply through your nose and out through your mouth. Repeat ten times. This is a way of switching off even if just for a few moments
- Ask for and accept help!

**Talk to your doctor if you feel that stress is affecting your health.**

- [www.carersnsw.org.au](http://www.carersnsw.org.au)

## **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](mailto:jeffblair@communitytransport.net.au)

**COMMUNITY TRANSPORT**

COFFS HARBOUR, BELLINGEN & NAMBUCCA

[www.communitytransport.net.au](http://www.communitytransport.net.au) - 1300 812 504  
[info@communitytransport.net.au](mailto:info@communitytransport.net.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



## Congratulations to Jack Sullivan

Jack has been recognised with a John Lincoln Youth Community Service Award for all the good works that he has done. He is one of only 26 students from across the state to receive this recognition in 2017.

## Combined High Schools State Finals in Dubbo



Green Go Getters in 1/2/3 have been rockin' on this week, exploring fun rock beats with classroom instruments. Stay tuned, they just may be the next Australian rock stars?! They've got great rhythm! They've got fun! And, they know how to rock!

Students completed their final day of AIME mentoring programme at Coffs Harbour Campus on Tuesday, 5 September 2017.

The highlight of the day was listening to four inspirational personal journeys.



**PUBLIC NOTICE**

**To customers using the Department of Human Services Centrelink Access Point at the Bowraville Technology Centre**

As you may be aware the Department of Human Services requires the Bowraville Technology Centre to collect statistics on the usage of the Centrelink computer, phone and printer which we have been doing for many years.

Recently the Bowraville Technology Centre has been issued with new requirements which mean from 1st October 2017 we must keep more specific statistics than we previously did.

To comply with this request staff members and volunteers at the Bowraville Technology Centre need to complete a new Statistics Sheet which requires that customers be asked which site they are accessing (eg: Centrelink, Medicare, Child Support etc).

Please don't be offended by these questions, the more accurate our statistics the more likely we are able to keep this service here in Bowraville working for you.

*From Page 16*

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 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.

***Time for a Joke***

"I hear the boys are going to strike," one worker told a friend. "What for?" asked the friend.

"Shorter hours."

"Good for them. I always thought 60 minutes was too long for an hour."

***The Australian Resuscitation Council recommends the use of pressure immobilisation bandages (PIB's) as best current practice for snake bite and first aid after snake bite in Australia.***

The Setopress bandage is one such PIB, specifically designed to restrict Venous flow around the body. To regulate the tightness (and therefore effective pressure) the bandage has a continuous series of green and brown rectangles printed along its length. As the bandage is stretched, the green rectangles become squares. At this tension lymphatic return is minimised, controlling flow of venom to the body.

*This is a product now endorsed by rescue and medical personnel for snake bite.*

*Now available at . . .*



**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*



# *Watch out . . . SNAKES about!*

## **Setopress bandages for snakebite and sprains**

With Spring comes warmer weather and the emergence of our reptiles from their winter hibernation. It's a time when, if we are lucky enough we can be pleasantly surprised by their beautiful new skins or unlucky enough to surprise one and be bitten - in this instance it's good to be prepared.

As Australian snake venom is carried in the lymphatic system recommended treatment is to use a pressure bandage to wrap the bitten limb from fingers to armpit or toes to groin. Immobilise the limb, and transport the patient to care. Do not allow them to walk about.



Many of us carry a crepe bandage, or an elastic Ace bandage to do this. However crepe bandages are essentially useless, even with two heavier elastic bandages it can be almost impossible to wrap higher than just above the knee. The bandage sometimes starts to slip off straight away, and if it stayed up there is no way to tell if it is firm enough or too tight. (Blue toes or decreased venous return indicate that it is too tight, it is then necessary to unwrap the bandage and start again, allowing a surge of venom into the body.)

A bandage that is designed to regulate venous drainage is much more effective. The Setopress Bandage has a number of advantages. Primarily it is wider (10cm) and longer (3.5M) than most crepe or elastic bandages. This will allow a single bandage to reach the knee or armpit, and two to reach the groin.

To regulate the tightness (and therefore effective pressure) the bandage has a continuous series of green and brown rectangles printed along its length. As the bandage is stretched, the green rectangles become squares. Increase the tension, and the brown rectangles become squares. At this tension lymphatic return is minimised, controlling flow of venom to the body.

The squares are printed off centre to assist in providing a controlled wrap of half width overlap at each turn by covering the visible squares at each wrap. This half width overlap is required to provide correct pressure, and also to prevent the bandage causing a tourniquet effect. Finally the bandage is textured, which helps to prevent it slipping down a conical thigh or calf, which would immediately reduce the pressure and effectiveness of the bandage.

- Rod Lawlor, (*Alpine Search and Rescue, Victoria*)

*This article adapted from the original which was published in the Behind The Log newsletter, June 2010.*

*You can now purchase a Setopress bandage at the Bowraville Pharmacy*



# 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 ClairSensense Claire With-Powell 	Bubble N Squeak Linda & Michelle 	2NVR Recycled Radio 	Green Eggs on Toast Part 2 Lawrie Medbury Music, Movies, News, Weather Glg Guide Local Info	2NVR Recycled Radio 	Beam Me Up Scotty 	6 AM	
7 AM	Alternating with Mike Birnies	Isn't it Romantic With Dallas Dent Crooners Easy Listening Popular Ballads 	Dyer's Loop With The Dyers 	Under The Stinging Tree Poppe 	Talk Of The Town Cen Webel 	Hair Of The Dog Kim Smith & Mick Birnies Rock, Pop Covers And Music Trivia 	Good Sunday Morning With Faye Music Movie Reviews News Local Events 	7 AM	
8 AM	Classic Hits & Jukebox Paul Rome Great Rock 'n' Roll 1950s-2010s 	Infopinlon Richard Laxton 	Stella Bella 2NVR Youth Radio with Stella 	Grace's Vybes Grazie McLeod 	Eighties Pop Playlist Rob Davidson 	Happy Hour Michelle Smith 	Classical Corner Music from the past 1000 years... Adapted weekly with The Lively Arts Music & stories from from Am, TX, Ireland & radio Noel Robertson 	8 AM	
9 AM	Baby Boomers Donna Collins 	The Phoenix Crew Selected music & madness 	Jazz Azz I Like It Heather Heywood 	Simmo's Country John Simpson 	Today's Country Rob Davidson 	Maggie's Mix Margaret Duffus 	Flashback Rock Five Decades Of Rock With Rob Davidson 	9 AM	
10 AM	The Weekley Fix Paul Weekley 	Rob's Rovling Robbie & Linda Bible reflections, Gospel & Australiana 	A mix of jazz with lots of Oz 	Just For You Carole J. Simmons Followed by Karala's Deutache Musik Stunde 2NVR Multicultural Radio 	Outback Outlaws Paul Rowe 	Concussion 2NVR Youth Radio With Kim, Noah & Aedon 	Flashback Rob Davidson 	10 AM	
11 AM	Drive With Scotty Scotty Great Scotty Music 	Jack's Tracks 2NVR Youth Radio with Jack All the tracks with Jack Tune in! 	Hinterland Ben Walters 	Thursday Country Trickie 	Wind Down for the Weekend Stu & The Crew 	Two For The Money Double the Fun with Paul and Rachel 	Imagine This & The AntipodeanSF Radio Show 	That's A Wrap Donna, Tom & Mitch Local sports results and in-depth analysis 	11 AM
Noon	Bowers Beats 2NVR Youth Radio with Graze 	Nambucca Valley Roundup Cecilia Simmons 	Nambucca Valley Roundup - Paul Burns 	Highway Blues Retro 	Rhino On The Radio Switching to studio 3 from 6am-9pm on the 3rd Friday of each month for live artists & studio audience 	The Friday Night Rock Show Todd Mills 	White Line Fever All Nolan 	Noon	
1 PM	Nambucca Valley Roundup - Rachel Burns 	Latest & Greatest Country Byron Edwards 	Phyllinn With Phil New Australian Blues and Indie/Folk-Rock 	Nambucca Valley Roundup - Retro 	The Friday Night Rock Show Todd Mills 	Woolly Woolly @ 11pm 	Booth's Drum With Captain Steve 	1 PM	
2 PM	Reggae Mixtape With Frazzy Music outside the usual 	Prog Rock Playlist Rhino @ midnight The best of Progressive Rock 	Ants Rocks Anthony Gamsay Solid Rock 	Jeff's Junk Jeff Mills 	CRN overnight	Overnight Express overnight	CRN overnight	2 PM	
3 PM	Spirit in the Sky Non-stop heartfall music 	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	3 PM	
4 PM	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	4 PM	
5 PM	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	5 PM	
6 PM	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	6 PM	
7 PM	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	7 PM	
8 PM	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	8 PM	
9 PM	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	9 PM	
10 PM	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	10 PM	

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