

# Bowraville Community News



The Bowraville Community News is produced by  
the Bowraville Technology Centre and printed by Bowraville Central School.  
[www.bowraville.nsw.au](http://www.bowraville.nsw.au)



SEPTEMBER 2016 - ISSUE #144

FREE

CIRCULATION 350

POSTCODE 2449

## Military Vehicle Muster Everything Military and More!

*Swap Meet - Off Road Events - Show & Shine*

10am Friday, September 30th through to 7pm Sunday, October 2nd

**The Frank Partridge VC Military Museum** will be presenting a whole weekend of 'all-things-military' at the inaugural **Military Vehicle Muster**.

If you have an interest in, own or are restoring any kind of military vehicle come and share your enthusiasm with others who share your passion.

Display your vehicle, perhaps find hard-to-get parts at our Swap Meet, enter our Show and Shine event and drive your vehicle in our 'run'.

Free camping - open air, covered concrete floor, limited power sites at Bowraville Racecourse (basic shower facilities on site).

Catering will be limited on Friday and Saturday with full catering on Sunday.

Transport is available by free bus to and from racecourse campground and the display area in Bowraville.

Overnight security at racecourse on Saturday night.

*Named in honour of Frank Partridge the youngest and last Australian recipient of the Victoria Cross in WW2, the Frank Partridge VC Military Museum houses a fantastic collection of military memorabilia including military vehicles, uniforms, medals, weapons, and so much more.*



# BOWRAVILLE COMMUNITY NEWS

## CIRCULATION = 300 COPIES

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

## NEW 2015/16 ADVERTISING CHARGES:

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

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90 x 180mm (1/3 page)	\$15 issue/\$150 year
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Full page (or back cover)	\$25 issue/\$250 year

## DEADLINE FOR COPY FOR THE OCTOBER 2016 ISSUE IS: 5:00PM 20th SEPTEMBER 2016

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

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

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

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

# ***Bowraville Technology Centre***

**Open 9.30am to 4.00pm Weekdays**

### **Internet Services**

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

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

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

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**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 Technology Centre***

39 High St, Bowraville Ph. 02 6564 7420

Open 9.30 to 4pm Weekdays

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## Bowraville Cup at Bowraville Racecourse

Saturday 27th September at 12noon in Rodeo Drive, Bowraville. All facilities are available for on course punting. Refreshment and food outlets are available and family picnic areas are also available. All are welcome to experience this friendly country race meeting. A bus is available from Nambucca Heads bus stop adjacent to the police station. The Nambucca River Jockey Club is a voluntary run organisation and all profits are used to manage, maintain and upgrade the race course facility. There is no other income apart from patronage at our meetings.

## Bowraville Garden Club

What lovely August weather to enjoy our outings! Three members travelled to South West Rocks to attend the Bi-Annual Zone Day where we met up with many garden club friends and were entertained by various presentations. Those not attending visited Coffs Nursery for morning tea, travelled on to Safety Beach to view some beautiful glassware, then back to Coffs to the Botanic Gardens. September will see members at the home of Secretary Barbara Furneyvall which will be the venue for the Bowraville UHA fund raiser, 'Come & Have a Cuppa' and support our Macksville Hospital. Garden Club members have been potting-up plants and selecting a favourite item for the display table. Contact 6564-7039

## Bowraville Hospital Auxiliary

In conjunction with Bowraville Garden Club our next fundraiser is the 'Come and have a Cuppa'. We will hold street stalls the preceding week in High Street. Our first raffle prize is a pastel landscape by local award winning artist Myffie Coady valued at over \$500 and there are also 3 minor prizes. Members will supply a delicious morning tea so please come and support these hard working volunteers. Our next meeting will be at the Recreation Club on Friday 23<sup>rd</sup>

September at 1.30 with afternoon tea to follow. Here is the latest Macksville Hospital Car Park Café news - once again Bowraville members were elected to all positions. Funds donated to the hospital in the last financial year for patient equipment was \$31,000. There is a constant call for more volunteers to man the coffee shop, due to illness, travel, family commitments etc., although we have some dedicated volunteers who never miss their day. Another valuable service to hospital patients is the trolley service where we take a trolley of sweets, toiletries and reading material to the wards and also a friendly smile and a little chat if needed. Perhaps you could donate craft items, preserves and other saleable items to our various fundraising activities. Our hospital is a great asset and needs everyone's support. Contact 6564-7179 or 6564-4027.

## Bowraville Recreation Club

Bowra Women Golfers had a 4/1 win against Woolgoolga at Urunga. As yet unbeaten our golfers have 2 more matches to see if they can claim gold. Our Open day in August was held on a perfect winters' day with 31 starters. A grade winner was Ev Usher and B grade Julie Townsend. Thank you to all who helped in any way to make the day so successful. Our cooks as usual excelled themselves. A special thank you to Secretary Flo Flood who provides home made coat hangers so that everyone goes home with a prize Men's bowls championships continued throughout August. Dave and Steve Johnson came home the winners in the Pairs, and Triples are on the way. Saturday golf and the nine hole chook run continue as usual. Vet golf will be playing in September when all look forward to Bowraville's special hospitality. The Rec Club is available as a venue for meetings and celebrations. Contact 6564-7349.

*Continued on Page 5*

# Bowraville Folk Museum

*High Street, Bowraville*

*Phone/Fax: 6564-8200*

**MONDAY-FRIDAY 10am-3pm**  
**WEEKENDS 10am-1pm**  
**PUBLIC HOLIDAYS 10am-3pm**

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

*~ Groups by appointment ~*

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# BOWRAVILLE PHARMACY

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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 more info call Jim on 6564 7670  
BOWLS 1.30pm Mixed Social at Bowraville Recreation Club (6564 7349)

### SUNDAY

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

#### **ACTIVITIES ORGANISERS**

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

## **TECHNO CLUB OPEN TO EVERYONE**

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

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

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

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

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

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



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

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

Save on paper and ink!

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

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

From page 3

## Nambucca River View Club

With only 24 members and the smallest in the Zone, members held a very successful 41<sup>st</sup> Birthday in August. Guests came from Dorrigo, Bellingen, Bonville, Urunga and Macksville. The next social event will be a trip to the Eungai Buffalo Farm for morning tea. All money raised by View goes to support a disadvantaged child's education. Our zone supports 35 children, donating a minimum of \$500 each year toward the support of one child who could benefit from primary to tertiary education. Members of Nambucca River View club come from all over the Valley with the present President and Secretary both Bowraville residents. Next meeting will be on Monday, 26th September from 11.30am at Nambucca Heads Bowling Club. Contact Cynthia on 6568-8551.

## 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

Continued on Page 12

## Guided Meditation Group Class – Weekly on Tuesdays

Bowraville - 7pm evenings on Tuesdays  
for 1 hour .

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website: joannabecker.com.au

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## BOWRAVILLE HEALTHCARE CENTRE

Dr Edwina Guard MBChB BSc FRACGP

29a High Street Bowraville

**Ph: 6564 7555 Fax: 6564 7505**

email: edwinaguard@yahoo.com.au

### Surgery Hours

Mon to Thurs 9am – 6pm

Fri 9am – 4pm

Sat by Appointment

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## What is WiFi and how does it work?

WiFi is a technology that uses radio waves to provide network connectivity. A WiFi connection is established using a wireless adapter to create hotspots - areas in the vicinity of a wireless router that are connected to the network and allow users to access internet services. Once configured WiFi provides wireless connectivity to your devices, by emitting frequencies between 2.4GHz - 5GHz, based on the amount of data on the network.

### What does WiFi stand for?

You may be surprised to hear that many people don't actually know that *WiFi* is an abbreviated term. Even those who do don't always know what WiFi stands for. There are a number of theories about what the term means but the most widely accepted definition for the term in the tech community is Wireless Fidelity.

### An Introduction to WiFi

Wireless technology has widely spread lately and you can get connected almost anywhere; at home, at work, in libraries, schools, airports, hotels and even in some restaurants.

Wireless networking is known as WiFi or 802.11 networking. The major advantage of WiFi is that it is compatible with almost every operating system, game device, and advanced printer.

### How WiFi Works

Like mobile phones a WiFi network makes use of radio waves to transmit information across a network. The computer should include a wireless adapter that will translate data sent into a radio signal. This same signal will be transmitted, via an antenna, to a decoder known

as the router. Once decoded the data will be sent to the Internet through a wired Ethernet connection.

As the wireless network works as a two-way traffic the data received from the internet will also pass through the router to be coded into a radio signal that will be received by the computer's wireless adapter.

## What is a Hotspot?

The term hotspot is used to define an area where WiFi access is available. It can either be through a closed wireless network at home or in public places such as restaurants or airports. In order to access hotspots your computer should include a wireless adapter. If you are using an advanced laptop model it will probably include a built-in wireless transmitter already. If it doesn't you can purchase a wireless adapter that will plug into the PCI slot or USB port. Once installed your system should automatically detect the WiFi hotspots and request connection. If not, you can use software to handle this task for you.

## What is Bluetooth?

Bluetooth is a global wireless communication standard that connects devices together over a certain distance. Think headset and phone, speaker and PC, basketball to smartphone and more. It is built into billions of products on the market today and connects the 'Internet of Things' (IoT) - more on the Internet of Things next month.

### How does Bluetooth work?

A Bluetooth device uses radio waves instead of wires or cables to connect to a phone or computer. A Bluetooth product, like a headset or watch, contains a tiny computer

*Continued on Page 20*

**Bowraville & District Ex-Services Club**  
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**SEPTEMBER PROGRAM at the**

# BOWRAVILLE THEATRE

**Sunday, 18th September 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 1hour 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 . . .*

## **NEBRASKA**

**Saturday 24th<sup>th</sup> September 7:00pm (doors open 6.15pm)**

*Please bring along some delicious nibbles to share before the screening*

Cantankerous old buzzard Woody Grant (Bruce Dern) can barely walk down the street of his home in Billings, Mont., without stopping for a drink. So when Woody receives a sweepstakes notice in the mail and insists on making a 750-mile trip to Lincoln, Nebraska to collect his prize it falls to baffled son David (Will Forte) to accompany him. During a stop in their Nebraska hometown word gets out about Woody's fortune - first making him a hero then later, the target of predatory people. 2013

*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 \$22 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
<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 ( <i>bi-monthly even months</i> )	<b>VALLA BEACH COMMUNITY MARKET</b> from 8am to 1pm	6569 5410
1 <sup>st</sup>	Kempsey Riverside Markets, Riverside Park from 8am to 1pm	0456 658 979
1 <sup>st</sup> & 4 <sup>th</sup>	Marine Rescue Charity Market, Woolgoolga Beach from 8am	6654 0447
2 <sup>nd</sup>	South West Rocks Market, Horseshoe Bay Reserve from 8am to 12 noon	6562 6671
2 <sup>ND</sup> & 4 <sup>TH</sup>	<b>BOWRAVILLE COUNTRY MARKET</b> Bowraville Pioneer Centre from 8am to noon	6564 8742
2 <sup>ND</sup> & 4 <sup>TH</sup>	<b>MACKSVILLE PRODUCERS MARKET</b> , Riverbank Park	6568 3844
2 <sup>ND</sup> & 4 <sup>TH</sup>	<b>BELLINGEN NATURAL PRODUCE MARKET</b> from 8am to 1pm Bellingen Showground	6655 1279
3 <sup>rd</sup>	<b>BELLINGEN COUNTRY MARKET</b> , Bellingen Park from 8am to 3pm	6655 2151
4 <sup>TH</sup>	Gladstone Trash & Treasure Market - 8.30am to Noon	6567 4203
<b>SUNDAYS</b>		
Every Sunday	Coffs Harbour Markets, Jetting Shopping Village from 8am to 2pm	6652 3813
Every Sunday	Harbourside Markets, Coffs Jetty Foreshore from 8am to 2pm	0407 661 990
1 <sup>st</sup>	Coffs Harbour Lions Boot Markets, Coffs Jetty Foreshore 7am to 1pm	0417 704 588
2 <sup>nd</sup>	Plaza Market, Nambucca Heads Plaza from 8am to 1pm	6568 9655
3 <sup>rd</sup>	Gladstone Community Market, Memorial Park from 9am to 1pm	0499 155 312
Last Sunday ( <i>bi-monthly even months</i> )	<b>FUNKYA @ UNKYA MARKETS</b> from 8am to 2pm Unkya Reserve, Eungai	0425 205 737

## Steep & Heavy

## Mowing



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# BOWRA HOTEL

OPEN 10AM - MIDNIGHT

## BISTRO

LUNCH and DINNER

Wednesday, Thursday, Friday and Saturday

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

LUNCH & DINNER

Sunday

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

Enjoy the country charm of the streetscape as you  
Wine & Dine on the verandah

33 HIGH STREET, BOWRAVILLE

Ph. 6564 7041 Fax. 6564 8471

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# BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

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

## Crazy Love You by Lisa Unger

Ian Paine is the talented graphic novelist of a very successful comic book series whose main characters are Fatboy and Priss. Ian Paine drinks a lot of alcohol. He takes a lot of drugs, mostly prescription or over-the-counter type ones although he has used almost all of the illegal ones as well. He works odd hours.

Ian Paine's mother is unwell, his father long gone. There are few people in his life but he is kept company by his very powerful imagination. His only real friend is Priss (fancy that - it's the same name as the female character of his comics!), whom he has known since he was about ten, living on the large family property bordering bushland miles away from New York city.

Ian's relationship with Priss is extremely close but even he realises it isn't a healthy one. When they were young he was not a popular kid, overweight and often bullied. Priss came to his rescue time after time. Unpleasant things happened to people who were not nice to Ian. As they have grown older Ian has struggled to keep his family secrets at bay and himself on the straight and narrow. Priss has grown angrier and more volatile.

When Ian meets Megan, a sweet, innocent whose job is childcare, Ian feels love which makes him want to be a better person, have a better life. He wants to have a normal relationship, marry and have children. Unfortunately Priss isn't so keen on that. She doesn't want change, it makes her angry and when Priss is angry, bad things happen.

I really enjoyed this novel; the twists and turns, trying to work out what was actually going on with Ian, who Priss really is, who Ian really is.....



I think this novel is possibly not so far from what some people experience in real life. It made me wonder about the human mind - how early life events can affect us, the ways it tries to protect us, how we are shaped by our experiences and reactions to them.

## Our Stories, Our Visions by Zoe Sallis

Zoe Sallis has conducted an exciting new collection of interviews with 40 of the most successful, talented, compassionate and inspiring women in the world. She has selected an extraordinary and diverse range of interview candidates, including Isabel Allende, Joan Baez, Tracey Emin, Yoko Ono and Benazir Bhutto - women who have worked hard to achieve great things in their chosen fields.

Thirty years after they entered the workplace in earnest, women are now fighting to make a difference, whether in politics, business, sports or the arts. This book not only celebrates their achievements, but also gives us a fascinating and personal insight into the minds, lives and dreams of some of the world's most powerful women, from Nobel Peace Prize winners, presidents and entrepreneurs to comedienne, musicians and artists - each giving their own personal take on ten key questions.

Revealing, honest and at times heart-breaking, these great women offer in their answers tales of struggle and strength against all the odds as well as words of wisdom and guidance for women everywhere.

You'll learn about Judi Dench's greatest fear, Jane Fonda's most important inspiration, Sinéad O'Connor's advice for the next generation ...and so much more.

Original, thought-provoking and highly relevant to our time, this book will be an inspiration to all those women seeking change, hope and the courage to believe in themselves.

- 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 + various Credit Unions (not BCU)  
(check with your Bank for charges)

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

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

**DRY CLEANING AGENT** - Drop off and Pick up

Become a V.I.P Customer - Spend \$30 or more in the Giftware (ex Aust Post stock) and receive a free coffee at ...

## THE MAD HATTERS TEA GARDEN

Monday-Friday 9am - 5pm ♦ Saturday 9am - 2pm

♦ Sunday 10am - 2pm (closed last Sunday of each month) ♦ Telephone: 6564-7631

Gluten free and Dairy Free Food available

Get a Mad Hatters Coffee Card and receive a free coffee after every six coffees purchased.

MONTHLY MYSTERY GIFT DRAW

1/11

# National Stroke week 2016

## September 12th - 18th

### What is a stroke?

A stroke is not a heart attack. A stroke occurs when the supply of blood to the brain is suddenly disrupted. Blood is carried to the brain by blood vessels called arteries. Blood may stop moving through an artery because the artery is blocked by a clot or plaque or because the artery breaks or bursts.

When blood stops flowing the brain does not receive the oxygen it needs. Therefore brain cells in the area die and permanent damage may be done.

Some strokes cause permanent or temporary disability. Some people are able to make a full recovery after a stroke.

### How can I prevent stroke?

#### Know the risk factors:

Some of the risk factors for stroke cannot be controlled. These include age, gender and a family history of stroke.

However, there are a number of risk factors for stroke you can control to reduce your chance of having a stroke. Blood pressure is one of the most important known risk factors for stroke.

High blood pressure is when your blood pressure is over 140/90. This is known as hypertension. Normal blood pressure is around 120/80.

High normal blood pressure is around 120/80 and 140/90

### Statistics on stroke

- Australians will suffer more than half a million first ever strokes in the next 10 years.
- One in three people die within a year of having a stroke.
- Stroke kills more women than breast cancer.
- Stroke kills more men than prostate cancer.
- 20 percent of people who experience a stroke are under the age of 55.
- Men are more likely to suffer a stroke at a younger age.
- Stroke is the second biggest killer and one of the leading causes of disability amongst adults in Australia.

### **Remember: Think F.A.S.T. Act Fast.**

**F**ACE: Ask the person to smile. Does one side of the face droop?

**A**RM: Ask the person to raise both arms. Does one arm drift downward?

**S**PEECH: Ask the person to repeat a simple phrase. Is their speech slurred or strange?

**T**IME: *If you observe any of these signs call 000 immediately.*



**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*



# WIN A CAR

FILLED WITH A YEAR'S SUPPLY OF DB COSMETICS



Did you know **DB** (Designer Brands) has just turned 10!

To celebrate they are giving you the chance to win one of over 10,000 prizes including a CAR filled with DB and a holiday to Singapore worth \$9,000!

Simply buy a **DB** product to enter then head to <http://bit.ly/2aXFcc9> for your chance to win.

Competition runs from 1st of August to the 21st of October.

Come into the Bowra Pharmacy and see our range of Designer Brands Cosmetics. Quality products at affordable prices.

All the ladies here at the Bowraville Pharmacy are more than happy to help with any makeup related questions and give some handy hints, tips and tricks on application, preparing your skin for makeup, shade matching plus much, much more!

With products from as low as \$4.99 and without any skimping on quality you are sure to find something to tickle your fancy!

*Come on in . . . talk makeup and enter the draw to win a car!*

Or just come on in for a chat, we love seeing you anyway.

*Hope to see you soon!*



**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

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. all Christine on 6564-7160.

### Join the Bowraville Film Society

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

### Gold Coin Donation Class

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

### Playgroup at Tallowood Steiner School

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

### Bowraville Uniting Church and Op Shop

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

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

## 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**

1/11

## Bowraville Harvest Faith Family Church

11/11

*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

SEPTEMBER 2016



## ST. JIMMY'S KITCHEN

Named after St. James Anglican Church next door the kitchen is a combined effort of the local Anglican Church and the Lions Club of Bowraville.



***Its aim is to provide food and fellowship for all and there is no cost to attend.***

The food may include tasty crock pots of lamb, chicken, beef, vegetables and rice and the desert could be a yummy sticky date pudding or a delicious apple crumble - all served with ice cream.

The kitchen will run every second Thursday each month over winter. It starts at 5.30pm and ends at 7pm and is held at the Anglican Hall in Young Street, Bowraville

***Everyone is welcome to come along and enjoy good food and company.***



## 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 0412 248 044**

**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.**

# SPRING

## Make the most of Spring

### *Feed and fertilise*

- Use slow-release fertiliser over your entire garden. This will be deeply absorbed into the soil when it rains encouraging vigorous growth and flowering.
- Apply a complete lawn food to all grass-covered areas.
- Apply liquid fertiliser to early plantings (you'll need to wait until rhododendrons and azaleas have flowered). Feed citrus before they start flowering

### *Mulch*

- In preparation for summer mulch the whole garden to insulate it against the heat. Remove all weeds and encroaching grass first and ensure your mulch is 5cm thick.
- Add compost to the soil of any annual, perennial and bulb plantings and dig over so they're ready for new plantings.

### *Plant and Re-pot*

- Ensure your garden is prepared and extended if necessary to accommodate new plantings. Check that you are thinking about the space a plant needs as it grows before planting and refer to plant labels for further information.
- Begin planting seedlings in garden beds, large pots and containers. Re-pot into larger pots if required, trim roots or if you are re-using an old pot, be sure to freshen up the potting mix.
- Don't forget your indoor pot plants! Give them plenty of attention as well.
- Finish planting shrubs, bare-rooted trees and vines.
- Sow the seeds of and plant early-flowering spring annuals that will add instant colour to your garden (try daffodils, polyanthus and tulips).
- Consider planting herbs such as basil and parsley in a window box or pot. Grow vegies ready for summer salads like snowpeas, cucumbers and tomato. If you're planting tomatoes (as well as tall shrubs and fruit trees), you should check to see if you need to buy any stakes to encourage optimum growth.

### *Prune*

- Remove any spent flowers and prune any frost-damaged growth.
- Clip back any wayward shrubs that are fast-growing and summer-flowering, such as hibiscus, by one third. Prune azaleas after they flower.
- Make way for spring growth by removing old canes or stakes from grasses and perennials.

### *Water*

- Once or twice weekly, you should be watering with deep soakings as roots go deeper and are less vulnerable to heat than in summer.
- Clean out leaves and floating debris from pools and ponds and add this to your compost.

*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**

11/11



**Hot Rods & Billy Cart Competition**  
**Friday 30th September**  
**9am in High St Bowraville**

*Hot Rods, Billy Carts, Street Stalls,  
Music and Much More!*

A Community Notice from the Bowraville Chamber of Commerce and Industry



- Helmet's are compulsory and are to be of Australia Standards.  
Protective clothing (long pants and long sleeves) compulsory.  
Billy carts to be homemade of either wood or steel and be of sound construction.  
Maximum weight of billy cart is 60 kilograms.  
No glass windcreens.  
Billy cart must have brakes.  
Steering can be rope or steering wheel. Steering wheels are not to be made of wood.  
Minimum of three wheels.  
No automotive (car) wheels.  
Wheels not to have sharp protrusions.  
1. Spoke wheels must have spoke coverings to prevent finger injury. I.e. moon disks, plastic plates, etc.  
2. Wheels to be secured by either split pin or Niloc nut.  
3. No attachment of devices to aid starting or propulsion.  
4. Only one rider per billy cart.

## 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,mangagirr 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 (appt 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 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](mailto:admin@miimi.org.au)  
Website: [miimi.org.au](http://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](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.

3/11

**Long Term Budget** -

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

Not available during school holidays

**Weekend/ Short-term Special**

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

**Short-term Accommodation**

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



*Desert Power Pty.Ltd trading as*

## Dave Recklies Electrical

3546 North Arm Road, Bowraville

Domestic

Commercial and Industrial

Refrigeration

Air-conditioning

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**0412 742 479 or 02 65644085**

[davidrecklies@bigpond.com](mailto:davidrecklies@bigpond.com)

Owner Operator with 20years experience

"ARCTick No. AU26454"

11/11

**AMAN**  
*With*  
**AVAN**  
*Nambucca Valley*

MINI MOVE SPECIALIST

HIRE

**A MAN WITH A VAN**



**6564 8375 or 0458 990 904**

Insured ABN 87 009 289 943

11/11



~ A TRIBUTE TO DOROTHY EVANS ~

## 'Angry Women'

**Bowraville Theatre - Sept 24th & 25th**

Following on from a sell-out performance at Talarm Hall and as a tribute to the much-loved Dorothy Evans, Bowraville Theatre Players will be bringing 'Angry Women' to Bowraville Theatre for matinee performances on Saturday 24 and Sunday 25 September.

'Angry Women' is the theme of a series of short plays and those who were lucky enough to squeeze into Talarm Hall were unanimous in their praise for the production which is the outcome of a series of workshops for local writers that was facilitated by Carrolline Rhodes and Anne Joyce.

Anne is directing this production which ranges from laugh-out-loud narratives, to those that will have you holding back tears. You may recognise yourself up there on stage as a man laments the disparity of wardrobe space between himself and his wife and the fact that she never has anything to wear, despite hogging the wardrobe. Perhaps your mother is like the elderly lady having difficulty with mobile phones and internet banking. Refugees join the mix and the mother of a sullen teenager wonders where she went wrong, among several other common dilemmas.

Mark the dates in your diary now and be in the audience for this celebration of local playwrights' work which will include two short films.



*'Angry Women'  
playwrights with  
Anne Joyce  
and  
Carrolline Rhodes  
in front row.*



*Specialising in . . .*

- ❖ Ladies and men's cuts
- ❖ Style cuts
- ❖ Colouring
- ❖ Body waves
- ❖ Facial waxing and tinting
- ❖ Body waxing
- ❖ Shellac nails
- ❖ Ear and nose piercing
- ❖ Wedding & Formal hair and make up

*Discounts for seniors*

**Mobile service for housebound**

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



11/11

# Bowra Laundromat

**Cnr High & Belmore Streets**

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

**Tokens available at Pub and Newsagent**

**Commercial Washers and Dryers**

**Enquiries: ph 6564 7401**



11/11

# *The VWs come to Bowraville*



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

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

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

**Pick up or Deliver  
Mini Tipper**

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



11/11

The South Arm Hall Committee presents

## THE BUZZ!!! ALL ABOUT BEES



Have you an interest in bees? Do you enjoy a really nice lunch? Well if you have answered YES to these questions you will love to be at the South Arm Hall, South Arm Road, Bowraville on Sunday 25th September at 12 noon.

There will be a 3 course luncheon and a talk ALL ABOUT BEES by local apiarists Lou and Dianna Schmidt. Lou will bring a working hive on the day so that you can see what happens with the hive and the bees.

The South Arm Hall Committee will provide lunch with tea and coffee and you are very welcome to bring your own drinks. The cost for the day will be \$20 with all proceeds going to the South Arm Hall.

There may be some honey for sale and Lou will be available to answer any questions you may have on the secret life of bees.

So grab a friend and head to South Arm on Sunday, 25th September.

Bookings are essential for catering before the 19th September please.



Phone Joan on 6564 8475 or Rhonda on 6564 7910 or you can email Joan at [joanrossington@bigpond.com](mailto:joanrossington@bigpond.com)

## WHAT'S HAPPENING IN BOWRA

From page 12

### Bowraville Playgroup

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

Continued on Page 24

# CRANE TRUCK HIRE

*For all your lifting and shifting needs*

Serving the Nambucca district and beyond



Call:  
**WAYNE NOBLE**

Telephone:  
**6564 7528**

Mobile:  
**0427 653 312**

**7 DAYS**

11/11

From page 6

chip with a Bluetooth radio and software that makes it easy to connect. When two Bluetooth devices want to talk to each other, they need to pair. Communication between Bluetooth devices happens over short-range, ad hoc networks known as piconets. A piconet is a network of devices connected using Bluetooth technology. The network ranges from two to eight connected devices. When a network is established, one device takes the role of the master while all the other devices act as slaves. Piconets are established dynamically and automatically as Bluetooth devices enter and leave radio proximity.

### What is a USB?

Also commonly called a 'thumb drive', a 'memory stick', a 'flash drive', a 'jump stick' or a 'whatchamacallit'

A USB is a small, ultra-portable storage device which unlike a traditional hard drive has no moving parts. USBs connect to computers and other devices via a built-in USB Type-A plug making it a combination USB device and cable. Short for Universal Serial Bus, USB is a plug-and-play interface which allows a computer to communicate with peripheral and other devices. USB-connected devices cover a broad range; anything from keyboards and mice, to music

players and flash drives.

A USB may also be used to send power to certain devices, such as smartphones and tablets, as well as charge their batteries. The Universal Serial Bus industry standard was established in 1995, and then quickly adopted by Intel, Compaq, Microsoft and other companies. All modern computers now have at least one USB port.

### Benefits of using a USB

Besides being very small and cheap, USBs are really simple to use: plug one into a computer's USB port and you can access the documents stored on the drive immediately.

USBs are great for storing any data you may wish to have with you at all times or files needing to be transferred from one device to another. They are excellent for storing photos.

### What is Telstra Air?

Telstra Air is Telstra's new Wi-Fi network. Eligible Telstra Home Broadband customers can become Telstra Air members and use their home broadband allowance out and about, via our network of Wi-Fi hotspots. If customers have an eligible Telstra home broadband service and a compatible gateway, they can become a member.

NAMBUCCA VALLEY  
**PHOENIX WORKCREW**  
 community support services

### No Job TOO BIG or too small

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

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

**Call 6564 7677  
for an obligation  
free quote !**

### PHOENIX ART TREASURES

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

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

**OPEN MONDAY TO FRIDAY  
9AM-3PM**

**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.*

NAMBUCCA VALLEY  
**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**

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

**Phone 6564 7677**

**CAFE & CATERING**

# Sue's TRIVIA for September



## HAPPY FATHERS DAY

*To all our dads, grandads, pops, great grandads have the BEST day EVER!*

God took the strength of a mountain

The Majesty of a tree

The warmth of a summer sun

The calm of a quite sea

The generous soul of nature

The comforting arm of night

The wisdom of the ages

The power of the eagles flight

The joy of a morning in spring

The faith of a mustard seed

The patience of eternity

The depth of a family need

Then God combined these qualities

When there was nothing more to add

He knew His masterpiece was complete

And so...He called it....DAD



Happy Birthday to all in Bowraville celebrating their special day. Why not spend the day at the river where the kids can play around and you can enjoy our great outdoors.

September's birth flower is an **ASTER** which means 'Love of Variety'. And its Birthstone is the **Sapphire**.

## **Mexican Independence Day is 16th September**

The Mexican flag is Green, White and Red.  
 The Mexican hat they wear is called a Sombrero.  
 The ancient people of Mexico were called Aztecs.  
 Mexicans take a Siesta, an afternoon nap and their alcoholic drinks are Margaritas, Kahlua, Tequila Mescal (Tequila with a grub in the bottom of the bottle . . . YUK).  
 And a television series and movie were made featuring the Mexican with a 'Z' sword slash as his trademark . . . **ZORRO**.

*Viva México*



### USELESS INFORMATION.

In 1958 types of skin were known as Fair skin, Dark skin, Dry skin, Greasy skin and Sensitive skin.



### WHAT AM I ?

1. I am a simple machine, I eject metal, I can be found in a stationary store, I am used to hold things together....
2. I am found in every country of the world, I come in different colours, I am usually taken down at night...
3. I travel around the world, I am handled by people and machines, I can hold a variety of items, I aid communication...

Answers: STAPLER FLAG ENVELOPE



♦ A brilliant job by IGA staff in helping people carry their groceries to the car.

♦ Great to see helping hands weeding and picking up rubbish from Bowraville's streets.

♦ Cheers to the very helpful staff at the Bowra Pharmacy - nothing is too much trouble for Kerrie and her girls.



A.G.A. Inc.

# FIELD DAY GALLOWAY CATTLE



A.B.G.A. Inc.

## CELEBRATING 40 YEARS IN AUSTRALIA

Two Galloway Associations are combining to hold a field day on  
**Sunday, 18th September 2016**  
*At Bryan and Marion Watts*  
*Crystal Waters Stud, 1021 South Arm Road, Bowraville, NSW.*

### PROGRAMME

- 8:30am Meet and Greet
- 9:00am Inspect Cattle and Farm Walk
- 10:00am *Morning Tea*
- 11:00am Talk by Cattle Judge Dennis Griffis
- 12:00noon Animal Health by local vet and nurse
- 1:00pm *Lunch*
- 2:00pm Preparing cattle for showing -  
gear required and show ring etiquette.

**Cost: \$20 includes morning tea and lunch at South Arm Hall.**

RSVP by 14th September to Marion on 6564-8897 for catering purposes  
or email [bmwattsy@gmail.com](mailto:bmwattsy@gmail.com)

**For more information call the above phone number or email.**

1/1P

## VACATION CARE FUN FOR CHILDREN DURING SCHOOL HOLIDAYS



Are you in need of care for your children over the school holidays?  
Nambucca Valley OOSH (managed by Lifetime Connect) provides Vacation Care services in Macksville and Nambucca Heads. Primary school-aged children of Parents/Carers who are working, studying, seeking work or wanting to keep the kids entertained are all welcome. Our Service will operate from Monday 26<sup>th</sup> September until Friday 7<sup>th</sup> October.

The program provides high quality care, sports, excursions, cooking, craft & lots of fun! Hours of operation are from 8.00 am until 6.00 pm & fees start from as little as \$5.15 per child per day (with Child Care Benefits & Child Care Rebate).

For information and bookings please phone Gail or Natalie at Lifetime Connect-Family Services on 65681474 (weekdays) or email [oosh@lifetimeconnect.org.au](mailto:oosh@lifetimeconnect.org.au).

**Bookings and enrolments are necessary before children attend.**

# Bowraville Central School News

## Term 3 Social

Students from Year 3 to Year 12 embraced the Disney theme for their Term 3 Social.

Mutant Ninja Turtles and Fairy Princesses turned out in force.

Guest DJ, 'B.Riggs', kept the students happy with a constant stream of dance music throughout the night.



# DID YOU KNOW?

*Did you know that Sue at Strong Families, based at Phoenix, can:*

- arrange for you to have support at court, if you are the victim?
- provide you with information on court and AVOs, whether you are the person with the AVO on you or the person in need of protection?
- provide you with information about Victims of Crime support?
- provide you with information on Housing NSW and other support services, including Family Support?
- investigate your Work Development Orders – a program where you can get 100s of \$s paid off your State Debt Recovery debts (fines etc.)?
- investigate opportunities for you to Work for the Dole at Phoenix?
- provide some transport for your children to attend Vacation Care at Macksville during school holidays?

And on top of all that, may even be able to help you with some of the paperwork related to accessing some of these services.

*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.*

Alternatively, call: 6564 7677, text: 0499 002 141 or email: [strongerfamilies@nvp.org.au](mailto:strongerfamilies@nvp.org.au)

Like us on 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



# WHAT'S HAPPENING IN BOWRA

From page 12

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.

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## Bowraville Uniting Church planning Centenary Celebrations in July 2017

Bowraville Uniting Church will be celebrating its Centenary Celebrations next year. This special day is to be held on Sunday, 9th July 2017 and already our members are making plans to have our church re-painted and the gardens revamped so that all will be in readiness for this occasion.

We are hoping there will be lots of descendants of early church members coming along to honour their forebears. We would like to be able to obtain many photos of functions held on our church over the years and already we are compiling a good collection.

Please look through any albums and newspaper clippings you may have and send us some copies. If you know the names and addresses of people who have left the area please pass this information on to them or let me know their particulars.

In the meantime church is held at 2pm on the 2nd Sunday of each month and all are very welcome.

Our Op Shop is doing very well and has stocks of very good quality clothing, bric-a-brac, tested electrical items and furniture. Donations of clean items are most welcome and we thank those volunteers who give so willingly of their time, seeing it as an opportunity to help and to enjoy a day of friendship with others.

The Op Shop is open from Tuesday to Saturday weekly.

Mavis Ward (Chairperson) - Phone 6568-2451.

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Saturday  
**17<sup>th</sup>**  
September

# In Your Backyard

# KOALAS

from 4:30pm

# IN CRISIS

Argents Hill Hall, Argents Hill

**INFO**  
**FOOD**  
**MUSIC**

Speaker: Dr Oisin Sweeney Senior Ecologist National Parks Assoc.

Slide Show

Short Film

Raffle

BYO

Food on sale

Music by

# Paul Robert Burton

Gold Coin Donation

A Community Event \* All welcome \* Kids Free

Hall is 14kms along bitumen up North Arm Rd from Bowraville.  
Proceeds go to Agents Hill Hall and Nambucca Valley Conservation Ass.

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

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	The Codfish Ball Jollyfish + 	Dano's Brecky Show Daniel Gosson & Hal The Robot 	Texas Flood Neil Green 	Morning Cuppa Heather Heywood 	Tones of Claressense Claire Watt-Powell 	Off The Cuff Radio Karl Bishop Music and conversation with a medieval twist into the now... 	Beam Me Up Scotty 	6 AM
7 AM	Inevitable music & comedy Lighten up!	High-paced cacophony to get those feet shufflin'!	The best breakfast music of all time all the time...	Music to ease you into the day			Sunday Music Mix	7 AM
8 AM	Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll 1950s-2010s	Global Mosaic Pieter A weekly musical trip through the world	Our Kind of Music Dallas Dent 	Under The Stinging Tree Poppa 	Talk Of The Town Ceri Winobel See what's going down! All things local	Sabor Latino Invite others to listen & pick the music from Latino World Music. Streaming: 2nvr.org.au call: 02 6564 7777	Country Highway Dave Wareing Country music classics to latest releases and comedy	8 AM
9 AM	Baby Boomers Donna Collins 	Infopinion Richard Laxton 	Easy Listening	Turning Pages Elizabeth Newman Books, authors and the music that moves them 	Lunch With Scotty Scotty 	Maggie's Mix Margaret Duffus 	Classical Corner Music from the past 1000 years. Alternates weekly with The Lively Arts Music & spoken word from Am, TV, theatre & radio Neil Robertson	9 AM
10 AM	The Weekley Fix Paul Weekley 	The Phoenix Crew Selected music & madness	Jazz Azz I Like It Heather Heywood 	Simmo's Country John Simson 	Outback Outlaws Paul Rowe Old and new country music	Flashback Rock Rob Davidson Rock, '60s fill now	Dano's Mixed Grill Daniel Gosson A tasty mix of anything and everything to spice up your Sunday arvo	10 AM
11 AM	Get Funky Skyzie Get you some goodness...	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 Old and new country music	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'	Rhino On The Radio Switching to Studio 3 from 6pm-8pm on the 3rd Friday of each month for live artists & studio audience	Phase Out With Faye Faye Aspiotis Double shots of Aussie music	That's A Wrap Dallas, Donna, Trickin'	Noon
1 PM	Nambucca Valley Roundup - Rachel Burns	Nambucca Valley Roundup - Paul Burns	Nambucca Valley Roundup - Ron Hawkins	Nambucca Valley Roundup - Retro	The Friday Night Rock Show Todd Willis Continues overnight	Imagine This & The Antipodean SF Radio Show Woify Woify till 11pm	Booth's Drum With Captain Steve	1 PM
2 PM	Reggae Mixtape With Fitzroy Music outside the usual	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	Woify Woify till 11pm	Science & Reason Compiled by the Jollyfish Free Thought Radio, A Week In Science, Diffusion Science Radio, Lost In Science CRN overnight	2 PM
3 PM	Juggling Mondays Juggler's choice Music mix	Prog Rock Playlist Rhino till midnight The best of Progressive Rock BBC World Service overnight	Ants Rocks Anthony Garmsey Solid Rock Ants' music mix continuous overnight	Jeff's Junk Jeff Mills BBC World Service overnight	Overnight Express overnight	Overnight Express 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" CBAA Voice Award Winner, 2011 & 2013.  
 2NVR — Australia Day Award 2012 for "Service to the Nambucca Valley Community".  
 National news and weather is broadcast each weekday at 7am, 8am, 9am, Noon, 5pm, and 7pm  
 Tewonga studio and office: 02 6564 7777 email: admin@2nvr.org.au  
**The Best Little Station In The Nation**