

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



SEPTEMBER 2017 ~ ISSUE #155 FREE CIRCULATION 350 POSTCODE 2449



Seniors Week Courses at the Bowra Technology Centre

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

Wednesday, 18th @ 10.30am - Smart Phones

Thursday, 19th @ 10.30am - Safe Use of Social Media

Friday, 20th @ 10.30am Mental Health Resources

Monday, 23rd @ 10.30am - Digital Photography

To book your place in any of these courses please phone the Bowraville Technology Centre on 6564-7420.



**DRAG-ENG
HOT ROD CLUB**

Friday 29th September 2017

High St Bowraville



Mexican Dress up competition



Billy Cart Races and Market Stalls



Businesses are encouraged to dress up their shops in a Mexican theme and the general public are invited to dress up as Mexicans for the chance to win some great prizes on the day.

BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 300 COPIES

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

NEW 2017/18 ADVERTISING CHARGES:

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

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

DEADLINE FOR COPY FOR THE OCTOBER 2017 ISSUE IS: 5:00PM 19th SEPTEMBER 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

DISCLAIMER

Bowraville Community News reserves the right to alter, omit or change classifications and advertisements —Furthermore, the Bowraville Community News does not endorse or promote products or services contained in the newsletter.

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

Bowraville Technology Centre

Open 9.30am to 4.00pm Weekdays

Internet Services

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

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

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

Facility Hire

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

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

Full day up to 8 hours - \$100.00

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

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

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

Full day - up to 8 hours \$40.00.

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

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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

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

Seniors Week 2017 @ the Bowra Tech Centre

The Bowraville Technology Centre will be conducting Technology Causes for Seniors beginning on Tuesday 17th October with Digital Photography followed on Wednesday 18th with Windows Tips and Tricks; Thursday 19th - Smart Phones; Friday 20th - Safe Use of Social Media and Monday 23rd - Mental Health Resources. These courses are free for seniors. If you would like to attend one or all of these courses, call into the centre or phone 6564 7420 and register your place.

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!)

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.

BowraMacksville UHA

This is our new name as we combine with Macksville Hospital Auxiliary. No dots dashes or spaces, we are conjoined! Our AGM saw a full executive elected and we will meet alternately at Bowra and Macksville. Results from our Hospital Sports Day will be in the next issue. Of concern to our Coffee Shop roster clerk is the need for more volunteers to work in the Coffee Shop. Barista training is available and new volunteers work with an experienced barista. We have now been in operation for 9 years but need the volunteers to staff this much appreciated service to the hospital and community. 10 members travelled to

South West Rocks to attend a North Eastern Volunteer Day. Our next big fund raiser is to hold a stall at the Garden Gala where our main aim will be to inspire community members to join the UHA and help man the Coffee Shop. There will be plants, cooking and bric-a-brac for sale. All help appreciated. Contact Isabelle on 6564-7179.

Bowraville Garden Club

August saw volunteers visit Townsend's Bonville Bromeliads where once again we were shown an amazing collection of this versatile plant. We were given a demo on attaching plants to various forms of wood including drift wood, mallee roots and forest finds, then a revision of the different needs of various genera. At our informal meeting we arranged the program for the rest of the year then lunched at another restaurant. September will see us visit Marion Marshall's garden where we will have a swap meeting followed by a 'pot luck' luncheon. Contact Barbara on 6574-7179.

Bowraville Recreation Club

Bowlers are still enjoying the great effort of our team who travelled to Soldiers Point to contest the Grade 5 Pennants and their very successful and innovative Triples Day. This was so enjoyed that a repeat is being planned with profits going to the refurbishment of greens - keep your eye on the notice boards. Thursday Bowls is popular with newcomers each week. Championships are being finalised with Paul keeping us updated with his Guardian Newspaper contributions. Another journo is Buck who edits a club newsletter with result, trivia, historical facts and other information. Give him your email address for your own copy. Golfers will hold their Open Day on September 3rd with women golfers catering for the day. Women Pennants were held at Bowraville on Monday 21st. As Bowra had the bye the 2 points earned put them in a good position to once again

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 ~

10/11

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**

6/11

Weekly Activities

MONDAY

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

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

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



TUESDAY

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

LINE DANCING for Fun, Health and Wellbeing 6.30-7.30pm South Arm Hall (6564-8748)

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 **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 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

win the comp. Happy birthday to John Townley who celebrated his 80th birthday in August. The club is available for meetings and celebrations like this. Also using the club facilities were members of Wirrimbi Community Church who held a picnic and bowls day.

Bowraville Seniors

Bowraville Seniors meet at the Coach House Inn on the 3rd Monday of each month. Our August meeting had as guest speaker, a representative from Aged Care who explained the assessment each applicant must go through before any of the government subsidised help can be offered. Secretary Ruth Grace has handouts if you would like to know more. For September, as guest speaker, we hope to have a local newcomer to tell us of her impressions of Bowraville. As the Coach House Inn will be closed next October we are planning a bus trip to Coffs Harbour with choices yet to be made. Congratulations to President Geoff Chittick and his wife Val who celebrated 60 years of marriage on 24th August.

Bowraville Community Garden

Spring is in the air! A big bed of stocks have been planted to welcome spring and a large new veggie bed is under construction. Gardeners meet most Mondays and/or Fridays. The garden is an ongoing project with maintenance, weeding, planting, harvesting and all the other joys of gardening for anyone interested.

Hot Chocolate Talk

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

Gold Coin Donation Pilates Class

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

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

Website: www.coronationkennelsandcattery.com.au

We provide the following services:

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

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

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

Long Term Budget -

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

Not available during school holidays

Short-term Accommodation

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



1/11

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

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

BOWRAVILLE HEALTHCARE CENTRE

Dr Edwina Guard MBChB BSc FRACGP

29a High Street Bowraville

Ph: 6564 7555 Fax: 6564 7505

email: 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

7/11

Watch Our for NBN Scams

The ACCC is warning the community that scammers are pretending to be from NBN to con victims out of their money and personal information.

Scamwatch has received 316 complaints this year about scammers impersonating NBN with nearly \$28,000 reported lost.

"Scammers are increasingly using trusted government brands like NBN to trick people into falling for scams. Their goal is always to either get hold of your money or personal information," ACCC Deputy Chair Delia Rickard said.

The three common scams reported to Scamwatch that involve scammers impersonating NBN are:

signing victims up to fake accounts – scammers will ring victims to 'connect' them to the NBN network for a low price. They will often demand payment be made through iTunes gift cards

gaining remote access to computers – scammers pretending to be from NBN will call a victim with claims there are problems with their computer. The scammer uses this ruse to gain remote access to the victim's computer to steal valuable personal information, install malicious software or demand payment to fix 'problems' they have discovered.

Phishing – scammers impersonating NBN will call victims to steal valuable personal information like their name, address, Medicare number, licence number. The scammer may tell the victim they're entitled to a new router, for example, and say they need these personal details to confirm the victim's identity.

"Australians over 65 are particularly vulnerable to this scam with fraudsters using phone calls to target their victims," Ms Rickard said.

"NBN will never phone you out of the blue to try to sign you up to a service over its network. NBN is a wholesaler meaning they don't sell direct to the public. If you get an unsolicited call like this, it's a big red flag that you're dealing with a scammer," Ms Rickard said.

"NBN will also never call you to remotely 'fix' a problem with your computer or to request personal information like your Medicare number or your bank account numbers. Don't listen to the reasons they give for needing this information."

"Finally, if someone ever asks you to pay for a service using iTunes gift cards it is 100 per cent a scam. Legitimate businesses, especially those like NBN, will never ask you to pay for anything

in this way," Ms Rickard said.

You can protect yourself by following some tips: If you're ever in doubt about contact you've had from someone saying they're from NBN trying to sell you an internet or phone service hang up the phone and call your retail service provider to check if the person calling is a fraud.

You can only connect to the NBN network by purchasing a plan through a phone and internet service provider. Go to [NBN's website](#) to check if your home or business address is able to connect to the NBN network and see which phone and internet providers are available in your area.

Never give your personal, credit card or online account details over the phone unless you made the call and the phone number came from a trusted source.

Never give an unsolicited caller remote access to your computer.

If you think you have provided bank account or credit card details to a scammer, contact your bank or financial institution immediately.

Further information is available at www.scamwatch.gov.au

Other scams to be aware of:

Don't get scammed by fake online stores Online shoppers need to be wary of scammers masquerading as legitimate online retailers, often selling well-known brands at too-good-to-be-true prices.

Don't get scammed by dodgy internet pop-ups Watch out for dodgy internet pop-up windows claiming there are viruses or other seemingly nasty tech problems affecting their computer.

Don't fall for a scammer's phishing bait

Stay alert to 'phishing' scammers pretending to be from well-known businesses and government departments trying to con unsuspecting victims out of their personal information and money.

- The Australian Competition and Consumer Commission

Techno Joke -

Ken was setting up a sundial in his backyard when his neighbour asked, "What's that for?"

Ken stopped to explain, "The sun hits that small triangular spike and casts a shadow on the face of the sundial. Then, as the sun moves across the sky, the shadow also moves across the calibrated dial enabling a person to determine the correct time."

The neighbour shook his head. "What will they think of next?"



SEPTEMBER PROGRAM at the

BOWRAVILLE THEATRE

DUNKIRK

Saturday, September 16th at 7pm

Sunday, September 17th at 2pm

Allied soldiers from Belgium, the British Empire and France are surrounded by the German army and evacuated during a fierce battle in World War II.

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))



Help with premises urgently needed

The beautiful lanterns, created by Claude Tessier over recent years, have had a home in the old mechanics premises in Bowraville. The premises are going to become a mechanics premises again - which is good news for Bowraville but bad news for the lanterns.

The people of the Nambucca Valley have been able to appreciate these beautiful lanterns at the River Festivals in previous years and at the Bowraville Christmas Festival last year. It is hoped that they can be a highlight for Christmas celebrations across the valley at the end of this year.

A new home is urgently required for these beautiful structures.

If you can help out in any way, please contact Margrit Rickenbach on 6564 7067 or 0457 159 473. Many thanks.



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



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

11/11

11/11

MARKETS CALENDAR

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



NAMBUCCA VALLEY GARDEN CLUB INC.

Plants! Plants! Plants!

Native - Exotics - Brom - Citrus - Herbs - Ferns
Subtropical - Succulents and more!

Fresh Local Produce

Fresh Fruit & Veg - Honey - Pecans
Macadamias - Buffalo Products - Gourmet Foods

Tool Sharpening: Garden Tools - Work Tools - Kitchen Tools - Grooming Clippers (no handsaws or chisels)

Arts and Crafts: Jewellery - Leather Goods - Clothing - Baskets and Bags - Glassware - Soaps
Woodwork - Candles - Silk Paintings - Bric-a-brac - T-Shirts - Garden Sculptures & Accessories - Artwork

Fun 4 Kids: Jumping Castle - Carnival Rides - Face Painting

Flower Show and Competition - Poultry Display and Sales - Free Entry - Lucky Gate Prizes

Sponsored by **Geoff King Motors**



Salvation Creek An Unexpected Life by Susan Duncan

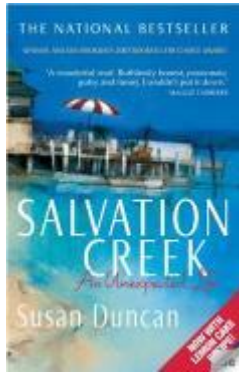
Susan Duncan's bestselling memoir about starting again and risking everything to find the only thing you need.

At 44 Susan Duncan appeared to have it all. Editor of two of Australia's top selling women's magazines, a happy marriage, a jetsetting lifestyle covering stories from New York to Greenland, rubbing shoulders with Hollywood royalty, the world was her oyster.

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

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

From the terrifying first step of quitting the job that had always anchored her to abandoning herself to a passionate affair that she knows will break her heart, Duncan never flinches from the truth or loses her wicked sense of humour. Even



when she finds a paradise on earth only to discover that it may be too late. It's been said that the greatest risk in life is not to take a risk.

Salvation Creek was a good read; scarily honest and evoking a range of emotions as I followed Susan's journey and related to her loss of loved ones and bouts of depression. In this day and age where nearly everyone knows someone who has, or has had, cancer *Salvation Creek* is an insight into the traumatic experience.

Buried Secrets by Joseph FINDER

Buried Secrets is a "whodunnit".

Alexandra, the teenage daughter of a very, very rich man, Marshall Marcus, has been kidnapped. It's not the first time. Now she has been buried alive in a coffin but with air, water and a video camera, provided by the twisted character who took her.

Marcus calls in his friend Nick, a Private Investigator, to help. He's desperate but not telling Nick everything he should and what he does tell isn't always completely true.

It turns out to be a windy path for Nick as he tries to discover who is behind the kidnapping and why. It becomes a dangerous situation, for all, as he uncovers a conspiracy that reaches up through high levels within the government.

I enjoyed FINDER's novel. However, I was left wondering about the minds of authors when they come up with such twisted, depraved villains whose behaviour is unfathomable to most of us.

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

Important Notice

Please note that the Tea Garden will be closed from Friday 1st September until further notice.

The Post Office and premises has been sold and we welcome the new owners Chris and Russell.

A farewell party will be held on Saturday 23rd September from 2pm.

BYO everything and a BBQ will be available for use on the day.

Cherie, David and Katrina would like to thank you so much for all of your support over the last 14 years.

4th-9th September is STROKE Awareness Week

What is a stroke?

- A stroke is the way we describe the blood supply to the brain being suddenly cut off.
- Blood travels to the brain in blood vessels called arteries.
- This can happen in two ways: Blood can stop moving through the artery when it gets blocked by a clot - or when the artery bursts.
- Brain cells can quickly die without the oxygen that the blood supplies.
- This is why it is so important to get to hospital immediately if you think you are having a stroke because it is possible there may be some cells that can survive if you are treated quickly.

How does it affect people?

- Because the brain controls everything we do - the way we think, move, speak, eat – stroke can leave people with a wide range of physical and cognitive changes and disabilities.
- Some of the effects can include paralysis, speech and swallowing difficulties, problems with memory, hearing and eyesight – it all depends on where in the brain the stroke occurs and how severe it is.

Who is at risk?

- Men or women – stroke can happen to anyone – it does not discriminate.
- Age group – risk factors increase with age but stroke occurs at all ages.

What are some of the causes of stroke?

- There are many causes or risk factors, some are controllable and some are less so.
- Some of the causes within our control include high blood pressure, a family history of stroke, being overweight, smoking, high cholesterol, a high intake of alcohol and diabetes
- TIA, or mini-stroke, is also an indicator of a future stroke so it's important to know what it is and seek help immediately.

What are the signs of an impending stroke?

We have an easy way for everyone to recognise the signs of stroke: **FAST**

- **Face** – has the person's face drooped?
- **Arms** – can the person raise both arms?
- **Speech** – is their speech slurred?
- **Time** – call 000 immediately.



How can stroke be prevented?

Eat well, keep a healthy weight, don't smoke, keep blood pressure down, exercise regularly and keep alcohol consumption to a minimum.

- National Stroke Foundation www.strokefoundation.com.au

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



Spring has Sprung!

It's time to get prepared for spring! To throw off the winter scarves and slippers and get into thongs, sunscreen and hats!



Luckily we are here to help with this at the Bowraville Pharmacy!

*Come in and browse our selection of hats for all the family from
KOORINGAL HATS.*

*Protect your eyes with some Stylish Sunnies from designer brands
and let your feet breathe with thongs from SOULS thongs.*



We have you covered from head to toe!

*Come and have a look at what we have and enjoy a chat!
We'd love to see you!*

**FREE Blood Pressure checks at the Pharmacy during Stroke Week
Monday 4th to Saturday 9th September.**

BOWRAVILLE PHARMACY

31 HIGH STREET, BOWRAVILLE

PHONE: 6564 7925 or FAX: 6564 7364

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



HEY BOWRA!

Want to get fit?

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

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

Call our co-ordinator to register your interest.

Valma Jarrett - 0498 714 334

COMMUNITY TRANSPORT
COFFS HARBOUR, BELLINGEN & NAMBUCCA



LOST PARROT

I escaped in the 1200 section of Missabotti Road Missabotti between Jack Gorley Bridge and Paul Morans Bridge around 11.30am Sunday morning, 27th August.

I answer to my name Chico (Cheeco). I'm 15 years old, friendly but require a special diet to exist.

My family raised me from a chick and are very worried.

They've spent many hours looking for me in the area and are hoping someone will find me.

I'm micro-chipped. I'm bright green with an orange beak. There's a reward for me. I cannot survive in the wild.

Please help me find my way home.

Phone 0417 803 000

Making reusable shopping bags from pre-loved fabrics

by the community,
for the community.



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

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

Donations of fabrics also welcomed.

Enquiries: 6564 7908 marion.syratt@gmail.com

Facebook: Nambucca Valley Boomerang Bags

Bowraville Uniting Church and Op Shop

The Centenary Celebration of the Uniting Church on 9th July was a great event and so well attended by church and community members alike. Several families returned to the district to join in the celebrations and we all enjoyed the historical photo show that Zeny and Tom Fairhall had produced.

Unfortunately the copies of the disc had some problems but this is being corrected so if you have a disc that doesn't work please contact Mavis on 6568 2451 and a new copy will be supplied.

Thank you to all the volunteers who helped on the day - too many to name but they were there erecting marquees, setting up tables, preparing cakes, organising parking, arranging flowers in the church etc.

The weather was perfect and we enjoyed having a past minister Rev. Bob Richardson deliver the message to the large crowd which overflowed the church into the marquees. The Nambucca River District Band presented a large repertoire of music and the donations received were amazing. These were divided between Macksville Hospital, Bowraville Uniting Church and the District Band.

Our next church service will be at 2pm on the 10th September and it is planned to meet for this service in the local Community Garden in Alberta Street, Bowraville. This will be conducted by the Rev. Jason John and all the community will be made welcome. There is some seating available but if possible you may like to bring a folding chair and a rug.

The Uniting Church Op Shop is going well and we thank our volunteers and those who donate goods for sale. We have just commenced our Half Price Winter Clothing Sale so come along and get yourself some really good bargains. The shop is open Tuesday to Friday from 9am to 3pm and Saturday morning.

A fashion parade and sausage sizzle is planned by the Op Shop for October so what out for details.

LIONS CLUB

SUPPORTING OUR COMMUNITY



We Serve

PRESIDENT

Ted Richards

H: 6564 8815

Email: blion34@yahoo.com.au

**PO Box 23
Bowraville NSW 2449**

11/11



Bowraville Lions Club Inc News Bulletin



SEPTEMBER 2017

HOT RODS 29th SEPTEMBER

The Bowraville Lions Club will once again have their delicious hot dogs, fairy floss and popcorn available during the hot rods visit outside the BTC in High St.

MILITARY VEHICLE MUSTER

The Bowraville Lions Club will be catering for exhibitors and visitors at the annual Military Vehicle Muster held by the Frank Partridge Military Museum to be held at the Bowraville Racecourse on the October Long Weekend.

Come along to see these vehicles in action and also some outstanding memorabilia from our past history and enjoy a sausage sandwich as well.

Lions Club of Bowraville 2017-2018

President Ted Richards

Vice President Greg Lamberth

Secretary Louise Richards

Treasurer Mark Scott

LIONS CLUB RAFFLES

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

Look out for our members in High St and later at the hotel. The draws will be held around 6.30pm and tickets are only \$1.00 or 6 for \$5.00


1st Prize is a \$25 meat tray.

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

3rd Prize is a six pack from the Bowra Hotel

New Bonus 4th Prize is a breakfast 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.



Australian Lions Children's Mobility Foundation

"Walk with Pride"

Australia, Papua New Guinea, Norfolk Island

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

Spring Garden Pests



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

Bronze Orange Bug

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

Azalea Lace Bug

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

Mealy Bug

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

Citrus Leaf Miner

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

Snails and Slugs

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

Two-Spotted Mite

Two-Spotted Mite (*Tetranychus urticae*) affects ornamentals, fruit trees and some vegetables. Affected leaves have a mottled appearance or can be bronzed or shrivelled. Leave them to natural predators unless the problem becomes severe.

Talk to Glenn, Garry or Paul about the best way to control your spring garden pests or try this natural recipe:

All-round Insecticide

Chop 4 large onions, 2 garlic cloves and 4 hot chillies. Mix them together and cover with warm soapy water and leave to stand overnight. Strain off the liquid and add to 5 litres of water.

*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**

1/11

Major event for Bowraville in November



Ignite MNC

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



IGNITE MNC will be held in Bowraville on Wednesday 8th November this year.

Ignite MNC is a community event designed to stimulate new ideas in economic development, collaboration and innovative business practice throughout the region of the Mid North Coast (Woolgoolga in the North to Taree in the South).

The event centres on the Symposium Day in Bowraville.

Symposium Day will feature a range of speakers, an opportunity marketplace, innovation lab and employment central.

Satellite events will be held throughout the region and hosted by a variety of partners.

The key themes of the overall event are collaborate, innovate and self-determine.

How can you get involved?

1. *Be a community host:* Hosts will know the community of Bowraville well. You will be prepared to meet conference delegates and speak with them about your life experience of the community. This may happen over a coffee as you walk together through the street or even as you sit together in the theatre. I believe it's really important people have the opportunity to truly understand this beautiful place while they are there and who else is better to do that than the residents. In many ways you'll be like living books. Oh, and there's lunch and a conference pass included.

2. *Grab a ticket:* Tickets are available online via www.rdamnc.org.au – follow the links from the homepage

3. *Contact Kerry Grace* directly for more information 0404 887 473.

WHAT'S HAPPENING IN BOWRA

From Page 5

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. For information ring (02) 6564-7224, speak to Camilla on 0438 868 742 or visit 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 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.

~ VISIT OUR MUSEUMS ~

Frank Partridge VC Military Museum

The service to commemorate Veterans Day was at Bowraville this year and over 70 veterans attended the service, visited the museum and later enjoyed the facilities of the Bowra Hotel. Next year this event goes to Stuarts Point. The Vehicle Muster, swap meet, road events and show and shine will be held at the Bowra Racecourse on the long week end. Visit the museum for all the details.

Bowraville Folk Museum

The Bowraville Folk Museum has an enormous collection of goods used in times gone by. The AGM of the Bowraville Folk Museum is to be held on 19th September at 10am at the museum. It is also time for membership renewal.



Nginyaala 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**
1st 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**
1st and 3rd 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

11/11

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

What made news in Bowraville on February 3rd, 1894 (*Macleay Argus* - Wednesday 7 February 1894)

Measles are still prevalent here. Another case of stealing to support the inner man is reported. During the absence of Captain Cox, a bag of flour was taken off the veranda. When the thief was making off with the second bag Mrs. Cox was awakened by the noise and called after him. Upon this he dropped his burden and decamped. This is the third case of stealing here since the New Year. In consequence of the heavy rain up the river, the farmers began to fear they were in for another flood. Fortunately, however, the downpour ceased in time, and there was only a fresh of four feet. Should there be no floods or storms, the crops will be magnificent this season. The members of the Church of England are pleased at the arrival of Mr. Munro. The advent of such a gentleman has long been looked forward to on the Nambucca. Surely in spite of the cry of bad times there must be some money in circulation to keep the many business places here going. We have three stores, two butcher's shops, two baker's shops and two saddler's shops as well as two hotels. We are frequently visited by hawkers. Last week there were no less than four doctors here in Bowraville - all of whom appeared to be doing business. The antimony smelters will soon be in motion, and then some stir is expected. Much credit is due to our respected storekeeper Mr. P. McHugh for the manner in which he has helped the mines along by supplying stores to prospectors, etc.

- Dr Paul Weekley, Research & Genealogy
Officer, Bowraville Folk Museum.

"SPIRIT OF THE VALLEY ART and SOUL EXHIBITION & CRAFT MARKET" Missabotti Hall Saturday & Sunday (30th Sept & 1st Oct)



This special art event will be held on the long weekend – Saturday 30th September to Sunday 1st October

Artists from Missabotti and the Nambucca Valley are invited to show and sell their work.

There will be a small fee for display of works and for a craft stall and only 10% from sales to cover event expenses.

This is not a competition but a celebration of the Spirit of the Valley where you will be able to meet the artists and enjoy the beauty of the Missabotti Valley.

The opening will be late afternoon on Saturday, 31st September - during the evening there will be a special display of light sculptures, live music and a preview of the art and craft works. Sunday, 1 October will be all day viewing and purchasing of art including items from the craft market.

The Missabotti Hall Café will be open all day.

For more information call Margrit on 6564-7067, Nelli on 6565-8000 or Diana on 6564-7142.

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

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. 10/11

"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

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

1/11

PLUMBER

Terry and Wendy O'Reilly
Plumbing Services

- ◆ Drainage ◆ Roof Plumbing
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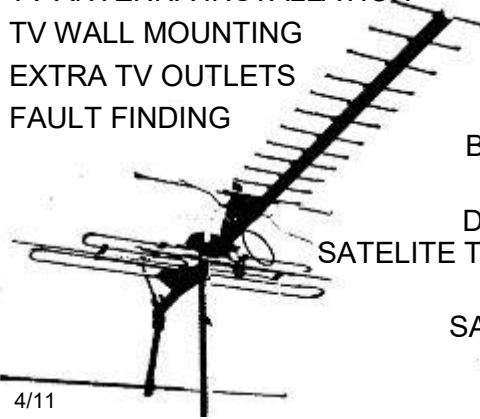
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1/1

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4/11

AMAN *With* AVAN *Nambucca Valley*

MINI MOVE SPECIALIST
HIRE
A MAN WITH A VAN



Phone Mick after 6pm
6564 8375 OR **0458 990 904**

Leave a message on

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8/11

How can music therapy benefit stroke survivors?

Kyle Wilhelm has been practicing music therapy for 20 years and uses music to help patients improve their thinking, movement, communication and socialising skills.



Music is effective because it stimulates multiple parts of the brain simultaneously, it stimulates the production of endorphins and is very engaging.

Music therapy with stroke survivors is used to improve the functioning of their motor, speech and cognitive skills.

Motor

Because there is a strong connection between what we hear and movement (try dancing without music), music is an organised and predictable stimulus, it is effective at improving motor deficits caused by stroke.

A survivor can have a more regular gait by walking to the beat of a familiar song. Playing instruments such as drums, piano or a triangle can encourage movement, improve strength and coordination in an affected arm.

Speech

Because singing and speaking use several similar processes such as breathing, making speech-like sounds and articulation, singing may improve speaking skills. A person with aphasia may not be able to speak but can sing. This is because speech is processed and produced primarily in the left side of the brain and music is processed and produced in multiple parts of the brain. Some of these overlap with speech centers and some do not.

Cognitive

Music is highly engaging and activates multiple parts of the brain simultaneously, the way the sky lights up during a fireworks display. This makes it a perfect medium for helping people with left-side neglect and difficulty with attention. Music can be used to capture someone's focused attention hold it for a period of time and get the survivor to switch back and forth between two things.

Kyle is still amazed at the power of music when stroke patients are able to walk with even steps or when someone who can't talk is able to sing for the first time.

- strokeconnection.strokeassociation.org

'Game on' for older Australians

New research shows older people were the largest group of new computer and video game players in the past six years.

Forty-three per cent of over 65s now play video and computer games.

And far from being a waste of time as some people believe the Bond University and the Interactive Games and Entertainment Association (IGEA) report *Digital Australia 2018* showed that games can be beneficial.

Researchers studied 1,234 Australian households and 3,135 individuals showing eight out of 10 people believed playing games could improve their thinking skills and dexterity, while 59 per cent said video games could help manage pain.

Ninety per cent of the over 65s surveyed reported they played to increase mental stimulation, 80 per cent believed video games helped fight dementia and 54 per cent agreed playing games could help increase mobility.

Bond University's Professor Jeff Brand, lead author of the report, said while the percentage of Australians who played video games remained relatively steady (67 per cent), we're also playing to achieve an advantage.

"The fun continues through interactive games but research shows that games increasingly serve other uses," Prof. Brand said.

"Australians are playing to improve their health and for positive ageing. They're using games in the workplace and at school."

As more effort and research are being devoted to video games and virtual reality for stroke recovery treatment, there may be a new solution on the horizon. Ideally, therapy is repetitive, task-specific, challenging, and exciting—video games address these needs and more through one of the brain's natural processes called neuroplasticity, where nerve cell connections are recreated and remodeled.

The brain strengthens neural networks through tasks that are repeated and habitual. These actions are naturally easier to perform due to neural pathways being well traveled. Doing or thinking about something new or in a different manner allows the brain to create new pathways or awaken old ones. Activities designed in video games help patients do just that.

- [tps://nationalseniors.com.au](https://nationalseniors.com.au)



BOWRAVILLE STRONG FAMILIES

Women's Group

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

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

Equipment and most materials are provided.

Cost – Free, gold coin donation welcome

Lunch is included.

Aboriginal Support Worker

CONTRACT POSITION

Aboriginal Bowraville Aboriginal Injury Prevention Program

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

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

Closes Friday 25th August 2017.

Ph: 6564 7677

Mob: 0499 002 141

strongerfamilies@nvp.org.au



Bowraville Strong Families

National Standards for Disability Services certification
Registration number: DS/R61/0365
Nambucca Valley Phoenix acknowledges and pays due respect to the traditional custodians of the Nambucca Valley.

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

Where would you like to go?



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

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

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

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

Bowraville Kinesiology for your

EMOTIONAL, MENTAL, PHYSICAL and SPIRITUAL WELLBEING

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

marion.syratt@gmail.com
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

CASH ADS

FOR A DONATION

Wall TILES - Used and cleaned. These ex-kitchen tiles are a light mottled cream/brown with pale blue outer trim. Size is 22x15cm. We have 1 at Tech Centre to view.

GLASS DISPLAY CABINETS

Available for community use
The display cases were donated to the community after Beyond Empathy finished their project in Bowraville in 2014. They belong to the BCDAI and are located at the Pioneer Community Centre, to be used in relation to exhibitions in the space, with funding from a previous project.

In the spirit of the donation from BE, it is best if these glass display cabinets are used. If any community organisations, or individuals, would like to make use of these for exhibitions, eg, then please make contact with Marion Syrratt, Secretary, BCDAI on 6564 7908 or email bcdainc@gmail.com

Everything Military and More!

'Military Vehicle' Muster

Swap Meet - Off Road Events - Show & Shine

On Saturday, September 30th at 10am through to Sunday, October 1st at 7pm the Frank Partridge VC Military Museum will be presenting, for the second time, 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.

Overnight security at racecourse on Saturday night.

The Frank Partridge VC Military Museum was 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 including military vehicles, uniforms, medals, weapons, and so much more.

PHOENIX ART TREASURES
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Open Monday to Friday
9:30am - 2:30pm • 51 HIGH ST BOWRAVILLE

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• \$7.50 COFFEE & CAKE
• \$10 LUNCH & DRINK
Open Monday to Thursday
9:30am - 2:30pm
• Bowraville only

11/11

6564 7677

CALL US TODAY!



Karen's TRIVIA for September

Many happy returns to all who are celebrating their birthday in September
Famous Virgos and Librans include :



Confucius - 28 Sept 0551;
Queen Elizabeth I - 7 Sept 1533;
William Dobell - 24 Sept 1899;
Roald Dahl - 13 Sept 1916;
Stephen King - 21 Sept 1947;
Nick Cave - 22 September 1957;
Julia Gillard - 29 Sept 1961;
Keanu Reeves - 2 Sept 1964;
Serena Williams - 26 Sept 1981

Birth flower for September is the Aster & Morning Glory.

Birthstone is the Sapphire.

In the Middle Ages the gem was believed to protect

those close to



you from harm and also represented loyalty and trust.



Nothing is so beautiful as Spring -
When weeds, in wheels, shoot long
and lovely and lush;
Thrush's eggs look little low heavens,
and thrush.
Through the echoing timber does so
rinse and wring;
The ear, it strikes like lightnings to
hear him sing;
From "Spring" by Gerard Manley Hopkins

In Septembers Past

Sept 2, 1752 - The British ended their use of the Julian calendar, switching to the Gregorian calendar so that Wednesday Sept 2 was followed by Thursday Sept 14. The correction resulted in rioting by people who felt cheated and demanded the missing 11 days back.

Sept 1, 1939 - Hitler's armies invades Poland starting WWII.

16 Sept 1956 - Television in Australia is launched.

14-26 Sept 1983 - Australia wins the America's Cup

Sept 11, 2001 - The worst terrorist attack in US history occurred as 4 passenger jets were hijacked, then crashed, killing nearly 3,000 people.

Floriade Festival

in Canberra is a month-long celebration in Canberra's Commonwealth Park each spring offering a breathtaking display of spring colour. The festival includes concerts, art shows, horticultural workshops and other recreational activities.



**Don't forget:
FATHER'S DAY
Sunday, 3rd September**

September - comes from the Latin root "septem" meaning "seven", because in the original Roman calendar it was the seventh month of the year. It replaced the Old English "Hærfestmonath" meaning "harvest month".

THAT'S FUNNY...

When Spring arrives in Bosnia, thousands of people gather in Zenica for the "Cimburijada" or "Festival of Scrambled Eggs".

The egg is a symbol of new life and so huge amounts of scrambled eggs are cooked in large pots and handed out for free.



DID YOU KNOW THAT...

The colour of an egg yolk is determined by a hen's diet. Like shell colour it has nothing to do with an egg's nutritional value. If you crack open your egg to discover a dark yellow yolk the hen was probably fed green vegetables. A medium-yellow yolk would indicate a diet of corn and alfalfa while a light-yellow yolk could be the result of eating wheat and barley. An egg contains 2/3 of your recommended cholesterol intake but this isn't a big deal. Studies show that regular egg consumption does not increase risk of heart disease.

New look and flavours for Bowra Pub's restaurant - 'Thirty3 on high'

After recent renovations the Bowra Pub is in full swing with further changes on the way for the historic hotel. The pub's restaurant is the first to undergo a total revamp, fitted out with all the latest equipment and at the helm is new chef, Luke Tutt, who describes working in the kitchen as - "like driving a Ferrari".

Luke is a fifth generation local who has worked as a chef for the last 15 years in a variety of pubs and resorts along the East Coast honing his now considerable skills. He's excited about this opportunity and has surrounded himself with a great team of happy, young locals who support him.

Luke's passion for food has bought him home to start his Aquaponics business, growing specialty lettuces, vegetables, fruit and micro herbs which he uses in the pub's kitchen. "Fresh is best" is Luke's motto, sourcing local fresh produce as well as his own to use in the restaurant. His intention is to bring good old-fashioned pub food with a fresh modern twist to the public.

Luke's use of native bush foods, finger limes, davidson plums and buffalo mozzarella cheese should excite local foodies.

They have also added two new wood fired pizza ovens and he proudly boasts they make all their pizzas from scratch by rolling their own pizza bases and creating their own special sauces.

Look out for the great value \$10 lunch specials which will be changing every month.

They have also installed a new espresso coffee machine using local organic Holy Goat coffee as well as serving a wide variety of locally made cakes.

Watch out Bowraville things are looking up, the sky's the limit!



COMMUNITY FORUMS in BOWRAVILLE about BOWRAVILLE



The first of a series of Community Forums...about Bowraville was held at 11am, on the back verandah of the Pioneer Community Centre. The Bowra Country Markets are held on the 2nd and 4th Saturdays of every month.

Topic for the first forum was very general.....just talking about anything in Bowraville but particularly items that will make good future forum topics!

Topic for September (9 & 23) will be the issue of trees, both shade and others, particularly in the main street.

This is your opportunity, as a member of the community, to express your opinion and hear other people express theirs. This is for all people who live, work or volunteer in, or visit, Bowraville. There are lots of good ideas out there. We are not necessarily anticipating consensus. Perhaps there can be a submission to Council with 10 different ideas for consideration. The important thing is to share and grow ideas.

Come into the Bowraville Technology Centre for . . .

INTERNET ACCESS ~ PHOTOCOPYING
LAMINATING ~ SCANNING ~ BINDING
TECHNOLOGY ASSISTANCE
VIRUS REMOVAL ~ TRAINING COURSES

TECHNO CLUB ~ BOOK NOOK
~ CENTRELINE ACCESS ~

BOWRAVILLE TECHNOLOGY CENTRE
39 High Street, Bowraville
6564-7420
admin@bctc.com.au



CCSA

**The Bowraville Technology Centre
will be running FREE computer courses
for seniors in October**



**Digital Photography
Windows 10 tips and tricks**



All about Smart Phones

Safe use of social media (Facebook etc)

Mental Health resources for seniors

*Other course options by request
Come in and tell us what you would like*

***Drop into the Bowraville Technology
Centre or call 6564 7420***



Helping 'Bowravillains' get out and about

The transport services by Coffs Harbour, Bellingen and Nambucca Community Transport (CBNCT) is designed to help residents get around. Chief Executive Officer of CBNCT, Bethany Simmonds said we are proud to announce these transport services for the local Bowraville community which will be available to all residents, indigenous and non-indigenous. "We have employed a service co-ordinator, two more drivers and are setting up a mobile office that will provide face-to-face contact for this community as well as other isolated, regional areas," Ms. Simmonds said.

This community transport program has been given the greenlight by Transport for NSW (TfNSW) and funded to operate over the next two years. "Local residents are able to use the transport service for a variety of reasons, to go to medical appointments, for social outings, cultural events, shopping or even just to visit family or friends anywhere within the Nambucca, Bellingen and Coffs Harbour local government areas," she said. The new services will operate on a needs basis in normal business hours but also after hours and weekends.

Service Co-ordinator of the Bowraville Community Transport Program Valma Jarrett said this is a great opportunity for the people of Bowraville as transport has always been an issue for some families and individuals.

"Anyone wanting to use the service can book transport to help them do whatever they need to do, it will help people remain independent and able to access everyday appointments including social events," Ms. Jarrett said.

CBNCT will ask passengers using the service to make a partial contribution towards the cost of the transport. These contributions will help sustain a quality service and will be low-cost and affordable.

To book call Valma Jarrett – Service Co-ordinator 0498 714 334.



Bernard Laverty Funerals
24 hours 65681555
Monumental Masons & Florist
'Speak to us about the benefits of Pre Paying'

10/11

The advertisement includes a blue and white logo on the left, a photograph of a funeral service in progress on a grassy field with a casket on a stand and white chairs, and a scenic background of green hills under a blue sky.

Bowraville Central School News

Our school had a **Creative and Performing Arts** evening performing the *'Little Shop of Horrors'* on stage at the Bowraville Theatre which was a huge success.



Transition Day for 2018 Year 7 students was enjoyed during Week 3. The 'Taster Day' included lessons in Agriculture, Science, PE and Food Technology. The Year 6 students prepared food for their parents to enjoy during the information evening that followed.

Primary District Carnival – Clinton West, Lennie McIntyre and India Walker have qualified to go to Mid North Coast athletics to be held in Coffs Harbour.



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 Laurie 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 Graze McLeod 	Today's Country 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 	Outback Outlaws Paul Rowe 	Concussion 2NVR Youth Radio With Kim, Noah & Aedon 	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 Oz 	Aussie country music at its best 	Wind Down for the Weekend Stu & The Crew 	Two For The Money Double the Fun with Paul and Rachel 	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 Trickin' 	Rhino On The Radio Switching to studio & from 6am-9pm on the 3rd Friday of each month for live artists & studio audience 	Imagine This & The AntipodeanSF Radio Show 	That's A Wrap Donna, Tom & Mitch Local sports results and in-depth analysis 	11 AM	
Noon	Bowra Beats 2NVR Youth Radio with Graze 	Nambucca Valley Roundup Cecilia Simmons 	Nambucca Valley Roundup - Paul Burns 	Nambucca Valley Roundup - Retro 	The Friday Night Rock Show Todd Mills 	Booth's Drum With Captain Steve 	White Line Fever All Nolan 	Noon	
1 PM	Nambucca Valley Roundup - Rachel Burns 	Latest & Greatest Country Byron Edwards 	Phillinn With Phil New Australian Blues and Indie/Folk-Rock 	Highway Blues Retro 	When Only The BEST BLUES Will Do 	Booth's Drum With Captain Steve 	White Line Fever All Nolan 	1 PM	
2 PM	Reggae Mixtape With Frazzy Music outside the usual 	Prog Rock Playlist Rhino till midnight The best of Progressive Rock BBC World Service overnight 	Ants Rocks Anthony Gamsay Solid Rock 	Jeff's Junk Jeff Mills 	CRN overnight	CRN overnight	Booth's Drum With Captain Steve 	White Line Fever All Nolan 	2 PM
3 PM	Spirit in the Sky Non-stop heartfall music 	CRN overnight	Ants' Music Mix overnight	CRN overnight	CRN overnight	Booth's Drum With Captain Steve 	White Line Fever All Nolan 	3 PM	
4 PM	CRN overnight	CRN overnight	Ants' Music Mix overnight	CRN overnight	CRN overnight	Booth's Drum With Captain Steve 	White Line Fever All Nolan 	4 PM	
5 PM	CRN overnight	CRN overnight	Ants' Music Mix overnight	CRN overnight	CRN overnight	Booth's Drum With Captain Steve 	White Line Fever All Nolan 	5 PM	
6 PM	CRN overnight	CRN overnight	Ants' Music Mix overnight	CRN overnight	CRN overnight	Booth's Drum With Captain Steve 	White Line Fever All Nolan 	6 PM	
7 PM	CRN overnight	CRN overnight	Ants' Music Mix overnight	CRN overnight	CRN overnight	Booth's Drum With Captain Steve 	White Line Fever All Nolan 	7 PM	
8 PM	CRN overnight	CRN overnight	Ants' Music Mix overnight	CRN overnight	CRN overnight	Booth's Drum With Captain Steve 	White Line Fever All Nolan 	8 PM	
9 PM	CRN overnight	CRN overnight	Ants' Music Mix overnight	CRN overnight	CRN overnight	Booth's Drum With Captain Steve 	White Line Fever All Nolan 	9 PM	
10 PM	CRN overnight	CRN overnight	Ants' Music Mix overnight	CRN overnight	CRN overnight	Booth's Drum With Captain Steve 	White Line Fever All Nolan 	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