

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



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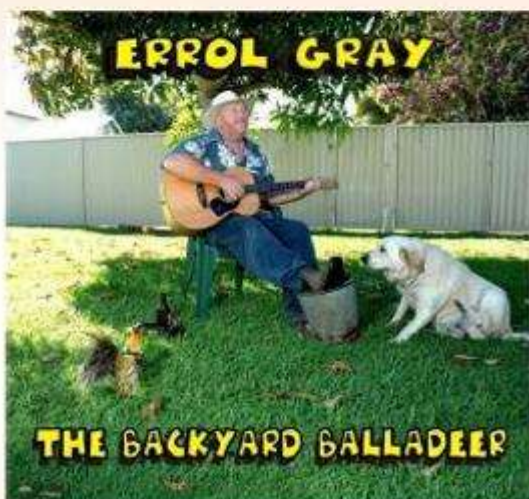
Seniors WEEK Luncheon

12 April 2018

"A Dose of Good Cheer"

with *Errol Gray, the Backyard Balladeer*

Free MORNING TEA and LUNCH



Thursday 12 April 2018
MACKSVILLE EX-SERVICES CLUB
9.30 am – 1:00 pm
Information Stalls
All Seniors Welcome!

BOOKINGS ESSENTIAL
BY 6 APRIL 2018

BOOKINGS AND TICKETS CONTACT OR CALL IN:

Nambucca Heads Library : 6568 6906 (Mon—Fri 9.30 to 5.00, Sat 9.30 to 12.00)

Macksville Library: 6568 1422 (Tues—Fri 9.30 to 5.00)

GETTING THERE:

BY CAR:

Park at rear of the Ex-Services Club and enter through the western door

BY PUBLIC BUS:

Present your Pensioner Concession, NSW Seniors or War Widows card — \$2.50 return

	DEPART	RETURN (from Macksville Pool)
BUS 356 - SCOTTS HEAD		
	8.09 am (School, via caravan park)	2.50 pm
	8.53 am	3.30 pm
BUS 357 - BOWRAVILLE		
	8.13 am (Supermarket)	2.29 pm
	9.13 am	3.26 pm
BUS 358/360 - VALLA BEACH VIA NAMBUCCA HEADS		
	9.16 am (Valla Beach Preschool)	1.24 pm
	9.27 am (N Heads opp Centrelink)	2.26 pm
	9.32 am (Plaza via Marshall Way)	



BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 400 COPIES

Newsletter is also available online at:

www.bowraville.nsw.au/bowraville-newsletter

2018 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 MAY 2018
ISSUE IS: 4:00PM
17th APRIL 2018

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

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

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

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

Bowraville Technology Centre

Open 9.30am to 4.00pm Weekdays

Internet Services

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

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

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

Facility Hire

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

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

Full day up to 8 hours - \$100.00

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

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

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

Full day - up to 8 hours \$40.00.

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

"Like us on



search for CTCABowra"

Bowraville Technology Centre

39 High St, Bowraville Ph. 02 6564 7420

Open 9.30 to 4pm Weekdays

Email: admin@bctc.com.au

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

BowraMacksville UHA

Six volunteers travelled to the North East Health District Zone Day at Urunga Golf Club hosted by the Bellingen UHA. We had the opportunity to meet the Central Executive and listen to reports given by the nine district UHAs, renew friendships and come home motivated with more ideas. Two successful barista training days were held for coffee shop volunteers, in March. Another planning meeting was held at the hospital so that coffee shop volunteers could hear of ideas for the interior of the new planned coffee shop and come up with suggestions. The coffee shop management committee meets on Friday 6th April and the UHA branch meeting on Friday 27th April. A hospital representative will attend. Venue for both is the hospital chapel commencing at 10am. The 4th Monday saw the Autumn Lodge Auxiliary and our UHA join forces for a Crazy Whist Fun Day held at Daisy Cottage. Our Mother's Day raffle will commence on the 22nd March at Foodworks in Macksville then on the 19th, 26th and 27th April alternating with Woolworths venue. Bowraville's turn will then be in High Street on 3rd, 4th, 10th and 11th May. Our main prize is a beautiful quilt made by the Verandah Post Wednesday Quilters and Patchworkers Group and will be on display at the Easter Show. Should you wish to support our hospital contact President Isabelle 6564-7179 / Secretary Margaret 6564-7318.

Bowraville Garden Club

March saw our happy group visit the Coffs Harbour Marine Park, the lookout, a nursery and then sit down for lunch at the Surf Club. In April, once again, we are going north. For this outing we are off to Nana Glen where we will visit the Synchronicity Organic Farm. Owner Joshua promises a tour, talk and chance to win a box of local veg and fruit. We will also include a nursery visit, a coffee break for those inclined, then off to a local eatery. Depending

on interest we also have an extra day option for a visit to a Grassy Head garden at the end of April. Contact Barbara 6564-7039

Bowraville Seniors

Only a small band of seniors met at our March meeting. As our guest speaker was unable to attend the executive will follow up and hopefully have him next meeting. However May's meeting date will be the cancer support day - the Biggest Morning Tea to be held at the museum and hosted by Bowraville Seniors. Please put this date in your calendar Monday 21st May. We will have a raffle and trading table.

Bowraville Recreation Club

The weather being either too hot or raining has once again interrupted the Women Golfers Commencement of 18 hole competitions. However, 4 travelled to Fredrickton for their Open Day. Pennants commenced on 19th March and Bowra had a convincing win over Sawtell at Macksville 4/1. Next match will be at Sawtell against Nambucca. After daylight saving ceases starting time will be 9am. The golf course continues to improve with all the volunteer assistance. There are plans to work on the 5th green banks and de-shadow the 9th green. Fields for men golfers usually average about 20. Women are always welcome. Golden Sands golfers paid a social visit in March and April will see Macksville Senior golfers and district veterans enjoy our course and hospitality. Bowlers are attracting more participants with championships, pennants and social bowls. The annual Easter Fish Triples were the usual great success. Check the board for upcoming events. As the club is also available for meetings, private and social events the Club will be the venue for a Health Clinic on 10th April. The club has been truly spruced up with ongoing painting. Thank you all volunteers. 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
twitter: twitter.com/bowravillefolk

~ Groups by appointment ~

3/11

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 7 days

Monday - Sunday 9am to 5pm

Admission by Gold Coin Donation.

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

1/11

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 Bowra Ex-Services Club (6564 7304)

TUESDAY

LINE DANCING 6.30-7.30pm Pioneer Community Centre, 70 High Street, Bowraville. (6564 7791)

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

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

WEDNESDAY

Boomerang Bags Sewing Bee, 10am-3pm, Pioneer Community Centre, 70 High St, Bowraville. (6564 708)

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)

MEMBER'S DRAW & MEAT RAFFLE 6.30pm pm

Bowraville Ex-Services Club (6564 7304)

FREE POOL All day at Bowra 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)

FREE POOL All day at Bowra 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).

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

FREE POOL All day 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)

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

SUNDAY

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

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



ACTIVITIES ORGANISERS

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

TECHNO LESSONS OPEN TO EVERYONE

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

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

Absolute beginners are most welcome!

TECHNO LESSONS

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

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

For technical issues please contact BTC for an afternoon booking.

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



Special offer to community groups

Save on paper and ink!

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

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

From Page 3

Line Dancing

Beginners class on Tuesday evenings from 6.30 to 7.30pm at the Bowraville Community Centre in High Street. Cost \$7 per week (plus \$7 per year to join BCDAL for insurance cover). For information contact Rhonda on 6564-7791.

St Jimmy's Kitchen

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

Gold Coin Donation Pilates Class

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

Bowraville Playgroup

Bowraville Play-group meets at Bowraville Central School every Friday from 9.30am to 12 midday 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.

Macksville/Bowraville Uniting Church

There is to be a change in the service time for the Uniting Church at Bowraville. The service will still be held on the second Sunday of each month but the time has been changed to a morning service at 10.30am. On the second Sunday morning the Uniting Church in Macksville will be closed and our Macksville congregation will join to worship with the Bowraville folk at 10.30am. We are hoping this will suit more people. All are most welcome to attend.

Macksville/Bowraville Uniting Church Op Shop

The Op Shop is keeping us busy with the bags of clothing for \$5. We have some stunning summer

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



7/11

BOWRAVILLE GIFT SHOP

any occasion

LOCATED AT BOWRAVILLE POST OFFICE
27 HIGH STREET BOWRAVILLE
PH: 02 65647169

1/11

BOWRAVILLE HEALTHCARE CENTRE

Dr Edwina Guard MBChB BSc FRACGP

IMPORTANT NOTICE

Dr Guard is closing her surgery in High Street, Bowraville and moving to new premises in Princess Street, Macksville. For those who cannot travel due to age and disabilities she will be offering home visits. Please be kind to the office girls while they transition to the new surgery.

3/11

Cloud Storage and how it Works *continued*

A report by The Australian Communications and Media Authority found about 55 per cent of the total population had heard of cloud computing and only 26 per cent of active cloud computer users were aware they had used the cloud.

Confusion — or maybe ignorance — about cloud computing isn't new. Actually, there's confusion about where cloud computing even came from.

The MIT Technology Review, which investigated various claims about the origins of the phrase, blames Google — or at least Google CEO Eric Schmidt who said, eight years ago: "It starts with the premise that the data services and architecture should be on servers. We call it cloud computing — they should be in a "cloud" somewhere."

Thanks for that, Mr Schmidt.

So, what is cloud computing? PC Mag put it well when it called it "a metaphor for the internet" — although it's not quite that either.

In simple terms using cloud computing means storing your files on a place that is not your local hard drive.

Why would you use the cloud? Back in the day if you were at work and you wanted to use a file that was on your home computer, basically you were buggered.

(Yes, you could ring up your partner and talk them through finding the file or you could connect to your computer using remote connection software — but "you were buggered" is a better general description.)

People got around that by carrying their files on floppy disks. The problem with that is that files got very big and floppy disks were pretty inconvenient (and, also, not always floppy).

That led to other solutions such as Zip drives (like floppy disks but less convenient) and USB sticks. But still there are problems with having one version of a file on a portable drive and potentially different versions of that file on different computers.

By storing that file on a cloud service, such as Google Drive, no matter where you are you're always able to access that file (assuming you have access to the internet).



You also don't have to worry about backups because the cloud service does the back-up for you.

With people having multiple devices connected to the internet one of the advantages of using the cloud is that you access the same file across all of your devices.

Let's say you're going on a holiday to Paris. Lucky you.

Using a computer you log onto the website www.tripit.com and put in your flight details. Then when you're at the airport you can check the itinerary using your smartphone or tablet.

So, do you use cloud services? Yes, you probably do.

The most common cloud-based system that people use is webmail such as gmail.

If you have an iPad or iPhone then the photos you take are also (assuming you have turned on cloud services) stored on Apple's cloud which, naturally, is called the iCloud.

If you don't have an iPad or iPhone and saw Windows 8 as a step forward in operating systems on Windows 7 (really, what were you thinking?), then you might have your files stored on Microsoft OneDrive.

If you use a Kindle then the book you are reading is stored in the cloud. You've put holiday photos on Flickr? That's the cloud.

Has someone, wanting to send you a large file, emailed you a link from Dropbox? Well, you've used cloud computing too.

If you're still struggling to get your head around the cloud the thing to know is that it's not one cloud. It's a bunch of clouds and each of those clouds is a different service.

Cloud Questions and Answers - next month.

- www.news.com.au



APRIL PROGRAM at the

BOWRAVILLE THEATRE

Sunday, 15th April from 2 pm

The Shape Of Water (MA15+)

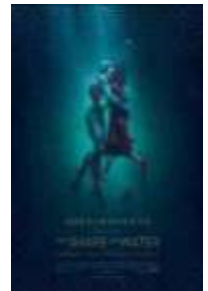
At a top secret research facility in the 1960s a lonely janitor forms a unique relationship with an amphibious creature that is being held in captivity.

***Won 2 Golden Globes. Another 65 wins & 185 nominations.**

Stars: Sally Hawkins, Octavia Spencer, Michael Shannon

Doors and Café open 1/2 hour before screening. Complementary tea and coffee.

Prices: Adults \$12, Concession: \$10, BAC/Child under 14: \$8.



Sunday, 22nd April from 2 pm

Bowraville Theatre Players presents....TRIBUTE

A tribute to WW1 Anzacs on screen, stage and in song.

Doors and Café open 1/2 hour before screening.

Complementary tea and coffee. Prices: Adults \$15.



Sunday, 29th April from 2 pm

Finding Your Feet (M)

A middle class, judgmental snob discovers her husband has been having an affair and is forced into exile with her bohemian sister who lives on an impoverished inner-city council estate.

Stars: Timothy Spall, Joanna Lumley, Imelda Staunton.

Doors and Café open 1/2 hour before screening. Complementary tea and coffee.

Prices: Adults \$12, Concession: \$10, BAC/Child under 14: \$8.



When a cloud of flying ants caused the performance at an outdoor theatre in the Australian outback to end prematurely, the manager emailed a message to his agent: *"Show stopped by flying ants!"*

"Well let's book 'em for another week." replied the agent.



**Bowraville & District
Ex-Services Club**

6564-7304

What we have to offer . . .

TAB - Fox Sports

Keno - Gaming Machines

Pool Table - Daily Happy Hour

Bingo - Raffles

Members' Draws



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

POOL TABLE \$1 per game



6/11

BOWRA HOTEL

OPEN 10AM - MIDNIGHT

**NEW
CHEF**

BISTRO

LUNCH and DINNER

Tuesday, Wednesday, Thursday,
Friday and Saturday

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

LUNCH & DINNER

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

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

33 HIGH STREET, BOWRAVILLE

Ph.6564 7041 Fax. 6564 8471

6/11

South Arm Hall Committee presents

The Royal Bush Wedding

To be held at Ye Old Kettelghay Katheredreal
(South Arm Hall, 1039 South Arm Road) on
Saturday, 19th May at 6.30pm

Come dressed as either a bride or groom or appropriate attire for a Royal Bush Wedding.
Bishop Boyd of McHughes Creek will be presiding - anyone wishing to get hitched is welcome to come and join this fun night of farce and frivolity.

Bring your fun-self and your friends and get ready for a night of celebration.

There will be a buffet-style dinner in keeping with the Bush Wedding theme with a live band and dancing to follow. You will receive all this for just \$15 per person.

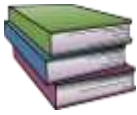
Tickets are available at the Bowra Technology Centre in Bowraville or you can email Robyn melvaine@skymesh.com.au or phone Elaine on 6564 7191.

South Arm looks forward to having you and your guests at this very spectacular event. You will not want to miss this one - Mark the date on you calendar.

PS: Don't be late for the fun highlight of the night, the farcical wedding ceremony starting at 7pm sharp.
Anama Tessa, Secretary South Arm Hall Committee, South Arm 6564-7521.

MARKETS CALENDAR

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



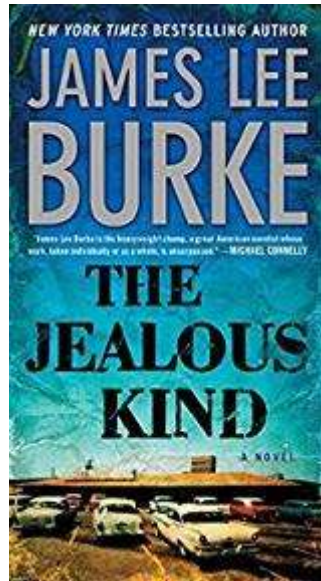
The Jealous Kind by James Lee Burke

This novel, set in Houston in the summer of 1952, has a very twisted plot, many characters and lots of violence.

1950s Houston, USA is a time of souped up cars, drive-in restaurants, mob rule, blues and jazz music and also when there is a right and wrong 'side of the track'; ethnic groups who are unaccepted by the mainstream and don't get along with each other; little excuse needed for violent interaction; communities with shortage of jobs and low wages; a distinct division between those with an education and those without.

The main character, seventeen year old Aaron Holland Broussard, intervenes in an argument between the very beautiful, teenage Valerie Epstein and her slightly older boyfriend Grady Harrelson. Valerie dumps Grady on the spot and Aaron's life changes forever.

Grady, a nasty spoilt kid with a rich father and both with unsavoury friends, cannot let this go and wants Aaron punished.



It seems that most of the teenagers, including Aaron's best friend Saber, come from dysfunctional families – mothers with psychological problems, fathers who fought in wars and each now handling their own personal aftermath in whatever way they can (often involving too much alcohol), violent and/or mob connected relatives, strict parents, violent parents, secretive parents - some with twisted minds and deviant behaviours. At least one of the school teachers is a fairly nasty piece of work; some of the local cops are corrupt and cannot be relied upon to do their job....

In such an unstable environment, while Aaron is experiencing his first love, it is no surprise that when he discovers he's been drawn into something much larger than a disagreement between 2 teenage lads, involving not just Grady and his mob connected mate, Vick Atlas, but drugs, money, murder..... he also learns who he can and cannot trust and that ultimately he must rely on himself.

I enjoyed this very 'busy' novel – there is a lot going on and many twists and turns. I found it a little difficult to believe that a 17 year old could have thought processes like Aaron and that he could be so resourceful but perhaps that's what made this novel (for me anyway) so different to many of those in this genre.

Happy reading!

- This book read and reviewed by BTC Volunteer Raewyn

Bowra Laundromat

Corner of High & Belmore Streets

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Tokens available at Pub and Newsagent
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Enquiries: ph 6564 7401



Some facts about Glaucoma?

Introduction

Glaucoma is a disease of the optic nerve which is usually associated with high pressure inside the eye. Glaucoma has been labelled the “sneak thief of sight” because many people remain undiagnosed until irreversible vision loss occurs.

In Australia 300,000 people have glaucoma with projections forecasting this figure to rise to 400,000 by 2025 due to our ageing population.

Causes

The front part of the eye is filled with a clear fluid called ‘aqueous humor’. This fluid is continuously produced and constantly flows out of the eye maintaining a steady pressure. If the fluid fails to flow out of the eye properly the pressure will increase causing glaucoma.

Types of Glaucoma

Primary or chronic open angle glaucoma is the most common kind with two thirds of cases presenting with this type. It occurs when the ‘drainage angle’ (the area where the fluid leaves the eye) appears to be open but does not function properly and pressure within the eye increases.

Occasionally the drainage angle of the eye may become narrow and close gradually, this is called chronic angle closure. If the drainage angle closes suddenly it is called acute angle closure.

Acute angle closure glaucoma causes severe sudden pressure rise and is typically painful with the development of redness. Vision may become blurred and halos may be seen around bright lights. Other symptoms can include headaches, nausea and vomiting. Chronic angle closure leads to gradual pressure however, does not respond well to standard medicine such as eye drops.

Symptoms

Raised eye pressure cannot be felt unless it quickly becomes noticeably elevated as in acute angle closure glaucoma. Most patients are therefore unaware they have glaucoma. The symptoms for acute angle glaucoma are mentioned above.

Diagnosis

Regular eye examinations are the best way to detect glaucoma. An examination will measure the fluid pressure, examine the drainage angle, test the visual fields and examine the optic nerve. The test will take 20-45 mins and is conducted by an ophthalmologist.

Risk Factors

Research suggests that some factors may increase the risk of glaucoma developing including; age, family history, past injuries to the eye, other eye diseases, high eye pressure, near-sighted or myopic patients.

Treatment

Eye drops, oral medication, and/or surgery are used to treat the different types of Glaucoma. An ophthalmologist can decide which treatment option is best suited to you.

Surgery

The most common operation is a Trabeculectomy. This procedure creates a new drainage channel for fluid to leave the eye and is performed in an operating theatre using a microscope. Local anaesthetic is usually used but occasionally a general may be preferred. Patients leave the hospital on the day of surgery and are followed up closely. The surgery is 90% effective, however, like all surgery there are risks involved.

Laser surgery

Laser surgery is effective in different types of glaucoma. This is a painless procedure performed as an outpatient and comes with minimal side effects. Local anaesthetic eye drops are given and a special instrument is placed on the surface of the eye to hold the eyelids open.

If you have any questions or concerns regarding any aspect of glaucoma treatment, please discuss these with an ophthalmologist.

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



Perfume SALE!



Drop in and discover HUGE savings during the month of April!

*Up to **20%** off selected Perfumes!*

Just in time for Motheres Day!

Come in, See what we have and Grab a bargain Today!



Sale includes Individual perfumes and gift sets, Womans AND Mens fragrances

(Not all perfumes pictured are available in store)

BOWRAVILLE PHARMACY

31 HIGH STREET, BOWRAVILLE

PHONE: 6564 7925 or FAX: 6564 7364

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



HEY BOWRA! Want to get fit?

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

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

Call our co-coordinator to register your interest.

Valma Jarrett - 0498 714 334

COMMUNITY TRANSPORT
COFFS HARBOUR, BELLINGEN & NAMBUCCA

Making reusable shopping bags from pre-loved fabrics

by the community,

for the community.

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

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

Donations of fabrics also welcomed.

Enquiries: 6564 7908 marion.syratt@gmail.com

Facebook: Nambucca Valley Boomerang Bags



LIONS CLUB

SUPPORTING OUR COMMUNITY



We Serve

Email: blion34@yahoo.com.au

**PO Box 23
Bowraville NSW 2449**

\$\$\$ CASH ADS \$\$\$

For a flat \$5 fee your 3 line Ad will appear in the BCNews, on the Bowraville Technology Centre's web site as well as the front window TV.

For and extra \$5 you can include a picture.

Ring **6564-7240** or email admin@bctc.com.au

WANTED

HORSE HAIR - manes, tails, trimmings.

Mob: 0474 378 447

FREE STUFF

SQUASH RACKET - hardly used.

Tel: 6564 7420

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WEANER PIGS \$85 each. **LAMBS** - 6 months old \$100 ea. Mob: 0448 547 769

BAMBOO PLY SHEETING 2400mm x 1200mm woven pattern - some sheets are marked but can be painted or stained easily. Only \$10 a sheet
Text 0414 523 407.

4x4 MAGAZINES from 1980s to 2000. 50c each. Good condition. Text only 0400 311 519.

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Clothing, Homewares, Cane, Furniture, CD's, DVD's, Toys, Gifts & Stuff!

Something for everyone Friday's from noon and Saturday's from 9am. 62 High Street Bowraville

FOR HIRE

COMPUTER ROOM — Up to 8 computers plus access port for trainer's laptop or another PC. Data projector to connect to trainer's PC. Whiteboard. High speed internet access —14mb ADSL. HD TV can be connected to network. Per hour - \$20, half day (4 hours) - \$60. Full day up to 8 hours - \$100. 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 4 computers. Per hour - \$7.50, half day (4 hours) - \$25. Full day - up to 8 hours \$40. Tel: 6564 7420 or email: admin@bctc.com.au

THE PIONEER COMMUNITY CENTRE, 70 High Street, Bowraville has Arcus fittings on 3 walls for display of art-works (also 2 x glass display cabinets)

Local artists and art groups are invited to hire the main hall for exhibition space.

Contact us to discuss your needs and ideas:
bcdainc@gmail.com 6564 7908 0400 828 471



Bowraville Lions Club Inc News Bulletin

APRIL 2018



WHERE THERE'S A NEED THERE'S A LION



All funds raised by Lions Clubs go directly to the people and organisations we support.

The Bowraville Lions Club invites you to come along to our next dinner meeting to find out how you can help our community and make new friends.

Wednesday 4th April, 6.30pm at the dining room of the Bowra Hotel.

Phone Mark on 0428 527 545

Pot plant gardens: balcony, entryway, pathway

Pot plants need a little extra care, including repotting every few years and frequent fertiliser and watering but with a little effort you can ensure your plants thrive year around.

A good-quality potting mix is essential for potted plants. Look for a premium-grade mix or one designed specifically for the kind of plants you intend to grow. In pots plants are solely dependent on what you put into the pots for nutrients so a regular schedule for fertilising and watering is essential.

Consider edging your balcony or entrance walkway with raised planter boxes. In full sun positions these can be great for easy-to-pick edibles like strawberries, passionfruit and tomatoes. Or opt for a fragrant selection of lavender, sweet pea, gardenia or rose.

Even in pots keep height in mind. Consider stacking smaller pots inside larger ones to create a tiered look, like for a strawberry tower or a layered planter. For stacking displays opt for plastic or thinner pots. This allows plenty of room for potting mix, which the roots need, and helps reduce the weight of the finished planter.

To add variety in one larger pot by including a selection of groundcovers with low and medium height plants. Creating your own seasonal planter is fun, easy and saves money.



Food Pots

If you have the environment in mind consider growing some of your food in a veggie or kitchen pot-plant garden. Herbs, tomatoes, eggplant, strawberries, raspberries, garlic, onions, peas, capsicum, chillies, zucchinis bred specifically for pots and even certain varieties of citrus plants can be grown in pots. You might consider growing food or flowers from heirloom seeds to maximise biodiversity which the bees and butterflies will love.

Plants or vegies in smaller pots can easily be moved to catch as much sun as possible as the sun's path changes over the course of a day or season. Set pots on rolling bases to make this easy.

*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**

611

Bowraville Chamber of Commerce and Industry Inc

chamber@bowraville.nsw.au

APRIL 2018

Lanes Bridge

The chamber have resolved to be kept informed about the plans for the bridge and lobby council to provide a temporary bridge when the community consultation takes place. It is not acceptable that people on the other side of the bridge are cut off from Bowraville and have to travel via Macksville to get here. We will keep the community informed through this newsletter.

Anzac Day

This year Anzac Day is on Wednesday 25th April and no doubt there will be a good turn out from the community once again.

Volunteering

There are many organisations in Bowraville who rely on volunteers to keep the doors open including the Clubs, Museums, Galleries and the Bowraville Technology Centre. The Bowraville Lions Club are also volunteers and they are inviting the community to consider joining this service club. As the older members are finding it more difficult to join in Lions Club projects the club needs new members so the club can continue to raise funds for the community and Lions Club Projects.

Tourism

There has been a noticeable increase in visitors to the Nambucca Valley and Bowraville and a lot of these visitors are from Queensland. As the bypass continues to get closer to full completion it is expected that the numbers of visitors will keep increasing which is great news for our town and valley.

**Next meeting:
Tuesday 24th March
5.30pm at the Bowra Ex Service Club**



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

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

“Ngiyaa Nyaaga mangga darrunda bambuurr ngaljarri barmarranygu yilaami,manggagirr maana darrunda guunu julgaaganybiin.gu.”

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

OUTREACH SERVICES

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

BOWRAVILLE COMMUNITY HEALTH SERVICES

Child and Family Counselling

Speech Pathologist

Paediatric Occupational Therapy

These services are available by apt. - 6656-7200

MiiMi is now an approved CSO Agency.

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

Miimi House

90 High Street, Bowraville

Phone: 02 6564 8855

email: admin@miimi.org.au

WHAT’S HAPPENING IN BOWRA

From page 5

clothes on display. The furniture shop has some lovely new donations.

Thank you to all who give so generously to our Op Shop and also volunteers who come along each week. We have a pick up and delivery service each Wednesday.

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 to 8pm. Phone David Bossard 0427 231 040. Food Hub is run by this church. Senior Pastor is David Bossard. This is a vibrant inter-generational church serving the whole Valley as its name suggests.

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.

COMMUNITY INFORMATION DAYS

Beginning in **June**, 2018

COMMUNITY INFORMATION DAYS

are being held on the

FIRST FRIDAY of EVERY MONTH

at the **Pioneer Community Centre**

70 High Street, BOWRAVILLE

from 10am to 2pm

This is a way to find out about Community Groups in your area and also ask questions of various Government Departments and non-Government organisations. As the programme develops we will display it in the window of the Community Centre.

Please contact us if your group or organisation would like to be a part of one of these Community Information Days – this is your opportunity to speak to the Bowraville Community about what you do.

**Bowraville Community Development
Association Incorporated**

bcdainc@gmail.com

6564 7908 or 0400 828 471

Friday 1 June — Friday 6 July

Friday 3 August — Friday 7 September

Friday 5 October — Friday 2 November



Ngambaga Bindarry Girrwa Community Services Aboriginal Corporation

ABN:19746606729

"Empowering Aboriginal and Torres Strait Islander communities to gain independence and inclusion through the deliver and support of culturally appropriate community services"

Ph: 02-6564 7559, Hrs: Mon to Fri 8:00am to 4:00pm,

Address: 1/53 High St, Bowraville,

Web: nbgscommunityservices.com.au

Email: admin@nbgs.com.au



CHSP & NRCP (In the Nambucca Valley)

- Outings & day trips
- Group Activities
- Meal Assistance
- Friendly telephone calls & visits
- Letter writing and other correspondence
- Assisted Transport
- Advocacy
- Communication with Carers
- Peer Support
- Referrals to other Agencies
- Respite for Carers
- Carer support – group day trips
- Young Carer
- Carer Information
- Carer Referrals
- Carer Counselling/Advocacy
- Transport
- Individual Carer Support/Plans
- Carers Week Activities
- Relaxation Days

The Coordinator will work with you and/or your Carer to a Care Plan to ensure that your care and support needs are met.

It's not uncommon for Carers to become exhausted and overwhelmed. That's why it's so important to take a break – called 'respite'. By taking time off you get a chance to look after your own physical and emotional needs.



Early Linker Program, Mid North Coast (Kempsey to Red Rock, Coffs Harbour)

Early Links is for:

- People with a disability aged 0-8 yrs and who are generally not accessing any specialist disability service
- Carers and families of people with a disability
- The community
- People wanting assistance to accessing community and mainstream services, knowledge, resources and opportunities in their communities

Early Links Mission:

"Every child, every opportunity"

Early Links Vision:

"Communities where every child participates and every family is respected"

An Early Linker will assist with:

- General development concerns
- Information and support for families to find out about their children's disability needs
- Identify concerns, set goals and development plans for the future
- Connecting with other parents, community and service providers
- Build confidence to achieve your goals
- Develop your existing support networks and create new networks
- Look at ways you can participate and be a part of you community.

About Noise - did you know . . .

The words *noise*, *nausea* and *nautical* all have very different meanings yet they are very closely related in their origins. The ancient Greek work for a ship was *naus* which gave rise through Latin to *nautical* and also to *nausea* which in its Greek form meant 'sea-sickness'. *Nausea* in Latin also had a slang term meaning 'an unpleasant or noisy situation' probably because such a situation was the cause of sea-sickness as during a storm. And so the modern sense of *noise* developed as the word passed from Latin into Old French and then into Middle English.



BowraVILLE Post OFFICE

27 High Street, Bowraville ♦ Telephone: 6564-7169

Monday to Friday 9am-5pm ♦ Saturday 9am-12noon

BANKING FACILITIES: Agents for CBA, NAB, St. George, Westpac, BCU and various other Credit Unions (check with your Bank for charges).

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

DRY CLEANING AGENT – Drop off and Pick up.

Browse our extensive range of collectables and giftware, bric-a-brac and greeting cards.

Have you checked out the Bowraville Community Website?

www.bowraville.nsw.au

*You can get the monthly
Bowra Community News online,
local weather, community events
and more . . .*



NOTIFICATION OF BURNING OFF!

Rural residents of Nambucca Shire

You MUST notify the NSW Rural Fire Service on 6626-6860 and your neighbours 24 hours before you light a fire.

All year!

IT'S THE LAW.

CRANE TRUCK HIRE

For all your lifting and shifting needs

Serving the Nambucca district and beyond



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Telephone:
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Mobile:
0427 653 312

7 DAYS

5/11

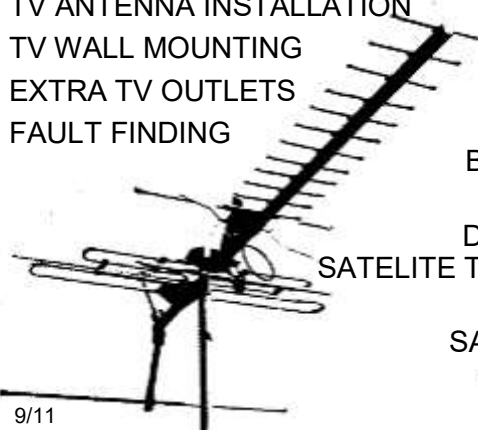
*Does your computer need servicing?
Is it going slow?
Do you suspect a virus?
Or it just won't work the way you want it to?*

**Come into the
BOWRAVILLE TECHNOLOGY
CENTRE**

**39 High Street, Bowraville
6564-7420
admin@bctc.com.au**

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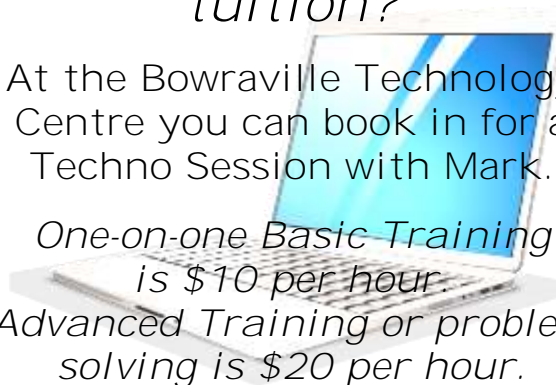
*Do you need one-on-one
computer skills
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At the Bowraville Technology
Centre you can book in for a
Techno Session with Mark.

*One-on-one Basic Training
is \$10 per hour.*

*Advanced Training or problem
solving is \$20 per hour.*

Call 6564-7420 and book your
session now.



Bowra Tradies Bowra Tradies Bowra Tradies

Is your smartphone use affecting your children?

Emerging trends in digital technologies such as smart phones, tablets and wearable communication devices are becoming the norm for a majority of families.

Parents and children alike seem to be addicted to their devices.

While studies have been showing us how the use of digital devices affect adults, more studies have shown us how excessive use of digital devices impact children's health and wellbeing. But few studies have shown us how parental use of digital devices affect children and their behaviour.

Researchers from the University of Michigan C.S. Mott Children's Hospital (Mott) in Ann Arbor and Illinois State University in Normal set out to examine this.

Previous studies have found a correlation between parental technology use and poor parent-child interaction but for the first time, this study examines the effect on child behaviour.

The interference cause by technology on parent-child relation is coined as "technofence" by one of the researchers. Such interference may occur during face-to-face conversations or during routines such as mealtimes and playtimes. It refers to the perception of interruption one feels when another person interacts with digital technology during their time together and has even affected adult romantic relationships leading to conflict and poorer relationship satisfaction.

To examine the relationship between "technofence" and child behaviour the researchers examined reports from 170 two-parent U.S. families whose children were just over 3 years old, on average.

The researchers assessed parent digital technology use using a three-item self-report scale adapted from prior studies of problematic mobile phone use while perceived "technofence" in the mother-child relationship and in the father-child relationship was assessed through mother and father self-reports.

The researchers asked parents about the use of various digital devices and looked to see how these devices interrupted time spent with the family – from checking texts during dinner and playtime and other activities to conversations parents engage in with their children.

Parents were also asked to rate their children's behaviours over the past two months and to report the numbers of times their children sulked, whined, showed signs of hyperactivity, were irritable and became easily frustrated.

After adjusting for various factors such as stress and depression in parents including income levels, level of education and quality of co-parenting, the study found that parents admitted that technology interfered with their interaction with children at least once a day.

Overall, most parents admitted that technology routinely interrupted their interactions with their children at least once every day.

Furthermore, 17 per cent of participants reported 'technofence' occurred 1 time, 24 per cent reported 2 times and 48 per cent reported 3 or more times of 'technofence' on a typical day.

Only 11 per cent of the parents said that 'technofence' did not occur.

The study further revealed that even low amount of 'technofence' correlated with higher child behaviour issues such as oversensitivity, irritability, hyperactivity, whining and more child screen time.

The findings of this study draws light on growing dysfunctional relationships between parents and their children due to technology use and while parents may find it relaxing to get on their smartphones or tablets during family time it is affecting children and how they feel and behave.

Perhaps parents need to set "no screen times" during which they can focus completely on their children and give them the time and attention they need to grow healthily and happily.

- wellbeing.com.au



BOWRAVILLE STRONG FAMILIES

Women's Group



Join the Strong Families Women's Sewing and Craft Group held every Friday at the Nambucca Valley Phoenix Yurtz from 9.30am to 2.30pm. Lunch is included. Come and learn how to sew a bag or a dress with Jenny Sambrook or work on a craft project with Sasha Greenup.

Afternoon Sports



Want to learn how to play cricket, league, tennis or soccer? Training sessions and coaching is NOW available at Hennessey Tape Oval in Bowraville from 3.30pm – 5pm on Mondays. Ages 6 years and over are all invited. Come and join in the fun!

Men's Group



Strong Families host a Mens Outings each Thursday from 9.30am to 2.30pm. It's a chance for the local men to make a few friends, enjoy a social outing and a BBQ lunch. Each week local organisations interact with the group allowing for interaction and information to be given on local services. Contact Gary for transport and further information on 6564 7677 or 0499 002 141 if you would like to be involved.

Ph: 6564 7677
Mob: 0499 002 141
strongerfamilies@nvp.org.au



Bowraville Strong Families

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

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

Where would you like to go?



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

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

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

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

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Saturday 8.45am - 12 noon

Prescriptions and Professional Advice
Moo Goo Natural Skincare
Designer Brand make-up range

Pharmacist
KERRIE SAVINS



6/11

AN ORDER OF 'BAKE 'N' ROLL' COMING UP!

Argents Hill Hall Sunday 24th June

Gotta love a friendly cook off competition! Judging categories on the day will be:

- ✓ Savvy Savouries
- ✓ Sublime Sweets
- ✓ Bountiful BEER Brews

COMPETITORS, IT'S TIME TO MASTERMIND YOUR WINNING ENTRY!

Winners determined by public voting with prizes on the day

ALL WELCOME, so bring your appetites and voting taste buds and enjoy a feast of locally homemade goodies

⇒ A feasting cover charge will apply ⇐



More information coming soon

Competitor & general enquires, call Denise on 6564 4007

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

PHOENIX ART TREASURES

• NEW & PRE-LOVED GOODS • LOCAL ARTISTS

Open Monday to Friday

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

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

Open Monday to Thursday

9:30am - 2:30pm

*Bowraville only

6/11

6564 7677

CALL US TODAY!

NAMBUCCA VALLEY
PHOENIX
community support services

Out and About in Bowra

BOWRAVILLE POST OFFICE

Late last year Christine Dyer and her partner Russ decided on a “tree change” and sold their motel on the Gold Coast and by December 2017 they decided to buy the beautiful old Post Office in Bowraville taking over the reins just in time for **Christmas mail madness. It’s been non stop** since they arrived meeting locals and learning the ropes required for running a Post Office. The old post office now has a shiny new coat of paint and is looking very smart. Post Office services have changed **over the years now it’s not just delivering** your mail, buying stamps or hiring Post Office Boxes. Modern Post Offices services include access to Bill Payment, Bank@Post#, Identification checks, Travel essentials, Prepaid mobile phones, recharge and supplying your stationery needs for office or school. Chris and Russ **haven’t finished yet** - just recently they **reopened the “Bowraville Gift Shop”** with gift ideas for any occasion. So come in, say hi and have a browse around.

LE MARROC CAFÉ

After a drivers vehicle jumped the curb and took out the veranda posts and awning late last year its been a frustratingly long wait for Yvette to have it replaced. The heat of January was hard to escape and rainy days meant your only option was sitting inside. After months of waiting everyone is very happy with the new awning as the builders have done an outstanding job and used very substantial posts as replacements. Now sitting outside under the new café awning hot coffee in hand **with one of Yvette’s freshly baked cakes in** rain or hot sunshine is once again a very pleasant way to start the day. Le Maroc is open seven days 8am-12pm.

SALTWATER NARRATIVE PRACTICE

This is a small, independent practice offering FREE support to Aboriginal people and their families in Bowraville - for when you need to have a yarn about problems in your life. No need for a referral, just call, text or pop in. 10am to 4pm Tuesdays to Thursdays 0447 009 355.

Bowra StarBytes

Aries

An energetic month in store - you want to have fun and are pouring a lot of energy into hobbies, children and recreation. **It’s also a time to be prudent, to review your budget rather than** spend. Follow the dictates of your heart this month.

Taurus

You may find yourself saying all the wrong things without intending to so be careful when choosing words to express yourself. You are getting domestic conditions sorted out and have the energy now to improve your living conditions.

Gemini

You are more in touch with friends and dreaming up new goals. Take advantage of the co-operative mood around you but be a **little introspective as you review your plans. Don’t take any** communications for granted.

Cancer

Your career is certainly picking up and you are clearer about your goals. Others are recognizing your talents and abilities so **it’s a good time to get yourself noticed. The motivation that’s** been lacking in recent months has returned.

Leo

An especially strong month for personal energy, confidence and motivation. You can set your sights high this month and not be afraid to go after what you want. Dress for success. There can be some minor delays or communication snafus.

Virgo

Your inner world is especially active and rich this month. A more positive and forward-looking attitude wins you many admirers friends. A strong time for sorting out finances.

Libra

A partner or good friend may need extra attention but your relationship is certainly clearer than it has been in recent months. Balancing intimacy and friendship is the goal now. Friendships are especially rewarding and motivating.

Scorpio

You are feeling re-motivated after some confusion and lack of enthusiasm in recent months. Relationships are satisfying however, saying what you mean to a special someone could prove difficult even if your intentions are pure.

Sagittarius

Take a break from the rigors of daily life, you are feeling playful, **energetic and expressive and it’s time to have some fun.** Freedom to do as you please is a driving factor in all that you do after some months of questioning yourself.

Capricorn

You easily impress others with your easy-going and playful approach to life. Family matters are smoother and living **conditions clearer than they have been in recent months. It’s a** good time to find the energy to sort out finances.

Aquarius

Relationships will become clearer and communication is refreshingly direct and although relationships are not without their challenges you benefit from increased clarity and the feeling that you know what you want .

Pisces

A prosperous month for work and finances. It’s amazing how much more you can produce when you are feeling the inner **spark. It’s an excellent period for productivity on all levels. The** potential for misunderstandings runs high now.

IT HAPPENED IN BOWRA IN THE MID-1870s!

AN OLD MYSTERY SOLVED Cedar log and trucks recovered

from: The Sydney Morning Herald (NSW : 1842 - 1954) Tuesday 7 June 1910 p 8 Article

Last week the dredge *Iota* brought up in her grabs from the river bottom in the upper reach of the Nambucca two badly *cobra-eaten bullock trucks and solved a mystery that has defied penetration for over 30 years.

In the mid-seventies a timber-getter named Thomas Cook, who also owned a bullock team, hauled a cedar log on two trucks to a wharf known as Sullivan's Point near Bowraville and left them there awaiting the arrival of the **drogher. Shortly afterwards a rise in the river occurred but only lasted for a few days. When the water subsided the log and trucks had disappeared and although diligent search was made not the slightest trace could be found of them.

Cook ridiculed the idea that a flood had swept away his property and pointed out that the log, a giant cedar, was heavy enough to anchor a ship. He was confident the log and trucks had been stolen and believed that sooner or later he would catch the thief. But this hope was never fulfilled for death overtook him whilst the problem was still unsolved. And it remained so until last week.

The trucks when hauled from the river were chained together as is usually the case when they are employed in drawing logs. The wooden wheels had been riddled by cobra and the ironwork had almost completely rusted away. By their appearance they must have been fully 30 years in the water. Old hands have identified them as Cook's property and are inclined to believe that the cedar log was stolen and shipped away, and to conceal the crime the trucks were thrown into the river at the place where they were recently recovered.

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

For latecomers to the valley - **Cobra is a long pale timber-eating water worm and **a drogher is a freight barge.



3/11

Bernard Laverty Funerals
24 hours 6568 1555
Monumental Masons & Florist
Speak to us about the benefits of Pre Paying



Karen's TRIVIA for April

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

Famous Arians & Taurians include :

Leonardo da Vinci - 15 April 1452;
William Shakespeare - 23 April 1564;
Charlie Chaplin - 16 April 1889;
Billie Holiday - 7 April 1915;
Gregory Peck - 5 April 1916;
Queen Elizabeth II - 21 April 1926;
Roy Orbison - 23 April 1936;
Magda Szubanski - 12 April 1961;
Russell Crowe - 7 April 1964;
Heath Ledger - 4 April 1979;

April in History

26 April 1788: An exploring party led by Phillip sighted and named the Blue Mountains.

26 April 1890: Banjo Paterson published "The Man from Snowy River".

29 April 1911: The Australian Capital Territory was proclaimed.

25 April 1915: Australian soldiers landed at ANZAC Cove on the Gallipoli Peninsula in Turkey.

8 April 1933: Western Australia votes at a referendum to secede from the Commonwealth but the vote is ignored by both the Commonwealth and British Governments.

19 April 1984: "Advance Australia Fair" is proclaimed as Australia's national anthem.

The daisy and sweet pea are the traditional flowers for April.

The birthstones are **diamond, opal and sapphire.**

The daisy conveys innocence, loyal love and purity. It's also a flower given between friends to keep a secret; the daisy means "I'll never tell". Sweet peas signify blissful pleasure and also used to say goodbye. Flies find the sweet pea's fragrance offensive and will leave its environs in a hurry.

Diamonds are commonly associated with love.



Don't Forget...

Turn your clock **BACK** on **Sun 1st April** for the **end of Daylight Saving**
Also...
EASTER SUNDAY
...oh no! it's also **APRIL FOOL'S DAY!**

ANZAC DAY
Wed 25th April
Lest We Forget

A Day in Autumn

It will not always be like this, The air windless, a few last leaves adding their decoration to the trees' shoulders, braiding the cuffs.

Of the boughs with gold; a bird preening in the lawn's mirror, having looked up from the day's chores, pause a minute.

Let the mind take its photograph of the bright scene, something to wear against the heart in the long cold.

Ronald Stuart Thomas

In case you wanted to know...

The custom of setting aside a day for the playing of harmless pranks upon one's neighbour is recognised widely throughout the world but there seems to be some confusion about its origins.

In 1508, French poet Eloy d'Amerval referred to a *poisson d'avril* (literally "fish of April"), a possible reference to the holiday. In 1686, John Aubrey referred to the holiday as "fooles holy day", the first British reference. On April 1, 1698 several people were tricked into going to the Tower of London to "see the Lions washed".

In the Middle Ages New Year's Day was celebrated on March 25 in most European towns. In some areas of France New Year's was a week-long holiday ending on April 1. Some writers suggest that April Fools' originated because those who celebrated on January 1 made fun of those who celebrated on other dates.

In the UK an April fool joke is revealed by shouting "April fool!" at the recipient who becomes the "April fool" but traditionally this ends at midday. A person playing a joke after midday is the "April fool" themselves.

The name of April is derived from the latin word "aperit" which means "to open". It is considered that April is the month of the growing season (northern hemisphere) when trees and flowers begin to open. It is also believed that the month is named after the Greek goddess Aphrodite. In Old English it was Aprilis. Aphrodite is the Greek goddess of love and beauty. Her Roman equivalent is Venus. The Saxons called the month *Eostur-monath* after the goddess *Eostur*. It is this goddess from whom we derive the name *Easter*.

Compiled by Karen Bindoff

Bowraville Community Drug Action Team receives State Award

The Alcohol and Drug Foundation has praised the hard work and commitment of the Bowraville Community Drug Action Team during an awards ceremony at the State Conference this week where Uncle Martin Ballangarry (Chair) and Michelle 'Lulu' Jarrett (Deputy Chair) accepted the award on behalf of the team.

The Alcohol and Drug Foundation's NSW/ACT State Manager, Dr. Lisa Simone, commended the Community Drug Action Team for its passion and commitment to preventing and reducing alcohol and other drug related harms in their local area,"

"The Bowraville Community Drug Action Team should feel incredibly proud of its efforts in helping to build a stronger, healthier community," she said.

The Bowraville Community Drug Action Team is focused on promoting healthy lifestyles and wellbeing to reduce the risk of harm from alcohol and other drugs through providing sporting, educational and cultural programs including the Girls in the Gym program and the formation of a juniors cricket team.

Since the formation of the CDAT in 2017, the programs delivered have included sporting pathways eg supporting the netball girls to participate in the NSW State trials and starting up junior cricket teams for both girls and boys.

In order to address the challenges around alcohol and pregnancy the CDAT are providing education and information as well as providing transport and gym membership to women and girls, delivering a healthy eating /bush tucker program at the Memorial Cup Football program.

Community Drug Action Teams (CDATs) right across NSW united at a conference on 12 March at Rydges Newcastle to hear about some of the latest research in the alcohol and drug sector, how to enhance their community engagement skills plus celebrate their achievements.

NSW boasts 71 CDATs, which are groups of passionate volunteers leading alcohol and other drug harm prevention projects, aiming to strengthen their communities.

The Community Drug Action Team is auspiced by Miimi Mothers Aboriginal Corporation who are also a stakeholder. The CDAT is supported by Area Health Aboriginal and Drugs and Alcohol Services.

For updates on the Community Drug Action Team there is a facebook page

<https://www.facebook.com/Bowraville-Community-Drug-Action-Team-1580629615566>

The Community Drug Action team meets the first Tuesday of each Month at noon at the Community Health Centre in High Street Bowraville.

Community members are welcome .. for further information 0498 880 355

For more information about Community Drug Action Teams, please go to www.adf.org.au/cdat



Uncle Martin Ballangarry and Michelle 'Lulu' Jarrett accepting the award on behalf of the CDA Team.

A bit about Uncle Martin

Uncle Martin Ballangarry was born and bred in Bowraville and is a respected Gumbanyggirr Elder, Nambucca Shire Council Deputy Mayor and was awarded the Councillor of the Year Award at the NSW Local Government Aboriginal Awards for 2017. He is Director of the Muurrbay Language Centre and Chair of the Bowraville Community Drug Action Team.

Uncle Martin leads an Aboriginal dance group and family band called "Jumbaal (*Carpet-Snake*) Dreaming" and has performed on many stages along the east coast of Australia. Uncle Martin has worked tirelessly on issues regarding Indigenous affairs in the Nambucca Valley for over 30 years.

Bowraville Central School News

Years 7 and 8 enjoyed a great 3 day camp at Hat Head earlier this month.



*Congratulations
Lacey Grey on
the birth of
Puddles.*



Future Health Champions Expo

Last Friday our School hosted a regional summit of Australian Indigenous Health Workers. The day showcased health services in the valley as well as bringing these national associations together in the one place for the first time in history.



*Puddles was born on
his due date 19/3/2018
and named by Year 11
student Chyenne
Cameron.*

*Puddles is the first Red
Poll Calf to be born at
Bowraville Central
School.*

*Puddles will have his
first public
appearance at the
Macksville Show
Saturday 14th April*

*Lori Wilson
Agriculture Teacher*



Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Autumn 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	2NVR Recycled Radio	2NVR Recycled Radio	Bubble N Squeak Linda & Michelle	Under The Stinging Tree Poppa	Green Eggs on Toast Part 2 Laurie Macbry Music, Movies News, Weather Gig Guide Local Info	The Early Birds Faye Asprots & Zoe Asprots Australian Music New and Classic Current Movie Review Local Events	2NVR Recycled Radio	6 AM
7 AM	Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll 1940s-2010s	Isn't It Romantic With Dallas Dent Crooners Easy Listening and Popular Ballads	Dyer's Loop With The Dyers	Tones of Claressense Claire West-Powell	Talk Of The Town Cen Wirbel See what's going down! All things local	Hair Of The Dog Mick Birdies Rock, Pop Covers and Music Trivia	2NVR Recycled Radio	7 AM
8 AM	Baby Boomers Donna Collins	Infopinion Richard Laxton	2NVR Recycled Radio	Turning Pages Elizabeth Newman	Dano's Mixed Grill Daniel Gosson Whatever anything can happen and probably will!	Happy Hour Michelle Smith-Dod Set of music Happy & Healthy 2 Hours	2NVR Recycled Radio	8 AM
9 AM	The Weekly Fix Paul Weekly	The Phoenix Crew Selected music & madness	Jazz Azz I Like It Heather Heywood	Grace's Vibes With Grace McLeod Grace's special mix of music for your enjoyment.	Outback Outlaws Paul Rowe Old and new country music	Concussion 2NVR Youth Radio With Kean, Noah & Aedon	Classical Corner Music from the past 1000 years. Alternates weekly with The Lively Arts	9 AM
10 AM	Play It Loud Sky Fewlings Upbeat Music Aussie Artists	Rob's Roving Robbie & Linda Bible reflections, Gospel & Australiana	Just For You Carol J. Simmons Followed by Karala's Destiche Mark Strada 2NVR MusicMatters Radio	2NVR Recycled Radio	Wind Down for the Weekend Su & The Crew	Two For The Money Music, chat and a touch of banter with Paul and Rachel!	The Lively Arts Music & spoken-word from film, TV, theatre & radio Noel Robertson	10 AM
11 AM	Bowra Beats 2NVR Youth Radio with Grace	Jack's Tracks 2NVR Youth Radio with Jack All the tracks with Jack Tune in!	Sister Act Olivia & Sam	Thursday Country Tridvic	Rhino On The Radio Switching to Studio 3 from 6pm-9pm on the 1st Friday of each month for live artists & studio audience	Imagine This & The AntipodeanSF Radio Show	Politics and the Environment With Louise Jones Music, political and environmental issues.	11 AM
Noon	2NVR Recycled Radio	Latest & Greatest Country Bryon Edwards	Nambucca Valley Roundup - Ben Walters	Nambucca Valley Roundup - Retro	The Friday Night Rock Show Todd Mills	Wolffy Wolffy all 11pm	Flashback Rob Davidson	Noon
1 PM	2NVR Recycled Radio	Prog Rock Playlist Rhino @ midnight	Ants Rocks Anthony Gamzey	When Only The BEST BLUES Will Do	Jeff's Junk Jeff Mills	Overnight Express overnight	That's A Wrap Donna, Tom & Mitch Local sports results and in-depth analysis	1 PM
2 PM	2NVR Recycled Radio	The best of Progressive Rock	Solid Rock	Jeff's Junk Jeff Mills	CRN overnight	White Line Fever All Nolin	Local sports results and in-depth analysis	2 PM
3 PM	2NVR Recycled Radio	BBC World Service overnight	Aussie Music Mix overnight	CRN overnight	CRN overnight	White Line Fever All Nolin	Local sports results and in-depth analysis	3 PM
4 PM	2NVR Recycled Radio	BBC World Service overnight	Aussie Music Mix overnight	CRN overnight	CRN overnight	White Line Fever All Nolin	Local sports results and in-depth analysis	4 PM
5 PM	2NVR Recycled Radio	BBC World Service overnight	Aussie Music Mix overnight	CRN overnight	CRN overnight	White Line Fever All Nolin	Local sports results and in-depth analysis	5 PM
6 PM	2NVR Recycled Radio	BBC World Service overnight	Aussie Music Mix overnight	CRN overnight	CRN overnight	White Line Fever All Nolin	Local sports results and in-depth analysis	6 PM
7 PM	2NVR Recycled Radio	BBC World Service overnight	Aussie Music Mix overnight	CRN overnight	CRN overnight	White Line Fever All Nolin	Local sports results and in-depth analysis	7 PM
8 PM	2NVR Recycled Radio	BBC World Service overnight	Aussie Music Mix overnight	CRN overnight	CRN overnight	White Line Fever All Nolin	Local sports results and in-depth analysis	8 PM
9 PM	2NVR Recycled Radio	BBC World Service overnight	Aussie Music Mix overnight	CRN overnight	CRN overnight	White Line Fever All Nolin	Local sports results and in-depth analysis	9 PM
10 PM	2NVR Recycled Radio	BBC World Service overnight	Aussie Music Mix overnight	CRN overnight	CRN overnight	White Line Fever All Nolin	Local sports results and in-depth analysis	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, 10am, 11am, 12pm, 1pm, 2pm, 3pm, 4pm, 5pm, 6pm, 7pm, 8pm, 9pm, 10pm, 11pm, and 12pm.
 Tewings studio and office: 02 6564 7777 email: admin@2nvr.org.au

The Best Little
Station In The Nation