

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



DECEMBER 2018 ~ ISSUE #169 FREE CIRCULATION 400 POSTCODE 2449

Combined Schools Fete
& Carols by Candlelight
Spectacular

**AT BOWRAVILLE
CENTRAL SCHOOL**

December 15, 2018
4 pm till late

**MARKET STALLS - MAGIC SHOW
SANTA - DEVONSHIRE TEAS
JUMPING CASTLES
COMPETITIONS - PONY RIDES
LOTS OF FOOD
PLUS HEAPS MORE**

2019 BOWRAVILLE CALENDARS

Now available at the
BOWRAVILLE TECHNOLOGY CENTRE

*Great as
Christmas
presents*

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)	\$25 issue/\$250 year
Full page (or back cover)	\$35 issue/\$350 year

DEADLINE FOR COPY FOR

THE FEBRUARY 2019

ISSUE IS: 4:00PM

TUESDAY, 22nd JANUARY 2019

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.

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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*

Bowraville Shopping Bus

If you are in Bowraville and you need to get to Coffs Harbour or somewhere outside of Bowra to do your shopping let us know. The Community Transport Company has buses available so you can get to the shops. Call Lulu Jarrett on 0498 714 334 for more information.

BowraMacksville UHA

At the State Conference our UHA received certificates for raising over \$50,000 and a second for raising over \$500 per member. Congratulations to our wonderful volunteers. In the last financial year items gifted to Macksville Hospital were valued at over \$42,000 and hours worked over 8,000. The call goes out to the valley community for volunteers to become baristas at the Hospital Coffee Shop - training is available. We have recently introduced eftpos and have acquired a frappe machine for summer drinks. Christmas raffles will be held in Macksville and Bowraville with the main prize a Christmas hamper. This will be drawn on Friday 14th at the chapel when we will have an afternoon tea and celebrate our year of volunteering

Bowraville Garden Club

The AGM was held in November and the present Executive returned. Our final outing will be a Christmas luncheon at Valla. Our first meeting in 2019 will be at the Bowraville Theatre on the 2nd Saturday in February. Our plan for next year is to have 4 formal meetings at the theatre and outings on intervening months. Many great suggestions were made for potential venues. Formal meetings will include trading table, fun competitions and the usual raffle, birthdays and poem. Contact Barbara on 6564-7039.

Bowraville Recreation Club

Women golfers will play the annual Medal Round on 29th November and finish the year with a nine hole

novelty event the following Thursday, followed by a luncheon. We will play nine holes through February and commence 18 holes in March in preparation for the 2019 Pennants. Women Bowlers now come on a Thursday and participate in the mixed events. Our volunteer golfers are spending a lot of time improving and watering greens. Thanks boys! Bowlers are also improving the little green in anticipation of the special event on 2nd December. Check the boards for all info. The Club is planning a Christmas Party and presentation night so keep your ears tuned for the date and program.

Bowraville Seniors

After several postponed meetings it was great to see a good attendance at our final meeting for 2018 and a welcome to new member Carol. To celebrate the festive season we will meet at the local (older Bowravillians still call it the 'Bottom Pub') on Wednesday 5th December and order from the menu. We are then in recess until the 3rd Monday in February. Please join us. Contact Ruth 6564-8423.

Line Dancing

Beginners class on Tuesday evenings from 6.00 to 7.00pm at the Bowraville Community Centre in High Street. Cost \$7 per week (plus \$7 per year to join BCDAI 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.

Bowraville Uniting Church

Our special Christmas Service will be conducted by the Rev. Tom Fairhall in the church on Sunday, 9th December at 10.30am. **Macksville Uniting Church** will held their special Christmas Service on Sunday,

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

8/11

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 6.00-7.00pm 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) 9am -1pm. 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)

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

SUNDAY

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



ACTIVITIES ORGANISERS

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

TECHNO LESSONS OPEN TO EVERYONE

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

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

Absolute beginners are most welcome!

TECHNO LESSONS

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

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

For technical issues please contact BTC for an afternoon booking.

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



Special offer to community groups

Save on paper and ink!

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

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

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

From Page 3

23rd December at 10.30am. For more details contact Mavis Ward on 6568-2451.

Macksville/Bowraville Uniting Church Op Shop

2018 has been a very successful year for Bowraville's Uniting Church Op Shop. At present we have a lovely collection of summer clothing (women's, men's and children's) including a rack of swimwear. The furniture hall is also well stocked and we have a special display of Christmas decorations for sale along with a stand of fancy dress clothing.

A big thank you to our volunteers at the Op Shop who come into work on a regular basis and to our customers who come along to buy our goodies - a Merry Christmas and a Happy New Year to you all. Our shop will be closed from Friday 21st December and open again on Tuesday 8th January 2019. Please ring 0410 033 635.

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 Probud 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.

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.

CRAIG BELLAMY@realty

YOUR NAMBUCCA VALLEY SPECIALIST

With 18yrs Real Estate success in the Nambucca Valley we have now set up our own agency. We can offer competitive fees, creative marketing and the backing of one of the fastest growing agencies in Australia.

Craig is also the only local agent who lives in Bowraville and has extensive knowledge of the area.

2/11

CRAIG BELLAMY 0412 080 287

craigbellamy@atrealty.com.au
www.atrealty.com.au

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
Cats - \$14 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 \$14

3/11

BOWRAVILLE GIFT SHOP



any occasion
LOCATED AT BOWRAVILLE POST OFFICE
27 HIGH STREET BOWRAVILLE

Monday to Friday: 9am - 5pm
PH: 02 65647169

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Google . . . 20 years on

How the search engine changed the world



- **it's so big, it's become a verb – as in “just Google it”.** Where would we be without it today? Google kicked off in 1998 at a time when not everyone was on the internet and the way we discovered new sites was word of mouth from other connected friends with the address scribbled on a scrap of paper.

Then Google came along and suddenly the world was at our fingertips. That immediate access has changed the world and changed lives. It has also made Google one of the richest companies in the world.

When Google kicked off 20 years ago the goal was to organise all the information that was out there and make it easily accessible. That was a huge task back then even though the web in 1998 was made up of just 25 million pages.

Today Google is indexing hundreds of billions of pages which is more information than all the books a library can hold. Google Search is available in more than 150 languages and more than 190 countries.

Over the years the size of Google's task has grown but the basic principles are still there with the focus on the user and whatever it is they happen to be looking for whether it's a recipe, the nearest Thai restaurant or the capital of Malta.

The other challenge for Google is also providing you with the most relevant and highest quality information as quickly as possible. This is where Google's

PageRank algorithm comes in and is still the foundation of Search today. One interesting tidbit – Google processes billions of queries every day but 15 per cent have never been seen before.

So the algorithm needs to work both ways – solve the queries they saw yesterday and the ones they can't anticipate for tomorrow.

As Google marks its 20th anniversary what is the next chapter of Search? The answer is three fundamental shifts in how we think about Search.

– **The shift from answers to journeys:** To help you resume tasks where you left off and explore new interests and hobbies, Google is bringing new features to Search that help you with ongoing information needs.

– **The shift from queries to providing a queryless way to get to information:** Google can surface relevant information related to your interests so you can stay informed and inspired even when you don't have a specific query in mind.

– **And the shift from text to a more visual way of finding information:** Google is bringing more visual content to Search and completely redesigning Google Images to help you find information more easily.

And what lies beneath all three of these new areas is AI (Artificial Intelligence) and we've reached a point where neural networks can help Google take a major leap in the way it processes information.

But providing access to that information is what has driven Google for 20 years and what will keep driving them for the next 20 years and beyond as well.

- by Stephen Fenech www.techguide.com.au



DECEMBER PROGRAM at the

BOWRAVILLE THEATRE

Sunday, 2nd December - 2pm **THE SONG KEEPERS**

THE SONG KEEPERS tells the uplifting story of women from the world's oldest culture preserving some of the world's oldest sacred songs.



Echoing this year's theme for NAIDOC week, 'Because of her, we can', *THE SONG KEEPERS* looks at a hidden 140-year musical legacy of ancient Aboriginal languages and German baroque hymns being preserved by four generations of song women who form the Central Australian Aboriginal Women's Choir.

Singing 14th-century Lutheran hymns – brought to the area by missionaries – in their own western Arrarnta and Pitjantjatjara tongues, the choir's efforts to save these sacred songs are boosted by the arrival from Melbourne of a charismatic conductor who orchestrates a historic tour of Germany to bring the hymns back to their homeland.

Together these remarkable women take their music and stories of cultural survival, identity and cross-cultural collaboration to the world.

Directed by Naina Sen - 84mins - Australia - G

Sunday, 16th December - 2pm **ORCHESTRA CLASS**

Simon, approaching fifty, is a distinguished violinist but he's at a low point in his life and career. He winds up teaching a 6th-grade orchestra class at a Parisian middle school under the direction of the kindly Mr. Farid.



He gets off to a rocky start and his strict teaching style doesn't help him connect with the more difficult students.

One of these students is Arnold, a painfully shy but gifted boy who is passionate about the violin. Inspired by Arnold's raw talent and the warm



enthusiasm of the rest of the class Simon regains his zest for life and rediscovers the joys of music.

But will he be able to overcome the many obstacles and keep his

promise to take the class to perform at the Paris Philharmonic?

Directed by Rachid Hami - 102mins - France - M

Theatre opens 1 hour prior to film start - Café open.

Tickets: Adults \$12. Conc. \$10. BAC Member/Child (under 15) \$8. Family \$30.

See movies for January 2019 on page 29



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

FREE POOL Everyday



3/11

BOWRA HOTEL

OPEN 10AM - MIDNIGHT

BISTRO

WOOD FIRED PIZZA Wed - Sun

LUNCH 11.30 - 2pm Tues - Sun

DINNER 5.30pm - 8pm Tues - Sun

All menus available for takeaway

Regular Live Music

Holy Goat Coffee.

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

33 HIGH STREET, BOWRAVILLE

Ph.6564 7041 Fax. 6564 8471

3/11

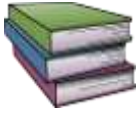
Chris and Russell Dyer - *our gentle Bowraville Post Office proprietors need our healing thoughts and prayers as they recover from the serious injuries they incurred in a local car crash in early November.*

They are both still hospitalised and are slowly improving.

Our positive, caring thoughts can make a difference.

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
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 9am to 1pm	6564 7908 0400 828 471
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



BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

Runner by Thomas Perry

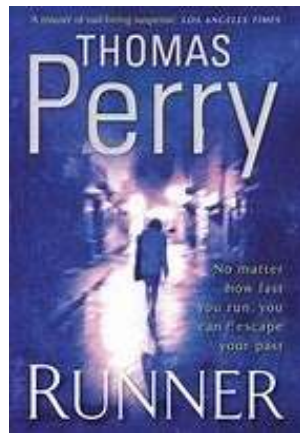
I enjoyed this novel.

It's set in America and tells the story of Jane Whitefield, an intelligent, beautiful, resourceful Native American woman. She is married to a doctor and has no children.

It's five years since she assisted anyone fleeing from their enemies, partners, lives etc. Jane helped these "Runners" escape, created new identities for them, helped them get set up elsewhere in America using a network of others whose skills she required (eg forgers), teaching them what they need to know to survive as a new person and promising never to reveal their whereabouts. Jane is retired from that life; a promise to her husband not to return to it.

When a bomb goes off at a hospital fundraiser she finds herself being asked for help by a young pregnant woman (Christine) who is being tracked across the country by a team of hunters. Without thinking she says yes....

And the adventure starts there. The reader



must guess early on (and correctly so) that it's the father of the baby chasing Christine. He's obviously got money, influence and contacts if he can afford to send 6 people after her. His reasons for doing so come a little later.

Despite not having great geographical knowledge of USA or it's highways and airports I think you'll get the idea of the country's vastness and time and effort it takes to travel such distances. It's not a joyride. It will make you think about what you'd have to do to disappear and start a new life again with a new identity.

Scary....to me it felt true; that *Perry* is telling someone's real life experience (which I didn't really like) but we all know this story is someone's real experience; it happens all too often.

- This book read and reviewed by BTC Volunteer Raewyn

The Bowraville Technology Centre's BOOK NOOK is available to anyone who wishes to read a book and return it in good order when completed.

There is no membership or forms to fill out - just come in, browse and borrow.

You can also donate books which are in good condition to the BOOK NOOK for someone else to enjoy.

Bowra Laundromat

Corner of High & Belmore Streets

Token Operated Washing Machines & Dryers.

Tokens available at Pub and Newsagent
Commercial Washers and Dryers

Enquiries: ph 6564 7401



Heart Disease - Australia's biggest killer

What is Heart Disease?

The heart is a muscular pump that pumps blood around the body. In most people it beats at least once every second and must sustain this for the duration of our life. Considering this phenomenal workload it is not surprising that it can be prone to failure with disastrous consequences. Sadly, this occurs in one Australian every 12 minutes.

Heart disease is a disturbance in the heart's function and typically arises from one of these problems:

1. Impaired blood supply to the heart muscle (Coronary Heart Disease) – the coronary blood vessels supply the heart muscle with oxygen and nutrients. If these vessels are narrowed (eg due to cholesterol deposits in coronary artery disease) the blood supply will be reduced and chest pain may occur. If a vessel is completely blocked that part of the heart is deprived of oxygen and will die (called a heart attack or myocardial infarction). If more than one-third of the heart muscle dies during a heart attack the impact is fatal.
2. Reduced Pumping (Heart Failure) – this may be due to the weaknesses in the heart muscle itself (eg cardiomyopathy) or a problem with the heart valves (valvular heart disease).
3. Abnormal heart beat (Cardiac Arrhythmia) – this may be a heart beat that is **too slow (heart block) or too fast (tachycardia) both of which reduce the heart's efficiency.**

Are you at risk?

Heart disease remains the largest single cause of death in Australia and accounts for 34% of male and 39% of female deaths. There are a number of conditions which increase the risk of heart disease such as diabetes, anxiety and depression as well as lifestyle risk factors including high blood pressure, high cholesterol, high body mass index, physical inactivity, smoking, alcohol and low fruit and vegetable intake.

By being aware of these risk factors for heart disease and choosing to lead a fit and healthy lifestyle you can reduce your risk of heart disease dramatically.

To find out more about the different types of heart disease visit the website below.

- www.australianheartresearch.com.au/about-heart-disease/what-is-heart-disease/

Top 3 Healthy Heart Tips



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





CHRISTMAS IS AROUND THE CORNER AT BOWRAVILLE PHARMACY!

*COME IN AND HAVE A LOOK AT OUR FANTASTIC RANGE OF
GIFTWARE WHICH INCLUDES PERFUMES, TOYS, MEN'S GIFTS,
HOME DÉCOR AND MUCH MORE.*

*YOU'RE SURE TO FIND THE PERFECT GIFT FOR EVERYONE
ON YOUR LIST.*





FREE

Christmas Lunch
at **Jimmy's**

Tuesday, 25th December
at 12pm in the
St. James Church Hall
Young Street, Bowraville

Making reusable shopping bags from pre-loved fabrics

by the community,
for the community.



Boomerang Bags Sewing Bees every Wednesday 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 OF BOWRAVILLE INC.

SUPPORTING OUR COMMUNITY

PRESIDENT

Mark Scott

M: 0428527545



SECRETARY

Cherie O'Donohue

TREASURER

Greg Lamberth

Email:

bowraville@lionsdistrict201n1.org.au

PO Box 23 Bowraville NSW 2449

IT HAPPENED in BOWRA in 1913



School life around
Christmas 1913
ARGENT'S HILL



Last-Monday evening at the Argents Hill Hall the scholars of the Public School assisted by several local friends gave a Christmas Concert. There was a large attendance of parents and friends who appreciated the various items of the programme. Mr. W. Scrivener, President of the Parents and Citizens Association, occupied the chair.

The evening's entertainment was opened by the rendering of Christmas songs by the pupils of the school. This and several other items rendered by the children reflect great credit upon the master, Mr. J. Barnes. The dumbbell exercises by a squad of boys, who, owing to the limited space on the platform, were unable to be seen to an advantage, nevertheless, was a very creditable display. The flag exercises by the girls, was also very good.

There was an elocution competition amongst the scholars in which 13 competed, 9 boys and 4 girls. Recitations were of the competitors' own choice. On the whole, the young people did very well and gave the adjudicator, Mr. D. G. Walker, some work in arriving at his decision, which finally went to Master Scrivener. With proper tuition this lad should make a fine elocutionist. He possesses a wonderful power of imagination, and was able to give the audience a capital idea of the piece he was reciting. Ethel Lewis gained the judge's decision amongst the girls. She gave a fine rendering of a piece entitled "Only a Working Girl."

Some of the ladies and gentlemen assisted with the programme. A Trio by the Argent Bros and Mr. Barnes entitled "A Little Farm Well Tilled" caused much amusement and they had to respond with an encore.

Nambucca and Bellinger News

Friday 26 December 1913

Dr Paul Weekley

Research & Genealogy Officer Bowraville Folk Museum

Bowraville Chamber of Commerce and Industry Inc

chamber@bowraville.nsw.au

DECEMBER 2018

Exciting news for Bowraville

Keep Saturday

15th December free!

A big day and evening is planned
at Bowraville Central School.



Wanted

STALL HOLDERS

Sites \$20 - No insurance
necessary.

Set up from 3.30pm

Any stall, any shape, please
notify if power is required.

Contact Lisa Matters

lisamatters9@gmail.com

M: 0401400962

The Great Koala National Park

On Tuesday 27th November Paula
Flack was a guest speaker at the
monthly meeting to talk about the
proposal for the Great Koala
National Park.

The concept takes in greater
protection for the dwindling koala
population as well as eco-tourism
opportunities such as horse riding,
bicycle and walking trails in our
region.

There will be a public meeting
early next year.

The Bowraville Chamber wishes
everyone a safe and happy
Christmas and New Year.



Chamber meetings

Membership is available to the
Chamber for Businesses, Self
Employed people and Community
Organisations.

Meetings are held on the 4th
Tuesday of the month at the Ex
Services Club in High St from 6pm.



Contact Chamber:

M:0428527545

The Most Photographed Generation Will Have No Pictures in 10 Years!

They're everywhere. In your phone, on your tablet, you have your point-n-shoot, and maybe even a DSLR. A few might even own a film camera. You can't escape the selfies, Instagram, Pinterest and Facebook. People are deluged with photographs. And today people are taking more pictures than ever before. It's been estimated that in the past 5 years more photos have been taken than all the prior years combined.

The sad part is that few of these photographs will survive beyond a year. To many people a "picture" is only good for the moment. Mums and Dads want to snap every little movement of that new baby and Grandma wants to see all of those too. When you want to show off the new puppy you pull out the phone. And in a week none of them have any real meaning and might even get "deleted" to make room for more pictures that will have little meaning.

So what will become of all the pictures that are being taken today? Here is the reason that 99% of the photographs being taken today are soon going to be totally gone – digital images are no longer important enough to most people to actually keep them in printed form!

Not so long ago we bought a roll of film and took our vacation photographs. We had them developed and printed. They were put in photo albums or photo boxes. We looked at them and cherished those memories with great care. They were a slice of our life and for many, if disaster struck, those photographs were the one thing we would try to find first. Wedding and baby albums and photographs represented our life.

It is estimated that less than 1 out of 100,000 photographs taken today actually ends up being a printed photograph. The digital world means you look at those pictures on either a phone, tablet or computer screen but unless you print them they are useless. You probably have countless pictures that are just randomly stored and have no organization or way to locate them. Perhaps you have made some effort but even that can seem overwhelming when you decide to tackle the task.

Add to this, over the years, the technology has changed so fast that many photographs taken 6-7 years ago are stored on a type of media that is no longer supported. In not too many years your DVD will be obsolete as will USB drives. File types will change as well. And the technology of tomorrow may not support these "older" file types.

Maybe you "shared" some on Facebook or Instagram or uploaded to your photo storage website. But none of these are "permanent" solutions to viewing your photos and sadly, many of the memories you captured today, aren't going to be around tomorrow. There

Continued on Page 30

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.



Bowraville Lions Club Inc News Bulletin

DECEMBER 2018



World Rally

The Bowraville Lions Club had a big day on Saturday 17th November catering for the hungry fans and officials at the Simpsons Ridge Spectator site. The Lions raised over \$1000 for the local community and other Lions Projects.



Letters to Santa

Once again Santa's elves, are helping Santa to reply to all the letters sent to him.



You can find the special letter box outside the Bowraville Post Office. Please remember to include a name and address to receive a reply from Santa.



The Bowraville Lions Club wishes everyone a very Merry Christmas and a Happy New Year.



Don't forget to buy your Lions Christmas Cakes and Puddings from the BTC, Bowra Pharmacy or the Military Museum.

Christmas Church Services

St. James Anglican Church

Cnr. High and Young Sts, Bowraville

Christmas Eve

From 6pm - BBQ and Carols

7pm - Holy Communion

Christmas Day

8am - Holy Communion

Corpus Christi

Carbin Street

Christmas Day

10am - Christmas Mass

Uniting Church

George Street, Bowraville

Sunday, 9th December

10.30am - Special Christmas Service
conducted by Rev. Tom Fairhall.



*If you are concerned about a scam,
identity theft or
a computer problem . . .*

come into the

Bowraville Technology Centre

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LAMINATING ~ SCANNING ~ BINDING

TECHNOLOGY ASSISTANCE

VIRUS REMOVAL ~ TRAINING COURSES

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BOWRAVILLE TECHNOLOGY CENTRE

39 High Street, Bowraville

6564-7420

admin@bctc.com.au

The Most Photographed Generation

Continued from page 14

are also countless memory cards filled with photographs. Each of those represent a small slice of you or something that was a part of your life.

So, when a family member asks if you have that adorable photo of your now 16 year old son or daughter - you know the one when they were 2 years old - and you have to answer, I do, but I have to find it. "It's on a disk...someplace...I think...maybe we still do...honey, where did we put that disk again?"

Nothing beats real, honest to goodness prints. These are the slices of our lives where we can open the old "self sticking" album and find out it no longer sticks. Where memories of our life unfolds before our eyes. We laugh. We cry. We tease each other. Our life is right there. It's in that printed image that anyone can see. There is no wondering "if this file type is still supported" or does my "machine still have a DVD drive". None of that is needed. Even the older, not quite as sharp as they used to be eyes can see them and feel the emotions of that instant in time as if it happened yesterday. These are the things we protect with everything we have should some disaster strike and the ones we start looking for first if it does. It's always the memories of our lives that become the thing we search for first.

So if you are part of this "digital revolution" - where are YOUR photographs? Stuck on some disc or stored out there in cyberspace someplace, hopefully, perhaps?

That makes you one of the "most photographed generation that won't have a photograph in 10 years" - Digital was cheap - Cameras were everywhere - it just didn't seem that important at the time!

- mikeyostphotography.wordpress.com



St Jimmy's Kitchen

Would like to invite you to the

Bowraville Christmas Day Lunch

December 25

10.30am start (for helpers)

Arrive at 12pm for 12.30 lunch service

At the Anglican Church Hall,
Young Street Bowraville

Everyone is welcome at this free community event, please join us for fun, frivolity and Christmas Cheer!

RSVP (appreciated but not essential)

To Bowraville Pharmacy 02 65647925

OR

Tony 0427757563

By 23.12.2017



Beautiful Town, Creative People

Local award winning artist Myffie Coady's next art exhibition "Perceptions" will be at Gladstone from 28 November to 16 December!



Myffie has had a very rewarding year winning two Grand Champion Art Prizes for her paintings, at the Macksville Show and the Sawtell Annual Art Exhibition, as well as Highly Commended in the Coffs Coast and E.J Mantova Memorial Art Prizes.

She is passionate about nature and this year's solo art exhibition will feature contemporary landscapes from our local area as well as from her travels to Central Australia and some animal paintings. You will often see Myffie walking her dog along our local country roads and the scenery provides much of the inspiration behind her art. Her painting of a misty Missabotti morning won Grand Champion at the Macksville Show this year and is part of this exhibition.



Come along and see Myffie's wide variety of contemporary acrylic paintings and charcoal drawings at the Macleay Valley Community Art Gallery, 5 Kinchela St Gladstone, NSW.

The exhibition will be open daily from Wednesday 28th November to Sunday 16th December 2018 from 10.30 to 4.00pm. All paintings will be for sale along with 2019 calendars and cards.

This is a great opportunity to buy a special Christmas gift and visit the local cafes and shops in the village of Gladstone which is an approximately 40 minutes drive from Bowraville. Take the turn off to South West Rocks then onto Smithtown and across the river to Gladstone.

Visit Myffie's exhibition, enjoy a riverside stroll and take in the heritage buildings, history and make some funky finds. You will have a great time exploring the village with its specialty shops and cafes. There is also a great pub across the road from the riverside park.

Myffie's website is www.myffiecoadyart.com. Facebook: Myffie Coady Art, Instagram: myffiecoadyart

3/11



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Locations:
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Bowraville NSW 2449

Come in and meet us. We are open:

Mon - Fri	9 AM - 5 PM
Sat	Closed
Sun	Closed

Pioneer Community Centre News

The Pioneer Community Centre is owned by the Bowraville community and managed by the Bowraville Community Development Association Incorporated (BCDAI). General meetings are held in the hall on the first Monday of the month at 5pm.



President: Dee Daley
 Vice President: Bob Cruickshank
 Treasurer: Todd Vercoe
 Secretary: Marion Syrratt
 0400 828 471 6564 7908
 bcdainc@gmail.com
 70 High Street Bowraville 2449

HOW CAN YOU HELP?

THE PIONEER COMMUNITY CENTRE BELONGS TO THE COMMUNITY

THE PIONEER COMMUNITY CENTRE BELONGS TO YOU

MANAGEMENT of the BUILDING & its ACTIVITIES is by the BCDAI

PLEASE CONSIDER BECOMING A POSITIVE, ACTIVE MEMBER of BCDAI

AGM is on Monday, 3rd December

SPACE AVAILABLE FOR HIRE

Hall and rooms available for bookings, casual or permanent.

SPIRITUAL SUNDAYS

Seeking expressions of interest from formal and informal spiritual groups (churches, meditation groups, etc) to form part of a roster for weekly spiritual services to be held in the Pioneer Community Centre on Sunday mornings.

THE ACOUSTIC CLUB

CONTEMPORARY ACOUSTIC MUSIC

Sat 15th Dec 6:30 pm

CHRISTMAS SPECIAL

Pioneer Community Centre

70 High St Bowraville

Sweet & Savoury snacks; coffee for sale

Dylan & Caitlin Mann

Steve Douglas & co

Jules & Deebee

For more information: Maz: 0400 828 471

Deebee: 0409 906 712

www.deebee.net.au

I'm dreaming of a GREEN Christmas, Just like the ones I used to know.

Re-Creating Christmas

Creatively repurposing waste to make
 gifts decorations cards ...

2.30 - 5pm Saturday 8 December
 Pioneer Community Centre
 High Street Bowraville

All welcome Enquiries + Ideas
 0401481501

inspiration
 ornaments cards activities
 \$5 workshops gift bags

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 Recycle it + Up-cycle it

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 2nd + 4th Saturday every month!

Stall holder enquiries:
 02 6564 7908
 0400 828 471
 bowra.country.markets@gmail.com

Pioneer Community Centre
 70 High Street, BOWRAVILLE

DECEMBER MARKET

Saturday
 8th December

JANUARY MARKET

Saturday
 12th January

WANTED

Young, enthusiastic
 Market Manager.
 Love to hear from you!

NSW Christmas Bush

Ceratopetalum gummiferum

One plant that's always perfectly dressed to celebrate an Aussie Christmas is the New South Wales Christmas bush. In early summer this shapely native shrub's small creamy-white flowers give way to showy red or pink bracts. Together with pretty, shiny, soft foliage it's no wonder this plant is a florist favourite during the festive season. The best time to pick your favourite variety is when the calyx ripens and colours brightly, between November and December.

Popular varieties include 'Albery's Red', a large shrub which delivers dependably bright red flowers and 'Red, Red, Red Christmas' boasts bracts that turn a darker shade of red as they age. While the dwarf 'Johanna's Christmas' stays up to three metres in height and width.

Height: 3–6 metres **Width:** 1.8–3 metres

Ideal spot: In full sun or partly shaded it prefers a sandy, well-draining soil so if you have clay soil make sure to dig through gypsum and a good garden mix - will do better if protected from wind.

Where to grow: In a pot or in the ground.

Feed: After pruning in January/February mulch with well-rotted compost or manure plus a dressing of blood and bone and water well. A scattering of sulphate of iron (100g per plant) around the plant followed by a good watering, may improve the colour next season.

Prune: Lightly in Jan or Feb or as soon as the display of red bracts has finished. Cut large sprays for an amazing indoor display. For dense flowering wood next season prune flowering new wood only. Do not cut into old or hard wood.

Protect: Leaf-curling psyllids and scale can attack NSW Christmas bush. Spray with *eco-oil* or white oil.

Watering: Water regularly in spring and summer.

- www.flowerpower.com.au

*Norco Rural
has a full range
of garden supplies
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*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.*

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choose the correct products
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*For the home garden
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COMPOST

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CONDITIONERS**

MULCHES

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SUPPLIES**

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**51 CARBIN
STREET
BOWRAVILLE
6564 8648**

3/11

Bowra does it again!

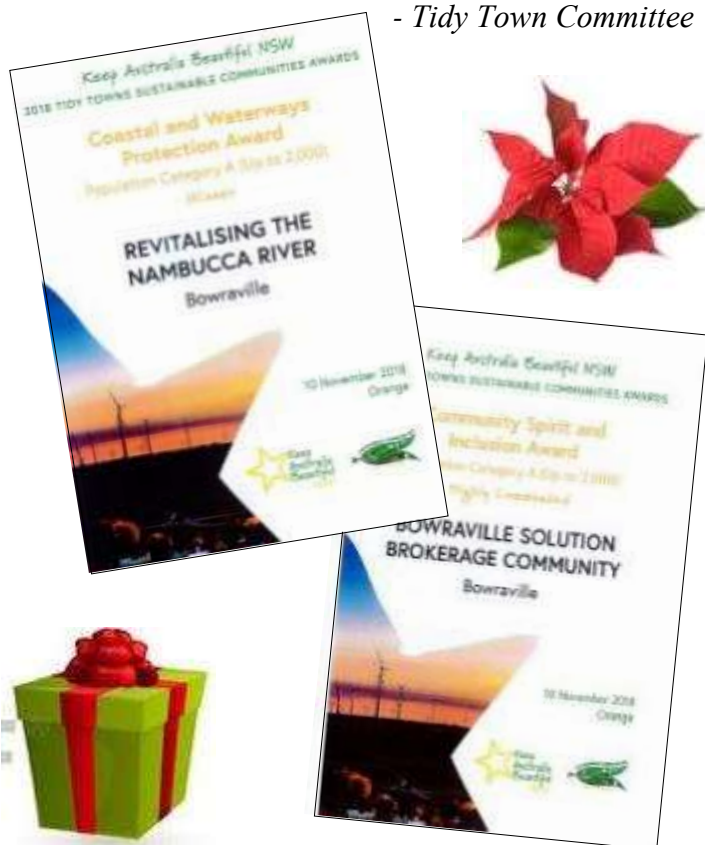
We entered two entries into the TidyTown Awards gaining one win for Landcare “Revitalising the Nambucca River” and one highly commended for the “Bowraville Solution Brokerage Community”.

Each year we can put in submissions for the categories that are available - the next one will be in March/April 2019 and will be open to topics such as Clean Up Bowra Projects, Community Spirit, Environmental Projects, School Achievements and any outstanding young people (under 25) that support and achieve in our community. So think of any projects that are going on in the community and bring the information to the Bowra Chamber of Commerce or leave the information at the Bowraville Technology Centre.

Nambucca Council and our Chamber of Commerce supports us each year in these submissions so get going and show how proud we can be of Bowraville.

Have you ever noticed the awards we have won in the past? They are on the outside of the Technology Centre; have a look next time you go to the Credit Union - there are some on the walls inside as well. Be proud of Bowraville - we are small but can achieve.

- Tidy Town Committee



Bowra StarBytes

Aries

A rethinking of work and health matters is required. Others may **get fired up over something you've said and the need to assume responsibility for your actions** will arise. Finances improve and it will be easy to find support if necessary.

Taurus

Something from the past may be dredged up which changes your point of view and there could be the need for changes in your financial habits. Professional goals are clearer and your reputation improves as you gain clarity, direction and purpose.

Gemini

Pressures to make changes on a financial level are likely. It's time to shuffle around your budget. Relationships are improved and you are better able to smooth over any differences and to create more harmonious home and working environments.

Cancer

You are very smooth at handling others and you'll find that people who have been admiring you 'from afar' are now finding you more approachable. While you maintain a smooth and happy appearance there may be quite a bit going on inside.

Leo

You will be challenged to develop systems that will help you to be more productive and to pay attention to deadlines, details and rules. By bringing more structure to your life you will come closer to achieving your dreams. Remain playful and happy.

Virgo

A strong month for financial matters as well as work and **communications. A great idea you've had will be very well received.** You may be a little introspective and indecisive but creatively speaking you are raring to go.

Libra

A busy time for communications and activities surrounding home and family. You may be pressured regarding domestic matters. You have a strong desire to acquire goods that make you feel more comfortable but do try to control spending.

Scorpio

You are more approachable and a relationship is coming back on track; the ambiguous signals are leaving and both you and a partner can get the clarity you need to move forward. There **may be pressure to speak about a matter requiring total honesty.**

Sagittarius

While a new project might not be the best idea right now, **new strategies and ideas are strong and should be noted.** It's time to alter your attitude towards the management of your finances. Something from the past may come to light and need attention.

Capricorn

Your manner can be a little intimidating if you're not careful. You are assertive and friendly on one hand but a little hard to read on the other. Tone down your manner for maximum success. You tend to worry more than is healthy.

Aquarius

Mixed emotions around love and creative matters. There could be a sudden awareness or what seems like a solution to a worrisome area of your life. You need to attend to a major decision. The need to celebrate this holiday season runs high.

Pisces

Family is demanding your attention and your attitude towards certain friends is evolving. You may begin new friendships more aligned with your current goals and life direction. There will be recognition of your ambition, skills and hard work.



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 barrmarranygu 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**
9am – 12noon
All Mums and bubs welcome
Appointment necessary.
- Community Corrections**
Fortnightly 10am to 3pm
Phone: 6561-3100
- Thursday Legal Aid**
1st and 3rd Thursday
10am to 12 noon
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

National Calendar Dates for December

1st-31st - Decembeard Australia

A hair-raising fundraiser, Decembeard® raises awareness about bowel cancer in men as well as raising funds to help us beat bowel cancer.



1st - World AIDS Day

World AIDS Day is one of the most globally recognised events of the year. World AIDS Day is celebrated across Australia to raise awareness in the community about the issues surrounding HIV/AIDS.



10th - Human Rights Day

Every day human rights defenders work to end discrimination in all its forms. Established in 1950 Human Rights Day celebrates the anniversary of the United Nations Universal Declaration of Human Rights as the first global enunciation of human rights and is recognised by human rights campaigners around the world.



18th - International Migrants Day

Migration is a positive and empowering experience and contributes to both economical growth and human development.



For many people, however, migration will bring human rights violations and exploitation. International Migrants Day supports the protection of the fundamental rights of all persons, regardless of their migration status, as guaranteed by international law.

26th - National Leftovers Day

To combat the hundreds of millions of dollars worth of food thrown away over the Christmas and New Year period make sure you cut down on Christmas waste this year by reusing and correctly storing your leftover Christmas treats. As well as making the most of leftovers Australians can also reduce their festive food impact on their wallet by sticking to their shopping lists and budget!



Why we'd always choose an Aussie Christmas over a White one

*No, we don't have snow, or eggnog
or Christmas jumpers, but we wouldn't trade an
Aussie Christmas for anything.*

*Rather than huddle by the fire we spend the afternoon
on the beach, or by the pool, and celebrate late into the long Summer evening.*

*Yep, Christmas in the Southern Hemisphere is pretty great - and here are 12 traditions
we love the most (and yes a lot of them are food related).*

Christmas Eve Trips to pick up the Prawns

It's usually the first stop of the morning on Dec. 24 . . . and the most important. We. Love. Prawns.

Leaving Carrots Out For Santa's Reindeer . . . and a Beer For Santa.

Maybe we're not the only country who leaves Rudolph a carrot but we're probably the only ones who leave a VB for Santa. It's too hot for milk.

A New Christmas Day Outfit

The sun is shining, everyone's sipping Champagne and we're dressed to celebrate. No bulky Christmas jumpers for us!

New Beach Towels

Each year, almost without fail, you'll find a new beach towel under the Christmas tree. Amazing!

Cherries

Oh, we love cherries. And it isn't Christmas lunch without someone wearing them as earrings.

Trips to the Beaches

At some point during the Christmas break you're probably going to go to the beach and it's probably going to be somewhere with a pristine (mostly empty) beach nearby. Are we spoiled or what?

Christmas Day Swims . . . with Pool Toys

The Christmas day swim is one of the highlights of the day! And the more pool floats the more fun. Make sure you pick up a pump too - Dad's lungs can't take a flamingo and a swan!

Mangos

There sticky, juicy and sweet and a sure sign that it's Christmas.

Beach and Backyard Cricket - Fun for the whole family . . . even if you're just watching.

Water Fights

Especially popular with the kids, everyone hopes for a new water pistol on Christmas morning - water balloons work well too - just watch out for Grandad with the hose.

- www.popsugar.com.au

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27 High Street, Bowraville ♦ Telephone: 6564-7169

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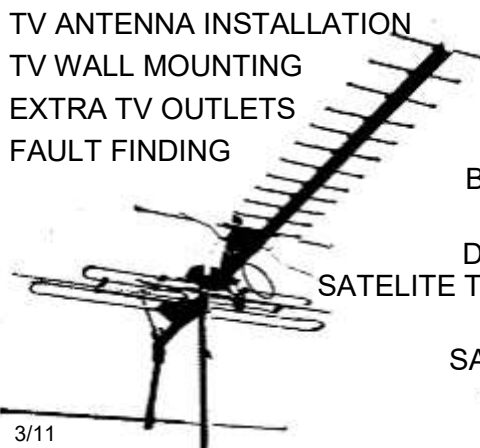
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Bowra Tradies Bowra Tradies Bowra Tradies

The different types of friendships?

Continued from
last month



Rarely does a person go from virtual stranger to instant best friends. Friendships develop as each person reveals a little bit more about herself and the 'friend-in-the-making' matches the self-disclosure with disclosures of her own. It's how trust is built between people – through mutual sharing of increasingly intimate or personal information. In fact research has revealed

that it takes about 50 hours' worth of face time for a mere acquaintance to become a casual friend then 90 hours to upgrade to the status of a standard friend. Then it takes about 200 additional hours of interaction for a "close friendship" to develop!

Before we get into the nitty-gritty of the types of individual friends it's important to note that we as individuals prefer different types of social structures. **Tight-knitters** tend to maintain a dense social network where everyone is friends with each other; whereas **compartmentalisers** have multiple cluster groups of friends, which often hail from different time periods in their life or serve different functions, like advice or entertainment. **Samplers** have one-on-one friendships but steer clear of groups.

There are four core types of friendship: **acquaintance**, **friend**, **close friend** and **best friend**. The level of friendship deepens as the level of reciprocity and mutual respect and affection grow. Acquaintances are easy enough to categorise. They're the people who aren't complete strangers, who you run into regularly at a place like the coffee shop or work cafeteria, but you don't really know. They are people we know well enough to make small talk with on a regular basis but not really people we'd invite to a dinner party or call on if we needed assistance.

By contrast, standard-issue "friends" are those that we try to run into or mix with. The women that you share carpool duties with for kids' sports and that you usually hang out with or spend time with at the games, for instance. Or people that are your 'crowd' and the ones that you tend to socialise with on a regular basis.

These buddies are certainly valuable but when the going gets rough you're more likely to reach out to a "close friend" for help or support. They're also the people you trade secrets with. There's not just a strong level of trust between these friends, there's also a whole lot of unconditional regard and affinity. You may not like a close friend's choices but you'd defend her/his right to make them.

Last but not least is the truly few and far between phenomenon of the "best friend." Best friends are the rarest type of friend and the kind of friend that we all need to have in our lives. It's the friend who gets you without you having to explain yourself. It's the type of friend who loves you no matter what. And they're not necessarily people you talk to every day. "You might go weeks or months without connecting but when you do re-connect it's as if no time has passed at all." These friendships are different in their ability to flex and endure even if life temporarily gets in the way. These are 'heart-to-heart' or 'soul friends' and they

Continued on Page 30



Nambucca Valley Phoenix and LiveBetter Community Services have now merged as one and providing additional services to the Nambucca Valley.

With offices in Nambucca, Bowraville and Macksville LiveBetter provides a diverse range of services in disability, community services aged care, child and family services, home modifications and community transport

Aged Care

Commonwealth Home Support (CHSP) is for people over the age of 65 or 50 years and over for Aboriginal people. If you need help finding out if you are eligible or need help to register for services call us on 1800 580 580. Support can be provided in the home or in the community depending on your needs.

Home Modifications

If you have a myagedcare package or funded under the NDIS you may be eligible for modifications to your home or help in the garden. Call us on 1800 580 580 to find out how we can help you.

BOWRAVILLE STRONG FAMILIES

Men's Group

Strong Families host a Men's Outing 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.

Support Groups

Call us to find out what programs are currently being offered or if you need help to access support for domestic and family violence give us a call or drop in to speak to our staff.

PH: 6564-7677 MOB: 0499 002 141
strongerfamilies@nvp.org.au



Bowraville Strong Families

National Standards for Disability Services certification
 Registration number: DSWR610365
 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

3/1

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



3/11

What is it about . . . Mistletoe?



Mistletoe is most popularly known through its place in ancient legends and mythology and its widespread use in folk medicine. To the naturalist, however, its fascination stems from its unusual life history and its interactions with other plants and animals. To the biologist, in recent years, it has become a useful tool in research and studies of mistletoe have contributed in a variety of ways to our knowledge of plant evolution. Research on mistletoes has furthered understanding of the origins of southern hemisphere vegetation, the evolution of mimicry in plants, the development of sexual differentiation or dioecy in plants and, of course, the biology of parasitism.

Superstitions about mistletoe are widespread in many cultures in different parts of the world and therefore involve numerous mistletoe species. Even in this wider context mistletoe is more often a good omen than a bad one. Uses for mistletoe, which often involved special recipes and complicated rituals, include gaining protection from fires, keeping witches away, as a divining rod to find hidden treasure, keeping horses from straying, promoting fertility in domestic herds and crops, giving strength to wrestlers, success to hunters, avoiding military service, protecting from wounds in battle, forcing evil spirits from hiding and making them tell the truth, preventing nightmares, providing refuge for woodland spirits in winter and keeping witches from meat in the smokehouse.

Mistletoe was used medicinally either by placing it on the affected part or by drinking a decoction of the plant. At various times in various parts of the world it has been used to treat epilepsy, the bites of mad dogs and wild animals, strained muscles, toothache, sores, itch, weakness of vision, impetigo, dandruff, regeneration of lost fingernails, common cold, ulcers, poisoning, promotion of muscular relaxation before childbirth, to hasten menstruation, treat warts, snakebite, fever, syphilis, beri-beri, ringworm, headaches, gout and worms.

In Australia the indigenous people certainly recognised mistletoes and had specific names for them. It seems, however, that mistletoes have little place in cultural beliefs. It has been reported some Torres Strait Islanders believe that a pregnant woman who touches mistletoe will have twins.

There was much ceremony attached to collecting mistletoe; several cultural groups, including the Romans and some present-day people, believed that mistletoe was only effective if it was not allowed to touch the ground. The Swiss shot the mistletoe down from oak trees with bow and arrow; the moon had to be on the wane, the sun in the sign of Sagittarius, and the mistletoe twigs had to be caught in the left hand. In other cases, however, mistletoe must not be touched by hand while being collected.

The reason for the importance of mistletoe in legend and medicine probably relates to the growth habit of the plant. Being a parasite, and therefore appearing as a distinct clump of foliage on a tree, it would have attracted the attention of primitive people. Because mistletoe is evergreen it would have been even more conspicuous when observed in winter on a deciduous host tree. Furthermore it would have had special significance when the host tree itself was sacred.

It was widely believed, then, that the evergreen mistletoe kept the deciduous sacred host

Continued on Page 29

What is it about Mistletoe? *Continued*

tree alive during winter while it was leafless. The mistletoe was regarded as the heart or the life of the god of the sacred tree.

It is noteworthy that the medicinal properties of mistletoe may not be due entirely to superstitious beliefs. In the twentieth century mistletoe became an accepted pharmaceutical plant. Extracts from *V. album* have been reported to have the properties of reducing blood pressure, increasing urine production, toning cardiac muscle, checking haemorrhages, and acting as an antispasmodic (*cf.* its ancient use as a treatment for epilepsy).

- www.anbg.gov.au/mistletoe/folk-legend.html



Great Cinescape movies continue in 2019



JANUARY 2019 PROGRAM at the

BOWRAVILLE THEATRE



Thursday, 10th January - 7.30pm

THE PARTY

The Party invites us to an intimate celebration hosted by Janet on the occasion of her promotion to shadow health minister.



What should be a discreet soirée of the bourgeoisie quickly descends into chaos as the (mostly) genteel guests one-up each other with dramatic announcements and secrets bubble over until everything bursts.

As a semi-allegorical picture of modern British politics and society *The Party* finds director Sally Potter (Ginger and Rosa) at her most playful. Calling it 'absolutely a political statement', she won a Guild Film Prize at the Berlinale for this acidic chamber farce, beautifully shot in black and white by Aleksei Rodionov – who also lensed Potter's *Orlando* and *Yes* – and exquisitely soundtracked with vintage blues, jazz, reggae and tango.

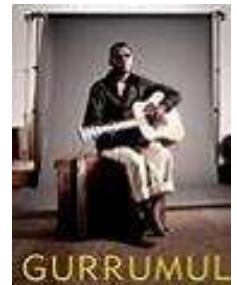
'Stingingly funny ... conceived during the 2015 election, filmed over a fortnight during the Brexit referendum' – Evening Standard

Directed by Sally Potter - 71mins - UK - MA15+

Sunday, 27th JANUARY - 2pm

GURRUMUL

A soaring, evocative audio-visual journey into the life, culture and landscapes of one of the world's most unique performers.



Celebrated by audiences at home and abroad Indigenous artist Geoffrey Gurrumul Yunupingu was one of the most important and acclaimed voices to ever come out of Australia.

Blind from birth he found purpose and meaning through songs and music inspired by his community and country on Elcho Island in far North East Arnhem Land. Living a traditional Yolngu life his breakthrough album 'Gurrumul' brought him to a crossroads as audiences and artists around the world embraced his music.

Paul Williams' glorious documentary, selected for the prestigious Berlin Film Festival, is a portrait of an artist on the brink of global reverence and the struggles he and those closest to him faced in balancing that which mattered most to him and keeping the show on the road.

Directed by Paul Williams - 96mins - AUS - PG

Theatre opens 1 hour prior to film start - Café open.

Tickets: Adults \$12. Conc. \$10. BAC Member/Child (under 15) \$8. Family \$30.

Bowra Wellbeing

The different types of friendships

From Page 26

can give you comfort even if you're out of touch with this friend.

It's important to note that in today's social media savvy society people often get confused about their friend status. The process of actually 'making true friends' hasn't changed! What has changed is the blanket labelling of acquaintances, acquaintances of acquaintances and close friends all with the same title, 'friend'. Not all Followers, Facebook friends, etc. are going to even be 'true friend candidates' as you probably have little in common, seldom (if ever) see them in person and probably couldn't call on them for much in the way of support.

Male versus female friendships

Although there are a lot of similarities between both kinds of friendships, experts have observed that women tend to bond over sharing intimacies and secrets. Men tend to bond over a shared activity — watching sports, for instance. However male friendships might be more durable as they demand less from the other person than female friendships do.

- <https://people.howstuffworks.com/what-is-friendship.htm>



PUBLIC NOTICE

ATTENTION BTC CUSTOMERS

This notice is for all customers who have previously saved files on the BTC cloudshare. In a routine check of our backup system we found several customer files that have not been accessed in many years.

In order to maintain this ongoing service BTC staff will begin deleting all old unused files. If you have an old cloudshare file with us that you have not accessed since January 2015 please be aware it will be removed in the next few months.

If you have an old file with us we suggest you bring in a USB stick so we can copy your files for you to keep.

Christmas

I see a twinkle in your eye,
so this shall be my Christmas star
and I will travel to your heart:
the manger where the real things are.

And I will find a mother there who
holds you gently to her breast,
a father to protect your peace, and by
these things you shall be blessed.

And you will always be reborn and I
will always see the star
and make the journey to your heart:
the manger where the real things are.

From:

Poems, 1972-2001- Michael Leunig

*The Bowraville
Technology Centre
wishes all its
Advertisers and Readers
a very enjoyable
Christmas and a safe
and happy
New Year.*

*From Mark and the BTC
Elves (volunteers) -
Robynne and Michael,
Raewyn, Geoff,
Wendy, Ken and Karin.*

MEDIA RELEASE

NAMBUCCA SHIRE COUNCIL

PLANNED SIGNIFICANT TRAVEL DELAYS CONSTRUCTION OF LANES BRIDGE ON RODEO DRIVE BOWRAVILLE

Mayor, Rhonda Hoban said *"Bridge elements for the Lanes Bridge construction project will shortly need to be craned in so the project can continue on schedule. This means there will be significant delays to traffic anytime between the hours of 6.00am and 6.00pm on the 27 November 2018 and during the week commencing Monday 10 to Saturday 15 December 2018 inclusive, weather permitting."*

"A timetable summarising the planned traffic delays is listed below and is also on Council's website www.nambucca.nsw.gov.au under Lanes Bridge," said Paul Gallagher, Assistant General Manager Engineering Services.

Day	Date	Time	Traffic Delays / Road Closures
Tuesday	27 November	AM / PM	30 minutes
Monday	10 December	PM	30 minutes
Tuesday	11 December	AM	30 minutes (min) and up to 2 hours (max)
Wednesday - Friday	12 -14 December	AM / PM	30 minutes (min) and up to 2 hours (max)
Saturday	15 December	AM	30 minutes

Note: There will be NO pedestrian or traffic access during these closures

Paul Gallagher said, *"Lanes Bridge is currently a one lane bridge under traffic light control with a 20 tonne load limit."* *"As previously advised appropriate signage advising of the bridge closure will be erected at the following designated intersections:*

- *Wirimbi Road and Rodeo Drive*
- *Valla Road and Newee Creek Road*
- *Giinagay Way and Ferry Street*
- *Wilson Road and Coronation Road*
- *Bellingen Road and Rodeo Drive*
- *High Street and Cook Street*

"There is an alternative route to and from Bowraville via Wilsons Road", said Paul Gallagher, *"and road closure information will also be provided via Media Releases, the MyRoadInfo and Lanes Bridge portal on Council's website and an email alert to those who have already registered as interested parties."*/ends

For enquiries please contact Council's Engineering Services Department on 6568 0230 or email council@nambucca.nsw.gov.au.

MICHAEL COULTER
GENERAL MANAGER

DATE: 16 November 2018

Don't you just love the shape of these modern
Christmas trees Bert; not like the awful
skinny ones when we were young...



10/11

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





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: nbgcommunityservices.com.au

Email: admin@nbgcs.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.

Some Unusual Christmas facts . . .

- ◆ The **three traditional colors of most Christmas decorations** are red, green and gold. Red symbolizes the blood of Christ, green symbolized life and rebirth, and gold represents light, royalty and wealth.
- ◆ In Poland spiders are considered to be symbols of prosperity and goodness at Christmas. In fact, **spiders and spider webs are often used as Christmas tree decorations.**
- ◆ **Tinsel** was invented in 1610 in Germany and was once made of real silver.
- ◆ **'Jingle Bells'** – the popular Christmas song was composed by James Pierpont in Massachusetts, America. It was, however, written for thanksgiving and not Christmas.
- ◆ 'Jingle Bells' – was **the first song sung by astronauts** Tom Stafford and Wally Schirra in space, on December 16, 1965.
- ◆ **The Statue of Liberty** was gifted to the US by the French on Christmas day in 1886. It weighs 225 tons and thus you could consider it as **the biggest Christmas gift in the world.**
- ◆ **The first Christmas was celebrated** on December 25, AD 336 in Rome?
- ◆ **The 'X' in X-Mas**, as we all use today, comes from the Greek meaning of 'X' i.e. Christ.
- ◆ **Japanese spend their Christmas Eve eating in KFCs.** This is a popular tradition in Japan so much that customers have to book their seats 2 months in advance.
- ◆ **On a Christmas feast in 1377**, hosted by King Richard II of England, twenty-eight oxen and three hundred sheep were eaten.



*JINGLE BELL, JINGLE BELL
JINGLE BELL ROCK @*

Argents Hill Hall, North Arm Rd



Saturday 1st December 4pm

Santa arrives at 6.00 pm

Please bring for each of your children a gift valued up to \$10.00 for Santa to present later in the evening

***LUCKY DOOR PRIZES:** *Oodles of goodies just in time for Christmas*
(*Tickets upon entry in exchange for gold coin donations)

APPETISING FOOD PLUS DRINKS WILL BE AVAILABLE FOR SALE
All welcome to bring a delicious dish to share

A community event with Santa, food, music, games for the kids, prizes & chit chat with friends

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

Enquiries: Denise 02 6564 4007

Unlicensed - B.Y.O



Bowraville Central School News

Year 10 Agriculture - *An Introduction to Beekeeping*



As part of Year 10 Agriculture, students have to choose an agricultural enterprise and research it. This year, three students identified that they would be interested in learning about bees. On Tuesday, 11th September, three students, Zeth Grace, Ethan Davidson and Matthew Williamson-Roe as well as Ag Teacher Ms. Wilson and Farm Assistant, Sharon Aitkins all attended Little Star Bee Sanctuary to undertake 'The Introduction to Beekeeping Course'.

After an in-depth discussion regarding the advantages and disadvantages of GPS and a few stops to ask directions after a GPS failure, we arrived at Little Star Bee Sanctuary, nestled into the hillside of the Missabotti Valley. We were met by our Instructor Steve and his wife Trudy. We introduced ourselves to the other participants and settled in for the day to begin our learning journey.

We listened attentively as Steve introduced us to his philosophy on natural beekeeping and outlined what we would be learning throughout the day. We learnt about the different lifecycles of the bees and were shown how a Langstroth Beehive works and is assembled.

Steve discussed the health of bees in Australia and how pests and disease are one of the biggest threats to the beekeeping industry.



Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Summer 2018-19

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	2NVR Recycled Radio	LET IT BE With Sean Norman Music and chat in the morning.	Bubble N Squeak Linda & Michelle <i>A family show with Christian themes.</i>	Under The Slingshot Tree Poppa	Green Eggs on Toast Part 2 Lawrie Medbury Music, Movies, News, Weather Gig Guide Local Info	In The Mood With Gary Biden Easy Listening To Rock & Pop	Praise, Prayer & Pop With Linda & Michelle	6 AM
7 AM	Macca's Breakfast Club With Les McMathom	Dyer's Loop With The Dyers Music to ogle for, of course	Isn't It Romantic With Dallas Dent	Tones of Claressence Claire Watt-Pouell	Talk Of The Town Ciel Wirbel See what's going down! All things local	The History Hour With Beverly Gibbs	Sunday Morning Music Mix	7 AM
8 AM	Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll 1950s-2010s	Infopinion Richard Laxton An eclectic time with Richard	Jazz Azz I Like It Heather Heywood A mix of jazz with jazz Oz	Turning Pages Elizabeth Neuman	Dano's Mixed Grill Daniel Gosson Where anything can happen and probably will	Hair Of The Dog Mick Birkles Rock, Pop Covers and Music Trivia	Classical Corner Music from the past 1000 years. Always ready with The Liveli Arts Music & stories from the 17c, 18c & 19c	8 AM
9 AM	Baby Boomers Donna Collins	The Phoenix Crew Selected music & madness	Just For You Carole J. Simmons <i>Presented by Karala's Deutsche Musik Stunde 2NVR Nambucca Radio</i>	Grace's Vybes With Grace McLeod Grace's special mix of music for your enjoyment	Outback Outlaws Paul Rowe Old and new country music	The Saturday Groovers With Faye and Zoe Lots of fabulous new and old Australian Music to get your Saturday grooving!	Politics and the Environment Michael Jones Music, political and environmental issues.	9 AM
10 AM	The Weekday Fix Paul Weasley	Rob's Roving Robbie & Linda Bible reflections, Gospel & Australian Living in the 60s With Roy Lauder	Sister Act Olivia & Sam	The Rock Show With Rob Davidson 60's to 80's Rock Music	Wind Down for the Weekend Stu & The Crew	Today's Country Rob Davidson	Where There's Smoke There's Fire Shaun Norman & Tara Seriously good M...	10 AM
11 AM	Daniel's Archive Catch replays from the Nambucca Archive with Daniel Gosson	Nambucca Valley Roundup Elizabeth Neuman	Nambucca Valley Roundup Paul & Rachel Burns	Thursdays Country Trickivic	Volunteer Emergency Services Show — VESS	Flashback Rob Davidson 60s to '80s Pop & Rock	That's A Wrap Donna, Tom & Mitch Local sports results and in-depth analysis.	11 AM
Noon	Bowra Beats 2NVR Youth Radio With Grace	Country and Classic Hits With Bryon Edwards	Phillinn With Phil New Australian Blues and Indie-Folk-Rock	Highway Blues Retro When Only The BEST BLUES WILL DO	Retro On The Radio Switching to studio 2 from 6pm-8pm on the 3rd Friday of each month for live artists & studio audience	Two For The Money Music, chat and a touch of banter with Paul and Rachel	Concussion 2NVR Youth Radio With Kian, Noah & Aedon	Noon
1 PM	Nambucca Valley Roundup Ben Walters	Soul into Rhyme Matt Leibradt	Ants Rocks Anthony Garnsey Solid Rock	Jeff's Junk Jeff Mills	The Friday Night Show	Imagine This & The Ant5F Radio Show	Prog Rock Playlist Rhino	1 PM
2 PM	Feel Good Variety Dennis Rutherford Great music & comedy	Whack up the bass and cop a wicked mix of hip hop and fully sock tracks	2NVR Overnight Music Mix	Overnight Music Mix	Continues overnight	Wolffy Wolffy's music & requests	The best of Progressive Rock	2 PM
3 PM	2NVR Recycled Radio	2NVR Overnight Music Mix	Overnight Music Mix	Overnight Music Mix	Overnight	Overnight Express	2NVR Overnight Music Mix	3 PM
4 PM								4 PM
5 PM								5 PM
6 PM								6 PM
7 PM								7 PM
8 PM								8 PM
9 PM								9 PM
10 PM								10 PM
11 PM								11 PM
Midnight								Midnight

National news and weather is broadcast each weekday at 7am, 8am, 9am, Noon, 5pm, 6pm, and 7pm 2NVR — Multiple Award Winner Tewings studio and office: 02 6554 7777 email: admin@2nvr.org.au The Best Little Station in The Nation