

B O W R A V I L L E

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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BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 400 COPIES

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

2019/2020 ADVERTISING CHARGES:

Bowraville Community News is produced every month, except January.

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Front Cover (1 issue) - \$50

DEADLINE FOR COPY FOR

THE FEBRUARY 2020

ISSUE IS: 4:00PM

TUESDAY, 21st JANUARY 2020

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

e-mail: admin@bctc.com.au

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

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

Bowraville Technology Centre

Open 9.30am to 4.00pm Weekdays

Internet Services

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

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

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

Facility Hire

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

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

Full day up to 8 hours - \$100.00

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

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

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

Full day - up to 8 hours \$40.00.

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

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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
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 - Music Conversion to CD Format
- Volunteers Welcome*

Bush Fire Community Recovery Meeting at Bowraville Theatre

7pm on Tuesday, 3rd December 2019

Now that the Rural Fire Service has completed the damage assessment of properties following the devastating bush fires, the council is keen to assist its community in the recovery effort.

The bush fire disaster in the Nambucca Valley is of unprecedented scale which has destroyed 61 houses, destroyed 2 facilities, destroyed 134 outbuildings, damaged 18 houses, 7 facilities and 25 outbuildings plus many kilometres of fencing as well as rural pursuits and farm equipment.

If people have particular issues they would like to raise at the meeting please forward these to Council's General Manager, Michael Coulter to be added to the agenda.

Contact Michael Coulter 0409 153 788

For enquiries please contact Rhonda Hoban on 0408 661 412

covered and entry is now by donation only. The hall can only cater for 80 people so food will be available on a first come first served basis. Feel free to bring a plate to help us out and share with your community. Tickets previously purchased will be refunded.

Bowra Recreation Club

As the smoke continues to cover our district we send our commiserations to all members affected by the fires. We especially send Roy a get well message. On Dec 1 the Bowls division will hold the Open Pairs and expect a good crowd. Championships have yet to be completed due to illness, unavailability etc. Women's Golf will finish their year with a Christmas luncheon on Thursday 12th December and then go into recess. We will play nine holes in February and commence 18 hole comp in March. To celebrate the festive season hamper raffles will commence in December. Meetings continue to discuss and implement the grant which will create The Bowraville Sports Hub.

Changes to Argents Hill Hall 100 Year Celebration & Christmas Party

Due to the difficult conditions of late it has been decided to change the event to suit the current needs of our valley. We believe this is a critical time for the community to come together and enjoy a meal. Thanks to generous donations from Council and the Hall, the costs of the event will now be

Bowraville Race Course Art Group

Bowraville Race Course, Tuesdays from 9am till 12 noon. All welcome. Bring art materials and be ready to try something new. No cost. Call Margaret 6564-7325, Penny 6569-8106 or Elwin 6568-4552.

Line Dancing

Beginners, Tuesday from 6pm to 7pm at the Bowraville Community Centre in High Street.

Continued on Page 5

**FITTING TURNING
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10/11

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 BaAGS 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).

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).



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.

Absolute beginners are most welcome!



Free Techno Lessons
Bookings essential

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

For technical issues contact BTC for a booking.

**You can 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

From Page 3

Cost \$7 per week (plus \$7 per year to join BCDAI for insurance cover). Contact: Rhonda on 6564-7791.

Bowraville Food Hub

Monday, Friday and Saturday from 9.30am till food is gone at the Anglican Church Hall, Young Street Bowraville. *Note the Bowraville Food Hub will not be operation in January.*

St Jimmy's Kitchen

On the second Thursday of the month from 5:30 to 7:00pm in the Anglican Church Hall in Young Street meals are available for a donation. Dietary needs taken into consideration. All welcome. *Note St Jimmy's Kitchen will not be operation in January.*

Macksville/Bowraville Uniting Church

The Uniting Church has a monthly service shared by Macksville and Bowraville in Bowraville. We usually have around 18-20 in attendance and local town folk are very welcome to come along and join in the service which starts at 10.30am and is conducted by Reverend Tom Fairhall from Bowraville and Reverend Ken Smith from South West Rocks on alternate months.

Macksville/Bowraville Uniting Church Op Shop

The Op Shop is functioning well and we thank those volunteers for their valuable help. Please note that we cannot accept donations of electrical items. On the bright side we will now be able to display more quality furniture in the shop. We would appreciate help from any able-bodied volunteers. If you are interested in helping please call at the shop on Thursday or Friday. Contact: Mavis Ward 6568-2451.

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.

Continued on Page 8

CRAIG BELLAMY@realty

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With over 40 years of combined knowledge of the local Real Estate market Craig and Narelle can help with any questions about selling or renting your property.

We can offer competitive fees, creative marketing and the backing of one of the fastest growing nationwide agencies being @atrealty Real Estate.

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

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BOWRAVILLE GIFT SHOP



LOCATED AT BOWRAVILLE POST OFFICE
27 HIGH STREET BOWRAVILLE

Monday to Friday: 9am - 5pm
PH: 02 6564-7169

7/11

Coronation Kennels & Cattery

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

180 Coronation Road, Congarinni North
(just two kms from Macksville)

PHONE: 02 6568-2018

Email: marcia@coronationkennelsandcattery.com.au

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

Travellers warned to avoid USB charging stations at airports



Connecting your phone to a USB power charging station at an airport or hotel room could make you a victim of a dangerous hacking technique known "juice jacking".

The malicious technique transfers secret data payloads onto the unsuspecting victim's device through the USB charging station, the Los Angeles District Attorney's Office has warned international travellers ahead of the upcoming Christmas holiday period.

"It loads itself into the phone and can either monitor the phone in real time, sometimes download information from the phone, sometimes clone the phone completely and you don't even have to be using it," the department said.

"Credit cards, passwords to banking accounts, your home address - all of that, if you've ever put it into the internet anywhere could potentially be saved in your history in your phone."

The warning urged travellers to use an AC power outlet instead of a USB charging station.

Extra protection can be obtained using "no-data transfer" USB cables which remove the pins responsible for the data transfer and only leaves those needed for power.

- www.9news.com.au/technology

Some awesome things Google can do for you



1. Google can help you decide what to eat for dinner. Type in Cheeseburger vs Spagetti and it will give a comparison of calories, carbohydrates and protein.
2. You can use Google as a timer. Type in "Set timer to 11 minutes".
3. It can give you the exact times for sunrise and sunset. Type in "what is the sunrise time in?"
5. You can get the weather forecast of any city just by typing the city followed by "forecast."
6. By using the "site:" keyword, Google will only give results for that website. For example, simply enter the phrase "site:lifebuzz.com penguins" and you will get only articles on the LifeBuzz website which are about penguins.
7. You can check your flight status by entering your flight number and the airline.
8. Google can tell you when your favourite show is on...
9. Google can tell you when the release date for a new movie is.
10. It can give you information on any company.
11. You can have Google find songs by bands you like.
12. Google can convert for you - inches to metres, pounds to kilos etc.
13. It can translate for you - try English to Japanese.
14. It can give you all the books written by your favourite author.
16. If you get tired of typing Google can do a search for you by voice. Just click on the microphone icon and speak.



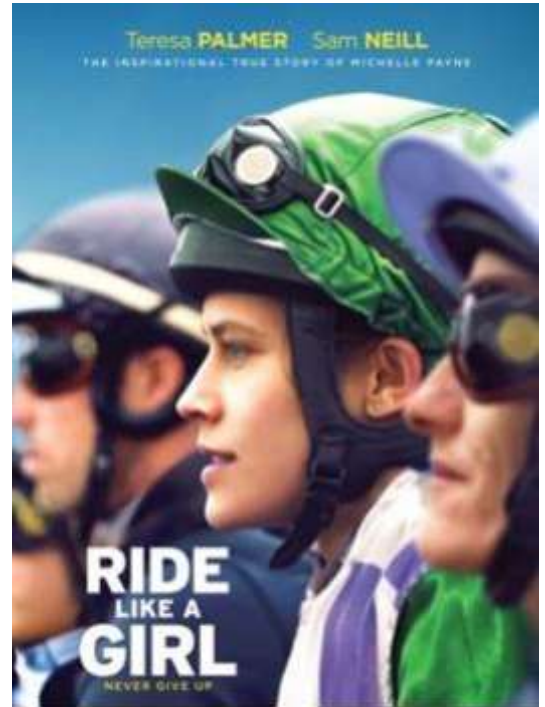
DECEMBER PROGRAM at the

BOWRAVILLE THEATRE

Sunday, 8th December at 2pm - *Ride Like a Girl*

As a little girl, Michelle Payne dreams of the impossible: winning the Melbourne Cup — horseracing's toughest two-mile race. The youngest of 10 children, Michelle is raised by single father Paddy. She leaves school at 15 to become a jockey and after early failures she finds her feet, but a family tragedy, followed by her own near fatal horse fall all but ends the dream.

But with the love of her dad and her brother Stevie, Michelle will not give up. Against all the medical advice, and the protests of her siblings, she rides on, and meets the Prince of Penzance. Together they overcome impossible odds for a shot at the dream: a ride in the 2015 Melbourne Cup, at odds of 100 to 1. The rest is history.



The Café opens 1/2 hour prior to doors opening.

Tickets: Adults \$14. Conc/Child (over 15) \$12. BAC Member/Child (under 15) \$10. Family \$35 (2 Adults, 2 Children under 14).



**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 \$4.50
from 5pm to 7pm daily**

FREE POOL Everyday

3/11

BOWRA HOTEL

OPEN 10AM - MIDNIGHT

BISTRO

WOOD-FIRED PIZZA Wed - Sun

LUNCH 11:30am-2:00pm 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

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

From page 5

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.

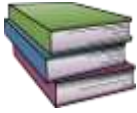
Macksville Probus Club
 Meeting at 9.30am at Macksville Ex-Services Club on the third Thursday of each month. Meetings consist of a speaker of interest in the community or an

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.



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 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 Market - 8.30am to Noon	6567 4203
SUNDAYS		
Every Sunday	Uptown Markets, Castle Street, Coffs Harbour from 6am to 2pm	0434 482 926
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	0425 205 737
Last Sunday (bi-monthly even months)	FUNKYA @ UNKYA MARKETS from 8am to 1pm Unkya Reserve, Eungai	0425 205 737



BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

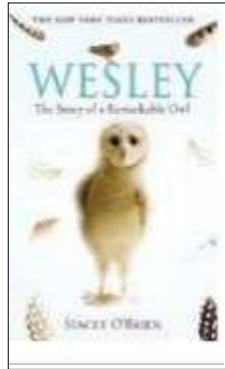
Wesley - The Story of a Remarkable Owl by Stacey O'Brien

This is the best book I've read in eons!!!!

Wesley is the true recount of a young American woman, Stacey O'Brien, who through her job in the field of science, meets an injured 4 day old baby barn owl, falls in love with it on sight and is encouraged to adopt it as there would be very little hope of it surviving in the wild on its own.

Stacey narrates her life with Wesley, noting every little fact about his growth and development both physically and intellectually; she documents all he does and says, all the experiences they have together and those he has on his own. She actually cannot leave Wesley alone so he is attached to her like an extra limb!

The book is also full of interesting information not just about barn owls



specifically but owls in general. There are facts about disappearing owl habitat, how and why owls are dying and being injured, owl studies and observations by scientists and others who love and care about nature and the environment. There are specialists in the field who know just about everything there is to know about barn owls but every now and again Wesley does something previously unknown to the species which completely astounds and surprises these experts. Wesley does things that other captive owls have never, ever done.....it's all about his deep bond with Stacey.

This is a beautiful story. *Wesley, The Story of a Remarkable Owl* is a fantastic read. Even if you only have a minor interest in nature and wildlife this will pull at your heart strings, make you laugh, broaden your knowledge and give you an insight into love and loyalty between human and animal.

I cried at the end and no doubt you will too but don't let that stop you!

- Read and reviewed by Volunteer Raewyn.

BowraVILLE Post OFFICE

27 High Street, Bowraville ♦ Telephone: 6564-7169

Monday to Friday 9am-5pm

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.

International Volunteer Day - 5 December

Volunteers are the lifeblood of our communities and are vital to our State's economy. When someone volunteers, everyone benefits. Volunteers feel happier, healthier and socially connected while communities become stronger, more resilient and inclusive.



Being a volunteer has lots of benefits. It can bring meaning and purpose to your life, while increasing your self-esteem and wellbeing. Volunteering can also relieve stress and alleviate symptoms of depression. As well as having a positive impact on your community volunteering can improve your relationships.

Volunteering is giving your time willingly to help someone else without being paid. It can be formal or informal. Informal volunteering includes helping friends and family with things like babysitting, home repairs or caring. Formal volunteering usually takes place through a charity or other not-for-profit or community organisation.

With the bushfire crisis happening in many of our own backyards Bowravillians are volunteering to helping their neighbours in amazing ways - with accommodation to those who have lost their homes or are unable to return, with food, clothing, household items and financial support. Many are 'doing their bit' by quietly supporting friends and neighbours while others are doing it by volunteering at different agencies like Anglicare, Red Cross and Salvation Army. It's a tremendous effort and a huge thank you goes out to everyone involved - THANK YOU.

There are approximately 1 billion volunteers across the globe who dedicate their time, skills and passion to make the world a better place. They are often the first to act in moments of crisis. They create social bonds and give a voice to marginalised and vulnerable groups, they help build resilient communities, equipping people against natural disasters, political instability, economic shocks and other pressures.

United Nations volunteers have worked as interpreters, connecting refugees to institutions that provide assistance. In Sri Lanka, they have helped develop a project to empower women and youth to participate in peacebuilding efforts. In Tuvalu, UN volunteers have collaborated with the Ministry of Health to strengthen community safeguards against tuberculosis and HIV/AIDS.



BOWRAVILLE PHARMACY

31 HIGH STREET, BOWRAVILLE

PHONE: 6564 7925 or FAX: 6564 7364

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



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around the corner.



If you're looking for a unique gift for a special someone,
stocking fillers for the kids
or a small something for yourself....

**Bowraville Pharmacy has beautiful stock in store ready for
Christmas!**



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



*To our loyal
advertisers and
contributors we
wish you all the
very best for the
holiday season and
an enjoyable and
prosperous 2020.*

**LIONS CLUB OF BOWRAVILLE
INC.**

SUPPORTING OUR COMMUNITY

PRESIDENT

Mark Scott
M: 0428527545

SECRETARY

Lisa Matters



3/11

Email:

bowraville@lionsdistrict201n1.org.au

PO Box 23 Bowraville NSW 2449

Christmas Church Services

St. James Anglican Church

Cnr. High and Young Sts, Bowraville
Reverend Christine Woolner

Christmas Eve

7pm - Family Service

Christmas Day

8pm - Christmas Service

Corpus Christi

Carbin Street, Bowraville
Father Shelwin Fernandez

Christmas Day

10am - Christmas Day Mass

Uniting Church

George Street, Bowraville
Reverend Tom Fairhall

Special Christmas Service

Sunday, 8th December at 10.30am



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Locations:
27 High Street
Bowraville NSW 2449

Come in and meet us. We are open:

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



3/11



Bowraville Technology Centre

39 High St Bowraville

Tel: 6564-7420

Email admin@bctc.com.au

Free courses

Due to the recent bushfires our free courses will now start in the New Year.

Contact the Technology Centre if you would like to be informed when these courses are scheduled.



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Every Australian online.

Network Partners



BOWRAVILLE P.O. GIFT SHOP

Bowra P.O. has your Christmas Gift Shopping sorted -

with unique gifts to suit all tastes, genders, ages and spenders.

From the frivolous to practical.

Lots of 'stocking stuffers' and fun stuff.

Don't forget the wrapping paper, ribbon and card!



Located at Bowraville Post Office - 27 High Street

Vale Claude Teyssier

Claude spent 2 periods of his life in Bowraville.

First was about 6 years from 1993 to 1999. In this time he worked a lot with and for Phoenix House. He did many workshops there, he also worked in the old TAFE building where the Military Museum is now and he was engaged to create works for the Back to Bowra. At this time he was living and working at Lumby Hill on the North Arm Road.

During this time he contributed a lot of work for the Global Festival in Bellingen and for Art events in Coffs Harbour. He also worked with Aboriginal TAFE student in Kempsey and Bowraville.

When the place he was renting was sold he moved to Wauchope where I met him again after a period of 20 years.

Claude spent 1 year in Paris caring for his 95 year old mother and making masks for 2 modern dance groups. Later in Switzerland, he helped me to pack up my household and we came back together to Australia.

First we lived 8 Years in Byabarra, near Port Macquarie and Claude developed his special skills to build big lanterns out of bamboo, gauze and paper. We were both very much engaged in creating artwork with the theatre group for people with disabilities "BAGO MAGIC", which was very successful in the Hastings area.

In 2009 we came to live and work in Bowraville. We were both engaged in many projects in Bowraville, from Phoenix House to the last Back to Bowra, 3 River Festivals in Macksville, to Art at the Garage and Christmas Lanterns in the High street, you name it...

We still have "Gallery 58" in High Street where about 50 of Claude's masks are stored at the moment to secure them from Bushfire.

There are also about 300 of Claude's paintings, many being portraits of people from Bowraville, which are stored in Nambucca Heads.

The article about Claude "The Master of Light", in the Nambucca Guardian News from 17th October 2019 told it very nicely – how the most important message in his art was: Whether you succeed or not, what is important, is the 'doing'. "Art is for everybody - it should lift the spirit".

Claude passed away at home in Missabotti after a short illness on the 19th September, 2019.

I will stay here and look after his large body of artwork. A major exhibition is planned in the future and work has begun on the catalogue - it is a big job for me and a small team of art lovers.

If anyone would like to contribute financial help please go to www.lightsculpture.com.au or call 0457 159 473.

- Margrit Rickenbach





Bowraville Lions Club Inc News Bulletin

DECEMBER 2019



Lions members volunteered their time to help Anglicare provide food, clothing and much more at the evacuation centre in Bowraville. The Bowraville Lions Club, with funding from our local fundraising projects and from the Australian Lions Foundation are continuing to help to provide assistance to those families and people in our community affected by the recent bushfires.

Letters to Santa

Once again Santa's elves are helping Santa to reply to all the letters sent to him by the children of Bowraville.



You can find the special letter box outside the Bowraville Post Office.



Please remember to include your name and address to receive a reply from Santa.

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



Don't forget to buy your Lions Christmas Cakes and Puddings from the BTC, Chemist Shop, Post Office or Military Museum.

We also have Australian Lions Hearing Dogs calendars available at the BTC.

One in six Australians suffer from some form of hearing loss with this number only on the rise. This means that our services are more needed than ever, producing professionally trained dogs for those in need, all given free of charge as a gift from the Lions Clubs of Australia.



How to make the best Iced Tea

When it's too hot for your usual cuppa, home made iced tea is the answer.

Making your own is easy, cheap and you can add whatever flavour you may fancy.

And, you can prepare a jug ahead of time and have it in the fridge ready to quench the thirst of you and your thirsty visitors at this time of year.

You'll need:

- 1 cup boiling water
- 5 tea bags of your choice
- 10 mint sprigs, crushed
- 1.25L sparkling water
- Fruit pieces, zest strips
- Ice and extra mint to garnish.

To make:

- Pour boiling water into a small jug, add tea bags and let steep for 30 minutes.
- Remove tea bags, add crushed mint sprigs and let cool.
- Pour concentrate into large 2L jug. Add fruit and sparkling water.
- Pour into tall glasses and serve with ice and mint.



Bowraville IGA Plus Liquor

76 High Street, Bowraville

Telephone: 6564-7307

Website: www.iga.com.au

Support your local supermarket

HOURS:

Monday to Friday 7am - 7.30pm

Saturday 8am - 7.30pm Sunday 8am - 6.00pm

**Weekly specials through the store.*

**Check website for catalogue specials*



Bowraville Chamber of Commerce and Industry Inc

We have arrived at the end of another eventful year. A year that has seen changes, highs and lows and some fun times too.

Unfortunately in the past few weeks there has been devastating loss and heartbreak for many. Too many of our community, no matter what the number may be. Our thoughts are with you all.

Chamber expresses thanks to our tireless fireies who put their lives at risk to save the property of others. We also thank the efforts and generosity of our volunteers who are always showing community spirit in times of need.

Chamber is pleased that some changes were achieved for our town this year, i.e. signage and parking upgrades, as well as a successful market day for many businesses even though the wind attempted to blow everyone away! There are plans to continue the goals of Chamber during 2020 taking on an inclusive approach with the Nambucca Shire Council to benefit our town.

It has been a difficult year for many businesses in Bowraville whether a retailer in town, one of the many sole-traders scattered throughout the valley or indeed our farming community. A prosperous year ahead is hoped for all business owners/operators.

The Bowraville Chamber of Commerce sends heartfelt Christmas wishes to all.

The President.



Coffs Harbour Optown Markets

Castle Street, Coffs Harbour

OPEN EVERY SUNDAY - 7AM to 2PM



*The Biggest, the Best & the Brightest
Market in Coffs Harbour*



ALL UNDER COVER

Fresh Fruit and Vegies - local Bananas and Asian Vegetables
 Bric-a-Brac - Retro Computer Games - Leather Belts - Jeans & Shoes
 Stamps and Coins - Seashells - Pet Supplies - Chess Sets
 Antiques - Tools - Clothes - Plants - Vinyl Records.

HOT COFFEE, PIES and ASIAN FOOD

Enquiries phone Nicky on 6652-3813 or 0434-482-926



Community Recovery Information

Recovery information for people recently impacted by bush fires in NSW.

Health and wellbeing

Looking after yourself and others

Bush fires can be distressing and you might feel things like sadness, frustration, anxiety or have trouble sleeping or remembering things. This is a normal reaction to an abnormal event and is not a sign of weakness.

Having someone to listen and support you at times like this is important.

Some tips on managing your recovery:

- spend time with family and friends
- try to get back into a routine
- continue a healthy lifestyle (eating, sleeping, exercise)
- take time out but don't isolate yourself
- express your feelings in your own time and way
- accept help when it is offered
- limit the amount of media coverage you are exposed to
- don't expect to have all the answers
- understand you are not alone in your experience.

Keep checking in with your friends and neighbours and looking out for each other.

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 ~

9/11

Are you insured?

If you are insured you should talk to your insurance company as soon as possible about how to make a claim. If you have clearance, you can start cleaning up immediately - but first take pictures or video of any damage to your property and possessions as evidence for your claim.

The Insurance Council of Australia can be contacted with any questions, complaints or concerns about your insurance on **1800 734 621**.

Support for Individuals

Disaster Relief Grants

If you are not insured and have limited income, you may be eligible for a disaster relief grant. Please call Disaster Welfare on 1800 018 444.

Grants are available for eligible individuals and families whose homes and essential household contents have been damaged or destroyed by a natural disaster.

To be eligible for this assistance you must:

Frank Partridge VC Military Museum

Named in honour of Frank Partridge - the youngest and last Australian recipient of the Victoria Cross in WW2.

The museum houses a fantastic collection of military memorabilia and artefacts including uniforms, medals, weapons, vehicles and much more.

This museum is a 'must see'.

Open Monday - Friday 10am to 3pm
Saturday & Sunday 10am - 12 noon
or by appointment.

Admission by Gold Coin Donation.

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

6/11

Community Recovery Information

Recovery information for people recently impacted by bush fires in NSW.

- be a low-income earner and meet an income assets test
- demonstrate that the affected home is your principal place of residence
- not be covered by insurance
- demonstrate that the damage was caused by the disaster
- lodge the application within four months of the disaster occurring

Contact the Disaster Welfare Assistance Line on **1800 018 444**.

Disaster Recovery Payment

The Australian Government Disaster Recovery Payment has been activated for people severely affected by the NSW Bush Fires.

This provides a one-off payment of \$1000 per adult and \$400 per child if your home has been destroyed or severely damaged – including smoke damage. Call **180 2266 to apply**.

Disaster Recovery Allowance

The Disaster Recovery Allowance has been activated by the Australian Government for people affected by the

NSW Bush Fires

This provides short term support payment to assist those whose income has been affected as a direct result of the bush fires. Call **180 2266** or visit humanservices.gov.au

Domestic Water Assistance

If your potable water has been used by a fire fighting agency to fight the fire, you may be eligible to have it replaced. This assistance is for residential properties in rural areas.

Disaster Welfare is working with NSW RFS to identify impacted properties.

Call the Disaster Welfare Assistance Line on **1800 018 444** (Mon–Fri 8.30am–4.30pm) for more information.

Support for Landholders

Local Land Services and NSW DPI are providing assistance to landholders who have been impacted by bush fire through the Agriculture and Animal Services Functional Area (AASFA). Their priority is assisting you to ensure the survival and welfare of animals.

Continued on Page 23

Bowra Laundromat

Corner of High & Belmore Streets

Token Operated Washing
Machines & Driers.

Tokens available at the Pub and IGA

Commercial Washers and Dryers

Enquiries: ph 6564 7401



3/11

December Gardening *Surviving the summer heat*

Our Aussie summers can be pretty harsh so it's important to take a bit of extra time caring for your garden so it survives and thrives during the hotter months.

Make sure you use mulch – it'll keep the soil moist, give protection from the sun and it'll also help to keep weeds at bay. Lightly mulch your potted plants and keep them out of the harsh sun as much as possible.

Water your garden deeply but less frequently to encourage strong and healthy roots. It's also a good idea to do your watering in the morning before it gets too hot; your garden will stay hydrated for longer and it also helps to reduce the risk of fungal disease.

It's important to aerate your lawn with a fork to get more oxygen into the soil and allow water to penetrate the roots. Don't forget to raise your mower blade too – longer grass means longer roots and cooler soil.

Avoid chemical fertilisers as they could dry and destroy your plants. Liquid fertiliser is great for seedlings when they crave water.

Shade cloth is a great way to protect your seedlings and plants during summer – especially if you're going away. If you are planning a trip, consider installing a drip irrigation system so your plants still get the water they need.

As a finishing touch, add some colourful flowers to your garden to create the perfect setting for entertaining.



*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
Garry, Paul or Kirk.
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**

3/11



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.





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
Phone: 6659-4150
- Tuesday** **New Horizons**
1st Tuesday of the month
10am to 12noon
Phone: 5632-4800
- Warrina Women’s & Children’s
Refuge**
Every 2 weeks 10am to 12noon
Phone: 6652-2400
- Thursday** **Legal Aid**
1st and 3rd Thursday
10am to 12noon
Phone: 6641-7899
- Chess Connect**
Parent’s Next
2nd and 4th Thursday
9am to 12noon
Phone: 1800 899 017

BOWRAVILLE COMMUNITY HEALTH SERVICES

Child and Family Counselling
Baby Health Clinic
Respiratory Nurse
Speech Pathologist
Paediatric Occupational Therapy

These services are available by apt. - 6656-7200

Every Thursday MiiMi offers free use of their washing machine and dryer but you must book on 6564 8855

MiiMi is an approved CSO and WDO 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

NAMBUCCA VALLEY BUSHFIRE ASSISTANCE

The Nambucca Valley Information Centre has compiled a list of volunteers who are willing to provide assistance with the arduous task of cleaning up.

If you are able to return to your home/property and require assistance with anything, phone **Geoff Byron on 0428 486 936** or alternatively call in to the Nambucca Information Centre, Riverside Drive, Nambucca Heads.

Let him know what you need help with, where and when and he will organise a team to assist.

Any task, no matter how big or small. Many hands make light work!

There are many people who want to help - please ask!

NAMBUCCA VALLEY BUSHFIRES VOLUNTEERS REQUIRED FOR CLEAN UP

Are you wanting to assist local bushfire victims but unsure how?

The Nambucca Valley Information Centre is putting together a list of volunteers willing to help with any tasks that will need to be done once evacuees are allowed back into their houses/properties eg: fixing fences, general clean up etc.

Please let us know if you have experience in a certain area or have a particular licence.

Please phone or message **Geoff Byron on 0428 486 936**. Leave your name, what you can help with, when you can help and contact details. It is important to let us know if you have special licences or expertise/experience in a given field as this will ensure the right people are sent out for the right job.

Or alternatively you can call into the Nambucca Information Centre, Riverside Drive, Nambucca Heads.

Community Recovery Information

Recovery information for people recently impacted by bush fires in NSW.

Continued from Page 19

Emergency Fodder

AASFA provides emergency fodder and assistance to bush fire affected landholders for short-term (usually up to three days) to enable landholders to make alternative arrangements for livestock feed.

For fodder call the **Animal & Agriculture Hotline: 1800 814 647**

Emergency Water Supplies

AASFA is providing water to manage immediate animal welfare issues and are contacting landholder who have requested water.

Prioritisation of emergency water provision will depend on the

- significance of the impact on animal welfare

- Significance of the impact of other agricultural activities

Assistance for minor/temporary repairs to infrastructure to enable water supply is also available.

For emergency water call the **Animal & Agriculture Hotline: 1800 814 647**

Reporting Stock Loss and Damage

Landholders are encouraged to report damage to property online at www.dpi.nsw.gov.au/rrp or call the **Animal & Agriculture Hotline: 1800 814 647**

The survey enable DPI to determine the area the natural disaster has impacted and the scale of the event, the severity of the impact, the value of impact to primary production and where and what assistance or resources may be needed.

Continued on Page 29



10/11

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



Serving the community for over 60 years

CLASSIC
Garage
 Since 2018
 SERVICE & REPAIR
 Mechanic on Duty

Bowraville Service Station
 60 High Street, Bowraville
 6564 7789

ALL MECHANICAL
 REPAIRS, SERVICING
 REGO INSPECTIONS
 AND
 FRIENDLY SERVICE

Agent for Penrite
 Quality Oils




3/6

CRANE TRUCK HIRE

For all your lifting and shifting needs

Serving the Nambucca district and beyond



Call:
WAYNE NOBLE

Telephone:
 6564 7528

Mobile:
 0427 653 312

7 DAYS

3/11

Support Bowra Tradies
- Keep it Local -



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

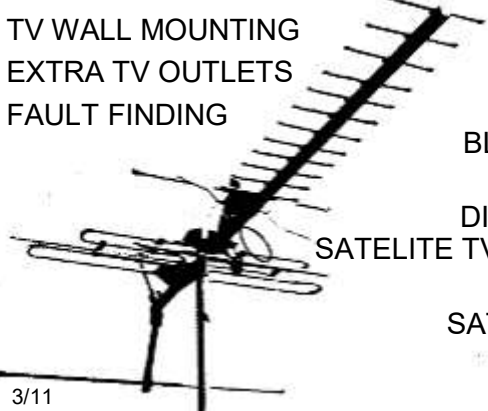
INTEGRITY ANTENNAS

TV ANTENNA INSTALLATION

TV WALL MOUNTING

EXTRA TV OUTLETS

FAULT FINDING



BLACK SPOT AREAS

DIGITAL TV & SATELITE TV SYSTEMS

CHRISTIAN SATELLITE TV

3/11

FREE ON-SITE VISITS

Fully Insured local Bowraville Technician

Phone: 6564-4175 or 0408 077 138

Desert Power Pty.Ltd trading as

Dave Recklies Electrical

3546 North Arm Road, Bowraville

Domestic

Commercial and Industrial

Refrigeration

Air-conditioning

Solar



0412 742 479 or 02 65644085

davidrecklies@bigpond.com

Owner Operator with 20years experience

"ARctick No. AU26454"

3/11

PEST CONTROL

Richard (Dick) Hicks

0488 359 060

6564 7486

Ring for a FREE quote

Accredited and Insured

6/6

BTS Mowing Services

Residential & Commercial
Property Maintenance

3/11

Lawn/Acreage Mowing

Pressure Cleaning - Rubbish Removal

Weeding/Weed Spraying - Trimming

Garden Maintenance - Gutter Cleaning



Call Dave Today!
(obligation free quotes)

0427 824 815

Insured ABN 25 893 599 384

**Historic St James Anglican Church
High St Bowraville**



**Christmas Eve Family Service
@ 7pm and
Christmas Day @ 8pm**

Next "Blokes Breaky"
is 7th December at 7.30am
Cost \$5.00 All blokes welcome.
No Blokes Breaky in January

4/4

**Combined Senior Citizens
and
St. Jimmy's Kitchen Meal**

**Thursday, 12th December
at 5.30pm**



All welcome



Donations accepted

**St Jimmy's
Christmas Lunch**

**Christmas Day
@ 12 noon**

*Homemade
Baked Dinner,
Christmas Pudding*

**St James Anglican
Church Hall**

Everyone welcome

4/4

BISEP Christmas Party

Thursday, December 5th

4:30pm to 7pm

**Bowraville Community
Gardens**

Cnr. Young & Cook Streets

Please bring a plate of food to share
and a handmade, recycled or upcycled
gift for another.

We will have an informal meeting and
then proceed to share in a meal together!

All Welcome

BTC LIBRARY - BOOK NOOK

From our Book Nook co-ordinator

The BTC and its readers really appreciate the book
donations coming in from the community. Many
thanks for these.

As readers are aware we have limited book shelves
for display.

Unfortunately we also have minimal storage 'out
the back' so we ask that donations are limited to
books in VERY good condition and regarding non-
fiction, we need to limit them to books that would
be of interest to a wide range of readers.

We thank all those readers who are taking great
care of the books and returning them to us in good
condition.

- Volunteer Raewyn.

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

**come into the
Bowraville Technology Centre**

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

FREE TRAINING COURSES

TECHNO CLUB ~ BOOK NOOK
~ CENTRELINK ACCESS ~

BOWRAVILLE TECHNOLOGY CENTRE

39 High Street, Bowraville

6564-7420 admin@bctc.com.au

The Internet turned 50 this year

As the internet turns 50, the technology is only picking up steam and continuing to reinvent many aspects of our lives, from the way we do business, the way we find dates and jobs, to the way we run for political office.



The internet was born when the first Arpanet link was established between the University of California, Los Angeles and the Stanford Research Institute at 22:30 hours on October 29, 1969.

That first communication was the spark that ignited the growth of the internet and everything it has brought with it – email, sharing pictures on Facebook, buying books and toasters on Amazon, watching movies on Netflix, cat videos, mean-spirited memes and election-tampering bots.

The spark was lit in 1969, but the internet really began to transform our lives in the late '90s to early 2000s.

It's difficult to quantify how the internet has changed the world.

If someone needs directions, most no longer go to the car to pull out a map. If it's the middle of the night, they don't have to wait till their bank opens at 9am to find out how much money is in their bank account. What did the president say last night? You can go online to read his comments. We file our taxes online. We order food online.

Of course, the existence of the internet also means anonymous online trolls can flood social media with hateful comments and overseas bots can post negative and untruthful tweets about politicians and celebrities to incite anger, dissension and even violence.

Privacy, or the increasing loss of it, also is a problem thanks to the internet – or more accurately, thanks to the way we use the internet.

Companies have a lot of opportunities to siphon information about our likes and dislikes, our political leanings, our hobbies and our 2am shopping sprees because our laptops, tablets and smartphones have become something of an extra appendage. We're rarely unconnected.

Surveys have shown that while many people scroll online news sites, Twitter and Facebook over their morning coffee, others can't even wait until they get out of bed to check to see what's happening in the world or what memes are being posted. We're addicted.

- www.computerworld.com.au/article/print/668006/internet-turns-50-experts-weigh-future-advances-emerging-issues/

Like to volunteer at the Bowraville Technology Centre?

If you have an interest in computers or what they can do, by volunteering one day a week, you can improve the skills you have and learn a whole lot more.

Call Mark on 6564-7420 to find out more.

A sad day for Bowra homes, forests and wildlife

As some of you already know the Mistake State Forest, pretty much in its entirety, was razed to the ground in an extremely fierce fire on Friday 8th November.

Dunggir National Park as well suffered the same fate.

The fires started on 16th October in Dunggir National Park and Upper Buckra, (Kian Rd Fire) with dry lightning strikes and then again up on Kosekai Rd a week later at the back of McHugh's Creek (Fortescue Fire) not far from the back of our place at Jaspers Creek.

RFS Volunteers, Forestry, NPWS and helicopters tried hard to control it for 3 weeks, which they did whilst the weather was not too severe. But things changed on Thursday 7th November, the temperature and winds rising and on Friday this semi controlled fire turned into a firestorm in a couple of hours. It literally blew up in explosions all around us.

It raced down Jaspers Creek, McHugh's Creek and eastward from Dunggir NP through the back of South Arm then followed the forested ridge of Mistake SF down South Arm towards Bowraville in just a couple of hours.

Many South Armers have lost their homes (18 in total I have heard) and my heart goes out to them. Others fought to save theirs but have had tough times. We stayed and saved our house but lost all sheds, cars, bikes, trailers etc. and everything in them. No helicopters or fire trucks could get in here to help us so it was lucky we had built such a strong house and had a safe place to go when it came from all four sides in this enclosed valley.

The severity of the fire in the Jaspers Creek valley left no plants alive whatsoever in rainforests, riparian areas and in wet and dry sclerophyll forests. Just burnt trees. The creeks and gullies were so dry, even the rocks burnt. The poor wallabies had nowhere to go and other animals were severely affected. In the first 24 hrs after the fire we could hear all the very big old trees (the ones with the hollows) falling at a rate of one every 5-10 seconds!

All the volunteers, including South Arm Brigade members and others who tried their hardest over the weeks and on the day and even since that day, have worked tirelessly. I would like to give a special thanks to Rhys and Maca from NPWS for trying so hard to keep us safe.

I doubt that Forestry will be able to come in and log the Mistake now. **But then again I don't know.**

Thanks to all of you for supporting our efforts to save the Mistake SF and for being forest supporters in general.

- Joy van Son

Community Recovery Information

Recovery information for people recently impacted by bush fires in NSW.

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Replacing personal documents

Service NSW can help replace many of your personal documents free of charge if they were damaged or destroyed.

For assistance please visit your nearest NSW Service centre, or call **13 77 88**

Fire Retardant Information

Retardants, dropped from the air to suppress and slow the fires may have landed on some properties.

This retardant is basically a fertiliser (a mix of ammonium and diammonium sulphate and ammonium phosphate). This coloured foam will need to be flushed from roofs and water sources.

For assistance removing fire retardant from your roof call the Disaster Welfare Assistance Line on **1800 018 444**

Legal Assistance

Legal Aid NSW lawyers can provide free legal advice and minor assistance to people affected by disasters on a range of issues including insurance, tenancy and credit and debt problems.

Legal Aid NSW: 1800 801 529

www.legalaid.nsw.gov.au

Hazard Identification Notices

You may find a hazard identification notice on your property when you return.

This notice indicates your property has been visited and dangers like electrical risks, falling branches or asbestos may have been identified.

Only return home when you have been given approval. "When you do, even if there is no sign, there may still be hazards on your property.

If the Hazard Identification Notice indicates asbestos is suspected on your property, you can get further information from the Public Works Advisory on **1800 88 55 39**

Starting your clean-up

Houses, sheds and other buildings that have been burnt in a bush fire can leave potential health and safety hazards in remaining rubble and ash.

Hazardous household materials that may be present after a bush fire include asbestos, ash from burnt treated timbers, like copper chrome arsenate (CCA), medicines, garden or farm chemicals, other household chemicals and cleaning products, damaged gas bottles, metal and other residues from burnt household appliances as well as ash and dusts.

Other hazards may include unsafe building structures, electrical hazards or missing fencing panels around pools.

When returning to your property after a bushfire, consider the following precautions to protect your health:

- Do not enter your property until you are advised that it is safe to do so.
- Electrical hazards could exist such as live power lines that may be down or active solar panels.
- Buildings and other structures may be unstable to enter or walk over.
- Sewerage services may be disrupted causing health risks.
- Be aware that hot, smouldering coals and other potentially hazardous materials may be hidden under rubble.
- Building rubble should not be buried as it may contain hazardous materials.
- Don't spread ash around your property, particularly if asbestos materials were used in your home or other structures, or CCA-treated timber was burnt.
- Moisten ash with water to minimise dust and keep damp but do not use high pressure water sprays.
- Wear a P2 face mask and protective clothing.



Christmas: The loneliest time of the year for some

Pre-christmas anxiety – it show’s up every year.

Kick-off is November when the Christmas decorations start to appear.

Not long after, the lights are up and carols are playing every time you head to the shops - Christmas is coming!

Who’s turn is it to host and where?

Is it a good idea to buy 10 tins of Quality Street chocolates while they are half price, for teachers, coaches, neighbours!?

Is it really okay to boycott sending Christmas cards? It seems reasonable until 20 cards per week start arriving and the guilt almost tips you over the edge.

This is a familiar story for most of us – but what we need to remember is that there are people out there who suffer with pre-Christmas anxiety for entirely different reasons.

It’s not brought on by Christmas menus, gift buying or family politics - it’s because they’ll be spending Christmas alone.

According to the Australian Bureau of Statistics almost one in four Australian households are lone households - that’s a whopping quarter of our population.

Many of them will spend it feeling disconnected and lonely.

Aside from lone households, there is also the homeless population to consider, with the last figures (2016) available putting the number at 116,000. The Salvation Army are aiming to feed well in excess 100,000 this Christmas.

Attendees of these lunches aren’t always homeless. Some are just lonely and all are welcome. Everyone deserves the opportunity to feel part of the Christmas community for a day.

BOWRAVILLE DENTAL SURGERY

Vic Bird B.D.S.

“Your local dentist”

Caring for YOUR dental wants and needs.

No hard sell.

10/11

58 HIGH STREET
BOWRAVILLE
6564-7246

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



At this time of the year we get so caught up in our own stress and anxiety we often fail to notice those around us who will be alone at Christmas.

Lonely people often avoid others so they don't have to explain or reveal the true extent of their situation preferring to stay home alone rather than tell anybody.

So, what can we do to help?

Ask people what their plans are - If you suspect a neighbour or friend may be alone, invite them over.

Volunteer your time at one of the many Christmas Lunch events, or, if you are time poor, donate to any of the Christmas funds.

If you are going to be on your own, don't suffer in silence, let someone know.



St Jimmy's Kitchen
Invites you to the

Bowraville Christmas Day Lunch

December 25th

Arrive at 12noon for 12.30 lunch

At the Anglican Church Hall, Young Street Bowraville

Everyone is welcome to come to this fun community event!

There is no cost, however a donation if you are able is appreciated.

For further information please call

Tony 0456257757 or Kerrie 65647925 bh

~ GIVE IT SOME THOUGHT ~

Where are these famous landmarks found?
Name the city, state and/or country if you can.



- Angkor Wat
- Opera House
- Alcatraz
- Stonehenge
- Big Ben
- Trevi Fountain
- Petra
- Arc De Triomphe
- Christ the Redeemer
- Dome of the Rock



- Answers:
- Siem Reap, Cambodia
 - Sydney, Australia
 - San Francisco, California, USA
 - England
 - London, England
 - Rome, Italy
 - Jordan
 - Paris, France
 - Rio De Janeiro, Brazil
 - Jerusalem, Israel

BRAIN TEASER

Which elf is the best singer in the North Pole?

Answer: ELF-is Presley.

Can you solve this?

$$\text{snowflake} + \text{snowflake} + \text{snowflake} = 30$$

$$\text{snowflake} + \text{candy cane} + \text{candy cane} = 20$$

$$\text{candy cane} + \text{wine glass} + \text{wine glass} = 9$$

$$\text{candy cane} + \text{wine glass} \times \text{snowflake} = ?$$

If each elf can wrap 1 gift in one minute. How many gifts can 5 elves wrap in 3 minutes?



I, not events, have the power to make me happy or unhappy today.
I can choose which it shall be.
Yesterday is dead, tomorrow hasn't arrived yet.
I have just one day, today, and I'm going to be happy in it.
— Groucho Marx

Create a Green Christmas: Keeping It Eco-Friendly

Choosing eco-friendly gifts is not only possible, it's affordable.

You don't have to buy trendy (i.e. expensive) gifts to stay sustainable.

These green gift giving ideas will help guide you through your Christmas shopping.

But remember: While being gentle on the Earth is crucial, it's equally important to give a gift your recipient will love and use. Giving from a place of generosity and care will accomplish both.

Much of what we give or receive is just not needed or wanted in the first place. Most of us buy out of obligation, without really considering our impact on the environment or our wallets.

Shopping for eco-friendly gifts starts with these questions: Who do you really need to buy for? How much do you really need to spend? Do the presents you're buying have a purpose or meaning? Ask yourself these questions and commit to cutting back.

Buy Local

Search craft shows, swap meets, local listings, etc for a one-of-a-kind and locally-made eco-friendly gifts.

Quality, Not Quantity

When purchasing gifts, forego lots of inexpensive and poorly made items and opt for fewer quality items that will last longer. The lifespan of the item will soon outweigh any initial cost.

Don't Buy New

Used, secondhand, vintage, antique... call it what you will; a tin Superman lunchbox for your comic book loving brother to take his lunch to work in is sure to be a pleaser. You're saving resources and scoring points for uniqueness.

Handmade

Can you paint, crochet or knit, take nice photos, make awesome crafts or display some other talent through your holiday gift giving? If not, find someone who can help you make one-of-a-kind eco-friendly gifts!

Homemade

Green gift giving doesn't have to include anything complicated. Homemade cookies, cakes, and pies are always appreciated by those wishing to cut back on unnecessary gift giving. Be sure to check for allergies or dietary restrictions!



Sustainable Materials

Eco-friendly gifts should avoid plastics, polyesters, hardwoods or any other non-sustainable materials. Opt instead for cotton, bamboo, wool, etc. Try to find organic when possible. Look for non-toxic paints on things like wooden toys.

Educate

Instead of just buying things that *are* green, try buying things that *teach* green. Perhaps a vegetable gardening book or a handmade mug with a "green" message.

Give the Gift of Charity

Any impossible-to-buy-for people on your list? Donate money, plant a tree or support their favourite church or charitable organization in their name. JustGive.org make this easy to do.

- <http://www.sustainablebabysteps.com/green-christmas>

DISASTER WELFARE ASSISTANCE

**SOUTH ARM HALL - Thursday, 5th December
between 11am and 1pm**

St James Church is running a Nativity Trail

Participating shops in Bowraville will have a sheep and its name in their window. Children or young-at-heart can collect a sheet and mark down the name of each sheep. They can then return the sheet and receive a "goodie bag" with some Christmas novelties and a book about Christmas.

It's a bit of fun for everyone.

Sheets can be collected and returned to the Food Hub at St James Hall.

Seeking expressions of interest in singing in and supporting our choir

Welcoming people to joyfully sing with our choir

Connecting, inspiring and transforming our community

<https://www.creativityaustralia.org.au/what-we-do/about-us/>

Marion Syratt 0400 828 471 marion.syratt@gmail.com o

Sue Smoothy 0427 414 616 sue.smoothy@hotmail.com



Leap into Bowraville - NSW SENIORS FESTIVAL 2020

BCDAI has been granted funding to showcase local community groups and activities at the Pioneer Community Centre in Bowraville for the week 22 – 29 February 2020.

This is an invitation to your community group to participate in a week of activities as part of the NSW Seniors Festival.

More details in the December issue of Bowraville Community News. In the meantime please get in touch so we can start planning this event so that your group makes the most of this opportunity.

Marion Syratt: 6564 7908 0400 828 471 bcdainc@gmail.com



AL-ANON FAMILY GROUPS

Hope for Families and Friends of Alcoholics

If someone in your family has a drinking problem you can see what it is doing to them. *Can you see what it is doing to you?* Come to our weekly meeting on **Tuesday at 10.30am - Rear & under Catholic Church, Mann Nambucca Heads.**

1300 ALANON www.al-anon.alateen.org/australia

NSW RURAL FIRE SERVICE . . .

STRONGLY RECOMMENDS that everyone in your home has a conversation about exactly what they'll do in a bush fire. It should take just 20 minutes.

Use our discussion guide at www.rfs.nsw.gov.au/__data/assets/pdf_file/0017/2933/BushFireSurvivalPlan.pdf

Many households find that having a discussion over dinner works best as everybody is together and focused.

BOWRAVILLE CENTRAL SCHOOL NEWS

Year 6 students spent a day learning about High School as part of their transition to Year 7 in 2020. Grant Watson who will be Year Advisor next year organised 'taster' lessons including some 'explosive' science experiments with Mr Le Cerf and a visit to our remarkable school farm with Ms Wilson.

The students spent the afternoon in the Food Technology room cooking ham and cheese tarts that were served to their parents at the information session after school.



Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Summer 2019/20

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	2NVR Music Mix	Drive Thru With Jackie Edmunds Mix of 60s, 70s to current music	Breakfast Juice NIKE Fresh-squeezed eclectic music and a little comedy. Turn up the volume!	Under The Stinging Tree Poppa	2NVR Music Mix	2NVR Music Mix	Praise, Prayer & Pop With Linda & Michele	6 AM
7 AM	Macca's Breakfast Club With Les McLanlon	Dyer's Loop With The Dyers Music to dye for, of course	Isn't It Romantic With Dallas Dent Crooners Easy Listening Popular Ballads	Tones of Claressense Claire Watt-Powell	Talk Of The Town Cen Wood See what's going down! All things local	The Weird Desk With Michael Morgan When the going gets weird, the weird turns pro.	Jacinta's Easy Listening With Jacinta Sunderland	7 AM
8 AM	Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll 1950s-2010s	Infopinion Richard Laxton An eclectic time with Richard (Returning January 2020)	Lunch with Gazza With Gary Eizen Easy Listening To Rock & Pop	Turning Pages Elizabeth Newman	Dano's Mixed Grill Daniel Gosson What's anything can happen and probably won't	Flashback With Rob Davidson	Classical Corner Music from the past 1000 years... Always ready with The Lively Arts Music & books from Am, Tr, Asia & more	8 AM
9 AM	Baby Boomers Donna Collins	Rob's Roving Robbie & Linda Sible reflections, Gospel & Australian	Just For You Carola J. Simmons Reviewed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	School's In & A Cuppa with Macca With Les McLanlon	Outback Outlaws Paul Rowe Old and new country music	Pop & Rock	I Love The Seventies	9 AM
10 AM	The Weekley Fix Paul Westley	Living In The 60s With Roy Launder	Sister Act Olivia & Sam	Thursdays Country Trickitic	Wind Down for the Weekend with Stu & The Crew	Saturday Magazine With Rachel Burns	What's On The Jukebox?	10 AM
11 AM	BKE Show Bernard Kelly-Edwards Cultural Unity with Poetry, Community Yams & Music 2NVR Multicultural Radio	Dancing Through The Decades With Fred Settlers	Flashback Featured Artist With Rob Davidson	Nambucca Valley Roundup Retro	Rhino On The Radio Rhino	Two For The Money (Music, chat and a touch of banter with Paul and Rachel)	Living In The 60s With Roy Launder	11 AM
Noon	Bowra Beats 2NVR Youth Radio With Grace	Country and Classic Hits With Bryon Edwards	After Hours With Fred Settlers	Highway Blues With Retro When Only The BEST BLUES Will Do	Saturday Night Specials Saturday Two hours of some artists in concert	Imagine This & The ARTIST Radio Show	Concussion 2NVR Youth Radio With Kian	Noon
1 PM	Hinterland Ben Waters	Soul into Rhyme Matt Lebrant	Ant's Rock Anthony Gamsey Solid Rock	Jeff's Junk Jeff Mills	The Friday Night Rock Show with Todd Wills	Wolffy Wolffy's music & requests	That's A Wrap Donna, Nigel, Mitch & Gary Local sports results and in-depth analysis.	1 PM
2 PM	Reggae Mixtape With Fitzroy Music outside the usual 2NVR Multicultural Radio	Ant's Rock Overnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Continues overnight	Overnight Express	The best of Progressive Rock	2 PM
3 PM	Music Makers With Yen Mixed music with featured Artists	Whack up the bass and cop a wicked mix of hip hop and fully sick tracks	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Continues overnight	Overnight Express	Prog Rock Playlist Rhino	3 PM
4 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Continues overnight	Overnight Express	2NVR Overnight Music Mix	4 PM
5 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Continues overnight	Overnight Express	2NVR Overnight Music Mix	5 PM
6 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Continues overnight	Overnight Express	2NVR Overnight Music Mix	6 PM
7 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Continues overnight	Overnight Express	2NVR Overnight Music Mix	7 PM
8 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Continues overnight	Overnight Express	2NVR Overnight Music Mix	8 PM
9 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Continues overnight	Overnight Express	2NVR Overnight Music Mix	9 PM
10 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Continues overnight	Overnight Express	2NVR Overnight Music Mix	10 PM
11 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Continues overnight	Overnight Express	2NVR Overnight Music Mix	11 PM
Midnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Continues overnight	Overnight Express	2NVR Overnight Music Mix	Midnight

National Radio News is broadcast each weekday at 6am, 7am, 8am, 9am, Noon, and 6pm. 2NVR — Multiple Award Winner. Tewanga studio and office: 02 6564 7777 email: admin@2nvr.org.au The Best Little Station in The Na-