

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



FEBRUARY 2018 ~ ISSUE #159 FREE CIRCULATION 350 POSTCODE 2449

Lanterns shine their light on Bowra

Once again Bowraville united to celebrate a Christmas Lantern Festival at the finish of school last year.

This was the second year that the wonderful light sculptures of Claude and Margrit were added to the long-established town Christmas party.

As usual the festivities started after school on the Thursday with closure of the road in the centre of town and street stalls for not only special goodies but also activities including the jumping castle and the fantastic bungee slide – what a challenge. The drummers and the brass band performed and Santa arrived to distribute toys to all the children eagerly awaiting his arrival.

As the sun set the giant light sculptures placed in the median strip were lit, radiating light and colour, and children with their families and others gathered near the school entrance. Many carried special handmade lanterns they had created especially for this event at Bowraville Central, Tallowood and St Mary's Schools or at home. For those without lanterns there were extras available. The trombonist from the band and a boy with a bright silver star led the parade off around the central median - twice!

Already plans are afoot for the lantern parade for the coming Christmas - Margrit has offered to have lantern making workshops as the time approaches – what a wonderful opportunity for our community.

And it may be that the parade will lead to the lighting of the giant pine Christmas tree outside the school as used to happen after the Phoenix carols. What wonders are in store for us to enjoy together in our town.



BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 350 COPIES

Newsletter is also available online at:

www.bowraville.nsw.au/bowraville-newsletter

2018 ADVERTISING CHARGES:

Bowraville Community News is produced every month, except January.

Annual subscriptions includes 11 issues.

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

DEADLINE FOR COPY FOR

THE MARCH 2018

ISSUE IS: 4:00PM

20th FEBRUARY 2018

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

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

BOWRAVILLE TECHNOLOGY CENTRE

39 High Street, Bowraville NSW 2449

Telephone: 6564 7420

Facsimile: 6564 7520

e-mail: admin@bctc.com.au

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

Camo Townley Memorial Day

This day is to celebrate and remember Camo who tragically took his own life late last year, Camo was a large part of the Goannas and the Bowraville community. The Camo Townley Memorial Day is also aiming to #unitethevalley with all local rugby codes involved.

All proceeds from the day will be going to Apexgen Lifestyle and their athlete, Scott Doolan's attempt to climb/wheel to Mt Everest BC in March. The company aims to provide awareness for mental health and inspire people to overcome adversity.

Kick off is 12pm on Saturday, 10th February at Hennessy Tape Oval Bowraville. Come along for a great day of footy.

BowraMacksville UHA

The first coffee shop meeting was held on 2nd February. Our roster report showed 48 volunteers on the roster but only 40 active. With health, family, travelling issues etc. we are still asking community members to volunteer as some months in 2017 saw willing volunteers tripling their normal time. Several members have attended hospital meetings to view plans for the first floor of the proposed new hospital. The UHA coffee shop is well spaced and our allocated area has been confirmed. Further meetings will continue to finalise each section, such as cancer support, pharmacy, gym, quiet room etc. The next general meeting will be held at Bowraville Recreation Club at 9.30 for 10am on Friday 23rd February with morning tea to commence the day. Besides volunteers for the coffee shop we need volunteers to man the hospital trolley and assist with fund raising in many ways. If interested please join us. Contact Isabelle 6564-7179 or Margaret 6564-7318.

Bowraville Garden Club

A committee meeting was held in January to get ideas for 2018. Our year will commence on Saturday, 10th February with a 10am meeting at NH

Golf Club, followed by morning tea. Elizabeth has a plan for after lunch for those who stay. Our first out of town excursion in March will be to Coffs Marine Centre plus a few other highlights so names will be needed for this outing. Bowraville Garden Club has been invited by Talarm Garden Club to participate in a weed forum. Guest speaker will be Keegan Noble, weeds officer for Nambucca Shire Council. This is set for Tuesday, 6th March. More details at the meeting. Contact Barbara 6564-7039.

Bowraville Seniors

Bowraville Seniors meet at the Coach House Inn on the 3rd Monday of each month. If you are a Bowra Senior please come along and support us. The first meeting for 2018 will be on Monday 19th February at 11am. This will be the AGM followed by the usual general meeting. We have an interesting guest speaker Mary Anne Anderson, who will talk about Senior Health Activities. Contact Ruth 6564-8243.

Bowraville Recreation Club

The annual Mutti Day, reinvented in 2017 was a great success with 58 players participating. A big thanks to Norco who sponsored the day, the potato and corn growers and the cooks - mainly the Doolan family I think. The winners had an astounding 29 stableford points on their back nine - congratulations to all involved. With a few alterations the club house is looking rejuvenated. Social bowls and play offs continued through summer. Keep an eye on the board for information. The big green is looking close to being ready for play. Despite the warm to hot summer weather good fields continued for men's golf. Women's golf gets underway in February with nine hole competitions. Many of our sister clubs have Open Days in February so if keep an eye out for these fixtures. With plenty of parking space and a friendly bar staff the Recreation Club is open for private functions and meetings. Contact 6564-7379.

Continued on Page 5

Bowraville Folk Museum

High Street, Bowraville

Phone/Fax: 6564-8200

MONDAY-FRIDAY 10am-3pm

WEEKENDS 10am-1pm

PUBLIC HOLIDAYS 10am-3pm

email: bowravillefolkmuseum@gmail.com
twitter: twitter.com/bowravillefolk

~ Groups by appointment ~

1/11

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

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 Bowraville Ex-Services Club (6564 7304)

TUESDAY

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

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

WEDNESDAY

BOWLS, Ladies 10am at Bowraville Recreation Club (6564 7349)

AL-ANON 7.30pm at Salvation Army Hall in Macksville, use rear entrance. Michael Watson (0499 106 261)

MEMBER'S DRAW & MEAT RAFFLE 6.30pm pm

Bowraville Ex-Services Club (6564 7304)

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

THURSDAY

GOLF Ladies 18 Hole, 9am Bowraville Recreation Club (6564 7349)

BINGO 11am Bowraville Ex-Services Club (6564 7304)

BOWLS 1pm Men's Social at Bowraville Recreation Club (6564 7349)

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

FRIDAY

COMMUNITY GARDENS 9am to 12noon. Growing food, sharing seeds, cuttings, experience, laughter and stories.

Contact Gai Nowland (0438 716 026).

PLAYGROUP at Bowraville Central School 9.30am-12pm
Contact Danielle Ryan on 6564 8619.

POTTERY at Phoenix Pottery Studio, 9.30am-3pm.

Contact Judi Belbin on (6568 9105).

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

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

SATURDAY

BOWRA COUNTRY MARKETS (2nd and 4th Saturdays) 8am – Noon. Pioneer Community Centre Bowraville. For bookings and enquiries call 6564 7908 or 0400 828 471.

GOLF Men's 9am at Bowraville Recreation Club (6564 7349)

BOWLS 1.30pm Mixed Social at Bowraville Recreation Club (6564 7349)

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

SUNDAY

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

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



ACTIVITIES ORGANISERS

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

TECHNO LESSONS OPEN TO EVERYONE

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

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

Absolute beginners are most welcome!

TECHNO LESSONS

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

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

For technical issues
please contact BTC for an
afternoon booking.

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



Special offer to community groups

Save on paper and ink!

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

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

From Page 3

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.

Hot Chocolate Talk

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

Gold Coin Donation Pilates Class

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

Bowraville Playgroup

Bowraville Play-group meets at Bowraville Central School every Friday from 9.30am to 12midday and is open to all parents and carers with children aged 0 to school age. We engage in fun activities in a safe, family environment. Contact: Danielle Ryan 6564-8619 or Jane Thomasson 0474 325 337.

Macksville/Bowraville Uniting Church

The Uniting Church Op shop at Bowraville is operating in a very successful manner and we wish to thank our 22 volunteers who turn up regularly to follow their rostered duties. We have been very saddened at the death of our organiser and friend Val McLeod but in honour of Val and her many years of service we will continue to work hard to make sure that the shop operates well.

The Op Shop is open Tuesday, Wednesday, Thursday and Friday 9.00am – 3 pm and for three hours on Saturday morning and deliveries and pick-ups take place on Wednesdays. If you require a pick-up for clean, good quality donations of furniture

Continued on Page 24

Coronation Kennels & Cattery

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

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

PHONE: 02 6568-2018

Email: marcia@coronationkennelsandcattery.com.au

Website: www.coronationkennelsandcattery.com.au

We provide the following services:

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

Sleepover - Check in 4-6pm check out 8-10am
\$15 p/n Cats - \$12 per day.

Long Term Budget -

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

Not available during school holidays

Short-term Accommodation

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



5/11

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

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

BOWRAVILLE HEALTHCARE CENTRE

Dr Edwina Guard MBChB BSc FRACGP

29a High Street Bowraville

Ph: 0448 161 192 Fax: 8322 8095

email: edwinaguard@yahoo.com.au

Surgery Hours

Mon to Thurs 9am – 6pm

Fri 9am – 4pm

Sat by Appointment

Laverty Pathology

Mon to Fri 9am – 1pm

Psychologists

by Appointment

Physiotherapy

by Appointment

Proud sponsors of:

Pilates and Yoga classes

1/11

10 Techno Things you couldn't live without today

Believe it or not, there was a time before Smart phones, Facebook and YouTube. As hard as it is to remember what it was like only 10 years ago each of these technologies and social media networks have completely changed our lives.

Following is a list of 10 things most of us couldn't live without today.

1. Facebook

While Facebook was launched in 2004 it was only made public in September 2006. Facebook has completely changed the world and currently has over 2.07 billion monthly active users – and growing! 13 years ago not knowing what our friends were doing and thinking at every moment of the day was considered normal. How did we ever live without Facebook?

2. Smart Phones

Smart phones have replaced our home phones, road maps, cameras, calculators, portable gaming systems, computers and to a large degree over-the-counter banking, paying of bills and incredibly can be used to organise many electronic items in our homes eg: security alarms, air conditioners and washing machines. Smart phones have added an amazing amount of functionality, information and entertainment to our lives. All of this stuff is now in our pocket! Crazy, huh?



3. Google Maps

Remember using a road map to get from A to B? These days are long gone.

How often have you located a place using this site? Ever since Google Maps was made public in 2005, we've been relying on this app for every trip we make. Some of us practically use the app to get directions from our living room to the kitchen!

4. Tablets

Although tablets have been around for a while, the amazing iPads we use today have only been in our hands since 2010. That's only...8 years ago! And now even our grandmother couldn't be without one.

5. Flat screen TVs

Over the past 12 years or so flat screen TVs have become much more affordable. Gone are the days of

the big bulky TVs! Crystal clear TV screens are not a luxury anymore and we can all get access to cinema like experience in the comfort of our home.

6. YouTube

YouTube is the 2nd largest search engine and we can use it to find everything! The need for 'how to' books is no longer a need – if you have a question on 'how to do something', you will Google it and most often end up on YouTube. Plus, with videos showing you funny cats and cute babies, it's also a real source of entertainment.

7. Memory Stick and hard drive

When was the last time you saw a floppy disk or a CD? Memory sticks, hard drive and even applications such as Google Drive or Dropbox have made backing up movies, music or pictures so much easier and powerful. They offer lots of storage capacity and you can get access to your data from anywhere.

8. Bluetooth

Remember a few years back when you saw a man walking in the street and you thought he was talking to himself? Turns out, you noticed later that he had a little device stuck in his ear, that was a Bluetooth headset.

Although Bluetooth technology has been around for just over 20 years Bluetooth headsets and printers have been popping around for about 12.

9. On Demand TV and Music

Remember when we had to buy CDs and cassettes to listen to our favourite beat? Or even wait for it to be played on the top 40 countdown so we could record it? Nowadays we have so many options to choose from like Spotify, Apple Music, Netflix or Presto to name a few. We can watch or listen to whatever makes us happy at anytime from pretty much everywhere. Bye-bye old mix tape!

10. Front camera phones

Front cameras have only started becoming a key phone feature about 7 years ago and this has changed our world. The 'selfie' is a word that's become widely used. New products like the 'selfie stick' have put an end to the sending of post cards when we're away on holidays or out and about by ourselves. Today we'd rather 'take a selfie', post it on Facebook and tag our friends. - www.makeitmine.com.au



FEBRARY PROGRAM at the

BOWRAVILLE THEATRE

Sunday, February 18th at 2pm

The Post (M)

A cover-up that spanned four U.S. Presidents pushed the country's first female newspaper publisher and a hard-driving editor to join an unprecedented battle between journalist and government.

Director: Steven Spielberg

Stars: Meryl Streep, Tom Hanks, Sarah Paulson

Doors open 1/2 hour before screening.

Complementary tea and coffee.

Cafe open: ice creams, lollies, chips, drinks, popcorn etc.

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



Just Joking . . .

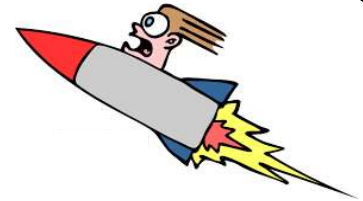
The week before a space launch an astronaut was trying to relax at an out-of-the-way pub (management at the Bowra Hotel have distanced themselves from this story).

The bartender recognises the astronaut and says, "You fellows at NASA think you're something special being able to go to the moon but we've got a couple of guys here who've been building their own spaceship out back."

Reluctantly the astronaut goes outside to look – the space ship is a mess of beer bottles, cans and junk. "We're planning to go to the sun," boasts one guy.

"This thing will incinerated before you can get close to the sun," the astronaut warns.

"We've got that all figured out. We're going at night!"



Bowraville & District Ex-Services Club

6564-7304

Introducing . . . New Menu

"Keppy's Bistro"



Tuesday to Saturday

Lunch - 12noon to 2pm

Dinner - 6pm to 8pm



6564-7304

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

POOL TABLE \$1 per game



4/11

BOWRA HOTEL

OPEN 10AM - MIDNIGHT

NEW CHEF

BISTRO

LUNCH and DINNER

Tuesday, Wednesday, Thursday,
Friday and Saturday

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

LUNCH & DINNER

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

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

33 HIGH STREET, BOWRAVILLE

Ph.6564 7041 Fax. 6564 8471

4/11

MARKETS CALENDAR

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

Heard the one about . . . bees making blue honey?

It's a tough time to be a bee! Even though it's well known by now that the massive bee wipe-out has been caused by pesticides and fungicides, and though the places where such pesticides have been banned are reporting huge increase in bee health, the world is still not taking steps to save these valuable little insects.

To put it bluntly, bee numbers are dropping and they will continue to drop massively unless we actually do something. To add insult to injury some bees in France have now made coloured honey after eating sweets from a nearby factory.

French beekeepers were shocked when their bees started producing thick, blue and green honey.

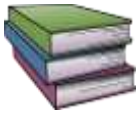
After investigating they discovered their bees were feeding on the colourful shells of M&Ms - a Mars processing plant was located just 4 km away.

The Mars waste-processing plant has now solved the problem and are cleaning any outdoor or uncovered containers that M&M waste was stored in so it's unlikely you'll see the blue honey on the market any time soon.

The unsellable honey was an added issue for the beekeepers who are already struggling with high bee mortality rates and dwindling honey supplies.

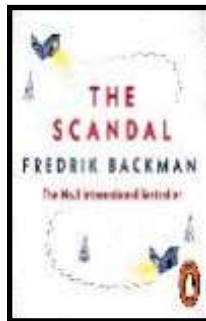
France is one of the largest producers of honey within the European Union producing some 18,330 tonnes annually. As for this area Ribeaucville is best known for its wine production, but it also produces about 1,000 tonnes of honey per year. It's still unclear how much of the honey production was affected by M&Ms.

- www.zmescience.com



The Scandal by Frederick Backman

When I read the blurb on the back cover of this book I hummed and ha-ed about reading it. I've read other novels with similar storylines, thought it would be predictable and I'm not keen to read a book where I can figure out every thing that is going to happen. So I am not sure why I did take it home but..... gotta say I really enjoyed it.



Backman's novel is about many things – obsession with a sport (ice hockey in this case), small town struggling to survive, small town in a challenging physical environment (isolated in a large Swedish forest) that would test anyone's staying power, relationships, the strength of friendship, secrets, lies, love, loyalty, survival and so much more.

I am not sure if understanding ice hockey would be an advantage to the reader but if you can imagine loving any sport to the point of obsession and beyond and then times that by 50 then it would give you a good measure of 95% of the characters in this book. And there are a lot of them. And their obsessions vary.

Backman swaps rapidly from one character to the next but I felt like I was getting to know them quickly and easily, most of them likeable except perhaps the self-absorbed teenagers but then again, when you spend the whole of your short life being told how great you are.....

The tiny town of Beartown is shrinking, jobs are few and far between and the only thing going for it now is the ice hockey team. With an extremely talented and driven star, supported by a fearless and aggressive best mate, the team are in with a chance for a big win which would have huge positive consequences for the dying town.

However, there are struggles within the club management, between the trainers, amongst the kids at school as teen bullying behavior intersects with "which side of the tracks you're from" and also amongst the adults in town. Kids whose parents love them and support them, kids with one parent long gone, kids with parents who don't care at all or are unable to show they actually do, kids whose parents are too busy (for whatever reason) to pay attention to them, kids who have big secrets.

When a 15 year old girl is raped by the 17 year old ice hockey star at a wild party he holds at his parents' house while they are out of town everything changes. It's like the ripple effect when a stone is dropped into a pond of still water. It goes on and on. People take sides, lies are told, truths are hidden, decisions are made whether to remain silent and safe or speak up and take the consequences, people fear the truth and what it will mean, relationships change but in this novel the very worst of all is that nearly everyone chooses ice hockey (and the town's future) over the word and worth of a young girl.

I hope you enjoy "The Scandal".

- This book reviewed by BTC Volunteer Raewyn.

Bowra Laundromat

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Commercial Washers and Dryers

Enquiries: ph 6564 7401



Treatments for Red and Dry Eyes

It is often said that eyes are the windows to a person's soul but they are also our window onto the world. However, every year 10,000 Australians go blind and around 200,000 Australians have vision impairment that cannot be corrected by spectacles. Every 65 minutes an Australian loses part or all of their vision. Maintaining good eye health should be a priority for all.

Every year, for the month of July, the Eye Surgeons' Foundation (the fundraising arm of the Royal Australian and New Zealand College of Ophthalmologists and the Ophthalmic Research Institute of Australia) runs JuleYE – the Foundation's national eye health awareness month.

JuleYE aims to raise community awareness of eye health issues as well as raise funds for research projects into the causes and cures of vision impairment and blindness. The campaign also supports international and domestic development projects whose goals are aligned with those of the Eye Surgeons' Foundation.

Red eyes and dry eyes are common eye problems. Redness and dryness are symptoms of many eye conditions. Some of these conditions are not serious but others are serious and may affect eyesight.

A red eye can be a sign of eye inflammation. The most common cause of red eye(s) is conjunctivitis. Conjunctivitis can be caused by allergy, irritation or infection.

The treatment of eye redness depends on its cause and can include:

- decongestant eye drops to reduce redness
- antihistamine eye drops to relieve redness and itching
- antibiotic eye drops to treat bacterial (not viral) conjunctivitis.

Dry eyes can be caused by:

- not producing enough tears
- poor quality tears
- tears not staying in the eyes long enough
- a low blinking rate (e.g. when reading or using a computer).

Dry eyes can be relieved with lubricating eye drops, gels and ointments.

To prevent red eyes and dry eyes:

- wear wrap-around sunglasses when outside in bright light, windy, dry or allergy conditions
- wear eye protection when swimming or working with machines and chemicals
- try to find and avoid allergy triggers
- do not rub your eyes
- avoid blowing air in your eyes (e.g. hair dryers, fans, car air conditioners/heaters)
- blink more often to relieve dryness
- take regular breaks when reading or using a computer
- use good lighting
- do not wear contact lenses if you have an eye infection
- limit alcohol
- avoid smoke (e.g. cigarette smoke).

Your local pharmacy is your health destination. Doctors, pharmacists and optometrists can help find the cause of red eyes or dry eyes and advise on treatment. Your pharmacist can help you to select the right treatment for minor eye conditions like conjunctivitis and red eye. Some eye drops and ointments can be obtained from a pharmacy without a prescription. Your pharmacist will always refer you to a doctor if they feel a condition requires more attention.

Regular testing from birth encourages good eye health and helps to avoid permanent damage and vision loss. The Eye Surgeons' Foundation recommends eye testing every two years. Ask relatives about your family's eye health history.

If you notice any changes in your vision, or have any concerns, you should see your doctor, ophthalmologist or optometrist immediately. Your local GP or optometrist can refer you to an ophthalmologist for testing.



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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- + Water, oil and grease resistant.

We are the only stockiest on the coast and are happy to present this great item to our valued customers First!
(Not all designs pictured are available in store)

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PHONE: 6564 7925 or FAX: 6564 7364

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



HEY BOWRA! Want to get fit?

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

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

Call our co-coordinator to register your interest.

Valma Jarrett - 0498 714 334

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Making reusable shopping bags from pre-loved fabrics

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

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

Donations of fabrics also welcomed.

Enquiries: 6564 7908 marion.syratt@gmail.com

Facebook: Nambucca Valley Boomerang Bags



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SUPPORTING OUR COMMUNITY



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**PO Box 23
Bowraville NSW 2449**

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

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

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

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

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SAMSUNG CHROMEBOOK XE303C12 11.6in
1.7GHz 2GB 16GB WiFi - Only \$145



11.6-inch Display, Samsung Exynos 5 Dual Processor. 2 GB DDR3L RAM, 16 GB Solid State Drive, 2 USB Ports: 1 USB 3.0 + 1 USB 2.0. HDMI Port, Built-in dual band Wi-Fi 802.11 a/b/g/n, web camera included.

Contact Mark at the Bowraville Technology Centre on 6564-7420 (9.30am-4pm) or drop in.

LOVELY FRENCH WROUGHT IRON CAFÉ CHAIRS including grey and black stripe padded seat and back cushions. Text 0414 523 407.

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Per hour - \$20, half day (4 hours) - \$60. Full day up to 8 hours - \$100. Tea/Coffee \$2.50 - per person/day or part thereof.

Small office or Computer Room — Includes high speed internet access and access to up to 4 computers. Per hour - \$7.50, half day (4 hours) - \$25. Full day - up to 8 hours \$40. Tel: 6564 7420 or email: admin@bctc.com.au

Bowraville Solution Brokerage and Bowraville Community Awards - December 2017



During December the Solution Brokerage team, sponsored by Secretary Carolyn McNally from the Department of Planning and Environment, hosted the Bowraville Community Awards. This was held on 17th of December at the Bowraville theatre and provided a space to acknowledge all the hard work and achievements that have occurred over the past 14 months by both community and government throughout the Solution Brokerage journey and the broader Bowraville community.

Nominees included residents, services, organisations and government agencies. The key theme for the awards was collaboration and working together towards improving the resilience of the Bowraville community.

Finalists and winners of the awards included Malcolm McFarlane, Mark Scott, David Taylor, Luisa Eckhardt, Michelle Jarrett, Craig Doolan, Katie Heather, Kylie Adams and Scott Meini, Marion Syratt, Rocky Rewharewha and Najjia Hadzic; also Transport for NSW Mid North Coast Office, Mid North Coast Local Health District HealthNSW, Coffs Harbour Clinical Network MNCLHD and MiiMi Aboriginal Corporation.

Nominations were received across four areas:

1. Collaboration - *Recognising people, services and organisations that come together to work towards building resilience in Bowraville.*
2. Service - *Outstanding service to the Bowraville community and/or outstanding service delivery.*
3. Impact - *Recognising the positive impact of individuals or services in the Bowraville community.*
4. Achievement - *Outstanding achievement of individuals and organisations that have contributed towards strengthening the resilience of the Bowraville community.*

It was the perfect way to wrap up the year and acknowledge the incredible work and investment from both community and government in strengthening community resilience in Bowraville.

Looking towards 2018 for Solution Brokerage Officer in Charge Secretary, Carolyn McNally, will return to Bowraville in March to present the final report, visit key services and to work with the community reference group Jaanymilli Bawrunga (Gathering Bowraville) on the long term sustainability for maintaining the momentum and positive outcomes achieved during her time with Solution Brokerage.

For further information about Solution Brokerage - solutionbrokerage@planning.nsw.gov.au

Keeping your Soil Happy

Happy soil is the dirt plants grow best in. But ask 10 plants what soil they like best and they'll give you 10 different answers. They won't actually say, "I prefer dry sandy loam" or "I like an acid bog" — not unless someone has been doing all too interesting genetic engineering. Plants say it with leaves ... or no leaves.

If your plant is growing well it likes its soil. If it dies it doesn't. If the leaves turn yellow they either need more tucker or the plant has root rot and so can't eat properly.

In other words there is no simple answer. Or, rather, there's one that is very, very simple indeed: most of the plants we buy in garden centres have been selected for "an average garden" which means one where the gardener thinks soil is just dirt. Most plants will like fertile, moist soil, rich in humus.

There are endless alternative ways to feed your plants and many of them require no work from you once the system has been set up.

Plants can be fed by the animals, fish or birds that live among them, spreading their dung as they feed. They can be fed by "companion plants" whose deep roots forage for nutrients transferring them to the surface of the soil as their leaves break down. They can be fed through the actions of bacteria that fix nitrogen from the air into the soil. A bush community recycles its nutrients with things like leaves and dead insects all feeding the soil.

And, yes, plants can also be fed by manufactured fertilisers.

How much food, grass, weeds or flowers do you take from your garden? The more you take out of a garden the more you need to put back in. If your soil has been cropped for generations - and either fed grudgingly or not at all or with artificial fertilisers - it will almost certainly be lacking in many nutrients.

How much do you give back? The more you recycle "wastes" in your garden the fewer nutrients will be lost. Throw the outside cabbage leaves or rhubarb leaves down as mulch, put weeds into the compost and give your kitchen scraps to the chooks for manure or compost.

Feed your soil whatever you find that you feel will be good, not just for your garden but the world.

Feed a little and often while your garden is growing. And keep listening to it. Listening to the earth is not just good for your garden but good for you too. - Jackie French, wellbeing.com.au

*Norco Rural
has a full range
of garden supplies
to suit all your needs.*

*Fertilisers need to be selected
according to the nutritional
requirements of the soil and the
plants being grown,
as well as the form and contents
of the fertiliser itself.*

*Call in to Norco and speak to
Glenn, Garry or Paul.
They will be happy to assist you
choose the correct products
for your garden.*

*For the home garden
or big acre farming . . .*

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COMPOST

FERTILISERS

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BOWRAVILLE
6564 8648**

4/11

Christmas lunch brings Bowra community together

Dr Edwinda Guard and Pharmacist Kerrie Savins prepare Christmas lunch.



St Jimmy's Community Christmas Lunch was held at the Bowraville Anglican Church Hall in Young Street on Christmas Day, 25th December 2017.

It was well attended by over 100 people from the Bowraville community who enjoyed a traditional Christmas dinner and each other's company.

A nice touch was that everyone who attended received a Christmas parcel with a range of gifts and confectionary. The children were particularly thrilled and excited with the toys they got.

Thanks to Dr Guard, Kerrie Savins and all the volunteers who battled hot and humid conditions to cook and serve up the wonderful feast.

It really did bring the true meaning of Christmas to Bowraville.



Pictures by Tony Fuller.





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**
9:00am – 12noon
All Mums and bubs welcome
No appointments necessary.
- Thursday Community Corrections**
Weekly 12.30 to 3pm
Phone: 6561-3100
- Legal Aid**
1st and 3rd Thursday
10:00am to 12noon
Phone: 6641-7899

BOWRAVILLE COMMUNITY HEALTH SERVICES

Child and Family Counselling

Speech Pathologist

Paediatric Occupational Therapy

These services are available by apt. - 6656-7200

MiiMi is now an approved CSO Agency.

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

Miimi House

90 High Street, Bowraville

Phone: 02 6564 8855

email: admin@miimi.org.au

Shake up for Bowra

The 4.2 magnitude earthquake felt by Bowraville residents on Wednesday, 24th January struck directly off the coast of Nambucca Heads at a depth of 10km and seismologists are continuing to monitor the fault off the coastline.

Residents reported homes shaking and a loud sound like thunder while many indicated they felt the earth move or roll suddenly below their feet.

The Mid North Coast quake is the largest to be recorded in Australia for almost six months.

A magnitude 5 was recorded in Western Australia last August and a magnitude 4 in the Northern Territory last April.

There have been around 40 small quakes recorded between South West Rocks and Macksville and a magnitude 3.1 quake was recorded at Bellingen.

A Geoscience Australia expert said he could not discount the possibility that the series of earth tremors felt on the Mid North Coast was not the lead-up to a larger earthquake. He added that the earthquake 'swarm' was a response to stress that slowly built up in the earth's crust due to forces exerted at the plates.

IT HAPPENED IN BOWRA IN 1930!

There have been plenty of snake sightings lately but here is a Bowraville Snake Story from the 1930's

(Macleay Argus Friday 28 March 1930)

We have often heard of snakes having a great liking for milk and even being enticed to their deaths by the placing of a saucer of milk near their holes or hiding places. But possibly the queerest action of a snake ever heard of occurred on Mr. Ussher's dairy farm at North Arm a few days ago.

Mr. Ussher was milking and had finished one yard full of cows and went outside to drive the remainder of his cows into the milking yard when he saw a big black snake attached to one of his cow's teats. The cow was contentedly chewing her cud as if nothing was happening and there at the end of her teat was this deadly reptile.

Mr. Ussher went back to the yard for a stick and as he went towards the snake it moved away. He managed, however, to kill it and as he burst open the body the milk the snake had extracted from the cow spilled out over the ground. We can vouch for the veracity of Mr. Ussher and he doesn't drink.

- Dr Paul Weekley,

Research & Genealogy Officer Bowraville Folk Museum

Have you checked out the Bowraville Community Website?

www.bowraville.nsw.au

You can get the monthly Bowra Community News online, local weather, community events and more - here's how . . .

The image shows a screenshot of the Bowraville Community Website. A green arrow points from the URL www.bowraville.nsw.au to the website's header. A yellow arrow points from a callout box to the 'Newsletters' link in the navigation menu. A blue box on the left says 'Visit the Bowraville Web site for all you need to know about our town'. A blue box on the right says 'Download the community newsletters in full colour'. The website header includes 'BOWRAVILLE' and a navigation menu with links: Home, History, Clubs, Newsletters, Links, Tourism, Directory, Contact Us, and Internal. The main content area features a large image of a colorful, illuminated sculpture of a bird or dragon. Below the image is the text 'Bowraville Community Website' and a paragraph describing the town. To the left of the website screenshot are two award logos: 'Blue Star SUSTAINABILITY AWARDS 2016 Finalist Highly Commended' and '2016 ANZIA Finalist'. Below the Blue Star award is a small photo of two women, one holding a certificate.

BowraVILLE Post OFFICE

27 High Street, Bowraville ♦ Telephone: 6564-7169

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

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

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NAMBUCCA HEADS

Office: 6568 3593

Mob: 0419 111 012

kgaddes@bigpond.net.au

2/2

Mulch, Sand, Soil, Pebble, Rock, Gravel, Pine Bark

The Bowraville Technology Centre thanks Kevin Gaddes of Blue Dog Landscaping Supplies for the donation of road base to be used in the building of a much needed storage shed. The community benefits from the generosity of volunteers and the wonderful businesses that support us.

Bowra Tradies Bowra Tradies Bowra Tradies

NOTIFICATION OF BURNING OFF!

Rural residents of Nambucca Shire

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

All year!

IT'S THE LAW.

CRANE TRUCK HIRE

For all your lifting and shifting needs

Serving the Nambucca district and beyond



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7 DAYS

4/11

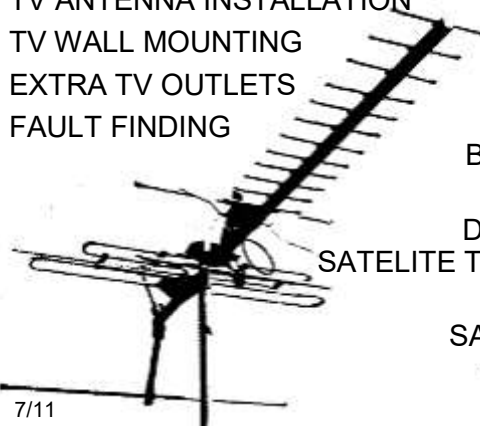
*Does your computer need servicing?
Is it going slow?
Do you suspect a virus?
Or it just won't work the way you want it to?*

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CENTRE**

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

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11/11

Bowra Tradies Bowra Tradies Bowra Tradies

15 Reasons for having a good LAUGH

Everyone enjoys a good laugh, it's a great way to make you feel good and be happy.

Here are fifteen facts about laughing for you to enjoy!



1. A hearty belly-laugh can help to reduce pain and prevent infections.
2. A good laughing session can bring about a considerable drop in the levels of stress hormones in the body.
3. Laughter helps release endorphins which can bring positive changes to the mindset of a person.
4. Robust laughter brings in more oxygen to the lungs than normal breathing can do.
5. Laughter reduces the risk of heart disease.
6. Fifteen minutes of laughing a day can make you lose weight.
7. It has been scientifically proven that laughter can be contagious.
8. Gelotology is the study of laughing and its effects on the human body.
9. The maximum laughter happens over social responses which mean that only 10-15 percent of it is actually due to jokes.
10. Laughter is a sound which does not have any language.
11. Humans are not the only creatures who laugh – animals like dogs and cats also laugh!
12. A child of the age of six years laughs about three times more than an adult.
13. Heavy laughter everyday can strengthen the immune system.
14. The average person laughs about thirteen times in a single day.
15. Laughter which is faked can give the same beneficial qualities and usually turns into the real thing quite quickly.



Laughter yoga (*Hasyayoga*) is a practice involving prolonged voluntary laughter. Laughter yoga is based on the belief that voluntary laughter provides the same physiological and psychological benefits as spontaneous laughter. Laughter yoga is done in groups, with eye contact, jokes and playfulness between participants. Forced laughter soon turns into real and contagious laughter.

In the mid-1990s laughter yoga was practiced in the early mornings in open parks primarily by groups of older people. Laughter yoga was made popular as an exercise routine developed by Indian physician Madan Kataria who writes about the practice in his 2002 book *Laugh For No Reason*.

BOWRAVILLE STRONG FAMILIES

Women's Group



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

Afternoon Sports



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

Men's Group



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

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



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

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

Where would you like to go?



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

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

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

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

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Saturday 8.45am - 12 noon

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Pharmacist
KERRIE SAVINS



4/11

GoBowra! WANTS YOU & your ideas

We are a group of Bowraville locals who have come together to:

Promote and foster community involvement in the positive future of our town

And to work together with other organisations and groups to deliver and enhance opportunities for the community

Be part of this group:

- join the GoBowra! Facebook page <https://www.facebook.com/groups/678786952261968/>
- email us at gobowra2449@gmail.com
- come along to any of our meetings on the mornings of the Bowra Country Markets at the Pioneer Community Centre, 70 High Street Bowraville; that is, 10am on the second and fourth Saturday of each month. Join the discussion.

Anyone who feels a strong connection to the town and its future is welcome - you don't have to live in town itself or even the surrounds.

Due to renovations at the Pioneer Community Centre there have been no formal meetings of GoBowra! since mid-December but several of the members have been very interested in the upcoming submission of an Expression of Interest in the development of the Bowraville sports field area. Last Thursday, 18 January, the Nambucca Shire Council voted unanimously for this.

Put simply this means that the Council is seeking an invitation to submit an application for a grant under the Regional Sport and Recreation Fund, money the NSW government has from the sale of the electricity infrastructure.

And what are they (we) committing to and what are they asking for?

The Council will contribute \$700,000 from the estimated available working capital of \$1,800,000

Continued next page

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Open Monday to Thursday
9:30am - 2:30pm
• Bowraville only

4/11

6564 7677

CALL US TODAY!



WHAT'S HAPPENING IN BOWRA

From page 22

plus monies from the sale of the present recreation club and other sources and the \$360,000 in grants already approved relating to this area, totalling \$1,746,200. And we are asking for \$2,574,400 from the Office of Sport.

The plan, which has been created by the Steering Group comprising representatives of sporting groups, schools, Mimi and the Chamber of Commerce, has been developed over the past year. It involves the building of a new clubhouse with a covered bowls green on the high southern end of the football field (cost over 2.5M) with an upgrading of facilities such as road and parking and necessary earthworks, making the ovals suitable for AFL and soccer, and amenities block improvement and playgrounds. Some picnic areas, path to town, skatepark upgrade,

repurposing of two tennis courts for netball/basketball and bmx track are already funded.

GoBowra! recognises that the Rec club has challenges but we had a range of concerns with this as the only answer. These include the sale of community recreation land, how the 9-hole golf course can be maintained, ongoing costs and management and the proximity of a venue serving alcohol and gambling to sports facilities. But our primary concern was the lack of community awareness or even access to information about the project. When the relevant descriptive papers were available in the agenda for the upcoming meeting on the Council website late on the afternoon of Friday 12 January we arranged to meet with some members of the steering committee for the project on the afternoon of 15 January... a very positive move.

Information regarding the project is on display in the Community Centre window. This may be the most wonderful development for our collective future. The Steering Group have promised that there will soon be a sharing of their vision with all interested able to ask questions.

The next meeting of GoBowra! will be at the Community Centre on 10 Feb. Look forward to



Bowra StarBytes

Aries

Take time to rest and reflect, this is necessary right now. **Coming to a friend's aid feels good as does being in on a special secret.** You have been analysing many aspects of your life but soon you will be feeling more focused and energized.

Taurus

Your peers are putting faith in you and your talents and friends are especially enjoyable to be around. You are likely to find that by paying attention to people with similar interests you will come up with some excellent ideas for your own life.

Gemini

While you may not be able to say your life is carefree at the moment you will soon find many opportunities to grow and develop on a personal level and beyond. Dream big right now - your heart and mind are entirely ready for it.

Cancer

Matters will begin to move quickly but now is the time for **thought rather than action. Life's been a bit tricky, but a chance opportunity will take your mind off your troubles and offer higher learning, travel or a similar mind-expanding experience.**

Leo

Your popularity is running high though you continue to keep some emotional distance. Those close to you are likely to **sense you're not as enthusiastic or direct as usual but it's a necessary stage to find what works for you and what doesn't.**

Virgo

An excellent time for relationships. Partners (or potential ones) are attentive and romantic. Your openness to sharing and tolerance of others are valued qualities which will help improve your relationships many times over this coming year.

Libra

While life may have had its setbacks this month brings great opportunities for recreation and enjoyment. New beginnings are possible but be aware of possible self-deception - let time pass before making any serious decisions.

Scorpio

You may feel you have been going through the motions lately but you will shortly regain your usual energy and zeal as well as a sense of direction. It will be necessary for you to find the right balance between home, romance and creativity.

Sagittarius

Keep your focus on your feelings, intuition and comfort rather than what some of those around you expects of you. Family will be especially helpful to you but might disapprove of a decision - pay attention - he or she might have a good point.

Capricorn

Practical matters keep your mind on security and comfort. **At the same time you have so many ideas for the future that it's hard to settle on just one.** Hold off on your ideas however, because they may require more work, refinement and thought.

Aquarius

Others are really in your corner this month paying you much attention and providing many opportunities to enjoy yourself. This is an enjoyable time for creative projects and endeavours. A time for feeling a sense of inner renewal and for hopefulness.

Pisces

Good news and vibes are on the way and you'll experience lots of activity and attention. Gifts, refunds or rebates may be forthcoming. This is a strong time for relationship opportunities though there are possibly some snags to deal with.

DO YOU NEED HELP GETTING YOUR LICENCE?

Coffs Harbour, Bellingen & Nambucca Community Transport (CBNCT) is offering a new driver support program enabling participants to gain valuable life skills and independence.

The L to P's Program includes support from professional driver instructors and time behind the wheel with qualified volunteer mentors.

This program aims to help Learners gain their driving qualifications in an encouraging and safe environment.

Ongoing mentor support will be continued until participants have successfully obtained their license.

To be part of the L to P's program you must identify as Aboriginal or Torres Strait Islander and be a resident of Bowraville.

You also must hold a current Learners' Permit.

Please contact Jeffrey Blair on 0408 977 101
jeffblair@communitytransport.net.au

COMMUNITY TRANSPORT
COFFS HARBOUR, BELLINGEN & NAMBUCCA

www.communitytransport.net.au - 1300 812 504
info@communitytransport.net.au

WHAT'S HAPPENING IN BOWRA

From page 5

please ring Mary Ode on 6568-7485. We thank those who make donations to our shop and our volunteers for their continued support.

Nambucca Valley Community Church Food Hub

Anyone holding a Health Care Card or Pension Card can access this service. From 9.30am to 12pm non perishable food products will be on sale as well as other products. All perishables such as bread, vegies and fruit are free. Fee: \$10 for 11 items; \$20 for 22 items. Contact 6568-1647 or 0431 947 799.

Nambucca Valley Community Church

Sunday Church Service at 9.30am, Sunday School 10.15am and Prayer Group at 5pm. Women's Fellowship held at 10am each Wednesday. Youth Group is held each Friday for 12-18 year olds from 6-8pm. Phone Keith Stage 0427 231 040. Food Hub is run by this church. Senior Pastor is Keith Stage.

Macksville Probus Club

Meeting at 9.30am at Macksville Ex-Services Club on the third Thursday of each month. Meetings consist of a speaker of interest in the community or an autobiography by a member. Margaret Cleary will be happy to answer any enquiries on 6568-5859. We are seeking new members to steer us into the future. \$10 for meeting and morning tea.



1/11

Bernard Laverty Funerals

24 hours 6568 1555

Monumental Masons & Florist

Speak to us about the benefits of Pre Paying



Karen's TRIVIA for February

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



Famous Aquarians and Pisceans include :

Galileo Galilei - 15 Feb 1564;
 Charles Darwin - 12 Feb 1809;
 Charles Dickens - 7 Feb 1812;
 Pierre-Auguste Renoir - 25 Feb 1841
 Thomas Edison - 11 Feb 1847;
 Russell Drysdale - 7 Feb 1912;
 George Harrison - 25 Feb 1943;
 Bob Marley - 6 Feb 1945;
 Steve Jobs - 24 Feb 1955;
 Sean Astin - 25 Feb 1971;
 Crown Princess Mary of Denmark - 5 Feb, 1972.



Violets and Primroses are the traditional flowers for February.

The birthstones are Amethyst and Bloodstone.

The zodiac signs of Aquarius and Pisces also include garnet, moss agate, opal, **sugilite**, turquoise, jasper, aquamarine, jade, rock crystal, sapphire and ruby.

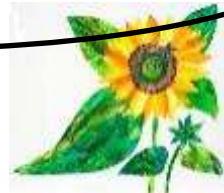
Amethyst is a variety of quartz that carries a spectacular purple colour that ranges from a blend of deep violet and red to a lighter lilac hue. Ancient Greeks believed that the stone protected the wearer from drunkenness and enabled them to keep a balanced mind.



Don't Forget...

Valentine's Day

Tuesday, 14 February
 Celebrate by giving flowers, chocolates, jewellery to the person you love.



Great is the sun, and wide he goes
 Through empty heaven with repose;
 And in the blue and glowing days
 More thick than rain he showers
 his rays.

Though closer still the blinds we pull
 To keep the shady parlour cool,
 Yet he will find a chink or two
 To slip his golden fingers through.

From
 Summer Sun
 by Robert Louis
 Stevenson



Did you know...

Sugilite is also known as lavulite, royal azel, Cymbeline and wesselite and is a relatively rare pink to purple cyclosilicate mineral. It is found on Iwagi Islet, Japan, Mont Saint-Hilaire, Quebec, Canada, in Northern Cape Province of South Africa. It is also reportedly from Liguria and Tuscany, Italy; New South Wales, Australia and Madhya Pradesh, India. First described in 1944 by the Japanese petrologist Ken-ichi Sugi, it is therefore pronounced with a hard "g". It is often sold as 'the premier love stone' so makes a good Valentine's Day gift and is also one of the strongest crystals to wear to give protection from negative entities; its energy helps to remove negative attachments. As a violet flame crystal it is a wonderful aid for healing, stimulating positive feelings that help you to let go of stress, bringing peace of mind, calmness and emotional healing.



In Februarys Past

6 Feb 1788: Women convicts came ashore in NSW. There followed a "scene of debauchery and riot"

27 Feb 1901: Breaker Morant is executed for having shot Boers who had surrendered.

20 Feb 1913: The foundation stone for the city of Canberra is put in place.

February 1942: Singapore falls; 15,000 Australians become prisoners of war of the Japanese.

3 Feb 1966: Ronald Ryan becomes the last person legally hanged in Australia.

7 Feb - 14 March 2009: Black Saturday bushfires in Victoria resulted in 173 fatalities.

The Roman month Februarius was named after the Latin term *Februum* which means *purification*; the purification ritual *Februa* held on 15 February, on the full moon, in the old lunar Roman calendar since the Romans originally considered winter a monthless period. February remained the last month of the year until the time of the decemvirs (c.450 BC) when it became the second month. At certain intervals it was truncated to 23 or 24 days and a 27 day intercalary month, *Intercalaris*, was inserted after February to realign the year with the seasons.

Compiled by Karen Bindoff

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	2NVR Recycled Radio	Tones of Clairssense Claire Watt-Powell	Bubble N Squeak Linda & Michelle A family show with Christian themes.	2NVR Recycled Radio	Green Eggs on Toast Part 2 Lawrie Medbury News, Weather Gig Guide Local Info	The Early Birds Faye Aspidis Australian Music- New and Classic Current Movie Review Local Events Weather by Zoe	2NVR Recycled Radio	6 AM
7 AM	Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll 1950s-2010s	Ian't It Romantic With Dallas Dent Crooners Easy Listening Popular Ballads	Dyer's Loop With The Dyers Music to dye for, of course	Under The Singing Tree Poppa	Talk Of The Town Cen Wrobel See what's going down! All things local	Hair Of The Dog Kim Smith & Mick Birtles Rock, Pop Covers and Music Trivia	2NVR Recycled Radio	7 AM
8 AM	Baby Boomers Donna Collins	Infopinion Richard Laxton An eclectic time with Richard	Stella Bells 2NVR Youth Radio with Stella	Turning Pages Elizabeth Newman	The Festival Circuit Greg Geisler Music from Aussie festivals	Happy Hour Machella Smith	2NVR Recycled Radio	8 AM
9 AM	The Weekly Fix Paul Weekley	The Phoenix Crew Selected music & madness	Jazz Azz I Like It Heather Heywood	Grace's Vybes With Grace McLeod	Outback Outlaws Paul Rowe Old and new country music	Today's Country Rob Davidson	2NVR Recycled Radio	9 AM
10 AM	Play It Loud Sky Fewings Upbeat Music Aussie Artists	Rob's Roving Robbie & Linda Bible reflections, Gospel & Australian Gospel & Australian	Just For You Carola J. Simmons Followed by Karola's Deutchbe Mistak Straude 2NVR Multicultural Radio	Simmo's Country John Simpson	Wind Down for the Weekend Stu & The Crew	Eighties Pop Playlist Rob Davidson	2NVR Recycled Radio	10 AM
11 AM	Bowra Beats 2NVR Youth Radio with Grace	Jack's Tracks 2NVR Youth Radio with Jack All the tracks with Jack Tune in!	Sister Act Olivia & Sam	Thursdays Country Trickitic	Rhino On The Radio Switching to Studio 3 from 5pm-8pm on the 3rd Friday of each month for live artists & studio audience	Flashback Rock Five Decades Of Rock with Rob Davidson	Classical Corner Music from the past 1000 years... Alternates weekly with The Lively Arts Music & spoken word from film, TV, theatre & radio Noel Robertson	11 AM
Noon	Nambucca Valley Roundup P or R Burns & Grace	Latest & Greatest Country Bryon Edwards	Nambucca Valley Roundup - Ben Walters	Nambucca Valley Roundup - Retro	The Friday Night Rock Show Todd Wills	Imagine This & The AntipodeanSF Radio Show	Flashback Rock Five Decades Of Rock with Rob Davidson	Noon
1 PM	Reggae Mixtape With Fitzroy Music outside the usual	Prog Rock Playlist Retro till midnight The best of Progressive Rock BBC world service overnight	Phillinn With Phil New Australian Blues and Indie/Folk/Rock	Highway Blues Retro When Only The BEST BLUES Will Do	Two For The Money Double the Fun with Paul and Rachel	White Line Fever Aif Nolan All that truckin' good music	Flashback Rock Five Decades Of Rock with Rob Davidson	1 PM
2 PM	2NVR Recycled Radio CRN overnight		Ants Rocks Anthony Garnsey Solid Rock Ants - Music Mix overnight	Jeff's Junk Jeff Mills	Concussion 2NVR Youth Radio With Kuan, Noah & Aedon	Playback Nuke's mix of Aussie & N.Z. music with Paul Gough and podcasts of Astronomy, Science and Free Thought. CRN overnight	Flashback Rock Five Decades Of Rock with Rob Davidson	2 PM
3 PM							Flashback Rock Five Decades Of Rock with Rob Davidson	3 PM
4 PM							Flashback Rock Five Decades Of Rock with Rob Davidson	4 PM
5 PM							Flashback Rock Five Decades Of Rock with Rob Davidson	5 PM
6 PM							Flashback Rock Five Decades Of Rock with Rob Davidson	6 PM
7 PM							Flashback Rock Five Decades Of Rock with Rob Davidson	7 PM
8 PM							Flashback Rock Five Decades Of Rock with Rob Davidson	8 PM
9 PM							Flashback Rock Five Decades Of Rock with Rob Davidson	9 PM
10 PM							Flashback Rock Five Decades Of Rock with Rob Davidson	10 PM

2NVR — "Most Outstanding Small Station In Australia" CBAA Voice Award Winner, 2011 & 2013.
 2NVR — Australia Day Award 2012 for "Service to the Nambucca Valley Community".
 National news and weather is broadcast each weekday at 7am, 8am, 9am, Noon, 6pm, and 7pm
 Tewinga studio and office: 02 6564 7777 email: admin@2nvr.org.au