

**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



**FEBRUARY 2019 ~ ISSUE #170 ~ FREE ~ CIRCULATION 400 ~ POSTCODE 2449**

## The Great Koala National Park

the Big Idea with a Big Future

Why do we need the Great Koala National Park  
and how would it help our local economies? To find out...

Join us on Sat 16 Feb 2019

3:00 - 5:30pm at the Bowraville Theatre

Free Entry

- Guest speaker Dr Oisin Sweeney, Senior Ecologist NPA
- Two short videos ... Info ... Q & A Session
- Launch of the proposed Recreational Walking & Horse Riding Trails Concept Plans



hosted by the  
Bowraville Chamber of Commerce  
presented by the  
NSW National Parks Association  
koalapark.org.au

Merchandise ... Free nibbles ... Tea & coffee on sale

# BOWRAVILLE COMMUNITY NEWS

**CIRCULATION = 400 COPIES**

Newsletter is also available online at:

[www.bowraville.nsw.au/bowraville-newsletter](http://www.bowraville.nsw.au/bowraville-newsletter)

## **2019 ADVERTISING CHARGES:**

Bowraville Community News is produced every month, except January.

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

## **DEADLINE FOR COPY FOR**

**THE MARCH 2019**

**ISSUE IS: 4:00PM**

**TUESDAY 19th FEBRUARY 2019**

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

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

**BOWRAVILLE TECHNOLOGY CENTRE**

39 High Street, Bowraville NSW 2449

Telephone: 6564 7420

Facsimile: 6564 7520

e-mail: [admin@bctc.com.au](mailto:admin@bctc.com.au)

## **DISCLAIMER**

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

# ***Bowraville Technology Centre***

**Open 9.30am to 4.00pm Weekdays**

## **Internet Services**

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

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

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

## **Facility Hire**

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

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

Full day up to 8 hours - \$100.00

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

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

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

Full day - up to 8 hours \$40.00.

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

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# ***Bowraville Technology Centre***

**39 High St, Bowraville Ph. 02 6564 7420**

**Open 9.30 to 4pm Weekdays**

**Email: [admin@bctc.com.au](mailto:admin@bctc.com.au)**

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



### **Bowraville Shopping Bus**

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

### **Bowraville Race Course Art Group**

Join this friendly group at the Bowraville Race Course every Tuesday from 9am till 12 noon. Experienced artists and beginners are all welcome. Bring any art materials you have and be prepared to try something new or you can just do your own thing. Help given if needed. All at no cost. Contact Margaret 6564-7325, Penny 6569-8106 or Elwin 6568-4552.

### **Line Dancing**

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

### **United Hospital Auxiliary**

Our first meeting for 2019 will be held at the Hospital Chapel on Friday 22nd February. The Coffee shop meeting commences at 9am followed by the general meeting at 10am. Once again we are asking Nambucca Valley residents to consider joining our band of baristas. All we ask is one day of commitment each month. There is always natural attrition with sickness, moving away etc. Training is available. Contact Heather 6568-2807. Our Christmas raffle raised money towards the purchase of a defibrillator costing over \$32,000.

Winner of the hamper was Karen Forbes, second prizes was won by a visitor and 3<sup>rd</sup> prize went to great supporter Katrina Pawsey. Several members will continue attending meetings in relation to the building of our new hospital. Preparation of the site is well under way with the Australian firm Hansen and Yunken to lead the main works phase of project. This firm has completed numerous large scale projects including the Dubbo and Wagga Wagga Hospital redevelopments. At our meeting we will plan 2019 activities to raise funds as we also have the commitment to have \$38,000 in hand by June 2019 for the purchase of 2 birthing baths to be installed in the exciting maternity wing. We need the Nambucca community to get behind this fund raising by organisations, clubs, groups etc to create their own fund raising activities. We recently received a very generous 2<sup>nd</sup> donation from the Boomerang Bag committee. Thank you ladies. Another citizen has donated knitted and crocheted items to sell on our street stalls and hospital trolley. A member's granddaughter sold items on ebay and donated back to the Auxiliary.

### **Bowraville Garden Club**

Our first meeting for 2019 commences at 10am at the Bowraville Theatre which will be our base for general meetings. Non-meeting months will see us on the road visiting various venues to be discussed and confirmed at the meeting. We would ask all members to bring along something from their gardens to show and discuss eg plants, problems, cuttings to share, even good ideas. Meeting days will also include a trading

*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](mailto:bowravillefolkmuseum@gmail.com)  
twitter: [twitter.com/bowravillefolk](https://twitter.com/bowravillefolk)

*~ Groups by appointment ~*

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## **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](mailto:enquiries@militarymuseum.org.au)**

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## Weekly Activities

### MONDAY

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

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

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

### TUESDAY

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

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

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

### WEDNESDAY

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

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

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

**MEMBER'S DRAW & MEAT RAFFLE 6.30pm pm**

Bowraville Ex-Services Club (6564 7304)

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

### THURSDAY

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

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

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

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

### FRIDAY

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

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

POTTERY at Phoenix Pottery Studio, 9.30am-3pm. Contact Judi Belbin on (6568 9105).

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

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

### SATURDAY

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

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

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

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

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### **ACTIVITIES ORGANISERS**

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

## **TECHNO LESSONS OPEN TO EVERYONE**

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

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

***Absolute beginners are most welcome!***

### **TECHNO LESSONS**

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

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

**For technical issues** please contact BTC for an afternoon booking.

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



### **Special offer to community groups**

Save on paper and ink!

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

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

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

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table and raffles. Contact Secretary Barbara 6564-7039.

## Bowraville Seniors

An enjoyable luncheon at the Bowra Hotel completed 2018 activities. We recommence our meetings on Monday 18<sup>th</sup> at the Coach House Inn with a 10.30 start. To celebrate Senior's Week there will be a free morning tea and luncheon at Macksville Ex Servicemen's Club on Thursday, February 14<sup>th</sup>. Bookings are essential and may be made at either Nambucca or Macksville libraries by 7<sup>th</sup> February. Our Bowra Senior's President, Geoff Chittick, will also put in names for you. A bus will leave near IGA at 8.13am and 9.13am. There will also be stalls.

## Bowra Recreation Club

January was a hot dry month but two interesting days were planned. The Annual Mutti Day when golfers and bowlers celebrate Australia Day by playing their sport and enjoying a great Bowraville tradition of socialising and eating corn with some other bits and pieces added. Contact Lynn at the Rec Club for more details and times. Also celebrating Australia Day was the Barefoot Bowls Day for Kids. February will see Women's Golf recommence with 9 hole comps and an earlier start. The first 18 hole will commence in March as Pennants get under way in that month. Bowlers and Golfers will have their usual competitions. Golf carts, clubs and bowls may be also be hired for social players. Contact the Rec Club on 6564-7349. The Australia Day Awards for 2019 were of

special interest to members of the Rec Club. Over the years we have had many volunteers giving hours of their time on the bowling green, golf club, bar and gardens. For Community Service to the Community Noel McKay will receive this award for his years of volunteering at the Rec Club.

## 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.

## Macksville/Bowraville Uniting Church

A church service is held on the second Sunday of each month in our church at Bowraville at 10.30am. This is combined with the Uniting

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## CRAIG BELLAMY@realty

### YOUR NAMBUCCA VALLEY SPECIALIST

With 18yrs Real Estate success in the Nambucca Valley we have now set up our own agency.

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www.atrealty.com.au

## Coronation Kennels & Cattery

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PHONE: 02 6568-2018

Email: [marcia@coronationkennelsandcattery.com.au](mailto:marcia@coronationkennelsandcattery.com.au)

Website: [www.coronationkennelsandcattery.com.au](http://www.coronationkennelsandcattery.com.au)

We provide the following services:

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

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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

4/11

## BOWRAVILLE GIFT SHOP



LOCATED AT BOWRAVILLE POST OFFICE

27 HIGH STREET BOWRAVILLE

Monday to Friday: 9am - 5pm

PH: 02 6564-7169

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## Leave dead people alone: CGI technology threatens celebrities' image after they've moved on

*New technology allows audiences to see celebrities who have been dead for years. But this brings with it questions about when to leave them alone.*

On the most recent season of HBO's *Westworld* one of the Native American characters offers a rumination on immortality. "You live only as long as the last person who remembers you," counsels Akecheta, a Ghost Nation elder.

There has always been a romance to living forever even after one's physical body dies. Artists, authors, actors and athletes all strive for immortality hoping their words and deeds will live on to influence people in the future.

But new technology is now making a mixed bag out of the concept of life after death. Late last year it was announced that audiences across America were to be entertained by a hologram of singer Roy Orbison whose touring career had been cut short by the inconvenient fact that he has been dead for three decades. Cyber-Orbison, who plays sixteen songs backed by a live orchestra, it goes without saying that "Oh, Pretty Woman" will be pretty creepy.



Such hologram technology is just the latest example of using computers to exhume dead people forcing them to dance like marionettes to suit our tastes. Until now whatever reputation you earned while alive was cast in stone and your carefully cultivated image remained yours.

However, in the era of computer generated imagery (CGI) and holograms, the persona a celebrity or historical figure spent a lifetime perfecting immediately falls into the hands of advertisers and computer programmers. The quality of these likenesses is getting to the point where human actors in movies may become superfluous — in the Star Wars-based "Rogue One" movie, actor Peter Cushing, who died 24 years ago, was recreated from scratch. The same film used CGI to portray a young Carrie Fisher, as Princess Leia, after Fisher's death in 2016. Rumours swirled that the actress would be digitally recreated in future Star Wars movies though Disney has since said that option is off the table.



Let's say, for the sake of argument, Fisher were revived for the upcoming films. Are we sure the character would say things Carrie Fisher would allow her character to say? Do we know the filmmaker would make choices the real Fisher could accept to protect her public persona?

Celebrities won't be able to protect their image

Of course a celebrity's image is often the property of that famous person's estate or family members and public figures can try to legally restrict the use of their image upon death. But what if the person being recreated isn't necessarily famous and doesn't have a team of attorneys? Or

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**FEBRUARY PROGRAM at the**

# BOWRAVILLE THEATRE

Thursday, 7<sup>th</sup> February from 7.30pm

**The Death of Stalin** - The one-liners fly as fast as political fortunes fall in this uproarious, wickedly irreverent satire from Armando Iannucci.

Moscow 1953: when tyrannical dictator Joseph Stalin drops dead his parasitic cronies square off in a frantic power struggle to be the next Soviet leader. Among the contenders are the dweeby Georgy Malenkov (Jeffrey Tambor), the wily Nikita Khrushchev (Steve Buscemi), and the sadistic secret police chief Lavrentiy Beria (Simon Russell Beale).

But as they bumble, brawl and backstab their way to the top, just who is running the government?

Combining palace intrigue with rapid-fire farce this audacious comedy is a biting funny takedown of bureaucratic dysfunction performed to the hilt by a sparkling ensemble cast.



Sunday, 17<sup>th</sup> February from 2pm

**The Exes** - French with English subtitles

A remake of the Italian farce *The Exes* transposes to Paris - City of Lovers - where the fallout from love includes innumerable broken hearts, unresolved relationships and former partners who just can't let go.

In particular, Antione (Jean-Paul Rouve) makes it a point to avoid involvement, Didier (Patrick Chesnais) wants his wife back, Laurent (Arnaud Ducret) celebrates the marriage of Julie (Stefi Celma) through gritted teeth, Serge (the filmmaker himself, Maurice Barthélemy) is hassled by his current girlfriend's ex and Greg (Baptiste Lecaplain) finds consolation with his ex's dog.

This is a film for tuning out and enjoying the ride.



**Café open 1 hours prior to doors opening.**

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



**Bowraville & District  
Ex-Services Club  
6564-7304**

*What we have to offer . . .*

**TAB - Fox Sports**

**Keno - Gaming Machines**

**Pool Table - Daily Happy Hour**

**Bingo - Raffles**

**Members' Draws**



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

**FREE POOL Everyday**



4/11

## 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

4/11

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

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Church congregation from Macksville and is enjoyed by all. Rev. Jason Jon from Bellingen will conduct our next service on Sunday, 9th September and all are very welcome.

## Macksville/Bowraville Uniting Church Op Shop

We still have a good collection of summer clothing - women's, men's and children's - including swimwear. The furniture hall is also well stocked and we have a stand of fancy dress clothing.

A big thank you to our volunteers who come into work on a regular basis and to our customers who come along to buy our goodies. Please ring **0410 033 635 for more details.**

## Nambucca Valley Community Church Food Hub

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

## Nambucca Valley Community Church

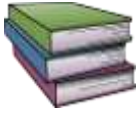
Sunday Church Service at 9.30am, Sunday School 10.15am and Prayer Group at 5pm. Women's Fellowship held at 10am each Wednesday. Youth Group is held each Friday for 12-18 year olds from 6 to 8pm. Phone David Bossard 0427 231 040. Food Hub is run by this

*Continued on page 16*

## MARKETS CALENDAR

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





# BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

## Skull Session

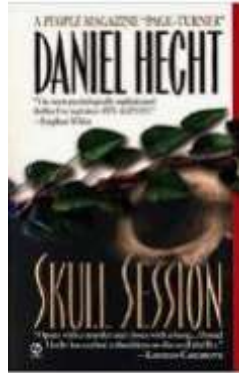
By Daniel Hecht

This a psychological thriller with not such a new basic premise but definitely with twists and turns and several interesting individuals.

Paul Skogland is the main character; a brilliant, personable man but because of his Tourette's syndrome hasn't held down a steady job in years. Paul has been living with his lovely partner, Lia (a bit of a push-the-limits, risk taker type), for 2 years. He shares custody of his young son, Mark, with his bitter, angry ex-wife, Janet. Mark is a troubled lad, showing similar signs to those Paul exhibited when that age.

Out of the blue Paul is contacted by a wealthy aunt he has neither seen nor heard of in years. She's the owner of an enormous, magnificent nineteenth century house, hidden away by forest and a long drive but apparently in dire need of serious repairs due to vandalism in her absence. He is unable to turn down her offer of work as he's more or less broke.

Lia accompanies Paul on his task but they soon discover the cleanup and repair job is mammoth; the damage hard to explain...certainly more than kids vandalising for fun; actually, more than an adult could inflict without the aid of machinery. Mmmm?



At about the same time they arrive on scene so does Morgan Ford, a police investigator, who due to a questionable incident was shunted out of his previous station and not enthusiastically welcomed at his new one. He has inherited a bunch of old files his predecessor didn't put much effort into. Mo becomes a friend and ally to Paul and Lia as they try to sort out what has actually happened at the mansion and what, if any, connection there is to Mo's cases. Paul is also trying to sort out his Tourette's and medication, his family's past and his memories, the impending custody battle with Janet and the attraction between Lia and Mo as well as other 'brain issues' he's been having.

I enjoyed *Skull Session*, particularly the twist at the end (yep, you know I like it when I can't predict who did what) but did find the medical/scientific terminology a bit boggy toward the finale. I like the way Hecht uses characters' self-talk to enlighten us to their personal issues and doubts....a personal insight.

I found the Tourette aspect eye opening having no previous understanding of what it really means to have it and felt the author must have some first hand experience with Tourette's as his portrayal of Paul's condition was so realistic. I felt there was deep understanding there.

There is a great deal more to this novel but I will leave it here and hope that, if you like a thriller with a difference, you are encouraged to read it.

- This book read and reviewed by BTC Volunteer Raewyn.

# Bowra Laundromat

Corner of High & Belmore Streets

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Tokens available at Pub and Newsagent  
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Enquiries: ph 6564 7401



# ABOUT DEMENTIA

## What is dementia?

Dementia describes a collection of symptoms that are caused by disorders affecting the brain. It is not one specific disease.

Dementia affects thinking, behaviour and the ability to perform everyday tasks. **Brain function is affected enough to interfere with the person's normal social or working life.**

## Who gets dementia?

Most people with dementia are older but it is important to remember that not all older people get dementia. It is not a normal part of ageing.

Dementia can happen to anybody, but it is more common after the age of 65 years. People in their 40s and 50s can also have dementia.

## What causes dementia?

There are many different forms of dementia and each has its own causes.

The most common types of dementia are Alzheimer's disease, Vascular dementia, Dementia with Lewy bodies, Fronto Temporal Lobar Degeneration (FTLD), Huntington's disease, alcohol related dementia (Korsakoff's syndrome) and Creutzfeldt-Jacob disease.

## Is it dementia?

There are a number of conditions that produce symptoms similar to dementia. These include some vitamin and hormone deficiencies, depression, medication clashes or overmedication, infections and brain tumours.

It is essential that a medical diagnosis is obtained at an early stage, when symptoms first appear, to ensure that a person who has a treatable condition is diagnosed and treated correctly.

If the symptoms are caused by dementia an early diagnosis will mean early access to support, information and medication should it be available.

## Can dementia be inherited?

This will depend on the cause of the dementia so it is important to have a firm medical diagnosis.

If you are concerned about the risk of inheriting dementia consult your doctor or contact Dementia Australia to speak to a counsellor.

Most cases of dementia are not inherited.

## What are the early signs of dementia?

The early signs of dementia are very subtle and vague and may not be immediately obvious. Some common symptoms may include:

- Progressive and frequent memory loss
- Confusion
- Personality change
- Apathy and withdrawal
- Loss of ability to perform everyday tasks.

## What can be done to help?

At present there is no prevention or cure for most forms of dementia. However, some medications have been found to reduce some symptoms. Support is vital for people with dementia. The help of families, friends and carers can make a positive difference to managing the condition.

- [www.dementia.org.au](http://www.dementia.org.au)

**BOWRAVILLE PHARMACY**

31 HIGH STREET, BOWRAVILLE

PHONE: 6564 7925 or FAX: 6564 7364

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



# Be prepared for snake bite

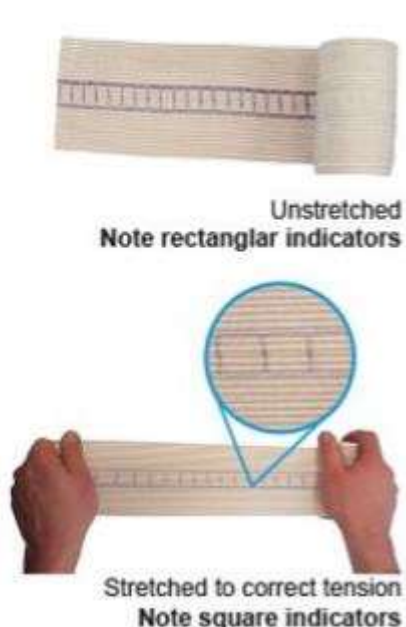


With our summer weather hotting up snakes will be increasingly out and about.

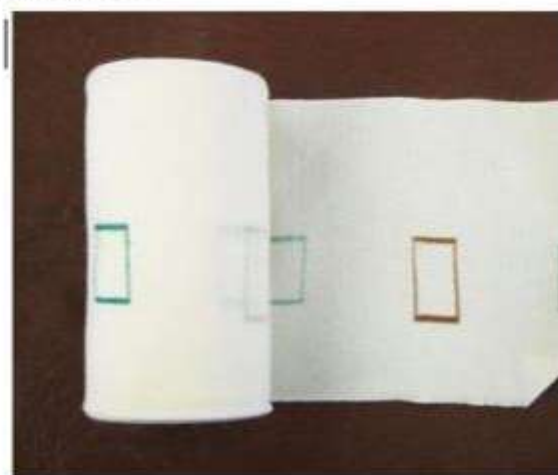
It may be time to update your first aid supplies to include new snake bite approved bandages.

Setopress and AeroForm Premium snake bite bandages with continuous indicators are premium heavyweight conforming bandages. They are ideal for use with the Pressure Immobilisation Technique which is used for the treatment of all Australian Snake and Funnel Web Spider bites as well as Blue Ringed Octopus and Cone Shell stings.

Bowraville Pharmacy is now stocking AeroForm and Setopress Bandages in store.



From \$9.99



**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





## Making reusable shopping bags from pre-loved fabrics



*by the community,  
for the community.*

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

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

Enquiries: 6564 7908 [marion.syratt@gmail.com](mailto:marion.syratt@gmail.com)

## ~ TECH TALK ~ TECH TALK ~

Continued from Page 6

what if their family members use their posthumous likeness as an ATM, selling out to whomever writes them a gargantuan check?

For instance, in 2013, a CGI Audrey Hepburn appeared in a television ad for Galaxy brand chocolate bars. A mid-1990's commercial featured Fred Astaire dancing with a Dirt Devil vacuum cleaner.

Digital Marilyn Monroe can be found in commercials hawking perfume. Would any of these celebrities have consented to these



recreations? Would we be cool with Paul McCartney gathering together some digital Beatles for a reunion tour or Martin Luther King Jr. yelling "Make America Great Again!" in a Donald Trump campaign ad?

Just because society can do something doesn't mean it should. If you're fortunate enough to be remembered well beyond your death you should be remembered by the way you chose to live your life not the way keyboard-banging entrepreneurs want you to be memorialised. Presumably dead people have already had a rough time of it - we should all leave them alone.

- [www.usatoday.com](http://www.usatoday.com)

## LIONS CLUB OF BOWRAVILLE INC. SUPPORTING OUR COMMUNITY

### PRESIDENT

Mark Scott

M: 0428527545

### SECRETARY

Cherie O' Donohue

### TREASURER

Greg Lamberth

Email:

[bowraville@lionsdistrict201n1.org.au](mailto:bowraville@lionsdistrict201n1.org.au)

PO Box 23 Bowraville NSW 2449



4/11



Have you checked out the Bowraville Community Website?

# [www.bowraville.nsw.au](http://www.bowraville.nsw.au)

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



Bowraville Community Website

## Bowraville Chamber of Commerce and Industry Inc

[chamber@bowraville.nsw.au](mailto:chamber@bowraville.nsw.au)

FEBRUARY 2019

Welcome to a new year and a new Chamber of Commerce Committee.

Are you a small business owner? Do you run your own business from home? All business owners, the self employed, community organisations and community minded individuals - the Bowraville Chamber of Commerce needs you!

To get the year underway with a bang we're having an informal gathering at the Bowra Hotel on Thursday 7th February commencing at 6pm. Nibbles supplied.

We're inviting all Bowraville residents to come along and see what the Chamber of Commerce is all about and how your support can help our town prosper. Bring friends and meet new ones and enjoy a pleasant evening. We hope to launch the year with positivity and some great ideas to help boost our beautiful town and

the surrounding hinterland.

There is no pressure to become a member of the Chamber but if you'd like to join on the night we'll have membership forms on hand. Fees are reasonable at \$10 per annum for non business individuals and \$40 per annum for businesses holding an ABN.

We look forward to your company on the night.

### 2019 Committee Members

President	Gay Larkin
Vice President	Max Duncan
Secretary	Karly Lane
Treasurer	Phillida Hartley
Tidy Town Officer	Robynne McGinley
Public Officer	Cherie O'Donohue



[chamber@bowraville.nsw.au](mailto:chamber@bowraville.nsw.au)



## We're here to help

New Licensee of the BOWRAVILLE Post Office.

Servicing the local community with:

- Bill payment
- Bank@Post#
- Identification checks
- Travel essentials
- Prepaid mobile phones and recharge\*
- Stamps and stationery - office and school
- Great gift ideas and much more

We also have PO Boxes available.\*

**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



# The History of Australia's Flags

## Australian Red Ensign

The Australian Civil Ensign, or Australian Red Ensign, is simply a red version of the Australian National flag. It is for use only at sea and officially never on land but can be used by private citizens. At sea it is the only flag allowable for merchant ships registered in Australia under the Navigation and Shipping Act 1912 and The Shipping Registration Act 1981. Pleasure craft, however, may fly either the Red Ensign or the National Flag.



The history of the Red Ensign is intertwined with the history of the Australian National flag. From 1901 to 1954 the Red Ensign was in practice used as Australia's Civil Flag, i.e. the flag to be flown by private citizens on land. The Blue Ensign was for Government use only reflecting British practice with its ensigns.

In 1941 Australia's Prime Minister Robert Menzies added to the confusion by directing that there should be no restriction on private citizens flying the Blue Ensign though most people continued to use the red ensign. This Government consent was reaffirmed by Prime Minister Ben Chifley in February 1947. However, the confusion really wasn't ended until the Flags Act 1953 (enacted in 1954) gave legal effect to this directive with the Red Ensign becoming reserved as the Civil Ensign.

## Australian National Flag

In vexillological (study of flags) terms the Australian flag is a defaced British blue ensign, the State Ensign of the United Kingdom.



In the upper left-hand corner of the flag is the Union Flag (i.e. the State and Civil Flag of the United Kingdom, popularly called the Union Jack). On the fly are 5 white stars, representing the Southern Cross, a constellation of stars generally only visible in the southern hemisphere. Each star has 7 points except for the smallest star which has five.

Directly below the Union Flag is a large 7 pointed white star, called the Federation Star, representing the federation of the colonies of Australia on 1 January 1901. There is one point for each of the six original states and one to represent Australia's internal and external territories.

## Aboriginal Flag

The Aboriginal Flag, designed in 1971 by Harold Thomas, an artist and an Aboriginal, was designed to be an eye-catching rallying symbol for the Aboriginal people and a symbol of their race and identity. The black represents the Aboriginal people, the red the earth and their spiritual relationship to the land, and the yellow the sun, the giver of life.



In the late 1960s Aborigines stepped up their campaign for indigenous land rights through protest marches, demonstrations, banners and posters. The protests increased in the early 1970s and Harold Thomas noticed they were often outnumbered by non-Aborigines with their own banners and placards. He decided they needed to be more visible and the idea of the flag was born.

The Aboriginal flag was first raised in Victoria Square in Adelaide on National Aboriginal Day in 1971 but was adopted nationally by Aborigines and Torres Strait Islanders in 1972 after it was flown at the Aboriginal "Tent Embassy" outside the old Parliament House in Canberra.

The Aboriginal flag is increasingly being flown by both Aboriginal and non-Aboriginal people. In view of its increasing importance in Australian society the Government initiated steps in 1994 to give the flag legal recognition. After a period of public consultation the Government made its own decision in July 1995 that the flag should be proclaimed a "Flag of Australia" under section 5 of the Flags Act 1953. The flag was so proclaimed by the Governor General of Australia, William Hayden, on 14 July 1995.

- [www.ausflag.com.au](http://www.ausflag.com.au)





# **Bowraville Lions Club Inc**

# **News Bulletin**

**FEBRUARY 2019**



A special message from Santa and his Elves

Santa and his Elves would like to thank all the children who wrote letters to him for Christmas.

He is so happy that so many children from Bowraville and the Nambucca Valley wrote to him with their wishes and stories and he looks forward to hearing back from them again next Christmas.

**A special thank you to Karin and Cherie (Santa's Elves) for sorting through all the letters for Santa and helping him to reply to each child.**

## **NEW MEMBERS**

The Bowraville Lions Club would like to welcome our newest member, John Cowie, who has already been a fully active member **helping with our BBQ's and fund raisers in 2018.**

We look forward to working with all our new members to raise money for our local community and Lions national projects in 2019.

## **MEETINGS**

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

They are held on the 3rd Wednesday of the month, 6.30pm at the dining room of the Bowra Hotel. Phone Mark on 0428 527 545 or email [mark.scott@lionsdistrict201n1.org.au](mailto:mark.scott@lionsdistrict201n1.org.au)

## WHAT'S HAPPENING IN BOWRA

Continued from Page 8

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.

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

*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 ~ TRAINING COURSES  
TECHNO CLUB ~ BOOK NOOK  
~ CENTRELINE ACCESS ~  
**BOWRAVILLE TECHNOLOGY CENTRE**  
39 High Street, Bowraville  
6564-7420  
[admin@bctc.com.au](mailto:admin@bctc.com.au)

## Morning tea celebrations for Seniors

The 2019 NSW Seniors Festival will be held from Wednesday February 13 to Sunday February 24 across NSW.

**In the Nambucca Valley a morning tea and lunch with entertainment and information stalls will be held on Thursday, February 14 from 9.30am at Macksville Ex-Services Club.**

Tickets are free and can be collected from Macksville Library (6568 1422) Tuesday to Friday 9.30am to 5pm or Nambucca Heads Library (6568 6906) Monday to Friday 9.30am to 5pm, Saturdays 9.30am to 12 noon.

**Bookings are essential by February 7, 2019.**

## PUBLIC NOTICE

*Is the BTC Fax service important to you?*

The Bowraville Technology Centre currently provides a service for incoming and outgoing faxes. With the intended switch to NBN and with the cost of the current service we are considering discontinuing this service in the near future. If you have a compelling reason for this service to continue please contact the BTC on 6564-7420 and speak to Mark.

## 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.**

# Bowravillians receive Australia Day Awards

## Junior Citizen of the Year - Jack Sullivan

Jack is currently studying for his HSC at Bowraville Central School and is described as a truly outstanding young man who helps everyone in the community. He also goes above and beyond to support his peers and the staff at School.

## Cultural Achievement - Lissa Argue

Lissa has a huge impact on the lives of many residents of the Nambucca Valley community through her voluntary work as director/conductor of the Bowraville Theatre Singers. She brings the joy of singing to everyone and is always enthusiastic and keen to make rehearsals a fun experience.

## Good Neighbour - Nola Ryan

Nola demonstrates a positive attitude and spirit in all aspects of her life. She is generous with praise, with smiles and with love. She visits people in hospital or at home, runs errands and is a terrific listener. To these people she might give a smile, a hug, a kind word, a prayer, an encouraging note or a bunch of flowers.

Giving takes time; it takes Nola out of her way but giving and self-sacrifice are all part of her love for other people.

## Services to the Community, Individuals - Barry Noble

Barry is well known and respected in the Nambucca area having lived here all his life. He has used his musical talents to entertain people for many years having started in the early '60s at the Golden Sands Hotel. He has entertained at various venues over the years, sometimes in a voluntary capacity.

## Noel Short

For many years Noel has driven the Bowraville Ex-Services' bus voluntarily for patrons to visit and return home safely while also providing transport to weddings, funerals or sporting events. Noel also volunteers at the Bowraville Races driving visitors to and from the races. He also drives the "Goannas" Rugby team to their games.

## Dorothy Channells

Dorothy is a long-time resident of Bowraville and has always been charitable. She is an active member of the local Anglican Church community.

Dorothy also runs a social craft group in Bowraville where women of the community come together for social contact and to make knitted and crochet goods for the homeless, returned soldiers and blankets and toys for children in hospitals and cancer patients.



Continued on Page 19

## 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.

1/11



## Mayor Rhonda Hoban receives Order of Australia

An embossed envelope from the Governor General did not really catch Rhonda Hoban's attention when she checked the mail some weeks ago. When she opened it she got the surprise of her life ...

The letter was telling her she'd been awarded an OAM (Order of Australia) as part of the 2019 Australia Day honours list.

"I was in shock ... I felt incredibly humbled and chuffed but also slightly uncomfortable – normally I'm the person presenting the awards, it feels so strange being on the receiving end."

Rhonda, who is currently in her fourth term as a Nambucca Shire councillor and third as the mayor, received the accolade "in recognition of her services to the community in her role as mayor".

"I can immediately think of so many others who are deserving of such acknowledgement. There are hundreds of volunteers working in our community to improve our quality of life."

"That is what gobsmeaked me the most when I first became the mayor ... seeing all those people working quietly in the background at all those events, keeping things ticking over – at surf clubs, school committees, RFS, VRA, Lions, Rotary, art groups. The only difference is that my role is a more visible one."

While Rhonda might squirm in this particular spotlight her husband Kev says she deserves every bit of it.

"I see the amount of work that Rhonda does, it is 24/7 ... and people are always telling me how much they appreciate that she takes the time to listen and follow up and get back to them," Kev said.

Rhonda said her mayoral achievements could not be seen in isolation.

"Big projects like the highway bypass, the new hospital and the dam all come about because a lot of people are lobbying... not just me."

***None of that happens on its own – I am surrounded by a team of good councillors, good staff and a lot of community support.***

To which Kev adds: "But Rhonda will take things as far and as high as possible, she doesn't pay any attention to titles or positions."

All that aside, Rhonda says public speaking does still make her nervous and it is at home on the farm where she is happiest – in a t-shirt and her trusty work boots.

- [www.nambuccaguardian.com.au](http://www.nambuccaguardian.com.au)

### **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.***

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# Bowravillians receive Australia Day Awards

*Continued from page 17*

Dorothy is a dedicated, active member of the local social enterprise activity Nambucca Valley Boomerang Bags and regularly participates in the weekly sewing bees, helps out at market stalls and sews lots of bags at home. When Dorothy takes her regular walks around the Bowraville township you will see her collecting rubbish discarded on our roadsides.

## **Dee Daley and Neil Green**

Dee and Neil Green provide a food service to the needy of Bowraville. They pick up leftover bread and food from the supermarkets 4 mornings a week and distribute it to families in the area who are in need and going through hardship. They do this without hope of reward and donate their time and money for the cause.

Dee and Neil are truly dedicated to helping people in Bowraville.

## **Noel Mackay**

Noel has been a member of the Bowraville Recreation Club for over 35 years and is one of the longest continual members in the club's history. Noel has been on the Board of Directors and Golf Captain for many years but above all, has been a continual volunteer worker around the Golf and Bowling Club.

Noel works 6 days a week, 6 hours a day on the course on a volunteer basis.

He undertakes slashing fairways, maintaining greens, maintaining serviceability of the course machinery, arranging golfing days for young and old both at the Club and away venues. He does coring, sanding, weed control, water pumps and the reticulation system and maintains the general appearance of the course.

It is hard to know how much Noel's dedication has saved the club and there is no doubt that his volunteer service over 35 years has helped the club stay financially viable. His efforts have certainly kept a community sporting venue going and in good condition, all this at 84 years young and still going strong.

## **Ivan Noble**

Ivan has for many years displayed a natural desire to help others in our community. He has been very helpful to the farming community both with his knowledge and ability with cattle, grazing and pasture. He is very quick to lend assistance to the seniors by helping with chores around the house and farm.

Ivan enjoys transporting sick and elderly people to various medical appointments both in the Nambucca Valley and Coffs Harbour. It is common for Ivan to turn up at many people's homes with fresh vegetables, a piece of pork or some beef.

Ivan is happy to deliver medications from Bowraville Pharmacy to people who are unable to pick them up themselves.

We are very fortunate to have Ivan in our Valley taking care of many particularly those who are ill and partners of deceased friends.

## **Environmental Award - Gai Nowland**

Gai arrived in Bowraville three years ago and immediately joined the Bowraville Community Garden bringing her enthusiasm for permaculture, environmental sustainability and living lightly. She is a crucial community connector between the garden, community members, school and environmental groups like Landcare.

Through these collaborations Gai has led many workshops and social events, bringing people across the town together. Gai continues to be one of the most regular volunteers and leaders, she is always prepared to do all the hard and dirty work. She can be regularly seen carting heaving equipment, to and from the site, to get the job done.

Gai helped with the establishment of the Nambucca Valley Boomerang bags in 2017 and the group has made over 1,000 bags contributing to the reduction in landfill.

Congratulations to Gai on this award in the newly added category.

- [www.nambuccaguardian.com.au](http://www.nambuccaguardian.com.au)

## What plants want . . .

### The Primary Macronutrients

#### **Nitrogen (N)**

Nitrogen is a vitally important element in the plant amino acids (the building blocks of proteins). It is also a necessary part of the green bits in the leaves of plants (chlorophyll) and really important for leaf growth.

Plants may be nitrogen deficient if older leaves are pale green to yellow, often with a tinge of red, or if plants are stunted. Nitrogen deficiency may be a cause of leaf drop.

Plants may have too much nitrogen if shoots wilt, dead spots appear on the leaves of young plants or if masses of soft deep green leaves that are prone to pest and disease appear.

#### **Phosphorus (P)**

Phosphorus is involved in just about everything that goes on in plants. It is especially important where cells are actively dividing (growing) and it promotes the growth of seedlings, roots, flowering and fruit and seed formation.

Plants may be phosphorus deficient if they have poorly developed roots, are a bit stunted, and, most obviously, leaves are purple tinged.

Plants may have too much phosphorus if older leaves display necrosis (browning and death) of tips and margins followed by dropping off of the affected leaves. Chlorosis (yellowing) of younger foliage often occurs and the plant dies in severe cases. Phosphorus toxicity is rare but a small number of species are prone to the problem, the majority being Australian natives from the Proteaceae family.

#### **Potassium (K)**

Potassium is extremely important in helping plants resist disease, producing chlorophyll, making plant cells stronger and moving water through plants.

Plants may be potassium deficient if they have weak stems, older leaves are floppy and have brown scorched edges and can be bluish green, and are overly sensitive to frost. If you live in an area with sandy soils and a fair bit of rain you may come across this deficiency. Symptoms may also be similar to phosphorus deficiency but with the added bonus of poor root development and wilting of new growth.

*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**

4/11



## Thank You

Chris and Russell Dyer send out a big THANK YOU to the many friends, customers and employees who sent flowers and cards, made calls of inquiry and get well wishes after they were both hospitalised following a serious car crash in November last year.

Chris is now back behind the counter at the Bowraville Post Office and Russell is steadily recovering in Baringa Hospital.

Chris sends a special thank you to Cherie, Katrina, David and the rest of her dedicated team for 'holding the fort' while she and Russell were recovering from their injuries.

- Chris Dyer -

## Our Christmas beetles are disappearing?

*Have you seen any Christmas beetles this year?*

Tanya Latty, an entomologist from the University of Sydney, said "that lots of people have said, "when I was a kid there would be Christmas beetles everywhere and now you rarely see them". And that seems to be consistent, which is decent evidence that there may be something going on, that their populations could be going down".

There are around 35 species of Christmas beetles across Australia with most emerging between mid-November and late December when the larvae hatches.

Dr Latty said there could be many reasons people do not see them as often with habitat loss being the main cause. Christmas beetles have a lifecycle where the larvae feed on grasses and the adults feed on mature gum leaves - if you start to lose that habitat then you start to see a decrease.

The Christmas beetle is one of many insects around the world in decline and humans do not know what effect that will have on the ecosystem.

Unfortunately in the last two or three years long-term data sets have come out from around the world where people have sampled insects at the same place, in the same time and way for long enough to actually be able to show that we are looking at, in some places, up to 80 to 90 per cent declines in our insect populations.

Dr Latty described insects as "the little things that run the world" and said their worldwide decline across species was catastrophic. Insects underpin many of our ecosystems, they are food for bigger things, they clean up waste, they're the pollinators, predators that keep pest populations under control. Insects do essential jobs and if they are starting to decline we don't know the impact that will have.

- [www.abc.net.au](http://www.abc.net.au) - by Dr Tanya Latty - Entomologist from the University of Sydney

## Bowraville Bus Timetable

Departs	
Bowraville Post Office	7.13am
Bowraville IGA	8.13am & 9.13am
Returns	
Macksville to Bowraville	2.35pm
	3.35pm
	4.35pm
	Last bus 5.25pm

Red Ticket — \$2.50 per day  
Eligibility: Pension Card

*busways* Telephone: 6568-3012



*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**  
1<sup>st</sup> Tuesday of the month  
Phone: 5632-4800
- Warrina Women’s & Children’s Refuge**  
2nd and 4th Tuesdays  
Phone: 6652-2400
- Wednesday Baby Health Clinic**  
9am – 12noon  
All Mums and bubs welcome  
Appointment necessary.
- Community Corrections**  
Fortnightly 10am to 3pm  
Phone: 6561-3100
- Thursday Legal Aid**  
1<sup>st</sup> and 3<sup>rd</sup> Thursday  
10am 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](mailto:admin@miimi.org.au)

## Bonita Mabo farewelled at State funeral in late 2018

Dr Ernestine "Bonita" Mabo AO was a Malanbarra woman and a descendant of Vanuatuan workers brought to Queensland to work on sugar plantations. She was born near Ingham in North Queensland and married Eddie Mabo in 1959 and the couple had 10 children. Indigenous education became one of Bonita Mabo's lifelong passions.

In the early 1970s she set up Australia's first Aboriginal community school and worked as a teacher's aide. The Black Community School started in Townsville with 10 students and two teachers who volunteered for half pay. The school taught children to read and write and Torres Strait Islander history and culture. At its peak in the late 1970s 45 students were enrolled at the school. It closed in 1985 due to a lack of funding.

Dr Mabo's husband, Eddie Mabo, spent a decade fighting for official recognition of his people's ownership of Mer Island in the Torres Strait. Her husband did not live to see the result but in 1992 Bonita Mabo was making her way from North Queensland to Canberra when the landmark decision was handed down.

In 2017 she recalled that moment. "We were just outside of Sydney and we stopped and pulled up on the side of the road and Malita rang us and said 'dad won the decision, won the case'," she said. "And we just jumped out and we just hugged each other. We were proud as punch."

In recent years Dr Mabo had been fighting for South Sea Islanders to be recognised in Australia as their own distinct ethnic group. She was recognised in the Order of Australia in 2013 for "distinguished service to the Indigenous community and to human rights".

Dr Benita Mabo has left a legacy of great compassion, of being the woman who was behind Eddie Mabo, her husband, in his fight for justice and human rights, She was also an activist in her own right and a great legend across this whole nation. Like her husband her legacy will always live on.

- [www.abc.net.au](http://www.abc.net.au)



## Ngambaga Bindarray Girrwa Community Services Aboriginal Corporation

ABN:19746606729

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

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

Address: 1/53 High St, Bowraville,

Web: nbgscommunityservices.com.au

Email: admin@nbgs.com.au



## CHSP & NRCP

(In the Nambucca Valley)

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

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

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

## Early Linker Program, Mid North Coast

(Kempsey to Red Rock, Coffs Harbour)

- Early Links is for:**
- People with a disability aged 0-8 yrs and who are generally not accessing any specialist disability service
  - Carers and families of people with a disability
  - The community
  - People wanting assistance to accessing community and mainstream services, knowledge, resources and opportunities in their communities
- Early Links Mission:**
- "Every child, every opportunity"
- Early Links Vision:**
- "Communities where every child participates and every family is respected"
- An Early Linker will assist with:**
- General development concerns
  - Information and support for families to find out about their children's disability needs
  - Identify concerns, set goals and development plans for the future
  - Connecting with other parents, community and service providers
  - Build confidence to achieve your goals
  - Develop your existing support networks and create new networks
  - Look at ways you can participate and be a part of you community.





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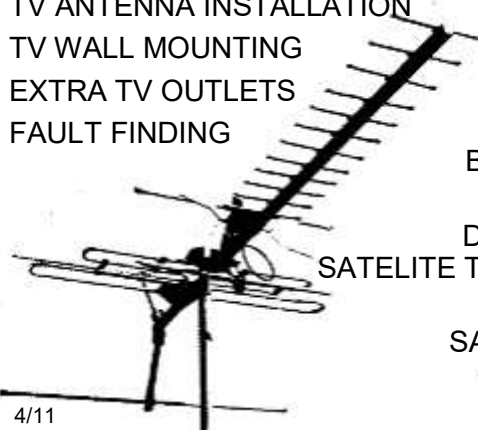
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# How to best care for your muscles and why it's important

Your body's muscular system is an important network of soft, elastic tissue. From larger muscles such as the quadriceps in your thighs to smaller muscles like the orbicularis oris muscles in your lips your muscles have many functions in your body. They:

- 1. Generate movement:** Muscles move by contracting and relaxing. When they contract they shorten and push together making the muscle look bulkier. When they relax the fibres move apart and the muscle lengthens and thins. Many muscles are attached to your skeletal framework and also help to move your bones and limbs. In some areas of the body their contractions also ensure the movement or nourishment of important bodily fluids.
- 2. Stabilise your joints:** The fibres of skeletal muscle are held together by sheaths of connective tissue.
- 3. Affect metabolism and body temperature:** When they are burning energy to move your muscles become warmer which is why your body warms up after exercise. Muscle tissue also helps boost your metabolism.
- 4. Help keep you upright:** The muscle groups attached to the bones in your legs, abdomen and spine are particularly important for this function.

## The makeup of muscle

Your body houses an estimated 600 to 700 muscles which make up around 40 per cent of your body weight. There are three major types of muscle:

- 1. Smooth muscle** which is in organs and areas like the gut
- 2. Skeletal muscle** which is connected to bone
- 3. Cardiac muscle** which keeps the heart beating

Muscles also come in different shapes: flat (eg: diaphragm and forehead), circular (eg: pupils in eyes, entrance to bladder), triangular (eg: deltoids in your arm) and spindle-shaped (eg: biceps and triceps).

Each muscle contains tens of thousands of tiny fibres and each fibre is made up of long thin cells packed together in bundles. The more muscle fibres the stronger the muscle. Nerves activate muscle cells via electrical impulses that stimulate the cells to contract or relax. Your muscles also contain blood vessels that remove waste products and carry nutrients from your food to energise your muscles so they can move.

## Feeding your muscles

Muscles are fuelled by glucose. This comes from carbohydrate foods such as rye bread, fruit, rice and vegetables such as corn.

Muscles also contain two kinds of protein, myosin and actin, so protein foods are pivotal to muscle development and maintenance. Under a microscope, proteins look a little like necklaces: they are made up of strings of attached molecules, called amino acids, which contain important chemicals such as carbon, hydrogen, oxygen and nitrogen. Of the 20 existing amino acids nine are considered "essential" because they are critical to the health and proper function of your body and mind.

Protein is a necessity for optimal health, fat loss and muscle gains and is important to the function of all the cells in the body. Aim for a palmful of protein at each meal whether from foods like chicken and eggs or plant sources such as legumes (chick peas).

Some exercise experts recommend that within an hour of exercise you should eat some healthy protein and preferably a little carbohydrate to go with it. Together protein and carbs have been shown to increase protein uptake in cells which helps build muscle tissue after exercise. Meat, beans, eggs and chicken are excellent sources. Banana in yoghurt can provide a food mix of carbs and protein.

*Continued on page 28*





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

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

### Aged Care

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

### Home Modifications

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

### BOWRAVILLE STRONG FAMILIES

#### Men's Group

Strong Families host a Men's Outing each Thursday from 9.30am to 2.30pm. It's a chance for the local men to make a few friends, enjoy a social outing and a BBQ lunch. Each week local organisations interact with the group allowing for interaction and information to be given on local services. Contact Gary for transport and further information on 6564-7677 or 0499 002 11 if you would like to be involved.

#### Support Groups

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

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



Bowraville Strong Families

National Standards for Disability Services certification  
 Registration number: DSWR610365  
 Nambucca Valley Phoenix acknowledges and pays due respect to the traditional custodians of the Nambucca Valley.

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

### Where would you like to go?



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

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

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

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

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## How to best care for your muscles and why it's important - *from page 26*

### Stress - the muscle stealer

When you almost trip down the stairs and your heart rate and perspiration suddenly ramp up you release stress hormones such as cortisol and adrenalin. Cortisol is catabolic which means that it can decrease anabolic hormones including IGF-1 and GH which both help to encourage muscle growth and increases protein and muscle breakdown when cortisol is released as part of the fight-or-flight stress response.

As your body thinks you are facing an emergency its job is to then pull blood sugars and fats and protein from where they're stored in tissue and get them into your bloodstream to give you a quick source of energy. It also encourages you to store more fat particularly unhealthy visceral fat in your belly.

If you're under chronic stress — or even if you've had a stressful couple of days — the excess cortisol can put your body into a state of constant catabolism that is breaking down your muscle. Though exercising might seem to be the best way to burn off the cortisol there's one problem: exercise also prompts the release of cortisol. In a healthy, well-functioning body that rise is only temporary but if you have health, hormonal or stress issues then your cortisol may be chronically elevated. Mild, moderate and high intensity exercise may then raise cortisol further and the more taxing the workout the higher the cortisol release.

This is beneficial for many people but may be bad news for your muscles if you've been living in a stressed-out state for a lengthy period of time. If that is the case engage in some slow-moving exercise such as yoga and tai chi to naturally counter the cortisol increase. This will have calming effects on your body and mind helping lower cortisol levels and also preserve your muscle. In addition, make sure you regularly engage in activities that promote relaxation and calm such as mindfulness, meditation and yoga nidra.

*Next month - How to build muscle*

*-www.wellbeing.com.au*



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## 3 Ways to Reuse a Plastic Bottle

No matter how hard you may try to avoid plastic you always seem to end up with a few plastic bottles in the recycle bin. The average adult throws away approximately 85 kilos of plastic per year, and while not all of that is plastic *bottles*, anything we can do to reduce our plastic waste is going to help put a dent in that number.

Recycling itself is not enough. That trip to the recycle center *extends* plastic's life but it's still landfill-bound eventually where it won't break down for *centuries*. Rather than send your used plastic bottles through the waste stream you can *reuse* plastic bottles in all sorts of creative, fun and crafty ways! Here are a couple of great ideas to get you started:

### Water Bottle Flower Container



To recycle a 2 litre or larger plastic bottle add soil and some flowers and you have a beautiful flower container for your backyard! You can tie it to a tree or hang it on a fence or on wall. Add some small rocks and moss and punch a few holes to the bottom of the bottle.

### Bottle Greenhouse



These easy to make 'greenhouses' will extend your growing season quite a bit.

Cut off the bottom of a plastic bottle and unscrew

the cap - that gives you an instant mini 'greenhouse'.

*3 tips you might find useful-*

1. Select larger bottles such as 3L juice or water bottles so plants can grow bigger in

them for a longer time if the weather is not right for planting out.

2. Leave the top cap off! The mini greenhouses can get too hot if it's completely enclosed. The best time to use them is when outside temperatures go below 18°celsius.

3. When seedlings are still small a good way to ensure that water can get to them is to create a soil basin larger than the bottom of the cut bottle so water can seep through the basin.

### Water Bottle Bird Feeder

*You will need a plastic bottle, 2 large spoons, birdseed, a craft knife and scissors.*

With a marker pen draw a small circle on one side of the bottle about 100mm up from the bottom. Cut it out with a craft knife making sure the end of the spoon fits snugly into the hole.

Directly opposite this hole cut a slightly larger hole. Make sure the big end of the spoon can rest in the hole.

Repeat this process approximately 2 inches from the bottom of the bottle but use the opposite sides of the bottle so your spoons are at a 90° angle to one another.

Fill the bottle with birdseed. Do this in an area where you can sweep up the mess!

Make a hanger out of wire, secure to the top of the bottle and hang where you can watch the action!





# Fabulous Christmas Lunch at St Jimmy's

For the fourth year running St Jimmy's provided the Bowraville Community Christmas lunch. Fortunately, this time it was a little cooler than previously and just over 100 people were able to join in for fun, friendship and fantastic food!

As a special treat guests were lucky enough to enjoy the beautiful singing of Sharon Coleman while getting to know each other.

Also there was a general knowledge quiz which involved much discussion and the odd search using a mobile phone to find the answers. Plenty of laughs were had with most people winning a prize!

The food and hall were prepared by a talented team of volunteers some of whom started preparations months in advance. Congratulations go to Trixie Dorrian and Nathan Franke for the excellent job they did roasting the meats and vegetables and Dee Daley for the desserts.

The organising team of Tony and Chris Fuller, Dee Daley, Neil Green, Trixie Dorrian, Nathan Franke and Kerrie Savins would like say thank you to all those who helped, attended and sponsored the day.

Sponsors included The Nambucca Heads Anglican Parish, Bowraville Pharmacy, Bowraville IGA, Macksville Woolworths, Nambucca Shire Council, Bowraville Ex-Services Club, Dangerous Dan's Butchery, Bowraville Central School, Bowra Tigers Leagues Club, Bowraville Jockey Club, Bunnings Coffs Harbour, K Mart, Pioneer Community Centre, Norco staff Bowraville, Matt Winslow, Nola Ryan and HECS Carpet Cleaning Service.



*From top left: Singer Sharon Coleman, two of many volunteers who made the day such a success, tables full of people getting to know each other and enjoying the festive spirit of the day.*



*Lot of happy faces of Bowra kids enjoying Christmas Lunch.*



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Tax Help is a network of ATO-trained and accredited community volunteers who provide a free and confidential service to help people complete their tax returns online using myTax.



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

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	2NVR Recycled Radio	LET IT BE With Sean Norman Music and chat in the morning.	Bubble N Squeak Linda & Michelle <i>A family show with Christian themes</i>	Under The Singing Tree Poppa	Green Eggs on Toast Part 2 Lawrie Medbury Music, Movies News, Weather Local Info	In The Mood With Gary Biden Easy Listening To Rock & Pop	Praise, Prayer & Pop With Linda & Michelle	6 AM
7 AM	Macca's Breakfast Club With Les McMahon	Dyer's Loop With The Dyers Music to ogle for, of course	Isn't it Romantic With Dales Dent <i>Crooners Easy Listening Popular Ballads</i>	Tones of Clairessence Claire Watt-Powell	Talk Of The Town Ceni Wicbel <i>See what's going down! All things local</i>	The History Hour With Beverly Gibbs	Sunday Morning Music Mix	7 AM
8 AM	Classic Hits & Jukebox Paul Rowe <i>Great Rock 'n' Roll 1950s-2010s</i>	Inspiration Richard Laxon <i>Air eclectic time with Richard</i>	Jazz Azz I Like It Heather Heywood <i>A mix of jazz with lotsa Oz</i>	Grace's Vybes With Grace McLeod <i>Grace's special mix of music for your enjoyment</i>	Outback Outlaws Paul Rowe <i>Old and new country music</i>	Hair Of The Dog Mick Birles <i>Rock, Pop Covers and Music Trivia</i>		8 AM
9 AM	Baby Boomers Donna Collins	The Phoenix Crew Selected music & madness	Just For You Carole J. Simmons <i>Patroned by Karola's Deutone Husk Bunche 2NVR Multicultural Radio</i>	The Rock Show With Rob Davidson <i>60's to 80's Rock Music</i>	Today's Country Rob Davidson	The Saturday Groovers With Faye and Zoe <i>Lots of fabulous new and old Australian Music to get your Saturday grooving!</i>	Classical Corner <i>Music from the past 1000 years. Always ready with The Lively Arts</i> <i>Music &amp; stories from the US, TV, books &amp; radio</i>	9 AM
10 AM	The Weekday Fix Paul Weasley	Rob's Roving Robbie & Linda <i>Bible reflections, Gospel &amp; Australian Living in the 60s With Roy Lauder</i>	Sister Act Olivia & Sam	Thursday Country <i>Trickivie</i>	Flashback Rob Davidson			10 AM
11 AM	Daniel's Archive Catch replays from the Nialla Archive with Daniel Gossion	Nambucca Valley Roundup Elizabeth Newman	Nambucca Valley Roundup Paul & Rachel Burns	Highway Blues Retro <i>When Only The BEST BLUES Will Do</i>	Volunteer Emergency Services Show — VESS	Two For The Money <i>Music, chat and a touch of banter with Paul and Rachel</i>	Where There's Smoke There's Fire <i>Shaun Norman &amp; Tara Seriously good M.A....</i>	11 AM
Noon	Bowra Beats 2NVR Youth Radio with Graze	Country and Classic Hits With Byron Edwards	Phillinn With Phil <i>New Australian Blues and Indie/Folk/Rock</i>	Jeff's Junk Jeff Mills	Rhino On The Radio <i>Switching to Studio 3 from 6pm-8pm on the 3rd Friday of each month for live artists &amp; studio audience</i>		That's A Wrap <i>Donna, Tom &amp; Mitch Local sports results and in-depth analysis.</i>	Noon
1 PM	Feel Good Variety Dennis Rutherford <i>Great music &amp; comedy</i>	Soul into Rhyme Matt Lebrandt <i>Whack up the bass and oop a wicked mix of hip hop and fully sock tracks</i>	Ants Rocks Anthony Ganssey <i>Solid Rock</i>	2NVR Overnight Music Mix	The Friday Night Show <i>Continues overnight</i>	Imagine This & The AntisF Radio Show <i>Wolffy's music &amp; requests</i>	Politics and the Environment <i>Michael Jones Music, political and environmental issues.</i>	1 PM
2 PM	2NVR Recycled Radio		Overnight Music Mix	2NVR Overnight Music Mix				2 PM
3 PM								3 PM
4 PM								4 PM
5 PM								5 PM
6 PM								6 PM
7 PM								7 PM
8 PM								8 PM
9 PM								9 PM
10 PM								10 PM
11 PM								11 PM
Midnight								Midnight

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