

# 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



**JULY 2018 ~ ISSUE #164 FREE CIRCULATION 400 POSTCODE 2449**

## NAIDOC Week 2018

**Celebrates the invaluable contributions that Aboriginal and Torres Strait Islander women have made – and continue to make - to our communities, our families, our rich history and to our nation.**

Under the theme - *Because of her, we can!* - NAIDOC Week 2018 will be held nationally from Sunday 8 July and continue through to Sunday 15 July.

As pillars of our society Aboriginal and Torres Strait Islander women have played – and continue to play - active and significant roles at the community, local, state and national levels.

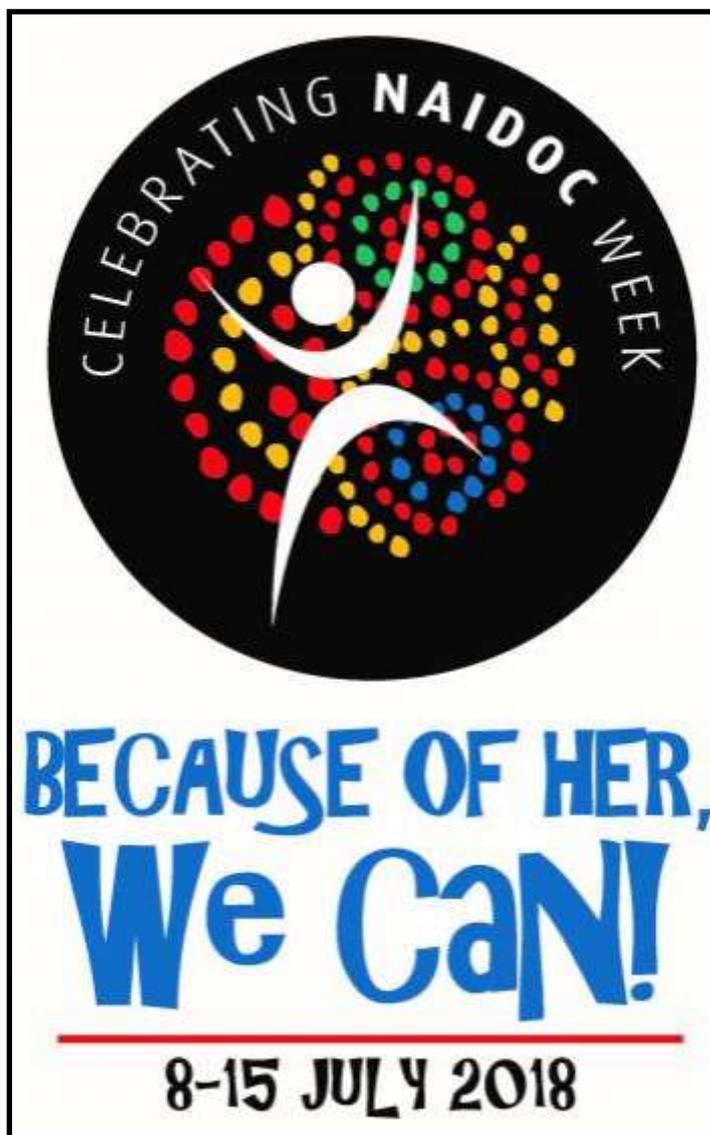
As leaders, trailblazers, politicians, activists and social change advocates Aboriginal and Torres Strait Islander women fought and continue to fight, for justice, equal rights, our rights to country, for law and justice, access to education, employment and to maintain and celebrate their culture, language, music and art.

They continue to influence as doctors, lawyers, teachers, electricians, chefs, nurses, architects, rangers, emergency and defence personnel, writers, volunteers, chief executive officers, actors, singer songwriters, journalists, entrepreneurs, media personalities, board members, accountants, academics, sporting icons and Olympians... the list goes on.

They are our mothers, our elders, our grandmothers, our aunties, our sisters and our daughters.

Sadly, Indigenous women's role in our cultural, social and political survival has often been invisible, unsung or diminished.

For at least 65,000 years Aboriginal and Torres Strait Islander women have carried the dreaming stories, songlines, languages and knowledge that



have kept our culture strong and enriched us as the oldest continuing culture on the planet.

Aboriginal and Torres Strait Islander women were there at first contact.

They were there at the Torres Strait Pearlers strike in 1936, the Day of Mourning in 1938, the 1939 Cummeragunja Walk-Off, at the 1946 Pilbara pastoral workers' strike, the 1965 Freedom Rides, the Wave Hill walk off in 1966, on the front line of the Aboriginal Tent Embassy in 1972 and at the drafting of the *Uluru Statement*.

*Continued on Page 15*

# 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)

## **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 AUGUST 2018**

**ISSUE IS: 4:00PM**

**24th JULY 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](mailto:admin@bctc.com.au)

## **DISCLAIMER**

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

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

# ***Bowraville Technology Centre***

**Open 9.30am to 4.00pm Weekdays**

## **Internet Services**

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

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

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

## **Facility Hire**

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

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

Full day up to 8 hours - \$100.00

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

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

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

Full day - up to 8 hours \$40.00.

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

*“Like us on*



*search for CTCABowra”*

# ***Bowraville Technology Centre***

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

**Open 9.30 to 4pm Weekdays**

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

**The Bowraville Big Burlesque Bash**

On Saturday, August 25<sup>th</sup> the Bowraville Theatre will host an amazing night of quality Burlesque FOR ONE NIGHT ONLY.

Miss Burlesque Sydney will headline a star studded cast featuring Australia's finest Burlesque, Boylesque and Cabaret talent.

Tickets: \$25 from Bowraville Theatre or \$20 online

<https://www.stickytickets.com.au/71089/bowraville-big-burlesque-bash.aspx>

**BowraMacksville UHA**

We were sad to hear of the closure of the Macksville Markets however, when coordinator Faye phoned to say the hospital and cancer support were each to be the recipients of a gift of \$1500 we were delighted. UHA will put this gift towards the purchase of a bladder scan. Two members travelled to Bellingen to celebrate the 80<sup>th</sup> birthday of their Auxiliary. Our June meeting was rescheduled for 29<sup>th</sup> June and July meeting will be our AGM on 27<sup>th</sup> July at 10am in the Macksville Hospital chapel. UHA Members attended a hospital meeting to finalise the details relating to our presence in the new hospital. We are thrilled to know that we will be working in such a great facility. A competition was held to name our rooms and after a popular vote it will be called 'THE CAFÉ, no ambiguity there. A special feature will be the extensive seating and the proximity of a courtyard garden. As 2018 is a celebration of hospital, former Macksville and Bowraville UHAs and the coffee shop, we are planning a special event so mark the afternoon of 22<sup>nd</sup> September.

**Bowraville Garden Club**

Enjoying the delightful June sunny days saw us strolling the gardens of Nambucca Heads. In July we stay close to home again. For those who missed

Denise O'Connor's beautiful garden we have been invited to visit again hoping for no rain this time. Then off to a local wood turner at Stewarts Point. On 28<sup>th</sup> July the Bi-annual Zone Day will be held at Nambucca Ex-Servicemen's Club. Besides morning tea, displays, lunch, raffles and trading table, 2 guest speakers will be present.

**Bowraville Seniors**

Our June trip was postponed so that we could farewell secretary Lou Richards and her partner Ted. Seniors meet at the Coach House Inn on the 3<sup>rd</sup> Monday of the month. Contact Ruth Grace. Plans for our July meeting will announced later.

**Bowraville Recreation Club**

Bowraville Women golfers held a successful Open Day in June. Instead of the usual 18 hole Stableford a 2 person Ambrose was held. Thank you to all who provided the delicious repast and trophies. The day was sponsored by Nambucca Plumbing and Macksville Chemist. Championship bowls are still to be completed. Golfers and bowlers are well into the various pennant games. The Rec Club is pleased to inform that we now have a pie warmer and fresh sandwiches available on competition days. There will be a Bibs and Bones Night on 7<sup>th</sup> July. Bookings essential 0413 408 513 or contact the club on 6564-7349. Besides the variety of meats and salads with 'eat as much as you like' proviso there will be raffles and entertainment. Winter is a great time for golf, bowls and squash so come and enjoy our wonderful sporting facilities or join the walkers for your daily exercise.

**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

*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.com/bowravillefolk](https://twitter.com/bowravillefolk)

~ Groups by appointment ~

5/11

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

3/11

## Weekly Activities

### MONDAY

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

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

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

### TUESDAY

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

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

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

### WEDNESDAY

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

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

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

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

Bowraville Ex-Services Club (6564 7304)

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

### THURSDAY

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

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

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

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

### FRIDAY

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

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

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

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

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

### SATURDAY

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

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

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

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

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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.

From Page 3

shops. Call Lulu Jarrett on 0498 714 334 for more information.

**Line Dancing**

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

**St Jimmy's Kitchen**

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

**Macksville/Bowraville Uniting Church**

Service for the combined Bowraville and Macksville Uniting Church at Bowraville is held on the second Sunday of each month. Macksville Uniting Church is closed and the Macksville congregation join with the Bowraville folk to worship at 10.30am.

Bellingen Uniting Church has kindly donated a Yamaha Organ to use in the Bowraville Church and this should be ready for our next service on 8th July. The service will be conducted by Ken Smith from South West Rocks and a friend has offered to play the organ on that Sunday. If there is a talented organist who could play once a month at Bowraville this would be greatly appreciated.

**Macksville/Bowraville Uniting Church Op Shop**

The Op Shop is operating very successfully and we thank all those volunteers who come along and help with the sorting of clothing and organising donated furniture and electrical items, all of which are electrically tested. The winter clothing is on display and has proved a great benefit to many people with the onset of the cold weather.

*Continued on Page 8*

**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](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

**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



10/11

**BOWRAVILLE GIFT SHOP**

**any occasion**

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

4/11

**BOWRAVILLE HEALTHCARE CENTRE**

Dr Edwina Guard MBChB BSc FRACGP

**IMPORTANT NOTICE**

*Dr Guard has closed her surgery in High Street, Bowraville and moved to new premises in Princess Street, Macksville. For those who cannot travel due to age and disabilities she now offers home visits. Please be kind to the office girls while they transition to the new surgery.*

6/11

## *Four disruptive trends we can't afford to ignore*

Any experienced surfer knows how important it is to keep one eye fixed on the horizon. When a wave is still forming a long way off that's the time to start paddling to get into position and get ready. Leave it too long or fail to move at all and you'll be wiped out as the wave crashes you. It's much the same when looking to ride the waves of change.

Smart leaders and organisations recognise how important it is to have one eye firmly fixed on what lies ahead.

In the words of London Business School professor Gary Hamel: "You can't outrun the future if you don't see it coming".

Some of the world's brightest and most visionary thinkers suggest there are at least four major disruptions looming that none of us can afford to ignore.

### 1. The rise of the robots

While the ethical and moral implications of artificial intelligence are still up for debate what's clear is this automation technology will dramatically impact every single one of us. A few years ago researchers at Oxford found as much as 47% of employment had a 'high risk of computerisation' by the early 2030s; more than 64 million jobs in the US alone.

Computers are getting smarter with every passing day - some even predict that they'll overtake human intellectual capacity by as early as 2029. In this brave new age of hyper-intelligent machines it will be uniquely human capabilities like intuition, judgment, empathy and creativity that will matter most.

### 2. 3D printing

While 3D printing is far from a new technology the years to come will likely see 3D printing become mainstream in some powerfully disruptive ways. In their book, *Abundance: The Future is Better Than You Think*, Peter Diamandis and Steven Kotler name 3D printing as one of the world's most exciting new technologies referring to it as the "democratisation of distribution".

To see how 3D printing could change the game and tip the scales of power toward consumers consider recent advancements in the printing of consumer goods such as shoes.

In the past few years all the major shoe manufacturers have taken significant steps toward 3D printing. New Balance chief executive Robert DeMartini recently reported that his

company is working on a design for 3D-printed running shoes; "We're envisioning being able to print these in consumers' homes," he said.

### 3. A world without drivers

Despite recent setbacks the driverless age is far closer than most of us realise. Tony Seba and James Arbib, of the think tank *RethinkX*, predict that by 2027 90% of passenger miles each year will be travelled in autonomous vehicles and many of those vehicles will not be owned by the 'driver'.

Consider this: within 25 to 30 years owning a car could be like owning a horse today—something you do if it's a passion or hobby but it's not your primary mode of transportation.

And it's not just the automakers who will feel the full force of this disruption — insurers, car finance companies, roadside assistance businesses, car hire operators and even the paid parking industry is set for a major shakeup.

### 4. Blockchain

The emergence of virtual currencies and the blockchain technology that underpins them represents the most significant change to financial services in decades and possibly centuries. While Bitcoin has had a spectacularly dramatic 12 months the fluctuating value of cryptocurrencies isn't where the real story is.

Known technically as 'distributed ledger technology', a blockchain is essentially a secure protocol where a network of computers collectively verify a transaction before it can be recorded and approved.

Blockchain will significantly impact the real estate industry as it will allow anyone to manage, track and transfer land titles and property deeds with no need for intermediaries or the fees they charge.

Other professionals including journalists, insurance brokers and academics will likely see the impact of Blockchain due to research-driven applications of the technology.

As we consider the road ahead there is one great universal and levelling truth: the future will impact us all and only we can decide what sort of impact that will be. To paraphrase the great Chinese philosopher Lao Tzu, resisting change is like trying to hold your breath – even if you're successful it won't end well.

So, get ready. It's time to lift our eyes to the horizon and get in position to ride the waves of change that are already taking shape.



**JULY PROGRAM at the**

# BOWRAVILLE THEATRE

## Tea with the Dames - Sunday, 15th July from 2pm

A unique celebration of the lives and careers of four of our most iconic actresses; Dame Eileen Atkins, Dame Judi Dench, Dame Joan Plowright and Dame Maggie Smith. All four have gone from being fledgling actresses in the 1950s to acting royalty. They've watched each other's careers grow and bloom and have celebrated life's ups and downs together. TEA WITH THE DAMES invites you to spend time with these acting legends as they talk about their lives and their professional experiences across theatre, television and film.

Doors and Café open 1/2 hour before screening.

Complementary tea and coffee.

Prices: Adults \$12, Concession: \$10, BAC/Child under 14: \$8, Family: \$30.



## Vintage Fashion Parade - Sunday, 22nd July from 2pm

Vintage Fashion Parade by Velvet Rose Pin-Up Dressing Room plus Variety Show. - Vintage Fashions, singing and dancing - this show has it all!

Complimentary Glass of Champagne on arrival.

Cafe open for delicious coffee and cakes.

A great afternoon out for the ladies young and old.

Get you ticket NOW. <https://www.stickytickets.com.au/71864>



## Burlesque Classes

**from 6pm - Mondays and Thursdays**

**At Bowraville Theatre**

Come along and learn the classic art of vintage burlesque with well known burlesque personality Sofonda Blackmen.



## 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**



9/11

# 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

9/11

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

From page 5

We have over 20 volunteers come along at various times each month to work in different departments BUT we desperately need a couple of WILLING AND ABLE MEN who would be available on Wednesday mornings to help collect and deliver furniture. We have a truck but need help with loading and unloading. If you are interested please ring Mavis on 6568-2451.

## Nambucca Valley Community Church Food Hub

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

## Nambucca Valley Community Church

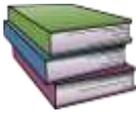
Sunday Church Service at 9.30am, Sunday School 10.15am and Prayer Group at 5pm. Women's Fellowship held at 10am each Wednesday. Youth Group is held each Friday for 12-18 year olds from 6 to 8pm. Phone David Bossard 0427 231 040. Food Hub is run by this church. Senior Pastor is David Bossard. This is a vibrant inter-generational church serving the whole Valley as its name suggests.

## Macksville Probus Club

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

## MARKETS CALENDAR

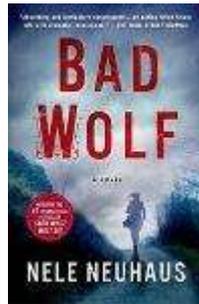
DAY OF MONTH	MARKET LOCATION and TIMES	CONTACT DETAILS
<b>THURSDAY</b> Every Thursday	Coffs Coast Growers Market, City Square, Harbour Dr. from 8am to 2pm	6648 4087
<b>FRIDAY</b> 1 <sup>st</sup> , 3 <sup>rd</sup> & 5 <sup>th</sup>	<b>BELLOPY ORGANIC FARMERS MARKET</b> from 8am to 1.30pm The largest 100% 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



## BIG BAD WOLF

by Nele Neuhaus

Because the author is German this novel is set in Germany which makes, for me, one of the trickier factors in that I struggle to pronounce, let alone remember, the street names and character's names. And there are A LOT of those!



This novel begins with a 16 year old girl's body being pulled from a river near Frankfurt on an extremely hot and humid summer's day. She had been brutally attacked and murdered; probably even tortured for some time before that. However, she had not been reported missing and no one has missed her or knows who she is.

As investigations into this death progress they lead the detectives and police into an isolated children's home in the Taunus mountains. Of course, their own personal attachments become apparent as it all unfolds.

A female TV presenter, Hanna, has her own very popular show but isn't so popular herself as she has few scruples about how she gets her guests to open up and speak about things they normally wouldn't and then later regret airing on national tv. Hanna becomes involved in a new, highly secret story via her own therapist. They both pay the price for this.

Hanna has a daughter in her twenties who gets a job on the show. Emma is an unhappy, neglected soul who is angry with her mother who, for her

entire life, has had little time for her. Because of this Emma doesn't reveal evidence to the police when she should and eventually gets herself into trouble with the bad guys as well.

There are a number of highly respected, wealthy, influential people involved in a web of sadistic cruelty, mostly involving children.

There are many other characters (including Hanna's best friend and co-worker Wolfgang) – too many for me to keep track of which was one of the things I didn't enjoy about this novel. However, if you like a major puzzle to figure out this might be a book for you.

- This book read and reviewed by BTC Volunteer Raewyn.

## FREE REIN by Gillian Rolton

This is the autobiography of two-time Olympic gold medallist equestrian Gill Rolton.

Gill is one of Australia's most accomplished riders. Her riding career has spanned over thirty years and includes Olympic Games, World Championships and internationals — impressive when you find out Gill started eventing and show jumping at the relatively late age of 21.

Who could forget her gutsy ride in the Atlanta Olympics when she remounted her horse, with a broken collarbone and ribs, to finish the event and help secure gold for Australia.

Free Rein reveals an amazing woman who personifies the word 'perseverance' and defines the true universally admired Australian spirit.

- Taken from the book jacket.

# Bowra Laundromat

Corner of High & Belmore Streets

Token Operated Washing  
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Tokens available at Pub and Newsagent  
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# BE WOUND AWARE

## What is a wound?

A wound is any damage or break in the surface of the skin. Wounds can be accidental, surgical or occur because of underlying disease (such as diabetes or vascular disease) or changes to the skin that occur with ageing.

## What are chronic wounds?

Acute wounds usually heal quickly and without complication. Chronic wounds are those that take more than three months to heal or are recurring (i.e. almost or completely heal and then come back) but they can heal with proper treatment.

## Types of chronic wounds

There are some chronic wounds that occur due to underlying medical conditions. Some skin conditions may also develop into a wound. Some examples of common chronic wounds are:

Bed sores – or pressure injuries—can range from small superficial wounds to large deep wounds the depth of which may extend down to bone.

Diabetic related foot disease is a complication of diabetes. If not treated (eg by a podiatrist) they can lead to amputation.

Leg ulcers: A leg ulcer is a wound between the knee and ankle joint that is slow to heal because of problems with the veins in the leg.

## Risk factors for chronic wounds

While anyone can get a chronic wound there are people who are at greater risk of chronic wounds or wounds that are hard to heal. These include:

- People who are elderly or have poor mobility
- People with renal disease
- People with diabetes
- People who are obese
- People with cardiovascular diseases

## What are the signs a wound isn't healing?

If you develop any of the following signs make an appointment to see your doctor or health care practitioner:

- The area around the wound becomes red, swollen and hot
- The wound becomes painful
- Fluid from the wound becomes discoloured, thick or excessive
- The wound has not noticeably decreased in size over 4-6 weeks (even a small wound)
- The wound bleeds regularly or profusely
- The wound becomes black or yellow
- You feel unwell or develop a temperature.

**If you develop any of the following signs don't delay, make an appointment to see your doctor, health care practitioner or local hospital emergency department.**

				
<b>Pain and heat</b>	<b>Odour</b>	<b>Excess Fluid</b>	<b>Slow healing</b>	<b>Chronic Disease and ageing</b>
Wounds that are red, swollen, hot to touch and very painful.	Wounds with a strange or unpleasant smell	Wounds that have a thick, yellowish fluid.	Wounds taking longer than a month to heal.	People over 65 years and/or with chronic diseases such as diabetes, are more at risk of wound complications.

**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



# *Bowraville Pharmacy stocks a wide range of first aid products.*

*You are welcome to bring your first aid kit in to our friendly staff, who will be happy to update any expired products and replenish any items that may be needed.*



*If preferred, we can create a customized first aid kit to suit your purpose/workplace.*

## *First aid items in stock include:*



HAND BANDAGE

*Bandages and Band-Aids  
Assorted dressings  
Assorted creams and gels*



FOOT BANDAGE

*Scissors, tweezers and splinter probes  
Strapping tapes and paper tapes  
Hot & cold packs*



PESTLE AND MORTAR.



**BOWRAVILLE PHARMACY**

31 HIGH STREET, BOWRAVILLE

PHONE: 6564 7925 or FAX: 6564 7364

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



# HEY BOWRA! *Want to get fit?*

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

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

*Call our co-coordinator to register your interest.*

Valma Jarrett - 0498 714 334

**COMMUNITY TRANSPORT**  
COFFS HARBOUR, BELLINGEN & NAMBUCCA

## Making reusable shopping bags from pre-loved fabrics

by the community,  
for the community.

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

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

Donations of fabrics also welcomed.

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

Facebook: Nambucca Valley Boomerang Bags



# LIONS CLUB

## SUPPORTING OUR COMMUNITY



**We Serve**

Email: [blion34@yahoo.com.au](mailto:blion34@yahoo.com.au)

**PO Box 23  
Bowraville NSW 2449**

## Bowraville Community Health Centre welcomes two new doctors

The Bowraville Community Health Centre has welcomed two new General Practitioners who have started settling into their roles and will be seeing patients from 2 July.

Dr Ryan Partridge and Dr Jayne Schofield will be located at the Community Health Centre at 43 High Street which is operated by the Mid North Coast Local Health District.

Both doctors have worked in the Nambucca Valley and broader Mid North Coast region for several years and are looking forward to working with the Bowraville community to help keep its residents healthy.

Doctors Partridge and Schofield responded to the call for a GP service in Bowraville and are excited to be joining the expanded health workforce based in the community.

Both say they were attracted to the team environment of working alongside other health professionals such as Child and Family Health, Allied Health, Aboriginal Health, Mental Health and Drug and Alcohol services.

Dr Partridge and Dr Schofield will spend their first couple of weeks on the job setting up their service, organising their computer systems and meeting community members who are invited to pop in and meet them.

They will start seeing patients from Monday, 2 July at the Health Centre and all patients will be bulkbilled.



*Dr Ryan Partridge and Dr Jayne Schofield*

## Out and About in Bowra

**BULKY GOODS KERBSIDE WASTE PICK UP** - Just in case you missed the information in the June Bowraville Community Newsletter. For residents who normally receive a kerbside bin collection service your yearly bulky goods kerbside waste pick up is happening this month. For those residents in Bowraville, Congarinni North, Newee Creek, Wirrimbi and Tewinga the pick up date is Monday July 16. Stack your unwanted Bulky goods in a neat 3 x 3 metre cube **NO EARLIER** than the weekend **before your pick up so don't put it out before 7th July**. For further information call the Coffs Coast Waste Services Hotline 1800 265 495

**BOWRAVILLE SERVICE STATION** — 60 High Street Bowraville - 6564 7789 or 0477 172 184 Owner Peter Thompson and his 4th year apprentice Damien Jarrett will be open for business from Monday July 2 for any mechanical work, rego checks and LPG inspections. There will be a full time Mechanic on duty Monday to Friday.

**FREE PARVO VIRUS VACCINE FOR YOUR DOG** — For residents of Bowraville who are Concession Card holders Bowraville area has seen an increase in cases so have your dog vaccinated as this virus Kills! As it is extremely contagious and easily spread between dogs it can result in a horrible death. Bring your dog on a lead and bring your concession card, Wednesday July 4 at Bowraville Recreational Ground from 11am to 3pm. For more information call Nicky on 0400 641 002. Many thanks to Midcoast Vets and Nambucca Shire Council.

**THE BOWERVILLE BIG BURLESQUE BASH** - The majestic Bowraville Theatre will host an amazing night of quality Burlesque **FOR ONE NIGHT ONLY** on August 25th 2018. Miss Burlesque Sydney headlines a star studded cast featuring Australia's finest Burlesque, Boylesque and Cabaret talent.

Your host for this evening's fabulousness is the Northern Rivers newest import, Australia's Matriarch of Mania the hilarious and morally reprehensible **SOFONDA BLACKMEN**. We do expect a sell out crowd so get your tickets early to avoid disappointment.

This show is strictly over 18, AUSLAN interpreted, wheelchair access. Tickets \$25 from the venue or \$20 online [https://www.stickytickets.com.au/71089/bowraville\\_big\\_burlesque\\_bash.aspx](https://www.stickytickets.com.au/71089/bowraville_big_burlesque_bash.aspx)

**WORK WANTED** — Strong, healthy, hard working male **in his late 20's, very friendly and capable will do any job,** loves to work out so is available for any hard work you require. Living in Bowraville Call or text 0421 242 223

**It's PLASTIC FREE JULY** — Go online [www.plasticfreejuly.org](http://www.plasticfreejuly.org) to see what you can do, make your pledge to say **NO** start with **"THE BIG FOUR"** Plastic bags, Plastic Straws, Coffee Cups and Plastic Drink Bottles.

## Dates in July

### **1st to 8th – NAIDOC - Week**

NAIDOC stands for National Aborigines and Islanders Day Observance Committee. A time to celebrate Aboriginal and Torres Strait Islander culture and contribution to our society.

### **1st to 31st - JuleYE**

Get your eyes tested this JuleYE. 75% of vision loss is preventable or treatable if detected early enough yet every 65 minutes an Australian loses part or all their vision.

### **1st to 31st - Dry July**

A not-for-profit organisation determined to improve the lives of adults living with cancer through an online social community giving up booze for the month of July.

### **8th to 14th - National Diabetes Week**

Raising the awareness of diabetes in Australia. The campaign aims to educate Australia of the risk factors for type 2 diabetes and how it can be prevented.

### **11th - World Population Day**

Serves to celebrate humanity itself and to remind us that we need to look after each other and the planet we live on.

### **14th - Malala Day**

A day to remember the millions of children worldwide (mostly girls) who do not go to school and reaffirm our commitment to defend the right to education for all children.

### **16th to 20th National Farm Safety Week**

Raising awareness of farm safety issues in rural communities across Australia.

### **18th - Nelson Mandela International Day**

is a call to people across the world to devote 67 minutes of their time to help people on this day - one minute for each year Nelson Mandela devoted his life to serving humanity.

### **23rd to 29th - National Pain Week**

Aims to contribute to the de-stigmatisation of the experience of chronic pain and to reduce the isolation and suffering of people in pain.

### **24th - Stress Down Day**

A fundraising event to help cover the cost of running Lifeline's 24 hour telephone counselling line - 13 11 14.

### **28th - World Hepatitis Day**

World Hepatitis Day raises awareness of chronic hepatitis A, B and C.

### **31st - National Tree Day**

Australia's largest tree-planting and nature care event. People can participate by becoming National Tree Day coordinators or attending plantings in their local areas.

# The 10 Happiest Countries in The World In 2018

Happiness is a pretty tough thing to try and quantify.

Just ask the remote kingdom of Bhutan, who's guiding principle is to satisfy the well-being and collective happiness of its residents through an index of measurable and attainable life goals, called Gross National Happiness (GNH). Their previous king even claimed GNH to be more important than Gross Domestic Product (GDP), though at a lowly 97 on the world's happiest list they have a way to go yet before they hit peak nirvana.

Scandinavian countries yet again dominate the world's most cheerful nations. Last year's winner, Norway, has been toppled by Finland in this year's World Happiness Report, released annually by the United Nations Sustainable Development Solutions Network.

The report ranks 156 countries across six factors including GDP, life expectancy, social support, generosity, freedom and corruption. And this year for the first time the UN has also assessed the happiness levels of immigrants in 117 of those countries.

Well outside of the top ten the US came in at 18th with the UK one behind in 19th. But interestingly national happiness seems to have little correlation with a country's allure as a tourist destination - not one of the top 10 happiest countries made it into the list of top ten most visited countries in 2017.

In case you want to put a change to that here's the top ten.

**10. Australia** - Endless golden beaches, phenomenal year-round weather, a lot of room to escape the crowds and a world-renowned lifestyle, Australia rightly sits high on most people's travel bucket list. It's dropped one place from last year though.

**9. Sweden** - The lowliest of the Nordic top ten Sweden has swapped with Australia to climb one place thanks to its combination of beautiful wilderness, hip cities and Scandi cool. For visitors Stockholm is probably the most beautiful Scandinavian city of all.

**8. New Zealand** - Consistently sitting atop many a traveller's wish list New Zealand's remote, relaxed and beautiful way of life translates into serious happiness not just for its residents but also its visitors.

**7. Canada** - The US's huge neighbour always seems to nail the happiness metrics with its high life expectancy, small population and extraordinary landscape offering everything from absolute solitude to city living at its edgiest.

**6. The Netherlands** - Flat, easy-going Netherlands is world renowned for its liberal approach to life. Do as the locals do and pedal a bike through its iconic tulip and windmill laden landscapes before rolling into Amsterdam and a taste of European culture at its finest.

**5. Switzerland** - Switzerland is a cheerful place to call home. Consider its favourable tax regime, booming economy, phenomenal infrastructure and education services and you can understand the secret to its success. That's before you consider the Alpine picture postcard landscapes and the cleanest of clean air.

**4. Iceland** - The most equal, peaceful and fair country in the world has always danced around the top spot thanks to its low tax and free health care and education. Enchanting and otherworldly with a landscape that inspires everyone - Iceland is also the most published country per capita with one in ten residents writing a book.

**3. Denmark** - The Danes have seen a slide from first, to second then to third in 2018 but the typical Scandinavian attributes - such as high living standards, a brilliant tax, health, education and welfare system means it has one of the smallest wealth gaps in the world.

**2. Norway** - Last year's winner has also been voted Europe's most beautiful country. As with its neighbours, social equality and welfare rank it high and it's often found atop worldwide prosperity indexes - but book yourself a cruise through its majestic fjords and you'll see why they're so at home in its unrivalled landscapes.

**And the winner is... Finland** - A mighty leap over its Scandinavian neighbours from fifth to first Finland's 5.5 million residents enjoy more forest per square mile than any European country, extremely high environmental standards and a very low threat level making it one of the most peaceful places on Earth. With a high ratio of immigrants now calling Finland home the World Happiness Report made particular mention of the consistency in happiness between them and local born residents.

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

## PIONEER COMMUNITY CENTRE

### POSITION VACANT

#### VOLUNTEER MARKET MANAGER

Are you looking for a way to meet your volunteer hours for Centrelink? Or for a way to be an active part of your community? This may be your answer!

##### Market Manager for the Bowra Country Markets

The markets operate twice monthly, on the 2<sup>nd</sup> & 4<sup>th</sup> Saturdays of every month, from 8am to 12 noon at the Pioneer Community Centre, 70 High Street, Bowraville.

You need to open the hall for stall holders to set up, help them if needed, put up signage, liaise with the stallholders and pack up at the end of the market, including sweeping and mopping as required. You will be operating the cafe – making tea and coffee for sale to patrons (fundraising for the hall). There is an opportunity here for you to make sweets and savouries for sale on your own behalf.

You will also be pro-active in market publicity and will be reporting to the Bowraville Community Development Association Incorporated (BCDAI), managers of the Pioneer Community Centre.

Enquiries to: [bowra.country.markets@gmail.com](mailto:bowra.country.markets@gmail.com) or 0400 828 471

#### Vote for your favourite colour scheme

Cushie Design has prepared 4 options for community voting. The main colour in each option is for the walls as part of the facade is pressed metal to look like stone blocks. Consideration was given to the colours of neighbouring buildings and to have a unique and visible place in the Heritage streetscape.

We are planning centenary celebrations for this fine old building and that may be an opportune time to announce the popular choice for the repaint job. So please join us in being a part of this decision.

Please take the time to consider the options shown in the window display, then place your name, contact details and preferred combination of colours (1, 2, 3 or 4) in the Hall mailbox that is built into the door to the right of the windows. You can email your preference to [bcdainc@gmail.com](mailto:bcdainc@gmail.com) or SMS to 0400 828 471

## 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

## NAIDOC Week 2018

From Page 1

They have marched, protested and spoken at demonstrations and national gatherings for the proper recognition of our rights and calling for national reform and justice.



Our women were heavily involved in the campaign for the 1967 Referendum and also put up their hands to represent their people at the establishment of national advocacy and representative bodies from the National Aboriginal Congress (NAC) to ATSIC to Land Councils and onto the National Congress for Australia's First Peoples.

They often did so while caring for their families, maintaining their homes and breaking down cultural and institutionalised barriers and gender stereotypes.

Our women did so because they demanded a better life, greater opportunities and, in many cases equal rights, for their children, their families and their people.

They were pioneering women like Barangaroo, Truganini, Gladys Elphick, Fannie Cochrane-Smith, Evelyn Scott, Pearl Gibbs, Oodgeroo Noonuccal, Celuia Mapo Salee, Thancoupie, Justine Saunders, Gladys Nicholls, Flo Kennedy, Essie Coffey, Isabel Coe, Emily Kame Kngwarreye, Eleanor Harding, Mum Shirl, Ellie Gaffney and Gladys Tybingoompa.

Today they are trailblazers like Joyce Clague, Yalmay Yunupingu, Evonne Goolagong Cawley, Nova Peris, Carol Martin, Elizabeth Morgan, Barbara Shaw, Rose Richards, Vonda Malone, Margaret Valadian, Lowitja O'Donoghue, June Oscar, Pat O'Shane, Pat Anderson Jill Milroy, Banduk Marika, Linda Burney and Rosalie Kunoth-Monks – to name but a few.

Their achievements, their voice, their unwavering passion gives us strength and has empowered past generations and paved the way for generations to come.

***Because of her, we can!***

<http://www.naidoc.org.au>

# RECYCLING INITIATIVES

## Part 2



### SOFT SCRUNCHABLE PLASTICS like plastic shopping bags

Plastic shopping bags are one of the most obvious displays of our throw-away society as they are all around us. Australians use about **3.9 billion** lightweight supermarket shopping bags every year. We use them for shopping, carrying and storing, disposing of rubbish and more. However the majority have a useful life of just minutes - from the shop to the car and the car to the kitchen that's it! We also use soft plastic bags for packaging our bread, chips, pasta, cheese, brown rice and crackers so much of our food is presented to us in soft scrunchable plastic!

These bags are made from a non-renewable resource (oil) and as oil supplies become scarcer we just can't afford to throw away such a valuable resource.

Plastic bags also present life-threatening risks to wildlife and livestock. Turtles, whales, birds and fish see them floating and think they are food but once ingested the bags can prevent them from digesting food or even submerging.

### WE NEED TO RECYCLE PLASTIC BAGS BECAUSE:

- It saves energy because it reduces the need for energy required to produce new bags
- It reduces environmental impacts – reducing littering and bags entering waterways and threatening wildlife
- It saves resources – as they are made from non-renewable petroleum based resources
- It reduces waste going to landfill – diverts from landfill where they are unable to breakdown

### WHAT ARE THE RECYCLING OPTIONS FOR SOFT SCRUNCHABLE PLASTIC?

Some councils like Byron Shire Council accept them in YELLOW recycling kerbside bins as long as they are clean, dry and put all together inside 1 bag (so they don't get caught up in the recycling machinery)

Unfortunately Nambucca Shire Council does not accept them in kerbside recycling bins. So what does it take to make this happen, why can't we do it also? It's time to lobby our local council members on this one.

Supermarkets giants Woolworths and Coles will have front of store bins available at all stores for recycling single use bags, old 'green bags' and all clean soft scrunchable plastic thanks to the **REDcycle program**.

### **Remember that bags labelled 'Biodegradable' 'Compostable' or 'Degradable' CANNOT BE RECYCLED!**

Biodegradable bags – are made from plant based materials (corn & wheat starch) - will break down with oxygen HOWEVER in a landfill in an anaerobic (no oxygen) environment they CANNOT BIODEGRADE

Compostable bags – generally refer to biodegradable bags that will biodegrade in 6 months if composted

Degradable bags – are made from petroleum products that contain metal compounds to help accelerate their breakdown. Oxygen, ultra-violet light and/or heat chemically weaken the bags to become brittle and fragment into smaller pieces. This may take 5 years and they CANNOT be composted. The full environmental impact of these fragments are unknown and some end up in our waterways and the ocean.

### SO WHAT ABOUT COMPOSTABLE BAGS?

Maybe there is a place for COMPOSTABLE BAGS (made from corn and wheat starch) to collect food scraps for GREEN council waste bins. This is because food scraps make up a significant portion of the average Aussie household's waste, which could lead to a big reduction in greenhouse gas emissions from landfills and an increased recovery of valuable nutrients for fertilizers and soil conditioners.

### As this month is PLASTIC FREE JULY there is no better time to start and take action!

- REFUSE plastic packaging, REUSE your all plastic bags and RECYCLE what you can
- Try wrapping your garbage and compost in old paper!
- Take only reusable material bags shopping, like made in Bowraville **BOOMERANG BAGS**, when you go to the supermarket. Supermarkets have committed to stop handing out their single use plastic bags by 30<sup>th</sup> June - Find out if your council accepts plastic bags for recycling
- Use the **REDcycle program** for plastic bags and other soft plastic at participating supermarkets.



### REDcycle Program

If it's soft plastic and CAN be scrunched into a ball then it can be placed into a REDcycle bin. Make sure it's dry and as empty as possible eg: bread bags, biscuit packets (wrapper only), pasta and rice bags, frozen food, vegetable bags, paper goods packets (toilet paper and hand towels) confectionery bags, plastic bags, old green shopping bags, cereal box liners, bubble wrap (A3 size) cat and dog food pouches (clean), dry pet food bags, silver lined chip bags, cling wrap (no food attached).

## Bowraville Chamber of Commerce and Industry Inc

chamber@bowraville.nsw.au

JULY 2018

# Upcoming events in Bowraville

*The VW's are coming back!*

The VW's are coming to Bowraville on Monday 30th July. Bring your camera for some great shots!



**New Venue - Macksville Showground!**

**VOLKSWAGEN SPECTACULAR 2018**

**29th July to 6th August**

**50th Anniversary of the Country Buggy!**

- Show & Shine - Top 10 VWs Cruises & Photoshoots
- Country Buggy Challenge
- VW Clubs Challenge
- The Ben Durie Memorial Challenge
- Lap Dash at Raleigh Raceway
- Convey from Macksville Showgrounds to Nambucca Heads
- Swap Meet & Night Markets
- Dancing - Theme Galsby High Tea
- Ladies Morning of Pampering
- Kid Fun Time

Arriving in Bowraville from 3pm for movies at the Theatre followed by dinner at the Bowra Hotel

## Burlesque comes to Bowraville

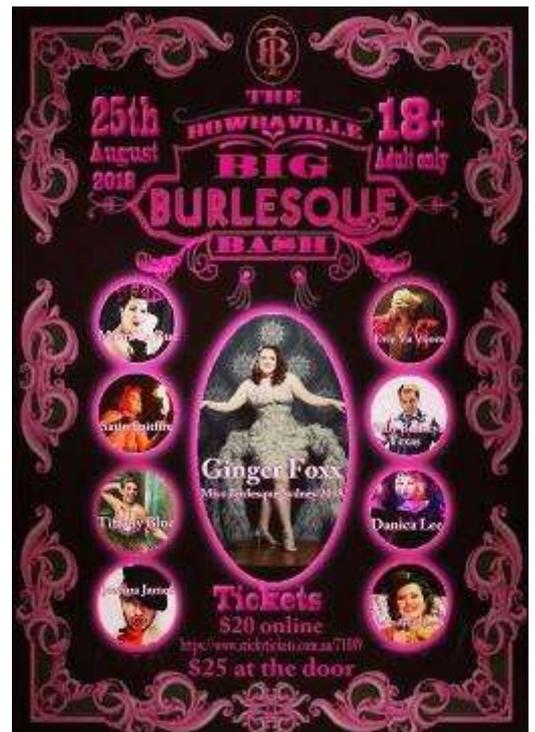
The Chamber is please to inform the community that the majestic Bowraville Theatre will host an amazing night of quality Burlesque FOR ONE NIGHT ONLY - Saturday night August 25th 2018.

Miss Burlesque Sydney headlines a star studded cast featuring Australia's finest Burlesque, Boylesque and Cabaret talent.

A sell out crowd is expected so get your tickets early to avoid disappointment.

This show is strictly 18, AUSLAN interpreted. Wheelchair access.

**Tickets \$20 online or \$25 from the venue**  
[https://www.stickytickets.com.au/71089/bowraville\\_big\\_burlesque\\_bash.aspx](https://www.stickytickets.com.au/71089/bowraville_big_burlesque_bash.aspx)



**25th August 2018**

**THE BOWRAVILLE BIG BURLESQUE BASH**

**18+ Adults only**

**Ginger Foxy**  
Miss Burlesque Sydney

**Tickets \$20 online or \$25 at the door**  
<https://www.stickytickets.com.au/71089/>

## Carnivorous Plants

The definition of a carnivorous plant can be a little frightening. They are "carnivores" (meat eaters) and larger varieties of carnivorous plants that exist in ideal climates can and do eat animals as large as rodents and lizards. However, most of the varieties available in Australia thrive on the insects we could use a lot fewer of such as flies, mosquitoes and the odd spider.

Since they cannot chase their prey like an animal can, carnivorous plants have to attract prey to them and/or have a mechanism that captures insects or animals that accidentally use them as a perch. Some have brightly coloured leaves that lure insects, others lure them with nectar while still others have trapping mechanisms. The very things that make carnivorous plants so deadly to insects are what make them so fascinating to us.

When most of us think of carnivorous plants, we think of the Venus flytrap (*dionaea muscipula*); these have fascinated children for generations and have played a starring role as "man eaters" in more than one feature film. However, there are other equally fascinating species as well:

- In Australia we have the Victorian drosera - this is a variety of sundew that produces a lovely white flower. It grows prolifically throughout Victoria but can also be found in neighbouring NSW and SA. Victorian drosera produce a sticky mucilage that entraps insects. The leaves then curl around the prey and the digestive process begins.

- *Sarracenia leucophylla*, commonly known as white pitcher plant, is a native to the United States. It gets its name from its red and white tipped pitcher or flower vase appearance. It closely resembles a beautiful, nectar-rich flower which is exactly what unsuspecting moths think it is until they get caught on its sticky surface.

Carnivorous plants evolved out of a need for nutrients in nutrient poor soils. When cultivating them in and around the house this is the most important thing to keep in mind - they require a regular source of food. Outdoors they thrive in the summer months when flies and insects are plentiful and then go dormant through the colder winter months when their food sources diminish.

Indoors place your carnivorous plants on a windowsill or other sunny location that attracts insects or hand-feed them. Most owners prefer the former and find they do their bit to keep insects at a minimum.

Pitcher plants love the morning sun and do well in hanging baskets outdoors.

If there is one thing to fear about carnivorous plants it's that you'll become so fascinated by them you'll want to have more of them around you!

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

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

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

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

**SEEDS**

**POTTING MIXES**

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**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**

9/11

## Bees Wax Wraps making workshop

Learn how to make your own beeswax wraps and keep your food fresh and plastic free! Nambucca Shire Council in partnership with MIDWASTE are running a Bees Wax Wrap making workshop at the Pioneer Community Centre in Bowraville to teach people how to make, use and care for beeswax wraps and kick the single-use plastic habit while keeping food fresh.

If you want to kick the single-use disposable plastic habit then homemade beeswax wraps are a great alternative. You can use them in the place of cling wrap to cover food and keep it fresh plus they're reusable and can easily be refreshed if the wax starts to wear. They can be used for wrapping veggies, sandwiches, baked goods and small snacks or to cover leftovers in the fridge.

Come along to a workshop and learn how to make, use and care for beeswax wraps. \$20 per person, includes workshop & 3 wraps to take home.

The Bees Wax Wraps workshop is on Saturday 28th July, 1.30-3.30pm Pioneer Community Centre, High Street, Bowraville. Bookings are essential online at [www.midwaste.org.au/bee-wax-wrap-workshop](http://www.midwaste.org.au/bee-wax-wrap-workshop)



### IT HAPPENED in BOWRA in 1886

## Bowraville Races in bygone days . . .

BOWRAVILLE, FRIDAY 2<sup>nd</sup> APRIL 1886  
(*The Sydney Morning Herald*  
Saturday 3 April 1886)

The annual meeting of the Bowraville Race Club, which took place on Wednesday, was a success as far as the racing was concerned; but the attendance was limited, which was owing to the farmers on the Bellinger and ' the Nambucca Rivers being now busily engaged in corn pulling. Several horse-owners came from the Bellinger and the Macleay. The racecourse is prettily situated on the banks of the Nambucca and has only recently been granted by the Government as such. Great improvements have to be made as the ground at present is in rather a primitive condition. Mr. Connor's Wayfarer, who won the principal handicap is a son of Warlike. Captain, a son of The Friar, appropriated the Maiden Plate. The weather was intensely hot.

*Dr Paul Weekley*

*Research & Genealogy Officer Bowraville Folk Museum*

## Bowra StarBytes

Aries

**You're putting a lot of energy into a fast-paced** daily routine, tending to health and fitness and zipping through work projects. You may be in the position to prove yourself on the job though some paranoia about your position could arise.

Taurus

You are super-charged and ready to enjoy yourself. Important conversations and communications require special attention. Some of you will begin new studies and many have moved home or will soon and a lot of energy is going in getting settled.

Gemini

Finances are not without concern but there is excellent energy with you for making a fresh start. A new budget or plan is in order. Luckily good advice is easy to find. Many of you will be redecorating, reorganising and entertaining friends and family.

Cancer

An excellent time for review and any kind of purging activity **that rids you of things that no longer serve you well. It's all** about your attitude; as you reinvent yourself you will find that you attract different experiences and people into your life.

Leo

**You're not exactly putting everything on hold but taking more time for yourself to recharge. You're going to be the rock that** others lean on in the coming months and you enjoy this position! Financial worries will diminish considerably.

Virgo

You are making new connections or cementing existing ones. A great time for coming up with an exciting new long-term plan or idea for the future. Your charm and personal appeal skyrockets and a new look or manner will be very successful.

Libra

Taking the lead or receiving more attention might initially feel uncomfortable but as soon as you begin to believe in yourself and have confidence in your abilities others will return the respect. Issues of independence and security will re-surface.

Scorpio

Make the effort to spend time with friends and family. New ideas and inspiration can be found through your networking efforts. Life is busy but sometimes stressful. Treat added responsibilities as opportunities for future success.

Sagittarius

Challenging decisions may need to be made with regards to social relationships or with children. Financial changes may be in store. Develop strategies to cut out unhealthy dependencies and habits that prevent you from growing as a person

Capricorn

Finances remain strong and your financial position becomes clearer. An excellent time for romance and partnership. Willingness to listen to and support a partner are key. Your charm is natural and people are seeing you in a positive light.

Aquarius

You are very busy taking care of day-to-day affairs, work **projects and health matters. It's time to formulate goals and** plans to get you back on track physically and mentally. You are **entering a cycle in which you feel you are at last on solid ground.**

Pisces

Your love life is likely to be changeable but good things are happening and others are finding you easy to be around. Lessons you have learned about relationships will wrap up soon and a new level of maturity will be with you.



*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**  
9:00am – 12noon  
All Mums and bubs welcome  
No appointments necessary.
- Thursday Community Corrections**  
Weekly 12.30 to 3pm  
Phone: 6561-3100
- Legal Aid**  
1<sup>st</sup> and 3<sup>rd</sup> 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](mailto:admin@miimi.org.au)

## World Chocolate Day 7<sup>th</sup> July, 2018

Referred to, in some instances, as International Chocolate Day this day is an annual observance which occurs globally on 7th July. Celebration of the day naturally includes the consumption of plenty of chocolate. Some references indicate that this day celebrates the introduction of chocolate to Europe in 1550.

Other more specific chocolate-themed days are celebrated throughout the world on various dates, including *Bittersweet Chocolate Day* on 10 January, *Milk Chocolate Day* on 28 July, *White Chocolate Day* on 22 September, *Chocolate Chip Day* on 15 May, *Chocolate Ice Cream Day* on 7 June, *Chocolate Milk Shake Day* on 12 September and, of course, *Chocolate Covered Anything Day* on 16 December.

*Remember:*

A balanced diet is  
a chocolate in each hand.

### COMMUNITY INFORMATION DAYS

Are being held on the

**FIRST FRIDAY of EVERY MONTH**

at the **Pioneer Community Centre**

**70 High Street, BOWRAVILLE**

**from 10am to 2pm**

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

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

**Bowraville Community Development  
Association Incorporated**

[bcdainc@gmail.com](mailto:bcdainc@gmail.com)

6564 7908 or 0400 828 471

**Friday 6 July**

**Friday 3 August — Friday 7 September**

**Friday 5 October — Friday 2 November**



## Ngambaga Bindarry Girrwa Community Services Aboriginal Corporation

ABN:19746606729

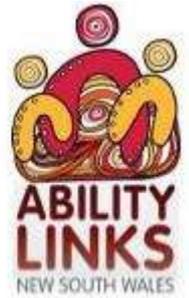
*"Empowering Aboriginal and Torres Strait Islander communities to gain independence and inclusion through the deliver and support of culturally appropriate community services"*

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

Address: 1/53 High St, Bowraville,

Web: nbgscommunityservices.com.au

Email: admin@nbgs.com.au



### CHSP & NRCP (In the Nambucca Valley)

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

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

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



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

#### Early Links is for:

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

#### Early Links Mission:

*"Every child, every opportunity"*

#### Early Links Vision:

*"Communities where every child participates and very 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.

3/11

# 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*

7/11

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 . . .*



## **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



Call:  
**WAYNE NOBLE**

Telephone:  
**6564 7528**

Mobile:  
**0427 653 312**

**7 DAYS**

8/11

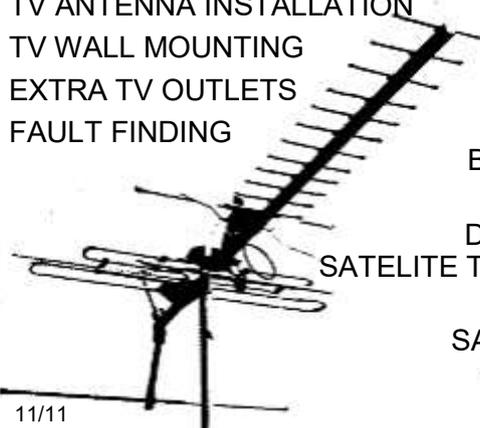
*Does your computer need servicing?  
Is it going slow?  
Do you suspect a virus?  
Or it just won't work the way you want it to?*

**Come into the  
BOWRAVILLE TECHNOLOGY  
CENTRE**

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

**INTEGRITY ANTENNAS**

TV ANTENNA INSTALLATION  
TV WALL MOUNTING  
EXTRA TV OUTLETS  
FAULT FINDING



BLACK SPOT  
AREAS  
DIGITAL TV &  
SATELLITE TV SYSTEMS  
CHRISTIAN  
SATELLITE TV

11/11

FREE ON-SITE VISITS

*Fully Insured local Bowraville Technician*  
Phone: 6564-4175 or 0408 077 138

**AMAN**  
*With*  
**AVAN**  
*Nambucca Valley*

MINI MOVE SPECIALIST  
HIRE  
A MAN WITH A VAN



Phone Mick after 6pm  
**6564 8375** OR **0458 990 904**  
Leave a message on

9/11 Insured ABN 87 009 289 943

*Desert Power Pty.Ltd trading as*

**Dave Recklies Electrical**

3546 North Arm Road, Bowraville

Domestic  
Commercial and Industrial



Refrigeration  
Air-conditioning  
Solar



0412 742 479 or 02 65644085

davidrecklies@bigpond.com  
Owner Operator with 20years experience  
"ARctick No. AU26454"

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**PEST CONTROL**

*Richard (Dick) Hicks*

**0488 359 060  
6564 7486**

Ring for a FREE quote

Accredited and Insured

5/6

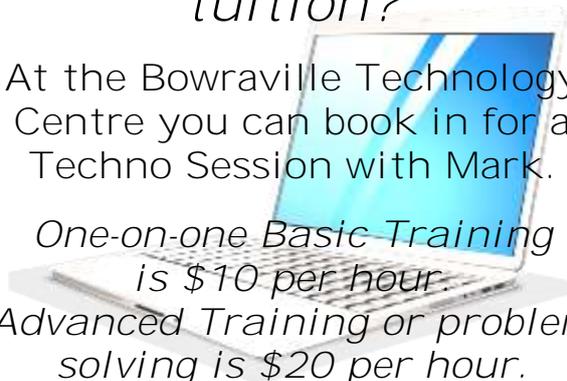
*Do you need one-on-one  
computer skills  
tuition?*

At the Bowraville Technology  
Centre you can book in for a  
Techno Session with Mark.

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

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

Call 6564-7420 and book your  
session now.



**Bowra Tradies Bowra Tradies Bowra Tradies**

# Tips to De-Stress and Feel Happier Right Now

## Go for a walk

Ten minutes outside will help you clear your mind and boost endorphins – a powerful antidote to stress hormones. Stroll in the park or out in the garden - nature is one of the most powerful (and free!) stress-relievers there is. If you can't step outside right now find a window with a view of something leafy and green and take your 'zen' moment.

## Buy a plant

Being around plants drastically reduces anxiety and drops blood pressure. Try a spider plant – still one of the most effective air-purifying plants according to NASA. By consuming and transforming harmful pollutants like benzene, formaldehyde, carbon monoxide and more, they make us feel healthier and more content.

## Do a quick breathing exercise

Deep breathing stimulates parasympathetic reactions in our body which helps relieve tension and calms us down. Using the breath as a focus can significantly alter the body's stress response. Try breathing through the nose, inhale deeply for a count of four then exhale for a count of four, keeping focused on the same thought throughout the exercise, repeat until you feel relaxed.

## Chew gum

According to researcher, chewing gum while performing numerous tasks improves overall attentiveness and effectiveness. During the research gum-chewers performed 67% better on multi-tasks and showed a reduction in anxiety by 17% during mild stress and 10% in moderate stress situations compared to non-chewers.

## Squeeze out a smile

Even a fake smile will reduce your stress levels according to the 'facial feedback' theory of emotion. Our brains constantly analyse changes in our body from posture and muscle pressure to facial expression thus judging how you feel right now. In simple words if you act like a happy person you'll start feeling like one!

## Eat a banana, potato or an avocado

All of them contain potassium – a property known to reduce blood pressure due to being stressed. They also help your body gain the necessary energy for recovery and can

even protect you from stress-related consequences like strokes and heart attacks.

## Listen to music

Music is known to have healing powers. Classical music has a particularly soothing effect – it calms down the heart rate, cuts back the amount of stress hormones and reduces blood pressure. However, it could be any of your favourite songs to flood your brain with the 'happiness hormone' – dopamine.

## Do progressive muscle relaxation exercises

A series of simple progressive muscle relaxation exercises once a week can significantly reduce blood pulse, pressure and overall anxiety even for people suffering clinical depression or other psychological disorders. Sit down, close your eyes and tighten your foot muscles (starting from toes) - then relax. Gradually work your way up your body tightening and relaxing each muscle until you've reached your forehead. Try doing this exercise to soothing music.

## Treat yourself with something sweet

Eat a sweet or a small piece of cake – it's the fastest way to reduce both psychological and physical stress. Sugar can decrease the production of glucocorticoid – a stress-related hormone linked to decreased immune response and obesity.

## Create Cushions in Your Calendar

By creating cushions in your calendar you will avoid the pressure of stressful timetables. Always leave enough time for you to go from point A to point B despite any possible obstacles. If you have an important meeting scheduled for 10am go 20-30 minutes earlier so you can travel calmly instead of rushing.

## Stop Should-ing Yourself

How many times have you told yourself that you SHOULD do things that you don't really want to do? All those 'shoulds' put pressure on you making you feel anxious – whereas if you honour yourself and listen to your heart more often you will find that it works out best for everyone concerned but especially you.

*Happiness is not something  
you pursue;  
it's something you allow.*

## BOWRAVILLE STRONG FAMILIES

### Women's Group



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

### Afternoon Sports



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

### Men's Group



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

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



**Bowraville Strong Families**

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

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

## Where would you like to go?



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

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

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

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

## Bowraville Kinesiology

for your

**EMOTIONAL, MENTAL,  
PHYSICAL and  
SPIRITUAL WELLBEING**

35 Bowra Street, Bowraville  
02 6564 7908 or 0400 828 471

marion.syratt@gmail.com  
blueskyhealing.wordpress.com

9/11

## BOWRAVILLE PHARMACY

31 HIGH ST BOWRAVILLE  
PH: 6564 7925  
FAX: 6564 7364

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

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

Pharmacist  
**KERRIE SAVINS**



911

# JEWELLERY MAKING / REPAIRING WORKSHOP

Saturday July 14, 1.00 - 3.00pm

Pioneer Community Centre, 70 High Street, Bowraville

Learn basic techniques / repair your broken earrings, etc

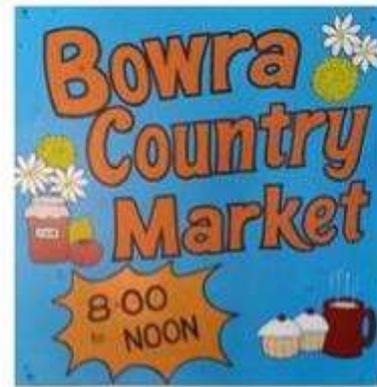
\$5 plus cost of materials used



Sponsored by  
Nambucca Valley



Enquiries: 6564 7908, 0400 828 471 or [bcdaine@gmail.com](mailto:bcdaine@gmail.com)



## INVITATION

Become a stall-holder at the Bowra Country Market

**MAKE IT ~ BAKE IT ~ GROW IT ~ RECYCLE IT ~ UP-CYCLE IT**

2nd & 4th Saturdays of every month, 8am to 12 noon (set up 7.30)

Pioneer Community Centre, 70 High St, Bowraville

(There is a sausage sizzle on the 4th Saturday; and also craft or sustainability workshops in the afternoons on the 4th Saturday)

**Stall fees:** If you attend a minimum of 4 markets in your first 3 calendar months of attending, it is **FREE!!!** After that, we are offering a stall fee rate of 10% of your takings, minimum 50c to maximum \$10. If you cannot attend on a regular basis, then you go straight to the 10% fee rate.

Please provide a copy of your insurance. No insurance? Then join BCDAI for \$7pa and sign an indemnity form (this may change in August)

Enquiries: 6564 7908 0400 828 471.  
[bowracountrymarket@gmail.com](mailto:bowracountrymarket@gmail.com)

Nambucca Valley OOSH



After School & Vacation Care

## NAMBUCCA VALLEY OOSH AND VACATION CARE- JULY PROGRAM

Location: Frank Partridge School- Centenary Parade, Nambucca heads.

Opening Hours: 8am to 6pm (during school holidays)

Coordinator Mobile: 0407141804

Office: 65684471

Centre Mobile: 0431233594

After School Care: 3pm to 6pm

Email: [oosh@lifetimeconnect.org.au](mailto:oosh@lifetimeconnect.org.au)

<p><b>Monday 9<sup>th</sup></b> Design your own Wooden Boomerang bag tag to take home \$2</p> <p>Gumbaynggirr Stories and Language</p>	<p><b>Tuesday 10<sup>th</sup></b> YARRAWARRA ABORIGINAL CULTURAL CENTRE \$25 Inc. Bus, Bush tucker and Medicine Tours, Gallery and Museum Tour and Gumbaynggirr Story Time.</p>	<p><b>Wednesday 11<sup>th</sup></b> Fabric Notebooks, and canvas Artboards: \$2</p>	<p><b>Thursday 12<sup>th</sup></b> Excursion to Macksville to participate in <b>Naidoc Celebrations \$10</b></p> <p>Make Lemon myrtle scones</p>	<p><b>Friday 13<sup>th</sup></b> Dress up for Freaky Friday 13<sup>th</sup> Sing and dance along to Karaoke with Lea...bring along your music to bust out a song and dance. Dress up for fun!!!</p>	
<p><b>NAIDOC CELEBRATIONS ALL WEEK- Visitors, singing, dreamtime stories, bush tucker food</b></p>					
<p><b>Monday 16<sup>th</sup></b> SPRINGLOADED EXCURSION</p> <p>\$20 Inc. Bus and Session</p>	<p><b>Tuesday 17<sup>th</sup></b> Sports and game challenges</p> <p>Pool table, Table tennis, Soccer 4whe</p>	<p><b>Wednesday 18<sup>th</sup></b> Lunch date at vacation care with Pizza and Pasta</p> <p>Slime making kit included \$10</p>	<p><b>Thursday 19<sup>th</sup></b> Team Sanicastle Building Designs</p> <p>Knitting skills</p> <p>Design our own playground</p>	<p><b>Friday 20<sup>th</sup></b> Survival Skills, Guidance and support from Scouts and Girlguides.</p>	
<p><b>Monday 23<sup>rd</sup></b> Family movie to watch with the film</p> <p>\$20 Includes</p> <ul style="list-style-type: none"> <li>• Bus</li> <li>• Popcorn</li> <li>• Drink</li> <li>• Movie</li> </ul>	<p><b>OUR PROGRAM</b> We offer a range of supervised, age appropriate activities that encourage children to interact with their peers in small or large groups. Our program includes sport, games, drama, dance, music, art &amp; craft, cooking, reading plus excursions during vacation care.</p> <p>Our educators have childcare, teaching or related qualifications and experience working with school-aged children.</p>		<p><b>Banking Details:</b> Payments can be made at: Account Name: Lifetime Connect Inc. - OOSH BSB: 533-000 Account Number: 186616 (\$11.1 if with BCU) Please leave your child's name as a reference.</p>		<p><b>Daily Fees</b> Fees are \$4.43 per child per day to \$47 depending on CCB and CCR. Please make sure regular payments are made daily, weekly or fortnightly, as invoices will be sent fortnightly for Vac care. Outstanding invoices will need to be paid or plan organised with Coordinator before commencement of care. All Excursions and activities are to be paid on the day. No charge if 24hrs advanced notice of absence is given.</p>



## New look coming for Bowraville Community News

The Community News as you know it, is about change - in keeping with our policy to keep

things as energy efficient as possible it has been decided (after a short survey of customers) to change the format of the newsletter to A5 size.

This will save on paper and printing costs as well as being an easier to handle size.

The first new-size issue will be the October issue - so let us know what you think - email us your comments on [admin@bctc.com.au](mailto:admin@bctc.com.au) or drop in.

### WANTED

#### HISTORY RESEARCH VOLUNTEER

The Pioneer Community Centre has either recently turned 100, or is about to !!

Are there any history buffs out there who would like to do some further research please?

We do have some information but need to check the fine details.

A lot is known of the history and use of the building but we do not know when it was first built.

Enquiries to: **6564 7908** or **0400 828 471** or [bcdainc@gmail.com](mailto:bcdainc@gmail.com)

For Polly . . .



*Some of the most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss and have found their way out of the depths.*

*These people have an appreciation, a sensitivity and an understanding of life that fills them with compassion, gentleness and a deep loving concern.*

*Feel no guilt in laughter she knows how much you care, feel no sorrow in a smile that she's not here to share. You cannot grieve forever she would not want you to. She'd hope that you would carry on the way you always do. So talk about the good times and the way you showed you cared. The times you spent together and all the happiness you shared.*

Words compiled by Katie - Bowra TakeAway



## We're here to help

New Licensee of the BOWRAVILLE Post Office.

Serviceing 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



## 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 0499 913 188  
[jeffblair@communitytransport.net.au](mailto:jeffblair@communitytransport.net.au)

**COMMUNITY TRANSPORT**  
COFFS HARBOUR, BELLINGEN & NAMBUCCA

[www.communitytransport.net.au](http://www.communitytransport.net.au) - 1300 812 504  
[info@communitytransport.net.au](mailto:info@communitytransport.net.au)



**bees wax wraps workshop**

Learn how to make your own bees wax wraps and keep your food fresh and plastic free!

**Saturday 28th of July, 1.30 – 3.30pm**

Pioneer Community Centre, High Street, Bowraville

\$20 Per Person, Includes workshop & 3 wraps to take home

**Bookings essential - Click here**  
Payment required at time of booking

MIDWASTE  
Central Coast Council

NEW EPA

NAMBUCCA



5/11

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



# Bowraville Central School News

Regional Central High Schools Netball and Rugby 7's Competition:

On the 31st a keen and cold group of students headed to Inverell at 4.30am to take part in the two day Regional Central High Schools Netball and Rugby 7's competition.

The Under 16's Netballers played 4 games on Thursday the 31st and came in second, missing first place by only 2 points. The Open girls played on the Friday and came in first place undefeated.

All girls played extremely well, and represented our school with a beautiful display of sportsmanship. A Big thankyou goes out to our umpires, Maleeka Darcy, Antoinette Edwards, and Michael O'Keeffe.

All teams now look forward to going on to Dubbo next term to play in the State Finals.



YEEHAA!

On May 22<sup>nd</sup> the Bowraville Cattle Club members hosted their inaugural night of Cowboy Bingo. Over 100 people filled the school hall, dressed in their finest Akubra hat, jeans and R.M. Williams boots. The event was put together to raise much needed funds to support the Cattle Club students in their learning.

The prize table was overflowing with generous donations from local businesses and the night would not have been able to go ahead without their support. The Hospitality class cooked up some delicious food and local farmer Matt Winslow donated fresh sweet corn. The Bowraville Beginners Line Dancing Club put on a wonderful display which got all patrons in the mood for some Yeehaa Cowboy Bingo.



Ms Wilson (Agriculture Teacher) is hoping to host a cattle clinic here on the Mid North Coast. The three day event will hopefully be a mixture of both beef and dairy where students will learn all about judging, parading and show prepping. The McKay family are strong supporters of Bowraville Central School and a visit to their dairy is likely to be on the cards.

**Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Winter 2018**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	2NVR Recycled Radio	2NVR Recycled Radio	Bubble N Squeak Linda & Michele <i>A family show with Christian themes.</i>	Under The Slingshot Tree Poppa	Green Eggs on Toast Part 2 Lawrie McCoury Music, Movies, News, Weather Glig Guide Local Info	The Early Birds Faye & Zoe Australian Music- New and Classic Current Movie Review Local Events	Praise, Prayer and Pop With Linda and Michelle	6 AM
7 AM	Classic Hits & Jukebox Paul Rowe Great Rock n' Roll 1950s-2010s	Dyer's Loop With The Dyers Music to dye for, of course	Isn't it Romantic With Dallas Dent Crooners Easy Listening and Popular Ballads	Tones of Claressence Claire West-Powell	Talk Of The Town Cen Nobel See what's going down! All things local	Hair Of The Dog Mick Birtles Rock, Pop Covers and Music Trivia	2NVR Recycled Radio	7 AM
8 AM	Baby Boomers Donna Collins	Infopinion Richard Lenton	Jazz Azz I Like It Heather Heywood	Turning Pages Elizabeth Newman	Damo's Mixed Grill Daniel Gibson Where anything can happen and probably will.	Todays Country Rob Davidson	Classical Corner Music from the past 1000 years... The Lively Arts Music & spoken word from film, TV, theatre & more Noel Robertson	8 AM
9 AM	The Weekly Fox Paul Weekley	The Phoenix Crew Selected music & meanness	Just For You Carole J. Simmons Followed by Karole's Delectable Music Moments 2NVR SUBSCRIBE! Picks	Grace's Vibes With Grace McLeod Grace's special mix of music for your enjoyment.	Outback Outlaws Paul Rowe Old and new country music	Flashback Rob Davidson	Politics and the Environment With Michael Jones Music, politics and environmental issues	9 AM
10 AM	2NVR Recycled Radio	Rob's Roving Robbie & Linda Bible reflections, Gospel & Australiana	Sister Act Olivia & Sam	2NVR Recycled Radio	Wind Down for the Weekend Su & The Crew	Volunteer Emergency Services Show - VZSS	Leamer Driver New Presenters	10 AM
11 AM	2NVR Recycled Radio	Jack's Tracks 2NVR Youth Radio with Jack All the tracks with Jack Tune in!	Nambucca Valley Roundup - Ben Walters	Thursday Country Trodvic	Volunteer Emergency Services Show - VZSS	Two For The Money Music, chat and a touch of banter with Paul and Rachel!	That's A Wrap Donna, Tom & Mitch	11 AM
Noon	Bowra Beats 2NVR Youth Radio with Grece	Nambucca Valley Roundup - Elizabeth Newman	Phillinn With Phil New Australian Blues and Indie/Folk/Rock	Highway Blues Retro When Only The BEST BLUES Will Do	Rhino On The Radio Switching to Studio 3 from 6pm-8pm on the 3rd Friday of each month for live artists & studio audience	saturday Night Specials Two hours of iconic artists in concert. Hand picked by 2NVR presenters.	Local sports results and in-depth analysis	Noon
1 PM	Nambucca Valley Roundup Paul & Rache Burns	Latest & Greatest Country Byron Edwards	Ants Rocks Anthony Gansley Solid Rock	Jeff's Junk Jeff Mills	The Friday Night Rock Show Todd Wills	Imagine This & The AntipodeanSF Radio Show Woify Woify @ 71pm	Concussion 2NVR Youth Radio With Xuan, Noah & Aaron	1 PM
2 PM	Reggae Mixtape With Fitzroy Music outside the usual	Soul into Rhyme With Matt Leibranot Whack up the bass and cop a wicked mix of hip hop and fully sick beats BBC World Service overnight	Ants Music Mix overnight	CRN overnight	CRN continues overnight	Overnight Express overnight	Prog Rock Playlist Retro till midnight The best of Progressive Rock CRN overnight	2 PM
3 PM	Feel Good Variety Dennis Rutherford CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN continues overnight	Overnight Express overnight	CRN overnight	3 PM
4 PM	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN continues overnight	Overnight Express overnight	CRN overnight	4 PM
5 PM	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN continues overnight	Overnight Express overnight	CRN overnight	5 PM
6 PM	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN continues overnight	Overnight Express overnight	CRN overnight	6 PM
7 PM	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN continues overnight	Overnight Express overnight	CRN overnight	7 PM
8 PM	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN continues overnight	Overnight Express overnight	CRN overnight	8 PM
9 PM	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN continues overnight	Overnight Express overnight	CRN overnight	9 PM
10 PM	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN continues overnight	Overnight Express overnight	CRN overnight	10 PM

2NVR — "Most Outstanding Small Station in Australia" CMAA Voice Award Winner, 2011 & 2013.  
 2NVR — Australia Day Award 2012 for "Service to the Nambucca Valley Community".  
 National news and weather is broadcast each weekday at 7am, 8am, 9am, 10am, 11am, 12pm, 1pm, 2pm, 3pm, 4pm, 5pm, 6pm, and 7pm.  
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