

Bowraville Community News



Bowraville Community News is produced by the Bowraville Technology Centre.
39 High Street, Bowraville 2449. Tel: 6564-7420
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NOVEMBER 2018 ~ ISSUE #168 FREE CIRCULATION 400 POSTCODE 2449

Bowraville Memorial Cup

Town remembers murdered kids through touch football

The town of Bowraville has spent 28 years mourning the lives of Clinton Speedy-Duroux, Evelyn Greenup and Colleen Walker-Craig.

On 25th and 26th October the community came together to remember the three children through touch football. The healing process has been slow because no-one has been found guilty of the murders.

In September, the Court of Criminal Appeal ruled that a man could not be retried for the murders of Clinton and Evelyn, but the NSW Attorney General later escalated the matter to the High Court. Now the community is waiting on the results of that appeal.

Growing up in the shadow

The Bowraville Memorial Cup is in its third year, and organisers say it helps the community remember the three children and support the young people of the town who have grown up in the shadow of three murders.

Michelle Jarrett, the aunt of Evelyn Greenup, said it was about remembering the three children and focusing on the kids who were here now.

Lucas Craig, the brother of Colleen Walker-Craig, said the cup meant a lot to him, and to the families of Clinton and Evelyn.

"Having everyone come out and enjoy their day is an awesome tribute," he said.

It's good to have something like this to keep the kids' spirits high."

Continued on Page 22



BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 400 COPIES

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

2018 ADVERTISING CHARGES:

Bowraville Community News is produced every month, except January.

Annual subscriptions includes 11 issues.

90 x 90mm (1/6 page)	\$10 issue/\$100 year
90 x 180mm (1/3 page)	\$18 issue/\$180 year
Half page (or 1 column)	\$25 issue/\$250 year
Full page (or back cover)	\$35 issue/\$350 year

DEADLINE FOR COPY FOR

THE DECEMBER 2018

ISSUE IS: 4:00PM

20th NOVEMBER 2018

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

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

BOWRAVILLE TECHNOLOGY CENTRE
39 High Street, Bowraville NSW 2449
Telephone: 6564 7420
Facsimile: 6564 7520
e-mail: admin@bctc.com.au

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Bowraville Technology Centre

Open 9.30am to 4.00pm Weekdays

Internet Services

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

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

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

Facility Hire

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

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

Full day up to 8 hours - \$100.00

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

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

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

Full day - up to 8 hours \$40.00.

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

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Bowraville Technology Centre

39 High St, Bowraville Ph. 02 6564 7420

Open 9.30 to 4pm Weekdays

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

Bowraville Arts Council Fundraiser

ABBA Dancing Queen - Saturday 10th November at 7:30pm on the Bowraville Hotel Verandah with DJ Lisa Farroway. Buy your Drinks at the bar and BYO nibbles. And don't forget to Get Frocked as there are 3 Lucky Door Prizes up for grabs. Tickets are \$20 and are available from: Bowraville Theatre 65647808; Rocky 6564 7676; Bowraville Technology Centre 6564 7420; Let's Talk Hair, Bowraville 6564 7675; Helloworld, Nambucca Heads 6568 6455; Lucy Fru Fru, Macksville 0477 001 803.

The Bowra Regional Writers' Expo

This event is a fundraiser for the Bowraville Pioneer Community Centre and is on again this year on Sunday, November 18.

Bowraville Shopping Bus

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

Commemorate the Centenary of Armistice

635 RED Poppies have been made in honour of the 635 volunteers who left the Nambucca Valley to serve in WW1. PURPLE Poppies honour the animals that died, particularly the horses. At 11am on 11th November 2018 the Nambucca Valley will come together at the Cenotaph in River Street, Macksville to commemorate the Centenary of Armistice.

Bowraville Garden Club

October was a busy month as we celebrated National Gardening Week. We visited South West Rocks Garden Club where we also viewed some inspirational flower arranging by well-known Mary Sweeney. On a sunny Wednesday members of the 3 Valley garden clubs met at Dawkins Park to plant trees generously purchased by the council to

commemorate this event. On 10th the rain held off so we could host a Morning Tea Garden Party at the home of secretary Barbara Furneyvall whose beautiful garden was admired by all. Proceeds were given to BowraMacksville UHA. In November we will hold our AGM at the home of Merron Marshall from 10am. This will be followed by a luncheon and members are asked to bring a salad or desert.

BowraMacksville UHA

In the last financial year our United Hospital Auxiliary purchased 6 health recliners and chairs \$21,150 and part funded the Senosite Ultrasound machine, our share being \$22,000, amounting in total to \$43,150. We are presently fund raising for 2 birthing baths to be installed in the new hospital and a defibrillator to be used immediately; total cost is close to \$50,000. So thank you to all residents who support our fund raising. However we still need volunteers to man the coffee shop, our best fund raiser. Hours worked were noted as 8344 but under estimated as most volunteers do not record every minute given to UHA matters. On 2nd November volunteers will attend a workshop regarding the Healthy Food Program to be introduced in 2019. On 23rd November we will celebrate with our Annual Christmas function. We are planning Christmas raffles in December when our 10th Anniversary Cook Book will also be on sale. A big thank you to Bowraville Garden Club who donated proceeds from their recent Morning Tea Garden Party to the UHA and to Macksville Showground Committee as we will also receive gate and raffle money from the recent Garden Gala Market Day. As noted members give many hours to raise money for the purchase of equipment for the hospital and are very grateful for such community support. We all benefit. Did you know - a Tressilian Residential Care Unit will be part of the new hospital's maternity services? The residential service

Continued on Page 5

Bowraville Folk Museum

High Street, Bowraville

Phone/Fax: 6564-8200

MONDAY-FRIDAY 10am-3pm

WEEKENDS 10am-1pm

PUBLIC HOLIDAYS 10am-3pm

email: bowravillefolkmuseum@gmail.com

twitter.com/bowravillefolk

~ Groups by appointment ~

9/11

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

7/11

Weekly Activities

MONDAY

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

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

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

TUESDAY

LINE DANCING 6.00-7.00pm Pioneer Community Centre, 70 High Street, Bowraville. (6564 7791)

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

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

WEDNESDAY

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

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

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

MEMBER'S DRAW & MEAT RAFFLE 6.30pm pm

Bowraville Ex-Services Club (6564 7304)

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

THURSDAY

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

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

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

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

FRIDAY

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

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

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

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

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

SATURDAY

BOWRA COUNTRY MARKETS (2nd and 4th Saturdays) 9am -1pm. Pioneer Community Centre Bowraville. For bookings and enquiries call 6564 7908 or 0400 828 471.

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

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

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

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

SUNDAY

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



ACTIVITIES ORGANISERS

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

TECHNO LESSONS OPEN TO EVERYONE

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

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

Absolute beginners are most welcome!

TECHNO LESSONS

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

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

For technical issues please contact BTC for an afternoon booking.

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



Special offer to community groups

Save on paper and ink!

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

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

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

From Page 3

is a statewide inpatient service for families experiencing significant challenges requiring intensive intervention and strategies to promote family health and wellbeing.

Bowraville Seniors

Bowra Seniors will meet on 19th November at the Coach House Inn from 11am. Our condolences go to President Geoff on the death of his wife Val a longtime member of Bowra Seniors.

Bowraville Recreation Club

October finally saw the rain come but it meant many of our golf and bowls events were cancelled. These will be reprogrammed so watch the notice boards. Golden Sands Social Golf Club will visit on 18th and Vets on Tuesday 20th. Bowlers will host Open Pairs on 2nd December. The Recreation Club is a great venue for meetings, private functions and upcoming Christmas celebrations - call 6564-7349.

Line Dancing

Beginners class on Tuesday evenings from 6.00 to 7.00pm at the Bowraville Community Centre in High Street. Cost \$7 per week (plus \$7 per year to join BCDAI for insurance cover). For information contact Rhonda on 6564-7791.

St Jimmy's Kitchen

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

Macksville/Bowraville Uniting Church

The Bowraville Uniting Church have chosen to celebrate the 100th Anniversary of Remembrance Day with a Special Service conducted on Saturday 10th November at 5pm. This service will be conducted by Rev. Clyde Appleby from Macksville Anglican Church. Rev. Appleby spent many years

as a Chaplain in the Royal Australian Navy and we feel honoured to have him speak at our Bowraville Service. Since the Uniting Church Monthly service is usually conducted on the second Sunday of each month we feel this a very appropriate day to make this service, on the eve of Remembrance Day, an acknowledgement of the end of WW1.

The community will be very welcome to come along and join us for this Special Service.

Place: Bowraville Uniting Church

Date: Saturday, 10th November 2018

Time: 5.00pm

For details contact Mavis Ward on 6568-2451.

Macksville/Bowraville Uniting Church Op Shop

Come and browse at our Op Shop next to the church in George Street, Bowraville. The Op Shop is open each day except Sunday and Monday. Donations of good

Continued on Page 12

CRAIG BELLAMY@realty

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Not available during school holidays



Short-term Accommodation

Small \$15 - Medium \$20 - Large \$22 - Cats \$14

2/11

BOWRAVILLE GIFT SHOP



LOCATED AT BOWRAVILLE POST OFFICE
27 HIGH STREET BOWRAVILLE

Monday to Friday 9am-5pm

PH: 02 6564-7169

7/11

China - World's first Digital Dictatorship

China is building a digital dictatorship to exert control over its 1.4 billion citizens. For some “social credit” will bring privileges — for others, punishment.

Dandan Fan is very much the modern Chinese woman.

A marketing professional, she's diligent and prosperous — in many ways she's a model Chinese citizen.

But Dandan is being watched 24/7.

A vast network of 200 million CCTV cameras across China ensures there's no dark corner in which to hide.

Every step she takes, every one of her actions big or small — even what she thinks — can be tracked and judged.

And Dandan says that's fine with her.

At the supermarket, Dandan is browsing the aisles. Even this everyday task will not escape the Party's penetrating gaze.

When social credit is fully implemented, what she puts into the trolley could impact her social score.

Buying too much alcohol might suggest dependence; she'll lose a couple of points.

But buying a pack of nappies might suggest responsibility; she'll gain a few points.

The system will be “live” so her score will update in real time.

What may sound like a dystopian vision of the future is already happening in China. And it's making and breaking lives.

The Communist Party calls it “social credit” and says it will be fully operational by 2020.

Within year, an official Party outline claims, it will “allow the trustworthy to roam freely under heaven while making it hard for the discredited to take a single step”.

Social credit is like a personal scorecard for each of China's 1.4 billion citizens.

In one pilot program already in place each citizen has been assigned a score out of 800. In other programs it's 900.

Those, like Dandan, with top “citizen scores” get VIP treatment at hotels and airports, cheap loans and a fast track to the best universities and jobs.

Those at the bottom can be locked out of society and banned from travel or barred from getting credit or government jobs.

But social credit will be affected by more than just internet browsing and shopping decisions.

Who your friends and family are will affect your score. If your best friend or your dad says something negative about the government you'll lose points too.

Who you date and ultimately partner with will also affect social credit.

The system will be enforced by the latest in high-tech surveillance systems as China pushes to become the world leader in artificial intelligence.

Surveillance cameras will be equipped with facial recognition, body scanning and geo-tracking to cast a constant gaze over every citizen.

Smartphone apps will also be used to collect data and monitor online behaviour on a day-to-day basis.

Then, big data from more traditional sources like government records, including educational and medical, state security assessments and financial records will be fed into individual scores.

Trial social credit systems are now in various stages of development in at least a dozen cities across China.

Several companies are working with the state to nationalise the system, co-ordinate and configure the technology and finalise the algorithms that will determine the national citizen score.

It's probably the largest social engineering project ever attempted, a way to control and coerce more than a billion people.

If successful it will be the world's first digital dictatorship.

- www.abc.net.au



NOVEMBER PROGRAM at the

BOWRAVILLE THEATRE

Sunday, 4th November - 2pm **GARDENING WITH SOUL**

Love, faith and compost. Sister Loyola is one of the liveliest nonagenarians you could ever meet.



Gardening with Soul is a feature length documentary following a year in the garden with 90-year-old Sister Loyola Galvin. Sister Loyola's optimism is infectious and it's fed every day by her love of gardening. Themes of faith, aging and compassion sit alongside the practicalities of community life, issues within the Catholic Church and the importance of good compost in this intimate, funny and moving portrait of a woman approaching the end of her life.

This lively, beautifully shot documentary is filmed almost entirely in a small community on the southern coast of Wellington, New Zealand. With music by local musician David Long it's full of the sea and garden-scapes that have formed Loyola's life.

Sunday, 19th November - 2pm **LOVING VINCENT**

Inspired by a letter Vincent Van Gogh penned in the week before he died, in which he noted that 'we cannot speak other than by our paintings', Oscar-winning filmmaker Hugh Welchman and Polish painter Dorota Kobiela decided to make a movie doing exactly that.



Hiring an army of painters, each trained in the Dutch master's style, they set out to tell his story.

Consequently, every single frame of the resulting film, *Loving Vincent* is an oil painting (12 per second!); the noir-like detective plot is drawn from the artist's many letters; and the cast – Chris O'Dowd and Saoirse Ronan alongside Douglas Booth, Helen McCrory, Aidan Turner and more, with music by Clint Mansell – were chosen based on their likeness to real-life characters in Van Gogh's works.

An astonishing visual feast, *Loving Vincent* demands to be seen on the biggest screens.

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

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



Bowraville & District Ex-Services Club 6564-7304

What we have to offer . . .

TAB - Fox Sports

Keno - Gaming Machines

Pool Table - Daily Happy Hour

Bingo - Raffles

Members' Draws



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FREE POOL Everyday



2/11

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2/11

Japan to make 2020 Olympic medals from recycled e-waste

Japan has announced plans to make its 2020 Olympic Games' medals out of electronic waste and home appliances.

The country is looking to follow up on the Rio 2016 Olympic Games' focus on sustainability with Brazil using gold extracted without the use of mercury and silver and bronze from recycled sources.



Smartphones and tablets contain small amount of precious metals such as platinum, palladium, gold, silver, lithium, cobalt and nickel and cars and homes appliances – fridges, air conditioners – also contain rare metals as well as base metal such as iron, copper, lead and zinc.

In order to utilise these chemical processes are used to separate the metals from the rest of the e-waste and industry scraps collected or purchased by recycling and refining companies.

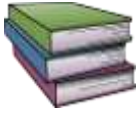
The amount of metal needed will depend on the number and size of medals to be produced for the Games. 4,700 were produced for London 2012; 5,130 medals were produced for the Rio Games in 2016 with medals being the largest ever at 1cm thick in the middle and weighting 500g each.

Five new sports have already been added to the Olympics for 2020 meaning additional medals will be needed.

-www.sportindustry.biz

MARKETS CALENDAR

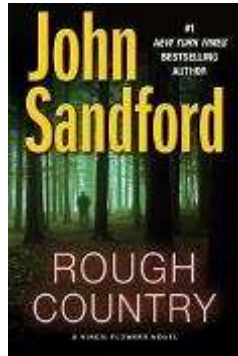
DAY OF MONTH	MARKET LOCATION and TIMES	CONTACT DETAILS
THURSDAY Every Thursday	Coffs Coast Growers Market, City Square, Harbour Dr. from 8am to 2pm	6648 4087
FRIDAY 1 st , 3 rd & 5 th	BELLOPY ORGANIC FARMERS MARKET from 8am to 1.30pm The largest 100% organic market in NSW. Bellingen Showground	0415 525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



BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

Rough Country by John Sandford

This novel is set around Grand Rapids in the remote parts of northern Minnesota, USA. The centre of events is Eagle Nest Lodge, a resort for women only – a place to relax, get fit, recover from events in life and also to commune with nature.



Virgil Flowers, a homicide detective, gets called in (from his fishing tournament) to investigate the shooting death of Erica McDill, an ad-agency executive from Minneapolis who was staying at the Eagle Nest Lodge.

A talk with lodge owner Margery Stanhope turns up unusual details: Margery's clientele is mostly lesbian; an all-female rock band is involved; guests who are so inclined can buy young men for an evening's pleasure and financial reasons could explain the murder.

As he continues his investigation Virgil finds a web of connections between the people at the resort, the victim and some local women (notably a talented country singer) and the more he digs the move he discovers the arrows of suspicion that point in many directions, encompassing a multitude of motivations: jealousy, blackmail, greed, anger, fear. And then he discovers that this is not the first murder, that there was a second, seemingly unrelated one, the year before. And that there's about to be a third, definitely

related one, any time now. And as for the fourth... well, Virgil better hope he can catch the killer before that happens.

Virgil is a likeable detective, he's got his work cut out for him. You might get an inkling as to who the murderer is but there are plenty of twists and turns to keep you wondering.

- This book read and reviewed by BTC Volunteer Raewyn.

Crime Scene Cessnock

by Robert G. Barrett

Les Norton is out on bail and on the run from a gun-happy street gang intent on a drive-by. So, with a friend's help, Les Norton defendant, becomes Len Gordon film director, safely ensconced at the ultra-swish Opal Springs Health Resort till things get sorted out back in Sydney.

Unfortunately, the first thing Les finds on arrival is motivational guru Alexander Holden dead at the front gate. Then, before you can say 'soya beans with tahini and lime dressing', the cops arrive and Les is up to his neck in a land of a thousand acronyms, fighting off steroid-happy body builders, sex-crazed socialites, violent greyhound owners - and, worst of all, caffeine withdrawals - while at the same time matching wits with the four acrimonious writers-in-residence. Was Alexander Holden murdered? Or was it an accident?

Find out in the gripping climax and food fight when all is revealed - in the library.

- www.readings.com.au..

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COPD Awareness

COPD = Chronic Obstructive Pulmonary Disease

What is COPD?

Chronic Obstructive Pulmonary Disease (COPD) is a progressive lung condition that causes narrowing of the bronchial tubes in the lungs (sometimes called bronchi or airways) making it difficult to breathe. Sometimes air gets trapped in the lungs causing the feeling of breathlessness. When the condition occurs it is chronic (long-term) in nature, however it is important to remember that you are not alone and there are things you can do to help manage the symptoms and improve your overall quality of life.



COPD is an umbrella term for a group of lung conditions including: Emphysema, Chronic Bronchitis and Chronic asthma.

Understanding COPD

What is emphysema? Emphysema is a condition in which air gets trapped inside the lungs making it harder to breathe in again. The main symptom of emphysema is breathlessness.

What is chronic bronchitis? Chronic bronchitis is a constant and long-lasting irritation and swelling of the airways. The main symptoms of chronic bronchitis are cough and increased secretions from the lungs such as mucus.

What is chronic asthma? Asthma is a condition that affects the small airways. When you experience asthma symptoms the muscles in the airways tighten and the lining of the airways swell and produce sticky mucus. These changes cause the airways to become narrow meaning there is less space for the air to flow in and out of your lungs. Usually with asthma medicines can reverse symptoms and open the airways. In chronic asthma, however, the medicines do not fully open the airways meaning it is irreversible. This is categorised as COPD.

Causes

There are many causes of COPD which may include:

- Smoking: this includes if you currently smoke, have smoked in the past or are exposed to passive smoking.
- Environmental factors: such as working or living in areas where there is dust, gas, chemical fumes, smoke or air pollution.
- Genetic: A small number of people have a form of emphysema caused by a protein disorder called alpha-1 antitrypsin deficiency (AATD). This is where the body finds it difficult to produce one of the proteins (Alpha-1) which protects the lungs.

Symptoms

The first symptoms of COPD can be subtle and may overlap with other lung and heart conditions. They may also be mistaken for signs of getting older, being overweight or unfit. COPD is a progressive lung condition with three stages:

1. *Mild COPD* - Symptoms come on slowly and can be very mild. You may cough up mucus or feel short of breath if you walk quickly or exert yourself.

2. *Moderate COPD* - As COPD progresses, you may notice symptoms

Continued on Page 16

BOWRAVILLE PHARMACY

31 HIGH STREET, BOWRAVILLE

PHONE: 6564 7925 or FAX: 6564 7364

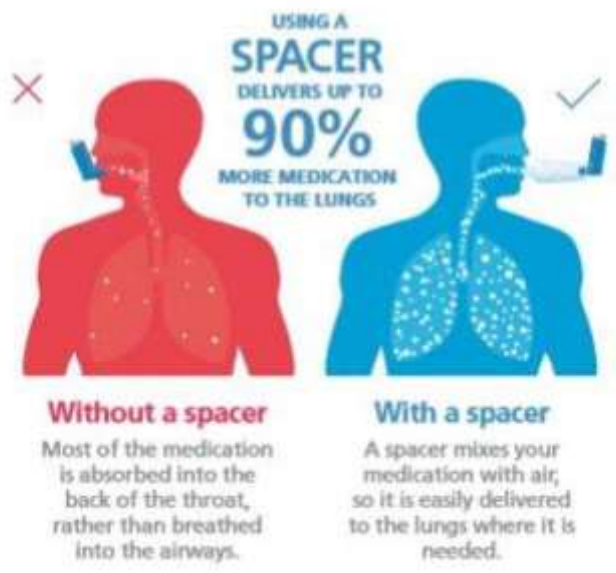
Monday to Friday 8.45am - 5.30pm Saturday 8.45am - 12 Noon



WHY YOU NEED A SPACER WITH YOUR PUFFER



Product of the Year
The only spacer with Silver Ion technology



Do you have sensitive airways?

ABLE SPACER
SILVER ION ANTI-BACTERIAL

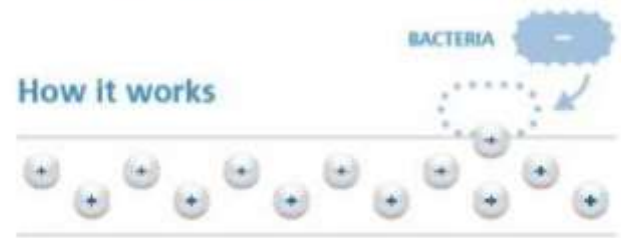
99% bacteria free*

ORDINARY ANTI-STATIC SPACER
40% contamination



The new ABLE Spacer Anti-Bacterial is embedded with silver ion to protect against 99% of all harmful bacteria. * Demonstrated by ISO 22196 tests

Common plastic spacers can contain up to 40% bacterial contamination that causes harm to the lungs and even pneumonia.



When bacteria comes into contact with a silver ion protected surface, the silver ions inhibit the bacteria's ability to multiply, therefore they die.

Now available at ↓

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

WHAT'S HAPPENING IN BOWRA

From page 5

furniture can be collected on Wednesdays. Please ring 0410 033 635.

Nambucca Valley Community Church Food Hub

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

Nambucca Valley Community Church

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

Macksville 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.

Making reusable shopping bags from pre-loved fabrics

by the community,
for the community.



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

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

Donations of fabrics also welcomed.

Enquiries: 6564 7908 marion.syratt@gmail.com

Facebook: Nambucca Valley Boomerang Bags

Lotto Returns to Bowraville

From mid November Lotto tickets, Scratchies and Lottery Tickets will once again be available to Bowravillians.

Management staff at **Bowraville IGA and Liquor** have been undergoing certification and training at the Lotteries Office in Sydney in preparation for this new service for Bowraville IGA customers.

The necessary equipment is currently being installed and customers are asked to be patient while this is completed.

Lotto has been seriously missed in the town since it was discontinued by the owners of the now defunct Bowra Newsagency.

Previous to that, when owned by the Grieve family the newsagency was where locals met up to buy a newspaper and take a chance at winning a few dollar or a couple of million dollars, but since that finished in town they have had to go to Macksville for their tickets.

But not for much longer - by the middle of November Lotto in Bowraville should be up and running - just in time for Christmas when, if you can't think of anything else or have only got an envelope to fit it in, a Scratchie or a Lotto ticket make an great gift.

LIONS CLUB OF BOWRAVILLE INC.

SUPPORTING OUR COMMUNITY

PRESIDENT

Mark Scott

M: 0428527545

SECRETARY

Cherie O'Donohue

TREASURER

Greg Lamberth

Email:

bowraville@lionsdistrict201n1.org.au

PO Box 23 Bowraville NSW 2449



2/11



Bowraville Chamber of Commerce and Industry Inc

chamber@bowraville.nsw.au

NOVEMBER 2018

Exciting news for Bowraville

Keep Saturday

15th December free!

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



Wanted

Stall holders

Sites \$20- No insurance
necessary

Set up from 3.30pm

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

Contact Lisa Matters

lisamatters9@gmail.com

M: 0401400962

World Rally

The World Rally Championship is
coming back again to the roads
around Bowraville again this year
on Saturday, November 17th.

Due to a change in the direction
cars will be racing on the day there
will not be a tyre change in
Cooke Street this year.

The first WRC cars will be on the
course at North Arm from 7.14am
and the last cars will go through
Talarm at approximately 3.37pm
before travelling up to the Raleigh
Speedway Coffs Harbour Jetty for
the evening events.

For tickets, course and spectator
site information visit the Rally
Australia Web Site.

<https://Rallyaustralia.com.au>

Chamber meetings

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

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



Contact Chamber:

M:0428527545

chamber@bowraville.nsw.au



Playgroup is now on at Tallowood Steiner School

The child-focused playgroup is based on Rudolf Steiner's values which include early childhood developmental stages of readiness, parent support and a strong environmentally sustainable foundation.

The materials in the inside play-space are selected to allow for imaginative play and a variety of natural tactile and sensory experiences but especially without overstimulation of the child's developing senses. Examples include wooden toys, silk cloths, shells, driftwood... Outdoor play is designed to create group play and encourage appreciation of natural settings with activities such as watering flowers or cooking in the sandpit with an array of pots, spoons, baking trays and so on.

Living and natural human voices only are used to sing or tell stories which are repeated weekly to foster oral language acquisition and development. Care is taken to bring organic or local fruits for morning-tea and flours for bread making. Thus, care for the children's developing bodies is taken.

For more information, ring the school on (02) 6564 7224 or simply come along!

Playgroup meets Fridays

(except school holidays)

from 9.15 to about 11.30

Tallowood Steiner School
220 Bellingden Road, Bowraville.

BOWRAVILLE THEATRE REVIEW

Cinescape comes to Bowraville

Why not lose yourself in Bowra for a couple of hours on a Sunday - sit back, relax and have an amazing, enlightening and amusing afternoon?

Don't miss out - this is ENTERTAINMENT PLUS and you can enjoy a yummy treat at Bowra's Theatre Cafe before the movie too....

These will probably be the best films you'll see this year. The first four have been fantastic, so be sure NOT TO MISS the next ones.

REVIEW of **The Country Doctor** (Screened 7th Oct.)
Beautifully filmed, atmospheric, thought provoking regarding one's own mortality and a longing for the 'more personalised' back in the day ways of doctor/patient relationships. Doctors are human too, above and beyond the call of duty if allowed to be.

REVIEW of **Pecking Order** (Screened 22nd Oct.)
Interesting enough, though a little too long to suffer the provincial fanciers cock-of-the-coop club's bureaucratic problems and less the finery and plight (unfortunately not flight) of the show birds - chookies who seem like all show creatures to succumb inevitably to ludicrous pampering and unnatural handling and cramped living conditions, imposed by mainly 'old roosters' with hoarding problems and vain egos whose 'love' for their birds goes beyond rational behaviour. Lots of chuckles and clucks but definitely one for the birds!!

When you've been enraptured for 90 mins and emerge euphoric you know you've been part of something special and this is how audiences have been reacting - and there are more Cinescape films to see - so treat yourselves.

CINESCAPE offers 24 films per annum, that's 2 per month - programmes available every three months. See you there.

November films are *Gardening with Soul* on 4th and *Loving Vincent* on 18th for previews see page 7.

- Diana Trilsbach

NOTIFICATION OF BURNING OFF!

Rural residents of Nambucca Shire

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

All year!

IT'S THE LAW.



Bowraville Lions Club Inc News Bulletin

NOVEMBER 2018



We're Back

The Bowraville Lions Club is back in full swing with some new members and helpers.

We were pleased to the BBQ catering at the Bowraville Memorial Cup at the Hennessy Tape Oval on Thursday 25th and Friday 26th November.



Letters to Santa

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



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



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

Our next dinner meeting will be held on Wednesday 5th December from 6.30pm. Come along and join in the fun of our last dinner meeting before Christmas. Phone Mark on 0428 527545.

National Redress Scheme

For people who have experienced institutional child sexual abuse

The establishment of a National Redress Scheme was recommended by the Royal Commission into Institutional Responses to Child Sexual Abuse.

The Scheme:

- acknowledges that many children were sexually abused in Australian institutions
- recognises the harm caused by this abuse
- holds institutions accountable for this abuse
- helps people who have experienced institutional child sexual abuse gain access to counselling and psychological services, a direct personal response and a monetary payment.

The National Redress Scheme commenced on 1st July, 2018 and will run for 10 years.

If you are interested in applying for the Scheme more information is available on the National Redress Scheme website.

The Australian Government wants as many people as possible to have access to the Scheme.

The Scheme provides redress to people who experienced **institutional** child sexual abuse.

To contact the National Redress Scheme call **1800 737 377**

website address is **nationalredress.gov.au** and the postal address is

Rely Paid 7750, Canberra BC ACT 2610

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

come into the

Bowraville Technology Centre

INTERNET ACCESS ~ PHOTOCOPYING

LAMINATING ~ SCANNING ~ BINDING

TECHNOLOGY ASSISTANCE

VIRUS REMOVAL ~ TRAINING COURSES

TECHNO CLUB ~ BOOK NOOK

~ CENTRELINE ACCESS ~

BOWRAVILLE TECHNOLOGY CENTRE

39 High Street, Bowraville

6564-7420

admin@bctc.com.au

Continued from Page 10

COPD Awareness

every day and find it harder to do normal activities such as gardening or carrying groceries without feeling short of breath.

3. *Severe COPD* In severe COPD you will likely experience symptoms most of the time. You may:

- Find it hard to walk up stairs or across the room without feeling very short of breath
- Feel tired more of the time, despite resting
- Cough frequently and cough up a lot more mucus
- Feel frustrated with the constant need to clear your mucus from your airways
- Get chest infections frequently
- Take several weeks to recover from a cold or chest infection

Treatment

Can COPD be cured? Although the damage to your lungs cannot be reversed early treatment is important to help improve how you feel. By taking the following steps you can improve your overall quality of life, slow the progression of symptoms and keep your COPD well managed including reducing the risk of flare-ups.

Quit smoking Not all people with COPD have smoked, however, if you do smoke quitting is the single most important thing you can do to improve your health and lung function. If you continue to smoke your health and respiratory symptoms will worsen. The sooner you quit the better your chances of living well and improving your lung function.

Do not feel guilty about having smoked. Most people say they would like to quit and may have tried at least once. Some are successful the first time but others try many times before they finally give up for good.

A quit plan can help you reflect on why you smoke and your motivations for quitting and help you choose your preferred quit tools. These can include:

- Nicotine replacement therapy (NRT) products.
- Support options such coaching and/or counselling.
- Other strategies to help you plan for success such as making changes to your daily routine to reduce the temptation to smoke.

- lungfoundation.com.au

See Page 18 for some Interesting Lung Facts



Ngambaga Bindarry Girrwa Community Services Aboriginal Corporation
ABN:19746606729

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

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

Address: 1/53 High St, Bowraville,

Web: nbgcommunityservices.com.au

Email: admin@nbgcs.com.au



CHSP & NRCF
(In the Nambucca Valley)

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

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

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

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

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



A Few Interesting Facts about Lungs

The average person breathes in the equivalent of 7.387 litres of air every minute.

The lungs are the only organs in the human body to float on water.

If the lungs were open flat they would cover the entire size of a tennis court!

Breathing has very little to do with oxygen. Air has 21 percent oxygen and the body only needs 5 percent. The rest comes from carbon dioxide.

Seventy percent of waste is eliminated through your lungs just by breathing.

The breathing rate is faster in children and women than in men.

Humans exhale up to 17.5 millilitres of water per hour.

In human beings the right lung is larger than the left lung to accommodate the heart.

-www.lunginstitute.com



Tallowood Steiner School
220 Bellingen Road
Bowraville NSW 2449
(02) 6564 7224
www.tallowood.nsw.edu.au

ORIENTATION DAY

for 2019 Kinder-Class 1 and 2019 enrolments

Tuesday 6th November, 9.15am until 11am

Tallowood Steiner School, Bowraville is holding our Annual orientation morning for new students beginning at the school in 2019.

Kinder-Class 1 students will have a morning session with our K/1 teacher Andrea Hearn. Classes 2-6: Students beginning in the older years' classes are warmly invited to spend the morning in their future class groups.

A parent information session and education talk will be conducted by the Principal while students are orienting in the classrooms.



Please ensure that your enrolment forms are completed and submitted to the office, prior to the Orientation Morning as places in some classes are limited for 2019.

For further information, contact the Principal, Sue Moran on 65647224 (office hours) or 0413833448 (AH).

Visit our Website for a comprehensive view of our school www.tallowood.nsw.edu.au

2/11



We're here to help

New Licensee of the BOWRAVILLE Post Office.

Servicing the local community with:

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

We also have PO Boxes available.*

Locations:
27 High Street
Bowraville NSW 2449

Come in and meet us. We are open:

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



Pioneer Community Centre News

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



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

HOW CAN YOU HELP?

THE PIONEER COMMUNITY CENTRE BELONGS TO THE COMMUNITY

THE PIONEER COMMUNITY CENTRE BELONGS TO YOU

MANAGEMENT of the BUILDING & its ACTIVITIES is by the BCDAI

PLEASE CONSIDER BECOMING A POSITIVE, ACTIVE MEMBER of BCDAI

AGM is on Monday, 3rd December

SPACE AVAILABLE FOR HIRE

Hall & rooms available for bookings, casual & perma-

STILL LOOKING FOR:

- Pictures of Aunt Emily
- A Market Manager



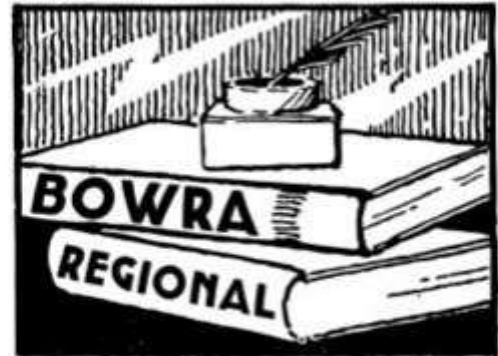
SPIRITUAL SUNDAYS

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

The intention is for a spiritual service to be available to the Bowraville Community on a weekly basis.

Please contact us if you are interested to be a part of this venture.

Bowra Country Market
Make it + Bake it + Grow it
Recycle it + Up-cycle it
9am - 1pm
2nd + 4th Saturday every month!
Stall holder enquiries:
02 6564 7908
0400 828 471
bowra.country.markets@gmail.com
Pioneer Community Centre
70 High Street, BOWRAVILLE



WRITERS' EXPO

MEET LOCAL AUTHORS
BOOK SIGNINGS & WORKSHOPS
POETRY & BOOK READINGS AT THE PUB
SECONDHAND BOOK SALE
RAFFLE & REFRESHMENTS

Pioneer Community Centre
70 High St BOWRAVILLE 9am to 4pm

SUN 18 NOVEMBER

Enquiries: 6564 7908

bowra.writers.expo@gmail.com

SAVE THE DATES:

24 November
Creative Crochet or
Weaving Workshop
2 – 4pm

8th December
Re-crafting Christmas
workshop:
2 – 5pm

15th December
Acoustic Club
7 – 9pm

Living Mulch: Waterwise, firewise and seriously good looking

The mulching of our gardens to cut-back on water-use is now enshrined in garden lore but there is an alternative to chips, straw or stone and that is to use plants themselves.

Many native Australian ground covers can function as fire retardants as they have foliage of low flammability. They also carpet the ground, reducing water loss and keeping the soil alive. Further, living mulches help to suppress weeds, provide habitat and food for garden birds and insects and they are a beautiful layer in the garden.

Here are some ground covers which are low water-use and low flammability (i.e. they don't burn readily or they slow the passage of a fire).

Remember that no plant is completely inflammable and all can burn under the right conditions. Some watering during extended dry or a heat wave will keep plants actively growing and this will improve their fire-retardant qualities.

Cut-leaf Daisy (*Brachyscome multifida*) – has feathery foliage and cheerful flowers through most of the year; grows in semi-shade to full sun, requires some moisture. There are many varieties with flower colours ranging from white to purple.

Kidney Weed (*Dichondra repens*) - Fresh green, kidney shaped leaves carpet the ground and spread by creeping stems. Best in shade but can tolerate full sun if soil is moist; will come back after near death during drought.

Inland Pigface (*Carpobrotus modestus*) - Has succulent foliage and pink flowers from September to October; part-shade to full sun. Slower to establish and spread than Karkalla making it easier to manage in the garden.

Karkalla (*Carpobrotus rossii*) - Succulent foliage, tolerates part shade to-full sun; drought tolerant once established; covered in bright pink flowers from September to January. Can grow and spread vigorously.

Ruby Saltbush (*Enchylaena tomentosa*) - Succulent grey coloured foliage; very drought tolerant; grows in semi-shade to full sun; pretty, bright red or yellow edible berries. Prostrate and shrub-like forms are available.

Creeping Boobialla (*Myoporum parvifolium*) - A fast growing and drought tolerant plant, white star flowers in spring and summer; vigorous, rejuvenate with a hard prune.

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

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

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

For the home garden or big acre farming . . .

SEEDS

POTTING MIXES

COMPOST

FERTILISERS

**SOIL & WATER
CONDITIONERS**

MULCHES

**ORGANIC GARDENING
SUPPLIES**

Norco Rural carries a large range of products for pasture, cropping, horticulture and gardening applications from a wide variety of well known brands.



**51 CARBIN
STREET
BOWRAVILLE
6564 8648**

2/11

Regional Excursion Daily (RED) tickets

Eligible concession card holders can access discounted bus fares in regional New South Wales with a Regional Excursion Daily (RED) ticket.

The RED ticket provides unlimited local daily bus travel for just \$2.50 making it affordable for you to get around by bus. RED tickets are accepted by more than 600 local bus operators in regional centres around NSW. Ask your local operator for details.

The RED ticket is not valid on NSW TrainLink train or coach services.

Eligibility

You can buy a RED ticket if you have one of the following cards: NSW Seniors Card, Pensioner Concession Card from NSW, Victoria or ACT (issued by Centrelink of the Department of Veterans' Affairs); NSW War Widow/er Transport Concession Card

Where to buy a RED ticket

You can buy your RED ticket from the driver on the first bus you board on the day of travel.

You must show your concession card when purchasing your ticket. Remember to keep your concession card and RED ticket with you on every service you catch.

RED tickets are valid until midnight on day of purchase.

RED Terms and conditions

You cannot use RED tickets on other modes of transport, including NSW TrainLink Regional trains or coaches. If you are eligible you can book a Country Pensioner Excursion ticket for use on NSW Regional train services.

You cannot use RED tickets on services in the Sydney metropolitan or outer metropolitan areas. If you are travelling in Sydney and surrounding areas you may be eligible for a Gold Senior/Pensioner Opal card for the Sydney metropolitan and outer metropolitan areas.

The ticket is not transferable.

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
	<i>Last bus</i> 5.25pm

Red Ticket — \$2.50 per day

Eligibility: Pension Card, NSW Seniors Card

busways Telephone: 6568-3012

Bowra StarBytes

Aries

You are becoming more assertive and your ability to trust your intuition is amplified. New ideas are flowing and you will be able to express them more spontaneously. Some problems that have recently had you stumped will now find resolution.

Taurus

Taking charge of your investments, particularly those to do with a partner or from a source other than your basic income, becomes necessary. You are becoming more confident about **the direction you'd like your life to take.**

Gemini

You might have more energy and confidence to pursue a new relationship. You are taking charge of your work and daily health routines this month. Your confidence will go a long way towards improving your reputation and professional status.

Cancer

Your energy is dynamic this month for work and health matters. **It's a good time for applying yourself to projects that require attention to detail, as well as for researching and implementing new health routines and programs for self-improvement.**

Leo

Romantic and creative activities are heating up. You are bolder this month after a period of introspection. Your zest for life and your tendency to take risks – emotional, romantic, and creative – increase. You might want to control your spending though.

Virgo

Increased activity on the home front is likely and you can use this energy positively by working on reorganizing, renovating, **or otherwise improving your domestic life. If you don't harness and manage the excess energy you may encounter resistance.**

Libra

Your intellect is energized, use this increased mental energy productively. You will present your ideas with enthusiasm and **confidence increasing the likelihood that they're accepted and admired.** Work matters that have stalled begin to move forward.

Scorpio

You will tackle challenges and problems more effectively than usual. Watch the impact you have on others now and make any tweaks necessary to improve the impression you make.

Sagittarius

Renewed stamina, energy, and confidence are with you this month. You can be more assertive and direct when going after what you want. However, part of you craves some solitude as you pull back from putting your heart into new endeavours.

Capricorn

Complicated dealings with others tend to clear up with good communication and straightforward interaction. Your intuition surrounding finances improves and you are able to put more faith in your ability to manage your money effectively.

Aquarius

Career and professional matters are in strong focus, and you're ready to take charge of this area of your life. Conflicts are lessened if you take the lead and work towards a common goal. Romance may present through friends or associates.

Pisces

A feel-good month. You are enthusiastic about your beliefs and wear your ideas with confidence and authority. If you are able to set your own pace you are at your happiest. You feel for the most part, on top of your game.



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 bambuurral ngaljarri barrmarranygu yilaami,manggagirr maana darrunda guunu julgaaganybiin.gu.”

“We aspire to facilitate change for generations to come, towards an improvement in life for ALL Australians.”

OUTREACH SERVICES

- Monday Counselling Services**
Interrelate 10am to 3pm
Miimi House
Phone: 6659-4150
- Tuesday New Horizons**
1st Tuesday of the month
Phone: 5632-4800
- Warrina Women’s & Children’s Refuge**
2nd and 4th Tuesdays
Phone: 6652-2400
- Wednesday Baby Health Clinic**
9am – 12noon
All Mums and bubs welcome
Appointment necessary.
- Community Corrections**
Fortnightly 10am to 3pm
Phone: 6561-3100
- Thursday Legal Aid**
1st and 3rd Thursday
10am to 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

11/11

Bowraville Memorial Cup 2018

From Front Page

Uncle Martin Ballangarry, an Elder in Bowraville, and a councillor on the Nambucca Shire Council performed a smoking ceremony at the start of the event.

He said he supported young people in the community through dance.

"It's a long grieving time, we're endeavouring to keep the spirits high with the families because sometimes it can be rough out there," he said.

The future

Mr Craig said they were still having to fight for justice.

"This is the time where we should have been healing, but we still haven't healed any wounds because we're still fighting the fight to get justice for our kids," he said.

He said that their real hope was to have the wording changed in the law so the three murders could be tried together — but that could take a long time.

"Unfortunately it'll be another few years before some kind of final outcome," Ms Jarrett said.

"But it's something that's got to be done and we can't let it go."

- www.abc.net.au

PUBLIC NOTICES

ATTENTION BTC CUSTOMERS

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

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

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

~ ~ ~ ~ ~

JUSTICE OF THE PEACE

There are 3 JPs in Bowraville

Jerry Ellis - 6564 8183

Barry Tasker - 6564 3144

Robynne McGinley at the BTC on Fridays

~ ~ ~ ~ ~

BOWRAVILLE COMMUNITY HEALTH CENTRE

Information and appointments - 6691 1195.

Mourn and Go!

Japan's drive-through funerals

A funeral parlour in Japan is set to offer relatives the chance to pay their final respects to deceased loved ones without leaving the comfort of their cars.

The firm claims that the “drive-through” service is a first in Japan where a rapidly ageing population means funerals are anything but a dying trade.

Elderly mourners can register their names on a touchscreen tablet device and make a traditional offering of incense just by rolling down a car window - a process relayed to screens inside the venue for the grieving funeral host to watch.

The initiative aims to speed up funeral services and also to give infirm relatives the chance to participate. Older people may hesitate to attend a funeral because they have to ask for help to get out of the car but with the drive-by option people are comfortably able to come to say farewell to their friends or neighbours. Whereas it can take at least 15 minutes for someone in a wheelchair to offer incense at the altar during a traditional Japanese funeral ceremony.

With a high average life expectancy Japan is on the verge of becoming the first “ultra-aged” country in the world meaning that 28 per cent of people are aged 65 or above.

Drive-through funerals are the latest in a series of Japanese innovations attempting to win a slice of the competitive 1.76-trillion-yen (AU\$16 billion) funeral business.

A trend that has sparked controversy is a so-called “rent-a-monk” system where at the click of a mouse, a mourning family can order a monk delivered to perform the funeral rites.

- News Corp Australia Network

5 Reasons why Friendships Matter

In friendships people share and check out their perceptions of what is going on for them. This can help them get problems in proportion and develop a stronger sense of meaning and direction in their lives.

Knowing that support is available from a friend increases feelings of security and helps to protect against stress.

Sharing difficulties with a friend can help reduce the emotional impact and can lead to new ideas about how to tackle those difficulties.

Then there is the simple pleasure of being in company with other likeminded people. This can often lead to laughter and to taking part in activities that raise the spirits and provide a distraction from the more serious side of life.

The give and take between partners in a friendship is an important element in its pleasure. People enjoy doing something for someone they like and the reciprocity that exists in a relationship seems to be an important part of sustaining it.

See more on Friendship on Page 26

BowraVILLE Post OFFICE

27 High Street, Bowraville ♦ Telephone: 6564-7169

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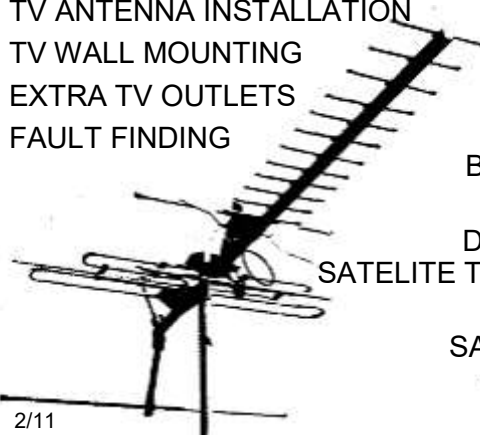
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What is it about . . . Friendship?

Why friendships are vital to your wellbeing

It's well-documented that loneliness can cause depression and have negative effects on health and lifespans, equal to that of smoking. Read why friends are good for your wellbeing then invite them round for a catch up - it's important!

For all the attention we pay to love stories some of the most compelling tales (both fiction and not) are those of very best friends like Thelma and Louise, Woody and Buzz and even Captain Kirk and Spock. No matter what, these besties had each other's backs through thick and thin despite so many bumps in the road along the way. But, much like romance, if you've ever tried to make a new friend and things just didn't click it's likely because one of the basic components of friendship simply wasn't there.

"Friendships are relationships that involve two very critical dimensions – interdependence and voluntary participation," explains Northern Illinois University psychologist and friendship expert Dr. Suzanne Degges-White. As anyone who's ever been in a friendship knows it's a complex process and experience. "True friendships are hallmarked by each member's desire to engage with the other – it's about mutual interest in one another's experiences and thoughts as well as a sense of 'belongingness' and connection," she says. "Friendships require reciprocity – of admiration, respect, trust and emotional and instrumental support."

That's all well and good but if a potential new friend doesn't see the same joyous charms in you it's unlikely that anything deep and lasting will come of it. That said, there's no telling when and where a friendship will develop. Often they arise from a shared interest or hobby and people are typically drawn together because they're in the same stage of life, like new parents or retirees. People of similar backgrounds and cultures also tend to come together by bonding over shared lifelong experiences. Although most of these relationships take time to get really deep occasionally friendship is more like a lightning strike. "Sometimes you can be in a big group of new people and you catch someone's eye and it's like 'boom!' – instant friendship," Degges-White says about an experience she's termed the "clicking phenomenon." "It's kind of like that burst of 'love at first sight' but it's a friendship, not romance."

Indeed, quality friendships are extremely important to our general happiness. A 2017 study in the journal *Personal Relationships* found that the presence of strong friendships is actually more indicative of overall health and happiness in old age than even family involvement and support! The benefits of friendship in general, however, are lifelong. Research has shown that people with good friends often feel happier, less stressed and more like they belong than those without. Having a strong network of buddies also increases self-confidence, plus they provide much-needed emotional support during trying times like illness, loss of a loved one or divorce. In other words, friendship is wonderful and much ink has been spilled in citing the virtues of having friends. That's not to say friendship is easy though. It demands time and effort and it requires that people put someone other than themselves first sometimes. But in exchange for that work a friend can provide an immense amount of support and comfort in good times and in bad.

Continued next month with Different Types of Friendship.



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

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

Aged Care

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

Home Modifications

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

BOWRAVILLE STRONG FAMILIES

Men's Group

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

Support Groups

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

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



Bowraville Strong Families

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

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

Where would you like to go?

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



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

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

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

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2/11

Pacific Highway Pavement Grinding Trial at Valla

Roads and Maritime Services have begun a pavement grinding trial on sections of the Pacific Highway in the Valla area.

The trial is a detailed investigation of pavement grinding which has been shown to reduce road surface noise under certain conditions.

The pavement grinding has been done on two separate sections of the Pacific Highway near Valla Beach, totalling about six kilometres. The northern section extends from the low noise pavement near Valla Beach to the twin bridges at McGraths Creek. The southern section runs from Cow Creek Bridge to the southern end of the low noise pavement near Valla Beach.

Roadside noise measurements and a community survey will form part of the trial.

The noise measurements will be taken by an independent consultant before and after the grinding to see if the treatment makes a noticeable difference in tyre noise.

A two-part community survey will also be carried out to determine whether residents notice a difference in noise before and after the road surface has been treated. It will be targeted at residents in the area of the grinding trial. Other members of the community can complete the survey online, which is available here:

<http://www.rms.nsw.gov.au/projects/northern-nsw/nambucca-heads-to-urunga/>



Further information on the trial, including frequently asked questions, available on the project website at www.rms.nsw.gov.au/pacific.

You can contact the project team on pacific.highway@rms.nsw.gov.au or by phoning 1800 653 092.

IT HAPPENED in BOWRA in 1910

Bowra's Coffee Palace

In 2018 Bowraville has a number of coffee shops but in 1910 MRS ROWE had a *Coffee Palace!* The Nambucca News informed its readers that - Mrs. J. Rowe, who has only recently taken over control of the Bowraville Coffee Palace in Conen Street is making great preparations to receive Christmas guests. The house is now as clean and bright as a new pin, and as a second table is kept, visitors and the travelling public will find this house, not only a great convenience, but a real home. (*Nambucca News*, Friday 16 December 1910)



However, the Coffee Palace was the scene of a few macabre incidents in February of the following year. A woman, whose supposed name was Watson died while sitting on a chair in the Coffee Palace and the woman's body had to be identified.

(*Clarence and Richmond Examiner*, Tuesday 21 February 1911).

Later in the same month it was reported that a patron of the Coffee Palace drowned in the river.

A gloom was cast over Bowraville on Sunday when it became known that a Townsman had met his death in the river. Mr. Richard Arthur Petherbridge, a draper employed at Messrs. Alley Brothers, accompanied by Mr. Ellem, a fellow boarder at Rowe's Coffee Palace went for a swim at Sullivan's wharf. Normally there are a score of swimmers at this spot on the Sunday, but on this occasion, none but the two named were on the scene. Mr Ellem did his utmost to arouse attention and gain speedy assistance in the recovery of the body. Once recovered the body was then placed on a stretcher and carried to the Coffee Palace. The procession was indeed a sad sight and was watched by numbers of people who had been attracted to the spot. Once informed that the deceased's wife was in frail health in Sydney the people generously donated between £11 and £12 in support of Mr Petherbridge's widow.

Nambucca News (NSW : 1909 - 1911) Friday 17 February 1911)

Dr Paul Weekley

Research & Genealogy Officer Bowraville Folk Museum

Support local business, support local families.

Christmas is only a few weeks away so why not start your gift shopping locally and support your home town. Bowraville has some great outlets offering the perfect gift for family and friends alike.



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





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Bowraville Central School News

Students learn wheelchair basketball skills

During Year 7/8 Sport in the last week of Term 3, Bowraville was lucky enough get a visit from Jason and Robbie from Ability Links NSW. They gave the students a chance to try a set of basketball wheelchairs. The students couldn't wait to get in the chairs and had an amazing time throughout the session. They learnt skills in how to use the chairs and played wheelchair basketball against one another. It was such a great experience for everyone.

We were extremely lucky that Jason and Robbie offered to come back this term in week 2 to give the 9/10 Sport students a go at the chairs. A big thankyou to Jason, Robbie and Ability Links NSW who took the time to come in and allow the use of the wheelchairs, free of charge for our Bowraville students. It was awesome!



CSIRO selects Simon Walker to attend ASSETS Summer School

Year 10 student, Simon Walker, has been selected to attend the Aboriginal Summer School for Excellence in Technology and Science (ASSETS) for their outstanding achievement in science, technology, engineering and mathematics.

The students selected for the ASSETS programme are all high-achieving individuals. Simon is one of only 105 Aboriginal and Torres Strait Islander students who have been selected to attend the programme from across the country to learn more about science, technology, engineering and mathematics as well as delving deeper into their culture and identity.

Simon will attend the summer school in Adelaide in January 2019.

ASSETS is part of a broader Indigenous STEM Education Project funded by BHP Billiton Foundation and delivered by CSIRO. More information can be found at: www.csiro.au/indigenous-education



Congratulations
Simon!

2018 National Red Poll Youth Camp



Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Spring 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	2NVR Recycled Radio	LET IT BE With Sean Norman Music and chat in the morning.	Bubble N Squeak Linda & Michele A family show with Christian themes.	Under The Stinging Tree Poppa	Green Eggs on Toast Part 2 Lavinie Medbury News, Weather Gig Guide Local info	2NVR Recycled Radio	Praise, Prayer & Pop With Linda & Michella	6 AM
7 AM								7 AM
8 AM	Classic Hits & Jukebox Paul Rome 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 Popular Ballads	Tones of Clairance Clare Watt-Powell	Talk Of The Town Ceri Winbel See what's going down! All things local	The History Hour With Beverly Gibbs	2NVR Recycled Radio	8 AM
9 AM	Baby Boomers Donna Collins	Infopinion Richard Laxon	Jazz Azz I Like It Heather Heywood	Turning Pages Elizabeth Newman	Dano's Mixed Grill Daniel Gosson Where anything can happen and probably will	Hair Of The Dog Mick Birdies Rock, Pop Covers and Music Trivia	Classical Corner Music from the past 1000 years... Always weekly with The Lively Arts Mus & spoken word from the TV, theatre & radio	9 AM
10 AM	The Weekly Fix Paul Weasley	The Phoenix Crew Selected music & mechat	Just For You Carole J. Simmons Followed by Karole's Duettable Music Blends 2NVR Music & Radio News	Grace's Vybes With Grace McLeod Grace's special mix of music for your enjoyment	Outback Outlaws Paul Rome Old and new country music	The Saturday Groovers With Faye and Zoe Lots of fabulous new and old Australian Music to get your Saturday grooving!	Politics and the Environment Michael Jones Music, political and environmental issues.	10 AM
11 AM	Daniel's Archive Catch replays from the Nitefile Archive with Daniel Gosson	Rob's Roving Robbie & Linda Bible reflections, Gospel & Australian Jack's Tracks 2NVR Youth Radio with Jack All the tracks with Jack Tune in!	The Rock Show With Rob Davidson 60's to 80's Rock Music	The Friday Night Rock Show Todd Wills	Flashback Rob Davidson 60s to '80s Pop & rock	Where There's Smoke There's Fire Shaun Norman & Tara Sensitively good fun...	That's A Wrap Conna, Tom & Mitch Local sports results and in-depth analysis	11 AM
Noon	Bowra Beats 2NVR Youth Radio with Grace	Nambucca Valley Roundup Fei or Rachel Burns	Sieler Act Olivia & Sam	Thursdays Country Throckin	Volunteer Emergency Services Show — VESS	Two For The Money Music, chat and a touch of banter with Paul and Rachel	Concussion 2NVR Youth Radio With Kian, Noah & Aedon	Noon
1 PM	Reggae Mixtape With Fitzroy Music outside the usual	Soul into Rhyme Matt Leibrandt	Phyllinn 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 on-air on the 3rd Friday of each month for live artists & studio audience	Imagine This & The Antif Radio Show Wolffy Wolffy's music & requests	Prog Rock Playlist Rhino	1 PM
2 PM	Feel Good Variety Dennis Rutherford Great music & comedy	Whack up the bass and zap a wicked mix of hip hop and fully sock tracks	Ant's Music Mix Solid Rock	Ant's Music Mix Solid Rock	The Friday Night Rock Show Todd Wills	Overnight Express	The Best of Progressive Rock	2 PM
3 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Continues overnight	Overnight Music Mix	Continues overnight	Overnight	2NVR Overnight Music Mix	3 PM
4 PM								4 PM
5 PM								5 PM
6 PM								6 PM
7 PM								7 PM
8 PM								8 PM
9 PM								9 PM
10 PM								10 PM
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