

# Bowraville Community News



The Bowraville Community News is produced by  
the Bowraville Technology Centre and printed by Bowraville Central School.  
admin@bctc.com.au www.bowraville.nsw.au



APRIL 2017 ~ ISSUE #150

FREE

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Media Release 22<sup>nd</sup> March 2017

## Our Children Our Future *Officer in Charge Triggers Solution Brokerage*

In September 2016 the Head of Aboriginal Affairs declared the Solution Brokerage: Building Community Resilience Project for Bowraville. Solution Brokerage aims to build resilience through the coordination of collective and efficient responses across government agencies and to rally government to commit to a long term strategy of capacity building and establishment for the community. A response plan will be developed and negotiated between Government and the Bowraville community and endorsed by NSW Secretaries over the term of the Solution Brokerage project. The response plan will be the framework for how government clusters and non-government organisations, in partnership with community best respond to the needs of Bowraville.

On Monday 20 March the Officer in Charge, Secretary Carolyn McNally, and Secretaries Blair Comley (Premier and Cabinet) and Andrew Cappie-Wood (Justice) visited Bowraville as part of the Bowraville Solution Brokerage: Building Community Resilience project. The Secretaries were accompanied by Mr Jason Ardler, Head of Aboriginal Affairs NSW and Mr Leon Donovan, Regional Manager Eastern NSW, Prime Minister and Cabinet along with other senior government officers. The Secretaries participated in community events including a luncheon at Bowraville Central School, a facilitated workshop and a Q&A panel discussion hosted by the highly regarded Indigenous academic, Professor Chris Sarra.

The workshop facilitated by Kerry Grace provided an opportunity for all members of the community to voice their opinion on what the priorities for Bowraville are. Participating in these workshops gave the Secretaries and senior officers the opportunity to listen to local experience and advice relating to life in Bowraville and an understanding of the potential solutions to challenges that the community is experiencing.

**In closing the workshop on Monday 20 March the Officer in Charge, Carolyn McNally, noted that there had been many achievements to date with**

**particular mention of Transport and FaCS. The Secretary also announced funding commitments for Bowraville including: \$20,000 from Department of Planning and Environment for Bowraville Central School "Agricultural Farm Concept"; \$40,000 from Department of Education for Bowraville Central School "Learning Centre"; \$136,364 from Department of Justice for the "Bowraville Community Connections" project to upgrade the Skate Park; and \$35,000 from the Department of Justice for "Red Dust Healing" workshops which have commenced for Bowraville family members.**

**Secretary McNally has now visited Bowraville on four separate occasions listening and talking to community members. Ms McNally believes that the community and government are ready to work together. As the Officer in Charge Carolyn confirmed that Solution Brokerage in Bowraville has now been triggered and committed to delivering a response plan ready for implementation by 20 September 2017.**

Following the workshop Secretaries and senior Government representatives participated in the Q&A discussion panel. This was an opportunity for the community to have a direct line of communication to the most senior representatives of the NSW Government. This was also an opportunity to seek clarification, understanding and guidance around Solution Brokerage and how the government plans to respond to the community's issues through Solution Brokerage.

Since the declaration of Solution Brokerage for Bowraville the Solution Brokerage team has been working to coordinate some quick wins to gain momentum and build trust in the community. This has included negotiating with the Department of Family and Community Services to reinstate and commit to funding the ROADMAPS youth program for

*Continued on Page 24*



Planning & Environment



Premier & Cabinet



Education  
Aboriginal Affairs



# BOWRAVILLE COMMUNITY NEWS

## CIRCULATION = 300 COPIES

Newsletter is also available online at:  
[www.bowraville.nsw.au/bowraville-newsletter](http://www.bowraville.nsw.au/bowraville-newsletter)

## NEW 2016/17 ADVERTISING CHARGES:

Bowraville Community News is produced every month, except January.  
Annual subscriptions includes 11 issues.

90 x 90mm (1/6 page)	\$8 issue/\$80 year
90 x 180mm (1/3 page)	\$15 issue/\$150 year
Half page (or 1 column)	\$18 issue/\$180 year
Full page (or back cover)	\$25 issue/\$250 year

## DEADLINE FOR COPY FOR

THE MAY 2017  
ISSUE IS: 5:00PM  
18th APRIL 2017

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)

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

# ***Bowraville Technology Centre***

**Open 9.30am to 4.00pm Weekdays**

## **Internet Services**

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

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

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

## **Facility Hire**

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

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

Full day up to 8 hours - \$100.00

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

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

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

Full day - up to 8 hours \$40.00.

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

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*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*

## **Bowraville ANZAC Events Monday, 24th April**

Light Show weather permitting, beginning at dusk.

**Tuesday 25th April 2017— ANZAC DAY  
Dawn Service - 5.30am  
Commemoration Service 10am**

## **105th Macksville Show**

**Friday 28th and Saturday 29th April**

Friday from 10am to 6pm  
Saturday from 10am to 10pm

## **Bowraville Hospital Auxiliary**

To show their appreciation of the work done by the 3 Valley UHA members all volunteers were invited to a Volunteer Appreciation Day at the Chapel in March. Back to work again as UHA supplied afternoon tea when about 50 people braved the weather and attended the Nambucca Entertainers fund raiser concert at Utungan. A big thank you to all involved and especially the entertainers! Our Zone Day is covered on page 26. Our next meeting will be at the Recreation Club on Friday 28<sup>th</sup> April. Main topic for discussion will be our next Friendship Day on 16<sup>th</sup> May which will include a linen party. If you would like to join this much appreciated group contact 6564-7179. From potting up plants for stalls, making craft to sell or raffle, selling tickets, manning the hospital trolley as well as working at the coffee shop or just being an interested member there is a place for you. After June Macksville and Bowraville Auxiliaries will combine and hold meetings alternatively at both towns.

## **Bowraville Garden Club**

In March we came home with plants from the Bellingen Plant Fair but also from the magical garden we visited in Bello. Our hostess's garden was filled with recycled sculptures amid a variety of plants, many in unusual containers. Then followed morning

tea and luncheon at one of Bello's eating places. Yes a very enjoyable day! In April we go further north to Woolgoolga to visit gardens and tourist venues. Once again a big thank you to our transport team. If you would like to join this friendly club contact Barbara on 6564-7039. Our Tour organiser is also planning a mid-week visit to Dorrigo, details at our next meeting on Saturday 8<sup>th</sup> April.

## **Bowraville Recreation Club**

Congratulations to Bowraville Women Golfer's Pennant team who travelled to Sawtell and were victorious against Coffs Harbour 3/2. There will be no pennants in April but two matches in May. As we are now into our 18 hole competitions it is becoming a habit to take the 19<sup>th</sup> hole to High Street and look for refreshments. Bowraville Women's Open Day has been rescheduled for June 2 and organisation is underway. Bowls Pennant teams continue with varying success. Men golfers are initiating a few novelty events in an endeavor to get bigger fields on Saturday. All residents of our community have been wishing for rain but the March downpours cancelled a lot of fixtures. Contact 6564-7349

## **Bowraville Seniors**

Bowraville Seniors, because of Easter, have changed their April meeting to the second Monday 10th April. March meeting saw 14 members gather at the Folk Museum as the Coach House Inn was without power so no coffee to get us underway. The vacant secretarial position held over from the AGM was filled by Louise Richards. Potential trips were discussed and hopefully in May we will be on our way. Our guest speaker was Peter Shales, Nambucca SES Local Controller who, with 26 years experience, gave an overview of the SES responses to storm, transport and flood incidents. Peter stressed how all the valley services work so well together. All enjoyed this informative talk and many

*Continued on Page 5*

# **Bowraville Folk Museum**

*High Street, Bowraville*

*Phone/Fax: 6564-8200*

**MONDAY-FRIDAY 10am-3pm**

**WEEKENDS 10am-1pm**

**PUBLIC HOLIDAYS 10am-3pm**

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

*~ Groups by appointment ~*

6/11

## **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)**

1/11

## Weekly Activities

### MONDAY

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

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

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



### TUESDAY

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

LINE DANCING for Fun, Health and Wellbeing 6.30-7.30pm South Arm Hall (6564-8748)

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

### WEDNESDAY

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

AL-ANON 7.30pm at rear of Salvation Army Hall in Macksville, entrance is in Nambucca Street (6568 7449).

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

### THURSDAY

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

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

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

DARTS 7pm Social at Bowraville Ex-Services Club (6564 7304)

### FRIDAY

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).

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

### SATURDAY

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

BOWRA COUNTRY MARKETS (2nd and 4th Saturdays) 8am – Noon Bowraville

Community Centre. For as stall or info call Estelle 0458090178 or Dennia 0427912411

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



### SUNDAY

EUCHRE 1st, 3rd, 5th Sunday 10am at Bowraville Ex-Services Club (6564 7304).

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

EXPRESSION SESSIONS every 2nd and 4th Sunday, at 2pm. Bowraville Recreation Club (0427 414 616)

### **ACTIVITIES ORGANISERS**

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

## **TECHNO CLUB OPEN TO EVERYONE**

The **Techno Club** 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 CLUB**

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

The workshop 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 5

queries were answered. Guest speaker for next month is yet to be confirmed and we will meet at the Coach House Inn at 11am. Contact Ruth 6564-8243.

## Bowraville Community Garden

The Community Garden is looking very productive. Gay and Jeb have organised some men to form garden beds to plant winter and spring vegetables, however, they did a lot of the work themselves. John and Graham are preparing the flower garden for winter and spring plantings. If you are interested in growing vegetables or flowers for your own or community use go to the Gardens on Mondays from 9am and join the enthusiasts. The space for native species need TLC if you would like to help and perhaps add more plants you would be very welcome and if you have no gardening expertise there is a lot of nut grass to weed! - *Contributed by a Community Garden enthusiasts.*

## Volunteering

It is a well-known and proven fact that volunteers live longer, have a better social life and less mental health problems. Bowraville is the place it is because of our many volunteers. Why not decide today to join one of the many volunteer opportunities in this town.

## Friday Friendship

An easy, light-hearted friendship group which meets to share meditation, social chats, enjoy crafts and discussions of various topics. BYO lunch, tea and coffee available. Every Friday 11.30am-1.30pm. Gold coin donation appreciated. Venue: 35 Bowra St, Bowraville. Contact: 6564 7908 or 0400 828 471.

## Hot Chocolate Talk

Every 1st Saturday of the month at 1pm there is a ladies group at the Mad Hatters Tea Garden in High Street, Bowraville. An opportunity to meet new ladies from the area - to have a chat, a cuppa and make new friends. The cost is a hot chocolate or whatever you like to order. Call Christine 6564-7160.

## Gold Coin Donation Pilates Class

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

*Continued on Page 26*

## 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

Sukin Natural Skincare

Designer Brand make-up range

*Pharmacist*

**KERRIE SAVINS**



6/11

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

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

## BOWRAVILLE HEALTHCARE CENTRE

**Dr Edwina Guard** MBChB BSc FRACGP

29a High Street Bowraville

**Ph: 6564 7555 Fax: 6564 7505**

email: [edwinaguard@yahoo.com.au](mailto:edwinaguard@yahoo.com.au)

### **Surgery Hours**

Mon to Thurs 9am – 6pm

Fri 9am – 4pm

Sat by Appointment

### **Laverty Pathology**

Mon to Fri 9am – 1pm

### **Psychologists**

by Appointment

### **Physiotherapy**

by Appointment

### **Proud sponsors of:**

***Pilates and Yoga classes***

2/11

## What are your teenagers up to after lights out?

It's worth parents taking the time to talk with their teenagers and do a reality check of what is really going on after lights out?

It can be hard to police device-use 24/7 unless you are using a cyber safety solution like Family Zone to assist technology management in your home.

However, perhaps these statistics from a recent survey carried out by Digital Awareness UK and the Headmasters' and Headmistresses' Conference might convince you to at least give the topic an airing in your home.

A survey of 2,750 11 to 18 year olds found almost half (45%), of young people are checking their mobile phones after they have gone to bed.

In addition one in ten teens admitted to checking their mobile phones for notification at least 10 times a night.

Of the 45% of survey respondents who check their phones when they should be sleeping almost all (94%) are on social media – with a tenth saying they would feel stressed about missing out if they did not check their device before going to sleep.

Of this group 75% are listening to music and over half (57%) are watching films.

A third (32%) of these youngsters say their parents are not aware that they check their mobile device after going to bed.

The scary part is the kids actually know their night time habits are having a negative impact on their life with 68% of all respondents saying using their mobile devices at night affects their school work.

A quarter say they feel tired during the day because of how often they use their mobile device at night and almost half (42%) keep their phone next to their bed at night.

With mobile phone and device usage in Australia reaching unprecedented highs, with in excess of 15.3 million Australians owning a smart phone and 12 million owning a tablet device, this is not an issue that we as parents can ignore.

So what do we do about it? Firstly take the time to check in with your kids and have an open and frank conversation about these statistics and the dangers these habits present.

In addition, tips from the experts recommend that the most important rules or habits to form

and encourage in your home with your teenager include:-

- Refraining from using screens 90 minutes before bedtime
  - Turning off notifications
  - Activating “do not disturb”, “aeroplane mode” or mute settings or turning the phone off altogether if you can
  - Reduce blue light exposure which can disrupt sleep. For example, most Apple devices have the “night shift mode” which changes the colour temperature of your device to reduce exposure
  - Try and break the habit of unprompted device checking
  - Ensure your kids keep their phone in a location that prevents you from seeing, hearing or even reaching for it
  - Encourage a “Digital Detox” – take a break from devices altogether or set times that you and your kids will turn your phones off
  - Switch the habit – in the 90 minutes running up to bedtime encourage the good old fashion concept of reading a good book, practicing meditation or having a relaxing bubble bath.
- Sometime we just need to get our kids to think about the reasons why they are using mobile devices at night time. Because when they actually stop and think about it they too realise that these habits often don't make sense.

<http://www.cybernumaus.com>

### Thinking about downloading **Windows 10?**

In the coming weeks the Bowraville Technology Centre will be holding a Windows 10 Download (it's over 3gb!) and Familiarisation Session.

*Cost is \$10 to attend the session and from \$20 to download it to your laptop.*

Sessions will be held on Monday and Thursday mornings from 10.30am.



**APRIL PROGRAM at the**

# BOWRAVILLE THEATRE

## Red Dog True Blue

**Saturday 22<sup>nd</sup> April at 7pm and Sunday 23<sup>rd</sup> April at 2pm.**

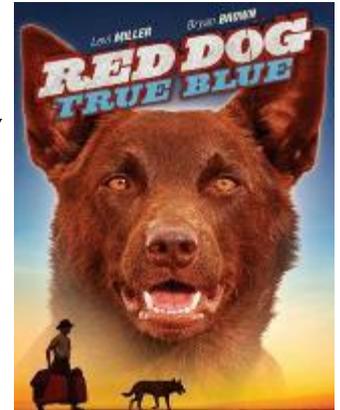
Red Dog True Blue is a 2016 Australian family comedy film directed by Kriv Stenders, written by Daniel Taplitz and starring Jason Isaacs, Levi Miller and Bryan Brown.

*When eleven-year-old Mick is shipped off to his grandfather's cattle station in the remote Pilbara region of Western Australia he prepares himself for a life of dull hardship but instead finds myth, adventure and a friendship with a scrappy one-of-a-kind dog who will change his life forever.*

Theatre Doors open 1/2 hour before screening of each movie.

Complementary Tea and Coffee. Café open for Ice Cream, Lollies, Drinks etc.

PRICES: Adults \$12 Conc:\$10 BAC Members/Children under 14: \$8 Family: \$30 (2 Adults, 2 Children under 14)



## FREE TO GOOD HOME



Beautiful 6 month old male orange tabby kitten. Playful and very affectionate. Ideal for family with kids.



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

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## "Keppy's Bistro"



**Tuesday to Saturday**



**Lunch - 12noon to 2pm  
Dinner - 6pm to 8pm**



**6564-7304**

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

**POOL TABLE \$1 per game**



7/11

# 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**

7/11

# 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	0458 090 178 0427 912 411
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

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## 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.

7/11

**Long Term Budget -**

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

Not available during school holidays

**Weekend/ Short-term Special**

Check in between 5.30-6pm bring your pet's tea with you and the fee is waived for that day.

Bookings MUST be for a minimum of 2 days.

**Short-term Accommodation**

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





## The 37<sup>th</sup> Hour

by Jodi Compton

“They say you have 36 hours to find a missing person”.....the title refers to the one that follows.

Detective Sarah Pribeck is newly married to a fellow cop, Michael Shiloh, who is a little different to most cops. He’s a bit of a loner, tends to think and feel differently to most others and is not shy in sharing his opposing views. It doesn’t make him the most popular guy in the police department. Michael has accepted a position with FBI and leaves to begin his training in Virginia.

Sarah’s ex-partner, Genevieve, is a great detective, is a few years older than Sarah and a close friend. She’s currently on leave due to the brutal rape and murder of her 16 year old daughter.

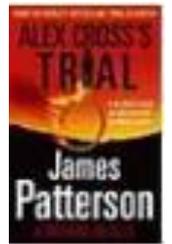
Michael Shiloh does not arrive at the FBI training centre and Sarah soon discovers he “has disappeared without a trace”. It’s the kind of case she and Genevieve used to routinely work and solve but now Genevieve is unable to help and Sarah is on her own.

To gain an understanding of where her husband might be Sarah delves into where he has been – his family, where he was brought up, the town, old friends, etc. She uncovers one surprise after another in the search for Michael.

I really enjoyed this novel; the story line, the characters and the fact that I couldn’t predict where it was going.



## Alex Cross’s Trial by James Patterson and Richard Dilallo



I can’t say I enjoyed this novel but the story line was good, it was interesting and is worth reading. However, a warning: given that it is set in the time of the Klu Klux Klan in the “deep south” of North America, the content is about racism and violence and the treatment of the Negroes is very unpleasant.

Alex Cross heard the story of his great-uncle Abraham and his struggles for survival in the era of the Ku Klux Klan from his grandmother. Now, Alex passes the family tale along to his own children in a book he's written—a novel called *Trial*.

Ben Corbett, a lawyer in early-1900s Washington, D.C., fights against oppression and racism—and risks his family and his life in the process. When President Theodore Roosevelt asks Ben to return to his hometown to investigate rumors of the resurgence of the Ku Klux Klan there, he cannot refuse.

In Eudora, Mississippi, Ben meets the wise Abraham Cross and his beautiful daughter, Moody who live in the “black residences” on the outskirts of town. With their help Ben discovers that lynchings have become commonplace. Ben vows to break the reign of terror—but the truth of who is really behind it may break his heart....not to mention his body.

- These books read and reviewed by BTC Volunteer, Raewyn.

*Many thanks to the people who donate all the varied and wonderful books which have come and continue to come, to our very popular Book Nook ....*

## BOWRA POST & COLLECTABLES

27 High Street, Bowraville ♦ Telephone: 6564-7169

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

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

**PAY YOUR BILLS** - Electricity, Phone, Gas, Traffic Fines and more

**COUNTRY LINK** - Book your tickets by phone then pick up here at Bowra Post Office

**DRY CLEANING AGENT** – Drop off and Pick up

## THE MAD HATTERS TEA GARDEN

♦ Monday-Friday 9am - 3.30pm ♦ Saturday 9am - 2pm

*Whether it's a coffee and cake with friends or a light lunch with colleagues our quiet garden setting will add to the experience.*

Telephone: 6564-7631

Gluten free and Dairy Free Food available.

# Depression: what you should know

If you think you, or someone you know, might be suffering from depression, read on.

## What is depression?

- Depression is an illness characterized by persistent sadness and a loss of interest in activities that you normally enjoy, accompanied by an inability to carry out daily activities, for at least two weeks.
- In addition, people with depression normally have several of the following: a loss of energy; a change in appetite; sleeping more or less; anxiety; reduced concentration; indecisiveness; restlessness; feelings of worthlessness, guilt, or hopelessness; and thoughts of self-harm or suicide.
- Something that can happen to anybody.
- Not a sign of weakness.
- Treatable, with talking therapies or antidepressant medication or a combination of these.



**REMEMBER:**  
Depression can be treated. If you think you have depression, seek help.

## What you can do if you think you are depressed

- Talk to someone you trust about your feelings. Most people feel better after talking to someone who cares about them.
- Seek professional help. Your local health-care worker or doctor is a good place to start.
- Remember that with the right help, you can get better.
- Keep up with activities that you used to enjoy when you were well.
- Stay connected. Keep in contact with family and friends.
- Exercise regularly, even if it's just a short walk.
- Stick to regular eating and sleeping habits.
- Accept that you might have depression and adjust your expectations. You may not be able to accomplish as much as you do usually.
- Avoid or restrict alcohol intake and refrain from using illicit drugs; they can worsen depression.
- If you feel suicidal, contact someone for help immediately.

# LetsTalk

[www.who.int/depression/en](http://www.who.int/depression/en)



# Living with someone with depression?

Living with someone with depression can be difficult. Here are some tips on what you can do to help someone you live with who is depressed, while taking care of yourself at the same time.

## What is depression?

- Depression is an illness and not a character weakness.
- Depression can be treated. What treatment is best and how long the depression lasts depend on the severity of the depression.
- The support of carers, friends and family facilitates recovery from depression. Patience and perseverance is needed, as recovery can take time.
- Stress can make depression worse.

## What you can do for people who are depressed

- Make it clear that you want to help, listen without judgement, and offer support.
- Find out more about depression.



**REMEMBER:**  
When you live with someone with depression, you can help them recover, but you need to take care of yourself too.

- Encourage them to seek professional help when available. Offer to accompany them to appointments.
- If medication is prescribed, help them to take it as prescribed. Be patient; it usually takes a few weeks to feel better.
- Help them with everyday tasks and to have regular eating and sleeping patterns.
- Encourage regular exercise and social activities.
- Encourage them to focus on the positive, rather than the negative.
- If they are thinking about self-harm, or have already intentionally harmed themselves, do not leave them alone. Seek further help from the emergency services or a health-care professional. In the meantime, remove items such as medications, sharp objects and firearms.
- Take care of yourself too. Try to find ways to relax and continue doing things you enjoy.

# LetsTalk

[www.who.int/depression/en](http://www.who.int/depression/en)



**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*



# *It's the season to look after your skin*

Cooler weather is just around the corner and with it comes a myriad of conditions including dry skin. Symptoms of dry skin can be, but are not limited to, itchiness, cracking and even bleeding. Now is the time we need to start thinking about how to keep our skin smooth, supple and well hydrated during the winter months to come. As the temperature drops so does the humidity level in the air which then strips the moisture from our skin, heating goes on in the home and hot hot showers start (which I looove in the winter but is sooo bad for your skin!) depleting the level of moisture in our skin even more!

*Here are a few tips to keep that valuable moisture in the skin*

## Wash in luke warm water

Hot showers are amazing when its cold but when you are able choose luke warm water to wash in especially when just washing hands and face.

## Moisturise!

This sounds basic but moisturize, moisturize, moisturise! Especially directly after showering or bathing as moist damp skin helps lock in moisturiser. Moisturising also acts as a barrier to the cold the heat and the harsh winds of winter. Keep a bottle of skin lotion by the shower and on the sink as a reminder to reapply after washing. We love the Moogoo Full Cream Moisturiser - come in and ask us for a free sample!



## Hydrate inside as well!

We tend to drink less water in the winter because we turn to hot drinks like cocoa, tea and coffee but don't forget your skin needs hydration from the inside too. A cup of warm water with a little lemon juice can be very refreshing and hydrating at the same time.

Eating foods high in water content such as watermelon, apples, oranges, kiwi fruit and watery veggies like celery, tomatoes, cucumbers, zucchini

and carrots can help hydrate your skin as well.

Make sure you're getting enough vitamin C and zinc to support the healthy production of collagen and elastin. Also consider an omega-3 supplement or consume more fatty fish and flaxseed to give your skin the building blocks it needs to be supple and smooth.

## Humidify

Heating systems dry out the air so consider installing a humidifier in your home, particularly in your bedroom to put moisture back into the air and help prevent your skin from drying out.

Come in and ask us about humidifiers also.



**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*



RESERVE THIS SPECIAL DATE

**Sunday 9th July, 2017**

A day of great celebration will be held at the Uniting Church in Bowraville as the Grand Old Church will be celebrating her 100th Birthday.

*Everyone is welcome.*



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FOR FUN, HEALTH and  
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AND BE A REGULAR ACTIVITY IN  
THE HALL**

**COME JOIN US**

**Any questions ring: Robyn 65648748,  
Anama 65647521 or Alba 65647947**

**LIONS CLUB**

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**We Serve**

**PRESIDENT  
Mark Scott  
Mob: 0428 527 545**

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

**PO Box 23  
Bowraville NSW 2449**

7/11

**WHAT'S HAPPENING IN BOWRA**

*From page 5*

**Playgroup at Tallowood Steiner School**

Tallowood Playgroup is held every Friday (except in school holidays) from 9.30 to 11.30am. Based on Rudolf Steiner's values including early childhood stages of readiness. For information ring (02) 6564-7224, speak to Camilla on 0438 868 742 or visit Tallowood School at 220 Bellingon Road, Bowraville.

**Bowraville Uniting Church and Op Shop**

Our services are held monthly at 2pm on the second Sunday. All are welcome.

The Op Shop is very successful and we would like to thank our volunteers who give willingly of their time. New volunteers always welcome. - *Mavis Ward.*

**Bowraville Playgroup**

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

**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. Access Fee: \$10 for 11 items; \$20 for 22 items. Contact 6568-1647 or 0431 947 799.

**Nambucca Valley Community Church**

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

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6564-7420**

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



# Bowraville Lions Club Inc News Bulletin

APRIL 2017



The Bowraville Lions Club will send two local children from Tallwood to Camp Elim these coming school holidays

**Camp Getaway is a project of Lions District 201N1**



The aim is provide a holiday for children aged 11 to 13 who would not normally have access to such an experience.

Camp Elim is located on the Lakes Way, Forster, two hundred metres from Seven Mile Beach and on the shores of Lake Wallis. The children are cared for by dedicated, professional staff who run a program which benefits the children in their social and physical development.

## **Macksville Show Friday 28<sup>th</sup> & Saturday 29<sup>th</sup> April**

Once again the Bowraville Lions Club will be on gate duties at this year's Macksville Show.

This is always a popular activity for our club members and we invite anyone interested in helping us out to contact the club on the number above.



**Lions  
100 years of  
service**



## 10 Easiest Vegetables to Grow

### Tomatoes

Buy seedlings and plant them in the spring after the last frosts. Make sure to choose a variety that is well adapted to your area's climate.

### Potatoes

In the spring use old potatoes that have started sprouting and plant them about 10cm into the ground. It's as easy as that.

### Green beans or peas

Not only are green beans delicious, they can also be pretty decorative. Plant a climbing variety at the bottom of a wall you'd like covered and watch the magic happen. Vertical planting is also a great space saver in smaller gardens.

### Salad Greens

Salads can be easily planted throughout the year. Use seeds or seedlings. They're both easy although the former takes a little longer to grow.

### Radishes

The pink variety is best for amateur gardeners. They will grow almost anywhere as long as the seeds are not planted too close together. Give them a little room to grow and they'll give you great satisfaction.

### Basil

Basil is so easy to grow it feels at home in the smallest of gardens as well as on a windowsill. You'll be happy to add some to your summer dishes and it makes an excellent growing companion for tomatoes.

### Zucchini

As long as you have compost-rich soil and don't mind watering them often they'll grow easily with very little care required. Be careful though, they need a lot of space.

### Broccoli or cauliflower

Broccoli and cauliflower are harvested in autumn and at the beginning of winter. They are a great option to extend the life of your garden. Avoid placing them next to beans or peas.

### Onions

Onions are not only great to have in the kitchen they are also a natural defense system against parasites and undesired insects in the garden. They will keep other vegetables safe and add flavour to your meals.

### Leeks

As easy to grow as radishes, plant them in the spring and enjoy them throughout autumn and early winter - perfect for a hearty soup.

*Now, practice your most serene smile to announce, while serving those fantastic vegetables, "I grew them myself!"*

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

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

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

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

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**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  
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BOWRAVILLE  
6564 8648**

7/11

## Festival Postponed

Due to the timing of the Easter school holidays it has been decided to hold the next festival in winter.

This will allow time to plan for a special event and once again display the wonderful lanterns for everyone to enjoy.

More news next newsletter.

## Market Stalls and Buskers Wanted

If you would like a market stall or you would like to sing or perform at our next festival please contact us on the number or email address below to reserve your spot.

## Community Alert

It has come to the attention of chamber that internet and mobile phone providers are targeting this area with 'new' offers.



With the NBN supposedly coming to the Bowraville township from the middle of the year, some Telcos and internet providers are trying to sign people up to new 'better' plans.

This means you are placed on a new 2 year contract with opt out fees that can be over \$200!

If you wish to sign up with an NBN provider later on it may cost you more than you think!

If you are offered a new plan try asking for a casual plan that does not lock you into a new contract.

## Business Alert

There are emails circulating that claim to be from ASIC with a link to renew business registrations. Do NOT open or click on the link in the email as it will lock you out of all your data, pictures, music and eventually everything on your computer!



## Chamber meetings

The next meeting of the Bowraville Chamber of Commerce and Industry will be held at the Bowraville Ex Services Club in High Street from 5.30pm on Tuesday 25th April.

Membership is available to the Chamber for businesses, self employed people and community organisations.

Anyone can become a casual member of Chamber though this does not include voting rights.

However, anyone is welcome to come along and provide input and ideas that can have a positive impact on our town.

There are also special interest committees that you can join.

Contact Chamber

President: Mark Scott

M: 0428527545





*Ngiyaala garla-ngarraynggi waw guuyunga jurruya jalumbaw,giili waw.*

We would like to pay our respect to Elders past and present.

*“Ngiyaa Nyaaga mangga darrunda bambuurr ngaljarri barmarranygu yilaami,manggagirr maana darrunda guunu julgaaganybiin.gu.”*

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

## FREE SERVICES

**Monday Counselling Services**  
Contact Interrelate for appointment  
Ph 66594150 Everyone Welcome

**Tuesday Help with Accommodation**  
New Horizons - Ph 56324804  
Wesley Youth Accom - Ph 66527124

**Wednesday Baby Health Clinic**  
9.00 am to 12 noon  
All mums and bubs welcome  
No appointment necessary

**Thursday Legal Aid**  
1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month  
10am to 12pm  
Ph 66517899

### Need your Licence?

**Register now** for new Driving L Class  
The course is FREE runs over 6 weeks.  
Includes 2 FREE Driving lessons  
**Contact Ph 65648855**

### Hippy program

Tutoring for 4 year olds  
Contact Nadia for further details  
On 0457160138

### Venue Hire

Large training room with large outdoors area  
Available 7 days/nights per week  
Great for your next social event, training or crafters.  
**Contact 65648855**  
Email [admin@miimi.org.au](mailto:admin@miimi.org.au)

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

**90 High Street, Bowraville**

**PHONE 02/65648855**

Email: [admin@miimi.org.au](mailto:admin@miimi.org.au)

## Boomerang Bags is about to begin in Bowraville and the Nambucca Valley

### What's Boomerang Bags all about?

Boomerang Bags is an initiative aimed at reducing the use of plastic bags by engaging communities in making re-useable 'Boomerang Bags' as a fun, sustainable alternative.

Each Boomerang Bag is handmade by volunteers from the local community using donated, second-hand materials, keeping the initiative local and sustainable. Bags can be made solo at home, with a group of friends or family, in the classroom, as a school or workplace activity or at a public venue with the wider community.

Regular sewing sessions provide a platform to engage with different demographics of the community in a positive environmental action, raise awareness about current sustainability issues as well as encouraging community connectedness and socialisation. They also provide a hands-on learning environment, allowing volunteers, community groups and students to gain valuable practical skills.

Once made, Boomerang Bags can be distributed to local businesses and markets, boomerang'd to friends, family, colleagues or the 'bagless' stranger in front of you at the supermarket, used to wrap presents in, or stashed in your car or handbag so that you're never caught without a re-useable bag when you need one!



A trial Sewing Bee was held at the Bowraville Pioneer Community Centre recently and regular days and venues will soon be set.

There will be many ways the community can help with this project: sewing, printing, talking to people and promotions etc.

**Enquiries to: Gai Nowland, 0438 716 026 or Marion Syrratt. Find us on Facebook: Nambucca Valley Boomerang Bags**

## Bowraville Strong Families Men's Group Yarn!

**Where:** *Community Gardens,  
Cnr. Cook and Young Street, Bowraville.*

**When:** May, 3<sup>rd</sup> 2017, 11am-1pm  
(LUNCH PROVIDED)

**Contact:** Hayden Strong for more info  
and catering purposes on 6564 7677 or  
drop in to Phoenix at 88 High St, Bowraville

**Email:** sfsupport@nvp.org.au

### Book Nook says 'Thank You' to Cherie

If you've been into the BTC lately to borrow a book from our Book Nook you will have noticed we now have 3 bookshelves. This third bookshelf as well as the existing 2 have all been courtesy of Cherie O'Donoghue (of Bowra Post and Collectables and Mad Hatter Cafe) and we at the BTC are very appreciative as the extra shelving enables us to put out more books for readers to choose from, as well as now being able to devote 2 shelves to non-fiction books.

Another thank you goes out to the many people who donate books to the Book Nook. A note to anyone cleaning out their bookshelves and thinking of donating to the Book Nook - please don't bring in text books or books that are very old, maybe take them to an op shop.

## 2NVR Studio 3 Live



**Studio 3 for April 21st** we have Julee and the Treasures. The usual Studio 3 Cafe will be available with Sausage Sangas and sweets or, if you wish you can bring your own drinks and nibbles.

Jewels and the Treasures sprouted from This Side of the Hy'Way in 2016.

The much-loved Giles Allom moved to New Zealand. Dhirendra - guitarist, percussionist and singer songwriter joined Paul Myers - drums and Julee Townsend - bassist, singer and songwriter. This core group worked for some months working on Dhirendra's and Julee's original music. Tom Goodwin - lead guitarist moved back to Nambucca Valley and fused to the posse to form Jewels and the Treasures.

Jewels and the Treasure play a mixture of original songs from slow grooves, funk and rock with meaningful lyrics. Great dialogue occurs between all four musicians to produce a sound that is definitely unique, harmonious and fun!

Please join us on 21<sup>st</sup> April at Studio 3 at 2NVR 6pm to 8pm. It would be a great way to end your week.

**May's STUDIO 3 on Friday 19th** - Appearing for the first time at STUDIO 3 will be Northern Rivers 4 piece band 'Acoostasonics', regularly playing at pubs and clubs north of Coffs Harbour to Grafton.

Also playing in regular walk up Jam sessions and wowing crowds with their mix of covers of Eagles, Tears for Fears and Springsteen plus other Top 40 favourites.

Our Studios are located at  
834 Rodeo Drive Tewinga  
(8 kms west from Macksville bridge)  
Vickiree Melouny - Announcer - 2NVR-fm 105.9  
Nambucca Valley Radio

# Bowra Laundromat

**Cnr High & Belmore Streets**

## NEW Token Operated Washing Machines & Driers.

**Tokens available at Pub and Newsagent**

**Commercial Washers and Dryers**

**Enquiries: ph 6564 7401**



6/11

## You've changed your clocks now check your fire alarms

DON'T just change your clocks for the end of daylight saving check your smoke alarms too.

Fire and Rescue NSW Acting Commissioner, Jim Hamilton said last year marked the 10th anniversary of smoke alarm legislation in NSW.

"When householders turn their clocks back at the end of daylight saving we are also urging them to check whether their smoke alarms have reached their use-by date and if they have, to replace them," Commissioner Hamilton said.

In NSW all dwellings must have at least one working smoke alarm per level.

"Stay out of harm, replace any outdated smoke alarms and ReAlarm your home against fire ahead of winter".

Daylight saving ends at 2am on Sunday 2<sup>nd</sup> April; clocks go back one hour.

### DID YOU KNOW

Your superannuation fund decides who will get your superannuation when you die and the fund's options may be limited. Talk to your fund about these options and how to ensure your superannuation goes to the person you want.

### LEARN WHAT THE CHURCHES WONT OR DON'T HAVE THE UNDERSTANDING TO TELL YOU

A different kind of bible study using the bible and history to discover the answers to the harder questions.

Everyone is welcome to share ideas.  
The way it's meant to be.

Real people in a casual relaxed atmosphere.

If this sounds like something you may be interested in please contact  
Mark on 0403 301 494. 6/11

*"Study to show yourself approved by God,  
a worker needs not to be ashamed, rightly dividing the  
word of truth." 2 Tim 2:15*

### Notice to all community groups

Please contact the Chamber of Commerce if you plan to hold a street stall or BBQ as there are regulations from Nambucca Shire Council that must be complied with.

Register your event at the Bowraville  
Technology Centre. Enquiries to:  
0428 527 545.

# CRANE TRUCK HIRE

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**7 DAYS**

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Licence No.  
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**Phone: 0428 525 682**

7/11

# Lachie's Home Assistance & Support

**Providing home assistance and support  
to the Nambucca Valley**

If you need help maintaining your home or property or even doing the day to day home duties then give me a call and let me help you.

Services provided include:

- Home assistance and support
- Professional commercial cleaning services
- Home, grounds and property maintenance
- Pressure cleaning
- Vinyl & Tile floor restoration
- Professional window cleaning services
- Painting
- If its not on the list then give me a call anyway

**Call Lachie on 0436 462 833 if you need a hand**

ABN: 33 264 640 943

# AMAN *With* AVAN *Nambucca Valley*

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**1 Paulownia Place, Bowraville 2449**

**Phone Bruce on 0488 138 638**



7/11

**Bowra Tradies Bowra Tradies Bowra Tradies**

## Strong Families — at Phoenix DID YOU KNOW?

**Gaslighting** is a term commonly used to describe a form of *emotional abuse*? It is used to gain control over another person, to get them second guessing their thoughts and feelings. The person will ask questions like “is that another one of those crazy ideas you got from your family?” or make statements like “you’re imagining things, that didn’t happen” when you know it did. Or they trivialise your feelings “what, you’re going to get upset over a little thing like that?”. It all comes down to lack of respect and the need to control. It is emotional abuse and if used on a partner or family member it is domestic violence!

*On a brighter note we have some activities coming up including;*

### Free School Activities

Girls & Boys Ages 8-12 yrs

Thursday 13th April Painting

Friday 21<sup>st</sup> April Mixed Craft day

At Nambucca Valley Phoenix, Bowraville

**Make something for Mum for Mothers Day**

*Transport there and home again - 9:30 to 2:30*

Call Sasha or Hayden 65647677 or  
text 0499002141 about our Beach & Bush walk

Call in and see Sue –  
if the blind is up where the Aboriginal flag is  
in the window, she is likely in the office and  
available.

Ph: 6564 7677, Mob: 0499 002 141 email:  
[strongerfamilies@nvp.org.au](mailto:strongerfamilies@nvp.org.au)

Facebook: <https://www.facebook.com/Strong-Families-Program-Bowraville-742820075786305/>

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.



## Bowraville Strong families



### A Community Program

Funded by NSW Health through  
the Aboriginal Injury Prevention  
Program.



7/11

## Bowraville Harvest Faith Family Church

7/11

*A Word of Faith Pentecostal Church*

**Church Services** - Sunday Mornings - 9.30am

**Prayer Meetings** - Sunday Mornings - 9.00am

### Faith Link Groups

Wednesday Evenings - Mixed at 7.00pm

Thursday Mornings - Ladies at 10.00am

### Ministry Training School

*Enquiries and applications are invited for the  
Ministry Training School for 2017.*

**Counselling is available** by appointment.

**For any further enquiries** please feel free to  
contact me using the information below.



Pastor: Rev. Tom Fairhall

Mob: 0428 682 870

email: [bhffc2012@gmail.com](mailto:bhffc2012@gmail.com)

## Bowraville Kinesiology for your

**EMOTIONAL, MENTAL,  
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[blueskyhealing.wordpress.com](http://blueskyhealing.wordpress.com)

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# Calm Your Mind Using Natural Ways

More and more research shows that a calm mind is the first thing we need to cultivate to be able to heal our various ailments. Most indigenous cultures knew this and would have the spiritual healer talk to the patient before even looking at their physical health. Unfortunately today's manic pace of living does not lend itself easily to cultivating a calm mind. Financial stress, poor quality food, chemicals in the environment, relationships and family stress plus electromagnetic radiation is causing us all to not only be physically ill but to be emotionally and spiritually ill as well.

Paul Pitchford, in *Healing With Whole Foods*, says "at the beginning of any course of treatment, it is wise to first calm the mind and balance the spirit." We are all suffering from mental hyperactivity and information overload. Worrying thoughts in excess can cause fever, headache, irritability, insomnia, mental disturbances and eventually cause physical changes in the body including a lowering of our immune systems.

Diet can either exacerbate a stressed out mind or help to calm it. We all know the culprits that cause us to lose our centre, become angry and irritable, lose sleep and generally make us feel yucky! They are refined sugar and white flour products like cakes and biscuits, alcohol, coffee, late-night eating, large meals, rich and spicy food, greasy, fatty and deep fried food, processed foods with artificial colouring, flavouring and preservatives.

**So what can we do to quiet our minds and help us to cope more effectively with our lives? Here are my tips:**

1. Eat whole, preferably organic food with an abundance of local, in season, fruits and vegetables.
2. Eat foods that are high in magnesium to help relax the muscles and nerves and to enhance calcium absorption. These are all the dark green leafy salad vegetables, as well as almonds and other nuts and seeds.
3. Include foods that are high in calcium like tahini, sunflower and sesame seeds, parsley, organic yoghurt and white cheeses like cottage and ricotta.
4. Add Reishi Mushrooms to the diet to boost your immune system - they can be added to soups or a tea. I add one to my morning pot of Rooibos Tea.
5. Eat foods that are high in silica, to support the nervous system like oat straw tea, barley, cucumber, celery and lettuce. Oat porridge for breakfast, especially in the cooler months, is a great start to the day and helps to strengthen the nervous system.
6. Some herbs from the garden like basil and dill can help calm the digestion and hence the mind.
7. Include apple cider vinegar with your salad dressings to aid stomach acids and help digestion.
8. According to Chinese medicine lemons calm the mind. Start the day with warm water and the juice of half a lemon.
9. Drink chamomile tea before bed to aid sleep. Restorative sleep, both in quantity and quality, is essential for healing. A minimum of 7.5 hours is necessary and women generally need an hour more than men. Grow Lemon Balm in your garden and drink a couple of cups throughout the day instead of your regular tea or coffee to help calm nerves.
10. Include organic flaxseed oil in your diet, 1-2 dessertspoons a day.
11. A lot of nervous people are, according to Ayurvedic Medicine, of Vata Constitution. These people need to live in a warm, tranquil environment away from wind and eat warm, moist foods.
12. Lastly, awareness of speech, prayer, meditation, devotional singing, chanting, affirmations and silent contemplation on positive images are all helpful to strengthen the heart and calm the mind.

Joe Dispenza, DC, in his book *Evolve Your Brain*, says "*Living in stress is living in a primitive state of survival common to most species. When we live in survival we limit our evolution because the chemicals of stress will always drive our big-thinking brain to act equal to its chemical substrates. In effect we become more animal-like and less divine. The chemicals of stress are the culprits that begin to alter our internal state and pull the trigger of cellular breakdown.*"

***Let's not just survive, let's thrive! Calming our minds is the first step to take.***

- Suzanne Staples ND DBM, Naturopath Herbalist Homoeopath. [www.santostrading.com.au](http://www.santostrading.com.au)

# TRASH & TREASURE MARKET

**Saturday APRIL 29<sup>th</sup>, 2017**

**9am – 1pm**

**Pioneer Community Centre, Bowraville**

**Come along & grab a bargain or 3**

**Enjoy a Sausage sizzle or Devonshire Tea**

***Why not book a stall, and get rid  
of some of your junk?!?!?***

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

**Stall set up time 7 – 9am**

**Stall fees: \$5 per table if you have insurance, otherwise \$10**

## New Management team for Pioneer Community Centre

Thank you to everyone who has stepped forward to manage this important community asset.

Meetings are held on the first Monday of each month starting at 5:45pm.

Please come along and take part.

The meetings are open to everyone which means members of the public are welcome to attend and take part in discussions.

Financial Members of the Bowraville Community Development Association Incorporated may attend, discuss, move motions and vote along with the Committee of Management.

*New Committee of Management:*

President - Melanie Todd

Vice President - Robert Cruickshank

Secretary - Marion Syratt

Treasurer - Sarah Sargan

Ordinary Members - Janet Cruickshank,  
Ian Speechly and Eddie Orrego.

**Enquiries: 6564-7908 or 0400 828 471**

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## **Removal of Dead Wood is a Threat to Biodiversity - Collecting Firewood -**

As we are aware the earth is undergoing an extinction of much biodiversity because of the sheer number of humans on the planet. Collecting firewood is one small area where we can make a difference.

Scientist Nicola Markus, tells us "The practice of collecting firewood removes 4.4-5.5 million tonnes of wildlife habitat and shelter from the natural landscape in Australia each year. For many native animals dead and fallen timber is vitally important habitat".

The "removal of dead wood and dead trees" includes: the removal of forest and woodland waste left after timber harvesting (in the absence of a sustainable management regime); collecting fallen timber for firewood; burning on site; mulching on site; the removal of fallen branches and litter as general 'tidying up' and the removal of standing dead trees.

### **Why is the "removal of dead wood and dead trees" considered a threat to biodiversity?**

Dead wood and dead trees provide essential habitat for a wide variety of native animals and are important to the functioning of many ecosystems. The removal of dead wood can have a range of environmental consequences including the following:

#### *Loss of habitat*

Dead wood and dead trees often contain hollows used by many native species for shelter. For example, in Australia about 290 vertebrate species (that is frogs, birds, mammals and reptiles) use tree hollows. Hollows suitable for wildlife can take between 120 and 200 years to form in eucalypts. A reduction in hollows limits the ability of many native species to breed or avoid predators.

Fallen timber also provides camouflage. This helps some ground-dwelling native species, such as the endangered bush stone-curlew, to avoid predators.

Removal of dead wood may also result in the removal of plants, alteration to their habitat and may introduce weeds and disease (eg the root-rot fungus *Phytophthora cinnamomi*).

#### *Disruption of ecosystem processes*

Dead wood is essential for maintaining forest and woodland ecosystems. Along with the living understorey, leaf litter and soil components, it is vital for maintaining ecological processes.

A diverse range of specialised insects (and other invertebrates) and fungi species depend on dead wood for their survival. These species can have complex interactions with plants and other animals. Declines in one group of species will have indirect impacts on a range of other species and ecosystem processes.

#### *Soil erosion*

The removal of dead wood from the ground can expose the soil to wind and water. This can lead to an increase in soil erosion and sedimentation.

### **How to minimise environmental impacts of using and burning firewood:**

*Leave some dead wood behind* - standing or fallen - it provides habitat for birds and animals - don't deprive them of a home.

*If you own a property* - try to plant as much as you take. That way you will create your own renewable source of wood.

*Recycle* - use old fence posts and off-cuts. If you live in an urban area keep an eye out for trees that have been cut down by your council or neighbours and seek their agreement to take it. Once seasoned this is an excellent source of cheap wood.

*Willingness* of consumers to purchase more common Eucalypt species such as stringybark rather than demand threatened woodland species such as box, ironbark and mallee.

*Use plantation timber* instead of native forest or woodland timber. This will help conserve declining forests and woodlands.

*If you purchase your firewood* ask your merchant to supply a mixed load of hardwoods (eg. more than one type). This will help to reduce the pressure on woodland species that aren't regenerating.

*Ask your firewood merchant* if they follow the voluntary code and if they are unaware of it you can give them the above information.

## Our Children Our Future Officer in Charge Triggers Solution Brokerage

(Continued from Front Page)

Bowraville youth and working closely with Transport NSW to increase access to community transport services and for students completing school based traineeships to access free transport throughout the Nambucca Valley.

Looking forward the Solution Brokerage team, led by the Officer in Charge intend to return to Bowraville to meet with the Bowraville Community Reference Group and to engage young people from the community in a youth roundtable. This will continue to build on the community engagement of the project and inform the co-design of a response plan for Solution Brokerage.

For any questions or further information regarding Solution Brokerage please contact [solutionbrokerage@planning.nsw.gov.au](mailto:solutionbrokerage@planning.nsw.gov.au) or call 02 93732831

A Community Perspective of this Process:  
**Solution Brokerage: building community resilience project for Bowraville (Our Children Our Future)** provides a look at Bowraville as a community and what it needs to be successful and allows all of us to have a say in what happens here and how we think we can improve our future and to mend our past. This is an opportunity to let all the government and officials to hear what we say but we have to be part of it and offer our support and knowledge. It is not going to solve all our problems, being a small town with high unemployment and low income families, but it is going to help us work together as a community to achieve better outcomes and to engage the children in a better future. All the people involved in this project are in positions of importance within the government so this means that our voices are being heard at the highest level and that will continue to assist the town. We as a community need to put aside our differences look to our future positively. This will not provide unlimited funds for the town but it will address issues and look at positive outcomes that build a better place. Let's all try to be part of this project to benefit all of Bowraville.



Planning &  
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# The pioneering Aboriginal team that took cricket by storm

Boxing Day is the most important day on the Australian cricket calendar.

But if you ask most Australian cricket-lovers why last year's Boxing Day match was so significant you'll receive a vacant look.

The answer is that 150 years ago something remarkable took place on Boxing Day at the MCG. It was a cricket match that was the consummation of a great drama in our national history – a drama of murder and healing.

On that Boxing Day, in 1866, an Aboriginal cricket team from the western district of Victoria played against the exclusive Melbourne Cricket Club. The black team was captained by a white man, Tom Wills – the greatest cricketer in the land.

Born in NSW Tom Wills descended from convicts. Growing up in western Victoria all his playmates were black. Tom grew up with the Djab Wurrung Aboriginal people and learnt their language and games until he was regarded as kin – a white boy in a sea of black faces.

As a young man Wills was the finest cricketer in Australia, his mind crammed with sporting genius. Along the way he crafted the first rules of what became Australian Rules football. But cricket was his game.

At the peak of his fame, in 1861, when 26 years old something shattered his life. In that year he travelled with his father to central Queensland to settle a new pastoral property. There, on October 17, after lunch and in the heat of the day local Kairi Aborigines attacked and slaughtered 19 white settlers. Among the 19 dead lay Wills' father. It was the biggest killing of white settlers in Australian history. Miraculously Wills survived.

As the blood coagulated on the dry grass local white settlers sought revenge. The final death count has been lost in hysteria and time. But Wills did not kill anyone.

Marooned in Queensland, the forces of isolation, alcohol and nightmares rendered his world unliveable. Wills' mind began to unravel.

In the shadow of his despair arose a remarkable story that led to the Boxing Day cricket match of 1866.

Returning to Victoria after the massacre, Tom travelled through the land where he had grown up as a boy among Aborigines. He helped find and then train 10 indigenous farm labourers. The son of a man murdered by Aborigines helped create an Aboriginal cricket team. He became their white captain and coach.

He brought this team, whom the Melbourne media regarded as little more than "savages" to the MCG on Boxing Day to play the Melbourne Cricket Club.

When Wills stepped on to the MCG leading his black team 10,000 curious spectators craned their necks to observe the spectacle.

The word on the street was that Wills was mad, deranged. But what he did that day towers above what any Australian captain has ever done on the cricket field.

Some in the crowd whispered of his villainy, shaming his father's memory by playing with Aboriginal cricketers; to others he was a hero for building a bridge between black and white.

Wills spoke to his team in an Aboriginal tongue until, in the eyes of the Melbourne media, he was one of them.

Fearing humiliation the ungracious Melbourne Cricket Club stacked its team with the best players it could unearth.

But public sympathy was with Wills and his team. As each wicket fell the whispers in the crowd became a roar. The outsiders rode a wave of popularity. Egalitarianism won the day. Aboriginal cricket was on everyone's lips. The black team lost the match but won the public's adulation.

Journalists ran about agog, astonished that this team tutored by the white Tom Wills could play so well. Unstated but implicit in every line was this: if they could play this English game of cricket what else might they be capable of?

Just over a year later that Aboriginal team prepared to go to England. It became our first-ever cricket team to tour England – 10 years before the first white Test team.

The 1866 Boxing Day Cricket Match was the conclusion of one of the great, but little-known, chapters in Australian history.

How does a man, having lost his father in such a bloody fashion, find the courage and grace to create an Aboriginal cricket team? This is surely one of the great acts of healing in this nation's history.

How could this story – the nation's largest massacre of white settlers, the revenge attack upon Indigenous people and the triumphant ascension on Boxing Day 1866 – be so little known?

The Boxing Day Test is the sporting heart of the nation. Nowhere else in this land do people assemble in such numbers to admire the gifted few.

*Continued on Page 26*

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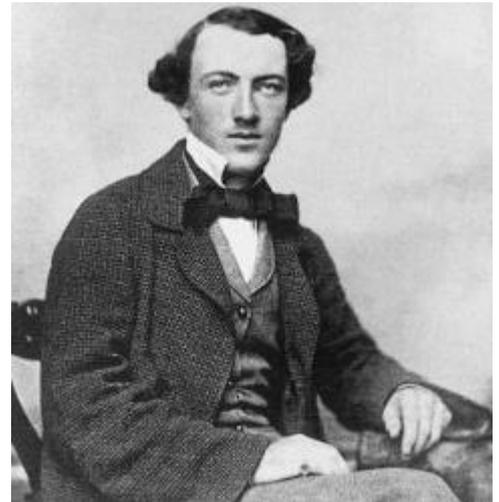
## The pioneering Aboriginal team that took cricket by storm *(continued from page 25)*

Millions will regurgitate memories of the Ashes, Bradman and Bodyline. Very few will think of something that happened 150 years ago on Boxing Day in 1866.

When Tom Wills and his black team walked upon the MCG, just for an instant, cricket was an exalted game, suspended above a yet-to-emerge nation and spoke to us of what it might mean to be Australian.



The Aboriginal team on Boxing Day, 1866, outside the MCG.  
The man at the back wearing a cap is Tom Wills.



Tom Wills in 1857/58.

- from the Sydney Morning Herald by Greg de Moore, conjoint associate professor of Psychiatry at University of Western Sydney and author of *Tom Wills: First Wild Man of Australian Sport*.

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## UHA Zone Day a Celebration of Volunteer Achievements

After months of organisation the Zone Day was held at the Recreation Club, with 53 attendees, on Wednesday 22<sup>nd</sup> March. The Club was decorated with flowers and plants to welcome all and the Bowraville banner well displayed. Our special guests included Melinda Pavey, Member for Oxley. Rhonda Hoben Nambucca Shire Mayor, Linda Swales State President of UHA and her husband travelling from Batlow, Phillipa Passfield retiring Regional Representative, Jenny Zirkler with her many local titles, Mark Tyler Deputy of Nursing at Macksville Hospital, Health Media officer Sharon Fuller and our Patron Kerrie Savins.

The singing of the National Anthem beautifully accompanied by Bowraville member Olma Gan was a wonderful commencement to official business and was preceded by a bounteous morning tea and fellowship.

The Mayor spoke of the value of volunteering and her acknowledgement of the fund raising by UHA volunteers before officially welcoming all visitors including volunteers from all over the North Eastern Health District.

Melinda Pavey, making a dash from her parliamentary duties in Sydney gave an update on Hospital redevelopment and stressed it is a slow process as many government agencies are involved so forbearance and patience are needed by all involved. In her previous role as Secretary to the Minister of Health she was very aware of health issues. She emphasised the changing nature of health care where hospital care is at the end of the chain and such care as palliative, home and community based etc, are being given major importance. She then officially opened the Zone Day.

Linda Swales who is travelling the State to attend Zone and Regional Days had much to pass on about UHA procedures and innovations. One in particular was the Health Department's Healthy Choices program which is of special interest to the Coffee Shop. Her statistics included \$10,888,940 raised by UHA volunteers and over \$5,490,000 gifted to hospitals in the last financial year. The hours worked (which I am sure are under estimated) were 910,202 - equivalent to 600 full time jobs.

Our guest speaker Jenny Zirkler executive Care Manager, Nambucca Valley Care spoke on the award winning Healthy Kids Bus Stop Program. This bus visits schools to assess all areas of health for young children and organises follow up. However, Jenny is passionate about other issues and stressed the value of Advanced Care Planning. Then followed reports of individual UHA's achievements and a delicious luncheon provided by Bowraville UHA members. Our next guests were Helen Kirkpatrick and Ann Joyce who delighted the audience with Helen's monologue titled 'Houdini'. NBN and the local press were also in attendance

Of special importance to Bowraville was the introduction by State President Linda Swales of our treasurer Dee Hunter to the audience. Dee will be Acting Regional Representative of the North Eastern Health District till July when she will be appointed Regional Representative. Dee gives many hours of her time to Bowraville UHA, the Coffee Shop and other related Health matters. Congratulations Dee. Finally a big thank you to all the people who helped in any way to make this special day for Bowraville so successful. - Isabelle Hooper.

# Bowraville Central School News

## Sydney Science Excursion



Year 12 Biology, Year 12 Senior Science and Year 10 Extension Science students travelled to Sydney for a three day Science excursion in late February.

Students visited the Australian Museum where they learned about Evolution of Australian Biota, Spiders and Aboriginal technology including local Gumbaynggirr Aboriginal artefacts. Students also visited the Royal Botanical Gardens, Mitchell Library and other important landmarks.

The highlight of the trip was the visit to the Australian Museum of Human Disease.



This Museum contains over 2000 exhibits of diseased human body parts. Students completed an assessment task and were guided around the museum using a digital tour guide on their phones and ipads. It was a really valuable experience for the students to see first hand the complexity of the human body and the work being done in this field of research.

## SRC Induction Ceremony



Student representatives were presented with their leadership badges at a formal assembly. Parents of the representatives were invited to pin their badges and witness the signing of the SRC Register.



**Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Autumn 2017**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	Community Radio Network Good Morning Country National Radio News Rural Reports	Dano's Brecky Show Daniel Gosson & Hal The Robot High-paced cacophony to get those feet shufflin'!	Bubbie N Squeak Linda & Michelle A family show with Christian themes.	Mystery Breakfast The Shadow Knows	Tones of Claire Claire Wait-Powell	Rise & Shine With Ron Hawkins	Beam Me Up Scotty Sunday Music Mix	6 AM
7 AM	Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll 1950s-2010s	Global Mosaic Pleier A weekly musical trip through the world	Dyer's Loop With The Dyers Music to dye for, of course	Under The Stinging Tree Poppa Including the real-unnear news	Talk Of The Town Cen Wrobel See what's going down! All things local	Information and music to kickstart your weekend.	Country Highway Dave Wareing Country music classics to latest releases and comedy	7 AM
8 AM	Baby Boomers Donna Collins	Infopinion Richard Laxton An eclectic time with Richard	Hinterland Ben Walters	Calling All Angels Rachel Scottlock	RAOR Jeremy Allom	Learner Drivers Exciting New Presenters	Country Highway Dave Wareing Country music classics to latest releases and comedy	8 AM
9 AM	The Weekley Fix Paul Weekley	The Phoenix Crew Selected music & madness	Jazz Azz I Like It Heather Heywood A mix of jazz with lotta Oz	Turning Pages Elizabeth Newman	Outback Outlaws Paul Rowe Old and new country music	History Patch With Beverly Gibbs	Classical Corner Music from the past 1000 years... Alternates weekly with The Lively Arts	9 AM
10 AM	Drive With Scotty Scotty Great Scotty Music	Rob's Roving Robbie & Linda Bible reflections, Gospel & Australiana	Just For You Carola J. Simmons Easy listening & All That Jazz	Simmo's Country John Simpson	Wind Down for the Weekend Stu & The Crew	Maggie's Mix Margaret Duffus	The Lively Arts Music & spoken word from film, TV, theatre & radio	10 AM
11 AM	Bowra Beats 2NVR Youth Radio with Grace	Jack's Tracks 2NVR Youth Radio with Jack All the tracks with Jack Tune in!	Stella Bells 2NVR Youth Radio with Stella	Thursdays Country Trickovic	Rhino On The Radio	Two For The Money Double the Fun with Paul and Rachel	Dano's Mixed Grill Daniel Gosson A tasty mix of anything and everything to spice up your Sunday arvo	11 AM
Noon	Nambucca Valley Roundup - Rachel Burns	Nambucca Valley Roundup Carola J. Simmons	Nambucca Valley Roundup - Paul Burns	Nambucca Valley Roundup - Retro	Switching to Studio 3 from 6pm-8pm on the 3rd Friday of each month for live artists & studio audience	Phase Out With Faye Faye Aspiotis	That's A Wrap Dorna, Tom & Mitch Local sports results and in-depth analysis.	Noon
1 PM	Reggae Mixtape With Fitzroy Music outside the usual	Latest & Greatest Country Bryon Edwards	Philtinn With Phil New Australian Blues and Indie/Folk/Rock	Highway Blues Retro When Only The BEST BLUES Will Do	The Friday Night Rock Show Todd Wills	Imagine This & The Antipodeans SF Radio Show	Booth's Drum With Captain Steve	1 PM
2 PM	Juggling Mondays Juggler's choice Music mix	Prog Rock Playlist Reno Bill midnight The best of Progressive Rock	Ants Rocks Anthony Garnsey Solid Rock	Jeff's Junk Jeff Mills	Overnight Express overnight	Wolfy Wolfy Bill 11pm	White Line Fever Ail Nolan	2 PM
3 PM	CRN overnight	BBC World Service overnight	Ants' Music Mix overnight	CRN overnight	FNRS Continues overnight	Overnight Express overnight	CRN overnight	3 PM
4 PM	CRN overnight	CRN overnight	Ants' Music Mix overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	4 PM
5 PM	CRN overnight	CRN overnight	Ants' Music Mix overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	5 PM
6 PM	CRN overnight	CRN overnight	Ants' Music Mix overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	6 PM
7 PM	CRN overnight	CRN overnight	Ants' Music Mix overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	7 PM
8 PM	CRN overnight	CRN overnight	Ants' Music Mix overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	8 PM
9 PM	CRN overnight	CRN overnight	Ants' Music Mix overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	9 PM
10 PM	CRN overnight	CRN overnight	Ants' Music Mix overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	10 PM

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