

COMMUNITY NEWS



Bowraville Community News is produced by the Bowraville Technology Centre.
39 High Street, Bowraville 2449. Tel: 6564-7420
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JULY 2019 ~ ISSUE #175 ~ FREE ~ CIRCULATION 400 ~ POSTCODE 2449

NAIDOC WEEK – 7th - 14th July 2019

VOICE. TREATY. TRUTH.

We invite you to walk with us in a movement of the Australian people for a better future.

The Indigenous voice of this country is over 65,000 years old.

They were the first words spoken on this continent. Languages that passed down through lore, culture and knowledge for over millennia. They are precious to our nation.

It's that Indigenous voice that includes know-how, practices, skills and innovations - found in a wide variety of contexts such as agricultural, scientific, technical, ecological and medicinal fields - as well as biodiversity-related knowledge. They are the words connecting us to country, an understanding of country and of a people who are the oldest continuing culture on the planet.

And with 2019 being celebrated as the United Nations International Year of Indigenous Languages it's time for our knowledge to be heard through our voice.

For generations we have sought recognition of our unique place in Australian history and society, we need to be the architects of our lives and futures.

For generations Aboriginal and Torres Strait Islander peoples have looked for significant and lasting change.

Voice - Treaty - Truth - are the three key elements to the reforms set out in the Uluru Statement from the Heart in May 2017. These reforms represent the unified position of First Nations Australians.

The Uluru Statement was built on generations of consultation and discussions among Indigenous people on a range of issues and grievances. Consultations about the further reforms necessary to secure and underpin our rights and to ensure they can be exercised and enjoyed by Aboriginal and Torres Strait Islander peoples.

It specifically sequenced a set of reforms: first, a First Nations Voice to Parliament enshrined in the Constitution and second, a Makarrata Commission to supervise treaty processes and truth-telling.



VOICE TREATY TRUTH

07 - 14 JULY 2019

Let's work together
for a shared future.

BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 400 COPIES

Newsletter is also available online at:

www.bowraville.nsw.au/bowraville-newsletter

2019 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 AUGUST 2019

ISSUE IS: 4:00PM

TUESDAY, 23rd JULY 2019

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

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

BOWRAVILLE TECHNOLOGY CENTRE

39 High Street, Bowraville NSW 2449

Telephone: 6564 7420

Facsimile: 6564 7520

e-mail: admin@bctc.com.au

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

Bowraville Technology Centre

Open 9.30am to 4.00pm Weekdays

Internet Services

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

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

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

Facility Hire

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

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

Full day up to 8 hours - \$100.00

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

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

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

Full day - up to 8 hours \$40.00.

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

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Bowraville Technology Centre

39 High St, Bowraville Ph. 02 6564 7420

Open 9.30 to 4pm Weekdays

Email: admin@bctc.com.au

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

Bowraville Shopping Bus

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

BowraMacksville Hospital Auxiliary

Five members attended the official commencement of the building of our new hospital however and we were surprised at the amount already in progress. On show were the detailed plans and suggested interior colours. It is hoped the building will be completed by mid-June 2020 and opened for patients towards the end of the year. Our UHA has enough money in hand to purchase the defibrillator and \$30,000 towards the birthing baths for the new hospital. Our AGM will be held on 26th July at 10am - venue yet to be confirmed. Our next fund raiser will be the Annual Recreation Club Sports Day for golf and bowls - date is Saturday, 17th August. The hospital coffee shop which is our main fund raiser has also been asked to cater for various hospital meetings. Several members will complete a food safety course and pass on all information in preparation for our shift to the new hospital. If you would like to join our band of volunteers to help in any way - coffee shop, trolley, raffles or come up with

new ideas please contact Heather on 0403 800 262 or Isabelle 6564 7179.

Bowraville Garden Club

Our June visit to member Elizabeth's garden was interrupted by the rain. However our hostess gave us a demonstration on how to make bees wax wrappers and after admiring her African Violets showed how she cultivates them from a leaf. Five members visited South West Rocks Garden Club and all participants wearing a floral hat won a prize. Our next meeting is a change of plan as we will visit district gardens and postpone our Urunga trip until August. Contact Barbara on 6564 7039.

Bowraville Seniors

Our June meeting was held at the Folk Museum as the Coach House Inn was closed. We reminisced about our May trip to the Billabong Farm. Most were impressed by the training of the crocodile but the snow leopard only performed for the Bowra Group after all the other spectators left. All considered the Cancer Morning Tea a success with over \$370 raised for cancer research. Our Treasurer, Ruth Grace after her accident, is reported to be out of intensive care and on the way to the next part of her rehabilitation. A card was sent wishing her a speedy recovery and we signed it for all of her Bowraville friends. Seniors will follow up with suggestions for

Continued on Page 5



FITTING TURNING MACHINING
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Steven Jeffries
Turning - Milling - Welding - Repairs - Parts Made
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2 Park Street Bowraville 2449
www.fittingturningmachining.com.au

Weekly Activities

MONDAY

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

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

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

TUESDAY

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

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

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

WEDNESDAY

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

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

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

MEMBER'S DRAW & MEAT RAFFLE 6.30pm pm

Bowraville Ex-Services Club (6564 7304)

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

THURSDAY

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

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

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

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

FRIDAY

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

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

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

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

SATURDAY

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

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

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

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

SUNDAY

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



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

better street safety in Bowraville. Next meeting will be 15th July 10.30am at the Coach House Inn.

Bowraville Recreation Club

Women golfers held a successful Open Day and followed up with the commencement of 3 rounds of stoke competition for Club Championships. Bowlers are also well under way with their various championships. It was very disappointing in mid-June to discover damage done to the 7th green near the preschool when a car was driven over the green and damage also done to the nearby fairway. Our volunteers spend a lot of time keeping the golf course and bowls green presentable. Police were informed and it is hoped the culprits will be named and shamed. Coming events include 2nd July - Over 50s Bowls, 28th July Classic Triples and 30th July Vets Golf. Congratulations to Jim Armes who had a hole in one on the 8th green in a chook run. If it had been in a competition round, Jim would be eligible for a \$300 prize. Buck Buchanan keeps patrons well informed on the Friday, Wednesday and Chook Run Golfers plus any other news from the club, available on line or printouts in the club. The 100 Club winner was golfer Lynne Birkett. Another competition is well under way. For Rec Club contact 6564 7349.

Bowraville Race Course Art Group

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

Line Dancing

Beginners class on Tuesday evenings from 6.30 to 7.30pm at the Bowraville Community Centre in High Street. Cost \$7 per week (plus

Continued on Page 8

CRAIG BELLAMY@realty

YOUR NAMBUCCA VALLEY SPECIALIST

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

We can offer competitive fees, creative marketing and the backing of one of the fastest growing agencies in Australia.

Craig is also the only local agent who lives in Bowraville and has extensive knowledge of the area.

8/11

CRAIG BELLAMY 0412 080 287

craigbellamy@atrealty.com.au
www.atrealty.com.au

Coronation Kennels & Cattery

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

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

PHONE: 02 6568-2018

Email: marcia@coronationkennelsandcattery.com.au

Website: www.coronationkennelsandcattery.com.au

We provide the following services:

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

Sleepover - Check in 4-6pm check out 8-10am
Cats - \$14 per day.

Long Term Budget -

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

Not available during school holidays



Short-term Accommodation

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

9/11

BOWRAVILLE GIFT SHOP



any occasion

LOCATED AT BOWRAVILLE POST OFFICE

27 HIGH STREET BOWRAVILLE

Monday to Friday: 9am - 5pm

PH: 02 6564-7169

2/11

5G in Australia: Everything you need to know

What is 5G?

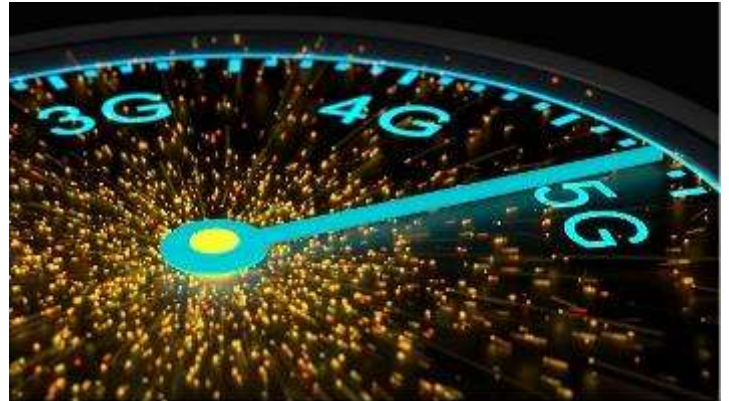
5G is the next major evolution in mobile network technology. As with 4G before it 5G is focused on mobile data. 5G will promise three major improvements:

- *Faster network speeds:* 5G networks will be capable of download speeds as fast as 20Gbps. The exact speeds an individual user will get will depend on how the network has been configured, the number of devices on the network and the device in their hands. The 5G specification states that individual users should see a minimum download speed of 100Mbps. That's the fastest NBN speed as a *minimum*.

- *Lower latency:* Latency is best described as the time it takes information to get from your phone to the wider internet and back again. The typical latency for a 4G network is around 60 milliseconds whereas 5G could decrease this to as low as 1 millisecond. This massive decrease in latency will be vital for technology such as self-driving cars where every millisecond could make a difference in preventing a crash.

More simultaneous connections: 5G will allow more devices to connect to the network at the same time. While smartphone usage continues to grow this is especially important because 5G is set to facilitate new developments in autonomous cars, connected machinery and Internet of Things devices.

The aforementioned have historically been the domain of fixed line networks which are far less flexible due to the



need for a physical link to the internet. While 5G will succeed 4G it will not replace it. 4G and 5G networks will exist simultaneously and Australian telcos intend to keep 3G networks around until at least 2020.

Why do we need 5G?

There's been plenty said about how 5G could change self-driving cars, manufacturing, medicine and more but what about you and me? What will 5G mean on a day-to-day basis in terms of our smartphone and internet connection? Right now there's three answers: More reliable video streaming at a higher quality, faster fixed wireless internet and "Uh, let's wait and see".

While the potential of 5G is almost limitless right now - we're talking about things like a surgeon operating on a patient thousands of kilometres away using a virtual reality headset and a robot - there's currently no killer app that's guaranteed to drive adoption. But that's okay. We saw the same story unfold with 4G with plenty of doubt about whether we'd need internet speeds ~this fast~ on a mobile network.

As 5G networks go live around the world next year we'll see people trying

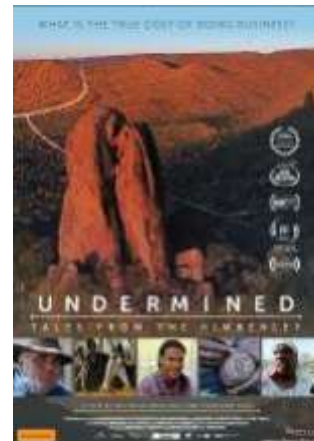


JULY PROGRAM at the

BOWRAVILLE THEATRE

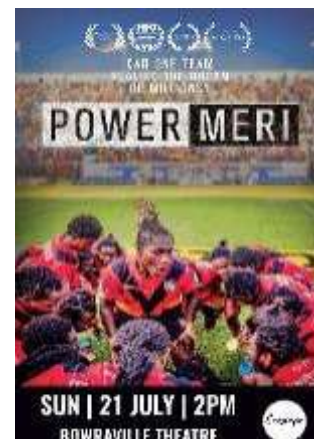
Sunday, July 7th at 2pm - UNDERMINED: Tales from the Kimberley

Mega-mines and pastoral development threaten not only the Kimberley region's vast and unspoiled beauty but the Indigenous communities' sacred links to Country. Follow Traditional Owners such as Bardi activist and musician Albert Wiggan and Yimardoowarra academic Dr Anne Poelina as they question what meaningful negotiation looks like whilst industry pressure exposes the limits of land rights. The film investigates the true cost of business in the world-famous region, now branded by the government "the future economic powerhouse of Australia" and what this means for First Nations and their cultural landscapes.



Sunday, July 21st at 2pm - POWER MERI

The trailblazing PNG Orchids, Papua New Guinea's first national women's rugby league team, must beat much more than just the sporting competition to head to the world stage—their biggest yet. Proud, strong and hopeful, these women have overcome more challenges than most to take the field in their much-loved national sport. But after years playing at grassroots level with no coaches, funding or support they have just three months to transform themselves into a competitive national team to take up an invitation to compete on the world stage.



Café open 1/2 hour prior to doors opening.

**Tickets: Adults \$14. Conc/Child (over 15) \$12. BAC Member/Child (under 15) \$10.
Family \$35 (2 Adults, 2 Children under 14).**



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

What we have to offer . . .

TAB - Fox Sports

Keno - Gaming Machines

Pool Table - Daily Happy Hour

Bingo - Raffles

Members' Draws



**HAPPY HOUR - All Schooners \$4.50
from 5pm to 7pm daily**

FREE POOL Everyday

9/11

BOWRA HOTEL

OPEN 10AM - MIDNIGHT

BISTRO

WOOD-FIRED PIZZA Wed - Sun

LUNCH 11:30am-2:00pm Tues - Sun

DINNER 5.30pm - 8pm Tues - Sun

All menus available for takeaway

Regular Live Music

Holy Goat Coffee

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

33 HIGH STREET, BOWRAVILLE

Ph.6564 7041 Fax. 6564 8471

9/11

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

From page 5

\$7 per year to join BCDAI for insurance cover). For information contact Rhonda on 6564-7791.

St Jimmy's Kitchen

On the second Thursday of the month from 5:30 to 7:00pm in the Anglican Church Hall in Young Street meals are available for a donation. Dietary needs taken into consideration. All welcome.

Macksville/Bowraville Uniting Church

A church service is held on the second Sunday of each month in our church at Bowraville at 10.30am. This is combined with the Uniting Church congregation from Macksville and is enjoyed by all. Rev. Jason Jon from Bellingen will conduct our next

service on Sunday, 9th September and all are very welcome.

Macksville/Bowraville Uniting Church

The Uniting Church has a monthly service shared by Macksville and Bowraville in the Bowraville. We usually have around 18-20 in attendance and local town folk are very welcome to come along and join in the service which starts at 10.30am and is conducted by Reverend Tom Fairhall from Bowraville and Reverend Ken Smith from South West Rocks on alternate months.

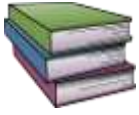
Macksville/Bowraville Uniting Church Op Shop

The Op Shop is functioning well and we thank those volunteers for their valuable

Continued on page 23

MARKETS CALENDAR

DAY OF MONTH	MARKET LOCATION and TIMES	CONTACT DETAILS
THURSDAY Every Thursday	Coffs Coast Growers Market, City Square, Harbour Dr. from 8am to 2pm	6648 4087
FRIDAY 1 st , 3 rd & 5 th	BELLOPY ORGANIC FARMERS MARKET from 8am to 1.30pm The largest 100% organic market in NSW. Bellingen Showground	0415 525 903
SATURDAYS 1 st Sat (bi-monthly even months)	VALLA BEACH COMMUNITY MARKET from 8am to 1pm	6569 5410
1 st	Kempsey Riverside Markets, Riverside Park from 8am to 1pm	0456 658 979
1 st & 4 th	Marine Rescue Charity Market, Woolgoolga Beach from 8am	6654 0447
2 nd	South West Rocks Market, Horseshoe Bay Reserve from 8am to 12 noon	6562 6671
2 ND & 4 TH	BOWRAVILLE COUNTRY MARKET Bowraville Pioneer Centre from 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 Market - 8.30am to Noon	6567 4203
SUNDAYS		
Every Sunday	Uptown Markets, Castle Street, Coffs Harbour from 6am to 2pm	0434 482 926
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	0425 205 737
Last Sunday (bi-monthly even months)	FUNKYA @ UNKYA MARKETS from 8am to 1pm Unkya Reserve, Eungai	0425 205 737



BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

An Isolated Incident

by Australian author, Emily Maguire

This is a whodunit, set in a small town in Australia, except the “who did it” is not the main focus of the novel.

An Isolated Incident is pretty much all about Chris, a buxom bartender in her 30s working in one of the town’s pubs where she has been employed for years. Chris knows all the customers and most of the regular truckees who stop for the night on their long hauls through; she has few friends, is a bit of a tough cookie but reasonably popular and well liked and she has an ex-husband, Nate, who is an even tougher cookie but well respected and also well liked . Her much younger sister, 25 year old Bella Michaels, is completely different to Chris in almost every way.....appearance, personality, ideals and ethics, job etc but they’re extremely close despite these differences, often with Bella seemingly more like the responsible older sibling.

When Bella is brutally murdered Chris’ world falls apart. Due to the type of incident and Strathdee being such a small town the media descend on the town like a plague, the police have no leads, gossip

becomes rife and Chris plunges into despair, self-medicating with alcohol, as she tries to find answers and fend off reporters at the same time.

An Isolated Incident is described as “a psychological thriller about everyday violence” and it is exactly that but I would perhaps not use the term “thriller”. It is a realistic look into what probably really happens when such a crime occurs. The media’s obsession and persistence... maybe more so because the murdered girl was pretty and ‘perfect’; the type of personality it takes to be a reporter of the ‘news’ and how invasive and uncaring and dishonest they can be, how what they write can be so hurtful and damaging. The dynamics of a small town, how secrets are kept and the way gossip spreads like wildfire; how people are unsure of how to behave and what to say to the families of victims. How such a trauma affects, in this case, the sister of the murdered person; the ensuing physical and mental torture...lack of sleep, endless self-questioning, suspicion of almost everyone around, inability to think straight or even eat, depression, distrust, grief and (to quote the jacket) the myth of closure.

- This book read and reviewed by volunteer Raewyn.

BowraVILLE Post OFFICE

27 High Street, Bowraville ♦ Telephone: 6564-7169

Monday to Friday 9am-5pm

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

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

DRY CLEANING AGENT – Drop off and Pick up.

Browse our extensive range of collectables and giftware, bric-a-brac and greeting cards.

10 steps for living well with arthritis

By taking an active role in understanding and treating your conditions you will experience less pain and stay more active than those who feel there is nothing they can do.

Here is our 10 steps checklist to help you live with arthritis . . .

1. Take control by knowing your disease

Spend the time to understand what type of arthritis you have and then discover the best ways to improve your condition.

Many people with arthritis say that learning about their arthritis and what they can do about it gives them back a feeling of control over their lives and their health.

2. Don't delay, see your doctor

Because arthritis can get worse if left untreated you need to see your doctor as early as possible to get a proper diagnosis. This will help you understand your arthritis and develop a plan for managing it. Early diagnosis and treatment can limit the effects of arthritis on your life and help you stay active and independent.

3. Work with your healthcare team and be an important part of it.

The best way to live well with arthritis is by working closely with your healthcare team. It may include a variety of healthcare specialists such as doctors, pharmacists, physiotherapists, occupational therapists, podiatrists, nurses, psychologists and complementary medicine practitioners. Your doctor may also refer you to a rheumatologist (a specialist in conditions affecting joints and the structures around them).

Remember, you are the most important member of your healthcare team. Make sure you establish and maintain good communication with all the other members.

4. Know about your treatment options.

There are many treatments to relieve pain and stiffness and slow the development of your arthritis. Work with your healthcare team to find a combination of treatments that best suits your type of arthritis, the joints affected, the amount of pain or other symptoms you experience and your lifestyle.

5. Find new ways to stay active.

Research has found that regular exercise is one of the most effective treatments for arthritis. It also helps to improve your overall health.

Not all forms of exercise are appropriate for every kind of arthritis. Before you start to exercise it is important to ask your doctor and healthcare team to help you develop a program that will suit your type of arthritis, general health and lifestyle.



6. Learn techniques to help manage your pain

There are many techniques you can use to cope with pain so you can go on living your

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



July Specials At Bowraville Pharmacy



NUROFEN FOR CHILDREN

3Mths-5Yrs 200ML Orange Flavour

REGULAR Price \$25.65

SPECIAL Price \$16.95

Special available during July 2019

PANADOL FOR CHILDREN

1Yr-5Yrs 100ML

Strawberry Flavour

REGULAR Price \$13.75

SPECIAL Price \$10.95

*Special available during
July 2019*



New Product

CODRAL PLUS

16 Lozenges / 20 Cold and Flu Tablets

SPECIAL - NEW IN STORE

Price \$11.95

Special available during July 2019

BOWRAVILLE PHARMACY

31 HIGH STREET, BOWRAVILLE

PHONE: 6564 7925 or FAX: 6564 7364

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



Making reusable shopping bags from pre-loved fabrics

*by the community,
for the community.*



Boomerang Bags Sewing Bees 2nd & 4th Wednesdays from 9am to 4pm 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

N/C

IT HAPPENED in BOWRA in 1971

New Bowraville Folk Museum:
The Bowraville people and the Nambucca Tourist Association are to be congratulated on their courage and confidence in their efforts to establish a folk museum in Bowraville.

Sawtell Guardian: Thursday 14 January 1971

and what's Happening NOW!!!

"Awesome, a hidden gem, one of the best museum's we've come across" are some of the most common reflections by visitors to our own Bowraville Folk Museum.

The museum is only a few years off its 50th anniversary and is a valuable historical showcase of Bowraville and indeed the whole Nambucca Valley. However, we are in real danger of having to radically reduce our opening hours as well as the day to day functions of the museum. WHY? – we simply no longer have enough volunteers to ensure the ongoing viability of the museum. Like many organisations in the valley we are finding it increasingly difficult to attract volunteers interested in showcasing the valley's history.

If you have any ideas and/or potential willingness to help improve our volunteer capacity and thus secure the continued viability of the museum please contact the museum (6564-8200)

LIONS CLUB OF BOWRAVILLE INC.

SUPPORTING OUR COMMUNITY

PRESIDENT

Mark Scott
M: 0428527545

SECRETARY

Cherie O' Donohue

TREASURER

Greg Lamberth



9/11



Email:

bowraville@lionsdistrict201n1.org.au

PO Box 23 Bowraville NSW 2449



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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



9/11

NAIDOC WEEK – 7th - 14th July 2019

VOICE. TREATY. TRUTH.

Continued from Front Page

(Makarrata is a word from the language of the Yolngu people in Arnhem Land. The Yolngu concept of Makarrata captures the idea of two parties coming together after a struggle, healing the divisions of the past. It is about acknowledging that something has been done wrong and it seeks to make things right).

Aboriginal and Torres Strait Islander people want their voice to be heard. First Nations were excluded from the Constitutional convention debates of the 1800s when the Australian Constitution came into force. Indigenous people were excluded from the bargaining table.

Aboriginal and Torres Strait Islander peoples have always wanted an enhanced role in decision-making in Australia's democracy.

In the European settlement of Australia there were no treaties, no formal settlements, no compacts. Aboriginal and Torres Strait Islander people therefore did not cede sovereignty to our land. It was taken away from us. That will remain a continuing source of dispute.

Our sovereignty has never been ceded – not in 1788, not in 1967, not with the Native Title Act, not with the Uluru Statement from the Heart. It coexists with the sovereignty of the Crown and should never be extinguished.

Australia is one of the few liberal democracies around the world which still does not have a treaty or treaties or some other kind of formal acknowledgement or arrangement with its Indigenous minorities.

A substantive treaty has always been the primary aspiration of the Aboriginal and Torres Strait Islander movement.

Critically, treaties are inseparable from Truth.

Lasting and effective agreement cannot be achieved unless we have a shared, truthful understanding of the nature of the dispute, of the history, of how we got to where we stand.

The true story of colonisation must be told, must be heard, must be acknowledged.

But hearing this history is necessary before we can come to some true reconciliation, some genuine healing for both sides.

And of course, this is not just the history of our First Peoples – it is the history of all of us, of all of Australia and we need to own it.

Then we can move forward together.

Let's work together for a shared future.

- www.naidoc.org.au/news/naidoc-2019-voice-treaty-truth-let's-work-together-shared-future



Three traits decide whether you're a good person - do you have them?

Most of us strive to be a good person.

Yet our culture is fascinated by psychopaths and narcissists - and with good reason. People high in the "dark triad" - the well-studied threesome of psychopathy, narcissism and Machiavellianism - tend to cause substantial harm to others.

They also make interesting and colourful TV characters so we're exposed to a lot of them on our screens.



This dark triad of personality was first proposed in 2002 and since then research and public fascination with these antisocial traits has flourished.

"The dark triad and the dark side of our nature is an area that people keep on talking about over and over again," said Scott Barry Kaufman, a psychologist at Columbia University.

To fight for the light side Dr Kaufman and his colleagues set out to discover the traits of a loving human being with an orientation towards others.

After testing thousands of people they proposed the "light triad" - three traits they found to be most in contrast, although not opposite, to the traits of the dark triad.

What traits make up a truly good person?

According to Dr Kaufman and colleagues the light triad consists of the traits of Kantianism, humanism and a faith in humanity.

Kantianism is when we treat people as means to themselves as opposed to a means to an end. Basically, we're not out to use them. It's pretty much the opposite of Machiavellianism and is based on the philosophy of Immanuel Kant.

Humanism is valuing the dignity and worth of each individual person.

Faith in humanity is when we believe that people are fundamentally good.

These traits are not so much about the self but about our attitude to others - and the light triad theory says that people high in all three of these traits are the "everyday saints in our midst".

"I think this light triad captures love as an attitude not as an emotion," Dr Kaufman said.



Why do we need to know about the good people?

While positive psychology over the past 20 years has looked at how to be happier and live a more meaningful life researchers are only just turning their focus towards looking at the characteristics of what makes a "good" person.

Dr Kaufman believes it's a focus we need in today's world.

"We are truly lacking the kind of universal love that

Continued on Page 18



Bowraville Lions Club Inc News Bulletin

JULY 2019



Stamps for Hart Walkers

Thank you to all the people who have saved their stamps for our Lions Club. These stamps go to auction and the funds raised are used to purchase Hart Walkers for children who have difficulty walking.

Stamps can be dropped off at the Bowraville Technology Centre for collection.

Many Australian children cannot walk due to medical conditions like cerebral palsy. They can't run or jump or play like other kids. Often they're stuck low in a chair and can't even talk eye-to-eye.

However, by facilitating the funding of specialised walking devices, the Australian Lions Children's Mobility Foundation (ALCMF) helps get them out of their wheel chairs and onto their feet, empowering each child to reach his or her potential.



Lions Recycle for Sight Australia

Lions Recycle for Sight Australia is part of the Lions Clubs International Worldwide Eyeglass Recycling Program, headquartered in Queensland and operating throughout Australia and overseas. The program cleans, grades and labels 450,000 pair annually of used spectacles and sunglasses.

Over the 26 years that the Australian program has operated it has delivered over 7 million pairs of refurbished quality spectacles to men, women and children in need, and without the financial capacity to purchase even the cheapest pair, to many countries in Africa, Europe, Middle East, Indian Sub- continent, East Asia, and the Far East, China, the countries of the Pacific Rim and Southern Asia and Oceania.

Glasses can be left at the Bowraville Pharmacy in High St Bowraville for collection.

MEETINGS

The Bowraville Lions Club invites you to come along to a dinner meeting to find out how you can help our community and make new friends. They are held on the 3rd Wednesday of the month, 6.30pm at the dining room of the Bowra Hotel. Phone Mark on 0428 527 545 or email mark.scott@lionsdistrict201n1.org.au

10 steps for living well with arthritis

Continued from Page 10

life the way you want to. What works for one person may not work for another so you may have to try different techniques until you find what works best for you.

7. Acknowledge your feelings and seek support.

It is natural to feel frustrated, angry, scared and even depressed at the prospect of having arthritis. There are many people who can help you deal with the emotional side of arthritis, including family and friends, counsellors or psychologists. Remember don't try to go it alone, get some help.

8. Make food choices that count.

There are many myths about food and arthritis. However, no diet has been proven by research to cure arthritis and there is very little scientific evidence that specific foods have an effect on arthritis.



9. Balance your life.

When you have arthritis you need to find the right balance between work, activity and rest. Learn how to pace yourself to make the most of your energy and about equipment that can make daily tasks easier.

10. Call your local State/Territory Arthritis Office.

Learn about the regular information sessions and arthritis self-management courses run by your local Arthritis Office. These will introduce you to a wide ranges of skills and small changes you can make that can lessen the impact of arthritis on your life.

- arthritisaustralia.com.au/managing-arthritis/living-with-arthritis/10-steps-for-living-well-with-arthritis



Bowraville IGA Plus Liquor

76 High Street, Bowraville

Telephone: 6564-7307

Website: www.iga.com.au

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HOURS:

Monday to Friday 7am - 7.30pm

Saturday 8am - 7.30pm Sunday 8am - 6.00pm

**Weekly specials through the store.*

**Check website for catalogue specials*

NAMBUCCA SHIRE COUNCIL *asks for you opinion on* PUBLIC TOILET CLOSURES

Assistant General Manager Engineering, Mr Gallagher, said that Council now wants to ask the community for their feedback on FIVE aged public amenities to determine whether continued maintenance is warranted.

The public toilets being considered for closure and demolition are located at; Fletcher Street in Nambucca Heads; Grassy Park and McKay Park in Bowraville and the Coach Stop in Macksville.

The public toilets near Headland Museum at Nambucca Heads and the public toilets at Thompson Street, Valla Beach, adjacent to the tennis club, are proposed to be transferred to those community organisations.

Residents are invited to make a written submission on the proposals to the General Manager, Nambucca Shire Council, PO Box 177, Macksville, 2447 by 4.00pm Thursday 11 July 2019.
- council@nambucca.nsw.gov.au

Foyer mural for Grant's Hall



Come and look through the glass doors of Grant's Hall and see the artwork by local artists Burke Stadhams and Keen Ballangarry.

The mural represents the Nambucca Valley from the mountains through to the coast.

The artwork has been possible through a 50/50 grant for Nambucca Shire Council.

Coffs Harbour Optown Markets

Castle Street, Coffs Harbour

OPEN EVERY SUNDAY - 7AM to 2PM



*The Biggest, the Best & the Brightest
Market in Coffs Harbour*



ALL UNDER COVER

Fresh Fruit and Vegies - local Bananas and Asian Vegetables
Bric-a-Brac - Retro Computer Games - Leather Belts - Jeans & Shoes
Stamps and Coins - Seashells - Pet Supplies - Chess Sets
Antiques - Tools - Clothes - Plants - Vinyl Records.

HOT COFFEE, PIES and ASIAN FOOD

Enquiries phone Nicky on 6652-3813 or 0434-482-926



3/11

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

1/11

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 ~

4/11

Bowraville Bus Timetable

Departs

Bowraville Post Office 7.13am
Bowraville IGA 8.13am & 9.13am

Returns

Macksville to Bowraville 2.35pm
3.35pm
4.35pm

Last bus 5.25pm

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

busways Telephone: 6568-3012

Good person traits - do you have them?

Continued from Page 14

transcends your tribal roots and transcends your individual feeling of love for people," he said.

But can simply developing the concept of a light triad actually change the amount of light in the world?

Peggy Kern, a psychology researcher at the University of Melbourne, thinks it could. "By putting a light on it, it actually gives us something to move and strive towards," Dr Kern said.

"It gives us a language to think about. What does it actually look like when people do value others and they are really looking for the good in others?"

Advantages of the light side

The dark triad is positively correlated with low life satisfaction as well as a range of aversive psycho-social outcomes, including aggression, violence, low empathy and a heartless "love style".

On the other hand the light triad is associated with higher levels of life satisfaction.

"They're the type of people who get along with others, they contribute, they're what we want in a well-functioning society," said Dr Kern.

The light triad hasn't yet amassed the body of research that the dark triad has but the researchers found a strong link between the light triad and the characteristics of a "quiet ego" - perspective-taking, inclusive identity, detached awareness and growth-mindedness - which are generally seen as desirable.

- www.abc.net.au/news/science/2019-05-16/psychopaths-narcissism-the-dark-triad-fascinate-us-the-light-triad/



Bowraville Chamber of Commerce and Industry Inc

NOTICE TO BOWRAVILLE BUSINESS OPERATORS & INTERESTED COMMUNITY MEMBERS

We are fortunate to have Mr Kellon Beard, Regional Manager Mid North Coast NSW Business Chamber, as our guest speaker at the July Chamber meeting. This is a great opportunity to garner valuable advice and understanding of how the Bowraville Chamber of Commerce can better serve members and the community. All welcome to come along and listen and/or asks lots of questions. The July meeting will be on Wednesday 8th at the Bowraville Recreation Club, 2 South Arm Road commencing at 6pm. Light refreshments will be available.

BOWRAVILLE MARKET DAY

Another market day coming soon to Bowra. Prepare to have another fun-filled day in town with stalls, buskers, face painters and entertainment for the kids, big and small.

GUEST SPEAKERS

What information would you like to hear? What do you need to know? If anyone has suggestions for a guest speaker or wishes to impart some knowledge that would be of interest to our community or beneficial to business in general, please contact a Chamber member by email or phone and we will endeavour to arrange a person of interest to address a meeting.

ATTENTION MEMBERS

A reminder to all existing members of Chamber that the end of the financial year is almost here. Your annual membership fee will become due as at 30 June. Anyone considering membership, forms are available from 41 High Street or a request sent by email to chamber@bowraville.nsw.au. A \$40 per annum membership entitles you to put forward ideas and vote on important issues that affect our town, anything from parking to a weekend event. A \$10 annual membership will allow you to be involved and informed.

The President

Bowra Laundromat

Corner of High & Belmore Streets

Token Operated Washing
Machines & Dryers.

Tokens available at the Pub and IGA

Commercial Washers and Dryers

Enquiries: ph 6564 7401



Things gardeners can do about climate change

We all know that Landcare groups have been planting trees for many years to prevent erosion on degraded land. Fortunately these plantings also help take up carbon dioxide from the atmosphere as long as they become permanent carbon sinks. However, the rate and amount of greenhouse gas removal by trees is not as high as the emissions from use of fossil fuels so very large areas of land need to be devoted to forests.



Gardeners can help by planting as much vegetation as possible - even lawn helps! And by avoiding concrete in paving and walls since it creates high greenhouse gas emissions in its manufacture.

And don't forget green walls and roofs! Not only do they add more plant cover but they add insulation to buildings, reducing energy use in heating and cooling. Although these actions are important there is much more gardeners can do!.

Reduce, Reuse, Recycle

We can become thrifty gardeners! Being clever about minimising our purchases, reusing items and recycling what we can't reuse in their current form means less waste, less resource use (including less coal-fired electricity) and less waste going to landfill which would lead to methane production.

For example, we can minimise use of plastic pots for seedlings by making containers using the centres of toilet rolls as the sides and some newspaper in the bottom. In fact, newspaper can be used to make complete seedling pots. Both alternative types of "pot" are also better for seedlings since the whole "pot" plus seedling can be popped directly into a garden bed without

Continued on Page 26

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*Fertilisers need to be selected
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plants being grown,
as well as the form and contents
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SUPPLIES**

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**51 CARBIN
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6564 8648**

9/11



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 & NRCP

(In the Nambucca Valley)

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

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

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

Early Linker Program, Mid North Coast

(Kempsey to Red Rock, Coffs Harbour)

Early Links is for: An Early Linker will assist with:

- 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
- 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

Early Links Mission:

"Every child, every opportunity"

Early Links Vision:

"Communities where every child participates and every family is respected"

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.





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

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

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

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

OUTREACH SERVICES

- Monday Counselling Services**
Interrelate 10am to 3pm
Miimi House
Phone: 6659-4150
- Tuesday New Horizons**
1st Tuesday of the month
Phone: 5632-4800
- Warrina Women’s & Children’s Refuge**
2nd and 4th Tuesdays
Phone: 6652-2400
- Wednesday Baby Health Clinic**
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

The Acoustic Club Scholarship

Are you a 13 to 18 year old budding musician? Would you like the chance to perform your songs or covers you play in front of a friendly audience?

If the answers are YES - The Acoustic Club Scholarship has kicked off for 2019.

You can have this great opportunity to perform any song or instrument you like for a 30 min set at the Acoustic Club, held one Saturday evening a month usually at the Matilda Street art gallery Macksville.

Deebee Bishop, local musician performer, is the organiser of these events and would be happy to talk to you and your parents about getting you along to have a go.

Your performance is evaluated by 3 professional musicians. The criteria for your performance is POTENTIAL. The winner of the scholarship is announced at the final Acoustic Club of the year, normally at the beginning of December.

The winner will receive...

1. One free day recording your songs at Bellingen Records with Max Thrower.
2. A \$100 gift voucher from the Music Station music shop in Macksville.
3. 2 free vocal lessons from the fabulous Alicia Parry.
4. Cash prize from the Acoustic Club.

Last Saturday evening 15 year old local girl Ellesia James performed a 30 minute set of her favourite songs on acoustic guitar and vocals. Ellesia did a great job and the audience loved her beautiful vocal style.

If you are interested please contact Deebee Bishop on mobile 0409 906 712.



*Local young musician
Ellesia James
performing.*

Continued from Page 8

help. As from this month we have had to cancel the sale of second hand electrical goods. Although these are well tested and tagged we have been advised by our State Branch of the Church Insurance that they cannot cover the church for any damage caused by these items sold in our Op Shop. Please note that we cannot accept donations of electrical items in the future. On the bright side we will now be able to display more quality furniture in the shop. We would appreciate help from any able-bodied volunteers. If you are interested in helping please call at the shop on Thursday or Friday. Contact: Mavis Ward on 6568-2451.

Nambucca Valley Community Church Food Hub

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

items; \$20 for 22 items. Contact 6568-1647 or 0431 947 799.

Nambucca Valley Community Church

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

Macksville Probus Club

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



5/11

Bernard Laverty Funerals

24 hours 6568 1555

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7 DAYS

8/11

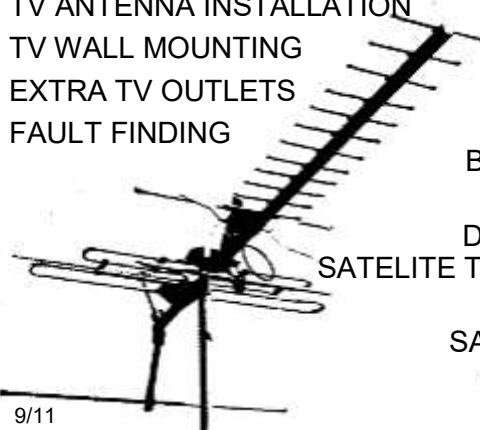
*Does your computer need servicing?
Is it going slow?
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Bowra Tradies Bowra Tradies Bowra Tradies

Things gardeners can do

Continued from Page 20

disturbing the roots and the cardboard or paper will gradually decay.

Composting

Sending organic waste to landfill results in methane because decomposition occurs in the absence of oxygen. In contrast, composting it, either at home or commercially, reduces methane production and although aerobic composting, as in your compost heap, produces some carbon dioxide application of the finished product to soil helps soil to retain carbon as well as increasing its fertility.

Fertilisers and Pest Control

Try to use as many natural methods to enhance soil quality and fertility. Compost or worm castings/tea from your own green/food waste have involved no fossil fuel use and relatively low carbon emissions. If you are growing vegetables, crop rotation employing a green manure cycle reduces the need for external inputs of any sort.

Manures from your chooks or collected from farms are almost as good involving only the carbon inputs from their food and transportation. Other products such as blood and bone, fish meal, seaweed extract, compost and natural minerals e.g. organically certified phosphorus are less energy-intensive than chemical fertilisers that have gone through complex extraction and manufacturing processes.

Using integrated pest management techniques and companion planting will minimise the need for energy-intensive manufactured pesticides needed to control insects, weeds and disease.

- www.sgaonline.org.au/what-gardeners-can-do-about-climate-change



~ TECH TALK ~ TECH TALK ~

5G in Australia

Continued from Page 26

to take advantage of ultra-fast connectivity with new applications and technologies. And in the same way that 4G helped bring about real-time video streaming tools like Facebook Live and instant video sharing apps like Snapchat we'll surely see plenty of weird and wonderful technology brought to life by 5G.

When will we get 5G?

Australian 5G networks are being switched on right now and Telstra is already selling its first 5G devices, Optus isn't far behind and Vodafone is set to follow in 2020.

Of course as Optus and Telstra networks are still being rolled out you may not get connectivity where you live and work right away. And if you do you'll need a 5G-ready phone or mobile broadband modem to take advantage. We'll be seeing the first of these devices this year and it will probably take a few years for 5G to become a standard feature in phones and modems. Wide availability of devices is likely to coincide with wide availability of 5G networks.

How fast is 5G?

5G networks will theoretically be able to reach speed as fast as 20Gbps. In terms of real world usage, you - or any individual user - won't see this kind of performance (at least in the short term). Exact network performance will depend on how the network has been built.

Telstra achieved download speeds of 1.2Gbps per second on a Galaxy S10

Continued on Page 32

11 Ways to Keep Your Teeth Healthy

Achieving healthy teeth takes a lifetime of care. Even if you've been told that you have nice teeth it's crucial to take the right steps every day to take care of them and prevent problems. This involves getting the right oral care products as well as being mindful of your daily habits.

1. Don't go to bed without brushing your teeth

It's no secret that the general recommendation is to brush at least twice a day. Still, many of us continue to neglect brushing our teeth at night. But brushing before bed gets rid of the germs and plaque that accumulate throughout the day.

2. Brush properly

The way you brush is equally important — in fact, doing a poor job of brushing your teeth is almost as bad as not brushing at all. Take your time, moving the toothbrush in gentle, circular motions to remove plaque. Unremoved plaque can harden leading to calculus build up and gingivitis (early gum disease).

3. Don't neglect your tongue

Plaque can also build up on your tongue. Not only can this lead to bad mouth odour but it can lead to other oral health problems. Gently brush your tongue every time you brush your teeth.

4. Use a fluoride toothpaste

When it comes to toothpaste there are more important elements to look for than whitening power and flavours. No matter which version you choose make sure it contains fluoride.

While fluoride has come under scrutiny by those worried about how it impacts other areas of health this substance remains a mainstay in oral health. This is

Continued on Page 29

BOWRAVILLE DENTAL SURGERY

Vic Bird B.D.S.

"Your local dentist"

Caring for YOUR dental wants and needs.

No hard sell.

5/11

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FAX: 6564 7364

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Saturday 8.45am - 12 noon*

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

Pharmacist
KERRIE SAVINS



9/11

Bowra's South Creek a partnership Success

A two kilometre stretch of South Creek at Bowraville has been transformed with 3400 native trees planted and four bed controls constructed, deepening water pools by almost one metre.

The six-month partnership project of Nambucca Shire Council, Nambucca Valley Landcare and Live Better Bowraville will result in a healthier river system and revitalised reserve space for the Bowraville community to enjoy.

Nambucca Shire Mayor Rhonda Hoban said this project exemplified what the community could achieve by working together.

"Council has so far spent \$367,000 revitalising infrastructure at Bowraville's Hennesy Tape Oval and its bordering creek and the results now speak for themselves," she said.

"The new netball/basketball court, skate park and bike track are well used and now South Creek is set to have much deeper swimming pools by summer.

"This is an ongoing project that will see more money spent on a children's playground in the future greatly improving the recreational opportunities for Bowraville residents."

The South Creek revitalisation project started in December 2018 with council staff reach mowing the riverbank to control privet and camphor laurel saplings.

Then, over one month from March to April, four rock bed control structures and rock revetments were constructed to restore the structure of the creek.

In late April 1500 native trees were planted on the banks of South Creek paid for by Council's Environmental Levy. Last week a further 1380 trees were planted with the help of children from Bowraville Community Pre-school.

A final planting will occur this week, on another creek bank, bringing the total number of trees planted to 3400. The trees are a mix of lilly pillys, water gums, waterhousias, cudgeries, sandpaper figs, rusty figs and more.

Nambucca Valley Landcare Coordinator Logan Zingus said his rationale was to focus on improving the creek first.

"The aim of the project was to work on the river bed first knowing this would then help limit erosion of the banks," Mr Zingus said.

"We received two grants with a combined total of \$92,000 from the Government's National Landcare Program and the New South Wales Recreational Fishing Trust.

"We spent the majority on constructing the bed controls to prevent further bed lowering and reinstate the creek's natural pool-riffle sequence. This has oxygenated the water, slowed its flow and has deepened its pools.

"The removal of stock access has also helped ... we partnered with council and the adjoining property owner to construct an electric fence and cattle troughs, removing the need for cattle to water at the creek and thereby giving the new trees and native vegetation the chance to grow."



Nambucca Valley Landcare Coordinator Logan Zingus and Nambucca Shire Council Green Space Coordinator Tim Woodward.

- www.nambuccaguardian.com.au

Keeping Your Teeth Healthy

Continued from Page 27

because fluoride is a leading defence against tooth decay by fighting germs that can lead to decay and to provide a protective barrier for your teeth.

5. Flossing is as important as brushing

Many who brush regularly neglect to floss. Flossing is not just for getting those little pieces of food that may be stuck in between your teeth, it's also a way to stimulate the gums, reduce plaque and help limit inflammation in the area.

Flossing once a day is usually enough to reap these benefits.

6. Don't let flossing difficulties win

Flossing can be difficult especially for young children and older adults with arthritis. Rather than give up look for tools that can help you floss your teeth. Ready-to-use dental flossers from the drugstore can make a difference.

7. Consider mouthwash

Advertisements make mouthwash seem necessary for good oral health but many people skip them because they don't know how they work. Mouthwash helps in three ways: It reduces the amount of acid in the mouth, cleans hard-to-brush areas in and around the gums and remineralises the teeth. Mouthwashes are useful as an adjunct tool to help bring things into balance. In children and older people where the ability to brush and floss may not be ideal a mouthwash can be particularly helpful.

Ask your dentist for specific mouthwash recommendations. Certain brands are best for children and those with sensitive teeth.

8. Drink more water

Water continues to be the best beverage for your overall health - including oral health. Also, as a rule of thumb, drink water after every meal. This can help wash out some of the negative effects



created by sticky and acidic foods and beverages in between brushes.

9. Eat crunchy fruits and vegetables

Ready-to-eat foods are convenient but perhaps not so good when it comes to your teeth.

Eating fresh, crunchy produce not only contains more healthy fibre but it's also the best choice for your teeth - try to avoid the overly processed stuff, stop cutting things into small pieces and get those jaws working!

10. Limit sugary and acidic foods

Ultimately, sugar converts into acid in the mouth which can then erode the enamel of your teeth. These acids are what lead to cavities. Acidic fruits, teas and coffee can also wear down tooth enamel. While you don't necessarily have to avoid such foods altogether it doesn't hurt to be mindful.

11. See your dentist at least twice a year

Your own everyday habits are crucial to your overall oral health. Still, even the most dutiful brushers and flossers need to see a dentist regularly.

At a minimum you should see your dentist for cleaning and check-up twice a year. Not only can a dentist remove calculus and look for cavities but will also be able to spot potential issues and offer treatment solutions.

Some dental insurance companies even cover more frequent dental check-ups. If this is the case for you take advantage of it. Doing so is especially helpful if you have a history of dental issues such as gingivitis or frequent cavities.

- www.healthline.com/health/dental-and-oral-health/best-practices-for-healthy-teeth

*It is the greatest of
all mistakes to do
nothing because
you can only do a
little.*

Do what you can.

CORE ESSENTIALS

Breath - Movement - Relaxation

*6 Wednesday lunchtime classes to get
your core in shape.*

Instructor: Leonie Time: 12.30-1.45pm

17 July to 21 August - \$10 per class

Grants Hall, Bowraville.

*Register at Bowra GP Community Health
Centre on 6691-1125 or
with Leonie pranaridge@gmail.com*

BTC LIBRARY - BOOK NOOK

From our Book Nook co-ordinator

The BTC and its readers really appreciate the book donations coming in from the community. Many thanks for these.

As readers are aware we have limited book shelves for display.

Unfortunately we also have minimal storage 'out the back' so we ask that donations are limited to books in very good condition and regarding non-fiction, we need to limit them to books that would be of interest to a wide range of readers.

We thank all those readers who are taking great care of the books and returning them to us in good condition.

- Volunteer Raewyn.

NAIDOC EVENT



**Saturday, 6th July
Come to Grant's Hall
for music and dance.**

10am 'til 2pm

Everyone's welcome.

WALUUR NGAMBAGAGUNDI HAND IN HAND - NAMBUCCA VALLEY

The Foundation for Rural and Regional Renewal is offering the whole Nambucca Valley a grant towards capacity building - that is, it is not for stuff, but rather for developing skills and knowledge towards enhancing our collective, overall well-being.

The Nambucca Valley submission seeks to create community connections through sharing our stories in diverse, inclusive and respectful engagements - united in our shared living in this wonderful valley.

The Bowraville collective who have been working towards this submission will be meeting on 2 July and again on 23 July at the Central School.

If you would like to be involved contact Megan on 6564-7162 during school opening hours

This is a whole of community project and we would love your input and ideas especially at this still formative stage.

ARGENTS HILL HALL PRESENTS

BAKE 'N' ROLL

SUNDAY 28TH JULY - 12PM

Bring your finest dish or brew and enter the most exciting community cook off in the region. Great prizes to be won! Incredible food to taste!

Four categories to enter:
- PRESERVES - BREWS - SWEET - SAVOURY -

\$10 cover charge to sample the best dishes in the valley and cast your vote for the winner!
Gold coin donation for kids under 12.
Unlicensed - BYO event.

To enter please contact us for further details and considerations - ksimuong@gmail.com or via Argents Hill Hall Facebook page.
All proceeds go towards costs to maintain the hall.

CELEBRATING 100 YEARS OF ARGENTS HILL HALL

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

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

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

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

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

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

GoBowra!- Sharing information through the community

LANES BRIDGE NEWS

By the time you read this the new Lanes Bridge should be fully opened although the lights may persist and reappear periodically as the council work in the area becomes fully completed.

But you may notice that the old bridge is still there! It's not been forgotten – rather endangered species of micro bats have been found living and breeding within the wooden crevices of the structure. So until all are grown enough to fly out at night the bridge will not be disturbed and then it will be dismantled gently at night when they are out foraging. There are probably about 40 southern myotis and bent wing micro bats who are presently hidden in there.

Even when the bridge is removed some work will be ongoing in the area with restoration of McKay Park including grass and trees. The play structure will not be reinstated as over near the preschool a grand new play park is being planned.

There will also be rock works for creek bank stabilisation and rock steps are being planned to allow safe and non-eroding creek access for swimming.

This area has been well used for swimming and other group activities, especially in summer so it is good to hear of the plans for its improvement. However the Council has asked for submissions as to why the public toilet in McKay Park should not be removed. To continue to have the area be a community resource surely the toilet is essential as there is no other public access facility closer than the middle of town. It is up to us to take action here.

Lanes Bridge is the northern gateway to town and a Chamber of Commerce subcommittee has been considering how this entrance may be enhanced for the benefit of all – considering plantings, sculptures etc on either side of the road and on both sides of the bridge and even on the eroding bank that faces you between Cook and High Street. If you have ideas ring 0401481501.

PS: Can anyone tell us why it is called McKay Park as it was the house cow paddock of the Laird family, in Cook Street, and was donated to the Council for community use!

More Materials You Can Recycle

Collect all the soft 'scrunchable' plastics that you can't recycle at home including:

- Plastic shopping bags
- Bread, rice and pasta bags
- Biscuit packets and trays
- Frozen food bags
- Confectionery (lolly) packets
- Newspaper wrap
- Bubble wrap
- Dry cleaning bags
- Old green (and other re-usable) bags



Then drop them into the **REDCycle Collection Bins** located at the entry to most Coles and Woolworth stores.

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

5G in Australia

Continued from Page 6

5G at its offices in the city but this was likely the only device connected to the network at the time. Depending on congestion Telstra suggests owners of devices should comfortably be able to achieve twice the speeds they'd get on the Telstra 4G network in 5G areas.

Will 5G replace the NBN?

5G is set to be a viable alternative to the National Broadband Network for some - Optus is already preparing to offer 5G-powered home wireless solutions in the first half of this year.

However 5G won't replace the need for an NBN. While 5G networks will bring many of the perks of a fixed line connection, data costs are likely to remain higher on mobile networks for some time.

Optus seems to be positioning its 5G Home Wireless Broadband plan as a genuine NBN alternative - Telstra on the other hand sees 5G as a complementary product and is not positioning it as an NBN alternative.

Next month: 5 ways 5G will change life in Australia

- www.whistleout.com.au/MobilePhones/Guides/5g-in-australia-what-you-need-to-know

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 CENTRAL SCHOOL NEWS

Year 10 Food Technology are creating new food products using a packet cake mix. So far we have experimented with slices, cookies, butterfly cakes and lava puddings.

Year 11 and 12 Hospitality made pasta from scratch and staff said it was delicious!

Year 11 Hospitality are also continuing with their espresso unit, fuelling teachers on a Thursday morning.



Making delicious pasta from scratch



Lava Puddings



Fresh Pasta

~ GIVE IT SOME THOUGHT ~

Test your wits on these questions



1. What is Tinnitus?
2. Where is your deltoid muscle?
3. What causes Lyme Disease in humans?
4. Where are lemurs native to?
5. How many toes does a sloth have?
6. What is the name for a rare, extremely expensive violin?
7. What musical instrument requires no touch to be played?
8. What are Australia's tallest trees?
9. What plant produces the largest individual flower?
10. What is the name of the Central Asian sport in which horse riders attempt to place a dead goat or calf in a goal?

- Answers:
1. Ringing in the ears
 2. At the uppermost part of the arm at the top of your shoulder
 3. Bacteria transferred through tick bite
 4. Madagascar
 5. Three
 6. Stradivari
 7. The Theremin
 8. Mountain Ash
 9. Rafflesia
 10. Buzkashi

BRAIN TEASER

I am the beginning of sorrow and the end of sickness. You cannot express happiness without me yet I am in the midst of crosses. I am always in risk yet never in danger. You may find me in the sun, but I am never out of darkness.

SUDOKU

			1		8	9
	7	5				1
2	6					
				4		3
8		2	9	6		
5	1					
				2	1	
9			2	3		
3	4		7			

Just Joking!!!

What do you get when you cross a dyslexic, an insomniac and an agnostic?

Someone who lays awake at night wondering if there is a dog.

Some things we can do to REDUCE our environmental footprint

Our Diet

Many people are now realising that we can reduce the rate of global warming by consuming less meat and dairy products. Eliminating meat from the diet reduces greenhouse gas emissions by approximately 50% because there are fewer methane-producing animals required to produce the meat. In contrast, fruit and vegetable production draws down carbon dioxide through photosynthesis. So even just reducing the number of times you eat meat per week will make a difference. On top of this, to provide the same amount of nutritious food, meat production uses up more land as pasture than growing fruit and vegetables. So when gardeners grow fruit and vegetables at home or in a community garden they are making a contribution to slowing climate change.

If you are doing that already you also know about the added health benefits - more plant-rich diets address many growing health problems including heart and circulatory problems, some forms of cancer and even rheumatoid arthritis by reducing dependence on meat.

Buy local – Save food miles

Even if we have extensive gardens and eat plant-rich diets there is a lot more we can do regarding our levels of consumption.

We are hardly ever totally self-sufficient for food and still purchase items which may have travelled many miles to reach us using fossil fuels in

the process. So we can reduce food miles by buying food from local growers when we cannot produce it ourselves – think farmer's markets, harvest swaps and foraging for food.

Other Goods

We can seek out items which are produced in Australia – or even better in our own state – rather than those that are imported. This may mean a higher financial cost but it may also encourage us to reduce, reuse and recycle.

Before buying an item ask yourself 'do I really need this?' And buy products with the least amount of packaging.

UPCOMING WORKSHOP



Choose to ReUse

Tips & Tricks for low waste living

**Tuesday, 23rd July 9.30 - 11.30am
Pioneer Community Centre**

Learn how easy it is to choose to reuse and swap plastic items for reusables in your everyday life. Make your own fruit/veggie produce bag to take home.

Register at 0400-828-471



Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Winter 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	2NVR Music Mix	LET IT BE With Sean Norman Music and chat in the morning	Bubble N Squeak Linda & Michelle A family show with Christian themes.	Under The Stinging Tree Poppa	Green Eggs on Toast Part 2 Laurie Medbury Music, Movies, News, Weather Gig Guide Local Info	2NVR Music Mix	Praise, Prayer & Pop With Linda & Michelle	6 AM
7 AM	Macca's Breakfast Club With Les McNabbon	Dyer's Loop With The Dyers Music to ogle for, of course	Isn't it Romantic With Dallas Dent Crooners Easy Listening Popular Ballads	Tones of Claressense Claire Watt-Powell	Talk Of The Town Ceri Wood See what's going down! All things local	The History Hour With Beverly Gibbs	Sunday Morning Music Mix	7 AM
8 AM	Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll 1950s-2010s	Infopinion Richard Lawton	In The Mood With Gary Bidden Easy Listening To Rock & Pop	Turning Pages Elizabeth Newman	Dano's Mixed Grill Daniel Gosson Where anything can happen and probably will	Hair Of The Dog Mick Birkles Rock, Pop Covers and Music Trivia	JACINTA'S EASY LISTENING With Jacinta Sunderland	8 AM
9 AM	Baby Boomers Donna Collins	The Phoenix Crew Selected music & meanness	Just For You Carola J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	Grace's Vybres With Grace McLeod Grace's special mix of music for your enjoyment	Outback Outlaws Paul Rowe Old and new country music	Garage Noise With Sean Ambrose Alternative Music	Classical Corner Music from the past 1000 years... Always ready with The Lively Arts Music & spoken word from the TV, radio & web Noel Robertson	9 AM
10 AM	The Weekley Fix Paul Westley	Rob's Roving Robbie & Linda Bible reflections, Gospel & Australiana	2NVR Music Mix	2NVR Music Mix	Wind Down for the Weekend Stu & The Crew	Today's Country With Rob Davidson	I Love the Seventies	10 AM
11 AM	BKE Show Bernard Kelly-Edwards Cultural Unity with Poetry, Community Yams & Music 2NVR Multicultural Radio	Drive Thru With Jackie Edmunds Mix of 60s, 70s To current music	Just For You Carola J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	Thursday Country Trickitic	Volunteer Emergency Services Show — VESS	Aussie Flashback With Rob Davidson	What's On The Jukebox?	11 AM
Noon	Bowra Beats 2NVR Youth Radio with Grace	Nambucca Valley Roundup Paul or Rachel Burns	Sister Act Olivia & Sam	Highway Blues With Retro When Only The BEST BLUES MAN DO	Rhino On The Radio Rhino 6pm to 7pm with Les McLenahan	Two For The Money Music, chat and a touch of banter with Paul and Rachel	Where There's Smoke There's Fire Sean Norman & Tara Seriously good fun...	Noon
1 PM	Nambucca Valley Roundup Ben Walters	Country and Classic Hits With Bryon Edwards	Nambucca Valley Roundup Elizabeth Newman	Feel Good Variety Dennis Rutherford Great music & comedy	66 Switching to Studio 8 from 10m-3pm on the 3rd Friday of each month.	The Saturday Groovers With Faye and Zoe Lots of fabulous new and old Australian Music to get your Saturday grooving	That's A Wrap Donna, Nigel, Mitch & Gary Local sports results and in-depth analysis	1 PM
2 PM	Reggae Mixtape With Fitzroy Music outside the usual 2NVR Multicultural Radio	Soul into Rhyme Matt Lebrant	Ant's Rock Anthony Gansley Solid Rock	Ant's Rock Anthony Gansley Solid Rock	The Friday Night Rock Show with Todd Wills	Imagine This The ANTIF Radio Show	Concussion 2NVR Youth Radio With Kian	2 PM
3 PM	Music Makers With Ian Gardner Mixed Music with Featured Artists	Whack up the bass and oop a woop Mixed mix of hip hop and fully sick tracks	Aat's Rock Overnight	Aat's Rock Overnight	Continues overnight	Wolffy Wolffy's music & requests	Prog Rock Playlist Rhino	3 PM
4 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Continues overnight	Overnight Express	The best of Progressive Rock	4 PM
5 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Continues overnight	Overnight	2NVR Overnight Music Mix	5 PM
6 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Continues overnight	Overnight	2NVR Overnight Music Mix	6 PM
7 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Continues overnight	Overnight	2NVR Overnight Music Mix	7 PM
8 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Continues overnight	Overnight	2NVR Overnight Music Mix	8 PM
9 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Continues overnight	Overnight	2NVR Overnight Music Mix	9 PM
10 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Continues overnight	Overnight	2NVR Overnight Music Mix	10 PM
11 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Continues overnight	Overnight	2NVR Overnight Music Mix	11 PM
Midnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Continues overnight	Overnight	2NVR Overnight Music Mix	Midnight

BBC News is broadcast each weekday at 7am, 8am, 9am, Noon, 5pm, and 7pm 2NVR — Multiple Award Winner Tewing studio and office: 02 6564 7777 email: admin@2nvr.org.au The Best Little Station in The Nation