



Bowraville Community News is produced by the Bowraville Technology Centre.
39 High Street, Bowraville 2449. Tel: 6564-7420
admin@bctc.com.au www.bowraville.nsw.au



MARCH 2020 ~ ISSUE #182 ~ FREE ~ CIRCULATION 400 ~ POSTCODE 2449

Bowra BCU closure detrimental to town's businesses and residents

Bowraville BCU closed its doors suddenly at the end of January. After much speculation and a loud community outcry, a meeting was called where the Bowra community stressed how important the local branch is to the wellbeing of the town.

Robynne McGinley, Chair of the Bowraville Technology Centre (BTC) which shares the building with the BCU, said the meeting was an opportunity for invited business owners to tell Mr Ribbens (BCU General Manager) of the negative impact the closure was having on their businesses.

People are travelling to Macksville or Nambucca to do their banking and while there, they do their shopping - this is business our town is missing out on. It is also an added inconvenience for those residents who have been burnt out and those who do not have their own transport.

From the Technology Centre's point of view, reopening the branch is key to keeping the centre viable.

With security issues being cited as the reason for the closure, security specialists have been engaged to carry out security checks on the premises.

As yet, no word on when the Bowraville BCU will be re-opening.



"The temporary closure of our Bowraville store continues to remain about our duty of care to our staff who serve our members in this community.

The decision was motivated by no other factor than our obligation to provide a safe environment for our staff and our members. This closure is the direct result of escalating threatening behaviour towards our staff over several months in and around the store.

We recognise the important role we play in the community, which is why we are actively considering what actions can be taken to provide additional security and other measures within our store that would satisfy our requirements to have a sustainably safe working environment.

We have always been, and remain, open to listening to the concerns of the community and working positively with local stakeholders but this will always need to be balanced with the best interests of safety for our staff who have every right to expect they will be protected and be able to come to work feeling safe."

- General Manager, BCU, Mike Ribbens

CIRCULATION = 400 COPIES

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

2020 ADVERTISING CHARGES:

Bowraville Community News is produced every month, except January.

Annual subscriptions includes 11 issues.

90 x 90 (1/6 pg) - \$12 issue or \$120 year

90 x 180 (1/3 pg) - \$22 issue or \$220 year

90 x 265 (1/2 pg) - \$32 ea or \$302.00 year

190 x 265 (1 page) - \$43 issue or \$430 year

Front Cover (1 issue) - \$60 issue

DEADLINE FOR COPY FOR

THE APRIL 2020

ISSUE IS: 4:00PM

TUESDAY, 24th MARCH 2020

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

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.

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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

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

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

Grant's Hall Management Committee AGM will be held on Tuesday, 24th March at 11am in Grant's Hall, 82 High St., Bowra.

Macksville/Bowra Hospital Auxiliary

Our first meeting for the year was preceded by a special event. May Harris and Sue Kempton representing the Macksville Agricultural Society and the Nambucca Valley Garden Club presented the UHA with a cheque for \$6,000. This brings donations to a total of \$46,000 from the Macksville Gala Day which was commenced initially by Bowraville Garden Club before the change of venue and organisers.

Our first meeting for 2020 was held at the Hospital Chapel on 7th February and we will continue throughout the year to hold meetings on the first Friday of the even months. Main business centered on planning for the move to the new hospital premises. While the commissioning is in progress we will run a coffee shop in both buildings. We now have 53 volunteers working coffee shop rosters and another group who help sell raffle tickets and man the trolley and new volunteers are always welcome. Contact our Membership Officer Heather 6565-4428 or Isabelle 6564-7179 as Heather will be away most of March. Six members will attend the Regional Conference at Sawtell on March 23rd. Mark Tyler gave us an update on the hospital progress. The road leading to the hospital

will be named Durruya Road meaning Wellness. Hopefully all will be transferred before the end of the year. The façade is nearly completed and inside the many floor length windows in the wards provide a light and airy space. Rooms are either single or double and each has an ensuite. One has to be impressed with the planning that has gone into this special building. A staff member in the preceding group was so enthusiastic she wanted it "NOW - Bring it on."

Bowraville Garden Club

Expecting hot sultry February weather we chose air conditioned comfort for our first meeting for 2020. Main business was confined to planning for the year's activities. March will see us on the road when we visit the newly opened Frogarium. Marion Watts district zone councilor is planning a get together with the three Valley Garden Clubs to be confirmed. President Isabelle after a phone call from Macksville Hospital Project Officer gave an update on the proposed hospital garden seat. To be funded by the three Garden Clubs - Bowraville, Nambucca Valley and Talarm the Men's Shed has been asked to come up with a design. Hopefully the Men's Shed will source sleepers or bridge planks. This will be positioned at the end of the main ward where a wall of glass in the spacious lounge area will overlook an outside area which is the designated position

Continued on Page 5

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Weekly Activities

MONDAY

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

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

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

TUESDAY

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

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

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

WEDNESDAY

BOOMERANG BaAGS 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 Denise Delany on (6569 6233).

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.

Absolute beginners are most welcome!



Free Techno Lessons
Bookings essential

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

For technical issues contact BTC for a booking.

**You can 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

From Page 3

for this community donated seat. Interestingly, one of the seat's designers and makers is the father of one of the ED doctors.

Bowraville Recreation Club

Heat and rain commenced our sporting year but March will see most members back to their chosen sport. Women golfers commence their competition year with a 9 hole even on Thursday 5th followed by a meeting. From then on it will be the usual 18 holes. Pennants commence on Monday 16th when Bowraville will host the day as they have the bye. The men golfers have continued all through summer but fields have been supplemented by a group of keen women golfers. Men's Vets will be on 25th March and a few days have been booked by social clubs. For anyone interested in taking up golf there are plenty of sticks to borrow. 2020 also saw the introduction of the new handicap system which has been adjusted so on any course worldwide 36 stableford points means you have played to your handicap. This means your handicap will vary according to the club rating Social Bowls continued most Thursdays. Pennants commenced on 29th February and only one team Grade 6 is in the draw. Of special interest is an upcoming event - April Fun Day supporting the Military Museum to be held on 26th April. It is hoped participants will dress in a uniform which can be hired from the museum if there is none housed in your closet. More details next newsletter. As with golf there are spare bowls for anyone interested and lots of coaches. Contact 6564-7349.

Bowraville Seniors

Bowra Seniors meet on the 3rd Monday of each month at the Coach House Inn with a 10.30 start. Over the years membership has declined so that we only have about 8 financial members. Our February meeting included our AGM. Long time president Geoff Chittick was elected President and Gail Stewart with the departure of Ruth Grace resumed her role as treasurer. We have plans for an outing later in the year and will host the Biggest Morning Tea for

Continued on Page 30

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We can offer competitive fees, creative marketing and the backing of one of the fastest growing nationwide agencies being @atrealty Real Estate.

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www.atrealty.com.au

4/11

BOWRAVILLE GIFT SHOP



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Monday to Friday: 9am - 5pm
PH: 02 6564-7169

9/11

Coronation Kennels & Cattery

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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

5/11

Smart Devices that can make your home life easier

Looking to dive into the ever-expanding world of smart home devices?

Technology is getting smarter and smarter and for the most part that's good news. Smart devices offer a world of options you can control, and even automate to your heart's desire, saving you time, mental energy and even money in some cases.

And as smart devices become more common they get cheaper and easier to use. You don't need to be a tech wizard in order to install most smart devices, so anyone can take advantage of the benefits they offer!



7 Smart Devices You Can Install To Upgrade Your Home

1. Speakers

A smart speaker can do much more than just play your favourite songs, podcasts, and audiobooks—it also gives you access to a “digital assistant!” Whether you prefer Alexa or Siri or Google Assistant, any of these helpers can set reminders, keep your shopping list and even control other smart devices you have around the house.

2. Lights

Smart light bulbs are easy to install in your existing light fixtures. And once you get them up and running you can control them from your phone or even program to your own specifications. For instance, if you want your lights to turn on when it gets dark you can program them to turn on at whatever time the sun sets (and they'll adjust automatically over time too!) You can also pick different colours and temperatures

for your lighting according to your personal preferences.

3. Thermostat

Having a smart thermostat is not only convenient but can help you make smarter choices about your energy use at home! It's easy to program the temperature so your house is the temperature you like when you're usually home and conserves energy when you're at work.

If you already have a digital thermostat it should be relatively straightforward to upgrade to a smart thermostat. If you don't have a digital thermostat you may want to contact a local electrician about their installation services.

4. Doorbell

Smart doorbells typically include motion detection and a camera so you can see who's at your front door before they've even knocked. Most even allow you to

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MARCH PROGRAM at the

BOWRAVILLE THEATRE

LAUGH OUT LOUD

Sunday, 1st March 2020 @ 2pm

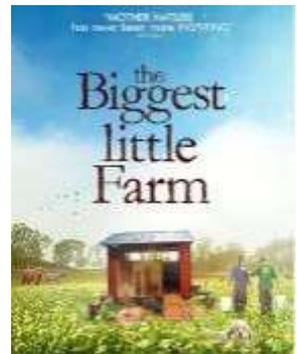
Bowraville Theatre Players presents a comedy gala showcasing a mix of old and new featuring the combined talents of the newly minted btp junior troupe as well as the btp regulars with a special guest or two fill the bill.



THE BIGGEST LITTLE FARM

Sunday, 8th March 2020 @ 2pm

The Biggest Little Farm profiles the life of Chester and his wife Molly as they acquire and establish themselves on Apricot Lane Farms in Moorpark, California.



BOMBSHELL

Sunday, 22nd March 2020 @ 2pm

BOMBSHELL is a revealing look inside the most powerful and controversial media empire of all time and the explosive story of the women who brought down the infamous man who created it.



The Café opens 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

5/11

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

5/11

Bowraville Market - Saturday, 14th March

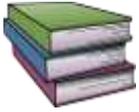
from 9 to 12+ at the Pioneer Community Hall, 70 High St, Bowraville
 At this market staff from the Bowraville Pharmacy will be present to provide simple health checks and advice at no charge to you. This is a great community service and an opportunity to combine a browse of the market stalls, to enjoy a homemade sweet delight or simple meal and to get **that health information you've been thinking about.**

A win-win win for all. Thank you Kerrie.

And the April Market on the 11th, Easter Saturday, will offer not only some special Easter gifts and craft activity for everyone but will also feature a great range of plant seedlings ready for autumn planting. It is planned that this specialist seedling supplier will come to the markets three times a year as is seasonally appropriate. Serving our local needs.

If you have any other ideas for stalls or activities or would like to be involved in any way please contact 0401 481 501.

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	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

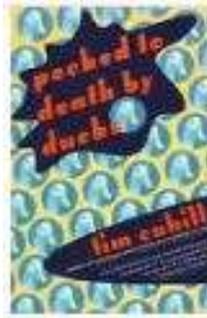


BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

Pecked To Death By Ducks

by *Tim Cahill*

Tim Cahill is a travel writer, now in his 70s, and this is an old one from him, written back in the late 90s. If you are interested in other countries, travel, adventurous sports or just scary unusual events then this book by Tim might be right up your alley!



It is Tim's retelling of events and activities that he has participated in. It would be up to the individual reader to decide which category each story falls into – dangerous, funny, incredible, interesting, challenging, completely insane..... I am sure you are getting a picture of what *Pecked To Death By Ducks* entails. Oh, and make sure you read the introduction to find out exactly why it has this title.

My pick of his tales would be the very first one, "Kuwait Is Burning", because it really opened my eyes to lots of truths of which I was completely unaware. His true depiction of events in Kuwait, the descriptions of everything, the horror and tragedy..... probably made all a little bit more easily identifiable by the fact that many of us recently went through some horror fire experience here. I could actually imagine the

desolation and ruin from bombs and fire that Tim describes in "Kuwait is Burning".

What follows are more light hearted tales of adventure and fun. Many tell of difficult or dangerous situations but all of them are much less grim than the first one and definitely entertaining.

A good read in my book.

Journey From Venice

by *Ruth Cracknell*

I have to admit I didn't finish reading this book. I started, then the recent fires hit and I just didn't get it completed (in fact, when I did start reading again, it took me 6 weeks to read a book of Tim Winton's short stories!!!!)

I think Ruth Cracknell is a terrific, skilled entertainer so was quite keen to read this book. It's her story of a trip to Venice with her husband, Eric – their working backgrounds, family and lives and how they came to decide on Venice as a holiday destination.

Unfortunately Eric becomes unwell and passes away.

What I did read was interesting, heartfelt and honest, well written and sad. If you are a Ruth Cracknell fan this is a must. If you don't know who she is this would still be well worth reading.

- Read and reviewed by Volunteer Raewyn.



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Location:

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Bowraville 2449

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We are open:

Mon-Fri	9am-5pm
Sat	Closed
Sun	Closed



What is Sleep and why it's so important?

We spend approximately a third of our lives asleep. Sleep is often seen as a time when the body is inactive - in fact, the very opposite is true.

Sleep is an active, essential and involuntary process without which we cannot function effectively. Sleep is not a lifestyle choice - like breathing, eating or drinking it's a necessity.

Sleep is a complex process during which our body undertakes a number of essential activities. It involves low awareness of the outside world, relaxed muscles and a raised anabolic state which helps us to build and repair our bodies.

Primarily sleep is for the brain allowing it to recover and regenerate. During our sleep the brain can process information, consolidate memory and enable us to learn and function effectively during daytime. This is why we are encouraged to get a good night's sleep prior to a job interview or exam rather than staying awake all night to prepare.

Whilst we sleep our brain is not only strengthening memories but it is also reorganising them, picking out the emotional details and helping us produce new insights and creative ideas.

Sleep affects our ability to use language, sustain attention, understand what we read, and summarise what we hear. If we compromise on our sleep we compromise on our performance, our mood and our interpersonal relationships. Sleep has also been shown to protect the immune system.

Animals have evolved to sleep in many different ways. Dolphins can sleep using only one half of their brain at a time. Even hibernating animals have been shown to temporarily cease hibernation, go to sleep (a different, active process), then return to hibernation. Sleep is an inconvenient, time consuming process, but it is so essential we

have evolved to fit it into our lives.

It is as important to our bodies as eating, drinking and breathing and is vital for maintaining good mental and physical health. Sleeping helps to repair and restore our brains, not just our bodies.



We all need to make sure we get the right amount of sleep and enough good quality sleep. There is no set amount of sleep that is appropriate for everyone - some people need more sleep than others.

Our ability to sleep is controlled by how sleepy we feel and our sleep pattern. How sleepy we feel relates to our drive to sleep. The sleep pattern relates to the regularity and timing of our sleep habits - if we have got into a pattern of sleeping at set times then we will be able to establish a better routine and will find it easier to sleep at that time every day.

Sleep is a more complex process than many people realise, much of it is still a mystery to scientists. During sleep, the body goes through a variety of processes and sleep stages. Good quality sleep is likely to be the result of spending enough time in all of the stages, including enough deep sleep which helps us feel refreshed.

Poor sleep over a sustained period leads to a number of problems which are immediately recognisable, including fatigue, sleepiness, poor concentration, lapses in memory and irritability.

Sleep and health are strongly related - poor sleep can increase the risk of having poor health and poor health can make it harder to sleep. Common mental health problems like anxiety and depression can often underpin sleep problems.

- www.mentalhealth.org.

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



COMBAT ALLERGY & HAY FEVER WITH BOWRAVILLE PHARMACY

Kleenex tissues
from \$2.00



Hay fever signs and symptoms can include:

- Runny nose and nasal congestion.
- Watery, itchy, red eyes.
- Sneezing. Cough.
- Itchy nose, roof of mouth or throat.
- Swollen under the eyes.
- Postnasal drip. Fatigue.

Chemists' Own
Loratadine 30 tablets
\$15.95



Systane Ultra
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\$15.50



Zaditen allergy
eye drops
\$25.35



STAFF FAVOURITE
FLO Sinus care kit
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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



We want your stories about the fires

. . . the good things and the bad things, our aim is to provide real information to government.

We are going to put the stories together and give a report to all levels of politicians and government so they get the ground level stories of the wonderful organisations that provided support in your time of need as well as the difficulties you faced in getting help.

We don't want names just the factual stories.

This includes your homes, your businesses and your farming enterprises and the impact the fires have had on you.

If we provide grass roots information from the community, then authorities can learn what is needed to address these catastrophic events in the future.

Just write down your facts and drop the information into the Bowraville Technology Centre

(Monday to Friday 9:30 to 4:00pm). admin@bctc.com.au

After the report has been finished by our Chamber of Commerce we will put an article in the Community News.

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

N/C

LIONS CLUB OF BOWRAVILLE INC.

SUPPORTING OUR COMMUNITY

PRESIDENT

Mark Scott
M: 0428527545

SECRETARY

Lisa Matters



5/11



Email:

bowraville@lionsdistrict201n1.org.au

PO Box 23 Bowraville NSW 2449

VALE Aunty Jessie Williams

Jessie Sheila Lindsay was born in Nambucca Heads on November 18, 1923 between what was then the highway and the river, opposite Stuart Island, to Ernest Lindsay and Eva Whaddy.

When Jessie was five the family left Stuart Island and moved to Bowraville to live at what is now the golf course.

Jessie began school at seven at the convent school at Bowraville.

The education was segregated so even though they could attend school, the opportunities were very different for Aboriginal students.

When she was about 13 her dad got work at Georges Creek, between Kempsey and Armidale and the family moved there. This finished her schooling. She helped her mother with their vegetable garden and learnt how to trap and skin rabbits. She loved Georges Creek and had great memories of swimming, fishing for eel and fresh water perch, catfish and shrimp. Jessie and her brother Noel wandered all over the bush playing in the creeks having a great time. Jessie had fond memories of Georges Creek.

Jessie's first job was domestic work at the Georges Creek Post Office riding a horse to get to work. She worked in other domestic positions in Georges Creek, Nambucca, Armidale, and Billinudgel.

Jessie met her future husband Peter Williams at Mullumbimby where he also worked on a banana plantation. Jessie and Peter lost their first son Lance. Her other sons, Gary and Des were born in Mullumbimby where they lived for five years. Peter got work on the railway at Kempsey so the family moved to Burnt Bridge for three years.

When they moved back from Kempsey, most families had been moved from Stuart Island so the family lived at first, in a tin shack behind Bryant's. Later, they were sent to live in welfare houses on the Bellwood Road Reserve. Jessie lived at Number 5 and soon after gave birth to her first daughter, Della. She lived there for the rest of her life.

After the breakup of her marriage, Jessie's friendship with George Wilson grew. Three more daughters, Beverley, Phillipa and Monica were born. Sadly Monica was not to survive past early childhood.

The return to Nambucca saw Jessie renew her involvement with the Catholic Church and reconnect with relatives, strengthening her connection to her mother's Gumbaynggirr country.

She went to America and to the Vatican for Mary McKillop's beatification in 2010. She met Pope Benedict when he came to Australia in 2008 ... in fact Jessie met every Pope who came to Australia in her lifetime

Her Uncle Lambert played a significant role in her cultural identity, spirituality and the healing gift that had been passed on to her. Her staunchness as a Gumbaynggirr woman was the basis for her taking up many causes for her community.

Jessie and her sisters, Aunty Rita, Aunty Phoebe and Aunty Vilma fought the State Government for their Island over many decades. Jessie, joined by her friend, Emily Walker later campaigned for the causeway to the Island to be raised to allow the flow of the river. Jessie had a strong dream where her Uncle Lambert walked her down the middle of river. She understood this to mean she had custodianship for the river. The river today is healthier as a result of the successful campaign by Jessie and Emily for the raising of the causeway.

As an Elder she was involved in many organisations. She was a founding board member of Ngambaga Bindarray Girrwa Elders Corporation. She joined the Elders Choir and always participated in the Elders' Olympics. She was an active member of the Local Aboriginal Land Council and spoke up strongly when the development commenced opposite Bellwood Road. She became a Board Member of Murrumbidgee Language Centre and was passionate about the revival of the Gumbaynggirr language.

Her grandchildren say: "As a grandmother she ruled with an iron 'switch' and she taught us well. She connected us to our Gumbaynggirr country and culture. As we grew up our relationship with Nan, still the disciplinarian, changed to one filled with joy, laughter, many stories and always much respect."



Ever wondered how the brain tells night from day?

According to the latest research, the answer lies in your eyes.

The discovery of three cell types in the eye that detect light have enabled researchers to understand how humans tell night from day. The study marks the first direct assessment in humans of light responses from these cells, called intrinsically photosensitive retinal ganglion cells (ipRGCs).



According to the research, light detection through the cells help align the brain's circadian rhythm to ambient light. Bright light at night interrupts the body's normal day- night cycles, called circadian rhythms, and can trigger insomnia.

In fact, circadian rhythms play a major role in health. Disrupted day-night cycles have even been linked to increased incidence of diseases like cancer, heart disease, obesity, depressive disorders and type 2 diabetes in people who work night shifts.

While we have been told for years that 'blue light' and technology in the bedroom can effect our sleep and health. This new research helps understand how human eyes sense light and could lead to 'smart' lights that can prevent depression, foster sleep at night and maintain healthy circadian rhythms.

While mouse retinas have been used in the past to test light response this is the first time human retinas have been successfully used. Along with partners at the John A. Moran Eye Center of the University of Utah, researchers were able to keep the retinas samples after their donors passed away.

They found that a small group of cells began firing after just a 30-second pulse of light. After the light was turned off, some of these cells took several seconds to stop firing. The researchers tested several colours of light, and found that these "intrinsically photosensitive" cells were most sensitive to blue light - the type used in popular cool-white LED lights and in many of our devices, such as smartphones and laptops.

Follow-up experiments revealed three distinct types of ipRGCs.

Type 1 responded to light relatively quickly but took a long time to turn off.

Type 2 took longer to turn on and also very long to turn off.

Type 3 responded only when a light was very bright, but they turned on faster and then switched off as soon as the light was gone.

Understanding how each ipRGC type functions may allow researchers to better design lighting or even therapeutics that can turn the cell activity on or off.

The new study actually helps explain a phenomenon reported in past studies of some blind people. These people, despite not being able to see, are still able to align their sleep-wake cycle and circadian rhythms to a day-night cycle. Thus, they must be sensing light somehow.

Now it appears that ipRGCs are the cells responsible for sending that light signal to the brain, even in people who lack the rod and cone cells needed to relay an image to the brain.

- www.mindfood.com

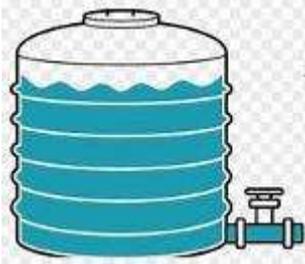


Bowraville Lions Club Inc News Bulletin

MARCH 2020



Update on Lions Water Tank Project



Our club has delivered 22 tanks to date. With the holiday break followed by the wet weather we have a backlog of tanks to deliver as soon as we get some dry days. There has also been an unprecedented demand for water tanks across the east coast with all the water tank companies experiencing delays of up to 3 months for delivery.

Camel Tanks have gone out of their way to fast track deliveries and last Thursday 20th and Saturday 22nd February we had delivery of another 12 tanks to Bowraville.

However due to wet and dangerous conditions for the trucks and volunteers the water tanks have been dropped off at the Racecourse and a private property until conditions are dry enough to safely deliver them.

Thanks to the racecourse committee for allowing the safe storage of these tanks and with the help of Wayne Noble and our volunteers we hope we can deliver these to the people in need as soon as possible.

Meanwhile we have another 26 tanks on order and expect them to start arriving from the 25th March.

Recycling bottles and cans

The Bowraville Lions Club is commencing a program to collect and recycle bottles and cans in our local area.



We will be dropping off recycle bags and contact details for collection around South Arm and other areas and the funds raised will go towards more projects to help those people by the fires last November.

For more information contact our recycle project officer Lion John Cowie on 0418 54 609.

Meetings

Diner meetings are held on the 3rd Wednesday of the month, 6.30pm at the dining room of the Bowra Hotel.

For more information contact Mark on 0428 527 545 or email mark.scott@lionsdistrict201n1.org.au

speak through the doorbell via a smartphone app so you can talk to visitors waiting at the door!

5. Door Lock

With a smart lock on your front door you never have to worry about finding a clever hiding spot for your spare key. If you need to let someone in you can send them an electronic key from your smart lock app that will give them access to the door for a specific period of time.

6. Plugs

Smart plugs offer a simple and inexpensive way to control electronic items around your home! Plug your coffee pot into one to program it to turn on when you wake up in the morning.

7. Security Cameras

Indoor cameras can come in handy whether you're at home yourself or out and about! Use an indoor camera to



monitor what's going on in your living room from your desk at work, or while you relax in the bath.

If you've been thinking about incorporating some smart devices into your life, any of the items listed above would be a good option! Keep your eyes peeled for great deals on these and other smart devices for your home!

- Adapted from article on - www.onegoodthingbyjillee.com



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**Check website for catalogue specials*



Regional Seniors Travel Card

Are you eligible for the new senior's travel card?

Introduction

The regional seniors travel card provides eligible seniors in regional, rural and remote areas with a \$250 prepaid card to help ease the cost of travel. You can use the travel card at certain retailers across Australia to pay for fuel, taxis and pre-booked NSW Trainlink Regional trains and coaches.

The travel card is valid for 14 months from the date of issue. The expiry date is available on the front of the card.

The regional seniors travel card program is available for a 2-year trial period (2020-2021). Eligible seniors can apply for a card in 2020 and for another card in the second year of the program (2021).

Are you eligible?

To be eligible to receive the \$250 Regional Seniors Travel Card you must fit certain criteria listed below:

- Be an aged pensioner with a valid Pensioner Concession Card.
- Hold a Commonwealth Seniors Health Card issued by either the Department of Human Services or Department of Veterans' Affairs.

To be eligible, seniors must also live in regional NSW outside Sydney, Newcastle and Wollongong City Council boundaries.

For more information go to service.nsw.gov.au, call 13 77 88 or visit a Service NSW Service Centre.



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10/11

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SEEDS

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COMPOST

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**SOIL & WATER
CONDITIONERS**

MULCHES

**ORGANIC GARDENING
SUPPLIES**

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

Flowering bulbs to plant in autumn

If you want to be greeted by an explosion of colour and fragrance this spring, you need to get in your garden and start planting your bulbs now. So grab your shovel and your gloves, it's time to plant.

Bulbs grow anywhere

Bulbs come in all shapes and sizes so there's no need to limit them to your garden beds. Plant them in pots and put them in any area of your home or garden. Daffodils, tulips and hyacinths are excellent bulbs for pots and you can plant up to eight of them in each pot.

Fill your garden with colour

Spring blooming bulbs come in an array of colours. There are all sorts of varieties to choose from including daffodils, tulips, alliums, freesias and hyacinths.

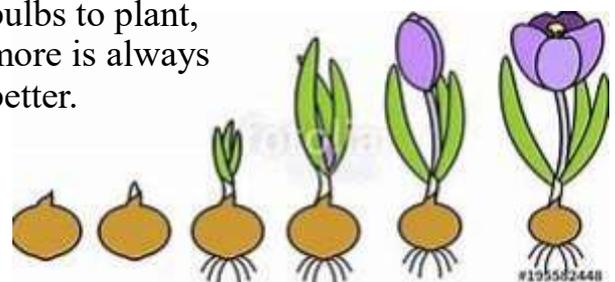
Bulbs are easy to plant

If you haven't planted bulbs before, it's easy. All you need is a sunny spot and a watering can. If you're planting them in a garden bed, make sure it's in an area that's well drained. You don't need to plant them deep – roughly twice the height of the bulb will do – then press them in and you're done. Also, add some compost to your soil for added nutrients and drainage.

Top tips for brilliant spring bulbs

- Plant your bulbs in early for best results.
- Try and plant your bulbs immediately after you buy them – if you can't, make sure you store them in a cool, dark, dry place.
- Place shorter bulbs at the front of your beds.
- For visual impact, place your bulbs in zigzags rather than in a straight line.
- Make a grand statement with colour by mixing different bulbs together.
- If you're unsure how many

bulbs to plant, more is always better.



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5/11

HISTORICAL TIMES IN BOWRAVILLE

Bowraville's 1917 Bushfires

"*BUSH FIRES*: For some time past there have been bush fires burning in all directions but last week the wind blew for days with hurricane force with the result that the flames spread in every direction and the sparks were blown for very long distances, causing fresh outbreaks and rendering it impossible for people to prevent the flames from spreading.

Owing to the country being so lightly stocked there has been ample fuel to feed the fires. Thousands of acres of grass have been burnt and some settlers will be without food for their stock for a time. Fences in all directions have been destroyed. At times many home steads were in danger of destruction and night and day an anxious watch was kept. Fortunately, as far as we have been able to learn no serious accidents have occurred, nor have any houses been gutted. In some places stock have been injured or killed by falling trees. Mr. A. J. Martin, of Deep Creek, was unfortunate enough to have two valuable cows killed.

On Saturday night anxiety was felt about some of the places close to Bowraville. Fire spread through the paddocks and along the ridge on the outskirts of the town, but when the wind eased the risk ceased. At Warrell Creek, South Arm, Taylor's Arm, Argents Hill, Upper Nambucca, Missabotti, Deep Creek and Valla the fires burnt most fiercely. The destruction of bridges and culverts throughout the Shire has been slight. Both on Saturday and again on Sunday Warrell Creek bridge caught fire but settlers in the vicinity noticed the danger and no serious damage resulted."

- *Nambucca and Bellinger News* Friday 14 September 1917

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Frank Partridge VC Military Museum

*Named in honour of Frank Partridge -
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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

8/11

Submissions open for the NSW Bushfire Inquiry Affected residents encouraged to make submissions



Submissions are open for the NSW Independent Bushfire Inquiry. Anyone affected by our local bushfires is encouraged to offer their experiences, ideas and views.

Following the recent devastating bushfires throughout our region and the state, many discussions have been had about how better to prepare for bushfires.

These conversations, along with the necessity to do better, has led the NSW Govt to undertake this independent Inquiry.

This Inquiry needs your input to be a success and all locals are encouraged to lodge a submission.

For details regarding how to make your submission, please visit: <https://www.nsw.gov.au/improving-nsw/projects-and-initiatives/make-a-submission-to-the-bushfire-inquiry/>

The Inquiry will be travelling to bushfire affected communities to meet with and hear directly from people who have been impacted. The schedule for community visits will be posted online as soon as it is confirmed and the Inquiry will inform local communities ahead of all visits to ensure it reaches as many people as possible.

More information about the Inquiry can be found at: <https://www.nsw.gov.au/bushfireinquiry>

Submissions close on March 27, 2020.

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
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~ Groups by appointment ~

11/11

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Web: nbgcommunityservices.com.au

Email: admin@nbgcs.com.au



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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 barmarranygu yilaami,manggagirr maana darrunda guunu julgaaganybiin.gu.”
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Refuge**
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Phone: 02 6564 8855
email: admin@miimi.org.au

Do you get wetter if you run or walk in the rain?

Believe it or not, this question has received some serious scrutiny from the scientific community over the years. Even the syndicated *Straight Dope* columnist Cecil Adams and the producers of the television series *Mythbusters* have



conducted their own studies on the debate. The general consensus as to whether you'd get wetter if you run or walk in the rain appears to favor walking. If you don't want to get soaked any more than is strictly necessary during a rainstorm, run very quickly.

There are those who suggest this conclusion is based on some faulty physics. They argue that a person who runs through rain should get wetter than a walker, because he or she would be pelted with rain from above *and* ahead of them. The runner should get wetter because he is deliberately putting himself in the path of more raindrops than a walker. A steady walker would only receive raindrops falling from above, and therefore he or she should be drier than the runner.

As it happens, the decision whether to run or walk in the rain has more to do with time than volume of rainfall. Ultimately, the runner will be out of the rain in less time than the walker, which means the runner would be exposed to less overall moisture. The walker might benefit slightly from not running into the raindrops ahead of him, but the added time spent in the rain would make him wetter overall.

For many people, the decision to run or walk may be based on logistics more than anything else. If shelter from the rain appears to be close, a person might decide to run in order to reduce exposure time. If shelter is further away, another person might decide to walk, since he is already

NSW Police announce 1 million dollar reward for information in the murders of three Bowraville kids nearly thirty years ago.

The New South Wales police announced a \$750,000 increase in the reward for information over the murders of three children from Bowraville in the early 1990s.

Around thirty years ago, Evelyn Greenup, 4, Clinton Speedy-Duroux, 16, and Colleen Walker, 16, disappeared from Bowraville over a five-month period from September 1990.

The NSW Police Commissioner Mick Fuller and NSW Attorney General Mark Speakman announced the reward increase after a briefing with the families of the victims.

"The increased reward forms part of our commitment to providing justice - firstly to the victims and their families - but also to the entire Bowraville community," Mr Fuller said.

The three murders were originally being investigated as separate cases before being linked by the homicide squad. A man, who can't be named for legal reasons, was acquitted of Clinton's murder in 1994 and of Evelyn's murder in 2006.

In 2018 the government argued in the NSW Court of Criminal Appeal that there was fresh and compelling evidence relating to the disappearance of Colleen which could potentially justify overturning the two acquittals and a new single trial on the three murder trials. However, the High Court refused to grant special leave to the NSW government to appeal the decision.

Colleen was last seen at a party in Bowraville. Her family reported her missing the next day after she failed to return home. Although her body was never found, the NSW Coroner ruled that Colleen was dead and had most likely been murdered.

Three weeks later, four-year-old Evelyn vanished from her bed at her grandmother's home. Her body was found in bushland near Congarinni Road six months later.

Clinton was 16 when he disappeared from a party in January 1991. His remains, like Evelyn's, were located in bushland near Congarinni Road the following month.

- www.sbs.com.au



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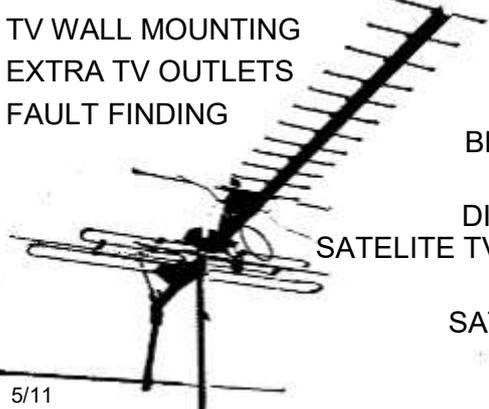
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Where to buy second hand clothes online in Australia

Op shopping is growing in popularity and with good reason. Buying unique pre-loved gems is a real pleasure plus you'll save heaps of money.

And the real bargains are to found online, from the comfort of your home.

Pre-loved bargain hunting is the very best way to get your hands-on second-hand designer items and high-quality clothes and fashion accessories for a fraction of their original cost. And since most items are sold due to sizing issues, style-changes or need for cash, the quality is often really good.

Following is a handy list of the best places to buy second-hand clothes online.



1. Modsie – www.modsie.com.au

A pre-loved luxury clothing and accessories shop that is a favourite of many fashionistas. Everything is checked by their quality control team so you know you're getting authentic, high-quality products.

2. Round She Goes – roundshegoes.com.au/shop/

A bargain clothes marketplace that holds a fashion market twice a year in Sydney, Melbourne and Adelaide. Known for its preloved designer items, this is the perfect thrift shopping experience for the vintage lover on a budget.

3. Depop – depop.com

It's like eBay and Etsy mixed with Instagram, so no surprise that teenagers are the top users. You'll also find lots of creatives and thrift store lovers here. For buyers, there's a wide selection of low-priced, trendy fashion items and some high-end designer clothes.

4. The Closet – thecloset.com.au

The Closet is an online marketplace for affordable, pre-owned fashion ranging from designer threads to shoes. Many of the items are still brand new with tags intact but are sold at a fraction of the original cost (up to 90% off your favourite brands). The Closet carefully selects the items to ensure they are authentic and in perfect condition.

5. Zaful – au.zaful.com/

Zaful sells brand new clothes and accessories that are on the trendy and young side. The quality can be questionable at times, but the styles are definitely cute and the prices are reasonable to average.

6. eBay

The grandma of online thrift shops this website has been around for decades with a practically endless selection of items, from vintage clothes to one of a kind jewellery and

Continued on Page 30

REDUCE REUSE RECYCLE REFUSE RETHINK

accessories. Some items are bids only like an auction, while others you can buy instantly.

7. Restyle Closet – restylecloset.com.au

A booming online marketplace where you can buy and sell second hand clothes and accessories (designer and otherwise). They take care of managing the entire sale, from taking professional photos to pricing to fulfilment, and you just sit back and collect the money. This is a great option if you are looking to make some cash selling preloved clothes but are too busy to make listings and ship items. On the buyer side, items are more on the high-end luxury side, with designers like Marc Jacobs, Chanel, Gucci and Sass & Bide. The prices reflect that, but if you are a lover of all things luxe, Restyle Closet lets you indulge without spending too much.

8. Material World – materialworld.co/

A modern spin on the thrift shopping experience with its Material Box, a subscription box filled with preowned designer items at 90% off retail. The difference from other subscription boxes is that you get to choose what goes in the box based on your style profile. Each box comes with 5 designer items—usually coordinating tops, bottoms and accessories from different designers. Once the box arrives you choose the ones you like and send back the rest.

9. Carousell – au.carousell.com

A dedicated app for brand new and preowned clothing, accessories and everything else. Sellers list their items for free and you buy them on the app. The app is popular so you can expect to see a wide range of items. Check seller feedback and reviews to make sure you get exactly what you pay for.

10. Zouma – www.zouma.com.au

A fairly new and growing online marketplace for new and second-hand clothes and accessories. The categories range from formal dresses to kids' clothes. There's something for everyone whether you're a working mum or a trendy young adult.

11. Perfectly Preloved – www.perfectlypreloved.com.au

Perfectly Preloved is all about selecting high-quality clothes and selling them to customers at an affordable price. Each piece is carefully vetted so you know you're getting the best. There's quite a tiny selection at the moment, but the number of sellers is growing. For sellers, the system is consignment only and not resale. Once the item sells, the profits are divided between you and the store.

12. Etsy – www.etsy.com/au

Etsy is a favourite of the crafty, DIY and artist crowd, and it's a great place to find second-hand and one-of-a-kind items, from clothes and shoes to toys and wall art. If designer is your thing, there are lots of vintage and brand-new vintage-y threads on offer.

- Adapted from article on beanstalkmums.com.au/where-to-buy-second-hand-clothes-online-in-australia/

Your Old
Is
my New



Have you checked out the Bowraville Community Website?

www.bowraville.nsw.au

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

**Historic
St James Anglican Church
High St Bowraville**

**Service each
Sunday
@ 10am**



*Baptisms, weddings and
funerals can be arranged
by phoning 6568-9029*

2/11

**“Blokies Breaky”
7th March at 7.30am
Cost \$5.00 All
blokes welcome.**

~ ~ ~ ~ ~

**Next St Jimmy’s Kitchen
12th March at 5pm
in the
St James Church Hall**

All welcome to join us.

2/11

Blow by Blow

The wind is lime lit. Now she knows
She'll be the star of this big show!
Blow by blows your way today
Burning houses on her way.

Wind warns "let me through
I'm strong and restless, push fires near you"
Fickleness and flight, she knows no bounds
Creating devastation on the ground.

An angry wind she lashes out
Destroys great structures all about
Her fight is fierce, she craves the fuel
Brings hell and heat, her might is cruel.

O wind ! We'll give you our affection
If you control your whim-direction.
Carry now some healing rains
And help the land to live again!

Then when she rests, a little breeze
A gentle panacea please !
She soothes charred souls and blows in sweet
Upon her gentle puffs we sleep.

O wind ! who fuels fast flaming fires
Now stirs our souls with cool desire,
Don't flex your powers anymore
Bring peace and rest to heal those sores !
- by Pen Shiner, Missabotti Valley, 25 xi 2019.

**4 SIMPLE STEPS
to making your Bush Fire Survival Plan**

Preparing for a bush fire is easier than you think.
It's your responsibility to prepare yourself, your home and your family.



1. DISCUSS
what to do if a
bush fire
threatens your
home.



2. PREPARE
your home and
get it ready for
bush fire
season.



3. KNOW
the bush
fire alert
levels.



4. KEEP
all the bush fire
information numbers,
websites & the smart
phone app.

How to take good care of your feet

Your feet are undeniably your simplest and safest mode of transportation. They provide you with support and freedom; so, provide them with the gift of health!

In your daily life, you may not always place a lot of emphasis on foot care. Yet, your feet follow your pace and serve you well in many ways. Did you know that your feet



are subjected to a number of “stressors” and must take on countless challenges? For example a stress fracture in a foot bone is generally an overuse injury. It occurs when muscles become fatigued or overloaded and cannot absorb the stress and shock of repeated impact. Tired muscles transfer that stress to the nearest bone and the result is a small crack or fracture in the bone. Stress fractures in the bones of the feet are usually due to overtraining and overuse.

This is why you and your feet will benefit from a little pampering. Your occupational and sports activities, choice of footwear, and foot hygiene are among the many factors that influence foot health. In order to remain ‘on the ball’ your feet need to be pampered a little.

Here are a few tips about foot care:

- Maintain excellent foot hygiene.
- Use a gentle soap and rinse your feet well after washing then dry thoroughly before putting on your socks.
- Apply a quality moisturiser to your feet before going to bed.
- Trim your nails regularly but don’t cut them too short to prevent ingrown toenails.
- Wear well-fitting shoes.
- Do not wear high heels every day. They are bad for your feet and for several other parts of your body.
- Examine your feet regularly to quickly detect any problems, lesions or changes in appearance. Use a mirror if needed. Never ignore a foot problem, always seek medical attention promptly.

Foot Health Issues

Each pair of feet is unique and can have its share of small or big problems. Here are some of the most common ones:

Athfoot’ste’s foot

This is a very common fungal infection that affects the feet’s skin (especially the toes). It can be caused by different factors, such as heat and humidity. Oftentimes, cracked skin, and in some cases, whitening of the skin between the toes can be observed.

Continued on Page 30

Continued from Page 5

Cancer Research in May. Our meetings are short but a pleasant social time is had by all. Support us by coming along in March.

Bowra Country Market

As usual there will be delicious treats from the cafe including exotic teas and filter coffee. And a range of local stalls including bric a brac and farm fresh eggs and honey. Arrange to meet your friends for a chat on the back deck and browse of the Saturday papers. All profits go to the Bowraville Community Development Association Incorporated. See more info on page 8.

Bowraville Race Course Art Group

Bowraville Race Course, Tuesdays from 9am till 12 noon. All welcome. Bring art materials and be ready to try something new. No cost. Call Margaret 6564-7325, Penny 6569-8106 or Elwin 6568-4552.

Line Dancing

Beginners, Tuesday from 6pm to 7pm at the Bowraville Community Centre in High Street. Cost \$7 per week (plus \$7 per year to join BCDAI for insurance cover). Contact: Rhonda on 6564-7791.

Bowraville Food Hub

Monday, Friday and Saturday from 9.30am till food is gone at the Anglican Church Hall, Young Street Bowraville.

St Jimmy's Kitchen

On the second Thursday of the month from

5:30-7:00pm in the Anglican Church Hall in Young St. meals are available for a donation. Dietary needs considered. All welcome.

Macksville/Bowraville Uniting Church

The Uniting Church at Bowraville continues to hold their monthly service on the second Sunday of each month. The next one will be on the 8th March and then in April it will be held on Easter Sunday 10th April. Any member of the community is very welcome to attend our church at 33 George St. Bowra.

Macksville/Bowraville Uniting Church Op Shop

The Op Shop is functioning very well and at present we have a Summer Sale on clothing and we have a lovely variety on display. Along with our clothing we have bric-a-brac and furniture. We have a very special offer running just now where all school clothing is FREE to help parents with a good selection of winter clothing. The is open from 9am to 3pm Tues to Fri and for 3 hours on Saturday morning. If you are still suffering from the fires just call and talk to our staff - remember we are there to help our community.

Nambucca Valley Community Church Food Hub

Anyone holding a Health Care Card or Pension Card can access this service. From 9.30am -12pm non perishable food products will be on sale as well as other products. All

Continued on Page 32

BOWRAVILLE DENTAL SURGERY

Vic Bird B.D.S.

"Your local dentist"

Caring for YOUR dental wants and needs.

No hard sell.

?/11

58 HIGH STREET
BOWRAVILLE
6564-7246

BOWRAVILLE PHARMACY

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

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

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

Pharmacist
KERRIE SAVINS



5/11

Take good care of your feet

Continued from Page 29

Plantar wart

This consists of a small greyish lesion, most often appearing on the soles of the feet. It can sometimes be painful. Although it is more common in children, anyone can have it at one time or another. Although it can be difficult to get rid of, it sometimes disappears on its own, but it's often preferable to treat it to relieve pain and prevent spreading (because it is caused by a virus, it is highly contagious).

Blister

A blister is most often the result of a wound or from the skin rubbing on a shoe and looks like a whitish bubble, which should not be popped, because it protects the skin. A popped blister must be cared for like a minor wound to promote healing and prevent infection.

Corn and callus

Corn and calluses are parts of the foot's skin that are hard and thick in areas where there was friction or pressure, most often due to ill-fitting footwear. As a result, the skin develops a defence mechanism meant to protect against potential future wounds. A corn is generally smaller and more painful than a callus.

Bunion

A bunion is a foot deformity (swelling) of the joint located at the base of the big toe. The cause may be explained by different factors, including wearing high heels or tight-fitting, narrow or pointy-toed shoes. Heredity is also a factor. The size and severity of the bunion varies. In the serious cases, surgery may be necessary. Many people find relief by wearing flexible shoes and by using arch supports.

Since you likely have many more roads to travel, make sure you can count on healthy feet. Don't hesitate to speak to a healthcare professional such as your pharmacist!

- www.jeancoutu.com



Free mental health support for people affected by the bushfires

**Call Healthy Minds
1300 160 339**

between 8.30am - 5pm
Monday to Friday.

No referral needed.

Free face-to-face or telephone counselling services with a mental health practitioner, such as a psychologist or mental health social worker, will provide people with strategies and techniques to manage their mental health.

Healthy Minds services are available across the north coast of NSW.



WHAT'S HAPPENING IN BOWRA

Continued from Page 30

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. Senior Pastor is David Bossard. This is a vibrant inter-generational church serving the whole Valley.

Macksville Probus Club

Meeting at 9.30am at Macksville Ex-Services Club on the third Thursday of each month. Margaret Cleary will be happy to answer any enquiries on 6568-5859. We are seeking new members to steer us into the future. Meeting and morning tea is \$10.

Do you get wetter if you run or walk in the rain? *Continued from Page*

soaking wet and running would use up too much energy or be dangerous under the conditions. In short, if your goal is to remain as dry as possible, then you should probably run through a downpour. If you are wearing protective rain gear, then you may want to conserve your energy and walk. If you are already soaked to the bone, it really doesn't matter much if you run or walk in the rain. Finding dry, warm clothes or a friend with a towel would most likely take precedence over scientific inquiry, anyway.

- www.wisegeek.com

Like to volunteer at the Bowraville Technology Centre?

If you have an interest in computers or what they can do, by volunteering one day a week, you can improve the skills you have and learn a whole lot more.

Call Mark on 6564-7420 to find out more.

AL-ANON FAMILY GROUPS

Hope for Families and Friends of Alcoholics

If someone in your family has a drinking problem you can see what it is doing to them.

Can you see what it is doing to you? Come to our weekly meeting on

Tuesday at 10.30am

Rear, under Catholic Church, Mann Street, Nambucca Heads.

1300 ALANON www.al-anon.alateen.org/australia

NSW RURAL FIRE SERVICE . . .

STRONGLY RECOMMENDS that everyone in your home has a conversation about exactly what they'll do in a bush fire. It should take just 20 minutes.

Use our discussion guide at www.rfs.nsw.gov.au/__data/assets/pdf_file/0017/2933/BushFireSurvivalPlan.pdf

Many households find that having a discussion over dinner works best as everybody is together and focused.

Erosion of the Nambucca River downstream from Lanes Bridge

A community-led program aimed at proactively addressing erosion issues to enhance fish habitat and water quality in the Nambucca catchment has been announced as being successful for funding under the NSW Department of Primary Industries' (DPI) Flagship Fish Habitat Action Grant Program.



The Bowraville Connections Stage 3 project led by Nambucca Valley Landcare, will receive \$176,000, to address riverbank and bed erosion issues, improving instream fish habitat and the riparian condition in South Creek and Nambucca River at Bowraville.

The project applies a strategic approach to river management and fish habitat protection, which will also improve the water quality of the Nambucca River and South Creek by reducing sediment and nutrients from entering the system, making it healthier for native fish and people who enjoy the water.

The project will assess geomorphic and riparian vegetation condition, aquatic habitat features; evaluate the effectiveness of previous works; and prioritise works to protect the reach from further degradation.

Works expected to occur include construction of bed control structures that will prevent further riverbed lowering and sediment movement in the waterways, bank protection works to reduce bank erosion, providing off-stream watering points and fencing of the waterways to manage stock access, removal of weeds, and planting riverbanks with native plant species.

These actions will improve the water quality of the Nambucca River and South Creek by reducing sediment and nutrients from entering the system, making it healthier for native fish and people who enjoy the water.

Bed control structures will ensure existing deeper pool fish habitat is maintained and enhanced.

Nambucca Valley Landcare will also be partnering with Gagu Land Services, a local bush regeneration company, to engage Indigenous contractors to complete weed control and bush regeneration work where possible.

Both the environment and local community will enjoy long-term benefits as a result of this project as it provides a holistic approach to erosion management actions, with the aim to reduce the impact of reactive erosion management on our native fish.

The Flagship Fish Habitat Rehabilitation Grant program is funded by the Recreational Fishing Saltwater Trust, and is another great example of recreational fishing licence fees at work.

- Nambucca Valley Landcare

How You Can Help Your Op Shop

Opportunity Shops are incredibly grateful for your donations! And, of course, so are those of us who frequent them. There are some things we, the public, need to know however before placing our donations in op shop bins or leaving bags and boxes in their doorways (not a good idea, this one!).

Op shops have different 'rules' for the goods they can accept and many have to pay to get rid of the donations they cannot sell (which defeats the purpose of them being an opportunity shop if the money they make can't be passed on to those in need).

Basically there are some things that can't be sold on, eg electrical goods. Most op shops don't have qualified personal who can electrically test goods, tag them and certify them as suitable to sell on. So before you wish to donate anything electrical (this includes electric blankets) check with the op shop to see if they are able to accept these goods.

Childrens' car seats is another.

It's best to check with your op shop before donating blankets, doonas, pillows etc as some op shops can't take these.

Any goods which are soiled, torn or in disrepair are something an op shop can not use so please don't donate items in this category –these items will go straight in the bin and op shops have to pay for their collection.

Please make sure your donations are clean, particularly clothing, and then op shop staff can put these things directly into the shop. Apart from the fact that staff don't have time to do laundry this costs money (which is better directed towards the needy than paying for power).

And books . . . your old text books are usually quite specific so have you thought of contacting the uni, TAFE or learning institution you went to to see if they have a 2nd hand bookstore – lots of students would be grateful to not have to fork out the big bucks for their text books and you'd be doing a good deed. And those lovely magazines you no longer want - how about donating them to your doctor's or dentist's waiting rooms - or even your mechanic's. Kids' toys with lots of small loose parts, incomplete toys or games, scratched dvds or cds (same with those for adults) really are not of much use.

Before we donate something it's a good idea to ask ourselves why we are getting rid of that item in the first place. Does it work? Is it in good condition? Although I no longer want/need/fit said item is it suitable for someone else to use/wear

Would I offer it to a friend is a good test of whether to donate it or not.



BOWRAVILLE CENTRAL SCHOOL NEWS

School is back in full swing with the calendar filling up fast.

Kindergarten had a wonderful first day with new K/1 teacher, Mrs Sonia Hazelwood, full of praise for their eagerness for learning.



Year K/1 with teacher Mrs Hazelwood and SLSO, Kate Hicks.



Year 7 students Ally, Bren-nita and Anneeka

Other firsts included Year 7 students making the transition from Primary to High School and Year 11's stepping up to Senior Secondary status.



Year 11 students, Ben, Hamish, Riley, Alexi, Jaymiya, Zahra and Tiarra.

Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Autumn 2020

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	2NVR Music Mix	Drive Thru With Jackie Edmunds Mix of 60s, 70s to current music	Breakfast Juice Nuke Eclectic music and comedy, squeeze yourself and — turn UP the volume	Under The Stinging Tree Poppa	2NVR Music Mix	2NVR Music Mix	Praise, Prayer & Pop With Linda & Michelle	6 AM
7 AM	Maocca's Breakfast Club With Les McLachlan	Dyer's Loop With The Dyers Music to oye for, of course	Isn't It Romantic With Dallas Dent Crooners Easy Listening Popular Ballads	Tones of Claressense Claire West-Powell	Jacinta's Easy Listening With Jacinta Sunderland	The Weird Desk With Michael Morgan When the going gets weird, the weird turn pro	Sunday Morning Music Mix	7 AM
8 AM	Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll 1950s-2010s	Infopinion Richard Laxton An eclectic time with Richard	Lunch with Gazza With Gay Biken Easy Listening To Rock & Pop	Turning Pages Elizabeth Newman	Talk Of The Town Cen Winobel See what's going down! All things local	Hair Of The Dog Mick Birdies Rock, Pop Covers and Music Trivia	2NVR Music Mix	8 AM
9 AM	Baby Boomers Donna Collins	Rock On With Jimmy & the Bluebirds	Just For You Carole J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	School's In & A Cuppa with Maocca With Les McLachlan	Dano's Mixed Grill Daniel Gosson Where anything can happen and probably will	Flashback With Rob Davidson	Classical Corner Music from the past 1000 years. Always ready to Mus & spoken word from film, TV, books & radio Noel Robertson	9 AM
10 AM	The Weekly Fix Paul Weatley	Rob's Roving Robbie & Linda Sible reflections, Gospel & Australian	Sister Act Olivia & Sam	Thursdays Country Trickitic	Outback Outlaws Paul Rowe Old and new country music	Garage Noise With Sean Ambrose Alternative Music	2NVR Music Mix	10 AM
11 AM	BKE Show Bernard Kelly-Edwards Cultural Unity with Poetry, Community Yarns & Music 2NVR Multicultural Radio	2NVR Learner Drivers New Presenters	Tune in with Alex 2NVR Youth Radio	Nambucca Valley Roundup Retro	Wind Down for the Weekend with Stu & The Crew	Saturday Magazine With Rachel Burns	Living In The 60s With Roy Lauder	11 AM
Noon	Bowra Beats 2NVR Youth Radio with Graze	Dancing Through The Decades With Fred Setters	After Hours With Fred Setters	Highway Blues With Retro 66 When Only The BEST BLUES Will Do	Two For The Money Music, chat and a touch of banter with Paul and Rachel	Two For The Money Music, chat and a touch of banter with Paul and Rachel	That's A Wrap Donna, Nigel, Mitch & Gary Local sports results and in-depth analysis	Noon
1 PM	Hinterland Ben Walters	Country and Classic Hits With Byron Edwards	Ant's Rock Anthony Gamsey Solo Rock	2NVR Overnight Music Mix	2NVR Music Mix	2NVR Music Mix	2NVR Music Mix	1 PM
2 PM	Reggae Mixtape With Fitzroy Music outside the usual 2NVR Multicultural Radio	Soul Into Rhyme Matt Leibrandt Whack up the bass and cop a wicked mix of hip hop and fully sock tracks	Ant's Rock Overnight	2NVR Overnight Music Mix	2NVR Music Mix	2NVR Music Mix	2NVR Music Mix	2 PM
3 PM	Music Makers With Yen Mixed music with featured artists	2NVR Overnight Music Mix	Ant's Rock Overnight	2NVR Overnight Music Mix	2NVR Music Mix	2NVR Music Mix	2NVR Music Mix	3 PM
4 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	2NVR Overnight Music Mix	2NVR Music Mix	2NVR Music Mix	2NVR Music Mix	4 PM
5 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	2NVR Overnight Music Mix	2NVR Music Mix	2NVR Music Mix	2NVR Music Mix	5 PM
6 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	2NVR Overnight Music Mix	2NVR Music Mix	2NVR Music Mix	2NVR Music Mix	6 PM
7 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	2NVR Overnight Music Mix	2NVR Music Mix	2NVR Music Mix	2NVR Music Mix	7 PM
8 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	2NVR Overnight Music Mix	2NVR Music Mix	2NVR Music Mix	2NVR Music Mix	8 PM
9 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	2NVR Overnight Music Mix	2NVR Music Mix	2NVR Music Mix	2NVR Music Mix	9 PM
10 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	2NVR Overnight Music Mix	2NVR Music Mix	2NVR Music Mix	2NVR Music Mix	10 PM
11 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	2NVR Overnight Music Mix	2NVR Music Mix	2NVR Music Mix	2NVR Music Mix	11 PM
Midnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	2NVR Overnight Music Mix	2NVR Music Mix	2NVR Music Mix	2NVR Music Mix	Midnight

National Radio News is broadcast each weekday at 6am, 7am, 8am, 9am, Noon, and 6pm. 2NVR — Multiple Aspect Winner — Tewanga studio and offices: 02 6564 7777 email: admin@2nvr.org.au The Best Little Station In The Nation