BOWRAVILLE Community News

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

NOVEMBER 2026 ~ ISSUE #256~ FREE ~ CIRCULATION 300 ~ POSTCODE 2449



All past and current Bowraville Community News are available online at www.bowraville.nsw.au/newsletters

Bowraville Technology Centre

Open 9.30am to 4.00pm Weekdays

Internet Services are 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.

Computer Usage

- Ten Minute Increments
- One Hour
- All day High Users Pass

Printing and copying

B&W and colour printing on A4,
A3 and other formats.
Specialised folding and stapling service
available for brochures, booklets etc.
Large print jobs - ask for a quote.

Other services

Hire of data projector + Portable screen
Shredding
Computer repairs
Laminating A4 and A3
Binding and Guillotining

We take credit card payments!

ALL ADVERTISING and ACCOUNT ENQUIRIES to
admin@bctc.com.au

ADVERTORIAL and GENERAL CONTENT ENQUIRIES to
wendy@bowraville.nsw.au

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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Volunteers Welcome

Bowraville Community News

CIRCULATION = 300 COPIES

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

2025 ADVERTISING CHARGES:

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

62 x 62 (1/6 pg) - $12 issue or $120 year
62 x 130 (1/3 pg) - $22 issue or $220 year
90 x 130 (1/2 pg) - $32 ea or $320.00 year
185 x 130 (1 page) - $43 issue or $430 year
Front Cover (1 issue) - $60 issue

DEADLINE FOR COPY FOR THE DECEMBER 2026 ISSUE IS: 4:00PM TUESDAY, 17th NOVEMBER 2026

All contributions and advertisements for the next issue of the Bowraville Community News can be delivered either via e-mail or by hand at the front counter of the:

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.

Nambucca Valley Cancer Support Group Inc.

Presents

MELBOURNE CUP LUNCH 2026

Tuesday, 3rd November

from 12noon at the Bowra Sports Hub

Coronation Street, Bowraville

Bookings essential for catering - Tel: (02) 6564 7349

2 course meal and a complementary drink

$45 per person

Sweeps and Prizes for Fashion on the Field, Headwear and Snazzy Shoes plus Lucky Door Prize

Bowraville Chamber of Commerce

AGM will be held prior to November 5th meeting at 5pm.

Ordinary meeting at 5.30pm at the Bowra Hotel.

- - - - - - - - - -

Bowraville Country Market

Every 2nd and 4th Saturday

at the Bowra Community Centre

- - - - - - - - - -

Radio Nambucca 2NVR - Studio 3 Live

21st November 2026.

Come along to 2NVR at 834 Rodeo Drive Tewinga.

The show is from 6 to 8pm.

Ceri Wroble hosts Studio 3 Live every 3rd Friday.

- - - - - - - - -

The Phoenix Annual Ball

is back for its third edition, and you're invited to be part of the magic!

Sunday 22 November 2026 ~ 5pm–9.30pm

Nambucca Heads RSL

Get ready to dress to impress and join us for a fabulous evening of dancing, entertainment, dinner and community celebration.

This year, we're bringing a touch of mystery and glamour with our **Purple & Gold Masquerade theme.**

Start planning your outfit and get ready to shine!

Bowraville
Services Australia Agency

At the Bowraville Technology Centre we now offer a service for the entire community providing access to Centrelink, Medicare and Child Support through computer access.

We provide free fax and email as well as the downloading and uploading of documents to most Government Departments. **Access is available from 9:30am to 3:45pm Monday to Friday.**

Also available is personal assistance from one of our trained volunteers on Mondays, Wednesdays and Fridays between 10am and 3pm. Appointments are essential for this personalised service and can be made by ringing the Bowraville Technology Centre on 6564-7420.

This service is for rural communities to help reduce travel times and expense so please use this service to increase your on-line digital access to Australian Services.

Free WiFi access to this service is provided 7 days a week in the area around the Bowraville Technology Centre even when the centre is closed.

centrelink

medicare

Australian Government
Services Australia

Have you checked out the Bowraville Community Website?

www.bowraville.nsw.au

It's the place to go
to find out what's happening and where . . .
in our town.

You can get the monthly Bowra Community News, the weather, upcoming events and much more . . .

Come Home to the Capital

Back to Bowra 2026

*For generations, Bowra has been the **heart of our valley** – a place where friendships were formed, families were raised, stories began, and our community came together.*

*Over the years, life has taken many of us in different directions, and while our valley has continued to grow, we felt it was time to celebrate the place that has **always been its heart**.*

Join us as we celebrate our valley, our town and our people with a fantastic day of markets, food, entertainment and activities for all ages.

*So, gather your family, catch up with old friends, support local businesses and help us celebrate what makes **Bowra so special**.*



A short history of Bowraville – from the mid-1800s onwards

Originally called Bowra the name was changed when the first postmaster reported confusion with Bowral - the government appears to have bowed to the inevitable. The first official plan for the village, in 1871, established it on its present site, which included land owned by Joseph Conen.

The first official town site for what we now know as Bowraville was located on the north side of the river at the furthest navigable point on the North Arm of the Nambucca River. The site was on the main route from Bellingen to Nambucca Heads, but it proved to be too far from the jetty.

By 1883 most of the larger suburban lots north of Conen's land had been acquired by William Sullivan and the Gaddes. These two also owned smaller suburban allotments in or near George Street.

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Protecting your personal information online

Nearly every app, social media platform or website asks you for at least some personal information. Your personal information includes any details or data that can be used to identify you, such as details locating where you are or where you live, and other unique specific details. It's important to always think twice about sharing personal information.

Protecting your personal information matters

Protecting your personal information is very important as scammers and identity thieves can use it to pretend to be you. They can create fake accounts in your name and act in ways that could impact you now or in the future. This could include fraud, such as stealing money from your bank account or taking out a loan in your name. Scammers may use your information on its own or in context with other information. It can include everyday things that are specific to you, like your:

Personal information
- Full name
- Home address
- Phone number
- Date of birth
- Driver licence number
- Bank account details
- Email address
- Usernames and passwords

Identity documents
- Driver licence
- Passport
- Birth certificate
- Medicare card
- Australian visa or citizenship certificate
- Immigration Card



Be aware of what you share

Social Media

It's a good idea to avoid sharing personal information on your social media accounts. Scammers can learn a lot about you from details you share online. Sometimes they create quizzes or question posts designed to deceive you into sharing personal information - eg: sharing your dog's name which you may use as a password. They use this information to guess your account passwords or target you with other scams. **Remember: Only accept friend requests from people you know in real life, set your social media accounts to private, and review who can see what you share.**

Using Apps

Only download apps from the official app stores and read privacy policies and reviews before downloading anything. You can also limit the information apps have access to. Some apps ask for unnecessary access to your contact lists, camera, storage, location and microphone. Review and adjust your app permissions in the settings menu on your smart device.

Keep your information secure

Use device security

Using security software on your computer is one of the simplest ways to protect yourself and your privacy. Good computer security includes installing reputable anti spyware, anti-virus scanners, and firewall software. You should also keep your online security tools and apps up to date by enabling auto-updates. Use automatic and timed screen locks or password-protected screensavers and have an automatic lockout for multiple login attempt fails.

Continued on Page 20

Residents catch up on projects at Bowraville community drop-in session

About 30 Bowraville and South Arm residents attended a community drop-in session at Grants Hall in Bowraville recently, where they heard key updates on several Council projects.



Nambucca Valley Deputy Mayor Susan Jenvey was one of the councillors who attended the session, where she chatted to people about their improvement ideas for the town's central intersection and locations for a potential splash pad in the Hennessey Tape Recreation area.

Council staff updated the community on the staged implementation of the Bowraville Masterplan and Design Report and some great ideas were heard from the community on potential improvements for the intersection of High and Belmore Streets.

Ideas for this central intersection ranged from adding a pedestrian crossing to making it more like a town square and installing plants to provide shade. All community member's ideas were excellent and will be considered at a future Council meeting.

It was great to hear a splash pad would be highly welcomed in Bowraville, should Council be able to secure funding for it. There are three potential sites at the Hennessey Tape Recreation Area which Council has put forward for the splash pad, and there is still time for residents to give their feedback on it by taking an online survey.

Other projects Council outlined to the community on Saturday included installing LED lighting in the town clock and staff asked community members whether or not they would like to see security cameras installed in this area.

Residents can have their say on these projects by visiting Council's website at nambucca.nsw.gov.au/Community/Get-Involved/Bowraville-Masterplan-implementation-and projects and completing the online survey.

- Mr David Moloney, Nambucca Valley Council, Acting General Manager, 02 6568 2555

Saturday, November 14, 2026 from 10am to 4pm in High Street, Bowraville.

Activities and Program

Street Parade
Tug-of-War (closing event)
Gumboot Throwing
Billy Cart Races
Whip Cracking
Local Market and Food Stalls
Live entertainment and community displays
Children's activities and the Back to Bowra Colouring Competition

Build a Float or March with your Group

This much-loved local tradition will return to Back To Bowra again in 2026. Parade entry is free with prizes for the winners of different categories. Get your business or group together and show the town what you've got!

Participate in the Games

It wouldn't be Back to Bowra without the games!
Throughout the day you will be able to sign up to boot throwing, whip cracking, net ball and billy cart races.
The closing event on the day will be the Tug of War Final where legends are made.



The famous Billy Cart Race

Get your billy carts ready to zoom down the main street.
This highlight events starts the day off with the 'race that stops the valley'.
Start building your billy cart for the big race!

Market Stalls

Market stalls complete our festival, bringing local goods and food for everyone to enjoy.
Last year we had over 60 stalls, this year we are hoping for more.



Help on the Day

Back to Bowra is an event that was held in Bowraville for 50 years.
This 51st event is an opportunity for community to come together and families to return to Bowraville for this annual celebration.
The 'Back to Bowra' committee welcomes Volunteers and Participants.

WHAT'S HAPPENING IN BOWRA

Blokes Brekkie
1st Saturday of the month
at St James - ring Jeff to
book on 0428 578 394

Cuppa and Chat
3rd Saturday of the month
10am — Free
All welcome - St James Hall

Bowra Country Markets
2nd Saturday of Month
Pioneer Community Centre
9am to 1pm

St Jimmy's Kitchen
3rd Thurs of Month
5.30pm at St James Church Hall

St Jimmy's Food Hub
Friday 9-11am
Must hold a current Centrelink card.
For more info call office on 6568-9029

BOWRA HOTEL
OPEN 10AM - MIDNIGHT

BISTRO 8/11
TUESDAY to SATURDAY
11:30am-2:00pm and 5.30 - 8pm
SUNDAY
11:30am-2:00pm & 5.30 - 8pm
WOOD-FIRED PIZZA
Thurs, Fri and Sat 5.30 - 8pm
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 bowrahotel@bigpond.com

Bowraville & District Ex-Services Club 6564-7304

What we have to offer . . .
TAB - KENO
RAFFLES - Wednesdays & Friday
MEMBERS' DRAW min $1500
KITCHEN Wednesday to Saturday
Lunch 12-2pm - *Dinner 6-8pm*

HAPPY HOUR - All Schooners $6.00
from 4pm to 6pm daily

8/11 **FREE POOL Everyday**

Bowraville Folk Museum
High Street, Bowraville
Phone/Fax: 6564-8200

New Opening Times
Closed Monday and Tuesdays
OPEN
Wednesday to Sunday 10am -1pm

email: bowravillefolkmuseum@gmail.com
3/11 *~ Groups by appointment ~*

NAMBUCCA RIVER REALTY
YOUR **NAMBUCCA VALLEY** SPECIALIST

With over 40 years of combined knowledge of the local Real Estate market Craig and Narelle can help with any questions about selling or renting your property.

We can offer competitive fees, creative marketing and the backing of one of the fastest growing nationwide agencies being backed by real estate specialists.

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

To see what our clients think of **Nambucca River Realty** go to ratemyagent.com.au

CRAIG BELLAMY 0412 080 287
NARELLE HARPER 0435 054 625
www.nambuccariverrealty.com.au 4/11

WHAT'S FEATURING in NOVEMBER at the

BOWRAVILLE THEATRE

www.bowravilletheatre.com.au

EVERY SONG'S A WINNER

By the Bowraville Theatre Singers
Saturday 21 November 2026
Sunday 22 November 2026
Doors Open 1.00 for 2pm start
Join us for an afternoon of uplifting song.
All Tickets $30
online @ tickhost.com + booking fee
or at the door if available



PRACTICAL MAGIC

- LADIES NIGHT OUT

26 November 2026
Doors Open 6.30 for 7pm start
All Tickets $25
Experience *Practical Magic* on the big screen at Bowraville Theatre!
Free champagne on arrival
Prizes for best dressed
Gather your girlfriends for a fabulous night of movie magic, comedy, champagne & fun!
online @ TryBooking + booking fee or at the door if available



You can read the BCNews online by going to **bowraville.nsw.au/newsletters** OR you can now subscribe via a pop-up link on the Home page to receive your copy each month via email.
The option to unsubscribe is available with each newsletter.

Come Home to the Capital

Growth in the 1880s was slow. New settlers were moving further up the river, and the rural population was gradually increasing. By the 1890s when the rest of the country was experiencing a recession, the local population appears to have grown.

The new prosperity was largely due to the introduction of paspalum grasses in the district. This improvement in pasture led to the establishment of dairying and new rural wealth.

While George Street had been the focus for much of the town's early development a new bridge built in 1888 at the bottom of Cook Street had a dramatic impact on the town. Firstly, it gave easy access to the town to those farmers living on the north side of the river. Secondly, being the first bridge across the Nambucca River, it drew new traffic to the town. Coupled with improvements to the road to Bellingen more traffic to Bellingen would now have passed through Bowraville.

Most importantly High Street was best placed to take advantage of this passing trade. While there was still considerable traffic on George Street, to and from the wharf, this traffic also proceeded along High Street.

The town saw the building of churches, stores, a bank and a school and the government consolidated its presence with the opening of a new Court House in 1899, and an official Post Office was erected next door in 1900.

Bowraville was described in an 1890 Illustrated Sydney News article as ‘a small silver mining community’. Early parish maps show silver mining leases in the hills northwest of the township. But by 1909 more than 30,000 bags of maize were shipped annually from Bowra wharf and about 2 million super feet of timber.

Bowraville grew to become a service town for the farmers and timber getters, but it was also a coach stop on the road between Kempsey and Fernmount.

Bowra’s central location also saw it become the base for the Nambucca Shire Council which held its first meeting in 1915. Previously the district had been part of the Bellingen Shire.

Growth in the 1920s probably led to new residential subdivisions in the town and despite the recession of the 1930s and the town being overtaken by Macksville, Bowra still held its own.

The post-war years saw the final decline of George Street. The local wharf had long since fallen into disuse. The silting up of the river mouth in the 1930s, and improved road and rail transport saw the end of the river trade and High Street emerged as the commercial centre of the town.

While many changes have taken place over the years including the closure of businesses, and fires that have destroyed many buildings, Bowraville’s preserved and consistent 1920s streetscape has turned out to be one of its major assets.

- www.nambucca.nsw.gov.au/Environment/Events-Education-Getting-Involved/History-Heritage

Flying fox starvation raises virus warning



A suspected flying fox mass starvation event along the east coast of Australia could disrupt the health of forest ecosystems experts warn.

Wildlife carers between the New South Wales Mid North Coast and Victoria have been inundated with reports of malnourished, deceased or dying grey-headed flying foxes over the last few months.

The bat species is suspected to have been impacted by a lack of nectar on flowering trees due to drought conditions forcing them to seek out food closer to the ground.

As keystone pollinators flying foxes play a vital role in maintaining forest ecosystems with species relying on the bat's nightly seed dispersal.

Flying up to 50 kilometres each night the bats disperse seeds they have eaten from trees generating forest ecosystems.

A health physician has warned people not to touch the bats as they could carry the deadly Lyssavirus.

When bats are affected by disease or starvation, currently a major issue, and we see them ailing, our first instinct is to help them **but it is best to call a trained wildlife carer as they've been vaccinated and know how to safely manage the right equipment for an animal that is struggling.**

You can call WIRES Mid North Coast on 1300 094 737

-www.abc.net.au

Bowra Laundromat
Corner of High & Belmore Streets
Token Operated Washing Machines & Driers.
Tokens available at the Pub and IGA
Commercial Washers and Dryers
Enquiries: ph 6564 7401
6/11

Radio Nambucca 2NVR 105.9 fm and streaming

Hi Folks,

On November 21st we welcome local singer and songwriter, Snez, to Studio 3 Live. Snez will showcase her latest album, Cardboard Wings. Studio 3 Live is Radio Nambucca's free live music event which is held on the 3rd Friday of the month. Please come along to 2NVR at 834 Rodeo Drive Tewinga from 6 to 8pm. If you can't make it on Nov 21st you can still listen on 105.9fm or on our website 2nvr.org.au. By the way, Snez has been shortlisted for the People's Choice Award at the Australian Folk Music Awards.

We would like to thank our local M.P. Pat Conaghan, for a recent grant which allowed us to purchase a new computer for Outside Broadcasts. We will be doing an Outside Broadcast from the Bowra Hotel verandah for 'Back to Bowra' on the 14th November from 10am till 4pm. We will also be doing an Outdoor Broadcast at Valla Carols by Candlelight on Friday 11th December.

We love supporting our community.

If you would like to be involved as a volunteer at 2NVR please contact us at admin@2nvr.org.au Many hands make light work and it is fun being part of a team.

Nice to see some rain, because "Without the rain, the sun couldn't make rainbows".

Wishing you happy days.

Luise Pearson-Bernoth

MEMBER FOR OXLEY

Michael Kemp

Michael Kemp's Oxley Outlook

Insurance is something most of us hope we never need to use. Whether it is protecting a family home, a farmer's livelihood or a small business, the right cover provides peace of mind when the unexpected happens.

But rising premiums are forcing some Australians to reduce their cover or go without altogether. This is particularly concerning across our region, where our communities face the ongoing risks of floods, bushfires and severe weather.

Rising construction costs, labour shortages and transport expenses are making repairs and rebuilding more expensive, particularly in regional areas. While we cannot prevent every natural disaster, we can reduce the damage through flood mitigation, improved drainage, bushfire protection and stronger community infrastructure.

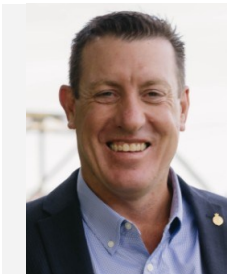
The Disaster Ready Fund should provide predictable, long-term funding so councils can plan and deliver major mitigation projects over a ten-year period.

Homeowners should also receive practical support to make their properties more resilient, with insurers recognising proven risk-reduction measures when setting premiums.

In NSW, any reform to the Emergency Services Levy must maintain reliable funding for our emergency services while easing pressure on households and businesses. Any savings must be passed on to policyholders.

Affordable insurance is essential to protecting families, local businesses and the future of our communities. Governments and insurers must work together to improve affordability and strengthen disaster prevention.

No family should face financial ruin because adequate insurance has become unaffordable.



You can contact my office on 6562 6190 or oxley@parliament.nsw.gov.au.

Authorised by Michael Kemp. 72 Elbow Street, West Kempsey. Funded using parliamentary entitlements.

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72 Elbow Street
West Kempsey NSW 2440

Postal Address:
PO Box 3120,
West Kempsey, NSW 2440

Telephone: (02) 6562 6190

5/11

Lung Cancer Awareness



Shine a Light on lung cancer is Lung Foundation Australia's community fundraising campaign for Lung Cancer Awareness Month in November.

Protect your lungs

Every day you breathe about 22,000 times. Your lungs and their health is vital to helping you live well, everyday. We can always do more to take steps towards better lung health. Incorporating simple things like staying active, focusing on good posture and keeping hydrated are great first steps towards protecting your lungs. Of course, quitting smoking, being mindful of air quality, and protecting your lungs at work also go a long way to improving or maintaining healthy lungs.

Lung Foundation Australia

Check your lung health

Take control of your lung health and don't miss the signs that something isn't right. Anyone can get lung disease or lung cancer. Breathlessness, a persistent cough, and fatigue are a few of the symptoms many of us ignore or put down to something else. Check how healthy your lungs are by completing the 2 minute Lung Health Checklist at Protect Your Lungs - Lung Foundation Australia

Ways to protect your lungs

Don't take your lungs for granted. Keep your lung health front of mind with these simple, everyday ways you can protect your lungs and aim for better lung health.

How your lungs work

Lungs are amazing! They help you breathe in the oxygen you need to live and breathe out carbon dioxide, which is a waste product.

It's always a good idea to look after your lungs. Understanding how they work is a great first step. Read on to discover more about your lungs, and some interesting facts about these vital organs. If you need more support or information, contact the Lung Foundation website.

Every part of your body needs oxygen from the air you breathe to survive. Your lungs have a delicate structure and do the complex jobs of breathing and moving oxygen to the rest of your body. They also help protect your body from outside attacks.

Most of the time, you don't even notice your lungs working. But they can be damaged in many ways. When this happens, they become less effective at taking oxygen from the air and getting rid of waste carbon dioxide.

You breathe about 22,000 times every day. Your breath and your lungs are incredibly important for your body to work well. Breathing is, after all, a symbol of life.

Interesting lung facts

- Did you know that your left lung is smaller than your right lung? This is to make room for your heart.
- You get rid of 70% of waste from your body just by breathing it out through your lungs.
- Can you live with one lung? Yes, you can! While it might limit how much physical activity you can do, it doesn't stop you from living a relatively normal life.

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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
4/11



BACK to BOWRA ESSENTIALS @ BOWRA PHARMACY







It's almost Summer!

HYDRATION ~ SUNBLOCKER
SHADES ~ MOISTURISE





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



4/11

BOWRAVILLE PHARMACY

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

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

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

Pharmacists
BRIDGETTE BYRNES
KERRIE SAVINS



4/11

BOWRAVILLE GIFT SHOP

Gifts for any occasion

LOCATED AT BOWRAVILLE POST OFFICE
27 HIGH STREET BOWRAVILLE

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

7/11

A *BACK TO BOWRA* EVENT

Bush Poets wanted for Reading Night at Pub



A Bush Poetry Night will be held at the Bowra Hotel on Friday, 13th of November as a part of the Back to Bowra Festival.

Any budding bush poets out there who would like to have a go at sharing their masterpieces are most welcome to come along on the night.

A fun night of story sharing!

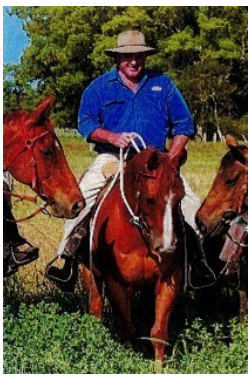
For more information contact Tony Fuller on 0487 090 886.

BARNEY TOWNLEY 0428 647 340

Barney Townley is a local farmer well known for his knowledge of the Nambucca Valley farming community.

Barney has a great understanding of what is being sold and can identify the unique features of your rural property, helping interested buyers find what they are looking for.

If you're looking to sell your farm or find the right rural property to suit your needs, give a trusted local, Barney Townley a call.



11/11

RURAL SALES

NAMBUCCA VALLEY & SURROUNDS
www.ruralsales.com.au

Spring clean your diet with these healthy food swaps

Swap out foods that are light on nutrients for these healthier options.



Healthy eating doesn't mean giving up the foods you love. Often, a few simple swaps can make your everyday diet more nutritious without sacrificing flavour. Small changes, made consistently, can add up to a healthier, more balanced diet.

Swap the croissant for wholegrain bread

Made mostly from butter, flour and sugar, croissants are high on calories (approx. 300) and saturated fat (approx 10g) and low on nutritional value. If you are craving baked goods, opt instead for some wholegrain bread or a wholegrain bagel topped with egg, spinach and mushrooms. While bagels can still be high in calories, they have less fat, and depending on the brand, less sugar. Bagels made from whole grains are also typically higher in fibre and some vitamins and minerals.

Opt for a low-sugar breakfast cereal

Breakfast is important for so many reasons. These include boosting mental performance and reducing your desire to overeat later in the day. While a quick bowl of cereal can be a great idea, not all breakfast cereals are created equal. For a healthy option, check the label and look for a cereal that has less than 5 grams of sugar per 100 grams. High fibre is also important, with the recommended amount being at least 10 grams of fibre per 100 grams.

Wholegrains such as rolled oats, also offer more nutritional value than refined grains.

Say goodbye the the ham sandwich

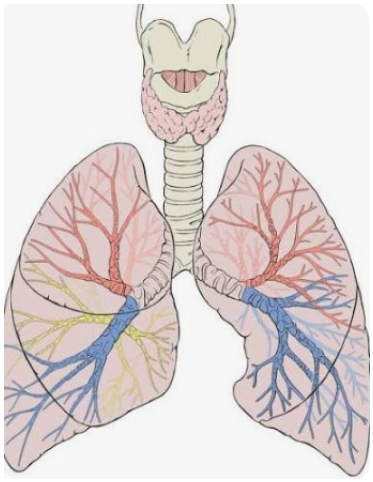
The humble ham sandwich, a lunchbox staple for many years, has been found to be not so great for your health. Classed as a processed meat (like bacon and sausage), research published in PLOS Medicine found that eating ham may put you at greater risk of developing colon and lung cancer. Relatively high in salt, nitrates and calories, processed meats are best avoided.

Instead, opt for vegetarian options like egg, hummus, tzatziki, avocado and salad, or white meat like chicken, tuna and turkey.

Continued on Page 24

- Many people around the world live with just one lung.
- No matter how hard you breathe out, your lungs will always keep about 1 litre of air in your airways. This is what makes the lungs the only human organs that can float on water.
- Oxygen only plays a small part in your breathing. The air you breathe in has 21% oxygen, but your body only uses 5%. You breathe out the rest.
- Children and women breathe faster than men because their breathing rate is higher.
- Humans breathe out up to 17.5 millilitres of water every hour.

How air gets in and out



When you take a breath, air comes in through your nose or mouth and travels down a tube called your **windpipe** (you might also hear it called the trachea). This windpipe then splits into two main tubes, one going to each lung. These are called **bronchi**.

Inside your lungs, these bronchi split again and again into many smaller and smaller tubes, like the branches of a tree. These tiny tubes are called **bronchioles**. At the very end of these smallest tubes are millions of tiny air sacs, called **alveoli**.

These alveoli are where the magic happens! They have very thin walls, and all around them are tiny blood vessels. Oxygen from the air you breathe in moves through the thin walls of the alveoli and straight into your blood. At the same time, carbon dioxide, the waste gas produced by your body, moves from your blood to the alveoli, ready for you to breathe out.

A strong muscle under your lungs called the **diaphragm** also helps you breathe. It moves down when you breathe in, pulling air into your lungs, and moves up when you breathe out, pushing air out. It's like a pump helping the air move.

Signs and symptoms of Lung Disease

Lung disease and lung cancer can start with mild signs that you might not notice at first. It's easy to think these are just part of getting older or not being as fit. You might even change what you do each day to manage how you feel instead of talking to a doctor. It's really important to know the early warning signs of lung disease and to see your doctor as soon as possible. Getting treatment and support early can help before things become serious or life threatening.

Common symptoms

Breathlessness, persistent cough, weight loss, fatigue, wheezing, chest infections, mucus production, coughing up blood and chronic chest pain.

When to book an appointment with your GP?

You should see your doctor if:

- You feel short of breath
- It hurts when you breathe
- You have a fever (38 degrees Celsius or higher)
- You are coughing up a lot of mucus, especially if it's yellow or green
- There's blood in your mucus
- Your symptoms aren't getting better, or they're getting worse.

If you are concerned about your lung health, or are experiencing any of these symptoms, complete our online Lung Health Checklist and book an appointment with your GP immediately.

- lungfoundation.com.au/protect-your-lungs/signs-symptoms/

Great Koala National Park established after more than a decade of campaigning

After a marathon parliamentary debate, the state government has established New South Wales's second-largest national park.

The Great Koala National Park (GKNP) will take in 478,000 hectares of land between Kempsey and Grafton on the Mid North Coast, following a key promise from Labor during the 2023 state election.

It will comprise a patchwork of existing national parks and more than 178,000 hectares of state forest and Crown Land.

The legislation passed 22nd October after more than 14 hours of debate in the Legislative Council, which considered approximately 160 amendments.

"After more than a decade of campaigning and years of detailed assessments, consultation and planning, we have cleared the final hurdles to delivering our biggest environmental commitment, NSW Environment Minister Penny Sharpe said in a statement.

"We are protecting extraordinary forests … while ensuring future generations can enjoy these incredible places."

For conservationist Ashley Love, the park's creation is the culmination of more than a decade of campaigning to protect koalas and their habitat along the Mid North Coast.

"We're extremely grateful that the government has decided to protect native forest. Its nature is quite fragmented, and there are gaps and connectivity issues between sections of it, but it is a big step forward" he said.

A long journey

Mr Love began lobbying for what would become the Great Koala National Park after hearing multiple reports from residents that koalas in the region were not as common as they once were.

"We proposed a reserve over the Crown land covering [the region], and that was a basis for the proposal for the Great Koala National Park."

Mr Love said despite the passing of the legislation, he would continue to push for more areas of the surrounding forest to be protected. We still have to keep working on those elements that were not included," he said.

- www.abc.net.au/news/2026-10-23/great-koala-national-park-legislation-passed

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Bowraville Community Development Association Inc. (BCDAI)

ANNUAL GENERAL MEETING

To be held SATURDAY 12th DECEMBER 2026

at 2pm at 70 High Street Bowraville for the election of office bearers.

All BCDAI members invited as well as the general public.

Only BCDAI members can vote but you can join BCDAI on the day if you would like a say or like to become an office bearer.

For further information contact Michael on 0401644522.

Passphrases

Keep your accounts secure with strong passphrases. Passphrases are the more secure version of passwords and are made up of four or more random words.

Try thinking of a different passphrase for each of your accounts and don't recycle parts of any old ones.

When you choose your passphrase, make it:

- **Long** – at least 14 characters
- **Unpredictable** – use four or more random words with numbers, symbols, and upper and lowercase letters - *e.g. Yellow So Hey Plant > Yell*w-S0heyPl@nt!*
- **Unique** – don't reuse your passphrases

Tip: Check the strength of a password using the NSW Government's password strength tester at nsw.gov.au/id-support-nsw/be prepared/passwords

Multi-factor authentication

It's always a good idea to switch on multi factor authentication for your accounts. Multi-factor authentication (also known as 2-step authentication) adds an extra layer of security. This means that when you log into an account with your password, you might be asked to do an extra step to confirm that it's you – like enter a code from a text message or use face recognition identification.

Shop securely online

When shopping online, make sure you use trusted sellers and look up customer reviews. Before entering your personal information, check that the website uses 'https' at the beginning of its domain name or has a security icon, usually a small, locked padlock, on its browser to indicate it is a more secure website. When making a purchase, use a secure payment method such as PayPal, BPAY or your credit card.

Use a secure connection

When you need to access important accounts, send sensitive information or enter passwords, connect to a trusted internet connection, such as at home or work, or by using your own mobile data if it's available. Public Wi-Fi is not as secure as your home or work Wi-Fi.

- beconnected.esafety.gov.au

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.

Follow these 4 simple steps to get ready for a bush fire:



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.

Nepal flood relief raffle

Our hearts go out to the people from Nepal and Bowraville can help.

A fundraising raffle will be held at the Back to Bowra on Saturday 14th November.

There will be a Nepal Flood Relief Stall in the Bowraville Community Hall where raffle tickets will be available and donations accepted.

All money will go to the ROKPA Foundation in Nepal.

ROKPA is working directly in Nepal with a children's home, a medical centre, a soup kitchen and much more.
Locally based management ensures that funds raised are used where they have the greatest impact.

With your help ROKPA can help the children still living in emergency shelters and with a very cold winter coming soon.

ROKPA'S soup kitchen in Kathmandu helps many families and children (about 300 people per day)
who do not have reliable access to food during winter.
Medical help is also provided.

With the flood disaster of this year, providing daily food will be urgent like never before.

For more information about ROKPA go to info@rokpa.org

Fundraiser organised by Margrit Rickenbach - 0457159473



ROKPA

ROKPA INTERNATIONAL
Böcklinstrasse 27, 8032 Zurich
Switzerland

N/C

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

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

Call in to Norco and speak with one of our friendly staff.

They will be happy to assist you choose the correct products for your garden.

For the home garden or big acre farming . . .

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

10/11

51 CARBIN STREET
BOWRAVILLE
6564 8648

Plant now for a fresh Christmas Lunch

Growing your own veggies for a Christmas feast adds freshness and flavour to your holiday spread. With a little preparation and timely planting, you can harvest vibrant, homegrown produce just in time for the Christmas festivities.

Assess your garden space

The first step in preparing for your summer veggie garden is to assess your space. Make sure you have enough room, healthy soil and access to water for the crops you plan to grow. Raised garden beds allow you to maximise growth by optimising space and making access easier which is perfect for managing your Christmas Garden.

Prep your soil

The foundation of a healthy veggie garden is rich, nutrient-dense soil. Start by turning over the soil, breaking up any clumps and removing weeds or leftover roots. Adding compost or well-rotted manure provides essential nutrients and can improve drainage, which is especially helpful for summer crops. Covering your garden beds with mulch will also help retain moisture and suppress weeds, two vital factors as temperatures rise.

Plan for sun and water

Sunlight is a critical ingredient for a successful summer garden. Most vegetables need at least six hours of direct sunlight, so choose a sunny location or consider movable containers if sun availability changes during the day. To combat the summer heat, a good watering routine is essential.

Protect against heat

You can keep your summer garden productive using shade cloth or by planting taller plants nearby to shield sensitive crops and help regulate temperature, making it easier to grow vegetables in the summer heat.

Watch for pests

Hot weather can bring pests that target summer vegetables. Use organic deterrents, such as companion plants like marigolds or a sprinkle of diatomaceous earth, to protect your crops from pests naturally. Inspecting leaves for signs of insects can help catch issues early.

Harvesting tips

Knowing when to pick each vegetable will ensure the best flavour and texture. For root vegetables like carrots and beetroots, look for visible roots emerging above the soil as a sign of maturity. Tomatoes should be bright in colour and zucchinis are best harvested when about 15-20 cm long for optimal flavour.

- vegepod.com.au/blogs/news/what-to-plant-now-for-a-fresh-christmas-lunch



PEST CONTROL

Richard (Dick) Hicks

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6564 7486

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8/11

AUSTRALIA POST

Bringing banking to your Community.

Bank in-store today.

Australia Post provides the following services
- withdrawals
- deposits
- balance enquiries.

These services are available at Bowraville Post Office with more than 70 banks and financial institutions.

6/11

Bank@Post is an agency service provided by Australia Post on behalf of over 70 financial institutions. Bank@Post is available at participating Post Offices. Services available are cash withdrawals, deposits and balance enquiries.

Veg up the spaghetti bolognese



A staple in many households, your weekly spaghetti bolognese can be given a health boost by using less meat and more legumes (such as red kidney beans or lentils) and veggies (such as carrot, zucchini and celery).

Lean minced beef, chicken and turkey can also be alternated each week. Remember that using wholemeal pasta will up the fibre content. Don't forget to add herbs such as dried or fresh oregano and rosemary. Herbs can improve flavour as well as having their own health benefits.

Switch to yoghurt

Natural yoghurt with probiotics can be great for your digestive health.

To enjoy the full health benefits of yoghurt, it is recommended that we avoid flavoured, fruit, vanilla or lite yoghurts, all of which can be high in sugar, and opt instead for full-fat natural yoghurt, to which you can add your own fruit for extra sweetness. According to Harvard School of Public Health, references to yogurt and health date back to 6000 BC, as seen in Indian Ayurvedic medicinal texts. The live bacterial content in yoghurt, which is also present in other fermented foods like kefir, kimchi, and sauerkraut, has been found to have a beneficial action that aids conditions including obesity, type 2 diabetes, irritable bowel syndrome, and chronic inflammatory diseases such as Crohn's disease, ulcerative colitis, and rheumatoid arthritis.

- *www.mindfood.com/article/spring-clean-your-diet-with-these-healthy-food-swaps/*

Bowraville Tyre & Auto

60 High Street, Bowraville

6564-7789

and BATTERIES

ALL MECHANICAL REPAIRS
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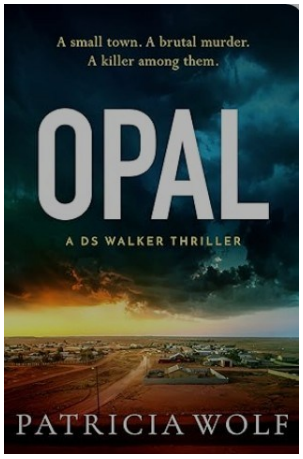


8/11

Agent for Penrite Quality Oils

Opal

By Patricia Wolf



DS Lucas Walker is off duty. He's supposed to be showing his little sister **Grace** the Australian outback, on her visit from Boston, but instead they're headed out bush where Walker's cousin, Blair, has been mining for boulder opal.

Something seemed off when Walker heard that Blair wanted to get out of Kanpara, so he and Grace are en route to bring him home to Caloodie. But Kanpara is in Channel Country, and a major flood is on the way.

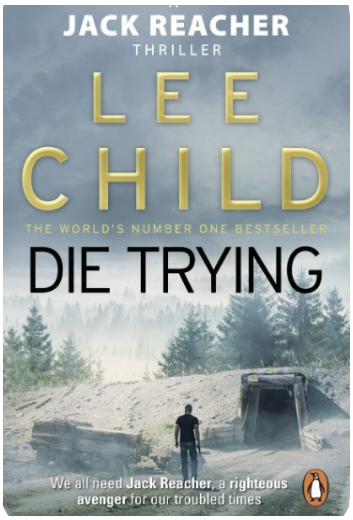
The atmosphere in the isolated mining town is already tense with rumours of a big opal find, and when Walker, Grace and Blair wake up the next day they find themselves completely cut off. A deluge far north has run off into the rivers that make up this unique ecosystem, and the roads will be impassable for days. As they take in their predicament, Blair receives a shocking phone call. Two bodies have been found, brutally murdered.

When Blair is taken in for questioning, the stakes couldn't be higher. Before the water recedes, he must work with local police to uncover the killer in their midst. Can Walker act fast enough to save his cousin, and keep Grace safe?

- www.goodreads.com

Die Trying

By Lee Child



In a Chicago suburb, a dentist is met in his office parking lot by three men and ordered into the trunk of his Lexus.

On a downtown sidewalk, Jack Reacher and an unknown woman are abducted in broad daylight by two men - practiced and confident - who stop them at gunpoint and hustle them into the same sedan. Then Reacher and the woman are switched into a second vehicle and hauled away, leaving the dentist bound and gagged inside his car with the woman's possessions, two gallons of gasoline and a burning match.

The FBI is desperate to rescue the woman, a Special Agent from the Chicago office, because the FBI always takes care of its own, and because this woman is not just another agent.

Reacher and the woman join forces, against seemingly hopeless odds, to outwit their captors and escape. But the FBI thinks Jack is one of the kidnappers, and when they close in, the Bureau snipers will be shooting to kill.

- www.goodreads.com

BOOK NOOK NOTICE

We are extremely grateful for book donations but we do not accept old or worn books, text books or old non-fiction books as we have limited display shelving and even more limited storage space.

Bowraville Chamber of Commerce & Industry Inc
c/- 39 High Street BOWRAVILLE NSW 2449
Email: bchamber769@gmail.com

OUR COMMITTMENT
To promote, encourage, support and assist in any matter or manner actions that will assist in the growth and development of the economy of Bowraville.

ANNUAL GENERAL MEETING
5 NOVEMBER at 5pm at the Bowra Hotel.

All locals are invited to attend but only current members may vote - membership forms are available from bchamber769@gmail.com and may be accepted at the venue.

Christmas will be back with us in late December so the Chamber is looking to once again decorate the town centre with festive lighting. We still have most of the solar lights that were used last year and so are seeking volunteers to help with putting them up again in late November and taking them back down at the end of summer. If you would like to be involved please email us on bchamber769@gmail.com

We would also like for each shopfront in town to decorate their premises to make the whole of High Street radiant.

The next meeting of the Chamber will be at 5.30pm on Thursday 5 November at the Bowra Hotel following on from the AGM.

Historic
St James Anglican Church
High St. Bowraville



10am Service every Sunday

Rector: Peter Shayler-Webb 0439 770 487

Email: admin@nambuccaanglicans.com.au

Office: 02 6568 9029

Baptisms, weddings and funerals.

10/11

Blokes' Breaky
1st Saturday of the month
Ring Jeff to book on **0428 578 394**

Cuppa and Chat
3rd Saturday of the month
Everyone welcome. 10am - Free

St Jimmy's Kitchen
3rd Thursday of Month at 5.30pm

St Jimmy's Food Hub
Fridays from 9am to11am 10/11
Must hold a current Centrelink card.
For more info call 6568-9029
ST. JAMES CHURCH HALL

Would you like to volunteer or, maybe you are required to volunteer

Whichever, here at the Bowraville Technology Centre we're always looking for more volunteers to join the dedicated crew we have on board already.

Improve your computer skills and assist others at the same time.

Call Karin on Wednesdays or Fridays for more information.

6564 7420

New editor for BCNews

The position is a voluntary one, taking up about two days a week and involves the sourcing of articles suitable for our Bowraville readership then positioning those articles in the BCNews template along with advertising content.

If you are looking for something interesting to do a couple of days a week and are willing to learn new skills the BCNews might be for you.

Call Karin on 6564-7420 on a Wednesday or Friday for more information.

Bernard Laverty Funerals

24 hours 6568 1555

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Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Spring 2026

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	Cinemascape + All the Best + Overdrive + Wellbeing	Continental Drift	Aussie Grown Across the Nation	Tones of Clairessense	The Fourth Estate + The Documentary	Jump Children	Sunday Morning Soul Sound	6 AM
7 AM		Real World Gardener + The Assignment	A Country Tea Time With DJ Tina		Life in the Valley	Urban Meltdown	Clairessense	7 AM
8 AM	In a Funktional World	From Then To Now		Claire Watt	Beverly Gibbs	The Bohemian Beat		8 AM
9 AM	Classic Hits & Jukebox	With Paul Burns	Smoko with Gazza	Healing Frequencies	Talk Of The Town	Local News of the Area	Scoob's Smorgasbord	9 AM
10 AM	With Paul Rowe	Bach to Beethoven	Gary Biden	Amutha Kan	Ceri Wrobel	Maidensong	With Scoobs	10 AM
11 AM	Baby Boomers	Infopinion	Mystical Music & Musings	Turning Pages	Christian News & Views	Noisy Neighbours	The Folk Show	11 AM
Noon	Donna Collins	Richard & Eddie	With Luise	Jake & the Fatman	Global Village	Trenck de Groot	Top of the Pops	Noon
1 Pm	Flashback	Mixed Grill	Hot, Sweet & Jazzy	Sista Selecta	The Local Source	Garage Noise	The Phantom Dancer	1 Pm
2 PM	Rob Davidson	Macca	A Breath of Fresh Air	Hit Singles From Your Past	Robertson's Rollercoaster	Sean Ambrose	That's A Wrap	2 PM
3 PM	Drive Time	Rock On	DJ Casey	Macca	With Tom	Let the Bands Play	Donna, Nigel, Gary & Les	3 PM
4 PM	With Heidi	Sister Act	The Sixties in Australia	Thursday Country	MHS Radio	The Chill		4 PM
5 PM	Elle's Music Show	Aussie Music Weekly	The Curious World of Lisa Z	WithTrickivic	33 Blues	Music with a Message	Praise, Prayer & Pop	5 PM
6 PM	With Elle	Aussie Trove	New Australian Sounds	Music to Snuggle Up With	With Lizzie	Geoff Stone	Michelle	6 PM
7 PM	Tikki Lounge Remix	On the Flipside	Phill Veness	Jenny Adams	Meet Me @ The Movies	Saturday Date	The AntiSF Radio Show	7 PM
8 PM	Seth Jordan	With CJ	Ant's Rock	Tim Unsupervised	Fish's Favourites	With Stu	With Nuke	8 PM
9 PM	Music Makers	Space Nuts + Lost in Science, + Zed Games, + Diffusion	Anthony Garnsey	Tim Hood	Dave P	Wolfy	Prog Rock Playlist	9 PM
10 PM	With Yen				Chimes	With Wolfy	Rhino	10 PM
11 PM		Local News of the Area	Ant's Rock	Local News of the Area	Off the Record	Music Mix		11 PM
Midnight	Music Mix	Music Mix	Overnight	Music Mix	Music Mix		Music Mix	Midnight

News weekdays 6, 7, 8, 9am, noon & 6pm, weekends 6, 7, 8 & 9am The Best Little Station in the Nation Studio & Office: 02 6564 7777 <admin@2nvr.org.au >