

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

AUGUST 2026 ~ ISSUE #253~ FREE ~ CIRCULATION 350 ~ POSTCODE 2449

**Landcare
Week**
3-9 AUG 2026



**Experience
*Landcare***
Caring for our land
and waterways



Experience *Landcare*

Landcare Week is an annual campaign to acknowledge the Australians who are actively restoring, enhancing and protecting the natural environment in their community.

The campaign is an opportunity to create awareness of Landcare and for us all to promote the environmental, community and wellbeing benefits of getting your hands dirty to create healthier landscapes and waterways.

Landcare Week acknowledges individuals, groups and organisations across Australia involved in Landcare activities. This includes people involved in conservation land management, sustainable agriculture, cultural land management, and the next generation of Landcare leaders. It also acknowledges the thousands of volunteers and farmers who take action to care for the environment in their local community throughout the year.

Australians are taking everyday steps to care for the environment at work, home and in their communities.

You can 'Experience *Landcare*' locally - check out and join in local Landcare Week events on page 19.

- landcareaustralia.org.au

Pat Conaghan visits BTC - see Page 7 ➔

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

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

BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 300 COPIES

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

2025 ADVERTISING CHARGES:

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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 SEPTEMBER 2026

ISSUE IS: 4:00PM

TUESDAY, 18th AUGUST 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

DISCLAIMER

Bowraville Community News reserves the right to alter, omit or change classifications and advertisements —Furthermore, the Bowraville Community News does not endorse or promote products or services contained in the newsletter.

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.

The Lions Plaza Community Market

Sunday - August 2nd from 8:00 am - 1:00 pm

Lions volunteers, stallholders, MMM Aunty's Coffee and the Lions BBQ Van are ready to welcome you.

- - - - -

Bowraville Chamber of Commerce

Next meeting - **5pm, Tuesday, 4th August** at the Bowra Hotel.

- - - - -

Radio Nambucca 2NVR - Studio 3 Live

21st August 2026.

Come along to 2NVR at 834 Rodeo Drive Tewinga for the show it's from 6 to 8pm. Ceri Wroble hosts Studio 3 Live every 3rd Friday.

- - - - -



WHAT'S FEATURING in AUGUST at the

BOWRAVILLE THEATRE

www.bowravilletheatre.com.au

Following the ten-year retrospective staged in March this year, the Wyz Wimmin & Friends Theatre Company will be on stage at

**Bowraville Theatre on Saturday 22nd August
at 7.00 pm for one performance only
of its all-new production "SHE".**



Described as an exciting mix of contemporary social commentary and innovative theatre it is a mix of monologues, a one-act play, and a group of monologues that come together as a play in three scenes.

The Artistic Director is Frederick Millard and the Producer is Carrolline Rhodes. They said, 'This production will be regarded as the WW&F's coming of age. It's a mix of dark comedy, drama and the signature monologues the Company has pioneered. We have new playwrights adding to what is an exciting mix and we are welcoming three new directors in this production, which is very exciting.'

The program has adult themes that are sure to trigger on-going conversations and tickets are \$30 (plus a small booking fee). Go to the 'Ticketing' page on the WW&F's website: wyzwimmin.org.au

Everything you need to know about the production is on this site, but if you would like information from a human, give Carrolline a call 0458 462 751.

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.



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 . . .***

The Bowraville Community News is looking for a new editor.

The position is a voluntary one, taking up about two days a week and involves the sourcing of articles suitable for our Bowraville readership. Some material is provided by volunteers who write local stories of interest for the BCNews while other articles relevant to our readership are sourced from the internet. The editor then positions those articles in the BCNews template along with advertising content.

Though not difficult work it does require dedication and dependability as the BCNews comes out each month (except January) and stories and adverts are often date sensitive. Once printed by volunteers at the Tech Centre, it is then distributed in the town by other volunteers.

This is a creative position and within reason you will have a free hand with content.

Later this year the program which has been used to produce the BCNews for the last 23 years is being discontinued and our current editor, who has been doing the BCNews for 13 years, has decided that will be the perfect time for someone new to take over.

The new editor may already be familiar with the program to be used (we are experimenting with Adobe Express) or they will be open to accepting the challenge of learning a new program, beginning a new project and joining a friendly team of volunteers at the Bowraville Technology Centre.

So, if you are looking for something interesting to do on a couple of days a week and are willing to learn new skills the BCNews might be just the thing for you. If you think it might be, call Karin on 6564-7420 on a Wednesday or Friday for more information and to arrange an interview.

Our current editor will continue to produce the BCNews till the right person is found, so there is plenty of time to become familiar with the production.

Contact Karin on 6564-7420 (Wednesdays or Fridays).



TECHNO LESSONS OPEN TO EVERYONE

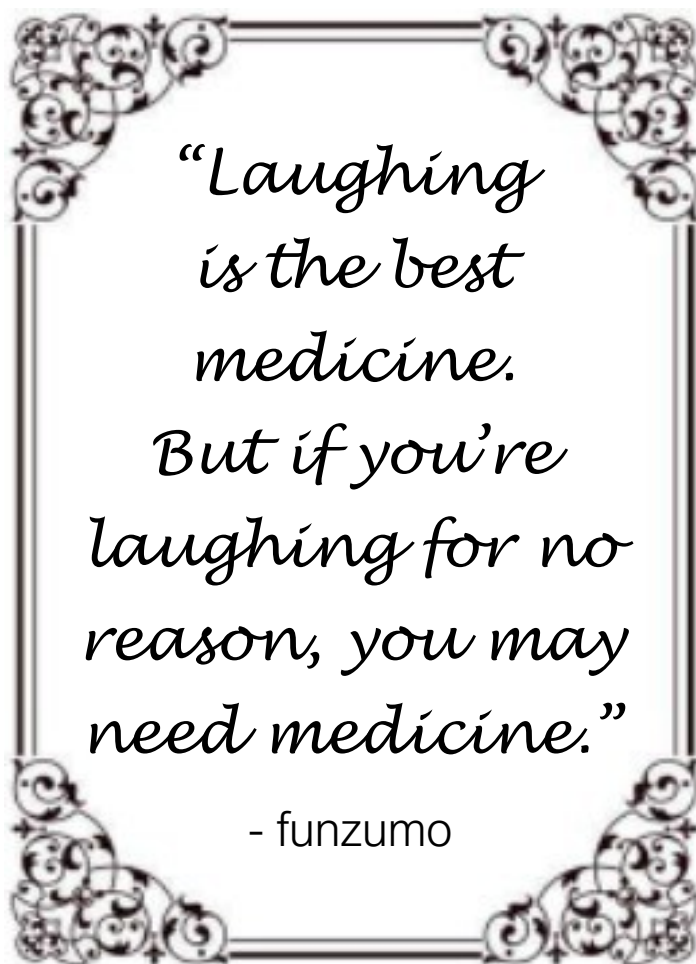
The **Technology Centre** is open to **anyone** who would like to learn more about technology – computers/internet, mobile phones, emailing, social media, using digital photography with computers, assistance with using your home computer, ipads, tablets, etc.

Absolute beginners are most welcome!



**Counter Assistance
is available
for small fixes**

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



***Would you like to volunteer or
maybe you're 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.

You can improve your computer skills and assist others at the same time.

Call Karin on 6564 7420
for more information.

For your convenience,
when paying at the
Bowra Technology Centre,
we now have

eftpos

Federal MP Pat Conaghan welcomed to the BTC and asked to “keep Bowra on his radar”.

On Wednesday 8th July the Bowraville Technology Centre (BTC) was very pleased to welcome a visit from our local Federal MP – Pat Conaghan. This is part of an effort by the BTC to raise the awareness of the centre with all levels of government and to emphasise the variety of social and business services the centre provides to the community.

Pat had never visited the centre previously and was impressed with the quality of the

premises and its equipment and commented that the main office was better than his local electoral office!

The BTC Secretary/Treasurer, Colin Kemp, welcomed Pat and presented him with a special 3D printed desktop plaque entitled “Welcome to Bowradise”.



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BOWRAVILLE GIFT SHOP



LOCATED AT BOWRAVILLE POST OFFICE
27 HIGH STREET BOWRAVILLE

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

5/11

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



2/11

Tech tips and tricks

We all love a good life hack, whether it's a tip that can save you time or money or discovering something new that can help make your life a little easier. Here are some tech tips you might find useful.

Saving money

Make use of trusted websites and apps that let you compare prices for the best possible deal.

Save on petrol. Use fuel price websites and apps to compare petrol prices near you to find the cheapest fuel. Popular options include PetrolSpy Australia and Fuel Map Australia. Each state and territory government also has its own fuel app, eg NSW's FuelCheck.

Get the best energy and health insurance deals. Use the free government comparison sites to get the best deal on energy and health insurance plans.

Commercial comparison sites offer to find you the best deal, however they don't always show all the available options. Some of these sites are owned by companies that sell insurance and they may receive commission from the products they recommend. So, use government comparison sites like energymadeeasy.gov.au and privatehealth.gov.au to get the best deals. It always pays to shop around and check competitor prices, especially at renewal time.

Using your smartphone

Your smartphone is a clever device that can do more than just make calls.

Use the screen reader function to read out what's on your phone's screen. VoiceOver for iPhones and TalkBack for Android phones are designed to help blind and low vision users navigate their phone. You can turn on VoiceOver or TalkBack in your phone's Settings > Accessibility menu. There you should find a tutorial showing you how it all works.

Scan important documents with your phone. Use a scan app to scan important documents, receipts or signed contracts. You'll get a clean and clear result that you can save to your phone, the cloud, or share via email. Most Android phones have a built-in scanning capability in the camera app but if it's not available, Adobe Scan is a popular scanning app you can download on Android phones and iPhones.

Find out where to watch a movie or TV show with JustWatch. Enter the name of the show you are looking for in the search function and JustWatch will tell you which streaming service(s) in Australia it's available on across a range of platforms including, Netflix, SBS On Demand and ABC iview. Visit justwatch.com or download the app from your phone's official app store.



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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

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

~ Groups by appointment ~

11/11

BOWRA HOTEL

OPEN 10AM - MIDNIGHT

BISTRO

5/11

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

FREE POOL Everyday

5/11

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

1/11

Ways to make the most of your GP check-up

It can be hard enough just getting an appointment with your GP, so it's important to make the most of it once you're in the door.

Here are some simple but effective tips to maximise every valuable minute you spend in the doctor's office.

Find a regular GP

The relationship you have with your GP is important, and visiting the same doctor for a long period is generally a good sign that things are working well.

Having a regular GP also means that they know you and your medical history, so they can make faster assessments about what might best work based on you and your lifestyle.

On the flipside, when you bounce from GP to GP, you'll likely find that a good amount of their time is spent on getting to know you and your health history, before they can get to what prompted you to come in in the first place.

It's worth investing time to find a GP who you trust, can open up to and feel comfortable getting physical examinations from.

Book enough time

This is a simple one, but also a common mistake. Time is precious, especially if it's condensed into 15-minute blocks. So, if you have multiple health concerns, or you're wanting a physical or mental health check-up, make sure you book in a longer appointment.

If you're unsure about how long you might need with your GP, talk to their receptionist about your health needs when you're making the booking. They can let you know whether a longer appointment is needed.

Come in prepared

Have you ever left a doctor's appointment only to realise that you'd forgotten to ask an important question or discuss another health concern?

It pays to come in prepared with a list of symptoms or concerns you want to go over during your appointment. It might help to list these in order of priority, so you can talk about the most pressing issues first.

Make sure you provide detailed information about your symptoms, including when they started, how they have progressed and what factors, if any, make them better or worse.

It can also help to list down your allergies and current medications, including vitamins and supplements.



Continued on Page 18

Pat then viewed the BTC's 3D printer and commented that he might take the plaque back to Canberra and put it in his office in Parliament House. So, a little reminder of Bowraville might come to exist in the halls of power in the nation's capital!

The history of the centre was discussed including the initial source funding from the sale of Telstra in the early 2000s, the evolution of the centre over the years as communication technologies have evolved from dial up to NBN fibre in the town and the evolution of devices such as phones and computers. Pat agreed that even though the use of mobile phones has become commonplace there are many in our community who need help in some of the even basic uses of the devices and many more struggle with spam and malfunctioning equipment. He appreciated the effort the BTC makes assisting the general community in these issues.

Pat and Colin discussed several issues including support of the centre's Services Australia Agency, the desirability of expanding the ability of pensioners to earn a lot more than they currently can and still retain a full pension - Pat did mention that his party does fully support this idea - the difficulty of getting volunteers in a small community, the possibility of local not for profit organisations working together to share resources and facilities and how the government might assist in bringing those organisations together.

Pat mentioned the upcoming community grants and urged the Technology Centre and other local organisations to apply to refresh their services.

It was good to have Pat take the time to visit the BTC and see what it does to assist the community. We hope he drops by on his frequent mobile office visits to Bowra to keep in touch.

His final question was "What is it you ask of me?". Our reply was – keep us on your radar for anything that might help the BTC and the whole Bowraville Community.

We also extended an invitation to him to come to the 2026 Back To Bowra celebration on 14th November 2026 and a possible ride down the hill in the Billycart races.

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.

Tech tips and tricks

Online safety

Practising good online safety habits can help you safeguard your personal information. Here are a few tools to make things a little easier and safer.

Check if your email address has been in a data breach. To check if your email address has been compromised in a data breach use *haveibeenpwned.com*

Get yourself a password manager to save having to remember numerous strong passwords. With a password manager, you only need to memorise one password to access the service.

Test the strength of your password. The ID Support NSW website not only helps NSW residents restore stolen or misused ID documents, it also offers free resources for all Australians, including this [password checker](#). The checker is anonymous, so they don't track or store your passwords so they can't be linked to any usernames, accounts or websites.

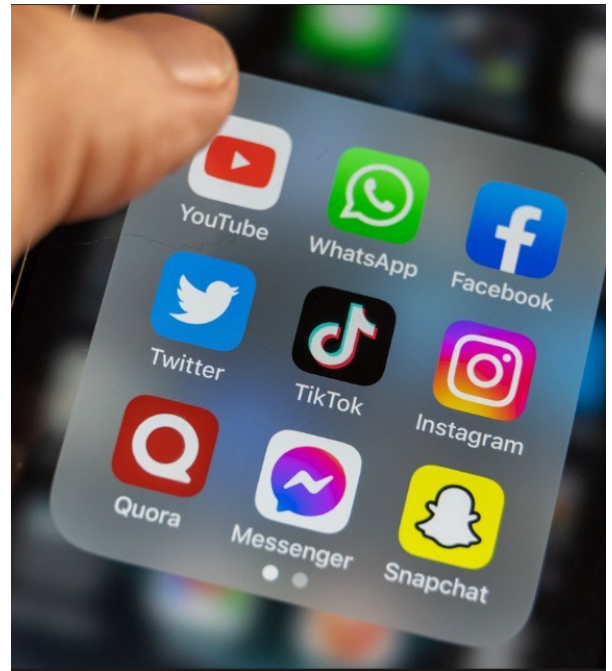
Using email

We've all been there – sending an email to the wrong person or forgetting to attach a document. Now there's a way to get your emails back and boost your security too.

Undo send feature in Gmail. If you've sent an email accidentally to the wrong person and realised just after you'd sent it, there's a way to get it back if you act fast. The 'Undo send' button appears for five seconds after you send an email, usually in the bottom left corner of the screen. To give yourself more time, you can adjust the time in Gmail on your desktop. Go to Settings (the cog symbol in top right) > See all settings > Undo Send > Select send cancellation period: 10, 20, or 30 seconds.

Write your email first then add your recipient last. It's another way to stop you from accidentally sending an email to the wrong person.

Set up multiple email addresses. Use one for logging into important online accounts such as banking and government services, while another email address could be used for online shopping and newsletter subscriptions. That way you reduce the risk of a data breach impacting all your online accounts when you have the one email address. Most free email service providers let you add multiple email addresses to your account so best to do a search online to find out how.



- beconnected.esafety.gov.au/topic-library/articles-and-tips/tech-tips-and-tricks?

MEMBER FOR OXLEY **Michael Kemp**

Michael Kemp's Oxley Outlook

I recently welcomed Shadow Minister for Police and Counter-terrorism Anthony Roberts to the Nambucca Valley to meet with local police and residents and hear firsthand about the challenges facing our community.

We sat down with around 25 locals who shared their concerns about anti-social behaviour, youth crime, unregistered bikes and the need for a stronger police presence across the valley.

We overwhelmingly heard about the ongoing issues of Macksville Heights and the broader valley. Everyone deserves to feel safe in their own home and neighbourhood. It's simply not acceptable for a small number of repeat offenders to continue disrupting the lives of families.

The Shadow Minister and I also met with the Mid North Coast Police District command to hear directly about the pressures facing our officers. We spoke about the need for more police patrols, better support to retain experienced officers, and continuing targeted operations like Operation Soteria, which has played an important role in tackling youth crime.

Our police do an outstanding job, but they need the right laws to back them. As elected representatives, it's our responsibility to strengthen our justice system and ensure repeat offenders are held accountable.

Thank you for taking the time to read my update. If there's an issue you'd like to discuss, don't hesitate to get in touch with my office.

*- Authorised by Michael Kemp.
Funded using parliamentary entitlements.*



Electorate Office:
72 Elbow Street
West Kempsey NSW 2440

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

Telephone: (02) 6562 6190

2/11

Radio Nambucca 2NVR 105.9 fm and streaming



Hi Folks,

We hope you are enjoying the milder winter and our variety of shows as well.

The next Studio 3 Live is on 21st August which is the 3rd Friday of the month. Sunny Lewé and Matt Collins will be performing at our Tewinga Studios, 834 Rodeo Drive from 6pm to 8pm.

Our last show, the Billie-Jo Porter Band was great fun so please join us or listen in.

If you have a mobile phone you can listen to us at 2nvr.org.au because our station is available live on the internet as well as on 105.9FM radio.

We have a Community Noticeboard available for not-for-profit groups to promote their events. It is played several times a day and really helps get the word out.

The recent Talarm Community Hall event with performer Fanny Lumsden is an example. It was a full hall on the night and well run by the volunteers.

If you would like to promote your group's event please email admin@2nvr.org.au at least 3 weeks before the event.

See you round the beautiful valley.

Warmest wishes,
Luise.

Accidental overdose of medicine

More Australians are dying from accidental overdoses than ever before. Overdosing can be very dangerous, and even life-threatening. But accidental overdoses can be prevented.

Most medicines have some side effects or can increase your chance of harm if you use them incorrectly. If you use medicine correctly, in the right doses (amounts) to treat the right problems, they can be safe and beneficial.

How can accidental overdose happen?

Most medicines are toxic (harmful) if you take too much. The more medicines you take, the higher your chance of harm from them.

You have a higher chance of accidental overdose if:

- * you are taking a combination of different medicines
- * you don't follow the instructions of your doctor or pharmacist
- * you mix medicine with alcohol or other drugs
- * An accidental overdose can also happen if you take a medicine by mistake.



It's always important to read the label, even if you have taken the medicine before.

Taking too much medicine

Some medicines contain the same active ingredient but have different brand names.

Taking more than one medicine with the same active ingredient can cause an overdose. For example, 2 pain relief medicines might have different names, but both contain paracetamol. This means you will receive 2 times the dose.

Strength

Taking medicine that is stronger than you thought can cause an overdose. Medicines with the same brand name may come in different strengths. This means that a tablet in one package may contain a higher dose of medicine than a tablet in a different package. Always read the instructions on a packet so you know how much medicine to take.

Measuring

Using the wrong measuring device for the medicine can also lead to an overdose.

Overdose in children

Your child has a higher chance of accidental overdose if you incorrectly

Continued on Page 24

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

26/11



How do you know if someone is having a stroke? Think... **F.A.S.T.**

Learn the F.A.S.T. signs of STROKE



FACE
drooped?



ARMS
can't be raised?



SPEECH
slurred or confused?



TIME
is critical! Call 000.

If you see any of these signs
Act FAST call 000 (triple zero)



The Stroke Foundation recommends the F.A.S.T. test as an easy way to remember the most common signs of stroke. Using the F.A.S.T. test involves asking these simple questions:

- **FACE** Check their face. Has their mouth drooped?
- **ARMS** Can they lift both arms?
- **SPEECH** Is their speech slurred? Do they understand you?
- **TIME** Is critical. If you see any of these signs call 000 straight away.

Think **F.A.S.T.**, act **FAST**

A stroke is always a medical emergency. The longer a stroke remains untreated, the greater the chance of stroke-related brain damage.

Other signs of stroke

Facial weakness, arm weakness and difficulty with speech are the most common symptoms or signs of stroke, but they are not the only signs.

The following signs of stroke may occur alone or in combination:

- Weakness or numbness or paralysis of the face, arm or leg on either or both sides of the body
- Difficulty speaking or understanding
- Dizziness, loss of balance or an unexplained fall
- Loss of vision, sudden blurring or decreased vision in one or both eyes
- Headache, usually severe and abrupt onset or unexplained change in the pattern of headaches
- Difficulty swallowing

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



New Bowraville Public Preschool

As part of the plan to rebuild public education, the NSW Government is investing \$769 million to deliver 100 new public preschools, co-located with public primary schools in NSW, to boost access to public preschool across the state.

This is the largest investment in public preschools in NSW

history, helping more children access a preschool program before starting school.

Work is underway to deliver a new public preschool at Bowraville Central School. The proposed location of the preschool is in the southeast corner of the school site.

The new public preschool will provide a safe and engaging environment for preschool children. It will feature specially designed rooms and a quality outdoor play area.

The construction of the preschool is expected to be completed in time for Day 1 Term 1 2027 to accommodate up to 40 children per day.

Bowraville Public Preschool will offer a high-quality play-based educational program. It will be staffed by qualified educators and teachers in line with national regulations.

- www.schoolinfrastructure.nsw.gov.au



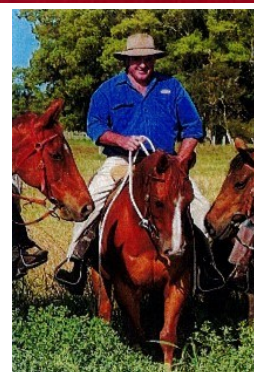
Artist's impression of the interior of a public preschool playroom

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.



9/11

**RURAL
SALES**

NAMBUCCA VALLEY & SURROUNDS
www.ruralsales.com.au



NAMBUCCA PLAZA COMMUNITY MARKET

Featuring . . .

Patti's Pieces and Preserves

Hi, I'm Patti from **Patti's Pieces and Preserves** a little market stall I started 2 years ago.

My journey to getting to where I am started over 20 years ago when our family moved onto a 7,000 acre thoroughbred horse farm in the Upper Hunter Valley.

I was one of many gardeners maintaining not just the farm itself but all houses and outlying buildings.

When not at work, I happily enjoyed my time in my own garden. What we couldn't eat, I preserved.

I started giving away jams and sauces for gifts, until someone told me to sell them. So I did.

My first was my Worcestershire sauce, big hit then and still is now.

Lots of trials in the kitchen, good and bad. Basically, everyone became my taste-testers as well.

I'd always wanted to start a little market stall and though that didn't happen, lockdown did - and that's what started my macramé making.

Plant hangers with plants and hat hangers as well. Over the years I have learnt to make other things and now I sell them as well.

So my journey has only begun, and I hope to branch out more, not just in locally made products but markets as well.

See you at a Market soon.

Mob: 0447397642 email: pattispiecesnpreserves@gmail.com



1st SUNDAY OF THE MONTH 8.00am—1.00pm
Stalls Inside / Outside
Rain or Shine

Enquires:

Email: nambuccaheads@lions201n1.au

Phone: Lion Terri 0459515239

9/11

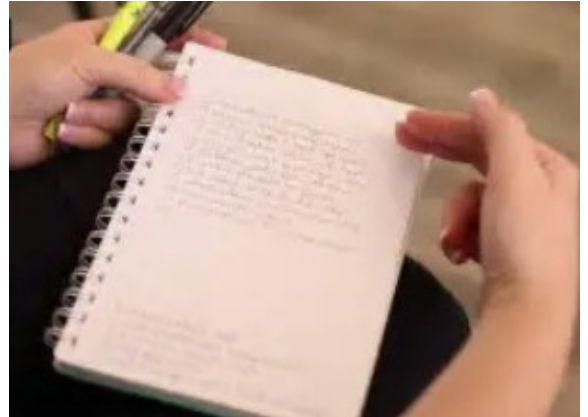
Be honest

It's not always easy to talk openly about things like drinking, smoking, drugs, eating and exercise. But your GP's role isn't to judge you, it's to help treat and improve your health and wellbeing.

It can make your GP's role harder if they don't have a full picture of you. So, don't be afraid to be honest with them and discuss exactly what's going on.

Take notes

There can be a lot to take in when you're speaking to your doctor. So, bringing a notepad and pen to write everything important down can make a huge difference.



It might also be useful to record your doctor's appointment using your smartphone, so you can listen to it later to refresh your memory. This may help you remember important details and instructions. Just make sure you ask your doctor first.

Ask questions

If you're unsure about something your doctor says during a check-up, such as a diagnosis, medication side effect or detail about a test, don't be afraid to ask questions or get them to explain it to you again. Your GP is there to help, and there's no such thing as a stupid question in their office.

Know your family history

Your family medical history can give your doctor important clues about you and your health. So, wherever possible, it helps to find out more about it.

If a family member had cancer, for example, you might ask them or another family member about the age of that person's diagnosis, the type of cancer and treatments they had.

Book follow-up appointments

If you need another appointment, book it in before leaving the clinic. This will ensure a continuity of care and allow your GP to monitor your progress or adjust your treatment plan as needed.

Book in regular health checks

Prevention is better than a cure. So, if it's been a while between GP visits, book yourself in for a general check-up.

GPs often run preventive health checks depending on your age, gender and lifestyle.

During the check-up, your doctor will look at your risk factors for future health problems and may screen you for diseases in their early stages.

Remember, this is your time and health. Taking control and getting the most out of your GP appointment will hopefully reduce the number of visits you need make, boosting the benefit to your health and wellbeing.

- blua.bupa.com.au/ageing-well/health-checks/9-ways-to-make-the-most-of-your-gp-check-up

3rd - 9th August is Landcare Week!

There will be several events occurring in the Nambucca Valley during the week to celebrate.

Wednesday 5th August – Thornbill Open Session – come along to our volunteer bush regen site in Nambucca Heads to get a taste of what is involved in volunteering to help manage a small patch of local bushland.

Friday 7th August – Bowraville Landcare site – volunteers wanted to help bush regeneration along the Nambucca River. This will be a new Landcare group, led by Mujaay Ganma and Gagu Land Services, to help teach us how to take care of our patch of the river.

Saturday 8th August – Landcare Information Session – Come along to Valla Reserve and learn about what it takes to have Landcare in the Nambucca Valley. How much do you know about what we do? How can you support us to keep doing this into the future?

For more information including start times, check our social media pages or email coordinator@nvlandcare.org.au; call or text 0456 372 931.



Bernard Laverty Funerals

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Speak to us about the benefits of Pre Paying



Serving the community for over 60 years

Vale Sam Neill (actor)

Sir Nigel John Dermot "Sam" Neill (14 September 1947 – 13 July 2026) was a New Zealand actor and entrepreneur. His career, which spanned over five decades, included leading roles in both independent films and blockbusters. He was regarded as one of the most versatile actors of his generation.

Born in Northern Ireland to an English mother and a New Zealand father, Neill moved to Christchurch with his family in 1954. He first achieved recognition with his appearance in the film *Sleeping Dogs* (1977), which he followed with leading roles in *My Brilliant Career* (1979) and many others. He came to international prominence as Dr. Alan Grant in *Jurassic Park* (1993), a role he reprised in *Jurassic Park III* (2001) and *Jurassic World Dominion* (2022). He was the recipient of many awards including several Logies.

Outside of film, Neill appeared in numerous television series and presented and narrated several documentaries.

Sam Neill will always have a special place in the hearts of Bowravillians. In 1987 as the movie *The Umbrella Woman* was being filmed in Bowraville, he was often seen around the area. Sam along with fellow actors, Bryan Brown and Rachel Ward mixed with locals and joined in many of the town's activities.

Bowraville township has several leftovers from *The Umbrella Woman* filming days . . . one being the boarding house from the set which is now part of the Folk Museum.

Neill died on 13 July 2026 in Sydney. He was cancer-free at the time of his death.

en.wikipedia.org/wiki/Sam_Neill#



*Sam Neill out front of what is now Bowraville Tyre and Auto in his role as Neville, the womanising barman, in *The Umbrella Woman* (1987).*

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3/11

The Wyz Wimmin & Friends Theatre Company's
ALL NEW production

SHE



Six Short Plays

Artistic Director Frederick Millard

Old Gazette Theatre Dorrigo

Saturday August 8th 7.00 pm /
Sunday August 9th 2.00 pm

Bandbox Theatre Kempsey

Saturday August 15th 7.00 pm /
Sunday August 16th 2.00 pm

Bowraville Theatre

Saturday August 22nd 7.00 pm

Door sales available if not sold out online

'SHE' has contemporary adult themes that include
substance abuse and 'Me Too' content

Tickets
\$30

Purchase online
wyzwimmin.org.au

wyzwimmin@gmail.com | wyzwimmin.org.au | 0458 462 751

Rain Gardens

A rain garden is a shallow, planted depression that collects stormwater from roofs, patios, paths or lawns then allows the water to soak into the ground. Done right, it reduces puddles and erosion, filters pollutants and invites pollinators – while looking like a natural planting bed.



Rain gardens are designed to manage stormwater runoff effectively while enhancing the local environment. They serve multiple purposes, including:

Reducing flooding: By capturing excess rainwater, rain gardens prevent water from pooling in low-lying areas, reducing the risk of localised flooding.

Filtering pollutants: Rain gardens act as natural filtrations systems, removing sediment, nutrients and pollutants from storm water before it reaches waterways.

Recharging groundwater: By allowing water to soak into the soil, rain gardens help replenish groundwater levels which is crucial in drought-prone areas.

Enhancing biodiversity: These gardens provide habitat for native plants, birds and pollinators while adding a visually appealing feature to the home's outdoor space.

Rain gardens are a valuable tool for urban areas in Australia, offering a sustainable solution to manage stormwater runoff and improve the health of urban waterways.

- www.sgaonline.org.au/raingardens/

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

*Fertilisers need to be selected
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Norco Rural carries a large range of
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horticulture and gardening applications
from a wide variety
of well known brands.

7/11



**51 CARBIN
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BOWRAVILLE
6564 8648**

Cutting costs at the BTC

The Bowraville Technology Centre, from this issue on, will be printing and distributing less copies of the Community News as a cost saving measure.

Instead, we are encouraging people to subscribe to the newsletter and receive it via email each month.

The pop-up link will be available when you visit **bowraville.nsw.au**

You can also read the newsletter online at **bowraville.nsw.au/newsletters**.

Readers will be given the option to unsubscribe when they receive the newsletter via email each month.

PEST CONTROL

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25/11



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.

3/11

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.

calculate your child's medicine dose based on their weight. Children can also accidentally overdose if you don't store medicines safely. This means that they can reach the medicine and accidentally swallow it.

How can I reduce my chance of an accidental overdose?

Make sure you understand which medicines you're taking and how to take them.

Always follow any instructions from your doctor or pharmacist. It's important to store medicines correctly and keep medicines out of the reach of children.

Things you can do to reduce your chance of an overdose:

- * Always read the medicine label and consumer medicine information (CMI) leaflet.
- * Find out which medicines can be taken together, and which need to be taken at different times.
- * Keep track of which medicines you've taken, and how much you've taken.
- * Always measure the medicine accurately — take special care when measuring medicine for children.
- * Only take medicine that has been prescribed for you — never take someone else's medicine.
- * Find out if it's safe to drink alcohol with the medicines you are taking.
- * Talk to your pharmacist about managing your medicines safely, or to organise a Home Medicines Review.

- www.healthdirect.gov.au/accidental-overdose-of-medicines



Bowraville Tyre & Auto

60 High Street, Bowraville

6564-7789

and BATTERIES

ALL MECHANICAL REPAIRS

SERVICING

REGO INSPECTIONS

AND

FRIENDLY SERVICE



5/11



Agent for Penrite
Quality Oils

The Heat

By Garry Disher

Wyatt needs a job.

A bank job would be nice, or a security van hold-up. As long as he doesn't have to work with cocky idiots and strung-out meth-heads like the Pepper brothers.

That's the sort of miscalculation that buys you the wrong kind of time.

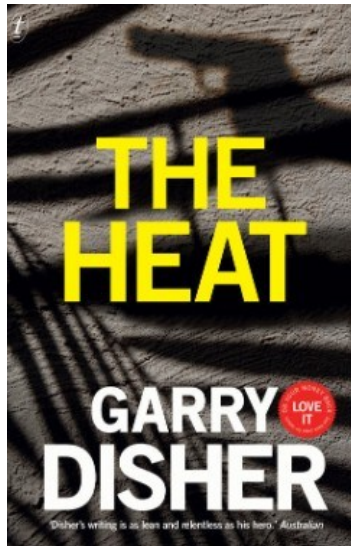
So he contacts a man who in the past put him onto the right kind of heist. And finds himself in Noosa, stealing a painting for Hannah Sten.

He knows how it's done: case the premises, set up escape routes and failsafes, get in and get out with the goods unrecognised. Make a good plan; back it up with another - and be very, very careful.

But who is his client? Who else wants that painting? Sometimes, being very careful is not enough.

Garry Disher has a well-earned reputation as one of Australia's top crime novelists. His style is sparse but evocative, writing richly observed characters and locations, and a tightly paced plot. For the connoisseur of crime, the Wyatt series represents Disher at his stylish best.

- [goodreads.com](https://www.goodreads.com)



Shattered

By Karen Robards

Aspiring attorney Lisa Grant has headed back to the Kentucky farm she called home to care for her ailing mother. She's also taken a research job pulling cold case files for District Attorney Scott Buchanan, a former crush.

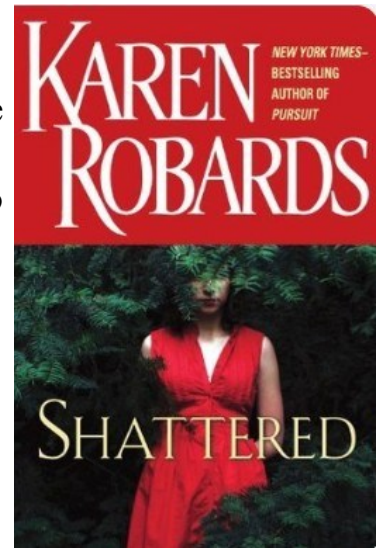
Then Lisa comes across a cold case that freezes her blood.

More than twenty-eight years ago an entire family disappeared. That's not all: The mother in the picture bears an uncanny resemblance to Lisa herself at that age. If this is Lisa's past, then she's been living a lie. If it's a lie, then someone has killed to keep it a secret.

Now, for Lisa and Scott, untangling a web of deception will have terrifying repercussions -- because whoever had reasons for shattering Lisa's past isn't through with it. Or with her.

Karen Robards is a bestselling author of more than fifty books. She has won multiple awards and was recently described as one of the most reliable thriller writers in the world.

- [goodreads.com](https://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.

Winter Clothing Exchange: A Sustainable Success!

Bowraville Central School secondary students gathered for the 6th annual Winter Clothing Exchange, transforming the school into a hub of fashion, fun and community spirit. Students brought in their gently used clothing to swap and browse, searching for unique finds to update their wardrobes.

The event wasn't just about clothes, it also brought a sense of togetherness, with plenty of laughter and smiles. It was wonderful to see so many students participating and enjoying the afternoon.

A big thank you goes out to all the students and teachers who donated clothing, making the swap possible and helping promote sustainable choices.

Special thanks to our dedicated teachers who supervised the event and ensured everything ran smoothly. And let's not forget the enthusiastic helpers who packed up the leftover clothes for donation to our local op shops!

Community events like this one highlight why Bowraville Central is such a fantastic place to learn, connect, grow and thrive.

We're already looking forward to the end of the year summer swap!

By Marcia Bell - bowraville-c.schools.nsw.gov.au



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10am Service every Sunday

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Office: 02 6568 9029

*Baptisms, weddings
and funerals.*

7/11

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 to 11am ^{7/11}

Must hold a current Centrelink card.
For more info call 6568-9029

ST. JAMES CHURCH HALL

The wheel that's a winner for local community groups

The Nambucca Valley Rotary Club hosts a Chocolate Wheel fundraiser each Tuesday evening at the Bowra Sports Hub.

The family-friendly event and fun format have proven to be a hit with Bowra Sports Hub patrons, charity groups, educational or sporting individuals and other not-for-profit organisations.

Half of the total amount raised on the night goes to a pre-determined local community group, charity or individual with the remainder being divided into four cash prizes providing added interest for those taking part.

The Nambucca Valley Rotary Club is interested to hear from local community groups/not-for-profit organisations/educational or sporting individuals who would like to benefit from a future fundraising night.

The Rotary chocolate wheel is a fun and meaningful way for local community members to support each other - it's about locals helping locals.

Interested groups can contact Rotarian Dave Banks on 0418 937 946.

The Nambucca Valley Rotary Club is made up of business, professional, and community-minded individuals who work together to support and improve the region.

In addition to supporting local projects, the club also contributes to International Rotary humanitarian efforts.

New members are always welcome.



SAVE THE DATE ~ SAVE THE DATE ~ SAVE THE DATE

Back to Bowra 2026

14th November 2026

All the usual fun things, and more!

Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Winter 2026								Studio 3 Live — 6-8 PM 3rd Friday each Month		Community Radio Network	
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time			
6 AM	Cinemascope All the Best Overdrive & Wellbeing	Continental Drift With Garry Havrillay	Aussie Crown Across the Nation Aussie Christian grassroots to charts	Tones of Clairessence Claire Watt	The Fourth Estate The Documentary	Rise N Shine Ron Hawkins	Sunday Morning Soul Sound	6 AM			
7 AM		Real World Gardener The Assignment	New Australian Sounds With Phil Veness Exclusively music from the Aussie Music Radio Airplay Project	Get that musical clairessence!	Life in the Valley Beverly Gibbs Interviews, local news & music	Random ravings in a musical mix with: Heavens Above: 6:30 Saltwater People: 7:30 It's Only Words: 8:30	With Clairessence	7 AM			
8 AM	In a Funktional World With Ange Parish	From Then To Now With Paul Burns	Smoko with Gazza With Gary Biden Easy Listening To Rock & Pop	Healing Frequencies With Amultha Kan Your best life in health, travel and fun	Talk Of The Town Ceri Wrobel See what's going down! All things local	Local News of the Area Beverly, Linda, Phil & Celeste	Scoob's Smorgasbord With Scoobs Haunting ballads to electrifying beats with a dash of the unknown!	8 AM			
9 AM	Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll	Dirt Music With Stuart Coupe	Mystical Music & Musings Luise gives us her favourite music and muses on the great mystery of life	Turning Pages Elizabeth Newman	Fine Music Live Aus Fine Music Network	Noisy Neighbours Trenck de Groot	That's A Wrap Donna, Nigel, Gary & Les	9 AM			
10 AM					Global Village With Habib Massad	Garage Noise With Sean Ambrose	Local sports calls and in- depth sporting analysis	10 AM			
11 AM	Baby Boomers Donna Collins	Infopinion With Richard & Eddie Information with opinion, but no alternative facts + eclectic music	Hot, Sweet & Jazzy With Ross Williamson	Sista Selecta's Roots n Reggae	The Local Source All Aussie Music	Let the Bands Play Gordon McKenzie	AND THAT'S A WRAP	11 AM			
Noon	Flashback With Rob Davidson 1960's to 1990's with a weekly featured artist	Mixed Grill With Macca	A Breath of Fresh Air With Sandy Kaye	Hit Singles From Your Past With Macca	Robertson's With Tom Music from up and down and all over the place.	The Chill With Corey Barnett		Noon			
1 Pm	Drive Time With Heidi Driving fabulous music at you in the afternoon, rain or shine	Rock On With Jimmy & the Bluebirds	DJ Casey DJ Casey's selected music	Thursdays Country With Trickivic	MHS Radio From Macksville High	Musical with a Message Geoff Stone	Praise, Prayer & Pop With Michelle	1 Pm			
2 PM					33 Blues With Lizzie Tune in and join Lizzie for a Blues extravaganza			2 PM			
3 PM	Elle's Music Show With Ele Elle's carefully selected music, especially for you	Aussie Music Weekly With Noddy	The Curious World of Lisa Z	Music to Snuggle Up With Jenny Adams Top of the line music that you will love	Fish's Favourites With Dave P Tunes I like to hear	Wolfy Wolfy's music & requests	The AntisF Radio Show With Nuke + Imagine This Radio drama & stories	3 PM			
4 PM					Tim Unsupervised Tim Hood Late night humour, music, interviews and more...	Dark Side of the Moon My Generation The Gary Jackson Show Sounds of the Seventies Overnight entertainment plus	Prog Rock Playlist Rhino	4 PM			
5 PM	Elle's Music Show With Ele Elle's carefully selected music, especially for you	Aussie Music Weekly With Noddy	The Curious World of Lisa Z	Music to Snuggle Up With Jenny Adams Top of the line music that you will love	Fish's Favourites With Dave P Tunes I like to hear	Dark Side of the Moon My Generation The Gary Jackson Show Sounds of the Seventies Overnight entertainment plus	Prog Rock Playlist Rhino	5 PM			
6 PM					Tim Unsupervised Tim Hood Late night humour, music, interviews and more...	Dark Side of the Moon My Generation The Gary Jackson Show Sounds of the Seventies Overnight entertainment plus	Prog Rock Playlist Rhino	6 PM			
7 PM	Tikki Lounge Remix With Seth Jordan	On the Flipside With CJ CJ flips vinyl records, CDs and ideas!	45 RPM From the Pulse Popular music from the sixties, seventies and eighties	Tim Unsupervised Tim Hood Late night humour, music, interviews and more...	Fish's Favourites With Dave P Tunes I like to hear	Dark Side of the Moon My Generation The Gary Jackson Show Sounds of the Seventies Overnight entertainment plus	Prog Rock Playlist Rhino	7 PM			
8 PM					Tim Unsupervised Tim Hood Late night humour, music, interviews and more...	Dark Side of the Moon My Generation The Gary Jackson Show Sounds of the Seventies Overnight entertainment plus	Prog Rock Playlist Rhino	8 PM			
9 PM	Music Makers With Yen Mixed music with featured artists	Space Nuts + Lost in Science, + Zed Games, + Diffusion	Ant's Rock Anthony Gamsey Solid Rock Aussie Focus	Tim Unsupervised Tim Hood Late night humour, music, interviews and more...	Fish's Favourites With Dave P Tunes I like to hear	Dark Side of the Moon My Generation The Gary Jackson Show Sounds of the Seventies Overnight entertainment plus	Prog Rock Playlist Rhino	9 PM			
10 PM					Tim Unsupervised Tim Hood Late night humour, music, interviews and more...	Dark Side of the Moon My Generation The Gary Jackson Show Sounds of the Seventies Overnight entertainment plus	Prog Rock Playlist Rhino	10 PM			
11 PM					Tim Unsupervised Tim Hood Late night humour, music, interviews and more...	Dark Side of the Moon My Generation The Gary Jackson Show Sounds of the Seventies Overnight entertainment plus	Prog Rock Playlist Rhino	11 PM			
Midnight	2NVR Overnight Music Mix	Local News of the Area The Local News Team	Ant's Rock Overnight	Local News of the Area Beverly, Linda, Phil & Celeste	Dark Side of the Moon My Generation The Gary Jackson Show Sounds of the Seventies Overnight entertainment plus	Dark Side of the Moon My Generation The Gary Jackson Show Sounds of the Seventies Overnight entertainment plus	Prog Rock Playlist Rhino	Midnight			
AIR News weekdays 6, 7, 8, 9am, noon & 6pm, weekends 6, 7, 8 & 9am											
Sports Calls Live: 2nvr.org.au/sports-channel											
Studio & Office: 02 6564 7777 <admin@2nvr.org.au>											
The Best Little Station in the Nation											