

BOWRAVILLE COMMUNITY NEWS



The Bowraville Community News is produced by
the Bowraville Technology Centre
and printed by Bowraville Central School



AUGUST 2014 - ISSUE 121

FREE

CIRCULATION 300

POSTCODE 2449

Bowraville-13th September, 2014



**Official Rally Merchandise is now available from
the Bowraville Technology Centre**



Ticket Sales now open

**Buy and print your tickets here at the BTC.
Course maps and program also available.**

Bowraville-13th September, 2014



39 HIGH STREET, BOWRAVILLE TEL: 6564-7420

BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 300 COPIES

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

STANDARD ADVERTISING CHARGES:

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

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90 x 180mm (1/3 page)	\$10 issue/\$100 year
Half page (or 1 column)	\$15 issue/\$150 year
Full page (or back cover)	\$20 issue/\$200 year
BTC develop advertisement	\$5 as required.

DEADLINE for copy for the **SEPTEMBER** issue IS:

5:00PM

19th AUGUST 2014

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

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

BOWRAVILLE TECHNOLOGY CENTRE
39 High Street, Bowraville NSW 2449
Telephone: 6564 7420
Facsimile: 6564 7520
E-mail: admin@bctc.com.au

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.

Bowraville Technology Centre

Open 9.30am to 4.00pm

Weekdays

Internet Services

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

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

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

Facility Hire

Main Computer Room — Up to 6 computers plus trainer's computer or access port for laptop or another PC. Data projector (if required) - connected to trainer's PC. Whiteboard (if required). High speed internet access -8mb ADSL. Full HD TV connected to network.

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

Full day up to 8 hours - \$100.00

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

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

Full day - up to 8 hours \$40.00.

Other costs — As per standard rates for printing - 20c per A4 page black and white, other options available.

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

Bowraville Technology Centre

Now offers access to

Mac as well as PCs

Full Adobe Suite - Photoshop and Dreamweaver on both

Mac and Windows platforms.

We also have Windows 8 - FREE 10 Min. Trial

Bowraville Technology Centre

39 High St, Bowraville Ph. 02 6564 7420

Open 9.30 to 4pm Weekdays

Email: admin@bctc.com.au

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

Bowraville Recreation Club

Our fairways and greens are now a shade of brown after the heavy frosts. Our 3rd and 12th green is living up to its name, 'Slippery'. I did hear of one A Grader having 5 putts.

Bowl Championships are still underway. Golfing members held a successful Open Day in July and women golfers have their turn on Friday 15th August.

Our condolences go to our popular president, Evelyn, on the death of her mother.

Our new caterer is open for lunch Tuesday to Saturday, with dinner Friday night when members meet to socialise and perhaps win the nightly draw. Bingo is not attracting a big enough crowd to make it viable but Moira is giving it another week or so. One lady travels from Urunga so come along locals!

Bowraville UHA

Report on the Annual General Meeting will be on next month's issue but the following information is ready for publication. We have 32 members including café volunteers from around the district but only about 10 regularly attend our 6 meetings per year. These are held at members' homes or local cafes. With local fund raising and profit from the hospital café Bowraville donated \$21,000 towards Macksville Hospital equipment this year, besides providing the café service in partnership with Macksville UHA and a weekly trolley service to patients. Café volunteer gave 2506 hours to the café and with all our UHA activities our volunteer hours totalled 3226. So congratulations to all. If you would like to become a team player in this organisation, which benefits the whole community, contact Isabelle 6564 7179 or Betty 6564 4027. You can become a café worker, service the trolley, come to meetings or just be a friend of the UHA. Membership is \$2 per year. Bowra residents are called on twice a year to sell raffle tickets. Welcome

to Rhonda, Nicola and Gaye who have recently joined the café volunteers.

Bowraville and District Garden Club

We could call ourselves the travelling garden club as yet again July saw us travelling to Bonnie Hills where we viewed the gardens of Bonnie Hill members and fellowshiped with Wauchope members. August will see us in Bowra at the home of our secretary, Barbara, for our meeting at 10am on 9th August where we will also have all our usual competitions, morning tea and admire the garden. But still more.... our guest speaker will provide variety and temptation as she shows us how to print silk scarves and will also have some on sale.

16th August will see some members travelling to Coffs Harbour for the mid north coast zone day. The main point of interest will be the guest speaker, Elizabeth Swayne, but there will be other speakers, plant sales and demonstrations. Gardens of Australia executive are usually present. At the end of the month Bellingen have also planned a friendship day to which we are invited. An early reminder.... September meeting includes our 'Bring and Swap' day.

Bowraville Film Society

Our AGM will be held in August as our president and secretary are retiring. We are hoping for members to take up these positions. Our hard working treasurer is happy to continue. The 2015 program is underway so if there are any films you would like to view now is the time to give us your list. August is the last of our winter double features. See upcoming theatre programs on page 7.

Remember, besides the films, you will meet interesting people from all over the valley and enjoy a snack in between the films.

Uniting Church Op Shop

Over the past couple of weeks our Op Shop, at the far end of George Street, Bowraville has really come alive. We welcome a group of new volunteers who are working hard to revamp the shop.

With the extra help we will be able to open Tuesday, Wednesday and Thursday from 9am to 3pm.

Volunteers are welcome so if you have a few hours to spare just call at the Op Shop and put your name on the roster.

Furniture and all donations are greatly appreciated. If you require furniture to be collected contact Jim Wilson on 6564 7670 or 0416 631 627 or Mavis Ward on 6569 6137

Join the Bowraville Film Society

If you are new to our district the Bowraville Theatre's Film Society is a sub-group of the Bowraville Arts Council (BAC) and for membership of both the BAC and the Film Society you have the option of viewing 15 foreign and art house films for no further cost.

For Film Society screenings see Page 7.

Friends of Grassy Park

BOWRAVILLE PHARMACY

31 HIGH ST BOWRAVILLE

PH: 6564 7925

FAX: 6564 7364

Monday to Friday 8.45am - 5.30pm

Saturday 8.45am - 12 noon

Prescriptions and Professional Advice

Sukin Natural Skincare

Designer Brand make-up range

Pharmacist

KERRIE SAVINS



Weekly Activities

MONDAY

ZUMBA 6 P.M. GRANTS HALL ALL WELCOME
SQUASH 6pm at Recreation Club.
DANCING 4pm at Bowraville Recreation Club
SENIOR CITIZENS 10.30am meeting every third Monday of the month at the Coachhouse Inn.
FREE POKER 5pm at Bowraville Recreation Club

TUESDAY

BUSH LEADLIGHT WORKSHOPS 10am-12noon
Cost 5 per person. Contact Deb Selby 6564-7033
AL-ANON 10.30 am at Catholic Church, Nambucca,
WEEKLY RELAXATION AND MEDITATION
8.30am-9.30am Bowraville Healthcare Centre
CAROOMBA DANCE FITNESS 1.30 Bowraville Recreation Club
FREE POKER 6.30PM registration
BINGO 11am Bowraville Recreation Club
TABLE TENNIS 6pm at Grants Hall

WEDNESDAY

ZUMBA 110.00 a.m. Grants Hall all welcome
BOWLS, Ladies 10am at Bowraville Recreation Club
AL-ANON 7.30pm at Macksville Neighborhood Centre
YOGA 10am at Missabotti Hall
MEAT RAFFLE DRAW 6.30PM pm Bowraville Ex Services Club



THURSDAY

COMMUNITY GARDENS 9am to 1pm Gardening Q&A, swap contact Greg Field 0448869545
PLAYGROUP at Bowraville Central School 10 am—1 pm
Contact Steven Hayes 65648737
WALK-A-BLOCK 9am at the Bank, Ph. 6564 7677.
GOLF Ladies 18 Hole, 9am at Recreation Club
BINGO 11am, FREE POOL 6.00pm to close at Bowraville Ex-Services Club
BOWLS 1pm Men's Social at Bowraville Recreation Club
DARTS 7pm Social at Bowraville Ex Services Club

FRIDAY

POTTERY at Phoenix Pottery Studio, 9.30am -3pm. Contact Judi Belbin on 6568 9105.
RAFFLE & MEMBER DRAW 6.30PM at Bowraville Ex Services Club
NGARRWA HEALTHY FAMILIES GROUP 10am -2.30pm
Contact: Jo Davidson 0419 634 842
FRIDAY RAFFLE and MEMBERS DRAW Bowraville Recreation Club plus Bistro
LIGHTNING PAIRS BOWLS 6pm, November to April Bowraville Recreation Club



SATURDAY

GOLF Men's 9am at Recreation Club
BOWRA COUNTRY MARKETS 8am – Noon Bowraville Community Centre, Call Jim 65647670 2nd and 4th Saturdays every month
BOWLS 1.30pm Mixed Social at Recreation Club.
FREE POKER 2pm Bowraville Recreation Club

SUNDAY

EUCHRE 1st, 3rd, 5th Sunday 10am at Bowraville Ex Services Club
AL-ANON 8 pm Salvation Army Macksville



TECHNO CLUB OPEN TO EVERYONE

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

The **Techno Club**, run by Mark, holds a workshop on Thursdays from 10.30am to 11.30am. The workshop costs \$5 for the hour but students are very welcome to stay on and practice their new skills at our usual low rates.

We are open to your ideas and interests.

Come in and let us know what you want to learn, then enjoy your class in a relaxed setting and surprise yourself and your friends with your newfound Techno confidence.



You can also ring the BTC on

Special offer to community groups

Save on paper and ink!
Email your poster and we will place it on our big screen TV for only \$1.00.
Your poster will remain on the big screen until your event or promotion has finished.

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

Continued from Page 3

Every Friday the Friends of Grassy Park meet at 7am to water and weed the newly planted shrubs that will beautify the park. The more waterers and weeders the merrier. Enquiries to 6564 7908.

C3 Food Hub at Nambucca Heads

Helping you put a meal on your table. Anyone holding a Health Care Card or Pension Card can access this service. From 10am to 12pm a selection of non perishable food products will be on sale as well as other items found on the shopping list. All perishables such as bread, vegies and fruit are free. There is a wide selection from which to choose and this will vary each week. Access Fee: \$10 for 11 items; \$20 for 22 items. Contact 6568-1647.

Gold Coin Donation Class

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

Playgroup at Tallowood Steiner School

Tallowood Playgroup is held every Friday (except in school holidays) from 9am to 11am.

Based on Rudolf Steiner's values including early childhood stages of readiness, parent support and an environmentally sustainable foundation.

Inside play-space is designed for imaginative play without over-stimulation and outdoor play is designed to create group play and encourage appreciation of natural settings. For more information ring the school on (02)6564-7224, speak to Camilla on 0438 868 742 or come along to Tallowood School at 220 Bellingen Road, Bowraville.

Bowraville Playgroup

Located at Bowraville Central School the Bowraville Playgroup meets every Thursday from 10am to 1pm and is open



to all parents and carers with children aged 0 and 5 years.

We engage in fun activities in a safe, family environment. Activities include craft, painting, dancing, bread-making and free play. For more information, contact Stephen Hayes on 6564 8737 or Danielle Ryan on 6564 8619.

**If you have something
HAPPENING IN BOWRA that you want
others to know about, send an email to:
admin@bctc.com.au**

BOWRAVILLE HEALTHCARE CENTRE

Dr Edwina Guard MBChB BSc FRACGP

29a High Street Bowraville

Ph: 6564 7555 Fax: 6564 7505

Email: edwinaguard@yahoo.com.au

Surgery Hours

Mon to Thurs 9am – 6pm

Fri 9am – 4pm

Sat by Appointment

Laverty Pathology

Mon to Fri 9am – 1pm

Psychologists by Appt

Physiotherapy by Appt

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Pilates with Tamara Urquhart

Yoga with Gaye Bushell

Dancing with Carmen Noble



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**Hawaiian Temple Style
Massage for Body, Mind & Spirit**

Full massage: 90mins \$80/2hrs plus \$100
Back only 1hr \$60

Contact Michele Ph: 0429 858 334

2/11

LIONS CLUB

SUPPORTING OUR COMMUNITY



PRESIDENT
Mark Scott
Ph. (02) 6564-7897

SECRETARY
Kerrie Savins
Ph. (02) 6564-7925

Email: bli-
on34@yahoo.com.au

PO Box 23
Bowraville NSW 2449

2/11

Bowraville & District Ex-Services Club
6564-7304



Takeaway available
Lunch - Wednesday to Sunday
from 12noon to 2pm



Dinner - Tuesday to Sunday
from 5.00pm to 8.30pm

6564-8898

HAPPY HOUR Monday & Tuesday 5-6pm

All Schooners \$3.50 Thursday 5-8pm

POOL TABLE \$1 per game



2/11

Bowraville Folk Museum

High Street, Bowraville

Phone/Fax: 6564-8200

MONDAY-FRIDAY 10am-3pm

WEEKENDS 10am-1pm

PUBLIC HOLIDAYS 10am-3pm

email: bowravillefolkmuseum@gmail.com
twitter.com/bowravillefolk

~ Groups by appointment ~

2/11

2NVR 105.9FM Your Community Radio



The crew at 2NVR have been busy creating submissions for the 2014 Voxie awards, these are national awards that recognise Excellence in Community Radio. 2NVR has previously received numerous nominations as finalists in the past 4 years and in that time has actually won 4 Voxie awards, a huge recognition of our efforts, so fingers crossed for this year. One of the submissions is for 'Contribution to Australian Music' for our monthly live show, 'Studio 3 Live'; we were finalists last year in this category.

Our next Studio 3 Live event will be on Friday, August 15, 6-8pm when we will welcome, Scotts Head singer/songwriter, Ali Christopher. Here is some information from Ali: "I started playing guitar and writing songs as a teenager and pretty soon had my first gig...at Emerik's...an Indian restaurant in South Cronulla, Sydney. I would sit in the window playing songs penned by Joni Mitchell, Melanie, James Taylor and Pink Floyd. From there I got a gig at a French restaurant and soon afterwards was approached by three diners to play in their nightclub. I began travelling and literally made my way "singing for my supper." I've played in bands, duos, trios and as a solo artist in Australia and overseas and have found that as I grow older the music inside of me continues to thrive and express itself in new ways. My music has definitely matured, tempered by life's experiences and I think the beauty and hope that weaves its way between the lines of my recent material reflects where I'm at the moment."



Please join us at this free event, BYO and bring a plate of food to share. If you can't be there, then



AUGUST PROGRAMMING at the

BOWRAVILLE THEATRE

Saturday 9th August at 7pm - Come along and hear the great music of the Salvos Country Band live in our beautiful theatre. They have a large repertoire to share with us and set your toes tapping, always entertaining so don't miss it. Tickets are \$10, available at the Box Office and the doors will open at 6pm.

Sunday 10th August at 2pm - The Bowraville Theatre Singers, directed by Lissa Tardianni, will be singing uplifting music at Nambucca Catholic Church. Tickets are \$10 available at the door. Titled "Songs of Joy" the performance is in aid of the good work Father Telesfor is doing in Tanzania. Please support our singers in helping to raise funds for this worthy cause.

Saturday 16th August at 7pm - The theatre will present a 'CONCERT FOR BOB'. All of our dear Bob Lehané's favourite artists giving their services for free and raising money for Macksville Hospital Palliative Care as Bob wished. There is large line up of our local talent; singers, bands, individuals, acts too numerous to mention. This gentleman not only worked sound and light but gave expert direction in every aspect of the theatre from the very beginning and we hope you will join us to make his wishes come true.

Entry is \$10, payable at the Box Office. The Theatre Café will be open and all monies raised will be donated as Bob wished. Doors will open one hour before the show.

Saturday 23rd August - The Film Society will be screening a double feature. The first film, at 5pm, is titled "Accident" (Hong Kong) and is a thriller about a troubled assassin who works by orchestrating accidents. He suspects that an accident that happens to his team is not an accident at all. The second film, starting at approximately 7pm, is called "Performance". It is a drama set in contemporary Manhattan and tells the story of four musicians and a long faithful collaboration. The celebrated string quartet struggles to stay together as they mark their 25th anniversary.

You may join this Film Society group, the first time, for a nominal charge to see if it would suit you. This group of happy people who would be delighted to offer you a cup of tea and friendship. Doors open at 4pm.

Sunday 24th August at 2pm - The Bowraville Theatre Players will present their show, 'CIRCUS SPLENDIFEROUS', a very outrageous take-off of how life evolves in the circus, sometimes hilarious and sometimes pathos. There are many varied acts; it's a family friendly show with music, bands, dancing and of course, animals. The show is directed by Tammy Truscott and her faithful crew; the artists are mostly local talents and we hope to make you laugh a lot and have you join in the fun. The doors will open one hour before the show with ticket prices \$10 for Adults, Concession \$8, Child \$5.

Thursday 28th August - The Bowraville Hospitality Students will be opening the Theatre Café for tea, coffee, snacks and light lunches between 9.30am - 12.30pm. Come, have a coffee and support them. See you there.

Sunday 31st August at 2pm - In case you missed the previous show, the Bowraville Theatre Players will again be playing "Circus Splendiferous". Same fun show, same acts, same animals, same price and same doors opening time. Lots of laughs and we'd love to see you - again!

- Dorothy Evans, President, Bowraville Theatre Players

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**35 Bowra Street, Bowraville
02 6564 7908 or 0400 828 471**

**marion.syratt@gmail.com
blueskyhealing.wordpress.com**

**First Thursday of every month at
Divine Soul Centre, Nambucca Heads.**

2/11

NA K
Haircare



Clarins
Skincare

Open T uesdays to Fridays

S aturdays by appointment

B eautician A vailable T hursdays from 9.00am

S hellac Polish available

Cnr of Belmore and High S treets, Bowraville.

E stablished Fourteen Years by Kylie Blanch in Bowraville.

Phone: 65647675

E mail: letstalkhair3@bigpond.com

2/11

SCAMS, SWINDLES, RORTS AND RIP-OFFS

Be aware of the scams and take measures to protect yourself.

Internet scams

A lot of internet scams take place without the victim even noticing. You can greatly reduce the chances of being scammed on the internet if you follow some simple precautions.

What to look for

Spam — scammers use the internet to promote fraud through unsolicited or junk emails, known as spam. Even if they only get a handful of replies from the millions of emails they send out, it is still worth their while. Be wary of replying, even just to 'unsubscribe', because that will give a scammer confirmation that they have reached a real email address.

Any email you receive that comes from a sender you do not know, is not specifically addressed to you and promises you some benefit is likely to be spam.

Malicious software - also referred to as malware, spyware, key loggers, trojan horses, or trojans—poses online security threats. Scammers try to install this software on your computer so that they can gain access to files stored on your computer and other personal details and passwords.

Scammers use a wide range of tricks to get their software onto your computer. They may trick you into clicking on a link or pop-up message in a spam email or by getting you to visit a fake website set up solely to infect people's computers.

Online auctions and internet shopping can be a lot of fun and can also help you find good deals. Unfortunately, they also attract scammers.

Scammers will often try to get you to deal outside of online auction sites. They may claim the winner of an auction that you were bidding on has pulled out and offer the item to you. Once you have paid, you will never hear from them again and the auction site will not be able to help you.

Malware is programming or files developed for the purpose of doing harm. Malware includes computer viruses, worms and trojan horses.

Spyware is software installed on a computing device that takes information from it without the consent or knowledge of the user and gives that information to a third party. Spyware is an intelligence-gathering tool — it is used to literally spy on people and collect information about them. People who install spyware may be targeting information such as banking and credit card details or other sensitive commercial or private information.

They may take this information for their own use or give it to another person.

A **trojan horse** contains malicious or harmful coding in apparently harmless programming or data that can take control and do its chosen form of damage, such as ruining the hard disk. A trojan horse may be widely redistributed as part of a computer virus and you may not be aware that it is on your computer.

A **key logger** is software that logs a user's keystrokes as they type to capture private information, passwords or credit card or financial information. Occasionally, key loggers can be physical devices attached to a computer.



PROTECT YOURSELF

REMEMBER If you choose to shop online or participate in online auctions, make sure you know about refund policies and dispute-handling processes and be careful that you are not overcharged. Also, you may want to use an escrow service. This service will hold your payment and only release it to the seller once you have confirmed that you received what you paid for. There is usually a small fee for this service.

CAUTION Never buy from bidders with poor ratings on auction sites and do your best to ensure that you are only making purchases from genuine shopping sites.

THINK Don't reply to spam emails, even to unsubscribe, and do not click on any links or call any telephone number listed in a spam email. Make sure you have current protective software or get advice from a computer specialist.

INVESTIGATE If an email or pop-up offers you a product or service that genuinely interests you and it seems reasonable, be sure that you understand all the terms and conditions and costs involved before making a purchase or providing your details.

ASK YOURSELF By opening this suspect email, will I risk the security of my computer?

Bowraville Chamber of Commerce and Industry Inc

AUGUST 2014

The World Rally Championship



Bowraville September 13th

High Street open all day to traffic
(See local papers for local road closures and times)

Country Markets from 8.00am

Come along and join in the fun of the 2MC live broadcast featuring the morning crew who will give away some great spot prizes donated by local businesses during the show

u Welcome Ceremony - 9am

u WRC Cars with Pit Stop viewing throughout the day

u Lions Club BBQ

u 2NVR live broadcast

u Cafes, Clubs and Hotel open for snacks, meals, coffee and refreshments.

u Official Merchandise on sale at the BTC.

u Internet and printer access for tickets also available at the BTC.

Market stalls available

VW Spectacular visits Bowraville



*Pic-
above*

*tured
are*

*some pictures of the
VW's during their recent visit in Bowraville.*

The GoldWings are coming to Bowraville — Mid Afternoon Saturday 6th September

This is your chance to view these amazing machines in their different forms of bikes, trikes and sidecars and talk to their owners.

Next Chamber Meeting

The next meeting of the Bowraville Chamber of Commerce and Industry Inc. will be held at 5.30pm on Tuesday 26th August 2014.

See chamber web site for more details of venue and also the BTC TV notice board.



LOCAL MARKET CALENDAR	
DAY OF MONTH	LOCATION AND CONTACT DETAILS
2nd&4th Saturday	Bowraville Country Markets 8am-12:30pm, Bowra Community Centre. Contact: 6564 7670
	Macksville Producers Market. Riverbank Park Contact 65683844
	Bellingen Organic Produce Markets, Bellingen Showground. Contact: 6655-8720
1st Saturday	Bi-Monthly in even months - Valla Beach Community Markets. Contact Gary 0411 038 654
	Dorrigo Showground 8am to 1pm. Contacts: 6657-1424, 6657-1424 or 6657-2243
	Kempsey Showground. Contact 0413 335 363
	Coffs Harbour Showground. Contact 0422 057 125
	Glenreagh Country Markets, Recreation Ground. Contact: 6649-2008
2nd Saturday	South West Rocks – Horseshoe Bay. Contact 0427 788 767
	Kempsey Growers Market, Services Club Park. Contact: 6561-5223 or 0407 957 319
	Woolgoolga Beach Trust Markets. Beach Reserve. Contact: 6654-1785
3rd Saturday	Bellingen Markets, Playing Fields. Contact: 6655 2151
4th Saturday	Sawtell Community Markets, First Avenue, Sawtell. Contact: 6653-3179
Every Sunday	Coffs Jetty Market – 6653 6771 and Woolworths Carpark Market. Contact: 6658-3081
	Harbourside Markets, Coffs Harbour. Contact 0407 661 990
Last Sunday	Bi-Monthly in even months - Eungai’s Unkya Reserve, Pacific H’way Eungai. Contact: 6569-7814
1st Sunday	Coffs Harbour Lions Club Car Boot Markets, Jetty Foreshore. Contact 0417 704 588
	Port Macquarie Art Markets Maritime Museum. Contact Necia 0401 526 936
	Hub and Pub Market, Taylors Arm Pub, 9am-1.00pm. Contact: 6564-2040
2nd Sunday	Plaza Market, Pacific Highway Nambucca Heads. Contact: 6568-6221



BOWRA HOTEL

OPEN 10AM - MIDNIGHT

BISTRO

LUNCH and DINNER
Thursday, Friday and Saturday
11:30am - 2:00pm and 6pm - 8pm

LUNCH & DINNER
Sunday
11:30am - 2:00pm and 5.30pm - 8pm

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

33 HIGH STREET, BOWRAVILLE
Ph.6564 7041 Fax. 6564 8471

2/11

You are invited to the launch of the Macksville outdoor exercise site!



**Thursday, 7th August from 3.30pm to 4.30pm
Willis Street, Macksville**

Mayor Rhonda Hoban will cut the ribbon to launch the site.

Demonstration of the use of the equipment, plus free caps, drink bottles, healthy recipe cook books and announcement of the Healthy Living competition winners.

The Nambucca Shire now has 3 outdoor exercise sites . . .

**Macksville Park, Willis Street, Macksville; Bellwood Park, Riverside Drive,
Nambucca Heads and Anderson Park in Kuta Avenue, Valla Beach.**

All the sites are user friendly, safe and provide a good fitness work out for people of any ability and fitness level.



The Macksville site is wheelchair accessible and each site includes instruction and a stretching guide. So, get into it!



Bowra Post & Collectables

27 High Street, Bowraville ♦ Telephone: 6564-7169

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

BANKING FACILITIES – Agents for CBA, NAB, ST George + various Credit Unions (not BCU)
(check with your Bank for charges)

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

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

DRY CLEANING AGENT – Drop off and Pick up

Become a V.I.P Customer - Spend \$30 or more in the Giftware (ex Aust Post stock) and receive a free coffee at

The Mad Hatters Tea Garden

Monday-Friday 9am-5pm ♦ Saturday 9am-3pm ♦ Sunday 10am-2pm

Private bookings until 8pm daily

Telephone: 6564-7631

Gluten free and Dairy Free Food available

Get a Mad Hatters Coffee Card and receive a free coffee after every six coffees purchased.

2/11

Breastfeeding

To encourage the uptake of breastfeeding, World Breastfeeding Week is held every August. This year it is from 1–7 August 2014 and the theme is *'Breastfeeding: A Winning Goal - for Life!'* The theme asserts the importance of increasing and sustaining the protection, promotion and support of breastfeeding.

The rate of breastfeeding is a worldwide issue. On 1 May 2012, UNICEF issued a statement of concern about the major declines in breastfeeding rates across East Asia in relation to deteriorating infant and child health. One of the United Nations Millennium Development Goals (MDG) project goals is to reduce child mortality. It has been reported in 65% of the world's infant population aged one year or less, only 35% are exclusively breastfed between birth and four months of age.

The objectives of World Breastfeeding Week 2014 are:

- To inform people about the MDGs and how they relate to breastfeeding and infant and young child feeding.
- To showcase the progress made so far and the key gaps in breastfeeding and infant and young child feeding.
- To call attention to the importance of stepping up actions to protect, promote and support breastfeeding as a key intervention in the MDGs.
- To stimulate interest among young people of both genders to see the relevance of breastfeeding in today's changing world.

The benefits of breastfeeding are well known. The Australian Breastfeeding Association (<https://www.breastfeeding.asn.au/>) outlines why breastfeeding is important. Breast milk:

- Is designed by nature for human infants
- Is a complete food containing all your baby's nutritional needs for the first 6 months of life
- Satisfies both hunger and thirst; extra water is not needed
- Increases a baby's resistance to infection and disease

For mothers, breast milk:

- Is convenient, cheap and always available
- Is always fresh, clean and safe
- Quickly soothes a fussy, unhappy baby
- Helps the uterus return to its normal size after childbirth
- Reduces the risk of cancer of the breast and ovaries
- Helps create a close and loving bond between mother and baby

Breastfeeding, however, is not always easy. Some women have concerns and issues with breastfeeding, and most women need support to establish and continue breastfeeding.

Your local pharmacy is your health destination and can help by providing advice and counselling on breastfeeding and associated issues.

It is important to tell your doctor and pharmacist that you are breastfeeding when talking with them about any health concerns or medicines. You should also ask a doctor or pharmacist or phone a medicines helpline for advice before using any medicines while breastfeeding.

Medicines and other substances used by a breastfeeding mother may pass through breast milk to the baby. This includes prescription and non-prescription medicines, herbal medicines, alcohol, nicotine, caffeine and illicit drugs. Health authorities advise breastfeeding mothers to avoid social and recreational drugs, limit their use of non-prescription medicines, alcohol and caffeine and stop smoking. Both nicotine and cigarette smoke have serious effects on babies.

Many pharmacies also offer professional baby clinic services with registered midwives, child health nurses and lactation consultants. At these baby clinics you can get lactation advice and breastfeeding support.

You can also ask your pharmacy about hiring electric breast pumps. Many women need to use breast pumps as they establish breastfeeding. These can be expensive to buy so hiring from your local pharmacy can help you to manage these costs.

Your local pharmacy is also the source for all your breastfeeding products including nipple creams, nipple shields, nursing pads and feeding equipment for expressed breast milk.

In addition, your local Self Care pharmacy has the Self Care Fact Card – *Medicines and Breastfeeding* – to help. For the nearest Self Care pharmacy location phone the Pharmaceutical Society of Australia on 1300 369 772, or go to www.psa.org.au: 'Supporting practice' then 'Self Care', and then 'Find a Self Care pharmacy'.



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





Bowraville Lions Club Inc News Bulletin

AUGUST 2014



DISTRICT GOVERNOR PETER WILLIS JONES VISIT TO BOWRAVILLE LIONS

On Tuesday 5th August, District Governor Peter Willis Jones and his wife, Pam will join Bowraville Lions for our monthly dinner meeting. We look forward to good night at the Bowraville Hotel and to hear the DG talk out his theme: Lionism – A Whole New World.

LION GEORGE HILLIER CELEBRATES HIS 95TH BIRTHDAY WITH A LIONS BBQ.

On Saturday, the 19th July, relatives, friends and members of our Lion Club had an enjoyable afternoon at Lion George Hillier's place to celebrate George turning 95 years young! Lion George promises an even bigger party when he turns 100.

LIONS STREET BBQ ON VW DAY

On Thursday 31st July, the Bowraville Lions Club held a BBQ and Cake stall in High St. Thanks to everyone who stopped by to enjoy a sausage sandwich or some of the tempting cakes cooked up by our Lady Lions and friends.

LIONS HEARING DOGS

You can help make a difference to someone's life by helping to support the Lions Hearing Dogs program.



Calendars, mugs and other merchandise can be purchased at the Mad Hatters Café, Bowraville Medical Centre and the Bowraville Pharmacy.

LIONS RECYCLE FOR LIFE

You can help improve sight for poor people throughout the world who are in need of spectacles by bringing in your old glasses to the Bowraville Chemist Shop. The spectacles are sorted and cleaned before being labeled and prepared for dispatch in graded groups. The program distributes the spectacles at no expense or obligation on the recipient.



PLEASE SAVE YOUR USED STAMPS

The Lions Club of Bowraville is collecting and bundling used stamps which are sold at auction. The proceeds are donated to the Lions Children Mobility Foundation that helps fund the famous Harte walker that allows children with Cerebral Palsy to move around.

Please keep your used stamps and drop them off at the Bowraville Post Office.



Australian Lions Children's Mobility Foundation

"Walk with Pride"

Australia, Papua New Guinea, Norfolk Island

LIONS CLUB MEMBERSHIP

There is a level of membership to suit your time and interests.

For example, did you know that as an associate member you can help out at any of the Lions activities that interest you without the need to attend every meeting? Membership fees are surprisingly low and can be paid either yearly or 1/2 yearly.

How do I Join?

Contact the President or the Secretary or ask any Lions Club member for more information and a free invitation to join us for a dinner meeting .

President: Ann Caldwell 0412 248 044

Secretary: Mark Scott 0428 527 545

Gardens, Gardening and Gardeners

Pushing the climate boundaries

Changes in first-flowering times are more than a mere curiosity. A warming climate changes the range of plants that can be grown in an area and affects those already growing.

Early flowering can reduce pollination, affect fruit set and make some plants more susceptible to frost damage. Flowers may also bloom before pollinators are active.

Whether it is in response to climate change or just a desire to push the boundaries of conventional garden wisdom, there are changing attitudes to gardening everywhere. Some traditionally grown plants are being discarded – often in response to changes in rainfall and higher summer temperatures – while others are being planted.

Some gardeners see their backyards as a place to experiment with new varieties or to try to push plants beyond their normal comfort zones by growing bananas, pineapples and coffee plants in climates better suited to apples, pears and plums.

If you've put in some new plants over summer, keep in mind winter is not far away. To give heat-loving plants a chance, make sure they are growing in the warmest part of your garden. Nestled against the warmth of a north-facing brick wall is an ideal location. Also make sure the soil is well drained as cold, wet conditions in winter can be fatal.

Have hessian or old sheets on hand for added protection on cold nights, especially when frosts are

forecast. Grafted warm climate plants (including citrus) benefit from added protection around their graft area. These can be wrapped with cardboard.

August in the garden

On the coast, early blossom trees are coming out. Magnolias are about to bloom and daffodils are popping up.



- The main task this month is to plant, water and feed spring flowering annuals to ensure a spectacular display over the next few months.

- Start preparing the vegetable garden. Dig in well-rotted animal manure, composted organic material and blood and bone. The more time spent preparing the soil, the better the results.

- Eradicate moss from lawns by treating each square metre with 30g of sulphate of iron dissolved in 4.5 litres of water. Rake off dead moss after 10 days. Spiking the lawn with a garden fork for aeration, improved drainage and regular fertilising all help to keep lawns moss-free.

- Earthworms are a sign your soil is fertile. When you add organic matter such as leaves and cow manure to your garden soil you will attract earthworms, the worms will add nutrients from their castings and make aeration tunnels.

What to plant in August . . .

Plant in Garden: Beans, beetroot, carrots, Chinese cabbage, chives, cucumber, kohlrabi, lettuce, parsnips, potato, pumpkin, silverbeet, spring onions, sweet corn, turnips.

Start in Seed Trays: Basil, cabbage, capsicum, celery, eggplant, leeks, tomatoes, zucchini.

Plant out Seedlings: Onions. - from www.gardenate.com



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

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

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

For the home garden or big acre farming . . .

**SEEDS - POTTING MIXES - COMPOST - FERTILISERS
SOIL & WATER CONDITIONERS - MULCHES
ORGANIC GARDENING SUPPLIES**



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

51 CARBIN STREET, BOWRAVILLE - 6564 8648



BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

These reviews are of books currently in our Book Nook.

They move out fast so be quick if one interests you.

The Help by Kathryn Stockett

Be prepared to meet three unforgettable women.

Twenty-two-year-old Skeeter has just returned home after graduating from Ole Miss. She may have a degree but it is 1962, Mississippi and her mother will not be happy till Skeeter has a ring on her finger. Skeeter would normally find solace with her beloved maid Constantine, the woman who raised her, but Constantine has disappeared and no one will tell Skeeter where she has gone.

Aibileen is a black maid, a wise, regal woman raising her seventeenth white child. Something has shifted inside her after the loss of her own son, who died while his bosses looked the other way. She is devoted to the little girl she looks after though she knows both their hearts may be broken.

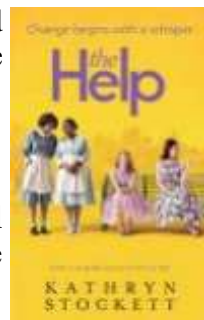
Minnie, Aibileen's best friend, is short, fat and perhaps the sassiest woman in Mississippi. She can cook like nobody's business but she can't mind her tongue so she's lost yet another job. Minny finally finds a position working for someone too new to town to know her reputation. But her new boss has secrets of her own.

Seemingly as different from one another as can be, these women will nonetheless come together for a clandestine project that will put them all at risk. Why? Because within the lines that define their town and their times, they are suffocating. And sometimes lines need to be crossed.

In pitch-perfect voices, Kathryn Stockett creates three extraordinary women whose determination to start a movement of their own forever changes a town and the way women — mothers, daughters, caregivers and friends — view one another. A deeply moving novel filled with poignancy, humor and

hope, *The Help* is a timeless and universal story about the lines we abide by and the ones we don't.

- Review by bookbrowse.com



Skins by Sarah Hay

"Skins" won The Australian/Vogel Literary Award for 2001 and the reader can easily see why.

In 1835 Dorothea Newell is marooned on Middle Island after being shipwrecked off the coast of Western Australia. Amongst the other survivors is her sister Mary and Mary's husband. They seek shelter in a sealer's camp in a desolate, harsh environment. The men, from all over the world, are rough, hard done by, angry and hard for the life of a seal skin trader is not easy. Women are seldom seen in such places at that time and those that are, have no rights and are treated as objects rather than people. As a desperate means of survival, Dorothea is forced into an relationship (more like an alliance than a 'couple' relationship) with the camp's leader — a fierce, dark skinned man named John Anderson.

"Skins" is a compelling story of Dorothea's emotional and physical journey back to civilisation. It is set in a time when life was incredibly hard and the rules were made by the leader, often seen as very cruel and extreme. It feels like a true story. Sarah Hay has done a magical job of portraying the life of a group of people in that situation.

- This book reviewed by BTC Volunteer, Raewyn.

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7 DAYS

Bowraville Harvest Faith Family Church

A Word of Faith Pentecostal Church

Church Services

Friday Evenings - 7.00pm
Sunday Mornings - 9.30am

Prayer Meetings

Friday Evenings - 6.00pm
Sunday Mornings - 9.00am
Tue, Wed, Thurs, Fri - 9.00am to 10.00am

Faith Link Groups

Wednesday Evenings - Mixed at 7.00pm
Thursday Mornings - Ladies at 10.00am
Ladies Coffee Club - meets on the 4th
Saturday of the month at 10.00am
Men's Breakfast Club - meets on the 2nd
Saturday of the month at 7.30am

Book Shop and Office Hours

Before and after Services 1/2 hour
Tuesday - Thursday 9am - 3.00pm
Friday 9am - 5.00pm

Ministry Training School

*Enquiries and applications are invited
for the commencement of the
Ministry Training School for 2015.*

Counselling is available by appointment.
Anyone is welcome to come and get to
know us. As the Pastor of the Church, I would
personally like the opportunity to share the
great and wonderful redeeming love of God
with you. **The Word of God is powerful and
able to help you** in any situation in life as
you come to know it, understand it, and live it.
We are here to help you with all of that. **For
any further enquiries** please feel free to
contact me using the information below.

Pastor: Rev. Tom Fairhall
Address of Church and Office:
48 High Street
Bowraville 2449

Phone: 02 6564-8656
Mob: 0428 682 870
email: bhffc2012@gmail.com



1/11



*Nginyaala garla-ngarraynggi waw guuyunga jurruya
jalumbaw, gilli waw.*

We would like to pay our respect to Elders past and pre-
sent.

"Ngiyaa Nyaaqa mangga darrunda bambuur ngaljam"
MiiMi Information

SERVICES

MONDAY

INTERRELATE Counseling Services

Contact **Interrelate** for an appointment
6659 4150
Everyone is welcome.



WEDNESDAY

BABY HEALTH CLINIC

9.30am to 12.30pm

All Mum's and Bubs Welcome



FAMILY LAW ADVICE

1st and 3rd Wednesday of the Month
10 - 11.30
Bookings Preferred
6651 7899

THURSDAY

LEGAL AID

10am - 12pm
1st and 3rd Thursday of the
month
Bookings Preferred
6651 7899



MiiMi Aboriginal Corporation
90 High Street
Bowraville

Phone 02 6564 8855
Fax 02 6564 8844

Email: admin@miiMi.org.au
Website: miiMi.org.au

Bowraville Theatre

presents

CONCERT FOR BOB

A night of music in honour of Bob Lehane

Featuring local musicians including Nambucca RSL Ukelele, Sue Smoothy, Rosie Sutherland, Julie Kovendy and Keith Pagett, Salvos Band, Lea Gillard and Paul Clement, Nellie and Friends, Mixtup and Loose Cannons.

ENTRY \$10 Proceeds to Macksville Paliative Care

SATURDAY, 16TH AUGUST at 7PM

Doors open 6pm *Bring your dancing shoes.*

GARDEN GALA & MARKETS

SATURDAY, 30TH AUGUST from 8AM

MACKSVILLE SHOWGROUND

The valley's BIGGEST Market Day with a wide variety of stalls . . .

Plants and Seedlings - Fruit trees - Crafts and Woodwork

Cut flowers - Honey - Health & Beauty products

Orchid Society & Poultry Club displays and sales

BBQ - Sandwiches - Hot and Cold Drinks

LUCKY GATE PRIZE FREE ENTRY & PARKING

Enquiries to Marion 6564-8897 or Jan 6569-6284

COME and SEE the GOLDWINGS

when they come to Bowraville.

**SATURDAY, 6TH SEP-
TEMBER, Mid After-
noon.**



View these amazing
machines . . .
Bikes, trikes and

Bowraville-13th September, 2014



Market Stalls available for Rally Day at a special price of only \$10 per stall holder.

*Numbers are strictly limited and preference
will be give to local arts and crafts, produce,
clothing and knick-knacks.*

**Please note:
Stall holders must have their own insurance.**

**Contact Mark @ chamber on 0428 527 545
or leave a message on Tel: 6564 7897**



1/11

**FIREWOOD, CHOPPING BLOCKS,
KINDLING, LANDSCAPE SUPPLIES**

**STONE, DRAINAGE STONE, SAND, BRICKY SAND
CRUSHERDUST, ROAD BASE, MULCH, GARDEN BLEND
DRIVEWAY REPAIRS**

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Mini Tipper**



1 Paulownia Place, Bowraville 2449 Phone Bruce on 0488 138 638

Tallowood Steiner School News

ACADEMIC

BALANCED

CREATIVE



Tallowood Steiner School is now taking enrolments and offering enrolment enquiry interviews for 2015.

Tallowood offers a unique k-6 educational experience which is child centred, child focused, arising out of the developmental needs of children in the primary school years.

Children's educational needs are dynamic and multi-layered and our approach at Tallowood ensures that the education your child receives reflects this.

Through our curriculum and timetable your child will receive a rich and colourful tapestry of multi-sensory learning which honours and respects their diverse needs as learners.

In Kindergarten Class and Year 1 daily activities are:

Baking - Painting - Story & Creative Play - Craft and the Arts

These are fully integrated components of the development of your child's emerging academic learning.

This multi-sensory approach continues right through the primary years and ensures that there are multiple pathways in which your child can achieve school success in a multitude of ways.

At Tallowood you will have the opportunity to be a part of a small school community which offers a crucial alternative to the 'bigger is better' trend of large schools.

For further information or to visit the school and arrange an interview with Principal phone 6564 7224 or 0413833448. Visit our website at www.tallowoodsteiner.nsw.edu.au

Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Winter 2014									
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time	
6 AM	FM in the AM Dave McCrory	Dano's Brecky Show Daniel Gosson & Hal The Robot	Breakfast With The Bishop Karl Bishop	FM in the AM Dave McCrory	Green Eggs On Toast Lawrie Medbury	Rise N Shine Ron Hawkins "Sabbath People" at 7:30 am	Breakfast With The Bishop Karl Bishop	6 AM	
7 AM	A morning music mix to put a spring in your step	High-paced cacophony to get those feet shufflin'!	Not so serious on Wednesday	A morning music mix to put a spring in your step	Markets into travel guide, news, gig guide, movies, local news	Music, news, and views to kick-start your weekend	Not so serious on Sunday	7 AM	
8 AM	Classic Hits & Jukebox Paul Rowe	Global Mosaic Pieter	Our Kind of Music Dallas Dent	Under The Singing Tree Pappa	Talk Of The Town Cen Winbel	Sabor Latino Ed Oregio	Country Highway Dave Wareing	8 AM	
9 AM	Great Rock 'n' Roll 1950s-2010s	A weekly musical trip through the world	Easy Listening	Tones of Claressense Claire Wat-Powell	See what's going down in "Talk of the Town" and all things local	Music From The Latino World Make A Request	Country music classics to latest releases and comedy	9 AM	
10 AM	Baby Boomers Donna Collins	Infopinion Richard Laxton	Jazz Azz I Like It Heather Heywood	Simmo's Country John Simpson	Turning Pages Elizabeth Newman	The Sports Show Dallas and Tridovic	Dano's Mixed Grill Daniel Gosson	10 AM	
11 AM	The Weekley Fix Paul Weekley	The Phoenix Crew Selected music & madness	A mix of jazz with lotta Oz	Rosemary's Allsorts With Rosemary Bateman	Outback Outlaws Paul Rowe	Maggie's Mix Margaret Duffus	A lasty mix of anything and everything to spice up your Sunday arvo	11 AM	
Middy	The Red Bag Patricia Roberts	Rob's Roving Rokkie Handcock	Relaxing, popular music	Thursdays Country at its best	Jellyfish & Jollyfish Sly & Nuke	Soundbite Slavomir Soklan	Jack's Tracks Jack	Middy	
1 PM	Shall We Dance Sue Lloyd	Creative Corner Beverly Gibbs	The Business Kai — modern oz music	Nambucca Valley Roundup Ron & Nash	DJ Juddy Justin Hollis	MT Radio Mitch & Taylor	All the tracks with Jack Tune in!	1 PM	
2 PM	Nambucca Valley Roundup Ron Hawkins	Nambucca Valley Roundup Beverly Gibbs	Nambucca Valley Roundup Cen Winbel	Highway Blues Rebo	Rhino On The Radio 3rd Friday of the month Live artists & studio audience	Elektro-Lite DJ Raymond	Recycled Radio With Retro	2 PM	
3 PM	Reggae Mixtape With Fitzroy	Texas Flood Neil Green	Phillinn With Phil	From Janice Joplin to The Backsliders	Studio 3	Samples, loops & synthesizers all genres	Fantastic retro music	3 PM	
4 PM	Music outside the usual	The best music of all time, all the time	New Australian Blues and Folk/Rock	Jeff's Junk Jeff Mills	Friday Night Rock Show Todd Willis	DJ Raymond's Overnight Party Mix	Scientfiction Old time radio sci-fi, fantasy, and horror, The AntSF Radio Show, Escape Pod, Astronomy Cast, Free-Thought Radio	4 PM	
5 PM	Listen.NOW! Malcolm McDonald Presents AMRAP Aussie music releases and more	Till 11:00pm	Ants Rocks Anthony Gamsey	BBC Overnight	Overnight all 6:30 am	Overnight all 6:30 am	With Nuke	5 PM	
6 PM			Solid Rock					6 PM	
7 PM								7 PM	
8 PM								8 PM	
9 PM								9 PM	
10 PM								10 PM to 6 AM	

2NVR — "Most Outstanding Small Station In Australia" CBA Award Winner, 2011 & 2013.

2NVR — Australia Day Award 2012 for "Service to the Nambucca Valley Community".

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National news and weather is broadcast each weekday at 7am, 8am, 9am, Middy, 6pm, and 7pm
Tewinga studio: 02 6564 7922 email: admin@2nvr.org.au