

# Bowraville Community News



The Bowraville Community News is produced by  
the Bowraville Technology Centre and printed by Bowraville Central School.  
admin@bctc.com.au www.bowraville.nsw.au



MARCH 2017 ~ ISSUE #149

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## Bowraville Community Workshop + Guest Q & A Panel

The Solution Brokerage project team will be visiting Bowraville on the 20<sup>th</sup> March.

Led by the Officer in Charge, Secretary Carolyn McNally and accompanied by government Secretaries and senior government representatives.

**A workshop with the Community Reference Group** and all interested members of the Bowraville community is an opportunity to have your say around ways to improve issues or identify solutions. Senior secretaries are attending these workshops with the aim of listening to your experience and advice around living in Bowraville and to understand the potential solutions to challenges the community may be experiencing. **The workshop will be held in the Bowraville Central School Gymnasium (Hall) from 1-3pm and facilitated by Kerry Grace.**

**Following the workshop, from 3:30-4:30pm will be a Guest Q & A Panel event held at the Bowraville Theatre, facilitated by Dr. Chris Sarra**, a highly respected Indigenous Academic and will involve Secretaries participating in the panel. **This is an opportunity for the community to have a voice in a public forum and a direct line of communication to the most senior representatives of government.** It is an opportunity to seek clarification, understanding and guidance around issues in the Bowraville community and how to understand the government's plan to respond to this.

In September 2016, Bowraville was declared a Solution Brokerage community. This has meant the coordination and response of Secretaries and senior representatives from across government agencies, led by Secretary Carolyn McNally as Officer in Charge. The project aims to build community resilience through coordinating collective and efficient responses across agencies to Bowraville and to rally government to commit

to a long term strategy for developing the capacity of the community.

In November, following a visit from the Officer in Charge to Bowraville a well-attended forum and BBQ was held at Grants Hall. This forum was attended by Senior Government Secretaries who engaged in focus groups with members of the community. These consultations aimed to understand what participants believed are issues in Bowraville and to seek solutions for what they believe will strengthen the community.

Since then, the Solution Brokerage team have been working to coordinate some quick wins to build our trust and for the community to recognise our commitment. These have included securing the reinstatement of and commitment to the FaCS funded ROAD MAP for youth program for young people in Bowraville and working closely with Transport NSW to increase access to community transport services and for students completing school based traineeships to access free transport throughout the Nambucca Valley and to Coffs Harbour.

The panel will hear from the audience and are inviting the community to **submit questions** prior to the event. Due to timing there is the potential that not all questions will be able to be asked during the Q&A panel session. People who are successful will be notified in advance of their question and advised on scheduling.

For further information regarding the upcoming visit from the Officer in Charge, Secretaries and senior government representatives please contact Sam Adlerton-Johnson at [sam.adlerton-johnson@planning.nsw.gov.au](mailto:sam.adlerton-johnson@planning.nsw.gov.au) or on 02) 9373 2831.



# BOWRAVILLE COMMUNITY NEWS

## CIRCULATION = 300 COPIES

Newsletter is also available online at:  
[www.bowraville.nsw.au/bowraville-newsletter](http://www.bowraville.nsw.au/bowraville-newsletter)

## NEW 2016/17 ADVERTISING CHARGES:

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

90 x 90mm (1/6 page)	\$8 issue/\$80 year
90 x 180mm (1/3 page)	\$15 issue/\$150 year
Half page (or 1 column)	\$18 issue/\$180 year
Full page (or back cover)	\$25 issue/\$250 year

## DEADLINE FOR COPY FOR

THE APRIL 2017  
ISSUE IS: 5:00PM  
21st MARCH 2017

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](mailto:admin@bctc.com.au)

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

# ***Bowraville Technology Centre***

**Open 9.30am to 4.00pm Weekdays**

## **Internet Services**

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

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

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

## **Facility Hire**

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

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

Full day up to 8 hours - \$100.00

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

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

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

Full day - up to 8 hours \$40.00.

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

*“Like us on*



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# ***Bowraville Technology Centre***

**39 High St, Bowraville Ph. 02 6564 7420**

**Open 9.30 to 4pm Weekdays**

**Email: [admin@bctc.com.au](mailto:admin@bctc.com.au)**

- Centrelink Access Point
  - Computer Training ■ Internet Access
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  - Music Conversion to CD Format
- Volunteers Welcome*

# NSW SENIOR'S WEEK - "Let's do more Together"

## An invitation to every senior across NSW

There's always room in life for new experiences and they're even better when shared with friends, family and others. If you're over 60, NSW Seniors Festival, attended by up to 500,000 seniors each year, gives you the chance to make new friends or get together with old ones at a variety of local community events.



Now in its 59th year the 10-day festival runs from **Friday 3 March to Sunday 12 March**. And there's something for everyone with many FREE or heavily discounted events from concerts, movies, workshops, classes, expos, outdoor activities and debates. This NSW Seniors Festival we want to inspire you to try new things, socialise, share skills and keep doing the things you enjoy together!

Join with other seniors at the largest festival for seniors in the Southern Hemisphere. To find an event near you visit: [www.nswseniorsfestival.com.au](http://www.nswseniorsfestival.com.au) or the NSW Seniors Festival Facebook page.

So what are you looking forward to doing more of this year? Learning a new skill? Teaching kids to swim? Travelling with friends? Volunteering?

Whatever it is join in the online conversation and tell us because enthusiasm and doing more is infectious. Just go to the Festival website and we'll explain how: [www.nswseniorsfestival.com.au/videos](http://www.nswseniorsfestival.com.au/videos)



*Mark Twain said. . . When I passed the seventieth milestone I instantly realised I had entered a new country and a new atmosphere. I now believe that the best of life begins at seventy, for then your work is done; you know you have done your best, let the quality of the work be what it may; you have earned your holiday and that henceforth to the setting of the sun nothing will break it, nothing interrupt it.*

## 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](mailto:bowravillefolkmuseum@gmail.com)  
twitter: [twitter.com/bowravillefolk](https://twitter.com/bowravillefolk)

~ Groups by appointment ~

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## 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



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## Weekly Activities

### MONDAY

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

SENIOR CITIZENS 10.30am every third Monday at the Coachhouse Inn. Geoff Chittick on 6568 5033  
FREE POOL 6.00pm to close at Bowraville Ex-Services Club (6564 7304)

### TUESDAY

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

FREE POOL 6.00pm to close at Bowraville Ex-Services Club (6564 7304)

YOGA 5.30-7pm at Bowraville Pioneer Community Hall



### WEDNESDAY

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

AL-ANON 7.30pm at rear of Salvation Army Hall in Macksville, entrance is in Nambucca Street (6568 7449).

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

### THURSDAY

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

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

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

DARTS 7pm Social at Bowraville Ex-Services Club (6564 7304)

### FRIDAY

PLAYGROUP at Bowraville Central School 9.30am-12pm  
Contact Danielle Ryan on 6564 8619.

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

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

### SATURDAY

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

BOWRA COUNTRY MARKETS (2nd and 4th Saturdays) 8am – Noon Bowraville

Community Centre. For as stall or info call Estelle 0458090178 or Dennia 0427912411

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



### SUNDAY

EUCHRE 1st, 3rd, 5th Sunday 10am at Bowraville Ex-Services Club (6564 7304).

FREE POOL 6.00pm to close at Bowraville Ex-Services Club (6564 7304).

EXPRESSION SESSIONS every 2nd and 4th Sunday, at 2pm. Bowraville Recreation Club (0427 414 616)

### **ACTIVITIES ORGANISERS**

**Please note: It is your responsibility to keep Weekly Activities information current and to inform us of any change. Only activities with a contact number will be listed.**

## **TECHNO 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 with computers, assistance with using your home computer, ipads, tablets, etc.

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

***Absolute beginners are most welcome!***

**TECHNO CLUB**  
**TUESDAYS 2.00 - 3.00pm**  
with **Graeme** and  
**THURSDAYS 10.30 - 11.30am**  
and **1.30 - 2.30pm** with **Mark**

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.

**For technical issues**  
please contact BTC for an  
afternoon booking.



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

### **Special offer to community groups**

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

## **Bowraville Garden Club**

February had all gardeners concerned that their gardens were going to disappear in the heat. However Bowraville Garden Club members, always the optimists, plan as part of their next outing a trip to Bellingen's autumn plant fair where we will replace, if necessary, our casualties. Hopefully we will find some gardens to visit and then on to town for food and fellowship. 9am departure. Phone Elizabeth if not attending and Barbara for transport. Contact 6564-7049 if you would like to join us. We plan out of town excursions in the next few months then spring sees us enjoying members' gardens.

## **Bowraville UHA (United Hospital Auxiliary)**

Bowraville UHA members are well ahead with planning for the Zone Day to be held at the Recreation Club on Wednesday 22<sup>nd</sup> March. We would like to thank the board of the club for their help and support. In February the executive of the 3 Valley UHAs, prior to the Coffee Shop's 'Meet and Greet Volunteer' meeting, were invited to the hospital to view recently purchased equipment amounting to \$66,466.27. Each president gave an overview of how money was raised. The chairman of the Board of Directors for the North Eastern Health District, Warren Grimshaw, then addressed those present thanking all UHA volunteers and the Nambucca Valley community for such wonderful support. At the following Coffee Shop meeting a very special and unexpected event occurred. A well-known valley resident arrived and asked that she be allowed to speak even though she was not a volunteer. As someone who was regularly in and out of the hospital she wished to show her appreciation of the service given by the Coffee Shop. She then presented the president with a beautiful bunch of flowers, a box of chocolates and a framed thank you showing a photo of the Coffee Shop and our garden. This was a blessing to all present - we shared the chocolates, 'lucky-doored' the flowers and will display the photos. At the Macksville UHA meeting in February all members present voted unanimously to commence amalgamation with Bowraville UHA and the favoured name is Nambucca River UHA. Bowraville held a meeting in February. If you would like to become a volunteer at the Coffee Shop, help on the hospital trolley or just be a supporter contact Betty 6564-4027 or Isabelle 6564-7179.

## **Bowraville Recreation Club**

Due to February's weather conditions women golfers deferred their 18 hole competitions 'til March and got underway with an early morning start of nine holes. We have been advised that the Rec Club now has a web page and Facebook presence making it easier to check what is going on at the club and sharing some of the funny or otherwise happenings. Pennants commence on Monday, 13<sup>th</sup> March with players travelling to Sawtell for a playoff with Coffs Harbour. Men golfers turn up hail or shine to play on Saturday. The weekly chook run continues with good support and excellent scores are on the winning cards. February also saw a combined bowls and golf match. Bowra Men Bowlers commence the 2017 Pennants Season on Saturday, March 4 travelling to Urunga for Round 1 in the Grade 5 Competition. In Round 2 the Tigers are again away travelling this time to South West Rocks but are home for the next 3 games. Social mixed bowls are having a good roll up every Thursday afternoon and it is always a wonderful friendly day. New players are always welcome with play commencing at 1pm. The monthly mixed social barefoot bowls starts

*Continued on Page 12*

**If you would like to let our readers know about a regular or upcoming community event, email your copy to: [admin@bctc.com.au](mailto:admin@bctc.com.au)**

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

# BOWRAVILLE HEALTHCARE CENTRE

Dr Edwina Guard MBChB BSc FRACGP

29a High Street Bowraville

**Ph: 6564 7555 Fax: 6564 7505**

email: [edwinaguard@yahoo.com.au](mailto: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 Appointment

## **Physiotherapy**

by Appointment

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## How to extend the life of your Smartphone

Most of us use our phones primarily for texting, talking, browsing the occasional web page and sending a few emails here and there so there really is no need to upgrade them every time a new one is released. Forget wasting money on a new-fangled phone – be smart and extend the life of the one you already have so you can save your money to spend on other (better) things. *Here's how . . .*

### 1. Declutter your smartphone

If your phone is becoming slower each day it may well have more to do with an overload of apps, photos and other files. When your storage reaches maximum capacity it increases the pressure on your phone's RAM which, in turn, makes it lag and become less responsive. The best way to prevent this from happening is to regularly remove any unnecessary apps, images, videos and documents – including text messages and emails.

### 2. General care

Screen protectors and sturdy cases will not guarantee that your phone never breaks or that your screen never cracks but they will definitely prevent it from happening so easily. So investing in a decent case and screen protector *will* increase the life of your phone.

It also pays to ensure your phone is secure when driving and, to prevent moisture damage, don't exercise with it in your pocket.

### 3. Skip updates after two new versions

Most smartphone manufacturers will only provide support for two software updates. After that you're on your own. If you have an older device it's best not to update to the latest operating systems – it will not only slow down your phone but it will also reduce the stability of your phone's operation.

There's also a 'conspiracy theory' amongst tech pundits that new operating systems slow your phone on purpose forcing you to upgrade much sooner than you really need to.

### 4. Give it a rest

Just as you wouldn't leave your computer on for days or even weeks at a time you should also never leave your smartphone on all day every day. Aim to give your phone a rest at least once per week – even for just a few minutes. This will allow it to reset and refresh and it will run much more efficiently as a result.

- [www.yourlifechoices.com.au/technology/phones/extend-the-life-of-your-smartphone](http://www.yourlifechoices.com.au/technology/phones/extend-the-life-of-your-smartphone)

### 5. Every Day Charging of Your Smartphone

Everyday charging of your Smartphone is not as important as its first charge of course but still affects its battery.

Try these tips to ensure your Smartphone battery retains a very healthy level of charge.

#### Tip 1

Regardless of charging your Smartphone during the day always charge it every night. This helps keep its battery active on a constant basis.

#### Tip 2

Fully charge and drain your Smartphone's battery once every two or three months. This helps calibrate your battery indicator properly.

#### Tip 3

If you have to leave your Smartphone in one place for a few hours/days make sure it is a cool and dry place and that its battery is above 60 percent charged. Also, whenever charging your Smartphone, make sure you do it in a cool location.

#### Tip 4

On the same line try to avoid charging your Smartphone while it is in its case, since it will make it hotter, which is not good for the battery at all.

Put these tips into practice and rest assured that your Smartphone's battery will remain in good shape for years to come.

- <http://www.guidingtech.com/20732/iphone-battery-guide-charge-right-way/>



## Thinking about downloading

# Windows 10?

In the coming weeks the Bowraville Technology Centre will be holding a Windows 10 Download (it's over 3gb!) and Familiarisation Session.

*Cost is \$10 to attend the session and from \$20 to download it to your laptop.*

Sessions will be held on Monday and Thursday mornings from 10.30am.



**MARCH PROGRAM at the**

# BOWRAVILLE THEATRE

**LA LA LAND** - Saturday 11<sup>th</sup> March at 7pm  
Sunday 12<sup>th</sup> March at 2pm

LA LA LAND tells the story of Mia [Emma Stone], an aspiring actress and Sebastian [Ryan Gosling], a dedicated jazz musician, who are struggling to make ends meet in a city known for crushing hopes and breaking hearts. Set in modern day Los Angeles this original musical about everyday life explores the joy and pain of pursuing your dreams.

Written and directed by Academy Award (R) nominee Damien Chazelle,

Rating: PG-13 (for some language). Comedy, Drama, Musical.

Run Time 2h 15m.

Doors open ½ hour before screening. Complimentary Tea and Coffee.

Café open for ice cream, lollies, drinks etc.



PRICES: Adults \$12 Conc. \$10 BAC Member/Child \$8 Family \$25



An Irishman was very overweight so his doctor put him on a diet. "I want you to eat regularly for two days then skip a day and repeat this procedure for two weeks. The next time I see you, you should have lost at least 2.5kg."

When the Irishman returned, he shocked the doctor by having lost more than 20kg! "That's amazing," the doctor said, "Did you follow my instructions?"

The Irishman nodded - "I'll tell you though, by jaesuz, I t'aut I were going to drop dead on dat 3rd day." "From the hunger, you mean?" asked the doctor. "No, from the f\*\*kin' skippin'."

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

Introducing . . . New Menu

## "Keppy's Bistro"



**Tuesday to Saturday**



**Lunch - 12noon to 2pm**  
**Dinner - 6pm to 8pm**



**6564-7304**

**HAPPY HOUR - All Schooners \$4.00**  
**from 4pm to 6pm daily**

**POOL TABLE \$1 per game**



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# BOWRA HOTEL

OPEN 10AM - MIDNIGHT

NEW CHEF

## BISTRO

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

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

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

**33 HIGH STREET, BOWRAVILLE**

Ph.6564 7041 Fax. 6564 8471

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# MARKETS CALENDAR

DAY OF MONTH	MARKET LOCATION and TIMES	CONTACT DETAILS
<b>THURSDAY</b> Every Thursday	Coffs Coast Growers Market, City Square, Harbour Dr. from 8am to 2pm	6648 4087
<b>FRIDAY</b> 1 <sup>st</sup> , 3 <sup>rd</sup> & 5 <sup>th</sup>	<b>BELLOPY ORGANIC FARMERS MARKET</b> from 8am to 1.30pm The largest 100% organic market in NSW. Bellingen Showground	0415 525 903
<b>SATURDAYS</b> 1 <sup>st</sup> Sat (bi-monthly even months)	<b>VALLA BEACH COMMUNITY MARKET</b> from 8am to 1pm	6569 5410
1 <sup>st</sup>	Kempsey Riverside Markets, Riverside Park from 8am to 1pm	0456 658 979
1 <sup>st</sup> & 4 <sup>th</sup>	Marine Rescue Charity Market, Woolgoolga Beach from 8am	6654 0447
2 <sup>nd</sup>	South West Rocks Market, Horseshoe Bay Reserve from 8am to 12 noon	6562 6671
2 <sup>ND</sup> & 4 <sup>TH</sup>	<b>BOWRAVILLE COUNTRY MARKET</b> Bowraville Pioneer Centre from 8am to noon	0458 090 178 0427 912 411
2 <sup>ND</sup> & 4 <sup>TH</sup>	<b>MACKSVILLE PRODUCERS MARKET</b> , Riverbank Park	6568 3844
2 <sup>ND</sup> & 4 <sup>TH</sup>	<b>BELLINGEN NATURAL PRODUCE MARKET</b> from 8am to 1pm Bellingen Showground	6655 1279
3 <sup>rd</sup>	<b>BELLINGEN COUNTRY MARKET</b> , Bellingen Park from 8am to 3pm	6655 2151
4 <sup>TH</sup>	Gladstone Trash & Treasure Market - 8.30am to Noon	6567 4203
<b>SUNDAYS</b>		
Every Sunday	Coffs Harbour Markets, Jetty Shopping Village from 8am to 2pm	6652 3813
Every Sunday	Harbourside Markets, Coffs Jetty Foreshore from 8am to 2pm	0407 661 990
1 <sup>st</sup>	Coffs Harbour Lions Boot Markets, Coffs Jetty Foreshore 7am to 1pm	0417 704 588
2 <sup>nd</sup>	Plaza Market, Nambucca Heads Plaza from 8am to 1pm	6568 9655
3 <sup>rd</sup>	Gladstone Community Market, Memorial Park from 9am to 1pm	0499 155 312
Last Sunday (bi-monthly even months)	<b>FUNKYA @ UNKYA MARKETS</b> from 8am to 2pm Unkya Reserve, Eungai	0425 205 737

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## Coronation Kennels & Cattery

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(just two kms from Macksville)

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Email: [marcia@coronationkennelsandcattery.com.au](mailto:marcia@coronationkennelsandcattery.com.au)

Website: [www.coronationkennelsandcattery.com.au](http://www.coronationkennelsandcattery.com.au)

We provide the following services:

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

**Sleepover** - Check in 4-6pm check out 8-10am \$15 p/n Cats - \$12 per day.

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**Long Term Budget -**

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

Not available during school holidays

**Weekend/ Short-term Special**

Check in between 5.30-6pm bring your pet's tea with you and the fee is waived for that day.

Bookings MUST be for a minimum of 2 days.

**Short-term Accommodation**

Small \$15 - Medium \$20 - Large \$22 - Cats \$12







# BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

## Exclusive by Sandra Brown

**Barrie Travis** is a low level reporter at a low-budget tv station and is only well known because of major reporting mistakes she has made in the past. She's strong, persistent and likeable.

**Howie** is Barrie's immediate superior, a bit of a sleezebag with designs on himself.

**Daily** is a retired, ageing, very sick man who was once Barrie's boss on a rival TV station (but he fired her). They are now secret friends – no-one knows of their friendship. She adores him.

**David Merritt** is the US President. He's intelligent and, publicly, a very charming, hard-working, popular man. Privately he's hard, not very nice to his wife and a schemer who is not going to let anything get in the way of another term in office.

**Vanessa Merritt** is his wife; the First Lady. She has a history of unstable mental health and the recent death of her only child to SIDS sees her struggling to cope with her grief.

**Senator Clete Armbruster** is Vanessa's very powerful, very successful father. He has a strong, close relationship with his daughter and will do anything to look after her. He also has a very close relationship with his son-in-law whom he has known for a long time. Armbruster selected Merritt when he was a young man, groomed him for the role of President and was responsible for getting him there.

**George Allen** is the White House's private Physician as well as a long-term close friend of President Merritt. He tends to Vanessa.

**Spence** is Merritt's right hand man. He's a Presidential Aide and has his own team of secret 'Secret Service' to call on when he wants things done "no questions asked". He is closer to the President than any other person including the ones in the White House who should have more power than him. He's nasty, has no conscience and will do anything to protect his friend, Merritt.

**Gary Bondurant** is Merritt's ex-right hand man, ex-Presidential Aide and ex-lover of the First Lady. He's "retired" and lives on a ranch 'out west'. Like Spence he is highly skilled, unlike Spence he has integrity and is completely honest. Bondurant still cares about Vanessa.

This lot come together in "EXCLUSIVE" when the First Lady calls Barrie Travis and offers her a story of a lifetime. Barrie, being the person she is, grabs hold of what her gut tells her is a travesty of justice which needs reporting and follows each and every lead no matter where it takes her.

- This book read and reviewed by BTC Volunteer, Raewyn.



*Many thanks to the people who donate all the varied and wonderful books which have come and continue to come, to our very popular Book Nook ....*

## 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, Westpac, BCU and various other Credit Unions  
(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

## THE MAD HATTERS TEA GARDEN

♦ Monday-Friday 9am - 3.30pm ♦ Saturday 9am - 2pm

*Whether it's a coffee and cake with friends or a light lunch with colleagues our quiet garden setting will add to the experience.*

Telephone: 6564-7631

*Gluten free and Dairy Free Food available.*

6/11

# Diabetes and Good Health

## *10 Steps to Good Health... what you can do*

There are 10 positive steps you can take towards managing your diabetes and staying in good health. Some apply to your lifestyle; others are important check-ups which need to be done on a regular basis.

- Step 1** Be well. Stay as physically active in as many ways and as often as you can. Aim for a minimum of 30 minutes every day. Activity can be cumulative eg: 10+10+10 minutes. Why not join a group or a structured program such as water aerobics?
- Step 2** Eat well. Choose a variety of foods low in saturated fat and salt. High fibre foods are also recommended eg: wholegrain breads and cereals, legumes, fruit and vegetables. Eat less food (energy) than you use (burn) to reduce body weight if you are overweight.
- Step 3** Test your blood glucose levels regularly. Blood glucose levels kept within recommended ranges will lower your risk of many diabetes complications. Between 4–10mmol/L for Type 1 Diabetes and 6–10mmol/L for Type 2 Diabetes are the ideal target ranges. However individual goals will vary depending on your age, other individual circumstances and what your doctor or credentialed diabetes educator recommends is right for you.
- Step 4** If you smoke, STOP! Get help if needed. Talk to your doctor, call Quitline on 137 848 or visit the websites [www.quit.org.au](http://www.quit.org.au) or [www.icanquit.com.au](http://www.icanquit.com.au).
- Step 5** If you drink alcohol do so in moderation. Refer to the Alcohol and Diabetes information sheet).
- Step 6** Keep track of your weight (and 'waist'). If overweight even small amounts of weight loss can make a big difference to your general health and diabetes management. Ask your doctor or diabetes health team if this applies to you.
- Step 7** Have your doctor arrange for the recommended management and diabetes complication checks: blood pressure every visit; blood glucose average (HbA1c) 3–6 monthly and cholesterol (lipid profile) and kidneys (microalbumin) every year. Ask your doctor if you have had your cycle of care.
- Step 8** Take care of your feet and look at them daily. Cut nails carefully (your registered podiatrist will show you how) and wear well-fitting supportive shoes. Have your feet checked by a health professional every six months and see a registered podiatrist every 12 months\* for a thorough examination.
- Step 9** Have your eyes (retina) checked by an eye specialist or trained optometrist every 1–2 years\* to check the blood vessels in the back of your eyes.

**Step 10** Live well and be well.

*\*Unless otherwise recommended.*

Talking diabetes No.10 Revised 2012 A diabetes information series from Diabetes State/Territory Organisations – Copyright© 2012 diabetes & good health Revised 2012 diabetes and good health.

**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*



# Are You Ready for Autumn?



Heading into Autumn it's time to start thinking about boosting our immune system so we are not suffering with one flu or cold after another. There is nothing worse than having the sniffles constantly!

## Boosting Immune System

There are lots of ways we can achieve a healthy immune system, one that is more able to deal with all the bugs that are about during our colder months, eating a well-balanced diet is essential however, sometimes with our busy lives we may need a supplement to keep us 'on track' and to cope with both autumn and winter.



## Natural Boosters and Foods

Soups and casseroles are the order of the day rather than the salads of summer. It's always good to eat foods that are in season during the cooler months including apples, pears, sweet potato, beetroot, pumpkin, zucchini and carrots as well as figs and seafood. Soups are excellent as they can combine lots of vegetables, as are lemons, limes, ginger, grapefruit, cabbage, fresh nuts and yoghurt.

Antioxidant sources from your foods and or nutritional supplements should include:

- Beta-carotene – orange foods such as carrots, pumpkin, apricots, sweet potatoes and some leafy greens such as kale.
- Lutein – green, leafy vegetables such as spinach.
- Lycopene – tomatoes, watermelon, papaya.
- Selenium – rice and wheat.
- Vitamin A – carrots, sweet potato, milk, egg yolks.
- Vitamin E – almonds, vegetable oils, mangoes, nuts, broccoli.
- Vitamin C – available in many fruits and vegetables such as parsley, broccoli, berries, oranges, cauliflower, kale.



## Dietary Supplements

**An Antioxidant** which includes:

Bioflavonoids, Vitamin C, Green Tea, Turmeric, Evening Primrose Oil, Grape Seed Extract, and Vitamin E just to name a few.

**Fish Oil** for the bowel, brain, lungs, joints and skin.

**Zinc** for the skin, the chest and to avoid cold and flu symptoms (reduce the severity and duration of colds, reduce the severity of upper respiratory tract infections).

**Echinacea** can help encourage the immune system which may lead to faster recovery from illness such as cold and flu.

**A Probiotic** or a more targeted **Immune Booster** (Inner Health) are fabulous to keep the good bacteria in the gut well and active. Most illness stem from poor gut health so a good probiotic is essential to keep the gut healthy.

### Inner Health Immune Booster (Probiotic)

Inner Health Immune Booster for Adults contains the clinically trialed probiotic strains Lactobacillus plantarum (HEAL 9) and Lactobacillus paracasei (8700:2) which when taken daily may:

- Boost immune system function
- Reduce the frequency of colds.
- Reduce the severity of colds
- Reduce the duration of colds.
- Reduce the incidence of acquiring more than one cold episode.
- Reduce the number of sick days due to colds.



## 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



RESERVE THIS SPECIAL DATE

**Sunday 9th July, 2017**

A day of great celebration will be held at the Uniting Church in Bowraville as the Grand Old Church will be celebrating her 100th Birthday.

*Everyone is welcome.*



**LINE DANCING  
FOR FUN, HEALTH and  
WELLBEING**

**IS IT FOR YOU?**

**KEEPS YOU PHYSICALLY FIT AND  
YOUR BRAIN ACTIVE**

**COME ALONG AND TRY  
WEEKLY CLASSES with  
ROBYN WARD**

**STARTS TUESDAY NIGHT 7<sup>th</sup> MARCH  
SOUTH ARM HALL**

**6.30pm – 7.30pm - Cost \$10.00**

**THIS WILL KEEP US FIT & HEALTHY,  
RATTLE THE WHITE ANTS AWAY  
AND BE A REGULAR ACTIVITY IN  
THE HALL**

**COME JOIN US**

**Any questions ring: Robyn 65648748,  
Anama 65647521 or Alba 65647947**

**LIONS CLUB**

SUPPORTING OUR COMMUNITY



**We Serve**

**PRESIDENT  
Mark Scott  
Mob: 0428 527 545**

Email: [blion34@yahoo.com.au](mailto:blion34@yahoo.com.au)

**PO Box 23  
Bowraville NSW 2449**

6/11

**WHAT'S HAPPENING IN BOWRA**

*From page 5*

again in March so please check the notice board or contact 6564-7349. Squash is also available for the really fit. However The Rec Club is also providing a venue for tech classes on sewing and craft each Monday and Tuesday and the Musos meet every second Sunday. The club is also available for private functions. To give the old lady a fresh appearance a painting bee will be held on Sunday 5<sup>th</sup> March to paint the dining area and Monday 6<sup>th</sup> for the general area. Your help would be greatly appreciated

**Nambucca River VIEW Club**

View stands for Voice, Interest and Education of Women. One of the proudest recent achievements of the Voice of Women was the introduction of flashing lights at school, a suggestion followed up from Resolutions passed at State Conference. Our interest is mainly focused on helping disadvantaged children obtain a better education. Our guest speakers also cover interesting and educational topics. Nambucca River VIEW Club's next meeting will be on 27<sup>th</sup> March 11.30 at the Nambucca Heads Bowling Club. Our first guest speaker for the year was from the Fire Brigade and in March Phil Hannaford give us lots of tips on safe driving and other relevant information. Colour for the month is purple.

**Bowraville Seniors**

Bowraville Seniors meet on the 3<sup>rd</sup> Monday of each month at the Coach House Inn at 11am. February meeting saw President Geoff and Treasurer Ruth returned but the secretary's position could not be filled. As there were apologies it is hoped at the next meeting this position will be filled. Guest speaker for March will be the local co-ordinator of the SES. Following the meeting members visit some of Bowraville's eateries.

**Friday Friendship**

An easy, light-hearted friendship group which meets

*Continued on Page 17*

**Come into the  
Bowraville Technology Centre  
for . . .**

**INTERNET ACCESS  
PHOTOCOPYING ~ LAMINATING  
SCANNING ~ BINDING  
TECHNOLOGY ASSISTANCE  
VIRUS REMOVAL  
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~ CENTRELINE ACCESS ~**

**BOWRAVILLE TECHNOLOGY CENTRE  
39 High Street, Bowraville  
6564-7420  
[admin@bctc.com.au](mailto:admin@bctc.com.au)**



# Bowraville Lions Club Inc News Bulletin

MARCH 2017



## We need new members and helpers.

*Please help share the load and consider joining Lions.*

*Contact us on 0428 527 545 or leave your name and contact number at the Bowraville Technology Centre in High Street, Bowraville and we will give you a call.*

### YOUR LOCAL COMMUNITY NEEDS YOU!



**Lions  
100 years of  
service**



### **Macksville Show Friday 28<sup>th</sup> & Saturday 29<sup>th</sup> April**

Once again the Bowraville Lions Club will be on gate duties at this year's Macksville Show.

This is always a popular activity for our club members and we invite anyone interested in helping us out to contact the club on the number above.

**lionsaustralia**  
we serve



Making our communities a better place  
to live, work and grow.

## Autumn gardening tips

With cooler mornings and a welcome change from the heat of summer, now is a great time for planting some fast-growing herbs in your garden. Culinary herbs such as parsley, coriander, chives, winter savory and dill will all grow well from seed sown now.

Dill is particularly useful in a winter garden as it helps repel Cabbage White Butterfly, an annoying pest if you plan on growing broccoli, cauliflower, cabbages or Asian greens this winter.

Autumn is a great time to plant herbs and a great addition to any home garden, being not only decorative but delicious into the bargain.

*Below are 7 Autumn Herb Planting Tips that will have your herbs flourishing!*

- Herbs love well drained soil, if planting in a garden bed with heavy clay soil, build up garden beds with plenty of compost and a good quality fertiliser to enrich with nutrients. If the soil is acidic, add dolomite or garden lime 2 weeks before planting.

- Keep herbs well mulched making sure to keep the mulch clear of the plant stems.

- Apply a diluted solution of seaweed fertiliser fortnightly to keep plants well-nourished and to boost their natural resistance to disease.

- If growing herbs in pots, use a potting mix with good drainage designed for herbs and vegetables.

- Sage, thyme, lavender, borage, chives and rosemary all like full sun.

- Mint, basil and parsley prefer afternoon shade or light, overhead shade all day.

- If your garden is in a hotspot, treat oregano, marjoram and rosemary as annuals. Plant them in autumn and remove them before the onslaught of summer heat and humidity.

If mozzies are a problem in the garden these evenings, plant some Pennyroyal to act as a repellent. For added protection, mix some crushed leaves with your favourite oil or cream and apply before going outside.

Don't forget to enjoy the beautiful autumn foliage as trees start to change colour and shed their leaves. Instead of green-binning autumn leaves, collect and store them for your garden compost. By layering your compost bin with green materials - kitchen vegetable scraps, lawn clippings, soft prunings etc., and brown materials such as autumn leaves or straw etc., you will have wonderful garden compost in no time. Adding this compost to your garden soil will ensure that it is healthy and full of life throughout the year.



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

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

*Call in to Norco and speak to  
Glenn, Garry or Paul.  
They 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**

6/11

## **Bowraville Chamber of Commerce and Industry Inc**

chamber@bowraville.nsw.au

**MARCH 2017**

### **Easter Festival**

An Easter Festival is being planned for Thursday April 13th.

***Look out for the feature in next Month's newsletters and posters around town.***

### **Bowraville Community Workshop and Guest Q & A Panel**

The Solution Brokerage project team will be visiting Bowraville on the 20<sup>th</sup> March. Led by the Officer in Charge, Secretary Carolyn McNally and accompanied by government Secretaries and senior government representatives.

Following on from a public workshop in the Bowraville Central School Gymnasium (Hall) from 1:00pm till 3:00pm there will be a panel event held at the Bowraville Theatre from 3:30-4:30pm.

This Q & A session will be facilitated by Dr. Chris Sarra, a highly respected Indigenous Academic and will involve Secretaries participating in the panel.

***This is an opportunity for the community to have a voice in a public forum and a direct line of communication to the most senior representatives of Government.***

### **Next Chamber Meeting**

Come along to our February meeting for more information and any ideas you have for our festivals and promoting Bowraville in general. The next meeting will be held at the Ex-Services Club in High St from 5.30pm on Tuesday 28th February.

### **Market Stalls and Buskers Wanted**

If you would like a market stall or you would like to sing or perform at our next festival please contact us on the number or email address below to reserve your spot.

### **Chamber Meetings**

Membership is available to the Chamber for Businesses, Self Employed people and Community Organisations.

Anyone can also become a casual member of Chamber though this does not include voting rights.

However, anyone is welcome to come along and provide input and ideas that can have a positive impact on our town.

There are also special interest committees you can join.

Contact Chamber  
President: Mark Scott  
M: 0428527545

chamber@bowraville.nsw.au





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

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

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

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

## FREE SERVICES

- Monday Counselling Services**  
Contact Interrelate for appointment  
Ph 66594150 Everyone Welcome
- Tuesday Help with Accommodation**  
New Horizons - Ph 56324804  
Wesley Youth Accom - Ph 66527124
- Wednesday Baby Health Clinic**  
9.00 am to 12 noon  
All mums and bubs welcome  
No appointment necessary
- Thursday Legal Aid**  
1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month  
10am to 12pm  
Ph 66517899

### Need your Licence?

**Register now** for new Driving L Class  
The course is FREE runs over 6 weeks.  
Includes 2 FREE Driving lessons  
Contact Ph 65648855

### Hippy program

Tutoring for 4 year olds  
Contact Nadia for further details  
On 0457160138

### Venue Hire

Large training room with large outdoors area  
Available 7 days/nights per week  
Great for your next social event, training or crafters.  
Contact 65648855  
Email [admin@miimi.org.au](mailto:admin@miimi.org.au)

*Volunteers are always welcome  
please come and see us.*

**90 High Street, Bowraville**

**PHONE 02/65648855**

**Email: [admin@miimi.org.au](mailto:admin@miimi.org.au)**

# Seniors WEEK 2017

*“AGE? Who’s Counting?”*



## Free MORNING TEA and LUNCH

**THURSDAY 9TH MARCH**

Macksville Ex-Services Club

9.30am - 1.00pm

Information Stalls & Entertainment

**All Seniors Welcome!**

**Bookings essential by 2nd March**

### Bookings and Tickets

Louise (Bowraville): 6564-8815

Betty (Macksville): 6568-2525

June (Nambucca & Valla): 6568-1299

### Getting there:

*By car:* Park at rear of Ex-Services Club  
and enter through the western door.

*By public bus:* Present your Pensioner  
Concession, NSW Seniors or  
War Widows card - \$2.50 return

Depart	Return (from M'ville Pool)
<b>Bus 356 - Scotts Head</b>	
8.09am (School via CPark)	2.50pm
8.53am	3.30pm
<b>Bus 357 - Bowraville</b>	
8.13am (IGA)	2.29pm
9.13am	3.26pm
<b>Bus 358/360 Valla Beach via Nambucca Hds.</b>	
9.16am (VB Preschool)	1.24pm
9.27am (opp. Centrelink)	2.29pm
9.32am (Nambucca Plaza)	

*Please note: It was stated in the February  
Bowraville Community News that “Tech Savvy  
Seniors” courses would be run as part of Seniors  
Week 2017 at the Bowraville Technology Centre  
- unfortunately they will not be happening as  
funding for these popular courses has not been  
allocated to the BTC by the State Government.*



## WHAT'S HAPPENING IN BOWRA

From page 12

to share meditation, social chats, enjoy crafts and discussions of various topics. BYO lunch, tea and coffee available. Every Friday 11am - 2pm. Gold coin donation appreciated. Located at: 35 Bowra Street, Bowraville. Contact: 6564 7908 or 0400 828 471.

### Hot Chocolate Talk

Every 1st Saturday of the month at 1pm there is a ladies group at the Mad Hatters Tea Garden in High Street, Bowraville. An opportunity to meet new ladies from the area - to have a chat, a cuppa and make new friends. The cost is a hot chocolate or whatever you like to order. Call Christine 6564-7160.

### Join the Bowraville Film Society

The Bowraville Theatre's Film Society is a subgroup 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.

### Gold Coin Donation Pilates Class

On Wednesdays from 5pm to 6pm you can enjoy Pilates with Andrew or Tamara (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 9.30 to 11.30am. Based on Rudolf Steiner's values including early childhood stages of readiness. For information ring (02)6564-7224, speak to Camilla on 0438 868 742 or visit Tallowood School at 220 Bellingon Road, Bowraville.

### Bowraville Uniting Church and Op Shop

Our services are held monthly at 2pm on the second Sunday. All are welcome.

The Op Shop is very successful and we would like to thank our volunteers who give willingly of their time. New volunteers always welcome. - Mavis Ward.

Continued on Page 24

## 2NVR Studio 3 Live



Studio 3 Live, on March 17th, features local guitarist KEITH PAGETT also known as 'The Son of a Bush Bard!' says his dad, Vic Pagett, being a wordsmith from the Central West region of NSW.

Keith started out listening to Gramophone records of early jazz, classical, country music, soul and blues, rock n roll, rock... He used to listen to the radio with a keen interest as to how to write songs with words that would help others say how they were feeling. Also, at an early age he wanted to play piano. When he was 14 his dad bought him a nylon stringed acoustic guitar. He left school at 15 to play guitar with friends. He worked on the railways and saved for his first electric guitar which he bought at the local white goods store.

He then moved on to the streets of Sydney busking and learning to be a 'lean-time survivor'. It was also a time spent looking at life while learning how to read people to better tell their stories.

He played professionally in bands out west, most notably the Lester D' Ombrain's Project! He called this his 'Phoenix' period, at this time developing his musicianship skills. He married and moved to the Nambucca Valley in the early 90's. It was here that he started to organise his accumulated writings, playing with local musicians, joining local bands being a part of the country music club.

Come along on Friday 17th for the Studio 3 Gathering at 843 Rodeo Drive, Tewinga from 6pm-8pm. If you wish to bring your own nibbles that's fine or you can purchase something from our Studio 3 Cafe for a small donation.

STUDIO 3 in April will feature local band Jules and The Treasures.

- Vickiree Melouney, 2NVR-fm 105.9 Nambucca Valley Radio Announcer.

# Bowra Laundromat

Cnr High & Belmore Streets

## NEW Token Operated Washing Machines & Driers.

Tokens available at Pub and Newsagent

Commercial Washers and Dryers

Enquiries: ph 6564 7401



5/11

# PLUMBER

Terry and Wendy O'Reilly  
**Plumbing Services**

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6/11

## Earthworks and Excavations, Slashing & Acreage Mowing

Covering all needs for  
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# AMAN *With* AVAN *Nambucca Valley*

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

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Mini Tipper

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



6/11



## Aboriginal driver training

Licensed and On

the Road

**ENROL NOW: Ph 6621 6777**  
**www.acecolleges.edu.au**

ACE "Licensed and On the Road"

Do you have your L's? And want to get your P's but need to get your driving hours up?

Come along to Miimi House on the 28th March 9.30-3.30pm,

Sign up for 10 free driving lessons with Rob Graham - get your hours up and be independent on the road.

## LEARN WHAT THE CHURCHES WONT OR DON'T HAVE THE UNDERSTANDING TO TELL YOU

A different kind of bible study using the bible and history to discover the answers to the harder questions.

Everyone is welcome to share ideas. The way it's meant to be.

Real people in a casual relaxed atmosphere.

If this sounds like something you may be interested in please contact Mark on 0403 301 494. 5/11

*"Study to show yourself approved by God, a worker needs not to be ashamed, rightly dividing the word of truth." 2 Tim 2:15*

### Notice to all community groups

Please contact the Chamber of Commerce if you plan to hold a street stall or BBQ as there are regulations from Nambucca Shire Council that must be complied with.

Register your event at the Bowraville Technology Centre. Enquiries to: 0428 527 545.

# CRANE TRUCK HIRE

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Mobile:  
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**7 DAYS**

## Strong Families — at Phoenix DID YOU KNOW?

There are two types of AVOs:

- ♦ An AVO protecting a person from **domestic violence** is called an 'Apprehended Domestic Violence Order' or 'ADVO' - when violence is done by someone who you were, or are, in a domestic relationship with eg, a family member, husband or wife or partner. (or flat mate!)
- ♦ An AVO protecting a person from **personal violence** is called an 'Apprehended Personal Violence Order' or 'APVO'. Personal violence is violence done by someone like a neighbour, co-worker or friend.

An AVO can protect a person from:

- ♦ violence or threats of violence
- ♦ stalking
- ♦ intimidation
- ♦ harassment.

Information from:

[http://www.lawaccess.nsw.gov.au/Pages/representing/lawassist\\_avo/lawassist\\_avo.aspx](http://www.lawaccess.nsw.gov.au/Pages/representing/lawassist_avo/lawassist_avo.aspx)

Note: \*\*An AVO does not stop the *protected person* contacting the *defendant*.

\*\*Changes to an AVO can only be made by the court.

\*\*It is up to the *defendant* to abide by the AVO even if the *protected person* says it is ok not to. AVOs are *court orders* and must be adhered to or the *defendant* risks *criminal charges*.

**Call in and see Sue –  
if the blind is up where the Aboriginal flag is  
in the window, she is likely in the office and  
available.**

Ph: 6564 7677, Mob: 0499 002 141 email:  
[strongerfamilies@nvp.org.au](mailto:strongerfamilies@nvp.org.au)

Facebook: <https://www.facebook.com/Strong-Families-Program-Bowraville-742820075786305/>

National Standards for Disability Services certification  
Registration number: DS/R61/0365

Nambucca Valley Phoenix acknowledges and pays  
due respect to the traditional custodians of the  
Nambucca Valley.



### Bowraville Strong families



#### A Community Program

Funded by NSW Health through  
the Aboriginal Injury Prevention  
Program.



6/11

## Bowraville Harvest Faith Family Church

6/11

A Word of Faith Pentecostal Church

**Church Services** - Sunday Mornings - 9.30am

**Prayer Meetings** - Sunday Mornings - 9.00am

### Faith Link Groups

Wednesday Evenings - Mixed at 7.00pm

Thursday Mornings - Ladies at 10.00am

### Ministry Training School

Enquiries and applications are invited for the  
Ministry Training School for 2017.

**Counselling is available** by appointment.

**For any further enquiries** please feel free to  
contact me using the information below.



Pastor: Rev. Tom Fairhall

Mob: 0428 682 870

email: [bhffc2012@gmail.com](mailto:bhffc2012@gmail.com)

# Bowraville Kinesiology for your

## EMOTIONAL, MENTAL, PHYSICAL and SPIRITUAL WELLBEING

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

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[blueskyhealing.wordpress.com](http://blueskyhealing.wordpress.com)

6/11



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Email: [letstalkhair3@bigpond.com](mailto:letstalkhair3@bigpond.com)

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6/11

# Eat and be happy!

Take a trip to your local market to stock up on fresh fruit and vegetables to improve your mental health and happiness. Fresh fruit and veggies contain important carbohydrates, B Vitamins and antioxidants and we can't expect tablets to provide us with the same results.

Recent research in Australian and England measured 12,000 people's happiness and wellbeing. The research focused on whether there were improvements in people's wellbeing after eating more fruit and vegetables. People were asked a few questions about how often they ate fruit and vegetables and how much they ate. Two years later they were asked the same questions. The outcome was positive for those who had increased the amount of fruit and vegetables, resulting in increased happiness and wellbeing.

Around 20 per cent of Australians experience a mental illness, with teenagers and young adults the most likely to show signs of mental illness. If we can set up good eating habits now for our children, then this could help reduce and improve their happiness, and maybe improve their mental health.

Of course food is just one part of improving our mental health and happiness. There are many factors including genetics and where we live, for example, that can impact on our happiness. Exercise, getting out in the sunshine, fresh air and being with supportive friends are all healthy strategies that we can encourage our children to do . . . and do ourselves.

In Australia we have the 'Go for 2 fruit and 5 veg' campaign <http://www.gofor2and5.com.au> which aims to increase awareness of the need to eat more fruit and vegetables. The campaign also offers useful tips and strategies to increase the amount of fruit and vegetables we eat.

The research suggest that fruit and vegetables might impact on our mental health and happiness based on the following components contained in fruit and vegetables.

1. **Carbohydrates** – when we eat fruit and vegetables our body releases insulin and causes the carbohydrate to be broken down into glucose. Our brain then triggers important neurotransmitters such as serotonin which can affect our mood. Fruits and vegetables with a low glycemic index release glucose in a slow and steady fashion which may help to regulate our moods. Unlike highly processed food (lollies, cake and biscuits) which give an instant sugar hit which usually results in a mood crash.
2. **B Vitamins** – Fruits and vegetables are good source of B vitamins, including folate and vitamin B6. These two vitamins again are important for our brain in the making of serotonin and other chemicals that affect mood. Low levels of B vitamins may be linked to depression.
3. **Antioxidants** – Vitamins C and E and other components such as phytochemicals are all found in fruits and vegetables. It is thought these types of antioxidants protect our body cells against damage and they may also reduce body inflammation which has been linked to poor mental health.

## Supplements vs Fresh

Not only are fruits and vegetables cheaper than multivitamins and antioxidant tablets but research shows the importance of eating the whole food rather an isolated component of a food in tablet form. So take a trip to the fruit and vegetable section of your supermarket and stock up. Even better take your children with you and let them choose some of the fruit and vegetables.

### *Try these tasty toasties:*

*Banana, ricotta cheese, sultanas and a pinch of cinnamon.*

*Banana and peanut butter.*

*Grated cheese, tomato and avocado.*

*Baby spinach, avocado, cheese.*

*Ham, cheese, pineapple.*

*Bakes beans, mushroom, cheese.*

*Tuna/salmon, cheese, sweetcorn.*

# Strong Families – at Phoenix

Strong Families and Phoenix started in 2017 by supporting The Youthie and The Council with their youth programs



Thanks to Bowraville IGA and Macksville Woolworths for providing fruit for the days the PCYC bus was in town.

The Sewing Group has started back. They meet each Friday and will work a little differently this year, looking to become self-sustaining in the long term.

We have signed up one of the regulars from the sewing group as a trainee with the program. Welcome Sasha Greenup. We have spare machines, so if you're keen to join the group, rock on up to the Medical outpost on The Mish (Gumbaynggirr Road, off South Arm Road). Meet at 9.30 am on Fridays of the school term or visit Sasha at Phoenix.

The Men's Shed hasn't happened yet due to venue concerns but we have a new male worker who will run a Young Dads' Group and a Men's Group - welcome to Hayden Strong.

These groups will consist of simple gatherings, yarn-ups and outings. The Men's Shed is a longer term project.

Dave Cutmore and Lindy Moffatt from Durri have Men and Women's Groups with lots happening in March, including camps. If you want to go call them on 6598-6800. Contact Strong Families for transport, if required.

Please feel free to put forward any suggestions which can be put to the Community Reference Group that has been established as part of Solution Brokerage – info was in last Bowra Community News.

**RESPECT starts with us. Let's teach our kids to respect each other by modelling respectful ways!**  
**1800Respect for women – 1300 78 99 78 for men**

If you are a woman who needs to leave your home due to DV, call Warrina's Women's Refuge 6652 4000

Ph: 6564 7677 Mob: 0499 002 141 email: [strongerfamilies@nvp.org.au](mailto:strongerfamilies@nvp.org.au)

Facebook: <https://www.facebook.com/Strong-Families-Program-Bowraville-742820075786305/>

**PHOENIX ART TREASURES**  
• NEW & PRE-LOVED GOODS • LOCAL ARTISTS  
*Open Monday to Friday*  
9:30am - 2:30pm • 51 HIGH ST BOWRAVILLE

**THANKS!**  
by supporting us  
you are helping to employ  
people with a disability

**WORK CREW**  
• LAWNS • GARDEN MAINTENANCE  
• RUBBISH REMOVAL • CLEANING • REPAIRS

**PHOENIX BANK CAFE**  
• EAT IN OR TAKEAWAY  
• CATERING  
• FREE DELIVERIES\*  
• \$7.50 COFFEE & CAKE  
• \$10 LUNCH & DRINK  
*Open Monday to Thursday*  
9:30am - 2:30pm  
\*Bowraville only

**6564 7677**

CALL US TODAY!



## Bowraville Uniting Church to celebrate 100th Birthday

On the 9th July the Grand Old Church in George Street will be celebrating her 100th Birthday. During the past twelve months volunteers have been very busy and many improvements have been made to the church and grounds in readiness for this special event.

## Bowraville murders: Man charged for second time over deaths of Aboriginal children

A man accused of murdering two children in Bowraville in the early 1990s has walked free from court after being bailed until his next appearance in August.

The man, who can't be named for legal reasons, faced Newcastle Local Court on February 9th for a brief bail hearing.

The man did not speak during the hearing and refused to comment to reporters as he left court. Police allege the man murdered four-year-old Evelyn Greenup sometime between October 4, 1990 and April 27, 1991, in Bowraville on the NSW mid-north coast.

He also allegedly murdered Clinton Speedy-Duroux between February 1 and 18, 1991, also in Bowraville.

The two children were among three Aboriginal youths from the hinterland town killed within a five-month period from 1990 to 1991.

No charges have ever been laid in relation to the disappearance of 16-year-old Colleen Walker whose body has never been recovered.

Under bail conditions set down by Magistrate Robert Stone, the alleged double-murderer must live at his home in the Hunter Region until his next court appearance on August 10.

He is banned from contacting any prosecution witnesses and must personally notify the police officer in charge of the case if he changes address or intends to travel interstate.

- [www.smh.com.au](http://www.smh.com.au)

## Australia will not support negotiations to outlaw nuclear weapons

On the 27th of March 2017 world leaders have been invited to attend a summit at United Nations Headquarters in New York to start a process that will eventually lead to the total elimination of nuclear weapons from the face of the earth.

However, Australia and the USA, and a handful of other countries are against this summit.

ICAN (International Campaign to Abolish Nuclear Weapons) is a non-government organisation trying to get support for this summit. ICAN says that USA President Donald Trump is encouraging its allies, including Australia to not even attend this important Summit.

Nuclear weapons are the only weapons of mass destruction not yet prohibited under international law. But the UN is now working to fix that.

Negotiations will take place in New York in March, June and July 2017 on a "legally binding instrument to prohibit nuclear weapons".

The United States, which possesses a staggering 6,800 nuclear weapons, has instructed its allies, including Australia, to boycott the negotiations.

But Australia, as a sovereign nation, should decide for itself whether to participate. The government has a duty to listen to its people.

There is no illusion that this treaty will guarantee the elimination of nuclear weapons overnight, but it is a necessary and urgent starting point.

Below is a link to ICAN's request for Australians to petition for Australia to support the Summit.

[https://www.communityrun.org/petitions/australia-must-join-the-un-negotiations-to-prohibit-nuclear-weapons?](https://www.communityrun.org/petitions/australia-must-join-the-un-negotiations-to-prohibit-nuclear-weapons?mc_cid=51bf899c8f&mc_eid=b3b399cb49)

[mc\\_cid=51bf899c8f&mc\\_eid=b3b399cb49](https://www.communityrun.org/petitions/australia-must-join-the-un-negotiations-to-prohibit-nuclear-weapons?mc_cid=51bf899c8f&mc_eid=b3b399cb49)

## Centrelink outside the law on robo-debt recovery

People pursued by Centrelink over its controversial "robo-debts" are being denied the protection of Australian consumer law, a Parliamentary inquiry has been told.

The welfare agency is exempt from laws and guidelines covering debt collection by private businesses, "even the much maligned banks", according to the chief executive of Victorian community organisation Family Care, David Tennant.

Mr Tennant, who has a background in consumer law, says much of Centrelink's activities in pursuing its millions of dollars in "robo-debt" would be illegal if done by a non-government player.

The legal immunity enjoyed by Centrelink allows it to "pressure people for payment in ways that are objectively unfair," Mr Tennant says in his submission to the Parliamentary inquiry into the robo-debt crisis.

The inquiry is part of a broader political and public backlash against the controversial recovery effort that the government hopes will recover up to \$4 billion that has been overpaid to Centrelink clients going back many years in some cases.

- [www.smh.com.au](http://www.smh.com.au)

## Bowraville Race Course Art Group

You are very welcome to join this friendly group at Bowraville Race Course every Tuesday from 9am to 12 noon.

*Experienced artists and beginners are all welcome.*

All you need to bring is any art materials you have and be prepared to try something new in the art world or just do your own thing



Help will be given if needed.  
All at no cost!

For more information please ring  
Margaret Ussher on 6564-7325  
Penny Craig on 6569-8106  
Elwin Butler on 6568-4552

## WHAT'S HAPPENING IN BOWRA

*From page 17*

### Bowraville Playgroup

Bowraville Play-group meets at Bowraville Central School every Friday from 9.30am to 12midday and is open to all parents and carers with children aged 0 to school age. We engage in fun activities in a safe, family environment. Contact: Danielle Ryan 6564-8619 or Jane Thomasson 0474 325 337.

### Nambucca Valley Community Church Food Hub

Helping you put a meal on your table. Anyone holding a Health Care Card or Pension Card can access this service. From 9.30am to 12pm non perishable food products will be on sale as well as other products. All perishables such as bread, vegies and fruit are free. There is a wide selection to choose from and this will vary each week. Access Fee: \$10 for 11 items; \$20 for 22 items. Contact 6568-1647 or 0431 947 799.

### Nambucca Valley Community Church

Sunday services include church at 9.30am, Sunday School 10.15am and a 5pm prayer group. Men's Fellowship as advertised and Women's Fellowship held at the Church at 10am each Wednesday. Youth Group is held each Friday for 12-18 year olds from 6-8pm. Phone Keith Stage 0427 231 040. The Food Hub at Nambucca Heads is a community service organised by this church. Keith Stage is senior Pastor.



# Bernard Laverty Funerals

## 24 hours 65681555

### Monumental Masons & Florist

*'Speak to us about the benefits of Pre Paying'*





# Bowraville Solution Brokerage Community BBQ

29 November 2016 - ISSUES AND RESOLUTIONS



Planning & Environment



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Education  
Aboriginal Affairs



Issue	Suggested Solutions	
<p><b>Aged Care Services</b></p>  <p><b>AGED CARE SERVICES</b></p>	<ul style="list-style-type: none"> <li>• <b>Support Groups</b> <ul style="list-style-type: none"> <li>- Elders Groups (registered)</li> <li>- Regular meetings and outings</li> <li>- Grandparents as carers – adult social interaction</li> <li>- Central location for regular catch ups and activities</li> </ul> </li> <li>• <b>Government Services</b> <ul style="list-style-type: none"> <li>- Better engagement from government services</li> <li>- Outposts to assist with pensions, concessions, health, legal and safety issues</li> </ul> </li> <li>• <b>Elders Abuse</b> <ul style="list-style-type: none"> <li>- Support services</li> <li>- Education on what abuse is</li> <li>- How to stay safe and secure</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Housing</b> <ul style="list-style-type: none"> <li>- Affordable housing – culturally competent suppliers – developing Indigenous business</li> <li>- Resolution of housing issues (blacklist)</li> <li>- Purpose-built, age-specific accommodation</li> <li>- Transitional care</li> </ul> </li> <li>• <b>Aged Care</b> <ul style="list-style-type: none"> <li>- Education on the new aged care package model (link with Elders' groups)</li> <li>- Education and support for carers of Elders (e.g. dementia)</li> </ul> </li> <li>• <b>Independent living support (Aboriginal home care)</b></li> </ul>
<p><b>Youth</b></p>  <p><b>YOUTH</b></p>	<ul style="list-style-type: none"> <li>• <b>Cultural Centre</b> <ul style="list-style-type: none"> <li>- Revitalise cultural activities, stories, dance, art and song</li> <li>- Education, training and employment opportunities to instill identity and pride</li> <li>- Cultural meeting place</li> </ul> </li> <li>• <b>Prevention Strategies for Youth</b> <ul style="list-style-type: none"> <li>- Violence, youth pregnancy, drugs and alcohol programs</li> </ul> </li> <li>• <b>Transition Centre and Crisis Refuge</b> <ul style="list-style-type: none"> <li>- Accommodation and programs to support people when they're released from incarceration or at risk</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Health and Fitness</b> <ul style="list-style-type: none"> <li>- Establishment of a sporting program – pay as you go opportunities for children to participate in sporting groups, dance groups etc. – Money paid to participate could go towards paying coaches, teenage sporting mentors, dance teachers etc.</li> <li>- Establishment of a gym – community pay to utilise equipment – providing scope for the use of profits to train local members in group fitness training etc.</li> <li>- YOUTH HUB and transport</li> <li>- Rabbitohs Football Club – capacity building for teenagers</li> </ul> </li> </ul>
<p><b>Health</b></p>  <p><b>HEALTH</b></p>	<ul style="list-style-type: none"> <li>• <b>GP Services</b> <ul style="list-style-type: none"> <li>- Increased GP services to reduce substantial wait times</li> <li>- Drug and Alcohol, Nutrition, Sexual Health and Dental Health support</li> </ul> </li> <li>• <b>Youth and Community Health Services</b> <ul style="list-style-type: none"> <li>- Services and programs and prevention strategies to support – healthy relationships, sexual health, self-worth, substance addiction.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Medical Services</b> <ul style="list-style-type: none"> <li>- Regular services</li> <li>- Specialist services</li> <li>- Employment pathways in to the health industry</li> <li>- Dental van for preschool families</li> <li>- Establishment of edible garden at the preschool – opportunity for parents to participate in healthy eating workshops</li> </ul> </li> </ul>
<p><b>Transport</b></p>  <p><b>TRANSPORT</b></p>	<ul style="list-style-type: none"> <li>• <b>Increased and regular services that will cater to government agencies' and medical appointments and interviews</b></li> <li>• <b>Students to be able to use their school bus pass to get to Nambucca, Macksville and Coffs</b> <ul style="list-style-type: none"> <li>- access to sport, leisure and job opportunities</li> </ul> </li> <li>• <b>Better access to regular licensing &amp; driving programs enabling learners to achieve their required hours and to work off their fines through Work Development Orders.</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Community needs to embrace existing services</b> <ul style="list-style-type: none"> <li>- marketing</li> </ul> </li> <li>• <b>Community position to manage the process locally</b> <ul style="list-style-type: none"> <li>- Centre for Road Safety is looking for local mentors for kids</li> </ul> </li> <li>• <b>Weekend transport services</b></li> </ul>

Continued on Page 26



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## Housing



HOUSING

- Improved design/ architecture to accommodate families wanting to live together (multi-generational)
- Increased housing availability
  - e.g. units for young adults or the elderly
- Alternative housing during home renovations
  - regular compliance checks on renovations
- Safety House for Youth
- Safe housing for victims of domestic violence
- Appropriate Housing for the Aged and disabled
  - Purpose-built, Local
  - low, medium, high care housing facilities
  - Retirement and/ or assisted living village
- Intensive Family Support to assist with systems to help crowded accommodation work better.
  - E.g. farm not currently used could be set up for a kid's holiday program

## Education



EDUCATION

- Skills audit to understand what's needed in the community, where the gaps are
  - to target education/vocational programs
- Parental Activities
  - Literacy/numeracy programs
  - Hobby Courses
  - Day care to support young mums to continue their education
- Language program in the schools
  - To show culture is supported and instill a sense of pride and identity
- Training Courses – to support work experience
  - VET programs, e.g. mechanics, retail, business skills
- Support for students – continue funding for the Learning Centre at the Bowraville Central School to enable the expansion of it to capture more students and continue the following:
  - Homework centre
  - Tutoring
  - Access to resources and technology
  - Support with assignments and tutors
- Funding for a transition team to ensure pathways to work and further education
- Funding for transition program between pre-school & primary school – funding to keep qualified/ nurturing early childhood educators to support students in transition
- Funding employment opportunities for local Aboriginal families/ people to pass on and share their skills and knowledge
- Funding for Aboriginal traineeships at the preschool
- Increased funding of the preschool for more educators to enable a higher child/ staff ratio that will support a child's emotional and social wellbeing
- Funding for a Disability Liaison Officer
  - Better support to identify how disabilities affect study
  - Alternative teaching methods
- Utilise Cultural Based Skills
  - Boat/ canoe building
  - Boomerang making
  - Native bush regeneration and land care
  - Utilising Elders as teachers
  - Target kids who have dropped out of school or are at risk
- Funding for a Careers Advisor
- Leadership programs
  - Prepare youth to be leaders and/ or mentors
- Working with Children Checks
  - Annual registration/ sign up day for Elders and community members to get a Working With Children Check (RTA to outreach to Bowraville instead of having to go to Nambucca)

## Cultural Activities



- Land and Farm Management
  - Cultural education from Elders
- Language programs (TAFE)
- Bush Regeneration
  - IALC – generate jobs/ skills – TAFE
- Eco Tourism/ Tour Guides – TAFE

## Leadership



- Role Models
  - Start leadership programs for both youth and the elderly who want to improve the outlook of the community
- Engage Elders to be more involved in community activities/projects

## Child Protection



CHILD PROTECTION

- Education
  - Community education about reporting instances of DV
  - Children to be educated
  - Positive parenting programs to be run locally
  - Cultural programs
  - FaCS workshops in community – need to be seen in a positive sense
  - Cultural Awareness Training for all NGOs
- Establishment of an Intensive Family Based Service
  - Parental capacity building programs
  - Deal with whole of family to address violence
  - Access to counselling services for all family members
  - Support for children not engaged in school
- Child Sexual Abuse
  - Child Place Based – risk assessment to be trialled



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Education Aboriginal Affairs



# Bowraville Central School News

The annual school swimming carnival was held on Tuesday 14<sup>th</sup> February at the Macksville Pool. Luckily it was one of the rare milder summer days we've had lately which made for great conditions for swimmers and spectators.

Participation rates were high with particular congratulations to the following record breaking students:-

**Mundarra Caldwell** broke the 14 years boys 50m Freestyle

**Olivia Bateman** broke the Senior Secondary Girls 50m Breaststroke

**Renee Woods** broke both the Senior Secondary Girls 50m Butterfly and the Senior Secondary Girls 200m medley.



Lennie McIntyre



Record breaker Mundarra Caldwell

Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Autumn 2017								
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	Community Radio Network Good Morning Country National Radio News Rural Reports	Dano's Brecky Show Daniel Gosson & Hal The Robot High-paced cacophony to get those feet shuffling!	Bubble N Squeak Linda & Michelle A family show with Christian themes.	Mystery Breakfast The Shadow Knows	Tones of Claressence Claire Watt-Powell	Rise & Shine With Ron Hawkins Information and music to kickstart your weekend.	Beam Me Up Scotty Sunday Music Mix	6 AM
7 AM	Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll 1950s-2010s	Global Mosaic Pieter A weekly musical trip through the world	Dyer's Loop With The Dyers Music to dye for, of course	Under The Stinging Tree Poppa Including the real- <u>un</u> real news	Talk Of The Town Ceri Wrobel See what's going down! All things local	Learner Drivers Exciting New Presenters	Country Highway Dave Wareing Country music classics to latest releases and comedy	7 AM
8 AM	Baby Boomers Donna Collins	Infopinion Richard Landon An eclectic time with Richard	Jazz Azz I Like It Heather Heywood A mix of jazz with lotza Oz	Turning Pages Elizabeth Newman	RAOR Jeremy Allom Random Acts Of Radio	History Patch With Beverly Gibbs	Classical Corner Music from the past 1000 years... Alternates weekly with The Lively Arts	8 AM
9 AM	The Weekly Fix Paul Weekley	Rob's Roving Robbie Hancock Bible reflections, Gospel & Australiana	Just For You Carola J. Simmons Easy listening & All That Jazz	Simmo's Country John Simpson	Outback Outlaws Paul Rowe Old and new country music	Maggie's Mix Margaret Duffus	The Lively Arts Music & spoken word from film, TV, theatre & radio Noel Robertson	9 AM
10 AM	Drive With Scotty Scotty Great Scotty Music	Jack's Tracks 2NVR Youth Radio with Jack All the tracks with Jack Tune in!	Stella Bells 2NVR Youth Radio with Stella	Thursdays Country Trickick	Wind Down for the Weekend Stu & The Crew	Learner Drivers Exciting New Presenters	Dano's Mixed Grill Daniel Gosson A tasty mix of anything and everything to spice up your Sunday arvo	10 AM
11 AM	Bowra Beats 2NVR Youth Radio with Graze	Nambucca Valley Roundup Carola J. Simmons All the tracks with Jack Tune in!	Today's Country Rob Davidson	Nambucca Valley Roundup - Retro	Rhino On The Radio Switching to Studio 3 from 6pm-8pm on the 3rd Friday of each month for live artists & studio audience	Two For The Money Double the Fun with Paul and Rachel!	Flashback Rob Davidson '60s to '80s Pop & Rock	11 AM
Noon	Nambucca Valley Roundup - Rachel Burns	Latest & Greatest Country Bryon Edwards	Nambucca Valley Roundup - Paul Burns	Highway Blues Retro When Only The BEST BLUES Will Do	The Friday Night Rock Show Todd Willis	Phase Out With Faye Faye Aspiotis Double shots of Aussie music	That's A Wrap Donna, Tom & Mitch Local sports results and in-depth analysis.	Noon
1 PM	Reggae Mixtape With Fitzroy Music outside the usual	Prog Rock Playlist Rhino till midnight The best of Progressive Rock	Ants Rocks Anthony Gamsey Solid Rock	Jeff's Junk Jeff Mills	FNRS Continues overnight	Imagine This & The AntipodeanSF Radio Show Woolly till 11pm	Booth's Drum With Captain Steve DRUM	1 PM
2 PM	Juggling Mondays Juggler's choice Music mix	CRN overnight	Ants Music Mix overnight	CRN overnight	CRN overnight	Overnight Express overnight	White Line Fever All Nolan All that truckin' good music	2 PM
3 PM	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	3 PM
4 PM	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	4 PM
5 PM	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	5 PM
6 PM	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	6 PM
7 PM	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	7 PM
8 PM	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	8 PM
9 PM	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	9 PM
10 PM	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	CRN overnight	10 PM

2NVR — "Most Outstanding Small Station In Australia" CBAA Voice Award Winner, 2011 & 2013.  
 2NVR — Australia Day Award 2012 for "Service to the Nambucca Valley Community".  
 National news and weather is broadcast each weekday at 7am, 8am, 9am, Noon, 6pm, and 7pm  
 Tewinga studio and office: 02 6564 7777 email: admin@2nvr.org.au  
 The Best Little Station In The Nation