

# COMMUNITY NEWS



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



APRIL 2019 ~ ISSUE #172 ~ FREE ~ CIRCULATION 400 ~ POSTCODE 2449

## ANZAC DAY SERVICES - BOWRAVILLE 2019

### DAWN SERVICE

0525 - Silent March to Cenotaph

0530 - Arrive at Cenotaph

Prayer for world peace - Commemoration Address - Wreath Laying

Commemoration Prayer - Firing Party

Last Post, Ode, Reveille, National Anthem

Dismiss

Rum Ration issue at Bowraville Hotel

Breakfast for veterans and families at Bowra Ex-Services Club (\$8)

### MAIN SERVICE at CENOTAPH

1000 - March from Ex-Services Club to Cenotaph

1010 - ANZAC Service at the Cenotaph



## SIZE DOES MATTER

*for future Bowra Community News*

For the last 5 issues we've trialled the Community News as a colour booklet which has been very popular but unfortunately reality's set in and we've realised that financially we are unable to continue with colour.

We are returning to the A4 format (big) this issue, to ask you to let us know what your preference is. Many readers have told us the A4 booklet is too difficult to read but is easier to handle, and others have stated environmental issues in favour of the booklet.

***So, we'd like to know what format you prefer . . .***

A4 size (big) *OR*  A5 (booklet)

We'd also like to know what you would like to see more or less of and your suggestions about what else could be included.

.....  
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.....  
.....

Please drop this coupon into the Bowra Technology Centre or the BCNews basket in the IGA.

# BOWRAVILLE COMMUNITY NEWS

**CIRCULATION = 400 COPIES**

Newsletter is also available online at:

[www.bowraville.nsw.au/bowraville-newsletter](http://www.bowraville.nsw.au/bowraville-newsletter)

## **2019 ADVERTISING CHARGES:**

Bowraville Community News is produced every month, except January.

Annual subscriptions includes 11 issues.

90 x 90mm (1/6 page)	\$10 issue/\$100 year
90 x 180mm (1/3 page)	\$18 issue/\$180 year
Half page (or 1 column)	\$25 issue/\$250 year
Full page (or back cover)	\$35 issue/\$350 year

## **DEADLINE FOR COPY FOR**

**THE MAY 2019**

**ISSUE IS: 4:00PM**

**TUESDAY, 23rd APRIL 2019**

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)

## **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 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*



*search for CTCABowra"*

# ***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
  - Equipment Hire ■ Media Sales
  - Photocopying
  - Laminating ■ Photo Printing
  - Music Conversion to CD Format
- Volunteers Welcome*

**United Hospital Auxiliary**

Our next meeting will be held at the Bowraville Recreation Club on Friday 26th from 10am. In March volunteers enjoyed their first experience as participants at the Bowra Markets, displaying hospital info and selling recipe books. We plan to repeat this fundraiser. Four members travelled to Wauchope for the UHA Zone Day where we met up with friends as well as being informed of the latest statistics and general information. Others have attended community meetings and the inaugural meeting of those residents interested in planning landscaping ideas for the surrounds of the new hospital. As plans are refined we hope to call on the Nambucca Valley residents for support - details later! Our combined membership is now close to 70 but we continue to ask valley residents to join and train as baristas for the Hospital Coffee Shop. Contact Isabelle 6564-7179 or Heather 6568-2807 or visit us at the Coffee Shop.

**Bowraville Garden Club**

When we travelled to our 25<sup>th</sup> birthday venue most were surprised at the development in Rural Valla. We reminisced on special events over our 25 years including trips, flower shows, humorous and disaster events and other highlights. We would like to thank Penny, from Murphy's Café, for the delicious catering for our birthday. While we still have

4 original members and others long serving, we always look forward to new member. Our April outing is again local with visits to two gardens and then back to Bowra for lunch. Contact Barbara on 6564-7039 for more information.

**Bowraville Recreation Club**

Hopefully April will bring cooler weather making our golf and bowls days more enjoyable. Women golfers hosted golf pennants in March and were complemented on their catering and hospitality. 15 carts were needed and these were located by our very efficient team as the Club has only 4. Next pennants will be at Macksville with Bowra playing Nambucca Heads. Other special March events included a Golf Day sponsored by Barry McDonald and Bowra Bullrouts Golf Day on the 30<sup>th</sup>. The first April fixture will be Over 50's Bowls Day on Tuesday 2<sup>nd</sup> April. Bowls pennants are underway and Bowra has entered two teams 4<sup>th</sup> and 7<sup>th</sup> grade. Thursday Social Bowls continues to attract a good crowd and Saturday afternoon will often see happy golfers having a roll up along with other keener bowlers. Please note Saturday Barefoot Bowls and Snackfest has moved to Sunday due to pennant matches. Our golf greens have recently been cored and sanded. Lady golfers have walked the course repainting signs so all visitors are well directed. Men's golf pennants

*Continued on Page 5*



**FITTING TURNING MACHINING**  
**0408 964 433**  
Steven Jeffries  
*Turning - Milling - Welding - Repairs - Parts Made*  
*Worn Shafts Re-Built - Aluminium & Stainless Welding*  
2 Park Street Bowraville 2449  
[www.fittingturningmachining.com.au](http://www.fittingturningmachining.com.au)

## Weekly Activities

### MONDAY

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

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

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

### TUESDAY

LINE DANCING 6.30-7.30pm Pioneer Community Centre, 70 High Street, Bowraville. (6564 7791)

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

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

### WEDNESDAY

Boomerang Bags Sewing Bee, 10am-3pm, Pioneer Community Centre, 70 High St, Bowraville. (6564 708)

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

AL-ANON 7.30pm at Salvation Army Hall in Macksville, use rear entrance. Michael Watson (0499 106 261)

**MEMBER'S DRAW & MEAT RAFFLE 6.30pm pm**

Bowraville Ex-Services Club (6564 7304)

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

### THURSDAY

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

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

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

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

### FRIDAY

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

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).

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

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

### SATURDAY

BOWRA COUNTRY MARKETS (2nd and 4th Saturdays) 8am – Noon. Pioneer Community Centre Bowraville. For bookings and enquiries call 6564 7908 or 0400 828 471.

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

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

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

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

### SUNDAY

FREE POOL All day Bowraville Ex-Services Club (6564 7304).



### **ACTIVITIES ORGANISERS**

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

## **TECHNO LESSONS OPEN TO EVERYONE**

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

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 LESSONS**

No official classes running at this time so contact the BTC to arrange a suitable time for assistance.

The lesson 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.

From Page 3

commence on 7<sup>th</sup> April. Thank you to all our volunteers. The Rec Club is a great place for meetings and social events. Contact 6564-7349.

## Bowraville Seniors

Belonging to this Bowra Club does not mean you are now considered decrepit and past usage – rather it's an opportunity to meet local seniors and enjoy a few special events and occasionally listen to a guest speaker. Our executive are all longtime Bowraville residents and welcome all newcomers to our meetings. Our guest speaker for the March meeting was Karly Lane who gave us an insight into the way she works as an author but spoke mainly about the Bowraville Chamber of Commerce of which she is secretary. It was exciting to hear of the Bowraville Chamber's latest ideas. Sub groups have been formed to investigate and follow up on many of the suggestions from previous meetings eg: reformation of Back to Bowra, introducing story placards for the main street and ways to bring more tourists to the town. We have finally arranged our bus trip date to 10<sup>th</sup> May for our postponed trip to Port and commenced arrangements for the Biggest Morning Tea in May. Next meeting will be at the Coach House Inn on Monday 15<sup>th</sup> April.

## Riverside Musical Festival

Nambucca Valley Community Church will host a family music festival on the banks of the river at Macksville on Saturday 13<sup>th</sup> April as a pre-Easter event. First band will be a children's band from Coffs Harbour that will have not only the children but everyone dancing and participating. Others include the Salvos Country band and locals. In addition there will be a jumping castle and other attractions plus a free sausage sandwich and bottle of water. Beginning at 5.30pm and going till 7.30pm.

Continued on Page 8

## CRAIG BELLAMY@realty

### YOUR NAMBUCCA VALLEY SPECIALIST

With 18yrs Real Estate success in the Nambucca Valley we have now set up our own agency.

We can offer competitive fees, creative marketing and the backing of one of the fastest growing agencies in Australia.

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

5/11

CRAIG BELLAMY 0412 080 287

craigbellamy@atrealty.com.au  
www.atrealty.com.au

## Coronation Kennels & Cattery

"Where your pets are cared for like Kings and Queens"

180 Coronation Road, Congarinni North  
(just two kms from Macksville)

PHONE: 02 6568-2018

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  
Cats - \$14 per day.

### Long Term Budget -

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

Not available during school holidays



### Short-term Accommodation

Small \$15 - Medium \$20 - Large \$22 - Cats \$14

6/11

## BOWRAVILLE GIFT SHOP



any occasion

LOCATED AT BOWRAVILLE POST OFFICE

27 HIGH STREET BOWRAVILLE

Monday to Friday: 9am - 5pm

PH: 02 6564-7169

11/11

## *Why we should all care about cyber-crime: The Risk to You and Me*

In today's world the reality is that all individuals and organisations connected to the internet are vulnerable to cyber-attack.

The number, type and sophistication of attacks continues to grow, as the threat report published last month by the Australian Cyber Security Centre (ACSC) points out.

It's not only large organisations that are under threat. Individuals or organisations that don't believe they have much to offer hackers can still be targeted. So even if you think you're a small target, you might still be at risk.

### **Illusion of trust**

Malicious individuals and groups thrive on gathering information that can be used to enhance their attack strategies.

Hackers are becoming more focused on spear-phishing attacks, which are tailored to individual people and any piece of information about you can be of help.

Key to the hacker is the issue of trust. The information gathered is used to build a profile of the target with the aim to have enough data that allows the hacker to appear trustworthy.

In most cases, the hacker will attempt to impersonate an entity that is trusted by you. The more information the hacker has on you, the more likely they will be able to maintain the illusion long enough to achieve their aims.

The effects of a successful attack vary significantly, largely depending on the motivation of the hacker.

For most of us, identity theft is likely to cause the most damage because it badly impacts on our ability to go about our normal daily life, for example our credit rating could be severely compromised.

To make matters worse, the process of addressing the damage of an attack can be costly, time consuming and emotionally exhausting.

In other cases, the damage could be in the form of confidential information, such as



medical history records, ending up in the hands of malicious parties, thus making you susceptible to different kinds of blackmail.

### **Your access is important to hackers**

But specific personal information is not the only driving factor behind cyber-attacks. Often, the resources or the access you have to other systems is the overall goal.

A common misconception held by many individuals and organisations is that if they do not have anything of value on their systems, they are not likely to be attacked. Or the hackers have nothing to gain from copying all their information.

The information value may be zero, but the resources are precious commodities which can be easily used in two ways:

- to launch more intensive, distributed attacks on the hacker's primary target;
- they can be "leased out" in the form of botnets to other parties.

From the point of user-clearance, hackers again can exploit information about the target to attempt to gain access to systems that are difficult to reach.

### **Food for hacking thought**

There was one case in the US where foreign hackers used the eating habits of the staff of a government organisation (obtained from credit charges) to launch a "watering hole" attack.

The hackers were able to easily compromise the server hosting the website of the restaurant frequented by the government employees and they replaced the original

*Continued on Page 17*



**APRIL PROGRAM at the**

# BOWRAVILLE THEATRE

Sunday, 7th April @ 2pm

**C'est La Vie** - After organising hundreds of events over 30 years, Max is close to throwing in the towel. The latest nightmare for the irritable planner is a magnificent wedding reception in a 17th century chateau, where he thinks he has put together all the ingredients to make the party a success. However, as the celebrations get underway everything goes wrong. Can Max and his team pull things together to make the party memorable for all the right reasons?



**From the directors of 'The Intouchables'.** *In French with English subtitles.*

Sunday, 28th April @ 2pm

**In Like Flynn** - In 1930, before Errol Flynn became one of the biggest movie stars in Hollywood, a young Errol, braving cannibals and crocodiles searched the jungles of Papua New Guinea for his Eldorado. While serving as a guide for a Hollywood producer, Errol discovers a map on a dead prospector that he believes will lead to a fortune in gold.



As Flynn and crew make a final dash for New Guinea, they encounter their greatest foe yet, nature itself and sailing straight into a treacherous reef.

In Like Flynn is a mythical and satirical coming-of-age story about four men on a journey to find hope, adventure and fortune in an age when the world was spiralling into despair.

**Café open 1 hour prior to doors opening.**

**Tickets: Adults \$12. Conc. \$10. BAC Member/Child (under 15) \$8. Family \$30.**



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

*What we have to offer . . .*

**TAB - Fox Sports**

**Keno - Gaming Machines**

**Pool Table - Daily Happy Hour**

**Bingo - Raffles**

**Members' Draws**



**HAPPY HOUR - All Schooners \$4.50  
from 5pm to 7pm daily**

**FREE POOL Everyday**



6/11

## BOWRA HOTEL

OPEN 10AM - MIDNIGHT

### BISTRO

WOOD-FIRED PIZZA Wed - Sun

LUNCH 11:30am-2:00pm Tues - Sun

DINNER 5.30pm - 8pm Tues - Sun

All menus available for takeaway

Regular Live Music

Holy Goat Coffee

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

33 HIGH STREET, BOWRAVILLE

Ph.6564 7041 Fax. 6564 8471

6/11

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

From page 5

## Bowraville Shopping Bus

If you are in Bowraville and you need to get to Coffs Harbour or somewhere outside of Bowra to do your shopping let us know. The Community Transport Company has buses available so you can get to the shops. Call Lulu Jarrett on 0498 714 334 for more information.

## Bowraville Race Course Art Group

Join this friendly group at the Bowraville Race Course every Tuesday from 9am till 12 noon. Experienced artists and beginners are all welcome. Bring any art materials you have and be prepared to try something new or you can just do your own thing. Help

given if needed. All at no cost. Contact Margaret 6564-7325, Penny 6569-8106 or Elwin 6568-4552.

## Line Dancing

Beginners class on Tuesday evenings from 6.30 to 7.30pm at the Bowraville Community Centre in High Street. Cost \$7 per week (plus \$7 per year to join BCDAI for insurance cover). For information contact Rhonda on 6564-7791.

## St Jimmy's Kitchen

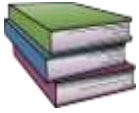
On the second Thursday of the month from 5:30 to 7:00pm in the Anglican Church Hall in Young Street meals are available for a

*Continued on page 16*

## 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	6564 7908 0400 828 471
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	Uptown Markets, Castle Street, Coffs Harbour from 6am to 2pm	0434 482 926
Every Sunday	Harbourside Markets, Coffs Jetty Foreshore from 8am to 2pm	0407 661 990
1 <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	0425 205 737
Last Sunday (bi-monthly even months)	<b>FUNKYA @ UNKYA MARKETS</b> from 8am to 1pm Unkya Reserve, Eungai	0425 205 737





# BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

## The Scandal

by Frederick Backman

When I read the blurb on the back cover of this book I hummed and ha-ed about reading it. I've read other novels with similar storylines and thought it would be predictable. Not sure why I took it home but..... gotta say I really enjoyed it.

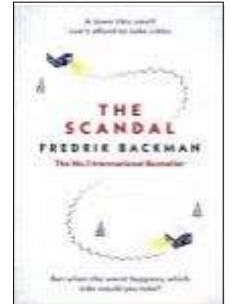
Backman's novel is about many things – obsession with a sport (ice hockey in this case), small town struggling to survive, small town in a challenging physical environment (isolated in a large Swedish forest) that would test anyone's staying power, relationships, the strength of friendship, secrets, lies, love, loyalty, survival and so much more.

I am not sure if understanding ice hockey would be an advantage to the reader but if you can imagine loving any sport to the point of obsession and beyond and then times that by 50 then it would give you a good measure of 95% of the characters in this book. And there are a lot of them. And their obsessions vary.

Backman swaps rapidly from one character to the next but I felt like I was getting to know them quickly and easily, most of them likeable except perhaps the self-absorbed teenagers but then again, when you spend the whole of your short life being told how great you are.....

The tiny town of Beartown is shrinking, jobs are few and far between and the only thing going for it now is the ice hockey team. With a talented and driven star,

supported by a fearless and aggressive best mate, the team are in with a chance for a big win which would have huge positive consequences for the dying town.



However, there are struggles within the club management, between the trainers, amongst the kids at school as teen bullying behavior intersects with “which side of the tracks you're from” and also amongst the adults in town. Kids whose parents love them and support them, kids with one parent long gone, kids with parents who don't care at all or are unable to show they actually do, kids whose parents are too busy (for whatever reason) to pay attention to them, kids who have big secrets.

When a 15 year old girl is raped by the 17 year old ice hockey star at a wild party he holds at his parents' house while they are out of town everything changes. It's like the ripple effect when a stone is dropped into a pond of still water. It goes on and on. People take sides, lies are told, truths are hidden, decisions are made whether to remain silent and safe or speak up and take the consequences, people fear the truth and what it will mean, relationships change but in this novel the very worst of all is that nearly everyone chooses ice hockey (and the town's future) over the word and worth of a young girl.

I hope you enjoy “The Scandal”.

- This book read and reviewed by volunteer Raewyn.

## Like to volunteer at the Bowraville Technology Centre?

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

**Call Mark on 6564-7420 to find out more.**

# PARKINSON'S AWARENESS MONTH

**Parkinson's is a progressive neurological condition, which is characterised by both motor (movement) and non-motor symptoms.**



*The condition was first described by Dr James Parkinson in his Essay on the Shaking Palsy (1817) in which he reported in detail the symptoms of six patients. His description of the motor symptoms remains accurate and unchallenged.*

Parkinson's is a global phenomenon being recognised in all cultures and is estimated to affect approximately 6.3 million people worldwide. It is the second most common neurodegenerative disorder – an Australian report (2011) estimates that 1 in 350 Australians now have the condition, and more than 30 people are diagnosed daily.

Increasing age is unequivocally associated with an increased risk of Parkinson's. Incidence is reported as 1:1000 for people over 65 and 1:100 over 75. Although the condition is age related, it is distinct from the natural aging process.

The average age of diagnosis is 55 - 65 years. The term 'young onset' is attributed to those diagnosed between 21 - 40 and prior to this the term 'juvenile onset' is used. Parkinson's is slightly more common in males than females (ratio 5:4).

Parkinson's may affect anyone at any time. Well known identities diagnosed with the condition include Muhammad Ali, Michael J Fox, Janet Reno, Billy Graham, Bob Hoskins and the late Pope John Paul II and Donald Chipp. There is a theory that Adolf Hitler may have had Parkinson's.

The underlying cause in approximately 95% of those diagnosed remains unknown, hence the term Idiopathic Parkinson's Disease.

In the 1960s it was discovered that the symptoms are primarily related to a lack of a neurotransmitter (dopamine) as a result of degeneration of dopamine producing neurons within the substantia nigra in the

basal ganglia in the mid-brain. Approximately 70% of the dopamine producing neurons are lost prior to the time of diagnosis therefore most people affected by the condition can retrospectively describe a gradual development of symptoms.

More recently a naturally occurring protein (alphasynuclein) has been identified as misfolding and aggregating in the form of Lewy bodies found at post mortem in cases of Parkinson's.

The cause of Parkinson's is a longstanding topic for worldwide research and many theories exist. The most commonly explored are: Environmental, Oxidative stress, Genes and Multi-factorial.

## *Environmental*

Some medications are responsible for causing symptoms resembling Parkinson's - these include some neuroleptics and antiemetics. In addition long term exposure to environmental toxins such as pesticides, herbicides and insecticides has been associated as a risk factor. This may explain the higher incidence found in rural areas.

## *Oxidative Stress*

As the symptoms of Parkinson's are similar to the signs of aging and dopamine production is markedly reduced, it is hypothesized that Parkinson's may be an accelerated aging

*Continued on Page 12*

**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**





# Cold & Flu prevention

Good hygiene is one of the most important ways to help prevent colds and flu (influenza).



## *Good hygiene includes:*

Washing your hands regularly and properly with soap and water, particularly after touching your nose or mouth and before handling food.

Sneezing and coughing into tissues then disposing of them immediately and washing your hands.

Cleaning surfaces such as your keyboard, telephone and door handles regularly to get rid of germs.

Not sharing towels, cups, plates or cutlery.

## *Other ways to help prevent flu:*

Annual flu vaccination.



## *If you do catch a cold or the flu, ensure you:*

Get enough sleep.

Stay hydrated – Drink plenty of water.

Eat plenty of fresh, healthy, vitamin and mineral-rich foods.



*For advice on cold and flue and a large range of products call into the Bowraville Pharmacy and talk to our friendly staff.*

**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



## Making reusable shopping bags from pre-loved fabrics



*by the community,  
for the community.*

Boomerang Bags Sewing Bees every Wednesday and sometimes on weekends from 10am to 3pm in the Pioneer Community Centre, 70 High Street.

Come for an hour...or 5! Sewing, pinning and ironing activities. Whatever help you can give is hugely appreciated. BYO lunch; tea / coffee provided. Social networking too.

Donations of fabrics also welcomed.

Enquiries: 6564 7908 [marion.syratt@gmail.com](mailto:marion.syratt@gmail.com)

N/C

## PARKINSON'S AWARENESS MONTH

From Page 10

process. Oxidative processes are part of natural aging and occur at a mitochondrial level. Free radicals are produced as part of this process and may be toxic to cells and the membranes of neurons.

### *Genes*

A family history of Parkinson's is reported in approximately 15 percent of cases. In 1996 a genetic mutation in the coding for alpha-synuclein was identified as Park1 in an Italian American family (Contursi kindred). Although this is a rare genetic mutation, it is significant because it linked alpha-synuclein and genes. Many more Parkinson's related genes have been identified including Park1-13, LRRK2, and GBA genetic mutation in Ashkenazi Jews. The onset of genetic Parkinson's is often at a younger age than the sporadic idiopathic form of the condition.

### *Multi-Factorial Theory*

Recent findings indicate that three of the recessive Parkinson's genes are linked to mitochondrial function. This supports the long held theory of a genetic predisposition and environmental exposure leading to the development of the condition.

Currently, research is focusing on biomarkers which will improve the diagnostic process by providing a definitive test.

**For further information contact your state**

**Parkinson's organisation:**

**Freecall 1800 644 189**

**Website: [www.parkinsons.org.au](http://www.parkinsons.org.au)**

## LIONS CLUB OF BOWRAVILLE INC.

SUPPORTING OUR COMMUNITY

### PRESIDENT

Mark Scott

M: 0428527545

### SECRETARY

Cherie O' Donohue

### TREASURER

Greg Lamberth

Email:

[bowraville@lionsdistrict201n1.org.au](mailto:bowraville@lionsdistrict201n1.org.au)

**PO Box 23 Bowraville NSW 2449**



6/11



Have you checked out the Bowraville Community Website?

**[www.bowraville.nsw.au](http://www.bowraville.nsw.au)**

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



Bowraville Community Website



# Bowraville Chamber of Commerce and Industry Inc

It's exciting to have new members of the Bowraville Chamber. Some of Bowra's long established businesses have joined Chamber in the past few weeks, showing their support and interest in positive things to come for our community. However, there are numerous businesses, whether located in the main street of town, working from home or sole-traders living in the outskirts of Bowraville. You are all entitled to an input in what happens in your town and indeed will reap the rewards of the significant things we are making happen. Please get on board and show your support for your community.

If you would like to become a member, membership forms are available from 41 High Street. A \$40 per annum membership entitles you to put forward ideas and vote on important issues being raised at the monthly meetings. A \$10 per annum membership will keep you up to date with what's happening at Chamber.

At the March meeting, Chamber decided to create a number of Sub-committees in order to efficiently address the number of projects and goals set by Chamber members. The sub-committee will work under the same guidelines as the Chamber, and present the information gathered at each month's meeting for approval by Chamber.

The first two sub-committees agreed upon were for **Bowraville Events** and **Town Beautification**. Chairpersons elected for the sub-committees were Karin Oxford for Events and Gai Nowland for Town Beautification. Being part of a Sub-committee allows the community to be involved in the town without necessarily becoming a financial member of the Chamber. Many people have specific interests and skills and this gives those an opportunity to contribute on a smaller scale.

Chamber also welcomes ideas from the community regarding specific topics of interest so that we may endeavour to have guest speakers at our meetings. Email your suggestions to [chamber@bowraville.nsw.au](mailto:chamber@bowraville.nsw.au) or drop them into 41 High Street.

We look forward to seeing some new faces at our next meeting on Monday April 8. Meeting details will be posted on Facebook.

- The President.

## 2019 Committee Members

President	Gay Larkin
Vice President	Max Duncan
Secretary	Karly Lane
Treasurer	Phillida Hartley
Tidy Town Officer	Robynne McGinley
Public Officer	Cherie O'Donohue
<a href="mailto:chamber@bowraville.nsw.au">chamber@bowraville.nsw.au</a>	

**We're here to help**

New Licensee of the BOWRAVILLE Post Office.

**Servicing the local community with:**

- Bill payment
- Bank@Post#
- Identification checks
- Travel essentials
- Prepaid mobile phones and recharge\*
- Stamps and stationery – office and school
- Great gift ideas and much more

We also have PO Boxes available.\*

**Locations:**  
27 High Street  
Bowraville NSW 2449

**Come in and meet us. We are open:**  
Mon - Fri 9 AM - 5 PM  
Sat Closed  
Sun Closed

## Nancy Bird-Walton - Australian Pioneer Aviatrix

*Sydney's second airport will be named in honour of Nancy-Bird Walton, one of Australia's pioneer aviators and the founder of the Australian Women's Pilots' Association (AWPA).*

*The new airport will be officially known as Western Sydney International Nancy-Bird Walton Airport.*



**Nancy-Bird Walton** AO, OBE (1915 - 2009) was a pioneering Australian aviator known as "The Angel of the Outback".

Born in Kew, New South Wales, Australia on 16 October 1915 as Nancy Bird, she wanted to fly almost as soon as she could walk. As a teenager during the Depression in Australia Nancy Bird found herself in the same position as many other children of the time, leaving school at 13 to assist her family. In 1933, at the age of 18, her passion drove her to take flying lessons. Sir Charles Kingsford Smith, who was the first man to fly across the mid-Pacific, had just opened a pilots' school near Sydney and she was among his first pupils.

Defying the traditional role of females of her time she became a fully qualified pilot at the age of 19 to become the youngest Australian woman to be awarded a commercial pilot's licence.

Through a legacy of 200 pounds from a great aunt plus money loaned from her father (which she paid back) Nancy bought her first aircraft, a de Havilland Gipsy Moth. Soon after, Nancy and her friend, Peggy McKillop took off on a barnstorming tour dropping in on country fairs and giving joyrides to people who had never seen an aircraft before let alone a female pilot.

Whilst touring Bird met Reverend Stanley Drummond who wanted her to help set up a flying medical service in outback New South Wales. In 1935 she was hired to operate the service named the Royal Far West Children's Health Scheme. Bird's own Gipsy Moth was used as an air ambulance. She bought a better-equipped aircraft and began covering territory (including Queensland) not yet reached by the Royal Flying Doctor Service.

In 1936 Nancy Bird entered an air race from Adelaide to Brisbane and won the Ladies' Trophy. In 1938 she decided to have a long break from flying.

She returned to Australia soon after World War II broke out and began training women in the skills needed to back up men flying in the Royal Australian Air Force.

She was 24 when she married an Englishman, Charles Walton, and had two children. He preferred to call her "Nancy-Bird" rather than "Nancy" and she became generally known as "Nancy-Bird Walton".

In 1958 she decided to return to flying after a hiatus of over twenty years.

Throughout her life Nancy-Bird was notable for her support of charities and people in need. As a result she was invested as an Officer of the Order of the British Empire (OBE) in 1966. She was appointed an Officer of the Order of Australia (AO) in 1990. An inspiration for generations of female pilots she was never involved in an accident despite the risks of early aviation.

The source of her enormous popularity was less for her flying feats and more for the woman herself – delightfully modest, engaging and generous with her time right up until her death.

The Badgerys Creek airport is not the first aviation site dedicated to Ms Bird Walton. The terminal at Bourke Airport in north-west NSW where Ms Bird Walton helped to set up remote air ambulance services is named after her.

She wrote *Born to Fly* in 1961 and her autobiography in 1990 titled "*My God! It's a Woman*", after the response given by a grazier, who was trapped on an outback property, when he was informed the pilot flying to his rescue was Ms Nancy-Bird Walton.



# Bowraville Lions Club Inc News Bulletin

APRIL 2019



## Stamps for Hart Walkers

Thank you to all the people who have saved their stamps for our Lions Club. These stamps go to auction and the funds raised are used to purchase Hart Walkers for children who have difficulty walking.

*Stamps can be dropped off at the Bowraville Technology Centre for collection.*

Many Australian children cannot walk due to medical conditions like cerebral palsy. They can't run or jump or play like other kids. Often they're stuck low in a chair and can't even talk eye-to-eye.

However, by facilitating the funding of specialised walking devices, the Australian Lions Children's Mobility Foundation (ALCMF) helps get them out of their wheel chairs and onto their feet, empowering each child to reach his or her potential.



## Lions Recycle for Sight Australia

Lions Recycle for Sight Australia is part of the Lions Clubs International Worldwide Eyeglass Recycling Program, headquartered in Queensland and operating throughout Australia and overseas. The program cleans, grades and labels 450,000 pair annually of used spectacles and sunglasses.

Over the 26 years that the Australian program has operated, the program, has delivered over 7 million pair of refurbished quality spectacles to men, women and children in need and without the financial capacity to purchase even the cheapest pair, to many countries in Africa, Europe, Middle East, Indian Sub- continent, East Asia, and the Far East, China, the countries of the Pacific Rim and Southern Asia and Oceania.

*Glasses can be left at the Bowraville Pharmacy in High St Bowraville for collection.*

## MEETINGS

The Bowraville Lions Club invites you to come along to a dinner meeting to find out how you can help our community and make new friends. They are held on the 3rd Wednesday of the month, 6.30pm at the dining room of the Bowra Hotel. Phone Mark on 0428 527 545 or email [mark.scott@lionsdistrict201n1.org.au](mailto:mark.scott@lionsdistrict201n1.org.au)

Continued from Page 8

donation. Dietary needs taken into consideration. All welcome.

### **Macksville/Bowraville Uniting Church**

A church service is held on the second Sunday of each month in our church at Bowraville at 10.30am. This is combined with the Uniting Church congregation from Macksville and is enjoyed by all. Rev. Jason Jon from Bellingen will conduct our next service on Sunday, 9th September and all are very welcome.

### **Macksville/Bowraville Uniting Church**

The Uniting Church is having a monthly service which is being shared by Macksville and Bowraville in the church at Bowraville. We usually have around 18-20 in attendance and local town folk are very welcome to come along and join in the service which starts at 10.30am and is conducted by Rev. Tom Fairhall from Bowraville and Rev. Ken Smith from South West Rocks on alternate months. The next service will be held on 14th April which will be Palm Sunday.

### **Macksville/Bowraville Uniting Church Op Shop**

The Op Shop is functioning well and we thank those volunteers for their valuable help. As from this month we have had to cancel the sale of second hand electrical goods. Although these are well tested and tagged we have been advised by our State Branch of the Church Insurance that they cannot cover the church for any damage caused by these items sold in our Op Shop. Please note that we cannot accept donations of electrical items in the future. On the bright

side we will now be able to display more quality furniture in the shop. We would appreciate help from any able-bodied volunteers. If you are interested in helping please call at the shop on Thursday or Friday. Contact: Mavis Ward on 6568-2451.

### **Nambucca Valley Community Church Food Hub**

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. Fee: \$10 for 11 items; \$20 for 22 items. Contact 6568-1647 or 0431 947 799.

### **Nambucca Valley Community Church**

Sunday Church Service at 9.30am, Sunday School 10.15am and Prayer Group at 5pm. Women's Fellowship held at 10am each Wednesday. Youth Group is held each Friday for 12-18 year olds from 6 to 8pm. Phone David Bossard 0427 231 040. Food Hub is run by this church. Senior Pastor is David Bossard. This is a vibrant inter-generational church serving the whole Valley as its name suggests.

### **Macksville Probus Club**

Meeting at 9.30am at Macksville Ex-Services Club on the third Thursday of each month. Meetings consist of a speaker of interest in the community or an autobiography by a member. Margaret Cleary will be happy to answer any enquiries on 6568-5859. We are seeking new members to steer us into the future. \$10 for meeting and morning tea.

## **NOTIFICATION OF BURNING OFF!**

### **Rural residents of Nambucca Shire**

You MUST notify the NSW Rural Fire Service on 6626-6860 and your neighbours 24 hours before you light a fire.

All year!

**IT'S THE LAW.**



## Cyber-crime: The Risk to You and Me

From Page 6

PDF menus with a new set that had malware embedded in them.

Thus, when the government employees were viewing the menus from their secure machines, they were downloading the malware as well.

These are just some of the ways hackers can take advantage of the information gathered from attacks.

Unfortunately, the only limiting factor is the creativity of the malicious party - and hackers are very creative.

### Beating cyber attacks

The attitude of individuals and organisations needs to change in order to prevent cyber-attacks.

There has to be a fundamental understanding that, when online, everyone is a target and none of us are too small or unimportant.

It is also critical to change the attitude towards incident detection and handling.

We can only get better at the defence part if we learn from previous experience, painful and costly as that may be.

The reason we know about some of the attacks mentioned above is because they were detected and investigated.

Most organisations do not consider incident handling as a core component of cyber defence. And as long as that continues the



improvement in cyber defences will be slow. There has to be a concerted effort to treat cyber security seriously rather than an expensive auditing exercise.

The vast majority of organisations are looking at cyber security as a compliance task and thus do the minimum possible to achieve that.

The payment card industry's Data Security Standards for major credit cards is a classic example.

It is good that there is a standard, but what is unfortunate is that all organisations try to do is the absolute minimum possible to pass the standard check rather than actually improving their security.

Instead the view should be to use the cyber security requirements as a way to improve overall security and thus avoid costly and damaging incidents in the future.

- This article written by Mihai Lazarescu - Associate Professor and head of the Department of Computing at Curtin University. [www.abc.net.au](http://www.abc.net.au)

# BowraVILLE Post OFFICE

27 High Street, Bowraville ♦ Telephone: 6564-7169

Monday to Friday 9am-5pm

**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.

**DRY CLEANING AGENT** - Drop off and Pick up.

Browse our extensive range of collectables and giftware, bric-a-brac and greeting cards.

# 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

## Frank Partridge VC Military Museum

*Named in honour of Frank Partridge -  
the youngest and last Australian recipient of the  
Victoria Cross in WW2.*

The museum houses a fantastic  
collection of military memorabilia and  
artefacts including uniforms, medals,  
weapons, vehicles and much more.

***This museum is a 'must see'.***

Open Monday - Friday 10am to 3pm  
Saturday & Sunday 10am - 12 noon  
or by appointment.

*Admission by Gold Coin Donation.*

**29 High Street, Bowraville 6564-7056**  
**enquiries@militarymuseum.org.au**

11/11

*Daylight Saving  
ends Sunday  
April 7th at 3am.  
Turn your clocks  
**BACK 1 HOUR.***

## Easter Church Services



### St. James Anglican Church

Cnr. High & Young Streets., Bowraville  
Good Friday 10am / Easter Sunday 10am

### Corpus Christi

4 Carbin Street, Bowraville  
Good Friday - Stations of the Cross 10am  
Easter Sunday Mass 9.30am

### Macksville/Bowraville Uniting Church

BOWRAVILLE  
Palm Sunday - 14th April - 10.30am

MACKSVILLE  
Easter Sunday  
Morning Tea at 9.45 - Service 10.30am

### Nambucca Valley Community Church

Cnr. Wirrimbi Road and Rodea Drive,  
Wirrimbi  
Good Friday 9am / Easter Sunday 9.30am

## Bowraville Bus Timetable

Departs	
Bowraville Post Office	7.13am
Bowraville IGA	8.13am & 9.13am
Returns	
Macksville to Bowraville	2.35pm
	3.35pm
	4.35pm
<i>Last bus</i>	5.25pm

Red Ticket — \$2.50 per day  
Eligibility: Pension Card

*busways* Telephone: 6568-3012

REMEMBER TO LOOK ON  
THE BRIGHT SIDE

*Instead of complaining - look for  
the blessings and beauty that  
surround you every moment of  
every day, despite what is  
happening in any particular  
situation in your life.*

***What made the news in BOWRAVILLE October 1908:***

*The Raleigh Sun (Bellingen, NSW : 1898 - 1918) Friday 23 October 1908*

Rain is badly needed by dairy farmers here. There is good spring in the grass on the flat, but no growth on the ridges and highlands. The cold westerly winds are drying up what little moisture is in the ground, and another frost was experienced near Bowraville on Tuesday night. The early maize crops are looking well and farmers are busy cleaning and scarifying.

*Building operations are still brisk; three new shops are being erected for Mr. S. J. Raymond in High Street. Mr. H. Hall has the timber on the ground and is about to erect fine large premises opposite the Courthouse as an office for the "Nambucca News." This building will be a distinct acquisition to the town, being a large two storey building, with concrete floor to carry the printing machinery that Mr. Hall intends to erect.*

Numerous inquiries are being made re the Crown Lands sale of town and suburban lots on Friday (to-day). A large attendance and high prices are anticipated. The town will certainly improve by leaps and bounds as soon as this desirable land is sold.

*A large and influential committee are busy arranging for a fitting testimonial and send-off to Mr. W. A. Johnston, postmaster at Bowraville for the past 16 years. The presentation will take place at Gilkison's Hotel on Wednesday night next, when Mr. P. Lamph, J.P., will preside.*

Mr. Sheridan, solicitor, late of Murwillumbah, has announced his intention of commencing the practice of his profession at Bowraville.

*Arrangements have been made by the Education Department to run a waggonette and pair, between Aston's and the Public School at Bowraville for the convenience of scholars, in lieu of a school near Aston's. Mr. W.H. Howle, the contractor for this service, expects to commence about the 1st November.*

# Bowra Laundromat

Corner of High & Belmore Streets

Token Operated Washing  
Machines & Driers.

Tokens available at the Pub and IGA

Commercial Washers and Dryers

Enquiries: ph 6564 7401



## About Carnivorous Plants

The definition of a carnivorous plant can be a little frightening. They are "carnivores" (meat eaters) and larger varieties of carnivorous plants that exist in ideal climates can and do eat animals as large as rodents and lizards. However, most of the varieties available in Australia thrive on insects such as flies, mosquitoes and the occasional spider.



Three characteristics define carnivorous plants:

- They capture and kill prey.
- They have a means of digestion.
- They extract nutrients from their captured prey.

Since they cannot chase their prey like an animal can, carnivorous plants have to attract prey to them and/or have some sort of mechanism that captures any insect or animal that accidentally decides to use them as a perch. Some have brightly coloured leaves that lure insects, others lure them with their nectar while still others have trapping mechanisms. In fact, the very things that make carnivorous plants so deadly to insects are what make them so fascinating to us.

When the uninitiated (most of us) think of carnivorous plants, we immediately think of the Venus flytrap (*dionaea muscipula*). A native of the south-eastern states of the US, these have fascinated children for generations and have played a starring role as "man eaters" in more than one feature film. However, there are other equally fascinating species as well:

*Continued on Page 22*

*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  
Garry, Paul or Kirk.  
They will be happy to assist you  
choose the correct products  
for your garden.*

*For the home garden  
or big acre farming . . .*

**SEEDS**

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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



## Ngambaga Bindarry Girrwa Community Services Aboriginal Corporation

ABN:19746606729

*"Empowering Aboriginal and Torres Strait Islander communities to gain independence and inclusion through the deliver and support of culturally appropriate community services"*

Ph: 02-6564 7559, Hrs: Mon to Fri 8:00am to 4:00pm,

Address: 1/53 High St, Bowraville,

Web: [nbgcommunityservices.com.au](http://nbgcommunityservices.com.au)

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



## CHSP & NRCP (In the Nambucca Valley)

- Outings & day trips
- Group Activities
- Meal Assistance
- Friendly telephone calls & visits
- Letter writing and other correspondence
- Assisted Transport
- Advocacy
- Communication with Carers
- Peer Support
- Referrals to other Agencies
- Respite for Carers
- Carer support – group day trips
- Young Carer
- Carer Information
- Carer Referrals
- Carer Counselling/Advocacy
- Transport
- Individual Carer Support/Plans
- Carers Week Activities
- Relaxation Days

The Coordinator will work with you and/or your Carer to a Care Plan to ensure that your care and support needs are met.

It's not uncommon for Carers to become exhausted and overwhelmed. That's why it's so important to take a break – called 'respite'. By taking time off you get a chance to look after your own physical and emotional needs.

## Early Linker Program, Mid North Coast (Kempsey to Red Rock, Coffs Harbour)

- Early Links is for:**
- People with a disability aged 0-8 yrs and who are generally not accessing any specialist disability service
  - Carers and families of people with a disability
  - The community
  - People wanting assistance to accessing community and mainstream services, knowledge, resources and opportunities in their communities
- Early Links Mission:**
- "Every child, every opportunity"
- Early Links Vision:**
- "Communities where every child participates and every family is respected"
- An Early Linker will assist with:**
- General development concerns
  - Information and support for families to find out about their children's disability needs
  - Identify concerns, set goals and development plans for the future
  - Connecting with other parents, community and service providers
  - Build confidence to achieve your goals
  - Develop your existing support networks and create new networks
  - Look at ways you can participate and be a part of you community.





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

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

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

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

## OUTREACH SERVICES

- Monday Counselling Services**  
Interrelate 10am to 3pm  
Miimi House  
Phone: 6659-4150
- Tuesday New Horizons**  
1<sup>st</sup> Tuesday of the month  
Phone: 5632-4800
- Warrina Women’s & Children’s Refuge**  
2nd and 4th Tuesdays  
Phone: 6652-2400
- Wednesday Baby Health Clinic**  
9am – 12noon  
All Mums and bubs welcome  
Appointment necessary.
- Community Corrections**  
Fortnightly 10am to 3pm  
Phone: 6561-3100
- Thursday Legal Aid**  
1<sup>st</sup> and 3<sup>rd</sup> Thursday  
10am to 12noon  
Phone: 6641-7899

### BOWRAVILLE COMMUNITY HEALTH SERVICES

Child and Family Counselling

Speech Pathologist

Paediatric Occupational Therapy

*These services are available by apt. - 6656-7200*

*MiiMi is now an approved CSO Agency.*

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

Miimi House  
90 High Street, Bowraville

Phone: 02 6564 8855

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

## About Carnivorous Plants

*From Page 20*

In Australia, we have the Victorian *drosera*. Sometimes still called *drosera whittakeri*, this is a variety of sundew that produces a lovely white flower. It grows prolifically throughout Victoria, but can also be found in neighbouring New South Wales and South Australia. Victorian *drosera* produce a sticky musilage that entraps insects. The leaves then curl around the prey and the digestive process begins.

*Sarracenia leucophylla*, commonly known as white pitcher plant, is another native to the United States. It gets its name from its red and white tipped pitcher or flower vase appearance. It closely resembles a beautiful, nectar-rich flower, which is exactly what unsuspecting moths think it is until they get caught on its sticky surface. Demand for these is so great they have to be protected against illegal poaching in places where they grow wild.

### “One man’s weed is another man’s feed”

This is certainly true when it comes to information regarding one of our worst environmental weeds in the Nambucca Valley - Madeira Vine *Anredera cordifolia*. Madeira Vine is actually grown in Japan for consumption where it is called okawakame (land seaweed).

Yes it is edible! Madeira vine leaves can be cooked like spinach and the highly nutritious rizomes can be baked like potato.

The rizomes are used extensively in Chinese medicine as an anti inflammatory, anti ulcer and liver protectant.

– [www.milkwoodpermaculture.com.au](http://www.milkwoodpermaculture.com.au)

# INVITATION

To all who attended Bowraville (Central) School 1875 to 1975, or whose family members attended, to identify missing names for class photos.

## **BOWRA SCHOOL PHOTOS**



**FRIDAY 5TH APRIL 10am to 2pm**  
**PIONEER COMMUNITY CENTRE**  
**70 High Street Bowraville**  
**Enquiries: 6564-7908 or 0400 828 471**

N/C



2/11

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 REGO INSPECTIONS  
 AND  
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Agent for Penrite  
 Quality Oils

5/6

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 6564 7528

Mobile:  
 0427 653 312

**7 DAYS**

5/11



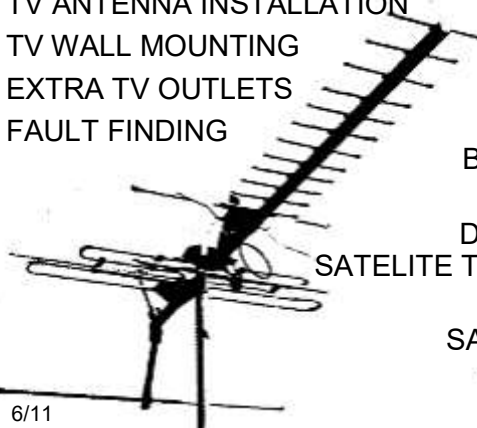
*Does your computer need servicing?  
Is it going slow?  
Do you suspect a virus?  
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# Need a nap? 5 Good Reasons To Go For It

**1. Improved Mental Performance** - Taking a nap when you're feeling tired can boost your mental performance. You may feel more alert or notice improvements in your short-term memory.

**2. Improved Physical Performance** - Grabbing a quick power nap can have physical benefits too! Studies have found that after a night of limited sleep participants who took a post-lunch nap recorded faster sprint times than their no-nap counterparts.

**3. Reduced Stress & Anxiety** - After a night of limited or low-quality sleep your body produces a stress hormone called noradrenaline which contributes to the tired and lethargic feeling of being sleep-deprived. But grabbing an afternoon nap can balance out your levels of noradrenaline and other stress hormones leaving you in a better mood and mental state!

**4. Fewer Food Cravings** - That post-lunch energy crash can leave you reaching for junk food, sodas or energy drinks to help keep you going. But taking a nap instead will leave you feeling more focused and less stressed and make it easier to fight those cravings for sugary drinks and junk food!

**5. Healthier Heart** - According to the Harvard School of Public Health people who take naps regularly are less likely to die from heart disease than those who don't. So go ahead and nod off for a while - it's good for your health!



## Bonus Tips for Better Naps

**1. Keep It Short** - A luxurious two-hour snooze can be nice every once in a while but it's best to limit most naps to 10-20 minutes long. A five-minute power nap won't produce many benefits and staying asleep for too long could make it hard to fall asleep later.

**2. Time It Right** - You can maximise the benefits of a nap (and minimize potential drawbacks) by taking it at the right time.

**3. Take a "Caffeine Nap"** - Some sleep experts recommend the "caffeine nap" method. It involves drinking a cup of coffee or a caffeinated soda and then immediately going to sleep for 10-15 minutes. The goal is to wake up around the same time the caffeine kicks in so you'll feel focused, energised and ready to get back at it

**4. Hit the Lights** - To make sure your nap time is actually restful you may need help creating a dark, quiet environment. Consider using an eye mask to block out the daylight and a pair of earplugs to block out distracting sounds.

**5. No Sleep? No Problem** - Sometimes, despite your best efforts, you just can't fall asleep and that's okay! You can still reap many of the benefits of napping by resting quietly for 10-20 minutes. Focus on taking slow, deep breaths and you'll be feeling refreshed in no time.

- [www.onegoodthingbyjillee.com](http://www.onegoodthingbyjillee.com)



Nambucca Valley Phoenix and LiveBetter Community Services have now merged as one and are providing additional services to the Nambucca Valley.

With offices in Nambucca, Bowraville and Macksville LiveBetter provides a diverse range of services in disability, community services, aged care, child and family services, home modifications and community transport

### Aged Care

Commonwealth Home Support (CHSP) is for people over the age of 65 or 50 years and over for Aboriginal people. If you need help finding out if you are eligible or need help to register for services, call us on 1800 580 580. Support can be provided in the home or in the community depending on your needs.

### Home Modifications

If you have a myagedcare package or funded under the NDIS you may be eligible for modifications to your home or help in the garden. Call us on 1800 580 580 to find out how we can help you.

### BOWRAVILLE STRONG FAMILIES

#### Men's Group

Strong Families host a Men's Outing each Thursday from 9.30am to 2.30pm. It's a chance for the local men to make a few friends, enjoy a social outing and a BBQ lunch. Each week local organisations interact with the group allowing for interaction and information to be given on local services. Contact Gary for transport and further information on 6564-7677 or 0499 002 11 if you would like to be involved.

#### Support Groups

Call us to find out what programs are currently being offered or if you need help to access support for domestic and family violence give us a call or drop in to speak to our staff.

**PH: 6564-7677 MOB: 0499 002 141**  
**strongerfamilies@nvp.org.au**



Bowraville Strong Families

National Standards for Disability Services certification  
 Registration number: DSWR610365  
 Nambucca Valley Phoenix acknowledges and pays due respect to the traditional custodians of the Nambucca Valley.

A Community Program  
 Funded by NSW Health through the Aboriginal Injury Prevention Program

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6/11

## Study reveals 94% of Aussies mess up recycling

New research highlights a staggering 94% of Australians are making recycling mistakes despite 60% being extremely confident in their recycling habits.

The Don't Waste Your Waste study, funded by Nestlé Australia and developed in partnership with Planet Ark, paints a concerning picture of the nation's overly optimistic opinion of our recycling habits. Highlights is the need for further education on recycling to help Australians minimise what is sent to landfill and reduce recycling contamination.

The study revealed that the majority of Australians (96%) are eager to recycle and four out of five want to reduce their waste in general. Additionally, 75% are worried about the impact waste has on the planet and the legacy they leave to the next generation. Despite this, 94% still put one or more non-recyclable items in their recycling bin, highlighting the confusion preventing us from being better recyclers.

*Household recycling mistakes highlighted by the study include:*

- 36% incorrectly putting plastic bags and soft plastics in their household recycling bin.
- 58% failing to remove leftover food from pizza boxes before recycling.
- 73% not flattening egg cartons before putting them in their recycling bin.
- 82% incorrectly assuming the mobius loop or chasing arrows logo on plastic packaging means it is recyclable.

*Three easy steps that people can take to improve the quality of their recycling include:*

Checking Planet Ark's Recycling Near You website for guidance on how to recycle.

- Looking for the Australasian Recycling Label (ARL) on products for guidance on how to correctly dispose of packaging.
- Taking soft plastics to a REDcycle collection point at Coles or Woolworths supermarkets.

- [www.sustainabilitymatters.net.au](http://www.sustainabilitymatters.net.au)



Australian Government  
Australian Taxation Office

## Get free help with your tax return from a Tax Help volunteer

◆ Are your tax affairs simple?

◆ Do you earn around \$60,000 or less?

◆ To find out more contact the ATO on 13 28 61 or you can make an appointment to see a Tax Help volunteer at the Bowraville Technology Centre by calling 6564 7420

Tax Help is a network of ATO-trained and accredited community volunteers who provide a free and confidential service to help people complete their tax returns online using myTax.



myTax



# **BOWRAVILLE CENTRAL SCHOOL NEWS**

## **National Day of Action Against Bullying**

'Bullying no way – taking a stand together' was the theme for the NATIONAL DAY of ACTION AGAINST BULLYING on Friday 15<sup>th</sup> March. Primary students were asked to raise their hands if they had ever been bullied and every single child raised their hand. The students watched a very informative video about 'What is Bullying?' and then they wrote on paper hands the things they already do to stop bullying. The hands symbolising 'Stop' were stuck on the gym wall. At assembly all students were given tips on what a bystander can do if they see someone being bullied. It was great to see students from Kindergarten to Year 12 'taking a stand together' to put an end to bullying.



**Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Autumn 2019**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	2NVR Recycled Radio	LET IT BE With Sean Norman Music and chat chat in the morning.	Bubble N Squeak Linda & Michele A family show with Christian themes.	Under The Stinging Tree Poppa	Green Eggs on Toast Part 2 Laraine Medbury Music, Movies, News, Weather Gig Guide Local Info	In The Mood With Gary Eiden Easy Listening To Rock & Pop	Praise, Prayer & Pop With Linda & Michelle	6 AM
7 AM	Macca's Breakfast Club With Les McMahon	Dyer's Loop With The Dyers Music to dye for, of course	Isn't it Romantic With Dallas Dent Crooners Easy Listening Popular Ballads	Tones of Claressense Claire Watt-Powell	Talk Of The Town Cen Wood See what's going down! All things local	The History Hour With Beverly Gibbs	Sunday Morning Music Mix	7 AM
8 AM	Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll 1950s-2010s	Infopinion Richard Laxton An eclectic time with Richard	Jazz Azz I Like It Heather Heywood A mix of jazz with Izzy Oz	Turning Pages Elizabeth Newman	Dano's Mixed Grill Daniel Gosson What's anyone can happen and probably will	Hair Of The Dog Mick Birdes Rock, Pop Covers and Music Trivia	JACINTA'S EASY LISTENING With Jacinta Standerland	8 AM
9 AM	Baby Boomers Donna Collins	The Phoenix Crew Selected music & madness	Just For You Carole J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	Grace's Vybes With Grace McLeod Grace's special mix of music for your enjoyment	Outback Outlaws Paul Rowe Old and new country music	Garage Noise With Sean Ambrose Alternative Music	Classical Corner Music from the past 1000 years... Always a weekly job The Lively Arts Music & spoken word from 6m, 7c, 800s & 900s	9 AM
10 AM	The Wesley Fix Paul Weasley	Rob's Roving Robbie & Linda Bible reflections, Gospel & Australiana	Just For You Carole J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	Fallen Angel With Sean Norman Music & Talk Back	Wind Down for the Weekend Stu & The Crew	Today's Country Rob Davidson	Classical Corner Music from the past 1000 years... Always a weekly job The Lively Arts Music & spoken word from 6m, 7c, 800s & 900s	10 AM
11 AM	BKE Show Bernard Kelly-Edwards Cultural Unity with Poetry, Community Yams & Music 2NVR Multicultural Radio	Drive Through With Jackie Edmunds Mix of 60s, 70s To current music	Just For You Carole J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	Thursdays Country Trickivic	Volunteer Emergency Services Show — VESS	Flashback Rob Davidson 60s to '80s Pop & Rock	Classical Corner Music from the past 1000 years... Always a weekly job The Lively Arts Music & spoken word from 6m, 7c, 800s & 900s	11 AM
Noon	Bowra Beats 2NVR Youth Radio with Grace	Nambucca Valley Roundup Elizabeth Newman	Just For You Carole J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	Nambucca Valley Roundup - Retro	Rhino On The Radio Rhino Music, chat and a touch of banter with Paul and Rachel	Two For The Money Music, chat and a touch of banter with Paul and Rachel	Classical Corner Music from the past 1000 years... Always a weekly job The Lively Arts Music & spoken word from 6m, 7c, 800s & 900s	Noon
1 PM	The Wesley Fix Paul Weasley	Country and Classic Hits With Bryon Edwards	Just For You Carole J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	Highway Blues Retro When Only The BEST BLUES Will Do	The Saturday Groovers With Faye and Zoe Lots of fabulous new and old Australian Music to get your Saturday grooving	Imagine This With The Antif Radio Show	Classical Corner Music from the past 1000 years... Always a weekly job The Lively Arts Music & spoken word from 6m, 7c, 800s & 900s	1 PM
2 PM	BKE Show Bernard Kelly-Edwards Cultural Unity with Poetry, Community Yams & Music 2NVR Multicultural Radio	Soul into Rhyme Matt Lebrandt Whack up the bass and oop a wicked mix of hip hop and fully sock tracks	Just For You Carole J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	Ant's Rock Anthony Gamsey Solid Rock	The Friday Night Rock Show with Todd Walls	Imagine This With The Antif Radio Show	Classical Corner Music from the past 1000 years... Always a weekly job The Lively Arts Music & spoken word from 6m, 7c, 800s & 900s	2 PM
3 PM	Bowra Beats 2NVR Youth Radio with Grace	Nambucca Valley Roundup Elizabeth Newman	Just For You Carole J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	Jeff's Junk Jeff Jeffis	The Friday Night Rock Show with Todd Walls	Imagine This With The Antif Radio Show	Classical Corner Music from the past 1000 years... Always a weekly job The Lively Arts Music & spoken word from 6m, 7c, 800s & 900s	3 PM
4 PM	The Wesley Fix Paul Weasley	Country and Classic Hits With Bryon Edwards	Just For You Carole J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	Ant's Rock Anthony Gamsey Solid Rock	The Friday Night Rock Show with Todd Walls	Imagine This With The Antif Radio Show	Classical Corner Music from the past 1000 years... Always a weekly job The Lively Arts Music & spoken word from 6m, 7c, 800s & 900s	4 PM
5 PM	Bowra Beats 2NVR Youth Radio with Grace	Nambucca Valley Roundup Elizabeth Newman	Just For You Carole J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	Jeff's Junk Jeff Jeffis	The Friday Night Rock Show with Todd Walls	Imagine This With The Antif Radio Show	Classical Corner Music from the past 1000 years... Always a weekly job The Lively Arts Music & spoken word from 6m, 7c, 800s & 900s	5 PM
6 PM	Nambucca Valley Roundup Ben Walters	Country and Classic Hits With Bryon Edwards	Just For You Carole J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	Ant's Rock Anthony Gamsey Solid Rock	The Friday Night Rock Show with Todd Walls	Imagine This With The Antif Radio Show	Classical Corner Music from the past 1000 years... Always a weekly job The Lively Arts Music & spoken word from 6m, 7c, 800s & 900s	6 PM
7 PM	Reggae Mixtape With Fitzroy Music outside the usual 2NVR Multicultural Radio	Soul into Rhyme Matt Lebrandt Whack up the bass and oop a wicked mix of hip hop and fully sock tracks	Just For You Carole J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	Jeff's Junk Jeff Jeffis	The Friday Night Rock Show with Todd Walls	Imagine This With The Antif Radio Show	Classical Corner Music from the past 1000 years... Always a weekly job The Lively Arts Music & spoken word from 6m, 7c, 800s & 900s	7 PM
8 PM	Classic Album Collection With Steve Ryan	Whack up the bass and oop a wicked mix of hip hop and fully sock tracks	Just For You Carole J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	Ant's Rock Anthony Gamsey Solid Rock	The Friday Night Rock Show with Todd Walls	Imagine This With The Antif Radio Show	Classical Corner Music from the past 1000 years... Always a weekly job The Lively Arts Music & spoken word from 6m, 7c, 800s & 900s	8 PM
9 PM	Classic Album Collection With Steve Ryan	Whack up the bass and oop a wicked mix of hip hop and fully sock tracks	Just For You Carole J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	Ant's Rock Anthony Gamsey Solid Rock	The Friday Night Rock Show with Todd Walls	Imagine This With The Antif Radio Show	Classical Corner Music from the past 1000 years... Always a weekly job The Lively Arts Music & spoken word from 6m, 7c, 800s & 900s	9 PM
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Midnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Just For You Carole J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	Ant's Rock Anthony Gamsey Solid Rock	The Friday Night Rock Show with Todd Walls	Imagine This With The Antif Radio Show	Classical Corner Music from the past 1000 years... Always a weekly job The Lively Arts Music & spoken word from 6m, 7c, 800s & 900s	Midnight

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