



# Bowraville Community News

Produced by the Bowraville Technology Centre 39 High Street, Bowraville 2449. Tel: 6564-7420  
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APRIL 2021 ~ ISSUE #194 ~ FREE ~ CIRCULATION 400 ~ POSTCODE 2449

## *Same, same but different!*

One year on and it's the same unease, though this time it's not only coronavirus that had us in a state of anxiety but life threatening flooding across much of NSW.

Things in Bowraville were a bit intense with power outages affecting the township, schools closed, roads un-navigable due to flooding, fallen trees or landslides and residents being evacuated from their homes.

Lanes Bridge, the multi-million dollar concrete bridge which was completed in August 2019 and was, to quote Nambucca Valley Council, “**essentially flood-proof**” was damaged and well and truly under water.



**CIRCULATION = 400 COPIES**

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

## **2020 ADVERTISING CHARGES:**

Bowraville Community News is produced every month, except January.

Annual subscription includes 11 issues.

62 x 62 (1/6 pg) - \$12 issue or \$120 year

62 x 130 (1/3 pg) - \$22 issue or \$220 year

90 x 130 (1/2 pg) - \$32 ea or \$320.00 year

185 x 130 (1 page) - \$43 issue or \$430 year

Front Cover (1 issue) - \$60 issue

## **DEADLINE FOR COPY FOR**

**THE MAY 2021**

**ISSUE IS: 4:00PM**

**TUESDAY, 20TH APRIL 2021**

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

e-mail: [admin@bctc.com.au](mailto:admin@bctc.com.au)

## **DISCLAIMER**

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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**

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

- ◆ 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 “CTCBowraville”*”

# ***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*

## NSW Seniors Week - 13th April to 24th April

### *Every day is **Seniors Day** at the BTC*

The Bowraville Technology Centre has received funding to offer free courses on a variety of technical themes such as smart phones, tablets, smart homes and much more.

Also courses for complete beginners.

Courses commence in April each day, so call into the Bowra Technology Center or call 6564-7420 to reserve a seat and a time that suits you.

## **Social & Healthy Connections for Seniors**

Supported by the NSW Seniors Festival Grant

*Free entertainment, workshops, morning tea and fun activities*

**Tuesday 20 April, 2021**

Doors open 9.30am—10am to 12noon

**Senior Citizens Centre, Princess Street, Macksville**

**Bookings not essential**

**Contact Kerry 6598 6106 or [Kerry.Piper@health.nsw.au](mailto:Kerry.Piper@health.nsw.au)**

Community Transport available - Call 1300 812 504 to make a booking (fees apply)



**HEALTHY EATING  
ACTIVE LIVING**



**MISSION AUSTRALIA** | together we stand



# **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)**

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## TECHNO LESSONS OPEN TO EVERYONE

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

**Absolute beginners are most welcome!**



**Free Techno Lessons**  
**Bookings essential**

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

**For technical issues** contact BTC for a booking.

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

*“Optimism is a happiness magnet. If you stay positive good things and good people will be drawn to you.”*

*- Mary Lou Retton*

### **TAX GOT YOU BEAT?**

Do you need assistance with your Income Tax Return?

Each Monday at the Bowraville Technology Centre an ATO trained representative is there to help.

Phone 6564-7420 to make an appointment. It's free.

### *Check out the Bowraville Technology Centre's DVD Library*

The DVD Library operates on the same basis as our very popular Book Nook,

ie: an honesty system - and if borrowers would like to make a donation of \$1 each time they borrow it would be appreciated.



*A limit of 2 DVDs per borrower.*

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

Save on paper and ink!

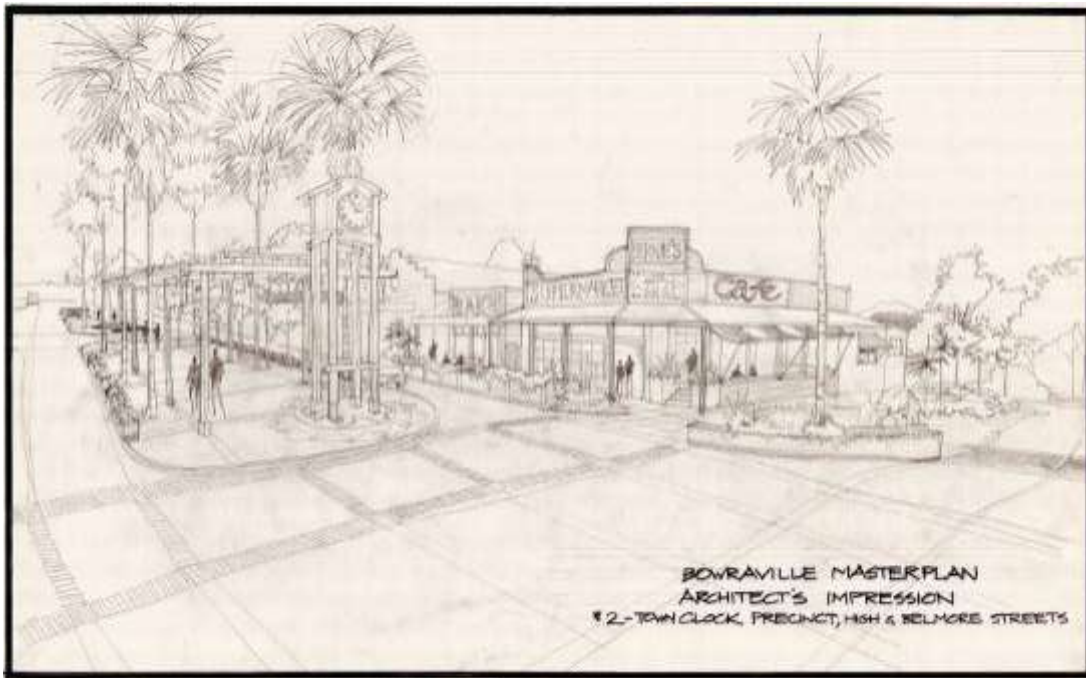
Email your poster and we will place it on our big screen TV for only \$1.00.

Your poster will remain on the big screen until your event or promotion has finished.

## *Bowra's Town Centre Concept Plan*

Nambucca Valley Council has lodged an application to the BLERF (Bushfire Local Economic Recovery Fund) to support improvements to Bowraville Town Centre. The application was structured around the themes and ideas raised at a community workshop held in December 2020.

The workshop concepts were pulled together quickly for the application and if Council is successful, it will work to a plan that has been through the full community consultation process and adjust the grant outcomes to suit.



*Above is Alan Rudge Architects' impression which was prepared as supporting information for the grant. It aims to capture many of the elements discussed at the workshop but should not be considered binding, approved, or finalised as Council staff are still reviewing the concepts internally, prior to progressing with the next phase of consultation with the community which they envisage will be in the near future.*

### **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

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### **BOWRAVILLE GIFT SHOP**



**any occasion**  
**LOCATED AT BOWRAVILLE POST OFFICE**  
**27 HIGH STREET BOWRAVILLE**

**Monday to Friday: 9am - 5pm**

**PH: 02 6564-7169**

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# Technology-facilitated abuse

## What you can do to protect yourself

*Follow these tips for managing your online activities and staying safe.*

**Set strong passcodes and passwords** to secure your online accounts and devices, change them frequently and do not share them with anyone. One of the most common ways that an abuser can gain access to your personal information is by accessing your online accounts using saved passwords, or by simply guessing your password.

**Turn off location services** on your phone and computer, and do not 'check in' through your social media accounts.

If your partner or ex-partner set up your device or you share an account, such as an apple ID, they may be able to access information on your device remotely or track your location. It may be necessary to **set up a new account** and restore your device to factory settings. .

**Be aware of your privacy when posting online** — avoid posting identifying information about your location, including in photos.

**Use your social media accounts safely** — block unknown or abusive people and use the highest level security and privacy settings on your accounts to make sure your posts are only seen by the people you choose.

**Double check which apps or programs are loaded on your devices** and remove any that you did not put there yourself. Seek help from a tech expert if you cannot find or



remove the unknown apps or programs. If necessary do a 'factory reset' to restore your devices back to their 'as new' condition — be sure to back up important data first, but be careful when restoring from a backup as this may also copy over any unknown apps or programs.

**Be very careful about opening attachments in emails and messages.**

If any appliances, locks or connected systems in your home are not working in their usual way, consult a relevant technical expert. It **may be necessary to reinstall** or set up these systems.

**Use a safer computer** if you are not confident your computer is 100% clean, for example use a public library computer or a trusted friend's phone or computer.

And, most importantly, **trust your instincts.** You are in the best position to know if things are not right, and to take control of your online experience.

- [www.esafety.gov.au/key-issues/domestic-family-violence/warning-signs](http://www.esafety.gov.au/key-issues/domestic-family-violence/warning-signs)

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## EASTER CHURCH SERVICES BOWRAVILLE



### St James Anglican Church

#### Easter Services

Maundy Thursday

4pm Service

Holy Communion

Good Friday 10am

Readings and Hymns

Easter Sunday

10am Holy Communion.

### Macksville/Bowraville

#### Uniting Church

Easter Sunday

Service at 10.30am

## ~ ANZAC DAY IN BOWRA ~



### DAWN SERVICE at 5.30am including blank volleys.

There will be no march for this service from the Ex-Services Club - people should just gather near the cenotaph and participate in the simple service.

**Following that there will be a gunfire breakfast at the Bottom Pub and a cooked breakfast may be purchased at the Ex-Services Club.**

**MAIN SERVICE at 10am**  
Commencing with a march from the Ex-Services Club to the Cenotaph.

For both services - participants or spectators are required to sign in using either the QR code or the hard copy register.



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

*What we have to offer . . .*

**TAB - KENO - BINGO**

**RAFFLES - Wednesdays & Friday**

**MEMBERS' DRAW min \$1000**

**KITCHEN Wednesday to Saturday**

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



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

**FREE POOL Everyday**

## 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

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

33 HIGH STREET, BOWRAVILLE  
Ph.6564 7041 bowrahotel@bigpond.com

## WHAT'S HAPPENING IN BOWRAVILLE

This film takes you to the frontline where ordinary people step up to become



**Bowraville Community Centre**  
**Thursday 8th and**  
**Friday 9th April at 7pm**

Tickets are limited  
\$12 adults \$10 concession  
BOOK: online at  
[www.trybooking.com/BPUUD](http://www.trybooking.com/BPUUD)

ARGENT'S HILL HALL  
**CURRY MUSTER**  
FUNDRAISER  
**SUNDAY, 11th APRIL**  
**from 12noon to 4pm**

*Bring your best curry to share.*  
The hall will provide side dishes and condiments including pappadums, rice, yoghurt and chutneys. Plus some delicious desserts!  
BYO drinks and alcohol.  
Drinks provided for kids.

Please book your tickets for catering purposes

[trybooking.com/BPGIL](http://trybooking.com/BPGIL)  
or [argentshillhall@gmail.com](mailto:argentshillhall@gmail.com)

**JOIN THE BIGGEST CURRY FEAST**  
**THIS VALLEY HAS EVER SEEN**

**Adults \$10 Kids 8-18yrs \$5**  
**Kids 5 and under - donation**

### Mujaay Ganma Charity Championship

Bowraville Recreation Club  
Sunday 18<sup>th</sup> April from  
11am to 4pm

*Come along for a day of golf,  
bowls and family fun.*

Cash prizes with the  
inaugural charity shields.

Kids games – Face Painting –  
Secret Auction – BBQ

Entry by donation  
No green fees.



Mujaay Ganma Foundation  
Providing cultural support for aboriginal  
people with cancer and encouraging  
healthy lifestyle choices for the  
community.

*Feel like . . .*

a coffee and a treat in a  
relaxing atmosphere  
among friendly people?

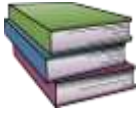


The back deck at the  
Bowra Community Centre  
could be just the place.

***It's open each Saturday***  
*from 9am to 1pm for*  
*delicious treats and hot*  
*drinks.*

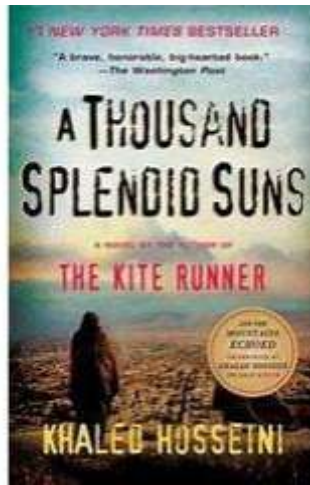
A great place to meet & relax.





# A Thousand Splendid Suns by Khaled Hosseini

Khaled Hosseini is the author of “The Kite Runner”. If you were a fan of that work then “*A Thousand Splendid Suns*” will also appeal to you.



If you have not heard of Hosseini or his first novel then basically his novels are set in Afghanistan over a period of years. Although they are novels the stories are real; the everyday lives of everyday people in a country torn by war, invasions, disaster etc. He portrays the environment, the culture, the ravages of war, the inner workings of family life, religion, tradition and some of the differences that exist between rural life and modern cities.

*A Thousand Splendid Suns* spans the last thirty years so is pretty much a modern day story as well as an ancient one. It is a story told by two generations of unrelated women who end up married to the same man. The story of both Mariam and Laila’s lives are told from their harsh childhoods, how they each came to be married and the struggle to survive in a

country invaded first by the Soviets and finally ruled by the Taliban resulting in a culture where life, already difficult for most women, became one where, for a long time at least, women came to have no value.

Hosseini gives the reader a real insight into Afghanistan; its history and its people. This story is tragic but strong; Mariam and Laila (with so many years between them) learning to be married to the same man, becoming friends, enduring a harsh life and cruel husband, struggling to make a life and find personal happiness.

This is such a heart wrenching story but very hard to put down. If you have never read a novel based in a country and culture so vastly different to ours then Khaled Hosseini’s *A Thousand Splendid Suns* is a great place to start. I think you will be enthralled.

*This book read and reviewed by volunteer Raewyn.*

## Also by Khaled Hosseini

*The Kite Runner* - his first novel tells the story of Amir, a young boy from the Wazir Akbar Khan district of Kabul. The story is set against a backdrop of tumultuous events, from the fall of Afghanistan's monarchy through the Soviet military intervention, the exodus of refugees to Pakistan and the United States, and the rise of the Taliban regime.

### BOOK NOOK NOTICE

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

### Now at the BTC A DVD Library

Operating on the same basis as our very popular Book Nook, ie: an honesty system - and if borrowers would like to make a donation of \$1 each time they borrow it would be appreciated.  
*A limit of 2 DVDs per borrower.*

# World Autism Awareness Day

## Go BLUE for Autism

### Understanding Autism

*Autism spectrum disorder, commonly known as ASD, affects the way people communicate and interact with others.*

*It affects how they make sense of the world.*

*The term “spectrum” is used to emphasise that autism presents differently in every single person.*

*People with autism have a wide range of challenges as well as abilities.*

Autism is a developmental condition that is typically life-long. People with ASD experience difficulties with social interaction, communication, and restricted/repetitive interests and behaviours. These are often accompanied by sensory issues, such as over-sensitivity or under-sensitivity to sounds, smells or touch. All of these difficulties may lead to behavioural challenges in some individuals.

These difficulties might present as some (or all) of the following characteristics:

#### Social communication and interaction

- Difficulties with social-emotional reciprocity e.g. being unable to maintain normal back-and-forth conversations, having little or no interest in sharing interests and emotions (pointing or showing), displaying little or no interest in social interactions.
- Difficulties with non-verbal communication, e.g. abnormal eye contact, difficulties understanding and using gestures (such as nodding), body language and facial expressions.
- Difficulties in developing and maintaining relationships appropriate to



age and development e.g. difficulties with imaginative play and making friends.

#### Restricted and repetitive behaviours:

- Stereotyped or repetitive speech, movements or use of objects, such as lining up toys, flapping hands, toe walking or echolalia (repeating words or phrases).
- Inflexible adherence to routines, patterns or behaviour (e.g. eating the same foods, travelling the same way to

*Continued on Page 24*

**BOWRAVILLE PHARMACY**

31 HIGH STREET, BOWRAVILLE

PHONE: 6564 7925 or FAX: 6564 7364

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





At the Bowraville Pharmacy we are always trying to make your Pharmacy experience as easy as possible and **medAdvisor** is just one more way we can help you do that.

Download the app from the app store, ask us for our **unique token** and connect electronically with us!

**medAdvisor** will remind you when to refill your prescription, when you need a new prescription and it can even remind you when to **TAKE** your medication.

You can order your scripts, pay through the app and even add over the counter items to your virtual basket.

Launching in **March** at Bowraville Pharmacy - come in and ask us about **medAdvisor**.

**easyScript**  
your safe & convenient script service

**All your prescriptions at your fingertips.**

- ✓ secure
- ✓ simple
- ✓ convenient

**FREE**

**YOUR MEDICATIONS MADE EASY FREE**

**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



*Talk of the Town*  
“The Bank Gallery and Café”



*A few of the friendly faces you will see at The Bank Gallery and Café -  
Carla Scott, Rachel Gore and Igor Dodevski.*

**LIONS CLUB OF BOWRAVILLE  
INC.**

*SUPPORTING OUR COMMUNITY*

**PRESIDENT**

Mark Scott  
M: 0476 781 288



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Email:

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

**PO Box 23 Bowraville NSW 2449**

**BOWRAVILLE DENTAL  
SURGERY**

Vic Bird B.D.S.

*“Your local dentist”*

Caring for YOUR dental  
wants and needs.

*No hard sell.*

10/11

**58 HIGH STREET  
BOWRAVILLE**

**6564-7246**

## *Talk of the Town* “The Bank Gallery and Café” at 88 High Street, Bowra

The Bank Gallery and Café in the Phoenix building are proving to be a hit with locals and visitors alike. Open Wednesday to Friday from 8am to 2pm, the gallery houses a changing exhibition of art produced by local talents and has a gift shop and arts supply section.

But the main draw card has been the café with its delicious, menu of tasty treats prepared with much love and care by Carla Scott and her team. Gluten free, vegan and vegetarian diets are catered for.

One of the many compliments left on the Nambucca Valley Phoenix **Facebook page** states “**Amazing coffee! Delicious food! Definitely recommend**”. The menu includes **falafel of chicken wraps, risotto rice balls, Mediterranean or gourmet bacon toasties, corn fritters, black bean and sweet potato patties, spanakopita and a selection of yummy salads.** Freshly made juices, smoothies and **BlackWhite** Espresso coffee are all on offer with a scrumptious array of sweet treats to tempt you.

The team also provide catering services.

The café has indoor and outdoor dining spaces and stocks locally made **goodies for sale.** So, as **Molly Meldrum** would say “**do yourself a favour**” and **drop in and see the crew** at “The Bank Gallery and Café” at 88 High Street for yummy meals and drinks, dine in or takeaway.

Call 0490 350 241 for bookings or orders.

### **BOWRAVILLE PHARMACY**

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

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

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

*Pharmacist*  
KERRIE SAVINS



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### **CRAIG BELLAMY@realty**

**YOUR NAMBUCCA VALLEY SPECIALIST**

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

We can offer competitive fees, creative marketing and the backing of one of the fastest growing nationwide agencies being @atrealty Real Estate.

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

See what our clients think of @atrealty go to [ratemyagent.com.au](http://ratemyagent.com.au)

**CRAIG BELLAMY 0412 080 287**  
**NARELLE HARPER 0435 054 625**  
[www.atrealty.com.au](http://www.atrealty.com.au)

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# Current COVID-19 (Coronavirus) Scams

*Scammers are using the spread of COVID-19 to take advantage of trusting people.*

## About COVID-19 scams

Scamwatch has received over 6120 scam reports mentioning the coronavirus with more than \$8,400 000 in reported losses since the outbreak of COVID-19. Common scams include phishing for personal information, online shopping and superannuation scams.

If you have been scammed or have seen a scam, you can make a report on the Scamwatch website, and find more information about where to get help.

Scamwatch urges everyone to be cautious and remain alert to coronavirus-related scams. Scammers are hoping that you have let your guard down. Do not provide your personal, banking or superannuation details to strangers.

Scammers may pretend to have a connection with you. So it's important to stop and check, even when you are approached by what you think is a trusted organisation.

Visit the 'Scamwatch News' webpage for general warnings and media releases on COVID-19 scams.

Below are a few examples, but there are many more. If your experience does not match any of the examples provided, it could still be a scam. If you have any doubts at all, don't proceed.

## Vaccination scams

Scamwatch is aware of scams relating to COVID-19 vaccines both in Australia and overseas. These include:

- requesting payment for vaccines or for early access to vaccines
- offers to mail vaccines
- offers to pay money as an investment opportunity in the Pfizer vaccine
- fake surveys related to vaccines that offer prizes or early access.

## How to avoid a vaccination scam

- **Don't give personal information** to someone who calls you about the vaccine.

- **Don't click on links** in unexpected emails or text messages.
- **Don't pay to get on a vaccination list** – COVID-19 vaccines will be **free** for everyone living in Australia.
- **Don't pay for early access to a vaccine** – you can't pay for early access.
- **You will not need a prescription** from a GP to get vaccinated.

If you are asked for any of these by someone claiming to provide COVID-19 vaccines, it is a scam.

**Be careful when you get unexpected contact or messages** – remember, scammers can impersonate the government too. Always source phone numbers independently from official government websites.

## Government impersonation scams

Scammers are pretending to be government agencies providing information on COVID-19 through text messages and emails 'phishing' for your information. These contain malicious links and attachments designed to steal your personal and financial information.

Scammers are also pretending to be Government agencies and other entities offering to help with applications for financial assistance or payments for staying home.

- [www.scamwatch.gov.au](http://www.scamwatch.gov.au)

## Tips to protect yourself

- Don't click on hyperlinks in text/social media messages or emails, even if it appears to come from a trusted source.
- Go directly to the website through your browser. For example, to reach the MyGov website type 'my.gov.au' into your browser yourself.
- Never respond to unsolicited messages and calls that ask for personal or financial details, even if they claim to be from a reputable organisation or government authority - just press delete or hang up.



# Bowraville Lions Club Inc News Bulletin

APRIL 2021



## Lions to assist in Flood Clean-up

The Nambucca Shire Council Local Emergency Management Committee has sought assistance from the Nambucca Heads and Bowraville Lions Clubs to assist with the removal of refuse from the homes of residences highly affected by the recent North Coast floods.

The local council do not have sufficient equipment and manpower to provide this work.

The Lions Clubs of Nambucca and Bowraville have successfully applied for a \$10,000 Disaster Relief Grant to each club.

The Lions Clubs and Council have come to an agreement that Council will vet each and every application for assistance. Council will approve assistance to approved residences to a maximum of \$500 per residence to a total of 40 residents.

Council will obtain quotes from local contractors for collection and removal of rubbish to the local tips.

NSW Government are waiving tip fees. Council will award \$500 contracts to their approved contractors for collection and removal of rubbish from each applicant they have approved.

The Contractors will send their invoices to Council who will approve by signature and forward to the Lions Clubs for approval and the Lions Clubs will make payments.

The refuse needing removal is considerable and is a health hazard to the families concerned.

Advice has been received that some fencing has been damaged, and a full assessment will be conducted as the recovery phase progresses.

The morale and mental health of many residents across the flood affected areas of the Nambucca Valley has been a concern for some time.

The property damage incurred by these families is compounded by the fact that many are still in Bushfire recovery mode.



**Ngambaga Bindarray 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: nbgscommunityservices.com.au Email: admin@nbgs.com.au



**CHSP & NRCF**  
**(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.





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# Who We Are and Who We Can Be

by Susan Jenvey

(Councillor on Nambucca Valley Council)

*As a councillor you get to engage with many different community members as you try to serve the community's interests. There are always people who are earnestly trying to grapple with what it means to fight for change.*

*I thought I'd make this space a place to look at the many leaders in our community who are advocating for change. The page will look at collective actions, to build collective power, for collective change. It will look at issues like the existential threat of climate change but also topics like: earnings, race, gender or consumption.*

Many of you may be aware that there are two mining exploration licence applications. Exploration Licence Application (ELA )6079 is for Valla, Tewinga, Wirrimbi, Newee Creek, Bowraville, Missabotti and Congarinni North and ELA 6116 is for Urunga.

According to the President of Lock the Nambucca Valley (LNV), Dr Peter Sobey – After a long period of inactivity things changed in September 2020 when LNV became aware, after advertisements in the local papers, of two exploration license applications, for gold and silver, in our area.

The LNV quickly updated their website (vallarural.net) and coordinated a leaflet letterbox drop in the affected areas. Information stalls were held at Valla Beach Market and the Bowra Country Market. After numerous conversations where many maps were distributed, there were lots of undertakings from people that they would email Melissa Grainger in the Mining, Exploration and Geoscience Department of Regional NSW.

**According to Dr Sobey, “A lot of people wouldn't want this. There is not much resource to dig out, and it would be very disruptive. As with all these things there are opportunity costs. You would not have tourism, you would not have mountain bike trails, you would not have horse riding trails. The mines would preclude other, more sustainable uses of the land.**

If the reserves are so valuable, they would have been exploited before. **The fact that they've all been abandoned before tells you something.”**

As of February 14, 2021, the licenses appear to still be in the ELA stage.

Visit [vallarural.net](http://vallarural.net) for information on who to contact with your thoughts.

*- The views expressed here are not necessarily those of the Nambucca Valley Council.*

## *Did you know?*

Council has a Roadside Vegetation Maintenance (by resident) Register, for eligible landholders who wish to maintain the roadside along their rural property. Application form and information is available at: [nambucca.nsw.gov.au](http://nambucca.nsw.gov.au) search: *Roadside vegetation management* for the policy and search: *Council Forms, Green Space, Roadside vegetation management (by resident)* for the Application form.

*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 . . .*

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**COMPOST**

**FERTILISERS**

**SOIL & WATER  
CONDITIONERS**

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**ORGANIC GARDENING  
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**Norco Rural** carries a large range of  
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BOWRAVILLE  
6564 8648**

3/11

## Allergy Friendly Plants: Tips For Making Gardens Allergy Friendly

Every year, as spring brings forth new life in the garden, people begin to sneeze in response to pollen in the air. For pollen sensitive people and those allergic to garden plants, spring is an uncomfortable and agonizing time of year.

The key to making gardens allergy friendly lies in selecting plants with low pollen. Contrary to popular belief low pollen plants are not bland or unattractive. Bees, butterflies and other insects pollinate allergy friendly plants not the wind.

These plants tend to have large, bright-colored and pretty flowers and are a lovely addition to any garden. Wind-pollinated plants should be avoided and generally have small, inconspicuous flowers, hanging blooms or catkins.

### *Allergy Friendly Plants*

Choosing allergy friendly plants is a great way to enjoy all the benefits of gardening without the sneezing or



sniffling associated with being allergic to garden plants. There are several allergy free alternatives you can use in the garden.

**Trees** – Trees with showy flowers are preferred in anti-allergy gardens. The following low or no allergen trees include: Apple, Crabapple, Cherry, Pear, Plum, Dogwood and Magnolia.  
**Shrubs** – Shrubs to include in your allergy friendly garden may consist of the following: Hydrangea, Azalea, Rhododendron, Viburnum, Boxwood and Hibiscus.

*Continued on Page 20*

# FUND RAISER:

**When: Saturday 3 April 2021**

**Where: Bowraville Rec Club**

**2 South Arm Rd, Bowraville – Ph: 65647349**



**RU  
OK?™**

***Memorial Day for Michael McCalla  
COME ALONG & ENJOY THE DAY!***

**GOLF: Starts at 8.00am**

**MIXED BOWLS: Starts at 1.00pm**

**RAFFLES: Easter Egg Basket etc.**

**SAUSAGE SIZZLE - SPIT ROAST LAMB**

**All names for Golf & Bowls required by 4.30pm, 1st April**

**PHONE: 65647349**

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Corner of High & Belmore Streets

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Tokens available at the Pub and IGA

Commercial Washers and Dryers

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## 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

2/11

## ~ GARDENS & GARDENING ~

From Page 18

Flowers – Many herbaceous plants are  
deemed to be okay for use as allergy  
friendly plants including: Daffodil, Tulip,  
Daisy, Geranium, Impatiens, Iris, Daylily,  
Pansy, Petunia, Rose, Sunflower, Zinnia.

### **Allergy-Friendly Garden Tips**

In addition to making gardens allergy  
friendly, it is important to pay attention to  
air quality and overall pollen count. Do not  
go outside on days when the pollen count is  
extremely high. No matter how allergy  
friendly your garden is, high pollen count  
days will make anyone with allergies  
miserable.

Likewise, it is best not to garden on days  
when the wind is strong. Cool, wet days  
also help keep pollen levels low.

It also helps to avoid trees and shrubs while  
they are in bloom and absent of leaves or  
are beginning to grow.

Wearing lightweight clothing that covers  
your arms and legs as well as a hat and  
sunglasses will provide protection from  
flying pollen.

If your garden is surrounded by grass, be  
sure to keep the grass cut very low to  
inhibit seeds. Wetting down grass before  
gardening or edging your garden area with  
stones will help keep allergens at bay too.

Moulds produced from composts and  
decomposing mulch can also affect those  
suffering from allergies. Therefore, you  
should consider buying finished compost  
rather than making your own and replace  
organic mulches like bark, shredded leaves,  
etc. with pebbles or a similar material.

If you are allergic to garden plants but want  
to garden, don't let the thought of pollen  
keep you from enjoying all the benefits  
gardening offers. With careful planning and  
low-allergy plants you can learn how to  
make an allergy friendly garden that will  
ease all your springtime anxieties.

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

## 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.com/bowravillefolk](https://twitter.com/bowravillefolk)

~ Groups by appointment ~

2/11

## FOOD HUB

**Now at  
St James'  
Church  
Hall**



St James Anglican Church - Bowraville

**Friday, Saturday  
and Monday  
9.30 till 11.00**

**Everyone welcome**

N/C

## COVID-19 1b Vaccination Rollout

From Monday 29<sup>th</sup> March, Australia's rollout of the COVID-19 vaccine will have moved up a gear, with the start of phase 1b.

Those now eligible to get the COVID-19 vaccine include people aged over 80, as well as those aged between 70 and 79. Aboriginal and Torres Strait Islanders over the age of 55 will also be included in phase 1b.

People with a disability or an underlying medical condition will also be included as part of the second phase of the rollout, but they will need to provide proof of their condition in order to be eligible.

Some GPs have been caught off guard by the federal government's announcement of the start of 1b and were unaware the name of their clinic was placed on the website saying they were part of the 1b rollout.

In many cases, the doses of the AstraZeneca vaccines hadn't even arrived and clinics were unsure if they would be delivered in time for the start of the 1b rollout.

Many enquiring patients were told to call back to schedule a time for their appointment once there was more certainty .

Due to the demand health authorities have urged people to be patient, saying there would be a chance people's regular GP would be part of the 1b rollout later on.

**Nambucca's Respiratory Clinic is in the Nambucca Plaza, 2191 Giinagay Way, Nambucca Heads. Phone: 6568-8688.**

## Line Dancing

Beginner/Improver Class

**Tuesday**

6.00pm to 8.00pm

Bowraville Community Centre

70 High Street, Bowraville

Cost \$7

*Join us for . . . Dancing, music, friendship, exercise, laughter and fun.*

(\$10 per year to join BCDAI for insurance cover)

For information: Please phone  
Rhonda 6564-7791

1/1



# Bringing banking to your Community.

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Australia Post provides the following services

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- balance enquiries.

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8/11

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

# What's the difference . . . ? between a Fruit and a Vegetable?



We've all heard it said that tomatoes are actually fruits. Ever wonder how it's decided what foods are fruits and what foods are vegetables? This debate was so intense back in 1893, the Supreme Court ruled in *Nix vs. Hedden* that even though they bear seeds (making them botanically a fruit), tomatoes should be taxed as a vegetable. So it can get confusing, to say the least.

## What is a Fruit?

Botanically speaking, a fruit is the seed-bearing part that develops from the flower of a plant. Easy enough, right? Well the problem is there's more than one way to define fruit. There's also the *culinary* definition of a fruit. In the culinary world, fruits and vegetables are divided based on taste. Fruits are generally tart or sweet in flavour and tend to be used for desserts or juices.

### *Vegetables that are actually Fruits*

Sticking to the strictly botanical definition of fruit there are a lot of fruits out there that you're probably calling vegetables. Just to name a few: Avocados, cucumbers, olives, peppers, tomatoes, winter squash, eggplants, pea pods and corn kernels.

## So What's a Vegetable?

So if fruit is the seed-bearing part of the plant, a vegetable is any other part of the plant. Vegetables can be the roots of a plant, such as beets, potatoes, or turnips. They can also be the leaves like lettuce and spinach, or the buds like cauliflower or broccoli. Vegetables can even be the stem of a plant, like celery.

But like we've established, it's not that simple. That's the *botanical* definition of a vegetable. In the culinary world, vegetables tend to be used for more savoury foods.

### *Fruits that are actually Vegetables*

There are some vegetables (in the botanical sense) that are sweet in flavour and used as fruits in cooking: Sweet potatoes, yams and rhubarb.

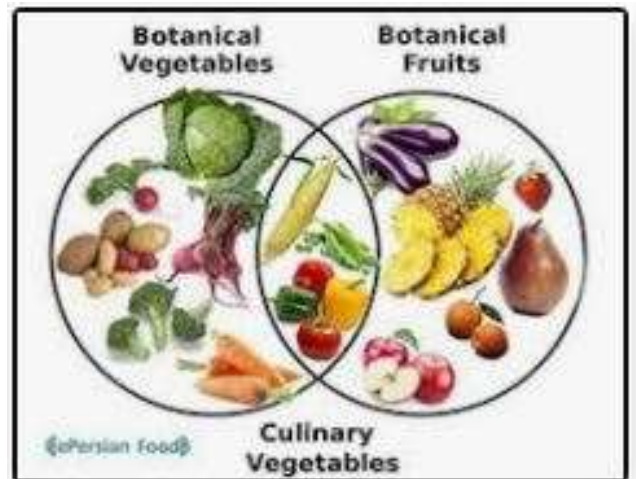
## The debate goes on

Although it's handy to know the botanical definitions of fruits and vegetables, it doesn't really make a difference when it comes to cooking. Even the U.S. government sides with the culinary definition of a tomato.

But when it comes to nutrition, fruits and vegetables have very little differences. They're both high in fibre, vitamins, minerals, and antioxidants.

So why don't we stop focusing on our differences, and all look at how we're similar, right? All that is to say, a tomato can be a fruit or a vegetable, it's really up to you.

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



# Becoming more Alkaline {and Less Acidic} for Better Health

*“Becoming alkaline”* – is actually one of the easiest things you can do to improve your overall health! To look and feel our best, our blood and our body needs to contain more *alkaline* than *acid*. A simple way to test this is to buy pH balance test strips at your local pharmacy. Your body is *alkaline* when your pH is above 7.0, though the ideal number is thought to be 7.4.



The typical Australian diet is full of foods like meat, sugar, grains and dairy products that tend to increase the *acidity* of our blood. Recent research suggests that too much acidity plays a role in obesity, diabetes, heart disease, chronic pain and inflammation, autoimmune disease and other chronic conditions.

Fortunately, we can help negate acid's negative effects on the body by balancing our diet with foods that promote an alkaline environment.

To help alkalise your body replace your morning cup of coffee (which is highly acidic!) with a large glass of water and the juice of a freshly-squeezed lemon. Lemons are acidic in their natural form, *lemon water is alkaline-forming in the body*. Similarly, milk is alkaline outside the body, but acidic upon digestion.

This simple morning routine also helps to cleanse your digestive system and ignite your metabolism in addition to neutralising excess acids.

*Other ways to become more alkaline:*

- Add 1 teaspoon of sodium bicarbonate (baking soda) to an 225ml glass of water and drink. The bicarbonate is highly alkaline. Drink only one glass daily.
- Eat a large green salad. Greens are among the best sources of alkaline minerals, like calcium.
- Snack on raw, unsalted almonds. Almonds are packed with natural alkaline minerals like calcium and magnesium, which help to balance out acidity while balancing blood sugar.
- Go for a brisk walk or do some other exercise. Exercise helps move acidic waste products so your body can better eliminate them.
- Go meat-free for a day... or longer. During the metabolism of meat there is an acid residue left behind.
- Skip the sugar-laden desserts and sodas. Sugar is one of the most acidic foods we consume.
- Add more veggies to your diet. Sweet potatoes are a good choice (provided you're not slathering them in butter.) Spinach, celery, asparagus, squash, peppers, and other vegetables are also good choices.
- Avoid stressful situations. Anger, fear, resentment, jealousy and other 'negative' emotions have been shown to decrease alkaline levels.
- Stay away from tobacco, coffee, tea and alcohol which produce higher levels of acid in the body lowering the alkaline level.

*A final note about “becoming alkaline”.....don't eliminate everything in your diet that has been classified as “acid-forming.” You don't want to end up with the opposite problem. As always, we are aiming for *balance*.*

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

# World Autism Awareness Day

## Go BLUE for Autism

### Understanding Autism *Continued from page 10*

school etc.) and becoming distressed at changes.

- Sensory hyper or hypo-reactivity (e.g. to sounds, pain and textures) as described above.
- Restricted or fixated interests e.g. only playing with certain toys or discussing certain topics.

Language delays are also common with ASD, and many parents first present to a health professional with concerns that their child is not talking. However, language delays can occur with other diagnoses and are not exclusive to autism.

From 1994-2013, when the Diagnostic Statistical Manual (DSM) was revised, autism was divided into three diagnoses: autistic disorder, Asperger's disorder and pervasive development disorder not otherwise specified (PDD-NOS). Now under the DSM-5, there is a single 'umbrella' diagnosis of autism spectrum disorder (ASD), with three severity categories (level 1, level 2 and level 3, in increasing order of severity)

We can typically diagnose a child with 'classical autism' at about 2 years of age, when it becomes apparent they are not meeting their developmental milestones.

Symptoms of autism, however, can

**Autism is reported to occur in all racial, ethnic and socioeconomic groups across the world.**

**Currently 1 in 100 Australians have an Autism Spectrum Disorder (ASD)**



**If you have met one person with autism, you've met one person with autism.**

sometimes be subtle and, especially with level 1 ASD, these may not become obvious until a child starts school or moves into adulthood.

While there are some shared characteristics, it's important to remember and respect that autism presents differently in different people.

Often, co-diagnoses profoundly affect how a person with autism functions.

For example, a person who is diagnosed with both autism and an intellectual disability will typically have more severe symptoms and learning difficulties than a person with autism who has normal intelligence. Other common co-diagnoses that can affect how a person with autism functions include ADHD, language disorders and anxiety disorders.

Autism is not a physical disability so people on the spectrum look no different to their peers. This can make it difficult for some people to understand why an autistic person might be behaving or reacting in a particular way.

Many people on the autism spectrum are able to live completely independently, others need support in almost all aspects of their daily life

**Let's all aim to see each person with autism for the person they are, and not for what we think their diagnosis means.**



## 2NVR 105.9 fm Nambucca Valley Radio, *Your Voice in the Valley*



Nambucca Valley Radio, 2NVR 105.9fm, your Community Radio Station has had a busy month of training. We welcomed Community Media Training Organisation (CMTO) Trainer, Martin Corben, an experienced ABC Broadcaster and Trainer, to equip 2NVR with the skills for Emergency Broadcasting.

Following the bushfires, floods and Covid 19, it became apparent that we needed to improve our Emergency broadcasting to deliver timely and accurate local information in times of emergency. Our Emergency Committee is now better prepared and several presenters can broadcast from home, so we can continue to serve our community, even when we are unable to attend the radio station.



*CMTO participants with trainer Martin Corben*

If you have trouble tuning in to 2NVR 105.9fm you can also stream it live via [www.2nvr.org.au](http://www.2nvr.org.au)

During March, 2NVR also hosted a Presenter Training Weekend for people interested in hosting their own shows and sharing their music and interests - we love welcoming new presenters and members.

The 2NVR crew will attend the Scotts Head Festival on Sunday 11<sup>th</sup> April to MC the festival and to meet the community. Please call in and say hello to the crew and discover more about your Community Radio Station.

The 2NVR Sports Team will be calling local footy games once the draw is available.

We have a very special line up for Studio 3 Live on Friday 16<sup>th</sup> April from 6-8pm. Two, extremely talented, singer songwriters will perform. James Bennett, Folk/Roots musician and multi-instrumentalist, plays to packed out venues and festivals, he's joining Vena Klymo, songstress from Kundabung; they complement each other beautifully and were meant to tour together when COVID stopped their fun, so it will be lovely to have them together at 2NVR. BYO refreshments and enjoy quality live entertainment or listen on 105.9fm or streaming.

**On Sunday, 25th April, '2NVR will have a special ANZAC Day show, broadcast from Nambucca Heads RSL, 10am-12md'**

**Studio phone 6564-7777.**

## Technology-facilitated abuse

### What you can do to protect yourself *Continued from page 6*

#### Social media checklist

*How to can use social media more safely, so you can stay connected to trusted friends, family and support networks.*

*The following tips are for anyone who is experiencing technology-facilitated abuse as part of domestic and family violence.*

**If you are affected by technology-facilitated abuse you can help to protect yourself by:**

**Checking the privacy settings** for all online accounts, including children's accounts.

**Checking settings regularly** updates to software and platforms can sometimes change the way privacy settings work, making posts more public than expected.

**Being careful who you accept as a friend online** and thinking about what your friends can share. 'Friends' (and also 'followers' of any pages you might run) can take screenshots of posts or save photos and videos and share them with others — even when you think they are private.

**Setting personal rules about what to post.** This could include avoiding posting anything that might put you at risk, affect your reputation or be used against you or your family, especially in court proceedings.

**What might your personal rules for using social media look like?**

- Not posting personal details such as your address, email address, phone number and birthdate.
- Thinking about how much identifying information is in the photos or videos



you plan to share. Could someone find out where you are if you or your children are pictured at a well-known venue or at someone's house? Could an abuser work out regular patterns in your day-to-day routine?

- Not checking yourself or your children into places or venues.
- Not adding hashtags to anything you do not want to become public.
- Disabling location services on all your, and your children's, devices.
- Asking friends and family not to check you or your children in, 'tag' them or post anything about you publicly.
- Changing settings in order to prevent others tagging you or checking you or your children in without your approval.

**Social media planning is something you should do regularly**

Safety planning is not something you do once and then forget about. It is something you need to do regularly. So set a time to go over your safety plans, including your personal rules for using social media, every month.

- [www.esafety.gov.au/key-issues/domestic-family-violence/online-safety-planning/social-media-checklist](http://www.esafety.gov.au/key-issues/domestic-family-violence/online-safety-planning/social-media-checklist)

~ **OUT AND ABOUT IN THE NAMBUCCA VALLEY** ~

**Valla Beach Community Markets  
Saturday, 3<sup>rd</sup> April - 8am to 1pm**

The volunteers at Valla Beach Community Markets look forward to welcoming you on Saturday 3<sup>rd</sup> April, Easter weekend, 8am-1pm at the Valla Reserve, Ocean View Drive, Valla Beach.

Plenty to see and do under the paperbarks next to Deep Creek.

Entertainment from Snez and Stewart Peters.



The Valley Performing Arts Centre will provide a Dance Demo at 9am under the tutelage of Alison Launt.

Children can enjoy the jumping castle, rock climbing wall, petting zoo, face painting and a dip in the ocean.

Please consider others when parking, car pool if safe to do so and follow the COVID plan.



# Scotts Head Festival

**Sunday, 11<sup>th</sup> April**

The Scotts Head Festival is an annual event showcasing gourmet food, wine, beer, live music, art and loads of entertainment from the Nambucca Valley and across the region.

Adults and children's workshops, carnival rides, 9D cinema, magician, petting zoo and more.

The festival will be held in the beautiful coastal village of Scotts Head on the Mid North Coast, NSW.

See you there!



**Bernard Laverty Funerals**  
24 hours 6568 1555

Monumental Masons & Florist  
*Speak to us about the benefits of Pre Paying*



Serving the community for over 60 years

# Tried Hanging Green Tomatoes Upside Down to Ripen?

## WHY?

There comes a time every Autumn when the tomato plants need to come out, and with them, all the tomatoes that aren't yet ripe.

If you're keen to get your Autumn/Winter vegetables in the ground so they can benefit from the warm soil temperature before everything cools down, this is the solution for you.

## HOW?

The whole plant, and nothing but the plant - it's a great way to ripen green tomatoes.

The theory with this technique is that a tomato plant, while alive, sends all its available energy to the fruit. And a pulled-out plant will continue to do that for a while. Which means more goodness in your green tomatoes.

Another reason for ripening green tomatoes this way is a practical one – to ripen, the tomatoes need good airflow to avoid going mouldy. And hanging them by their plant, somewhere outside but undercover, is actually a very convenient way to do that.

- [www.milkwood.net](http://www.milkwood.net)



# CRANE TRUCK HIRE

*For all your lifting and shifting needs*

Serving the Nambucca district and beyond



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**WAYNE NOBLE**

Telephone:  
**6564 7528**

Mobile:  
**0427 653 312**

**7 DAYS**

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**Bowra Tradies**

Support Bowra Tradies  
- Keep it Local -



# Bowraville Service Station

60 High Street, Bowraville  
6564-7789

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AND  
FRIENDLY SERVICE

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Agent for Penrite  
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- ◆ Economical
- ◆ Local - 20 years service

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0427 689 400

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*Does your computer need servicing?*

*Is it going slow?*

*Do you suspect a virus?*

*Or it just won't work the way you want it to?*

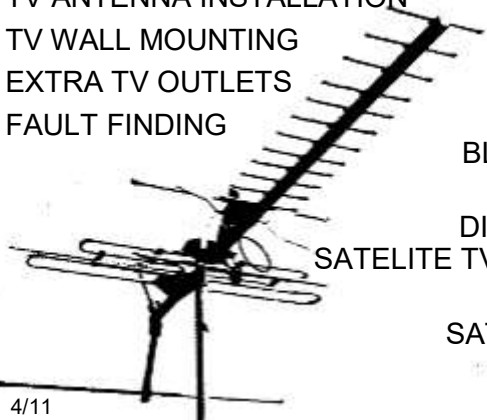
**Come into the  
BOWRAVILLE TECHNOLOGY  
CENTRE**

39 High Street, Bowraville  
6564-7420

admin@bctc.com.au

## INTEGRITY ANTENNAS

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Accredited and Insured

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## The Global Reuse Community

Around the world, crafty, creative and thrifty people have been finding new ways to make use of leftovers and discarded products.

Take a look at some of these amazing pallet upcycles.

- [reversegarbage.org.au](http://reversegarbage.org.au)



**Historic  
St James Anglican  
Church  
High St. Bowraville**



**The 10am Sunday Service  
has resumed.**

Unfortunately with the Covid19 restrictions you now have to 'book in' as space is limited.

Phone: 6568 9029

email: [nambuccaanglicans@tpg.com.au](mailto:nambuccaanglicans@tpg.com.au)

2/11

**Blokes' Breaky**  
1st Saturday of the month  
at St James - ring Tony to  
book on 0456 257 757

**St Jimmy's Kitchen**  
3rd Wednesday of Month  
at 5.30pm.

**Bowra St Jimmy's Food Hub**  
Monday, Friday and Saturday  
9am until 11am for all people  
who hold a Centrelink card.

2/11

# BOWRAVILLE CENTRAL SCHOOL

APRIL 2021

*Celebrating on of our many talented artists.*

This term Year 8 have been exploring identity through portraiture.

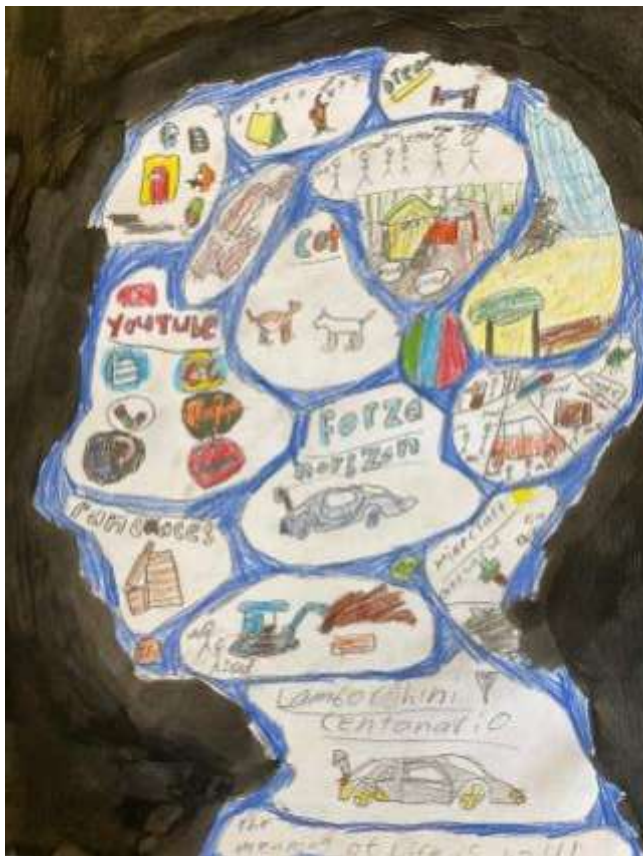
Jaiden has created two art works that express elements of his own personality and interests.

One piece is a silhouette portrait filled with images that represent parts of his life. The other is a Pop Art style of portrait.

Jaiden works hard to complete tasks and respond to the directions of each activity. He usually finishes his work before everyone else.



**Well done Jaiden on being 'Artist of the Week'.**



Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Autumn 2021

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	<b>Music for a Monday Morning</b> ErmaG Energise your week with the ErmaG Music Show.	<b>Drive Thru</b> With Jackie Edmunds Mix of 60s, 70s to current music	<b>2NVR Music Mix</b> <b>Gold at Breakfast</b> Dayna Gold Wake up with Dayna. It's gold.	<b>Under The Stinging Tree</b> Poppa All music, news, info...	<b>The Big Breakfast</b> With Jackie Edmunds A mix of community events, news and interviews along with some great music to kickstart your weekend.	<b>Here Be Dragons</b> Nuke or Elizabeth No-fear fire and ice music and comedy	<b>Beat the RETREAT</b> Sean & Pele All the beats and all the drum	6 AM
7 AM	<b>Classic Hits &amp; Jukebox</b> Paul Rowe Great Rock 'n' Roll 1950s-2010s	<b>Leamer Drivers</b> Dyer's Loop returns next season	<b>Isn't It Romantic</b> With Dallas Dent Crooners Easy Listening Popular Ballads	<b>Tones of Clairresence</b> Claire Watt-Powell	<b>Talk Of The Town</b> Cen Wrobel See what's going down! All things local	<b>Hair Of The Dog</b> Mick Birles Rock, Pop, Covers and Music Trivia	<b>Sunday Morning Music</b> With Phil Folk and Aussie music focus from the past few decades	7 AM
8 AM	<b>Baby Boomers</b> Donna Collins	<b>Infopinion</b> Richard Lawton, Eddie Omega & Ron Haekins	<b>Lunch with Gazza</b> With Gary Biden Easy Listening To Rock & Pop	<b>Turning Pages</b> Elizabeth Newman ETP Valley Views & Voices With Elizabeth Newman	<b>Dano's Mixed Grill</b> Daniel Gosson Where anything can happen and probably will	<b>Flashback</b> With Rob Davidson	<b>Phase Out With Faye</b> Faye Aspiotis	8 AM
9 AM	<b>The Weekly Fix</b> Paul Weekley	<b>Rock On</b> With Jimmy & the Bluebirds	<b>Just For You</b> Carola J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	<b>Turn Up The Volume</b> With Les McMahon	<b>Dhirendra The Time Traveller</b> Sounds from all over the place	<b>Garage Noise</b> With Sean Ambrose Alternative Music	<b>Praise, Prayer &amp; Pop</b> With Michelle Lots of Aussie music old and new	9 AM
10 AM	<b>Macca on a Monday</b> Les McMahon Playing Rock n Roll from the '60s, '70s & '80s	<b>Roving with Linda</b> Bible reflections, Gospel & Australians	<b>MC Grim</b> Mark Seagrims Music with a wicked difference	<b>Thursday Country</b> Soft rock & listener requests	<b>Wind Down for the Weekend</b> Shu & The Crew	<b>Saturday Roundup</b> With Rachel Burns	<b>Mel Leigh Dee's Melodies</b> A different theme every show	10 AM
11 AM	<b>Bowra Beats</b> 2NVR Youth Radio with Grace	<b>Sister Act</b> Olivia & Sam	<b>Tune in with Alex</b> 2NVR Youth Radio	<b>Highway Blues</b> With Retro 66 When Only The BEST BLUES Will Do	<b>Retro On The Radio</b> Eclectic, impenitent fun with more than a dash of insanity	<b>Politics &amp; the Environment</b> Michael Jones Music, political and environmental issues	<b>That's A Wrap</b> Donna Nige Mitch Gary & Len Local sports results and in-depth analysis	11 AM
Noon	<b>Hinterland</b> Ben Walters	<b>Retro Birds</b> Robyn Wren & Sally Swan Not out of the box radio entertainment	<b>The AMRAP Music Show</b> Anthony Garsey Solid Rock	<b>Nambucca Valley Roundup</b> Retro	<b>Sat Night Gold on Friday</b> Allan Quinn Allan Quinn will entertain you with rock 'n' roll anthems, all the hits and memories...	<b>New Releases Show</b> With Chris Corcoran Wolffy Wolffy's music & requests	<b>Imagine This</b> Radio drama	Noon
1 PM	<b>Reggae Mixtape</b> With Fitzroy Music outside the usual 2NVR Multicultural Radio	<b>Blues Soul Funk</b> Matt Leibrandt & friends Blues, soul, funk and lively interviews.	<b>Ant's Rock</b> Anthony Garsey Solid Rock	<b>Jeff's Junk</b> Jeff Mills Nitelite Daniel Gosson Four hours of local content from the 2NVR archives 2006 to now	<b>Sat Night Gold on Friday</b> Allan Quinn	<b>Wolffy</b> Wolffy's music & requests	<b>Prog Rock Playlist</b> Rhino The best of Progressive Rock	1 PM
2 PM	<b>Music Makers</b> With Yen Mixed music with featured artists	<b>Soul Into Rhyme</b> Just get rapped with Matt	<b>Ant's Rock</b> Anthony Garsey Solid Rock	<b>Jeff's Junk</b> Jeff Mills	<b>Sat Night Gold on Friday</b> Allan Quinn	<b>Wolffy</b> Wolffy's music & requests	<b>Prog Rock Playlist</b> Rhino	2 PM
3 PM	<b>2NVR Youth Radio</b> 2NVR Youth Radio with Grace	<b>Blues Soul Funk</b> Matt Leibrandt & friends Blues, soul, funk and lively interviews.	<b>Ant's Rock</b> Anthony Garsey Solid Rock	<b>Jeff's Junk</b> Jeff Mills	<b>Sat Night Gold on Friday</b> Allan Quinn	<b>Wolffy</b> Wolffy's music & requests	<b>Prog Rock Playlist</b> Rhino	3 PM
4 PM	<b>2NVR Youth Radio</b> 2NVR Youth Radio with Grace	<b>Blues Soul Funk</b> Matt Leibrandt & friends Blues, soul, funk and lively interviews.	<b>Ant's Rock</b> Anthony Garsey Solid Rock	<b>Jeff's Junk</b> Jeff Mills	<b>Sat Night Gold on Friday</b> Allan Quinn	<b>Wolffy</b> Wolffy's music & requests	<b>Prog Rock Playlist</b> Rhino	4 PM
5 PM	<b>2NVR Youth Radio</b> 2NVR Youth Radio with Grace	<b>Blues Soul Funk</b> Matt Leibrandt & friends Blues, soul, funk and lively interviews.	<b>Ant's Rock</b> Anthony Garsey Solid Rock	<b>Jeff's Junk</b> Jeff Mills	<b>Sat Night Gold on Friday</b> Allan Quinn	<b>Wolffy</b> Wolffy's music & requests	<b>Prog Rock Playlist</b> Rhino	5 PM
6 PM	<b>2NVR Youth Radio</b> 2NVR Youth Radio with Grace	<b>Blues Soul Funk</b> Matt Leibrandt & friends Blues, soul, funk and lively interviews.	<b>Ant's Rock</b> Anthony Garsey Solid Rock	<b>Jeff's Junk</b> Jeff Mills	<b>Sat Night Gold on Friday</b> Allan Quinn	<b>Wolffy</b> Wolffy's music & requests	<b>Prog Rock Playlist</b> Rhino	6 PM
7 PM	<b>2NVR Youth Radio</b> 2NVR Youth Radio with Grace	<b>Blues Soul Funk</b> Matt Leibrandt & friends Blues, soul, funk and lively interviews.	<b>Ant's Rock</b> Anthony Garsey Solid Rock	<b>Jeff's Junk</b> Jeff Mills	<b>Sat Night Gold on Friday</b> Allan Quinn	<b>Wolffy</b> Wolffy's music & requests	<b>Prog Rock Playlist</b> Rhino	7 PM
8 PM	<b>2NVR Youth Radio</b> 2NVR Youth Radio with Grace	<b>Blues Soul Funk</b> Matt Leibrandt & friends Blues, soul, funk and lively interviews.	<b>Ant's Rock</b> Anthony Garsey Solid Rock	<b>Jeff's Junk</b> Jeff Mills	<b>Sat Night Gold on Friday</b> Allan Quinn	<b>Wolffy</b> Wolffy's music & requests	<b>Prog Rock Playlist</b> Rhino	8 PM
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11 PM	<b>2NVR Youth Radio</b> 2NVR Youth Radio with Grace	<b>Blues Soul Funk</b> Matt Leibrandt & friends Blues, soul, funk and lively interviews.	<b>Ant's Rock</b> Anthony Garsey Solid Rock	<b>Jeff's Junk</b> Jeff Mills	<b>Sat Night Gold on Friday</b> Allan Quinn	<b>Wolffy</b> Wolffy's music & requests	<b>Prog Rock Playlist</b> Rhino	11 PM
Midnight	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	Midnight

National Radio News is broadcast each weekday at 6am, 7am, 8am, 9am, 10am, 11am, 12pm, 1pm, 2pm, 3pm, 4pm, 5pm, 6pm, 7pm, 8pm, 9pm, 10pm, 11pm, and 12pm. 2NVR — Multiple Award Winner. Tewing studio and office: 02 6564 7777 email: admin@2nvr.org.au The Best Little Station In The Nation