

BOWRAVILLE Community News

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

APRIL 2026 ~ ISSUE #249 ~ FREE ~ CIRCULATION 350 ~ POSTCODE 2449

BOWRAVILLE RSL-SUB BRANCH

ANZAC Day Saturday 25 April 2026

ANZAC Day is a day of remembrance and gratitude. It symbolises the spirit of mateship, sacrifice, and resilience ingrained in the ANZAC legacy.

The day also serves as a poignant reminder of the sacrifices made by the brave men, women and families of those who have served in conflicts, fostering a sense of national pride and unity while fostering reflection on the true cost of war.

Lest We Forget.

This date is the anniversary of the day Australian and New Zealand soldiers landed on the beaches of Gallipoli in 1915 as part of the Allies' invasion. We recognise more than 1.5 million men and women who have served Australia in all conflicts, wars and peacekeeping operations.

It's also a time to remember some 103,000 Australians who lost their lives while serving.



The Bowraville ANZAC Day Services Program is on page 7.

All past and current Bowraville Community News are available online at
www.bowraville.nsw.au/newsletters

Bowraville Technology Centre

Open 9.30am to 4.00pm Weekdays

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

Computer Usage

- ◆ Ten Minute Increments
- ◆ One Hour
- ◆ All day High Users Pass

Printing and copying

B&W and colour printing on A4, A3 and other formats.

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Other services

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Shredding

Computer repairs

Laminating A4 and A3

Binding and Guillotining

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**ALL ADVERTISING and
ACCOUNT ENQUIRIES to
admin@bctc.com.au**

**ADVERTORIAL
and GENERAL
CONTENT ENQUIRIES
to
wendy@bowraville.nsw.au**

Bowraville Technology Centre

39 High St, Bowraville Ph. 02 6564 7420

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- Volunteers Welcome*

BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 300 COPIES

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

2025 ADVERTISING CHARGES:

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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 2026

ISSUE IS: 4:00PM

TUESDAY, 21st APRIL 2026

All contributions and advertisements for the next issue of the Bowraville Community News can be delivered either via e-mail or by hand at the front counter of the:

BOWRAVILLE TECHNOLOGY CENTRE

39 High Street, Bowraville NSW 2449

Telephone: 6564 7420

e-mail: admin@bctc.com.au

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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.

New Bowra business expected by end of year

By Ned COWIE

Many will have noticed the new building emerging from the old chocolate shop, opposite the IGA and the laundromat on High Street.

BCN met with Shane Welsh, manager of the Bowra Hotel and manager of the new build to see how the works are progressing.

In the planning for more than five years, ever since Bernie Lawler purchased the building in 2020 most of the new building's internal and external framework, as well as the doors and windows are in place.

Two larger street front windows and sliding doors are due to be installed over the next month and Shane said he expects the build to be completed by the end of this year – 2026.

The completed building will house a takeaway and coffee shop that will be open seven days a week from 6am to 7.30pm with seating space for up to 90 patrons.



The new takeaway and coffee shop will feature a view of the iconic Bowra Hotel from its wrap-around verandah.

“Burgers, sandwiches, wraps and fries – good fries like the stuff they all love around here, will be available,” Shane explained.

According to Shane, Mr Lawler's other business, the Bowra Pub is currently kept busy with takeaway orders.

“Maybe in future, we would like to concentrate on serving better sit-down meals at the pub with this venue taking the pressure off us over there,” he said.

The hospitality venue will consist of a large outdoor section, as visible from the street, under an old-style bullnose roof, a well-sized kitchen (at the back) and an indoor section with easy disability access.

Continued on Page 29

Bowraville Services Australia Agency

At the Bowraville Technology Centre we now offer a service for the entire community providing access to Centrelink, Medicare and Child Support through computer access.

We provide free fax and email as well as the downloading and uploading of documents to most Government Departments. Access is available from 9:30am to 3:45pm Monday to Friday.

Also available is personal assistance from one of our trained volunteers on Mondays, Wednesdays and Fridays between 10am and 3pm. Appointments are essential for this personalised service and can be made by ringing the Bowraville Technology Centre on 6564-7420.

This service is for rural communities to help reduce travel times and expense so please use this service to increase your on-line digital access to Australian Services.

Free WiFi access to this service is provided 7 days a week in the area around the Bowraville Technology Centre even when the centre is closed.



Australian Government
Services Australia

Have you checked out the
Bowraville Community Website?

www.bowraville.nsw.au

It's the place to go
to find out what's happening and where . . .
in our town.

***You can get the monthly Bowra Community News,
the weather, upcoming events and much more . . .***

Bowraville Chamber of Commerce

Next meeting will be at **5pm, Tuesday, 7th April** at the Bowra Hotel.

- - - - -

Radio Nambucca 2NVR - Studio 3 Live

17th April 2026.

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

See more information on page 28

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Kite Making Workshop

Bowraville Community Hall

Easter School Holidays

Mon 6th April 10am to 2pm - Tues 7th April 10am to 2pm

Wed 8th April 11.15am to 3pm

\$10 per person per day (for materials)

Everybody can participate – no knowledge required.

Call Margrit on 0457 159 473 for more information.

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WHAT'S FEATURING in APRIL at the

BOWRAVILLE THEATRE

www.bowravilletheatre.com.au

Victor Valdes

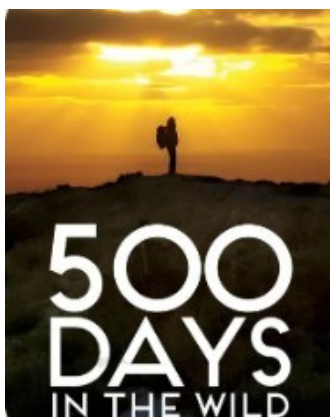
Latin America Solo Harp Concert

Monday, 6th April 2026 @ 2pm start

Tickets \$38 Adult | \$35 Concession | \$30 Child

online TryBooking + booking fees

or at the door if available



500 Days in the Wild - Movie

Rated PG | Documentary | 2h 4m

Friday, 17th April 2026

TECHNO LESSONS OPEN TO EVERYONE

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

Absolute beginners are most welcome!



**Counter Assistance
is available
for small fixes**

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

*“Autumn
whispered
to the wind,
‘I fall but
always rise
again.’”*

- Angie Weiland-Crosby

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

Whichever, here at the Bowraville Technology Centre we're always looking for more volunteers to join the dedicated crew we have on board already.

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

Call Karin on 6564 7420
for more information.

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

eftpos

ANZAC Day Program Saturday 25 April 2026

05:25am	Silent March Ex-Services – Cenotaph
05:30am	Dawn Service - Bowra Cenotaph
O/C Dawn Service	Gunfire Breakfast - Bottom Pub
06:00am	Hot Breakfast - Bowra Ex-Services
10:00am	Main Service - Bowra Cenotaph
12:00pm	Lunch – Bowra Ex-Services
02:00pm	Two-Up (to be confirmed)

All are very welcome to attend and any persons wishing to lay a wreath are encouraged to do so.

We would also welcome volunteers to assist with help in setting up for the main ceremony from 8am and help in 'tearing down' afterwards would also be greatly appreciated.

If you feel called to help please contact:

Carol Mitchell on 0488 770 956
or email thefolks404@bigpond.com

BOWRAVILLE GIFT SHOP



LOCATED AT BOWRAVILLE POST OFFICE

27 HIGH STREET BOWRAVILLE

Monday to Friday: 9am - 5pm

PH: 02 6564-7169

?/11

BOWRAVILLE PHARMACY

31 HIGH ST BOWRAVILLE

PH: 6564 7925

FAX: 6564 7364

Monday to Friday 8.45am - 5.30pm

Saturday 8.45am - 12 noon

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BRIDGETTE BYRNES

KERRIE SAVINS



?/11

How to spot fake news online

Being online can sometimes feel like walking through a crowded marketplace - so much noise, distractions, and people calling out for your attention. Instead of great deals on fresh fruit and veg, you're bombarded with dramatic headlines, intriguing images, and ads competing for your clicks. And in the race to catch your eye, not everyone feels that honesty is the best approach.



Alongside the factual and informative news we see online, there's fake news. It's not new. Misinformation and propaganda have existed for centuries, but today fake news spreads faster and wider thanks to the internet and social media.

So how can you tell fact from fiction? We going to take a look at what fake news is, how it spreads online, and share practical tips to help you spot it.

What is fake news?

Fake news refers to false or misleading stories designed to influence how you think, act, or even vote. It comes in different forms.

Satire. Satirical news is made up for entertainment and meant to be taken as a joke but can be misleading when it's shared by people who don't understand its comical nature, or it's taken out of context.

Clickbait headlines. These are attention grabbing headlines designed to get you to click on them. The problem? The article often has little or nothing to do with the headline. This tactic is known as clickbait. Typical examples include, 'You won't believe what Kylie Minogue looks like now!', or 'This woman made \$550,000 working from home – find out how!'

Disinformation. This is deliberately misleading information created to deceive or confuse people and promote a specific agenda.

Artificial Intelligence (AI) content. AI can create fake content including fake images or videos that can take real people or objects and present them in situations that never happened. Spotting AI generated videos or images can sometimes be tricky, but there are ways to tell when they're AI generated.

How does fake news spread?

Many people now turn to social media for their news, so platforms like Facebook and X (formerly known as Twitter) make it easy to share fake stories. With just a click on Share or Like, a story or image can reach thousands of people and gain traction in a matter of hours. People are also more likely to share stories that confirm what they already think. In times of crisis, people look for information that connects with their emotions, which makes news spread quickly. At such times, accurate and

Continued on Page 19

WHAT'S HAPPENING IN BOWRA

Blokes Brekkie

1st Saturday of the month
at St James - ring Jeff to
book on 0428 578 394

Cuppa and Chat

3rd Saturday of the month
10am — Free
All welcome - St James Hall

Bowra Country Markets

2nd Saturday of Month
Pioneer Community Centre
9am to 1pm

St Jimmy's Kitchen

3rd Thurs of Month
5.30pm at St James Church Hall

St Jimmy's Food Hub

Friday 9-11am
Must hold a current Centrelink card.
For more info call office on 6568-9029

Bowraville Folk Museum

High Street, Bowraville
Phone/Fax: 6564-8200

New Opening Times

Closed Monday and Tuesdays
OPEN

Wednesday to Sunday 10am -1pm

email: bowravillefolkmuseum@gmail.com

~ Groups by appointment ~

27/11

BOWRA HOTEL

OPEN 10AM - MIDNIGHT

BISTRO

21/11

TUESDAY to SATURDAY
11:30am-2:00pm and 5.30 - 8pm
SUNDAY

11:30am-2:00pm & 5.30 - 8pm

WOOD-FIRED PIZZA

Thurs, Fri and Sat 5.30 - 8pm

All menus available for takeaway

Regular Live Music - Holy Goat Coffee

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

33 HIGH STREET, BOWRAVILLE

Ph.6564 7041 bowrahotel@bigpond.com



Bowraville & District Ex-Services Club 6564-7304

What we have to offer . . .

TAB - KENO

RAFFLES - Wednesdays & Friday

MEMBERS' DRAW min \$1500

KITCHEN Wednesday to Saturday

 Lunch 12-2pm - Dinner 6-8pm

**HAPPY HOUR - All Schooners \$6.00
from 4pm to 6pm daily**

FREE POOL Everyday

21/11

NAMBUCCA RIVER REALTY

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

We can offer competitive fees, creative marketing and the backing of one of the fastest growing nationwide agencies being backed by real estate specialists.

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

To see what our clients think of Nambucca River Realty go to ratemyagent.com.au

CRAIG BELLAMY 0412 080 287
NARELLE HARPER 0435 054 625
www.nambuccariverrealty.com.au

29/11

MEDIA RELEASE

NAMBUCCA VALLEY COUNCIL

Landslips on Welshs Creek Road now fixed



Landslip remediation works have progressed well with two slips on Welshs Creek Road now fixed and works are underway to repair the large slip near Johns Bridge, Missabotti.

Nambucca Valley Mayor Gary Lee said it was excellent to see works happening on-the-ground, following geotechnical assessments, reassessments after further flood events, and negotiation with government.

“Two landslip sites along Welshs Creek Road, caused by flooding in 2022, have now been

repaired using engineered rock fill over the past month,” he said.

“This is excellent progress by the principal contractors Council has engaged to deliver the works and I am pleased action is happening.

“Late last week I also visited Johns Bridge at Missabotti, where workers have put in environmental controls and they have just started installing the first few steel sheet piles, which will safeguard the rockfill works to come and then be removed after the rockfill is placed.

“There’s still a lot more work to go over the next two to three years to remediate up to 90 landslip sites across our valley. I thank our community for its patience and compliance with traffic control instructions and traffic diversions, necessary to enable the work and ultimately make our roads safer.”

Significant landslip remediation works are also scheduled to occur on these roads in early to mid-2026:

- Piggot Street, Nambucca Heads
- River Street, Macksville
- Riverside Drive, Nambucca Heads
- Taylors Arm Rd, at Congarinni, Burrarpine, and Thumb Creek. Works on Taylors Arm Rd, at the landslip site located 4.7kms west of Macksville, are expected to finish this week, weather depending.
- Upper Buckra Bendinni Road, Buckra Bendinni.

To learn what if any remediation works are happening in your area, you can visit Council’s website and access the disaster recovery interactive map available here <https://experience.arcgis.com/experience/51cec82f0ba446faae64fe139ff6bf50>. Or you can download the digital app, Antenno, onto your smart phone, which will enable you to receive work notifications happening in your area.

Disaster recovery works are funded by the NSW Reconstruction Authority and Council thanks the Federal and State Governments for the funding to repair essential public infrastructure.

- Mr Bede Spannagle , General Manager. 02 6568 2555

New Mower for Nambucca Phoenix Mowing Crew

By Ned COWIE

Nambucca Valley Lions Club funded a brand new mower for Nambucca Valley Phoenix's Mowing Crew and it was officially handed over in a ceremony on 19 March, 2026.

When in January of this year, the Nambucca Valley Phoenix Mowing Crew's old mower packed it in, NV Phoenix's Manager Natalie Straney did not know who to turn to. The Supported Employment program mows more than 40 properties around Bowraville and relies on the help of four staff and three disabled participants. These properties include NDIS recipients as well as numerous public spaces urgently needing their lawns maintained.

"The crew have been tirelessly push-mowing to complete their Wednesday to Friday work schedule," Natalie told BCN.

Natalie made a post on Facebook and Nambucca Valley Lions stepped up to solve the problem of gaining a new ride-on mower for the not-for-profit organisation.

Nambucca Valley Lions Club successfully applied to the Lions Club Foundation to receive a grant of \$5000 and the Nambucca Lions Club contributed the rest to purchase a new John Deere mower for almost \$8000.

"This donation was the result of a team effort which included Mr Beaton and Mowing Crew Supervisor Jordan Holden, who gained quotes and suitable mowers for the crew." Ms Straney said.

In a ceremony last week, representatives from Nambucca Valley Lions Club officially handed over the new vehicle.

"The ride-on lawn mower handover at Phoenix was a highlight to our day. We sincerely appreciate the hard working (mowing) team and our members were deeply impressed by Phoenix's meaningful contributions to the community," Lions Club President Grahame Beattton said.



NVP Staff and Lions Club Representatives for Handover Presentation Thurs 19th March 2026.

No Retrograde Planets Bring Fresh Momentum

If you have felt stuck, uncertain, or slowed down, this period can feel like a fresh start. Life begins to move forward again in a smoother and more natural way. Let's explore why this phase is so important and how it can positively affect your life.

What does it mean when planets are not retrograde

In astrology, retrograde motion to move backward in the sky. This movement, but it creates a During retrogrades, people often confusion, miscommunication, When no planets are retrograde, easily. It feels like life is moving in Decisions become clearer, communication improves and plans finally start working.



happens when a planet appears is not an actual backward symbolic effect on energy. experience delays, emotional and unexpected challenges. everything starts to flow more the right direction again.

Why this phase feels so refreshing

The absence of retrograde planets creates a sense of balance and harmony. Energy flows directly instead of being slowed down or redirected. This makes it easier to take action and trust your instincts.

You may notice that things you struggled with before now feel simple. Conversations become smoother. Work tasks get completed faster. Relationships feel more stable. This is because the universe is not asking you to look backward anymore. Instead, it is encouraging you to move forward with confidence.

How to make the most of this time

Take advantage of the smooth energy by focusing on your goals. Stay open to opportunities. When things start moving quickly, it is important to be ready. Say yes to new experiences and trust the process.

Communicate openly with others. Use this time to strengthen relationships and build connections. Honest conversations can lead to positive outcomes.

Keep a positive mindset. This phase supports growth, but your attitude also plays a key role. Believe in yourself and stay focused on your progress.

Why this period is rare and valuable

It is not common to have a phase where no major planets are retrograde. This makes it a special time. It offers a break from the usual cycles of delay and reflection.

This period is like a green signal from the universe. It is telling you that it is safe to move forward. You can trust your path and take action without fear.

Because this window is limited, it is important to use it wisely.

The overall impact on daily life

You may notice small but meaningful changes in your daily routine. Things feel easier. Plans work out better. You feel more in control of your life.

There is a sense of flow that makes everything smoother. This can improve your mood and overall wellbeing.

Life does not become perfect, but it becomes more manageable. Challenges still exist, but they are easier to handle.

This period reminds you that progress is possible. It shows you what life can feel like when energy is aligned and supportive.

- www.zodiachelps.com/2026/03/25/horoscope-energy-shift-no-retrograde-planets-until-may-6-brings-fresh-momentum/

Aged Care Needs for Bowra

By PHILLIDA HARTLEY

On Monday 9 March the Assistant Director of the Regional Rural and Remote Policy team for the Federal Department of Health Disability and Ageing, came to Bowraville to connect with members of the local community. Their interest was in exploring the supply of aged care services in the area as part of an assessment of needs and shortfalls in aged care services within a drivable section of each state.



Bowraville was Melita Simmons' first port of call in NSW, even though we are not deemed to be of special concern.

The first meeting, advertised around town, was in the Community Centre and a few locals attended. They expressed concerns with access to information, complexity of forms, and delays in services as well as the need for greater opportunity for social connections among the aged including those who may be isolated rurally. The possibility of the old recreation club building and area becoming an aged care facility, especially for the First People's elders, was also mooted.

One attendee followed up by suggesting that with its range of services already present, plus an aged population, we could support a Healthy Ageing and Community Wellbeing pilot – "the opportunity in Bowraville would be to activate existing facilities and volunteer networks to support ageing in place, focusing on social connection, preventative health programs, community participation and culturally informed elder programs" for all.

The team then met with Jaanyмили Bawrrungga to discuss concerns about the changing needs for the aged Gumbaynggirr of the valley.

My Aged Care can be contacted on 1800 209 422 or accessed at Bowraville Technology Centre, 39 High Street, from 9.30 to 4 on weekdays through their Services Australia portal. Or go to engagement.nswact@health.gov.au



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8/11

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Brain Fitness: Five ways to get your brain fit (and why it matters)

Brain fitness is about having a fit and healthy brain that allows us to perform at our very best, in all circumstances. This is why it matters:-

Complete health is more than attending to our diet and getting physically fit, it's about being brain fit as well. Because when we feel happy, focused and confident, everything functions better.

Brain fitness is about having a fit and healthy brain that allows us to perform at our very best, in all circumstances.

Life is getting busier, faster and more complex. Staying at the top of our game requires a high level of mental agility, flexibility and innovative thinking.

The problem is, that up until now we haven't given our brains much attention. However the new brain science has shown how taking care of our brain and using it in the way designed it for boosts mental performance.

Brain fitness (like physical fitness) takes some time and effort to achieve – after all, we are working with our neurobiology.

Following a framework for a brain fitness program reveals the benefits of a sharper, more resilient mind very quickly. The good thing about our brain is – the more we use it, the better it gets!

There are five things that you can put in place immediately to start to lift your own level of brain fitness.

Refuel smart

Topping up our cognitive energy means not skipping meals and including fresh unprocessed food at every meal. The diet most extensively studied for better brain health is the Mediterranean style diet; leafy green vegetables, three portions a week of oily, cold-water carnivorous fish, other lean protein, deeply pigmented fruits and berries, some seeds and nuts, whole grains, olive oil and a little bit of top quality dark chocolate (70% minimum cocoa solids). Who said healthy food has to be boring!

Sleep right

Cognitive fatigue is a menace. We can't concentrate, we make more mistakes and we get cranky. Long days, heavy workloads, working late or starting extra early, all adds to our cognitive load. We fall into bed longing for sleep, which then eludes us as our brain decides it's party-time and keeps us thinking all night long.



Love Local Wildlife? Help Them Return to the Wild

WIRES Mid North Coast Wildlife Rehabilitation Shelter – Volunteer Induction

The **WIRES Mid North Coast Wildlife Rehabilitation Shelter** in **Coffs Harbour** is welcoming new community volunteers from across the Mid North Coast.

Our shelter cares for injured and orphaned native wildlife as they recover and prepare to return to the wild. Community volunteers play an important role in supporting this work.

Help when it fits your life:

- Even a few hours can make a real difference
- No cost
- No experience needed

This induction is for people interested in **non-contact wildlife volunteer roles**, such as:

- Prepare food & native foliage for wildlife in care
- Helping keep enclosures & the shelter tidy
- General shelter support

No wildlife handling required

All roles are supported by the shelter team and covered by WIRES insurance.



Curious about helping local wildlife?

Come along to an induction and find out how you can be part of the team.

RSVP your interest: mncwildlifeshelter@gmail.com

Full details will be provided after RSVP.

Bowra Laundromat

Corner of High & Belmore Streets

**Token Operated Washing
Machines & Dryers.**

Tokens available at the Pub and IGA

Commercial Washers and Dryers

Enquiries: ph 6564 7401



Take Control of Your Bladder and Bowel Health

Urinary and bowel control problems are incredibly common, yet many people feel too embarrassed to seek help. In Australia, one in four people aged 15 and over have a bladder control problem. Whether you are a new parent, an athlete, or enjoying your senior years, understanding your body can help you live without the worry of "accidents".

Understanding the Signs

Poor bladder or bowel control is not just a "part of aging"—it is often a treatable condition. You may be experiencing a problem if you:

- Leak urine when you cough, sneeze, laugh, or lift something heavy (known as Stress Incontinence).
- Experience a sudden, urgent need to rush to the toilet.
- Wake up more than once a night to use the bathroom.
- Have difficulty starting your urine stream or feel your bladder isn't quite empty.
- Accidentally pass wind or have "bowel accidents".

The Secret to Support: Your Pelvic Floor

The pelvic floor is a layer of muscles and tissues that stretch like a hammock from your tailbone to your pubic bone. These muscles support your bladder, bowel, and (in women) the uterus.

When these muscles are weakened—by pregnancy, childbirth, heavy lifting, or chronic coughing—they can no longer keep the "valves" shut, leading to leakage.

Five Steps to Better Bladder Habits

You can start improving your health today with these simple steps:

1. **Drink Well:** Aim for adequate fluids, focusing on water. Limit caffeine (found in coffee, tea, and cola) and alcohol, as these can irritate the bladder.
2. **Eat Well:** Consume plenty of fiber from fruits and vegetables to prevent constipation. Straining on the toilet is one of the leading causes of pelvic floor damage.
3. **Practice "The Knack":** This is the habit of bracing (lifting and squeezing) your pelvic floor muscles *before* you cough, sneeze, or lift anything.
4. **Use Good Toilet Posture:** When opening your bowels, sit with your knees higher than your hips (using a footstool can help) and lean forward with your elbows on your knees.
5. **Don't Go "Just in Case":** Only go to the toilet when your bladder is actually full. Training your bladder to go when it's only half-full can actually make urgency worse over time.

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

25/11



Where to Get Help

If your symptoms don't improve after three weeks of regular pelvic floor exercises, it is time to speak with a professional. You can visit your GP, a pelvic health physiotherapist, or a nurse continence specialist.

For free, confidential advice and resources, call the **National Continence Helpline** at **1800 33 00 66** or visit continence.org.au.

SEE PELVIC FLOOR CARE TIPS on Page 18

*... Come into the **Bowra Pharmacy** and talk to our friendly staff about suitable products, or for more information.*



***Feel secure, comfortable
and in control, day and night.***

Products designed for everyday life.

BOWRAVILLE PHARMACY

31 HIGH STREET, BOWRAVILLE

PHONE: 6564 7925 or FAX: 6564 7364

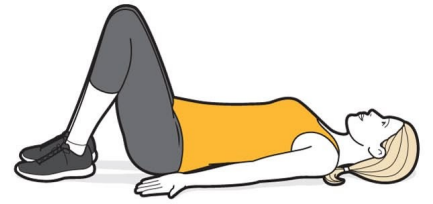
Monday to Friday 8.45am - 5.30pm Saturday 8.45am - 12 Noon



10-step Guide to Putting your Pelvic Floor First

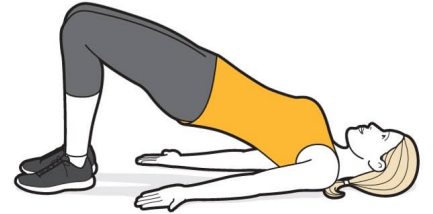
1. Avoid heavy lifting

Keep your weights within a manageable range. Never lift heavy weights that make you strain or hold your breath. Avoid lifting weights from ground level. Aim to lift from waist height instead.



2. Use your pelvic floor muscles

Activate your pelvic floor muscles prior to and during resistance exercises. The goal is for your pelvic floor to be working immediately before and as you lift/lower/push or pull any load.



3. Lift with good posture

Maintain the normal inward curve in your lower back during every lift/lower/push/pull exercise you do, regardless of whether you are sitting, standing or lying on your back.

4. Exhale with every effort

Never hold your breath or pull your tummy in strongly during an exercise. This increases the downward pressure on your pelvic floor. Breathe out with every effort, whether it is a lift, push or pull.

5. Choose supported positions

Your pelvic floor will be under less strain if you perform your resistance exercises sitting or lying down wherever possible. Sitting on a Swiss ball is an excellent option.

6. Keep your feet close together

You will find it easier to activate your pelvic floor muscles by keeping your feet close together. If you are performing a standing resistance exercise keep your feet no wider than hip width apart.

7. Strengthen gradually

Start using light resistance and pay attention to performing the exercise correctly to reduce your risk of injury. Gradually increase your resistance when you are confident of your technique.

8. Take care when fatigued or injured

Your pelvic floor and deep abdominal muscles may not work as effectively when you are tired, unwell or have lower back pain. This may make you more prone to symptoms and injury. Take a break and return to resistance training when you have recovered.

9. Rest between sets

Rest for a couple of minutes between each set of exercises you perform. This gives your muscles (including your pelvic floor muscles) time to recover before your next lift.

10. Avoid aggravating exercises and machines

Listen to your body when exercising. If your symptoms are worse with a specific exercise, modify it or leave it and perform another exercise to strengthen the same area instead.

Speak to an exercise or continence professional if you experience any pelvic floor problems when you exercise.

For further information ring 1800 33 00 66 or visit www.pelvicfloorfirst.org.au.

trustworthy information is even more powerful as it helps calm fears and restore confidence.

Tips to spot fake news

Check the source. Consider how reliable it is. Is it a reputable news organisation, a satirical site, or a Facebook group? Also, consider where you found the article. Treat information from social media with careful consideration.

Check the web address. Some fake news sites use web addresses that look very similar to real news sites. So, check the URL to make sure you're visiting the right website for your news.

Check the author. Who wrote the piece? Are they credible? Do they have an agenda? An online search can reveal whether they've written for reputable news organisations.

Check for evidence. Is the story based on fact or opinion? Who are the author's sources? If there's little or no evidence, that's a red flag the story may be fake.

AI generated images

Artificial intelligence (AI) software can create realistic looking images or videos to spread false information. Deepfakes are a type of this technology where a photo, video or audio is digitally altered to make it appear as though someone said or did something they didn't.

How to spot AI generated images

As AI and deepfake technology becomes more sophisticated, it can be harder to detect when it's being used. But sometimes there are signs that can help you spot the less advanced fake photos and images.

Hands and fingers. AI has often had trouble with human hands, sometimes giving them too many fingers or merging fingers in strange ways. Checking the hands of people in an image can be a way to spot AI, although this is becoming less effective as AI improves.

Facial details. Pay attention to things like skin tone – does it look too perfect or smooth? If there's facial hair, does it look unnatural? If the person is wearing glasses, look for jagged edges or strange shadows. And if the person is wearing earrings, check if the left and the right pair look symmetrical.

Signs, logos, and text. AI struggles to accurately recreate signs, logos, and text. If you see a photo or video of an official announcing something that seems suspicious, check for errors like altered logos, misspelled words or wrong mottos.



3K

5.1K Comments 23K Shares

Example of fake news. This Facebook post claimed rubbish was left behind by Sydney protesters; however it later emerged this picture was taken at an unrelated event in Hyde Park, London.

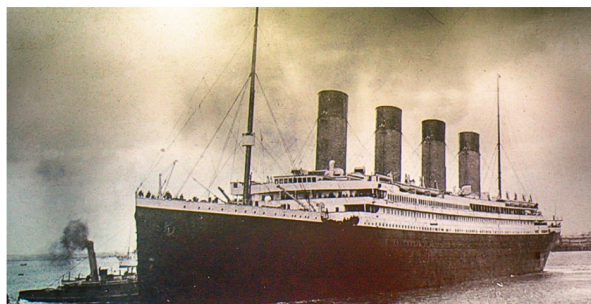
Details and background objects. AI can include details that wouldn't naturally appear in real-life scenes or leave out elements that should be there. Look out for things that don't make sense contextually, like the corners of a room not lining up. AI also struggles with shadows and lighting, so check for shadows that don't belong or inconsistent lighting.



Tips to keep you from getting caught by fake news

Here are a few tips to protect yourself against being misled by fake news.

- The first step is knowing that fake news is out there and comes in many forms.
- Get your news or information from trustworthy outlets such as major national or state media services or government websites. Try to avoid getting your news from social media outlets.
- Question what you read – does it offer multiple perspectives? Or does it only confirm what you already believe to be true? Try to get your news from a variety of sources.
- Do a reverse image search to help you decide if a photo is fake. If the image appears somewhere else online, you'll see how other sites have used it and when the photo was taken.
- Check the accuracy or authenticity of a story by doing your own web searches or using fact checking websites such as AAP (Australian Associated Press) FactCheck, FactCheck.org or Snopes.com .



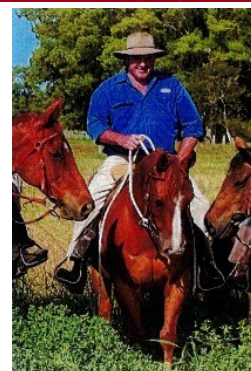
- beconnected.esafety.gov.au/topic-library/articles-and-tips/how-to-spot-fake-news?

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Barney Townley is a local farmer well known for his knowledge of the Nambucca Valley farming community.

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?5/11



NAMBUCCA VALLEY & SURROUNDS
www.ruralsales.com.au

Community Unites for Harmony Day and Close the Gap Day Breakfast

On Friday, 20 March 2026, Bowraville Central School hosted a heartwarming community breakfast to celebrate Harmony Day and National Close the Gap Day. The event brought together students, staff, local families and community members to recognise the importance of cultural diversity, inclusiveness and respect under the theme that "everyone belongs".

The morning was filled with "good vibes" as the community gathered from 8:00 am to share a meal and conversation. Many attendees showed their support by wearing orange, the official colour of Harmony Day, which signifies social communication and mutual respect.

This successful community event would not have been possible without the incredible generosity of our local sponsors. We would like to extend a massive thank you to the following organisations for their kind donations:

This successful community event would not have been possible without the incredible generosity of our local sponsors. We would like to extend a massive thank you to the following organisations for their kind donations:

- Bowra Hotel
- Bowraville Ex-Services Club
- Bowraville IGA
- Bowraville Local Aboriginal Land Council
- Jaanyмили Bawrrungga



and Torres Strait Islander peoples.

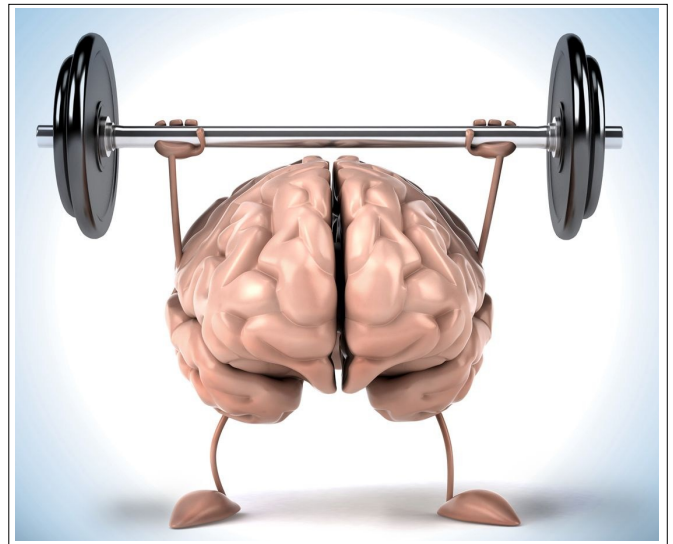
Events like these at Bowraville Central School are vital for building connections and fostering a supportive, inclusive environment for all students and their families. Bowraville Central School loves connecting to community - "Together We Thrive".

- Katie Heather (Transition to School Coordinator) Bowraville Central School

Maintaining good sleep habits with 7-8 hours of good quality uninterrupted sleep is essential for neuronal health, emotional regulation, the formation of long-term memory and getting the gist of what we have learned. Plus it helps for better recall of information at a later date. Putting in place a regular bedtime routine and keeping to it, is a great start.

Give your brain a break

Taking work breaks during our day isn't being lazy; it's about working with our brain the way it was designed to work. We have peaks and troughs of energy cycling through 90-minute periods during our day. By taking a 20-minute break between each of these allows us to get more done, to a higher level, in less time and with energy left to spare. Take a look at your daily schedule and see when you can next give your brain the break it deserves.



Book a room to think

Foggy thinking from having too much on our mind reduces our ability to focus, to solve problems, make good decisions or think creatively. Scheduling some thinking space every day is the perfect way to pause, hone attention and gain clarity of thought. Whether it is a daily mindfulness or other meditation practice, listening to beautiful music or connecting with green space, twenty minutes is all it takes to set you up for a great day of thinking.

Where is your favourite thinking space?

Move it

It's hard to imagine getting fit without some form of physical exercise being involved. Thirty minutes daily of aerobic exercise gives the brain it's best workout and primes us for optimum performance.

Exercise boosts attention, cognition and the production of neurochemicals including BDNF (brain derived neurotrophic factor). Not only does BDNF support neuronal health and function, it promotes neurogenesis, the production, survival and maturation of new neurons.

Plus exercise helps to lift our mood, which opens up our mind to new ways of doing things, to learn more effectively and keep us mentally well.

Being brain fit isn't just a nice way to be - it's essential for better brain health, better thinking and greater happiness.

- Dr. Jenny Brockis. Specialises in the science of high performance thinking. She is the Director of Brain Fit and her latest book *Future Brain – the 12 Keys to Create a High Performance Brain*, published by Wiley, - www.mindfood.com/article/brain-fitness-five-ways-to-get-your-brain-fit-and-why-it-matters/

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 with one of our friendly staff.

They will be happy to assist you choose the correct products for your garden.

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

23/11



Autumn in the Garden

Autumn is a great time to be in the garden. The weather is cooling; you don't have to water as much and it's not too hot for planting. Here's some ideas for what to do in the garden during April.

Plant some citrus

Think about mandarins, limes and oranges. Not only do they provide delicious fruit – they look fantastic and the blossom smells great too. Most citrus will grow well in a pot. Be sure to use a quality potting mix.

Citrus like full sun and well-drained, fertile soil to reap the best rewards.



For good results, protect from strong winds. Citrus are heavy feeders, so add some fertiliser at least every season.

What else to plant

Spice up your garden with some brightly coloured hibiscus, camellias and Australian natives such as banksias, they need full sun and well-drained soil.

For a blaze of colour try perennials such as daisies and annuals, include pansies and lobelia. These are hardy and create a great show in the garden or in pots.

Bulbs also make a great spring show, mass planted or in pots. Select from anemones, bluebells, Dutch iris, daffodils and jonquils.

Consider growing some edibles too - broccoli, cabbage, cauliflower, celery, onion, peas, rocket and spinach are great options.

Broad beans are easy to grow, but they will need support on a fence or trellis.

Maintenance

The leaves are beginning to fall so get

Continued on page 28

Bowra Netball's Incredible 2026 Expansion

The courts are buzzing this year as the **Bowra Netball Club** experiences an unprecedented surge in growth. We are thrilled to announce that for our 2026 season, our club has expanded from just two teams, to six, more than tripling our presence in our local competition.

This massive jump in participation means more of our local players will be out on the court every Saturday in Macksville, building skills, making friends, and staying active.

A huge growth spurt requires a lot of coordination and gear. We would like to extend a heartfelt thank you to our incredible community partners:

- **Jaanyмили Bawrrungga:** For their generous support in providing new uniforms and netball gear. Their commitment to our young people goes beyond the court, as they also provide delicious afternoon tea for our players before training at Bowraville Central School.

Bowraville Community Preschool: For their vital assistance in securing new training shirts and equipment, ensuring our growing numbers are fully prepared for the season ahead.

We are still looking for financial sponsorship, so please reach out if your business or organisation would love to support the growth of our town's community sports.

Our players are already hard at work, with training sessions held every Wednesday at Bowraville Central School. The energy this year is at an all-time high, and with the support of such dedicated local organisations, 2026 is shaping up to be our best season ever.

It's not too late to register. Please visit <https://www.playhq.com/netball-australia> and search for Bowra Netball Club or reach out via our email bowranetball@gmail.com. We also have a Facebook page for you to follow along.

- Katie Heather.



Looking to connect with local women in your community?

Nambucca Valley Evening Branch – CWA

Join us on the 2nd Tuesday of each month, 6pm
Macksville Ex-Services Club

We're a friendly group of women supporting our community, sharing friendship,

and working together on local projects. New members are always warmly welcome.

Email: secretarynve@gmail.com

Follow us on Facebook: **Nambucca Valley Evening Branch – CWA**

Rehydration Workshop

Nambucca Valley Landcare had a successful landscape rehydration workshop (the first of two) on 21st March.

A keen bunch of landholders came together and spent the day looking at the landscape, learning about water flow, the importance of riparian restoration and what options there are to help slow and spread the flow of water.

We put our learning to good use, and built ourselves a small v-shaped sill to help slow and direct the flow, which will be supported by fencing and some upstream works.

Keep an eye on your emails later in the year for more of these landscape rehydration workshops.

If you would like to join Nambucca Valley Landcare, all it takes is an email to

coordinator@nvlandcare.org.au

or to click on the membership link on our website

www.nvlandcare.org.au



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The Loop

By Nicholas Evans

Things aren't going too well for Helen Ross, a twenty-nine-year-old wolf biologist, sent to a sleepy Rocky Mountain ranching town to defend a pack of wolves from those who want to destroy them.

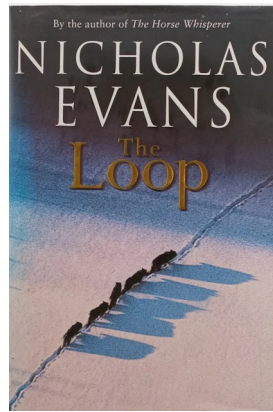
In Hope, Montana, a century ago, the wolf was slaughtered to extinction and though now protected by law as an endangered species, the old hatred runs deep.

Within moments of her arrival, she finds out what she's up against: a small town with a long history of wolf fear and loathing, no resources (big surprise) and a powerful rancher who will do whatever it takes to eliminate the wolves.

Alone in this hostile place, bruised by a broken love affair, Helen struggles for self-esteem and survival, embarking on a dangerous alliance with the son of her most ferocious opponent, the brutal but charismatic Buck Calder who has the community riled up after a wolf stalked his daughter's home and killed the family dog.

Evans has made impressive strides as a writer since his debut novel, *The Horse Whisperer*, and his storytelling has reached a noticeably new level of sophistication: the plot is tight, the characterisation is realistic, and the dialogue is crisp.

- booktopia.com.au



The Forgotten Garden

By Kate Morton

A foundling, an old book of dark fairy tales, a secret garden, an aristocratic family, a love denied, and a mystery.

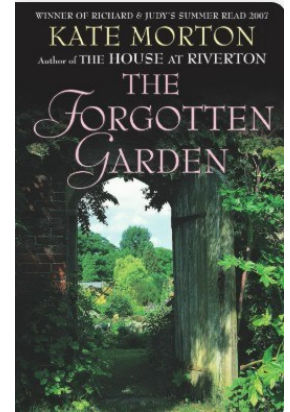
The Forgotten Garden is a captivating, atmospheric and compulsively readable story of the past, secrets, family and memory from the international best-selling author Kate Morton.

Cassandra is lost, alone and grieving. Her much loved grandmother, Nell, has just died and Cassandra, her life already shaken by a tragic accident ten years ago, feels like she has lost everything dear to her.

But an unexpected and mysterious bequest from Nell turns Cassandra's life upside down and ends up challenging everything she thought she knew about herself and her family.

Inheriting a book of dark and intriguing fairytales written by Eliza Makepeace—the Victorian authoress who disappeared mysteriously in the early twentieth century—Cassandra takes her courage in both hands to follow in the footsteps of Nell on a quest to find out the truth about their history, their family and their past; little knowing that in the process, she will also discover a new life for herself.

- www.goodreads.com



BOOK NOOK NOTICE

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

Blue Manning - 25 years as Military Museum President

By Ned COWIE

One of the most well-known attractions of Bowraville, the Frank Partridge VC Military Museum has been at its historic site since soon after the Nambucca Council vacated it, even before its official opening in 2001 and this month, its colourful president of 25 years, Blue Manning agreed to talk to BCN about his life.

According to Blue, his move from Sydney to the Nambucca Valley in 1978 was actually a plan to escape the close-living arrangements of the city.

“I was coming out of a divorce, and I decided to buy 25 acres in Congarinni so I could build a farm and live right in the middle, away from other people,” he explained.

After that, Blue was working as a panel beater, painter and growing lime trees when due to a car accident, his eyesight began to deteriorate, forcing him to retire. He came to work as a volunteer at the Bowraville Folk Museum in 1996 and at that time the Military Museum was little more than an annex of the building.

An ex-serviceman himself, Blue spent five years in the Australian Navy from 1962-67 where he was employed as a cook.

He explained that he did not have much choice in what role he took on.

“In those days, they more or less chose for you. After I answered their questions and they evaluated me, I think they gave me three options,” he said.

In 1963 the Indonesian Confrontation began, which was a conflict between Indonesia and Malaysia over Indonesia's opposition to the formation of the Federation of Malaysia, and Blue's ship was sent to patrol the Malay Straits.

It was also the time of the Vietnam War with Australia sending military personally between the years of 1962 and 1975.

Perhaps this goes some way to explain Blue's commitment to keeping the museum alive and his part in moving it to its current location at the old Shire Chambers in Bowraville's High Street.

“They (the Folk Museum) were going to close the military museum and me and a few other ex-servicemen decided that it *had* to keep going,” he said.



Continued on Page 30

Radio Nambucca 2NVR 105.9 fm and streaming



Hi Folks,

2NVR has just held a Presenter Training weekend.

Those who completed the training were; Amutha, Ellemarie, Heidi, Jenny, Jamieson and Phil. Congratulations to all of you.

Thank you to Ion, Elizabeth and Celeste for your time as trainers.

Over the following weeks the new presenters will be mentored as they present on air.

It's lovely to have a wide variety of voices, music and ideas from our community and for the new presenters to be able to share their interests and favourite music.

If you are interested in becoming a presenter, please contact Ion Newcombe on 0408 696 184 for our next training weekend.

If you don't own a radio, remember you can listen on 2nvr.org.au and please support our sponsors as they keep our Community Radio Station on air.

Our free live music show, 'Studio 3 Live' is on every 3rd Friday of the month from 6 to 8pm at 834 Rodeo Drive Tewinga. Everyone is welcome.

- Luise Pearson-Bernoith

BowraGARDENING

Autumn in the Garden

Continued from page 23

raking, they make great compost, so add them to your heap or bin.

Cut back any shrubs or native grasses that need it. Remove dead wood and any spent flowers.



If you already have vegies growing, it's a good time to give them a fertiliser boost. Nourish shrubs and plants with a seaweed solution. This builds resilience against frosts over the coming months.

With autumn rains, also comes weeds. Deal with these right away and pull them out while they're young and before they have a chance to set seed and spread.

Harvest

April is great time to reap what you've sown. Harvest tomatoes, chillies, cucumbers, zucchinis carrots, eggplants and lettuce.

Get out into the garden this weekend - the fresh air and exercise will make you feel great and your garden will look fantastic.



bunnings.com.au

A parapet roof on the façade of the building should help it to blend in with the surrounding heritage buildings of High Street.

For amenities, three toilets including one with disabled access, a cold room and storeroom are planned.

With a budget of around \$400,000, all work has been carried out under the authority of local builder Bob Dawson employing a host of local tradies and businesses including Sable Engineering, Phil Tutt Bricklaying, Apex Concreting, Gordon Silvia Metal and Envy Glass.



Inside the proposed shop, a disabled access ramp leads up to a large indoor/outdoor seating area.

Even Shane has been helping where he can to keep costs down and create the best venue possible on the available budget.

To the left of the building, when entered from High Street, there is potentially room for another business, however plans are still fluid and this may end up being utilised as a function room of the café business, he said.

Many Nambucca Valley residents have vented their frustration across social media at the lack of after-hours takeaway and coffee shop availability in the area.

“It is impossible to get a coffee after 2pm,” one local told BCN.

Shane hopes this future business with regular and reliable opening and closing hours will be welcomed by the community.

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1st Saturday of the month
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3rd Saturday of the month
Everyone welcome. 10am - Free

St Jimmy's Kitchen
3rd Thursday of Month at 5.30pm

St Jimmy's Food Hub
Fridays from 9am to 11am ^{?4/11}
Must hold a current Centrelink card.

For more info call 6568-9029
ST. JAMES CHURCH HALL

“Our forefathers *need* to be remembered,” he stated fiercely.

Among Blue’s other interests is restoring old cars. He has two “Hot Rods” he explained, showing me photos of his two vintage cars, one from 1931 and the other a 1934 Ford.

Blue’s passion for old automobiles is also evident in the careful placement and ship-shape state of the fleet of World War 2 vehicles, six of them in working order, stored at the museum.

“A crew of ex-servicemen (all volunteers) are responsible of the restoration of these,” he said, pointing to the jeeps and trucks housed in the large shed behind the museum’s exhibition rooms. “They (the men) are here every Wednesday,” he added.

Other treasures held by the museum include a large brass plate with the name of the French town “Amiens” across it. “Some fellow returning from the war (WW1), liberated it and donated it to us,” a museum volunteer interjects.

As for Blue, he says one of his favourites is the museum’s Dead Man’s Penny collection. The large brass pennies, approximately 15cm in diameter, were sent to the families of men who were killed during World War 1 and are each engraved with the name of a fallen man. Blue points to one in a glass case behind us, “That one has my uncle’s name on it,” he says. These pennies, like most of the artifacts on display were donated by ex-soldiers or their families.

Blue is keen to point out that although he is in the pilot role, the museum owes its existence to its team of volunteers. “Without them, this place wouldn’t be here and could not continue to operate,” he says.



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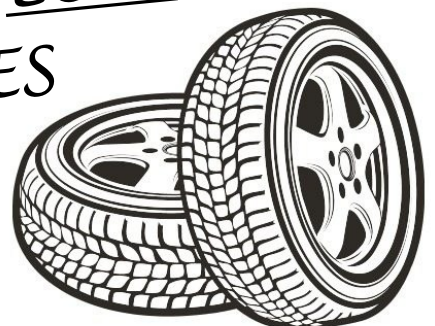
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 Radio Nambucca — 2NVR — 105.9 FM — Autumn 2026 — Program Guide — Autumn 2026  Studio 3 Live — 6-8PM 3rd Friday each Month 		Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	Cinemascope All the Best Overdrive Wellbeing With Brett Costello	Continental Drift With Garry Havillay	Aussie Grown Across the Nation Aussie Christian grassroots to charts.	Tones of Clairessence Claire Watt	The Fourth Estate The Documentary Beverly Gibbs	Rise N Shine Ron Hawkins	Sunday Morning Soul Sound With Clairessence	6 AM		
7 AM	Urban Meltdown With Brett Costello	Real World Gardener The Assignment With Paul Burns	A Country Tea Time With DJ Tina	In Conversation With Simon Moore	Life in the Valley Interviews, local news & music	Random ravings in a musical mix with: Heavens Above: 6:30 Saltwater People: 7:30 It's Only Words: 8:30	7 AM			
8 AM	Classic Hits & Jukebox Paul Rowe	From Then To Now With Paul Burns	Smoko with Gazza With Gary Blden	Environmental Matters with Elizabeth + Earth Matters	Talk Of The Town Carl Wrobel	Local News of the Area Beverly, Linda, Phill, & Celeste	Scoob's Smorgasbord With Scoobs	8 AM		
9 AM	Baby Boomers Donna Collins	The Phantom Dancer With Greg Poppleton	Mystical Music & Musings Luise gives us her favourite music and muses on the great mystery of Life	Turning Pages Elizabeth Newman	Peter's Pops & Classical Tunes & Melodies With Peter K	Noisy Neighbours Trenck de Groot	The Folk Show From Radio Adelaide	9 AM		
10 AM	Flashback With Rob Davidson	Mixed Grill With Macca	Hot, Sweet & Jazzy From 'The Pulse'	Sista Selecta's Roots n Reggae	Robertson's Rollercoaster With Tom	Garage Noise With Sean Ambrose	That's A Wrap Donna, Nigel, Gary & Les	10 AM		
11 AM	Top of the Pops With Kim Robson (BBC)	Rock On With Jimmy & the Bluebirds	A Breath of Fresh Air With Sandy Kaye	Hit Singles From Your Past With Macca	MHS Radio From Macksville High	Let the Bands Play With Gordon McKenzie	Women on the Line The Narratives Library	11 AM		
Noon	The Wire Weekly + Aussie Music is BG With Paul Gough	Sister Act Olivia & Sam	The Sixties in Australia Rob Davidson	Thursday Country Trickwic	33 Blues With Lizzie	The Chill With Corey Barnett	Jump Children With Steve	Noon		
1 PM	Chimes With Brett Adie	Aussie Music Weekly With Noddy	The Curious World of Lisa Z	Fine Music Live Aus Fine Music Network	Meet Me @ The Movies Narrative about Narratives	Music with a Message Geoff Stone	Praise, Prayer & Pop With Michelle	1 PM		
2 PM	Aussie Trove With Brett Adie	Down Memory Lane With Streamer	45 RPM From the Pulse	Global Village With Habib Massad	Fish's Favourites With Dave P	Saturday Date With Stu	Imagine This Radio drama & stories	2 PM		
3 PM	Tikki Lounge Remix With Seth Jordan	On the Flipside With CJ	Music from the sixties, seventies and eighties	Tim Unsupervised Tim Hood	Tunes I like to hear...	Wolfy Wolfy's music & requests	The AntisF Radio Show With Nuke	3 PM		
4 PM	Music Makers With Yen	Space Nuts Lost in Science, Zed Games, & Diffusion	Ant's Rock Anthony Gamsey	Late night humour, music, interviews and more...	Dark Side of the Moon My Generation	2NVR Music Mix	Prog Rock Playlist Rhino	4 PM		
5 PM	Mixed music with featured artists	Local News of the Area Beverly, Linda, Phill & Celeste	Ant's Rock Overnight	Local News of the Area Beverly, Linda, Phill & Celeste	The Gary Jackson Show & Sounds of the Seventies Overnight entertainment, plus +	2NVR Music Mix	The best of Progressive Rock	5 PM		
6 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Music Mix	2NVR Overnight Music Mix	6 PM		
7 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Music Mix	2NVR Overnight Music Mix	7 PM		
8 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Music Mix	2NVR Overnight Music Mix	8 PM		
9 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Music Mix	2NVR Overnight Music Mix	9 PM		
10 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Music Mix	2NVR Overnight Music Mix	10 PM		
11 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Music Mix	2NVR Overnight Music Mix	11 PM		
Midnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Music Mix	2NVR Overnight Music Mix	Midnight		

AIR News weekdays 6, 7, 8, 9am, noon & 6pm, weekends 6, 7, 8 & 9am **2NVR — Multiple Award Winner** Sports Calls Live: 2nvr.org.au/sports-channel Studio & office: 02 6564 7777 <admin@2nvr.org.au > The Best Little Station in the Nation