

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

AUGUST 2025 ~ ISSUE #242 ~ FREE ~ CIRCULATION 350 ~ POSTCODE 2449

Riverwatch hosts training day for new recruits

By Ned COWIE

ON Saturday, 19 July, Nambucca Riverwatch hosted a training day for new volunteers at the Tewinga Community Centre.

Participants were introduced to the water quality testing which Riverwatch carries out regularly across the Nambucca Valley.

Since its inception in 2023, not-for-profit organisation Nambucca Riverwatch Incorporated has become well known in the Nambucca Valley with increasing public awareness of ecological issues such as river health.

“Volunteer-based organisations like Riverwatch play a leading role in safeguarding this natural resource,” Acting Mayor James Angel told Bowraville Community News (BCN).

Around ten people attended the day and organisers Beverly Gibbs and Elizabeth Newman said they were heartened by recent interest in their work monitoring the vital signs of the river.

“The mayor (Gary Lee) is on-board as are many of the councillors, and we feel that the river issue has become a



Beverly Gibbs (Left) and participants learning about river testing at last month's training day.

prominent topic of council discussions lately,” Beverly Gibbs said.

Added to this is the group's proven ability to work with stakeholders from berry grower groups to state environmental protection agencies and farmer groups which has enabled them to secure funding for the next twelve months of the program.

The Riverwatch team of volunteers carry out monthly monitoring of key data such as phosphate and oxygen levels, turbidity, conductivity and temperature, at six sites across the Valley.

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**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.

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- ◆ One Hour
- ◆ All day High Users Pass

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BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 300 COPIES

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2025 ADVERTISING CHARGES:

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

Front Cover (1 issue) - \$60 issue

DEADLINE FOR COPY FOR

THE SEPTEMBER 2025

ISSUE IS: 4:00PM

TUESDAY, 19TH AUGUST 2025

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.

Bowraville Chamber of Commerce

Next meeting will be at **5pm on Tuesday 5th August 2025**
at the Bowra Hotel. *More on page 7.*

Radio Nambucca 2NVR - Studio 3 Live
15th AUGUST 2025.

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.

SUPPORT GROUP For Our Everlasting Carers

The group will be having a **guest speaker** from Women's Health Service.

Date: Tuesday, 5th August 2025 Time: 10am to 12noon

Venue: Health One, 4 Fred Brain Avenue, Nambucca Heads

Please RSVP no later than Sunday 27th July.

All ladies in the valley are welcome – if you are not a member of the group there
will be a cost of \$2 for morning tea.

For more information and registration ring BEV on (02) 6569-4337

Save the date! 6th September 2025 - The Phoenix Ball

Celebrating art, community, and inclusivity on the Mid North Coast. Get ready to shine and dress to impress in emerald green, black, and silver! Join us for a glamorous night with red carpet entry, canapés, dinner, DJ, photo booth, raffles, and surprise performances. Tickets are \$55, with all proceeds supporting Nambucca Valley Phoenix.

Happening at Nambucca Heads RSL, don't miss out! For tickets,
call 6501 0021 or email info@nvp.org.au.

Let's make it a night to remember!

What's Happening in Bowra - Continued on Page 5

**We need to use the ATM at the front of the
Bowra Technology Centre**

BCU customers can do FEE FREE withdrawals on the generic ATM supplied by Armaguard. In addition a range of other banks have fee free transactions on the machine. These include Westpac and ANZ.

The continued availability of this service is dependent on the level of usage and will be removed by Armaguard if usage drops below commercially acceptable levels.

*So let's get with it – **Use it or we'll Lose it!***

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 . . .***

CHRISTMAS LIGHTS.... THIS DECEMBER!

We are planning a lights spectacular for the High Street in Bowra and we'd like your involvement to create this great event – we are looking for any Christmas decorations and lights that you can donate.

LIGHT UP BOWRA '25

This event may evolve into a street party involving the whole town. So collect up your Chrissie paraphernalia and we will collect it later.

What's flying at Phoenix

Phoenix recognises there is incredible artistic talent in the local Nambucca Valley, many supporting our School of Arts, Cafe and Gallery.

We have opened an exhibition slot in this year's calendar to celebrate these artists and their incredible works.

Theme'd Minimal, all mediums (painting, sculpture, photography, textile, digital etc) are welcome to be submitted - see page 30.

Early entries are already highlighting a vast and thought provoking interpretation of the theme, some reducing artwork to its essential elements, others exploring the context of geometric shapes or colour palettes, others..... you'll have to come along to the exhibition and discover for yourself.

We are extremely excited and look forward to celebrating these works with the wider community with the opening of the exhibition scheduled for Friday 15th August.

Prior to this we will be showcasing works from the recent Press Play Print Workshops where the art of etching prints was explored with local Artist Marc Renshaw. The Press Play exhibition runs from 25 July to 14 August 2025.

BOWRAVILLE UNITING CHURCH

***The hidden* OP SHOP**

Right up the end of George Street - No 33

Open Tuesday, Wednesday and Thursday 9am to 3pm

Accepting clean donations - Only on our open days.

Volunteers needed please.

Mention this Ad to receive a 10% Discount during August.

Look for our monthly specials.

N/C

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**

*“Life is not
measured by
the number of
breaths we
take, but by
the moments
that take our
breath away.”*

— Maya Angelou

*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



Bowraville Chamber of Commerce News

OUR COMMITMENT

To promote, encourage, support and assist in any matter or manner actions that will assist in the growth and development of the economy of Bowraville.

The following town events to be discussed at the meeting:

- The possible return of **Back to Bowra** on 15th November to coincide with **Bowraville Central School's 150th Anniversary**, and 50 years since Back to Bowra started
- The **50th Anniversary in September of the Bowra Racecourse reopening**.
- Progress towards **Light Up Bowra for December**.
- Monthly combined **Bowra Market Days**.

Next meeting of the Chamber is on Tuesday 5 August at the Bowraville Hotel at 5pm. All welcome.

Memberships are now due, and forms will be available for application and renewal before upcoming AGM on 9 September.

Notice of **THE ANNUAL GENERAL MEETING** of the
BOWRAVILLE CHAMBER OF COMMERCE AND INDUSTRY INC.

Tuesday 9th September at 5pm at the Bowra Hotel

All welcome - but only current members can vote.

Enquiries to bcchamber769@gmail.com

BOWRAVILLE GIFT SHOP



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

*Monday to Friday: 9am - 5pm
PH: 02 6564-7169*

25/11

BOWRAVILLE PHARMACY

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KERRIE SAVINS

9/11



Protect yourself against tax scams

Tax season can feel overwhelming, and unfortunately, scammers often take advantage of it. By learning how to recognise the warning signs, you can protect yourself and your personal information.

Keep reading to learn more about common tax scams and how to protect yourself.

Tax advice scams

Scammers impersonate the Australian Taxation Office (ATO) on social media, claiming to offer help with tax or superannuation queries.



Red flags to watch for:

- Someone claiming to be the ATO offering tax advice via social media.
- Requests for personal details or payments through comments or direct messages.
- Messages from 'official representatives' after you interact with an ATO post.

Tax refund scams

Another common ruse involves scammers claiming you're owed a tax refund. They request your bank account or an upfront fee before releasing the refund.

Red flags to watch for:

- Emails, SMS messages, or phone calls requesting personal details or payments to process refunds.
- Messages claiming to be from the ATO but lack visibility in your MyGov account.
- Links asking you to log in or share sensitive information.
- Requests for you to share your banking secure code.

Tax owed scams

These scammers use fear tactics, falsely claiming you owe a tax debt and threatening consequences like arrest if you fail to pay immediately.

Red flags to watch for:

- Threats of arrest or high-pressure tactics to urge immediate payment.
- Demands to pay refunds using unusual methods like gift cards or cryptocurrency.
- Instructions to mislead your bank if suspicious transactions are flagged.

TFN and ABN scams

Targeting newcomers to Australia, scammers offer to process Tax File Numbers (TFNs) or Australian Business Numbers (ABNs) for a fee.

Red flags to watch for:

- Websites charging a fee to apply for TFN or ABN applications.

Continued on Page 10

Riverwatch training day - *Continued from front page*

Less regularly but as required, the team conducts faecal and macro-organism (water bug) counts and their work has already been instrumental in identifying several areas of concern so that more specific checks can be carried out by the Environmental Protection Agency, the local council or other stakeholders.

One example of this is Deep Creek, at Valla where recent testing has revealed a concerning drop in oxygen levels from November 2024 to February of this year.

At Park Street in Bowraville, recent testing revealed a high faecal coliform count which led to the council issuing a warning for swimmers at this location.

Education is also a focus of the group and last year they participated in Ozgreen's 'Youth Leading the World' project. The Riverwatch team ran educational activities at the river at Bowraville with students from Tallowood School, St Mary's of Bowraville and Bowraville Central School in attendance.

Next month the Riverwatch team will visit Medlow Public School as part of National Science Week.

The group maintains a website for the latest data collected which can be found at www.nambuccariverwatch.org.au but full results (detailing the past 18 months of testing across six regularly tested river locations) is accessible through a link on this site to the NSW Waterwatch website.

The group encourages new volunteers to help them maintain their services and a minimum of 2 hours per month is required for those who would like to join their team of citizen scientists. Please contact Riverwatch via their website if you would like more information.



Protect yourself against Tax Scams - from page 8

- Services asking for sensitive information without proper verification.
- Remember, applying for a TFN or ABN is free through the official ATO website.

How to spot and avoid tax scams

- **Unexpected contact:** Be cautious if you receive an unexpected email, SMS, or phone call. If you're unsure, log in to your secure MyGov account and check for official communication from the ATO.
- **Payment demands:** The ATO never uses threats or urgency to collect a tax debt. Legitimate payment requests are clearly explained without pressure or intimidation.
- **Unusual payment methods:** The ATO will never ask for payment through gift cards, cryptocurrency or direct transfers to non-ATO bank accounts.
- **Fake websites or phone numbers:** Avoid clicking on unverified links in emails or messages, and always verify website or caller authenticity. If in doubt, hang up and verify by calling back using an official number (not one provided by the caller).



Stay Scam Smart

Protecting yourself during tax season requires awareness and caution. Here are additional ways to safeguard your personal information and stay informed about scams:

- **Set up a MyGov account** and link it to the ATO portal. This ensures all communications are secure and legitimate.
- **Stay updated on scams.** Visit the ATO's Scam Alerts webpage to keep track of the latest tricks and tactics used by fraudsters.

Discover more protective measures. Explore your bank's protection advice for additional tips and resources to secure your finances and personal information.

By staying vigilant and informed, you can outsmart scammers and enjoy peace of mind this tax season.

Use the STOP. CHECK. PROTECT. approach to stay scam smart.

STOP.

Don't rush to act.

Pause when you receive unexpected messages or calls about your taxes.

CHECK.

Double-check that it's really from the ATO.

If you're uncertain about the authenticity of a message or call, hang up and verify by calling the ATO on 1800 008 540 or visiting the official ATO website.

PROTECT.

Keep your information safe.

Don't share personal banking details unless you're sure it's with a legitimate source.

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

MONDAY to FRIDAY
and WEEKENDS 10am-1pm
PUBLIC HOLIDAYS 10am-3pm

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

~ Groups by appointment ~

11/11

BOWRA HOTEL

OPEN 10AM - MIDNIGHT

BISTRO

25/11

TUESDAY to SATURDAY

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

SUNDAY

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

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MEMBERS' DRAW min \$1500

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25/11

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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

22/11

Lantern Making Demonstration

by Margrit Rickenbach

Monday, 4th August

10am to 2pm



Learn how to make these attractive pieces.

This is a free community activity but a donation to the Community Hall would be appreciated.

Radio Nambucca 2NVR 105.9 fm and streaming via www.2nvr.org.au



Welcome to 2NVR, your community radio station and some info you may want to know. You can listen in on your radio at 105.9FM or listen on the internet at 2nvr.org.au. If you like using apps you can download the free Community Radio Plus app and listen that way.

We have our free monthly live music show on every 3rd Friday of the month, hosted by Ceri Wrobel. Open to all from 6 to 8pm. The August show on the 15th, will feature Autumn Blue, a four piece blues band from Port Macquarie. Lead singer Brooke Lamb has a powerful voice and 16 y.o. lead guitarist Archie Geronimi will knock your socks off!

Then on September 19th Jason Lowe a singer songwriter from Bellingen will display his talent. Jason featured in the recent Bob Dylan Tribute Show, 'I Shall Be Released' which was a great show.

We hope you can join us for these shows.

We have a huge variety of presenters, with music and special interest topics for everyone. Whether you are a long time resident or a new resident of the valley, you can stay connected when you listen to 2nvr.

-Luise

Why LGBTQ People Are More at Risk of Suicide (and what You can do to Help)

One in five people under 25 identifies as gender - or sexually diverse. That's a large section of the youth population.

However, despite growing acceptance, LGBTQIA+ people are twice as likely to experience a mental health disorder than the heterosexual population. Nearly half (48%) have seriously considered suicide – more than three times the rate of their heterosexual peers.



Rejection can lead to lifelong damage

These figures are confronting. But what's behind the relatively poor mental health of the LGBTQIA+ population?

Experts say that these mental health challenges are linked to rejection, isolation and the challenges of coming out. With one in two LGBTQIA+ young people experiencing parental rejection when they speak openly about their sexuality/gender, too many are facing disapproval, isolation, and shame. And that emotional toll can last a lifetime.

Clinical Psychologist, Dr Michelle Olaithe, from Online Psychologists Australia says the pressure to conform to societal norms around gender and sexuality can result in young people being excluded, emotionally neglected, and even expelled from their family homes. At work, they often face inappropriate comments, invasive questions, and sexual harassment based on their identity.

"The effects of these experiences are devastating – not just in the moment, but for long-term mental health and resilience," she says. "The impacts of this experience can continue to be damaging for the rest of their lives if they do not get support."

A guide to supporting friends and family

For those wishing to offer support to LGBTQIA+ friends and family, it's not always simple to know how to help. Online Psychologists Australia has created a new online resource, [**From Surprise to Support: A Psychologist's Guide to Getting It Right When Someone Comes Out.**](#)

Designed for parents, teachers, and loved ones, this compassionate, psychologist-developed resource offers clear, thoughtful guidance on what to say (and what not to), how to respond with empathy, and how to create a safe, affirming environment in the moments that matter most.

Continued on page 15

Beautiful Town ~ Beautiful People

Bowradise

A new addition to the Bowraville café scene

By Ned COWIE

A new café in the main street of Bowraville is quickly becoming the place to be seen since the quiet opening last month of Bowradise (opposite the Post Office on High Street).

Owner Dan MacDonald told Bowraville Community News that he was thrilled with the response he has received from the community so far.



“It has been my dream to create a place where people from all walks of life can feel comfortable in a lounge-room style space and to serve them nutritious happy food.”

During the start-up phase of Bowradise, Dan serves staples such as hand-made flat bread wraps and soups but hopes to eventually create a menu that is a fusion of ‘world food’ and Australian native ingredients.

Currently the menu changes daily according to what is on offer and what Dan feels like creating.

The coffee shop veteran of seven years said, “I reckon I’ve made more than 300,000 coffees personally and I hope people will say the coffee here is excellent too.”

Although he went to school in Kempsey, since then Dan has lived in Sweden, Austria, Canberra, Newcastle and other major cities of Australia.

For a time, he worked as a project developer for renewable energy start-ups but it was the desire to return to ‘the village’ that got him to thinking about leaving the rat-race of city living.

“Back then, I was selling a product that people didn’t want,” he said of his time in this industry when he was often talking to farmers who were unhappy to play neighbour to a start-up renewable energy project.

“I wanted to create happiness in people, and I decided that the best way to serve myself would be to serve others.”

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Why LGBTQ People Are More at Risk of Suicide

Continued from page 13

First reactions matter deeply

CEO of Online Psychologists Australia, Sarah Richardson, says the guide is about helping Australians become safe people for their LGBTQIA+ friends, colleagues and family members. "When someone comes out to you, they're not just sharing their truth – they're asking to be met with acceptance. That first reaction matters deeply. We created this resource for the betterment of the lives of LGBTQIA+ Australians as well as for their loved ones, with the hope of strengthening their relationships," says Richardson.



"When people are empowered to embrace their LGBTQIA+ identity, it can lead to greater confidence, improved relationships, and increased self-acceptance positively impacting all Australians. That's why we're providing the tools to respond in a way that genuinely supports the person figuring out their identity, protecting their wellbeing in the process."

With the right words and actions, you could save a young person's life.

To access the online support guide, visit [From surprise to support: A psychologist's guide to getting it right when someone comes out](https://www.mindfood.com/article/why-lgbtq-people-are-more-at-risk-of-suicide-and-what-you-can-do-to-help/)

- <https://www.mindfood.com/article/why-lgbtq-people-are-more-at-risk-of-suicide-and-what-you-can-do-to-help/>

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25/11

Treating Coughs and Colds

Winter is the time when coughs, colds and flu are most prevalent, and it can be especially worrying when the smallest members of the family are feeling under the weather. Children are often affected with winter coughs and colds and although symptoms usually only last a few days it is a trying time for parents who want to make them feel better.



There are some treatments that are suitable for younger children with coughs and colds but many over-the-counter medications are no longer recommended for children under six years. This includes antihistamines, cough suppressants and nasal decongestants. Care must be taken to never give more than the recommended dose.

Remember, medicines won't cure the cough or cold but may help to make the child more comfortable until it passes.

The British Medical Journal (BMJ) offers some tips that may help parents to make symptoms a little milder for young children (particularly under six years) but always read the product label before administering.

- ♦ To lower a child's temperature, you can use paracetamol or ibuprofen - as long as you don't give more than the recommended dose. (You should never give aspirin to children under 16 years old.)
- ♦ For treating coughs, you can use honey and lemon mixed with some water. However, you should never give honey to babies under 1 year old, as they could develop a rare but serious illness called infant botulism.
- ♦ Nasal drops of saline (sterile salt water) can be used to help unblock a child's nose. These drops can be particularly helpful for babies who are having trouble feeding because of a blocked nose.
- ♦ You can also help relieve a child's blocked nose using vapour rubs and inhaled decongestants such as menthol, that can be put on children's clothing. These are not usually recommended for very young children, as they can be irritating.
- ♦ It's important to make sure your child drinks plenty of fluids while they are ill, so they don't become dehydrated. Warm drinks can help soothe the throat.

Continued on Page 29

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



Helping your child through the flu

Most children can safely recover from the flu at home within a week. The best things you can do to help your child are:

- ensure they get plenty of rest
- encourage them to drink plenty of fluids
- give them paracetamol or ibuprofen for any pain or discomfort.

• *Do not give aspirin to your child.*



As the flu is a virus, antibiotics cannot treat it. A doctor may only prescribe antibiotics if your child has another infection caused by bacteria, such as a chest or ear infection.

Sometimes, a doctor may prescribe antiviral medicines to children with chronic medical conditions or severe flu symptoms.



See a doctor or health professional if your child's condition gets worse.

BOWRAVILLE PHARMACY

31 HIGH STREET, BOWRAVILLE

PHONE: 6564 7925 or FAX: 6564 7364

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



BOWRAVILLE CENTRAL SCHOOL NEWS



Year 3/4 students walked to the **Phoenix Art Gallery** for the opening of NAIDOC Week, along with the artists from BCS themselves. Looking at the art from our local schools was inspiring and their talents left us in amazement. The students enjoyed “finding” themselves in the mosaic snake which was collaboratively made by the BCS community. Thanks again to the amazing artists of Bowraville!

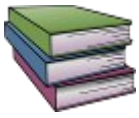
Public Education Week is a time for all of us to come together and celebrate our commitment to this year’s theme of 'Ignite your potential'. We at BCS are proud to be part of NSW public education and the endless and far-reaching achievements of our students and staff.

During Public Education Week 2025, we celebrate all that we do to ignite the potential of every student in every aspect of their education, including high potential and gifted learners. It is an opportunity to acknowledge our exceptional staff, celebrate the achievements of our students and recognise why we proudly choose public education, where every child reaches their full potential.

**Public
Education
Week 2025**

4-8 August
Ignite your potential





The Way It Is Now

By Garry Disher

Set in a beach-shack town an hour from Melbourne, *The Way It Is Now* tells the story of a burnt-out cop named Charlie Deravin.

Charlie is living in his family's holiday house, on forced leave since he made a mess of things at work.

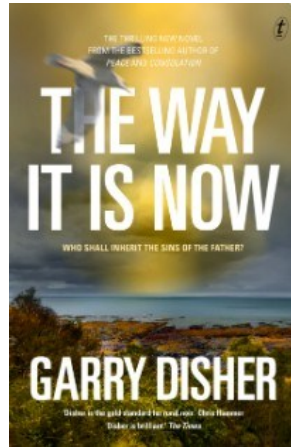
Things have never been easy for Charlie. Twenty years earlier his mother went missing in the area, believed murdered. His father has always been the main suspect, though her body was never found.

Until now: the foundations are being dug for a new house on a vacant block.

The skeletal remains of a child and an adult are found - and Charlie's past comes crashing in on him.

The Way It Is Now is the enthralling new novel by Garry Disher, one of Australia's most loved and celebrated crime writers.

- www.goodreads.com



Never Saw It Coming

By Linwood Barclay

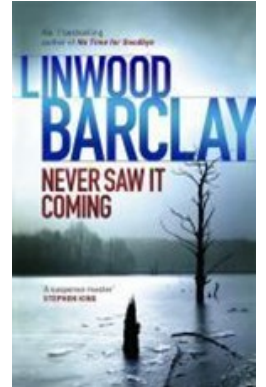
Keisha Ceylon is a psychic. At least, that's what she passes herself off as. The truth is, Keisha's real powers have more to do with separating troubled families from their money than actually seeing into the netherworld.

Keisha watches the news for stories of missing family members. She gives it a few days, then moves in, tells these families she's had a vision, that she may have some clue to where these missing people are. And by the way, she charges for this service, and likes to see the money up front.

Keisha's latest mark is a man whose wife disappeared a week ago. She's seen him on TV, pleading for his wife to come home, or, if she's been abducted, pleading with whoever took her to let her go. Keisha knows a payoff when she sees one. So she pays a visit to our troubled husband and tells him her vision.

The trouble is, her vision just happens to be close enough to the truth that it leaves this man rattled. And it may very well leave Keisha dead...

- 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.

Beautiful Town ~ Beautiful People

Bowradise *continued from page 14*

“Making good food for people, makes them happy,” he explained.

With this philosophy and a desire to create a sense of community, seven years ago, Dan created ‘Steam and Cedar’, a popular café in Gladstone, New South Wales.

When this small regional business was successfully established, Dan looked around for his next project.

After visiting an Ignite Mid North Coast event several years ago, he bought a building in the main street of Bowraville and hatched the plan to create the welcoming space that is *Bowradise*.

The café is open six days a week from Monday to Saturday from 6am to 2pm.

Story and Photo by Ned COWIE



RURAL HORIZONS FAMILY DAY CARE

Family Day Care is a unique education and care option where qualified educators open their homes to provide a secure play based educational environment for children.

Join us as an educator in our new Family Day Care Service in Greater Nambucca

Do you hold a qualification in Early Childhood Education and Care?

- Establish your own small business with comprehensive support and guidance from the Rural Horizons FDC team
- Provide quality education and care from your own home for four children under the age of five and up to three primary school aged children
- Earn an income while caring for your own children- balance family life while contributing to the community
- Enjoy the flexibility to choose your own schedule - decide how many hours and days you work
- Benefit from ongoing professional development opportunities
- Support parents/guardians rejoining the workforce by expanding childcare options and assisting families in their return to work



 (02) 9779 9908

 <http://ruralhorizonsfdc.org.au>

 manager@ruralhorizonsfdc.org.au

Rural Horizons FDC a not-for-profit Family Day Care
Service funded by the Australian Government to create
more child care in areas with limited supply.



Provider: NSW
Family Day Care
Association

9/11

How To Declutter Using the Chaos Method

Empty Everything Out

Whether you're decluttering your pantry, a closet, the garage, or a dresser, the first step is to empty all the contents and put them on the floor. (This step gives this method its name, try not to let the initial mess distract or discourage you!)

Once you've taken everything out of the area, take a moment to clean the area. Get rid of any dust bunnies or debris while it's easy to do so!

Sort Things Into Piles

Next up: sorting. Once you have everything out on the floor, you can start sorting them into piles according to type, size, or any other measure you find useful. Make a pile for office supplies, mementos, bedding, hygiene items, etc.

As you sort through everything, take note of any items that don't seem to fit into any of your piles. You might find a more suitable place for them elsewhere.



Decide What to Trash, Recycle, or Donate

While decluttering a closet, it may quickly become apparent during the sorting stage that you have way too many duplicate items or things you haven't used in a long, *long* time, so set out a few boxes for trash, items to recycle and stuff to donate, that will help you stay on task and keep things organised while you work.

Deciding what to get rid of can be tough, but once you've sorted everything you're keeping into piles and everything you're getting rid of into trash, recycle, and donate boxes, you'll be ready to move onto the next step!

Put Things Away

Next, take those piles of things you're keeping and start putting them away in an organised manner. Any system that makes sense to you should be just fine!

Enjoy Your Decluttered Space

Now . . . the best step of the Chaos Method is the last one — standing back and appreciating your newly decluttered, clean, and organised space! Having survived the journey from chaos to order makes the results even more satisfying.

Conclusion

Make no mistake, the Chaos Method isn't the quickest way to declutter. Even if you're working on a single closet or dresser, it's going to take time to take everything out and sort it. But, when an area is in serious need of decluttering or reorganising, this tried-and-true method can make a huge difference!

- www.onegoodthingbyjillee.com

LONELINESS AWARENESS WEEK

5th - 11th AUGUST

Make Moments Matter

Loneliness is a critical issue and is recognised as a public health priority for many countries around the world. However, despite being highly prevalent, loneliness isn't widely understood or spoken about in Australia.

Loneliness Awareness Week (held annually in the first week of August) shines a spotlight on the shared experience of loneliness and calls on all Australians, including individuals, communities, workplaces, education, and government, to take action to reduce loneliness and create more opportunities for meaningful social connections.

Despite being the most digitally connected generation, many young Australians report feeling socially disconnected and it's impacting their health and wellbeing. Pressures to have a best friend, partner or big group, cost of living, lack of community spaces and major life events are all contributing to young people feeling disconnected.

This year's theme – Moments Matter – was shaped alongside young people aged 16-25 and highlights a powerful insight – you don't need a best friend, one person or a big group to feel less lonely. While forming connections takes time and effort, it often starts with a small moment.

Reducing loneliness isn't as simple as 'putting yourself out there' or placing the onus on young people. It's a collective effort where we can all take steps to create small but meaningful moments and build on those. That's why we are inviting all Australians to make moments matter at home, work, school, online and in the community.

HASHTAGS: #MomentsMatter #LonelinessAwarenessWeekAU

- <https://lonelinessawarenessweek.com.au/>





NAMBUCCA PLAZA COMMUNITY MARKET *featuring . . .*

The Nambucca District Band

The Nambucca District Band was established in 1920 when the Skinner Brothers who were master builders arrived in Macksville. The three Bert, Claude and Stanley were all experienced brass musicians and soon found a few local ex-military bandsmen to join with them. A band was also at that time functioning in Bowraville but very little is known about it.



A committee was founded, with the aim of forming the band. As funds were needed for a set of instruments a Queen of the Day Competition was run which raised the sum of £350.

The band's first official appearance with the new gleaming instruments was at the crowning ceremony in the Friendly Society Hall Macksville on 6th July 1921. With an audience in the crowded hall of 300 the band marched up to the stage and opened with the march "Invercargill."

Originally known as the Macksville Town Band, there have been several name changes and structures. Since 2001, the name has become the Nambucca District Band. The band has been present at most community and civic functions over the years. Some of the notable events were the openings of the original Macksville Bridge in 1931, the Macksville Hospital in 1958, inaugural Back to Bowra Festival in 1975, the highway bypass of Macksville 2017, Centenary of Rail Macksville 2019 and Nambucca Heads 2023.

The band has a regular calendar of performances each year in most towns and villages of our valley and is happy to help any organisation when requested. These include community markets (Lions, the Arts and Crafts). Civic functions such as Australia Day and Anzac Day and the busy Christmas period for the combined churches and various festivals.

The Band has practiced at various locations over the years including the local football club, the Scout's Hall, the Public School, the Anglican Church. Present rehearsal venue is the Senior Citizen's Centre, Princess St. Macksville Tuesday evenings, 7-9pm with learners starting at 6.15pm.

The band welcomes anyone interested in joining, whether experienced or beginner as there are plenty of instruments available to use. For further information you can contact the Musical Director Ian Flarrey on either 02 65683921 or 0413714253. The band's email is nambuccaband1920@gmail.com or just call in to the Senior Citizen's on a Tuesday evening.



1st SUNDAY OF THE MONTH 8.00am—1.00pm
Stalls Inside / Outside
Rain or Shine

Enquires:

Email: nambuccaheads@lions201n1.au

Phone: Lion Terri 0459515239

1/11

How to Be Yourself in Life

Embrace your true self?

Embracing your true self is a journey of self-discovery that requires self-awareness, self-acceptance, and self-love. To embrace your true self, start by identifying your values, passions, and strengths. Then, focus on developing a positive mindset and building self-confidence. It's also important to surround yourself with positive and supportive people who accept you for who you are.

Staying true to yourself?

Staying true to yourself requires a conscious effort to live in alignment with your values, beliefs, and goals. Some tips for staying true to yourself include setting boundaries, saying "no" when necessary, practicing self-care, and being honest with yourself and others. It's also important to trust your intuition and listen to your inner voice.

Overcome the fear of being judged

Overcoming the fear of being judged requires self-awareness, self-acceptance, and self-love. Start by acknowledging and challenging your negative self-talk and limiting beliefs. It's also important to practice self-compassion and remind yourself that nobody is perfect. Surround yourself with positive and supportive people who accept you for who you are and focus on your strengths and accomplishments.

Discover your authentic self

Discovering your authentic self requires self-reflection, self-discovery, and self-exploration. Some ways to discover your authentic self can include journaling, practicing mindfulness, trying new things, and reflecting on your past experiences and relationships. It's also important to identify your values, passions, and strengths and live in alignment with them.

Stop comparing yourself to others

Stopping the comparison game requires self-awareness, self-acceptance, and self-love. Start by acknowledging and challenging your negative self-talk and limiting beliefs. It's also important to focus on your own progress and accomplishments rather than comparing yourself to others. Surround yourself with positive and supportive people who accept you for who you are and focus on your own values, passions, and goals.

What are some benefits of being true to yourself?

Being true to yourself has many benefits, including increased self-awareness, self-acceptance, and self-love. It also leads to greater happiness, fulfillment, and inner peace. When you are true to yourself, you are more confident, authentic, and resilient. You are also more likely to attract positive and supportive people into your life who accept you for who you are.

- <https://www.minimalismadesimple.com/home/how-to-be-yourself-in-life/>



WHAT'S FEATURING in AUGUST at the

BOWRAVILLE THEATRE

www.bowravilletheatre.com.au

Emily Lubitz Album Launch

Saturday 30 August 2025 7:00pm - 10pm

After more than a decade releasing albums and touring with award-winning indie-folk pioneers Tinpan Orange, Emily Lubitz has stepped out on her own. Her debut album, 'Two Black Horses' will be released on 18th July and she will celebrate with a national tour, stopping at historic Bowraville Theatre. Special guest support TBA.

Tickets all + booking fee

General Admission: \$33.00

Audience Support Ticket: \$27.50 (If you are aren't in a position to pay the full price)

Artist Support Ticket: \$38.50 (If you'd like to support the artist a little more)



Sunday & \$5 Friday Sessions at the Bowraville Theatre

Relax, unwind, and enjoy a film in classic style!

Keep an eye out for our special Sunday screenings – a perfect way to spend an afternoon at the historic Bowraville Theatre.

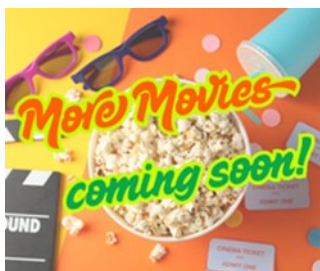
Members enjoy exclusive discounts – become a member today!

Concession prices available

Café open for coffee, snacks & sweet treats

EFTPOS available Wheelchair accessible

Bring a friend or two – everyone's welcome!



Follow us for upcoming movie dates – we'll see you at the Theatre!

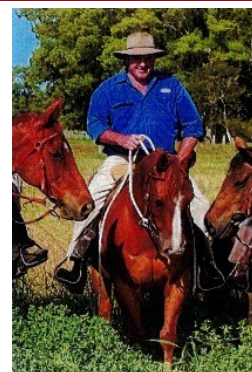
N/C

BARNEY TOWNLEY 0428 647 340

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

Barney has a great understanding of what is being sold and can identify the unique features of your rural property, helping interested buyers find what they are looking for.

If you're looking to sell your farm or find the right rural property to suit your needs, give a trusted local, Barney Townley a call.



9/11

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SALES**

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www.ruralsales.com.au

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of garden supplies
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*Fertilisers need to be selected
according to the nutritional
requirements of the soil and the
plants being grown,
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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.

7/11



AUGUST IN YOUR PATCH

The days are getting longer, though not yet much warmer, but plants can sense the changes in day length.

When you look outside the last thing you feel like doing is standing out in the cold though there is so much to do in the garden and a lot more to do in the garden shed.



Get off the couch and put on the thermals, the beanie, a coat and your gumboots and warm yourself up with some winter garden love.

The following is just a rough guide, and many of you will find your situation varies due to microclimates created in your garden, extremes of weather and garden type. But the one thing that remains the same is this: improve your soil by adding organic matter, and mulch and no matter what the season.

Try sticking these into your veggie



Continued on Page 28



Health

Mid North Coast

Local Health District

Quality and Excellence in Regional Healthcare

Women's Health Services

Free Confidential Women's Health Clinic

Cervical Screening (Pap Smears), Breast Checks, Postnatal Checks, Contraception advice, Continence advice and other Women's issues.

Menopause advice, Pelvic floor assessment, Pregnancy testing, Antenatal & Post Natal education, Postnatal checks, Breast health, STI screening, Contraceptive Counselling, Pregnancy Counselling, Reproductive health issues, Fertility Counselling, Sexuality Counselling, Domestic violence information, Sexual assault information.

LGBTI FRIENDLY

**Clinics available at
Bowraville, Nambucca Heads,
Macksville, Stuarts Point,
For an appointment call
6598 3538**

and leave a message

For further information about this or other Well Women's Clinic locations in the region, or to talk with a Women's Nurse, please contact

Annette Heather
Women's Health Nurse
Phone (02) 6569-3538
(please leave a message).



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24/11

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.

Treating Coughs and Colds—*continued from page 16*

- ♦ Be very careful if you give more than one medicine to a child. If you use two medicines with the same active ingredient (such as paracetamol) your child could get too much.

For adults, the list of over-the-counter medications is longer. Painkillers such as ibuprofen, paracetamol and aspirin may help. Some people may find relief from a blocked nose with nasal decongestants, however, for others, these medications need to be avoided. Ask your doctor or pharmacist if they're suitable for you. Some cold and flu medications contain antihistamines (medications used to treat allergies) and could be helpful with sneezing and a runny nose, but they may also cause drowsiness.



Cough medicines come in two main varieties, those which are meant to stop you coughing, while others aim to help you cough up mucus. While many swear by them, there isn't much good evidence about how well they work.

The aim of these treatments is to make you feel better while you recover from your cold. You may want to rest more, keep warm, and drink plenty of fluids. Hot drinks can be comforting. People often try breathing in steam to clear a blocked nose. A warm shower or bath may help too. Some people take extra vitamin C when they have a cold and there is some evidence that it might help your cold clear up a little faster, or that your symptoms might be milder.

Most colds clear up within 7-10 days but if you find you're no better after a week or so, or if you're worried about an old or young person with a cold, talk to a doctor or a pharmacist.

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



10am Service every Sunday

Rector: Peter Shayler-Webb 0439 770 487
Email: admin@nambuccaanglicans.com.au

Office: 02 6568 9029

*Baptisms, weddings
and funerals.*

9/11

Blokes' Breaky
1st Saturday of the month
Ring Jeff to book on **0428 578 394**

Cuppa and Chat
3rd Saturday of the month
Everyone welcome. 10am - Free

St Jimmy's Kitchen ^{9/11}
3rd Thursday of Month at 5.30pm

St Jimmy's Food Hub
Fridays from 9am to 11am
Must hold a current Centrelink card.
For more info call 6568-9029

ST. JAMES CHURCH HALL



CALL OUT

EXHIBITION

LOCAL ARTISTS

THEME: MINIMAL

AUG 20-25

\$10 fee per entry
EOI accepted until 31st July.

PHOENIX GALLERY
Contact us at gALLERY@NVP.ORG.AU

Entry Requirements for 'Minimal': 1. Artwork must respond to the theme "Minimal" in concept, form, or style. 2. Open to artists living in the Nambucca Valley region. 3. Mediums: All mediums welcome (painting, sculpture, photography, textile, digital, etc.). 4. Entry Fee: \$10 per artwork to be paid at Phoenix. 5. Artists may submit up to 3 works for consideration. 6. Email the following to gALLERY@NVP.ORG.AU by 31 July: Artist name and contact details Title, medium, size, and year of each work A short statement on how your work connects to the theme. Clear images of the work(s). 7. All works must be exhibition-ready (e.g., framed, wired for hanging, etc.). 8. Works will be curated based on relevance to theme and exhibition space. 9. Accepted works must be delivered to the venue by the specified date (TBA). 10. Works may be listed for sale; a commission of 30% applies to sold works.



Bernard Laverty Funerals

24 hours 6568 1555

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27/11

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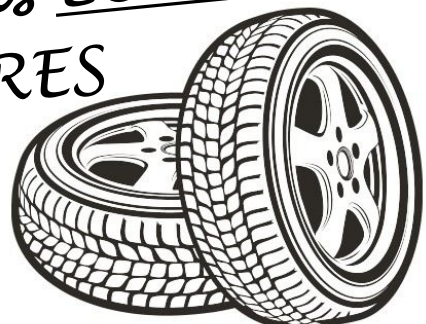
25/11







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TYRES*



<div>  Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Winter 2025 </div> <div>  Studio 3 Live </div>									
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time	
6 AM	Claire'sense Sounds from Screen With Claire Watt	The Bohemian Beat With Riddhi	Aussie Grown Across the Nation Aussie Christian grassroots to charts.	Tones of Claire'sense Claire Watt	TGIF Bethina Goodwin	Rise N Shine Ron Hawkins	Sunday Morning Soul Sound	6 AM	
7 AM	Paradigm Shift With Geoff Moyle	Real World Gardener + Living Planet	A Country Tea Time With DJ Tina	FlipSide With Phill	News, tunes and interviews Great music to start your day	Random ravings in a musical mix with: Heavens Above: 6:30 Saltwater People: 7:30 It's Only Words: 8:30	With Claire'sense	7 AM	
8 AM	Classic Hits & Jukebox Paul Rowe	From Then To Now With Paul & Rachel Burns	Smoko with Gazza With Gary Biden	Get that musical Claire'sense!	Talk Of The Town Ceri Wrobel	Local News of the Area Audio news, with Beverly & Linda		8 AM	
9 AM	Great Rock 'n' Roll		Easy Listening To Rock & Pop	All Aussie artists All recent releases	Peter's Pops &	Maidensong Dianna Galbraith	Scoob's Smorgasbord With Scoobs	9 AM	
10 AM	Baby Boomers Donna Collins	Infopinion With Richard & Eddie	Mystical Music & Musings With Luise	Turning Pages Elizabeth Newman	Classical Tunes & Melodies With Peter K	Noisy Neighbours Trenck de Groot	Haunting ballads to electrifying beats with a dash of the unknown!	10 AM	
11 AM	Flashback With Rob Davidson	Mixed Grill With Macca	33 Blues With Lizzie	Environmental Matters with Elizabeth + Earth Matters	Robertson's Rollercoaster With Tom	Garage Noise With Sean Ambrose	That's A Wrap Donna, Nigel, Gary & Les	11 AM	
Noon	Hot, Sweet & Jazzy From "The Pulse"	Rock On With Jimmy & the Bluebirds	Tune in and join Lizzie for a Blues extravaganza.	Tewinga Tunes With Ralph	MHS Radio From Macksville High	Soul Quench With Lizzie	Local sports calls and in-depth sporting analysis	Noon	
1 PM	A Breath of Fresh Air With Sandy Kaye	Sister Act Olivia & Sam	DJ Casey's selected music	Guaranteed ear candy	The Wire Weekly News wrap weekly	Music from up and down and all over the place.		1 PM	
2 PM	Bowra Beats With Grace Walters	Retro Birds Robyn Wren & Sally Swan	The Sixties in Australia Rob Davidson	Thursday Country Trickwiv	The Local Source All Aussie Music	Musical with a Message Geoff Stone		2 PM	
3 PM	Hinterland With Ben Walters	Not out of the box	The Curious World of Lisa Z	Hit Singles From Your Past	Meet Me @ The Movies Narrative about Narratives	Saturday Date With Stu	Praise, Prayer & Pop With Michelle	3 PM	
4 PM	Reggae Mixtape With Fitzroy	On the Flipside With CJ	Tracy's Eclectic Tunes With TracyO	With Macca	Fish's Favourites With Dave P	Don't forget to keep your date!	The Antisf Radio Show With Nuke	4 PM	
5 PM	Music outside the usual	CJ flips vinyl records, CDs and ideas!	Musical reminiscences, favourites and fun.	Politics & the Environment Michael Jones	Tunes / like to hear...	Wolfy's music & requests	Imagine This Radio drama & stories	5 PM	
6 PM	Music Makers With Yen	Space Nuts Lost in Science	Ant's Rock Anthony Gamsey	Tim Unsupervised Tim Hood	Dark Side of the Moon My Generation	2NVR Music Mix	Prog Rock Playlist Rhino	6 PM	
7 PM	Mixed music with featured artists	Zed Games & Diffusion	Solid Rock Aussie Focus	Late night humour, music, interviews and more...	The Gary Jackson Show &	2NVR Music Mix	The best of Progressive Rock	7 PM	
8 PM	2NVR Overnight Music Mix		Ant's Rock Overnight	2NVR Music Mix	Sounds of the Seventies Overnight entertainment plus +			8 PM	
9 PM								9 PM	
10 PM								10 PM	
11 PM								11 PM	
Midnight								Midnight	