

# 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

DECEMBER 2024 ~ ISSUE #235 ~ FREE ~ CIRCULATION 300 ~ POSTCODE 2449



**Bowra  
Youth Fest!**  
7th December  
*More info  
on page 9*



*"The Animals,  
Your Friends"*  
Holiday  
Art Exhibition  
*More information  
On page 16*



*Seasons  
Greetings to  
all our loyal  
readers and  
advertisers  
and wishing  
you well for  
2025 from  
the BTC  
team.*



*Traditional  
Christmas  
Lunch  
at the  
Anglican  
Church Hall  
See page 14  
for more  
info*



*Macksville  
Carols by  
Candlelight*  
SUNDAY  
15 DECEMBER  
*More info  
on page 23*



*Nambucca  
Valley  
Emergency  
Services Expo*  
7th December  
*More info  
on page 24*

All past and current Bowraville Community News are available online at  
[www.bowraville.nsw.au/newsletters](http://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 Minutes — \$1.00
- ◆ One Hour — \$5.00
- ◆ All day High Users Pass — \$15.00

## Printing and copying

B&W and colour printing on A4, A3 and other formats.  
Specialised folding and stapling service available for brochures, booklets etc.  
Large print jobs - discounts are available - ask for a quote.

## Other services

Hire of data projector + Portable screen - \$10 day

Shredding - ask for a quote

Computer repairs - \$25 minimum

Laminating A4 and A3 Binding & Guillotining

**We now take credit card payments!**

**ALL ADVERTISING**

**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

Open 9.30 to 4pm Weekdays

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

- Services Australia Agent
  - Computer Training ■ Internet Access
  - Equipment Hire ■ Media Sales
  - Photocopying ■ Laminating ■ Photo Printing
  - Music Conversion to CD Format
- Volunteers Welcome*

# BOWRAVILLE COMMUNITY NEWS

**CIRCULATION = 300 COPIES**

Newsletter is also available online at:

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

## **2024 ADVERTISING CHARGES:**

Bowraville Community News is produced every month, except January.

Annual subscription includes 11 issues.

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

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

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

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

Front Cover (1 issue) - \$60 issue

## **DEADLINE FOR COPY FOR**

**THE FEBRUARY 2025**

**ISSUE IS: 4:00PM**

**TUESDAY, 21st JANUARY 2024**

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

## **DISCLAIMER**

Bowraville Community News reserves the right to alter, omit or change classifications and advertisements —Furthermore, the Bowraville Community News does not endorse or promote products or services contained in the newsletter.

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

# Service NSW is coming to our community



We're bringing NSW Government services to:  
**Bowraville**

on: **Thursday 12th December 2024**

at: **1PM - 3PM**

Find us at: **29 HIGH STREET**



## ***Keeping the memories alive.***

Do you have **old VHS tapes** holding precious memories of weddings, christenings, parties etc?

Bring them into the Bowra Technology Centre and we will **transfer them to digital format.**



# 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](http://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 . . .***

# Nambucca Anzacs WW2

*Do you have a family member, or know of a person, who served in WW2?  
Did they live in the Nambucca District at any time during their life?*



## **Your assistance is needed!**

Research for the next volume of 'Nambucca Anzacs' has now commenced. This book will tell the stories of the men and women from the Nambucca District who served in WW2.

## **Who is eligible?**

Any person who served in Australian uniform for any period during WW2. This includes all the women's services, the Merchant Navy, the Women's Land Army, the Volunteer Defence Corp, and men and women from other Commonwealth armed forces e.g. UK and NZ etc, who lived in the district. Also, do you have any memories or stories of Italian POWs working on farms in the district during WW2?

**If you have something to contribute, or have a question about the project, call Trevor Lynch.**

**Point of Contact is: Trevor Lynch – 0408 669 449**

**Email: [trevorglynch@gmail.com](mailto:trevorglynch@gmail.com)**

**FB Group – 'Nambucca Anzacs WW2 Research'**

***If you are not sure, call Trevor at any time!***

3/6

## **BOWRAVILLE GIFT SHOP**



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

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

10/11

## **BOWRAVILLE PHARMACY**

**31 HIGH ST BOWRAVILLE**

**PH: 6564 7925**

**FAX: 6564 7364**

*Monday to Friday 8.45am - 5.30pm*

*Saturday 8.45am - 12 noon*

Prescriptions and Professional Advice

Moo Goo Natural Skincare

Designer Brand make-up range

*Pharmacist*

**KERRIE SAVINS**



3/11

## 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!***



**One-on-One**  
**Technical support**  
**\$30 per 1/2 hour**  
**(Thursday & Friday only)**

**Counter Assistance**  
**for small fixes**  
**\$2 per 5 minutes**

If your computer requires servicing, or has issues, you will need to make a booking and there will be a minimum fee of \$35.

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

**You can ring the Bowraville Technology Centre on**

*“Christmas is a necessity. There has to be at least one day of the year to remind us that we’re here for something else besides ourselves.”*

*- Eric Sevareid*

*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**



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# Caz Heise, Your Independent Voice for Cowper

Do you feel like regional communities like ours have been overlooked? Do you feel like our representatives don't listen to our needs? I certainly do.

Where is our representation? Where are the voices that truly understand the challenges we face?

It was this frustration that drove me to end my time working as a regional health director and seek community endorsement to run as your independent candidate - I'm here to reaffirm our values of local governance and community engagement.

My years spent working as a nurse and healthcare manager have given me firsthand insight into the issues that affect families and individuals across Cowper.

I believe our community deserves better representation - someone who genuinely listens and actively works to address our needs.

The major parties have consistently failed to deliver on their promises - from neglected infrastructure and a lack of support for local businesses, to a crumbling healthcare system and a severe shortage in affordable housing.

I'm running for office because I believe our community deserves better.

How can we run businesses and farms, or stay connected to the wider world, if many of us can't even access decent internet or get a phone signal in our houses?

How can we build a better future for our kids when our schools and local infrastructure remain underfunded?

Our campaign is about putting communities first. It is based on the belief that local voices truly matter and must form a part of representative decision-making.

By running as an independent, I'm free from the constraints of party politics. There is no party line to tow or corporate donors to keep happy. This means I am free to ensure that our concerns are not only heard but addressed.

What I am hearing over and over again is that people are sick of the squabbling and simply want representatives to address our everyday needs - access to decent and affordable healthcare and housing, mobile and internet that works, and help reduce skyrocketing power and grocery bills.

So that is what I will do if elected as your representative. I'll work to remove mobile blackspots and improve our local infrastructure, support local businesses and households struggling with rising cost of living, and advocate for better access to healthcare. I'll fight to improve educational opportunities for our youth, so they can thrive in our region without feeling the need to leave the area for work or study. And finally, I'll work tirelessly to build a sustainable future, where the ecosystems and local industries we hold dear are protected.

I believe that when we come together as a community we can solve problems and support one another. This means actively engaging with local groups, farmers, businesses, and all residents to create a roadmap that reflects our shared goals and aspirations.

This is a critical moment for our region. We can build a future where everyone is heard, and where everyone has access to the care and services they need.

I invite you to reach out to me directly and let me know about the issues that matter to you, and together we can work on solutions that benefit our community, and our country.



# Christmas Wellness

## Disconnect to reconnect

Christmas is all about quality time with family and friends.

This Christmas practice keeping your phone in your pocket and really being present.

## Make time for you

Make sure you take time to pamper yourself or just take some time on your own to give yourself a much needed break.

## Take time to reflect

It's easy to get swept up in Christmas festivities however it's important to pause and reflect. Take 10 minutes out of your day to jot down the things you are thankful for.

## The 80-20 rule

Try to eat natural foods 80% of the time and 20% of the time relax and indulge. Really enjoy and truly savour every mouthful on Christmas Day.

## Stay hydrated

Drink a glass of water when you first get up of a morning and continue to drink water between Christmas drinks.

## Keep active

For both your body and your mind. 15 minutes of exercise a day increases the norepinephrine in your body - the chemical that moderates the brain's response to stress and stressful situations.

## Get out and into nature for a family walk

The benefits include reducing depression and anxiety to lowering blood pressure and even helping with ADHD and autism in children.





**BRING**  
the whole **FAMILY**

**2024** **BOWRA YOUTH FEST!**

**FREE ENTRY!**

**SATURDAY, 7TH DECEMBER 2024**  
10:00AM - 3:00PM  
HENNESSY TAPE OVAL, BOWRAVILLE 2449

**Jaanyмили Bawrrungga**  
Aboriginal Corporation

**HEAPS MORE**  
ACTIVITIES TO ENJOY

**Whats happening on the Day**

HEADLINE ACT: RANDOM PANDA	KIDDIES CORNER
CULTURAL PERFORMANCES	FOOD TRUCKS
LOCAL SERVICES AND ORGANISATION STALLS	ELDERS TENT
LOCAL YOUTH PERFORMERS	COFFEE VAN
BASKETBALL AND NETBALL	SKATE BOARD WORKSHOPS

FOR MORE INFORMATION CONTACT:  
JAANYMILI BAWRRUNGGA ABORIGINAL CORPORATION  
P: 02 6776 5727  
E: [MANAGER@JB.ORG.AU](mailto:MANAGER@JB.ORG.AU) OR [OLIVIA.ROKO@JB.ORG.AU](mailto:OLIVIA.ROKO@JB.ORG.AU)

NSW GOVERNMENT

## Bring the Family to Bowra's Youth Fest!

This event invites all the Nambucca Valley community from Macksville, Bowraville and Nambucca plus surrounding areas to join us for an exciting and fun-filled day.

The DJ on the day will be Bowraville's local Gumaynggirr Artist Kapital J. We will have performances from the Gumbaynggirr Dancers, a Fijian Dance Group, the Headline act Random Panda, local youth performances, and local singers Alicia Parry, Laura Graham, and Gabby Stadhams. There will be lots of fun activities to enjoy on the day, such as food trucks, face painting, a misting tent, a photo booth, basketball and netball workshops, a Totem skating workshop, a Kiddies Corner for kids aged 5 and under, an Elders Tent, and a Coffee Van, plus much more.

This day is to celebrate Youth - we want this event to be youth-led, and we are looking forward to this year's Bowra Youth Fest. We also hope to continue to run this event at the same time every year.

## How to avoid scams this holiday season

Find out about popular scams during the holiday season and what you can do to protect yourself against them.

- Scammers try to exploit our festive moods during the holiday season with tricks like ‘too good to be true’ offers and fake goods and services.
- When shopping online, look out for imposter websites imitating legitimate businesses.
- Book directly with hotels and airlines to avoid travel scams.
- Watch out for texts or emails relating to parcel deliveries – scammers pose as Australia Post or other delivery partners asking you to pay or provide information before receiving your delivery. Don't click on any links and contact the company directly to confirm.
- Similarly, scammers send texts or emails to solicit fraudulent donations. If you want to give, find the charity's contact details and donate directly.
- If you think you've been scammed, contact your bank, change your PINs and passwords, and report the scam via the Australian Cyber Security Centre.



When our focus shifts to gift-giving, online shopping, and travel, scammers can take advantage. Here's how to keep your celebrations bright, cheerful, and safe.

It's true that online fraud is a year-round problem, but statistics tell us that opportunistic scammers seize on the chance to exploit our cheer around the holidays.

CommBank's General Manager of Group Fraud Management Services, James Roberts, has a simple message before you book that cheap flight to Europe, or buy a surprisingly well-priced designer handbag to go under the tree for your sister: "If it sounds too good to be true, it probably is. Christmas is a time of opportunity for scammers. While most people are thinking about buying gifts or seeing loved ones, scammers are busy targeting their next victim."

Here's how to stay vigilant and protect yourself against scams this holiday season.

### Online shopping scams

As summer holidays approach, technology connects us with family, helps us research festive wish lists, and makes the burden of Christmas shopping a breeze. Unfortunately, more time online makes it easier for scammers to slide under our radar with websites that mimic authentic retailers and online marketplaces. The products may be non-existent, but the repercussions aren't – a purchase can allow scammers to hack the credit or debit card details you provide and take your money.

In the market for some luxury pyjamas, Melbourne-based public servant Gabrielle logged on to a favourite brand's website and paid \$250 for a new pair. Unfortunately, the website was a clever imitation. "I thought fake websites would look cheap but this one was well-designed and the pyjamas were correctly priced. When they didn't arrive, I emailed the site a few times but got no response, so I called the real company's head office and they had no record of my order." She cancelled her credit card and the company did end up sending the pyjamas "but it's made me wary of shopping online again. It's too easy to get sucked in when dodgy sites look so real."

*Continued on Page 18*



## **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**  
Everyone welcome

## **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, Saturday 9-12noon  
Closed Mondays

*Must hold a current Centrelink card.*

# **BOWRA HOTEL**

**OPEN 10AM - MIDNIGHT**

## **BISTRO**

10/11

**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 - BINGO Thurs 11am**

**RAFFLES - Wednesdays & Friday**

**MEMBERS' DRAW min \$1500**

**KITCHEN Wednesday to Saturday**

 Lunch 12-2pm - Dinner 6-8pm

**HAPPY HOUR - All Schooners \$5.00**  
*from 5pm to 7pm daily*

**FREE POOL Everyday**

10/11

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

*~ Groups by appointment ~*

5/11

## **NAMBUCCA RIVER REALTY**

**YOUR NAMBUCCA VALLEY SPECIALIST**

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

We can offer competitive fees, creative marketing and the backing of one of the fastest growing nationwide agencies being 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](http://ratemyagent.com.au)

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

7/11



# Watch out . . . TICKS about

## What are ticks?

- Ticks are blood-feeding parasites. With more than 800 species of ticks around the world, 70 have been found in Australia and 16 of these have been reported to feed on humans.
- Ticks are important vectors transferring microorganisms that cause disease in animals and humans.
- Globally, ticks transmit *Borrelia* (the bacteria which cause borreliosis - also known as Lyme disease/Lyme like disease, Lyme borreliosis or relapsing fever), *Ehrlichia*, *Babesia*, *Rickettsia*, *Bartonella* and other infections.
- There are two major groups of ticks: soft ticks and, most importantly, hard ticks which includes the Paralysis Tick (also known as the grass tick, bush tick and seed tick). Both types of ticks can bite people.
- Paralysis Ticks have a distinct seasonality – reaching full maturity during the warmer spring and early summer months.
- Ticks are most active during periods of high humidity, especially after rain.
- Related insects such as biting midges breed in wet soils and sandy beach areas.

## Tick-borne disease in Australia

- Over 95% of tick bites in Eastern Australia and most tick-borne diseases are due to the . . .

### Paralysis Tick.

*The main distribution of 3 common ticks in Australia*



*The main distribution of 3 common ticks in Australia*

## Preventing tick bites

Tick bites are best prevented by identifying and avoiding tick endemic areas. If you are entering or live in a tick endemic environment, take appropriate precautions (particularly in the warmer months) by:

- Wearing clothing that provides coverage such as a long sleeved shirt and pants tucked into socks
- Wearing light coloured clothing so you can see small ticks
- Treating clothing and boots with permethrin
- Applying insect repellent that contains picaridin - at least 20% diethyl-meta-toluamide (DEET) and reapply every few hours, or as directed
- Checking your body, children and pets thoroughly when you return from outdoor activity – this includes behind the ears, in the hair and back of the head
- Once home, placing your clothing in the dryer on high for 30 minutes to kill any ticks
- Cutting grass and trimming shrubs and small trees around your home regularly
- Growing insect-repelling plants in your garden like chrysanthemums, citronella, lavender or garlic.

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

**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*



# Freeze Your Ticks Off with TICK TOX®



Tick Tox® is an Australian product designed to instantaneously kill ticks by snap freezing. It kills ticks on people and pets.

Tick Tox® is designed to go with you into the bush, garden or park as it easily fits into your pocket, purse or backpack.

Tick Tox® will also kill leaches.

When used as directed Tick Tox® will kill an embedded tick instantly.

A must for your first aid kit.

Paralysis Tick



## Spray

Mask skin with the Tick Tox® bookmark. Put the nozzle close to the tick and press the button for 1 second or less.

## Freeze

The temperature of the spray is well below freezing.

## Tick Dies

The tick is instantly frozen and dies.

## WHAT TO DO IF YOU GET A TICK

A short burst of Tick Tox® will snap freeze and kill ticks immediately on humans and animals.

There is NO disturbance to the tick so it has no time to inject you with any more of its toxins.

It takes just a few minutes for the dead tick to loosen its grip – it has an impressive set of fish hooks on its jaws to prevent you from dislodging it.

After a few minutes you can brush the dead tick off and apply a dab of antiseptic to the bite site.

Some dead ticks don't let go easily – so spray some antiseptic onto the bite site and be patient.

**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*



St Jimmy's Kitchen

Invites you to the

**Christmas Day  
Lunch**

At the Anglican Church Hall  
Young Street, Bowraville

*Everyone is welcome to come to this fun  
community event!*

**Arrive 12 noon for 12.30 Lunch**

**TRADITIONAL  
CHRISTMAS LUNCH  
DESSERT - CHRISTMAS GIFT  
and RAFFLES**

*There is no cost, however a donation if you are  
able is appreciated.*

*For further information please call  
Tony 0456 257 757 / Kerrie 0459 191 869  
or Tammy 0429 474 272*



## Leaving A Gift of Love

Helma is local craftswoman who volunteers her time at Aunt Emily's where her amazing Izzy Dolls are available.

Helma makes Izzy Dolls to give away, she leaves them to be found around the valley for the right person to discover - usually attracting children which is the original reason for their being.

She is also the knitter of the wonderful socks that have been available at Aunt Emily's in Bowra's High Street.

## History of Izzy Dolls

The 'Izzy Dolls', which cannot be bought or sold for profit, were inspired by and named after Master Corporal Mark (Izzy) Isfeld of No. 1 Combat Engineer Regiment (Canadian Military), who served on peacekeeping missions in Kuwait and Croatia in the early 1990s.

There, he was deeply affected by the suffering of children he encountered. Because they often had to quickly flee from dangerous situations many children had no toys or personal possessions as they had to leave them behind.

Corporal Isfeld's mother, Carol Isfeld, started knitting little woollen dolls that he could give away to the kids he met. Isfeld was killed in Croatia in 1994 while removing landmines, and his mother has died since, but the legacy of the Izzy Dolls lives on bringing comfort and smiles to the faces of children around the world, in Mark's memory.

Instructions to make the dolls can be found online at

<http://www.izzydoll.ca/doll/doll.html> - for both knit and crochet.



## **“THE ANIMALS, YOUR FRIENDS AND PROTECTORS”**



An Exhibition in the  
**Community Centre**  
**70 High Street Bowraville**

From Saturday 4th of January to Sunday 12th of January 2025

**Open from 10am to 1pm**

### **A Holiday Event**

Paintings, Masks and Sculptures from:  
**Claude Teyssier** and other local Artistes

- ◆ **Every day Workshops** from 11am to 12.30pm  
from Sunday 5/1/2025 to Friday 10/1/2025
- ◆ Painting animals which are in danger of extinction.
- ◆ Bring your own materials, if provided will cost a bit.
- ◆ Your painting will be exhibited in the window of the  
Community Centre during the school holidays.

Organised by **Margrit Rickenbach**.

Further information available:  
call or text **Margrit** on 0471519473



# BOWRAVILLE CENTRAL SCHOOL NEWS

## Swim and Survive: A Vital Lifesaving Skill for Our K-6 Students!

This Term 4, our K-6 students are diving into something truly important . . . Swim and Survive! Every Wednesday, students have been heading to Macksville Pool for a fun and educational swimming program. The program pairs the renowned Royal Lifesaving Australia's Swim and Survive initiative with an hour of direct swimming instruction, offering our students invaluable water safety skills.

Swim and Survive focuses on teaching not only swimming techniques but also personal water survival and lifesaving skills. Through a dynamic and progressive curriculum, students build on fundamental skills, advancing to more complex techniques that improve endurance and water safety awareness.

We are excited to see our students growing in confidence, while learning how to stay safe in, on, and around water. This program plays a key role in ensuring they lead active, healthy, and safe lives. Let's make a splash this term and build water confidence in our future water safety stars!



*Swim students with their instructors in the pool*



## 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](mailto: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



## Avoid scams this holiday season *from page 10*

### Flights and accommodation travel scams

When Melbourne-based personal trainer Dennis booked two weeks at a hotel in Greece with an online travel agency, he received a series of emails confirming his ocean-view room. But when he arrived at the hotel, there was no record of his booking or \$3,800 payment.



“It looked like a real agency. They had accreditation logos and the customer reviews were good,” says Dennis. “I received a few emails confirming my room and reminding me about happy hour every evening from 6pm! But the hotel had never heard of the ‘agency’ I dealt with, and they wouldn’t honour the booking.” Dennis was forced to spend \$5,000 on another hotel. Disastrous.

The rise in online holiday and flight bookings is feeding a spike in travel scams with fake hotel bookings and non-existent flight bargains, costing Australians millions of dollars. Avoid scams this summer by booking with a hotel or airline directly. Or confirm the website you use is legitimate by checking that the website’s ABN is actually registered to the named trader – you can do this for free through the Australian Business Register’s [ABN Lookup portal](#).

*Scamwatch warns Australians to be wary of unusually low-priced goods and requests for payment up-front via money order or international wire transfer.*

### Parcel delivery scams

At this time of year, millions of gifts are sent and received, and scammers make money from fake parcel delivery services.

Usually, you get an email or text seemingly from Australia Post or another well-known delivery service. It will say your package couldn’t be delivered and request you click on a link and give personal details for re-delivery.

This is where the [CommBank’s Safe](#) mantra – Stop, Check, Reject – really helps. Don’t click on the link or return the call. Instead, look up the delivery company’s details yourself and contact their customer service line directly to check if the message is genuine. And if you do click on the link, provide bank details, and then realise the message is fake, contact your bank straight away.

### Charity scams

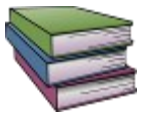
It’s the season of giving, and plenty of hardworking charities appeal for donations.

Unscrupulous scammers prey on people’s generosity, so be wary of emails, texts, or calls asking for money that might look like they’re from well-known charities.

If you want to donate, find the charity’s website or phone number yourself. That way, you’ll know your donation has reached the right place and that your credit card or bank details won’t be misused.

“The good news is there are ways to reduce the risk of falling victim to sneaky scammers,” says Roberts.

*Continued on Page 20*



# BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

## Storyteller: A Foreign Correspondent's Memoir by Zoe Daniel

Zoe is the ABC's fifteenth South East Asia Correspondent, and one of only a handful of women to combine one of the most dangerous jobs in the world with one of the most demanding - motherhood.



Storyteller  
Zoe Daniel

From the political unrest in Bangkok and the bittersweet story of conjoined twins in India, to a tragic plane crash in Laos and the destruction of Typhoon Haiyan in the Philippines, *Storyteller* is a frank and brave memoir, as much about the events that capture our attention as it is about a personal story of the universal juggle of work, ambition and family amid the unpredictability of life and the predictability of the 24/7 media cycle.

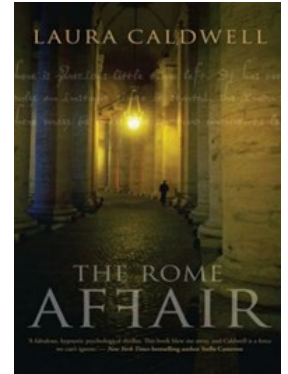
*Storyteller* is a timely reminder of the bravery and audacity of the men and women who bring us the news - the journalists, the local 'fixers', the cameramen - but above all it is a tribute to ordinary people who find themselves eyewitnesses to the extraordinary.

- <https://www.goodreads.com/>

## The Rome Affair By Laura Caldwell

It was an affair...to regret.

Rachel Blakely's charmed life is significantly tarnished after her husband Nick's infidelity, but she wants to give her marriage a second



chance. Then a business trip to sun-drenched Rome with her best girlfriend Kit leads to a night of passion with a stranger — a one-night stand meant to signify the end of a painful chapter in her life.

Rachel returns home determined to put the past behind her, and at first life seems golden again. Nick is more loving than ever and following his promotion to senior partner in a prestigious plastic surgery practice, the couple is welcomed into Chicago's high society, where beautiful people live beautiful lives.

But there is a dark side...one that sends Rachel's life spiralling into a nightmare.

It's clear everyone is guilty of something. But whose secrets will lead to murder?

<https://www.goodreads.com/>

### BOOK NOOK NOTICE

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

## Avoid scams this holiday season *from page 18*

“Be sceptical of unsolicited calls or texts, don’t let anyone coax you into sharing personal details without verifying their legitimacy, and steer clear of clicking on suspicious links.”

If you’re ever in doubt about the legitimacy of a charity, contact them directly after verifying their details with the [Australian Charities and Not-for-profits Commission Charity Register](#).



### What to do if you think you’ve been scammed

#### *Contact your bank*

If you, or someone you know, is a CommBank customer and has been scammed (or thing you've been scammed, call the bank immediately on [13 22 21](#). [CommBiz](#) customers should call [13 23 39](#).

[Learn about CommBank’s security features and services](#)

#### *Report the scam*

Report the scam via the [Australian Cyber Security Centre](#). Reports may be referred to the police for investigation.

#### *Change your passwords and PINs*

Do this straight away if you suspect your security has been compromised. Change these regularly anyway as a preventative measure.

[Discover more about how you can protect yourself and stay safe online](#)

#### *Seek support*

Contact [Idcare](#) on [1800 595 160](#) and use code CBAIDC to access the free service that provides support to victims of identity crime.

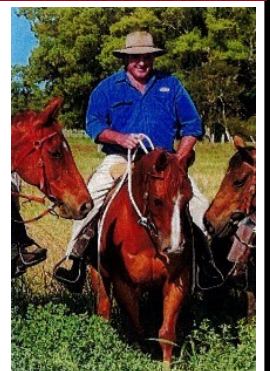
[www.commbank.com.au/articles/security/christmas-scams.html](http://www.commbank.com.au/articles/security/christmas-scams.html)

## 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.



3/11

**RURAL  
SALES**

**NAMBUCCA VALLEY & SURROUNDS**  
[www.ruralsales.com.au](http://www.ruralsales.com.au)





## Bowraville Chamber of Commerce News

*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.*

You may have noticed that signs for overnight RV parking have been erected on Belmore and Cook Street behind the Bowra Hotel. RVs can also stay at the new Sports Hub where amenities are available. This should attract more visitors to town. Overnight stopping at MacKay Park at Lanes Bridge is not being encouraged through summer to allow plenty of space for locals to park.

Nambucca Valley Council rates department has received lots of inquiries/complaints about the fact that Bowraville residents are still unable to pay their rates at the local Post Office even though the decision to allow this was passed months ago. A representative from Council said it was due to Australia Post changing their systems .... and it won't be up and running till at least February 2025.

The Technology Centre at 39 High Street ([admin@bctc.com.au](mailto:admin@bctc.com.au)) maintains the Bowraville.nsw.au web site and would like all groups or individuals planning to hold a public event in town to contact them as soon as possible to get their event included in the community calendar. This would create better communication and planning for all.

Finally, those with shopfronts onto High Street are requested to keep their windows and footpaths clean. The Council periodically pressure-cleans the paths.

The **final meeting for this year** will be held on **Tuesday 3 December at the Bowra Hotel** following the **AGM at 5pm**.

There will be no Chamber Meeting in January so February 4, 2025 will be the next meeting after December.

**ALL WELCOME** - Come along, but only members can vote.

*Hope to see you there.*

**Bowra Laundromat**  
**Corner of High & Belmore Streets**  
**Token Operated Washing Machines & Driers.**  
**Tokens available at the Pub and IGA**  
**Commercial Washers and Dryers**  
**Enquiries: ph 6564 7401**

## *Upcoming Events for December and January*

Come along to a FREE community legal education session  
**Planning ahead: Powers of Attorney and Enduring Guardianship**

**Tuesday 3 December 2024**

**10am - 11am**

**Macksville Library, 41 Princess Street, Macksville**

Light refreshments will be provided.

For more information call 6580 2111 or <https://mnclegal.org.au/events/>



Join a FREE online community legal education session for community workers

**Basics of the Australian Legal System**

**Wednesday 4 December 2024**

**11am - 12noon**

For more information call 6580 2111 or <https://mnclegal.org.au/events/>



### **Flood Evacuation Exercise Kings Point, Macksville**

The exercise will start at **8.30am on Saturday 7th December** with a fake severe weather scenario being played out where a major flood prediction for the Nambucca River requires the evacuation of Kings Point.

For more information call 0404 828 494



### **Nambucca Valley Emergency Services Expo**

**Saturday 7th December from 12noon to 2pm**

Local emergency services talk about how to prepare for fires, storms and floods this summer.

For more information call 0404 828 494

### **Recovery Basics Webinar Series**

Run by the Australian Red Cross the webinar will provide organisations and community members with the basics for community recovery after a disaster. The "Recovery Basics" series explores the introductory evidence, information and resources to support community recovery in Australia.

**3 December 12noon - 1.30pm** - The Impact of disasters on communities and individuals

**4 December 12noon - 1.30pm** - Working in Recovery

**5 December 12noon - 1.30pm** - Looking after yourself during and after disasters

**10 December 12noon - 1.30pm** - Introduction to Communicating in Recovery



For further information contact [recovery@redcross.org.au](mailto:recovery@redcross.org.au)

## *Upcoming Event for 2025*

Join a FREE online community legal education session for community workers

**Legal Help in your Region for Community Workers**

**Tuesday 28 January 2025**

**3pm - 4pm**

For more information call 6580 2111  
or <https://mnclegal.org.au/events/>



~ **WHAT'S HAPPENING IN BOWRA** ~

## Exploring our Green Future

Our event for **December** will be on **Sunday 8th December** at 3.30 for 4 pm start at Community Centre, 70 High Street, Bowraville.

Come along for the opportunity to see *'The Giants'* an Australian film telling the story of the life of activist, Bob Brown, along with lots of great accessible information about forest ecology and tree physiology.

All welcome. Refreshments provided. Gold coin donation to hall.

-----

## Have you seen the new Bowra Sports Hub?

The Sports Hub incorporates a modern clubhouse with a large undercover outdoor entertainment area, 2 synthetic bowls greens (one undercover), a redesigned 9-hole golf course, a 4m x 3m golf simulator, 4 RV sites with shower/toilet amenities, outdoor fitness equipment and children's play equipment.

The facilities are adjacent to Hennessey Tape Oval which has new basketball courts and a BMX circuit. The extensive glass areas allow for easy viewing of football games and cricket in the warmer months.

BTW the Bowra Sports Hub is delighted to announce Bowraville has a new cricket team!!! The competition starts next week.

Woohooo . . . *Bowra Sports Hub: the family club with the million-dollar view!!*

**SUNDAY 15 DECEMBER**  
**MACKSVILLE PARK**

*Macksville*  
**CAROLS**  
**BY CANDLELIGHT**

SPECIAL GUESTS  
SANTA AND HIS ELVES

BIG LINE-UP OF  
LOCAL TALENT

**HUGE FIREWORKS**  
7PM START + FREE ENTRY

*WEAR YOUR BEST  
CHRISTMAS OUTFIT!!!*



# Bringing banking to your Community.

# Bank in-store today.

Australia Post provides the following services

- withdrawals
- deposits
- balance enquiries.

These services are available at Bowraville Post Office with more than 70 banks and financial institutions.

10/11

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.





## Nambucca Valley Emergency Services Expo

Saturday 7th December  
12pm - 2pm

Kelly Close, Macksville

Come along and talk to your local emergency services  
about how to prepare for fires, storms and floods this  
summer

Free BBQ. For more information call 0404 828 494



Australian  
Red Cross



Reconstruction  
Authority

# BOWRAVILLE CENTRAL SCHOOL NEWS

## GRIP Leadership Day!

Our student leadership team and selected students attended the GRIP leadership day in Coffs Harbour recently.

Our students participated in whole group and small group sessions of interest. Students collected information from the day about ways they can ignite leadership experiences within the school as well as make a difference to their immediate school grounds and environment.

Activities to improve their connection to school by questioning areas of the school they would like to improve allowed our students to consider how they could engage with these improvements and enhance ownership of their spaces to improve their everyday experience at BCS.



*The Bowraville Central School Secondary Student Leadership Team*

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



**10am Service every Sunday**

Rector: Peter Shayler-Webb 0439 770 487

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

Office: 02 6568 9029

*Baptisms, weddings  
and funerals.*

3/11

### **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**

3/11

**3rd Thursday of Month at 5.30pm**

### **Bowra St Jimmy's Food Hub**

Friday 9-11am Saturday 9am-12pm

Closed Mondays.

Must hold a current Centrelink card.

**ST. JAMES CHURCH HALL**



*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.*

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

**SEEDS**

**POTTING MIXES**

**COMPOST**

**FERTILISERS**

**SOIL & WATER  
CONDITIONERS**

**MULCHES**

**ORGANIC GARDENING  
SUPPLIES**

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

?2/11



**51 CARBIN  
STREET  
BOWRAVILLE  
6564 8648**

## Climate Resilient Gardening

For home gardeners, developing a personal climate change action plan involves specific steps like improving soil quality, selecting appropriate plants, and designing the garden layout. By implementing these strategies, gardeners can transform their spaces into resilient gardens that not only survive but also thrive under changing conditions while playing a part in mitigating climate change impacts.

### Soil Preparation

Droughts have become more frequent and severe, reducing soil moisture and increasing water stress on plants. Meanwhile, altered precipitation patterns, including heavier rainfall events, are causing waterlogging and erosion in some areas, while others experience prolonged dry spells. These extremes not only stress plants but also create ideal conditions for various pests that thrive in warmer and more variable climates.

This underlines the importance of soil health as a cornerstone of climate-resilient gardening, playing a critical role in both adaptation and mitigation of climate change impacts. Regenerative gardening focuses on restoring soil ecosystems through practices such as composting, mulching, and avoiding chemical inputs. These practices enhance soil fertility and water retention, leading to improved plant health and helping to sequester carbon.

Soil testing is helpful for understanding the specific composition of the soil, such as nutrient deficiencies, pH imbalances or contamination. This allows gardeners to make informed decisions about amendments and plant selection. Easy DIY soil testing methods and soil testing services are available online, helping gardeners understand their

*Continued on Page 28*



## Sibling Relationships are Important, Even as Adults!

There's plenty of advice and guidance out there about navigating marriage, friendships, and parent/child relationships, but considerably less has been written about relationships between adult siblings. And that's a shame, especially given that, for better or worse, sibling relationships are among the most significant bonds in our lives!



Positive sibling relationships can be a lifeline moving through different seasons of life. Having the support of a brother or sister during major milestones and obstacles like marriage, divorce, having kids, the death of a parent, and mental health issues can be a huge source of comfort.

Studies on sibling relationships show that our feelings about our brothers and sisters can affect various aspects of our well-being, including mood, health, morale, stress, depression, loneliness, and life satisfaction.

### Make Time For Each Other

Just as you make time for your partner and close friends, do the same for your siblings. As you grow older and go through different walks of life, you may not be as available as you once were when you used to be just down the hall from each other, but you can find ways to stay in touch if you're willing to work at it.

If you live in close proximity, plan an occasional lunch or dinner together. Even a simple text message or FaceTime call makes a difference! Find what works best for everyone so you can keep up with each other's lives.

### Accept Them for Who They Are

To have a good relationship with someone, including your siblings, you need to see and accept them for who they are — not who you *think* they are, nor who you *want* them to be. Learning to accept each other as you are, will enable you and your siblings to be there for each other when it matters most.

### Let Go of Past Resentments

All siblings have done and said things which they regret, and we've all hurt each other at times, but as we get older, we learn to be more vulnerable and gentler with each other, and to express our feelings honestly, building trust and respect in the process. Release old resentments, you were younger and doing the best you knew how at the time. It's time to let them go!

### Start A Sibling Group Chat

A group chat provides a way to be there for each other when one sibling or another is going through a hard time. If you don't already have a group chat with your siblings, give it a try!

### Know When to Take a Step Back

If your relationship with a sibling is strained, it's important to ask yourself if the issue at the heart of the conflict is worth losing the relationship over.

If your relationship with a sibling is unhealthy it could be best to take a step back. Sibling violence can have similar psychological effects to bullying which isn't something you should have to endure.

If your sibling relationships are less satisfying than you might like it may be worth the effort to work on them. We cut our friends a lot of slack so it can be a good thing to learn to extend the same courtesy to our siblings.

- <https://www.onegoodthingbyjillee.com/adult-sibling-relationships/>

# SUPPORT GROUP

Dream Hope Laugh

## FOR OUR EVERLASTING CARERS

HealthOne NSW

4 Fred Brain Ave, Newville, Nambucca Heads

**1<sup>st</sup> Tuesday of each month – 10am to 12pm**

**Morning Tea served**

**There is a membership fee per person each year to help support the group**

**We are a self-supporting group and are not funded.**

**ALL CARERS WELCOME, PLS SPREAD THE WORD**

**For further information:**

**Bev 02 656 94337**

N/C

## ~ GARDENS & GARDENING ~

### Climate Resilient Gardening *Continued from page 26*

soil's needs and adjust it accordingly. Synthetic fertilisers or pesticides should be avoided to protect the soil's microbial life, vital for plant health and growth.



Adapting to climate extremes involves creating resilient soil systems that endure droughts and heavy rains. Techniques like no-dig gardening and avoiding exposed topsoil are effective; layering organic matter reduces soil disturbance, maintains structure, and enhances biodiversity. This improves water infiltration and retention, which is crucial for managing erratic precipitation, and reduces topsoil erosion.

Mitigation efforts focus on similar sustainable practices that reduce greenhouse gas emissions, as healthy soils act as carbon sinks by capturing atmospheric CO<sub>2</sub><sup>5</sup>. These methods include organic mulching, implementing cover crops and no-dig practices, enhancing microbial activity, improving soil structure, and significantly reducing erosion and nutrient loss.

By prioritising soil health, Australian gardeners can create more resilient landscapes that withstand the impacts of climate change and support sustainable gardening practices benefiting the broader environment.

-[www.sgaonline.org.au/climate-resilient-gardening/](http://www.sgaonline.org.au/climate-resilient-gardening/)  
Written by: Antonia Raabe-Scott, M.Sc. Physical Geographer

## Citizen Science Volunteering



Volunteers test a number of sites, monthly, along the Nambucca River.



Do you want to learn new skills and contribute to the health of our Nambucca River?



Elizabeth: 0427 687 780  
Beverly: 0422 331 878

E: [nambuccariverwatchteam@gmail.com](mailto:nambuccariverwatchteam@gmail.com)  
Facebook: <https://www.facebook.com/groups/308899531677536>

N/C





**WHAT'S FEATURING in DECEMBER 2024**

# BOWRAVILLE THEATRE

**Kankawa Nagarra and Darren Hanlon**

**Thursday 19 December 2024 7:00 PM**

Darren Hanlon is playing at the Bowraville Theatre for the first time ever as part of his longtime Xmas show tradition. It's hard to believe but this is in fact the 19th year since it all started and so to celebrate Hanlon is embarking on the longest Xmas tour he's ever done, playing 20 shows throughout Australia. It'll be business as usual though, an informal evening with Hanlon playing solo and dipping into his expansive and ever-growing catalogue of narrative songs.



This year is extra special though as he's bringing with him his dear friend and musical collaborator Kankawa Nagarra.

Kankawa Nagarra is an 80 yr old Walmatjarri Elder, teacher and mentor, human rights advocate, and a passionate environmental activist, born in the traditional lands of the Gooniyandi and Walmatjarri peoples of north WA. She sings in the Aboriginal Australian blues, country, and gospel styles and writes songs filled with empathy about the great struggles she sees around her.

**Doors open 6pm / Music starts 7pm - Tickets Adults \$25 / Kids \$10 + Bkg fee online @ trybooking**



## **Bernard Laverty Funerals**

**24 hours 6568 1555**



**Serving the community for over 60 years**





NSW RURAL FIRE SERVICE



## LIGHTING A FIRE: QUICK FACTS

You must **notify** the Lower North Coast Burn Notification Line at least **24 hours** before burning at all times of the year.

You must **notify** any adjoining neighbours at least **24 hours** before burning at all times of the year.

During the **Bush Fire Danger Period** you must have a current Permit to burn issued by the NSW Rural Fire Service.

## LOWER NORTH COAST ZONE

### Council Areas

Kempsey - Nambucca

### Fire Control Centre

Cnr North and River Streets West Kempsey NSW 2440

### 24 Hour Burn Notification Line

02 6626 6860

### 24 Hour Online Notifications

[www.rfs.nsw.gov.au/notify](http://www.rfs.nsw.gov.au/notify)

### General Enquiries

02 6563 7100

### Email

[lowernorthcoastteam@rfs.nsw.gov.au](mailto:lowernorthcoastteam@rfs.nsw.gov.au)

### Fire Weather District

North Coast



During a **Total Fire Ban** (TOBAN) you cannot light, maintain or use a fire in the open, or carry out any activity in the open that will cause, or is likely to cause, a fire.



For more information contact the Lower North Coast Team Fire Control Centre or visit [www.rfs.nsw.gov.au](http://www.rfs.nsw.gov.au)

**REPORT ALL UNATTENDED FIRES**

Support  
Bowra's  
Tradies  
by keeping  
it local.



## BTS Home Services

NDIS Service Provider  
Household Cleaning  
Lawn/Acreage Mowing  
Pressure Cleaning  
Rubbish/Greenwaste Removal  
Weeding/Weed Spraying  
Hedge Trimming  
Garden Maintenance  
Gutter Cleaning  
Window Cleaning

**0427 824 815**

21/11

## PEST CONTROL

*Richard (Dick) Hicks*

**0488 359 060**

**6564 7486**

Ring for a FREE quote

Accredited and Insured

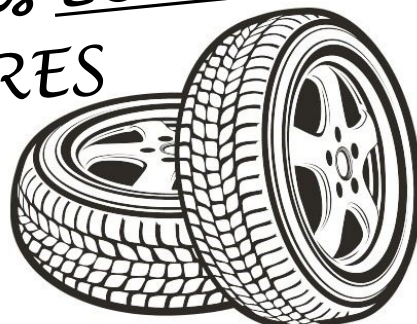
10/11

## Bowraville Tyre & Auto

60 High Street, Bowraville  
**6564-7789**

**ALL MECHANICAL REPAIRS  
SERVICING  
REGO INSPECTIONS  
AND  
FRIENDLY SERVICE**

*plus LOTS of  
TYRES*



10/11



Agent for Penrite  
Quality Oils

Bowra Tradies Bowra Tradies Bowra Tradies Bowra Tradies Bowra Tradies



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	<b>Green Eggs On Toast</b> Lawrie Medbury 	<b>The Bohemian Beat</b> With Riddhi 	<b>Aussie Grown Across the Nation</b> Aussie Christian grassroots to charts.	<b>Tones of Clairssense</b> Claire Walt 	<b>TGIF</b> Bettina Goodwin 	<b>Rise N Shine</b> Ron Hawkins 	<b>Tiki Lounge Remix</b> With Seth Jordan Creative world music, contemporary jazz, digital beats and other sonic excursions. From 2BBB	6 AM
7 AM	<b>NIMA Chart Show</b> Matty J 	<b>A Country Tea Time</b> With DJ Tina 	<b>Smoko with Gazza</b> With Gary Biden Easy Listening To Rock & Pop 	<b>FlipSide</b> With Phill All Aussie artists All recent releases 	<b>Talk Of The Town</b> Cen Wrobel See what's going down! 	<b>Local News of the Area</b> Audio news, with Beverly & Linda	<b>Dad &amp; Daughter</b> With Geoff & Amy 	7 AM
8 AM	<b>From Then To Now</b> With Paul Burns 	<b>Bach to Beethoven</b> With Rachel Burns 	<b>Mystical Music &amp; Musings</b> With Luise 	<b>Turning Pages</b> Elizabeth Newman 	<b>Peter's Pops &amp; Classical Tunes &amp; Melodies</b> With Peter K 	<b>Maidensong</b> Dianna Galbraith 	<b>Local News of the Area</b> Audio news, with Beverly & Linda	8 AM
9 AM	<b>Classic Hits &amp; Jukebox</b> Paul Rowe Great Rock 'n' Roll 	<b>Infopinion</b> Richard Laxton, Eddie Orrego 	<b>Mick in the Middle</b> With Mick Entles Interviews with fascinating folks, beautiful music & what's happening in our slice of paradise	<b>Tewinga Tunes</b> With Ralph Guaranteed ear candy 	<b>Weekend Surge</b> With Chrissy Sublime music, surf and foxy reports, pumping you up for the weekend 	<b>Noisy Neighbours</b> Trenck de Groot 	<b>The Folk Show</b> Best in Aus & Anglo-Celtic folk 	9 AM
10 AM	<b>Baby Boomers</b> Donna Collins 	<b>Aussie Music Weekly</b> With Noddy 	<b>DJ Casey &amp; Irish Bee</b> DJ Casey's selected music	<b>Thursdays Country</b> Trickvic 	<b>MHS Radio</b> From Macksville High 	<b>Scooby's Smorgasbord</b> With Scoobs 	<b>Fine Music Live</b> Exclusive live performances 	10 AM
11 AM	<b>Flashback</b> With Rob Davidson 1960's to 1990's with a weekly featured artist 	<b>Chimes</b> With Paul Gough 	<b>The Sixties in Australia</b> Rob Davidson 	<b>Hit Singles From Your Past</b> With Macca 	<b>Turn Up The Volume</b> With Macca Three hours of soft rock & listener requests. 	<b>Praise, Prayer &amp; Pop</b> With Michelle 	<b>That's A Wrap</b> Donna, Nigel, Mitch, Gary & Les 	11 AM
Noon	<b>Blues, Roots, n Boots</b> Presented by Jonny Dee 	<b>Rock On</b> With Jimmy & the Bluebirds 	<b>The Curious World of Lisa Z</b> 	<b>Politics &amp; the Environment</b> Michael Jones 	<b>Fish's Favourites</b> With Dave P Tunes / like to hear... 	<b>Music with a Message</b> Geoff Stone 	<b>Imagine This</b> Radio drama & stories 	Noon
1 PM	<b>A Breath of Fresh Air</b> With Sandy Kaye 	<b>Sister Act</b> Olivia & Sam 	<b>The Sit Down</b> With Clint Waaka Interviews, music, history, culture and good times! 	<b>Ant's Rock</b> Anthony Garmsey 	<b>Saturday Date</b> With Stu Don't forget to keep your date! 	<b>Soul Quench</b> With Lizzie Soulful vocals: soulful lyrics, soulful beat — dance, cry or fall in love again 	<b>Prog Rock Playlist</b> Rhino 	1 PM
2 PM	<b>Bowra Beats</b> With Grace Walters 	<b>Retro Birds</b> Robyn Wren & Sally Swan Not out of the box radio entertainment 	<b>Ant's Rock</b> Anthony Garmsey 	<b>Tim Unsupervised</b> Tim Hood Late night humour, music, interviews and more... 	<b>Saturday Night Gold On Friday</b> 	<b>Garage Noise</b> With Sean Ambrose Alternative Music 	<b>The AntISF Radio Show</b> With Nuke 	2 PM
3 PM	<b>Hinterland</b> With Ben Walters 	<b>Blues Soul Funk</b> Featuring Aussies on NBA Matt Leibbrandt & friends 	<b>Ant's Rock</b> Anthony Garmsey 	<b>Space Nuts</b> Lost in Science Zed Games & Diffusion 	<b>2NVR Music Mix</b> 	<b>Garage Noise</b> With Sean Ambrose Alternative Music 	<b>Imagine This</b> Radio drama & stories 	3 PM
4 PM	<b>Reggae Mixtape</b> With Fitzroy Music outside the usual 	<b>Blues Soul Funk</b> Featuring Aussies on NBA Matt Leibbrandt & friends 	<b>Ant's Rock</b> Anthony Garmsey 	<b>2NVR Music Mix</b> 	<b>2NVR Music Mix</b> 	<b>Garage Noise</b> With Sean Ambrose Alternative Music 	<b>Imagine This</b> Radio drama & stories 	4 PM
5 PM	<b>Music Makers</b> With Yen Mixed music with featured artists 	<b>2NVR Music Mix</b> 	<b>Ant's Rock</b> Anthony Garmsey 	<b>2NVR Music Mix</b> 	<b>2NVR Music Mix</b> 	<b>Garage Noise</b> With Sean Ambrose Alternative Music 	<b>Imagine This</b> Radio drama & stories 	5 PM
6 PM	<b>2NVR Overnight Music Mix</b> 	<b>2NVR Music Mix</b> 	<b>Ant's Rock</b> Anthony Garmsey 	<b>2NVR Music Mix</b> 	<b>2NVR Music Mix</b> 	<b>Garage Noise</b> With Sean Ambrose Alternative Music 	<b>Imagine This</b> Radio drama & stories 	6 PM
7 PM	<b>2NVR Overnight Music Mix</b> 	<b>2NVR Music Mix</b> 	<b>Ant's Rock</b> Anthony Garmsey 	<b>2NVR Music Mix</b> 	<b>2NVR Music Mix</b> 	<b>Garage Noise</b> With Sean Ambrose Alternative Music 	<b>Imagine This</b> Radio drama & stories 	7 PM
8 PM	<b>2NVR Overnight Music Mix</b> 	<b>2NVR Music Mix</b> 	<b>Ant's Rock</b> Anthony Garmsey 	<b>2NVR Music Mix</b> 	<b>2NVR Music Mix</b> 	<b>Garage Noise</b> With Sean Ambrose Alternative Music 	<b>Imagine This</b> Radio drama & stories 	8 PM
9 PM	<b>2NVR Overnight Music Mix</b> 	<b>2NVR Music Mix</b> 	<b>Ant's Rock</b> Anthony Garmsey 	<b>2NVR Music Mix</b> 	<b>2NVR Music Mix</b> 	<b>Garage Noise</b> With Sean Ambrose Alternative Music 	<b>Imagine This</b> Radio drama & stories 	9 PM
10 PM	<b>2NVR Overnight Music Mix</b> 	<b>2NVR Music Mix</b> 	<b>Ant's Rock</b> Anthony Garmsey 	<b>2NVR Music Mix</b> 	<b>2NVR Music Mix</b> 	<b>Garage Noise</b> With Sean Ambrose Alternative Music 	<b>Imagine This</b> Radio drama & stories 	10 PM
11 PM	<b>2NVR Overnight Music Mix</b> 	<b>2NVR Music Mix</b> 	<b>Ant's Rock</b> Anthony Garmsey 	<b>2NVR Music Mix</b> 	<b>2NVR Music Mix</b> 	<b>Garage Noise</b> With Sean Ambrose Alternative Music 	<b>Imagine This</b> Radio drama & stories 	11 PM
Midnight	<b>2NVR Overnight Music Mix</b> 	<b>2NVR Music Mix</b> 	<b>Ant's Rock</b> Anthony Garmsey 	<b>2NVR Music Mix</b> 	<b>2NVR Music Mix</b> 	<b>Garage Noise</b> With Sean Ambrose Alternative Music 	<b>Imagine This</b> Radio drama & stories 	Midnight