

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

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Thousands attend Back to Bowra 50th Anniversary



Mayor Gary Lee officially opened the Back to Bowra 2025 Festival marking 50 years since the first Back to Bowra and 150 years of the town's existence.

By Ned COWIE

Under sunny skies, the 50th anniversary of the first Back to Bowra festival went off without a hitch and was attended by thousands of people.

The 50th anniversary Back to Bowra festival was officially opened by Nambucca Valley Council Mayor Gary Lee with State MP Michael Kemp in attendance.

Event organiser and Nambucca Valley Councillor Jane Smith told BCNews she was thrilled with the way the day turned out.

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

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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 FEBRUARY 2026

ISSUE IS: 4:00PM

TUESDAY, 20th JANUARY 2026

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

BOWRAVILLE TECHNOLOGY CENTRE

39 High Street, Bowraville NSW 2449

Telephone: 6564 7420

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Bowraville Chamber of Commerce

Next meeting will be at 5pm, Tuesday, 2nd December at the Bowra Hotel.

Radio Nambucca 2NVR - Studio 3 Live

19th December 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.

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St. Jimmy's Christmas Lunch

Anglican Church Hall in Bowraville - Christmas Day from 11am.

The lunch is open and FREE for all who would like to attend.

Contact Tony Fuller on 0487 090 886.

To Bowra with Love Photo Competition Winner

See story page 7



The winning entry,
Bowraville Rainbow, by Rhys Grainger

You can see this photograph and other entries on the BTC's Community website bowraville.nsw.au



Rhys Grainger receives his prize from BTC representative, Ned.



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.

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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.

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Australian Government
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Bowraville Community Website?

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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 . . .***

Thousands come Back to Bowra

“In the end we had over 50 market stalls, four large traditional country-style events (whip cracking, billy carts, a street procession and a tug-of-war, plus live entertainment throughout the day, and the support from everyone in the community was incredible,” Cr Smith said.

Led by locals Gav McKinnon (President) and Barney Townley (Vice President) the Back to Bowra committee of around 15 members met weekly until the final massive week leading up to the Saturday of the festival when they met and communicated daily to bring the festival together.

“We each had our responsibilities but found we worked so well together as a team,” Gav told BCNews.

“Normally events like this take a full twelve months to organise but this one came together in just over two months with the support of major sponsors such as the Nambucca Valley Council, News Of The Area, Fortade and Nambucca Valley Tourism Association.”

“Jen Hill worked tirelessly to bring in sponsors and supporters (over 21 local businesses made contributions), Emma and Jonno McLaughlin co-ordinated market stalls, Helen Leape and Jane Smith were Event Co-ordinator and Event Manager - It was a big job and we had to support each other when people started to crack under the pressure of it,” Gav laughed.

Already looking forward to next year, Back to Bowra 2025 Vice President Barney Townley promised an even bigger and more traditional event for next year.

“We plan to bring back the Mullins Mail Ride (a key part of the festival historically) so there will be horses in the main street,” he said.

For the quiet town of Bowraville, the influx of some 3000 people brought life and noise to the main street and hope that more businesses may return to the once bustling centre of the Nambucca Valley.



More pictures on pages 10 & 11

TECHNO LESSONS OPEN TO EVERYONE

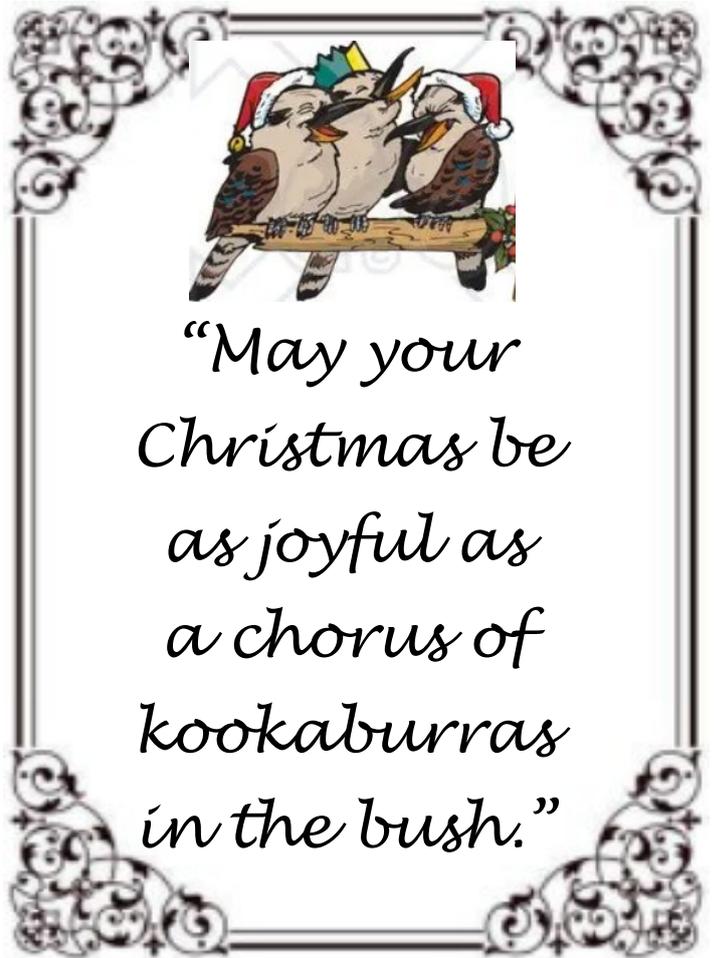
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Rainbows come out on top in Bowra Photo Competition

By Ned COWIE

A hobbyist photographer from Bowraville has won the Bowraville Technology Centre's photography competition judged over last weekend's Back to Bowra Festival.

The "To Bowra With Love" photography competition's first place and prize money of \$250 went to Rhys Grainger for his snap of a rainbow peaking through clouds above a scene of Bowraville's iconic main street.

Thirty-eight entries were received containing a variety of subjects from prize-winning cattle to Bowraville's heritage listed buildings and street scenes but two photographs, both featuring rainbows, stood out as clear winners.

"In the end it was just a couple of votes between first and second," Ned of the BTC said. Runner-up in the competition went to Keven Oxford with his photograph of a rainbow over fields taken from his Argent's Hill home.

Winner, Rhys Grainger collected his prize money but generously donated a significant portion back to the volunteer-run, not-for-profit, Bowraville Technology Centre which maintains the community website. The winning photograph now features on the community website's home screen at bowraville.nsw.au.

"It's a wonderful surprise," Mr Grainger said. Although not a professional photographer, his photographs of the area are well-known to many Facebook users and in a volunteer capacity he has been hired to photograph community events in the valley.

"I'm just a hobbyist but I ended up with a decent camera, and I have sold the odd photo for things - like I think one was used as a splash back for a bathroom," he said.

Third place went to Marion Syratt's photo featuring Crooked Top Mountain at sunset.

Close to 200 people participated in the voting which was carried out in-person at the Pioneer Community Centre and the Bowraville Technology Centre.

"We are very pleased with the interest and feel it really helped people to think about what they love most about our gorgeous region," Ned of the BTC said.

"Next year we plan to run it again and hope it is even bigger," she added.



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29/11

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22/11

Aliens: Facts about extraterrestrial life and how scientists are looking for it



Humans have a lot of ideas about what aliens might look like. But what is the science behind extraterrestrial life? Is it possible that humans will ever experience "first contact" with an alien species?

Many scientists hope so. They're looking for extraterrestrial life on planets with conditions that look like Earth's. A life-friendly planet would probably have water, for example. And for water to be a liquid, the planet must be the perfect distance from its sun for that water not to freeze or turn into a gas (steam).



There's no evidence yet for life on other planets, but as scientists discover more and more planets outside our solar system, they're hopeful that some of these worlds will be "just right" for life to exist or evolve there.

Are aliens real?

Sci-fi aliens are fun to imagine, but scientists are serious about extraterrestrial life. There are some 100 billion stars in the Milky Way galaxy and at least 2 trillion galaxies in the universe we can study. If most of those stars have at least one planet around them, there could be up to 20 billion trillion extraterrestrial worlds out there.

Given those numbers, it would be shocking if only a single planet — Earth — had life. But our closest neighbours in the solar system, Mars and Venus, don't seem to have any life. Some moons of Saturn and Jupiter have water, so they could have life — most likely tiny creatures the size of germs. If Earthlings ever meet aliens face-to-face, they'll probably need a microscope to say hi.

Until scientists find some firm proof, such as a communication signal from an alien world or fossilized microbes from Mars, Earth remains the only planet where life is known to exist.

What might aliens look like?

What aliens would look like would depend on where they came from. For example, on the icy moons in our solar system (Jupiter's Ganymede and Europa, and Saturn's Enceladus), life could thrive around hydrothermal vents in the oceans under the ice. This life might look like the weird creatures of the deep ocean seen on Earth. There could be primitive microbes, like Earth's single-celled Archaea. There might be relatively simple creatures with many cells in their body, sort of like Earth's tube worms, which live off chemicals from the vent fluid.

Earth formed about 4.5 billion years ago, and we think the first life existed by about 4.2 billion years ago. But life on Earth started simple and stayed that way for a long time. The first microbes that produced carbon evolved at least 3.7 billion years ago. (Carbon is an element that is a part of all known life.) But the kind of cells that gave rise to animals, plants and other complex life-forms didn't evolve until between 2.7 billion and 1.8 billion years ago. Life-forms made of many cells didn't show up

Continued on Page 28

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
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email: bowravillefolkmuseum@gmail.com
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~ Groups by appointment ~

24/11

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BISTRO

29/11

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26/11

~ Back to Bowra 2025 ~



~ Back to Bowra 2025 ~



Beautiful Town ~ Beautiful People



Dan Boermans and his

By Ned Cowie

Cartoonist and collector of antiquities Dan Boermans has reopened his popular collectibles outlet, Bowra Emporium in High Street Bowraville.

Over the past ten years, the shopfront has operated sporadically but Mr Boermans sees the current iteration of Bowra Emporium as his masterpiece and life's work.

The shop offers an eclectic mix of treasures ranging from pre-loved books on many subjects, to ceramics, garagenalia, kitchenalia, records, curios and other collectibles.

Dan's background in commercial art includes twenty years working for a major broadsheet media chain as a cartoonist.



Not a career he recommends long term - two decades of newspaper cartooning caused him to eventually "run out of ideas," he explained.

He appears to have reignited his creativity through his interest in collectibles.

"I guess I fell into this organically through my own love of finding treasure," he said, going on to tell of finding a rare mid-19th century tobacco tin at a garage sale in South Arm several years ago.

"I told the guy that I loved old tins, so he went out the back and brought



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Beautiful Town ~ Beautiful People

quirky Bowra Emporium

a few for me to see. I bought this tin with a slave sitting on a barrel for just \$4."

The tin dated back to before the American Civil war when slaves were the main workforce on many tobacco farms in the United States. Printed on it were the words, 'Me Massa Sells De Best Tobacco'.

"Later I found out it was worth close to \$2000," Dan recounted, "but that was after I'd already sold it for \$180 on ebay."

This quirky love of treasure-hunts is perhaps what led to him purchasing the heritage-built Bowra Emporium shopfront and residence in 2009.

As well as operating his shop, Dan is currently assembling a cartoon exhibition which he hopes will be an interactive crowd pleaser. He plans to open 'Laughing Matters' at the Phoenix Gallery over the Christmas holiday period.

The Bowra Emporium is located opposite the Folk Museum in High Street, Bowraville and is open from Wednesday to Saturday from 10am till 4pm.



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79/11

Safeguard Your Skin and Sight this Summer



Protecting your eyes from the intense Australian sun requires the right gear.

Rule #1: The Safety Standard

Check the Label: Your sunglasses must comply with the Australian Standard (AS/NZS 1067).

UV is Separate from Glare: Polarization is not enough! Ensure 100% UV protection (UVA/UVB up to UV400).

Category Counts: Choose Lens Category 2+ for general outdoor use.

Rule #2: The Power of Polarization

Polarised lenses use a vertical filter to block blinding horizontal glare from water, roads, and car bonnets. This provides extra benefits:

Relax Your Eyes: Significantly reduces eye strain, squinting and fatigue.

See Sharper: Enhances colour contrast and visual clarity, improving depth perception.

Water Vision: Essential for fishing/boating—they let you see below the water's surface, not just the reflection.

Bottom Line: For comfort and long-term health, choose polarised lenses that are certified to meet Australian UV safety standards.

Sunscreen Application: Maximizing Protection

Sunscreen works best when applied correctly and consistently:

Go Broad & High: Always use a broad-spectrum SPF 50+ sunscreen. This protects against both UVA (ageing) and UVB (burning) rays and blocks about 98% of harmful radiation.

The 20-Minute Rule: Apply a generous amount (at least one shot-glass worth for the whole body) 20 minutes before heading outside.

Reapply, Reapply, Reapply: Reapply every two hours without fail, or immediately after swimming, towelling dry, or heavy sweating.

Kids & Sensitive Skin: For young children, look for mineral sunscreens (Zinc Oxide or Titanium Dioxide). These create a physical barrier and are generally gentler.

Don't Forget the Edges: Pay special attention to the often-missed spots: ears, neck, tops of feet, hands, and the hairline.

Hydration and Repair:

Focus on basic, high-quality ingredients that serve multiple purposes for managing heat and soothing skin:

Moisturise Smart: Basic creams (Sorbolene/Aqueous) are great for cooling but only lock moisture on the surface and can feel heavy. For deeper, non-pore-clogging hydration, choose active ingredients like Hyaluronic Acid, Ceramides, and Niacinamide (Vitamin B3)—they hydrate and repair the skin barrier more effectively.

After-Sun Soothe: Apply the basic moisturizing cream or use pure Aloe Vera gel (the cheapest bottle at the supermarket) for immediate cooling relief. If you have an Aloe Vera plant in the garden, a piece of the leaf provides natural, free soothing gel.

Internal Hydration: Focus on drinking tap water often. This is the simplest and best way to replenish fluids lost through sweating. However, during heavy sweating or when dealing with dehydration, use electrolytes (e.g. Hydrolyte) to replace essential salts lost from the body.

Other Family Essentials

Avoid Peak Sun: Schedule intense outdoor activities outside of the sun's peak hours (generally 10am - 4pm).

Lip Protection: Always use a lip balm with SPF 30+ to prevent dry, chapped, and sunburnt lips.

Check Expiry Dates: Always check the expiry date on sunscreen. Potency decreases over time, rendering it ineffective.

Try using coloured zinc on kids at the pool/beach as a fun sun safe option.

BOWRAVILLE PHARMACY

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

?2/11



Your Summer Safety Plan . . .

Slip, Slop, Slap, Seek and Slide

Sun protection in Australia follows this comprehensive national strategy. Below are the most practical and accessible ways to execute each step.



1. Slip

Slip on a shirt. Use any dark-coloured, long-sleeved t-shirt. Darker, densely woven fabrics offer better blockage than light, thin clothes.

Rash shirts or swimming vests are great for sun protection in the water.



2. Slop

Slop on sun blocker. Buy the largest pump pack of broad-spectrum SPF 30+ or 50+ available. Apply generously (about 30ml to cover an average body) for maximum protection. For babies or sensitive skin, look for mineral sunscreens (Zinc Oxide/Titanium Dioxide), which are gentler.



3. Slap

Slap on a hat. Wear a broad-brimmed hat that shades the whole face and neck.

4. Seek

Seek shade. This is free protection. Plan activities outside the 10 am – 4 pm peak. Find somewhere that offers trees, umbrellas, or awnings if possible to protect you from the heat.



5. Slide

Slide on some sunglasses. Look for close-fitting glasses that offer 100% UV protection and meet the Australian Standard (AS/NZS 1067).

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1/1



What you need to know about the new social media rules



If you've been hearing about the new social media age restrictions and wondering what they mean, you're not alone. The changes are an Australian Government initiative which aims to protect young people at a critical stage of their development, by delaying access to social media.



In this article, we explain what the new social media age restrictions all are about, how they'll help under-16s, and what it means for you and the young people in your life.

What are the social media age restrictions?

From 10 December 2025, social media platforms will have to take reasonable steps to prevent Australians under the age of 16 from creating or keeping an account.

The restrictions aim to protect young Australians from the pressures and risks they can be exposed to while logged in to social media accounts. This includes design features that encourage them to spend more time on screens and to be exposed to content that can harm their health and wellbeing.

How will it help under-16s?

While most social media platforms currently have a minimum age of 13 for account holders, delaying account access until 16 will give young people more time to develop important skills and maturity. It gives them breathing space to build digital literacy, critical reasoning, impulse control, and greater resilience.

It also means there's extra time to teach young people about online risks and the impacts of harms, as well as how to stay safer online and seek help when they need it. This gives young people a better chance to recognise and deal with online issues when they turn 16 and gain full access to social media.

Which social media platforms are impacted?

The eSafety Commissioner has published a list of the services it considers will be age-restricted social media platforms. From 10 December, these services will need to take reasonable steps to prevent under-16s from having social media accounts. The list includes Facebook, Instagram, Kick, Reddit, Snapchat, Threads, TikTok, X (formerly Twitter), and YouTube.

For more information on which platforms are age restricted, visit the [eSafety website](#).

Who is responsible for complying with the law?

Under the law, the responsibility lies with the age-restricted platforms to find and deactivate existing accounts held by under-16s and to prevent them from creating new accounts. There are no penalties for under-16s who access age-restricted platforms, or their parents or carers.

However, social media platforms may face penalties if they don't take reasonable steps to prevent under-16s from having accounts.

Continued on Page 26



NAMBUCCA PLAZA COMMUNITY MARKET featuring . . .

Chinka Creations

My name is Cheryl - my brothers called me by the nickname Chinka' and that's the origin of the name for my handsewn goods market stall - "Chinka's Creations".

I belong to a long line of creative women. When I was a child, the women in my family were always creating things. My mother and granny taught me to sew, knit and crochet when I was very young and I have been sewing and knitting for my family and friends ever since.

I first made my trimmed towel designs for my grandchildren during the Christmas season three years ago. Then I started making bowl cosies and decorating bath sheets and hand towels as well. I have been giving my creations to family and friends since that time.

My husband and I both retired during last year, so I decided to start selling my designs at the markets. He agreed to come along to help me with the heavy lifting that is needed to set up my stall. I enjoy spending time with other market stall holders and meeting lots of friendly people. I try to buy my stock at cost prices so that I can keep my prices at affordable rates.

I hope to see you at my market stall soon.

Cheryl

- chinkamccabe@outlook.com



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Christmas Trivia



Q. Do reindeer really have red noses?

A. Yes, reindeer really can have red noses! Blood flow in the nose can increase or decrease to control heat exchange. When reindeer need to cool down, their nose looks red because blood is pumped closer to the skin. It's a bit like when fair-skinned people get hot and flushed.

Q. Where did Santa originate?

A. The legend of Santa Claus can be traced back hundreds of years to a monk named St. Nicholas. It is believed that Nicholas was born sometime around 280 A.D. in Patara, in modern-day Turkey.

Q. What century was the first written use of "Xmas"?

A. The letter "X" has long been used as an abbreviation for Christ since the 16th Century, the Greek word for Christ begins with what looks like an "X".

Q. Where did the tradition of Christmas lights begin?

A. Germans developed a tradition of attaching lit candles to the branches of trees in the 17th century with melted wax and pins. They also placed burning candles in their windows to designate their homes as Christian and as places of worship.

Q. What do the traditional Christmas colours symbolise?

A. The traditional three colours of Christmas are green, red, and gold. Green has long been a symbol of life and rebirth; red symbolises the blood of Christ, and gold represents light as well as wealth and royalty.

Q. What is the real meaning of Boxing Day?

A. December 26 was a day off for servants of the rich. To thank them for their service, masters would package up or 'box' gifts to give to their employees.

Q. When was the first Australian Carols by Candlelight?

A. The first Australian Christmas tradition of Carols by Candlelight was in Melbourne in 1937.

Q. When was Australia's worst Christmas?

A. Australia's worst Christmas was in 1974, when Cyclone Tracy devastated Darwin in the Northern Territory. More than 60 people were killed.

Q. What is the biggest Christmas lights display in Australia?

A. The biggest display of lights in Australia had 1,194,380 LEDs covering 3,865 sq meters. David Richards has used his home in Melbourne to raise \$20,000 for SIDS and Kids ACT since 2011.

Q. Why do we eat Turkey at Christmas time?

A. In the early years turkeys were cheaper to raise than other birds.

Q. Why do we eat Ham at Christmas?

A. A boar's head was the edible centrepiece on the wealthiest Christmas tables in Tudor England. For poorer families a Yule ham took the place of the boar's head, as it was more affordable and equally delicious.

Q. Why do we eat Plum pudding?

A. The tradition of eating plum pudding on Christmas Day is believed to have originated with a Roman Catholic Church decree to make a 13-ingredient pudding to represent Christ and the apostles.

- christmasinaustralia.com.au/christmas-trivia-questions-and-answers/



St Jimmy's Christmas Lunch

St Jimmy's Christmas Lunch has become a staple in Bowraville's Christmas line-up. This year it will offer more of the same fun, love and connectedness it has become known for, bringing together old friends and new in the spirit of Christmas.

Organised by volunteers it will be held in the Anglican Church Hall in Bowraville on Christmas Day from 11am.

Funded by the St Jimmy's Christmas Lunch committee, Nambucca Valley Council also donates a significant portion towards cost of running the function.

A spokesperson said,
"Many people come on Christmas Eve and Christmas Day to volunteer. They are rewarded by feeling they have contributed something positive to the community."

The lunch is open and FREE for all who would like to attend.

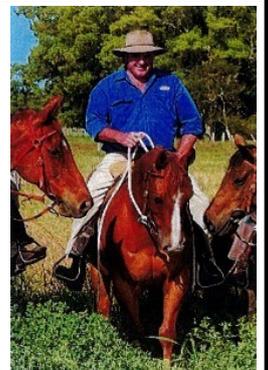
For those who would like to volunteer, contact Tony Fuller on 0487 090 886.

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.



72/11

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11/11



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Gifts from your Garden

Homemade gifts promote creativity and sustainability and are usually budget-friendly. Here are some tasty gift ideas using ingredients from the garden.

Flower and herb pots

Give the gift of potential with a flower or herb pot. You can grow them from seed, but if you're time-poor (it is the festive season, after all), buy punnets of small seedlings.



Jars of pickled veg

Small jars of pickled veggies might just be the perfect festive season gift! They fit easily into a picnic basket, and taste as good as they look, bringing tangy flavours to the charcuterie board. Use any veggies and whatever herbs and spices you have. Let recipients know to eat them within two to three weeks.



Herb butter

Herb butter is a snap to make using any fresh herbs. It lasts for up to a month in the fridge (slice and freeze for up to three months). Pop a piece onto barbecued meat or veggies, or any hot meal, or spread on delicious fresh bread.

Continued on Page 24

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



Hi Folks,

Lots of news for you in this busy month.

Thank you to the local Rotary Club for making us the recipients of the Chocolate Wheel funds on 18th November at Bowraville Sports Hub.

Also thank you to The Nambucca Valley Country Music Club who are donating funds to us as well. We very much appreciate the wonderful support of our community.

Our Secretary Beverly Gibbs has organised the groups for the 18th as well as working on her many other commitments.

Congratulations to the Back to Bowra Committee for a great event. 2NVR were also happy to help everyone enjoy the day. Donna Collins arranged the schedule for the team of Presenters and assisted newer members to learn the art of the Outdoor Broadcast.

The Community Broadcasting Association of Australia will visit our station on Friday 21st November. It is so exciting to be one of the stations on their tour around country areas.

Ceri Wrobel is bringing 'Coastal Dave' to us all for her free show, Studio 3 Live, on Friday 19th December at 2NVR, 834 Rodeo Drive Tewinga. Ceri says "Dave is an acoustic artist deeply rooted in the soulful sounds of the blues, dark country and timeless classics."

The 19th December will also be our free Christmas Party and everyone is welcome. Please arrive between 5.30pm and 6pm. Ham, turkey and salads will be served at 6.45pm in the break. We hope to see you there.

**Luise Pearson-Bernoth
President 2NVR.**



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- deposits
- balance enquiries.

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28/11

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.



Health

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Local Health District

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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.

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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).



N/C

~ GARDENS & GARDENING ~

Gifts from Your Garden

Continued from page 22

Propagated plants

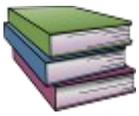
Propagating plants or taking cuttings can be a great way to produce a lot more plants for free. Try propagating house plants, succulents or herbs and share your plants with others. A continuous flow of propagated plants can be a great way to create low-cost gifts. Plants make beautiful gift ideas and can carry the sentiments from whoever gifted them for many years to come.



Gift baskets

Bundle up your extra in-season produce and gift them to others. This is such a great way to reduce the waste from your garden if you have surplus seasonal produce. If you can't keep up with your zucchini or your lemons are falling off the tree, create a hamper of edible goods to gift. It is amazing how adding a few items to a box or basket soon adds up and creates a beautiful gift from your garden. This can spark so much inspiration in others to start growing their own or gift their extra produce.

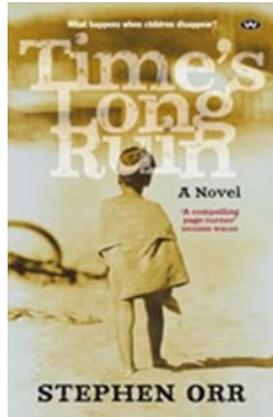




Time's Long Ruin

By Stephen Orr

Nine-year-old Henry Page is a club-footed, deep-thinking loner, spending his summer holidays reading, roaming the melting streets of his suburb, playing with his best friend Janice and her younger brother and sister.



One day Janice asks Henry to spend the day at the beach with them. He declines, a decision that will stay with him forever.

Time's Long Ruin is based loosely on the disappearance of the Beaumont children from Glenelg beach on Australia Day, 1966.

It is a novel about friendship, love and loss; a story about those left behind, and how they carry on: the searching, the disappointments, the plans and dreams that are only ever put on hold.

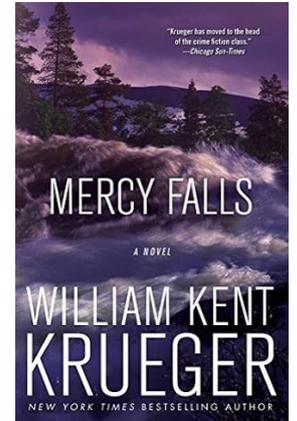
One of the strengths of this novel is how Mr Orr creates a community which is both supportive (of some) and suspicious (of others). Marital conflicts are accepted, 'New Australians' less so. When the children first go missing, the hope is that they've lost track of time and missed the train. As more time passes, hope is displaced by desperation and recrimination.

- www.goodreads.com

Mercy Falls

By William Kent Krueger

A stunning new suspense novel in William Kent Krueger's prize-winning Cork O'Connor series.



Back on the beat as sheriff of Tamarack County, Cork O'Connor has already seen his beautiful Northwoods jurisdiction through an eventful summer. Now,

as the chill of autumn sweeps through the countryside, he's about to face a season of murder, adultery, and deceit that will take him from seedy backwoods bars and humble reservation shanties to the highest and most corrupt echelons of Chicago society.

Cork must deal with a high-profile murder contaminated with the blood of the rich and powerful. Sparks fly when the wealthy Jacoby family insists on hiring a beautiful private investigator named Dina Willner to consult on the case. But once Cork discovers an old and passionate tie between one of the Jacoby sons and his own wife, Jo, he begins to suspect that the events in Aurora have a darker, more personal motive.

With his life at stake and the safety of his family in question, Cork must squelch the growing suspicion that another man desperately wants his wife, and at the same time resist the passion heating up between himself and Dina.

Murder, greed, sex, and jealousy all play a part in the maze of danger and intrigue Cork is caught in.

www.fantasticfiction.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.

New social media rules - from page 18



How does this impact the under-16s in my care?

From 10 December, age-restricted social media platforms will have to take reasonable steps to find and remove or deactivate accounts held by under-16s. This means anyone under the age of 16 will no longer be able to access their account.

However, they'll still be able to see social media content that's publicly available and doesn't require logging in.

For example, if your 13-year-old granddaughter currently has a TikTok account, TikTok will be required to deactivate it from 10 December. If she also has a YouTube account, she'll lose access to that too. However, she can still watch YouTube videos without signing in or having an account.



Will I now have to prove my age to use social media?

Not every user will need to prove their age. If a social media platform already has reliable information showing someone is 16 or older, they don't need to go through an age check process.

For example, if someone has had a Facebook account since it launched in Australia in 2006, it's reasonable for Meta to assume that person is now well over 16 and so no further check is needed.

As these new rules come into effect, you may notice some changes to how you use social media. It's all part of a broader effort to create a safer online space for children.

If I do have to prove my age, what methods will be allowed?

There is a range of technologies available to social media platforms to check someone's age at the time of signing up to an account or even during its use. It'll be up to each platform to decide which method it uses.

No one in Australia will be forced to provide government identification, including digital ID, to prove their age online. Instead, age-restricted social media platforms will have to offer reasonable alternatives to their users.

How can I help young people in my care prepare for the age restrictions?

While the social media age restrictions may come as a relief for many parents or carers, it may understandably make many young people feel upset, worried, or angry. So, it could be a good time to start a conversation about social media to see how they're currently using it or how they may be impacted by the new law.

eSafety has a suite of information and resources to help start the conversation and prepare families for the change.

Where can I find more information?

The [eSafety Commissioner website](https://www.esafety.gov.au) is a good starting point for staying up to date with the social media age restrictions. You'll find Frequently Asked Questions (FAQs) and resources for families and young people to help under-16s in your care prepare for the new law and how it'll help keep them safer.

- <https://beconnected.esafety.gov.au/topic-library/articles-and-tips/>

Managing stress through the festive season

Festive holidays aren't happy or healthy for everyone. For some people, they mean long to-do lists, family tension, financial stress or loneliness.

Here are 8 tips for anyone who finds the festive season challenging.

1. Reduce financial stress

Talk to your family about only buying presents for children, agreeing to a gift budget or doing secret Santa, where each family member draws the name of a relative and buys just one gift for them.

2. Connect with community

The festive season can be an especially lonely time for many people. If you're feeling isolated - or want to ease the loneliness of others - you might find a Christmas event near you on the Salvation Army website.

If that's not your thing, you could volunteer with a local charity, aged care facility or hospital, or simply strike up a conversation with a neighbour.

3. Stay off social media

If the festive season is stressing you out or you are alone, looking at other people's curated happy snaps on social media may make you feel worse.

4. Cope with family conflict

- Avoid topics that family members usually argue about.
- Be civil for the kids - try to put aside adult conflicts and focus on the children's enjoyment of festive holidays.
- Keep family gatherings a manageable size - for example, catch up with one group of relatives on Christmas Eve and another on Christmas Day.
- Plan activities, such as games or walks.

5. Don't drink too much

Reducing your stress with alcoholic beverages can make you feel worse and it's certainly not good for your health. The National Health and Medical Research Council recommends that healthy adults have no more than 10 standard drinks per week and a limit of 4 standard drinks per day.

6. Talk it out

If there's someone in your family or circle of friends who causes you stress, try to work it out together. Here are some tips:

- Let the person know they upset you in a non-confrontational way, since they might not be aware they're doing it.
- Choose a time when you both feel calm.
- Research more tips for difficult conversations.

7. Pack your medications

Travelling for the festive season? Don't forget your medications.

8. Find a health service quickly

If you do need a pharmacist - or doctor, hospital or any other health service - use the *healthdirect Service Finder* to locate one near you. You can check if the service bulk bills, provides free parking, is wheelchair accessible and more.

For more information and help . . .

Learn how to manage and prevent stress and find out where to get mental health support.

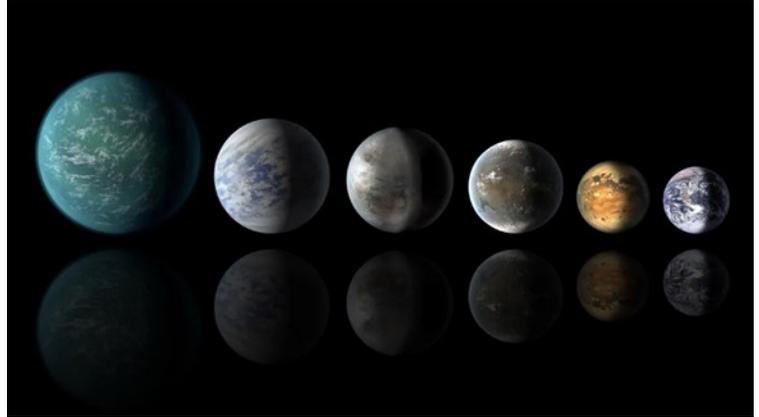
- www.healthdirect.gov.au/blog/8-ways-to-stress-proof-your-festive-season



Aliens: Facts about extraterrestrial life - *from page 8*

until 600 million years ago. And modern humans came on the scene only around 300,000 years ago.

That means that, if other planets with life are like Earth, the period in which they might host intelligent life (or even something as cuddly as a koala) is brief. But there's a good chance that human life might overlap with microbial life on another planet.



Scientists do think that life on other planets would be driven by the same processes as it is on Earth, namely evolution. Changes to the environment drive living things to change, leading to new and more complex species. So, a planet out in space that is like Earth and has been through many changes in its surface, rocks and climate would probably have complex life, too. In that case, aliens might face similar challenges and needs as here on Earth, and thus might evolve similar features. Eyes, for example, have evolved independently dozens of times on Earth, and they might evolve in life on other planets, too.

How are scientists looking for aliens?

Scientists look for aliens in a few different ways.

First, they listen for alien signals. This is called "passive SETI," for "search for extraterrestrial intelligence." If aliens are smart like we are, their technology might send signals into the cosmos. On Earth, for example, all of the radio waves from our phones, satellites and TV station communications "leak" into space, and these leaking radio waves could be picked up if anyone were listening. So, Earthlings use telescopes designed to pick up radio waves from space, hoping to find extraterrestrial signals.

That only works for tech-savvy aliens, though. Scientists also use light to look at the kinds of molecules that are present on far-off planets and moons. On Earth, some molecules are usually or always made by living things, so if those molecules are found elsewhere, they could be a sign of life. This kind of research lets scientists look for hints of life on exoplanets that are too far away to reach with a spacecraft.

Scientists also send spacecraft to the nearby places where life might exist. The Mars rovers, for example, collect rock samples that could contain evidence of fossilized ancient Martian microbes. (They haven't found any yet, but you never know!) NASA is planning to send a drone with propellers, called Dragonfly, to Saturn's moon Titan in 2028. Dragonfly would reach Titan by 2034 and search for chemicals tied to life. The European Space Agency would like to send a mission to Enceladus, also to search for signs of past or present life.

Are UFOs aliens?

Unidentified flying objects (UFOs) are things in the sky that aren't explained. The first modern UFO sighting goes back to 1947, when a U.S. fighter pilot reported seeing flying saucers in Washington. Not every UFO sighting can be explained, but many turn out to be events with an Earthly origin. For example, the famous "UFO crash" from Roswell, New Mexico, in 1947 was debris from an experimental military

Continued on Page 29

Aliens: Facts about extraterrestrial life - *from page 28*

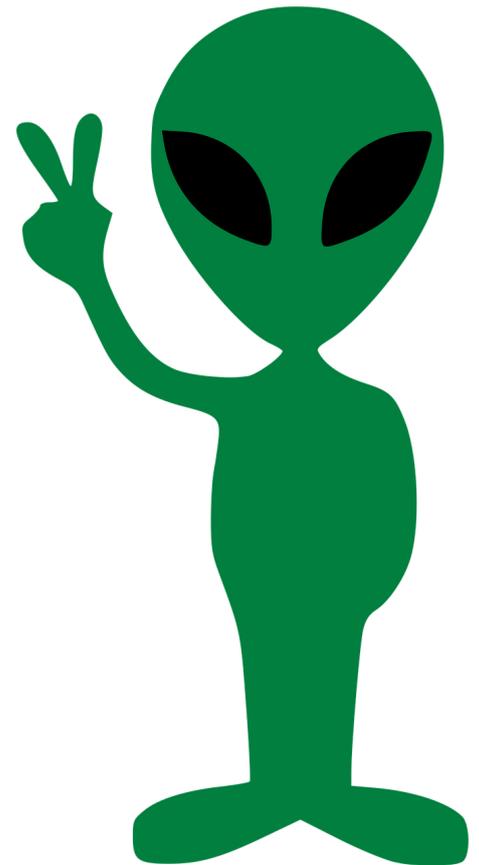
balloon that was supposed to pick up sound waves from atomic bomb tests in the Soviet Union.

More recently, strange videos have shown seemingly quick-moving, hovering objects. These "unidentified aerial phenomena" (UAPs) don't have an official explanation. However, they could be normal objects that seem to be moving quickly due to optical illusions, or things that aren't what they appear to be. The pilot who took the videos might have been seeing drones, weather balloons or even birds.

Any alien civilization with the kind of technology to build spacecraft must be an enormous distance away, given that the closest exoplanet that has the right conditions for life is Proxima Centauri B, which is 24 trillion miles away. Proxima Centauri B isn't very close, and it might not have an atmosphere. So, it might not have life at all, much less life that could travel to us. And we would need some seriously advanced way to get there: With current Earth technology, it would take 6,300 years for a spacecraft to travel from Earth to Proxima Centauri B.

In other words, no, UFOs probably aren't aliens. An alien civilization could send a spacecraft to our planet, but it would mean the aliens who sent it in the first place — and their kids, grandkids, great-grandkids, great-great-grandkids and so on — would probably be long dead before the craft reached us - it's a lot more likely that UFO sightings are cases of mistaken identity.

- www.livescience.com/space/extraterrestrial-life/aliens-facts-about-extraterrestrial-life-and-how-scientists-are-looking-for-it



St James Anglican Church High St. Bowraville



Anglican Parish of Nambucca Valley

CHRISTMAS SERVICES

Sunday 21st December

Bowraville 10am Macksville 9am Nambucca 9am

Christmas Eve 24th December

Bowraville 7pm Macksville 5pm Nambucca 5pm
Stuarts Point 2pm

Christmas Day 25th December

Bowraville 8am Macksville 9am Nambucca 9am

Sunday 28th December

Bowraville 10am Macksville 9am

Email: admin@nambuccaanglicans.com.au

Office: 02 6568 9029

??/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

3rd Thursday of Month at 5.30pm

St Jimmy's Food Hub

Fridays from 9am to 11am ^{??/11}

Must hold a current Centrelink card.

For more info call 6568-9029

ST. JAMES CHURCH HALL

Sustainable Christmas Gift Wrapping

By choosing more eco-friendly wrapping options, you can help to reduce your own personal contribution to this waste.

Use recycled or recyclable paper. Choosing paper that can be recycled helps reduce waste and is environmentally friendly.

Opt for fabric gift wraps. Reusable fabric wraps, like Furoshiki, are an eco-friendly and stylish alternative to traditional wrapping paper.

Reuse old newspapers or magazines. This is a creative and resourceful way to recycle materials already on hand.

Utilise natural decorations like twine or dried flowers. These add a beautiful touch and are more sustainable than ribbons or bows.

Choose reusable gift boxes or tins. These can be used year after year, reducing the need for disposable wrapping.

Make gift tags from last year's cards. Repurposing old greeting cards as gift tags is a creative way to recycle.

Use brown kraft paper and personalise it. Decorating plain kraft paper with stamps or drawings makes for unique and eco-friendly wrapping.

Consider gifting experiences instead of physical items. This reduces the need for wrapping and is an eco-conscious gift choice.

Avoid metallic or glittery wrapping materials. These are often not recyclable and can be harmful to the environment.

Incorporate reusable cloth ribbons or strings. They can be saved and reused, adding a sustainable touch to your gifts.



- babame.com/sustainable-wrapping-ideas-for-christmas-gifts/



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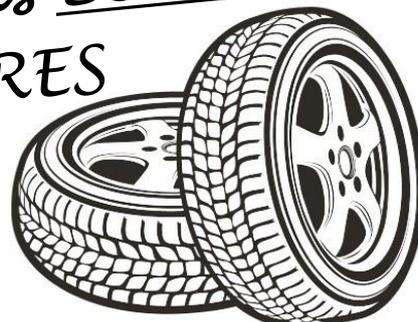
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Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Spring 2025 — Studio 3 Live — 3rd Friday each Month							Community Radio Network	
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	Clairessense Sounds from Screen With Claire Watt	Continental Drift With Garry Havillay	Aussie Grown Across the Nation Aussie Christian grassroots to charts.	Tones of Clairessense Claire Watt	The Fourth Estate +Cyberbeat	Rise N Shine Ron Hawkins	Sunday Morning Soul Sound	6 AM
7 AM	Paradigm Shift With Geoff Moyle	Real World Gardener + The Assignment	A Country Tea Time With DJ Tina	FlipSide With Phill	Top of the Pops UK With Kim Robson	Random ravings in a musical mix with: Heavens Above: 6:30 Saltwater People: 7:30 It's Only Words: 8:30	With Clairessense	7 AM
8 AM	Classic Hits & Jukebox Paul Rowe	From Then To Now With Paul & Rachel Burns	Smoko with Gazza With Gary Biden	Turning Pages Elizabeth Newman	The Wire Weekly + Aussie Music is BG	Local News of the Area Beverly, Linda, Phill, & Celeste		8 AM
9 AM	Baby Boomers Donna Collins	Infopinion With Richard & Eddie	Mystical Music & Musings Luzise gives us her favourite music and muses on the great mystery of Life	Environmental Matters with Elizabeth + Earth Matters	Talk Of The Town Cen Wrobel	Maidensong With Dianna Galbraith	Scoob's Smorgasbord With Scoobs	9 AM
10 AM	Flashback With Rob Davidson	Mixed Grill With MaCCA	33 Blues With Lizzie	Tewinga Tunes With Ralph	Peter's Pops & Classical Tunes & Melodies With Peter K	Noisy Neighbours Trenck de Groot	Brunch Bops Celeste, with a pinch of empowerment	10 AM
11 AM	Hot, Sweet & Jazzy From "The Pulse"	Rock On With Jimmy & the Bluebirds	Sister Act Olivia & Sam	Thursdays Country Trickvic	Robertson's Rollercroaster With Tom	Garage Noise With Sean Ambrose	FlipSide Again With Phill - All Aussie	11 AM
1 PM	A Breath of Fresh Air With Sandy Kaye	Retro Birds Robyn Wien & Sally Swan	The Sixties in Australia Rob Davidson	Hit Singles From Your Past With MaCCA	MHS Radio From Macksville High	Soul Quench With Lizzie	The Folk Show Traditional, retro & new folk	1 PM
2 PM	Bowra Beats With Grace Walters	Not out of the box On the Flipside With CJ	The Curious World of Lisa Z	Tim Unsupervised Tim Hood	Life in the Valley Beverly - interviews and more...	Alternative Music	That's A Wrap Donna, Nigel, Gary & Les Local sports calls and in-depth sporting analysis	2 PM
3 PM	Hinterland With Ben Walters	Music outside the usual	Tracy's Eclectic Tunes With TracyO	Late night humour, music, interviews and more...	The Local Source All Aussie Music	Souful vocals: soulful lyrics, soulful beat — dance, cry or fall in love again	Local News of the Area Beverly, Linda, Phill & Celeste	3 PM
4 PM	Reggae Mixtape With Fitzroy	Space Nuts Lost in Science, Zed Games, & Diffusion	Ant's Rock Anthony Gamsey	Local News of the Area Beverly, Linda, Phill & Celeste	Meet Me @ The Movies Narrative about Narratives	Music with a Message Geoff Stone	Praise, Prayer & Pop With Michelle	4 PM
5 PM	Music Makers With Yen	Local News of the Area Beverly, Linda, Phill & Celeste	Ant's Rock Overnight	2NVR overnight Music Mix	Fish's Favourites With Dave P	Don't forget to keep your date!	Imagine This Radio drama & stories	5 PM
6 PM	Mixed music with featured artists	2NVR Overnight Music Mix	Overnight	2NVR overnight Music Mix	Tunes I like to hear...	Wolffy Wolffy's music & requests	Prog Rock Playlist Rhino	6 PM
7 PM	2NVR overnight Music Mix	2NVR Overnight Music Mix	Overnight	2NVR overnight Music Mix	Dark Side of the Moon My Generation The Gary Jackson Show & Sounds of the Seventies Overnight entertainment plus +	Saturday Date With Stu	The Antisf Radio Show With Nukie	7 PM
8 PM	2NVR overnight Music Mix	2NVR Overnight Music Mix	Overnight	2NVR overnight Music Mix	Local News of the Area Beverly, Linda, Phill & Celeste	Wolffy Wolffy's music & requests	Imagine This Radio drama & stories	8 PM
9 PM	2NVR overnight Music Mix	2NVR Overnight Music Mix	Overnight	2NVR overnight Music Mix	Local News of the Area Beverly, Linda, Phill & Celeste	Wolffy Wolffy's music & requests	Prog Rock Playlist Rhino	9 PM
10 PM	2NVR overnight Music Mix	2NVR Overnight Music Mix	Overnight	2NVR overnight Music Mix	Local News of the Area Beverly, Linda, Phill & Celeste	Wolffy Wolffy's music & requests	The best of Progressive Rock	10 PM
11 PM	2NVR overnight Music Mix	2NVR Overnight Music Mix	Overnight	2NVR overnight Music Mix	Local News of the Area Beverly, Linda, Phill & Celeste	Wolffy Wolffy's music & requests	The best of Progressive Rock	11 PM
Midnight	2NVR overnight Music Mix	2NVR Overnight Music Mix	Overnight	2NVR overnight Music Mix	Local News of the Area Beverly, Linda, Phill & Celeste	Wolffy Wolffy's music & requests	2NVR overnight Music Mix	Midnight

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