

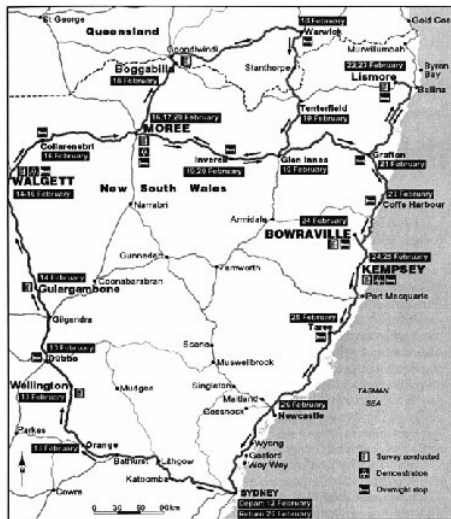
# BOWRAVILLE Community News

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

FEBRUARY 2025 ~ ISSUE #236 ~ FREE ~ CIRCULATION 300 ~ POSTCODE 2449

## The Freedom Route 1965

- The SAFA students were a mixed group of men and women, some were Communists others were Christians, - All 29 wanted justice for Aboriginal people.
- Their route included West and Northern NSW and Goondiwindi in Queensland.

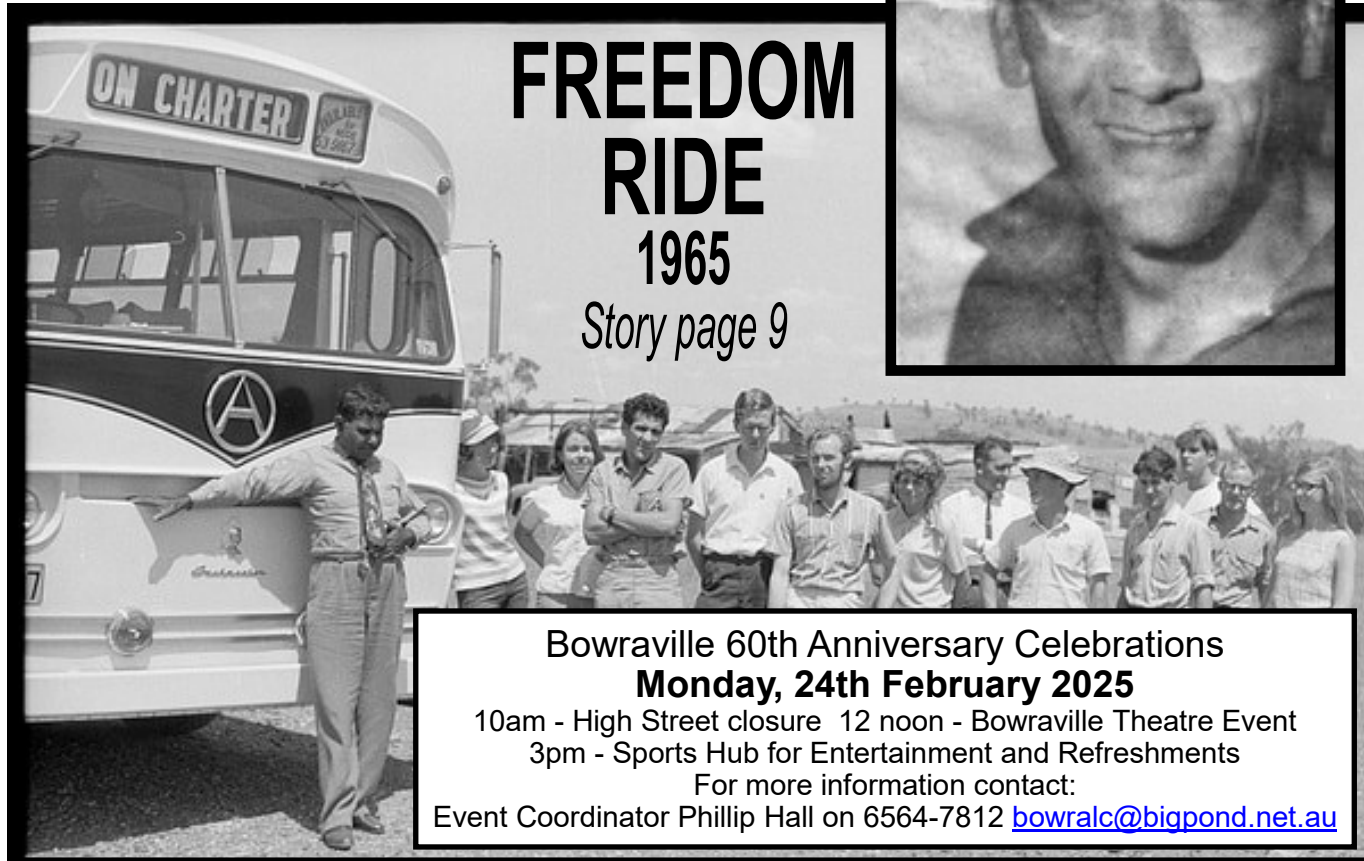


# 60<sup>th</sup> ANNIVERSARY 2025



## FREEDOM RIDE 1965

Story page 9



Bowraville 60th Anniversary Celebrations  
**Monday, 24th February 2025**

10am - High Street closure 12 noon - Bowraville Theatre Event  
3pm - Sports Hub for Entertainment and Refreshments

For more information contact:

Event Coordinator Phillip Hall on 6564-7812 [bowralc@bigpond.net.au](mailto:bowralc@bigpond.net.au)

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/)

## **2025 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 MARCH 2025**

**ISSUE IS: 4:00PM**

**TUESDAY, 18th FEBRUARY 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.

## **Bowraville Chamber of Commerce**

Next meeting will be at 5pm on Tuesday 4th February 2025  
at the Bowra Hotel.

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## **Bowraville 60th Anniversary Celebrations** **Monday, 24th February 2025**

10am - High Street closure 12 noon - Bowraville Theatre Event  
3pm - Sports Hub for Entertainment and Refreshments

For more information contact:

Event Coordinator Phillip Hall on 6564-7812 [bowralc@bigpond.net.au](mailto:bowralc@bigpond.net.au)

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## **Macksville Music Muster**

17th - 24th February 2025

@ Macksville Showgrounds

## **Legal Community Education Events**



### **Upcoming Events:**



**20 February, 10:30 am – 11:30 am**

*Port Macquarie Library*

*Planning Ahead for Community Workers, in collaboration with Blue Sky  
Community Services*

**25 February, 1:00 pm – 2:00 pm**

*Valla Beach Community Hall*

*Are you ready? Legal Preparedness in a Disaster*

**27 February, 11:00 am – 11:45 am**

*Online Event*

[Legal Issues & Domestic & Family Violence for Community Workers](#)

For a full list of our events and to register, please visit: <https://mnclegal.org.au/events/>.

## ***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 . . .***

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# Championing Cowper's Future

As your independent candidate for Cowper in the upcoming federal election, I am filled with optimism and determination for our community's future. I've lived in this beautiful region for over 30 years, raising my family as I worked as a nurse, regional health leader and in emergency management. I have seen first-hand the strength of our community during crises, while my personal battle with cancer and subsequent work with the Cancer Council served to further strengthen my resolve.



As an independent, I am accountable to our community - not corporate donors, factions or party interest. My platform is built by listening to our community and then advocating for the issues that matter most: reforming our local health system, improving mobile reception, tackling cost-of-living pressures, ensuring more affordable housing is built in our region, and protecting the places we love.

In 2022, I ran for office and, through grassroots participation, we transformed Cowper into the most marginal National electorate in the country. We proved that there is a strong desire for a different type of representation in our region - one steeped in listening and hard work

Healthcare and housing are foundational to our community's well-being. I am committed to ensuring that every resident has access to quality healthcare and safe, affordable housing options.

The rising cost of living is affecting us all, and small businesses - the backbone of our economy - deserve unwavering support to help them thrive and continue delivering essential local services.

Infrastructure plays a critical role in this future. In particular, many people in our region face isolation due to inadequate or non-existent mobile phone reception and snail pace internet. This disconnect stifles our community's potential. I will advocate for reliable high-speed internet access and more mobile phone towers across our community

I am also a passionate advocate for our local farmers, growers, and producers. Expanding local food production and manufacturing presents a significant economic opportunity for our region - driving innovation, creating jobs, and strengthening our local economy. By supporting existing farmers, building pathways for aspiring growers, graziers and producers, and investing in the infrastructure, supply chains, and facilities for local businesses to value-add to locally grown food, we can ensure our region becomes a leader in food production. This will create a more resilient economy and a stronger, more self-sufficient community.

Last time we proved that change is possible. This time, with your support, we can make history and turn Cowper independent.

*Authorised by C Heise, Coffs Harbour NSW 2450*

## 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**

*“What the New Year brings to you will depend a great deal on what you bring to the New Year”*

*- Vern McLellan*

*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**

# 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!***

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## **BOWRAVILLE GIFT SHOP**



**LOCATED AT BOWRAVILLE POST OFFICE**

**27 HIGH STREET BOWRAVILLE**

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

**PH: 02 6564-7169**

11/11

## **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**



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# How to make a family group chat you'll want to text in

Having a family group chat is super beneficial—you can plan upcoming family get-togethers, delegate household chores or just catch up with your fave relatives. But let's be honest: Sometimes the fam text thread can get a little stiff. The convos can be dry, negative or just boring, tbh. But this doesn't have to be the case!



We believe that your fam group chat can be both totally practical \*and\* totally entertaining. That's why we've compiled all the tips you need to enhance the thread. Whether you've got a bond like the D'Amelio sisters, a Lorelai-and-Rory mother-daughter friendship or something in between, updating the fam texts will def help your relationships blossom.

## 1. Give the GC a cute name

OK, first things first: Your fam group chat needs an adorable (or funny!) name. Try to think of something that everyone in your fam could relate to. Are you all from the same town? Do you all love ice cream? Are you all obsessed with the family dog? Find a theme and get creative! Having a unique fam GC name will have you feeling more connected and make every convo super memorable.

## 2. Send funny pictures and videos

Time to bust out your very best comedy skills. If the group chat is feeling a little dry, it could be a good time to send a funny meme or TikTok. Whether your goal is to lighten the mood or just poke fun at your little brother, sending silly pics or vids can be an easy way to start meaningful convos. This is an amaze opportunity to give your parents and grandparents a little crash course in Gen-Z culture, too.

## 3. Start up a daily word game

If your fam is into family game nights, start a friendly word game competition

*Continued on Page 10*



# Freedom Ride 60th Anniversary

On Friday 12 February 1965, 29 students from Sydney University set out in a bus to tour regional towns in NSW to expose systemic discrimination and racism against Aboriginal people.

Arrente/Kalkadoon man Charles Perkins, one of only two Aboriginal students at the university at the time, was elected president of the newly formed group.

The bus visited 16 towns over 15 days: Wellington, Gulargambone, Walgett, Collarenebri, Moree, Boggabilla, Warwick, Tenterfield, Glenn Innes, Inverell, Grafton, Lismore, Coffs Harbour, **Bowraville**, Kempsey and Taree.

In these country towns, the freedom riders confronted the entrenched and overt racism experienced by Aboriginal people including segregation and exclusion. In Walgett, the bus was run off the road by angry locals.

While only on the road for a little over 2 weeks, the Freedom Ride generated comment and debate in the local and international press for years afterwards about the poor treatment of Aboriginal people in Australia.

The Freedom Ride also had a lasting impact on the Aboriginal people and communities in the towns that the bus visited, and the protest became a contributing factor in breaking down the 'colour bar' in regional towns in NSW.

The Freedom Ride is now widely recognised as one of Australia's most significant civil rights protests. The event was documented with photography, film and audio at the time and its legacy has gone on to be remembered and interpreted through documentaries, exhibitions, books and memorials.

## Consequences Freedom Ride

- The actions of SAFA attracted a great deal of publicity both in Australia and overseas.
- People in the cities became aware of the serious problems faced by Aboriginal people in the bush.
- This high profile led to the campaign for a referendum to right wrongs against Aboriginal people.
- The referendum had 2 questions
- Should Aboriginals be counted in the census?
- Should the Federal government have responsibility for laws on Aboriginal people?
- Over 90% voted YES on May 27 1967

Many of those involved in the Freedom Ride - the Aboriginal and non-Aboriginal university students on the Student Action for Aborigines (SAFA) bus and the Aboriginal people and communities living in the towns that the bus visited - dedicated their lives to confronting systemic and structural racism in Australian society.

- [meetings.cityofsydney.nsw.gov.au/documents/s89070/Freedom%20Ride%2060th%20Anniversary%20Event.pdf](https://meetings.cityofsydney.nsw.gov.au/documents/s89070/Freedom%20Ride%2060th%20Anniversary%20Event.pdf)

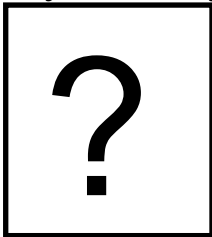
## How to make a family group chat you'll want to text in - *Continued from page 8*

in the GC. There are plenty of fun online word games to choose from, but our personal faves are Wordle and the New York Times Mini Crossword, because there's a new challenge every day! You can compete against each other and send your results directly in the chat. Playing games like this can quickly become a habit as well, which keeps the convo from going dry. But be warned, there might be some word-puzzle-trash-talking...



### 4. Ask interesting questions

If you really want to get to know your fam, you can spice up the group chat by asking open-ended questions. These questions will get the convos going, and you might learn something new about your parents or sibs. Questions can be anything from "What movie character do you think best describes you?" to "What is something that made you smile today?" The opportunities are limitless. Ask questions that interest you!



### 5. Share photos of your life

At its core, the family group chat is a way to foster connection when it's tough to do so otherwise. Especially if you have relatives or family members living far away from you in the GC, sending photos of your recent swim meet or the cutest dog you saw on your morning walk will spark feelings of closeness even when you're not physically close. Parents and grandparents love catching a glimpse of your life as a teenager, too. You'll be making them happy by sharing what makes \*you\* happy.



- by Laila Mayfield | 10/14/2024 -  
[www.girlslife.com/life/family/41391/how-to-make-a-family-group-chat-you-actually-want-to-text-in](http://www.girlslife.com/life/family/41391/how-to-make-a-family-group-chat-you-actually-want-to-text-in)

## **Blokes Brekkie**

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

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## **Cuppa and Chat**

3rd Saturday of the month  
**10am — Free**  
Everyone welcome

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## **Bowra Country Markets**

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

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## **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**

11/11

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**

11/11

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

*~ Groups by appointment ~*

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## **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)

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# HEALTHY LUNCHBOX AWARENESS

## PACKING A HEALTHY, DEADLY LUNCH BOX!



[healthylunchboxweek.org.au](http://healthylunchboxweek.org.au)

Continued on Page 14

**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

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BOWRAVILLE COMMUNITY NEWS — FEBRUARY 2025 (ISSUE 236)



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# Be prepared with a Snake Bite BANDAGE



With summer heating up snakes will be out and about. Update your first aid supplies to include new snake bite approved bandages.

AeroForm and Setopress snake bite bandages, with continuous indicators, are premium heavyweight conforming bandages.

They are ideal for use with the Pressure Immobilisation Technique which is used for the treatment of all Australian Snake and Funnel Web Spider bites as well as Blue Ringed Octopus and Cone Shell stings.

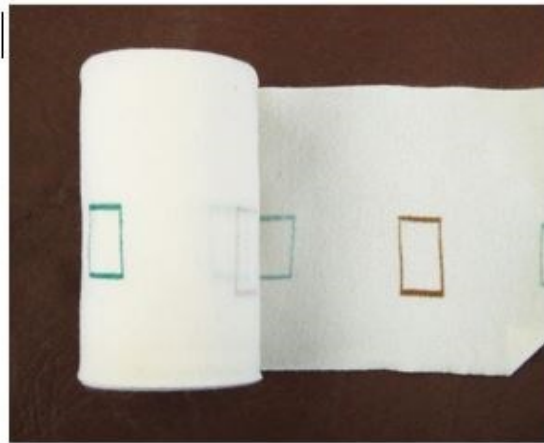
**Aero, AeroForm and Setopress Bandages in store.**



Unstretched  
Note rectangular indicators



Stretched to correct tension  
Note square indicators



**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*



# What makes up a healthy, lunchbox?

A healthy lunchbox has four components:



1 A main item, such as a sandwich/wrap/roll, pasta with vegetables, soup or frittata.

2 A fruit or vegetable snack, such as whole fruit, cut up veggie sticks, canned fruit in natural juice, a small salad.

3 A second snack based on a core food, such as reduced fat yoghurt, grainy crackers with reduced fat cheese or hummus, plain popcorn, a slice of raisin bread, a boiled egg or a can of tuna.

4 And a drink to stay hydrated. A bottle of tap water is best!

## How to plan a healthy lunchbox

1. Make time to prepare. Have fresh fruit and vegetables, milk and yogurt, bread and crackers all bought in advance.

2. Shop wisely and save money. Buy fresh fruit and vegetables in season to ensure good quality and value for money.

3. Make your own snacks. For example, yoghurt with frozen fruit which you can buy in bigger containers which are often cheaper.

4. Choose a variety of foods from the 5 food groups—  
◆ grain foods ◆ fruit ◆ vegetables ◆ milk, yogurt or cheese,  
◆ lean meat, fish or poultry, eggs, nuts and legumes.

5. Include a bottle of water. No need for sugary drinks such as juice, cordial or soft drink as these contain too much sugar which is not good for teeth. Non-water drinkers usually start drinking water with the example of other children.

6. Keep food cool. In warm weather freeze a water bottle or put a small ice pack in the lunchbox.

*healthylunchboxweek.org.au*

## Uncovering the Bowraville Theatre seats history

Martin Ballangarry – Gumbayngirr elder, campaigner, spokesperson and OAM – talks about his childhood days when he used to go to the local Bowraville cinema.

Martin is a softly spoken man, a philosopher, a well-respected member of the community and an enthusiastic pianist. He has no problem telling his story of not being able to sit with others in the local cinema. As he recalls, ‘you had to be strong.’



*Martin shows the rear entrance used by Aboriginal patrons*

The Bowraville Theatre was no different to many other cinemas throughout Australia, where white Australians could sit comfortably in plush chairs, while Indigenous Australians would sit on bench-like seats or even lie on the floor.

Martin recalls: ‘They were hard on your back, so us kids we would lie on the floor.

We would all line up, sometimes 10, maybe 15 people, adults, kids; we were all lying down here. Around 10 minutes before the end of the film, we were ushered out of the cinema, out the back and up the side - we would then walk down the side and come around to the back of the theatre. We weren’t allowed in or out of the front door.’

### Seats tell a broader story

After 40 years, the cinema seats – more like hard benches that resemble a child’s cubby house seating arrangement – were dug out from under the cinema as dusty objects to be refurbished by the National Museum Australia.

*from - [www.nma.gov.au/exhibitions/from-little-things-big-things-grow/seats-of-segregation](http://www.nma.gov.au/exhibitions/from-little-things-big-things-grow/seats-of-segregation) - National Museum Australia*

*Segregated seating from the Bowraville Theatre*



# Telecommunications Meeting Identifying the Valley's 'Dark Spots'



Nambucca Valley Council Mayor, Gary Lee has organised a workshop with Telstra, Optus and NBN to advise them of the "dark spots" in the valley where mobile service is patchy at the best and non-existent at the worst.

**The meeting will be held at Macksville Ex-Services Club from 5.30pm onwards on Tuesday 18<sup>th</sup> February.**

This workshop will be chaired by Mayor Lee and will be an information gathering exercise NOT a place to complain about personal issues. Telstra will have maps available for customers to mark where service is an issue.

The Federal Government has a \$10million grant program to help fix some of the issues. As we are in an area that suffered through 2019/20/21 with

natural disasters we should be able access some funding.

Mayor Lee has contacted RFS, Fire Brigade, National Parks, Department of Health and other first responder groups to be involved.

Government agencies whose employees travel out in the field are invited to have their input.

It would be great to see as many people as possible at the workshop to send the message to the Telcos that we are not satisfied with their service.

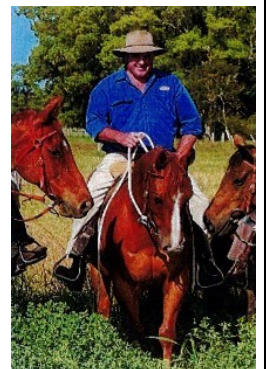
*- Julie Gooch, Secretary Nambucca River Branch, NSW Farmers*

**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.



4/11



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





**WHAT'S FEATURING in FEBRUARY 2025**

**BOWRAVILLE THEATRE**

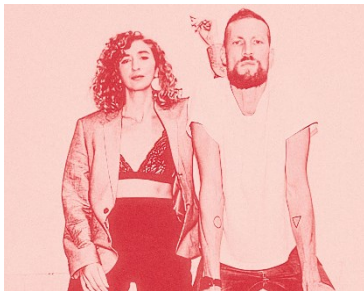
[www.bowravilletheatre.com.au](http://www.bowravilletheatre.com.au)

**Mama Kin Spender UP CLOSE TOUR**

**Friday, 14th February 2025**

Doors open 7pm / Music starts 7:30pm

**Tickets \$38 online / \$45 on the door**  
+ Bkg fee online @ trybooking



**Ben Lee**

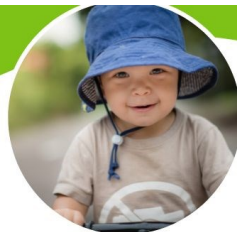
**Friday, 21st February 2025**

Doors open 7pm / Music starts 7:30pm

**Tickets Adults \$47**  
+ Bkg fee online @ moshtix



**Sunday Afternoon Movie Sessions are coming back in March, please check our website for dates and details.**



**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

## Ngambaa Nature Reserve, Allomera

Ngambaa Nature Reserve offers a retreat for animals and people alike, with areas of old-growth forest perfect for car touring, bush-walking, birdwatching, a family picnic and barbecue.



Of shared significance to the Aboriginal

Dunghutti, Ngambaa and Gumbaynggirr People, Ngambaa Nature Reserve combines rich cultural heritage with a stunning rainforest environment. The coastal foothills are thick with old-growth grey gums, while red cedars sprout near tranquil creeks. There are broad dry open ridges and deep wet forests occupied by glossy black cockatoos. Indeed, the great diversity of trees makes Ngambaa a key habitat for flying animals, including the threatened powerful owl and yellow-bellied gliders.

Ngambaa may be remote, but its solitude will appeal to a certain type of traveller. Self-sufficient hikers will find much ground to chart, birdwatching enthusiasts will be in paradise, and those who enjoy car touring will appreciate the generous network of quiet roadways that thread through the area. There are places to cool down and unwind in the shade, and wood barbecues perfect for long lunches.

Keep your eyes peeled. With koalas and giant barred frogs living in the area, you never know what you might see in Ngambaa Nature Reserve.

National Parks Contact Centre - 7am-7pm daily - 1300 072 757 (13000 PARKS) - [parks.info@environment.nsw.gov.au](mailto:parks.info@environment.nsw.gov.au)

### NGAMBAA NATURE RESERVE BACKGROUND

The 2,000 hectare Ngambaa feral predator-free area is the first safe haven on the east coast of NSW to be completed. Protecting tall wet forest communities, - the area was previously home to species like rufous bettong, parma wallaby and eastern bettong —the latter of which has been absent from mainland Australia for over 100 years.

## 2025 - Year of the Platypus

2025 is the Dreamtime Year of the Platypus and is cosmically influenced by the constellation of Ursa Minor. The Stars, Dubhe, Merak, Phecda, Megrez, Alioth, Mizar and Alkaid, will all display an equal share of energy and spiritual guidance as they influence the importance of transforming major changes by clearing away everything that is not relevant or necessary in the Platypus life cycle.



Expect this year to be a time of significant endings, transitions and completions of the way you and other people think, work and live. The Year of the Platypus is excellent for those who are commencing or finishing higher or specialised education. Success is guaranteed for most. If you are considering writing a manuscript or book, you could not pick a better year to begin as you will find your mind is extremely creative. Hobbies may also interest you this year, and you may surprise yourself how talented you can be. Remember, the Year of the Platypus, is a year to be yourself and let go of everything you do not need in your life. As the year progresses, you will find each month builds a stronger determination within yourself to handle any issue you may have to face. Success is yours, providing you keep a positive attitude.

During January-April, many will consider a change in business or career, either selling up and moving on, or entertaining the idea of resigning this year from a long-standing career and retiring. Real estate will show an upsurge in sales as people decide to downsize, relocate, or sell investment properties and recoup profits. Property sales and finances will show signs of an upsurge and bank interest rates should also show an easing in interest rates during the months of June and November.

In the year of the Platypus, care should be taken with all types of health matters. This is a year to pay fitting attention to your body due to much emotion and exhaustion accompanying your daily routine. Join a health and beauty class, participate in swimming, exercise programs, meditation, yoga, or spiritual enhancement activity. Exercise and keeping your body in good shape is recommended in the Year of the Platypus to help alleviate life's daily pressures.

- [www.wellbeing.com.au](http://www.wellbeing.com.au) by Milton Black

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## 5 Resolutions to make for a Happier 2025

Making resolutions stick is a task that many approach with caution. Bold statements, big plans and endless possibilities are the markers of optimistic lists that often fail to make it past the planning stage.

But what if lists were less about dramatic changes and more about self-appreciation and what you can do to make the world a better place?



Instead of making your resolutions about comparing yourself to others, or idyllic situations that are less than achievable, really take some time to focus on *why* you want those things for yourself.

Is one of your goals to lose weight? You may want to start by asking yourself *why*? Is it because you are unhappy with yourself? Or because you are comparing yourself to others? Before you begin your journey it might be worth focusing on the root of why you feel that way. By transforming your goal into one that is focussed on self-appreciation and reinstating a sense of self worth, you are addressing a larger issue that will benefit you in the long run.

**Here are 5 ideas to get you going for the new year.**

1. Practice gratitude.
2. Be more accepting. Let go and don't hold onto negativity.
3. Rename your dreams as "plans".
4. Embrace change. Know that there are some things you just can't control and make peace with this.
5. Trust your instinct – Learn to listen to your gut.

- [www.mindfood.com/article/new-year-resolutions-that-everyone-should-make](http://www.mindfood.com/article/new-year-resolutions-that-everyone-should-make)

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

Office: 02 6568 9029

*Baptisms, weddings  
and funerals.*

4/11

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

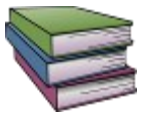
**Cuppa and Chat**  
3rd Saturday of the month  
Everyone welcome. 10am - Free

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

**Bowra St Jimmy's Food Hub**  
Friday 9-11am

Must hold a current Centrelink card.

**ST. JAMES CHURCH HALL**



## Wimmera

By Mark Brandi

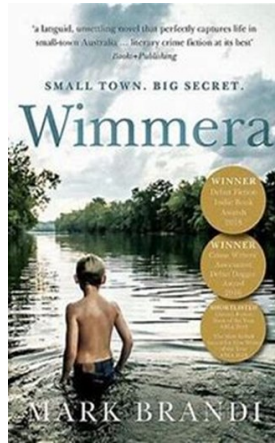
In the long, hot summer of 1989, Ben and Fab are best friends.

Growing up in a small country town, they spend their days playing cricket, yabbing in local dams, wanting a pair of Nike Air Maxes and not talking about how Fab's dad hits him or how the sudden death of Ben's next-door neighbour unsettled him. Almost teenagers, they already know some things are better left unsaid.

Then a newcomer arrived in the Wimmera. Fab reckoned he was a secret agent and he and Ben staked him out. Up close, the man's shoulders were wide and the veins in his arms stuck out, blue and green. His hands were enormous, red and knotty. He looked strong. Maybe even stronger than Fab's dad. Neither realised the shadow this man would cast over both their lives.

Twenty years later, Fab is still stuck in town, going nowhere but hoping for somewhere better. Then a body is found in the river, and Fab can't ignore the past any more.

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



## The Terminal List #1

By Jack Carr

A Navy SEAL has nothing left to live for and everything to kill for after he discovers that the American government is behind the deaths of his team in this ripped-from-the-headlines political thriller.

On his last combat deployment, Lieutenant Commander James Reece's entire team was killed in a catastrophic ambush that also claimed the lives of the aircrew sent in to rescue them. But when those dearest to him are murdered on the day of his homecoming, Reece discovers that this was not an act of war by a foreign enemy but a conspiracy that runs to the highest levels of government.

Now, with no family and free from the military's command structure, Reece applies the lessons that he's learned in over a decade of constant warfare toward avenging the deaths of his family and teammates. With breathless pacing and relentless suspense, Reece ruthlessly targets his enemies in the upper echelons of power without regard for the laws of combat or the rule of law.

An intoxicating thriller that cautions against the seduction of absolute power and those who would do anything to achieve it, *The Terminal List* is perfect for fans of Vince Flynn, Brad Thor, Stephen Hunter, and Nelson DeMille.

- [www.goodreads.com](http://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.

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2/11



## How to keep your house plants alive

*by Jackie French*

Confession time. Do you believe you are a brown-thumbed gardener, liable to kill your houseplants within a year? Welcome to the club, a club that houses 99.99 per cent of humans.

Plants do not naturally grow indoors, apart from some mushrooms and the mould on your stale sandwiches. This means almost every house plant you buy has been chosen or bred to sell to people who have no idea how to keep a plant happy.

### Cacti and other succulents

Cacti like it dry. Just make sure they are well drained and not sitting in a saucer of water. Water when you remember, and when the soil is dry. If you water weekly and feed weakly, about a quarter of what it says on the packet, and only when growing strongly, they may slowly grow massive, and even bloom. Or not. Many pot plants quite happily exist neither growing nor dying.

### Ferns

Most ferns are killed by too much care. Don't feed your ferns — you will kill off the invisible new shoots, and they will die as the old fronds die off and nothing will replace them. Just water. If they are wilting, water now.

### Pot plant with leaves

Your average leafy pot plant will tell you what it needs. Leaves growing towards the window? It needs more light. Growing straggly? It needs light. Lots of little pests? Wipe with a sponge and give it a short holiday over a few rainy days outside in dappled shade — not too much sun.

Your pot plant will tell you when it's hungry. If the older leaves are yellowing, it

*Continued on Page 24*

# MACKSVILLE MUSIC MUSTER 2025 17th - 24th February

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# SUPPORT GROUP

Dream Hope Laugh

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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 ~

### Keep your houseplants alive

*Continued from page 22*

needs tucker. As most pot plants are in small pots, or pots pretty much filled by root, a foliar feed is best. Choose an organic one that you spray on the leaves and follow the directions on the packet. But be cautious: feed at quarter strength just in case the leaves brown off.

Don't feed cactus, succulents or anything with hairy/furry leaves like African violets.

### Don't repot

Well, you can if you like, but most houseplants naturally grow in crevices or crowded forests and don't mind tangled roots. Some, like African violets, will get sulky and fail to bloom unless pot bound.

### Forget about bonsai

If you want to grow bonsai, first learn about how and where to grow them. If your first bonsai survives 12 months and still looks healthy, extend the range, but first prove you are worthy.

### Pruning

Pot plants often get larger and longer leaves than they would outside to try to maximise their exposure to sunlight.

Don't prune back your pot plants unless they are crowding you out of house and home; or give them a trim, then move them to the right spot.

### The "right spot"

This is the true secret to happy pot plants. If plants are in the right spot they will thrive — or at least survive — with little to no care beyond some watering.

You do need to know a bit about your pot plant to find that right spot. Be prepared to move your plant around a bit the first year, to see where it is happiest.

Many seasonal plants are sold for the beauty of their blooms, but when the flowers die back, they need to be planted or at least potted outdoors.

## 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





# Anniversary of National Apology to the Stolen Generations

February 13 each year marks the anniversary of the National Apology to the Stolen Generations, who suffered trauma because of past government policies of forced child removal.

Many of these removals occurred as the result of laws and policies aimed at assimilating the Aboriginal and Torres Strait Islander population into the predominately white community.

Stolen Generations survivors are some of Australia's most vulnerable people and many have kept their stories and experiences secret for many years, even decades.

Through hearing the resilient stories of Stolen Generations survivors there is now a willingness for Australians to join in on the healing journey. To be part of solutions into the future. This is the spirit of the anniversary.

- [healingfoundation.org.au/apology-2](http://healingfoundation.org.au/apology-2)



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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**

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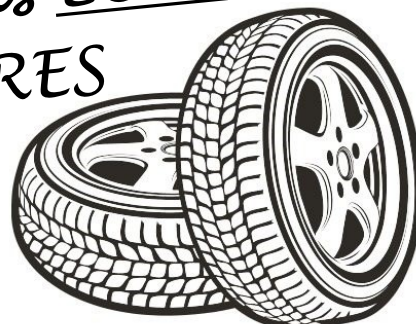
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Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	<b>Green Eggs On Toast</b> Lawrie Medbury	<b>The Bohemian Beat</b> With Riddhi	<b>Aussie Grown Across the Nation</b> Aussie Christian grassroots to charts.	<b>Tones of Clairssense</b> Claire Walt	<b>TGIF</b> Bettina Goodwin	<b>Rise N Shine</b> Ron Hawkins	<b>Tiki Lounge Remix</b> With Seth Jordan	6 AM
7 AM	<b>NIMA Chart Show</b> Matty J	<b>A Country Tea Time</b> With DJ Tina	<b>A Country Tea Time</b> With DJ Tina	<b>FlipSide</b> With Phill	<b>News, Tunes and Interviews</b> Great music to start your day	<b>Random ravings in a musical mix with:</b> Heavens Above: 6:30 Saltwater People: 7:30 It's Only Words: 8:30	<b>Creative world music, contemporary jazz, digital beats and other sonic excursions.</b> From 2BBB	7 AM
8 AM	<b>From Then To Now</b> With Paul Burns	<b>Smoko with Gazza</b> With Gary Biden	<b>Slipping and spinning it all!</b>	<b>All Aussie artists</b> All recent releases	<b>Talk Of The Town</b> Cen Wrobel	<b>Local News of the Area</b> Audio news, with Beverly & Linda	<b>Local News of the Area</b> Audio news, with Beverly & Linda	8 AM
9 AM	<b>Classic Hits &amp; Jukebox</b> Paul Rowe	<b>Bach to Beethoven</b> With Rachel Burns	<b>Easy Listening To Rock &amp; Pop</b>	<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>Dad &amp; Daughter</b> With Geoff & Amy	9 AM
10 AM	<b>Baby Boomers</b> Donna Collins	<b>Infopinion</b> Richard Laxton, Eddie Orrego	<b>Mystical Music &amp; Musings</b> With Luise	<b>Jake &amp; The Fatman</b> Join in and singalong	<b>Weekend Surge</b> With Chrissy	<b>Noisy Neighbours</b> Trenck de Groot	<b>Scooby's Smorgasbord</b> With Scoobs	10 AM
11 AM	<b>Flashback</b> With Rob Davidson	<b>Aussie Music Weekly</b> With Noddy	<b>Mick in the Middle</b> With Mick Entles	<b>Cyberbeat, Inside Motorsport &amp; The Assignment</b>	<b>Sublime music, surf and foxy reports, pumping you up for the weekend</b>	<b>Garage Noise</b> With Sean Ambrose	<b>The Folk Show</b> Best in Aus & Anglo-Celtic folk	11 AM
Noon	<b>Blues, Roots, n Boots</b> Presented by Jonny Dee	<b>Chimes</b> With Paul Gough	<b>Interviews with fascinating folks, beautiful music &amp; what's happening in our slice of paradise</b>	<b>Tewings Tunes</b> With Ralph	<b>MHS Radio</b> From Macksville High	<b>Soul Quench</b> With Lizzie	<b>Fine Music Live</b> Exclusive live performances	Noon
1 PM	<b>A Breath of Fresh Air</b> With Sandy Kaye	<b>Rock On</b> With Jimmy & the Bluebirds	<b>DJ Casey &amp; Irish Bee</b> DJ Casey's selected music	<b>Guaranteed ear candy</b>	<b>Turn Up The Volume</b> With Macca	<b>Music with a Message</b> Geoff Stone	<b>That's A Wrap</b> Donna, Nigel, Mitch, Gary & Les	1 PM
2 PM	<b>Bowra Beats</b> With Grace Walters	<b>Sister Act</b> Olivia & Sam	<b>The Sixties in Australia</b> Rob Davidson	<b>Thursdays Country</b> Trickwiv	<b>Three hours of soft rock &amp; listener requests.</b>	<b>Praise, Prayer &amp; Pop</b> With Michelle	<b>Local sports calls and in-depth sporting analysis</b>	2 PM
3 PM	<b>Hinterland</b> With Ben Walters	<b>Retro Birds</b> Robyn Wren & Sally Swan	<b>The Curious World of Lisa Z</b>	<b>Hit Singles From Your Past</b> With Macca	<b>Studio 3 from 6-8pm on the 3rd Friday of each</b>	<b>Wolffy</b> Wolffy's music & requests	<b>Imagine This</b> Radio drama & stories	3 PM
4 PM	<b>Reggae Mixtape</b> With Fitzroy	<b>Not out of the box</b> radio entertainment	<b>The Sit Down</b> With Clint Waaka	<b>Politics &amp; the Environment</b> Michael Jones	<b>Fish's Favourites</b> With Dave P	<b>Saturday Date</b> With Stu	<b>Prog Rock Playlist</b> Rhino	4 PM
5 PM	<b>Music Makers</b> With Yen	<b>Blues Soul Funk</b> Featuring Aussies on NBA	<b>Interviews, music, history, culture and good times!</b>	<b>Tim Unsupervised</b> Tim Hood	<b>Tunes / like to hear...</b>	<b>2NVR Music Mix</b>	<b>The best of Progressive Rock</b>	5 PM
6 PM	<b>Music Makers</b> With Yen	<b>Space Nuts</b> Lost in Science	<b>Ant's Rock</b> Anthony Garmsey	<b>Late night humour, music, interviews and more...</b>	<b>Saturday Night Gold On Friday</b>	<b>2NVR Music Mix</b>	<b>2NVR Overnight Music Mix</b>	6 PM
7 PM	<b>Reggae Mixtape</b> With Fitzroy	<b>Blues Soul Funk</b> Featuring Aussies on NBA	<b>Ant's Rock</b> Anthony Garmsey	<b>2NVR Music Mix</b>	<b>2NVR Music Mix</b>	<b>2NVR Music Mix</b>	<b>2NVR Overnight Music Mix</b>	7 PM
8 PM	<b>Music Makers</b> With Yen	<b>Space Nuts</b> Lost in Science	<b>Ant's Rock</b> Anthony Garmsey	<b>2NVR Music Mix</b>	<b>2NVR Music Mix</b>	<b>2NVR Music Mix</b>	<b>2NVR Overnight Music Mix</b>	8 PM
9 PM	<b>Music Makers</b> With Yen	<b>Space Nuts</b> Lost in Science	<b>Ant's Rock</b> Anthony Garmsey	<b>2NVR Music Mix</b>	<b>2NVR Music Mix</b>	<b>2NVR Music Mix</b>	<b>2NVR Overnight Music Mix</b>	9 PM
10 PM	<b>Music Makers</b> With Yen	<b>Space Nuts</b> Lost in Science	<b>Ant's Rock</b> Anthony Garmsey	<b>2NVR Music Mix</b>	<b>2NVR Music Mix</b>	<b>2NVR Music Mix</b>	<b>2NVR Overnight Music Mix</b>	10 PM
11 PM	<b>Music Makers</b> With Yen	<b>Space Nuts</b> Lost in Science	<b>Ant's Rock</b> Anthony Garmsey	<b>2NVR Music Mix</b>	<b>2NVR Music Mix</b>	<b>2NVR Music Mix</b>	<b>2NVR Overnight Music Mix</b>	11 PM
Midnight	<b>Music Makers</b> With Yen	<b>Space Nuts</b> Lost in Science	<b>Ant's Rock</b> Anthony Garmsey	<b>2NVR Music Mix</b>	<b>2NVR Music Mix</b>	<b>2NVR Music Mix</b>	<b>2NVR Overnight Music Mix</b>	Midnight