

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

JUNE 2026 ~ ISSUE #251~ FREE ~ CIRCULATION 350 ~ POSTCODE 2449

State MP Michael Kemp visits Bowra Tech Ctr

By Ned Cowie

Michael Kemp, State Member for Oxley visited the Bowraville Technology Centre on 29 May, 2026.

Elected in 2023, Mr Kemp has announced he will once more contest his seat for the National Party in 2027.

The Bowraville Technology Centre (BTC) was established in 2003 by several federal government initiatives after the sale of Telstra and is one of only a few remaining such centres left across NSW. On this occasion Mr Kemp was shown through the Technology Centre by Secretary and Treasurer of the BTC, Colin Kemp (no relation).



MP Michael Kemp and BTC Secretary Colin Kemp discuss 3D printing.

“Mr Kemp (MP) was interested to learn about our long-running free newsletter, the Bowraville Community News as well as to learn about the services we offer such as photocopies, internet connection, help with mobile phones, computers and the 3D printer, which we recently purchased,” Colin Kemp said.

“He also took the time to meet some of our volunteers,” he added.

MP Kemp has previously recognised the efforts of staff at the BTC when in 2024, he awarded long-standing BTC volunteer, Michael McGinley as well as the centre itself with Local Achievement Awards as part of the NSW Seniors Festival.

Mr Kemp (MP) expressed his desire to continue to support the BTC. He said he valued such services as those offered by the centre especially in remote and rural areas where locals may be affected by poor coverage and a lack of access to essential services.

See Michael Kemp's column on page 12

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

Bowraville Technology Centre

Open 9.30am to 4.00pm Weekdays

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

Computer Usage

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

Printing and copying

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

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Open 9.30 to 4pm Weekdays

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- Volunteers Welcome*

BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 300 COPIES

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

2025 ADVERTISING CHARGES:

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 AUGUST 2026

ISSUE IS: 4:00PM

TUESDAY, 21st JULY 2026

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

BOWRAVILLE TECHNOLOGY CENTRE
39 High Street, Bowraville NSW 2449
Telephone: 6564 7420
e-mail: admin@bctc.com.au

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

Changes to car parking in High Street

How often have you driven into town to see car spaces full (just about) and nobody on the streets? Where is everyone? Even in school holidays!

Everyone asks - no one seems to know the answer.

In recent years the Nambucca Council has worked with the Chamber of Commerce and the community to alleviate this problem – angle parking has been introduced by the school, outside the pub and on George Street, also marked parking spaces and timed parking in central areas - and some fines have been issued so beware!

And we have gone from a single angled disabled space outside the old chocolate shop to another two on High Street, most conveniently one outside the Pharmacy and the other installed outside the IGA and the Bowraville Theatre.

This last space was recently installed after the Nambucca Valley Council conducted a community survey in November 2025 to establish a preferred position for it. It was decided to remove a small triangle of lomandra by the loading zone and create the space behind the loading zone. The Council acted efficiently to create this space and install the disabled parking signs; we are now just awaiting new line markings.

This space is promoted to “facilitate accessible parking and safe access to the Bowraville Theatre for patrons of all abilities” and has proven to be very useful to those needing simple access to the supermarket: Like Owen from out of town who is barely able to walk and has a disabled sticker - but who recently, was very unhappy because both the disabled parking and the loading zone were occupied by other cars - none of which had permits.

Maybe this has happened because these zones are new and people are unaware of the changes.

So please be aware of these new parking arrangements and consider the needs of others as well as seeking your own easy access.



Bowraville Services Australia Agency

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

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

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

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

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



Australian Government
Services Australia

Have you checked out the
Bowraville Community Website?

www.bowraville.nsw.au

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

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

Bowraville Chamber of Commerce

Next meeting will be **5pm, Tuesday, 7th July** at the Bowra Hotel.
More information on page 29

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The Lions Plaza Community Market

Sunday - July 5th from 8:00 am - 1:00 pm

Lions volunteers, stallholders, MMM Aunty's Coffee and
the Lions BBQ Van are ready to welcome you.

More information on page 19

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Radio Nambucca 2NVR - Studio 3 Live

17th July 2026.

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

More information on page 25

The Bowraville Community News is looking for a new editor.

The position is a voluntary one, taking up about two days a week and involves the sourcing of articles suitable for our Bowraville readership. Some material is provided by volunteers who write local stories of interest for the BCNews while other articles relevant to our readership are sourced from the internet. The editor then positions those articles in the BCNews template along with advertising content.

Though not difficult work it does requires dedication and dependability as the BCNews comes out each month (except January) and stories and adverts are often date sensitive. Once printed by volunteers at the Tech Centre, it is then distributed in the town by other volunteers.

This is a creative position and within reason you will have a free hand with content.

Later this year the program which has been used to produce the BCNews for the last 23 years is being discontinued and our current editor, who has been doing the BCNews for 13 years, has decided that will be the perfect time for someone new to take over.

The new editor may already be familiar with the program to be used (we are experimenting with Adobe Express) or they will be open to accepting the challenge of learning a new program, beginning a new project and joining a friendly team of volunteers at the Bowraville Technology Centre.

So, if you are looking for something interesting to do on a couple of days a week and are willing to learn new skills the BCNews might be just the thing for you. If you think it might be, call Karin on 6564-7420 on a Wednesday or Friday for more information and to arrange an interview.

Our current editor will continue to produce the BCNews till the right person is found, so there is plenty of time to become familiar with the production.

Contact Karin on 6564-7420 (Wednesdays or Fridays).

TECHNO LESSONS OPEN TO EVERYONE

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

Absolute beginners are most welcome!



**Counter Assistance
is available
for small fixes**

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

*“Winter is
the season
when we try to
keep the house
as hot as it was
when we
complained
about the heat
last summer.”*

– Kin Hubbard

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

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

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

Call Karin on 6564 7420
for more information.

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

eftpos

bowraville.nsw.au and visitbowraville.com

Did you know that our town, Bowraville, has two websites?



The recently revamped **bowraville.nsw.au** which has been created and is maintained for the community by the Bowraville Technology Centre

and

visitbowraville.com which was developed some years ago with involvement from the Bowraville Chamber of Commerce for entry into a NSW Tourism competition.



Check them out!

The tourism site is now being updated with current information including places to stay, places to eat, events and things to do... and a map.

The Chamber would love your feedback and ideas as we move forward with this update. Please email bchamber769@gmail.com or drop a message into the Bowraville Technology Centre at 39 High Street for the Bowraville Chamber of Commerce.

BOWRAVILLE GIFT SHOP



LOCATED AT BOWRAVILLE POST OFFICE
27 HIGH STREET BOWRAVILLE

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

24/11

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

Pharmacists
BRIDGETTE BYRNES
KERRIE SAVINS



21/11

Apps to make everyday life easier

Owning a smartphone or tablet puts millions of apps right at your fingertips – but the challenge is knowing which ones are worth your time.

While your device comes with essential built-in apps like Contacts, Camera, Messages, and Phone, it's the apps you download that can really turn it into a powerful tool.

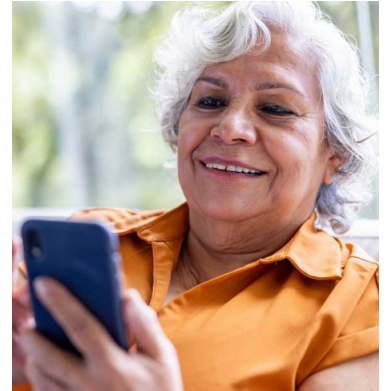
This guide selects a handful of useful apps designed to make life easier – from keeping track of your medication to helping you get around and even saving money.

How to download an app

Start by visiting your device's official app store; iPhones use the App Store while Android devices such as Samsung or Google Pixel phones use the Google Play Store.

Here's how to download an app:

- Open the App Store or Google Play Store app
- Type the app's name into the search bar
- Tap Get (for App Store) or Install (for Google Play Store)
- Once it's downloaded, look for the new app on your home screen.



Safety tips to keep in mind

- Only download apps from your device's official store. Avoid downloading apps from links in texts or emails.
- When you first open a new app, it might ask for access to things like your contacts, camera, photos, or location. Only give permission when it makes sense for the app to function, and only when you're using it. For example, a maps app may need access to your location, but a games app doesn't need access to your photos to work. You can always change these permissions later in your settings if you need to.
- Check the app's privacy information. It outlines what type of data it collects and if it's shared with third parties - you'll find this on the app store page.

Delete apps you're no longer using to free up storage space on your device.

Some useful Apps . . .

Medication reminders

If you've ever forgotten to take your medication or found yourself wondering, "Did I actually take it this morning?" - you're not alone. The good news is there are apps designed to remind you, track doses, and help you stay on top of your health.

MedAdvisor (Android and Apple)

MedAdvisor is a popular medication management app that does more than remind you to take your medicine. It connects you with a network of pharmacies across Australia, allowing you to order and pay for your medication directly from the app using your eScript or a photo of your paper prescription, with the option of having your medication delivered to your door. The app also offers a range of other features, including tracking your prescriptions and sending you refill alerts before you run out, and managing medications for family members. MedAdvisor is free to use.

Health App (Apple)

If you use an iPhone, the built-in Health app includes features that let you record your

Continued on Page 10

WHAT'S HAPPENING IN BOWRA

Blokes Brekkie

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

Cuppa and Chat

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

Bowra Country Markets

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

St Jimmy's Kitchen

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

St Jimmy's Food Hub

Friday 9-11am

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

Bowraville Folk Museum

High Street, Bowraville
Phone/Fax: 6564-8200

New Opening Times

Closed Monday and Tuesdays
OPEN

Wednesday to Sunday 10am -1pm

email: bowravillefolkmuseum@gmail.com

~ Groups by appointment ~

?10/11

BOWRA HOTEL

OPEN 10AM - MIDNIGHT

BISTRO

?4/11

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

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

33 HIGH STREET, BOWRAVILLE

Ph.6564 7041 bowrahotel@bigpond.com



Bowraville & District Ex-Services Club 6564-7304

What we have to offer . . .

TAB - KENO

RAFFLES - Wednesdays & Friday

MEMBERS' DRAW min \$1500

KITCHEN Wednesday to Saturday

 Lunch 12-2pm - Dinner 6-8pm

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

?4/11

FREE POOL Everyday

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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.

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

?11/11

medicines, set schedules, receive reminders, and add images of each medication for easy reference. Open the Health app and search (bottom right) for 'Medications' to get started.

Google Fit, the health suite app for Androids doesn't currently have a medication reminder but it does include other helpful features.

Simple voice or calendar reminders

If you prefer something quick and fuss free, you can ask **Google Assistant** or **Siri** to set daily reminders by voice - just say, "Remind me to take my tablets at 8am every day." You can also use repeat alerts in Google Calendar or Apple Calendar. These tools aren't just for medication—they can help you stay on top of all kinds of daily tasks.



Getting around

Getting around is easier with apps that help you plan your route or book a ride in just a few taps. These popular options can get you to where you need to go, whether you're navigating on foot or arranging transport.

Google Maps (Android and Apple)

Google Maps does more than get you from point A to B; it saves your parking location for those times when you need help remembering where you parked, it shows real time traffic conditions, and public transport options to your destination. The app comes pre-installed on most Android phones, but iPhone users can download it from the App Store.

Uber (Android and Apple)

The Uber app connects you with nearby drivers and is a handy alternative to taxis. You can create your own account to start using the app or ask a family member to add you to theirs as a Senior account. This gives you access to a simplified version of the Uber app to make it easier to book your own rides.

Save money on groceries and dining out

If you love a good bargain, you'll love these apps. Stretch your dollar further by dining out at a discount or picking up affordable groceries while also helping reduce food waste.

Too Good to Go (Android and Apple)

The Too Good to Go app connects you with cafes, bakeries and even grocery stores offering discounted "surprise bags" of leftover food that would otherwise go to waste. It's a great way to save money and reduce food waste.

Half Price (Android and Apple)

The Half Price app lists all the 50% off specials at Australian supermarkets, Woolworths and Coles, updated every Wednesday. You'll find everyday essentials like pantry staples, cleaning products, pet food, and more.

First Table (Android and Apple)

First Table gives you 50% off the food bill for groups of two to four people when you book the earliest seating for breakfast, lunch or dinner at participating restaurants across Australia. That way, restaurants fill seats during their quieter times, and you save on dining out.

- beconnected.esafety.gov.au/topic-library/articles-and-tips/apps-to-make-everyday-life-easier?

A humourous take on life - Allan Boyd

By Ned Cowie

Bowraville and its surrounds have long been a magnet for unique and eccentric residents. None more so than old-timer Allan Boyd who moved to the South Arm property he still occupies, in 1996. Out the front of his home, street ornaments proclaim his humorous take on life, announcing 'McHughes Creek, Population' then a series of strikeouts to finally list the population at 15. An old traffic light implies that the rules are a little different around here explaining that red means go and green means stop, but the eccentricity continues right up the driveway and to the shed out the back where several horse-drawn carriages reside.

Allan explains that although he still hasn't *actually* grown up, his childhood was spent in Catherine Hill Bay, a tiny NSW coastal town known for its well-preserved timber mining cottages dating back to the 1800s. Perhaps this heritage-listed town inspired Allan's love for all things antique and began him on the journey that led to him owning, at one time, twelve rare horse-drawn carriages and a stud for Clydesdale horses.

"It was a dream I had, as a boy, to own carriages and work with horses," he tells the BCNews.



After a stint of working in Sydney, which Allan refers to as 'purgatory', in the late 1980s, he took his wife Elaine and two boys to live in the NSW town of St Albans. Here the olden-day lifestyle he craved, became a reality. "We never used a car, just went (almost) everywhere with the horse and carriage," he explains.

Then in 1996, the family moved to South Arm in the Nambucca Valley and with Bowraville their nearest town, naturally Allan became heavily involved with the horse-oriented annual festival known as Back to Bowra. Every year he supplied the buggy and a driver (his son) for the festival queen while he rode a horse in the Light Horse Battalion during the street parade.

His horse stud specialised in Clydesdales, a heavy, calm, draught animal, well-suited to the work of pulling carriages and with his assortment of old-world buggies and carriages, he became a staple at Nambucca Valley ceremonies.

Over the years, Allan and his horses have driven the Governor of NSW, the Mayor of Hawkesbury, many newly-weds and an assortment of dignitaries. In 2000, he was in the opening parade of the Wilson Bridge in Macksville.

Allan was known not only for his horses and carriages, but also for restoration work that he did, by hand using traditional methods. A carriage wheel that he restored still graces the clock-tower in the main street of Bowraville.

With the passing of his beloved wife Elaine five years ago, life is a lot quieter for 87-year-old Allan. In 2019, the Kian Road fires raced through McHughes Creek and although several of his antique carriages survived, fittings essential to their use were not so lucky. He still has three horses, two of them with Clydesdale blood but he has no plans to breed more.

Allan was saddened to learn that last year's 50th anniversary Back to Bowra festival featured no horses, but he takes heart from festival organisers who have told him they are committed to bringing back the animals in some capacity for the next Back to Bowra event.

MEMBER FOR OXLEY
Michael Kemp

Michael Kemp's Oxley Outlook

"The NSW Government's 2026 Budget has now been handed down, and I am pleased to see several important commitments for the Oxley electorate.

There are a number of investments I have fought hard to secure for our region, including \$22.1 million to continue improvements to Waterfall Way, \$10.5 million for Summervilles Road and Gordonville Cutting, \$33 million for the Dorriggo Great Walk, and further health initiatives and social housing upgrades in Kempsey.

I am also pleased to see the Government continuing its commitment to 100 public preschools, including a new preschool at Bowraville Central School. In addition, \$467,000 has been allocated to develop outdoor industry skills among Aboriginal communities in Bowraville and surrounding areas, creating new pathways for training and employment.

These are welcome investments, and I will always work constructively with any government when it delivers for Oxley.

However, there is still much more to do to ensure regional communities receive the support they deserve, particularly when it comes to the cost of living. Families are facing rising grocery prices, higher energy bills and increasing taxes, while many of the major relief measures announced in this Budget will do little to address the unique challenges faced by country communities.

As your local Member, my focus remains unchanged. I will continue fighting to ensure Oxley gets its fair share and to make sure regional communities like Bowraville are not left behind."



Electorate Office:
72 Elbow Street
West Kempsey NSW 2440

Postal Address:
PO Box 3120,
West Kempsey, NSW 2440

Telephone: (02) 6562 6190

1/11

BowraINDULGENCE

World Chocolate Day - July 7th -

World Chocolate Day marks the supposed anniversary of the day this iconic treat made its entrance into Europe in 1550.

"I need chocolate!" Many of us have said that after a hard day, after a relationship break up, or when our computer doesn't compute the way we'd like. At some deep level, we all share the belief that chocolate will ease the stresses of life and research suggests that we might be right.

A study published in the *Journal of Proteome Research* asked people who were identified as suffering from chronic stress to have 20g of dark chocolate at morning and afternoon tea for two weeks. Blood tests showed levels of the stress hormones cortisol, adrenalin and noradrenalin all dropped significantly in response to the chocolate 'treatment'.

Eighteenth-century physicians believed that chocolate strengthened the heart and in the 1990s, it was found that the flavonoids from cocoa can protect the cardiovascular system and much research has followed.

Sugar and fat from chocolate products are unfortunately counter-productive to heart health. So, to do anything for your heart, eat high-cocoa-content dark chocolates (70-80 per cent) and eat it in moderation.

Chocolate contains many substances that act as mental stimulants, such as theobromine, phenethylamine and caffeine. Although a 50g chocolate bar only has about 20 per cent of the caffeine of a cup of filter coffee, chocolate does seem to stimulate mental performance, but it might just be the sugar that's doing the work!

To get the greatest health benefit from your chocolate, choose a dark chocolate high in cocoa to maximise your flavonoid content.

- www.wellbeing.com.au

More about chocolate on page 25

Bowraville Masterplan to be discussed by Council

Nambucca Valley Council will meet to discuss the implementation of Bowraville's Masterplan.

The report to be presented discusses commencement of the first stage which suggested shade options and greenery which are contingent on the widening of the High Street median strip and changes to the High and Belmore Streets intersection. This work along with the minimal budget allocation in the 2025/26 budget has limited the ability to implement these options.

The draft 2026/27 budget has a \$200,000 allocation for the Bowraville masterplan. If adopted, it is intended to use these funds and a carryover of the \$25,000 from the 2025/26 budget to commence works.

It is intended to utilise the \$225,000 budget to undertake the following works:

- Widen the median strip with a kerb boarder and pram ramp installation
- Provision of deep soil zones for deep rooted street trees
- Planting of trees
- Installation of bollards to restrict vehicle access
- Install conduits for future underground electricity relocation
- Installation of seating

It is not intended to commence installation of the planned water feature at this stage due to costs. The main focus is establishing deep soil zones for the establishment of shade trees.



This area of the masterplan has been chosen to commence first for the following reasons:

- Most cost-effective option to establish shade trees
- It will provide the greatest visual enhancement to entrance of the main street when coming from the south
- It is an increased opportunity to maximise activation of the main street.

Staff will begin engineering designs for the proposed works and intend to implement the works if funding is allocated in the 2026/27 budget as recommended.

Bowra Laundromat

Corner of High & Belmore Streets

Token Operated Washing Machines & Driers.

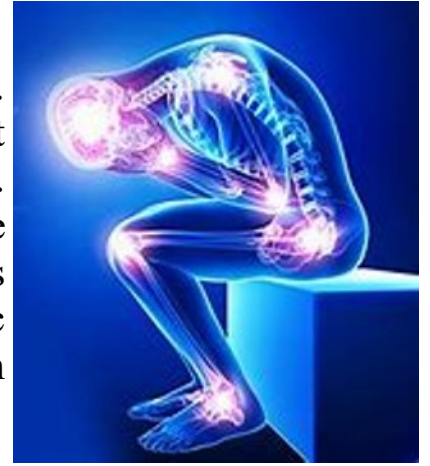
Tokens available at the Pub and IGA

Commercial Washers and Dryers

Enquiries: ph 6564 7401

Understanding Chronic Pain

Most of us think of pain as a result of an injury or disease. We expect it will go away once we have medical treatment or the injury heals. For many people, this is the case. However for others, the pain doesn't go away. In some cases, you can have pain even without an injury or obvious body damage. This ongoing type of pain is called chronic pain. It is estimated that one in three Australians live with chronic pain.



Acute or chronic pain - what's the difference?

Acute pain is usually short-term. It tends to be more associated with damage to the body, and will usually go away after healing. Acute pain is a very important alarm system – it alerts us that some action is needed.

Chronic pain lasts longer, beyond the time you would expect an injury to heal. Chronic pain often does not indicate ongoing damage in our body – it's like the alarm has been left on and someone's turned the volume up. The pain is less to do with an injury to body tissue and more to do with what's happening in our nervous system. Our nervous system can become sensitised and overactive, so that we continue to feel pain, even without any ongoing tissue damage.

Everyone's experience of pain is different. Two people with the same injury, such as a sprained ankle, can have a very different pain experience.

This is because pain is complex – how we perceive pain involves an interaction between our mind and our body. This interaction involves the nervous system and other factors, such as genetics, culture, thoughts, previous pain experiences, stress and what was happening in our lives when the pain started.

Because chronic pain is complex, there is no 'one size fits all' way of treating it. To be successful pain managers, we may have to use a combination of things such as medications, exercise, diet, relaxation, thinking strategies and more. Over time, you can turn down the volume of your pain.

More information to help you understand pain is available on the National Pain Week website.

Remember:

Chronic pain can be overwhelming and affect all aspects of your life. However, with time, perseverance and support from others, you can turn down the volume of your pain and get back to a full and enjoyable life.

- www.nationalpainweek.org.au

BOWRAVILLE PHARMACY

31 HIGH STREET, BOWRAVILLE

PHONE: 6564 7925 or FAX: 6564 7364

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

25/11



Treatments for pain management



FISIOCREM Solugel – Muscle Pain Relief Gel with Naturally Derived Active Ingredients. Soothes sprains, strains and sore muscles.

Live Well
NECK COLLAR
Hot and Cold Bags
Specifically designed to assist those with neck pain or requiring heat therapy for the neck area.



Incrediwear ACTIVE PAIN RELIEF KNEE SLEEVE by Incrediwear accelerates recovery and relieves pain for those suffering from acute or chronic joint injuries and conditions.



NERVODERM Medicated Patches
For the relief of medically diagnosed Post-Shingles Nerve Pain. Shooting, Stabbing, Burning.

VOLTAREN PAIN RELIEF GEL
Temporary relief of local pain and inflammation. Targeted application.



ZOSTRIX
Topical Analgesic Cream for Pain Relief - Arthritis Control

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'S FEATURING in JULY at the

BOWRAVILLE THEATRE

www.bowravilletheatre.com.au

The Magic Faraway Tree - Movie

Rating G Fantasy/Adventure 1h 50m

Sunday, 12th July 2026

Doors open 1:30pm | Movie starts 2pm

Very mild slapstick violence and some scenes may scare very young children. A modern family relocates to the countryside where the children discover a magical tree with eccentric residents.

\$15 Adults | \$12 members and concession | \$10 Kids

Tickets online @ TryBooking + Bkg fee or at the door if available

Cafe | EFTPOS available | Wheelchair Access



Father Mother Sister Brother - Movie

Rating M Comedy/Drama 1h 51m

Sunday, 26th July 2026

Doors open 1:30pm | Movie starts 2pm

The three stories all concern the relationships between adult children, their somewhat distant parent (or parents), and each other. The film is a series of character studies, quiet, observational and non-judgmental – a comedy but interwoven with threads of melancholy.

\$15 Adults | \$12 members and concession

Tickets online @ TryBooking + Bkg fee or at the door if available

Cafe | EFTPOS available | Wheelchair Access

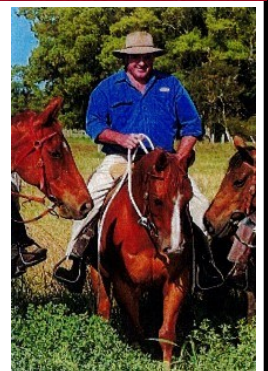


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78/11



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www.ruralsales.com.au



NAMBUCCA PLAZA COMMUNITY MARKET

Featuring . . .

The Nambucca Men's Shed

"I first entered the Men's Shed as punishment for being too old to work and having to waste my day sitting around with nothing constructive to do. Right from the start the people at the Men's Shed helped to make my days tolerable.

Stuart was in charge and Pip looked after the details and once the Government stopped forcing me to go, I decided to join on my own terms. The fresh scones helped with this decision!

We had few machines, but a wood lath was what called to me most. I cut my teeth on making a few pens then moving onto bowls and candle holders, each time working on improving techniques and gaining experience. One day, I may even be good at it!



Now-a-days, I'm the treasurer which mostly means I fetch things from the shops. Moving forwards at the Men's Shed we are currently building a metal work shed to provide a space for welding things without risking setting fire to all the sawdust. Once we work out where the machines will live, the new space will enable us to add new items to the list of things we can build.

We attend the Lions Plaza Community Market on the first Sunday of each month at Nambucca Plaza between 8.00am - 1.00pm so the market is a good place to view the items we make."

The Men's Shed at Nambucca Heads is open Tuesday, Wednesday and Thursday from 7.00am to 2.00pm.

Graham Barnett.

mens.shed@lifetimeconnect.org.au



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

Enquires:

Email: nambuccaheads@lions201n1.au

Phone: Lion Terri 0459515239



Tips for staying warm this winter

There's more to reducing your heating costs than just buying an efficient heater and using it judiciously. A high electricity bill can be a sign that you need to make some changes to how you heat your home.

If you need to run an electric heater all day, every day to stay warm, it's a sign that your home is really not thermally efficient.

Try these tips to save money on your heating costs this winter.

Ensure your home is properly insulated

While putting on an extra jumper is an easy way to warm up, having a well-insulated home will make the biggest difference to keeping your house warm.

You can lose as much as 35% of your home's warmth if it's not insulated, which means that you can rack up the biggest electricity bill ever but still be chilly throughout the winter. Insulation will also keep your home cooler in summer, so it's worth the investment.

Of course, if you're renting or can't afford insulation then you'll need to look at other options to keep warm.

Things like sealing draughts, covering floors with rugs and using curtains can all help to keep the heat in and the cold out.

Heat the human before the home

'Wearable heating' is a rapidly expanding trend, with many affordable personal heating products – such as heated throws and blankets, electric blankets, water bottles and even handwarmers – available for people who are feeling the chill but are wary of the big energy bills that come from running an electric heater 24/7.

As with any powered product, ensure you follow safety instructions and never leave them unattended.

Use your ceiling fan on reverse

You can use a ceiling fan to assist your heating. Modern ceiling fans have a reverse switch, which will make the blades turn clockwise. Since hot air rises, this will push the warm air back down towards the floor.

It's also important to make sure the warmth from your heater can circulate around the room. As tempting as it might be, that means not sitting on top of the heater (or directly in front of it). And if you're drying laundry inside, move it back from the flow of hot air so the heater can warm the room more effectively.

Be smart with your air conditioner settings

If you have air conditioning installed and you're using it to heat your



Continued on Page 19

home, you're already one step ahead. Be wary of cranking it right up, though, or you could still find yourself landed with a large electricity bill.

Setting your air con to the optimal temperature will ensure you're getting the most bang for your buck.

Avoid the temptation to heat a room any more than you need to, so don't crank it up to 30 degrees. The comfortable sweet spot is about 18-20°C. Every extra degree increases your heating energy use by up to 10 per cent."

And don't forget to only heat the rooms you're actually using and shut the doors to others. Also ensure your air conditioner is clean and well-maintained, to ensure it's operating as efficiently as possible.



Take advantage of the sales

If you haven't already bought a heater, you could try to hold out until the end of financial year sales (or pick up a more efficient model to replace your existing heater).

If you're thinking of going for air conditioning, don't wait until it's freezing cold or steaming hot to get an air conditioner installed – shop in the off-season.

If you're looking to install an air conditioner for your winter heating, it's a good idea to organise installation ahead of the peak cold season; if you wait until the cold snap really hits, you might have to wait longer.

- [/www.choice.com.au/home-and-living/heating/home-heating/articles/](https://www.choice.com.au/home-and-living/heating/home-heating/articles/)

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26/11

Bare Root Fruit Trees

Winter is a top time in the garden, especially if you are planning on planting some fruit trees to feed you for years to come. Edible trees are a must have in every productive patch, and it's the time to get down and dirty with deciduous fruit trees.

First, have a look at your patch - at how much space you have for a fruit tree, bearing in mind that many varieties require a friend or two to pollinate (don't we all?) which will require more room. The bulk of fruit trees require full sun for optimum performance, and many can get to a fair height, so remember to look up as well as down. Are you wanting to espalier the tree (that is, train it to grow "flat" along a wall or fence), grow it in a pot, or use it as a feature?

Remember that while deciduous trees are leafless over winter, this will alter come spring, meaning sun underneath may disappear in the warmer months.

Oh, and it is essential to match your fruit tree selections with your climate – there are some plants that just aren't supposed to be grown in some spots!

Don't purchase a plant until you are ready to put it into the ground (or a bigger pot with good organic potting mix). Make sure you buy current season stock... that is, one where the roots look healthy, and the plant isn't pot bound. Pick a vigorous plant with a nice shape, no visible damage to branches and trunk, and appears free of blemishes.

Remember, many fruit trees need pollinators (friends that help them fruit) so ask your nursery person for suitable varieties for the trees you have chosen. Nowadays, there are many varieties of trees available that are self-pollinating (no, it won't make them go blind) and a huge selection of multi-grafted fruit trees. Multi-grafted trees are those that have two or three (and occasionally more) different varieties of the same fruit on one tree and can seriously save you space in the garden.

Fruit trees require pruning to maintain the health and vigour of the tree, and to encourage fruit production,

Continued on page 24



Radio Nambucca 2NVR 105.9 fm and streaming



Hi Folks,

We hope you are enjoying some sunshine after all the clouds.

For anyone who hasn't listened to us before, I invite you to listen in the car or at home on radio, or on the internet at 2nvr.org.au

As your community radio station, staffed by volunteers, we endeavour to bring shows that contribute to the wellbeing of our listeners.

The Community Noticeboard promotes local events for nonprofit organisations and is a great resource for meeting people around the valley, supporting good causes and enjoying your free time. It is played several times a day. Please contact us 3 weeks before the date of your event at admin@2nvr.org.au if you would like some free promotion.

Evenings are especially entertaining with Yen on Monday at 9pm, Ant on Wednesday at 8pm, Tim on Thursday at 8pm, Dave on Friday at 8pm, Wolfy on Saturday at 9pm and Rhino on Sunday at 9pm.

Of course, every 3rd Friday of the month we have live music that you can attend at 834 Rodeo Drive, Tewinga. This event starts at 6pm and runs to 8pm. It's hosted by Ceri Wrobel and on July 17th Billie Jo Porter will be our next Studio 3 Live Performer. If you cannot join us, you can still listen on the radio at 105.9fm or at 2nvr.org.au

Please see our Winter Program, on the back page of this newsletter for the varied shows we produce for you.

We have passed the day with the shortest daylight of the year so I hope we all enjoy a sunny winter.

Best wishes from the team at 2nvr, Luise.



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Strange Country

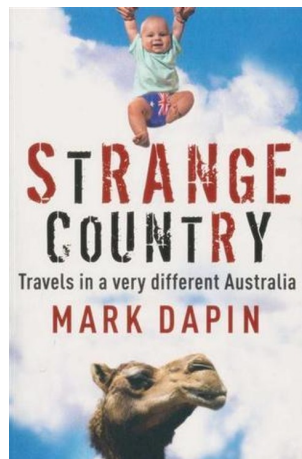
By Mark Dupin

"This book is about the people I met as I crisscrossed Australia by train and plane and L-plated the undefeated dreamers and wild-hearted romantics, the obsessed

hobbyists and beautiful failures. It is about heroes and legends, illusions, delusions and hope, and one or two men with shit for brains who ought to be locked up."

As anyone who's ever read Mark Dupin's column and features in Good Weekend knows, he's an immensely funny, acute and vivid observer of Australian life. In *Strange Country*, he takes us on a journey through a very different Australia – a country that's eccentric, puzzling, big-hearted, small-minded, nostalgic and sometimes just plain mad.

From the last travelling boxing tent to feral urban sewer rats to Vietnam Veteran bikies and the annual Parkes Elvis Festival, his writing illuminates the stranger side of Australian life in a travel book like no other.



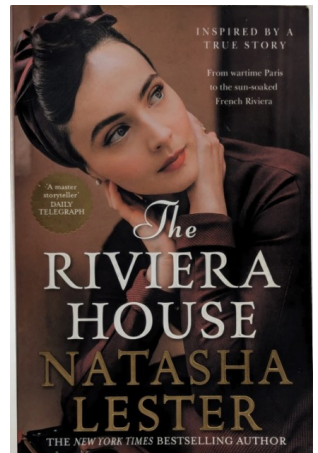
- [goodreads.com](https://www.goodreads.com/book/show/11511133-Strange-Country)

The Riviera House

By Natasha Lester

Paris, 1939: The Nazis think Éliane can't understand German. They think she's merely cataloguing art in the Louvre and unaware they're stealing national treasures for their private collections. They have no idea she's carefully decoding their notes and smuggling information to the Resistance. But Éliane is playing a dangerous game. Can she dare trust the man she once loved with her secrets? She has no way to know for certain . . . until a trip to a stunning home on the French Riviera brings a whole new level of peril.

Present Day: Wanting to forget the tragedy that has left her life in shambles, Remy Lang heads to a home she's mysteriously inherited on the Riviera. While working on her vintage fashion business, she discovers a catalogue of the artworks stolen during World War II and is shocked to see a painting that hung on her childhood bedroom wall. Who is her family, really? And does the Riviera house hold more secrets than Remy is ready to face?



- [goodreads.com](https://www.goodreads.com/book/show/38484818-The-Riviera-House)

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.

Soft plastics recycle bins return to Woolworths, Coles and Aldi

After a successful trial, soft plastic recycling bins are now placed in more than 700 Woolworths stores nationally – **including Macksville, Nambucca Heads, Coffs Harbour (Park Avenue store) and Toormina.**

Both Coles and Aldi are also rolling out soft plastics recycling bins.

An industry task force expects to clear the last of the plastic mountain by the end of next month with new manufacturers geared up to turn plastics into new products.



Soft Plastics Stewardship Australia chief executive Barry Cosier said the plastics would be recycled into everyday building products and food-grade packaging. This includes wall panelling, benches and new packaging for bread and confectionery.

Australian Council of Recycling chief executive Suzanne Toumbourou said the organisation felt proud of the initiative to reprocess soft plastics. "It takes grit and lot of technological prowess to be able to remake this material," Toumbourou said.

Soft plastics cannot be thrown into a regular home recycling bin.

The Recycle Mate website or app can help households work out what can be recycled and where to take it or see spsa.au/wp-content/uploads/2025/04/spsa-soft-plastics-factsheet.pdf

- www.nine.com.au

Turning empty blister packs into decking & fencing

Blister packs can't be recycled via standard kerbside systems, so millions end up in landfill every year. That's the gap Pharmacycle was created to fill.



Founded with a singular mission - to create a viable, national recovery pathway for pharmaceutical packaging – Pharmacycle is the specialist recycling program operating through Chemist Warehouse's nationwide network of pharmacies.

Collect your empty blister packs, drop them off at a Chemist Warehouse and you have begun to make meaningful change.

Drop off your empty blister packs at your nearest Chemist Warehouse. For more information, visit pharmacycle.com.au

- *House of Wellness magazine (June 2026)*



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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

BowraGARDENING

Bare Rooted Friut Trees

Continued from page 20

which is why we plant them in the first place! Regular pruning opens the canopy to allow greater air circulation and more light, meaning a healthier, problem free tree in the future. Another bonus of pruning means the size of the tree is restricted and the fruit is easier to pick each season.

Planting bare root fruit trees is all about tenderness and technique, so don't just throw it into a hole and walk away and don't leave the trees sitting in their pots for too long either – bare root fruit trees should only be purchased if you are planning on planting them almost immediately.

Once the plant has been pruned, remove it from its pot and soak the roots in a bucket of water for about two hours (add a small amount of seaweed fertiliser or compost tea to this if you feel so inclined). While the tree is soaking, it's time to dig a hole.

Once prepared, fill this hole with water, and allow to drain away naturally – this minimises transplant shock and will give your tree the best start in life.



While the water is draining away gently tease out the roots of the plant to minimise the risk of root girdling (the roots wrap around each other and the trunk of the tree effectively squeezing the life out of itself). Place the tree in the hole and back fill, lightly firm the soil, and water in. Add some mulch, taking care to keep the mulch well away from the stem of the plant. And that's it! You've planted a bare root fruit tree!

- www.sgaonline.org.au/bare-root-fruit-trees/

Scientists find dark chocolate ingredient slows aging

Scientists have uncovered a surprising link between dark chocolate and slower aging. A natural cocoa compound called theobromine was found in higher levels among people who appeared biologically younger than their real age.



A natural chemical in dark chocolate may play a role in slowing certain signs of biological aging. Researchers at King's College London have identified theobromine, a plant compound found in cocoa, as a possible contributor to this effect. The research team examined data from two European groups.

Professor Jordana Bell, senior author and Professor in Epigenomics at King's College London, said: "Our study finds links between a key component of dark chocolate and staying younger for longer. While we're not saying that people should eat more dark chocolate, this research can help us understand how everyday foods may hold clues to healthier, longer lives."

Many plant compounds in foods can influence how genes operate by turning them on or off. These compounds, known as alkaloids, can interact with cellular systems that regulate gene activity and contribute to long-term health.

Theobromine is one such alkaloid. Although it is widely known for being toxic to dogs, it has been connected to possible benefits in humans, including a reduced risk of heart disease. Despite this, it has received relatively limited scientific attention until now.

Although the findings are encouraging, researchers caution that increasing dark chocolate consumption is not automatically beneficial. Chocolate also contains sugar, fat and other ingredients, and more work is needed to fully understand how theobromine interacts with the body and how it may influence aging.

- sciencedaily.com

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Office: 02 6568 9029

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76/11

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3rd Thursday of Month at 5.30pm

St Jimmy's Food Hub
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