

B O W R A V I L L E

COMMUNITY NEWS



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



JUNE 2019 ~ ISSUE #174 ~ FREE ~ CIRCULATION 400 ~ POSTCODE 2449

TAFE **ART EXHIBITION** **BOWRAVILLE**

An exhibition of TAFE Student Art work from the last 12 months.

Date: Friday 7th June 2019

Time: 3pm to 5pm

Place: Pioneer Hall Bowraville

Free drinks and nibbles!

The artworks will also be on display the following morning at the markets...and on the Saturday evening at Acoustic Club.

BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 400 COPIES

Newsletter is also available online at:

www.bowraville.nsw.au/bowraville-newsletter

2019 ADVERTISING CHARGES:

Bowraville Community News is produced every month, except January.

Annual subscriptions includes 11 issues.

90 x 90mm (1/6 page)	\$10 issue/\$100 year
90 x 180mm (1/3 page)	\$18 issue/\$180 year
Half page (or 1 column)	\$25 issue/\$250 year
Full page (or back cover)	\$35 issue/\$350 year

DEADLINE FOR COPY FOR

THE JULY 2019

ISSUE IS: 4:00PM

TUESDAY, 18th JUNE 2019

All contributions and advertisements for the next issue of the Bowraville Community News are due:

by e-mail, fax or hand in at the front counter at:

BOWRAVILLE TECHNOLOGY CENTRE

39 High Street, Bowraville NSW 2449

Telephone: 6564 7420

Facsimile: 6564 7520

e-mail: admin@bctc.com.au

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

Bowraville Technology Centre

Open 9.30am to 4.00pm Weekdays

Internet Services

Is 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.

- ◆ Ten Minutes — \$1.00
- ◆ One Hour — \$5.00
- ◆ All day High Users Pass — \$15.00

Photocopying Services — We are now able to photocopy/print in A3 colour & print large banners.

Facility Hire

Main Computer Room — Up to 8 computers plus trainer's computer or access port for laptop or another PC. Data projector (if required) - connected to trainer's PC. Whiteboard (if required). High speed internet access -14mb ADSL. Full HD TV connected to network.

Per hour - \$20.00. Half day (4 hours) - \$60.00

Full day up to 8 hours - \$100.00

Tea/Coffee \$2.50 - per person/day or part thereof.

Small office or Computer Room — Includes high speed internet access and access to up to 2 computers.

Per hour - \$7.50. Half day (4 hours) - \$25.00.

Full day - up to 8 hours \$40.00.

Other costs — As per standard rates for printing - 30c per A4 page black and white, other options available.

“Like us on



search for CTCABowra”

Bowraville Technology Centre

39 High St, Bowraville Ph. 02 6564 7420

Open 9.30 to 4pm Weekdays

Email: admin@bctc.com.au

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

BowraMacksville Hospital Auxiliary

At our April meeting we planned a new fund raising activity by participating in the Craft Group's car boot sale. Thank you to all who helped in any way. We are also hoping Nambucca Valley clubs and businesses will help fundraise as does Bowraville Recreation Club with our planned August Annual Sports Day. Of general interest were the 2 days at the old Blackman's store when the community was invited to see tentative plans for the redevelopment of this site into a Health1 facility. The façade will remain and the eastern wall extended to the boundary. Hopefully this will all be completed by the end of 2020. The Public were asked for comments. As we have new coffee shop volunteers we will hold a meet and greet afternoon tea at the hospital chapel on Friday 31st May from 2pm. With attrition, health, family and travelling demands we are always looking for more volunteers - training is available. Contact Heather on 6564-7248. Our next meeting will be at the chapel on Friday 28th June commencing at 10am. If you are interested please come and meet a great group of volunteers. We are in the process of purchasing a \$32,000 defibrillator and raising funds for the purchase of birthing baths for the new hospital. We are also about to celebrate another milestone in the Macksville Hospital development. On Friday 7th June we will see the first sod turned as a

commencement of the new hospital building.

Bowraville Garden Club

June will see us visit member Elizabeth Irvine's garden and then on to two other local gardens with lunch in between - still undecided whether we take a picnic lunch or visit a local eatery. Two of our members accepted the invitation from Bellingen Garden Club to join them on a bus trip to Bonny Hills Nursery. A few members have also accepted the invitation to visit South West Rock's special day. We are also tentatively looking at trips to Port Macquarie and Armidale.

Bowraville Seniors

Thank you to all who supported the Biggest Morning Tea when we raised nearly \$300 for cancer research. Our raffle winners were Daphne Brown, Faye Stewart and a visitor to Bowraville. Last month saw us on our long planned trip to The Billabong Zoo. With beautiful autumn weather, flat walking, plenty of animals, birds and reptiles to view and great company the day was enjoyed by all and a special thanks to our driver Barney. Please note our next meeting on Monday 17th June will be held at the Folk Museum as the Coach House Inn will be closed. New members are very welcome to join us.

Bowraville Recreation Club

May saw the winding down of both Men's Golf and Bowls Pennants. Congratulations to

Continued on Page 5



FITTING TURNING MACHINING
0408 964 433
Steven Jeffries
Turning - Milling - Welding - Repairs - Parts Made
Worn Shafts Re-Built - Aluminium & Stainless Welding
2 Park Street Bowraville 2449
www.fittingturningmachining.com.au

Weekly Activities

MONDAY

COMMUNITY GARDENS 9am to 12noon. Growing food, sharing seeds, cuttings, experience, laughter and stories. Contact Gai Nowland (0438 716 026).

SENIOR CITIZENS 10.30am every third Monday at the Coachhouse Inn. Geoff Chittick on 6568 5033

FREE POOL All day at Bowra Ex-Services Club (6564 7304)

TUESDAY

LINE DANCING 6.30-7.30pm Pioneer Community Centre, 70 High Street, Bowraville. (6564 7791)

AL-ANON 10.30 am at rear and under Catholic Church, Mann Street, Nambucca Heads (6568 7449).

FREE POOL All day at Bowra Ex-Services Club (6564 7304)

WEDNESDAY

Boomerang Bags Sewing Bee, 10am-3pm, Pioneer Community Centre, 70 High St, Bowraville. (6564 708)

BOWLS, Ladies 10am at Bowraville Recreation Club (6564 7349)

AL-ANON 7.30pm at Salvation Army Hall in Macksville, use rear entrance. Michael Watson (0499 106 261)

MEMBER'S DRAW & MEAT RAFFLE 6.30pm pm

Bowraville Ex-Services Club (6564 7304)

FREE POOL All day at Bowra Ex-Services Club (6564 7304)

THURSDAY

GOLF Ladies 18 Hole, 9am Bowraville Recreation Club (6564 7349)

BINGO 11am Bowraville Ex-Services Club (6564 7304)

BOWLS 1pm Men's Social at Bowraville Recreation Club (6564 7349)

FREE POOL All day at Bowra Ex-Services Club (6564 7304)

FRIDAY

COMMUNITY GARDENS 9am to 12noon. Growing food, sharing seeds, cuttings, experience, laughter and stories. Contact Gai Nowland (0438 716 026).

POTTERY at Phoenix Pottery Studio, 9.30am-3pm. Contact Judi Belbin on (6568 9105).

MEMBER DRAW & MEAT RAFFLE 6.30pm at Bowraville Ex-Services Club (6564 7304)

FREE POOL All day at Bowraville Ex-Services Club (6564 7304)

SATURDAY

BOWRA COUNTRY MARKETS (2nd and 4th Saturdays) 8am – Noon. Pioneer Community Centre Bowraville. For bookings and enquiries call 6564 7908 or 0400 828 471.

GOLF Men's 9am at Bowraville Recreation Club (6564 7349)

BOWLS 1.30pm Mixed Social at Bowraville Recreation Club (6564 7349)

FREE POOL All day at Bowraville Ex-Services Club (6564 7304)

FREE POOL All day at Bowraville Ex-Services Club (6564 7304)

FREE POOL All day at Bowraville Ex-Services Club (6564 7304)

SUNDAY

FREE POOL All day at Bowraville Ex-Services Club (6564 7304).



ACTIVITIES ORGANISERS

Please note: It is your responsibility to keep Weekly Activities information current and to inform us of any change. Only activities with a contact number will be listed.

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.

If your computer requires servicing or has issues you need to make a booking and there will be a minimum fee of \$25.

Absolute beginners are most welcome!

TECHNO LESSONS

No official classes running at this time so contact the BTC to arrange a suitable time for assistance.

The lesson costs \$5 for the hour but students are very welcome to stay on and practice their new skills at our usual low rates.

For technical issues please contact BTC for an afternoon booking.

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



Special offer to community groups

Save on paper and ink!

Email your poster and we will place it on our big screen TV for only \$1.00.

Your poster will remain on the big screen until your event or promotion has finished.

WHAT'S HAPPENING IN BOWRA — WHAT'S HAPPENING IN BOWRA

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all who participated. Women golfers continue until October. With pennants completed bowlers commence their championships singles, doubles, triples and fours. Check the boards regularly. Presso Matt is hoping volunteers will have all weeds removed from the greens by then. Golf course is also getting accolades for the improvement of greens and the course generally. However the dam is a hazard for all and must soon overflow with all the golf balls nestling in it. On the 11th June Vets will be held at Bowra and the Women golfers will host visitors for our Annual Open Day on 21st June. This will be a Stableford event with great prizes and a delicious luncheon served by our members. For new residents wanting to try out our club there are spare sets of bowls and golf sticks, buggies to hire and there may be spare squash racquets. The squash courts are very under used. All forms of membership are due by 30th June. For information 6564-7349.

Bowraville Shopping Bus

If you are in Bowraville and you need to get to Coffs Harbour or somewhere outside of Bowra to do your shopping let us know. The Community Transport Company has buses available so you can get to the shops. Call Lulu Jarrett on 0498 714 334 for more information.

Bowraville Race Course Art Group

Join this friendly group at the Bowraville Race Course every Tuesday from 9am till 12 noon. Experienced artists and beginners are all welcome. Bring any art materials you have and be prepared to try something new or you can just do your own thing. Help given if needed. All at no cost. Contact Margaret 6564-7325, Penny 6569-8106 or Elwin 6568-4552.

Line Dancing

Beginners class on Tuesday evenings from 6.30 to 7.30pm at the Bowraville Community Centre in High Street. Cost \$7 per week (plus \$7 per year to join BCDAI for insurance cover).

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CRAIG BELLAMY@realty

YOUR NAMBUCCA VALLEY SPECIALIST

With 18yrs Real Estate success in the Nambucca Valley we have now set up our own agency.

We can offer competitive fees, creative marketing and the backing of one of the fastest growing agencies in Australia.

Craig is also the only local agent who lives in Bowraville and has extensive knowledge of the area.

7/11

CRAIG BELLAMY 0412 080 287

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www.atrealty.com.au

Coronation Kennels & Cattery

"Where your pets are cared for like Kings and Queens"

180 Coronation Road, Congarinni North
(just two kms from Macksville)

PHONE: 02 6568-2018

Email: marcia@coronationkennelsandcattery.com.au

Website: www.coronationkennelsandcattery.com.au

We provide the following services:

Day Care - Check in 8am check out 4-6pm \$10 p/d

Sleepover - Check in 4-6pm check out 8-10am
Cats - \$14 per day.

Long Term Budget -

1/2 price - BYO Food, Bedding and Kitty Litter.

Not available during school holidays



Short-term Accommodation

Small \$15 - Medium \$20 - Large \$22 - Cats \$14

8/11

BOWRAVILLE GIFT SHOP



LOCATED AT BOWRAVILLE POST OFFICE

27 HIGH STREET BOWRAVILLE

Monday to Friday: 9am - 5pm

PH: 02 6564-7169

1/11

The benefits of a Digital Detox

Here's a question: How many hours today have you been more than a metre away from your mobile phone?



For most people the answer will be a few hours or less. For others it may even be no time at all. In today's technology-driven world the smartphone has almost become an extension of the human hand. An accessory so essential that you feel naked without it. It's often the last thing we look at before going to sleep and the first thing we look at when we wake up.

Research from Deloitte's annual Mobile Consumer Survey report shows that 44 per cent of people in Australia think their phone use is a problem and are trying to reduce how much time they spend on it.

And when you're not looking at your phone there's a strong chance you're looking at a computer or watching TV – home entertainment streaming services like Netflix have such a large range that let's be honest one episode is rarely enough.

Then there's your work life. So many jobs today involve staring at a computer screen for large portions of the day. When you take a step back and look at your daily lifestyle it can feel like there's no escaping the screen. But the benefits of cutting back are well worth the effort.

You don't have to completely cut yourself off from the world like Tom Hanks in

Castaway however, doing a digital detox every now and then will have some great benefits on your wellbeing.

Here are five key ones:

1. A more content and calmer you

There have been thousands of social experiments where people have taken a break from technology and the participants are almost always surprised to find themselves less stressed because of it. When you're on your phone or absorbed in your emails you're not living in the present. It's only when you open your eyes to the here and now that you realise how easy it is to miss out on the good things around you.

2. You'll be more productive

Let's be honest – a lot of the time you're checking your social media channels and scrolling through your friend's travel pics rather than responding to messages or connecting with others. Taking a break from technology will show just how much time you waste on it!

3. Healthier relationships

If you're stuck in cyber world too long your social connections in real life can take a back seat. Take this – 43 per cent of people in Australia who are in a

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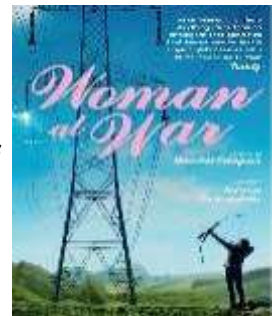


JUNE PROGRAM at the

BOWRAVILLE THEATRE

Sunday, 2nd June 2 at 2pm - WOMAN AT WAR

Halla, a woman in her 50s, has had enough of the big corporates ruining the beautiful landscape of Iceland's highlands. Living a double life as a warm and friendly choir director in town, Halla has a secret side hobby of taking down heavy industry power lines with her bow and arrow. Halla turns eco-friendly freedom fighter just as she receives the outcome of her application to adopt a child from Ukraine. A heartfelt, hilarious and strikingly unique musical tale.



Sunday, June 9 at 2pm - TOP END WEDDING

In between stunningly beautiful shots of the Northern Territory is a very tightly woven in storyline. Top End Wedding manages to lock down what it is that makes a rom-com work. A rather unoriginal idea albeit with an Australian take. Top End Wedding redeems itself with some clever comedy possibly only Australians will understand.



Sunday, June 16 at 2pm - C'EST LA VIE

This comically chaotic affair is skilfully scripted and directed. After organising hundreds of events over 30 years Max is close to throwing in the towel. The latest nightmare for the irritable planner is a magnificent wedding reception in a 17th century chateau where he thinks he has put together all the ingredients to make the party a success. However, as the celebrations get underway everything goes wrong. Can Max and his team pull things together to make the party memorable for all the right reasons? In French with English subtitles.



Café open 1/2 hour prior to doors opening.

Tickets: Adults \$14. Conc/Child (over 15) \$12. BAC Member/Child (under 15) \$10. Family \$35 (2 Adults, 2 Children under 14).



**Bowraville & District
Ex-Services Club
6564-7304**

What we have to offer . . .

TAB - Fox Sports

Keno - Gaming Machines

Pool Table - Daily Happy Hour

Bingo - Raffles

Members' Draws



**HAPPY HOUR - All Schooners \$4.50
from 5pm to 7pm daily**

FREE POOL Everyday

8/11

BOWRA HOTEL

OPEN 10AM - MIDNIGHT

BISTRO

WOOD-FIRED PIZZA Wed - Sun

LUNCH 11:30am-2:00pm Tues - Sun

DINNER 5.30pm - 8pm Tues - Sun

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 Fax. 6564 8471

8/11

WHAT'S HAPPENING IN BOWRA — WHAT'S HAPPENING IN BOWRA

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For information contact Rhonda on 6564-7791.

St Jimmy's Kitchen

On the second Thursday of the month from 5:30 to 7:00pm in the Anglican Church Hall in Young Street meals are available for a donation. Dietary needs taken into consideration. All welcome.

Macksville/Bowraville Uniting Church

A church service is held on the second Sunday of each month in our church at Bowraville at 10.30am. This is combined with the Uniting Church congregation from Macksville and is enjoyed by all. Rev. Jason Jon from Bellingen will conduct our next service on Sunday, 9th September and all

are very welcome.

Macksville/Bowraville Uniting Church

The Uniting Church has a monthly service shared by Macksville and Bowraville in the Bowraville. We usually have around 18-20 in attendance and local town folk are very welcome to come along and join in the service which starts at 10.30am and is conducted by Reverend Tom Fairhall from Bowraville and Reverend Ken Smith from South West Rocks on alternate months.

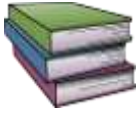
Macksville/Bowraville Uniting Church Op Shop

The Op Shop is functioning well and we thank those volunteers for their valuable help. As from this month we have had to

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MARKETS CALENDAR

DAY OF MONTH	MARKET LOCATION and TIMES	CONTACT DETAILS
THURSDAY Every Thursday	Coffs Coast Growers Market, City Square, Harbour Dr. from 8am to 2pm	6648 4087
FRIDAY 1 st , 3 rd & 5 th	BELLOPY ORGANIC FARMERS MARKET from 8am to 1.30pm The largest 100% organic market in NSW. Bellingen Showground	0415 525 903
SATURDAYS 1 st Sat (bi-monthly even months)	VALLA BEACH COMMUNITY MARKET from 8am to 1pm	6569 5410
1 st	Kempsey Riverside Markets, Riverside Park from 8am to 1pm	0456 658 979
1 st & 4 th	Marine Rescue Charity Market, Woolgoolga Beach from 8am	6654 0447
2 nd	South West Rocks Market, Horseshoe Bay Reserve from 8am to 12 noon	6562 6671
2 ND & 4 TH	BOWRAVILLE COUNTRY MARKET Bowraville Pioneer Centre from 9am to 1pm	6564 7908 0400 828 471
2 ND & 4 TH	BELLINGEN NATURAL PRODUCE MARKET from 8am to 1pm Bellingen Showground	6655 1279
3 rd	BELLINGEN COUNTRY MARKET , Bellingen Park from 8am to 3pm	6655 2151
4 TH	Gladstone Market - 8.30am to Noon	6567 4203
SUNDAYS		
Every Sunday	Uptown Markets, Castle Street, Coffs Harbour from 6am to 2pm	0434 482 926
Every Sunday	Harbourside Markets, Coffs Jetty Foreshore from 8am to 2pm	0407 661 990
1 st	Coffs Harbour Lions Boot Markets, Coffs Jetty Foreshore 7am to 1pm	0417 704 588
2 nd	Plaza Market, Nambucca Heads Plaza from 8am to 1pm	6568 9655
3 rd	Gladstone Community Market, Memorial Park from 9am to 1pm	0425 205 737
Last Sunday (bi-monthly even months)	FUNKYA @ UNKYA MARKETS from 8am to 1pm Unkya Reserve, Eungai	0425 205 737



BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

The Janus Conspiracy by Michael Davies

From the jacket . . . “A massive conspiracy has been brewing in the USA since the end of WWII when two young American servicemen came home from the ruins of Berlin with stolen Nazi treasure and embarked on the creation of the “New America”. Over fifty years they became the two richest men in the country and formed their secret committee consisting of some of the most powerful men in the nation, sufficiently well funded and connected to military, industrial, religious and political powers to establish control over the USA. A coup is planned after they have destabilized America by a series of murderous riots that kill tens of thousands. Only a small group of highly trained operatives knows of the conspiracy and is frantically working to destroy it as the day of the coup approaches.

But not everything is as it seems and neither the agents nor even the members of the Council for the New America know the real objectives of the Council’s founders. The dreams of those two old men are fore more complex, far more ambitious and far more lethal than any of

them could possibly have envisaged.” Michael Davies (lives in Mid-North Coast, NSW by the way) has written a rather gripping novel that just makes you think and ask yourself questions; specifically around how real this situation could be. Given that so many of us, for a good number of years, have been unimpressed with our governments, big businesses and corporations, issues of corruption and secrecy, the recent management of our banks and the disgraceful behavior by those in charge of them, the seemingly increasing gap between those who have and those who don’t etc, etc (I could really go on and on!) it is with no surprise that many readers will be thinking “this isn’t a conspiracy, it’s real”.

My partner read this book first and kept reading passages aloud to me. In the end I had to promise to read it so that we could discuss it afterwards not a couple of times a day for days on end!! I liked *The Janus Conspiracy*; the way it’s written, the theme, the characters and how much it made my mind tick over (not that I need more reasons but...).

If you enjoy a conspiracy that’s believable then *Michael Davies* novel may appeal.

- *This book read and reviewed by volunteer Raewyn.*

BowraVILLE Post OFFICE

27 High Street, Bowraville ♦ Telephone: 6564-7169

Monday to Friday 9am-5pm

BANKING FACILITIES: Agents for CBA, NAB, St. George, Westpac, BCU and various other Credit Unions (check with your Bank for charges).

PAY YOUR BILLS - Electricity, Phone, Gas, Traffic Fines and more.

DRY CLEANING AGENT – Drop off and Pick up.

Browse our extensive range of collectables and giftware, bric-a-brac and greeting cards.

Naturamedics Olive Leaf Extract

Now available from your local pharmacy

Overview

After reviewing all the available information on Olive Leaf Extract one comes away with the impression that the regular use of Olive Leaf Extract can be a simple but very effective dietary supplement that is used to strengthen the immune system in order to better combat the many ailments that come our way. The end result is better health, a feeling of well-being and more energy from using nature's natural antibiotic. Fortunately, the drug companies cannot genetically alter the oleuropein in order to patent it because of the way it works in the body, any attempt to change its physical structure neutralises the effect of the product.

Year round immune support

Olive Leaf Extract is an effective, all natural and non toxic scientific breakthrough which has proven to be efficacious using its powerful active ingredients which can actually eliminate the viruses, fungi, bacterial and other parasites that cause disease.

How does Olive Leaf Extract work?

Humans have an elaborate immune system. That system acts as a coat of armour to protect us from the billions of pathogenic (disease-causing) organisms in our environment and that enter the body through breathing, eating, drinking and cuts in the skin. When the immune system is functioning at the peak of efficiency these micro-organisms can be present in one's body but they have little effect. The ingredients in Olive Leaf Extract support

Olive Leaf Extract

The world's most exciting herbal supplement is now recognised as nature's own antibiotics!



and boost the immune system, interfering with the pathogens' amino acid properties. This prevents the pathogens from reproducing and creating more microbes within the body.

Increased Energy

Olive Leaf Extract produces substantial energy in most people who use it. It is not at all uncommon to hear people state that they have more energy than they have had for years!!

Feel Healthy Now! The full benefits of Olive Leaf Extract have not yet been realised. If you have symptoms of a disease or illness try Olive Leaf Extract, you may be pleasantly surprised.

**Colds & Flu, Aches & Pains,
Gout & Arthritis.**

**If you have any ailment you must try
Olive Leaf Extract!!!**

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



June specials at Bowraville Pharmacy

FEEL BETTER SOONER

Fight the 7 symptoms of Cold + Flu
including runny nose, sore
throat and fever.



Ethical Nutrients Immune Defence tablets
60 tablets \$29.95, 30 Tablets \$19.95

Features high strength andrographis which has been scientifically designed to fight 7 cold and flu symptoms.

- Once daily for immune support.
- Supports a healthy recovery so you feel better sooner.
- Helps decrease sleep disturbance.



Gold Cross Vitamin C tablets
100 tablets \$5.99, 300 Tablets \$12.99

Effective vitamin C supplement – helps reduce both the severity and duration of cold symptoms.

- Natural orange flavour
- Sugarless and Chewable
- No lactose, gluten, yeast, preservatives or artificial flavours.

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



Making reusable shopping bags from pre-loved fabrics



*by the community,
for the community.*

Boomerang Bags Sewing Bees 2nd & 4th Wednesdays from 9am to 4pm in the Pioneer Community Centre, 70 High Street.

Come for an hour...or 5! Sewing, pinning and ironing activities. Whatever help you can give is hugely appreciated. BYO lunch; tea / coffee provided. Social networking too.

Donations of fabrics also welcomed.

Enquiries: 6564 7908 marion.syratt@gmail.com

Facebook: Nambucca Valley Boomerang Bags

N/C

LIONS CLUB OF BOWRAVILLE INC.

SUPPORTING OUR COMMUNITY

PRESIDENT

Mark Scott
M: 0428527545

SECRETARY

Cherie O' Donohue

TREASURER

Greg Lamberth



8/11



Email:

bowraville@lionsdistrict201n1.org.au

PO Box 23 Bowraville NSW 2449

Some Facts about Chocolate

- 14 million people in the world depend on the chocolate industry in order to make a living - it's the main source of income for many people.
- Surveys suggest there are more than 2 million children working in West Africa's cocoa fields, some using hazardous chemicals or working with machetes - trafficking and slavery remain endemic.
- The Ivory Coast supplies 30% of the coco beans for the world chocolate market but the average daily earnings for a farmer is just 97c.
- 70% of all cocoa is grown in Africa.
- 40% of chocolate eaten in the world is consumed in Europe.
- 700,000 tonnes of chocolate is eaten in Britain in a year, that's 11kg per person!!
- Organisations are helping farmers to create co-operatives which enhances their lives in many ways. It allows farmers to stay safely employed and to make a profit, that profit enables them to send their children to school.
- The situation of cocoa farmers is precarious as cocoa farming is unsustainable in terms of the land and the environment.



See the *Water Footprint of Chocolate* on page 35



We're here to help

New Licensee of the BOWRAVILLE Post Office.

Servicing the local community with:

- Bill payment
- Bank@Post#
- Identification checks
- Travel essentials
- Prepaid mobile phones and recharge*
- Stamps and stationery – office and school
- Great gift ideas and much more

We also have PO Boxes available.*

Locations:
27 High Street
Bowraville NSW 2449

Come in and meet us. We are open:

Mon - Fri 9 AM - 5 PM
Sat Closed
Sun Closed



8/11

Bye Bye Bowra!

They came, they battled and almost conquered.

Following up on our news item from last month about two of our Bowraville residents who went to Serbia in May to battle in the International Medieval Martial Arts Tournament, “Battle of the Nations” which is held annually.

They arrived home tired, bruised and slightly battered.

Colin who has been playing with the Goannas Rugby team in Bowraville donned his armour to represent Team USA1 in knock out fights in teams of 5 vs 5, 12 vs 12, 30 vs 30 and this year for the first time a massive battle of 150 vs 150.

Team USA1 made it into the semi finals but unfortunately lost out to the Europeans with Team Russia1 taking out the winning position. Colin was pleased to receive a “Thors Hammer” pendant from members of the Danish Team given to select warriors for being one of the overall best fighters of the tournament.

For Siobhan it was her first international fight representing Australia, she also had knock out fights with several countries in the women’s 5 vs 5 and the women’s all vs all which was 2 teams of 21 in the largest women’s battle ever to be held.

Sadly Colin’s working Visa is up so he’s flying home at the end of May to Seattle USA. Hopefully he’ll be back in October with several of his team mates to compete in an exclusive “Thunderbolt” tournament which will be held in Armidale.

The World Championship Battle of the Nations 2019 was tough and incredibly intense with a record number of countries taking part in fights, in traditional and new nominations and most importantly meetings with old friends and new acquaintances.

Everybody was delighted – the participants and spectators who filled the stands and sincerely and passionately supported the fighters. They in turn encouraged by the audience, showed amazing results.

If you’d like to watch any of these battles you can go to “you tube battle of the Nations 2019”.



Using your Wood Heater Correctly and Responsibly

Wood smoke pollution

Smoke from wood heaters is a major cause of air pollution. In fact, during winter, wood heaters can produce up to seven times as much particle pollution as cars. Not only is a smoking fire wasting your money but the air pollution it causes also affects our health.



That's why we need to change the way we use our heaters.

Wood smoke contains many noxious gases (including carbon monoxide, oxides of nitrogen and a range of organic compounds some of which are toxic or carcinogenic) and fine particles which go deep into the lungs.

Community concern

Environmental Protection Authority (EPA) Community Research has consistently found air quality is the second most important environmental issue to NSW residents, following water issues.

Wood smoke pollution from neighbouring chimneys is the source of many complaints to local councils throughout NSW.

Check you're using your heater correctly.

Starting the fire

Always start the fire with small pieces of wood or kindling. When the fire is well established add large pieces of wood gradually.

Stack wood loosely in the firebox so plenty of air circulates around it - your fire will then burn hot and efficiently rather than smoulder which causes smoke and air pollution.

Maintaining the fire

Keep the flame lively and bright. Your fire should only smoke when you first light it and when you add extra fuel – and then only for a few minutes.

Open the air intake and flue for 5 minutes before and 20 minutes after every time you add fuel.

Keep enough air in the fire to maintain a flame. Don't let your heater smoulder overnight.

To reduce the build-up of soot and creosote burn the fire fast for 1-2 hours every day the fire is lit.

Check the chimney

Check your chimney regularly to see how well your fire is burning. If there is smoke coming from the chimney increase the air supply to your fire.

If the fire smokes for more than 10 minutes when you start it, or more than a minute when you add fuel, then there is a problem with the fuel, the operating method or both.

Clean the chimney, flue and baffles regularly

Check the flue, chimney and baffle regularly for a build-up of soot or

Continued on Page 18



Bowraville Lions Club Inc

News Bulletin

JUNE 2019



Club Activities in May

Macksville Show Gate - Friday May 3rd & Saturday May 4th

Once again our club was asked by the Nambucca River District Agricultural Association to help out at the gate during the Macksville Show. The rain held off until Saturday evening but did not dampen the spirits of our members and visitors to the Show.

Election BBQ - Saturday May 18th

Our members were up early to setup our BBQ at the voting booths at Bowraville. The egg and bacon sandwiches proved to be popular with the early voters.

South Arm Party - Saturday May 18th

On Saturday evening our club was asked to do the cooking at a birthday party at South Arm Hall. The guests were treated to a range of BBQ treats and salads. Everyone had a good time and were well fed.

Fundraiser for Kip - Sunday May 19th

The Lions Club of Bowraville were asked to help out the Bowra Hotel to sell raffle tickets on Sunday afternoon and evening. It was pleasing how the locals turned out and showed their generous support for Kip.

Officer Training - Sunday May 26th

Three member of our club attended the annual training day at Urunga to learn about the various roles and duties running a Lions Club. It was an informative day and should greatly assist the members in their duties and roles in our club.

MEETINGS

The Bowraville Lions Club invites you to come along to a dinner meeting to find out how you can help our community and make new friends. They are held on the 3rd Wednesday of the month - 6.00pm start for dinner at 6.30pm in the dining room of the Bowra Hotel.

*Contact the President Mark on 0428 527 545 or email:
bowraville@lionsdistrict201n1.org.au*

ANZ Scam

Watch out for a fake ANZ email that claims your account 'has been temporarily locked' and lures you to a phishing page. If you receive this email don't click on any links, just press delete.

Remote Area Scams

The ACSC regularly receives reports from members of the public who have fallen victim to remote access scams. Never let a stranger remotely access your devices.

NBN Scam

The NBN Co. never requests payment over the phone. If this happens to you it's a scam.

Tax Scam Season Up and Running

With tax time approaching watch out for ATO impersonation scams. Remember, if you receive threatening calls from someone claiming to be from the tax department hang up.

Investment scammers will con Australians



out of \$500 million this year and their busiest season is about to kick off.

Tax time gives scammers the perfect cover for targeting vulnerable Australians: the Australian Taxation Office is the most commonly impersonated government department and ATO scams typically surge in the second half of the year.

Tax debt and refund scams, which see victims either threatened with arrest for not paying taxes or offered rebates for paying too much tax, are the most popular and lucrative tax ripoffs according to ATO assistant commissioner Karen Foat.

- scamwatch.gov.au



Bowraville IGA Plus Liquor

76 High Street, Bowraville

Telephone: 6564-7307

Website: www.iga.com.au

Support your local supermarket

HOURS:

Monday to Friday 7am - 7.30pm

Saturday 8am - 7.30pm Sunday 8am - 6.00pm

**Weekly specials through the store.*

**Check website for catalogue specials*

Which countries smile the most?

The annual Gallup Global Emotions Report asked people about their negative and positive experiences - and the answers are fascinating.

Hey, how are you? This simple question we ask others on a daily basis yields a wide range of answers and emotions – from happy to sad – but when asked on a global scale, the answers are quite fascinating according to the Global Emotions Report.

In 2018, US-based analytics company Gallup asked 151,000 people in 143 countries a series of questions about how they'd felt the day before. Were they angry or sad? Did they smile or laugh? Did they learn something new?

More than seven in 10 people worldwide said they experienced a lot of enjoyment (71%), felt well-rested (72%), smiled or laughed a lot (74%) and felt treated with respect (87%).

Positive Paraguay

Gallup's measure of the world's positive experiences had been on the decline for a few years, but that trend reversed in 2018, with more people reporting good experiences the day before the survey than they did in 2017.

Paraguay, the little South American country with the chilled-out reputation, ranked highest worldwide for Positive Experiences and has held this position since 2015.

Nigeria, the most populous country in Africa is also the country that smiles the most globally. According to the report, Nigerians were most likely to have said they'd smiled or laughed a lot the day before, with more than nine in 10 giving a positive answer.

The US was the 39th most positive country, the UK was 46th and India ranked 93rd.

Top 5 countries with highest positive experiences - Paraguay, Panama, Guatemala, Mexico and El Salvador.

Top 5 countries with highest negative experiences - Chad, Niger, Sierra Leone, Iraq and Iran.

Top 5 countries who are most stressed out - Greece, Philippines, Tanzania, Albania & Iran.

While life in Australia and New Zealand is one of happiness and positivity, according to the study, neither country placed in the top or bottom five for any emotion and it's unclear exactly how many people were surveyed in each country.

According to the United Nations' *World Happiness Report*, Scandinavian countries top the list of the world's happiest people. While Finland, Denmark, Norway and Iceland reported the most happiness in the U.N.'s study, Gallup's survey found even higher levels of positive emotions in South America.

- www.mindfood.com

Coff's Harbour Uptown Markets

Castle Street, Coff's Harbour

OPEN EVERY SUNDAY - 7AM to 2PM



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Market in Coff's Harbour*



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Bric-a-Brac - Retro Computer Games - Leather Belts - Jeans & Shoes
Stamps and Coins - Seashells - Pet Supplies - Chess Sets
Antiques - Tools - Clothes - Plants - Vinyl Records.

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Enquiries phone Nicky on 6652-3813 or 0434-482-926



2/11

Frank Partridge VC Military Museum

*Named in honour of Frank Partridge -
the youngest and last Australian recipient of the
Victoria Cross in WW2.*

The museum houses a fantastic collection of military memorabilia and artefacts including uniforms, medals, weapons, vehicles and much more.

This museum is a 'must see'.

Open Monday - Friday 10am to 3pm
Saturday & Sunday 10am - 12 noon
or by appointment.

Admission by Gold Coin Donation.

29 High Street, Bowraville 6564-7056
enquiries@militarymuseum.org.au

1/11

Using your Wood Heater Correctly and Responsibly

Continued from page 14

creosote (a tar-like oily deposit). This build up indicates that the fire is not burning properly and can cause chimney fires.

Clean the chimney, flue and baffle at the end of every winter.

Don't let your fire smoulder overnight.

In winter the highest concentrations of fine particles in the air occur after midnight. This suggests that most of fine particle pollution is caused by wood heaters left to smoulder overnight.

One of the worse things you can do is to dampen down your fire overnight.

Leaving your heater overnight at the minimum air setting with a full firebox generates little heat and lots of smoke causing pollution outside and inside your home.

With the air intake closed the fire is starved of oxygen and cannot burn properly.

Unless your heater is specifically designed for continuous operation (burning bright overnight) let it go out overnight. Rely on your home's insulation to hold in enough heat for the night. Spend money on insulation rather than fuel – it is better for the environment and your health.

If you have a new certified heater designed to burn overnight, follow the manufacturer's instructions carefully. Don't cram the firebox full. When the last load is put in, run the heater at maximum for half an hour, then adjust it to the overnight setting.

Bowraville Folk Museum

High Street, Bowraville

Phone/Fax: 6564-8200

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

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

~ Groups by appointment ~

4/11

Bowraville Bus Timetable

Departs

Bowraville Post Office	7.13am
Bowraville IGA	8.13am & 9.13am

Returns

Macksville to Bowraville	2.35pm
	3.35pm
	4.35pm

Last bus 5.25pm

Red Ticket — \$2.50 per day

Eligibility: Pension Card

busways Telephone: 6568-3012



Bowraville Chamber of Commerce and Industry Inc

FOR YOUR CALENDAR - LINKS2SUCCESS EVENT - MACKSVILLE

Links2Success is an event sponsored by TAFE NSW and Nambucca Shire Council.

This event is designed to help small businesses, both established and new start-up, such as retail, manufacturing, agriculture and other services to network with organisations that are relevant to their business and industry.

It has been identified that small business owners in all industry sectors miss out on various compliances that should be met; licences and insurances that are not implemented as well as services and support networks that are not utilised as they are unaware they exist.

Links2Success aims to bring relevant and various organisations together in one place for our local business owners/managers to have easy access to all the important information a business needs.

The event will take place on **Tuesday 4 June from 11am to 2pm at the Macksville Senior Citizens Hall, Princess Street, Macksville.**

~ ~ ~ ~ ~

ATTENTION CHAMBER MEMBERS

A reminder to all existing members of Chamber that the end of the financial year is almost here. Your annual membership fee will become due as at 30 June. Still only \$40 per annum for full

membership and \$10 per annum for those who just need to be kept informed.

ATTENTION ALL BOWRAVILLE BUSINESS OWNERS/OPERATORS

There are numerous small businesses operating in the Bowraville area that are still not members of the Chamber. In order for the Bowraville Chamber of Commerce to be a stronger entity in our community, we need the support from as many commercial establishments and individuals as possible. It is time we worked as one team for the betterment of our town, to have a louder voice when it counts.

If you are considering membership, forms are available from 41 High Street or a request sent by email to chamber@bowraville.nsw.au. A \$40 per annum membership entitles you to put forward ideas and vote on important issues that affect our town, anything from parking to a weekend event. A \$10 annual membership will allow you to be involved and informed.

The President

2019 Committee Members	
President	Gay Larkin
Vice President	Max Duncan
Secretary	Karly Lane
Treasurer	Phillida Hartley
Tidy Town Officer	Robynne McGinley
Public Officer	Cherie O'Donohue
chamber@bowraville.nsw.au	

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Commercial Washers and Dryers

Enquiries: ph 6564 7401



The Benefits of Houseplants

In case you've forgotten your high school biology - through photosynthesis plants convert light to energy and unlike us, convert carbon dioxide into oxygen (instead of the other way around.)



The benefits of added oxygen in our environment include the following:

- Faster healing and recovery from injury.
- Calming and stabilizing of the mind and body.
- Aids recovery from headaches and migraines.
- Energizing! We get more of our energy from oxygen than food!
- Improved heart health.

Indoor plants not only absorb the carbon dioxide we exhale but also rid our indoor air of nasty elements called 'Volatile Organic Compounds' (VOC's). These are unpleasant things like formaldehyde, ammonia, benzene and trichloroethylene; all of which are found in everyday items such as paper, electronics and furniture.

Plants are nature's own air purifiers. NASA conducted a study of various houseplants and their effectiveness at filtering out hazardous chemicals from the air. Their findings showed that many plants were highly effective at removing hazardous chemicals from the air. Not only that but they can regulate humidity as well.

But, before you turn your house into a botanical garden here are some plants which studies have shown to be *particularly good* at cleaning the air.

Continued on Page 26

Norco Rural has a full range of garden supplies to suit all your needs.

Fertilisers need to be selected according to the nutritional requirements of the soil and the plants being grown, as well as the form and contents of the fertiliser itself.

Call in to Norco and speak to Garry, Paul or Kirk. They will be happy to assist you choose the correct products for your garden.

For the home garden or big acre farming . . .

SEEDS

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COMPOST

FERTILISERS

**SOIL & WATER
CONDITIONERS**

MULCHES

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SUPPLIES**

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



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8/11



Ngambaga Bindarray Gurrwaa Community Services Aboriginal Corporation

ABN:19746606729

"Empowering Aboriginal and Torres Strait Islander communities to gain independence and inclusion through the deliver and support of culturally appropriate community services"

Ph: 02-6564 7559, Hrs: Mon to Fri 8:00am to 4:00pm,

Address: 1/53 High St, Bowraville,

Web: nbgcommunityservices.com.au

Email: admin@nbgcs.com.au



CHSP & NRCP

(In the Nambucca Valley)

- Outings & day trips
- Group Activities
- Meal Assistance
- Friendly telephone calls & visits
- Letter writing and other correspondence
- Assisted Transport
- Advocacy
- Communication with Carers
- Peer Support
- Referrals to other Agencies
- Respite for Carers
- Carer support – group day trips
- Young Carer
- Carer Information
- Carer Referrals
- Carer Counselling/Advocacy
- Transport
- Individual Carer Support/Plans
- Carers Week Activities
- Relaxation Days

The Coordinator will work with you and/or your Carer to a Care Plan to ensure that your care and support needs are met.

It's not uncommon for Carers to become exhausted and overwhelmed. That's why it's so important to take a break – called 'respite'. By taking time off you get a chance to look after your own physical and emotional needs.

Early Linker Program, Mid North Coast

(Kempsey to Red Rock, Coffs Harbour)

Early Links is for: An Early Linker will assist with:

- People with a disability aged 0-8 yrs and who are generally not accessing any specialist disability service
- Carers and families of people with a disability
- The community
- People wanting assistance to accessing community and mainstream services, knowledge, resources and opportunities in their communities
- General development concerns
- Information and support for families to find out about their children's disability needs
- Identify concerns, set goals and development plans for the future
- Connecting with other parents, community and service providers

Early Links Mission:

"Every child, every opportunity"

Early Links Vision:

"Communities where every child participates and every family is respected"

Build confidence to achieve your goals
Develop your existing support networks and create new networks
Look at ways you can participate and be a part of you community.





Ngiyaala garla-ngarraynggi waw guuyunga jurruya jalumbaw,giili waw.

We would like to pay our respect to Elders past and present.

“Ngiyaa Nyaaga mangga darrunda bambuurr ngaljarri barrmarranygu yilaami,manggagirr maana darrunda guunu julgaaganybiin.gu.”

“We aspire to facilitate change for generations to come, towards an improvement in life for ALL Australians.”

OUTREACH SERVICES

- Monday Counselling Services**
Interrelate 10am to 3pm
Miimi House
Phone: 6659-4150
- Tuesday New Horizons**
1st Tuesday of the month
Phone: 5632-4800
- Warrina Women’s & Children’s Refuge**
2nd and 4th Tuesdays
Phone: 6652-2400
- Wednesday Baby Health Clinic**
9am – 12noon
All Mums and bubs welcome
Appointment necessary.
- Community Corrections**
Fortnightly 10am to 3pm
Phone: 6561-3100
- Thursday Legal Aid**
1st and 3rd Thursday
10am to 12noon
Phone: 6641-7899

BOWRAVILLE COMMUNITY HEALTH SERVICES

Child and Family Counselling

Speech Pathologist

Paediatric Occupational Therapy

These services are available by apt. - 6656-7200

MiiMi is now an approved CSO Agency.

**Volunteers are always welcome
please come in and see us.**

Miimi House

90 High Street, Bowraville

Phone: 02 6564 8855

email: admin@miimi.org.au

High-profile detective resigns

High-profile NSW homicide detective Gary Jubelin, who worked the Bowraville murders and Matthew Leveson's disappearance, has quit the force just months after being sidelined from the William Tyrrell case.

The high-profile detective became a household face during the investigation of the disappearance of three-year-old William Tyrrell in 2014.

Jubelin had also been the lead investigator in other major crimes including the murder of Matthew Leveson which was successfully solved in 2017.

He was a key figure in the reinvestigation of the Bowraville murders which have haunted the local Aboriginal community and led to applications to reopen the case after the prime suspect was acquitted.

Jubelin has consistently been hailed by victims' families including the parents of Leveson and the families of the children murdered in Bowraville.

He received a standing ovation from the victims' families during a parliamentary committee when speaking of racial discrimination during the Bowraville case.

President of victims' group Support After Murder, Peter Rolfe, said he was horrified by the news of Mr Jubelin's departure. "Gary is one of the rare type of cops who show an interest in families. He is a unique sort of person and he will be sadly missed by victims' families and members of the NSW police." Mr Rolfe said.

His dogged determination and empathy with the families of victims was a hallmark of the way he approached policing colleagues said.

In a 2016 interview he said: "Homicide is the pinnacle for me – it's my passion. I treat the victims of crime as if they are members of my own family ... I take it personally and I always give 100%."

- www.theguardian.com & - www.abc.net.au

Continued from Page 8

cancel the sale of second hand electrical goods. Although these are well tested and tagged we have been advised by our State Branch of the Church Insurance that they cannot cover the church for any damage caused by these items sold in our Op Shop. Please note that we cannot accept donations of electrical items in the future. On the bright side we will now be able to display more quality furniture in the shop. We would appreciate help from any able-bodied volunteers. If you are interested in helping please call at the shop on Thursday or Friday. Contact: Mavis Ward on 6568-2451.

Nambucca Valley Community Church Food Hub

Anyone holding a Health Care Card or Pension Card can access this service. From 9.30am to 12pm non perishable food products will be on sale as well as other products. All perishables such as bread, vegies and fruit are free. Fee: \$10 for 11 items; \$20 for 22 items. Contact 6568-1647

or 0431 947 799.

Nambucca Valley Community Church

Sunday Church Service at 9.30am, Sunday School 10.15am and Prayer Group at 5pm. Women's Fellowship held at 10am each Wednesday. Youth Group is held each Friday for 12-18 year olds from 6 to 8pm. Phone David Bossard 0427 231 040. Food Hub is run by this church. Senior Pastor is David Bossard. This is a vibrant inter-generational church serving the whole Valley as its name suggests.

Macksville Probus Club

Meeting at 9.30am at Macksville Ex-Services Club on the third Thursday of each month. Meetings consist of a speaker of interest in the community or an autobiography by a member. Margaret Cleary will be happy to answer any enquiries on 6568-5859. We are seeking new members to steer us into the future. \$10 for meeting and morning tea.



4/11

Bernard Laverty Funerals

24 hours 6568 1555

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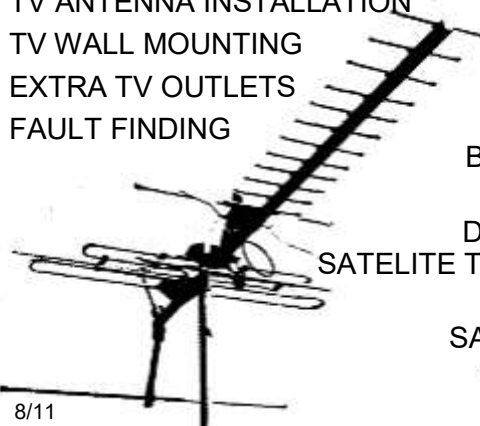
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Is it going slow?
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admin@bctc.com.au**

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The Benefits of Houseplants

Continued from Page 20

Snake Plant

(*Sansevieria trifasciata*)

This plant is a powerhouse as well as being extremely easy to care for. It can take all sorts of light; from full sun to an office with no windows and it only needs a bi-weekly watering. Characterised by its succulent, upright, pointed leaves it's also called Mother-In-Law's Tongue.



Peace Lily (*Spathiphyllum*)

One of the best options for an indoor plant. The Peace Lily is characterised by its big, arching leaves. It needs perhaps the least amount of light of all plants. It even tells you when it needs to be watered! It will droop slightly but spring right back after a thorough watering. Once it matures it will produce the occasional white blooms.

Golden Pothos (*Epipremnum aureum*)

A trailing, climbing vine-type the Golden Pothos is another very easy-to-grow option. Needs moist soil but is prone to rotting if too wet. Also tolerates low light pretty well. Grows rapidly and will not mind the occasional pruning.

Parlor Palm (*Neanthe Bella*) (*Chamaedorea elegans*)

Tolerates low levels of humidity and light though it prefers medium to high humidity and bright indirect light. It is a versatile and almost no-maintenance plant, able to grow indoors or out. And all those leaves lead to a lot of oxygen being produced. This is the best indoor palm.



ZZ Plant (*Zamioculcas zamiifolia*)

The ZZ plant is a distant relative to palm trees but small enough to fit on a table. Instead of arching fronds it has cool 'tubers' which hold the glossy leaves. It's great at removing VOC's and is another plant which is very resilient.



- www.onegoodthingbyjillee.com

Tech Talk - Try a Digital Detox

Continued from page 6

relationship believe their partner uses their phone too much and 70 per cent admit using their phone at mealtimes with family or friends. We all know that person who doesn't get off their phone at dinner. Don't be that person!



4. Your physical health will improve

If your eyes are glued to the screen you're probably sitting or lying down. A growing obesity problem in Australia is partly because of a lifestyle tied to the couch staring at a screen. It's not only terrible for your lower back and neck it's also bad on your waist line. Unplug, go outside and get the blood moving. You'll be amazed how much better you feel.

5. Improved sleep

When your body knows it's time to sleep your brain releases a chemical called melatonin which helps the body relax and prepare for some shut-eye.

Science has shown that when you look at a screen before bedtime your brain is tricked into thinking it must remain alert and awake, preventing melatonin from being released.

So if you're one of the 46 per cent of people in Australia who use their phone immediately before going to bed now you know why you might be tossing and turning in bed wondering why you can't get to sleep.

Technology is incredible and the benefits are huge in so many aspects of everyday life. However, being able to unplug and have some time away from the screen will leave you re-energised and more in touch with the world around you.

Here's a quote to inspire you from author Anne Lammott: *"Almost everything will work again if you unplug it for a few minutes, including you."*

- www.beyondblue.org.au



Nambucca Valley Phoenix and LiveBetter Community Services have now merged as one and are providing additional services to the Nambucca Valley.

With offices in Nambucca, Bowraville and Macksville LiveBetter provides a diverse range of services in disability, community services, aged care, child and family services, home modifications and community transport

Aged Care

Commonwealth Home Support (CHSP) is for people over the age of 65 or 50 years and over for Aboriginal people. If you need help finding out if you are eligible or need help to register for services, call us on 1800 580 580. Support can be provided in the home or in the community depending on your needs.

Home Modifications

If you have a myagedcare package or funded under the NDIS you may be eligible for modifications to your home or help in the garden. Call us on 1800 580 580 to find out how we can help you.

BOWRAVILLE STRONG FAMILIES

Men's Group

Strong Families host a Men's Outing each Thursday from 9.30am to 2.30pm. It's a chance for the local men to make a few friends, enjoy a social outing and a BBQ lunch. Each week local organisations interact with the group allowing for interaction and information to be given on local services. Contact Gary for transport and further information on 6564-7677 or 0499 002 11 if you would like to be involved.

Support Groups

Call us to find out what programs are currently being offered or if you need help to access support for domestic and family violence give us a call or drop in to speak to our staff.

PH: 6564-7677 MOB: 0499 002 141
strongerfamilies@nvp.org.au



Bowraville Strong Families

National Standards for Disability Services certification
 Registration number: DSWR610365
 Nambucca Valley Phoenix acknowledges and pays due respect to the traditional custodians of the Nambucca Valley.

A Community Program
 Funded by NSW Health through the Aboriginal Injury Prevention Program

4/11

BOWRAVILLE DENTAL SURGERY

Vic Bird B.D.S.

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Pharmacist
KERRIE SAVINS



8/11

How to Survive Winter and Stay Healthy

For most of us winter is all about snuggling up and indulging in comfort food to warm the insides. Which is how the kilos sneak up on you. Here are some tips on how to survive the colder season and stay healthy.

Survive the Season

There's a chill in the air which means it's a great time to enjoy nutritious vegetables in hearty meals to help keep you warm. It's also a time when colds and flu are lurking – so the nutritional goodness of fresh fruit and vegetables is important to help keep you going through the cold months.

Hearty vegetables: Use these winter vegetables for succulent roasts, nutritious soups or hearty casseroles. Include turnips, leeks, parsnips, artichokes, potatoes, sweet potatoes and pumpkin.

Stir-fry vegetables: Whip up a delicious winter stir-fry with your favourite herbs and spices, your choice of protein and nutritious in-season broccoli, cauliflower, onion and carrots.

Citrus fruits: Juicy and bursting with vitamin C fresh grapefruit, lemons, limes, mandarins, oranges and tangelos are at their best during winter.

Leafy greens: Green leafy vegetables like brussels sprouts, cabbage, spinach and silverbeet are also at their prime now and full of goodness.

Eat Well to Stay Well

A diet containing a wide variety of different foods, especially fruits and vegetables, is important for general health and well-being. Try these powerhouse foods for a burst of goodness:

Garlic: For centuries people have used garlic as a traditional remedy. To enjoy the benefits of garlic add freshly crushed cloves to your stir-fries or pasta sauces.

Foods rich in vitamin C: As well as being a natural antioxidant vitamin C is important for wound repair and immune function. Just one kiwifruit will provide you with your daily vitamin C needs.

Foods rich in vitamin A: Include carrot, sweet potato and spinach in your winter meals for the benefit of vitamin A - a natural antioxidant.

Foods rich in zinc: This valuable mineral has been shown to help keep your defences strong. Foods rich in zinc include oysters, crab, beef, poultry, beans, nuts, wholegrains, some fortified breakfast cereals and dairy products.

Warm Up and Stay in Shape

When the temperature drops the urge to hibernate sets in but you can make this the time you warm up by staying in shape with an action plan.

There are things we love about the cooler months: curling up inside while the rain drizzles down; tucking into hearty casseroles and curries; snuggling under the covers on a gloomy morning. And there are some things we don't like about winter including the fact most of us may find we're carrying a couple of extra kilos.

It doesn't take a genius to see the two things are related. You may tell yourself your extra padding is a natural seasonal change, a result of your metabolism slowing as the mercury drops but we've got some sad news – for most of us it's simply not true.

It's not our metabolism that slows down – we're the ones who slow down. The

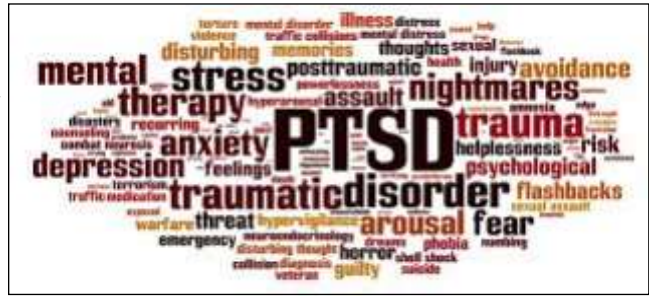


Continued on Page 31

Post Traumatic Stress Disorder (PTSD) Awareness

What is PTSD?

Post-traumatic stress disorder (PTSD) is a particular set of reactions that can develop in people who have been through a traumatic event which threatened their life or safety or that of others around them. This could be a car or other serious accident, physical or sexual assault, war or torture, or disasters such as bushfires or floods. As a result, the person experiences feelings of intense fear, helplessness or horror.



What are the signs and symptoms of PTSD?

People with PTSD often experience feelings of panic or extreme fear similar to the fear they felt during the traumatic event. A person with PTSD experiences four main types of difficulties.

Re-living the traumatic event – The person relives the event through unwanted and recurring memories often in the form of vivid images and nightmares. There may be intense emotional or physical reactions such as sweating, heart palpitations or panic when reminded of the event.

Being overly alert or wound up – The person experiences sleeping difficulties, irritability and lack of concentration becoming easily startled and constantly on the lookout for signs of danger.

Avoiding reminders of the event – The person deliberately avoids activities, places, people, thoughts or feelings associated with the event because they bring back painful memories.

Feeling emotionally numb – The person loses interest in day-to-day activities, feels cut off and detached from friends and family or feels emotionally flat and numb.

It's not unusual for people with PTSD to experience other mental health problems at the same time. These may have developed directly in response to the traumatic event or have followed the PTSD. These additional problems, most commonly depression, anxiety and alcohol or drug use, are more likely to occur if PTSD has persisted for a long time.

How common is PTSD and who experiences it?

Anyone can develop PTSD following a traumatic event but people are at greater risk if the event involved deliberate harm such as physical or sexual assault or they have had repeated traumatic experiences such as childhood sexual abuse or living in a war zone. Apart from the event itself risk factors for developing PTSD include a past history of trauma or previous mental health problems as well as ongoing stressful life events after the trauma and an absence of social supports.

Around 12 per cent of Australians will experience PTSD in their lifetime. Serious accidents are one of the leading causes of PTSD in Australia.

If you feel very distressed at any time after a traumatic event talking to your doctor or other health professional is a good first step. If you experience symptoms of PTSD that persist beyond two weeks a doctor or a mental health professional may recommend starting treatment for PTSD.

Continued on Page 31

COMMUNITY NOTICEBOARD

CORE ESSENTIALS

Breath - Movement - Relaxation

6 Wednesday lunchtime classes to get your core in shape.

Instructor: Leonie Time: 12.30-1.45pm

17 July to 21 August - \$10 per class

Grants Hall, Bowraville.

Register at Bowra GP Community Health Centre on 6691-1125 or with Leonie pranaridge@gmail.com

Healing thoughts . .

Well known Bowraville resident Ruth Grace needs our healing thoughts and prayers as she recovers from the serious injuries she received in a local car accident late last month.

She was admitted to Gold Coast Hospital and has successfully undergone several operations.

Get well Ruth, from all your friends in Bowra.

MAKE AN OFFER

LG 42" (2008) TV Screen TV does not work but screen ideal for movies from computer, laptop DVDs.
Mobile: 0423 132 275

WANTED

Hi all, Sue Smoothy here.

I'm currently between jobs as I work on my business so I am looking for casual work.

Open to *almost* anything. Yard, house or office work, writing (letters, resumes, jingles or verse), photography, child minding.

Call 0427 414 616 to discuss.

Cheers. Happy winter.

BTC LIBRARY - BOOK NOOK

From our Book Nook co-ordinator

The BTC and its readers really appreciate the book donations coming in from the community. Many thanks for these.

As readers are aware we have limited book shelves for display.

Unfortunately we also have minimal storage 'out the back' so we ask that donations are limited to books in very good condition and regarding non-fiction, we need to limit them to books that would be of interest to a wide range of readers.

We thank all those readers who are taking great care of the books and returning them to us in good condition.

- Volunteer Raewyn.

MACKSVILLE RAIL CENTENARY

100 years ago, on 1st July 1919, the first passenger train arrived at Macksville joining the sixth section of north coast line from Kempsey. Due to the Spanish flu epidemic it was never officially opened.

You are invited to celebrate the official opening of Macksville Railway 100 years on at the station.

Sunday, 30th June from 10am-2pm will be fun for all the family including arrival of special guests by horse and carriage, static train and railway display, railway history memorabilia, Nambucca District Band, railway book launch, speeches, food and refreshments, working steam engine plus more.

Monday, 1st July from 9.30am-11.30am the unveiling of the commemorative plaque by the Hon. Melinda Pavey MP will take place along with speeches from NSW TrainLink delegates, performances by local schools, a centenary cake with complimentary tea and coffee plus more.

For further information please contact:

Leanne Welsh m.0407682179

email:leakenwelsh@bigpond.com

Free entry on both days at Macksville Railway Station.

Visit Rainforest Rattler website for trips on the heritage rail motor departing Macksville 1st & 2nd

How to Survive Winter & Stay Healthy

Continued from page 28

National Nutrition Survey showed that during winter our energy and fat intake increases and we also have an increased desire to eat. That's not so much due to physical hunger and it is an emotional need we have to feel warm and nourished.

The good news is exercise not only helps you burn off the kilojoules you've already ingested, it makes you feel less hungry in the long term and lifts your spirit.

A recent study shows training three times a week significantly reduces levels of the hunger hormone leptin. And of course, fit people are less likely to succumb to the flu. Researchers found people who trained three times a week significantly increased their immune system's ability to fight viral and bacterial infections.

But even when you know you should be exercising it can be hard to get yourself moving. When it's cold and dark outside you can always find excuses to stay at home. Here are some ways around them.

Exercise Early

It can be hard to get out of bed in the morning but once you're up you'll feel great. Set your alarm an hour earlier and put it at the far side of the room - that way you'll have to get up to turn it off.

Invest in a Pedometer

We're supposed to take 10,000 steps a day and a pedometer can help you keep count.



Find some Friends

Team sports are a great way to have fun with friends or make some new ones. Plus, you're less likely to skip a workout if you know other people are depending on you.

Exercise at Home

If you really can't bring yourself to leave your home give yourself some fitness homework. Invest in a yoga or Pilates DVD or even do your gym workout at home. Try tricep dips on the lounge and push-ups against the wall. If your home has two steps, you can do step-ups.

- www.nestle.com.au

Post Traumatic Stress Disorder

Continued from page 29



What treatments are available for PTSD?

Many people experience some of the symptoms of PTSD in the first couple of weeks after a traumatic event but most recover on their own or with the help of family and friends. For this reason treatment does not usually start until about two weeks after a traumatic experience. Even though formal treatment may not commence it is important during those first few days and weeks to get whatever help is needed.

Support from family and friends is very important for most people. Trying, as far as possible, to minimise other stressful life experiences allows the person to focus more on his/her recovery. If a person feels very distressed at any time after a traumatic event he/she should talk to a doctor or other health professional. If a person experiences symptoms of PTSD that persist beyond two weeks a doctor or a mental health professional may recommend starting treatment for PTSD.

Effective treatments are available. Most involve psychological treatment (talking therapy) but medication can also be prescribed in some cases. Drug treatments are not recommended within four weeks of symptoms appearing unless the severity of the person's distress cannot be managed by psychological means alone. Generally, it's best to start with psychological treatment rather than use medication as the first and only solution to the problem.

- www.beyondblue.org.au

More Materials You Can Recycle

Collect all the soft 'scrunchable' plastics that you can't recycle at home including:

- Plastic shopping bags
- Bread, rice and pasta bags
- Biscuit packets and trays
- Frozen food bags
- Confectionery (lolly) packets
- Newspaper wrap
- Bubble wrap
- Dry cleaning bags
- Old green (and other re-usable) bags



Then drop them into the **REDCycle Collection Bins** located at the entry to most Coles and Woolworth stores.

If you are concerned about a scam, identity theft or a computer problem . . .

come into the

Bowraville Technology Centre

INTERNET ACCESS ~ PHOTOCOPYING
LAMINATING ~ SCANNING ~ BINDING
TECHNOLOGY ASSISTANCE
VIRUS REMOVAL ~ TRAINING COURSES
TECHNO CLUB ~ BOOK NOOK
~ CENTRELINE ACCESS ~

BOWRAVILLE TECHNOLOGY CENTRE

39 High Street, Bowraville

6564-7420

admin@bctc.com.au

the **ACOUSTIC CLUB**

Last year local musician Dee Bee Bishop offered a scholarship for young performers at his local event the Acoustic Club.

The Acoustic Club Scholarship 2019 for high school age people will start again this year.

On: Saturday 8th June
Venue: Pioneer Community Centre Hall
High Street Bowraville
6pm till 8:30pm
FREE ~ Family friendly ~ BYO
There will be a complimentary cup of soup and a bread roll.

Scholarship participant 15 year old local girl Ellesia James will wow us with her skills as an up and coming musician.

Other acts on the night are
Rob Torelli's new duo...

"The Krusty Runts"

and . . .

Deebee Bishop
contemporary acoustic rock.

Make contact with the Acoustic Club call 0409 906 712

Web site www.deebee.net.au

NOTIFICATION OF BURNING OFF!

Rural residents of Nambucca Shire

You MUST notify the NSW Rural Fire Service on 6626-6860 and your neighbours 24 hours before you light a fire.

All year!

IT'S THE LAW.

BOWRAVILLE CENTRAL SCHOOL NEWS

Maths Day at University of New England

On Friday 17th of May Tori, Candi, Fletcher and Beau competed in the New England Mathematical Association Year 8 Maths Day. The students excelled in the small schools competition, placing 3rd overall. This was against a range of schools in both the New England and Mid North Coast Areas. Bowraville Central has continued its long history of success in this competition with the students not only performing academically but also demonstrating outstanding attitudes and teamwork throughout the day.



Excursion to Woolies for Year 5 and 6

Mr Rushton's 5/6 class had a wonderful time learning all about marketing and what goes on behind the scenes on a guided tour of Nambucca Heads Woolworths store. After the tour the students enjoyed their lunch by the beautiful Nambucca River at the V-Wall.



~ GIVE IT SOME THOUGHT ~

Test your wits on these questions

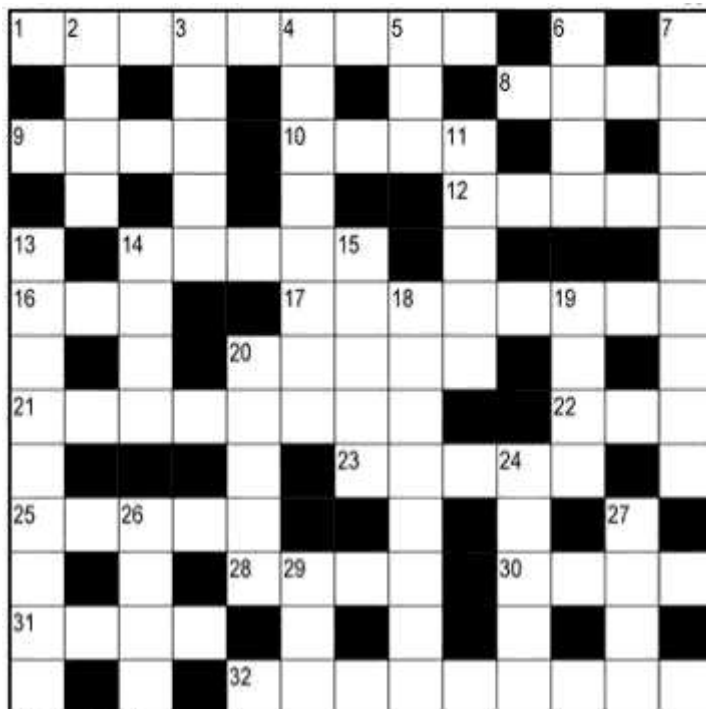


- 1 Which is a word ending?
a = Helix b = Matric
1 c = Prefix d = Suffix
- 2 Which clothing company can be recognised by a crocodile logo?
a = Lacoste b = Burberry c = Polo
d = GAP
- 3 Which one is an anagram of 'twelve plus one'?
a = nine plus four b = Eleven plus two
c = Six plus seven d = Eight plus five
- 4 What is the meaning of the Japanese word 'karate'?
a = Day of the sword b = Acrobatic skill
c = Empty hand d = Lightning reaction
- 5 Which word has the least syllables?
a = Scatter b = Science c = Scrunch
d = Schism
- 6 Parturition is better known as what?
a = Childbirth b = Hunger
c = Breastfeeding d = Death
- 7 Which 2 letters account for the 1st letter of 16 of America's 50 states?
a = A and M b = A and N
c = M and I d = M and N
- 8 Which word can go after 'heat' and before 'on' to make two new words?
a = Wave b = Hen c = Her d = So
- 9 What is a 'mondegreen'?
a = Green moon b = Cover version of a song
c = Jewel in a crown d = Misheard song lyric
- 10 After hydrogen, which is the most common element in the universe?
a = Nitrogen b = Helium c = Carbon
d = Oxygen

Answers
1 d, 2 a, 3 b, 4 c, 5 c, 6 a, 7 d, 8 c, 9 d, 10 b.

BRAIN TEASER

Arnold Schwarzenegger has a long one. Michael J. Fox has a short one. Madonna doesn't use hers. Bill Clinton always uses his. The Pope never uses his. What is it?



© Denise Sutherland

Across

1. Low female singing voice (9)
8. Boyfriend (4)
9. Cougar (4)
10. Thought (4)
12. Japanese rice-based dish (5)
14. Cook over boiling water (5)
16. Hot infused drink (3)
17. Area of ocean in eastern Indonesia (5,3)
20. Single-celled plants (5)
21. Difficulties (8)
22. National broadcaster (1,1,1)
23. Ring-shaped reef (5)
25. Volume of 1,000 ml (5)
28. Animals' harness (4)
30. Cleaner (4)
31. Check mark (4)
32. Intransigent (9)

Down

2. Musical work (4)
3. Drink in honour of a person (5)
4. Cordial (8)
5. Man's neckwear (3)
6. Military dining room (4)
7. Triumphant elation (9)
11. Stage whisper (5)
13. Require (9)
14. Edible tropical starch (4)
15. Molten rock (5)
18. Most obnoxious (8)
19. Aquatic pinniped mammal (4)
20. Back lane (5)
24. Tart citrus fruit (5)
26. Crisp Mexican dish (4)
27. Clenched hand (4)
29. Sphere (3)

Brain Answer: A Surname.

The Water Footprint of Chocolate

What is a water footprint?

It's the amount of water used in and around the home and in other vital places such as schools, shops and business premises. It also includes the water we use in an indirect way which means when you buy food, for example, it counts the water that was necessary in order to make that food edible. Every time you use water, directly or indirectly, you leave a water footprint.

Water footprint of Chocolate

Chocolate has one of the largest water footprints of all products. 20,000 litres of water is needed just to produce one kilo of chocolate.

As chocolate is very popular in economically affluent countries and since it is mostly grown in poorer, less developed countries the virtual water footprint is very large as the product has to travel greater distances to get to the people who can afford it.

Who is affected?

Making chocolate is a very long and tedious process and since it is transported over huge areas, many people are affected in the process making the virtual water footprint large.

The water footprint is however not the only thing that affects human beings but it is one of the main components.

Children . . . the making of chocolate is one of the worst child labour markets in the world.

Children start work at sunrise and don't stop until sunset. They work with machetes which are dangerous, they are fed poor nutrient food and their pay is either nothing or very low.

Everyone . . . in one way or another is



affected by the usage of water in our world. Chocolate leaves a huge water footprint and is a luxury which should be bought responsibly. We need to think about the welfare and quality of life of the people who produce this luxury for us.

People living in poorer countries . . . are particularly affected by the excessive use of water by more affluent countries. It's the poorer countries that produce chocolate, have to sell it at a low price and are most affected by climate change and water scarcity.

How can we help?

In order to decrease our water footprint and reduce water scarcity we need to start thinking of the bigger picture and if we want to develop sustainably we have to stop living as though future generations will fix everything.

We don't have to stop eating chocolate - there is a better way . . .

Fair Trade Chocolate is made with less chemicals and the farmers are paid a reasonable and fair price. This has many positive sides to it.

The rainforest that is usually cut down in order to grow more cocoa trees can be preserved and Fair Trade certified brands and farmers never use children as workers.

Dark Chocolate . . . has a smaller footprint because it does not contain as much milk (a cow drinks 1,020 litres of water to produce 1 litre of milk), it does however still contain cocoa butter and a high percentage of cocoa beans but producing the cocoa beans does not leave a huge footprint.

Reduce your water footprint by . . . Installing water saving toilets and shower heads, stop drinking bottled water, reduce the amount of meat you eat – go completely vegan! Make sure nothing in your home leaks, take shorter showers and recycle.

Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Winter 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	2NVR Music Mix	LET IT BE With Sean Norman Music and chat in the morning	Bubble N Squeak Linda & Michelle A family show with Christian themes.	Under The Stinging Tree Poppa	Green Eggs on Toast Part 2 Laurie Medbury Music, Movies, News, Weamer Gig Guide Local Info	2NVR Music Mix	Praise, Prayer & Pop With Linda & Michelle	6 AM
7 AM	Macca's Breakfast Club With Les McNabbon	Dyer's Loop With The Dyers Music to ogle for, of course	Isn't it Romantic With Dallas Dent Crooners Easy Listening Popular Ballads	Tones of Claressense Claire Watt-Powell	Talk Of The Town Ceri Wood See what's going down! All things local	The History Hour With Beverly Gibbs	Sunday Morning Music Mix	7 AM
8 AM	Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll 1950s-2010s	Infopinion Richard Lawton	In The Mood With Gary Bidden Easy Listening To Rock & Pop	Turning Pages Elizabeth Newman	Dano's Mixed Grill Daniel Gosson When anything can happen and probably will	Hair Of The Dog Mick Birkles Rock, Pop Covers and Music Trivia	JACINTA'S EASY LISTENING With Jacinta Sunderland	8 AM
9 AM	Baby Boomers Donna Collins	The Phoenix Crew Richard Lawton An eclectic time with Richard	Just For You Carola J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	Grace's Vybres With Grace McLeod Grace's special mix of music for your enjoyment	Outback Outlaws Paul Rowe Old and new country music	Garage Noise With Sean Ambrose Alternative Music	Classical Corner Music from the past 1000 years... Always ready with The Lively Arts Music & spoken word from the TV, radio & web Noel Robertson	9 AM
10 AM	The Weekley Fix Paul Westley	Rob's Roving Robbie & Linda Bible reflections, Gospel & Australiana	2NVR Music Mix	2NVR Music Mix	Wind Down for the Weekend Stu & The Crew	Today's Country With Rob Davidson	I Love the Seventies	10 AM
11 AM	BKE Show Bernard Kelly-Edwards Cultural Unity with Poetry, Community Yams & Music 2NVR Multicultural Radio	Drive Thru With Jackie Edmunds Mix of 60s, 70s To current music	Thursday Country Trickitic	Thursday Country Trickitic	Volunteer Emergency Services Show — VESS	Aussie Flashback With Rob Davidson	What's On The Jukebox?	11 AM
Noon	Bowra Beats 2NVR Youth Radio with Grace	Nambucca Valley Roundup Paul or Rachel Burns	Nambucca Valley Roundup Elizabeth Newman	Nambucca Valley Roundup - Retro	Rhino On The Radio with Les McLenon	Two For The Money Music, chat and a touch of banter with Paul and Rachel	Where There's Smoke There's Fire Sean Norman & Tara Seriously good fun...	Noon
1 PM	Nambucca Valley Roundup Ben Walters	Country and Classic Hits With Bryon Edwards	Feel Good Variety Dennis Rutherford Great music & comedy	Highway Blues With Retro When Only The BEST BLUES MAN DO	66 Switching to Studio 8 from 10m-3pm on the 3rd Friday of each month.	The Saturday Groovers With Faye and Zoe Lots of fabulous new and old Australian Music to get your Saturday grooving	That's A Wrap Donna, Nigel, Mitch & Gary Local sports results and in-depth analysis	1 PM
2 PM	Reggae Mixtape With Fitzroy Music outside the usual 2NVR Multicultural Radio	Soul into Rhyme Matt Lebrant	Ant's Rock Anthony Gansley Solid Rock	Jeff's Junk Jeff Mills	The Friday Night Rock Show with Todd Wills	Imagine This The ANTIF Radio Show	Concussion 2NVR Youth Radio With Kian	2 PM
3 PM	Music Makers With Ian Gardner Mixed Music with Featured Artists	Whack up the bass and oop a woop Mixed mix of hip hop and fully sick tracks	Aat's Rock Overnight	Overnight Music Mix	Continues overnight	Wolffy Wolffy's music & requests	Prog Rock Playlist Rhino	3 PM
4 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Continues overnight	Overnight Express	The best of Progressive Rock	4 PM
5 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Continues overnight	Overnight	2NVR Overnight Music Mix	5 PM
6 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Continues overnight	Overnight	2NVR Overnight Music Mix	6 PM
7 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Continues overnight	Overnight	2NVR Overnight Music Mix	7 PM
8 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Continues overnight	Overnight	2NVR Overnight Music Mix	8 PM
9 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Continues overnight	Overnight	2NVR Overnight Music Mix	9 PM
10 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Continues overnight	Overnight	2NVR Overnight Music Mix	10 PM
11 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Continues overnight	Overnight	2NVR Overnight Music Mix	11 PM
Midnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Continues overnight	Overnight	2NVR Overnight Music Mix	Midnight

BBC News is broadcast each weekday at 7am, 8am, 9am, Noon, 5pm, and 7pm 2NVR — Multiple Award Winner Tewing studio and office: 02 6564 7777 email: admin@2nvr.org.au The Best Little Station in The Nation