

# 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

MARCH 2024 ~ ISSUE #225 ~ FREE ~ CIRCULATION 300 ~ POSTCODE 2449



**MACKSVILLE  
SHOW GROUND  
NSW - Walkups,  
Old Time Dance**

**TICKETS  
POWERED \$100PP  
UNPOWERED \$80**

## ARTISTS:

Michael Donovan  
Phil & Chris Coad  
Sammy Hollier  
Frock n Troll  
John Lynch  
Dianne Coombes  
Dubby & Lyn



**FRIDAY NIGHT  
ROB BREESE  
VANESSA SANGER  
LACH MCKAY**



**SATURDAY  
NIGHT  
CK & THE  
45'S BAND**

**BOOKINGS 0402 512 116**

All past and current Bowraville Community News are available online at  
[www.bowraville.nsw.au/newsletters](http://www.bowraville.nsw.au/newsletters)

# Bowraville Technology Centre

**Open 9.30am to 4.00pm Weekdays**

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

## Computer Usage

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

## Printing and copying

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

## Other services

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

**Shredding** - ask for a quote

**Computer repairs** - \$25 minimum

**Laminating A4 and A3 Binding & Guillotining**

**We now take credit card payments!**

## ALL ADVERTISING

### ENQUIRIES to

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

### ADVERTORIAL

### and GENERAL

### CONTENT ENQUIRIES

to

[wendy@bowraville.nsw.au](mailto:wendy@bowraville.nsw.au)

# Bowraville Technology Centre

39 High St, Bowraville Ph. 02 6564 7420

Open 9.30 to 4pm Weekdays

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

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

# BOWRAVILLE COMMUNITY NEWS

## CIRCULATION = 300 COPIES

Newsletter is also available online at:

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

## 2023 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 **APRIL 2024**

ISSUE IS: **4:00PM**

**TUESDAY, 19th MARCH 2024**

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

### **BOWRAVILLE TECHNOLOGY CENTRE**

39 High Street, Bowraville NSW 2449

Telephone: 6564 7420

e-mail: [admin@bctc.com.au](mailto:admin@bctc.com.au)

## DISCLAIMER

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

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



## Cow Moorals appearing around town

If you have recently been to Phoenix you may have noticed a Moorall in the works. A collection of cow drawings have been created by young artists, which are now beginning to appear on the wall outside the cafe. Members of the community are also getting involved and we are very excited to soon have artists from Artists in Action contributing some cows. If you wanna get involved by adding a cow, let us know!

**Our After-Hours Arts and the Drop In is also back in full force, running every Tues to Thurs from 3:30-5:30pm in Term 1. The current program is:**

- **Tuesday: Performing Arts with Hannah**
- **Wednesday: Digital Arts with Kyle**
- **Thurs: Ceramics with Monique**

The Computer Cafe is open during the Tues and Thurs session for anyone wanting to continue making Digital Arts or work on assignments/homework. The program is all FREE thank you to the Office for Regional

Youth NSW. Snacks will be provided as well as all art materials.

If you have any further questions please

Contact

[youth@nvp.org.au](mailto:youth@nvp.org.au) or  
call 0491 676 674



# 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 and Wednesdays (between 10am and 1pm) and Fridays between 10am and 2pm. Appointments are essential for this personalised service and can be made by ringing the Bowraville Technology Centre on 6564-7420.

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

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



Australian Government  
Services Australia

Have you checked out the  
Bowraville Community Website?

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

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

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



## New Preschool coming to Bowraville Central School

Bowraville Central School has been selected for one of 100 new public preschools in NSW. It is expected that the new preschool will open by 2027, pending building and regulatory approvals.

Our school was considered for a new public preschool based on; child development and socioeconomic data, projected demand for preschool, an infrastructure analysis and valuable insights gained through local feedback. The department made decisions through a clear process with independent oversight.

A high-quality early childhood education helps give children the best start in life by providing important opportunities to learn and develop. Research shows a positive transition to school is important for a child's long-term academic, social and wellbeing outcomes. Having a public preschool on our school site will help children prepare for this change and help our school staff to support the individual needs of children as they move from the preschool to the Kindergarten classroom.

This is a long-term project, with the preschool due to be built by 2027, and we will provide further information as the project progresses.

For more information, please visit the following link <https://tinyurl.com/y58yazd4>

**Abram (Abe) Le Cerf**  
**Administrative Support Officer (Community Liaison & Property Maintenance)**  
**Health and Safety Representative**

*Does your computer need servicing?*

*Is it going slow?*

*Do you suspect a virus?*

*Or it just won't work the way you want it to?*

**Come into the  
BOWRAVILLE TECHNOLOGY  
CENTRE**

**39 High Street, Bowraville  
6564-7420  
[admin@bctc.com.au](mailto:admin@bctc.com.au)**

**BOWRAVILLE GIFT SHOP**



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

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

10/11



## TECHNO LESSONS OPEN TO EVERYONE

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

***Absolute beginners are most welcome!***



**One-on-One**  
**Technical support**  
**\$30 per 1/2 hour**

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

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

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

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

*“The most  
important  
decision you  
will ever make  
is to be  
in a  
good mood”*

*- Voltaire*

*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 Cynthia on 6564 7420  
for more information.

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

**eftpos**



**What's on in MARCH 2024**

# BOWRAVILLE THEATRE

## Maple Glider with MIKK

Friday, 12 April 2024 @ 7pm

For Tori Zietsch, who records emotionally direct and woozily romantic songs under the moniker Maple Glider, music has been an escape from a series of oppressive institutions: religion, enervating relationships, her own brain. Zietsch's music has formed new pathways both literal and metaphorical; physical and neural, that have allowed her to step outside herself, and shake you - yes, you, the listener - by the hand.



Striking emotionality is at the centre of her performance, leaning into an intimacy that is achieved by way of deeply personal reflections and velvety melodic compositions. Vocals melt into layers of plucked acoustic guitar and lulling piano, drawing on the sombre styles of folk contemporaries with a stark tenderness and introspection that assumes the listener is inside her bedroom as she plays for herself.

Cafe will be open - EFTPOS available

Tickets Adults \$34.70 online +bkg fee @ oztix or at door if available

Wheelchair access

## Bowraville Theatre - 74 High Street, Bowraville

For more details of the above events go to [www.bowravilletheatre.com.au](http://www.bowravilletheatre.com.au)

Email: [bowravilletheatre@bigpond.com](mailto:bowravilletheatre@bigpond.com) Tel: 02 6564 7808

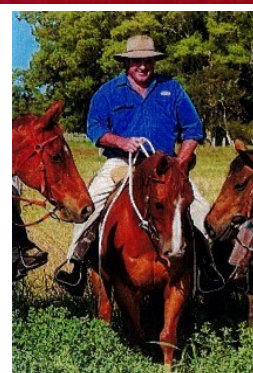
## BARNEY TOWNLEY 0428 647 340

**Barney Townley** is a local farmer well known for his knowledge of the Nambucca Valley farming community.

Barney has a great understanding of what is being sold and can identify the unique features of your rural property, helping interested buyers find what they are looking for.

If you're looking to sell your farm or find the right rural property to suit your needs, give a trusted local, Barney Townley a call.

6/11



**RURAL  
SALES**

**NAMBUCCA VALLEY & SURROUNDS**

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

## Useful Things You Can Do in the Notes App

### 1. Draw in Notes

Express yourself with drawings right in the Notes app! In an open note, tap the pen icon above the keyboard to reveal the drawing options, including:

Tools – Choose from a pen, highlighter, eraser, and more

Colour – Tap the black dot to change the line color

Undo & Redo – To undo a change or redo something you undid, tap the curved arrows near the top of the screen

Also, you can import your Notes drawings into the new iPhone Journal app, as Journal currently doesn't have drawing options.

### 2. Attach Photos and Videos

In addition to adding handwritten additions or sketches to Notes, you can also attach files making it easy to reference relevant documents, photos, or videos.

To add a photo or video, open a Note and place the cursor in the body. Tap the camera icon, then select either Take Photo or Video or Photo Library to select an existing file.

To attach information from another app to a Note, open the item (like a webpage, a PDF, etc.) in that app, then tap Share and select Notes. Save the item to an existing Note or save it in a new note.

### 3. Organise with Folders

The more notes you have in your Notes app, the trickier it can be to find what you're looking for. Folders can be a big help to organise your notes.

To make a folder open the Notes app and hit the back button to view your folders. Select New Folder, give it a name, then hit save to create it.

To move notes into a new folder, go to your list of notes and tap the ellipsis icon near the top of the screen. Select the notes you want to move, then select Move To... to select a new folder.

### 4. Scan Documents

The Notes app offers a surprisingly powerful document scanner! Scan things like recipes, owner manuals and forms to keep a digital copy of them at your fingertips.

To do this, create a new note then select the camera icon above the keyboard. Select Scan Documents, then position whatever you want to scan within the frame shown on screen. It usually does a good job of cropping and adjusting the image on its own, but you can adjust it if necessary.

When you're happy with the selection hit Keep Scan then Save to finish up!

### 5. Add A Link

Found a webpage in Safari or Chrome that you want to check out later? Save the link in a Note! Just hit Share, select the Notes app, then choose the folder or note you want to save the link to.

### 6. Make Notes Password-Protected

If you're keeping sensitive information like account numbers, passwords, or gift ideas in a note, you can keep it safe by password-protecting it. Open the note, tap Share, then select Lock Note to add an unlocked note icon.

When you're finished writing the note, tap the lock icon to protect it. *Continued on Page 20*



## **Blokes Brekky**

1st Saturday of the month  
at St James - ring Tony to  
book on 0487 090 886

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## **Womens' Brekkie**

3rd Saturday of the month  
from 7am for 7.30 start  
Bowraville Anglican Church Hall

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## **Bowra Country Markets**

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

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## **St Jimmy's Kitchen**

3rd Thursday of Month  
6pm at St James Church Hall

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

Monday, Friday & Saturday  
9am until 11am  
*Must hold a Centrelink card.*

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

*~ Groups by appointment ~*

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

7/11


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

33 HIGH STREET, BOWRAVILLE  
Ph.6564 7041 [bowrahotel@bigpond.com](mailto:bowrahotel@bigpond.com)



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

*What we have to offer . . .*

**TAB - KENO - BINGO**  
**RAFFLES - Wednesdays & Friday**  
**MEMBERS' DRAW min \$1500**  
**KITCHEN Wednesday to Saturday**  
 Lunch 12-2pm - Dinner 6-8pm

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

9/11

**FREE POOL Everyday**

## **NAMBUCCA RIVER REALTY**

**YOUR NAMBUCCA VALLEY SPECIALIST**

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

We can offer competitive fees, creative marketing and the backing of one of the fastest growing nationwide agencies being backed by real estate specialists.

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

To see what our clients think of Nambucca River Realty go to  
[ratemyagent.com.au](http://ratemyagent.com.au)

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

10/11

# Coeliac Disease & Bone Health Awareness

## Why Exercise and Bone Health matter

Exercise for bone health is important for all of us, but if you have coeliac disease, the risk of osteoporosis is greater. Here's what you can do.

### Maintain good Bone Health

Keeping your bone health in check isn't just a consideration for your later years: it's crucial for all of us throughout our lives. However, coeliac disease shares a connection that many are unaware of: this autoimmune condition is associated with an increased risk of osteoporosis.



### What is Osteoporosis?

Osteoporosis is a condition in which the bones become fragile and brittle, leading to a higher risk of fracture than in normal bone. This occurs when bones lose minerals, such as calcium, leading to a loss of bone density. There are no obvious symptoms of osteoporosis until a fracture occurs. Consequently, a person will not know that they have osteoporosis unless it is diagnosed by clinical tests or if they have an osteoporotic fracture.

### Coeliac Disease and Bone Health

Osteoporosis can be caused by the chronic inflammatory process in untreated coeliac disease that impairs how well the body can lay down new bone. Also, untreated coeliac disease can affect how the body absorbs vitamins, minerals and other nutrients from food. In terms of bone health, this is specifically an issue when it comes to calcium absorption and vitamin D levels, both of which may be lower in people with untreated coeliac disease.

Calcium gives bones strength and structure, while vitamin D is essential for the absorption of calcium in the small bowel. Low calcium absorption over a long period can have a significant impact on bone health, so early diagnosis of coeliac disease and commencement of a gluten-free diet is important.

Considerations for different life stages include:

**Childhood and adolescence:** When the skeleton is growing, lack of calcium impacts the body's ability to form healthy bones, which may increase the risk of osteoporosis and related bone fractures in later years.

**Adulthood:** Maintaining adequate calcium intake remains important and requirements increase in women over 50 years and men over 70 years.

### Early Diagnosis makes a Difference

If diagnosed early in childhood or adolescence and a gluten-free diet is followed, then bone health is less likely to be affected. Younger people who are diagnosed and begin treatment for coeliac disease early do not commonly need a bone density scan.

However, a diagnosis later in adulthood, after an extended time experiencing symptoms, can mean calcium absorption has been affected and, therefore, bones may have weakened. If you are diagnosed with coeliac disease as an adult (even as a young adult), it is recommended that you speak with your doctor about a bone density scan to investigate your bone health. Medicare rebates apply for people with diagnosed coeliac disease, as it is classified under malabsorptive disorders. This is particularly important for adults who also have any of the other risk factors for poor bone health.

*Continued on Page 12*

**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*

7/11



# SIMPLE. SAFE. CONVENIENT.

## Manage multiple medications easily

### 'my meds, my way'

### IS ALPACA PAK FOR YOU?

Do you or a loved one take a number of different medicines once a day or multiples times throughout the day?

Do you lead a busy life and need a smarter, simpler and safer way to organise your medication?

Then Alpaca Pak is perfect for you.

#### Alpaca Pak:

- ◆ ensures you get the full benefits of your medications by reducing your chances of under or overdosing
- ◆ packed by Alpaca, our state-of-the-art robot, and checked by your pharmacist
- ◆ clear instructions for a single dose, daily or weekly doses of your medications
- ◆ portable and discrete for busy people
- ◆ maintains your independence and peace of mind with one easy pack that you control



### LESS STRESS

Our blister pack consumables reduce the stress associated with managing multiple medications. One less thing to worry about!

Alpaca Pak is for you if you...

- or a family member takes multiple medications
- want to ensure your meds work effectively
- have a busy social life
- have a hectic home, office and travel schedule
- want a simple, safe and convenient way to organise your meds

### SIMPLE. SAFE. CONVENIENT.

Ask your pharmacist today about the benefits of Alpaca Pak blister packs.

**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*





# Coeliac Disease Awareness *Continued from page 10*

## Taking Action

Even with a late diagnosis of coeliac disease, following a strict gluten-free diet can help rebuild bone strength and reduce the risk of developing osteoporosis. If osteoporosis is diagnosed, there are a range of treatment options available to help protect your bone health that may include exercise and supplements. Doctors can also assess vitamin D levels with a blood test. If low levels are detected, this can be corrected with vitamin D supplements.

### Calcium

1000 mg per day from the diet — learn how to reach your calcium requirements.

Increase to 1,300mg for women over 50 and men over 70

If dietary intake is low, a supplement may be needed.

### Vitamin D

Safe levels of sun exposure: a few minutes a day in summer/slightly longer in winter

Avoid UV index above 3

If vitamin D deficiency is confirmed by your doctor, a supplement may be needed.

### Exercise

Specific mix of weight bearing, resistance training and balance exercises

## Bone Health Exercises

Exercise of any kind is encouraged for general health. Research into the effects of resistance exercise on bone health has demonstrated that when it comes to our bones, specific types of exercise are best:

### Weight-bearing exercise

Exercise done on your feet (bearing your own weight) that jolts bones rapidly and firmly such as jogging, skipping, basketball, netball, tennis, dancing, impact aerobics and stair walking.

### Resistance training

Using hand and ankle weights and gym equipment such as training with weights.

### Balance exercises

Balance and mobility exercises can also help to reduce falls that could lead to fractures, which is particularly important for older adults. Half of all falls occur around the home. Balance exercises typically include:

- Standing still exercises such as standing on one leg, standing tall raising arms, putting one foot in front of the other and hold, or tai chi.
- Moving exercises such as walking in small circles, walking with sudden change of direction, stepping over obstacles, walking on toes, walking with arms raised above the head.
- Dual task exercises like standing on one leg while throwing and catching a ball.

## Summary:

- Bone health is important through all stages in life but if you have coeliac disease you're at higher risk of osteoporosis.
- Multiple health conditions need to be managed closely with your doctor, and treatment might involve medication and exercise, in addition to a strict gluten-free diet.
- Weight-bearing exercise is particularly important, along with resistance training and improving balance.
- Exercise should be regular and progress in intensity over time.

- [glutenfreeliving.com.au/articles/coeliac-disease-and-bone-health/](https://glutenfreeliving.com.au/articles/coeliac-disease-and-bone-health/) - By Melita Daru



# Recycling of packaging explained

Australians care about recycling and the Australasian Recycling Label (ARL) is designed to help us be better at it.

The ARL provides consumers with easy-to-understand on-pack recycling information that removes confusion, saves time and reduces the amount of waste going to landfill.

The label has easy-to-understand instructions about how to dispose of each part of a product's packaging correctly.

You can find the label on the packaging of tens of thousands of products across Australia, including on many well-known household brands.

## The Label

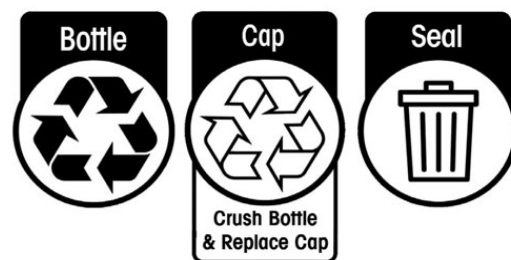
The ARL provides clear instructions on which parts of a product's packaging can go in the recycling bin and which should be put in the rubbish bin.

One way to help you recycle correctly is to follow the phrase, 'If in doubt, leave it out'.

When we put something that can't be recycled into the recycling bin it contaminates the recycling systems and makes it more expensive to process. If you're not sure if an item can be recycled - don't put it in the recycling bin.

The ARL has three variations (from left to right):

**Recyclable:** The coloured solid recycling symbol means that this packaging can be placed in the recycling bin as it is. Each piece of packaging with this label must be placed separately in the recycling bin.



**Conditionally Recyclable:** The clear/ transparent recycling symbol means you must follow the instructions to recycle this packaging component. If you don't follow the instructions, then it must go in the rubbish bin otherwise, it won't be recycled and will cause contamination to the recycling stream.

**Not Recyclable:** The bin symbol means that this piece of packaging is not recyclable. You must place it in the rubbish bin. It can't be placed in the recycling bin because it will contaminate the recycling stream.

## Container Deposit Schemes

Container Deposit Schemes (CDS) provide a financial incentive to consumers to return beverage containers. CDS keep litter out of our environment, reduce the cost of kerbside collection and sorting and provide industry with a reliable source of clean, high value waste materials that can be reprocessed into new products.

### Return and Earn

Earn money while you help our environment with Return and Earn. You can get a 10-cent refund when you return an eligible drink container to one of over 600 return points across NSW. Find out which containers you can return, and where you can drop them off.

The NSW container deposit scheme, Return and Earn is the largest litter reduction scheme introduced in NSW,

Since commencement, the scheme has been a resounding success,



*Continued on Page 24*

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

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

*Call in to Norco and speak with  
one of our friendly staff.*

*They will be happy to assist you  
choose the correct products  
for your garden.*

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

**SEEDS**

**POTTING MIXES**

**COMPOST**

**FERTILISERS**

**SOIL & WATER  
CONDITIONERS**

**MULCHES**

**ORGANIC GARDENING  
SUPPLIES**

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



**51 CARBIN  
STREET  
BOWRAVILLE  
6564 8648**

7/11

## Perennial Gardening *Plant Once Harvest for Years*

Edible perennial gardening is a way to grow delicious crops while saving time, money and effort.

Most of us grow edible crops from seeds or plants that we start in the growing year, harvest and then regrow all over again. That's because many of our common vegetables die when we pick them or eventually perish by the time that winter arrives. But, there's an easier way to grow crops.

An approach that's much less work, more reliable and introduces you to a world of new and incredible edibles.



### Benefits of Perennial Vegetables

For anyone who has found themselves short of time or who'd like to avoid backbreaking work, perennial crops and ornamentals are the answer. They faithfully regrow in spring and are often some of the garden's first flowering and producing plants.

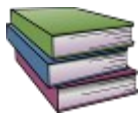
### Perennial are Low-Maintenance

Not only are perennial crops long-lived, but many are winter-hardy, long-lived and pest-resistant. Because they live in the soil long-term they also can have more extensive root systems making them drought-resistant.

Also, since perennials live in the soil for years they help stop soil erosion and keep carbon locked in the ground.

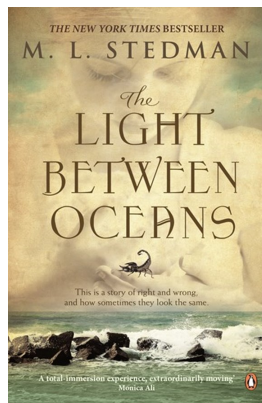
*Continued on Page 16*





## The Light Between Oceans by M.L. Steadman

Our copy of this book is a little shabby, sorry, but it's so well worth reading (and it is an award winner!!) that we've kept it in the book nook.



I started reading it and soon realised I had actually read it previously. I am not one for reading books twice but I was so caught up in it that I just kept going and it had the same impact second time around as it did the first.

The setting is Western Australia, 1926. Tom Sherbourne, back from war, is a young lighthouse keeper on a remote island called Janus Rock. The only inhabitants are he and his wife, Isabel. They live a quiet life with little contact from others. Isabel's three miscarriages, over time, mean they mourn in privacy.

One morning a boat washes ashore carrying a dead man and a crying infant. They must care for the baby until the next time the supply boat arrives but Isabel almost immediately makes the decision to keep the baby despite Tom's ethics, fears and good sense.

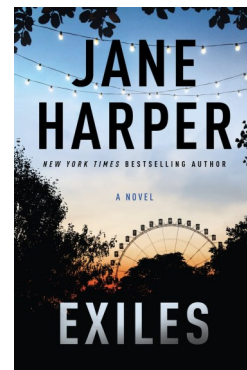
Only years later do they discover the devastating consequences of the decision they made that day – as the baby's real story unfolds.

Like it says on the cover of this novel, *"This is a story of right and wrong and how sometimes they look the same"*.

- Read and reviewed by Volunteer Raewyn

## Exiles by Jane Harper

Aaron Falk, a member of the Australian Federal Police, has taken a few days off to attend a christening in a small rural town in Australia.



He learns that Kim Gillespie, a friend of the family Aaron is visiting, has gone missing, leaving behind her sleeping baby in a pram. There's no record of Kim leaving the site but one of Kim's shoes is found in the local reservoir.

Aaron begins to unravel the mystery. Underlying tensions, jealousies and past relationships are revealed. Unrequited love, questions of paternity, unreliable memories and outright lies intrigue.

Aaron, begins to question his obsession with his career, the neglect of his family, and the absence of a significant other. He seriously considers whether it's time for a change.

Jane Harper has written another whodunit in a rural setting with Exiles. Its pace is measured; it's not dark and depressing; and the interaction of the participants holds our interest.

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

### BOOK NOOK NOTICE

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

## International Women's Day 2024

### 'Inspire Inclusion'

To **inspire inclusion** means to celebrate diversity and empowerment on International Women's Day 8th March 2024 and beyond.

International Women's Day (IWD) is a global celebration of the social, economic, cultural, and political achievements of women. Each year, this day serves as a powerful reminder of the progress made towards gender equality and highlights the work that still needs to be done.

In 2024, the campaign theme **Inspire Inclusion** emphasises the importance of diversity and empowerment in all aspects of society.

This year's campaign theme underscores the crucial role of inclusion in achieving gender equality. It calls for action to break down barriers, challenge stereotypes, and create environments where women are valued and respected.

One of the key pillars of **Inspire Inclusion** is the promotion of diversity in leadership and decision-making positions. By championing inclusion, organisations and communities can harness the full potential of diverse perspectives, leading to better decision-making and innovation.

Education and awareness play vital roles in fostering inclusion and empowering women. By providing support and resources women can be empowered to overcome obstacles and achieve their full potential.

As we celebrate International Women's Day 2024 and reflect on the theme of **Inspire Inclusion**, let us reaffirm our commitment to creating a world where all women are empowered, valued, and included. By working together to break down barriers and foster diversity, we can build a more equitable and inclusive society for generations to come.

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

## ~ GARDENS & GARDENING ~

### Perennial Gardening

*Continued from page 14*

That's smart and eco-friendly.

#### Types of Perennial Crops

There are four types of perennial crops and you can use all of them to create your edible perennial garden. The edibles in these groups will give you yields year after year, usually without you having to do anything other than mulch and prune them. You'll find perennial food crops that fall into:

- Perennial vegetables
- Roots, bulbs, and tubers
- Perennial fruit and berries
- Perennial herbs

#### Edible Perennial Gardening

Perennial vegetables, herbs and fruit are different in that they are long-lived. To be a perennial crop a plant must be able to survive the winter and to produce a sizable crop the next year and the year after. Perennial crops also survive from year to year either as evergreens or as herbaceous perennials. Short-lived perennials can live from three to five years before needing to be replaced and include perennial kale and nine-star broccoli.

Long-lived perennials can live five to twenty years and sometimes a lot longer. Asparagus lives twenty or more years, and rhubarb can live half a century in the right spot.

#### Hardiness of Perennial Vegetables

Perennial vegetables are long-lived crops with edible stems, leaves, flower buds, seeds, roots or tubers. Some are very well known, yet many others are obscure or only grown in certain regions around the world. Perennial crops will be different based on your climate.

- [lovelygreens.com/edible-perennial-gardening-perennial-vegetables](http://lovelygreens.com/edible-perennial-gardening-perennial-vegetables)

**NAMBUCCA VALLEY ANGLICANS  
EASTER SERVICES FOR 2024**

*A Time to Review and Renew*

**28.03.24 Maundy Thursday  
6pm Holy Trinity Church  
Macksville**

Holy Communion,  
Foot Washing & Tenebrae.  
- *A Service of Shadows.*



**29.03.24 Good Friday  
9am Holy Trinity Church  
Macksville**

- *Readings and Reflections.*



**31.3.24 Easter Day  
9am St. John's  
Nambucca Heads**  
- *Holy Communion*

**9am Holy Trinity  
Macksville**  
- *Holy Communion*



**10am St James'  
Bowraville**  
- *Holy Communion*

*All are welcome  
to share in this blessed time.*

N/C

**BOWRAVILLE PHARMACY**

**31 HIGH ST BOWRAVILLE  
PH: 6564 7925  
FAX: 6564 7364**

*Monday to Friday 8.45am - 5.30pm  
Saturday 8.45am - 12 noon*

Prescriptions and Professional Advice  
Moo Goo Natural Skincare  
Designer Brand make-up range

*Pharmacist*  
**KERRIE SAVINS**



7/11

**LIONS CLUB OF BOWRAVILLE INC.**

*SUPPORTING OUR COMMUNITY*  
**Join the Bowraville Lions Club  
and Make a Difference!**

Are you ready to make a positive impact in  
your community? Join the Bowraville Lions  
Club today and become part of a passionate  
group of individuals dedicated to  
serving others.

Contact Us at 0439704510  
or [bowraville@lionsdistrict201n1.org.au](mailto:bowraville@lionsdistrict201n1.org.au)

Jamie Hutton, President



**Lions Club  
Bowraville**

10/11

**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**

10/11





# Good Reasons Why You Should Actually Read Your User Manuals

*Once you know how many useful tips are hidden within those pages, you'll never neglect to read another user manual!*

All too often, we spend a good chunk of our hard-earned money on the latest gadgets and appliances only to make use of less than half of their features! Or we plug in a new gadget or appliance, use it immediately, then get frustrated when we don't understand what's happening or why.

These problems all have one simple solution - grab the user manual that came with your appliance and *actually* take the time to read it!

Following are examples things learnt by doing so! Go ahead and check yours out, you never know what handy tips and tricks you might be missing out on!



## 1. How to Load Your Dishwasher Properly

Should you put tall glasses on the bottom rack or top rack? Where's the best place to stack pots and pans? Where should wooden spoons go? Most dishwasher manuals have a section about what exactly you can wash in your dishwasher and the best place to put them as you load the dishes.

## Laundry



## 2. What those Mysterious Laundry Symbols Mean

Your washing machine manual likely includes a fabric care chart that explains what the care symbols on your clothes mean, as well as what settings you should use to wash them.

## 3. Reversing the Door on Your Appliances

Lot of fridges and front-load washing machines can be set up so the door opens on the left or right so that it suits your space better. This can really come in handy when you're trying to maximise space in a small laundry.

## 4. Interpreting Error Codes and Symbols

Error codes and warning symbols you may encounter on your appliance or device is very likely explained in the Troubleshooting section. If you read that information *before* you encounter an issue, you may be able to avoid problems altogether, or at least understand what's happening and know what to do about it!



## 5. Delay Start Times

Many ovens have a delayed start option you can use so that your oven is preheated and ready to go when you are! Look for "delayed bake" or "timed bake" in your user manual to find out if your oven offers the setting and to learn how to set it up.

*Continued on Page 26*

## BOWRAVILLE RSL-SUB BRANCH ANZAC Day Thu 25 April 2024

ANZAC Day is a day of remembrance and gratitude. It symbolises the spirit of mateship, sacrifice, and resilience ingrained in the ANZAC legacy.

The day also serves as a poignant reminder of the sacrifices made by the brave men, women and families of those who have served in conflicts, fostering a sense of national pride and unity while fostering reflection on the true cost of war.

Lest We Forget.

The Bowra RSL Sub-Branch aims to support veterans and their families in our community. The Bowra Sub-Branch also coordinates commemorations, memorials and other activities such as ANZAC Day. We welcome volunteers to assist with help in setting up for the main ceremony from 8am and in 'tearing down' afterwards would be greatly appreciated.

If you feel called to help please contact: Todd Vercoe - **0438 225 390** or email [twvercoe@gmail.com](mailto:twvercoe@gmail.com).

### ANZAC Day Program

- 05:25am** Silent March  
Ex-Services Cenotaph
- 05:30am** Dawn Service  
Bowra Cenotaph
- O/C** Dawn Service  
Gunfire Breakfast  
Bottom Pub
- 06:00am** Hot Breakfast  
Bowra Ex-Services Club
- 10:00am** Main Service  
Bowra Cenotaph
- 12:00pm** Lunch  
Bowra Ex-Services Club
- 02:00pm** Two-Up (to be confirmed)

All are very welcome and any persons wishing to lay a wreath are encouraged to do so.



# Bringing banking to your Community.

## Bank in-store today.

Australia Post provides the following services

- withdrawals
- deposits
- balance enquiries.

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

10/11

Bank@Post is an agency service provided by Australia Post on behalf of over 70 financial institutions. Bank@Post is available at participating Post Offices. Services available are cash withdrawals, deposits and balance enquiries.

## Useful Things You Can Do in the Notes App

*Continued from page 8*

The next time you (or anyone else) try to access it, it will show This Note Is Locked until you enter your password or use TouchID or FaceID to access it.

### 7. Share Notes

The Notes app is a great way to keep track of information for yourself but it also makes it easy to share information with others (like your grocery list with your husband!) Open a note you want to share and tap Share. Options include:

AirDrop – Use WiFi and Bluetooth to share the note wirelessly with other iOS and macOS devices

Message – Send the contents of a note to someone via iMessage or text message

Mail – Send the contents of a note in an email via the Mail app

You can also add other iOS users to your notes, providing them access to them within their own Notes app. Any changes you make will update on their end automatically! Just hit the person-shaped icon in a note to add someone to it.

### 8. Make A List

Love checking something off a long to-do list? You can get the same gratification in Notes by using the built-in checkmark icons, which are perfect for to-do lists, shopping lists, packing lists, and more!

With your cursor in the body of a note, select the checkmark button to add an empty circle to the note. Then simply tap the circle to check that item off your list!

### 9. Use Siri

You can create and populate notes in the Notes app without lifting a finger! Just activate Siri and say “Take a note” or “Start a new note.” Dictate what you want in the note and Siri will transcribe it for you.

### 10. See Notes in Gallery View

The iOS 13 update brought a few new features to the Notes app, including Gallery View. When viewing your list of notes, tap the icon with four squares to switch to Gallery View to display your notes as thumbnails.

These thumbnails contain a mini preview of what the note looks like, which can come in handy depending on what you’re looking for. Super helpful for recipes!

### 11. Sync with iCloud

With the help of iCloud, you can also access and edit your notes from your iPad, MacBook or any other Apple device. Go to Settings and select your name from the top of the screen.

From there select iCloud, then slide the toggle next to Notes to the on position. You can then access your notes from any device associated with your Apple ID!

### *Not an iPhone User?*

If you don’t have an iPhone, never fear! Android users should check out the Google Keep app, which offers many of the same useful features as Notes. You can download it for free in the Google Play Store!

- [www.onegoodthingbyjillee.com/notes-app-useful-features](http://www.onegoodthingbyjillee.com/notes-app-useful-features)



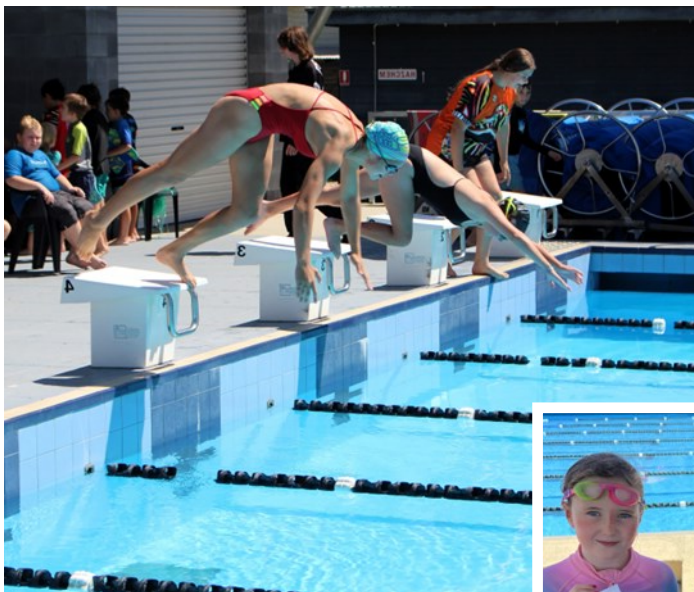
# BOWRAVILLE CENTRAL SCHOOL NEWS

## New records set and all have fun at Bowraville Central School Swimming Carnival 2024

Last month Bowraville Central School held its annual swimming carnival and it was a spectacular day. Skies were brilliant blue, the pool was crystal clear, and school spirit was high. At the outset, the Sports House war cries rang out across the pool precinct, with Cedar, Beech and Maple members singing, drumming, and stamping their feet in an uproarious effort to win the coveted points, which were ultimately awarded to Maple, after a nail-biting tie-breaker with Cedar.

Students from Years 2-12 then competed in a range of events, including the 50m and 100m freestyle, breaststroke, butterfly and backstroke. Let's not forget the 200m relay and medley events, during which even our staff participated, with great enthusiasm.

What's more, three long standing records were broken on the day, with star athlete Makaylah Schatzman setting new records for the 15 years girls 50m freestyle, backstroke, and butterfly, with dominant performances. When the results were tallied, Maple House clinched the win, with Cedar a close second and Beech placing third. Although, with so much incredible talent, athleticism, determination, happiness, and team spirit on display everyone was a winner.



# Watch Out - Wild Critters About

## Brown Antechinus

Scientific name: *Antechinus stuartii*

Alternative name: Marsupial Mouse



The brown antechinus, also known as Stuart's Antechinus and Macleay's Marsupial Mouse, is a species of small carnivorous marsupial of the family Dasyuridae. The males die after their first breeding season and the species holds the world record for being the world's smallest semelparous (*reproducing or breeding only once in a lifetime*) mammal.

### Description

*Antechinus stuartii* is mostly light brown above, including the upper surfaces of its feet, and a lighter brown below and on its tail. Its body length is 93 - 130 mm (3.7 - 5.1 in) and its tail 92 - 120 mm (3.6 - 4.7 in), and it weighs 16 - 44 g (0.56 - 1.55 oz). Unlike in other members of *Antechinus*, no pale-coloured eye ring occurs.

### Behaviour

The brown antechinus is mostly nocturnal and is arboreal, and females build large communal nests shared by many individuals. Like all antechinuses, the males die after their first breeding season (which lasts two weeks) as a result of stress and exhaustion. The current accepted hypothesis to why this happens is that sperm competition drives increased male investment in reproduction.

Female brown antechinuses do not possess a pouch; the young must attach themselves to the teats, of which there are usually eight. Its diet includes beetles, spiders, amphipods, and cockroaches, although it is an opportunistic feeder. The litter size is six or seven young.

### Distribution and habitat

The brown antechinus is found east of the Great Dividing Range in Australia, from southeastern Queensland to around Kioloa, New South Wales. It is mostly found in forested habitats with dense lower ground cover and low fire frequency.

Antechinus are robust and adaptable and can often in rural areas be found causing havoc inside homes - nesting inside cupboards and couches and raiding kitchens.

### The difference between an antechinus and a mouse?

The quickest way to tell the difference between an antechinus and a mouse is by looking at their head.

An antechinus has a much pointier, long, narrow snout, unlike a mouse which has a round head and nose.

They are also larger than a mouse, with the body length of an antechinus up to 165 millimetres long, it also has a tail that is approximately the same length as its body. They also have a white ring of fur around their eyes, doubled lobed ears, and yellow feet, legs and bellies.

While mice and rats create a musky smell, antechinus have no lingering odour.

Antechinus scats are also very different to house mouse scats. They are much larger and cylindrical shaped.



## Rural Australians Show Lower Dementia Risk

*People residing in rural Australia face a diminished risk of dementia compared to their urban counterparts.*

A recent study shows this could be attributed to the presence of cleaner air and abundant green spaces. The examination, based on the latest national Survey of Disability, Ageing, and Carers, revealed that adults aged over 65 in major cities were 1.12 times more likely to develop dementia.

Conducted by the University of Southern Queensland, the groundbreaking study represents the first comprehensive investigation into the geographical patterns of dementia prevalence. The research utilised data from households and care facilities nationwide.

The lead author and PhD student, Rezwanul Haque, pointed to environmental factors, emphasising that factors like chronic noise exposure, air pollution, and a scarcity of green spaces, which are more prevalent in metropolitan areas, could contribute to the higher incidence of dementia in cities.

A prior 2020 study from the University of Wollongong involving nearly 110,000 adults in New South Wales suggested that increasing urban tree canopy cover could potentially reduce the risk of dementia.

Published in the PLOS One science journal, the results of the University of Southern Queensland research challenged conventional expectations regarding rural health. Professor Khorshed Alam, the research supervisor, noted that while the traditional belief was that rural areas would have higher dementia prevalence, this study revealed the opposite.

This research could serve as a valuable resource for informing public policy and urban planning. Professor Alam stressed the importance of prioritising green spaces, playgrounds, and urban forestry in decision-making processes, advocating for the intrinsic value of these spaces beyond mere commercial considerations.

*Continued on Page 25*

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



**The 10am Sunday Service  
has resumed.**

Ros Johnston 0427 543 377

email: [nambuccaanglicans@tpg.com.au](mailto:nambuccaanglicans@tpg.com.au)

*Baptisms, weddings and funerals  
can be arranged  
by phoning 6568-9029*

7/11

**Blokes' Breaky**  
**1st Saturday of the month**  
at St James - ring Tony to book on  
**0487 090 886**

**Womens' Brekkie**  
**3rd Saturday of the month**  
at St James - 7am or 7.30 start

**St Jimmy's Kitchen**  
**3rd Thursday of Month at 6.30pm.**

**Bowra St Jimmy's Food Hub**  
Monday, Friday & Saturday 9am until  
11am must have a Centrelink card.

7/11



## Recycling of packaging *Continued from page 13*

reducing container litter in the environment and boosting recycling. In 2020 there was a 52% reduction in the volume of eligible container litter in NSW, and over 300,000 tonnes of materials recycled.

### Containers that CAN be returned

Eligible drink containers are those most commonly found as litter in NSW. They're often consumed 'on the go.'

Most empty 150-millilitre to 3-litre drink containers are eligible for a 10-cent refund when presented to a NSW return point. The best way to identify an eligible container is by the 10c refund marking.

*It is important that containers are empty, uncrushed, unbroken and have the original label attached. If a container isn't eligible for a refund, please use a recycling bin.*



### Containers NOT eligible for a refund

Containers not accepted in the scheme are often consumed at home and do not qualify for a refund. These items can still go into household recycling and include: milk containers, glass wine bottles, glass spirit bottles, juice bottles 1 litre and over and cordial bottles.



### Fundraise or donate through Return and Earn

Return and Earn provides a unique fundraising opportunity for charities, schools, community and sporting groups. These groups can seek donations of eligible drink containers from the community and redeem them for a refund at a return point.



#### Return and Earn points in the Nambucca Valley

Macksville – Walter Munro Place (behind Aquatic Centre)

Nambucca Heads – Coronation Park, Short Street

- [www.epa.nsw.gov.au/your-environment/recycling-and-reuse/return-and-earn](http://www.epa.nsw.gov.au/your-environment/recycling-and-reuse/return-and-earn)

- [www.dcceew.gov.au/environment/protection/waste/packaging/australasian-recycling-label](http://www.dcceew.gov.au/environment/protection/waste/packaging/australasian-recycling-label)



### BOWRAVILLE COMMUNITY DEVELOPMENT ASSOCIATION

**70 High Street – in the heart of Bowraville**

**Monthly meetings**, 2nd Saturday of each month at 1pm.

**Bowra Country Market**, Every 2<sup>nd</sup> Saturday of every month. Enquiries: 6568 3370

**Donations welcomed**, of saleable **books & bric-a-brac** for our fundraising table, and for our January book fair are always welcomed.

**Volunteers wanted**. Do you have skills to share?

Find us on Facebook. Enquiries to Marion 0400 828 471 email: [bcdainc@gmail.com](mailto:bcdainc@gmail.com)

N/C

## Lower Dementia Risk *Continued from page 23*

Contrary to assumptions, the study posited that individuals in metropolitan areas, often characterised by higher education and income levels, might be more adept at recognising and diagnosing dementia.

The analysis encompassed data from 74,862 individuals in 2015 and 65,487 in 2018, indicating an overall increase in dementia rates—a trend recognised globally.

**In light of these findings, here are some tips derived from the study:**

**Emphasise Green Spaces:** Urban planning should prioritise the preservation and creation of green spaces, walkways, and urban forestry, recognising their intrinsic value in promoting mental health.

**Noise Reduction Initiatives:** Implement measures to reduce chronic noise exposure in metropolitan areas, which the study suggests may be a contributing factor to higher rates of dementia.

**Community Education:** Improve awareness and understanding of dementia symptoms in all communities, ensuring that individuals, regardless of location, can recognise and seek diagnosis for the condition.

**Regular Health Studies:** Advocate for more frequent and comprehensive studies on older populations with dementia to enhance the quality and frequency of available health data, enabling better-informed decision-making.

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



## Bernard Laverty Funerals

24 hours 6568 1555

Monumental Masons & Florist

*Speak to us about the benefits of Pre Paying*



Serving the community for over 60 years

## Benefits of Reading User Manuals *from page 18*

### 6. How to Silence Annoying Beeps and Alarms

By perusing your washer's user manual, you can learn not only how to make the alarm quieter, but how to turn it off for good! It turns out that most alarms and alerts can be adjusted or turned off completely, so there's no reason to suffer those annoying beeps and boops any longer!



### 7. When to Clean Your Appliances

Not all models are savvy enough to send you an email, but it could have some other way of letting you know when it's time to perform cleaning or maintenance. And the best way to know how often you should clean your washing machine and how it might notify you is to read the manual!

### 8. What you can Clean in Your Dishwasher

Some small appliances (and even smaller parts of larger appliances) can be cleaned with the help of your dishwasher. You never know what you might be cleaning by hand that you could be tossing in your dishwasher, so read your user manual and find out!

### No Manual? No Problem!

If you've lost or gotten rid of your user manuals, never fear! It's quick and easy to find a digital copy of almost any user manual online. Just

Google the manufacturer and model name or number along with the word "manual." When you find the right manual, download a copy of the PDF if possible so you can refer back to it as needed.



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

## *To Market, to market . . .*

N/C

**Nambucca Plaza Lions Market**- 2nd Sunday every month.

Nambucca Plaza, Nambucca Heads from 8am. Enq. 6568 5447

**Funkya @ Unkya Markets** Last Sun even months (not Dec) Eungai

Reserve Pacific Highway Eungai 8am-1pm Enq. 0425 205 737

**Bowra Country Markets** - Every 2nd Saturday of the month Pioneer

Community Ctr - 70 High St. Bowraville 9am to 1pm. 0401481501

**Bellingen Community Market** an all-weather outdoor event held on the 3rd Saturday of each month. 1 Oak St Bellingen. 6655 2151

**Bellingen Growers Market** from 7.30 to 11.30am at the Bellingen Showground every 2nd and 4th Saturday of the month.



Support  
Bowra's  
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by keeping  
it local.



## BTS Home Services

NDIS Service Provider  
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Gutter Cleaning  
Window Cleaning

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5/11

## PEST CONTROL

*Richard (Dick) Hicks*

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**6564 7486**

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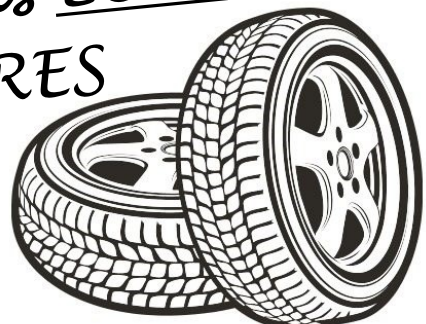
9/11

## Bowraville Service Station

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**ALL MECHANICAL REPAIRS  
SERVICING  
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AND  
FRIENDLY SERVICE**

*plus LOTS of  
TYRES*



10/11



Agent for Penrite  
Quality Oils



Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Autumn 2024							Community Radio Network
Studio 3 Live on the 3rd Friday of each month 6-8pm							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 AM	Green Eggs On Toast Lawrie Medbury	The Bohemian Beat With Riddhi	Aussie Grown Across the Nation Aussie Christian grassroots to charts	Tones of Claressence Claire Watt	TGIF Betina Goodwin	Rise N Shine Ron Hawkins	Tiki Lounge Remix With Seth Jordan
7 AM	Markets info, news, movies, local news. Nude.	NIMA Chart Show Matty J	Blues, Roots, n Boots Presented by Jonny Dee	Get that musical claressence!	News, tunes and interviews Great music to start your day	Random ravings in a musical mix with: Heavens Above: 6.30 Saltwater People: 7.30 It's Only Words: 8.30	Creative world music, contemporary jazz, digital beats and other sonic exotica. From 2888
8 AM	Classic Hits & Jukebox Paul Rowe	From Then To Now With Paul Burns	A Breath of Fresh Air With Sandy Kaye	FlipSide With Phill	Talk Of The Town Carl Wrobel	Around the Traps With Beverly	Global Village Garry Havillay
9 AM	Great Rock 'n' Roll	Bach to Beethoven With Rachel Burns	Smoko with Gazza With Gary Biden	Specialty-selected, usually-oz	See what's going down!	Australian Music is Bloody Great & Real World Gardener	Anything Goes With Phil Music from anywhere/everwhere
10 AM	Baby Boomers Donna Collins	Infopinion Richard Laxton, Eddie Orrego, Dale Hawkins	Mystical Music & Musings With Luise	Turning Pages Elizabeth Newman	Peter's Pops & Classical Tunes & Melodies With Peter K	Noisy Neighbours Trench de Groot	The Sixties in Australia Rob Davidson
Noon	Flashback With Rob Davidson	Life Words with Linda Bible reflections Gospel & Australiana	Mick in the Middle With Mick Bertles	Continental Drift Habib Massad	Weekend Surge With Chrissie	Garage Noise With Sean Ambrose	That's A Wrap Donna, Nigel, Mitch, Gary & Les
1 PM	1960's to 1990's with a weekly featured artist	Rock On With Jimmy & the Bluebirds	Interviews with fascinating folks, beautiful music & what's happening in our slice of paradise	Tewinga Tunes With Ralph	Sublime music, surf and footy reports, pumping you up for the weekend	Afternoon Concert With Peter K	Local sports calls and in-depth sporting analysis
2 PM	A Country Tea Time With DJ Tina	Sister Act Olivia & Sam	Hot Sweet & Jazzy Fun jazz and chat	Guaranteed ear candy	MHS Radio From Macksville High	Classical music at its best!	AND THAT'S A WRAP
3 PM	Slipping and spinning it all!	Retro Birds Robyn Wren & Sally Swan	Chimes With Paul Gough	Thursdays Country Trickivic	Turn Up The Volume With Macca	Wolffy Wolffy's music & requests	
4 PM	Bowra Beats With Grace Walters	Not out of the box radio entertainment	The Curious World of Lisa Z	Hit Singles From Your Past With Macca	Three hours of soft rock & listener requests.	The AntiSF Radio Show With Nuke	Praise, Prayer & Pop With Michelle
5 PM	With Ben Walters	Blues Soul Funk Featuring Aussies on NBA	The Sit Down With Clint Waaka	Live Delay Live music from Aus-wide	School's In from 5pm and Studio 3 from 6-8pm on the 3rd Friday of each month.	Imagine This Radio drama & stories	
6 PM	Reggae Mixtape With Fitzroy	Space Nuts Lost in Science Zed Games & Diffusion	Ant's Rock Anthony Garnsey	Tim Unsupervised Tim Hood	Fish's Favourites With Dave P	Saturday Date With Stu	Prog Rock Playlist Rhino
7 PM	Music outside the usual	2NVR Music Mix	Solid Rock Aussie Focus	Late night humour, music, interviews and more...	Tunes to angle by...	The best of Progressive Rock	
8 PM	Music Makers With Yen	2NVR Music Mix	Ant's Rock Overnight	2NVR Music Mix	Saturday Night Gold On Friday	2NVR Music Mix	
9 PM	Mixed music with featured artists	2NVR Music Mix					
10 PM							
11 PM							
Midnight	2NVR Overnight Music Mix						2NVR Overnight Music Mix