

# BOWRAVILLE Community News

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

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## SENIOR'S WEEK 2-15 MARCH 2026

The theme for Seniors Week 2026 is  
*“Live Life in Colour.”*

NSW Seniors Festival 2026, embraces the theme **“Live Life in Colour”**, celebrating the contributions, creativity, and vibrancy of older adults in the community. This theme encourages seniors to explore new experiences, connect with others, and enjoy life through a variety of activities that highlight creativity, wellness, and social engagement.



“Live Life in Colour” emphasises joyful aging, creativity and active lifestyles, encouraging seniors to embrace new adventures, maintain health and wellbeing and strengthen community ties.

It reflects a broader goal of the festival: to recognise and celebrate the diverse contributions of older adults while inspiring them to continue learning, connecting and enjoying life.

By participating in Seniors Week 2026 seniors can experience a vibrant program of events that embody the theme, fostering both personal enrichment and community engagement.

*Continued on Page 11*

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

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# BOWRAVILLE COMMUNITY NEWS

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185 x 130 (1 page) - \$43 issue or \$430 year  
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**THE APRIL 2026**  
**ISSUE IS: 4:00PM**

**TUESDAY, 24th MARCH 2026**

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

**BOWRAVILLE TECHNOLOGY CENTRE**  
39 High Street, Bowraville NSW 2449  
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# Ex-Services Club waiting on funds for completion of Community Support Hub

By Ned COWIE

Work is almost complete on some of the facilities in the long-awaited public amenities building located behind the Bowraville Ex-Services Club on Bowra Street, but the club is waiting on further funds to complete the project.

Plans for this amenities block were conceived after the 2019 bushfires and aimed to offer communal facilities and a support hub for community members in times of natural disasters.

In 2022, the Club received a grant for \$1,786,800 from the Black Summer Bushfire Recovery Grant (BSBRG) program, for works to improve the site and offer various services to the public.

Under the conditions of the scheme, money needed to be spent by March of last year and according to Club Manager Daniel Summerville a range of upgrades were enabled because of the funds.

“Extra solar panels, a battery and off-grid system, toilets, showers and the carpark across the road was sealed with some of the money,” he told BCN.

The club hopes to secure further funding when a suitable grant becomes available, to complete an upstairs kitchen and more verandah areas.

In the meantime, a generator and footpath to the new facility are expected to be delivered soon and Daniel said the club is contemplating how to best offer the facilities to the public.

Currently free camping and alternative showers and toilets are available at the nearby Bowraville Sports Hub prompting some community members to question why public money spent on these facilities was not allocated to more out-lying community support hubs like South Arm Hall and Missabotti Hall which are regularly isolated from town areas in times of crisis.



*Public amenities block behind Bowraville's Ex-services Club containing male and female showers and toilets.*

# Bowraville Services Australia Agency

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

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

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

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

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



Australian Government  
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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 . . .***

## **Bowraville Chamber of Commerce**

Next meeting will be at **5pm, Tuesday, 3rd March** at the Bowra Hotel.

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## **Radio Nambucca 2NVR - Studio 3 Live** **20th March 2026.**

Come along to 2NVR at 834 Rodeo Drive Tewinga for the show it's from 6 to 8pm. Ceri Wroble hosts Studio 3 Live every 3rd Friday.  
*See more information on page 21*

Please come and support our Community Hall  
at the  
**Missabotti Hall AGM**  
**Sunday 29 March at 10am**

All Welcome

Enquires: Tina 65647414



[missabotticommunitycentre@gmail.com](mailto:missabotticommunitycentre@gmail.com)

## **FREE Creative Seniors Workshops**

Nambucca Valley Phoenix in Bowraville's High Street has put together a FREE Creative Seniors Workshop program of events for those over 55, to coincide with the NSW Seniors Festival 2026. *More in page 11*

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## **Lawn Bowls Tournament and Colour Run**

at Hennesy Tape Oval to celebrate Seniors Week  
**12 March, 9.30am to lunchtime (tentative time, TBC)**  
Bowra Sports Club, Coronation Street, Bowraville

## **Watch the Premier's Gala Concerts livestream online**

**Thursday 12 March 2026 from 2.45pm – 4.15pm.**

A glittering and colourful lineup of performers grace the stage Register now to receive the link to watch the live stream. You can enjoy the performance from wherever you are in NSW.

## 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.

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and the  
things you  
look at  
change.”*

*- Wayne W. Dyer*

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## Wyz Wimmin & Friends *PLAY IT AGAIN*

The Wyz Wimmin & Friends Theatre Company is coming to Bowraville Theatre on **Sunday 1<sup>st</sup> March at 2.00 pm** with their ten-year retrospective, 'Play it Again'. After that, the production goes on tour in the region.

WW&F's Producer, Carrolline Rhodes, said, 'The characters we present are authentic. They could be your neighbour, your sister-in-law or the bloke down the road. Among the crowd pleasers is Shazza whose story is totally off the wall. Poker-machine-playing Daphne is another character that audiences love, and then there's Jude who likes a dry white a little too much for her own good, there's Jean-Paul whose journey stretches from England to Australia then back to France, and then there's empty nester Wilma whose travel plans come to a sudden halt... With ten characters representing ten years, it is a great line up.'



*Shazza and Ceefer*

'Play it Again' has adult themes and language: it is not suitable for children. Tickets are \$25 plus a small booking fee (the WW&F's booking agency uses their profits for humanitarian projects). To purchase tickets, to learn more about the Company, or to check other venues where 'Play it Again' will be staged, go to the WW&F's website.

Booking is easy, a couple of clicks and you're done: [wyzwimmin.org.au](http://wyzwimmin.org.au)

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## AI has an environmental problem. Here's what the world can do about that.

There are high hopes that artificial intelligence (AI) can help tackle some of the world's biggest environmental emergencies. Among other things, the technology is already being used to map the destructive dredging of sand and chart emissions of methane, a potent greenhouse gas.

But when it comes to the environment, there is a negative side to the explosion of AI and its associated infrastructure, according to a growing body of research. The proliferating data centres that house AI servers produce electronic waste. They are large consumers of water, which is becoming scarce in many places. They rely on critical minerals and rare elements, which are often mined unsustainably. And they use massive amounts of electricity, spurring the emission of planet-warming greenhouse gases.

"There is still much we don't know about the environmental impact of AI but some of the data we do have is concerning," said Golestan (Sally) Radwan, the Chief Digital Officer of the United Nations Environment Programme (UNEP). "We need to make sure the net effect of AI on the planet is positive before we deploy the technology at scale."

### First of all, what is AI?

AI is a catch-all term for a group of technologies that can process information and, at least superficially, mimic human thinking. Rudimentary forms of AI have been around since the 1950s. But the technology has evolved at a breakneck pace in recent years, in part because of advances in computing power and the explosion of data, which is crucial for training AI models.

### Why are people excited about the potential of AI when it comes to the environment?

The big benefit of AI is that it can detect patterns in data, such as anomalies and similarities, and use historic knowledge to accurately predict future outcomes. That could make AI invaluable for monitoring the environment, and helping governments, businesses and individuals make more planet-friendly choices. It can also enhance efficiencies. UNEP, for example, uses AI to detect when oil and gas installations vent methane, a greenhouse gas that drives climate change.

Advances like those are fostering hope that AI could help the world tackle at least some aspects of the triple planetary crisis of climate change, nature and biodiversity loss, and pollution and waste.

### So how is AI problematic for the environment?

Most large-scale AI deployments are housed in data centres, including those operated by cloud service providers. These data centres can take a heavy toll on the planet. The electronics they house rely on a staggering amount of grist: making a 2 kg computer requires 800 kg of raw materials. Also, the microchips that power AI need rare earth elements, which are often mined in environmentally destructive ways.

The second problem is that data centres produce electronic waste, which often contains hazardous substances, like mercury and lead.

Third, data centres use water during construction and, once operational,

*Continued on Page 16*

## WHAT'S HAPPENING IN BOWRA

### Blokes Brekkie

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

### Cuppa and Chat

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

### Bowra Country Markets

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

### St Jimmy's Kitchen

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

### St Jimmy's Food Hub

Friday 9-11am  
*Must hold a current Centrelink card.*  
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## Bowraville Folk Museum

High Street, Bowraville  
Phone/Fax: 6564-8200

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~ Groups by appointment ~

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## The Happiest Zodiac Sign as March Begins and Why Positivity Peaks

As February fades and March arrives, the emotional energy of the zodiac begins to shift toward renewal, beginnings. Astrologically, this one emotional cycle and the energized chapter. Many motivation, hope, and stands out as the happiest as astrological patterns and planetary alignments.



optimism, and fresh transition marks the closing of preparation for a brighter, more zodiac signs feel a boost in emotional clarity, but one sign March begins, according to

The end of Pisces season and the approach of Aries season create a powerful mix of reflection, healing, inspiration, and forward momentum. This cosmic combination influences mood, relationships, career confidence, and overall life satisfaction. While all zodiac signs benefit from this uplifting energy in different ways, one sign is especially aligned with joy, emotional fulfillment, and personal breakthroughs.

This article explores which zodiac sign is predicted to be the happiest as March begins, why this sign stands out, and how every zodiac sign experiences increased happiness, emotional renewal, and positive transformation during this transitional period.

### Astrological Energy Shaping Happiness Before March

As March approaches, planetary influences encourage emotional release, mental clarity, and renewed confidence. The Sun's final days in Pisces heighten empathy, creativity, and introspection, helping people let go of emotional burdens from earlier in the year. Meanwhile, the approaching Aries energy sparks motivation, courage, and excitement for new beginnings.

Jupiter, the planet of expansion and good fortune, amplifies optimism and opportunity, while Venus enhances pleasure, love, and emotional satisfaction. These combined influences increase the likelihood of personal victories, emotional breakthroughs, and uplifting experiences for many zodiac signs.

This cosmic climate sets the stage for increased happiness, especially for signs that align naturally with social connection, creativity, and emotional balance.

### How Planetary Alignments Influence Happiness Across the Zodiac

As March approaches, planetary movements support emotional release, optimism, and motivation. Venus enhances enjoyment, Jupiter expands hope and opportunity, and Mars increases drive and excitement. These energies collectively encourage positivity, confidence, and emotional resilience.

People may feel more inclined to pursue goals, improve relationships, celebrate small victories, and adopt a more hopeful outlook. This cosmic influence makes it easier to let go of negativity and focus on growth.

- [www.zodiachelps.com/2026/02/11/the-happiest-zodiac-sign-as-march-begins-and-why-positivity-peaks/](http://www.zodiachelps.com/2026/02/11/the-happiest-zodiac-sign-as-march-begins-and-why-positivity-peaks/)

# Seniors Festival at Nambucca Valley Phoenix

By Ned COWIE

Nambucca Valley Phoenix in Bowraville’s High Street has put together a FREE Creative Seniors Workshop - the program of events for those over 55, to coincide with the NSW Seniors Festival this year.



An initiative of the NSW Government, most of the NSW Seniors Festival events are held in Sydney between 2 and 15 March 2026.

Phoenix secured funding under this scheme and is planning to run classes on both creative movement and art on the Tuesdays and Wednesdays of this two week period for Nambucca Valley local seniors.

“Seniors can enrol to study silk dyeing, ceramics, monoprinting and applique,” Natalie Straney Acting Manager at Nambucca Valley Phoenix told Bowraville Community News.

“We will also be offering some senior deals in the Phoenix Café over these four days,” she said.

“Coffee and cake - \$8, Devonshire coffee - \$12 as well as a fruit salad and yoghurt for \$8 and a meal deal for \$15.”

“Live music is planned for the Garden Stage between 12 and 1pm on these days so we hope our seniors get involved and celebrate this amazing and special time of their lives with us,” Natalie added.

You can find the FREE Creative Seniors Workshop program on page 13 and registrations can be made by visiting [gallery@nyp.org.au](mailto:gallery@nyp.org.au)

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## Time to go for a Walk: Tips for Moving 150 Minutes a Week

*Even if you live a fairly inactive lifestyle, a new study proves that simply walking for a short time each day can help you live longer.*

While public health guidelines recommend adults engage in at least 150 minutes of moderate or 75 minutes of vigorous-intensity physical activity per week, a University of Cambridge study of 334,000 people found that just 20 minutes of brisk walking (or the equivalent thereof) a day is enough to prolong life.

Walking has been associated with lower risk of heart disease, diabetes, and breast and colon cancers.

While the researchers couldn't say just how many extra years of life the exercise offered, the message was clear: "Just a small amount of physical activity each day could have substantial health benefits for people who are physically inactive," says study leader Ulf Ekelund, adding, "Although we found just 20 minutes would make a difference, we should really be looking to do more than this – physical activity has many proven health benefits and should be an important part of our daily life."

It's not just your body that benefits from walking, your brain does, too. Researchers at New Mexico Highlands University found that the foot's impact during walking sends pressure waves through the arteries that can significantly modify and increase the supply of blood to the brain. "Walking has been described as the 'perfect exercise' because it is simple, free, convenient, doesn't require any special equipment or training, and can be done at any age," said Dr Alpa Patel from the American Cancer Society.

### Tips for Walking 150 Minutes a Week

#### **Plan and Schedule**

- **Set a Goal:** Aim for 30 minutes, 5 days a week or break it into shorter sessions (e.g., 10-15 minutes, twice a day).
- **Make It a Routine:** Walk at the same time daily to build a habit.
- **Use a Tracker:** Apps or smartwatches can count steps and track progress.

#### **Make Walking Enjoyable**

- **Choose Scenic Routes:** Parks, trails, or waterfronts make walks more enjoyable.
- **Listen to Music or Podcasts:** Keep yourself entertained while walking.
- **Walk with a Friend or Pet:** Social walking adds motivation and fun.

#### **Incorporate Walking into Your Day**

- **Take the Stairs:** Skip the elevator for extra steps.
- **Park Further Away:** Walk a bit more from parking lots.
- **Walk During Breaks:** A quick 5-10 minute walk at work adds up.

#### **Stay Comfortable and Safe**

- **Wear Supportive Shoes:** Choose comfortable walking shoes.
- **Dress for the Weather:** Light layers in summer, warm layers in winter.
- **Stay Hydrated:** Drink water before and after your walk.

#### **Challenge Yourself**

- **Increase Speed or Distance:** Try brisk walking or add extra minutes weekly.
- **Set Step Goals:** Aim for 8,000–10,000 steps a day.
- **Try Different Terrains:** Hills or trails add variety and extra benefits.

So put on those walking shoes and enjoy the great outdoors.

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

## FREE Creative Seniors Workshops 2026 - *Live Life in Colour!*

By Nambucca Valley Phoenix

Join us at Nambucca Valley Phoenix for Seniors Week and enjoy a range of free creative workshops full of colour, creativity and connection.

### WEEK 1

#### Monday 2 March

##### 10:00–12:00 | Monoprinting with Marc

Explore the art of monoprinting and create unique, one-of-a-kind prints in a relaxed studio setting. Experiment with colour, texture and mark-making with gentle guidance throughout.

##### 1:00–3:00 | Silk Dyeing with Katie

Discover the joy of working with colour on silk. Learn simple dyeing techniques and create your own beautifully patterned silk piece to take home.

#### Tuesday 4 March

##### 10:00–12:00 | Creative Movement with Hannah

A gentle and accessible movement session focused on creativity, expression and connection. No experience required - move in ways that feel good to you.

##### 1:00–3:00 | Ceramics with Amber

Get hands-on with clay and explore basic ceramic techniques in a supportive environment. Perfect for beginners and curious makers.



### WEEK 2

#### Monday 9 March

##### 10:00–12:00 | Appliqué Tote Bag Making with Charlotte

Learn simple appliqué techniques to create your own custom-designed tote bag. A fun, hands-on workshop for making something practical and beautiful.

##### 1:00–3:00 | Silk Dyeing with Katie

Another chance at silk dyeing - experiment with colour, create your own patterned silk pieces.

#### Tuesday 10 March

##### 10:00–12:00 | Creative Movement with Hannah

A repeat gentle movement session — welcoming, inclusive, and designed for all abilities.

##### 1:00–3:00 | Ceramics with Amber

A second ceramics workshop for those keen to work with clay and enjoy the process of making.

*All workshops are FREE to attend and proudly funded by DCJ (Department of Communities and Justice) as part of the NSW Seniors Festival.*

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- Beauty of Joseon: Luxurious skincare inspired by traditional Korean herbal medicine (Hanbang), focusing on a healthy, radiant complexion through time-honoured natural ingredients.



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### Gifts with Soul and Gardens with Heritage

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to cool electrical components. Globally, AI-related infrastructure may soon consume six times more water than Denmark, a country of 6 million people, according to one estimate. That is a problem when a quarter of humanity already lacks access to clean water and sanitation.

Finally, to power their complex electronics, data centres that host AI technology need a lot of energy, which in most places still comes from the burning of fossil fuels, producing planet-warming greenhouse gases. A request made through ChatGPT, an AI-based virtual assistant, consumes 10 times the electricity of a Google Search, reported the International Energy Agency. While global data is sparse, the agency estimates that in the tech hub of Ireland, the rise of AI could see data centres account for nearly 35 per cent of the country's energy.

Driven in part by the explosion of AI, the number of data centres has surged to 8 million from 500,000 in 2012, and experts expect the technology's demands on the planet to keep growing.

**Some have said that when it comes to the environment, AI is a wildcard. Why is that?**

We have a decent handle on what the environmental impacts of data centres could be. But it's impossible to predict how AI-based applications themselves will affect the planet. Some experts worry they may have unintended consequences. For example, the development of AI-powered self-driving cars could cause more people to drive instead of cycling or taking public transit, pushing up greenhouse gas emissions. Then there are what experts call higher-order effects - that AI could be used to generate misinformation about climate change, downplaying the threat in the eyes of the public.

**Is anybody doing anything about the environmental impacts of AI?**

More than 190 countries have adopted a series of non-binding recommendations on the ethical use of AI, which covers the environment. As well, both the European Union and the United States of America have introduced legislation to temper the environmental impact of AI. But policies like those are few and far between, says Radwan.

“Governments are racing to develop national AI strategies, but rarely do they take the environment and sustainability into account. The lack of environmental guardrails is no less dangerous than the lack of other AI-related safeguards.”

**How can the world rein in the environmental fallout from AI?**

UNEP recommends five main things. Firstly, countries can establish standardized procedures for measuring the environmental impact of AI; right now, there's a dearth of reliable information on the subject. Secondly, with support from UNEP, governments can develop regulations that require companies to disclose the direct environmental consequences of AI-based products and services. Thirdly, tech companies can make AI algorithms more efficient, reducing their demand for energy, while recycling water and reusing components where feasible. Fourthly, countries can encourage companies to green their data centres, including by using renewable energy and offsetting their carbon emissions. Finally, countries can weave their AI-related policies into their broader environmental regulations.

<https://www.unep.org/news-and-stories/story/ai-has-environmental-problem-heres-what-world-can-do-about>

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**1st March**

Bowraville Theatre

**7th March**

Urunga School of Arts Hall

**8th March**

Bandbox Theatre Kempsey

**14th March**

Bellingen Memorial Hall

**15th March**

Dorrigo Gazette Theatre

**All performances at 2.00 pm**



## Thinking about your death can make life easier

Most people have probably thought more about how they'd spend lottery winnings than how they'd prefer to spend their final days. But unlike winning the jackpot – the probability is about 1 in 8 million – death is a given. Everyone dies eventually.



Australians are being urged to think more about planning for situations where they need medical

help but can't communicate. It's called 'advance care planning' and it helps you advocate for your own values and wishes if you are ever unable to speak for yourself. It can also ensure you get full, active treatment to give you every chance of survival.

While it's best to make a plan when you're healthy and it's something anyone aged over 18 can do, advance care planning is particularly important for people who are older and frail, or have a chronic illness, multiple diseases, early cognitive impairment (such as Alzheimer's disease) or are approaching the end of their life.

Of course, life (or death) doesn't always go to plan. "The time and nature of a person's death may be unpredictable," says Kim Greeve, spokesperson for Advance Care Planning Week. But there are many things you may be able to control. "For example, a person may have a preference to die at home or die in a hospice. They may wish to have their beloved pet with them or a particular cultural practice respected."

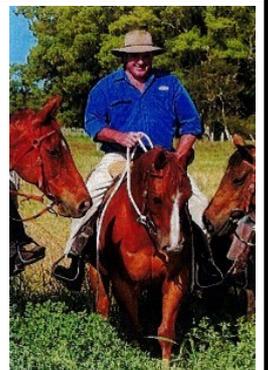
*Continued on Page 24*

## 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.

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## Planting With Purpose

You might be wondering, “What does that even mean?” Well, it’s pretty simple, and it’s all about making a positive impact on our world through gardening.

So, imagine this: you’re holding a tiny seed in your hand. It might not look like much now, but when you plant it with purpose, amazing things can happen. Planting with purpose means thinking about what you’re planting and why you’re planting it.

First off, it’s about choosing the right plants for the right place. That means picking plants that belong in your area and will thrive in your garden. When you do that, you’re helping to create a happy, healthy environment for your plants to grow.

But it’s not just about the plants – it’s about the bigger picture too. When you plant with purpose, you’re also helping out the bees, butterflies, and other critters that rely on plants for food and shelter. You’re creating little oases of biodiversity in your own backyard!

And let’s not forget about the planet. When you plant trees and other greenery, you’re actually helping to fight climate change. That’s because plants soak up carbon dioxide, a greenhouse gas that’s heating up our planet. So, by planting with purpose, you’re doing your part to keep things cool.

But here’s the best part: anyone can do it! You don’t need a fancy garden or a green thumb – just a little bit of dirt and a whole lot of heart. Whether you’re planting flowers in a pot on your balcony or veggies in a community garden, every little bit helps.

So, why not give it a try? Grab some seeds, get your hands dirty, and start planting with purpose. You’ll be amazed at the difference you can make – one seed at a time.

*-[plantfulness.org.au/wellbeing/planting-with-purpose](http://plantfulness.org.au/wellbeing/planting-with-purpose)*



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Hi Folks,

What a hectic start to the year, for us all!

We have a new Secretary whose name is Celeste Howden. Celeste joined us only last year and is contributing so much to our smooth running. Thank you, Celeste, for your community service.

The Committee, who are all volunteers, have organised a morning tea in March where our most recently trained Presenters will receive their Certificates. Being a Presenter is a wonderful opportunity to share your interests and your music with others.

Ion and Elizabeth, our trainers, will be holding the next training for new Presenters on the weekend of 14th and 15th March at 2NVR. These wonderful trainings are free so if you would like to attend, please contact Ion on 0408 696 184.

Our next Studio Live will be on the 20th of March so mark your calendar if you don't want to miss it and come along to 2NVR at 834 Rodeo Drive Tewinga, to enjoy our guest artists or you can listen on your radio at 105.9fm or online at [2nvr.org.au](http://2nvr.org.au)

Please see our Autumn Program included in this newsletter.

Hope you caught the 2NVR team on air or live at the Open Streets Festival on Saturday 14th Feb. Donna Collins organised a team, and they had a great time bringing the festival to the airwaves. Thank you for your service.

Bye for now - Luise Pearson-Bernoth



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## The End is Always Near: Apocalyptic Moments, from the Bronze Age Collapse to Nuclear Near Misses

By Dan Carlin

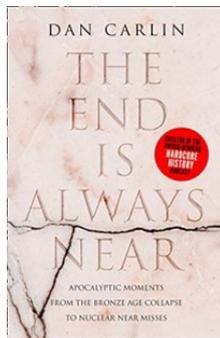
*The End is Always Near*, Dan Carlin looks at questions and historical events that force us to consider what sounds like fantasy; that we might suffer the same fate that all previous eras did. Will our world ever become a ruin for future archaeologists to dig up and explore? The questions themselves are both philosophical and like something out of *The Twilight Zone*.

Combining his trademark mix of storytelling, history and weirdness Dan Carlin connects the past and future in fascinating and colorful ways. At the same time the questions he asks us to consider involve the most important issue imaginable: human survival. From the collapse of the Bronze Age to the challenges of the nuclear era the issue has hung over humanity like a persistent Sword of Damocles.

Inspired by his podcast, *The End is Always Near* challenges the way we look at the past and ourselves. In this absorbing compendium, Carlin embarks on a whole new set of stories and major cliffhangers that will keep readers enthralled.

Idiosyncratic and erudite, offbeat yet profound, *The End is Always Near* examines issues that are rarely presented, and makes the past immediately relevant to our very turbulent present.

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



## Batavia

By Peter FitzSimons

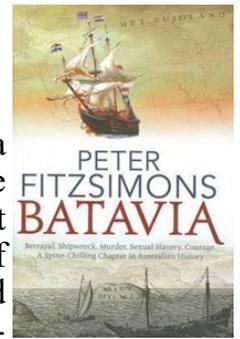
The Shipwreck of the Batavia combines in just the one tale the birth of the world's first corporation, the brutality of colonisation, the battle of good vs evil, the derring-do of sea-faring adventure, mutiny, ship-wreck, love, lust, blood-lust, petty fascist dictatorship, criminality, a reign of terror, murders most foul, sexual slavery, natural nobility, survival, retribution, rescue, first contact with native peoples and so much more.

Described by the author as "a true Adults Only version of *Lord of the Flies*, meeting *Nightmare on Elm Street*," the story is set in 1629, when the pride of the Dutch East India Company, the Batavia, is on its maiden voyage en route from Amsterdam to the Dutch East Indies, laden down with the greatest treasure to leave Holland. The magnificent ship is already boiling over with a mutinous plot that is just about to break into the open when, just off the coast of Western Australia, it strikes an unseen reef in the middle of the night.

Commandeur Francisco Pelsaert decides to take the long-boat across 2000 miles of open sea for help, his second-in-command Jeronimus Cornelisz takes over, quickly deciding that 250 people on a small island is unwieldy for the meagre supplies they have.

It all happened, long ago, and it is for a very good reason that Peter FitzSimons has long maintained that this is "far and away the greatest story in Australia's history, if not the world's." FitzSimons unique writing style has made him the country's best-selling non-fiction writer over the last ten years, and he is the perfect man to make this bloody, chilling, stunning tale come alive.

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



## BOOK NOOK NOTICE

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

# Vibrant Health offered for Bowra's Pets

By Ned Cowie

Bowraville animal naturopath, Kerrie Hyland runs a weekly clinic in Bowraville's High Street offering advice and products to support the health and well-being of animals. Kerrie also works alongside veterinarians to improve overall quality of life for pets.

Recently she talked to Bowraville Community News about her business "Vibrant Animal Health" and her vision to improve the health and wellbeing of our pets.

Kerrie began her journey in Naturopathy more than twenty years ago after completing high school.

"I loved herbs and when I realised I could play with herbs as a career I enrolled in a course through the NSW School of Natural Medicine."

After that, Kerrie completed a Bachelor Health Science-Naturopathy through the University of New England in Armidale following it up with a Bachelor of Animal Science majoring in canine and equine science, also through UNE.

For many years, Kerrie has offered online consultations to pet-owners all over Australia but approximately 12 months ago Kerrie started her face-to-face clinic in shared studio space at Sarah Jae Creative and is available on Friday mornings and by appointment.

Kerrie offered some advice to readers of BCN to consider with the approaching winter months.

"The days are becoming shorter and it's time to think about entertainment for our pets. For example, it may be too dark to play with a ball or go for a walk with your dog so you need to consider some other forms of stimulation," she said.

One recommendation she makes is for owners to see 'training' as a stimulatory activity.

"A lot of people underestimate the value of training sessions in countering boredom. For dogs, puzzle balls are good too," she explained.

For horses she says "trick training" is a great way to keep them busy and thinking while grooming is another great way to keep them stimulated if you don't have time for a ride.

"While you are grooming, keep an eye out for joint problems and arthritic conditions which tend to flare up in the colder months," she added.

Rather than offering generalised solutions, though, Kerrie is committed to educating pet-owners and offer individualised care for our furry and feathered loved ones.

She says simple solutions are often readily at hand and encourages those with questions to email her at [kerrie@vibrantanimalhealth.com.au](mailto:kerrie@vibrantanimalhealth.com.au).

Kerrie's website, [www.vibrantanimalhealth.com.au](http://www.vibrantanimalhealth.com.au) is packed full of natural health information for pets including blogs and freebies to support your pet's health.



*Kerrie Hyland of Vibrant Animal Health outside her clinic at 41 High Street, Bowraville.*

## So, what is advance care planning?

Advance care planning involves 2 key things:

- appointing a ‘substitute decision maker’: a person who will be asked to make medical treatment decisions on your behalf if you’re unable to
- writing an Advance Care Directive: a plan with instructions on how you want to be medically treated if you’re unable to communicate

The substitute decision maker is sometimes called a Medical Enduring Power of Attorney or Enduring Guardian, depending on your state or territory. This person should be an adult you trust, someone who will pay close attention to your values and preferences, and someone who’s comfortable making decisions in difficult situations.

You should discuss your Advance Care Directive, which is sometimes called a ‘living will’, with your doctor, but you don’t need a lawyer to complete it. It should be signed and dated by you, as well as your doctor and substitute decision maker. Copies should be made available to anyone involved in your care – including paramedics.

You can also upload it to your My Health Record, a digital file of all your important medical information that can be accessed by health professionals.

There are forms to help you write your Advance Care Directive at <https://www.advancecareplanning.org.au/start-planning/record-your-choices>; you can also find out more about the laws regarding Advance Care Directives in your state or territory.

## Your to-do list

Be ready for a time when you can’t speak for yourself. Advance Care Planning Australia has created this checklist to help you get started.

- Discuss your thoughts with those close to you – your family, substitute decision-maker (the person who will make decisions on your behalf), your GP and any other medical professionals involved in your care.
- Ask your doctor any questions that you may have regarding your health and medical treatments.
- Seek advice from an advance care planning advisory service or access more information and resources on the Advance Care Planning Australia site - [www.advancecareplanning.org.au](http://www.advancecareplanning.org.au).
- Legally nominate your substitute decision-maker for any future medical treatment on a Medical Enduring Power of Attorney/Guardian form (or



Continued on Page 25

equivalent, depending on your state or territory). Your doctor can witness this form. You can find the form that's relevant to your state at [www.advancecareplanning.org.au/start-planning/record-your-choices](http://www.advancecareplanning.org.au/start-planning/record-your-choices).

- Complete an Advance Care Directive, and give this to your doctors, other healthcare providers, your substitute decision-maker, family and anyone else involved in your care.
- Discuss any changes as soon as you think of them and make these changes to your forms.

## Want more information?

- Find out how you can get involved or start a conversation about it at [www.advancecareplanning.org.au/news-and-events/events/advance-care-planning-week](http://www.advancecareplanning.org.au/news-and-events/events/advance-care-planning-week).
- Caresearch offers information on palliative care and dying. Visit the website [www.caresearch.com.au](http://www.caresearch.com.au).
- You can learn more about advance care planning on the Carer Gateway site - [www.carergateway.gov.au/your-life-carer/preparing-future/future-planning/advance-care-planning](http://www.carergateway.gov.au/your-life-carer/preparing-future/future-planning/advance-care-planning).

## Want more like this?

For health and wellbeing news you can use, go to [www.healthdirect.gov.au/blog](http://www.healthdirect.gov.au/blog).

- [www.healthdirect.gov.au/blog/thinking-about-your-death-can-make-life-easier](http://www.healthdirect.gov.au/blog/thinking-about-your-death-can-make-life-easier)



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

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

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For more info call 6568-9029

**ST. JAMES CHURCH HALL**

## Lawn Bowls and Colour Run for Seniors

Nambucca Valley Council is co-delivering with the Youth Council and Becoming U this Seniors Week event:



**The Event:** Lawn Bowls Tournament and a Colour Run at Hennesy Tape Oval to celebrate Seniors Week the theme of which is Live Life in Colour.

**When:** 12 March, 9.30am to lunchtime (tentative time, TBC)

**Where:** Bowra Sports Club, Coronation Street, Bowraville

**Who:** Any Nambucca Valley seniors who wish to participate. Nambucca Valley Council has been reaching out to local aged care homes to invite participants along.

Anyone interested in attending is encouraged to contact Council's Community Development Officer, Jocelyn Box, on 6568 0226 or [council@nambucca.nsw.gov.au](mailto:council@nambucca.nsw.gov.au)

**Why:** Seniors Week is an important milestone, celebrating our community's older residents. The Nambucca Valley Youth Council raised money towards this event by selling baked goods at the recent Open Streets Festival in Macksville.



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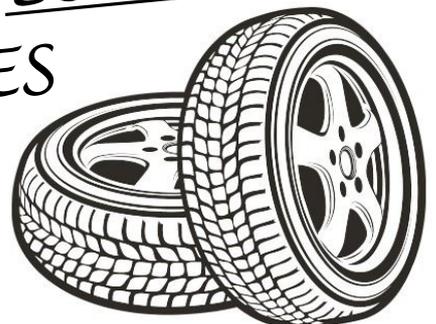
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Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Autumn 2026 — Studio 3 Live — 6-8PM 3rd Friday each Month									
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time	
6 AM	Cinemascope All the Best	Continental Drift With Garry Hawthley	Aussie Groove Across the Nation Aussie Christian grassroots to church.	Tones of Clairессence Claire Watt	The Fourth Estate The Documentary	Rise N Shine Ron Hawkins	Sunday Morning Soul Sound	6 AM	
7 AM	Overdrive Wellbeing	Real World Gardener The Assignment	A Country Tea Time With DJ Tina	In Conversation With Simon Moore	Life in the Valley Beverly Gibbs	Random ravings in a musical mix with: Heavens Above: 6:30 Saltwater People: 7:30 It's Only Words: 8:30	With Clairессence	7 AM	
8 AM	Urban Meltdown With Brett Costello	From Then To Now With Paul Burns	Smokno with Gazza With Gary Biden	Environmental Matters with Elizabeth + Earth Matters	Interviews, local news & music	Local News of the Area Beverly, Linda, Phill & Celeste		8 AM	
9 AM	Classic Hits & Jukebox Paul Rowe	The Local Source All Aussie Music	Mystical Music & Musings Louise gives us her favourite music and muses on the great mystery of Life	Turning Pages Elizabeth Newman	Talk Of The Town Ceri Wroble	Maidensong With Dianna Galbraith	Scoob's Smorgasbord With Scoobs	9 AM	
10 AM	Great Rock 'n' Roll	Blues, Roots n Boots With Jonny Dee	Hot, Sweet & Jazzy From "The Pulse"	Sista Selecta's Roots n Reggae	See what's going down!	Noisy Neighbours Trenock de Groot	Haunting ballads to electrifying beats with a dash of the uncanny!	10 AM	
11 AM	Baby Boomers Donna Collins	Spotlight With Kevin Walsh	A Breath of Fresh Air With Sandy Kaye	HR Singles From Your Past With Macca	Peter's Pops & Classical Tunes & Melodies With Peter K	Garage Noise With Sean Ambrose	The Folk Show From Radio Adelaide	11 AM	
Noon		Mixed Grill With Macca	DJ Casey DJ Casey's selected music	Thursdays Country Trickle	Robertson's Rollercoaster With Tom	Let the Bands Play With Gordon McKenzie	Jump Children With Steve	Noon	
1 PM	Flashback With Rob Davidson	Rock On With Jimmy & the Bluebirds	The Sixties in Australia Rob Davidson	Fine Music Live Aus Fine Music Network	MHS Radio From Macsville High	The Chill With Corey Barnett	Arts Alive With Simon Moore	1 PM	
2 PM	1960's to 1990's with a weekly featured artist	Slister Act Olivia & Sam	The Curious World of Lisa Z	Global Village With Habib Morsad	33 Blues With Lizzie	Music with a Message Geoff Stone	That's A Wrap Donna, Nigel, Gary & Les	2 PM	
3 PM	Top of the Pops With Kim Robson (BBC)	Aussie Music Weekly With Noddy	45 RPM From the Pulse	Tim Unsupervised Tim Hood	Tune in and join Lizzie for a Blues extravaganza	Saturday Date With Stu	Local sports calls and in-depth sporting analysis	3 PM	
4 PM	The Wire Weekly + Aussie Music is BG	Down Memory Lane With Streamer	Music from the sixties, seventies and eighties	Late night humour, music, interviews and more...	Meet Me @ The Movies Narrative about Narratives	Don't forget to keep your date!	Local News of the Area Beverly, Linda, Phill & Celeste	4 PM	
5 PM	Bowra Boats With Grace Walters	On the Flipside With CJ	Ant's Rock Anthony Garmey	Local News of the Area Beverly, Linda, Phill & Celeste	Fish's Favourites With Dave P	Wolffy Wolffy's music & requests	Praise, Prayer & Pop With Michelle	5 PM	
6 PM	Hinterland With Ben Walters	CJ flips vinyl records, CDs and releases!	Solid Rock Aussie Focus	2NVR Overnight Music Mix	Tunes I like to hear...	2NVR Music Mix		6 PM	
7 PM	Tikki Lounge Remix With Seth Jordan	Space Nuts Lost in Science, Zed Games, & Diffusion	Ant's Rock	Local News of the Area Beverly, Linda, Phill & Celeste	Dark Side of the Moon My Generation	2NVR Music Mix	The AntiSF Radio Show With Nuke	7 PM	
8 PM	Creative world music, Indigenous sounds, jazz and more	Local News of the Area Beverly, Linda, Phill & Celeste	Ant's Rock	2NVR Overnight Music Mix	The Gary Jackson Show & Sounds of the Seventies Overnight entertainment plus +	Imagine This Radio drama & stories	Prog Rock Playlist Rhino	8 PM	
9 PM	Music Makers With Yen	Local News of the Area Beverly, Linda, Phill & Celeste	Overnight	2NVR Overnight Music Mix	Overnight entertainment plus +	2NVR Music Mix	Prog Rock Playlist Rhino	9 PM	
10 PM	Mixed music with featured artists	Local News of the Area Beverly, Linda, Phill & Celeste	Overnight	2NVR Overnight Music Mix	Overnight entertainment plus +	2NVR Music Mix	The best of Progressive Rock	10 PM	
11 PM	2NVR Overnight Music Mix	Local News of the Area Beverly, Linda, Phill & Celeste	Overnight	2NVR Overnight Music Mix	Overnight entertainment plus +	2NVR Music Mix	2NVR Overnight Music Mix	11 PM	
Midnight	2NVR Overnight Music Mix	Local News of the Area Beverly, Linda, Phill & Celeste	Overnight	2NVR Overnight Music Mix	Overnight entertainment plus +	2NVR Music Mix	2NVR Overnight Music Mix	Midnight	

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