

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

MAY 2022 ~ ISSUE #206 ~ FREE ~ CIRCULATION 300 ~ POSTCODE 2449

Saturday 28 May 10am–4pm
Unkya Reserve Eungai Creek

Saltwater Freshwater Festival 2022

Culture Connection Community

Featuring Emma Donovan and the
Putbacks plus a deadly line-up

Yarn Tent | Film Tent | Workshops
Dance Stage | Food & Market Stalls

Dance, Weave, Listen and Celebrate

Gold Coin donation on entry

Strongly encourage respectfully
cultural practices and traditions
Kulpa's please G'wanma
Mak'le share coming together

Visit the website for information

www.saltwaterfreshwater.com.au

Financially
supported
by



BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 400 COPIES

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

2020 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

ALL ADVERTISING ENQUIRIES TO
cherieodonohue@bowraville.nsw.au

DEADLINE FOR COPY FOR

THE JUNE 2022

ISSUE IS: 4:00PM

TUESDAY, 17th May 2022

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

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

BOWRAVILLE TECHNOLOGY CENTRE

39 High Street, Bowraville NSW 2449

Telephone: 6564 7420

e-mail: admin@bctc.com.au

DISCLAIMER

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

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

Bowraville 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.

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

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

Facility Hire

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

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

Full day up to 8 hours - \$100.00

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

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

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

Full day - up to 8 hours \$40.00.

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

ALL ADVERTISING ENQUIRIES to

cherieodonohue@bowraville.nsw.au

ADVERTORIAL and GENERAL

CONTENT ENQUIRIES to

sue.smoothy@bowraville.nsw.au

or 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

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

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.

The advertisement for Fitting Turning Machining features a large, bold, red title "FITTING TURNING MACHINING" flanked by two grey wrenches. Below the title is a yellow box with the phone number "0408 964 433" in red. The name "Steven Jeffries" is centered below the phone number. At the bottom, there are two decorative sprigs of green leaves with red bows. The text "Turning - Milling - Welding - Repairs - Parts Made" and "Worn Shafts Re-Built - Aluminium & Stainless Welding" is written in a blue, italicized font. The address "2 Park Street Bowraville 2449" and the website "www.fittingturningmachining.com.au" are also included.

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

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!

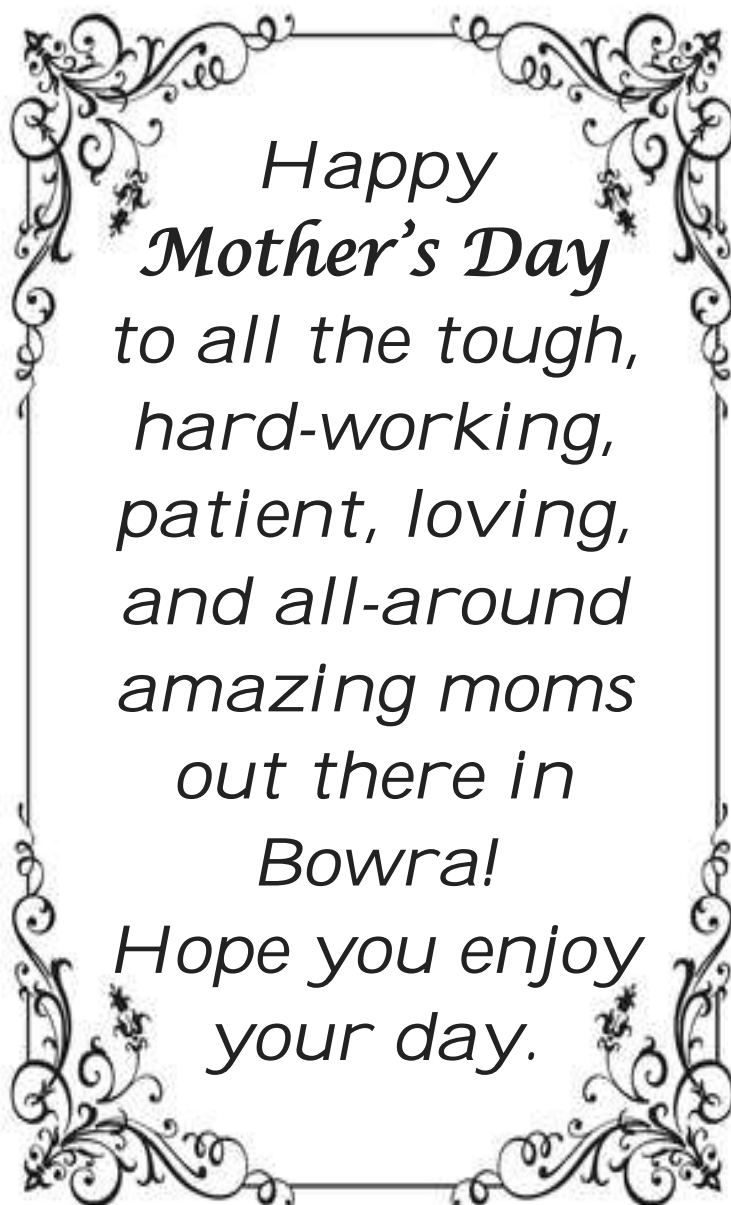


Free Techno Lessons
Bookings essential

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

For technical issues contact BTC for a booking.

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



Special offer to community groups

Save on paper and ink!

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

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

Check out the Bowraville Technology Centre's DVD Library

The DVD Library operates on the same basis as our very popular Book Nook,

ie: an honesty system - and if borrowers would like to make a donation of \$1 each time they borrow it would be appreciated.



A limit of 2 DVDs per borrower.

BOWRA COUNTRY MARKET
SATURDAY ~ 14TH May ~ 9am to 1pm
88 High Street, Bowraville



PHOENIX SCHOOL OF ARTS
OPEN DAY ~ 14TH May ~ 9am to 2pm
88 High Street, Bowraville
COLLECTIVE EXHIBITION - NEW ART COURSES
COMMUNITY SHED OPEN DAY - LIVE MUSIC

2022 Saltwater Freshwater Festival
Celebrating Aboriginal culture from the Mid North
Saturday 28th May 2022, Unkya Reserve, Eungai



BOWRAVILLE TECHNOLOGY CENTRE OPEN DAY

Are you a computer expert or just getting by?

Would you like to learn computer skills?



The Tech Centre is having
TWO OPEN DAYS



from 10am to 3pm on Thursday and Friday
the 28th and 29th of June.

*Do you have photographs or stories to share about the past,
present and future that would interest visitors to our town?
If you have please contact us at: hello@visittowraville.com*

Coronation Kennels & Cattery

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

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

PHONE: 02 6568-2018

Email: marcia@coronationkennelsandcattery.com.au

Website: www.coronationkennelsandcattery.com.au

We provide the following services:

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

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

Long Term Budget -

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

Not available during school holidays



Short-term Accommodation

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

4/11

BOWRAVILLE GIFT SHOP



any occasion

LOCATED AT BOWRAVILLE POST OFFICE
27 HIGH STREET BOWRAVILLE

Monday to Friday: 9am - 5pm

PH: 02 6564-7169

4/11

Tips to set you on the right ‘Googling’ path



Google provides links with content written by known or unknown authors, who may or may not have knowledge in the area you are interested in, based on a ranking system that either follows the preferences of the user, or the collective popularity of certain sites.

In other words, Google’s algorithms can penalise the truth for not being

popular.

Google Search’s ranking system has a fraction of a second to sort through hundreds of billions of web pages, and index them to find the most relevant and (ideally) useful information.

Somewhere along the way, mistakes get made. And it’ll be a while before these algorithms become foolproof – if ever. Until then, what can you do to make sure you’re not getting the short end of the stick?

How to Google smarter

In summary, a Google Search user must be aware of the following facts:

Google Search will bring you the top-ranked web pages which are also the most relevant to your search terms. Your results will be as good as your terms, so always consider context and how the inclusion of certain terms might affect the result.

You’re better off starting with a simple search, and adding more descriptive terms later. For instance, which of the following do you think is a more effective question: “*will hydroxychloroquine help cure my COVID?*” or “*what is hydroxychloroquine used for?*”

Quality content comes from verified (or verifiable) sources. While scouring through results, look at the individual URLs and think about whether that source holds much authority (for instance, is it a government website?). Continue this process once you’re in the page, too, always checking for author credentials and information sources.

Google may personalise your results based on your previous search history, current location and interests (gleaned through other products such as Gmail, YouTube or Maps). You can use incognito mode to prevent these factors from impacting your search results.

Google Search isn’t the only option. And you don’t just have to leave your reading to the discretion of its algorithms. There are several other search engines available, including Bing, Yahoo, Baidu, DuckDuckGo and Ecosia. Sometimes it’s good to triangulate your results from outside the filter bubble.

- *theconversation.com*

WHAT'S HAPPENING IN BOWRA

Bowra Country Markets

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

Bowra Community Café

Every Saturday
Pioneer Community Centre
from 9am to 1pm

Blokes Breaky

1st Saturday of the month
at St James—ring Tony to
book on 0456 257 757

St Jimmy's Kitchen

3rd Wednesday of Month
at 6pm

Bowra St Jimmy's Food Hub

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

Bowraville Folk Museum

High Street, Bowraville
Phone/Fax: 6564-8200

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

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

~ Groups by appointment ~

3/11

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 2/11

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

33 HIGH STREET, BOWRAVILLE
Ph.6564 7041 bowrahotel@bigpond.com



Bowraville & District Ex-Services Club 6564-7304

What we have to offer . . .

TAB - KENO - BINGO

RAFFLES - Wednesdays & Friday

MEMBERS' DRAW min \$1000

KITCHEN Wednesday to Saturday

 Lunch 12-2pm - Dinner 6-8pm

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

4/11

FREE POOL Everyday

CRAIG BELLAMY@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 @atrealty Real Estate.

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

See what our clients think of @atrealty go to ratemyagent.com.au

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

4/11



Pioneer Community Centre B.C.D.A.I.

~ *In the heart of Bowraville* ~

Every Saturday - Saturday Café - 9am to 1pm

Every Saturday - Sewing Circle - 10am to 2pm

Every Saturday - Painting of the front of the building - 2pm to 4pm

Every Tuesday evening - Line Dancing with Rhonda

Every Thursday - 3 classes, morning, afternoon and evening -
Watercolour classes with Hanh

Every Saturday - Watercolour classes with Hanh, 3pm to 5pm

2nd Saturday of the month - **Bowra Country Markets** - 9am - 1pm

Seeking a volunteer Markets Manager, volunteer Hall Manager,
volunteer Grants writer and volunteer Secretary and, last, but not least -
Seeking contact with all NFPs / community organisations in Bowraville
for discussion regarding how your group can work and share with
BCDAI for the benefit of the whole community.

Find us on Facebook. Enquiries to Marion 0400 828 471
bcdainc@gmail.com

BOWRA COMMUNITY CAFÉ

Pioneer Community Hall, High Street

Open Every Saturday from 9am til 1pm

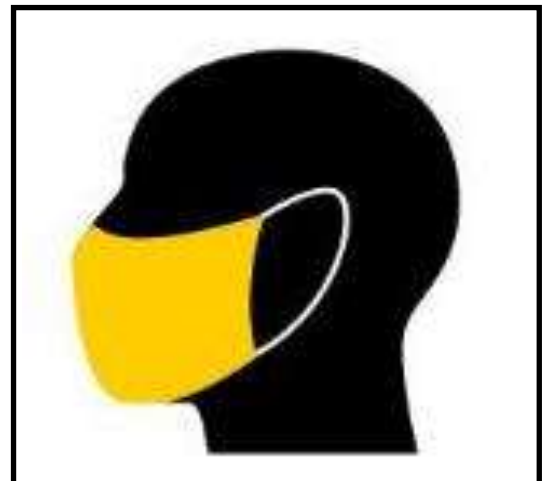
Drop in for a Tea or Coffee and a Treat or light Brunch/Lunch

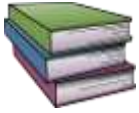
Homemade light meals,
Scones with Jam and Cream
Biscuits and Cakes.



A different menu each week and generous prices.

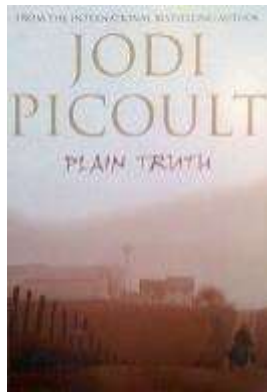
**Protect yourself and
others by wearing a
face covering correctly.**





BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

Plain Truth by Jodi Picoult



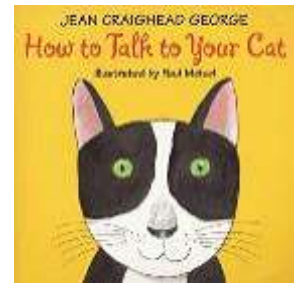
The small town of Paradise, Pennsylvania, is a jewel in Lancaster County - known for its picture-postcard landscapes and bucolic lifestyle. But that peace is shattered by the discovery of a dead infant in the barn of an Amish farmer. A police investigation quickly leads to two startling disclosures: the newborn's mother is an unmarried Amish woman, eighteen-year-old Katie Fisher. And the infant did not die of natural causes. Although Katie denies the medical proof that she gave birth to the child, circumstantial evidence leads to her arrest for the murder of her baby.

One hundred miles away, Philadelphia defense attorney Ellie Hathaway has achieved an enviable, high-profile career. But her latest court victory has set the sands shifting beneath her. Single at thirty-nine and unsatisfied with her relationship, Ellie doesn't look back when she turns down her chance to make partner and takes off for an open-ended stay at her great-aunt's home in Paradise. Fate brings her to Katie Fisher. Suddenly, Ellie sees the chance to defend a client who truly needs her, not just one who can afford her.

But taking on this case challenges Ellie in more ways than one. She finds herself not only in a clash of wills with a client who does not want to be defended but also in a clash of cultures with a people whose channels of justice are markedly different from her own. Immersing herself in Katie Fisher's life -- and in a world founded on faith, humility, duty, and honesty -- Ellie begins to understand the pressures and sacrifices of those who to live plain. As she peels away the layers of fact and fantasy, Ellie calls on an old friend for guidance. Now, just as this man from Ellie's past reenters her life, she must uncover the truth about a complex case, a tragic loss, the bonds of love, her own deepest fears and desires.

- www.goodreads.com

How to Talk to Your Cat by Jean Craighead George



Find out what your cat is "really" saying and talk back! What is your cat telling you when he rubs against your leg? What does it mean when he holds his tail straight up?

Discover the different kinds of meows and what they mean; find out how to read whiskers, tails, facial expressions - and much more!

- www.goodreads.com

BOOK NOOK NOTICE

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

Now at the BTC A DVD Library

Operating on the same basis as our very popular Book Nook, ie: an honesty system - and if borrowers would like to make a donation of \$1 each time they borrow it would be appreciated.
A limit of 2 DVDs per borrower.

Heart Disease Awareness

Time to book a Heart Health Check?

If you're 45 and over, or 30 and over if you're of Aboriginal or Torres Strait Islander descent, you should book your Heart Health Check today

Do you know what your risk of having a heart attack or stroke is? Having a regular Heart Health Check with your GP will help you better understand your risk of a heart attack or stroke.

Most importantly, your GP and nurse can support you to lower this risk. A Heart Health Check is a 20-minute check-up with your GP to assess your risk of having a heart attack or stroke.

Why should you get a Heart Health Check?

Heart Health Checks can detect issues with your heart health. Coronary heart disease is usually the underlying cause of a heart attack, which is Australia's number one cause of death. Coronary heart disease is caused when the arteries leading to the heart become hardened or narrow.

One Australian has a heart attack or stroke every four minutes. Many people may not be aware of their risk factors for heart disease. Also, some risk factors like high blood pressure or high cholesterol can be silent.

Who needs a Heart Health Check?

One fifth of Australians aged 45–74 years have a high chance of having a heart attack or stroke in the next five years.

Anyone 45 years and over or 30 years and over for Aboriginal and Torres Strait Islander peoples should have a regular Heart Health Check with their doctor.

What should you expect in your Heart Health Check?

Different tests to check your risk factors

Your GP or nurse will check your blood pressure, cholesterol and blood sugar levels.

A discussion about your history and lifestyle

Your lifestyle is an important part of assessing your risk of heart disease, as these factors can all play a part. You may be asked about:

- Your diet
- Physical activity levels
- If you smoke or drink alcohol
- Whether you are maintaining a healthy weight
- Your medical and family history.

Risk assessment

Next, your GP uses the information gathered to assess your risk of having a heart attack or stroke in the next five years.

Make a plan

If needed, your GP or nurse will work with you to set a plan for improving your risk factors for heart disease and keep on top of your heart health.

Continued on Page 18

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



FREE Blood Pressure Test during the month of MAY



If your blood pressure is in the healthy range and you have no other risk factors for cardiovascular disease, and no personal or family history of high blood pressure, it is still important to have a check at least every two years.

Lifestyle changes are very important to help manage high blood pressure and lower your risk of cardiovascular disease. Suggestions include: *Enjoy a wide variety of foods - Decrease your salt intake - Maintaining a healthy weight - Limit alcohol intake - Quit smoking.*

If your blood pressure is **'high/normal'** (or higher - eg: 140/95), or if you have other risk factors for cardiovascular disease, such as a personal or family history of high blood pressure, stroke or heart attack, it is best to have it checked more frequently.



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





Ngambaga Bindarray Girrwa Community Services Aboriginal Corporation

ABN:19746606729

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

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

Address: 1/53 High St, Bowraville,

Web: nbgcommunityservices.com.au

Email: admin@nbgcs.com.au



CHSP & NRCP

(In the Nambucca Valley)

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

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

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

Early Linker Program, Mid North Coast

(Kempsey to Red Rock, Coffs Harbour)

Early Links is for:

- People with a disability aged 0-8 yrs and who are generally not accessing any specialist disability service
- Carers and families of people with a disability
- The community
- People wanting assistance to accessing community and mainstream services, knowledge, resources and opportunities in their communities

An Early Linker will assist with:

- General development concerns
- Information and support for families to find out about their children's disability needs
- Identify concerns, set goals and development plans for the future
- Connecting with other parents, community and service providers

Early Links Mission:

"Every child, every opportunity"

Early Links Vision:

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

Build confidence to achieve your goals

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





Bowraville Lions Club Inc News Bulletin

MAY 2022



Easter Raffle Drawn April 17th



Thanks to the Bowraville Community our Club has raised \$747 to go to the Australian Lions National Disaster Appeal for the people affected by floods in NSW and QLD and the Lions Club International humanitarian appeal for the people of Ukraine.

A big thanks to Woolworths Macksville for their generous donation of Prawn trays for our Easter Pub Raffle.



SUPPORT IN ACTION

**National Disaster
Appeal : Queensland &
New South Wales**

LCIF is awarding grants to Lions supporting Ukrainian refugees who have crossed their borders. Lions in Ukraine have also received LCIF grants to address the critical needs of people who remain in the country. Grant funding will enable Lions to purchase and distribute immediate relief items, such as food, clothing, hygiene supplies, sleeping bags and medicine.

LCIF grants totaling US\$824,125 have been awarded as of April 2022.

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

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

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

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

SEEDS

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**

3/11

Gardening in May

There's still some good planting time left in this part of the world, so pop in some Brussels sprouts, cabbage, cauliflower and broccoli. Peas and broad beans can also go in, as well as radish, turnips, swedes and spinach.



Get happy with herbs - try some chamomile and lemon grass. You could give mint and lemon balm a go as well but be careful to contain them as they can take over!

Or try some flowering plants like: cornflower, calendula, dianthus, pansies, viola, snapdragons, stock, ageratum and marigolds. These plants are great at attracting pollinators and beneficial insects to your patch and the flowers look good as well.

Consider a green manure crop to add some life and love to an overworked patch. At this time of year try fava bean, field pea, oats and wheat. This will improve your soil incredibly - you'll find it well worth the effort!

Bare rooted fruit tree time is almost upon us, so start to prepare beds for these now. Lots of rich organic matter, a bit of moisture and some mulch will have the



Continued on Page 16



OPEN DAY
14TH May
9am to 2pm

88 High Street, Bowraville

**PHOENIX SCHOOL OF ARTS
 COLLECTIVE EXHIBITION**

Showcasing artwork by our School of Arts teachers.

NEW ART COURSES Come and experience arts courses on offer with art demonstrations in pottery, drawing, painting and woodwork. All ages and abilities welcome NDIS supported + open programs available.

COMMUNITY SHED OPEN DAY

The Depot Community Shed + Learning Facility Grand opening at 22 Adam St, Bowraville. Come get involved!

LIVE MUSIC Enjoy our lovely outdoor area while listening to some of our local artists.

For more information please contact us on 6501 0021 or info@nvp.org.au

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



2/11

**LIONS CLUB OF BOWRAVILLE
 INC.**

SUPPORTING OUR COMMUNITY

President:
Greg Lamberth

Secretary:
Mark Scott



4/11



Email:
bowraville@lionsdistrict201N1.org.au
PO Box 23 Bowraville NSW 2449

Bowra Laundromat

Corner of High & Belmore Streets

Token Operated Washing
 Machines & Dryers.

Tokens available at the Pub and IGA
 Commercial Washers and Dryers

Enquiries: ph 6564 7401



4/11

Air Freshener

It's easy, inexpensive, and personalisable!

What you'll need:

- 2 Cups Water
- 20-30 Drops Essential Oil
- 2 Tablespoons Baking Soda
- Spray Bottle

How to:

Add about 25 drops of your favourite essential oil to 2 tablespoons of baking soda and stir to combine. Lemon and lavender are great choices, though eucalyptus is a favourite because of its refreshing scent.

Pour the baking soda and essential oil mix into the water and stir. Then funnel the water into your spray bottle. Seal tightly and give the bottle a good shake to fully combine ingredients.



About this DIY project:

It's cheaper, lighter, effective and can be personalised to your preferred scents. Made with only 3 ingredients this easy air freshener comes together in less than 5 minutes. So give this Make Your Own air freshener a try - you may never go back to the store-bought version.

From Page 14

soil perfect by the time your trees are ready to go in! Think about what tree varieties you are after, you may need to do some research especially if you are after a heirloom or unusual variety.

Top up mulch on your veggie patch, herb garden and ornamental beds. Mulch to a depth of about 7cm after watering. Keep mulch clear of plant stems... especially young seedlings. Choose a low environmental impact mulch that will enrich your soil as it breaks down.

Plants feel the need for a feed at this time of year. A seaweed tea or low environmental impact liquid fertiliser is perfect, especially for seedlings sown this month. Apply to the soil early in the morning and in the concentrations mentioned on the packet.

Weeding - cut down the competition between your tasty treats and the space



invaders and tidy up your patch. It may be tedious, but it is very rewarding!

Water smarter at this time of year. Water first thing in the morning - a deep drink a couple of times a week is far more beneficial than a quick water every day!



***Are you a computer expert or just getting by?
Would you like to learn computer skills?***

The Tech Centre is having 2 Open Days from 10am to 3pm on Thursday and Friday the 28th and 29th of June.



Free half hour sessions to access computers each day.

Come in and talk to our volunteers on Thursday - think about volunteering and supporting our community - we need new reliable volunteers to help us providing this valuable service to our town.

There are lots of things you can help with - maybe customer service, accounting, assist people to use computers or help to edit our Bowra Community News - to name a few of the things we do.

You get lots of thanks from our community members and free access to the computers during your shifts. There is also access to lots of programs and training to help you personally or to get you ready for a paying job.

Join us on Thursday 28th June for a sausage sizzle provided by the Lions and talk to us about volunteering or just book a free half hour on Friday to see what **it's like**.

There are no barriers all welcome. Look forward to seeing you.



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.

4/11

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.



What's on in MAY 2022

BOWRAVILLE THEATRE

Thinking Man's Bogan – Cy Fahey

Saturday, 7th May 2022 @ 7pm

Stand up comedy at its finest. Rating: This is a 16+ event

Join comedian Cy Fahey with 15 years experience on stage, as he tells his hilarious stories of a truck driving single dad of a teenage daughter.

Joined by mates Jacob Keed & Dave Human, and hosted by the delicious Jessie "Rabbit" Human, this show will leave you in stitches.

Tickets: \$25 + booking fee @ Humanitix.com or Box Office

Bellingen The Promised Land

Sunday, 8th May 2022 @ 2pm

Compiling countless hours of 8mm footage and historical photos, retired journalist Peter Geddes and filmmaker Peter Gailley paint the historical landscape of how modern Bellingen came to be, following the cultural movement that eventually became the backbone of Bellingen's identity. Rating: M

Tickets: \$15 (no concessions) @ Sticky Tickets or Theatre Box Office

Complimentary wine and nibbles.

Book a Heart Health Check - *Continued from page 10*

Take medication

People at high risk of having a heart attack or stroke in the next five years may need to take medication and make lifestyle changes to lower their risk.

Referral for more support

Your GP may refer you to another health professional for further support. For example, this could include seeing a dietitian to help you make the right changes to your diet or other lifestyle support programs and walking groups.

What are the benefits of a Heart Health Check?

Understanding your risk of having a heart attack or stroke is the first step in lowering the risk. Your GP or nurse will give you advice on the immediate steps you can take to lower your risk of heart disease.

How much does a Heart Health Check cost?

Since April 2019, Heart Health Checks have been covered by Medicare and are free at practices that bulk bill this service.

What other support will you have to make healthy changes?

The Heart Foundation has plenty of free resources and activities that can help you make positive changes to your lifestyle:

- Eat healthy with our heart-healthy recipes.
- Be active by joining or leading a Heart Foundation walking group for free.
- If you are 45 years and over or 30 years and over for Aboriginal and Torres Strait Islander peoples, **see your GP for a Heart Health Check today.**

- www.heartfoundation.org.au

Do we need to have two sleeps rather than one?

Around a third of the population have trouble sleeping, including difficulties maintaining sleep throughout the night. While night time awakenings are distressing for most sufferers, there is some evidence from our recent past that suggests this period of wakefulness occurring between two separate sleep periods was the norm.



Throughout history there have been numerous accounts of segmented sleep, from medical texts to court records and diaries, and even in African and South American tribes, with a common reference to “first” and “second” sleep.

Anthropologists have found evidence that during preindustrial Europe, bi-modal sleeping was considered the norm. Sleep onset was determined not by a set bedtime, but by whether there were things to do. Historian A. Roger Ekirch’s book *At day’s close: night in times past* describes how households retired a couple of hours after dusk, woke a few hours later for one to two hours, and then had a second sleep until dawn.

Ekirch found references to the first and second sleep started to disappear during the late 17th century. This is thought to have started in the upper classes in Northern Europe and filtered down to the rest of Western society over the next 200 years.

Interestingly, the appearance of sleep maintenance insomnia in literature of the late 19th century coincides with the period where accounts of split sleep start to disappear. Thus, modern society may place unnecessary pressure on individuals, that they must obtain a night of continuous consolidated sleep every night, adding to the anxiety about sleep and perpetuating the problem.

Biological basis

Less dramatic forms of bi-phasic sleep are evident in today’s society, for example in cultures that take an afternoon siesta. Our body clock lends itself to such a schedule, having a reduction in alertness in the early afternoon (the so-called “post-lunch dip”).

In the early 1990s, psychiatrist Thomas Wehr conducted a laboratory experiment in which he exposed a group of people to a short photoperiod – that is, they were left in darkness for 14 hours every day instead of the typical eight hours – for a month.

It took some time for their sleep to regulate but by the fourth week a distinct two-phase sleep pattern emerged. They slept first for four hours, then woke for one to three hours before falling into a second four-hour sleep. This finding suggests bi-phasic sleep is a natural process with a biological basis.

Pros and cons

Today’s society often doesn’t allow for this type of flexibility; thus we have to conform to today’s sleep/wake schedules. It is generally thought a continuous seven to nine-hour unbroken sleep is probably best for feeling refreshed. Such a schedule may not suit our circadian rhythms as we desynchronise with the external 24-hour light/dark cycle.

Continued on Page 26

Will you recognise your heart attack?

Warning Signs Action Plan



Do you feel any

pain pressure heaviness tightness

In one or more of your

chest neck jaw arm/s back shoulder/s

You may also feel

nauseous a cold sweat dizzy short of breath

Yes

1 STOP and rest now

2 TALK tell someone how you feel

If you take angina medicine

- Take a dose of your medicine.
- Wait 5 minutes. Still have symptoms? Take another dose of your medicine.
- Wait 5 minutes. Symptoms won't go away?

Are your symptoms severe or getting worse?

or

Have your symptoms lasted 10 minutes?

Yes

3 CALL 000 Triple Zero and chew 300mg aspirin, unless you have an allergy to aspirin or your doctor has told you not to take it

- Ask for an ambulance.
- Don't hang up.
- Wait for the operator's instructions.

BOWRAVILLE CENTRAL SCHOOL NEWS



EASTER HAT PARADE



Saturday 28th May 2022, Unkya Reserve, Eungai

Saltwater Freshwater Festival

Celebrating Aboriginal culture from the Mid North

The highly anticipated return of the Saltwater Freshwater Festival has been announced. The 2022 Festival will be held on Saturday 28th of May 2022 at Unkya Reserve, Eungai Creek in beautiful Nambucca Valley. Since its inception in 2010 the Festival has traditionally been held on Australia Day each year.

Saltwater Freshwater Arts Alliance and our Board of Directors have been committed to this date as a way to celebrate and share authentic Aboriginal living culture with the wider community on a day that is difficult for our people.

Our Festival has delivered incredible outcomes to our communities and we are proud of this inclusive celebratory event.

Sadly, the difficult decision was made to cancel our Festival in January of this year due to COVID – 19 restrictions.

After much consideration, the Saltwater Freshwater Board decided to move our 2022 Festival to the first Saturday of Reconciliation Week, 28th May 2022. We are excited for this new opportunity to share our event on a date in alignment with our Festival's focus of positive reconciliation through active participation. Saltwater Freshwater has been fortunate to receive seed funding for this Festival from the Nambucca Valley Council's Bushfire Community Recovery and Resilience Fund, through the joint Commonwealth/State Disaster Recovery Funding Arrangements. We are working diligently to secure additional sponsors who are vital to ensure that we can deliver an exciting event in 2022.

We are happy to announce the headline performance for 2022 is Gumbaynggirr artist Emma Donovan and her band the Putbacks. Further updates will be announced over the coming months through our social media channels and our newly redesigned and updated website.

For more information about this media release and our Festival please call Rick Gonsalves, our general manager on 02 6658 1315.

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



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

Unfortunately with the Covid19 restrictions you now have to 'book in' as space is limited.

Phone: 6568 9029

email: nambuccaanglicans@tpg.com.au

2/11

Blokes' Breaky
1st Saturday of the month
at St James - ring Tony to
book on 0456 257 757

St Jimmy's Kitchen
3rd Wednesday of Month
at 5.30pm.

Bowra St Jimmy's Food Hub
Monday, Friday and Saturday
9am until 11am for all people
who hold a Centrelink card.

2/11

In Our Backyard - Top Knot Pigeons

The **topknot pigeon** (*Lopholaimus antarcticus*) is a pigeon native to eastern Australia.

The unique backswept crest makes this species easily identified at close range and even far off their bulky crest makes a distinctive silhouette. But the Topknot can be recognised by its flight - flocks of these very large birds fly across open country travelling far and fast in search of rainforest trees with ripening fruit.



Flocks of thousands were said to be common before extensive clearing and uncontrolled hunting. Flocks are now much smaller but can still be seen winging their way powerful, fast and straight - swooping in long sweeping glides on flat wings from ridge-tops through to valley or circling high and easily over forests.

Their habitat is rainforest, remnant and regrowth and nearby eucalypt forests. They forage in the high canopy, occasionally in shrub layers but not on the ground. They are nomadic - common in Queensland and Northern New South Wales – rarely seen further south.

These pigeons cover great distances in search of fruit bearing trees suddenly appearing in areas where they have not been seen for many years and will occasionally move beyond their normal southern range limit, into eastern Victoria.

The breeding season can be directly related to the combined ripening of fruit trees and palms within the rainforest habitat. Forcing the birds to mass flock and congregated at these areas.

Because of concern over the steep decline in their population, topknot pigeons are now a protected species in Australia. However the increasing prevalence of a new food source in the fruit of the 'weed' camphor laurel trees has seen a recent resurgence in their number.

- *Michael Morcombe's Field Guide to Australian Birds*

4 SIMPLE STEPS ***to making your Bush Fire Survival Plan***

Preparing for a bush fire is easier than you think.

It's your responsibility to prepare yourself, your home and your family.

Follow these 4 simple steps to get ready for a bush fire:



1. DISCUSS
what to do if a bush fire threatens your home.



2. PREPARE
your home and get it ready for bush fire season.



3. KNOW
the bush fire alert levels.



4. KEEP
all the bush fire information numbers, websites & the smart phone app.

Blocking scam text messages before they even reach you

We've turned on a brand-new SMS scam filter feature to better protect you from scam text messages by blocking them at the network level before they even reach your mobile device.

Scam text messages are not only annoying, they're also malicious and have the potential to steal your money or install malware to steal personal information, hack your internet banking and infect your contacts. We know the number of scam text messages on our network is on the rise – in 2021 we had more than 11,000 reports of malicious texts to Android devices compared to 50 reports in 2020.

That's why we've turned on a brand-new feature to find and block SMS scam messages with suspicious links as they travel across our network, to stop many of them before they reach your mobile device.

We know it's working because our people have been on an internal pilot program for the last three months. Around two and a half thousand employees have taken part, and we've been successful in detecting and blocking hundreds of scam SMS messages every day. Our people on the pilot program told us they saw a reduction in the number of scam SMS messages they received.

Now we've fine-tuned this technology, we have rolled it out to every customer on Telstra's network – so whether you're on a consumer plan, a managed device through your company, or you're signed up to another provider that uses the Telstra network like Belong – you're now better protected from millions of scam text messages sent every day.

And the best thing is there's nothing you need to do – it's already switched on for you.

How the technology works

The capability under the bonnet is complex and evolving – it has to be to continue to help outsmart scammers – but in simple terms, we're applying knowledge of what scam text messages look like to block them at the network level.

If a SMS message looks suspicious, we'll block it before it reaches you. Automatic machine scanning picks out suspicious content such as malicious links and combines this with other patterns and characteristics like the time, sender, the number of messages sent and the recipient.

Telstra takes its privacy obligations seriously. We know there's a fine balance between protecting our customers and ensuring their privacy. While the technology is learning, it might flag a potential suspicious message asking if it is a scam. To avoid blocking something legitimate, the new message format may be reviewed by our specialists to identify if the message is a scam, but the details of the recipients will remain masked.

There are also protections in place to ensure legitimate messages still get through, so we won't block commercial messages from banks and other large businesses, government departments, Emergency Alerts and Telstra applications like MessageBank.

Another step forward in keeping networks safe

While we're confident our SMS scam filter will block a significant amount of scam text messages, it isn't fool-proof and criminals evolve and find new ways to scam us so we've all got to continue to be alert to suspicious messages – even the ones that might slip through. You can learn more about how to spot and protect yourself from scams at [Scamwatch](#).

Now it's on, Telstra's SMS scam filter will block many of the millions of malicious text messages sent to our customers every day. Most customers will be seeing the benefit already. However, if you do not want any SMS messages sent to you being blocked, you can opt out by sending an SMS to 0438214682 with the words FILTER OFF. And if you change your mind you can turn it back on by sending a message to 0438214682 saying FILTER ON.

This is an exciting step in Telstra's Cleaner Pipes initiative where we have already protected our customers by blocking over 100 million scam calls in the past year. We know you have probably all experienced a fake parcel delivery text message or badly punctuated message about a video or unexpected payment – now, with Telstra's SMS scam filter switched on, you'll be receiving fewer annoying and risky messages.

The good news is that there is no need for you to do anything, since we have turned it on across our network – and we won't call you or send you an SMS or email asking you to click a link to access it.

by Andrew Penn CEO - Telstra - exchange.telstra.com.au



Bernard Laverty Funerals
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Monumental Masons & Florist
Speak to us about the benefits of Pre Paying



Serving the community for over 60 years

Do we need to have two sleeps rather than one? *From Page 19*

To successfully maintain a split sleep schedule, you must get the timing right – that is, commencing sleep when there is a strong drive for sleep and during a low circadian point in order to fall asleep quickly and maintain sleep.



Some of the key advantages of a split sleep schedule include the flexibility it allows with work and family time (where this flexibility is afforded). Some individuals in modern society have adopted this type of schedule as it provides two periods of increased activity, creativity and alertness across the day, rather than having a long wake period where sleepiness builds up across the day and productivity wanes.

In support of this, there is growing evidence suggesting naps can have important benefits for memory and learning, increasing our alertness and improving mood states. Some believe sleep disorders, like sleep maintenance insomnia, are rooted in the body's natural preference for split sleep. Therefore, split sleep schedules may be a more natural rhythm for some people.

Although we aspire to have consolidated sleep, this may not suit everyone's body clock or work schedule. It might in fact be a throwback to a bi-model sleep pattern from our pre-industrial ancestors.

- *theconversation.com*

WIRES NEEDS YOU

The Nambucca Valley is privileged to be surrounded by unique native wildlife. Sadly, sometimes they need YOUR help, when they are sick, injured or orphaned. You can now help rescue wildlife casually, when available around your existing work and family activities. WIRES MNC needs more active volunteers to help with the growing need to support our local wildlife.

- Are you keen to actively help rescue sick, injured and orphaned wildlife?
- Do you want to help sick or injured wildlife get to a vet for assessment and treatment as soon as possible?

If you answer yes, then our wildlife needs YOU NOW!

WIRES Rescue 101 program costs \$25 and includes access to online training covering the requirements to rescue a range of species including birds, possums, lizards, frogs and turtles. Participants will receive a WIRES Hi-Vis safety vest on completion of the full course. You will be part of a small team of dedicated local volunteers who are welcoming and supportive, rescue equipment can be supplied. Participants must be 18 and over to register for WIRES training and have their own transport in order to attend rescues. For more information - www.wires.org.au/training/rescue-101

If you have more time to dedicate then consider the Rescue and Immediate Care Course, followed by [advanced species courses](#) as you like. For more information - www.wires.org.au/training/rescue-and-care

If you find injured or orphaned native animal Call WIRES Wildlife Rescue [1300 094 737](tel:1300094737)

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Radio Nambucca — 2NVR — 105.9 FM — Autumn 2022

Studio 3 Live on the 3rd Friday of each month: 6-9pm



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Aussie Grown Across the Nation Aussie Christian grassroots to artists. Gold at Breakfast Dayna Gold Wave up with Dayna. It's gold!	Tones of Clairresence Clara West-Powell Get that musical clairresence!	Phase Out With Faye Faye Aspinos Lots of Aussie music old and new	Here Be Dragons Nuke or Elizabeth No-fear fire and ice music	Paint Ya Wagons Red Sean & Tim All the beats and all the drum	6 AM
7 AM	Overnight Music Mix	Overnight Music Mix	Isn't it Romantic With Dallas Dent Cocomers Easy Listening Popular Ballads	Dano's Archive Daniel Gosson's 2NVR sound archives	Talk Of The Town Car Wrobal See what's going down! All things local!	2NVR RAVE with Jersey	Sunday Morning Music With Phil	7 AM
8 AM	Overnight Music Mix	Overnight Music Mix	Life Words with Linda Bible reflections, Gospel & Australians	Turning Pages Elizabeth Newman	Dano's Mixed Grill Daniel Gosson Where anything can happen and probably will!	Flashback With Rob Davidson	Folk and Aussie music focus from the past few decades	8 AM
9 AM	Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll 1950s-2010s	DJ Macca's Muse DJ Macca #maccasmixup indie artists Aussie, international, LGBT aware, diverse musical genres	Just For You Carolee J. Simmonds Followed by Karola's Deutsche Markt Stunde 2NVR's Multicultural Radio	ETP Valley Views & Voices With Elizabeth Newman	Dhirendra The Time Traveller Sounds from all over the place	Garage Noise With Sean Ambrose Alternative Music	Scoob's Smorgasbord With Scoobs	9 AM
10 AM	Overnight Music Mix	Overnight Music Mix	MC Grimm Mark Seegrin Music with a arched difference	Tewings Tunes With Rajyn Guaranteed ear candy	Peter's Pops With Peter K	Saturday Roundup With Rachel Burns	Praise, Prayer & Pop With Michelle	10 AM
11 AM	Baby Boomers Dorina Collins	Infopintion Richard Laxton, Eddie Omega & Ron Hawkins	Lunch with Gazza With Gary Brian Easy Listening To Rock & Pop	Thursday Country Trickivic	Jammin' With Gin Gin's fantastic track!	Two For The Money Paul and Rachel Burns	Classical Tunes & Melodies Peter K	11 AM
Noon	The Weekly Fix Paul Weekley	Life Words with Linda Bible reflections, Gospel & Australians	Just For You Carolee J. Simmonds Followed by Karola's Deutsche Markt Stunde 2NVR's Multicultural Radio	Thursday Country Trickivic	Turn Up The Volume With Macca Three hours of soft rock & listener requests. Studio 3 takes over from 6-9pm on the 3rd Friday of each month.	Aussie Music Weekly With Nobby	That's A Wrap Donna, Nigel, Mitch, Gary & Les Local sports results and in-depth analysis	Noon
1 PM	Overnight Music Mix	Overnight Music Mix	Loudhouse With Alex 2NVR Youth Radio	A Breath of Fresh Air With Sandy Kaye	Saturday Night Gold On Friday With Allan Quinn	Saturday Date With Stu Make a date for Stu to entertain you—yes you!	Imagine This Radio drama	1 PM
2 PM	Overnight Music Mix	Overnight Music Mix	The AMRAP Music Show	Highway Blues With Robo When Only The BEST BLUES Will Do	Jeff's Junk Jeff Mills	Wolfy Wolfy's music & requests	Prog Rock Playlist Rising The best of Progressive Rock	2 PM
3 PM	Dyer's Loop Paul Dyer Music to dye for, of course	Retro Birds Rozyn Wran & Sally Swan Not out of the box radio entertainment	Ant's Rock Anthony Gamsey Solid Rock	Jeff's Junk Jeff Mills	2NVR Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	3 PM
4 PM	Overnight Music Mix	Overnight Music Mix	Ant's Rock Anthony Gamsey Solid Rock	Overnight	2NVR Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	4 PM
5 PM	Overnight Music Mix	Overnight Music Mix	Ant's Rock Anthony Gamsey Solid Rock	Overnight	2NVR Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	5 PM
6 PM	Overnight Music Mix	Overnight Music Mix	Ant's Rock Anthony Gamsey Solid Rock	Overnight	2NVR Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	6 PM
7 PM	Overnight Music Mix	Overnight Music Mix	Ant's Rock Anthony Gamsey Solid Rock	Overnight	2NVR Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	7 PM
8 PM	Overnight Music Mix	Overnight Music Mix	Ant's Rock Anthony Gamsey Solid Rock	Overnight	2NVR Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	8 PM
9 PM	Overnight Music Mix	Overnight Music Mix	Ant's Rock Anthony Gamsey Solid Rock	Overnight	2NVR Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	9 PM
10 PM	Overnight Music Mix	Overnight Music Mix	Ant's Rock Anthony Gamsey Solid Rock	Overnight	2NVR Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	10 PM
11 PM	Overnight Music Mix	Overnight Music Mix	Ant's Rock Anthony Gamsey Solid Rock	Overnight	2NVR Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	11 PM
Midnight	Overnight Music Mix	Overnight Music Mix	Ant's Rock Anthony Gamsey Solid Rock	Overnight	2NVR Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Midnight

AIR News weekdays 8, 7, 8, 9am, noon & 8pm, weekends 6, 7, 8 & 9am 2NVR — Multiple Hybrid Winner Sports Calls Sunday Live: 2nvr.org.au/sports-channels Studio & office: 02 8564 7777 <scirrin@2nvr.org.au> The Best Little Station In The Nation