

# Bowraville Community News



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



**MAY 2018 ~ ISSUE #162 FREE CIRCULATION 400 POSTCODE 2449**

*“Happy Mother’s Day to all Bowraville Mums”*  
*Sunday, 14th May*

## **BreastScreen Mobile Unit Visiting Bowraville - from 16th May**

Breast screening continues to be an important health check for women. Nine out of 10 women who are diagnosed with breast cancer do not have a family history of the disease.

Mammograms remain the most effective means of early detection and can find cancers before you or your doctor can feel or see changes in the breast. Generally, the earlier a cancer is found the more treatment options are available and the greater the chances of survival from the disease. Appointments take 20 minutes and no referral is necessary.

**The BreastScreen mobile unit will be located in Bowra Street, Bowraville, from 16 May.**

Women aged between **50-74** years are especially encouraged to contact BreastScreen for their **free** two-yearly mammogram, however all women over the age of 40 are eligible to attend.

BreastScreen also urges local women who have just turned 50 or who have lapsed in having a regular mammogram or have moved to the area, to phone **13 20 50** for an appointment.

In addition to the mobile unit, BreastScreen North Coast has a fixed site, located within the grounds of the Coffs Harbour Health Campus, which offers screening all year round.



**Ladies, don't miss this bus!  
It's free, it's important and ....it could save your life!**

*Bowraville Seniors Group  
invites you to*

## **THE BIGGEST MORNING TEA**

**Wednesday, 16th May**



This is an Australia-wide Cancer Council event hosted by the Bowraville Seniors Group to give all residents a chance to support cancer research.

**The venue is  
The Bowraville Folk Museum  
and a donation of \$5 includes  
a delicious morning tea.**

Raffles with prizes of a \$25 box of fruit and vegies and a chance to win Ruth's prize winning fruit cake. There will also be a trading table.

If you participated last year you will remember the scrumptious sandwiches made by Gail - so come along and enjoy food, friendship and participation in a great cause.

**Cancer Research may save  
your life or the life of someone  
you care about.**

# BOWRAVILLE COMMUNITY NEWS

**CIRCULATION = 400 COPIES**

Newsletter is also available online at:  
[www.bowraville.nsw.au/bowraville-newsletter](http://www.bowraville.nsw.au/bowraville-newsletter)

## **2018 ADVERTISING CHARGES:**

Bowraville Community News is produced every month, except January.

Annual subscriptions includes 11 issues.

90 x 90mm (1/6 page)	\$10 issue/\$100 year
90 x 180mm (1/3 page)	\$18 issue/\$180 year
Half page (or 1 column)	\$20 issue/\$200 year
Full page (or back cover)	\$25 issue/\$250 year

## **DEADLINE FOR COPY FOR**

**THE JUNE 2018**

**ISSUE IS: 4:00PM**

**23rd MAY 2018**

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

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

**BOWRAVILLE TECHNOLOGY CENTRE**  
39 High Street, Bowraville NSW 2449  
Telephone: 6564 7420  
Facsimile: 6564 7520  
e-mail: [admin@bctc.com.au](mailto:admin@bctc.com.au)

## **DISCLAIMER**

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

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

# ***Bowraville Technology Centre***

**Open 9.30am to 4.00pm Weekdays**

## **Internet Services**

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

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

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

## **Facility Hire**

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

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

Full day up to 8 hours - \$100.00

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

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

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

Full day - up to 8 hours \$40.00.

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

*“Like us on*



*search for CTCABowra”*

# ***Bowraville Technology Centre***

**39 High St, Bowraville Ph. 02 6564 7420**

**Open 9.30 to 4pm Weekdays**

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

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

## BowraMacksville UHA

Melinda Pavey launched the design of the new hospital with 3 meetings in the valley so that the community had an opportunity to see the modern design. UHA volunteers have attended several meetings at the hospital to formalise the design of the coffee shop which is in a prime position. Once again, we are calling on the community for volunteers to man the present café and go onto the new one as we envisage an even greater need for this facility. For the 10 years of the coffee shop's existence we have used Dane's coffee and are pleased to announce they have donated a grinder for our use. Fund raising has included our Mother's Day raffle which will be drawn on Friday 11<sup>th</sup> May. Please support us as on the hospital's wish list are some expensive pieces of equipment including a bladder scan and ultra sound. We are also calling for community members to consider giving one day a month to the trolley service. We will be holding a Volunteer's Friendship Day on Friday 25<sup>th</sup> May at the home of member Dee Hunter. This will include a delicious luncheon, raffle of a donated handsome wooden clock, fun activities and a demo by our great supporter Debbie, from Forever Fabulous. Deb will show us how to wear our scarves and bring along some of the latest fashion gear. We will also have in attendance a representative from the hospital to give us the latest updates. Contact Isabelle 6564-7179 or Margaret 6564-7318.

## Bowra Garden Club

Our visit to Nana Glen's organic farm was a very interesting outing and owner Joshua had us entertained with stories of his failures, achievements and future planning of this facility which with government backing has a great future as a learning and teaching centre. An extra day for April included the visit to a Grassy Head garden. For May we are staying local with a general meeting and visit to the

Nambucca Heads Orchid Show and other visits to be notified later. Regional Rep Marion has invited us to visit her garden on Saturday 26<sup>th</sup> May. This will include a luncheon which we will organise in the usual fashion. We are tentatively planning a Dorrigo Day for June, and July includes the Garden Clubs Zone Day on 28th July at Nambucca Heads RSL Club. Contact Barbara 6564-7039.

## Bowraville Seniors

Our small Bowraville Seniors Group met at the Coach House Inn on the usual 3rd Monday at 11pm. It was great to have president Geoff back in the chair after recent surgery. Main discussion centred on our support of The Biggest Morning Tea when all Bowraville residents will have a chance to support cancer research. To be held at The Folk Museum a donation of \$5 will include a delicious morning tea with raffles including a \$25 box of fruit and vegies and a chance to win Ruth's prize winning fruit cake. We will also have a trading table and we call on the community to help us provide saleable items. If you participated last year you will remember the delicious sandwiches made by Gail so come and enjoy food, friendship and participation in a great cause. Cancer Research may save your life or someone you care about.

## Bowraville Recreation Club

Women golfers held their Foursomes Championships in April and winners on the day were mother and daughter combo Eliza and Maz McNally. The pennants team travelled to Sawtell but came home with a loss 3/2. We appreciate all the hard work being done by our volunteers both on the golf course and bowls greens. Ant's nests have gone from the golf greens but are handy on the fairways for a tee up. Inside the club house volunteers continue painting which is brightening up the surrounds. After much discussion the bar front will be

*Continued on Page 5*

# Bowraville Folk Museum

High Street, Bowraville

Phone/Fax: 6564-8200

MONDAY-FRIDAY 10am-3pm

WEEKENDS 10am-1pm

PUBLIC HOLIDAYS 10am-3pm

email: [bowravillefolkmuseum@gmail.com](mailto:bowravillefolkmuseum@gmail.com)

[twitter.com/bowravillefolk](https://twitter.com/bowravillefolk)

~ Groups by appointment ~

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## Frank Partridge VC Military Museum

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

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

***This museum is a 'must see'.***

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

*Admission by Gold Coin Donation.*

**29 High Street, Bowraville 6564-7056**  
**[enquiries@militarymuseum.org.au](mailto:enquiries@militarymuseum.org.au)**

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## Weekly Activities

### MONDAY

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

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

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

### TUESDAY

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

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

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

### WEDNESDAY

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

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

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

**MEMBER'S DRAW & MEAT RAFFLE 6.30pm pm**

Bowraville Ex-Services Club (6564 7304)

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

### THURSDAY

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

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

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

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

### FRIDAY

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

PLAYGROUP at Bowraville Central School 9.30am-12pm Contact Danielle Ryan on 6564 8619.

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

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

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

### SATURDAY

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

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

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

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

### SUNDAY

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

EXPRESSION SESSIONS every 2nd Sunday from 3pm. Bowraville Recreation Club (0427 414 616)



### **ACTIVITIES ORGANISERS**

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

## **TECHNO LESSONS OPEN TO EVERYONE**

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

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

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

### **TECHNO LESSONS**

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

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

**For technical issues** please contact BTC for an afternoon booking.

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



### **Special offer to community groups**

Save on paper and ink!

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

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

From Page 3

painted black, this bar originally came from Macksville RSL in the 70s. We have a great band of social golf players on Wednesday, Thursday and Friday and 18-hole comp on Saturday with the chook run being tallied each Thursday. For club info, look for Mark's news sheet in the club or on the net. Men's golf pennants are also underway. It is great to see so much activity on the bowling greens. For Thursday social bowls, have names in by 12.30 for a 1 pm start. Pennants commenced on 28<sup>th</sup> April and will continue for nearly 3 months. Club championships are still under way. Of special interest to the Bowraville community is the opening of the kitchen on Saturday night by chef Charmaine. The night will include raffles and a member's draw. Be there to win! Membership follows the financial year but if you would like to participate in the Club's activities join now and get 2 months free and if you are looking for a Bowraville souvenir - we now have beer coolers for sale. Contact 6564-7349

**Line Dancing**

Beginners class on Tuesday evenings from 6.30 to 7.30pm at the Bowraville Community Centre in High Street. Cost \$7 per week (plus \$7 per year to join BCDAL for insurance cover). For information contact Rhonda on 6564-7791.

**St Jimmy's Kitchen**

A free meal for the community on the second Thursday of the month from 5:30 to 7:00pm in the Anglican Church Hall in Young Street. Dietary needs taken into consideration. All welcome.

**Gold Coin Donation Pilates Class**

On Wednesdays from 5pm to 6pm you can enjoy Pilates with Andrew or Tamara (6568 2185) at the Anglican Church Hall opposite the High School. Sponsored by Dr Guard at Bowraville Health Care.

*Continued on Page 24*

**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](mailto:marcia@coronationkennelsandcattery.com.au)

Website: [www.coronationkennelsandcattery.com.au](http://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

\$15 p/n Cats - \$12 per day.

**Long Term Budget -**

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

Not available during school holidays



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**Short-term Accommodation**

Small \$15 - Medium \$20 - Large \$22 - Cats \$12

**BOWRAVILLE GIFT SHOP**

**any occasion**

**LOCATED AT BOWRAVILLE POST OFFICE**  
**27 HIGH STREET BOWRAVILLE**  
**PH: 02 65647169**

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**BOWRAVILLE HEALTHCARE CENTRE**

Dr Edwina Guard MBChB BSc FRACGP

**IMPORTANT NOTICE**

*Dr Guard has closed her surgery in High Street, Bowraville and moved to new premises in Princess Street, Macksville. For those who cannot travel due to age and disabilities she now offers home visits. Please be kind to the office girls while they transition to the new surgery.*

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# Cloud Storage and how it Works *continued*

## *Answers to your questions about the cloud*

**1. Q:** *If I was to physically travel to my files stored on the cloud, where would I travel to?*

**A:** Nowhere and everywhere. Cloud companies have 'server farms' around the world and you won't know where they are or which ones will have your files.

**2. Q:** *It's so complicated why would I want to use it?*

**A:** It's not that complicated and you're probably already using it.

**3. Q:** *How much is stored in the cloud?*

**A:** According to recent research there are 1024 Petabytes of data. Or as some people like to say 1,0730,741,824 Gb.

**4. Q:** *I don't think I have a cloud - do I?*

**A:** You could be right but if you have a gmail account such as a gmail email address then you have access to storage on your own Google Drive space. Welcome to the cloud!

**5. Q:** *How do I access the cloud?*

**A:** Remember it's not one cloud it's simply a bunch of different services. If it helps don't call it THE cloud. Say "how do I store my photos so that I can access them on all Apple devices?" Or call it a wheelbarrow which is a solid, easy to understand thing - it's just these 'wheelbarrows' are metaphors and they're much easier to move.

**6. Q:** *How do I store my photos so I can access them on all of Apple's devices?*

**A:** On your iOS device (iPhone or iPad), go to settings, iCloud, Photos then turn on Photo stream. When you take a picture on your iPhone, that photo will appear in My Photo Stream with any iOS device you have that is connected to the same Apple iTunes account. For help <http://support.apple.com/kb/HT4486>.

**7. Q:** *Do I have an individual cloud or is all my stuff mixed in with everyone else's?*

**A:** Given the whole 'cloud' thing is a metaphor it depends. Let's move away from the metaphor to help clear things up. Let's say you keep documents on Dropbox or Google Drive. Those documents are store on a server (a huge hard drive) somewhere - it's not floating in the air it's stored physically on a hard disk somewhere in the world. On this hard disk are other files from other users. So sure you're sharing disk space with others users but it's not like that means you need to send them a Christmas card. In most cases your 'cloud' is a



personal thing - the photos you shoot on your iPhone and are stored in My Photo Stream are just yours but you can share them with others if you deliberately choose to do so. Likewise the files you put in Dropbox or Google Drive for instance are yours but you can deliberately choose to share them. Let's say you and a friend are working on a project you want to keep track of. One of you can create a spreadsheet in Google Docs and you can make that a shared document with another Google user. That way both of you can have the file open at the same time and both can make changes to it.

**8. Q:** *How do I find out what's in there?*

**A:** Well that depends on which cloud service we are talking about. If you have stored documents in Dropbox or Google Drive when you access them online you will log in using a username and password and then you will see your files. If by the cloud you mean documents you created in Numbers or Pages on your Apple device you will find them by opening those applications on your Apple device or by going to [www.icloud.com](http://www.icloud.com) and logging in with your Apple ID.

**9. Q:** *Are there things I have forgot about that are in my cloud that I can't remember I have - sort of like things stored in the attic?*

**A:** Yes, photos are a good example. Let's say you had a few drinks released some of those inhabitations and took some photos of a personal nature. A few days later you have regrets and delete them from your iPhone's camera roll. But they're also in your Photostream so your niece or nephew looking at your iPad has probably seen you making a fool of yourself. Also if you have Dropbox you may have clicked 'yes' at some stage to the "do you want to automatically back up your photos" prompt. So that photo you regret is still out there.

**10. Q:** *Is there an inventory list?*

**A:** Good question and the short answer is NO.

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**MAY PROGRAM at the**

# BOWRAVILLE THEATRE

**Sunday, 20th May from 2pm**

## Sweet Country (R)

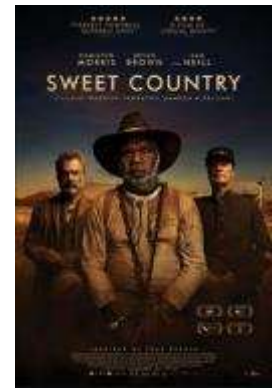
Sam, a middle-aged Aboriginal man, works for a preacher in the outback of Australia's Northern Territory. When Harry, a bitter war veteran, moves into a neighbouring outpost, the preacher sends Sam and his family to help Harry renovate his cattle yards. But Sam's relationship with the cruel and ill-tempered Harry quickly deteriorates.

**Stars:**

**Doors and Café open 1/2 hour before screening.**

**Complementary tea and coffee.**

**Prices: Adults \$12, Concession: \$10, BAC/Child under 14: \$8, Family: \$30.**



## From 6pm — Mondays and Thursdays Burlesque Classes

At Bowraville Theatre

*Come along and learn the classic art of vintage burlesque with well known burlesque personality Sofonda Blackmen.*

## Finally, a good Trump joke

Donald is walking out of the White House and heading toward his limo when a possible assassin steps forward and aims a gun.

A secret service agent, new on the job, shouts "Mickey Mouse!"

This startles the would-be assassin and he is captured.

Later, the secret service agent's supervisor takes him aside and asks, "What in the hell made you shout Mickey Mouse?"

Blushing, the agent replied "I got nervous. I meant to shout "Donald, duck!"



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

What we have to offer . . .

**TAB - Fox Sports**

**Keno - Gaming Machines**

**Pool Table - Daily Happy Hour**

**Bingo - Raffles**

**Members' Draws**



**HAPPY HOUR - All Schooners \$4.00  
from 4pm to 6pm daily**

**POOL TABLE \$1 per game**



## BOWRA HOTEL

OPEN 10AM - MIDNIGHT

**NEW  
CHEF**

## BISTRO

LUNCH and DINNER

Tuesday, Wednesday, Thursday,  
Friday and Saturday

11:30am - 2:00pm and 6pm - 8pm

LUNCH & DINNER

Sunday 11:30am-2:00pm and 5.30-8pm

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

33 HIGH STREET, BOWRAVILLE

Ph.6564 7041 Fax. 6564 8471

7/11

7/11

South Arm Hall Committee presents

# The Royal Bush Wedding

To be held at Ye Old Kettelghay Katheredreal  
(South Arm Hall, 1039 South Arm Road) on  
**Saturday, 19th May at 6.30pm**

*Come dressed as either a bride or groom or appropriate attire for a Royal Bush Wedding.*  
Bishop Boyd of McHughes Creek will be presiding - anyone wishing to get hitched is welcome to come and join this fun night of farce and frivolity.

Bring your fun-self and your friends and get ready for a night of celebration.

There will be a buffet-style dinner in keeping with the Bush Wedding theme with a live band and dancing to follow. You will receive all this for just \$15 per person.

Tickets are available at the Bowra Technology Centre in Bowraville or you can email Robyn melvaine@skymesh.com.au or phone Elaine on 6564 7191.

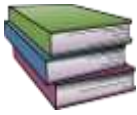
South Arm looks forward to having you and your guests at this very spectacular event. You will not want to miss this one - Mark the date on you calendar.

*PS: Don't be late for the fun highlight of the night, the farcical wedding ceremony starting at 7pm sharp.*  
Anama Tessa, Secretary South Arm Hall Committee, South Arm 6564-7521.

## MARKETS CALENDAR

DAY OF MONTH	MARKET LOCATION and TIMES	CONTACT DETAILS
<b>THURSDAY</b> Every Thursday	Coffs Coast Growers Market, City Square, Harbour Dr. from 8am to 2pm	6648 4087
<b>FRIDAY</b> 1 <sup>st</sup> , 3 <sup>rd</sup> & 5 <sup>th</sup>	<b>BELLOPY ORGANIC FARMERS MARKET</b> from 8am to 1.30pm The largest 100% organic market in NSW. Bellingen Showground	0415 525 903
<b>SATURDAYS</b> 1 <sup>st</sup> Sat (bi-monthly even months)	<b>VALLA BEACH COMMUNITY MARKET</b> from 8am to 1pm	6569 5410
1 <sup>st</sup>	Kempsey Riverside Markets, Riverside Park from 8am to 1pm	0456 658 979
1 <sup>st</sup> & 4 <sup>th</sup>	Marine Rescue Charity Market, Woolgoolga Beach from 8am	6654 0447
2 <sup>nd</sup>	South West Rocks Market, Horseshoe Bay Reserve from 8am to 12 noon	6562 6671
2 <sup>ND</sup> & 4 <sup>TH</sup>	<b>BOWRAVILLE COUNTRY MARKET</b> Bowraville Pioneer Centre from 8am to noon	6564 7908 0400 828 471
2 <sup>ND</sup> & 4 <sup>TH</sup>	<b>MACKSVILLE PRODUCERS MARKET</b> , Riverbank Park	6568 3844
2 <sup>ND</sup> & 4 <sup>TH</sup>	<b>BELLINGEN NATURAL PRODUCE MARKET</b> from 8am to 1pm Bellingen Showground	6655 1279
3 <sup>rd</sup>	<b>BELLINGEN COUNTRY MARKET</b> , Bellingen Park from 8am to 3pm	6655 2151
4 <sup>TH</sup>	Gladstone Trash & Treasure Market - 8.30am to Noon	6567 4203
<b>SUNDAYS</b>		
Every Sunday	Coffs Harbour Markets, Jetty Shopping Village from 8am to 2pm	6652 3813
Every Sunday	Harbourside Markets, Coffs Jetty Foreshore from 8am to 2pm	0407 661 990
1 <sup>st</sup>	Coffs Harbour Lions Boot Markets, Coffs Jetty Foreshore 7am to 1pm	0417 704 588
2 <sup>nd</sup>	Plaza Market, Nambucca Heads Plaza from 8am to 1pm	6568 9655
3 <sup>rd</sup>	Gladstone Community Market, Memorial Park from 9am to 1pm	0499 155 312
Last Sunday (bi-monthly even months)	<b>FUNKYA @ UNKYA MARKETS</b> from 8am to 2pm Unkya Reserve, Eungai	0425 205 737





# BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

## The Ocean At The End Of The Lane

by Neil Gaiman

When I picked up this novel and read the blurb on the back page I wasn't exactly gripped by the urgent desire to read it. In fact, I thought, "mmnnn doesn't sound that great". However, I have read it and found it delightful.



The story teller in this novel is a man, whose name is never mentioned. He has returned 'home' to the place of his early childhood to attend a funeral. He wanders off from the funeral and finds himself driving towards the house where he spent his earliest years. The house is no longer there but old memories start to rise immediately. He continues on in his old neighbourhood, almost on autopilot, drawn towards another of his childhood haunts.

When he comes upon a house he recognises, knocks on the door and is met by an old woman the memories flood in and from this point in the novel he retells it from his 7 year old self.

His parents were not as wealthy as they had once been so in order to survive they rented out their son's room in the house. A string of renters came and went but the novel really starts when one of them, a South African man, stole his father's car, drove to the end of the road and suicided.

Father and son discovered the car and the body

and as the scene descended into chaos with police etc, a young girl appeared and offered to take the little boy back to her farm. Her name was Lettie.

His tale takes magical and mystical turns whereby nothing is really spelt out but Lettie and her mother and her grandmother are 'special'. They are 'old' and can 'see' things.

Some terrible and sad events occur.

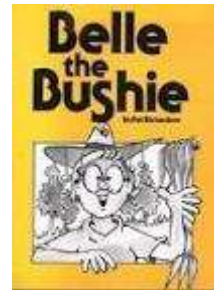
By returning to his childhood, both physically and in memory it appears that, as a man, there is finally a healing of some sort.

I really enjoyed this – so completely different. Give it a go. It's surprising.

- This book read and reviewed by BTC Volunteer Raewyn

## Belle the Bushie by Pat Richardson

Nambucca Valley resident Pat Richardson published this book in 1990. Belle the Bushie is a collection of over sixty humorous stories which were first presented by the author on Radio ZSER-FM's New Horizons program.



This book is easy reading and the text is enhanced by illustrations

drawn by Roy Bisson. A reviewer of this book noted that its heroine Belle, displayed a *Trefreshing* spirit in a wearied society.

Richardson has invented Belle the Bushie as a no-nonsense woman who has a sense of humour and more than a touch of wit and wisdom - a genuine Australian heroine.

- This review from Amazon Books

# Bowra Laundromat

Corner of High & Belmore Streets

Token Operated Washing Machines & Dryers.

Tokens available at Pub and Newsagent  
Commercial Washers and Dryers

Enquiries: ph 6564 7401



# Pneumonia Awareness Week 13th to 20th May

*Did you know pneumonia causes 1.6 million deaths every year?*

Pneumonia is a lung infection caused by a virus, bacteria or fungus. It causes the air sacs in the lungs to fill with fluid resulting in a cough, painful breathing and limited oxygen intake. Anyone can contract pneumonia but it tends to be more common in children under 4 years of age and those aged 65 and over. Other risk groups include smokers, people with chronic illnesses and indigenous peoples.

Pneumonia is responsible for 1.6 million deaths worldwide every year and is one of the top 15 contributing causes of death in Australia. Pneumococcal pneumonia, caused by the bacterium *Streptococcus pneumoniae*, is the only bacterial pneumonia for which there is a vaccine. This vaccine is free to all Australians aged 65 and over through the National Immunisation Program.

## Don't underestimate pneumococcal pneumonia

Pneumonia is a potentially fatal lung infection which causes swelling in parts of your lungs. It occurs once the air space within your lungs is filled with fluids that obstruct normal air flow. There are many types of pneumonia, one of the most common and life threatening types is *Pneumococcal Pneumonia*. The bacteria that cause this disease can be spread through a cough or sneeze.

### Symptoms

Pneumonia is not a cold or flu. Symptoms should not be ignored as they can lead to hospitalisation and be life-threatening:

- Difficulty breathing
- Cough
- Fever
- Fatigue
- Chest pain

It is important to be aware that if you have pneumonia **you may not show all signs and symptoms**. Pneumonia is easily spread through coughing and sneezing. Infection can develop in just 1 – 3 days.

## Who is at risk?

**Pneumonia can affect anyone** but those at a higher risk are:

- People 65+ years young
- People with medical conditions such as diabetes, cancer or a chronic disease affecting the lungs, heart, kidney or liver
- Tobacco smokers
- Indigenous Australians
- Infants aged 12 months or under

It's important to remember that no matter how healthy and active you are, your risk for getting pneumococcal pneumonia increases with age. This is because our immune system naturally weakens with age, making it harder for our bodies to fight off infections and diseases.

The average **hospital duration also rises with age**, from 6 days for those under 65, to 13 days for those 65+.

## Prevention

You can take steps to protect yourself against pneumococcal pneumonia by:

- **Practicing good hand and home hygiene** to minimise the spread of germs.
- **Making your life a smoke-free zone** by quitting smoking and/or reducing your exposure to second hand smoke.
- **Having the vaccination** which is funded under the government's National Immunisation Program (NIP) free for:
  - all Australians aged 65 years or older
  - Indigenous Australians aged 50 years or older, and
  - Indigenous Australians aged 15 to 49 years who are medically at risk

*Speak to your pharmacists or doctor today about the pneumonia vaccination.*

- [lungfoundation.com.au](http://lungfoundation.com.au)

**BOWRAVILLE PHARMACY**

31 HIGH STREET, BOWRAVILLE

PHONE: 6564 7925 or FAX: 6564 7364

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



Happy   
*Mother's*  
Day

You are welcome to stop by and  
browse the selected giftware,  
make-up, perfumes and more at  
Bowraville Pharmacy  
for Mother's Day 2018.



**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



# HEY BOWRA! Want to get fit?

We are looking for Bowraville residents to participate in a new fitness program at Macksville Aquatic & Fitness Centre.

Community Transport can provide transport to the centre for classes on Tuesday or Wednesday each week from 9am.

*Call our co-coordinator to register your interest.*

Valma Jarrett - 0498 714 334

**COMMUNITY TRANSPORT**  
COFFS HARBOUR, BELLINGEN & NAMBUCCA

## Making reusable shopping bags from pre-loved fabrics

by the community,  
for the community.



Boomerang Bags Sewing Bees every Wednesday and sometimes on weekends from 10am to 3pm in the Pioneer Community Centre, 70 High Street.

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

Donations of fabrics also welcomed.

Enquiries: 6564 7908 [marion.syratt@gmail.com](mailto:marion.syratt@gmail.com)  
Facebook: Nambucca Valley Boomerang Bags

# LIONS CLUB

## SUPPORTING OUR COMMUNITY



**We Serve**

**PRESIDENT**  
Ted Richards  
H: 6564 8815

Email: [blion34@yahoo.com.au](mailto:blion34@yahoo.com.au)

**PO Box 23**  
**Bowraville NSW 2449**

# \$\$\$ CASH ADS \$\$\$

For a flat \$5 fee your 3 line Ad will appear in the BCNews, on the Bowraville Technology Centre's web site as well as the front window TV.

For and extra \$5 you can include a picture.  
**Ring 6564-7240 or email [admin@bctc.com.au](mailto:admin@bctc.com.au)**

## WANTED

**HORSE HAIR** - manes, tails, trimmings.  
Mob: 0474 378 447

## FREE STUFF

**SQUASH RACKET** - hardly used.  
Tel: 6564 7420

## FOR SALE

**BAMBOO SHEETING** 2400mm x 1200mm woven pattern - some sheets are marked but can be painted or stained easily. Text 0414 523 407.

**SET OF 2 PAINTED WOOD BEDSIDE DRAWERS** with 2 drawers in each extra wide squat style \$30 each or \$50 for the pair.

**4x4 MAGAZINES** from 1980s to 2000. 50c each. Good condition. Text only 0400 311 519.

## POP UP SHOP

**New, Used, Recycled, Upcycled**

Clothing, Homewares, Cane, Furniture, CD's, DVD's, Toys, Gifts & Stuff!

Something for everyone Friday's 12 to 5pm and Saturday's 10 to 3pm 62 High Street Bowraville

## FOR HIRE

**COMPUTER ROOM** — Up to 8 computers plus access port for trainer's laptop or another PC. Data projector to connect to trainer's PC. Whiteboard. High speed internet access —14mb ADSL. HD TV can be connected to network. Per hour - \$20, half day (4 hours) - \$60. Full day up to 8 hours - \$100. 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 4 computers. Per hour - \$7.50, half day (4 hours) - \$25. Full day - up to 8 hours \$40. Tel: 6564 7420 or email: [admin@bctc.com.au](mailto:admin@bctc.com.au)

**THE PIONEER COMMUNITY CENTRE**, 70 High Street, Bowraville has Arcus fittings on 3 walls for display of art-works (also 2 x glass display cabinets)

*Local artists and art groups are invited to hire the main hall for exhibition space.*

Contact us to discuss your needs and ideas:  
[bcdainc@gmail.com](mailto:bcdainc@gmail.com) 6564 7908 0400 828 471

## Out and About in Bowra

### Support our local shops for Mother's Day gifts

#### BOWRA PHARMACY

Has a huge range of gifts your Mum would love - from handbags, scarves, hats, perfumes and skin care products to jewellery and sandals. Come in and talk to the girls.

#### LET'S TALK HAIR

Mum will be thrilled with a gift voucher for haircare by Kylie; either products or a daring new hairstyle or a pampering beauty treatment by Tanya.

#### BORWA GIFT SHOP - Post Office

Chris has some lovely gift items in her newly stocked gift shop - there's the all-important card and wrapping paper and a good range of unique gifts for Mum.

#### RANEA'S CHOCOLATES

Ranea's chocolates are superb and would have to be one of the best gift for Mum and there are so many varieties to choose from. *"Happiness is an unexpected piece of chocolate."*

#### COLOUR, CLOTH CLAY

##### Artist Collective

Want something handmade by local artists?

This is the place to start looking - there's pottery, wall hangings, wooden toys, candles, felted decorations and re-cycled clothing.

#### AUNT EMILY'S

This shop is chock-a-block full of handmade items. There's beanies, jumpers, shawls, scarves and socks, cloth shopping bags, embroidered towels and unusual ornaments.

#### QUIRK, STRANGENESS & CHARM

You could find anything in this store. Beautiful glassware, furniture, homewares and toys. Recycled clothing, boots and hats. CDs and DVDs.

*Bring Mum in - she'll fall in love with something here.*

## Dates in May

#### 6TH - 12TH MAY

**International Composting Awareness Week Australia (ICAW)** is a week of activities events and publicity to improve awareness about the importance of this valuable organic resource and to promote compost use, knowledge and products. Composting helps reduce carbon pollution by avoiding landfilling organic materials and helping to build healthier soils.

#### 12TH MAY - World Migratory Bird Day

Bringing together people from around the world with the aim of amplifying its message for bird conservation and to raise awareness about the need to protect migratory birds and their habitats.

#### 13TH MAY - Mother's Day

Mother's Day is a celebration honouring the mother of the family as well as motherhood, maternal bonds, and the influence of mothers in society.

#### 21ST - 27TH MAY

**National Volunteer Week** is the annual celebration to acknowledge the generous contribution of our nation's volunteers. Thousands of events will be held across the country to say thank you to 6 million Australians who volunteer their time.

#### 22ND MAY

**International Day for Biological Diversity** is an opportunity to raise awareness of the need for conservation of biodiversity. While there is a growing recognition that biological diversity is a global asset of tremendous value, the number of species is being significantly reduced by certain human activities.

**23RD MAY - World Turtle Day** is to increase knowledge of and respect for turtles and tortoises and to encourage humans to help them survive and thrive.

#### 26TH MAY - National Sorry Day

On 26 May 1997, the *Bringing Them Home* report was tabled in Parliament. This date carries great significance for the Stolen Generations, for Aboriginal and Torres Strait Islander communities as well as for its non-indigenous supporters.

#### 27TH MAY - 3RD JUNE

##### National Reconciliation Week

Celebrated across Australia each year The week commemorates two significant milestones in the reconciliation journey—the anniversaries of the successful 1967 referendum and the High Court Mabo decision. It's a time for all Australians to learn about our shared histories, cultures and achievements and to explore how each of us can join the national reconciliation effort.

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# *Scientific facts that will blow your mind*

## **1. There is enough DNA in an average person's body to stretch from the sun to Pluto and back 17 times**

The human genome, the genetic code in each human cell, contains 23 DNA molecules each containing from 500 thousand to 2.5 million nucleotide pairs. DNA molecules of this size are 1.7 to 8.5cm long when uncoiled or about 5cm on average. There are about 37 trillion cells in the human body and if you uncoiled all of the DNA encased in each cell and put them end to end then these would sum to a total length of  $2 \times 10^{14}$  meters or enough for 17 Pluto roundtrips ( $1.2 \times 10^{13}$  meters/Pluto roundtrip).

## **2. The average human body carries ten times more bacterial cells than human cells**

It's funny how we compulsively wash our hands, spray our countertops and grimace when someone sneezes near us - in fact, we do everything we can to avoid unnecessary encounters with the germ world. The truth of the matter is that each and every one of us is a walking petri dish! All the bacteria living inside you would fill a half-gallon jug or 10 times more bacterial cells in your body than human cells, according to microbiologists at Idaho University. But don't worry - most of these bacteria are helpful; in fact we couldn't live without them. For one thing, bacteria produce chemicals that help us harness energy and nutrients from our food. Germ-free rodents have to consume nearly a third more calories than normal rodents to maintain their body weight, and when the same animals were later given a dose of bacteria, their body fat levels spiked, even if they didn't eat any more than they had before. The gut bacteria is also very important to maintaining immunity.

## **3. It can take a photon 40,000 years to travel from the core of the sun to its surface, but only 8 minutes to travel the rest of the way to Earth**

A photon travels, on average, a particular distance before being briefly absorbed and released by an atom, which scatters it in a new random direction. From the core to the sun's surface (**696,000 kilometers**) where it can escape into space, a photon needs to make a huge number of drunken jumps. The calculation is a little tricky, but the conclusion is that a photon takes between many thousands and many millions of years to drunkenly wander to the surface of the Sun. In a way, the light that reaches us today is energy produced maybe millions of years ago. Amazing!

## **4. There are 8 times as many atoms in a teaspoonful of water as there are teaspoonfuls of water in the Atlantic ocean**

A teaspoon of water (about 5 mL) contains  $2 \times 10^{23}$  water molecules but each water molecule is comprised of 3 atoms: two hydrogen and one oxygen. Moreover if you'd laid down end to end each water molecule from a teaspoon full you'd end up with a length of 50 billion km or 10 times the width of our solar system.

## **5. The average person walks the equivalent of five times around the world in a lifetime**

The average moderately active person takes around 7,500 step/day. If you maintain that daily average and live until 80 years of age you'll have walked about 216,262,500 steps in your lifetime. The average person with the average stride living until 80 will walk a distance of around 110,000 miles. Which is the equivalent of walking about 5 times around the Earth at the equator.

## **6. When Helium is cooled to almost absolute zero (-460°F or -273°C), the lowest temperature possible, it becomes a liquid with surprising properties: it flows against gravity and will start running up and over the lip of a glass container!**

We all know helium is a gas for blowing up balloons and making people talk like chipmunks but what most of us don't know is that it comes in two distinct liquid states one of which is borderline creepy. When helium is just a few degrees below its boiling point of minus 452 degrees Fahrenheit (-269 degrees Celsius) it will suddenly be able to do things that other fluids can't like dribble through molecule-thin cracks, climb up and over the sides of a dish and remain motionless when its container is spun. No longer a mere liquid the helium has become a superfluid - a liquid that flows without friction.

"If you set [down] a cup with a liquid circulating around and you come back 10 minutes later of course it's stopped moving," says John Beamish an experimental physicist at the University of Alberta in Edmonton. Atoms in the liquid will collide with one another and slow down. "But if you did that with helium at low temperature and came back a million years later," he says, "it would still be moving".

## **7. An individual blood cell takes about 60 seconds to make a complete circuit of the body**

You have about 5 litres of blood in your body and the average heart pumps about 70 ml of blood with each beat and a healthy heart beats around 70 times a minute. So if you multiply the amount of blood that the heart can pump by the number of beats in a minute you actually get about 4.9 litres of blood which is almost your whole body's worth of blood. In just one minute the hearts pumps the entire blood volume around your body.

## **8. The known universe is made up of 50,000,000,000 galaxies. There are between 100,000,000,000 and 1,000,000,000,000 stars in a normal galaxy. In the Milky Way alone there might be as many 100 billion Earth-like planets. Still think you're alone?**



# Bowraville Lions Club Inc News Bulletin

MAY 2018



## WHERE THERE'S A NEED THERE'S A LION



All funds raised by Lions Clubs go directly to the people and organisations we support.

The Bowraville Lions Club invites you to come along to a dinner meeting to find out how you can help our community and make new friends. Meetings are held on the 1st Wednesday of the month at 6.30pm in the dining room of the Bowra Hotel. Phone Mark on 0428 527 545

## Tips for Autumn Gardening

*Autumn is the new spring for gardening so check out these top tips. There's lots of wonderful things for green (and not so green) fingers to do in autumn, including growing delicious herbs and vegies, planting new trees and shrubs and preparing for winter and spring, whether you have the largest space or just a few pots.*

1. Cool season vegies like baby leaf spinach, silverbeet, baby beetroot, onions, broad beans, spring onions, kale, lettuce and cauliflower are ideal to plant now. The soil is still warm enough for root growth, so if plants have enough nutrients and water they will flourish.

2. Fragrant and versatile herbs including coriander, rocket, Italian parsley and chives will thrive and can be used in a variety of dishes including salads, stir fries and soups. New shrubs and trees in autumn shades of red and orange look beautiful in the garden and can be purchased from your local nursery.

3. Soil is the engine room of the backyard and preparing it during autumn creates the best foundation for a beautiful, healthy garden. A Dynamic Lifter-type organic plant food is ideal for enriching your soil as it increases water and nutrient retention, encourages and feeds earthworms and microorganisms as well as providing complete plant nutrition with organic slow release nitrogen, phosphorus and potassium for better root growth, stronger plants and more flowers and fruit.

4. The same fertiliser can be mixed into a garden bed before planting, added to the bottom of a hole when establishing new trees and shrubs and combined with potting mix. It's also perfect for creating a nutritious foundation before laying new turf.

5. Plant containers and hanging baskets with flowers like winter viola, pansies, lobelia, carnations, sweet peas, Flanders red poppy, alyssum and calendula to brighten up outdoor spaces.

6. Ongoing feeding of your new plants is important to ensure continued health and productivity of the garden. Regular applications of fertiliser every six weeks will contribute to the wellbeing of your garden by providing plants with gentle, slow release organic nutrients.

7. Organise garden beds for planting spring flowering bulbs like hyacinths and daffodils and your vegie patch by enriching the soil with organic fertilisers.

*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  
Glenn, Garry or Paul.  
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**

711



## Bowraville IGA goes solar

As everyone is aware the cost of electricity has risen and most of us believe it will continue to do so. Therefore, our local IGA has installed solar panels to assist with their business energy expenses by cutting the cost of operations. In doing so they aim to pass on the savings to their customers.

You will also have noticed some changes within the store – a bit of a “rearrange” at the front of the store has opened it up providing more space and a less cluttered welcome for customers.

Newspapers and magazines have appeared on the shelf (which covers the closing of the newsagency) making it more convenient for those of us who enjoy our daily and/or weekend read. The IGA also provides a daily newspaper delivery.

If you have heard rumours of the possibility of the IGA providing LOTTO, keep your ear to the ground for more news on this...it's in the pipeline!

*Target Solar was proud to install a 30kW system at IGA Plus Liquor Bowraville. Target Solar have \$0 upfront plans available for business and residential systems and support local communities in saving on their electricity bills. Contact Target Solar on 1300 7 SOLAR (1300 776 527) or visit [www.target solar.net.au](http://www.target solar.net.au)*

## Techno Joke

A consultant tried to explain to a client why he couldn't help him with a project that was written in a program code that he didn't know.

“Let's say you're asking me to write something in a specific language. Now, I'm fluent in English and Spanish but your project is in Chinese. Since I don't understand Chinese I'm not your best option. You need someone who is fluent in this specific language. See?”

The client said he did and thanked the consultant.

The next morning the consultant received a call from a colleague asking, “Why is So-and-So asking if I'm fluent in Chinese?”

## Bowra StarBytes

### Aries

Change is on the horizon and a spiritual revelation or an attitude breakthrough will occur to propel you along a new path. Unexpected events may occur to free you from a potentially confining situation. Be conscious of the choices you make..

### Taurus

This is a feel-good time for you but communication problems can be a bit troublesome particularly when it comes to money and love. The need to put the past behind you becomes insistent. Be patient there are good things coming your way.

### Gemini

Love and appreciation are easy to attract this month. Your desire to learn, share ideas, and improve your skills is powerful. Strong energy for new beginnings in close relationships is with you. An exciting time for those willing to go with the flow.

### Cancer

Many of you will achieve more recognition, a promotion or a position of increased responsibility and unusual developments seem to be pushing you into unfamiliar territory. Life is stimulating and more than a little hectic but very enjoyable.

### Leo

You are back on track. New ideas are abundant and your energy levels run high. Some form of tug of war when it comes to finances could be irksome but clearing up financial matters will do wonders for your outlook. Friendships are rewarding.

### Virgo

Changes in a close personal relationship is something you have been struggling with for some time and now is a good time to examine what has been holding you back for so long. Trust and follow your instincts on this matter - it will work out.

### Libra

Some nagging health or work problems need attention especially those revolving around poor communication. Conditions in your close partnerships may begin to feel confining now and demand a major overhaul. Stay positive.

### Scorpio

An excellent time for giving your close personal relationships **the attention they deserve. It's a great time for making new resolutions.** Your hobbies or sideline work could be especially lucrative this month. **Don't ignore nagging health issues.**

### Sagittarius

Some problems balancing career and family obligations are likely. Your spirit for adventure runs high but **work obligations and health routines threaten your peace of mind. It's time to listen to your heart and do what makes you happy.**

### Capricorn

The chance for creative and romantic new beginnings arrives just in time to revitalise your outlook. Some down time or a vacation might be in order to help assimilate the changes. You are especially intuitive when it comes to financial prospects.

### Aquarius

Conversations with friends and acquaintances can be eye-opening, sending you along a new path of self discovery. Pleasant relationships within the family and a more organised home life makes way for enjoyable and spontaneous activities.

### Pisces

While pushing yourself too hard will never work to your benefit, taking time to tend to projects that have been on hold for ages will be fulfilling. Troublesome or mixed up communications will be cleared up and forgotten. Make some time for you.



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

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

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

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

## OUTREACH SERVICES

- Monday Counselling Services**  
Interrelate 10am to 3pm  
Miimi House  
Phone: 6659-4150
- Tuesday New Horizons**  
1<sup>st</sup> Tuesday of the month  
Phone: 5632-4800
- Warrina Women’s & Children’s Refuge**  
2nd and 4th Tuesdays  
Phone: 6652-2400
- Wednesday Baby Health Clinic**  
9:00am – 12noon  
All Mums and bubs welcome  
No appointments necessary.
- Community Corrections**  
10am to 3pm  
Phone: 6561-3100
- Thursday Legal Aid**  
1<sup>st</sup> and 3<sup>rd</sup> Thursday  
10:00am to 12noon  
Phone: 6641-7899

### BOWRAVILLE COMMUNITY HEALTH SERVICES

Child and Family Counselling

Speech Pathologist

Paediatric Occupational Therapy

*These services are available by apt. - 6656-7200*

*MiiMi is now an approved CSO Agency.*

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

Miimi House

90 High Street, Bowraville

Phone: 02 6564 8855

email: [admin@miimi.org.au](mailto:admin@miimi.org.au)

## ~ TECH TALK ~ TECH TALK ~

*Answers to your questions about the  
cloud - Continued from Page 6*

Remember these are separate services - if it helps imagine your various cloud accounts as being files stored on different computers in different rooms in your neighbour’s house. You can find files on each but nothing connects all of them.

**11. Q. Can other people see my stuff? If I live in a share house are all my friends on the same cloud?**

A. No. Yes. Maybe. You need to stop thinking of all these cloud services as one happy family. Let’s say your email address is at gmail, you’ve got photos on Flickr, you have an iPhone and store your photos in My Photos Stream and you sometimes share big files on Dropbox. Your flatmate is in the same situation but you each have different accounts so your files are not in shared drives. He or she has his gmail and Dropbox accounts and you have yours. Of course if you forget to log off a device or leave a tablet hanging around then yes they will see your stuff.

**12. Q. Will my cloud ever die?**

A. No company lives forever so it can’t be said the files you store on Cloud Service X are eternal - but quite possibly you will die first. That’s not a very cheerful thought but might distract you from worrying too much about the cloud.

- [www.news.com.au](http://www.news.com.au)

## COMMUNITY INFORMATION DAYS

Beginning in **June, 2018**

**COMMUNITY INFORMATION DAYS**

are being held on the

**FIRST FRIDAY of EVERY MONTH**

at the **Pioneer Community Centre**

**70 High Street, BOWRAVILLE**

**from 10am to 2pm**

This is a way to find out about Community Groups in your area and also ask questions of various Government Departments and non-Government organisations. As the programme develops we will display it in the window of the Community Centre.

Please contact us if your group or organisation would like to be a part of one of these Community Information Days – this is your opportunity to speak to the Bowraville Community about what you do.

**Bowraville Community Development  
Association Incorporated**

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

**6564 7908 or 0400 828 471**

Friday 1 June — Friday 6 July

Friday 3 August — Friday 7 September

Friday 5 October — Friday 2 November



## Ngambaga Bindarry Girrwa Community Services Aboriginal Corporation

ABN:19746606729

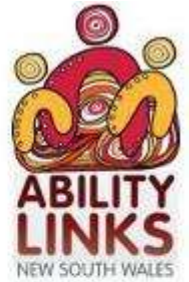
*"Empowering Aboriginal and Torres Strait Islander communities to gain independence and inclusion through the deliver and support of culturally appropriate community services"*

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

Address: 1/53 High St, Bowraville,

Web: nbgscommunityservices.com.au

Email: admin@nbgs.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

#### Early Links Mission:

*"Every child, every opportunity"*

#### Early Links Vision:

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

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

# BowraVILLE Post OFFICE

27 High Street, Bowraville ♦ Telephone: 6564-7169

Monday to Friday 9am-5pm ♦ Saturday 9am-12noon

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

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

**DRY CLEANING AGENT** – *Drop off and Pick up.*

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

Have you checked out the Bowraville Community Website?

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

*You can get the monthly  
Bowra Community News online,  
local weather, community events  
and more . . .*



## **NOTIFICATION OF BURNING OFF!**

### **Rural residents of Nambucca Shire**

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

All year!

***IT'S THE LAW.***

## **CRANE TRUCK HIRE**

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Call:  
**WAYNE NOBLE**

Telephone:  
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**7 DAYS**

6/11

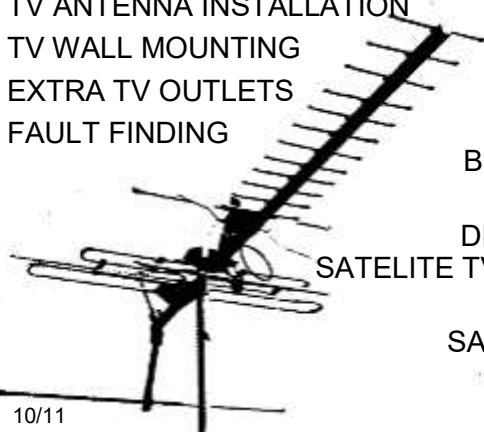
Does your computer need servicing?  
Is it going slow?  
Do you suspect a virus?  
Or it just won't work the way you want it to?

**Come into the BOWRAVILLE TECHNOLOGY CENTRE**

39 High Street, Bowraville  
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3/6

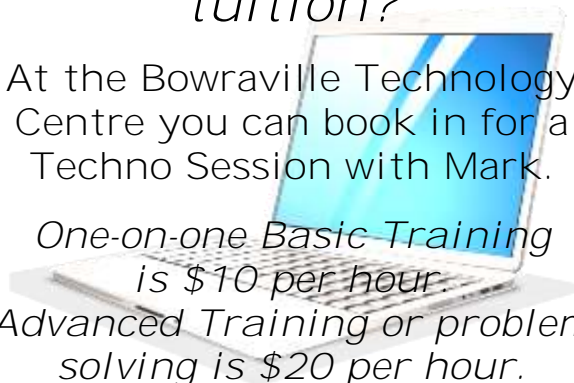
*Do you need one-on-one computer skills tuition?*

At the Bowraville Technology Centre you can book in for a Techno Session with Mark.

*One-on-one Basic Training is \$10 per hour.*

*Advanced Training or problem solving is \$20 per hour.*

Call 6564-7420 and book your session now.



# The truth about SALT

## We are under assault!

Australian men are consuming almost twice the commended daily intake of salt. But before you point the finger, ladies, you're not far behind.

Our men are ingesting 10.1 grams a day with women eating 7.34 grams, according to a study of more than 16,000 people analysed by the *Medical Journal of Australia*.

The World Health Organisation (WHO) recommends a maximum intake of five grams a day.

The research team was led by Bruce Neal of the Food Policy Division of the George Institute for Global Health.

"Strong and consistent evidence indicates that a high dietary salt intake increases blood pressure which in turn increases the risk of cardiovascular disease," Professor Neal said.

He said reducing the amount of salt we consume is projected to be "one of the most cost-effective strategies for reducing rates of premature death and disability attributable to high blood pressure and vascular disease".

If you have elevated blood pressure, dietary sodium restriction can not only lower your blood pressure, but can enhance your response to blood pressure medications.

The report authors said the study reaffirms the need for action to reduce salt intake. All WHO member states, including Australia, have agreed to reducing the mean population salt intake by 30 percent by 2025. WHO says doing so will generate an extra year of healthy life.

## Don't be taken by surprise

More than three-quarters of our salt intake is from processed foods, so while easing up on the salt shaker helps, watching how much salt is in what you buy is even more important.

Research by the George Institute found that some loaves of bread contain more than a third of the daily recommended salt intake in just two slices, other grocery items such as sauces, frozen meals and even biscuits and cakes are packed with salt.

The good news is there are some easy ways to lower your salt consumption without reducing the flavour or enjoyment of your food. Research shows we need to rely on more than our taste buds to identify the salt level in food.

## A few tips for cutting down

Here are the Heart Foundation's top tips on how to cut down on salt:

**Train our taste buds:** It will only take a few weeks for your taste buds to adjust to less salt and once they do you'll be noticing more other flavours.

**Check the food label:** Salt is listed as sodium and you need to look for products that have less than 400mg per 100g. Foods with less than 120mg per 100g are considered low in salt.

**Switch brands:** Your favourite brand foods may also be produced in a 'no added salt' or 'low in salt' version, so go for these.

**Stick to fresh:** Fresh foods tend to have less salt than processed foods so buy fresh fruit and vegetables in season, and they are naturally more flavoursome.

**Limit the salty foods:** Lots of processed and fast foods such as packet soups, pizzas and pies have high levels of salt so try to limit how much of these you eat in a week.

**When buying frozen vegetables:** Choose those that are labelled 'fresh frozen' and do not contain added seasoning or sauces.

**Use fresh, rather than packaged, meats:** Fresh cuts of beef, chicken or pork contain natural sodium, but the content is still much less than the hidden extra sodium added during processing in products like bacon or ham. If a food item keeps well in the fridge for days or weeks, that's a tip off that the sodium content is too high.

**BOWRAVILLE STRONG FAMILIES**

**Women's Group**



Join the Strong Families Women's Sewing and Craft Group held every Friday at the Nambucca Valley Phoenix Yurtz from 9.30am to 2.30pm. Lunch is included. Come and learn how to sew a bag or a dress with Jenny Sambrook or work on a craft project with Sasha Greenup.

**Afternoon Sports**



Want to learn how to play cricket, league, tennis or soccer? Training sessions and coaching is NOW available at Hennessey Tape Oval in Bowraville from 3.30pm – 5pm on Mondays. Ages 6 years and over are all invited. Come and join in the fun!

**Men's Group**



Strong Families host a Mens Outings each Thursday from 9.30am to 2.30pm. It's a chance for the local men to make a few friends, enjoy a social outing and a BBQ lunch. Each week local organisations interact with the group allowing for interaction and information to be given on local services. Contact Gary for transport and further information on 6564 7677 or 0499 002 141 if you would like to be involved.

**Ph: 6564 7677**  
**Mob: 0499 002 141**  
**strongerfamilies@nvp.org.au**



**Bowraville Strong Families**

National Standards for Disability Services certification  
Registration number: DS/R61/0365  
Nambucca Valley Phoenix acknowledges and pays due respect to the traditional custodians of the Nambucca Valley.

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

**Where would you like to go?**



This is the question Coffs Harbour, Bellingen and Nambucca Community Transport is asking you.

Community Transport provide transport for the frail, aged, people with disabilities and their carers and those who are transport disadvantaged.

Community Transport is a not for profit organisation passionate about helping people maintain their independence & ability to stay connected with our community. They do this by providing flexible transport solutions to meet individual's needs.

Contact: Coffs Harbour – 6651 1137,  
Bellingen - 6655 2666  
Nambucca Heads – 6568 3250.

**Bowraville Kinesiology**  
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7/11

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

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

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

Pharmacist  
**KERRIE SAVINS**



7/11

## WHAT'S HAPPENING IN BOWRA

From page 5

### Bowraville Playgroup

Bowraville Play-group meets at Bowraville Central School every Friday from 9.30am to 12 midday and is open to all parents and carers with children aged 0 to school age. We engage in fun activities in a safe, family environment. Contact: Danielle Ryan 6564-8619 or Jane Thomasson 0474 325 337.

### Macksville/Bowraville Uniting Church

There is to be a change in the service time for the Uniting Church at Bowraville. The service will still be held on the second Sunday of each month but the time has been changed to a morning service at 10.30am. On the second Sunday morning the Uniting Church in Macksville will be closed and our Macksville congregation will join to worship with the Bowraville folk at 10.30am. We are hoping this will suit more people. All are most welcome to attend.

### Macksville/Bowraville Uniting Church Op Shop

The Op Shop is keeping us busy with the bags of clothing for \$5. We have some stunning summer clothes on display. The furniture shop has some lovely new donations.

Thank you to all who give so generously to our Op Shop and also volunteers who come along each week. We have a pick up and delivery service each Wednesday.

### Nambucca Valley Community Church Food Hub

Anyone holding a Health Care Card or Pension Card can access this service. From 9.30am to 12pm non perishable food products will be on sale as well as other products. All perishables such as bread, vegies and fruit are free. Fee: \$10 for 11 items; \$20 for 22 items. Contact 6568-1647 or 0431 947 799.

### Nambucca Valley Community Church

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

### Macksville Probus Club

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

## IT HAPPENED IN BOWRA IN 1925

### Lanes Bridge Re-visited!

Bowraville is going to get a new 'Lanes Bridge'. The original construction did not go that smoothly as seen in the following headlines '*Lane's Bridge Construction Held Up*' (*Nambucca and Bellinger News* Friday 16 January 1925). The News went on to report:

"Several months ago (August 1924) it was officially announced that the State Government had agreed to give half the cost of constructing a high-level bridge over the creek near. Bowraville on the; Macksville-Bowra road/the whole cost to be £3440. With the Shire Council to find half the money. The news was joyfully, received by the Bowra, people, and, they no doubt had visions of something- out of the box which would be one of the sights in the vicinity.

But a fly must have got into the ointment. The Engineer (Mr. Milne), after a careful study of. the plans (not prepared by him) put the boot right into the proposal. He declared that the bridge would not be suitable and went so far as to refuse to build it using the plans submitted, eventually paying a visit to Sydney in connection, with the matter.

The trouble now is that the new proposal will greatly increase the cost, and if the Council decide to carry it out the ratepayers throughout the Shire will have to find about £800 more than under the original proposal.

The "bone of contention" appears to be the levels of the bridge. The Department will not agree to the proposed level, contending, that it would be in danger of being washed away. Cr. Conors proposed that the department be asked to send an officer to report on the most suitable level for the Bridge".

After protracted negotiations with the Government Mr W. G. Boulton successfully tendered for construction of the bridge.

(*Nambucca and Bellinger News* Friday 21 May 1926)

*Dr Paul Weekley*

*Research and Genealogy Officer Bowraville Folk Museum*

### Month of May

For all the diapers that you changed,

For all the playdates you arranged.

For all the trips back and forth to school,

For cleaning all the spit up and drool.

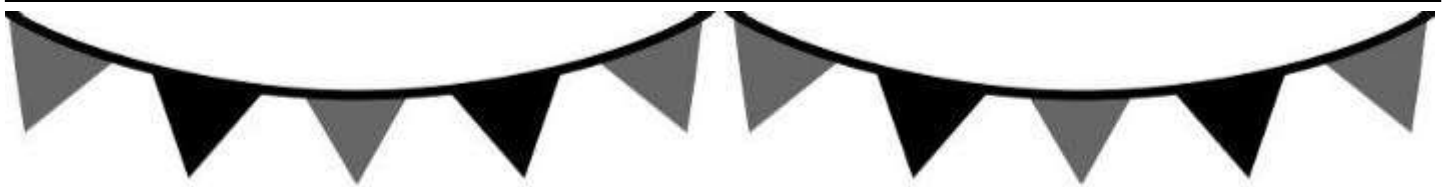
Why is there only one Mother's Day?

You should have at least gotten the ENTIRE month of May.

~Anon







Argents Hill Hall presents

# *Bake 'n' Roll*

A friendly community brew and cook off



**24TH JUNE - 12PM**



Three categories:

- Savoury
- Sweets
- Home brews



Not a brewer or cook? Come taste the entries and vote for the best!

Winners for each category voted by the public with great prizes. \$10 entry charge to taste the best dishes and brews in the valley. Come along! It'll be fun feasting with friends and groovin' to funky beats. Exciting entries already coming through!

For more information call Denise on 65644007  
or visit Argents Hill Hall Facebook Page.

Unlicensed event - BYO. All proceeds will go towards improving Argents Hill Hall for the community



## Nobel Prize for Mothers

Mom you are a shining star  
Though the world doesn't know your name.

You have no fancy title  
Like Baroness or Dame.

Mom you really are a star,  
My mother, mentor and friend.  
A Nobel Prize for motherhood,  
Is what I'd recommend!

And if I won the lottery  
I'd share my win with you  
I'd take you Mom on a spending spree  
Each day the whole year through!

You may not be famous,  
As your face is known to few.  
But Mom I think you are wonderful  
And I'm so proud of you!

~Anon



## DO YOU NEED HELP GETTING YOUR LICENCE?

Coffs Harbour, Bellingen & Nambucca Community Transport (CBNCT) is offering a new driver support program enabling participants to gain valuable life skills and independence.

The L to P's Program includes support from professional driver instructors and time behind the wheel with qualified volunteer mentors.

This program aims to help Learners gain their driving qualifications in an encouraging and safe environment.

Ongoing mentor support will be continued until participants have successfully obtained their license.

To be part of the L to P's program you must identify as Aboriginal or Torres Strait Islander and be a resident of Bowraville.

You also must hold a current Learners' Permit.

Please contact Jeffrey Blair on 0408 977 101  
[jeffblair@communitytransport.net.au](mailto:jeffblair@communitytransport.net.au)

**COMMUNITY TRANSPORT**  
COFFS HARBOUR, BELLINGEN & NAMBUCCA

[www.communitytransport.net.au](http://www.communitytransport.net.au) - 1300 812 504  
[info@communitytransport.net.au](mailto:info@communitytransport.net.au)



3/11

# Bernard Laverty Funerals

## 24 hours 6568 1555

### Monumental Masons & Florist

*Speak to us about the benefits of Pre Paying*



## Scientists Find Drug that Regenerates Teeth



Researchers have identified a drug that can regenerate teeth from the inside out, possibly reducing the need for artificial fillings.

The drug was previously used in Alzheimer's clinical trials, and it now appears to improve the tooth's natural ability to heal itself. It works by activating stem cells inside the tooth's pulp centre, prompting the damaged area to regenerate the hard dentin material that makes up most of a tooth.

After a tooth is damaged by things like trauma or cavities, the soft pulp at its centre can be exposed, increasing the risk of infection.

To prevent that, our bodies create a thin layer of dentin - the hard, calcified tissue that makes up the bulk of a tooth - which helps block outside material from making its way inside.

But this process is not enough to stop large cavities from exposing the vulnerable pulp which is why the dentist drills out the cavity and then packs the area with an artificial filling - a treatment that's worked in the past, but isn't ideal.

Fillings work fine, but if the tooth can repair itself, that's got to be a better way - to restore all the vitality of the tooth.

Scientists found they could use the Alzheimer's drug Tideglusib to stimulate the stem cells inside a tooth to create more dentin than usual, regenerating the whole structure without needing to add any foreign substance at all.

In other words - no fillings.

Considering the technique has so far only been tested in mice, there's a lot more research to be done to confirm if the results can be replicated in humans, so we can't get ahead of ourselves just yet.

We still have a long way to go before these options will be available at our local dentist, but researchers are determined to make oral care less horrible in the future, which should be good news to millions of people who fear the drill.

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

## Bowraville Central School News

### Easter Hat Parade

*Hats of all shapes and sizes were the fashion item of the day for this up-to-the-minute group of young Bowra trend setters.*





# Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Autumn 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	2NVR Recycled Radio	2NVR Recycled Radio	Bubble N Squeak Linda & Michelle	Under The Stinging Tree Poppa	Green Eggs on Toast Part 2 Laurie Macbry Music, Movies News, Weather Gig Guide Local Info	The Early Birds Faye Aspritt & Zoe Aspritt Australian Music New and Classic Current Movie Review Local Events	2NVR Recycled Radio	6 AM
7 AM	Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll 1940s-2010s	Isn't It Romantic With Dallas Dent Crooners Easy Listening and Popular Ballads	Dyer's Loop With The Dyers	Tones of Claressense Claire West-Powell	Talk Of The Town Cen Wirbel See what's going down! All things local	Hair Of The Dog Mick Birdie Rock, Pop Covers and Music Trivia	2NVR Recycled Radio	7 AM
8 AM	Baby Boomers Donna Collins	Infopinion Richard Laxton	2NVR Recycled Radio	Turning Pages Elizabeth Newman	Dano's Mixed Grill Daniel Gosson Whatever you can happen and probably will!	Happy Hour Michelle Smith-Dod Set of music Happy & Healthy 2 Hours	2NVR Recycled Radio	8 AM
9 AM	The Weekly Fix Paul Weekly	The Phoenix Crew Selected music & madness	Jazz Azz I Like It Heather Heywood	Grace's Vibes With Grace McLeod Grace's special mix of music for your enjoyment.	Outback Outlaws Paul Rowe Old and new country music	Concussion 2NVR Youth Radio With Kean, Noah & Aedon	Classical Corner Music from the past 1000 years. Alternates weekly with The Lively Arts	9 AM
10 AM	Play It Loud Sky Fewings Upbeat Music Aussie Artists	Rob's Roving Robbie & Linda Bible reflections, Gospel & Australiana	Just For You Carol J. Simmons Followed by Karala's Destiche Mark Strada 2NVR Music/Book Club	2NVR Recycled Radio	Wind Down for the Weekend Su & The Crew	Two For The Money Music, chat and a touch of banter with Paul and Rachel!	The Lively Arts Music & spoken word from film, TV, theatre & radio Noel Robertson	10 AM
11 AM	Bowra Beats 2NVR Youth Radio with Grace	Jack's Tracks 2NVR Youth Radio with Jack All the tracks with Jack Tune in!	Sister Act Olivia & Sam	Thursday Country Trevvic	Rhino On The Radio Switching to Studio 3 from 6pm-9pm on the 1st Friday of each month for live artists & studio audience	Imagine This & The AntipodeanSF Radio Show	Politics and the Environment With Louise Jones Music, political and environmental issues.	11 AM
Noon	Nambucca Valley Roundup Paul or Rachel Burns	Latest & Greatest Country Bryon Edwards	Nambucca Valley Roundup - Ben Walters	Nambucca Valley Roundup - Retro	The Friday Night Rock Show Todd Wells	White Line Fever All Nolen All that trucker/ good music	Flashback Rob Davidson	Noon
1 PM	Reggae Mixtape With Fitzroy Music outside the usual	Prog Rock Playlist Rhino @ midnight	Ants Rocks Anthony Gansley	When Only The BEST BLUES Will Do	2NVR Recycled Radio	Wolfy Wolfy all 11pm	That's A Wrap Donna, Tom & Mitch Local sports results and in-depth analysis	1 PM
2 PM	2NVR Recycled Radio	The best of Progressive Rock	Sold Rock	Jeff's Junk Jeff Mills	Recycled Radio	Overnight Express overnight	White Line Fever All Nolen	2 PM
3 PM	2NVR Recycled Radio	BBC World Service overnight	Aussie Music Mix overnight	CRN overnight	2NVR Recycled Radio	CRN overnight	White Line Fever All Nolen	3 PM
4 PM	2NVR Recycled Radio	2NVR Recycled Radio	2NVR Recycled Radio	2NVR Recycled Radio	2NVR Recycled Radio	2NVR Recycled Radio	White Line Fever All Nolen	4 PM
5 PM	2NVR Recycled Radio	2NVR Recycled Radio	2NVR Recycled Radio	2NVR Recycled Radio	2NVR Recycled Radio	2NVR Recycled Radio	White Line Fever All Nolen	5 PM
6 PM	2NVR Recycled Radio	2NVR Recycled Radio	2NVR Recycled Radio	2NVR Recycled Radio	2NVR Recycled Radio	2NVR Recycled Radio	White Line Fever All Nolen	6 PM
7 PM	2NVR Recycled Radio	2NVR Recycled Radio	2NVR Recycled Radio	2NVR Recycled Radio	2NVR Recycled Radio	2NVR Recycled Radio	White Line Fever All Nolen	7 PM
8 PM	2NVR Recycled Radio	2NVR Recycled Radio	2NVR Recycled Radio	2NVR Recycled Radio	2NVR Recycled Radio	2NVR Recycled Radio	White Line Fever All Nolen	8 PM
9 PM	2NVR Recycled Radio	2NVR Recycled Radio	2NVR Recycled Radio	2NVR Recycled Radio	2NVR Recycled Radio	2NVR Recycled Radio	White Line Fever All Nolen	9 PM
10 PM	2NVR Recycled Radio	2NVR Recycled Radio	2NVR Recycled Radio	2NVR Recycled Radio	2NVR Recycled Radio	2NVR Recycled Radio	White Line Fever All Nolen	10 PM

2NVR — "Most Outstanding Small Station In Australia" CBAA Voice Award Winner, 2011 & 2013.  
 2NVR — Australia Day Award 2012 for "Service to the Nambucca Valley Community".  
 National news and weather is broadcast each weekday at 7am, 8am, 9am, 10am, 11am, 12pm, 1pm, 2pm, 3pm, 4pm, 5pm, 6pm, 7pm, 8pm, 9pm, 10pm, 11pm, and 12pm.  
 Tewings studio and office: 02 6564 7777 email: admin@2nvr.org.au  
 The Best Little Station In The Nation