

B O W R A V I L L E

COMMUNITY NEWS



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



MAY 2019 ~ ISSUE #173 ~ FREE ~ CIRCULATION 400 ~ POSTCODE 2449

Wishing all Bowraville Mothers an enjoyable and love-filled Mother's Day. Sunday, 12th May.



BreastScreen
NSW



Health

screened
in Bowraville

The mobile unit will be in Bowraville for one week from 20th to 28th May in the the Ex-Services Club car park.

For women aged 50 to 74 years.

Call 13 20 50 to book your free screening Mammogram.

20 minutes every 2 years could save your life.



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BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 400 COPIES

Newsletter is also available online at:

www.bowraville.nsw.au/bowraville-newsletter

2019 ADVERTISING CHARGES:

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| | |
|---------------------------|-----------------------|
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| Half page (or 1 column) | \$25 issue/\$250 year |
| Full page (or back cover) | \$35 issue/\$350 year |

DEADLINE FOR COPY FOR

THE JUNE 2019

ISSUE IS: 4:00PM

TUESDAY, 21st MAY 2019

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

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

BOWRAVILLE TECHNOLOGY CENTRE

39 High Street, Bowraville NSW 2449

Telephone: 6564 7420

Facsimile: 6564 7520

e-mail: admin@bctc.com.au

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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.

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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*

United Hospital Auxiliary

Thank you to all who helped make our Easter Raffle a success. Winner of the main prize was Margo Schenken of Bowraville, 2nd and 3rd went to Macksville and 4th to Anama Tesser of Bowraville so prizes were shared around the district. We raised over \$ 1000 which will go towards the purchase of the defibrillator costing \$3,000. Four members attended the Zone Day at Wauchope and were given notice of the Annual Conference at Port Macquarie in October. Our April meeting will be reported in the May edition. Our Hospital Coffee Shop has recently been audited successfully for safety issues and compliance with NSW Health's Healthy Choices Program.

Bowraville Garden Club

In April we visited 2 local gardens, one in Buckra bendinni and the other out at North Arm and we extend a big thank you to our hosts. As usual we enjoyed a delicious morning tea, carried home some cuttings and appreciated the presentation of the gardens. Next month will be our quarterly meeting to be held at the home of Isabelle Hooper. Contact Barbara on 6564-7039.

Bowraville Seniors

We would love to see more Bowraville and district seniors participate in our meetings and activities. We are hopeful our delayed excursion to Port will happen in May. Our big

item for this month is hosting, on our normal meeting day Monday 20th May "The Biggest Morning Tea" in Bowraville to be held at the Folk Museum and commencing at 10.30am. There will be a delicious morning tea, trading table and raffles. Please mark your calendar, posters will be on show around the town as a reminder. Funds raised go towards cancer research. Contact Ruth on 6564-8243. Donations gratefully accepted if you are unable to attend.

Bowraville Recreation Club

Cooler weather has arrived but so has the rain resulting in several April golf and bowls events being reprogrammed. Directors are happy to announce various electrical equipment damaged in recent storms have now been replaced. Our volunteer green staff are being congratulated on the improvement of both bowls and golf greens. Golfers are varying their grasses but ever mindful of trouble spots. Congratulations to you all. Pennant in bowls and golf continue with wins and losses to all, but travelling to other venues and experiencing different conditions to our home club is the plus. The 20th has been booked for a social event and St Mary's School is using the course for their Cross Country Races. For the walkers who walk the course, some with dogs, have you also walked the paths down to the river? Perhaps someone would like to start a Walking Club as yet another activity for our

Continued on Page 5

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2 Park Street Bowraville 2449

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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)

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

SUNDAY

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



ACTIVITIES ORGANISERS

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

TECHNO LESSONS OPEN TO EVERYONE

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

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

Absolute beginners are most welcome!

TECHNO LESSONS

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

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

For technical issues please contact BTC for an afternoon booking.

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



Special offer to community groups

Save on paper and ink!

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

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

From Page 3

Sports Area. It is great to see people using the bike tracks and basketball courts.

Bowraville Shopping Bus

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

Bowraville Race Course Art Group

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

Line Dancing

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

St Jimmy's Kitchen

On the second Thursday of the month from 5:30 to 7:00pm in the Anglican Church Hall

in Young Street meals are available for a donation. Dietary needs taken into consideration. All welcome.

Macksville/Bowraville Uniting Church

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

Continued on Page 8

CRAIG BELLAMY@realty

YOUR NAMBUCCA VALLEY SPECIALIST

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

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

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

6/11

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www.atrealty.com.au

Coronation Kennels & Cattery

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

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

PHONE: 02 6568-2018

Email: marcia@coronationkennelsandcattery.com.au

Website: www.coronationkennelsandcattery.com.au

We provide the following services:

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

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

Long Term Budget -

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

Not available during school holidays



Short-term Accommodation

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

7/11

BOWRAVILLE GIFT SHOP



LOCATED AT BOWRAVILLE POST OFFICE

27 HIGH STREET BOWRAVILLE

Monday to Friday: 9am - 5pm

PH: 02 6564-7169

11/11

How to deal with cookies while browsing the web

When you use the internet, you leave something behind: small pieces of information about the sites you've visited, search terms and your computer's internet address.

These are called cookies, and while they sound harmless – even delicious – they actually track your movements across the web.

What's a cookie?

If you've been anywhere on the internet, you've probably heard of cookies (also known as computer cookies or HTTP cookies). These are small files that websites want to put on your computer and store in your web browser.

But should you accept or block cookies?

Cookies don't infect your computer with malicious software or viruses. They're basically just text files to be read by whatever website or third party put them there. They have a range of uses, some you may like more than others.

The good news is it's not an all-or-nothing affair. Most browsers let you control which kinds of cookies are allowed. Here's how to manage them in Google Chrome, Apple's Safari, and Microsoft Edge – the Windows 10 default browser that replaced Internet Explorer.

But before you decide, you need to understand what each type of cookie does.

First-party cookies

First-party cookies belong to the website you're currently on and don't track what you do on other websites.

There are two kinds of first-party cookies:

Session cookies

These are short-lived and are usually deleted when your browser closes.

Without these cookies, every time you clicked a link – even to load a new page on the same website – it would forget you'd ever been there. For example, say you're shopping online and you add an item to your cart. If you then view another item on a different page, once the new page loads your cart would be empty because there'd be no way to track what you did previously.

Or perhaps a website asked you what language you'd prefer. Without session cookies, you'd have to re-select it with each new page.

Persistent cookies

These live on in your browser after it closes, but self-destruct after a predetermined time – usually within six months. If you ever asked a website to remember your login details, it did so with a first-party persistent cookie.



Persistent cookies may also be used to remember what you read or did while you were on the site, to avoid showing you the same content if you log back on later. While some persistent cookies are first-party, not all are.

Third-party cookies

These are also persistent. They're often used for tracking your movements to gain marketing or demographic data.

If you disable third-party cookies it'll make it harder for advertisers to get information about your online activity. You'll still see ads; they just probably won't be tailored to your interests.

Third-party cookies have also been blamed for slowing down web page loading times. Some browsers, such as Safari and Firefox, block them by default. Others let you opt-out in their settings menu.

Controlling Cookies

Most browsers give you degrees of control in managing cookies. On the Choice website noted below there is a step-by-step guide of how to do it in three of the biggest ones: Google Chrome, Apple's Safari and Microsoft Edge (the Windows 10 default browser that replaced Internet Explorer).

<https://www.choice.com.au/electronics-and-technology/internet/internet-privacy-and-safety/articles/how-browser-cookies-work>

- www.choice.com.au



MAY PROGRAM at the

BOWRAVILLE THEATRE

Sunday, 5th May @ 2pm - Westwind: Djalul's Legacy

Djalul Gurruwiwi, an ageing Yolngu elder and master Yidaki (didgeridoo) player, is a custodian of his people's ancient Songlines that have stored his clan's Knowledge, Culture and Country since the birth of time. But Djalul is running out of time to pass on these Songlines, entrusted to him for the future of his people. When Djalul breaks with tradition in an effort to save the Songlines, world-famous musician Gotye becomes an unexpected family member and helps amplify the songs to the world.



When Djalul breaks with tradition in an effort to save the Songlines, world-famous musician Gotye becomes an unexpected family member and helps amplify the songs to the world.

Sunday, 12th May @ 2pm - Storm Boy

A beautiful and contemporary retelling of Colin Thiele's classic Australian tale. 'Storm Boy' has grown up to be Michael Kingley, a successful retired businessman and grandfather. When Kingley starts to see images from his past that he can't explain, he is forced to remember his long-forgotten childhood, growing up on an isolated coastline with his father and of how, as a boy, he rescued and raised an orphaned pelican. A timeless story of an unusual and unconditional friendship.



Sunday, 19th May @ 2pm - Pick of the Litter

A vivid, heart-warming portrait of the people, personalities and puppies who work together to create the most remarkable of human-canine relationships: guide dogs.



In *Pick of the Litter*, documentarians Dana Nachman follow five puppies from the moment they're born, through their various foster families and right up until a select few of them are paired with hopeful new owners. It's a testament to determination, hope and straight-up puppy love.

Café open 1 hour prior to doors opening.

Tickets: Adults \$12. Conc. \$10. BAC Member/Child (under 15) \$8. Family \$30.



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

What we have to offer . . .

TAB - Fox Sports

Keno - Gaming Machines

Pool Table - Daily Happy Hour

Bingo - Raffles

Members' Draws



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

FREE POOL Everyday

7/11

BOWRA HOTEL

OPEN 10AM - MIDNIGHT

BISTRO

WOOD-FIRED PIZZA Wed - Sun

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

DINNER 5.30pm - 8pm Tues - Sun

All menus available for takeaway

Regular Live Music

Holy Goat Coffee

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

33 HIGH STREET, BOWRAVILLE

Ph.6564 7041 Fax. 6564 8471

7/11

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

From page 5

Macksville/Bowraville Uniting Church

The Uniting Church is having a monthly service which is being shared by Macksville and Bowraville in the church at Bowraville. We usually have around 18-20 in attendance and local town folk are very welcome to come along and join in the service which starts at 10.30am and is conducted by Rev. Tom Fairhall from Bowraville and Rev. Ken Smith from South West Rocks on alternate months. The next service will be held on 14th April which will be Palm Sunday.

Macksville/Bowraville Uniting Church

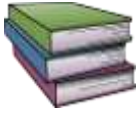
Op Shop

The Op Shop is functioning well and we thank those volunteers for their valuable help. As from this month we have had to cancel the sale of second hand electrical goods. Although these are well tested and tagged we have been advised by our State Branch of the Church Insurance that they cannot cover the church for any damage caused by these items sold in our Op Shop. Please note that we cannot accept donations of electrical items in the future. On the bright side we will now be able to display more quality furniture in the shop. We would

Continued on page 23

MARKETS CALENDAR

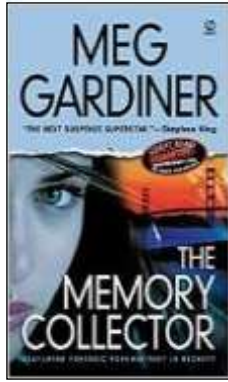
| DAY OF MONTH | MARKET LOCATION and TIMES | CONTACT DETAILS |
|--|---|---------------------------|
| THURSDAY Every Thursday | Coffs Coast Growers Market, City Square, Harbour Dr. from 8am to 2pm | 6648 4087 |
| FRIDAY 1 st , 3 rd & 5 th | BELLOPY ORGANIC FARMERS MARKET from 8am to 1.30pm The largest 100% organic market in NSW. Bellingen Showground | 0415 525 903 |
| SATURDAYS 1 st Sat (bi-monthly even months) | VALLA BEACH COMMUNITY MARKET from 8am to 1pm | 6569 5410 |
| 1 st | Kempsey Riverside Markets, Riverside Park from 8am to 1pm | 0456 658 979 |
| 1 st & 4 th | Marine Rescue Charity Market, Woolgoolga Beach from 8am | 6654 0447 |
| 2 nd | South West Rocks Market, Horseshoe Bay Reserve from 8am to 12 noon | 6562 6671 |
| 2 ND & 4 TH | BOWRAVILLE COUNTRY MARKET Bowraville Pioneer Centre from 8am to noon | 6564 7908 0400 828 471 |
| 2 ND & 4 TH | MACKSVILLE PRODUCERS MARKET , Riverbank Park | 6568 3844 |
| 2 ND & 4 TH | BELLINGEN NATURAL PRODUCE MARKET from 8am to 1pm Bellingen Showground | 6655 1279 |
| 3 rd | BELLINGEN COUNTRY MARKET , Bellingen Park from 8am to 3pm | 6655 2151 |
| 4 TH | Gladstone Trash & Treasure Market - 8.30am to Noon | 6567 4203 |
| SUNDAYS | | |
| Every Sunday | Uptown Markets, Castle Street, Coffs Harbour from 6am to 2pm | 0434 482 926 |
| Every Sunday | Harbourside Markets, Coffs Jetty Foreshore from 8am to 2pm | 0407 661 990 |
| 1 st | Coffs Harbour Lions Boot Markets, Coffs Jetty Foreshore 7am to 1pm | 0417 704 588 |
| 2 nd | Plaza Market, Nambucca Heads Plaza from 8am to 1pm | 6568 9655 |
| 3 rd | Gladstone Community Market, Memorial Park from 9am to 1pm | 0425 205 737 |
| Last Sunday (bi-monthly even months) | FUNKYA @ UNKYA MARKETS from 8am to 1pm Unkya Reserve, Eungai | 0425 205 737 |



BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

The Memory Collector

by Meg Gardiner



Jo Beckett is a Forensic Psychiatrist – you may have met her previously in other Meg Gardiner novels. Her field of work is usually investigating whether a person’s death is natural, accidental, suicide or homicide. In the “*Memory Collector*” Beckett is called in to do a psychological autopsy on a living person, Ian Kanan, who has memory problems. He has perfect long term memory but something has happened to him so that within 5 minutes he loses recall of everything within that time span. This cycle repeats and repeats.

Beckett realizes very quickly, upon meeting Kanan, that something is seriously amiss and she needs to know, not so much what is wrong but what is actually causing it. Kanan, whose job and working history is hazy at first, has been infected with something; he’s got enigmatic writing on his arm; he’s obviously hunting someone down; he’s clearly an intelligent man; physically in superb shape and with skills most people can’t imagine. Turns

out Ian Kanan is ex-special forces, is a ‘fixer’ of sorts...keeping bigwigs out of trouble in countries where that’s hard to do..... a contractor...a bit of a mercenary maybe. So all in all a capable and potentially dangerous man.

There are a bunch of other important characters – the best friend and cop, Tang; Kanan’s wife Misty and son Seth; the guy Kanan worked for, Shepard, and his right hand (wo)man, Calder. A couple of nasty thugs and even one wannabe thug; Gabe, the guy Beckett is dating, who happens to also be in one of those difficult to describe jobs where much is secret; a few more cops and Tina, Beckett’s sister. Oh, I’d better mention Jo’s neighbor Ferd and his pet monkey since they too have a part to play in the unfolding of events.

There are some car chases, a kidnapping, lots of threats, real violence, a break-in, an impersonation, a developing romance, a woman’s obsession with a man who has no interest in her, a man’s obsession and loyalty to the family he loves above all other things and of course, an experiment gone wrong, betrayal and the greed of mankind that follows when money can be made from such a thing.

- This book read and reviewed by volunteer Raewyn.

BowraVILLE Post OFFICE

27 High Street, Bowraville ♦ Telephone: 6564-7169

Monday to Friday 9am-5pm

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

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

DRY CLEANING AGENT – Drop off and Pick up.

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

National PALLIATIVE CARE Week

Palliative care is care that helps people live their life as fully and as comfortably as possible when living with a life-limiting or terminal illness.

Palliative care identifies and treats symptoms which may be physical, emotional, spiritual or social. Because palliative care is based on individual needs, the services offered will differ but may include:

- Relief of pain and other symptoms e.g. vomiting, shortness of breath
- Resources such as equipment needed to aid care at home
- Assistance for families to come together to talk about sensitive issues
- Links to other services such as home help and financial support
- Support for people to meet cultural obligations
- Support for emotional, social and spiritual concerns
- Counselling and grief support
- Referrals to respite care services

Palliative care is a family-centred model of care, meaning that family and carers can receive practical and emotional support.

Who is palliative care for?

Palliative care is for everyone of any age who has been told that they have a serious illness that cannot be cured. Palliative care assists people with illnesses such as cancer, motor neurone disease and end-stage kidney or lung disease to manage symptoms and improve quality of life.

For some people, palliative care may be beneficial from the time of diagnosis with a serious life-limiting illness. Palliative care can be given alongside treatments given by other doctors.

Who is in the palliative care team?

Your GP, aged care worker and any other health care provider plays an important role

in providing palliative care, as do family carers. They are supported by specialist palliative care services if symptoms become difficult to manage.



Where is palliative care provided?

Palliative care is provided where the person and their family wants, where possible. This may include:

- At home
- In hospital
- In a hospice
- In a residential aged care facility.

Many people indicate a preference to die at home and making this possible often depends on several factors, including:

- The nature of the illness and amount of care the person needs
- How much support is available from the person's family and community
- Whether the person has someone at home who can provide physical care and support for them.

How do I get palliative care?

For help and information ask your:

- Doctor
- Aboriginal Health Worker
- Hospital Liaison Officer
- HACC Worker
- Nurse.

Where can I find more information?

For more information visit www.palliativecare.org.au or contact the palliative care peak body in your state www.palliativecare.org.au/members

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



May Specials at Bowraville Pharmacy



Ethical Nutrients MEGA MAGNESIUM NIGHT

Key Features:

- Enhanced absorption Meta Mag for fewer side effects such as diarrhoea and gut discomfort.
- Great tasting, Mango Passion flavour, high strength powder for compliance.
- No artificial flavours, naturally sweetened with stevia.

Key Benefits:

- Dual action mind and muscle relaxant to help maintain healthy sleeping patterns.
- Provides support for muscular aches, pains, cramps, spasms.



Panadol OSTEOPHARMACY MEDICINE \$6.80 (During May only.)

BOWRAVILLE PHARMACY

31 HIGH STREET, BOWRAVILLE

PHONE: 6564 7925 or FAX: 6564 7364

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



Making reusable shopping bags from pre-loved fabrics

*by the community,
for the community.*



Boomerang Bags Sewing Bees 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

Facebook: Nambucca Valley Boomerang Bags



Volunteers Needed!

Nambucca Valley Landcare, with the support of the NSW Environmental Trust, is implementing a bush regeneration project, at Black Rock, Nambucca Heads. Black Rock is a beachside location with bushland that includes endangered Littoral Rainforest.

As part of this project Nambucca Valley Landcare are currently seeking interested community members who would like to attend one or more Volunteer Bush regeneration and Weed Identification Sessions.

Volunteers will be fully supervised with demonstrations on the day including – bush regeneration and weed removal techniques.

Nambucca Valley Landcare Staff and the Licensed Bush Regeneration Contractors will be in attendance for these sessions, to supervise and pass on their knowledge and expertise.

Nambucca Landcare will be supplying all protective equipment, tools, technical knowledge and morning tea or lunch.

Volunteer days will commence late April 2019 and will continue on a fortnightly basis through winter – you can attend as many or as few as you prefer.

If you would like to attend and/or would like further information please contact Manda at the Nambucca Valley Landcare office. PH 02 65 647 838 or email admin@nvlandcare.org.au

LIONS CLUB OF BOWRAVILLE INC.

N/C

SUPPORTING OUR COMMUNITY

PRESIDENT

Mark Scott
M: 0428527545

SECRETARY

Cherie O' Donohue

TREASURER

Greg Lamberth



7/11



Email:

bowraville@lionsdistrict201n1.org.au

PO Box 23 Bowraville NSW 2449



We're here to help

New Licensee of the BOWRAVILLE Post Office.

Servicing the local community with:

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

We also have PO Boxes available.*

Locations:
27 High Street
Bowraville NSW 2449

Come in and meet us. We are open:

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



7/11

Siobhan and Colin take on the World

Two Bowraville residents Siobhan Oxford and Colin Campbell have just left our shores bound for Smederevo Fortress in Serbia to fight in the World Championship in Historical Medieval Battle called “**Battle of the Nations**” from 2nd – 5th May.

Battle of the Nations is a unique cultural and sporting event, gathering the best representatives of Historical Medieval Martial Arts from around the world and held in Europe every year.

This is a full body contact competition where the fighters wear armour and use metal weapons to fight with.

National teams compete in several standard events all being full contact - no staged re-enactment battles are included and Teams from up to 25 countries have entered the tournaments.

The tradition for this combat/competition largely comes from Russia where enthusiasts have held previous events where full contact "battles" of large numbers of armoured combatants are held, often in historical sites. The emphasis is put on the combatants wearing historically accurate equipment and heraldry and the use of appropriate weapons for the combat.

This year the tournament will be held at the historical medieval Smederevo Fortress in Smederevo, Serbia.

Fights are held in teams or individual events, this year for the first time they will compete in a battle consisting of 150 fighters on each side.

At the tournament Siobhan will be representing Australia in the women's team and Colin representing USA in their #1 team.

For the last year Siobhan has been in training under the tutorship of her boyfriend Colin who has been living in Bowraville on a working visa. Many locals may know Colin from his time working at the Bowra Pub in the kitchen or training with the local Goannas footy team.

Others may have seen them both running around town or battling at the footy field in their armour. Colin who hails from Seattle in the USA is on the USA #1 Team and has been representing the USA in this sport for several years.

Siobhan and Colin first met in Prague in 2016 at the Battle of the Nations tournament and have been battle babes ever since. During his time in Australia Colin has also run training sessions for Australian fighters in Armidale, the Sunshine Coast and Melbourne.

This is a very tough physical competition and the Russians and Europeans have held the top 3 positions from the tournaments inception. We wish them well in their respective battles ... may the force be with them!

If you'd like to know more or watch the action live. Go to facebook.com/BattleoftheNations



Health and Beauty Benefits of Honey

Honey has been used for a variety of health and beauty applications for thousands of years. Civilisations including the ancient Greeks, Persians, Egyptians, and Romans all took advantage of the various benefits of honey, just to name a few!



Below are some of the best health and beauty benefits of honey, complete with suggestions for how it can be used. By the end of the list you'll have much more substantial appreciation of honey - and of course, for the hard-working honeybees that make it!

1. More Energy

The natural sugars in honey can provide an all-natural energy boost! Honey provides your body with a source of available carbohydrates it can use for a quick energy boost.

2. Improved Sleep

Eating a spoonful of honey before bed can help you get a good night's sleep. The natural sugars in honey raise insulin levels slightly, which allows the sleep-inducing amino acid tryptophan to enter your brain and work its magic.

3. Fewer Allergy Symptoms

Honey is believed to have some anti-inflammatory qualities which may be helpful in controlling allergy symptoms. It is also believed that eating raw, local honey may be particularly helpful for seasonal allergy sufferers. Local honey contains small amounts of local pollen which may help your body build up an immunity to that pollen if eaten regularly.

4. Treats Minor Wounds

Honey has an antibacterial effect and it has been growing in popularity as a treatment for shallow wounds like cuts, scrapes and skin irritation. After cleaning the wound with water dab a thin layer of honey onto the wound and cover it with a bandage.

5. Boosts Immunity

According to a 2009 review, honey is rich in phenolic acids and other antioxidants that can protect against damage from free radicals which are known to contribute to aging and certain diseases. The antioxidants in honey may also help protect against heart disease, inflammatory disorders, and neurological degeneration.

6. Banishes Blemishes

Thanks to honey's antibacterial and anti-inflammatory qualities it makes a great treatment for blemishes! It helps fight bacteria while also reducing redness and irritation. To use it, simply use a cotton swab to apply a bit of honey to the blemish. Let sit for 15 minutes, then rinse clean.

7. Makes A Luxurious Bath Soak

Adding honey to your bathwater makes for a relaxing soak that leaves skin feeling soft and moisturised! Add 1 cup of your favourite carrier oil, 1/2 cup of honey, 1 cup of milk, and 1 tablespoon of vanilla extract to a squeeze bottle. Shake well to mix, then squeeze about half of the mixture into your hot bathwater. (Store the rest in the fridge to use later.)

Tip: Choosing the Right Honey

When buying a honey to use for health and/or beauty reasons, you can't go wrong with a raw, locally-produced honey. Some honey producers also offer unfiltered honey, which is packed with pollen, bits of honeycomb, and other good stuff that other producers filter out. If you're using honey just for health applications (like treating wounds, etc.), you may want to consider using manuka honey. It's a bit more expensive than regular honey but it contains additional healing qualities that other honeys don't.

- www.onegoodthingbyjillee.com



Bowraville Lions Club Inc News Bulletin

MAY 2019



Club Activities in March/April

Macksville Music Muster March 27th – March 31st

Our club was asked to help at the gate during the music muster on the Friday and Sunday. We also had the opportunity to fund 7 disabled children attend the muster after their original funding source was not forthcoming.

We thank Rotary Macksville for reducing the cost from \$20 to \$15 per child.

Camp Getaway April 13th to April 18th

Our club were pleased to be able sponsor two boys, Chad and Levi from Bowraville Central Scholl to attend Camp Getaway at Camp Elim on the Central Coast for 6 days.



Anzac Day Thursday 25th April 2019

The Lions Club of Bowraville sold Anzac Day Biscuits that were very popular with all those attending the march. A special thanks to Trixie from Bowraville Pharmacy, Christine from Bowraville Post Office and Lisa from the Lions Club for baking and bagging the biscuits.

MEETINGS

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

*Contact President Mark on 0428 527 545
or email mark.scott@lionsdistrict201n1.org.au*

FUNNY MOMENTS IN AUSTRALIAN HISTORY

Ben Hall, Clown Prince of Bushrangers

For bushranging comedy with some real originality and intelligence behind it, you need to look to the conceptual art of Bold Ben Hall, the tragic hero who turned to a life of crime after his wife left him and the police burnt down his house.

Unlike most bushrangers, Hall was not all that interested in shooting people. Even robbery under arms took a secondary place in his priorities to the all-important goal of publicly humiliating the police. To this end, he conducted a criminal career that was less a reign of terror than an extended live episode of Candid Camera.



Hall never killed anyone and gained a reputation as "the gentleman bushranger". And unlike the fifty other "gentleman bushrangers", he actually deserved it.

On two separate occasions, Hall's gang bailed up the NSW town of Canowindra, locked the police in their own cells, and threw a huge party for the rest of the population in the town's pub.

On leaving, they paid the landlord for all goods consumed and the townspeople for their time, just to really rub in that they were not only smarter than the cops, but more generous.

However, Hall's bushranging career hit a peak when he was being pursued by the local police, near Bathurst.

Continued on page 32



Bowraville IGA Plus Liquor

76 High Street, Bowraville

Telephone: 6564-7307

Website: www.iga.com.au

Support your local supermarket

HOURS:

Monday to Friday 7am - 7.30pm

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

**Weekly specials through the store.*

**Check website for catalogue specials*

1/11

Scammer Phonecalls

Stay alert for suspicious phone calls. Scammers are impersonating well-known companies and organisation to get access to your computer and online banking account. Callers have claimed to represent Telstra, NBN Co, Microsoft, the Tax Office and even the police.



They will tell you your computer is being used to send scam messages and with their help the culprits can be tracked down.

Once they have access to your computer they log in to your online bank account and transfer money out. Just hang up.

Not Optus emails

Emails claiming to be from Optus are after your credit card information. The emails have the subject line "We are unable to process your last Payment" and link to a fake Optus website that looks a lot like the real one and asks for your billing information and credit card details.

Remember: Don't click on links in emails. No real bank will ask you to do this.

Warning about 'emergency' text messages

Scamwatch is warning members of the public about a spate of text messages asking for emergency assistance. These messages are coming from phone numbers not in your mobile contacts. For example, the text message might read, 'Please call me back right away. It is an Emergency I need your help!'

People who have called the number back report being verbally abused by a recording on the other end. This is a new and emerging issue. While people have not yet reported losing money as a result of these calls, you may find the content of the recording distressing. Scamwatch therefore advises that you exercise caution or do not respond to these text messages.

People can follow [@scamwatch_gov](https://twitter.com/scamwatch_gov) on Twitter and subscribe to [Scamwatch radar alerts](https://www.scamwatch.gov.au) to get up-to-date warnings.

- www.scamwatch.gov.au

Coffs Harbour Optown Markets

Castle Street, Coffs Harbour

OPEN EVERY SUNDAY - 7AM to 2PM



*The Biggest, the Best & the Brightest
Market in Coffs Harbour*



ALL UNDER COVER

Fresh Fruit and Vegies - local Bananas and Asian Vegetables
Bric-a-Brac - Retro Computer Games - Leather Belts - Jeans & Shoes
Stamps and Coins - Seashells - Pet Supplies - Chess Sets
Antiques - Tools - Clothes - Plants - Vinyl Records.

HOT COFFEE, PIES and ASIAN FOOD



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



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

11/11

Miss Pin Up 2019 Competition held at Bowraville Theatre



Bowraville Theatre was the stunning venue on Saturday 13th of April for the vintage, and vintage inspired Miss East Coast Pin Up Competition. The town was aflutter with all the gorgeous models and their fabulous fashions arriving in vintage cars.

Competitors travelled from far and wide to compete in this inaugural event. The afternoon was organised and hosted by Miss Dale Velvet Rose of Velvet Rose Pin-Up Dressing Room in Port Macquarie and comprised three categories Miss Classique, Miss Moderne and Madame D'Elegance (over 40's competitors).

There were 18 entrants across the three categories who each modelled day wear, evening wear and lingerie.

Gorgeous 40's and 50's fashions were paraded for an appreciative crowd, to music chosen by Miss Dale from the era, featuring Australian artists. The five judges had a very difficult time in selecting the winners in each category.

Miss Dale has already booked the theatre for next year's competition on Saturday 18th April 2020. Put it in your diary.

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

Bowraville Bus Timetable

Departs

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

Returns

| | |
|--------------------------|--------|
| Macksville to Bowraville | 2.35pm |
| | 3.35pm |
| | 4.35pm |

Last bus 5.25pm

Red Ticket — \$2.50 per day
Eligibility: Pension Card

busways Telephone: 6568-3012

If you see a man
opening a car door for
a woman, it means
one of two things:
it's either a new
woman or a new car!



- Prince

Bowraville HealthOne



Since acquiring the old Gleeson building in February, work has been going on behind the scenes to transform this grand old building into the purpose-built Bowraville HealthOne.

The HealthOne program aims to bring together a variety of different healthcare providers under the one roof, creating a 'one stop shop' for community health.

Bowraville HealthOne will create a more efficient and convenient health care system for the Bowraville community.

Bowraville HealthOne Open House Drop-In

You're invited to drop in
for a catch up and
update on the
Bowraville HealthOne project.

Monday 6 May from 2pm to 4pm
or
Tuesday 7 May from 10am to 12 noon

Bowraville HealthOne building
cnr George Street and High Street
Bowraville.

(old Gleeson's building)



Health
Mid North Coast
Local Health District

Artwork by Gumbaynggirr Artist Brentyn Lugnan

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



Birds in your garden

Birds are beautiful creatures and a joy to watch in the garden. In addition, many birds feed on garden pests such as aphids and snails, helping with pest control in the garden! To attract birds to your garden consider the following:

Shelter:

Birds need shelter from predators such as cats and predatory birds. Help protect your feathered visitors by providing prickly or dense plants at various height in your garden.

Water:

A reliable water source, particularly in summer will attract birds to your garden. If you install a birdbath place it near dense or prickly bushes to provide protection from predators.

Food:

Small birds – Silvereyes, Wrens, Finches and Robins forage in the lower levels of the garden. They feed on insects and help to keep plant pest numbers down. Native grasses provide an important source of food for grass seed-eating birds such as finches and pigeons.

Nectar-eating birds – Honeyeaters, Wattlebirds and Spinebills are specialist nectar feeders. They use their brush-like tongues to collect nectar from the flowers of Melaleucas, Correas and Banksias. They also like to eat insects as a source of protein.

Parrots – Rosellas and Lorikeets feed on Eucalypt flowers and seeds while Cockatoos and Galahs prefer the seeds of Callistemon and Eucalypts. Grass parrots feed on grass seeds.

Large birds – Magpies, Kookaburras and Butcherbirds feed on larger insects, small lizards and skinks.

- www.SGAonline.org.au

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**

7/11



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 you community.





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

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

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

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

OUTREACH SERVICES

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

BOWRAVILLE COMMUNITY HEALTH SERVICES

Child and Family Counselling

Speech Pathologist

Paediatric Occupational Therapy

These services are available by apt. - 6656-7200

MiiMi is now an approved CSO Agency.

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

Miimi House
90 High Street, Bowraville
Phone: 02 6564 8855
email: admin@miimi.org.au

4/11

VALE *Louise Richards*

In Loving Memory of Louise Richards 23.10.1955 - 3.4.2019



It is with much sadness the Bowraville Lions Club was informed of the sudden passing of former Lion Louise Richards on 3rd April 2019.

Louise was a long-term member of the Bowraville Lions Club and served in many roles including Secretary, Treasurer, Bulletin Editor and the role she loved most, the letters to Santa project for many years.

Our sincere condolences go to her husband Ted and family.

Louise’s funeral was held on April 16th at the Macquarie Park Crematorium in North Ryde and Lions Mark and Cherie travelled down to Sydney to attend the funeral and extend their condolences from the club and Bowraville to the family.



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

Continued from Page 8

appreciate help from any able-bodied volunteers. If you are interested in helping please call at the shop on Thursday or Friday. Contact: Mavis Ward on 6568-2451.

Nambucca Valley Community Church Food Hub

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

Nambucca Valley Community Church

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

generational church serving the whole Valley as its name suggests.

Macksville Probus Club

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

If you would like to let our readers know about a regular or upcoming community event, email your copy to: admin@bctc.com.au

Please note: It is the contributor's responsibility to keep the 'What's Happening in Bowra' information current and to inform us of any change. Only activities with a contact number will be listed.



3/11

Bernard Laverty Funerals
24 hours 6568 1555
Monumental Masons & Florist
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6/6

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0427 653 312

7 DAYS

6/11

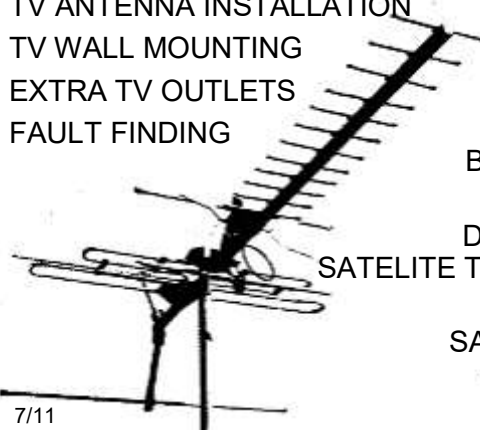
*Does your computer need servicing?
Is it going slow?
Do you suspect a virus?
Or it just won't work the way you want it to?*

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6564-7420
admin@bctc.com.au**

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6564 8375 OR **0458 990 904**

Leave a message on

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Accredited and Insured

6/6

BTS Mowing Services

Residential & Commercial
Property Maintenance

7/11

Lawn/Acreage Mowing (1-20 acres)
Pressure Cleaning - Rubbish Removal
Weeding/Weed Spraying - Trimming
Garden Maintenance - Gutter Cleaning



Call Dave Today!
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Bowra Tradies Bowra Tradies Bowra Tradies

PUBLIC MEETINGS & NOTICES

Jaanyмили Bawrunга Community Reference Meeting

Date: Tuesday 28 May 2019

Time: 11:30am – 1:30pm

Venue: Wesley Mission Office
106a High Street, Bowraville

*Join us and be part of the conversation
for the Bowraville community.*

Penny Stadhams – Project Officer

Mob: 0477 721 165

Services Capacity Governance Sustainability



MiiMi Fundraising Event for Beyond Blue

MiiMi Morning Tea

90 High Street, Bowraville

10:00am – 12:00 midday

15th May, 2019

**Everyone is welcome to
attend this special fundraiser
for a very worthy cause.**

On Monday 20th May at 10.30am

Bowraville Seniors will host

“The Biggest Morning Tea”

at the Folk Museum.

There will be a delicious morning
tea, trading table and raffles.

Contact Ruth on 6564-8243.

Donations gratefully accepted.

Nyami Gawbarrigam

Join us in sharing our stories, our journey
and reconnecting as women.

Days: Every Tuesday

Time: 10:30am - 1:30pm

Venue: Bowraville Community Health Centre

Weaving Our Stories

Painting Our Strengths

Connecting Our Women

Capturing Our Journey

For more information contact:

Penny Stadhams on 0477 721 165 or Kylie Dowse on 0447 009 355

Proudly Sponsored by:



Health
Mid North Coast
Local Health District



Bowraville Solution Brokerage Response Plan
Services, Capacity, Governance, Sustainability



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

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

Aged Care

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

Home Modifications

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

BOWRAVILLE STRONG FAMILIES

Men's Group

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

Support Groups

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

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



Bowraville Strong Families

National Standards for Disability Services certification
 Registration number: DS/961/0366
 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

3/11

BOWRAVILLE DENTAL SURGERY

Vic Bird B.D.S.

"Your local dentist"

Caring for YOUR dental wants and needs.

No hard sell.

3/11

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6564-7246

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 PHYSICAL and
 SPIRITUAL WELLBEING**

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 02 6564 7908 or 0400 828 471

marion.syratt@gmail.com
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N/C

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KERRIE SAVINS



7/11

Advance Care Planning for you and your family

What is advance care planning?

If you were very unwell, and not able to communicate your preferences for care to others, who would you want to speak for you? And more importantly, what healthcare decisions would you want them to make?

Advanced illness or serious injury can sometimes mean that people cannot make their own decisions about health and personal care. This can happen to people of all ages, and especially towards end of life.

Writing an Advance Care Directive (values and/or instructional) lets you say what you would want, if you are ever unable to communicate for yourself.

Benefits for you and the people who care for you

Advance care planning:

- helps to ensure that a person's preferences, beliefs and values about health care are known and respected if they are too unwell to speak for themselves
- benefits those who are close to them. Research has shown that families of people who have done advance care planning have less anxiety and stress when asked to make important healthcare decisions for other people.

Making healthcare decisions for others can be difficult.

An Advance Care Directive can give peace of mind and comfort as preferences are clear, understood and respected.

When should you make an Advance Care Directive?

You should start planning when you're healthy – before there's actually an urgent need for a plan.

But having an Advance Care Directive in place becomes particularly significant towards the end of a person's life.

About 85% of people die after chronic illness, not as the result of a sudden event – so it's important that your Advance Care Directive is ready in case it's required someday.

What do you need to do

Be open

- Think and talk about your values, beliefs and preferences for current and future health care.
- Decide who you would like to speak for you if you become very sick and are not able to speak for yourself. Ask them if they are prepared to be your substitute decision-maker.

Ideally, they need to be:

- available (ideally live in the same city or region)
- over the age of 18
- prepared to advocate clearly and make decisions on your behalf when talking to your doctors, other health professionals and family members.

Depending on your state/territory, you may be able to appoint more than one substitute decision-maker.

Be ready

- Talk about your values, beliefs and preferences with your substitute decision-maker and other people involved in your care, such as family, friends, carers and doctors.
- Write your plan and/or appoint your substitute decision-maker. Go to advancecareplanning.org.au for the relevant form or advance care planning legal factsheet for your state. Your GP or other health professionals can help support you to document your choices.

Advance Care Planning for you and your family

Be heard

- A written Advance Care Directive will make things easier for your substitute decision-maker(s), if the need ever arises. It will give everyone peace of mind, knowing your preferences are heard and respected.

Make copies and store them with:

- your substitute decision-maker(s)
- your GP/local doctor
- your specialist(s)
- your residential aged care home
- your hospital
- myagedcare.gov.au.

You don't have to give a copy to each of the above, but make sure your substitute decision-maker and main doctor each has a copy.

- Load your Advance Care Directive into your 'My Health Record' at myhealthrecord.gov.au
- Review your Advance Care Directive regularly – for instance each year. You should review it if there is a change in your health, personal or living situation.
- Give your substitute decision-maker and doctors an updated copy of your Advance Care Directive if you make changes and keep it safe.

Depending on the state/territory:

- A substitute decision-maker may be legally appointed such as an Attorney, Enduring Guardian, Decision-Maker or Medical Treatment Decision-Maker.
- An Advance Care Directive may also be called an Advance Health Directive, Health Direction or Advance Personal Plan.

Conversation starters

To get started, choose a quiet setting where you have a lot of time, so you know that you won't be interrupted. Be patient and take your time: you and your loved ones might need a few moments to think.

Sometimes you might get a bit side-tracked and that's okay. Let the conversation happen naturally. You don't need to talk about everything all at once. Remember that advance care planning is an ongoing conversation. Starting the conversation can be the hardest part, so here are a few ways to begin:

- I was thinking about what happened to ... and it made me realise that ...
- I would want ... to make medical decisions on my behalf if I was unable to.
- Being able to ... is the most important thing to me.
- If ... happened to me, I would want ...

Where can I get more information?

Advance Care Planning Australia

Web: advancecareplanning.org.au

Tel: National Advisory Service: 1300 208 582

Learning: advancecareplanning.org.au

The law and advance care planning

Different states and territories in Australia have different laws on advance care planning.

When planning for your own future care, it will be helpful to understand the law in your own state/territory. See advancecareplanning.org.au for more information.

FUNDRAISERS and WORKSHOPS



Performance & Dinner
MOVIE NIGHT

JOIN US FOR AN EVENING OF FRIVOLITY AND FUN!

**SOUTH ARM HALL
FRIDAY, MAY 10TH AT 5.30PM**

There will be an iconic Aussie Movie (Adult themes), Dinner and a Live Stage Performance by
CO CO CANAL

3 Course Dinner and all the above for just \$30.

The Venue is BYO

RSVP essential for catering on or before Sunday, 5th May 2019.

Tickets will be available at the Bowraville Technology Centre or phone Anama on 6564-7521 leave a message if not home.

BTC LIBRARY - BOOK NOOK

From our Book Nook co-ordinator
The BTC and its readers really appreciate the book donations coming in from the community. Many thanks for these.

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

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

- Volunteer Raewyn.

Dish it up

Community get together

Sunday, 5th May from 2pm
Argents Hill Hall

The Argents Hill Hall is hosting another Dish It Up Event!

So lets get together and share something we all love... Food!

Bring a plate of food to share with your community - anything you like! There will be a diverse range of yummy dishes to enjoy with your community. This will be a great opportunity to catch up with old friends and meet some new faces!

Also a great chance to practice your Bake 'n' Roll for later in the year!

This is a BYO event. The Hall is unlicensed. A \$5 charge on the door would be appreciated to raise funds for ongoing Hall costs.

Gold coin donation for kids under 12.

Pasture Weeds Workshop



Join **Barry Powell**, former weeds officer for Coffs Harbour City Council for 17 years, and president of Coffs Harbour Regional Landcare, as he shares his experience and research improving pastures through tackling giant parramatta grass, giant rats tail and other pasture weeds.

We'll also hear from **Keegan Noble**, weeds officer at Nambucca Shire Council, and **Jeremy Bradley**, producer of the soil ameliorant 'Soil Trooper' (formally 'Para Trooper'), a widespread native soil organism

- **Date:** Tuesday 21 May 2019
- **Time:** 9.30am - 2pm
- **Venue:** Argents Hill Hall, 1289 North Arm Road, Argents Hill, NSW
- **RSVP:** by 12 May to admin@nvlandcare.org.au for catering



Department of Primary Industries

This project is supported by the NSW Department of Primary Industries and Landcare NSW through funding received from the Established Pasture Grants and 8 weeks research grant of the Australian Government's Agricultural Competitiveness White Paper. The government's goal for stronger farmers and a stronger economy.



When is the next Blue Moon?

You might know the definition of Blue Moon as the 2nd of 2 full moons in a calendar month. But there's another kind of Blue Moon ... coming up on May 18, 2019

We had two Blue Moons in 2018, one on January 31 and the second on March 31. Both the January and March 2018 Blue Moons were blue in name only. Both were the second of two full moons to fall within a single calendar month. The next Blue Moon will be blue in name only, too, but the rules for it are a bit different. The Blue moon of May 18, 2019 will be a seasonal Blue Moon, that is, the third of four full moons in one season. In recent years, people have been using the name Blue Moon for these two different sorts of moons: second of two full moons in a calendar *month*, or third of four full moons in a single *season*.

About seasonal Blue Moons - A year has 12 months and months have lengths more or less based on a single orbit of the moon around Earth. What we call a season – winter, spring, summer and autumn – typically lasts three months and typically have three full moons.

If a season has four full moons, then the *third* full moon may be called a Blue Moon, according to the old *Maine Farmer's Almanac*. There was a Blue Moon by this definition on Nov. 21, 2010, another on Aug. 20-21, 2013, and another on May 21, 2016.

The next seasonal Blue Moon is May 18, 2019. The best-known and most popular definition of Blue Moon is that it describes the *second* full moon of a calendar month. By this definition, there was a Blue Moon on July 31, 2015, and then – of course – the recent ones on January 31, 2018 and March 31, 2018.

The time between one full moon and the next is *close to* the length of a calendar month. So the only time one month can have two full moons is when the first full moon happens in the first few days of the month. This happens every two to three years, so these sorts of Blue Moons come about that often.

Very rarely, a monthly Blue Moon (second of two full moons in one calendar month) and a seasonal Blue Moon (third of four full moons in one season) can occur in the same calendar year. For this to happen, you generally need 13 full moons in one calendar year *and* 13 full moons between successive December solstices.

- earthsky.org

VALE Pat Hillary



Patricia Mary Hillery, 'Pat'

Formerly of George Street, Bowraville

Passed away 28th April, 2019

She was aged 95 years.

Her funeral was held on Wednesday, 1st May 2019.

Pat Hillary's tool of trade for many years was the chalk board.

Pat trained at Armidale Teachers College during the war years and was first sent to Dorrigo as an 18 year old. She had a keen love of sport, especially golf, as well as a passion to uncover and share **Bowraville's history**.

Her name is synonymous with the Bowraville Folk Museum and she has been honoured accordingly.

If Pat was at the Museum when you **visited it's a fair bet you were** persuaded to have a go in the side saddle and to wind up the gramophone.

She always had a strong desire for the accurate presentation of the **town's history, especially the origin** of its name.

Many people from the town's past live on in our memory because of **Pat**. Pat's grasp of local family histories was a wonder and she helped many families to unearth **their family's history**.

More Materials You Can Recycle

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

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



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

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

come into the

Bowraville Technology Centre

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

BOWRAVILLE TECHNOLOGY CENTRE

39 High Street, Bowraville

6564-7420

admin@bctc.com.au

Ben Hall, Clown Prince of Bushrangers

From Page 16

Disarming the troopers, the gang proceeded to strip them naked and tie them to trees, whereupon Hall delivered a stirring lecture on the pressing problem of police misbehaviour, before riding off into what I presume was a beautiful sunset, leaving the long arm of the law to await assistance in its highly embarrassed state.

It was the ultimate example of Ben Hall's raison d'etre as a bushranger — on that day, one of Australia's greatest bushrangers proved that you could make as powerful a statement by taking the piss out of the coppers as by shooting them.

If Hall's educational address was not particularly well-received by its captive audience, it was certainly well-timed, and one might think a warmer embrace of the Hall method in the corridors of power might be beneficial when dealing with disciplinary matters.

In any case, it was a shining testament to the legacy of Ben Hall, a man who defied the law not for personal gain or the satisfaction of base desires, but for the innocent and noble purpose of having a bit of a laugh at others' expense. Good on him.

Ben Pobjie is a writer, comedian and poet with no journalistic qualifications whatsoever. This tale is from his latest book, Error Australis. He has written for The Age, The Sydney Morning Herald, New Matilda, The Roar, and Crikey, among others.

NOTIFICATION OF BURNING OFF!

Rural residents of Nambucca Shire

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

All year!

IT'S THE LAW.

BOWRAVILLE CENTRAL SCHOOL NEWS



Careers Expo

Year 9 students were given the task of choosing and researching a career. They then had to set up a stall to encourage curious primary students to visit and find out all they could about these careers.

Careers ranged from the 'Air Force' where visitors could engage in safe target practise, to a 'Midwife' information desk where they learnt to swaddle a baby.

All the Year 9 information stalls

were very professional. Primary students were thoroughly engaged during the afternoon Expo. Attending staff also commented on the wonderful effort by Year 9.

Learning about Vietnam

Students in Year 1/2 have been learning all about Vietnam with Ms Ryan. They have been reading stories and making the Vietnamese flag. Students also learnt to make rice paper rolls and then got to eat them. Many of the students tried food they had never tried before.



Mnemonics can help you remember anything

What is a Mnemonic?

Mnemonic (pronounced ni-mon-ik) is derived from the Greek phrase *mimnēskesthai* meaning to “remember.”

Mnemonics are cheat codes for those who struggle with memorizing a certain complicated subject, list, or concept. They allow us to use more memorable phrases to tie the concepts we want to memorize to our minds. They allow us to quickly and successfully learn, and remember key concepts in a variety of subjects from English to math. They work because our minds tend to remember information to which we can relate or experience.

Also known as a memory device, a mnemonic is a tool that helps you remember an idea or phrase with a pattern of letters, numbers, or relatable associations. Mnemonic devices include special rhymes and poems, acronyms, images, songs and other tools. Mnemonics have been proven to work as tools of memory-forming for a variety of tasks. They aid doctors, scientists, geologists, artists and students. If you're struggling to remember something consider making yourself a mnemonic.

Examples of Mnemonics

ORDER MNEMONICS:

The strings of a guitar in proper order from left to right.

EADGBE – Elephants and Donkeys Grow Big Ears

The lines on the staff: *Every Good Boy Deserves Fudge (E, G, B, D, F)*

Order of Planets *My Very Excited Mother Just Served Us Nine Pies*

(Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune & Pluto)

Or without Pluto: *My Very Educated Mother Just Served Us Noodles*

RHYMING MNEMONICS: *I before e except after c.*

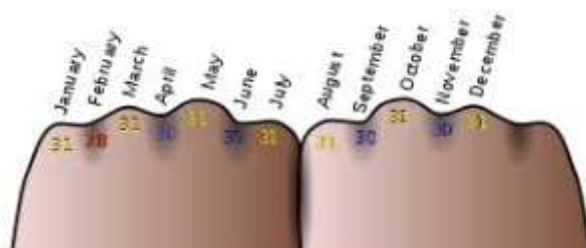
This phrase is a mnemonic which reminds spellers that typically the letter i comes before e and after c. Another example is the days in the month

Thirty days hath September, April, June and November;

All the rest have thirty-one,

Save February, with twenty-eight days clear,

And twenty-nine each leap year.



MUSICAL MNEMONICS: This type of mnemonic is self-explanatory: many of us simply remember better when music goes along with the phrase or concept we are learning. A simple example of this is using the “ABC” song to learn the alphabet.

NAME MNEMONICS: With this type of mnemonics, the first letters of the words within a phrase are used to form a name. Memorization of the name allows for memorization of the associated idea. For example, *Roy G. Biv* is a name used to remember the colors of the rainbow: red, orange, yellow, green, blue, indigo, and violet.

ACRONYM MNEMONICS: NASA is an acronym for National Aeronautics and Space Administration. Acronyms are often used as mnemonic devices.

There is even a mnemonic for spelling the word mnemonics.

- *My Never Ending Memory Only Notices Incoming ClueS*

- *Mnemonics Neatly Eliminate Man's Only Nemesis – Insufficient Cerebral Storage*

- <https://literaryterms.net/mnemonic/> and - www.examples.yourdictionary.com

Australian recycling enthusiast turns plastic waste into 3D-printed prosthetic hands

Two Australian kids are set to trial 3D-printed prosthetic limbs made from plastic shampoo and conditioner bottles.

Haley Wright, 12, and Connor Wyvill, 11, who were both born without a left hand, will soon test the prosthetic devices in their everyday life — going to school, playing sport and doing all those little things that are easier with two hands.

If Haley's and Connor's research shows the hands are a success, it is hoped the 3D-printed limbs will become more widely available.

Retired hairdresser Bernie Craven thought up the idea of making 3D-printed prosthetic limbs from recycled shampoo and conditioner bottles.

He started worrying about the environment "25 years ago" and in recent years set up a company that works with hair salons to help them sort and recycle all the waste the salons produce.

He found ways to use almost all the waste, but plastic was the most difficult to repurpose.

Cardboard is readily reusable, hair is being used in compost as well as in oil bales to assist in oil spills and metal foils are sold to recyclers who turn it into a range of different things.

Plastic is the one thing Mr Craven collects that he has had a big issue figuring out what it can be reused as.

So, with the help of money raised by a crowd-funding campaign he set up a processing facility to repurpose plastic into a filament, used to 3D print the prosthetics, which will be provided to people for free.

Collecting enough plastic waste and setting up a 3D printer to print the prosthetics was relatively easy.



The prosthetic hands will be 3D printed using recycled plastic from shampoo and conditioner bottles.

"The biggest hurdle and cost is getting the processing equipment that converts plastic into the filament," he said.

"3D printing is a growing industry but not a lot has been invested into reprocessing waste plastic into the filament and I just think that's a wasted opportunity."

To produce the prosthetics he partnered with e-NABLE, a global network of people who are using 3D printers to create the prosthetic devices for people in need.

Mr Craven's business, which is called Waste Free Systems, is based in the Sunshine Coast region of Queensland.

"We provide bin systems and separate waste in businesses, and then we provide the pick-up services, sort through what can be recycled and what can't, and re-purpose waste into resources and products while reducing landfill," Mr Craven said.

He is hoping to work with more businesses to manage their waste.

"Waste re-purposing is not a scary concept, it benefits the environment and can also help businesses save money through the circular economy*."

He would also like to hear from people who may benefit from a 3D-printed prosthetic limb.

Find out more at wastefreesystems.com.au

- www.heraldsun.com.au

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

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Time |
|----------|--|---|---|--|---|---|--|----------|
| 6 AM | 2NVR Recycled Radio | LET IT BE With Sean Norman Music and chat chat in the morning. | Bubble N Squeak Linda & Michele A family show with Christian themes. | Under The Stinging Tree Poppa | Green Eggs on Toast Part 2 Larvie Medbury Music, Movies, News, Weather Gig Guide Local info | In The Mood With Gary Eiden Easy Listening To Rock & Pop | Praise, Prayer & Pop With Linda & Michelle | 6 AM |
| 7 AM | Macca's Breakfast Club With Les McMahon | Dyer's Loop With The Dyers Music to dye for, of course | Isn't it Romantic With Dallas Dent Crooners Easy Listening Popular Ballads | Tones of Claressense Claire Watt-Powell | Talk Of The Town Cen Wood See what's going down! All things local | The History Hour With Beverly Gibbs | Sunday Morning Music Mix | 7 AM |
| 8 AM | Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll 1950s-2010s | Infopinion Richard Laxton An eclectic time with Richard | Jazz Azz I Like It Hester Heywood A mix of jazz with lotsa Oz | Turning Pages Elizabeth Newman Grace's special mix of music for your enjoyment | Dano's Mixed Grill Daniel Gosson What's anyone can happen and probably will | Hair Of The Dog Mick Birdes Rock, Pop Covers and Music Trivia | JACINTA'S EASY LISTENING With Jacinta Standerland | 8 AM |
| 9 AM | Baby Boomers Donna Collins | The Phoenix Crew Selected music & madness | Just For You Carole J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio | Fallen Angel With Sean Norman Music & Talk Back | Outback Outlaws Paul Rowe Old and new country music | Garage Noise With Sean Ambrose Alternative Music | Classical Corner Music from the past 1000 years... Always a weekly job The Lively Arts Music & spoken word from Am. T.V. Shows & radio | 9 AM |
| 10 AM | The Westley Fix Paul Westley | Rob's Roving Robee & Linda Bible reflections, Gospel & Australiana | Just For You Carole J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio | Thursdays Country Trickitic | Wind Down for the Weekend Stu & The Crew | Today's Country Rob Davidson | Classical Corner Music from the past 1000 years... Always a weekly job The Lively Arts Music & spoken word from Am. T.V. Shows & radio | 10 AM |
| 11 AM | Bike Show Bernard Kelly-Edwards Cultural Unity with Poetry, Community Yams & Music 2NVR Multicultural Radio | Drive Through With Jackie Edmunds Mix of 60s, 70s To current music | Just For You Carole J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio | Thursdays Country Trickitic | Volunteer Emergency Services Show — VESS | Flashback Rob Davidson 60s to '80s Pop & Rock | Classical Corner Music from the past 1000 years... Always a weekly job The Lively Arts Music & spoken word from Am. T.V. Shows & radio | 11 AM |
| Noon | Bowra Beats 2NVR Youth Radio with Grace | Nambucca Valley Roundup Elizabeth Newman | Just For You Carole J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio | Thursdays Country Trickitic | Rhino On The Radio Rhino Music, chat and a touch of banter with Paul and Rachel | Two For The Money Music, chat and a touch of banter with Paul and Rachel | Classical Corner Music from the past 1000 years... Always a weekly job The Lively Arts Music & spoken word from Am. T.V. Shows & radio | Noon |
| 1 PM | The Westley Fix Paul Westley | The Phoenix Crew Selected music & madness | Just For You Carole J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio | Thursdays Country Trickitic | Volunteer Emergency Services Show — VESS | Two For The Money Music, chat and a touch of banter with Paul and Rachel | Classical Corner Music from the past 1000 years... Always a weekly job The Lively Arts Music & spoken word from Am. T.V. Shows & radio | 1 PM |
| 2 PM | Bike Show Bernard Kelly-Edwards Cultural Unity with Poetry, Community Yams & Music 2NVR Multicultural Radio | Drive Through With Jackie Edmunds Mix of 60s, 70s To current music | Just For You Carole J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio | Thursdays Country Trickitic | Wind Down for the Weekend Stu & The Crew | Flashback Rob Davidson 60s to '80s Pop & Rock | Classical Corner Music from the past 1000 years... Always a weekly job The Lively Arts Music & spoken word from Am. T.V. Shows & radio | 2 PM |
| 3 PM | Bowra Beats 2NVR Youth Radio with Grace | Nambucca Valley Roundup Elizabeth Newman | Just For You Carole J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio | Thursdays Country Trickitic | Volunteer Emergency Services Show — VESS | Two For The Money Music, chat and a touch of banter with Paul and Rachel | Classical Corner Music from the past 1000 years... Always a weekly job The Lively Arts Music & spoken word from Am. T.V. Shows & radio | 3 PM |
| 4 PM | The Westley Fix Paul Westley | The Phoenix Crew Selected music & madness | Just For You Carole J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio | Thursdays Country Trickitic | Wind Down for the Weekend Stu & The Crew | Flashback Rob Davidson 60s to '80s Pop & Rock | Classical Corner Music from the past 1000 years... Always a weekly job The Lively Arts Music & spoken word from Am. T.V. Shows & radio | 4 PM |
| 5 PM | Bowra Beats 2NVR Youth Radio with Grace | Nambucca Valley Roundup Elizabeth Newman | Just For You Carole J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio | Thursdays Country Trickitic | Volunteer Emergency Services Show — VESS | Two For The Money Music, chat and a touch of banter with Paul and Rachel | Classical Corner Music from the past 1000 years... Always a weekly job The Lively Arts Music & spoken word from Am. T.V. Shows & radio | 5 PM |
| 6 PM | Nambucca Valley Roundup Ben Walters | Country and Classic Hits With Bryon Edwards | Just For You Carole J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio | Thursdays Country Trickitic | Volunteer Emergency Services Show — VESS | Two For The Money Music, chat and a touch of banter with Paul and Rachel | Classical Corner Music from the past 1000 years... Always a weekly job The Lively Arts Music & spoken word from Am. T.V. Shows & radio | 6 PM |
| 7 PM | Reggae Mixtape With Fitzroy Music outside the usual 2NVR Multicultural Radio | Soul into Rhyme Matt Lebrandt Whack up the bass and oop a wicked mix of hip hop and fully sock tracks | Just For You Carole J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio | Thursdays Country Trickitic | Volunteer Emergency Services Show — VESS | Two For The Money Music, chat and a touch of banter with Paul and Rachel | Classical Corner Music from the past 1000 years... Always a weekly job The Lively Arts Music & spoken word from Am. T.V. Shows & radio | 7 PM |
| 8 PM | Classic Album Collection With Steve Ryan | Soul into Rhyme Matt Lebrandt Whack up the bass and oop a wicked mix of hip hop and fully sock tracks | Just For You Carole J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio | Thursdays Country Trickitic | Volunteer Emergency Services Show — VESS | Two For The Money Music, chat and a touch of banter with Paul and Rachel | Classical Corner Music from the past 1000 years... Always a weekly job The Lively Arts Music & spoken word from Am. T.V. Shows & radio | 8 PM |
| 9 PM | Prog Rock Playlist Rhino | Soul into Rhyme Matt Lebrandt Whack up the bass and oop a wicked mix of hip hop and fully sock tracks | Just For You Carole J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio | Thursdays Country Trickitic | Volunteer Emergency Services Show — VESS | Two For The Money Music, chat and a touch of banter with Paul and Rachel | Classical Corner Music from the past 1000 years... Always a weekly job The Lively Arts Music & spoken word from Am. T.V. Shows & radio | 9 PM |
| 10 PM | The Best of Progressive Rock | Soul into Rhyme Matt Lebrandt Whack up the bass and oop a wicked mix of hip hop and fully sock tracks | Just For You Carole J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio | Thursdays Country Trickitic | Volunteer Emergency Services Show — VESS | Two For The Money Music, chat and a touch of banter with Paul and Rachel | Classical Corner Music from the past 1000 years... Always a weekly job The Lively Arts Music & spoken word from Am. T.V. Shows & radio | 10 PM |
| 11 PM | Overnight Music Mix | Soul into Rhyme Matt Lebrandt Whack up the bass and oop a wicked mix of hip hop and fully sock tracks | Just For You Carole J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio | Thursdays Country Trickitic | Volunteer Emergency Services Show — VESS | Two For The Money Music, chat and a touch of banter with Paul and Rachel | Classical Corner Music from the past 1000 years... Always a weekly job The Lively Arts Music & spoken word from Am. T.V. Shows & radio | 11 PM |
| Midnight | Overnight Music Mix | Soul into Rhyme Matt Lebrandt Whack up the bass and oop a wicked mix of hip hop and fully sock tracks | Just For You Carole J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio | Thursdays Country Trickitic | Volunteer Emergency Services Show — VESS | Two For The Money Music, chat and a touch of banter with Paul and Rachel | Classical Corner Music from the past 1000 years... Always a weekly job The Lively Arts Music & spoken word from Am. T.V. Shows & radio | Midnight |

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