

BOWRAVILLE Community News

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

MAY 2025 ~ ISSUE #239 ~ FREE ~ CIRCULATION 350 ~ POSTCODE 2449

You are invited to . . .

**Meet the Mayor
and other local Councillors
for MORNING TEA on
12th May at 11am
at the Bowra Sports Hub**



Mayor Gary Lee

This is an opportunity to ask questions about what's happening in our valley, offer suggestions and share ideas you may have about where you'd like to see our shire in the future.

All councillors have been invited to attend though it is understood that some will have prior engagements.



The venue is provided by
The Bowra Sports Hub
as a community service for the
citizens of Bowraville.

*This event has been organised by the Bowraville
Chamber of Commerce.*

All past and current Bowraville Community News are available online at
www.bowraville.nsw.au/newsletters

Bowraville Technology Centre

Open 9.30am to 4.00pm Weekdays

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

Computer Usage

- ◆ Ten Minute Increments
- ◆ One Hour
- ◆ All day High Users Pass

Printing and copying

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

Other services

Hire of data projector + Portable screen
Shredding
Computer repairs
Laminating A4 and A3
Binding and Guillotining

We take credit card payments!

ALL ADVERTISING

ENQUIRIES to
admin@bctc.com.au

**ADVERTORIAL
and GENERAL
CONTENT ENQUIRIES**
to
wendy@bowraville.nsw.au

Bowraville Technology Centre

39 High St, Bowraville Ph. 02 6564 7420
Open 9.30 to 4pm Weekdays

Email: admin@bctc.com.au

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

BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 300 COPIES

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

2025 ADVERTISING CHARGES:

Bowraville Community News is produced every month, except January.
Annual subscription includes 11 issues.

62 x 62 (1/6 pg) - \$12 issue or \$120 year
62 x 130 (1/3 pg) - \$22 issue or \$220 year
90 x 130 (1/2 pg) - \$32 ea or \$320.00 year
185 x 130 (1 page) - \$43 issue or \$430 year
Front Cover (1 issue) - \$60 issue

DEADLINE FOR COPY FOR

THE JUNE 2025

ISSUE IS: 4:00PM

TUESDAY, 20th MAY 2025

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

BOWRAVILLE TECHNOLOGY CENTRE
39 High Street, Bowraville NSW 2449
Telephone: 6564 7420
e-mail: admin@bctc.com.au

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.

Breast Screening Bus in Bowra

From **28th April to 2nd May 2025**

See page 5.

Service NSW Mobile Service in Bowraville

Tuesday 6th May 2025 from 9am to 3.30pm

Coming to 29 High Street Bowraville

Bringing NSW Government Services to you.

Meet the Mayor and other local Councillors for MORNING TEA on 12th May at 11am at the Bowra Sports Hub

Bowraville Chamber of Commerce

Next meeting will be at **5pm on Tuesday 6th May 2025**

at the Bowra Hotel.

Radio Nambucca 2NVR - Studio 3 Live

Featuring *The Redeemed* on 16th May.

Come along to 2NVR at 834 Rodeo Drive Tewinga for the show, it's from 6 to 8pm. Everyone is welcome and it's free.

Ceri Wroble hosts Studio 3 Live every 3rd Friday of the month.

Launch of the Nambucca Valley Growers and Producers Association Incorporated (NVGPA)

“Shaping Your Local Growers and Producers Association”

5:00 – 7:00pm, 23rd May, Macksville Ex-Services Club - See page 9.

Save the date! 6th September 2025 - The Phoenix Ball

is back for its 2nd edition - celebrating art, community, and inclusivity on the Mid North Coast. Get ready to shine and dress to impress in emerald green, black, and silver! Join us for a glamorous night with red carpet entry, canapés, dinner, DJ, photo booth, raffles, and surprise performances. Tickets are \$55, with all proceeds supporting Nambucca Valley Phoenix. Happening at Nambucca Heads RSL, don't miss out! For tickets, call 6501 0021 or email info@nvp.org.au. Let's make it a night to remember!

Bowraville Services Australia Agency

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

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

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

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

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



Australian Government
Services Australia

Have you checked out the
Bowraville Community Website?

www.bowraville.nsw.au

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

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



The breast screening van is coming to Bowraville 28/4/25- 2/5/25.

**Breast cancer doesn't wait.
Don't wait to book your free
breast screen.**



Book online
breastscreen.nsw.gov.au
or call 13 20 50

BreastScreen
NSW

TECHNO LESSONS OPEN TO EVERYONE

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

Absolute beginners are most welcome!



**Counter Assistance
is available
for small fixes**

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

*“In good times
and bad,
it’s wisdom to
realise that
neither
lasts forever.”*

– Vincent H. O’Neil

*Would you like to volunteer or
maybe you’re required to
volunteer . . .*

Whichever, here at the Bowraville Technology Centre we’re always looking for more volunteers to join the dedicated crew we have on board already.

You can improve your computer skills and assist others at the same time.

Call Karin on 6564 7420
for more information.

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

eftpos

We're coming
to your community



Call **13 77 88** or visit
service.nsw.gov.au
To check our latest
timetable

*Severe weather may mean
Our timetable has to change
At short notice, we strongly
recommend you check on
the day.*

Our Mobile Service is coming to 29 High Street Bowraville
on
TUESDAY 6 MAY 2025 - OPEN 9AM TO 3.30PM
Bringing NSW Government Services to you.



BOWRAVILLE GIFT SHOP



LOCATED AT BOWRAVILLE POST OFFICE
27 HIGH STREET BOWRAVILLE

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

?2/11

BOWRAVILLE PHARMACY

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

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

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

Pharmacists
BRIDGETTE BYRNES
KERRIE SAVINS



6/11

Robots are Coming to the Kitchen

What that could mean for society and culture

Automating food is unlike automating anything else. Food is fundamental to life – nourishing body and soul – so how it's accessed, prepared and consumed can change societies fundamentally.



Automated kitchens aren't sci-fi visions from "The Jetsons" or "Star Trek." The technology is real and global. Right now, robots are used to flip burgers, fry chicken, create pizzas, make sushi, prepare salads, serve ramen, bake bread, mix cocktails and much more. AI can invent recipes based on molecular compatibility of ingredients or whatever a kitchen has in stock. More advanced concepts are in the works to automate the entire kitchen for fine dining.

As technology tends to be expensive at first, the early adopters of AI kitchen technologies are restaurants and other businesses. Over time, prices are likely to fall enough for the home market, possibly changing both home and societal dynamics.

Can food technology really change society? Yes, consider the seismic impact of the microwave oven. With that technology, it was suddenly possible to make a quick meal for just one person, which can be a benefit but also a social disruptor.

Familiar concerns about the technology include worse nutrition and health from prepackaged meals and microwave-heated plastic containers. Less obviously, that convenience can also transform eating from a communal, cultural and creative event into a utilitarian act of survival – altering relationships, traditions, the art of cooking and other facets of life for millions of people.

For instance, think about how different life might be without the microwave. Instead of sitting in front of a screen with a reheated lunch, you might have to venture out and talk to people. There's something to be said for living more slowly in a society that's increasingly frenetic and socially isolated.

Convenience can come at a great cost, so it's vital to look ahead at the possible ethical and social disruptions that emerging technologies might bring, especially for a deeply human and cultural domain – food – that's integral to our daily life.

With funding from the U.S. National Science Foundation, a team at California Polytechnic State University is halfway into what is believed to be the first study of the effects AI kitchens and robot cooks could have on societies and cultures worldwide, with three broad areas of benefits and risks to examine.

Creators and consumers

The benefits of AI kitchens include enabling chefs to be more creative, as well as eliminating repetitive, tedious tasks such as peeling potatoes or standing at a workstation for hours. The technology can free up time. Not having to cook means being able to spend more time with family or focus on more

Continued on Page 10

WELCOME AND LAUNCH NAMBUCCA VALLEY GROWERS AND PRODUCERS ASSOCIATION INCORPORATED (NVGPA)

**Come and join us for a workshop and meet-and-greet event
All growers, producers and supporters welcome!**

**“Shaping Your Local Growers and Producers Association”
5:00 – 7:00pm, 23rd May, Macksville Ex-Services Club**

Agriculture is a traditional mainstay of the Nambucca Valley with the industry built on the local production of dairy products, beef and other livestock products, with a growing contribution from aquaculture, fruit, nut, and other horticultural products.



Our local farmers, growers and producers are the backbone of our local economy, community, food culture and associated agritourism.

We have the potential to be part of Australia’s Buy-Local Revolution.

Our Vision for the Nambucca Valley Growers and Producers Association (NVGPA) is to address the gap and opportunity identified in supporting and advocating for local growers and producers, including small scale and hobby farming activities which all have the potential to contribute to our local grower and produce economy.

The NVGPA aims to support you as a local grower and/or producer through advocacy, building community and resilience, whilst promoting stewardship of all the resources of the Nambucca Valley.

**RSVP by 21st May via the QR code or email:
nvgrowersproducersassociation@gmail.com**



***BUY-LOCAL
“NAMBUCCA, NATURALLY”***

Robots in the Kitchen - *from page 8*



urgent tasks. For personalised eating, AI can cater to countless special diets, allergies and tastes on demand.

However, there are also risks to human well-being. Cooking can be therapeutic as well as providing opportunities for many things: gratitude, learning, creativity, communication, adventure, self-expression, growth, independence, confidence and more, all of which may be lost if no one needs to cook. Family relationships could be affected if parents and children are no longer working

alongside each other in the kitchen – a safe space to chat, in contrast to what can feel like an interrogation at the dining table.

The kitchen is also the science lab of the home, so science education could suffer. The alchemy of cooking involves teaching children and other learners about microbiology, physics, chemistry, materials science, math, cooking techniques and tools, food ingredients and their sourcing, human health and problem-solving. Not having to cook can erode these skills and knowledge.

Community and cultures

AI can help with experimentation and creativity, such as creating elaborate food presentations and novel recipes within the spirit of a culture. Just as AI and robotics help generate new scientific knowledge, they can increase understanding of, say, the properties of food ingredients, their interactions and cooking techniques, including new methods.

But there are risks to culture. For example, AI could bastardise traditional recipes and methods, since AI is prone to stereotyping, for example flattening or oversimplifying cultural details and distinctions. This selection bias could lead to reduced diversity in the kinds of cuisine produced by AI and robot cooks. Technology developers could become gatekeepers for food innovation, if the limits of their machines lead to homogeneity in cuisines and creativity, similar to the weirdly similar feel of AI art images across different apps.

Also, think about your favourite restaurants and favourite dinners. How might the character of those neighbourhoods change with automated kitchens? Would it degrade your own gustatory experience if you knew those cooking for you weren't your friends and family but instead were robots?

The hope with technology is that more jobs will be created than jobs lost. Even if there's a net gain in jobs, the numbers hide the impact on real human lives. Many in the food service industry – one of the most popular occupations in any economy – could find themselves unable to learn new skills for a different job. Not everyone can be an AI developer or robot technician, and it's far from clear that supervising a robot is a better job than cooking.

Philosophically, it's still an open question whether AI is capable of genuine creativity, particularly if that implies inspiration and intuition. Assuming so may be

Continued on Page 19

WHAT'S HAPPENING IN BOWRA

Blokes Brekkie

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

Cuppa and Chat

3rd Saturday of the month
10am — Free
Everyone welcome

Bowra Country Markets

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

St Jimmy's Kitchen

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

St Jimmy's Food Hub

Friday 9-11am
Must hold a current Centrelink card.
For more info call office on 6568-9029

Bowraville Folk Museum

High Street, Bowraville
Phone/Fax: 6564-8200

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

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

~ Groups by appointment ~

8/11

BOWRA HOTEL

OPEN 10AM - MIDNIGHT

BISTRO

22/11

TUESDAY to SATURDAY

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

SUNDAY

11:30am-2:00pm & 5.30 - 8pm

WOOD-FIRED PIZZA

Thurs, Fri and Sat 5.30 - 8pm

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 bowrahotel@bigpond.com



Bowraville & District Ex-Services Club 6564-7304

What we have to offer . . .

TAB - KENO

RAFFLES - Wednesdays & Friday

MEMBERS' DRAW min \$1500

KITCHEN Wednesday to Saturday

 Lunch 12-2pm - Dinner 6-8pm

**HAPPY HOUR - All Schooners \$6.00
from 4pm to 6pm daily**

22/11

FREE POOL Everyday

NAMBUCCA RIVER REALTY

YOUR NAMBUCCA VALLEY SPECIALIST

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

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

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

To see what our clients think of Nambucca River Realty go to ratemyagent.com.au

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

10/11

School establishes Bawrrung Droughtmaster Stud

Bowraville Central School's agriculture students are celebrating the launch of their own cattle stud, Bawrrung Droughtmasters. Agriculture teacher Lori Wilson and Farm Assistant Sharon Atkins recently travelled to Queensland to bring home the foundation of the school's stud.

Their journey began in Chinchilla, where they met Breffni Droughtmaster Stud owner David McCabe and collected three heifers and a bull. They then travelled to Toogoolawah for the Droughtmaster Futurity, a showcase for young stud cattle. While there, they also picked up a Matron Cow and heifer calf from Bowman Park Stud.



Sharon Atkins, David McCabe & Lori Wilson at Breffni Stud

Students are currently preparing for agricultural shows in Kempsey, Macksville, Coffs Harbour, Bellingen, and Dorrigo, as well as Wingham Beef Week. To support their participation, they have launched a fundraising campaign, offering Bawrrung Droughtmasters Footy Shorts and Trucker Caps for pre-order.

This initiative would not have been possible without the generous support of Droughtmaster's Australia and Anna Tindall Graphics. Their contributions have been instrumental in establishing the Bawrrung Droughtmaster Stud, providing valuable opportunities for students to engage in hands-on learning and develop skills in the agricultural industry.

The Bowraville Central School community is excited about the future of this program and looks forward to its ongoing success in fostering student engagement, industry connections, and a deeper understanding of cattle breeding and management.

Students were thrilled to welcome the six new cattle to the school farm. To mark this milestone, Anna Tindall Graphic Designs created a custom logo featuring Crooked Top Mountain as the hump of a Droughtmaster bull, symbolising the local landscape.



Beyond the Bank Balance: How to Redefine What Wealth Means to You

The cost-of-living crisis is putting financial stress at an all-time high. As prices rise, it's easy to feel like wealth is slipping further out of reach. But what if true wealth wasn't just about money?

According to the 2024 Australian Unity Wellbeing Index, financial security matters — but once basic needs are met, strong relationships and meaningful achievements are just as important in feeling truly abundant. This is known as the Golden Triangle of Happiness.

A few years ago, I was living on autopilot, convinced I'd feel abundant once I paid off the mortgage or retired. But I realised that money alone wasn't going to make me fulfilled. I had to redefine wealth for myself. True wealth isn't just what we earn—it's how we live. Redefining wealth doesn't have to be complicated. Here's how to start feeling truly abundant today.



Step 1. Shift Your Money Mindset from Scarcity to Sufficiency

We've been conditioned to believe financial wealth equals success. Many of us chase more income, savings and material success - without defining what wealth truly means. But once basic financial needs are met more money doesn't guarantee true abundance.

Instead of fixating on what's missing, consider whether you're defining financial success on your own terms or society's. Have you ever stopped to ask yourself what 'enough' truly looks like? Feeling wealthy isn't about how much you have - it's about how you use it to create a fulfilling life. Financial stability is simply a tool to support abundance.

Step 2. Relationships: The Wealth That Money Can't Buy

Studies suggest the richest lives are built on relationships. The Harvard Study of Adult Development, one of the longest-running studies on well-being, found that close relationships—not money or fame—are the strongest predictor of long-term fulfillment. Yet, in pursuit of financial security, it's easy to neglect the people who matter most.

Think about the relationships in your life. Are you prioritising meaningful connections, or are they taking a backseat to work and financial goals? Instead of measuring wealth in dollars, consider it in moments - conversations that inspire, friendships that uplift, and family bonds that enrich your life.

Step 3. Health is True Wealth

We often hear "health is wealth", but too often, we only apply it to physical health. Wellbeing includes mental and emotional stability, which directly impacts our ability to feel abundant.

Ask yourself whether you're making space to recharge physically, emotionally and

Continued on page 21

Flu & COVID-19 Vaccination Awareness

Flu and COVID-19 Vaccinations at Bowraville Pharmacy

As the cooler months approach, protecting yourself and your loved ones from seasonal illnesses like the flu and the ongoing COVID-19 is just as important as ever.

Did you know that appropriately trained pharmacists in NSW, like Kerrie and Bridgette, can administer a range of important vaccines right here in your neighbourhood, often without the need for a doctor's prescription?

Flu Vaccines: Protection for the Season Ahead

The new season influenza vaccines under the National Immunisation Program (NIP) are expected to be available from April 2025 onwards. Getting your flu shot from April onwards is the ideal time to build protection before the peak flu season, which usually runs from June to September in Australia. However, remember that it's never too late to get vaccinated, as the flu can circulate year-round.

Who Can Get a FREE Flu Vaccine?

The National Immunisation Program (NIP) ensures that flu vaccines are available free of charge for those most at risk of complications. This includes:

- People aged 65 years and older.
- First Nations people aged 6 months and over.
- Pregnant women at any stage of pregnancy.
- Children aged 6 months to less than 5 years old
- People aged 6 months and over with certain medical conditions that increase their risk of severe illness from the flu.

**Please note Pharmacists can only administer vaccinations over the age of 5 years, under this age please see your friendly GP.*

COVID-19 Vaccines: Still Your Best Defence

COVID-19 continues to circulate in our community, and free vaccination remains a crucial tool in preventing severe illness. Adults are generally eligible annually, with more frequent boosters recommended for those at higher risk. Speak to our pharmacists for more information.

You might be surprised to learn our pharmacists can administer over 20 different vaccines (e.g., whooping cough, shingles, pneumonia vaccines) without needing a doctor's prescription in many cases. Ask us for the full list and more details.

Important Things to Know:

- Call us to make a booking! 6564 7925
- Age Limits: There are minimum age requirements for pharmacist-administered vaccines. Generally 5 and above.
- Free Vaccines: Eligibility for free (NIP-funded) vaccines varies; ask us if you qualify.
- Potential Fees: A small consultation fee might apply for specialty vaccines, so please check when booking.

Protect Yourself and Our Community – Consider Vaccination Today!

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



PROTECT YOURSELF AGAINST THE FLU THIS SEASON

2025 INFLUENZA VACCINES AVAILABLE

The **INFLUENZA** vaccine is recommended for people aged 6 months and over and is **FREE** for those most at risk of influenza and its complications.

COVID-19 VACCINATION



Protect Yourself and Your Loved Ones



Influenza (Flu)	COVID-19	Respiratory Syncytial Virus (RSV)			Pneumococcal Disease (Pneumonia)
Everyone age 6 months and older	Everyone age 6 months and older	Adults 75+	Pregnant women	Infants	Children ≤ 5 years Adults 50+ People with certain medical conditions
					

Come in and talk to Bridgette or Kerrie about vaccinations today.

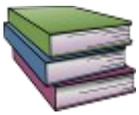
BOWRAVILLE PHARMACY

31 HIGH STREET, BOWRAVILLE

PHONE: 6564 7925 or FAX: 6564 7364

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



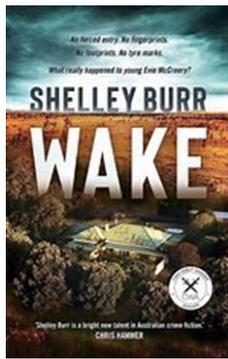


BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

Wake

by Shelley Burr

This Australian novel came out in 2022 and was immediately recognised and won the Crime Writers' Association Debut Dagger Awards and shortlisted for others.



Taken this straight from the book's cover:

The small town of Nannine lies in the harsh red interior of New South Wales. Once a thriving outback centre of stockyards and sheep stations, years of punishing drought have petrified the land. But it has another, more sinister claim to fame: the still-unsolved disappearance of Evelyn McCleary.

Mina McCleary's life has been defined by the intense public interest in her sister's case. Now an anxious, reclusive adult, Mina lives alone on her family's sunbaked sheep farm.

Before she died, Mina's mother funded a million-dollar reward for anyone who could explain how Evelyn disappeared - enter Lane Holland, a private investigator who needs money but also has darker motivations.

There are twists and turns and at the same time it gives a realistic insight into how it must be to belong to a family who has suffered such tragedy and for those left alive, to remember, as the years go by. For them it never goes away and in this modern era of technology there are so many more

things to try to avoid.

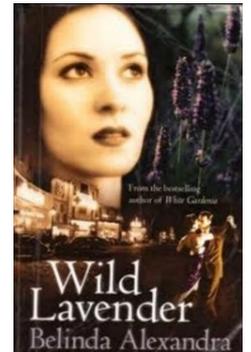
I thought it was great – well written, an Australian setting (which appeals to me), didn't want to put it down. I hope you enjoy WAKE.

- Read and Reviewed by Volunteer Raewyn

Wild Lavender

By Belinda Alexandra

Belinda Alexandra returns with an exciting new novel as memorable as The Scent of Lavender.



At fourteen, Simone Fleurier is wrenched from her home on a Provençal lavender farm and sent to work in Marseilles. Her life there is hard and impoverished, but Simone discovers the music hall and a dream: to one day be a famous dancer and singer.

But when war threatens, Simone makes a decision that will lead to great danger - yet ultimately prove that love, just like wild lavender, can grow in the least likely of places...

From the backstreets of Marseilles to the grand music theatres of Paris, from the countryside of Provence to decadent pre-war Berlin and jazz-age New York. Wild Lavender is a feast for the senses that will live on in the imagination long after the book is closed.

- www.goodreads.com

BOOK NOOK NOTICE

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



WHAT'S FEATURING in MAY at the

BOWRAVILLE THEATRE

www.bowravilletheatre.com.au

Vintage Cars - Monday, 5th May 2025

Classic charm is rolling into town! Join us at the historic Bowraville Theatre for a memorable day of vintage cars and timeless style.



All We Imagine as Light

Sunday, 18th May 2025

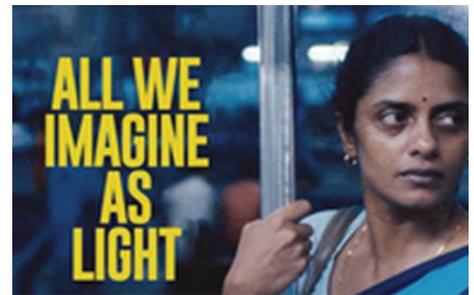
A soulful study of the transformative power of friendship and sisterhood, in all its complexities and richness.

Doors open 1:30pm / Movie starts 2pm

M | Drama/Narrative | 2h 3m

Tickets online \$12 / \$10 members and concession + Bkg fee online @ trybooking or at the door if available

Cafe / EFTPOS available - Wheelchair access



Sunday Afternoon Movie Sessions are coming back in March, please check our website for dates and details.



RURAL HORIZONS FAMILY DAY CARE

Family Day Care is a unique education and care option where qualified educators open their homes to provide a secure play based educational environment for children.

Join us as an educator in our new Family Day Care Service in Greater Nambucca

Do you hold a qualification in Early Childhood Education and Care?

- Establish your own small business with comprehensive support and guidance from the Rural Horizons FDC team
- Provide quality education and care from your own home for four children under the age of five and up to three primary school aged children
- Earn an income while caring for your own children- balance family life while contributing to the community
- Enjoy the flexibility to choose your own schedule - decide how many hours and days you work
- Benefit from ongoing professional development opportunities
- Support parents/guardians rejoining the workforce by expanding childcare options and assisting families in their return to work



(02) 9779 9908

<http://ruralhorizonsfdc.org.au>

manager@ruralhorizonsfdc.org.au

Rural Horizons FDC a not-for-profit Family Day Care Service funded by the Australian Government to create more child care in areas with limited supply.



Provider: NSW Family Day Care Association

Keeping your Superannuation Beneficiary choices up-to-date

As we traverse through life, accumulating assets and building financial legacies, it becomes paramount to consider the destiny of those assets after we're gone. In Australia, superannuation plays a pivotal role in securing one's financial future and leaving a legacy for loved ones.

In this article, we'll explore the importance of keeping beneficiary lists on track for your superannuation accounts, the nuances of binding and non-binding nominations, and the significance of vetting and notating beneficiaries with the utmost care.



Superannuation Beneficiary Retirement Account Beneficiaries

Superannuation, often referred to as super, is a cornerstone of retirement planning in Australia. The designated beneficiaries of your superannuation account are the individuals who will inherit your superannuation savings upon your passing. Keeping this beneficiary list accurate and up-to-date is crucial for ensuring that your hard-earned savings are distributed according to your wishes.

Legacy Preservation

Superannuation allows individuals to leave a financial legacy for their loved ones. By designating beneficiaries, you have the power to influence how these funds will be used and distributed, providing financial support to family members and loved ones.

Nominating Your Superannuation Beneficiary

Australia's superannuation process is hinged on naming beneficiaries in the event of unforeseen circumstances with some particular categories. Let's tackle each category's advantages and special points.

Binding Nominations

Binding death benefit nominations (BDBN) specify, in a legally binding manner, the individuals or entities who will receive your superannuation benefits upon your passing. A key advantage of this is that BDBNs provide certainty and ensure that your wishes are legally enforceable.

Typically, binding nominations have an expiration period (commonly every three years), requiring periodic review and renewal. However, non-lapsing binding nominations can remain in force unless the Trustee names a new nominee without duress, and two witnesses must sign the appointment papers.

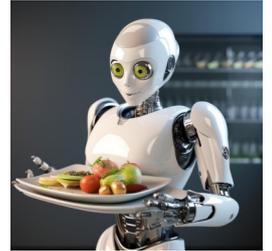
Non-Binding Nominations

Non-binding death benefit nominations offer guidance to the trustee, indicating your preferred beneficiaries without creating a legal obligation. While this provides flexibility in the sense that changes to the document can be done without frequent

Continued on Page 26

Robots in the Kitchen - *continued from page 10*

the same mistake as thinking that a chatbot understands what it's saying, instead of merely generating words that statistically follow the previous words. This has implications for aesthetics and authenticity in AI food, similar to ongoing debates about AI art and music.



Safety and responsibility

Because humans are a key disease vector, robot cooks can improve food safety. Precision trimming and other automation can reduce food waste, along with AI recipes that can make the fullest use of ingredients. Customised meals can be a benefit for nutrition and health, for example, in helping people avoid allergens and excess salt and sugar.

The technology is still emerging, so it's unclear whether those benefits will be realised. Foodborne illnesses are an unknown. Will AI and robots be able to smell, taste or otherwise sense the freshness of an ingredient or the lack thereof and perform other safety checks?

Physical safety is another issue. It's important to ensure that a robot chef doesn't accidentally cut, burn or crush someone because of a computer vision failure or other error. AI chatbots have been advising people to eat rocks, glue, gasoline and poisonous mushrooms, so it's not a stretch to think that AI recipes could be flawed, too. Where legal regimes are still struggling to sort out liability for autonomous vehicles, it may similarly be tricky to figure out liability for robot cooks, including if hacked.

Given the primacy of food, food technologies help shape society. The kitchen has a special place in homes, neighbourhoods and cultures, so disrupting that venerable institution requires careful thinking to optimise benefits and reduce risks.

- <https://theconversation.com/robots-are-coming-to-the-kitchen-what-that-could-mean-for-society-and-culture-237000>

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ST. JAMES CHURCH HALL

What Wealth Means to You - *continued from page 13*

mentally. Small daily habits like movement, restful sleep and mindfulness practices such as meditation and journalling build the foundation for a wealthier, more fulfilling life.

Step 4. Align Your Life with Purpose and Time Freedom

Chasing money alone rarely leads to lasting satisfaction. True abundance comes from aligning your time with what truly matters. A strong sense of purpose is key to wealth, yet we often say we value something—while spending our time elsewhere.

If you feel like you never have enough time, consider whether you're spending it on what genuinely fulfills you or just what's expected of you. Many believe freedom comes from financial milestones, but it comes from aligning time with your values.

Step 5. Reassess Your Self-Worth: What Are You Really Worth?

Self-worth affects financial decisions, relationships and whether we believe we deserve wealth. If we don't believe we're worthy of abundance, we'll keep chasing external validation—money, status, achievements—yet still feel empty.

Rather than measuring your worth externally, consider the impact and meaning you create in your own life and for others. The wealthiest people aren't just those with financial success—they're those who recognise their value beyond it.

You Are Already Wealthy

At the end of the day, real wealth isn't about how much money you have—it's about meaning. Financial stability matters, but when we redefine wealth to include strong relationships, health, purpose, time freedom and self-worth, we create abundance—no matter the economy.

Instead of chasing more, appreciate what you already have. True abundance isn't about waiting for the perfect bank balance—it's about recognising the wealth already in your life. You are already rich in ways that truly matter—if you choose to see it.

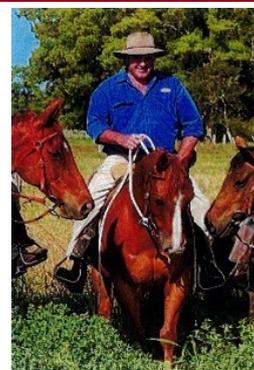
- <https://www.mindfood.com/article/beyond-the-bank-balance-how-to-redefine-what-wealth-means-to-you/> by Emma Lagerlow, learn more at www.emmalagerlow.com

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Wildflower Gardening

As we become increasingly aware of the importance of preserving our natural ecosystems, one simple and powerful way to make a positive impact is by planting native flowers in your garden. Australia, with its unique and diverse range of flora and fauna, offers an ideal setting for wildflower gardening.

This article explores the numerous benefits of wildflower gardening and how it can support native insects to create a thriving and sustainable local ecosystem.



The Case for Wildflower Gardens

Australia's rich flora and fauna make it an ideal canvas for wildflower gardening. Here are a few reasons why you should consider planting native Australian wildflowers.

Fostering Biodiversity

Native flowers are a potent tool to nurture biodiversity in your vicinity. A mix of flowering plants accommodates a diverse range of native insects, ensuring a year-round haven for them.

Essential Pollinators

Native insects, including bees, flies, wasps, and even ants, play a critical role in pollination. By creating a thriving habitat for these crucial species, you enable the reproduction of countless plant species. At the same time, it increases

Continued on Page 24



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If you know your way around the latest technology and are able to assist others who may have queries or problems with their computers or phones, and you are in a position where you are willing or required to volunteer one or two days a week, we at the Bowraville Technology Centre would very much like to hear from you.

If you are interested in volunteering or have any questions - we look forward to hearing from you.

Call in to the BTC on either a Tuesday or Wednesday and speak to Karin or email admin@bctc.com.au attention Karin Woods to find out more or call Karin on 6564-7420

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2NVR welcomed 5 new presenters to our community radio station recently.

You will find them on our updated Autumn Program. They add even more variety to our shows, so you're sure to find a spark of common interest.

On Friday 18th April we enjoyed hearing Ethan Stewart at Studio 3 Live and we are now looking forward to The Redeemed on 16th May. The Redeemed hail from Bellingen and play raw country blues rock. Come along to 2NVR at 834 Rodeo Drive Tewinga for the show, it's from 6 to 8pm. Everyone is welcome and it's free. Ceri Wroble hosts Studio 3 Live every 3rd Friday of the month.

Thank you to Donna Collins for doing the Outdoor Broadcast of the Bowraville Anzac Day Service.



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Whichever, here at the Bowraville Technology Centre we're always looking for more volunteers to join the dedicated crew we have on board already.

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~ GARDENS & GARDENING ~

Wildflower Gardening

Continued from page 22

the yields of your home-grown produce. From the delicious fruits and vegetables in your garden to the beautiful flowers adorning your landscape, insect pollinators are the unsung heroes behind a bountiful harvest.

Natural Pest Control

In addition to pollination, native insects also offer valuable pest control services. They prey on harmful insects that might otherwise damage your garden and crops. This natural form of pest control reduces the need for chemical pesticides.



Low-Maintenance Choices

Native flowering species are well-adapted to the local climate and soil conditions, making them low-maintenance choices for your garden. They have evolved to thrive in Australia's specific environmental conditions, reducing the need for excessive watering and fertiliser. This helps save time, effort, and money.

Enjoying the Beauty of Native Flora

In addition to their ecological benefits, native flowers offer a stunning array of colours and shapes that can transform your garden into a vibrant and beautiful space.

Next month - Growing your Wildflower Garden.

-- www.sgaonline.org.au



Bowraville Chamber of Commerce News

OUR COMMITMENT

To promote, encourage, support and assist in any matter or manner actions that will assist in the growth and development of the economy of Bowraville.

Next meeting of the Bowraville Chamber of Commerce
will be at
5pm on Tuesday 6th May 2025 at the Bowra Hotel.

SURPRISE! SURPRISE!

CHRISTMAS IS A COMIN'.... IN DECEMBER!

We are planning a lights spectacular for the High Street in Bowra and we want your involvement as we create this great event - we are looking for any Christmas decorations and lights that you can donate; We have already received a generous donation from Donna Doolan at IGA.

LIGHT UP BOWRA '25

This event may evolve into a street party involving the whole town. So collect up your Chrissie paraphernalia and we will collect it later.



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Keeping your Superannuation Beneficiary choices up-to-date - *Continued from page 18*

updating, the Trustee still has the final say on the distribution of benefits, even if you have written the breakdown of distribution of benefits to the Trustee.

Screening Replacement Beneficiaries

If your original beneficiaries are no longer available for receiving your super benefits for any reason, it will be vital to name backups as current super laws will determine them for you.

When screening replacement beneficiaries, consider factors such as age, financial responsibility, and their current financial situation. Ensure that the replacement beneficiaries align with your values and intentions for the legacy you wish to leave. The ATO also considers beneficiaries with no relations to the trustee provided they comply with interdependency rules such as cohabiting together with a close relationship, and support each other with love and personal care.



Self-Managed Superannuation Funds (SMSFs)

An SMSF is another way to run superfunds. For those managing their superannuation through an SMSF, the process of updating and vetting beneficiaries is even more critical. With the responsibility falling on the fund members, proper documentation and record-keeping are imperative.

The Importance of Regular Updates

There are many factors that seem innocuous but play a critical role in ensuring that any super nominations must be always up-to-date.

Life Events

Significant life events such as marriage, a birth in the family, or a passing often necessitate updates to your beneficiary lists. Failing to account for these changes could result in unintended consequences, including major strife in the family.

Policy Changes

The Federal Parliament always accounts for any changes in superannuation rules with the passage of the national Budget. Regularly reviewing and updating your nominations ensures that your superannuation aligns with the latest legal requirements.

Financial Well-Being

As your financial situation evolves, your beneficiaries may have different needs. Regular reviews allow you to ensure that your superannuation can adequately support your loved ones.

Avoiding Disputes

Clear and updated beneficiary lists reduce the likelihood of disputes among family members. This ensures that your legacy is distributed smoothly and in accordance with your intentions.

asagfirst.com.au/blog/updating-your-superannuation-beneficiary/

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Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Autumn 2025							Studio 3 Live	Community Radio Network
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	Dirt Music With Stuart Coupe (2SER)	The Bohemian Beat With Riddhi	Aussie Grown Across the Nation Aussie Christian grassroots to charts.	Tones of Claressense Claire Watt	TGIF Bettina Goodwin	Rise N Shine Ron Hawkins	The Phantom Dancer With Greg Popleton	6 AM
7 AM	Top of the Pops UK With Kim Robson	Real World Gardener + Living Planet	A Country Tea Time With DJ Tina	FlipSide With Phill	News, tunes and interviews Great music to start your day	Random ravings in a musical mix with: Heavens Above: 6:30 Saltwater People: 7:30 It's Only Words: 8:30	Local News of the Area Audio news, with Beverly & Linda	7 AM
8 AM	Paradigm Shift With Geoff Moyle	From Then To Now With Paul & Rachel Burns	Smoko with Gazza With Gary Bieden	All Aussie artists All recent releases	Talk Of The Town Ceri Wrobel	Local News of the Area Audio news, with Beverly & Linda	AMRAP Top 6 Double With Phill	8 AM
9 AM	Classic Hits & Jukebox Paul Rowe	Infopinion With Richard & Eddie	Mystical Music & Musings With Luise	Turning Pages Elizabeth Newman	Peter's Pops & Classical Tunes & Melodies With Peter K	Noisy Neighbours Trenck de Groot	Scoob's Smorgasbord With Scoobs	9 AM
10 AM	Great Rock 'n' Roll	Aussie Trove With Brett Adie	33 Blues With Lizzie	Environmental Matters with Elizabeth + Earth Matters	Garage Noise With Sean Ambrose	Haunting ballads to electrifying beats with a dash of the unknown!	That's A Wrap Donna, Nigel, Gary & Les	10 AM
11 AM	Baby Boomers Donna Collins	Chimes With Paul Gough	DJ Casey DJ Casey's selected music	Tewinga Tunes With Ralph	Robertson's Rollercoaster Tom Robertson	Soul Quench With Lizzie	AND THAT'S THAT'S A WRAP	11 AM
Noon	Flashback With Rob Davidson	Rock On With Jimmy & the Bluebirds	The Sixties in Australia Rob Davidson	Thursday Country Trickivic	MHS Radio From Macksville High	Soulful vocals; soulful lyrics, soulful beat — dance, cry or fall in love again	Local sports calls and in-depth sporting analysis	Noon
1 PM	Hot, Sweet & Jazzy From "The Pulse"	Sister Act Olivia & Sam	The Curious World of Lisa Z	Hit Singles From Your Past With Maoca	The Local Source All Aussie Music	Music with a Message Geoff Stone	Praise, Prayer & Pop With Michelle	1 PM
2 PM	Flashback 1960's to 1990's with a weekly featured artist	Retro Birds Robyn Wren & Sally Swan	Tracy's Eclectic Tunes With TracyO	Politics & the Environment Michael Jones	Global Village With Habib Massad	Saturday Date With Stu	Imagine This Radio drama & stories	2 PM
3 PM	Hot, Sweet & Jazzy From "The Pulse"	On the Flipside With CJ	Ant's Rock Anthony Garmsey	Tim Unsupervised Tim Hood	Meet Me @ The Movies Narrative about Narratives	Don't forget to keep your date!	Prog Rock Playlist Rhino	3 PM
4 PM	A Breath of Fresh Air With Sandy Kaye	Space Nuts Lost in Science	Solid Rock Aussie Focus	Late night humour, music, interviews and more...	Fish's Favourites With Dave P	Wolfy Wolfy's music & requests	The best of Progressive Rock	4 PM
5 PM	Bowra Beats With Grace Walters	Zed Games & Diffusion	Ant's Rock Anthony Garmsey	2NVR Music Mix	Sounds of the Seventies Overnight entertainment plus +	2NVR Music Mix	2NVR Overnight Music Mix	5 PM
6 PM	Hinterland With Ben Walters	2NVR Music Mix	Overnight	2NVR Music Mix				6 PM
7 PM	Reggae Mixtape With Filzroy	2NVR Music Mix	Overnight	2NVR Music Mix				7 PM
8 PM	Music Makers With Yen	2NVR Music Mix	Overnight	2NVR Music Mix				8 PM
9 PM	Music Makers Mixed music with featured artists	2NVR Music Mix	Overnight	2NVR Music Mix				9 PM
10 PM	Music Makers Mixed music with featured artists	2NVR Music Mix	Overnight	2NVR Music Mix				10 PM
11 PM	Music Makers Mixed music with featured artists	2NVR Music Mix	Overnight	2NVR Music Mix				11 PM
Midnight	2NVR Overnight Music Mix	2NVR Music Mix	Overnight	2NVR Music Mix				Midnight

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