



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



NOVEMBER 2020 ~ ISSUE #190 ~ FREE ~ CIRCULATION 400 ~ POSTCODE 2449

Bowraville HealthOne becoming a reality



Construction of the Bowraville HealthOne centre at the top of Bowra township is progressing well.

Work has begun on the transformation of the old 'Hill Top Store' into a modern health facility for Bowraville.

Health services currently being provided by the Mid North Coast Local Health District will be relocated to the HealthOne facility as will Bowra GP.

The new centre will have parking and disability access.

Bowraville HealthOne will bring many benefits to the community by providing access to a range of exercise, health and preventative activities in a safe and inclusive environment.

This new centre will reduce the need for Bowravillians to travel away from Bowraville to access community and allied health services.

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BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 400 COPIES

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

2020 ADVERTISING CHARGES:

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90 x 265 (1/2 pg) - \$32 ea or \$302.00 year

190 x 265 (1 page) - \$43 issue or \$430 year

Front Cover (1 issue) - \$60 issue

DEADLINE FOR COPY FOR

THE DECEMBER 2020

ISSUE IS: 4:00PM

TUESDAY, 24th NOVEMBER 2020

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

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

BOWRAVILLE TECHNOLOGY CENTRE

39 High Street, Bowraville NSW 2449

Telephone: 6564 7420

e-mail: admin@bctc.com.au

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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.

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39 High St, Bowraville Ph. 02 6564 7420

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 - Equipment Hire ■ Media Sales
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 - Music Conversion to CD Format
- Volunteers Welcome*

Bowraville Garden Club

For our September meeting all but one member enjoyed the sunny day to visit 2 local gardens in lieu of the postponed Coffs Harbour trip. November will see us leaving Bowraville - we have options for going north or south but Secretary Barbara will send out an email with all the details. Our Christmas function has also been organised and will be picnic based. What a joy it is to share our gardens with friends.

Bowraville Recreation Club

Golf and bowls with occasional squash players continue to enjoy the facilities - but change is coming. The layout of the new golf course has been well published and few holes will remain the same. Work is well underway to form the new 2nd fairway using part of what was referred to as the horse paddock. The AGM was held on the 11th October and all directorship places were filled. Congratulations to the new executive committee - Timothy Gardner, Steve Wellington, Glen Gillon, Sharyn Hay,

Paul Le Cerf, Craig Doolan and Darrell Hughes. An in-depth information session was given to members about the development of the sporting grounds and many questions were answered.

Bowls Pairs Championship should conclude soon and nominations are up for the Triples. Golfers have had consecutive Medal rounds and next time will be the big play off for the 2020 Champion.

During the financial year \$70,000 was spent on equipment which included machinery and solar panels. The Club was also pleased to receive a grant to purchase a greens mower so now our Club is doing very well and as the saying goes 'is in the black'.

MacksvilleBowra Hospital Auxiliary

Our combined meeting and Christmas get together will be held at the Nambucca Golf Club on Friday 20th November. We have booked 4 tables of ten. While many volunteers are unable, due to Covid-19 restrictions, to work at the new hospital café all are

Continued on Page 5

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8/11

TECHNO LESSONS OPEN TO EVERYONE

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

Absolute beginners are most welcome!



Free Techno Lessons
Bookings essential

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

For technical issues contact BTC for a booking.

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

Special offer to community groups

Save on paper and ink!

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

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

WANTED

Someone who is interested in the happenings and wellbeing of the Bowraville community, is willing to volunteer a couple of days a month, is familiar with Word and Publisher and would like to try their hand at being a reporter of Bowra news and events for the Bowraville Community News.

If you are interested email wendy@bowraville.nsw.au
subject: 'Reporter'

TAX GOT YOU BEAT?

Do you need assistance with your Income Tax Return?

Each Monday at the Bowraville Technology Centre an ATO trained representative is there to help.

Phone 6564-7420 to make an appointment. It's free.

Check out the Bowraville Technology Centre's DVD Library

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

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



A limit of 2 DVDs per borrower.

WHAT'S HAPPENING IN BOWRA

From Page 3

welcome. Bowraville can hold street raffles but, at the time of writing, venues in Macksville and Nambucca Heads cannot so we will decide at the meeting.

Bowraville Seniors

Our small group met at the Folk Museum for morning tea and a browse around this interesting facility. If you would like to volunteer at the Folk Museum you would be very welcome. Just call in at the Museum which celebrated its 50th birthday this year but Covid-19 stopped the festiveness. Our plans for November have changed as we will abandon the usual 3rd Monday of the month meeting for a Christmas luncheon at the Bowra Hotel on Friday, 27th November from 12 midday.

Macksville/Bowraville Uniting Church

As the end of 2020 is quickly approaching I wish to bring you an update on the activities of the Uniting Church. Covid-19 has greatly affected our lives this year but we must remain vigilant to do our best to keep this beautiful area we call home a safe place to live. In the Uniting Church we were able to recommence our church services in early July but they are conducted under strict Covid regulations. At this point we still can't have hymn singing but thanks to Tom Fairhall we have a good variety of hymns and songs from YouTube so these highlight the message of our weekly bible readings. Our small congregations have kept very loyal in attendance so we have enjoyed being able to meet and communicate with each other each Sunday. The second

Continued on Page 7

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www.atrealty.com.au

1/11

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any occasion
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6/11

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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.

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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

1/11



Are Your Devices Spying on You? Australia's Very Small Step to Make the Internet of Things (IoT) Safer

From internet-connected televisions, toys, fridges, ovens, security cameras, door locks, fitness trackers and lights the so-called "Internet of Things" promises to revolutionise our homes.

But it also threatens to increase our vulnerability to malicious acts. Security flaws in IoT devices are common. Hackers can exploit those vulnerabilities to take control of devices, steal or change data and spy on us.



In recognition of these risks the Australian government has introduced a new code of practice to encourage manufacturers to make IoT devices more secure. The code provides guidance on secure passwords, the need for security patches, the protection and deletion of consumers' personal data and the reporting of vulnerabilities, among other things.

The problem is the code is voluntary. Experiences elsewhere, such as the United Kingdom, suggest a voluntary code will be insufficient to deliver the protections consumers need.

Indeed it might even increase risks by lulling consumers into a false sense of security about the safety of the devices they buy.

Many IoT devices are insecure

IoT devices designed for consumers are generally less secure than conventional computers. In 2017 the Australian Communications Consumer Action Network commissioned researchers from the University of New South Wales to test the security of 20 household appliances capable of being connected and controlled via wi-fi.

These included a smart TV, portable speaker, voice assistant, printer, sleep monitor, digital photo frame, bathroom scales, light bulb, power switch, smoke alarm and Hello Barbie talking doll.

While some devices (including the Barbie) were found to be relatively secure in terms of confidentiality all had some form of security flaw. Many "allowed potentially serious safety and security breaches".

What this could potentially mean is that someone could, for example, hack into a household's wi-fi network and collect data from IoT devices. It might be as simple as knowing when lights are switched on to determine when a home can be burgled. Someone with more malicious intent could turn on your oven while shutting down smoke alarms and other sensors.

Risks to consumers and society

Factors leading to poor security in IoT devices include manufacturers' desires to minimise componentry and keep costs down. Many makers of consumer goods also have little experience with cyber-security issues.

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From Page 5

Sunday of each month sees both of our Uniting Churches worship at 10.30am in Bowraville. "My Church" from Kempsey has been conducting an afternoon service in the Uniting Church in Macksville and they attract a considerable congregation of young people. Members of the community are very welcome to attend these services.

Bowra Uniting Church Op Shop

We have been very busy in the Op Shop and have some lovely summer clothing on display. At present there is a 50% sale on all the bric-a-brac in the shop so call in and buy yourself a bargain. We are open from Tuesday to Friday each week. We really appreciate the help given by our regular volunteers and thank those who call in with donations.

Christmas is coming . . .



Most Bowravillians will remember Christmases past in the town - with the community coming together to celebrate the festive season with Carols at the Phoenix, the lighting of the Christmas tree at the school, or parties in the main street

Some Bowra locals are planning a community gathering to celebrate again this year.

If you have any ideas or would like to be involved please contact Phillida 0401 481 501 or

tesselates@gmail.com



Bowraville & District Ex-Services Club 6564-7304

What we have to offer . . .

TAB - KENO - BINGO
RAFFLES - Wednesdays & Friday
MEMBERS' DRAW min \$1000
KITCHEN Wednesday to Saturday

 Lunch 12-2pm - Dinner 6-8pm

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

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LUNCH 11:30am-2:00pm Tues - Sun
DINNER 5.30pm - 8pm Tues - Sun
All menus available for takeaway
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Enjoy the country charm of the streetscape as you
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33 HIGH STREET, BOWRAVILLE
Ph.6564 7041 Fax. 6564 8471

1/11

BOWRAVILLE COMMUNITY DEVELOPMENT ASSOCIATION INC
INVITES **YOU** TO JOIN **US** FOR OUR
OPEN DAY

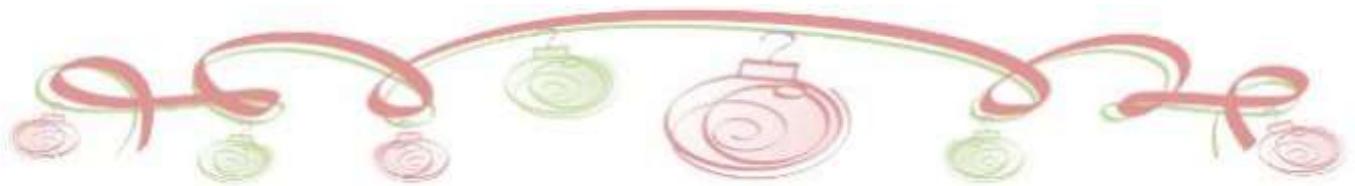
*At the Pioneer Community Centre
70 High Street Bowraville
10am to 2pm
Saturday
28 November*



*In 1975 this great
historic building was
gifted to the Bowraville
Community. It is now
overseen by the **BCDAI***

- Displays from some current hall users: pottery, screen printing, Line Dancing at 1pm
- And try your hands on paper clay making, screen printing,
- Information about local organisations & groups
 - Ideas for town progress & planning
 - Old school & town photos
 - BBQ, Cuppa & treats
 - Raffles and fundraising sale table

BOWRAVILLE - YOUR COMMUNITY



St. Jimmy's Christmas Day Lunch

December 25th

Come and enjoy a beaut Aussie meal

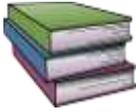
Anglican Church Hall, Young Street, Bowraville

Everyone is welcome at this fun community event!

More information next month



N/C



BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

Dirt Music

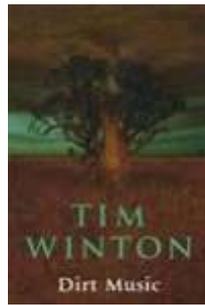
by Tim Winton

I think Tim Winton is a great Australian author. His novels are so real and it's always interesting to read of places we can relate to, having been there ourselves or at least look up on a map and go, "Yeah, I'd like to go there" (which is something I often do after reading a Winton novel).

Dirt Music won several awards and it's not hard to see why. Winton's portrayal of everything and everyone in this novel could very well be non-fiction.

The main character, Georgie Jutland, is a 40 year old woman who is a 'bit lost' in her place in the world. She is living in White Point, a fishing village in Western Australia, with a fisherman she doesn't really love and who doesn't really love her either. He's a very powerful man in the community – a community filled with secrets, people who are hiding from something or someone, individuals with their own unusual perspective on life.

In the very early hours one morning when Georgie is on the beach, nursing yet another hangover, she sees a man behaving suspiciously. This becomes a bit of a ritual – spying on him as he heads out to sea.



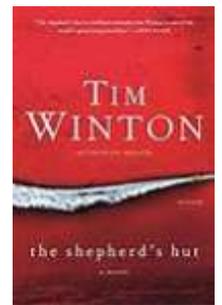
From there Georgie's life changes and a number of unpleasant incidences occur in the community and in her private life... where she is no longer protected by the power of her partner.

This book reviewed by volunteer Raewyn.

Also by Tim Winton

The Shepherd's Hut

In his latest book Winton crafts the story of Jaxie Clackton, a brutalised rural youth who flees from the scene of his father's violent death and strikes out for the vast wilds of Western Australia.



All he carries with him is a rifle and a water jug. All he wants is peace and freedom. But surviving in the harsh salt lands alone is a savage business. And once he discovers he's not alone out there, all Jaxie's plans go awry.

He meets a fellow exile, the ruined priest Fintan MacGillis, a man he's never certain he can trust but on whom his life will soon depend.

The Shepherd's Hut is a thrilling tale of unlikely friendship and yearning, at once brutal and lyrical, from one of our finest storytellers.

- amazon.com

BOOK NOOK NOTICE

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

Now at the BTC A DVD Library

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



Antibiotic resistance is a serious worldwide problem and it's happening in Australia. The World Health Organisation has warned that antibiotic resistance is one of the greatest threats to human health today.

But we can help preserve the effectiveness of antibiotics by being part of the solution. There are simple actions individuals can take to help stop the spread of antibiotic-resistant infections.

Antibiotics explained

Antibiotics are medicines used to treat a wide variety of infections or diseases caused by bacteria. Since they were first introduced in the 1940s and 50s antibiotics have saved millions of lives. However, because they have been overused, many antibiotics are no longer effective against the bacteria they once killed.



What is antibiotic resistance?

Antibiotic resistance happens when bacteria change to protect themselves from an antibiotic. Bacteria become resistant when their genes mutate after being in contact with an antibiotic. These changes allow the bacteria to survive or 'resist' the antibiotic so that the antibiotic no longer works to kill the bacteria or stop them from multiplying.

Unfortunately bacteria can also develop antibiotic resistance through contact with other bacteria. Resistant bacteria can pass their genes to other bacteria forming a new antibiotic-resistant 'strain' of the bacteria.

The more antibiotics are used the more chances bacteria have to become resistant to them.

As more antibiotics stop working against bacterial infections doctors will have fewer antibiotics to use. Many common infections may eventually become untreatable with medicines.

The World Health Organization (WHO) has warned that antibiotic resistance is one of the greatest threats to global public health today.

Continued on Page 22

BOWRAVILLE PHARMACY

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Are Your Devices Spying on You? *Continued from page 6*

Allied with the fact many consumers aren't technologically savvy enough to appreciate the risks and protect themselves this creates the prospect of IoT devices being exploited.



On a personal level you could be spied on and harassed. Personal pictures or information could be exposed to the world or used to extort you.

On a societal level IoT devices can be hijacked and used collectively to shut down services and networks. Even compromising one device may enable connected infrastructure to be hacked. This is a rising

concern as more people connect to workplace networks from home.

Voluntary codes of practice

In recognition of these threats IoT security “good practice” guidelines have been proposed by standards bodies such as the US National Institute of Standards and Technology, the European Telecommunications Standards Institute and the Internet Engineering Task Force. But these guidelines are based on voluntary action by manufacturers.

The UK government has already concluded the voluntary code of conduct it established in 2018 isn't working. The UK is now moving to impose a mandatory code with laws requiring manufacturers to deliver reasonable security features in any device that can connect to the internet.

A case for co-regulation

There is little reason to believe Australia's voluntary code of practice will prove any more effective than in the UK.

A better option would have been a “co-regulatory” approach. Co-regulation mixes aspects of industry self-regulation with both government regulation and strong community input. It includes laws that create incentives for compliance (and disincentives against non-compliance) and regulatory oversight by an independent (and well-resourced) watchdog.

The Australia government has, at least, described its new code of practice as “a first step” to improving the security of IoT devices.

Let us hope so. If the UK experience is anything to go by its next steps will include dumping a voluntary code for something with a greater chance of delivering the safety and security consumers and society need.

[Kayleen Manwaring](#), Senior Lecturer, School of Taxation & Business Law, [UNSW](#) and [Roger Clarke](#), Visiting Professor, Comp Sci at the ANU, and Law, [UNSW](#)

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Bowraville Lions Club Inc News Bulletin

NOVEMBER 2020



Town Clock Tower Repairs

The Bowraville Lions Club have been successful in getting a grant, to make much needed repairs to the Town Clock Tower, from the Nambucca Valley Council. Work will begin shortly.

First BBQ since Covid-19 restrictions

On Monday 19th October the Bowraville Lions Club did a free BBQ for the **Bowraville Technology Centre's** Get Connected week.

It was great to smell those sausages and onions cooking after such a long absence.

Thank you to the people who gave our club a donation.

Keep a look out for us again soon and come over and enjoy a sausage sandwich.



New Pub Raffles

We are pleased to announce that the popular Lions Club raffles will recommence on Friday 30th October at the Bowra Pub.

The raffles will take on a new look with \$50 cash prizes. We will have more than one draw during the night with a limit of 50 tickets for each draw. Tickets will cost \$2 each. We will also be able to accept credit card payment for tickets. Come along to the Bowra Hotel on Friday nights, enjoy a meal and support our community with our Lions raffles.

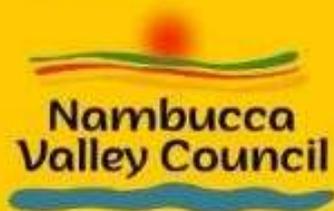
FRIENDSHIP AFTER THE FIRE

Sunday 15 November
10am to 2pm
Macksville Country Club

Free entry
Free lunch and drink
Free activities

Invitation only for residents and
volunteers affected by the bushfire

RSVP: 9 November to Rhiannon Treasure-Brand, on
0418 206 748, or Alison Laverty, on 0418 377 430



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Pharmacist
KERRIE SAVINS



1/11

The fascinating science behind the smell of rain - *that amazing smell we all love*

It's the little things in life that are often what make us the happiest. A hug from a loved one, the taste of homemade chocolate chip cookies, wearing warm socks right after they come out of the dryer. And, of course, the amazing smell of rain after a long-awaited downpour. If you love the scent that follows rainfall you can thank chemistry.



That pleasant, earthy smell of rain, known as petrichor, is caused by the release of specific chemicals when the rain reaches the ground. It's as if the earth is rewarding everyone for putting up with the dry spell before a sudden deluge.

In part it's down to soil-dwelling bacteria called *Streptomyces* which secrete a molecule called geosmin. When rain hits the soil the raindrops trap air bubbles containing geosmin. The bubbles move through the raindrop and burst out of it as aerosols dispersing particles through the air. Once the geosmin gets off the ground and into the air we're able to smell it distinctly because human noses are extremely sensitive to it.

Another contributing factor to petrichor is a combination of plant oils. Australian researchers Isabel Joy Bear and R. G. Thomas, who coined the term petrichor in 1964, discovered that some plants secrete oils during times of drought. When it finally rains the oils that had been accumulating are released into the air in the same way geosmin is.

And if the smell of rain becomes especially strong - and oddly clean - after a thunderstorm you can thank ozone. A bolt of lightning can split oxygen and nitrogen which may recombine to form nitric oxide, one of the compounds needed to create ozone. That molecule is known for its pungent, chlorine-like odour. So while the science behind petrichor isn't all that romantic who'd have guessed we're actually smelling bacteria secretions and lightning?

- www.readersdigest.com.au

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
<i>Last bus</i>	5.25pm

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

busways Telephone: 6568-3012

N/C

LIONS CLUB OF BOWRAVILLE INC.

SUPPORTING OUR COMMUNITY

PRESIDENT

Mark Scott

M: 0428527545

SECRETARY

Lisa Matters



1/11



Email:

bowraville@lionsdistrict201n1.org.au

PO Box 23 Bowraville NSW 2449



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: nbgscommunityservices.com.au

Email: admin@nbgs.com.au



CHSP & NRCF (In the Nambucca Valley)

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

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

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

Early Linker Program, Mid North Coast (Kempsey to Red Rock, Coffs Harbour)

- Early Links is for:**
- People with a disability aged 0-8 yrs and who are generally not accessing any specialist disability service
 - Carers and families of people with a disability
 - The community
 - People wanting assistance to accessing community and mainstream services, knowledge, resources and opportunities in their communities
- Early Links will assist with:**
- General development concerns
 - Information and support for families to find out about their children's disability needs
 - Identify concerns, set goals and development plans for the future
 - Connecting with other parents, community and service providers

Early Links Mission:

"Every child, every opportunity"

Early Links Vision:

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

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



The Many Benefits of Board Games

Those old board games collecting dust on the top of your closet could be key to keeping your mind active and healthy while social distancing during the Coronavirus pandemic. Board games entertain and bring people together through competitive and cooperative game play.



Some of the most popular board games are: Monopoly, Chess, Checkers, Life, Clue, Scrabble, Mancala and many more. However, board games offer a lot more than just entertainment. In fact, these games beneficially impact health in multiple aspects at any age.

Have fun and feel good: One of the side effects of playing board games is laughing. Laughing has been shown to increase endorphins, those are chemicals that bring up the feeling of happiness. Sharing laughter and fun can promote empathy, compassion and trust with others.

Family time: Sitting down with family with no interruptions may feel like an impossible thing in your home as everyone has different schedules pushing them in opposite directions. But playing games with your kids or with your friends is a perfect way to spend time together and build learning skills at the same time. Playing a board game after a family dinner is an excellent way to get closer to your family while strengthening your family bond.

Memory formation and cognitive skills: Allowing your kids to play a board game helps them practice essential cognitive skills like problem-solving. The hippocampus and prefrontal cortex especially benefit from playing board games. These areas of the brain are responsible for complex thought and memory formation. Board games help the brain retain and build cognitive associations well into old age too.

Reduces risks for mental diseases: One of the primary benefits of playing board games is the possibility of reducing the risk of cognitive declines such as that associated with dementia and Alzheimer's. Keeping your mind engaged means you are exercising it and building it stronger. A stronger brain has lower risks of losing its power.

Lowers blood pressure: As laughter increases your endorphins they in turn can help lower or maintain your blood pressure. This release of endorphins helps muscles to relax and blood to circulate which evidently will lower your blood pressure. High blood pressure is associated with a greater risk of artery damage, heart disease and stroke.

Speed up your responses: Get yourself a board game like chess, checkers or monopoly and in time you might be better at finding those car keys without having to look through the entire house. Scientists at the University of Toronto in Canada assessed two groups' ability to search for and find an object; their results showed that study participants who regularly played video games were far quicker at locating the target than those who didn't play.

Reduce stress: You can always benefit from a healthy distraction like playing board games since it is an excellent way to kick back and relax. According to an online survey by RealNetworks, Inc., a casual games developer, found that 64% of

Continued on Page 19

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as well as the form and contents
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Norco Rural carries a large range of
products for pasture, cropping,
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Clumping Bamboo

No matter what style of garden you have there's a group of plants that fit the bill perfectly – bamboos. These magnificent, fast-growing species have been around for centuries and serve many uses in the garden such as privacy screens, hedges or feature plants. But they are also one of the most misunderstood plants.



There are two distinct types of bamboo – clumping and running. The running species can become quite invasive if not well contained. With that in mind here are some of the best of the clumping variety to try.

Chinese dwarf

A lush and bushy bamboo Chinese dwarf (*Bambusa Guangxiensis*) is a beautiful compact plant which makes an excellent small privacy screen, pot plant or feature in a garden bed. It is naturally bushy right down to the ground giving the bamboo a very graceful appearance. Lower branches can be removed for a neater look.
Typical height: 3m

Slender weavers

One of the most popular bamboos, slender weavers, (*Bambusa textilis* var. *gracilis*) has thin, tall and straight culms that form an attractive clump. Fast growing, it's ideal if you want a privacy screen or hedge. Established

Continued on Page 20



**51 CARBIN
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BOWRAVILLE
6564 8648**

11/11

The Benefits of Board Games *Continued from page 17*



respondents said they play games to unwind and relax and 53% play for stress relief.

Grows your immune system: Research has shown that negativity, depression and stress can reduce your ability to fight disease. Positive feelings and thoughts, like the laughter and enjoyment that always come with board games, prevent these effects by releasing chemicals that fight stress and boost your immune system. A simple board game could give rise to the ‘survival genes’ and activate them in your brain making the brain cells live longer and helping to fight disease.

Child development: Board games play an important role in child health and brain development. Board games help children develop logic and reasoning skills, improve critical thinking and boost spatial reasoning. Encouraging children to play different types of board games can also increase verbal and communication skills while helping develop attention skills and the ability to concentrate and focus for longer periods of time.

Therapy treatment: Many board games require the use of fine motor skills to pick up or move pieces, actions that take both coordination and dexterity. Regular practice and activity improve these basic skills, which is important for children, people with mental or physical disabilities, the elderly and those recovering from accidents. Board games are especially helpful when they are added to occupational therapy treatments as well in places like classrooms for special needs to help improve muscle and nerve function over time.

- <https://www.healthfitnessrevolution.com>

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1/11

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

10/11

~ GARDENS & GARDENING ~

From Page 18

clumps can spread 1.5m wide so if
you're growing a hedge, plant clumps at
1m intervals so they will form a dense
wall. *Typical height: 6m*

Timor black

Everyone's favourite black clumping
species Timor black (*Bambusa lako*)
forms a striking screen of glossy black
culms and light green foliage and is a
great substitute for the running form
(*Phyllostachys nigra*). While better
suited to medium or large gardens it can
be managed if kept in contained planter
beds or pots. *Typical height: 12m*

Goldstripe

Proudly wearing its green and gold
stripes *Bambusa 'Goldstripe'* is the
perfect clumping bamboo if you need a
compact, upright screen. It can be
grown in very narrow beds of only 40cm
wide but ideally prefers to be planted in
a bed at least 1m wide. Prune lower
branches to reveal the wonderfully
ornamental green and gold stripes on
the culms. *Typical height: 3-4m*

China gold

An exquisite-looking bamboo, China
gold (*Bambusa eutuldoides* var. *viridi
vittata*) has bright lemon-yellow culms
with green striations. The upright culms
are heavily branched making it a great
screening bamboo. But if you want to
use it as an ornamental prune away the
lower growth to reveal the wonderful
golden canes. *Typical height: 6m*

Ghost bamboo

There's nothing scary about ghost
bamboo (*Dendrocalamus minor* var.
amoenus). A stand-out feature plant its
culms are silvery-white when young and
look even more impressive when
contrasted against the large, lush
foliage. It's fast-growing, forms a tight
clump and will enhance any landscape.
Typical height: 8m

- www.bhg.com.au

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 ~

10/11

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Church
Hall**



St James' Anglican Church - Bowraville

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and Monday
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Everyone welcome

N/C

NOVEMBER DATES

Sunday 1 November

World Vegan Day

Becoming vegan is the best way to help animals, the environment and your health - and it's easier than you might think. Reasons why people choose to go vegan - it eliminates suffering and saves the lives of thousands of animals, it boosts your health and increases your life expectancy and it's kinder to the planet.

8-15 November

NAIDOC Week

A time to celebrate Aboriginal and Torres Strait Islander cultures and an opportunity to recognise the contributions that Indigenous Australians make to our country and our society.

Website: www.naidoc.org.au

9-15 November

National Recycling Week

To improve the positive environmental outcomes of recycling by increasing community awareness.

Website: recyclingweek.planetark.org/about/

Wednesday 11 November

Remembrance Day

Remembrance Day (11 November) marks the anniversary of the armistice which ended the First World War (1914-18). Each year Australians observe one minute silence, at 11 am on 11 November, in memory of those who died or suffered in all wars and armed conflicts.

Website: www.awm.gov.au/commemoration/remembrance/

Friday 13 November

World Kindness Day

If progress is to be made in human relations and if we are to achieve the goal of peaceful coexistence we must focus on what we have in common.

Website: www.theworldkindnessmovement.org/



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6/11

Bank@Post is an agency service provided by Australia Post on behalf of over 70 financial institutions. Bank@Post is available at participating Post Offices. Services available are cash withdrawals, deposits and balance enquiries.

What does antibiotic resistance mean for me?

Using antibiotics when you don't need them may mean that they won't work for you when you do need them in the future.

If you have an antibiotic-resistant bacterial infection:

- you will have the infection for longer
- you may be more likely to have complications of the infection
- you could remain infectious for longer and pass your infection to other people which increases the problem.



Can antibiotic resistance be passed on?

You could be passing on antibiotic-resistant bacteria to other people:

- if you take antibiotics for cold and flu viruses
- if you don't take antibiotics as prescribed
- if you neglect good hygiene.

Can I help prevent antibiotic resistance?

Australia has one of the highest rates of antibiotic consumption in the developed world but the good news is that there are steps you can take to prevent the spread of antibiotic resistance.

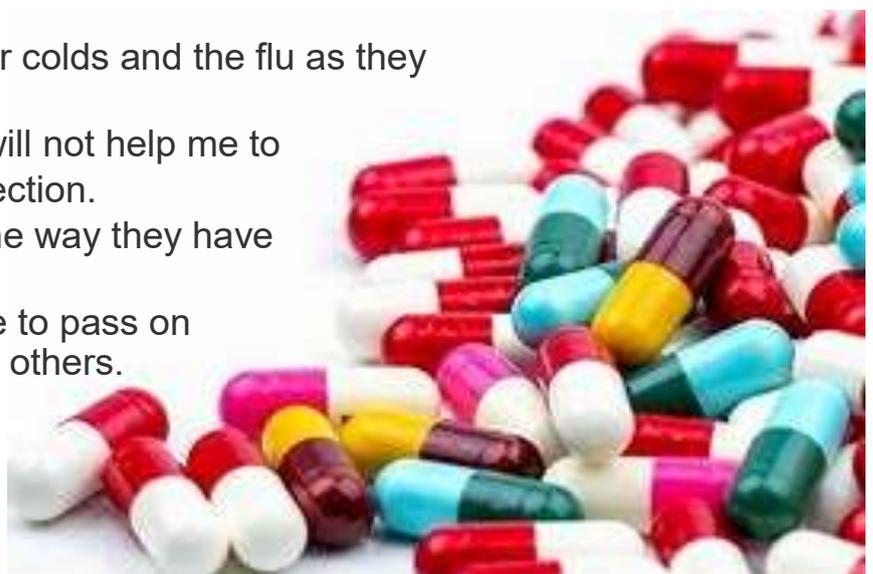


- Understand that colds and flu are caused by viruses and that antibiotics treat bacterial infections not viruses
- Tell your doctor you only want an antibiotic if it is really necessary
- Take the right dose of your antibiotic at the right time as prescribed by your doctor
- Take your antibiotic for as long as your doctor tells you to
- Take the pledge to fight antibiotic resistance and encourage your friends and family to as well.

There are five things you can pledge to do to reduce antibiotic resistance:

- 1) I will not ask for antibiotics for colds and the flu as they have no effect on viruses.
- 2) I understand that antibiotics will not help me to recover faster from a viral infection.
- 3) I will only take antibiotics in the way they have been prescribed.
- 4) I understand that it is possible to pass on antibiotic-resistant bacteria to others.
- 5) I will make a greater effort to prevent the spread of germs by practising good hygiene

- www.nps.org.au



Opening this month in Nambucca Heads!



Happy Pantry will provide you with a broad choice of delicious, healthy, nutritious wholefoods available in the quantity that suits you.

Our selection of products will mainly be organic and sustainable, whenever available, with a focus on supporting Australian producers.

As we care for the environment we encourage the recycling of containers so bring your empty jars/bottles/containers to refill with your favourite content, buy them in store or use our paper bags.

We are looking forward to seeing you soon
@ Happy Pantry, 28 Ridge St, opposite the Library

To find out more, follow us:
www.facebook.com/HappyPantry.NambuccaHeads

Nambucca Valley Phoenix Community Open Day

Come join us on to celebrate the return of Nambucca Valley Phoenix! Feast your senses in our newly revamped **The Bank Gallery and Café** and get creative at the new **Phoenix School of Arts**.

Featured in The Bank Gallery will be ***Phoenix Rising***, a group exhibition of local artists connected with Phoenix. It will be a wonderful display of local talent in painting, drawing, ceramics, fabric and metal work. Phoenix Rising will open on Thursday 19th November through to Friday 11th December.

The Bank Café will be open and full of fresh, healthy, local delights from salads and slices, juices, smoothies, barista made coffee, cakes and a few sweet treats! We are offering vegan and gluten free options. For those more meat inclined there will be a sausage sizzle and egg & bacon rolls. On stage in the Bank garden you will be entertained by local musicians.

Come see artists in action in our arts rooms (the Yurts) and find out more about the new Phoenix School of Arts. Our arts programs are open to people of all ages and abilities.

Saturday 21st November - We look forward to seeing you there!

Arts classes available now in Fundamentals of Ceramics and Felting. For more information call 6501 0021 or email arts@nvp.org.au

**NAMBUCCA VALLEY PHOENIX
COMMUNITY OPEN DAY 10 AM TO 2 PM
SATURDAY 21ST NOVEMBER
FOOD - ART – MUSIC**

**88 High Street Bowraville
6501 0021 or info@nvp.org.au**

Morning habits to make your day happier

These simple changes can have a positive impact on your daily life and the experience of those around you.

Wake Up Earlier

Although the call of bed and the warmth of your favourite duvet is often too good to leave just setting your alarm an hour earlier can have a huge impact on the day ahead.

By starting your day an hour earlier you can relax before the pressures of the day takes over. Taking things slowly means your mind has time to adjust to the tasks you will need to complete. It's amazing the impact an extra hour can have on your ability to get centred, be mindful and reflect.



It also means that while others are scrambling to get out the door with toast in hand you can leave calm collected and ready to begin your day.

Be Mindful

Once you start waking up an hour earlier you'll be amazed at how much more you can fit into your day. After you wake up try some simple breathing exercises to centre yourself.

Start by doing some deep breathing; take a deep breath through your nose, consciously filling your stomach and focussing on your breath then slowly release the air through your lips. Some find it helpful to count the seconds, others rely on the feeling of fullness to know when to let go. The key is to listen to your body, your breath will only be as long as it needs to be to feel relaxed.

Try spending a few minutes each morning reconnecting with yourself this way.

Smile

It's amazing how easily a smile can change your demeanour and how others respond to you. Studies have shown that even false smiles can have a positive effect on you and those around you.

Smiles can work like mantras. Smiling to yourself in the mirror, whilst it may seem silly, can actually improve your mood and change your mind set for the better. When someone smiles it's a challenge for people to respond with a frown since the facial muscles have to work harder.

Be Thankful

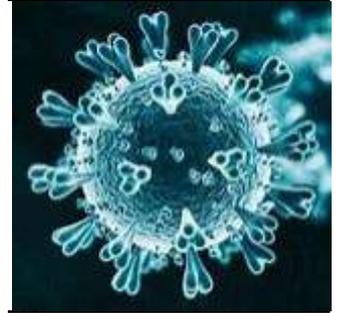
Starting your day in a positive way by being grateful and accepting gratitude can have a powerful effect on both yourself and the people around you. It has been proven to improve mental alertness and reduce negativity as well as helping your body to process emotions in a way that allows you to let go.

Help Others

The act of giving has been proven to be good for our health with a huge range of research linking generosity to better wellbeing. By volunteering to help others we are inadvertently helping ourselves – as the act releases the hormone oxytocin which allows us to deal with stress and create bonds with other people.

Coronavirus and the Climate Crisis have a lot in common – both are disasters the world is failing to fix

There are obvious similarities between Covid-19 and the climate crisis not least that left unchecked both will cause deaths on a massive scale, destruction of economies and, in the case of the climate emergency, could even end life on earth as we know it.



We have been well aware of the threat of climate change for several decades and rather than take informed actions we have chosen instead to prevaricate, delay and blame others. At best we tinker with the problem telling ourselves that if we change how we consume – electric cars rather than petrol ones, for example – then all will be well and good. But we have to accept that we all must simply consume considerably less of everything; energy, travel, food and general stuff. A true sea change to our consumer led economies, personal lives and expectations is called for.

The result of our unwillingness to accept radical change can be seen all around the globe with forest fires out of control in California, Oregon and Russia and forests from Brazil to Indonesia being uprooted to grow palm oil. Currently there are multiple hurricanes building in the parts of the globe, the permafrost is thawing in Siberia and the ice caps are melting. The effects of climate change are not going away.



Unlike climate change the pandemic roared up on us taking the public by surprise. Covid-19 will not grant us the luxury of decades to prevaricate and stall. It's too much of a gamble to sit around waiting for an effective vaccine, hoping the virus does not mutate, making any vaccine ineffective or that a new pandemic doesn't arise because if we do it will simply destroy us and our world.

To manage and live with both climate change and Covid-19 huge long-term fundamental changes to societies and the way we live and interrelate are urgently required and it makes sense for these two threats to be tackled in tandem.

To achieve this we need leaders with vision who understand this and don't try to bolster the systems that have failed the world with empty promises to get everything back to where it was. It's incumbent on all of us to be open to changes at a dramatic radical level. All current world leaders are in denial on both fronts, continuing to hold out the hope of getting everything back to normal - this is certainly not going to happen on climate change and there is little reason to believe it will on the current or future pandemics.

- John Simpson -The World News - twnews.co.uk/gb-news

BOWRAVILLE CENTRAL SCHOOL

NOVEMBER 2020

UNE Discovery Voyager Van Visits BCS

Experts from the University of New England visited the school with their Discovery Voyager Van to give our secondary students some unique science activities.

Year 8 and 10 channelled their inner astronomer, investigating through 'Astrometrics'.

Is the Universe expanding? How far away are the planets and stars? Where are things in the sky? In this activity students worked together to determine how our planets are arranged in our solar system and their relative distances from the Earth and the Sun. Using inflatable models and broad scale mapping students uncovered the importance of astronomy and measurement as actual relative distances are revealed. They then discovered how technology can be used to determine which objects are closer and which are further away before exploring how we as humans perceive distance.



Continued on Page 31



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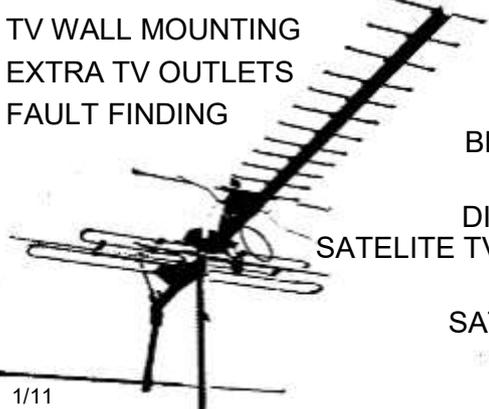
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Church
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**The 10am Sunday Service
has resumed.**

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

Phone: 6568 9029

email: nambuccaanglicans@tpg.com.au

9/11

TOOL LIBRARY

Rotary has re-opened the tool library for bushfire affected residents.

Located next to the RFS Shed at South Arm Hall.

Opening Hours:

Wednesday 10am-12noon

To see the range of tools available visit:

[https://](https://nambuccavalleytoolibrary.myturn.com/library/inventory/browse)

nambuccavalleytoolibrary.myturn.com/library/inventory/browse

Blokes' Breaky
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St Jimmy's Kitchen
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9/11

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N/C

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

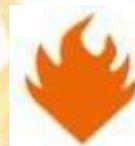
Preparing for a bush fire is easier than you think.
It's your responsibility to prepare yourself, your home and your family.



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threatens your
home.



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



3. KNOW
the bush
fire alert
levels.



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

BOWRAVILLE CENTRAL SCHOOL

NOVEMBER 2020 *Continued from page 27*

UNE Discovery Voyager Van Visits BCS

Experts from the University of New England visited the school with their Discovery Voyager Van to give our secondary students some unique science activities.

Year 7 and 9 tapped into their inner chemist with some 'Creative Chemistry'.

In this activity students donned lab coats and mixed unknown substances into bubbling concoctions and colour changing creations.

Students investigated the outcomes of different chemical reactions and how they relate to everyday lives. Using their understanding of chemistry built within the lesson students sought to identify unknown substances and experimented to explore chemical and physical interactions.

They created colourful explosions to examine different chemical properties from pH to phase changes, thermal interactions of substances, gas production and precipitation and used an investigative approach to predict, observe and explain what they witnessed.



Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Spring 2020

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	Music for a Monday Morning ErnaG Energise your week with the ErnaG Music Show	Drive Thru With Jackie Edmunds Mix of 60s, 70s to current music	2NVR Music Mix Gold at Breakfast Dayna Gold Wake up with Dayna. It's gold.	Under The Stinging Tree Poppa All music, news, int...	The Big Breakfast With Jackie Edmunds A mix of community events, news and interviews along with some great music to kickstart your weekend	Here Be Dragons Nuke or Elizabeth No-leave the and ice music and comedy	2NVR Music Mix Sunday Morning With Phil	6 AM
7 AM	Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll 1950s-2010s	Dyer's Loop With The Dyers Music to eye for of course	Isn't It Romantic With Dabas Dert Crowners Easy Listening	Tones of Clairresence Chare Watt-Powell All music, news, int...	Talk Of The Town Con Wrobel See what's going down! All things local	Hair Of The Dog Mick Brides Rock, Pop, Covers and Music Trivia	Folk and Aussie music focus from the past few decades	7 AM
8 AM	Baby Boomers Dorrie Collins	Infopinion Richard Linton, Eddie Omega & Ron Hawkins	Lunch with Gazza With Gary Biden Easy Listening To Rock & Pop	Turning Pages Elizabeth Newman All music, news, int...	Dano's Mixed Grill Daniel Gosson Where anything can happen and probably will!	Flashback With Rob Davidson	Phase Out With Faye Faye Aspiotis	8 AM
9 AM	The Weekley Fix Paul Wesley	Rock On With Jimmy & the Bluebirds	Just For You Carole J. Sizemore Featured by Karole's Deutchke Music Standby 2NVR Multicultural Radio	Thursdays Country Self rock & listener requests	Jacinta's Easy Listening Jacinta Sunderland Music to your ears...	Garage Noise With Sean Ambrose Alternative Music	Lots of Aussie music old and new	9 AM
10 AM	Macca on a Monday Les McLellan Playing Rock n Roll from the 60s, 70s & 80s	Roving with Bubble 'n' Squeak Michelle & Linda Bible reflections, Gospel & Australia	MC Grim Mark Seagram Music with a wicked difference	Highway Blues With Retro 66 When Only The BEST BLUES Will Do	Wind Down for the Weekend Su & The Crew Eclectic, emmerent fun with more than a dash of insanity	Saturday Magazine With Rachel Burns	Praise, Prayer & Pop With Linda & Michelle	10 AM
11 AM	Bowra Beats 2NVR Youth Radio with Grace	Sister Act Olivia & Sam Melina Sunshine & the Blue Wren Not out of the box radio entertainment	Tune in with Alex 2NVR Youth Radio	Jeff's Junk Jeff Mills 2NVR Music Mix	The Friday Night Rock Show with Todd Wells Continues overnight	Two For The Money Paul and Rachel Burns Specials on repeat for Spring	Mel Leigh Dee's Melodies A different theme every show	11 AM
Noon	Hinterland Ben Walters	Blues Soul Funk Matt Lebranc & friends Blues, soul, funk and lively interviews.	The AMRAP Music Show Ant's Rock Anthony Garozzy Solid Rock	Ant's Rock Overnight	The Friday Night Rock Show with Todd Wells Continues overnight	Prog Rock Playlist Retro The best of Progressive Rock	That's A Wrap Donna Ngia Mitch Gary & Les Local sports results and in-depth analysis	Noon
1 PM	Reggae Mixtape With Ferozy Music outside the usual 2NVR Multicultural Radio	Soul Into Rhyme Just get rapped with Matt	Ant's Rock Overnight	2NVR Music Mix	The Friday Night Rock Show with Todd Wells Continues overnight	Woolly Woolly's music & requests	Imagine This Radio drama Prog Rock Playlist Retro	1 PM
2 PM	Music Makers With Yen Mixed music with featured artists	2NVR Overnight Music Mix	Ant's Rock Overnight	2NVR Music Mix	The Friday Night Rock Show with Todd Wells Continues overnight	Woolly Woolly's music & requests	Imagine This Radio drama	2 PM
3 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	2NVR Music Mix	The Friday Night Rock Show with Todd Wells Continues overnight	Woolly Woolly's music & requests	Imagine This Radio drama	3 PM
4 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	2NVR Music Mix	The Friday Night Rock Show with Todd Wells Continues overnight	Woolly Woolly's music & requests	Imagine This Radio drama	4 PM
5 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	2NVR Music Mix	The Friday Night Rock Show with Todd Wells Continues overnight	Woolly Woolly's music & requests	Imagine This Radio drama	5 PM
6 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	2NVR Music Mix	The Friday Night Rock Show with Todd Wells Continues overnight	Woolly Woolly's music & requests	Imagine This Radio drama	6 PM
7 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	2NVR Music Mix	The Friday Night Rock Show with Todd Wells Continues overnight	Woolly Woolly's music & requests	Imagine This Radio drama	7 PM
8 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	2NVR Music Mix	The Friday Night Rock Show with Todd Wells Continues overnight	Woolly Woolly's music & requests	Imagine This Radio drama	8 PM
9 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	2NVR Music Mix	The Friday Night Rock Show with Todd Wells Continues overnight	Woolly Woolly's music & requests	Imagine This Radio drama	9 PM
10 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	2NVR Music Mix	The Friday Night Rock Show with Todd Wells Continues overnight	Woolly Woolly's music & requests	Imagine This Radio drama	10 PM
11 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	2NVR Music Mix	The Friday Night Rock Show with Todd Wells Continues overnight	Woolly Woolly's music & requests	Imagine This Radio drama	11 PM
Midnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	2NVR Music Mix	The Friday Night Rock Show with Todd Wells Continues overnight	Woolly Woolly's music & requests	Imagine This Radio drama	Midnight

National Radio News is broadcast each weekday at 6am, 7am, 8am, 9am, Noon, and 6pm. 2NVR — Multicultural Award Winner. Tewings studio and office: 62 6564 7777 email: admin@2nvr.org.au The Secret Little Station In The Nation