

# Bowraville Community News



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



**OCTOBER 2018 ~ ISSUE #167 FREE CIRCULATION 400 POSTCODE 2449**

## Beautiful mural by Bowraville's Nelli Gallop brightens the façade at Coffs Central



Local Bowraville artist Nelli Gallop's prize winning bright and bold artwork depicts Gurruuja the whale and Gawnggan the brolga, the beloved ancestors of the Gumbaynggirr people.

Nelli is known for painting large scale murals often inspired by Aboriginal dreamtime stories. For Nelli a main aim of her artworks is to create 'interconnectedness', to create a connection 'to country' for the community. Nelli is of Aboriginal descent and works actively with the local Gumbaynggirr people when using cultural elements in her work.

At the beginning of this year re-vamped Coffs Central ran a competition encouraging artist submissions for a large scale mural to be installed on the Vernon Street façade. They were overwhelmed by the quantity and quality of entries and the First Prize winner was Nelli. Her mural has recently been installed on the Vernon Street side of Coffs Central and it looks fantastic. Stop by and check it out!

*Continued on page 30*

## Like the new size Community News?

In line with the policies of the Bowraville Technology Centre to keep things as energy efficient as possible the format of the Bowraville Community News has been reduced to A5 size.

This change will save on paper and printing costs as well as being an easier size to handle.

And the colour? Only the front cover has colour this issue but if advertisers would like colour in their ads it can be accommodated.

Let us know what you think - email us your comments on [admin@bctc.com.au](mailto:admin@bctc.com.au) or drop into the Tech Centre.

# BOWRAVILLE COMMUNITY NEWS

**CIRCULATION = 400 COPIES**

Newsletter is also available online at:

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

## **2018 ADVERTISING CHARGES:**

Bowraville Community News is produced every month, except January.

Annual subscriptions includes 11 issues.

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

## **DEADLINE FOR COPY FOR**

**THE NOVEMBER 2018**

**ISSUE IS: 4:00PM**

**22nd OCTOBER 2018**

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

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

**BOWRAVILLE TECHNOLOGY CENTRE**

39 High Street, Bowraville NSW 2449

Telephone: 6564 7420

Facsimile: 6564 7520

e-mail: [admin@bctc.com.au](mailto:admin@bctc.com.au)

## **DISCLAIMER**

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

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

# ***Bowraville Technology Centre***

**Open 9.30am to 4.00pm Weekdays**

## **Internet Services**

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

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

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

## **Facility Hire**

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

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

Full day up to 8 hours - \$100.00

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

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

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

Full day - up to 8 hours \$40.00.

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

*"Like us on*

**facebook**

*search for CTCABowra"*

## ***Bowraville Technology Centre***

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

**Open 9.30 to 4pm Weekdays**

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

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

## Compost Turning Morning

Many of our hands created a fabulous compost heap at the Bowraville Community Gardens a little while back and it's coming up to time for turning so we thought we'd seek many hands for this task too!

The BCG team have planned a compost turning morning for Saturday September 22nd from 9am. The Gardens have a Facebook page with the event posted there too.

We hope this date works for some - we need all the help we can muster!!

We're suggesting a shared morning tea/brunch when it's done.

Also if you have your own decent compost forks bring them along. Good tools make the task much more pleasant.

## Bowraville Shopping Bus

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

## BowraMacksville United Hospital Auxiliary

September saw the celebration of 70 years UHA in the Nambucca, the 10<sup>th</sup> birthday of the Car Park Coffee Shop on 22<sup>nd</sup> September and our bimonthly meeting on 29<sup>th</sup>, details next Newsletter. BowraMacksville UHA are presently raising funds to cover the cost of 2 birthing baths to be installed in the new hospital. We aim to have \$36,000 by June 2019 and the request for a defibrillator costing over \$30,000 fulfilled much earlier. We recently had the pleasure of seeing some of the most recent purchases. The 6 colourful chairs used for day patients are a bright addition. With previous chairs



purchased this means that 2 rooms are in operation. We also contributed to the ultra sound which is in constant use. A big thank you to all who supported our Sports Day but especially the Recreation Club who donated all fees. We raised \$1,400. Winners of the raffles were Sharyn Hay and Chris Dawson both playing bowls on the day and Barbara Furneyvall. Our next fund raiser is participation in the Garden Gala Day when raffle and gate money will go to the UHA. We will also have a stall to promote UHA and sell our Coffee Shop Cook Book No2. On Saturday 13<sup>th</sup> October the Bowraville Garden Club is hosting a morning tea at the home of Secretary Barbara Furneyvall. There will be a trading table raffles and a delicious morning tea from 10 am onwards.

## Bowraville Garden Club

Members combined with Nambucca Heads Garden Club to visit a beautiful Napiac garden, strolled the streets of Napiac, then went on to a nursery at Bonny Hills. Our meeting this month was about organising our Garden Party to be held at the home of Barbara Furneyvall. Look for the posters around Bowra to give you details and the display in the theatre window. This event also celebrates the 2<sup>nd</sup> National Garden week. Members have purchased plants to give colour to the 3 town gardens. Our November meeting will be the AGM held at the home of Merran Marshall. All are invited to a tree planting ceremony to celebrate National Gardening Week at the park in front of the council chambers on 10<sup>th</sup> October at 10am.

## Bowraville Seniors

The September outing and meeting was cancelled. In October we hope to set a date for our trip to Port Macquarie. As we have only 8 financial members the continuation of this social group needs more support or it will dissolve.

*Continued on Page 5*

# Bowraville Folk Museum

High Street, Bowraville

Phone/Fax: 6564-8200

MONDAY-FRIDAY 10am-3pm

WEEKENDS 10am-1pm

PUBLIC HOLIDAYS 10am-3pm

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

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

~ Groups by appointment ~

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## Frank Partridge VC Military Museum

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

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

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

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

*Admission by Gold Coin Donation.*

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

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## Weekly Activities

### MONDAY

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

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

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

### TUESDAY

LINE DANCING 6.00-7.00pm Pioneer Community Centre, 70 High Street, Bowraville. (6564 7791)

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

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

### WEDNESDAY

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

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

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

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

Bowraville Ex-Services Club (6564 7304)

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

### THURSDAY

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

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

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

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

### FRIDAY

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

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

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

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

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

### SATURDAY

BOWRA COUNTRY MARKETS (2nd and 4th Saturdays) 9am -1pm. Pioneer Community Centre Bowraville. For bookings and enquiries call 6564 7908 or 0400 828 471.

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

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

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

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

### SUNDAY

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



#### **ACTIVITIES ORGANISERS**

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

## **TECHNO LESSONS OPEN TO EVERYONE**

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

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

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

### **TECHNO LESSONS**

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

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

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

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



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

Save on paper and ink!

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

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

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

From Page 3

## Bowraville Recreation Club

Men's Open Day, Vet's Golf and Over 60's Bowls were features of September fixtures. Women golfers have completed their pennants and await the last game hosted by Bowraville to see if they are winners or runner up. Pennants Foursomes will be played at Bellingen on 15<sup>th</sup> October. Social and championship bowls see a good crowd on the bowling greens. A big thank you to Greg Paterson who is updating signs. If you have a piece of hardwood longer than a metre it would be appreciated. Contact 6564-7479.

## Line Dancing

Beginners class on Tuesday evenings from 6.00 to 7.00pm at the Bowraville Community Centre in High Street. Cost \$7 per week (plus \$7 per year to join BCDAI for insurance cover). For information contact Rhonda on 6564-7791.

## St Jimmy's Kitchen

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

## Macksville/Bowraville Uniting Church

The Bowraville Uniting Church have chosen to celebrate the 100th Anniversary of Remembrance Day with a Special Service conducted on Saturday 10th November at 5pm. This service will be conducted by Rev. Clyde Appleby from Macksville Anglican Church. Rev. Appleby spent many years as a Chaplain in the Royal Australian Navy and we feel honoured to have him speak at our Bowraville Service.

Since the Uniting Church Monthly service is usually conducted on the second Sunday of each month we feel this a very appropriate day to make this service, on the Even of Remembrance Day, an acknowledgement of the end of WW1.

The community will be very welcome to come along and join us for this Special Service.

Place: Bowraville Uniting Church

Date: Saturday, 10th November 2018

Time: 5.00pm

For more details contact Mavis Ward on 6568-2451.

## Macksville/Bowraville Uniting Church Op Shop

Come and browse at our Op Shop next to the church in George Street, Bowraville. Out half-price sale on all winter clothing will begin on Tuesday, 11th September. We have a great range of good quality clothing on display and the sale will run until 30th September. The Op Shop is open each day except Sunday and Monday. Donations of good furniture can be collected on Wednesdays. Please ring 0410 033 635.

## Nambucca Valley Community Church Food Hub

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

## Nambucca Valley Community Church

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

## Macksville Probus Club

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

## Coronation Kennels & Cattery

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

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

PHONE: 02 6568-2018

Email: [marcia@coronationkennelsandcattery.com.au](mailto:marcia@coronationkennelsandcattery.com.au)

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

We provide the following services:

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

**Sleepover** - Check in 4-6pm check out 8-10am  
\$15 p/n Cats - \$12 per day.

### Long Term Budget -

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

Not available during school holidays



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### Short-term Accommodation

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

## BOWRAVILLE GIFT SHOP



LOCATED AT BOWRAVILLE POST OFFICE

27 HIGH STREET BOWRAVILLE

Monday to Friday 9am-5pm

PH: 02 6564-7169

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## He didn't know how much he loved Autocorrect until it was gone

Everyone's had a "Damn you, autocorrect!" moment. Maybe you told a loved one you're going to kill them so hard right on the mouth. Or you texted something after a second date that guaranteed there would not be a third. Perhaps you simply sent a string of nonsense that made someone worry for your sanity. Autocorrect can be hilarious, life-ruining and everything in between. Sometimes it's just ducking stupid.

But this quiet, theoretically invisible technology wields incredible power. Autocorrect allows us to type quickly and sloppily and let the software figure it out much like Google's "Did you mean..." turns gibberish into a search for something close to what you were meaning. But think about the implication of that: Your phone knows you so well it can correct your mistakes.

As typing into a phone becomes an increasingly powerful and prevalent interface technology that understands what we say and how we say it will be immensely powerful. There's already an app that relies upon autocomplete to fill out your dating profile. The same technology is filling in missing words in historic texts and documents.

The downside is autocorrect can lead to an id-based groupthink that leaves everyone communicating in the same voice. That's how Google searches started correcting "Muslims report terrorism" to "Muslims support terrorism." These systems see what an individual does and says and assume everyone else sees and says the same.

It's long been established that language depends on the medium. Study after study has shown that people type differently on a thumb-sized keyboard than on a laptop. But no one can say for sure if "textese" is fundamentally changing how people communicate even if some argue that texting and autocorrect are undermining the ability to spell and punctuate. "People who yesterday unlearned arithmetic will soon forget how to spell," James Gleick, the author of books like *The Information*, wrote a few years ago.

There's evidence suggesting he's right. A few years ago a survey of 2000 people found that one third of respondents could not spell "definitely", two-thirds could not spell "necessary" and 91

percent rely upon spellcheck to some degree. Of course that highlights a trend that may well have started with the introduction of spell-checkers 30 odd years ago.

I'm different though. I know when to use its and it's and that "embarrassed" has two R's and two S's. I should, because I write for a living. I have the best words, as Donald Trump might say. Or so I thought until I went into my iPhone's settings and turned off the auto-correction feature.

I turned everything else off too: auto-capitalisation, caps lock and that thing where double-tapping the spacebar inserts a period.

For seven days, I swore, I would receive no help whatsoever from my phone. I wasn't sure what would happen. I type on my phone a lot but I don't use many shortcuts or the auto-complete options that pop up. I didn't know if I'd miss autocorrect, or even notice its absence.

Turns out I would miss autocorrect more than I ever imagined.

- David Pierce - [www.wired.com](http://www.wired.com)

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## Is It Time to Kill Autocorrect?

This predictive text feature tries to figure out what you're trying to type without you having typed it yet.

In its attempt to make everyone's lives easier and more convenient Autocorrect can in fact do the exact opposite and create funny texts, rude text or just downright confusing texts!

It can change words without you even realising and before you know it you've already sent the message!

Example: You casually inquire how dinner went with Janet from accounts and the email comes back from the smart phone: "Great. I walked her home afterwards and managed to kill her before she could shut the front door."

Another example:







## OCTOBER PROGRAM at the

# BOWRAVILLE THEATRE

### Sunday, 7<sup>th</sup> October at 2pm **THE COUNTRY DOCTOR**

*(French with English subtitles)*

Gorgeous... funny, moving and will leave you with a joie de vivre.

Jean-Pierre (François Cluzet) is a much-loved doctor in a rural French town. He reassures and cares for his patients day and night, seven days a week. When he becomes sick himself he keeps this a secret but soon realises that he needs to find someone to take over his practice. A younger city doctor, Nathalie (Marianne Denicourt), is introduced as the new medic - will she adapt to this new life and take over from the man who thought he was irreplaceable?

THE COUNTRY DOCTOR is a touching celebration of life.

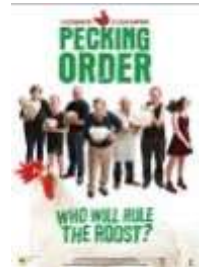


### Sunday, 21<sup>st</sup> October at 2pm **PECKING ORDER**

A one-of-a-kind feel-good flockumentary. It's like Best in Show, only real ... and with chickens.

The chicken-loving members of the 148-year-old Christchurch Poultry, Bantam and Pigeon Club are busy preparing for the National Show. The club's president, Doug Bain, has brought the group championship glory over the years but is now facing off against the next generation of poultry fanciers who seem determined to knock down this award-winning cock of the walk.

Kiwi director Slavko Martinov got the idea for the documentary after hearing about competitive chicken shows.



### Sunday, 28<sup>th</sup> October at 2pm **LADIES IN BLACK**

A tender-hearted comedy drama about the lives of a group of department store employees in 1959 Sydney against the backdrop of Australia's cultural awakening, breakdown of class structures and liberation of women. It tells the story of suburban schoolgirl Lisa, who while waiting for her final high school exam results with dreams of going to university, takes a summer job at a large department store working side-by-side with saleswomen who open her eyes to a world beyond her sheltered existence and foster her metamorphosis.

Theatre opens 1 hour prior to film start - Café open.

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



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

What we have to offer . . .

**TAB - Fox Sports**

**Keno - Gaming Machines**

**Pool Table - Daily Happy Hour**

**Bingo - Raffles**

**Members' Draws**



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

FREE POOL Everyday



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## BOWRA HOTEL

OPEN 10AM - MIDNIGHT

### BISTRO

WOOD FIRED PIZZA Wed - Sun

LUNCH 11.30 - 2pm Tues - Sun

DINNER 5.30pm - 8pm Tues - Sun

All menus available for takeaway

Regular Live Music

Holy Goat Coffee.

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

33 HIGH STREET, BOWRAVILLE

Ph.6564 7041 Fax. 6564 8471

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# Landmark retrial ruled out in NSW Court of Criminal Appeal

Relatives broke down outside court in an emotional protest after it was ruled a man should not be retried for the murders of two children in Bowraville in the early 1990s, or tried over the murder of a third.

The decision is a landmark development in one of Australia's most confusing and long-running legal sagas which has loomed large over the country town of Bowraville for 30 years.

The man, who cannot be named for legal reasons, was acquitted of their murders at separate trials in 1994 and 2006 respectively.

No-one has been charged over the suspected murder of a third child, Colleen Walker, who has not been seen since 1990 and was later ruled dead by a coroner.

The families had argued the suspect would be more likely to be convicted if the cases were heard together. That theory will now not be tested in court.

The court did not accept there was evidence to hold the three trials together.

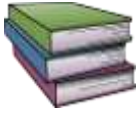
Mark Speakman, the NSW attorney-general, said he would consider the court's decision and seek legal advice on the prospects of a special leave application to the High Court of Australia.

- [www.abc.net.au](http://www.abc.net.au)

*More recent information on page 18*

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

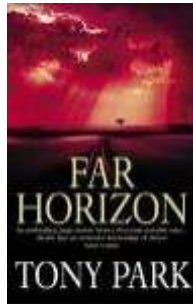




# BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

## Far Horizon by Tony Park

*Far Horizon* is set in the southern states of Africa; South Africa, Zambia, Mozambique, Zimbabwe and with reference to Botswana and Namibia.



It's a story about a former Australian Army Officer, Mike Williams, who falls in love with Africa and a woman he meets there.

It's also a story about a wealthy, rude, arrogant, nasty Russian, Orlov, who wants to hunt and kill "the big five" African animals. In order to do so he has hired Hess; one of the most experienced hunters in Africa. At the same time he is one of the most dangerous and ruthless men in the continent. Both of these men are a 'little' sadistic and completely without remorse or empathy – both driven by money.

Mike first crosses path with the Hess, Orlov and their trackers when the hunters track and slaughter one of the last remaining famous bull elephants in Africa. There's a bit of a shootout and Mike manages to injure Orlov. In an elaborate plan, designed to avoid armed guards at national parks and animal reserves, the hunters get away ..... with Orlov's trophies, the tusks. Before they leave however, unbeknownst to Mike, they kill everyone at a medical outpost who they think could be potential witnesses including the doctor.....the woman Mike loves.

Fast forward.... Mike ends up working for a friend as tour guide/driver of an overland truck. With his new crew of backpacking passengers, including Sarah, an unfriendly female foreign correspondent unhappy about the task she's been given but keen to make a name for herself, he hits the wilds of Africa and in doing so unwittingly comes across Hess and Orlov again when Orlov is back to shoot what he missed the previous year due to his being shot himself.

Of course Sarah noses into things and Mike ends up telling her what's going on so she basically takes it upon herself to assist Mike in everything that ensues. I found this a bit predictable, unrealistic and annoying.

This novel has one thing in particular that I love: Africa and her wildlife, in depth descriptions of the physical environment ... bringing back happy memories of when I travelled there.

The initial love connection between Mike and the doctor was realistic but the subsequent developing relationship between he and Sarah I found a bit 'weak'. Maybe that's not the word but for it but, for me, it didn't 'fit' into the novel very well.

If you enjoy lengthy, in-depth detail about firearms and fights and can get passed the greedy tragedy of poaching and the 'romance' then you might enjoy this novel. It's not terrible, by any means, but not at the top of my list.

- This book read and reviewed by BTC Volunteer Raewyn.

# Bowra Laundromat

Corner of High & Belmore Streets

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# About . . . . OSTEOPOROSIS

## What is osteoporosis?

Osteoporosis is a condition in which the bones become fragile and brittle leading to a higher risk of fractures than in normal bone. Osteoporosis occurs when bones lose minerals, such as calcium, more quickly than the body can replace them leading to a loss of bone thickness (bone mass or density). As a result bones become thinner and less dense so that even a minor bump or fall can cause serious fractures. These are known as 'fragility' or 'minimal trauma' fractures.

## Fractures and osteoporosis

A fracture is a complete or partial break in a bone. Any bone can be affected by osteoporosis but the most common fracture sites are the spine, hip, upper arm, wrist, ribs or forearm. These fractures often result from a minor incident. Osteoporosis usually has no signs or symptoms until a fracture happens – this is why osteoporosis is often called the 'silent disease.'



Anyone who experiences a fracture following a minor bump or fall and is 50 years or over should be investigated for osteoporosis.

Fractures due to osteoporosis can be serious leading to chronic pain, disability, loss of independence and even premature death.

Fractures in the spine due to osteoporosis can result in the vertebrae losing height or changing shape. This can lead to changes in posture (eg: a stoop or Dowager's hump in your back), loss of height and deformity of the spine.

## The fracture cascade

About 50% of people with one fracture due to osteoporosis will have another. The risk of further fractures increases with each new fracture. This is known as the 'cascade effect.'

For example, a person who has suffered a fracture in their spine is over 4 times more likely to have another fracture within the next year.

Two thirds of fractures of the spine are not identified or treated. People often believe that the symptoms of spinal fracture – back pain, height loss or rounding of the spine are just due to 'old age.' However for many people, osteoporotic fractures can be prevented or at least the risk of having further fractures greatly reduced. To stop the fracture cascade it is essential that osteoporotic fractures are identified and treated as quickly as possible.

Women are at a greater risk of developing osteoporosis than men. Women generally have smaller bones than men and also experience a rapid decline in the production of the hormone oestrogen during menopause. Oestrogen protects the bones; when oestrogen levels decrease the bones lose calcium and other minerals at a much faster rate. Bone loss of approximately 2% per year occurs for several years after menopause.

Men also lose bone as they age. However men's testosterone levels decline more

**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



# About . . . . OSTEOPOROSIS

gradually – and as a result their bone mass generally remains adequate until much later in life. Reduced calcium intake and low levels of vitamin D can worsen age-related bone loss.

## How is osteoporosis diagnosed?

Osteoporosis is diagnosed by combining information about your medical history with a physical examination and some specific tests for osteoporosis.

Your doctor will ask you about any possible risk factors and check your medical history including information about any past or current fractures.

Osteoporotic fractures generally occur after a small bump or fall – for example, falling from standing height, stumbling on steps or even coughing.

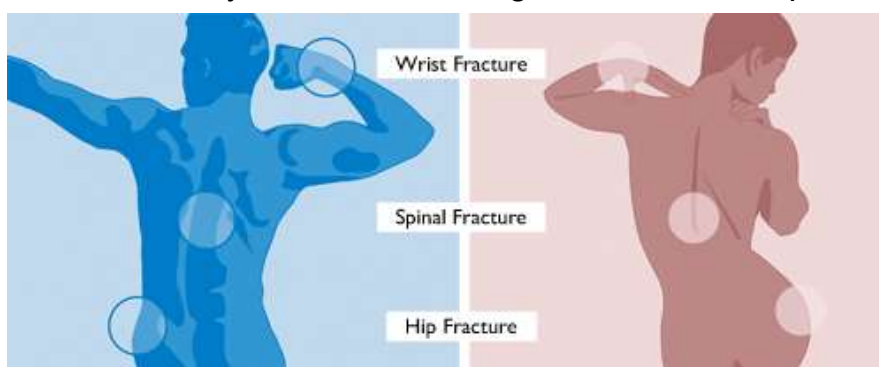
Your doctor may also measure your height, order an x-ray to check if any bone fractures have occurred and do some blood tests to look for any other medical causes of osteoporosis.

## What can I do to prevent fractures?

There are a number of things you can do at every stage of life to improve and maintain your bone health.

Bone health is maintained by:

- Adequate calcium levels
- Adequate vitamin D levels
- Regular 'bone friendly' exercise
- Avoiding negative lifestyle factors such as excessive alcohol and smoking
- Taking medicine as directed if you have been diagnosed with osteoporosis.



- <https://osteoporosis.org.au>

## INTERESTING WEBSITE



The **Know Your Bones** website has been developed by Osteoporosis Australia and the Garvan Institute of Medical Research. The online tool is based on research results from Garvan's long standing study of osteoporosis in Australia. The website provides consumers with a report showing results and highlights any potential risks.

The aim of the **Know Your Bones** website is to reach as many Australians as possible with this important risk assessment tool. Improvements in design have been made so it is now even easier to assess your risk of osteoporosis and fractures.

- <https://osteoporosis.org.au/know-your-bones-better-ever>

**BOWRAVILLE PHARMACY**

31 HIGH STREET, BOWRAVILLE

PHONE: 6564 7925 or FAX: 6564 7364

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





# HEY BOWRA! Want to get fit?

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

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

Call our co-coordinator to register your interest.

Valma Jarrett - 0498 714 334

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

## Making reusable shopping bags from pre-loved fabrics

by the community,  
for the community.

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

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

Donations of fabrics also welcomed.

Enquiries: 6564 7908 [marion.syratt@gmail.com](mailto:marion.syratt@gmail.com)

Facebook: Nambucca Valley Boomerang Bags



## LIONS CLUB OF BOWRAVILLE INC.

SUPPORTING OUR COMMUNITY

### PRESIDENT

Mark Scott

M: 0428527545

### SECRETARY

Cherie O'Donohue

### TREASURER

Greg Lamberth

Email:

[bowraville@lionsdistrict201n1.org.au](mailto:bowraville@lionsdistrict201n1.org.au)

**PO Box 23 Bowraville NSW 2449**



1/11



## How simple is that?

### Plogging - the workout that helps the environment

A workout with guaranteed benefits even if you haven't sweated it out yourself? Yes, you read that right. Plogging is the new exercise trend sweeping the wellness world with devotees not only getting fit but helping make the environment healthier for us all in the process.

So what is plogging? Like many of our favourite trends it's Scandinavian born. Having started in Sweden in 2016 – the Swedish phrase “plocka upp” refers to picking up rubbish – plogging is an interval workout which combines jogging in the great outdoors with picking up the refuse you find along the way. Armed just with a bin bag (in addition, no doubt, to their trusty fitbit) “ploggers” are committed to picking up refuse found on their runs in parks, along beaches, highways and more before taking the waste home for recycling.

[www.lifestyle.com.au](http://www.lifestyle.com.au)

### Got kidney stones? Ride a roller coaster!

Are you struggling with a kidney stone? This study says that you can dislodge them by riding a rollercoaster – and the research just won the Ig Nobel Prize for Medicine.

The Ig Nobel Prize is a spoof award for amusing – but still real – scientific research. All the studies that are given awards are published in peer-reviewed scientific journals but they all live within the realm of strange and improbable research.

This year a Michigan State University professor received the prize for discovering that riding a roller coaster helps patients pass kidney stones with nearly a 70% success rate.

David Wartinger, a professor emeritus in the Department of Osteopathic Surgical Specialties, led both a pilot study and an expanded study to assess whether the stories he was hearing from patients were true. - [www.goodnewsnetwork.org](http://www.goodnewsnetwork.org)

### Beating the heat in India

Tin roofs of the slums in Ahmedabad are being coated with white paint by Ahmedabad Municipal Corporation (AMC), to help the slum dwellers beat the rising temperature in the city. Painting it white would reduce the temperature within their homes and it becomes comparatively tolerable to stay within the house during daytime. - [indiatimes.com](http://indiatimes.com)



## Bowraville Chamber of Commerce and Industry Inc

chamber@bowraville.nsw.au

OCTOBER 2018

### Nambucca Shire Council Construction of Lanes Bridge Bowraville

Construction of Lanes Bridge, Rodeo Drive, Bowraville is due to commence on Monday, 8 October 2018 weather permitting.

Residents can access information relating to the status of the construction works on Council's website

[www.nambucca.nsw.gov.au](http://www.nambucca.nsw.gov.au)

by searching for Lanes Bridge.

There will be periods during the construction process when a full closure of Lanes Bridge will be necessary.

#### ***Signage will be erected at the following designated intersections:***

- Wirimbi Road and Rodeo Drive
- Valla Road and Newee Creek Road
- Giinagay Way and Ferry Street
- Wilson Road and Coronation Road
- Bellingen Road and Rodeo Drive
- High Street and Cook Street

Road closure information will be provided via Media Releases MyRoadInfo portal on Council's website and an email alert to interested parties.

**Register for an email alert by emailing**

[lanesbridge@nambucca.nsw.gov.au](mailto:lanesbridge@nambucca.nsw.gov.au)

### Exciting news for Bowraville

Keep Saturday, 15th December free!

A big day and evening is planned at Bowraville Central School.



There will be a combined schools fete, market stalls, kids rides and much more including Christmas Carols and a visit from Santa

### World Rally

The World Rally Championship is coming back again this year on Saturday, November 17th.

### Chamber meetings

Membership is available to the Chamber for Businesses, Self Employed people and Community Organisations.

Meetings are held on the 4th Tuesday of the month at the Ex Services Club in High St from 6pm.



**Contact Chamber:**

M:0428527545

chamber@bowraville.nsw.au

# Out and About in Bowraville

## *Lanes Bridge progresses*

The replacement of Lanes Bridge is progressing as planned. The finding of a structural problem underneath lead to urgent repairs and early introduction of the planned traffic lights and reduction to a single lane. The contract for the new bridge pylons has been awarded and it is hoped that work can commence by mid October.

## *Changes for Rec & Sport Precinct*

The Bowraville Connections Community Recreation and Sports Precinct including the tennis club, sports oval and skate park is undergoing great changes. The bike track and skate park upgrade are nearing completion and there is a new, all weather concrete path from the IGA to the area. The conversion of two of the tennis courts to a basketball/netball use is on track with community consultation completed.

## *\$s for New Children's Playground*

And the fantastic, exciting news is the awarding of over \$250K from the Stronger Country Communities Fund for the development of a totally new children's playground in the area west of the preschool. This project is in its very early stages but the Council staff are feeling inspired by the Royal Park Nature Playground in Victoria. It is easy to check this out on the internet and the council are interested in feedback before the design brief is sent out. After a concept plan is developed it is planned to have further community consultation.



## *No \$s for Rec Club redevelopment*

Finally, disappointingly, the application for funding for the redevelopment of the Recreation Club precinct has not succeeded. Much time and effort was devoted by local sports enthusiasts to the project.

## *Solidarity on show in Bowraville protest*

Over 300 people from up and down the Mid North Coast gathered in Bowraville to make their feelings known about the recent decision by the Court of Criminal Appeal to not grant a retrial for the killings of the three Bowraville children. The march from the Evelyn Greenup memorial garden on Carbin Street to the police station on High Street coincided with other marches happening around the country including one in Tenterfield and outside Parliament House in Sydney.

## *Bowraville Dam likely to need a multi-million dollar filtration plant*

The Bowraville Dam carried a price tag of \$56 million and the latest news is the dam may now potentially cost quite a few million more. The Bowraville Dam was never fitted with a filtration plant despite it being known that it might be needed in future.

The reason this issue is bubbling to the surface now is council is currently in the process of sourcing grant funding from the State Government to prepare an options report for a water treatment plant as the Federal Government has drafted a new standard for the quality of drinking water.

## **SAVE THESE DATES**

*8th December* - Re-crafting Christmas workshop at the Bowraville Community Centre 2-5pm

*15th December* - Combined Schools Christmas Fete and Carols





# Bowraville Lions Club Inc News Bulletin

OCTOBER 2018



## AUSTRALIAN LIONS FOUNDATION

Lions Clubs around Australia are focused on helping farmers through this extraordinary drought crisis. The Australian Lions Foundation launched a national appeal in July to raise \$500,000 before the end of September to help our farming families.

Those funds are being quickly dispersed to local Lions Clubs in drought affected communities for fodder and other essential items to assist families. 100% of donations will go to people in need. Donations are still being accepted through the Bowraville Lions Club.



## DONATIONS

The Bowraville Lions Club have donated \$1040 to the Drought Relief Appeals raised from our projects and donations from the community. Our district has over \$30,000 with more arriving daily.

## NEW MEMBERS

The Bowraville Lions Club would like to welcome our newest members: Max Duncan, Ann Withers, Lisa Matters and Brett Goodwin.

We look forward to working with our newest members to raise money for our local community and Lions national projects.

## MEETINGS

The Bowraville Lions Club invites you to come along to a dinner meeting to find out how you can help our community and make new friends.

Meetings are held on the 1<sup>st</sup> Wednesday of the month  
at 6.30pm in the dining room of the Bowra Hotel.

Phone Mark on 0428 527 545

or email [mark.scott@lionsdistrict201n1.org.au](mailto:mark.scott@lionsdistrict201n1.org.au)



## National Redress Scheme

For people who have experienced institutional child sexual abuse

*The establishment of a National Redress Scheme was recommended by the Royal Commission into Institutional Responses to Child Sexual Abuse.*

### The Scheme:

- acknowledges that many children were sexually abused in Australian institutions
- recognises the harm caused by this abuse
- holds institutions accountable for this abuse
- helps people who have experienced institutional child sexual abuse gain access to counselling and psychological services, a direct personal response and a monetary payment.

The National Redress Scheme commenced on 1st July, 2018 and will run for 10 years.

If you are interested in applying for the Scheme more information is available on the National Redress Scheme website.

The Australian Government wants as many people as possible to have access to the Scheme.

The Scheme provides redress to people who experienced **institutional** child sexual abuse.

To contact the National Redress Scheme call **1800 737 377**

website address is **[nationalredress.gov.au](http://nationalredress.gov.au)** and the postal address is **Rely Paid 7750, Canberra BC ACT 2610**

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

**come into the**

**Bowraville Technology Centre**

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

**BOWRAVILLE TECHNOLOGY CENTRE**

**39 High Street, Bowraville**

**6564-7420**

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

## BOWRAVILLE & DISTRICT GARDEN CLUB

WELCOMES ONE AND ALL TO CELEBRATE

*The Garden Clubs of Australia National Gardening Week  
7-13 October 2018*

Saturday, October 13th, 2018



*Morning Tea in the Garden  
73 High Street, Bowraville  
from 10am*

◆ *Raffle*

◆ *Trading Table*

◆ *Plant Stall*

Entry Gold Coin Donation

*This event is a Fundraiser for the United Hospital Auxiliary.*





**Ngambaga Bindarry Girrwa Community Services Aboriginal Corporation**  
**ABN:19746606729**

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

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

Address: 1/53 High St, Bowraville,

Web: [nbgcommunityservices.com.au](http://nbgcommunityservices.com.au)

Email: [admin@nbgcs.com.au](mailto:admin@nbgcs.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 Mission:**
- "Every child, every opportunity"*
- Early Links Vision:**
- "Communities where every child participates and every family is respected"*
- An Early Linker will assist with:**
- General development concerns
  - Information and support for families to find out about their children's disability needs
  - Identify concerns, set goals and development plans for the future
  - Connecting with other parents, community and service providers
  - Build confidence to achieve your goals
  - Develop your existing support networks and create new networks
  - Look at ways you can participate and be a part of you community.



## Update on the Bowraville Tragedy

*From Melinda Pavey (23/9/2018)*

During the week I met with the families at the centre of the Bowraville tragedy.

In a saga that has lasted 28 years, recently the Court of Criminal Appeal ruled that a man could not be retried for the murders of two children in Bowraville in the early 1990s or tried over the murder of a third. That decision was devastating for the families and our community.

The long-running matter which began almost three decades ago has been the subject of two police investigations, multiple trials, a coronial inquest and a parliamentary inquiry.

During the week the **NSW Government has now sought permission from the High Court to appeal against the decision** not to retry a man over the Bowraville murders.

The NSW Government believes the High Court appeal has a chance of success.

After meeting with the families I know that nothing can ever come close to delivering justice; that our court system is a blunt means in trying to resolve the pain, grief and sheer anger.

And as such, my message to the families was this, I stand with you and I will fight with whatever capacity I have available to help give you an outcome you deserve.



## Market to Market

On my bucket list before I 'kark' it  
Is to once more, visit a local market  
To look for treasures, grab a bargain  
Buy homemade jams or a model toy train  
Find something we used as a girl or boy  
A meccano set or a lovely doll toy.

Maybe a spaceman or a little troll  
I'd like to discover a collector's doll  
Sometime back I bought a garden gnome  
Concrete, it broke before I got it home  
So sad, it really brought me to tears  
Because Mum had one in my younger years.

Mum never went to market days  
Because then it wasn't the latest craze  
Mum had a 'Singer' sewing machine  
She made my shirts, no denim jeans  
Because back then jeans weren't to be seen  
Mum used band aids to fix my scratches

And the Singer to sew on patches  
Which gave me the idea to write this poem  
In years gone by; growing up in a loving home  
I'm getting out of here, before I shed a tear.

*John V. Potts, Stratford 2422 – September 2018*

***John Potts was inspired to write this poem after visiting the Bowra Community Market on one of his visit to the Nambucca Valley.***



## We're here to help

New Licensee of the BOWRAVILLE Post Office.

### Servicing the local community with:

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

We also have PO Boxes available.\*

**Locations:**  
27 High Street  
Bowraville NSW 2449

**Come in and meet us. We are open:**

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



2/11

# Pioneer Community Centre News

The Pioneer Community Centre is owned by the Bowraville community and managed by the Bowraville Community Development Association Incorporated (BCDAI). General meetings are held in the hall on the first Monday of the month at 5:45pm.



President: Dee Daley  
 Vice President: Bob Cruickshank  
 Treasurer: Todd Vercoe  
 Secretary: Marion Syrratt  
 0400 828 471 6564 7908  
 bcdainc@gmail.com  
 70 High Street Bowraville 2449

## POSITION VACANT : MARKET MANAGER

Are you looking for a way to meet your volunteer hours for Centrelink? Or looking for a way to be an active part of your community? This may be your answer!

You need to: open the hall for stall holders to set up, help them if needed, put up signage, liaise with the stallholders and pack up at the end of the market, including sweeping and mopping as required. You will be operating the cafe – making tea and coffee for sale to patrons (fundraising for the hall). There is also an opportunity for you to make sweets and savouries for sale on your own behalf. You will also be pro-active in market publicity and will be reporting to the BCDAI, managers of the Pioneer Community Centre.

bowra.country.markets@gmail.com

## Do you have . . . OLD PHOTOS OF THE HALL or PICTURES OF AUNT EMILY?

The Pioneer Community Centre is approximately 100 years old. We are seeking any old photos of the hall or any photos of Emily Grace or her bridal gowns. Would love to hear from you if you can help.

## ECO-CLEANING WORKSHOP



**Learn how to make  
 cleaning products to use  
 in your home.**

**3 - 5pm**

**Saturday, October 27**

**Bookings:**

**susanlane29@bigpond.com**

**6568 7889 0437 880 333**

**\$15 includes take home products**

## SPACE AVAILABLE FOR HIRE

The main hall is used by TAFE 2 days per week, Boomerang Bags 1 day, Line Dancing 1 evening and the Bowra Country Markets are held twice a month on Saturday mornings. Which leaves plenty of opportunity for you or your group to make use of this space. Fitted out for art gallery use. Suitable for kids birthday parties. Meeting space. Workshops. Social gatherings. Art and craft activities. Music classes. Exercise groups. Health and wellbeing practitioners. Also 2 light filled meeting rooms upstairs.

The former Community Radio premises downstairs are also available including 2 soundproof studios.

Space for community gardening in the backyard too.

**Only limited by your imagination!  
 Great rates.  
 Contact details at top of page.**



**Sunday  
 18th  
 November**

**Are you a writer?  
 Would you like to be a part of  
 this event?**

bowra.writers.expo@gmail.com

**DONATIONS OF BOOKS  
 FOR THE SALE TABLE  
 WELCOMED**

## Line Dancing

*Beginners Class*

**Tuesdays**

**6.00pm to 7.00pm**

**Cost - \$7 per week**

**Plus \$7 per year to join BCDAI**  
 Information: Please phone Rhonda 65647791



**Sewing bees for Boomerang  
 Bags are held every  
 WEDNESDAY 10am to 3pm**

Please join us in making sustainable shopping bags from pre-loved fabrics to use in place of single-use plastic bags.

Donations of fabrics and volunteers are always welcome.

Phone Gai Nowland  
 0438 716 026



## Unique Garden Design Ideas

A beautiful garden doesn't have to cost a fortune. With a little effort and a little more creativity you can be the creator of a



professional-looking outdoor space at an attainable price. Think retaining walls for flower beds, pretty garden paths and bubbling water features all made out of what ever it is that you can find.

Unusual garden design ideas combined with small decorative plants, flowers and shrubs, let you create fabulous backyards and dramatically change yard landscaping.

Creative flower beds and fun containers allow you to experiment with fresh and modern ideas, recycle useless items and add artworks to your garden design.

Interesting flower beds make garden design truly personal and captivating. They add touches of flair to yard landscaping and offer great inspirations for improving your outdoor living spaces.

Creative, colorful and unique landscaping and garden designs can be created by recycling and upcycling items that clutter your home. Decorative plants and flowers, shrubs and grass, moss and rocks look fabulous with all materials – wood, metal, ceramic and glass.

Unusual flower beds with stones, rocks, mulch and decorative edging materials work well with green plants and colorful flowers, unusual shapes and surprising decorations to create a unique and inspiring garden.



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

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

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

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

**SEEDS**

**POTTING MIXES**

**COMPOST**

**FERTILISERS**

**SOIL & WATER  
CONDITIONERS**

**MULCHES**

**ORGANIC GARDENING  
SUPPLIES**

**Norco Rural** carries a large range of products for pasture, cropping, horticulture and gardening applications from a wide variety of well known brands.



**51 CARBIN  
STREET  
BOWRAVILLE  
6564 8648**

1/11



*If it wasn't so serious  
it would be funny . . .*



## Chinese woman throws 'lucky coins' into plane engine

Shanghai police have decided not to take action against an elderly passenger who threw coins into an aircraft engine to "pray for safety", causing a flight to be delayed for over five hours.

The China Southern Airlines flight was held at the Shanghai Pudong International Airport on Tuesday after the 80-year-old woman was seen tossing coins into the engine during boarding.

Plane mechanics later found nine coins – worth a total of 1.7 yuan (25 US cents) – at the site including one inside the engine.



The woman later told police she threw the coins as a prayer for her safety.

But police decided not to take action against the elderly woman, who had no criminal record, after taking into account her age and the fact she hadn't intended to cause any harm.

The flight was due to leave Shanghai for Guangzhou at 12.40pm. About 150 passengers had to disembark while crew ensured the aircraft was safe and it eventually took off after 6pm, about five hours late.

- [www.scmp.com](http://www.scmp.com) (South China Morning Post)

## Bowra StarBytes

### Aries

Whether you solidify a partnership or decide that a relationship is not living up to its potential relationships are serious in **October! It's a time for proving your worth, displaying leadership abilities and making important decisions.**

### Taurus

**Work commitments may be hefty this month, don't take on more than your share.** All signs point to you moving forward. Family life is animated and perhaps restless at times. You may find that your attitude towards moving forward has improved.

### Gemini

Getting serious about a romance or a creative project may figure strongly. A favourable time for turning a creative undertaking into a profitable hobby. Determination and motivation will aid a new fitness or nutrition program.

### Cancer

Issues surrounding family and career capture much of your attention this month. Opportunities to strengthen a partnership this month are especially strong. Some of you may meet a significant person through a friend or group association.

### Leo

Demonstrating perfect balance between self-assertion and cooperation is your challenge this month. The people you meet tend to stir you into new ways of thinking and a project will come to a satisfying conclusion. Decisions need to be made.

### Virgo

**You've been worrying about money lately but now is an excellent time to take charge of your finances.** Buckle down, it will feel good to do so as you will get your priorities straight. Energy levels are low, get extra rest if you can.

### Libra

You are accustomed to making everyone else in your life happy **but this month you can tend to your own needs without guilt.** It's a time for pushing your own personal projects and interests ahead. Surprises are in store in a close relationship.

### Scorpio

You stand to either make a new connection that lasts in the long term or to enhance the bond of an existing one. You may be rather withdrawn until mid-month while you build up your energy reserves. You may need to watch what you say.

### Sagittarius

**The desire to be with friends is strong but be careful you don't over-commit as you're likely to feel the weight of obligations if you do.** Be involved but avoid forgetting your own needs in the process. **Be humble but don't hide your abilities.**

### Capricorn

Ambition is heightened this month but you also enjoy contributing to a team or group effort where you can shine right now. With your strong involvement with friends, associates and career you will need to find a balance when it comes to family.

### Aquarius

**While it's a generally a good time for education you might feel bogged down with responsibilities so be careful not to take on more than you can handle.** Partners may be demanding or cranky. Resolve to manage problems as they come up.

### Pisces

You have all the tools to make important changes to your spending and borrowing habits. An opportunity to break out of **your normal routine will excite later in the month. It's also a time to shine on the level of communications - express yourself.**

## Bowraville Bus Timetable

### Departs

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

### Returns

Macksville to Bowraville	2.35pm
	3.35pm
	4.35pm

*Last bus* 5.25pm

Red Ticket — \$2.50 per day

Eligibility: Pension Card

*busways* Telephone: 6568-3012



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

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

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

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

## OUTREACH SERVICES

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

### BOWRAVILLE COMMUNITY HEALTH SERVICES

Child and Family Counselling

Speech Pathologist

Paediatric Occupational Therapy

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

*MiiMi is now an approved CSO Agency.*

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

Miimi House

90 High Street, Bowraville

Phone: 02 6564 8855

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

11/11

## PUBLIC NOTICES

### TECHNO SALE

Pre loved and refurbished devices are being offered for sale at bargain prices at the Bowraville Technology Centre. Devices for sale include Kindles, tablets and monitors.

Come in and have a look.

All devices will be cleared and formatted with the new purchaser’s details.

~ ~ ~ ~ ~

### THANK YOU

The Bowraville Technology Centre would like to express its appreciation at being chosen for a Nambucca Shire Council Community Grant to assist with the production of the Bowraville Community News.

~ ~ ~ ~ ~

### THANK YOU

Volunteers at the Bowraville Technology Centre would like to send a special thank to Blue Dog Earthmoving for their quick response to our request of help for a colleague in distress.

A very special thank you must also go to Shane for his caring and compassionate manner in his dealings with our colleague and her family.

~ ~ ~ ~ ~

### ATTENTION BTC CUSTOMERS

This notice is for all customers who have previously saved files on the BTC cloudshare. In a routine check of our backup system we found several customer files that have not been accessed in many years. In order to maintain this ongoing service BTC staff will begin deleting all old unused files. If you have an old cloudshare file with us that you have not accessed since January 2015 please be aware it will be removed in the next few months. If you have an old file with us we suggest you bring in a USB stick so we can copy your files for you to keep.

~ ~ ~ ~ ~

### NEW ROAD RULE NOW IN EFFECT

The new law is designed to protect emergency service workers when they are stopped on the side of the road.

Drivers must slow to 40km/h when passing stationary emergency vehicles — which includes police cars, fire engines and ambulances — displaying red and blue flashing lights.

Ignore the new rule at your peril, the fine is \$448 and three demerit points.

The rule applies to motorists travelling in either direction unless the lanes are divided by a median strip.



# JOURNEYS INTO RHYTHM

## Exploring the Realm of Rhythmic 3

Rhythm forms the underlying fabric of life itself – binding, interweaving, conducting all things. Whenever you hear a good groove, are you a person who can't help tapping their feet, clapping their hands, singing along? Then you're wholeheartedly invited to channel that groove into a series of TaKeTiNa sessions to experience directly how each journey evokes unique rhythmic qualities, expressions & energies within our being.

### 3 in the FEET

3 Monday Sessions 10 - 11.30am  
 September 17, 24 & October 1  
 Venue: Nambucca Heads  
 Book with Nancy 0438 369 836

TaKeTiNa is a fascinating musical method for personal development. An expressive and playful path for discovering the archetypes of rhythm found in every body. The guided group process gently leads participants into ever-deeper states of relaxation, balance, stamina, inner listening & stillness. Simultaneous layers of rhythm (polyrhythms) are expressed through the feet in steps, the hands in claps and the rhythmic voice. Two beautiful primal instruments, the berimbau and surdo drum, accompany the journey.

*When fully grounded in rhythm, we have space and time, feel relaxed & prepared for maintaining our life purpose with an increased capacity to deal with the challenges life presents.*

For more insight visit [www.taketina.com](http://www.taketina.com) & [www.pulserhythm.com.au](http://www.pulserhythm.com.au)

### 3 in the HANDS

3 Mondays Sessions 10 - 11.30am  
 October 8, 15 & 21  
 Venue: Bowraville  
 Book with Leonie 0473 178 305  
 Email: [pranaridge@gmail.com](mailto:pranaridge@gmail.com)

Leonie lives at South Arm, caring for the land, teaching yoga & Qi gong and guiding movement & Sumarah meditation.

She is completing a 3-year TaKeTiNa training with founder Reinhard Flatischler & master teacher Tania Bosak. Whilst developing the musicality and skills required for guiding circle journeys, Leonie holds regular practice groups in the Nambucca Valley. Open to all ages, no prior experience or musical skill is necessary. Just bring along your curiosity for life and learning and an interest in sharing the fun of rhythm, movement and meditation with others.

### 3 Just for Fun

3 November Sessions  
 Time, Dates & Venue TBA  
 Book with Leonie 0473 178 305  
 Email: [pranaridge@gmail.com](mailto:pranaridge@gmail.com)

## BowraVILLE Post OFFICE

27 High Street, Bowraville ♦ Telephone: 6564-7169

Monday to Friday 9am-5pm

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

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Have you checked out the Bowraville Community Website?

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

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



## **NOTIFICATION OF BURNING OFF!**

Rural residents of Nambucca Shire

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

All year!

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**7 DAYS**

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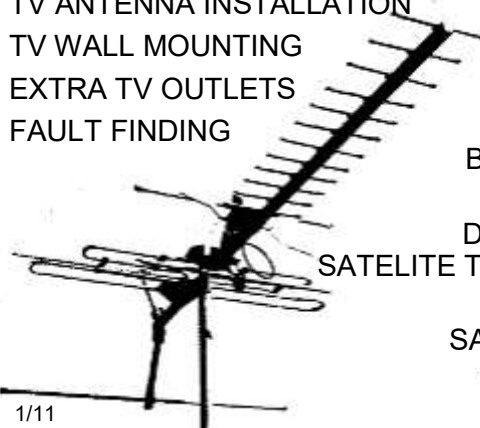
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# EXERCISE and OSTEOPOROSIS

## Exercise and bone density

Regular physical activity and exercise plays an important role in maintaining healthy bones. Exercise is recognised as one of the most effective lifestyle strategies to help make bones as strong as possible, reducing the risk of fractures later in life. As well as improving or maintaining bone density, exercise increases the size, strength and capacity of muscles. Exercise must be regular and ongoing to have a proper benefit. Exercise is important at different stages of life. In children exercise helps growing bones to become as strong as possible to help minimise the impact of bone loss as we grow older. Exercise also maintains bone health in adulthood, helps to prevent or slow bone loss after menopause and helps to improve balance and co-ordination in the elderly to reduce the risk of falls. Exercise can also help speed rehabilitation following a fracture.

Research studies on exercise and bone health have shown that:

- Children who participate in moderate to high impact weight-bearing exercises, for example, hopping, skipping and jumping have higher bone density compared to less active children.
- For adults a combination of progressive resistance training with a variety of moderate impact weight-bearing activities is most effective for increasing bone density or preventing the bone loss that occurs as we age.
- Hip fractures have been found to be as much as 38-45% lower in older adults who have been physically active in their daily life compared to less active people.
- When 'stress' is not placed on bone, a decline in bone density can result. This can occur after prolonged bed rest or in people who are wheelchair bound.

## Exercise throughout life

The specific goals of exercising for bone health change throughout life; from building maximum bone strength in childhood and adolescence, optimising muscle and bone strength in young adulthood, to reducing bone loss in old age. For the elderly the focus is on prevention of sarcopenia (muscle wasting) and addressing risk factors for frailty and falls, particularly difficulties in balance, walking ability and mobility.

## The right kind of exercise

Specific types of exercise are important for improving bone strength. Bones become stronger when a certain amount of impact or

extra strain is placed on them. Exercises that work the muscles attached to bones that are most at risk of fracture, including the hip and spine, are the most effective. Exercises recommended for bone health include:

- Weight-bearing aerobic exercise (exercise done while on your feet) – for example, brisk walking, jogging and stair climbing.
- Intense, progressive resistance training (lifting weights that become more challenging over time).
- Moderate to high impact weight-bearing exercise – for example, jumping, skipping, dancing, basketball and tennis.
- Balance and mobility exercise. While not improving bone or muscle strength these exercises can help to reduce falls – for example, standing on one leg with the eyes closed, heel-to-toe walking.

Regular weight-bearing exercise (including exercise at moderate to high impact) as well as resistance training, is recommended. The older you are the more important resistance training is for maintaining bone strength. Some exercises are better at building bones than others. The ability of an exercise to build bone (its osteogenic capacity) depends on the specific way that stress is applied to the bone during the exercise.

## Getting the most out of exercise

- Exercise must be regular: At least 3 times per week.
- Exercise must be challenging: Lifting heavy weights with few repetitions is more effective than lifting lighter weights with many repetitions.
- Exercise should progress over time: The amount of weight used, degree of exercise difficulty, height of jumps, etc. must increase or vary over time to challenge the bones and muscles.
- Exercise routines should be varied: Variety in routines is better than repetition.
- Exercise should be performed in short, intensive bursts: Regular short bouts of weight-bearing exercise separated by several hours are better than one long session. Lifting weights quickly is more effective for improving muscle function than lifting them slowly. Rapid, short bursts of movement such as jumping or skipping are more effective than slow movements.

If exercise needs to be reduced it is better to reduce the length of each session rather than the number of sessions per week.

- [www.osteoporosis.org.au](http://www.osteoporosis.org.au)



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

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

## Aged Care

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

## Home Modifications

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

### BOWRAVILLE STRONG FAMILIES

## Men's Group

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

## Support Groups

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

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



Bowraville Strong Families

National Standards for Disability Services certification  
Registration number: DSWR610365  
Nambucca Valley Phoenix acknowledges and pays due respect to the traditional custodians of the Nambucca Valley.

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

## Where would you like to go?



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

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

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

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

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**KERRIE SAVINS**



1/11



# Dogs really do pull faces to communicate with us, says study

**When you're not around? Deadpan.**

Dogs are much more facially expressive when they're around their human friends than when they're by themselves or with other dogs and move their faces as a communication tool rather than to express emotion.



According to a study our canine companions don't use facial expressions to respond to food treats suggesting that their excited facial expressions may not be as much about excitement or even being sorry as we think.

We already have an inkling, for instance, that domestic cats meow a lot more than their feral counterparts indicating that they have honed vocalisation as a tool for communicating with humans.

Apparently dogs have done the same with facial expressions.

"We can now be confident that the production of facial expressions made by dogs are dependent on the attention state of their audience and are not just a result of dogs being excited. In our study they produced far more expressions when someone was watching but seeing food treats did not have the same effect," said lead researcher Juliane Kaminski of the University of Portsmouth.

"The findings appear to support evidence dogs are sensitive to humans' attention and that expressions are potentially active attempts to communicate not simple emotional displays."

The study involved 24 pet dogs, aged between 1 and 12 years. These were leashed a metre away from a human and their facial expressions analysed during a series of interactions using scientific dog facial analysis tool DogFACS.

There were two states of human interaction, facing towards the dog, and turning the back to the dog. For each of these the team tested the dog's facial expressions with food present and without food present.

The dogs showed far more facial expression when the human was facing them whether food was present or not.

In addition, Kaminski's previous work has shown that dogs can tell when a human is paying attention (and the sneaky buggers are more likely to pilfer food when humans are distracted) so the finding indicates that the attention and the facial expressions are linked.

We already know that dogs can sense and respond to human emotion. We also know that the puppy-dog-eyes "guilty look" dogs affect when scolded has little to do with the dog's emotion; rather, it's a learned behaviour, acting submissive in response to anger.

Kaminski's team's research is consistent with this. The raised-eyebrow puppy-dog eyes look was the most common facial expression her team recorded - one that tends to elicit sympathy in humans. This, Kaminski believes, could be a sign that dogs have developed facial expressions due to domestication.

"Domestic dogs have a unique history - they have lived alongside humans for 30,000 years and during that time selection pressures seem to have acted on dogs' ability to communicate with us," she said.

"This study moves forward what we understand about dog cognition. We now know dogs make more facial expressions when the human is paying attention."

It is not known how well dogs understand their facial expressions - whether they can understand the emotional state of another being or are just using learned behaviours for a given situation. So the jury is still out on whether dogs have cognitive empathy.

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

# Garden Gala and Markets

The annual Garden Gala and Markets at the Macksville Showgrounds will be held on Saturday, October 6.

A huge variety of stalls will be offering plants, art, garden ornaments, jewellery, food, clothing, fudge and also the tool sharpener will be back.



Donation buckets on the gates will collect money for the Macksville Hospital and a raffle to be drawn on the day with first prize being a \$500 voucher for one of the many businesses who have donated to the Garden Gala.

Throughout the day, in the hall various people will share their knowledge on a wealth of topics: *demonstration of henna brows and IPL treatments; information about the new Macksville Hospital; the benefits of Aquaponics; beekeeping and threats to the industry and organic blueberries.*

The proceedings in the hall will end with the raffle and lucky gate prize draw.

Everyone who comes to the Garden Gala will receive an entry ticket. To be in the running for a prize all you need to do put your name and number on the ticket and pop it in the box at the Garden Gala site up near the Macksville Show Society BBQ.

Prizes have been kindly donated by Webb's BP, Macksville RSL, Tutti Fruity Wholesale, Trisley's Betty Electrical, Nambucca Heads RSL and Perry's Lemon Myrtle.

It will be a great day for the whole family with free entry and parking to boot.

For further inquiries contact May Harris on 6568-6285 or check out the Macksville Show Society Facebook page.



## Get free help with your tax return from a Tax Help volunteer

◆ Are your tax affairs simple?

◆ Do you earn around \$60,000 or less?

◆ To find out more contact the ATO on 13 28 61 or you can make an appointment to see a Tax Help volunteer at the Bowraville Technology Centre by calling 6564 7420

Tax Help is a network of ATO-trained and accredited community volunteers who provide a free and confidential service to help people complete their tax returns online using myTax.



## DO YOU NEED HELP GETTING YOUR LICENCE?

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

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

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

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

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

You also must hold a current Learners' Permit.

Please contact Jeffrey Blair on 0499 913 188  
[jeffblair@communitytransport.net.au](mailto:jeffblair@communitytransport.net.au)

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

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

## Nelli's mural brightens

### Coffs Central façade

*continued from front page*

Nelli would enjoy creating a mural at your school or community project.

You can contact her at [nelli.g@live.com.au](mailto:nelli.g@live.com.au) or check out her other work at nelli gallop on Instagram.



*Nelli with her prize winning mural*



8/11

## Bernard Laverty Funerals

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# Bowraville Central School News

## Gold Medal Winners - 16 years Boys Touch



## U16 and Opens Central High Schools Netball State Finals



On Wednesday the 29<sup>th</sup> of August two keen and talented Bowraville Netball teams headed out on the 10-hour long bus trip to Dubbo for an exciting two days of State finals. Bowraville had the fantastic achievement of having both possible entries qualify, these included the Under 16's and Opens teams.

Students in The Green Room have been learning about Australian art. They have used many techniques and have recreated Australian icons such as Uluru and the Sydney Opera House.





**Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Spring 2018**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time	
6 AM	2NVR Recycled Radio	2NVR Recycled Radio	Bubble N Squeak Linda & Michelle A family show with Christian themes.	Under The Stinging Tree Poppa 	Green Eggs on Toast Part 2 Lawrie Madbury Music, Movies, News, Weather Gig Guide Local Info	2NVR Recycled Radio	Praise, Prayer & Pop With Linda & Michelle 	6 AM	
7 AM								7 AM	
8 AM							2NVR Recycled Radio	8 AM	
9 AM	Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll 1950s-2010s 	Dyer's Loop With The Dyers Music to dye for, of course	Isn't it Romantic With Dallas Dent Crooners Easy Listening Popular Ballads	Tones of Claressense Claire West-Powell 	Talk Of The Town Cen Wobel See what's going down! All things local	Hair Of The Dog Mick Birdie Rock, Pop Covers and Music Trivia 		9 AM	
10 AM								10 AM	
11 AM	Baby Boomers Dorrie Collins 	Infopinion Richard Laxton An eclectic time with Richard	Jazz Azz I Like It Hearner Heywood A mix of jazz with jazz Oz	Turning Pages Elizabeth Newman 	Dano's Mixed Grill Daniel Gosson What's anything can happen and probably why	The Saturday Groovers With Fay and Zoe Lots of fabulous new and old Australian Music to get your Saturday grooving!	Classical Corner Music from the past 1000 years... Listeners really enjoy The Lively Arts What & where next from the TV, radio & more Noel Robertson	11 AM	
Noon								Noon	
1 PM	The Weekly Fix Paul Wealey 	The Phoenix Crew Selected music & madness	Just For You Carola J. Simmons Followed by Nanora's Deutsche Musik Stunde 2NVR MULTICULTURAL RADIO	2NVR Recycled Radio	Outback Outlaws Paul Rowe Old and new country music	Today's Country Rob Davidson 	Politics and the Environment Michael Jones Music, political and environmental issues.	1 PM	
2 PM								2 PM	
3 PM	Daniel's Archive Catch replays from the Nisuke Archive with Daniel Gosson 	Rob's Roving Robbie & Linda Bible reflections, Gospel & Australian 2NVR Youth Radio with Jack	Sieler Act Olivia & Sam 	Thursday Country Trivia	Wind Down for the Weekend Stu & The Crew Volunteer Emergency Services Show — VESS 	Flashback Rob Davidson 60s to '80s Pop & Rock	Where There's Smoke There's Fire Shaun Norman & Tara Seriously good fun...	3 PM	
4 PM								4 PM	
5 PM	Bowra Beats 2NVR Youth Radio with Grace 	Jack's Tracks 2NVR Youth Radio with Jack At the tracks with Jack Tune in!	Nambucca Valley Roundup Ben Walters 	Highway Blues Retro When Only The BEST BLUES MAN DO 	The Friday Night Rock Show Todd Wills 	Two For The Money Music, chat and a touch of banter with Paul and Rachel 	That's A Wrap Donna, Tom & Mitch Local sports results and in-depth analysis.	5 PM	
6 PM	Nambucca Valley Roundup Paul or Rachel Burns 	Country and Classic Hits With Bryon Edwards 	Phyllinn With Phil New Australian Blues and Indie-Folk/Rock	Ants' Music Mix 	Continues overnight	Saturday Night Specials Two hours of iconic artists in concert, hand-picked by 2NVR presenters	Concussion 2NVR Youth Radio With Kian, Noah & Aedon 	6 PM	
7 PM	Reggae Mixtape With Fitzroy Music outside the usual	Soul into Rhyme Matt Lebrant Whack up the bass and oop a wicked mix of hip hop and fully sick tracks	Ants Rocks Anthony Gamsky Solid Rock	Community Radio Network 	Overnight Express 	Imagine This & The AntIF Radio Show Wolly's music & requests	Imagine This & The AntIF Radio Show 	Concussion 2NVR Youth Radio With Kian, Noah & Aedon	7 PM
8 PM								8 PM	
9 PM	Feel Good Variety Dennis Rutherford Great music & comedy 		Ant's Music Mix 	Community Radio Network 	Overnight Express 	Wolly's music & requests 	Prog Rock Playlist Rhino 	9 PM	
10 PM								10 PM	
11 PM	Community Radio Network 		Ant's Music Mix 	Community Radio Network 	Overnight Express 	Wolly's music & requests 	The Best of Progressive Rock 	11 PM	
Midnight	Overnight 	BBC World Service overnight	Continues overnight	Overnight 	Continues overnight	Overnight Express 	CRN overnight	Midnight	

National news and weather is broadcast each weekday at 7am, 8am, 9am, 9am, 9am, Noon, 6pm, and 7pm 2NVR — Multiple Award Winner Telling studio and office: 02 6564 7777 email: admin@2nvr.org.au The Best Libs Station In The Nation