

BOWRAVILLE Community News

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

OCTOBER 2026 ~ ISSUE #255~ FREE ~ CIRCULATION 300 ~ POSTCODE 2449



GT Falcons are coming to Bowra

If you love classic cars, head down to the Bowraville Sports Hub on **Sunday, 25 October**. A convoy of iconic GT Falcons will be stopping by, and will be on display from **midday until 2pm**.

*It is a **free** event, so come on down and have a look, bring the family.*



They are only staying for a couple of hours before hitting the road again, so don't miss the chance to see them while they are in town.

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

Bowraville Technology Centre

Open 9.30am to 4.00pm Weekdays

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

Computer Usage

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

Printing and copying

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

Other services

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

We take credit card payments!

**ALL ADVERTISING and
ACCOUNT ENQUIRIES to**
admin@bctc.com.au

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

Bowraville Technology Centre

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

Email: admin@bctc.com.au

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

BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 300 COPIES

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

2025 ADVERTISING CHARGES:

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

62 x 62 (1/6 pg) - \$12 issue or \$120 year

62 x 130 (1/3 pg) - \$22 issue or \$220 year

90 x 130 (1/2 pg) - \$32 ea or \$320.00 year

185 x 130 (1 page) - \$43 issue or \$430 year

Front Cover (1 issue) - \$60 issue

DEADLINE FOR COPY FOR
THE NOVEMBER 2026
ISSUE IS: 4:00PM

TUESDAY, 20th OCTOBER 2026

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

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

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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 Chamber of Commerce

Next meeting - **5pm, Thursday, 1st October**
at the Bowra Hotel.

AGM will be held prior to November 5th meeting.

- - - - -

Bowraville Country Market

Every 2nd and 4th Saturday.

Bowraville Community Centre

- - - - -

Bowraville Theatre

Events coming up this month.

Sunday October 5th

MOVIE: **THE LAST WHALE SINGER**

Sunday October 11th

MOVIE: **FORGOTTEN ISLAND**

More information on page 10.

SOUTH ARM HALL COFFEE CLUB

7th October 10am

Come along for a Chat, Coffee & Cake

ALL WELCOME (gold coin donation)

Radio Nambucca 2NVR - Studio 3 Live

16th October 2026.

Come along to 2NVR at 834 Rodeo Drive Tewinga.

The show is from 6 to 8pm.

SAVE THE DATE ~ SAVE THE DATE ~ SAVE THE DATE

Back to Bowra 2026

14th November 2026

All the usual fun things, and more!

Bowraville Services Australia Agency

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

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

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

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

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



Australian Government
Services Australia

Have you checked out the
Bowraville Community Website?

www.bowraville.nsw.au

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

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

Become a Tech Savvy Senior



On the **20th and 21st of October**
at the Bowraville Technology Centre sessions will be
run with volunteers and staff assisting

A FREE HOW TO BE SAFE ONLINE WORKSHOP

Welcome to my.GoodThings *Free* Workshops for Seniors.

Learn how to protect yourself from scams online.

Morning tea will be provided along with information to help you
stay on top of the criminal elements infesting our internet.

**Come along to hear a technology expert explain
practical applications using the Tech Centre's
computers or bring your own smart phone or tablet.**

**On Tuesday 20th October at 10am,
then more on Wednesday 21st October at 10am.**

Learn how to recognise a SCAM email,
and find out what you can do to protect yourself
and to stay safe in this ever-changing Internet world.

The Rise and Stumbles of Generative AI

Generative AI fails have become an unexpected source of amusement in our increasingly digital world. As artificial intelligence makes its way into nearly every app, platform, and device, its presence is impossible to ignore. Yet, while the technology behind generative AI is impressive, these systems are still prone to hilarious mistakes that reveal just how far we have to go before true human-like intelligence is achieved.



Generative AI fails are everywhere thanks to the widespread adoption of AI chatbots, image generators, and smart assistants. Platforms like ChatGPT, Gemini, and Grok are now household names, offering users everything from witty banter to photorealistic pictures. But as these AI tools become more advanced, so too do the mistakes they make – and those blunders are often as entertaining as they are baffling.

Artificial intelligence operates with an unwavering confidence, even when it is completely wrong. Unlike humans, AI doesn't hesitate or express doubt. This means that when **generative AI fails**, it often does so in ways that are bold, bizarre, or outright nonsensical.

Whether it's inventing historical events, misinterpreting simple prompts, or producing images that defy logic and physics, these errors remind us that AI, for all its strengths, isn't truly "thinking" in the human sense.

Examples:

1. Image generators creating people with seven fingers on each hand.
2. AI confidently explaining that the sun rises in the west.
3. Chatbots recommending eating inedible household objects as snacks.
4. Chatbots confidently giving financial advice that makes zero sense.
5. AI summarising long articles into a single unrelated sentence.
6. AI writing movie scripts where every character has the same name.

While generative AI is here to stay, these mistakes are an important reminder that even the most advanced technology is far from perfect. As we continue to integrate AI into our daily lives, we should take a moment to appreciate – and laugh at – the quirks that make these systems so unexpectedly entertaining. The next time you encounter a hilarious AI blunder, remember: every fail is a step toward improvement. Until then, let's enjoy the ride and the laughs that come with it.

- aitechtrend.com/funniest-generative-ai-fails/

Bowraville joins 1965 Freedom Ride Blue Plaque Trail

Nambucca Valley Council Mayor Gary Lee and Councillor Martin Ballangarry unveiled the commemorative Freedom Ride Blue Plaque now located on the outside of the historic theatre.

About 50 community members gathered at Bowraville Theatre to watch the unveiling and celebrate the

achievements the original 1965 bus journey made for First Nations People.

Bowraville is now one of eight places on the 1965 Freedom Ride Blue Plaque Trail, alongside Sydney, Dubbo, Gulargambone, Walgett, Moree, Boggabilla and Kempsey. These towns became known as the 1965 Freedom Ride journey route and have this year been commemorated by Heritage NSW with blue plaques.

“Today is about remembering history and acknowledging the people who stood up against the discrimination of Aboriginal people,” Cr Lee said.

“The 1965 Freedom Ride journeyed through regional communities and challenged Australians to confront injustices that had too often been ignored.

“This blue plaque is more than an installation of a marker; it’s a permanent reminder that what happened here mattered.

“It acknowledges the courage of those who participated in the freedom ride, the aboriginal communities which experienced discrimination and the continuing work required to ensure discrimination and racism are never accepted.”

- nambucca.nsw.gov.au



Freedom Ride background on page 11 ➔

You now have the legal right to use cash... but not everywhere you'd expect

The government's new cash acceptance mandate is now in force, but not everywhere you'd expect.

The importance of paying with cash

Across Australia there are around 1.5 million people who still use cash almost all the time. Some of them need to use it because they live somewhere with a poor internet connection or no internet at all, others aren't comfortable with online banking, and others use cash as a way to budget week to week.



It can also be a critical backstop when things go wrong. Cash can allow us to continue to buy essentials when a natural disaster or an outage has made digital services unavailable, and it can act as a security measure for people who are experiencing family violence, to avoid transactions being tracked or money being transferred out of their account.

New regulations on cash acceptance

This may come as a surprise, but even though cash is legal tender, consumers in Australia have never previously had the legal right to use it. So late last year, the government introduced new regulations requiring major supermarkets and petrol stations to accept cash payments, for transactions of \$500 or less that are made between the hours of 7am and 9pm.

The regulations commenced on 1 January this year, and on 1 July the enforcement powers came into effect. That means that if a supermarket or petrol station refuses to allow a customer to pay with cash, they could find themselves getting a (metaphorical) knock on the door from the ACCC, and could face penalties of up to \$198,000.

Morgan Campbell from CHOICE who campaigned for a cash acceptance mandate says "We have mixed feelings about where the law has landed on this issue, and we were glad to see the government take a form of action to recognise the barriers that cash users are running into. However, we were disappointed to see them take such a narrow view of what constitutes an essential.

I'm prepared to grudgingly accept that a scoop of gelato isn't an essential item. But many genuinely essential products and services are still not covered by the new cash acceptance mandate, including medication and medical supplies, telecommunications equipment, public transport, car parts and repairs, and even clothing and shoes.

This has created some strange quirks in the way the rules work. Supermarkets are covered but pharmacies are not, so Australians now have the legal right to use cash to buy paracetamol but not prescription medication.

Continued on Page 24

WHAT'S HAPPENING IN BOWRA

Blokes Brekkie

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

Cuppa and Chat

3rd Saturday of the month
10am — Free
All welcome - St James Hall

Bowra Country Markets

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

St Jimmy's Kitchen

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

St Jimmy's Food Hub

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

Bowraville Folk Museum

High Street, Bowraville
Phone/Fax: 6564-8200

New Opening Times

Closed Monday and Tuesdays
OPEN

Wednesday to Sunday 10am -1pm

email: bowravillefolkmuseum@gmail.com

~ Groups by appointment ~

BOWRA HOTEL

OPEN 10AM - MIDNIGHT

BISTRO

7/11

TUESDAY to SATURDAY

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

SUNDAY

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

WOOD-FIRED PIZZA

Thurs, Fri and Sat 5.30 - 8pm

All menus available for takeaway

Regular Live Music - Holy Goat Coffee

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

33 HIGH STREET, BOWRAVILLE

Ph.6564 7041 bowrahotel@bigpond.com



Bowraville & District Ex-Services Club 6564-7304

What we have to offer . . .

TAB - KENO

RAFFLES - Wednesdays & Friday

MEMBERS' DRAW min \$1500

KITCHEN Wednesday to Saturday

 Lunch 12-2pm - Dinner 6-8pm

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

FREE POOL Everyday

7/11

NAMBUCCA RIVER REALTY

YOUR NAMBUCCA VALLEY SPECIALIST

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

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

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

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

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

3/11



WHAT'S FEATURING in OCTOBER at the

BOWRAVILLE THEATRE

www.bowravilletheatre.com.au

Sunday October 4

MOVIE THE LAST WHALE SINGER

Doors Open 1.30 for 2pm start

All Tickets \$10 | www.bowravilletheatre.com.au or at the door

Animation | Family | Run time 99 Minutes

When a monstrous creature escapes from a melting iceberg, a self-doubting teenage humpback whale must face his fears and dive into the darkest depths with his friends, to discover a mystical song that can save the oceans from destruction.



Sunday October 11

MOVIE FORGOTTEN ISLAND

Rating PG | Run time 1 hour 38 minutes

Doors Open 1.30 for 2pm start

All Tickets \$10 | www.bowravilletheatre.com.au or at the door

Best friends Jo and Raissa stumble upon a mysterious portal that transports them to Nakali, a fantastical island that's filled with magical creatures. When they discover the memories of their entire friendship are the price for returning home, they try to find a way to leave the island before they forget each other forever.



Sunday October 25

BOWRAVILLE ARTS COUNCIL ANNUAL GENERAL MEETING

Start 3pm - All Welcome

All positions will be declared vacant, but no pressure to join committee.

Come along and meet our fantastic team.

Volunteers needed – no experience necessary.

All skills required – lighting, sound, projector, ushers, café, publicity, social media, bookings, office management... the list goes on.

Meeting followed by refreshments and mingling.

You can read the BCNews online by going to **bowraville.nsw.au/newsletters** OR you can now subscribe via a pop-up link on the Home page to receive your copy each month via email.

The option to unsubscribe is available with each newsletter.

Bowra Bush Regeneration

Nambucca Valley Landcare now has a Bowraville based bush regen working bee. We meet every second Friday at **9.30am** behind the Bowraville Pre-school. Working bee dates for October are: **Friday 2nd, 16th and 30th October.**

We are fortunate to be working with Kenny from Gagu Land Services and Thomas from Mujaay Ganma Foundation to help guide the volunteers in caring for and restoring our local bushland.

This is a unique opportunity granted to community members who are interested in learning how to work with Country, while undertaking bush regeneration and caring for Country, from local Gumbaynggirr Custodians.

You will learn more about reading Country, along with weed and local plant identification skills, how to remove and control weeds to stop them spreading along the riverbank, help to improve the bush for local insects and animals, and spend some time outside with like-minded people.

This working bee is currently being supported by funding from the NSW Government through the Landcare Enabling Program Phase 3 Aboriginal Partnerships Grant Program.

Nambucca Valley Landcare will also be hosting landscape rehydration workshops, eco/agri-tourism workshop (late Nov) and lots more. Sign up to our newsletter at www.nvlandcare.org.au and keep an eye on all of our events.

Ainslie Ashton - Coordinator

1965 Freedom Ride background . . .

In February 1965, a group of university students, including Charles Perkins, set out on a bus journey through country NSW.

Known as the Freedom Ride, the goal was to expose and challenge discrimination faced by Aboriginal people. The ride became a defining moment in Australia's history, sparking change and inspiring hope.



There is a plaque at Bowraville Theatre, written in Gumbaynggirr language, honouring Mr Perkins for his civil rights activism and inclusivity achievements.

Shop Local this October

The aim of the Shop Local campaign is to encourage people to spend more in the valley during Small Business Month.

Small businesses are the heart of our communities – they create local jobs, support community organisations and help shape the unique character of our towns.

This Small Business Month, we're encouraging residents to think local first and support the businesses that support us every day. Every dollar spent locally helps strengthen our regional economy and keep our communities vibrant.

- Jan Rooney, NV Council Manager Economic Development and Tourism

SOUTH ARM HALL COFFEE CLUB

7th October 10am

Come along for a Chat, Coffee & Cake
ALL WELCOME (gold coin donation)



Open Streets Festival - Macksville

More than 3500 residents and visitors attended the third Nambucca Valley Open Streets Festival held in Macksville.

Macksville's River Street and Wallace Lane came alive with stages, musicians, street performers, food vans and more, with the evening topped off with a fireworks show.

The festival, funded by the NSW Government's Open Streets Program, was informed by ideas from the Nambucca Valley Youth Council.

Bowra Laundromat

Corner of High & Belmore Streets

**Token Operated Washing
Machines & Dryers.**

Tokens available at the Pub and IGA

Commercial Washers and Dryers

Enquiries: ph 6564 7401



5/11

Radio Nambucca 2NVR 105.9 fm and streaming



Hi Folks of the Valley,

At our recent AGM I resigned from the position of President due to needing to spend more time caring for my mother.

It was an honour to serve the station.

Donna Collins was the only nominee for President and is the new President.

Lizzie Wait was the only nominee for Secretary and is the new Secretary. David Pirani continues as Treasurer.

There is a new Committee with 9 members in total, including 4 members of the previous Committee.

As you know 2nvr created Studio 3 Live many years ago. We are now working with Community Broadcasting Assn of Aust. and Music NSW in a program called Community Hubs which is promoting original, live music in regional areas. This program is funded by Music NSW.

There was an event at Bellingen Brewery on Friday 25th September as part of the Community Hubs Project which featured First Trap, Serena Rose, and Mopoke. 2NVR is pleased to work with Music NSW in getting artists on the road to bring original, live music to regional NSW.

Our next Studio 3 Live Show will be held on October 16th at 2NVR 834 Rodeo Drive Tewinga from 6 to 8pm featuring Django Lingo with their Gypsy Jazz. So put on your dancing shoes, bring your snacks and drinks and keep your energy up for a great night with Slim Pickens, Dave Ash and Terry Murray who are Django Lingo. See you there.

Luise Pearson-Bernoth
Creator and Presenter of Mystical Music
and Musings 11am to 1pm Wed.
Public Officer of 2NVR.

MEMBER FOR OXLEY **Michael Kemp**

Michael Kemp's Oxley Outlook

October is NSW Small Business Month, and I'm calling on you to help me recognise the small businesses that work hard every day to make our community strong.

Here in Bowraville and across the Nambucca Valley, we're lucky to have so many hardworking business owners who provide local jobs and services, while supporting sporting clubs, schools, community groups and local events.

Whether it's the café where everyone knows your name, a family-run shop that has been part of the community for years or a local tradie who always goes the extra mile, if they've made a difference to you or the wider community, I want to hear about them.

Running a small business isn't easy. Rising insurance premiums, energy costs, fuel costs, compliance requirements and red tape are putting pressure on local businesses. I heard plenty about these challenges when I recently joined Shadow Minister for Small Business Gurmeh Singh at our small business forum in the Nambucca Valley.

Those conversations matter, and so does recognising the people behind the cash register and the contribution they make to our community. This October, help me shine a light on the businesses that help make Bowraville and the Nambucca Valley such a great place to live, work and shop.

If there's a local business you think deserves to be recognised, contact my office on 6562 6190 or email oxley@parliament.nsw.gov.au and tell us who they are and why they deserve a shout-out.

Authorised by Michael Kemp. 72 Elbow Street, West Kempsey. Funded using parliamentary entitlements.



Electorate Office:
72 Elbow Street
West Kempsey NSW 2440

Postal Address:
PO Box 3120,
West Kempsey, NSW 2440

Telephone: (02) 6562 6190

4/11

Obsessive-Compulsive Disorder (OCD) Awareness

For the over 200 million people worldwide living with OCD, public misconceptions about OCD can prevent them from accessing the timely, effective treatment they need to move from suffering to thriving.

What is OCD?

Obsessive-compulsive disorder (OCD) is a treatable anxiety disorder. It affects more than 500,000 people in Australia. It usually starts in late childhood or the early teenage years.

Most people have irrational thoughts and impulses from time to time, such as feeling you can jump from a high place. But People with OCD tend to 'hold onto' these thoughts and behaviours more tightly and are unable to control or limit them. This can lead to feelings of embarrassment and shame.



These feelings can cause people to suffer in secret and present 'normally' to those around them. This costs a lot of time, energy, stress and effort.

If you have OCD, getting support and effective treatment can help improve your life.

OCD is not the same as obsessive-compulsive personality disorder (OCPD), which is when people are rigidly preoccupied with order, perfection and control.

What are the symptoms of OCD?

OCD can have different symptoms in different people, but often they follow certain common themes. As the name suggests, there are 2 main kinds of symptoms:

1. **obsessions** — unwanted thoughts, images or urges that repeatedly come to mind and cause distress
2. **compulsions** — behaviours or rituals that you repeatedly carried out to reduce anxiety associated with the obsessions

Obsessions can lead to compulsions. Compulsions can take considerable time, as they are difficult or impossible to resist doing. They can affect your normal day-to-day activities. Often compulsions are triggered by the fear 'something' bad will happen e.g. I will die/someone I love will die if I don't pray in an exact way, if I step on the cracks, if I don't wash my hands for 3 minutes in a specific way

For example, you may need to check the iron is turned off exactly 20 times.

You may have OCD if you have obsessive thoughts and compulsive behaviours that:

- take up a lot of time — more than 1 hour a day
- are excessive and unreasonable
- cause you significant distress
- Interfere with your normal life and relationships such as make you late for work or school.

Continued on Page 18

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



Brighten your holiday season with this dentist-created teeth whitening brand



1. The Dentist-Created Difference.

Achieve professional-level results at home. Polished London, created with leading UK dentists, uses gentle, Peroxide-Free, PAP PRO formulas. Zero sensitivity, Enamel Safe, and Clinically Proven.



2. Discover Your Perfect Routine.

From everyday brilliance with our Prebiotic Toothpastes (e.g., Coconut Cream & Mint), to the professional precision of our Teeth Whitening Pen, or the transformation of our Kits and Strips, there is a Polished product for everyone.



3. A Festive Sparkle Just for You!



Teeth Whitening Strips 14-pack

Teeth Whitening Pen

Teeth Whitening Strips

Whitening Powder

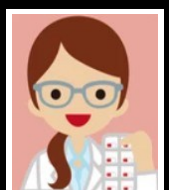
Teeth Whitening Kit

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



BOWRAVILLE PHARMACY

31 HIGH ST BOWRAVILLE

PH: 6564 7925

FAX: 6564 7364

Monday to Friday 8.45am - 5.30pm

Saturday 8.45am - 12 noon

Prescriptions and Professional Advice

Moo Goo Natural Skincare

Designer Brand make-up range

Pharmacists

BRIDGETTE BYRNES

KERRIE SAVINS

3/11



BOWRAVILLE GIFT SHOP



LOCATED AT BOWRAVILLE POST OFFICE

27 HIGH STREET BOWRAVILLE

Monday to Friday: 9am - 5pm

PH: 02 6564-7169

6/11

A BACK TO BOWRA EVENT

Bush Poets wanted for Reading Night at Pub



**A Bush Poetry Night
will be held at the Bowra Hotel
on Friday, 13th of November
as a part of the
Back to Bowra Festival.**

Any budding bush poets out there who would like to have a go at sharing their masterpieces are most welcome to come along on the night.

A fun night of story sharing!

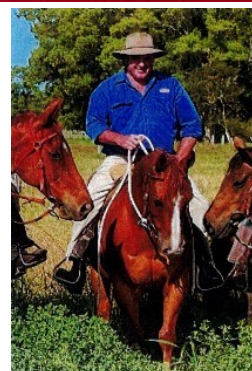
For more information contact
Tony Fuller on 0487 090 886.

BARNEY TOWNLEY 0428 647 340

Barney Townley is a local farmer well known for his knowledge of the Nambucca Valley farming community.

Barney has a great understanding of what is being sold and can identify the unique features of your rural property, helping interested buyers find what they are looking for.

If you're looking to sell your farm or find the right rural property to suit your needs, give a trusted local, Barney Townley a call.



10/11

**RURAL
SALES**

NAMBUCCA VALLEY & SURROUNDS
www.ruralsales.com.au

Spring Clean Your Life

Winter was the season of comfort food, cozy sweaters and Netflix marathons. Now it's time to spring clean your lifestyle.

Here are five things to do to spring clean your lifestyle and jumpstart your warmer weather routines, according to experts.

Prioritise good sleep

“It’s the most important biorhythm, but too often ignored. For the average adult, the aim is eight to nine hours of sleep a night. Your bedroom needs to be as quiet and dark as possible. To get your mind prepared for sleep after an active day, meditate for five minutes before slipping into bed.” — *Dr Deepak Chopra*



Find excuses to move — outside the gym

“As the weather gets nicer, people can go outside more and move more. I give people the goal of a minimum of 10,000 steps a day, and eventually they should get to 12,000 steps a day. As the weather warms, there are more opportunities to go for walks with friends, walk for coffee, play outdoor sports like golf and tennis, hike, garden and do outdoor house repairs.” — *Harley Pasternak*

Set a ‘good alarm’

“A ‘good alarm’ can be used to remind you to establish and develop healthier habits. For example, I set a good alarm to remind me to start my bedtime routine, so I get an adequate amount of rest. You can also set a good alarm as a nudge to drink more water, stand up (for those who have a sedentary job) or to remind you to eat a healthy meal, if you often work through your lunch hour.” — *Grace Derocha*

Develop better sunscreen habits

“A recent study has shown that an ultra-high SPF (100+) sunscreen does provide better sun protection, compared to SPF 50. We do not apply as much sunscreen as we should, and we do not reapply. This means that the protection we’re getting is, in fact, less than what is labeled on the bottle, as the SPF value gets diluted out. I tell my patients to choose a sunscreen with the highest SPF possible, as an insurance policy to provide the best protection for the longest period of time.” — *Dr Joshua Zeichner*

Greet the day

“Take advantage of the increased sunlight in the mornings to set your circadian pacemaker, also known as your body’s sleep clock. I would recommend choosing a consistent wake-up time in the morning and aiming for a 20-minute walk after waking up. The sunlight will programme your body clock and help regularise your sleep and wake rhythm. If you focus on programming your wake-up time, then your bedtime will naturally start drifting into place.” — *Dr Josna Adusumilli*

- www.mindfood.com/article/5-ways-to-spring-clean-your-life/

Obsessive-Compulsive Disorder (OCD) Awareness

Obsessions (thoughts)

Common obsessions include:

- fear of germs or illness for fear it will be catastrophic (I/they will die from the germs)
- fear of hurting others — such as your own children or a passenger in your car
- having things in order or following certain patterns
- sexual or pornographic thoughts or images
- worrying you have forgotten to lock doors or turn off appliances
- preoccupation with religious or moral issues
- thoughts of harming yourself or others



Compulsions (behaviours)

Common compulsions include:

- excessive hand washing, showering or cleaning due to fear of germs
- the need to continually check things, like taps, locks or light switches, for fear of harm or to maintain order
- counting items or objects such as paving stones on a walk
- hair pulling and hair loss
- skin picking
- hoarding random objects, such as junk mail and old newspapers
- praying excessively
- constantly seeking reassurance from others

Compulsions can impact your health. For example, excessive cleaning may lead to dermatitis on your hands.

Some behaviours not listed here may still be OCD symptoms. It's the obsessive nature of the behaviour that's important in diagnosing OCD, rather than the behaviour itself.

Other conditions can be closely related to OCD, such as:

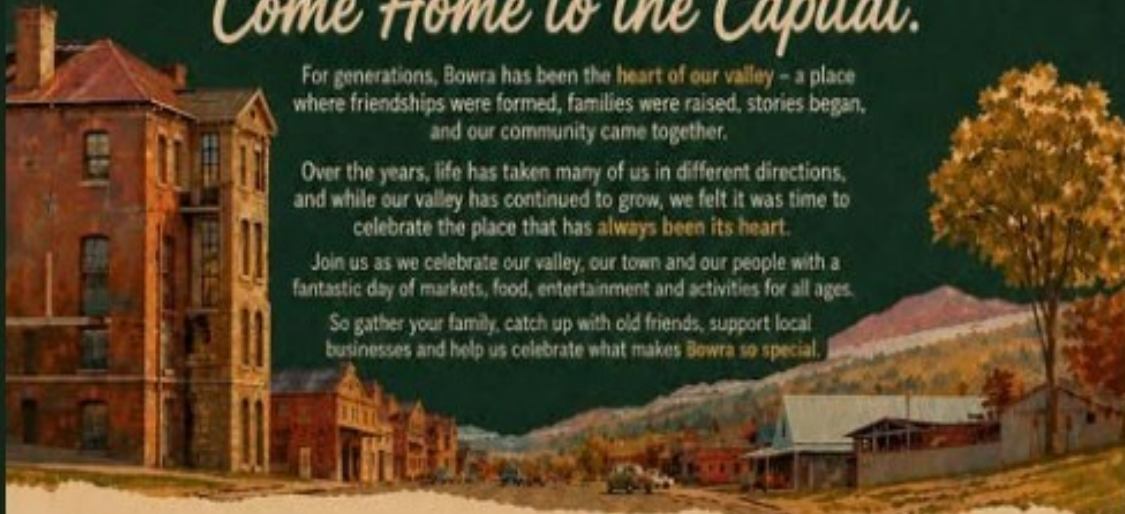
- body dysmorphic disorder — excessive concern about your body, believing it is abnormal in some way
- trichotillomania — compulsive hair pulling
- hypochondriasis — fear and preoccupation with developing a physical illness
- compulsive hoarding
- anorexia nervosa or other eating disorders

- www.healthdirect.gov.au/obsessive-compulsive-disorder-ocd

If you need to talk to someone about your mental health,
call Beyond Blue on 1300 22 4636.

BACK TO BOWRA 2026

Come Home to the Capital.



For generations, Bowra has been the heart of our valley – a place where friendships were formed, families were raised, stories began, and our community came together.

Over the years, life has taken many of us in different directions, and while our valley has continued to grow, we felt it was time to celebrate the place that has always been its heart.

Join us as we celebrate our valley, our town and our people with a fantastic day of markets, food, entertainment and activities for all ages.

So gather your family, catch up with old friends, support local businesses and help us celebrate what makes Bowra so special.



**SATURDAY
14 NOVEMBER 2026**



10:00 AM – 4:00 PM

*Because every
great valley has a heart...*

**AND OURS HAS
ALWAYS BEEN BOWRA.**



**LOCAL
MARKETS**



**DELICIOUS
FOOD**



**LIVE
ENTERTAINMENT**



**KIDS'
ACTIVITIES**



**COMMUNITY
DISPLAYS**



**AND MUCH
MORE!**

LET'S CELEBRATE OUR VALLEY, OUR TOWN AND OUR PEOPLE.

BACK TO BOWRA 2026
Come Home to the Capital.

AI Gone Wrong: The Errors, Mistakes, and Hallucinations of AI

AI errors have become as much a part of the technology as its accomplishments in 2026, with popular platforms experiencing enough hallucinations to make users concerned about the future of the tech.

The evolution of artificial intelligence (AI) over the last few years has been nothing if not substantial. Chatbots like ChatGPT have become incredibly powerful, doling out everything from therapeutic advice to realistic images, while other AI platforms help businesses make quick work of tasks like writing emails and running businesses.

Still, while there are plenty of success stories about AI improving productivity and streamlining operations, there are just as many tales of errors, mistakes, and hallucinations.

Health advice given by AI chatbots is frequently wrong

A new study has revealed that AI chatbots are no better at giving medical advice than Google, which is notoriously flawed in this area.

AI mistakes clarinet for gun at Florida school

A school in Florida was forced into a code red lockdown after its AI-based weapon detection system mistook a clarinet for a firearm.

Report finds AI hallucinations in 490 court filings

The world of legal briefs and filings continues to clash with AI thanks to the frequent hallucinations that the technology comes up with. A French data scientist and lawyer revealed a report that identified as many as 490 court filings across the past six months that included AI hallucinations.

Study reveals that fixing AI mistakes takes up to 40% of the time that it saves

A Workday study finds that workers spend a significant amount of time checking and fixing AI mistakes. Reportedly, 77% of frequent users double and triple check work produced by AI – more than for work completed by humans.

- tech.co/news/list-ai-failures-mistakes-errors

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.

Follow these 4 simple steps to get ready for a bush fire:



1. DISCUSS
what to do if a
bush fire
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.

Newly formed alliance offers food for thought in caring for our Valley

The Nambucca Valley Bioregional Alliance (NVBA) is a new, emerging network of people working across many areas to connect and learn together, to build resilient communities and strong local economies that can thrive within our unique local ecosystems.

September is Global Bioregion Month. To celebrate this, the group hosted a successful forum in Nambucca Heads on Sunday 20 September.

The event provided valuable opportunities to network, share ideas, resources and support. It's all about interconnectivity – acknowledging that everything in our environment is connected. When people work to protect waterways, their work ties in with those involved in protecting soil integrity, flora and fauna, as well as addressing the issues facing our community members.

Members of the Alliance warmly invite community members to get in touch, to learn more about this work, and how to become involved, in whatever the area of interest. Contact aela@earthlaws.org.au

- Spokesperson Georgette Allen

Save the date for Bowra Book Fair

The BCDA is planning its Book Fair on the weekend of 16-17th January 2027 in the Bowra Community Centre.

Books can be donated by drop off at the Bowra Country Market on the second and fourth Saturday of each month up until the date of the Book Fair.

Help would be appreciated on the 14th and 15th January to assist with book sorting and the set-up at the hall, then again on the 18th for the clean-up.

This is a major fundraiser for the Bowra Community Centre as well as a fantastic opportunity for book lovers and collectors to check out the extensive selection of books available.



You can read the BCNews online by going to **bowraville.nsw.au/newsletters** OR you can now subscribe via a pop-up link on the Home page to receive your copy each month via email.

The option to unsubscribe is available with each newsletter.

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 with
one of our friendly staff.*

*They will be happy to assist you
choose the correct products
for your garden.*

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

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COMPOST

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CONDITIONERS**

MULCHES

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

9/11



Welcome to October . . .

a fine time to be in any sort of garden. Remember to use all your senses in the garden. Watch for pest issues, feel for soil moisture, smell your soil, and... most importantly... taste the fruits (or vegetables) of your labours. Let's get into it...

Weeding is a great job to do at this time of year. Cut down the competition between your tasty treats and these space invaders, and tidy up your patch. It may sound tedious, but it's incredibly rewarding. While the kids are on school holidays, why not give them a "buck a bucket" for each bucket of weeds they remove? It gets them out in the sun, having fun and learning about nature.

Tomatoes - It's time to plant everyone's favourite – tomatoes. By now your soil should be good and ready, so head to the local garden centre, pick a few varieties, and get going. This is the moment we have all be waiting for. Don't forget their mates Basil and French Marigolds. They are great companions, and no tomato patch is complete without them.

Sunflowers - Now is the time to plant some sunflower seeds. Find a sunny spot where you would like to see some happy sunflowers later in the year, and plant the seeds to double the depth of the seed. Cover lightly with dirt and wait... they'll be popping their heads up in no time!



Vegetables - why not give these a try: capsicum, spring onions, cucumber, pumpkins, squash, zucchini, rosella, sweet corn, eggplant and watermelon.

Herbs - For some super herbs try basil (both sweet and purple), parsley, sage, pyrethrum, lemongrass, oregano, rue and marjoram. Mint is ready to go, but you might want to keep it in a good-sized pot to prevent a serious mint invasion.

Fruits - There is still time to plant passionfruit, paw paw, avocados, banana, citrus, and macadamias. If your tastes are a little more exotic try putting in a guava.

Flowers too - Try nasturtium, dianthus, Livingstone daisies, verbena, snapdragons, petunias, chrysanthemums, Shasta daisies, marigolds (French) or celosia. These are all great at attracting pollinators and beneficial insects to your garden.

- sgaonline.org.au/october-in-your-patch/



PEST CONTROL

Richard (Dick) Hicks

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6564 7486**

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7/11



Bringing banking to your Community.

Bank in-store today.

Australia Post provides the following services

- withdrawals
- deposits
- balance enquiries.

These services are available at Bowraville Post Office with more than 70 banks and financial institutions.

5/11

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.

You now have the legal right to use cash

Petrol stations are covered but car repairers aren't, so Australians now have the legal right to pay cash to fill their tank, but not to have a flat tyre replaced, even though both are necessary to get where they're going. And someone going to the same place by train or bus has no right to use cash for their ticket.

As for clothing, well I was surprised to learn that the government doesn't think that's essential."

Looking to the future

So where do we go from here?

First, where the cash acceptance mandate is now in effect, we need to see it rigorously enforced. CHOICE will be watching very closely to see that supermarkets and petrol stations are following the new rules, and we'll be encouraging the ACCC to step in if any businesses aren't.

We're also going to keep pushing the government and the banks over the closure of local bank branches. Since 2017, Australians have seen more than 2400 bank branches and more than 8600 bank-owned ATMs disappear. The legal right to use cash is a lot less useful if people can't access it in the first place.

Beyond that, we still think the mandate needs some major improvements. CHOICE campaigns rely on the intel and experiences of readers and supporters. If you've tried to pay cash somewhere and been refused, send us an email at campaigns@choice.com.au and let us know.

We're going to continue to make the case for a mandate that covers a fuller range of essentials, so that those who need to can keep using cash for the things we can't live without.

- choice.com.au - by Morgan Campbell

Bowraville Tyre & Auto

60 High Street, Bowraville

6564-7789

and BATTERIES

ALL MECHANICAL REPAIRS

SERVICING

REGO INSPECTIONS

AND

FRIENDLY SERVICE

7/11



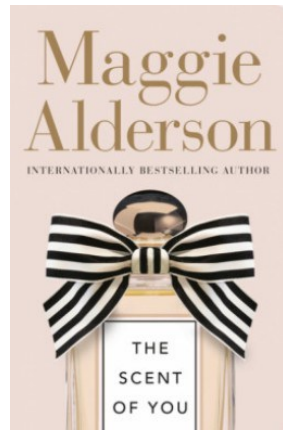
Agent for Penrite
Quality Oils



The Scent of You

By Maggie Alderson

Perfume blogger Polly is in crisis. Will her husband's absence break her ... or make her? A novel of perfumes, exploring life, love, loss and forgiveness - Maggie Alderson's new bestseller.



Are you still married if you haven't seen your husband for months?

Polly's life is great. Her children are away at uni, her glamorous mother - still modelling at eighty-five - is happily settled in a retirement village, and her perfume blog is taking off. Then her husband announces he needs some space and promptly vanishes.

As Polly grapples with her bewildering situation, she clings to a few new friends to keep her going - Shirlee, the loudmouthed yoga student; Guy, the mysterious, infuriating and hugely talented perfumer; and Edward, an old flame from university.

And while she distracts herself with the heady world of luxury perfume, Polly knows she can't keep reality at bay forever. Eventually she is forced to confront some difficult truths: about her husband, herself and who she really wants to be.

- www.goodreads.com

Broken Harbour

By Tana French

This novel in the Dublin Murder Squad series that proves Tana French is one of the most talented crime writers alive.

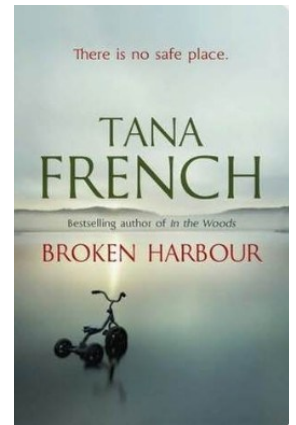
Mick "Scorcher" Kennedy is the star of the Dublin Murder Squad.

He plays by the books and plays hard, and that's how the biggest case of the year ends up in his hands.

On one of the half-abandoned "luxury" developments that litter Ireland, Patrick Spain and his two young children have been murdered. His wife, Jenny, is in intensive care. At first, Scorcher thinks it's going to be an easy solve, but too many small things can't be explained: the half-dozen baby monitors pointed at holes smashed in the Spains' walls, the files erased from the family's computer, the story Jenny told her sister about a shadowy intruder slipping past the house's locks.

And this neighbourhood — once called Broken Harbor — holds memories for Scorcher and his troubled sister, Dina: childhood memories that Scorcher thought he had tightly under control.

- www.goodreads.com



BOOK NOOK NOTICE

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



Bowraville Chamber of Commerce & Industry Inc
c/- 39 High Street BOWRAVILLE NSW 2449
Email: bchamber769@gmail.com

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

The Bowraville Chamber of Commerce has worked with the community for the last 100 years. Currently of concern is the implementation of the first stage of the Bowraville Masterplan which is planned for this financial year. This will involve the widening of the median strip in the top, most southern section including planting of shade trees and seating. Christmas lights again for town are also on the agenda and our involvement in ongoing improvements for our common future.

Recently we have changed our meeting time from Tuesdays at 5pm at the Bowra Hotel to **Thursdays**, same time and place. This will continue to be in the first week of each month.

So the next meeting will be on Thursday 1 October at 5 pm.

And on Thursday, 5 November the Annual General Meeting

for the Chamber will be held before the monthly meeting, and 'gunpowder, treason and plot'. (check out Guy Fawkes).

The time, date and venue for our December Christmas gathering is yet to be determined.

Whilst everyone is welcome to attend the meetings only current members are able to vote on any issues and in elections. So don't forget to join us – easily achieved when attending a meeting.

Hope to see you soon

**Historic
St James Anglican
Church
High St. Bowraville**



10am Service every Sunday

Rector: Peter Shayler-Webb 0439 770 487
Email: admin@nambuccaanglicans.com.au
Office: 02 6568 9029

*Baptisms, weddings
and funerals.*

9/11

Blokes' Breaky
1st Saturday of the month
Ring Jeff to book on **0428 578 394**

Cuppa and Chat
3rd Saturday of the month
Everyone welcome. 10am - Free

St Jimmy's Kitchen
3rd Thursday of Month at 5.30pm

St Jimmy's Food Hub
Fridays from 9am to 11am ^{9/11}

Must hold a current Centrelink card.
For more info call 6568-9029

ST. JAMES CHURCH HALL

BTCNews is looking for a new editor.

The position is a voluntary one, taking up about two days a week and involves the sourcing of articles suitable for our Bowraville readership. Some material is provided by volunteers who write local stories of interest for the BCNews while other articles relevant to our readers are sourced from the internet. The editor then positions those articles in the BCNews template along with advertising content.

This is a creative position and within reason you will have a free hand with content.

So, if you are looking for something interesting to do on a couple of days a week and are willing to learn new skills the BCNews might be just the thing for you.

If you think it might be, call Karin on 6564-7420 on a Wednesday or Friday for more information and to arrange an interview.



Bernard Laverty Funerals

24 hours 6568 1555

Monumental Masons & Florist

Speak to us about the benefits of Pre Paying



Serving the community for over 60 years

Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Spring 2026						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 AM	Cinemascope + All the Best + Overdrive + Wellbeing	Continental Drift	Aussie Grown Across the Nation	Tones of Clairese	The Fourth Estate + The Documentary	Jump Children
7 AM		Real World Gardener + The Assignment	A Country Tea Time With DJ Tina	Claire Walt	Life in the Valley	Urban Meltdown
8 AM	In a Funktional World	From Then To Now	Smoko with Gazza Gary Biden	Healing Frequencies Amutha Kan	Beverly Gibbs	The Bohemian Beat
9 AM	Classic Hits & Jukebox	With Paul Burns			Talk Of The Town	Local News of the Area
10 AM	With Paul Rowe	Bach to Beethoven	Gary Biden	Turning Pages	Ceri Wrobel	Maidensong
11 AM	Baby Boomers	Infopinion	Mystical Music & Musings With Luise	Jake & the Fatman	Christian News & Views	Noisy Neighbours Trenck de Groot
Noon	Donna Collins	Richard & Eddie			Global Village	The Folk Show
1 PM	Flashback	Mixed Grill	Hot, Sweet & Jazzy	Sista Selecta	The Local Source	Garage Noise
2 PM	Rob Davidson	Macca	A Breath of Fresh Air	Hit Singles From Your Past Macca	Robertson's Rollercoaster With Tom	Sean Ambrose
3 PM	Drive Time	Rock On	DJ Casey		Let the Bands Play	That's A Wrap
4 PM	With Heidi	Sister Act	The Sixties in Australia	Thursday Country With Trickivic	MHS Radio	Donna, Nigel, Gary & Les
5 PM	Elle's Music Show With Elle	Aussie Music Weekly	The Curious World of Lisa Z	Music to Snuggle Up With Jenny Adams	33 Blues With Lizzie	Praise, Prayer & Pop Michelle
6 PM		Aussie Trove	New Australian Sounds Phill Verness		Meet Me @ The Movies	
7 PM	Tikki Lounge Remix	On the Flipside	Ant's Rock	Tim Unsupervised	Fish's Favourites Dave P	The AntiSF Radio Show With Nuke
8 PM	Seth Jordan	With CJ		Tim Hood	Chimes	With Stu
9 PM	Music Makers	Space Nuts + Lost in Science, + Zed Games, + Diffusion	Anthony Garnsey			Prog Rock Playlist Rhino
10 PM	With Yen					
11 PM		Local News of the Area	Ant's Rock	Local News of the Area	Off the Record	Music Mix
Midnight	Music Mix	Music Mix	Overnight	Music Mix	Music Mix	Music Mix
News weekdays 6, 7, 8, 9am, noon & 6pm, weekends 6, 7, 8 & 9am The Best Little Station in the Nation Studio & Office: 02 6564 7777 <admin@2nvr.org.au >						