

Bowraville Community News



Bowraville Community News is produced by the Bowraville Technology Centre.
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SEPTEMBER 2018 ~ ISSUE #166 FREE CIRCULATION 400 POSTCODE 2449

SPRING has SPRUNG! At the Bowra Community Garden

Friendships bloom in community gardens! You will find flowers growing in flower gardens. You will find veggies growing in vegetable gardens but in community gardens you will find people growing.

It's true that Bowraville Community Garden grows some pretty fine produce but it's the friendships that blossom there that participants value the most.

One of those friendships dates back to 2007 when Gai Nowland and Lucy Van Sambeek first met in the Northern Territory. Shortly after they were both involved in establishing **The Mulch Pit Community Garden in Darwin's Northern suburbs**. With shared values around permaculture **design principles and building community** Lucy and Gai's friendship grew in amongst the piles of mulch and manure.

Lucy says, "What I like about community gardening is that anyone can come along and contribute. You can do as much or as little as you like. We have people wandering in and asking about the plants growing here and how to cook them. We send them away with cuttings, samples, recipes or even our harvest for the morning. It's a great atmosphere of sharing stories, produce and knowledge."

Three years after Gai moved to Bowraville, Lucy followed, attracted by the subtropical growing conditions and the huge diversity of plants that can be grown in the valley. Together with other regular volunteers at weekly working bees the two can be seen scheming up new ideas, spontaneously creating new features in the garden or just weeding and mulching.

"Being new to the area I have a lot to learn about what grows here," says Lucy. "I would rather get outside and mix with the people that are doing the growing than read something out of a book. You get to meet new people that way. I also feel really good when I'm getting my hands dirty."

There's lots of research around showing the mental health benefits of gardening and being in nature. It's been shown to lower stress levels, reduce depression and anxiety, increase self esteem and, of course, grow your social networks. I can vouch for the kinds of life-long relationships that can be formed through community gardening, building community and caring for our environment. Gardening keeps me grounded in so many ways." - Lucy and Gai.



Bowraville Community Garden attracts people from all stages of life from 2 to 92.

Everyone is welcome to join in community working bees on Monday and Friday mornings from 9.30am to 12pm.

BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 400 COPIES

Newsletter is also available online at:

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 OCTOBER 2018

ISSUE IS: 4:00PM

18th SEPTEMBER 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

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

Bowraville Technology Centre

Open 9.30am to 4.00pm Weekdays

Internet Services

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

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

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

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



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

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

**SOUTH ARM HALL OF MANAGEMENT
Annual General Meeting**
Sunday 2nd September, 2018 at 9.30am.
All Welcome

The Bowraville Folk Museum AGM

Will be held on Tuesday, 18th September 2018 at 10am. The meeting venue is the Folk Museum.

Nambucca Shire Council Meeting will be held at South Arm Hall on Thursday, 27th September at 5.30pm. All are welcome to attend this meeting.

Residents wishing to address the meeting need to contact council beforehand of their intent to speak so this can be included on the agenda. Requests to address close at 11.00 am on the day before the meeting. Please phone Council on 6568 2555.

South Arm Hall Committee Luncheon

Will present a luncheon with Guest Speakers from Valley of the Mist, a working Bush Tucker farm set in 47 hectares of beautiful bush land forest. It is also a wetland wildlife sanctuary with over 80 hectares of rare pristine east coast wetlands.

Owners and operators, Marilyn and Dennis Ryan, will present to you all a wonderful and informative talk about their sustainable orchard and wetlands area, the tours they conduct and their produce. They will inform us of the way they have built their farm to the beautiful place it is today.

Saturday September 29th 2018 at 12.00pm at the South Arm Hall, South Arm

After the talk there will be an opportunity to taste the products that will be available for purchase.

Cost is \$20.00 per person and bookings are required for catering purposes before the 22nd September 2018

Please phone: Robyn on 6564 8748

Tickets are available from the Bowraville Technology Centre. We look forward to having you as guests at the South Arm Hall.

BowraMacksville UHA

September 1 is our Annual Sports Day at the Recreation Club. For golf this will be a Stableford and bowlers need to check the board for times and games. Our raffle held over a few weeks in Macksville and Bowraville will be drawn on that day. The BowraMacksville UHA has committed to raise over \$30,000 by next June for the purchase of two birthing baths to be installed in the maternity section of the new hospital and a similar amount for a defibrillator for the Emergency Department. To celebrate 70 years of service to our district public hospitals by the Hospital Auxiliaries and the 10th birthday of our Hospital Car Park Coffee Shop we are holding a High Tea Celebration at Macksville Ex-Servicemen's Club on Saturday 22nd September from 2 pm. Our hostess promises to bring out the Shelley and Royal Stuart table ware to glamorize the event. The day will include entertainment by the Valley Singers, a skit by our great supporter Helen, raffles, trading table, book launch of the Coffee Shop Recipe Book No2, lucky door prizes and a delicious afternoon tea. Please join us. Tickets \$25 available at the Macksville Ex-Servicemen's Club

Bowraville Garden Club

We had a change of plan for August. While still staying locally we visited a very special vegetable patch on Wilson Road unknown to some of us. Besides enjoying a delicious morning tea members came home with a variety of fresh vegetables, jams and condiments. With Spring upon us there is so much on offer in September that members are still deciding on options available. Business of the day will be organising our Open to the Public Morning Tea Garden Party on Saturday 13th October celebrating National Garden Week. The orchid show at Nambucca on Father's Day weekend is on the agenda for some and various district gardens will be

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Bowraville Folk Museum

High Street, Bowraville

Phone/Fax: 6564-8200

MONDAY-FRIDAY 10am-3pm

WEEKENDS 10am-1pm

PUBLIC HOLIDAYS 10am-3pm

email: bowravillefolkmuseum@gmail.com

twitter.com/bowravillefolk

~ Groups by appointment ~

7/11

**Frank Partridge VC
Military Museum**

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

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

This museum is a 'must see'.

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

Admission by Gold Coin Donation.

29 High Street, Bowraville 6564-7056
enquiries@militarymuseum.org.au

5/11

Weekly Activities

MONDAY

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

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

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

TUESDAY

LINE DANCING 6.30-7.30pm Pioneer Community Centre, 70 High Street, Bowraville. (6564 7791)

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

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

WEDNESDAY

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

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

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

MEMBER'S DRAW & MEAT RAFFLE 6.30pm pm

Bowraville Ex-Services Club (6564 7304)

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

THURSDAY

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

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

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

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

FRIDAY

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

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

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

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

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

SATURDAY

BOWRA COUNTRY MARKETS (2nd and 4th Saturdays) 8am – Noon. Pioneer Community Centre Bowraville. For bookings and enquiries call 6564 7908 or 0400 828 471.

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

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

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

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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

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opened for visits. Contact Barbara on 6564-7039. Emails will go out to members.

Bowraville Seniors

We are hoping our postponed trip to Port Macquarie will take place in September in lieu of the usual meeting. Contact Ruth on 564-8243.

Bowraville Recreational Club

Five of our women golfers travelled to Crescent Heads and came home with the C Grade Winner and Runner Up but crashed at the next Bowra Day. That's golf! The Annual Hospital Charity Day which includes golf and bowls will be held on 1st September. Please support this day as all money raised goes towards the purchase of hospital equipment. Men's Golf Open Day is on Sunday 9th September. Conditions are conducive to good scores and Eliza McNally recently parred the course in the Men's Comp and won the day - congratulations! Take time to admire the replaced information boards around the course. If you have a good-sized piece of hardwood suitable for these signs contact Greg Paterson. There has been a lot of activity on the bowling greens with Championships finally completed. Of special interest is the win by June Summers (aged 94) and Matt Hopper in the Mixed Pairs. Over 60's Bowls is on 4th September. Thanks to all our volunteers who are maintaining golf course and bowls greens.

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.

Line Dancing

Beginners class on Tuesday evenings from 6.30 to

7.30pm at the Bowraville Community Centre in High Street. Cost \$7 per week (plus \$7 per year to join 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

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

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

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Coronation Kennels & Cattery

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

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

PHONE: 02 6568-2018

Email: marcia@coronationkennelsandcattery.com.au

Website: www.coronationkennelsandcattery.com.au

We provide the following services:

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

Sleepover - Check in 4-6pm check out 8-10am

\$15 p/n Cats - \$12 per day.

Long Term Budget -

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

Not available during school holidays



11/11

Short-term Accommodation

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

BOWRAVILLE GIFT SHOP



any occasion

LOCATED AT BOWRAVILLE POST OFFICE

27 HIGH STREET BOWRAVILLE

Monday to Friday: 9am - 5pm

PH: 02 65647169

5/11

How to make your emails more secure

Despite the fact that in order to access your email account you're required to supply your username and password email remains one of the least secure means of communication and has been likened to sending a postcard – basically anyone along the way who's interested can read the contents of a message.

In fact, email accounts have been hacked so many times at this point that scarily, there's even a website you can check out to see if you appear on a list of compromised accounts.

Hacking aside email accounts in general are quite the opposite of private. This stems from the fact that an email is not a direct communication but rather goes via several intermediaries. A single email message gets passed through multiple servers including the ISPs involved as well as the email client's with multiple copies of the message stored at each server and further copies on both the sender and recipient's computer so even when an email is deleted there are still plenty of copies out there.

Email is starting to show its age - the first email was sent back in 1971 and its various security shortcomings are enough to send users to more modern, alternative means of communication. However, with a few adjustments your email can be more secure.

1. Password protection

The first weak point is of course the password and with examples including '1', 'P@ssw0rd' and 'x' featuring on a list of 10 common passwords it's no surprise that some accounts are easily breached. Users also fall into the trap of using the same usernames and passwords for multiple accounts and this can result in one hack being able to breach multiple accounts. We need to step up our game.

Choose longer and much stronger passwords – utilising password software that can automatically generate these can help. Also, accept that relying on passwords alone is inherently insecure and be sure to enable two-factor authentication. This should ideally be done via an app and not just via SMS to avoid falling victim to SIM card spoofing. Yahoo gives users the option to drop the password completely and now provides a one-time-use passwords on demand via its mobile app for enhanced security.



2. General measures

Users need to understand that email is simply not a private communication. This goes double for work emails which belong to your employer and which can be inspected as they make their way through a company's network and servers.

Be sure to always confirm that a reply is going to a genuine email address and not to a spam variant. Also make sure to correctly choose between 'Reply' and 'Reply to all' when responding to a group email.

While email is convenient and used by just about everyone it's worth considering if another method of communication might be more secure. Some instant messaging apps have addressed the issue of message privacy – options include *TextSecure* for Android and *Signal* for the iOS camp.

However, even with encrypted apps there can be issues; the popular messaging app *Telegram* was recently taken off Apple's App Store due to concerns over child pornography distribution although it was subsequently reinstated. Even *Facebook Messenger* allows encrypted messages to be sent and they're also permanently deleted so as not to leave any trace.

3. Use a VPN

Another option to consider is a VPN which creates an encrypted 'tunnel' to another server where the data is decrypted before being sent on to the internet. However, while the primary reason for a VPN is privacy and while it may keep your emails secure from your ISP your email client will still have an unencrypted copy so it only offers limited security.

4. Email encryption

The best strategy to keep your email private is to encrypt it directly – in some cases the email client you already use may be doing this behind the scenes.

Gmail has been offering encryption as the default setting since 2014 for users emailing through Google apps or on its Chrome browser. However

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SEPTEMBER PROGRAM at the

BOWRAVILLE THEATRE

Sunday, 2nd September from 2pm

Faces Places is a 2017 French documentary film directed by Agnès Varda and JR. It was screened out of competition at the 2017 Cannes Film Festival where it won the L'Œil d'or award. The film follows Varda and JR traveling around rural France creating portraits of the people they come across. It was released on 28 June 2017 in France and 6 October 2017 in the United States. It was nominated for the Academy Award for Best Documentary Feature at the 90th Academy Awards.



Sunday, 16th September from 2pm

Kedi is a warm and loving profile of an ancient city and its unique people seen through the eyes of the most mysterious and beloved animal humans have ever known, the cat.

Hundreds of thousands of cats roam the streets of Istanbul neither wild nor tame. This is the story of seven of them. For millennia cats have roamed the city of Istanbul. Granted freedom and respect they wander in and out of people's lives and are an essential part of this rich and proud city.



Claiming no owners they live between two worlds neither wild nor tame. They bring joy and purpose to those they choose to adopt, acting as mirrors to the people of Istanbul and allowing them to reflect on their lives in unique and touching ways.

New film scene ignites in Bowraville

A regular, new film program is setting the scene for cinema lovers at the Bowraville Theatre starting in September. Aimed at igniting a regular film scene for the community Cinescape is a specially curated program, complete with world cinema, feature documentary and Australian stories. Curated by the team behind the Screenwave International Film Festival (SWIFF) Cinescape will offer specialised film programs dedicated to a mature, discerning audience with screenings every fortnight.

"It's wonderful to be able to share our love of cinema with other regional communities like Bowraville. There's something very special about people coming together in a darkened space to experience different stories on screen from all parts of the globe", says SWIFF artistic director, Kate Howat.

The first screening will take place at Bowraville Theatre on Sunday September 2nd with the exquisite new French documentary 'Faces Places' co-directed by the grand dame of the French New Wave, Agnes Varda (the oldest Academy Award nominee in Hollywood history). Together with the iconic photographer/muralist, JR, this Oscar-nominated film sees the unlikely coupling drive through remote parts of the French countryside touring farms and villages in a van-cum-photography lab.

Taking photos of the people they meet, in all their humility and grandeur, and plastering the huge black-and-white print-outs in prominent local spots the duo trace out expansive sketches of the nation as a whole in a documentary that teems with warmth, compassion and humanity.

Visit www.bowravilletheatre@bigpond.com for more program information or call on 6564 7808.



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



BOWRA HOTEL

OPEN 10AM - MIDNIGHT

NEW
CHEF

BISTRO

LUNCH and DINNER

Tuesday, Wednesday, Thursday,
Friday and Saturday

11:30am - 2:00pm and 6pm - 8pm

LUNCH & DINNER

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

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

33 HIGH STREET, BOWRAVILLE

Ph.6564 7041 Fax. 6564 8471

WHAT'S HAPPENING IN BOWRA

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8pm. Phone David Bossard 0427 231 040. Food Hub is run by this church. Senior Pastor is David Bossard. This is a vibrant inter-generational church serving the whole Valley as its name suggests.

Macksville Probus Club

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

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

More Materials You Can Recycle

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

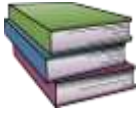
- Plastic shopping bags
- Bread, rice and pasta bags
- Biscuit packets and trays
- Frozen food bags
- Confectionery (lolly) packets
- Newspaper wrap
- Bubble wrap
- Dry cleaning bags
- Old green (and other re-usable) bags



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

MARKETS CALENDAR

DAY OF MONTH	MARKET LOCATION and TIMES	CONTACT DETAILS
THURSDAY Every Thursday	Coffs Coast Growers Market, City Square, Harbour Dr. from 8am to 2pm	6648 4087
FRIDAY 1 st , 3 rd & 5 th	BELLOPY ORGANIC FARMERS MARKET from 8am to 1.30pm The largest 100% organic market in NSW. Bellingen Showground	0415 525 903
SATURDAYS 1 st Sat (bi-monthly even months)	VALLA BEACH COMMUNITY MARKET from 8am to 1pm	6569 5410
1 st	Kempsey Riverside Markets, Riverside Park from 8am to 1pm	0456 658 979
1 st & 4 th	Marine Rescue Charity Market, Woolgoolga Beach from 8am	6654 0447
2 nd	South West Rocks Market, Horseshoe Bay Reserve from 8am to 12 noon	6562 6671
2 ND & 4 TH	BOWRAVILLE COUNTRY MARKET Bowraville Pioneer Centre from 8am to noon	6564 7908 0400 828 471
2 ND & 4 TH	MACKSVILLE PRODUCERS MARKET , Riverbank Park	6568 3844
2 ND & 4 TH	BELLINGEN NATURAL PRODUCE MARKET from 8am to 1pm Bellingen Showground	6655 1279
3 rd	BELLINGEN COUNTRY MARKET , Bellingen Park from 8am to 3pm	6655 2151
4 TH	Gladstone Trash & Treasure Market - 8.30am to Noon	6567 4203
SUNDAYS		
Every Sunday	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 st	Coffs Harbour Lions Boot Markets, Coffs Jetty Foreshore 7am to 1pm	0417 704 588
2 nd	Plaza Market, Nambucca Heads Plaza from 8am to 1pm	6568 9655
3 rd	Gladstone Community Market, Memorial Park from 9am to 1pm	0499 155 312
Last Sunday (bi-monthly even months)	FUNKYA @ UNKYA MARKETS from 8am to 2pm Unkya Reserve, Eungai	0425 205 737

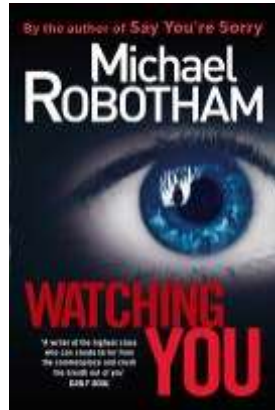


BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

Watching You

by Michael Robotham

From the book jacket: Marnie Logan often feels as if she's being watched. Nothing she can quite put her finger on – a whisper of breath on the back of her neck or a shadow in the corner of her eye – and now her life is frozen. Her husband Daniel has been missing for more than year. Depressed and increasingly desperate she seeks the help of clinical psychologist Joe O'Loughlin.



Joe is concerned by Marnie's reluctance to talk about the past but then she discovers a book packed with pictures, interviews with friends, former teachers, old flames and workmates Daniel was preparing for her birthday. It was supposed to be a celebration of her life. But it's not the story anyone was expecting.....

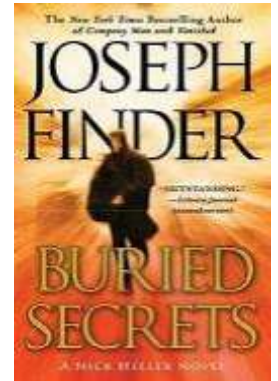
I thought this was a great thriller/whodunit. The characters are interesting and believable and the story quite gripping because I could see it all unfolding but couldn't work out who was guilty of what. I like that in a novel.

There are a zillion novels out there of this genre (my favourite) but this one really caught me....I recommend it.

- This book read and reviewed by BTC Volunteer Raewyn.

Buried Secrets by Joseph Finder

All fears that you could possibly imagine are rolled into one emotion-packed page turner, as a rebellious teen named Alexa is kidnapped by a ruthless killer and buried alive in a coffin..... ten feet underground.



A video camera mounted over her head allows her distraught father, Marshall Marcus, and the reader to witness every terrifying, anguished moment of Alexa's torturous experiences.

Nick Heller, hero of Joseph Finder's latest best-seller, Vanished, is asked by Marshall Marcus, a friend of his father, Victor Heller, for his help in finding his daughter.

As the reader experiences in very vivid detail the horror of Alexa's captivity, the mental and emotional torture that is inflicted on her by her deranged captor, Nick races against time to put together pieces of the puzzle to find and save Alexa before it is too late.

If you have claustrophobia this book will leave you gasping for air...if you don't have claustrophobia, before the end of the story you will! Buried Secrets is going to take you on one "HELLer" a ride!

- This book reviewed by amazon.com.

Bowra Laundromat

Corner of High & Belmore Streets

Token Operated Washing
Machines & Dryers.

Tokens available at Pub and Newsagent
Commercial Washers and Dryers

Enquiries: ph 6564 7401



NATIONAL STROKE WEEK - September 3rd to 9th

Join the fight against stroke

Stroke Facts

- In Australia stroke is the second biggest cause of death and a leading cause of disability.
- In Australia there are 60,000 strokes each year.
- One in six people will have a stroke in their lifetime.
- A stroke occurs every 10 minutes.
- Stroke kills more women than breast cancer and more men than prostate cancer.
- About 20 percent of strokes happen to people under the age of 55.
- Most of those people will require hospital care and more than one-third of those admitted to hospital will move to rehabilitation services after acute care.
- An estimated 350,000 people are living with stroke in Australia. Not only is each of these individuals affected by their stroke their families and carers also have to deal with the consequences.

National Stroke Foundation

National Office

Level 7, 461 Bourke Street

Melbourne VIC 3000 Australia

P. +61 3 9670 1000

F. +61 3 9670 9300

StrokeLine 1800 STROKE (787 653)

What is a stroke?

A stroke is the way we describe the blood supply to the brain being suddenly cut off.

Blood travels to the brain in blood vessels called arteries.

This can happen in two ways: Blood can stop moving through the artery when it gets blocked by a clot - or when the artery bursts.

Brain cells can quickly die without the oxygen that the blood supplies.

This is why it is so important to get to hospital immediately if you think you are having a stroke because it is possible there may be some cells that can survive if you are treated quickly.

How does it affect people?

Because the brain controls everything we do - the way we think, move, speak, eat - stroke can leave people with a wide range of physical and cognitive changes and disabilities.

Some of the effects can include paralysis, speech and swallowing difficulties, problems with memory, hearing and eyesight - it all depends on where in the brain the stroke occurs and how severe it is.

Who is at risk?

Men or women - stroke can happen to anyone - it does not discriminate.

Age group - risk factors increase with age but stroke occurs at all ages.

What are the causes of stroke?

There are many causes or risk factors; some are controllable and some are less so.

Some of the causes within our control include high blood pressure, a family history of stroke, being overweight, smoking, high cholesterol, a high intake of alcohol and diabetes

TIA, or mini-stroke, is also an indicator of a future stroke so it's important to know what it is and seek help immediately.

What are signs of an impending stroke?

We have an easy way for everyone to recognise the signs of stroke: **FAST**

Face - has the person's face drooped?

Arms - can the person raise both arms?

Speech - is their speech slurred?

Time - call 000 immediately.

How can stroke be prevented?

Eat well, keep a healthy weight, don't smoke, keep blood pressure down, exercise regularly and keep alcohol consumption to a minimum.

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

Blood Pressure Awareness

Here at Bowraville Pharmacy we offer free blood pressure checks.

We are happy to create a blood pressure check card which will give you and your doctor a clear record of your blood pressure readings over a period of time.

We also have a large selection of blood pressure monitors for sale here in store for the convenience of checking your blood pressure at home.

microlife®

A partner for people. For life.



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



Making reusable shopping bags from pre-loved fabrics

by the community,

for the community.

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

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

Donations of fabrics also welcomed.

Enquiries: 6564 7908 marion.syratt@gmail.com

Facebook: Nambucca Valley Boomerang Bags



Bowra StarBytes

Aries

Regarding finances, your attention turns to shared resources, debts and loans and perhaps taxes. Creative thinking will help bring balance to this area of life. You are thinking a lot about health and nutrition matters.

Taurus

New opportunities through friendships, group associations and other forms of networking may arise. Surprising events occur now that serve to jolt you out of your usual routine particularly when it comes to friendships, finances, and career.

Gemini

Some of you will be experiencing exciting changes in close relationships, meeting new people that further your career or encountering new opportunities through travel or educational interests. Troubling family matters will clear up soon.

Cancer

New insights into work and health matters will keep you motivated. A probability of some confusion, delays and misunderstandings with friends and in communications. Your personal magnetism runs high this month.

Leo

Getting your finances in order is your focus this month. Financial matters become more defined and clear as do practical concerns and work matters. A time of sudden insights and opportunities giving you a sense of power and self-mastery.

Virgo

You are brimming with creative ideas this month. Being honest and communicative will boost your reputation and appeal beginning a time in which you are noticed, personally powerful and more confident.

Libra

You'll find others are looking upon you especially favourably. Opportunities and new insights come in the areas of work or health. The temptation to break out of lifeless aspects of a job is strong and some of you will be feeling an inner restlessness.

Scorpio

For some of you unusual and exciting romantic experiences are possible. You are inclined to take chances on creative or romantic levels. Something might inspire you to try out a new creative hobby or adventure.

Sagittarius

Many of you will be focusing on learning, improving your skills set and possibly writing or speaking in new ways this month. Creatively this is a month in which you are really finding yourself and connecting to your hidden or dormant talents.

Capricorn

You may receive good news or you might read something that inspires you to change your learning focus. You are more open to communicating about subjects or feelings that you have previously kept to yourself.

Aquarius

This month brings a hopeful attitude, beneficial connections through networking efforts and improved financial status. There may be a sudden change in financial position even a windfall or significant gift. Money might be seen now for its value as a tool used to achieve more freedom in your life.

Pisces

Positive changes are in the works. Inspiration can suddenly or seemingly so, come from something you read, a conversation or perhaps even a dream. You are looking to the future not to the past with a desire to leap into new and unexplored territory.

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

PO Box 23 Bowraville NSW 2449



11/11



Bowraville Chamber of Commerce and Industry Inc

chamber@bowraville.nsw.au

SEPTEMBER 2018

A new mural for High St. Bowraville

The Gathering - a mural by Brentyn Lugnan, project by Bowraville Chamber of Commerce with funding from Nambucca Shire Council.



More art works are planned for Bowraville

These will include sculptures using the wood from the Old Lanes Bridge.

The Chamber will consult with local artists and the local community to choose which designs and ideas are meaningful for Bowraville.

Collaboration will involve our community groups and our schools.

Look out in following newsletters and the Chamber page on Facebook page for the latest developments.

Bowraville Chamber Committee

President: Mark Scott
Vice President: Max Duncan
Secretary: Cherie O'Donohue
Tidy Towns committee:
Robynne McGinley, Mark Scott
Public Officer: Cherie O'Donohue
Contact Chamber
M: 0428527545
chamber@bowraville.nsw.au

Chamber meetings

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

Anyone can also become a casual member of Chamber though this does not include voting right.

However, anyone is welcome to come along and provide input and ideas that can have a positive impact on our town.

There are also special interest committees you can join.

How the alternatives to plastic bags stack up

If the future of grocery cartage is reusable what are our options and how do they stack up?

Switching single-use for heavy-duty plastic bags?

If your aim is to reduce the amount of plastic you consume replacing single-use plastic bags with heavy-duty, multi-use ones doesn't really add up.

You'll need to reuse a heavy-duty bag at least four times to recoup the extra energy needed to make it according to a British life-cycle assessment of the comparative energy costs of different bag materials.

And then you've still got the issue of the plastic bag.

Research has found that about 1 per cent of plastic bags used in Australia end up in the environment.

And if our heavier-duty bags reach the oceans and other habitats they could cause as much if not more damage than single-use bags currently do.

This is because heavy-duty bags can take longer to break down.

Heavy-duty bags will be the default packing option at supermarkets at a cost of about 15 cents each.

Take your canvas (cotton) bags to the supermarket

Canvas, although traditionally made from hemp, is now produced from linen or cotton.

The first thing you need to know if climate change or water scarcity are your concern is that you'll need to use your canvas bags about 100 times before you're ahead of single-use plastics.

Exact figures are difficult to calculate because there are so many variables such as where the cotton is grown and where the bag was made.

But an analysis by the British Environment Agency estimated that from a climate change perspective cotton bags need to be used 131 times before they break even with single-use, high-density poly-ethylene (HDPE) bags.

Cotton is also extremely water intensive.

A hectare of cotton takes almost 8 million litres of water to grow on average and about 90 per cent of Australia's cotton comes from the Murray-Darling Basin where water scarcity is a major issue.

The good thing is you can use cotton bags hundreds or thousands of times and they're washable and biodegradable.

So you can also throw your cotton bag into the compost when it comes to the end of its life.

Hemp

Hemp is one of the oldest farmed crops on the planet having been cultivated for its strong fibre in China as long as 10,000 years ago.

The advantage of hemp is that the usable fibre comes from the stem of the plant and is resistant to most pests requiring little if any pesticide according to Felipe Favaro from Hemp Foods Australia.

If you can get your hands on a hemp shopping bag it's a strong, lightweight and biodegradable material and a much better alternative to plastics.

Chances are though the hemp won't have been grown here in Australia.

Although industrial hemp is a strain of *Cannabis sativa* - the same crop favoured by the likes of Cheech and Chong - the active tetrahydrocannabinol (THC) content is strictly regulated.

Growing plants with a THC level above 1 per cent in New South Wales and Queensland will still get the police knocking on your door.

Jute

Jute is a coarse form of hessian and has the seal of approval from Clean Up Australia.

Jute is a heavy-duty material which in its more refined state is also referred to as hessian.

Jute is very sustainable as it doesn't use much water, it's the second-most abundant commercially grown fibre in the world behind cotton and similar to hemp is not dependent on pesticides.

More than 80 per cent of the world's jute is grown in Bangladesh and India. Although this means there is a carbon cost in transporting jute to Australia the crop itself is effectively carbon neutral. A hectare consumes about 15 tonnes of CO² which is stored in the plant and fibre until it biodegrades.

Are polypropylene bags 'green'?

Green bags are relatively energy efficient to produce but aren't biodegradable.

So-called "green bags" which have been available in supermarkets now for a number of years are a heavy-duty, non-woven polypropylene.



Continued on Page 22



Bowraville Lions Club Inc News Bulletin

SEPTEMBER 2018



WHERE THERE'S A NEED THERE'S A LION



All funds raised by Lions Clubs go directly to the people and organisations we support.

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 3rd Wednesday of the month at 6.30pm in the dining room of the Bowra Hotel. Phone Mark on 0428 527 545

NSW declared 100% in drought

The entire state of NSW is now impacted by drought, official figures show.

A drier-than-expected June and July has left many farmers with failing crops, a short supply of water and diminishing livestock feed.

According to the NSW Department of Primary Industries, 61% of NSW is either in drought or intense drought, while nearly 39% is drought affected.

Less than 10mm of rain was recorded in the western, north west and central areas of NSW over the past month and drier-than-normal conditions are forecast for the next three months across the majority of the state.

The deputy prime minister, Michael McCormack, urged farmers not to be reluctant in putting their hands up for drought relief payments.

Almost 20,000 people are yet to apply for the federal government's \$190m drought relief package which has been attacked as "too little, too late" by critics.

Making a Donation to support farmers

If you are considering support for farmers facing drought conditions there are a number of registered charities that can be contacted. There are specific charities for farmers and other community focussed charities that support rural communities more broadly.

NSW Farmers' Drought Relief Fund - www.mycause.com.au/charity/3706/NSWFarmersDroughtReliefFund

NSW Farmers' does not specifically endorse any single charity however the links below to registered charities may be worth investigating . . .

Country Women's Association (CWA) - Disaster Relief Fund - is used to assist Australians who have been adversely affected by a disaster. This fund is tax deductible. cwaofnsw.org.au

Rural Aid - Buy a Bale program - Established under the charity Rural Aid, formed by Charles and Tracy Charles Alder to expand services and support to rural communities. www.ruralaid.org.au/buy-a-bale

Aussie Helpers - Co-founded by Brian and Nerida Egan Aussie Helpers aim is to stay in touch with 100's of farming families to ensure their well-being and survival through good and bad times. aussiehelpers.org.au/

Aussie Farmers Foundation - invests in vital grassroots projects in rural and regional Australia with a focus on five key areas affecting country Australians www.aussiefarmersfoundation.org.au/

Thirsty Cow Ltd - a Not-For Profits Organisation endorsed by the Australian Taxation Office (ATO) as a deductible gift recipient. www.thirstycow.org.au/

Additionally other community and faith-based organisations work locally to support farmers. These include but are not limited to:

Salvation Army - salvos.org.au/

Mission Australia - www.missionaustralia.com.au/

Anglicare Australia - www.anglicare.asn.au/

Lions Clubs - www.needforfeed.org

- www.nswfarmers.org.au

~ TECH TALK ~ TECH TALK ~

Continued from Page 6

emails aren't encrypted if another browser is used or if the recipient has any address other than Gmail so this method does have its limitations. Then again Google has become the Big Brother of the internet and is known for reading user's messages all in the name of targeting them with more relevant ads; there's privacy and there's Google's idea of privacy.

Microsoft's email client, Outlook, also offers an encryption option. Both the sender and the recipient need to exchange digital signatures which include the certificate and the public key. The digital signature also includes a digital ID which confirms the authenticity of the sender. However, this doesn't work on Outlook.com nor on the Windows Mail app.

There are some email services designed to offer encryption. An example of a free one is the open source *Tutanota* which offers mobile apps for iOS and Android as well as browser-based email. The downside is that people you send emails to will either need to have an email account on the same platform or will have to provide a password to decrypt each email.

Another privacy strategy is to not actually use a permanent email address and instead use a disposable one. Email provider *MailDrop* offers free addresses for exactly this purpose. Users have the choice of either creating their address or allowing *MailDrop* to give them a random one. There's no sign-up or password involved making it ideal for sending an email to an insecure recipient although not for receiving mail.

- www.techradar.com

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



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

Email: 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.





THURSDAY, 13TH SEPTEMBER Bowraville Fun Day

Final Bowraville Supported Play group

This event is to bring everyone together for a fun family day out. This event is part of the Bowraville supported playgroup and to bring everyone together for one last final gathering.

This event is also providing 6 free child assessments. For more information about these assessments grants please come along and join the fun!



BBQ

FACE PAINTING

Jumping Castle

DON'T MISS THIS GREAT DAYOUT!

Bring the Family for a FUN DAY!

All is welcome

Mackay Park
beside bridge in
High Street
Bowraville

Cost Free

11am—3pm

Thursday
13th September

1/11



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



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

NEW STARTING TIME FOR GENERAL MEETINGS OF BCDAI.

Please note that the monthly general meetings of BCDAI are now starting at 5pm.

Meeting dates for the rest of the year are Sept 3, Oct 1, Nov 5 and Dec 3.

The December meeting will also include the AGM and a Special General Meeting.

ALL WELCOME



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

Sunday, 18th November
bowra.writers.expo@gmail.com

WANTED: HISTORY RESEARCH VOLUNTEER and OLD PHOTOS OF THE HALL

The Pioneer Community Centre is approximately 100 years old. Are there any history buffs out there who would like to do some further research?

We are also looking for 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.

ACOUSTIC CLUB
CONTEMPORARY ACOUSTIC MUSIC

Sat Sept 29th 5:30pm
Pioneer Community Centre
70 High Street Bowraville
Sausage sizzle, cakes & coffee on sale
A family friendly community event

Sunshine Suzie
Splash of Jazz
Deebee
Rod Dowsett

For more information: Maz: 0400 828 471
Deebee: 0409 906 712
www.deebee.net.au

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.**

VOTE FOR YOUR FAVOURITE COLOUR SCHEME

We are planning centenary celebrations for this fine old building and she needs a re-paint.

Cushie Design of Coffs Harbour has prepared 4 options for community voting. The main colour in each option is for the walls as part of the facade is pressed metal to look like stone blocks.

Please take the time to consider the options shown in the window display and then place your name, contact details and preferred combination of colours (1, 2, 3 or 4) in the hall mailbox that is built into the door to the right of the windows. Or contact us as per the details above.

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

Spring has SPRUNG!!!

September is a fantastic time to be alive for us gardeners! The chill is almost gone from the mornings and the afternoons are getting longer. Blossoms are bursting and you can smell spring in the air wherever you go. If you have been hibernating through winter now is the time to get out and into it.

Prepare your garden for spring planting by improving your soil. Lightly dig over the soil adding plenty of organic matter including top-notch compost and well-rotted manure and don't forget to mulch the beds with a straw mulch.

Try some colour in your vegie patch like nasturtium, snapdragons, phlox, petunias, marigolds (French) and celosia. They are great at attracting pollinators and beneficial insects to your patch and they look fantastic as well. Now is also the time to plant some sunflower seeds - find a sunny spot

where you would like to see some happy sunflowers later in the year. 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!



Now is also a great time to re-pot your indoor plants, give them a bit of a feed with a seaweed tonic afterwards to keep them happy.

Plant some rocket, silverbeet, spring onions, Chinese cabbage, mizuna, lettuce, tatsoi, zucchini, pumpkin, leeks, capsicum, cucumber, eggplant, tomatoes and watermelon.

In the herb patch, plant some parsley, sweet basil, chamomile, dill, coriander, marjoram, oregano, catnip and thyme. Also try mint but keep it in a pot as it has a tendency to take over.

Feeling fruity? It's time to plant passionfruit, paw paw, avocados, banana, citrus and macadamias. If your tastes are a little more exotic try putting in a guava... they're tough plants and the fruit is sensational!

Planting a green manure crop will add some life and love to an overworked patch - try millet, lablab, amaranth or mung bean. This will improve your soil incredibly and you'll find it well worth the effort! Green manure crops like faba beans, barley, lupin, wheat or field peas are also good to go now.

*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
Glenn, Garry or Paul.
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**

11/11

Bowraville Bus Timetable

Departs

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

Returns

Macksville to Bowraville 2.35pm
3.35pm
4.35pm

Last bus 5.25pm

Red Ticket — \$2.50 per day

Eligibility: Pension Card

busways Telephone: 6568-3012

Former Bowraville youth appointed national children's rights advocate

XAVIER Berry, a proud Gumbaynggirr boy formerly of Bowraville but now living in Coffs Harbour, has been selected from a total of 450 applicants to become a national advocate for children's rights.



The 15-year-old who studies at Toormina High School was recently appointed as a UNICEF Young Ambassador by global UNICEF Goodwill Ambassador and former child soldier from Sierra Leone, Ishmael Beah, at a ceremony in Melbourne.

Xavier said his particular passions lie in climate change, domestic violence and the foster care system - of which he is currently a part of.

"Keeping something on your chest can do a lot of damage which I've learn because I've kept a few things on my chest and it has done some damage to me," he said.

"I just want the children who have things to say [to] tell them that it's ok to say them."

"My mother was in a domestic violence issue for a bit there... plus on the child neglect - I suffered it for a bit.

"I want them to have a good family that loves them and cares for them and lets them be who they want to be. For every child, family."

Xavier, also known as 'X-man', is one of nine Young Ambassadors who have been appointed from around Australia.

The Navy Cadet said he was inspired to become a Young Ambassador in hope to make sure children have 'more of a say' in society and to spread the message to his hometown of Coffs Harbour.

"I want to help. I saw all the kids in poverty and it made me stop and have a think there is this issue around the world. It's in Australia not just in Africa. It's everywhere - I want to spread the message to the Coffs community and also the world," he said.

"I would like to educate the people of Coffs Harbour about what UNICEF does for those who don't know."

Young Ambassadors, aged between 15 and 24, consult with children and young people across Australia and speak up for children's rights.

Xavier will spend the next six months consulting with children around Australia from all walks of life and diverse backgrounds. He will then compile a report on his research which he will send to the Australian government and discuss with politicians.

- www.coffscoastadvocate.com.au

IT HAPPENED in BOWRA

Nambucca River traffic in the late 1800's

THE DROGHER BOWRA

The Raleigh Sun - Friday 30 June 1899

The drogher **Bowra** which was built on the Lansdowne River and launched last month is now completed and ready for service. She is intended for the Nambucca River trade to replace the drogher Keystone which has become too small for the requirements of that trade.

The **Bowra** is constructed of Manning River hardwood of the best quality. She was built by the well-known shipbuilder, Mr. D. Sullivan and is well and faithfully put together. Her dimensions are as follows: Length: 80 feet, beam: 20 feet, depth of hold: 4 feet. She will draw 2 feet 10 inches aft and 2 feet forward with 500 bags of maize. Her engines are of the compound principle with outside condensing pipes. The cylinders tire 8 inches and 15 inches respectively and have a working pressure of 80lbs. to the square inch.

The **Bowra** is fitted with all the latest improvements in connection with the engines. All the starting gear belonging to the engines is carried up on to the bridge so that the man in charge of the steamer can work the engines as well as steer. The machinery was made by Messrs. Chapman and Co., engineers, Sydney.

No time or expense have been spared in making the **Bowra** a strong and useful drogher. Captain Ricketts is to take the **Bowra** over to the Nambucca River as soon as the weather is favourable.

(A drogher is a slow, clumsy-looking coastal cargo vessel)

Dr Paul Weekley

Research & Genealogy Officer Bowraville Folk Museum



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

BOWRAVILLE COMMUNITY HEALTH SERVICES

Child and Family Counselling

Speech Pathologist

Paediatric Occupational Therapy

These services are available by apt. - 6656-7200

MiiMi is now an approved CSO Agency.

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

Miimi House

90 High Street, Bowraville

Phone: 02 6564 8855

email: admin@miimi.org.au

How the alternatives to plastic bags stack up - continued from page 14

These are much thicker and more robust than the 15 cent reusable variety and usually retail for between \$1 and \$2.

Polypropylene, which is a type of plastic, is a by-product of oil refining but despite being a product of fossil fuels they're a relatively low-energy intensive product to make.

According to a British study the production of polypropylene bags creates about 11 times the "global warming potential" of single-use bags.

In other words you have to use your green bags 11 times to break even from an emissions perspective but they're relatively efficient in terms of water use and are strong enough to be used for years.

According to Green Bag Co Australia they can be thrown in the washing machine although they caution against putting them in the dryer as polypropylene can't withstand high heat.

The drawback to the green bags though is they break down into 'microplastics' if they find their way into the environment and cause the same issues as their lightweight cousins.

Whatever bag you choose the New South Wales Food Authority has some advice.

"When using reusable bags make sure you regularly wash them," a spokesperson said.

"Use separate, leak-proof, easily washable bags for meat/poultry, seafood and for fruit and vegetables."

The 'bin liner dilemma'

There's concern that the single-use plastic bag ban will result in a sharp increase in the sales of bin liner bags.

The argument goes that most people re-use their plastic bags as bin liners and the bag ban simply replaces one problem with another.

A review of the ACT ban in 2012 found that bin liner sales did increase by 31 per cent a year after the ban came into place.

But a second review in 2014 found that sales had settled back down to pre-ban levels.

So if we're not using plastic bags or more bin liners what are the options?

Zero Waste South Australia put together a fact sheet on what they call "the bin liner dilemma" and concluded there is no perfect answer.

The best option they said is to use no bin liner.

However, needing to wash the bin more frequently, using extra cleaning products and the lack of wheelie bins in some communities were still drawbacks to this route.

- www.abc.nsw.au



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 & 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

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

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Have you checked out the Bowraville Community Website?

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

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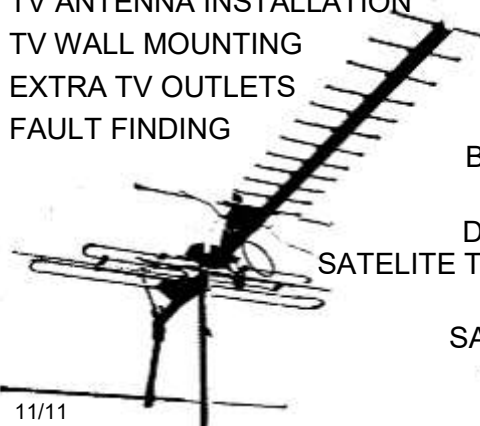
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What is it about . . . SLEEP ?

Sleep

By the time you reach 80 you will probably have spent about 28 of those years asleep. Good sleep is vital for your health but it can be hard to get when life is busy and sleeping problems are common.

Fortunately there are many things you can do to improve your sleep.

What is sleep?

When you are asleep your eyes are closed, most of your muscles are relaxed and your consciousness is practically suspended. But while your body is still your brain is quite active.

Your body's internal systems control when you sleep and when you're awake. If these systems get out of alignment, such as due to shift work or jet lag, sleep problems can result.

Why is sleep important?

Scientists don't fully understand why we need so much sleep but it's believed it helps us restore ourselves physically as well as organise things in our brain. You need sleep so your body and mind can function properly.

Sleep is thought to help keep your immune system strong and your heart and blood vessels healthy. It allows for growth and healing. It helps control your appetite and your weight. It's also needed for attention, memory and learning.

Sleep and your health

Going without enough sleep can seriously affect your health. As well as affecting your concentration and mood, lack of sleep has also been linked to a range of physical problems such as heart disease, high blood pressure, diabetes and even premature death.

People who don't sleep enough are more likely to have road accidents and there are problems with productivity and safety in the workplace.

Common sleep problems include insomnia, snoring and sleep apnoea (a breathing abnormality). Sleep problems can and do affect your health and safety so if you're feeling sleep deprived see your doctor for advice.

Healthy sleep habits

Surveys show many Australians don't get enough sleep and they feel tired as a result. Research also shows that while sleep disorders like insomnia are sometimes to blame poor sleep habits or choices are just as often the cause.

How much sleep do I need?

Most adults need about 8 hours of sleep per night. Children and teenagers need more sleep than adults while older people tend to sleep more lightly and for shorter time spans than when they were younger despite needing the same amount of sleep as they did as young adults.

What are healthy sleep habits?

Good sleep habits are habits you can develop to help you sleep well. While you can't make yourself sleep there are things you can do to increase your chances of getting a good night's sleep.

Things you can do to improve your sleep include making some simple changes to your environment as well as changing the timing of certain activities, or what you eat and drink.

10 tips for healthy sleep

1. Regular sleep patterns - help your body to establish a healthy sleep routine by going to bed and waking up around the same time each day.

2. Spend the right amount of time in bed - while 8 hours of sleep is recommended some people require more and some require less. Try to limit your time in bed to no more than 8.5 hours. So if it takes you a long time to fall asleep try going to bed later.

3. Bed is for sleep not screens - computers, phones and TV can disrupt your sleep. Your mind needs to associate being in bed with sleeping rather than watching TV or using your computer. Don't stay in bed if you're wide awake.

4. Relax before bed - Find a relaxation technique that works for you. Try to establish a buffer zone before bedtime where you're not trying to solve any problems or thinking about tomorrow but just relaxing and preparing for bed. Try to avoid using your computer and smartphone during the bedtime buffer zone.

5. Ensure you are comfortable in your bedroom - Your room should be the right temperature as well as quiet and dark. Make sure you have comfortable bedding and try to keep known stressors out of your bedroom.

6. Avoid alcohol, caffeine and cigarettes - These substances have far reaching impacts on your physical and mental health with disrupted sleep being just one. While alcohol might make you sleepy initially it tends to disrupt your sleep cycle leading to poorer quality sleep. Caffeine and nicotine are stimulants that can also prevent you from sleeping.

7. Don't nap - Unfortunately sleeping during the day will make it more difficult to nod off at night time. If a nap is really necessary try and limit the duration to half an hour and make sure you're up for at least 4 hours before going back to bed.

8. Try not to clock watch - If you can't sleep checking the time heightens your anxiety about not sleeping. If possible take the clock out of your room.

9. Try to avoid sleeping tablets - Sleeping pills don't address the cause of your insomnia and won't help you long term. Sleeping pills should only be prescribed by a trusted doctor who fully understands the reasons why you might be struggling to get good quality sleep. Your doctor must also keep a close eye on the use of sleeping pills while they are being taken as they are addictive.

10. Ask for help if you need it

If you regularly wake up feeling unrefreshed, are always restless in bed, have trouble getting to sleep or find that being tired is affecting your mood it might be time to go and see your doctor.



liveBetter
community services

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 11 if you would like to be involved.

Support Groups

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

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



Bowraville Strong Families

National Standards for Disability Services certification
Registration number: 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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8am - Noon
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every month!
Stall holder enquiries:
02 6564 7908
0400 828 471
bowra.country.markets@gmail.com
Pioneer Community Centre
70 High Street, BOWRAVILLE

Beginning in October there will be new operating times for the markets. 9am to 1pm. Sausage Sizzle on the 4th Saturday of the month.

Coinciding with the Bowra Country Market on Saturday September 8 is BOWRA'S BIG DEAL.

Participating Stallholders will be offering you extra specials on the day!

The cafe will be offering free specialty tea tastings.

Boomerang Bags will be giving a free produce bag with every bag purchased.

Visit the markets and see what specials you can find!



STALLHOLDERS AND BUSKERS

New stall holders always welcome. Buskers too. Enquire about rates and bookings.

And while you are in town,

CHECK OUT THE GREAT NEW BUSINESSES FURTHER DOWN HIGH STREET

At #64 Colour Cloth Clay has evolved to become a Collective of local artists and creators, a great place for a special handmade gift for yourself or to show off the talents of Bowra to others

#62 is an absolutely fantastic POP-UP Shop with an extraordinary collection of items from unique bags and tee-shirts, plates and glasses, cds and dvds...on and on. Only open Friday and Saturday.

And #60 has been recreated as the Bowraville Service Station, for all mechanical repairs including rego inspections (but no petrol). For great service ask Peter, phone 02 65647789.

Further down #48, the old scout hall, is now the PHOENIX Op Shop, so call in, connect and find an unexpected treasure whilst supporting this valuable local enterprise

#50 is the old butcher's shop. With two cool rooms and good street frontage in a solid brick building surely it is time for it too to rise from the 'ashes' and bloom...Imagine the possibilities!



Australian Government
Australian Taxation Office

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 our 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.



myTax



PLAN . PREPARE . SURVIVE

Are you **fire** ready?

Fire season has come early this year.

Now is the time to clean up around your house and farm sheds. Slashing with our Extra Heavy Duty slasher and removal of scrub (thick undergrowth) with the 4in1 bucket on our tractors is the most cost effective way to protect your assets.

Ring Eddie for a free, no obligation quote and be prepared.

Clean up your property before fire does



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or find us on



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

COMMUNITY TRANSPORT
COFFS HARBOUR, BELLINGEN & NAMBUCCA

www.communitytransport.net.au - 1300 812 504
info@communitytransport.net.au



New look coming for Bowraville Community News

The Community News as you know it is about change - in keeping with our policy to keep

things as energy efficient as possible it has been decided (after a short survey of customers) to change the format of the newsletter to A5 size.

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

The first new-size issue will be the October issue - so let us know what you think - email us your comments on admin@bctc.com.au or drop in.



7/11

Bernard Laverty Funerals

24 hours 6568 1555

Monumental Masons & Florist

Speak to us about the benefits of Pre Paying



Bowraville Central School News

Book Week and Education Week was celebrated with parents and children.
We had a great response with our children dressing up.
Thank you to all our community members who turned up for the parade.



Lower North Coast Basketball

Last week the Lower North Coast 15's Basketball Gala Day was again held at Port Macquarie. There was a great turn out from teams around the area and as per usual Bowraville Central School sent some of the finest players in the region.



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 soulous 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 Webley 	The Phoenix Crew Selected music & madness	Just For You Carola J. Simmons Followed by Nara'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 At the tracks with Jack Tune in!	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	Nambucca Valley Roundup Elizabeth Newman 	Nambucca Valley Roundup Ben Walters	Highway Blues Retro When Only The BEST BLUES MAN DO 	Rhino On The Radio Switching to studio 3 from 6pm-8pm on the 3rd Friday of each month for live arts & studio auditions	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								6 PM
7 PM	Reggae Mixtape With Fitzroy Music outside the usual	Country and Classic Hits With Bryon Edwards 	Phyllinn With Phil New Australian Blues and Indie-Folk/Rock	Ants Music Mix Community Radio Network	The Friday Night Rock Show Todd Wills 	Saturday Night Specials Two hours of iconic artists in concert, hand-picked by 2NVR presenters	Concussion 2NVR Youth Radio With Kian, Noah & Aedon 	7 PM
8 PM								8 PM
9 PM	Feel Good Variety Dennis Rutherford Great music & comedy 	Soul into Rhyme Matt Lebrant 	Ants Rocks Anthony Gamsky Solid Rock	Jeff's Junk Jeff Mills 	Wolffy Wolffy's music & requests 	Imagine This & The AntisF Radio Show 	Prog Rock Playlist Rhino 	9 PM
10 PM								10 PM
11 PM	Community Radio Network Overnight	Whack up the bass and pop a wicked mix of hip hop and fully sick tracks BBC World Service overnight	Ant's Music Mix Community Radio Network Overnight	Community Radio Network Overnight	Overnight Express 	Overnight Express	The Best of Progressive Rock 	11 PM
Midnight								Midnight

National news and weather is broadcast each weekday at 7am, 8am, 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