

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

SEPTEMBER 2026 ~ ISSUE #254~ FREE ~ CIRCULATION 350 ~ POSTCODE 2449

FREE WORKSHOPS for SENIORS

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

Learn how to protect yourself from scams online.

On the **20th and 21st of October** at the Bowraville Technology Centre sessions will be run with volunteers and staff assisting you in learning how to be safe online.



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

Put your name down for our Technical Expert talk on

Tuesday 20th at 10:00 am

and then on Wednesday 21st October for practical applications using the Tech Centre's computers or bring your own smart phone or tablet.

Learn how to recognise a SCAM email, get a list of the most common scams and find out what you can do to protect yourself and to stay safe in this ever-changing Internet world.

More about scams on pages 6,8&12 ➔

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 OCTOBER 2026
ISSUE IS: 4:00PM

TUESDAY, 22nd SEPTEMBER 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

DISCLAIMER

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

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

Bowraville Country Market

Every 2nd and 4th Saturday.

Bowraville Community Centre

- - - - -

The Lions Plaza Community Market

Sunday - September 6th from 8:00 am - 1:00 pm

Lions volunteers, stallholders, MMM Aunty's Coffee and the Lions BBQ Van are ready to welcome you.

- - - - -

Bowraville Chamber of Commerce

Next meeting - **5pm, Tuesday, 1st September** at the Bowra Hotel.

- - - - -

Radio Nambucca 2NVR - Studio 3 Live

18th September 2026.

Come along to 2NVR at 834 Rodeo Drive Tewinga for the show it's from 6 to 8pm. Ceri Wroble hosts Studio 3 Live every 3rd Friday.

- - - - -

Bowraville Theatre

A great range of family friendly events coming up this month.

Saturday September 5th

CONRAD SEWELL - ACOUSTIC TOUR - 7pm for 7.30pm

Friday September 18th - 6.30pm for 7pm

MOVIE: SPIDERMAN - BRAND NEW DAY

Sunday September 27th - 1.30pm for 2pm

MOVIE: TOY STORY 5

More information on page 7.

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 . . .***

Six ageing bridges to be rebuilt across the Nambucca Valley

Work crews have moved into the Nambucca Valley to tear down six ageing timber bridges, kicking off a major NSW Government program to make the region's crossings stronger, higher and ready for the next big flood.

The program will replace the valley's old timber bridges with modern concrete structures and lift the bridge levels to improve flood resilience.

That means shorter road closures during floods and more reliable access for the communities on either side. The existing timber bridges are nearing the end of their service life, and the heavy maintenance they demand is becoming increasingly unsustainable.

"The Betterment Bridges Program is about building infrastructure that meets the needs of our communities both now and into the future," said Nambucca Valley Council Acting General Manager David Moloney.

"Replacing these ageing timber bridges with stronger, higher and more resilient structures will help restore quicker access during and after severe weather events, while reducing ongoing maintenance demands."

The bridges which will most affect Bowraville motorists are Cassidys Bridge on Wirrimbi Road at Newee Creek which will be closed for about 16 weeks, weather depending. 16 weeks closure estimated from 17 August-1 December and Little Motley Bridge on Rodeo Drive at Bowraville at a date to be advised.

Prior survey works are necessary for upcoming bridge work to Cassidy's and Little Motley's Bridges, and traffic control will be in place during the works and short commuter delays are expected under 'stop and slow' traffic management.

Council thanks our community for its patience – higher bridges with improved flood resilience will be delivered once the work is completed. Motorists are encouraged to slow down, drive to the road conditions and plan their journey by allowing more time.

- NVCouncil and nctimes.com.au



What is email fraud?

Email is one of the most beneficial ways to communicate with anyone. But it is also a primary tool used by attackers to steal money, account credentials, and sensitive information. Email fraud is an umbrella term that covers any scam or deception carried out via email with the intent to steal information, money, or unauthorised access.

Email fraud (also called email scams) involves intentional deception where cyber criminals use email as their primary weapon to target unsuspecting victims. These attacks can range from simple advance-fee scams targeting individuals to sophisticated Business Email Compromise (BEC) schemes designed to trick entire accounting departments into processing fraudulent payments. The common thread across all email fraud is the use of socially deceptive tactics to manipulate recipients into taking actions that benefit the attacker.

Email fraud exploits the trust that people place in electronic communications. Attackers craft convincing messages that appear to come from legitimate sources like banks, colleagues, vendors, or trusted organisations. They use social engineering techniques such as creating urgency, impersonating authority figures, or promising rewards to lower victims' defences and prompt immediate action.

If users interact with the email scammer and provide sensitive information, it can cause long-term issues for your organisation, including identity theft, financial loss, and data corruption. The financial impact of email fraud continues to grow, with BEC alone resulting in over \$2 billion in losses annually. Beyond immediate financial damage, successful email fraud attacks can lead to reputational harm, regulatory penalties, and long-term operational disruption as organisations work to recover from breaches.

How Email Fraud Works

Email fraud follows a predictable pattern that exploits human psychology rather than just technical vulnerabilities. Understanding this typical attack flow helps organisations recognise when they're being targeted and implement appropriate defences.

The attacker sends a carefully crafted email designed to appear legitimate and relevant to the recipient.

This initial message establishes credibility by spoofing trusted brands, mimicking familiar communication styles, or referencing current events and personal information gathered from social media or data breaches. The email typically avoids making immediate demands and instead focuses on establishing a plausible reason for contact.

Once the initial contact is made, attackers work to manipulate the recipient's emotional state and decision-making process. They create artificial time pressure through urgent language, claim authority through executive impersonation, or build false trust through extended correspondence that mimics legitimate business relationships. This stage often involves multiple touchpoints designed to lower the victim's guard and make the eventual request seem reasonable.

The final stage involves the attacker's actual objective: getting the victim to take a specific action that compromises security or transfers value. This might involve clicking a malicious link that steals credentials, transferring funds to a fraudulent account, or sharing sensitive information that enables further attacks. The request is typically framed as routine, urgent, or beneficial to the victim.

Email fraud succeeds because it targets fundamental human psychology rather than technical weaknesses. Attackers understand that people make decisions based on emotions first and logic second. They exploit psychological triggers like fear (your account will be closed), urgency (act now or miss out), authority (CEO requesting immediate action), and curiosity (you've received an important message). These tactics work because they activate our instinctive responses and bypass rational decision-making processes.

The human element represents both the weakest link and the strongest defence in email security. Attackers specifically target human error because technical security controls have become increasingly sophisticated and difficult to bypass. They know that a single employee clicking a malicious link or processing a fraudulent payment request can circumvent millions of dollars in cybersecurity investments.

<https://www.proofpoint.com/au/threat-reference/email-scams>



WHAT'S FEATURING in SEPTEMBER at the

BOWRAVILLE THEATRE

www.bowravilletheatre.com.au

A great range of family friendly events coming up

Saturday September 5

CONRAD SEWELL - ACOUSTIC TOUR

Doors open 7pm for a 7.30 show.

Australia-born Conrad Sewell is a soulful vocalist with a bent toward dance-oriented R&B and pop. You'll hear all the songs you know and love, along with brand-new music giving you a first look at what's coming next.

No big production. Just great songs, great musicians and a chance to connect in a way we never normally get to.

Tickets Adults \$49.40 (incl. bkg fee) | Under 18s \$29.40 incl. bkg fee (limited number)

www.bowravilletheatre.com.au



Friday September 18

MOVIE: SPIDERMAN - BRAND NEW DAY

Doors Open 6.30 for 7pm Start |

It's a BRAND NEW DAY for Peter Parker. Fighting crime full-time as Spider-Man in a world that doesn't remember him, and the pressure of seeing his old friends move on without him, sparks a change in Peter he may not have the power to control. But that transformation might also be the only thing that can stop a shocking new threat to the city and those he loves - a powerful villain no one can even see. The world may have forgotten Peter Parker, but he hasn't forgotten them.

Tickets \$17 Adults | \$14 Concession

www.bowravilletheatre.com.au or at the door

Rating M | Violence | Running time 145minutes



Sunday September 27

MOVIE: TOY STORY 5

Rating PG | Run time 1 hour 43 minutes

Doors Open 1.30 for 2pm start

Buzz, Woody, Jessie and the rest of the gang come face-to-face with Lilypad, a brand-new tablet device that arrives with her own disruptive ideas about what is best for Bonnie. Will play-time ever be the same?

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

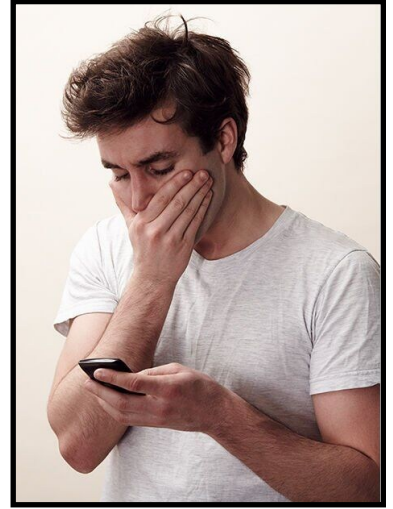


Why anyone can be a victim of a scam

Scammers are sophisticated criminals who use psychological techniques to manipulate their targets. Understanding why these tactics work so well can help reduce the shame scam victims often feel. Being scammed doesn't reflect personal weakness or gullibility.

Warning on scammer tactics

- ✦ Scammers use psychological techniques to manipulate and deceive victims.
- ✦ Scammers are part of criminal networks with resources, training and tools to effectively manipulate people.
- ✦ Having experience or expertise doesn't protect you from being scammed and may give you a false sense of security.
- ✦ Scammers will take advantage of life circumstances to exploit vulnerability.



The sophistication of modern scamming

Scammers are professional criminals, not amateurs. Many operate as part of organised crime networks with:

- ✦ detailed training on psychological manipulation
- ✦ sophisticated technology to create convincing fake websites, videos, and documents
- ✦ teams of specialists handling different aspects of long-term scams
- ✦ access to stolen personal information that makes their approaches personalised scripts tested and refined on thousands of previous victims.

Scammers are well researched

Some scammers study their targets carefully. Romance scammers may spend weeks researching their target's social media profiles, interests, and relationship history before making contact. Investment scammers monitor economic news to time their approaches perfectly.

Technology makes them more convincing.

Artificial intelligence helps scammers create realistic photos, deepfake videos, and personalised messages. Voice cloning technology can replicate family members' voices within minutes.

Why our brains are vulnerable to scams

Scammers exploit human psychology by taking advantage of how our minds work. They use techniques that can manipulate most people to act under the right circumstances.

Cognitive overload

When we're busy, stressed, or dealing with many demands, our ability to spot inconsistencies and think critically drops significantly. Scammers deliberately create complicated scenarios or time pressure to overwhelm you.

Authority bias

We're inclined to obey perceived authority figures. When someone claims to be from the government, police, or your bank, your brain is programmed to take them seriously.

Continued on Page 12

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 ~

21/11

BOWRA HOTEL

OPEN 10AM - MIDNIGHT

BISTRO

6/11

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

6/11

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

2/11

Bowraville

PROJECTS: GET INVOLVED

Council is working on several projects in Bowraville. We want you to **share your ideas and what is important to you.**

Come along and chat with us at:

- 📍 **Grants Hall, High Street**
- 📅 **Saturday 26 September 2026**
- 🕒 **10am to 2.30pm**



Come along to a **drop in session** and **share your ideas** on:

- Potential locations for a Bowraville **splash pad**, subject to securing funding
- **Town centre** – what improvement ideas you have for Belmore and High Streets intersection. Learn where Council is up to implementing the Bowraville Master Plan
- Converting the **Bowraville Clock Tower** to LED Lighting and possible use of security cameras near clock tower
- **Signage** and wayfinding.

Fear and emotional hijacking

Strong emotions like fear, excitement, or love change how our brains process information. Scammers deliberately trigger these emotions to override rational thinking.

Anyone can be the victim of a scam

People with more experience or specialised knowledge in certain areas can sometimes be targeted because:

- ✦ they have more money or assets
- ✦ confidence in their judgment can make them less likely to seek outside input
- ✦ sophisticated scams can appear more credible to those familiar with complex systems
- ✦ past success detecting scams can create a false sense of security against deception.

Current life circumstances matter more than experience.

People are most vulnerable when they're:

- ✦ recently bereaved or divorced
- ✦ facing financial pressure or job loss
- ✦ isolated from family and friends
- ✦ dealing with health problems
- ✦ going through major life transitions.



Build your defence against scams

Normalise scepticism

You can always ask to verify someone's identity. It's good practice to do this, even if they claim to be from a trusted organisation. Legitimate businesses expect and respect your caution.

Create personal rules

For example, decide in advance that you'll:

- ✦ never send money to someone you've only met online
- ✦ always research investment decisions before acting.

Be kind to yourself

If you are scammed, treat yourself with the same kindness you'd show a friend in the same situation. Focus on taking protective action and recovering from the scam rather than self-blame.

Build a support network

Asking trusted friends or family members for advice creates a buffer against the high-pressure tactics used by scammers.

Stay informed

Understanding current scam trends helps you recognise new tactics. Subscribe to our scam alerts to keep up-to-date with scam trends.

- www.scamwatch.gov.au/stop-check-protect/help-to-spot-and-avoid-scams/why-anyone-can-be-a-victim-of-a-scam

MEMBER FOR OXLEY **Michael Kemp**

Michael Kemp's Oxley Outlook

I recently had a young mother tell me she put her unborn child on a childcare waiting list before she had even told her parents she was pregnant. Another parent was told by a childcare centre that she should have put her child's name down three or four years before she even became pregnant. That is unacceptable in 2026.

The Nambucca Valley is classified as a childcare desert, with more than 80% of the community considered significantly underserved and five children are competing for every available childcare spot.

This isn't just about convenience for parents. It has a flow-on effect across our entire community. It affects whether small businesses can find workers, whether frontline workers can return to their jobs and whether young families can build a future here

I believe the NSW Government needs to treat childcare as essential infrastructure, just like roads, hospitals and housing. That means targeted investment where shortages are greatest, supporting existing providers to expand and making sure we have enough qualified educators to keep services operating.

We also need to support our community preschools and the educators who play such an important role in preparing our children for school. Better support and pay are essential to attracting and retaining these skilled workers.

Young families shouldn't have to wait years for childcare, delay returning to work or consider leaving their community because they can't find a place. As your local representative in the NSW Parliament, I'll continue raising the childcare shortage and pushing for practical investment across the Nambucca Valley.

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

3/11

Radio Nambucca 2NVR 105.9 fm and streaming



Hi Folks,

Wow, what a rollercoaster ride we are all on at present, so much happening in the world and in our own lives, maybe it's in the stars? 2NVR have been training, creating shows, presenting, liaising with Community Broadcasting Association of Australia and supporting presenters to access grants. Plus holding monthly meetings, mulching and burning the tree clippings. It's hard to keep on top of it all, but the practice of prioritising is a great help. First things first, is the go.

2NVR are recognised as leaders in the field of advancing live Australian music. Studio Three Live was started by us many years ago. The next show on September 18th will feature Sarah McKenna.

Everyone is welcome and it's free. 6pm to 8pm at 834 Rodeo Drive, Tewinga. You can also listen to the show on radio105.9fm or internet at 2nvr.org.au

We are looking for volunteers, and we support every one of our new presenters to feel confident in their role.

Sometimes it's only a few weeks and sometimes it's months but that is why we have so many presenters, our training and support. We also hold quarterly BBQs for presenters to gather and meet each other.

If you are looking for a way to develop your skills, keep learning new skills, or feel the joy of contributing to society, please contact Ion on 0408 696 184. We know you have music and ideas you would love to share.

May we all be happy and live in peace.

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

Let's Talk about Dementia

Dementia describes a collection of symptoms caused by disorders affecting the brain.

Dementia is not a normal part of getting older, and it isn't one specific disease. Instead, it's a broad term that covers the effects on people of a number of different medical conditions.

The effects of dementia vary from person to person, but generally, dementia affects your mood, memory, thinking and behaviour.

Dementia can happen to anybody, but it is much more common after the age of 65.

In Australia, there are an estimated 446,500 people living with dementia.

Dementia is now the leading cause of death for Australians, according to the Australian Institute of Health and Welfare (AIHW).

There are things you can do to reduce your risk of developing dementia.

There's currently no known cure for dementia, but there are treatments for many of the symptoms. Some people with dementia lead active and fulfilling lives for many years after their diagnosis.

Causes of dementia

Many different conditions can cause dementia. For many people diagnosed with dementia, the exact cause is never known.

Dementia can be hereditary, but this is quite rare. Your risk depends on the cause of the dementia. About a third of people with Alzheimer's disease have a close relative (parent or sibling) diagnosed with dementia. However, in many cases, it occurs when there is no family history of the condition.

Signs and symptoms of dementia

Because dementia can be caused by so many different conditions, everyone's experience of dementia is unique.

But broadly, dementia can affect your:

Memory - You might find it harder to remember recent events, names of things and people. It might also get harder to make new memories.

Thinking - You might get more confused, have trouble concentrating, planning and problem-solving, struggle to complete everyday tasks, find it hard to think of the right word or express yourself, and find it hard to judge distances, directions and time.

Mood - You might find yourself feeling less motivated and social, more prone to depression, anxiety and agitation, or otherwise not yourself.

Behaviour - You might start saying or doing things that are out of character for you. You might become restless and wander and have more disturbed sleep.

Diagnosing dementia

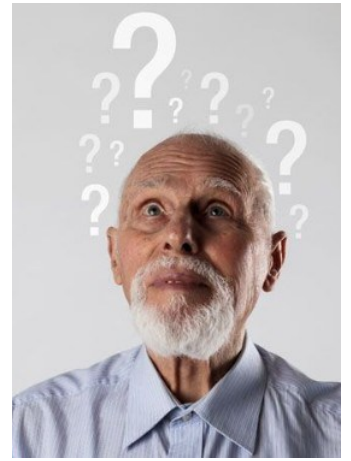
There isn't one single test that tells you if you have or don't have dementia.

Instead, doctors will do several different kinds of test. The results of these tests will help them rule out some conditions and get closer to working out what's causing your changes.

If it's not anything serious, you can put your mind at rest.

If it's some other condition than dementia, you can start getting treatment.

If you get a diagnosis of dementia, the sooner you know, the more you can do.



Continued on Page 24

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

27/11



Vaccines linked to a lower risk of dementia

A growing body of research is beginning to reveal the impact that regular routine vaccines could be having on the likelihood of conditions like dementia.

Multiple large observational studies have found that routine adult vaccines are associated with a reduced risk of dementia, with some showing risk reductions of 25% to 40%.

The strongest evidence exists for shingles, flu, RSV, pneumococcal and diphtheria, tetanus and pertussis-containing (DTP) vaccines.

Researchers believe vaccination may reduce dementia risk by preventing infections that cause brain inflammation, though some evidence points to a more general immune effect.

More than 57 million people worldwide are living with dementia and, according to the World Health Organization, there are 10 million new cases every single year.

But over the past few years, a striking pattern has emerged from large population studies: vaccinations can be protective against dementia. The effect has now been observed across multiple vaccines, multiple countries and millions of people.

Eight vaccines that have been shown to have a protective effect against dementia are – shingles, RSV (respiratory syncytial virus), Flu, DTP (diphtheria, tetanus and pertussis), Pneumococcal, Hepatitis A, Hepatitis B and Typhoid.

Why might vaccines protect the brain?

Researchers are still working to untangle the mechanisms, and there are several theories that are not mutually exclusive.

The most straightforward is that vaccines prevent infections, and infections cause inflammation that can damage the brain.

By stopping or reducing the severity of these infections, vaccines may be preventing the neuro-inflammation that contributes to cognitive decline.

- www.gavi.org/vaccineswork/eight-vaccines-linked-lower-risk-dementia

Book in for your vaccination today.
Call Bowra Pharmacy for vaccinations
against
Flu - Shingles - RSV - Hepatitis A and B
Diphtheria - Mumps - Measles
 and many more.

BOWRAVILLE PHARMACY

31 HIGH STREET, BOWRAVILLE

PHONE: 6564 7925 or FAX: 6564 7364

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

27/11



BOWRAVILLE PHARMACY

31 HIGH ST BOWRAVILLE

PH: 6564 7925

FAX: 6564 7364

Monday to Friday 8.45am - 5.30pm

Saturday 8.45am - 12 noon

Prescriptions and Professional Advice

Moo Goo Natural Skincare

Designer Brand make-up range

Pharmacists

BRIDGETTE BYRNES

KERRIE SAVINS

2/11



BOWRAVILLE GIFT SHOP



LOCATED AT BOWRAVILLE POST OFFICE

27 HIGH STREET BOWRAVILLE

Monday to Friday: 9am - 5pm

PH: 02 6564-7169

5/11

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!

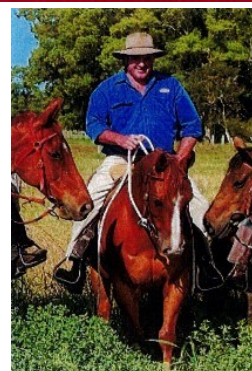
For more information contact
Tony Fuller on 0487 090 886.

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.



9/11

**RURAL
SALES**

NAMBUCCA VALLEY & SURROUNDS
www.ruralsales.com.au



NAMBUCCA PLAZA COMMUNITY MARKET

Featuring . . .

The MACKSVILLE MEN's SHED

"I first entered the Men's Shed as punishment for being too old to work and having to waste my day sitting around with nothing constructive to do. Right from the start the people at the Macksville Men's Shed helped to make my days tolerable.

Stuart was in charge and Pip looked after the details and once the Government stopped forcing me to go, I decided to join on my own terms. The fresh scones helped with this decision!

We had a few machines, but the wood lathe was what called to me most. I cut my teeth on making a few pens then moving onto bowls and candle holders, each time working on improving techniques and gaining experience. One day, I may even be good at it!

Now-a-days, I'm the treasurer which mostly means I fetch things from the shops. Moving forwards at the Macksville Men's Shed we are currently building a metal work shed to provide a space for welding things without risking setting fire to the sawdust. Once we work out where the machines will live, the new space will enable us to add new items to the list of things we can build.

We attend the Lions Plaza Community Market on the first Sunday of each month at Nambucca Plaza between 8.00am and 1.00pm so the market is a good place to view the items we make."

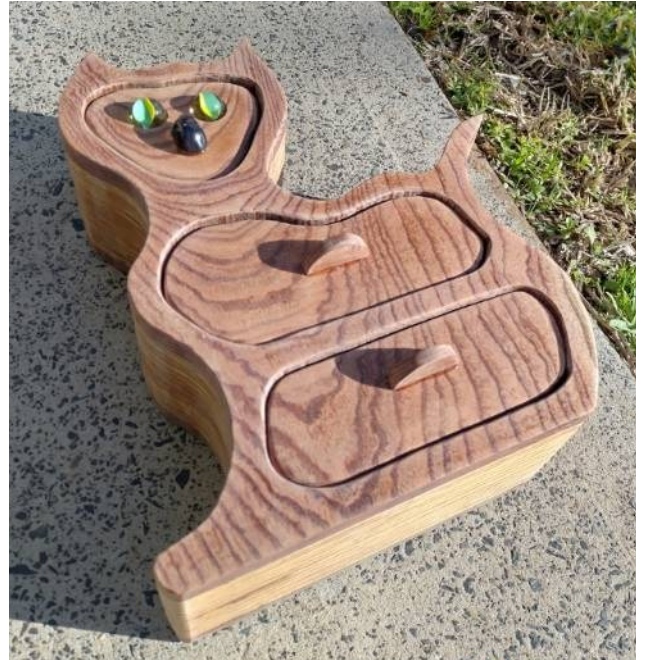
Graham Barnett.

mens.shed@lifetimeconnect.org.au

Macksville Men's Shed

5 Centra Park Street, Macksville Industrial Estate

Open Tuesday, Wednesday and Thursday 7.30am to 2.30pm



1st SUNDAY OF THE MONTH 8.00am—1.00pm
Stalls Inside / Outside
Rain or Shine

Enquires:

Email: nambuccaheads@lions201n1.au

Phone: Lion Terri 0459515239

N/C



Nostalgia or Novelty?

A confused child stares at a rotary phone at the National Communication Museum, which opened in a former telephone exchange building in Melbourne. Their grandparent explains to them how it's used.

The museum is much more than old telephones. It aims to explore our relationship with technologies, past, present and future. But the landline phones connected to each other around the museum are a hit.

People are invited to pick them up, choose a number from a list, and dial it. Without warning a phone in a different part of the museum starts ringing. A stranger might pick it up. Or children run through the exhibits trying to find the phone that's ringing. The phones are so popular that staff joke about why they're investing so much time and money into complex installations: "Half the time we're going 'should we just rig up more phones'."

Maybe the phones are popular because of the novelty factor or maybe in an era of information overload their simplicity is joyful.

The museum is "riding a wave of millennial/gen X nostalgia", in which people are loving the dumb technology of the '90s.

"There's definitely an enthusiasm for it, whether it would take over or replace technologies in their lives permanently, I'm not convinced, but I think people are feeling out of control with the current pace of technological change and are looking for more meaningful ways to connect with each other," says Emily Siddons, the museum's co-CEO and artistic director.

Whether the landline is embraced by another generation remains to be seen. But for the millennial and gen X parents reviving it for their children, sharing a "home phone" might be one small antidote to a world that seems darker and more complex than their own childhoods.

Childhood should be a time of play, a time of getting out in the sunshine and exercising with friends in the neighbourhood. It should be a time where you can look up at the clouds.



If the return of the landline succeeds, childhood could mean spending five hours on the phone to a friend until you're forced to hang up because your mother is threatening to cut you off.

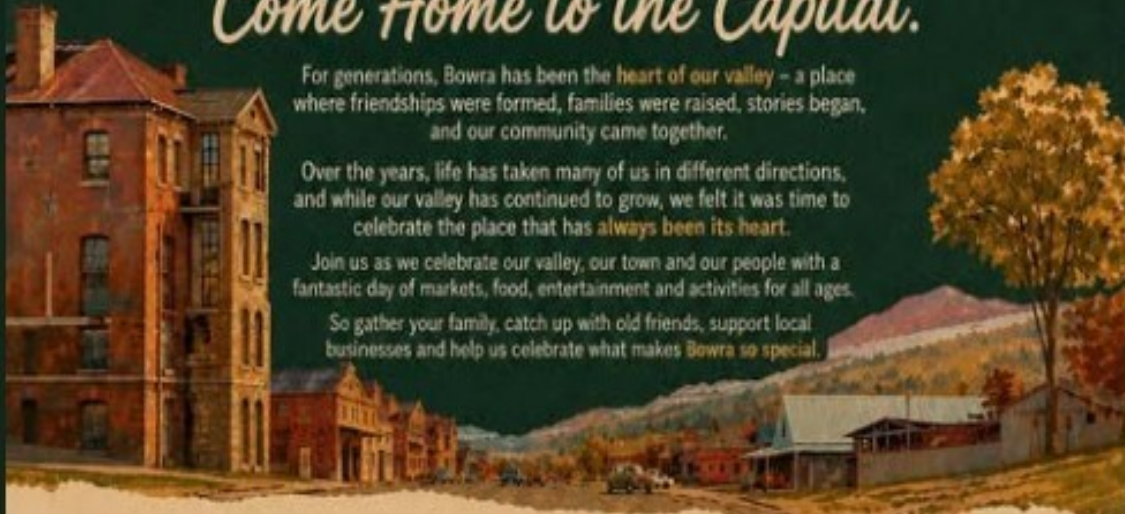
- www.abc.net.au

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.

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.

Feeling Stressed? Try These Quick, Soothing Solutions

Feeling a bit overwhelmed? Whether your need to soothe your mind or let out some energy, try these tips for dealing with stress.

Clean up

A clean and tidy home helps to create a visually calm space and feel less stressed. Clearing away clutter, making the bed and getting the windows to sparkle can give you a sense of accomplishment and control, as well as creating a comforting space.

Create a schedule

Adapting to change and living with uncertainty can be challenging, so creating a schedule can help to provide some stability.

Reduce your stress by scheduling time for exercise, reflection and fun, as well as work and family commitments.

Breathe it in

Essential oils, that are absorbed through the skin or travel as aroma molecules through the nose, set off reactions in receptor cells which lead to electrical impulses to the brain.

Essential oils like bergamot, lavender, sandalwood and geranium can all help to relieve stress and anxiety.

The oils can either be added to a base oil and massaged into the skin, used in a warm bath, a diffuser or inhaled from a tissue.

Dance

Find a song you love and dance to your heart's content.

A study in the American Journal of Health Education has shown that dance is an outlet for emotional expression, stress reduction and creativity. Need inspiration? Spotify's "Mood Booster" playlist is packed with feel-good songs.

Watch a comedy

Watching a YouTube video, television show or movie that will give you a belly laugh helps to lower the level of stress hormones, such as adrenaline and cortisol, and boost the health-enhancing hormones including endorphins, dopamine and oxytocin.

- <https://www.mindfood.com/article/feeling-stressed-try-these-quick-fix-soothing-solutions/>



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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.



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8/11



Spring into Your Garden

Prepare Your Soil

Spring planting success starts below ground. Before planting, improve garden beds with quality compost, well-rotted manure and other organic matter to boost soil health and water-holding capacity. Healthy soil supports stronger root systems and helps plants cope with periods of heat, wind and dry weather later in the season. Once planted, top beds with a layer of mulch to help conserve moisture and suppress weeds.

Stay Ahead of Weeds

As temperatures rise, it's not just your vegetables that spring into action. Weed seeds are germinating rapidly and can quickly compete with young crops for water, nutrients and sunlight. Remove weeds while they're small using a hoe or by hand, then cover bare soil with mulch or cardboard to prevent new weeds establishing.

Rather than sending weeds to waste, turn them into nutrient-rich weed tea. This homemade liquid fertiliser can provide seedlings with a gentle boost and support healthy root growth throughout spring.

Plan for Smarter Water Use

With rainfall becoming less predictable in many parts of Australia, now is an ideal time to think about capturing and storing water before summer arrives. Even a small rainwater tank or rain barrel can provide



valuable backup water for veggie patches and container gardens. Consider options such as downpipe diverters, first-flush devices, swales or rain gardens to slow, store and make better use of rainfall around your property.

Support Pollinators and Wildlife

Spring brings gardens alive with bees, butterflies, birds and other beneficial creatures. Add flowering annuals such as nasturtiums, marigolds, snapdragons, phlox, petunias and celosia to provide nectar and pollen while adding colour to your patch. Leave shallow dishes of water available for visiting wildlife and avoid using chemical sprays that may harm beneficial insects.

Watch for Pests

Aphids often make their first appearance in spring, clustering on the fresh new growth of roses, fruit trees, herbs and vegetables. While they can seem alarming, they also provide an important food source for beneficial insects including ladybirds, lacewings and hoverflies. If numbers become excessive, squash them by hand, hose them off or use a homemade soap spray rather than broad-spectrum pesticides.

- - www.sgaonline.org.au/september-in-your-patch/

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4/11

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The progression of dementia

Everyone experiences dementia differently, so the way your symptoms change will be unique to you. You might have better days and harder days.

But dementia is a progressive condition. That means that your symptoms will become stronger over time. That might happen quickly or over several years.

You can think of dementia as having three stages.

Early-stage dementia

In mild or early-stage dementia, you might experience some changes in your thinking and memory.

You might sometimes repeat yourself, mix up words, or misplace things more than you used to.

You might struggle more in social situations or feel less motivated.

But most people with early-stage dementia are able to support themselves. In fact, many people at this stage don't have a diagnosis of dementia, because their changes haven't felt worrying enough for them to get tested.

Middle-stage dementia

In moderate or middle-stage dementia, the changes to your mood, memory, thinking and behaviour are stronger. They have a bigger effect on your ability to do everyday things and take care of yourself.

You might have more trouble concentrating, understanding, reasoning and communicating.

You might forget how to dress or bathe, or to recognise family and friends.

You might experience confusion, distress, mood changes and aggression.

These stronger changes mean you will likely need support from other people, at home and in the community.

Late-stage dementia

In severe or late-stage dementia, your symptoms will be very strong. You may be unable to communicate, walk, control your bodily functions or look after your hygiene. You may be unable to remember people or places and be unable to form new memories.

At this stage, you will need constant supervision and care. You may need to live in an aged care facility, where you can get the professional care you will need.

Treatment and management of dementia

Right now, there's no known cure for dementia.

However, there are treatments and support services help to ensure your best possible quality of life as you live with the condition.

There are also things that you and the people around you can do to make sure you can live the best life you can.



- <https://www.dementia.org.au/about-dementia>

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Up a Hollow Log

By R.M. Winn

Master storyteller Ryle Winn learnt his craft in the backblocks, experimented with it in a public bar and honed it in between musters and sale yards.



In this third collection of true tales, animals rather than people take centre stage – with a tip of the hat to Henry Lawson's much-loved story 'The Loaded Dog'. Meet a ute full of wayward working dogs, a pesky bush turkey determined to outsmart its landlady, a rogue circus elephant staking a claim on the road and an orphan pig with a message for the world.

You'll bust a gut laughing, you'll be left incredulous, you might even shed a tear or two. But most of all, you'll be glad you took the time to join Ryle Winn in celebrating man's best friend – and other creatures from the bush and beyond.

Ryle Winn has an engaging, racy style. Not many have the ability to record a yarn the way it was told and lose nothing in the translation, or even make it better.

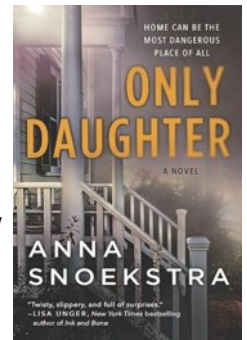
It's like sitting around a campfire and listening to a bush character recount tales of life on the land.

- <https://www.penguin.com.au>

Only Daughter

By Anna Snoekstra

One woman's dark past becomes another's deadly future.



In 2003, sixteen-year-old Rebecca Winter disappeared.

She'd been enjoying her summer working at a fast-food restaurant, crushing on an older boy and shoplifting with her best friend. Then ominous things began to happen--a presence in her room at night, blackouts, a feeling of being watched.

Eleven years later, she is replaced.

A young woman, desperate after being arrested, claims to be the decade-missing Bec.

Soon the imposter is living Bec's life. Sleeping in her bed. Hugging her mother and father. Playing with her little brothers.

But Bec's welcoming family and enthusiastic friends are not quite as they seem.

As the imposter dodges the detective investigating her case, she begins to delve into the life of the real Bec Winter and soon realises that whoever took Bec is still at large, and that she is in imminent danger.

- <https://www.amazon.com.au/>

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

Joining the Bowraville Chamber of Commerce

The Chamber of Commerce has been a leading community organisation in our town for over 100 years - replacing the Progress Association as the town grew in the nineteen- twenties.

It is a member-based organization which seeks to represent the interests of not only the businesses in town but also the broader community - we recognise that the success of many of the businesses is related to the sustainability of the town itself.

Back one hundred years ago the Chamber dealt with issues such as the planting of trees on High Street and the problems of horses tethered to them, central islands and guttering. This last year we are once again looking to the same issues (without the horses!) and chamber members have represented concerns about redevelopment of the High Street to better fit the needs of a challenging future. Relating to this we have organised two open events to bring Nambucca Valley Councillors to town to discuss concerns with community members.

We have also supported Light-Up-Bowra at Christmas, previous Christmas and vehicle events and are currently working to improve visitor amenities in town for the benefit of all. We are currently active in the updating of tourist information to encourage more visitors to town.

By joining the Chamber you have an opportunity to be a part of our progress to a healthy future for all. Membership is just \$40 per annum for businesses and \$20 for locals or not-for-profits.

Of course, you may come along to meetings which are generally held at 5pm on the first Tuesday of each month at the Bowra Hotel but to be part of decisions you need to be a member, and your membership will help with our ongoing expenses.

Hope to see you soon.

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Email: admin@nambuccaanglicans.com.au
Office: 02 6568 9029

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8/11

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 ^{8/11}
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www.nambuccavalleyopenstreets.com



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	Cinemascope All the Best Overdrive & Wellbeing	Continental Drift With Garry Havrillay	Aussie Grown Across the Nation Aussie Christian grassroots to charts	Tones of Clairessence Claire Watt	The Fourth Estate The Documentary	Rise N Shine Ron Hawkins	Sunday Morning Soul Sound	6 AM
7 AM		Real World Gardener The Assignment	New Australian Sounds With Phill Veness <i>Exclusively music from the Aussie Music Radio Airplay Project</i>	Get that musical clairescence!	Life in the Valley Beverly Gibbs <i>Interviews, local news & music</i>	<i>Random ravings in a musical mix with: Heavens Above: 6:30 Saltwater People: 7:30 It's Only Words: 8:30</i>	With Clairessence	7 AM
8 AM	In a Funktional World With Ange Parish	From Then To Now With Paul Burns	Smoko with Gazza With Gary Biden Easy Listening To Rock & Pop 60s 70s 80s 90s	Healing Frequencies With Amutha Kan <i>Your best life in health, travel and fun</i>	Talk Of The Town Ceri Wrobel <i>See what's going down! All things local</i>	Local News of the Area Beverly, Linda, Phill & Celeste	Scoob's Smorgasbord With Scoobs <i>Haunting ballads to electrifying beats with a dash of the unknown!</i>	8 AM
9 AM	Classic Hits & Jukebox Paul Rowe <i>Great Rock 'n' Roll</i>	Dirt Music With Stuart Coupe	Mystical Music & Musings Luise gives us her favourite music and muses on the great mystery of life	Turning Pages Elizabeth Newman	Fine Music Live Aus Fine Music Network	Maidensong With Dianna Galbraith		9 AM
10 AM								10 AM
11 AM	Baby Boomers Donna Collins	Infopinion With Richard & Eddie <i>Information with opinion, but no alternative facts + eclectic music</i>		Sista Selecta's Roots n Reggae	The Local Source All Aussie Music	Noisy Neighbours Trenck de Groot	That's A Wrap	11 AM
Noon							Donna, Nigel, Gary & Les	Noon
1 PM	Flashback With Rob Davidson <i>1960's to 1990's with a weekly featured artist</i>	Mixed Grill With Macca	Hot, Sweet & Jazzy With Ross Williamson	Hit Singles From Your Past With Macca	The Local Source All Aussie Music	Garage Noise With Sean Ambrose	<i>Local sports calls and in-depth sporting analysis</i>	1 PM
2 PM								2 PM
3 PM	Drive Time With Heidi <i>Driving fabulous music at you in the afternoon, rain or shine</i>	Rock On With Jimmy & the Bluebirds	DJ Casey DJ Casey's selected music		Robertson's Rollercoaster With Tom <i>Music from up and down and all over the place.</i>	Let the Bands Play Gordon McKenzie	AND THAT'S A WRAP	3 PM
4 PM		Sister Act With Olivia & Sam	The Sixties in Australia Rob Davidson	Thursday Country	MHS Radio From Macksville High	The Chill With Corey Barnett		4 PM
5 PM	Elle's Music Show With Elle <i>Elle's carefully selected music, especially for you</i>	Aussie Music Weekly With Noddy	The Curious World of Lisa Z	Music to Snuggle Up With Jenny Adams	33 Blues With Lizzie <i>Tune in and join Lizzie for a Blues extravaganza</i>	Music with a Message Geoff Stone	Praise, Prayer & Pop With Michelle	5 PM
6 PM		Aussie Trove With Brett Adie	45 RPM From the Pulse <i>Popular music from the sixties, seventies and eighties</i>	Top of the line music that you will love	Meet Me @ The Movies Narrative about Narratives	Saturday Date With Stu <i>Don't forget to keep your date!</i>	The AntisF Radio Show With Nuke + Imagine This <i>Radio drama & stories</i>	6 PM
7 PM	Tikki Lounge Remix With Seth Jordan	On the Flipside With CJ <i>CJ flips vinyl records, CDs and Ideas!</i>	Ant's Rock Anthony Garnsey	Tim Unsupervised Tim Hood <i>Late night humour, music, interviews and more...</i>	Fish's Favourites With Dave P <i>Tunes I like to hear</i>	Wolfy Wolfy's music & requests	Prog Rock Playlist Rhino	7 PM
8 PM	Music Makers With Yen <i>Mixed music with featured artists</i>	Space Nuts + Lost in Science, + Zed Games, + Diffusion	Solid Rock Aussie Focus					8 PM
9 PM								9 PM
10 PM								10 PM
11 PM								11 PM
Midnight	2NVR Overnight Music Mix	Local News of the Area The Local News Team	Ant's Rock	Local News of the Area Beverly, Linda, Phill & Celeste	Dark Side of the Moon My Generation The Gary Jackson Show <i>Sounds of the Seventies</i> <i>Overnight entertainment plus</i>	2NVR Music Mix	The best of Progressive Rock	Midnight