



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



APRIL 2020 ~ ISSUE #183 ~ FREE ~ CIRCULATION 400 ~ POSTCODE 2449

Stay Home, Stay Well in Bowraville

How to protect yourself from Coronavirus Disease 2019 (COVID-19)

Know how it spreads

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).



The best way to prevent illness is to avoid being exposed to this virus.

The virus is thought to spread mainly from person-to-person

- Between people who are in close contact with one another (within 2 metres).
- Through respiratory droplets produced when an infected person coughs or sneezes.

These droplets can land in the mouths, noses or eyes of people who are nearby or possibly be inhaled into the lungs.

Take steps to protect yourself

Clean your hands often



Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.

Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid close contact



Avoid close contact with people who are sick

Put **distance between yourself and other people** if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.

Take steps to protect others

Stay home if you're sick



Stay home if you are sick, except to get medical care.

Learn what to do if you are sick.

Continued from Page 3

More CORONAVIRUS DISEASE 2019 (COVID-19)
related information on Pages 3 and 17.

BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 400 COPIES

Newsletter is also available online at:

www.bowraville.nsw.au/bowraville-newsletter

2020 ADVERTISING CHARGES:

Bowraville Community News is produced every month, except January.

Annual subscriptions includes 11 issues.

90 x 90 (1/6 pg) - \$12 issue or \$120 year

90 x 180 (1/3 pg) - \$22 issue or \$220 year

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

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

Front Cover (1 issue) - \$60 issue

DEADLINE FOR COPY FOR

THE MAY 2020

ISSUE IS: 4:00PM

TUESDAY, 21st APRIL 2020

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

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

BOWRAVILLE TECHNOLOGY CENTRE

39 High Street, Bowraville NSW 2449

Telephone: 6564 7420

e-mail: admin@bctc.com.au

DISCLAIMER

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

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

Bowraville Technology Centre

Open 9.30am to 4.00pm Weekdays

Internet Services

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

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

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

Facility Hire

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

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

Full day up to 8 hours - \$100.00

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

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

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

Full day - up to 8 hours \$40.00.

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

“Like us on



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*

Stay Well, Stay Home in Bowraville *Continued from front page*

Cover coughs and sneezes



Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.

Throw used tissues in the trash.

Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Wear a facemask if you are sick



If you are sick: You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room. Learn what to do if you are sick.

If you are NOT sick: You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.

Clean and disinfect



Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.

To disinfect: Most common EPA-registered household disinfectants will work. Use disinfectants appropriate for the surface.

FITTING TURNING
MACHINING

0408 964 433

Steven Jeffries

Turning - Milling - Welding - Repairs - Parts Made
Worn Shafts Re-Built - Aluminium & Stainless Welding

2 Park Street Bowraville 2449

www.fittingturningmachining.com.au

2/11

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

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

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

WEDNESDAY

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

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

AL-
**MOST OF THE
WEEKLY
ACTIVITIES
LISTED HERE
WILL HAVE BEEN
CANCELLED
UNTIL FURTHER
NOTICE
DUE TO THE
CORONAVIRUS**

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 Any 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.

Absolute beginners are most welcome!



Free Techno Lessons
Bookings essential

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

For technical issues contact BTC for a booking.

You can ring the Bowraville Technology Centre on 6564-7420

Special offer to community groups

Save on paper and ink!

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

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

WHAT'S HAPPENING IN BOWRA



Clocks go back 1 hour at
2am on Sunday
5th April 2020

As requested by the government the Uniting Church Op Shop at Bowraville is now closed until further notice. We realise with the onset of winter and the colder weather there may be those in the community who are suffering through loss of employment or the bushfires and are in need of warm clothing. If this is the case please ring the following numbers and we can arrange to meet you at the church and provide you with your needs.

Michael D'Mol - 0401007808
Mavis Ward - 0488181907

Please don't hesitate to ring if you need a helping hand as this is part of the mission of our church to be there to help those in need. May God bless us all at this difficult time.
Mavis Ward (secretary)

**MOST OF THE
COMMUNITY
MEETINGS USUALLY
LISTED HERE
WILL HAVE BEEN
CANCELLED
UNTIL FURTHER
NOTICE**

CRAIG BELLAMY@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 @atrealty Real Estate.

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

See what our clients think of @atrealty go to ratemyagent.com.au

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

5/11

BOWRAVILLE GIFT SHOP



LOCATED AT BOWRAVILLE POST OFFICE
27 HIGH STREET BOWRAVILLE

Monday to Friday: 9am - 5pm
PH: 02 6564-7169

10/11

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
Cats - \$14 per day.

Long Term Budget -

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

Not available during school holidays



Short-term Accommodation

Small \$15 - Medium \$20 - Large \$22 - Cats \$14

6/11

Technology trends we need to get ready for

Autonomous Driving

While we still aren't at the stage where we can expect to routinely travel in, or even see, autonomous vehicles in 2020, they will undoubtedly continue to generate a significant amount of excitement.

It won't just be cars, of course – trucking and shipping are becoming more autonomous, and breakthroughs in this space are likely to continue to hit the headlines throughout 2020.

With the maturing of autonomous driving technology, we will also increasingly hear about the measures that will be taken by regulators, legislators, and authorities.

Changes to laws, existing infrastructure and social attitudes are all likely to be required before autonomous driving becomes a practical reality for most of us.

Personalised and predictive medicine

Technology is currently transforming healthcare at an unprecedented rate. Our ability to capture data from wearable devices such as smartwatches will give us the ability to increasingly predict and treat health issues in people even before they experience any symptoms.

When it comes to treatment, we will see much more personalized approaches. This is also referred to as precision medicine which allows doctors to more precisely prescribe medicines and apply treatments, thanks to a data-driven understanding of how effective they are likely to be for a specific patient.

We will see new applications of predictive healthcare and the introduction of more personalized and effective treatments to ensure better outcomes for individual patients.



Computer Vision

In computer terms, “vision” involves systems that are able to identify items, places, objects or people from visual images – those collected by a camera or sensor. It's this technology that allows your smartphone camera to recognize which part of the image its capturing is a face and powers technology such as Google Image Search.

We will see computer vision equipped tools and technology rolled out for an ever-increasing number of uses. It's fundamental to the way autonomous cars will “see” and navigate their way around danger. Production lines will employ computer vision cameras to watch for defective products or equipment failures, and security cameras will be able to alert us to anything out of the ordinary, without requiring 24/7 monitoring.

Computer vision is also enabling face

Royal Caribbean Cruise for First Responders

For the first three weekends in March, and a day or two either side, the royal Caribbean Cruise Company very generously ran a 4 night cruise “to nowhere”, out of Sydney, for firefighters and first responders as a thank you for their hard work and efforts in the recent bush fires that ravaged much of NSW and into Vic and SA.

Primarily the cruise was offered up to first responders and their families or guest/s of their choosing but on the third, and final, cruise the invitation was extended to a few other volunteer organisations such as surf life savers, CES, etc.

I was fortunate enough to be accepted onto the last cruise, along with my fire partner. The cruise itself was fantastic – a first for my partner and it will be very hard to beat his experience!

At only one year old the Spectrum of the Seas is almost a new ship. It was built for the Asian market and carries 5000 passengers. Our cruise took 3000 passengers and I think the first two catered for 3500. Needless to say it wasn't crammed by normal cruise standards and although there were queues for popular



rides and activities those lines moved fairly quickly. There were innumerable activities for children so families were well catered for. There were endless nooks and crannies for quiet time if one wanted or needed to be away from the crowds.

The staff were extraordinary – polite, friendly, smiling faces everywhere ALL the time. No matter what the query they were able to either answer or find someone who could.

We sailed up the coast to almost Port Macquarie and back down to about Wollongong, turned around and did it again. So yes, we actually went nowhere. (Because of Covid 19 unfolding the Captain did still have to get special government permission to return to

Continued on Page 23



**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 \$4.50
from 5pm to 7pm daily

FREE POOL Everyday

6/11

BOWRA HOTEL
OPEN 10AM - MIDNIGHT

BISTRO

WOOD-FIRED PIZZA Wed - Sun
LUNCH 11:30am-2:00pm Tues - Sun
DINNER 5.30pm - 8pm Tues - Sun
All menus available for takeaway
Regular Live Music
Holy Goat Coffee

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

33 HIGH STREET, BOWRAVILLE
Ph.6564 7041 Fax. 6564 8471

6/11



PROGRAMS at the

BOWRAVILLE THEATRE

CLOSED UNTIL FURTHER NOTICE

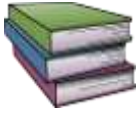
Bowraville Market - Saturday, 11th April

from 9 to 12+ at the Pioneer Community Hall, 70 High St, Bowraville
 And the April Market on the 11th, Easter Saturday, will offer not only some special Easter gifts and craft

CANCELLED UNTIL FURTHER NOTICE

activity for everyone but will also feature a great range of plant seedlings ready for autumn planting. It is planned that this specialist seedling

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	VALLA BEACH	
	MARKET	COMMUNITY
<i>even months</i>	<i>(bi-monthly)</i>	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	BOWRAVILLE COUNTRY MARKET Bowraville Pioneer Centre from 9am to 1pm	6564 7908 0400 828 471
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 Market - 8.30am to Noon	6567 4203
SUNDAYS		
Every Sunday	Uptown Markets, Castle Street, Coffs Harbour from 6am to 2pm	0434 482 926
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



BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

Disclaimer by Renee Knight

I really enjoyed this novel. Catherine finds a book on her bedside table and starts to read it.

She fails to notice that the disclaimer, “Any resemblance to actual persons, living or dead, is purely coincidental”, has a red line through it. It doesn’t take her many pages to realise that she is the main character...not a woman who is a lot like her but is really her. This is actually her life; it’s not a novel. It’s more than disconcerting because a deeply hidden personal secret isn’t going to stay hidden for much longer. A secret she was 100% sure no-one else knew.

Then her son receives a copy.

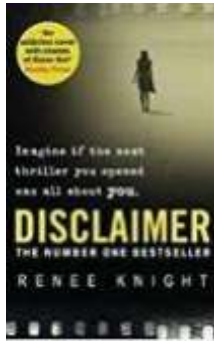
Then her co-workers receive copies.

Then her husband receives a copy.

Disclaimer is gripping...it is so twisted that I found it hard to put down. I just wanted to know who was making Catherine’s life a misery, why were they doing it and what really was the terrible thing she was afraid of.

The Turning by Tim Winton

For all those people who are fans of short stories and/or fans of Tim Winton this is the book for you!!!



One of the things I enjoy about short stories is that I can read a complete story in a short space of time with none of this being so caught up in it that I am still reading at 3a.m!! I like being able to have completion, not too many drawn out events and know what the final outcome was.

Not only does Tim Winton weave a large, and sometimes complex, picture in a few pages but in *The Turning* he has actually connected some of the stories in a way that sneaks up on the reader. As you go through the book every now and then you suddenly realise you are. They’re usually older; sometimes many years have passed, sometimes only a few but Tim enables us to see how that person has developed in the intervening years.

You’ll get the odd surprise but will occasionally be chuffed that you kind of guessed how that person has turned out; done something or been involved in an event that isn’t a surprise.

Tim has a good handle on the quirks of human nature and differing personalities. We, as readers, can easily relate to his tales as they are distinctly Australian in setting and nature.

- Read and reviewed by Volunteer Raewyn.



We’re here to help

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

Location:

27 High Street
Bowraville 2449

Come in and talk to us

We are open:

Mon-Fri	9am-5pm
Sat	Closed
Sun	Closed



Can you boost your immune system to help fight an infection?

Are some foods better for your immune system?

"Anything that makes your heart healthy, your lungs healthy, and kidneys healthy, will make your immune system healthy," Professor Pellegrini, an infectious diseases expert at the Walter and Eliza Hall Institute in Victoria, said.



There is no particular diet, other than avoiding highly processed foods loaded with sugar. If your supermarket has run out of broccoli never fear. I wouldn't say people should be eating one vegetable over another, keeping your immune system healthy is about general nutrition.

There is no one food that can magically supercharge your immune system. Nutrients from a range of healthy foods are needed in the biochemical pathways that are triggered as your body fights an infection.

The idea, is to eat a range of foods that contain vitamins A, B, C, D and E and the minerals iron, zinc and selenium. These micronutrients play important roles in both the innate and adaptive immune systems in the production of different types of cells.

In addition to this, vitamin A and zinc helps to maintain the integrity of the skin and lining of vital organs and the respiratory system which are part of the innate immune system.

Vitamin B12 and iron are also essential for the production of haemoglobin which carries oxygen in the blood.

Vitamin C, E and selenium help to control inflammation by mopping up the impact of oxidative stress produced by free radicals that pierce cell walls causing the contents to leak.

Does exercising affect my immune system?

Many studies show that long-term exercise is beneficial not only for the immune system but also keeping your heart and lungs healthy.

There are many ways to continue an exercise program even when you are physically distancing. But take it slowly if you're not accustomed to exercising, Professor Pellegrini said.

"Don't suddenly try to run a marathon thinking that you suddenly become fit and resilient," he said.

"You'll be more susceptible to infection because you're diverted a huge amount of energy into building muscle and fitness — energy that is useful to the immune system."

- www.msn.com/en-au/health/nutrition/can-you-boost-your-immune-system-to-help-fight-an-infection/ar-BB11EM4M

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



FEEL YOU'RE BEST & RELAX WITH BOWRAVILLE PHARMACY

Equilibrium natural's collection

Detox/Smooth face masks
\$19.95



Equilibrium natural's collection

Roll-on essential
therapy oils
\$17.95

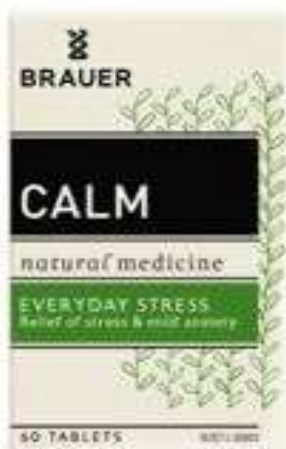


Equilibrium natural's collection

Bath salts/Soaks
from \$16.95



Brauer
Calm tablets
\$18.45



Bach
Rescue remedy pastilles
\$13.95



Bach
Rescue remedy spray
\$28.95



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



We want your stories about the fires

. . . the good things and the bad things, our aim is to provide real information to government.

We are going to put the stories together and give a report to all levels of politicians and government so they get the ground level stories of the wonderful organisations that provided support in your time of need as well as the difficulties you faced in getting help.

We don't want names just the factual stories.

This includes your homes, your businesses and your farming enterprises and the impact the fires have had on you.

If we provide grass roots information from the community, then authorities can learn what is needed to address these catastrophic events in the future.

Just write down your facts and drop the information into the Bowraville Technology Centre

(Monday to Friday 9:30 to 4:00pm). admin@bctc.com.au

After the report has been finished by our Chamber of Commerce we will put an article in the Community News.

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

N/C

LIONS CLUB OF BOWRAVILLE INC.

SUPPORTING OUR COMMUNITY

PRESIDENT

Mark Scott
M: 0428527545

SECRETARY

Lisa Matters



6/11



Email:

bowraville@lionsdistrict201n1.org.au

PO Box 23 Bowraville NSW 2449

Pay it Forward Day Tuesday, April 28, 2020

Pay It Forward Day is a global initiative that exists to make a difference by creating a huge ripple of kindness felt across the world.

Of course, our hope is that people pay kindness forward every day and make each day that little bit brighter.

We believe that small acts when multiplied by millions of people can literally change the world for the better - and on April 28th we'll set out to prove it!

For this year's international Pay it Forward Day we are aiming to inspire over 10 million acts of kindness around the world.

Imagine the difference that would make! Join us in paying it forward, and help spread the word about this important day!

What can you do?

- Pay for someone's cup of coffee
- Get the next person's food, toll, petrol, etc.
- Help someone out in need
- Let someone go before you in the queue if you only have a few things
- Be thoughtful when buying items that are in short supply - help there to be enough for everyone
- Become a Pay it Forward Day ambassador and help raise awareness in your circles of influence
- Let others know about Pay it Forward Day through your social media channels
- Give blood or organise a life-saving blood drive. *(For Aussies, contact the Australian Red Cross Lifeblood on 13 14 95)*
- Donate to a worthwhile cause
- Be creative!!!

Pay it Forward Day was built by volunteers around the world to inspire a huge ripple effect of kindness in the community.



Bringing banking to your Community.

Bank in-store today.

Australia Post provides the following services

- withdrawals
- deposits
- balance enquiries.

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

1/11

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

The Importance of Trust

It's something we don't notice it until it's broken

TRUST IS ONE OF the most important elements of a safe, fulfilling and well-functioning relationship. Still, it often isn't until something hurtful happens - a spouse cheats on you, a friend ridicules you in front of colleagues - that we think about trust; we don't notice it until it's broken.

Trust factors into every one of our relationships, from preserving our most important connections to helping us build new ones. Although it can sometimes seem impossible, understanding how to renew confidence in one another is a crucial life skill. If you're struggling to repair a relationship after a breach of trust, there are strategies that can help.

Overcoming Obstacles

One of the biggest barriers to moving past a betrayal is a lack of genuine desire to do so. People need to have a willingness to even try to rebuild trust and that goes for both parties.

"Some believe that we motivate others by offering incentives, making threats or giving ultimatums," she explains, but any promises a person agrees to under duress are unlikely to stick.

Instead, those seeking to rebuild trust should focus on maintaining an open dialogue. Words matter and the intent behind the words matter.

Because trust is defined differently by different people, we need to be able to answer the question, **"What does trust mean to me?"** If we can't, it will likely be difficult to convey to others how we want them to

demonstrate their trustworthiness.

Effective communication also includes sincere gestures - big or small - that can demonstrate our dependability, such as keeping our **promises or making a loved one's life simpler** by volunteering to help with tasks. To re-establish yourself as a trustworthy presence, think ahead about what you can do to help the other feel safe, heard, loved and respected. When possible, letting go of mistakes is also important - If two people have decided to move past a betrayal, and one of them says **something like "I'll give you a second chance, but if you mess it up, it's over,"** that can hinder progress - it **doesn't instil confidence in the offending party.** The inverse is also true. If the offended party is told, **"You're so sensitive; why can't you just control your emotions?"** it shows the willingness to rebuild with **respect isn't there. Anger in itself is a healthy emotion, it signals to a person that something is not right in their environment, but constant frustration can be toxic.**

Focus on the Self

Familiarising ourselves with our own impressions is also what helps us decide who we can have confidence in. An analogy is - when you feel the heat from a stove or fire your instinct is to pull away. In the same way we get messages about people - start paying attention to your natural instincts.

Self-care is also crucial, particularly for individuals whose trust has been breached. Exercise can foster good

Continued on Page 26



Bowraville Lions Club Inc News Bulletin

APRIL 2020



Club Update

Water Tanks

Due to the wet and slippery conditions preventing the Water Tank Trucks from accessing driveways and properties we had 12 water tanks dropped off to the Bowraville racecourse for site location as soon as it was dry enough.

The weekend of the 21st and 22nd of March provided an opportunity to deliver these tanks. With the help of Wayne Noble and Craig Fuller we successfully delivered all these tanks.

So far we have delivered 35 tanks to fire affected properties throughout the Nambucca Valley and have another 24 tanks on order making a total of 59 tanks in total. We have now exhausted our current round of funding from Lions Australia and Lions International but we are reapplying for more funding as there are still people in the fire affected areas needing tanks.

Due to the Covid-19 virus and the social distancing laws the Bowraville Lions Club have suspended all meetings and activities until further notice.

We look forward to resuming meetings, raffles and club activities as soon as this crisis is over. In the meantime stay safe in your homes.

Technology trends we need to get ready for

Continued from page 6

recognition which we will hear a lot about in 2020. However, as the use of facial recognition cases grow in 2020, we will also have more debates about limiting the use of this technology because of its potential to erode privacy and enable 'Big Brother'-like state control.

Blockchain Technology

Blockchain is a technology trend which has been covered extensively and yet is still likely to get blank looks if you mention it in non-tech-savvy company. This could be the year when that changes, though. Blockchain is essentially a digital ledger used to



record transactions but secured due to its encrypted and decentralized nature.

It has been argued that the technology was over-hyped and perhaps not as useful as first thought. However, continued investment by the likes of FedEx, IBM, Walmart and Mastercard is likely to start to show real-world results and if they manage to prove its case, could quickly lead to an increase in adoption by smaller players.

And if things go to plan, 2020 will also see the launch of Facebook's own blockchain-based crypto currency Libra.

- www.forbes.com - Bernard Marr



Bowraville IGA Plus Liquor

76 High Street, Bowraville
Telephone: 6564-7307
Website: www.iga.com.au

Support your local supermarket

HOURS:

Monday to Friday 7am - 7.30pm
Saturday 8am - 7.30pm Sunday 8am - 6.00pm

**Weekly specials through the store.*

**Check website for catalogue specials*

Follow the Beatles' example for Social Distancing during the Coronavirus Pandemic



A simple guide to Social Distancing

Amid the coronavirus outbreak, leaders from around the world are calling for the public to start practicing social distancing. What does this mean exactly?

Social distancing is a common method used by health officials to slow the spread of a disease, like the COVID-19 pandemic.

It means staying away and avoiding contact from people so as to lower the risk of infection.

Even if you aren't in the COVID-19 at-risk group, you could be a carrier of the virus. Social distancing is important as it protects those most vulnerable in society.

It's a little different to self-isolation, which requires you to be at home and avoid interaction with others as much as possible.

In social distancing, you can still go outside, but should exercise caution around public places where you may come into contact with other people – like shopping malls, supermarkets and restaurants.

Here's a simple guide to what social distancing means in practice:

- ◆ Staying away from mass gatherings and keeping at least 2 metres away from other people
- ◆ Stop handshakes, hugs and hongi – essentially avoid touching other people in general
- ◆ You can still go outside (fresh air and exercise is important) but avoid being around busy areas with other people
- ◆ Reduce your visits to supermarkets and cafes
- ◆ Avoid playdates, dinner parties and social gatherings
- ◆ As with all the advice around COVID-19, wash your hands frequently and practice safe hygiene (like coughing into your elbow and not touching your face)

- www.mindfood.com/article/a-simple-guide-to-social-distancing

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

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

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

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

SEEDS

POTTING MIXES

COMPOST

FERTILISERS

**SOIL & WATER
CONDITIONERS**

MULCHES

**ORGANIC GARDENING
SUPPLIES**

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



**51 CARBIN
STREET
BOWRAVILLE
6564 8648**

6/11

Slaters (Woodlice) in the Garden



Slaters (also known as pill bugs, woodlice and Role Poley's) are **usually considered beneficial** because they feed on decaying organic matter, and that way, help build soil. However, in high numbers, they can shift to crop seedlings, and thus, becoming a problem for gardeners.

How to Identify Pill Bugs

Slaters can be found all over Australia. Although there are different species, they all have a similar appearance – armoured, flattened, segmented bodies, gray/brown in colour with 1 pair of legs per segment. Their size varies but generally is less than 20mm.

Damage

Damage caused by slaters results in ring-barking of stems and young branches, as well as, uneven rasping-type damage similar to the damage caused by slugs and snails. To find them, check under rocks, pots, stubble residue, or scrape back the mulch. These are the usual places where slaters seek refuge during the day.

Organic Control Measures for Slaters

Even at high densities, it is not certain that slaters will attack your crops. Because of their beneficial role, it's best to manage them. Here are a few suggestions from Josh Byrne, author of *The Green Gardener*, on how to do that:

Continued from Page 22

One continent remains untouched by the coronavirus: Antarctica

One continent has not yet confirmed a case of the novel coronavirus. It's a place of barren ice, where the all-consuming cold and darkness of winter is fast approaching.

In these winter months, the isolation could be a blessing. The harsh conditions make travel in and out extremely difficult, reducing the risk that someone could introduce the virus.

Over the past few months, some 4,000 people from around the world have watched from Antarctica as the coronavirus pandemic, began in Wuhan, China, swept around the globe, reaching all but its southernmost reaches.

"You'd better stay there, you're safer there," Alberto Della Rovere, leader of the 35th Italian expedition to Antarctica, said his colleagues at home told him via WhatsApp.

For now, they appear to be right. Even in normal times, only a limited number of people are allowed in and out of Antarctica, with medical workers screening for signs of influenza and other illnesses before arrival.

"Right now, this, Antarctica, is the safest place in the world," Della Rovere said. "There are no outside contacts and we're far away from any settlement."

People stationed in Antarctica might be unlikely to catch the virus, but they would be at great risk if they did. While most bases would be able to handle a single case of a serious respiratory infection, they would struggle to contain one that spreads as rapidly as the coronavirus. And there's no way to guarantee that it won't eventually spread to ends of the Earth.

"No continent is immune, including Antarctica," said Jeff Ayton, chief medical officer at the Australian Antarctic Division.

- www.msn.com

Bowra Laundromat

Corner of High & Belmore Streets

Token Operated Washing
Machines & Dryers.

Tokens available at the Pub and IGA

Commercial Washers and Dryers

Enquiries: ph 6564 7401



6/11

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

9/11

Youth Week 1-9 April 2020

Youth Week began as a NSW Government initiative in 1989, and has since grown to be a celebration of young people in every state and territory across the country.

It is organised by young people, for young people, in communities across NSW and Australia. Following the success of the NSW Youth Week program, Youth Week became a National event in 2000. National Youth Week is jointly supported by the Australian Government, State and Territory Governments and Local Governments.

National Youth Week is an opportunity for young people to:

- share ideas
- attend live events
- have their voices heard on issues of concern to them
- showcase their talents
- celebrate their contribution to the community
- take part in competitions
- have fun!

The theme for this year is:

**Speak up. Be involved. Get connected.
Have fun.**

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 ~

11/11

FOOD HUB

***Now at
St James'
Church
Hall***



**Friday, Saturday
and Monday
9.30 till 11.00**

Everyone welcome

N/C

Youth Homelessness Matters Day 15th April 2020

Youth Homelessness Matters Day aims to raise awareness and public discussion about youth homelessness so that we can develop sustainable and innovative solutions for not only supporting the needs of homeless young people but supporting their dreams.

Youth Homelessness Matters Day (YHMD) is a national campaign, held annually since 1990, aimed at raising awareness of youth homelessness amongst decision makers and the wider community. YHMD is a project of the National Youth Coalition for Housing.





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 & NRCP

(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: An Early Linker will assist with:

- 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
- General development concerns
- Information and support for families to find out about their children's disability needs
- Identify concerns, set goals and development plans for the future
- Connecting with other parents, community and service providers

Early Links Mission:

"Every child, every opportunity"

Early Links Vision:

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

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





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 barmarranygu 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
Phone: 6659-4150
- Tuesday New Horizons**
1st Tuesday of the month
10am to 12noon
Phone: 5632-4800
- Warrina Women’s & Children’s Refuge**
Every 2 weeks 10am to 12noon
Phone: 6652-2400
- Thursday Legal Aid**
1st and 3rd Thursday
10am to 12noon
Phone: 6641-7899
- Chess Connect**
Parent’s Next
2nd and 4th Thursday
9am to 12noon
Phone: 1800 899 017

BOWRAVILLE COMMUNITY HEALTH SERVICES

Child and Family Counselling
Baby Health Clinic
Respiratory Nurse
Speech Pathologist
Paediatric Occupational Therapy

These services are available by apt. - 6656-7200

Every Thursday MiiMi offers free use of their washing machine and dryer but you must book on 6564 8855

MiiMi is an approved CSO and WDO 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

GARDENS & GARDENING ~

Slaters in your Garden

Continued from page 18

- ◆ Keep mulch clear of the furrow when sowing seed.
 - ◆ Make traps by placing orange shells or cut potato between two thick layers of damp newspapers. Place the traps in a moist place in your garden. Trapped slaters can be fed to your chooks.
 - ◆ Place old pots with the bottom chopped out around seedlings to protect them from slaters. Once the stems become tougher, you can remove them.
 - ◆ Keep plants and fruit off the ground. For example, you can grow strawberries in pots.
- <http://www.cesaraustralia.com/sustainable-agriculture/pestnotes/insect/slaters>

Take Care of your Lawn in Autumn

- Autumn is a preparational period for the upcoming winter season when your lawn will go into dormancy. Now is the time to supply it with all the nutrients, water and sunlight it needs to make it to spring.
- Providing proper lawn care in the autumn ensures the grass’ healthy development in spring.
- Autumn is the best time for active weed control. The weather conditions help some types of weeds to thrive. It’s best to deal with them now to prevent a more serious weed infestation in the upcoming months.
- With the right autumn lawn treatment, you will have fewer things to worry about once the spring arrives. You may not even have to attend to your yard as often.



Cruise for First Responders - *Continued from page 7*

Sydney Port even though we didn't land anywhere or go into international waters).

In terms of the value of this generosity by the Royal Caribbean Cruise company I don't think it can be measured. Sure, in monetary terms you can figure it out but I know firies who were on each of the cruises and can honestly say that for all of the ones I spoke to it was a very welcome, much needed break from the stress and efforts of previous months and more particularly, the effects of their participation starting to sink in in this now fire-free time.

For myself and my partner, not only being firies but also having a fire affected property, this kind gift couldn't have come at a better time. Nearly all of the events for firies and first responders have been in Sydney or much further south than here so we had not applied for any of them including the first 2 cruises. The

whole thing just was in the too far away, too hard basket. With recent obvious signs of mental stress starting to become obvious in me I even found it too difficult to get my head around organizing transport to Sydney and was on the verge of not bothering to go.

However, with encouragement from my partner and a friend coming to our rescue re getting to Sydney we made it and I am eternally grateful. Like most other firies I know who were on the cruise (and probably the same for the thousands I don't know) I came away a much more relaxed person. It is amazing how healing it is to not have to do anything – just turn up, eat, sleep, be entertained....do however much or little as one wants. I am sure the families of first responders came away happier and more relaxed too.

Many, many thanks Royal Caribbean Cruise Company!! *(by a local Firie)*



2/11

Bernard Laverty Funerals

24 hours 6568 1555

Monumental Masons & Florist

Speak to us about the benefits of Pre Paying



Serving the community for over 60 years

CLASSIC
Garage
 Since 2018

SERVICE & REPAIR
 Mechanic on Duty

Bowraville Service Station
 60 High Street, Bowraville
 6564 7789

ALL MECHANICAL
 REPAIRS, SERVICING
 REGO INSPECTIONS
 AND
 FRIENDLY SERVICE

 Agent for Penrite
 Quality Oils

5/6

CRANE TRUCK HIRE

For all your lifting and shifting needs

Serving the Nambucca district and beyond



Call:
WAYNE NOBLE

Telephone:
6564 7528

Mobile:
0427 653 312

7 DAYS

6/11

Support Bowra Tradies
- Keep it Local -



Does your computer need servicing?

Is it going slow?

Do you suspect a virus?

Or it just won't work the way you want it to?

Come into the
BOWRAVILLE TECHNOLOGY CENTRE

39 High Street, Bowraville
6564-7420

admin@bctc.com.au

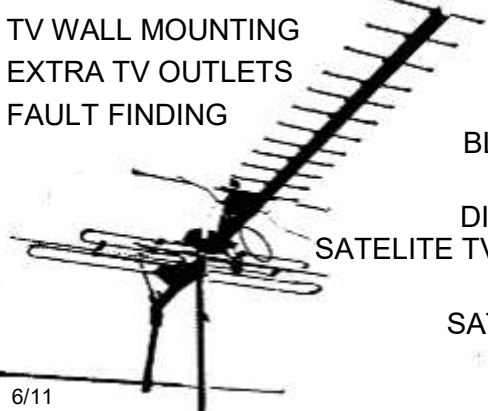
INTEGRITY ANTENNAS

TV ANTENNA INSTALLATION

TV WALL MOUNTING

EXTRA TV OUTLETS

FAULT FINDING



BLACK SPOT AREAS

DIGITAL TV & SATELITE TV SYSTEMS

CHRISTIAN SATELLITE TV

6/11

FREE ON-SITE VISITS

Fully Insured local Bowraville Technician

Phone: 6564-4175 or 0408 077 138

Desert Power Pty.Ltd trading as

Dave Recklies Electrical

3546 North Arm Road, Bowraville

Domestic

Commercial and Industrial

Refrigeration

Air-conditioning

Solar



0412 742 479 or 02 65644085

davidrecklies@bigpond.com

Owner Operator with 20years experience

"ARctick No. AU26454"

6/11

PEST CONTROL

Richard (Dick) Hicks

0488 359 060
6564 7486

Ring for a FREE quote

Accredited and Insured

2/6

BTS Mowing Services

Residential & Commercial
Property Maintenance

6/11

Lawn/Acreage Mowing

Pressure Cleaning - Rubbish Removal

Weeding/Weed Spraying - Trimming

Garden Maintenance - Gutter Cleaning



Call Dave Today!
(obligation free quotes)

0427 824 815

Insured ABN 25 893 599 384

Historic St James Anglican Church High St Bowraville



Unfortunately due to Government Restrictions the activities at St James have been closed.

This means St Jimmy's Kitchen, The Blokes' Breaky, Women of Purpose and the Worship Services will not run for April and May.

We hope to be able to provide even better service to you soon and have some exciting plans for later in the year.

We are sorry for the inconvenience.

The Importance of Trust

Continued from page 14

mental health. Mood-enhancing endorphins are released into the brain creating a sense of calm, while stress hormones diminish. This allows you reflect on your situation with clarity.

Staying the Course

It's important to keep in mind that reconciliation won't happen immediately. Try not to feel pressured or worried if you feel you are not healing fast enough. When we feel betrayed, our brains move into fight-or-flight mode and it becomes difficult to examine our circumstances **rationally.'**

Taking time to calm ourselves - and move away from feeling defensive - can allow us to arrive in a space of collaboration.

Despite our best efforts, trust can't always be rebuilt. If all attempts fail, it may be time to move on, even temporarily. Healing can take decades and sometimes people find their way back to each other over time.

So there is always reason to hope.

4 SIMPLE STEPS to making your Bush Fire Survival Plan

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



1. DISCUSS
what to do if a bush fire threatens your home.



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



3. KNOW
the bush fire alert levels.



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

Creating a kinder world

A kinder world is not just desirable, it is also within your power to pursue and experience. However, the first step is to acknowledge and understand that, as much as you may wish for it to be so, kindness is not going to sweep over the globe like an inevitable sunrise. It's going to take effort and persistence.

Put simply, a kind world is the result of billions of individual acts of kindnesses. Therefore, in order for the world to be kinder, what people have to do - as British businessman, George Logothetis has done - is become kinder individuals. Not think of being kinder. Not hope of being kinder. Not resolve to be kinder or claim you are kinder. In order to live in a kinder world, people need to actually make the decision in singular moments to spread and amplify kindness.

Thankfully, this is not as difficult as it may seem. By harnessing the power of every moment, there are four simple steps you can take to spread more kindness throughout your home, workplace and communities:

1. Awareness

Throughout the day, practise being more aware of others around you. Lift your eyes from your phone, draw your thoughts back to the present moment and become aware of the people around you. What are they doing? What are they trying to accomplish? Is there something you can do to make their lives a little easier in that moment?

2. Spontaneity

A kind world is so much more attainable when you learn to step out of your personal bubble. Follow impulses to smile at strangers, offer to carry heavy bags, pay for the coffee order behind you. Kindness is most effective when it is unexpected, so actively look for ways to delightfully surprise people you know, and people you don't.



3. Applied empathy

There are more than 7 billion life stories on this planet that don't resemble your own. Understanding this can help you embrace kindness in otherwise tense situations. Make one of your daily mantras "What's their story?" A waiter makes a minor mistake on your order; what's going on in their life that made them forget? A driver is wildly cutting through traffic; what stresses are they under to be in such a hurry?

By applying empathy, you allow yourself a greater opportunity to choose more conscious reactions. You may need to correct a wrong, but you can do so kindly. You may need to set boundaries or assert your position, but you can use gentle words. You may even find, in a moment of kind

Continued on Page 31

What's the difference between an Outbreak, an Epidemic and a Pandemic?

In these turbulent times we can't escape the news about Covid-19 – better known as Coronavirus. The World Health Organization (WHO) announced in early March 2020 that the virus was now at a Pandemic stage across the world.

But what exactly does that mean?

And how is a Pandemic different to an Outbreak or an Epidemic?

What is an Outbreak?

Generally speaking, the term “Outbreak” can be summarized as a small, but unusual burst of disease. An Outbreak is usually what is used to refer to a geographically contained spread of disease.

So, looking at Covid-19, the initial cases that were contained to China would have been classed as an Outbreak.

After all, these cases started off small in number yet still unusual due to the unknown nature of the virus.

What is an Epidemic?

An Epidemic constitutes an illness, disease or virus that is growing in reported cases and spreading internationally.

So, once again looking at Covid-19, when cases in China started to rise exponentially and we started seeing cases of the Covid-19 strain popping up across the world this shifted it from an Outbreak to an Epidemic.

What is a Pandemic?

A Pandemic is defined as being present globally and spreading out of control.

So, when the WHO declared the spread of Covid-19 to be at the stage of Pandemic, it shouldn't have come as a surprise given that the virus had spread to 125 countries and territories in total.

However, the declaration of a Pandemic doesn't mean the end of the world is nigh, it simply means that the spread of the virus has reached a global proportion.

In Conclusion

One must remember that these terms are as intrinsically scientific as they are political and that the use of the term Pandemic by the WHO signals that Covid-19 is a global threat, and that all governments should continue taking the appropriate prevention and combative action they are currently taking.

Just remember to stay calm, follow the guidance for cutting down the risks of infection, and call your country's health service for advice if you think you may have contracted it.

- www.thefactsite.com

BOWRAVILLE DENTAL SURGERY

Vic Bird B.D.S.

“Your local dentist”

Caring for YOUR dental wants and needs.

No hard sell.

?/11

58 HIGH STREET
BOWRAVILLE
6564-7246

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

Pharmacist

KERRIE SAVINS



6/11

Creating a kinder world

Continued from page 29

empathy, that you can forgive a transgression completely and move on without a word being said.

4. Natural connection

Kindness is a universal quality, and its effects need not be limited to the human race. If you are feeling a little jaded with humanity or are looking to amplify goodness in other ways, there are a multitude of ways to extend kindness to the animals around you and the earth

you live on. Install a bird feeder in your front yard, leave water out for wildlife on hot sunny days, foster a homeless pet, plant a tree or decline disposable cutlery with your take-out meal. Look for ways to be kind to the environment and the creatures that share the earth with us.



Kindness is a vital human characteristic that most people are yearning for in their lives. When you stop to acknowledge the health-boosting benefits that you gain from partaking in simple acts of compassion and altruism, it is clear that kindness ought to be prioritised in your day-to-day life. By making simple yet deliberate changes to the way you interact with the world around you, you have an opportunity to lift, help, inspire, support, surprise and delight others in kind and thoughtful ways.

A kind world is yours to create. All you need to do is take responsibility for the part you play in this tapestry of life and make kindness a wondrous, life-enhancing daily habit.

- www.wellbeing.com.au



Free mental health support for people affected by the bushfires

**Call Healthy Minds
1300 160 339**
between 8.30am – 5pm
Monday to Friday.

No referral needed.

Free face-to-face or telephone counselling services with a mental health practitioner, such as a psychologist or mental health social worker, will provide people with strategies and techniques to manage their mental health

Healthy Minds services are available across the north coast of NSW.



4 Dangerous apps for Android smartphones 2020

The programs “BearCloud” and “Joker”, which act as so-called clickers, are slumbering under the following Android applications. Despite different methods, the result remains the same: The malware imitates the click of a user and can therefore click on advertising banners with intent to defraud. “Joker” software can also activate the premium services for other apps without the user’s consent.

Delete these apps from your Android smartphone immediately

- Compass of hooks
- Homely wallpaper by Mary Hickey
- Landscape camera by Lonnie Carlson
- Flowery Photo Editor from Castle Rock



Fortunately, the four defective apps are relatively underused and poorly rated Android apps. To protect yourself from malware on your smartphone in the future, it is recommended to take a look at the best Android virus scanners. In contrast to iOS devices every Android user is responsible for protecting their smartphone. Anyone who travels without the appropriate software runs the risk of revealing personal data and high costs through fraudulent action by the app developers.

Google Play Store has millions of apps in different categories and from different manufacturers. These include not only useful applications, but also spam apps that infect smartphones with unpleasant companions. If users have installed these, intrusive advertising is constantly displayed on the mobile phone; users can no longer accept calls or use other apps. In addition, the constant displays load the memory and can lead to the fact that smartphones are completely unusable.

- www.phonebechdou.com

FOMO?



NSW RURAL FIRE SERVICE . . .

STRONGLY RECOMMENDS that everyone in your home has a conversation about exactly what they'll do in a bush fire. It should take just 20 minutes.

Use our discussion guide at www.rfs.nsw.gov.au/__data/assets/pdf_file/0017/2933/BushFireSurvivalPlan.pdf

Many households find that having a discussion over dinner works best as everybody is together and focused.

BOWRAVILLE CENTRAL SCHOOL NEWS

Local Schools Community Fund Success – 18 Brand New Mountain Bikes

Students at Bowraville Central School are set to get a whole lot more active thanks to a Local Schools Community Fund grant.

Federal Member for Cowper Pat Conaghan said the innovative project would greatly improve the students' wellbeing and physical health.

"Students are benefited by having fun, physical education activities while at school," Mr Conaghan said. "Our Government has invested \$15,545 here, plus a total of \$50,066 in other wellness and physical activity initiatives at other schools throughout the Nambucca Valley and Coffs Coast through the Local Schools Community Fund.

"We promised to provide better opportunities for students and this great mountain biking project is one way we are helping local schools to do that."

Our Principal, Mr Taylor, said "the program aims to inspire an active lifestyle to students who may not have access to or be able to afford a bicycle of their own. We are very excited about this opportunity".

The successful grant consists of 18 mountain bikes, 18 helmets and a service plan. These bikes will provide the opportunity for BCS students to engage in healthy outdoor fun in and around our community. Students will improve their riding skills, learn bike safety and the responsibility of maintaining the bikes. They will now have Cycling added to their sport choices or go riding on special PBL reward days making good use of new local bike paths and dedicated areas like Jack's Ridge.

Year 10 PDHPE, Year 5/6 students and some teaching staff took the bikes for a test ride around the school yesterday. Once on the bikes it was almost impossible to get them off – a very good indication of the success of this project.



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

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	2NVR Music Mix	Drive Thru With Jackie Edmunds Mix of 60s, 70s to current music	Breakfast Juice Nuke Eclectic music and comedy, squeeze yourself and — turn UP the volume	Under The Stinging Tree Poppa	2NVR Music Mix	2NVR Music Mix	Praise, Prayer & Pop With Linda & Michelle	6 AM
7 AM	Maocca's Breakfast Club With Les McLachlan	Dyer's Loop With The Dyers Music to oye for, of course	Isn't It Romantic With Dallas Dent Crooners Easy Listening Popular Ballads	Tones of Claressense Claire West-Powell	Jacinta's Easy Listening With Jacinta Sunderland	The Weird Desk With Michael Morgan When the going gets weird, the weird turn pro	Sunday Morning Music Mix	7 AM
8 AM	Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll 1950s-2010s	Infopinion Richard Laxton An eclectic time with Richard	Lunch with Gazza With Gay Biken Easy Listening To Rock & Pop	Turning Pages Elizabeth Newman	Talk Of The Town Cen Winobel See what's going down! All things local	Hair Of The Dog Mick Birdies Rock, Pop Covers and Music Trivia	2NVR Music Mix	8 AM
9 AM	Baby Boomers Donna Collins	Rock On With Jimmy & the Bluebirds	Just For You Carole J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	School's In & A Cuppa with Maocca With Les McLachlan	Dano's Mixed Grill Daniel Gosson Where anything can happen and probably will	Flashback With Rob Davidson	Classical Corner Music from the past 1000 years. Always ready to Mus & spoken word from film, TV, books & radio Noel Robertson	9 AM
10 AM	The Weekly Fix Paul Weatley	Rob's Roving Robbie & Linda Sibie reflections, Gospel & Australian	Sister Act Olivia & Sam	Thursdays Country Trickitic	Outback Outlaws Paul Rowe Old and new country music	Garage Noise With Sean Ambrose Alternative Music	2NVR Music Mix	10 AM
11 AM	BKE Show Bernard Kelly-Edwards Cultural Unity with Poetry, Community Yarns & Music 2NVR Multicultural Radio	2NVR Learner Drivers New Presenters	Tune in with Alex 2NVR Youth Radio	Nambucca Valley Roundup Retro	Wind Down for the Weekend with Stu & The Crew	Saturday Magazine With Rachel Burns	Living In The 60s With Roy Lauder	11 AM
Noon	Bowra Beats 2NVR Youth Radio with Graze	Dancing Through The Decades with Fred Setters	After Hours With Fred Setters	Highway Blues With Retro When Only The BEST BLUES Will Do	Rhino On The Radio	Two For The Money Music, chat and a touch of banter with Paul and Rachel	That's A Wrap Donna, Nigel, Mitch & Gary Local sports results and in-depth analysis	Noon
1 PM	Hinterland Ben Walters	Country and Classic Hits With Byron Edwards	Ant's Rock Anthony Gamsey Solo Rock	2NVR Overnight Music Mix	2NVR Music Mix	2NVR Music Mix	2NVR Music Mix	1 PM
2 PM	Reggae Mixtape With Fitzroy Music outside the usual 2NVR Multicultural Radio	Soul Into Rhyme Matt Leibrandt Whack up the bass and cop a wicked mix of hip hop and fully sock tracks	Ant's Rock Overnight	2NVR Overnight Music Mix	2NVR Music Mix	2NVR Music Mix	2NVR Music Mix	2 PM
3 PM	Music Makers With Yen Mixed music with featured artists	2NVR Overnight Music Mix	Ant's Rock Overnight	2NVR Overnight Music Mix	2NVR Music Mix	2NVR Music Mix	2NVR Music Mix	3 PM
4 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	2NVR Overnight Music Mix	2NVR Music Mix	2NVR Music Mix	2NVR Music Mix	4 PM
5 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	2NVR Overnight Music Mix	2NVR Music Mix	2NVR Music Mix	2NVR Music Mix	5 PM
6 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	2NVR Overnight Music Mix	2NVR Music Mix	2NVR Music Mix	2NVR Music Mix	6 PM
7 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	2NVR Overnight Music Mix	2NVR Music Mix	2NVR Music Mix	2NVR Music Mix	7 PM
8 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	2NVR Overnight Music Mix	2NVR Music Mix	2NVR Music Mix	2NVR Music Mix	8 PM
9 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	2NVR Overnight Music Mix	2NVR Music Mix	2NVR Music Mix	2NVR Music Mix	9 PM
10 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	2NVR Overnight Music Mix	2NVR Music Mix	2NVR Music Mix	2NVR Music Mix	10 PM
11 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	2NVR Overnight Music Mix	2NVR Music Mix	2NVR Music Mix	2NVR Music Mix	11 PM
Midnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	2NVR Overnight Music Mix	2NVR Music Mix	2NVR Music Mix	2NVR Music Mix	Midnight

National Radio News is broadcast each weekday at 6am, 7am, 8am, 9am, Noon, and 6pm. 2NVR — Multiple Aspect Winner. Tewings studio and offices: 02 6564 7777 email: admin@2nvr.org.au The Best Little Station In The Nation