



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



**AUGUST 2020 ~ ISSUE #187~ FREE ~ CIRCULATION 400 ~ POSTCODE 2449**

## Bowraville Technology Centre

Our Centrelink computer, fax and free phone service are all operational as well as free wifi to Services Australia enabling people to access Centrelink services via smart phones or tablets.

On Mondays an ATO volunteer is available to assist with completing **Income Tax returns. Phone to book in.**

In line with Coronavirus regulations we ask people to practise social distancing rules and allow only two people in the centre at a time.

We have two computers available for internet access and printing use that are spaced apart and fully sanitised before and after being used.

Our book library is still operational and we have recently added a DVD library. People are also asked to use the hand sanitiser before browsing and borrowing books.

Apart from a couple of days when there have been no volunteers available the Bowraville Community Technology Centre (CTC) has remained open to residents.



**From 17th August  
Monday to Friday  
from 9.30am to 4.00pm  
till then it's Mon, Tues & Thurs.**

As the contact point for Centrelink in the town it is considered an essential service.

The bcu, which shares the premises, is open and operating as a cashless service hub. Hours are Mon, Thurs and Friday 10am-12noon/12.30-4pm.

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**CIRCULATION = 400 COPIES**

Newsletter is also available online at:

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

## **2020 ADVERTISING CHARGES:**

Bowraville Community News is produced every month, except January.

Annual subscriptions includes 11 issues.

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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 SEPTEMBER 2020**

**ISSUE IS: 4:00PM**

**TUESDAY, 18th AUGUST 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](mailto:admin@bctc.com.au)

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

# ***Bowraville Technology Centre***

**Open 9.30am to 4.00pm Weekdays**

## **Internet Services**

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

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

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

## **Facility Hire**

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

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

Full day up to 8 hours - \$100.00

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

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

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

Full day - up to 8 hours \$40.00.

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

*“Like us on*



*search for CTCABowra”*

# ***Bowraville Technology Centre***

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

**Open 9.30 to 4pm Weekdays**

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

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



# Bowraville Lions Club Inc News Bulletin

**AUGUST 2020**



*Bowraville Lions Club hope to hold their first meeting since the Covid19 restrictions at the Bowraville Hotel on Wednesday 19th August at 6.30pm in the Dining Room.*

*Our Club is keen to resume fundraising and service programs for our community as soon as possible.*

*Our popular pub raffle will resume as soon as feasible on Thursday nights with some great prizes. Tickets will still be only \$1.00 and the proceeds directly support our local community and businesses.*

*We are looking for help from the community with the public toilets at the Lions Park in Bowraville. We would like to reopen this facility as soon as possible and need help with both cleaning the toilets and making some signs up to inform the public on opening hours and a contact number for cleaning. If you can help in any way please contact our President or Secretary (see numbers below).*

*We have resumed delivery of the remaining water tanks now that the QLD border has reopened and social distancing laws have eased slightly.*

*More news next month on some exciting projects for Bowraville and the Valley.*

***The Bowraville Lions Club meet on the 3<sup>rd</sup> Wednesday of the month at the Bowraville Hotel from 6.30pm.***

***Please contact the club for more details***

***Mark Scott, President M: 0428 527 545***

***Lisa Matters, Secretary M: 0401400962***

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***2 Park Street Bowraville 2449***

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## 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**

## WHAT'S HAPPENING IN BOWRA

**Bowraville Chamber of Commerce**  
The Chamber is continuing with Zoom meetings due to the COVID19 crisis. At our last meeting on 7<sup>th</sup> July there was avid discussion regarding the Hill Top Store redevelopment, Bowraville advertising signs on the Pacific Highway, BCU cash-less store re-opening and the continuation of McKay Park improvements with the collaboration of Nambucca Valley Council.

The Chamber is affiliated with Business NSW and is here to promote your business plus be your voice for community issues affecting our town and surrounds.

Membership fees for this financial year are now due. Business/Resident full membership is \$40 with voting rights or Casual membership for \$10 (non-voting). Renewal forms will be emailed to existing members. Membership forms are available at the Bowraville Technology Centre. Next meeting is Tuesday 4<sup>th</sup> August starting at 4:00 pm.

### **Bowraville Country Markets**

At the Bowraville Community Centre, 70 High Street, Bowraville on Saturday 8<sup>th</sup> August from 9am-1pm

Once again, virus permitting the Bowra Markets are opening for business and creating a welcoming space for people to gather, meet friends and relax as well as enjoy some Café classics and browse the local stalls.

There will be homemade soups to be relished on the revamped back deck as well as games and puzzles and the current newspapers.

If you would like to come with produce or goods to sell or activities please call Phillida on 0401 481 501. Hope to see you there.

### **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

### It's TAX TIME!

Do you need assistance with your Income Tax Return?

Each Monday at the Bowraville Technology Centre an ATO trained volunteer is there to help.

Phone 6564-7420 to make an appointment. It's free.

### New at the Bowraville Technology Centre A DVD Library

The DVD Library will operate on the same basis as our very popular Book Nook, ie: an honesty system - and if borrowers would like to make a donation of \$1 each time they borrow it would be appreciated.



*A limit of 2 DVDs per borrower.*

### MacksvilleBowra United Hospital Auxiliary

With more Covid19 cases in NSW it was decided to postpone our August meeting until Friday 4<sup>th</sup> September. In accordance with Central Executive Decisions all positions will roll over till 2121. Main interest will be the new Hospital Café which has been open since mid-June, financial reports and other business. Due to various health restrictions we are looking for more volunteers to fill the gaps left by those ineligible volunteers.

*Continued on Page 8*

## 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](http://ratemyagent.com.au)

CRAIG BELLAMY 0412 080 287  
NARELLE HARPER 0435 054 625  
[www.atrealty.com.au](http://www.atrealty.com.au)

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### BOWRAVILLE GIFT SHOP

  
LOCATED AT BOWRAVILLE POST OFFICE  
27 HIGH STREET BOWRAVILLE

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

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### Coronation Kennels & Cattery

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PHONE: 02 6568-2018

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

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

*We provide the following services:*

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

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

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## Break Out of Lockdown with these Virtual Travel Experiences around Australia

*Our work year is usually planned out with countdowns to upcoming holidays. But with that off the cards for the sake of everyone's health and wellbeing we're starting to get creative with the way we travel.*

*That's right we're going virtual - and because Australia is packed with beautiful places this is a great time to discover more of it.*

### **NEW SOUTH WALES**

#### **Hike Ku-Ring-Gai Chase National Park**

This protected national park found in Sydney boasts beautiful coastline, rainforest, bushland and parts of the Hawkesbury River - in short, it's stunning. You can hike the famous Aboriginal Heritage Walk thanks to Google street view. On the walk you'll discover historic rock engravings and art of the traditional owners of this land - locally The Darramuragal or Darug people. Be sure to look out for Red Hands Cave which is filled with incredible rock art and found just 1km into the walk.

- <https://www.nationalparks.nsw.gov.au/things-to-do/walking-tracks/aboriginal-heritage-walk>



### **QUEENSLAND**

**Snorkel the Great Barrier Reef**  
Stay dry as you snorkel through Queensland's stunning Great Barrier

Reef - something that should be on everyone's bucket list. Guided by the great man himself Sir David Attenborough will take you from Lady Elliot Island up to the wreck of the SS Yongala. While you snorkel along Sir David will teach you about this natural wonder giving you the chance to spot some of the reef's 1500 species of fish, 600 coral species and 30 different whale and dolphin species.

- <https://www.afar.com/magazine/take-a-virtual-tour-of-the-great-barrier-reef-with-david-attenborough>

### **NORTHERN TERRITORY**

#### **Discover the Magic of Uluru**

One of Australia's most stunning natural gems is also one of its most sacred regions. For years Uluru has rightly been closed to the public to protect the land. But now you can explore the surrounding area with a local indigenous guide - the traditional landowners of Uluru-Kata Tjuta National Park, the Yankunytjatjara and Pitjantjatjara people. Parks Australia has joined forces with Google Story Spheres to create several tours. Combining 360-degree visuals with audio clips translated to English you can discover key sites, hear the desert birdsong and listen to traditional owners sharing important cultural knowledge and stories.

- <https://parksaustralia.gov.au/uluru/discover/virtual-tour/>

*Continued on Page 22*

# Face masks are no '*silver bullet*' against COVID-19 but do have benefits

There's been much debate around the world about whether the public should be wearing face masks during the coronavirus pandemic.

In Australia, however, the official advice hasn't changed - most of us it seems don't need to wear a face mask.

But there is still debate here on whether we should. For instance the ABC's Dr Norman Swan says wearing masks on public transport is one way of reducing the already low risk of transmission. "What I'm arguing is that masks would reduce the risk even lower and you could be a bit more relaxed about social distancing on rail trips," he said.

## Who is protected when you wear a mask?

The benefits of wearing a mask are two-fold; firstly, it will prevent someone who is infected from emitting a virus into the air around them and secondly it may well protect people from inhaling contaminated air or being sprayed by sneezes and coughs.

Like many things wearing a mask is all about reducing risk - the more virus fragments in our environment the more likely we are to be affected. If you can reduce the number of fragments you're going to reduce risk.

## Don't waste a good mask

The best masks should be prioritised for healthcare workers who are operating in the most high-risk environments.

Another important thing to be aware of is not to wear a mask with an exhalation valve because a mask like that filters the air coming into your mask but not the air going out. So, if you're sick and you're wearing a mask with a valve and you sneeze or cough, for example, it's just coming straight out of the mask unfiltered.

*Continued on Page 15*



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

*What we have to offer . . .*

**TAB - KENO - BINGO**

**RAFFLES - Wednesday & Friday**

**MEMBERS' DRAW min \$1000**

**KITCHEN Wednesday-Saturday**

 Lunch 12-2pm - Dinner 6-8pm

**HAPPY HOUR - All Schooners \$4.50**  
*from 5pm to 7pm daily*

**FREE POOL Everyday**

9/11

## 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

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Holy Goat Coffee

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33 HIGH STREET, BOWRAVILLE

Ph.6564 7041 Fax. 6564 8471

9/11



**PROGRAMS at the**

# BOWRAVILLE THEATRE

**CLOSED UNTIL FURTHER NOTICE**

## Men 'blamed society' for COVID-19 fine

Two Melbourne men received multiple fines from police and they served up a strange reason for being caught out of home.



A man busted for breaking coronavirus lockdown said he "blamed society" for not knowing how to change a flat tyre.

Victoria Police patrolling Warrandyte found a Nissan Pulsar with severe damage to a front wheel blocking the road at 3am.

Police said a 19-year-old Eltham man driving the car got a puncture and continued to drive until he couldn't go any further "as he, nor his passenger, did not know how to change a tyre".

"The driver and his passenger, a 22-year-old Ringwood man, both stated it was not their fault they did not know to change a tyre and blamed society for not teaching them," police said.

The men were fined \$1652 each for breaking coronavirus restrictions.

Police said the driver also failed a roadside breath test - returning a result of 0.162. He is expected to be charged with drink driving.

A survey commissioned by Jax Tyres in 2015 found that 40 per cent of Australian drivers did not know how to change a flat, with one in five Millennials unsure of where to find their spare tyre.

- [www.news.com.au](http://www.news.com.au)

## WHAT'S HAPPENING IN BOWRA

From Page 5

### Bowraville Garden Club

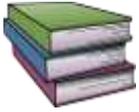
As Covid19 concerns are on the increase our July meeting was cancelled and we hope to get underway again in August - all members will be informed.

### Bowraville Recreation Club

Both Women's and Men's golf competitions continue in their usual format. Our volunteers continue to maintain the golf course and the bowling greens. However, beware the golf greens as they seem much faster than usual. Since the change to the handicap system scores are averaging 32 to 34 stableford points and 36 means you have played to your handicap. Bowls consistency comp is nearing completion and both A and B grade championships are being organized. The Club is available for meetings as up to 30 people can be present with all the health rules applying.

### Bowraville Seniors

Our small group of members was happy to get together for the July meeting. We have decided to change our routine; as from the August meeting we will begin the meeting at 11am and continue on with luncheon at the Coast House Inn. If you are a resident of Bowraville and would like to join this social group you would be very welcome. Contact Isabelle on 6564-7179.



# BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

## The Third Wife by Lisa Jewell

No little girl dreams of being someone's third wife but that is what Maya is. She must slot herself into two ready made families and in the process she loses her sense of self. One fateful night she walks in front of a bus but was it an accident or did the weight of her husband's families get too much?



Adrian is left devastated by Maya's death – he thought he had finally got married life right the third time around. He doesn't understand what she was doing wandering around London on her own in an inebriated state. Surely it was nothing to do with him or his family who have done nothing but welcome Maya with open arms?

Adrian is lost and aimless without Maya and reaches out to his children and ex wives to fill the gaps in his life but it is too little too late. While trying to reconnect with his loved ones Adrian unearths

secrets that make him realise his blended family has become curdled.

*The Third Wife* opens with a busy London night and, in amongst the throng of revellers, we catch a glimpse of Maya drifting drunkenly until she stumbles in front of a bus. In the aftermath of her death Adrian is grieving for the blissful life he had. He is left mystified by how this could happen but then certain events occur which leave him questioning just how happy Maya was before her death. He is also made to face up to the fact that the families he left behind are not quite as well adjusted as he thought.

This is an all consuming read in which one secret leads to another and the pages turn themselves. Prepare to ignore your own family while you lose yourself in the complexities of someone else's.

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

### BOOK NOOK NOTICE

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



### We're here to help

#### Servicing the local community with:

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Bowraville 2449

#### Come in and talk to us

#### We are open:

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Sat	Closed
Sun	Closed



# OCD and Anxiety Disorders Awareness

**OBSESSIVE COMPULSIVE DISORDER (OCD)** is the experience of unwanted thoughts, impulses, urges or images that cause anxiety. These are described as obsessions. Or they may be compulsions which are actions and behaviours such as handwashing, counting or praying.

A person with OCD experiences anxiety if they cannot complete their compulsions. People with OCD commonly experience both obsessions and compulsions.

Many of us have rituals and routines we like to follow - however, someone with OCD experiences high anxiety in relation to their obsessions and compulsions. Rather than feeling the need to clean the house because they enjoy it being clean someone with an OCD focused on cleanliness will feel anxiety or that something terrible will happen if they do not clean their house thoroughly.

Some common examples of obsessions and compulsions include:

- Fear of germs and being contaminated
- Fear that they have done something to cause a disaster (a fire or accident)
- Fear that they will act in a violent way after having intrusive violent images
- Fear of having done something terrible leading to frequent confessions of minor mistakes

Everyone experiences unwanted thoughts, impulses or urges from time to time. But when people with OCD experience these symptoms they tend to interpret them as being significant and linked to real danger. For example, having a brief thought about something terrible happening to a family member - for people without OCD it would often be quickly forgotten. However, for someone with OCD they are more likely to interpret the thought as meaning that something bad will happen to the family member.

**ANXIETY** is a natural and normal reaction everyone experiences from time to time. People feel anxiety in situations that they think are threatening or dangerous in some way. Sometimes anxiety, when not too intense, can be helpful such as when trying to cross a busy road or doing something risky.



*Continued on Page 26*

**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



Winter weather giving you dry,  
irritated skin?

**Bowraville Pharmacy**  
can help.

**Dermeze**  
Treatment ointment  
\$17.20



**Australian Jojoba**  
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**Moo Goo**  
Skin Milk Udder  
Cream 200g  
\$15.50

**Invite E Vitamin**  
E Cream 100g  
\$12.90



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31 HIGH STREET, BOWRAVILLE

PHONE: 6564 7925 or FAX: 6564 7364

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



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# Weird things your brain can do

*The human brain is a weird thing. It has incredible processing power and storage capacity, it can handle a huge amount of sensory input at once and it not only makes us who we are but it keeps us going too.*

*Unfortunately, it's not entirely perfect; it's full of technical glitches, storage issues and not a little bit of confusion.*

*That can lead to some very weird stuff — some of it so weird we haven't even wanted to admit it's happening for a long, long time.*

*Here is a sample of the oddball things your wonderful weirdo brain does.*

## Decaying Directional Awareness



You've heard the stories about drivers so busy following their GPS they drive right off a cliff or into a lake, right? Cleansing the gene pool maybe? Or is there something else at work?

Our dependence on navigational systems and the resulting accidents is something called "death by GPS," even if no one actually dies. It turns out that we've become so reliant on GPS technology our naturally occurring directional systems are withering away to nothing. We've long known we have parts of the brain solely dedicated to directions with the best proof of that coming from London's black cab drivers. Getting a cab license requires memorising 25,000 different streets and countless landmarks, points of interest and kebab shops along the way. Brain scans of active drivers show that the cabbies' grey matter expands to deal with this sheer volume of information and decreases back to "normal" levels once they retire.

That last part is what's happening to our brains when we become dependent on our GPS but we don't have the head start London cabbies do. Mental mapping is hard work and there's a whole new generation of drivers that don't have to think about things like associating landmarks with their drive to work or finding shortcuts on their own.

When GPS-dependent drivers were tested on their environmental awareness,

*Continued next page*

they failed so miserably some couldn't even recognise a street in the opposite direction they'd just driven down several times.

In short, GPS is great, but depend too much on one and your sense of direction atrophies.

- <https://www.grunge.com>

### Satnav by Pam Ayres

I have a little Satnav, it sits there in my car. A Satnav is a driver's friend it tells you where you are. I have a little Satnav, I've had it all my life. It's better than the normal ones, my Satnav is my wife.

It gives me full instructions, especially how to drive "It's sixty miles an hour", it says, "You're doing sixty five". It tells me when to stop and start, and when to use the brake. And tells me that it's never ever, safe to overtake.

It tells me when a light is red, and when it goes to green. It seems to know instinctively, just when to intervene. It lists the vehicles just in front, and all those to the rear. And taking this into account, it specifies my gear.

I'm sure no other driver, has so helpful a device. For when we leave and lock the car, it still gives its advice. It fills me up with counselling, each journey's pretty fraught. So why don't I exchange it, and get a quieter sort?

Ah well, you see, it cleans the house, makes sure I'm properly fed. It washes all my shirts and things, and keeps me warm in bed! Despite all these advantages, and my tendency to scoff, I only wish that now and then, I could turn the bugger off.



# Bringing banking to your Community.

## Bank in-store today.

Australia Post provides the following services

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

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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.

# Strong Action needed to avoid Koala Extinction

The World Wide Fund for Nature-Australia has agreed with a New South Wales Upper House report that says, following huge bushfire losses, koalas face extinction in the state before 2050 without urgent government intervention to protect habitat and address all other threats including climate change.

“The report is strong, comprehensive and timely. The NSW Government should act on the recommendations,” said Stuart Blanch, Senior Manager, Land Clearing and Restoration, WWF-Australia.

“The bushfires burned a quarter of koala habitat killing more than an estimated 6,300 koalas,” said Dr Blanch.

“Deforestation is soaring, killing koala, their homes and food.

“The NSW Government has made some progress on koalas. It has improved koala habitat mapping, strengthened the planning policy for protecting koala habitat and supported farmers and communities who care for koalas.

“But koalas are fast heading towards extinction across vast areas of the state and relying on National Parks alone as a conservation intervention simply will not be enough.

“The NSW Government has failed to stop core koala habitat being bulldozed on private land or chopped down in coastal state forests. No trees, no koalas.

“WWF calls on the NSW Premier to rewrite weak land clearing laws to protect koala habitat, greatly increase funding for farmers who actively conserve trees where koalas live and a transition out of logging koala forests and into plantations,” he said.

Dr Blanch said the federal government must also play a role because the nation’s flagship environmental law – the Environment Protection and Biodiversity Conservation Act – had failed koalas.

In April, WWF revealed that clearing of koala habitat increased after it was listed as vulnerable under the EPBC Act in 2012.

He said the once-in-a-decade review of the EPBC Act must tackle the Act’s failure to save threatened species and curtail habitat loss.

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

## BOWRAVILLE DENTAL SURGERY

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*“Your local dentist”*

Caring for YOUR dental wants and needs.

*No hard sell.*

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6564-7246

## BOWRAVILLE PHARMACY

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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



9/11

## Face masks are no 'silver bullet' *Continued from page 7*

Another issue is that there's been a surge in the number of counterfeit masks of this type that have come onto the Australian market.

### Cloth Masks

Cloth masks are generally not quite as good as surgical masks, but certainly effective, although that effectiveness depends on the number of layers in the mask. The more layers the more effective the mask. You need multiple layers, a fine weave, high thread count, water-resistant material and good fit around the face and they should be washed daily or they can become contaminated.

### Learn how to use a mask correctly

It is not recommended to use a disposable mask for any longer than a day. You should change a disposable mask if you sneeze into it or it gets wet some other way. As soon as you take a mask off you must treat it as a contaminated object even when you've only used it for a short time.

If you'd rather not use disposable masks, use cloth masks. Wear one mask on the way to your destination, put that in a sealed container after you arrive and wear a new one on the way home. Then you can wash both and reuse them again.

### Unintended consequences of wearing a mask

Wearing a mask can give a false sense of security making you think you are protected from a virus. It can also cause you to touch your face more and adjust the mask potentially increasing your risk of contamination.

### So should we be wearing masks?

In the absence of a formal recommendation to wear masks people need to make their own risk judgements and we need to remember that wearing a mask is "not a silver bullet" but one way we can minimise risk.

Physical distancing, staying at home, washing your hands and not touching your face are more effective than simply wearing a mask - wearing a mask can't supersede all those other things.

### 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
<i>Last bus</i>	5.25pm

Red Ticket — \$2.50 per day  
Eligibility: Pension Card

*busways* Telephone: 6568-3012

N/C

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SUPPORTING OUR COMMUNITY

#### PRESIDENT

Mark Scott

M: 0428527545

#### SECRETARY

Lisa Matters



9/11



Email:

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

**PO Box 23 Bowraville NSW 2449**



## Ngambaga Bindarray 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: nbgscommunityservices.com.au

Email: admin@nbgs.com.au



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- Communication with Carers
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- Respite for Carers
- Carer support – group day trips
- Young Carer
- Carer Information
- Carer Referrals
- Carer Counselling/Advocacy
- Transport
- Individual Carer Support/Plans
- Carers Week Activities
- Relaxation Days

The Coordinator will work with you and/or your Carer to a Care Plan to ensure that your care and support needs are met.

It's not uncommon for Carers to become exhausted and overwhelmed. That's why it's so important to take a break – called 'respite'. By taking time off you get a chance to look after your own physical and emotional needs.

## Early Linker Program, Mid North Coast

(Kempsey to Red Rock, Coffs Harbour)

- Early Links is for:**
- People with a disability aged 0-8 yrs and who are generally not accessing any specialist disability service
  - Carers and families of people with a disability
  - The community
  - People wanting assistance to accessing community and mainstream services, knowledge, resources and opportunities in their communities
- Early Links will assist with:**
- General development concerns
  - Information and support for families to find out about their children's disability needs
  - Identify concerns, set goals and development plans for the future
  - Connecting with other parents, community and service providers

### 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 your community.



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# Art Exhibition of the works of Claude Teyssier

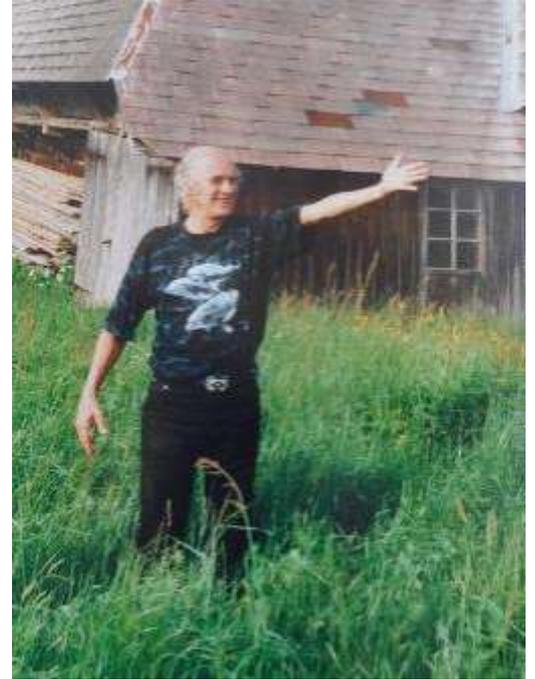
in the Pioneer Community Centre in Bowraville

For the spring holiday 26 September to 10 October we plan to transform the Pioneer Community Hall into an Art Gallery.

We will show a series of paintings, masks and sculptures created by Claude Teyssier - also videos of a variety of events.

Claude spent over 20 years of his life in and around Bowraville. Many of his paintings were done here - mostly portraits of local people, paintings of birds, kangaroos, landscape and dream pictures too.

He created a large number of Light Sculptures and Masks in the studio and in the old Bowraville garage. These works were made by himself or in workshops with local artists from the Nambucca Valley.



Claude was an Art teacher at TAFE when it was located in Bowraville teaching the skills of mask making.

**Phoenix House benefited from Claude's expertise and creativity for many years.** Beginning around 1992, together with participants from Phoenix, he created magnificent giants masks and sculpture for the Back to Bowra Festivals. The last Back to Bowra in 2009 was a huge success with the Rainbow Serpent and all the masks in the parade.

**Claude's engagement was often on a volunteer basis.**

Claude Teyssier has left a big body of artwork behind. More than 400 paintings and many more masks, sculptures and lanterns. The Light Sculptures are large and fragile and difficult to keep safe.

**Claude inspired many with his creativity, his "joie de vivre" and his light and colour.**

Claude died on 19th September 2019 at home after a short time of illness. He was surrounded by his son Antonin, his life companion Margrit and close friends.

Details of the Exhibition in the Pioneer Community Hall at 70 High Street in Bowraville will be included in the September issue of the Bowraville Community News – but for now the daily opening time will be 10 am to 4 pm from 26<sup>th</sup> September to 10th October 2020.

Hope to see you there - Margrit Rickebach.

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## August in the Garden

The days are getting longer but not much warmer, plants though are sensing the changes in day length and beginning to wake up.

Flowering plants like nasturtium, petunias, marigolds (French) and celosia are great at attracting pollinators and beneficial insects to your garden. If planning on putting in some tomatoes next month prepare the bed now - apply some organic compost, pelletised chook poo, a light watering and apply a straw mulch. This bed will be awesome next month and you will have the best tomatoes!

August is a good time to plant roses too. Whether you like standards, climbers or bush roses they are available as bare rooted specimens now and are ready to put in the ground. Be sure to dig a hole deep enough to accommodate the roots and plant into well-drained soil with plenty of organic matter.

And don't forget the vegies – if you're thinking of planting corn it's best to plant it in a block rather than a long row to help with pollination. Quick growing vegies like radishes and lettuces are always good to have on the go. Now's also the time to plant rocket, silverbeet, spring onions, Chinese cabbage, lettuce, parsley, zucchini, pumpkin, leeks and parsnip.

Experiment with a green manure crop to add life and love to an overworked patch. At this time of year try wheat, lablab or chickpea. Just like the tomato bed above this will improve your soil incredibly and for a bit of forward planning you'll find it well worth the effort!

Top up mulch on your veggie patches, herb gardens and ornamental beds. Choose sustainable, low environmental impact mulch - one that will enrich your soil as it breaks down.

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

## Have you tried Eating a Rainbow?

### The benefits of eating a variety of fruits and vegetables

Fruits and vegetables are full of fibre and all sorts of essential vitamins and minerals.

But the chemicals that give fruits and vegetables their vibrant colours (called phytochemicals) have some pretty special qualities, too. And each colour has its own unique health benefits.

So 'eating a rainbow' each day means more than just getting enough fruit and veg – it's about eating a wide variety of foods so your body gets all the essential nutrients it needs.

Check out our colour guide to fruits and vegetables to learn more about the unique health benefits of each colour group.

**RED** foods contain a number of antioxidants, including lycopene (tomatoes), anthocyanins (red berries) and ellagic acid (strawberries, raspberries and pomegranate). Lycopene is a powerful antioxidant that can help reduce the risk of cancer and protect against heart



**ORANGE** foods are high in carotenoids, including alpha-carotene and beta-carotene which are responsible for the vibrant orange colour of foods such as pumpkin, sweet potato and carrots. The human body converts beta-carotene into vitamin A which is important for healthy

skin, a strong immune system and good eye health and vision.

**YELLOW** foods, like orange foods, are rich in beta-carotene, a source of Vitamin A for the body. They also contain beta-cryptoxanthin – a powerful carotenoid with strong antioxidant properties. As well as links to cancer prevention studies have shown that a small increase in your beta-cryptoxanthin intake can reduce your risk of developing inflammatory disorders such as rheumatoid arthritis.

**GREEN** vegetables are some of the most nutritionally charged foods around, packed full of fibre, vitamins and minerals. Vegetables like spinach, broccoli, peas and kale contain lutein and

*Continued on Page 20*

# Bowra Laundromat

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## Frank Partridge VC Military Museum

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

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

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

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

Admission by Gold Coin Donation.

29 High Street, Bowraville 6564-7056  
enquiries@militarymuseum.org.au ?/11

## Try Eating a Rainbow

*Continued from page 19*

zeaxanthin which may help protect against age-related eye disease. Vegetables like broccoli, cabbage, Brussels sprouts, kale and pak choi are also sources of sulforaphane and glucosinolate which may help protect against certain cancers and blood vessel damage (which can lead to heart attacks and stroke).

**BLUE/PURPLE** coloured foods contain anthocyanins, powerful antioxidants that give these foods their colour and may help protect cells from damage and can reduce the risk of cancer, stroke and heart disease. Beetroot, radishes and purple cabbage, carrots and beans are full of nitrates which may help reduce blood pressure and



enhance physical performance.

**WHITE** fruits and vegetables can get their colour from anthoxanthins which may reduce the risk of cardiovascular disease and arthritis. Banana and parsnip and are great sources of potassium which is important for normal heart and muscle function while cauliflower, turnip and cabbage contain sulforaphane which is associated with fighting cancer, strengthening bone tissue and maintaining healthy blood vessels.

**BROWN** fruit and vegetables (such as potatoes, pears and mushrooms) have fibre in the skins which helps maintain a healthy digestive tract and can reduce the risk of some types of cancer. Selenium, found in mushrooms, plays a key role in metabolism, supports the immune system and is an antioxidant. Pulses such as lentils and chickpeas have phytoestrogens that may

## Bowraville Folk Museum

High Street, Bowraville

Phone/Fax: 6564-8200

MONDAY-FRIDAY 10am-3pm

WEEKENDS 10am-1pm

PUBLIC HOLIDAYS 10am-3pm

email: bowravillefolkmuseum@gmail.com  
twitter.com/bowravillefolk

~ Groups by appointment ~

7/11

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N/C

# Breaking through the Anxiety Wall

When you see anxiety as an enemy or personalise it by saying you hate it you are giving anxiety power over you.

It becomes something you have to fight or you resent it. Feeling this way about anxiety puts you in a victim mindset. You are feeding your anxiety and exhausting yourself.

We've all done it. It's the default setting of a suffering mind. You don't like how you feel so you declare it - I hate this. I don't want to feel this way. But anxiety isn't personal. It's not listening and it's not going to back off and leave you alone - unless you make the choice to deal with it by taking action.

## **Two challenges for the anxious mind**

The mind tends to form grooves. Like an old record our thoughts carve tracks that our mind falls into and plays over and over again.

The mind also has a negativity bias which means it's particularly drawn to unhelpful thoughts and beliefs and likes to replay them and ruminate on them.

This replaying makes the grooves of negative thought even deeper and more difficult to escape but we can with determination and support.

## **Changing our mind is easier when it comes from our heart**

Changing the way you feel about your anxiety and switching your perspective to seeing it as an emotion or as a messenger that is trying to communicate something to you is a positive first step in regaining your power and sense of control over anxiety.

One way to do this is to ask yourself what would I love to do if I was free from anxiety?

When you practice looking for purpose and meaning in your life anxiety becomes a hurdle between now and what you want to experience instead of a brick wall.

## **The way to master anxiety is to stop fighting it and start taming it**

This begins with paying attention to what's beneath the roar of your anxiety.

When you look at a raging river you see the white foamy water on the surface. That's the part that gets your attention because it's showing the most energy, noise and movement. But if you think beyond the surface you know there is more to the river than its rushing and roaring.

With anxiety we see the surface noise and turbulence and we get caught up in it and become exhausted. But there is more to it than its surface symptoms and looping thoughts - our anxiety also has a story - a source and different elements to it. There will be things that provoke your anxiety and things that help calm it. It's not static. The mind likes to think anxiety is solid, set in stone but it isn't. It's moveable and it can be influenced and tamed.

Getting curious is an important shift that helps us look into our anxiety for more information and with support we can begin working with that information and responding to anxiety's message.

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

From Page 6

## VICTORIA

### Marvel at the Twelve Apostles

To see Mother Nature at her best look no further than Victoria's Twelve Apostles. Created by constant erosion of limestone cliffs starting around 20 million years ago we're left with these magnificent rock stacks that rise majestically from the ocean soaring to 45 metres high. This stunning virtual tour offers incredible 360-degree views - you can even switch between land and sea views as well as morning and sunset.

- <https://www.airpano.com/360photo/the-twelve-apostles-australia/>

## SOUTH AUSTRALIA

### Go Shark Diving in the Eyre Peninsula

If you're after pristine landscapes and bluer than blue water you can't go past the dreamy Eyre Peninsula. Famous for its seafood and outdoor adventure a trip here isn't complete without a dip under water... and you should expect company. Raise your heartbeat from the safety of your own home with a dip with Australia's Great Whites. You'll hold your breath as they make a beeline for you in this incredible video. But it's not all about the adrenaline, there's a soothing soundtrack that will see you become entranced by these magical beasts of the ocean.

- <https://www.youtube.com/watch?v=36rdhV-cr-Y#action=share>

## WESTERN AUSTRALIA

### Explore Busselton Jetty

The famous Busselton Jetty, at 1.8km long, is the longest jetty in the southern hemisphere. Boasting beautiful views of crystal clear ocean

the jetty, which is run by volunteers who have come up with a bunch of fun virtual experiences so no matter where you are in the world you can experience Busselton's beauty. There's live virtual tours of the Underwater Observatory guided by the marine science team a virtual train ride aboard the Stocker Preston Express which takes you 1.7km out to sea and loads more. Some are free and some ask for a small fee with all proceeds going back to the jetty and volunteers who run it.

<https://www.busseltonjetty.com.au/virtualtours/>



## TASMANIA

### Gaze at the Aurora Australis

Mount Wellington or Kunanyi is located on the southeast coast of Tasmania just a 20-minute drive from Hobart. As well as being home to lush rainforests and glacial rock formations it's also the perfect place to spot the natural wonder of the Aurora Australis, our hemisphere's answer to the Northern Lights. While it can be tricky to catch this stunning visual in person you can catch it via this 360 panorama.

- <http://www.tasmania360.com/panorama/Aurora-Australis-Mount-Wellington/28>  
Information from: <https://www.theurbanlist.com/a-list/virtual-travel-experiences-australia>

# Use bubble wrap to keep your home warmer

As soon as the cold weather hits we often have trouble getting out of bed in the morning. Especially if our home is cold! The run from warm bed to the shower or the coffee machine can be torturous and it always seems to take ages for the heating to do its thing. And those small windows in the bathroom or toilet can make your home feel like Antarctica in the morning.



Bathroom windows are often the cause of cold getting into your home and the same goes for that sneaky window in the toilet. Single-glazed windows are especially big culprits when it comes to cold homes. But there's a simple way to insulate your windows without spending a ton of money? In fact, you might even have the solution already!

All you need for this DIY insulation is bubble wrap and a bit of water. Cut off a piece of bubble wrap the same size as the window you want to insulate. Use a spray bottle to mist water onto the bubbly side of the bubble wrap as well as onto the window. Now, press the bubble wrap with the damp side onto the window and that's it! Your DIY insulation is done! Within a few seconds the bubble wrap will stick and it'll stay put for the entire winter. In spring, when it starts to get warmer, you can just pull it off. Ideal, right? No high costs, it's done in a few seconds and best of all: you'll notice a difference the very next morning

- [www.tips-and-tricks.co](http://www.tips-and-tricks.co)



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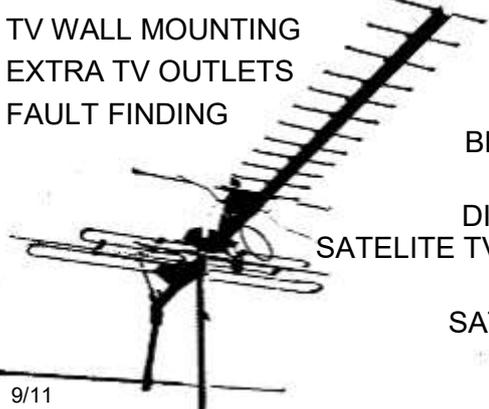
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email: [nambuccaanglicans@tpg.com.au](mailto:nambuccaanglicans@tpg.com.au)

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**Blokes' Breaky**  
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book on 0456 257 757

**St Jimmy's Kitchen**  
to resume after renovations to  
kitchen are completed.

**Bowra St Jimmy's Food Hub**  
Monday, Friday and Saturday  
9am until 11am for all people  
who hold a Centrelink card.

6/11

## OCD & Anxiety Awareness

*Continued from page 10*

Anxiety affects a person's thoughts, feelings in the body and behaviour or actions.



When a person is anxious their thoughts are focused on what could go wrong and it can become difficult to concentrate on other things.

Along with a change in thinking changes occur in the body. This is known as the Fight-or-Flight response. The Fight-or-Flight response prepares the body to deal with a threat or danger. Changes can include an increased heart rate, more rapid breathing, sweaty palms, feeling shaky and dizziness or feeling light-headed.

When someone is feeling anxious their behaviour can also be affected. This could involve trying to leave the situation causing the anxiety or doing something that helps reduce the anxiety. For example, when giving a speech a way to reduce anxiety might be to avoid looking at the audience.

- [wayahead.org.au](http://wayahead.org.au)

## 4 SIMPLE STEPS to making your Bush Fire Survival



**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.

# BOWRAVILLE SCHOOL NEWS

## AUGUST 2020

### Pamper Day for K/1

There's been some tough times this year so Mrs Hazelwood organised some pampering for her K/1 class.

Students visited the school's onsite hair salon and were treated to a shampoo and style.

They completed their pampering with a decadent foot soak and massage and then some nail painting.

The smiles in the photos say it all! SLSO Kate and Year 10's Jemma, Tamika, Elle and Erika provided expert help on the day.



