



Bowraville Community News is produced by the Bowraville Technology Centre.
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admin@bctc.com.au www.bowraville.nsw.au



JUNE 2020 ~ ISSUE #185~ FREE ~ CIRCULATION 400 ~ POSTCODE 2449

Coronavirus meant low-key opening for new Macksville Hospital

The \$73 million Macksville Hospital is open and operating months ahead of schedule.



Due to COVID-19 there was no community celebration or event to mark the milestone which comes a little more than two years after the announcement that a previously planned upgrade to the existing hospital had been scrapped in favour of building the new facility.

The staged opening of the new facility saw emergency, maternity and inpatient services commence first with community and allied health operational soon after.

~ Services and Facilities~

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MACKSVILLE HOSPITAL

100 Darruya Road, North Macksville - 02 6568 0666

www.mnclhd.health.nsw.gov.au

email: [MNCLHD-ConsumerRelations @health.nsw.gov.au](mailto:MNCLHD-ConsumerRelations@health.nsw.gov.au)

BOWRAVILLE COMMUNITY NEWS

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www.bowraville.nsw.au/bowraville-newsletter

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

Front Cover (1 issue) - \$60 issue

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THE JULY 2020

ISSUE IS: 4:00PM

TUESDAY, 23rd JUNE 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

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Telephone: 6564 7420

e-mail: admin@bctc.com.au

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~ Dates in June ~ Dates in June ~

5th June - World Environment Day

World Environment Day is an environmental awareness day run by the United Nations. The aim of the Day is to raise awareness of the environment and specific environmental issues.

6th June - D-Day

The landing of troops on the beaches of Normandy on June 6, 1944, known around the world as D-Day, was given the name Operation Overlord. Leading up to the attack plans of deception were carried out to mislead Germany.

The attack included more than 5,000 ships, 11,000 aircraft and landed more than 156,000 troops in Normandy. There are estimates of approximately 4,000 Allied casualties that day alone.

15th - 21st – Men's Health Week

This is a time to bring awareness to health issues that affect men disproportionately and focuses on getting men to become aware of problems they may have or could develop and gain the courage to do something about it.

13th June - National Random Acts of Light Day

"There are two ways of spreading light: to

be the candle or the mirror that reflects it."

~ Edith Wharton

Sometimes it takes just one gentle word or small token to help overcome darkness. National Random Acts of Light Day encourages us to bring light to the darkness of cancer by surprising someone with an act of kindness.

Take a friend fishing or bring them their favourite cup of coffee. Sometimes a visit, a walk or a fresh bouquet of flowers is what brings the light into the room. Surprise someone you love by bringing a sparkle to their day.

20th June - Refugee Week

Refugee Week is a nationwide event to celebrate the contribution of refugees and encourages a better understanding between communities.

22nd - 26th June – World WellBeing Week

World WellBeing Week provides the opportunity for participants worldwide to promote an overall awareness for the wide-ranging aspects of wellbeing, including social, physical, emotional, financial, career, community and environmental wellbeing.

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Treat for hospital Coffee Shop Committee

Before the official opening of the Macksville Hospital members of the Hospital Auxiliary Coffee Shop Committee were invited to inspect the new hospital.

Our main interest was the Café which is double our present space. Fridges, freezers, dishwasher and convection microwave are all installed. Opposite is a magnificent aboriginal artwork which was created by local school children.

The hospital has a wide hospital 'street' at the end of which is a spacious courtyard. To be hung from the high ceilings after our visit will be woven sculptures that will further enhance this area.

Of special interest was the maternity section where the birthing baths, donated by the Auxiliary, were installed. Close by are the Tressillan rooms featuring 4 bedrooms and an outdoor safe play area for children.

The day surgery waiting room is sunny and features colourful chairs, donated several years ago by the UHA, and chosen with the new hospital in mind. The Cancer Support Group has a special room which will also be available for other group meetings.

There are two wards of which only one will be in operation. Once again rooms are spacious holding either one or two beds each with its own bathroom. Each room has a view from floor to ceiling windows.

The Quiet Room features the stain glass window from the old hospital Chapel; the room for Aboriginal Sorry Business has a private outdoor space.

The detail included throughout the new hospital shows the thought and time that has been spent in the initial planning.

An open day for the community was originally planned but due to Covid-19 had to be cancelled.

- Isabelle Hooper

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7/11

What Is 'Right to Repair' Legislation (and do you need to care?)

Australians are buying more and more gadgets and devices. Our homes and workplaces seemed to be filled with smart phones, drones, Fitbits, internet-connected fridges, air-conditioners that turn off when people leave the room - just about anything that makes our lives more convenient.

Behind the scenes, of course, there's a growing pile of discarded, broken devices. The software that makes these devices so appealing also often prevents us accessing a cheap and easy fix.

But as the US and EU experience has shown, Right to Repair legislation – laws that make it easier for consumers, repairers and tinkerers to fix their broken goods – can offer an attractive alternative to the problem of overflowing, dangerous e-waste.

Easier to replace than repair

More often than not broken devices must be sent to the manufacturer for diagnosis before repair can even start. Often it just seems easier and cheaper to replace than repair.

Local repairers often do not have access to either the relevant technologies or the information needed to repair a broken device.

And it's not just about hand-held gadgets.

As the Australian Competition and Consumer Commission has observed: today's new cars contain in excess of 10 million lines of computer



code - more code than is used to operate the avionics and on-board support systems of modern airliners. New cars are now effectively “computers on wheels” and require sophisticated software to work.

As one mechanic said “We could spend up to \$300 a month on data just to be able to fix a certain model of car. It's not cheap and there's a lot you still can't get from the dealers.”

The same mechanic said he often worked 12-hour days researching how to fix technical equipment in cars.

The Australian government has said it will work toward a mandatory scheme for the sharing of motor vehicle service and repair information, saying the ACCC will enforce it and apply penalties after a transition period.

Change may be coming albeit somewhat slowly. In 2018 the Australian Competition and Consumer Commission brought an action against Apple for telling consumers their warranty would not be honoured if they took their iPhone to a third-party repairer.

This was found to be a breach of consumer law and Apple was fined

A\$9 million. The finding sent a strong message to the community that manufacturers should not be controlling the aftermarket to the exclusions of others.

Naturally, consumers are also frustrated by the lack of repair options and more people are beginning to realise the environmental damage of a system that preferences replacement over repair.

Economy-wide change is needed. Australia can look abroad for inspiration.

A global groundswell

Globally, there has been a groundswell of support from motorists, farmers, designers, repairers and environmentalists for a Right to Repair movement.

The US has recognised the right to repair since legislation was passed in 2012 giving motorists access to car spare parts and repair services in Massachusetts. The law had a ripple effect across the US with at least 20

states now proposing or passing Right to Repair legislation.

The EU has a Right to Repair regime through the EU EcoDesign Directive which comes into force next year and requires manufacturers to create repairable goods and provide spare parts for up to ten years.

In Australia we have a number of great repair initiatives including the Bower Reuse and Repair Centre in Sydney, the Victorian Repair Cafe and many passionate repairers. And Australia's consumer affairs ministers last year promised to consider laws allowing the repair of phones.

More broadly we need a community-wide dialogue with consumers, motorists, farmers, repairers, manufacturers, designers, legislators and policy makers about how an Australian Right to Repair scheme might look.

As resources grow scarce recycling options wane and our rubbish dumps overflow there is no time to lose.

- www.lifehacker.com.au



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Bowraville Market - Saturday, 11th April
from 9 to 12+ at the Pioneer Community Hall, 70
High St,

CANCELLED UNTIL FURTHER NOTICE

MARKETS CALENDAR

CANCELLED UNTIL FURTHER NOTICE

Australian film 'Cooped Up' predicted coronavirus and self-isolation measures

Four years ago *Sunrise* interviewed Aussie actors Steve Peacocke and Charles Cottier who were starring in a hilarious film called *Cooped Up*.

Directed by fellow Aussie, Kane Guglielmi, it was the story of a wrestler forced to isolate in his apartment for 21 days to prevent the spread of a deadly coronavirus strain.

It was deemed a quirky romantic comedy at the time but, four years on, *Cooped Up* was remarkably close to the mark with the COVID-19 pandemic.

Kane Guglielmi has since moved to Italy which saw some of the worst rates of infection and deaths around the world.

"It was a complete coincidence," Guglielmi told *Weekend Sunrise* from Tuscany. I find it very bizarre...that our film lines up with what's going on in the world today."

Guglielmo worked on the screenplay, with John Ratchford, following a conversation about the unique situation of being forced to quarantine at home.

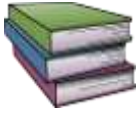
"We both agreed it was quite an unusual concept and given the fact that we had a limited budget we were looking for an idea that could be made in a contained space and we decided to run with it," Guglielmo said.

Now Guglielmi is living out what he dreamed up in isolation in Europe's COVID-19 epicentre. "We came here for a bit of an adventure as a family and we certainly got an adventure."

He's also living among some of the tightest social isolation rules requiring a permit just to buy food. "It has been really terrible, not for us personally, but obviously for the country and the poor people here."



- 7news.com.au



BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

The Lewis Man by Peter May

The corpse of a teenage lad is found in the Lewis island peat bog. Not the first one to be found but this one, surprisingly, had not been there for hundreds of years. With only two murders on the island in as long as anyone can remember and no report of a missing person there is absolutely no clue as to who he is but a DNA test matches him to an elderly local farmer.

Tormod MacDonald is that older man. Because Tormod suffers from dementia his wife kicks him out and daughter, Marsaili, is left to take over his living arrangements. Tormod's family believe that he was an only child and Marsaili has never known her grandparents who were long dead before she was born.

Fin Macleod is a policeman...well, actually no longer. With his marriage dissolved after the death of their only child Fin ditches his job and when drawn back to the island of his childhood decides to move there.

There is history between Fin and Marsaili so when the body is found, the DNA match made and Tormod looking like the likely murderer Fin steps in to help solve the mystery.

When Peter May describes the childhoods of Tormod and other characters in the story you can't help but feel sad about the history of what is now the United Kingdom. It was not uncommon for children to be taken from their lives and transported into more cruel and unwelcoming environments, be it another family or orphanage and more frequently than not, another island or country. None of it makes heart-warming reading.

Peter May does, however, describe the islands and land in wonderful detail and helps you understand why the people who live there love it and are drawn back.

I feel he makes Tormod's dementia real – the reliving of his past, his unhappiness and confusion in the present, etc.

“The Lewis Man” has a lot going on. It is definitely a bit sad but it's realistic and worth reading.

- This book read and reviewed by volunteer Raewyn.

BOOK NOOK NOTICE

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Men's Health Week – 15th - 21st June

Why Men's Health?

All this emphasis on the health of boys and men - what's that about?

They're alright aren't they?

In many cases the answer is no.

A boy born in Australia in 2010 has a life expectancy of 78.0 years while a baby girl born at the same time could expect to live to 82.3 years of age. Right from the start boys suffer more illness, more accidents and die earlier than their female counterparts.

Men take their own lives at four times the rate of women (that's five men a day on average). Accidents, cancer and heart disease all account for the majority of male deaths.

Improving men's health outcomes is a process which involves men, women and families and health services combined.

It is important that men make use of health services to preventatively manage their health and find out before it's too late if problems exist. But equally, health services need to know how to reach out to, communicate with and engage with men to be effective in helping them when they do come through the door.

It's a two-way process that is about creating environments that support the ability of men to access healthcare effectively and support health services to treat men effectively.

Here are some ideas to how both parties can create an environment that enables each to improve men's health outcomes:

- Be active in getting medical help if you don't feel well, have a problem that won't go away or notice unusual symptoms.
- It's OK to seek help - don't try to do everything on your own or bury problems. Talk to your wife, friends and workmates.
- Push hard to get the help you need to manage your life, work, family and financial needs.
- Ladies be proactive in helping your men and boys get the help they and you need. Use available hotlines, speak with professionals to get the best course of action and be persistent.
- Don't leave it too late to seek help.
- Fear is not a killer.

- menshealthweek.org.au



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Weird things your brain does

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 the first of several oddball things your wonderful weirdo brain does.

Semantic Satiation . . .



Let's try an experiment and you don't even have to get out of your chair! All you need to do is say (or write, or type) the word "dog" over and over again. Keep going . . .

Keep going . . .

And keep going even more. Do it enough and it starts to sound a little funny. You'll start to wonder if it's even a word. What does this mean? Is it spelled right? What's a dog? What's happening?

It's called semantic satiation and it happens when we see or hear the same word repeated over and over again. For around a century now psychologists have known about the phenomenon and it's a pretty straightforward one. When we hear (or see) something enough times our brain gets bored and presumably wanders off to play with something else. We don't just stop paying attention to it - we also stop assigning it any particular meaning.

It's the same thing that happens if you spend all day in a coffee shop - by the end of the day you don't smell the coffee anymore because your brain is bored with it.

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

WEIRD CORONAVIRUS STORY

Cardboard fans cheer on Korean baseball team



South Korean baseball fans may not be allowed to watch their favourite teams live at stadiums due to the COVID-19 pandemic but NC Dinos' stands were not empty thanks to life-sized cardboard cut-outs of portraits sent in by the fans.

The Korean Baseball Organization (KBO) League season kicked off this month after a five-week delay due to the coronavirus but all games will be played without fans in attendance.

“No fans were allowed in even though the league reopened,” Dinos’ marketing manager Park Joong-un said. “So, we’ve thought about a way of giving enjoyment to fans and motivation to the players.”

The club said more than 60 fans participated - sending their own pictures, their favourite players or even their pets.

“I can’t go into the stadium now but my avatar is cheering the team instead of me. It feels like I’m in the stadium,” Han Dong-su, a 38-year-old baseball fan, said outside the stadium in Changwon.

The club also set up cardboard cut-outs with characters of U.S. baseball team Durham Bulls after the minor league team declared its support for Dinos on Twitter.

“Your attention please: We have decided which KBO team we will be supporting. This is now an NC Dinos fan account,” said the Bulls. The Bulls are based in North Carolina which shares the same NC initials with Dinos.

- www.huffpost.com



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Coronavirus restrictions eased in NSW

Here's what you can now do under the social-distancing lockdown

What exercise can I do?

Boot camps, team sports and play dates are back on as **outdoor gatherings of up to 10 people are now allowed.**

Walking, running or training with one other person has long-been permitted but now you can swim laps in outdoor pools or use public exercise equipment as well.

There's also good news for parents and kids as playgrounds are opened again.

Can I go to the pub?

Can I eat out?

You will now be able to eat inside **restaurants and cafes** but only 10 people at a time will be allowed, not including staff.

However, they must stick to social-distancing rules by ensuring 4-square-metre distances around patrons.

The Premier insisted people should call ahead to make bookings and refrain from lining up outside venues.

Key points:

- Up to 10 people can congregate outside in NSW
- Cafes, restaurants, bars and pubs can have 10 patrons
- Health authorities said they expect coronavirus infections will increase amid new rules

Pubs and clubs with dining areas fall into this category too which means licenced venues can accommodate 10 customers at any one time as long as they eat.

Unfortunately, **sinking a few beers with your mates at the pub is still not allowed.**

Ms Berejiklian acknowledged some venues with multiple bar and dining spaces "won't be viable and will choose not to open".

"It's only up to 10 people in one venue even if there's multiple rooms or multiple facilities in a venue" Ms Berejiklian said.

Continued on Page 19

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7/11

Can you fill in the missing names?



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BACK ROW: Rhonda Rowsell, Pamela Mackay, Michael Allan, Doug Henson, Gary McPherson, Fred Cox, ? , Barry Ballard, Raymond Odd, Joan Proctor, Lesley Slee

3RD ROW: Jan Perks, ? , Susan Goodwin, Janelle Usher, ? , Julie Usher, ? ,
Daphne Flick (Jackson), ? , Pauline Crossingham, Barbara Gadd

2ND ROW: Barbara Noble, Frances Fauchon, Warren Graham, Gary Allen, Kerry Johnson, Betty Short, Dennis Smith, ? , Kim Russ, Gail Elliott

FRONT ROW: ? , Kerry Mackay, Noelene Purkiss, Delma Elliott, Cheryl Rowsell, ? , Phyllis Curran, ?

If you can identify any of the missing children's names please contact **Marion Syratt** by phone 02 6564 7908 or mobile 0400 828 471 or write to PO Box 67, BOWRAVILLE NSW 2449.

Bowraville Bus Timetable

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busways Telephone: 6568-3012

N/C

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PRESIDENT

Mark Scott
M: 0428527545

SECRETARY

Lisa Matters



7/11



Email:

bowraville@lionsdistrict201n1.org.au
PO Box 23 Bowraville NSW 2449



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ABN:19746606729

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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 you community.



Telehealth consultations and how to prepare for one

As our healthcare system adapts to COVID-19 a key change has been the transition of many appointments to telehealth. Telehealth appointments are currently operating in several different ways. Sometimes it is a telephone call from your doctor to you at home, sometimes it is a video conference from your home to your doctor. Other times you might go in to see your regular GP in person and then connect with a specialist remotely via video.



It is important not to delay visiting your doctor whether you have already been diagnosed with cancer or whether you have symptoms that you think could be cancer at this time.

It is understandable that the transition to telehealth may feel a little unnatural in the beginning but there are some simple steps you can take to make sure your appointment runs smoothly.

In advance of your appointment take some time to have a look at the appointment information provided. If anything is unclear you should phone the doctor's practice or administration team. Here are some things you can do to prepare:

1) Check whether video conferencing is possible

Many people prefer to use video as it feels more familiar and is easier to communicate emotion. The availability of video conferencing will depend on the medical practice, the practitioner and the type of appointment. When booking the appointment let the practice know that video conferencing is your preferred option and ask whether they would be able to accommodate this.

Some facilities will also use a dedicated appointment platform which can require you to follow a specialised link provided to join a phone or video call. Click on the link in advance of your scheduled appointment to make sure it works and familiarise yourself with the platform and process. On the day of the appointment it is a good idea to access the link and start your consultation about 5 to 10 minutes before the scheduled appointment time.

2) Find out who is calling who (i.e. does the doctor call me/do I call the doctor?)

If the appointment is via a regular phone or video call, it can generally be expected that the doctor will call you when it is your appointment time. If this has not been

Continued on Page 21

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Houseplant to suit
your star sign



*Are you looking for the perfect
houseplant to match your personality?
Check out the list below for the perfect
plant for your astrological star sign . . .*

Aries

The best houseplant for an Aries is **Calathea**. With a mix of rich purple, green, pink and red leaves this plant is a match for your bold and ambitious personality.

Taurus

Why not find yourself a **Ponytail Palm** - they are great for placing on a sun-lit windowsill and enjoying from the comfort of your living room.

Gemini

The perfect houseplant for you is a beautiful **Bromeliad**. Gemini's are busy people who like to keep productive. This clever plant reproduces side shoots that will replace the original plant.

Cancer

Being both intuitive and tangible Cancerians pick up energy from their surroundings so if you are looking for the perfect plant, be sure to consider an **Asparagus Fern**.

Leo

The **Yucca** plant is perfect for people with a Leo star signs. It's a houseplant that loves to bask in the warmth of the sun - much like Leos themselves.



**51 CARBIN
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6564 8648**

7/11

More on Page 20

Can I go to church?

Up to **10 people can congregate for religious worship, including inside churches, mosques and synagogues.**

Weddings can now have 13 people in total which equates to 10 guests plus a celebrant and the happy couple.

However the rules are slightly less strict for funerals which are allowed to have 20 mourners in attendance if the funeral is held inside and 30 mourners if it is held outside.

Can I have people over?

Small dinner parties are back on as the number of visitors allowed at a home is lifted.

At the end of April the NSW Government allowed for two adults and their children to visit a home - but now up to five visitors of any age are permitted to be in another household.

Unfortunately that means **parents with four children would need to leave a child at home.**

Ms Berejiklian said, "it's more important than ever to maintain social distancing" which meant staying 1.5 metres away from others and avoiding physical contact.

There is no limit on how far people in NSW can travel to visit friends or family as long as they stay within the state lines.

Can I go on holidays?

No — **people in NSW are still not able to travel for a holiday** but the Premier has flagged this may be next in line for review.

Health authorities have stressed that coronavirus cases will increase as restrictions are eased across the state.

"For the first time in a long time people will be out of the house for recreation purposes and that means we all have to be vigilant," Ms Berejiklian said.

"Don't assume because you're out and about with people you know that you

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Saturday & Sunday 10am - 12 noon
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Admission by Gold Coin Donation.

29 High Street, Bowraville 6564-7056
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10/11

~ GARDENS & GARDENING ~

From Page 18

Virgo

Virgos are practical perfectionists who
would best suit a **Begonia**. These
beautiful plants come in a whole host of
colours so you can find the perfect one
for your interior scheme.

Libra

Peace Lilies are perfect for someone
with a Libra star sign. This beautiful
houseplant will produce stunning off-
white flowers in early summer. A great
way to brighten up your home.

Scorpio

People with Scorpio star signs take
great strength from emotion. The right
plant for them is a **Cast-Iron Plant** which
mirrors this feature in their ability to
survive in low light and a wide range of
temperatures.

Sagittarius

If Sagittarius is your star sign then you
are known for your adventurous nature.
The perfect plant for you would be an
African Violet - one of the most popular
houseplants around the world.

Capricorn

Skilled in both the material and
emotional realms the best houseplant for
Capricorns is the **Guiana Chestnut** (AKA
'Money Trees') due to their ability to
bring good luck and financial success.

Aquarius

An **Air Plant** is fitting for an Aquarius.
This humanitarian star sign is thought to
be representative of a mystical healer
and is similar to this plant in nature.

Pisces

Reflecting the division between fantasy
and reality **Jade Plants** are perfect for
Pisces and looks brilliant in the home.

- www.msn.com

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~ Groups by appointment ~

7/11

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N/C

Telehealth consultations and how to prepare

Continued from page 17

explicitly stated, then contact the medical practice to ask. For all appointments ensure you are in a quiet place with reliable internet connection or reception and good lighting if it is via video conference.

3) Find out the steps to follow if the call is late

As with a face-to-face appointment your appointment may run late. However, as you will not be in the practice you may not have the ability to physically see that your doctor is running late. Ensure you have plenty of time either side of the scheduled appointment and keep your device close by if you are expecting a phone or video call. If you haven't heard from your doctor for 30 minutes since the appointment time call the administration practice team at the medical practice to check that your appointment is going ahead as planned.

4) Think of questions you would like to ask

Before your appointment take some time to write down questions you may want to ask in order to avoid difficulties remembering everything while you are on the call. Also keep a pen and paper with you so you can take notes during the appointment. Make sure to ask your doctor or practice team the health professional for contact details for any follow up questions you may have.



5) Organise a support person to join you during the appointment if possible (i.e. family member, friend, social worker).

Just as you might bring a support person to your regular appointment having someone there to support you during your phone or video call telehealth appointment is something that might be helpful for you. When booking the appointment this is a question that you can ask the medical practice administration.

If the appointment is a direct consultation via a regular phone or video call then the medical practice can advise you when booking if there is a way that an additional person can attend. If the consultation is via a separate platform then a link can sometimes be provided for your support person to also join the appointment.

Telehealth isn't always the answer but it can certainly make it easier and more convenient to access health and medical consultations. Remember that if you are uncomfortable with telehealth appointments it is OK to discuss this with the medical practice administration team or your health professional and share your concerns. On the flip side some visits are not appropriate for telehealth consultations (it's very hard to have a vaccination by telehealth) and your health professional may specifically ask you to come in for an appointment.

- www.cancer.org.au

What humans have left on the moon

After 50 years of exploration the lunar junkyard holds nearly 200 tonnes of objects

More than half a century of lunar exploration has left its mark on the moon. What Edwin “Buzz” Aldrin described as the “magnificent desolation” of the relentlessly grey surface is littered with clapped-out robots, spacecraft parts, moon buggies (including one with a bible on the dashboard) and technical equipment.



Scattered around the Apollo landing sites are other items that were never meant to come home: a falcon’s feather, a javelin, bags of human waste, a family photo and an

aluminium figure, the Fallen Astronaut, which lies on its side near a plaque bearing the names of 14 men who died in the pursuit of space exploration.

In all, the lunar junkyard holds nearly 200 tonnes of human objects. The dusty remains of five Saturn V rocket stages from the Apollo missions are the heaviest single items. Then there are the wreckages of spacecraft that smashed or were crashed intentionally at the end of their missions into the lunar surface. There are a dozen 1960s Soviet Luna probes; nearly twice as many US Rangers, Lunar Orbiters, Surveyors and more recent observatories; at least four Japanese spacecraft and other robots sent from Europe, China and India. The mangled remains of the first private moon mission, Israel Aerospace Industries’ Beresheet probe, became the latest addition when the lander’s gyroscopes failed.

More striking are those that met a gentler end. Besides all the wreckages strewn across the moon are robotic landers and rovers that simply fell silent, their batteries spent or their hardware worn out. The Luna 9, the first spacecraft to achieve a soft landing, is there on the western edge of the near side of the moon. So is the Soviets’ magnificent, eight-wheeled Lunokhod 1, the first lunar rover which in 1970 trundled around the Mare Imbrium or Sea of Rains. Joining them in the lunar graveyard are Surveyor 1, the first of several American probes to land softly on the surface, and three moon buggies discarded by Apollo 15, 16 and 17. James Irwin, an Apollo 15 astronaut, left a bible on the dashboard of his mission’s buggy. The most recent rover to shut down on the moon was China’s Yutu, or Jade Rabbit, which has not been heard from since 2015.

Beyond the crashed, the ditched and the broken down are pieces of equipment and personal effects that astronauts left behind. The least charming are 96 bags for poo, urine and vomit that scientists, being scientists, are keen to get their hands on should the opportunity arise. More difficult to find will be the two golf balls that the Apollo 14

astronaut Alan Shepard hit for “miles and miles” and the metal rod, described by Nasa as a “javelin”, lobbed by Edgar Mitchell, the sixth man on the moon.

The crew of Apollo 15 carried an 8.5cm-tall aluminium figure to the moon. Created by the Belgian artist Paul Van Hoeydonck the Fallen Astronaut was laid on its side with a plaque listing the names of astronauts and cosmonauts who died during the space race. At the end of Apollo 15’s final moonwalk David Scott pulled out a falcon’s feather and a hammer and demonstrated Galileo’s theory that in the absence of air resistance different objects fall at the same rate. The items are still there along with 12 pairs of boots; one hundred \$2 bills taken into space as good luck charms; a small gold olive branch left by Neil Armstrong as a symbol of peace; and a family photo placed on the ground by Charles Duke the Apollo 16 astronaut who, in 1972, became the 10th and youngest person to walk on the moon.

There is an abundance of technical junk there too. The Apollo landing sites are littered with cameras, power packs, tongs, drills, towels, brushes, rakes and trenching tools and scientific experiments that measured dust, seismic vibrations and the solar wind. Some of the artefacts still serve a scientific purpose. Retroreflectors installed on the moon by the Apollo astronauts and the Lunokhod 1 and 2 missions have been used to measure the Earth-moon distance with laser beams for the past 50 years.

The parts and pieces that dot the surface are only the most physical remnants of humanity’s intimate encounter with the moon. Less enduring are the marks in the ground, the footprints first made 50 years ago.

- www.theguardian.com/science



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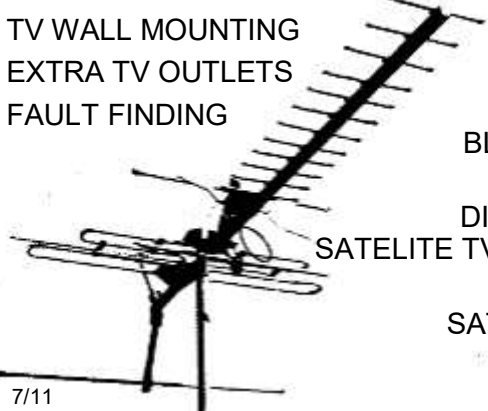
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The Blokes' Breaky, Women of
Purpose and the Worship
Services will not run
during May.*

*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.*

4/11

Did you know . . .

The magnitude 9.0 earthquake that struck Japan in 2011 was powerful enough to shorten Earth's day by 1.8 microseconds and throw an extra 17 centimetres into the planet's wobble, scientists say.

That doesn't mean shockwaves somehow knocked Earth off its north-south axis around which the planet revolves.

Instead the quake shifted what's called Earth's figure axis, an imaginary line around which the world's mass is balanced, about 10 meters from the north-south axis.

Earth naturally wobbles slightly as it spins because shifting surface mass such as melting glaciers and moving ocean currents can throw the planet off balance.

Data shows that parts of Japan shifted by as much as 4 meters as the fault plates lurched during the earthquake. This allowed scientists to calculate how much Earth's overall mass distribution had shifted and thus how much the wobble was affected.

The shifting mass also affected the planet's spin rate. According to geophysicists it's comparable to what happens when a figure skater pulls her arms closer to her body, causing her to spin faster.

- www.nationalgeographic.com

4 SIMPLE STEPS ***to making your Bush Fire Survival Plan***

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what to do if a
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threatens your
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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.

The Community Transport Company is pleased to provide a short update on the actions that have taken place recently.

With the ongoing Covid-19 situation we have had to change our day-to-day operations just a little but we are pleased to be keeping the wheels turning and you connected with essential services throughout the community.

We have in these difficult times been reaching out to likeminded organisations, forming new partnerships and working together assisting in every way we can to help people within our community.

If you or anyone you know may be needing extra assistance, please don't hesitate to call us on 1300 812 504 and we'll do our best to lend a helping hand.

Covid 19/Coronavirus Update

We here at The Community Transport Company have been proactive and have implemented extra cleaning schedules and heightened our hygiene standards to reduce the risk of spread.

We have been monitoring the situation daily and following all advice and directives from both Transport for NSW and the Department of Health and want to assure our Clients that we are taking every precaution possible.

Vehicles have been, and continue to be, disinfected between each individual trip and followed with a deep clean at the end of each day. We have been limiting passenger numbers to adhere to social distancing measures and have strict hand sanitisation methods in place.

We appreciate everyone's assistance and cooperation with our heightened measures and are grateful to be able to continue assisting with your essential transport needs. We ask that if you have any flu-like symptoms, or you have been in contact with anyone who has, to refrain from travelling at this time.

Regional Seniors Travel Card

We are happy to announce that we are

now able to accept the Regional Seniors Travel Card as payment for transport. If you haven't already apply today and don't miss out on your \$250 worth of free transport. To apply, visit:

<https://www.service.nsw.gov.au/regionalseiorstravel> or call Service NSW on 13 77 88.

New Shopping Service

We are excited to announce a new partnership with Woolworths.

This collaboration enables us to offer a new way of shopping for our Clients from the comfort and safety of their homes.

Anyone interested in an online shop can call our office and chat with one of our friendly Staff members who will place the order on your behalf and arrange to have your groceries delivered to your door by our Community Transport drivers.

Social Outings/Shopping Trips

Unfortunately, due to Covid-19 and the current restrictions in place, we have had to suspend all our group transport including our shopping buses and social outings for the foreseeable future.

Please be assured that we here at The Community Transport Company are also missing our social outings and we will be looking to reintroducing these as soon as we have an official clearance and it is safe to do so.

A big '*SHOUT OUT*' must go to our dedicated drivers... these generous individuals turn up each and every day with a smile and at the ready to serve our Community and help those in need. We are truly blessed to have such charitable people to work alongside each day. Thank you for all that you do.

- communitytransport.net.au

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 McIlhannon	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 Biden 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 Carola J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	ETP Views, Voices & Inter-views With Elizabeth Newman	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 and 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 & Australiana	Sister Act Olivia & Sam	School's In & A Cuppa with Maocca With Les McIlhannon	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	Thursdays Country Trickitic	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	Nambucca Valley Roundup Retro	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	Highway Blues With Retro 66 When Only The BEST BLUES Will Do	Saturday Night Specials Saturday Two hours of iconic artists in concert.	Imagine This With The Artist Radio Show	Prog Rock Playlist Rhino	1 PM
2 PM	Reggae Mixtape With Fitzroy Music outside the usual 2NVR Multicultural Radio	Soul Into Rhyme Matt Leibrandt	Ant's Rock Anthony Gamsey Solo Rock	2NVR Overnight Music Mix	Continues overnight	Overnight Express	The best of Progressive Rock	2 PM
3 PM	Music Makers With Yen Mixed music with featured artists	Whack up the bass and cop a wicked mix of hip hop and fully sock tracks	Ant's Rock Anthony Gamsey Solo Rock	2NVR Overnight Music Mix	Overnight	Overnight	2NVR Overnight Music Mix	3 PM
4 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Anthony Gamsey Solo Rock	2NVR Overnight Music Mix	Overnight	Overnight	2NVR Overnight Music Mix	4 PM
5 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Anthony Gamsey Solo Rock	2NVR Overnight Music Mix	Overnight	Overnight	2NVR Overnight Music Mix	5 PM
6 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Anthony Gamsey Solo Rock	2NVR Overnight Music Mix	Overnight	Overnight	2NVR Overnight Music Mix	6 PM
7 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Anthony Gamsey Solo Rock	2NVR Overnight Music Mix	Overnight	Overnight	2NVR Overnight Music Mix	7 PM
8 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Anthony Gamsey Solo Rock	2NVR Overnight Music Mix	Overnight	Overnight	2NVR Overnight Music Mix	8 PM
9 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Anthony Gamsey Solo Rock	2NVR Overnight Music Mix	Overnight	Overnight	2NVR Overnight Music Mix	9 PM
10 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Anthony Gamsey Solo Rock	2NVR Overnight Music Mix	Overnight	Overnight	2NVR Overnight Music Mix	10 PM
11 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Anthony Gamsey Solo Rock	2NVR Overnight Music Mix	Overnight	Overnight	2NVR Overnight Music Mix	11 PM
Midnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Anthony Gamsey Solo Rock	2NVR Overnight Music Mix	Overnight	Overnight	2NVR Overnight 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