



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



MAY 2020 ~ ISSUE #184 ~ FREE ~ CIRCULATION 400 ~ POSTCODE 2449

Bowraville Technology Centre *An essential service*

We are open
Monday, Tuesday and Thursday
9.30am to 4.00pm

We do ask people to practise social distancing rules and we only allow two people in the centre at any one time.

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

Our book library is still operational, but we are not accepting books back for time being. People are also asked to use the hand sanitiser before browsing and borrowing books.

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



Apart from a couple of days when there have been no volunteers available or due to the current restrictions they have been working from home the Bowraville Community Technology Centre (CTC) remains open to residents.

As the contact point for Centrelink in the town, it is considered an essential service. The bcu branch, which shares the premises, however, remains closed.

A bcu spokesperson said board discussions about reopening the Bowraville branch were ongoing however recent events had radically changed priorities.

In the meantime the CTC committee was considering the options various Federal Government COVID-19 support programs offered the business.

Continued on page 20

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CIRCULATION = 400 COPIES

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www.bowraville.nsw.au/bowraville-newsletter

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Bowraville Community News is produced every month, except January.

Annual subscriptions includes 11 issues.

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

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

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

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

Front Cover (1 issue) - \$60 issue

DEADLINE FOR COPY FOR

THE JUNE 2020

ISSUE IS: 4:00PM

TUESDAY, 19th MAY 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

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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
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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.

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

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Bowraville Technology Centre

39 High St, Bowraville Ph. 02 6564 7420

Open 9.30 to 4pm Weekdays

Email: admin@bctc.com.au

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

Regional Seniors Travel Cards now valid at Norco Rural

There is only one place to get petrol in Bowraville and that is at the Norco Produce store.

So, when Marie Kemp filled up recently and presented her Regional Seniors Travel Card to pay she was most surprised to discover the computer said 'no'.

Her husband Colin contacted Ute Schulenberg at the *Guardian News*, raising the concern that the problem could be more widespread and if so it was disadvantaging those in small towns, not to mention local businesses.

Overseeing of the regional senior's travel card program falls to the Minister for Regional Transport and Roads, Paul Toole, who told Ute the card was in its trial phase and customer feedback was all-important.

Given that most agricultural supply outlets sell fuel, we are currently adding the agricultural co-operative merchant category code to the list for acceptance of the regional seniors travel card."

He said customers can now use their cards to pay for fuel at businesses classified as an agricultural co-operative and this has been confirmed by Garry Nugent the Manager at Norco Rural in Bowraville.

Just a reminder that Community Transport users in Bowraville can also use their Regional Seniors Travel Card with The Community Transport Company.

More than 2,900 seniors have already signed up for the card in the Nambucca LGA. More information about the regional seniors travel card is available at service.nsw.gov.au

Many thanks to Ute Schulenberg for following up on this issue. We have been fortunate to have such a proactive media person helping our community. The Technology Centre wishes to thank Ute and Melanie, both journalists at the now defunct Guardian News, for their strong community mindedness.



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3/11

WHAT'S HAPPENING IN BOWRA

Macksville/Bowraville Uniting Church Op Shop

We hope our congregation members, Op Shop customers and staff are coping well during this time of isolation and trust it won't be too long until things are back to normal again.

At this time, with the onset of winter not too far away, we are offering an opportunity for those in need of warm clothing. Although our Op Shop is still closed to the public I am prepared to meet and show a variety of FRR clothing to anyone who would like to ring me and make an appointment. I have sorted an assortment of warm men's, women's, children's and babies clothes and also there are also some blankets for those who find themselves in need.

We are looking forward to being back at work in the Op Shop and meeting up with you all before too much longer but just yet we must all take care and remain in some form of isolation. God bless us all.

Mavis Ward (Secretary)
Phone 6568 2451

**MOST COMMUNITY
ACTIVITIES
AND
MEETINGS USUALLY
LISTED HERE
HAVE BEEN CANCELLED
UNTIL FURTHER NOTICE
DUE TO THE
CORONAVIRUS**

TECHNO LESSONS OPEN TO EVERYONE

The **Bowraville 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!



Techno Lessons from \$5.00
Bookings essential

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

For technical issues contact BTC for a booking.

**You can ring the
Bowraville Technology Centre on
6564-7420**

Special offer to community groups

Save on paper and ink!
Email your poster and we will place it on our big screen TV for only \$1.00.
Your poster will remain on the big screen until your event or promotion has finished.

- Dates in May -

Mother's Day - Sunday, 10th May

This Mother's Day many people won't be able to enjoy the day with their mum or mother figures.



With the rapidly evolving COVID-19 pandemic we're being advised to social distance or self-isolate to protect ourselves and those around us.

So, here are a few suggestions on how you can do Mother's Day from a safe distance.

Make use of FaceTime or video calls to give Mother's Day wishes

It can be a bit sad not being able to give mum a hug or pop round to see her on her day, but you can make use of video calls or FaceTime. It's a great way to keep in touch and see one another without needing to be in the same room.

Or each get together a slice of cake and a cup of tea and enjoy a Mother's Day tea party over the phone to make it special.

Write a letter

What's more heart-warming than a handwritten letter from someone you love? There's something very special about receiving a handwritten note these days when we're so used to texts or emails. List all the reasons that make your mum one-in-a-million and make sure she has it ready to open on the day.

Plan something special for the future

Although we can't visit our favourite restaurants or cinemas right now we can still make plans for months in advance by buying gift vouchers. You'll have something to look forward to and you'll be helping a business to stay afloat during these worrying times.

Continued on Page 7

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Kitty Litter.

Not available during school holidays



Short-term Accommodation

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

7/11

Cart full of smartphones tricks Google Maps' traffic algorithm

A German man outsmarted Google Maps by using a handcart full of smartphones to trick the app's algorithm into creating a virtual traffic jam.

Artist Simon Weckert searched for directions within the Maps app using 99 second-hand smartphones then walked them all in a handcart down several main thoroughfares in Berlin including outside Google headquarters.

The cluster of phones reporting the same location to Google led the app to determine there was a large traffic jam in the area and update its map directions accordingly.

In a statement on his website, Weckert said his intention was to make changes in the physical world by using digital means.

He said he was interested in the day-to-day use of technology in all aspects of life within cities, including in navigation, accommodation, dating, transport, and food-delivery.

Far from being embarrassed by the stunt a spokesperson from Google said the company was impressed by Weckert's creativity.

"Whether via car or cart or camel, we love seeing creative uses of Google Maps as it helps us make maps work better over time," a spokesperson said.



The company clarified how its traffic data was quantified and explained how Weckert's walking pace and use of a hand-drawn wagon contributed to the success of his experiment.

"Traffic data in Google Maps is refreshed continuously thanks to information from a variety of sources, including aggregated anonymised data from people who have location services turned on and contributions from the Google Maps community," the spokesperson said.

"We've launched the ability to distinguish between cars and motorcycles in several countries including India, Indonesia and Egypt, though we haven't quite cracked travelling by wagon."

- www.abc.net.au

~ Dates in May ~ Dates in May ~

Mother's Day *Continued from page 5*

Host a Mother's Day movie day from the comfort of your own homes

Did you know Google Chrome has an extension called Netflix Party? It allows you to simultaneously stream Netflix with your family or friends! It even has a chat window so you can chat to each other throughout and there's an option to pause the movie for everybody at the same time to allow for those essential snack runs!

Have a fantastic Mother's Day everybody!
- www.karenbetts.com

International Nurses Day Tuesday, 12th May

In 2020, 12th May is extra special because this is the first ever Year of the Nurse and Midwife. Never was a year more aptly named, in reference to the massive contribution of frontline nurses tackling COVID-19.



International Council of Nurses President Annette Kennedy said, "On the 12 May we

celebrate the 200th anniversary of the birth of Florence Nightingale and she would be immensely proud of our frontline nurses fighting COVID-19 as well as being equally concerned for their health and safety.

COVID-19 has put into even sharper focus the work of nurses. As carers, healers, educators, leaders and advocates, nurses are fundamental to the provision of safe, accessible and affordable care. Today and every day, nurses across the world are carrying on their vital work caring for patients, regardless of the very real personal risks they face. It is critically important that we show the world who nurses are and what they do and ensure governments invest in this vital resource.

In support of nurses at the frontline of the COVID-19 outbreak and in preparation for International Nurses Day (IND) the International Council of Nurses has released a report entitled: Nurses: A Voice to Lead – Nursing the World to Health.

Celebrating the International Year of the Nurse and Midwife and acting as a blueprint for change, the report showcases the invaluable work of nurses.

- www.icn.ch/news



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PROGRAMS at the

BOWRAVILLE THEATRE

CLOSED UNTIL FURTHER NOTICE

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

CANCELLED UNTIL FURTHER NOTICE

MARKETS CALENDAR

CANCELLED UNTIL FURTHER NOTICE

Bulky Goods Collection for Bowraville

Bulky household waste collections for 2020 are due to commence in the Nambucca Shire at the end of this month.

The Council area is split into 10 individual zones, with one zone to be serviced each week with Bowraville being Zone 8: pick up - June 15.

A reminder to everyone to stack your unwanted goods in a neat pile, with mattresses and metal objects placed separately.

A maximum of three cubic metres is allowable per eligible household. Please place items out for collection on the Sunday prior to your collection date.

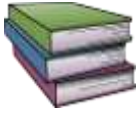
Please note unacceptable items will not be collected - these include hazardous materials, building materials, gas cylinders and oil heaters, general household garbage, green waste, glass and mirrors, tyres, car parts and batteries.

Businesses are not eligible for this service.

For those residents in a rural area without a bin service, you can request a self-haul voucher to dispose of your unwanted bulky household goods at the Nambucca Waste Facility.

If you require further information about your waste services, contact the Coffs Coast Waste Services Hotline on 1800 265 495.



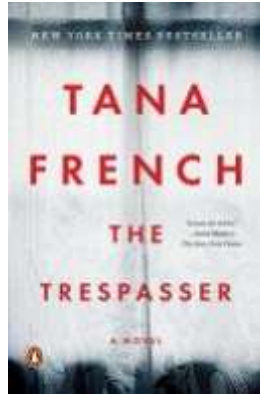


BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

The Trespasser

by Tana French

Being on the Murder Squad is nothing like Detective Antoinette Conway dreamed it would be. Her partner, Stephen Moran, is the only person who seems glad she's there. The rest of her working life is a stream of thankless cases, vicious pranks, and harassment. Antoinette is savagely tough, but she's getting close to the breaking point.



Their new case looks like yet another by-the-numbers lovers' quarrel gone bad. Aislinn Murray is blond, pretty, groomed-to-a-shine, and dead in her catalog-perfect living room, next to a table set for a romantic dinner. There's nothing unusual about her - except that Antoinette's seen her somewhere before.

Other detectives are trying to push Antoinette and Steve into arresting Aislinn's boyfriend, fast. Aislinn's friend is hinting that she knew Aislinn was in danger. And everything they find out about Aislinn takes her further from the glossy, passive doll she seemed to be.

Is this case another step in the campaign to force her off the squad, or are there darker currents flowing beneath its polished surface?

The Last Day of Winter

by Shari Low

One December wedding. One winter's day to bring everyone together again.

Today is meant to be the happiest of Caro's life. She's finally going to say 'I do' to the man she loves, until her past comes back to haunt her.

Josie will do anything to keep this wedding on track, even if it requires tracking down a runaway bride, keeping the groom in the dark and appeasing a variety of family members.

Stacey has one last chance to tell the one that got away how she feels, she can only hope that he feels the same way.

Cammy just wants to call Caro his wife. He's ready to settle down with her, she's the one. But can he get her to realise that marriage doesn't always end in sadness

That they could live happily-ever-after...



- www.goodreads.com



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Come in and talk to us

We are open:

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



COVID-19 restrictions on dentists prompts warning to 'step up your oral hygiene'

Now is the time to step up your oral hygiene like you've never done before.

A Sydney dentist has urged Australians to "step up your oral hygiene" and ignore the "siren song" of the pantry while working from home, after stringent new dental practice restrictions were brought in to address COVID-19 dangers.



A committee of state and territory health officers, chaired by Australia's Chief Medical Officer, has put level three restrictions on dentists across the country.

These include a ban on any treatment that causes an "aerosol" - or a spray of saliva - unless the patient is in serious pain or has other urgent medical needs.

Among those weighing up the risks to their own health of treating patients was Sydney dentist Rachel Mascord, who had an urgent message.

"Now is the time to step up your oral hygiene like you've never done before."

"It's pulled the rug out from under an essential service. If you've got a little chip on your back tooth that's cutting your tongue, all we can do is use very simple methods that don't generate an aerosol to smooth that over for you. We can't put a filling in." Dr Mascord said.

Everyone is urged to look after their oral health because you don't want to snap off a tooth, or break a filling, or trigger a dental abscess. They're all things that right now, under the restricted services, you more or less can't have treated.

And isolation shouldn't mean slacking off on good eating habits - people need to stay away from sugar.

It's too easy being at home more to start hoeing into junk food but it's the worst thing to do when you've got no dentist.

That block of chocolate is not your friend.

Tips from dentists

Clean between your teeth - brush and floss

Use a good fluoride toothpaste - behind the counter at the pharmacy is best. This will require a note from your dentist

Spit it out after brushing but don't rinse, so you're leaving fluoride residue around your teeth

Don't scrub like a maniac be gentle, thorough and cover every surface of your mouth

After you brush, run your tongue over the surface of your mouth. Any bits that are furry or still feel unclean, go back and re-brush them

Practice "judicious eating" - avoid sugar, hard biscuits, chewing ice.

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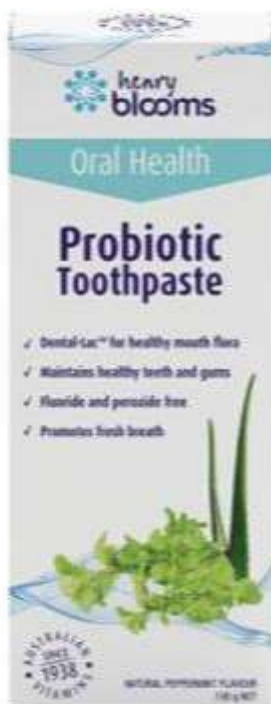
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One man's weed is another man's feed

Madeira Vine *Anredera cordifolia*

Anredera is thought to come from the Spanish word Enredadra, which refers to any twining or climbing weed. (*Cordifolia* means heart-shaped leaves). As to why it is called the Madeira Vine is also unknown.

In Australia it is a serious "invasive weed" and hundreds of thousands of dollars are spent every year to fight it.

As the plant is subtropical it will survive only a light frost. From its roots it will grow some 130 feet a year, with an occasional growth spurt of three feet a week. It can have lateral stems up to 65

feet long. The vine does not have tendrils, but it climbs by twisting (at eye level) lower left to upper right, the so-called Z-twist. It is interesting that most edibles climb that way whereas most toxics climb lower right to upper left, the S-twist.

The Madeira Vine has long drooping flower spikes covered with tiny white blossoms (looks like their common name of Lamb's Tails.) Their aroma ranges from apple-ish to almond-ish. One of the main identifying characteristics is large prolific clusters of tiny bulbils (sometimes called "tubers) in the air. Plant them and the new crop takes off, or spreads wildly, depending upon your view.

Not only are the underground roots (rhizomes) edible but the evergreen leaves are as well. They are bright, shiny green on top, lighter green underneath, no hair, short petioles, about five inches long, waxy and roughly heart shaped. The small bulbils are not edible but have been used medicinally to reduce



Continued on Page 26

Bowraville Bus Timetable

Departs

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

Returns

Macksville to Bowraville 2.35pm
3.35pm
4.35pm

Last bus 5.25pm

Red Ticket — \$2.50 per day

Eligibility: Pension Card

busways Telephone: 6568-3012

N/C

LIONS CLUB OF BOWRAVILLE INC.

SUPPORTING OUR COMMUNITY

PRESIDENT

Mark Scott
M: 0428527545

SECRETARY

Lisa Matters



7/11



Email:

bowraville@lionsdistrict201n1.org.au

PO Box 23 Bowraville NSW 2449

It's no Joke . . .

Here is an actual list of aircraft problems reported by pilots at the end of the day for the mechanics to fix before takeoff the next day followed by the notes left by the mechanics for the pilots to read the next morning . . .

Pilot: Left inside main tire almost needs replacement.

Mechanic: Almost replaced left inside main tire.

Pilot: Something loose in cockpit.

Mechanic: Something tightened in cockpit.

Pilot: Evidence of leak on right main landing gear.

Mechanic: Evidence removed.

Pilot: DME volume unbelievably loud.

Mechanic: Volume set to more believable level.

Pilot: Number three engine missing.

Mechanic: Engine found on right wing after brief search.



What is Occam's Razor?

Occam's razor is a problem-solving principle attributed to English Franciscan friar William of Ockham (c. 1287-1347), a philosopher and theologian who used a preference for simplicity to defend the idea of divine miracles.

It is sometimes paraphrased by a statement like "the simplest solution is most likely the right one".

Occam's razor says that when presented with competing hypotheses that make the same predictions, one should select the solution with the fewest assumptions.

- wikipedia.org/wiki/Occam's_razor



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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.

Uses for Aluminium Foil

Versatile aluminium foil can be used as a barrier, as a heat reflector, as a light reflector, and so much more! Here are some ways to use aluminium foil which will save you time, effort and money.

1. Soften Brown Sugar

If your brown sugar has turned into a rock-solid lump, it's tin foil to the rescue! Wrap the brown sugar in foil and put it in your oven. Bake the foil package at 300 degrees for 5 minutes and your brown sugar will be soft and ready to use!

2. Piping Bag

Nothing elevates cakes and cupcakes like piped frosting but you don't need to own a piping bag to do it! Use a sheet of foil to form your own disposable piping bag.

3. Sharpen Scissors

If your scissors are struggling to make cuts you can sharpen them with foil. Take a piece of foil and fold it in half at least 3 times. Use the scissors to make several cuts on the foil and your scissors will be noticeably sharper!

4. Protect Pie Crust

Use a piece or two of foil to cover the edges of your pie crust while it bakes to prevent it from burning. You can use it preventatively by putting it on at the beginning of the baking process and removing it halfway through. Or you can put the foil on near the end of the baking process if the edges of the crust seem to be browning faster than the rest of the crust.

5. Foil Funnel

You can improvise a funnel using a piece of foil! Just form a cone shape with the foil and fold the edges over to keep the shape.

6. Keep It Hot

Aluminium foil is especially handy for keeping things warm thanks to its reflective surface. If one part of your meal is ready before the rest of it just wrap it up in foil to help keep it warm while the rest of the food finishes up.

Continued on Page 23

BOWRAVILLE DENTAL SURGERY

Vic Bird B.D.S.

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KERRIE SAVINS



7/11



Bowraville Lions Club Inc News Bulletin

MAY 2020



ANZAC DAY 2020

On Saturday April 25th, the Bowraville Lions Club laid flowers at the Cenotaph in High St Bowraville. It was pleasing to see that despite there being no ceremony or march this year due to the Covid-19 restrictions the community of Bowraville had still taken the time to lay wreaths and flowers in honour of those that served our country.

Lest We Forget



New Lions Club Project

Our club will shortly be commencing a new project for the people affected by the fires last November.

With funding from Anglican Aid, Nambucca Valley Council, a donation from the Bowraville Recreation Club and funds raised from our pub raffles we will be supplying vouchers for water pipes and fitting from Norco.

Please read the attached email about the email I sent yesterday in reference to flooding the system with too many unnecessary emails. Please forwards this email to your entire staff.



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ABN:19746606729

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Ph: 02-6564 7559, Hrs: Mon to Fri 8:00am to 4:00pm,

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Web: nbgcommunityservices.com.au

Email: admin@nbgcs.com.au



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- Respite for Carers
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- Young Carer
- Carer Information
- Carer Referrals
- Carer Counselling/Advocacy
- Transport
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- Carers Week Activities
- Relaxation Days

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

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

Early Linker Program, Mid North Coast (Kempsey to Red Rock, Coffs Harbour)

- Early Links is for:**
- People with a disability aged 0-8 yrs and who are generally not accessing any specialist disability service
 - Carers and families of people with a disability
 - The community
 - People wanting assistance to accessing community and mainstream services, knowledge, resources and opportunities in their communities
- Early Links Mission:**
- "Every child, every opportunity"
- Early Links Vision:**
- "Communities where every child participates and very family is respected"
- An Early Linker will assist with:**
- General development concerns
 - Information and support for families to find out about their children's disability needs
 - Identify concerns, set goals and development plans for the future
 - Connecting with other parents, community and service providers
 - Build confidence to achieve your goals
 - Develop your existing support networks and create new networks
 - Look at ways you can participate and be a part of you community.



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7/11

Could COVID-19 spell the return of the 'victory gardens' of World War I and II?

The coronavirus pandemic might be unprecedented, but Australians have turned to growing vegetables in times of international crisis before - during wartime.

The panic buying that recently emptied supermarket shelves across the country has now spread to nurseries with vegetable seedlings, fruit trees and seeds being snapped up in large quantities.

Despite reassurance from the National Farmers' Federation that Australia produces more than enough food, the resurgence in growing fresh produce has continued.

Sowing self-sufficiency

Historian and writer Richard Aitken, who specialises in the history of gardens, compared the sudden focus on growing our own food to the



vegetable patches that served as a type of "backyard patriotism" during World War I and II.

"This current pandemic has given rise to this idea of being self-sufficient and bartering vegetables with neighbours," he said.

"The big difference between wartime and being in the middle of a pandemic is that the social distancing and self-isolation that we're having to enforce now wasn't necessarily in force during war.

More on Page 21

Coronavirus (COVID-19) anxiety and staying mentally healthy

As the number of COVID-19 cases rise across Australia, the level of anxiety within the community is likely to increase. It is important to take reasonable precautions; however, we also need to learn to manage our stress before it turns into more severe anxiety and panic. The following tips may help to keep stress and anxiety at bay during this challenging period.

Learn the facts (but limit media exposure)

Stay up to date with factual information from reliable sources such as the Australian Government Department of Health, the Centres for Disease Control and Prevention, or the World Health Organisation, and follow their recommendations. However, a constant influx of information and media coverage about COVID-19 will make us feel more anxious and concerned. Try to limit how often you are exposed to news updates on COVID-19. Take breaks from both media coverage and COVID-19 conversations throughout

the day so you can focus on other things.

Take reasonable precautions and keep things in perspective as the pandemic continues to develop, we all worry about how this is going to affect our own and our family's health, work and finances. Try to keep your concerns in perspective. Rather than imagining the worst-case scenario and worrying about it, ask yourself:

- **What are the actual levels of risk and are there other facts that are important to remember in this situation?** Current evidence suggests that older adults are no more likely to contract COVID-19 than younger adults. Among those who do contract COVID-19, those over the age of 60 are at greater risk of serious or life-threatening health complications that may require medical intervention. However, even with this increased risk, most older adults who contract this illness will recover. Remember there are qualified professionals working to

Continued on Page 27

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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

10/11

Bowraville Technology Centre

An essential service Cont. from front page

Mr Kemp said it was certainly interesting
watching the world shift so dramatically
online after years of 'inertia'.

"All these years we've been trying to get
people involved in telehealth and other
online consultations, but they just weren't
interested. Now that has completely
changed, practically overnight - the world
will never be the same after this" he said.

Small Business Bushfire Support Grant

If your small business has experienced
a significant decline in revenue as a
result of the NSW 2019-2020 bushfires
(beginning in August 2019), and it's
located within a specified Local
Government Area, you may be eligible
for the \$10,000 small business support
grant.

The application process for this grant
has been simplified so eligible small
businesses can access funds as quickly
as possible.

The grant may be used for, but is not
limited to: meeting standard business
costs, including utilities, salaries
and rent; seeking financial advice to
support the recovery of the business;
adjusting the business to be viable in
the changed local context following
the bushfires; developing the business
and extending business reach through
marketing and communications
activities or improvements to make the
business more resilient to future
disasters.

To find out if you are eligible for a
support grant go to: [https://
www.service.nsw.gov.au/transaction/
apply-small-business-bushfire-support-
grant](https://www.service.nsw.gov.au/transaction/apply-small-business-bushfire-support-grant)

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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St James'
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Hall**



St James' Anglican Church - Bowraville

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and Monday
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N/C

Victory gardens during the Second World War

During 1942 food shortages began to have an impact on the Australian home front. The agricultural industry was struggling with massive labour shortages, a severe and prolonged drought, and major shortfalls in imports of seed stock and fertiliser. There was a growing realisation that unless agriculture became a focus of the war effort, food shortages would be imminent.

In January 1942 the Prime Minister, John Curtin, launched “Dig for Victory”, a publicity campaign urging householders throughout Australia to grow their own vegetables as a contribution to the war effort. The press loved and promoted the idea, as did industry and local community groups.

Many Australians were already keen home vegetable gardeners, being self-sufficient, with fruit and vegetables and a “chook shed” down the back. Others took to the idea afresh and turned over their whole front and back gardens to vegetable production, often selling excess produce to raise funds for the front. Some people formed neighbourhood gardening groups as a means of feeding their families. Others formed gardening collectives, specifically to raise funds for the war effort. Legacy, the Red Cross, the YWCA, and the Salvation Army were some of the organisations that received funds raised through neighbourhood gardening.

The idea of establishing “Garden Armies” was invented by the YWCA, who created “Garden Army Week” in July 1942 to advertise the cause. Melbourne recruits rose from 500 in June that year to several thousand in July. The garden armies received broad media coverage, from



photographs of women in overalls wielding pitchforks to attention-grabbing production targets, such as 50 tons of onions for the front. Many municipal councils also organised gardening collectives and some councils provided incentives, including awarding volunteers a badge with a three carrots design.

As the fear of invasion dissipated towards the end of 1943 food production became more of a national priority. Even though improvements were made in the agricultural sector to meet the demands of war, home gardening continued to raise funds and morale, and feed local communities and families, throughout the war.

- awm.gov.au/articles/encyclopedia/homefront/victory_gardens

How soap kills the coronavirus

Plain old soap and water absolutely annihilate coronavirus.

You've been told the same thing a million times: The best way to prevent the spread of coronavirus is to wash your hands.

It's true. But why?

It's because soap - regular soap, fancy soap, artisan soap, just any soap - absolutely annihilates viruses. It has to do with how the soap molecules interact with the virus.

Soap is made up of two-sided molecules. One side is attracted to water; the other side is attracted to fat. And viruses are made up of material surrounded by a coating of proteins and fat. When viruses interact with soap, that fat coating gets ripped out by the soap molecules. Soap literally demolishes viruses.

Of course, it takes time for this effect to happen: 20 seconds, to be specific.

Watch the video to learn how this process works – go to:

www.vox.com/2020/3/18/21185262/how-soap-kills-the-coronavirus



Bowraville Community Care Network

Helping each other to sustain a healthy, collaborative, and caring community.

MiiMi Aboriginal Corporation and BISEP (Bowraville Innovative Social Enterprise Precinct) are helping to bring together a Bowraville community response to the COVID19 pandemic. Other communities in the Nambucca Valley are looking to do something similar and we all plan to work together and create a website with accurate and verifiable information with local relevance. In Bowraville and surrounds, we are also looking at a physical wellbeing space into the future.

At this time, we would like to maintain social connection and safety whilst being physically isolated. Assistance can be anything from shopping or phone check ins, IT advice, and/or in what can be offered to help those more in need.

People are invited to register their expression of interest in being assisted, and all input from people and organisations is welcome. To register interest and for further information:

Please contact:

Patricia Walker from MiiMi Aboriginal Corporation

Phone: 0429 611 822 Email: manager@miimi.org.au

Penny Coulter from BISEP (Bowraville Innovative Social Enterprise Precinct)

Phone: 0401 961 259 Email: info@bisep.net.au

The website will keep everyone up to date with information and services available locally, including medical advice and updates.

Currently the wider Valley is seeking website designers and managers to ensure the site is easy to access and use. The plan is to have a page for each local hub, Bowraville, Nambucca Heads and Macksville, as a start.

We are exploring insurances and safety regulations to ensure that this network truly serves our community.

Uses for Aluminium Foil *Continued from page 14*

7. Prevent Messes

If you're baking something that you suspect may bubble over while cooking, use aluminium foil to prevent a baked-on mess. Line a baking tray with foil and place it on the rack below what you're cooking.

8. Take It Camping

Wrap canned food in foil and toss them right into your campfire to heat them up! You can also use foil as a reflective signalling material should you get lost!

9. Painting Helper

Taping off doorknobs when painting can be a pain. Save yourself some time and effort by wrapping the knobs in foil! It's easy to scrunch to the shape of the door knob and you can toss it easily if you paint onto it.

10. Freeze It

Heavy-duty foil makes a great material to freeze things in because it doesn't allow air to pass through. It will keep the flavours in and the smells from other foods out! Wrap and freeze bread products, casseroles and more.

11. Easy Breezy Clean-Up

One of the best ways to use aluminium foil is to protect large, hard-to-wash pans from becoming greasy messes. Line the bottom of your roasting pan before roasting, then toss out the foil when you're done. Your roasting pan can go right back into the cupboard rather than taking up your entire sink!

- www.onegoodthingbyjillee.com



?/11

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7/11

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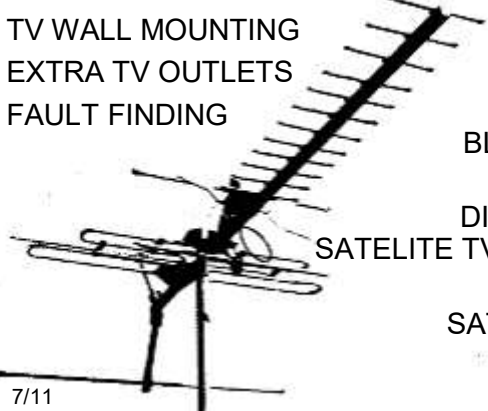
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Historic St James Anglican Church High St Bowraville



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

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

One man's weed is another man's feed

Madeira Vine *Anredera cordifolia*
Continued from Page 12

inflammation, improve ulcers and protect the liver.

IDENTIFICATION: Hairless perennial creeper, fleshy rhizome, bright green, alternate, fleshy/waxy heart-shaped leaves with reddish-brown stems. Small fragrant, cream flowers in slender drooping spikes. Tubers produced underground, bulbils on stems.

ENVIRONMENT: Edges of forest, rocky places, coastal areas - prefers warm, moist fertile soils.

METHOD OF PREPARATION:

Leaves can be cooked and used like spinach.

Underground roots (rhizomes) are best baked. They can be eaten raw but the texture is gooey.

Above ground bulbils (tubers) are medicinal.



- www.eattheweeds.com

4 SIMPLE STEPS to making your Bush Fire Survival Plan

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



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



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



3. KNOW
the bush fire alert levels.



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

Coronavirus (COVID-19) anxiety and staying mentally healthy *Continued from page 19*

keep people well and policymakers are working on strategies to manage the spread of COVID-19 and create economic support packages to assist people.

Health professionals are working hard to help people recover. The scientific community is working to understanding the illness and developing treatments.

Be familiar with the difference between symptoms of COVID-19 and cold/flu symptoms, but also try limiting how often you monitor changes in your physical sensations eg: don't excessively check your temperature if you are feeling well.

• **Am I overestimating how bad the consequences will be and underestimating my ability to cope?** Consider how you (or your family) have gotten through difficulties in the past, and whether these coping skills might help you to get through this situation. Also remind yourself that even though things might be difficult now, many of the consequences are time limited (ill health, financial burden, supply shortages etc.), and will eventually improve.

Change some of your routine if needed. For example, discuss whether you should postpone non-essential doctor appointments, including wellness visits. If available, telehealth consultations can be a reasonable substitute. Call your pharmacist to enquire about access to prescription medications and alternative methods of collection if necessary.

Have respectful, open conversations with your family and caregivers about your health concerns. Ask about what precautions they are taking to reduce your health risks, and what to do if you



are concerned about your health.

Practise physical distancing but ensure social connection

Current recommendations advise practising social distancing to prevent or slow the spread of COVID-19. This means keeping your physical distance from others where possible.

Unfortunately, this can also result in reduced social contact, which can be especially problematic for people who are already socially isolated or feeling lonely. According to the Australian Institute of Health and Welfare, 39 per cent of people aged 65 and over live alone. Research shows social isolation and loneliness increase the risk of physical and mental health problems.

Engaging in social activities is still possible while maintaining physical distance, but it does take creative and flexible thinking. Try virtual catchups via videoconferencing technology (e.g., Zoom, FaceTime, Skype) instead of face-to-face. Send a text or email. Phone friends and family if you don't have access to video based technology.

Explore more ideas online about how to maintain social connections during this time.

Social distancing doesn't mean locking yourself indoors. If you practise good hygiene and keep your physical distance from others, you can still enjoy your backyard, do gardening, sit on the porch, get your mail and talk to

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

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	2NVR Music Mix	Drive Thru With Jackie Edmunds Mix of 60s, 70s to current music	Breakfast Juice Nuke Eclectic music and comedy, squeeze yourself and — turn UP the volume	Under The Stinging Tree Poppa	2NVR Music Mix	2NVR Music Mix	Praise, Prayer & Pop With Linda & Michelle	6 AM
7 AM	Maocca's Breakfast Club With Les McLachlan	Dyer's Loop With The Dyers Music to oye for, of course	Isn't It Romantic With Dallas Dent Crooners Easy Listening Popular Ballads	Tones of Claressense Claire West-Powell	Jacinta's Easy Listening With Jacinta Sunderland	The Weird Desk With Michael Morgan When the going gets weird, the weird turn pro	Sunday Morning Music Mix	7 AM
8 AM	Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll 1950s-2010s	Infopinion Richard Laxton An eclectic time with Richard	Lunch with Gazza With Gay Biken Easy Listening To Rock & Pop	Turning Pages Elizabeth Newman	Talk Of The Town Cen Winobel See what's going down! All things local	Hair Of The Dog Mick Birdies Rock, Pop Covers and Music Trivia	2NVR Music Mix	8 AM
9 AM	Baby Boomers Donna Collins	Rock On With Jimmy & the Bluebirds	Just For You Carola J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	School's In & A Cuppa with Maocca With Les McLachlan	Dano's Mixed Grill Daniel Gosson Where anything can happen and probably will	Flashback With Rob Davidson	Classical Corner Music from the past 1000 years. Always ready 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	Thursdays Country Trickitic	Outback Outlaws Paul Rowe Old and new country music	Garage Noise With Sean Ambrose Alternative Music	2NVR Music Mix	10 AM
11 AM	BKE Show Bernard Kelly-Edwards Cultural Unity with Poetry, Community Yarns & Music 2NVR Multicultural Radio	2NVR Learner Drivers New Presenters	Tune in with Alex 2NVR Youth Radio	Nambucca Valley Roundup Retro	Wind Down for the Weekend with Stu & The Crew	Saturday Magazine With Rachel Burns	Living In The 60s With Roy Lauder	11 AM
Noon	Bowra Beats 2NVR Youth Radio with Graze	Dancing Through The Decades With Fred Setters	After Hours With Fred Setters	Highway Blues With Retro 66 When Only The BEST BLUES Will Do	Rhino On The Radio	Two For The Money Music, chat and a touch of banter with Paul and Rachel	That's A Wrap Donna, Nigel, Mitch & Gary Local sports results and in-depth analysis	Noon
1 PM	Hinterland Ben Walters	Country and Classic Hits With Byron Edwards	Ant's Rock Anthony Gamsey Solo Rock	2NVR Overnight Music Mix	2NVR Music Mix	Saturday Night Specials Saturday Two hours of iconic artists in concert.	2NVR Music Mix	1 PM
2 PM	Reggae Mixtape With Fitzroy Music outside the usual 2NVR Multicultural Radio	Soul Into Rhyme Matt Leibrandt Whack up the bass and cop a wicked mix of hip hop and fully sock tracks	Ant's Rock Overnight	2NVR Overnight Music Mix	Continues overnight	Imagine This With The Artist Radio Show Woofy's music & requests	Prog Rock Playlist Rhino The best of Progressive Rock	2 PM
3 PM	Music Makers With Yen Mixed music with featured artists	2NVR Overnight Music Mix	Ant's Rock Overnight	2NVR Overnight Music Mix	Overnight Express	Overnight Express	2NVR Overnight Music Mix	3 PM
4 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Overnight	Overnight	2NVR Overnight Music Mix	4 PM
5 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Overnight	Overnight	2NVR Overnight Music Mix	5 PM
6 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Overnight	Overnight	2NVR Overnight Music Mix	6 PM
7 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Overnight	Overnight	2NVR Overnight Music Mix	7 PM
8 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Overnight	Overnight	2NVR Overnight Music Mix	8 PM
9 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Overnight	Overnight	2NVR Overnight Music Mix	9 PM
10 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Overnight	Overnight	2NVR Overnight Music Mix	10 PM
11 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Overnight	Overnight	2NVR Overnight Music Mix	11 PM
Midnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	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 office: 02 6564 7777 email: admin@2nvr.org.au The Best Little Station In The Nation