

BOWRAVILLE COMMUNITY NEWS

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

APRIL 2023 ~ ISSUE #216 ~ FREE ~ CIRCULATION 300 ~ POSTCODE 2449

2022 TidyTown Awards

Congratulation Bowraville on a mighty effort
GO BOWRA

The Tidy Town Awards for 2022 were recently held in Singleton. The delay was due to the cancellation of the planned event last year because of major flooding in the area.

Bowraville had 2 entries - one from Nambucca Valley Landcare and one from MiiMi. Both came first in their categories.

The Bowra Chamber of Commerce who managed the Award entries also entered the refurbishment of the Clock Tower and the Dray and received a High Commendation.

The Whole Town entry received a Finalist Award and Commendation . . . so close to being TidyTown of the year.

We are looking for projects starting this April to be entered in July. Drop into the Technology Centre on Monday and leave your ideas and offer to help.

2023 Awards will be held in Scone later this year as Scone was the 2022 winner.

More on the winning projects on page 8.



**All past and current Bowraville Community News are available online at
www.bowraville.nsw.au/newsletters**

Bowraville Technology Centre

Open 9.30am to 4.00pm Weekdays

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

Computer Usage

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

Printing and copying

B&W and colour printing on A4, A3 and other formats.
Specialised folding and stapling service available for brochures, booklets etc.
Large print jobs - discounts are available - ask for a quote.

Other services

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CONTENT ENQUIRIES

to

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Bowraville Technology Centre

39 High St, Bowraville Ph. 02 6564 7420

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BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 300 COPIES

Newsletter is also available online at:

www.bowraville.nsw.au/newsletter/

2022 ADVERTISING CHARGES:

Bowraville Community News is produced every month, except January.

Annual subscription includes 11 issues.

62 x 62 (1/6 pg) - \$12 issue or \$120 year

62 x 130 (1/3 pg) - \$22 issue or \$220 year

90 x 130 (1/2 pg) - \$32 ea or \$320.00 year

185 x 130 (1 page) - \$43 issue or \$430 year

Front Cover (1 issue) - \$60 issue

DEADLINE FOR COPY FOR

THE MAY 2023

ISSUE IS: 4:00PM

TUESDAY, 18th APRIL 2023

All contributions and advertisements for the next issue of the Bowraville Community News can be delivered either via e-mail or by hand at the front counter of the:

BOWRAVILLE TECHNOLOGY CENTRE

39 High Street, Bowraville NSW 2449

Telephone: 6564 7420

e-mail: admin@bctc.com.au

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

Bowraville Services Australia Agency

At the Bowraville Technology Centre we now offer a service for the entire community providing access to Centrelink, Medicare and Child Support through computer access.

We provide free fax and email as well as the downloading and uploading of documents to most Government Departments. **Access is available from 9:30am to 3:45pm Monday to Friday.**

Also available is personal assistance from one of our trained volunteers on Mondays and Wednesdays (between 10am and 1pm) and Fridays between 10am and 2pm. Appointments are essential for this personalised service and can be made by ringing the Bowraville Technology Centre on 6564-7420.

This service is for rural communities to help reduce travel times and expense so please use this service to increase your on-line digital access to Australian Services.

Free WiFi access to this service is provided 7 days a week in the area around the Bowraville Technology Centre even when the centre is closed.



Australian Government
Services Australia

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Any colours or size.

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LOCATED AT BOWRAVILLE POST OFFICE
27 HIGH STREET BOWRAVILLE

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

2/11

TECHNO LESSONS OPEN TO EVERYONE

The **Technology Centre** is open to **anyone** who would like to learn more about technology – computers/internet, mobile phones, emailing, social media, using digital photography with computers, assistance with using your home computer, ipads, tablets, etc.

Absolute beginners are most welcome!



Free Techno Lessons
Bookings essential

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

For technical issues
contact BTC for a
booking.

You can ring the
Bowraville Technology Centre on
6564-7420

*The minute we
get out of bed,
our attitude will
determine the
type of day we
will have.*

*And we are the
ones who choose!*

- Melody Beattie
Journey to the Heart

*Would you like to volunteer or
maybe you're required to
volunteer . . .*

Whichever, here at the Bowraville Technology Centre we're always looking for more volunteers to join the dedicated crew we have on board already.

You can improve your computer skills and assist others at the same time.

Call Cynthia on 6564 7420
for more information.

For your convenience,
when paying at the
Bowra Technology Centre,
we now have

eftpos

We're coming to your community



Our Mobile Service Centre is coming to Bowraville

Thursday the 20th of April 2023
10:00am - 3:00pm

Bringing NSW Government services to you.

Call **13 77 88** or visit service.nsw.gov.au
to check our latest timetable.

Severe weather may mean our timetable has to
change at short notice, we strongly recommend
you check on the day.



Find us at:

**Near Chemist
High Street**



Gen Z* is getting right what Millennials** got wrong about tech

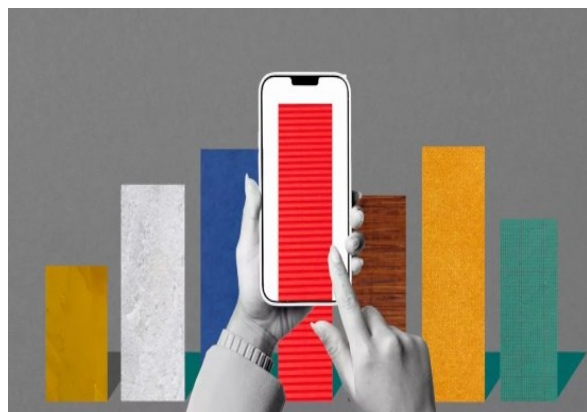
If you didn't know already, there's a trend right now among Gen Z to essentially throw out the latest tech in favour of old favourites. Think ditching the latest smartphones for old clamshell beaters, or opting for that retro point-and-shoot camera for their snaps - the first truly digitally native generation is exploring new ways to interact with technology right now.

Some tech journalists may dismiss this new trend as a fad for Luddism, but we've known for years the potential mental health implications of things like heavy social media use or gaming addiction. We're increasingly reliant on technology in our lives, for better or worse, so it's important we think about the implications on society.

The 'younger' generations are thinking about technology more objectively and perhaps there is a thing or two to learn from Gen Z's increasing tech-scepticism. At the very least, perhaps we can be inspired to appreciate some golden oldies as we navigate the big questions around how technology affects our lives.

The cost of convenience

Tech is about empowering us - making our lives more convenient - but that convenience has arguably come with a burgeoning cost these past few years.



Large companies offer all-encompassing ecosystems for everything from quick delivery to cloud storage and high-end hardware. You can literally pay for your groceries, control a household of devices, and order anything you could ever need from a single handheld computer. We live in a truly connected world and it's an amazing thing for sure. It does, however, have drawbacks that cannot be denied.

Monthly subscription payments chip away at our bank balances each month while serious questions have been raised about how big tech handles our personal data in recent years. Nothing, it seems, is free, and if you want that new iPhone you better agree to the terms and conditions buddy.

Now, Gen Z isn't exactly the first to think objectively about these things. Even the creator of the internet wants us to reclaim our data from the tech giants, but it's interesting that they should do so at such a young age.

Continued on Page 22

Blokes Breaky

1st Saturday of the month
at St James - ring Tony to
book on 0487 090 886

Womens' Brekkie

3rd Saturday of the month
from 7am for 7.30 start
Bowraville Anglican Church Hall

Bowra Country Markets

2nd Saturday of Month
Pioneer Community Centre
9am to 1pm

St Jimmy's Kitchen

3rd Thursday of Month
6pm at St James Church Hall

St Jimmy's Food Hub

Monday, Friday & Saturday
9am until 11am
Must hold a Centrelink card.

BOWRA HOTEL

OPEN 10AM - MIDNIGHT

BISTRO

WOOD-FIRED PIZZA Wed - Sun
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DINNER 5.30pm - 8pm Tues - Sun
All menus available for takeaway
Regular Live Music
Holy Goat Coffee

10/11


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

33 HIGH STREET, BOWRAVILLE
Ph.6564 7041 bowrahotel@bigpond.com



Bowraville & District Ex-Services Club 6564-7304

What we have to offer . . .

TAB - KENO - BINGO
RAFFLES - Wednesdays & Friday
MEMBERS' DRAW min \$1500
KITCHEN Wednesday to Saturday
 Lunch 12-2pm - Dinner 6-8pm

HAPPY HOUR - All Schooners \$5.00
from 5pm to 7pm daily

1/11

FREE POOL Everyday

Bowraville Folk Museum

High Street, Bowraville
Phone/Fax: 6564-8200

MONDAY-FRIDAY 10am-3pm
WEEKENDS 10am-1pm
PUBLIC HOLIDAYS 10am-3pm

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

~ Groups by appointment ~

11/11

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We can offer competitive fees, creative marketing and the backing of one of the fastest growing nationwide agencies being backed by real estate specialists.

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

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

2/11

Nambucca Valley Landcare News

Two successful workshops were held on River and Habitat Restoration with over 50 attendees participating.

We discussed how to obtain the correct permits for works in and along waterways (40m from the bank of any waterway potentially requires a permit, depending upon the works taking place). DPI Fisheries attended and spoke about the importance of fish habitat and fish access along our rivers and creeks, and the benefits of keeping snags in the river. Local Land Services also presented us with an inspiring talk on best practice river restoration. The conclusion of each workshop involved a walk to the edge of the river to look at fish habitat and fish passage structures using best practice design.

Also a Trees for Fish community planting day was recently held at Congarinni South. Almost 600 tube stock were planted by volunteers to help revegetate the river bank as part of our Fish Habitat Restoration project with Nambucca Valley Council and Local Land Services. A large variety of fish are already using the fillets that we recently built to improve fish habitat and mangrove recruitment – and we even saw several dolphins heading upstream!

Nambucca Valley Landcare was recently announced as one of the recipients of a grant from the Australian Government for Koala Conservation and Protection as part of their Community Grants Program which will allow us to undertake over 50 hectares of weed control and plant over 5000 koala food and habitat trees to help enhance and improve koala habitat throughout the Nambucca Valley.

- Co-ordinator, Nambucca Valley Landcare



BOWRAVILLE COMMUNITY DEVELOPMENT ASSOCIATION INCORPORATED (BCDAI) Pioneer Community Centre

70 High Street – in the heart of Bowraville

Monthly meetings, 2nd Saturday of each month at 1pm.

Welcoming community participation.

Bowra Country Market, 2nd Saturday of every month.

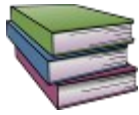
Enquiries: 6568 3370

Donations welcomed, of saleable **books & bric-a-brac** for our fundraising table, and for our January book fair are always welcomed. Please think of us when you are doing your spring cleaning!

Volunteers wanted. Do you have skills to share?

Administration, Barista, Book-keeping/Treasurer, Building maintenance, Fundraising & events, Marketing, Social Media and Team Leadership are all highly valued and welcomed to take this community organisation into the future.

Find us on Facebook. Enquiries to Marion 0400 828 471 email: bcdainc@gmail.com



BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

Sister Mine

by Tawni O'Dell

This story is set in the coal mining town of Jolly Mount in Pennsylvania, USA. The main character is Shae-Lynn - a 40 year old ex-cop now owner, and sole employee, of a not very successful one-man taxi cab business. She's single, feisty, aggressive.

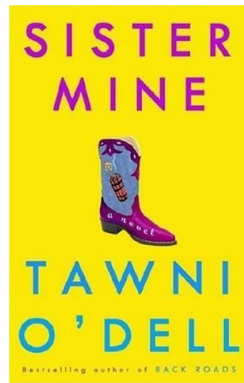
Shae-Lynn grew up in the small town with a younger sister, Shannon, and a violent abusive father, now dead. Her mother died 2 days after giving birth to Shannon.

Two years before the telling of this tale, five of Shae-Lynn's friends were trapped in a mine after an explosion. They survived 5 days before rescue; all affected by their experience; branded as heroes when none of them actually feels that way and to carry on with their lives as best they can.

Shannon, who 'disappeared' 17 years ago, never heard from by anyone and presumed dead strolls back into town....pregnant....with several people chasing her.

As the story unfolds of where she has been, who the father of the baby is, why Shannon is back in town Shae-Lynn faces her own demons - troubled by public fights, nightmares and difficulties in relationships with many of the people in her life. The five survivors of the mine explosion have their lives to sort out.

I thoroughly enjoyed this story – the



toughness of Shae-Lynn; the puzzle of who's who and why things unfold as they do. It wasn't predictable (mostly) and I consider it a good read.

- Read and reviewed by BTC
Volunteer Raewyn.

Silver Wattle

by Belinda Alexandra

In fear for their lives after the sudden death of their mother, Adela and Klara must flee Prague to find refuge with their uncle in Australia. There, Adela becomes a film director at a time when the local industry is starting to feel the competition from Hollywood.

But while success is imminent, the issues of family and an impossible love are never far away. And ultimately dreams of the silver screen must compete with the bonds of a lifetime ...

Silver Wattle confirms Belinda Alexandra as one of our foremost story-tellers. Weaving fact into inspiring fiction with great flair and imagination, this is a novel as full of hope, glamour and heartbreak as the film industry itself.

- www.goodreads.com



BOOK NOOK NOTICE

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

Thank you.

Immunisation Awareness

How Do Vaccines Work, exactly?

By Robyn Correll, MPH - Medically reviewed by Caitlin Kelly, MD

Credited for eliminating once-dreaded infectious diseases like smallpox, diphtheria and polio, vaccines are heralded as one of the greatest public health achievements in modern history.

Vaccines train your immune system to recognise and fight specific disease-causing organisms known as pathogens, which include viruses and bacteria. They then leave behind memory cells that can instigate a defence should the pathogen return.

By tailoring the body's own immune defences, vaccines provide protection against many infectious diseases either by blocking them entirely or reducing the severity of their symptoms.



How Vaccination Works

By naturally exposing the body to everyday pathogens, the body can gradually build a robust defence against a multitude of diseases. Alternatively, a body can be immunised against disease through vaccination.

Vaccination involves the introduction of a substance that the body recognises as the pathogen, pre-emptively triggering a disease-specific response. In essence, the vaccine "tricks" the body into thinking it is being attacked, although the vaccine itself does not cause disease.

The vaccine may involve a dead or weakened form of the pathogen, a part of the pathogen, or a substance produced by the pathogen.

There are also therapeutic vaccines that activate the immune system to help treat certain diseases.

There are currently three therapeutic vaccines approved by the U.S. Food and Drug Administration (FDA) that can be used in the treatment of prostate cancer, invasive bladder cancer and oncolytic melanoma. Others are currently being explored to treat viral infections like hepatitis B, hepatitis C, HIV and human papillomavirus (HPV).

Newer technologies have enabled the creation of novel vaccines that do not involve any part of the pathogen itself but instead deliver genetic coding to cells, providing them "instructions" on how to build an antigen to spur an immune response. This new technology was used to create the Moderna and Pfizer vaccines used to fight COVID-19.

- www.verywellhealth.com/how-do-vaccines-work

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PHONE: 6564 7925 or FAX: 6564 7364

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TidyTown Winner Projects

Nambucca Valley Landcare – Bowraville Connections Stage 3

This project involved stream bed and riverbank protection, introduction of control structures and the use of woody debris to help reduce erosion. Weed control along the bank has removed woody weeds clearing space for riparian plantings. Many rainforest trees were planted on the riverbank as part of this project thanks to the help of over 70 local volunteers including many of the local school community.

2019 was one of the driest years on record and the Kian Road Bushfires late that year burnt much of the headwaters of the Nambucca River. These events have been followed by regular rain and flooding. The loss of vegetation upstream has led to increased erosion. This has increased sedimentation, impacted flow velocities and affected channel widening. The 3000 trees planted in this stage have helped to keep the river flowing and fish habitat in a reasonable condition. In the more recent floods many trees were lost and volunteers helped to replant the affected banks with over 300 new trees.

Miimi - River and Land Rangers

Reclaim, Recycle, Reuse for Rewards to help the whole community to increase employment and to enhance the environment and increase our knowledge of country. The River and Land Rangers are committed to removal of the large plastic barrels that pollute the river and to finding markets for different mixtures of a variety of plastics including milk bottles and the less useful plastic types. In the long term the aim is to provide quality employment for local indigenous community members.

This project has increased the participation and the interest of the whole community in utilising all our waste streams and to keep our environment pristine. The next step for this project is to develop and support small businesses by supplying the type of plastic product they can make a successful financial enterprise from and to develop their business thus increasing our local economy.

Australia - a very unique country

Marooned far from the rest of the world - more so than ever, post-pandemic - Australia is a land full of quirks, idiosyncrasies and contradictions.

Vast but sparsely populated; searingly hot, but sees more snow than Switzerland; full of sharks, snakes and spiders, but nevertheless an inviting place for a holiday.

It's also home to the only mammals that can lay eggs, a flightless bird that can't walk backwards and . . . a population that once prioritised Masterchef over a general election.



- t24hs.com



Aboriginal and Torres Strait Islander Voice

In 2023, Australians will have their say in a referendum to recognise Aboriginal and Torres Strait Islander peoples in the Constitution through an Aboriginal and Torres Strait Islander Voice.

The Voice will be an independent, representative advisory body for First Nations peoples. It will provide a permanent means to advise the Australian Parliament and Government on the views of Aboriginal and Torres Strait Islander peoples on matters that affect them.

On 23 March 2023, the Prime Minister, the Hon Anthony Albanese MP announced the constitutional amendment and question that will be put to the Australian people at a referendum later this year. The amendment and question were agreed to by the Referendum Working Group and the Government, and will soon be introduced into Parliament through a Constitution Alteration Bill.

The Prime Minister also released the principles of the Aboriginal and Torres Strait Islander Voice.

After the referendum, there will be a process with Aboriginal and Torres Strait Islander communities, the Parliament, and the broader public to settle the Voice design. Legislation to establish the Voice will then go through standard parliamentary processes to ensure adequate scrutiny by elected representatives in both houses of Parliament.

The referendum is part of the Government's commitment to implementing the Uluru Statement from the Heart in full.

Referendum question

“A Proposed Law: to alter the Constitution to recognise the First Peoples of Australia by establishing an Aboriginal and Torres Strait Islander Voice.

Do you approve this proposed alteration?”

Constitutional amendment

Chapter IX Recognition of Aboriginal and Torres Strait Islander Peoples

129 Aboriginal and Torres Strait Islander Voice

In recognition of Aboriginal and Torres Strait Islander peoples as the First Peoples of Australia:

1. There shall be a body, to be called the Aboriginal and Torres Strait Islander Voice;
2. The Aboriginal and Torres Strait Islander Voice may make representations to the Parliament and the Executive Government of the Commonwealth on matters relating to Aboriginal and Torres Strait Islander peoples;

The Parliament shall, subject to this Constitution, have power to make laws with respect to matters relating to the Aboriginal and Torres Strait Islander Voice, including its composition, functions, powers and procedures.

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as well as the form and contents
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COMPOST

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

Plant bulbs now for Spring flowering



Spring flowering bulbs are easy to grow and most bulbs have similar requirements so that once you understand the basics you can grow almost any bulbs with ease. Read on to find out how best to plant and grow your Spring Flowering Bulbs.

When to plant bulbs

For best results, the best time to plant your Spring flowering bulbs is the period between April to May (in Australia). This allows both the weather and the soil to cool.

Bulb planting depth and spacing

Most bulbs are planted twice as deep as the bulb is high/tall and the same distance apart. The pointed end of the bulb should be upwards. (Anemone and Ranunculi are the only exceptions). If you are unsure, you can always plant your bulb on it's side and it will always grow upwards!

Best soil type for growing bulbs

Most Spring flowering bulbs are best planted in a freely draining soil. You can raise/mound up the garden beds to improve drainage. Alternatively plant and grow your bulbs in pots if your soil is soggy.

Position

Most bulbs grow best in full sun to light shade. Generally heavier shade produces taller (and softer) stems. In warmer climates, most bulbs tolerate being planted in greater levels of shade.

Watering

Most Spring bulbs like their soil kept moist whilst they actively grow (from late Winter to



**51 CARBIN
STREET
BOWRAVILLE
6564 8648**

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Have your say . . . Bowra Petition & Survey



If you would like to be able to pay your rates at the Bowra Post Office now that the bcu has closed in our town you can sign a petition asking the Nambucca Valley Council to make it possible for residents to **pay Council rates at our post office.**

The Chamber of Commerce has also compiled a simple 3-question survey which has been distributed around town regarding **timed parking in Bowra's main street**, people's attitudes towards a **free camping area** and gauging local support for a **new bank** in town.

You can find and sign these surveys/petitions at the front desk of the Bowraville Technology Centre.

BOWRAVILLE PHARMACY

31 HIGH ST BOWRAVILLE
PH: 6564 7925
FAX: 6564 7364

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

Prescriptions and Professional Advice
Moo Goo Natural Skincare
Designer Brand make-up range

Pharmacist
KERRIE SAVINS



11/11

LIONS CLUB OF BOWRAVILLE INC.

SUPPORTING OUR COMMUNITY

President:
Greg Lamberth

Secretary:
Mark Scott



2/11



Email:
bowraville@lionsdistrict201N1.org.au
PO Box 23 Bowraville NSW 2449

Bowra Laundromat

Corner of High & Belmore Streets

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Machines & Driers.**

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Commercial Washers and Dryers

Enquiries: ph 6564 7401



2/11

Pioneer Community Centre

If you want to get to know the local community, or want involvement with other community minded people, or even to give back in a meaningful way, or perhaps to upskill BCDAl is always in need of volunteers.

If you have skills or want to gain skills in administration, grant writing, or events management our committee of management needs more people to volunteer in this rewarding level of community service. Please consider joining us at our next committee meeting on Easter Saturday 8 April at 12.30 pm or get in touch with me sjenvey963@gmail.com to discuss an exchange.

Saturday April 8 is also our Market Day. It is joyous to sit on our back veranda, with a beautiful bunch of garden flowers at the table, sipping coffee and cake, talking to friends. Please pop in and check out the stalls or think about having one yourself. Vicki is our market organiser and I can put you in touch with her.

BCDAI has agreed to pay up to 5 members for barista or safe food handling courses if you would like to join us volunteering at the Market Day Café. We do have a \$500 money limit on this, so first in is best dressed.

Think about hiring our hall for your special event. Putting on some evening fundraisers may be an option if we can get some foodies interested in the café. Many thanks to those organisations who have been using our unique space to conduct business over the last month.

Finally keep in mind our environmental display day – a letter of invitation has been sent to local environmental groups for a Sept 2 date.

From BCDAl President Susan Jenvey

From Page 14

early Summer) and reasonably dry whilst dormant. Therefore, start watering when green shoots appear and stop when foliage starts to yellow after flowering. If you experience high Summer rainfalls dig the bulbs up in Summer and store them in a dry spot.

Feeding

A general rule of thumb is to top dress all bulbs in Autumn and water in. Use a specialty bulb fertiliser or general fertiliser. Many bulbs grow better if a second dressing is applied straight after flowering as this is when the bulb is taking in nutrients for next year's flowers.

After flowering care

After flowering, it's important that you continue watering and feeding the leaves since they are generating the energy the bulb requires to produce next year's flowers.

Digging and storing bulbs

Allow the foliage to die down before digging up your bulbs. Firstly loosen the soil with a fork and gently pull up the bulbs by their stems. Allow the bulbs to dry somewhere cool (not in full sun). Once dry, clean excess dirt and remove old flower stalks. Try to leave the bulbs 'skin' in tact as this helps protect the bulbs. Store the bulbs somewhere cool (less than 25°C), dry and airy until you replant the following Autumn.

To refrigerate or not?

Tulip bulbs are the only bulbs which require 4-8 weeks in the crisper of the fridge before planting. DO NOT FREEZE THEM. An easy way to remember is to put your tulip bulbs in the fridge around April fool's day, then plant your bulbs around Mother's day.

Planting bulbs in pots:

- Keep the bulbs away from the outer edges of the pot which can get very hot.
- Water regularly, keeping soil slightly moist.
- Plant bulbs in garden the following year as most won't flower consecutive years in pots.

- www.tesselaar.net.au

Filmmaking Workshops a great success

Last month a unique opportunity was provided for those interested in film-making when the Bowraville Theatre hosted 3 Indi Filmmaking Workshops.

Writer/director, Rowan Devereux and producer, Sophie Saville, who under the banner of their production company The Story Mill, have recently produced an Aussie independent film called 'Evicted' which picked up The Audience Winner Award for Best Feature at the 2022 Sydney Film Festival.

Sophie and Rowan were touring the regions showing the film and offering film making workshops along the way.

Attendees at the workshops were taken through the film-making process and taught the fundamentals of storytelling, self-funding, filming, sound, editing and all other aspects of this intricate art form.

Consensus was that discussing the whole process including post production was particularly interesting and valuable.

Film Producer Sophie Saville was satisfied the workshops went very well and considered the questions from attendees showed that they were getting a lot out of the interaction.

The Story Mill team have identified a need for these workshops to empower emerging independent film makers with the information they wish had been available when they started out.

The workshops and screenings of Evicted have been conducted in several regional locations and there are still a number of towns to host workshops before Rowan and Sophie head back to Sydney to work on their next projects.

Sophie and Rowan noted that they may be coming back to Bowraville to run longer workshops.

The Bowraville Arts Council will welcome The Story Mill team back at Bowraville Theatre.



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MY WEEK AT BOWRAVILLE TECHNOLOGY CENTRE

*My name is Isabelle Roberts Garnsey.
I've done my work experience at
Bowraville Technology Centre from
27th March to 31st.*

*I learned about Snip and Sketch and
Publisher on Monday.*

*Tuesday I learned to use Sketch Pad
and glued labels on books.*

*Wednesday I learned how to do
animation and thermal binding including
the cash till.*

*Thursday I learnt laminating and working on my
newsletter article.*

*Friday is about what I like about work, Sketch Pad, lunch
breaks and free time.*

Some things I enjoyed having fun, drawing, story writing.

*Some things I did not enjoy toilets, sudden noises,
disorganisation.*

*Who I worked with mainly Cynthia, but I have met Jamie,
Ric, Wendy, Ken, Karin, Robynne and Colin.*

*I worked on being outside my comfort zone, communication
skills, less swearing.*

*What I learnt while I was there snipping tool, sketch pad,
thermal binding, publisher, using cash till, story writing
and animation.*

*One day I hope to - My dream job is to . . . to be an animator,
working on movies, creating characters and writing
stories.*

I met a lot of new people, I felt welcome here.



The March Meeting celebrated the extraordinary effort made by Robynne McGinley in three **Tidy Towns** submissions and the excellent results that she achieved for our community (see earlier article) – this outreach is supported by the Chamber and brings attention to positive progress in our town.

Some four years ago some Chamber representatives worked with the Council to introduce the lined parking spaces in the **town centre** in response to concerns about no people in sight - and yet no **available parking**. This was particularly a problem when it was very hot or wet and potential customers had to park far away.

However, the problem still exists, and the Chamber is currently looking into the introduction of **timed parking within the commercial centre of town during standard business hours**. This would need to be long enough for business, shopping, visits to museums and cafes... but not for the whole day. All properties in the zone have off-street, side street or back lane long term parking alternatives available; and vehicles with disabled stickers would not be impacted by the change. All businesses have been asked for ideas towards this process,

The Chamber is also conducting a simple 3-question survey around town regarding not only timed parking but also attitudes to a **free camping** area and support for a **new bank** in town.

And finally, we are circulating a petition asking the Nambucca Valley Council to make it possible to **pay Council rates at our post office**. Following the full closure of the bcu in town this would mean those people who do not do internet banking will still be able to pay their bill in a safe and friendly setting in town.

The next meeting of the Bowraville Chamber will be on **Tuesday 4 June at 5pm** at the Bowra Hotel. Everyone is welcome to attend but to vote you need to be a member – forms available at the meeting. **SEE YOU THERE.**

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10/11

Blokes' Breaky
1st Saturday of the month
at St James - ring Tony to book on
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St Jimmy's Kitchen
3rd Thursday of Month
at 6.30pm.

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

ST. JAMES CHURCH HALL

10/11

Zara Darcy



Where were you born?

I was born in Macksville Hospital, I'm from Bowraville and a town called Gulargambone: it's between Moree and Dubbo, my culture is Gumbaynggirr and Kamilaroy and I'm proud of where I'm from and my culture.

Where do you live now?

I officially live in Bowraville: it's a beautiful small town with lovely fresh waters and the pretty nature around the town. It's not the most perfect place but that always was and always will be my home. I love my culture and the cultural activities that happen in the valley and it's just a really good place with multiculturalism and wellbeing.

Who do you live with?

I live with my grandparents, my older brother and my mum and baby sister. My other older sister and my nephew live in Macksville, and then my younger brother lives next door to my nan's house with my aunty and uncle.

How many brothers or sisters do you have? What are their names?

What's something interesting that is happening to them now?

I've got 6 sisters whose names are Maleeka, Nakia, Donna, Iesha and Amira, I've also got 3 brothers named Rodrick, Aaron and Michael. All up I've got 9 siblings including step. Maleeka is my full blood sister; she was participating in a police course in Sydney but she isn't anymore as she now has a baby named Cruiz who is almost 2: he's the biggest big-noter ever! Rodrick, who is one of my full blood brothers is doing work experience at Woolworths. I'm working on my driver's license and will be doing a White Card course soon. I'm also looking at TAFE courses.

How long have you been at ShoreTrack?

I have been attending ShoreTrack from the very very start. When I first started to come to ShoreTrack I didn't really like it, I thought it wasn't for me and then I started to participate more often and started to like it and I just love it now. ShoreTrack is a really good place to be, especially being around your peers. When you're at ShoreTrack you are basically starting a career and it's just a happy place to be. I just love ShoreTrack because they have become like a family to me: I have a lot of respect and love for ShoreTrack, and I just think ShoreTrack is life changing.

What do you like doing there?

I just love every minute of ShoreTrack. I like doing the mowing activities and also the art stuff, and getting in the shed doing a little bit, and just love being around the wellbeing, and I like how I get help with a lot of life skills and I love how ShoreTrack helps me just with everything.

I just like how ShoreTrack is a no drama place and just happy and bright.

BOWRAVILLE CENTRAL SCHOOL NEWS

Work Experience at Taronga Zoo

Beau from Year 12 enjoyed a week at Taronga Zoo in Sydney as part of his work experience for Primary Industries. He cleaned animal enclosures, fed the red tree kangaroos, cooled the emus and worked in the nocturnal unit. Beau was able to feed the yellow bellied gliders by dipping his fingers in a sugary syrupy mixture and let them lick it off. Beau was extremely fortunate to spend a week at the zoo as only a few students are accepted for this program.



Nachos with Jaanyмили Bawrrungga

Students enjoyed some delicious nachos prepared by Laura Graham from Jaanyмили Bawrrungga (Bowra Youth Hub). Thanks to 'Becoming U' (Uniting) for funding this great initiative.

Laura's nachos were popular with students including Mikayla.

Kalvin and Rashaad looking forward to their nachos.



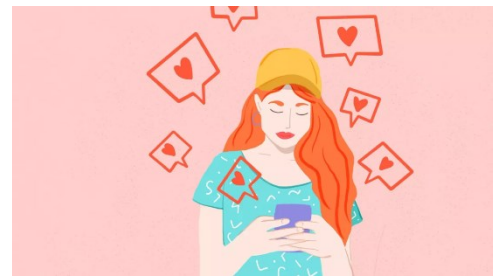
Gen Z* is getting right what Millennials** got wrong about tech *Continued from Page 6*

Even if we're wary of social media, we Millennials are fully paid-up members of the system. For many of us our livelihoods literally depend on some form of social media - especially those working in creative industries. Some of us have over twenty years of online contacts built up that can't be easily replaced if at all. Even dead people are on FaceBook now!

Millennials are well and truly over the peer pressure they may have initially felt to join these networks over a decade ago, but they're too tied into the system to completely walk away.

The future is bright (or dark)

Now, this is all a massive generalisation and based on spurious anecdotal evidence at best. Not all Millennials are grinding away with technology they despise and not all of Gen Z are living carefree with terrible clamshell phones



and cameras from 2004 (95% of Gen Z uses social media, after all). The point here is that it's great that people are thinking about technology objectively at a younger age and having the courage to interface with it on their own terms. We can learn from that.

And, even if it's not exactly objective reasoning that drives younger people to pick up that point-and-shoot camera and rather a basic aesthetic choice - does it really matter? The world is a better place when tech is fun, simple to use, and comes without the monthly subscription or niggling thought that your data is being logged. Things don't need to be perfect or totally convenient if we simply enjoy using them.

So, let's pick up some oldies, have some fun, and perhaps better appreciate what tech can do for us on our own terms. Even if we should be in no rush to buy a point-and-shoot camera on eBay perhaps we can appreciate just how far we've come in recent years and maybe how far we still need to go. Scepticism doesn't have to be cynical or negative; it can be healthy - especially when it comes to our mental health or consumer rights.

I have to say, somewhat ironically, however, that I won't be trading my Google Pixel for a vintage Motorola Razr anytime soon. Sometimes these things are just a little bit *too convenient*.

- By Alex Whitelock - www.techradar.com/features/gen-z-is-getting-right-what-we-millennials-got-wrong-about-tech

*Gen Z - born between 1997 and 2012 **Millennials born between 1981-1996

- www.techradar.com/features/gen-z-is-getting-right-what-we-millennials-got-wrong-about-tech

Unexpected things that can pollute your indoor air

Whether you or your family have allergies or asthma, or you just want to keep the air in your home as clean as possible, the following recommendations may help.

Houseplants and Humidifiers

While houseplants add colour and personality to your home decor and can even help purify the air, overwatering can turn them into a source of a major allergen: mould. In addition to causing issues like root rot, regularly overwatering houseplants can make the soil a breeding ground for mould spores.

Luckily, these issues can easily be avoided by fine-tuning plant watering habits. Water houseplants only when the top of the soil is dry to the touch and be sure pots have adequate drainage and aren't sitting in a puddle of water.

Mould growth only becomes an issue with humidifiers if they aren't cleaned or their water isn't changed regularly. To ensure your humidifier is adding only *moisture* to your air, not mould, replace the water in the tank daily (ideally with distilled or filtered water) and clean thoroughly at least once a week.

Vacuum Cleaners

Ideally, your vacuum cleaner should *reduce* the amount of allergens, including dirt, dust and dander in your home. But if your vacuum doesn't have a fine-particle filtration system, such as a HEPA filter, you could be sucking up allergens only for them to shoot right out of your vacuum and back into the air.

But not even a HEPA filter will do you much good if it's so dirty it can't function properly. It's also important to keep your vacuum's filters, HEPA and otherwise, clean by replacing or cleaning them according to the manufacturer's instructions.

Candles

We all love candles for their fragrance and the ambiance they can add to a space, but it's important to be choosy about which candles you light in your home.

Candles containing paraffin wax can release chemicals like ketones, benzene and other respiratory irritants when burned.

Reserve any paraffin wax candles you already have for decoration and stick to non-polluting soy or beeswax candles in the future to keep your indoor air clean.

Firewood

Wood-burning fires can be a source of indoor (and outdoor) air pollution, but you may not realise that *firewood* can be a source of pollutants too. Firewood can carry dust, dirt and even pests into your home - all of which can aggravate allergies.

A simple solution is to store your firewood outside (or at least in a garage or shed) until it's needed. Also, be sure to promptly discard the ashes and any remaining bits of wood after the fire is out.

Note: Offcuts of treated timber eg: coppers logs are impregnated with arsenic, are highly toxic and should never be burnt inside the home or used in BBQs.

- www.onegoodthingbyjillee.com

Unwanted clothing taking environmental toll

Little discarded clothing is actually being recycled. According to a recent report by the Australian Fashion Council about 227,000 tonnes of discarded clothing is sent to landfill in Australia each year. Only 7,000 tonnes of that is recycled.

On top of that more than 100,000 tonnes that cannot be sold in charity shops in Australia gets exported overseas each year. If it cannot be sold there, it gets dumped in landfill in those countries. Synthetic fabrics can take hundreds of years to decompose.

Cheap clothing is the problem

Australian Fashion Council research based on 2018-19 figures, shows the average Australian buys 56 items of clothing a year, including socks and underwear, making us among the biggest purchasers of clothing in the world.

Gordon Renouf from Good on You, a Sydney-based website that rates fashion brands on their sustainability, says consumer behaviour has changed dramatically as prices have fallen. "Households are spending about the same amount of money on average that was spent 20, 30, 40 years ago, but we're buying four times as much clothing for that money," he said.



Onus to be placed on clothing industry

Consumers have been trained to expect clothes to be cheap and to be able to be thrown away. It's that mindset that the Fashion Council will try to tackle in a new product stewardship scheme that has been funded to the design stage by the federal government.

The scheme, will primarily focus on the massive landfill problem both here and overseas. And although part of it will be a national awareness campaign for shoppers, it will also place the onus on the clothing industry to transform itself.

The Australian Fashion Council's Danielle Kent says all stakeholders in the clothing supply chain will be targeted in the new scheme. "We can't just keep using resources as if they are infinite. Whatever comes into the Australian market new, we need to be responsible for it until the end of its life," Ms Kent said.

While the new scheme will focus on reducing clothes and textiles going to landfill, there are other big priorities that need to be addressed according to Mr Renouf.

Over the past five years, his Sydney-based website has rated about 4,500 fashion brands globally according to their impact on the planet, people and animals.

Greenwashing concerns

Mr Renouf believes Australia needs to consider following Europe, the UK and US in examining regulations to force the clothing industry to reduce its carbon emissions and abolish worker exploitation. "We need laws that ban the least-acceptable practices, that ban certain types of chemicals, certain types of labour exploitation," Mr Renouf said. "Secondly, we need laws that require brands to be transparent and very specific about what they should disclose."

He said this accountability was vital to consumers' understanding of the impact of what they were spending their money on. "Basically, more brands are actually putting information [on sustainability] on their websites for customers to see," he said. "From 33 per cent of brands not publishing any information, that is down to 15 per cent. But as brands are recognising that there are more and more customers who are interested in their sustainability performance, we're seeing an increase in greenwashing." And that's a big concern."

- www.abc.net.au

3G network shutdown date is June 2024

Plan your migration roll out now

All Telstra 3G services will cease by 30 June 2024 and it is each customer's responsibility to ensure that their 3G services have been migrated to another Telstra service or discontinued before this date.

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- www.telstra.com.au



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What's on in APRIL 2023

BOWRAVILLE THEATRE

Sunday, 2nd April 2023 @ 2pm Empire of Light

From Academy Award®-winning director and writer Sam Mendes, Empire of Light is a moving drama about the power of human connection during turbulent times.

Set in and around a faded old cinema in an English coastal town in the early 1980s, it follows Hilary (Olivia Colman) a cinema manager struggling with her mental health, and Stephen (Michael Ward), a new employee who longs to escape this provincial town in which he faces daily adversity.

Both Hilary and Stephen find a sense of belonging through their unlikely and tender relationship and come to experience the healing power of music, cinema, and community.

Written and directed by Sam Mendes, Empire of Light stars Olivia Colman, Michael Ward, Tom Brooke, Tanya Moodie, Hannah Onslow, Crystal Clarke, with Toby Jones and Colin Firth.

The film is produced by Sam Mendes and Pippa Harris' Neal Street Productions, in partnership with Searchlight Pictures.

Tickets online @ trybooking or if available at the door. Doors open 1:30PM

Tickets: Adults \$14 – Pensions/Concessions \$12 – Members \$10 - Family \$35 (MA15+)



Bowraville Theatre - 74 High Street, Bowraville

For more details of the above events go to www.bowravilletheatre.com.au

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Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Autumn 2023										Studio 3 Live on the 3rd Friday of each month 6-8pm	Community Radio Network
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time			
6 AM	Green Eggs On Toast Lawrie Medbury	Down Memory Lane With Streamer	Aussie Grown Across the Nation Aussie Christian grassroots to charts.	Tones of Claressence Claire Watt	With Naomi Wentong	Rise N Shine Ron Hawkins "Saltwater People" at 7:30 am	Hot Sweet N Jazzy Jazz up your Sunday	6 AM			
7 AM	Markets info, news, movies, local news. Nude.	Australian Music is Bloody Great & Real World Gardener	Gold at Breakfast Dayna Gold Wake up with Dayna. It's gold.	FlipSide With Phil Only the best in specially-selected, usually-oz music...	Step Back In Time With Mark Barnes	Music, news, and views to kick-start your weekend	Jazz Made In Australia More jazzing...	7 AM			
8 AM	Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll 1950s-2010s	Tuesday Roundup With Rachel Burns	Smoko with Gazza With Gary Boden Easy Listening To Rock & Pop	Turning Pages Elizabeth Newman	Continental Drift Music of the world...	Travel Tales Beverly Gibbs	Blues Roots N Boots Get those boots off!	8 AM			
9 AM	Baby Boomers Donna Collins	Infopinion Richard Laxton, Eddie Orrego, Dale & Ron Hawkins	Mystical Music & Musings With Luise	Flashback With Rob Davidson 60's to 90's with a weekly featured artist	Talk Of The Town Cen Winobel See what's going down! All things local	Cinemascope & The Assignment (BBC)	Let The Bands Play More brass than monkeys	9 AM			
10 AM	The Weekley Fix Paul Weekley	Life Words with Linda Bible reflections, Gospel & Australiana	The Bohemian Beat Riddhi	Tewlinga Tunes With Ralph Guaranteed ear candy	Peter's Pops With Peter K	Fine Music Live On stage	Meet Me at the Movies Kissin' in the back row	10 AM			
11 AM	A Country Tea Time With DJ Tina Sipping and spinning it all!	Rock On With Jimmy & the Bluebirds	The Chill Corey Barnett	Thursdays Country Trickvick	Dhirendra Timeless Albums	Garage Noise With Sean Ambrose Alternative Music	Science Time Diffusion (Science), Lost in Science, Space Nuts & Earth Matters	11 AM			
Noon	Sister Act Olivia & Sam	Retro Birds Robyn Wren & Sally Swan Not out of the box radio entertainment	MC Grim Mark Seagrims Music with a wicked difference	Highway Blues With Sandy Kaye With Retro When Only The BEST BLUES Will Do	Classical Tunes & Melodies Peter K	Phase Out With Faye Faye Aspiotis	Dirt Music With Stuart Coupe	Noon			
1 PM	Hinterland With Ben Walters	Blues Soul Funk Matt Leibrandt & friends	The Sit Down With Clint Waaka Interviews, music, history, culture and good times!	Tim Unsupervised Tim Hood Late night humour, music, interviews and more...	The AMRAP Music Show	Lots of Aussie music old and new	That's A Wrap Donna, Nigel, Mitch, Gary & Les Local sports calls and in-depth analysis	1 PM			
2 PM	Bowra Beats With Grace Walters	Not out of the box radio entertainment	Politics & the Environment With Michael Jones	2NVR	Jammin' With Gin Girl's terrific tracks!	Aussie Music Weekly With Noddy	Praise, Prayer & Pop With Michelle	2 PM			
3 PM	Reggae Mixtape With Fitzroy Music outside the usual 2NVR Multicultural Radio	Blues, soul, funk and lively interviews.	Ant's Rock Anthony Gamsey Solid Rock	Ant's Rock Anthony Gamsey Solid Rock	Turn Up The Volume With Macca Three hours of soft rock & listener requests.	Saturday Date With Stu Save the date every Saturday!	The AntiSF Radio Show With Nuke	3 PM			
4 PM	Music Makers With Yen Mixed music with featured artists	Overnight Music Mix	Ant's Rock Anthony Gamsey Solid Rock	Ant's Rock Anthony Gamsey Solid Rock	School's In from 5pm and Studio 3 from 6-8pm on the 3rd Friday of each month.	Wolffy Wolffy's music & requests	Imagine This Radio drama	4 PM			
5 PM	2NVR Overnight Music Mix		Overnight	Overnight	Saturday Night Gold On Friday	2NVR Overnight Music Mix	Prog Rock Playlist Rhino	5 PM			
6 PM							The best of Progressive Rock	6 PM			
7 PM								7 PM			
8 PM								8 PM			
9 PM								9 PM			
10 PM								10 PM			
11 PM								11 PM			
Midnight								Midnight			

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