

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

AUGUST 2022 ~ ISSUE #209 ~ FREE ~ CIRCULATION 300 ~ POSTCODE 2449

Moving On and Moving Forward at BTC

The only constant is change!

Mark Scott and Cherie O'Donahue have left the Bowraville Technology Centre and the Nambucca Valley to retired to their new home at North Haven. Mark has been at the BTC since 2013 and many locals have come to rely on him to assist with the problems and mysteries of their computers and mobile phones. Cherie has volunteered at the BTC for several years and many will also know her from her 13 years as postmistress at the Bowra Post Office.



We wish Mark and Cherie all the very best for this new chapter in their lives.

Mark and Cherie have given of their time extremely generously to the Bowra community through the BTC, Lions, the Chamber of Commerce and other initiatives such as the World Rally event. They will be remembered by many as the couple who helped deliver new water tanks to fire ravaged properties after the 2019 fires, often on near impassable roads and tracks. We thank them and acknowledge the great contribution they have made to our community.

Looking to the future at the Bowraville Technology Centre . . .



We now have Rick and Jamie on board to assist with IT problems. You can catch them on Tuesdays and Thursdays - come in and talk with them about your technology queries.

Continued on Page 17

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BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 300 COPIES

Newsletter is also available online at:
www.bowraville.nsw.au/newsletter/

2020 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

ALL ADVERTISING ENQUIRIES TO
cherieodonohue@bowraville.nsw.au

DEADLINE FOR COPY FOR THE **SEPTEMBER 2022**

ISSUE IS: 4:00PM

TUESDAY, 23RD AUGUST 2022

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

Bowraville Technology Centre

Open 9.30am to 4.00pm Weekdays

Internet Services

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.

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

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

Facility Hire

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

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

Full day up to 8 hours - \$100.00

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

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

ALL ADVERTISING ENQUIRIES to

admin@bctc.com.au

ADVERTORIAL and GENERAL CONTENT ENQUIRIES to

wendy@bowraville.nsw.au

Bowraville Technology Centre

39 High St, Bowraville Ph. 02 6564 7420

Open 9.30 to 4pm Weekdays

Email: admin@bctc.com.au

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

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



FITTING TURNING MACHINING



0408 964 433

Steven Jeffries

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

2 Park Street Bowraville 2449

www.fittingturningmachining.com.au



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

*“When you’re
in jail, a good
friend will be
trying to bail
you out.*

*A best friend
will be in the
cell next to you
saying, ‘Damn,
that was fun’.”*

— Groucho Marx

Check out the Bowraville Technology Centre’s DVD Library

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



A limit of 2 DVDs per borrower.

Phoenix Gallery at 88 High Street

Photographic exhibition - "Place" - a group photography display by artists living in Gumbaynggirr country.



Opening 30th July 9am-2pm.

Then 2nd Aug- 3rd Sept.

For more information please contact us on 6501 0021 or info@nvp.org.au. Follow us on social media @nambuccavalleyphoenix to stay up to date.

68 ON HIGH — Milk Bar & Takeaway

Opens Monday, 8th August

Serving . . . takeaway food, good coffee and ice-cream cones and more.



BOWRA COUNTRY MARKET

SATURDAY ~ 13TH August ~ 9am to 1pm

Pioneer Community Centre, 88 High Street

*Do you have photographs or stories to share about the past, present and future that would interest visitors to our town?
If you have please contact us at: hello@visitbowraville.com*

Coronation Kennels & Cattery

"Where your pets are cared for like Kings and Queens"

180 Coronation Road, Congarinni North
(just two kms from Macksville)

PHONE: 02 6568-2018

Email: marcia@coronationkennelsandcattery.com.au

Website: www.coronationkennelsandcattery.com.au

We provide the following services:

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

Sleepover - Check in 4-6pm check out 8-10am
Cats - \$14 per day.

Long Term Budget -

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

Not available during school holidays



Short-term Accommodation

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

7/11

BOWRAVILLE GIFT SHOP



LOCATED AT BOWRAVILLE POST OFFICE
27 HIGH STREET BOWRAVILLE

Monday to Friday: 9am - 5pm

PH: 02 6564-7169

7/11

Large-scale facial recognition is incompatible with a free society

Face surveillance often goes wrong, but it's bad even when it works

Most facial recognition algorithms are accurate with head-on, well-lit portraits, but underperform with “faces in the wild”. They are also worse at identifying black faces, and especially the faces of black women.



The errors tend to be false positives – making incorrect matches, rather than missing correct ones. If face surveillance were

used to dole out cash prizes, this would be fine. But a match is almost always used to target interventions (such as arrests) that harm those identified.

More false positives for minority populations means they bear the costs of face surveillance, while any benefits are likely to accrue to majority populations. So using these systems will amplify the structural injustices of the societies that produce them.

Even when it works, face surveillance is still harmful. Knowing where people are and what they are doing enables you to predict and control their behaviour.

You might believe the Australian Government wouldn't use this power against us, but the very fact they have it makes us less free. Freedom isn't only about making it *unlikely* others will interfere with you. It's about making it impossible for them to do so.

Face surveillance is intrinsically wrong

Face surveillance relies on the idea that others are entitled to extract biometric data from you without your consent when you are in public.

This is false. We have a right to control our own biometric data. This is what is called an underived right, like the right to control your own body.

Of course, rights have limits. You can lose the protection of a right – someone who robs a servo may lose their right to anonymity – or the right may be overridden, if necessary, for a good enough cause.

But the great majority of us have committed no crime that would make us lose the right to control our biometric data. And the possible benefits of using face surveillance on any particular occasion must be discounted by their probability

Continued on Page 28

WHAT'S HAPPENING IN BOWRA

Bowra Country Markets

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

Blokes Breaky

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

St Jimmy's Kitchen

3rd Wednesday of Month
6pm

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

4/11

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 \$1000
KITCHEN Wednesday to Saturday
Lunch 12-2pm - Dinner 6-8pm

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

FREE POOL Everyday

6/11

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 ~

5/11

CRAIG BELLAMY@realty

YOUR NAMBUCCA VALLEY SPECIALIST

With over 40 years of combined knowledge of the local Real Estate market Craig and Narelle can help with any questions about selling or renting your property.

We can offer competitive fees, creative marketing and the backing of one of the fastest growing nationwide agencies being @atrealty Real Estate.

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

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

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

6/11



A NEW TAKEAWAY at 68 HIGH STREET

Alex and Mel have long been missing our local take away and have decided to do something about it. Together they are creating an old-school milkbar with lollies and ice-creams cones as well as early morning tradies breakfasts. Traditional tucker and deep fried foods like hot chips served until 7pm.

LET'S GIVE THEM A GREAT START



BOWRAVILLE COMMUNITY DEVELOPMENT ASSOCIATION INCORPORATED (BCDAI)

Pioneer Community Centre

70 High Street – in the heart of Bowraville

Monthly meetings, 1st Monday of each month, 4pm in winter months.
Welcoming community participation.

Bowra Country Market, 2nd Saturday of every month.
Enquiries: 6568 3370

Slow Stitching is held every Thursday, 10am – 2pm, in the hall and on the back deck. Bring your own craft project. Enquiries: 6564 4168

Line Dancing. Every Tuesday, from 6pm. Enquiries: 6564 7791

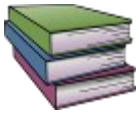
Donations welcomed, of saleable **books & bric-a-brac** for our fundraising table, and for our January book fair are always welcomed. Please think of us when you are doing your spring cleaning!

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



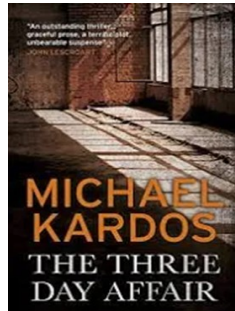
BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

These books were available at the Technology Centre's Book Nook at time of printing.

The Three-Day Affair

by Michael Kardos

A gripping debut novel about three longtime friends who make one mistake forcing a chain of decisions that will haunt them forever.



Will, Jeffrey and Nolan have been friends since their undergrad days at Princeton. Now, nine years after graduation, Will is a failed musician still reeling from the death of a bandmate. Jeffrey got lucky and then rich from the dot-com boom and Nolan is a state senator with national aspirations. Their friendships have bent without breaking for years until one shocking event changes everything.

Suddenly these three men find themselves completely out of their element. They're already guilty of kidnapping and robbery; it's only a matter of time before they find out what else they might be guilty of.

Three days will decide the fate of these three friends between freedom and prison, innocence and guilt - and life and death.

- www.goodreads.com

Exclusive

by Sandra Brown

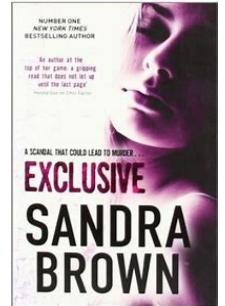
Barrie Travis investigates the suspicious death of her best friend's baby in this political thriller.

Barrie Travis is a good reporter stuck at a low-budget television station when her old friend, now America's First Lady, asks her to investigate the death of her baby. Stunned by grief after the loss of her infant son the President's wife hints that her child didn't really die of AIDS; in reality he may have been murdered.

Blind to everything but finding the truth, Barrie delves into the private lives of the president and his wife and uncovers dark and terrible secrets that will test her ethics, her patriotism and her courage. With the help of a former aide, this story could topple the presidency.

In this fast-moving tale from a master of suspense, Barrie must fight powerful forces that want nothing more than to see the scandalous past - and a certain young reporter - dead and buried.

- www.amazon.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.

Now at the BTC A DVD Library

Operating on the same basis as our very popular Book Nook, ie: an honesty system - and if borrowers would like to make a donation of \$1 each time they borrow it would be appreciated.
A limit of 2 DVDs per borrower.

Multiple Sclerosis (MS) Awareness

About MS

MS is the most common acquired chronic neurological disease affecting young adults, often diagnosed between the ages of 20 to 40 and, in Australia, affects three times more women than men. As yet, there is no cure.

There is no known single cause of MS, but many genetic and environmental factors have been shown to contribute to its development.

In MS, the body's own immune system mistakenly attacks and damages the fatty material – called myelin – around the nerves. Myelin is important for protecting and insulating nerves so that the electrical messages that the brain sends to the rest of the body, travel quickly and efficiently.

As the myelin breaks down during a MS attack – a process called demyelination – patches of nerves become exposed and then scarred, which render the nerves unable to communicate messages properly and at risk of subsequent degeneration. This means that the brain cannot talk to other parts of the body resulting in a range of symptoms that can include a loss of motor function e.g. walking and hand and arm function, loss of sensation, pain, vision changes and changes to thinking and memory.

What are the most common symptoms of MS?

Multiple sclerosis (MS) has many symptoms which can be variable and unpredictable. No two people will experience exactly the same symptoms and these symptoms can be a one-off occurrence, can come and go or change in severity over time.

MS symptoms can be experienced in different parts of the body depending on which part of the brain, optic nerve or spinal cord is affected. Some symptoms of MS are invisible, meaning people can't visibly see that someone is experiencing a symptom.

MS Treatment

The MS landscape has been transformed over the last few years by progress in research and therapeutics. There are now 16 disease modifying therapies available in Australia for people with MS, and 15 of these are listed on the Pharmaceutical Benefits Scheme (PBS). Over the last 15 years, people with MS are being diagnosed earlier and the long-term outcomes for people with MS have improved significantly with certain disability milestones being reached almost eight years later on average.

For progressive MS however, there are limited treatment options. To directly address this, MS Australia has joined with many global MS research organisations to establish the International Progressive MS Alliance. The Alliance is focused on understanding progressive MS and accelerating the discovery of solutions to end progressive MS. The International Progressive MS Alliance is coordinated by a group of five managing member organisations (including MS Australia) together with the MS International Federation.

Continued on Page 26

BOWRAVILLE PHARMACY

31 HIGH STREET, BOWRAVILLE

PHONE: 6564 7925 or FAX: 6564 7364

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



FREE Blood Pressure Test during AUGUST



If your blood pressure is in the healthy range and you have no other risk factors for cardiovascular disease, and no personal or family history of high blood pressure, it is still important to have a check at least every two years.

Lifestyle changes are very important to help manage high blood pressure and lower your risk of cardiovascular disease.

Suggestions include: ***Enjoy a wide variety of foods - Decrease your salt intake - Maintaining a healthy weight - Limit alcohol intake - Quit smoking.***

If your blood pressure is 'high/normal' (or higher - eg: 140/95), or if you have other risk factors for cardiovascular disease, such as a personal or family history of high blood pressure, stroke or heart attack, it is best to have it checked more frequently.



BOWRAVILLE PHARMACY

31 HIGH STREET, BOWRAVILLE

PHONE: 6564 7925 or FAX: 6564 7364

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





OPENING

Monday 8th August

Hours:

Monday to Friday

6am to 7pm

Saturday

10am to 6pm

Serving . . .

Tradies Breakfasts

Burgers • Chips

Fried Food

Ice Cream by the Scoop

Lollies by the Bag

and

DARK ARTS COFFEE



Bowraville Lions Club Inc
News Bulletin
AUGUST 2022



Watch this space for an important announcement.

The Lions Club of Bowraville holds dinner meetings at the Bowra Hotel Dining Room on the 3rd Wednesday of the Month @ 6pm for a 6.30pm start.

Contact the club on one of the numbers below if you would like to come along to a meeting and meet our members.

President Greg Lamberth M: 0428 679 820
Secretary Mark Scott M: 0428 527 545

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

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

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

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

SEEDS

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COMPOST

FERTILISERS

**SOIL & WATER
CONDITIONERS**

MULCHES

**ORGANIC GARDENING
SUPPLIES**

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



**51 CARBIN
STREET
BOWRAVILLE
6564 8648**

5/11

Gardening for Self-Care

Continued from last month

Good vibes

No matter who you are, getting out into the garden not only builds self-esteem but also promotes a raft of psychological benefits. Gray says it really is the ultimate feel-good tonic. "From being outdoors in fresh air and sunshine, to growing nutritious organic food to feed the people we love, reducing stress and lifting our spirits, it grounds us, it connects us on a deeper level to the earth," she says.



In Japan there is a practice called "forest bathing" or shinrin-yoku, which means bathing in the forest atmosphere or taking in the forest through your senses. Dr Qing Li, Chairman of the Japanese Society for Forest medicine says forest bathing can reduce stress, improve mood, creativity and concentration, and provide a host of other positive outcomes.

The good news is you don't need a forest. You can create a leafy green space at home to immerse yourself in your own garden and reap the benefits.

Banishing the blues

Want to bounce out of bed with a spring in your step and a twinkle in your eye? Grab those gardening tools and start planning your next gardening project. It's hard not to feel happy when you're in among leafy trees and fragrant blooms.

Research overwhelmingly shows that those who garden are a much happier bunch, with greater resilience and life satisfaction, than those who don't. In a calm green environment, cortisol levels are reduced and feel-good chemicals

Continued on Page 16

Bowraville Uniting Church News

Uniting Church - Our monthly church service is held on the 2nd Sunday of each month commencing at 10.30am. We welcome all community members and we feel with the continuing cases of COVID we come to depend on God for his love and care of us all.

The Op Shop - Is being supported well both with sales and donation of goods. During the past couple of months we have had two new volunteers and this is so appreciated. If you are interested in spending a few hours per week in the shop on a voluntary basis please contact Mel Ryan on 6568 3268.

With the change of season coming up we are planning to hold a Spring Clean-up Sale beginning on Thursday 1st September at the Bowraville Uniting Church Op Shop at 33 George Street.

You can fill a big bag of clothing for \$5 or make us an offer on bric-a-brac, toys, picture frames, paintings, etc.

We shall be praying that the weather will be sunny and fine and that this will be a great time for the community to come out and enjoy a time of fellowship together.

For more details please ring Mavis Ward (Secretary) on 6568 2451.

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



4/11

LIONS CLUB OF BOWRAVILLE INC.

SUPPORTING OUR COMMUNITY

President:

Greg Lamberth

Secretary:

Mark Scott



7/11



Email:

bowraville@lionsdistrict201N1.org.au

PO Box 23 Bowraville NSW 2449

Bowra Laundromat

Corner of High & Belmore Streets

**Token Operated Washing
Machines & Driers.**

Tokens available at the Pub and IGA

Commercial Washers and Dryers

Enquiries: ph 6564 7401



7/11

Make Your Own

Reusable Beeswax Food Wrap

You'll need:

- Thin cotton fabric eg: unbleached muslin
- Scissors
- Beeswax
- Cookie sheet
- Silicone basting brush



Start by cutting your fabric into your desired dimensions. It might be a good idea to cut a few different sizes to use on different sized containers!

Preheat your oven to 200°F. Place one of your fabric pieces onto a cookie sheet then sprinkle the beeswax pellets over the muslin. If you have a bar of beeswax grate it with a cheese grater. Place the cookie sheet in the oven until the wax melts, about 5 minutes or so.

Once the wax is melted, use your silicone basting brush to spread the beeswax around the fabric until it's evenly saturated. (If there are dry spots, sprinkle a few wax pellets on them, melt the wax in the oven, then brush again.) Then hang the fabric up somewhere until the wax has hardened, and it'll be ready to use!

Use the food wrap to cover bowls and plates, wrap sandwiches or a block of cheese or even fold it into a container for snacks. Each wrap should last several months and if it gets soiled, hand wash in cold water (warm water will melt the wax) and allow it to air dry.

If the wrap starts to lose its grip over time, repeat the waxing process outlined above and it'll be good as new! Not only will you be saving money over time, you'll also be making a great choice for the environment!

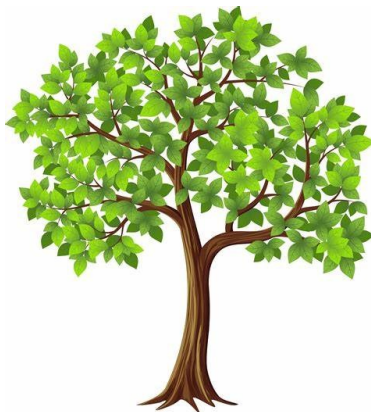
-www.onegoodthingbyjillee.com

~ GARDENS & GARDENING ~

From Page 14

are released. Researchers at the University of Bristol have shown how gardening naturally boosts your mood. Led by Dr Chris Lowry, they discovered, through examining the brains of mice, that the friendly bacteria found in soils activate neurons that produce the brain chemical serotonin.

Did you know that even looking at a tree can make you feel better? That's the advice of Professor Virginia Lohr from Washington State University whose work has shown



looking at trees makes people feel calmer than looking at inanimate objects. The more spreading the tree form, the better you'll feel.

It doesn't take long for those feel-good vibes to kick in either. Kate Lee and colleagues from the University of Melbourne showed just 40 seconds of viewing a green roof versus a concrete one boosted the study participants' attention span.

Dig a little deeper and you'll find many more compelling reasons to get out in the garden. Gray says that gardening reminds us that we are part of nature and all the life systems it supports. "We take a deep breath and listen to birds, we see the tiniest of native bees harvesting nectar, we feel a sense of joy as we pick a bunch of brightly coloured flowers to share, we taste the crisp freshness of a snow pea or touch the smooth texture of a zucchini while thinking of the healthy recipes to follow," she explains.

This article continued next month.

- by Carroll Baker - www.wellbeing.com.au

Moving Forward at BTC

Continued from front page

We do have a minimum charge for working on your computer.

Services Australia Agency support volunteers, Cynthia, Robynne, Mike and Karin are available to assist with lodgment of forms, creating my.gov accounts and other Centrelink matters. Robynne can also assist with matters that need a Justice of the Peace. Bookings are generally needed.

The BTC provides paid access to computers and the internet. We also provide other technology-based services such as printing and scanning as well as producing the Bowraville Community News and the community website – bowraville.nsw.au Ask us about discounted costing of larger jobs and what we can do to meet your technology needs.

Our free library of books, DVDs and talking books is going strong so call in and check it out.

Like all community organisations we rely heavily on volunteers. If you would like to assist please drop by and have a chat. There are many areas where you could help keep this community resource open and viable.

Don't worry about old age – it won't last!



Bringing banking to your Community.

Bank in-store today.

Australia Post provides
the following services

- withdrawals
- deposits
- balance enquiries.

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

7/11

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

CWA - Not just Scones

Most people associate great scones and the Royal Easter Show with the CWA. But not the kids at ShoreTrack. Instead, they know the CWA as the ladies who bring great lunches and other yummys to their work shed.

ShoreTrack helps marginalised young people in our local area. Based in Macksville ShoreTrackers are involved in hands on activities – learning a wide range of skills including welding, building, fencing, mowing, concreting and landscaping. ShoreTrack also provides breakfast and lunches for the kids. This is where the CWA and ShoreTrack connect.

Working to serve the whole community The Country Women's Association has built an outstanding reputation as a caring, successful and dynamic organisation. When contacted Gail Kirby (Macksville CWA President) took the proposal to the June meeting. Approval was given and in fact meals were provided the next day.

Macksville CWA has a proud record of rolling up their sleeves when the community is in need and they support a diverse number of meaningful groups. Following the 2019/2020 fires which devastated local communities. BlazeAid set up at the Macksville Showgrounds. Like several other organisations, CWA Macksville put their hand up and cooked once a week, with half a dozen members on rotation.

Since then, coconut chicken curry, cheesy meatballs, chicken satay and spag bol have been lighting up faces. Buckets of oranges are also supplied to keep up their vitamin C! Cold winters!

Donna, Merrie and Shirley have found the students to be so polite and several have made a point of coming up and thanking them for the meals “which is really sweet”.

There is plenty of room for more women at their local CWA branch. Friendship, involvement and yes, scones.

Shirley Naylor (Macksville CWA Publicity Officer) explained ‘who better to support than kids who have not had such a great start in life - but are now working to make something more of themselves. It is not just the food. It shows love and care and supports them getting a leg up’.

‘We would really encourage other organisations to also participate. I have been most impressed with ShoreTrack’.



*Merrie and
Declan*

*Shirley's
spag. Bol.*



Lost touch with someone? Reach out – your friend will likely appreciate it more than you think

When people consider taking the initiative to reach out, especially after a prolonged period of no contact, they may worry about being rejected. But often, these gestures will be much more appreciated than one might expect.

The next time you wonder whether to reach out to a friend, family member, classmate or other person who's been out of touch for a long time, go ahead and do it. According to just-published research, it's likely they'll appreciate it more than you think.

In one experiment, college students wrote a note "to check in and say hello" to a classmate they hadn't interacted with in a while. They were then asked how much they thought their classmate would appreciate receiving this note.

Next, these notes were delivered to their classmates and the recipients were asked how much they appreciated receiving them.

It was found that the students who received the notes were much more appreciative of the gesture than the students who wrote them had anticipated.

Other experiments varied the scenario by involving older adults as participants rather than college students, switching the written message to a small gift – such as cookies or coffee – and comparing how much the sender underestimated the appreciation that an emotionally distant contact would feel compared with a close contact.

Overall they yielded the same basic finding: People tended to underestimate how much others appreciated hearing from them.

What drives this underestimation? Results suggest that it's related to how little the people reaching out factor-in the surprise felt by those being contacted. When recipients were asked what they focused on when indicating how appreciative they felt, they reported paying a lot of attention to their positive feelings of surprise, which were linked to how appreciative they felt.

It also mattered whether the two parties were already in a close relationship. People's underestimations were even greater when their contact was a distant acquaintance because these recipients were especially surprised at being contacted.

Why it matters

Many people can name at least one person with whom they would like to reconnect. When people consider taking the initiative to reach out, especially after a prolonged period of no contact, they may worry about being rejected. This worry might keep them from reaching out in the first place. Research lessens this challenge by showing that often, these gestures will be much more appreciated than one might expect.

What other research is being done

Findings fit within a growing stream of research examining the tendency to underestimate others' appreciation of various social exchanges. For example, other researchers have found that people underestimate how much others appreciate receiving compliments or expressions of gratitude.

Reaching out could but need not require giving compliments or expressing gratitude – the gesture can be as simple as checking in with someone to show that one is thinking about them.

- By Peggy Liu and Lauren Min for *The Conversation*

Nerd immunity! Study finds wearing glasses protects against COVID-19



Multiple studies show people who wear glasses at least eight hours a day catch COVID-19 less than those who don't wear glasses.

If you wear glasses with a mask, you know the struggle to stop them from fogging up is real! But now there appears to be a big benefit to the frustrating fight. Multiple studies show people who wear glasses at least eight hours a day catch COVID-19 less than those who don't wear glasses.

"If something lands in your eye, it can go through a duct that goes down into your nose and that's how it might infect you," says Professor Yaneer Bar-Yam of The New England Complex Systems Institute. A study published this month in India looked at 304 COVID-19 patients. The author says about 40% of India's adult population wears glasses, but only 19% of the people infected with coronavirus wore glasses. The researchers concluded that "the risk of COVID-19 was about 2 to 3 times less in the spectacles wearing population than the population not wearing them."

"Probably one of the main things is particles will get deposited on your glasses rather than your eyes and also that you might not touch your eyes as much, but it's really important to know that this is in addition to wearing a mask," Prof. Bar-Yam said, adding that these results mirror a previous study he saw from China.

While some jokingly call it "nerd immunity", researchers want to make it clear that glasses are not a full-proof protection because there is space between the frames and your face. Prof. Bar-Yam agrees saying, "Of course, wearing goggles is even better than wearing glasses."

Which leads to another warning: If COVID-19 particles are being blocked by your glasses, or other eye covering, you should assume that the virus could be on your glasses. "You should definitely, if you're wearing glasses or goggles, wash them with soap after wearing them in a place where you might be exposed to virus particles" said Prof. Bar-Yam.

And, of course, even with glasses and a mask - health experts warn you still need to wash your hands regularly and social distance.

- www.cbs8.com

The Pros and Cons of Indoor Fireplaces

The Cons . . . *pollution and health impacts*

According to New South Wales Health: “Smoke from wood-burning heaters is a complex mixture of particles and gases and contributes significantly to air pollution. The main air pollutants in wood smoke are particulate matter (PM), carbon monoxide, carbon dioxide, nitrogen oxides and a range of other organic compounds like formaldehyde, benzene and polycyclic aromatic hydrocarbons.



“Smoke from wood-burning heaters can affect your health. Long-term exposure can cause heart and lung disease, while brief exposures can aggravate asthma or worsen pre-existing heart conditions.” This especially impacts children, older folks and people with heart or lung conditions such as angina, asthma or emphysema.

Air pollution affects us all. It can even cause premature death. In cities like Launceston in Tasmania, the collective smog from woodfires was causing so many community health problems that the local council initiated a city-wide buyback scheme to remove wood-burning stoves from homes to improve health outcomes. Canberra in the ACT has tried a similar thing.

It’s true that this technique is a bit clunky, because not all woodstoves emit the same amount of pollution... but it’s also true that our individual actions can have big effects on our community’s health – which is something we all need to consider.

And fireplaces don’t just affect the air outside. One study found that opening a wood burner door to refuel your fire releases harmful pollution particles inside your home which can take an hour or two to dissipate.

So – perhaps all this causes you to firmly scratch a fireplace off your home heating list? If so, consider how you will source alternative heating, and where that energy will come from.

Because as we all know, burning fossil fuels contributes hugely to climate-altering pollution and catastrophic climate change... which is already impacting the health of people and planet – starting with those who are the least privileged, and who have the least power to stop it. So, finding a sustainable alternative to coal-fired electricity and gas – if this is where the energy will come from to heat your home – should be a priority for all of us who can afford to do so.

What better energy options are available? Can you source greener power? Do you have the resources to install solar panels?

The Pros - Continued on Page 22

The Pros and Cons of Indoor Fireplaces

Continued from page 21

The Pros . . . *energy resilience, multiple uses + cosy rooms*

Wood is a renewable resource in that it grows back – unlike gas and coal-fired electricity which many of us rely on for heating and cooking. Depending on where you live wood can also be sustainably produced and sourced locally unlike its fossil fuel alternatives.

So, a home woodstove or fire offers a level of energy independence and low-tech resilience that's hard to go past, for some.

A wood burner can also serve more functions beyond heating. Your fire might also: heat your shower and bathwater, slow-cook your dinner and warm your porridge in the morning, boil the kettle, dry clothes on even the wettest of days, help your sourdough rise or even help get seedlings going in mid-winter.

Here are a few other benefits of indoor fireplaces:

Teaches us to value local forests – you might develop a direct connection to the fuel source and become part of a management system that prioritises and improves woodlots and forests.

Reconnects you with traditional skills – the art of lighting and maintaining a good fire is a skill one must learn to avoid a smoking mess making things awful for everyone.

Offers you a secondary yield of wood ash – this can be useful in the garden or compost as a source of calcium and potassium carbonate but be careful not to use too much – it is highly alkaline.

Provides heating when everything else fails – perhaps you acknowledge all the cons of a home fireplace but choose to have one anyway, along with a good, dry supply of wood, as a 'just in case' option for days when the power might go out, or a future when energy supply might be more disrupted by the climate crisis.

- www.milkwood.net

To learn the Upside Down Fire Technique

Less smoke, better combustion and more heat - go to page 30

**Historic
St James Anglican
Church
High St. Bowraville**



**The 10am Sunday Service
has resumed.**

Unfortunately with the Covid19 restrictions you now have to 'book in' as space is limited.

Phone: 6568 9029

email: nambuccaanglicans@tpg.com.au

4/11

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

**St Jimmy's Kitchen
3rd Wednesday of Month
at 5.30pm.**

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

4/11

BOWRAVILLE CENTRAL SCHOOL

AUGUST 2022

NAIDOC Week Celebrations

For the second year, Bowraville Central School, Bowraville Community Preschool and St Marys Primary School joined with their families, neighbours and Elders for a combined NAIDOC celebration in the final week of the Term 2. "We are a Connected Community School and want to celebrate with the whole community," Community Liaison Officer Megan Cochrane said.

After the great success of the inaugural combined celebration hosted by Bowraville Central School in 2021, it was agreed this would become an annual event shared among local schools.

Students from St Marys hosted this year's celebrations and ran the assembly which also included a talk by local Aboriginal Elder, Uncle Martin Ballangarry.

Uncle Martin also prepared the smoking ceremony and students raised the Aboriginal and Torres Strait Islander flags before everyone gathered for yarning, sausage sandwiches and soup.

"The wonderful morning at St Mary's has only strengthened our commitment to keep this new tradition going," Ms Cochrane said. It builds on another tradition which began in 2020, of providing all Bowraville Central School students with their own NAIDOC shirt that also includes the school logo.

Students are encouraged to wear their shirt – which is supplied for free - as school uniform. Staff can purchase their own shirt. The shirts embrace our 'At Bowraville Central School We Belong' focus.

Since Executive Principal Dave Taylor first came up with the idea, it's gone from strength to strength.



The theme for NAIDOC Week 2022 is *Get up! Stand up! Show up!*

Rick's Tech Tips

It seems that scammers and spam are everywhere nowadays. Some do it for fun because they can, for others it is a job like telemarketing, and others are malicious collecting your information to sell or gain access to your devices to obtain bank details and passwords, etc. The more they know about you the easier it is for them to do something malicious.

You need to be aware and take measures to keep your personal information safe.

Prevention is much better than trying to fix the problem.

If you use a phone for communication then store phone numbers in your contacts so that you can see who is calling. Try not to answer calls from numbers you do not recognise. If the call is important then they will probably leave a message. If you do happen to answer, don't give any of your details to them. Some of the calls may be from telemarketers who try to sell you a better deal for something, but beware, they may be collecting your information. You can check numbers to see if it has been reported as being a scam by typing the number in a browser.

If you use a computer to browse the internet and a screen should popup from nowhere then close the browser immediately and clear browser history and cache. Do not click on anything on the web page that popped up. Scammers use tricks like <click here and we can fix your problem> or they provide a button to <close> the screen. These buttons on the web page popup can give their code access to your computer by downloading some malicious software.

Emails are notorious for scammers - sending emails notifying that your virus scan needs updating, or unusual activity from some site or subscription you may have, etc. Delete these immediately and empty your email junk mail and delete mailbox immediately. Do not click on anything inside the email as this could allow downloading of malicious code or software.

Note: Keep your personal details safe by not disclosing personal information to anyone!

The Bowraville Technical Centre is here to assist anyone who has any concerns. Feel free to contact us Monday to Friday between 9:30am to 4:00pm.

To Market, to market . . .

Nambucca Plaza Lions Market- 2nd Sunday every month.

Nambucca Plaza, Nambucca Heads from 8am. Enq. 6568 5447

Funkya @ Unkya Markets Last Sun even months (not Dec) Eungai

Reserve Pacific Highway Eungai 8am-1pm Enq. 0425 205 737

Bowra Country Markets - 2nd Saturday each month Pioneer

Community Ctr - 70 High St. Bowraville 9am to 1pm. 0401481501

Bellingen Community Market an all-weather outdoor event held on the 3rd Saturday of each month. 1 Oak St Bellingen. 6655 2151

Bellingen Growers Market from 7.30 to 11.30am at the Bellingen Showground every Saturday except the third Saturday of month.

Bowraville Chamber of Commerce News

To promote, encourage, support and assist in any matter or manner actions that will assist in the growth and development of the economy of Bowraville.

On Tuesday July 26 the Volkswagon Spectacular returned to Bowraville and enjoyed a wonderful clear and sunny winter's day in our very special town.

The cavalcade from Valla Beach Holiday Park arrived to park in High Street outside the pub soon after 10am and stayed there until headin off to a local dairy farm.

Whilst in town they enjoyed a VW film at the theatre, a lunch at the pub and a heritage walk around town led by Jeff Mott.

In keeping with the Chamber mission statement (see above) two stalls were set up outside the old chocolate shop to promote our town.

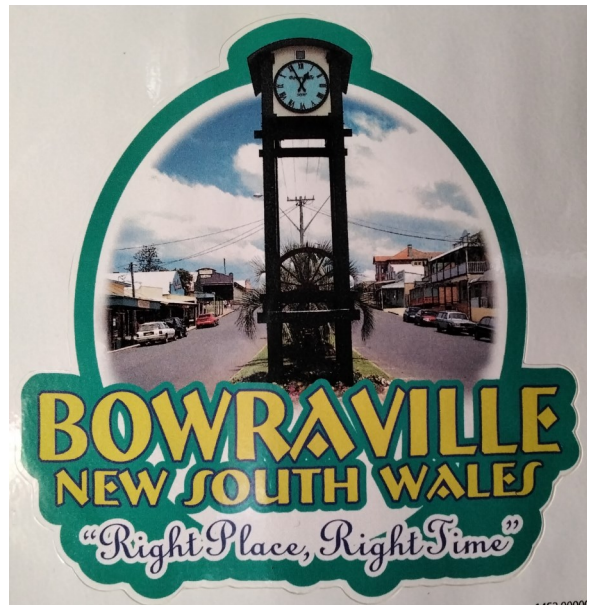
The Plastic recycling Rangers from Miimi Mothers had a display of what they are up to and ably answered questions. And Chamber representatives had a display of tourist information and some great local merchandise including postcards which are always available at the Bowra Post Office and Technology Centre.

Great embroidered Bowraville patches and stickers were given out on the day and are also available at the post office - perfect gifts for our visitors.

More Chamber action is to be seen in the heart of our town in the coming months as the youth of Shoretrack work to restore the old bullock wagon in the Cedar Grove outside the Pub.



Jeff Mott giving guided tour of Bowra



Bowraville Sticker available at Post Office



Plastic Recycling Rangers from Miimi Mothers



Bowraville Patch available at Post Office

9 Good Reasons to Snack on Popcorn

Popcorn lovers, rejoice - our favourite snack has plenty of great benefits - health and otherwise.

1. It's A Whole Grain - As a whole grain, popcorn is a good source of dietary fibre (2 grams per 3-cup serving of air-popped popcorn). That's about as much fibre as 1/2 cup of sliced carrots, 7 dried apricot halves, or a medium-sized peach.
2. It's Nutritional - Ounce for ounce, popcorn has more protein and phosphorus than potato chips, and more iron than eggs and spinach.
3. It's Rich in Antioxidants - Popcorn's crunchy hull is rich in polyphenols and ferulic acid, which are both antioxidants that can help protect the body from disease.
4. It's Naturally Gluten Free - Finely ground popcorn can be used in place of breadcrumbs for a crunchy coating on chicken and fish, or seasoned and sprinkled on a salad like croutons.
5. It's Brain Food - Researchers at Chicago's Smell and Taste Treatment and Research Foundation found that snacking on popcorn upped the brain's production of revitalizing beta waves, improving alertness.
6. It's Low in Calories - There are just 31 calories in 1 cup of air-popped popcorn, and since it's mostly air, it can help satisfy cravings without undermining your diet. It can also help prevent spikes and dips in blood sugar.
7. It's Versatile - Popcorn is an incredibly versatile snack, which makes it a good choice for people who get bored of eating the same thing over and over. Popcorn is delicious plain, lightly buttered, a bit spicy, slightly sweet, and so on.
8. It's Inexpensive - At just 19 cents an ounce, popcorn is one of the least expensive snack foods on the market today.
9. It's Good for Your Heart - Eating a fibre-rich diet has been found to decrease your risk of cardiovascular disease and coronary heart disease. Snacking on popcorn is a great way to get more fibre in your diet.



- jill@byjillee.com

Multiple Sclerosis (MS) Awareness *Continued from page 10*

Australian MS organisations

MS Australia is the national peak body for people affected by MS and is dedicated to advocacy, communications, education, funding and coordinating multiple sclerosis (MS) research as part of the worldwide effort to solve MS.

State and territory-based MS organisations provide care and support services to people living with MS and other neurological and immunological conditions, including referral advice and information, individual assessments and support, employment support, living arrangements, connection with others and much more.

For more information go to www.ms.org.au



What's on in AUGUST 2022

BOWRAVILLE THEATRE

Operation Mincemeat

Sunday, 7th August at 20pm

Operation Mincemeat is the extraordinary and true story of an idea that hoped to turn the tide for the Allies - taking impossibly high risks, defying logic, and testing the nerves of its creators to breaking point.

2h 8m | M | UK

Tickets: Adults \$14 – Pensions/Concessions \$12

Members & - kids \$10 - family \$35



Drovers Wife: The Legend of Molly Johnson

Sunday, 14th August 2022 @ 2pm

The Drover's Wife: The Legend of Molly Johnson is a reimagining of Leah Purcell's acclaimed play and Henry Lawson's classic short story. A searing Australian western thriller asking the question: how far do you go to protect your loved ones?

104 MIN | MA+15 | AUS

Tickets: Adults \$14 – Pensions/Concessions \$12

Members & - kids \$10 - family \$35



Kelly Mac

Saturday, 20th August @7pm

Kel cut her comedy chops on brekkie radio in Coffs Harbour. In her first year she was nominated for the Australian Commercial Radio Award for Best Newcomer (she lost) and Best On-Air Team (she won, with a little help from her co-host). Her comedy troupe, Take 3, has performed in the Melbourne and Adelaide Fringe Festivals and the Melbourne International Comedy Festival.

Online Tickets: Humanitix \$25 plus Booking fee



Bowraville Theatre - 74 High Street, Bowraville

For further details Ph: 02 6564 7808

Email: bowravilletheatre@bigpond.com www.bowravilletheatre.com.au

Did you know?

That most boxes of plastic wrap and tin foil have perforated half-circles on each end? You're supposed to press those inward, forming tabs which then keep the plastic wrap roll in place while you unspool it.

They make plastic wrap a *lot* easier to use!

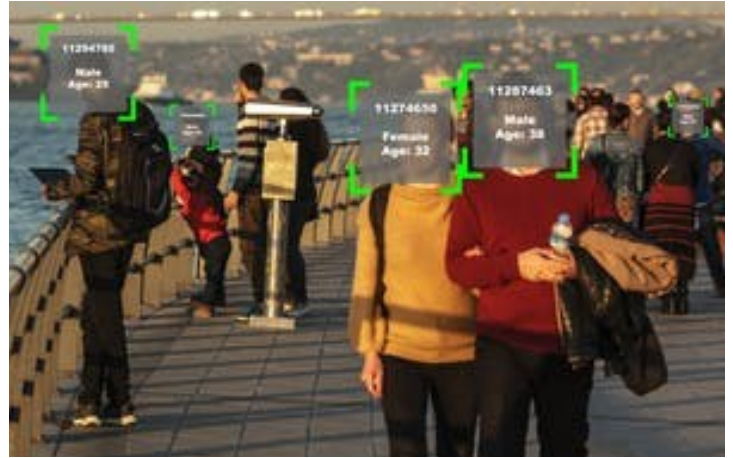
- jill@byjillee.com



Large-scale facial recognition is incompatible with a free society *Continued from Page 6*

of occurring. Certain rights violations are unlikely to be overridden by hypothetical benefits.

Many prominent algorithms used for face surveillance were also developed in morally compromised ways. They used datasets containing images used without permission of the rightful owners, as well as harmful images and deeply objectionable labels.



Arguments for face surveillance don't hold up

There will of course be counter-arguments, but none of them hold up.

You've already given up your privacy to Apple or Google – why begrudge police the same kind of information? Just because we have sleepwalked into a surveillance society doesn't mean we should refuse to wake up.

Human surveillance is more biased and error-prone than algorithmic surveillance. Human surveillance is indeed morally problematic. Vast networks of CCTV cameras already compromise our civil liberties. Weaponizing them with software that enables people to be tracked across multiple sites only makes them worse.

We can always keep a human in the loop. False positive rates can be reduced by human oversight, but human oversight of automated systems is itself flawed and biased and this doesn't address the other objections against face surveillance.

Technology is neither good nor bad in itself; it's just a tool that can be used for good or bad ends. Every tool makes some things easier and some things harder. Facial recognition makes it easier to oppress vulnerable populations and violate everyone's basic rights.

It's time for a moratorium

Face surveillance is based on morally compromised research, violates our rights, is harmful and exacerbates structural injustice, both when it works and when it fails. Its adoption harms individuals and makes our society as a whole more unjust and less free.

A moratorium on its use in Australia is the least we should demand.

- From *theconversation.com* – Authors **Seth Lazar** - Professor, Australian National University, **Claire Benn** - Research Fellow, Humanising Machine Intelligence Grand Challenge, Australian National University, **Mario Günther** - Research Fellow, Humanising Machine Intelligence Grand Challenge, Australian National University.

Got your Regional Seniors Travel Card?

The Regional Seniors Travel Card is pre-loaded with \$250. It's a prepaid, non-reloadable Visa card with a 4-digit PIN and a magnetic strip on the back.

You can use your card for: pre-booked NSW TrainLink Regional train and coach services and taxi trips.



Your Regional Seniors Travel Card can be used Australia-wide, including in metropolitan areas and when travelling interstate for fuel at service stations; convenience stores/mixed businesses that operate with a fuel merchant category code and fuel for someone else's vehicle to support your transport needs.

You need to confirm that your card will be accepted by the retailer or service provider before you use it.

The travel card is valid for 14 months from the date the card is issued. The expiry date is available on the front of the card.

To apply for your card, go to:

www.service.nsw.gov.au/transaction/apply-regional-seniors-travel-card

Note: Applications for 2022 (Year 3) close on 30 November 2022.



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Making an Upside-Down Fire

The upside-down fire gives a cleaner burn with far less smoke and better combustion, gives off more heat, needs less tending and uses the embodied energy in wood more efficiently than the tipi-esque fire method.

Why it works:

Heat energy radiates equally in all directions from the point of combustion, not just upwards (it's the displacement of gasses as they expand that sends hot air upwards, not the actual heat energy itself). So once combustion of the top layer of your upside-down fire occurs, the heat energy is radiating down as much as it is up.

This in turn means that the wood below the combusting material is getting well heated *before* it catches fire, which in turn facilitates better and more complete combustion of the wood below when it does catch fire. And more complete combustion means less smoke and a hotter fire, which is usually the point of the exercise.

And better combustion means better coals (when you get to that stage) which mean better campfire cooking (should you be looking to multi-purpose your evening campfire, which you should).

How to make an upside-down fire:

Start with the logs that you would normally put on last and lay them flat in your firepit (or slow combustion wood heater). Then crosshatch successively smaller layers of wood on top, until you're up to the kindling.

The more stable the structure of your upside-down fire, the better it will be, as the structure won't be compromised while burning which will lead to more complete combustion for all the wood, right down to those big logs at the bottom.

Place your paper on top, and light (a sprinkle of extra kindling on top is a good idea).

Trust the laws of physics and light your fire.

The first 10-15 minutes will be somewhat unspectacular as the fire makes its way through the kindling and the combustion gets going. Soon though the flames will be roaring and the fire's smokeless state will be apparent.

Collect whatever bets were placed upon your complete failure and enjoy your upside-down fire.

As said, this technique also works well in combustion wood heaters and indoor fires, resulting in higher heat for a smaller amount of wood as well as far less smoke and ash, which is good for everyone and the Earth to boot.

- www.milkwood.net



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 few 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 info.

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Radio Nambucca 105.9FM Program Guide Winter 2022										
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
6 am	Green Eggs On Toast <i>Nude</i> With Lawrie Medbury	Dirt Music	Aussie Home Grown	Tones of Clairensense With Claire Watt-Powell	Phase Out With Faye <i>Lotsa Oz Music</i> Faye Aspiotis	Here Be Dragons <i>Fire & Ice</i> With Nuke or Elizabeth	Paint Ya Wagons <i>With Sean & Tim</i> Sunday Morning Music <i>Folk & Aussie</i> With Phill			
7 am		Jazz Made in Australia	Gold at Breakfast					Dano's Archive With Daniel Gosson	Jam Pakt	Sunday Morning Music <i>Folk & Aussie</i> With Phill
8 am		Fine Music Live	With Dayna							
9 am	Classic Hits n Jukebox	Blues Roots n Boots	Isn't It Romantic	Dano's Archive With Daniel Gosson	Talk of the Town With Ceri Wrobel	Flashback With Rob Davidson	Scoob's Smorgasbord <i>A Musical Feast</i> With Scoobs			
10 am	With Paul Rowe	With Jonny Dee	<i>Easy Listening</i>							
11 am	Baby Boomers	Infopinion	With Dallas Dent	Turning Pages + ETP Valley Views & Voices Elizabeth Newman	Dano's Mixed Grill With Daniel Gosson	Garage Noise With Sean Ambrose	That's a Wrap Donna, Nigel, & others			
Noon	With Donna Collins	Richard, Eddie, Ron	Lunch with Gazza							
1 pm	The Weekly Fix	Life Words	Gary Biden	Tewinga Tunes With Ralph Ord	Dhirendra the Time Traveller With Dhirendra	Saturday Roundup With Sean Ambrose	Classical Tunes...			
2 pm	With Paul Weekley	With Linda	Just for You + Karola's Deutsche Music Stunde							
3 pm	Winter Science Hour	Rock On	MC Grim	Thursday Country	Jammin' with Gin	Two for the Money	Praise, Prayer & Pop With Michelle			
4 pm	Hot, Sweet & Jazzy	Sister Act	With Mark Seagrim	A Breath of Fresh Air	Turn Up the Volume With Macca	Aussie Music Weekly	AntiSF Radio Show + Imagine This With Nuke			
5 pm	Hinterland	Retro Birds	Loudhouse					With Tricklelic	With Paul & Rachel	Classical Tunes...
6 pm	Bowra Beats	With Robbyn & Sally	With Alex	Highway Blues	Studio 3 Live every third Friday 6-8pm	Saturday Date With Stu	Prog Rock Playlist <i>Best of prog rock</i> With Rhino			
7 pm	Reggae Mixtape	Blues Soul Funk	AMRAP Music Show	With Retro	Saturday Night Gold on Friday Night With Allan Quinn	Wolfy With the Wolfman Music & Requests	2NVR Music Mix			
8 pm	With Filzroy	Matt Liebrandt & Friends	Ant's Rock	Space Nuts & Overdrive						
9 pm	Music Makers	2NVR	With Ant	Meet Me at the Movies						
10 pm	Featured Artists	Music	Ant's Rock	2NVR	2NVR Music Mix	2NVR Music Mix	2NVR Music Mix			
11 pm	With Yen	Mix	Overnight	Music Mix						
Midnight	2NVR Music Mix									
The Best Little Station in the Nation							AIR News weekdays 6, 7, 8, 9am, noon & 6pm — weekends 6, 7, 8, & 9am	Stream: <www.2nvr.org.au>		